A GUIDE TO USING

APRE IN TEAMBUILDR

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OVERVIEW

Auto-regulated Progressive Resistance (APRE) is a powerful programming practice but can be time-consuming and difficult to implement and track for both coaches and athletes.

This guide will show coaches how to create and program APRE workouts using TeamBuildr to streamline the process of programming, collecting data, and updating athlete weight prescriptions.

On average, coaches save 2.25 hours per week programming APRE with TeamBuildr as opposed to using Excel.

GOALS

1. Programming using APRE in **TeamBuildr**.

2. Creating a feedback loop that will auto-regulate 1RM updates and future load prescriptions.

SPECIFICATIONS

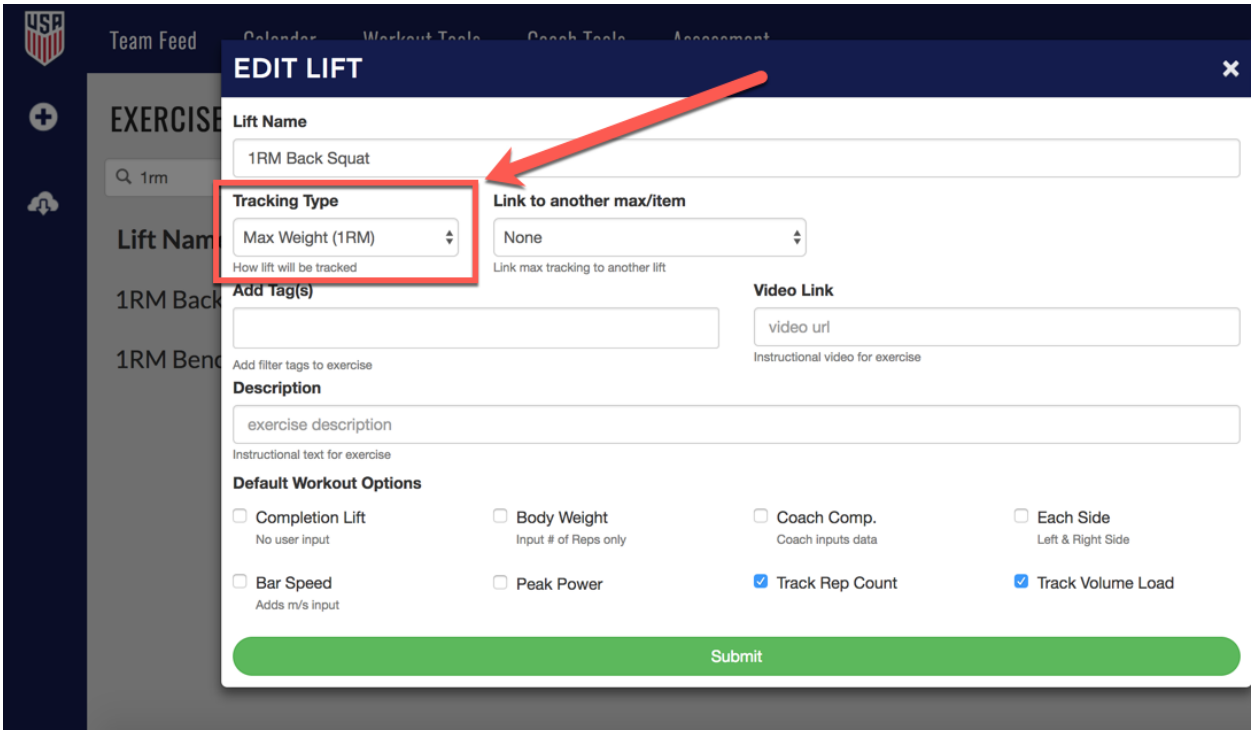
TeamBuildr is a subscription-based software program. Coaches can utilize TeamBuildr to program APRE at the Gold and Platinum level subscriptions. These two subscriptions will provide additional benefits such as allowing up to 500 athlete profiles, free iOS and Android mobile apps, and a Weight Room Tablet app. Plus, it only takes about 2 minutes to set up your APRE program in TeamBuildr.

Click **here** to learn more about TeamBuildr's features.

STEPS TO IMPLEMENTING APRE IN TEAMBUILDR

1. Create two exercises: A parent "1RM" exercise and a "working" exercise.

Go to the "Exercises" database under "Coach Tools" and create two exercises. We'll be programming a back squat APRE plan for these examples. Make sure to distinguish which one is the parent exercise by adding "1RM" in the title (Eg: "1RM Back Squat" and "Back Squat APRE10"). The 1RM exercise will need to be set to track for "Max Weight (1RM)" in the Tracking Type field.



