Wodify Athlete app

Member Quickstart Guide

wodify

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1. Intro

Welcome to Wodify!

This guide will help you navigate your way around the Wodify Athlete app as well as the Wodify Kiosk inside your gym. It will also help you keep your performance results organized and easily accessible so you can continue to set and reach your fitness goals.
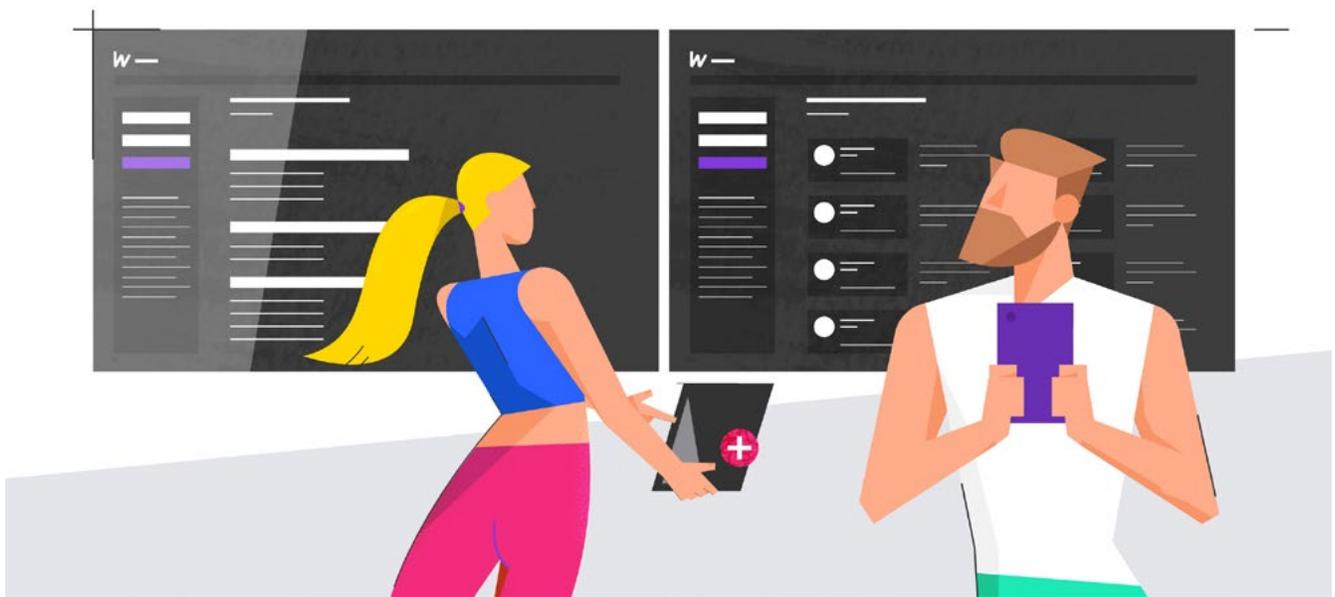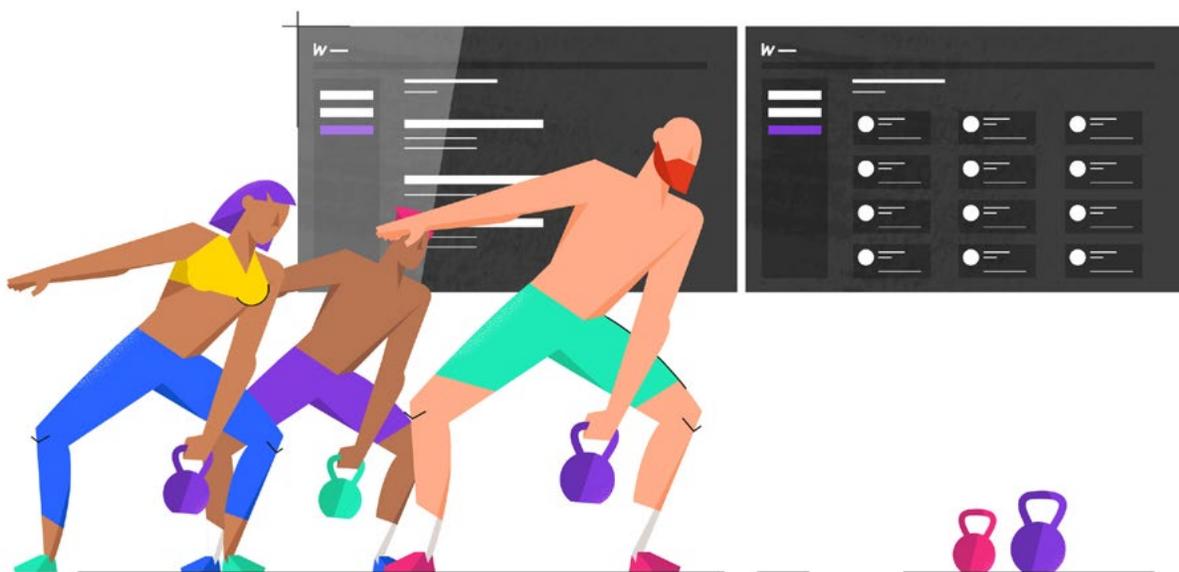
2. Why workout tracking is important

