OXELEAD

USER GUIDE

FOR CLIENTS

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INTRODUCTION

WELCOME TO OXELEAD

OxeLead is a web-based fitness solution that can be used in conjuction with OxeFit's XP1 and XS1. Access OxeLead from a computer or tablet to maximize the efficiency of your fitness organization experience. The integration of the XP1 and XS1 software and OxeLead enables trainers and admins to conveniently access and manage various components of their OxeFit device(s) and clientele experiences, depending on role statuses.

This user guide goes through each panel within OxeLead in order of how it is listed in the left main menu of the web app.

OXELEAD ANNUAL ROLES

ADMIN
Admin users manage the organization and have the ability to assign licenses to trainers and clients. In OxeLead, admin users have full access to the **Dashboard**, **Settings**, and the **Admin** page. Admin users have restricted access to the **Clients** page, **Schedule** page, and the **Analytics** page.

TRAINER (LICENSED)
Trainers mainly manage the client's XS1 or XP1 experience. Trainers can schedule, edit, and analyze client workouts. In OxeLead, trainers have full access to the **Dashboard**, **Workouts**, **Exercises**, **Clients** page, **Schedule**, **Analytics**, **Assessments**, and **Settings**.

CLIENT (LICENSED)
Clients perform the exercises and workouts that the trainer assigns. In OxeLead, they have a unique view of the **Dashboard**, **My Activity** page, **Exercises** page, and limited access to the **Settings** page.

SUPPORT

If you have any questions or concerns regarding OxeLead or OxeFit devices, please contact support@oxefit.com. You can also visit support.oxefit.com to read our FAQs or submit a request.
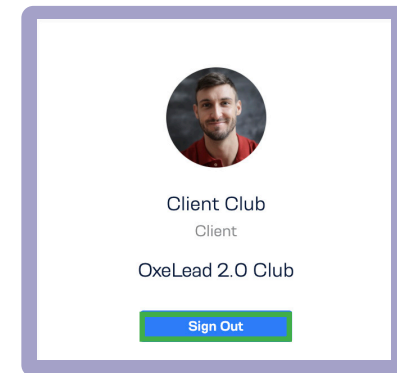
TOP NAVIGATION

View your name, role, organization, and profile picture from the **My Profile** page. **My Profile** is accessible from the top right corner of any page in OxeLead. Only trainers and admins can edit your profile details.

SIGN OUT

1. Select your profile in the top right corner of the screen.
2. Select **Sign Out**.

MESSAGES

Trainers and clients can communicate about a workout session through the chat feature. Only trainers can start conversations using this feature. New chat messages will be indicated by a blue dot on the **Messages** icon in the top right corner of any page in OxeLead. When selecting the **Messages** icon, you will be taken to the **My Chat** page, where you can view messages and respond to your trainer.

From the **My Chat** page, your messages will list on the left. Bolded listed messages indicates new/unopened messages. Blue listed messages indicates the message you are currently viewing.
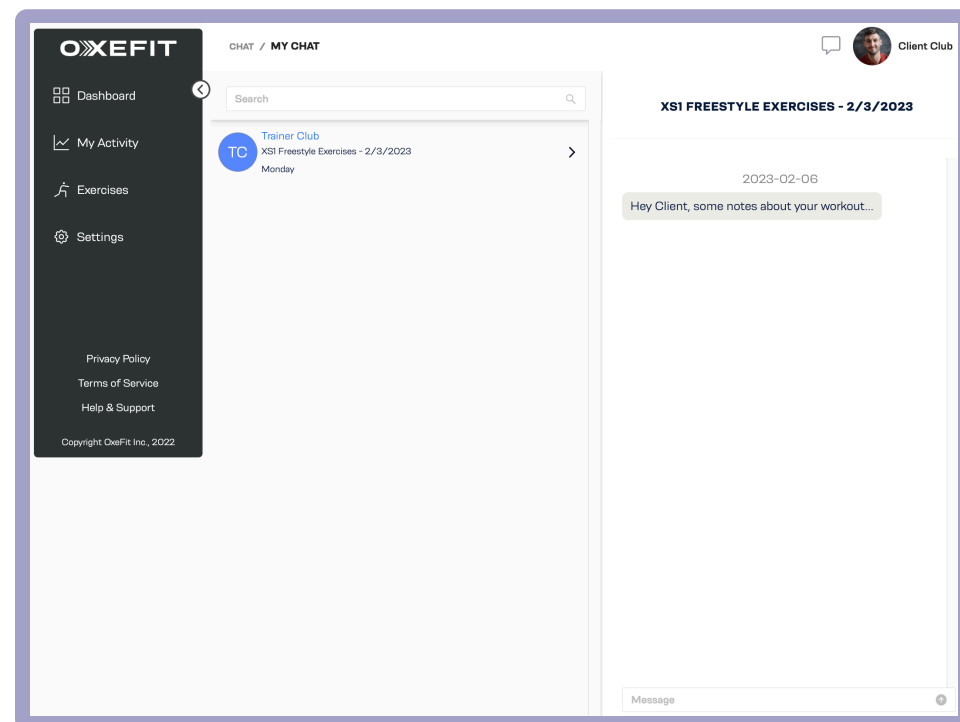
DASHBOARD

