



RAMP QUICK START MANUAL



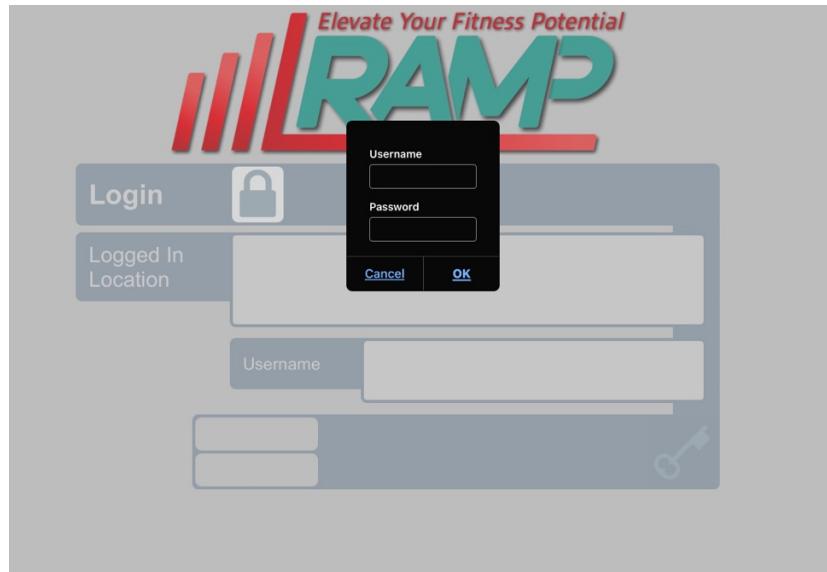
RAMP Fitness Prescription Systems

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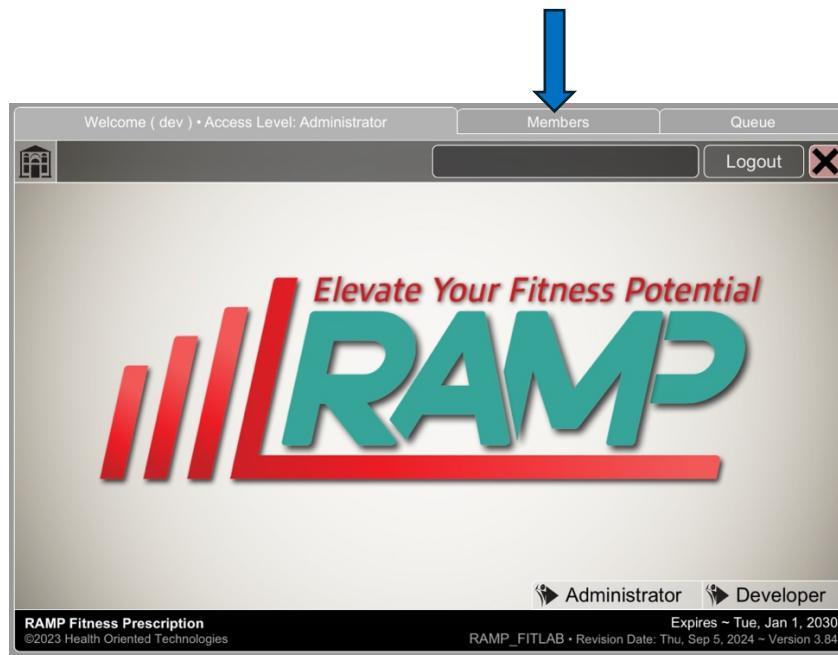
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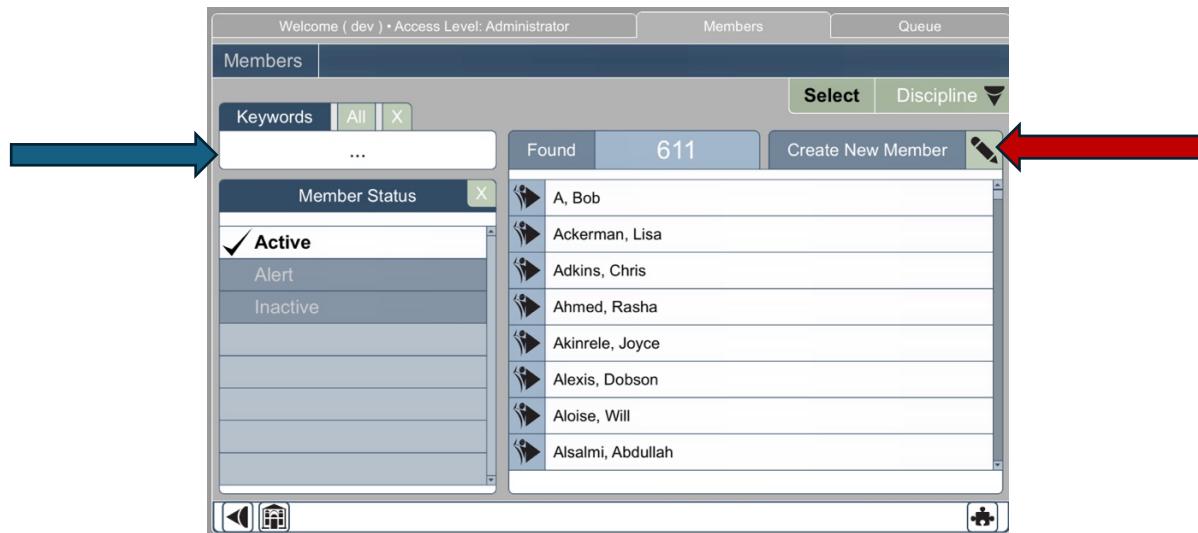
Below is a simplified step-by-step process for creating and / or updating a member's RAMP program. All instructions for each screen are written below the graphics.



