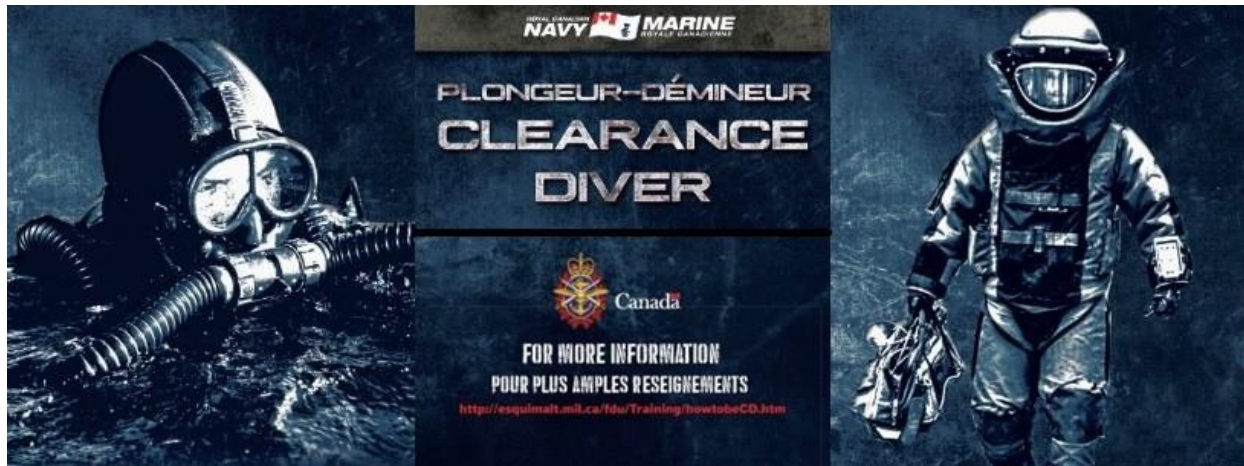




Candidate Aide: Clearance Divers Physical Fitness Program Guide





Purpose of this document

The following guide will help you better understand and use the Clearance Divers (CL DIV) Physical Fitness Program; a 12-week physical training program tailored for the CL DIV Assessment Center (AC). The paper version can be found in [Appendix B](#), and an electronic version can be found using the **Kinduct Athlete** mobile application.

The CL DIV Physical Fitness Program aims to develop the necessary work capacity reflective of the physical demands of the CL DIV AC and course while supporting physical resilience for the purpose of injury prevention. Mental toughness training is incorporated into the approach of this program such that you are progressively developing a sense of control over your physical preparation, your commitment to the training process, your embrace of challenges and your confidence in achieving your goals. In addition, a Transition/Maintenance physical training program for the period between the AC and the CL DIV course will be available in the spring.

The **Kinduct Athlete** mobile app provides your fitness program, with explanations and videos, directly to your smartphone. You can download the **Kinduct Athlete** mobile app on your smartphone by following the instructions in [Appendix A](#), section 1 of this document.

To optimize and individualize your preparation, you will also have access to daily readiness/wellness tracking. These questionnaires take less than a minute to complete and aim to monitor your sleep quality, fatigue, soreness, motivation training session Rate of Perceived Exertion (RPE) and training load. Your individual responses can help the PSP fitness professional at your home base adjust your training based on how you are feeling that specific day/week to avoid under/overtraining.



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PSP Support

The base CL DIV PSP fitness representatives support you to:

1. Become aware/educated of the demands and requirements of preparing for the physical demands of CL DIV AC and the course to improve likelihood of success;
2. Obtain guidance and training support in general, and specifically as it relates to the 12-week CL DIV Physical Fitness Program ([Appendix B](#));
 - a. Follow or modify the 12-week program based on your strengths, weaknesses, work restrictions, physical limitations (if being supported through injuries), etc.;
 - b. Establish and optimize, sleep, nutrition, soft tissue care and mental toughness strategies and behaviors
3. Use daily athlete readiness/wellness monitoring tools (sleep quality, fatigue, soreness, motivation and session RPE/training load) to help manage your training. The physical fitness program was designed based on the absolute demands of the CL DIV course and occupation, but can be modified (intensity, recovery, modality, etc.) based on your response to readiness/wellness questionnaires.

Background – Development of Clearance Divers Physical Fitness Program

Canadian Armed Forces CL DIV are highly trained diving and explosive ordnance disposal specialist who provide the Royal Canadian Navy (RCN) and operational commanders with specialty warfare capabilities at home and abroad. The main capabilities include:

1. Mine countermeasures by locating, identifying and explosively neutralizing underwater mine threats.
2. Explosive ordnance disposal of surface and sub-surface conventional unexploded ordnance and improvised explosive devices.
3. Underwater repairs, maintenance, and inspection of naval vessels and installations.
4. Underwater force protection components for CAF and other government agencies.
5. Support to CANSOFCOM.

In 2019, the Navy requested the support of CFMWS, Directorate of Fitness (DFIT), to provide subject matter expertise during the Director General Military Personnel Research and Analysis (DGMPPRA) review of the Royal Canadian Navy (RCN) CL DIV AC. PSP DFIT was requested to contribute to the redesign of the physical components of the AC, screening evaluations and to provide a physical fitness program.



Research

The CL DIV AC is extremely challenging both physically and mentally. It is highly recommended that potential CL DIV candidates physically prepare using the CL DIV physical fitness program guide in preparation for the AC.

The physical and physiological demands of the CL DIV were identified throughout a review of the 2019/2020 CL DIV QL5 course in order to develop the CL DIV AC. CL DIV Subject matter experts (SME) were consulted to define in detail the physical demands of each of the course phases with context linked to realistic but demanding operational missions and training exercises. Observation and measurements were taken during the CL DIV QL5 course.

