FMS™ move well. move often

FMS™ PRO 360

Client
MANUAL

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Account Setup

1. Once a FMS Pro user has added you as a member (client), you will receive an email from Functional Movement Systems. Follow the steps to create your accout.
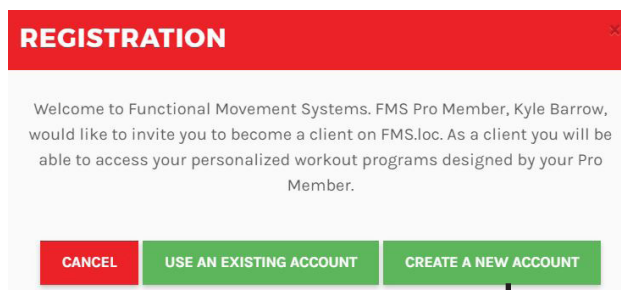
> Dear Josh,
>
> Functional Movement Systems Pro 360 User, Kyle Barrow, has invited you to become a client at FunctionalMovement.com. As a client you can access personalized FMS workout programs designed by your Pro 360 User. To get started, please follow the steps below to create your account.
>
> **Step 1:** Start by clicking here to view, download, or print the PDF tutorial
> **Step 2:** Accept Client Invitation
>
> Log in with an existing account on FunctionalMovement.com, or create a new account.

2. If you have an existing FMS account, click the use an existing account and sign-in to link your account. If not create a new account.

REGISTRATION ×

Welcome to Functional Movement Systems. FMS Pro Member, Kyle Barrow, would like to invite you to become a client on FMS.loc. As a client you will be able to access your personalized workout programs designed by your Pro Member.

[CANCEL] [USE AN EXISTING ACCOUNT] [CREATE A NEW ACCOUNT]

3. Once you have completed the regristration form click register to continue to your account.

Create a new account.

Use the form below to create a new account. Passwords are required to be a minimum of 6 characters in length.

Username

first name

last name

email address

password

confirm

By clicking 'Register' you agree to the Terms of Use.

[REGISTER]

