




# Body Boss

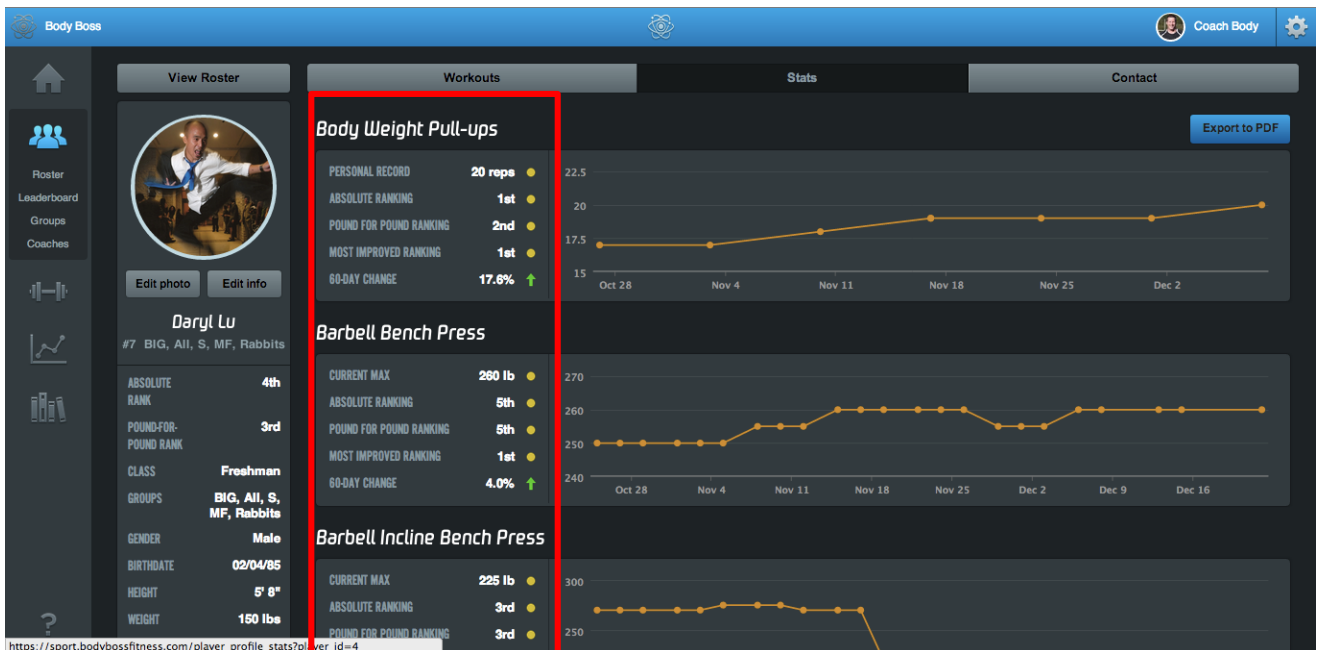
## Feature: Leaderboard

Players are competitive on the field and off. Body Boss ranks players to foster motivation. Whether it's about Absolute Strength, Pound-for-Pound, or Most Improved, competition drives results.

## Getting Started

Player stats are updated after Players submit workouts which, in turn, updates the Leaderboard according to the Key Exercises set for the team.

Rankings can be found on the Player Profiles under the Stats page or in the Leaderboard page found under the Team icon (  ).



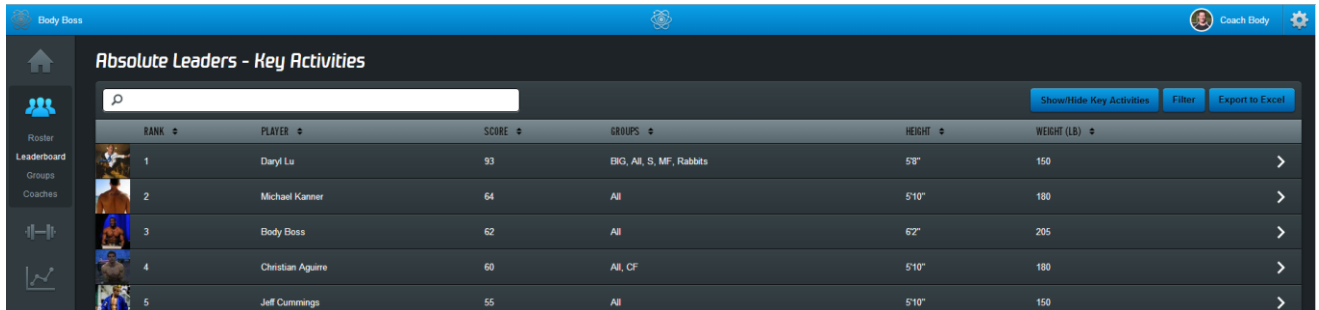
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By default, the Absolute view is shown for all key activities. The views are:

- **Pound-for-Pound:** Maxes are in relation to players' body weights
- **Absolute Strength:** Maxes are shown in order either calculated by the Body Boss's proprietary SMART algorithm or by the team's assessment
- **Most Improved:** Change (+/-) expressed as a percentage over time

