

# Member Roll Out Information

Hi Community!

We are switching systems for our class reservations, shop purchases, membership management and workout tracking, to StreamFit. We will now be able to access **ALL OF THAT** in one easy to use app!!!

If you just want to watch a video instead of reading through this document, use the link below.

## Video Tutorial

<https://vimeo.com/1120164364/bb24066b22?share=copy>

## Getting Started

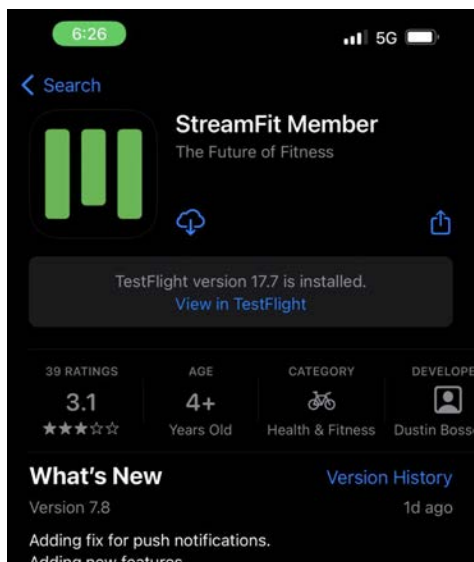
1. Download the StreamFit **MEMBER** app: The links are provided below.

### ANDROID LINK:

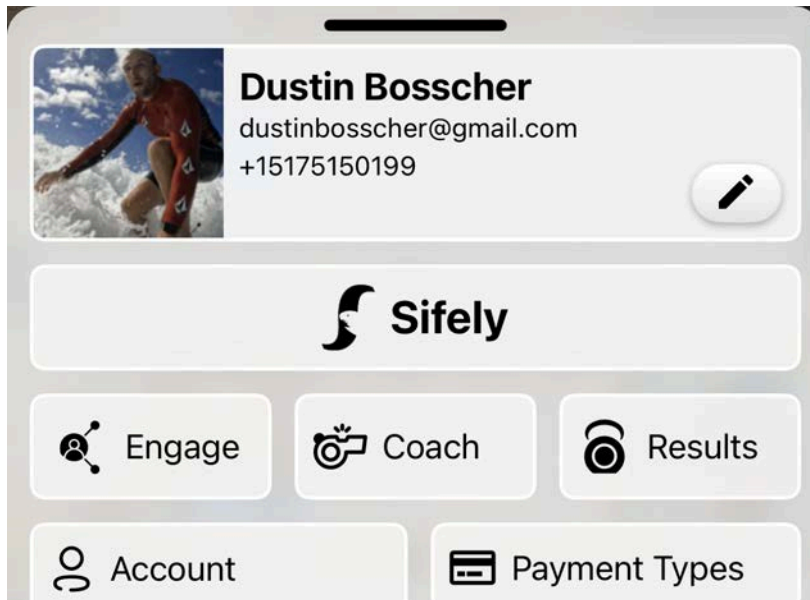
<https://play.google.com/store/apps/details?id=client.streamfitness.app.go>

### iPHONE LINK:

<https://apps.apple.com/us/app/stream-fitness-member/id1599280771>



2. Open the app and register using your email.
3. Create your 4-digit PIN
4. Complete any additional required profile information. You can view your profile by touching the green icon in the bottom right of your main navigation and touching the top section with your name and email.



The screenshot shows a mobile application interface for a user named Dustin Bosscher. At the top, there is a profile card with a circular profile picture of a man in a red athletic shirt. To the right of the photo, the name "Dustin Bosscher" is displayed in bold, followed by the email address "dustinbosscher@gmail.com" and the phone number "+15175150199". A small edit icon (pencil) is located to the right of the contact information. Below the profile card is a large white button with the "Sifely" logo, which consists of a stylized figure and the word "Sifely". Underneath this button are five smaller, rounded rectangular buttons arranged in two rows. The first row contains "Engage" (with a person icon), "Coach" (with a crown icon), and "Results" (with a headset icon). The second row contains "Account" (with a person icon) and "Payment Types" (with a credit card icon).

