

# **BOXMATE** **MEMBER** **HANDBOOK**

BOOK CLASSES  
GET SWEATY  
LOG SCORES  
MAKE PROGRESS  
GET SOCIAL  
HAVE FUN

**BOXMATE**

## WHY?

Welcome to the team! We've put together this guide to help you get up and running with BoxMate & become a pro! Find our handy ['How Do I Tutorial Videos'](#) throughout by clicking on the links too!

Learn how to book your classes, log scores and PBs, track your training, interact with others in your gym and much, *much* more!

Training should be fun and one of the best ways to keep motivated is to see how far you've come. BoxMate will help you stay accountable and celebrate your achievements - big and small.

BoxMate will also help to keep you in touch with your friends from the gym and stay connected to your coaches outside of the box too.

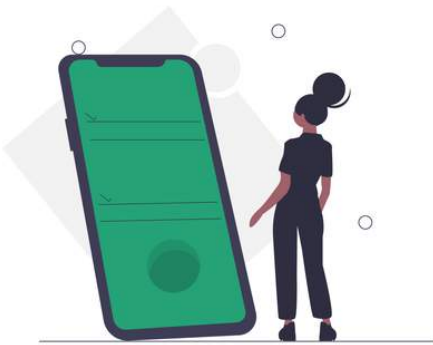
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## 04

# DOWNLOAD

Let's get started.



Register by heading to the app store and searching 'BoxMate' or by **clicking the links below.**

[Download for IOS](#)

[Download for Android](#)

Select your gym from the list and then register for an account.

**Now, you just need to wait for confirmation.**

Once you register, your coach will be able to approve your account and you will soon be able to get going and start exploring the app.

To watch our ['How Do I Register For BoxMate' Video - click here!](#)

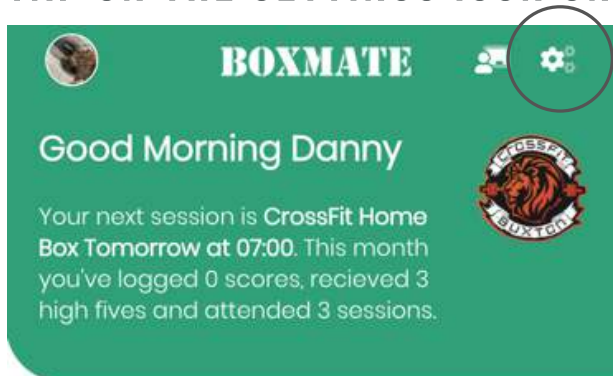


## 05

## PERSONALISE YOUR APP

*We know that your training is personal to you, which is why it's so important to us that you have control. From notifications, to activity, social media, and programming - you'll choose what you want to see.*

### TAP ON THE SETTINGS ICON ON YOUR HOMEPAGE

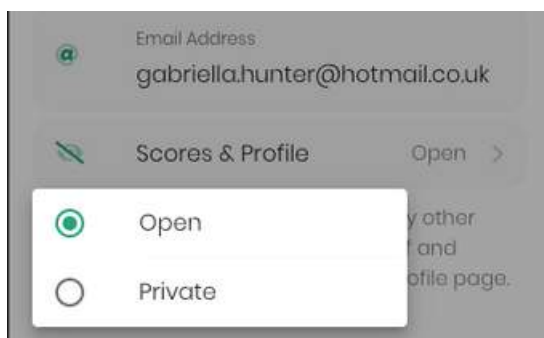


### CHOOSE YOUR PRIVACY

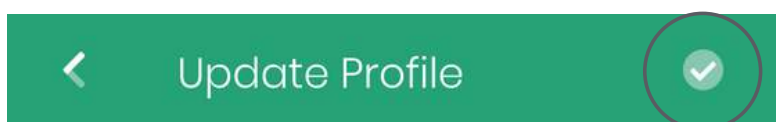
Lots of people enjoy the community aspect of training - sending high fives and comments on scores that have been logged by other members & being visible on leaderboards for some healthy competition.

If that isn't your thing - no problem. **You can choose to keep all your scores private.** [See how with our video here!](#)

#### HOW? - CHANGE SCORES & PROFILE TO PRIVATE



**ALWAYS TAP THE TICK IN THE TOP RIGHT CORNER TO SAVE AFTER EVERY CHANGE**



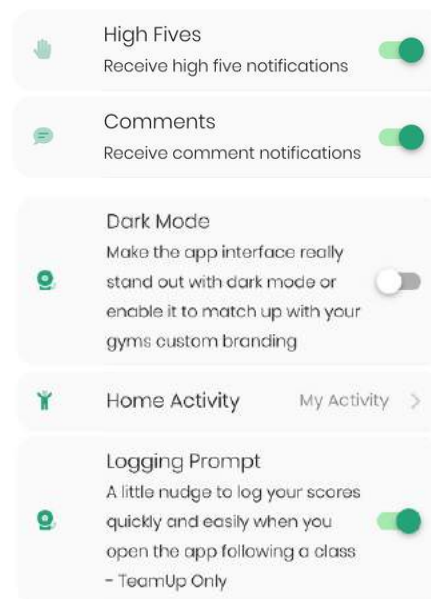
# 06

## SETTING UP YOUR PREFERENCES

Still in the settings section, scroll down to see a full list of preferences.

Take control of which notifications you'd like to have on/off by toggling the slider next to the notification. [See how here!](#)

Configure your app how you want it with other preferences such as switching on dark mode, logging prompts and more.



## SET YOUR DEFAULT PROGRAMME

Still in the settings section, you can set your **default** programme. [You can see how with our video here.](#)

This will become the primary/ default programming that always shows up first in your Timetable and as your daily WOD on the homepage.

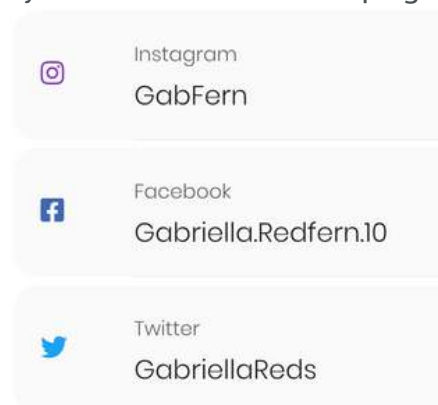
## LINK YOUR SOCIAL ACCOUNTS

Want other members to be able to check out your social media accounts too? **You can add links to your profile so when they're browsing your scores they can jump over to see your relevant social posts!**

Still in settings, add your social handles *without* the @ and you're good to go!

**Instagram/twitter handle** = your username

**Facebook handle** = what comes after the / in the URL *for example:*  
www.facebook.com/**gabriella.redfern.10**



## SYNC YOUR MYZONE BELT

On the settings page scroll down to sync your MyZone activity to keep all your workout data in one place! Tap 'connect' this will take you through to the MyZone login page.

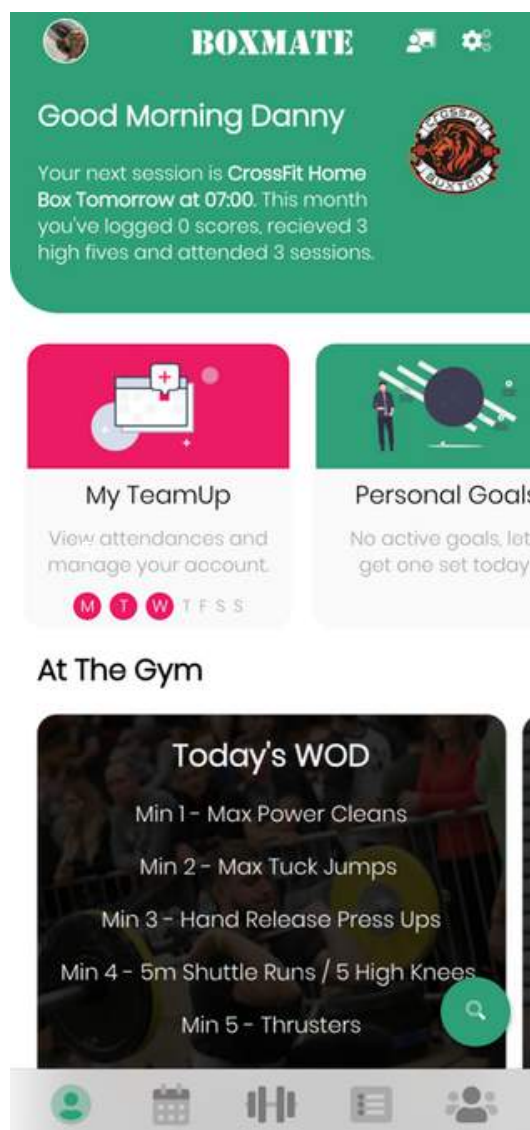
**Login and you have connected your belt!** See the full **MyZone page** for more information

**Don't forget to save after all changes made!**



## 07

## HOMEPAGE



From left to right the tabs along the bottom are:

 **Homepage**

 **Timetable**

 **Library**

 **Programming**

 **Community**

## SLIDING BAR

The sliding bar underneath the welcome message will show you TeamUp data, personal goals, training insights, notifications and more.

*Scroll through to the right and tap on the individual tiles to see more.*

## TODAY'S WOD TILE

The WOD for the day will always show up on your homepage. You can quickly log a score from this tile and tap to see the full session details.

This is on a sliding bar and you'll notice that if you have an unread news post from your coaches it will show you this first so you don't miss anything important.

## TEAMUP TILE

On your TeamUp Tile you'll be able to access booking information and all your account details too by tapping on it.

You can see which days you have TeamUp classes booked from this tile as the day will be highlighted with a pink circle.

*Head to the TeamUp section for more information (26-28)*

M **T** W T F **S** S

# 08

## PERSONAL GOALS TILE

Tap on the personal goals tile to manage all current goals.

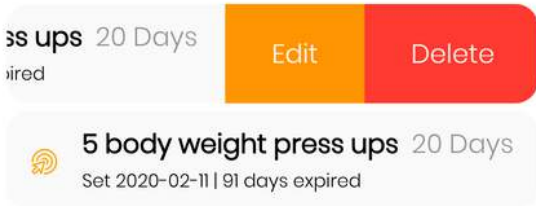


To add a new goal, tap the plus icon in the top right corner. You can set your goal with a date you'd like to achieve your goal by.

