Resistance Applied Metabolic Prescription

RAMP

## Quick Start Manual

RAMP Fitness Prescription Systems

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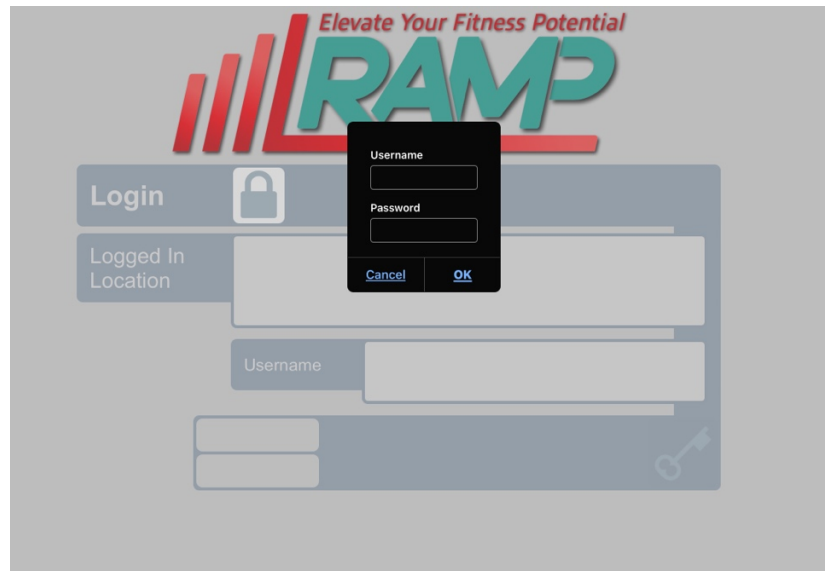
Step One: Tap on the **Padlock** icon and enter your assigned username and password. Tap OK.

Step Two: Tap on the **Members** tab at the top center of the screen (BLUE arrow).
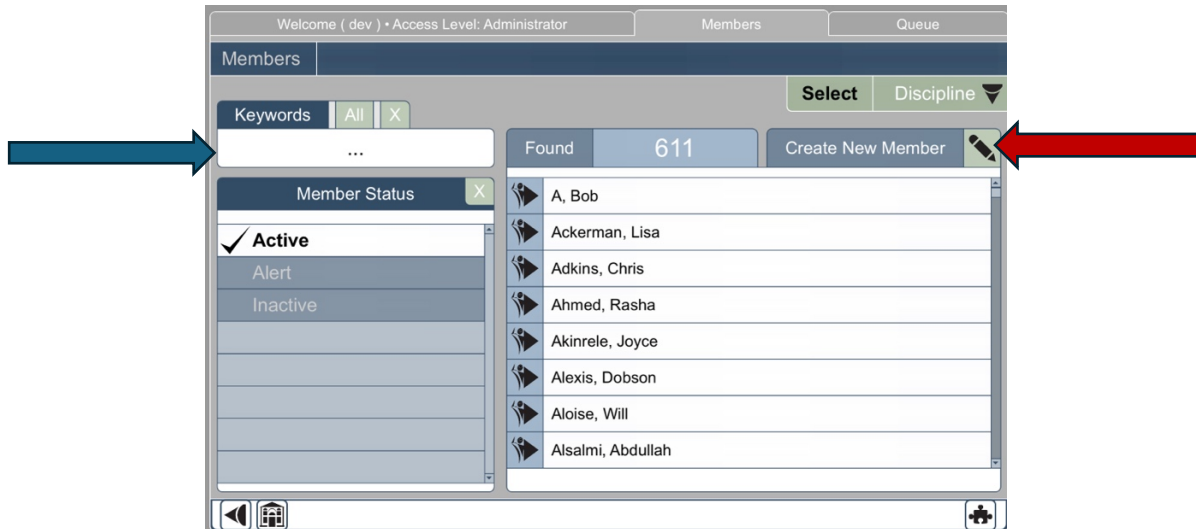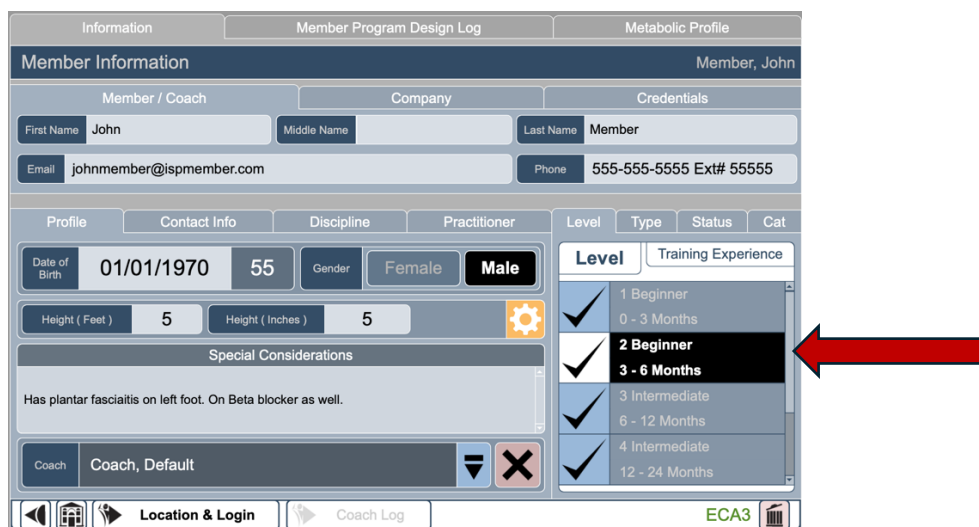
Step Three: Adding or Updating a Member

