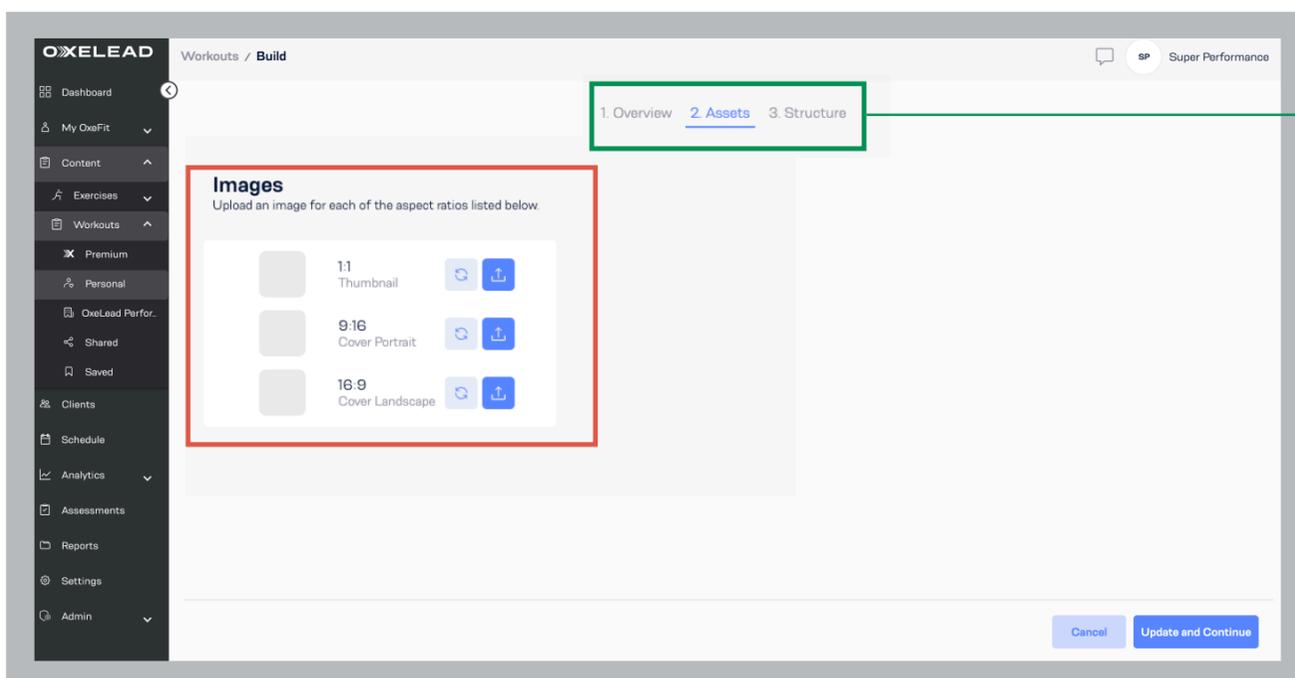


PART I: OVERVIEW

Add basic info to describe the workout.

