



OXELEAD	Workouts / Build		Ģ	SP Super Performance	
🗄 Dashboard 🤇)	1. Overview 2. Assets 3. Stru	ucture		
ది My OxeFit 🗸	Overview				
🗐 Content 🔨	Fields marked with * are required.				Add basic info to describe the workout
方 Exercises 🧹	Setup	Muscle Groups			
🖹 Workouts 🔨	Platform *	-			See pg. 02
X Premium	ASI V	Body Segment			
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Assessments				_	
🗅 Reports				_	
③ Settings					
Ge Admin 🗸			Cancel	Update and Continue	



PART II: ASSETS

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

See pg. 03

OXELEAD	Workouts / Build		SP Super Performance	
🗄 Dashboard 🤇		1. Overview 2. Assets 3. Structure		
ය My OxeFit 🗸	Disclo	Photo 1		FARTIN: STRUCTURE
🖹 Content 🔨	Add blocks to begin building your workout.	Add exercises to the workout block.		
方 Exercises 🗸	Block 1 Standalone	+ Add Exercise 1		Add <u>Blocks.</u> Add Exercises within Blocks
X Premium	+ Add Block 2			Configure <u>Settings</u> for each exercise.
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🖫 OxeLead Perfor	Exit		Back Update and Finish	See pg. 04
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PART I: OVERVIEW GUIDE

B: Dashboard I. Overview 2. Assets 3. Structure A: My OxoFit I. Overview 2. Assets 3. Structure I: Overview Fields marked with *are required. I. Overview 1. Overview	
My OxeFit Overview Fields marked with * are required.	
Content A Fields marked with * are required.	
A Exercises Setup Muscle Groups Image: Workouts Platform * Image: Workouts Image: Workouts	
X Premium % Personal Title * Body Segment:	
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A saved Atlas to Frocus & Clients Duration (minutes)	
➡ Schedule	
Assessments	
Reports Settings	
Ca Admin 🗸	Cancel Update and Continue

-Enter Setup Information------

Platform Choose XSI or XPI

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

PART II: ASSETS GUIDE



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.



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

Most common visibility:

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



OXELLEAD Workouts / Build Dashboard Images Orneret Image Upload Confirmation Deathboard Images Upload an image for each of the aspect table all listed Image Upload Confirmation Images Images

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.



PART III: STRUCTURE GUIDE

»	Workouts / Build		💭 🕫 Super Performance	
88	>	1. Overview 2. Assets		
	Blocks Add blocks to begin building your workout.	Block 1 2 @	Exercise Configure workout step.	
88	Block 1 Standalone	Exercise 1 1 Set	Strength Exercise Back Squat	
Ë	+ Add Block 2	+ Add Exercise 2	Display Title (Optional)	DISPLATITILE
6 6			Squatting Set Weight (lb) 1 Reps + Add Set 2 Advanced Settings Advanced Settings Advanced settings will be applied to all sets of this exercise.	Change the name of the exercise to display a customized title.
	Exit		Back Save and Finish	
»	Workouts / Build		SP Super Performance	
88 (\supset	1. Overview 2. Assets	3. Structure	
Ē	Blocks Add blocks to begin building your workout.	Block 1 2 1 Add exercises to the workout block.	Exercise In Configure workout step.	
88	:: Block 1 Standalone >	Exercise 1 3 Sets Squatting	Strongth Exercise Back Squat	
#	+ Add Block 2	+ Add Exercise 2	Barbell	LINK POUNDS & KILOGRAMS
			Squatting Set Weight (b) Weight (kg) Bettings 1 Rops V 10 20 9.1 0 2 Rops V 10 20 9.3 0 3 Rops V 10 20 9.0 0 + Add Set 4 Advanced Settings Advanced Settings will be applied to all sets of this exercise.	Enter both Pounds and Kilograms manually.
	Exit		Back Save and Finish	
»	Workouts / Build		SP Super Performance	
88	\gg	1. Overview 2. Assets	3. Structure	
ے بھ ا	Blocks Add blocks to begin building your workout. Block1 Standalone E Exercise	Block 1	Exercise (Configure workout step.)	
5 6 6			Squatting Set Weight (lb) A Settings 1 Reps • 10 2 Reps • 10 3 Reps • 10 4	Select the "Lock" icon to automatically convert the <u>Kilogram</u> values based on the <u>Pound</u> values entered.
			Advanced Settings Advanced settings will be applied to all sets of this exercise.	

Back



Exit

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 TRISET when 3 exercises are present <u>CIRCUIT</u> when 4+ exercises are present