




# Body Boss

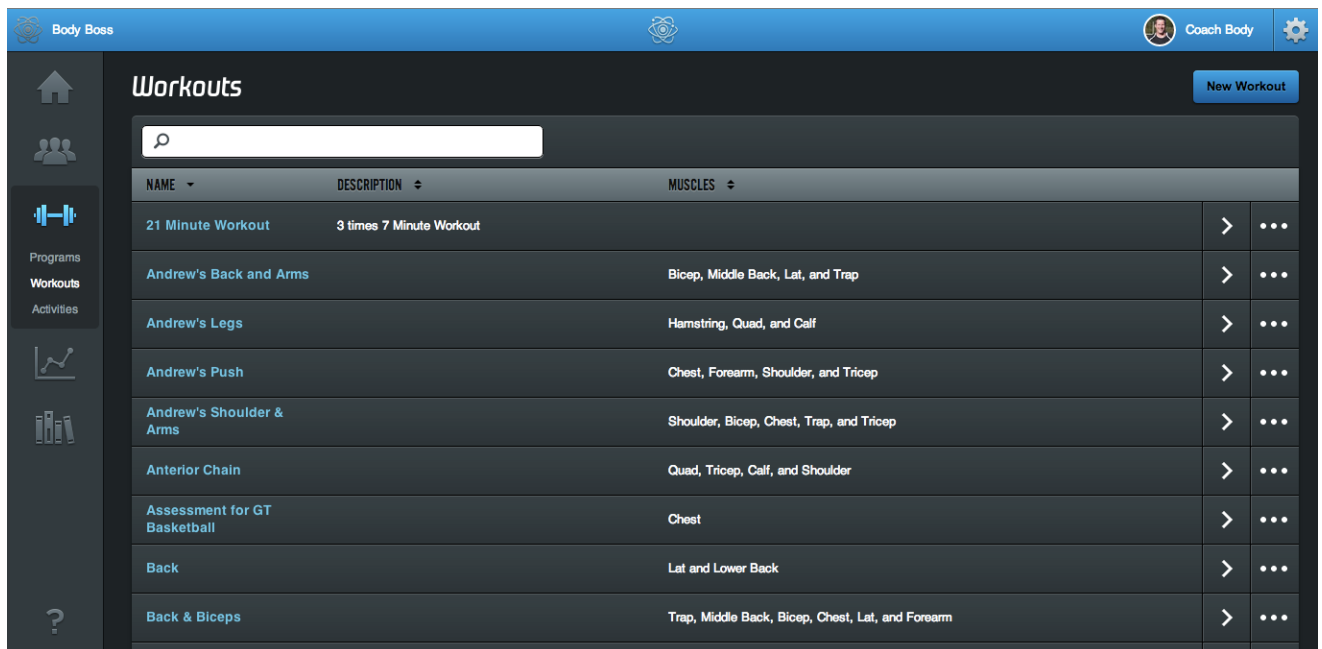
## Creating/ Modifying a Workout

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

Select 'Workouts' under the barbell icon (  ). You can then select the 'New Workout' button to create a new Workout, or find a Workout from the list.

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



NAME	DESCRIPTION	MUSCLES		
21 Minute Workout	3 times 7 Minute Workout		>	...
Andrew's Back and Arms		Bicep, Middle Back, Lat, and Trap	>	...
Andrew's Legs		Hamstring, Quad, and Calf	>	...
Andrew's Push		Chest, Forearm, Shoulder, and Tricep	>	...
Andrew's Shoulder & Arms		Shoulder, Bicep, Chest, Trap, and Tricep	>	...
Anterior Chain		Quad, Tricep, Calf, and Shoulder	>	...
Assessment for GT Basketball		Chest	>	...
Back		Lat and Lower Back	>	...
Back & Biceps		Trap, Middle Back, Bicep, Chest, Lat, and Forearm	>	...