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).



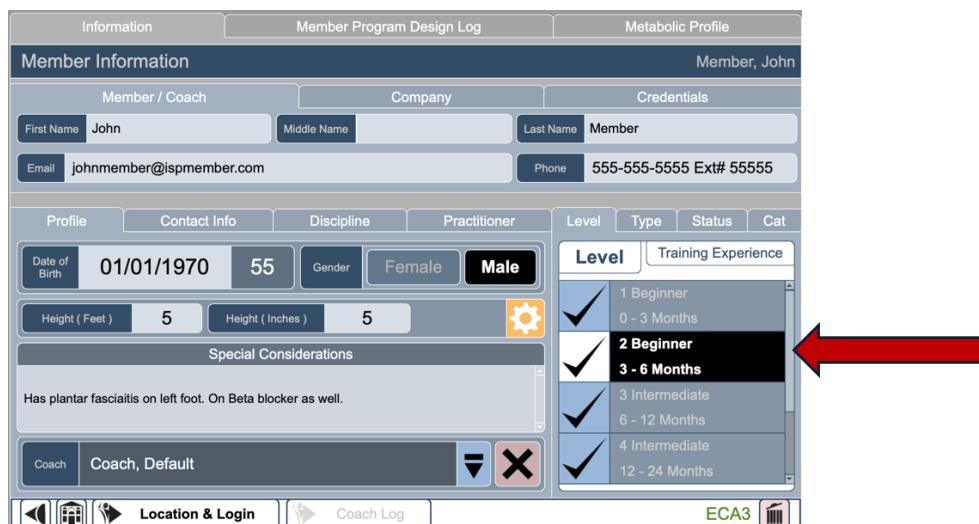
Step Three: Adding or Updating a Member

1. Entering a New Member:

- 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:

- Begin typing the member's last name into the **Keywords Field** (indicated by the **Blue Arrow**).
- As you type, a list of matching names will appear on the right-hand side of the screen.
- 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:

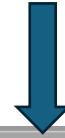
Enter the following information for the member:

- **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).



