



move
well.
move
often



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 account.

Dear Josh,

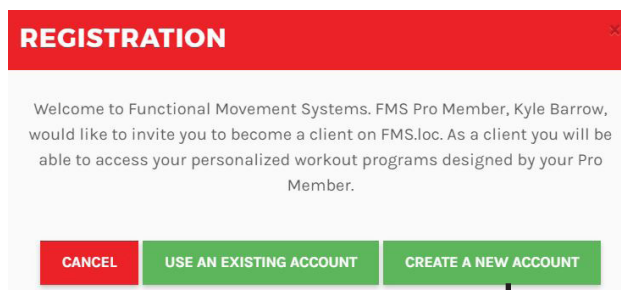
Functional Movement Systems Pro 360 User, Kyle Barrow, has invited you to become a client at FunctionalMovement.com. As a client you can access personalized FMS workout programs designed by your Pro 360 User. To get started, please follow the steps below to create your account.

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.



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

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



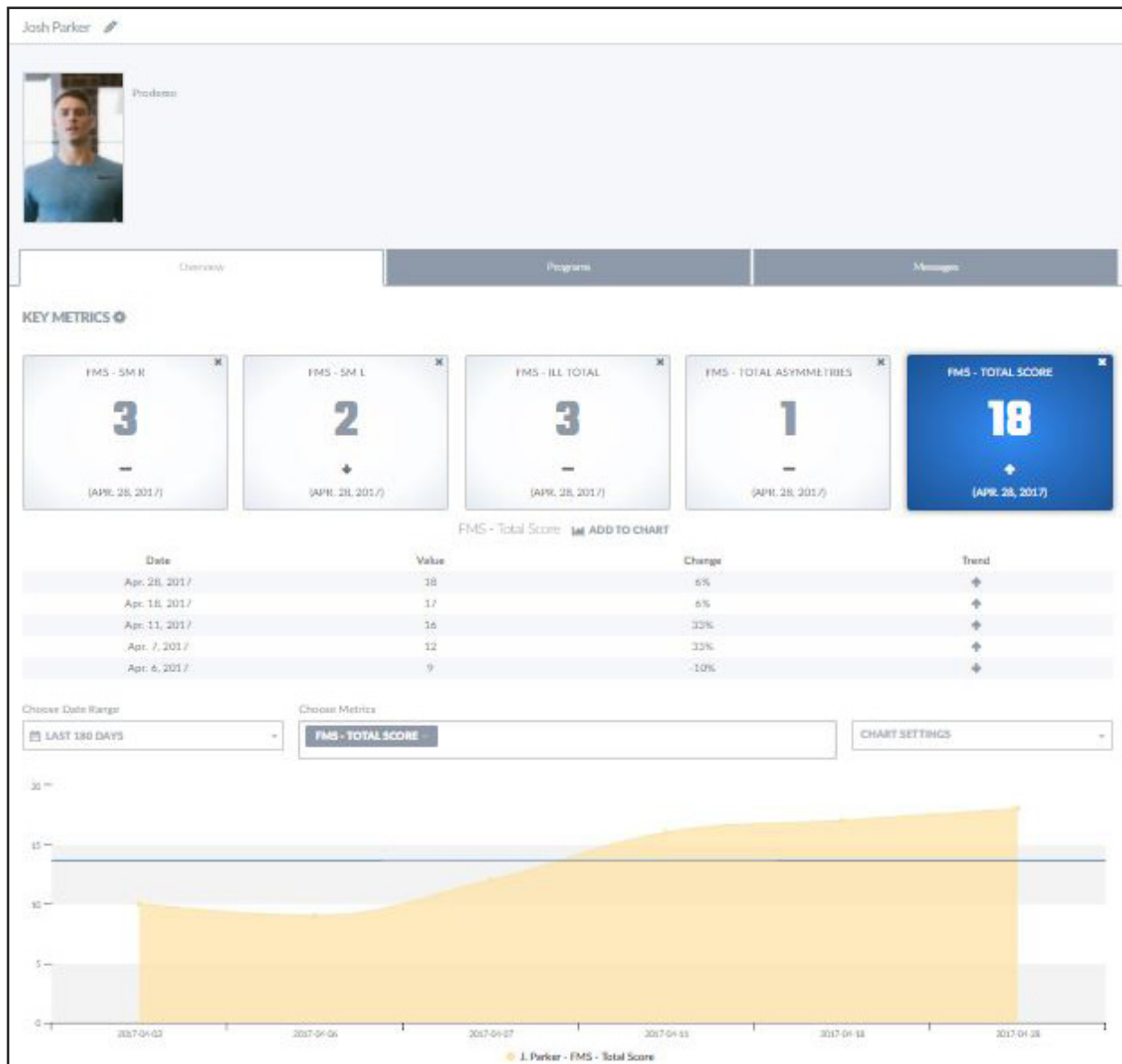
Home Page

Account features:

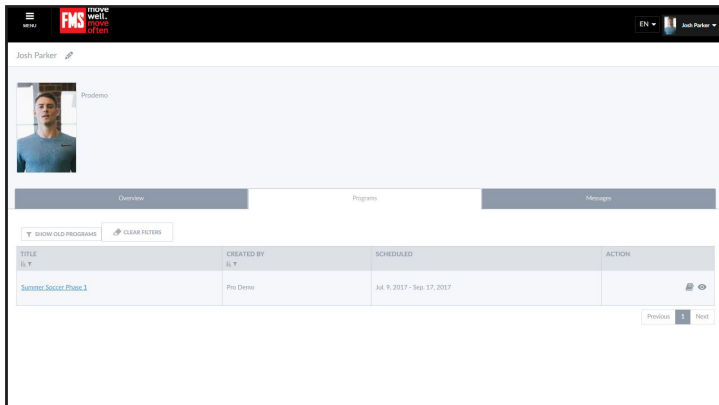
- Overview
- Programs
- Messages

Main menu features:

- Train
- Collect
- Communication
- Admin



Programs

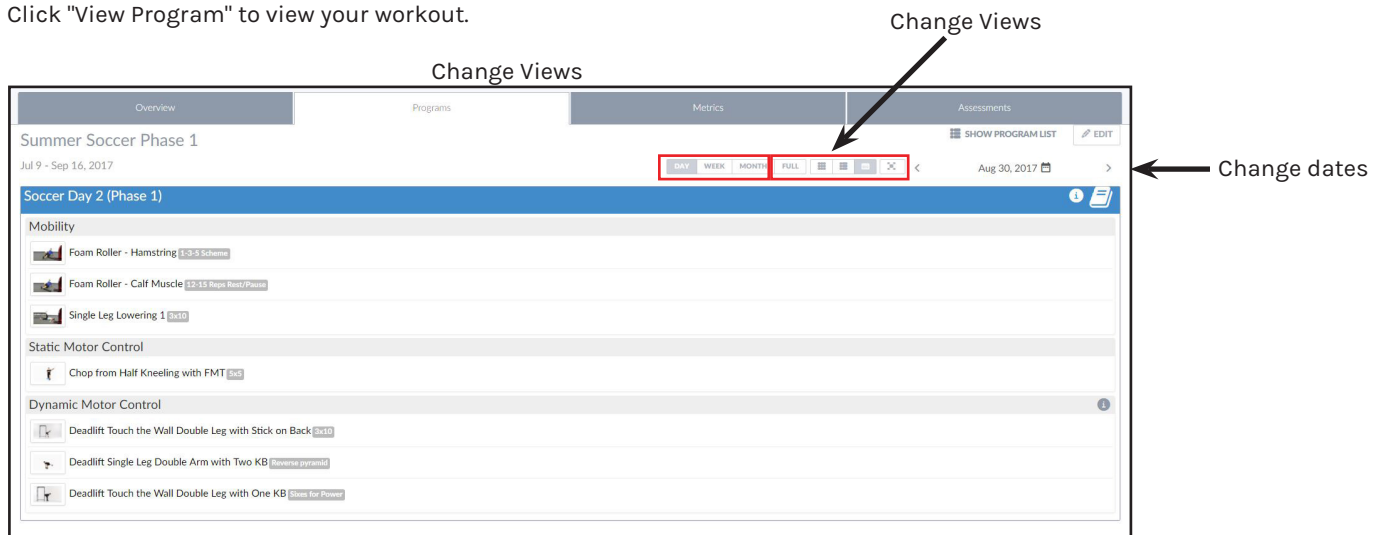


From here you can:

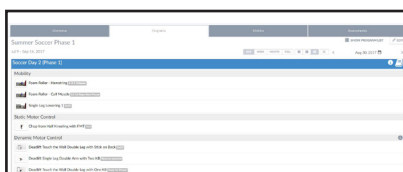
- View each workout
- Log a workout
- View overall program

VIEWING A PROGRAM

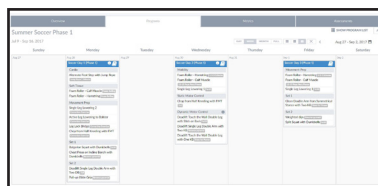
Click "View Program" to view your workout.



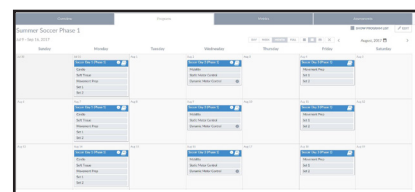
Day View



Week View



Month View



Viewing an Exercise

Click an individual exercise to view the description and instructional video

The screenshot shows a weekly calendar for 'Summer Soccer Phase 1' from July 9 to September 2, 2017. The interface includes tabs for Overview, Programs, Metrics, and Assessments. A list of exercises is shown for each day. On Monday, August 29, the exercise 'Bulgarian Squat with Dumbbells' is highlighted with a red box. An arrow points from this box to a detailed view of the exercise.

BULGARIAN SQUAT WITH DUMBBELLS

With dumbbells at side athlete places back foot on bench or low box and squats down with other leg. Sit back on heels and extend hips to stand back up. Careful not to lean forward and maintain a neutral posture.

FAVOURITE

CLOSE

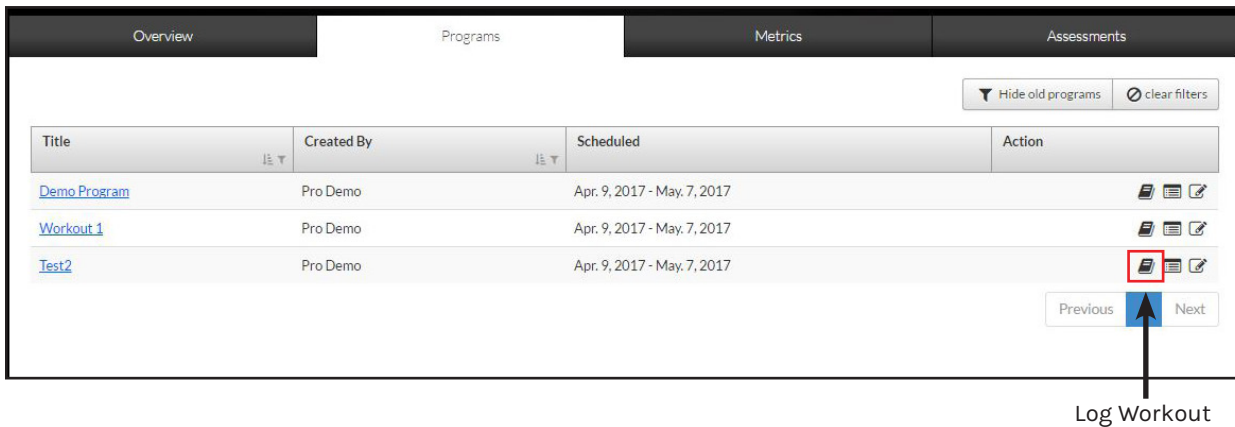
Click the gray box under the exercise to view the repetition scheme and set objectives

