



IN-DEPTH FEATURES GUIDE

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WELLFIT HOLDING LLC



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The ***In-Depth Features Guide*** is designed to inform you about the many unique features that the Physseek App offers in addition to providing detailed instructions on how to use them so you can get the most out of your Physseek experience. The features are designed to motivate you to consistently work out with the intensity needed to achieve transformative results.

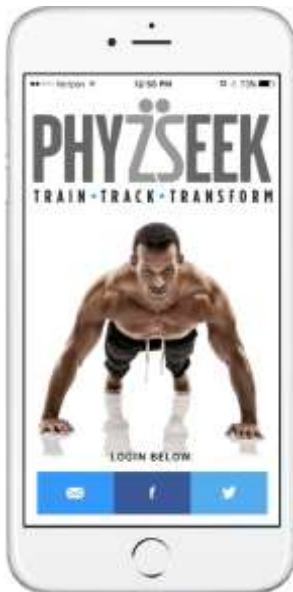
Technical Requirements

- Universal Application for iPhone and iPad (iOS 8.0 and higher)

Login Page

You will have three ways to login to the App. You can login using your email address, your Facebook profile or your Twitter credentials. By logging in using Facebook or Twitter, your profile information will automatically be loaded on to the Profile Page, such as your picture, full name, age, and gender. If you login using your email then you will be prompted to manually input your profile information.

IMPORTANT: Always login using the same method because all of your workout and fitness data will be saved in that account.



Email/Facebook/Twitter Login: From the login page, you can register for the App by either logging in using your ***email address*** or by using your ***Facebook*** or ***Twitter*** credentials.

Physseek Disclaimers & Policies: During the login process, you will be asked to confirm that you agree to the ***Terms of Use*** and ***Privacy Policy*** of the Physseek App. Please make sure you fully read and understand both before clicking that you are in agreement. In addition, you will be asked to confirm that you understand that the app does not provide medical advice and you should consult with your physician before beginning the Physseek exercise program.

Profile Page

Once you complete the login requirements, you will be taken to the Profile Page. You can also reach the profile page by navigating to the Side Menu window by pressing the Side Menu icon (three horizontal lines in the upper left hand corner of the page) then pressing your Profile picture, assuming you have already completed your initial login. Once you input all of the values shown below, you should press save at the bottom of the page to make sure they are all stored in the database under your account.



Profile Picture: Once you complete the initial login requirements, you will be directed to the Profile Page where you will be asked to provide a profile picture. You can use one that is taken within the App or you can upload a picture from your device.

Full Name: The profile page requires you to input your first and last name. If you log in through Facebook or Twitter then your name should automatically appear.

Age/Gender: Depending on your login method, you may be asked for your age and gender, which will serve two purposes:

- They will help determine the appropriate intensity with which you should work out
- They will help to classify you into the correct peer group for data capture

Height/Weight: You will also be asked to provide your height & weight, which are used for calculating BMI. By inputting your weight weekly, you will be able to easily track your progress over time.

Fitness Level: The App will ask you to input your self-assessed fitness level – Advanced, Intermediate or Beginner. Be honest with yourself because when you start to workout it will help the App determine the appropriate heart rate zone you should be training in to get the best results.

Resting Heart Rate: By inputting your resting heart rate you will be able to easily track changes in your level of fitness. We recommend inputting your resting heart rate weekly. In general, the more fit you become, the lower your resting heart rate. The best way to count your heart rate is to use the pulse at your wrist using your index and middle finger.

Equipment Page

After you complete your Profile Page, you'll be taken to the Equipment Page where you can input the equipment you have available for workouts and the type of cardio you prefer to do during workouts.



Preferred Cardio: You will be asked to provide your preferred type of cardio exercise (Run, Row, Bike or Jump Rope), which will be automatically incorporated into each workout. The App will make adjustments based on the type of cardio exercise chosen. For example, the standard cardio exercise may be a 400 m run, the alternatives will be a 600 m row or a 1,000 m bike. You can also choose to jump rope.

Available Equipment: On the Equipment Page, you will be asked to deselect exercise equipment that you do not have available to you either at home or at your gym. By doing so, the App will automatically provide exercises based on the equipment you have available. Some of the exercises will be considered non-modified alternatives to the standard exercises while others will be counted as modified, which will result in a comparison of your results to those of other modified users.



Settings Page

The Setting Page holds all of the settings used by the App to tailor your Phyzseek experience.

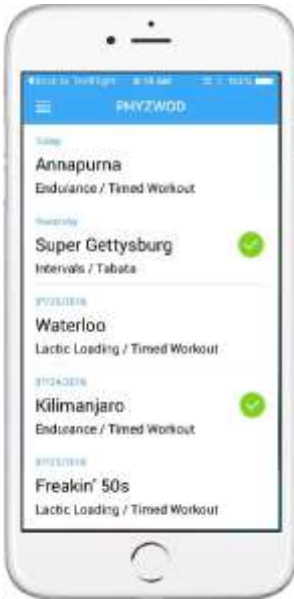


- **Subscription:** While some features of the Phyzseek App can be used for free, you can upgrade to Premium access to get all the features that will help keep you motivated to achieve success.
- **Heart Rate Sensor:** You can enable a heart rate monitor, which must be selected in the list of available devices.
- **Default Comparison Criterion:** The comparison criterion tells the app who to compare you to by default with respect to PhytRank, PhyzioLevel and the Leaderboard. The App can compare you to your Peers (age, gender, modification status) or All users of the App. You can use the Settings page to indicate who is used as a comparator on a default basis. You can also change the comparison criteria using a drop down menu at the top of the Dashboard pages when analyzing your workouts and achievements.
- **Sounds:** The App provides verbal cues and sounds to provide encouragement or to let you know if you are on Pace to achieve your goals. But, if you choose to do so, the sounds can be turned off by sliding the lever to the left until green is no longer visible.

Notifications: The App will push multiple notifications to your device unless you decide to turn them off by sliding the lever to the left until the green is no longer visible. The notifications are designed to encourage you to workout consistently (New PhyzWOD available, Haven't Worked Out in a Week and Peer Pressure), to tell you to provide updates for certain metrics such as weight, resting heart rate, and to repeat the fitness test (PhytTest), to let you know that new Phyzseek information is available (New Blog Available & Important Phyzseek Notifications) and to inform you of PhyzTeam activity (PhyzTeam Notifications).

PhyzWOD Page

Once you have completed your initial login, subsequent logins will return you directly to the PhyzWOD page. The PhyzWOD (**Phyzseek Workout of the Day**) page contains the daily workouts. You can get to the **PhyzWOD** page in one of two ways: (1) clicking on PhyzWOD from the Side Menu, or (2) if you choose, you can receive the day's PhyzWOD as a daily notification. Each day, a new workout will be provided and listed at the top (*Today*). In addition, the workouts from the prior four days will be visible on the page as well. Pressing on a PhyzWOD name will take you to the **Workout Page**.

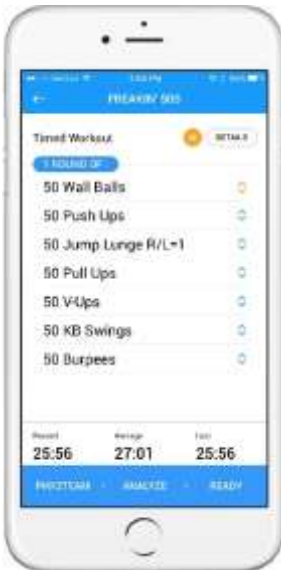


PhyzWOD: The daily PhyzWOD name is listed first, the **category** from which it is derived is listed second and the **type** of workout is listed third. The workouts are derived from one of three categories: (1) Intervals, (2) Lactic Loading or (3) Endurance (See FAQs – *What are the different workout categories?*). We recommend that you perform at least one workout from each **category** every week. The Phyzseek App provides multiple **types** of workouts within each category to keep it interesting and variable.