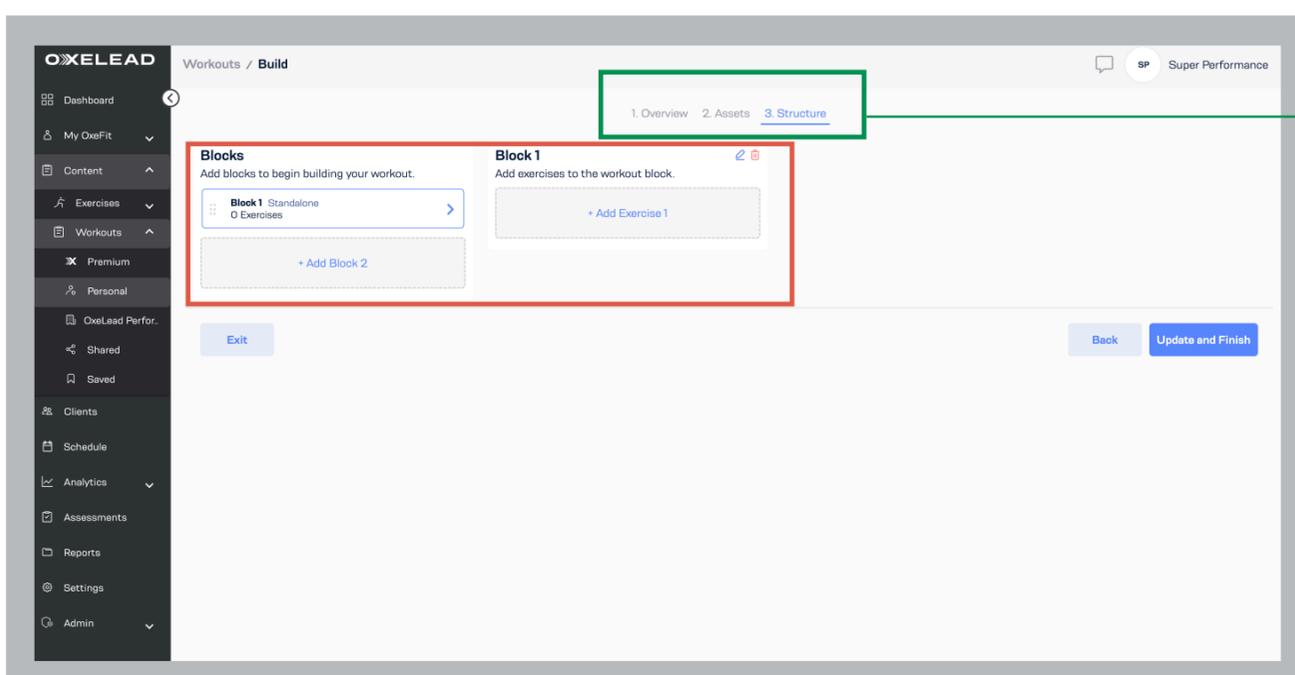
See pg. 02



PART II: ASSETS

Add images to personalize the visual display used wherever the workout is visible.

See pg. 03



PART III: STRUCTURE

Add Blocks.
Add Exercises within Blocks.
Configure Settings for each exercise.

See pg. 04

The screenshot shows the 'OXLEAD' interface for building a workout. The main content area is titled 'Workouts / Build' and has a sub-header 'Overview'. Below this, there are three tabs: '1. Overview' (highlighted in green), '2. Assets', and '3. Structure'. The 'Overview' tab contains a 'Setup' section with the following fields:

- Platform***: A dropdown menu with 'XSI' selected.
- Title***: A text input field containing 'XSI QA FIND'.
- Muscle Groups**: A dropdown menu.
- Body Segment**: A dropdown menu.
- Level**: A dropdown menu.
- Area of Focus**: A dropdown menu.
- Duration (minutes)**: A text input field containing '0'.

At the bottom right of the form, there are two buttons: 'Cancel' and 'Update and Continue'.

