Athlete's Quickstart Guide

W Core

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Signing into your Account

Athletes can log into Wodify Athlete from their Mobile App or home computer.
To log into their accounts, athletes will want to use the unique username
and password they had received upon joining the gym.

Logging in from the Wodify Athlete Mobile App:

1. Open the Wodify Athlete App;
2. Type in your unique username and password;
3. Click 'Login'.

Logging in from the Web App:

1. Go to login.wodifycore.com;
2. Enter your unique username and password;
3. Click 'Login'.
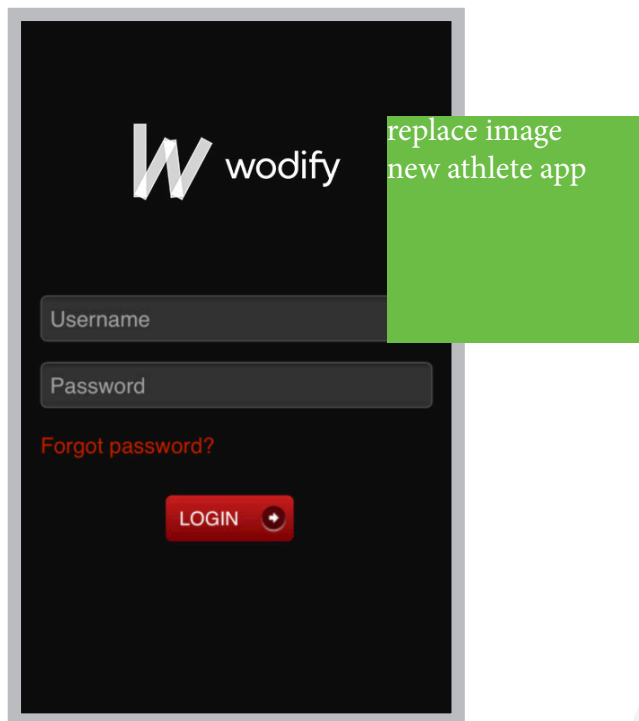
*Wodify Native App for **iPhone**

*Wodify Native App for **Android**

Booking Classes

Athletes can make reservations and can sign into classes from within their Wodify Athlete accounts. Please note, making a reservation is not the same as signing into class. Reservations will save a spot for the athlete in class, but the athlete will need to sign into class from either their Mobile App or from the Coachboard.
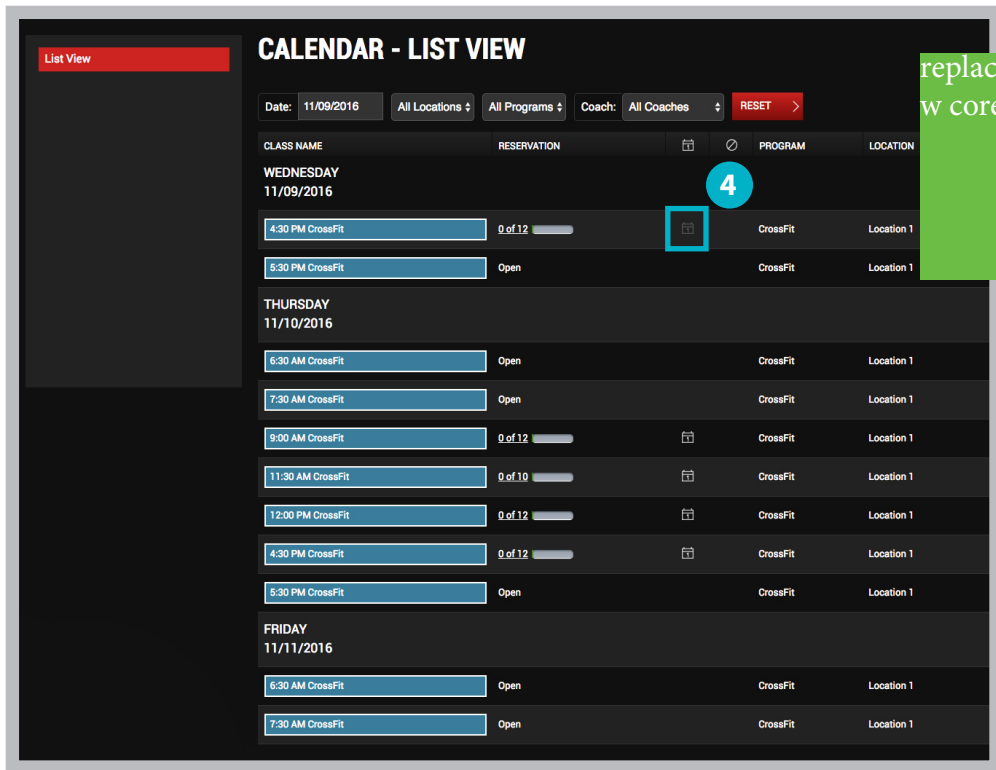
Signing in to class from the Athlete Mobile App:

1. Click on the Menu icon at the top right corner of the app;
2. Choose 'Class Schedule';
3. Select Date, Program, and Location (if applicable);
4. Find the class time you are looking to attend;
5. Click on 'Reserve' or 'Sign in'.
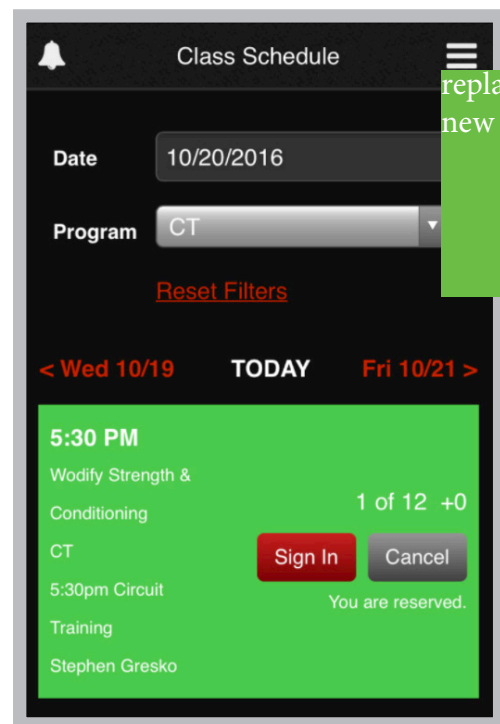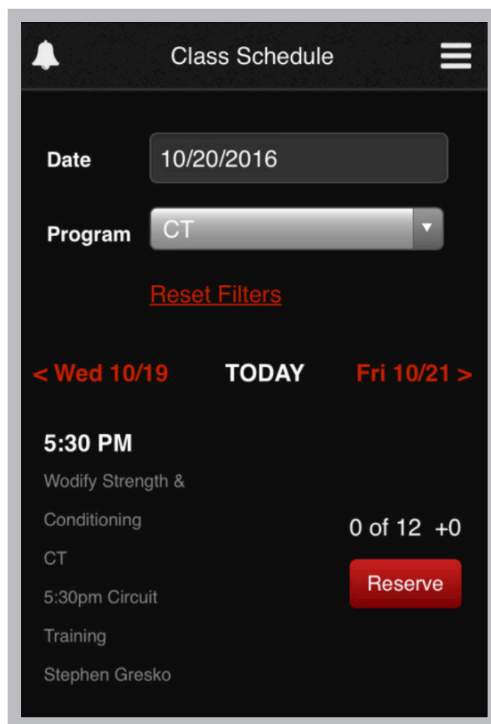
Note: The 'Reserve' option will only be available if reservations have been enabled and are required by the gym.

Signing in to class from the Web App:

1. Click on the 'Calendar' tab;
2. Select Date, Program, and Location (if applicable);
3. Find the class time you are looking to attend;
4. Click on the Calendar icon to make a reservation, if applicable.

