

Wodify Core

Coach Quickstart Guide



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1. Intro

This guide will help coaches navigate the athlete-facing side of Wodify (Coachboard, Whiteboard, WOD Screen, etc.) and set up their classes so that there's no confusion about the day's workout. It will also help them guide athletes through the process of signing into class, viewing their previous performance, logging their scores, and checking the day's results.

We can't stress enough how important it is for coaches to encourage their athletes to sign into the Wodify Coachboard before every class. Not only does it enable athletes to enter their scores following the workout (which illustrates their progress and increases retention!), but it also provides the gym with accurate attendance figures.

Your gym may enforce “No Show” penalties, so if an athlete doesn't sign in, they may get charged, even if they worked out. Getting athletes into the habit of signing in before every class will help everyone get the most out of Wodify.

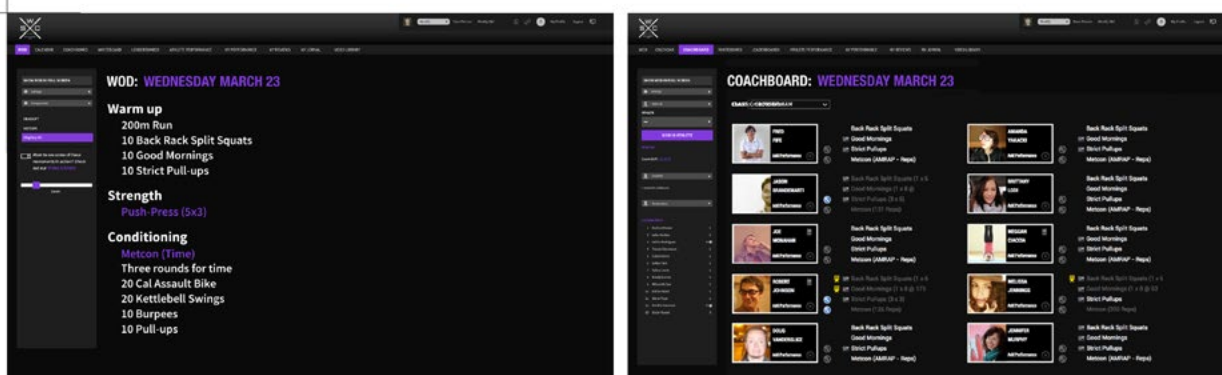




Image 1: Wodify Kiosk.

2. Preparing for class

1. Before class starts, sign into Wodify (login.wodify.com)

2. Click the product switcher [] icon in the bottom left corner and then select the 'Kiosk' [] icon to display the athlete-facing side of Wodify, including the WOD screen and Coachboard.

3. Wodify will default to the Coachboard so you can begin to sign in athletes when they get to the gym.

Note: It is recommended that coaches log out of Wodify following their class(es) to keep accurate figures on attendance, point of sale, etc.

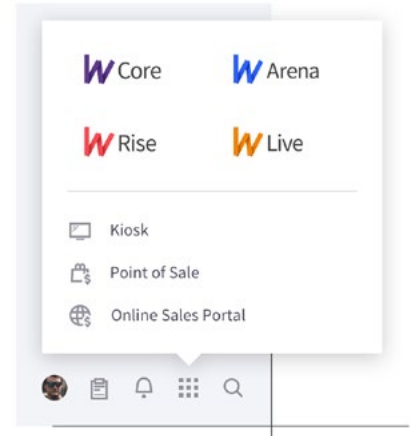


Image 2: Product switcher.

