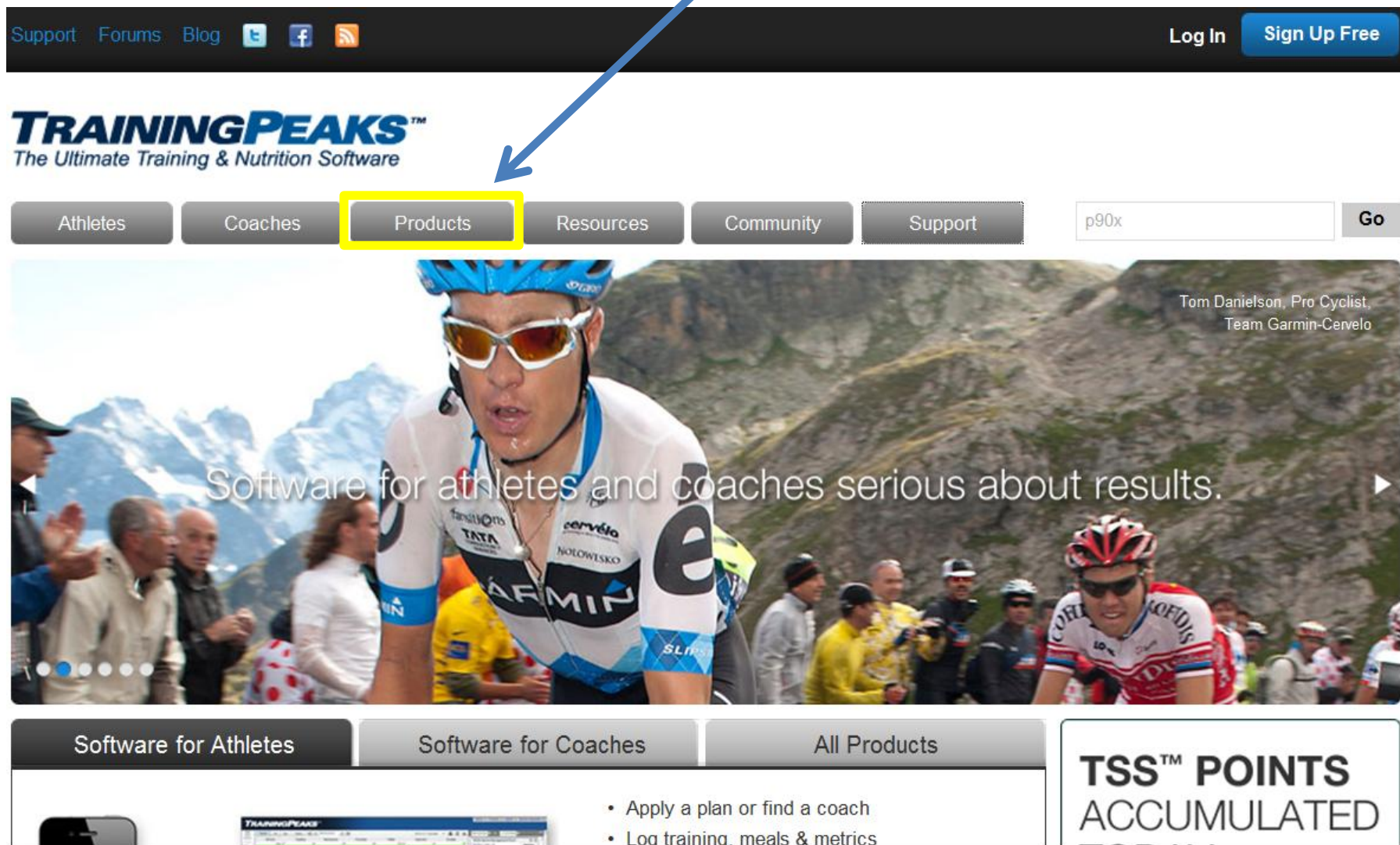





# Training Peaks P90X and P90X2 Workout Schedule Instructions



[www.tribasetraining.com](http://www.tribasetraining.com)

Go to [www.trainingpeaks.com](http://www.trainingpeaks.com) and click on “Products”



Support Forums Blog    Log In [Sign Up Free](#)

**TRAININGPEAKS™**  
The Ultimate Training & Nutrition Software



Athletes Coaches **Products** Resources Community Support

p90x [Go](#)

Tom Danielson, Pro Cyclist,  
Team Garmin-Cervelo

Software for athletes and coaches serious about results.

Software for Athletes Software for Coaches All Products

- Apply a plan or find a coach
- Log training, meals & metrics

**TSS™ POINTS  
ACCUMULATED**

Click on "Plans"

# TRAININGPEAKS™

The Ultimate Training & Nutrition Software

Products / Web

Software for athletes and coaches serious about results.



Coach



Athlete



Device Agent



WKO+



Plans



Mobile



TRAININGPEAKS™ GPS

Click on “Training Plans”. Don’t worry about the options to browse by type or author. Just click the Training Plans header



### Training Plans

We’ve discovered that those with a training plan are more than twice as likely to achieve their goals. So browse our store and you’ll find plans designed by hundreds of different coach authors for a wide range of events, sports, seasons, and goals. Find just the right plan to fit your needs.

- [Browse Plans by Type](#)
- [Browse Plans by Author](#)
- [Learn more about Plans](#)



### Meal Plans

You dedicate a lot of time and effort to training your body, so make sure you’re giving it the right fuel. Browse our store and find meal plans designed to optimize your performance and recovery while you’re training for a specific event, meeting health-related goals, or simply complementing your athletic lifestyle.

- [Browse Meal Plans](#)
- [Learn more about Meal Plans](#)



### Exercise Libraries

Are you looking for guidance on workouts and training without the set structure and sequence of a plan? Browse our store of Exercise Libraries complete with workouts designed by industry-leading coaches to easily drag and drop into your calendar to build a training strategy that uniquely fits your life.

