Fitness Made Simple

# RAMP

## RAMP QUICK START MANUAL

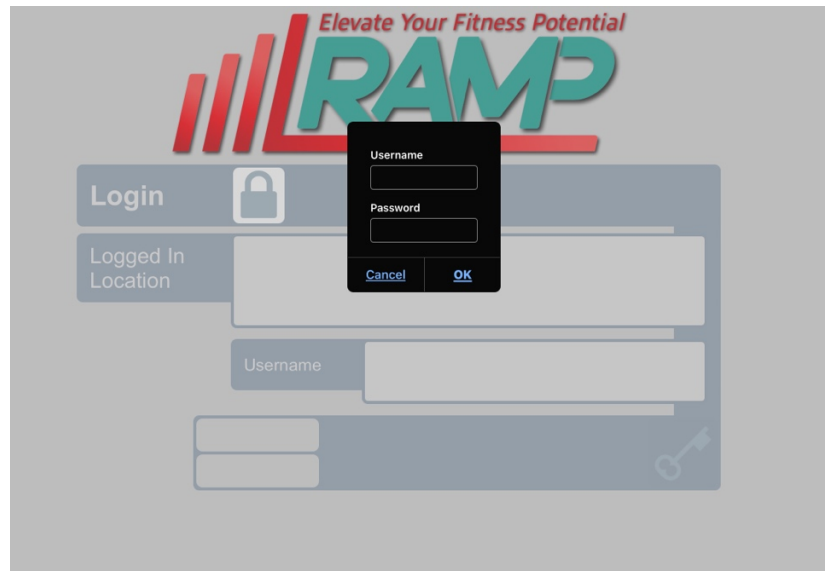RAMP Fitness Prescription Systems

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Below is a simplified step-by-step process for creating and / or updating a member's RAMP program. All instructions for each screen are written <u>below</u> the graphics.
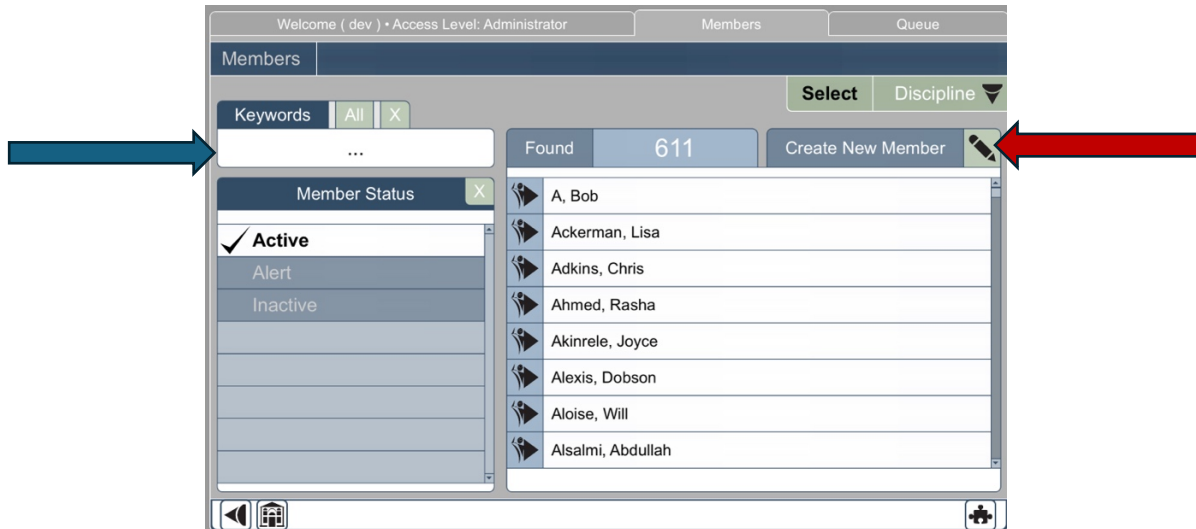


**Step One:** Tap on the **Padlock** icon and enter your assigned username and password. Tap OK.



**Step Two:** Tap on the **Members** tab at the top center of the screen (BLUE arrow).

**Step Three:** Adding or Updating a Member

1. **Entering a New Member:**
   - o To add a new member (this is a one-time process only), tap on the **Pencil** icon located next to the **Red Arrow**.
2. **Updating a new workout for an Existing Member:**
   - o Begin typing the member's last name into the **Keywords Field** (indicated by the **Blue Arrow**).
   - o As you type, a list of matching names will appear on the right-hand side of the screen.
   - o Once you locate the member's name, tap on the **Arrow** icon next to their name to proceed.



