

Welcome to makin' muscles help

The “Next >” button saves what you have entered and goes to the next window.

The “Cancel” button does not save what you have entered and cancels the series of questions.

The “< Back” button does not save what you have entered and goes to the previous window.

The "Finish" button is used to conclude a series of entry windows.

The “Create” button will create a report (which you can print) with the details of the workout routine which was just created for you. It will show you a day by day explanation of the recommended exercises which will help you reach the goals you have identified.

Press the “OK” button to save the information you have just entered. After pressing OK, you can just click on your name in the trainee window and then select any of the training buttons to add, change or log workout information.

The “New” button is used to create a new trainee, a new workout routine, a new program or a new exercise.



First click on one of the trainees and then click on the “Open” button. “Open” is used to view and edit personal information like full name, address and telephone number of the trainee.

The “Delete” button is used to remove a trainee from the system. To delete someone, select them (click on their name) and then press the Delete button. Once a trainee is deleted all of their training information is also deleted.

The “OK” button applies and saves any changes you have made.

The “Cancel” button does not save or apply any changes you have made.

The “Apply” button immediately saves information you have entered.

Routines are a collection of workout programs (and each program contains one or more exercises). Routines can be added or changed by pressing the Routines button without first selecting a trainee. To change a routine for a trainee, you need to first select the trainee and then click the "Routines" button.

Programs contain one or more exercises. You can edit or add new programs by clicking on the “Programs” button without selecting a trainee.

Exercises can be added or changed by clicking on the “Exercises” button without selecting a trainee. To log, or record, the exercises (and sets and repetitions) you have done, first select your name and then click on the “Exercises” button.



“Measures” is used to enter and maintain a record of your body measurements including your height and weight. To enter your measurements you need to first click on your name and then press the “Measures” button.

“Growth” displays a chart showing you how your measurements have changed. To view your growth, first click on your name and then click the “Growth” button.

”Records” are maintained for all of the exercises you do. To view your personal best records, click your name and then select the “Records” button.

“Tips” are shown to give you some ideas and suggestions on how to improve your health and conditioning.

The trainees window is used to show the names of all of the people in the system. Click on your name to identify yourself and then click on one of the buttons in the tool bar (like Exercises, Measures, Growth, or Records). Also, you can view details about each trainee by selecting the View / Details menu item.

The Muscle tool bar can be used to change routines, programs, exercises and other training items.

To add or change information for a specific trainee, you should click on the name of the trainee before choosing the training item.

You should not select a trainee before choosing one of the training buttons if you want to change things for all trainees.

Enter a brief name, or nickname, to identify yourself to Makin' Muscles. This name will be used to link you to your workout routines, your growth charts and other training information. You will have to choose another name if someone has already taken the one you enter.

Enter your age in years. This is used to help determine the type of workout routine which might be best suited to you. You can use the up and down buttons on the spinner next to this field to increase or decrease the number.



Click on the workout category which is most appealing to you. This is used to help determine the mix of exercises you should use for your workouts. It is also used to determine the number of sets and repetitions you should use for achieving best results.

This is used to determine, in general, what type of equipment may be available to you. For example, if you select that you will work out at a “club” (or a school) then you will probably have Nautilus or Universal or other types of equipment which would not be available at home.

Makin' Muscles includes a number of "sport specific" workout routines. These routines are geared to targeting and improving the muscle groups you will need to excel in your chosen sport. If you want to use a sport specific routine, then select "Yes, I am training for a specific sport" and then click on the name of the sport in the list.

This is used to help determine the mix of exercises and the intensity (sets and repetitions) for your workout routine. If you are unsure, select “Beginner” and then later add additional programs to you assigned workout routine.

This is the name of the workout routine which is now assigned to you. You can see the details of the routine by pressing the Create button in the next window. Also, once you complete setting up the new trainee the name of the trainee will be selected in the main window, and to view the Routine select the Routine button.

This is the name of the routine which is currently assigned to the selected trainee. To change to a different routine, click on the Change button, select the new routine from the list, and then click the OK button.

To assign a new routine, first click on the Change button and then select the name of the new routine from the list.

To change an existing exercise, select it from the “exercise name” list and then make the desired changes. Save your changes by pressing the Apply button.

