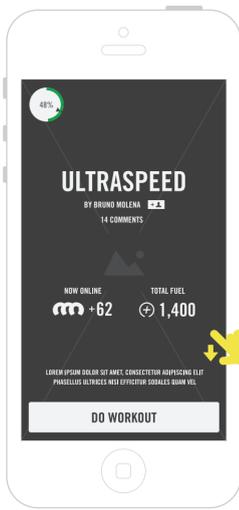## Row 1 — Screens

HOME SCREEN

THE USER IS VIEWING A PHOTO OF HIS LOCATION WITH LOCAL TIME, TEMPERATURE, NUMBER OF ACTIVE ATHLETES AND FUEL THEY HAVE PRODUCED.

HE CAN ADD OTHER LOCATIONS AS WELL WHICH ADD UP IN AN ANIMATED FULL SCREEN CAROUSEL.

HE TAPS ON "START TRAINING" TO VIEW THE WORKOUT OF THE DAY.

WORKOUT OF THE DAY

THE CIRCLE ON THE TOP RIGHT CORNER REPRE-SENTS THE USER'S PROGRESS TOWARDS HIS GOAL. THE CIRCLE REPRESENTS THE 30 DAYS AND THE FILLED AREA THE PERCENTAGE OF HIS GOAL THAT HAS BEEN COMPLETED.

HE CAN ALSO SEE HOW MANY USERS HAVE JOINED WITHIN THE CURRENT QUARTER OF THE HOUR (VIRTUAL CLASS) AND THE ESTIMATED FUEL OF THIS WORKOUT.
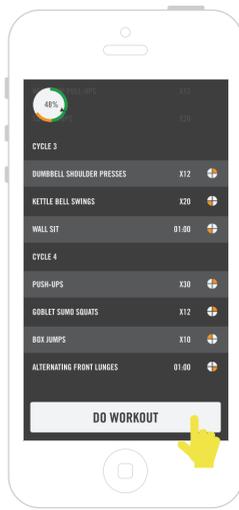
WORKOUT OF THE DAY

SCROLLING DOWN, HE CAN NOTICE THAT THE CIRCLE ANCHORS AT THE TOP OF THE PAGE AND AS HE SCROLLS THROUGH THE DRILLS, IT'S FILLED WITH THE AMOUNT OF EACH DRILLS' FUEL. AS HE REACHES THE BOTTOM OF THE PAGE HE CAN SEE HOW MUCH THE WHOLE WORKOUT WILL CONTRIBUTE TO HIS PROGRESS.

EACH DRILL HAS A BASE INDICATION, SHOWING WHAT THIS DRILL IS RECOMMENDED FOR. THERE IS ALSO A "NEW" TAG FOR DRILLS THAT THE USER HAS NEVER DONE BEFORE – SO HE CAN WATCH A DEMO BEFORE STARTING.

IN-SESSION

AT THE TOP OF THE SCREEN THERE IS A SOCIAL NEWS TICKER AREA WHERE VIRTUAL CLASS ACTIVITIES ARE BEING ANNOUNCED.

THE DRILLS COME ONE BY ONE AS SWIPABLE CARDS WITH THE APPROPRIATE TOOL FOR THisE SPECIFIC DRILL (TIMER, COUNTDOWN, REP COUNTER ETC.). THE USER CAN TAP ON THE ARROW AT THE TOP RIGHT CORNER TO FLIP THE CARD AND WATCH A DEMO.

IN-SESSION WITH VORTEX

VORTEX USERS CAN SEE THEIR HR AND LIVE FUEL COLLECTION AT THE TOP OF THE SCREEN.

THEIR GOAL IS TO MAINTAIN A BALANCED INTENSITY LEVEL ACCORDING TO THE DRILL SPECS WHICH WILL BE REPRESENTED WITH A STRAIGHT LINE. IF THEY WORKOUT WITH LESS INTENSITY THAN THEY SHOULD THE LINE DIPS TO THE LEFT, WITH MORE IT DIPS TO THE RIGHT. IN THAT CASE, A MESSAGE APPEARS AT THE BOTTOM OF THE SCREEN TO GET THEM BACK ON TRACK.

