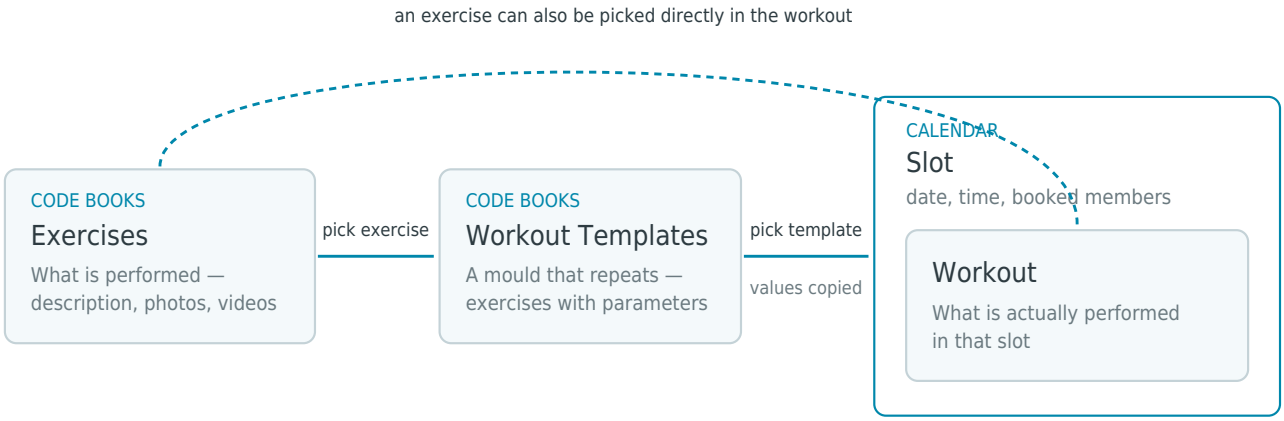
Gymmetry

Exercises, templates and workouts

A workout in Gymmetry is built from three building blocks and performed in a fourth. They differ in **how long they last** and **how many times they are used**:

- **Exercise**
  The description of one movement — name, instructions for the trainer and for the member, muscle groups, required equipment, photos and recordings. Entered **once** and used in all workouts.
- **Workout template**
  A mould: a list of exercises with performance parameters, with no date and no slot. Serves what **repeats**.
- **Workout**
  What is actually performed in one slot. Created for that slot and valid only for it.
- **Slot**
  A place and time in the calendar, with the members who booked it.



The copy is independent — later changes to the template do not alter workouts already built, nor do workout changes alter the template.

1. How it fits together

1. **Exercises are entered once.** Every exercise the gym performs is entered into the code book, with a description and a recording. The member sees that description with every workout the exercise appears in.
2. **A template is built for what repeats.** A workout you will perform several times — *Legs A*, *Push day*, a knee recovery programme — is entered as a template. The time is invested once.
3. **The workout is built in the slot.** In the slot dialog, on the ***~ WORKOUT ~*** tab, you pick a ready-made mould in the ***{Template}*** field and its exercises are entered at once. You then adjust them for that slot — or build the workout from scratch, without a template.



Template and workout are **independent**. Picking a template **copies** the values into the workout, so a later change to the template does not affect workouts already built,

nor does a change to the workout affect the template. The exercise is the exception: its description comes from the code book, so a correction to the description is reflected everywhere.

The reverse direction — saving a finished workout from a slot as a new template — is not yet possible. Templates are built in the code book.

2. Why this way

The split resolves two things that otherwise clash. **The exercise description must be the same everywhere** — when you correct the technical instruction for a squat, the correction applies to past and future workouts alike. **The performance parameters must differ** — the same exercise goes with 20 kg on Monday, without weight on Friday, and quite differently in the personalised workout of a member in recovery.

That is why the description lives in the exercise, and sets, repetitions and load in the workout. The template is merely a shortcut to re-entering those parameters.

3. Examples from practice

- **Group class, 12 places**
  The trainer builds one workout for the slot; all booked members see the same list of exercises. The ***{For}*** field is not shown since the workout applies to everyone anyway. The *Conditioning — Tuesday* template is pulled in through the ***{Template}*** field, and the trainer just lowers the load because the group is beginners.
- **Semi-individual slot, 4 places**
  The trainer builds a general workout as the backbone and adds a personalised one for a member recovering from an injury — selecting their name in the ***{For}*** field. That member sees only their own workout, the other three the general one.
- **Individual client**
  For a member with their own programme a template is built with their name in the ***{Member}*** field. Such a template is offered with nobody else, and the trainer pulls it into every slot in a second and fine-tunes it as needed.

4. Where things are done

- **Entering and editing an exercise**
  [Exercises] under **Menu > Code Books**.
- **Building a mould that repeats**
  [Workout Templates] under **Menu > Code Books**.
- **Building the workout for a specific slot**
  The ***~ WORKOUT ~*** tab in the slot dialog, from the **Calendar**.
- **Entering and cancelling members in a slot**
  The ***~ BASIC ~*** tab in the same dialog.

- **Equipment picked with an exercise**
  [Equipment] under **Menu > Code Books**.

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