



## How To Create A Custom Workout In EZCOACH

- Click on the “Programs” tab at the top of the screen
- Click on the “Large Pencil” icon at the top of the screen
- Click on the “Location” icon at the bottom of the screen
- Click in the white field after “Title” at the top of the page and type in the name you want to give your exercise plan
- Click on the back arrow icon at the bottom left of the screen
- Click on the “Program Overview” tab at the top right of the screen
- Click on the “Pencil” icon at the bottom of the screen to reveal the necessary data options
- Click on the “Drop Down Arrow” under “Workout Day” to choose the day of the first exercise you want on the program
- Next, click on the “Drop Down Arrow” under “Exercise” to choose the first exercise you want on the program
- Click on the “Drop Down Arrow” under “Protocol” to choose the desired outcome for the selected exercise. If the exercise utilizes weights click on “Resistance”, if the exercise is functional click on “Functional. The number at the end of the protocol names designates how many sets you prescribe
- NOTE: Do not select the LEVEL. That is determined in the clients information screen
- Continue the above process for prescribing the Workout Day, Exercise, and Protocol for all the exercises you want on your Custom Workout
- When completed the Workout will be now listed in the “Programs” list and in the Program Design for the client