



Body Boss

# Getting Started: Basic Navigation

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*Initial page*

**Team**  
*Roster, Leaderboard, Groups*

**Workout Library**  
*Programs, Workouts, Exercises*

**Results**  
*Graph Analytics*

**Fitness Library**  
*Equipment, Muscles*

**Help**  
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**Organization Profile**  
*Includes organization stats*

**Quick link to 'My Profile'**  
*Coach or Player*

**Account Settings and General Preferences**

**My Account**

**Coaches**

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**Leaderboard**

Rank	Name	Points
# 1	D. Lu	78 points
# 2	C. Aguirre	74 points
# 3	J. Anderson	65 points
# 4	D. Pottinger	46 points
# 5	J. Cummings	40 points
# 6	D. Pottinger	31 points

**Recent Workouts**

Name	Workout	Time Ago
M. Kanner	completed Daryl's Chest & Shoulders - Day 2 Alternative	1 day ago
D. Lu	completed Daryl's Chest & Shoulders - Day 2 Alternative	1 day ago
D. Pottinger	completed Strength Test	3 days ago
M. Kanner	completed Daryl's Chest & Shoulders - Day 1	4 days ago
D. Lu	completed Daryl's Chest & Shoulders - Day 1	4 days ago
A. Reifman	completed Andrew's Push	5 days ago

**Help:** Direct to support form page  
**Terms:** Link to 'Terms and Conditions' page  
**Privacy:** Link to 'Privacy' terms page

For more information or help, contact us at [support@bodybossfitness.com](mailto:support@bodybossfitness.com)

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