



move
well.
move
often



PRO
360

PROFESSIONAL

MANUAL

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DEAR PRO 360 USER:

Welcome to your total client management software, PRO 360! Whether you work in the healthcare, performance or fitness industry, your vital mission is to get people you work with to move well. And, move often. Our job is to provide you with the essential tools -- PRO 360 was designed to be one of your most valuable secret weapons.

Use this manual to get started and unlock the features for:

- Group screening
- Client communication both on and off the training floor
- Over 5,000 pre-loaded exercises and the ability to build your own routine
- Dynamic reporting capabilities

Best of luck in your movement journey as an FMS certified professional. We're excited to have you on board as an integral part of our community that is over 30,000 strong worldwide!

Move well. Move often,

--Your FMS Team

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Glossary of Terms

Pro-Non Owner

A FMS certified professional user on the Pro-Owner's account who has access to all benefits and features of Pro 360.

Assigned Programs

List of all programs assigned to your clients:

- View Logged Workout: allows the certified professional to view the results of the client's workout.
- Create Strength Card: Allows the certified professional to generate a printable PDF file that can be used to manually log a workout.
- View Program: Allows certified professional to review the program without making any changes (You can log individual workouts from here).
- Edit Program: Allows certified professional to add, view and edit workouts.
- Delete Program: Deletes the selected assigned program, but does not delete the program template.

Action - Delete Program: Deletes the program.

Program Template

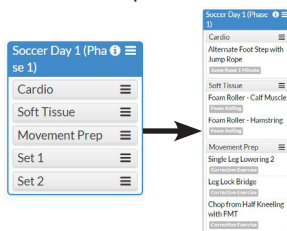
List of all training program templates that have been created and are ready to be assigned. Program templates are used when the certified professional wishes to create a program with several different days or progressions. You can choose to use workouts that have already been created within the program.

- Assign Program: Allows certified professional to assign the workout program to one or more clients.
- Edit Template: Allows certified professional to add/remove days or sections to their template.
- Copy Template: Allows duplication of program templates to create a similar template and edit the copied template.
- Delete Template: Deletes the template permanently.

Sections

Different components within a workout (for example, cardio, soft tissue, movement prep, set 1, set 2).

The next step is to add exercises within the sections.



Workouts

Workouts have several functions:

- Create a 1-day workout that can be assigned to clients.
 - Note: You cannot edit workouts once created. Once the workout has been used as a template for a training program, deleting this will also delete the training program.
- Existing workouts can be copied into a program template.
 - Note: Once you have created a training program template, all workouts (days within a program template) will be saved under the workout section. Be sure give your workouts unique names to avoid name duplication.

Glossary of Terms

Basic Builder

Allows the certified professional to create a quick and easy workout to print or download as a PDF.

Rep Schemes

Allows the certified professional to create customized rep templates to add within workouts and program templates.

Exercise Categories

Allows the certified professional to create customized groups of exercises that can be easily searched within the exercise library and builder.

Reporting

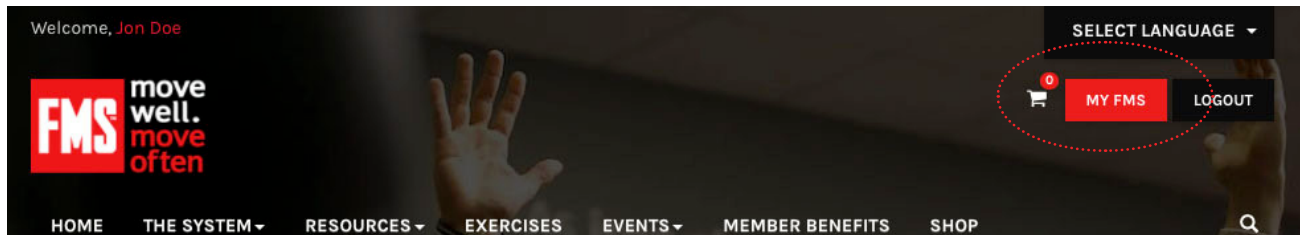
Allows the certified professional to create customized reports based on any metrics that you have captured within the platform. Each report may include a combination of components or widgets such as charts, tables, graphics, images or gauges.

Prebuild Reports

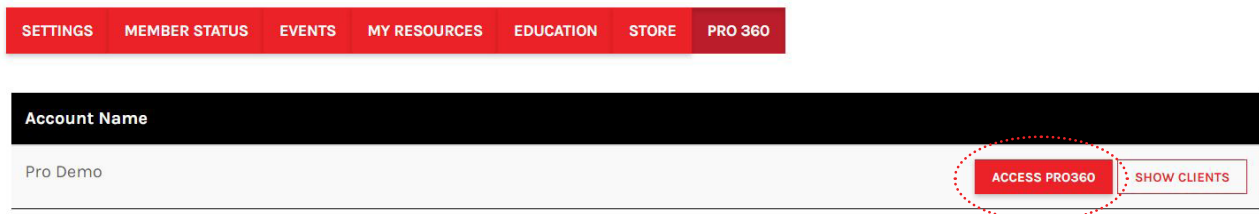
Allows the certified professional to quickly choose a report once a report has been saved in the reporting section.

Get Started

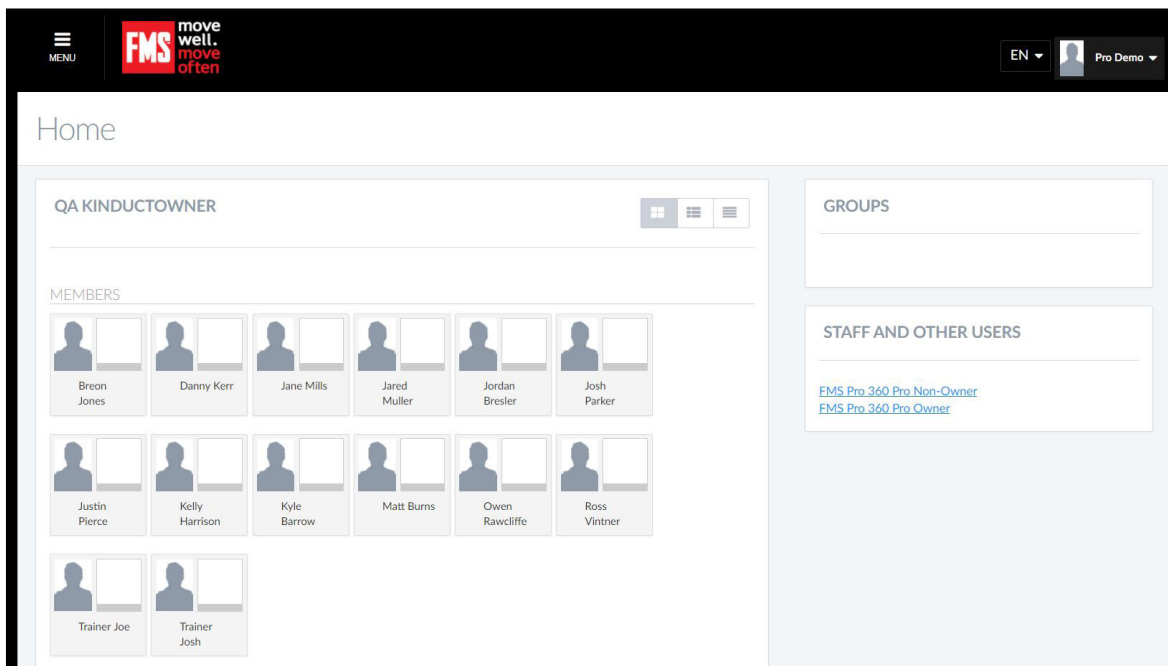
1. To access FMS-PRO 360, click on my FMS



2. Select the Pro 360 tab. From here you may view past client information or select Pro 360 to be directed to your account.



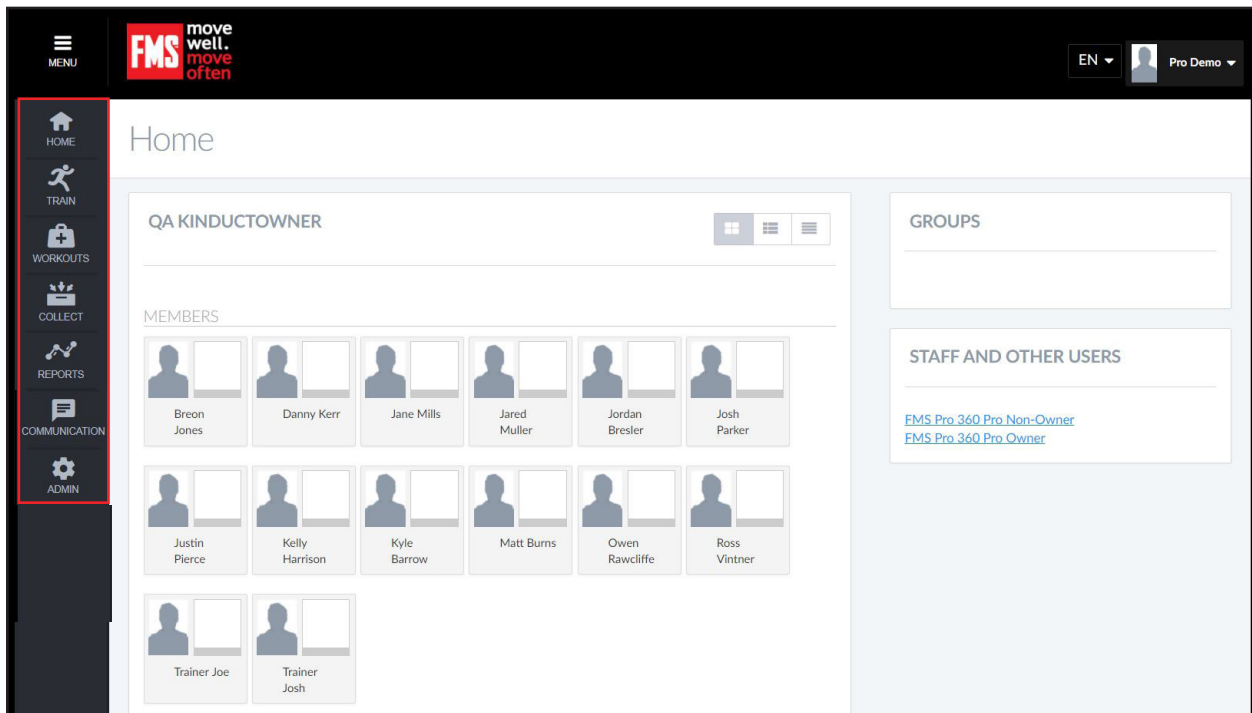
3. You now have access your Pro 360 home page.



