

Edit and delete a programme template

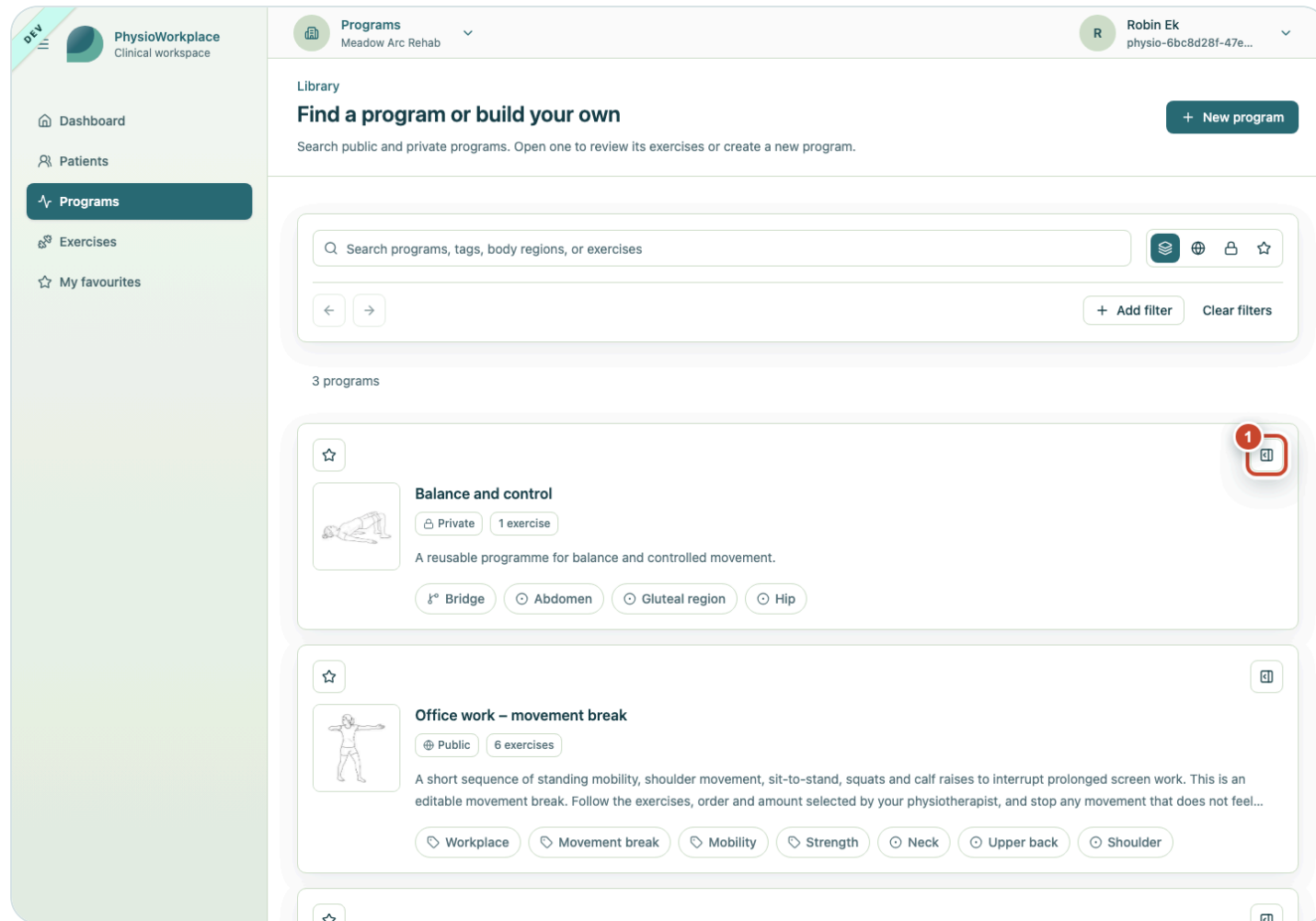
Update your own reusable programme template or delete it permanently when it is no longer needed.

1

Open the template

Where you are: The programme library shows your private and public programmes.

What to do: Open the programme template you want to change.



Complete when: The programme editor is shown.

2

Update the template

Where you are: The programme editor is open.

What to do: Change the programme title or description.

Program

Supported side-step sequence

Private

View PDF

Program title

Supported side-step sequence

An updated programme template with added support for controlled movement.

Bridge

Abdomen

Gluteal region

Hip

Pelvis

+ Tag

Program exercises

Click text to edit, use +/check on cards, or reorder rows with controls.

1

Bridge with elastic band



Lying hip lift in which the hips rise and lower with an elastic band above the knees.

