



Quick Start Manual

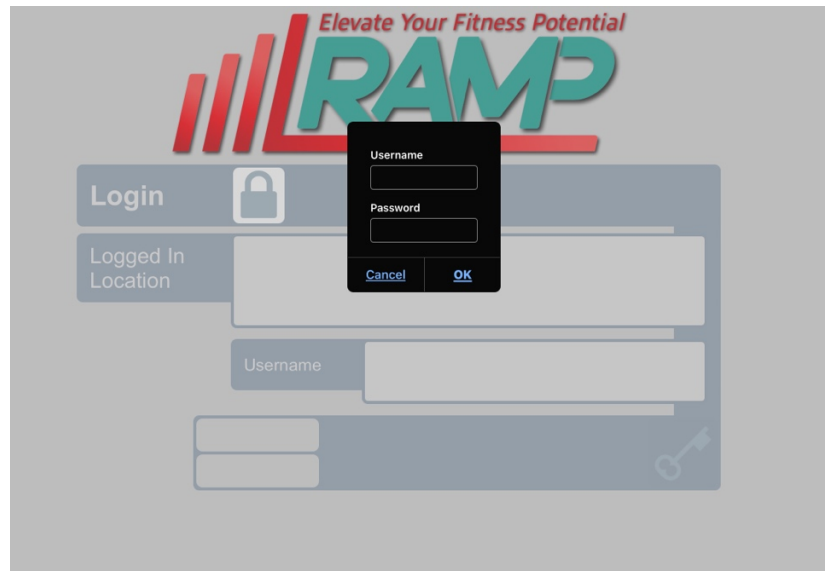
RAMP Fitness Prescription Systems


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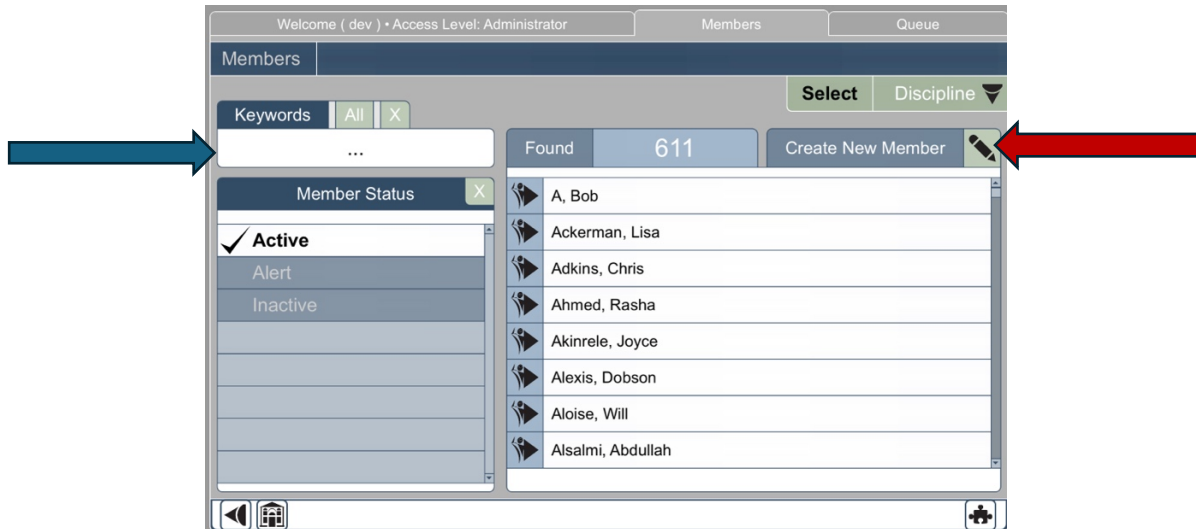
Below is a simplified step-by-step process for creating and / or updating a member's RAMP program. All instructions for each screen are written below the graphics.



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).




