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Welcome Trainer 101 My Account Logout View Cart

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MY DASHBOARD MY EXERCISE FITNESS VAULT dotFIT STORE

My Exercise

Exercise Calendar

Create Exercise Program

Exercise Log

Trainer Tools

Custom Exercise

Build Your Own Programs

My Exercise Programs

Once logged in click My Exercise which will take you to the exercise calendar. Select Create Exercise Program.

April 2010

W	T	F	S
31	1	2	3
4	5	6	7
8	9	10	11
12	13	14	15
16	17	18	19
20	21	22	23
24	25	26	27
28	29	30	1
2	3	4	5
6	7	8	9

My Exercise provides a variety of exercise routines – Resistance Training, Cardio and/or Walking programs. The Quick Start programs are pre-preprogrammed. Click NASM Individualized Program for a customized program or Build Your Own (Resistance Training).

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Create a New Exercise Program

Cardio

Walking

Resistance Training

NASM Individualized Program

NASM Quick Start

Weekly Program

NASM Individualized Program

NASM Quick Start

Build Your Own

### Program Questions

**Program Design**

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?:

Program Variation?:

**Equipment Availability**

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

<input type="checkbox"/> FreeWeights	<input type="checkbox"/> Machines	<input type="checkbox"/> CableOrTubing	<input type="checkbox"/> MedicineBall
<input type="checkbox"/> BodyWeight	<input type="checkbox"/> StabilityBall	<input type="checkbox"/> FoamRoll	

**To create an individualized resistance training program, first name the program, then personalize the variables.**

### Program Questions

**Program Design**

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?:

Program Variation?:

**Equipment Availability**

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

<input type="checkbox"/> FreeWeights	<input type="checkbox"/> Machines	<input type="checkbox"/> CableOrTubing	<input type="checkbox"/> MedicineBall
<input type="checkbox"/> BodyWeight	<input type="checkbox"/> StabilityBall	<input type="checkbox"/> FoamRoll	

**You can select from Corrective Exercise, Fitness, and Sport Performance areas of focus.**

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?

Program Variation?

*\* These programs are designed to achieve significant changes in body appearance and health, with no specific application to sport performance.*

**There are a wide variety of goals for each areas of focus.**

---

Equipment Availability

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

<input type="checkbox"/> FreeWeights	<input type="checkbox"/> Machines	<input type="checkbox"/> CableOrTubing	<input type="checkbox"/> MedicineBall
<input type="checkbox"/> BodyWeight	<input type="checkbox"/> StabilityBall	<input type="checkbox"/> FoamRoll	

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?

Program Variation?

*\* These programs are designed to achieve significant changes in body appearance and health, with no specific application to sport performance.*

**Select the appropriate number of days per week for resistance training.**

---

Equipment Availability

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

<input type="checkbox"/> FreeWeights	<input type="checkbox"/> Machines	<input type="checkbox"/> CableOrTubing	<input type="checkbox"/> MedicineBall
<input type="checkbox"/> BodyWeight	<input type="checkbox"/> StabilityBall	<input type="checkbox"/> FoamRoll	

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?

Program Variation?

**Select the duration of the program; one, two or three months.**

\*These programs are designed to achieve significant changes in body appearance and health, with no specific application to sport performance.

Equipment Availability

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

FreeWeights  Machines  CableOrTubing  MedicineBall

BodyWeight  StabilityBall  FoamRoll

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?

OptPhase Variations: Month 1:  Month 2:  Month 3:

Program Variation?

**Make the appropriate OPT Phase selections for each month of the program based on your client's current status.**

\*These programs are designed to achieve significant changes in body appearance and health, with no specific application to sport performance.

Equipment Availability

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

FreeWeights  Machines  CableOrTubing  MedicineBall

BodyWeight  StabilityBall  FoamRoll

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?:

OptPhase Variations: Month 1:  Month 2:  Month 3:

Program Variation?:

Equipment Availability

Check all available equipment. If none are available, click the button below to

Select All

FreeWeights  Machines  CableOrTubing  MedicineBall

BodyWeight  StabilityBall  FoamRoll

\* These programs are designed to achieve significant changes in body appearance and health, with no specific application to sport performance.

**Select if you want the program variable to vary each workout, weekly or monthly.**

### Program Questions

Program Design

Name your program:

Select an area of focus:

Select a goal:

Days per week:

Program Duration?:

OptPhase Variations: Month 1:  Month 2:

Program Variation?:

Equipment Availability

Check all available equipment. If none are available, click the button below to proceed in creating your program.

Select All

FreeWeights  Machines  CableOrTubing  MedicineBall

BodyWeight  StabilityBall  FoamRoll

**Select the equipment that will be available for the resistance program. This functionality allows for tremendous flexibility in program creation. Once selected click Create My Program.**

**Program Confirmation**

Success! ✓

Please Select a Starting Date:

3/31/2010

Start the Program on the Selected Date

Add the Program to my Exercise List

Do not assign a starting day for the program.