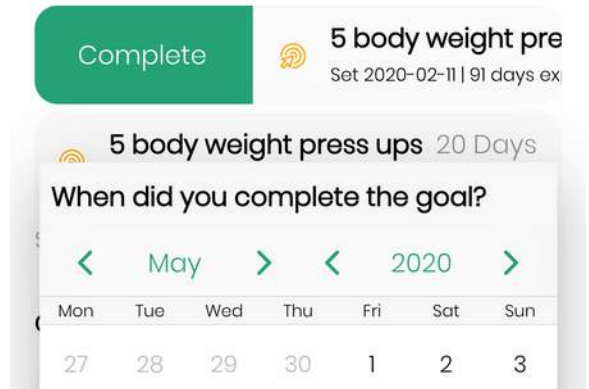
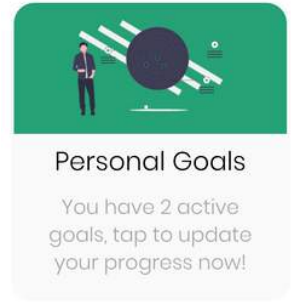
Then to mark this goal as complete, swipe left on the goal, tap 'complete' and set the date you completed the goal.



### Active Goals



Swipe right to complete or left to edit/remove



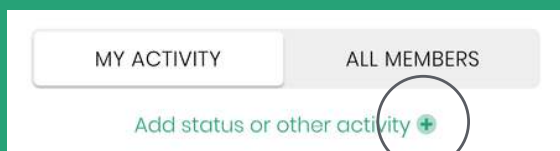
To edit or delete a goal, simply swipe right on the goal.

**Coaches can also set you goals which you can accept or decline.**

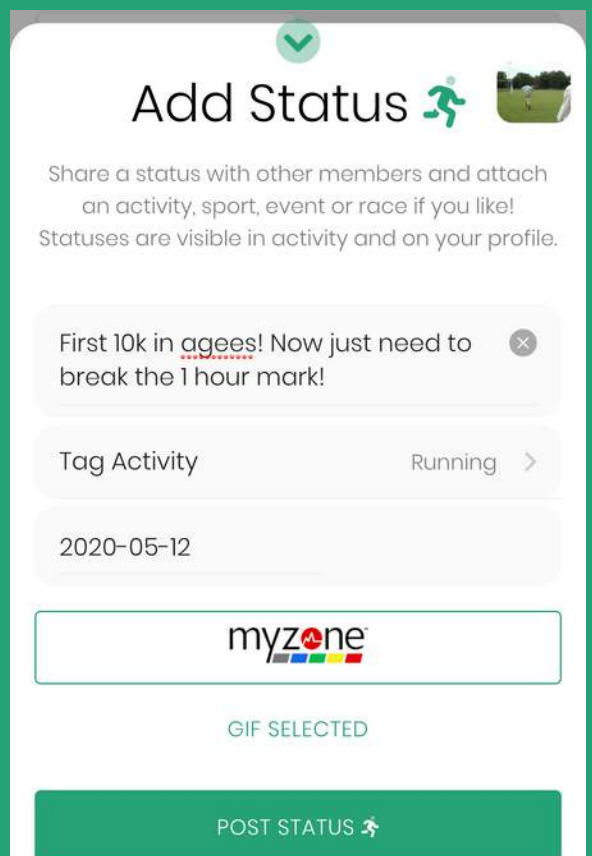
**You'll get rewarded with confetti when you achieve a new goal!**

## ADD A STATUS

You can upload a status as well as logging scores for your CrossFit & Functional Fitness training at the box. On the Homepage underneath the Activity tabs, tap 'Add status or other activity'. [Watch the tutorial here.](#)



From the pop up screen you can then add your status. This can just be a note on how you are feeling, or you can add an activity such as a run you've completed. Then you decide if you'd like to add any MyZone data, a GIF and the date of your activity too. This will now show up in the activity feed for your friends to see!

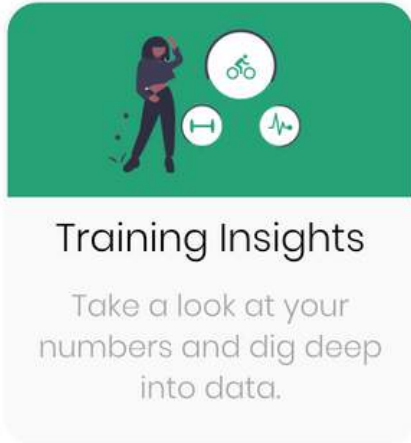




09

INSIGHTS TILE

“There's no smoke without data fire



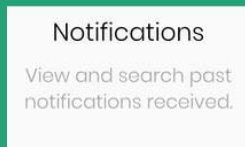
Data in your training is important for so many reasons. In your Insights tile you'll find information about training activity and social activity too.

**You can view all workouts and exercises logged and see how many PRs you've hit too!**

You'll also have a breakdown of modality of the workouts you've done - e.g *gymnastics, weightlifting and monostructural.*



NOTIFICATIONS TILE

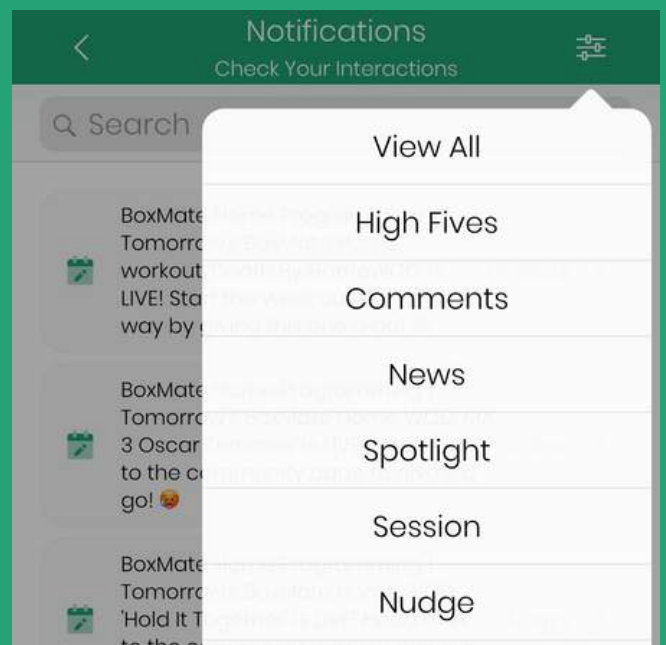
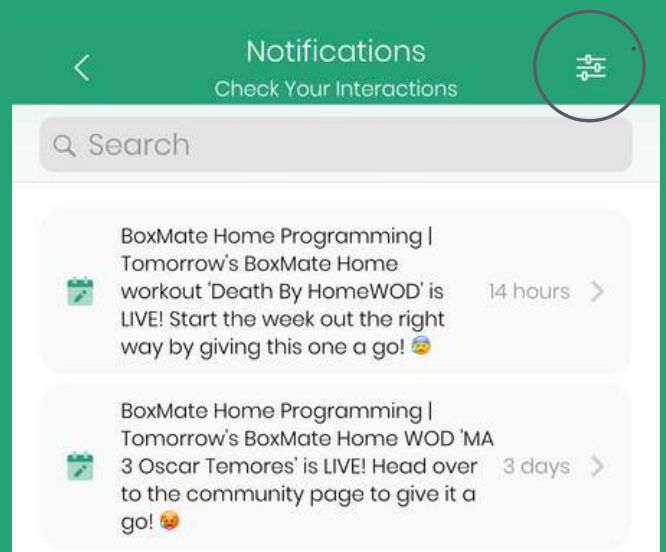


You can browse and search through all the activity relevant to you

under the notifications tile. All your high fives, comments and mentions will appear here.

Nudges, questions and Box News updates from coaches will also appear here too! Sometimes a coach might pop a link to a website in a nudge so you can find that link again in notifications.

You can filter your notifications by tapping the filter symbol in the top right to help you find what you're looking for more easily too.



# 10







## BOXMATE LOGO/ HOMEPAGE

Tap on the BoxMate logo from your homepage to bring up your support page.

Here you can log out of BoxMate, re-load and update your app and find all our contact information & more!

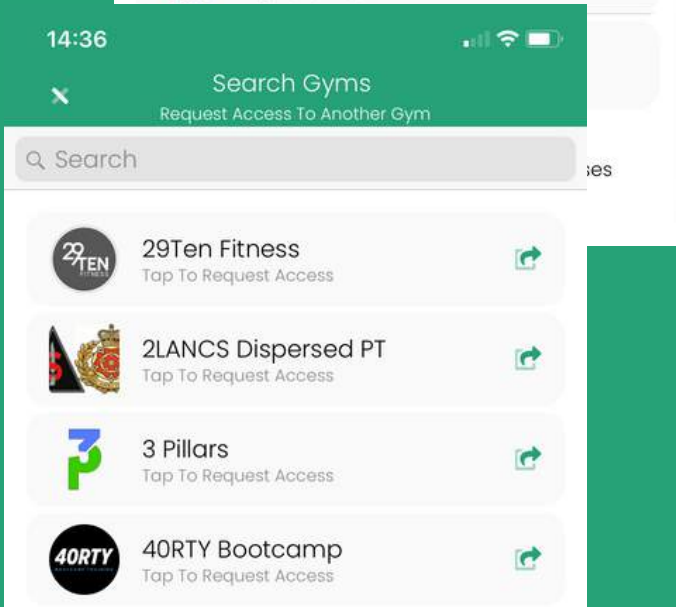
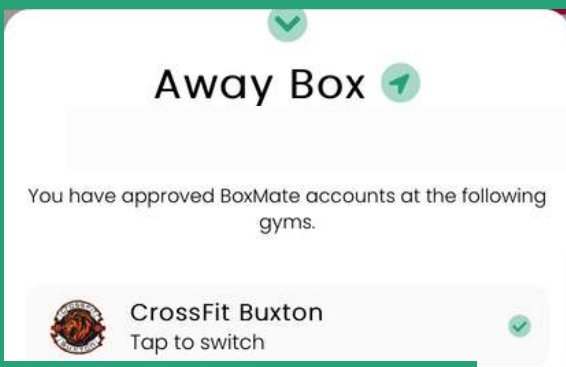


### Support

- 
**How Do I?**  
 Watch our short video tutorials and become a BoxMate Pro! >
- 
**Update/Reload**  
 Click here to update/reload the app >
- 
**Logout**  
 Logout of BoxMate >
- 
**Message Us**  
 Send us a message for assistance >
- 
**Email Us**  
 info@boxmateapp.co.uk >
- 
**What's New**  
 View update & release notes >

## AWAY BOX

By tapping and holding down on the BoxMate Logo instead this will bring up your Away Box Pop Up.