Working closely with the CL DIV SMEs, the research was used to develop the physical elements of the CL DIV AC and build the Physical Fitness Program found in this Aide. These physical elements are specific to the physical abilities required by CL DIV AC and course candidates.



Clearance Divers Physical Demands Summary

Table 1. Movement analysis of the most physically demanding CL DIV tasks.

Primary movement	Task description
Locomotion with external load carriage	<p>Standing, walking on uneven ground on varying terrain (sand, woods, gravel) following light infantry on a dismounted patrol for Explosive Ordinance Disposal (EOD) and Improvised Explosive-Device Disposal (IEDD). Wearing a bomb suit for up to multiple hours and, carrying tool kit.</p> <p>Standing, walking, carrying dive-related equipment (e.g. dive weights, dive tanks, dive sets, medical kit, jerricans, mechanical tools, Shark Marine GPS (up to 40 kg)).</p> <p>Standing, walking on an unstable surface (RHIB/ Zodiac pontoon).</p> <p>Stretcher carry diver casualty during water emergency drills.</p>
Swimming – with fins	<p>Surface swimming to reach shore or contour swim up to 3 km.</p> <p>Sprint swimming to attend emergencies/tow buddy diver.</p>
Diving – with fins	<p>Diving in the ocean (with/against up to 1.5 knots of current) for up to 3 km holding GPS (Shark Marine) navigator, in shallow waters.</p> <p>Diving with a shot line, doing circular searches at depth of up to 81 m.</p>
Lifting equipment	<p>Awkward lift of dive-related equipment (e.g. dive weights, dive tanks, dive sets, medical kit, jerricans, mechanical tools, Shark Marine GPS) from ground to shoulders, boat or bench handling equipment with care and precautions (up to 40 kg).</p>
Pulling	<p>Pulling self out of the water onto RHIB/zodiac.</p> <p>Pulling / Deadlifting a water emergency casualty out of the water into safety RHIB (88 kg).</p> <p>Docking RHIB and Jet boats to Jetty.</p>



Odd postures and positions Bend, twist, stoop, kneel to put on/take off dive gear.

 Bend, straddle zodiac pontoon to infiltrate an area of interest for MCM operations.

 Bend, twist, stoop, kneel, lying prone to conduct surface of sub-surface EOD / IEEDD, while wearing the bomb suit.



Metabolic Demands of CL DIV Course – Most Metabolically Demanding tasks.

Metabolic demands were measured throughout physically demanding tasks - (1) pre-dive preparation, (2) Very Shallow Waters (VSW) realistic but demanding dives (3) explosive ordnance disposal approach and SOPs.

To meet the metabolic and physical demands of the CL DIV QL5 course, students should:

- Complete the CL DVR Selection PFE giving maximal effort.
- Have a maximal aerobic capacity ($VO_2\text{max}$) of approximately 50 - 55 $\text{mLO}_2 \cdot \text{kg}^{-1} \cdot \text{min}^{-1}$.
- Be able to swim at a pace of 2:15/100m for up to 1km.
- Be able to run at a pace of 4:30 min/km for up to 5 km.
- Lift 90 kg from ground to waist height
- Carry 30 kg in each hand for up to 300 meters (allowing pause, and grip readjustments).
- Hold the plank position for 150 sec.

These metabolic and physical attributes support the students as they learn and perform CL DIV tasks. For example, when diving with the Compressed-Air Breathing Apparatus (CABA), there is limited air supply in the dive tank. The CL DIV must control their air consumption in order to accomplish the task successfully. High maximal aerobic capacity and high swimming efficiency will decrease the absolute amount of air needed (breathing frequency and volume) to accomplish a CABA task.

Environmental aspects

CL DIV perform most of their tasks in uncontrolled environmental conditions. These includes:

- Water temperature : Cold environment
- Sea state
- Day/Night missions : lighting underwater

These environmental aspects increase the metabolic and physical demands of a task. CL DIV QL5 course students must possess a metabolic and physical capacity reserve in order to handle these increased demands.

Key Indicators of Success

Based on discussions with CL DIV leadership, post CL DIV AC interviews and the physical demand research conducted, it is highly recommended that prior to the CL DIV AC, you participate in regular fitness training, and seek physical fitness training support (e.g., PSP fitness professional) to increase your likelihood of success at the AC.

Physical Fitness Preparation Program

The CL DIV Physical fitness program was designed based on the absolute physical demands of participating in the CL DIV AC, CL DIV QL5 course and as a qualified CL DIV. A 12-week physical fitness



program, and a Transition/Maintenance physical fitness program (*available spring*) that bridges the AC to the CL DIV QL5 course have been developed. Each Training phase was designed with a specific purpose and progression with the intent to help you achieve the physical capacity for success on the AC and the CL DIV QL5 course.

The physical fitness program will be available through the **Kinduct Athlete** app (late fall) ([Appendix A](#): section 1) and/or in paper version ([Appendix B](#)). The use of the **Kinduct Athlete** app will allow you to see your training, videos of all the exercises and their execution.

It is recommended that you also fill-in the daily questionnaires. These questionnaires will allow the PSP fitness professional to track your perceived exertion (per training session) and progress (per week) of the CL DIV physical fitness program. This will allow for individualization of training based on your strengths and weaknesses, which is highly beneficial to maximize your benefits from the program. See figure 1 as an example.

