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Shared Exercise Baseline - A Detailed Overview



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a few seconds ago · Updated

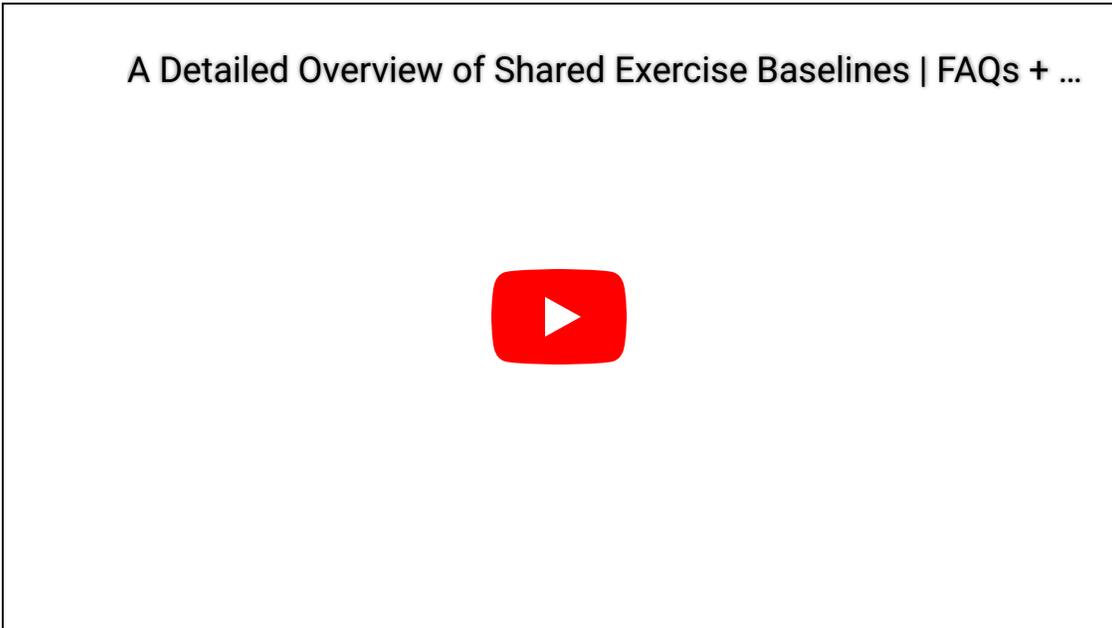
Follow

This article will show you:

- How to create a baseline for your install

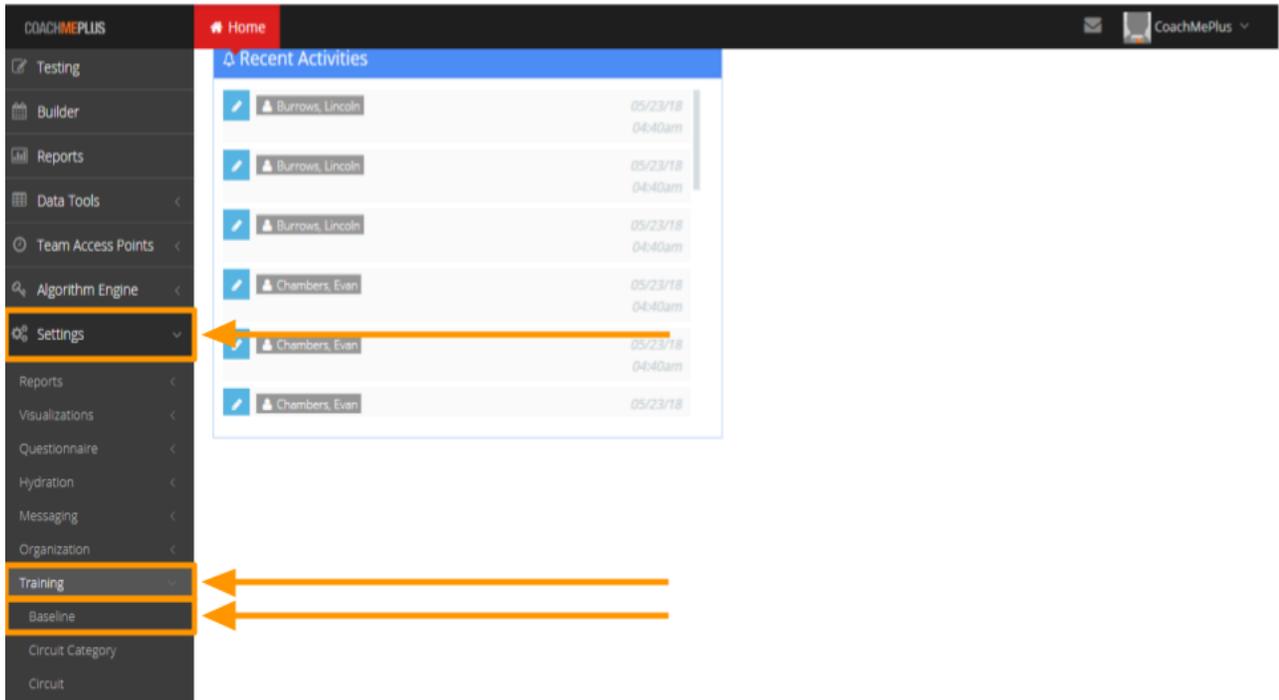
You need this because:

- You want to set baselines for exercises that you utilize for your program.

