

Fitness coach is your key to great fitness!

Coach:

- ▶ Tells if you are training right considering your fitness level and goal.
- ▶ A smart, continually updating training program.
- ▶ Lets you set your own goal.

Training diary:

- ▶ Training summaries.
- ▶ Training reports.
- ▶ Follow-up of progress.

Communication tool:

- ▶ Guidance from your personal trainer.
- ▶ Encouragement and support from your friends.



How to sign in the first time

1. Open the web browser on your computer.
2. Go to www.firstbeat.net. Click 'Login to service' in the upper right corner of the screen.
3. Fill in the following information:
 - ▶ User name and password that you received from your service provider.
 - ▶ Select program language (Finnish/Swedish/English).
 - ▶ Click 'Login'.
4. Answer the questions of the First time wizard, e.g.:
 - ▶ Name and contact information. Remember to change your password!
 - ▶ Personal background information, e.g. height and weight.
 - ▶ Physical activity information. Based on your answers, Fitness Coach will determine the appropriate starting level for you. You can change your goal later.
5. Check your information, press 'Close' and start using Fitness Coach.

How to train with Fitness Coach

1. Perform the workout according to the instructions of Fitness Coach.
2. Log the workout to Fitness Coach based on how you actually trained – even if it was different from the training prescription.
 - ▶ Fitness Coach estimates the workout's effect on your fitness level on a training effect scale of 1.0-5.0.
 - ▶ Future workouts in your training program are updated based on what kind of workout you did.

Different ways to train and record training sessions

- ▶ **Training effect (1.0-5.0).** You can use any heart rate monitor that measures training effect.
- ▶ **Heart rate level.** You can use any heart rate monitor that calculates your average heart rate during the workout.
- ▶ **Distance walked or run.** You can train on a premeasured route or you can measure the distance with GPS, foot pod or step counter (pedometer).
- ▶ **Description of exertion.** You can select the option that best describes your feeling of exertion during the workout.

Download data directly from the heart rate monitor*. You can also record the workout with a compatible heart rate monitor. After the workout, connect the monitor to the computer's USB port to upload it automatically to Fitness Coach. Fitness Coach recognizes and analyzes the exercise session automatically.

*Compatible heart rate monitors for this function: Suunto: t6, Memorybelt. Polar: RS800, CS600. If your gym utilizes heart rate monitored classes and the Firstbeat Monitor, the workout is automatically saved to Fitness Coach.

Training effect tells the effect of the workout on your fitness

- ▶ You will learn what kinds of workouts are intensive enough to improve your fitness.
- ▶ You will also learn to do easier workouts to develop your basic endurance.

5.0	Overreaching
4.0-4.9	Highly improving workout
3.0-3.9	Improving workout
2.0-2.9	Maintaining workout
1.0-1.9	Easy workout

Let's go training!



Home page: an overview of your training

- ▶ The home page opens up when you first login to Fitness Coach.
- ▶ You can click each section to view the information in more detail.

Observation

You can view other people's training information if they have given you the rights.

Home

Go to the Home view.

Fitness coach

Go to the Fitness Coach view to look at your training and day-by-day training program.

Menu

User and training information, settings, etc.

Training groups

You can join or exit training groups.

