



Body Boss

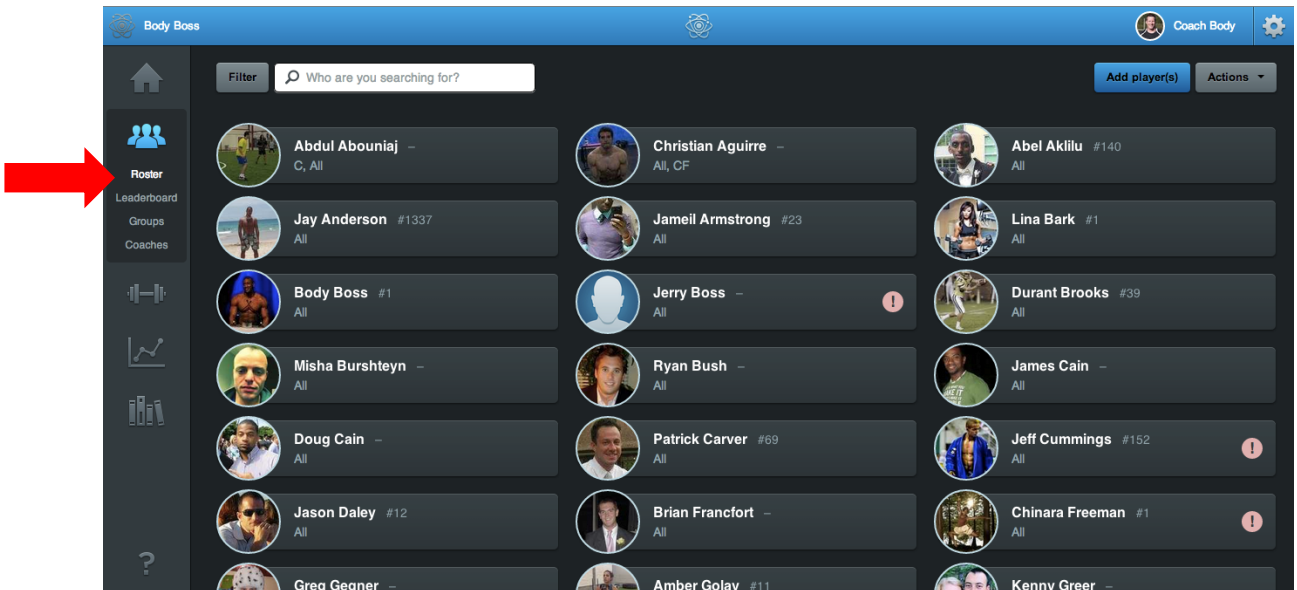
Feature: Group Workouts

Coaches follow many different philosophies from load progressions, whole vs. split-body workouts, and even to technology in the weight room or otherwise. Body Boss enables coaches to quickly printout personalized workout cards for their players.

The old way held coaches back by only printing out cards with percentages leaving the players to look up the load with a percentage chart. The Boss way frees players and coaches from chart look-ups, by automatically calculating the loads, and preparing workout cards ready to go for each player or for each group.

Getting Started

Start by navigating to the Roster page under the Team icon ().



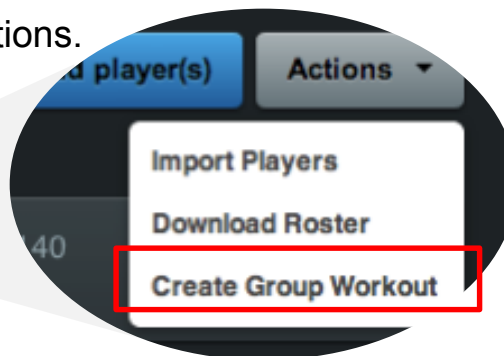
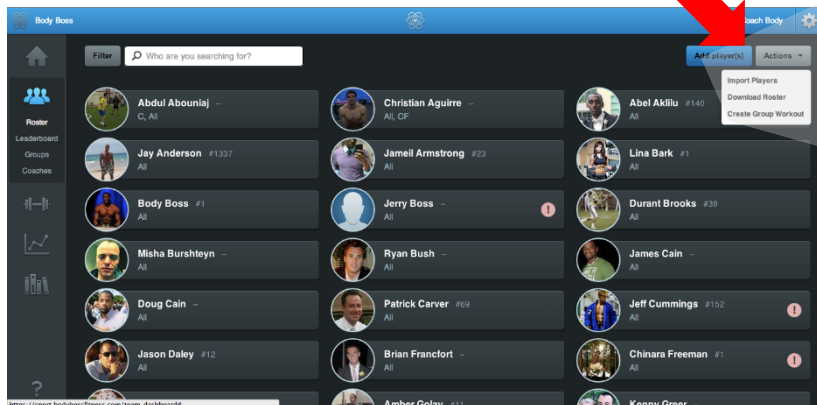
For more information or help, contact us at support@bodybossfitness.com

