

# MAGNETICDAYS

## TRAINING SYSTEM CLOUD MANUAL



The Magnetic Days Training System Cloud is a data transmission system via the web that ORF / Gobat makes available to all its Customers.

The system has two different levels.

The first is for the use of all private Magnetic Days Customers while the second is reserved for Professionals of the field such as Sports Trainers, Sport Specialized Doctors, Bio-mechanics, etc.

In the Customer level, the system allows you to chat to the Coach to receive testing and training protocols and send files to run for processing.

The choice of the referential Coach is made by the customer directly from the Coach pages in the gallery which opens by entering the Cloud Training System bar.

The gallery is divided into categories and contains pages with information about the Coaches and the Magnetic Days systems that they use.

From inside the page, the Customer may choose the Coach to report to.

**ORF / Gobat provide free communications pages and assumes no responsibility for any use not in accordance with current legislation. ORF / Gobat removes itself from any trade agreement between the users of the available pages and the service users**

By registering in the portal, the customer is linked to ORF / Gobat by default.

To choose a different Coach, it is necessary to open the relevant page and select one as a new Coach.

Another convenient use of the system for the Customer is the easy file exchange from one control device to another. The Customer can in fact use a PC for some functions, taking advantage of the convenience (i.e. to write down training programmes), but then use a phone or a tablet to pilot the MD. The passage of the data from the PC to another device can easily be made through your own cloud page without having to resort to direct transmission systems.

The level reserved for Professional Magnetic Days users, in addition to their details page, lets them manage all the customers with whom they have decided to establish a direct relationship.

The Coach can in fact monitor all those who have chosen him, by selecting them from a list and opening up a direct channel with the Customer / Athlete.

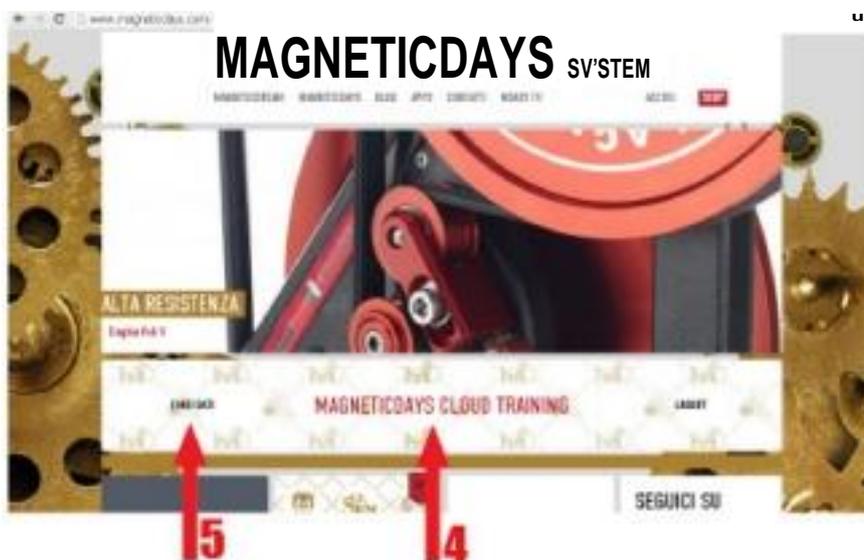
For the use of the data transmission CLOUD TRAINING SYSTEM, firstly it is necessary to register in the [www.magneticdays.com](http://www.magneticdays.com) portal

To register, simply follow the instructions in the window that opens clicking on "Log in" in the menu.



When Log In is done, the bar of the Cloud Training System (4) will change showing keys for its use.

The keys are - MY DETAILS - and - LOGOUT -



Press "My details" (5), to access your details home page



On the page there is a field from which to select files to upload from the device memory (6).

The name of the Coach with whom the Client is currently connected is shown (7).

Then there are 4 file containment boxes.

In the box above the dotted line, you can find the files (protocols, training files, test reports) that the Coach sent to the User. The test protocols appear in the box on the left while the exercise files and test reports in the box on the right.

Below the dotted line, the files that the User can load alone will appear, either to send them to the Coach or transfer them from one device to another.

In the case of Test files (Box on the left), the User NOT being enabled to write protocols, ONLY completed test files can be loaded. These files will be distinguished by a Prefix T1.

In the case of Training files (Box on the right), the User can load both Training Run files and Training Protocol files written with the use of the MD software. In this case the Protocol Training files will have the Prefix A1 while the Training Run files will have the Prefix A2.

This differentiation is used to help the system place them in the right box both of the cloud and the MD software during automatic synchronization (see MD software User's manual).

To choose the referential Coach, just key in the central part of Cloud Training System Bar ( 4 )



It will enter the Coach gallery that is divided into categories. The categories are: Preparatory, Biomechanical, Gyms and Sports Doctors.

Within each category there are the pages for the Magnetic Days Coaches. Entering the single page of each Coach, we can find all the details and the information that the Coach will have wanted to indicate, the list of MD devices and the software used by the Coach.

On the Coach page, select the button "Choose as Trainer " to decide which is the Coach you want to exchange data with

Of course we can relate to ONLY one Coach that we may substitute later. Our name will only appear in this Coach's list.

