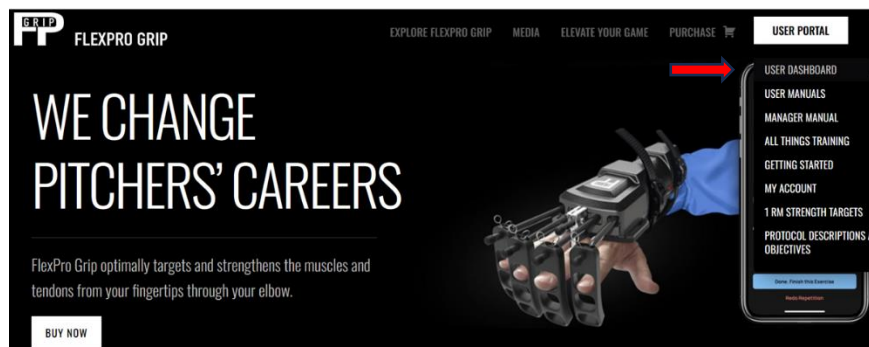


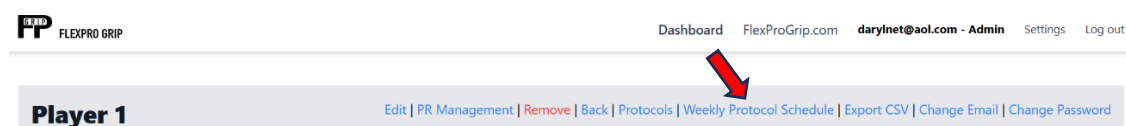
Weekly Protocol Scheduling Instructions

1. Open Player Account:

- a) Log into the User Dashboard from the www.flexprogrip.com website.

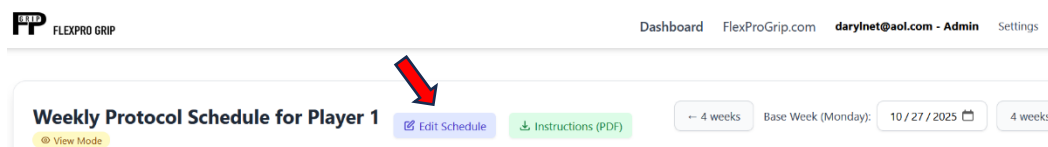


- b) Open any player account and click on "Weekly Protocol Schedule."



2. Edit the Schedule:

- a) Click "Edit Schedule" next to the player's name.

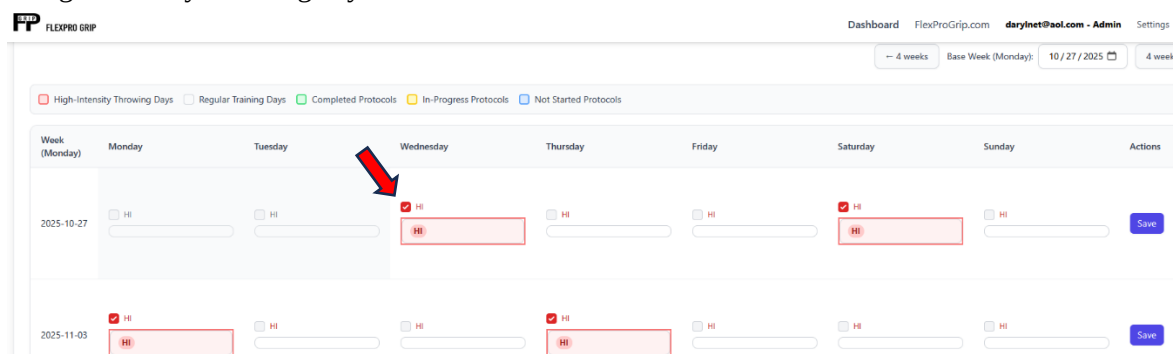


3. Zoom Out:

- a) *Suggestion:* Zoom out to see all weekdays and the Copy and Save functions.

4. Designate High-Intensity Throwing Days:

- a) Click the small square marked "Hi" to designate high-intensity throwing days.
b) *Recommendation:* Mark any day where a player will throw at 85% or more of their peak velocity as a high-intensity throwing day.



5. Assign Test or Training Protocols to Days:

- To assign a test or training protocol, click on the open tab for a specific day.
- A dropdown will appear where you can select any test or training protocol.
 - Option 1:* Scroll through the list to find the desired protocol.
 - Option 2:* Start typing the protocol name, and select it once it appears.

