

OXEFIT MOBILE

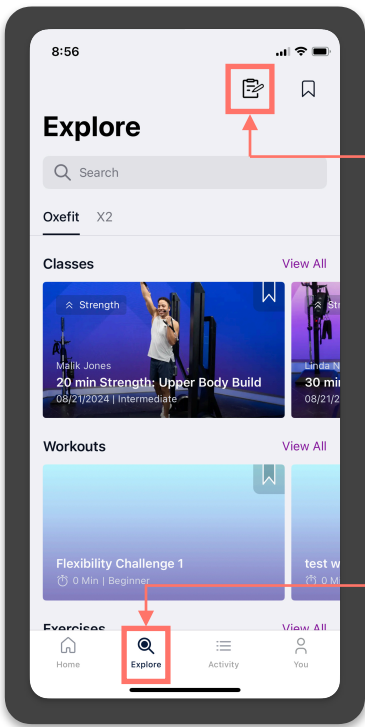
WORKOUT BUILDER GUIDE

START HERE

Find Custom Workouts in App

Create New

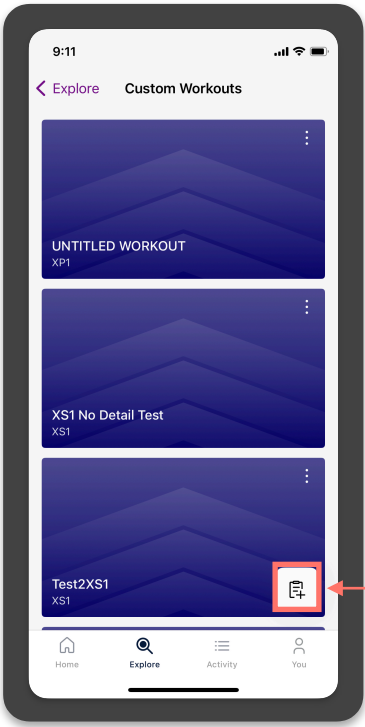
Begin Building



ACCESS
CUSTOM WORKOUTS

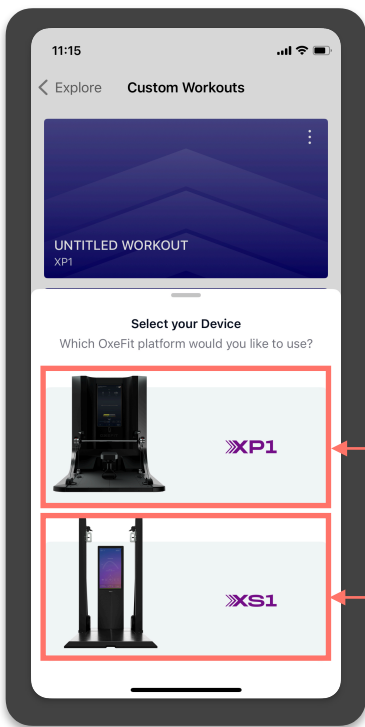
Select this icon from the EXPLORE tab to view/add/manage custom workouts.

EXPLORE
Tab



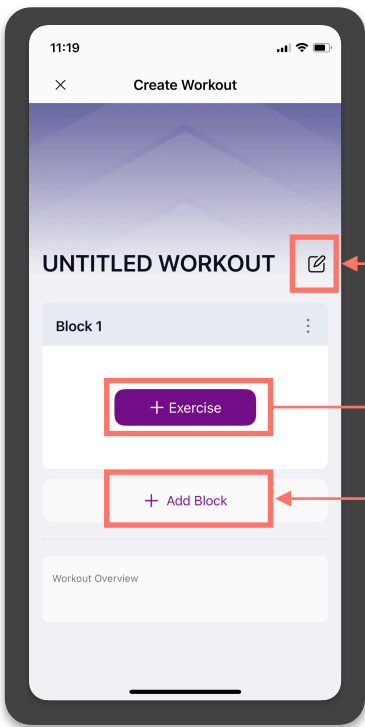
CREATE NEW
CUSTOM WORKOUT

Select this icon to create NEW custom workouts.



SELECT
PLATFORM

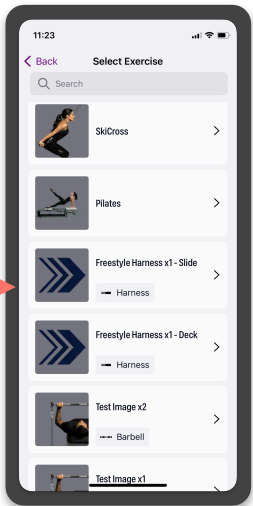
Choose
XP1 or XS1.



Add/Edit name of workout.

Add an
EXERCISE
within the
BLOCK.

Add another
BLOCK to
the workout.



BLOCKS

BLOCKS are a structural aspect that allow you to group/separate exercises within your workout in various ways. You can add as many BLOCKS as you need and rename each Block to help clarify what it is.

EXAMPLE:

BLOCK 01 ⇄ Cardio Warmup
BLOCK 02 ⇄ Strength Tricep Routine
BLOCK 03 ⇄ Strength Abs Routine
BLOCK 04 ⇄ Pilates Cooldown

SELECT EXERCISE

There are four types of exercises you can select to build your custom workout: STRENGTH | CARDIO | PILATES | BASIC

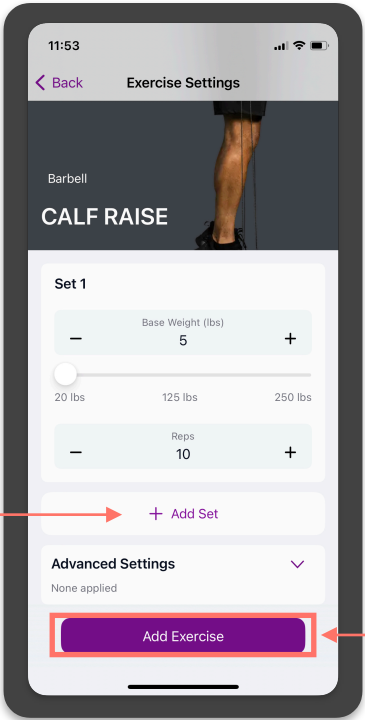
The Exercise Settings you select from on the next screen depend on the type of exercise you select.