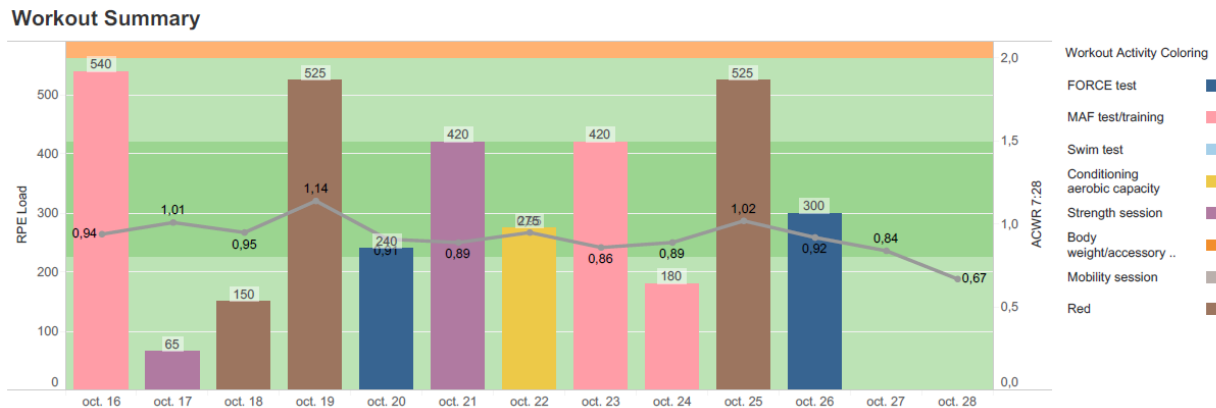


Figure 1. Daily relative training load

To gain access to the physical fitness program, you need to contact your local CL DIV PSP fitness professional; each location/base has a designated PSP CL DIV trainer who can provide you access to the training program and daily athlete readiness/wellness monitoring. This PSP fitness professional will also provide you all the additional information you need to know regarding the program. If your base does not have a PSP fitness professional associated with the CL DIV, please contact Troy Grinder (Troy.Grinder@forces.gc.ca).



Physical Fitness Preparation Program Components

Testing Weeks (Week 1, 7 and 12)

Testing weeks are essential to determine your initial fitness level and evaluate your progression on the basic capacities you must acquire specifically for the CL DIV AC. Scientific and sports literature recommend performing physical and fitness testing between every training phases. Regular fitness testing or fitness checks will help guide the training progression in order to succeed on the CL DIV selection process and QL5 course.

Testing Guidelines

- a. Provides a physical capacity baseline with regards to CL DIV physical requirements.
- b. Provides physical capacity progress updates to evaluate the effectiveness of the CL DIV Physical Fitness Program.
- c. The test week decreases the overall training load in order to allow for physical recovery.
- d. All controllable testing conditions (including but not limited to: weather, environmental temperature, time of day, nutrition, hydration) should be as identical as possible between tests (week 1, 7 and 12) in order to provide precise and reliable physical performance.
- e. All tests should be completed at maximal effort. In order to allow for maximal effort, a single test per day is scheduled. Minimal residual fatigue should be accumulated from the fitness test.
- f. The tests are: CL DVR Selection PFE (Land Component), 2km maximal aerobic function (MAF) test, CL DVR Selection PFE (Water Component); ensure to properly warm-up before and cool-down/recover after each test.

CL DVR Selection Physical Fitness Evaluation (land component):	1- 5 km ruck march with 35 kg in less than 60 min					
	2- FORCE evaluation as a circuit:					
	a. 20m Rushes					
	b. Sand Bag Lift					
c. Intermittent Loaded Shuttles (Carrying 2 Sand bags on the first 2 loaded shuttles)						
d. Sand Bag Drag						
3- 75 kg Barbell Deadlift, as many repetition as possible						
***Resources: follow this link						
		<i>Excellent</i>	<i>Good</i>	<i>Average</i>	<i>Acceptable</i>	<i>Needs improvement</i>
<i>FORCE Evaluation as a circuit</i>		5:14 or less	5:15 – 5:25	5:26 – 5:50	5:51 – 6:35	More than 6:35
<i>75kg Deadlifts</i>		44 or more	36 - 43	28 - 35	8 - 27	Less than 8
2 km treadmill MAF test:	2km treadmill test at MAF heart rate (within 2bpm entire duration): record time;					
	***Score is the time it takes you to complete 2km on the treadmill at incline zero while maintaining MAF heart rate. (MAF- Maximal Aerobic Function)					
	MAF equation: The 180 Formula					
	To find your maximum aerobic training heart rate, there are two important steps.					
	1. Subtract your age from 180.					
	2. Modify this number by selecting among the following categories the one that best matches your fitness and health profile:					
	a) If you have or are recovering from a major illness (heart disease, any operation or hospital stay, etc.) or are on any regular medication, subtract an additional 10.					



	<p>b) If you are injured, have regressed in training or competition, get more than two colds or bouts of flu per year, have allergies or asthma, or if you have been inconsistent or are just getting back into training, subtract an additional 5.</p> <p>c) If you have been training consistently (at least four times weekly) for up to two years without any of the problems in (a) and (b), keep the number (180–age) the same.</p> <p>d) If you have been training for more than two years without any of the problems in (a) and (b), and have made progress in competition without injury, add 5.</p> <p>For example, if you are 30 years old and fit into category (b), you get the following: 180–30=150. Then 150–5=145 beats per minute (bpm).</p>																	
CL DVR Selection Physical Fitness Evaluation (water component):	<p>1- 02:30 mm:ss treading water without hands 2- 500m sidestroke swimming with fins</p> <p>***Resources: follow this link</p> <table border="1" data-bbox="363 537 1414 611"> <thead> <tr> <th data-bbox="363 537 516 583"></th> <th data-bbox="516 537 695 583">Excellent</th> <th data-bbox="695 537 862 583">Good</th> <th data-bbox="862 537 1029 583">Average</th> <th data-bbox="1029 537 1224 583">Acceptable</th> <th data-bbox="1224 537 1414 583">Needs improvement</th> </tr> </thead> <tbody> <tr> <td data-bbox="363 583 516 611">500m swim</td> <td data-bbox="516 583 695 611">8:11 or less</td> <td data-bbox="695 583 862 611">8:12 – 8:31</td> <td data-bbox="862 583 1029 611">8:32 – 9:12</td> <td data-bbox="1029 583 1224 611">9:13 – 10:17</td> <td data-bbox="1224 583 1414 611">More than 10:17</td> </tr> </tbody> </table>							Excellent	Good	Average	Acceptable	Needs improvement	500m swim	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17
	Excellent	Good	Average	Acceptable	Needs improvement													
500m swim	8:11 or less	8:12 – 8:31	8:32 – 9:12	9:13 – 10:17	More than 10:17													



