

Building workouts for your athletes

A short guide for coaches, physiotherapists and anyone prescribing movement to somebody else. Everything here is done in a browser — your athletes see it in the app.

Before you start

Coach access is **free**. It is granted rather than self-serve: register your interest at dailyfit15.com/coaches.html and we switch it on for your account. Once it is on, sign in at app.dailyfit15.com and you will see a **Coach** link in the top navigation.

Your athletes need a DailyFit15 account of their own. They can use the phone app or the browser — it is the same account and the same workout either way.

You do not need a second account to coach yourself. Self-coaching is built in, so you can assign your own days alongside your athletes'.

1. Invite an athlete

From the coach area, send an invite to the email address your athlete uses for DailyFit15. They accept it in the app or the browser, and from then on they appear on your roster.

Until they accept, nothing you assign reaches them. An invite can be withdrawn if it was sent to the wrong address.

2. Build a workout

A workout is a title, a handful of settings, and an ordered list of moves. The builder shows an estimated running time as you add them, so you can see whether it fits the slot.

The settings at the top

Title	What your athlete sees on the day.
Type	Core, Upper, Lower, Hiit, Warmup, Recovery or Cardio. Decides where it can sit in a plan.
Level	1 to 3. Roughly: 1 is accessible to anyone, 3 assumes a training base.
Rounds	How many times the list of moves repeats.
Round rest (s)	The breather between rounds.
Athletes play it as	A 15-minute timer, or reps. See below.

Timer or reps

Timer means the clock runs each move and moves your athlete on automatically — best for conditioning, circuits and anything where pace matters. **Reps** means they work through the count and tap on when they are done — better for strength and for rehab, where rushing is the thing you are trying to prevent.

If you pin a mode here, it overrides the athlete's own preference for this workout. Leave it alone and they train the way they normally do.

Adding moves

Exercise	From the DailyFit15 library, or one of your own.
Sets	How many times this move repeats before the next one.
Reps	The count, when it is a rep-based move.
Work (s)	The duration, when it is a timed move or a hold.
Rest (s)	The gap before the next move.
Cue	Optional. One line in your own words, shown while they do it.

Use **Up** to reorder and **Remove** to drop a move. The estimate at the top of the Moves list updates as you go.

The cue is the most undervalued field here. "Nice slow movement, three seconds down" does more for form than another paragraph of instructions ever will — and it appears at the moment they are actually doing the movement.

3. Create your own exercise

If the movement you want is not in the library, add it. Your exercises are yours — they appear alongside the DailyFit15 catalogue when you build a workout, and nowhere else.

Name	What it is called in the builder and in the player.
Instructions	How to do it. Written the way you would say it out loud.
Muscles worked	Free text, e.g. "Quads, Glutes".
Purpose / benefits	Why it is in the workout. Optional, but athletes read it.
Too hard?	The easier option, in one line.
Too easy?	The harder option, in one line.
Difficulty	Where it sits on the same 1–3 scale as the library.
Which slots can this fill?	Warmup, Hiit, Core, Upper, Lower, Recovery, Cardio.

One side at a time

Tick this for lunges, side planks and anything else done left then right. The workout then schedules it as two consecutive moves, each getting the full work and rest you set — so you do not have to halve the numbers yourself or remember to add it twice.

Easier and harder versions

This is what your athlete gets instead when a day is too much or too little. A rung can be either:

- **A different exercise** — box press-ups instead of press-ups.
- **The same exercise, less of it** (or more) — the same movement at a fraction of the reps or hold.

Leave both as **None** and the exercise is never swapped. For rehab work that is often exactly what you want: if the prescription is the prescription, say so and it will be left alone.

4. Add a demo clip

Upload a short video of the movement done the way you want it done. It plays in the guided player next to your cues, so your athlete sees your version at the moment they need it rather than remembering the clinic three weeks ago.

- An `.mp4` or `.mov` the player can stream directly.
- Keep it short — a few seconds of the movement, looping, is plenty.
- Film it landscape, with the whole body in frame.

Clips you upload are used as-is. There is no processing step, so what you upload is exactly what they will see.

5. Put it on a day

Open the calendar, pick the athlete, and drag a workout from the panel on the right onto the day you want it done. Your own workouts sit at the top under **My workouts**, with the full DailyFit15 library beneath, grouped by type.

Tick a single athlete to see their whole calendar and set a workout to repeat, rather than placing it one day at a time.

An assigned day replaces whatever that athlete would otherwise have had — and only that day. The rest of their plan carries on as normal.

6. What your athlete sees

- Today's workout, marked as coming from you.
- Your cues and your demo clips as they work through it.
- Your easier and harder options behind "Too hard?" and "Too easy?".

Afterwards you can see what they completed and how hard it felt — enough to tell whether last week landed, without asking them to keep a training diary they will not keep.

A few things worth knowing

- **Nothing is published until you assign it.** A workout you are still building is not visible to anyone.
- **Your athletes keep their own settings.** If somebody is on the Foundation on-ramp — capped to one set while they build the habit — that still applies.
- **They can always stop.** An athlete can leave a coach from their Account page. You will see them drop off your roster.
- **You are not their doctor.** DailyFit15 shows a health warning before every workout. It does not replace your own screening and judgement.