

Here is a Nice guide that Robby Gustin, you may have seen him recently deadlift 500lbs, wrote up for us! He has been moderating the beyond the whiteboard site for us lately, you are awesome Robby!

Robby's guide to beyond the whiteboard.

A Guide for using beyondthewhiteboard.com

Hey guys, I know beyondthewhiteboard.com can be a little confusing at times. So, I wanted to provide some info to help you navigate it a bit better.

1) First, I know we are getting a lot of new members these days, which is great (welcome everyone!). If anyone who has recently started working at Crossfit Southbend would like an invitation to use beyondthewhiteboard.com to keep track of his or her results please feel free to e-mail me at robbygustin@me.com for an invitation to join the site. There's no subscription fee to use beyondthewhiteboard.com so long as you are a Crossfit Southbend member.

2) The most important thing that most of you are going to want to do on a regular basis is post your results for the Crossfit South Bend WOD. Once you've signed into beyondthewhiteboard.com you can go to the top right corner of the window and click "post" and then click "WOD". This will allow you to post your results for the WOD that we did at Crossfit South Bend that day. The Crossfit South Bend WOD will be posted on beyondthewhiteboard.com on a daily basis so you don't have to create the WOD manually before posting your results.

3) If you want to post any other workout that you've done for that day that IS NOT the Crossfit South Bend WOD then click on "post" and then click "workout". For instance, if you decided one day that you wanted to do Cindy or a 5k run after the Crossfit South Bend WOD (or if you couldn't do the Crossfit South Bend WOD for that day) then you want to click on "post" and "workout". This will allow you to choose from hundreds of familiar workouts (e.g., Fran, Fight Gone Bad, etc.). If you can't find the workout you want to post you can click on "Create One" near the top middle of the "workout" screen.

4) If you want to post a Max Effort (usually this is your 1-rep max) like a Max Effort Deadlift or Max Effort Clean then click on "post" and "max effort". Again, this will allow you to choose from a number of familiar max efforts. You can also create your own max effort by clicking "create one" once you've clicked on "post" and "max effort".

5) Beyondthewhiteboard.com, allows you to do a lot of other things as well like track your meals and your weight. You can create journal entries about your progress. You can adjust the privacy settings so that only you or only your gym can see your results, your weigh-ins, and/or your journal entries. You can also have your results sync with facebook and twitter (if you want) so that your friends and family can see the progress you're making. Most importantly, using beyondthewhiteboard.com allows you to really see your progress in a very visual way with charts and graphs. You can also compare yourselves to other crossfitters who are your age, gender, height, etc. If you have any

questions about how to do any of these things, please feel free to e-mail me at robbygustin@me.com. I'm happy to help in any way I can.

Here are the headlines if you're in a hurry:

1) If you're a new member and would like to start using beyondthewhiteboard.com please e-mail at robbygustin@me.com, and I'll be happy to send you an invitation so you can start using the site.

2) If you want to post your results for the Crossfit South Bend WOD, click "post" and then click "WOD".

3) If you want to post any other workout that IS NOT the Crossfit South Bend WOD, click "post" and then click "workout".

4) If you want to post a Max Effort (usually this is your 1-rep max), click "post" and then click "max effort".

5) Beyondthewhiteboard.com gives you the ability to do a bunch of different things (syncing with facebook/twitter, tracking meals, etc.) Please e-mail me at robbygustin@me.com if you have any questions about these features.