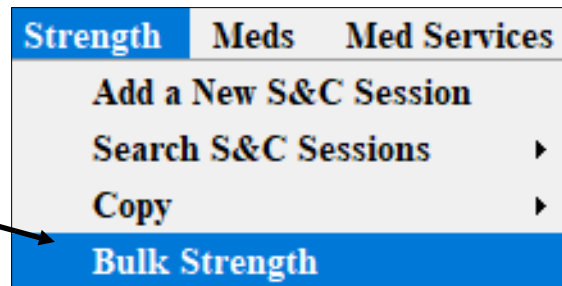


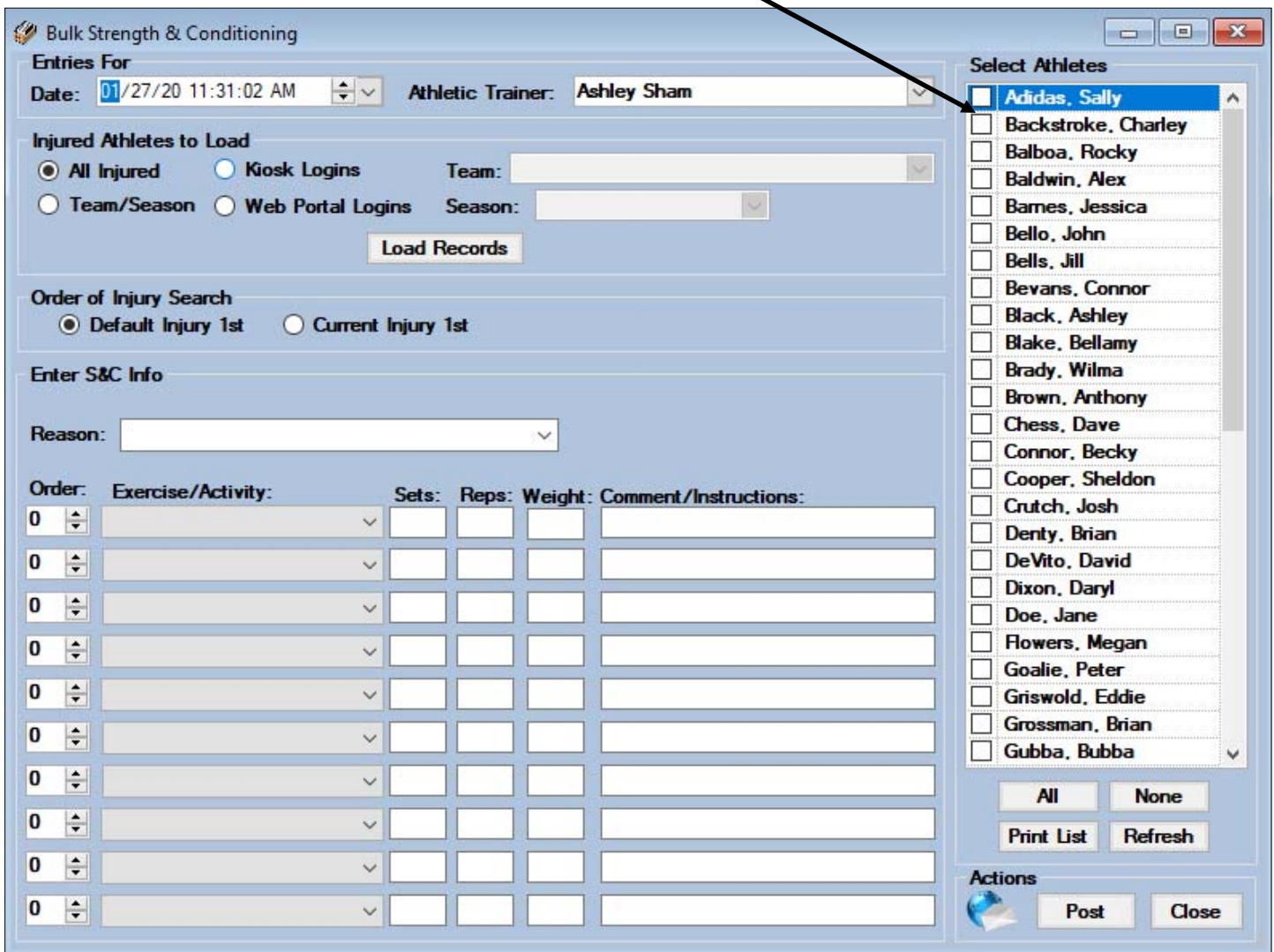
ATS - Bulk Strength

With the ATS Bulk Strength feature, you can enter exercises or a session of up to 10 exercises for several athletes, entire teams, seasons, athletes that logged into the Kiosk that day or athletes with Web Portal logins with ease. This can be done from the Core version of the program at this time.

In the Core, go to Strength, then Bulk Strength.



When you first enter the function, all of your injured athletes will be displayed, this may be a great starting point.