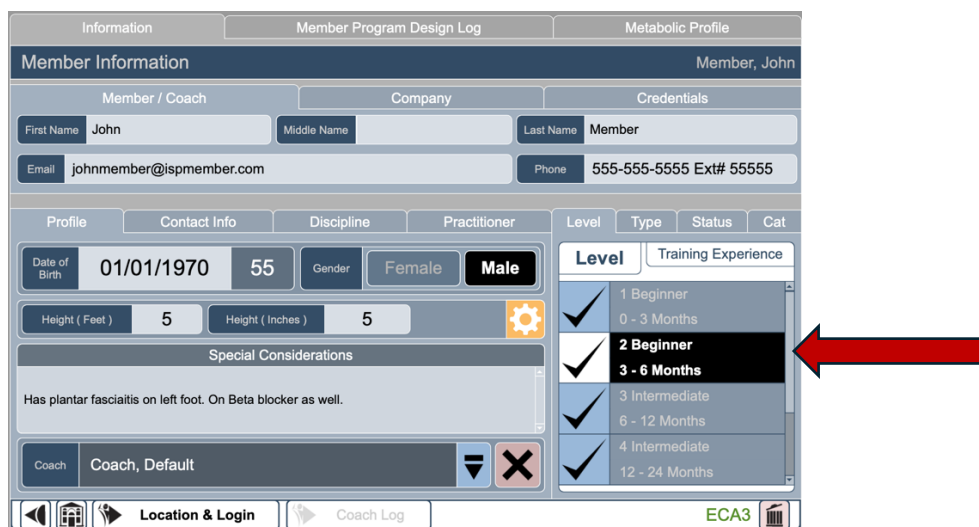
Step Three: Adding or Updating a Member

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.



Information	Member Program Design Log	Metabolic Profile
Member Information Member, John		
<div>Member / Coach Company Credentials</div> <div> First Name: John Middle Name: Last Name: Member </div> <div> Email: johnmember@ispmember.com Phone: 555-555-5555 Ext# 55555 </div>		
Profile Contact Info Discipline Practitioner	<div> Date of Birth: 01/01/1970 55 Gender: Female Male </div> <div> Height (Feet): 5 Height (Inches): 5 </div> <div> Special Considerations Has plantar fasciitis on left foot. On Beta blocker as well. </div> <div> Coach: Coach, Default </div>	
<div> Level Type Status Cat </div> <div> Training Experience </div> <div> <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 </div>		
<div> Location & Login Coach Log ECA3 </div>		

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 Member, John					
Member / Coach		Company		Credentials	
First Name	John	Middle Name		Last Name	Member
Email	johnmember@ispmember.com			Phone	555-555-5555 Ext# 55555
Profile		Contact Info	Discipline	Practitioner	
Date of Birth	01/01/1970	55	Gender	<input type="radio"/> Female <input checked="" type="radio"/> Male	
Height (Feet)	5	Height (inches)	5	<input checked="" type="checkbox"/>	
Special Considerations Has plantar fasciitis on left foot. On Beta blocker as well.					
Coach		Coach, Default			
		<input type="button" value="Level"/> <input type="button" value="Training Experience"/>			
		<input checked="" type="checkbox"/> 1 Beginner <input checked="" type="checkbox"/> 0 - 3 Months <input checked="" type="checkbox"/> 2 Beginner <input checked="" type="checkbox"/> 3 - 6 Months <input checked="" type="checkbox"/> 3 Intermediate <input checked="" type="checkbox"/> 6 - 12 Months <input checked="" type="checkbox"/> 4 Intermediate <input checked="" type="checkbox"/> 12 - 24 Months			
<input type="button" value="Location & Login"/> <input type="button" value="Coach Log"/>		ECA3 <input type="button" value="Print"/>			

Member Program Design Log

Workout Selection

Go to this Assessment

Date First: 07/27/2024
Date Last: 12/03/2024

Progress Report

Body Composition

Starting: 248.5 BW, 39.3% BF %, 168.8 LBM, 56.9 FM
Latest: 225.7 BW, 25.2% BF %, 159.5 LBM, 74.7 FM