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

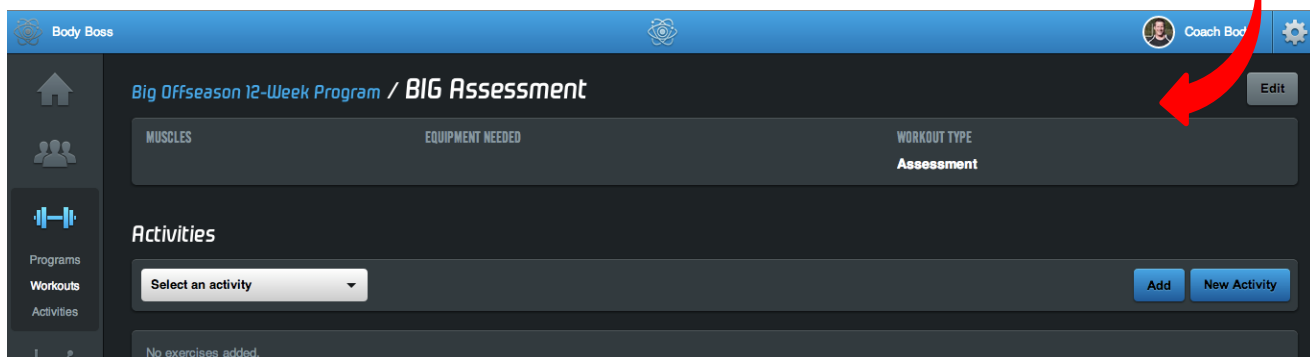
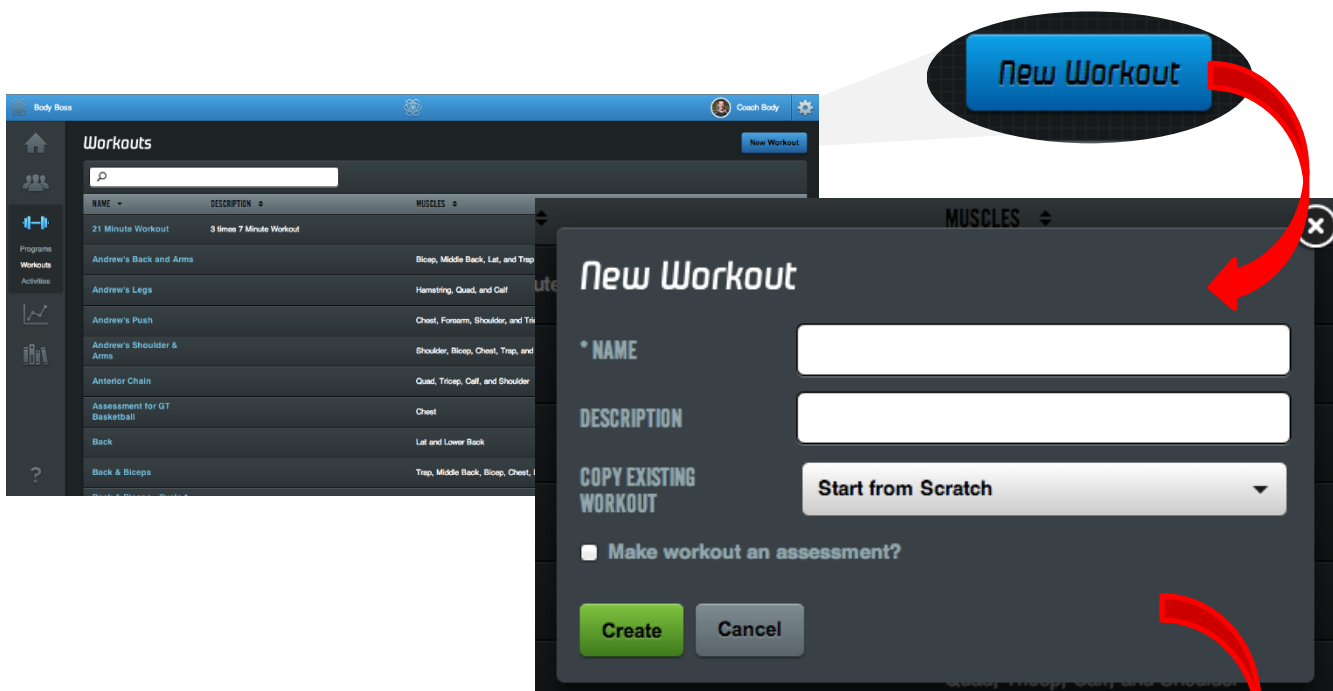
Body Boss Fitness Proprietary and Confidential. All rights reserved.

