

|  Code Books |

# Exercises

Exercises are the company's central library: each exercise is described **once** and then used in every workout. This avoids re-entering the same data for every slot — the trainer picks an exercise from this code book and only enters the performance parameters (sets, repetitions, load).

An exercise carries two separate descriptions: an **internal** one for the trainer and a **public** one the member sees. Photos and video recordings of the performance are kept with it.

The form opens from **Menu > Code Books > Exercises**. The same dialog also opens from the **workouts** tab in the slot dialog — through the pencil icon on the exercise selected in a row, or the plus icon in the empty row; the procedure is described in [workouts](#).

## 1. List

[About filters and finding data in lists](#)

Filter fields and list columns are described in [List](#).

Clicking a row opens the **[ Exercise - Edit ]** dialog; a new record is entered with the  button in the bottom right corner of the list, which opens **[ Exercise - Add ]**. Both dialogs have the same fields.

## 2. Photos and recordings

A gallery of the exercise's photos and video recordings sits at the top of the dialog. One exercise may have several records — a few photos of the performance and several recordings from different angles or in different variants.

- **Moving through the gallery**

With the < and > arrows on either side of the preview, or by clicking a thumbnail in the strip below.

- **Adding**

The  button at the end of the thumbnail strip opens the file picker. Upload progress is shown.

- **Deleting**

The red icon in the top right corner removes the **displayed** photo or recording. The exercise and the other records remain.

Two fields belong to the displayed record:

- **{Name}**

The name of that photo or recording — the angle or variant. The member reads it when choosing between several records of the same exercise.

- **{Valid Until}**

The date up to which the member sees the record. Empty means **indefinitely**. The circular

arrow icon enters today's date, the calendar icon opens the date picker.



The **{Name}** field in the gallery names the **displayed photo or recording**, not the exercise. The name of the exercise itself is entered further down, in the exercise data.



Video is accepted in **MP4** format only, with **H.264** video and **AAC** audio, up to **500 MB** per recording. The recommended resolution is 720p — ten minutes at 720p takes about 190 MB, at 1080p about 375 MB.



By default, iPhone records in a format some browsers cannot play, so Brix rejects such a file. Before recording, set **Settings > Camera > Formats > Most Compatible**. Android records in the correct format and needs no extra steps.



Uploading a recording cannot be resumed — if the connection drops, the transfer starts over. Send larger recordings over a reliable connection.

### 3. Exercise data

| Field                          | Description                                                                                                                                                                                                                                                    |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>{Department}</b>            | The gym the exercise applies to. Leave the field empty and the exercise is available in <b>all gyms</b> of the company.                                                                                                                                        |
| <b>{Active}</b>                | The tick marks an exercise that is in use and offered when building a workout.                                                                                                                                                                                 |
| <b>{Name}</b>                  | The exercise name as shown in the drop-down and in the workout — e.g. <i>sumo squat, pull-ups, crunches</i> . Mandatory.                                                                                                                                       |
| <b>{Trainer - Description}</b> | <b>Internal</b> instruction: technical cues, what to watch for. Visible to the administrator and the trainer, <b>never to the member</b> .                                                                                                                     |
| <b>{Member - Description}</b>  | The <b>public</b> description the member sees with the workout. Entered in a formatting editor — styles, bold, italic, underline, alignment, lists, indentation, quote, undo and redo.                                                                         |
| <b>{Muscle group}</b>          | The group the exercise loads — e.g. <i>biceps, legs, back, chest, cardio</i> . One value is selected.                                                                                                                                                          |
| <b>{Equipment}</b>             | All equipment needed for the performance. Selected items appear as chips below the field, each with its own  for removal. An exercise that needs a rack, a barbell and a plate carries all three chips. Equipment is maintained in <a href="#">equipment</a> . |

Values of **{Department}** and **{Muscle group}** are picked from a drop-down; the icon next to the drop-down clears the selected value.



Write exercise names consistently and without abbreviations — the trainer picks them from the drop-down by name when building a workout. Handle variants of the same exercise (narrow and wide stance) as separate records, not as a description inside one exercise.



Keep the technical cues for the trainer and the public description for the member apart. Everything entered in **{Member - Description}** is visible to the member.

## 4. Entering an exercise

1. Open **Menu > Code Books > Exercises** and press .
2. Add photos and recordings of the performance if needed, and give each a name and a validity date.
3. Select **{Department}**, or leave it empty if the exercise applies to all gyms.
4. Enter **{Name}** and the descriptions for the trainer and for the member.
5. Select **{Muscle group}** and all required **{Equipment}**.
6. Press **SAVE**.

From that moment the exercise is available in workouts of the gyms covered by **{Department}**.

## 5. Buttons

- **SAVE**  
Stores the entered data and closes the dialog.
- **DELETE**  
Removes the exercise. Shown only in the **[ Exercise - Edit ]** dialog.



Deleting an exercise is permanent, as is deleting an individual photo or recording from the gallery. **Do not delete** an exercise that is no longer used but appears in earlier workouts — clear the **{Active}** tick instead, so historical workouts stay readable.

## 6. Exercise preview

Clicking the exercise name in a workout opens its preview. The view is informational only and depends on the role:

- **Trainer**  
Sees **{Name}**, **{Trainer - Description}**, **{Member - Description}**, **{Muscle group}**, **{Equipment}** and all photos and recordings.
- **Member**  
Sees **{Name}**, **{Member - Description}**, **{Muscle group}**, **{Equipment}** and the photos and recordings that have not expired. The internal description for the trainer is not available.

The member chooses among recordings by name, in the order they are arranged in the gallery.

## 7. Who may do what

| Role                         | View                                                         | Editing exercises                                           |
|------------------------------|--------------------------------------------------------------|-------------------------------------------------------------|
| <b>Company administrator</b> | All company exercises                                        | All company exercises                                       |
| <b>Trainer</b>               | All exercises performed in their gym                         | Exercises of their own gym and exercises with no department |
| <b>Member</b>                | Public description, photos and recordings with their workout | No                                                          |

The trainer sees the form in the menu only if the **Exercises** program is enabled for them in **Menu > System > Users**.

## 8. Limitations

- ☐ An exercise is only offered equipment of **equal or wider scope** than itself. An exercise with no department may use only equipment that also has no department, since otherwise it could not be performed in the other gyms. Details are in [equipment](#).
- ☐ An exercise without the **{Active}** tick is no longer offered when building a workout, but stays readable in workouts where it is already entered.
- ☐ A photo or recording whose **{Valid Until}** is in the past is **not shown to the member**. It stays visible to the administrator and the trainer, marked as expired.
- ☐ A file that is not MP4 with H.264, or is larger than 500 MB, is rejected **before** the upload, with a message saying what to correct.
- ☐ A trainer cannot edit exercises belonging to another gym.

From:

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

Permanent link:

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

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