Information	Member Program Design Log	Metabolic Profile										
Member Information <div style="display: flex; justify-content: space-between;"> <div style="width: 33%;"> Member / Coach First Name <input type="text" value="John"/> Middle Name <input type="text"/> Email <input type="text" value="johnmember@ispmember.com"/> Phone <input type="text" value="555-555-5555 Ext# 55555"/> </div> <div style="width: 33%;"> Company <input type="text"/> </div> <div style="width: 33%;"> Credentials <input type="text" value="Member"/> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 33%;"> Profile Date of Birth <input type="text" value="01/01/1970"/> Age <input type="text" value="55"/> Gender <input type="text" value="Female"/> <input type="text" value="Male"/> Height (Feet) <input type="text" value="5"/> Height (Inches) <input type="text" value="5"/>  </div> <div style="width: 33%;"> Contact Info <input type="text"/> </div> <div style="width: 33%;"> Discipline <input type="text"/> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 33%;"> Practitioner <input type="text" value="Coach, Default"/> </div> <div style="width: 33%;"> <input type="text"/> </div> <div style="width: 33%;"> <input type="text"/> </div> </div> <div style="display: flex; justify-content: space-between;"> <div style="width: 33%;"> Level </div> <div style="width: 33%;"> Type </div> <div style="width: 33%;"> Status </div> <div style="width: 33%;"> Cat </div> </div> <div style="border: 1px solid #ccc; padding: 5px; margin-top: 5px;"> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 25%;">Level</th> <th style="width: 75%;">Training Experience</th> </tr> </thead> <tbody> <tr> <td><input checked="" type="checkbox"/></td> <td>1 Beginner 0 - 3 Months</td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td>2 Beginner 3 - 6 Months</td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td>3 Intermediate 6 - 12 Months</td> </tr> <tr> <td><input checked="" type="checkbox"/></td> <td>4 Intermediate 12 - 24 Months</td> </tr> </tbody> </table> </div>			Level	Training Experience	<input checked="" type="checkbox"/>	1 Beginner 0 - 3 Months	<input checked="" type="checkbox"/>	2 Beginner 3 - 6 Months	<input checked="" type="checkbox"/>	3 Intermediate 6 - 12 Months	<input checked="" type="checkbox"/>	4 Intermediate 12 - 24 Months
Level	Training Experience											
<input checked="" type="checkbox"/>	1 Beginner 0 - 3 Months											
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<input checked="" type="checkbox"/>	4 Intermediate 12 - 24 Months											
   Location & Login	 Coach Log	ECA3 										

Information		Member Program Design Log					Metabolic Profile							
Member Program Design Log		Leshane, Zack												
Workout Selection		Progress Report		Body Composition		Starting			Resting Heart Rate			SP02		
Go to this Assessment			Date First	07/27/2024	Starting	248.5	39.3%	Latest			Blood Pressure			
Date First	07/27/2024	Date Last	12/03/2024		Starting	248.5	39.3%	Latest	225.7	25.2%	78	129	73	98
Date Last	12/03/2024	Date	Title		BW	BF %	LBM	FM		BPM	Sys	Dia	%	
	12/03/2024		Michelangelo II		225.7	25.2%	168.8	56.9		70	104	52	98	
	10/08/2024		Michelangelo		234.2	31.9%	159.5	74.7		76	114	64	97	
	07/27/2024		Hyper Blitz II		248.5	39.3%	150.8	97.7		78	129	73	98	
										EZC634				
										EZC634				
										EZC634				