**Body Boss. Strive for Greatness.**

Select the 'New Workout' button at the top-right of the Workouts list.

When creating a new Workout, you can copy from an Existing Workout the name, Activities, and load programs, or you can start from Scratch.

Additionally, you have the option to make the Workout an Assessment. This is vital in case your load progressions utilize a percentage scheme. The Assessment is used to capture One-Rep Maxes (1RM) for Activities so percentages can be calculated off the 1RMs.



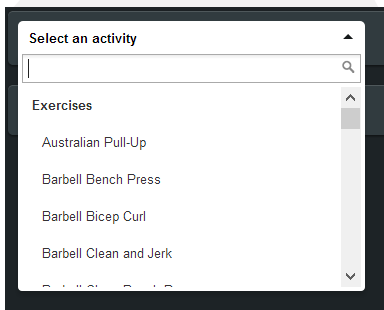
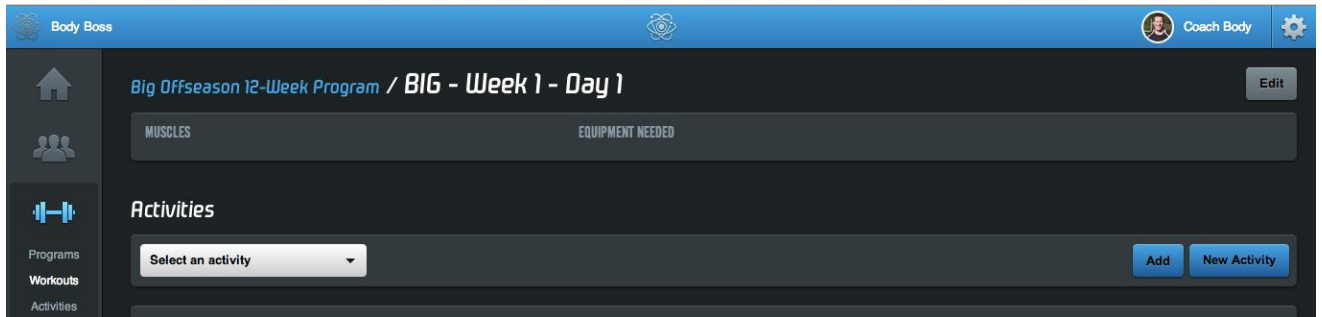
For more information or help, contact us at [support@bodybossfitness.com](mailto:support@bodybossfitness.com)

Body Boss Fitness Proprietary and Confidential. All rights reserved.

Body Boss. Strive for Greatness.



Body Boss



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

- Scrolling down to find the Activity; OR
- By typing part of the name of the Activity; OR
- If the Activity you're looking for does not exist, you can select the 'New Activity' button, and you will be brought to the 'Create Activity' popup

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)

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

Body Boss Fitness Proprietary and Confidential. All rights reserved.

