



## Strength Program Developer

### Download the Excel File

- Click the download attachment icon
- Double click to open the Excel File
- Type in your password (case sensitive)
- **When the file opens there may be an icon below the normal excel menu that asks you to enable active contents or says options (depends on your version of excel), you must click the icon and enable content so that the Excel file functions properly.**

### Max Calculator

- Click the Max Calculator Tab (bottom left)
  - Enter the weight lifted by the athlete in cell C4
  - Enter the number of reps performed in cell C7
  - The estimated 1RM will appear in cell C10
- Note: This equation works best for a rep range of 3-5**

### Athlete Worksheet

- Click on Athletes tab (bottom)
- Begin by adding your athletes' names starting in cell B5
- Add your athletes' jersey #'s in column C
- The columns D, E, and F under % Intensity are prefilled with 100%, you may change these percentages for any athlete by manually typing the new percentage into columns D, E, and F  
**NOTE: The area is used to dictate the percent effort at which you want your athlete to train. For injured athletes or special circumstances you can dictate a % Intensity less than 100% and the program will automatically calculate and adjust that specific athlete's workout to your specified percentage. This allows a quick way to decrease the intensity of the full workout without manually changing set/rep percentages. Day 1 corresponds to the first section of workouts on each print page, Day 2 corresponds to the second and Day 3 to the third.**
- Enter your athletes' max lifts in the corresponding yellow highlighted boxes (columns G, H and I)
- As you enter each max lift, the sheet will automatically calculate and fill in the estimated maxes for all other exercises listed on this sheet (columns J through L)
- You may click on a filled in cell and view the formula from which the max lift for the corresponding exercise is calculated  
**NOTE: If you enter your own maxes on the Athletes Sheet in cells that are not filled in yellow the formula used for estimations will be deleted. I strongly suggest you change the equation instead of manually entering a number. See the next bullet for instructions on changing the formula.**

### Changing Estimated Maxes

**NOTE: The equations that calculate maxes are what myself and other strength coaches have found to work well with athletes. In this version you can adjust the equations to fit what you think**



**works best for your athletes. For example, if you believe the Deadlift equation is too light for one or all of your athletes you can adjust it by doing the following:**

- Click in the cell corresponding to the athlete and the exercise you want to adjust.
- Click in the formula bar and change the decimal number in the equation to a higher or lower number for your athlete
- Hit enter and the max will automatically adjust
- If you want to change the ratio for all your athletes, manually change the first athlete listed in the Athletes Sheet
  - I suggest leaving the “Test” athlete in the max data sheet so that you always have the original formulas
- Next click on the cell you just manually changed and place your cursor (now a plus sign) in the bottom right corner of the cell where it will change to a black plus sign
- Click and drag the cursor down the column until all the cells are highlighted and press enter
- The new formula will be copied into each cell automatically

### **Adding Exercises that need an Estimated Max**

**NOTE: There are two ways to add exercises. The first are those exercises you want to have an estimated max associated with. The second are those exercises that do not need an estimated max. We will go over the second way later in this tutorial.**

- Look through the exercises in row three on the Athletes Page to see if the exercise you want to add a max value to is already listed
- If the exercises is not listed on the Athletes Page, scroll to columns IJ through JJ
- Here you can add new exercises that you wish to have an estimated max associated with
- Enter in row 3, any column IJ – JJ, an exercise you wish to have an associated estimated max

**NOTE: The exercises you add here may already be listed in the Exercises Worksheet. Please check the Exercise Worksheet. If the exercise DOES appear on the Worksheet, please enter the exercise exactly as it appears in the Exercise Worksheet. This allows the estimated max to automatically be linked to the exercise.**

- Click in row 4, under the column you added the exercise
- **EITHER** manually enter a max **OR**
- Click in the formula bar and enter a formula that you believe is a good estimation of a max value for that exercise

**NOTE: For example, if your exercises estimated max is based on a Back Squat Max X 1.2 the formula you would enter in the formula bar for the first athlete listed would be =G4\*1.2. Then as before, you would click in the cell you entered this formula in and move your cursor to the bottom right until it turns black. Click and hold/drag the cursor down the column to copy the formula into the other cells.**

- Next you **MUST** add the exercise exactly as you entered it in row 3 to the Exercise Worksheet
- Click on the Exercises tab at the bottom
- Find the category the exercise you just added would best fit under and manually add it exactly as you did in the Athletes Sheet into the next available cell under that category
- **NOTE: If your exercise does not fit under a category the tutorial will go over how to add new categories later.**
- Your new exercise will automatically be added to a drop down list in the Workout Builder and the estimated max will be associated with the exercise and athlete



## Exercises Worksheet

- Click on the Exercises tab at the bottom
- Here you can view over 300 exercises by category  
**NOTE: Each category has an abbreviation for the category in the cell directly beneath it. This abbreviation will show up on the Workout Builder, which you will see later in the tutorial. Please DO NOT change the category names or abbreviations. Changing the abbreviations will prevent the drop downs on the Builder sheets from working properly.**

