



## **Quick Start Training**

### **WOWY SuperGym™ Tutorial**

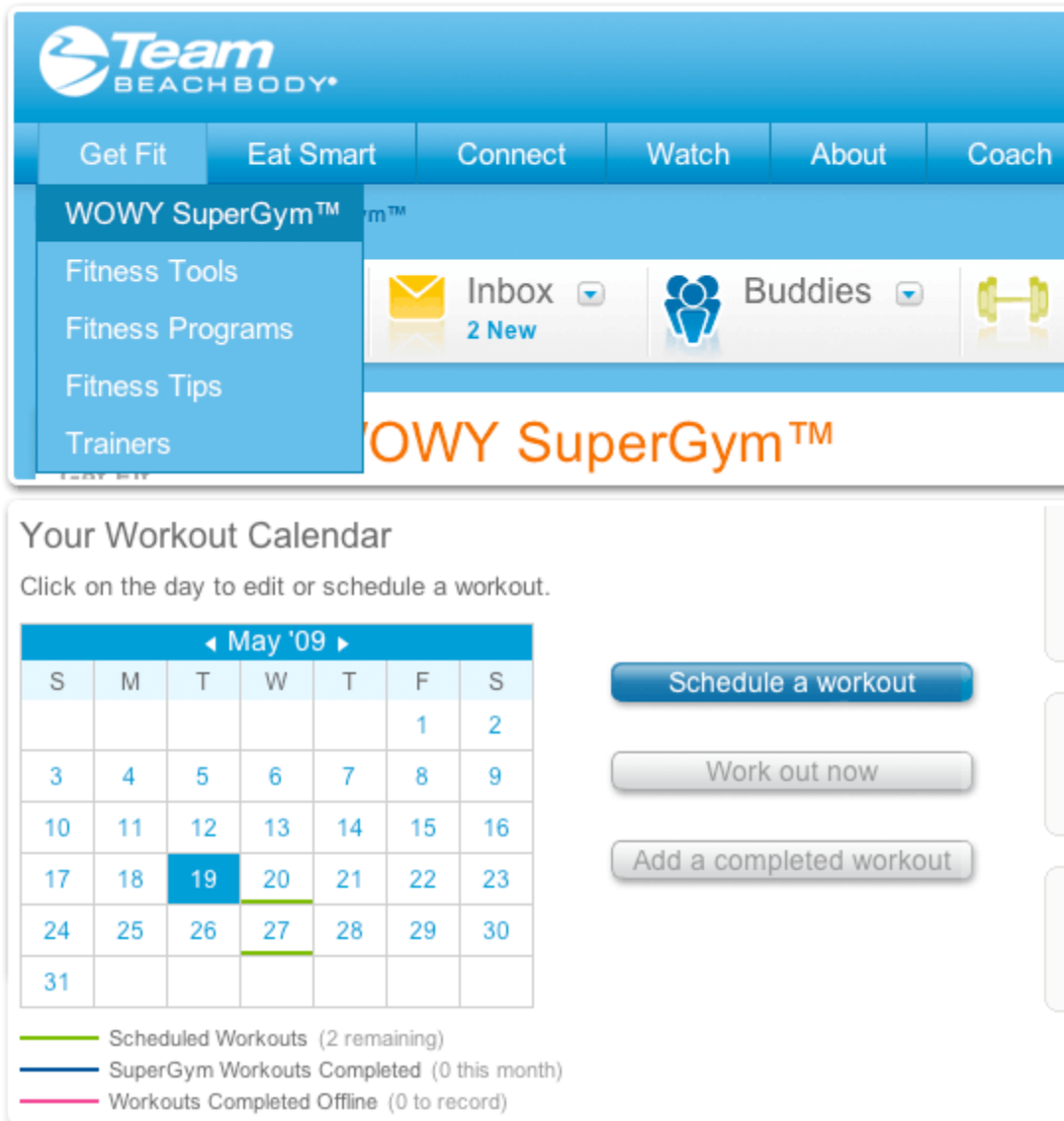
Welcome to the WOWY SuperGym Tutorial, part of the Quick Start training series for a new Coach. WOWY is more than just an online gym you can work out in. WOWY is also a tool you can work with to build your Coaching business.

This tutorial is broken down into 7 steps for Planning your Workout. You'll learn how to set up the details of your workouts including the date, time and specific program. You'll also be able to invite Buddies to work out with you at the same time.

## 1. Enter your workouts in the Workout Calendar.

It's easy to set up workouts in WOWY SuperGym. Just click on "Schedule a workout" on your SuperGym page, or click on any upcoming calendar date. (You'll also find "Schedule a workout" on your personal home page—the page you get to when you first sign in to your account.)

If you don't have a workout planned but want to start exercising right away, click on "Work out now." You can even add information about a workout you've already done: Click on "Add a completed workout," or click on any past calendar date. (Doing this won't make that workout eligible for the Daily Sweepstakes, but it will help you keep track of your progress over time.)