The Program Confirmation screen allows you to select a Starting Date for the new program and go to your calendar where it will be added. You can also select to have it added to your exercise list without adding it to your calendar.

The workouts appear on the calendar if you chose a starting date. If you did not select a starting date, select the date to begin, days of the week for your workouts and click the "add" icon. This will add the workouts to your calendar. You can also remove the workout from your calendar or delete the entire program. You can create an unlimited number of individual programs.

Click the appropriate workout day from the side calendar or click the icon. To change the workout day simply drag the icon to the required day.

Week	Days
Month 1 : Stabilization Endurance	
1	1 2 3 4 5
2	1 2 3 4 5
3	1 2 3 4 5
4	1 2 3 4 5
Month 2 : Strength Endurance	
5	1 2 3 4 5
6	1 2 3 4 5
7	1 2 3 4 5
8	1 2 3 4 5

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**MY DASHBOARD**

Exercise  
 Exercise Calendar  
 New Exercise Program  
 Exercise Log



**My Exercise Programs**

**My Resistance Program**  
 Fitness > Weight Loss  
 Stabilization Endurance  
 12 Weeks @ 3 Days / Week

Month: 1, Week: 1, Day: 1

**Flexibility - Foam Roll**



Foam Roll: Outer Thigh      Foam Roll: Hip Rotators      Add New Exercise

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
1	N/A	30 sec	N/A	N/A	N/A
1	N/A	30 sec	N/A	N/A	N/A

**Flexibility - Static Stretch**

Wall Calf Stretch      Kneeling Inner Thigh Stretch      Add New Exercise

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	30 sec	N/A	N/A	N/A
2	N/A	30 sec	N/A	N/A	N/A

Each workout contains exercises for flexibility (pictured here), core, balance, reactive training for performance programs and strength. All resistance training programs are set up for proper progression according to NASM Optimum Performance Training (OPT).

**Core**      Add New Exercise

**Example of Core Training Exercises.**

**Cable Lift**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60

**Reverse Crunch with Rotation**




Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60



**Balance**


Example of Balance Training Exercises.

Single Leg Squat Touchdown



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60

Multi-Planar Hops with Stabilization



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60

+ Add New Exercise

**Resistance**

**Chest**

Example of Strength Training Exercises.

Stability Ball Chest Press: Alternate-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	70%	Medium	0

Stagger Stance Cable Chest Press: 1-Arm



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	70%	Slow	0 - 60

+ Add New Exercise



**Reactive**

Example of Reactive Training Exercises.

**Power Step-Up: Sagittal**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60

**Cone Jumps: Sagittal**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Medium	60

+ Add New Exercise

**Speed Agility Quickness**

Example of Speed Agility Quickness (SAQ) Training Exercises.

**Speed Ladder: Side In-In-Out-Out**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	N/A	N/A	NA	60

**Speed Ladder: W-Weave**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	N/A	N/A	NA	60

**Speed Ladder: 1-In**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	N/A	N/A	NA	60

**Speed Ladder: Zig-Zag with Touchdown**




Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	N/A	N/A	NA	60

+ Add New Exercise

**Core**


[+ Add New Exercise](#)

**Ball Back Extension**




Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Slow	90

**Side-lying Iso-Ab**



Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Slow	90

**Reverse Hypers: Straight Leg**



**Click here to add exercises.**


**Simply select the desired exercise and click OK.**

**OPT Components**

- Flexibility
- Core
- Strength**
- Stabilization
- Balance
- Reactive
- TotalBody
- Chest
- Back
- Shoulders
- Biceps
- Triceps
- Legs


**CORE (35 exercises.)**

Reverse Crunch




Sets	Reps	Intensity	Tempo	Rest(sec)
2	15	N/A	Slow	60 sec

Knee Ups with Rotation




Sets	Reps	Intensity	Tempo	Rest(sec)
2	15	N/A	Slow	60 sec

Side-lying Iso-Ab




Sets	Reps	Intensity	Tempo	Rest(sec)
2	15	N/A	Slow	60 sec

Knee Ups




Sets	Reps	Intensity	Tempo	Rest(sec)
2	15	N/A	Slow	60 sec

Ball Crunch



Reverse Hypers



**You also have the complete OPT library at your disposal.**

OK

Click on the exercise to watch a video, read a description or make adjustments to the exercise.

**Ball Back Extension**

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Slow	90

**Side-lying Iso-Ab**

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	12	N/A	N/A	Slow	90

Reverse Hypers: Straight Leg

The video will play automatically. You can also select the gender of the model.