Resting Heart Rate: 78 BPM, 129 Sys, 73 Dia
Blood Pressure: 129 Sys, 73 Dia

SP02: 98 %

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

Location & Login Coach Log EZC634

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

Preset List

Design Program from this Template

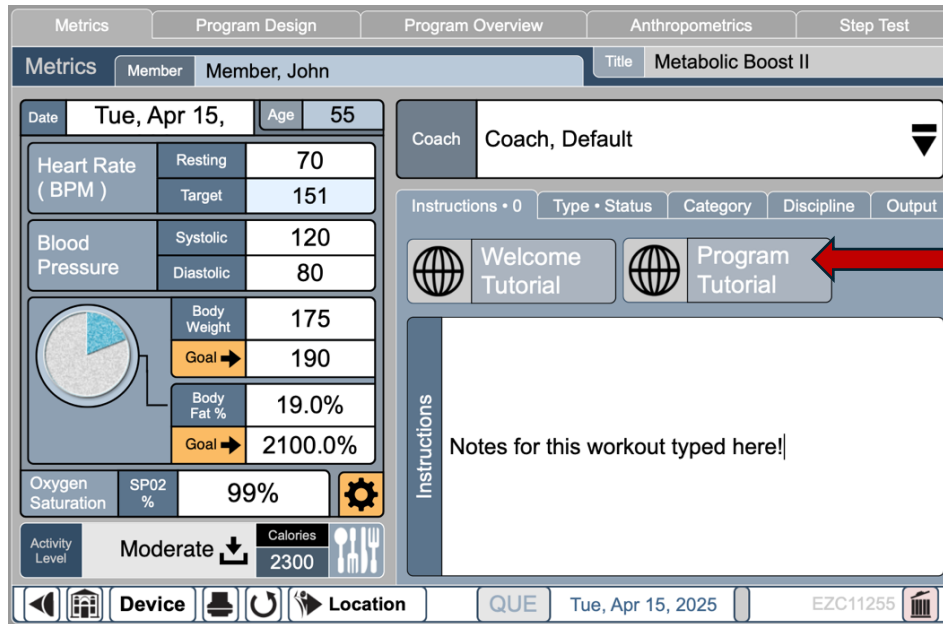
Title	View
Cardio Crush	
Cardio Crush II	
Cardio Crush III	
Gladiator	
Gladiator II	
Gladiator III	
Helios	
Helios II	
Helios III	
Hermes	

Title	View
Hermes III	
Hyper Blitz	
Hyper Blitz II	
Hyper Blitz III	
Metabolic Boost	
Metabolic Boost II	
Metabolic Boost III	
Michelangelo	
Michelangelo II	
Michelangelo III	

Filter Location Design Custom Workout EZC634

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 screenshot shows the RAMP software interface for a member named John. The interface includes tabs for Metrics, Program Design, Program Overview, Anthropometrics, and Step Test. The Metrics tab is active, showing various health metrics for John, including Heart Rate (Resting: 70, Target: 151), Blood Pressure (Systolic: 120, Diastolic: 80), Body Weight (175, Goal: 190), Body Fat % (19.0%, Goal: 2100.0%), Oxygen Saturation (99%), and Activity Level (Moderate). The Instructions section on the right shows a 'Welcome Tutorial' and a 'Program Tutorial' button, which is highlighted with a red arrow. The bottom of the screen displays a navigation bar with icons for Device, Location, and other functions.

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

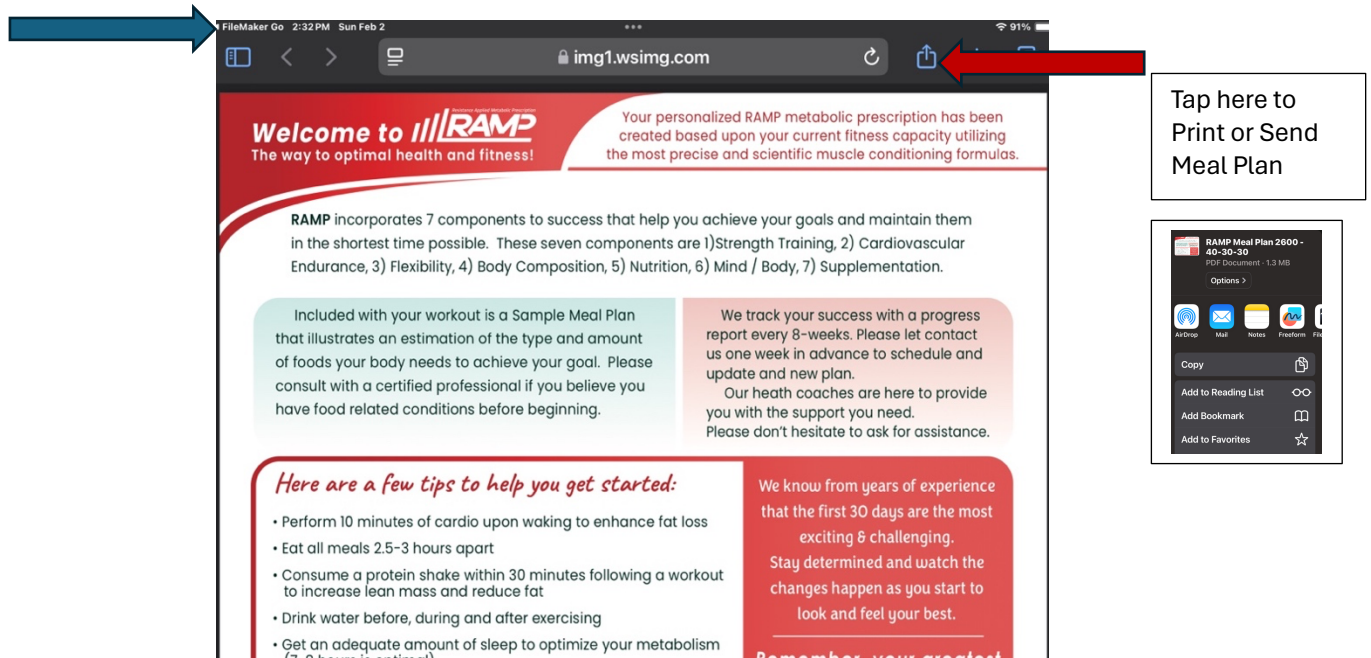
Consume foods 2.5 - 3 hours apart.
Snacks are placed in between meals.
Meals listed below can be substituted individually or by row.