Training load follow-up

Tells if you have trained

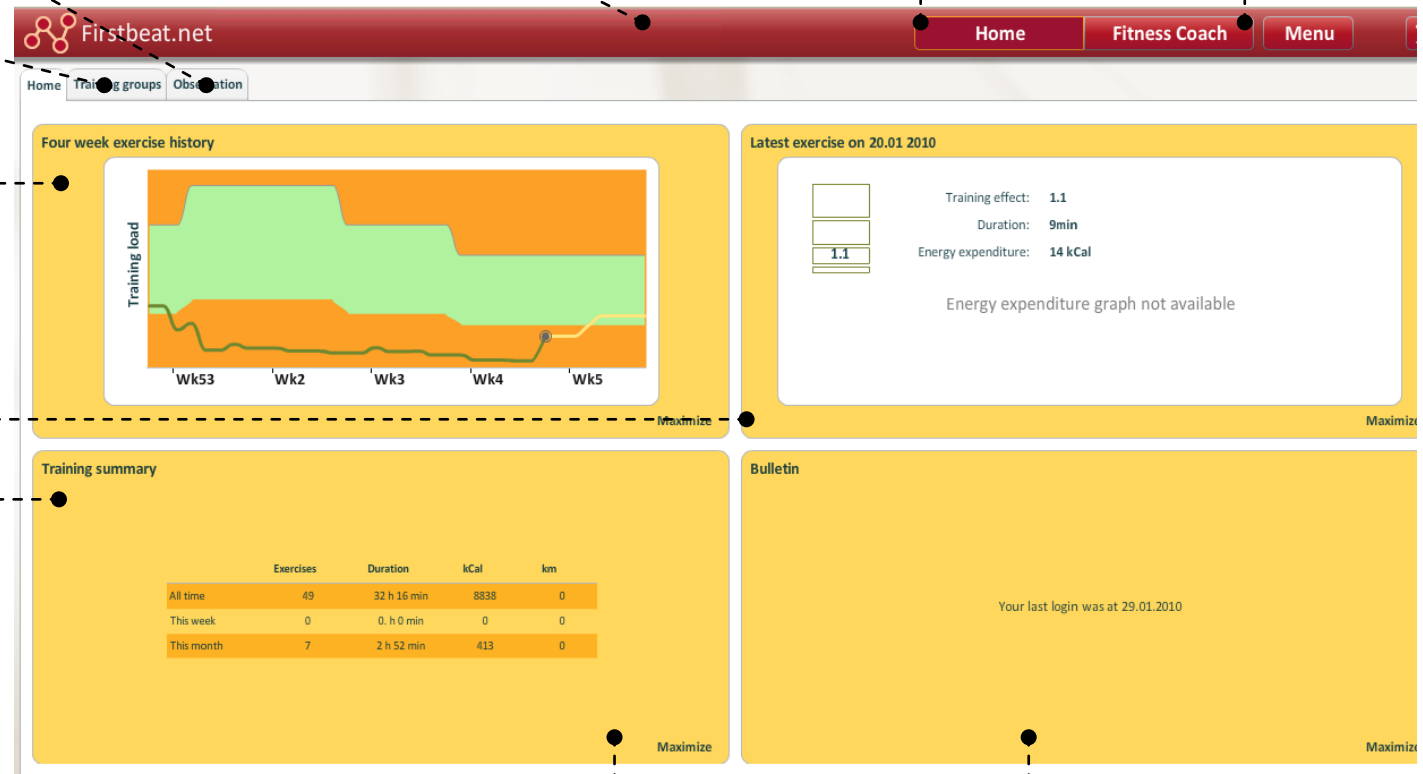
- Appropriately
 - Too little
 - Too much
- considering your fitness level and goal.

Latest workout

Detailed information about your latest workout.

Training summary

Weekly and monthly summary of your recent training. Most popular disciplines.



Maximize

Click here to look at the information in each view in more detail.

Bulletin

Your latest login.





Measurements

Edit your heartbeat data recordings here.

Calendar

View the highlighted days in more detail in the training program on the right. The days that include a workout (completed/planned) are highlighted with a darker shade. Scroll the months with the arrows in the toolbar.

Training program

Your daily plan including days-off and training days.

- Ongoing day is highlighted in yellow.
- Selected day is framed in red.

Scroll days with the arrows in the toolbar or by clicking a day with your mouse.

- Yellow bars: the training effect values of planned workouts.
- Green bars: the training effect values of already performed workouts.
- Duration and energy expenditure are shown under the bar.

Info

Instructions for using the Fitness Coach.

Exercise info

Planned workouts: choose what information to use during your workout. Workout intensity is described verbally on the right under "Description".

Performed workouts: information that you have logged about the workouts.