The away box feature allows you to add multiple gyms/ boxes that you regularly train at so you can easily switch between them.

**[To watch the video tutorial click here!](#)**

To add an away box, head to settings and scroll down to 'Away Box'. Tap on 'Add New' and using the search bar find the for the box you're looking for. Now tap to request access.

The coach at your away gym will receive a notification that you are requesting to join their gym and will be able to approve you and add you to your members list

To keep everything organised for you and your tracking, when logging scores such as benchmarks, open workouts or other exercises that exist in other gyms, you can choose to sync your scores across both boxes.

# 11

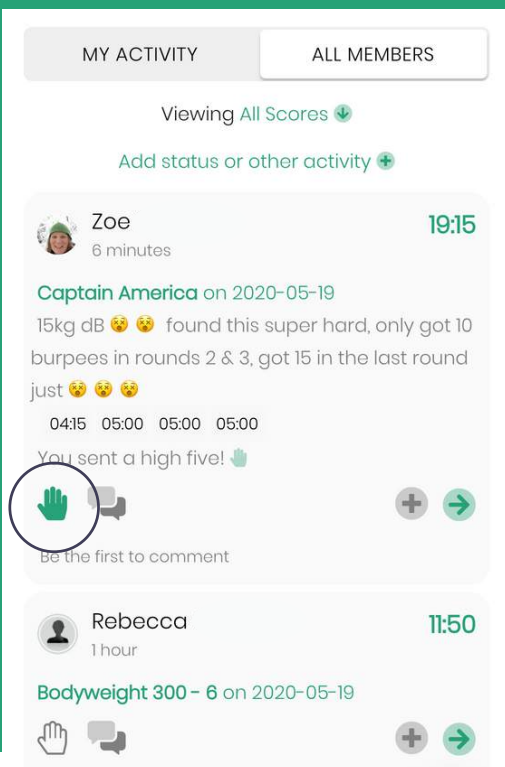
# ACTIVITY



**Interacting** with others in the box is easy with BoxMate. You can keep the fun going from home and check out the scores for the day by scrolling to the bottom of your homepage. You can choose whether you want to see all activity or just your own by clicking on either 'My Activity' or 'All Members' - see the image below.

**Get competitive** with the leaderboard, give props to your training buddies for their hard work and join in the conversation with comments and GIFS!

\*REMEMBER - YOU CAN CHOOSE TO **KEEP YOUR SCORES TOTALLY PRIVATE** IF YOU PREFER IN SETTINGS. SEE PAGE 5 OR [WATCH THE TUTORIAL BY CLICKING HERE.](#)



## SENDING HIGH FIVES

To send a high five just tap the hand symbol. Once you've tapped it you'll notice it will turn green showing it has sent. The member you've just high fived will now be notified and feel great! You can send more than one by tapping multiple times. You get 50 a day - so use them wisely!

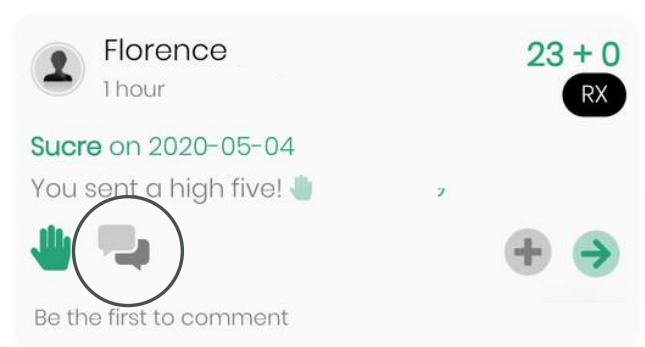
Pressed the symbol by accident? No problem. Just tap and hold down, then from the pop up option select 'OK' to remove all high fives sent. *(Keep in mind that the member will have already received the notification).*

You can also send high fives from the scores pages.

## SENDING AND DELETING COMMENTS

To send a comment, tap the comment symbol. You can then write your comment and click 'post'.

To 'un-send' your comment simply tap the comment and then click '**remove post**' on the pop up.

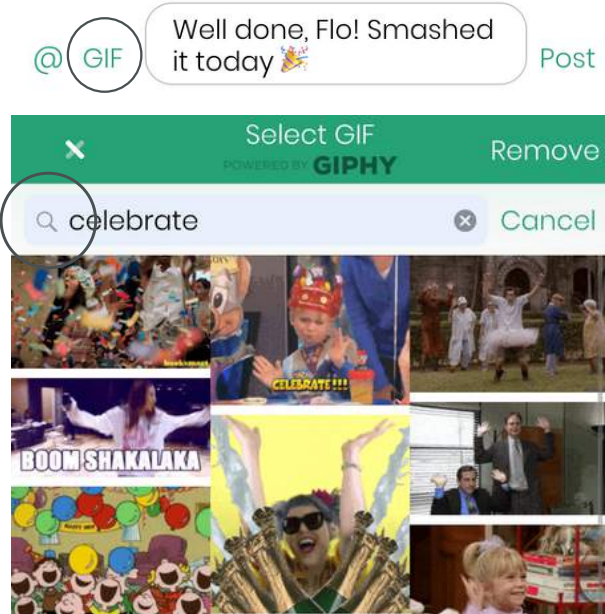


@ GIF

Well done, Flo! Smashed it today 🎉

Post

## 12



## SENDING AND DELETING GIFS

To attach a GIF to your comment press GIF and then search GIPHY for the one you'd like to attach before tapping it.

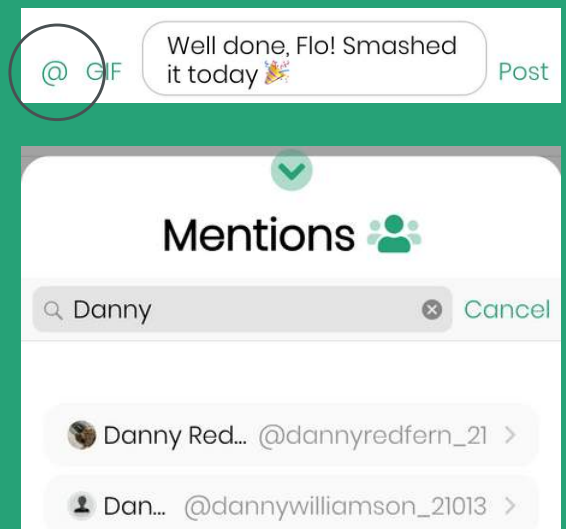
You'll see a small version of the GIF will show above your comment so you can see which one you've selected, then just click 'post'.

To 'un-send' a GIF or comment, tap it and select 'remove post' from the pop up.

## TAGGING FRIENDS

Tagging friends in a score, comment or WOD is easy too. You can tap the @ symbol or type @ on your keyboard to tag a friend. You'll then find the 'Mentions' pop up screen. In the search bar, just start typing your friend's name by, select them and tap post.

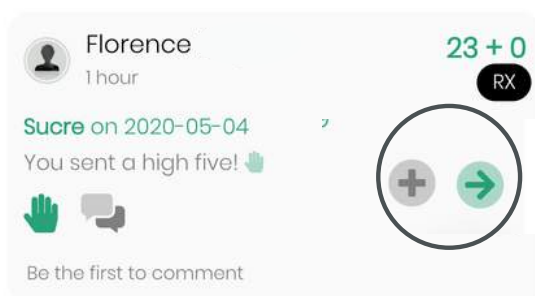
They will be notified and will be able to see what you've tagged them in from their notifications!



## LOGGING A SCORE FROM THE ACTIVITY FEED

If you're scrolling down the feed and see a workout you've not yet logged your own score for, just tap the grey + icon. This will bring up a score log pop up and you can quickly enter your own score for that workout and add it to the activity feed!

The green arrow will take you to the workout or exercise details page (scores, leaderboards & additional information). [Watch the tutorial here!](#)



To edit/ amend any scores you've logged just swipe right on the score. [click here to watch the tutorial!](#)

See page 14 for how to [log a score](#) and see page 19 for [logging sets](#)

# 13

## CONFETTI SCREEN

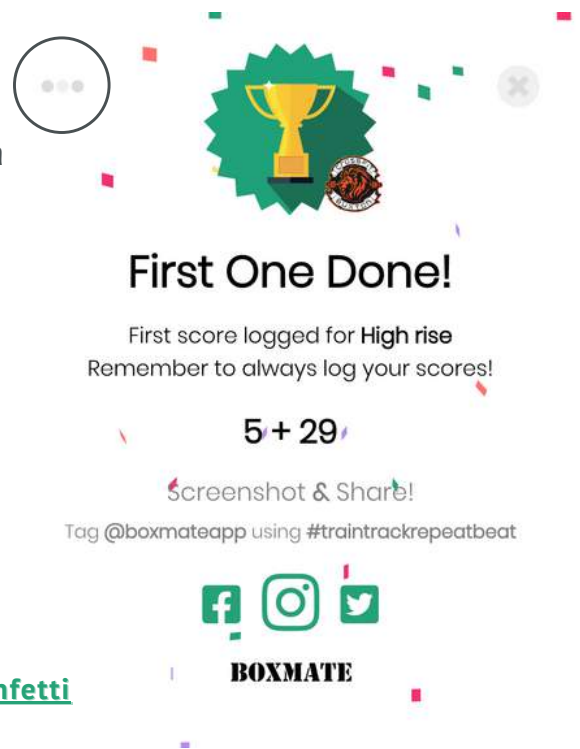
When you log a score you will sometimes get a confetti screen on your app to help you celebrate! **So, if you see this screen then well done you!** Confetti shows up for a number of reasons:

**When you log your first score for any new workout or exercise**

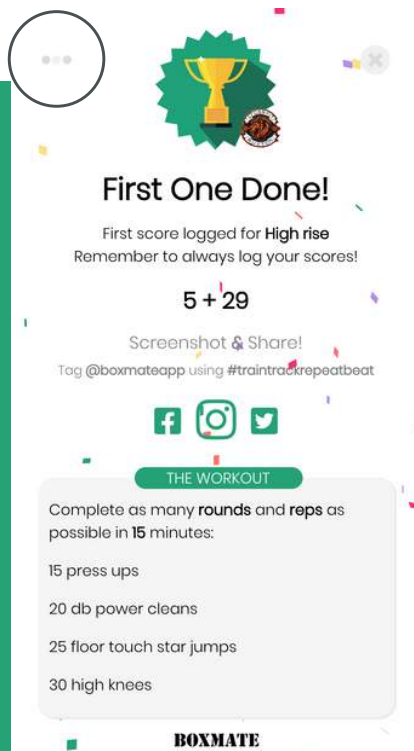
**When you hit a new PR**

**If you upgrade a workout from scaled to RX**

**Once you complete a goal**



[Click here for the Confetti Screen Tutorial](#)



## SCREENSHOT & SHARE

We encourage you to screenshot & share this screen on your social media channels too to keep the fun going!

Tag us [@boxmateapp](#) and use the hashtag so we can celebrate with you!

By tapping the three dots in the top left of the confetti screen you can add in more info such as the workout details and MyZone data too. [Click here for the Confetti Screen Tutorial](#)

## #TRAINTRACKREPEATBEAT

Follow us on social media [@boxmateapp](#) and get involved with our hashtag [#traintrackrepeatbeat](#)

This is what BoxMate is all about. Getting in the gym, training hard, tracking those workouts, repeating & improving and then finally beating those scores to constantly improve!

If you tag us in your workouts on social media and use this hashtag you'll automatically be entered into our monthly prize draw too!



# 14

# TIMETABLE

If your gym uses **TeamUp**, head to the **TeamUp Section (26-28)** for details on how to book/cancel classes and more.

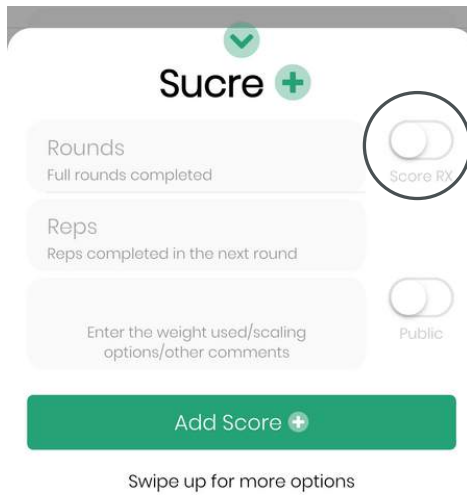
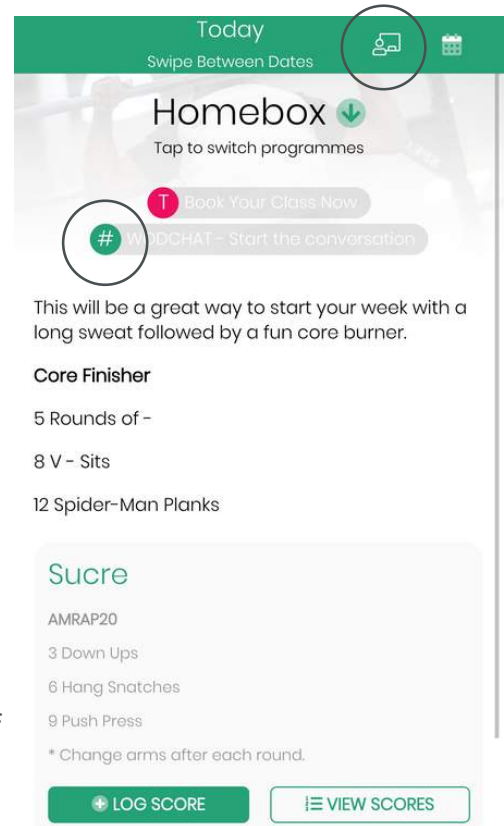
## VIEWING PROGRAMMING

On the Timetable tab you can easily swipe left and right to see the programming for previous and upcoming days.

[Click here to watch the tutorial!](#)

See a session you know your friend will love? Use WODCHAT to tag them in the workout and leave a comment to get them excited about training!

If your coach has uploaded the daily picture of the whiteboard you can also find it top right on the whiteboard icon.

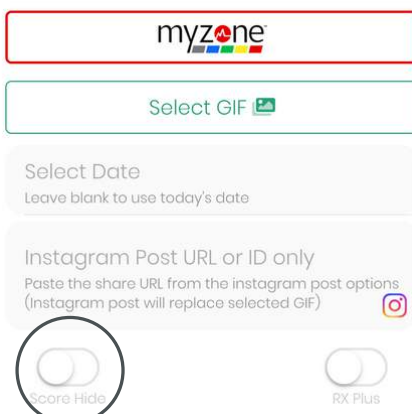


## LOGGING/ VIEWING SCORES



[Click here to watch the tutorial!](#)

Tap on 'Log Score'. From this pop up screen you can log your score, toggle if it was RX and then add helpful comments to remind yourself how you scaled or tackled the workout (*and choose if this comment is public or private*).



**For more options, swipe up.** Here you can add MyZone belt data, GIFs, change the date for a backdated score, link to a social post, RX Plus and you have the option to hide the score.

***If you have chosen to keep your scores private in settings anyway then this score will not show up on anyone elses' feed***

**TOP TIP - If the score is for today then there's no need to enter the date!**

# 15

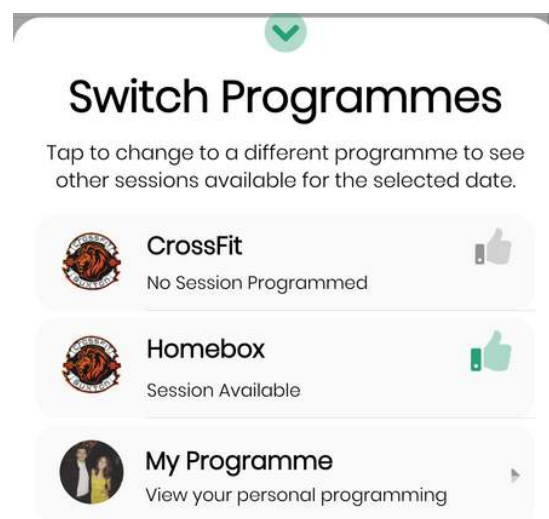
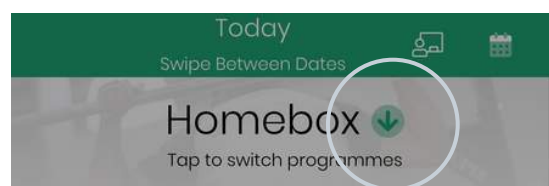
## SWITCHING BETWEEN PROGRAMMES

Remember, you will have chosen your default/ primary programme in settings (see page 5) but you can switch your default here too by clicking on the thumbs up sign.

However, you may want to see a different programme on certain days too. For example, if you are doing a 'Home Workout' or want to dive into a session from your personal programming or your PT sessions.

Tap the green down arrow and from the pop up select the programme you'd like to switch to by tapping on it.

[Click here to watch the tutorial!](#)



## MONTH VIEW

By tapping the calendar symbol in the top right you can view how many sessions you've attended that week and see where you are booked in for upcoming sessions with the coloured dots.

**Pink** shows when you have a **TeamUp class** booked.

**Green** shows when you have **logged a score**.



February		2020				
Mon	Tue	Wed	Thu	Fri	Sat	Sun
27	28	29	30	31	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	1



## 16

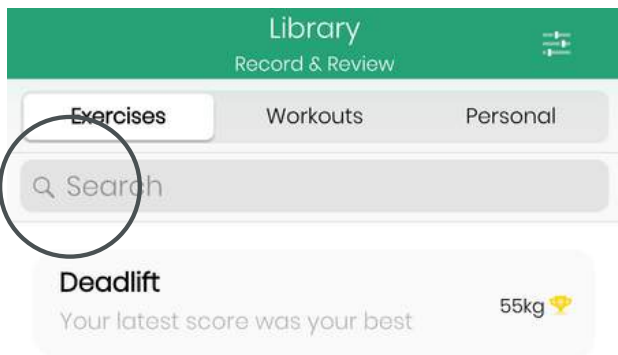
## LIBRARY



## SEARCHING FOR WORKOUTS &amp; EXERCISES

To find a workout or exercise that you want to either record a score for, view your previous scores, or see the leaderboards of then head to the library tab.

See page 14 for how to record a score and page 19 for recording working sets.



You can view all **exercises**, **workouts** and **personal WODs** here.

To see how to build your own personal workouts & invite your friends please see pages 21-22 or [watch the tutorial here](#).

Search for an exercise or movement in search bar. Make sure you're on the right tab. E.g you should be on 'Exercises' not 'Workouts' if you're searching for deadlift.

## FILTERING SEARCH



**TOP TIP**  
SWIPE RIGHT TO QUICK LOG A SCORE.

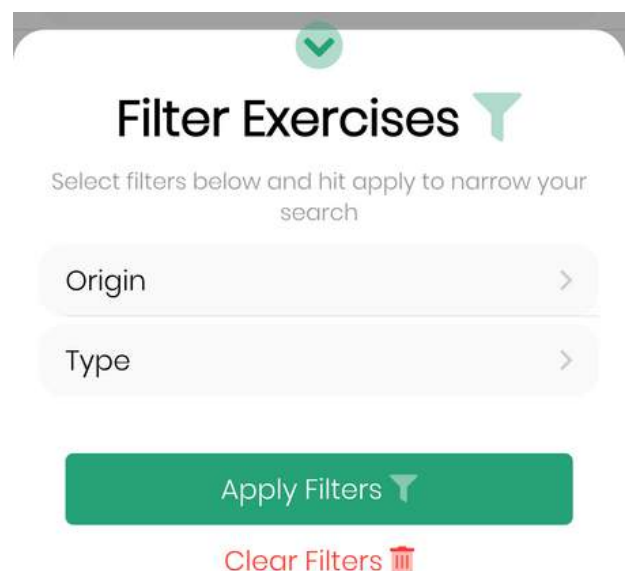
By tapping the filter icon top right you can filter to find much more specific workouts or exercises. Remember to check you are on the correct tab before you tap filter.

