Smart Training - Usage instructions

Web Administration - Trainer

What is Smart Training?

Smart Training is a system that allows its users to buy workout programs, follow training schedules and create their own exercises and programs. It is focused on the search for knowledge, new skills and methods in training. Programs are based on the leading experts' approach on a healthy way of training and improving athletic performances, prevention and rehabilitation of injuries in the USA and Europe. Coaches primarily refer to Mike Boyle (MBSC) and Mark Verstegen (EXOS), because they are their official representatives and the educational base for this part of Europe. They also refer to Gray Cook's (FMS) system which highly affected their view of training in general.

Smart Training platform consists of web administration and mobile application. Web administration is intended for admin's usage and offers a wide range of functionality, such as adding plenty of exercises which can be used by other partners and trainers in creating their workout programs, reviewing and publishing programs which will be available to everyone on mobile application, tracking programs purchases and coach packages payments and much more. On the other hand, a mobile application can be described as a handy tool for athletes which can significantly help them in their fitness journey. It provides various programs to choose from and is simple to use. Also, every program includes movement videos and instructions.

Who is a Smart Training Trainer?

Trainer is a user that creates workout programs. A user can become a trainer by signing up on a web application, by upgrading from an athlete or partner's role or through the admin's invite. A new trainer has several package options to choose from and each has a different athlete limit.

Login

In order to log in, you must fill Email and Password fields.
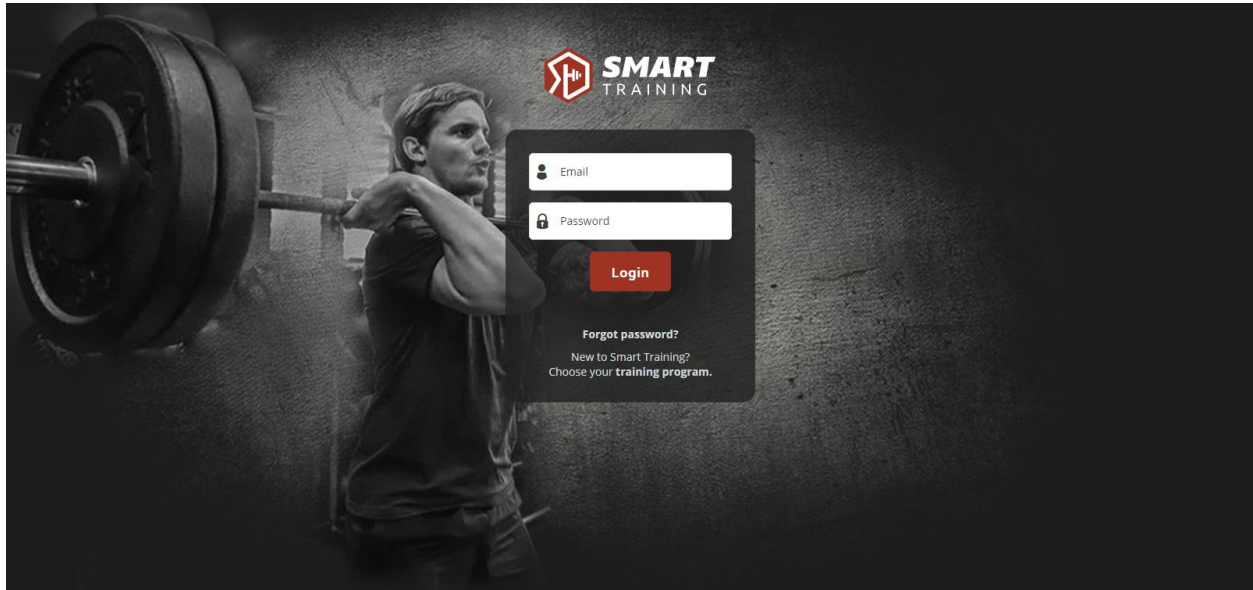
Forgot password

If you have forgotten a password, you can simply click on the "Forgot password" link and you will be redirected to a page to fill your email address. Then you will receive mail with a link for new password activation.

