

Turbo *F.A.S.T.*

Fundamental and Advanced Strength Technologies

Basic Workout Software 1.0
for Microsoft® Excel 2003

Instruction Manual

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Welcome to Turbo F.A.S.T. Performance Planning Systems!

Warm Up:

1. Place the Turbo CD in your computer's CD-ROM drive.
2. Start your Microsoft® Excel Program.
3. Turbo uses macros, so your security system needs to allow them. Let's set your Excel security system to "Medium":
 - Click "Tools" from the top menu bar
 - Choose Macro
 - Click Security and click "Medium" so that you can properly print your programs.
4. At the top left corner of your screen, click File and then choose Open.
 - Excel usually defaults to the "My Documents" folder. Your Turbo program is located on the CD-ROM. To find the CD-ROM drive:
 - i. Click the arrow on the drop-down box at the top of the box that popped up when you clicked File-Open.
 - ii. Choose the drive associated with your CD-ROM. It is usually, but not necessarily, denoted by the letters D or E.
5. When you find the CD-Rom drive, left-click on the CD-Rom drive letter. This will show you the Turbo file that is on the disk.
6. Double click the file labeled "Turbo_Basic_Planner".
7. Click "Enable Macros" if it shows up on your screen.

When you first open the file, you will be on the **Workout Design** page.

Important Things to Remember

1. **Pale Yellow Highlighted Cells**
When you are working with any aspect of the program, the cells with a pale yellow background are the cells where you can enter data.
2. **Bright Yellow Highlighted Cells**
Cells with a bright yellow background color are those containing a formula that may be copied. You will find these on the "W" spreadsheet as you design daily workouts.
3. **Cells with no background color**
3. These are protected cells. If you try to access or copy these cells, a message box will appear letting you know that "*the cell or chart that you are trying to change is protected and therefore read-only.*"
4. **To copy data** from pale yellow or bright yellow cells from one area to another, use the Copy and Paste method. **DO NOT** use Cut function.
5. **Saving your program** - Periodically saving your program as you work minimizes any data loss that can occur with an unexpected power loss or power surge.
 - a. At the top left corner of the program, click "File" and then choose "Save As"
 - b. Type a file name for your workout. Some examples of a name might be:
 - O_Line_Week1
 - Jenny_Weight_Loss_W1
 - Volleyball_OffSeason_Wk1
 - Joe_ACL_Rehab_W1
 - Football_OffSeason_2006_Week_1

You can name your files to be whatever you like. Once you have a new file name, you can quickly re-save that particular updated file by choosing (File – Save) or hitting Ctrl-s on your keyboard. **Be Careful!** *Using File – Save automatically overwrites the file. If you are editing a file and want to save it as a different name, then use File - Save As.*

To save a new workout file for the following weeks, use the File – Save As method and change the file name. To use the examples from above to save as the second week, we come up with:

- O_Line_Week2
- Jenny_Weight_Loss_W2
- Volleyball_OffSeason_Wk2
- Joe_ACL_Rehab_W2
- Football_OffSeason_2006_Week_2

A note about Microsoft Excel workbooks

Turbo *F.A.S.T.* Basic Workout program is composed of two individual "spreadsheets". Each spreadsheet is labeled by what looks like a folder tab at the bottom of the screen. Each tab has an abbreviated label to give you an idea about what information is contained in that sheet.

W = Workout design

Printout = Printout and data page (1 RM, core exercise abbreviations)

Each individual spreadsheet is made up of thousands of cells that contain data. You will notice at the top of the screen that the columns are labeled alphabetically going left to right. The rows are numbered numerically from top to bottom. This allows each individual cell to have its own "address". So, if you are asked to look in cell C-27, then you would find the "C" column, and then go down the C column until you get to the 27th row. Simple!

The Cursor Box is what is how the spreadsheet lets you know where you are. If the cursor box is on cell C-3, then that cell will be outlined to let you know that you are working with that cell.



Now, let's get started!

Designing Workouts (Sheet W)

When you open the Turbo_Basic_1.0 file, it defaults you to the "W" spreadsheet tab. This is where you actually design a 1-day, 2-day, 3-day, or 4-day workout schedule.