The Building Phases (Week 2-6; week 8-11)

These phases will build your work capacity by focusing on the most relevant aspects of the CL DIV AC and QL5 course. This will ensure that once completed you are physically prepared to face the challenges of the AC and CL DIV QL5 course.¹

Building Phases Guidelines

- a. Provides guidelines for CL DIV specific fitness preparedness without overtraining.
- b. Provides a progression for the five essential physical competencies of the CL DIV AC and Course: swimming, running, ruck marching, functional strength, and injury prevention.
- c. Training sessions (for each day) can be completed separately or combined at different times of day.
- d. It is encouraged to vary environmental conditions when performing the training sessions (completing the training sessions outside, completing the training sessions at varying time of day, etc.)
- e. Each session should challenge you.
- f. Each session should include a warm-up, and cool-down/recovery.
- g. For the rest/mobility days, it is encouraged that you still perform physical activity. Variety in physical activity helps to create a well-rounded physical capacity which helps to reduce the risk of injuries in the future. Recovery physical activity suggestions are: walks, bike rides, non-contact sports, etc.
- h. Ensure to have a proper recovery prior to the CL DIV AC. Note: Performance= fitness –fatigue.

¹ Corcoran & Bird, 2009; Dewese et al., 2015.



Training sessions	Frequency	Objectives for Specific Phase
Aerobic Capacity (run or swim)	3x/week	Develop aerobic capacity: increase capacity/endurance to sustain effort for a long period and recover faster after an intense bout.
Aerobic Power (run)	1x/week	Develop aerobic power: increase maximal power/speed effort for a moderate period.
Aerobic Capacity (ruck march)	1x/week Suggested days: Saturday	Develop capacity of wearing heavy equipment (up to 45 kg) which represents the near-maximal equipment loading required by CL DIV. Can be used as a personal fitness check to know how you feel handling the vest over the distance/time with the circuit.
Strength / odd object	4-5x/week	Develop/improve muscular strength using regular gym apparel and odd objects. Develop the muscular stability to handle loads in a safe and effective way.
Accessory / Body weight / Mobility	5x/week	Identify movement limitations at start of training and maintain consistent practice for efficient movement. Develop a healthy range of motions in hips and shoulder girdles. Develop core stability required as a CL DIV. Learning to move in a proficient manner helps prevent injuries. Manage body weight without instability and fatigue.
Rest / Mobility / Choice of Physical Activity	2x/week Suggested day: Thursday Sunday	Recovery days during the week. Build stamina while performing a variety of different movement patterns in choice of physical activity.



Important to Note Related to Training Prescription

- **Aerobic Capacity Swim:** As most of the CL DIV occupation is performed in the water, swim sessions have been included. Beyond just swimming and practicing the sidestroke technique, CL DIV must be able to safely execute tasks for prolonged duration in the water. Therefore, high aerobic capacity and metabolic reserve in the water is essential.
- **Recovery / mobility / choice of physical activity /sport sessions:** These sessions are included as a way to recover from your hard training days. These sessions have been included in the programming to increase the overall stamina required for the CL DIV QL5 course and operations, to reduce the risk of overuse injuries and to promote variety. These are very important sessions.
- **All other training** has been designed to progressively increase the capacity to function with instability / single limb at different intensities and movement patterns as described in the movement summary table above.
- **Daily athlete readiness/wellness questionnaires** are included as a tool to individualize your training based on your response to the training and your daily readiness/wellness state. PSP can support you.
- **Your weaknesses:** This program does not target your specific weaknesses, but rather provides absolute training to be successful at the AC and course. Reach out to your home base PSP fitness professional if you would like to have this program individualized to meet your needs.



Before you start

If you are reading this Aide more than 12 weeks prior to the AC, you can ask your local PSP fitness professional for a general program to help you prepare for this program.

- Are you ready to use the CL DIV Physical Fitness Program?
- Do you have a level of fitness suited for the CL DIV Occupation: including cardiovascular fitness, muscular conditioning and mobility?
- Do you participate in 5-6 days/week of 30+ min/session of purposeful physical training?
- Look at the CL DIV Physical Fitness Program and ask yourself if it is much more difficult than what you are doing at this moment. The program is designed with a progressive start and builds gradually to avoid overuse.

The CL DIV Physical Fitness Program is designed to start 12 weeks prior to the AC in order to be completed in its entirety. It is a progressive training program and requires a well-rounded level of fitness in order to tolerate the training load that it comprises without injuries. Support from a PSP fitness professional that understands the CL DIV Performance Physical Fitness Program will help you optimize your preparation.

*On the first testing week, if your performances are in the 'needs improvement' category, or you struggle with the water component of the CL DVR Selection PFE test (treading water, swimming), it is highly recommended that you take appropriate actions (e.g. swimming lessons) BEFORE initiating the training program. You can reach your local PSP aquatics coordinator for swimming support.

Contact your PSP fitness base representative in order for them to assign you the CL DIV physical fitness program. At that time, you will have to provide your PSP fitness professional:

1. Your full name,
2. Email address (Forces or other)

Your PSP fitness professional can guide you through the training process and can also monitor your sleep, fatigue, motivation and soreness levels through daily questionnaires. The training process with a PSP fitness professional is voluntary, however, due to high level of intensity of the training, we highly recommend that you consider working with them, as they can help you be more effective.



Appendix A: How to View the Program via the App

Kinduct Athlete mobile application was created for you, the military member. Kinduct has crafted a product that combines intuitive design, intelligent use of data, and efficient communication tools to help military members stay healthy and perform better. Centralized in one mobile application, you will find assigned training/rehab programs, in-app metrics and reports, and scheduled forms and assessments.