To build a new exercise, enter the name of the exercise in the “exercise name” box. If the name you enter does not match the name of any of the exercises in this group, then it will be saved (once you press the Apply button) as a new exercise.



For each of the major muscle groups (shoulders, back, etc.) you can identify the name of a specific muscle. This can be used for intermediate and advanced training to build routines, programs and exercises which target very defined areas.

To choose a specific muscle, select one from the list.

Select the name of the equipment you will use to perform the exercise. For exercises like pullups or push ups you should select “no equipment”.

Note: you can add and change equipment with the Edit / Equipment feature.

Select the position which best describes how you will position your body to do the exercise.

The level is used to identify which exercises are suitable for the trainees level of experience. Many exercises, like running, are of course suitable for all levels so they should be associated with the lower or entry levels.

The exercise description area contains information about how to properly perform the exercise.

Choose the name of the program from the “Select program” list when you want to change an existing program.  
Enter the name of a new program if you would like to create one.

This is used to describe the goals or purpose of the program.

This is the list of exercises contained in the program. To remove one of the exercises, first select it and then click the Remove button. To add a new exercise to the list drag it from the list of available exercises and then drop it on this list.



To remove an exercise from the program list, first select or highlight the name of the exercise and then click the Remove button.

This is the list of the available exercises which can be used in a workout program. To add an available exercise to a program, first select the desired program and then click and drag the image of the exercise from the “Available exercises” window and then drop it in the “Exercises in the program” window.

Click on the “pictures” option to view the items by a short name. Click on the “Details” option to view the items in a detailed list (which includes additional information about each item).

The list of “Available exercises” is drawn based on the muscle groups which are selected. To include a muscle group in the list of “Available exercises” make sure its associated box is checked and then press the Redraw button.

To edit or view an existing routine select the name of the routine from this list. To create a new routine type in the name of the routine.

To add programs to the routine, select the name of the program to be added and drag it to one of the seven days.

This is a description of the selected routine. For a new routine you should enter descriptive information.

Each day of a routine will consist of one or more programs unless its an “off” day or unless you identify it with a “repeat” indicator. To move a program to one of the days click on the desired program and drag it to the appropriate day and then drop it there. If you want the program to have an “off” day, then drag the “off” program to one of the days.

Each workout day can contain one or more programs. If the day is an “off” day, it should contain the “off” indicator. Additionally, there is a “repeat” indicator which means that the days prior to the “repeat” are to be repeated. To add a program to a day, drag the program from the list of programs to the desired day.



To remove one of the items from a day's list, highlight (click on) the item and then press the Remove button. To reset all of the days, press Clear (this will cause Day 1 through Day 6 to be set to "off" and Day 7 will be set to "repeat").

Enter the name of the equipment to be added to the equipment list. Typically, this is the brand or company name.

After selecting a program, you can add a new exercise to the program by clicking on one of the available exercises and then pressing the Add button.

This is a list of all of the equipment groups which are available. To add a new group of equipment, press the Add button, enter the name of the equipment to be added and then press the Apply button. To remove equipment from the list, highlight (select it) the name of the equipment and press the Delete button.

The equipment “action” buttons are used to change the list of available equipment. To add a new equipment group, press the Add button and then enter the name of the equipment. To save changes made to the list, press Apply. To delete an equipment group, highlight the name of the equipment in the list and press the Delete button.

This is used to show the routine (Day 1 through Day 7) of the selected trainee. To view the programs for a particular day, double click on the day and (if there are any programs for that day) the day will “expand” to show its programs. To view the exercises contained within a program, double click on the program. To view all of the exercises contained within the routine, select the View All option.

To enter exercises you have done into your workout log you must first select (click on) the name of the exercise.

Select “Days” to view a compressed image of the routine. Select “All” to view a fully expanded image of the routine.

When the view is set to “Days”, you need to double click on one of the Days to view its programs. To view the exercises within the program, double click the program.

Select one of the exercises from the list to use the Log and Review tabs. Click on the Log tab to make new entries into your workout log. Click on the Review tab to view log entries from previous workouts.



Select the day that you want to use to make an entry into the workout log.

Enter the number of sets, repetitions, weight, time and / or distance for the selected exercise. The value will be save in your workout log using the selected date and exercise.

When you select an exercise, the values entered into sets, repetitions, weight, time and distance are set to the values you last recorded for this exercise.

You can also use the up and down spinners to change the values.

