

***The advanced formulas in the workbook only work in Excel 2007 or greater**

Max Calculator and Rep Sheet

- Click the Max Calculator Tab (bottom left)
- Enter the weight lifted by the athlete in cell A5
- Enter the number of reps performance in cell A8
- The estimated 1RM will appear in cell E5

Max Sheet Worksheet

- Click on Max Sheet tab (bottom left)
- In cell B7 type your name (this should be right under the name Tad)
- In cell C7 enter a jersey number
- Enter your lift maxes in the corresponding yellow highlighted boxes (cells G7,H7, and I7)
- This will automatically calculate and fill in your estimated max for all other exercises listed on this sheet
- In cells D7, E7, F7 enter 100% unless you have an injured athlete or special circumstance where you would want your athlete training at less than 100%, this percentage is referred to as a Neuro Rating

NOTE: The Neuro Rating is the percent effort at which you want your athlete to train. For injured athletes or special circumstances you can dictate a Neuro Rating less than 100% and the program will automatically calculate and adjust that specific athletes workout to your specified percentage. This allows a quick way to decrease the intensity of the full workout without manually changing set/rep percentages. Please refer to Mike throughout this tutorial for comparison, as he is at a lowered Neuro Rating than the other athletes listed on the Max Sheet.

Exercises Worksheet

- Click on the Exercises tab at the bottom
- Here you can view a small sample of exercises by category, the full version will provide you with over 100 exercises
- In cell F11 enter a chest exercise of your choice
- Your new exercise will automatically be added to a drop down list in the Workout Builder that we will view later in this tutorial

LineSystem

- Click on the LineSystem tab at the bottom
- In cell B4 enter a set/rep and percentage scheme name of your choice
- In cell C4 enter the number of reps for your scheme
- In cell D4 enter a load percentage you want associated with this sets/reps scheme
- In cell E4 enter a load percentage you want associated with this sets/reps scheme
- **NOTE: By providing two percentages, the program will provide a load range to work within instead of just one set load.**
- In cell F4 enter the number of sets 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
- In column A you can enter any extra notes you would like the athlete to pay attention to while performing a specific exercise
- In cell A1 type “No Rest”
- This new “Note” will automatically be added to a drop down list in the Workout Builder

Builder Template

- Click the Builder Template tab at the bottom
NOTE: This is your Workout Builder Sheet where you will choose your exercise categories, set/rep schemes, and exercises from the drop down lists. The options available are limited for tutorial purposes.
- Click in cell B12 and select “chest” from the drop down list on the right under Class (Classes are those categories seen previously on the Exercise Worksheet)
- **NOTE: You may change Class to a heading of your choice by typing in cell B11**
- Click in cell C12 and select from the drop down list on the right the scheme you created earlier in the LineSystem Worksheet (Cycles are the set/rep percentage schemes seen previously in the LineSystem Worksheet)
NOTE: You may change Cycle 1 to a heading of your choice by typing in cell C11
- Click in cell D12 and select the exercise from the drop down list on the right you added in the Exercise Worksheet (Exercises are those listed under each Class (category) seen on the Exercise Worksheet earlier)
- Click in cell M12 and add from the drop down list on the right “No Rest” which you added earlier to the Notes Worksheet
- Continue playing with the Builder by adding different Classes, Cycles, Exercises, and Notes to the Builder Worksheet
- Click in cell D10, you can change the Heading to a specific date or any heading of your choice
- Click in cell F10, you can change the Heading to a different week number, date range or any heading of your choice
- Click in cell L10, you can change the Heading to a different week number, date range or any heading of your choice
- L4 will have your team name locked in when you order the full version
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 Class, Cycle, and Exercises you will see the Reps and Sets fill in automatically. When you choose an athlete in the Print Worksheet the Loads and Neuro Ratings will automatically fill in for the chosen athlete. All Classes, Cycles, Exercises and Notes you add in the other Worksheets are automatically added to the drop down lists seen here in the Builder. However, Days, Weeks, and Heading can only be changed manually in the Builder.

Print Template

- Click the Print Template tab at the bottom
- Here you are viewing the Format you will be printing in
- Notice how columns A and B are now hidden and the Exercises, Set/Rep Percentage Schemes, and Notes you chose in the Builder appear here

- Click in cell E1, choose from the drop down list on the right 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 Neuro Rating automatically fills into cell C10 and the loads are automatically calculated and filled in
 - The numbers in column C come from the Estimated Max Values and the Neuro Rating Percentage on the Max Sheet and will adjust based on the exercise and Neuro Rating of the athlete chosen
- NOTE: If you selected an exercise that is not listed on the Max Sheet, the loads will be left blank. This is because not all exercises have max estimation formulas.**
- Click in cell E1 and choose and change the athlete to Mike
 - Notice that Mike's Neuro Rating (cell C11) is 50% instead of 100% and his load intensity is automatically calculated and adjusted to 50% of his max

Special Notes

- If you put in your own maxes on the max sheet in cells that are not filled in yellow it will delete the formula used for estimations
- The equations that calculate maxes are what we find to work with our athletes. In the full version you can adjust the equations to fit what you think works best with your athletes. If you believe the Deadlift equations is too light for you athletes you can adjust it by clicking cell O4 and changing 1.2 in the formula bar to 1.4 or whatever you believe to be a better ratio for your athletes. Just make sure to copy the equation all the way down the max sheet
- The full version of the Strength Program Developer will come with room for you to enter in 300 athletes and their maxes
- We will supply you with over 300 exercises, many of which are hyperlinked to videos of the exercise plus the ability for you to add more exercise
- We will supply you with 300+ sets/reps/percentage schemes plus the ability for you to add more
- There will be 100+ notes given to you plus the ability for you to add more
- There will be 10 builder and 10 print sheets in the workbook
- You can print 300 athletes per print sheet