Calendar | Exercises

~ WORKOUT ~

A workout is the list of exercises performed in one slot, with set performance parameters — number of sets, repetitions, load, rest and tempo. It is built in this tab inside the slot dialog, by picking exercises from the exercise code book.

The aim is for the member to know in advance what awaits them in the slot, and for the trainer to prepare the workout before the members arrive rather than on the spot.

1. General and personalised workout

- **General workout**
  Applies to **all members** booked into the slot. A slot has at most one general workout.
- **Personalised workout**
  Applies to **one member** in that slot and **overrides** the general workout for them. It is recognised by the member's name shown next to the workout title.

A member with a personalised workout sees only that one. All other members in the slot see the general workout.



For now, personalised workouts are possible only in slots whose resource has a **capacity of 5 or less**; in slots with a larger capacity only a general workout can be created. The limit is temporary — it was introduced as a stand-in for a group type on the resource and is being removed, after which a personalised workout will be possible in every slot.

2. Who sees and may do what

Role	View	Editing workouts	Editing exercises
Administrator	All workouts of the slot	Yes, in all slots	All company exercises
Trainer	All workouts of the slot — general and personalised	Only in **their own slots**	Exercises of their own gym and exercises with no department
Member	Only their own workout	No	No

The member sees their personalised workout, or — if none was created for them — the general workout of the slot.

3. Opening the tab

1. In the **Calendar** open the required slot.
2. Switch from the **~ *BASIC* ~** tab to the **~ *WORKOUT* ~** tab.
3. All workouts of that slot are shown: the general one first, then the personalised ones, each with its own exercise table.

While no workout has been built for the slot, the tab shows **No data available to show!**.

4. Adding a workout

1. Press . The ***[Workout - Add]*** dialog opens.
2. In the ***{Template}*** field optionally pick a ready-made template. Its exercises with parameters are entered at once and can be freely changed. Leave the field empty when building the workout from scratch.
3. In the ***{For}*** field select the scope of the workout:
   - **All** — the general workout of the slot.
   - **A member's name** — a personalised workout for that member.
4. Enter the ***{Name}*** of the workout (e.g. *Legs A*) and, if needed, ***{Notes}***.
5. Add or adjust the exercises as described in chapter 5.
6. Press **SAVE**.



The ***{For}*** field is shown only in slots where personalised workouts are possible — resource capacity of 5 or less. In a group slot the field is, for now, absent, since the workout there applies to everyone. The drop-down offers the members who booked that slot, and only those without a workout yet; once every option is used up, the button for adding is gone.



Templates are maintained in ***[Workout Templates]***; how they fit into the whole is described on Exercises, templates and workouts.

5. Exercises in the workout

Exercises are entered in the workout item table. Each row is one exercise with its parameters.

5.1 Adding an exercise

1. In the last, empty row open the drop-down in the **Exercise** column.
2. Pick an exercise from the code book. The row is added to the workout and a new empty row opens below it.
3. Enter the performance parameters in the remaining columns.

Next to the drop-down in the row are two icons for maintaining exercises without leaving the workout:

- **{Pencil}** — opens the selected exercise for editing.
- **{+}** — opens the entry of a new exercise.

The same dialog opens as in the ***[Exercises]*** form under **Menu > Code Books**, where exercises are described in full.

5.2 Performance parameters

Column	Meaning
#	Ordinal number of the exercise in the workout.
Exercise	Exercise name from the code book.
Sets	Number of groups of consecutive repetitions without rest.
Repetitions	Number of executions within one set.
Load / Weight	Weight in kilograms.
Intensity	Effort — percentage of 1RM or a subjective estimate, e.g. *70%*, *RPE 7*, *50% strength*.
Rest	Pause between sets in seconds.
Tempo	Speed of execution, e.g. *2-0-2*.
Notes	A short instruction for that exercise in this workout.

Sets and **Repetitions** are mandatory — without them an exercise cannot be entered into the workout. Fill in the remaining columns only where they matter for that workout; needlessly filled data distracts from what is essential.

The **Notes** column belongs to a single exercise and differs from the ***{Notes}*** field in the dialog header, which applies to the whole workout.

