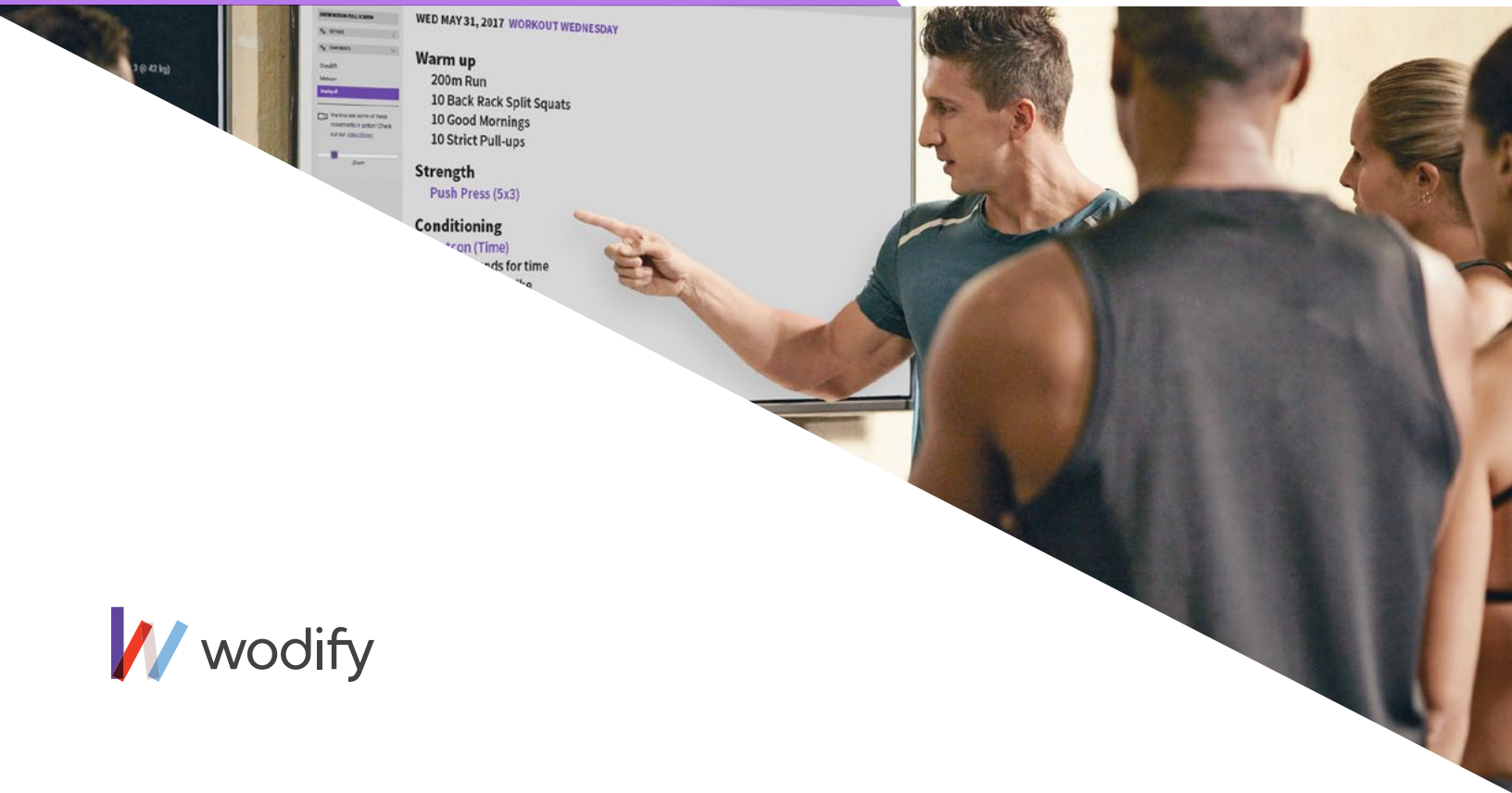


Wodify Core

Programming Quickstart Guide

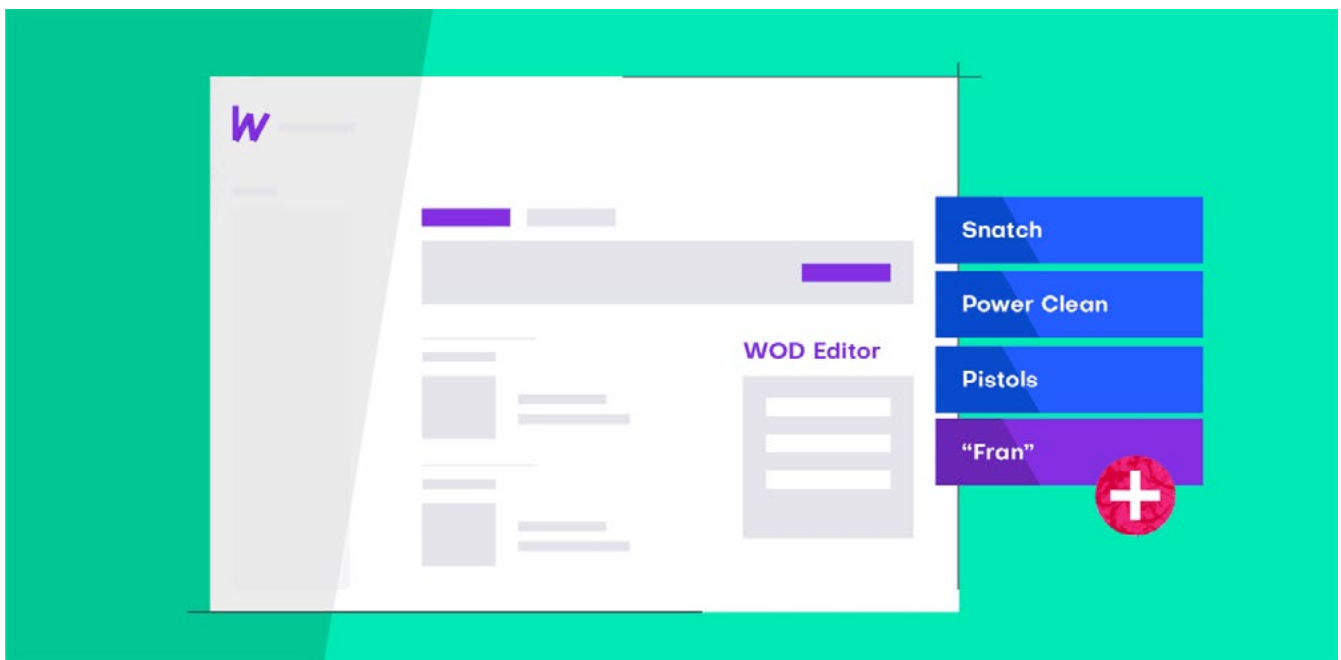


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1. Intro

We know you're excited about getting started, but before you build any WODs, you'll need to set up your programs (CrossFit, Boot Camp, Barbell Club, etc.) Refer to the Blueprint Perform course on how to do so, and decide who in your organization has permission to create and edit workouts. Once you've set up your programs in Wodify, you're good to go.



2. WOD Basic Details

There are two ways to create a new workout in Wodify Core.

1. WOD > CALENDAR

Use the WOD Calendar to program and view workouts weeks at a time. Click 'WOD' then 'Calendar' on the left nav bar to access the calendar screen; Click on any green '+' button [+] to open the New WOD screen where you can enter the basic details.