Turbo F.A.S.T., LLC										DATE: 1/2/06		Comments	
Go Down to Design Area		PC	SQ	LP	BP	IP							
		110	380	600	280	220							
Monday		Vol =	144	Av Vol =	6.86								
Speed Work Outside													
40 yard sled drags													
Step Up													
Step Up													
Bench Press													
DB Incline													
Tricep Press													
Med Ball													
Tuesday		Vol =	136	Av Vol =	6.66								
Power Clean													
RDL's													
Split Squat Alternate DB Press													
Reverse Grip Lat Pull													
Towel Chin Ups													
Pole Vaulters Core #1													
Thursday		Vol =	240	Av Vol =	10.00								
HSN-OHSQ													
Squat													
Box Jump (Step Down)													
Incline Press		125 - 140	x 10 / 1	170 - 180	x 8 / 1	180 - 195	x 5 / 1						
		205 - 220	x 5 / 3										
DB Bench Press													
Pull-Over 21's													
Friday		Vol =	240	Av Vol =	10.00								
Work Cap Complex 1		Set #1		Set #2		Set #3							
Squat - Push Press													
Upright Row													
Step Up		each leg											
Bent Row's													
O.H. Split Squat		each leg											
Curl and Press													
Body Wt Squat Jumps													
Pull Ups (max or 10)													
Med Ball Ladder #1		8 kg - 12 kg	x 10 / 1										

What you see at the top of this page is the actual printout that the athlete will receive for the week. The athlete's name and 1 rep max data are being read from the "Printout" spreadsheet. If you want to manually change any 1RM to analyze your workout percentages with a familiar 1 RM, then go to the "Printout" spreadsheet and change it at the top of that page on row 4. It is obvious that you cannot change them here on the "W" sheet because the numbers in these cells do not have a pale yellow background.

At the top of this page you need to enter:

1. Date (Cell Q-1)
2. Days of the week (Cells A-6, A-22, A-38, and A-54)
 - > You enter any name for each workout:
 - o Workout #1
 - o Cardio 1
 - o Circuit Training 1
3. Coach's Comments (Scroll right to Column W)
 - > Enter anything you like! The only rule here is that you keep the characters from extending past the boundaries of the comment section. If not, your comments will be cut off when you print the workout.

Comments

Get whole foot on the box!

****Rate the Workout****

1 - Easy
2 - Fairly tough. Worked up a sweat.
3 - Tough. I expect some soreness.
4 - Brutal. You thrashed me.

Squeeze the bar off the floor.
Scrape...not bounce

RDL's

- Knees straight/stiff, but not locked
- Keep back flat
- Keep bar close to legs as you descend

****Rate the Workout****

1 - Easy
2 - Fairly tough. Worked up a sweat.
3 - Tough. I expect some soreness.
4 - Brutal. You thrashed me.

Squat - Control descent...Stay tight

Be kind to the Dumbbells!

****Rate the Workout****

1 - Easy
2 - Fairly tough. Worked up a sweat.
3 - Tough. I expect some soreness.
4 - Brutal. You thrashed me.

2 minute Rest between sets

****Rate the Workout****

1 - Easy
2 - Fairly tough. Worked up a sweat.
3 - Tough. I expect some soreness.
4 - Brutal. You thrashed me.

Writing Daily Order of Exercise

At the top of the "W" spreadsheet, click the "Go Down to Design Area" button. It will take you down the spreadsheet to the Monday (or 1st workout of the week) design area. On row 74 you see "Monday". This is read from the top of sheet "W" where it is entered in cell A-6.