Parameters are entered **per workout**, not in the exercise code book. The same exercise can thus have a different number of sets and load in two slots, while its description stays unique.

5.3 Order and removal

- **Changing the order**
  Grab the **{⠿}** icon on the left edge of the row and drag the row to the required place. The order determines the sequence in which the member performs the exercises.
- **Removing an exercise**
  Press **{Bin}** on the right edge of the row.

Changes are stored only when SAVE is pressed.

6. Editing, saving as a template and deleting

- **Editing**
  Press **{Pencil}** in the header of the workout you want to change. ***[Workout - Edit]*** opens — the same dialog as for entry, with three buttons.
- **Saving as a template**

SAVE AS TEMPLATE carries the finished workout into the ***[Workout Templates]*** code book, so the same set of exercises can be reused in other slots. ***[Template - Add]*** opens with the exercises already copied in; you only enter the ***{Name}*** and save. The procedure is described on Workout Templates.

- **Deleting**
  DELETE removes the whole workout.

Both extra buttons exist **only when editing an existing workout**; the ***[Workout - Add]*** dialog has only **SAVE**, since there is nothing yet to save as a template or to delete.



Saving to a template leaves the workout in the slot untouched, and the template becomes an independent copy — changing one later does not change the other.



Deleting a workout removes all its items. If you delete a member's personalised workout, that member sees the general workout of the slot from that moment on.

7. Starting the workout

A finished workout can be **started** — shown exercise by exercise across the full screen, with the recording of the performance and the instruction. It is started with the icon in the ***~ BASIC ~*** tab of the slot dialog.

7.1 What is shown

The display has two parts. On the left is the recording with playback controls, on the right the exercise data:

- The ordinal number of the current exercise and the total number of exercises in the workout, e.g. *1/2*.
- The exercise name.
- Sets and repetitions in the form *3 × 10*.
- An **Equipment** line listing the equipment needed.
- The exercise description written for the member.



The trainer's description does not appear in this display — only the description intended for the member is shown.

When an exercise has no recording, the first photo from its gallery is shown. If there is no photo either, only the text data is shown.

7.2 Moving through the workout

- **PREVIOUS EXERCISE** and **NEXT EXERCISE**
  Move to the previous or next exercise in the order set in the workout.
- **EXERCISE LIST**
  Opens a side list of all exercises in the workout with the ordinal number, name and the number of sets and repetitions. The current exercise is highlighted, and picking another one starts it immediately.

Besides the usual controls, the recording offers a jump back and forward by 10 seconds and a change of speed. Sound is off by default and looped playback is on — the demonstration keeps running while the member works through a set.

The clock icon is not a stopwatch but a **rest countdown**: it counts down the seconds entered in the **Rest** column of that exercise, in large figures across the header, and flashes briefly at zero. Pressing it again stops the countdown. When no rest is entered for that exercise, the icon is disabled.

The display is closed with the **{×}** icon in the top right corner.



Who may start the display, on which devices and for which slots is described in the ***~ BASIC ~*** tab. The feature is being introduced gradually, so some users do not see the icon yet.

8. Member's view

In this tab the member sees one table — their workout for that slot. Clicking the exercise name opens its preview with the description, muscle groups, required equipment and the photos and recordings of the performance, as described on Exercises.

Since the calendar shows slots for the next 14 days, the member can look at their workout and prepare in advance, not just on the day of training.

9. Examples from practice

- **Group class, 12 places**
  The resource has a capacity above 5, so for now one general workout is built. All members in the slot see the same list of exercises.
- **Semi-individual slot, 4 places**
  The trainer builds a general workout as the backbone and adds a personalised workout with adjusted load for a member recovering from an injury. That member sees only their own workout, the other three the general one.
- **Same exercise, two loads**
  The *sumo squat* from the code book is used in both workouts. The general workout has 3 × 10 with 20 kg, the personalised one 3 × 10 without weight. The description and cues stay the same because they come from the code book.



The **Notes** column is part of the workout the member sees. Internal notes about the

member — health conditions and the trainer's remarks — are still kept in the ~ ***NOTES*** ~ tab of the ***[Members]*** form.

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