DotFit Exercise Details

**Ball Back Extension** Gender  M  F Close

Muscle Group	Start	End	Video

Sets	Reps	Duration	Intensity	Tempo	Rest	Edit Exercise	Swap Exercise	Delete Exercise
3	10	N/A	N/A	Medium	60 sec			

**Start**

1. Lie with ball under belly, feet pointed toward floor, legs straight and shoulder width apart.
2. Cross arms on chest.

**Movement**

1. Bend forward at waist.
2. Draw-in bellybutton, squeeze butt muscles and tuck chin.
3. Keep legs straight - raise upper body until in line with legs
4. Return to start.

Click Edit Exercise to make changes. You can also swap for another exercise or delete the exercise.

**DotFit Exercise Details**

### Ball Back Extension

Gender: [M] [F] Close [X]

Muscle Group: [Anatomical Diagrams]

Start: [Image of person starting exercise]

End: [Image of person ending exercise]

Video: [Image of person performing exercise]

Sets	Reps	Duration	Intensity	Tempo	Rest	Save	Cancel	Delete Exercise
2	15	N/A	N/A	Slow	60			

**Start**

1. Lie with ball under your lower back, feet pointed toward floor, legs straight and shoulder width apart.
2. Cross arms over your head.

**Movement**

1. Bend forward until your head is on the floor.
2. Draw-in belly, squeeze butt muscles and tuck chin.
3. Keep legs straight and raise upper body until in line with legs.
4. Return to start.

**Adjust the acute variables as desired and click save.**

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Print [Icons]

Month: 1, Week: 1, Day: 1

**Flexibility - Foam Roll**

Foam Roll: Outer Thigh      Foam Roll: Hip Rotators      Add New Exercise

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
1	N/A	30 sec	N/A	N/A	N/A
1	N/A	30 sec	N/A	N/A	N/A

**Flexibility - Static Stretch**

Wall Calf Stretch      Kneeling Inner Thigh Stretch      Add New Exercise

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
2	N/A	30 sec	N/A	N/A	N/A
2	N/A	30 sec	N/A	N/A	N/A

**Daily workout programs can be printed in three formats:**

- Compact – acute variables only
- Default – variables and images
- Detailed – variables, images & description

**My Exercise Programs**

**My Resistance Program**  
Fitness > Weight Loss  
12 Weeks @ 3 Days / Week

Week	Days
Month 1: Stabilization Endurance	
1	1 2 3 4 5
2	1 2 3 4 5
3	1 2 3 4 5
4	1 2 3 4 5
Month 2: Strength Endurance	
5	1 2 3 4 5
6	1 2 3 4 5
7	1 2 3 4 5
8	1 2 3 4 5
Month 3: Hypertrophy	
9	1 2 3 4 5
10	1 2 3 4 5

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### Create a New Exercise Program

Cardio Weekly Program  
Cardio Quick Start

Walking Weekly Program

Resistance Training Custom Program  
Resistance Training Quick Start

**Click Cardio (Weekly Program).**

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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Please select  
Please select  
Fitness  
Performance

Select a goal:

Days per week: 3

Program Duration?: 8 weeks

Program Workout Time?: 30 minutes

Cardio Level?

Select Cardio Level

Excellent  Good  Average  Below Average  Poor

Cancel Create My Program

**To create a Cardio Program, start by naming your program and set the program variables. Start by selecting an areas of focus, either Fitness and Performance.**

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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Fitness

Select a goal: Please select

Days per week: Please select

Program Duration?: 30 sec to Fat Burning

Program Workout Time?: Get Over Plateau

Program Workout Time?: Weight Loss

Program Workout Time?: Please select

Cardio Level?

Select Cardio Level

Poor BelowAverage Average Good Excellent

Cancel Create My Program

Select a goal for your area of focus.

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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Fitness