This is used to log any special notes about the exercise. For example, you may want to record any tip or techniques your found helpful in performing the set.

This area displays all of your previous workouts for the selected exercise. Click on the buttons at the top of the columns to sort the values. If there is an incorrect value, you can edit it directly from this list. To save the edited values just click on a different row and the changes will be saved automatically.

Enter the value of each measurement or use the spinners to set the value. The values you entered most recently are shown when the Growth window is first displayed. Type in any notes you want to keep regarding these measurements. Press the Apply button to save the values.

This is when you last entered growth information.

This is a growth chart. It charts the values for the item you have selected. To chart a different item, click on the name of the item and then select the Redraw button.

To chart a different item, first click on the category (personal measurements or maximum weight lifted) to be charted and then select the name of the item from the list. After selecting the item to chart, press the Redraw button.



Click the Redraw button to refresh or recreate the growth chart. Before clicking the Redraw button, select an item to chart.

This is used as descriptive information for the five levels of workout experience (Level 1 being the least experienced and Level 5 being the most).

This are the major muscle groups. To view the muscles included in one of the groups, or to add a specific muscle to one of the groups, click on the name of the group.

This is the list of muscles defined for the selected group. To add a new muscle to this list, click on the Add button.

Enter the name of the specific muscle to add to this muscle group. After entering the name of the muscle, press the Apply button to save it. Once saved, you can then build exercises which work on the specific muscle.

This button is used to add new muscles to the selected group of muscles. For example, instead of referring to the “upper leg” as a specific muscle you may want to add “biceps femoris” or “sartorius” as the specific muscle to be trained.

This is used to add new trainees. You will be asked a series of questions about the new trainee. These questions are used to match the best workout routine to the trainee.

This is used to add workout routines. Routines include one or more programs for each day of the week.



This is used to add new programs. Programs include one or more exercises. Typically a program will concentrate on a specific area (like "chest"). A collection of programs, arranged by day of the week, is referred to as a workout "routine".

This is used to add new exercises. You can group one or more exercises into a workout “program” (and then organize the programs by day of the week into a complete workout “routine”).

This is a list of all of the trainees. To view or edit information about the trainee, click on the name of the trainee and then press OK.

This is a workout tip. These tips will be different each time you view the tips. If you do not want to see these tips, then click the Don't Show Tips option and press OK.

This is a list of your personal best values. For weightlifting, it lists the highest value for each exercise you do.

Click on one of the tabs to select the group of Preference settings to change.

Select the items to be shown by checking Tool bar, Location bar, Status or Tips. The Tool bar is the buttons along the top of the Trainee or Browser windows. The Location bar is used by the Browser to directly enter an Internet address to be viewed. The Status bar is located along the bottom of the window. Tips can be viewed whenever the program is started by checking the Tips box.

This is used to set the units to be used for weights and lengths. The values for weights and lengths should always be entered using the same settings regardless of the Preference settings.



Select one of the groups of information by clicking on the desired tab (Trainee, Important dates, Contact info, Group and Workout). Enter the information and press the Apply button to save the information.

Enter the trainee's first, middle and last names. Also, you should enter the address, city, state and zip information. This information is used for reports and other printed materials.

The start day is the day when the trainee's name was first added to the system. The birthday is used to track the trainee's age.

Enter the telephone number, work phone number and other contact information and then press the Apply button to save the information.

This is used by businesses to group trainees. For example, a professional sports team could use this to set up one organization as “linemen” and another as “defensive backs”. This is used for reporting purposes.

This is used to describe what areas of the body are benefited by doing the exercise.

This is used to select the exercise you want to change. Once you select an exercise, the number of repetitions for each level is displayed below.

After selecting an exercise, enter the number of repetitions for the exercise which should typically be done. For example, a first level (beginner) trainee may do three sets of 12 repetitions for an exercise and a fifth level (very experienced) may do five sets of the same exercise but do it in repetitions of 15, 12, 8, 6 and 4. So for the first level user you would enter 12 12 12 00 00 and 00.



This is used to select which report you want to create. After choosing the name of the report, set the destination and then press the Create button.

This is used to determine where you want to send the report.

Select the name of the report from the list, then choose the destination for the report. Finally, click the Create button to produce the desired report.