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).
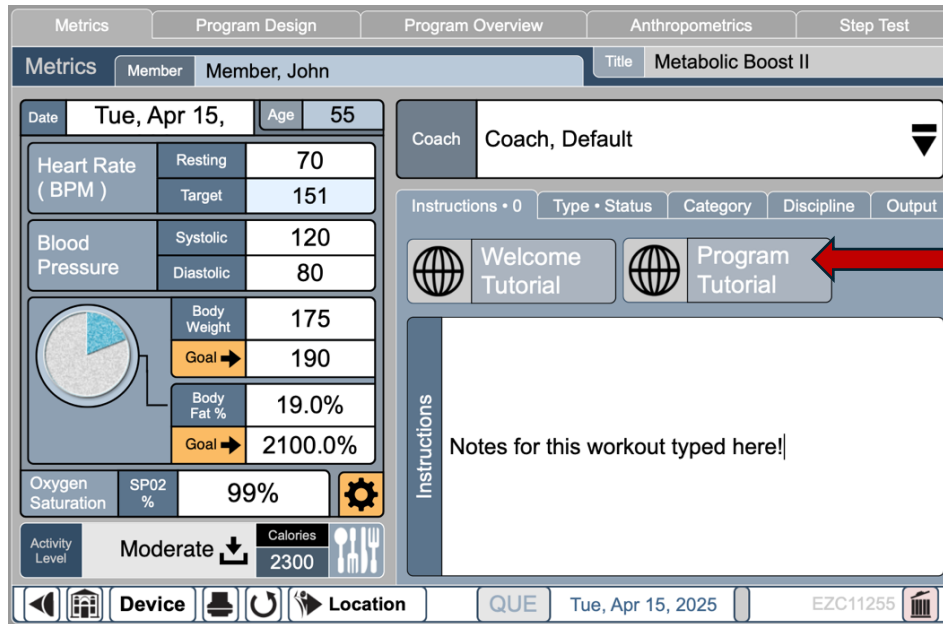
Tap on Pencil to Select Workout

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).

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:
- o Resting Heart Rate
- o Systolic / Diastolic Blood Pressure (Optional)
- o Body Weight
- o Body Weight Goal (should be no more than 20lbs per 8-week cycle)
- o Body Fat Percent
- o Body Fat Percent Goal (should be 3-4% per 8-week cycle)
- o SPO2 (Optional).

Activity Level Selection:

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

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

Choosing Sample Meal Plan:

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

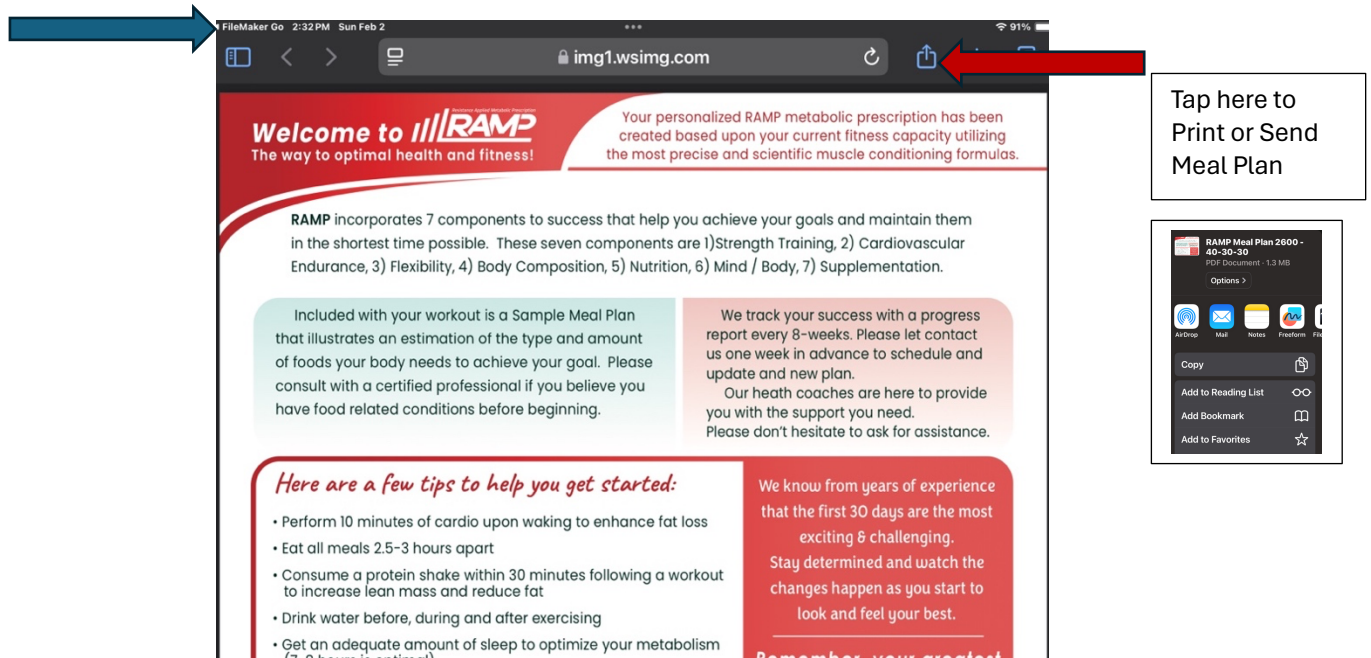| Meal Plans			
Go to Meal Plan		Calorie Range	
Title		Low	Low
40-30-30 / 1300		900	1350
Beach Body / 1250		900	1300
60-20-20 / 1600		1300	1650
Beach Body / 1500		1301	1550
40-30-30 / 1500		1351	1550
50-30-20 / 1600		1400	1650
40-30-30 / 1700		**1551**	**1750**
Beach Body / 1750		**1551**	**1800**
50-30-20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

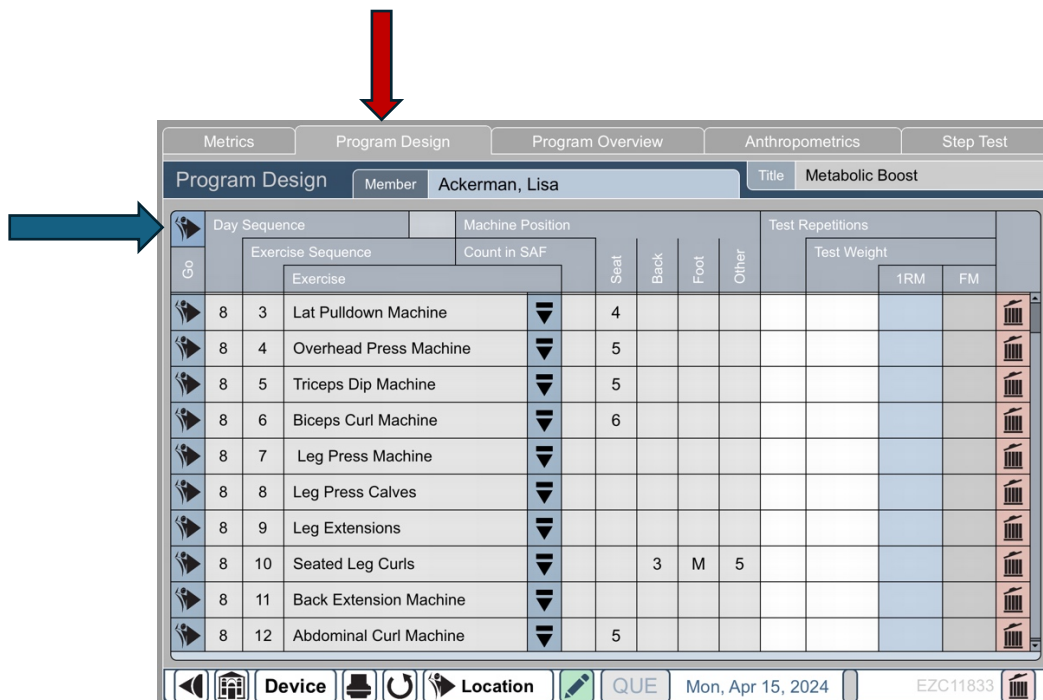| Breakfast	Lunch	Dinner	Snack
10 oz Light fruit yogurt 1 c Granola cereal 1 c Green tea 8 oz Water	8 oz Turkey or chicken breast 4 sl Red tomato 3 sl Red onion 6 oz Provolone cheese 2 sl Rye bread 2 tbs Low calorie mayonnaise 8 oz Fruit flavored water	8 oz Chicken breast baked/broiled 2 c Oriental vegetables 4 tbs Dry roasted cashews 1.5 c Wild brown rice 8 oz Water	6 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

Tap here to Open in Safari

Open in Safari   Done

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

Tap here to Print or Send Meal Plan

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).