Row 2 — Screens
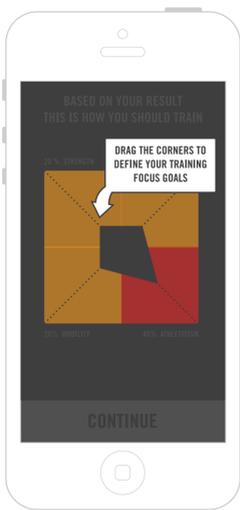
INTRODUCTION COACHMARK

AS THE USER LANDS HERE FOR THE FIRST TIME, A TOOLTIP EXPLAINS HIM HOW TO DEFINE HIS TRAINING PLAN.
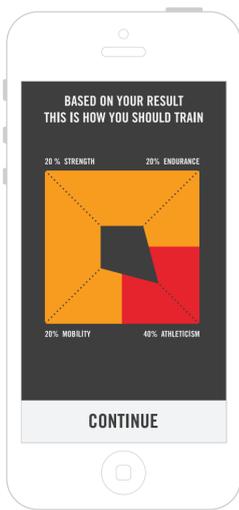
MONTHLY PLAN DEFINED

BASED ON THE ASSESSMENT, THE RECOMMENDED SPLIT OF FOCUS TARGETS FOR THE USER ARE 20% STRENGTH, 20% ENDURANCE, 20% MOBILITY AND 40% ATHLETICISM.
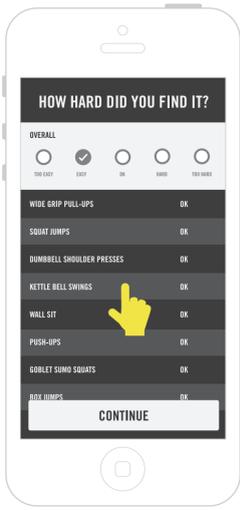
THE USER CAN EITHER HIT "CONTINUE" OR MANUALLY CHANGE THE RECOMMENDED SPLIT.
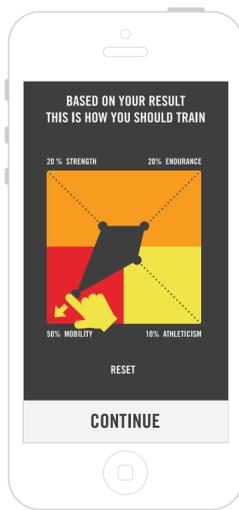
MANUAL ADJUSTMENT

THE USER PREFERS TO FOCUS MORE ON MOBILITY AND LESS ON ATHLETICISM SO HE UPDATES HIS TRGETS BY DRAGGING THE SLIDERS TO 50% AND 10% RESPECTIVELY.

AS SOON AS HE HAS MODIFIED THE DEFAULT TARGETS, A "RESET" BUTTON APPEARS SO HE CAN REVERT BACK TO THE INITIAL STATE.

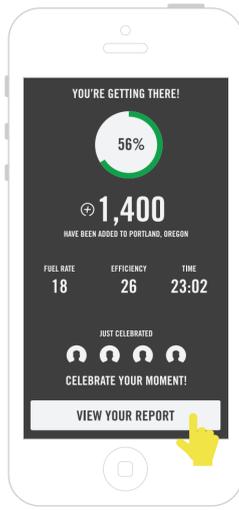## Row 3 — Screens

RPE (OVERALL)

THE USER IS ASKED TO RATE HOW EASY OR HARD HE FOUND THE WORKOUT BY SELECTING ONE OF THE 5 OPTIONS.

HE CAN ALSO INFORM HIS TRAINING WITH MORE INFO SPECIFYING HOW EASY OR HARD HE FOUND EACH DRILL. FOR EXAMPLE IF HE FOUND PUSH-UPS TOO HARD, NEXT TIME HE WILL BE ASKED TO DO LESS.
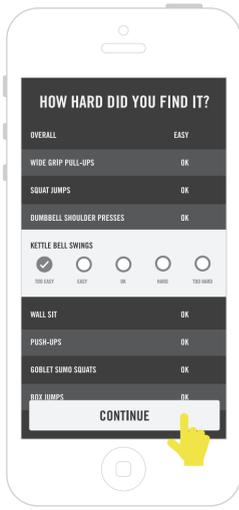
RPE (DRILL SPECIFIC)

THE USER SPECIFIES THAT HE FOUND A DRILL TOO EASY.