Home		Monday									
Speed Work Outside											
40 yard sled tows											
Step Ups	35.0%	40.0%		50.0%	54.0%			54.0%	58.0%		
Step Up Jumps											
Bench Press	45.0%	50.0%		60.0%	65.0%			70.0%	74.0%		
	74.0%	78.8%									
DB Incline											
Tricep Push Down											
Med Ball Circuit #1											
Speed Work Outside											
40 yard sled tows		25 lbs	x	8 / 1							
Step Ups	65 -	75 x	5 / 1	95 -	105 x	5 / 2					
Step Up Jumps		BW	x	5 / 2	Each	Leg					
Bench Press	170 -	190 x	10 / 1	230 -	245 x	8 / 1	265 -	280 x	5 / 1		
	205 -	220 x	5 / 3								
DB Incline			x	10 / 1							
Tricep Push Down			x	10 / 1							
Med Ball Circuit #1											
VCL =		144	AV =		6.86						

Enter percentages to correspond with appropriate exercise below.

74.0% produces 280 lbs for the Bench Press in this example.

Do not enter anything in the bright yellow cells. They are reading what you enter below in column A for your exercise order.

Lift	1RM	Adj %	Adj 1 RM	Round
pc	110.0	100%	110	2.5
pc	110.0	100%	110	2.5
SQ	380.0	50%	190	5
Sq	380.0	50%	190	5
SQ	380.0	100%	380	5
SQ	380.0	100%	380	5
SQ	380.0	100%	380	5
BP	280.0	100%	280	5
IP	220.0	70%	154	10
IP	220.0	70%	154	10
BP	280.0	100%	280	5
BP	280.0	100%	280	5
BP	280.0	100%	280	5
BP	280.0	100%	280	5

Enter the name of the exercises in cells A-87 through A-100.

Enter the abbreviation for a core exercise that you like to use in calculating weight amounts from percentages. The abbreviation here corresponds with the exercise to be done on that particular row. For example, pc (Power Clean) is entered right now in cell W-87. If you change to another abbreviation, the program will automatically read the correct 1 RM that corresponds with that exercise. You know that because the cells in this column do not have a pale yellow background. If the word "Syntax" shows up in this cell, then the abbreviation entered does not match anything in cells D-91, I-91, M-91, P-91, and R-91 on the Printout spreadsheet. Abbreviations are **NOT** case sensitive.

NOTE: The master data entry cells for core exercise abbreviations are on the "Printout" spreadsheet. You can define any abbreviation you want by clicking on the "Printout" spreadsheet tab and going down to cells D-91, I-91, M-91, P-91, and R-91.

Blanks, Percents for 1RM, Adjusted 1 RM, and Rounding the 1 RM

Home	Monday											
Speed Work Outside												
40 yard sled tows												
Step Ups	35.0%	40.0%										
Step Up Jumps												
Bench Press	45.0%	50.0%										
DB Incline	74.0%	78.8%										
Tricep Push Down												
Med Ball Circuit #1												
Speed Work Outside												
40 yard sled tows			25 lbs	x	8 /	1						
Step Ups	65 -	75 x	5 /	1	95 -	105 x	5 /	2				
Step Up Jumps		BW	x	5 /	2	Each	Leg					
Bench Press	170 -	190 x	10 /	1	230 -	245 x	8 /	1	265 -	280 x	5 /	1
DB Incline	205 -	220 x	5 /	3								
Tricep Push Down			x	10 /	1							
Med Ball Circuit #1												
<p>VOL = 144 AV = 6.86</p>												

Enter the adjusted percentage (Adj %) in column Y. In this column, you can "adjust" a 1 RM to use for different exercises if you so choose. For example, you can use 70% of the IP (Incline Press) 1 RM to calculate weight amounts for a Front Lat Pull. The program automatically calculates the Adjusted 1 RM (Adj 1 RM) in column Z.

Lift	1RM	Adj %	Adj 1 RM	Round
pc	110.0	100%	110	2.5
pc	110.0	100%	110	2.5
SQ	380.0	50%	190	5
Sq	380.0	50%	190	5
SQ	380.0	100%	380	5
SQ	380.0	100%	380	5
SQ	380.0	100%	380	5
BP	280.0	100%	280	5
IP	220.0	70%	154	10
IP	220.0	70%	154	10
BP	280.0	100%	280	5
BP	280.0	100%	280	5
BP	280.0	100%	280	5
BP	280.0	100%	280	5

Reps, and **Sets**

1. Enter reps in the appropriate columns (Columns E, M, and R).
2. Enter sets in the appropriate columns (Columns H, O, and V).

