

Getting Started With

FMS PRO 360

For Clients

What this covers

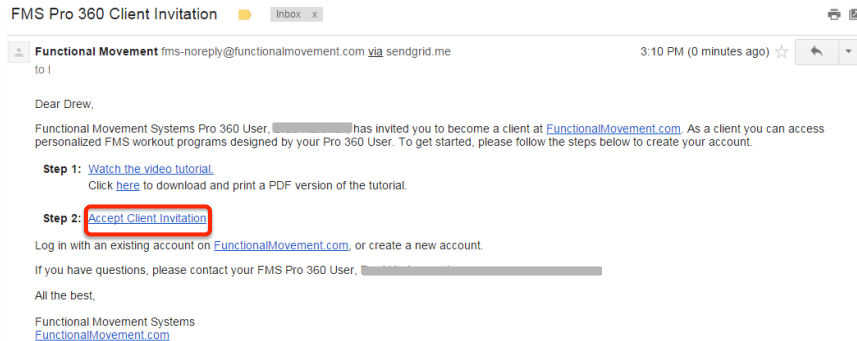
This tutorial will take you through the process of using FMS Pro 360 as a client, from receiving the initial invitation email to accessing your workouts and screen results.



FunctionalMovement.com

Initial Email

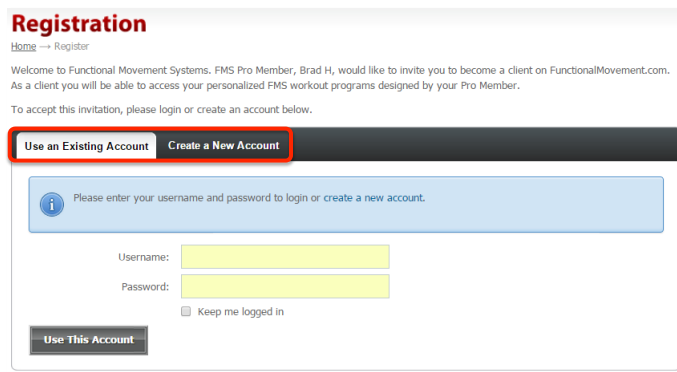
In the client invitation email, click on Accept Client Invitation.



FunctionalMovement.com

Registration

When you accept the invitation, you can Use an Existing Account or Create a New Account.



FunctionalMovement.com

Finding Your Workouts

The Upcoming Workouts page will be displayed once you log in from the invitation.

Upcoming Workouts
Home → Workout Program → Workouts

Workouts | Calendar | Screen Findings

Workout Schedule ◀ Week ▶ 02/05/2015

| Date | Workout Name | Details | Action |
|------------------|--------------|--|--------|
| TODAY 02/05/2015 | Workout A | 4 Exercises, Duration: 22 mins, 24 seconds | |
| 02/06/2015 | Workout A | 4 Exercises, Duration: 22 mins, 24 seconds | |



FunctionalMovement.com

Future Access

Once you've created an account and accepted the invitation, you can Log in, then scroll over My Account, then select the option for My Workouts.

FIND CERTIFIED MEMBERS | CERTIFIED MEMBER FORUM | ONLINE STORE | **MY FMS**

» Home Study Course » My Workouts ← My Account

FMS PRO 360



FunctionalMovement.com

Viewing a Workout

Select the eye icon to view your upcoming workout.

Upcoming Workouts
Home → Workout Program → Workouts

Workouts | Calendar | Screen Findings

Workout Schedule < Week > 02/05/2015

| Date | Workout Name | Details | Action |
|------------------|--------------|--|--------|
| TODAY 02/05/2015 | Workout A | 4 Exercises, Duration: 22 mins, 24 seconds | |
| 02/06/2015 | Workout A | 4 Exercises, Duration: 22 mins, 24 seconds | |



FunctionalMovement.com

Calendar View

Workouts can also be accessed under the calendar tab.

Workout Calendar
Home → Workout Program → Calendar

Workouts | **Calendar** | Screen Findings

February 2015 < > today

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|----------------|-----------------|-----------------|-----------------|-----------------|----------------|
| | 1 | 2 | 3 | 4 | 5 Workout A | 6 Workout A |
| 8 | 9 Workout A | 10 Workout A | 11 Workout A | 12 Workout A | 13 Workout A | 14 |



FunctionalMovement.com

Viewing a Workout

Use the printer icon to view a PDF and/or print your workout.