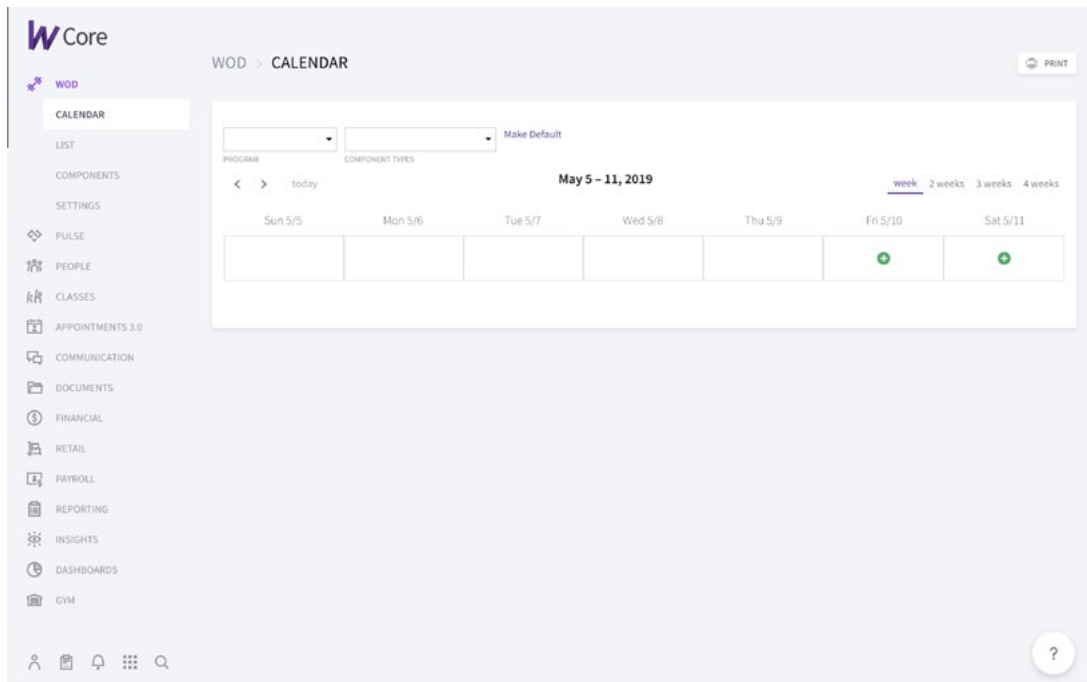


Image 1: WOD Calendar.

2. WOD > LIST

Click WOD 'List' then + New WOD button

[] on the left nav bar to go directly to the New WOD screen.

In the Basic Details section, enter the Workout Name, Date, and Program from the dropdown menu. Below the Program menu, you have an option to Add a Comment. Click the '+' icon to add a comment that all of your athletes will see. If you want to share the stimulus, instruction videos, or a workout tip, this is a great place to include it.

The screenshot shows the 'Basic Details' form for a new WOD. The form is titled 'Basic Details' and has a 'PREVIEW' button. It is divided into three main sections:

- Enter basic information about the workout.** This section includes a text input for 'WOD NAME' (Monday's Workout), a date picker for 'DATE' (05/13/2019), and a dropdown menu for 'PROGRAM' (Cardio). Below these are fields for 'CREATED BY' (Meg Brady on 05/08/2019 11:15 AM) and 'LAST UPDATED BY' (Meg Brady on 05/08/2019 11:50 AM). There is also a 'COMMENTS' field with a '+' icon to add a comment.
- Tag and add notes to the workout header.** This section includes a 'TAGGING TIPS' link, a list of tags (Legs, Arms, cardio, coachmike), a 'TAGS' section, and a 'NOTES' field with a '+' icon to add notes. The notes field contains the text: 'ATTN: Coach Mike, please make sure class starts on time.'
- Setup publishing details for this WOD.** This section includes a 'PUBLISH IN WODIFY' section with a date picker (05/13/2019), a time picker (12:00 AM), and a 'Publish WOD externally' checkbox (checked). Below this is a 'WORDPRESS/OTHER BLOG' section with a date picker (05/08/2019), a time picker (12:00 AM), and two checkboxes: 'Include a link to our public whiteboard' (unchecked) and 'Hide from members without program' (checked).

Image 2: WOD Basic Details section

NOTE: Do not enter your WOD in the Comments field. There's a separate screen for that. Stay tuned!

In the 'Tags' field, you have the option to add tags to categorize your workouts for future reference.

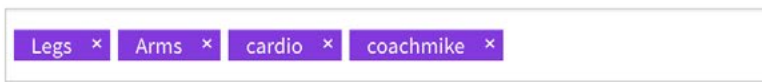


Image 3: Tags.