—Enter Setup Information—

Platform

Choose XSI or XP1

Title

Chose a name to title this workout

Overview

Write a description or any notes

Duration

Enter estimated time to complete workout

Muscle Groups

Choose muscles worked

Body Segment

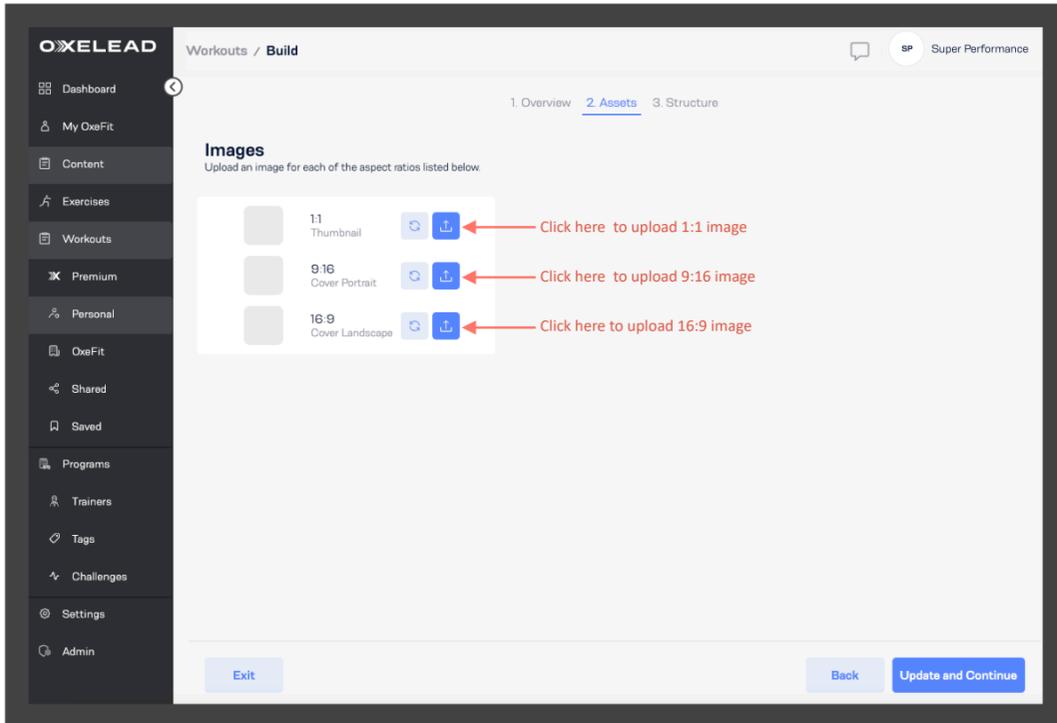
Choose: Upper, Lower, Total Body

Level

Choose: Beginner, Intermediate, Expert

Area of Focus

Choose the primary goals that apply

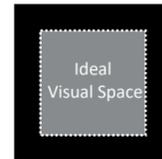


ADD DISPLAY IMAGES

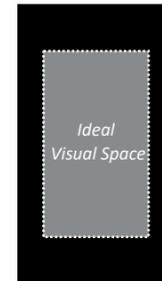
Building custom workouts in OxeLead allows you to upload your own images to personalize the display visuals. Different sizes of the same image are needed in order to generate properly across the multiple platforms where your custom workouts may be viewed from: XS1 | Mobile App | XP1

NOTE: It is important to upload high-quality images that follow the pixelation specifications noted or the appearance may be distorted.

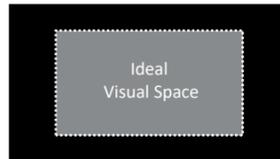
1:1 Thumbnail
Px: 1080 X 1080



9:16 Cover Portrait
Px: 1920 X 1080



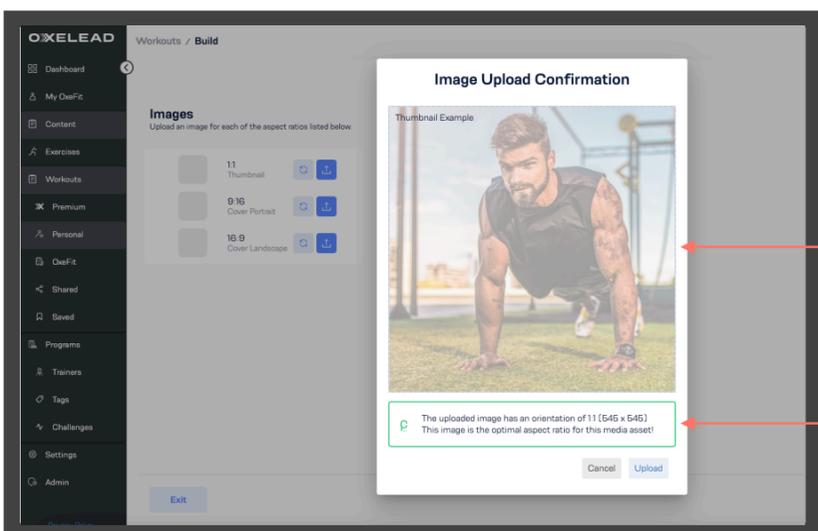
16:9 Cover Landscape
Px: 1080 X 1920



The specific location(s) where these images will generate may vary.

Most common visibility:

- o My Workouts rail (XS1 & XP1)
- o Scheduled Workout rail (XS1 & XP1)
- o Featured rail (XS1 & XP1)
- o Workout Preview panel (Mobile App)
- o Custom Workouts card (Mobile App)
- o Scheduled Workout card (Mobile App)



