

Wodify Core

Coach Quickstart Guide



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1. Preparing for class

Before class has started, log in to Wodify (login.wodify.com):

- 1 WODs:** Once you have logged in, Wodify will default to the workout programming screen. From there, you can view all programmed workouts for the current week.
- 2 Kiosk:** Click 'Kiosk' in the bottom left corner to display the client-facing side of Wodify.

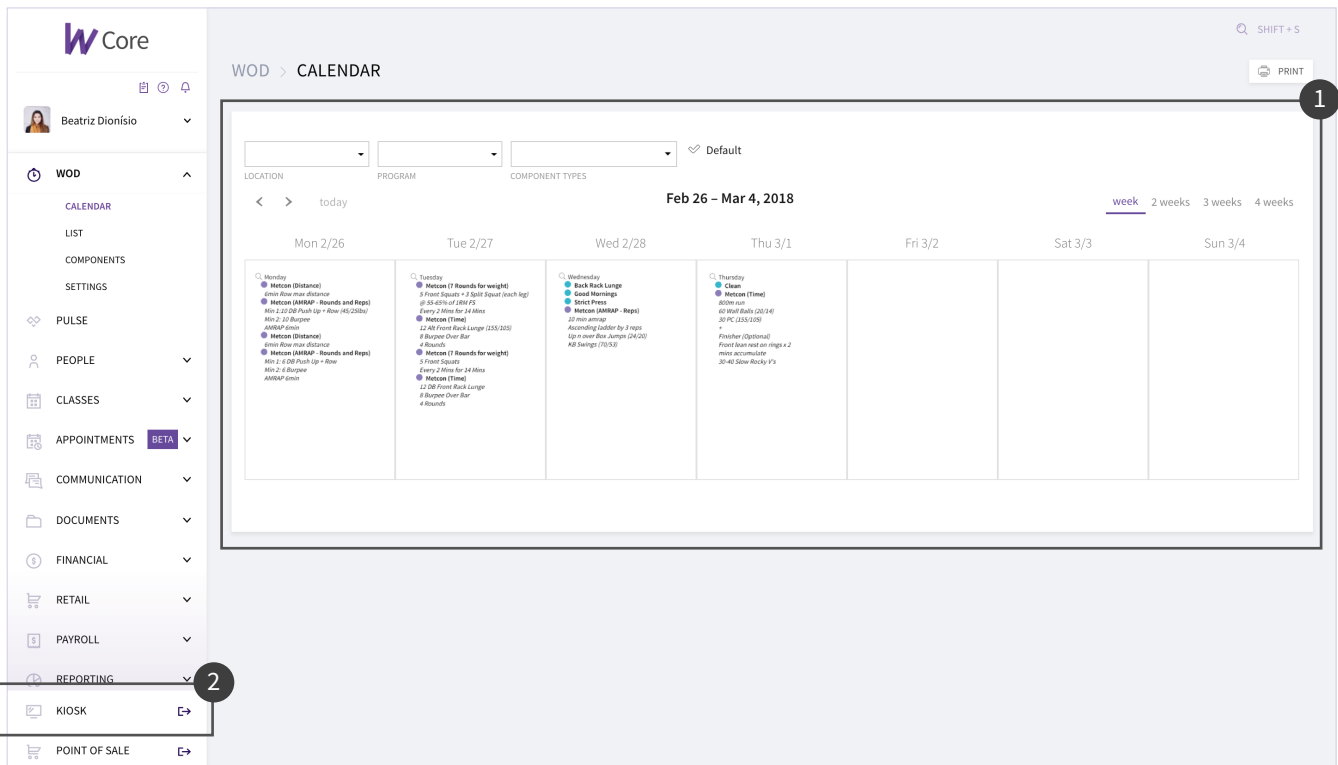


Image 1: Wodify Core WOD Calendar

2. Coachboard and WOD screen

The Coachboard is the main interaction screen between coaches and clients. Coaches can check attendance, see who hasn't showed up, and get a final headcount. Clients can sign in, view performance history, and log results.

The WOD screen provides coaches and clients with an overview of the elements of the class (mobility, strength work, metcon, etc.) that will be completed that day.

Class should always start in front of the Wodify Core Kiosk with the Coachboard displayed on one monitor and the WOD screen on the other. Do a quick mental count of people in class, and see how many are signed into the Coachboard. Class shouldn't start until everyone has signed in. **This is critical!**

Why? Getting your clients into the habit of signing into class is crucial to their adoption and to the gym getting the most out of Wodify. Once you push them to adopt Wodify early, they will quickly see the benefit for themselves as their PRs roll in. You'll have more accurate attendance data than ever and 100% membership compliance without much extra effort.