This is the text of the tip which will be displayed. To edit the tip, change the text and then press the Update button. To delete the displayed tip, press the Delete button. To create a new tip press the New button, enter the text for the tip and then press the Update button.

This group of buttons is used to navigate through the tips database. Press the “|<” to move to the first record. Press the “<” to move to the previous tip. Press “>” to move to the next tip. Press “>|” to move to the last tip. The position is displayed below the navigation buttons.

The New button is used to add new tips. After pressing New, enter the text of the tip and then press Update to save the new tip. To change an existing tip, edit the text of the tip and then press Update. To delete a tip, position to the tip and then press the Delete button.

Workout sheets can be printed for one particular day or for all days. To print a workout sheet for one day, click on the day and then press the Create button.

The Create button will build workout sheets for the selected day (or for all days). First select the desired day, and then press the Create button.



This is a monthly workout calendar. Workouts which have been logged are marked with an asterisk (“\*”). To view workouts for a particular day, click on the day. To change the month click on the arrow along the top left hand and right hand portion of the calendar.

This shows the selected date and the exercises which have been logged for that date. To view exercises from another date click on the desired date and the list will be updated.

This is used to enter workout diary information. The name of the diary is in the format of “trainee name.rtf”. (The “.rtf” extension is used to tell the system that the file is a Rich Text File. Rich Text Files is a standard format among word processors so it can be opened and edited by other programs.)

To change the appearance of words or sentences, first select the text and then select a new font, size, color or alignment.

A workout diary is a key component of a successful program. Makin' Muscles will create a word processing file for you which can be used to enter information about your program. It can contain diet information, how you felt about a particular exercise, how you feel you are progressing, or anything else. To create the diary file, press the Create button. To use your diary, select your name as the active Trainee, then select View / Diary. Once the Diary window appears select Open. Your diary file name is your name followed by ".rtf".

To get started you may want to print your exercise routine and an exercise log. The exercise routine will list your scheduled workouts for you with a brief description of each exercise and the number of repetitions you should try to do. The workout log gives you a convenient form you can use to mark the exercises you do so you can later log them into the system. To print both of them, select one and then select Create, then select the other and then the Create button.

This is a list of your top ten SportSites to visit on the Internet. To change a SportSite, click on the one to be changed and then identify the name of the new site by choosing one of the names from the "Select a new site" list. Press the Apply button to save the change.

The SportSites are Internet pages which can be viewed by selecting View / Browse and then selecting from the SportSite menu. To change one of the sites, click on the name of the site to change and then choose a new one from the "Select a new site" list. After selecting a new site, the name which will appear on the SportSite menu and the location ("URL") of the site will be shown. Press Apply to save the change.

This group of buttons changes the view of the items in the associated list. The items can be viewed with large pictures (or “icons”) and a description, small pictures and a description, and in a detailed list with multiple columns.



## Feature list



Over 50 predefined complete workout routines, including sport specific routines for twelve major sports



Over 80 individual exercise programs which can be easily assembled into customized workout routines



Over 100 predefined exercises with complete descriptions of how to correctly perform the exercise and its related benefits



Trainee wizard used to match workout routines to the needs, goals and expertise level of new trainees



Fully featured word processing so workout diary can be easily maintained



Personal Best feature displays best individual lifts for each trainee



Integrated Internet browser with over 30 predefined SportSite destinations



Personal Growth monitors and charts measurements



Complete, easy to follow individual workout reports plus reports of the available routines, programs and exercises



All exercises, programs and routines can be easily changed to meet individual needs



New equipment types and exercises can be quickly and easily added

## **Configuration requirements**

▶ requires either Microsoft Windows 95 or Windows NT operating environments

**License information**

This software is protected by international copyright laws and treaties.

## Quick overview

There are three main components or “views”. They are:

- The workout log

This is used to record, or log, individual workouts. The log view contains all of the features necessary to build and customize routines, programs and exercises.

- Diary

The workout diary is a fully featured word processing program. The diary is included so that a trainee can easily record dietary information, thoughts on exercises and programs and any other helpful information.

- Browser

The browser is an “internet enabled” browser application which can be used to browse Makin’ Muscles information as well as view the predefined SportSite destinations. The SportSite destinations have been selected to provide a variety of sports and health related information.

To change the “view”

1. click on the View menu item
2. select the desired view

## **How to get help**

You can get help on any item by clicking on the question mark in the upper right hand corner of the window and then clicking on the item. Click again to clear the help information.