Signup and trial period

Web signup is accessible through web presentation page. On a signup screen, you must fill all fields, e.g. Name, Surname, Email and Password field.

On the bottom of the signup screen, there are two documents we advise to read. They describe how personal data is collected and used in accordance with GDPR, and give information about intellectual property and similar.

After you have signed up and choosed a trainer package, a trial period begins and it allows you to use an unlimited coach package for 15 days. Afterward, package selection and fee payment are required to continue using Smart Training web administration.

Payment process

After your 15 day trial period ends, you can no longer access a Smart Training web application before purchasing the trainer package. If you are a partner as well, you can use partner functions without a trainer part and free of charge.

The first step of the payment process is a package selection. Packages difference is a number of clients you can connect to, eg. if you choose a package with up to 5 clients, you will be able to connect with as many as 5 clients. You can upgrade your package through Dashboard or Settings anytime.

The next step is choosing a billing period. To use the Smart Training trainer package you need to pay a monthly or annual fee.

If you need a receipt which is addressed to your company, please click on the "Billing information" option. This offers you to fill following additional information:

- Owner name and surname
- Company information: Company name, Branch office, Personal identification number, VAT number
- Billing address: Street address, City, ZIP/Postal code

If you need a simple personal receipt, you do not need to fill in this section.

In order to continue you need to Accept Terms of use and Privacy Policy.

The next step is the credit card info. The application asks for Name on a Card, Card number, expiration date, and security CVV code. Smart Training does not store your credit card information. This information is held by our authorized payment provider.

Click on "Pay now" processes your transaction. The system will give you feedback if the purchase was successful.

Depending on your billing period (monthly or annually) our payment provider will automatically take the agreed amount from your card every month or a year. You can unsubscribe at any time through the Settings part of the application. After you unsubscribe, you can still use the app in the period you paid for.

Dashboard

The Dashboard is the first part of the web app you see after login. All important and pending pieces of information are summarised on the widgets visible here. You have access to exercises, programs and clients grid.
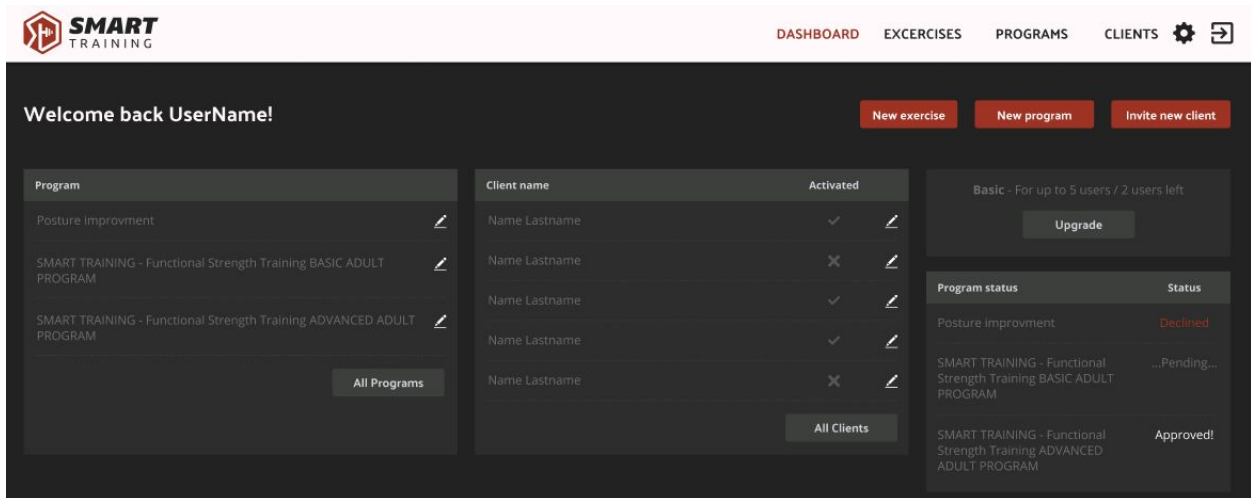
Program widget

Program widget displays a list of recent programs a user has created. All web administration users (admin, trainer, and partner) can see this widget. From here you can edit displayed programs or go to the list of all programs.