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

[Open in Safari](#)
[Done](#)

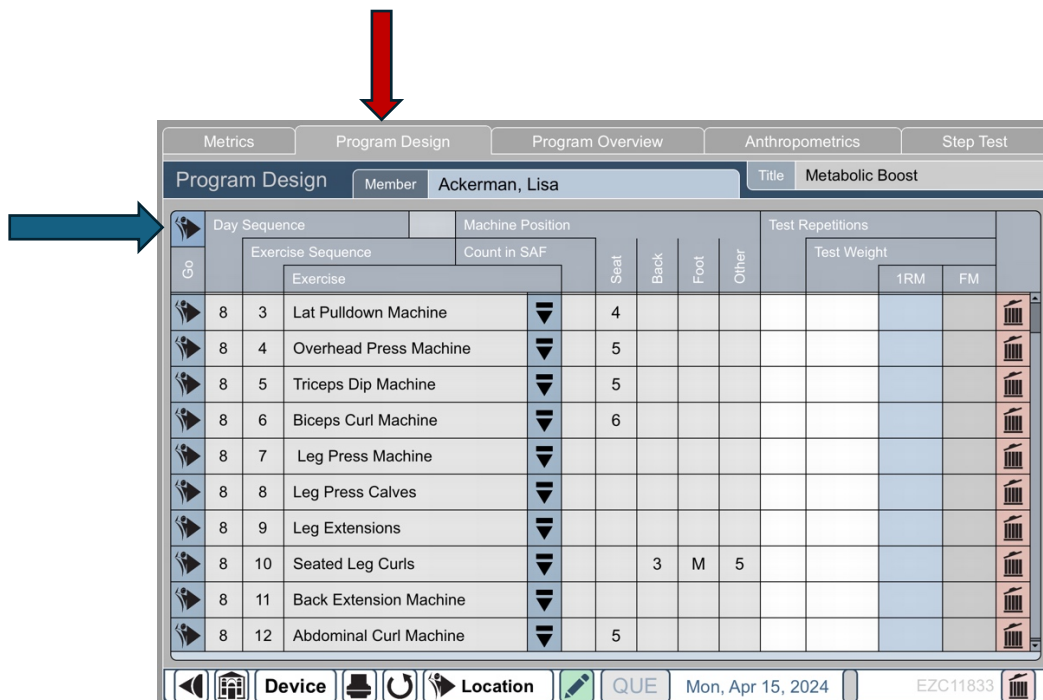
Tap here to
Open in Safari


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



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).





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

























Workout Item		Instructions		Comments		Locations	
Ackerman, Lisa		Chest Press Machine					
Day	Every Wk Out		8	Day Sequence			
Exercise	Chest Press Machine		2	Sequence			
Protocol	Hypertrophy 1	Resistance					
Level	1 Beginner		1.2	Ratio			
Machine Position		Repetitions		6		Muscle Group Chest	
Seat 5		Weight		30			
Back							
Foot							
Other		First		Prev		Next	
						Last	
						2	
Protocol Data		Max	Actual	35.00	Projected	42.00	EZC162403

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.