MY SCHEDULE

Depending on how many workouts are scheduled, the first four of the day will appear as reminder cards under **My Schedule**. The cards provide a brief overview of the scheduled workout with the time it is scheduled for and the name of the workout.

My Schedule

11:07 AM

Feb. 10, 2023
**XS1 Demo Workout**
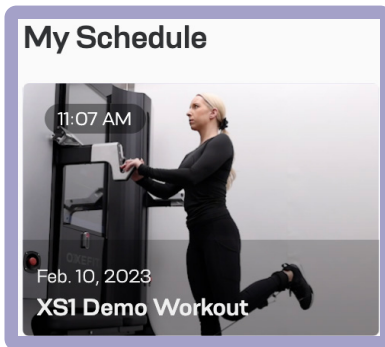
RECENT ACTIVITY

View a quick summary of your most recent activity under the **Recent Activity** section. Select **View All Activity** to be directed to the **My Activity** page. See **MY ACTIVITY** on pages 6-7.

Recent Activity View All Activity

QUICKSTART   2/8/23, 1:58 PM
4 Exercises

QUICKSTART   2/3/23, 5:31 PM
1 Exercise

Select an activity to view the details of that specific activity. Use the dropdwown arrows in the set blocks to view your data graphed.

MY INJURIES

View the injuries your trainer has added to your profile under **My Injuries**. The injury detail will include the name of the injury, the injury date, and the surgery date if it has been determined.
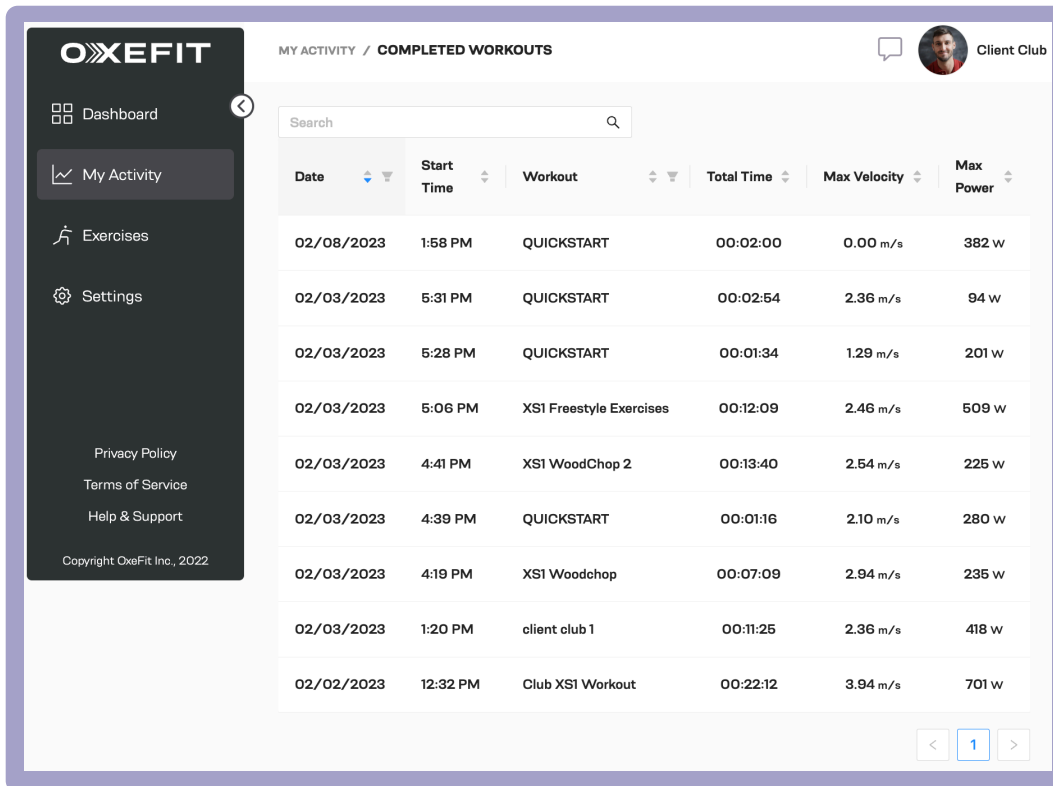
My Injuries