Home Page

Main menu features:

- Train
- Workouts
- Collect
- Reports
- Communication
- Admin



Main Menu Features

Train

Training Programs

- View all assigned training programs
- View and create training program templates
- View and create workouts
- View and create rep schemes
- View and create custom exercise categories
- Log a workout, multi log a workout or view logged workouts
- Print and view strength cards

Exercise Library

- View exercise library
- Filter library options (strength, cardio, performance, FMS)

Workouts

Basic Builder

- Build a basic workout
- Print PDF

Collect

- Perform Functional Movement Screen or Selective Functional Movement Assessment
- View FMS and SFMA results
- Print or email reports
- Generate FMS Corrective Programs

Reports

Reporting

- Create custom reports
- Export to PDF

Prebuilt Reports

Communication

Messages

- View and send messages

Admin

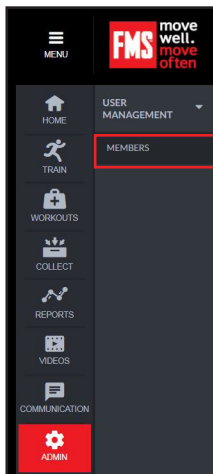
User Management

- Add, view, edit or delete members

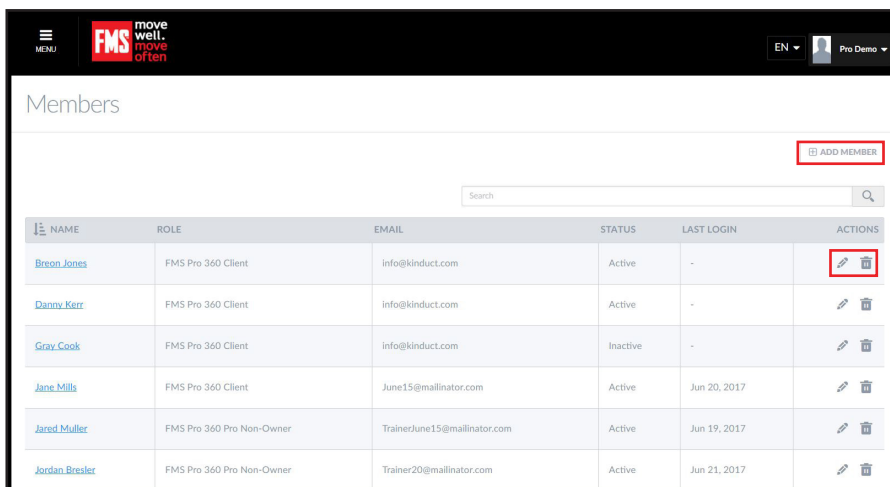
User Management

View, create or delete clients

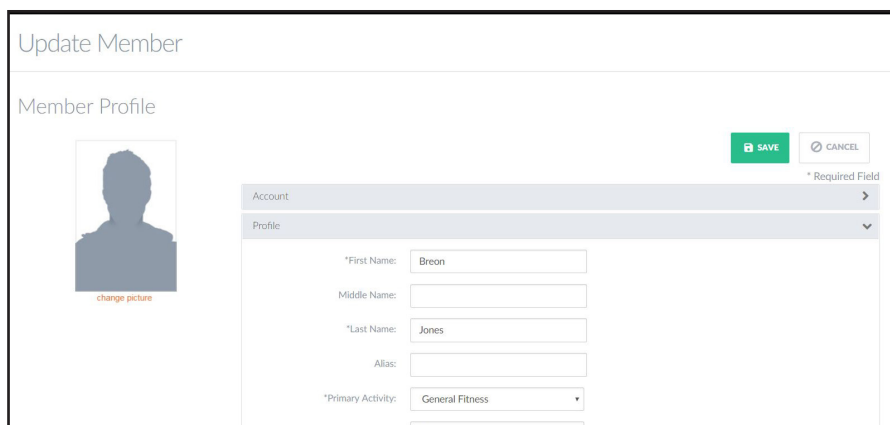
Navigate to the Admin tab, user management then click members.



You can now view all your clients from this page. To create a client click "add member".



Click here to edit or delete a client/member.



Add a Member Profile

Member Profile



SAVE & SEND INVITE

CANCEL

* Required Field

Account

Timezone:

(GMT -5:00) Eastern Time (US & ...

Language:

English

Notification:

Email and Online

Role:

FMS Pro 360 Client

Profile

*First Name:

Josh

Middle Name:

*Last Name:

Parker

Alias:

*Primary Activity:

American Football

*Nationality:

American

*Date of Birth:

January

18

1988

*Gender:

Male

Height:

5'9

feet/inches

e.g. 5'11"

Weight:

186

lb

Contact Information

*Email:

admin@admin.com

SAVE & SEND INVITE

CANCEL

Account:

- Change timezone, language, notification options.
- If the member is a client choose FMS Pro360 client. If the member is another FMS Pro user, choose FMS Pro Non-Owner.

Profile:

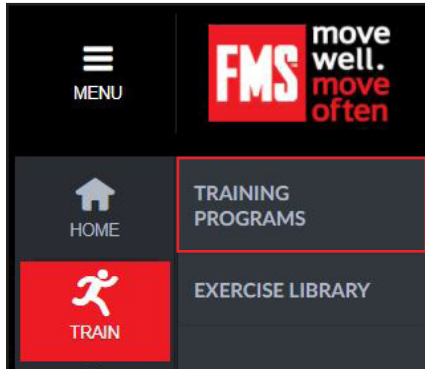
Input required fields: first name, last name, primary activity, nationality, date of birth and email address. Click "save & send invite". This will send a client invitation.

If your next step is entering a screen or assessment skip to page 21.

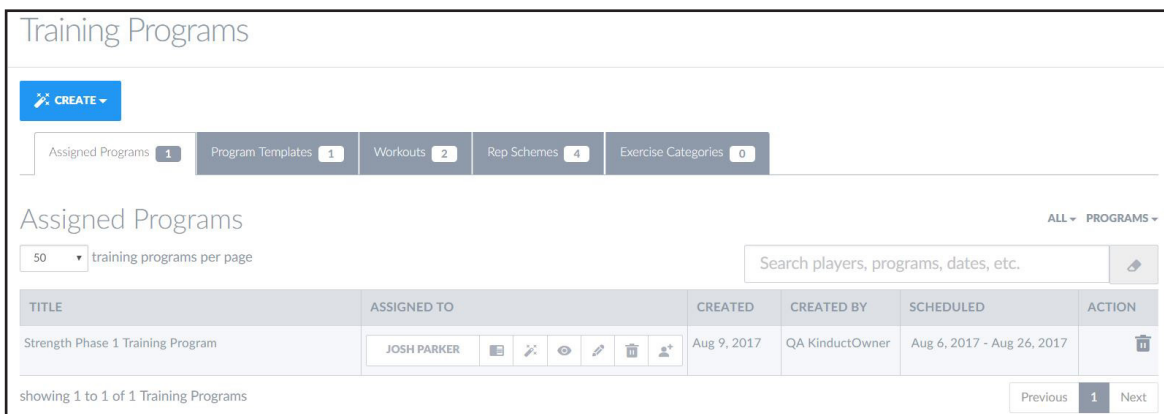
Train

Training Programs

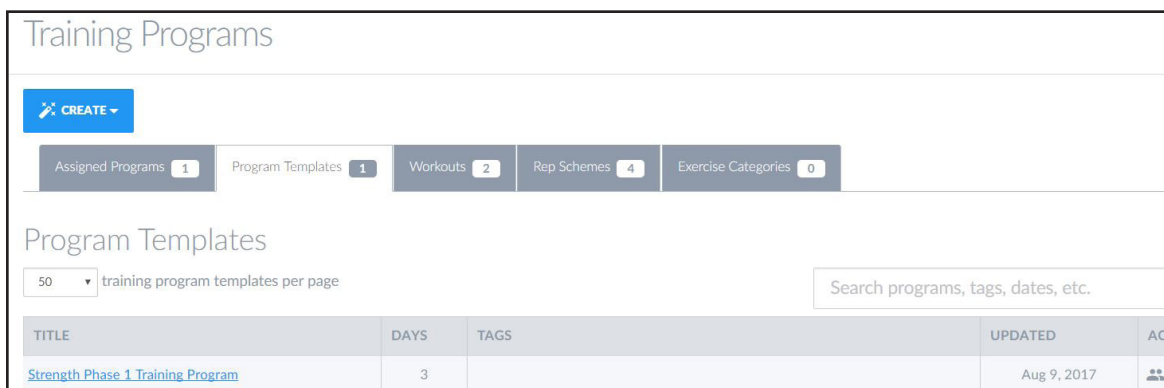
Navigate to the Train tab and click Training Programs.



From the training programs view you can view all assigned programs, view all program templates, workouts, rep schemes and exercises categories.



The Training Program screen shows the Assigned Programs tab by default. These are Program Templates assigned to one or various team members.



The Program templates tab allows you to edit templates, assign workout programs, add/remove days or sections to your template and copy templates.

Training Programs

[CREATE](#)

Assigned Programs **1** Program Templates **2** Workouts **3** Rep Schemes **4** Exercise Categories **1**

Workouts

50 Workouts Per Page

Search workouts, tags, etc.

NAME	TAGS	ACTION
FMS Workout		Assign View Delete
Recovery/Power		Assign View Delete
Strength Phase 1 Day 1		Assign View Delete

showing 1 to 3 of 3 Workouts

Previous **1** Next

The Workouts tab allows you to assign the individual (1 day) workout to one or more clients. The workouts tab allows you to assign the individual one day workout, view the workout, and delete the workout.

Training Programs

[CREATE](#)

Assigned Programs **1** Program Templates **1** Workouts **2** Rep Schemes **4** Exercise Categories **0**

Rep Schemes

50 rep schemes per page

Search rep schemes, tags, dates, etc.

TITLE	TAGS	CREATED BY	LAST UPDATED	WEEKS	ACTION
Advanced Power	POWER	QA KinductOwner		1	Edit View Delete
Advanced Strength		QA KinductOwner		1	Edit View Delete
Corrective Exercise	CORRECTIVES	QA KinductOwner		1	Edit View Delete
Jump Rope	JUMP ROPE	QA KinductOwner	Aug 8, 2017	1	Edit View Delete

showing 1 to 4 of 4 Rep Schemes

Previous **1** Next

The Rep Scheme tab allows you to create, edit or delete custom rep schemes.

MENU
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EN
 Pro Demo

Training Programs

[CREATE](#)

Assigned Programs **4** Program Templates **8** Workouts **17** Rep Schemes **15** Exercise Categories **32**

Exercise Categories

50 exercise categories per page

Search categories, dates

TITLE	LAST UPDATED	ACTION
Jump Rope	Jun 7, 2017	View Edit Delete

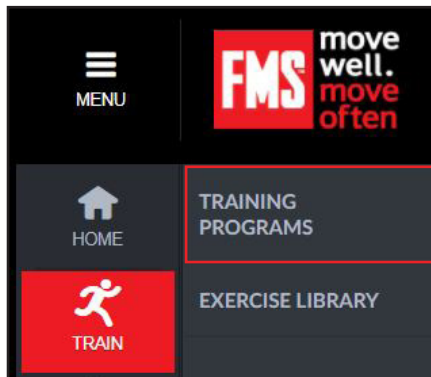
The Exercise Category tab allows you to view and manage the exercise categories you have created.

Train

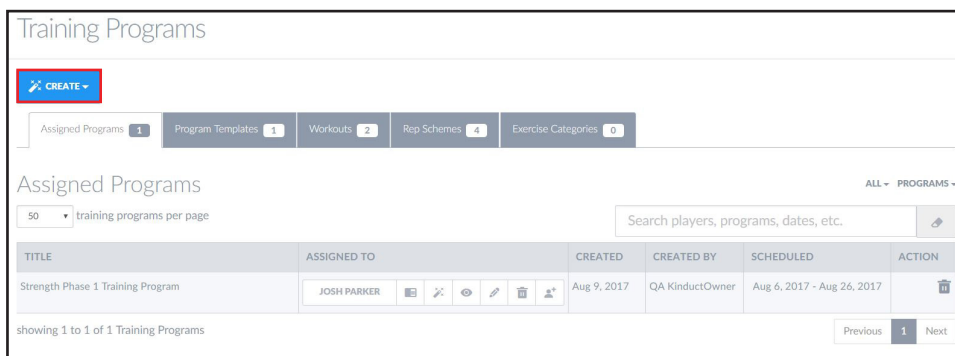
Creating a Training Program

The training page allows you to create custom training programs and save them as templates for future use. The training program builder uses an easy drag and drop system to make program building efficient.

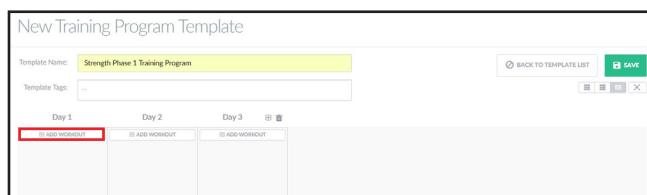
1. Navigate to the Performance tab and click Training Programs.



