

SUMMIT

DIRECTIONS

Presents

@ssist TRAINER

Contents



If viewing from a web browser
click your browser's **BACK** button to exit.



Exit

@ssist TRAINER

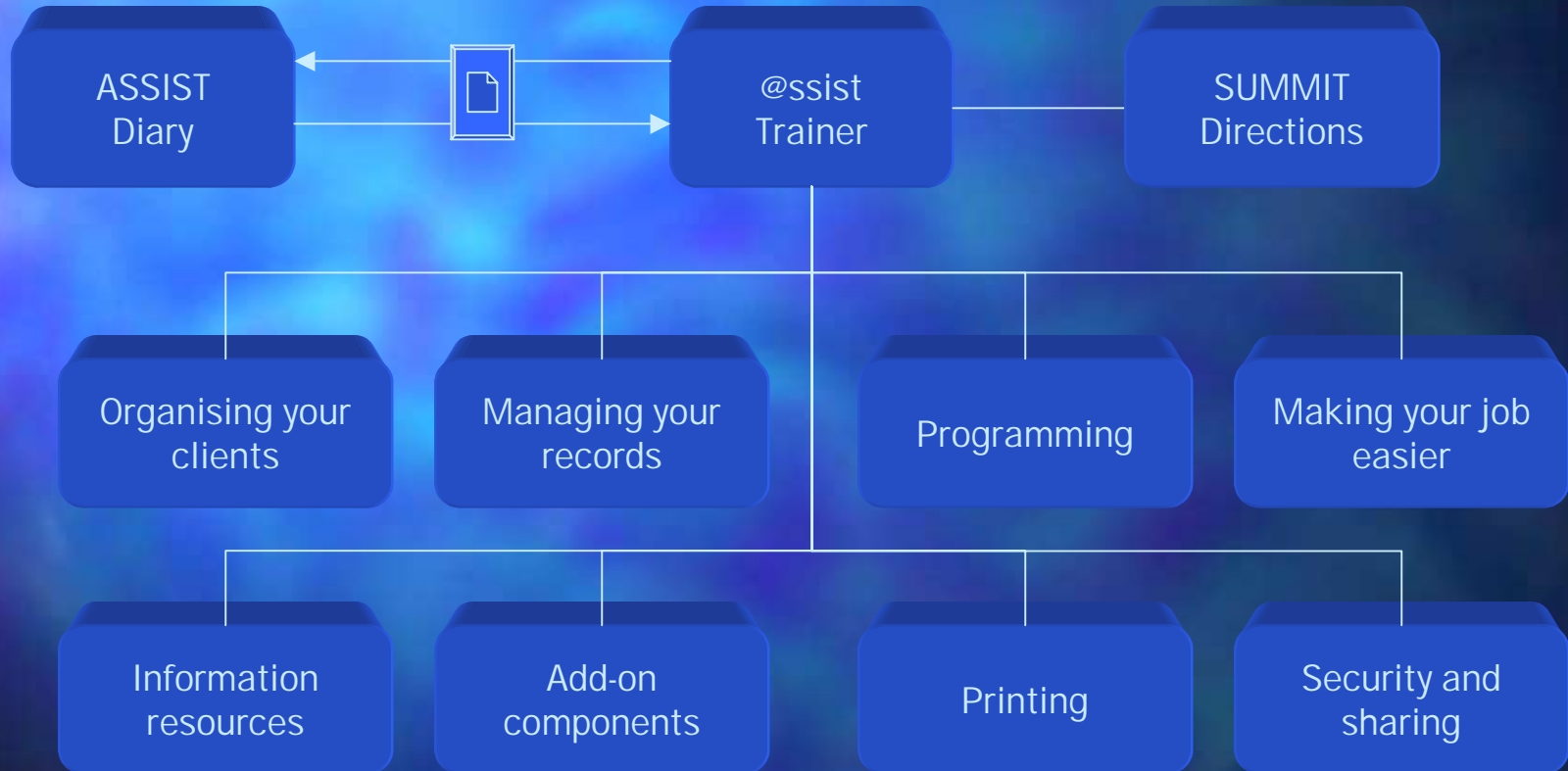
Highlights

- Next generation of @ssist software
- Three years of advanced ideas
- New client grouping capabilities
- Extra views on client records
- Add-in ToolBox resources
- Interact with your clients with @ssist Diary



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Click below to jump to a section or wait for automatic paging