left broken leg   Surgery Date: 02/11/23
02/09/23
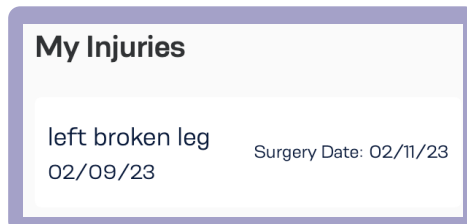
MY ACTIVITY

COMPLETED WORKOUTS

View your completed workout history on the **My Activity** page.

Use the search bar to search for specific keywords or use the arrows within the column headings to change the order of the table. See the chart to the right:

Date	Start Time	Workout	Total Time	Max Velocity	Max Power
02/08/2023	1:58 PM	QUICKSTART	00:02:00	0.00 m/s	382 w
02/03/2023	5:31 PM	QUICKSTART	00:02:54	2.36 m/s	94 w
02/03/2023	5:28 PM	QUICKSTART	00:01:34	1.29 m/s	201 w
02/03/2023	5:06 PM	XS1 Freestyle Exercises	00:12:09	2.46 m/s	509 w
02/03/2023	4:41 PM	XS1 WoodChop 2	00:13:40	2.54 m/s	225 w
02/03/2023	4:39 PM	QUICKSTART	00:01:16	2.10 m/s	280 w
02/03/2023	4:19 PM	XS1 Woodchop	00:07:09	2.94 m/s	235 w
02/03/2023	1:20 PM	client club 1	00:11:25	2.36 m/s	418 w
02/02/2023	12:32 PM	Club XS1 Workout	00:22:12	3.94 m/s	701 w

From the **My Activity** page, select an activity to view the details of that specific activity.

DATE

▲
▽ the oldest completed workouts will list first

△
▼ the most recent completed workouts will list first (this is the default table view)

START TIME

▲
▽ the workouts with the earliest start

△
▼ the workouts with the latest start times will list first

WORKOUT

▲
▽ the workouts will list per page (up to 25 workouts at a time) A-Z first, followed by special characters, then numeral values

△
▼ the workouts will list per page (up to 25 workouts at a time) numeral values first, followed by special characters, then Z-A

TOTAL TIME

▲
▽ the shortest completed workouts will list first

△
▼ the longest completed workouts will list first

MAX VELOCITY

▲
▽ the workouts with the slowest max velocity will list first

△
▼ the workouts with the fastest max velocity will list first

MAX POWER

▲
▽ the workouts with the lowest max power will list first

△
▼ the workouts with the highest max power will list first

MY ACTIVITY CONTINUED

EXPORT COMPLETED WORKOUT DATA

View and export the data from your completed workout from the **My Activity** page.

1. Select a completed workout from the list.

2. Click the dropdown arrow within a set to open the graphed data if you want the graphs to be included in the PDF.

3. Select **Options** in the top right corner.

4. Click **Export As PDF**.

5. Open the download to view as a PDF.

EXERCISES

EXERICSE LIBRARY

View all available exercises on the XP1 and XS1 from the **Exercise** page of OxeLead. The exercises will be listed in alphabetical order.