2. Link the exercises together.

You will then take the “working” exercise (Eg: “Back Squat APRE10”) and link it to the parent exercise (Eg: “1RM Back Squat”). To do this, go to “Link to another max/item” when you are creating the working exercise. Set a link percentage such as 70%.

3. Create APRE variations.

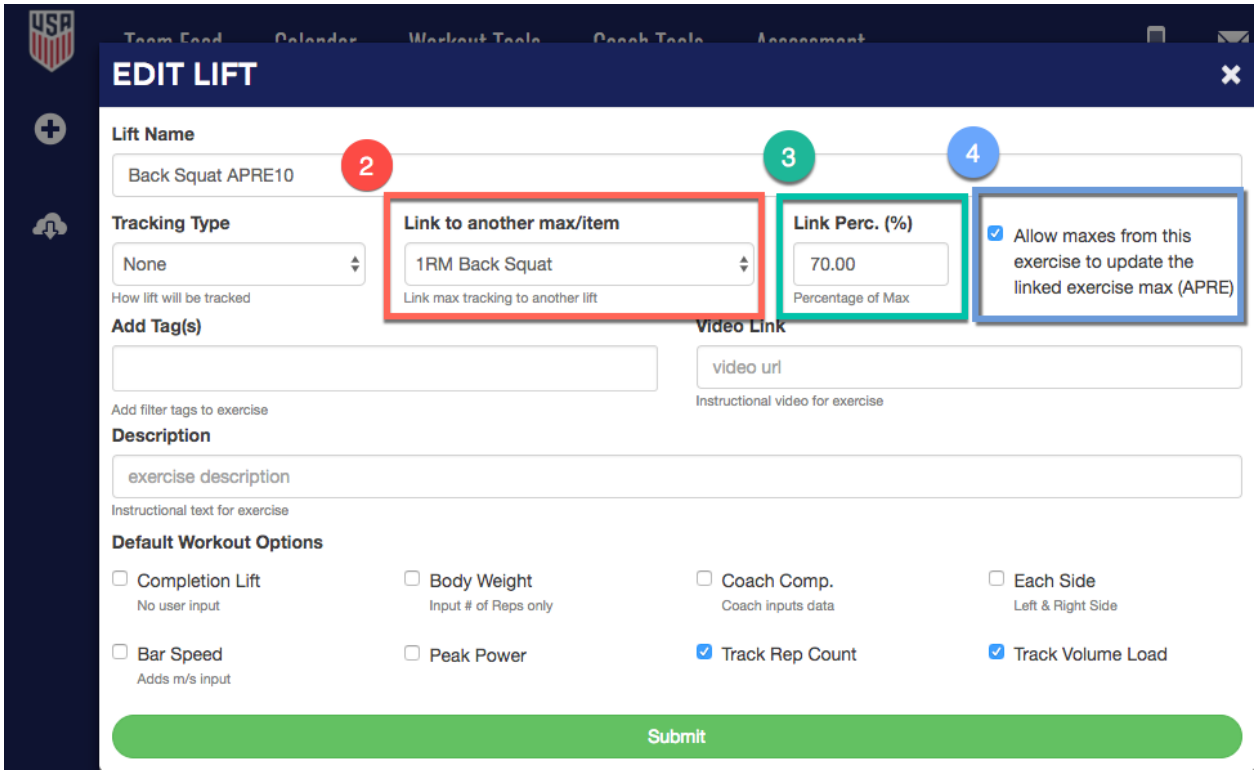
Now at this point, you can create additional APRE variations of working exercises and assign the appropriate percentage to each. For example, create an exercise called “Back Squat APRE4” and link it to “1RM Back Squat” at 90%. Create another called “Back Squat APRE6” and link it at 82%.

4. Check the APRE box in your settings.

While still in the “Coach Tools” > “Exercises” page, check the “Allow This Exercise to Update Linked Exercise Max” box in the settings panel of each APRE working exercise. This will force the parent lift’s 1RM to update based on the athlete’s results on a day-to-day basis.

For example, if an athlete is doing “Back Squat APRE10” (70% of the their 1RM), TeamBuildr will create an estimated 1RM based on that athlete’s performance and will update the parent lift’s 1RM (Eg: “1RM Back Squat”).