WORKOUT COMPLETED

AFTER COMPLETING A WORKOUT, THE USER CAN SEE HOW MUCH HE CONTRIBUTED TO HIS LOCATION'S TOTAL FUEL AND HOW MUCH HE HAS PROGRESSED TOWARDS HIS MONTHLY TARGET.

HE CAN ALSO CONNECT WITH VIRTUAL CLASS PARICIPANTS THAT JUST COMPLETED AND SHARED THEIR ACHIEVEMENT, OR SHARE HIS OWN ACHIEVE-MENT ON HIS FEED.
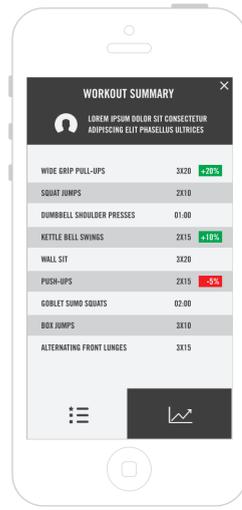
SESSION REPORT

ONE OF THE REPORT TABS SHOWS A LIST OF THE DRILLS THAT THE USER JUST COMPLETED WITH SOME INDICATION ABOUT HOW HE HAS IMPROVED SINCE THE BEGINING OF THE MONTH (+20% – MEANS 20% MORE PUSHUPS).

AT THE TOP OF THE SCREEN THERE IS A TRAINING INSIGHT.
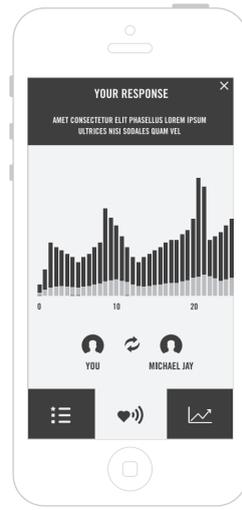
SESSION REPORT WITH VORTEX

AN EXTRA TAB FOR VORTEX ONLY USERS, SHOWS HOW THEIR WORKOUT PERFORMANCE COMPARES WITH THE TRAINER THAT CREATED IT, OR A MANUALLY PICKED ATHLETE.

AT THE TOP OF THE SCREEN THERE IS A VORTEX OR HR RELATED INSIGHT.

Row 4 — Screens

DEFAULT PLAN

BASED ON HIS SELECTED GOALS, A MONTHLY PLAN HAS BEEN CREATED FOR THE USER. THE CHALLENGE IS TO DO 12 WORKOUTS UNTIL THE END OF THE MONTH – THIS NUMBER CAN BE MANUALLY CHANGED.

A MONTHLY CALENDAR VIEW FACILITATES THE USER TO MAKE A JUDGEMENT ABOUT HOW TO DISTRIBUTE HIS WORKOUTS AND ESTIMATE IF THE SUGGESTED NUMBER IS ENOUGH REASONABLE OR CHALLENGING.
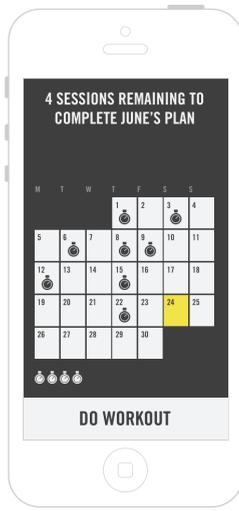
AMENDED PLAN

UNDERNEATH THE CALENDAR, THE USER CAN SEE THE 12 WORKOUT ICONS (APPEARING LIKE "LIVES" IN A VIDEO GAME).

EACH TIME HE COMPLETES A WORKOUT AN ICON IS REMOVED AND PLACED INTO THAT DAY'S BOX.

THE USER DECIDES TO INCREASE THE NUMBER OF WORKOUTS FOR THIS MONTH TO 14 SO HE TAPS THE (+) BUTTON TWICE.

PLAN IN PROGRESS

IT'S THE 25TH OF THE MONTH AND THE USER HAS COMPLETED 10 OF THE 14 WORKOUTS HE COMITED TO DO.