The screenshot shows the WOWY SuperGym interface. At the top is the Team Beachbody logo. Below it is a navigation bar with tabs for Get Fit, Eat Smart, Connect, Watch, About, and Coach. A dropdown menu is open under Get Fit, listing Fitness Tools, Fitness Programs, Fitness Tips, and Trainers. To the right of the navigation bar are links for Inbox (2 New), Buddies, and a dumbbell icon. Below this is the WOWY SuperGym logo. The main content area is titled "Your Workout Calendar" and includes the instruction "Click on the day to edit or schedule a workout." A calendar for May '09 is displayed, with the 19th and 20th highlighted in blue. To the right of the calendar are three buttons: "Schedule a workout" (blue), "Work out now" (grey), and "Add a completed workout" (grey). At the bottom, there is a legend for the calendar:

- Scheduled Workouts (2 remaining)
- SuperGym Workouts Completed (0 this month)
- Workouts Completed Offline (0 to record)



## 2. Continue setting up your workout: Choose your program and routine.

Select the workout program and specific routine you want to do from the drop-down menu, and then click on "Add Routine." (If the program you're looking for doesn't appear in your drop-down menu, click "Add it to your library" to select it in the Programs page.) Then click "Continue."

### Schedule Workout

1 Routines → 2 Time and Buddies → 3 Confirmation

#### Step 1 Create your workout session

Add individual routines to create your workout session. Choose your Beachbody program or other activity first, then select the routine you're going to do and click "Add routine". If you want to do multiple routines together in a single workout session, select another routine from the pulldown list and click "Add routine" again before continuing. You can edit these at any time.

Program or activity:  Routine:

Don't see what you're looking for? [Add it to your library](#)

#### Your Workout Routines

1. P90X - Chest and Back	<input type="button" value="Delete"/>
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## 3. Next, choose your start time, recurrences, and Workout Buddies.

Now it's time to add more details. First, pick the time you want the workout to start. (Be sure you've set the correct home Time Zone in your profile.) If you want your workout to recur on a regular basis, choose the frequency from the "Repeat" drop-down menu.

You can also invite any of your Workout Buddies to join you in this particular workout—click the box next to his or her name and photo, and that person will receive an invitation. If you want, you can write a brief inspirational message in the space below.

# Schedule Workout

1 Routines → 2 Time and Buddies → 3 Confirmation

## Step 2 Add your workout details

Choose your time and date first, then choose Buddies.

### Choose Time:

Start Date

05/20/2009

Start Time

Change my time zone

05:00 PM SST

Repeat

Once a week for 8 w

### Choose Workout Buddies: ?

Results 1-1 of 1

Show: 10 20 50

Page 1

Select	Type	Member Name
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Buddy



tmajamaki

Results 1-1 of 1

Show: 10 20 50

Page 1

### Workout Invitation Message ? 200 characters maximum

Bring it every day with our 90-day fitness challenge!

Cancel

Back to Routines

Continue

#### 4. Last, confirm that your information is correct.

If you want to make changes, click "Edit." If not, click "Save" and you're done!

## Schedule Workout

1 Routines → 2 Time and Buddies → 3 Confirmation

### Step 3 Confirmation

Make sure that the following information about your workout session is correct.

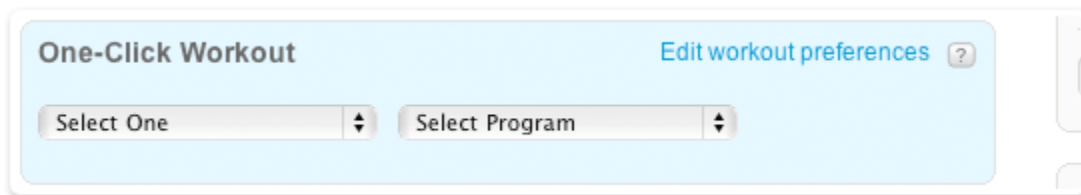
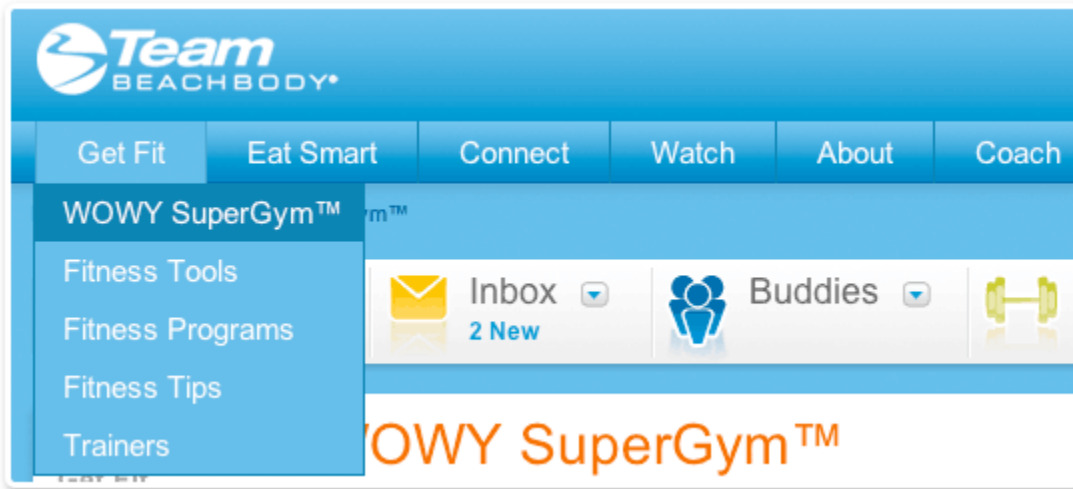
Summary of Workout Session		Edit
<b>Workout:</b>	Program or activity P90X	Workout Chest and Back
<b>Start Date:</b>	05/20/2009	
<b>Start Time:</b>	05:00 PM SST	
<b>Duration:</b>	58 mins	
<b>Repeat:</b>	Once a week for 8 weeks	
<b>Buddies:</b>	tmajamaki	
<b>Workout Invitation:</b>	Bring it every day with our 90-day fitness challenge!	