## **Adding new trainees**

### See also

New trainees are added by choosing the New button and then selecting the option to add a new trainee. To assist in adding a trainee, a series of windows will be shown prompting you to identify workout characteristics for the new trainee. The characteristics include where the trainee plans to workout (at home or in a club, for example), goals in working out, age of the trainee and others. The information is used to assign an appropriate beginning workout routine to the trainee.

### **The steps to adding a new trainee are:**

1. Select View / Log
2. Click the New button (or select File / New)
3. Click the Trainee option in the New? window and then OK
4. Enter a name for the trainee in the New Trainee window, and then Next
5. Enter the age of the trainee and then select Next
6. Click on the desired type of workout and then select Next
7. Identify where the trainee will primarily workout and select Next
8. If the trainee is working out to improve performance in a specific sport, then select the “Yes, I am training for a specific sport” option and then select the name of the sport from the list, otherwise select “No, I am not training for a specific sport”. Select the Next button
9. Select the option which best identifies the general condition or experience of the trainee, and then select Next
10. The next step (“Create Workout”) assigns and displays an appropriate workout routine. Select Next to continue.
11. The details of the assigned workout routine can be printed by selecting the Exercise Routine option and clicking the Create button. Also, a “workout log” sheet can be printed by selecting the Workout Log option and then press Create. Select Next to continue to the next step.
12. The last step is to create a workout diary. Select the Start Diary option and then press the Create button. Select the Finish button to complete the series.

Note: after a trainee has been added the trainees name is added to the Trainee list in the “Log” view. Also, the trainee becomes the selected or active trainee so that all actions (such as logging a workout) are done for that trainee. To change the active trainee, choose a different name from the Trainee list.

Delete trainees

Edit trainee information

Select a trainee

## **Edit trainee information**

See also

### **To change information for a trainee:**

1. select View / Log
2. select the name of the trainee from the Trainee list

### **To change personal information**

1. press the Open button
2. enter the Trainee, Important Dates, Contact Info, or Group information by selecting the appropriate tab, entering the information and then pressing the Apply button (note: the Workout information contains information which was entered when the trainee was created). Press the OK button.

To change the assigned workout routine

1. select the Routines button
2. click the Change button
3. select the name of a new routine and then select the OK button



Delete trainees

Add trainees

Select a trainee

## Selecting a trainee

### See also

A trainee must be selected before using many of the features in either the Log or Diary views (the Browser view doesn't require a trainee to be selected).

### **To select a trainee:**

1. click on the down arrow of the "Trainee" list
2. click on the name of the trainee

Delete trainees

Add trainees

Edit a trainee

## **Deleting a trainee**

[See also](#)

### **To remove a trainee from the system:**

1. set the “Log” view (select View / Log from the menu)
2. select the name of the trainee from the Trainee list
3. click on the Delete button

Add trainees

Edit a trainee

## Logging workouts

### See also

Several steps must be followed to log workout information:

1. set the view to “log” (choose View and then the Log menu items)
2. select the Trainee (from the names in the Trainees list)
3. click on the plus sign next to the appropriate routine day (Day 1, Day 2, etc.) to view the programs.
4. click on the desired program to view the list of exercises contained within the program
5. click on one of the exercises
6. enter the exercise date, weight, repetitions and other values and then press the Apply button to log the information
7. repeat this process for the other exercises in the workout

[Print workout log](#)

[Selecting a trainee](#)

## **Viewing records (personal best)**

### See also

A trainee's personal best performance for each exercise can be viewed by first selecting the trainee and then selecting Records.

The highest weight value for each of the logged exercises is displayed.



## **Recording body measurements**

Body measurements for each trainee can be entered by first selecting the trainee and then selecting Measurements. Individual measurements for height, weight, chest size, waist, hips, thighs, calves, upper arms, and forearms can be maintained.

These values can be charted and viewed by selecting the Growth button from the Log tool bar.

## **What is a routine?**

A routine is a collection of exercise programs scheduled over a period of one week.

When a trainee is added a routine is assigned to the trainee based upon the trainees goals, conditioning level, location of workout (home or at a club), age and other factors. Once a routine is assigned it can be modified to better meet the trainees needs. Periodically it may be advantageous for the trainee to change to a new routine.

