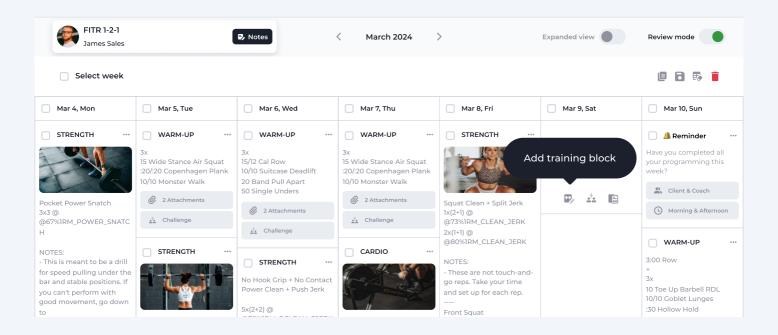
FITR

BENCHMARK GUIDE

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

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



Select the 'Link Benchmark' button to get started.

• Link benchmark(s)

- 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!

1RM_BACKSQ

1RM Back Squat (Knee Wraps)

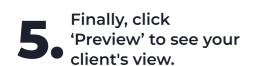
1RM_KNEEWRAPS_BACK_SQUAT

@100%1RM_BACKSQ

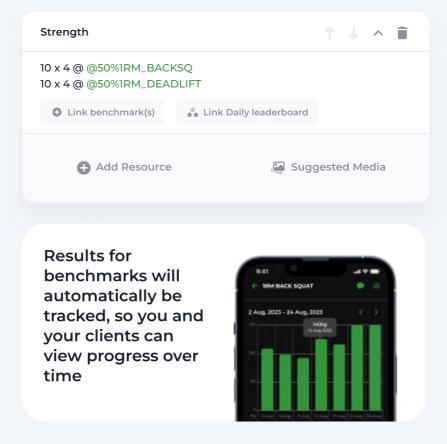
By default percentage based benchmarks will come through as 100% (your full 1RM back squat) for however many reps stated.

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

@50%1RM_BACKSQ



Benchmark Client Preview	8
10 x 4 @ 75kg 10 x 4 @ 100kg	
Benchmarks 1RM Back Squat	
150	
1RM Deadlift	
200	



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