2. From the training programs view you can view all assigned programs, view all program templates, workouts, rep schemes and exercises categories.



3. To create a new training program click create and then program template By default the program template sets a 3 day plan, you may add more days if you like. First you need to add a workout and enter the Template Name (example: Beginner Program, Strength Program)



4. Create a Workout:

- Fill in the Workout Name (this will create a blue box on the right).
- Write a Workout note (this will create an information button next to the workout name).
- Insert tags by writing a tag name and pressing enter.

Copy existing workout:

- ON: Choose an existing workout (from the drop down list that appears) to automatically fill in the blue box on the right.
- OFF: Manually enter workout.

CREATE A WORKOUT

Workout name

Strength Phase 1 Day 1

Strength Phase 1 Day 1

Workout note

Beginner Strength Phase

Share this workout

OFF

This workout will be available to other users to use. All workouts you create are available to reuse in templates you make, after saving.

Workout tags

Strength Phase 1

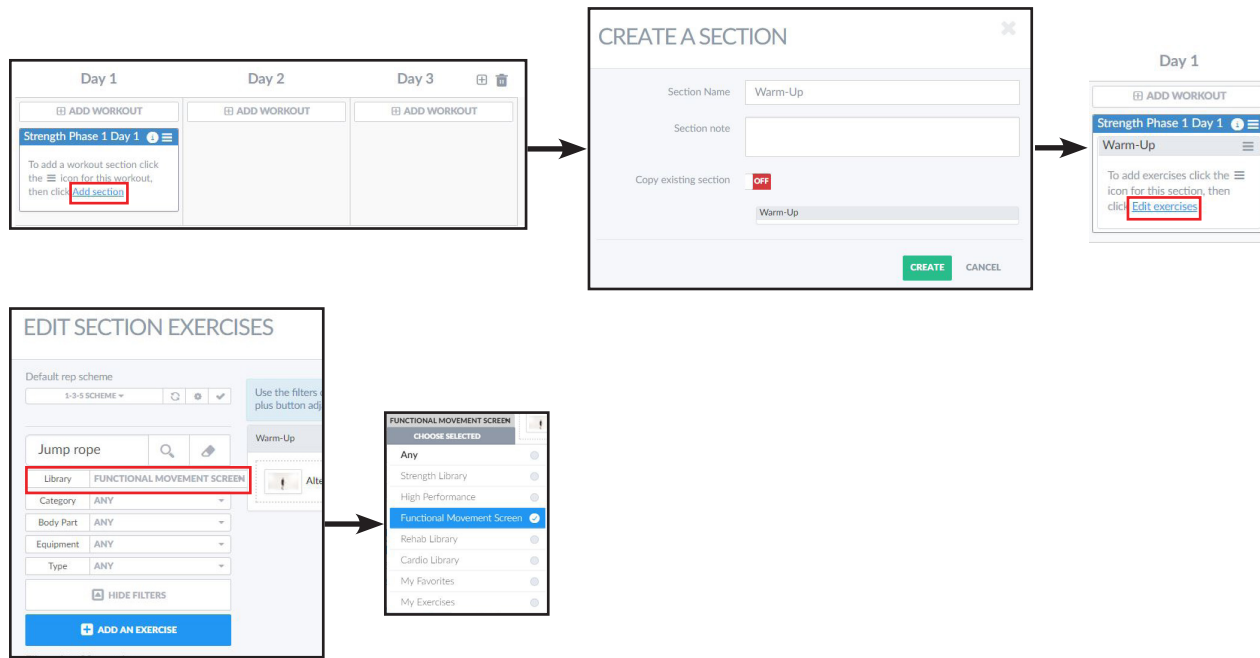
Copy existing workout

OFF

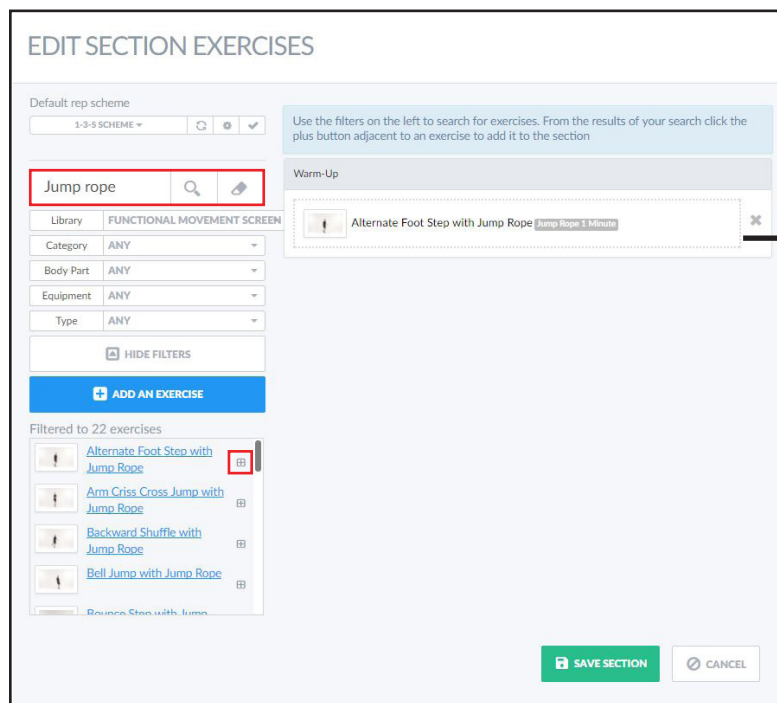
CREATE

CANCEL

5. Once you have created the Workout, you need to add sections to the workout. Sections are either groups of exercises (sets) or a particular part of the workout e.g. warm-up, superset progressions. You now need to add the exercises to that section (Warm-Up) by clicking "Edit Exercises".

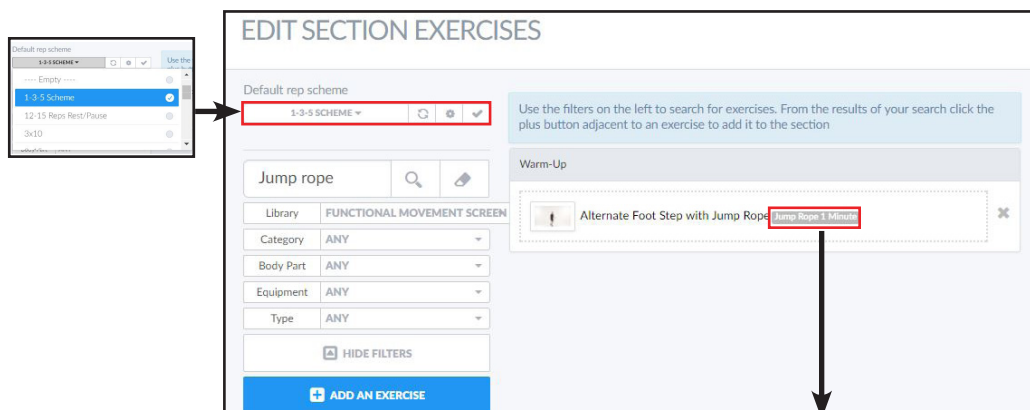


Search and filter different exercises by category.

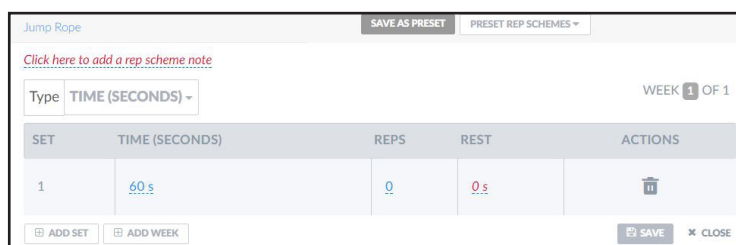


6. Once you have added the exercises you can use the drag and drop feature to change the order of exercises.

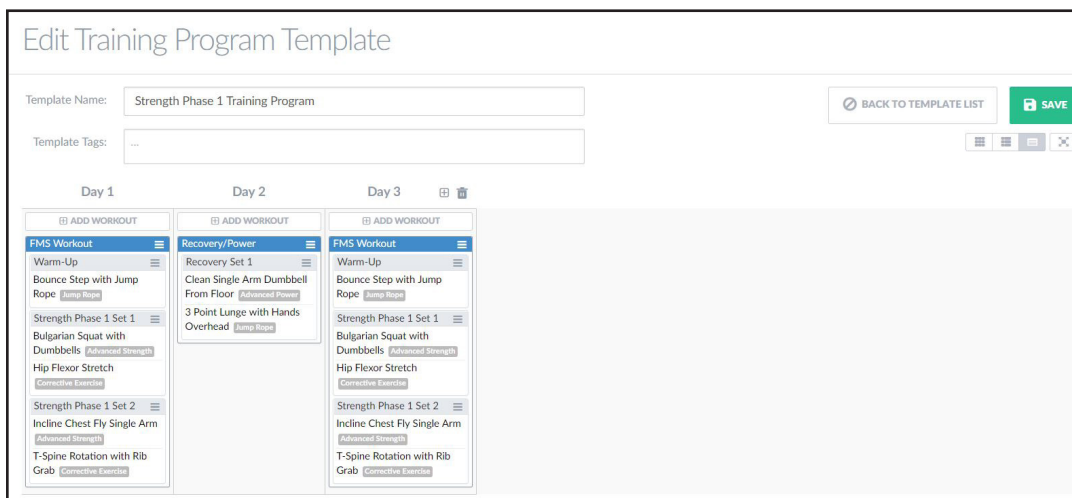
7. You now need to choose what rep scheme you would like to apply to your exercises. If you have already create rep schemes and you want to apply the same rep scheme to all exercises within this section, click the default rep scheme tap and choose the rep scheme you would like to use. Once chosen click the ☒ button to assign to all exercises. To create a rep scheme click the manage rep scheme  button.



8. To add a rep scheme to one exercise click the grey box to bring up the manage rep scheme window. From here you can choose an existing rep scheme or create a new preset. Click save to apply the rep scheme to the exercise.



9. Continue to add sections and exercises to your workout until you have completed the training program. Within the program view, you can also drag and drop sections within the program or to different days. Once you are happy with your program click save.



Train

Assigning a Training Program

To assign your training program click on the Assign icon.

Training Programs

CREATE

Assigned Programs 1Program Templates 1Workouts 2Rep Schemes 4Exercise Categories 0

Program Templates

50 training program templates per page

Search programs, tags, dates, etc.

TITLE	DAYS	TAGS	UPDATED	ACTION
Strength Phase 1 Training Program	3		Aug 9, 2017	

showing 1 to 1 of 1 training program templates

Previous1Next

Assign Training Program Template

Strength Phase 1 Training Program

Assign To [select recipients](#)

Number Of Weeks

4

Start Week

Set Schedule

This template requires 3 day(s) be scheduled.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

GENERATE PROGRAM PREVIEW

1. Select recipients:
2. Select the number of weeks.
3. Enter the Start Week by selecting a week from the calendar.
4. Select program days.
5. Generate Program preview.

Training Program Schedule Template

Strength Phase 1 Training Program

Assigned To: Rob Barrow

Aug 6 - Sep 2, 2017

DAY

WEEK

MONTH

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To edit a training program for an individual assignee, select the assignee from the drop down in the Assigned Programs tab and select on the right.

Training Programs

CREATE

Assigned Programs 1Program Templates 1Workouts 2Rep Schemes 4Exercise Categories 0

Assigned Programs

50 training programs per page

Search players, programs, dates, etc.