The daily volume and average volume will calculate automatically for you and are displayed at the bottom of each day (row 103 for Monday).

Enter **Blanks** or **Formulas**

To create a blank for clients or athletes to enter data when not using percentages (columns D, K, and R):

1. Delete the formulas that need to be deleted. Don't worry. You can paste formulas back at any time from any other cell that contains a formula. *If you delete all formulas and then want to start using them again, you can copy and paste the "spare formulas" that are provided for you in cells B-202 through D-202.*
2. Enter ____ (underscore key for 4 times). You now have a blank!

To enter a formula range that uses percentages of a 1 RM

1. Go to a cell range that already has a formula (or go down to cell B-202 through D-202)
2. Copy the 3 cells if you want to use a percentage range for your athletes. If you do not want to use a range, then copy only the formula from cell D202.
3. Paste the formula in the target cell. If the formula does not produce a number, don't panic. This means you just need to enter a corresponding percentage for the formula to use. For example, the formula in cell B-87 reads from the percentage entered in cell B-75

In column AA, you tell the program how you want to round the weight amounts or times. For example, this coach is using 2.5 for kilograms, 5 for plates, or 10 for selectorized machines. Any number (1 or above) will do. It's your choice!

Copying Daily Workouts

You can copy an entire day's data to another day (you will notice that all of the main cells on each day are either pale yellow (data entry or calculation formulas) or bright yellow ("read" formulas) that can be copied and pasted. For example, to copy Monday's workout down to Thursday:

1. Left-Click your mouse on cell A-75.
2. While keeping the left button depressed, drag the mouse down and to the right until you have highlighted the whole area down and over to cell AA-100.
3. Right-Click on the highlighted area and choose Copy.
4. Scroll down to the Thursday section.
5. Right-click on cell A-139 and choose Paste. **Done!**

Enter Athlete Data and Print Daily Workouts (Sheet Printout)

Enter **abbreviations** for core exercises. When you enter it here, the whole program recognizes it. These are only limited by your imagination.

NAME	POS	PC	SQ	LP	BP	IP
SAMPLE	Coach	100.0	100.0	100.0	100.0	100.0
John Monster	OL	150.0	530.0	800.0	400.0	335.0

1. Click the "Printout" spreadsheet tab
2. Click the "Go to Data/Print Section"
3. Enter the athlete/client names in Column A
4. Enter the 1 RM (one rep maximum) for each core exercise in the appropriate columns.
 - Remember that you can customize these core exercise abbreviations to fit your needs. Some other creative examples of measured 1 RM include:
 - HR = Heart Rate Max
 - Give your client a specific target heart rate range from their max heart rate.
 - 40 = 40 yard dash time
 - Project goal 100 yard tempo strides based on 40 times.
 - M = Mile Time
 - Prescribe pace times based on this number

Printing Workouts

1. Enter the number of programs to print in cell B-82. Be sure to place the cursor box only on the name of the first athlete to print. Do NOT highlight the whole row of data for the athlete.
2. Click the "Print Programs" Button or hit <Ctrl-g> on the keyboard. The program will automatically individualize and print all of the programs for you.

FAQ's

1. The program defaults to a 4-day workout system. How do I print a 1 day, 2-day, or 3-day program?

You can easily print 1, 2, 3 or 4 day formats. Let's use a 3-day printout as an example:

 - a. Delete all information in the pale yellow cells for the 4th day on Spreadsheet W.
 - i. Delete the name of the day in Cell A-54
 - ii. Go down to Cell A-183. Delete all of the data in the pale yellow cells
2. Do my core exercise abbreviations have to be two characters? For example, for Bench Press can I use the abbreviation of "BPr"?
 - a. You can create any abbreviation you like by using letters, numbers, and/or symbols.
 - b. You can use more than 2 or less than 2 characters. "BPr" would work just fine.
 - c. Abbreviations are not case sensitive.
3. What if I only want to use 3 Core Exercises? Can I prevent the other two from showing up on a printout?
 - a. Sure! If you do not enter anything in a core exercise abbreviation cell, it will not show up anywhere in the program