Workout
 Home → Workout Program → Workout

Workouts | Calendar | Screen Findings

Workout A
 Pro: Brad H | 4 Exercises | Duration: 22 mins, 24 seconds

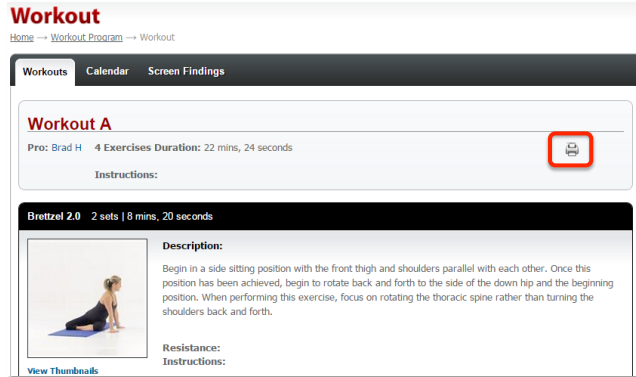
Instructions:

Brettzel 2.0 | 2 sets | 8 mins, 20 seconds

Description:
 Begin in a side sitting position with the front thigh and shoulders parallel with each other. Once this position has been achieved, begin to rotate back and forth to the side of the down hip and the beginning position. When performing this exercise, focus on rotating the thoracic spine rather than turning the shoulders back and forth.

Resistance:
Instructions:

[View Thumbnails](#)




FunctionalMovement.com



Printing a Workout

Once the PDF opens, use the Print function of your computer to proceed with printing.

FMS Provided by *FunctionalMovement.com*

Workout A
 4 Exercises, Duration: 22 mins, 24 seconds

Brettzel 2.0 | 2 sets | 8 mins, 20 seconds

1  2 

Description:
 Begin in a side sitting position with the front thigh and shoulders parallel with each other. Once this position has been achieved, begin to rotate back and forth to the side of the down hip and the beginning position. When performing this exercise, focus on rotating the thoracic spine rather than turning the shoulders back and forth.

| Resistance | Instructions | Set | Reps | Sec/Rep | Sec/Rest |
|------------|--------------|-----|------|---------|----------|
| | | 1 | 2 | 60 | 10 |
| | | 2 | 2 | 60 | 10 |





FunctionalMovement.com

Screen Results

Select the Screen Findings tab to view your screens and results.

Screens
Home → Workout Program → Screens

Workouts Calendar **Screen Findings**

| # | Created | Modified On | Pro | FMS Score | Action |
|---|----------------------|----------------------|--------------|-----------|---|
| | | | | | |
| | 02/06/15 02:55:21 PM | 02/06/15 02:55:20 PM | Brad Hartman | 17 |  |

First Prev Page: 1 of 1 Next Last Records per page: 10

[Create Filter](#)




FunctionalMovement.com

Screen Results

Select the Printer Icon to view your Screen results as a PDF.

Screens
Home → Workout Program → Screens

Workouts Calendar **Screen Findings**

| # | Created | Modified On | Pro | FMS Score | Action |
|---|----------------------|----------------------|--------------|-----------|---|
| | | | | | |
| | 02/06/15 02:55:21 PM | 02/06/15 02:55:20 PM | Brad Hartman | 17 |  |

First Prev Page: 1 of 1 Next Last Records per page: 10

[Create Filter](#)



FunctionalMovement.com

Screen Results

Once the PDF opens, use the Print function of your computer to proceed with printing.

FMS Provided by **FunctionalMovement.com**

FUNCTIONAL MOVEMENT SCREEN SCORE SHEET

FMS Certified Member: Brad Hartman Client: Drew Hartman Screen Date: 02/06/15 2:55 PM Current Score: 17 Previous Score: N/A

| TEST | RAW SCORE | FINAL SCORE | COMMENTS |
|---------------------------|-----------|-------------|----------|
| DEEP SQUAT | 2 | 2 | |
| HURDLE STEP | L 3 | 3 | |
| | R 3 | | |
| INLINE LUNGE | L 3 | 3 | |
| | R 3 | | |
| SHOULDER MOBILITY | L 2 | 2 | |
| | R 3 | | |
| IMPINGEMENT CLEARING TEST | L +/- | | |
| | R - | | |
| | +/- | | |



FunctionalMovement.com

If you have further questions,
please contact us at
info@FunctionalMovement.com



FunctionalMovement.com