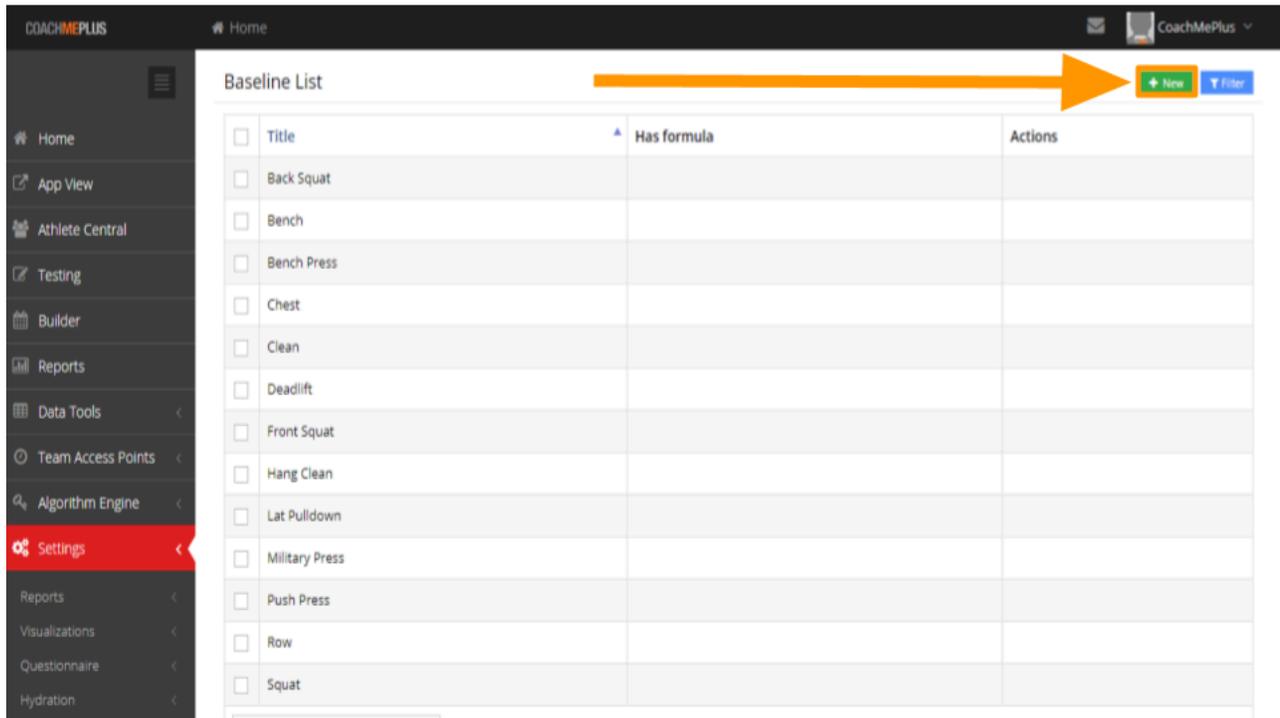


Creating a Baseline:

Step One: On your homepage, click **Settings** => **Training** => **Baseline**.