**Step Four:** Member Information Entry

1. **Mandatory Fields:**
   Enter the following information for the member:
   - **First Name**
   - **Last Name**
   - **Email Address**
   - **Date of Birth**
   - **Gender**
   - **Height**

*Note:* While the above fields are mandatory, you may enter additional data if desired.

2. **Level Selection (RED arrow previous graphic):**
   - This determines the **Rate of Progression** the member will experience while training.
   - Progression depends on the member's training history:
     - **Beginner:** Rapid gains.
     - **Intermediate:** Moderate gains.
     - **Experienced:** Slower gains.
   - Select the level that best matches how consistently the member has been engaged in resistance training (YES you read that correctly).
   - Next, tap on the "Member Program Design Log" tab at top middle of screen (Blue Arrow.

**Step Five:** Next, tap on **Workout Selection** icon (RED arrow).
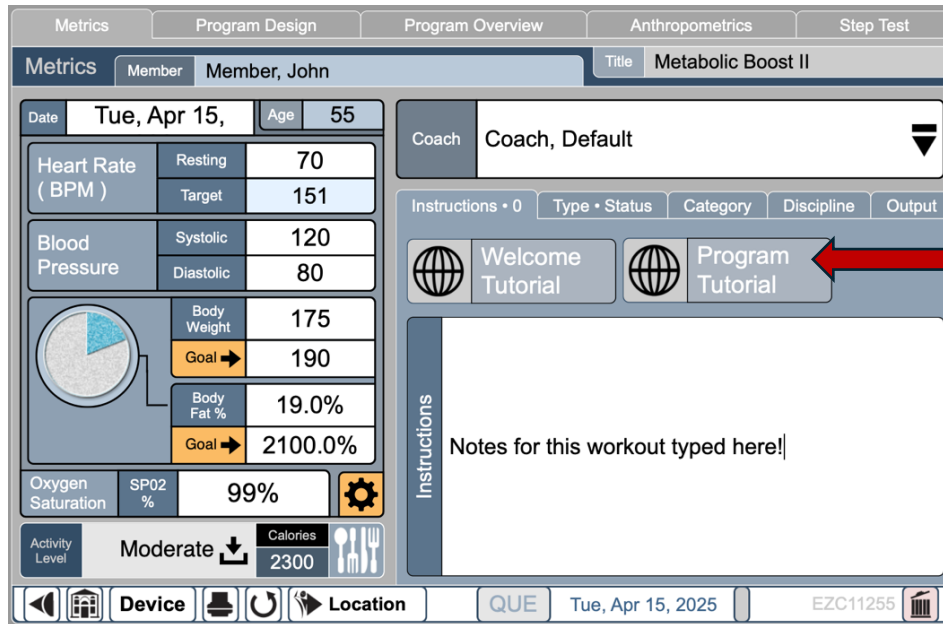


Tap on Pencil to Select Workout

**Step Six:** Select the appropriate workout for the Member by tapping the **Pencil** icon **AFTER** the name of the RAMP workout plan (See Blue arrows).

The screen shows the RAMP interface with tabs: Metrics, Program Design, Program Overview, Anthropometrics, Step Test.

| Metrics | Member | Member, John | | Title | Metabolic Boost II |

Date: Tue, Apr 15, | Age: 55

Coach: Coach, Default

Heart Rate (BPM): Resting 70, Target 151

Blood Pressure: Systolic 120, Diastolic 80

Body Weight 175, Goal 190

Body Fat % 19.0%, Goal 2100.0%

Oxygen Saturation SPO2 % 99%

Activity Level: Moderate, Calories 2300

Instructions • 0 | Type • Status | Category | Discipline | Output

Welcome Tutorial | Program Tutorial

Notes for this workout typed here!

