


# Coach's Quickstart Guide

**W** Core



# Index

Preparing for class	3
Coachboard	4
Signing in athletes	5
Previous performance	6
Logging results	7
Whiteboard	8



# Preparing for class

Before getting class started, login to Wodify with your unique username and password you received upon going live. Visit [login.wodifycore.com](http://login.wodifycore.com).

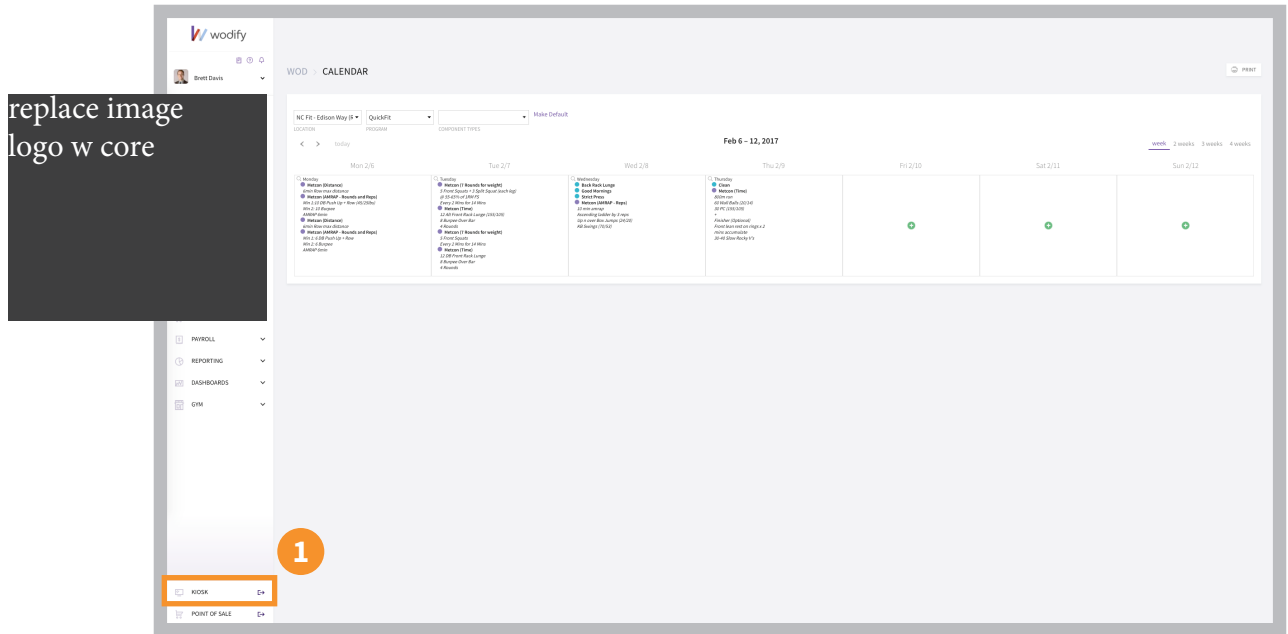
## 1. WODs

Logging in will default to the workout programming screen.

You can view the programmed workouts so you can prepare for the next day.

## 2. Kiosk

Click Kiosk in bottom left corner to display the Athlete-facing side of Wodify.



# Coachboard

**The Coachboard is the main interaction screen for you and your athletes.**

**Class should always start here.** Athletes use it to sign in to class, see their previous workout history, and log their results. As a coach it makes it easy for you to check attendance, see who hasn't showed up, and get a final count of athletes in your class. We know that having our athletes track their performance is vital. Logging that first result starts with signing in for class. **Good athlete habits start from the coach down.**

## 1. Kiosk Mode

This securely locks the Coachboard so athletes can not access the admin side.

## 2. WOD in Full Screen

Opens the WOD in a full screen view in a new tab so your athletes can reference it during the workout. You can show the entire workout and use the zoom feature to make the print larger or smaller. You can also click into each section of the workout as you coach to display just that piece for the day.

## 3. Class Selection

Will show all the class times listed for that program during the day.

The screenshot shows the CrossFit Force Coachboard interface. At the top, the navigation menu includes WOD, CALENDAR, COACHBOARD (selected), WHITEBOARD, LEADERBOARDS, ATHLETE PERFORMANCE, MY PERFORMANCE, MY REVIEWS, MY JOURNAL, and VIDEO LIBRARY. The main header displays 'COACHBOARD: WEDNESDAY MARCH 23, 2016'. The sidebar on the left contains several sections: 'Show WOD in Full Screen' (highlighted with a red box), 'SETTINGS', 'SIGN-IN', 'ATHLETE' (with a dropdown menu), 'SIGN IN ATHLETE' (a red button), 'DROP-IN?', 'COUNT (MF): 0 (4/6)', 'COACHES' (listing Robert Johnson, Joe Monahan, Meggan Ciaccia, Melissa Jennings, and Fred Fife), and 'RESERVATION'. The main content area shows a grid of athlete profiles, each with a photo and a list of workouts. The workouts include 'Back Rack Split Squats', 'Good Mornings', and 'Strict Pullups' with various rep schemes and weights. A red box highlights the 'CrossFit: GAM' class selection dropdown. A red circle with the number '1' is in the top right corner, a blue circle with the number '2' is near the sidebar, and a blue circle with the number '3' is near the class selection dropdown.

