

## 1. Open your Patient's File

- In the Users Tab, click on the patient you want to assign homework.
- If you would like to have them do workouts outside of a sessions with you, enter an email address in the patient folder. If no email address is available, your patient will not receive email notifications. They will still be able to access the workouts if you provide them with their login information.

Language	English
Email	jane.doe@somewhere.co
Folder	/
Access rights	Patient

## 2. Choose Exercises

- In the "Exercises" tab, you can choose which exercises are available to this patient, and which ones will be included in their homework.
- Just turn ON  any exercise that you want your patient to work on.

## 3. Activate and Configure Workouts

- In the "Workouts" tab. Turn ON **"Generate Workouts"**.
- Choose the days you want your patient to have new workouts available.
- Then choose the duration of the session.  
(The sessions will automatically stop when this duration is reached. Regardless of how many exercises they may or may not have completed.)
- You can also optionally change the number of times each exercise is repeated.
- Click "Save"  Save

User information
Exercises
Workouts
Results
Notes
Messages

### Settings

Generate workouts

Training days

Monday
  Tuesday
  Wednesday
  Thursday
  Friday
  Saturday
  Sunday

[Select all](#)
[Unselect all](#)

Workout duration

10 25 40 55 70 85 100 115

Workout time

Time:

Active timezone: New York

Number of repetitions for each exercise

1 2 3 4 5

jane.doe@somewhere.co will receive an email reminder each day workouts are scheduled.

Save

### Scheduled Exercises

... Automatic Exercise Selection

Manage templates