TITLE	ASSIGNED TO	CREATED	CREATED BY	SCHEDULED	ACTION
Strength Phase 1 Training Program	JOSH PARKER	Aug 9, 2017	QA KinductOwner	Aug 6, 2017 - Aug 26, 2017	

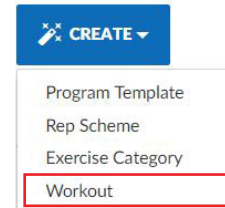
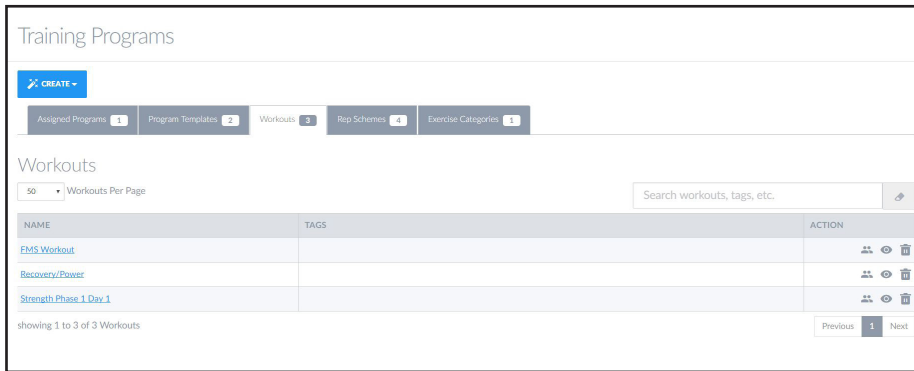
showing 1 to 1 of 1 Training Programs

Previous1Next

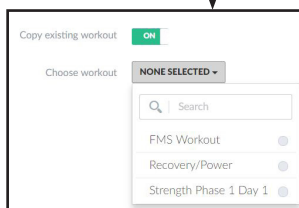
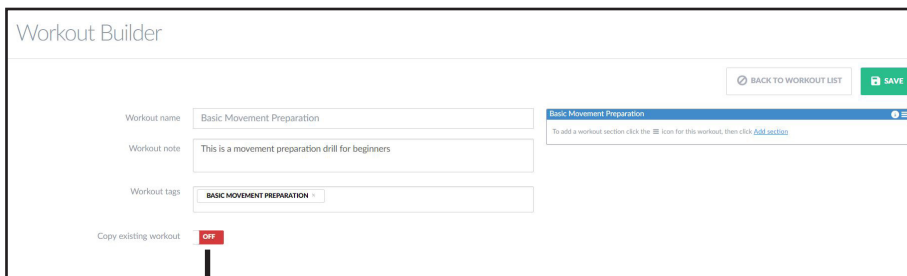
Performance

Create a Workout

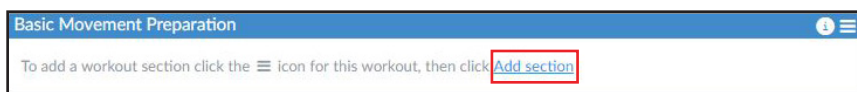
1. Unlike training programs, workouts used to assign the individual (1 day) workout. To create a workout click the create workout button.



2. Fill in the workout name, note and tag.
3. Click the "Add Section" button.



Note: If you have already created workout sections (created in training program template), you can select the template from the list.



4. If you are creating a workout from scratch, simply add a section to the workout.
5. Then add your exercises and rep schemes to your desired exercises.
6. Once complete click save.

Train

Assign a Workout

1. To assign a workout click the assign button.

The screenshot shows the 'Training Programs' interface. At the top, there's a 'CREATE' button and a navigation bar with tabs: 'Assigned Programs' (1), 'Program Templates' (2), 'Workouts' (4), 'Rep Schemes' (4), and 'Exercise Categories' (1). The 'Workouts' tab is active. Below the tabs, there's a search bar and a table of workouts. The table has columns for 'NAME', 'TAGS', and 'ACTION'. The first row is 'Basic Movement Preparation' with the tag 'BASIC MOVEMENT PREPARATION'. The 'ACTION' column for this row has three icons: a red box around the 'Assign' icon (a person with a plus sign), a 'Share' icon, and a 'Delete' icon. Below the table, it says 'Showing 1 to 4 of 4 Workouts' and has 'Previous' and 'Next' buttons.

Note: You can only edit a workout within the training program builder. Workouts are designed as easy templates and any program should be created in the template.

Warning:

If you wish to delete a workout note that if a workout is listed in any training program templates, it will be removed from the template as well.

2. Next select the clients you wish to assign this workout to.

3. Select the number of weeks.

4. Select the start week.

5. Select the days you wish this workout to be completed on.

6. Once complete click Generate Program Preview.

The screenshot shows the 'Assign Training Program Template' interface. It has a title 'Strength Phase 1 Training Program' and a 'BACK TO TEMPLATE LIST' link. Below the title, there's a form with the following fields: 'Assign To' (a dropdown menu with 'select recipients' as the placeholder), 'Number Of Weeks' (a dropdown menu with '4' selected), 'Start Week' (a calendar icon), and 'Set Schedule' (a section with a message 'This template requires 3 day(s) be scheduled.' and a row of checkboxes for 'Sunday', 'Monday', 'Tuesday', 'Wednesday', 'Thursday', 'Friday', and 'Saturday'). At the bottom, there's a 'GENERATE PROGRAM PREVIEW' button.

The screenshot shows the 'Training Program Schedule Workout' interface. It has a title 'Basic Movement Preparation' and a 'SHOW PROGRAM LIST' button. Below the title, it says 'Assigned To: Kyle Barrow' and 'Aug 6 - Sep 2, 2017'. There's a navigation bar with tabs: 'DAY', 'WEEK', 'MONTH', 'FULL', and a calendar icon. The 'MONTH' tab is active. Below the tabs, there's a calendar view for August 2017. The calendar shows days from Sunday to Saturday. The 'Monday' column has a workout scheduled for August 7th, 'Basic Movement Preparation'. The 'Friday' column has a workout scheduled for August 11th, 'Basic Movement Preparation'. The 'Saturday' column has a workout scheduled for August 12th, 'Basic Movement Preparation'. Each workout entry shows a list of exercises: 'Movement Prep', 'Bounce Step with Jump Rope', 'Inchworm', 'Ladder Drill - High knees', '3 Point Lunge with Hands', and 'Overhead'.

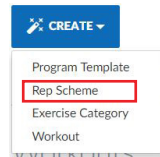
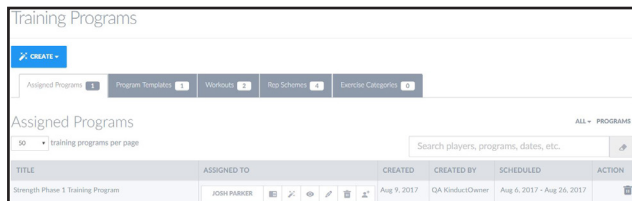
7. You can now view a preview of your program.

If you need to move a workout to another day, simply drag and drop.

8. When ready click send workout.

Create, edit or delete rep schemes

You have the ability to create your own rep schemes for easy program design and periodization. Navigate to Training Programs and click create rep scheme.



Rep Scheme Name:

Rep Scheme Tags:

Rep Scheme Type:

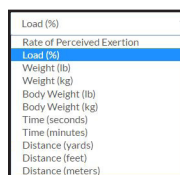
Rep Scheme Note:

Global: ☒ Global rep schemes are available to all users

WEEK 1					WEEK 2					WEEK 3				
SET	WEIGHT (LB)	REPS	REST (SEC)		SET	WEIGHT (LB)	REPS	REST (SEC)		SET	WEIGHT (LB)	REPS	REST (SEC)	
1	0 lb	10	60 s		1	0 lb	12	60 s		1	0 lb	10	60 s	
2	0 lb	10	60 s		2	0 lb	12	60 s		2	0 lb	10	60 s	
3	0 lb	10	60 s		3	0 lb	12	60 s		3	0 lb	10	60 s	

1. Enter Rep Scheme Name (example: 3x10):
2. Enter Rep Scheme Tags by writing a tag name and pressing enter:
 - Note: Preset tags may appear as you start typing.
3. To select a preset tag, select it from the drop down list that appears under the text box.
 - To remove a tag, press the x on the tag that you want to remove

4. Select Rep Scheme Type:



If the Rep Scheme Type is set to Load (%), the amount of weight assigned for each rep is dependent on each client's One Rep Max. The appropriate weight (lb/kg) will be visible for the specific client when in program view or on the workout logging page.

5. Toggle Global permissions:

If Global permissions are enabled, toggle the Global tab to ON (makes the rep scheme available to your organization and child organizations) or OFF (makes the rep scheme private).

6. Rep Schemes default as 3 week programs, to add additional weeks, select the at the top right of the screen.

Note: Remove weeks by selecting the trashcan icon within the set table header.

7. Enter Load%, Weight, Reps or Rest(sec) by selecting the **blue value** and entering at appropriate information. When complete, rep schemes will look like this:

WEEK 1					WEEK 2				
SET	WEIGHT (LB)	REPS	REST (SEC)		SET	WEIGHT (LB)	REPS	REST (SEC)	
1	0 lb	10	60 s		1	0 lb	12	60 s	
2	0 lb	10	60 s		2	0 lb	12	60 s	
3	0 lb	10	60 s		3	0 lb	12	60 s	

8. A rep scheme may be copied into multiple weeks by using the copy icon in the upper right hand corner of each week.
9. To finish, click **save** on the upper right of the screen.

Train

Create, edit or delete Exercise categories

You have the ability to create your own personal exercise categories to help you filter out your favorite progressions and groups of exercises.

The image shows two screenshots of the Train app interface. The top screenshot shows the 'Training Programs' section with a 'CREATE' button and a dropdown menu. The dropdown menu has four options: 'Program Template', 'Rep Scheme', 'Exercise Category' (which is highlighted with a red box), and 'Workout'. The bottom screenshot shows the 'Exercise Categories' section. It has a form to create a new category, including a 'Category Name' field, a 'Global' toggle, and a 'SAVE' button. Below the form, there are two sections: '1. Find Exercises' and '2. Add exercises to category below'. The 'Find Exercises' section has a search bar and filters for Library, Category, Body Part, Equipment, and Type. The 'Add exercises to category below' section shows a list of exercises with checkboxes to add them to the category.

1. Enter a Category Name: (example: Upper Body, Lower Body Push, Primary Lifts):
2. Toggle Global permissions:

If Global permissions are enabled, toggle the Global tab to ON (makes the category available to your organization and child organizations) or OFF (makes the category private).

3. Search exercises by typing the name of the exercise in the "Search" field and select the icon.
4. You filter your search using:
 - Libraries (e.g. Strength, Performance)
 - Categories (i.e. previously saved categories)
 - Body Parts (e.g. Chest, Knee, Legs)
 - Equipment (e.g. Barbell, Jump Rope)
 - Type (e.g. Clean, Dip, Jump, Row)
5. Add new exercises by selecting add an exercise.
6. Select the exercise name to view the exercise description and video.
7. Add exercises to the category using next to the exercise name.
8. Delete an exercise by clicking to the right of the exercise name.
9. Select a baseline exercise by clicking the next to the exercise name.

This will allow for a trainer to provide options to quickly advance the difficulty of an exercise when delivering programs.

10. Arrange the order of the exercises with
11. Click save on the top right.

After the exercise category is saved, you can review and return to edit if necessary.

Performance

Adding a Custom Exercise

1. From the create an exercise category menu click "Add an Exercise".

	Baseline	Progression Level
 Depth Jump Vertical	0	
 Depth Jump Long	1	
 Depth Jump to Platform	2	
 Clean Pulls with Dumbbells	3	

2. You can upload Videos, Images or simple Text media types. Sources for videos can be uploaded directly from your computer or a YouTube link can be provided.

3. Once you have saved your exercise navigate to Library and click on "My Exercises". This will filter out all your custom exercises. You can now edit, delete or add this exercise to your program.