EXERCISE SETTINGS

STRENGTH EXERCISE

Strength Exercises have SETS.

Select to add additional SETS.

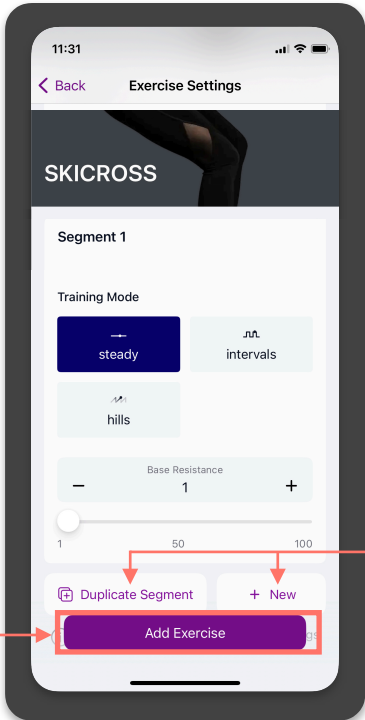


Adjust the settings for the exercise to your specifications and then select the ADD EXERCISE button to finalize.

CARDIO EXERCISE

Cardio Exercises have SEGMENTS.

Two options to add additional SEGMENTS.



WORKOUT STRUCTURE

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.

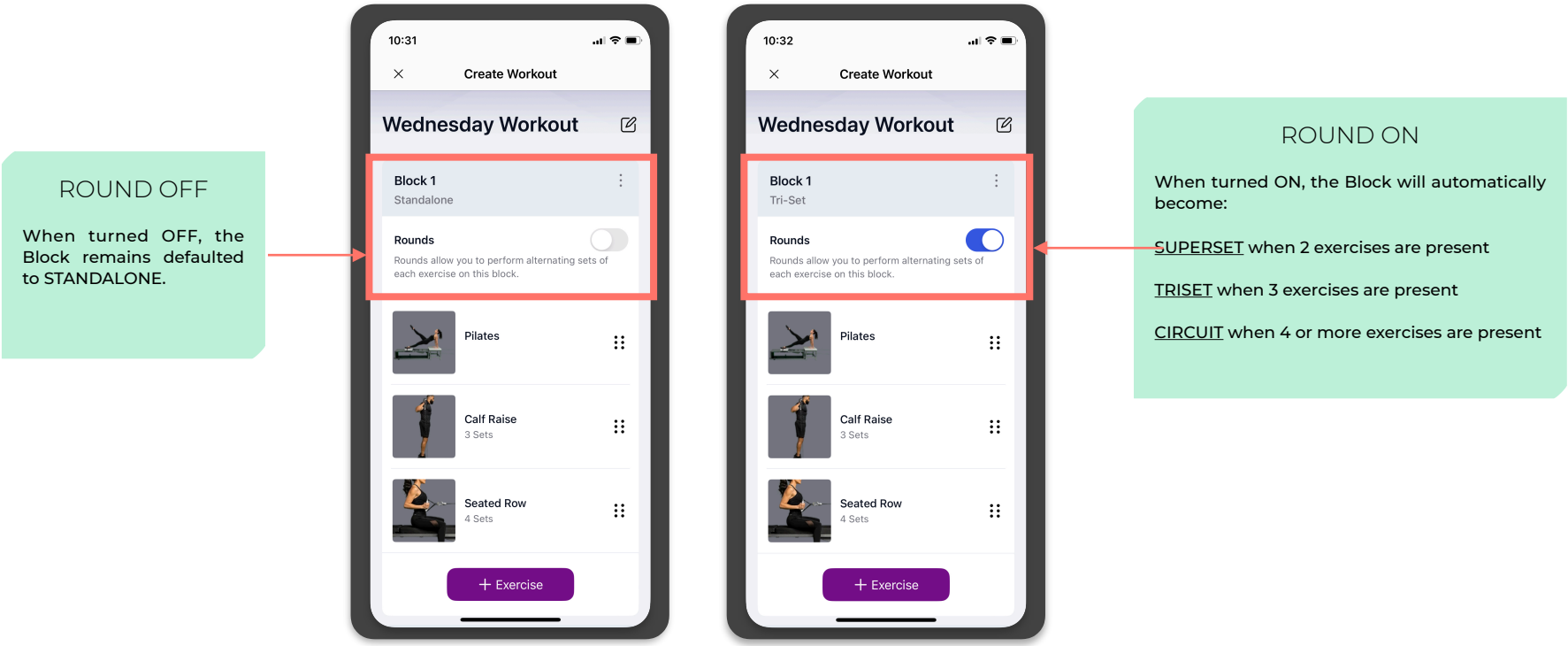
- STANDALONE

⇌ Default; exercises will be performed in sequence
- SUPERSET

⇌ 2 alternating exercises
- TRISSET

⇌ 3 alternating exercises
- CIRCUIT

⇌ 4 or more alternating exercises



NOTE: USING ROUND + PILATES

When PILATES is one of the exercises in the Block, using ROUND will automatically add Pilates to every Round in the workout structure.

The number of Rounds is determined by to the exercise with the highest number of sets.