The Kinduct Athlete mobile application is available for download from both the Apple iTunes Store and Android Google Play store. You will find it listed as “Kinduct Athlete”.

Both versions of the Kinduct Athlete mobile application support light and dark modes and can be used in either portrait or landscape layout. We recommend using portrait mode as this will provide the best experience.

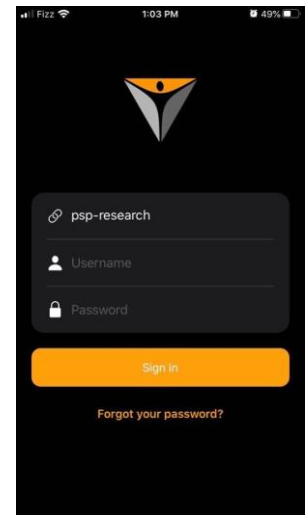
Logging into the Mobile Application

First login

Enter the following information upon initial login:

- Domain name – Enter "psp-research".
- Username – The username provided by your PSP staff.
- Password – This password provided by your PSP staff.

Note: If you need to login again the Domain will be retained, so you will only need to enter Username and Password.





Using the Kinduct Athlete Mobile Application

Each time you open the mobile application, synchronization occurs and displays any Training Programs and Scheduled Forms for the current day (and/or previous days in the missed view). It will also pull any newly assigned Forms and update your data.

Schedule Page

The Schedule page is effectively your "homepage" within the Kinduct Athlete mobile application, and allows you to access the Forms and Training Programs that have been scheduled for you.

"Up Next" Tab

By default, you will be in the "Up Next" view where you can see/access:

- Today's Items – This will include Training Programs and Scheduled Forms that are to be completed for 'today'.
- Upcoming Items – This will include Training Programs and Scheduled Forms in the future; scroll down the page to view.

Click on the name of any item to launch.

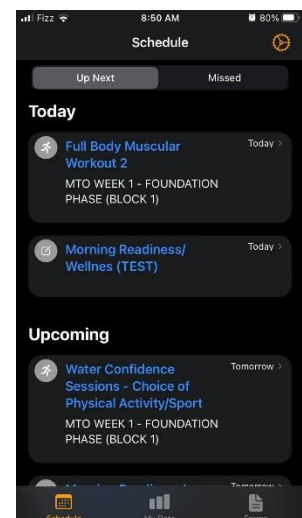
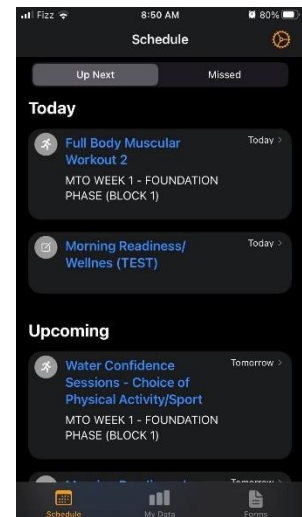
Note: you will only be able to see ahead based upon what has been assigned to you in the platform by your coach or trainer.

This page is also where you can access the "Settings" icon – located in the top left of the screen – which is detailed later in this guide.

"Missed" Tab

Through the "Missed" tab view, you will see the list of any Forms or Training Programs that were not completed.

Each scheduled task will be listed with the original due date, and completing the Form will log data for that original date.





Scheduled Forms (Questionnaires)

If Forms have been scheduled (i.e you are required to complete them at specific times or on specific days), they will show on the "Schedule" page.

Note: these Scheduled Forms will not necessarily show on the "Forms" tab, which is primarily for additional Forms that have been made available (granted access) to you, for completion (upon request from your trainer which in this case will let you know when to complete it). It is possible for a Form to be both Scheduled and Granted access, and in that case it will be listed in both places.

Once a Form has been launched (see pictures) each question will then be displayed, one per screen.

You can move back to the start of the Form at any time, using the "Back" control, which is found top left of the screen.

1:45
< Back Daily Wellness Questionn... Close

What type of training did you do?

- Weight Room
- Practice
- Cardio/Run/Bike
- Scrimmage
- Pickup Sport
- Other?

Next

Schedule My Data Forms

3:04
< Back Daily Wellness Mobile Close

How stressed do you feel today?

8

No Stress 0 Highly Stressed 10

Next

Schedule My Data Forms

12:55
< Back Nutrition Form Close

How many bottles of water did you drink today?

2

Next

Schedule My Data Forms

5:30
< Back COVID-19 Assessment Close

Have you experienced any COVID-19 symptoms, including but not limited to:

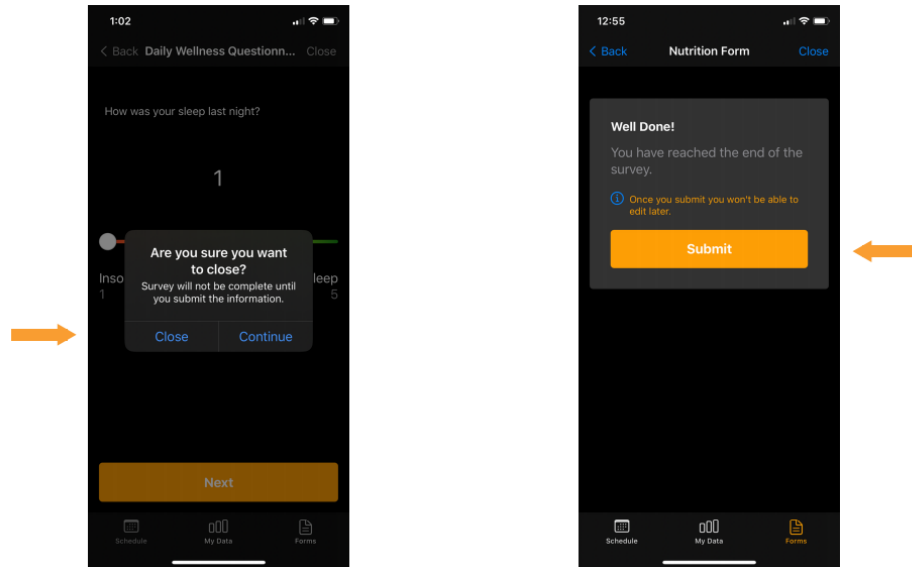
- No symptoms
- Fever
- Cough
- Shortness of breath or difficulty breathing
- Chills or repeated shaking with chills
- Muscle pain

Next

Schedule My Data Forms



If a question is marked as required you will not be able to move onto the next question until an answer has been provided. In this situation, the "Next" button will not be selectable until said answer has been provided.