A screenshot of the 'Bulk Strength & Conditioning' software interface. The window title is 'Bulk Strength & Conditioning'. The interface is divided into several sections:

- Entries For:** Date: 01/27/20 11:31:02 AM, Athletic Trainer: Ashley Sham.
- Injured Athletes to Load:** Radio buttons for 'All Injured' (selected), 'Kiosk Logins', 'Team/Season', and 'Web Portal Logins'. There are fields for 'Team:' and 'Season:'. A 'Load Records' button is present.
- Order of Injury Search:** Radio buttons for 'Default Injury 1st' (selected) and 'Current Injury 1st'.
- Enter S&C Info:** A 'Reason:' dropdown menu.
- Table:** A table with columns: Order (0), Exercise/Activity (dropdown), Sets, Reps, Weight, and Comment/Instructions.
- Select Athletes:** A list of athletes with checkboxes. 'Adidas, Sally' is selected. Other athletes include Backstroke, Charley; Balboa, Rocky; Baldwin, Alex; Barnes, Jessica; Bello, John; Bells, Jill; Bevans, Connor; Black, Ashley; Blake, Bellamy; Brady, Wilma; Brown, Anthony; Chess, Dave; Connor, Becky; Cooper, Sheldon; Crutch, Josh; Denty, Brian; DeVito, David; Dixon, Daryl; Doe, Jane; Flowers, Megan; Goalie, Peter; Griswold, Eddie; Grossman, Brian; Gubba, Bubba.
- Buttons:** 'All', 'None', 'Print List', and 'Refresh' are located below the athlete list.
- Actions:** 'Post' and 'Close' buttons are located at the bottom right.

A black arrow points from the text 'this may be a great starting point.' to the 'Adidas, Sally' entry in the 'Select Athletes' list.

ATS - Bulk Strength

You can choose a team, a season, Kiosk Login athletes, Web Portal athletes, or All Injured. After choosing, click load criteria you may need to select a dropdown if Team or Season was selected. The athletes in the selected group will appear on the right, you can choose all or select the desired athletes out of this group by placing a check mark in the box next to their name.

Bulk Strength & Conditioning

Entries For
Date: 01/27/20 11:31:02 AM Athletic Trainer: Ashley Sham

Injured Athletes to Load
 All Injured Kiosk Logins Team: [Redacted]
 Team/Season Web Portal Logins Season: [Redacted]

Order of Injury Search
 Default Injury 1st Current Injury 1st

Enter S&C Info
Reason: [Redacted]

Order:	Exercise/Activity:	Sets:	Reps:	Weight:	Comment/Instructions:
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				
0	[Redacted]				

Select Athletes

- Adidas, Sally
- Backstroke, Charley
- Balboa, Rocky
- Baldwin, Alex
- Barnes, Jessica
- Bello, John
- Bells, Jill
- Bevans, Connor
- Black, Ashley
- Blake, Bellamy
- Brady, Wilma
- Brown, Anthony
- Chess, Dave
- Connor, Becky
- Cooper, Sheldon
- Crutch, Josh
- Denty, Brian
- DeVito, David
- Dixon, Daryl
- Doe, Jane
- Flowers, Megan
- Goalie, Peter
- Griswold, Eddie
- Grossman, Brian
- Gubba, Bubba

Actions

ATS - Bulk Strength

You then need to decide whether the rehabs should post directly to the default injury for athletes chosen or if you want rehabs linked to an active injury (if there is one) first and then to the default injury if there is not an active injury. A reason is still required for the strength session.

Entries For
Date: 01/27/20 11:31:02 AM Athletic Trainer: Ashley Sham

Injured Athletes to Load
 All Injured Kiosk Logins Team/Season Web Portal Logins
Team: Team Season: Season
Load Records

Order of Injury Search
 Default Injury 1st Current Injury 1st

Enter S&C Info
Reason: Reason

Order:	Exercise/Activity:	Sets:	Reps:	Weight:	Comment/Instructions:
0					
0					
0					
0					
0					
0					
0					
0					
0					
0					
0					

Select Athletes
 Adidas, Sally
 Backstroke, Charley
 Balboa, Rocky
 Baldwin, Alex
 Barnes, Jessica
 Bello, John
 Bells, Jill
 Bevans, Connor
 Black, Ashley
 Blake, Bellamy
 Brady, Wilma
 Brown, Anthony
 Chess, Dave
 Connor, Becky
 Cooper, Sheldon
 Crutch, Josh
 Denty, Brian
 DeVito, David
 Dixon, Daryl
 Doe, Jane
 Flowers, Megan
 Goalie, Peter
 Griswold, Eddie
 Grossman, Brian
 Gubba, Bubba

All None
Print List Refresh

Actions
Post Close

You can document up to ten different exercises, designate the order in which they were done, the sets, reps, weight, and any comments needed. When you have made all your selections and are ready, click the Post button to post the exercise(s) to the athletes chosen.