The yellow 'Notes' field is for adding information that only admins, managers and coaches can see. They can view these notes from the Workout list.

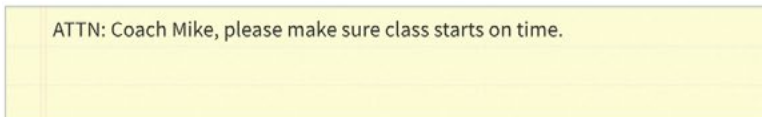


Image 4: Notes.

Next, set up your publishing preferences by entering the date and time the workout will be available for athletes to view in Wodify and externally.

Click 'Save' in the top right corner when you're ready to start building your workout in the WOD Editor.

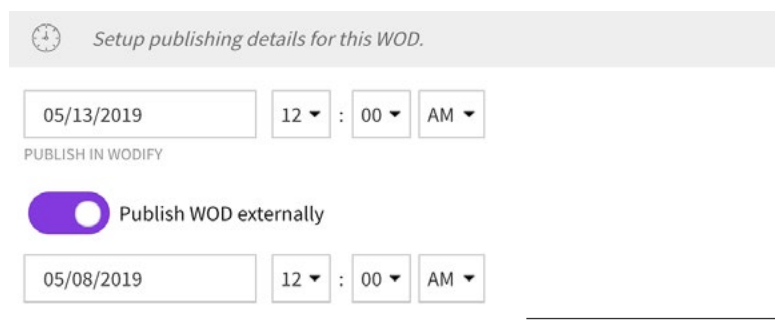


Image 5: Publish details section.

3. The WOD Editor

Once you've filled out the Basic Details of the workout, you can now start adding components (the movements or exercises) from the WOD Editor.

The first place you will want to start is by adding a Section. A 'section' is a header to break up the workout by title on your WOD screen. Sections are not scored.

Next, click 'Add a Component' to select from our library of workouts. Wodify Perform comes loaded with many popular workouts known as 'Global Components' in the system, (including Hero WODs, The Girls, and CrossFit Open workouts) so you can easily find them and cut down your programming time!

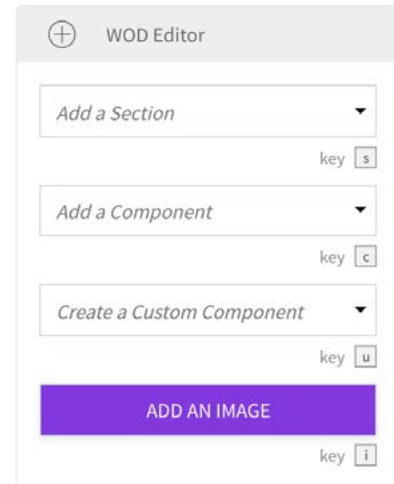


Image 6: WOD Editor section.

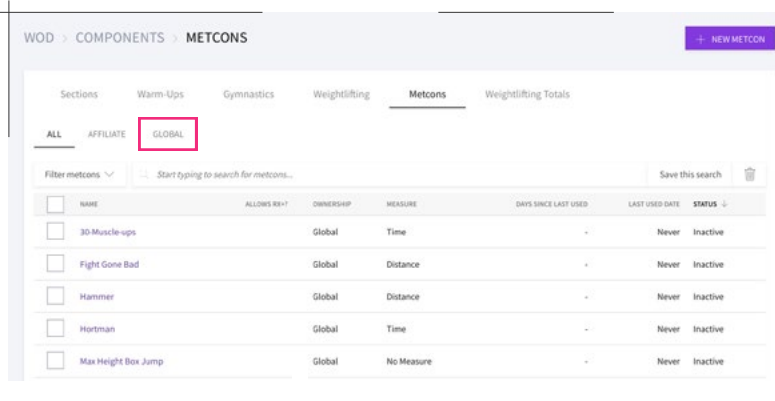


Image 7: Metcons filtered Globally.

NOTE: To see a bird's eye view of all of your global components, head to WOD > Components filtering by Global.