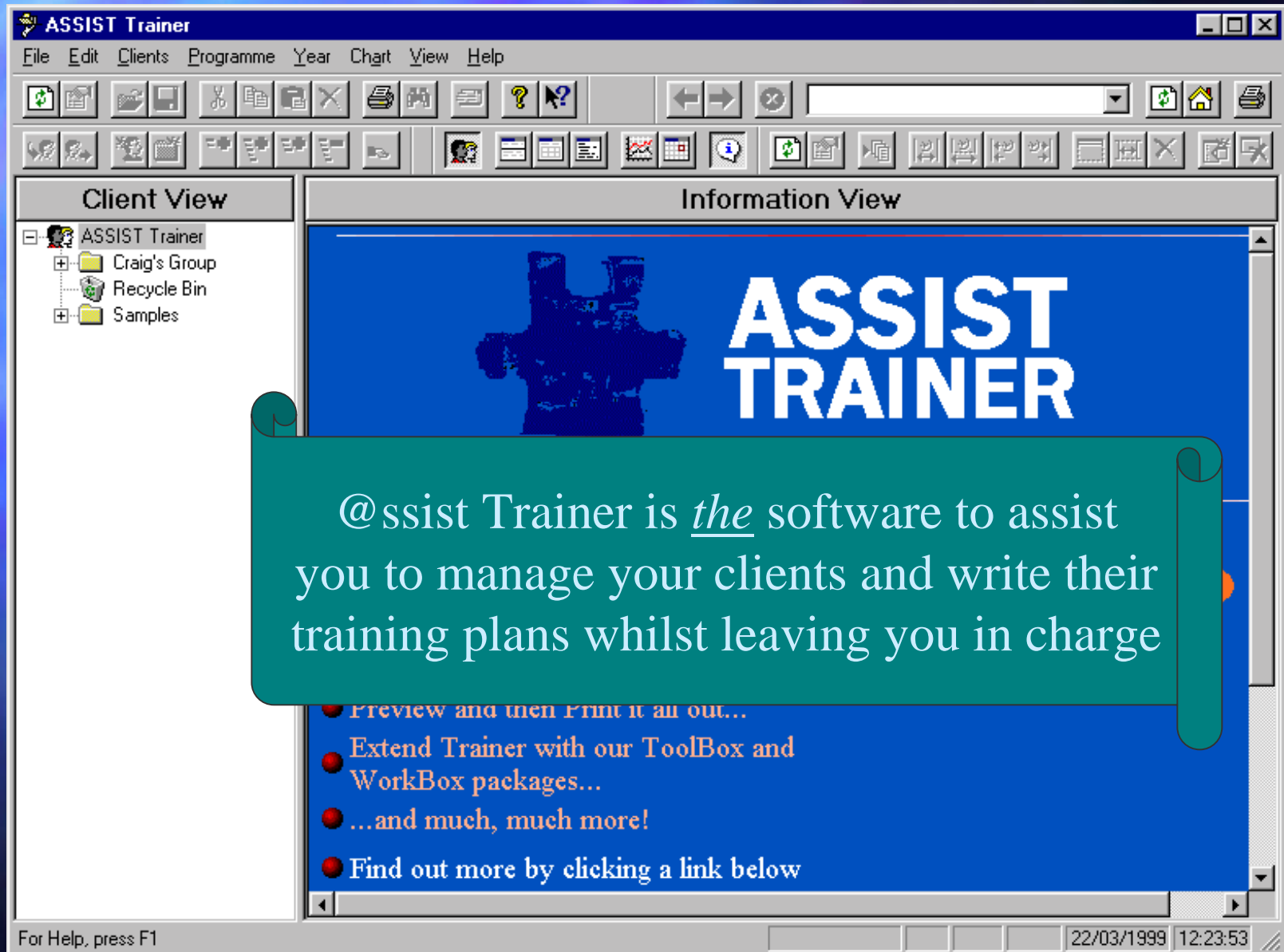
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Organising your clients into groups

The screenshot displays the ASSIST Trainer software interface. The window title is "ASSIST Trainer". The menu bar includes "File", "Edit", "Clients", "Programme", "Year", "Chart", "View", and "Help". The toolbar contains various icons for file operations and navigation. The interface is split into two main panes: "Client View" on the left and "Information View" on the right.

Client View: Shows a hierarchical tree structure of clients. The root is "ASSIST Trainer", which contains several folders and individual client entries:

- Craig's Group
 - Craig Nottingham
- Recycle Bin
- Samples
 - Fitness
 - MS. UltraFit The Ch...
 - Health
 - Fred Health
 - Ms Lose A little Weig...
 - Sports
 - Mr London Maratho...
 - Mr. Want It All

Information View: Displays a blue background with the text "ASSIST TRAINER" and "or club instructor to manage whilst leaving you in charge". A large cyan box with a white arrow pointing left contains the text: "Arrange your clients into groups or folders for easier access". Below this, a list of features is shown with red circular bullet points:

- Store and...
- Write perio...
- Set SMART...
- Create and record Assessment protocols...
- Preview and then Print it all out...
- Extend Trainer with our ToolBox and WorkBox packages...
- ...and much, much more!
- Find out more by clicking a link below

An orange oval on the right side of the Information View contains the text: "Don't forget to Register!".