Select a goal: Weight Loss

Days per week: Select the number of days per week

Program Duration?: Select the number of days per week

Program Workout Time?: 1 day

Program Workout Time?: 2 days

Program Workout Time?: 3 days

Program Workout Time?: 4 days

Program Workout Time?: 5 days

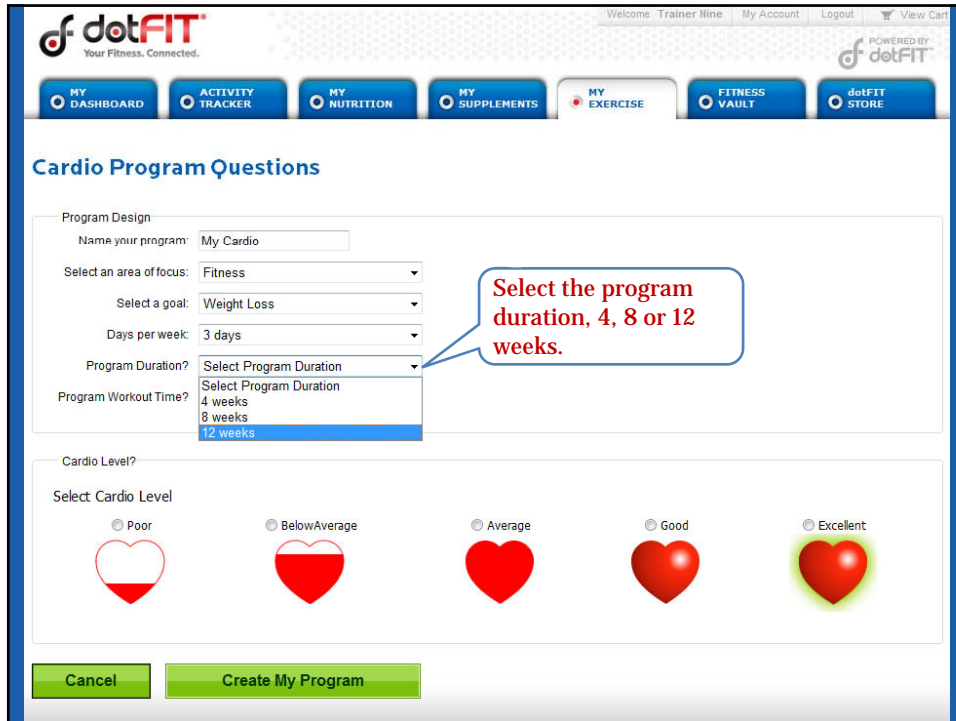
Cardio Level?

Select Cardio Level

Poor BelowAverage Average Good Excellent

Cancel Create My Program

Select the number of days per week.



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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Fitness

Select a goal: Weight Loss

Days per week: 3 days

Program Duration? Select Program Duration

- Select Program Duration
- 4 weeks
- 8 weeks
- 12 weeks

Program Workout Time?

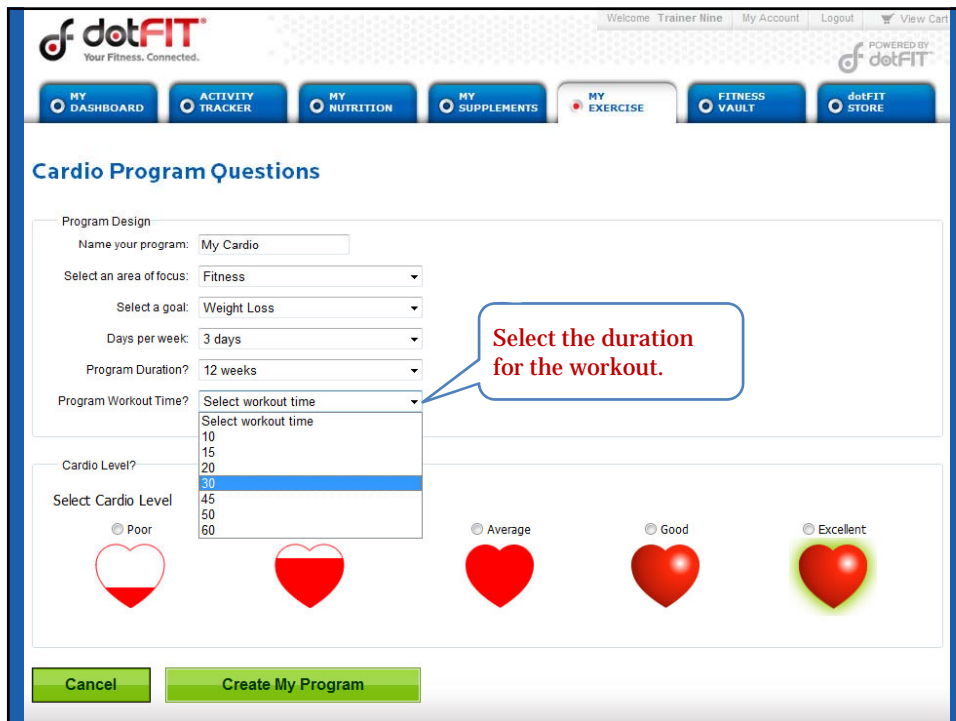
Cardio Level?

Select Cardio Level

Poor  Below Average  Average  Good  Excellent

Cancel Create My Program

Select the program duration, 4, 8 or 12 weeks.



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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Fitness

Select a goal: Weight Loss

Days per week: 3 days

Program Duration? 12 weeks

Program Workout Time? Select workout time

- Select workout time
- 10
- 15
- 20
- 30
- 45
- 50
- 60

Cardio Level?

Select Cardio Level

Poor  Average  Good  Excellent

Cancel Create My Program

Select the duration for the workout.



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### Cardio Program Questions

Program Design

Name your program: My Cardio

Select an area of focus: Please select

Select a goal: Please select

Days per week: 3

Program Duration? 8 weeks

Program Workout Time? 30 minutes

Cardio Level?