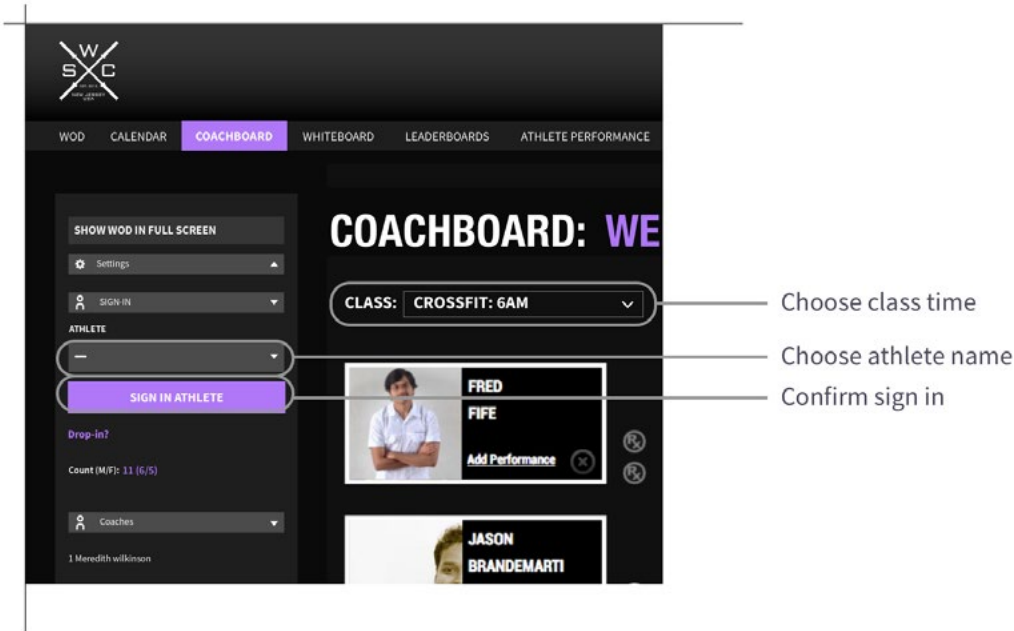



Image 3: Signing in an athlete.

3. The Coachboard and WOD screen

The Coachboard is where athletes will sign in, view their performance history for that day's workout (if applicable), and log their scores. Use these features to keep your class running smoothly:

1. Placing the display in Kiosk mode [] securely locks the Coachboard so members cannot access the admin side of Wodify.
2. The 'Class' drop down menu lists the times available for that program. The coach should choose the one that applies to the current class. You can change the program and date of the classes at any time from 'Settings' on the left hand side navigation.
3. Selecting 'Show WOD in Full Screen' will open a new tab. You can move this screen to another monitor and show the entire workout to the class. Use the zoom feature to increase or decrease the type size, or click into each component to display it by itself.

The WOD screen displays all of the components of that day's workout (mobility, strength work, metcon, etc.) as well as any notes, strategies, or guidelines.

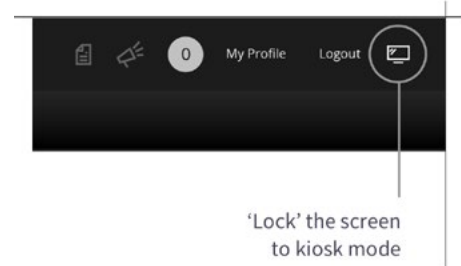


Image 4: Change kiosk mode to locked.

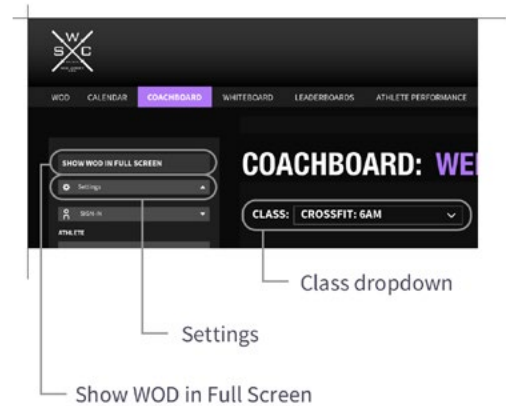


Image 5: Class drop down, settings and show WOD in full screen.

4. Member sign in

Members can sign in to class at the Wodify Kiosk or via the Wodify Athlete mobile app (if your gym allows for mobile sign in.)

1. If a member has made a reservation, their name will appear in color inside the reservation widget in the bottom left corner of the Coachboard screen. Once they arrive, clicking their name will turn it white, and they will be signed in and added to the Class List.

2. For athletes with no reservation, click the 'Athlete' drop down menu, enter the member's name and select 'Sign In'. They will now appear in the Class List.