- [Browse Libraries](#)



### VirtualCoach™

When you upgrade to a Premium Athlete Edition account, you’ll get our Annual Training Plan wizard and VirtualCoach™ included to map out your events for the year and get suggested workouts based on your own unique goals, areas of focused improvement, and targeted sport.

- [Learn More](#)

Type "P90X" into the Search Box and click the Search Button (this will bring up P90X and P90X2 plans)

P90X

Search »

All Plans Training Plans Meal Plans

About Plans

Authors

Training Plans

Meal Plans

Exercise Libraries

### Intro to Training Plans

How do the plans work? How do I find one for me?

#### 1. Load the Plan

Configure the plan to fit your schedule and needs.

#### 2. Follow the Plan

Get started on the path to your next goal.

#### 3. Log your Progress

Track what you've done and use the analysis tools to see your improvement.

### Introduction to Training Plans

Have a goal in mind, but need some help getting there? Try a training plan! Choose from hundreds of plans written by industry-leading coaches in endurance sport. After over ten years of delivering training plans and advice to athletes, we've found that those with a training plan are **more than two times more likely to reach their goal** if following a training plan. You choose the goal and let us help you get there!

To get started, you can browse [by author](#) or [by event/sport type](#). Not sure what you want to train for? Check out the [most popular plans](#) for a little inspiration. Every plan comes with a free TrainingPeaks Personal Edition account. Once you select and purchase a plan it will load into your TrainingPeaks account where can configure it to meet your needs and fit into your schedule. Once you're up and running (or riding), you can log your workouts to track your progress and make sure you stay on track. After you meet your goal with your training plan, you can reuse it to train for another event or find a new plan to help you reach a new goal. All your data and information remains in your TrainingPeaks account for you to review and learn from.

Looking for a serious fitness combo? Try combining a training plan with a meal

[www.tribasetraining.com](http://www.tribasetraining.com)

### Introducing some of our Training Plan authors:



[Runner's World](#)



[Joe Friel](#)



[Hal Higdon](#)



[Hunter Allen](#)



[Nell Stephenson](#)



[Matt Fitzgerald](#)

Click on the “buy” button of the program schedule you want to download. The price is set at \$0.00 for the P90X plans and you will not be charged anything. Training Peaks has changed their rules and doesn't allow plans set at \$0.00 anymore so the P90X2 plans are set at \$9.99 and I have a coupon set up for 100% of the cost so that it is still free. Just contact me at [ryan@tribasetraining.com](mailto:ryan@tribasetraining.com) for the discount code.

<a href="#">About Plans</a>	<a href="#">Authors</a>	<a href="#">Training Plans</a>	<a href="#">Meal Plans</a>	<a href="#">Search for Plans</a>	<a href="#">Exercise Libraries</a>
<a href="#">Expand all plan details</a>					
click plan name for plan description					
▶ <a href="#">P90X Classic</a>	by Ryan Chapman	13 weeks	\$0.00	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X Lean</a>	by Ryan Chapman	13 weeks	\$0.00	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X Doubles</a>	by Ryan Chapman	13 weeks	\$0.00	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X Insanity Hybrid</a>	by Ryan Chapman	13 weeks	\$0.00	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">Ultimate P90X Hybrid (90 days)</a>	by Ryan Chapman	13 weeks	\$0.00	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X2 Ver 1</a>	by Ryan Chapman	13 weeks	\$9.99	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X2 Ver 2</a>	by Ryan Chapman	13 weeks	\$9.99	<a href="#">Plan Preview</a>	<a href="#">Buy</a>
▶ <a href="#">P90X2 Ver 3</a>	by Ryan Chapman	13 weeks	\$9.99	<a href="#">Plan Preview</a>	<a href="#">Buy</a>

[Create a Free Account](#)

[Company](#)

[Fitness Tracking](#)

[Articles](#)

[Athlete Edition](#)

If you already have a Training Peaks account, simply login below. If not, use the “I do not have an account” section and click the submit button at the bottom of the screen (not shown in this screen capture).

Already have a TrainingPeaks Account?

Username:  \*Case SEnsiTive

Password:

[forgot password?](#)

I do not have an account:

A free personal account will be included with your training plan in order to use it. You may choose to pay for the premium version.

First Name:

Last Name:

Username:

Password:  Confirm:

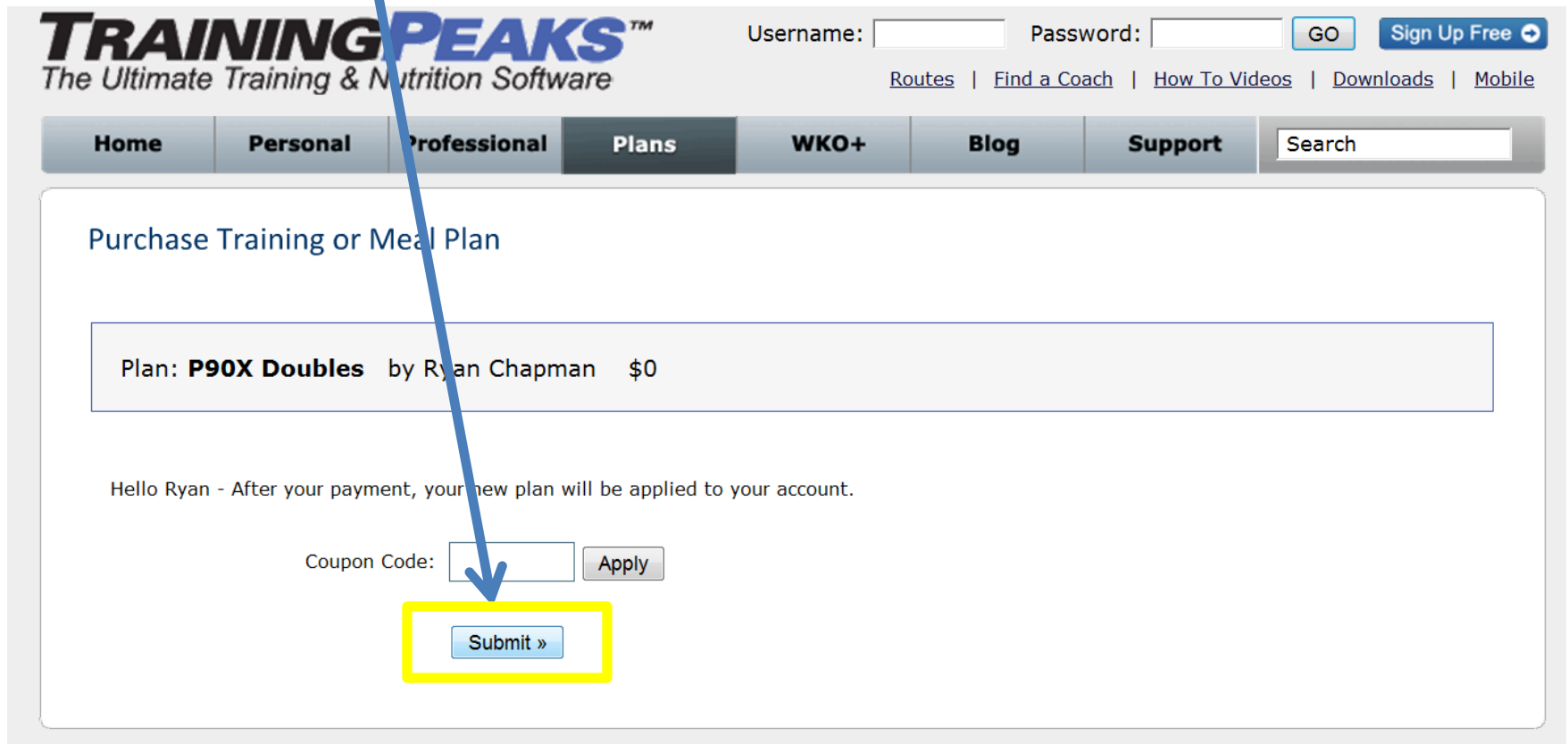
Email Address:  Confirm:

**Subscription Option: Free Account**

I would like to sign up for the Premium Edition. [See what you're missing](#)

\* By signing up for a Premium Subscription to use with your training plan, you will have additional features as specified in the [Premium vs Basic Comparison](#). The Basic Subscription is training plan enabled, and you may always upgrade later.

Now, hit the “submit” button one more time (enter the coupon code if you have contacted me for it and want the P90X2 plans to be free)



**TRAINING PEAKS™**  
The Ultimate Training & Nutrition Software

Username:  Password:

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**Home** | **Personal** | **Professional** | **Plans** | **WKO+** | **Blog** | **Support** |

### Purchase Training or Meal Plan

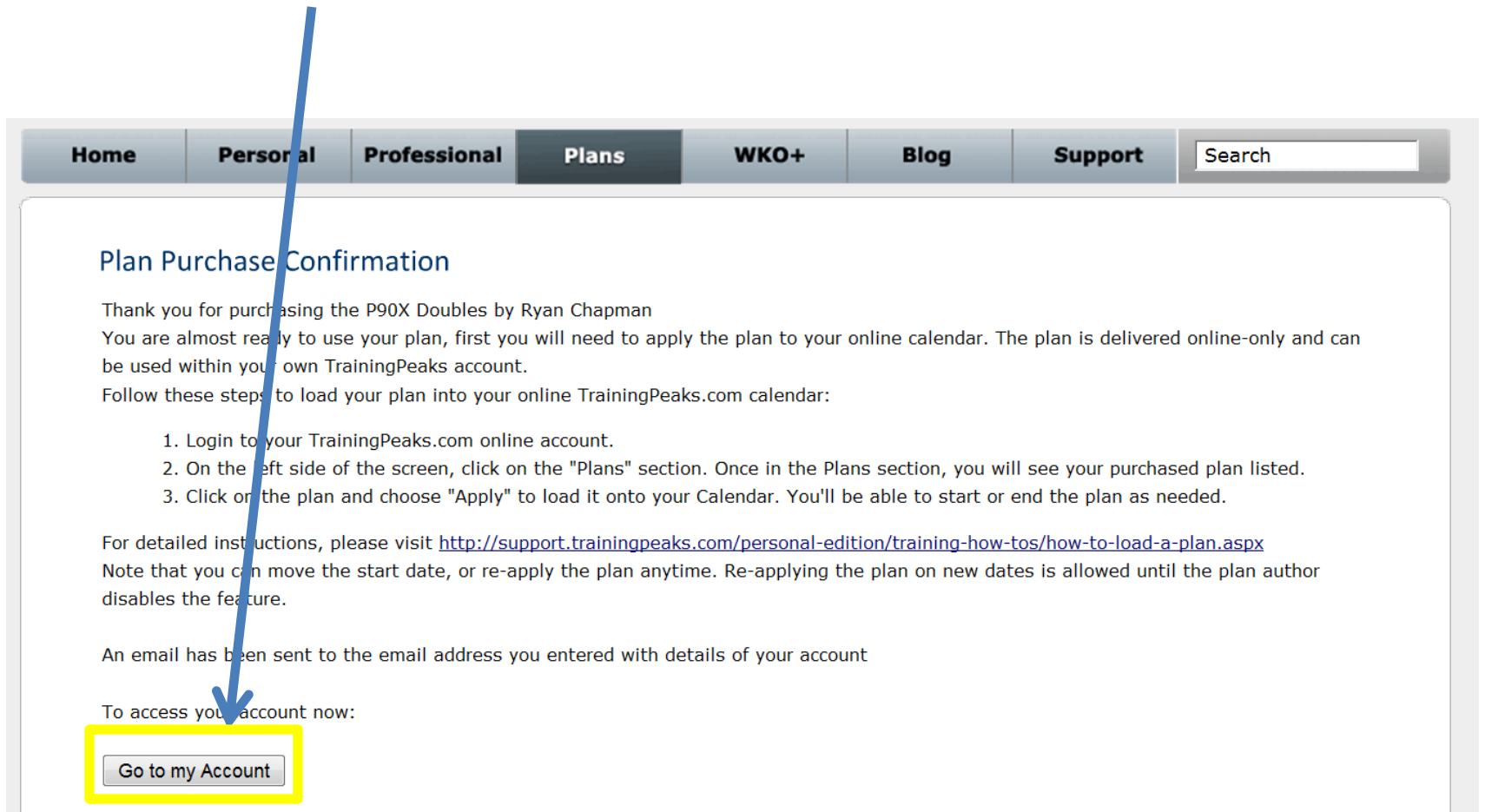
Plan: **P90X Doubles** by Ryan Chapman \$0