CALENDAR - LIST VIEW

List View

Date: 11/09/2016 | All Locations ⇕ | All Programs ⇕ | Coach: All Coaches ⇕ | RESET ＞

CLASS NAME	RESERVATION		⊘	PROGRAM	LOCATION
WEDNESDAY 11/09/2016					
4:30 PM CrossFit	0 of 12	📅		CrossFit	Location 1
5:30 PM CrossFit	Open			CrossFit	Location 1
THURSDAY 11/10/2016					
6:30 AM CrossFit	Open			CrossFit	Location 1
7:30 AM CrossFit	Open			CrossFit	Location 1
9:00 AM CrossFit	0 of 12	📅		CrossFit	Location 1
11:30 AM CrossFit	0 of 10	📅		CrossFit	Location 1
12:00 PM CrossFit	0 of 12	📅		CrossFit	Location 1
4:30 PM CrossFit	0 of 12	📅		CrossFit	Location 1
5:30 PM CrossFit	Open			CrossFit	Location 1
FRIDAY 11/11/2016					
6:30 AM CrossFit	Open			CrossFit	Location 1
7:30 AM CrossFit	Open			CrossFit	Location 1

4

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5. To sign into the class, click on the 'Coachboard' tab;
6. Select Date, Program, and Location;
7. Select a Class time;
8. Click 'Sign Me In'.
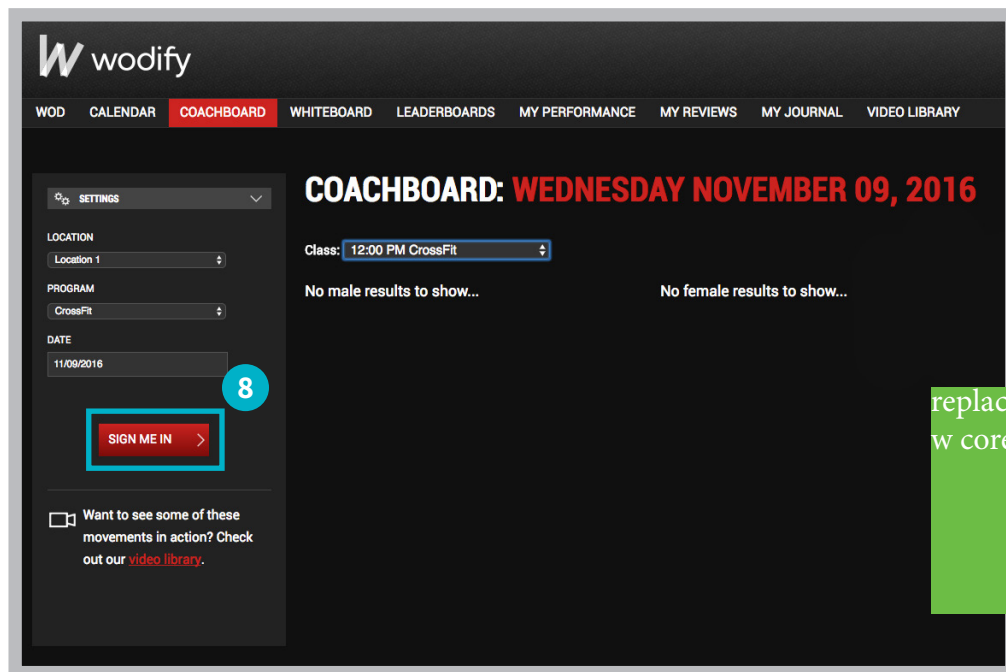
Note: For classes without reservations, athletes can sign in to classes at any point throughout the day of the class. If the class **requires** reservations, the staff at the gym will determine if athletes are able to sign in to class prior to the start time.

Recording Performance

Athletes can record performance for programmed workouts directly from the Coachboard. The Coachboard displays the WOD for the day. Upon signing in to the Coachboard, athletes will have access to their Performance Card for each movement that makes up the WOD. Beyond that, athletes can optionally add performance results from the Coachboard that were not part of the WOD.

Recording Performance from Mobile:

1. Click on the Menu icon at the top right corner of your app;
2. Choose 'Add Results';
3. Click on 'Today's WOD' in the top navigation;
4. If you have already signed into class, you will be prompted to enter results for today's WOD;
5. If you have not yet signed into class, select 'Sign In':
    5.1. Enter results as needed.