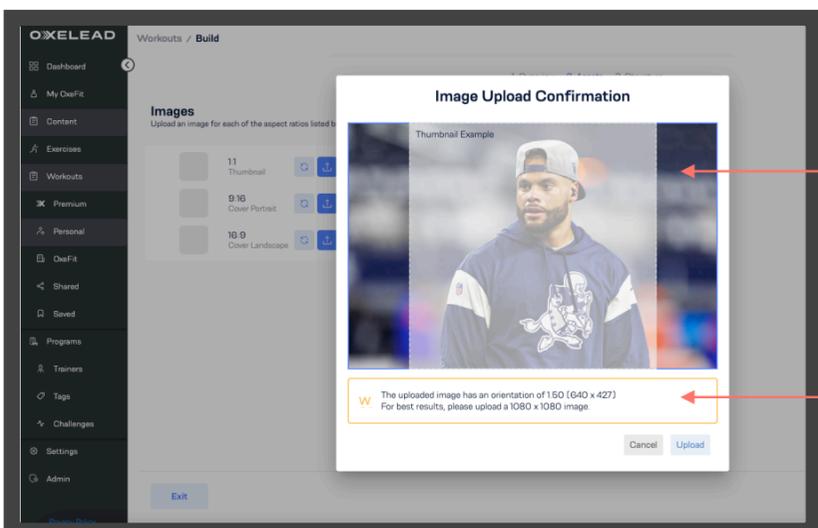
PREVIEWING UPLOADS

Once an image is submitted for upload, a confirmation message will appear alongside a preview of the visibility. The confirmation you receive depends on the aspect ratio of your upload. See the two options below.

Preview & Message 01

This message will appear when the selected image adheres to the correct aspect ratio. Entire image will display.

NOTE: Message pertains to optimal aspect ratio, NOT optimal resolution. Follow the pixelation guidelines to ensure highest quality.



Preview & Message 02

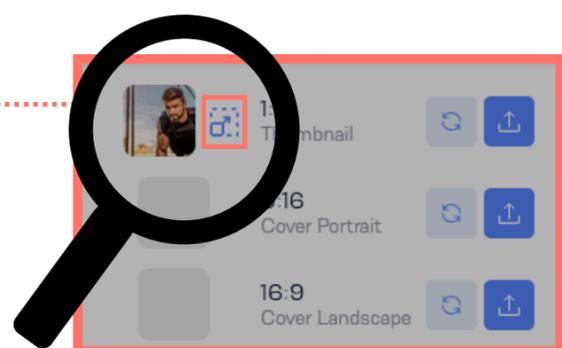
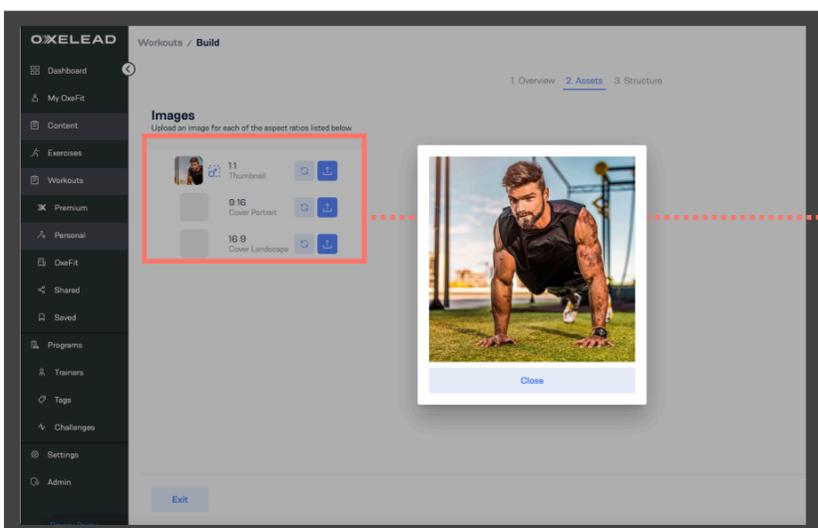
This message will appear when the selected image does NOT adhere to the correct aspect ratio. Image can still be used but may stretch or crop to fit. The preview will show the adjusted visibility.