☐ High-Intensity Throwing Days ☐ Regular Training Days ☐ Completed Protocols ☐ In-Progress Protocols ☐ Not Started Protocols

Week (Monday)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2025-10-27	☐ HI	☐ HI	☒ HI HI	☒ HI	☐ HI	☒ HI HI
2025-11-03	☒ HI HI	☐ HI	☐ HI		☐ HI	☐ HI

Type and press Enter

- Quick Add:
- Strength Training C Day
- Strength Training
- % of 1RM Target - 65% (Cycle)

6. Assign Multiple Protocols to One Day:

- After selecting the first protocol, click the tab again to choose additional protocols.
- Repeat for as many protocols as you wish to assign.

Week (Monday) Monday Tuesday Wednesday Thursday Friday Saturday

2025-10-27 ☐ HI ☐ HI ☒ HI HI ☒ HI Strength Training C Day x ☐ HI ☒ HI HI

2025-11-03 ☒ HI HI ☐ HI ☐ HI ☐ HI ☐ HI ☐ HI

Long Hold % of 1RM Target (20%)
Long Hold % of 1RM Target (30%)
Long Hold % of 1RM Target (10%)

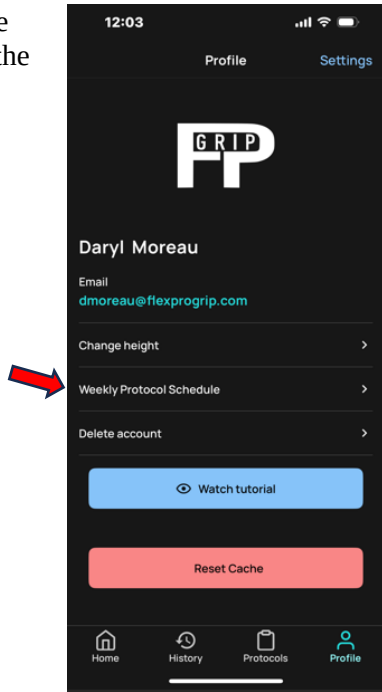
7. Save the Schedule:

- Once you've finished programming the week's schedule, hit the "Save" button. Repeat the process to schedule as many 4 week training blocks as you wish.

☐ High-Intensity Throwing Days ☐ Regular Training Days ☐ Completed Protocols ☐ In-Progress Protocols ☐ Not Started Protocols

Week (Monday)	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Actions
2025-10-27	☐ HI	☐ HI	☒ HI HI	☐ HI Long Hold % of 1RM Target (20%) Strength Training C Day x	☐ HI	☒ HI HI	☐ HI	Save
2025-11-03	☒ HI HI	☐ HI	☐ HI	☒ HI HI	☐ HI	☐ HI	☐ HI	Save

- b) Once a player's schedule is saved, it can be found under the Profile tab in the app, and the player need only to click on the prescribed schedule on any given day to open that day's protocol(s).

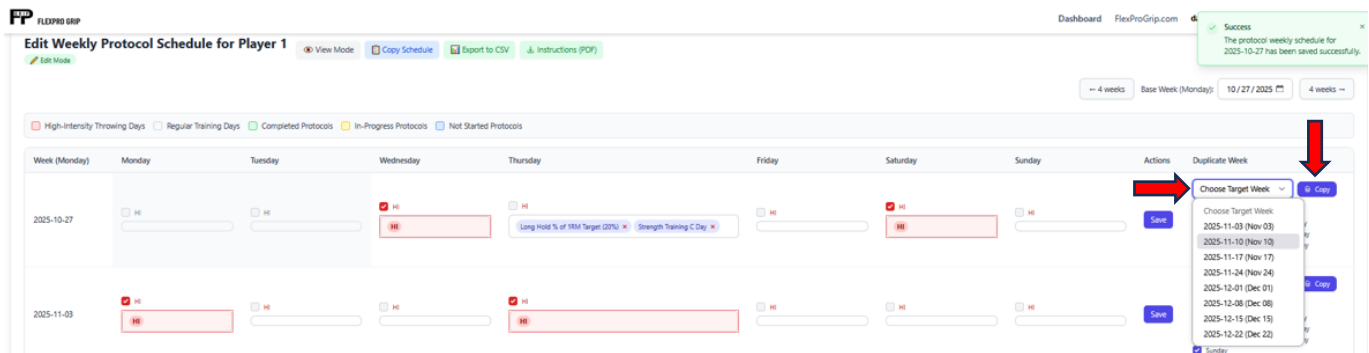


8. Efficient Schedule Creation:

- a) *Suggestion:* To streamline the process, create the schedule for the first week in any 4-week block, then copy it to subsequent weeks.