Consistent tracking of your workout performance is important to give yourself an accurate timeline of where you are and where you want to go. Referencing your past results can help you break through a workout plateau or get you back to the basics to concentrate on your weightlifting form. And because you'll have results immediately at your fingertips, you'll love the boost of confidence you get each time you hit another Personal Record (PR).

Whether you're online or off, inside the gym or out, Wodify helps you stay motivated and connected to your fitness community. You'll always have access to the upcoming workout, your results, and maybe even more importantly, your friends' results. Because there's nothing wrong with a little friendly competition!

3. Wodify Athlete app (overview)

Switch location

Refresh

Switch day

Filter

CrossFit
17:30- 18:30
Class full

CrossFit
18:45- 19:45
RESERVE
11 of 16 reserved

Reserve Class

Open Gym
18:45- 20:00
RESERVE
0 of 16 reserved

BootCamp
18:45- 19:45
RESERVE
11 of 16 reserved

CrossFit
20:00- 21:00
CANCEL   SIGN IN

Sign in to Class

Open Gym
20:00- 21:00
RESERVE
0 of 99 reserved

Classes   My Workouts   Whiteboard   Profile

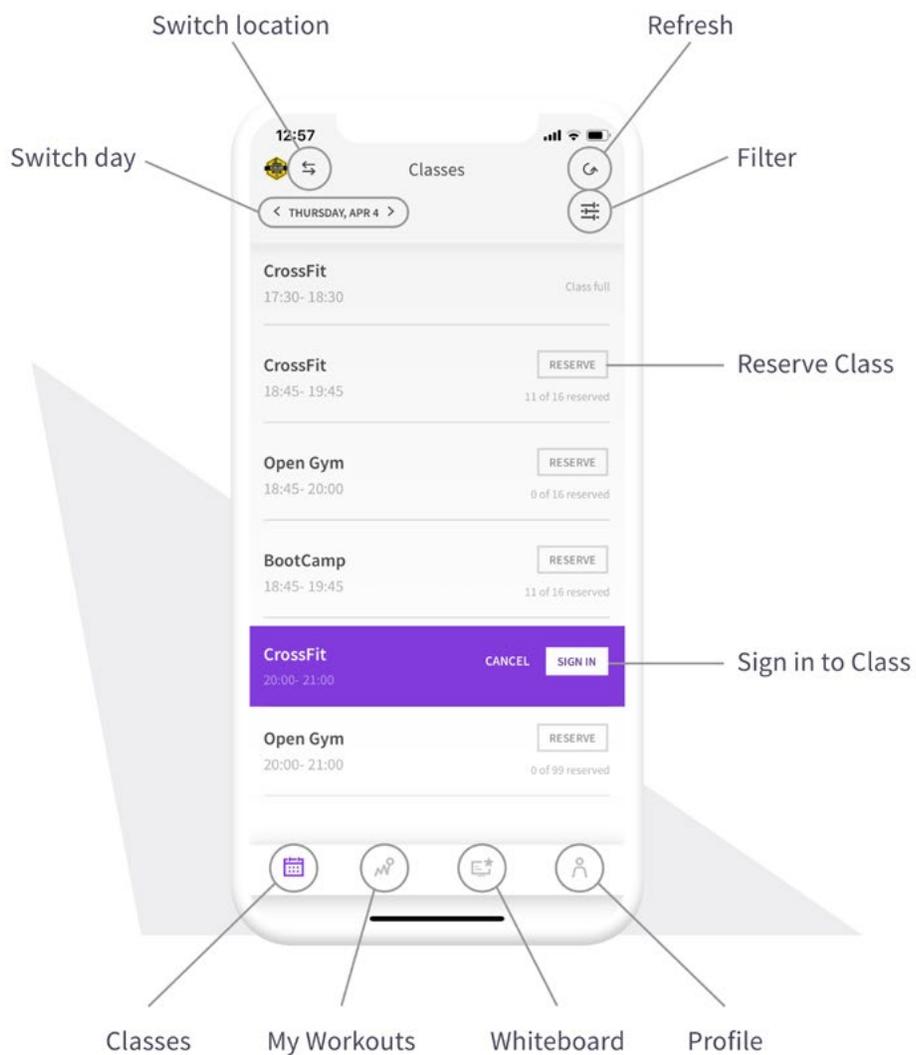Image 1: Wodify Athlete app overview.