## FILTERING EXERCISES

To filter through exercises, select the origin and type of exercises you'd like to see.

E.g origin - power lifting and type 'weight'.

This will then bring up all exercises that fit your search criteria to help you narrow down what you want to see.





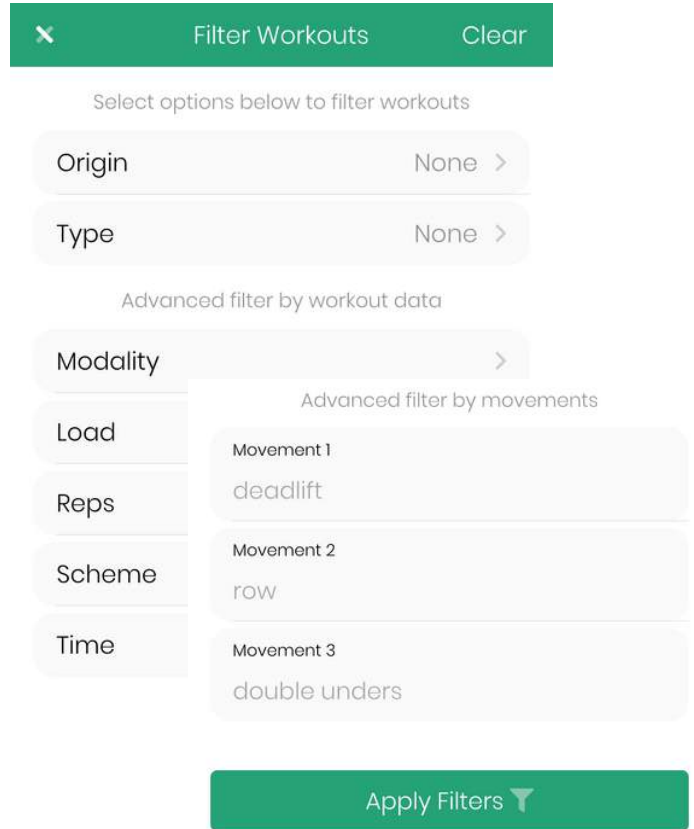
# 17

## FILTERING WORKOUTS

Filtering workouts is a really useful way of narrowing your search if you want to see a previous score or retest a workout. You might have no idea what the workout was called, but remember that it had deadlifts and rowing in it. So, if you add those two movements to the filter it will bring up all past workouts with both of those movements in.

[Click here to watch the tutorial.](#)

You can also filter to search for workouts that were a certain type - e.g gymnastics, or that were for time or reps etc.

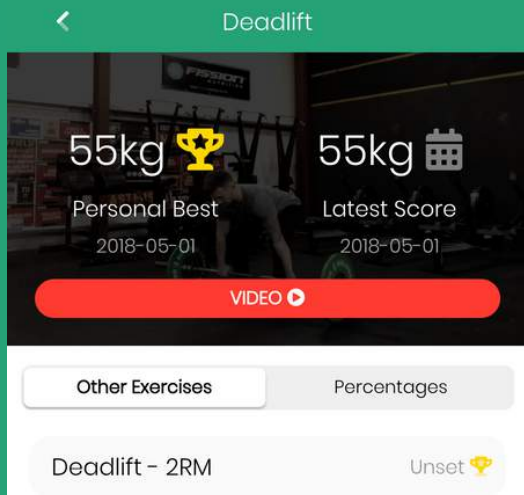


## SAVED SCORES

All your previously logged scores will be saved including your personal best and your latest logged score.

You can also see all related scores, so you can easily compare your 1RM with your 8RM. You can see progress on graphs and watch movement videos (if your coach has uploaded videos). **To edit a score, just swipe right on the score!**

[Click here to watch the tutorial.](#)



## PROGRESS CHARTS & AVERAGES

Under the progress tab you'll find charts about your progress over time against all workouts and exercises you've logged scores for.

You'll also have the data for the box averages for each workout and movement split between male and female so you can see where you sit.



# 18

## PERCENTAGE CALCULATOR

[See all the ways you can work with percentages in this tutorial. Click here!](#)

To make sure you are challenging yourself and lifting weights safely we've made you a percentage calculator.







In some WODs your coaches might tell you to warm up a movement then start at 60% and perhaps build towards 80% of your 1RM.

BoxMate works out the percentages based on both your PB and also your latest lift to help you decide how much weight to put on the bar.

You'll also find this breakdown on the timetable tab whenever a movement you've done before is programmed.

Other Exercises		Percentages	
Percentage	Best	Latest	
95%	52.25kg	52.25kg	
90%	49.5kg	49.5kg	
85%	46.75kg	46.75kg	
80%	44kg	44kg	
75%	41.25kg	41.25kg	

### Gym Leaderboard

All	Male	Female	Today
	<b>Lee Stobbart</b>	260kg on 2019-03-26	1st
	<b>James Pollit</b>	240kg on 2019-04-11	2nd
	<b>Dave Barratt</b>	235kg on 2019-11-28  HPFL 2019	3rd
	<b>Gavin Passey</b>	235kg on 2017-02-20	4th
	<b>Adam Walker</b>		5th

## LEADERBOARDS

In the library you can view leaderboards for workouts and exercises.

You can click between the full leaderboard, today's board and then male/female leaderboards too.

While for some people they are their own biggest competition, others find it motivating to see their place on a leaderboard to keep pushing them forwards.

*As always, you can choose whether you'd like to keep your scores private if you'd prefer not to be on leaderboards in the settings tab on the homepage.*

# 19

## RECORDING WORKING SETS

*For exercises in BoxMate you can record Scores or Sets.*

**A score** is a single weight that you managed to get upto for the day.

**Sets** are all of the working weights and reps that you completed.

Your coach may specify percentages to work at in your sets. **For example, 3x reps at 85% of your 1RM.** The percentage calculator will look at your latest score (if logged) rather than your PB to determine your working weights for the sets to help you challenge yourself safely & save you calculating yourself!

To view sets, scroll down the score page to 'My Scores' and tap 'My Sets.'

From here you can tap to expand and see all the weights and reps that were recorded during each sets record.

**[To watch the tutorial, click here!!](#)**

**To log your set**, tap the plus icon on a score page and then hit 'Sets' instead of 'Scores' if logging a score in the library. This will bring up the logging sets page.

If you're logging from the timetable you'll notice it will already say 'log sets' if sets have been programmed by your coach. If you need to add more sets tap 'Add new sets'.

*When logging sets, BoxMate will automatically notice any PRs and let you know with a confetti screen. You can turn this option off in settings.*

# 20 PROGRAMMING



## BOX PROGRAMMING

Under the programming tab you can access all the different programmes available to you. Here you'll find your gym's programming and the default programme that you follow *as well as any additional programmes in your gym such as gymnastics, home workouts, PT and more.*

You will find all your programming in a slightly different format to how it is displayed on the timetable so you can choose the way you prefer to look through the upcoming WODs.

Some coaches do decide to keep programming 'secret' until after the sessions too to keep the surprise element - this is up to your individual box - speak to your coach if you have any questions.

### Competitions

Check out our in house competitions and go head to head with members in the gym.

**In House Competitions**

Check out the in house competitions and compete with your friends at the gym!

Programming  
#traintrackrepeatbeat

CrossFit Buxt...
Personal
Global

See our gym programmes below and tap to view or search sessions.

**CrossFit**

Our standard CrossFit programme is designed for all levels, all ages and all abilities. Let's get fitter every day!

Primary

**Homebox**

Struggling to make it to the gym, don't worry, as part of your membership during this confusing time we'll be providing you with home workouts!

CrossFit

Q Search

**CrossFit (2020-04-30)**

Cliff Hanger

You can also find details here of any competitions being run at your box!

[To see how to register for a comp, click here!!](#)

## 21

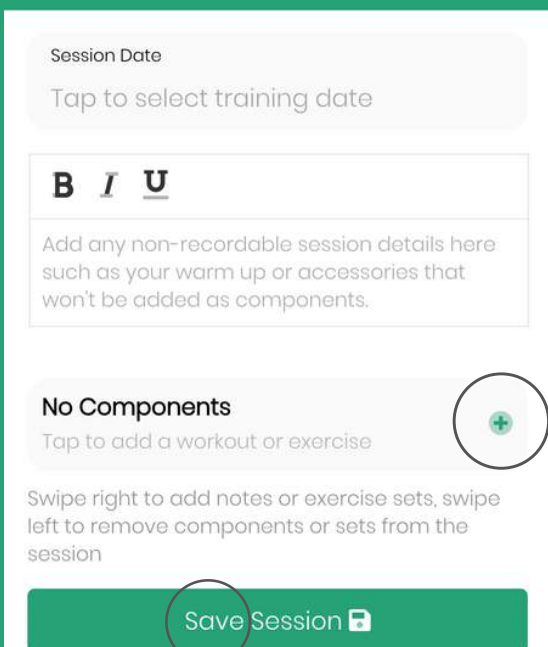
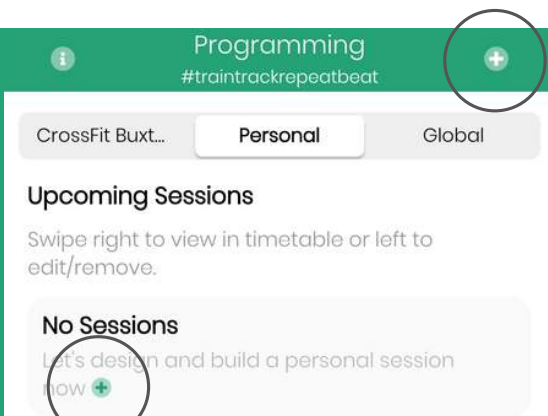
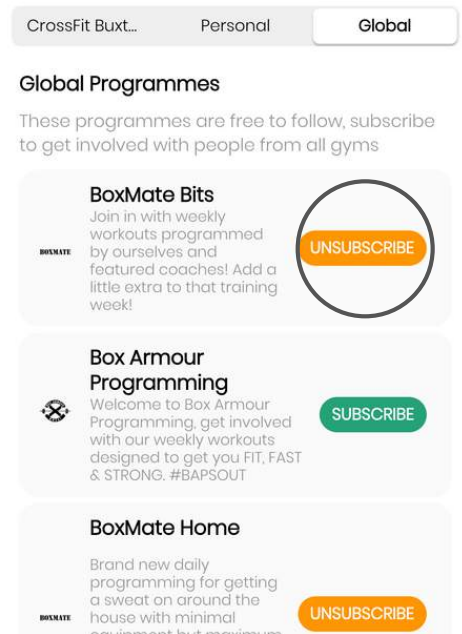
# Progress - not perfection

## GLOBAL PROGRAMMING

Global programming works a little bit differently to your usual box programming. When you log a score in your box programming you can share your scores with those other members in your private box. **Global programming** allows you to compete with all members from other gyms around the globe using BoxMate.