### **A routine may resemble the following:**

Day 1	Run
Day 2	Chest / Back / Abs
Day 3	Bicycle
Day 4	Shoulders / Arms / Abs
Day 5	Run
Day 6	Legs / Abs
Day 7	Off

## **Changing routines for a trainee**

### See also

Routines can be adjusted, or modified, using the Utilities / Routine menu item (in the Log view).

### **To change an existing routine:**

1. select the routine from the Routine Name list and the programs are displayed
2. new programs can be added to one of the days of the routine by clicking on the desired program and dragging it to the desired day
3. programs can be removed by clicking on the name of the program (highlighting it) and then selecting the Remove button
4. click the Apply button to save the changes to the selected routine

Adding new routines

Modifying routines

## **Adding new routines**

### See also

There may be a need to create an entirely new routine for a trainee. Generally, the steps to do so would be to:

- first add any new exercise
- build any new programs which may be needed
- create the new routine
- select the trainee's name from the Trainee list
- select the Training / Change Routine menu item (or click the Routines button)
- change the current routine assignment to the new routine

### **To add a new routine:**

1. select the Utility / Routine menu item
2. enter the name of the routine to be added in the routine "name" field
3. enter a description of the new routine
4. click on the name of a program and drag it to the day where it is to be performed (note: if new programs are to be used with the routine being added, then they must be created prior to adding the new routine)
5. identify "off" days by selecting the "off" program and dragging (and then dropping) it on the appropriate Day
6. if a routine is to be less than seven days, use the "repeat" program to indicate it

Changing routines for a trainee

Modifying programs

Modifying exercises

## **Modifying routines**

### See also

To modify an existing routine

1. select the Utility / Routines menu item (in the “Log” view)
2. select the name of the routine to be changed
3. new programs are added to the routine by clicking on the name of the routine and dragging (and then dropping) it on the desired routine day
4. programs can be removed from one of the routine days by clicking on it (highlighting it) and then selecting the Remove button (you can remove all of the programs from the routine by pressing the Clear button)

Changing routines for a trainee

Modifying programs

Modifying exercises

## **What is a program?**

A program is a collection of exercises. Typically, a program is targeted at a single body part or group of muscles like the “chest” although it does not have to be.

For advanced training, there may be a need to have multiple programs for a group of muscles. For example, if you want to do a certain collection of exercises for the chest on Day 2 and a different set on Day 4 then two different programs must be used.



## **Adding new programs**

See also

### **To add new programs:**

1. set the View to Log
2. select Utilities / Programs from the menu
3. enter the name of the new program in the “Name of program” box followed by a brief description stating the purpose of the program
4. click on one of the exercises in the Available Exercises list and drag (and then drop) it in the “Exercises in the program” box - repeat this step for each exercise which is to be included in the new program

Note: alternatively you can click on the exercise in the “Available Exercises” list and press the Add button.

5. select the Apply button to save the program

Adding exercises

Modifying programs

## **Modifying programs**

See also

### **To modify an existing program:**

1. set the View to Log
2. select Utilities / Program to display the Programs window
3. choose the name of the program to be changed by clicking on the down arrow of the Select Program box and then clicking on the name  
(note: after selecting a program the names of the exercises contained in the program are displayed in the “Exercises in the program” list)
4. you can remove an exercise from the program by clicking on the exercise and then pressing the Remove button
5. you can add new exercises to the program by clicking on the exercise and then drag (and drop) it in the “Exercises in the program” list
6. select the Apply button to save changes to the program

Adding exercises

Adding programs

## **Adding exercises**

### See also

Exercises are grouped into seven categories and must be added using one of the seven categories. Six of the categories represent the major muscle groups (shoulders, back, chest, arms, abdominals, and legs) and the other group is a miscellaneous category labeled “General”.

Before adding a new exercise to the system, it is helpful to ensure that the equipment, if any, to be used by the trainee to perform the exercise is already included in the Equipment list. If it is not, add the new equipment to the system and then add the new exercise.