However, this will only happen if you designate the exercise to do so that day which is explained in our next step…



5. Designate a Lift to be "Live"

At this point, you have completed the following steps...

- Created your APRE exercise variations
- Linked them to the 1RM parent exercise
- Made sure they are able to update the 1RM exercise via the check box

You're almost there!

Next, you will need to designate when you want your APRE exercises to potentially update their 1RM parent exercise. This is done by checking a box while programming the exercise on the Calendar that says "Force Max/PR Update" which will mean that the lift is now "live" and able to update the parent 1RM lift. Let it rip!

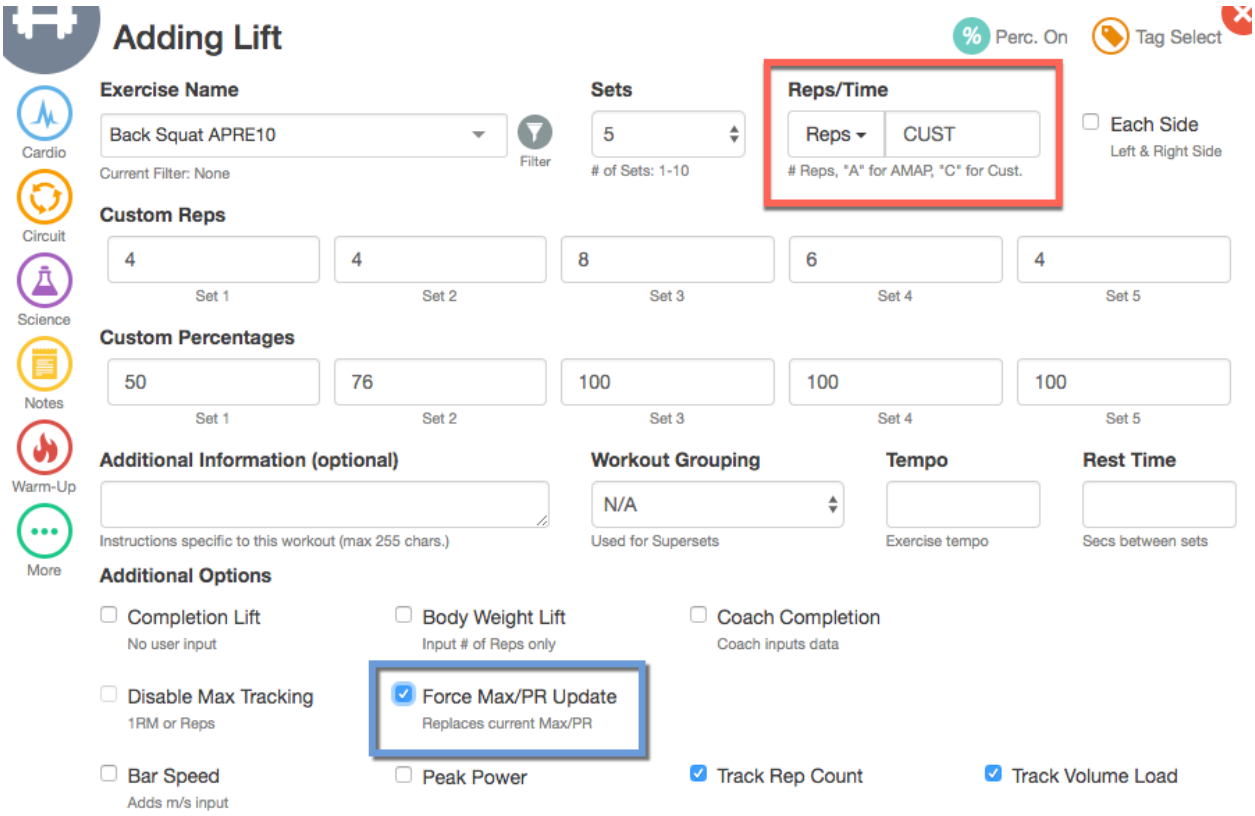
Obviously, if you do not want the exercise to update the 1RM parent exercise then you will simply leave that box unchecked.

PROGRAMMING APRE IN TEAMBUILDR

The key to programming APRE in TeamBuildr is the use of "custom" Reps and Percentages. It's all very easy to do and this guide will get you started with a short example:

1. Choose your sets and rep counts by selecting the lift, specifying a number of sets and typing the letter "C" for custom reps in the Reps box.

2. Proceed to program the number of reps for each set. Type the letter "A" for sets that prescribe As Many as Possible (AMAP) reps.