**We programme a FREE weekly WOD in BoxMate bits for members to get competitive in open gym!**

To subscribe/ unsubscribe just tap the button.



## PERSONAL PROGRAMMING

*You can build your own full sessions, or just quick workouts in BoxMate.*

## BUILDING A PERSONAL SESSION

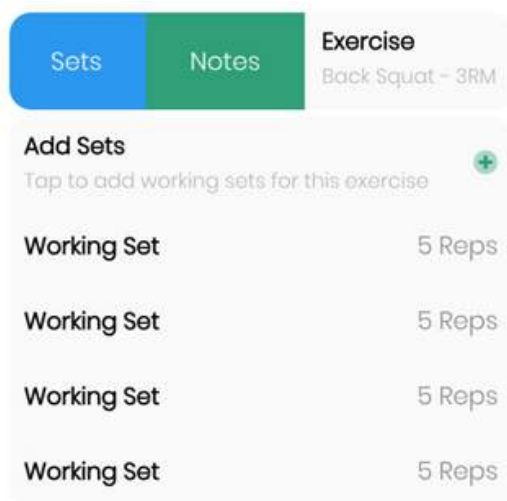
[Watch the tutorial by clicking here!!](#)

To build a **full session**, tap on the 'Personal' tab then tap the plus icon in the top right corner or underneath 'Let's design your session now'.

Now, set your session date, write out your non-recordable session details, (e.g warm up) then click the plus to add the components that you'd like to be able to track and record during your session.

You can either select an existing workout or exercise from the library and add those in, or click on 'Build new workout' to build your own.

## 22



Once you've added in the workout or exercise component to the session you can then add notes and working sets by *swiping right* on that movement. *To delete swipe left.*

When building your workout you can mark it as visible for everyone so other members can see it in the activity feed and on your profile page.

**Once finished, click 'Save Session'.**

You can *swipe left* to update and edit this session, or *swipe right* to open it up in your calendar. All your sessions will be saved under personal programming. To reuse a session just *swipe right* and duplicate it to a future date.

## BUILDING A PERSONAL WORKOUT

*Building a personal workout is quicker than building a full session. This is ideal if you just want to build a WOD to complete rather than a full session with warmup details and strength components too.*

*To build a workout you do this from the Library Tab instead of under programming.*

**[Click here to watch the tutorial!](#)**

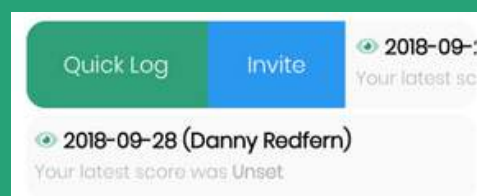
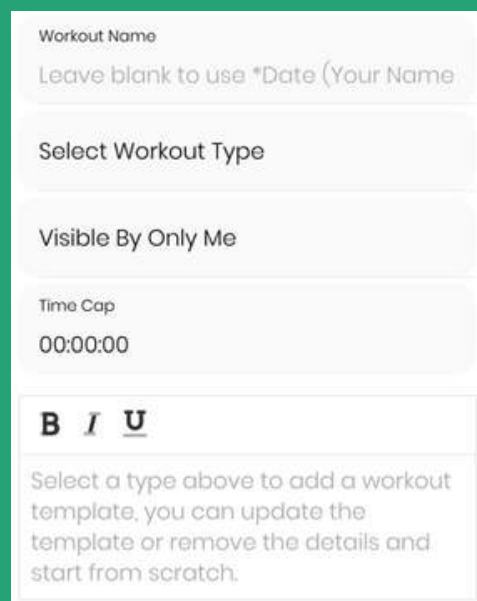
Hit 'Personal' and then tap the plus icon in the top right. From the popup, select the workout type, whether you want it to be visible to other members, add a time cap if necessary, then enter the workout details.

*If you want to give the workout a name you can otherwise leave it blank to use the default which is today's date and your name.*

When your workout is saved, you can find it under the personal tab in your library.

From here you can swipe left to edit or remove it. Swipe right to log a score for the WOD, or **to invite other members to give it a try!** Tap to view scores and leaderboards.

*Workouts that you build that are visible to other members can be viewed by them in the library and on your profile page under shared WODs.*



# 23

## BOXMATE PT

[To see how to access your PT sessions in BoxMate, click here to watch the tutorial!](#)

Under your **personal programming** you will be able to see any PT sessions that have been programmed for you by your coach (*if you are having extra PT sessions with them!*)

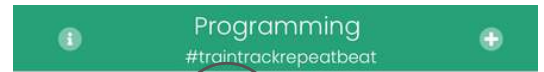
Under 'active PT details' just Tap on your PTs name and this will open up your private PT chat. You can send them a quick message and also check in on any messages they've sent you.

Scroll down to see your upcoming and previous sessions.

By swiping right on a session, you'll be taken straight through to the session details in the timetable.

From here you can now log any scores or sets from the session, view notes written by your PT, and **mark your session as complete.**

Your PT coach will be notified when you complete your session and can jump on and check your scores and any comments or chat messages you've left for them.



My active PT details

Angus Doig

4/8 sessions complete ✓  
4/8 feedback left 🗨️

PT CHAT 🗨️

### Upcoming Sessions

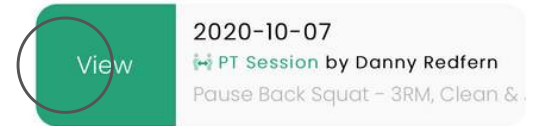
Swipe right to view in timetable or left to edit/remove.

#### No Sessions

Let's design and build a personal session now ➕

### Previous Sessions

Swipe right to view in timetable or left to duplicate/remove.



2020-09-24

Session by Danny Redfern

Back Squat - 3RM, Clean & Jerk

### Pause Back Squat - 3RM

112.5kg  
2020-09-25 (PB)

- 1) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg
- 2) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg
- 3) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg
- 4) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg
- 5) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg
- 6) 3 Reps @ 75% of Back Squat (150kg) | 112.5kg

Based on latest logged weight not personal best (Manage in settings)

LOG SETS

VIEW SCORES

### Clean & Jerk

120kg  
2020-09-21 (PR)

Build up to a heavy single for the day.

LOG SCORE

VIEW SCORES

Mark As Complete ✓

### PT Chat

Connect With Your Coach

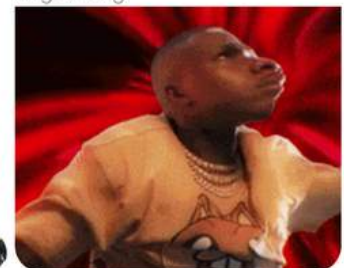
Hey Angus, great sessions this week. Looking forward to next week! 🍷

2 months (Tap to remove)

Great work on last week's sessions buddy. Keep your eye out as I'll be uploading your next session over the weekend. Be handy if you could bring your rope!

2 months

Angus Doig



2 months

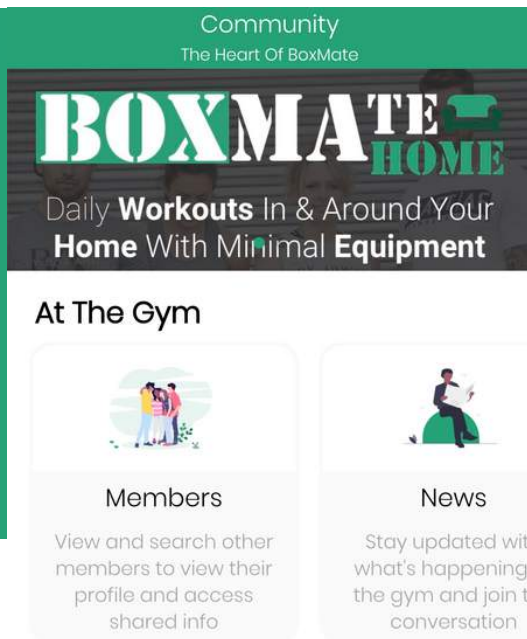
# 24



## COMMUNITY

### INTERACT WITH MEMBERS AND COACHES

*Get social with other members in the box, respond to questions from your coaches, read the latest updates about your box, find competitions happening nearby and so much more!*



### FINDING OTHER MEMBERS

To find another member in the gym head to the Members' tile under the community tab.

Here you can search by name and then find that member's profile. You can view all their latest scores and send high fives and comments to them too!