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

Presets

Preset List

Leshane, Zack

View

Design Program from this Template

Title

Cardio Crush

Cardio Crush II

Cardio Crush III

Gladiator

Gladiator II

Gladiator III

Helios

Helios II

Helios III

Hermes

View

Design Program from this Template

Title

Hermes III

Hyper Blitz

Hyper Blitz II

Hyper Blitz III

Metabolic Boost

Metabolic Boost II

Metabolic Boost III

Michelangelo

Michelangelo II

Michelangelo III

Tap on Pencil to Select Workout

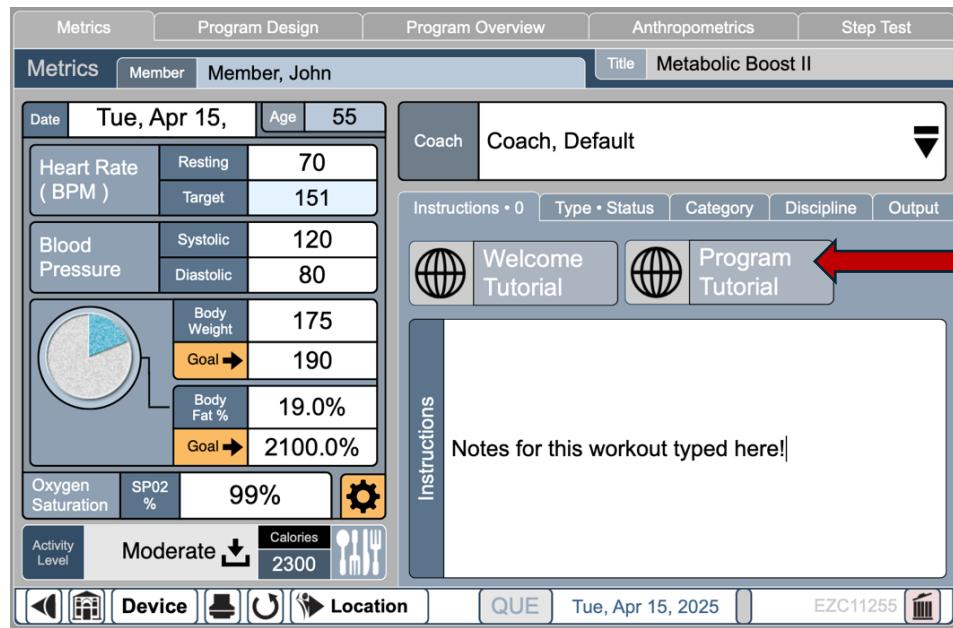
Filter ▼

Location ▼

Design Custom Workout

EZC634

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).



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	



MEAL PLAN 2600
40-30-30

Consume foods 2.5 – 3 hours apart.
Snacks are placed in between meals.
Meals listed below can be substituted individually or by row.