Green Checkmark: A green circle with a checkmark indicates that you have already done that workout within the past 5 days. If you open a workout that has been done in the past 5 days then you will be taken to the **Workout Complete** page to view your prior results. You can perform that workout again by pressing the **REPEAT** button at the bottom of the **Workout Complete** page.

Workout Page

The Workout Page allows you to: (1) view the exercises, rounds and reps required by the daily PhyzWOD, (2) get additional information about it by pressing the Details button, (3) see if the workout has been modified, (4) view your results from previous times that you did that workout, and (5) gain access to other pages (PhyzTeam, Pacer, Workout Timer, Exercise Alternative Screens and watch Exercise Video Demos).



Workout Name: The very top of the page shows the name of the PhyzWOD. Every PhyzWOD has a unique name based on the world's tallest mountains, the world's most famous volcanoes, the most well know battles throughout history, the world's most famous warriors and other fun names that describe the workouts.

Workout Type: The workout type is viewable in the area just below the workout name. The workout types are: Timed Workout (workout result is TIME), AMRAP (As Many Rounds As Possible – workout result is ROUNDS) and Tabata (workout result is REPS). Each workout type requires a different kind of timer, which is automatically provided on the Workout Timer page.

Details: To the right of the workout type is a DETAILS button. Pressing on the icon will provide you with additional information about the workout.

Modification Status ("M"): To the right of the workout type may be an "M" inside an orange circle. The icon indicates that the workout is modified, either because you do not have the required equipment to do the standard exercises or you have chosen an alternative modified exercise because you may not be proficient enough at the standard exercise. The exercise that is considered "modified" will have an orange up/down arrow to the right of it.



Metrics Section: Below the exercise list are three metrics:

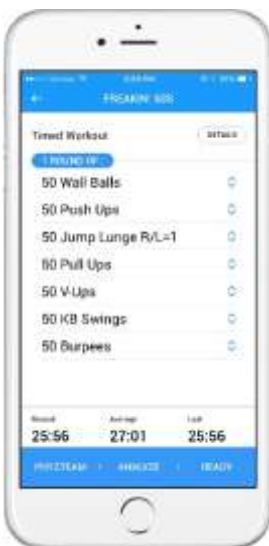
- **Record:** your personal best for that workout
- **Average:** your average of the last three results for that workout
- **Last:** your last result for that workout.

Up/Down Arrows: The up/down arrows on the **Workout** Page to the right of each exercise allow the user to access two important features:

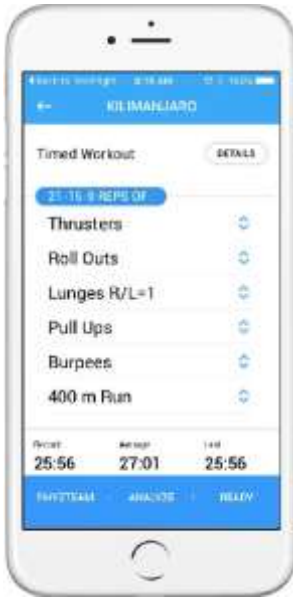


- **Choose Alternative Exercises:** By swiping the page to the left or right, you can choose an alternative exercise if you cannot perform the standard exercise either due to a lack of proficiency or due to a prior injury.
- **Exercise Demo Videos:** You can view a video demonstration and full explanation of the exercise to make sure that you are doing the exercise properly. The videos will automatically loop and are best viewed in landscape.

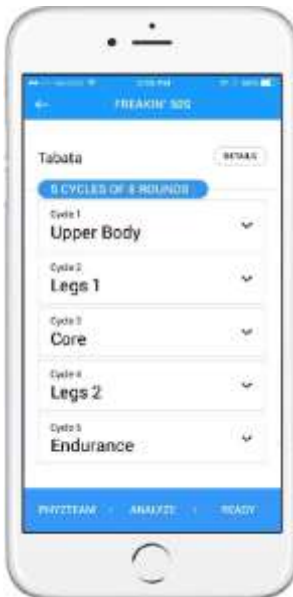
Blue Bubble: Inside of the blue bubble, just below the workout type section, are important instructions related to the specific workout. There are different instructions depending on the type of workout.



"X ROUNDS OF:" tells the user to repeat the list of exercises for the number of rounds indicated. For example, the blue bubble may say, **"4 Rounds Of:"** which tells the user that they must repeat the list of exercises 4 times in order to successfully complete the workout.



“21-15-9 Reps Of:” tells you the required number of reps that must be done for each exercise in the list in order for you to complete each round of the workout. The first round requires you to do 21 reps of each exercise before moving on to the next round. The second round requires you to do 15 reps of each exercise. And, the third and final round requires you to perform 9 reps of each exercise before completing the workout.

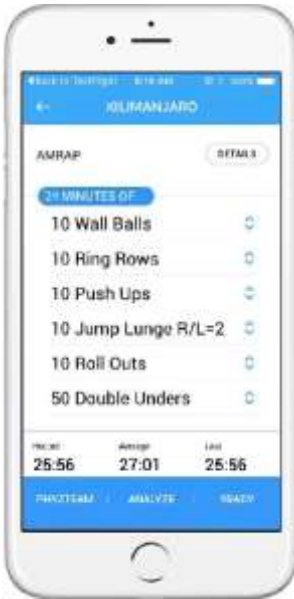


“X CYCLES OF Y ROUNDS:” is indicative of an Intervals workout. Each cycle (X) consists of a certain number of rounds (Y) with each round consisting of a period of work and a period of rest. Each cycle is followed by a recovery period when the user should do a more moderate intensity cardio exercise.

Pressing the down arrow to the right of the cycle name opens the list of exercises where you can:

- Choose alternative exercises
- View demonstration videos.
- See the number of rounds for each exercise within the cycle

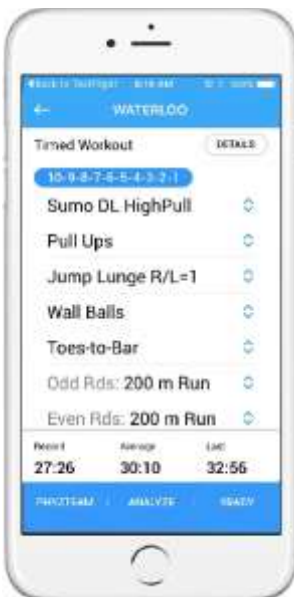
At the end of each cycle, you will be prompted to input the TOTAL number of reps achieved during the cycle. For example, if you completed 96 TOTAL reps during ALL rounds of the cycle then you would input 96.



“X MINUTES OF:” is indicative of an AMRAP (As Many Rounds As Possible)-style workout. The list of exercises should be repeated for the time period shown in the blue bubble. For example, if the blue bubble says, “24 minutes of:” then the user will need to perform the list of exercises for 24 minutes to successfully complete the workout.

At the end of the workout when the allotted time period expires, you will be prompted to input the number of rounds + the number of exercises completed in the last round if you didn’t complete the entire list of exercises during the last round.

For example, if you went through the entire list of exercises 6 times and then began the 7th round but only completed 3 of the exercises in the list during the 7th round then you would input 6 Rounds + 3 Exercises.



“10-9-8-7-6....” is indicative of a **ladder**-style workout. The numbers tell you the required number of reps that must be done for the list of exercises in order for you to complete each round of the workout.

In the example shown, you would need to perform 10 reps of each exercise in the first round, 9 reps of each exercise in the second round, 8 reps of each exercise in the third round, and so on, until you complete the 1 rep round at which point you will have successfully completed the workout.

Exercise List: Below the blue bubble (or, below the Type of Workout for certain workouts that do not have a blue bubble, such as a cards workout) is the list of exercises that must be performed during the workout.