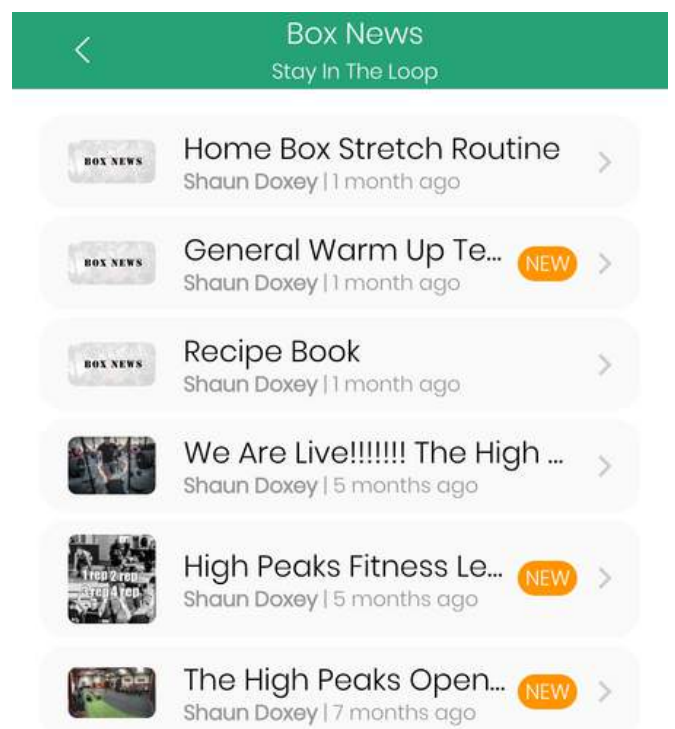
[Click here to watch the tutorial!](#)

### BOX NEWS

***Box News is your go to place to see everything happening in your gym.***

Your coaches can give you urgent notices straight to your phone (if you keep notifications enabled).

Keep an eye on everything going on in your community and get involved in the conversation! Remember, any unread news posts will pop up on your homescreen too so that you don't miss out on anything important.





# 25



## Spotlights

Meet the members who have been put in the spotlight and read their stories!



## Questions

View questions from coaches and submit your answers

## BoxMate & More



## BoxMate Store

Love our app? Start repping BoxMate in your gym with our apparel range!

[VIEW STORE](#)



## Our Blog

Check out the BoxMate blog for everything BoxMate, CrossFit, training and more.

[VIEW BLOG](#)

## THROWDOWN CALENDAR

Love competing?

We integrate with our friends over at **Throwdown Calendar** to help you find upcoming competitions. Tap on this tile to search upcoming competitions. *(Remember this is different to the in-house competitions you'll find under programming).*

## QUESTIONS

Get involved with decisions in the gym and have your say on what you want to see! Your coaches can ask you questions about the gym and your answers will be collated in a report for them.

## MEMBER SPOTLIGHT

Your coaches can put members in the spotlight for amazing achievements and hard work. To view members that have been spotlighted, head to this tile. Keep up the hard work and you might see yourself there soon!

## BLOG

Check out the BoxMate blog for news, exclusive early feature releases and top tips!



## Competitions

Find the latest competition to add to your calendar with Throwdown Calendar integration.



## Vendors

Looking for some awesome deals on supplements, equipment or the latest gear?  
COMING 2020

## SHOP/ VENDORS

Check out the BoxMate store and stores from other vendors too for exclusive discounts!

*There's loads to do and see on this page, so have a play and get involved with others at your gym!*

# 26 TEAMUP



Video Tutorials - click links **below** or visit [www.boxmateapp.co.uk/Support](http://www.boxmateapp.co.uk/Support)

[Connecting TeamUp Video Tutorial](#)

[TeamUp Troubleshooting Video Tutorial](#)

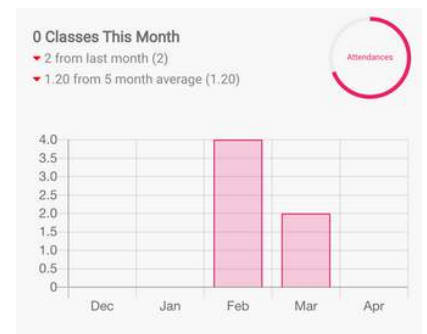
## CONNECTING YOUR ACCOUNT

When you first open the app you will be prompted to connect your TeamUp account. **Click Connect TeamUp from the popup** to be redirected to the TeamUp website where you will enter your **TeamUp Customer Account details** to login and then select your profile before hitting authorise.

***Important:*** when you get to the TeamUp website, you need to **enter your TeamUp Account Details, not your BoxMate details.**

## MY TEAMUP

From the Home Page, click on My TeamUp. This will take you through to your TeamUp insights page with data on your attendance statistics and more.



## FAMILY ACCOUNTS

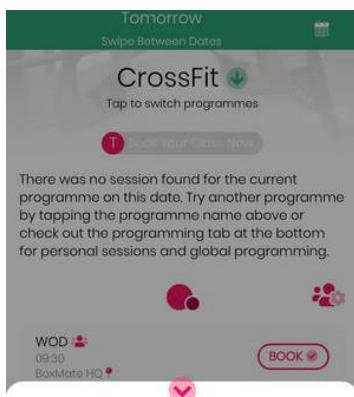
If you are the **Family Manager** of a **TeamUp family account** it is **your** account that will be needed to authorise **ALL** of your family member's BoxMate accounts.

**You will only need to do this ONCE.**

After authorising each BoxMate user's app with the Family Manager's account you can then choose which customer you want to control inside BoxMate.

You can do this either from inside BoxMate from the timetable **or** from the My TeamUp page.

***See images to the left or watch the tutorial here!.***

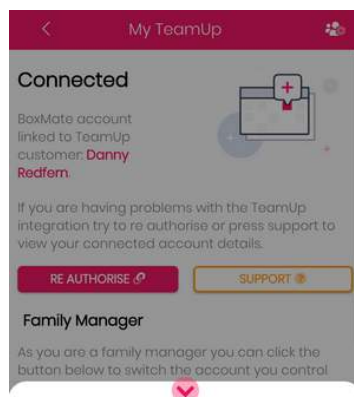


### Account Control

As a family manager you can select who you are acting as below for bookings. Select an account you manage to switch.

- Danny Redfern**  
Customer active
- Neil Redfern**  
Select to take control

Remember to check which account you are in control of before all actions.



### Account Control

As a family manager you can select who you are acting as below for bookings. Select an account you manage to switch.

- Danny Redfern**  
Customer active
- Neil Redfern**  
Select to take control

Remember to check which account you are in control of before all actions.

## 27

If your gym integrates with TeamUp, you can book your classes on the timetable.



## BOOKING CLASSES

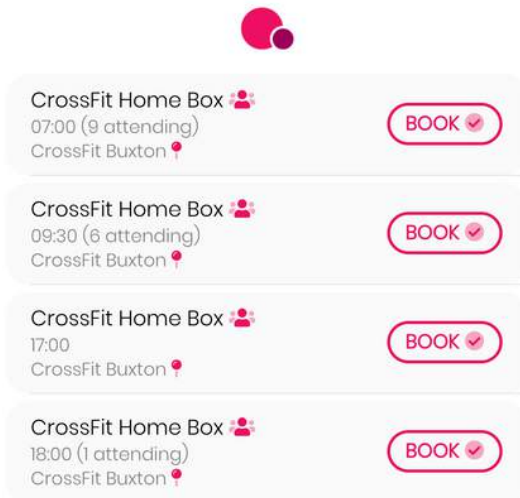
[Click here to watch the tutorial!](#)

To book your classes through BoxMate you simply find the session you want to attend in the Timetable, then tap 'Book.'

Then from the pop up slider from the bottom, confirm your booking by tapping 'Book Now'.

The 'Book' button will then show in the timetable as 'Cancel' to show that you are booked onto this class.

**Remember, in settings you can turn on a prompt notification to remind you to log your scores 1 hour after your class finishes too!**



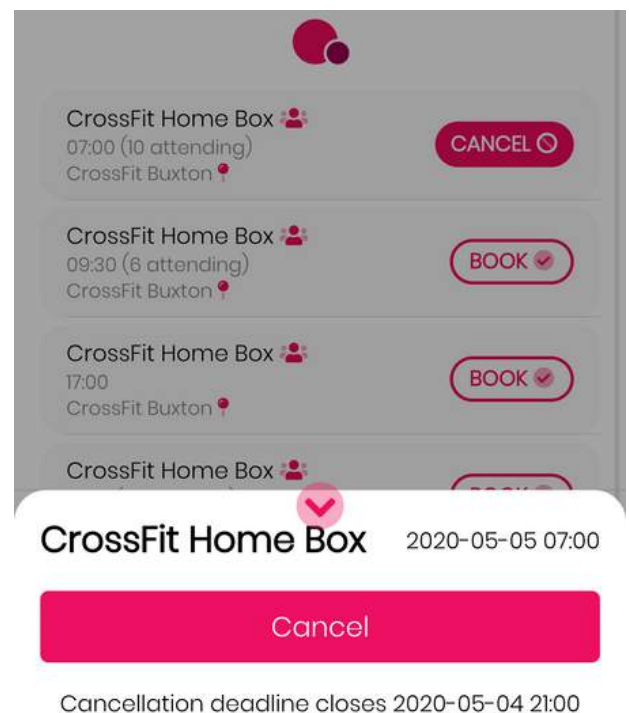
## CANCELLING CLASSES

To cancel your class simply **click cancel**, then again from the slider at the bottom **confirm** that you want to cancel this booking.

This will also show you the **cancellation deadline**.

*\*\*Please bear in mind that your gym may charge a late cancellation fee if you cancel within a set period before the class is due to start.*

[Click here to watch the tutorial!](#)



# 28



If a class is full you may have the option to **join a waitlist**. You will then be notified when a spot becomes available and is assigned to you.

If you leave a waitlist and then re-join you will join the back of the queue

## CLASS WAITLISTS

## DROP IN SESSIONS

Some classes that are outside of your membership or require additional payment on top of your current active membership may offer a paid drop in option.

You can choose purchase drop in to make a one time payment\* and attend the class.

*\*Always read all the information on the purchase page before finalising the purchase.*



## TROUBLESHOOTING

If you are having issues with your TeamUp integration, please watch our [TeamUp Troubleshooting support video](#).

This will help you with re-authorising your account. If you are still struggling you can reach out to us for help!