There are three features on the Coachboard that help class run smoother:

- 1 **Kiosk Mode** (🔒): This securely locks the Coachboard so clients do not have access to the admin side.
- 2 **WOD in Full Screen**: Select 'Show WOD in Full Screen' to open a full screen view in a new tab. You can show the entire workout to the class 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**: This drop down menu lists the class times available for that program, on that day. Select the one that applies to the current class.

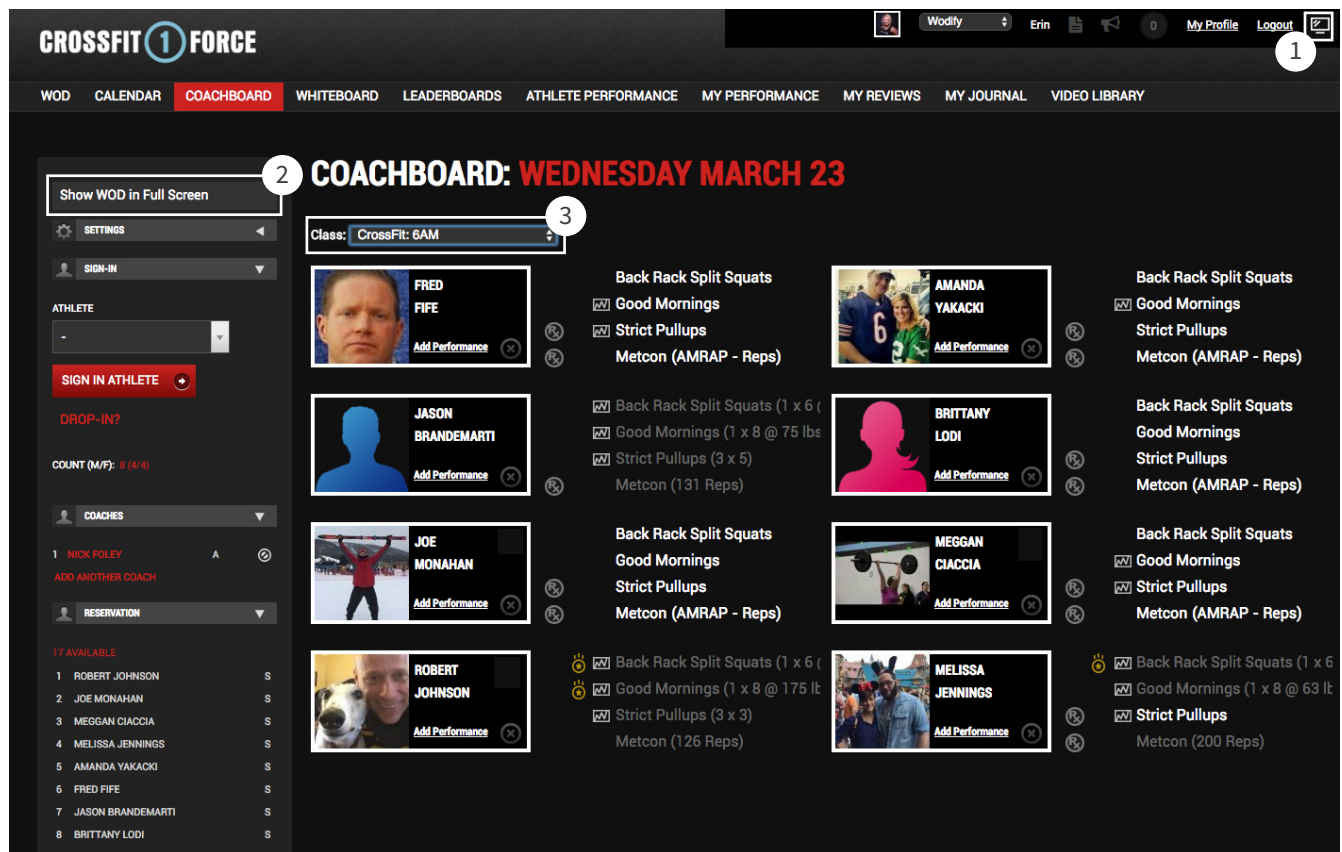


Image 2: Wodify Coachboard

3. Signing in clients

Your clients can sign into class at the Wodify Core Kiosk when they come to the gym or by using their mobile device (if your gym's software configurations allow for mobile sign in).