Select Cardio Level

Excellent  Good  Average  Below Average  Poor

Cancel Create My Program

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### Program Confirmation

Success! ✓

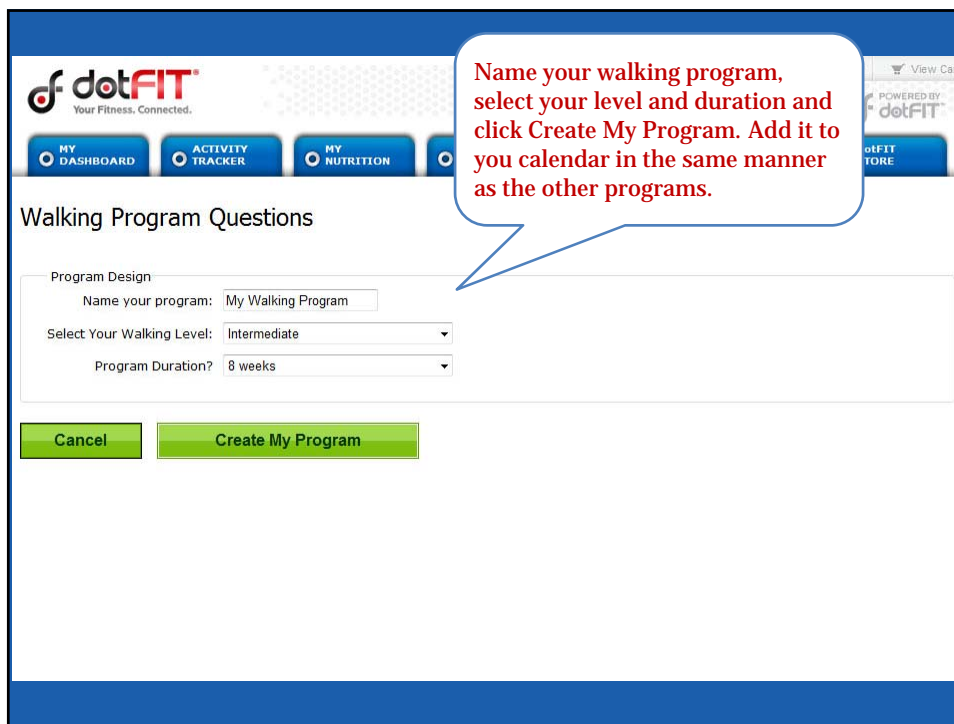
Please Select a Starting Date:

3/31/2010

View Program Go To My Exercise Calendar

The Program Confirmation screen allows you to select a Starting Date for the new program and go to your calendar where it will be added. You can also select to have it added to your exercise list without adding it to your calendar.





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### Walking Program Questions

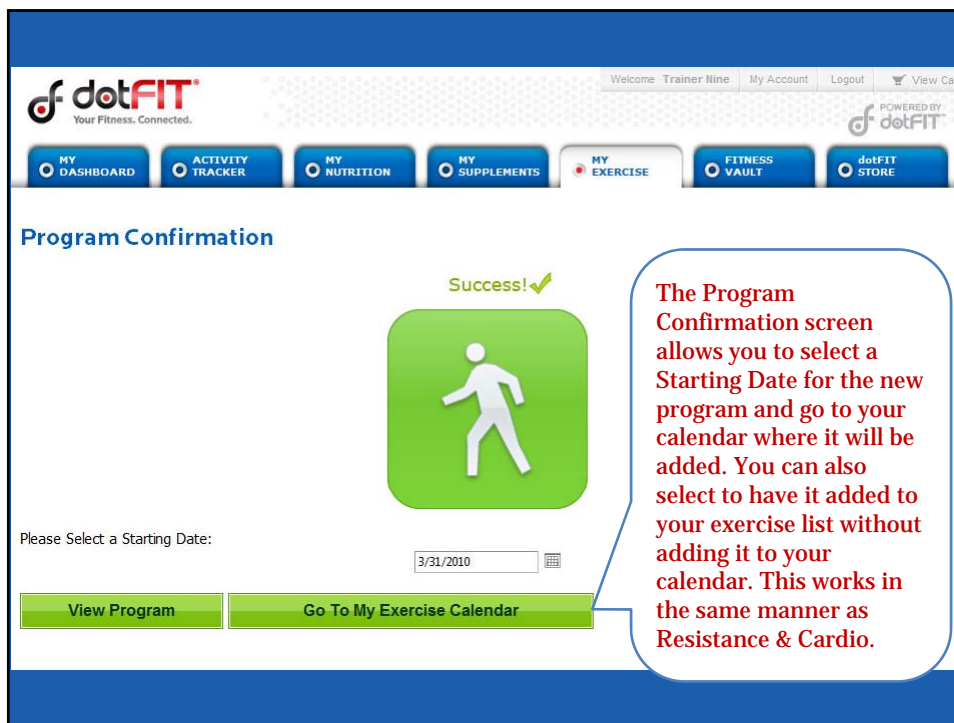
Program Design

Name your program:

Select Your Walking Level:

Program Duration?:

Name your walking program, select your level and duration and click Create My Program. Add it to you calendar in the same manner as the other programs.