- 1 Lie on your back with your knees bent and feet hip-width apart. Place the band around your thighs just above the knees. Keep your knees slightly apart and rest your arms on the floor.
- 2 Press your feet into the floor and lift your hips. Keep your knees slightly apart and lift until your body forms a straight line from shoulders to knees. Lower your hips slowly again.

Search title, tags, body regions, or instructor

+ Add filter

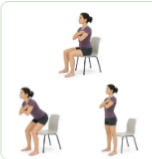
Clear filters

13 exercises

Use +/check button or drag into program

Sit-to-stand

Public



Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.

Sit-to-stand

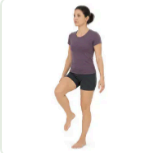
Hip

Knee

Thigh

Single-leg balance

Public



Static balance exercise in which body weight is supported on one leg while the other foot stays clear of the floor and the trunk remains upright.

Single-leg balance

Ankle

Foot

Hip

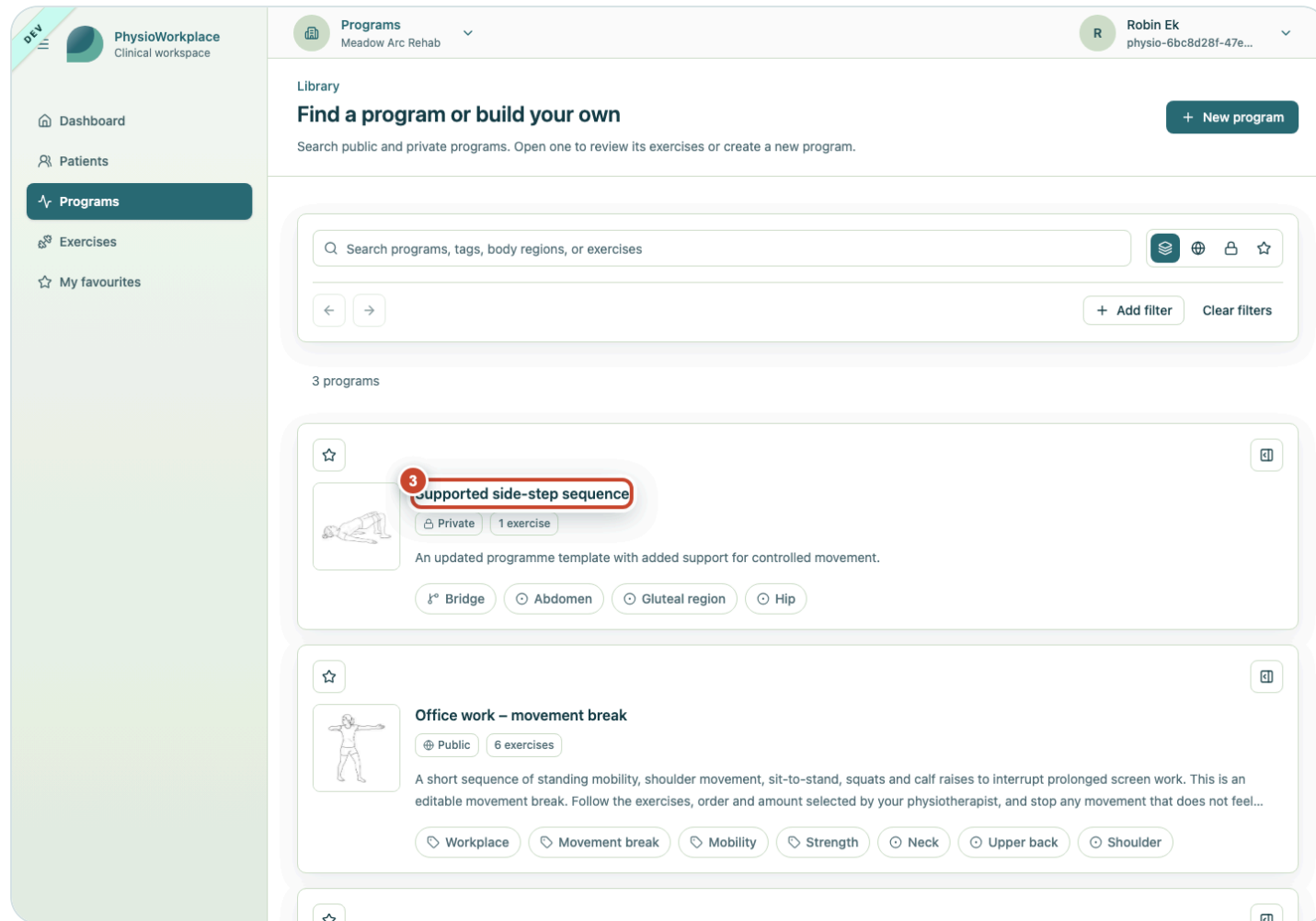
Complete when: The changes are saved automatically in your template.

3

Check the change

Where you are: The programme editor is closed.