- 1 Reservations:** If a client has made a reservation, their name will appear in the reservation widget in the bottom left corner of the screen. Once they have arrived, click their name to turn it white and it will appear in the class list.
- 2 No Reservation:** If no reservation has been made, click the 'Athlete' drop down menu, enter their name, and select it to sign-in the client. They will now appear in the class list.

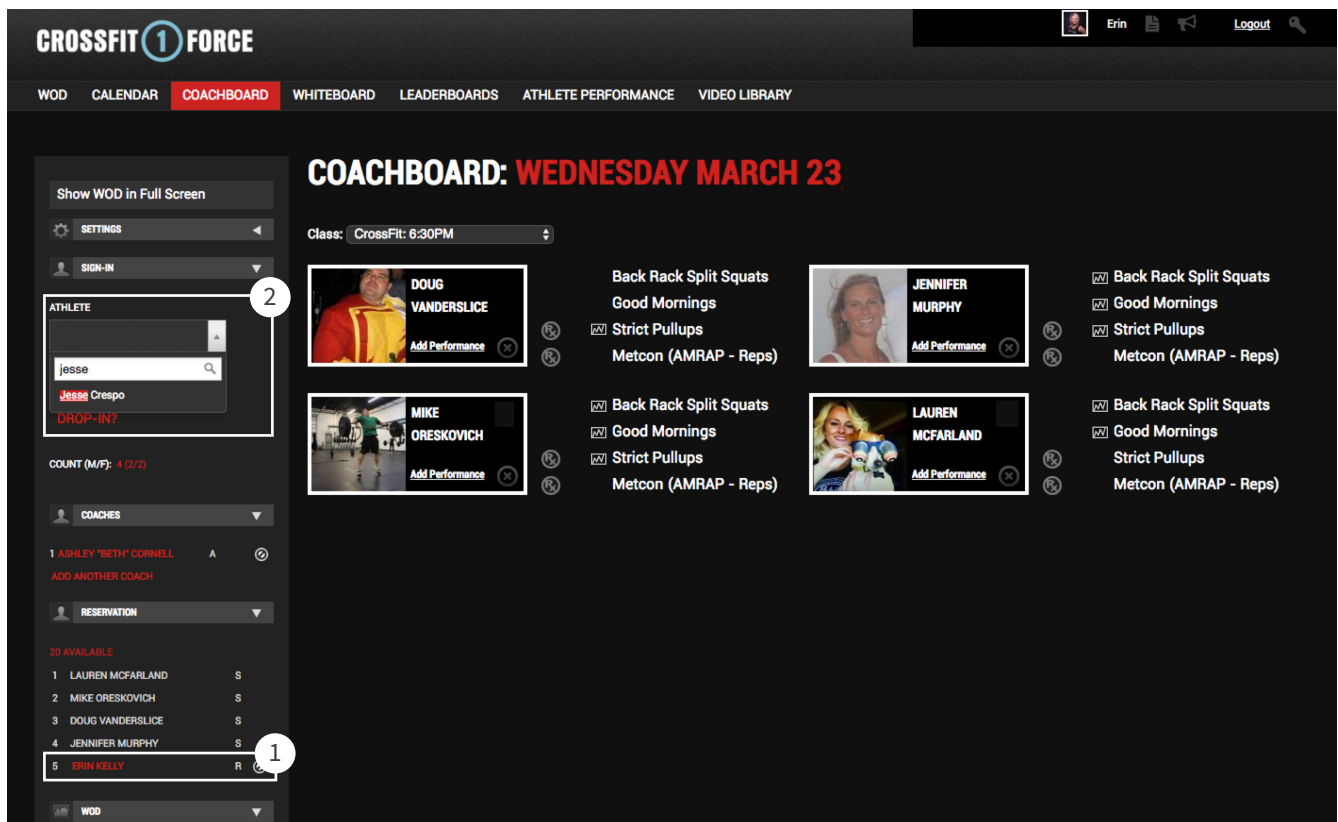



Image 3: Wodify Coachboard

4. Previous performance

Clients can easily view their previous results from the day's programmed workout and/or movements by viewing their performance card.

By hovering over the graph icon () next to a listed component, a client can view a graph charting their performance history, along with data like personal records (PRs) and weight percentages based off their 1 Rep Max. If no icon appears, that means the client does not have a recorded history with that component.

The graph also allows you to personalize your coaching style for each client to ensure they make progress and stay safe.