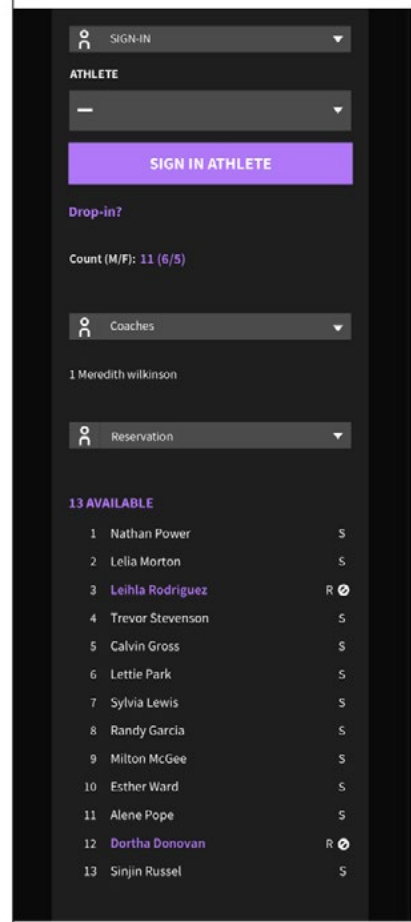




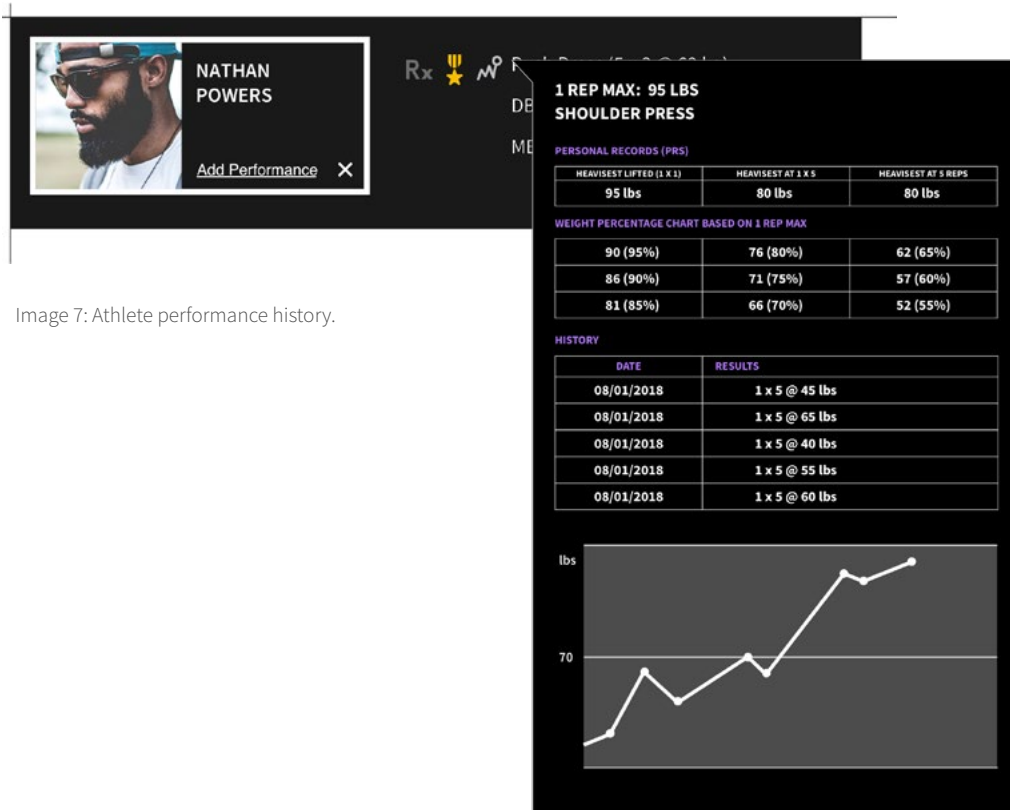
Image 6: Signing in to class.

5. Performance History

Once a member has signed into class, they can access their performance history for the components of that day's workout.

Hovering over the graph icon [] next to a component will show them their previous scores (if applicable) along with their Personal Record(PR), noted by a Gold Star []. The athlete can also view weight percentages based off their 1 Rep Max.

Tracking an athlete's progress using the graph at the bottom of the performance card can help you personalize your coaching style and make sure they're getting the most out of every workout.