- **Fixed Round/Fixed Rep Workouts:** For these workouts, the number of rounds to be performed of the exercise list will be shown in the Blue Bubble. And, the number of reps to be done for each exercise is shown to the left of the exercise.
- **21-15-9 and Ladder Workouts:** For these workouts, the required reps for the list of exercises are shown in the blue bubble. The first round of a 21-15-9 workout requires 21 reps of each exercise in the list, followed by 15 reps and then 9 reps. The ladder workouts will show a sequence of numbers, which represent the reps to be done of each exercise as the rounds progress.



- **Cards Workouts:** For these workouts, each suit (Hearts, Diamonds, Clubs or Spades) represents a different exercise. The number of reps to be performed for each exercise is shown by the number on the card. Picture cards (Jacks, Queens, and Kings) require 10 reps while Aces require 11 reps to be done.
- **Interval Workouts,** there is no required number of reps. The goal of these workouts is for you to perform as many reps as you can during the allotted time period for the cycle.
 - Under the cycle heading, directly under the Blue Bubble, you will see a light gray box that may be expandable depending on the number of exercises in the cycle. Inside the gray box is either a single exercise for which you will do the required number of rounds (shown in the Blue Bubble) or a list of exercises, each followed by instructions of how many rounds (ex. “x4 rds”) should be performed for each.
 - At the bottom of the gray box is the metrics sections showing your Record, Average and Last for the Cycle being shown in the gray box.
- **AMRAP Workouts:** For these workouts, the list of exercises will be done for a fixed period of time which is shown in the Blue Bubble. The rep count for each exercise is shown to the left of the exercise name.

PhyzTeam: By pressing **PHYZTEAM** at the bottom of the page (left), you will be brought to the PhyzTeam Page (*see PhyzTeam Page* for more info).

Analyze: By pressing **ANALYZE** at the bottom of the page (center), you will be brought to the Workout Dashboard (*see Workout Dashboard* for more info).

Ready: By pressing **READY** at the bottom of the **Workout Page** (right), the Pacer picker wheel will open.

Pacer: The Pacer picker wheel will open once you press **READY** at the bottom of the **Workout Page**. The pacer is a very unique feature that will encourage you to maintain a pre-programmed intensity during the entire workout. You can then adjust the picker wheel to your desired goal for the workout. You can program the time, reps or rounds that you would like to accomplish during the workout.

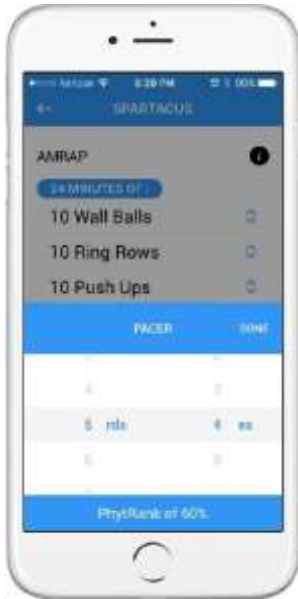
The PhytRank under the Pacer time shows you where you would rank amongst your Peers (or All users) if you accomplish the workout in the pre-programmed time period. We view the Pacer as such a crucial part of the App that we require you to program the Pacer for ALL workouts. However, by default, the Pacer will be set at your personal record for each individual workout. Obviously, you can adjust it to be higher or lower than your record. Once you finish inputting your parameters, just press DONE and the Pacer will be programmed and the **Workout Timer** page will open.



For **Timed Workouts**, you will program in the amount of time that you aspire to finish the workout. As an example, if you previously did a certain workout in 26:00 then you may want to push yourself to beat your prior time. Therefore, you may program the Pacer so that it encourages you throughout the workout to achieve a better time of perhaps 25:56, which in this case would correspond to a PhytRank of 65%.

For **Interval Workouts**, you will program in the total number of reps you hope to perform for each cycle. You will need to program each cycle separately before you begin the workout. As an example, if you previously did 80 reps of cycle 1 (Upper Body) then you may want to push yourself to beat that number of reps this time. Therefore, you may program the Pacer so that it encourages you throughout the workout to perform perhaps 85 reps during the first cycle (Upper Body). Once you have programmed cycle 1, you will press the horizontal arrow to program cycle 2 (Legs 1) and subsequent cycles the same way. Once all cycles have been programmed, you will press DONE and the **Workout Timer** page will open.





For **AMRAP Workouts**, you will program in the number of rounds and exercises that you strive to achieve during the workout. As an example, if you previously did 5 Rounds + 3 Exercises then you may want to push yourself to beat that number of rounds this time. Therefore, you may program the Pacer so that it encourages you throughout the workout to perform perhaps 5 Rounds + 4 Exercises.

Workout Timer Pages

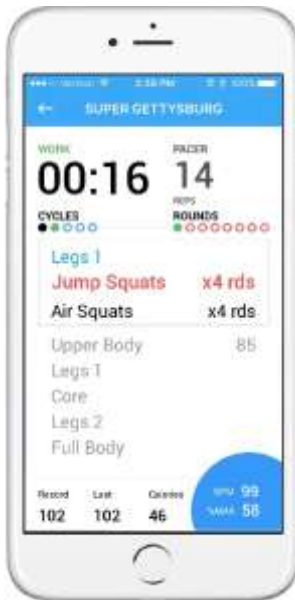
On this page you will perform the workout. Here you can do the following: (1) start and stop the workout timer, (2) view your pace as compared to the Pacer, (3) see the exercise list required to complete the workout, (4) view your metrics for the workout (Record & Last), (5) use the heart rate monitor to track your heart rate, level of intensity and calories burned, and (6) move to the **Workout Complete** screen.

There are multiple different types of **Workout Timer** screens depending on the type of PhyzWOD. They are all similar with respect to how they work but measure workout results specific to the type of workout being done.



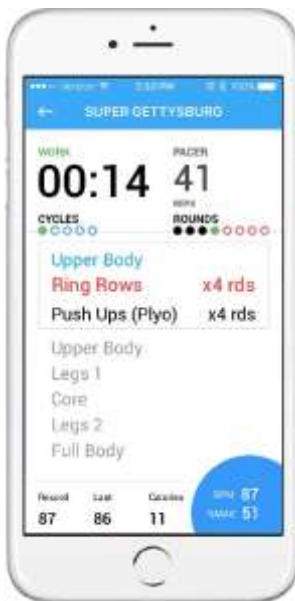
Start/Stop Workout Timer: Just below the name of the workout, which is located across the top of the screen in the blue rectangle, is the Workout Timer (*left side*). To start the timer (and workout), just press “**TAP CLOCK TO START**” and the “GET READY” screen will provide a 10 second countdown. Once the timer is started, you can pause it by pressing the back arrow in the left upper hand corner of the screen. If you choose to interrupt the workout permanently then the workout data will not be saved. But, if you return to the Timer screen you can continue the workout where you left off.

For **Timed Workouts**, the clock will act as a stopwatch. Once you complete the entire workout, press “**TAP TO FINISH**” and the workout will be completed. Timed workouts do NOT require you to input any information (*1-Touch Feature*). All workout data will be automatically captured and saved when you stop the timer. Once you have completed the workout, you can go to the **Workout Complete** screen by pressing DONE in the right upper hand corner of the Timer screen, which appears once you have “Finished” the workout.



For **Interval Workouts**, the clock will act as an Interval Timer, pre-programmed specifically for that workout. An Interval workout consists of a certain number of cycles.

- Each **CYCLE** can consist of a single exercise or a list of exercises that are repeated for a certain number of rounds. For example, ring rows x4 rds means that you should perform *Ring Rows* for 4 consecutive rounds before you perform *Push Ups (Plyo)* for another 4 consecutive rounds.
- The number of **CYCLES** required by the workout will be indicated under the Workout Timer as **BLUE** circles.
- Once the workout begins, the “active” cycle, the one that is currently ongoing, will be shown as a **FILLED GREEN** circle.
- And, when the cycle is completed, it will be shown as a filled **BLACK** circle. Once all cycles are completed, all of the circles will be filled **BLACK**.