If you choose to close the Form, either mid-way through completing it or instead of submitting it, you will received the following message (picture to the left). Any data captured will be retained for when you wish to complete the Form.

Upon completion of the Form, there is a completion screen where you can officially submit the Form (picture to the right).

Note: if you do not have Wi-Fi connection at the moment you are submitting the form, the data will be saved momentarily onto your phone and transferred to the Kinduct server once connected.



Training Programs

For military members that receives training and rehab programs from their coach or trainer, the mobile application provides the ability to retrieve and review assigned workout programs. Once accessed, easily view, modify, and complete your workout.

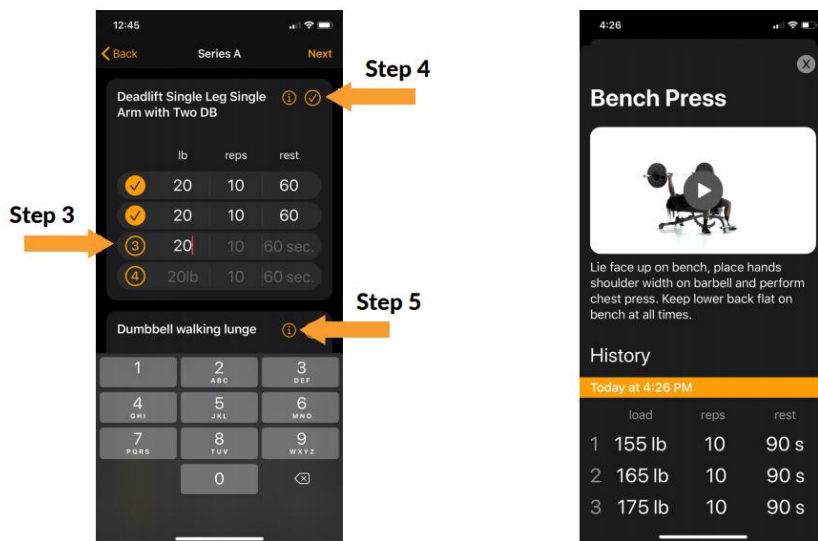
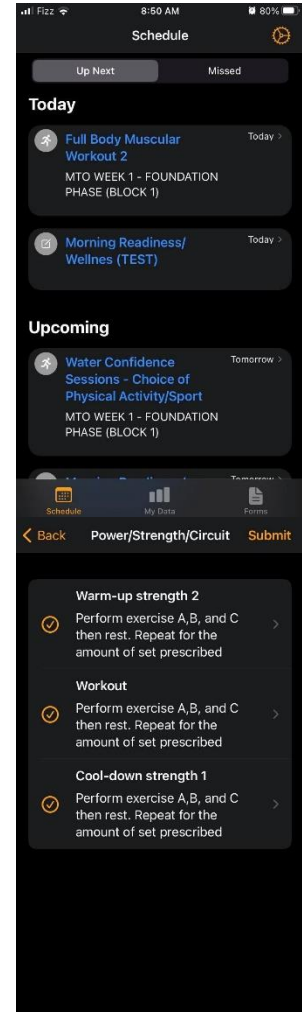
Military members can also synchronize workout updates with the Kinduct platform. This means you can use the mobile application offline, storing data to the devices as you go, and then synchronizing the data once online.

From the *Schedule* page, click on the Training Program you wish to complete.

This will open the Training Program and list the various workout sections.

Step 1. Click on the workout in the list to open the workout details. (e.g., Warm-up, Workout, Cool-down).

Step 2. Click on the workout section (e.g., Warm-up, Workout, Cool-down) to view the exercises in the section.

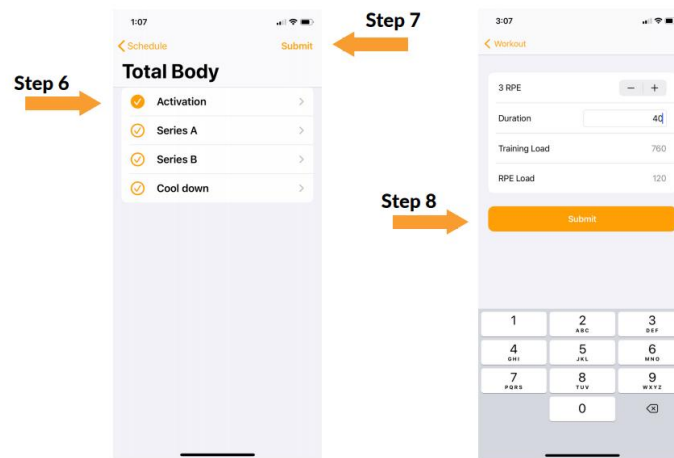




Step 3. If the exercise was completed as prescribed (LB, REPS, REST), tap the number next to the exercise to mark exercise as complete.

Step 4. Click on the checkmark on the top right corner once edits have been entered or exercise completed. This completes the exercise. If the performed load for the exercise was different than prescribed, tap the relevant field to enter the necessary edits (LB, REPS, REST). Using backspace to delete an edited value will return the original prescribed value in the field and return to grey text (until exercise is marked as complete)

Step 5. Click on the "i" icon button to access past recorded values for the exercise and the instructional video and text (pictured on the right above).