At the bottom of the window, the status bar shows "For Help, press F1" on the left and the date "22/03/1999" and time "12:27:17" on the right.

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click your browser's **BACK** button to exit.



Exit

Add new client Wizard

ASSIST Trainer

File Edit Clients Programme Year Chart View Help

Client View Information View

Adding new clients is made easy with step through Wizards

New Client Personal Information

Client No. Introduced

Contact Details

Title	First Name	Middle Name	Last Name
Mr	Fred	<input type="text"/>	Bloggs

Home Phone	Work Phone	Mobile Phone	FAX
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

< Back Next > Cancel Help

- Preview and then Print it all out...
- Extend Trainer with our ToolBox and WorkBox packages...
- ...and much, much more!
- Find out more by clicking a link below

For Help, press F1

22/03/1999 12:42:58

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Exit

Choose programming method to suit client

For each client you can select which programming method to use

The screenshot shows the ASSIST Trainer software interface. The main window has a menu bar (File, Edit, Clients, Programme, Year, Chart, View, Help) and a toolbar with various icons. The 'Information View' pane displays a blue background with white text, including 'T ER' and 'to manage in charge'. A red oval highlights the text 'n't forget to Register!'. A 'New Client Programme' dialog box is open, featuring two radio buttons: 'I want to use Periodisation for this client' (selected) and 'I want to use day-by-day for this client'. Below these are 'Programme Details' with fields for 'Programme Title', 'Start Date' (22/03/1999), 'End Date' (18/04/1999), and 'Duration' (4 Weeks). At the bottom of the dialog are buttons for '< Back', 'Next >', 'Cancel', and 'Help'. The status bar at the bottom of the main window shows 'For Help, press F1' and the date/time '22/03/1999 12:46:28'.

- Preview and then Print it all out...
- Extend Trainer with our ToolBox and WorkBox packages...
- ...and much, much more!
- Find out more by clicking a link below

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Store client records

The screenshot displays the ASSIST Trainer software interface. The main window is titled "ASSIST Trainer - Craig Nottingham" and features a menu bar (File, Edit, Clients, Programme, Year, Chart, View, Help) and a toolbar with various icons. On the left, a "Client View" pane shows a tree structure of folders and client profiles, including "Craig's Group", "Craig Nottingham", "Fred Bloggs", "Recycle Bin", "Samples", "Fitness", "MS. UltraFit The Ch", "Health", "Fred Health", "Ms Lose A Little Weig", "Sports", "Mr London Maratho", and "Mr. Want It All".

The "Properties of Craig Nottingham" dialog box is open, showing the following details:

- Personal: Client No. 6, Introduced [dropdown]
- Address Details:
 - Title: r
 - First Name: Craig
 - Middle Name: Alan
 - Last Name: Nottingham
 - House No. / Street Name: [text box]
 - Village / Area: [text box]
 - Town / City: [text box]
 - County: [text box]
 - Post Code: [text box]
- Home Phone: 01142509964
- Work Phone: 01142242623
- Mobile Phone: 0410520343
- FAX: 01142242222
- Home e-mail: [text box]
- Work e-mail: [text box]

At the bottom of the dialog box, there is a red circular icon and the text: "Find out more by clicking a link below".

The status bar at the bottom of the window shows "For Help, press F1" on the left and the date/time "22/03/1999 13:44:24" on the right.

Store client details in easy to use folders

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Store profile details

ASSIST Trainer - Fred Health

File Edit Clients Programme Year Chart View Help

Client View

- ASSIST Trainer
 - Craig's Group
 - Craig Nottingham
 - Fred Bloggs
 - Recycle Bin
 - Samples
 - Fitness
 - MS. UltraFit The Ch...
 - Health
 - Fred Health**
 - Ms Lose A Little Weig...
 - Sports
 - Mr London Maratho...
 - Mr. Want It All

Properties of Fred Health

Personal Goals Profile Checklist Progress Programmes

General Lifestyle Medical Interests T ages

Does the client, or the immediate family, have a history of problems with:

Heart Disease	<input checked="" type="checkbox"/>	Breathing Disorder	<input type="checkbox"/>
Blood Cholesterol	<input type="checkbox"/>	Stroke	<input type="checkbox"/>
Hypertension	<input checked="" type="checkbox"/>	Diabetes	<input type="checkbox"/>

Does the client have, or had recently:

Surgery (last 12 mths)	<input type="checkbox"/>	Illness	<input type="checkbox"/>
Muscle or Joint Problem	<input checked="" type="checkbox"/>	Pregnancy (last 6 mths)	<input type="checkbox"/>
Back Problem	<input type="checkbox"/>	Chronic Illness	<input type="checkbox"/>
Regular Medication	<input type="checkbox"/>	Cigarette Smoker	<input type="checkbox"/>
Hernia	<input type="checkbox"/>	Other	<input type="checkbox"/>

Notes for: Heart Disease

Father died of heart attack at age 40 years

Find out more by clicking a link below

For Help, press F1

22/03/1999 13:46:41

In the Profile folder you can record all your client's essential details

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If viewing from a web browser click your browser's **BACK** button to exit.



