


FITR

BENCHMARK GUIDE

INJECT BENCHMARKS INTO YOUR TRAINING TO PERSONALISE CLIENT SESSIONS AND TRACK THEIR PROGRESS.

1. Click 'Add training block' whilst hovering over a day in your program's schedule.



FITR 1-2-1
James Sales





Notes

< March 2024 >

Expanded view

Review mode

Select week

<input type="checkbox"/> Mar 4, Mon	<input type="checkbox"/> Mar 5, Tue	<input type="checkbox"/> Mar 6, Wed	<input type="checkbox"/> Mar 7, Thu	<input type="checkbox"/> Mar 8, Fri	<input type="checkbox"/> Mar 9, Sat	<input type="checkbox"/> Mar 10, Sun
<div><input type="checkbox"/> STRENGTH</div> <div><p>Pocket Power Snatch 3x3 @ @67%1RM_POWER_SNATCH</p><p>NOTES: - This is meant to be a drill for speed pulling under the bar and stable positions. If you can't perform with good movement, go down to</p></div>	<div><input type="checkbox"/> WARM-UP</div> <div><p>3x 15 Wide Stance Air Squat :20/20 Copenhagen Plank 10/10 Monster Walk</p><div>2 Attachments</div><div>Challenge</div></div> <div><input type="checkbox"/> STRENGTH</div> <div><p>No Hook Grip + No Contact Power Clean + Push Jerk</p><p>5x(2+2) @</p></div>	<div><input type="checkbox"/> WARM-UP</div> <div><p>3x 15/12 Cal Row 10/10 Suitcase Deadlift 20 Band Pull Apart 50 Single Unders</p><div>2 Attachments</div><div>Challenge</div></div> <div><input type="checkbox"/> STRENGTH</div> <div><p>No Hook Grip + No Contact Power Clean + Push Jerk</p><p>5x(2+2) @</p></div>	<div><input type="checkbox"/> WARM-UP</div> <div><p>3x 15 Wide Stance Air Squat :20/20 Copenhagen Plank 10/10 Monster Walk</p><div>2 Attachments</div><div>Challenge</div></div> <div><input type="checkbox"/> CARDIO</div> <div></div>	<div><input type="checkbox"/> STRENGTH</div> <div><p>Squat Clean + Split Jerk 1x(2+1) @ @73%1RM_CLEAN_JERK 2x(1+1) @ @80%1RM_CLEAN_JERK</p><p>NOTES: - These are not touch-and-go reps. Take your time and set up for each rep. ----- Front Squat</p></div>		<div><input type="checkbox"/> Reminder</div> <div><p>Have you completed all your programming this week?</p><div>Client & Coach</div><div>Morning & Afternoon</div></div> <div><input type="checkbox"/> WARM-UP</div> <div><p>3:00 Row + 3x 10 Toe Up Barbell RDL 10/10 Goblet Lunges :30 Hollow Hold</p></div>

2. Select the 'Link Benchmark' button to get started.

+ Link benchmark(s)

3. Search for the benchmark or benchmarks you want to use, for example Back Squat.

Q Back Squat

4. Then tick the box 'Add benchmark(s)'. A new line will appear on the training day in green, showing a Benchmark has been added successfully. Congrats!

<input checked="" type="checkbox"/> 1RM Back Squat	1RM_BACKSQ
<input type="checkbox"/> 1RM Back Squat (Knee Wraps)	1RM_KNEEWRAPS_BACK_SQUAT

@100%1RM_BACKSQ

By default percentage based benchmarks will come through as 100% (your full 1RM back squat) for however many reps stated.

To change this simply click on the green benchmark, delete “100%” and change to whatever percentage you like (50%)

@50%1RM_BACKSQ

5. Finally, click 'Preview' to see your client's view.

Benchmark Client Preview

10 x 4 @ 75kg
10 x 4 @ 100kg

Benchmarks

1RM Back Squat

150

1RM Deadlift

200

Strength

10 x 4 @ @50%1RM_BACKSQ
10 x 4 @ @50%1RM_DEADLIFT

+ Link benchmark(s)

☆☆ Link Daily leaderboard

+ Add Resource

🖼 Suggested Media

Results for benchmarks will automatically be tracked, so you and your clients can view progress over time



Visit our website for more info

F I T R