Client widget

Client widget displays a list of recent clients a user has connected to. From here you can check which clients have accepted an invitation to join Smart Training application and which are still pending. There is an option to open a list of all clients.

License info

License info widget displays information about the subscription plan. It provides information about package name, package size and number of new clients still left to use. From here you can upgrade your subscription plan as well.

Exercises

Exercises list allows you to see all the exercises you have access to. This includes system exercises (added by us) and all exercises you created.
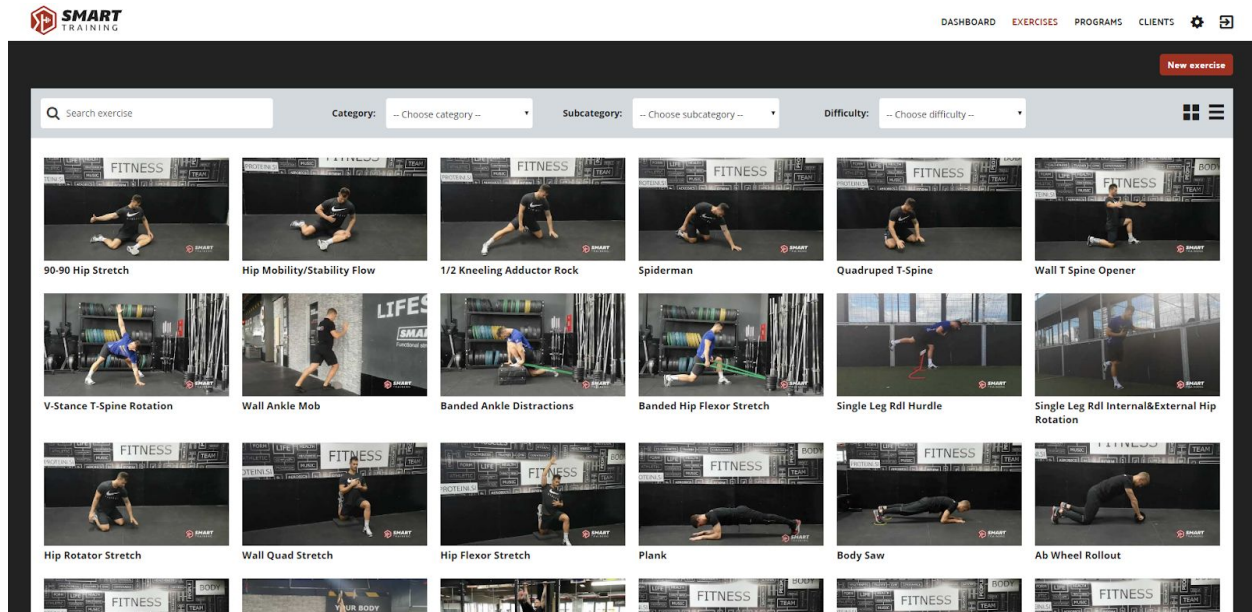
Exercise list, filters and view

There is an option to filter exercises by exercise name.

You can filter exercises by Category, Subcategory and Difficulty. If you select a category, the subcategory list is reduced only to the ones which belong to the selected category.

Also, you can switch between exercises views using options in the top right corner:

- Tiles
- List

Adding new and editing existing exercise

When you first enter the application, all global exercises are available for use. You can add your own exercises by clicking on the "New exercise" button in the top right corner. Only you can see and use your exercises, they are not available for other trainers.