You can also create your own custom workout from the 'Create a Custom Component' screen. Choose to create a new warmup, weightlifting component, gymnastics component or a Benchmark or Non Benchmark metcon.

Once you select your section or component, you will be able to enter the details, the scoring type, opt to RX+ and enter public comments for each part of the workout.

Tip: If you like to show images of the workout movements, press the 'Add an Image' button to drag and drop your photos anywhere in the workout!

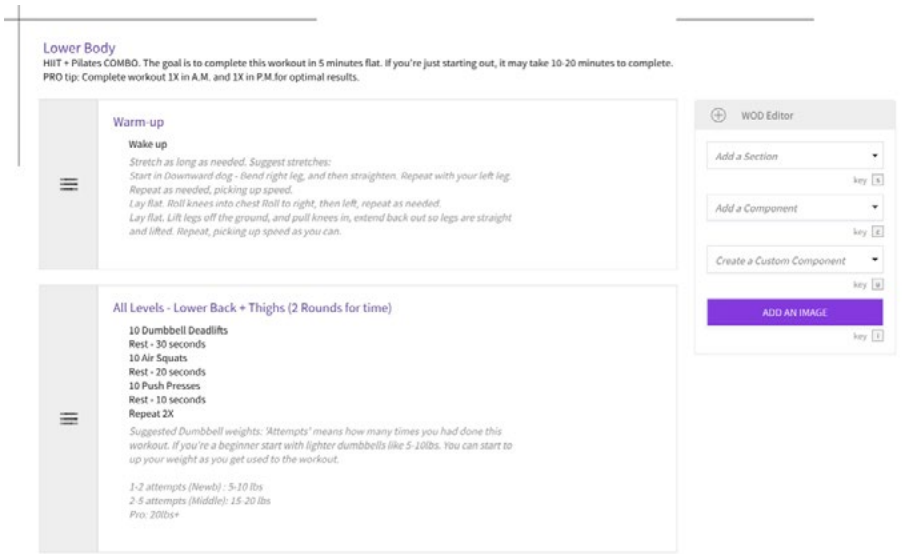


Image 8: Creating custom components.

4. Programming a weightlifting component with increasing weight

To make use of Wodify Perform, our workout tracking software, you'll want to set up your metcons and components so they can be scored by your athletes.

Here's how to program a weightlifting component of several sets with increasing weight:

1. Start by selecting 'Weightlifting' from the 'Add a Section' dropdown menu.
2. Next, select a component from the 'Add a Component' drop down menu. In this example, we've chosen the global component 'Back Squat'.

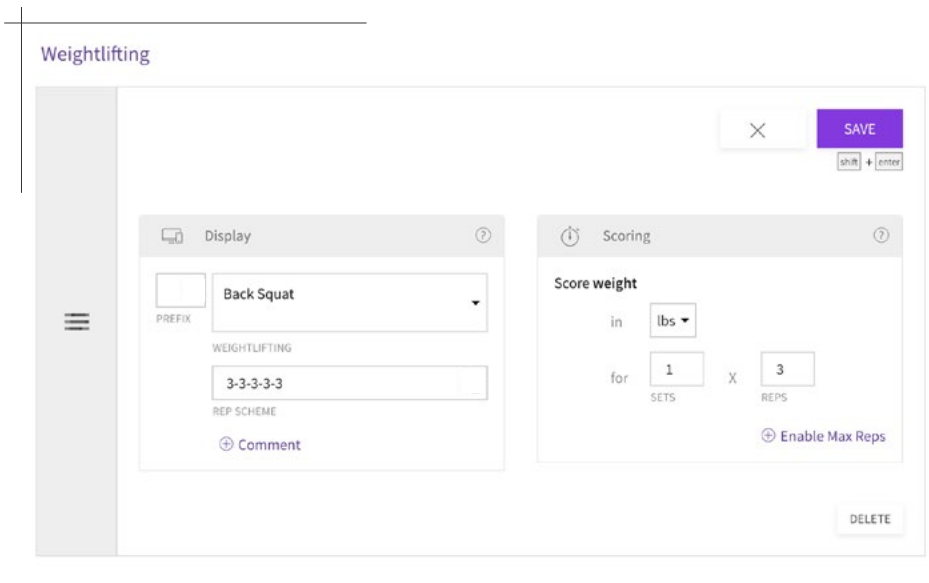


Image 9: Weightlifting Component.