Hello Ryan - After your payment, your new plan will be applied to your account.

Coupon Code:



Now, click here to go to your account



The screenshot shows a web interface with a navigation bar at the top containing links for Home, Personal, Professional, Plans, WKO+, Blog, and Support, along with a search box. The main content area is titled "Plan Purchase Confirmation" and contains instructions for applying a purchased plan to the user's online calendar. A blue arrow points from the text "Now, click here to go to your account" to a button labeled "Go to my Account" which is highlighted with a yellow border.

**Home** **Personal** **Professional** **Plans** **WKO+** **Blog** **Support** Search

### Plan Purchase Confirmation

Thank you for purchasing the P90X Doubles by Ryan Chapman  
You are almost ready to use your plan, first you will need to apply the plan to your online calendar. The plan is delivered online-only and can be used within your own TrainingPeaks account.  
Follow these steps to load your plan into your online TrainingPeaks.com calendar:

1. Login to your TrainingPeaks.com online account.
2. On the left side of the screen, click on the "Plans" section. Once in the Plans section, you will see your purchased plan listed.
3. Click on the plan and choose "Apply" to load it onto your Calendar. You'll be able to start or end the plan as needed.

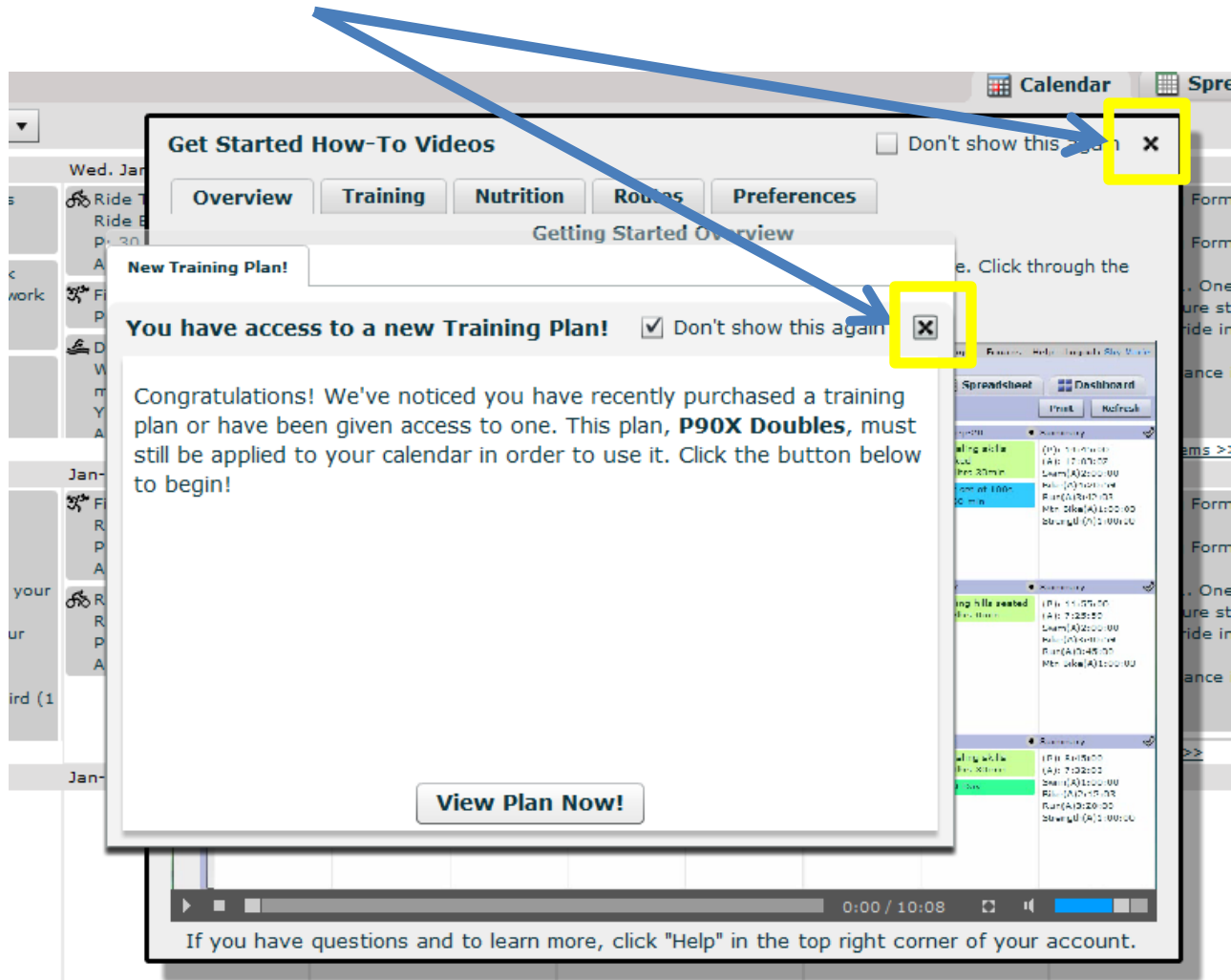
For detailed instructions, please visit <http://support.trainingpeaks.com/personal-edition/training-how-tos/how-to-load-a-plan.aspx>  
Note that you can move the start date, or re-apply the plan anytime. Re-applying the plan on new dates is allowed until the plan author disables the feature.