4. Signing in to your account

On the home screen of the Wodify Athlete app, log in to your account using the unique username and password you received when you signed up. (Don't worry, you can change your password after you've signed in for the first time.)

The Wodify Athlete app is a free download from the Apple App and Google Play stores.
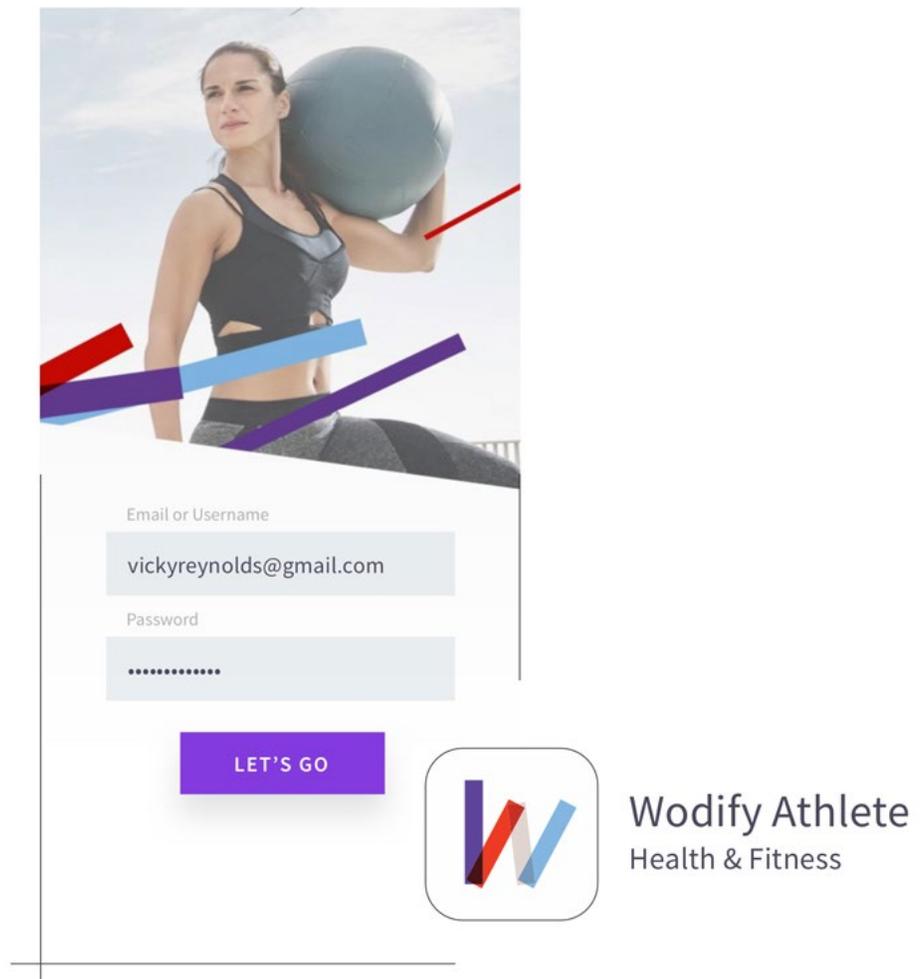

