

|  Code Books |

Workout Templates

A **workout template** is a ready-made mould — a list of exercises with their sets, repetitions, load and intensity — not tied to a date or a slot. It speeds up building a workout: instead of entering exercises from scratch every time, you pick a template and adjust it as needed.

Exercises in a template are picked from [the exercise code book](#), and the performance parameters are the same as in a workout in a slot — their meaning 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 **[Template - Edit]** dialog; a new template is entered with the  button in the bottom right corner of the list, which opens **[Template - Add]**. Both dialogs have the same fields.

2. Template data

Field	Description
{Name}	The name you pick the template by when building a workout — e.g. <i>Legs A, Push day, Knee recovery</i> . Mandatory.
{Active}	The tick marks a template that is offered when building a workout.
{Department}	The gym the template applies to. Empty means it applies in all gyms of the company.
{Trainer}	The trainer the template belongs to. Empty means it is available to all trainers .
{Member}	The member the template was made for. Empty means it is not personal.
{Notes}	The trainer's note about the template — who it is meant for, at which stage of the programme it is used.

Values of **{Department}**, **{Trainer}** and **{Member}** are picked from a drop-down.

3. Who a template applies to

Together, **{Department}**, **{Trainer}** and **{Member}** determine the template's **scope** — who sees it when building a workout. The more fields are filled in, the narrower the scope:

- **All three empty**
A company-wide template. Available when building any workout, in all gyms and for all trainers.
- **{Department} filled in**

Applies in that gym only, for all its trainers.

- **{Trainer} filled in**

The trainer's own template; it is not offered to other trainers.

- **{Member} filled in**

A template tied to that member only — an individual programme.

When a trainer opens the template drop-down in a slot, they are offered **every template that covers them** — company-wide templates, templates of their gym, their own, and those tied to the member they are working with. Templates of other trainers and other members are not shown.



Set the scope as wide as it can safely be. Leave a template that genuinely applies across the gym without a trainer, and make it personal only when it departs from common practice — that keeps the drop-down readable.

4. Exercises in a template

Exercises are entered in the table at the bottom of the dialog. Each row is one exercise with its performance parameters:

Column	Meaning
#	The exercise's position in the template.
Exercise	An exercise from the code book.
Sets	The number of groups of consecutive repetitions without rest.
Repetitions	The number of performances within one set.
Load / Weight	The weight in kilograms; the unit kg is shown in the field.
Intensity	Effort — a percentage of 1RM or a subjective estimate, e.g. <i>70%, RPE 7, 50% of strength</i> .
Rest	The pause between sets; the unit s (seconds) is shown in the field.
Tempo	The speed of performance, e.g. <i>2-0-2</i> .
Notes	A short instruction for that exercise.

4.1 Adding an exercise

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

Next to the exercise drop-down are icons for maintaining the exercise code book without leaving the template:

- **{Pencil}** next to the selected exercise — opens that exercise for editing.
- **{+}** in the empty row — opens entry of a new exercise into the code book.

4.2 Order and removal

- **Changing the order**

Grab the **{ :: }** icon on the left edge of the row and drag the row where you want it. The order determines the sequence in which the exercises are performed.

- **Removing an exercise**

Press **{Bin}** on the right edge of the row. Only that template item is removed; the exercise stays in the code book.

5. How a template is used

When building a workout in a slot, in the **[Workout - Add]** dialog, you select the template in the **{Template}** field. All its exercises with parameters are entered into the workout at once, and you adjust them freely for that particular slot — for example lowering the load for the group or for an individual. Changes in the slot **do not change** the template.

How templates fit into the whole is described in [workouts](#).



A template and a workout stay **independent**. Once a template has been entered into a workout, later changes to the template do not touch workouts that are already scheduled.



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

6. Buttons

- **SAVE**
Stores the template with all its items and closes the dialog. Changes in the exercise table — adding, reordering and removing — are stored only here.
- **DELETE**
Deletes the whole template. Shown only in the **[Template - Edit]** dialog.



Deleting a template is permanent and removes all its items. Workouts already built from that template into slots stay unchanged, because their values are a copy. Rather than deleting a template you no longer use, **deactivate** it — clear the **{Active}** tick.

7. Limitations

- ☒ **{Name}** is mandatory; without it the template is not saved.
- ☒ A template without the **{Active}** tick is no longer offered when building a workout, but stays readable, and workouts built from it are unchanged.
- ☒ A template is not tied to a date or a slot, so it does not appear in the calendar. You will see it only in this code book and in the template drop-down when building a workout.

-  Removing an exercise from a template does not touch the exercise code book, and neither does deleting the template.

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