An email has been sent to the email address you entered with details of your account

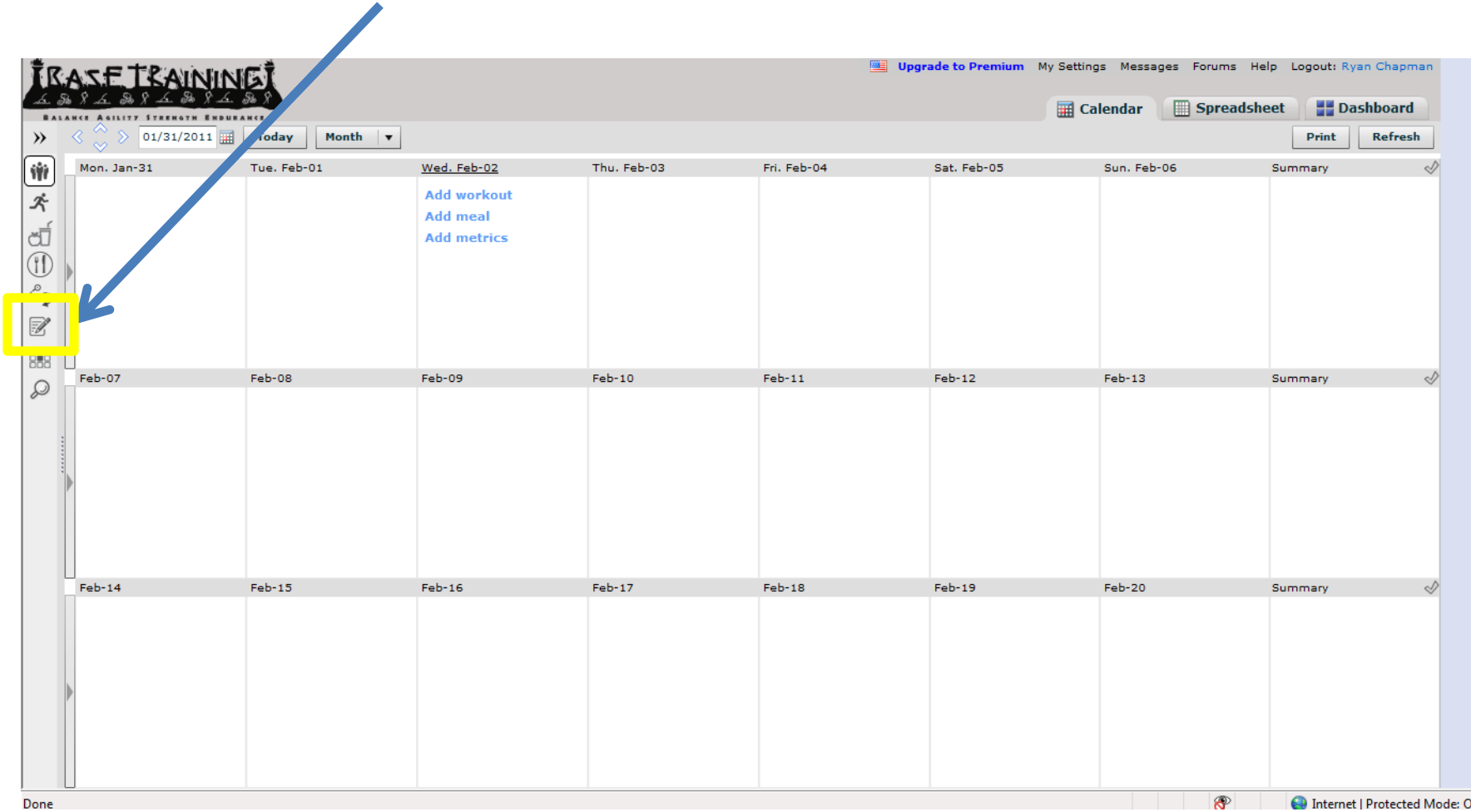
To access your account now:

**Go to my Account**

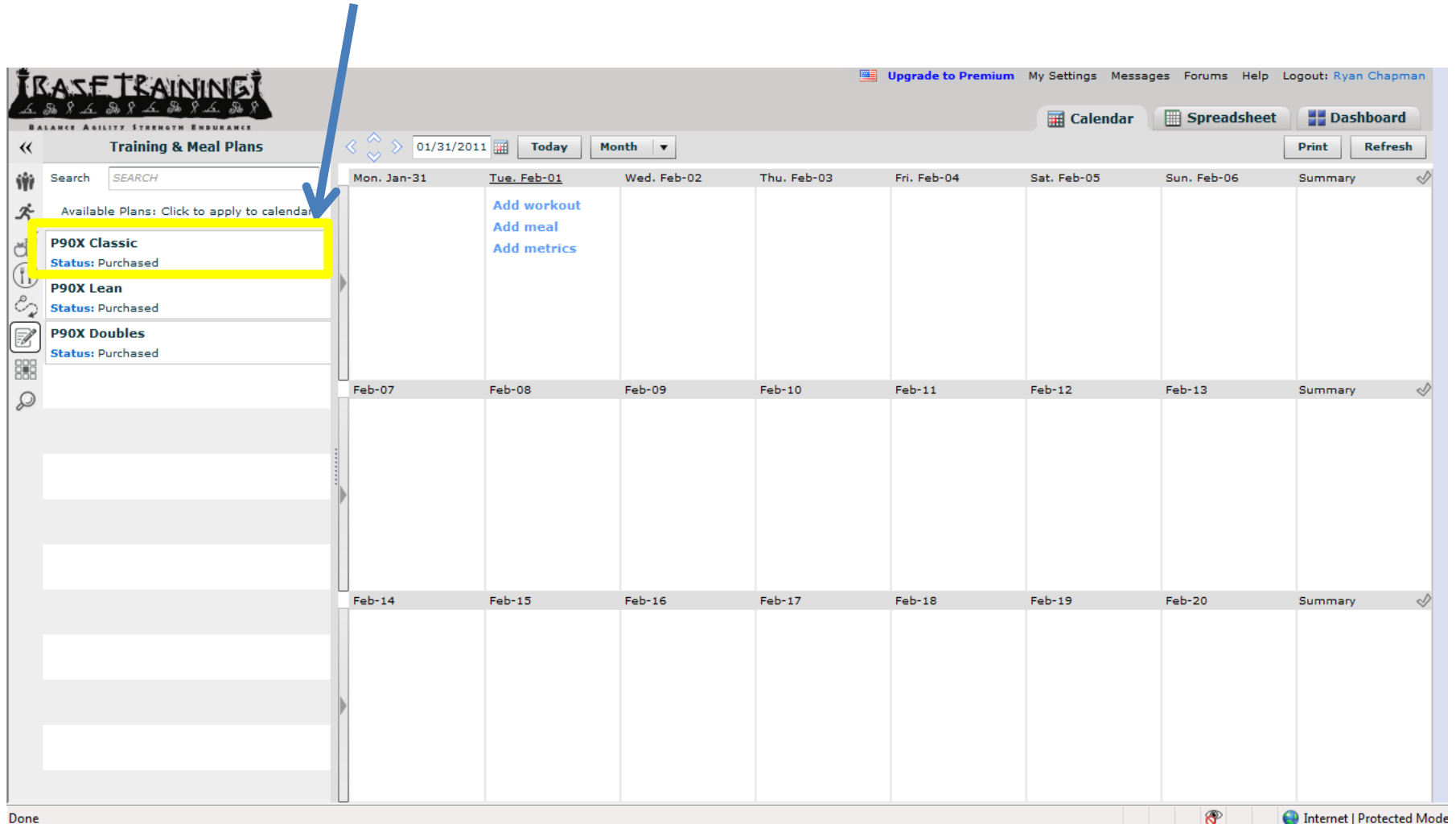
You should now see these two pop-up screens. Click the “x” on the first one because I want to show you how to get to your plan without that pop-up. The second one is some how-to videos that will help you get to know Training Peaks. You can come back to that later, so click the “x” on that one too.



Now you should see a calendar view similar to the one below. To apply your P90X plan to the calendar, click on the “Training Plans” icon, which looks like a notepad and pen.



Now you should see that the calendar has moved to the right and a new panel has opened that shows all of the plans you have purchased. Click on the plan that you want to apply to the calendar. For this exercise, I am going to apply the P90X Classic schedule



The screenshot shows the Tribase Training website interface. At the top, there is a navigation bar with the Tribase Training logo, a "BALANCE AGILITY STRENGTH ENDURANCE" tagline, and links for "Upgrade to Premium", "My Settings", "Messages", "Forums", "Help", and "Logout: Ryan Chapman". Below the navigation bar, there are tabs for "Calendar", "Spreadsheet", and "Dashboard". The main content area is titled "Training & Meal Plans" and features a search bar, a date selector (01/31/2011), and buttons for "Today" and "Month". A blue arrow points to a yellow box highlighting the "P90X Classic" plan in the "Available Plans" list. The plan list includes "P90X Classic", "P90X Lean", and "P90X Doubles", all with a status of "Purchased". The calendar grid shows dates from Mon. Jan-31 to Sun. Feb-06, with a "Summary" column. The "P90X Classic" plan is highlighted in the calendar grid, and the "Add workout", "Add meal", and "Add metrics" options are visible for the selected date.

Mon. Jan-31	Tue. Feb-01	Wed. Feb-02	Thu. Feb-03	Fri. Feb-04	Sat. Feb-05	Sun. Feb-06	Summary
	<a href="#">Add workout</a> <a href="#">Add meal</a> <a href="#">Add metrics</a>						
Feb-07	Feb-08	Feb-09	Feb-10	Feb-11	Feb-12	Feb-13	Summary
Feb-14	Feb-15	Feb-16	Feb-17	Feb-18	Feb-19	Feb-20	Summary

Once you have clicked on the plan you want to apply, a pop-up screen like the one below will appear. Now click on the “Apply” button

The screenshot displays the Tribase Training website interface. At the top, there is a navigation bar with links for 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this is a secondary navigation bar with 'Calendar', 'Spreadsheet', and 'Dashboard' buttons. The main content area is titled 'Training & Meal Plans' and shows a calendar for February 2011. A pop-up window titled 'P90X Classic' is overlaid on the calendar, displaying details for the selected plan. The 'Apply' button in the pop-up window is highlighted with a yellow box, and a blue arrow points to it from the text above. The pop-up window contains the following information:

- Summary**
- Author: Ryan Chapman, Plan Id: 19702
- Number of days: 91
- Number of workouts: 134
- Number of meals: 0
- Planned hours: 107.00 hours
  - Strength: 44.00 hours
  - Other: 63.00 hours
- No meals scheduled
- Description**
- P90X® is a comprehensive in-home fitness and nutrition program proven to burn fat and reshape your body with lean muscle in just 90 days. In fact, if P90X doesn't get you absolutely ripped in 90 days, you'll get your money back. 12 different workouts target every area of your body, incorporating moves used by elite athletes, gymnasts, weightlifters, and martial artists. In addition to cardio, strength training, and stretching, you'll develop

Done

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Now you can pick the date you want the plan to start or the date you want the plan to end using the calendar and drop-down box. When you have chosen your date, simply click the “Apply Plan” button. I chose to apply this plan on Jan 31, 2011.