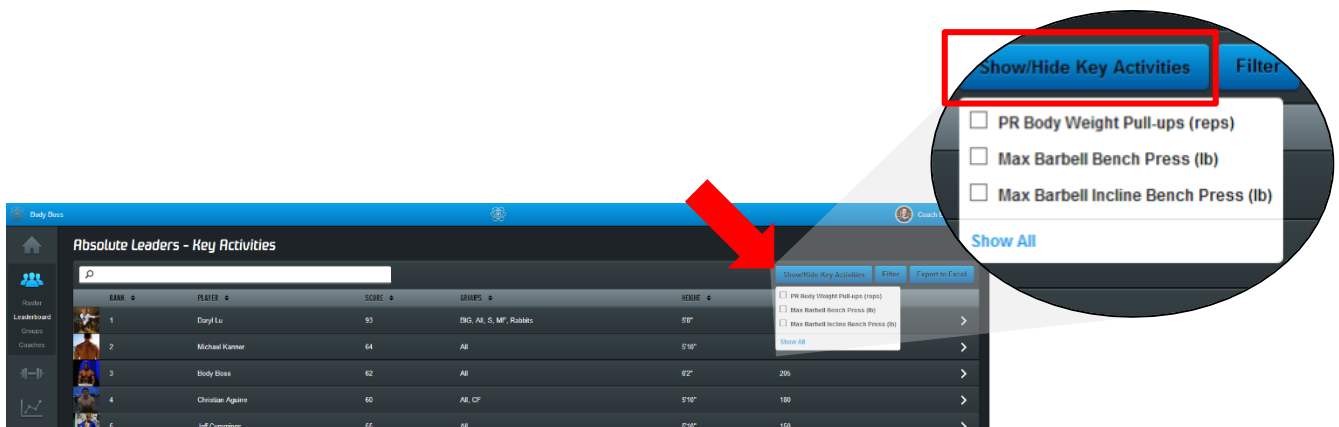


RANK	PLAYER	SCORE	GROUPS	HEIGHT	WEIGHT (LB)
1	Daryl Lu	93	BIG, All, S, MF, Rabbits	5'8"	150
2	Michael Kanner	64	All	5'10"	180
3	Body Boss	62	All	6'2"	205
4	Christian Aguirre	60	All, CF	5'10"	180
5	Jeff Cummings	55	All	5'10"	150

The Leaderboard can be filtered by:

- **All Key Exercises:** Combination of Key Exercises
- **Individual Key Exercise:** Rankings in order for each you Key Exercise
- **Groups:** Set by the organization (see Groups Getting Started Guide)

To view specific Activities only, just select the 'Show/Hide Key Activities' button at the top-right of the Leaderboard. Select the Activities you wish to view.



The screenshot shows the 'Absolute Leaders - Key Activities' page. A red arrow points to the 'Show/Hide Key Activities' button. A callout box shows the following filterable activities:

- PR Body Weight Pull-ups (reps)
- Max Barbell Bench Press (lb)
- Max Barbell Incline Bench Press (lb)

Below the list is a 'Show All' button.

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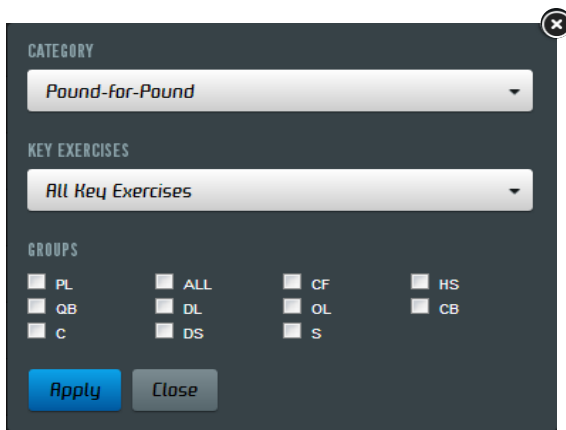
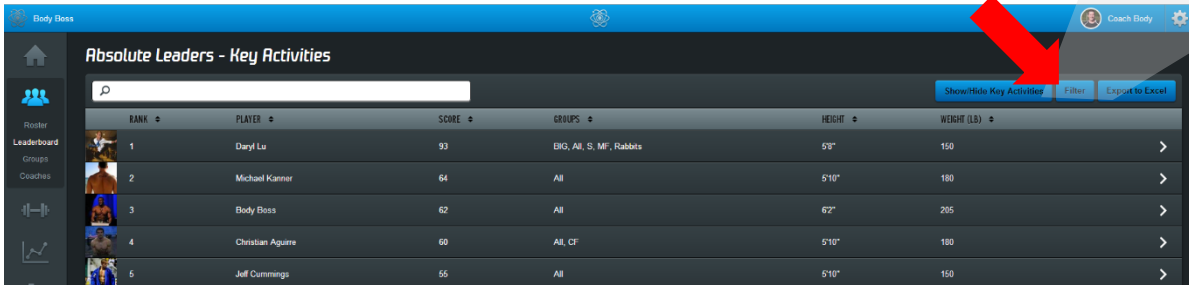
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To change the Leaderboard Type or filter the Leaderboard by specific Groups, select the 'Filter' option from the top-right.



In the resulting window, select the desired Category for the Leaderboard, and then any Group(s) you wish to be displayed ONLY.

*Hint: For the Most Improved Leaderboard, you may need to adjust the Start and End Dates to view change percentages.*

For more information about how to use Body Boss, visit [bodybossfitness.com/support](http://bodybossfitness.com/support).

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