




# Body Boss

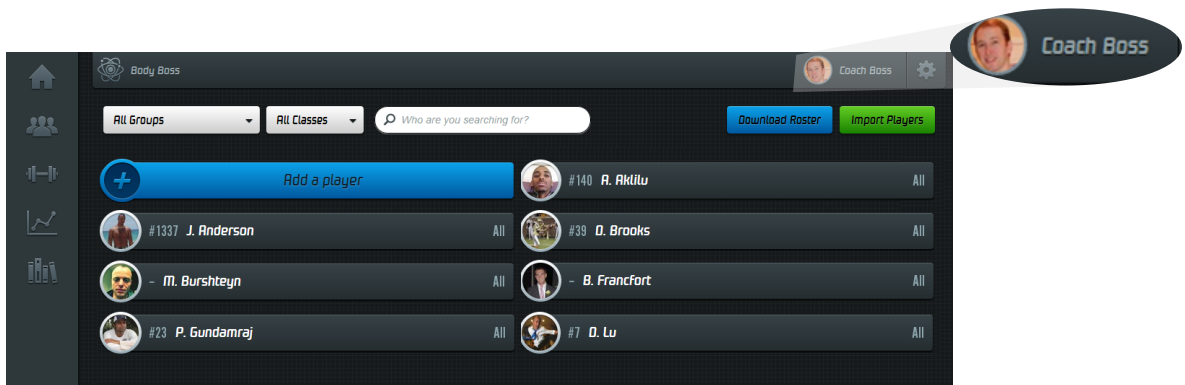
## Feature: Workout Results Submissions

Body Boss makes tracking workout performances simple. Coaches create Programs for Players with the exact exercises, sets and repetitions, and optionally, the specific weights to perform. For the Players, it's just the matter of opening the appropriate Workout and recording the weight and reps. Submit, and you're all set.

### Getting Started

First, you will want to navigate to your personal profile to access the Workouts that have been assigned to you. You can do this by:

- From a computer, if you are the player, simple click on the 'My Profile' link at the top-right of Body Boss
- From a mobile device (smartphone or tablet), expand the side menu and you will see the 'My Profile' link at the top
- From the Roster page (under the Team icon (  )), select the Player

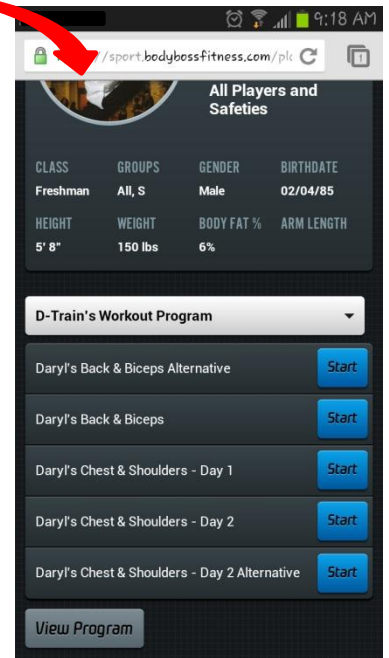
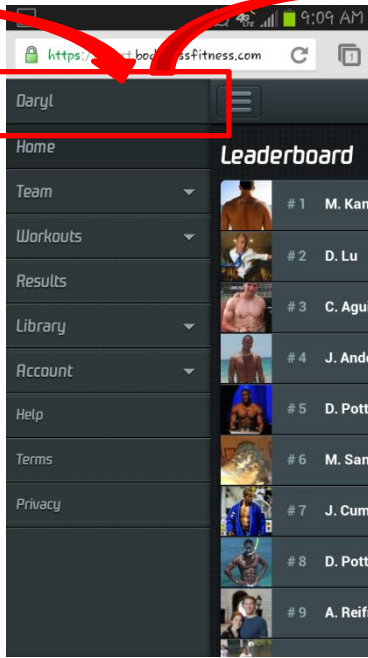
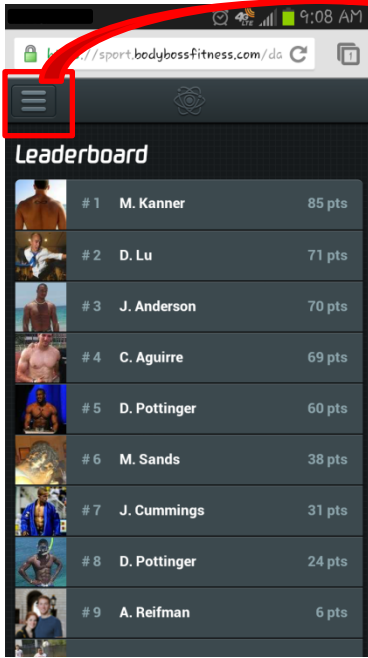


Computer view (PC or Mac)

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

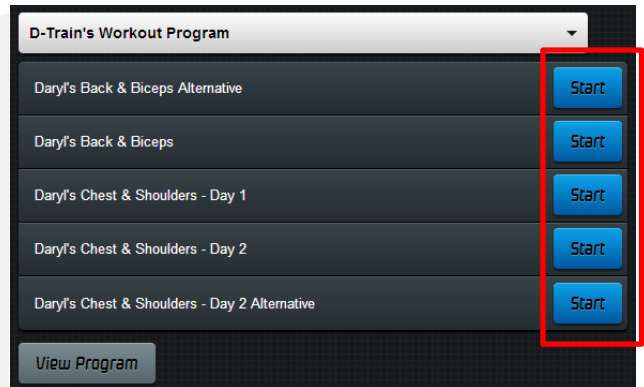
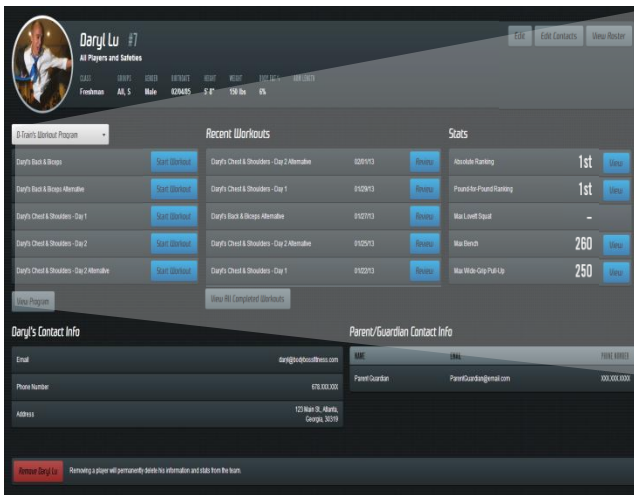
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Mobile view (Android or iOS)

Select the 'Start' button for the appropriate Workout in the Workout list.



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

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Body Boss

After selecting the appropriate Workout, you will see the Exercises assigned to you. Simply input the weight completed and reps.

! For body weight exercises, enter your body weight in addition to any weights you have added.

! For exercises with a dumbbell in each arm, ONLY input a single dumbbell weight.

*Note: In many cases, the weights have been pre-populated according to the reps scheme (and potentially percentage) your Coach has assigned. Adjust if necessary.*

SET	GOAL	WEIGHT	REPS
1	205 lbs x 10 reps	205	
2	205 lbs x 8 reps	205	
3	210 lbs x 6 reps	210	
4	220 lbs x 4 reps	220	

SET	GOAL	WEIGHT	REPS
1	90 lbs x 10 reps	90	
2	90 lbs x 8 reps	90	



You can also export the Workout to Excel or a PDF for easy print!



When complete, hit the 'Submit' button. If you would like to delete the Workout and clear all inputs, select the 'Delete Workout' button.

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

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