Image 2: Login and app icon.

5. Updating your profile picture, account, and payment information

1. Select the Athlete Profile [⚇] icon on the bottom navigation bar.

2. Press 'Profile Settings' to access your information.

3. From here, you can update your payment information, change your password, edit your profile and more!

4. To change your profile photo, select 'Edit Profile' and then tap 'Change' on the profile photo icon to access your library. Once you've selected your photo, click 'Update'.

5. To add or update your payment information, select 'Payment Information'. Click the '+' button in the top right corner to add a credit card. This will be your default form of payment unless you add another card.
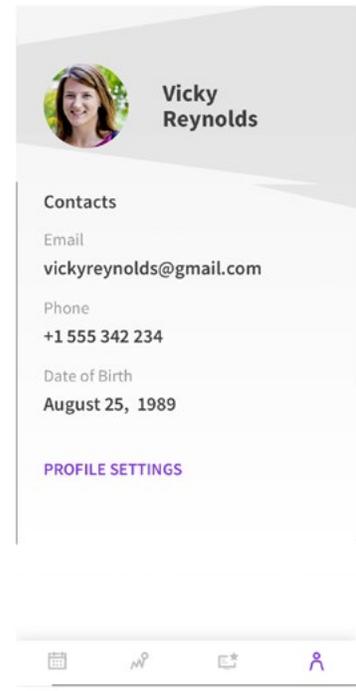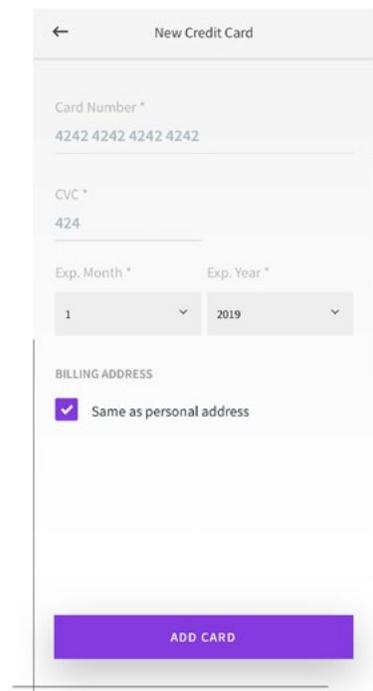
Image 3: Athlete profile.

Image 4: Add credit card as new payment method.

6. Previewing the daily workout and class details

1. Select the Classes [🗓] icon on the bottom navigation bar.

2. Tap on a class time to view the Class Details, including the workout of the day and the coach.

3. Tap 'Reservations' tab to see who else has signed into that class.

Note: Clicking the Filter [⚖] icon at the top of the Classes menu will allow you to select which programs (CrossFit, Endurance, CrossFit Kids, etc.) and locations you want to see. Check off the ones you want and press 'Apply'.
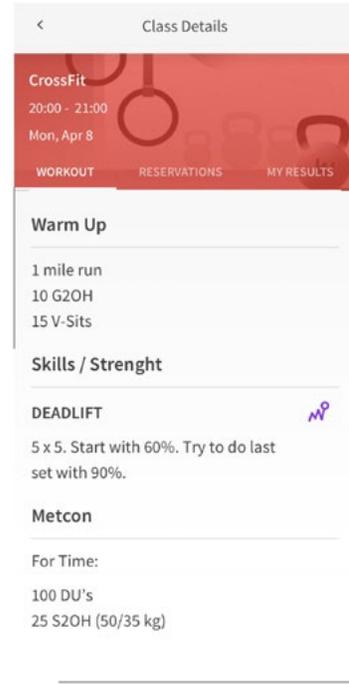