Each **ROUND** consists of a specific number of **WORK/REST** periods. The Work/Rest ratio could be 20 seconds of Work followed by 10 seconds of Rest or it may consist of 1 minute of Work followed by 30 seconds of Rest.

- The number of **ROUNDS** required by the workout will be indicated under the Pacer Timer as **EMPTY RED** circles.
- Once the workout begins, the “active” round, the one that is currently ongoing, will be shown as a **FILLED GREEN** circle.
- And, when the round is completed, it will be shown as a filled **BLACK** circle. Once all rounds are completed, all of the circles will be filled **BLACK**.



- Once the required number of rounds are completed within a cycle, a RECOVERY PERIOD will automatically begin (usually 2 minutes and 30 seconds). A pop-up will remind you to perform slow cardio (jump rope, jog, etc.) during the recovery period.
- Also, during the recovery period, a window will popup asking you to input the TOTAL number of reps you achieved during the prior cycle. As you do a cycle, it is easier to count the reps continuously as opposed to trying to remember the number of reps for each individual round.

Once all cycles of the Intervals workout are completed, the Timer will stop automatically and the Workout will be completed. You can go to the **Workout Complete** screen by pressing **DONE** in the right upper hand corner of the Timer screen.

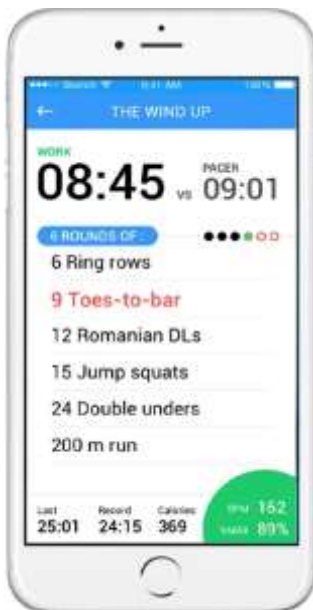


For **AMRAP Workouts**, the clock will act as an AMRAP Timer (countdown timer). Each AMRAP consists of a list of exercises that should be repeated for the period of time pre-programmed on the clock. Each time you complete the list of exercises, you should count it as one round.



- When the AMRAP countdown timer finishes, a popup window will ask you to input the number of rounds you performed AND the number of exercises (**not reps**) on the list you completed in the final round.
- As an example, if you completed 8 complete Rounds + 4 complete Exercises of the 9th round (but didn't complete the 9th round) then you would input 8 Rounds + 4 Exercises.
- Once you input the information, you can go to the **Workout Complete** screen by pressing DONE in the right upper hand corner of the Timer screen.

Pacer: Just below the name of the workout, on the right side of the screen, is the **PACER**. The Pacer, which is pre-programmed by you prior to starting a workout, will help you to stay motivated to work out with intensity even when you are working out alone. The Pacer Timer will continuously change to help you stay on pace. The Pacer works differently for different types of workouts.

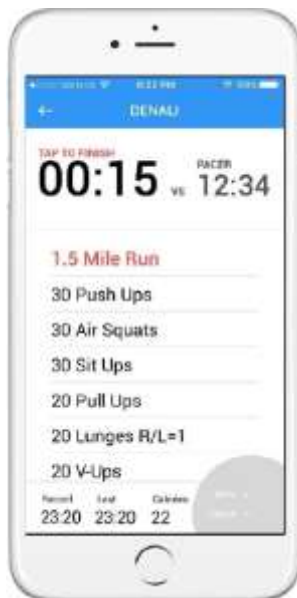


Fixed Round/Fixed Rep Workouts: Using your pre-programmed goal, the Pacer Timer will indicate at what time on the WORKOUT clock (the clock on the left side of the screen) the highlighted exercise (**50 Wall Balls**) needs to be completed during the current round for you to stay on pace to achieve your pre-programmed goal.

- The Pacer clock (the clock on the right side of the screen) will periodically change, showing you which exercise (the one highlighted red) during which round (indicated by the Red Circles) needs to be completed by the time shown on the Workout Timer in order to stay on pace.
- For example, the Pacer Timer may show you a time of **9:01** with Exercise 2 (**9 Toes-to-Bar**) highlighted in red and the **4th circle** of the round indicator filled green. The Pacer is telling you that in order to stay on pace to achieve your pre-programmed goal, you need to be in the 4th round and need to finish 9 Toes-to-Bar by 9:01 on the clock, otherwise you may be falling behind.



21-15-9 and Ladder Workouts: These workouts have a fixed number of reps during each round. The number of reps required for each exercise in the list will change during each round. The rep count for each exercise will be shown in the Blue Bubble directly below the Workout Timer. In such cases, the Pacer will tell you what exercise (highlighted in **RED**) needs to be completed by what time on the Pacer Timer (ex. 4:54 or 1:28) so that you can stay on pace. But, since there will not be a Round indicator as described above, the Pacer will highlight the Rep Count in the Blue Bubble (ex. 21 or 9 rep round) that you'll need to complete to stay on pace.



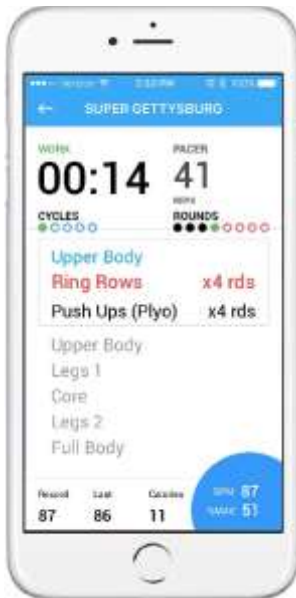
Single Round Workouts: These workouts do not consist of more than one round. In such cases, the Pacer will tell you what exercise needs to be completed by a certain time on the Pacer Timer (ex. 12:34) so that you can stay on pace. But, since there will not be a Round indicator as described above, the Pacer will tell you what exercise (highlighted in **RED**) needs to be completed by what time on the Pacer Timer so that you can stay on pace.

For example, you would need to finish the 1.5 mile run by 12:34 on the Workout Timer to maintain your pre-programmed pace.



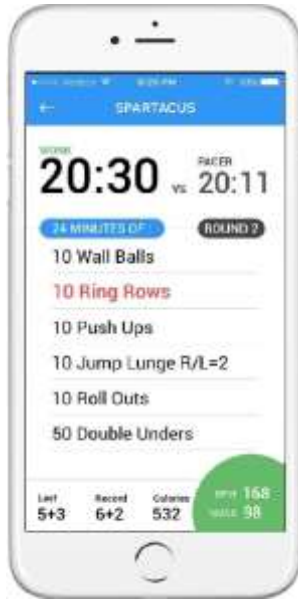
Cards Workouts: These workouts do not consist of rounds at all. The Pacer will operate differently in this case.

- The time on the Pacer clock and the fraction (**ex. 3/52**) underneath it will indicate what card out of the 52 cards in the deck you need to be completing to stay on pace. Under the Workout Timer, you can see how many cards (ex. **3 out of 52** cards) you have already completed.
- For example, the Pacer Timer may say **1:34** and the card counter under it may say **3/52**. Using this example, you would need to be completing the **3rd card** in the deck by **1:34** on the Workout Timer in order to stay on pace to achieve your pre-programmed goal.



Interval Workouts: As described above in the **Start/Stop Workout Timer** section, these workouts are distinct from other Workouts in that the measured result is Total Reps achieved in each Cycle. Thus, the Pacer uses Reps to pace you.

- In other words, the Pacer will show you how many cumulative reps you will need to have completed by the end of the indicated round (filled **GREEN** circle) in order to achieve your pre-programmed goal for each cycle.
- For example, you would need to have performed 41 Reps by the end of the 4th round to achieve your TOTAL rep goal during the 8 required rounds of the cycle.



AMRAP Workouts: As described above in the **Start/Stop Workout Timer** section, these workouts are distinct from other Workouts in that the measured result is Total Rounds + Exercises achieved during the allotted time period (24 minutes). But, since they are still timed workouts, the Pacer will use time to motivate you.