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### Program Confirmation

Success! ✓



Please Select a Starting Date:

The Program Confirmation screen allows you to select a Starting Date for the new program and go to your calendar where it will be added. You can also select to have it added to your exercise list without adding it to your calendar. This works in the same manner as Resistance & Cardio.

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### My Walking Program

Month 1 Day: 1, Week: 1, Month: 1

Warm Up: 5 min | Brisk Walk: 4 min | Cool Down: 5 min

**Total 14 minutes.**

**Exercise Log**

Date: 3/30/2010

Log:  
 Program name: My Resistance Program  
 Type: Resistance  
 Design: Custom  
 Area of focus: Fitness  
 Goal: Weight Loss  
 Month: 1, Week: 1, Day: 1

Exercise Name: Foam Roll: Outer Thigh  
 Sets: 1  
 Duration: 30 sec  
 Reps: N/A  
 Intensity: N/A  
 Tempo: N/A  
 Rest: N/A

Exercise Name: Foam Roll: Hip Rotators  
 Sets: 1  
 Duration: 30 sec  
 Reps: N/A  
 Intensity: N/A  
 Tempo: N/A  
 Rest: N/A

Exercise Name: Wall Calf Stretch  
 Sets: 2  
 Duration: 30 sec  
 Reps: N/A  
 Intensity: N/A  
 Tempo: N/A  
 Rest: N/A

Save | Cancel

Date	Log	Del
03/30/2010	Program name: My Resistance Program	
03/31/2010	Program name: My Cardio	

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My Exercise

- Exercise Calendar
- Create Exercise Program
- Exercise Log

Trainer Tools

- Custom Exercise
- Build Your Own Programs

My Exercise Programs

- My Resistance Program  
Fitness > Lean & Tone  
8 Weeks @ 3 Days / Week

April 2010

S	M	T	W	T	F	S
28	29	30	31	1	2	3
				8	9	10
				15	16	17
				22	23	24
				29	30	1
2	3	4	5	6	7	8

**Custom tools are available in dotFIT Trainers accounts. Trainers can create custom exercises and build their own complete programs that can be maintained and (coming soon) assigned to all clients as needed/desired.**

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Trainer's Custom Exercises

Details and Description

Consumer Exercise Name: One-Arm Kettle Bell Swing | Pro Exercise Name: One-Arm Kettle Bell Swing | Anatomical Image: 105.jpg

Movements: Total Body | Power | Snatch Throw

Equipment:  FreeWeights  BodyWeight  Machines  StabilityBall  CableOrTubing  FoamRoll  MedicineBall

Exercise description: Place one kettlebell between your feet. Push back with your butt and bend your knees to get into the back is flat and look straight ahead. Swing the kettlebell between your legs forcefully as if you are passing a ball. Quickly reverse the direction and drive through with your hips explosively taking the kettlebell straight up between your legs and repeat. Switch arms with each set. Remember that the swing is primarily a hamstring exercise. The power is generated from the hips. It is not a front raise.

**Click Custom Exercise to add or manage your library of custom exercises. To add an exercise, enter/select the appropriate exercise information and click Insert.**

**You can now add your own images and video if available from your computer. Remember to click Save before leaving the page.**

**After the Custom Exercise has been added, it will show up in your library which has search functionality and can be viewed as a grid list or an exercise tree (see left) by phase/body-part for you convenience.**

**Click Browse for each asset you have available to add (note size and format specs) and click update (be aware that you must own the rights to the assets loaded). All custom exercises will soon be available for you to add to client custom programs.**



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**Build your own program**

Program name:  Opt Phase Variation:

Opt Phase Variation dropdown options:  
 Corrective Exercise  
 Stabilization Endurance  
 Strength Endurance  
 Hypertrophy  
 Max Strength  
 Power  
 Max Power

**My Exercise**  
 Exercise Calendar  
 Create Exercise Program  
 Exercise Log

**Trainer Tools**  
 Custom Exercise  
 Build Your Own Programs

**My Own Programs**  
 0 programs found. Create new program.

**Click Build Your Own Programs to customize a complete program. We will soon have the functionality so you can assign them to your clients. Begin by naming the program, select the corresponding phase and click Save.**

**Back To Own Programs**

**Exercise List**

Search:

Results:

- Flexibility (3)
- Core (3)
- Balance (3)
- Reactive (3)
- Speed Agility Quickness (3)
- Total Body (3)
  - Stabilization (17)
    - Strength (20)
      - Clean (1)
      - Lunge to MB Lift & Chop (1)
      - Lunge to Overhead Press (3)
      - Lunge, Reach, Curl to Overhead Press (3)
      - Push Press (2)
      - Romanian Dead-lift, Shrug, Calf Raise (1)
      - Russian Dead-lift, Shrug, Calf Raise (1)
      - Snatch (1)
      - Squat to Overhead Press (2)
        - Squat to Overhead Press: 2-Arm
        - Kettlebell Turkish Get-Up (TGU)**
        - Squat to Overhead Press (1)
      - Squat, Shrug, Calf Raise (1)
      - Step-Up to Overhead Press (3)

**Kettlebell Advanced**

Max Power

Drag the exercise to switch order. Click the exercise title to edit.

