



# Body Boss


## Creating/ Modifying an Activity

As described in the 'Getting Started Guide: Fitness Library', Body Boss employs a Program-Workout-Activity (PWA) model. This means a Program is made up of one or many Workouts, and Workouts are made up of one or many Activities.

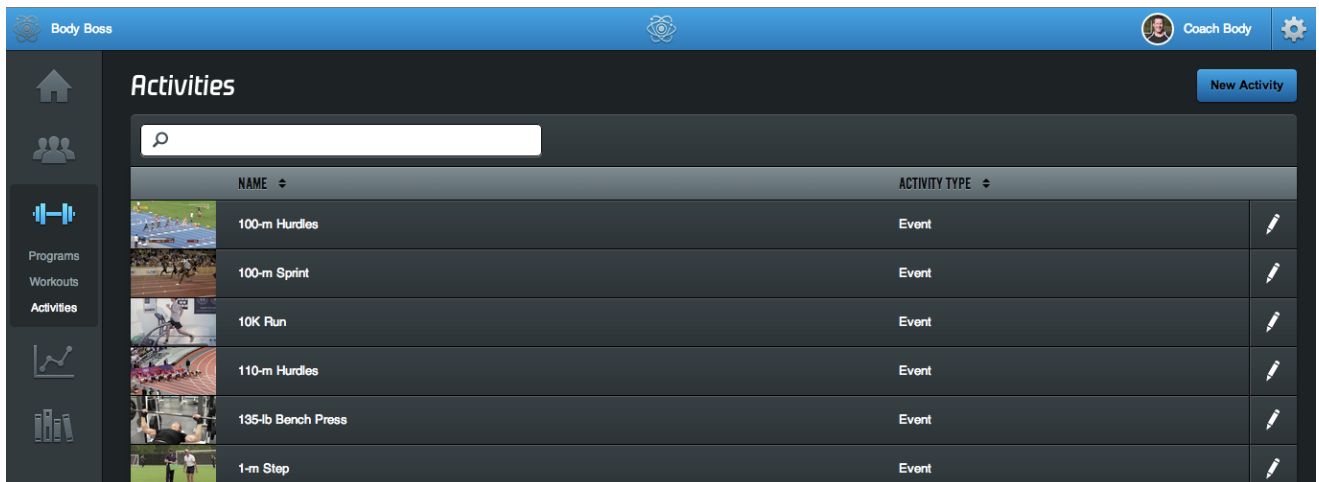
There are two types of Activities.

- Exercises – used to track weight and repetitions
- Activities – used to track one of the following:
  - Repetitions (#)
  - Distance (mi, yd, ft, in, km, m, cm)
  - Time (hh:mm:ss, mm:ss, ss)

## Getting Started

Select 'Activities' under the barbell icon (  ). This will bring you to the list of Activities saved in your Body Boss program.

*\*\* Creating a new Activity and modifying an existing one follow similar processes. This Guide will walk through the Creation process.*



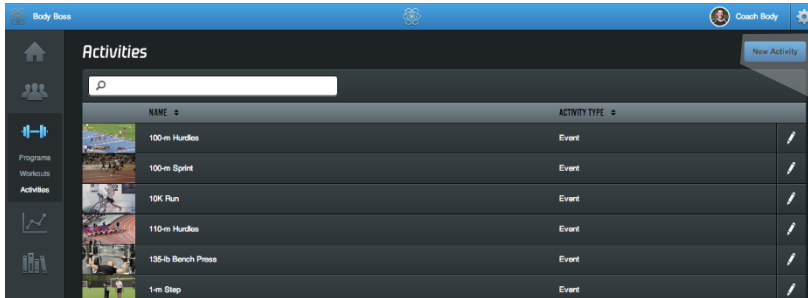
NAME	ACTIVITY TYPE
100-m Hurdles	Event
100-m Sprint	Event
10K Run	Event
110-m Hurdles	Event
135-lb Bench Press	Event
1-m Step	Event

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

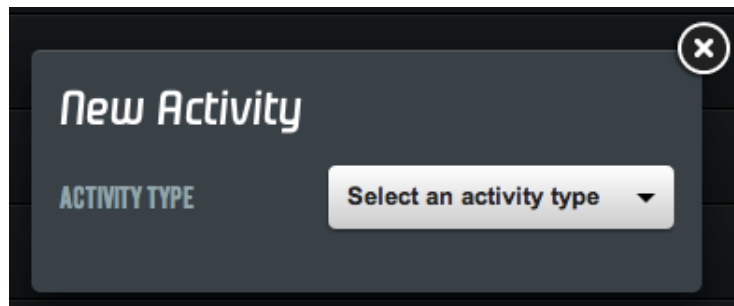
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Select 'New Activity' from the top-right corner to create a new Activity.



