The Weightlifter's Backroom — Support

Need help with The Weightlifter's Backroom? We're here for you.

Frequently Asked Questions

How do I log a session?

Open the Session tab and tap Start Session. Add your lifts — snatch and clean & jerk build as complexes (e.g. power snatch + squat snatch), and you mark each rep as a make or a miss as you go. Squats, pulls, and accessories log by load, reps, and sets.

How do programs work?

The app generates a periodized block from your 1RMs, days per week, and weeks to your meet — with automatic deloads and a peaking taper. Coaches can also hand-build a program lift by lift. Tap a program day to start logging it with the prescribed work pre-filled.

How do I link with my coach (or athlete)?

Coaches: open the Coach tab and tap "Generate invite code", then share it. Athletes: go to Settings → "Link a coach", paste the code, and agree to the sharing disclosure. One coach per athlete; you can unlink at any time.

What does my coach see?

While you're linked: your sessions (including reps, loads, and makes/misses), your stats and personal bests, your upcoming meet, your training status, and any notes you exchange. Your coach can assign you programs and — if you're mid-session — watch your training live. Unlinking stops all of this immediately.

What is the Sinclair score?

Sinclair lets lifters of different bodyweights compare total (snatch + clean & jerk). We use the IWF 2021–2024 coefficients, and show a Masters-adjusted figure if you're 35+.

Does my data leave my device?

Your training is stored on your device. When you sign in it also syncs to your account, and if you link a coach it's shared with them. If you never link a coach, nothing is shared. See our Privacy Policy for full detail.

How do I delete my account?

Settings → Danger zone → Delete Account. This permanently removes your account and all your cloud data (profile, stats, programs, sessions, notes, links) and erases your on-device training. It cannot be undone.

Do I need internet?

No for your own logging — it works offline. Coaching features (linking, program sync, live view, notes) need a connection.

Still need help?

Email us at hello@thegoodcitizen.sg and we'll get back to you.