**Total Body**

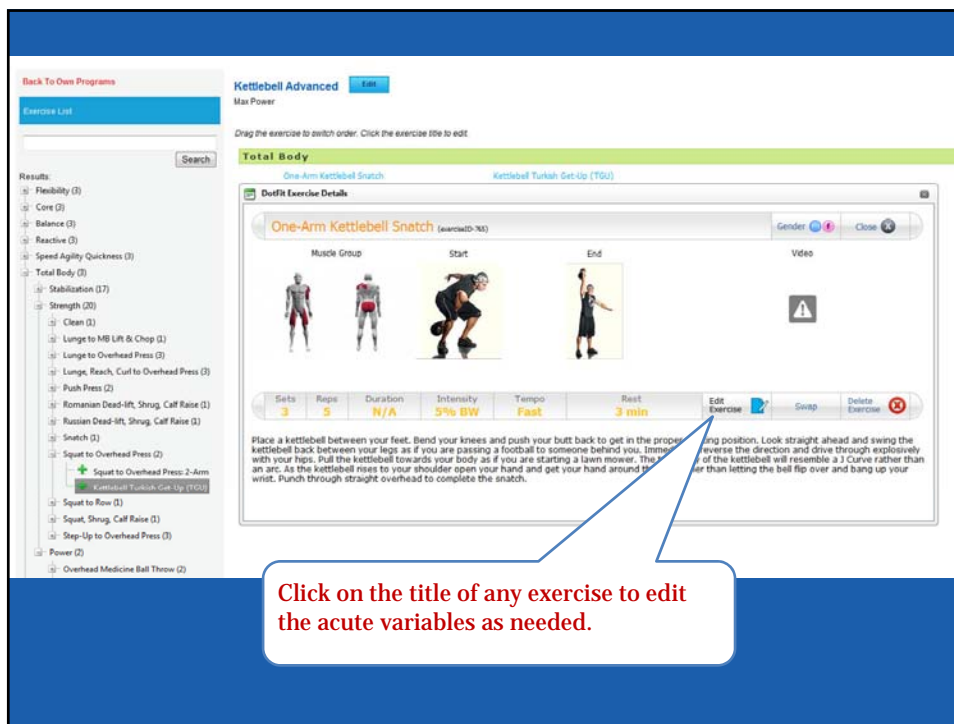
One-Arm Kettlebell Snatch

Sets	Reps	Duration	Intensity	Tempo	Rest(sec)
3	5	N/A	5%	Fast	3 min

BW

**This page will open with the exercise tree and a blank slate. Begin by opening the tree to the first exercise desired and click the green plus symbol to pull the exercise in (your saved custom exercises will be available). Repeat the same procedure until all the desired exercises are included.**





**Back To Own Programs** | **Kettlebell Advanced** | Edit

Max Power

Drag the exercise to switch order. Click the exercise title to edit.

**Total Body**

One-Arm Kettlebell Snatch | Kettlebell Turkish Get-Up (TGU)

**Duffit Exercise Details**

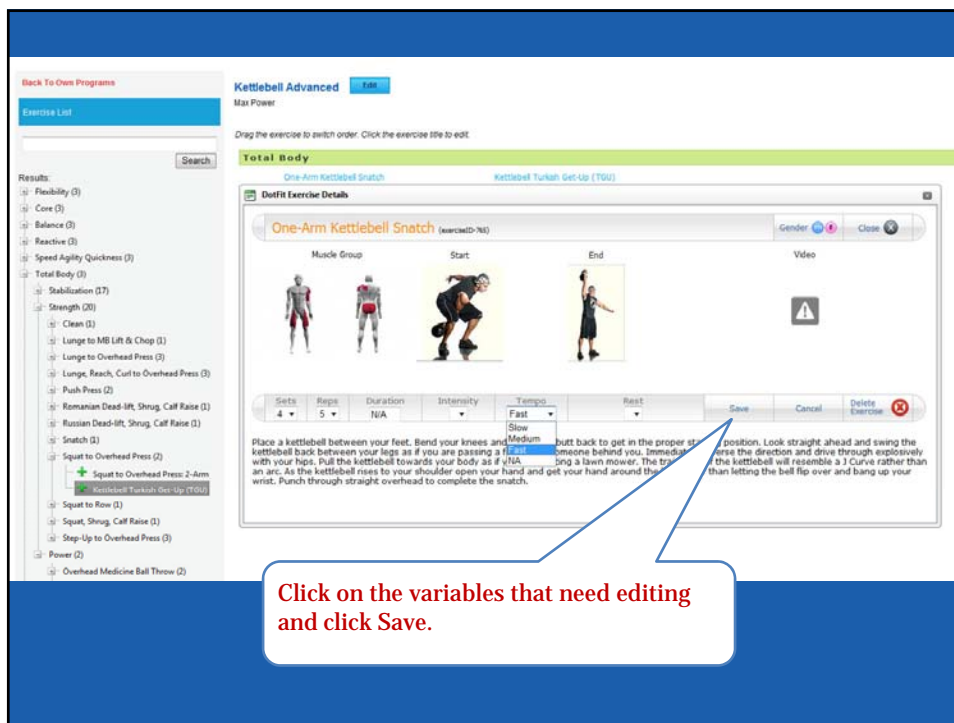
**One-Arm Kettlebell Snatch** (searchID: 761)