### Adding Exercises that do NOT need an Estimated Max

- Choose a category that best fits the exercise you want to add
- Manually enter the exercise into a blank cell under the category
- Your new exercise will automatically be added to a drop down list in the Workout Builder

### Adding An Exercise Category

- Column U and V are designated for additional categories
- You may rename the category (row 3) to that of your liking  
**NOTE: The abbreviation in row 4 (Misc\_1 and Misc\_2) MUST remain as it appears or the pre-programmed drop downs will not work properly on the Builder sheet**
- Add any exercises you would like
- Your new exercise will automatically be added to a drop down list for that category in the Workout Builder

## Sets & Reps

- Click on the Sets & Reps tab at the bottom
- Here you can view over 250 set/rep and percentages that are commonly used
  - These are Sets & Reps that I often use or see other coaches' use, but you can build your own Sets & Reps to fit your way of programming.
  - You can also rearrange the sets & Reps so that the ones you use most are at the top (leave the top row blank so that the drop down list always starts at the top)
- You may rename or change any set/rep and percentage scheme OR
- In rows 281-500 you may add any set/rep and percentage scheme of your choice

### Adding A Set/Rep/Percentage Scheme

- In column B manually enter a set/rep/percentage scheme name of your choice
- In column C enter the number of sets you want associated with this set/rep/percentage scheme
- In column D enter a load percentage you want associated with this set/rep/percentage scheme
- In column E enter a load percentage you want associated with this set/rep/percentage scheme  
**NOTE: By providing two percentages, the program will provide a load range to work within instead of just one set load.**
- In column F enter the number of reps you want associated with this scheme



- Your new scheme will automatically be added to a drop down list in the Workout Builder that we will view later in this tutorial

## Notes

- Click on the Notes tab at the bottom
- Here you can view over 80 pre-programmed notes that you can use to help explain how to perform the exercises to the athlete
- You may change or add any notes in column A by manually typing in any cell in column A
- The new “Notes” you enter will automatically be added to a drop down list in the Workout Builder
- You are also able to manually type in notes on the Workout Builder sheets

## Workout Builder

**NOTE: I have provided three different layouts to choose from: PCSP, French Contrast, and W.O. THE BUILDER AND PRINT SHEETS ARE LINKED TOGETHER.** The builder sheet is where you create your workout and the corresponding print sheet is where you will select your athletes and print their sheets. To add more sheets you need to select the layout you want to use and then holding the Ctrl button click on both the builder and print sheets. Next right click to bring up a menu with the choice to move or copy... Select move or copy and a new menu will pop up, make sure you check the box at the bottom that says create a copy and then select the sheet in front of which you want your new sheets to be placed in your workbook. Hit OK and then you will see a bunch of pop ups, click yes for all of them so that the formulas will transfer and your new sheets will be created. Once your new sheets are created, click the new print sheet to make sure the athletes list is available.

- Click the Builder tab of the layout you would like to use  
**NOTE: This is where you will create your workouts by choosing the exercise categories (Group), set/rep/percentage schemes (Sets & Reps), exercises, and notes from the drop down lists on the right of each cell.**
- You can change Group and Sets & Reps to a heading of your choice by typing in cells C11 and D11
- Select your Group of exercises from the drop down list on the right, these are the categories seen in the Exercises Worksheet
- Select your set/rep/percentage scheme (Sets & Reps) from the drop down list on the right, these are the schemes seen in the Sets & Reps Worksheet
- Select an exercise from the drop down list on the right, these are the exercises seen in the Exercise Worksheet  
**NOTE: As you create your workout, the spreadsheet automatically fills in the corresponding cells.**
- Select any notes you would like your athletes to pay attention to during a specific exercise from the drop down list on the right, these are the notes seen in the Notes Worksheet
- Continue designing your workout by adding different Groups, Sets & Reps, Exercises, and Notes to the Builder Worksheet
- You can change the heading in cell E10, S10 and AG10 to a specific day or any heading of your choice



- You can change the dates in cell G10, M10, U10, AA10, AI10, and AO10 by changing the date in cell D1

**NOTE: I recommend that you do not change other headings in the Worksheet except those specified to ensure the program works properly.**

**NOTE: In the Builder Worksheet you do not specify an athlete, the athlete will be selected in the Print Worksheet. Also notice that as you fill in the Group, Sets & Reps and Exercises you will see the Reps and Sets fill in automatically. When you choose an athlete in the Print Worksheet the Loads and % Intensity will automatically fill in for the chosen athlete. All Groups, Sets & Reps, Exercises and Notes you add in the other Worksheets are automatically added to the drop down lists seen here in the Builder.**