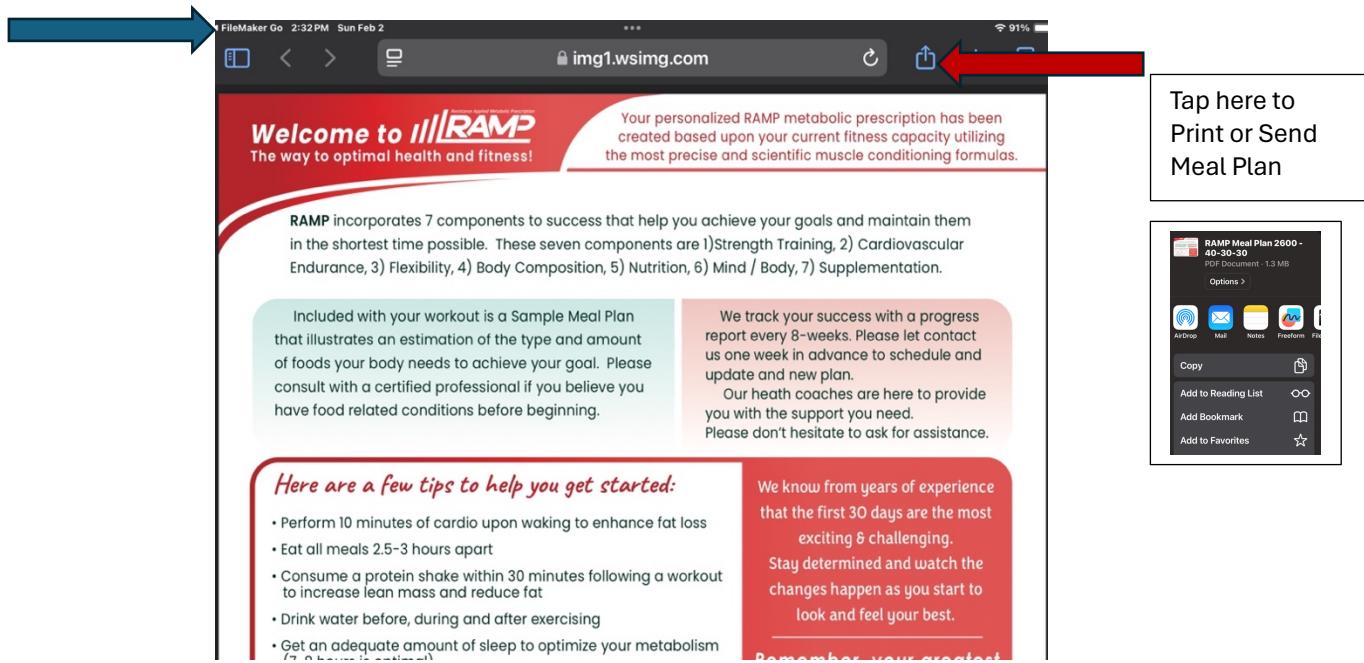
Breakfast 10 oz Light fruit yogurt 1 c Granola cereal 1 c Green tea 8 oz Water	Lunch 4 oz Turkey or chicken breast 4 sl Red tomato 3 sl Red onion 6 oz Provolone cheese 2 sl Rye bread 2 tbs Low calorie mayonnaise 8 oz Fruit flavored water	Dinner 8 oz Chicken breast baked/broiled 2 c Oriental vegetables 4 tbs Dry roasted cashews 1.5 c Wild brown rice 8 oz Water	Snack 6 tbs Sunflower seeds (dry roast) 1.25 c Low fat plain yogurt 8 oz Water
Breakfast 3 Poached egg 5 sl Canadian style bacon 10 oz Skim milk 1 Grapefruit 8 oz Water	Lunch 1 Veggie burger hint of fresh garlic 2 oz Low fat cheese 2 tbs Ketchup 4 tbs Low Cal Italian Dressing 8 oz Herbal tea	Dinner 2 c Lentil soup 6 oz Skim milk mozzarella cheese 2 c Spinach salad (no dressing) 12 oz Low Fat milk 8 oz Water	Snack 14 Baby carrots 3/4 c Hummus 8 oz Water
Breakfast 1.25 c Oatmeal 3 tbs Chopped almonds 3/4 c Egg whites 8 oz Water	Lunch 1 Med. Roast beef sand. (plain) 1.5 Avocado 1 c Berries (Your Choice) 8 oz Fruit flavored water	Dinner 6 oz Salmon baked or broiled 1.5 c Wild brown rice 2 c Mixed vegetables 8 oz Water	Snack 1.25 c Low fat cottage cheese 14 Cherries 8 oz Water
Breakfast 2 sl French bread toasted 6 oz Canadian bacon 4 sl Cantaloupe 4 tsp Slivered almonds 8 oz Water	Lunch 1 c Tuna salad 2 Pita bread 3 Celery stalks 3 Carrots 8 oz Herbal tea	Dinner 6 oz Ground turkey 1.5 c Zucchini 8 oz Penne pasta 8 oz Water	Snack 1.5 c Bagel chips 1/3 c Balsamic dressing 8 oz Brewed tea
Breakfast 2 plain waffle 3/4 c Blueberries 6 Breakfast links (Meatless) 12 oz Apple juice unsweetened 8 oz Water	Lunch 2 c Mixed greens/arugula butter 1.5 Avocado 12 Green olives 4 Baby carrots 3/4 c Garbanzo beans 2 oz Water	Dinner 8 oz Chicken breast roasted 2 Whole wheat pita bread 3 c Spinach salad 3 tbs Oil and vinegar dressing 12 Red or green grapes 8 oz Flavored seltzer water	Snack 1 Protein Shake with frozen berries or Protein Bar 8 oz Water

Open in Safari **Done**

Tap here to
Open in Safari

Open in Safari

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



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 health 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