Device | Location | QUE | Tue, Apr 15, 2025 | EZC11255

**These Tutorial icons allow you to send instructional videos via YouTube. Once tapped select "Share" in YouTube app. Choose the Email option.**

**Step Seven:** Enter the Member's:
- Resting Heart Rate
- Systolic / Diastolic Blood Pressure (Optional)
- Body Weight
- Body Weight Goal (should be no more than 20lbs per 8-week cycle)
- Body Fat Percent
- Body Fat Percent Goal (should be 3-4% per 8-week cycle)
- SPO2 (Optional).

**Activity Level Selection:**

Choose the member's current activity level by tapping on the ⬇ icon to align with their typical exercise habits:

- **Low:** Only performs Activities of Daily Living (ADL's).
- **Moderate:** Weight trains 2-3 times per week.
- **High:** Weight trains 4-5 times per week.
- **Very Active:** Weight trains 6+ times per week.

**Choosing Sample Meal Plan:**

Tap on the 🍴 icon. Select any one of the SAMPLE meal plans highlighted in GREEN by tapping on the Globe (see below). 🌐

## Meal Plans

| Go to Meal Plan | Calorie Range | |
| --- | --- | --- |
| Title | Low | Low |
| 40-30-30 / 1300 | 900 | 1350 |
| Beach Body / 1250 | 900 | 1300 |
| 60-20-20 / 1600 | 1300 | 1650 |
| Beach Body / 1500 | 1301 | 1550 |
| 40-30-30 / 1500 | 1351 | 1550 |
| 50-30-20 / 1600 | 1400 | 1650 |
| **40-30-30 / 1700** | **1551** | **1750** |
| **Beach Body / 1750** | **1551** | **1800** |
| **50-30-20 / 1700** | **1651** | **1850** |
| **60-20-20 / 1800** | **1651** | **1900** |
| 40-30-30 / 1800 | 1751 | 1850 |



Tap here to Open in Safari

**Step Eight:** Tap on the link that reads; **"Open in Safari"** (RED arrow).

img1.wsimg.com

**Welcome to ⫶⫶⫶RAMP**
The way to optimal health and fitness!

Your personalized RAMP metabolic prescription has been created based upon your current fitness capacity utilizing the most precise and scientific muscle conditioning formulas.

**RAMP** incorporates 7 components to success that help you achieve your goals and maintain them in the shortest time possible. These seven components are 1)Strength Training, 2) Cardiovascular Endurance, 3) Flexibility, 4) Body Composition, 5) Nutrition, 6) Mind / Body, 7) Supplementation.

Included with your workout is a Sample Meal Plan that illustrates an estimation of the type and amount of foods your body needs to achieve your goal. Please consult with a certified professional if you believe you have food related conditions before beginning.

We track your success with a progress report every 8-weeks. Please let contact us one week in advance to schedule and update and new plan.
Our heath coaches are here to provide you with the support you need.
Please don't hesitate to ask for assistance.

*Here are a few tips to help you get started:*

• Perform 10 minutes of cardio upon waking to enhance fat loss
• Eat all meals 2.5-3 hours apart
• Consume a protein shake within 30 minutes following a workout to increase lean mass and reduce fat
• Drink water before, during and after exercising
• Get an adequate amount of sleep to optimize your metabolism

We know from years of experience that the first 30 days are the most exciting & challenging. Stay determined and watch the changes happen as you start to look and feel your best.

**Tap here to Print or Send Meal Plan**

RAMP Meal Plan 2600 - 40-30-30
PDF Document · 1.3 MB
Options >

AirDrop    Mail    Notes    Freeform    Fil

Copy

Add to Reading List

Add Bookmark

Add to Favorites

**Step Nine:** Tap on the Rectangular Box with the Arrow 🔲 coming out the top (RED arrow). This will open up a selection to email or print the meal plan sample.

- Next, tap on the **FileMaker Go** text at the top left of the screen (BLUE arrow).