### 5. In a hurry? Use One-Click Workout.

When you want to begin working out right now, there's a super-quick way to get started. You'll find the "One-Click Workout" function on your personal home page or WOWY SuperGym page. Just select a program and routine from the drop-down menus, then click "Start now."

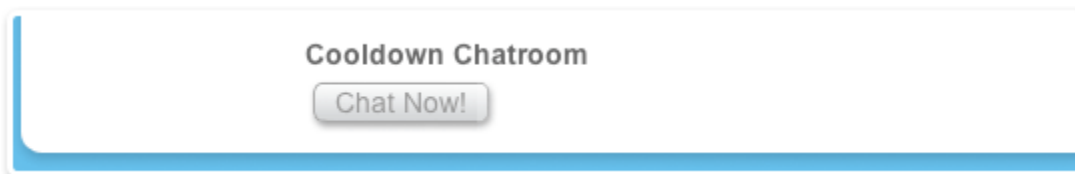
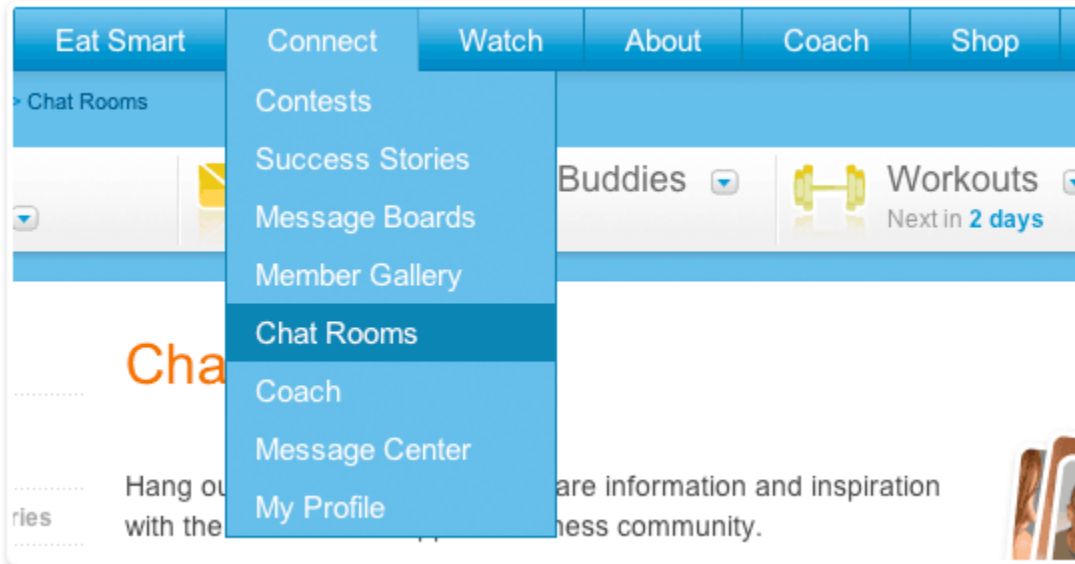
If the program you're looking for isn't currently in the menu, click "Edit workout preferences" to go to the Programs page in your profile and add it to your Library. On the same page, under "Quick Workout Settings," you can also choose

a program or activity to be your default workout. Then the next time you use One-Click Workout, you'll choose that program automatically.



## 6. Go to the Cooldown Chat Room.

When you're done with your workout, go chat with your Workout Buddies and others in the Cooldown Chat Room, our special room for post-workout conversation.






## 7. View your upcoming workouts.

Now that you've planned some workouts, it's a cinch to keep track of them! Check out Team Beachbody every morning, or before your regular workout time, and you'll instantly know what program and routine you've scheduled for that day.

As soon as you log in, glance at the upper dashboard to see if you have a workout planned that day. Or you can view the details in "My Workouts" on your WOWY SuperGym home page.

Navigation bar with the following elements from left to right:



-  Buddies
-  Workouts  
Next in **2 days**  
[Schedule a workout](#)  
[Go to SuperGym](#)
-  Exciting Team Beachbody news!

5PM May 18, 2009



## WOWY SuperGym™

**My workouts:** 2009/5/27

Show:   

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05:00PM SST [P90X > Chest & Back](#)  
[Invite Buddies](#)