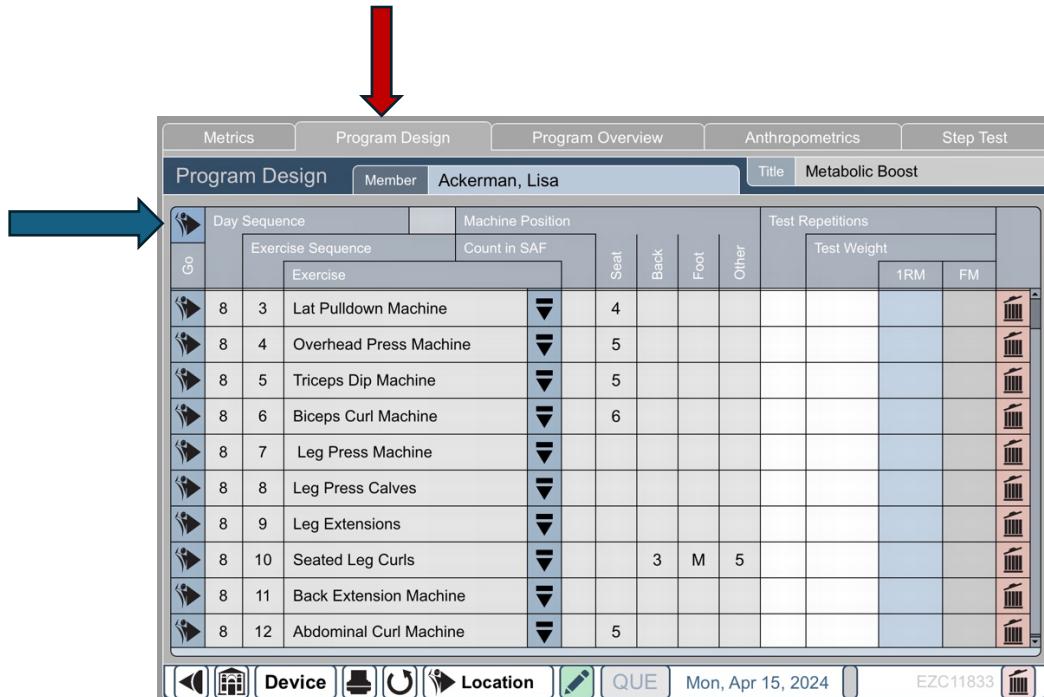
We know from years of experience that the first 30 days are the most exciting & challenging. Stay determined and watch the changes happen as you start to look and feel your best.

Remember, your greatest

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).



Go	Day Sequence		Machine Position	Test Repetitions						
	Exercise Sequence	Exercise		Test Weight						
				Seat	Back	Foot	Other	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						█

Step Ten: Tap on the  icon next to the words, “Day Sequence” (BLUE arrow).

Workout Item		Instructions		Comments		Locations	
Workout Item		Ackerman, Lisa		Chest Press Machine			
Day	Every Wk Out	▼	8	Day Sequence			
Exercise	Chest Press Machine	▼	<input type="button" value="Edit"/>	2	Sequence		
Protocol	Hypertrophy 1	▼	Resistance				
Level	1 Beginner	▼	1.2	Ratio			
Machine Position			Repetitions	6			
Seat	5	Weight	30				
Back				First	Prev	Next	Last
Foot							
Other				2			
 Protocol Data		Max	Actual 35.00	Projected 42.00	 EJC162403		

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.

Workout Item		Instructions		Comments		Locations	
Workout Item		Ackerman, Lisa		Abdominal Curl Machine			
Day	Every Wk Out	▼	8	Day Sequence			
Exercise	Abdominal Curl Machine	▼	<input type="button" value="Edit"/>	12	Sequence		
Protocol	Hypertrophy 1	▼	Resistance				
Level	1 Beginner	▼	1.2	Ratio			
Machine Position			Repetitions	9			
Seat	5	Weight	100				
Back				First	Prev	Next	Last
Foot							
Other				12			
 Protocol Data		Max	Actual 127.00	Projected 152.40	 EJC162413		

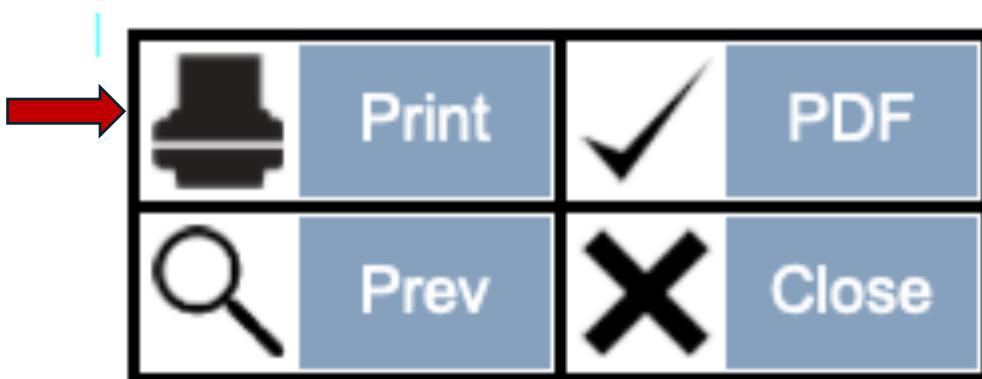
Step Twelve: Once the **Next**  icon disappears this indicates all the exercise testing is complete, tap on the **Back Arrow**  at bottom left of screen (RED arrow).