4. Once logged in you may access your workouts. Click my workouts and then select view workouts.

Home / My Account / User Profile

[CHANGE PHOTO] SETTINGS EVENTS EDUCATION STORE MY WORKOUTS

Account Name

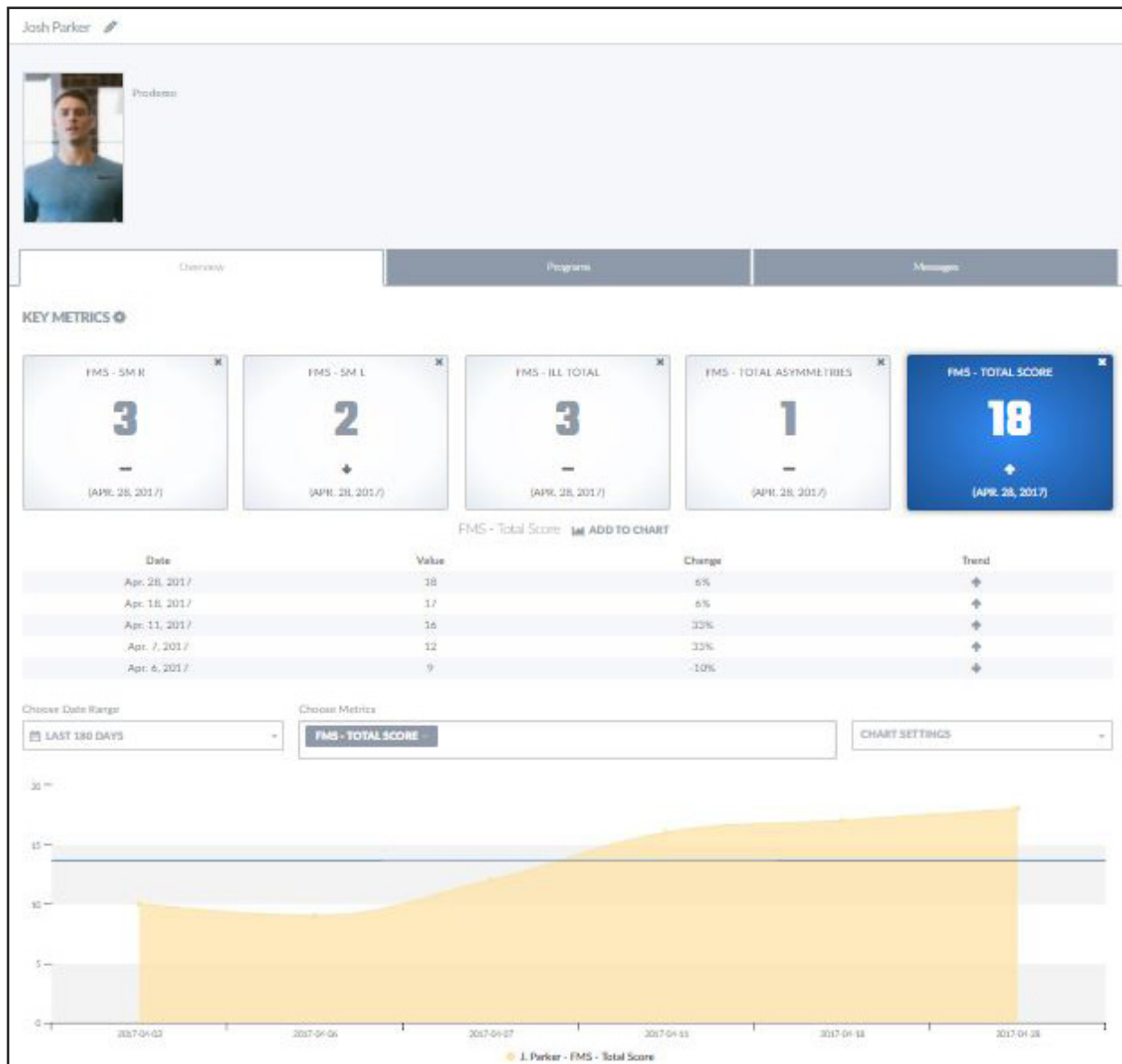Josh Clark   VIEW WORKOUTS

Home Page

Account features:

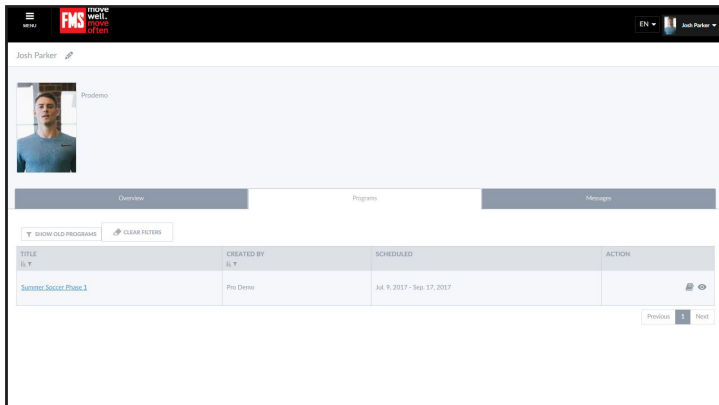- Overview
- Programs
- Messages

Main menu features:

- Train
- Collect
- Communication
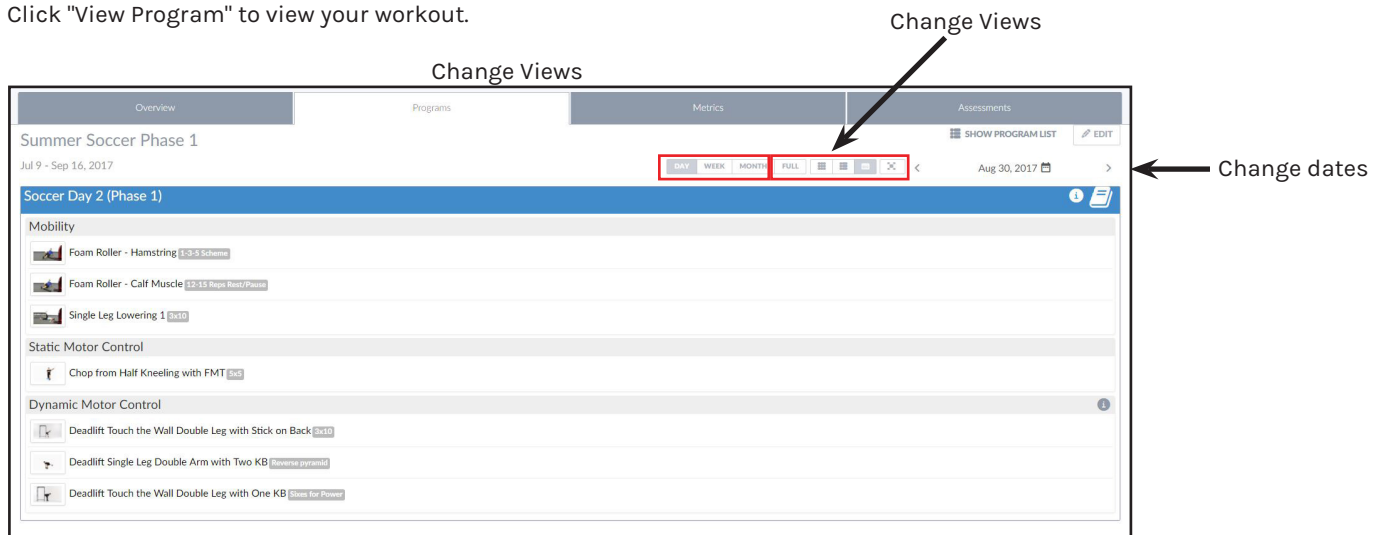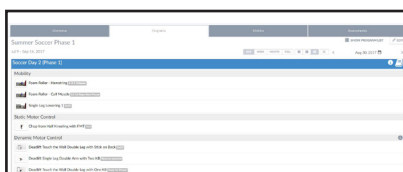- Admin