Sample Individualized Weekly Workout Sheet

Turbo F.A.S.T. , LLC

POS: Program

DATE: 1/2/06

Comments

PC 110.0 SQ 380.0 LP 600.0 BP 280.0 IP 220.0

Monday
Speed Work Outside
40 yard sled tows 25 lbs x 8 / 1

Step Ups 65 - 75 x 5 / 1 95 - 105 x 5 / 2
Step Up Jumps BW x 5 / 2 Each Leg

Bench Press 125 - 140 x 10 / 1 170 - 180 x 8 / 1 195 - 205 x 5 / 1
205 - 220 x 5 / 3

DB Incline _____ x 10 / 1 _____ x 8 / 1 _____ x 5 / 3

Tricep Push Down _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 2

Med Ball Circuit #1

Get whole foot on the box!

****Rate the Workout****

- 1 - Easy
- 2 - Fairly tough. Worked up a sweat.
- 3 - Tough. I expect some soreness.
- 4 - Brutal. You thrashed me.

Tuesday
Power Clean Vol = 129 Av Vol = 5.864
50 - 55 x 6 / 1 60 - 65 x 4 / 1 72.5 - 77.5 x 3 / 1
82.5 - 87.5 x 3 / 1 87.5 - 92.5 x 4 / 1 77.5 - 82.5 x 3 / 1
87.5 - 92.5 x 3 / 1

RDL's 85 - 95 x 6 / 1 115 - 125 x 6 / 2

Split Squat Alternate DB _____ x 8 / 1 _____ x 6 / 1 _____ x 5 / 1
Press _____ x 5 / 1 _____ x 5 / 1

Reverse Grip Lat Pull 110 - 125 x 8 / 1 155 - 170 x 8 / 1 155 - 170 x 8 / 2

Towel Chin Ups _____ x 8 / 1 _____ x 8 / 1 _____ x 8 / 1

Pole Vaulter's Core #1

Squeeze the bar off the floor.
Scrape...not bounce

RDL's

- Knees straight/stiff, but not locked
- Keep back flat
- Keep bar close to legs as you descend

****Rate the Workout****

- 1 - Easy
- 2 - Fairly tough. Worked up a sweat.
- 3 - Tough. I expect some soreness.
- 4 - Brutal. You thrashed me.

Thursday
HSN-OHSQ Vol = 194 Av Vol = 7.76
45 - 50 x 4 / 1 55 - 60 x 4 / 1 60 - 65 x 4 / 1

Squat 135 - 150 x 10 / 1 190 - 210 x 8 / 1 230 - 245 x 5 / 1
265 - 285 x 5 / 1 285 - 300 x 5 / 2

Box Jump (Step Down) BW x 5 / 2

Incline Press 100 - 110 x 10 / 1 130 - 145 x 8 / 1 145 - 155 x 5 / 1
165 - 170 x 5 / 3

DB Bench Press _____ x 10 / 1 _____ x 8 / 1 _____ x 5 / 3

Pull-Over 21's _____ x 21 / 1 _____ x 21 / 1 _____ x 21 / 1

Squat - Control descent... Stay tight

Be kind to the Dumbbells!

****Rate the Workout****

- 1 - Easy
- 2 - Fairly tough. Worked up a sweat.
- 3 - Tough. I expect some soreness.
- 4 - Brutal. You thrashed me.

Friday
Work Cap Complex 1 Vol = 240 Av Vol = 10
Set #1 Set #2 Set #3

Squat - Push Press _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Upright Row _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Step Up each leg _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Bent Row's _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

O.H. Split Squat each leg _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Curl and Press _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Body Wt Squat Jumps _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Pull Ups (max or 10) _____ x 10 / 1 _____ x 10 / 1 _____ x 10 / 1

Med Ball Ladder #1 8 kg - 12 kg x 10 / 1

2 minute Rest between sets

****Rate the Workout****

- 1 - Easy
- 2 - Fairly tough. Worked up a sweat.
- 3 - Tough. I expect some soreness.
- 4 - Brutal. You thrashed me.

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Questions?

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