The screenshot shows the 'Training Program' interface. At the top, there's a navigation bar with 'Home', 'Fitness Coach', and 'Menu' buttons. Below it, a calendar for January 2010 is visible, with the 27th highlighted in red. The main area is a grid of days from Sun 24.1 to Tue 2.2. Each day has a 'TRAINING EFFECT' bar (yellow for planned, green for performed) and a 'DURATION ENERGY / PLAN' bar. The 27th shows a 'Badminton' workout with a duration of 1h 21min and 271kcal. Below the grid is the 'Exercise Info' panel, which is currently showing details for a 'Badminton' workout. It includes fields for Discipline, Duration, How did it feel?, Distance, avg. Heart Rate, and Measured Training Effect. There are also 'Modify View...', 'Add Exercise', and 'Send report...' buttons. On the right side of the 'Exercise Info' panel, there are 'Description' and 'Notes' fields. The 'Description' field contains the text 'Maintaining workout'. At the bottom of the 'Exercise Info' panel, there are 'Modify View...', 'Add Exercise', and 'Send report...' buttons, along with 'Clear', 'Save', and 'Cancel' buttons.

You can log 1-3 workouts per day. The day's workouts can be scrolled with the arrow keys.

Send report

A report of the performed workout can be sent to your email.

Auto

Let the coach decide (Auto): Coach plans automatically whether to have a training day or a rest day.
Exercise (Manual): Book a workout to the selected day.
No exercise (Manual): Book rest to the selected day.

Add exercise

- Choose the discipline
- Determine the duration of the workout
- Choose at least one way to describe the intensity of your workout:
 - How it felt
 - Distance run or walked
 - Average heart rate
 - Measured training effect

Change the values by pressing the arrows on the right, by moving the gliding vertical bar or write data into the given field. You may also log how you felt after exercise.

In "Description" you can see a verbal description of the workout on your fitness.

In "Notes" you can add some personal comments about the workout.



How to edit your training program and goal

- ▶ Training information is filled out the first time you use Fitness Coach.
- ▶ After this you can edit it under the 'Menu' tab in the upper right corner.

User information	
Training and activity	Training information
Tools	Print training program
Settings	Fitness development
Help	

Training target

Choose your training target to be:

- Keep this fitness level
- Improve fitness
- Health program

Default discipline

If you have a favorite sport that you engage in frequently, you can select it as your default discipline in the training program.

Program duration

You can choose how long you want the Fitness Coach's training programs to be: from 2 weeks to 3 months.

Description of training program

Fitness coach describes the contents and goals of your program, based on your training target.

Training information

Modify your training information.

Choose target for your training You current activity class is 3. Training program description:

Improve fitness (dropdown)

Choose your default discipline Maximize fitness

Badminton (dropdown)

Choose training program duration You are already training actively. This training program focuses to maximize your fitness. Training program guides you to exercise even more effectively by varying appropriately both light and hard training days and weeks.

One month (dropdown)

While your fitness level increases, you learn a lot about high level training and about the relation between exercise and rest. You may choose to "Maintain fitness level" as target in case you want to keep your current fitness level and activity class.

Please, define your preferred weekly training rythm. With activity class 3 you should have no more than 5 days selected as rest.

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Coach	Coach	Coach	Coach	Coach	Coach	Coach

Estimation for your next five week's training program.

Week 1	Week 2	Week 3	Week 4	Week 5

Automatically detect excercises from uploaded measurements

Yes No

How did you feel for the exercise? (smiley faces)

Save Cancel

Activity Class 3

I train once a week ~30 minutes at a time.



Recognition of workouts
If you use a compatible heart rate monitor to record your workouts, choose if you want the coach to automatically recognize workouts from uploaded data.

Training rhythm
Fitness coach takes into account your schedule when designing the program. You can choose if you:

- Perform a workout (Train)
- Take a day off (Rest)
- Let the Fitness Coach decide (Coach)

Weekly workouts are planned according to your selection.

Activity class
Your level of physical activity will be taken into account when designing your training program.