### **To add an exercise:**

1. select View / Log
2. select the Utilities / Exercise menu item
3. click the appropriate category tab to indicate the muscle group (or “general”, if none of the six muscle groups apply) for which the exercise is targeted
4. type in the name of the new exercise
5. select the specific muscle within the selected category which is the primary target of the exercise
6. select the equipment to be used to perform the exercise (if any)
7. choose a “position” from the list which describes the bodily position used to perform the exercise (“standing”, for example)
8. enter the “benefit” of doing the exercise, and a description of how to correctly perform the exercise
9. press the Apply button to save the new exercise

[Print list of exercises](#)

[Building your own workout](#)

[Modifying programs](#)

## **Modifying exercises**

See also

### **To modify an exercise:**

1. select View / Log
2. select the Utilities / Exercise menu item
3. click the appropriate category tab to indicate the muscle group (or “general”, if none of the six muscle groups apply) for which the exercise is targeted
4. select the name of the exercise from the Exercise Name list
5. change the specific muscle, equipment to be , “position” (“standing”, for example “benefit” or description
6. press the Apply button to save the new exercise

[Adding exercises](#)

[Print list of exercises](#)

[Building your own workout](#)

[Modifying programs](#)



## **Viewing the workout calendar**

A workout calendar is maintained so you can view which days for any month workouts have been logged for the selected trainee. Additionally, the calendar provides an easy way to quickly see which exercises were logged for a specific day.

### **To view the workout calendar:**

1. select View / Log
2. select a trainee
3. click on the Calendar button (or select the Training / Workout Calendar menu item)
4. click on one of the days of the month (to see a previous month press the back arrow button in the top left corner of the calendar, and to see the next month click on the arrow in the upper right hand corner)
5. the exercises logged for the selected day are shown in the “Exercises” list

## **Viewing workout log or history**

The workout log provides a detailed listing of all of the exercises logged for the selected trainee.

### **To view the workout log:**

1. select View / Log
2. select a trainee
3. click the Exercise button (or select the Training / Exercise Log menu item)
4. click the Report button to get a complete printout of the workout history

## **The purpose of a diary**

### See also

The best thing one can do to ensure success in getting fit is to log your workouts. The logging of exercises, sets, reps, weights and when the workouts are performed is done using the View / Log of the system.

The next best thing one can do is keep a detailed account of how one feels about the workouts and all related fitness matters. Information about diet, rest, evaluations of routines and programs should all be recorded. The Diary is included so a trainee can easily enter and keep track of this kind of information.

Making diary entries

Technical information

## **Entering diary information**

When a new trainee is added, a diary can be automatically created for the trainee. A word processing file is created using the naming convention of *trainee.rtf* (where “trainee” is the trainee’s name and “.rtf”, which stands for Rich Text File, is the type of file).

### **To open a diary for editing:**

1. select View / Diary
2. select the Trainee name (if you haven’t already done so)
3. click the Open button
4. click the OK button in the File Open window (the file assigned to the trainee will have already been selected)
5. edit the file as you would any text editor program
6. press the Save button to save any changes

## **Supported diary formatting functions**

See also

The Diary application is a limited word processing system providing support for many of the sophisticated features found in popular commercial systems.

### **Supported formatting functions include:**

- ▶ What you see is what you get (WYSIWYG) formatting and printing
- ▶ full True Type font and point size support
- ▶ bold, italic and underline characters
- ▶ left, center and right alignment support
- ▶ cut, copy and paste
- ▶ full color support
- ▶ double click word selection

## **Diary technical information**

The Diary is a limited word processing system. A diary file is automatically created for each new trainee.

The file format used for the diary is a rich text file, or RTF. The RTF file type is special because it is considered to be the standard interchange file format which is understood by a large number of word processing applications and operating systems. That is significant because the diary can be created and edited by this system and later it can be read by another application for advanced formatting or other reasons.

## **How to set up an internet connection**

You do not have to have an internet connection set up to use the View / Browser feature of the system since it includes a “local” web site. However, to view any of the special sites, called SportSites, which are external to the local site you will need an internet connection.

Contact an internet service provider, or ISP, to arrange an internet connection if you do not already have one.



## **Using the browser**

The Browser application is a full internet browser system capable of displaying local or remote web sites (remote sites require an internet connection).

### **To use the Browser:**

1. select View / Browser
2. the “home” site is displayed, navigate the home site as you would any internet web site
3. select the SportSite menu item and select one of the items from the list (note: if the computer is already connected to the internet then the selected site will be displayed, otherwise the system will attempt to connect to the internet and then display the site)

## **Viewing SportSites**

SportSites include over 30 of the best sports and health related internet web sites. Ten of the SportSites are listed under the SportSites menu item.