Today's WOD	Custom WOD	My Past WODs

Date 10/21/2016

Program CrossFit

Location Location 1

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⊘ 1000m Row

⊘ Fran

✎ **WOD CARD**

1000m Row (Time)
Do not score

Minutes Seconds

Recording Performance from the Web App:

1. Click into the Coachboard;
2. Select the class time you had signed into;
3. Click into a component;
4. Enter Results;
5. Save.
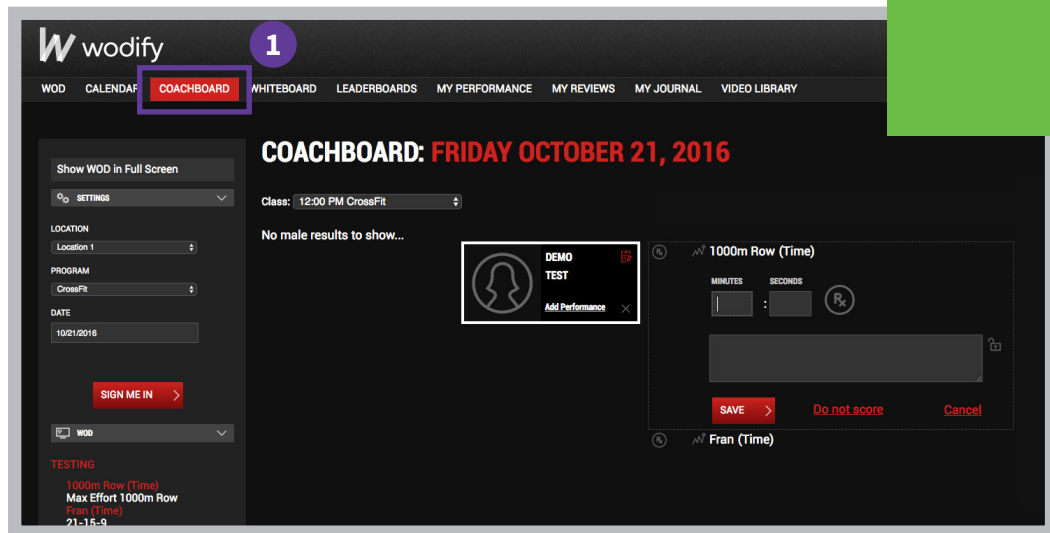
Adding New Custom Performance from the Coachboard:

1. Sign in to the Coachboard;
2. Click the 'Add Performance' link below your name;
3. Choose your Type and Component;
4. Add your result and comments;
5. If you select 'Previous WOD' from the type drop down, you will also need to select the program that the previous WOD is associated with, as well as specific workout you completed from the 'WOD' drop down.

Finding Performance History

Athletes can look up past performance history from the 'My Performance' tab in their Wodify Core account. The 'My Performance' tab displays all of your results entered into Wodify Core. All Athletes have access to the My Performance tab. **The 'My Performance' tab is available on all devices.** Each athlete can view their Performance Card for all benchmark results.

Navigating 'My Performance' from the Mobile App:

1. Click on the Menu icon at the top right corner of your App;
2. Click 'Performance History';
3. Choose your exercise from the top navigation (i.e.; Lifting, Metcon, Total);
4. Choose a component;
5. View your performance card.
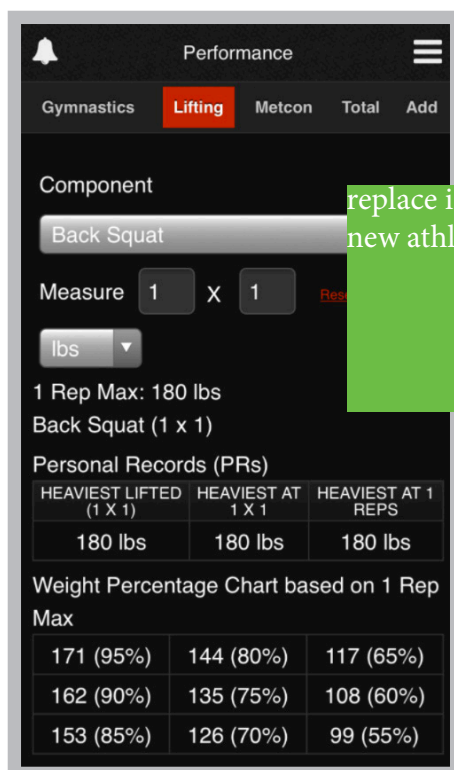
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Navigating 'My Performance' from the Web App:

1. Click on the 'My Performance' tab;
2. Choose an exercise type from the left navigation (i.e.; Weightlifting, Metcons, Weightlifting Totals);
3. Choose a component and date range;
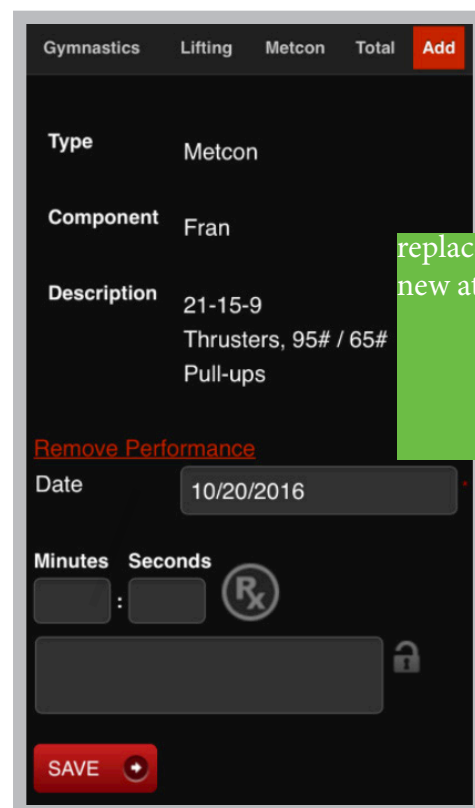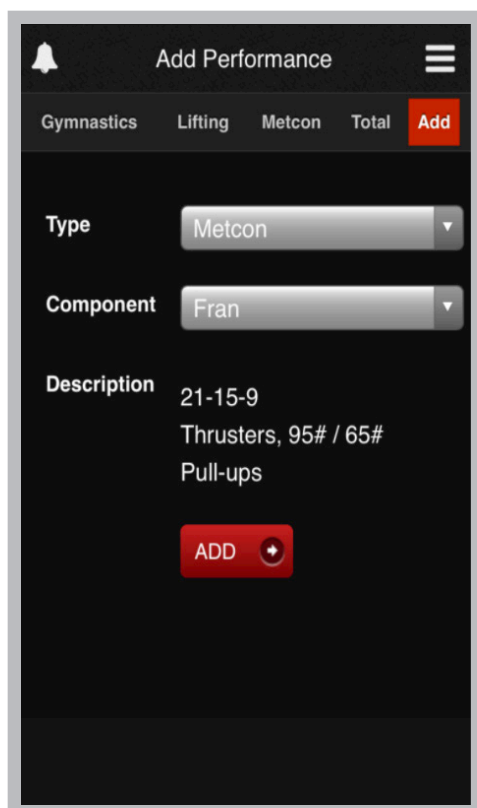4. View your performance history.

Note: Performance history can be exported by clicking on the 'Export' option to the right of the screen

Manually Creating Performance

Athletes can manually add performance to their accounts for workouts completed outside of the gym, during Open Gym time, etc.

Adding Performance from the Mobile App:

1. Click on the menu icon at the top right of the Mobile App;
2. Choose 'Performance History';
3. Choose 'Add' from the top navigation;
4. Select a type of exercise (i.e.; Gymnastics, Weightlifting, Metcon);
5. Select a component (i.e.; Back Squat, Deadlift, Fran);
6. Click 'Add';
7. Enter performance results in the applicable fields;
8. Click 'Save'.

Adding a Custom Metcon from the Mobile App:

1. Click on the menu icon at the top right of the Mobile App;
2. Choose 'Performance History';
3. Choose 'Add' from the top navigation;
4. Select 'Metcon' as Type;
5. Select 'Non-Benchmark Metcon' as Component;
6. Enter a Description for your custom metcon;
7. Choose your measure;
8. Click 'Save';
9. Click 'Add';
10. Choose a Date;
11. Enter performance results and Save.