## Workout Print

- Click the Print tab corresponding to the builder you just built your workout in
- Notice that all of the exercises are hyperlinked to videos  
**Note if you add your own exercise to the Exercise Sheet it will appear to be hyperlinked on the Print Sheet but may not bring up a video because it may not be an exercise we made a video of. The Formula auto hyperlinks every exercise chosen whether there is a video or not. We tried to supply as many videos as possible.**
- Notice the Print preview, quick print, batch print and name list in column A
- Click Print Preview to view the Format you will be printing in
- Here you choose from the list in column A an athlete of your choice
- Notice how the Jersey Number and Max Lifts automatically fill in across the top based on the athlete chosen
- Notice that based on the athlete selected, the % intensity automatically fills into cell B10, P10 and AD10 and the loads are automatically calculated and filled in
- The numbers in column B, P and AD come from the Estimated Max Values and the % intensity on the Athletes Sheet and will adjust based on the exercise and % intensity of the athlete chosen  
**NOTE: If you selected an exercise that is not listed on the Athletes Sheet, the loads will be left blank. This is because not all exercises need or have max estimation formulas.**
- Now print the workout for your athlete  
**NOTE: If you are emailing workouts to your athletes instead of printing off workouts, you will need to click file, save as. When the "Save As" window pops up you will need to select pdf from the "Save As Type" drop down list that is located below the "File Name" box. Once the file is saved as a pdf, you can add it as an attachment to an email and send it to the athlete. Saving the file as a pdf removes the hyperlinks because adobe doesn't read formulas as hyperlinks.**
- Change the athlete and the Worksheet will automatically adjust to your new athlete's specifications
- To print a large number of workout sheets at once click the Batch Print button.
- You will get a pop up window with a list of all your athletes on the left
- Click the athletes names you want to print and click add (or you can double click the name) when you have all your athletes selected click print program.
- Save the Workbook



### How to Read your Sheet

Here you will see how many sets of each exercise you are to perform during the workout. Here an athlete will perform 4 work sets of the back squat, 4 sets of the hurdle hop and 4 sets of the 1/2 Squat Jump.

100%	Day 1	Week 1			Week 2	
		Sets	Load		Reps	Notes
100	Back Squat	1,1	50	65	5,3	warm up
		1	80	80	1	warm up
		4	80	85	4	3:0:0:0:0:0
	pair w/					
	Hurdle Hop	4			3	distance
	pair w/					
	1/2 Squat Jump	4			3	height

Here you will find how many reps you should complete during each set of an exercise. This may also be a T for time and you will need to look to the Notes section to see the specified time. Or it will have a number followed by the letter s (7s) which will mean you perform the exercise for 7 seconds.

100%	Day 1	Week 1			Week 2	
		Sets	Load		Reps	Notes
100	Back Squat	1,1	50	65	5,3	warm up
		1	80	80	1	warm up
		4	80	85	4	3:0:0:0:0:0
	pair w/					
	Hurdle Hop	4			3	distance
	pair w/					
	1/2 Squat Jump	4			3	height



Here you will find the weight that the athlete should be using while performing each exercise. The loads are specific to each athlete. Some exercises won't have a value in the load column because they are intended to be performed without weight or you may use whatever weight you would like.

100%	Day 1	Week 1		Week 2		
		Sets	Load	Reps	Notes	
100	Back Squat	1,1	50	65	5,3	warm up
		1	80	80	1	warm up
		4	80	85	4	3:0:0:0:0:0
	pair w/					
	Hurdle Hop	4			3	distance
	pair w/					
	1/2 Squat Jump	4			3	height

Here you will see any additional information you need to know for the exercise you are performing. This may be a tempo, what the objective is, or if you should use bands or chains.

100%	Day 1	Week 1		Week 2		
		Sets	Load	Reps	Notes	
100	Back Squat	1,1	50	65	5,3	warm up
		1	80	80	1	warm up
		4	80	85	4	3:0:0:0:0:0
	pair w/					
	Hurdle Hop	4			3	distance
	pair w/					
	1/2 Squat Jump	4			3	height





Perform each exercise in a block, each block of exercises is outlined by a larger than normal line. For the workout below, you would perform 1 set of Back Squat, 1 set of Chin Ups, 1 set of Close Grip Bench and 1 set of Ball Leg Curls each for 10 seconds with 15 seconds of rest between the exercises. Once you completed a single set of each exercise you would repeat this process 2 more times before moving on to Bench Press

100%	Day 1	Week 1		Week 2	
		Sets	Load	Reps	Notes
100	Back Squat	3	120	120	10s
	pair w/				Rest :15
	Chin Up	3			10s
	pair w/				Rest :15
80	Close Grip Bench	3	95	95	10s
	pair w/				Rest :15
	Ball Leg Curl	3			10s
100	Bench Press	1	65	65	30s
	pair w/				Rest :15

From the workout below you would complete 1 warm up set of back squat for 5 reps at 50lbs, 1 warm up set of back squat for 3 reps at 65lbs, 1 warm up set of back squat at 80-85lbs. Then you would perform 1 set of back squat for 4 reps at 80-85lbs with a 3 sec tempo. Right after that you would perform 3 reps of hurdle hops for distance followed by 3 reps of 1/2 squat jumps for height. Repeat this until you have completed all of the sets listed. For this example you would need to perform 3 warm up sets and 4 working sets.

100%	Day 1	Week 1		Week 2		
		Sets	Load	Reps	Notes	
100	Back Squat	1,1	50	65	5,3	warm up
		1	80	80	1	warm up
		4	80	85	4	3:0:0:0:0:0
	pair w/					
	Hurdle Hop	4			3	distance
	pair w/					
	1/2 Squat Jump	4			3	height