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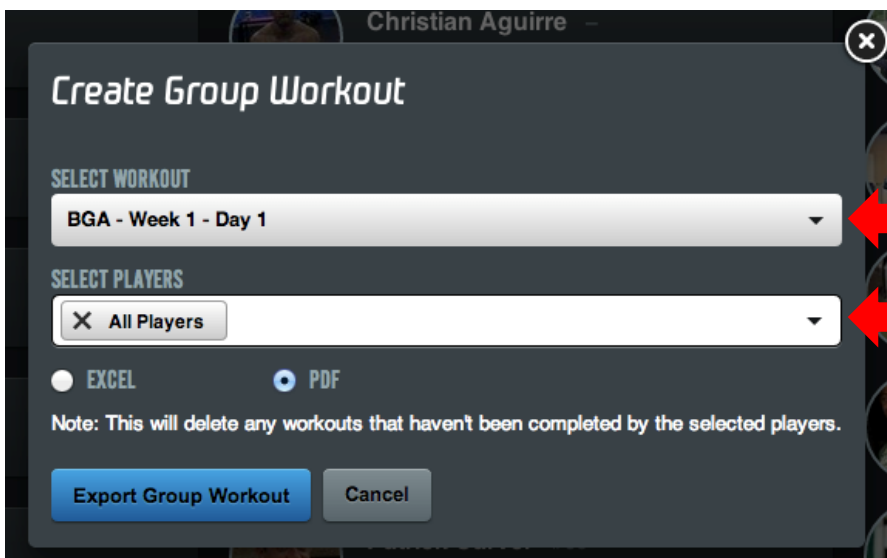
In the top right, select the Actions button.

Click on the 'Create Group Workout' option under Actions.



A dialog box will open. This is where you will select the Workout you wish to print out and the Players or Groups you want to prepare the printouts for.

Note: You can print in Excel or PDF. The PDF printout will be more compact to fit on few pages.



Select the Workout from the drop-down.

Select the Players or Groups from the drop-down.

Trick: You can type in the name of the Player(s) or Group(s) to navigate faster.

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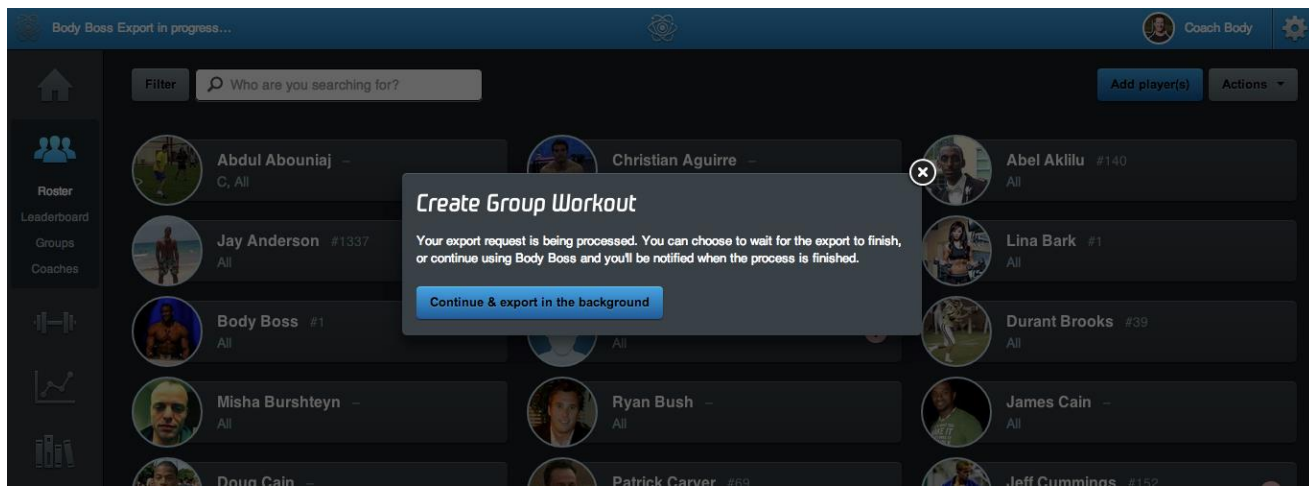
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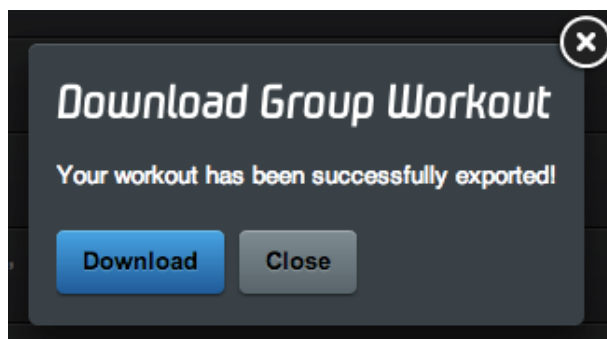
You will receive a dialog box notifying you that the Export is occurring in the background. Please give Body Boss a few minutes to complete this.

Note: Larger number of players and exercises (sets and reps) will take more time to complete this export process.



You will be notified when the export process is done, and you can select the 'Download' button to complete.

Select 'Close' when finished.



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

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