In the resulting window, the option to create an Exercise is presented. This is where you can select either an Exercise or an Event.



Looking at the two options for Activities...

*Hint: You may elect to designate an Activity as a Key Activity. By default, new Activities are not set as a Key Activity.*

*Key Activities are those Activities by which Players are ranked against one another. Setting an Activity as a Key Activity then populates the Key Stats section of the Player Profile in addition to adding another Activity to the Leaderboard.*

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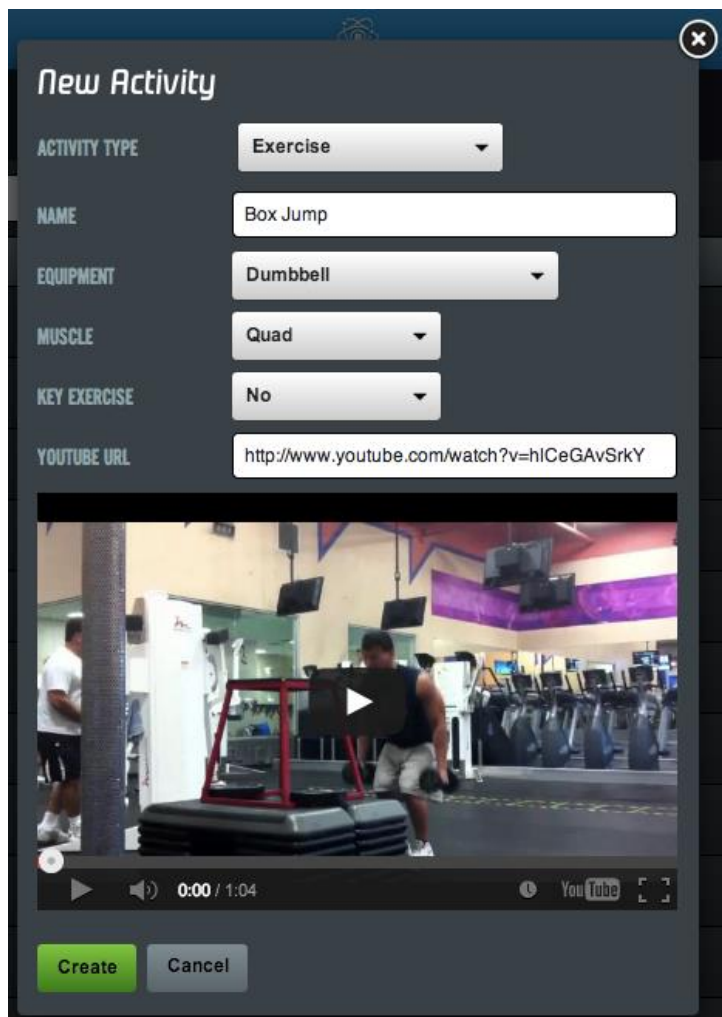
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Under the Exercise option, you can specify a number of attributes including:

- **Name of the Activity** – Will be shown on the Workouts, and as a search parameter
- **Equipment** – Select from the list the main piece of Equipment
- **Primary Muscle** – Select from the list the main Muscle involved
- **Key Exercise** – A Yes/ No criteria designating whether or not the Activity will be used for the Leaderboard and Stats tracking
- **YouTube URL** – An optional field for your use to potentially educate your Players on proper form and technique to perform the Activity



**New Activity**

ACTIVITY TYPE: Exercise

NAME: Box Jump

EQUIPMENT: Dumbbell

MUSCLE: Quad

KEY EXERCISE: No

YOUTUBE URL: <http://www.youtube.com/watch?v=hICeGAvSrKY>

0:00 / 1:04

Create Cancel

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Under the Event option, you can specify a number of attributes including:

- **Name of the Activity** – Will be shown on the Workouts, and as a search parameter
- **Measurement Type** – Select to track purely Repetitions, Time, or Distance
- **Measurement Unit** – Select from the list
  - Repetitions (#)
  - Distance (mi, yd, ft, in, km, m, cm)
  - Time (hh:mm:ss, mm:ss, ss)
- **Key Event** – A Yes/ No criteria designating whether or not the Activity will be used for the Leaderboard and Stats tracking
- **YouTube URL** – An optional field for your use to potentially educate your Players on proper form and technique to perform the Activity

**New Activity**

ACTIVITY TYPE: Event

NAME: Box Jumps in 30 Sec

MEASUREMENT TYPE: Reps

MEASUREMENT UNIT: reps

KEY EVENT: No

YOUTUBE URL: <http://www.youtube.com/watch?v=hiCeGAvSrKY>

0:00 / 1:04

Create Cancel

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