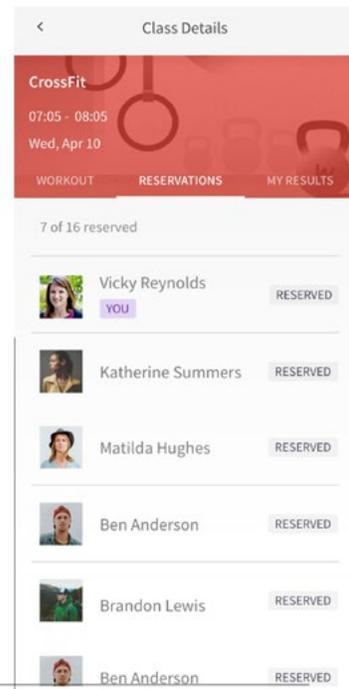Image 5: Class details, workout.

Image 6: Class details, reservations.

7. Reserving and signing in to class

Depending on the policy of your gym, you will either be able to reserve or sign into a class from the Wodify Athlete app.

NOTE: If your gym caps its classes, you will only be able to reserve a spot if one is available.

1. To reserve a spot in a selected class (if available), tap the 'Classes' [🗓] icon on the bottom navigation bar.

2. Press the 'Reserve' button next to your desired class time.

3. You can also reserve a spot by clicking into a specific class time to access the 'Class Details' page and tapping the 'Reserve' button.

4. If your gym allows mobile sign-ins, tap the 'Sign In' button next to your desired class time on the 'Classes' or 'Class Details' screens.
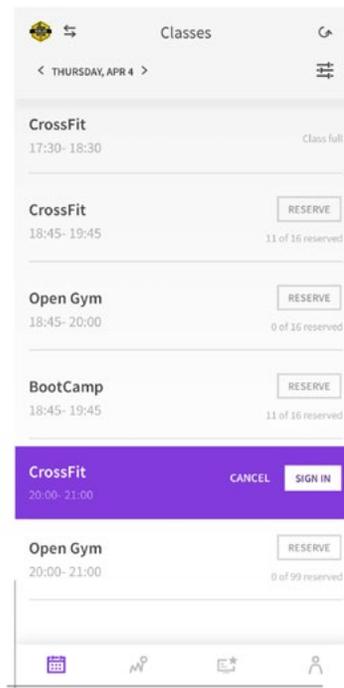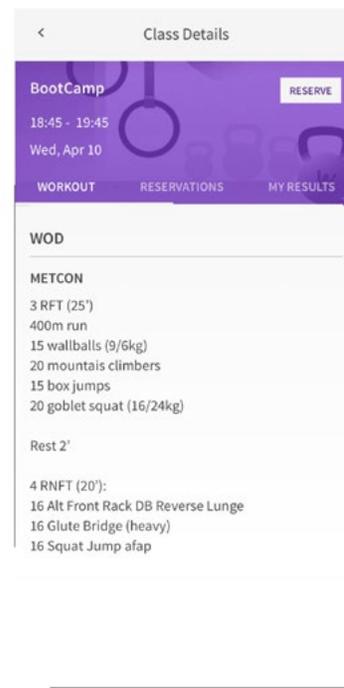

Image 7: Classes list.

Image 8: Class details, reserve.

8. Recording your workout performance

Once you've signed into a class, you'll be able to access a performance card for each component of the days' workout.

1. Select the 'Whiteboard' [🗒] icon on the bottom navigation bar to record your performance for each component of the workout and to view the days' results for everyone. You can click the 'Rx' and 'Rx+' buttons if you met the standards for those workouts.

Note: To view the Whiteboard results from a specific date, use the side arrows keys or select the 'My Workouts' [📈] icon from the bottom navigation bar. From there, you will be able to add, edit, or view your workout results.