Exit

Capturing goals

ASSIST Trainer - Fred Health

File Edit Clients Programme Year Chart View Help

Client View

- ASSIST Trainer
 - Craig's Group
 - Craig Nottingham
 - Fred Bloggs
 - Recycle Bin
 - Samples
 - Fitness
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 - Health
 - Fred Health
 - Ms Lose A little Weig
 - Sports
 - Mr London Maratho
 - Mr. Want It All

Properties of Fred Health

Personal Goals Profile Checklist Progress Programmes

Goal Title: regular exercise Priority: 1

Physiological Needs: to become more active and to set up a regular exercise habit

Specific: to be physically active for 15 to 20 mins every day of the

Timed: 04/04/1999

Measured: time (15 mins per day) and intensity measured by RPE

Exciting: yes

Agreed: yes

Recorded: 04/02/1999

Realistic: yes

Goal Completed: / /

Find out more by clicking a link below

For Help, press F1

22/03/1999 13:49:03

Define and record your client's goals using the SMART technique (described in the Layering WorkBox)

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Exit

Checklist for a professional approach

The checklist allows you to make sure that you don't miss anything out



ASSIST Trainer - Fred Health

File Edit Clients Programme Year Chart View Help

Properties of Fred Health

Personal Goals Profile Checklist Progress Programmes

Item	Complete?	Notes
▶ Assessment Consent	<input checked="" type="checkbox"/>	
Client Profile Complete	<input checked="" type="checkbox"/>	
Fitness Assessment	<input type="checkbox"/>	
Food Diary	<input type="checkbox"/>	
Functional Assessments	<input checked="" type="checkbox"/>	carried out by GP- report
GP Letter sent	<input checked="" type="checkbox"/>	
GP Response	<input checked="" type="checkbox"/>	
Health Profile Complete	<input checked="" type="checkbox"/>	
Invoice Details	<input checked="" type="checkbox"/>	
Personal Details	<input checked="" type="checkbox"/>	
Programme Consent	<input checked="" type="checkbox"/>	
Review Date Set	<input checked="" type="checkbox"/>	

New... Remove

Find out more by clicking a link below

For Help, press F1

22/03/1999 13:50:50

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If viewing from a web browser click your browser's **BACK** button to exit.



Exit

Record results of fitness assessments

Regardless of how you carry out fitness tests, you can store their results in exactly the format you want

The screenshot shows the ASSIST Trainer software interface. The main window is titled "ASSIST Trainer - Ms Lose Alittle Weight". A "Properties of Ms Lose Alittle Weight" dialog box is open, displaying a table of assessment results. The table has columns for the assessment name, the date of the first assessment, and the date of the second assessment. The data rows are:

Assessment	18/07/1998	18/06/199
Body Fat %	25%	27%
Blood Pressure		130/80
Weight	9.5 st.	10 stone

Below the table, there are fields for "Assessment Item:" and "Assessment Record:", both with dropdown arrows. The background of the software shows a blue banner with the text "n't forget to Register!" and a link "Find out more by clicking a link below". The status bar at the bottom indicates the date "22/03/1999" and time "13:56:01".

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If viewing from a web browser click your browser's **BACK** button to exit.



Exit

Monitoring progress

The screenshot displays the ASSIST Trainer software interface for 'Mr London Marathon'. The main window is titled 'Properties of Mr London Marathon' and has tabs for 'Personal', 'Goals', 'Profile', 'Checklist', 'Progress', and 'Programmes'. The 'Progress' tab is active, showing a list of dates and corresponding training notes. A teal callout box points to the notes, stating: 'Your client's progress, and your analysis, can be organised and recorded'. At the bottom of the window, there is a red circular icon and the text 'Find out more by clicking a link below'. The status bar at the bottom shows the date '22/03/1999' and time '13:58:19'.

Client View

- ASSIST Trainer
 - Craig's Group
 - Craig Nottingham
 - Fred Bloggs
 - Recycle Bin
 - Samples
 - Fitness
 - MS. UltraFit Th
 - Health
 - Fred Health
 - Ms Lose Alittle
 - Sports
 - Mr London Mar
 - Mr. Want It All

Properties of Mr London Marathon

Personal Goals Profile Checklist **Progress** Programmes

Notes Actions Assessments Analysis Diary

27-Dec-1997
Mr London has an erratic training pattern, sometimes going for a couple of weeks with NO training at all and then training in high volume for a week to make up for it. Almost all his training is done at one intensity- all steady paced.