- The Pacer Timer will periodically change indicating what time on the WORKOUT clock the exercise highlighted in **RED** (10 Ring Rows) needs to be completed during the round indicated in the **DARK GREY** bubble (Round 2) for you to stay on pace to achieve your pre-programmed goal.
- For example, the **Pacer Timer** indicates that you would need to finish **10 Ring Rows** during **Round 2** at **20:11** on the **Workout Timer** to stay on your pre-programmed pace.

Exercise List: Below the Workout Timer and Pacer sections is the list of exercises that must be performed during the workout.

- **Fixed Round/Fixed Rep Workouts:** For these workouts, the number of rounds to be performed of the exercise list will be shown in the Blue Bubble below the Workout Timer. And, the number of reps to be done for each exercise is shown to the left of the exercise.
- **21-15-9 and Ladder Workouts:** For these workouts, the required reps for the list of exercises are shown in the blue bubble. The first round of a 21-15-9 workout requires 21 reps of each exercise in the list, followed by 15 reps and then 9 reps. The ladder workouts will show a sequence of numbers, which represent the reps to be done of each exercise as the rounds progress.
- **Cards Workouts:** For these workouts, you will see a deck of cards. You should perform the number of reps of each exercise shown on the card. Once you complete a card, you can swipe it away to reveal the next card.
- **AMRAP Workouts:** For these workouts, the list of exercises will be done for a fixed period of time which is shown in the Blue Bubble directly below the Workout Timer. The rep count for each exercise is shown to the left of the exercise name.
- **Interval Workouts,** there is no required number of reps. The goal of these workouts is for the user to perform as many reps as they can during the allotted time period for the cycle.
 - Under the cycle heading directly under the Blue Squares, you will see a light grey box. Inside the grey box is either a single exercise for which you will do the required number of rounds (represented by a series of red circles under the Pacer Timer) or a list of exercises, each followed by instructions of how many rounds (ex. "x4 rds") should be performed for each.

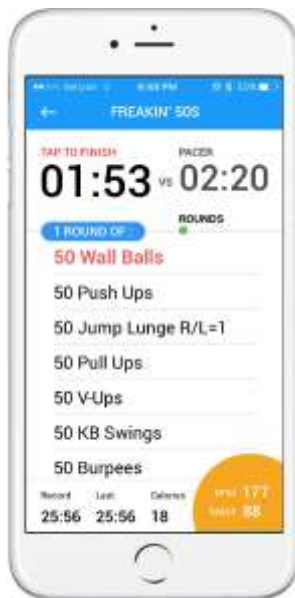


- Under the grey box is a list of the remaining cycles to be done before the workout is completed. Once a cycle is done, the next cycle will move into the grey box, replacing the prior cycle.

Metrics Section: Below the exercise list at the bottom of the screen are three metrics:

- **Record:** the user's personal best for that workout
- **Last:** the last result of that workout
- **Calories:** the number of calories burned as the workout progresses

Heart Rate Monitor: In the right lower hand corner of the Workout Timer page is a hemi-circle. If you use a heart rate monitor, the Heart Monitoring feature will help to motivate you to maintain a high level of intensity throughout the workout even when you are working out alone.



The hemi-circle exhibits two important metrics and contains an important color-coding feature:

- **BPM (beats per minute)** shows you how many times your heart beats in a minute.
- **%MAX** shows you the percentage of your max heart rate ($220 - \text{Age}$) that you are achieving
- **COLOR:** The hemi-circle color indicates if you are achieving your target heart rate, which is a function of your age and your fitness level. An **ORANGE** color indicates you are working out within your target heart rate zone. **YELLOW** indicates that you are within 10% of your target heart rate. **GREEN** suggests that you are working out with only moderate intensity and **BLUE** is considered low intensity. **RED** indicates that your heart rate is greater than 95% of your heart rate max.

Calories: If you wear a heart monitor then the App will also calculate the number of calories that you are burning during the workout. The quantity will be shown at the bottom with the other metrics.

DONE: If you click *DONE* in the upper right hand corner of the page then you will be taken to the **Workout Complete** page where you can view your performance and the heart metrics you achieved during the workout.



Workout Complete Page



Once you have successfully completed a workout, you will gain access to the **Workout Complete** page, which will show:

- your results during the current workout
- the leaderboard of the current workout
- your health metrics related to the current workout if you wore a heart rate monitor
- if you have beaten a prior personal record you will see a **green trophy** next to the record. Or, if your PhytioLevel has increased you will see an **upward green arrow** next to it.

There are two additional features that are accessible from the **Workout Complete** screen: (1) You can go to the Workout Analysis screen, or (2) you can post your results to the Phyzseek newsfeed.

Workout Results: There are several features associated with the **Workout Results** section of the **Workout Complete** page.

- The first result shown (top left), which is called either **Time**, **Reps** or **Rounds**, represents the measured result of the current workout. The result will depend on the type of workout done. If the workout contained Intervals with multiple cycles then you can view your results for each cycle by swiping the screen to the left or right.
- **Record:** your personal best for that workout
- **Average:** your average of the last three results for that workout
- **Last:** your last result of that workout.
- **PhytRank:** your percentile rank amongst your comparator group (either your Peers or All users, depending on your settings). The higher, the better.
- **PhytioLevel:** your fitness level rank versus your comparator group (either your Peers or All users, depending on your settings). The higher, the better.

Leaderboard: There are three types of **Leaderboards**, which will show where you ranked.

- **PhyzTeam:** shows your rank amongst PhyzTeam members for that workout
- **Peers:** shows your rank amongst your Peers for that workout
- **All Users:** shows your rank amongst all Phyzseek users for that workout

Health Metrics: The **Health Metrics** associated with your current workout will only be visible if you wore a heart monitor during the workout.

- **Avg HR:** shows your average heart rate during the current workout
- **Max HR:** shows the maximum heart rate you achieved during the current workout



- **Calories:** shows the number of calories you burned during the current workout
- **Avg Intensity:** shows the average percentage of heart rate maximum you achieved during the current workout
- **%Intensity:** shows the percent of time your heart rate stayed within your target heart rate zone during the current workout
- **Calories/Min:** shows the average number of calories you burned per minute during the current workout

Fitness Dashboard

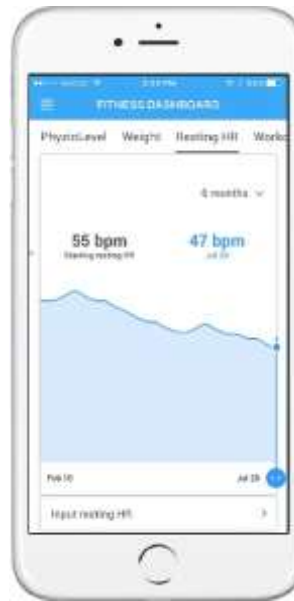
The Fitness Dashboard was design to help you easily assess your fitness status and progress from multiple different aspects: (1) PhysioLevel, (2) Weight/Resting Heart Rate, (4) Workouts done, and (5) Average Intensity/% Intensity/Calories Burned, which are only available if you wear a heart rate monitor. The ***Fitness Dashboard*** only becomes available after you have completed at least three workouts.

You can view the different metrics by swiping the screen either left or right. You can change the time period that you want to view by choosing different time intervals provided in the drop down menu. And, you can view the data associated with specific dates by sliding the blue circle with arrows and vertical blue line to the left or right.