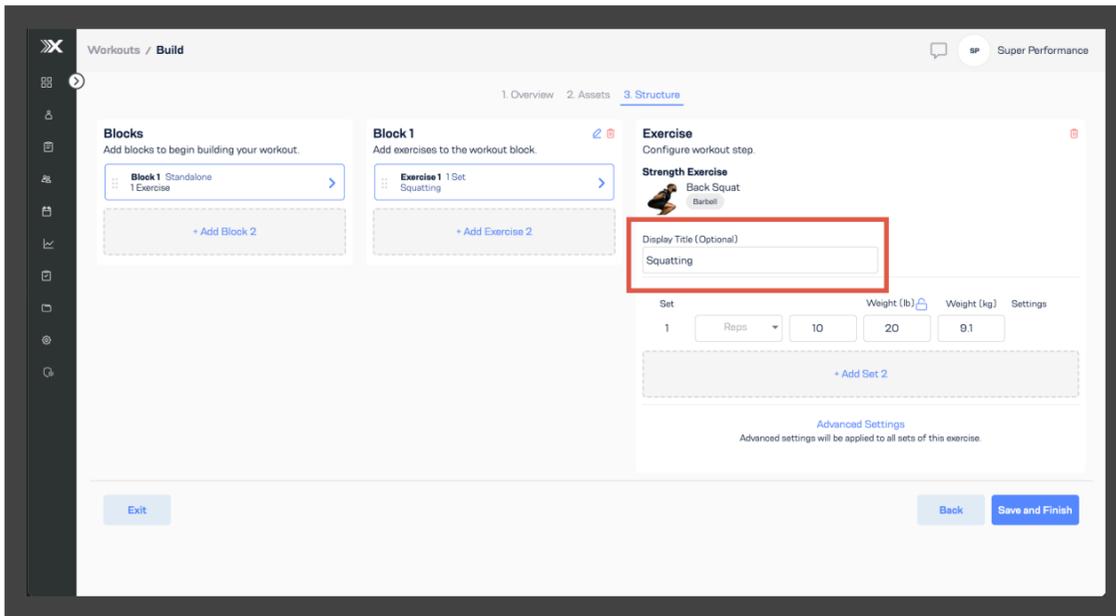
For best results, use a photo editing tool to adjust specifications and then re-upload.

NOTE: Message pertains to optimal aspect ratio, NOT optimal resolution. Follow the pixelation guidelines to ensure highest quality.

VIEW UPLOADED IMAGES

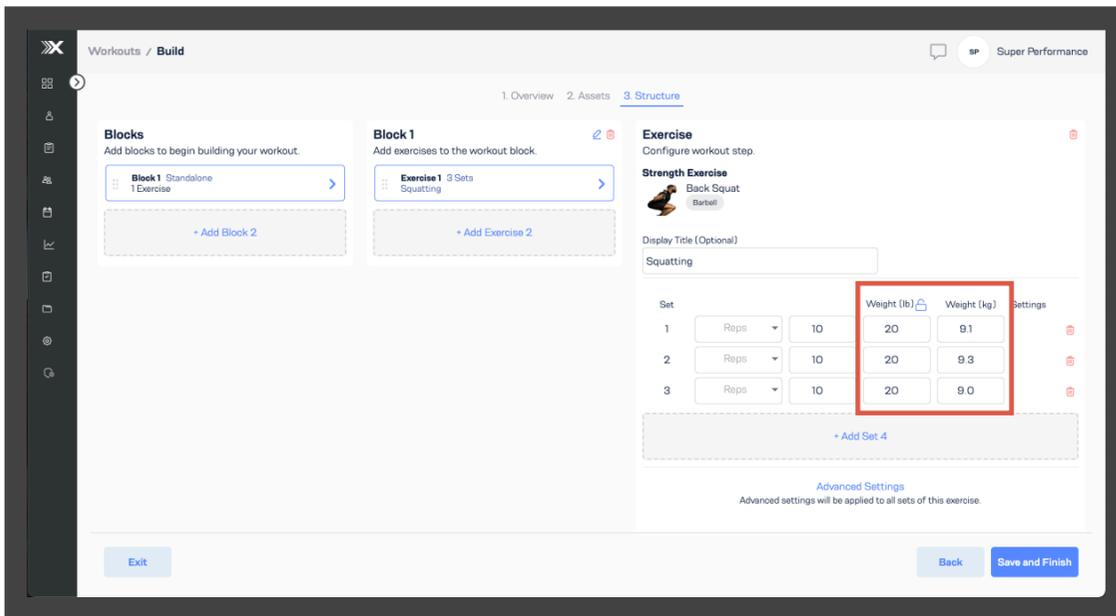
Select this icon to view/review the image on file anytime.