He needs to get into a regular and sensible training pattern and introduce different intensities into his training.

28-Jan-1998
Training going well. Regular pattern established. Time around regular routes is already improving.
in next mesocycle will build up distance and total training volume. Needs something to aim for- plan a half marathon- to be run for experience rather than raced.

24-Feb-1998
Half Marathon good. completed in 1 hour 45 mins.
L. said he felt good all the way round and felt strong as he finished.
Now need to add quality work and keep increasing run distance. L. has ahad a slight niggle with his left Knee. Keep the cross training going and do as much of running on grass as

● Find out more by clicking a link below

For Help, press F1

22/03/1999 13:58:19

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If viewing from a web browser
click your browser's **BACK** button to exit.



Exit

New programme Wizard

The new programme Wizard walks you through, step by step, creating a periodised or day-by-day programme

The screenshot shows the ASSIST Trainer software interface. The main window is titled 'ASSIST Trainer - Fred Bloggs' and has a menu bar with 'File', 'Edit', 'Clients', 'Programme', 'Year', 'Chart', 'View', and 'Help'. Below the menu bar is a toolbar with various icons. A 'Properties of Fred Bloggs' dialog box is open, with tabs for 'Personal', 'Goals', 'Profile', 'Checklist', 'Progress', and 'Programmes'. The 'Programmes' tab is selected, and the 'New Client Programme' dialog box is displayed over it. This dialog box has a title bar 'New Client Programme' and contains the following elements:

- Two radio buttons: 'I want to use Periodisation for this client' and 'I want to use day-by-day for this client'.
- A section titled 'Programme Details' containing:
 - A text field for 'Programme Title' with the value 'Introductory programme'.
 - Two date pickers: 'Start Date' set to '22/03/1999' and 'End Date' set to '02/05/1999'.
 - A 'Duration' field set to '6' with the unit '(Weeks)'.
- Four buttons at the bottom: '< Back', 'Next >', 'Cancel', and 'Help'.

The background of the main window shows a blue banner with the text 'T R' and 'r to manage in charge'. Below the banner, there is a red circle with the text 'n't forget to Register!'. At the bottom of the main window, there is a red circle with the text 'Find out more by clicking a link below'. The status bar at the bottom of the window shows 'For Help, press F1' on the left and '22/03/1999 14:01:37' on the right.

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If viewing from a web browser
click your browser's **BACK** button to exit.



Exit

Periodising a programme, Layer 1

ASSIST Trainer - Ms Lose A little Weight

File Edit Clients Programme Year Chart View Help

Macrocycle View

Weight loss (13 Weeks)

Start Date: 06/07/1998 End Date: 04/10/1998

Macrocycle												
July				August					September			
6	13	20	27	3	10	17	24	31	7	14	21	28

Linked Goals

- 1 30-Sep-1998 lose weight / tone up

Mesocycle View

06-Jul-1998	03-Aug-1998	31-Aug-1998
4 Weeks	4 Weeks	5 Weeks
Phase 1	Phase 2	Phase 3
Aerobic Fitness; Set regular training habits; Improve Diet	Add Weight training Programme	Stricter on Diet, Increase Training
Aerobics X 1 Walking X 2 Stretch 2-3	Aerobics X 1 Walking X 2 Weights X 2 Stretch 2-3	Aerobics X2 Walking X 3 Weights X 2 stretch 2-3

For Help, press F1

22/03/1999 14:11:39

In a fully periodised programme, you begin at Layer 1 with the Macrocycle and Mesocycles

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If viewing from a web browser click your browser's **BACK** button to exit.



Exit

Periodising a programme, Layer 2

The screenshot shows the ASSIST Trainer software interface. The title bar reads "ASSIST Trainer - Ms Lose Alittle Weight". The menu bar includes "File", "Edit", "Clients", "Programme", "Year", "Chart", "View", and "Help". The toolbar contains various icons for file operations and navigation. The main window is divided into three sections:

- Client View:** Shows "ASSIST Trainer" as the selected client.
- Selected Mesocycle View:** Displays a 4-week mesocycle for "03-Aug-1998", "Phase 2". It lists activities: "Aerobics X 1", "Walking X 2", and "Weights X 2".
- Microcycle View:** A table showing the breakdown of the mesocycle into 7-day microcycles.

03-Aug-1998	10-Aug-1998	17-Aug-1998	24-Aug-1998
7 Days	7 Days	7 Days	7 Days
Weights x 2 - simple circuit 15 reps; Walking x 2; Aerobics x1; Stretch X2-3	Weights x 2 - simple circuit 15 reps; Walking x 2; Aerobics x1; Stretch X2-3	Weights x 2 - simple circuit 15 reps; Walking x 2; Aerobics x1; Stretch X2-3	Weights x 2 - simple circuit 15 reps; Walking x 2; Aerobics x1; Stretch X2-3

At the bottom of the window, it says "For Help, press F1" and shows the date "22/03/1999" and time "14:13:44".