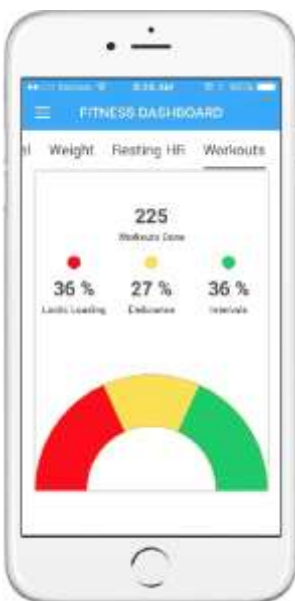
PhysioLevel: PhysioLevel measures your overall fitness across all workouts. As PhysioLevel increases, it suggests that your fitness level is also improving. You will get an overall PhysioLevel consisting of Scores for each category of workout: Endurance, Lactic Loading and Intervals.

- The PhysioLevel should be used to compare your performance to other users of the App, to assess any weaknesses you may have (categories with lower scores), and to determine fitness improvements over time.
- For example, you may have a PhysioLevel of 69 consisting of an Endurance Score of 76, Lactic Loading Score of 54, and Intervals Score of 76. The interpretation of the above scores would be that your **overall** fitness level is better than 69% of users your age and gender (ALL) while your Endurance, Lactic Loading and Interval scores are better than 76%, 54% and 76% of ALL, respectively.
- You can adjust your comparison criteria to something different than your default choice using the drop down menu ("vs Peers" or "vs All").

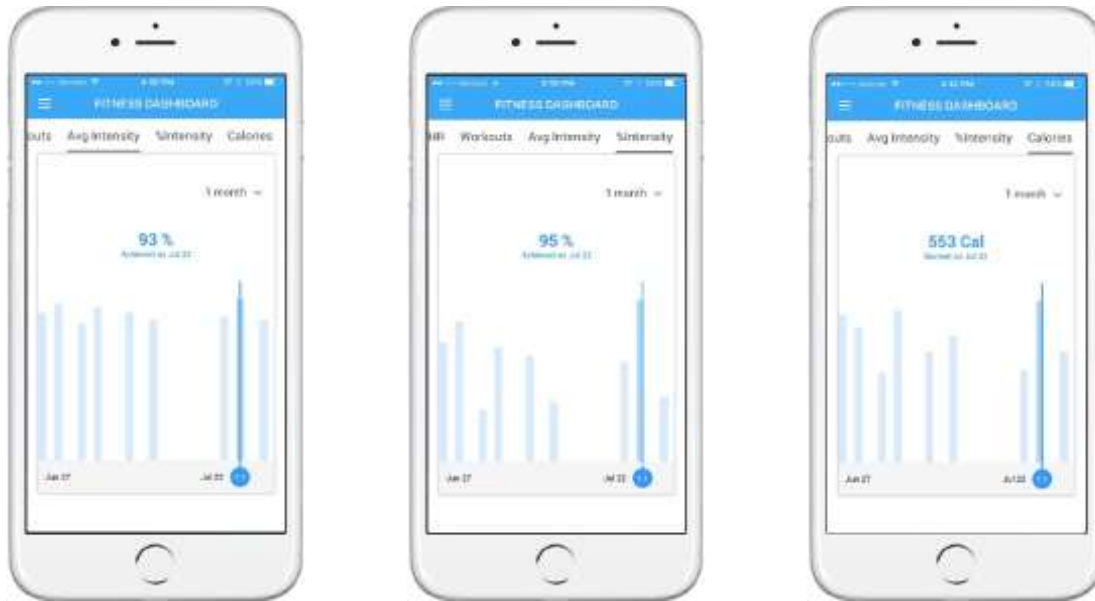


In the weight and resting heart rate pages you can track the changes in weight and resting heart rate over a variety of periods (1 week, 1 month, 6 months, 1 year). You can directly input you weight or resting heart rate by clicking the associated “Input” tab at the bottom of the screen. Once you arrive at the input screen, you can input the data directly by clicking on the specific date.

Resting heart rate (RHR) is one of three key heart rate measurements that are needed to maximize the benefits of monitoring. Resting heart rate is best measured in the morning, at rest and prior to eating. Using your index and middle finger to measure the pulse in your wrist, you should count the number of beats in 20 seconds and multiply the number by 3 to get the number of beats in a minute. You should measure your RHR weekly and input the results in the App. RHR is between 60 and 80 for most people but can be 35 – 60 for fit individuals. You will likely see your RHR decline as your fitness level improves.



Workouts done: The workouts done page makes it easy to view how many total Phyzseek workouts you have performed. And, it shows you the specific category breakdown of the workouts that you have done. If 36% of your workouts were Lactic Loading, 27% were Endurance and 36% were Intervals then you should think about increasing the number of Endurance workouts that you are doing so that your workouts are more balanced.



Average (Avg.) Intensity measures how intensely you worked based on your average heart rate during the entire workout. More simply, it measures how hard you pushed yourself, on average, during the workout. For example, if your average heart rate during the workout was 155 beats per minute (BPM), then your Average Intensity may have been 93%, depending on your calculated maximum heart rate.

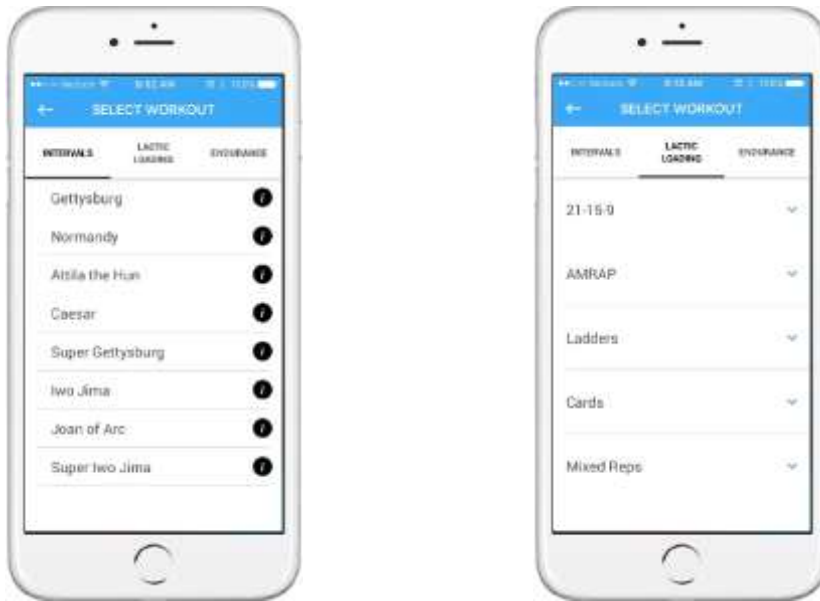
%Intensity measures how much of the total workout period you spent within your target heart rate zone. More simply, it measures the percentage of time you pushed yourself during the workout, achieving or surpassing your target heart rate. For example, if you are an advanced user and you spent 95% of the workout time above 85% of your max HR then you would have achieved a %Intensity of 95%.

Calories Burned Tells you how many calories you burned during your workout. In the screenshot, you can see that the user burned 553 calories on July 22. The time period can be adjusted using the drop-down menu.

Workout Dashboard

With the **Workout Dashboard**, you can view your results and health metrics for individual workouts, allowing you to see how you performed individually over time (*INDIVIDUAL*), compare them to other users of the app (*GROUP*) and see how you rank on the Top 25 leaderboard. You can get to the **Workout Dashboard** by either selecting it on the Sidebar menu, pressing **ANALYZE** on the **Workout Complete** screen or **ANALYZE** on the **Workout Page**. The **Workout Dashboard** only becomes available after you have completed at least three workouts.

Once you reach the **Workout Dashboard**, you can change/choose which workout results you would like to see by pressing on the name of workout in the gray strip near the top of the screen.



By pressing on the Workout Name in the gray strip, the **Select Workout** page becomes visible. You can choose the workout to view by selecting the category of the workout from the tabs at the top then hitting the workout name. For the Lactic loading workouts, you can click on the sub-category name or press the blue down arrow to open a list and see the individual workouts. Hitting the black “i” next to the workout name will provide additional information about the workout.

From the **Group** tab, accessible at the bottom of the screen, you can compare your results and health metrics for individual workouts to other users of the app, either in a distribution chart or based on your ranking in the Top 25 list.