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).
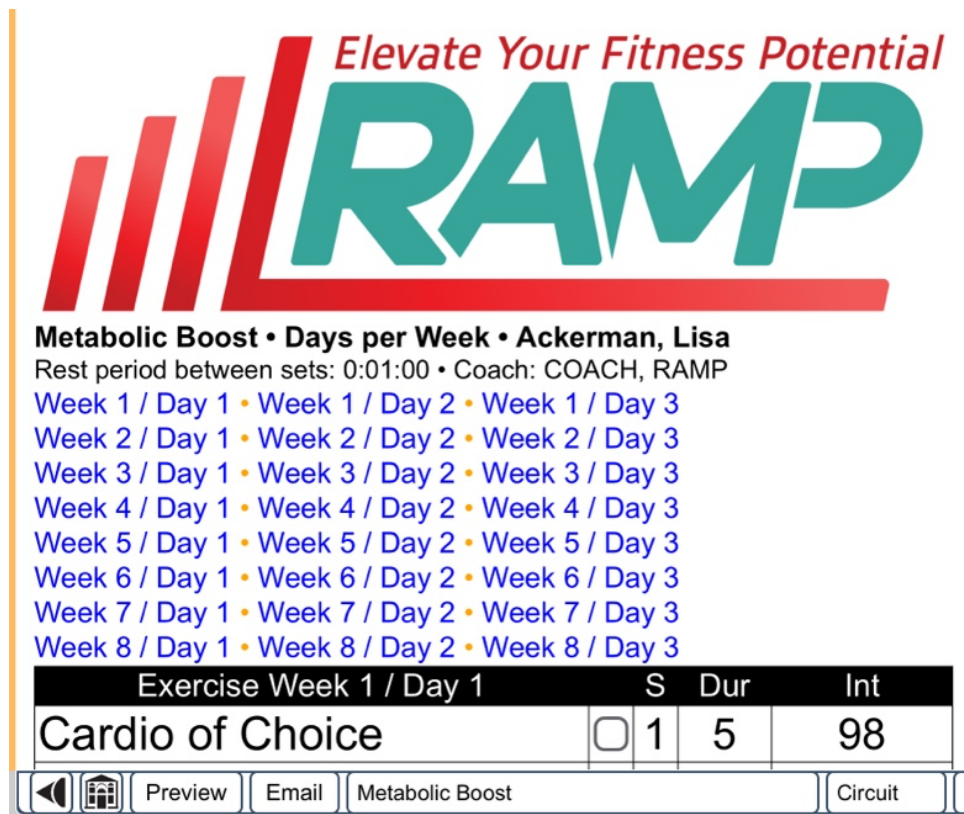
Metrics	Program Design	Program Overview	Anthropometrics	Step Test

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

Go	Day Sequence		Machine Position		Count in SAF		Seat	Back	Foot	Other	Test Repetitions	Test Weight		1RM	FM	
			Exercise Sequence													
			Exercise													
	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		

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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.
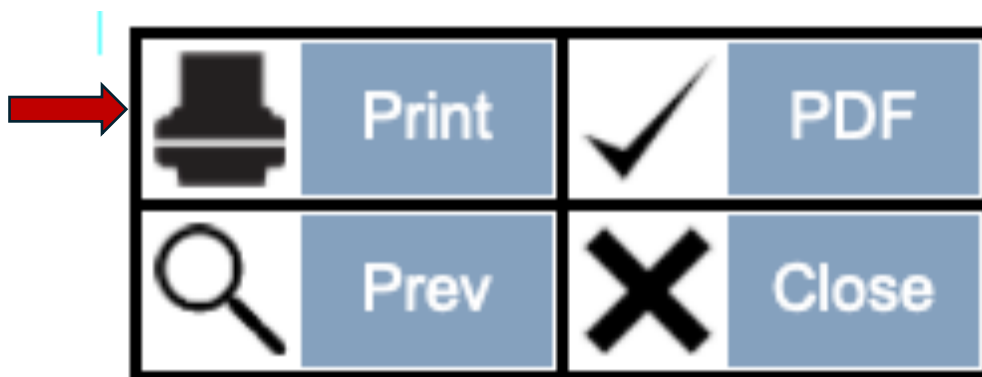
Sending Email Digital File Option

- 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**.