3. Enter the rep scheme in the 'Rep Scheme' field. In this example, athletes will increase weight with each set of reps.

4. The Scoring table will display the athlete's results. In this example, since the athlete will be increasing the weight with each set, you will only want them to record their final set, so we'll enter 1 set by 3 reps in the scoring field. This score will be visible on the Whiteboard at the Wodify Kiosk and the mobile app.

5. Click 'Save' to enter another component.

5. Programming a weightlifting component with the same weight across sets

Here's how to program a weightlifting component with the same weight across sets:

1. Start by selecting 'Weightlifting' from the 'Add a Section' dropdown menu.
2. Next, select a component from the 'Add a Component' drop down menu. In this example, we've chosen the global component 'Back Squat'.
3. Enter the rep scheme in the 'Rep Scheme' field. In this example, there are four rounds of three reps @ 70% of the One Rep Max.

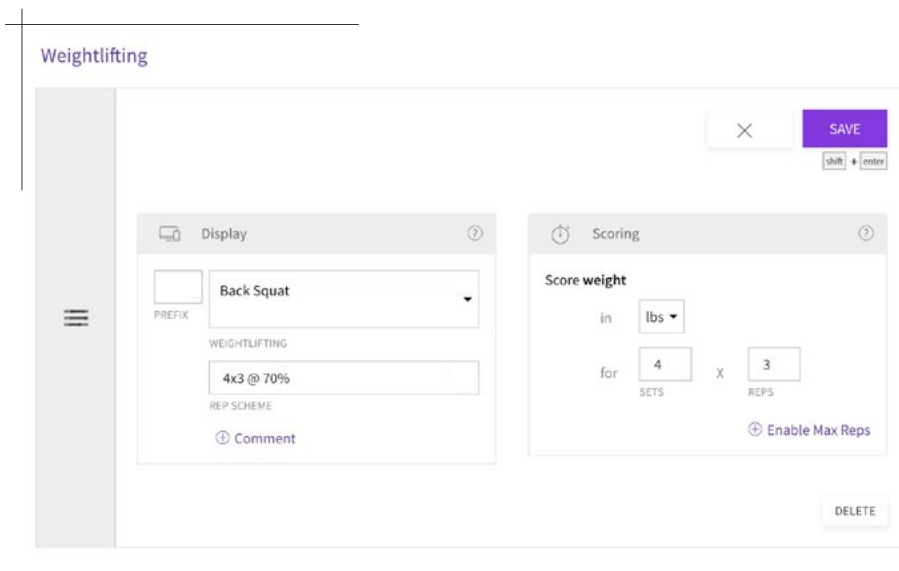


Image 10: Weightlifting Component.

4. The Scoring table will display the athlete's results. In this example, the athlete will input their weight for all four sets. This score will be visible on the Whiteboard at the Wodify Kiosk and the mobile app.

5. Click 'Save' to enter another component.

6. Programming a weightlifting component with max reps

Here's how to program a weightlifting component with max reps:

1. Start by selecting 'Weightlifting' from the 'Add a Section' dropdown menu.
2. Next, select a component from the 'Add a Component' drop down menu. In this example, we've chosen the global component 'Back Squat'.
3. Enter the rep scheme in the 'Rep Scheme' field. In this example, there are 5 reps @ 60%, 5 reps @ 70%, and as many reps as possible @ 80%.