Filtered to 1 exercises

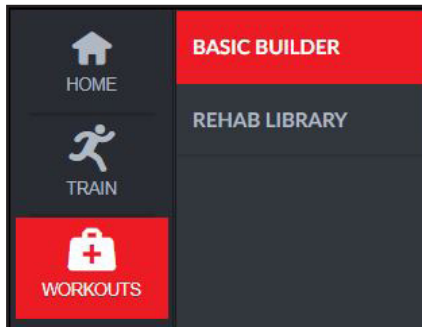
 [Bottoms Up Front Squat](#)   

Workouts

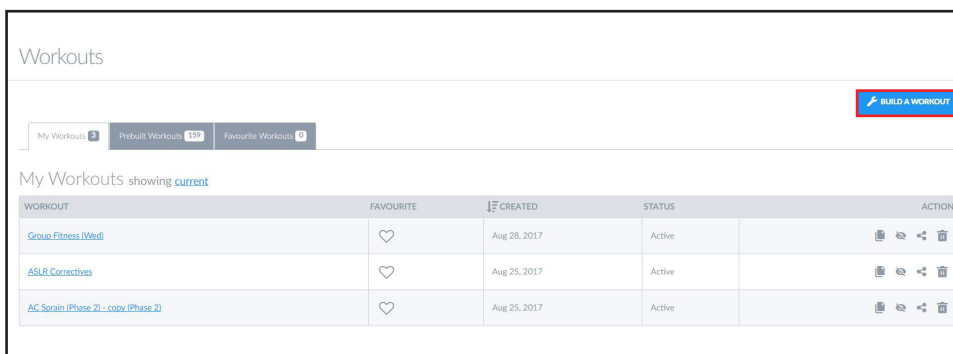
Basic Builder

The basic builder is designed to offer you a quick alternative to creating workouts and rehab protocols. The difference between the training program and basic builder is that you don't have to assign workouts made in the basic builder

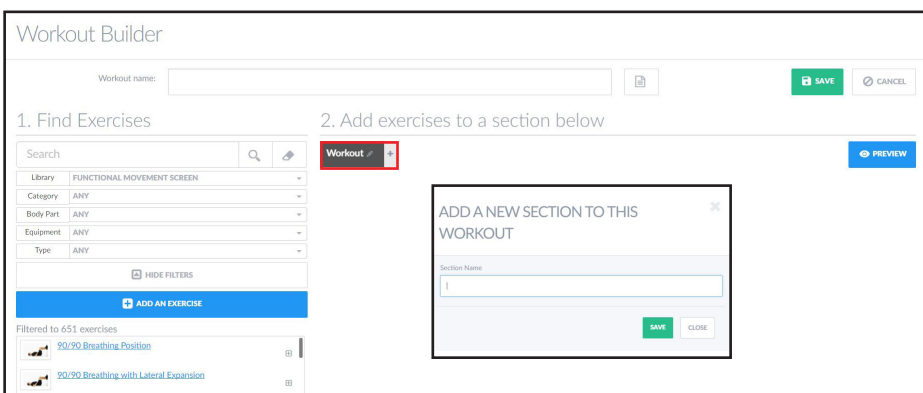
1. Navigate to the Woerkouts tab and click Basic Builder.



2. From the workouts view you can view all created workouts and rehab protocols.



3. To create a new workout click build a workout. First you need to input the workout name and then edit or add sets to your workout by clicking the plus or edit button.



Workouts

Basic Builder

4. Once you have added a set, start to add exercises to the set. Do this by pressing the plus button on the exercise you wish to add. Use the search menu to locate exercises or filter out libraries and categories.

1. Find Exercises

jump rope

Library: FUNCTIONAL MOVEMENT SCREEN

Category: ANY

Body Part: ANY

Equipment: ANY

Type: ANY

HIDE FILTERS

ADD AN EXERCISE

Filtered to 22 exercises

- Alternate Foot Step with Jump Rope
- Arm Cross Cross Jump with Jump Rope
- Backward Shuffle with Jump Rope
- Bell Jump with Jump Rope

5. Next, start to input sets, reps, temp, rest and any exercise notes into the boxes. Continue this process until you are happy with your workout. Once complete click preview to preview the workout then click save.

Workout Builder

Workout name:

SAVE CANCEL

1. Find Exercises

Search

Library: ANY

Category: ANY

Body Part: ANY

Equipment: ANY

Type: ANY

HIDE FILTERS

ADD AN EXERCISE

2. Add exercises to a section below

Warm-Up (1) Soft Tissue (3) FMS Correctives (2) Core/Total Body (1) Strength Training (6)

Active Rest Choose FMS correctives Metabolic Work (3)

Backward Shuffle with Jump Rope

Sets	Reps	Tempo	Rest	Notes
1		120		

PREVIEW

5. You can now directly print , copy or edit this workout.

Workout View

Group Fitness (Wed)

BACK COPY EDIT PRINT

Warm-Up

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1. Backward Shuffle with Jump Rope	1		120		

Soft Tissue

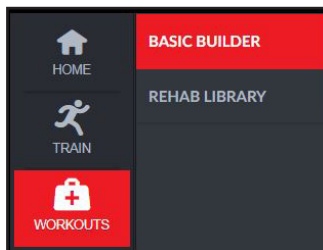
EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1. Foam Roller - Calf Muscle	1		60		
2. Foam Roller - Hamstring	1		60		
3. Hip Flexor Stretch from Half Kneeling	1		60		

Workouts

Rehab Protocols

The basic builder also offers rehab protocols for you to create, edit or print.

1. Navigate to the Workouts tab and click Basic Builder.



2. From the workouts view you can view all created workouts and rehab protocols. To view rehab protocols with the prebuilt workouts tab. To print or copy a rehab protocol, click the protocol you wish to view.

Workouts

My Workouts 3 Prebuilt Workouts 127 Favourite Workouts 0

Prebuilt Workouts showing current

WORKOUT	CREATED	STATUS	ACTION
AC Sprain (Phase 1)	Apr 23, 2013	Active	
AC Sprain (Phase 2)	Apr 23, 2013	Active	
AC Sprain (Phase 3)	Apr 23, 2013	Active	
Achilles Rupture/Tendinopathy (Phase 1)	Apr 23, 2013	Active	
Achilles Rupture/Tendinopathy (Phase 2)	Apr 23, 2013	Active	
Achilles Rupture/Tendinopathy (Phase 3)	Apr 23, 2013	Active	
Adductor Strain (Phase 1)	Apr 23, 2013	Active	

3. To print, simply press the print button. To edit the protocol, click copy.

Workout View

AC Sprain (Phase 1)

BACK COPY PRINT

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1. Pendulum, single arm	2-3	1		30 seconds	2-3x per day
2. Shoulder abduction and adduction, supine	2-3	10	3-5 seconds	30 seconds	2-3x per day

3. You can now edit the rehab protocol and save once you have finished. Remember to rename your new protocol.

Workout Builder

Workout name: AC Sprain (Phase 1) - copy

SAVE CANCEL

1. Find Exercises

2. Add exercises to a section below

Workout (0)

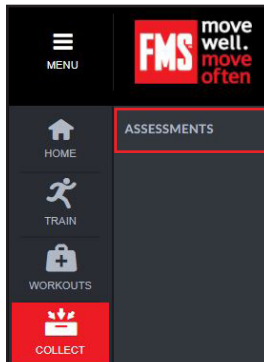
PREVIEW

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
Pendulum, single arm	2-3	1		30 seconds	2-3x per day
Shoulder abduction and adduction, supine	2-3	10	3-5 seconds	30 seconds	2-3x per day
Wall walk, facing wall	2-3	5-10		30 seconds	2-3x per day
Shoulder internal and external rotation (active), supine	2-3	10	3-5 seconds	30 seconds	2-3x per day
Shoulder flexion, side lying	2-3	10	3-5 seconds	30 seconds	2-3x per day
Scap retraction, "I" Position, standing	2-3	10	3-5 seconds	30 seconds	2-3x per day

Collect - Assessments

Create A Screen/Assessment

Navigate to the Collect tab and click Assessments.



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.

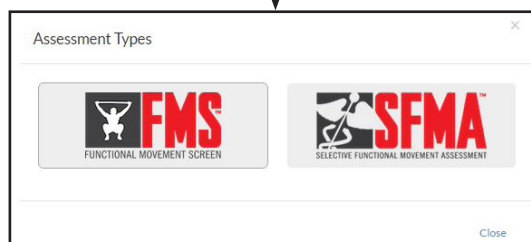
Assessments

[NEW SCREEN](#) [CLEAR FILTERS](#)

ASSESSMENT TYPE	NAME	DATE	SCORE	COMPLETE	ACTIONS
FMS	Kyle Barrow	August 2nd, 2017	14	✓	
FMS	Kyle Barrow	July 31st, 2017	-		
FMS	Jane Mills	June 20th, 2017	6	✓	
FMS	Owen Rowcliffe	June 20th, 2017	7	✓	
FMS	Kyle Barrow	June 2nd, 2017	6	✓	
FMS	QA Client3	May 24th, 2017	6	✓	
FMS	QA1 ClientMay26	May 24th, 2017	2	✓	

Previous 1 Next

Click here to create a new FMS or SFMA.

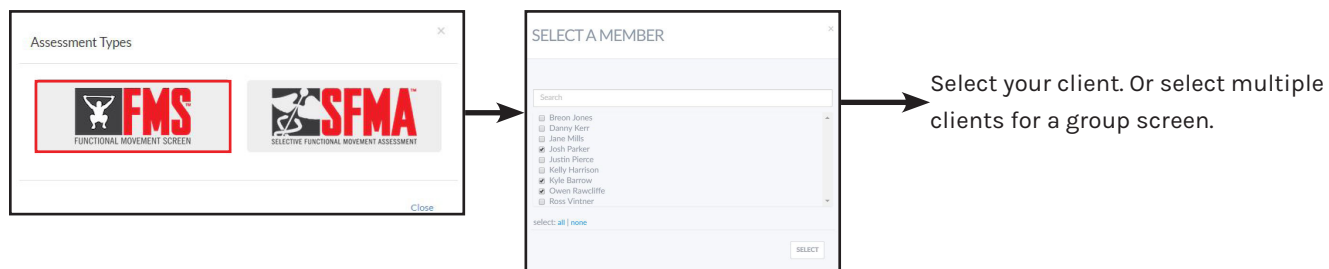


Note: Assessments available are based on your certification.

Collect - Assessments

Perform Functional Movement Screen

From the assessments tab, click new screen and choose FMS.



Note: Only active users are listed. They can be searched by individual members and filtered by group/child organization via the drop down or the two tabs above the search field.

Notice the arrows below showing 3 users selected. Easily complete assessments for multiple users by selecting the blue arrow next to the top name (in this example, Clyde Thomas).

FMS Screen

Thu, 08/10/17

SCREEN PROGRESS 0%

1 Users Selected

User: Josh Parker

SCORE 0

FMS Screen

Thu, 08/10/17

SCREEN PROGRESS 43%

1 Users Selected

User: Josh Parker

SCORE 5

DEEP SQUAT

SCORE 1

COMMENTS

HURDLE STEP

TIBIA LENGTH 17.00

LEFT

SCORE 2

1. Keep track of your overall screen progress. You can not submit and review your assessment until the screen progress is 100%.
2. The FMS score updates in real time as you complete each movement in the screening. Make sure you complete the entries for pain (+ indicates there is pain while completing the movement, - indicates there was no pain)
3. Exercise heading, (i.e. Deep Squat, Hurdle Step, the icon next to each heading will prompt additional information including video, purpose, directions and criteria for each test.
4. Enter the score for each moment, you must select either 0, 1, 2 or 3.
5. The score for the each movement. In this example, the Deep Squat scored a 2.
6. Comment section for any of the movements to provide context for pain indicators or lower scores.

Collect - Assessments

Perform Functional Movement Screen Cont'd

Scroll to the bottom and click save & view report:



Note: All scores must be entered for this option to be available. An assessment can be saved without being complete by using the save or save & select new options (save & select new will re-open the select a member prompt).

Note: An incomplete assessment will be listed as such in all history lists (both the individual list appearing in user profiles as well as the overall FMS list at the beginning of this section).

