




Body Boss

Creating/ Modifying a Program

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.

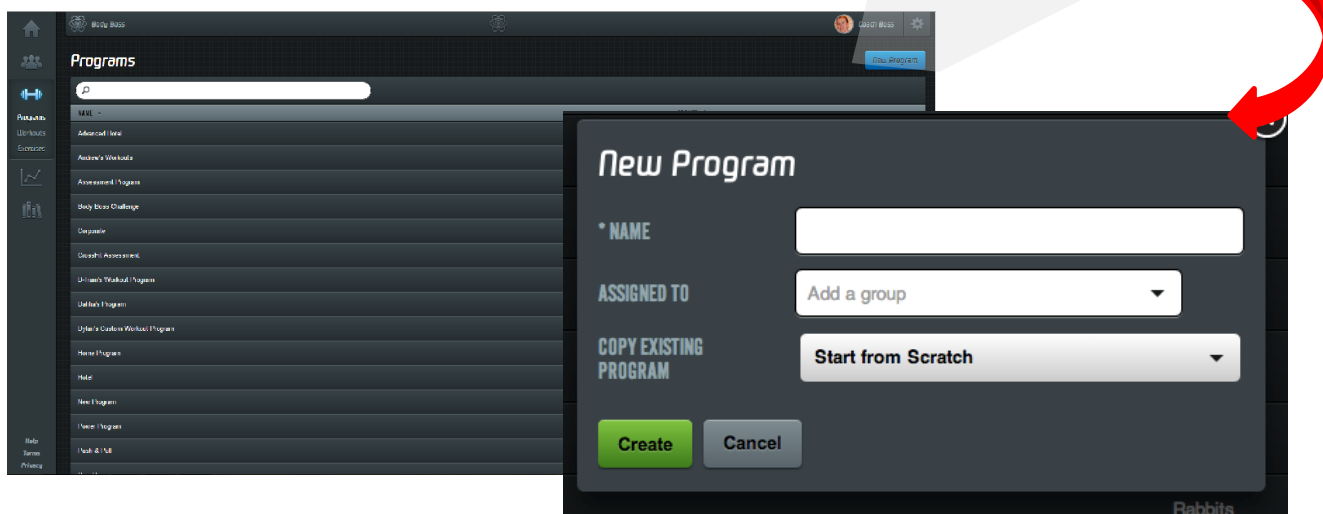
Getting Started

Navigate to 'Programs' under the barbell icon (). You can then select the 'New Program' button to create a new Program, or find a program from the list.

*** Creating a new Program and modifying an existing Program follow similar flows.*

Enter a name for the Program when prompted. If desired, you can assign one or more Groups here, too. Further, you can Copy from an existing Program, or start from Scratch. (Opting for Scratch here.)

Select 'Create' when done.



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You're now presented with a blank Workout (unless you selected the Copy option, or for any Groups you may have added during the first window).

You can now add Workouts from the top-right corner. You can add from Existing Workouts, or you can create a New Workout.

The screenshot shows the Body Boss web application interface. The top navigation bar includes the 'Body Boss' logo, a user profile for 'Coach Body', and a settings gear. The main content area is titled 'Programs / Big Offseason 12-Week Program' and features an 'Edit' button. Below this, the 'Workouts' section is active, displaying a message 'No workouts have been added.' and buttons for 'Select a workout', 'Add', and 'New Workout'. The 'Assigned Groups' section below it shows a search bar and a table with one entry: 'BIG' with description 'Lines' and '1' player. A search dropdown menu is open, showing a list of workouts including 'Total Body Fall 2010', 'Total Body Spring 2011', 'Total Pull', and 'Total Push'. The dropdown also includes 'Assign' and 'Set as Current Program' buttons.

You can now select an existing Workout from the top-right drop-down list either by:

- Scrolling down to find the Workout; OR
- By typing part of the name of the Workout

Add as many Workouts as needed.

If the Workout you're looking for does not exist, select the New Workout button, and you will be brought to the 'Create Workout' page. For more information on creating a Workout, check out the Workout tutorial on

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When Workouts exist on a Program, you can view the Workout, Edit, Copy the Workout (to create another one of the same Activities and Load Progressions, or Remove.