Adding Performance from the Web App:

1. Click on the 'My Performance' tab;
2. Choose 'Add Performance' from the left navigation;
3. Choose a Type of movement;
4. Select a Component;
5. Click 'Add';
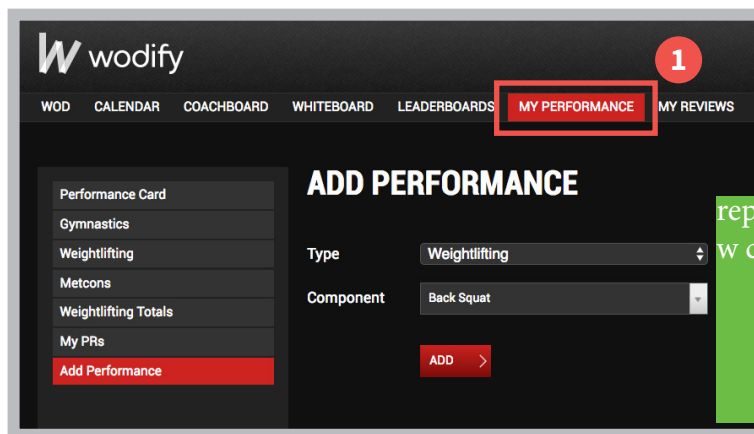
6. Enter your performance results in the applicable fields;
7. Save;
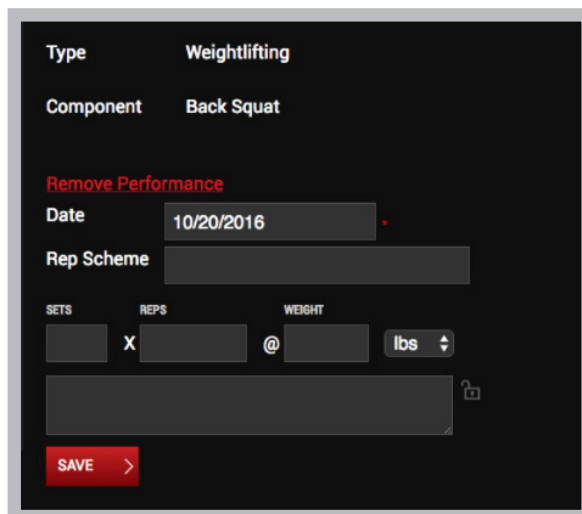
Adding a Custom Metcon from the Web App:

1. Click on the 'My Performance' tab;
2. Choose 'Add Performance' from the left navigation;
3. Choose 'Metcon' as Type;
4. Choose 'Non-Benchmark Metcon' as the Component;
5. Enter a description for your workout;
6. Select a Measure;
7. Click Save;

8. Click Add;
9. Enter Date;
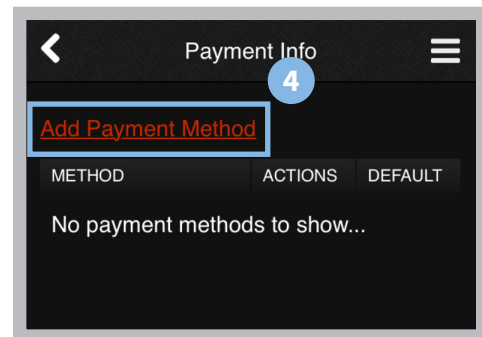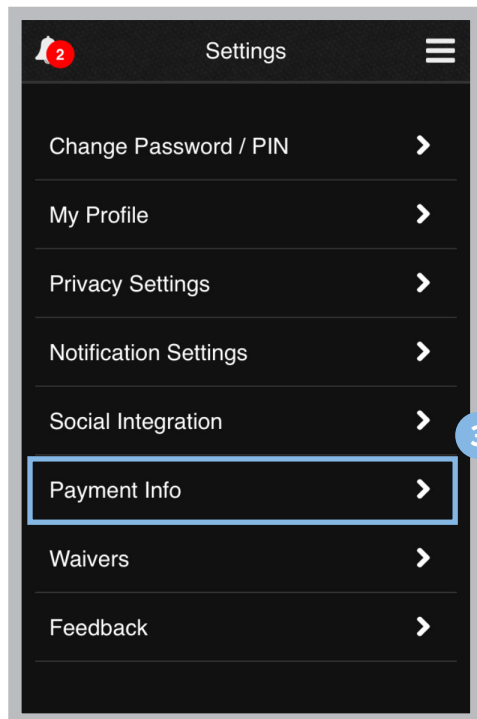10. Enter performance results and Save.

