

QuickStart to Customizing Workouts

Manually making changes



The Quick Scoop:

Did you know you can adjust a member's exercise weights and remove exercises from appearing in their workouts? Before customizing a workout, be sure that your members are correctly reading their workouts and requesting changes for the right reasons. As always, use your professional judgment when changing a member's routine.



IMPORTANT

Before adjusting a member's weights, be sure they've been using the correct weights and equipment.

- If an exercise is performed using a barbell, the barbell's weight needs to be included as part of the total exercise weight prescribed.
- Ensure that members are not adding a machine's "base load" weight. The base load weight is automatically accounted for during your club's inventory process.
- Verify that your members are using the right equipment and technique for the prescribed exercise .

Be advised that manually adjusting a member's weight for an exercise results in:

- A weight change for that particular exercise on all equipment of the same resistance type.

For example, if you adjust a member's weights for a tricep extension performed on a machine, the change affects all tricep extension exercises available in your club that utilize the resistance type "machine."

SCENARIOS

How do I adjust a member's exercise weights?

As members work out and their abilities change, we automatically adjust their exercise weights accordingly—up or down. You can also manually adjust your members' weights by:

- **Using the Restrictions feature:** On the *View Members* page, go to the member's *Actions* menu and select *Restrictions*. On the *Member Exercise Restrictions* page, use the search* features to find an exercise for which you want to adjust weights, and click on the exercise's hyperlinked name. On the *Member Weights Adjustments* page, enter the net amount of weight increase or decrease, and click **Enter** to save your changes**. Click **Back** and repeat for each exercise adjustment needed.
**You can search and sort exercises by equipment name, manufacturer, exercise name, and muscle group.*
- **Entering the workout—2 options:**
 1. When entering repetitions for a particular exercise, change the default *weight OK* option to *too heavy* or *too light*. The member's exercise weight adjusts one increment** up or down once the workout is submitted.
 2. Click on the exercise equipment's hyperlinked name. On the *Member Weights Adjustments* page**, manually enter the desired net amount of weight adjustment.
***IMPORTANT: A change in weights results only if the adjustment entered is significant enough to take the member to the equipment's next weight setting.*

How do I remove specific exercises from a member's workout?

1. On the *View Members* page, go to the member's *Actions* menu and select *Restrictions*.
2. Search for the exercise(s) that you want to eliminate from appearing in the member's future workouts.
3. Click in the *Disable* checkboxes corresponding to the exercises that you want to remove. Click **Submit** at the bottom of the page to save your changes.

How is a member's routine affected if I change their program level or number of ActivTrax workout days?

Through the *Edit* option in a member's *Actions* menu, you can change a member's routine, including their Program Level (1, 2, or 3) and number of ActivTrax Workout Days (2, 3, or 4). Making a change starts the member on Day 1 of the new routine. Be sure to verify that the last workout performed and new pending workout do not overlap in muscle groups. If they do, use the **Skip a Day Workout** feature on the member's *Workouts* page to advance the member to the next routine day.