Muscle Group: Start: End: Video

Sets	Reps	Duration	Intensity	Tempo	Rest	Edit Exercise	Swap	Delete Exercise
3	5	N/A	5% BW	Fast	3 min	[Edit]	[Swap]	[Delete]

Place a kettlebell between your feet. Bend your knees and push your butt back to get in the proper starting position. Look straight ahead and swing the kettlebell back between your legs as if you are passing a football to someone behind you. Immediately reverse the direction and drive through explosively. The top of the kettlebell will resemble a J Curve rather than an arc. As the kettlebell rises to your shoulder open your hand and get your hand around the wrist. Punch through straight overhead to complete the snatch.

**Click on the title of any exercise to edit the acute variables as needed.**



**Back To Own Programs** | **Kettlebell Advanced** | Edit

Max Power

Drag the exercise to switch order. Click the exercise title to edit.

**Total Body**

One-Arm Kettlebell Snatch | Kettlebell Turkish Get-Up (TGU)

**Duffit Exercise Details**

**One-Arm Kettlebell Snatch** (searchID: 761)

Muscle Group: Start: End: Video

Sets	Reps	Duration	Intensity	Tempo	Rest	Save	Cancel	Delete Exercise
4	5	N/A	5% BW	Fast	3 min	[Save]	[Cancel]	[Delete]

Place a kettlebell between your feet. Bend your knees and push your butt back to get in the proper starting position. Look straight ahead and swing the kettlebell back between your legs as if you are passing a football to someone behind you. Immediately reverse the direction and drive through explosively. The top of the kettlebell will resemble a J Curve rather than an arc. As the kettlebell rises to your shoulder open your hand and get your hand around the wrist. Punch through straight overhead to complete the snatch.

**Click on the variables that need editing and click Save.**

The screenshot shows the 'Kettlebell Advanced' exercise list. On the left is a sidebar with a search bar and a category list including Flexibility (3), Core (3), Balance (3), Reactive (3), Speed Agility Quickness (3), Total Body (3), Chest (3), Back (3), Shoulders (3), Biceps (2), Triceps (2), and Legs (3). The main area displays a grid of exercises: Flexibility (Foam Roll Outer Thigh, Foam Roll Lat), Core (Ball Bridge), and Total Body (One Arm Kettlebell Snatch, Kettlebell Turkish Get-Up (TGU)). Each exercise card includes a thumbnail, title, and a table with columns for Sets, Reps, Duration, Intensity, Tempo, and Rest/hold. A callout bubble on the right explains that exercises can be moved by left-clicking and dragging, and that a 'Make a Copy' button is available to create a duplicate program.

The screenshot shows the 'Build your own program' interface. At the top, there are navigation tabs for MY DASHBOARD, ACTIVITY TRACKER, MY NUTRITION, MY SUPPLEMENTS, MY EXERCISE (selected), FITNESS VAULT, and dotFIT STORE. The 'My Exercise' section on the left includes links for Exercise Calendar, Create Exercise Program, and Exercise Log. The 'Trainer Tools' section includes Custom Exercise and Build Your Own Programs. The 'My Own Programs' section shows a card for 'Kettlebell Advanced Max Power'. A callout bubble explains that created programs are saved in the personal exercise calendar and under Trainer Tools, and can be edited at any time.

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My Exercise

Exercise Calendar  
Create Exercise Program  
Exercise Log

Trainer Tools  
Custom Exercise  
Build Your Own Programs

My Exercise Programs

Kettlebell Advanced  
User Created Program

4/24/2010

Sun Mon Tue Wed Thu Fri Sat

Week Days  
Month 1 : Max Power  
1 1 2 3 4 5

<< < April 2010 > >>

T F S

2 3

9 10

16 17

19 20 21 22 23 24

25 26 27 28 29 30 1

2 3 4 5 6 7 8

Your custom programs will be saved as a single day program but you can assign it more than once on the exercise calendar by selecting a day/date and clicking "add". Repeat the procedure as desired for this same or other programs.