Step 6. If you have marked all of the individual exercises within a section as complete, the exercise section check box will be filled in orange. Alternatively, you can mark all of the exercises complete at once by tapping the unfilled check box.

Step 7. Once each section of workout is complete, tap "Submit" in the top right corner.

Step 8. Following the submission of your workout, the rate of perceived exertion (RPE) entry section will display (pictured on the right above). Enter your RPE and Duration, then tap "Submit".

Note: refer to the RPE value table below in order to rate your average rate of perceived exertion for the entire workout.

0	Rest
1	Really easy
2	Easy



3	Moderate
4	Sort of hard
5	Hard
6	
7	Really hard
8	
9	Really really hard
10	Maximal - hardest

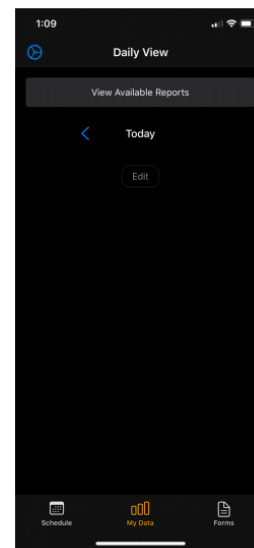
My Data Page

The "My Data" tab provides access to a set of configurable visual metrics that have been determined by your coach or trainer.

Here you can monitor personal progress, empowering you to understand the data behind your performance.

The "My Data" tab has two purposes:

1. To allow access to your Reports
2. To show you the "Daily View" of your metrics

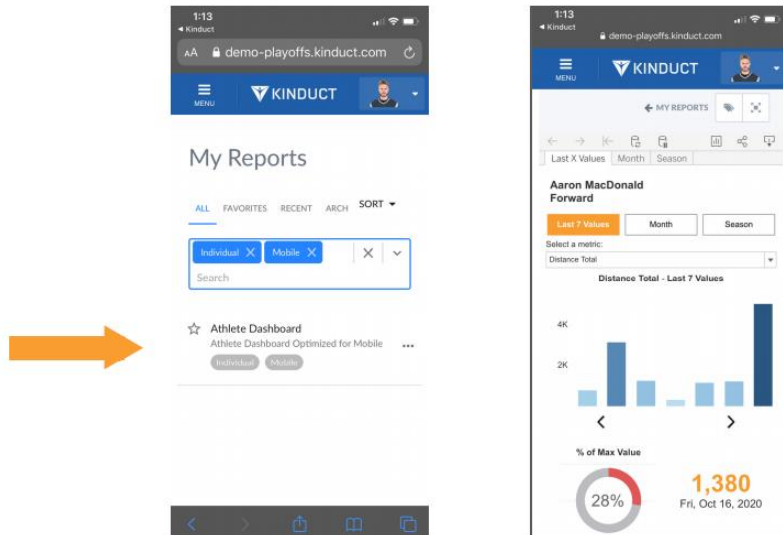


Reports

Clicking on the "View Available Reports" button will take you out of the mobile application to a browser page (pictured below; view of this might differ from the one below depending on the customization of your organization). There may be one or more reports that appear for you to select depending on what has been assigned.



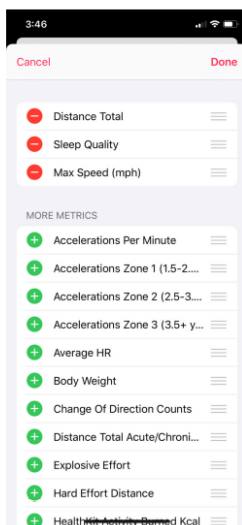
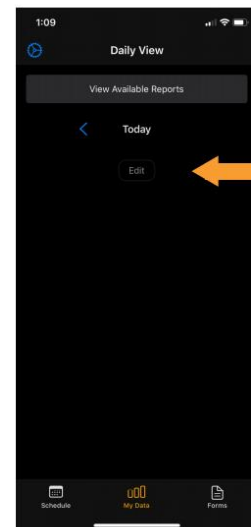
Note: you need to be online to access this function.



Daily View

On first use (or after a logout) you will need to configure the "My Data" page with the metrics that are important to you. To do so, click on the "Edit" button to configure the pages.

The "Edit" button will allow you to select from a list of metrics (shown below).



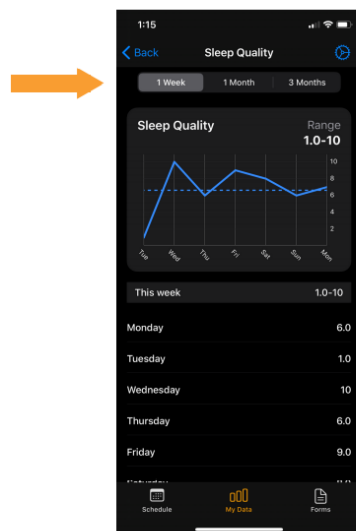
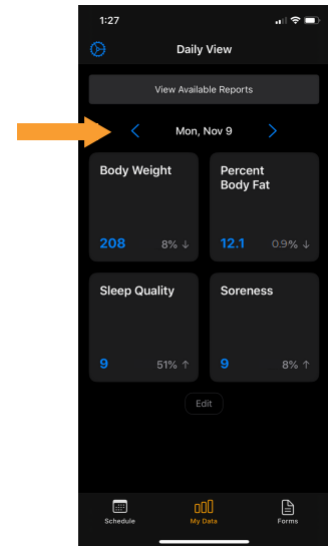
You can select the metrics that are important to you and/or have been designated from your coach on what to select.

You can use the (+) and (-) buttons to add/remove metrics as needed. Also, use a drag/drop method to change display order.