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

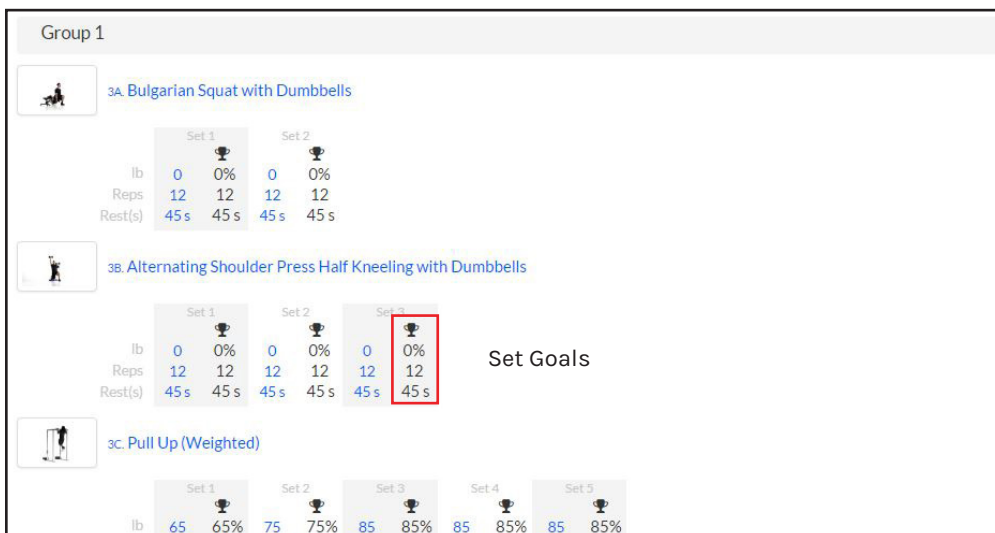
* CLOSE

LOGGING A WORKOUT

To log a workout click the "Log Workout" icon identified by the red box.

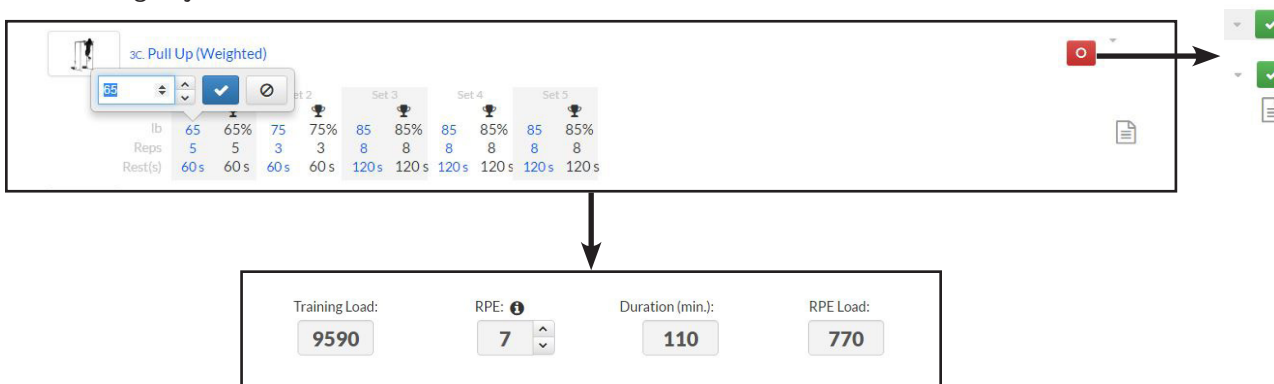


Log Workout



- 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.



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.

Assessments

CLEAR FILTERS

ASSESSMENT TYPE	NAME	DATE	SCORE	COMPLETE	ACTIONS
FMS	Josh Parker	June 20th, 2017	-		
SFMA	Josh Parker	June 19th, 2017		✓	
FMS	Josh Parker	April 28th, 2017	18	✓	
FMS	Josh Parker	April 18th, 2017	17	✓	
FMS	Josh Parker	April 18th, 2017	17	✓	
FMS	Josh Parker	April 11th, 2017	16	✓	
FMS	Josh Parker	April 7th, 2017	12	✓	
FMS	Josh Parker	April 6th, 2017	9	✓	
FMS	Josh Parker	April 3rd, 2017	10	✓	

Previous 1 Next

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

FMS - Screen Findings Report

Screening Date: August 15th, 2017
 Clinical Date: August 15th, 2017
 Last Modified: August 15th, 2017
 Client: Josh Parker
 FMS Certified Member: GA Kinkaid/Dunbar
 FMS Score: 13

Overall Comments:

Overall Screen Score Sheet

TYPE	SCORE	MAX SCORE	COMMENTS
Dead Stick	1	2	
Head-Neck	2/28	2	
Head-Neck	2/28	2	
Shoulder Stability	2/24, 4, 4	2	
Active Shoulder-Like	2/24	2	
Static Stability-Overcup	2	2	
Static Stability	2/24, -	2	
Total Score: 13			

Understanding The Report

The 7 FMS movement patterns are listed in order of priority from the most basic and fundamental to the most complex and functional. The general order of importance in the Functional Movement Screen™. Each movement pattern score consists a corresponding symbol that provides recommended focus when including or developing exercise programs. Each symbol is described below:

SYMBOL	APPROVED MOVEMENT	APPROVED SCORES	RECOMMENDED CORRECTIVE/FOCUS
Green Circle	Movement Pattern Programming Unrestricted	Indicated by Optimal (3,5) and Acceptable (2,3) Scores Only	Focus Volume and Intensity While Maintaining Proper Technique
Yellow Circle	Movement Pattern Programming Caution	Indicated by Scores Containing 2,3 Movement Combination Only	Establish Technique Over Volume and Intensity to Improve Asymmetry
Red Circle	Movement Pattern Programming Restricted	Movement Pattern Delineated by Indicated by Any Score Combination Containing 1s	Focus on Corrective Exercise to Improve Movement Pattern
Red Flag	Pain Indicated with Movement Pattern	Any Score of 0	See a Medical/Professional for Evaluation

SFMA - Assessment Findings Report

Date: August 24th, 2017
 Client: Clark Simons
 SFMA Certified Member: Pto Demo
 Age: N/A
 Height: N/A
 Weight: N/A
 Gender: N/A
 Postal: N/A
 Sport: N/A
 Position: N/A
 Chief Complaint: N/A

Overview/Findings

The SFMA is a system that helps rehabilitation professionals incorporate a movement pattern baseline into the musculoskeletal examination. Following are the findings and outcomes associated with the SFMA assessment.

TED/JMD: Cervical Spine Flexion JMD &/or TED (Bilateral)

SMCD: Thoracic &/or Shoulder Girdle SMCD (Bilateral)

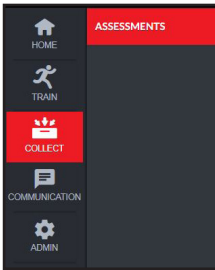
Pain: No pain treatments for this assessment.

Comments

FLOWCHART	COMMENTS
Cervical Spine Pattern One (Flexion)	C2-C4 major mobility dysfunction

Messages

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

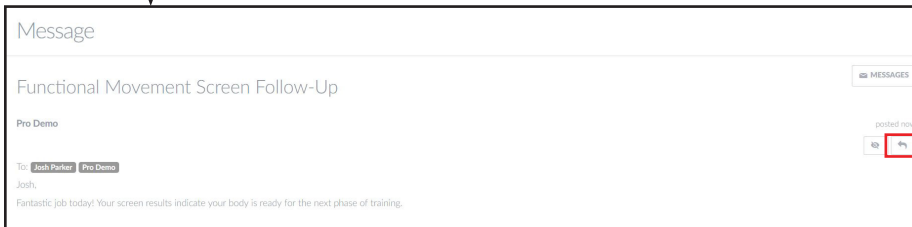


FROM	TO	SUBJECT	MESSAGE	POSTED	ACTIONS
Pro Demo	Josh Parker	Functional Movement Screen Follow-Up	Josh, Fantastic job today! Your screen results indicate your read more	24-Aug-2017 7:08pm now	
Pro Demo	Josh Parker	Here's your new workout!	Dear Josh, FMS Pro 360 User Pro Demo has assigned a workout to you. You can read more	12-Jul-2017 7:27pm 1 month ago	
Pro Demo	Josh Parker	A new routine has been assigned to you. Click here to view.		5-Jun-2017 1:20pm 3 months ago	
Pro Demo	Josh Parker	A video has been shared with you.		24-May-2017 10:29am 3 months ago	
Pro Demo	Josh Parker	A video has been shared with you.	this is the exercise I want you doing	9-May-2017 10:08am 4 months ago	
Pro Demo	Josh Parker	A video has been shared with you.	this is the exercise I want you doing	9-May-2017 10:08am 4 months ago	

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.