The screenshot shows the Tribase Training website interface. At the top, there is a navigation bar with links for 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this is a secondary navigation bar with 'Calendar', 'Spreadsheet', and 'Dashboard' options. The main content area is titled 'Training & Meal Plans' and features a search bar and a list of available plans: 'P90X Classic' (Status: Purchased), 'P90X Lean' (Status: Purchased), and 'P90X Doubles' (Status: Purchased). A modal window titled 'P90X Classic' is open, showing a form to 'Choose how to apply plan'. The form includes a 'Start' dropdown menu and a date field set to '01/31/2011'. The 'Apply Plan' button is highlighted in yellow. A blue arrow points from the text above to the 'Apply Plan' button. The background shows a calendar grid for January and February 2011.

Now, you should see the workouts populate in the calendar. NOTE: If you applied the plan to a future date, you may have to use the arrows to toggle the calendar to those dates to see the plan

The screenshot shows the Tribase Training website interface. At the top, there's a navigation bar with links for 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this is a secondary navigation bar with 'Calendar', 'Spreadsheet', and 'Dashboard' options. The main content area is titled 'Training & Meal Plans' and features a search bar and a list of available plans: 'P90X Classic' (Applied), 'P90X Classic' (Purchased), 'P90X Lean' (Purchased), and 'P90X Doubles' (Purchased). The calendar itself displays a grid of workouts for the month of February 2011. Each day's cell contains a list of workouts with their durations. A blue arrow points to navigation arrows in the calendar header, and a yellow box highlights these arrows.

Day	Workouts
Tue. Feb-01	P90X Chest and Back P90X Chest and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Wed. Feb-02	P90X Plyometrics P90X Plyometrics DVD P: 60.0 min P90X Shoulders and Arms P90X Shoulders and Arms DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Thu. Feb-03	P90X Yoga X P90X Yoga X DVD P: 1hrs 30min
Fri. Feb-04	P90X Legs and Back P90X Legs and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Sat. Feb-05	P90X Kenpo X P90X Kenpo X DVD P: 60.0 min
Sun. Feb-06	Rest Day P90X X Stretch P90X X Stretch DVD P: 60.0 min
Summary	(P): 8:18:00
Feb-07	P90X Chest and Back P90X Chest and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-08	P90X Plyometrics P90X Plyometrics DVD P: 60.0 min
Feb-09	P90X Shoulders and Arms P90X Shoulders and Arms DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-10	P90X Yoga X P90X Yoga X DVD P: 1hrs 30min
Feb-11	P90X Legs and Back P90X Legs and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-12	P90X Kenpo X P90X Kenpo X DVD P: 60.0 min
Feb-13	Rest Day P90X X Stretch P90X X Stretch DVD P: 60.0 min
Summary	(P): 8:18:00
Feb-14	P90X Chest and Back P90X Chest and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-15	P90X Plyometrics P90X Plyometrics DVD P: 60.0 min
Feb-16	P90X Shoulders and Arms P90X Shoulders and Arms DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-17	P90X Yoga X P90X Yoga X DVD P: 1hrs 30min
Feb-18	P90X Legs and Back P90X Legs and Back DVD P: 60.0 min P90X Ab Ripper X P90X Ab Ripper X DVD P: 16.0 min
Feb-19	P90X Kenpo X P90X Kenpo X DVD P: 60.0 min
Feb-20	Rest Day P90X X Stretch P90X X Stretch DVD P: 60.0 min
Summary	(P): 8:18:00

Done

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Now let's click on the First workout "P90X Chest and Back" and see what information you can enter and track. Simply click on the workout on the calendar.

The screenshot displays the Tribase Training website interface. At the top, there is a navigation bar with the logo, a language selector (USA), and links for 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this is a secondary navigation bar with 'Calendar', 'Spreadsheet', and 'Dashboard' options. The main content area is titled 'Training & Meal Plans' and shows a calendar for February 2011. A blue arrow points to the first workout on Monday, Jan-31, which is highlighted with a yellow box. The workout is 'P90X Chest and Back' with a duration of 60.0 min. The calendar also shows other workouts for the month, including 'P90X Plyometrics', 'P90X Shoulders and Arms', 'P90X Yoga X', 'P90X Legs and Back', 'P90X Kenpo X', and 'P90X Ab Ripper X'. A sidebar on the left lists available plans: 'P90X Classic' (Applied), 'P90X Classic' (Purchased), 'P90X Lean' (Purchased), and 'P90X Doubles' (Purchased).

Day	Workout	Duration
Mon. Jan-31	P90X Chest and Back	60.0 min
Tue. Feb-01	P90X Plyometrics	60.0 min
Wed. Feb-02	P90X Shoulders and Arms	60.0 min
Thu. Feb-03	P90X Yoga X	1 hrs 30min
Fri. Feb-04	P90X Legs and Back	60.0 min
Sat. Feb-05	P90X Kenpo X	60.0 min
Sun. Feb-06	Rest Day	
Summary	(P): 8:18:00	
Feb-07	P90X Chest and Back	60.0 min
Feb-08	P90X Plyometrics	60.0 min
Feb-09	P90X Shoulders and Arms	60.0 min
Feb-10	P90X Yoga X	1 hrs 30min
Feb-11	P90X Legs and Back	60.0 min
Feb-12	P90X Kenpo X	60.0 min
Feb-13	Rest Day	
Summary	(P): 8:18:00	
Feb-14	P90X Chest and Back	60.0 min
Feb-15	P90X Plyometrics	60.0 min
Feb-16	P90X Shoulders and Arms	60.0 min
Feb-17	P90X Yoga X	1 hrs 30min
Feb-18	P90X Legs and Back	60.0 min
Feb-19	P90X Kenpo X	60.0 min
Feb-20	Rest Day	
Summary	(P): 8:18:00	

Done

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When you click on the workout, a pop-up like the one below appears with many different fields. You can enter comments, you can upload a device file (like HR monitor data), and you can set the time of the workout by dragging the icons on the left side of the pop-up. Now, let's click on the Exercises and Intervals tab.