Programs

From here you can:

▪ View each workout

▪ Log a workout

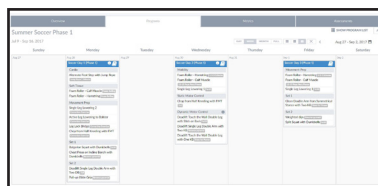▪ View overall program

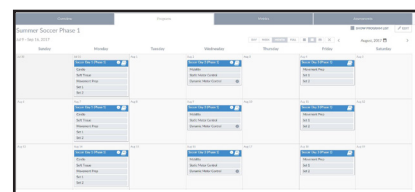## VIEWING A PROGRAM

Click "View Program" to view your workout.

Change Views

Change Views

Change dates

Day View

Week View

Month View

Viewing an Exercise

Click an individual exercise to view the description and instructional video

Click the gray box under the exercise to view the repetition scheme and set objectives

3x10			
SET	WEIGHT (LB)	REPS	REST
1	0 lb	10	60 s
2	0 lb	10	60 s
3	0 lb	10	60 s
			✕ CLOSE

LOGGING A WORKOUT

To log a workout click the "Log Workout" icon identifed by the red box.
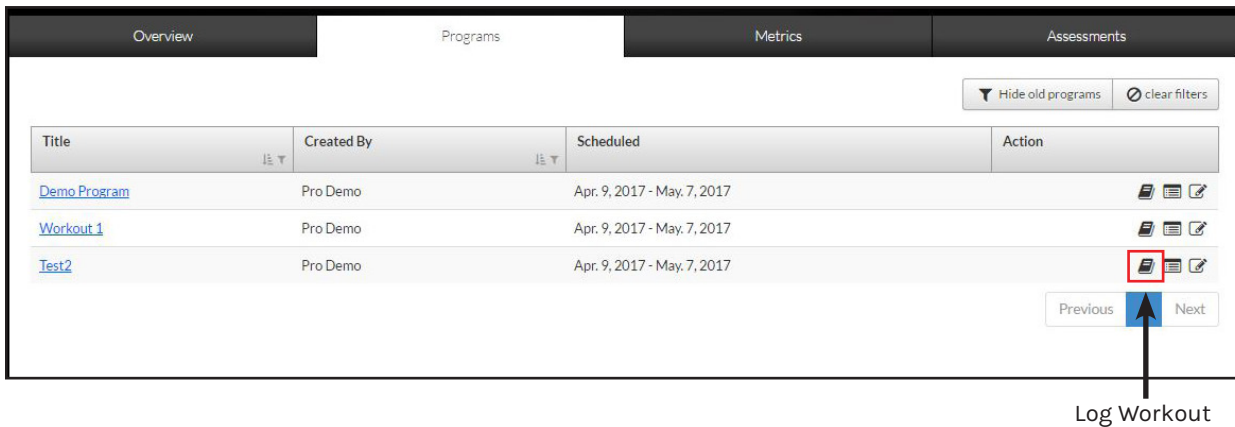
Log Workout
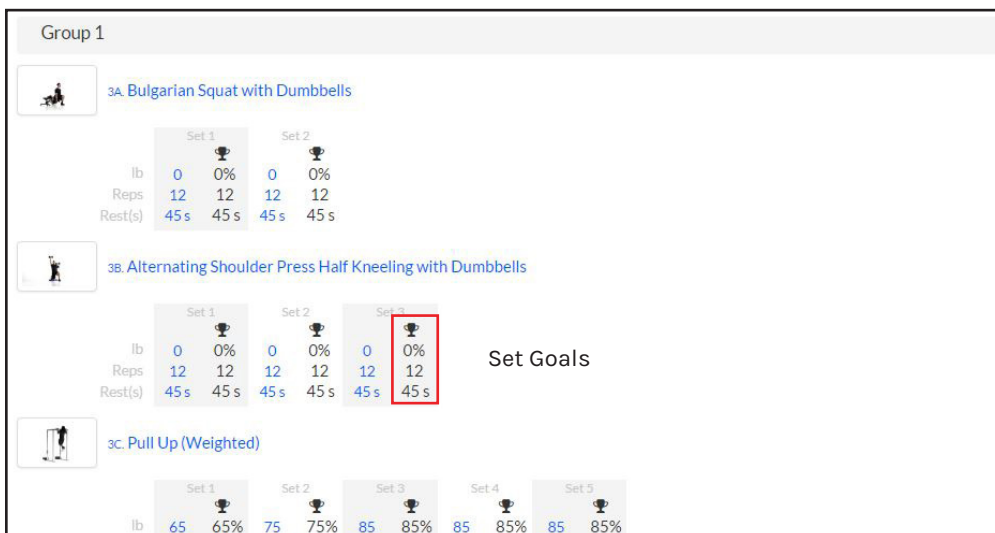
Set Goals

