

LifAlytics - Process Maps

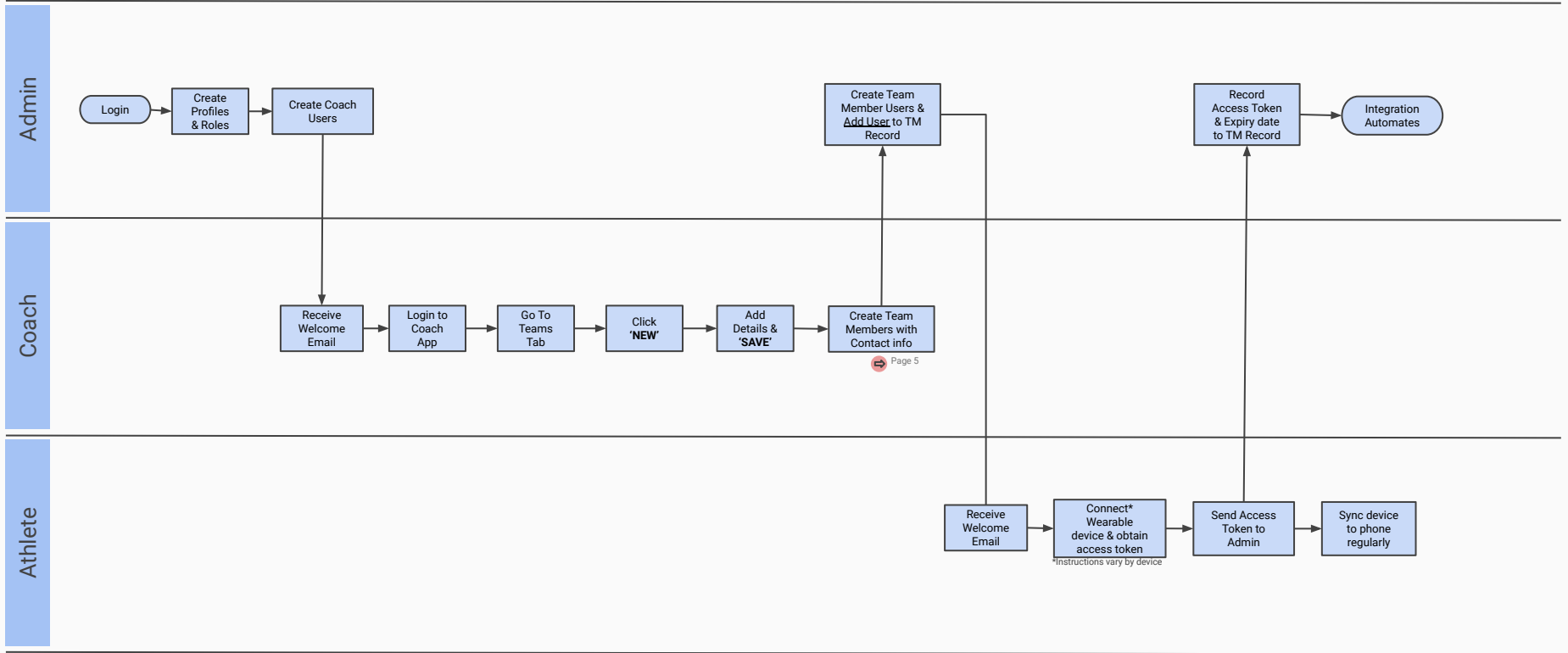
Performance Optimization System



How
LifAlytics
works:



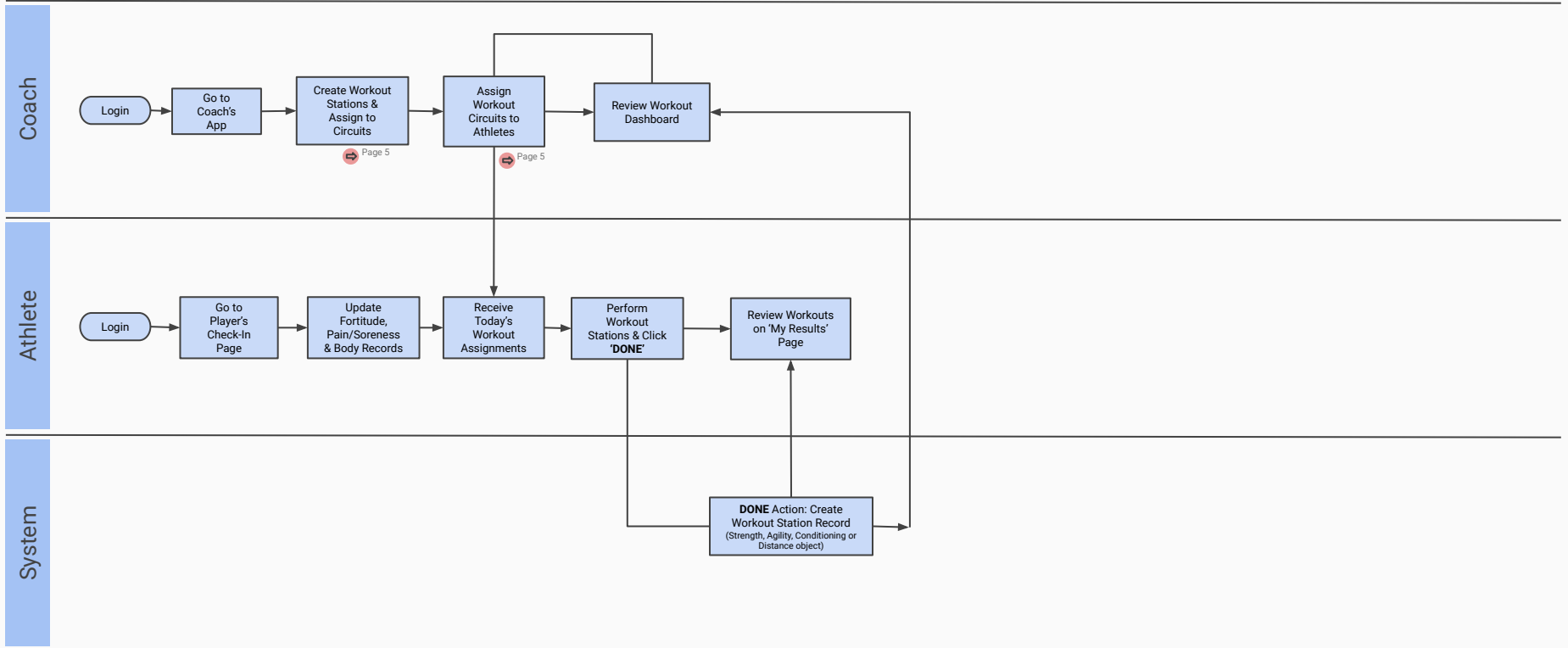
Customer Onboarding



Create new
Team Video

Create Contact
& Team
Member Video

Workout Assignment

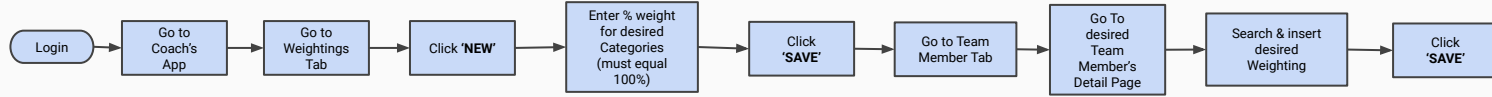


Create Circuits
& Workout
Stations Video

Create and Assign POS Score Weighting

Coach

Create and Assign POS Score Weighting

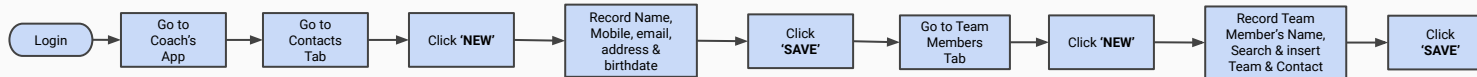


Create & Assign
Weightings
Video

Sub-Flows (Create Team Members, Contacts and Workouts) ➡

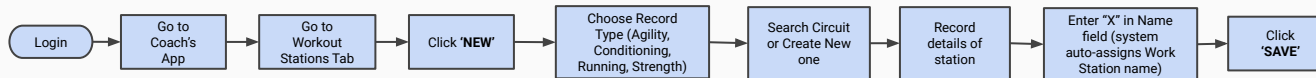
Coach

Create Team Member with Contact Info



Coach

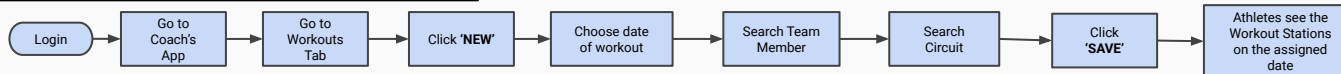
Create Workout Stations with Circuits



Create Circuits & Workout Stations Video

Coach

Assign Workouts to Athletes



Circuit Naming Convention

SAB1 = Strength-Abs-Beginner-1

S = Category

(S=Strength; AG = Agility; CO = Conditioning; RU = Running)

A = Strength Body Area

(A=Abs; R=Arms; B=Back; C=Chest; L=Legs)

B = Level

(B=Beginner, I=Intermediate; A=Advanced)

= Sequence

of activities (Starting at number 1 and incrementing)

Other Actions (Create and Assign Equipment, Create Incidents, Create Community Events and Assign Athletes/Hours)

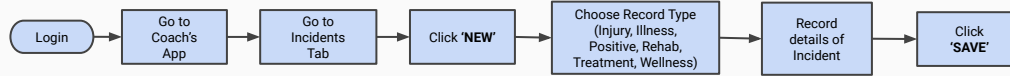
Coach

Create and Assign Equipment



Coach

Create Incidents (Injury, Illness, Positives, Rehab, Wellness)



Create Incidents Video

Coach

Create Community Events & Assign Athletes