To add new exercises you must add:

- Exercise name

- Difficulty (beginner, advanced, pro)

- Exercise category (at least one)

There is also a list of optional elements you can add to the exercise:

- Youtube link

- Exercise subcategory (one or more)

- Description

We recommend adding as much information as you can, to ease the use for clients exercising by your instructions.

Also, only you can edit your own exercises. System ones are available for use when creating programs, but can not be modified.
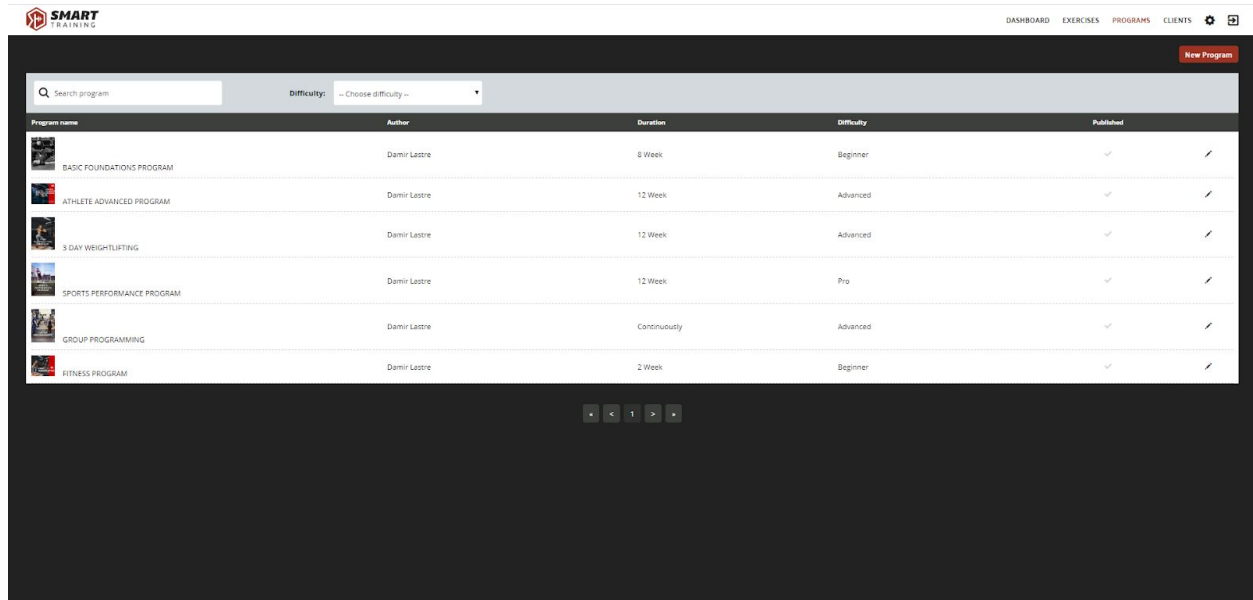
Deleting exercise

You can delete your own exercises, but only if they are not connected to any program. Exercise in use can not be deleted. You need to disconnect exercise from all other parts of the app prior to deleting it.

Also, global exercises can not be deleted.

Programs

Programs list allows you to see all the programs you created.

Programs list and filters

Programs list offers a quick view of:

- Program name
- Author (you)
- Duration (period/continuously)
- Difficulty
- Published (yes/no)

You can filter programs by program name. There is also an option to filter programs by Difficulty.

Adding new and editing existing programs

You can add new programs to Smart Training by clicking on the "New Program" button in the top right corner.

To add a new program you must enter:

- Program name
- Program difficulty (beginner, advanced, pro)
- Program duration

There is also a list of optional elements you can add to the program:

- Program image
- Short Description (we advise to put here short information about frequency, eg. 4 weeks | 3 days per week)
- Description

We recommend adding as much information as you can, to facilitate the decision making of the desired program for mobile users.