9. To Copy Training Protocols From One Week to Another Week:

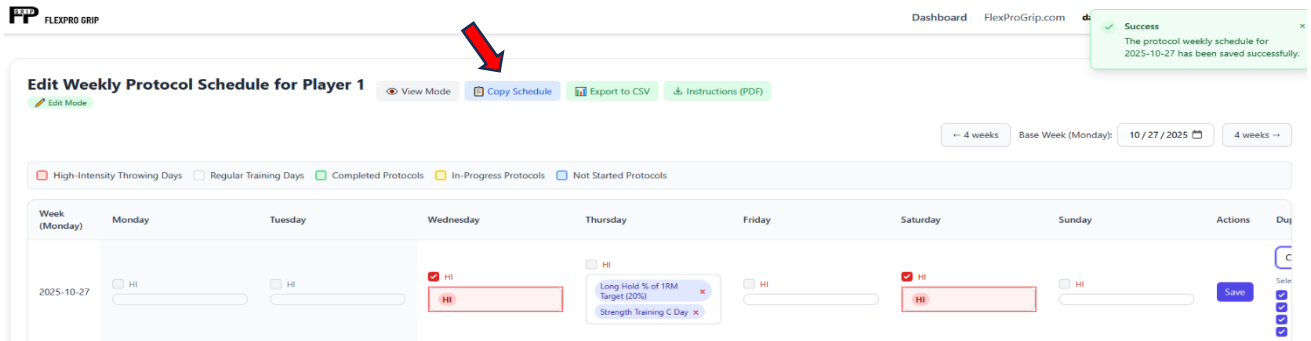
- a) Create your desired schedule for the first week of a block.
b) After saving the schedule, click "Choose Target Week" to select the week and days you want to copy to, then click "Copy" to duplicate the protocols.



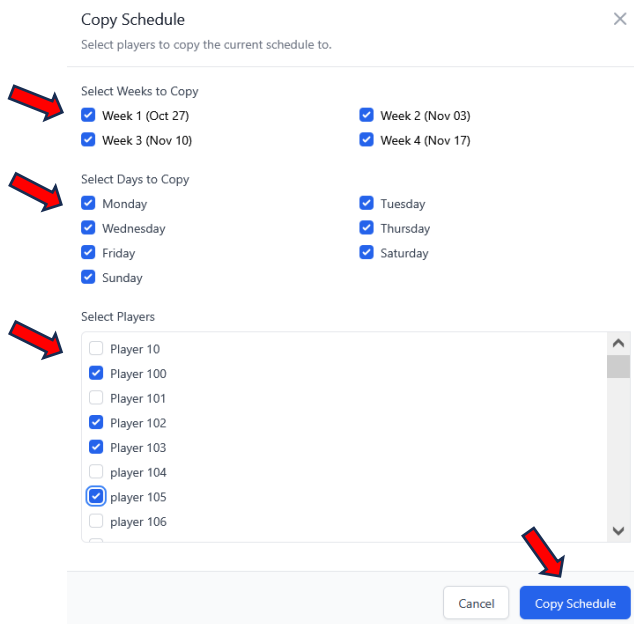
- c) *Note:* You can only copy from one week to one additional week at a time. Repeat the process for multiple weeks.

10. To Copy Schedule to Another Player or Group of Players:

- Create and save a training schedule for a player (e.g., Player 1).
- On Player 1's schedule, click the "Copy Schedule" button at the top of the page.



- Select the Weeks, Days, Players you want to assign the schedule to and hit "Copy Schedule."



11. Copy Restrictions:

- You cannot copy a schedule from one player to another player for a day or week that has already passed.

12. Schedule Overrides:

- Once a schedule is created by a FlexPro Grip administrator for a player, no manager or player can override it without contacting FlexPro Grip.
- If a manager (team, facility, organization, PT) creates a player's schedule, the player cannot override it without contacting the manager.
- If a player belongs to two organizations (e.g., a training facility and a team/organization), and a manager from one organization creates an FPG schedule for a player, if a manager from a second organization attempts to override that player's FPG schedule, they will be notified that they must contact FlexPro Grip before making any changes.
- The same applies if the player creates their own FPG training schedule and a manager attempts to override the player's schedule.