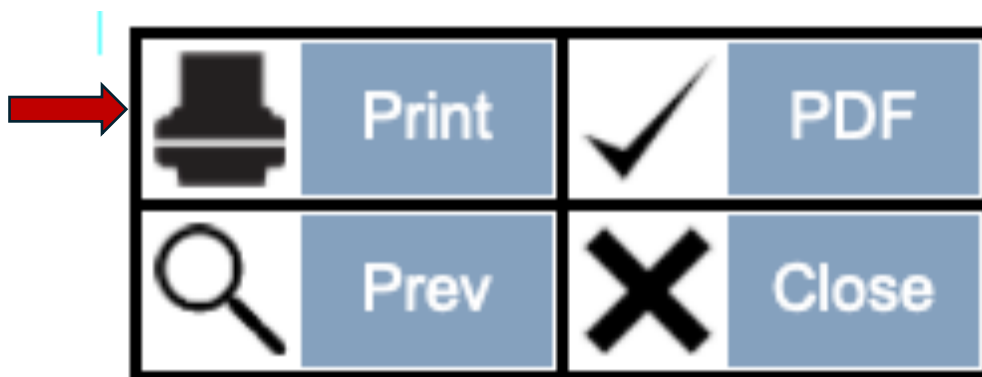
Workout Item		Instructions		Comments		Locations	
Ackerman, Lisa		Abdominal Curl Machine					
Day	Every Wk Out		8	Day Sequence			
Exercise	Abdominal Curl Machine		12	Sequence			
Protocol	Hypertrophy 1	Resistance					
Level	1 Beginner		1.2	Ratio			
Machine Position		Repetitions		9		Muscle Group Core	
Seat 5		Weight		100			
Back							
Foot							
Other		First		Prev		Next	
						Last	
						12	
Protocol Data		Max	Actual	127.00	Projected	152.40	EZC162413

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).

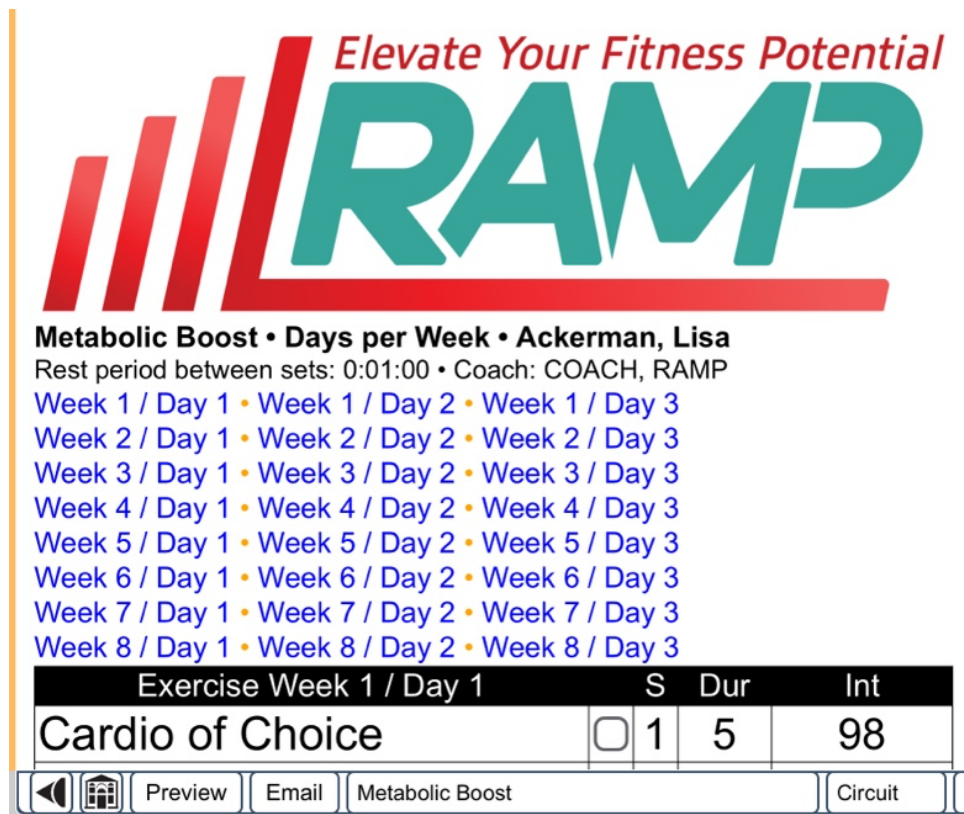
Metrics		Program Design		Program Overview		Anthropometrics		Step Test						
Program Design				Member		Ackerman, Lisa		Title		Metabolic Boost				
Go	Day Sequence		Machine Position		Test Repetitions									
	Exercise Sequence		Count in SAF		Seat	Back	Foot	Other	Test Weight					
	Exercise								1RM	FM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





Elevate Your Fitness Potential

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**.