What to do: Find the updated template in the library.



Complete when: The new title appears on the programme card.

4

Select Delete programme

Where you are: The owned programme template is open again.

What to do: Select Delete programme if the template should no longer be kept.

Program exercises

Click text to edit, use +/check on cards, or reorder rows with controls.



1

Bridge with elastic band

Lying hip lift in which the hips rise and lower with an elastic band above the knees.

1

Lie on your back with your knees bent and feet hip-width apart. Place the band around your thighs just above the knees. Keep your knees slightly apart and rest your arms on the floor.

2

Press your feet into the floor and lift your hips. Keep your knees slightly apart and lift until your body forms a straight line from shoulders to knees. Lower your hips slowly again.

+ Ange dosering

Publishing

Status: Draft

Submit this private program for review before it becomes public.

Submit for review

4

Delete program

Search title, tags, body regions, or instructor

<

>

+ Add filter

Clear filters

13 exercises

Use +/check button or drag into program

Sit-to-stand

Public

Bilateral transfer from sitting to standing and back, performed from a chair with the feet kept in the same position and the arms crossed over the chest.

Sit-to-stand

Hip

Knee

Thigh

Single-leg balance

Public

Static balance exercise in which body weight is supported on one leg while the other foot stays clear of the floor and the trunk remains upright.

Single-leg balance

Ankle

Foot

Hip

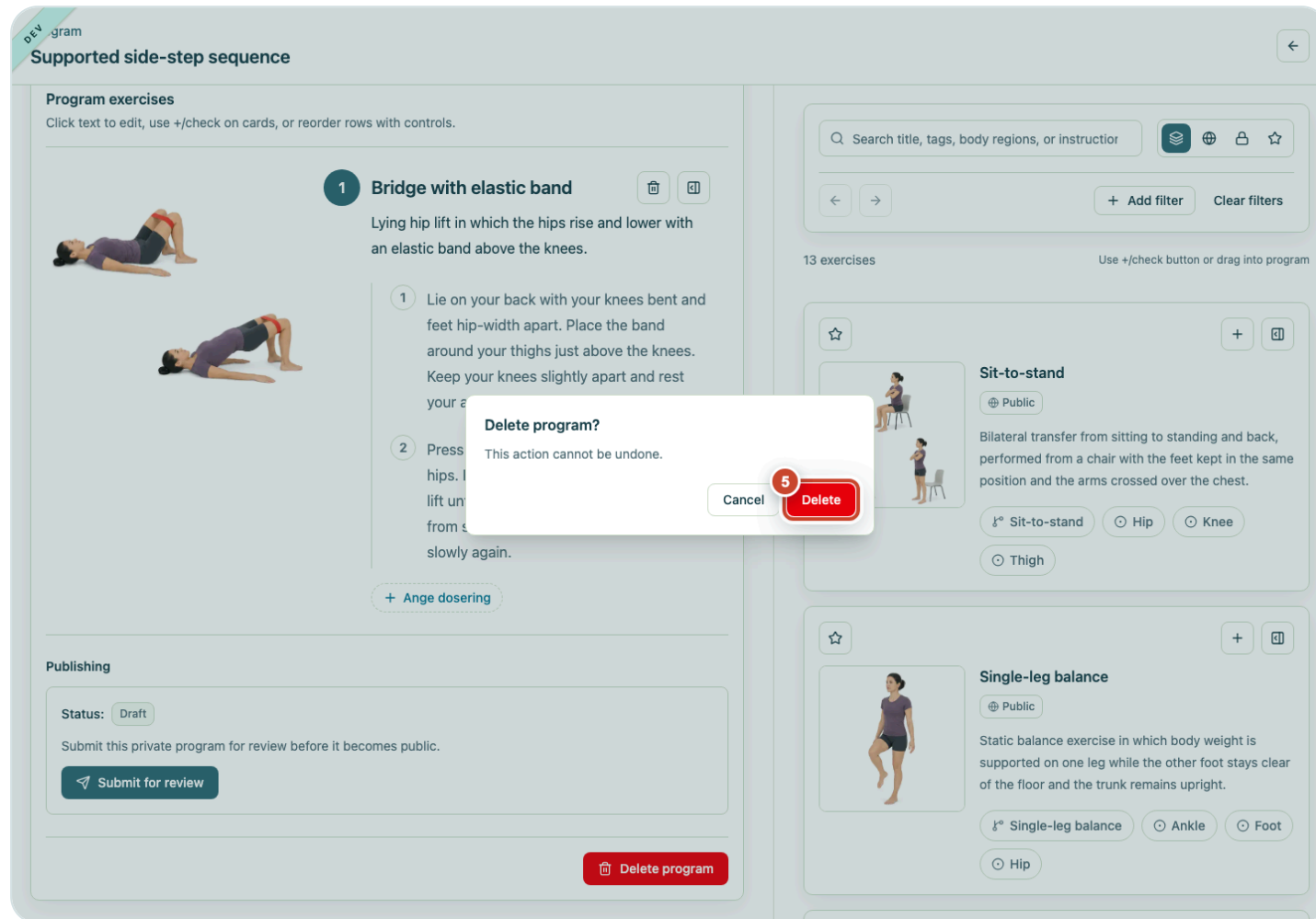
Complete when: A dialog asks you to confirm the deletion.

