



# Body Boss

## Feature: Getting Started Wizard

Body Boss is a powerful tool for sports groups and teams and those in personal fitness training. With such a powerful tool at your finger tips, getting started should be as simple as it is powerful. Enter the Getting Started Wizard to walk you through the steps for setting up your organization on Body Boss. Powerful made simple.

### **Getting Started**

The Getting Started Wizard is available for Coaches who first sign into Body Boss to help set up their Organizations. The Wizards walks through the following seven steps:

1. Welcome to Body Boss
2. Add Coaches
3. Set up your Groups
4. Add Players
5. Set your Key Exercises
6. Set up your Workout Program
7. Finish and Thank You



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

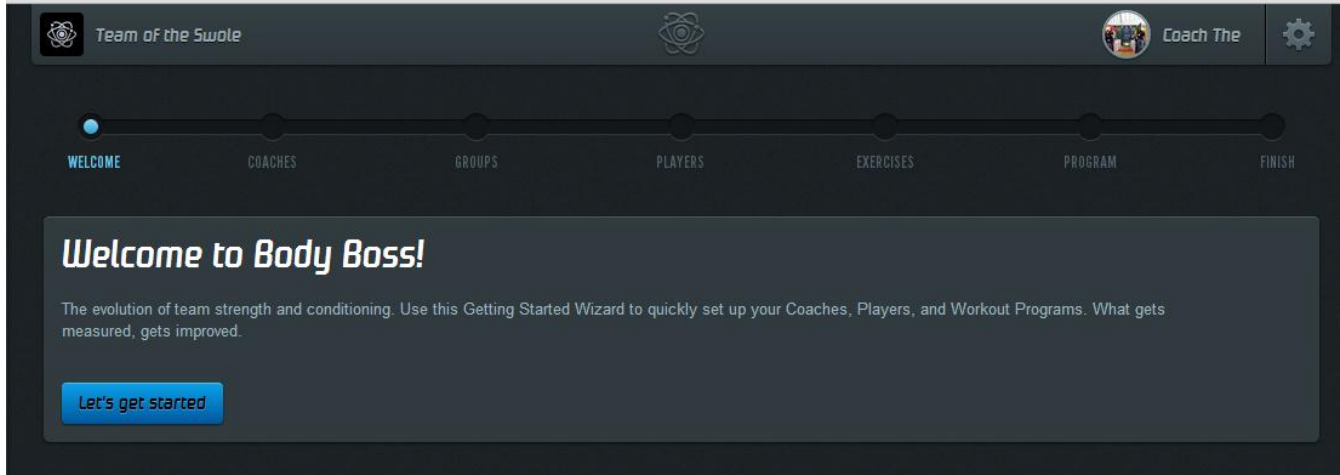
Body Boss Fitness Proprietary and Confidential. All rights reserved.

**Body Boss. Strive for Greatness.**



# Body Boss

The Welcome step is nothing more than a warm and friendly “Hello” to Body Boss.



*Note: Throughout the Wizard, you can either ‘Continue’ (saves your progress) or select ‘Skip’ to move onto the next Stage.*

*The Wizard will remain on the Coach’s dashboard till all steps have been completed.*

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

The second step of the Wizard is Adding Coaches. Here, you can add other Coaches to Body Boss (if you are marked as an 'Admin').

By designating a Coach as an Admin, he/ she can add other Coaches to your organization.

**Add Coaches**

Add Coaches to your team to help monitor the progress of your Players. Coaches can view everything Players can, but with more capabilities including the ability to add, edit, and remove elements of the Fitness Library or add more users.

Coach's email address First name Last name Coach's position  MAKE AN ADMIN ? **Add**

NAME	EMAIL	POSITION	HEAD COACH?
The D-Train (Owner)	daryl+wizard@bodybossfitness.com	Head Coach	Yes

**Back** **Skip** **Continue**

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

The third step of the Wizard is Adding Groups. Here, some Groups have already been created for you based on your sport. You can add new Groups, or edit/ remove existing Groups.

Groups allow you to easily filter and view your Players as well as assign specific Programs to your Players.

**Add Groups**

You can organize your Players into Groups based on positions like WR (Wide Receivers) or MF (Midfielders), or any custom Group that you would like to create. Grouping allows you to assign specific Programs to certain Players, as well as filter search results on the Roster and Leaderboard pages. Basic Groups have already been added to your team based on your sport.