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Coach Body

Programs / Big Offseason 12-Week Program

Workouts

#	NAME	DESCRIPTION	
1	BIG Assessment	Assessment for Big Offseason	View
2	BIG - Week 1 - Day 1	Big Offseason Week 1 Day 1	View

Assigned Groups

NAME	DESCRIPTION	PLAYERS
BIG	Lines	1

BIG - Week 1 - Day 1

MUSCLES: Hamstring and Chest

EQUIPMENT NEEDED: Barbell

#	NAME	MUSCLE	REP SCHEME	% SCHEME
1	Barbell Bench Press	Chest	5, 5, 5, 5, 5	75, 75, 75, 75, 75
2	Barbell Deadlift	Hamstring	5, 4, 3, 2, 1	75, 80, 85, 87, 92

- Export
- Edit
- Copy
- Remove

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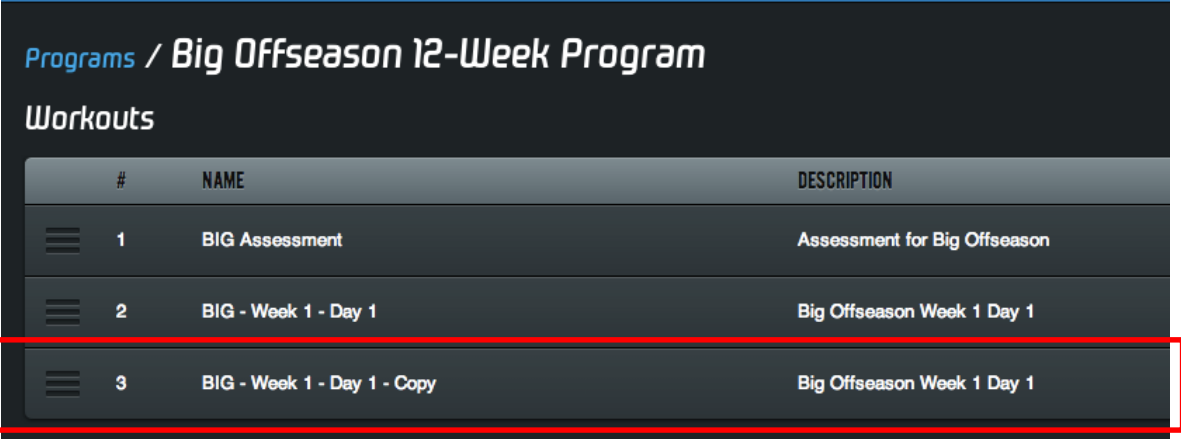


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If you copy an existing Workout, there will be a duplicate with “- Copy” in the copied Workout version.

To edit, simply click on the Edit from the Workout options outlined above, and edit the sets.

Hint: This should make creating Workout Programs quick and easy as you can simply adjust the name of the duplicate Workout and change the load progressions as necessary.



Programs / Big Offseason 12-Week Program

Workouts

#	NAME	DESCRIPTION
1	BIG Assessment	Assessment for Big Offseason
2	BIG - Week 1 - Day 1	Big Offseason Week 1 Day 1
3	BIG - Week 1 - Day 1 - Copy	Big Offseason Week 1 Day 1

Assigning the Program to Groups is simple, too. The remaining content of this Getting Started Guide will help you assign your Program to the right Group(s).

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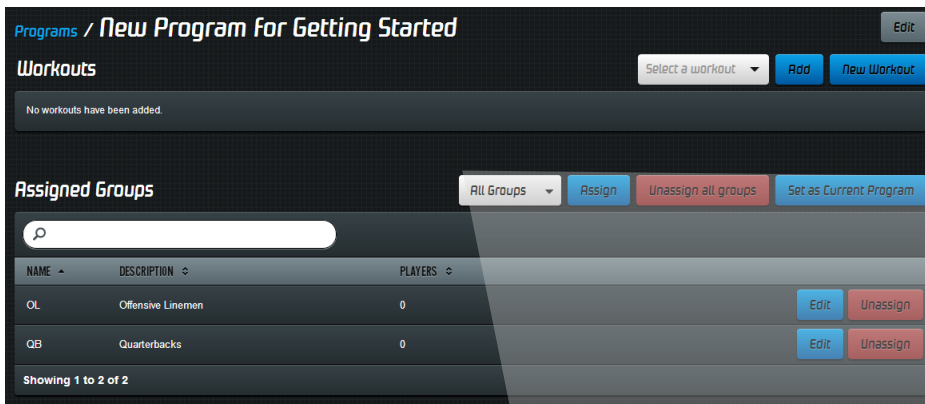
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In the Assigned Groups section below the Workouts of the Program you're on, select the drop-down to find the Group to assign, and click 'Assign'. Repeat this for all Groups.

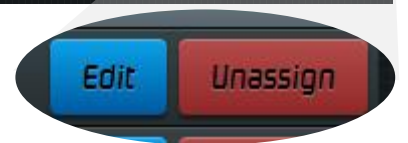
Additionally, you can make the Program the Current Program for all assigned Players. This is particularly helpful when a new cycle/ Program should be started. Simply click on the 'Set as Current Program' button to assign.



Editing a Group or unassigning a Group can be done by selecting the corresponding Group's 'Edit' or 'Unassign' buttons.



Updates are saved automatically so when done, simply navigate to whatever page you want!



For more information about how to use Body Boss, visit bodybossfitness.com/support.

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