# Signing in athletes

## Signing in has never been easier for an athlete.

Athletes have the ability to sign into class through the kiosk or through their mobile device.

### 1. Reservations

Click the athlete's name on the reservation widget. Their name will turn white and the athlete will appear in the class list.

### 2. No Reservation

Click the 'Athlete' drop down, type name, and select to sign-in the athlete. They will now appear in the class list.

WOD CALENDAR **COACHBOARD** WHITEBOARD LEADERBOARDS ATHLETE PERFORMANCE VIDEO LIBRARY

COACHBOARD: WEDNESDAY MARCH 23, 2016

Class: CrossFit: 6:30PM

2

Quick Search

jesse

Jesse Crespo

DROP-IN?

COUNT (M/F): 4 (2/2)

COACHES

1 ASHLEY "BETH" CORNELL A

ADD ANOTHER COACH

RESERVATION

20 AVAILABLE

1 LAUREN MCFARLAND S

2 MIKE ORESKOVICH S

3 DOUG VANDERSLICE S

4 JENNIFER MURPHY S

5 ERIN KELLY R

1 Click to reserve

DOUG VANDERSLICE Add Performance

MIKE ORESKOVICH Add Performance

JENNIFER MURPHY Add Performance

LAUREN MCFARLAND Add Performance

Back Rack Split Squats

Good Mornings

Strict Pullups

Metcon (AMRAP - Reps)

Back Rack Split Squats

Good Mornings

Strict Pullups

Metcon (AMRAP - Reps)

Back Rack Split Squats

Good Mornings

Strict Pullups

Metcon (AMRAP - Reps)

Back Rack Split Squats

Good Mornings

Strict Pullups

Metcon (AMRAP - Reps)

WOD

# Previous performance

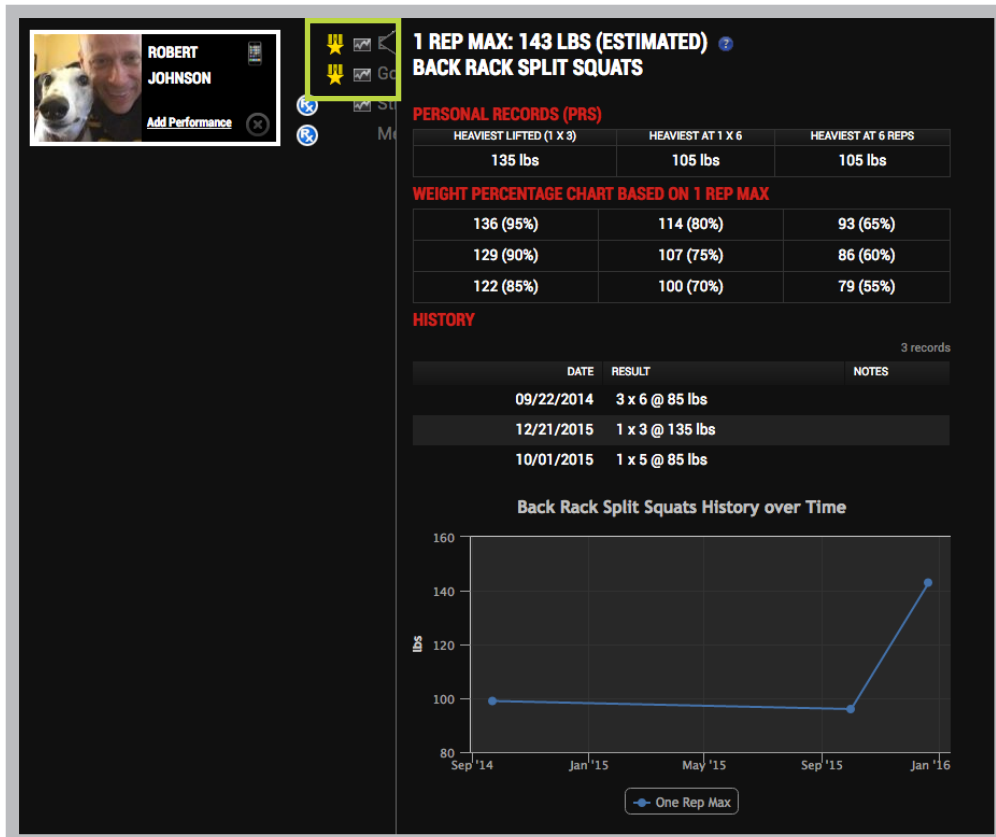
**Our performance graphs quickly show athletes their previous results for the day's programmed movements and workouts** - these can easily be viewed on the Coachboard or via mobile, and enables all athletes to form a game plan and shoot for a new PR! This also allows you to personalize your coaching for each athlete to ensure progress and safety every day.