Smart Training differs from two types of programs - noncontinuous and continuous programs.

Noncontinuous programs are programs limited by duration. They can last several days, weeks or months. When creating this kind of program you need to choose number and period for which that duration applies to (eg. 2 weeks, 20 days, 3 months). When a user gains access to the

program, it is available for a specified period of time, starting with a date of purchase from the store (which applies to published partner programs) or date of assignment by the trainer.

Continuous programs are programs which do not have duration, they start at a specified date and last as long as you enter the data in them. If you are creating a continuous program, you need to enter the Start date of that program. Once the program is created, you can add exercises to specific dates. If you add exercises at the end of available dates and save the program, when you re-enter the program, the system will automatically add more available days. If the trainer assigns a program to his client, the client has access to the program until the trainer removes him from the list.

If you want to edit details of the already created program, you can do it by choosing the "Program details" option on the edit screen of the program.
Program duration, type and start date can not be changed after the program is initially created.

Program edit screen

Programs consist of daily exercises which are defined by sets.

Every single day is defined by daily exercise. There can be only one daily exercise on a specific day. If you select "Rest day", you can not add daily exercise for as long as the day is marked as rest one.

By default, all available days in the program are marked as a "Rest day". To add daily exercise, simply remove the "Rest day" flag and details will appear.

One daily exercise includes:

- Daily exercise image
- Daily exercise title
- Motivational descriptive text
- Exercise sets (three by default)

None of the daily exercise elements are required for day to be saved, but we recommend adding at least one set and as much information as you can, to make it easier for users to exercise according to your instructions.

A set is a group of single exercises. One set includes:

- Set name
- Set description (eg. number of repetitions of a set)
- Exercises list

Also, none of set elements are required for set to be saved, but we recommend adding at least one exercise and as much information as you can, to ease the usage of users who exercise according to your instructions.

An exercise list inside sets consists of exercises from a list available at the bottom of the screen or they can be copied from other sets using drag and drop method. Once exercise is added to the set, an exercise description can be written. It can include a repetition number or any additional information important for that exercise.

Every daily exercise has three options in its right corner:

- Copy (copies and remembers current daily exercise)
- Paste (adds remembered daily exercise to the selected day)
- Preview (gives a read preview of all information in the selected daily exercise)

You can copy and paste any displayed exercise of the set. You can drag and drop exercises and sets from one day to another. Drag and drop method does not move items, they are copied to the selected place.

Deleting programs

Inside a "Program details", there is an option to delete programs. Keep in mind that programs in usage can not be deleted. You need to disconnect the program from all other parts of the app prior to deleting it.

Add client

There is an option to "Add client" on every created program. Here you can choose a client from a list of clients you are connected to. If you send an invite to the person who did not have a Smart Training account before, you will have to wait for them to accept an invitation and create a profile before you are allowed to assign programs to them. When you assign a program to your client it is effective immediately, starting from the assigned date.

There is also an option to see which clients already have this program assigned and to remove access to specific clients.

Tuesday   Wednesday   Thursday   Friday

Rest day

Add Clients ✕

Teo Babić ▾   **Add Client**

Damir Lastre   ✕

Cancel **Save**

Remove Image   Remove Image

WEEK #1 – WORKOUT 3   WEEK #1 – WORKOUT 3   ACTIVE

The only person you should try to be   Each new day is a new opportunity to   You can

FOAM ROLL   FOAM ROLL
Set description   Set description

Drag exercise here   Drag exercise here

STRETCHING AND MOBILITY   STRETCHING AND MOBILITY

Clients

Client list allows you to see all clients you connected to.

You have a limited number of clients you can connect to, defined by the plan you are subscribed to. You can upgrade your account to a bigger plan at any time if you need more space in our app.

Client list and filters

Client list offers a quick view of:
- Client name
- Email
- Programs (list of programs the user has access to)

- Activated (yes/no)

You can filter displayed information to show all clients, active clients only or invites only. When you add a new client to the list he remains unactivated until the invitation is accepted. All clients, activated or not, take a place in your total client count.