The SportSite Manager (located under the Utilities menu item) is used to change the items listed under the SportSites menu.

### **To view a SportSite:**

1. set the View to Browser
2. click on the SportSites menu item
3. click on the name of one of the SportSites, and if you are not already connected to the internet then the system will make an attempt to make a dial up connection and connect to the selected internet destination

(Note: this feature requires an internet connection.)

## **Modifying SportSites**

Only ten of the SportSites can be listed at any one time under the SportSites menu item. These items can be changed using the SportSite Manager which contains over 30 predefined internet web sites. The Manager includes all of the information necessary, such as the URL, to connect to the sites.

### **To change the selected SportSites:**

1. set the View to either Log or Browse
2. select the Utilities / SportSite Manager menu item
3. the ten active SportSites are listed on the left hand side of the SportSite Manager window as they appear under the SportSites menu
4. click on the name of the site to be changed, displaying the menu name, URL and site description for the selected site
5. click the down arrow of the Select a New Site box displaying the list of available sites
6. click on the name of the new site
7. click on the Apply button to save the changes

## **Printing the diary**

A trainee's diary can be printed as follows:

1. select View / Diary
2. select a trainee (if one is not already selected)
3. select the File / Print Diary menu items

## **Printing the list of exercises**

A complete, detailed printout of all of the exercises in the system can be printed.

### **The list of exercises can be printed as follows:**

1. select the File / Reports menu item
2. click on “Exercises” in the Select a Report list
3. click on Printer as the Destination
4. click the Create button

## **Printing a workout log sheet**

Workout sheets are designed to be printed and taken to the workout so the trainee can easily see what exercises are to be done and, also, to record the repetitions and weights for each exercise.

### **To print the workout sheet:**

1. set the View to Log
2. select a trainee
3. select the File / Print Workout Sheet menu item to display the Print Workout Sheets window
4. click on a workout day (day 1 to day 7 or all days)
5. press the Create button to build a workout sheet for the workout day

## **Print list of trainees**

A complete, detailed printout of all of the trainees in the system can be printed.

### **The list of trainees can be printed as follows:**

1. select the File / Reports menu item
2. click on "Trainees" in the Select a Report list
3. click on Printer as the Destination
4. click the Create button

## **Building your own routine**

### See also

When you create a new trainee a predefined workout routine will be assigned to you. If you have developed your own routine and want to use it you can do so.

### **To use your own routine follow these steps:**

1. review the list of exercises to make sure that the exercises you do are included
  - ▶ view the exercises by selecting the Utilities / Exercises (or print them out using the File / Report feature)
  - ▶ add any exercises you do which are not in the list of exercises
2. create your own programs
3. create your own routine
4. change your assigned routine to the new routine you have created



Adding exercises

Adding programs

Adding new routines

Routines are a collection of workout programs and each program contains one or more exercises. Once a routine is assigned it can be modified to better meet the trainees needs..

A program is a collection of exercises. Typically, a program is targeted at a single body part or group of muscles like the “chest” although it does not have to be.

An exercise is an individual body movement which can be done in sets using multiple repetitions. Exercises for a specific body part or muscle can be grouped into a program.

The Diary is a limited word processing system. A diary file is automatically created for each new trainee. The Diary enables a trainee to easily enter and keep track of any type of information.

A wizard is a set of screens with questions which guide or help a trainee perform a task.

The Browser application is a full internet browser system capable of displaying local or remote web sites (remote sites require an internet connection).

A trainee is a user of Makin' Muscles. Once someone is set up as a "trainee" then workout routines can be logged.



A “site” is a web page on the internet. Makin’ Muscles provides a set of predefined sites called SportSites which makes it easy to find sports and health related information on the internet.

This determines whether you want to use the program for the 30 day trial or to become an authorized, licensed user. If you choose to become a “licensed user”, then you must obtain a registration number from Kist Software and enter it.

The registration information must be entered before you print the registration form.

The print button will print the completed registration form. It should be mailed along with your check or money order to Kist Software (see the bottom of the Registration form for mailing information).

The OK button should be pressed after you entered all of the information and printed the registration form. After the OK button is pressed, and the registration number is accepted then you become an authorized user.

The Cancel button stops the registration process.