- The Group distribution chart shows a distribution of results for users that fit your comparison criteria. The **RED** and **GREEN** bars above the chart show where your **LAST** & **BEST** result place within the distribution.
- You can adjust your comparison group with the drop-down menu at the top right of the chart. For Intervals workouts only, the drop down menu at the top left allows you to compare individual cycles of the workout.
- In addition to your workout result, you can also view your health metrics (Avg. HR, Avg. Intensity, %Intensity & Calories) for each workout in a distribution chart.
- The Top 25 list allows you to see where your **Best** result for that specific workout ranks you amongst other users of the app.



From the **Individual** tab, accessible at the bottom of the screen, you can view your individual results and health metrics for each workout in a time-based graph. Every workout result and every health metric associated with that workout is accessible from the **Individual section of the Workout Dashboard**. For Interval workouts, you can view your results for each cycle by choosing it from the drop-down menu.

Top 25 Leaderboard



The **Top 25** leaderboard is accessible from the sidebar menu. The leaderboard shows you the Top 25 results for PhysioLevel, Avg. Intensity, % Intensity and Calories. You can choose which Leaderboard metric you want to view by swiping the screen left or right. Avg. Intensity, %Intensity and Calories are only available if you use a heart rate monitor.

PhyzTeam

The **PhyzTeam** feature is accessible from the sidebar menu. It is designed to promote friendly competition, allow you to brag about progress, and provide a means to easily give positive feedback & support to other users through the newsfeed. Once you have done at least 5 workouts (to show your commitment), the **PhyzTeam** area will become available and allow you to:

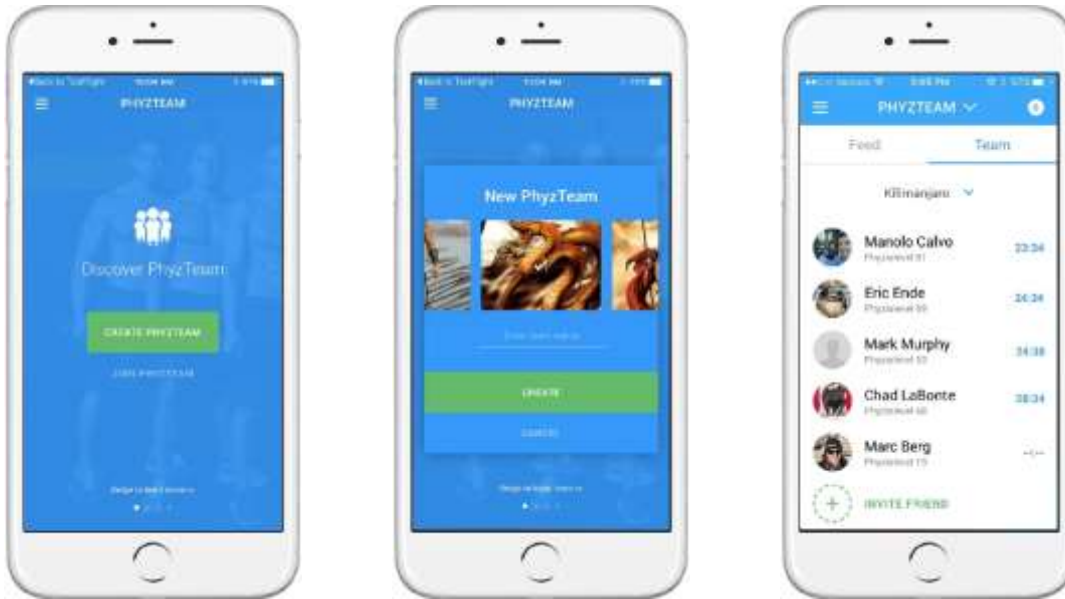
- Create your own PhyzTeam
- Join an existing PhyzTeam
- View results of team members
- Communicate with your teammates
- Post pictures, achievements and personal records.



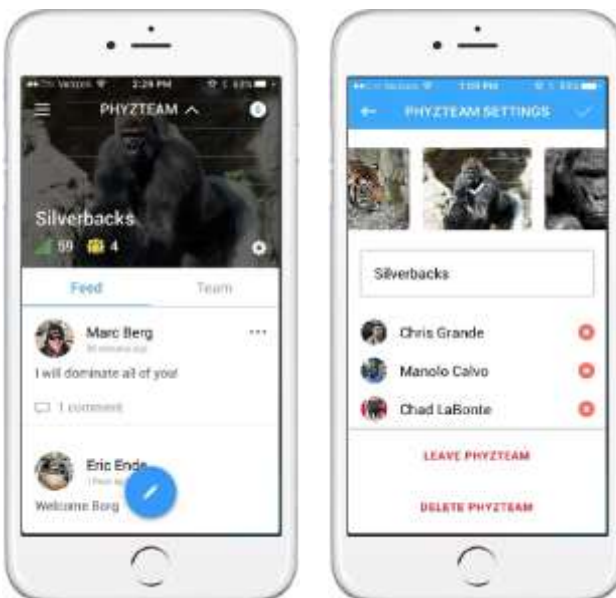
Each PhyszTeam allows for up to 8 individuals to join and has a unique name and picture associated with it. The team's PhysioLevel represents the simple average of all the members' PhysioLevels.

Creating a PhyszTeam & Inviting New Members: When you *CREATE* a PhyszTeam, you can choose a picture from the scrollable library as well as name your team. You can also invite people to join.

- As the creator of a PhyszTeam, you become the team's manager (admin).
- Only you can *INVITE FRIENDS* to join the team. And, only you can *ACCEPT* people who you have asked to join your team or who request to be on the team.



Deleting a PhyszTeam or a Member: To delete the PhyszTeam or any of its members, you need to go into *PHYZTEAM SETTINGS*. To access *PHYZTEAM SETTINGS*, press the down arrow next to PHYZTEAM at the top of the screen, which will open the team specifics. The team name (*Silverbacks*), average PhysioLevel (59) & number of members (4) will be displayed. To open the settings, you need to press the cog.



From this screen you can:

- Change the Team name & picture
- *DELETE* people from your team
- *LEAVE* the team but you must *APPOINT* a successor to be the new manager
- *DELETE* the team completely

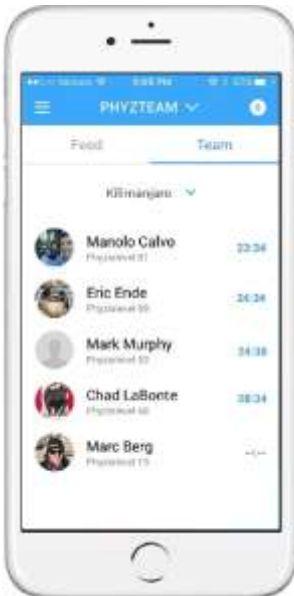


Joining a PhyzTeam: You can join a PhyzTeam from the Discover PhyzTeam page.

You can *JOIN* a PhyzTeam in one of two ways.

- Search for a team and request to *JOIN* it
- You may be asked by an existing PhyzTeam manager to join his/her team. If you are asked to *JOIN* then the rule of having to have worked out at least 5 times doesn't apply.

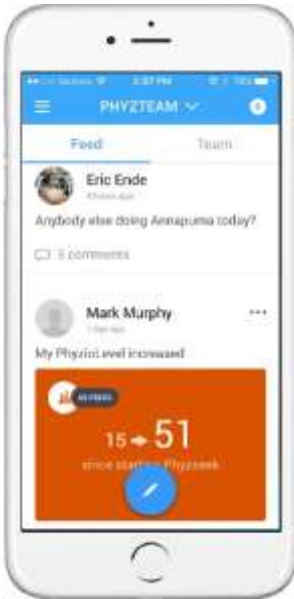
View Team Member Results: You can get to this screen in two ways: (1) selecting *PhyzTeam* from the *Side Bar Menu* and selecting the *TEAM* tab at the top of the screen or (2) touching *PhyzTeam* on the *Workout Details* screen and choosing the *TEAM* tab.



