

Progio and PT on the Net

How to Send a Workout to the Progio
Training Companion

GOAL:

The purpose of this tutorial is to teach you how to use PT on the Net's "Create-A-Program" to export exercises and workouts to the Progio Training Companion.

Overview

- Getting Started
- How to Export a Program to Progio
- How to Download your Program to the Progio Training Companion
- How to Manage your Workouts
- Technical Support

Make sure you are ready

GETTING STARTED

Getting Started

Before you begin, you will need to have done three things.

Getting Started

- 1) Setup a Progio account at www.Progio.com and register your Personal Training Companion through your Progio account. Keep note of the e-mail address associated with the device's registration. You will need it later when sending your workouts to Progio from ptonthenet.com.

Getting Started

- 2) Install ActiveSync or Windows Mobile Device Center on your Windows PC or laptop if you have not already done so.
 - a) If you are running the XP OS or earlier, you will need to install the ActiveSync. Download is available from the Microsoft website:
<http://www.microsoft.com/windowsmobile/activesync/default.aspx>
 - b) If you are running the Vista OS, you will need to install the Windows Mobile Device Center. Download is available from the Microsoft website:
<http://www.microsoft.com/windowsmobile/devicecenter.aspx>

Getting Started

- 3) Lastly, you will need a valid ptonthenet account with login and password. Sign up at www.ptonthenet.com .

Note: This tutorial assumes you already know how to use PT on the Net's "Create-A-Program". If you do not, you may wish to review the "programs & assessments" tutorial found at: http://www.ptonthenet.com/courses/ptn_tutorial/ptnProgramAndAssessments/player.html

Using PT on the Net's "Create-A-Program"

HOW TO EXPORT A PROGRAM TO PROGIO

How to Export a Program to Progio

- 1) Go to www.ptonthenet.com
- 2) Login to your account
- 3) Go to Programs & Assessments>Create-A-Program

How to Export a Program to Progio

- 4) Choose either “Create a new program or template,” or “View your existing programs and templates”
 - a) If you selected “View your existing programs and templates,” decide which program you would like to send to Progio and click on the first icon (looks like a pad and pen) next to the program title. If you scroll the mouse over the icon, it says “Maintain this program”.
 - If you want to send an existing program to Progio, just simply click on “EXPORT TO PROGIO” button at the bottom of the page.
 - If you want to use an existing template to create a new program, do so, and then click on “EXPORT TO PROGIO” button at the bottom of the page.
 - b) If you selected “Create a new program or template,” do so, and then click on “EXPORT TO PROGIO” button at the bottom of the page. Note: If you do not see an “EXPORT TO PROGIO” button at the bottom of the page, call ptonthenet.com at 720-489-0294, and ask them to add AND enable the “EXPORT TO PROGIO” button to your account.

How to Export a Program to Progio

- 5) A new window will open titled “Export Your Fitness Program to Progio”
 - a) In the “Client address” field, enter the e-mail address associated with the device where you are sending the workout. This is the e-mail used to register the device in an account setup on Progio.com by you or your client, depending on who owns or manages the device.
 - b) Enter any comments you would like to include in the e-mail that will be sent to your client.
 - c) Select “Production” in the “Select Progio Server” field.
 - d) In the “Remove this program from user’s Progio” field, you have two options: 1) never, and 2) after x number of weeks. If you choose the second option, enter the number of weeks allowed before the program will expire on the user’s device.
 - e) After you have entered all of the information, click on the “Export” button.
 - If all is successful, you will see a message stating, “Workout successfully sent to Progio.”
 - If you do not enter a valid email address, you will see a message stating that “**No progio.com user was found for this email.**”
 - f) At this point, two things happen.
 - An email will be sent to the email address you entered with the following message: “Hi, Your trainer <trainer name> has sent you a workout for Progio. Please connect your device and select “Synchronize” to update your workout library” (followed by the comments you entered, if any).
Regards, PTontheNET.com”
 - A copy of the workout will be sent to the Progio.com server awaiting download to the designated device.

Synchronize

HOW TO DOWNLOAD YOUR PROGRAM TO THE PROGIO TRAINING COMPANION

How to Download your Program to the Progio Training Companion

- 1) Power on your Progio Training Companion.
- 2) Establish an Internet connection on your Microsoft PC or laptop.
- 3) Using the white synchronization cable that came with your Personal Training Companion, connect your device to your PC. The cable connects from the bottom of the device to a USB port on your PC.

How to Download your Program to the Progio Training Companion

- 4) ActiveSync (for XP or earlier) or Windows Mobile Device Center (for Vista) should start automatically on your PC. If not, start the appropriate application from the Programs menu on your PC.
- 5) Establish a relationship between the device and the PC if it does not do so automatically.
- 6) Once connection is established, go to the main menu of your device, scroll down, and select “Synchronize”. All new workouts that have been sent to the device will now be downloaded. Depending on the amount of content that needs to download, this may take a few minutes.

www.progio.com

HOW TO MANAGE YOUR WORKOUTS

How to Manage your Workouts

- 1) Go to progio.com. Click on the small yellow login button at the top left hand corner of the website, on click on “My Account” at the top of the page in the title bar.
- 2) Login to your Progio account by entering your login name and password
- 3) Look to the left of the page and click the “My Workouts” link.

How to Manage your Workouts

- 4) If you have more than one Progio Training Companion or device registered in your account, select the one you wish to manage from the drop down list.
- 5) You will see a complete list of all workouts that are available for the device you selected, categorized by author or content provider. You can expand items in this list to see workout titles.

How to Manage your Workouts

- 6) Titles that have already been downloaded onto your device have a Progio icon to the right of the title. If you place a check in the box to the left of the title, that title will be downloaded onto your device the next time you synchronize. If you uncheck a box, that item will be removed.
- 7) Click the “Save” button at the bottom of the page when you are finished managing the workout titles.
- 8) Your changes will be implemented the next time you connect and synchronize your device.

Technical Support

- For help with a PTontheNet question, please call 702-489-0294, e-mail ptnto@ptonthenet.com , or visit <http://www.ptonthenet.com/techhelp.aspx> .
- For help with a Progio question, please e-mail support@progio.com or visit <http://www.progio.com/support.aspx> .