Save and view report

TEST	SCORE	FINAL SCORE	COMMENTS
Deep Squat	1	1	
Hurdle Step	2L, 2R	2	
Hi-Line Lunge	2L, 2R	2	
Shoulder Mobility	2L, 3R, -L, -R	2	
Active Straight Leg Raise	2L, 2R	2	
Trunk Stability Push-Up	2, -	2	
Rotary Stability	2L, 2R, -	2	
Total Score 13			

The FMS report page also allows you to generate a training program based of the assessment. Options for PDF direct download (by selecting Print) or direct e-mail are also available:

Understanding The Report

The 7 FMS movement pattern tests 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 contains a corresponding symbol that provides recommended focus when evaluating or developing exercise programs.

These symbols are described below:

SYMBOL	SYMBOL MEANING	ASSOCIATED SCORES	RECOMMENDED CONDITIONING FOCUS
	Movement Pattern Programming Unrestricted	Indicated by Optimal (3,3) and Acceptable (2,2) Scores Only	Pursue Volume and Intensity While Maintaining Proper Technique
	Movement Pattern Programming Cautioned	Indicated by Scores Containing (2,3) Asymmetrical Combination Only	Emphasize Technique Over Volume and Intensity to Improve Asymmetry
	Movement Pattern Programming Restricted	Movement Pattern Dysfunction Indicated by Any Score Combination Containing 1s	Focus on Corrective Exercise to Improve Movement Pattern
	Pain Indicated with Movement Pattern	Any Score of 0	See a Medical Professional for Evaluation

Collect - Assessments

Generate FMS Corrective Program

1. To generate a FMS corrective program select your screen and generate training program



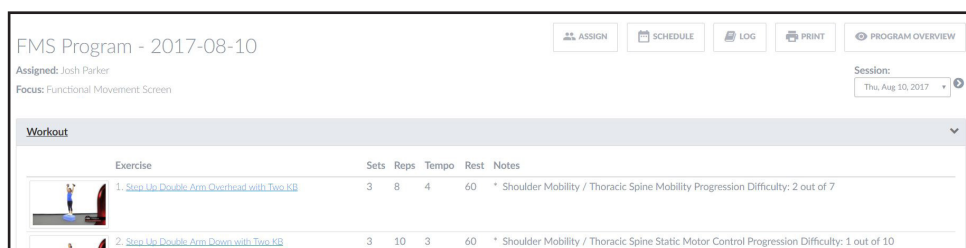
2. Follow the steps outlined on the page. Adjust program complexity then click finish.



3. Adjust start date, length (number of weeks) and recurrence (number of workouts per week), and days of the week.



4. Choose to have progression in exercise difficulty and adjust how the progression is prescribed.
5. Once generated you have the option to print the program and assign to other people.



Note: When the training program is assigned to the user, the user will received a notification. They will then be able to view the program

The user will be able to log completed workouts, make printouts or watch videos of exercises.

The original assessor/assigner will be able view completed workouts logs (under Performance > Training Logs)

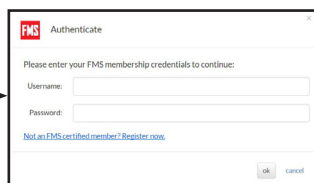
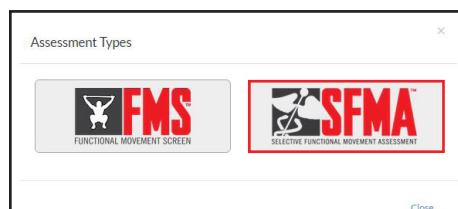
For more information on the client experience please review the client manual in your resources.



Collect - Assessments

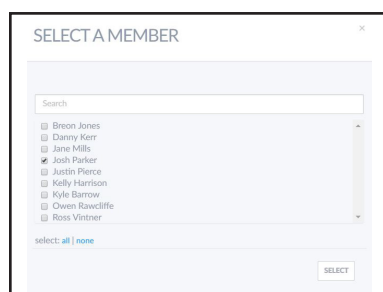
Perform Selective Functional Movement Assessment

1. From the assessments tab, click new screen and choose SFMA.



Note: You may need to first verify your SFMA certification by logging into your FunctionalMovement.com account.

2. Select a member to perform the SFMA on

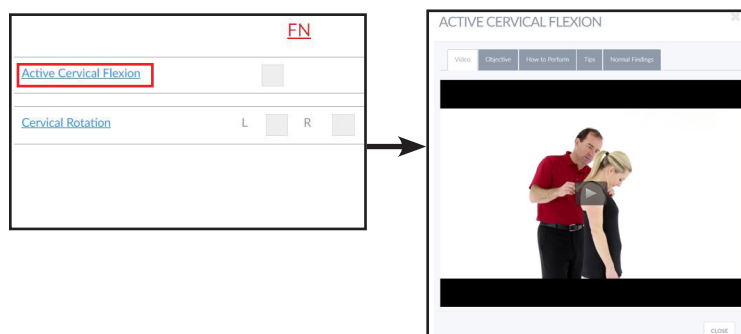


Note: Clients can be searched and filtered by group/sub-organization via the drop down above the search field.

3. Enter the **Chief Complaint** in the top text box:



4. Click on the test name to view video. Additional information may be accessed via the tabs above the video. (Example: Objective, How to Perform, Tips, Normal Findings, etc.)



5. Check the appropriate box for each test result:

	FN		FP		DP		DN	
Active Cervical Flexion	☐	☐	☐	☐	☐	☐	☒	☐
Cervical Rotation	L ☐ R ☒	L ☐ R ☐	L ☐ R ☐	L ☐ R ☐	L ☒ R ☐	L ☐ R ☐	L ☐ R ☐	L ☐ R ☐
Active Cervical Extension	☒	☐	☐	☐	☐	☐	☐	☐

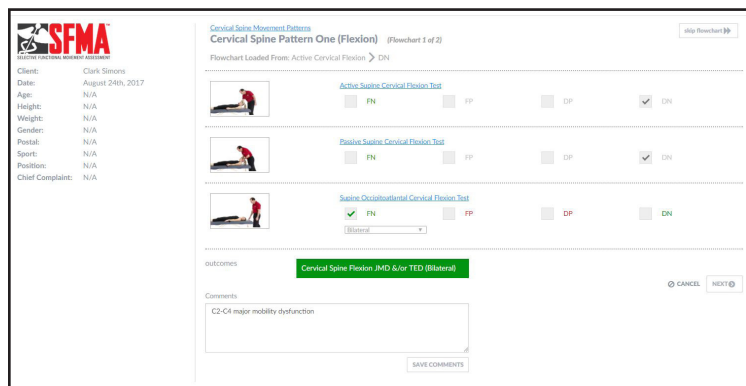
Note: Tests with Left and Right scores must both have a left and right check box selected to continue

Performance

Perform Selective Functional Movement Assessment Cont'd

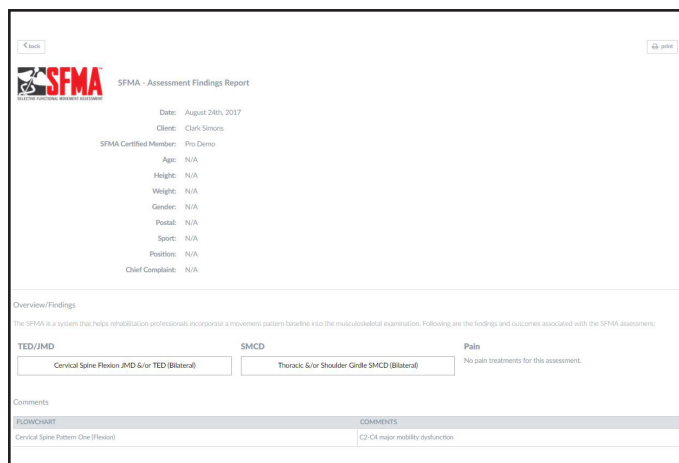
6. Click next.  Continue to check the appropriate boxes for each breakout

Note: New sections will become available based on responses. Outcomes will be shown in the Outcomes section at the bottom of the page.



7. When you have completed all of the flowcharts, click next  to continue to the report.

8. To print the report, click print  in the upper right of the report:



Note: The unfinished assessment will be saved as a draft.

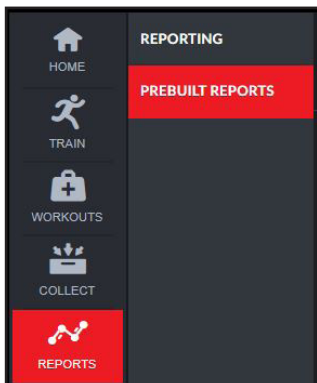
9. The back  button will return you to the Assessments page.

Reporting

Prebuilt Report

The prebuilt reports menu allows you to quickly navigate and choose reports you have already created.

1. Navigate to the Reports tab and click Prebuilt Reports.



2. Simply click the report you wish to use. For this example we are using FMS Monthly Report.



2. Simply click the report you wish to use. For this example we are using FMS Monthly Report.

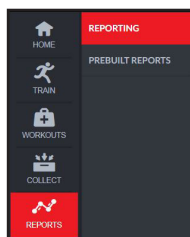


Reporting

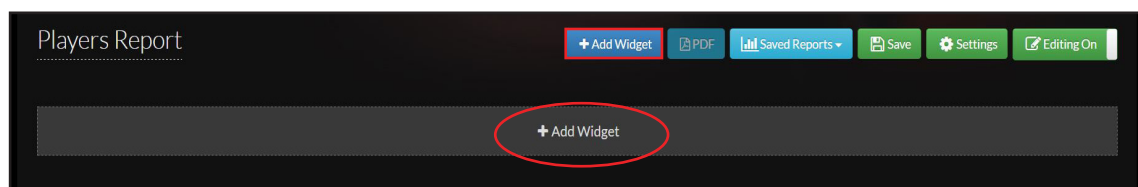
Reporting

The Pro 360 reporting feature allows you to create your own reports based on any metrics that you have captured within the platform. Each report may include a combination of components or widgets such as charts, tables, graphics, images or gauges.

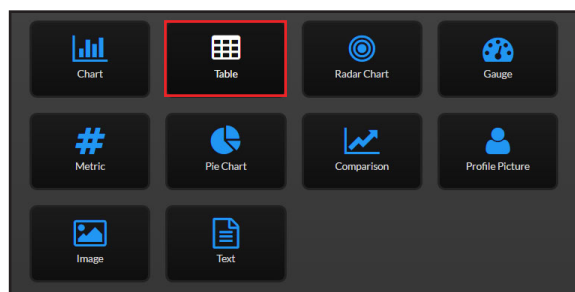
1. Navigate to the collection tab and click Reporting.



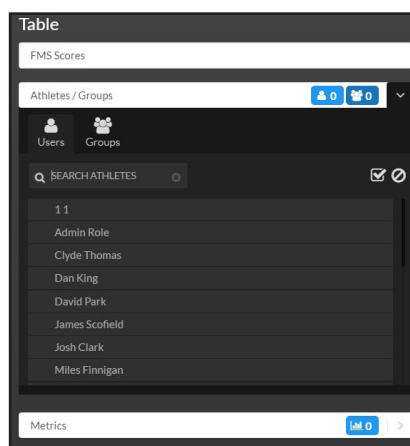
2. To add a widget click + Add Widget.



3. The Create Widget window will appear. For this demonstration, we will create a Table by selecting the chart option in the upper left hand corner.



Note: Each widget can be moved or resized to create a dynamic report that visually represents your needs.



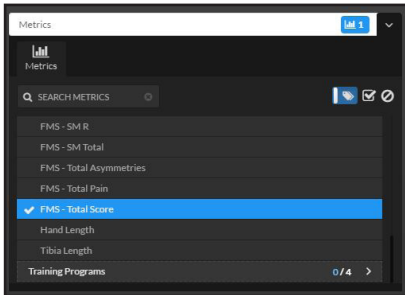
4. The Table creation window will appear:

- **Table Title:** You have the option to add a title (e.g. This Month's Journal)
- **Date Range:** You can select a date range (e.g. This season, last week, last 2 weeks, last month, last 6 months or a custom range)
- **Athletes / Groups:** You can select one athlete or a group of athletes that will be represented within the table:

Note: You also have the ability to choose athletes by the group, the child organization, the league, the position or the role that they're in.