- Next, tap on the **Program Design** tab at the top of the screen (RED arrow below).

| Metrics | Program Design | Program Overview | Anthropometrics | Step Test |
|---|---|---|---|---|

**Program Design**   Member  Ackerman, Lisa    Title  Metabolic Boost

| Go | Day Sequence | | Exercise | Machine Position Count in SAF | | Seat | Back | Foot | Other | Test Repetitions Test Weight | 1RM | FM | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| | 8 | 3 | Lat Pulldown Machine | ▼ | | 4 | | | | | | | 🗑 |
| | 8 | 4 | Overhead Press Machine | ▼ | | 5 | | | | | | | 🗑 |
| | 8 | 5 | Triceps Dip Machine | ▼ | | 5 | | | | | | | 🗑 |
| | 8 | 6 | Biceps Curl Machine | ▼ | | 6 | | | | | | | 🗑 |
| | 8 | 7 | Leg Press Machine | ▼ | | | | | | | | | 🗑 |
| | 8 | 8 | Leg Press Calves | ▼ | | | | | | | | | 🗑 |
| | 8 | 9 | Leg Extensions | ▼ | | | | | | | | | 🗑 |
| | 8 | 10 | Seated Leg Curls | ▼ | | | 3 | M | 5 | | | | 🗑 |
| | 8 | 11 | Back Extension Machine | ▼ | | | | | | | | | 🗑 |
| | 8 | 12 | Abdominal Curl Machine | ▼ | | 5 | | | | | | | 🗑 |

◀ 🏠 **Device** 🖨 ↻ 🔺 **Location** ✏ QUE  Mon, Apr 15, 2024   EZC11833 🗑

**Step Ten:** Tap on the 🔺 icon next to the words, "**Day Sequence**" (BLUE arrow).

**Step Eleven:** Record the proper **Machine Positions** for the member for optimal alignment (BLUE arrow).

- Perform sub-max test and enter in the data in the **Repetitions** and **Weight** fields (RED arrow). (See https://youtu.be/GRhk6OJh-0k).
- When complete, tap on the **Next** icon to move to the next exercise to be tested.



**Step Twelve:** Once the **Next** icon disappears this indicates all the exercise testing is complete, tap on the **Back Arrow** at bottom left of screen (RED arrow).
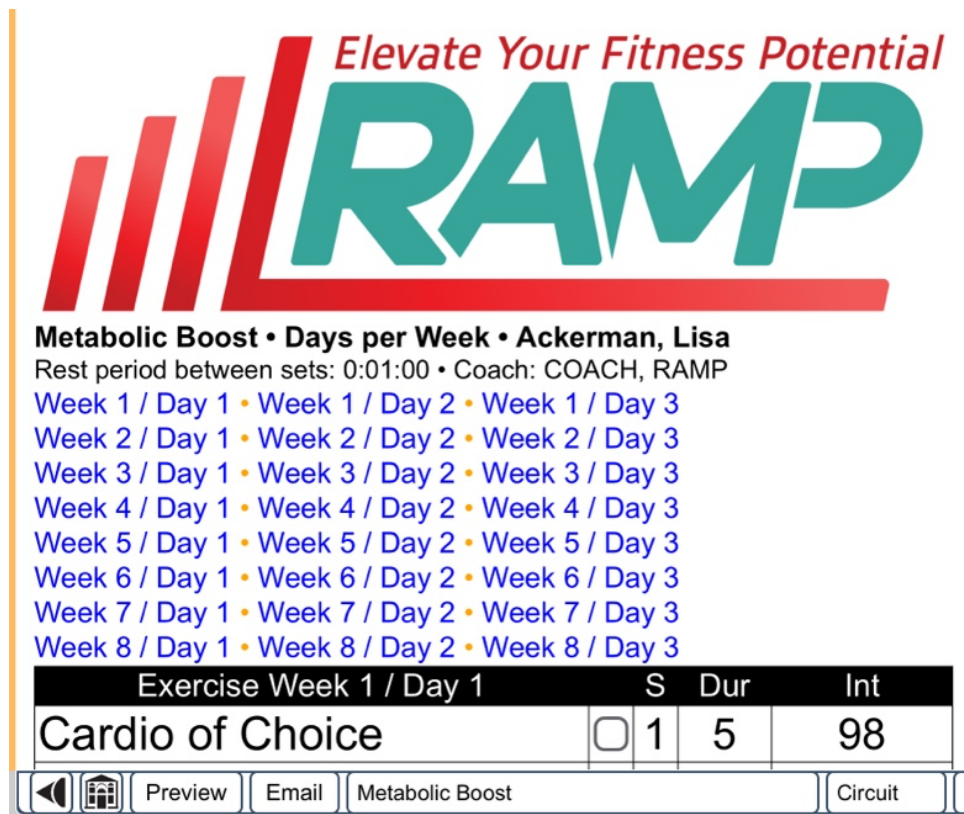
| | Day Sequence | | | Machine Position | | | | | | | Test Repetitions | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| Go | | Exercise Sequence | | Count in SAF | | | | | | | Test Weight | | | | |
| | | | Exercise | | | Seat | Back | Foot | Other | | | | 1RM | FM | |
| | 8 | 3 | Lat Pulldown Machine | | | 4 | | | | 9 | 90 | | 115 | | 🗑 |
| | 8 | 4 | Overhead Press Machine | | | 5 | | | | 7 | 45 | | 55 | | 🗑 |
| | 8 | 5 | Triceps Dip Machine | | | 5 | | | | 3 | 90 | | 98 | | 🗑 |
| | 8 | 6 | Biceps Curl Machine | | | 6 | | | | 7 | 35 | | 42 | | 🗑 |
| | 8 | 7 | Leg Press Machine | | | | | | | 6 | 245 | | 290 | | 🗑 |
| | 8 | 8 | Leg Press Calves | | | | | | | 7 | 230 | | 279 | | 🗑 |
| | 8 | 9 | Leg Extensions | | | | | | | 7 | 120 | | 145 | | 🗑 |
| | 8 | 10 | Seated Leg Curls | | | | 3 | M | 5 | 6 | 100 | | 118 | | 🗑 |
| | 8 | 11 | Back Extension Machine | | | | | | | 3 | 85 | | 93 | | 🗑 |
| | 8 | 12 | Abdominal Curl Machine | | | 5 | | | | 9 | 100 | | 127 | | 🗑 |