...then you work on each Mesocycle at a time and break it down into smaller chunks called Microcycles

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If viewing from a web browser click your browser's **BACK** button to exit.



Exit

Day-by-day planning or periodisation Layer 3

The screenshot shows the ASSIST Trainer software interface. The title bar reads "ASSIST Trainer - Ms Lose Alittle Weight". The menu bar includes "File", "Edit", "Clients", "Programme", "Year", "Chart", "View", and "Help". The interface is divided into two main sections: "Client View" on the left and "Selected Microcycle View" on the right. The "Selected Microcycle View" section displays a 7-day plan for "03-Aug-1998". Below this, a "Session Plan" table is shown with columns for Date, Check, Type of Exercise, Intensity, Time/Dur, Points, and Notes. The table lists exercises for each day from August 3rd to 15th, 1998. A teal callout box on the left contains text explaining that in a day-by-day programme or in Layer 3 of a periodised programme, you plan each daily work out. A teal arrow points from this text to the "Session Plan" table.

Client View

Selected Microcycle View

03-Aug-1998
7 Days

Weights x 2 - simple circuit 15 reps;
Walking x 2;
Aerobics x1;
Stretch x2

Session Plan

Volume Of: All

Date	Check	Type of Exercise	Intensity	Time/Dur	Points	Notes
03-Aug-1998 Mon	<input type="checkbox"/>	weights	15 reps	1sets		
04-Aug-1998 Tue	<input type="checkbox"/>					
05-Aug-1998 Wed	<input type="checkbox"/>	Aerobics Class	70% MHF	45 Mins		
06-Aug-1998 Thu	<input type="checkbox"/>	weights	15 reps	1sets		
07-Aug-1998 Fri	<input type="checkbox"/>	Walk	80%MHF	30 mins		
08-Aug-1998 Sat	<input type="checkbox"/>					
09-Aug-1998 Sun	<input type="checkbox"/>	Walk	50%MHF	105 mins		1
10-Aug-1998 Mon	<input type="checkbox"/>	weights	15 reps	1sets		
11-Aug-1998 Tue	<input type="checkbox"/>					
12-Aug-1998 Wed	<input type="checkbox"/>	Aerobics Class	70% MHF	45 Mins		
13-Aug-1998 Thu	<input type="checkbox"/>	weights	15 reps	1sets		
14-Aug-1998 Fri	<input type="checkbox"/>	Walk	80%MHF	30 mins		
15-Aug-1998 Sat	<input type="checkbox"/>					

For Help, press F1

22/03/1999 14:15:49

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click your browser's **BACK** button to exit.



Exit

Planning individual training sessions

You can even plan down to the detail of each training session if you wish

ASSIST Trainer - Ms Lose A Little Weight

File Edit Clients Programme Year Chart View Help

Detailed Session Plan

Session Details
06-Aug-1998 Thu weights 15 reps 1 sets

Description:

exercise	wt
squats	
bench/chest press	
leg press	
lat pulldown	
Incline press	
shoulder press	
abdominal curl	15 reps
back raise	15 reps

Column
New...
Remove...
Title...

Row
New...
Remove...

Coaching Instructions: Weights 1 set of 15 reps. Lift and lower the weight under control. The lift isn't finished until the weight is back on the stack or if free weight it is back on the rack.

OK Cancel Print...