For FAQs and further information on TeamUp visit the [BoxMate + TeamUp document here](#).

All support documents & videos can also be found at [www.boxmateapp.co.uk/Support](http://www.boxmateapp.co.uk/Support)

### Memberships

ACTIVE
INACTIVE

Viewing active memberships. You can purchase memberships using the TeamUp website or app.

**CrossFit**

This membership package includes full access to the CrossFit programme including all daytime open gym sessions. 📅 2020-02-10

Re Authorise 🔁

TeamUp + BoxMate Support ?

## 29

# MYZONE



*Integration with your MyZone belt allows you to track your heart rate, burned calories and more.*

## CONNECTING YOUR BELT

On the settings page scroll down to sync your MyZone activity to keep all your workout data in one place!

**Tap 'connect'** this will take you through to the MyZone login page.

*Login and you have connected your belt!*

## ADDING YOUR DATA TO A WORKOUT

When you log a score, swipe up to see more options to link your MyZone belt data or an Instagram post.

To add your MyZone data tap the MyZone button and then select the workout you want to add to the score.

**To watch our video of linking your MyZone data with BoxMate...**

[Click here.](#)

# 30 BOXMATE COACHES EXTRAS

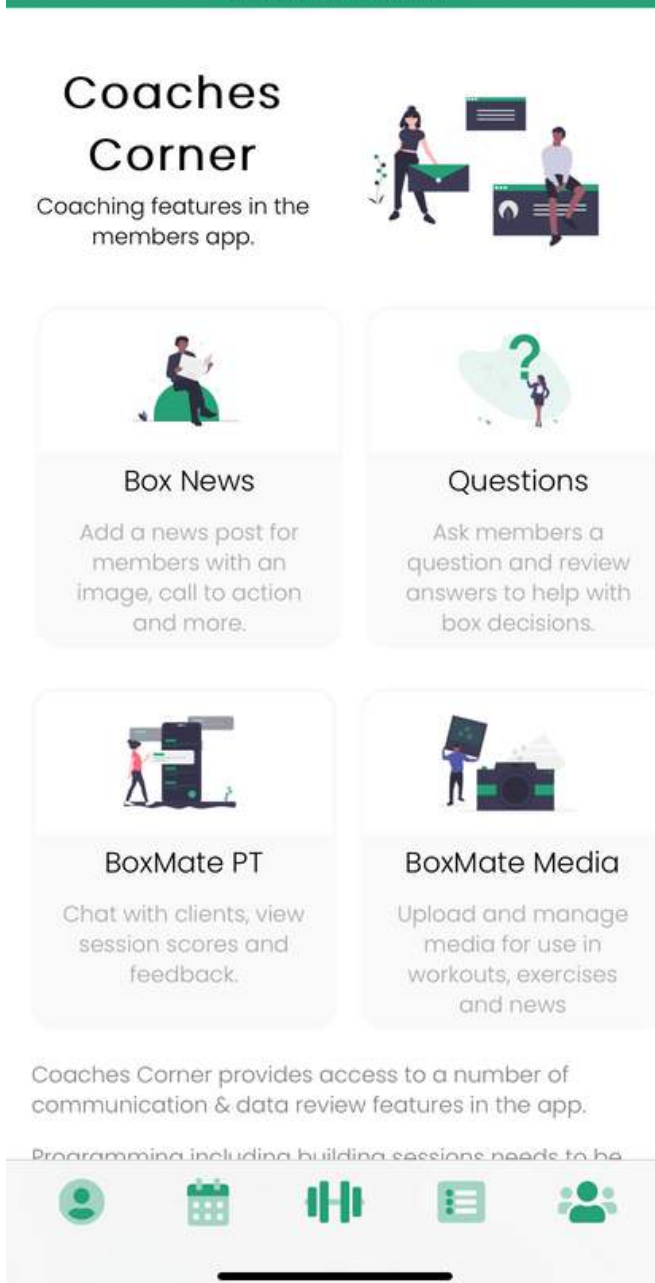
## COACHES ONLY

*As a coach, as well as the Admin area for all controls, you also have a few added extras within the members' app.*

### OPEN COACHES CORNER FROM YOUR HOMEPAGE



*Tap the whiteboard symbol to open your Coaches Corner.*



From here, you can access various engagement tools to help you quickly communicate with your members. You can write and send Box News posts, Nudges, Questions and Member Spotlight all from your mobile.

You can also upload your own images and videos directly from your phone with your Media tile. You can attach images directly to Box News posts, and access the media you've uploaded from your admin area on your desktop later to attach to exercises & movements.

If you have upgraded to **PLUS** you will have access to BoxMate PT from your mobile too. Here you can chat back and forth with your clients and more.

For a full breakdown of everything you can do on your Coaches Corner, take a look at our tutorial by [clicking here.](#)

Coaches Corner provides access to a number of communication & data review features in the app.

Programming including building sessions needs to be

# 3 1

By swiping right on a Box News post, Question or Nudge you can view all statistics from your phone.

You will see data of how many members have viewed, clicked and commented.

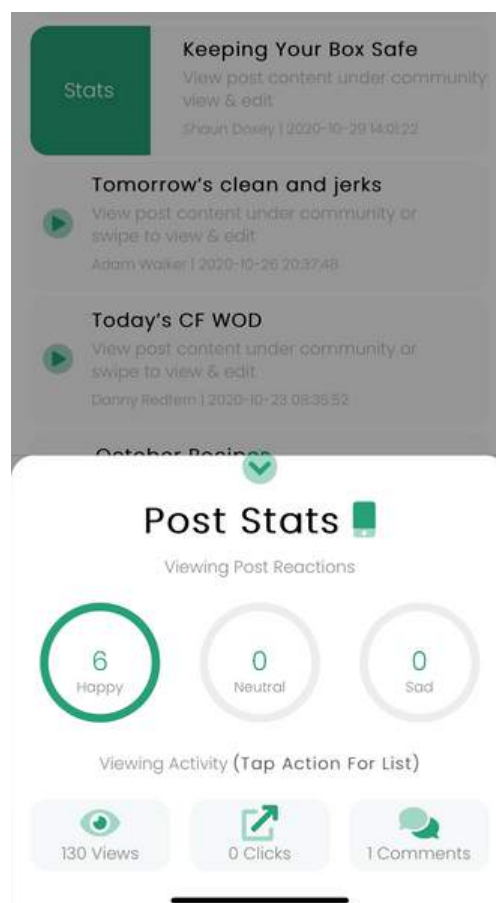
You can also re-send communication to all members or non-openers from your phone too!

## FROM TIMETABLE - TODAY'S BOARD & COACHES' NOTES



If you click on this same symbol from the **Timetable**, the Coaches Corner will be displayed. Here you can view and add notes to sessions & also upload a picture of the daily whiteboard. **Today's board is a really handy tool for your members.** All you have to do is snap a quick photo of the whiteboard at the end of the day and upload.

Your members can then tap this same icon in their app and see the whiteboard for that session. This helps if they have forgotten a score or if they want to scroll back through the timetable and see the whiteboard picture for any particular day.



## Coaches Corner

**B I U**

Add notes for this session that only coaches can see either in the app or in the BoxMate web application. Scaling options, warm up details and general notes.

Upload Board Image 

Select a board image to upload and hit save so members can see daily boards in the timetable and retrieve their scores.

Save Changes 

## 32

## SEEING WHO'S BOOKED ON WITH TEAMUP

Another really useful coach feature inside the member's app is being able to see which members are booked onto your classes for the day. *(If your box uses TeamUp).*

That way, if the class looks a little empty you can tap to see who is supposed to be in and decide to wait for them to start the class or send them a quick message to check where they are. If you use BoxMate Live you can do this from the TV screen!

The screenshot displays the BoxMate app interface. On the left, there are two class cards for 'CrossFit Home Box'. The first card is for a 09:30 class with 7 attendees, showing a 'STARTED' button with a clock icon. The second card is for a 17:00 class with 1 attendee, showing a 'BOOK' button with a checkmark icon. A red circle highlights the person icon on the first card. On the right, a pink header reads 'CrossFit Home Box (Today)' with '09:30 | 7 Attending' below it. Below the header is a list of member names with their profile pictures: Victoria, Hannah, Zoe, David, Colleen, Tom, and Gemma.

*Remember, to access these extra coach features inside your members' app you must have been upgraded to a coach account by the owner/head coach.*





## 33

## GLOSSARY OF TERMS

<b>AMRAP:</b>	As Many Rounds (or Reps) as Possible
<b>BW (or BWT):</b>	Body weight
<b>CF:</b>	CrossFit
<b>C2B:</b>	Chest to bar
<b>C&amp;J:</b>	Clean and jerk
<b>DNF:</b>	Did Not Finish
<b>DU:</b>	Double Unders (skipping)
<b>EMOM:</b>	Every Minute on the Minute
<b>HSPU:</b>	Hand stand push up
<b>KTE:</b>	Knees to elbows
<b>MetCon:</b>	Metabolic Conditioning workout
<b>OHS:</b>	Overhead squat
<b>PB:</b>	Personal best
<b>PR:</b>	Personal record
<b>Rep:</b>	Repetition. One performance of an exercise
<b>Rep Max:</b>	Repetition Maximum e.g your 1RM is your max lift for 1 rep
<b>RX:</b>	As prescribed/ WOD with no adjustments
<b>RM:</b>	Repetition maximum. Your 1RM is your max lift for one rep
<b>SDHP:</b>	Sumo Deadlift High Pull
<b>Set:</b>	A number of repetitions e.g. 4 sets of 8 reps (4x8)
<b>T2B:</b>	Toes to bar
<b>TGU:</b>	Turkish get-up
<b>WOD:</b>	Workout of the day
<b>The “Girls”:</b>	A series of benchmark workouts with 'girl names' e.g Annie
<b>The “Heroes”:</b>	A Hero workout is to pay tribute to someone who has died in the line of duty (e.g Soldier, Sailor, Airman, Marine, Firefighter, Police officer)
<b>Tabata:</b>	A workout of 8 intervals alternating 20 seconds of max rep work with 10 seconds of rest. Total is 4 minutes per exercise



**BOXMATE**

**BOXMATE**