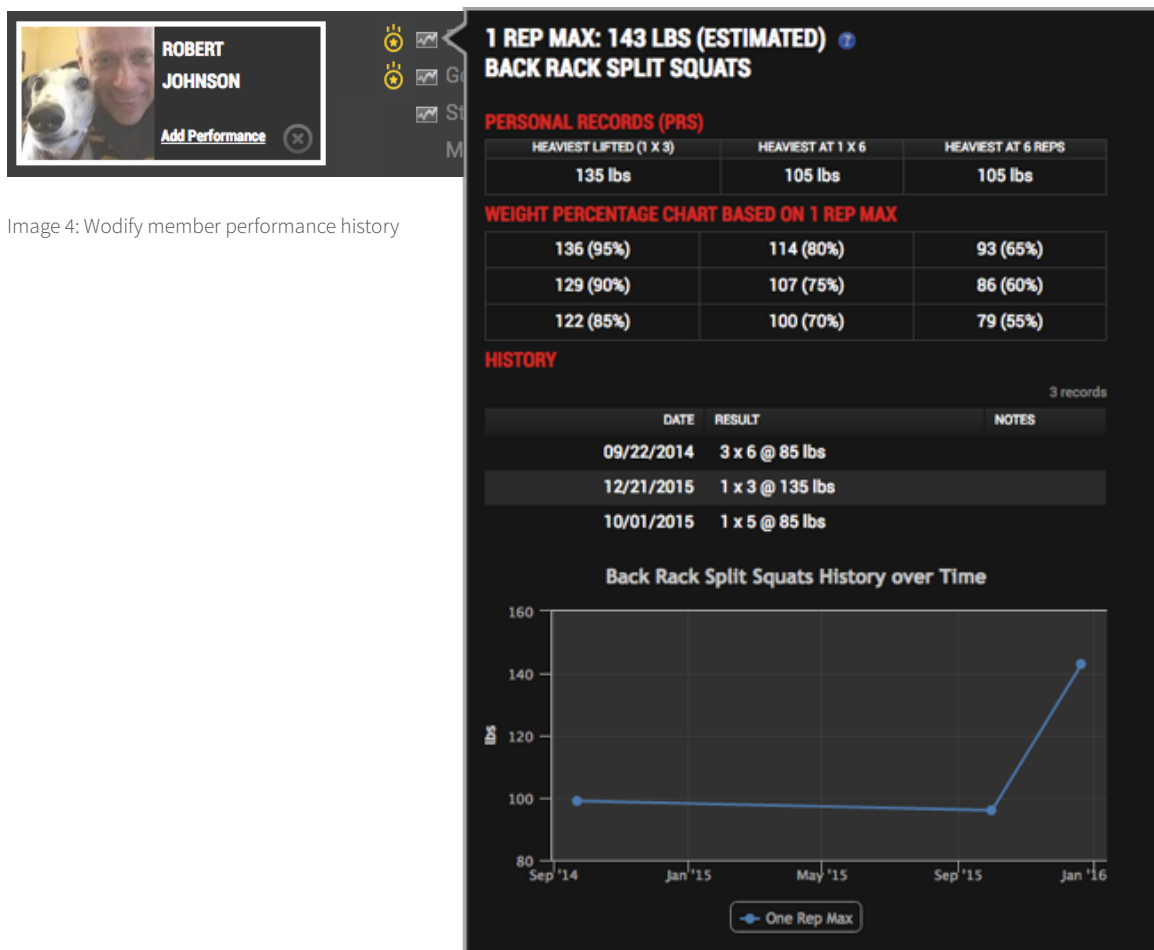


Image 4: Wodify member performance history

5. Logging results

Driving adoption starts with logging results. Wodify makes it easy to do that right at the kiosk. Clients can log their results on the Coachboard any time throughout class after they've completed a movement or metcon. They just have to click on the components listed next to their name to enter their score.

1 **Coloring:** Each workout component will turn from white to grey, signifying that a client has logged their results for that specific movement. This makes it easy for you to glance at the Coachboard to see who hasn't entered a score, in order to give them a gentle reminder to do so.

2 **PR Star** (🏆): When a client sets a new personal record on a movement they previously scored in Wodify, they will receive a gold PR star. This helps alert everyone about the client's achievement.

3 **Extra Performance:** This option allows clients to log any auxiliary work they complete before or after class.