15-Aug-1998 Sat

For Help, press F1

22/03/1999 14:17:47

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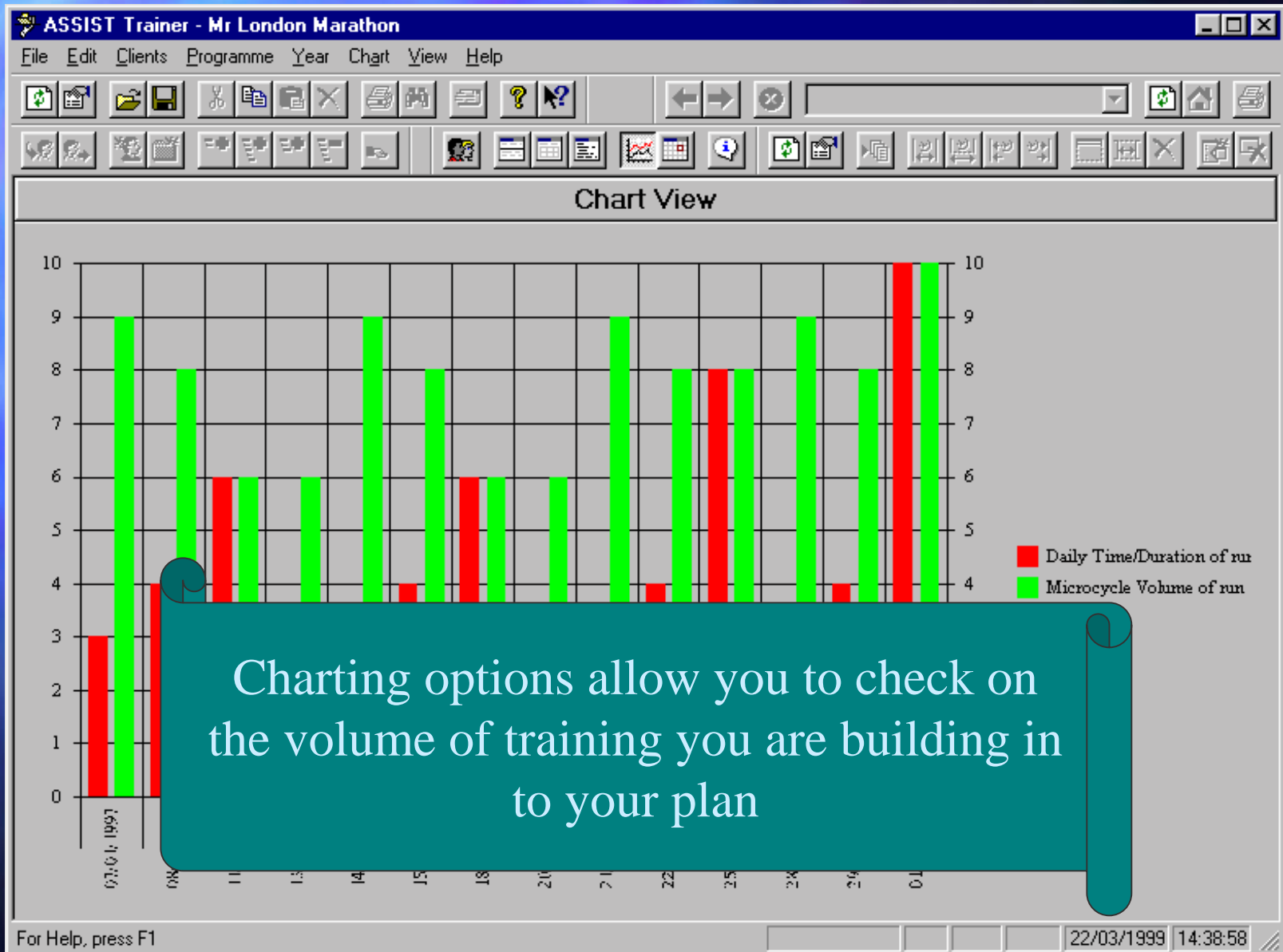


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Exit

Charting the training



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Cut and paste to minimise retyping

ASSIST Trainer - Fred Bloggs

File Edit Clients Programme Year Chart View Help

Client View

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 - Health
 - Fred Health
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 - Sports
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 - Mr. Want It All

Microcycle View

22-Mar-1999	05-Apr-1999	12-Apr-1999
7 Days	7 Days	7 Days
steady run x 2 threshold run x 1 bike 15 miles swim 30 mins	steady run x 3 threshold run x 1 bike 15 miles swim 30 mins	steady run x3 threshold runx1 bike 15 miles, swim 30 mins