5

Confirm the deletion

Where you are: The confirmation dialog is open.

What to do: Select Delete to remove the template permanently.



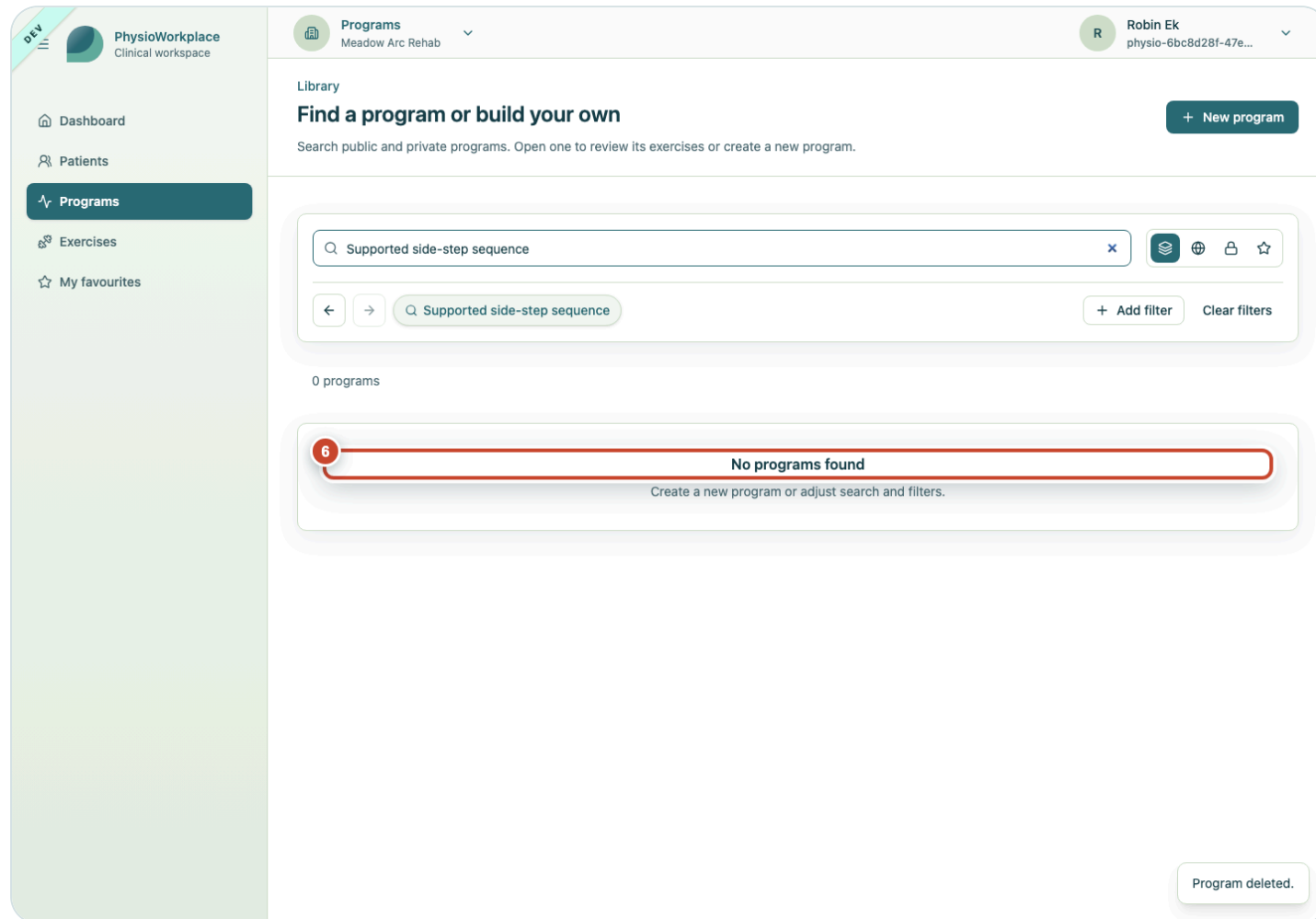
Complete when: The programme is removed and the dialog closes.

6

Check that it is gone

Where you are: The programme has been deleted.

What to do: Search for its previous title.



Complete when: No matching programmes are shown.