## 1. Athlete Graph

An athlete can hover over the graph icon that will appear next to a movement. This will show the athlete their pertinent history on the lift/metcon that day.

## 2. Athlete Performance

This can now let an athlete look at any movement in their performance history and see their past results and PRs.



# Logging results

**Driving adoption starts with logging results.** This quick transaction at the Wodify Core Kiosk is easy and gets the members in the action. Members can do this throughout class at the Coachboard. They just have to click on the components listed next to their name, denoting the workouts completed for the day.

## 1. Coloring

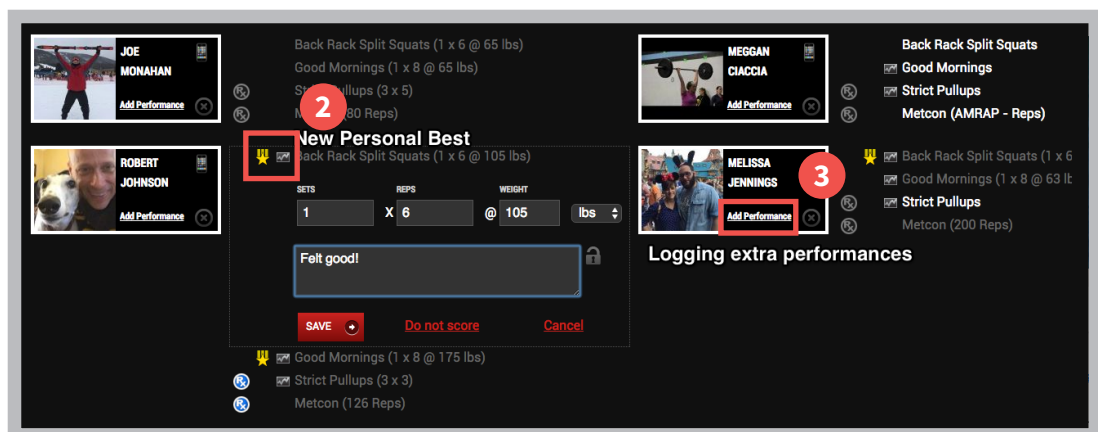
Each workout component will turn white to grey, signifying an athlete as logged results for that specific movement.

## 2. PR Star

When a member sets a new personal record on a movement previously logged in Wodify Core, they will receive a PR star. This helps alert the athlete, other members, and staff on that athlete's personal best.

## 3. Extra Performance

This option allows athletes to log any auxiliary work they complete before/after class.





# Whiteboard

**This will be a view of the daily results.** It will show all the athletes who have logged results in class in a leaderboard format and will display an overall leaderboard at the top of the page.

## 1. Daily Leaderboards

You can filter on the different movements, class times, age ranges, and locations.

## 2. Top 3 all-time

The Whiteboard serves as today's leaderboard. You'll also see the top 3 results all-time filtered above if this movement has been done before.

## 3. Likes and Comments

This is where the athletes and coaches can like and comment on others workouts. It's a great place to for the athletes to come to when they're not in class to interact with other members.

**WHITEBOARD: THURSDAY, JANUARY 15, 2015**

**LEADERBOARD**

**MEN'S FRONT SQUAT**

Name	Date	Weight
Ming Chow	01/15/2015	5 x 6 @ 225 lbs
Charlie White	01/15/2015	5 x 6 @ 205 lbs
Josue Fontanez	01/15/2015	5 x 6 @ 205 lbs

**WOMEN'S FRONT SQUAT**

Name	Date	Weight
Cheryl Hargrove	01/15/2015	5 x 6 @ 165 lbs
Erin Smith	01/15/2015	5 x 6 @ 125 lbs
Crystal Musante	01/15/2015	5 x 6 @ 103 lbs

**MALE ATHLETES**

Rank	Name	Date	Weight
1	MING CHOW	01/15/2015	5 X 6 @ 225 LBS
2	CHARLIE WHITE	01/15/2015	5 X 6 @ 205 LBS
2	JOSUE FONTANEZ	01/15/2015	5 X 6 @ 205 LBS

**FEMALE ATHLETES**

Rank	Name	Date	Weight
1	CHERYL HARGROVE	01/15/2015	5 X 6 @ 165 LBS
2	DIANA LANE	01/15/2015	@ 135 LBS
3	ERIN SMITH	01/15/2015	5 X 6 @ 125 LBS