2. You can also record your results by selecting the 'Classes' [📅] icon from the bottom navigation bar, clicking into a class to get to the 'Class Details' page, and then tapping the 'My Results' button.

Remember! Anytime a Gold Star [🏅] pops up next to a workout result, congratulate yourself because you just set a PR!
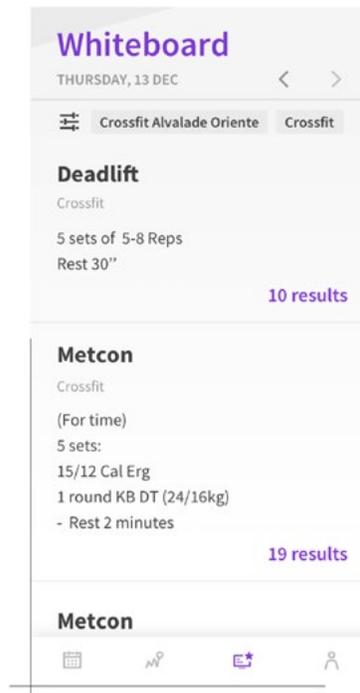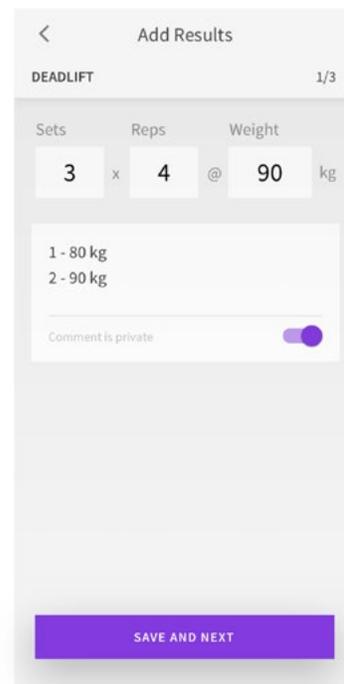

Image 9: Whiteboard.

Image 10: Adding results.

9. Reviewing your workout performance

1. To view past results on a specific workout, select the 'My Workouts' [ ] icon from the bottom navigation bar.

2. Choose a workout date to access the 'Class Details' page. The 'My Results' tab will show your most recent results.

3. If you have past results for a movement (deadlift, back squat, etc.) you can view them by pressing the 'Workout' tab, and then tapping the [ ] icon next to it. You'll see your percentages based on your one rep max as well as your history with that movement.

To filter the displayed results on the Whiteboard, click the 'Filter' [ ] icon, choose your gender and age preferences, and then press 'Apply Filters'.
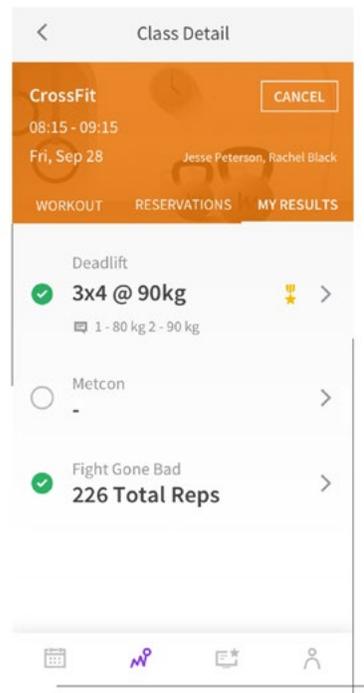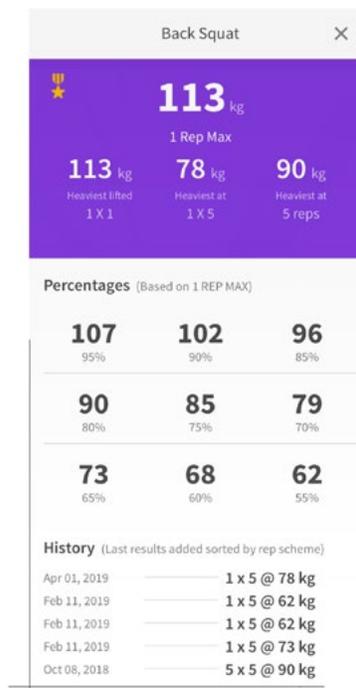

Image 11: My results.