The screenshot displays a performance card for Nathan Powers. The card includes a profile picture, name, and an 'Add Performance' button. A tooltip is open, showing the following data:

1 REP MAX: 95 LBS
SHOULDER PRESS

PERSONAL RECORDS (PRS)

HEAVIEST LIFTED (1 X 1)	HEAVIEST AT 1 X 5	HEAVIEST AT 5 REPS
95 lbs	80 lbs	80 lbs

WEIGHT PERCENTAGE CHART BASED ON 1 REP MAX

90 (95%)	76 (80%)	62 (65%)
86 (90%)	71 (75%)	57 (60%)
81 (85%)	66 (70%)	52 (55%)

HISTORY

DATE	RESULTS
08/01/2018	1 x 5 @ 45 lbs
08/01/2018	1 x 5 @ 65 lbs
08/01/2018	1 x 5 @ 40 lbs
08/01/2018	1 x 5 @ 55 lbs
08/01/2018	1 x 5 @ 60 lbs

At the bottom of the tooltip is a line graph showing weight in lbs over time, with a horizontal line at 70 lbs.

Image 7: Athlete performance history.

6. Logging results

Following a workout, members can log their results on the Coachboard at the Kiosk or in the Wodify Athlete mobile app. Encourage athletes to record their scores to increase retention. The more they're invested in their own progress, the more likely they are to come back the next day...and the next.

1. Once an athlete has logged a score for a movement or metcon, the type color will change from white to grey. This helps coaches quickly identify who entered their score and who needs a reminder.
2. When a member sets a new personal record on a movement, or beats their score on a metcon they previously 'Rx'ed, they'll earn a gold PR star [🏆].
3. At the Kiosk, an athlete can click the 'Add Performance' button to record any auxiliary work they completed during class.

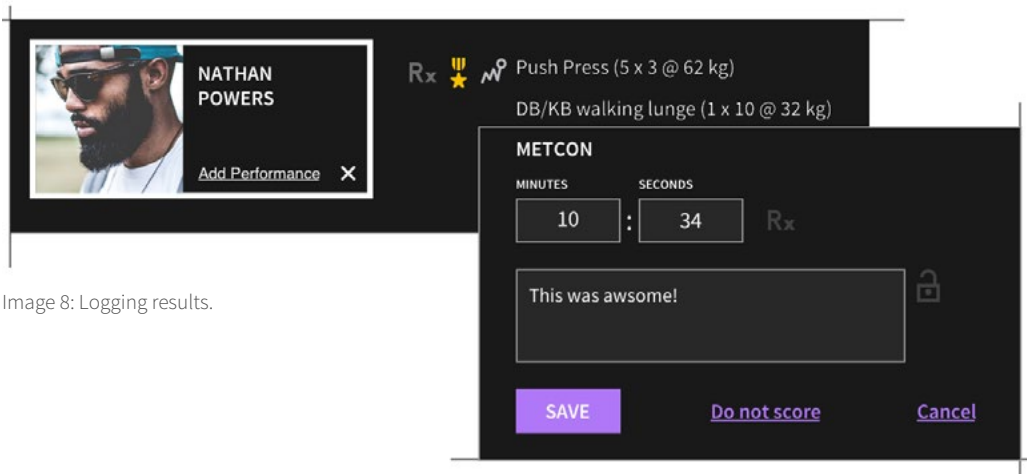


Image 8: Logging results.

7. The Whiteboard

The Whiteboard is a view of the entire day's results. It works as a leaderboard of all members who recorded their scores for that day.

1. You can filter the leaderboard on your Whiteboard by movement, class times, age ranges, and location.
2. Liking and commenting on others' workout results is a great way for members who aren't in the same class to stay connected. They can do so from the Wodify Athlete mobile app.

Note: You can use the Leaderboard view to display the all-time top 3 results of a movement or metcon that has previously been programmed at the gym.

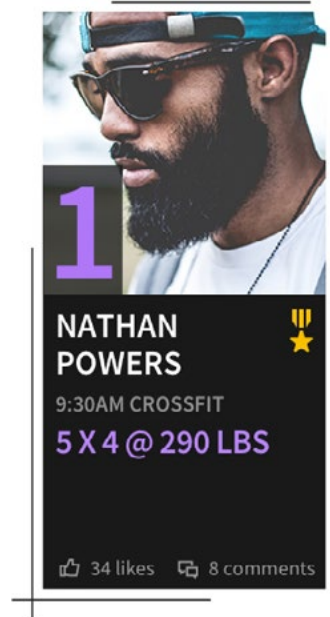


Image 9: Whiteboard card detail and social integration.