Metrics			Program Design		Program Overview			Anthropometrics		Step Test			
Program Design			Member	Ackerman, Lisa			Title		Metabolic Boost				
Go	Day Sequence			Machine Position				Test Repetitions				1RM	FM
	Exercise Sequence			Count in SAF		Seat	Back	Foot	Other	Test Weight			
	Exercise									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	

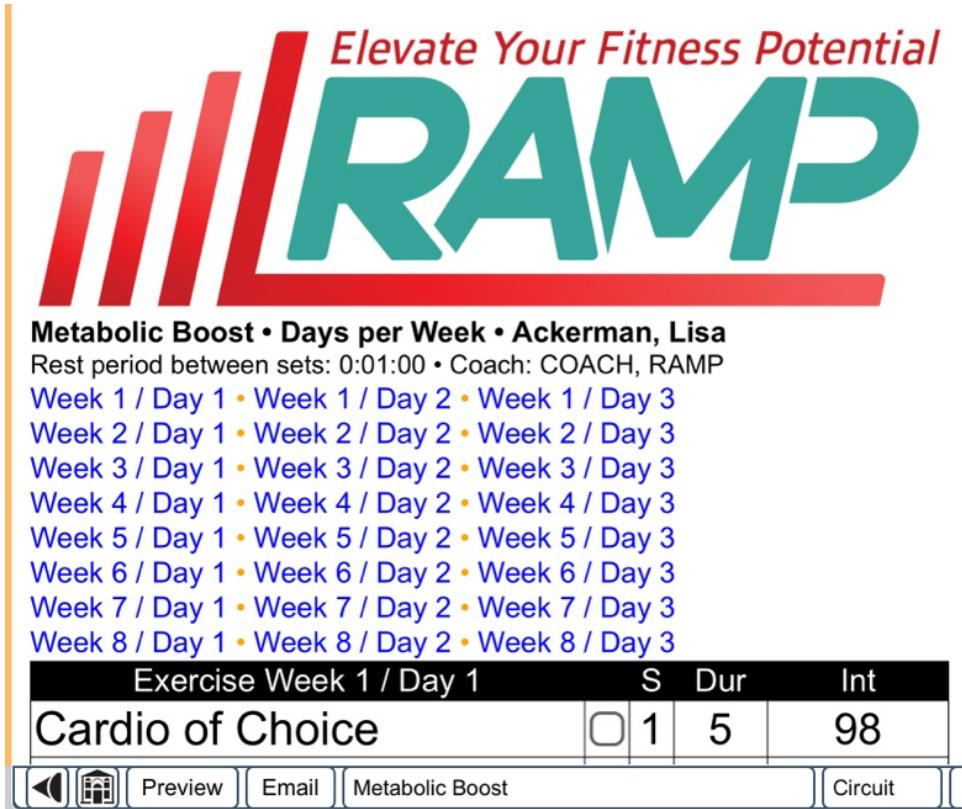
Mon, Apr 15, 2024 EZC11833

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



Elevate Your Fitness Potential

RAMP

Metabolic Boost • Days per Week • Ackerman, Lisa
 Rest period between sets: 0:01:00 • Coach: COACH, RAMP

Week 1 / Day 1 • Week 1 / Day 2 • Week 1 / Day 3
 Week 2 / Day 1 • Week 2 / Day 2 • Week 2 / Day 3
 Week 3 / Day 1 • Week 3 / Day 2 • Week 3 / Day 3
 Week 4 / Day 1 • Week 4 / Day 2 • Week 4 / Day 3
 Week 5 / Day 1 • Week 5 / Day 2 • Week 5 / Day 3
 Week 6 / Day 1 • Week 6 / Day 2 • Week 6 / Day 3
 Week 7 / Day 1 • Week 7 / Day 2 • Week 7 / Day 3
 Week 8 / Day 1 • Week 8 / Day 2 • Week 8 / Day 3

Exercise Week 1 / Day 1	S	Dur	Int	
Cardio of Choice	<input type="checkbox"/>	1	5	98

    Preview Email Metabolic Boost Circuit

- Tap on the **Device** icon  at bottom of the **Program Design** screen.
- Tap on the **Email** icon  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**.