The screenshot displays the Tribase Training web application. At the top, the navigation bar includes 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this is a secondary navigation bar with 'Calendar', 'Spreadsheet', and 'Dashboard' buttons. The main content area is titled 'Training & Meal Plans' and shows a search bar and a list of available plans: 'P90X Classic' (Applied, Purchased), 'P90X Lean' (Purchased), and 'P90X Doubles' (Purchased). A central pop-up window titled 'Quick View: Strength - Mon, 01/31/2011: Start time not set' is open. It has tabs for 'Summary', 'Equipment', 'Exercises & Intervals' (highlighted in yellow), and 'Route'. The 'Exercises & Intervals' tab shows a description of 'P90X Chest and Back DVD' and a 'Post-activity comments' field. A blue arrow points to this tab. Below the description is an 'Upload new device file' button. At the bottom of the pop-up, there are buttons for 'Share' (with social media icons), 'Public', 'Day', 'Reports, Map & Graph', 'Save & Close', and 'Save'. On the right side of the interface, a calendar view shows dates from Feb-06 to Feb-20, with workout summaries for each day, including 'Rest Day' and 'P90X X Stretch DVD' (60.0 min). The bottom status bar shows 'Done' on the left and 'Internet | Protected Moc' on the right.

Now you will see that all of the exercises in the resistance workouts are already entered for you with correct number of sets. To enter your actual data for each exercise so you can track your progress, simply click on the “edit” button for any exercise.

The screenshot displays the Tribase Training software interface. The top navigation bar includes options like 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below this, there are tabs for 'Calendar', 'Spreadsheet', and 'Dashboard'. The main content area is titled 'Training & Meal Plans' and shows a 'Quick View' for a 'Strength' workout on 'Mon, 01/31/2011'. The workout is named 'P90X Chest and Back'. A sidebar on the left lists available plans: 'P90X Classic' (Applied), 'P90X Classic' (Purchased), 'P90X Lean' (Purchased), and 'P90X Doubles' (Purchased). The main workout view shows a list of exercises with their sets and intensity. The 'Standard Push-ups' exercise is highlighted, and its 'Edit' button is circled in yellow. A blue arrow points to this button. The bottom of the interface shows a 'Share' section and buttons for 'Day', 'Reports, Map & Graph', 'Save & Close', and 'Save'. On the right, a calendar view shows a summary for 'Sun. Feb-06' and 'Feb-13', both with a rest day and a 60-minute P90X X Stretch DVD.

Done

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Now we are in the edit screen for the Standard Push-ups. Tony does two sets in the Chest and Back workout, so there are two sets here. To input your info, click on the edit button of the set.

The screenshot shows the 'Add or edit exercise sets' modal window. At the top, there are navigation links: 'Upgrade to Premium', 'My Settings', 'Messages', 'Forums', 'Help', and 'Logout: Ryan Chapman'. Below these are 'Calendar', 'Spreadsheet', and 'Dashboard' tabs, with 'Print' and 'Refresh' buttons. The main form contains:  
- Exercise Title:  (Strength)  
- Exercise notes:   
- '+ Add' button (highlighted with a yellow box and a blue arrow from the text above)  
- 'Expand all', 'Collapse all', and 'Hide unused instructions' options.  
- Set 1:  Set 1   
 - Planned  
 - Intensity: Maximum, Notes: Go for maximum reps  
 - Actual  
- Set 2:  Set 2   
 - Planned  
 - Intensity: Maximum, Notes: Go for maximum reps  
 - Actual  
A 'Save & Close' button is located at the top right of the modal. The background shows a sidebar with 'Training & Meal Plans' and a list of plans like 'P90X Classic', 'P90X Lean', and 'P90X Doubles'. The right sidebar shows a calendar with dates like 'Sun, Feb-06' and 'Feb-13', each with a 'Summary' and 'Rest Day' entry.

Done

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Now you can enter the planned and actual reps in the appropriate blocks and make any notes you want to make. NOTE: I have not entered reps and weight info for the P90X2 workouts.

The screenshot displays the 'Add or edit exercise sets' dialog box for 'Standard Push-ups'. The dialog is divided into two main sections: 'Planned' and 'Actual'. The 'Planned' section includes fields for Set Type (Active), Reps, Weight, % Max. weight, RPE, Intensity (Maximum), and Tempo. The 'Actual' section includes fields for Set Type (Active), Reps, Weight, % Max. weight, RPE, Intensity, and Tempo. The 'Planned' and 'Actual' reps fields are highlighted with yellow boxes. A blue arrow points from the text above to the 'Planned' reps field, and another blue arrow points to the 'Actual' reps field. The dialog also includes a 'Notes' field for both planned and actual sets. The background shows a calendar view for February 2006, with a 'Rest Day' on Feb-06 and Feb-13, and workouts on Feb-12 and Feb-20.

Done

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There are many more features in Training Peaks than what I have shown you here in this presentation. Feel free to take a look at the how-to videos and the help section on the website for more info



[www.tribasetraining.com](http://www.tribasetraining.com)