Image 12: Performance history.

10. The Wodify Kiosk

Much of what you can do on the Wodify Athlete app, you can do in person at the Wodify Kiosk inside your gym like checking the workout, viewing your past results, and recording your score.
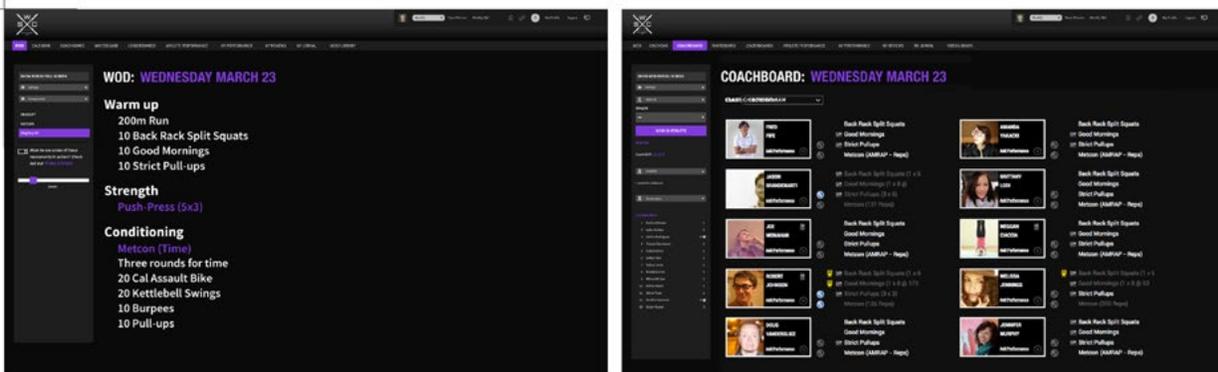

Image 13: Wodify Kiosk.

1. If the day's workout isn't displayed already, you can see it by clicking 'WOD' on the top navigation bar.

2. On the Coachboard, you can sign in to access your performance card, which is where you can view past results and record your score.

   If you made a reservation, click on your name under the Reservations tab and you'll automatically be added to the class list.

   If you didn't make a reservation, click the drop down menu under 'Athlete' to enter and select your name. Press the 'Sign In Athlete' button to be added to the class list.

3. Make sure you sign in to the correct class time. You can select it from the 'Class' drop down menu.

4. If there is a graph icon [ ] next to a component on your Performance Card, you can hover over it to view your past results.

5. Once you have a result for a workout component or metcon, you can add it by clicking its name and entering your score. Once you click 'Save', that component will turn from white to grey, indicating that a score has been logged. And if the PR Gold Star PR [ ] pops up, that means you hit a new PR. Congratulations!

6. To see the day's results from all members who logged a score, click 'Whiteboard' on the top navigation bar.
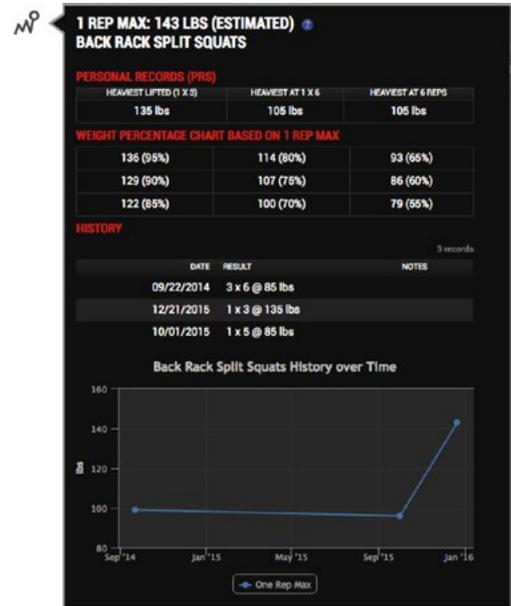

Image 14: Past results.