You can filter what exercises are displayed with the **Group By** dropdown menu and selecting **Exercise Family** or **Equipment**. XP1 exercises will list by default. Be sure to specify whether you want to view XP1 exercises or XS1 exercises when selecting from the **Device Type** dropdown menu.
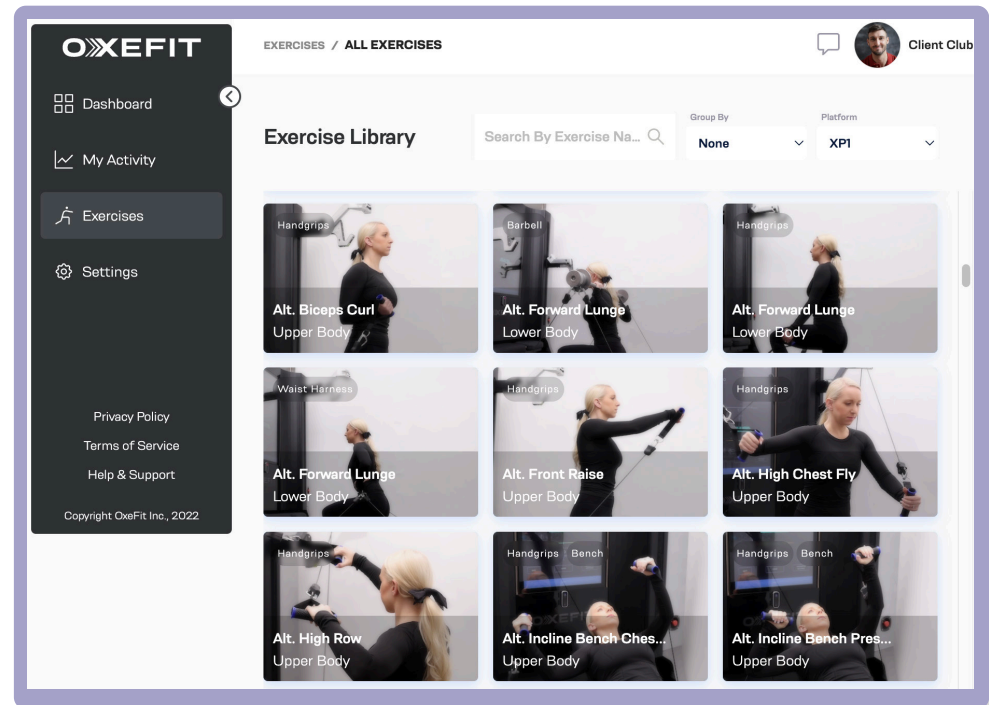
VIDEO TUTORIALS

The exercise cards will also provide a brief overview of the accessories required for the exercise and the targeted muscles the exercise will activate. Select the exercise card to view a video tutorial on how to properly set up the exercise and how to properly perform the exercise.

 NOTE: Not all exercises will have tutorial videos.
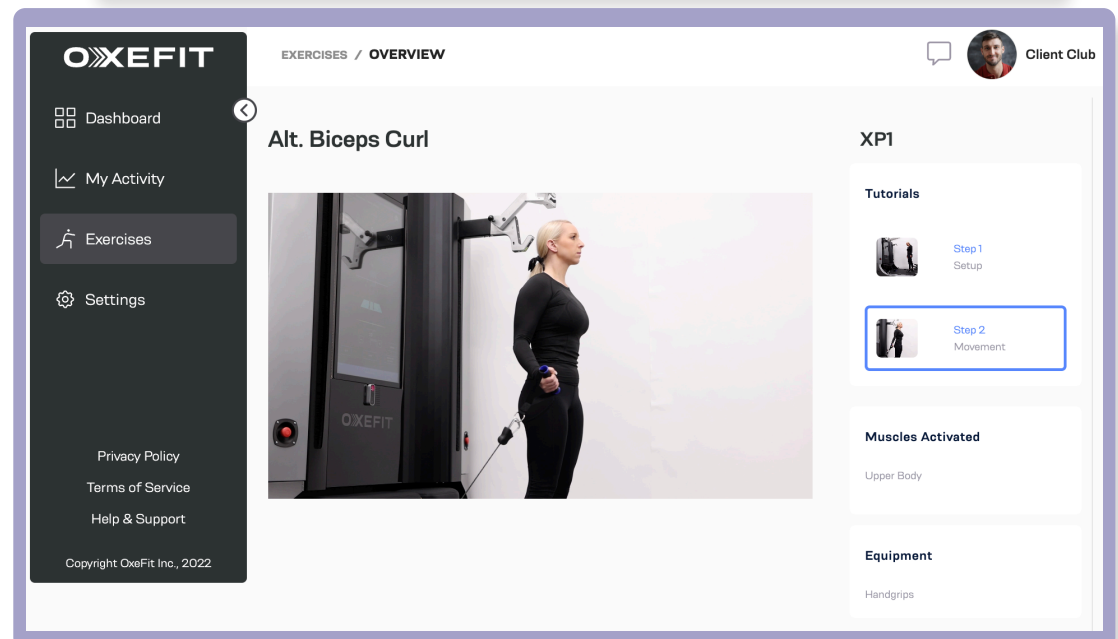
S E T T I N G S

Only trainers and admins can edit the **General Info** and **Preferences** section from the **My Settings** page in the **Settings** panel.

CHANGE PASSWORD
Clients can change their password from the **My Settings** page.

1. Under **Account**, select **Change Password**.
2. Enter your **current password**.
3. Enter your **new password** twice.
4. Select **Change Password** to confirm.

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