Device | Location | QUE | Mon, Apr 15, 2024 | EZC11833

**Step Thirteen:** Print and / or Email program.

- On the **Program Design** screen above, you can verify all of your sub-max test results for accuracy.

- To Print: Tap on the **Printer** icon 🖶 at bottom of the screen. Select **Print (RED arrow)** in the Workout Preview below.
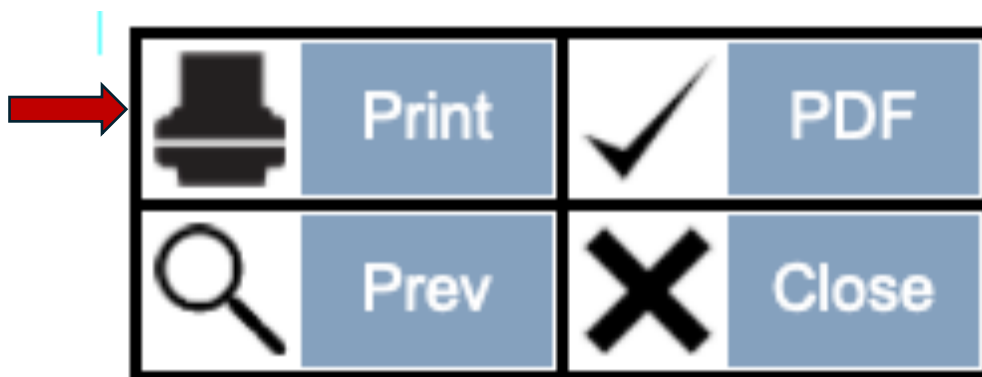
**Sending Email Digital File Option**



- Tap on the **Device** icon `Device` at bottom of the **Program Design** screen.
- Tap on the **Email** icon `Email` at bottom of Device screen. This will open your Email program (***Email must be operational on iPad prior to using this feature***) this preloads the workout into the email body (This process may take a few moments). Tap send. Congratulations the member will receive their workout in their email!
- For iPhone users they have to press and hold the file and save to Notes or other PDF app of choice.
- For Android user they will have a PDF reader already on their device.

- Tap the **Home** icon 🏛 to return to the **Main Menu**.