[New Group](#)

NAME	DESCRIPTION	
AB	A-Backs	>
BB	B-Backs	>
C	Center	>
DL	Defensive Line	>
FB	Full Backs	>
G	Guard	>
LB	Line Backers	>
OL	Offensive Line	>
QB	Quarterbacks	>
RB	Running Backs	>
SP	Special Teams	>

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

The fourth step of the Wizard is Adding Players. You can add players individually or in bulk. Simply click on the 'Import Players' to add Players using a spreadsheet or CSV file (Email, First name, and Last name required).

Note: You can send invite emails to Players as you add them or wait till a later time.

**Add Players**

Add Players to your team and assign them into Groups. You can add Players individually or import Players in bulk through a CSV or Excel file. You can choose to send invite emails to the Players now or do so at a later time. Invite emails will provide Players with instructions on how to join your Body Boss team.

*Note: You will be able to assign Workout Programs to Groups in a later step.*

**Import Players**

Player's email address First name Last name Add a group  SEND INVITATION NOW ?

**ADD**

NAME	EMAIL	GROUPS
Calvin Johnson	megatron@email.com	X
Charles Norris	twofirstsforonechin@email.com	X
Optimus Prime	optimus@email.com	X

**Back** **Skip** **Continue**



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

The fifth step of the Wizard is Selecting Key Exercises. Key Exercises are the exercises that Players will be rated on and ranked against. These are the same exercises that will be shown on a Player Profile's Stats page.

Team of the Swale

Coach The

WELCOME COACHES GROUPS PLAYERS EXERCISES PROGRAM FINISH

## Choose Key Exercises

Body Boss ranks your players on the Leaderboards based on Key Exercises. Select the Key Exercises you wish to include in the rankings. Body Boss will automatically create an Assessment Workout based on your Key Exercises.

Barbell Clean and Jerk

- Barbell Bench Press
- Barbell Bicep Curl
- Barbell Deadlift
- Barbell Power Clean
- Barbell Squat

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

The sixth step of the Wizard is Creating a Program. Body Boss uses the PWE Model where a Program contains many Workouts and a Workout contains many Exercises.

By default, Body Boss creates an Assessment Workout for you based on the Key Exercises selected earlier. In this stage, you can add an existing Workout (such a Monday Push day) or create a New Workout.

Team of the Swole

Coach The

WELCOME COACHES GROUPS PLAYERS EXERCISES PROGRAM FINISH

## Create Program

Body Boss uses a Programs-Workouts-Exercises model (or PWE for short) where a Program contains Workouts and Workouts contain Exercises. For example, a Program may be a 6-Week Cycle made up of Workouts for each day of the 6-Week Cycle — "Week 1 - Day 1", "Week 1 - Day 2", "Week 4 - Day 3", etc. Each Workout contains Exercises for the Players to complete.

Let's name your first Program, and if desired, you can go ahead and assign the Program to one or more of the Groups you created earlier. Then, you can add any Workouts you wish. The Assessment Workout has already been added for you based on the Key Exercises you set earlier.

Swole Program Add a group

### Workouts

Select a workout Add New Workout

#	NAME	DESCRIPTION	
1	Chicago	Key Exercises Assessment Workout	View X

Back Skip Save and Finish

Select a workout Add New Workout

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

The seventh and final step of the Wizard is the Finish. Nothing else to do at this point other than watch Players' progress and motivate one another through the Leaderboard!

Team of the Swale

Coach The

WELCOME COACHES GROUPS PLAYERS EXERCISES PROGRAM FINISH

## You're Set!

You've completed the Getting Started wizard, and now have everything you need to take your team to the next level!

If you have any questions or need additional help, check out our [Support](#) page to learn more about the many great features and tools at your fingertips including Frequently Asked Questions and Video Tutorials. If you can't find what you're looking for, feel free to contact us at [support@bodybossfitness.com](mailto:support@bodybossfitness.com).

We're glad to be a part of your team!

[Visit your dashboard](#) [Back](#)

