



# Body Boss

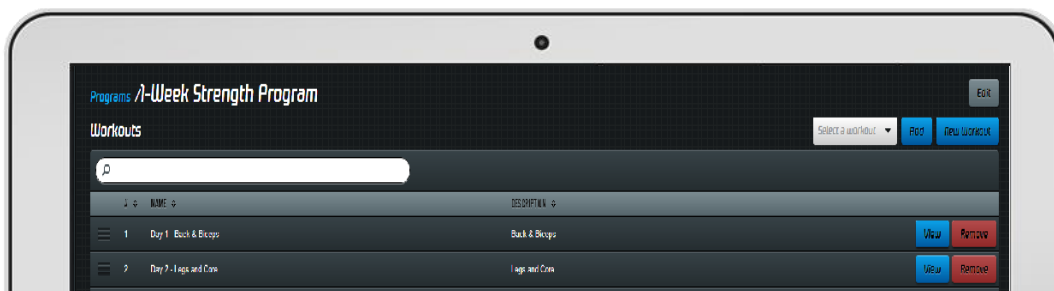
## Feature: Fitness Library

Body Boss comes preloaded with common exercises, workouts, and programs for quick and easy set-up. Build on top of our library and create your own workout programs to achieve your performance goals.

### Getting Started

The Fitness Library consists of the following:

- **Programs** – Consists of one or more Workouts (i.e. Offseason Program, 6-Week Cycle, Russian Squat Program)
- **Workouts** – Made up of one or more Exercises, oftentimes used to record a collection of results for Workout session (i.e. Upper body, Monday, Cycle 1 – Week 1 – Day 1)
- **Activities** – Designated as Exercises or [Speed and Agility] Events
  - 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)
- **Equipment** – Physical items used in performing Exercises (i.e. Dumbbells, Barbell) of different types (i.e. Machine, Free Weight)
- **Muscles** – Human fibrous tissue with the ability to contract to produce movement (i.e. Traps, Hamstrings, Quadriceps)



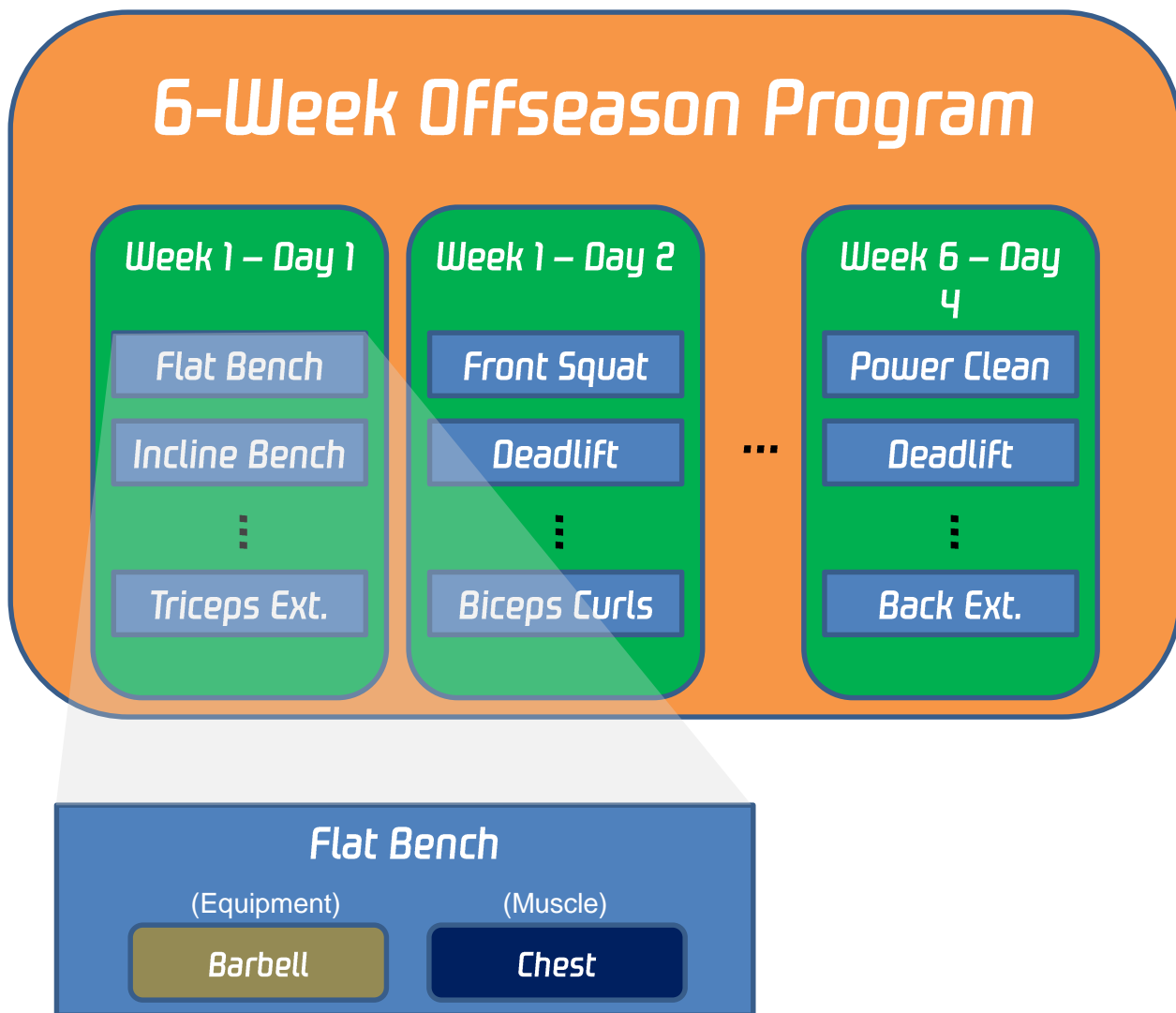
For more information or help, contact us at [support@bodybossfitness.com](mailto:support@bodybossfitness.com)

Body Boss Fitness Proprietary and Confidential. All rights reserved.

Body Boss. Strive for Greatness.

Body Boss uses a Program-Workouts-Activities (PWA) model. In this model, Programs are made up of one or more Workouts, and Workouts are made up of one or more Activities. (As described above.)

See the figures below which illustrate the Body Boss PWA model.



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