There is also an option to filter programs by client name.

Inviting new client

Option "invite client" in the top right corner allows you to connect with your clients. In order to do so, you need to enter an email of a person you want to connect to. The system does not allow to invite the same client multiple times.

If you invite a user who does not have a Smart Training account invitation is sent to entered email address. To continue communicating with this client (assign programs to him) you need to wait for him to accept an invitation.

If you invite a user who has a Smart Training account we connect you automatically and you can begin your communication right away.

If you click on edit (pen icon at the end of every row) you can see a date and time of your invitation. Also, here you can delete your invitation and by that free a number of users you have left.

Settings

Account

An account is the part of the app where you can see and edit your personal information.

In the "User info" section you can change your name, last name and optionally add a phone number.
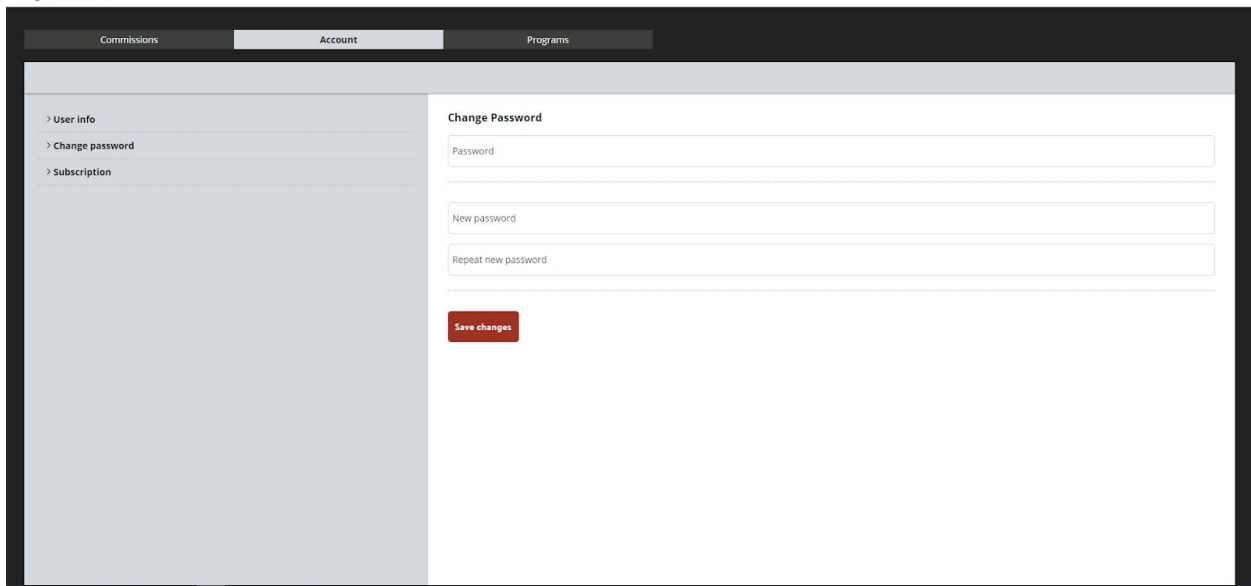
Email is displayed, but we do not offer an option to change it.

In the "Change password" section you can change your password. To do so you need to enter:

- old password
- new password
- confirmation of a new password

Please be careful to enter the correct old password. To complete this action new password and its confirmation need to be identical.

In the Subscription section, you can see information about your subscription including package name, package size, next invoice or access end information, upgrade and cancel subscription options.

Here you can also edit billing information:

- Change account owner
- Change company information (company name, branch office, Personal identification number, VAT number)
- Change billing address (Street address, City, ZIP/Postal code)

Smart Training does not store your credit card information. If you purchased a subscription, our authorized payment partner handles this information.