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

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

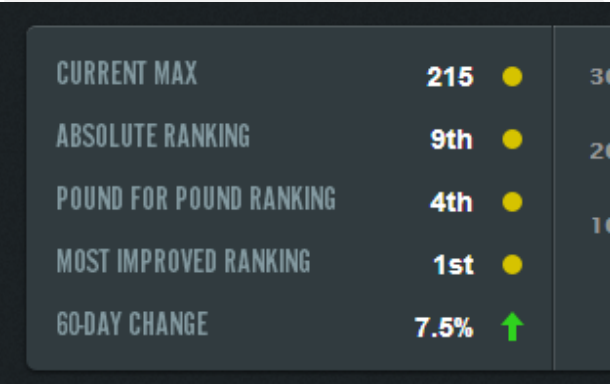
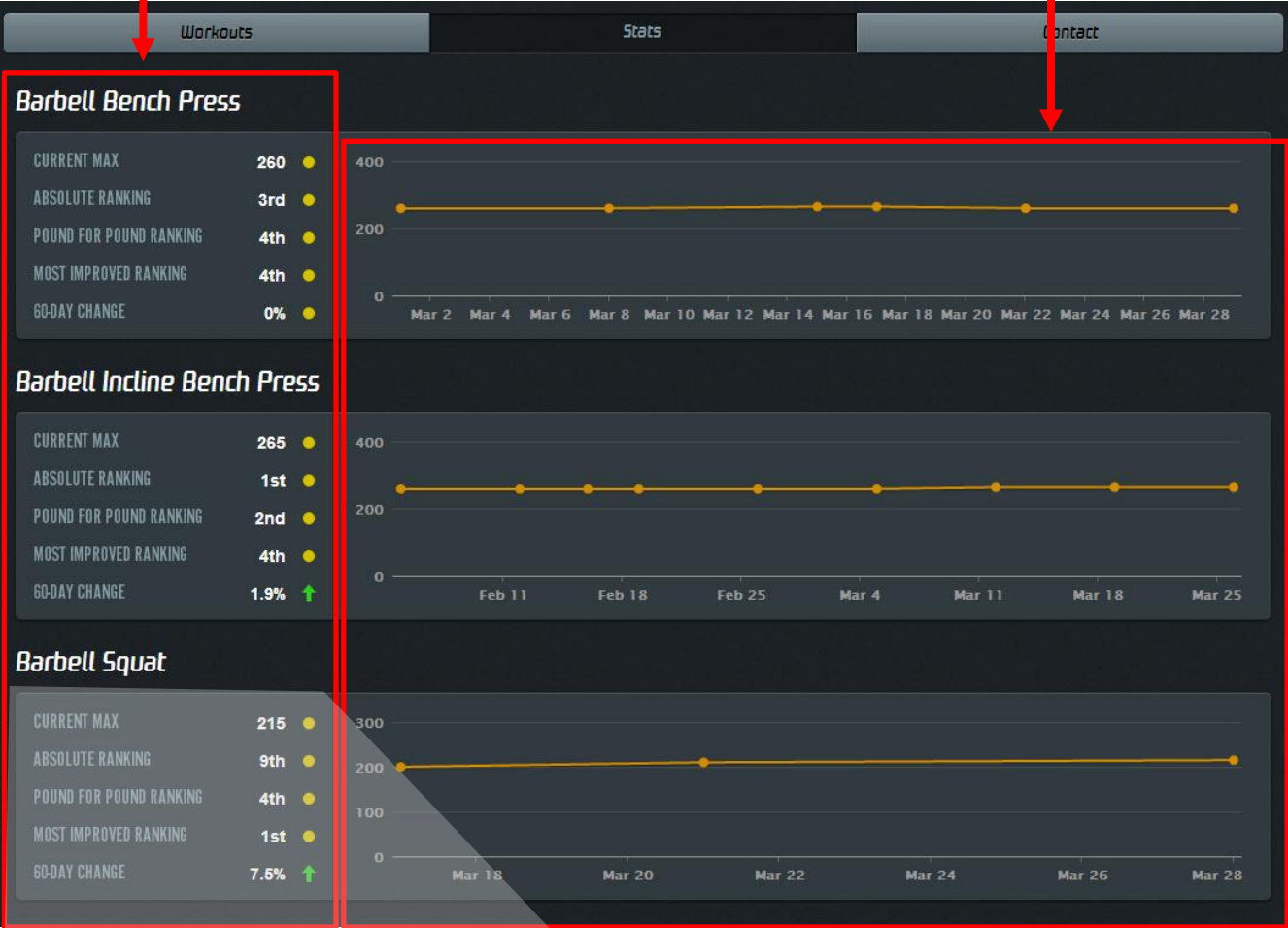
Body Boss Fitness Proprietary and Confidential. All rights reserved.

**Body Boss. Strive for Greatness.**



Statistics for the Player for each of the Key Exercises including Rankings, Personal Record, and Percent Change over 60 days.

Graphs of the Player's progress for each Key Exercise for the last 60 days.



Each Player's Key Exercises are shown in the Stats page including their rankings in the Absolute, Pound-for-Pound, and Most Improved Leaderboards (each Ranking can be clicked to view the full Leaderboard).

Also, the current personal record and 60-day change is noted.

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