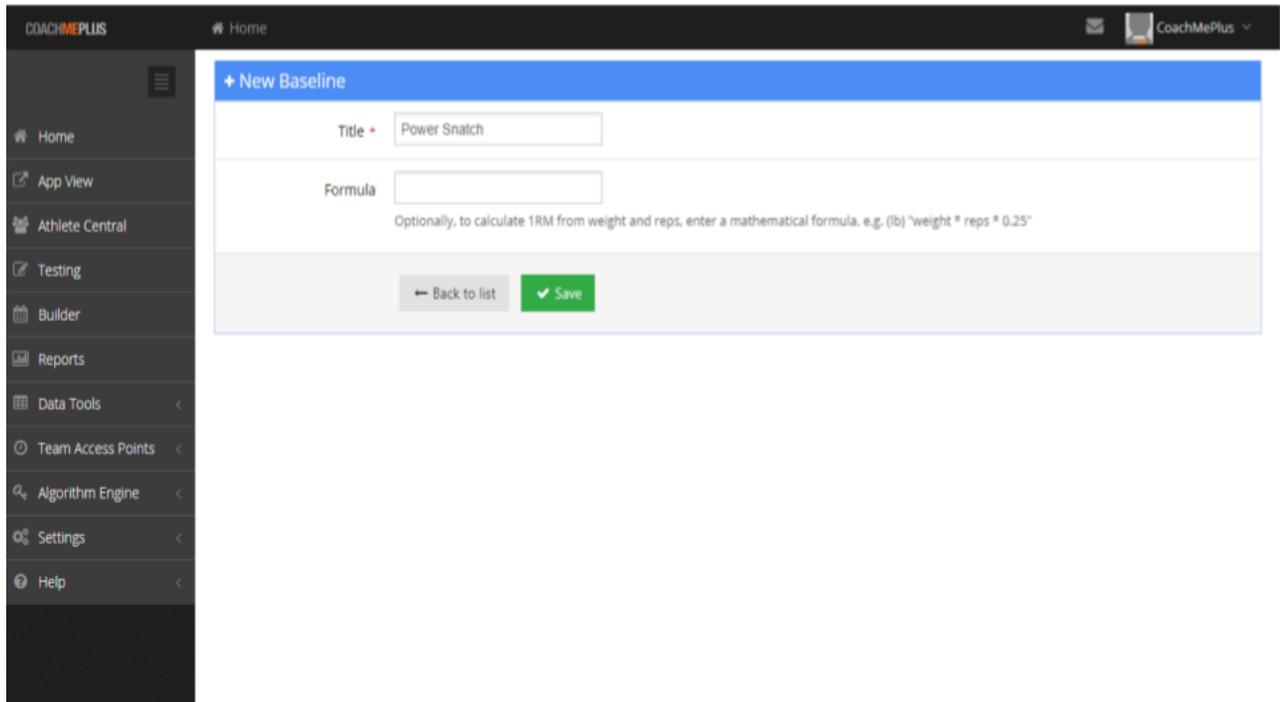
Step Two: You will be brought to a new page. This page shows all of the baselines that were created previously. You have the option to edit and/or delete a baseline.



The screenshot displays the CoachMePlus interface. On the left is a dark sidebar with navigation options: Home, App View, Athlete Central, Testing, Builder, Reports, Data Tools, Team Access Points, Algorithm Engine, Settings (highlighted in red), Reports, Visualizations, Questionnaire, and Hydration. The main content area is titled 'Baseline List' and contains a table with the following columns: Title, Has formula, and Actions. The table lists various exercises such as Back Squat, Bench, Bench Press, Chest, Clean, Deadlift, Front Squat, Hang Clean, Lat Pulldown, Military Press, Push Press, Row, and Squat. Each row has a checkbox in the 'Title' column. In the top right corner of the table area, there is a '+ New' button (highlighted with a red arrow) and a 'Filter' button.

<input type="checkbox"/>	Title	Has formula	Actions
<input type="checkbox"/>	Back Squat		
<input type="checkbox"/>	Bench		
<input type="checkbox"/>	Bench Press		
<input type="checkbox"/>	Chest		
<input type="checkbox"/>	Clean		
<input type="checkbox"/>	Deadlift		
<input type="checkbox"/>	Front Squat		
<input type="checkbox"/>	Hang Clean		
<input type="checkbox"/>	Lat Pulldown		
<input type="checkbox"/>	Military Press		
<input type="checkbox"/>	Push Press		
<input type="checkbox"/>	Row		
<input type="checkbox"/>	Squat		

Step Three: A new window will appear for you to title your **Baseline**. Click **Save** to save your new baseline.



The screenshot shows the 'New Baseline' form in the CoachMePlus application. The form has a blue header with the text '+ New Baseline'. Below the header, there are two input fields: 'Title' and 'Formula'. The 'Title' field contains the text 'Power Snatch'. The 'Formula' field is empty. Below the 'Formula' field, there is a small text note: 'Optionally, to calculate 1RM from weight and reps, enter a mathematical formula, e.g. (lb) * weight * reps * 0.25'. At the bottom of the form, there are two buttons: 'Back to list' and 'Save'.

COACHMEPLUS Home CoachMePlus

+ New Baseline

Title * Power Snatch

Formula

Optionally, to calculate 1RM from weight and reps, enter a mathematical formula, e.g. (lb) * weight * reps * 0.25

← Back to list Save

Home
App View
Athlete Central
Testing
Builder
Reports
Data Tools
Team Access Points
Algorithm Engine
Settings
Help

Step Four: Your new baseline will now appear on the **Baseline list**.

CoachMePlus Home

Baseline List + New Filter

The item was created successfully. [Click here to review or edit this item.](#)

<input type="checkbox"/>	Title	Has formula	Actions
<input type="checkbox"/>	Back Squat		
<input type="checkbox"/>	Bench		
<input type="checkbox"/>	Bench Press		
<input type="checkbox"/>	Chest		
<input type="checkbox"/>	Clean		
<input type="checkbox"/>	Deadlift		
<input type="checkbox"/>	Front Squat		
<input type="checkbox"/>	Hang Clean		
<input type="checkbox"/>	Lat Pulldown		
<input type="checkbox"/>	Military Press		
<input type="checkbox"/>	Power Snatch		Edit Delete
<input type="checkbox"/>	Push Press		



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