Once you have saved your selections, the "My Data" page will display the daily values for the metrics you have selected.

The date can be changed in order to go back day by day to see previous values.



You can select a metric (by clicking on the title) to view the history of each individual metric.

Data can be viewed by the 1 Week, 1 Month, or 3 Months timeframes; tap the toggles near the top of the screen to view those different periods.

Specific values related to each view will be displayed below the line graph visual.

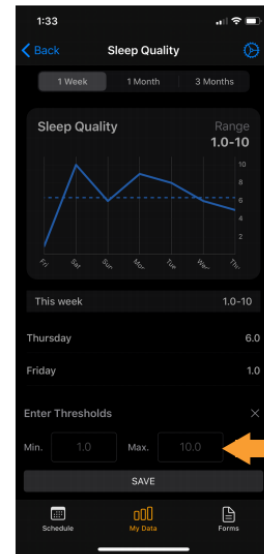
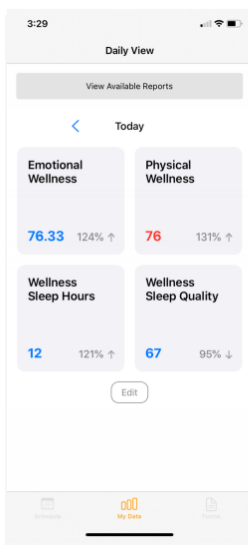


Setting Thresholds

For each metric you are able to set upper and lower threshold values, which allows you to easily see when you are performing as expected or outside of personal expectations.

Click on the settings icon (located in the top right of the page) and you will be presented with the "Enter Thresholds" screen.

Here you can enter a Max (upper) value and a Min (lower) value – both are entirely optional. Once the values are saved, they will display as horizontal lines on the metric's line graph.



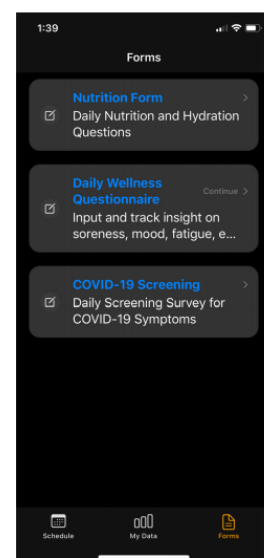
If you have set thresholds on any of your metrics, the "Daily View" will highlight values that are outside the entered threshold (see "Physical Wellness").

Forms Tab

Selecting the "Forms" tab in the footer navigation will present the list of Forms granted access to you.

These are Forms that are not necessarily scheduled for notifications on a recurring basis, but are available to log when appropriate. You may see Forms that also have notifications (scheduled to you).

Click on the Form you wish to complete and that Form will launch.





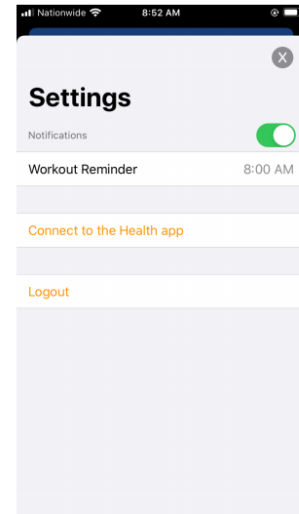
Settings

The "Settings" screen consists of configuration options for notifications, workout reminders, and connecting to your Apple Health mobile application (if using an iPhone – if using an Android this will not be an option for you). This screen is also where you can log out of the mobile application.

The settings screen can be accessed via the cog icon in the upper left corner of the "Schedule Page"/homepage.

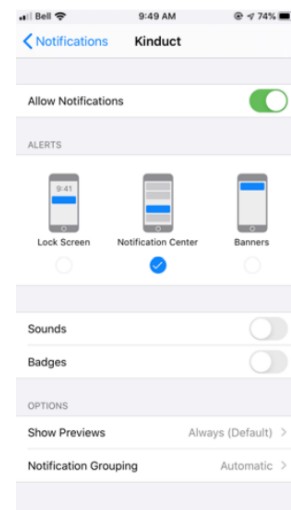
Workout Reminders

Military members are able to adjust the time they receive the workout reminder/notification through this "Settings" screen.



Notifications

You are able to adjust your Kinduct Athlete mobile application notifications from the "Settings" page on your phone. From here, you are able to turn on and off notifications as you wish.



When a Form has been scheduled for you and you have notifications enabled, you will receive this type of notification (pictured on the left).

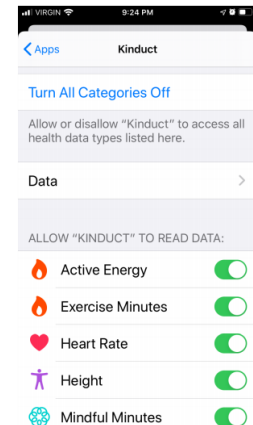


Connecting to the Health Mobile Application

Military members are able to connect their Apple Health mobile application to the Kinduct Athlete mobile application. Enabling this feature will support future integration options. If a military member is currently using the Apple Health mobile application, we do recommend connecting it to the Kinduct Athlete mobile application in order to provide additional data.

For example, military members who use separate exercise mobile applications or sleep mobile applications that are integrated with their Health Kit will be able to easily view their information through the Kinduct Athlete mobile application.

Military members are able to toggle which information is shared to the Kinduct Athlete mobile application through this page.



Logging Out

You can choose to close the mobile application when you are finished using it or you can log out from the "Settings" screen. If you choose to log out, you will be required to re-enter your username and password the next time the mobile application is launched. It is also worth knowing that you will need to reconfigure your metrics if you choose to log out.

Kinduct uses security to protect the data stored on your phone and shared with the Kinduct platform. By default, you will stay logged into the mobile application for convenience and to receive notifications, which relies on you securely authenticating your phone. As your log in is remembered, some may wish to log out so that others who have access to your phone won't be able to open the mobile application and access your data.