Adding or Updating Payment Information

Athletes are able to add their default payment method or change the payment method on file from within their individual athlete profile.

Adding Payment Information from the Mobile App:

1. Click on the Menu icon at the top right of your app;
2. Choose 'Settings';
3. Click on 'Payment Info'.
4. Select 'Add Payment Method';

Settings	
Change Password / PIN	>
My Profile	>
Privacy Settings	>
Notification Settings	>
Social Integration	>
Payment Info	>
Waivers	>
Feedback	>

Payment Info

Add Payment Method

METHOD	ACTIONS	DEFAULT
No payment methods to show...		

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5. Choose your Account Type;
6. Enter your billing details and payment method details;
7. Click on 'Add Credit Card/Bank Account'.
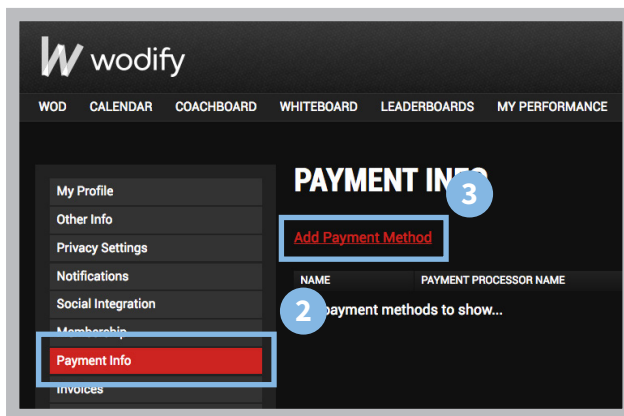

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Adding Payment Information from the Web App:

1. Go to 'My Profile';
2. Click on 'Payment Info' in the left navigation;
3. Choose 'Add Payment Method;

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4. Enter your payment method details;
5. Click on 'Add Credit Card/Bank Account';

Note: Wodify Core does not store full credit card or bank account information within Wodify.

For this reason you must first add a new payment method before removing your existing

payment method on file.

Changing Profile Picture

Athletes can upload a new profile picture from within their accounts.

Changing your picture from the Mobile App:

1. Click on the Menu icon at the top right corner of the App;
2. Click 'Settings' from the slider nav;
3. Click 'My Profile';
4. Click 'Upload a new image';
5. Choose your picture;
6. Click Upload.
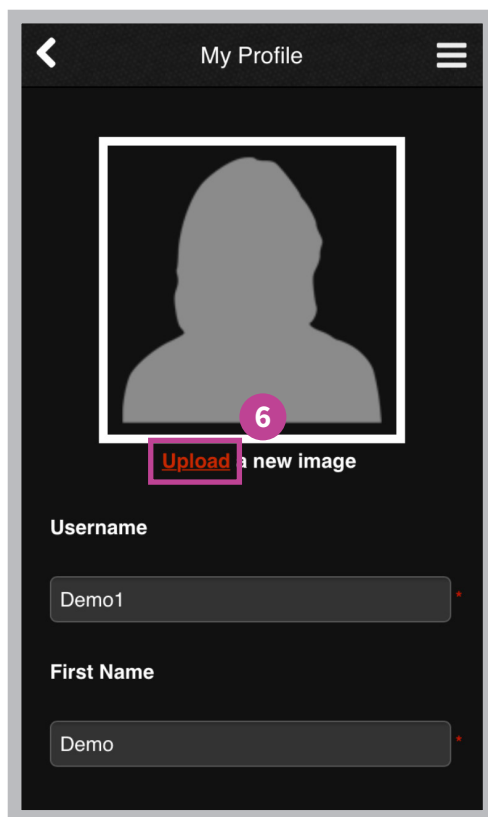
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Changing your picture from the Web App:

1. Login to Wodify Core;
2. Click 'My Profile' in the top right corner of the page;
3. Click 'Change Picture';
4. Click 'Browse' and select an image from your computer;
5. Click 'Upload';
6. Click 'Save'.

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