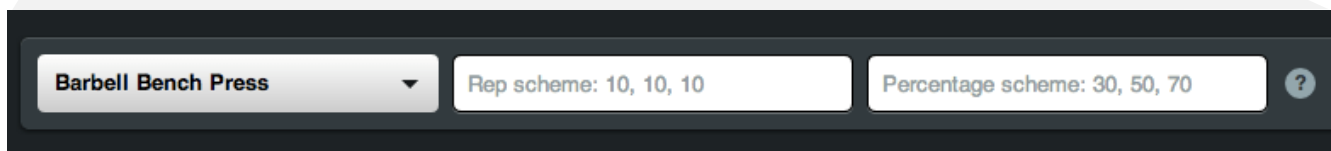
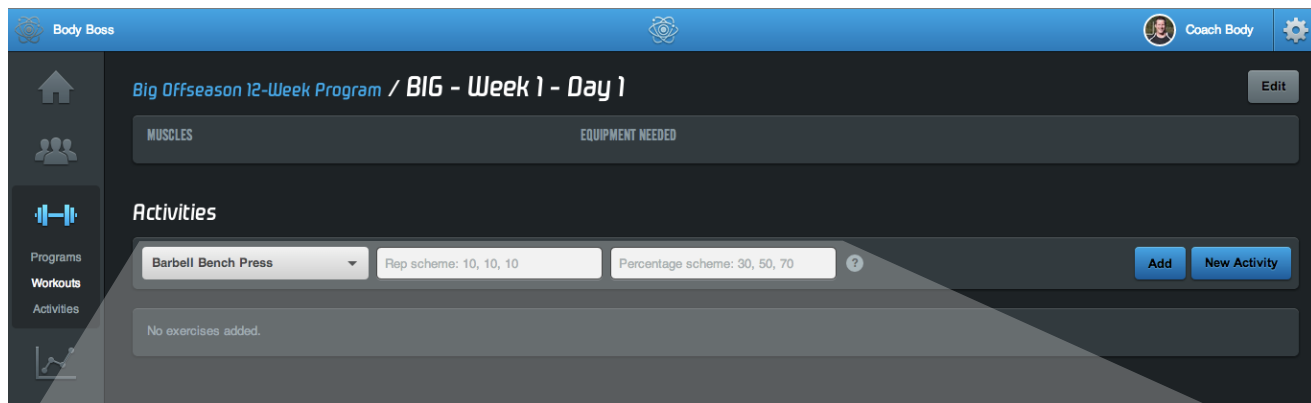
**Body Boss. Strive for Greatness.**



**Body Boss**

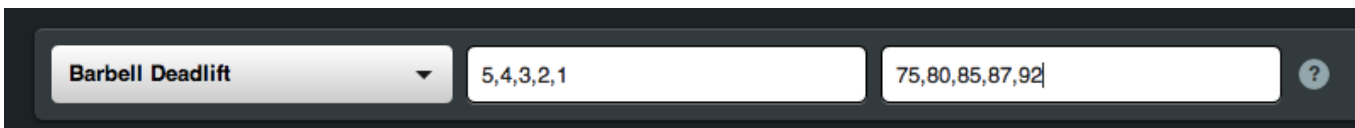
If you select an Event, you simply just need to hit the 'Add' button to add the Activity to the Workout.

For Exercises, you will be prompted to enter the number of repetitions per set, and if applicable, the percentage scheme.



For both the Rep Scheme and Percentage Scheme, separate each set with a comma (,). For example, if you want your Players to perform a 5x5 at 75% each, enter "5,5,5,5,5" for the Rep Scheme and "75,75,75,75,75" for the Percentage Scheme.

For changing load progressions, such as 5-sets starting at 5 reps and decreasing by 1 rep for each subsequent set, but advancing the percentage scheme, you can do something like the below.



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

Body Boss Fitness Proprietary and Confidential. All rights reserved.

Body Boss. Strive for Greatness.



Body Boss

If you checked the box earlier for an Assessment, you will be unable to enter a target number of sets. As the Workout is an Assessment, Body Boss will set the target rep to 1 for the User to enter his/ her One-Rep Max during the Workout entry.

#	NAME	MUSCLE	REP SCHEME	
1	Barbell Bench Press	Chest	1 Sets x 1 Reps	<a href="#">Remove</a>

*Example of the view when adding an Exercise to a Workout designated as an Assessment*

If you leave the Percentage field empty for the main Olympic lifts with barbells or dumbbells, Body Boss will utilize the SMART algorithm to build Target Weights\*\*.

- The SMART algorithm is a proprietary algorithm that assesses a Player's most recent workout results, and determines a Target Weight based on the previous performance and the Coach-defined Target Reps.
- This is automatically done to consistently and constantly challenge the Player to achieve maximum performance.

*Note: The SMART algorithm only applies to major lifts utilizing Barbell and Dumbbell equipment. The SMART algorithm is currently under testing for auxiliary lifts for accuracy and safety.*

To remove an Activity in the Workout, simply select the 'Remove' button for the applicable Activity.

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](http://bodybossfitness.com/support).

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

Body Boss Fitness Proprietary and Confidential. All rights reserved.

**Body Boss. Strive for Greatness.**



**Body Boss**