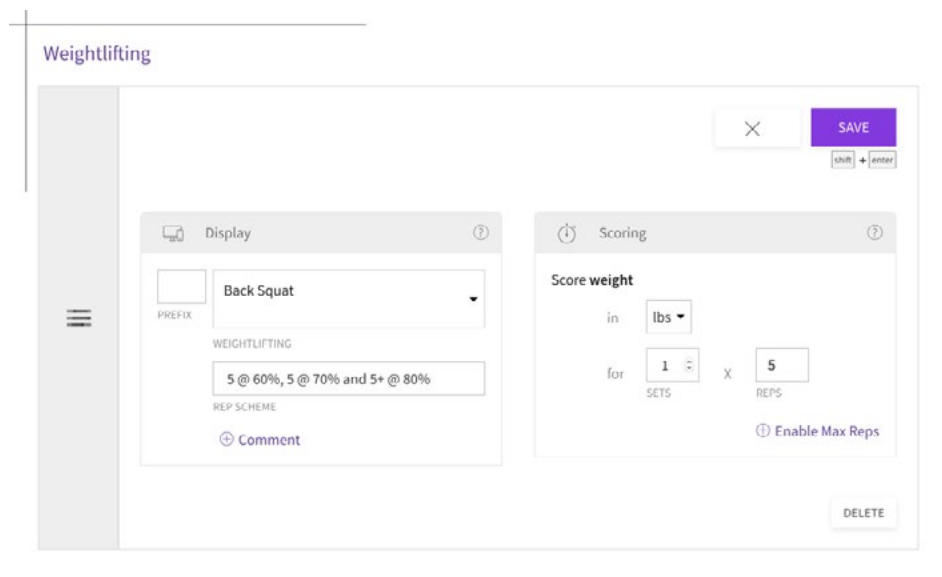


Image 11: Weightlifting Component.

4. The Scoring table will display the athlete's results. In this example, the athlete will input their weight as well as the number of reps they completed. In order to score that, you will need to enter 1 set for max reps in the scoring field.

5. Click 'Enable Max Reps' to allow athletes to enter their max reps and weight. This score will be visible on the Whiteboard at the Wodify Kiosk and the mobile app.

6. Click 'Save' to enter another component.

7. Programming a metcon (benchmark and non-benchmark)

Metcons can be saved as benchmark or non-benchmark workouts. If you would like members to continue to track their performance for a metcon, it must be saved as a benchmark. This will save the workout in your database, so that you can repeat the same workout in the future and members can continue to track their performance on that specific workout. If you do not plan on repeating it again, or do not want athletes to track the workout after one time, you should save it as a non-benchmark workout.

1. To program a metcon, start by selecting 'Metcon' from the 'Add a Section' dropdown menu on the right.
2. Next, select 'New Benchmark Metcon' from the 'Add a Component' dropdown menu.
3. Enter a name in the 'Metcon Title' field.
4. Next, Enter the workout details in the 'Details' field. This is what your athletes will be doing during the workout.
5. You can add public comments to your metcon screen by clicking the '+' button.

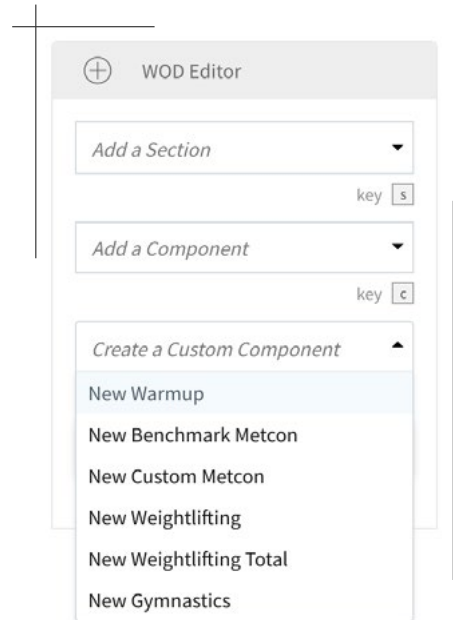


Image 12: WOD Editor Section.

6. Choose your scoring method from the dropdown menu and toggle the switch to allow an Rx+ score if you want.

7. Once you click 'Save', you will be able to easily find your Metcon again from the 'Add a Component' dropdown menu. All fields will populate so you won't have to add details again.

Note: Benchmark metcons will be saved under Affiliate Components on the WOD > Components screen on the Affiliate tab.