Reporting

REPORTING CONT'D



Metrics: Metrics are organized by the source from which that data is created. Anything that is entered into a journal or a monitor form will show up with its template name. (E.g. soreness, nutrition, barbell deadlift, agility test. You can select multiple metrics to be displayed at the same time.

5. When ready click create widget [Create Widget](#)

Date	Name	FMS - Total Score
2016-12-30	David Park	13
2016-12-13	Josh Clark	15
2016-12-12	Josh Clark	14
2016-12-07	Josh Clark	12
2016-11-28	Josh Clark	13
2016-11-23	Josh Clark	14
2016-11-07	David Park	8
2016-11-07	Josh Clark	9
2016-10-25	David Park	11
2016-10-25	Josh Clark	16
2016-10-06	Josh Clark	12
2016-10-01	David Park	16
2016-10-01	Josh Clark	16
2016-09-18	Josh Clark	9

Total: 178
Avg: 12.71

Showing 1 to 14 of 14 entries

Previous 1 Next

Your data is now displayed in a dynamic table. From here you can move, change the size or delete the table.

In this example we are looking at the total FMS score.

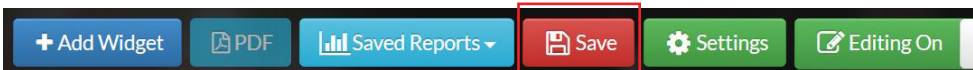
Click the wand tab and click averages to highlight scores above and below 14.

FMS - Total Score
13
15
14
12
13
14
8
9
11
16
12
16
16
9

Total: 178
Avg: 12.71

Previous 1 Next

6. Once you are happy with your report you can save it for future use by clicking save.

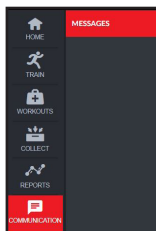


7. If desired, you can share this report with the rest of your organization.

Communication

View, Send and Delete Messages

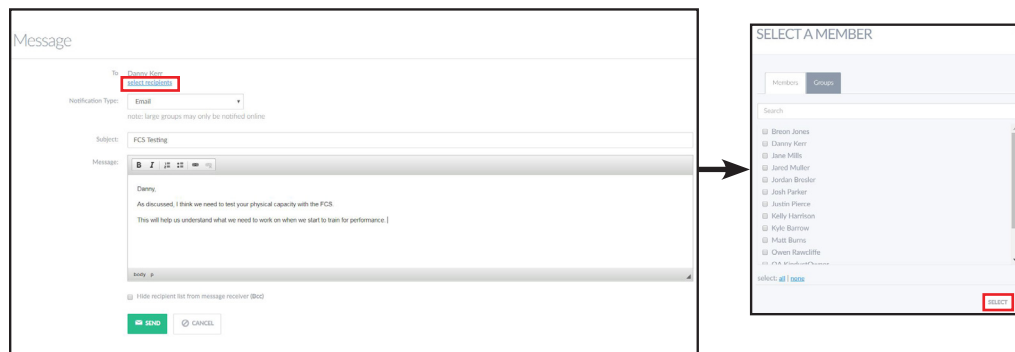
1. Navigate to the Communication tab and click Messages.



2. You can now view all sent and received messages. To send a message click post a message.

Messages						
FROM	TO	SUBJECT	MESSAGE	POSTED	ACTIONS	
QA KinductOwner	Jared Muller, Jordan Bresler, Josh Parker, Kelly Harrison	Class Time Change	Hello Everyone, I had to change the time if Wednesdays read more...	10-Aug-2017 12:54pm 1 hour ago		
QA KinductOwner	Jane Mills	FMS Screen	Jane, Let's plan on doing the FMS this Tuesday (8/15). See you read more...	10-Aug-2017 12:04pm 2 hours ago		

3. Select all appropriate recipients.



4. Notification type: Email, Text (SMS) or Online Only (via the Pro 360 Message Centre)

Note: Large groups may only be notified online.

5. Enter Subject and Message then press send.

RESPOND TO A MESSAGE

Note: Only received messages will display the reply icon .

1. Navigate to the Communication tab and select Message Centre.
2. On the Messages page, locate the message subject and click on the right.

Appendix: Client Profile

Within a client profile the overview tab allows you to perform a simple metric summary of all data collected under the metrics tab.

Overview

Up to 5 key metrics can be added to the overview page for tracking. Notice it shows the last 5 entries for that metric, the date of entry, value, % change and the upward or downward trend.

Josh Parker

Overview Programs Metrics Assessments

KEY METRICS ⚙

Click the cog icon beside "Key Metrics", to get started.

Choose Date Range: LAST 180 DAYS

Choose Metrics:

CHART SETTINGS

You can change the metrics displayed by selecting the Key Metrics option. You may only select 5 key metrics to view for each player (client).

KEY METRICS ⚙

SELECT KEY METRICS

SEARCH METRICS

- FMS - SM L
- FMS - SM R
- ✓ FMS - SM Total
- ✓ FMS - Total Asymmetries
- ✓ FMS - Total Pain
- ✓ FMS - Total Score
- Hand Length
- Tibia Length

SAVE CLOSE

Overview Programs Metrics Assessments

KEY METRICS ⚙

FMS - DS 3 (APR 28, 2017) ↑

FMS - SM TOTAL 2 (APR 28, 2017) ↓

FMS - ASLR TOTAL 3 (APR 28, 2017) -

FMS - TOTAL SCORE 18 (APR 28, 2017) ↑

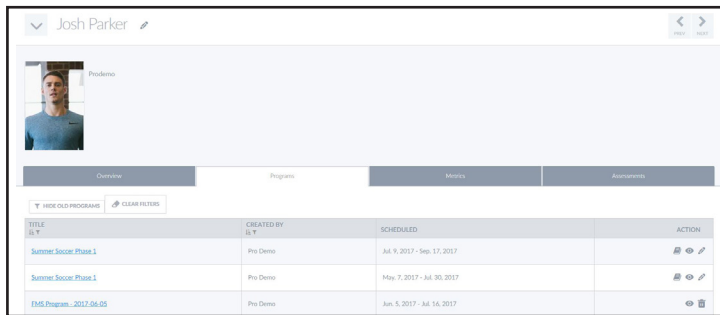
FMS - DS ADD TO CHART

Date	Value	Change	Trend
Apr. 28, 2017	3	50%	↑
Apr. 18, 2017	2	0%	→
Apr. 11, 2017	2	0%	→
Apr. 7, 2017	2	100%	↑
Apr. 6, 2017	1	0%	→

Once you have selected your metrics, they will be displayed in the home screen every-time you login.

All data about that metric shows in the boxes below, including value, % change and trends.

Programs

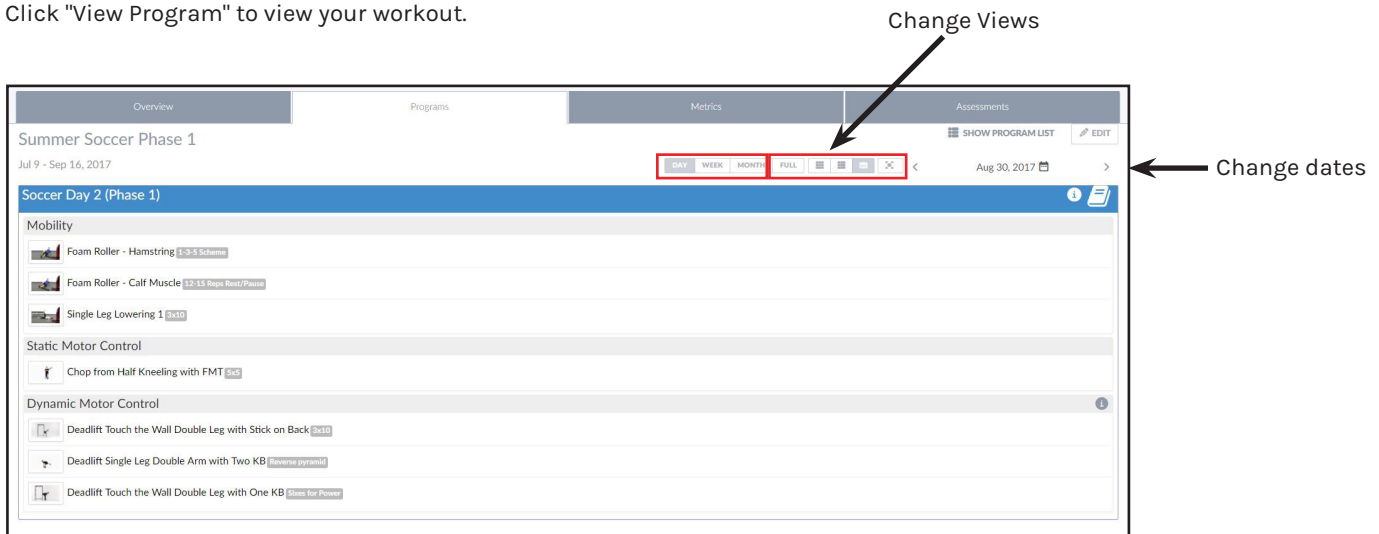


From here you can:

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

Viewing a Program

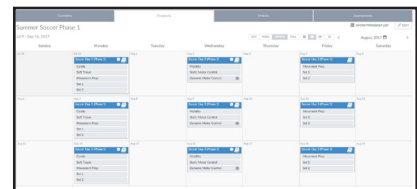
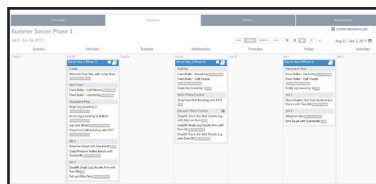
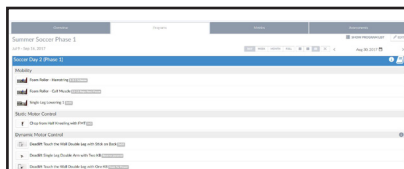
Click "View Program" to view your workout.



Day View

Week View

Month View



Viewing an Exercise

Click an individual exercise to view the description and instructional video

Overview

Programs

Metrics

Assessments

Summer Soccer Phase 1

Jul 9 - Sep 16, 2017

DAY

WEEK

MONTH

FULL

Aug 27

Aug 28

Aug 29

Aug 30

Aug 31

Sep 1

Sep 2

Soccer Day 1 (Phase 1)

Cardio

Alternate Foot Step with Jump Rope

Jump Rope 1 Minute

Soft Tissue

Foam Roller - Calf Muscle

Foam Roller - Hamstring

Movement Prep

Single Leg Lowering 2

Active Leg Lowering to Bolster

Leg Lock Bridge

Chop from Half Kneeling with FMT

Set 1

Bulgarian Squat with Dumbbells

Chest Press on Incline Bench with Dumbbells

Set 2

Deadlift Single Leg Double Arm with Two DB

Pull-up Wide Grip

Soccer Day 2 (Phase 1)

Mobility

Foam Roller - Hamstring

Foam Roller - Calf Muscle

Single Leg Lowering 1

Static Motor Control

Chop from Half Kneeling with FMT

Dynamic Motor Control

Deadlift Touch the Wall Double Leg with Stick on Back

Deadlift Single Leg Double Arm with Two KB

Deadlift Touch the Wall Double Leg with One KB

Soccer Day 3 (Phase 1)

Movement Prep

Foam Roller - Hamstring

Foam Roller - Calf Muscle

Single Leg Lowering 1

Set 1

Clean Double Arm from Symmetrical Stance with Two KB

Set 2

Weighted dips

Split Squat with Dumbbells

BULGARIAN SQUAT WITH DUMBBELLS



FAVOURITE

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.