- Set goals are colored in black.
- Follow your set goals for each set.
- These numbers may change depending on the rep scheme assigned.

Input the weight lifted in the first box and reps into the second. Once you have completed all sets, click the red box to mark complete. The bottom of the page shows your "Training Load". Complete the Rate of Perceived Exertion and workout duration to give your RPE Load.

Training Load:	RPE: ⓘ	Duration (min.):	RPE Load:
9590	7	110	770

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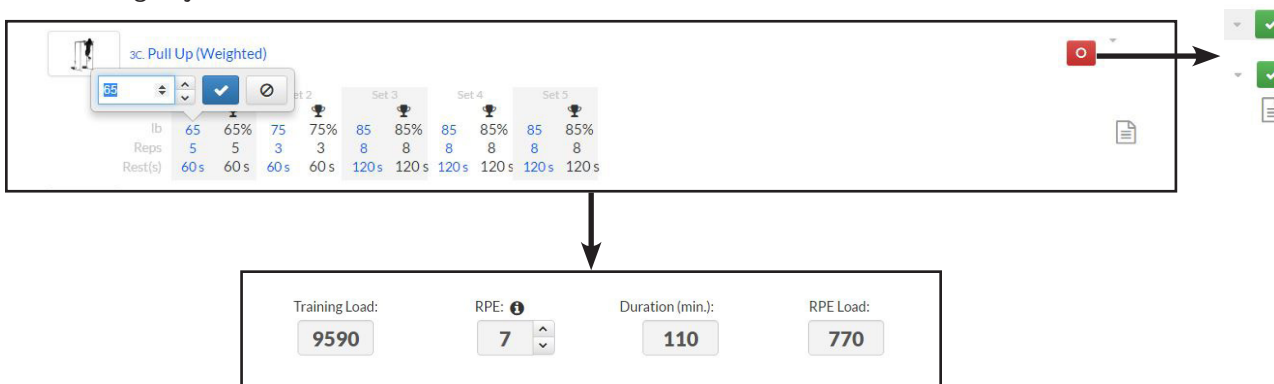
Assessments

Navigate to the Assessments tab. This takes you to the Assessments List, offering the ability to browse, sort and filter through previous assessments and partially completed assessments. Simply click the view button to view each assessment.

Click the eye icon to view the assessment

After clicking the report, you are able to view a summary of the assessment. You can also print or email the report to yourself

Messages

The messages tab allows you to view and respond to messages.

Click here to hide or respond to a message

Click here to delete messages

Click here to view to a message
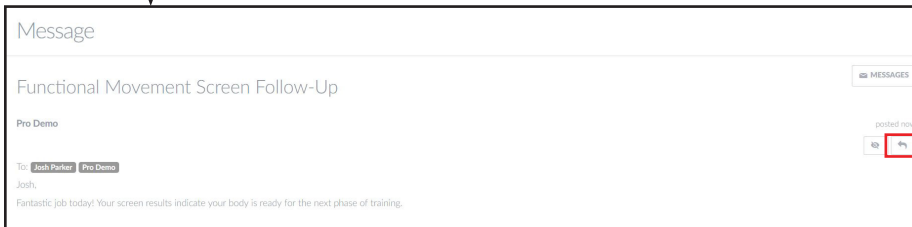
Click here to respond to a message

You are now able to respond to a message you received. Once you have completed your message, press send to send message.