DISPLAY TITLE

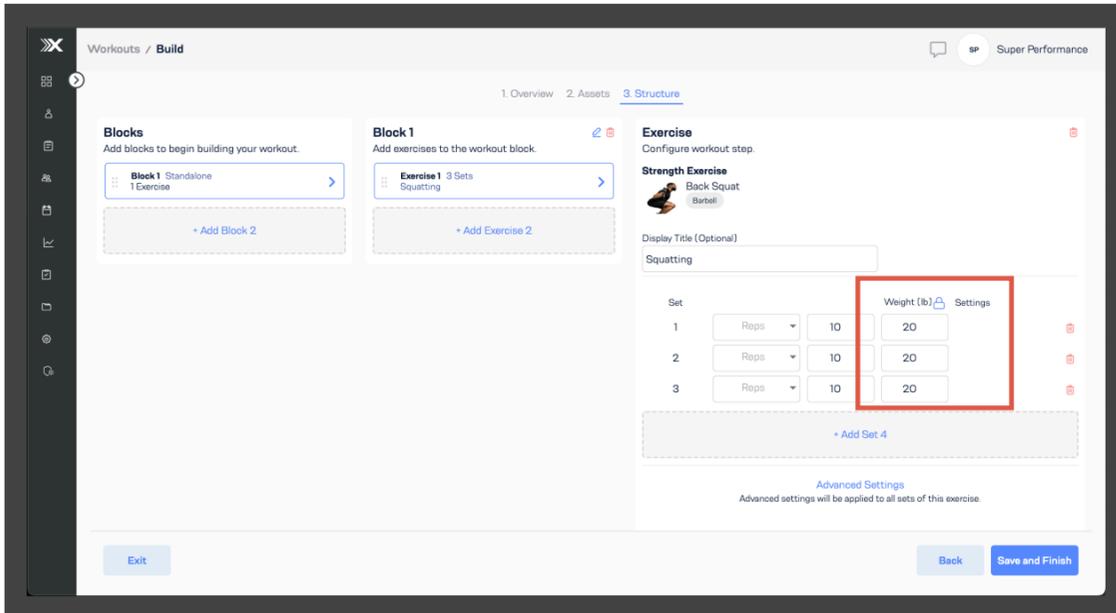
Change the name of the exercise to display a customized title.



LINK POUNDS & KILOGRAMS

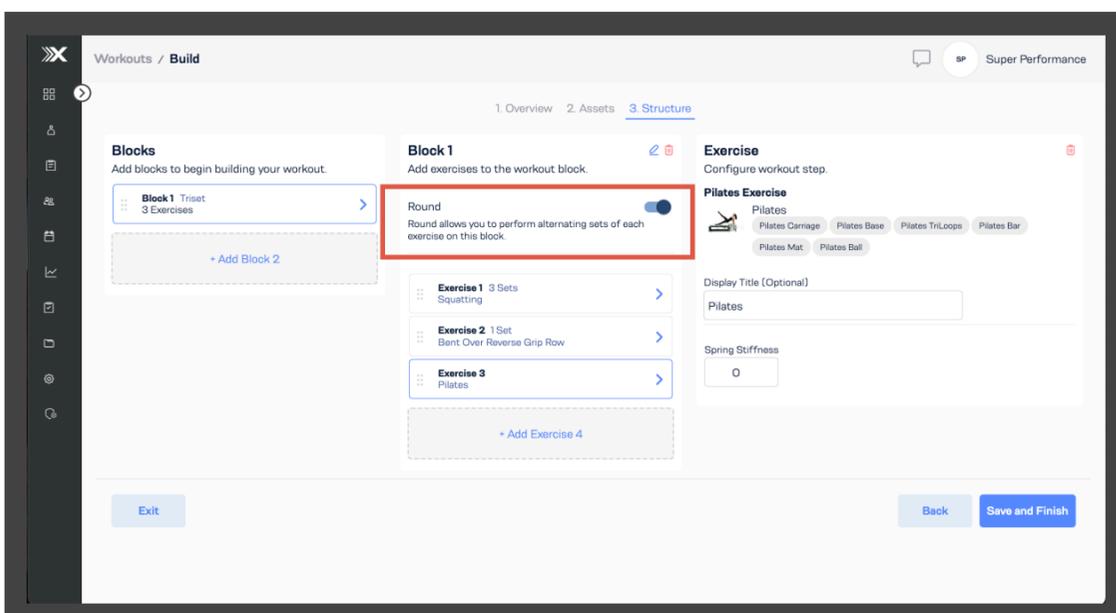
UNLOCKED

Enter both Pounds and Kilograms manually.



LOCKED

Select the "Lock" icon to automatically convert the Kilogram values based on the Pound values entered.



ROUND

Round is an optional workout structure that pertains to the selected Block.

It allows you to perform alternating sets of each exercise within a Block.

—ROUND OFF—

When turned OFF, the Block remains defaulted to STANDALONE.

—ROUND ON—

When turned ON, the block will automatically become:

- SUPERSET when 2 exercises are present
- TRISSET when 3 exercises are present
- CIRCUIT when 4+ exercises are present