CLOSE

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

3x10

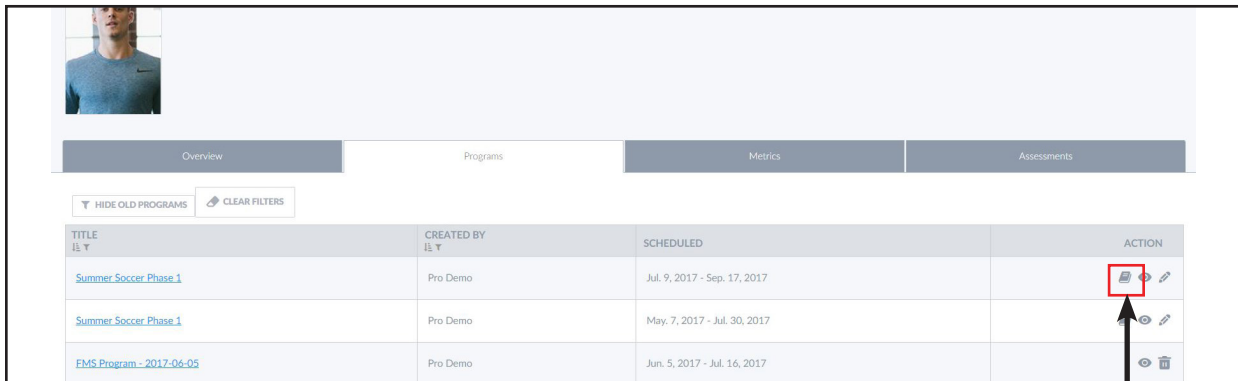
SET	WEIGHT (LB)	REPS	REST
1	0 lb	10	60 s
2	0 lb	10	60 s
3	0 lb	10	60 s

X CLOSE

Logging a Workout

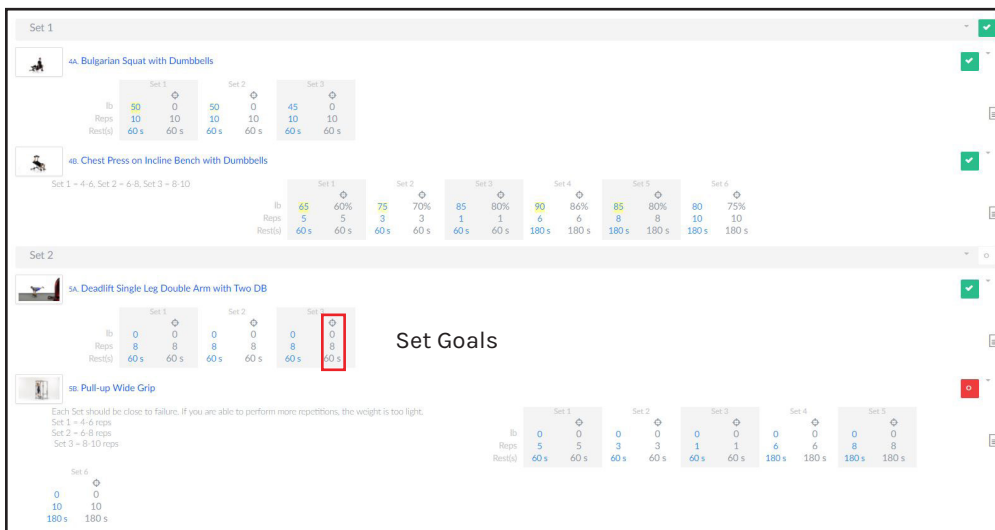
To log a workout click the "Log Workout" icon identified by the red box.

Note: Only clients can log workouts.



TITLE	CREATED BY	SCHEDULED	ACTION
Summer Soccer Phase 1	Pro Demo	Jul. 9, 2017 - Sep. 17, 2017	
Summer Soccer Phase 1	Pro Demo	May. 7, 2017 - Jul. 30, 2017	
FMS Program - 2017-06-05	Pro Demo	Jun. 5, 2017 - Jul. 16, 2017	

Log Workout



Set 1

4A. Bulgarian Squat with Dumbbells

Set	Weight (lb)	Reps	Rest (s)
Set 1	45	10	60 s
Set 2	50	10	60 s
Set 3	45	10	60 s

Set 2

5A. Deadlift Single Leg Double Arm with Two DB

Set	Weight (lb)	Reps	Rest (s)
Set 1	75	3	60 s
Set 2	85	1	60 s
Set 3	90	6	180 s
Set 4	85	8	180 s
Set 5	80	10	180 s
Set 6	75	10	180 s

Set 3

5B. Pull-up Wide Grip

Set	Weight (lb)	Reps	Rest (s)
Set 1	0	0	60 s
Set 2	0	0	60 s
Set 3	0	0	60 s
Set 4	0	0	60 s
Set 5	0	0	60 s
Set 6	0	0	60 s

Set Goals

Each Set should be close to failure. If you are able to perform more repetitions, the weight is too light.
 Set 1 = 4-6 reps
 Set 2 = 4-8 reps
 Set 3 = 8-10 reps

- Set goals are shown 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.



Set 1

4A. Bulgarian Squat with Dumbbells

Set	Weight (lb)	Reps	Rest (s)
Set 1	45	10	60 s
Set 2	50	10	60 s
Set 3	45	10	60 s

Mark Workout as Complete

Training Load: 5185 RPE: 8 Duration (min.): 95 RPE Load: 760

Metrics

The Metrics tab allows you create custom reports of all data inputted and collected through the FMS 360 site. You are able to customize the metrics you wish to view by clicking the "set default columns" tab to bring up metric options that you can select and view.

Choose Date Range

- ALL TIME
- This Year
- Last Year
- Last 7 Days
- Last 14 Days
- Last 30 Days
- Last 60 Days
- Last 90 Days
- Last 180 Days
- All Time
- Yesterday
- Today

CUSTOM

Josh Parker

Overview Programs Metrics Assessments

Choose Date Range: ALL TIME

Choose Metrics

No data for selected input

Start typing the name of a metric and relevant metrics will automatically appear.

Choose Date Range: ALL TIME

Choose Metrics: FMS - TOTAL SCORE

CLEAR FILTERS

DATE L, Y	NAME L, Y	FMS - TOTAL SCORE L, Y
2017-04-28	Josh Parker	18
2017-04-18	Josh Parker	17
2017-04-11	Josh Parker	10
2017-04-07	Josh Parker	12
2017-04-06	Josh Parker	9
2017-04-03	Josh Parker	10
Total		82
Avg		13.67

You may now view all relative information about your selected metric. You can compare data, look at total numbers and automatically calculate the average.

Assessments

The Assessments tab allows you to view all assessments your client has completed . These assessments include FMS and SFMA.

Assessments					
CLEAR FILTERS					
TYPE	DATE	TESTED BY	SCORE	COMPLETE	ACTIONS
SFMA	Jun. 19, 2017	Pro Demo		✓	
FMS	Apr. 3, 2017	Pro Demo	10	✓	
FMS	Apr. 7, 2017	Pro Demo	12	✓	
FMS	Apr. 11, 2017	Pro Demo	16	✓	
FMS	Apr. 4, 2017	Pro Demo	9	✓	
FMS	Apr. 18, 2017	Pro Demo	17	✓	
FMS	Apr. 18, 2017	Pro Demo	17	✓	
FMS	Apr. 28, 2017	Pro Demo	18	✓	
FMS	Jun. 20, 2017	Pro Demo	-		

Click the eye icon to view the assessment

FMS Pro 360

FMS - Screen Findings Report

Screening Date: March 11th, 2016
Created Date: March 11th, 2016
Last Modified: March 11th, 2016
Client: FMS Pro 360
FMS Certified Member: Kyle Barrow
FMS Score: 18

Overall Comments:

Overall Screen Score Sheet

Test	Score	Final Score	Comments
Head/Neck	5	5	
Shoulder	10	10	
Elbow	10	10	
Wrist	10	10	
Lower Back	10	10	
Upper Back	10	10	
Neck	10	10	
Total	18	18	

Score: This score is used to denote right and left side scoring. The right and left sides are scored for all of the exercises and both are documented in this space.

Final Score: This score is used to denote the overall score for the individual test. The lowest score is carried over to give a final score for the test. A person who scores three on the right and a two on the left would receive a final score of two. The final score is then summed and used in the total score.

Clearing Test: A positive indicates pain. A negative indicates no pain. If pain is present (H), the score for that test results in a 0.

Understanding the Report

The FMS assessment pattern is based on the 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 can be used to identify a corresponding pattern that provides recommended focus when evaluating or developing exercise programs.

These symbols are described below:

Color	Symbol	Associated Pattern	Recommended Intervention
Green	Pass	Indicated by a Green (G) and Accurate (A) Score	Perform exercise and observe if any missing or poor technique
Yellow	Warning	Indicated by a Yellow (Y) and Accurate (A) Score	Perform exercise and observe if any missing or poor technique
Red	Fail	Indicated by a Red (R) and Accurate (A) Score	Perform exercise and observe if any missing or poor technique

SFMA - Assessment Findings Report

Date: March 11th, 2016
Client: FMS Pro 360
SFMA Certified Member: Kyle Barrow
Age: N/A
Height: N/A
Weight: N/A
Gender: N/A
Postal: N/A
Sport: General
Position: Athlete
Chief Complaint: N/A

Overview Findings

The SFMA is a system that helps evaluate and professionals incorporate a more robust pattern based into the musculoskeletal examination. Following are the findings and outcomes associated with the SFMA assessment.

TED/IRD Central Spine Flexion IHD & for TED (Bilateral)
Lower Posterior Chain TED & for Ankle IHD (Bilateral)

SMCD Weight Bearing Hip Flexion Pattern SMCD

Pain No pain treatments for this assessment.

Comments

No comments were entered for this 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: March 11th, 2016
Created Date: March 11th, 2016
Last Modified: March 11th, 2016
Client: FMS Pro 360
FMS Certified Member: Kyle Barrow
FMS Score: 18

Overall Comments

SFMA - Assessment Findings Report

Date: March 11th, 2016
Client: FMS Pro 360
SFMA Certified Member: Kyle Barrow
Age: N/A
Height: N/A
Weight: N/A
Gender: N/A
Postal: N/A
Sport: General
Position: Athlete
Chief Complaint: N/A

Messages

The messages tab allows the client and professional to communicate within the Pro 360 platform.

Messages

POST A MESSAGE

FROM	TO	SUBJECT	MESSAGE	POSTED	ACTIONS
Pro Demo	Melissa Laughlin	FMS Screen	Melissa, Fantastic job today! Your screen results read more	13-Jul-2017 3:04pm 1 month ago	 
Pro Demo	Brittany Senter, Danny Kerr, Harrison Kouray	Cycling Class	Hello Everyone, Please arrive by 6pm to tonight class. Thank read more	16-Jun-2017 3:09pm 2 months ago	 
Client Demo	Pro Demo	RIP A new routine has been assigned to you. Click here to view view here A new routine has been assigned to you. Click here to view	Completed my workout, thank you very much. Can't wait till next read more	16-May-2017 10:45am 3 months ago	  

Click here to here to hide, delete or respond to a message

[Click here to view to a message](#)

Message

Cycling Class

Pro Demo

To: [Brittany Senter](#) [Gweny Mori](#) [Harrison Koway](#) [Pro Demo](#)

Hello Everyone,

Please arrive by 6pm to tonight class.

Thank you

posted 2 months ago

MESSAGES

Message

To Danny Kerr
[select recipients](#)

Notification Type:

Email▼
note: large groups may only be notified online

Subject: PCS Testing

Message:

B I [font color icon] [font size icon]

Danny,
As discussed, I think we need to test your physical capacity with the FCS.
This will help us understand what we need to work on when we start to train for performance.

betty_p

☐ Hide recipient list from message receiver (Bcc)

SEND

CANCEL