For Help, press F1

22/03/1999 14:56:48

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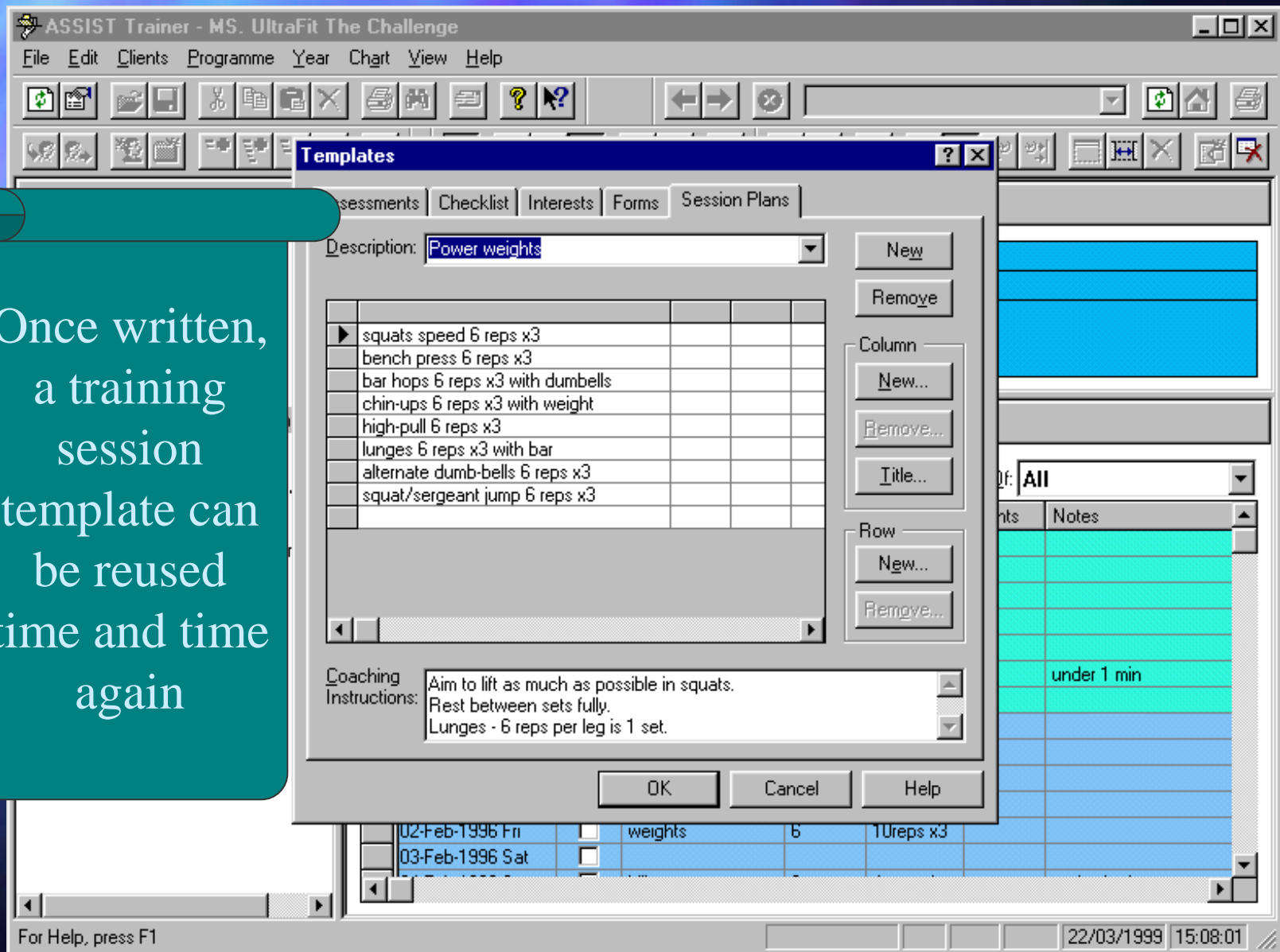
If viewing from a web browser
click your browser's **BACK** button to exit.



Exit

Templates to enable reuse

Once written,
a training
session
template can
be reused
time and time
again



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If viewing from a web browser
click your browser's **BACK** button to exit.



Exit

Your client's year planner

ASSIST Trainer - Fred Bloggs

File Edit Clients Programme Year Chart View Help

Client View

Year View 1999

January							February							March							April						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3	1	2	3	4	5	6	7	1	2	3	4	5	6	7	5	6	7	8	9	10	11
4	5	6	7	8	9	10	8	9	10	11	12	13	14	8	9	10	11	12	13	14	12	13	14	15	16	17	18
11	12	13	14	15	16	17	15	16	17	18	19	20	21	15	16	17	18	19	20	21	19	20	21	22	23	24	25
18	19	20	21	22	23	24	22	23	24	25	26	27	28	22	23	24	25	26	27	28	26	27	28	29	30		
25	26	27	28	29	30	31								29	30	31											

May							June							July							August						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2		1	2	3	4	5	6														1
3	4	5	6	7	8	9	7	8	9	10	11	12	13	5	6	7	8	9	10	11	2	3	4	5	6	7	8
10	11	12	13	14	15	16	14	15	16	17	18	19	20	12	13	14	15	16	17	18	9	10	11	12	13	14	15
17	18	19	20	21	22	23	21	22	23	24	25	26	27	19	20	21	22	23	24	25	16	17	18	19	20	21	22
24	25	26	27	28	29	30	28	29	30					26	27	28	29	30	31		23	24	25	26	27	28	29
31																					30	31					

September							October							November							December						
Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4					1	2	3	1	2	3	4	5	6	7							1
6	7	8	9	10	11	12	4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
13	14	15	16	17	18	19	11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
20	21	22	23	24	25	26	18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
27	28	29	30				25	26	27	28	29	30	31	29	30						27	28	29	30	31		

22/03/1999

Year View Key

- Action
- Diary
- Goal
- Multiple
- Tag

For Help, press F1

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If viewing from a web browser
click your browser's **BACK** button to exit.



Exit