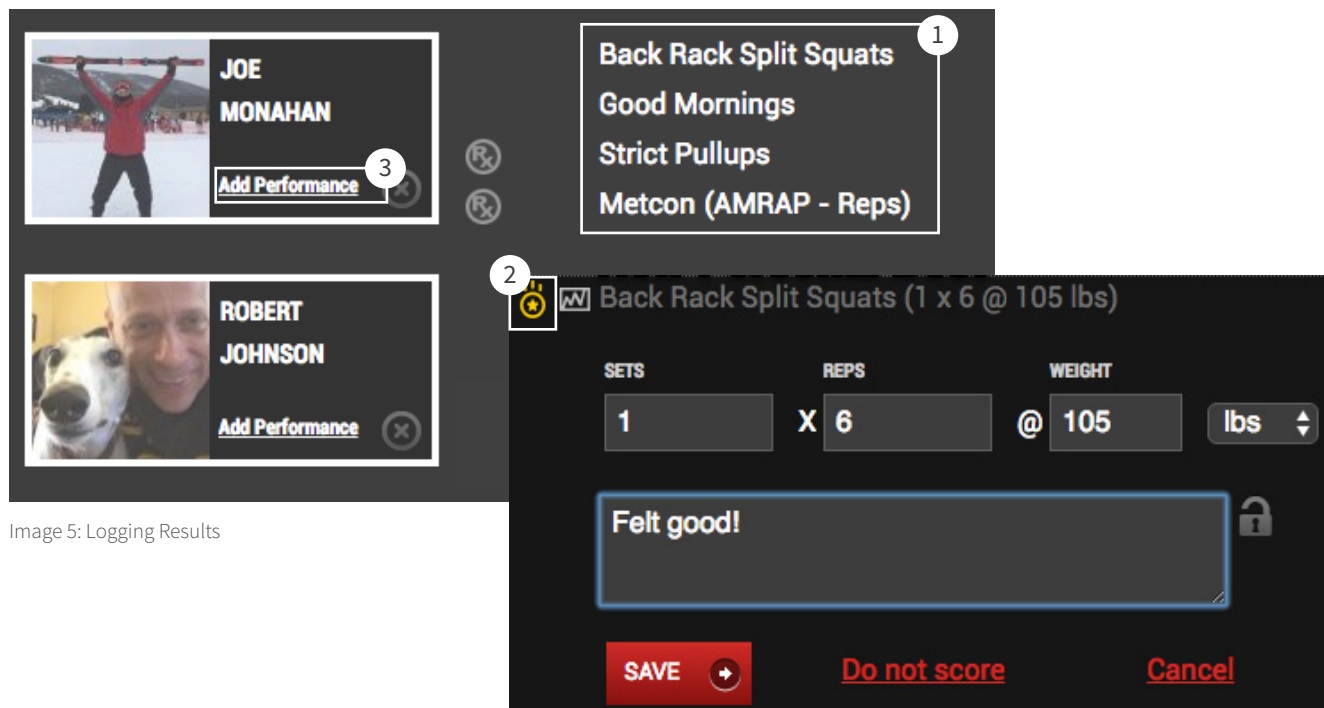


Image 5: Logging Results

6. Whiteboard

The Whiteboard is a view of day's results. It is a leaderboard of all clients who have logged their results in class that day.

- 1 Daily Leaderboards:** You can filter by the different movements, class times, age ranges, and locations.
- 2 Top 3 all-time:** The Whiteboard serves as that day's leaderboard. It will also show the all-time top 3 results if the movement or workout has been done before.
- 3 Likes and Comments:** This is where clients and coaches can 'like' and comment on others' workouts. It's also a great place for clients to visit when they're not in class but still want to interact with each other.

WHITEBOARD: THURSDAY, JANUARY 15, 2015

LEADERBOARD

MEN'S FRONT SQUAT		
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		
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 @ 100 lbs

MALE ATHLETES

- 1 MING CHOW**
3:30 PM GENERAL CROSSFIT
5 X 6 @ 225 LBS
- 2 CHARLIE WHITE**
7:30 PM GENERAL CROSSFIT
5 X 6 @ 205 LBS
- 2 JOSUE FONTANEZ**
6:30 PM GENERAL CROSSFIT
5 X 6 @ 205 LBS

FEMALE ATHLETES

- 1 CHERYL HARGROVE**
12:00 PM GENERAL CROSSFIT
5 X 6 @ 165 LBS
- 2 DIANA LANE**
7:00 AM GENERAL CROSSFIT
5 X 6 @ 135 LBS
- 3 ERIN SMITH**
8:30 PM GENERAL CROSSFIT
5 X 6 @ 125 LBS

Image 6: Whiteboard