Once you join a PhyzTeam, you will be able to see your *TEAM* members' workout results, which helps foster friendly competition to drive your workout intensity. The screen shows each member and their current PhysioLevel

- You can view the results of workouts from the last 5 days and how you ranked by selecting the workout name in the drop-down menu
- You can use team member results to help guide you as to what goal you should program for the *PACER* on a certain workout

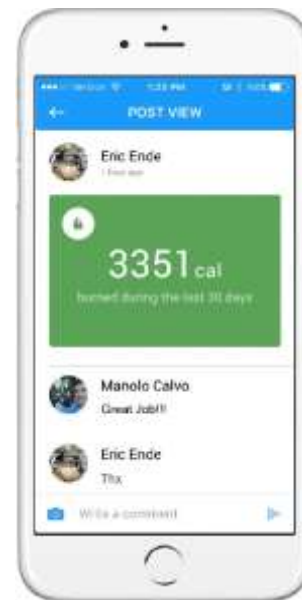
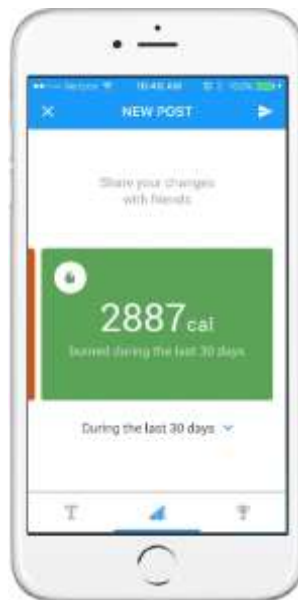
PhyzTeam social feed: You can get to this screen in two ways: (1) selecting *PhyzTeam* from the *Side Bar Menu* and selecting the *FEED* tab at the top of the screen or (2) pressing *PhyzTeam* on the *Workout Details* screen and choosing the *FEED* tab. The social feed allows you to communicate directly with your team members so you can text as well as post pictures, achievements and personal records.



The *FEED* screen has several important features.

- You can see your PhyszTeam name, average PhysioLevel & number of members by pressing the down arrow next to *PHYZTEAM* at the top of the screen.
- You can read general comments made in the feed
- You can read comments made to specific comments by pressing on the general comment
- You can report/erase offensive comments by pressing the three dots next to a team member's name
- You can post to the feed by pressing the blue circle with the pen
- And, you can see if there are important notifications or comments to your comments if there is a number in the white circle at the top right of the screen

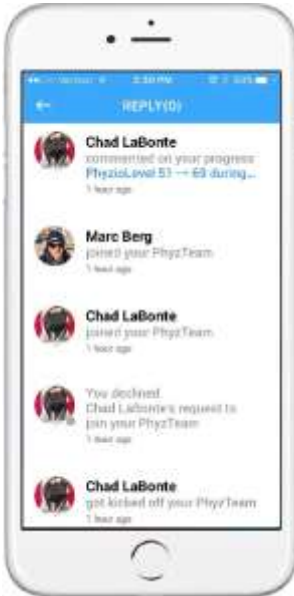
Once you press the blue circle with the pen, you will be able to post to the general feed. You can post general comments, pictures, achievements and/or personal records.



You can post general comments by pressing the blue “T” icon and writing your comment in the space provided. You can post a picture from your library or take one from your device by pressing the blue “camera” icon. You can choose an achievement to post by pressing the “ascending bars” icon, which will open the page shown at center above. Or, you can choose a personal record to post by pressing the “trophy” icon. Once you open the sub-page, you can scroll through all of your achievements and personal records, choosing the one to post. The time period for your achievements or personal records can be adjusted by selecting the period in the drop down menu under the scrollable list. Once you are done with your comment, choose a picture and/or your achievement or personal record, you can post them to the general feed by pressing the arrow head found at the upper right hand corner of the page.



PhyzTeam Notifications: You can get to this screen in several ways: (1) pressing directly on a push notification, (2) hitting the “blue bell” icon on the side menu next to *PHYZTEAM*, or (3) pressing the white circle with the number in it at the top right of the *PhyzTeam* screen.



The **Notification** screen shows any team-related information that may be important to you such as:

- Comments directed at you. Clicking on a specific comment will take you to that comment so that you can respond directly in the feed
- PhyzTeam member status changes such as a person joining the team, quitting the team or being kicked off the team
- As a manager, you will also get additional information such as a person requesting to *JOIN* your PhyzTeam

PhytTest Screen

The **PhytTest Screen** is accessible using the side bar. Features available on the PhytTest screen work similarly to those on the **Workout Dashboard**. From the PhytTest screen you can: (1) compare your performance on the individual components of the test to other users, (2) track and analyze your own results over time, and (3) perform the test.



Compare to Other Users: Once you have performed the test at least once, you can compare your results on each section to other users of the App. You can choose what exercise (ex. Run) you would like to compare by clicking on the exercise name just below the top blue PHYTTEST bar. To compare to other users of the App, you will need to choose the **GROUP** tab at the bottom of the page. And, to change your comparison criteria to something different than your default choice, you can use the drop down menu (“Peers” or “All”) located in the upper right corner of the screen.

- The chart shows a distribution of results for users that fit your comparison criteria. The **RED** and **GREEN** bars above the chart show where your LAST result & BEST performance place within the distribution.
- You will be given a *PhytRank* for each exercise so that you can easily compare your performance to other users of the App and determine your strengths & weaknesses.

You can also view results for each exercise by clicking on the exercise name in the gray bar just below the page title (PHYTTEST). To analyze your individual performance on each exercise, just click the **INDIVIDUAL** tab located below the chart. To change your comparison criteria to something different



than your default choice, you can use the drop down menu (“Peers” or “All”) located in the upper right corner of the screen.



Perform Test: To take the PhytTest, press **Perform the Test** located at the bottom of the page. The PhytTest is a standardized physical fitness test that you should take prior to beginning the Phyzseek workout program and once per month, thereafter. The test is designed to assess your fitness level, identify potential areas of weakness and provide a baseline to easily track progress.

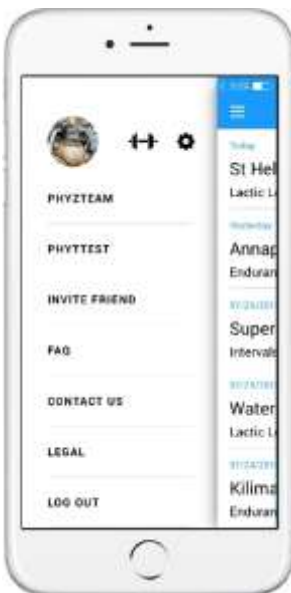
PhytTest consists of 5 exercises:

- 1 Mile run to assess aerobic capacity
- 1 Minute of sit-ups to determine core strength/endurance
- 1 Minute of push-ups to assess upper body strength/endurance
- 1 Minute of air squats to determine lower body strength/endurance
- 1 Minute of burpees to assess full body endurance

Following each section of the test, excluding the run, which is captured by stopping the clock when you are done, you will be asked to input the rep count you achieved for each exercise.

Other Features

The sidebar menu gives you other options including:



- **Invite Friends:** If you enjoy the app we hope you will invite your friends to download it. You can also ask your friends to join your PhyzTeam.
- **FAQ:** The *Frequently Asked Questions* section provides answers to the many questions that you may have. The FAQs are divided into multiple sections to make it easier for you to find your question.
- **Contact Us:** If you need to contact us for any reason we have provided an easy way for you to do so directly from the app. You can also contact us on our website www.phyzseek.com or at support@physseek.com.
- **Legal:** The Legal section provides easy access to our *Terms of Service* and *Privacy Policy*.
- **Log Out:** We recommend staying logged in but you can logout if you choose to do so.