

 Exercises

List

About filters and finding data in lists

Filter

- **{Department}**
Shows exercises of the selected gym. Exercises with no department apply to all gyms and appear with every selection.
- **{Muscle group}**
Narrows the list to exercises loading the selected group.
- **{Equipment}**
Narrows the list to exercises requiring the selected equipment.
- **{Active}**
On by default, so only exercises in use are shown. Clear the tick when looking for deactivated exercises as well.

The search box filters names among the rows already loaded.

Columns

- **{Name}**
The exercise name. The list is sorted by this column by default.
- **{Department}**
The gym the exercise belongs to. Empty means all gyms of the company.
- **{Muscle group}**
The group the exercise loads.
- **{Equipment}**
Equipment required for the performance.
- **{Active}**
The tick marks an exercise offered when building a workout.

From:
<https://wiki.micro-process.hr/> - **Brix - MICRO PROCESS**

Permanent link:
<https://wiki.micro-process.hr/brix/en/exercises/list>

Last update: **01/10/2026 19:20**