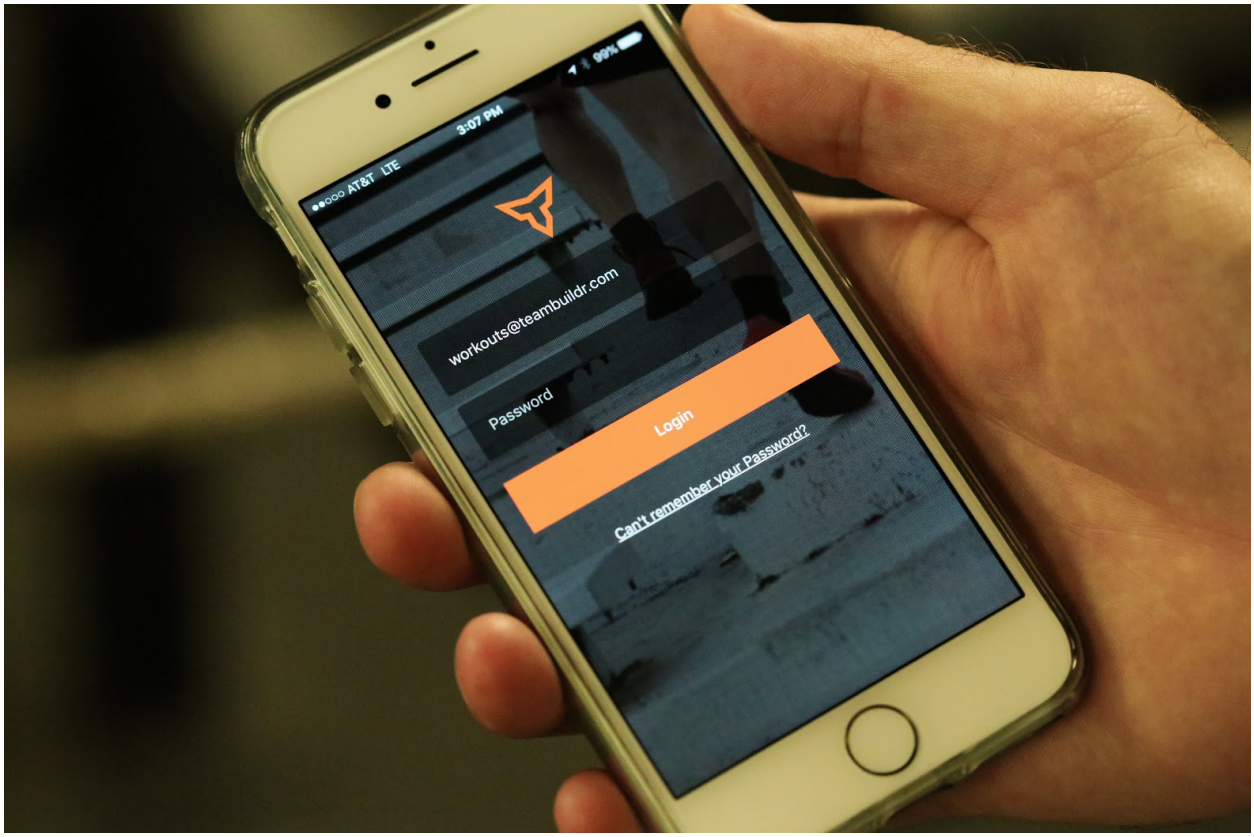


ATHLETES AND APRE

At TeamBuildr, we want access to programming to be as easy as possible, which is why we've created few different ways to use TeamBuildr to participate in APRE.

iOS and **Android app**

The apps take your programming from the TeamBuildr software and makes it available in the weight room and on the go. Plus, the app is free for coaches and players. The app prescribes athletes exact weights to lift and how many reps. Athletes can then confirm or re-enter weights and reps which TeamBuildr will process to formulate the max for the next workout according to the APRE protocols.



WEIGHT ROOM TABLET VIEW APP

The tablet app allows multiple athletes to share a tablet in the weight room to streamline team workouts. This reduces the number of screens in the weight room and still prescribes specific weights and reps to each athlete while allowing data entry back into TeamBuildr in real-time.

Pictured: TeamBuildr's Weight Room Display - Multiple Athletes on 1 Device

PDF BUILDER

The PDF builder will generate an individual workout card for each athlete. The PDF cards include the weight and rep prescriptions for athletes. Coaches can then access a designated area on TeamBuildr to enter in workout data back into the software platform.