*NOTE: Some of your information has already been entered for you, but please double check and change/modify anything.*

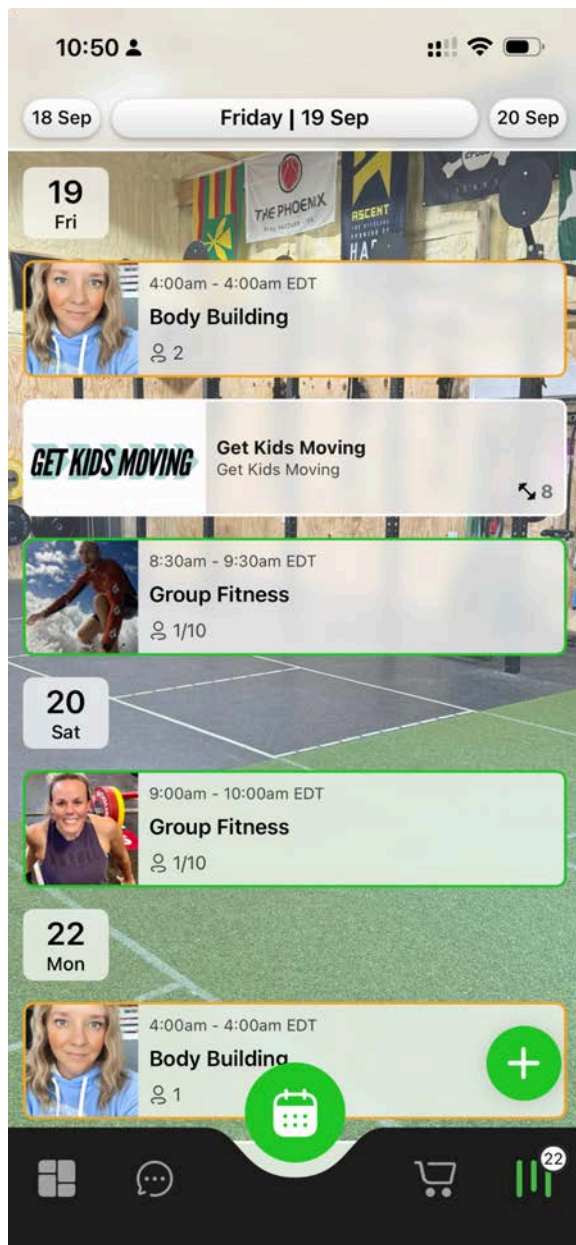
All payments will still be handled by CardPointe or Stripe. You will be able to either enter a credit/debit card or ACH information for payments, unless your gym has already transferred these from the current processor.

*NOTE: For ACH accounts, please understand a secondary verification is required for Stripe. Once you enter your information, Stripe will send a small micro deposit to your bank within 24 hours. Once you receive it, check the code provided on the transaction and come back to StreamFit to enter the code to verify. You can only attempt this verification once per attempt.*

## Get to know the StreamFit App.

### CLASS SCHEDULE (landing screen)

You can see what time classes are scheduled, who is coaching the class and how many people have already registered.



## **CLASS VIEW (images below)**

Top Left: The class details screen is where you will find all your workout information for that class. Use the actions button to enter results, compare history or show a full view of that section.

Top Middle: This is the results entry screen. You can make results private so your scores do not show up on the leaderboard for anyone but you, leave notes about the workout and choose whether it was Rx or Scaled.

Top Right: The attendance screen (if your gym has it turned on) will allow you to see who is registered in the class as an athlete, who is on the waitlist and who is coaching the class. You can check yourself in by touching the gray button with 3 dots.

Bottom Left: If you own a Polar Varsity strap you can record your workout and upload it to this screen. You can turn on Polar integration in your account screen.

Bottom Middle: The leaderboard will show all sections of the workout and is organized from top to bottom. You can toggle Rx/Scaled to see those groupings. You can also leave a "like" by touching the shaka icon or touch any athlete to leave your own comment. If you touch your own image, you can quickly edit your score if needed.

Bottom Right: The calculator has three different sections. %weight allows you to see multiple percent weights at once. Barbell will let you quickly add up your barbell weight. Time will allow you to record start/end times for multiple rounds, giving you total, average, fastest and slowest times.

The screenshot shows the Stronglifts app interface. At the top, there's a status bar with the time 10:51 and battery level. Below it, a navigation bar shows the date 'Friday | Sep 19' and a 'Sep 20' button. A central bar contains icons for navigation: back, home (selected), search, heart, bar chart, calculator, and a shopping cart. Below this is a 'Warm-Up' section with a list of exercises: Mobility Prep and Activation (30:30 Active Pigeon Stretch, 30:30 Couch Stretch, 15:15 Quadruped Spinal CARS, 30 Glute Bridge Iso Hold), General Movement Prep (2 Sets: For Quality, 8/8 Single Leg Barbell Romanian Deadlifts, 6 Inchworm Push-Ups, 10 Down Dog to up Dog, 6 Hollow Rocks, 6 Arch Rocks). Below the warm-up is a section for 'Results', 'History', and 'Coach Notes'. The main content area is titled 'Specific Deadlift Prep' and lists goals: Deadlift (40% of 1 Rep Max - 138 lb, 50% of 1 Rep Max - 173 lb, 60% of 1 Rep Max - 207 lb), 10 Deadlifts @ 40%, 5 Deadlifts @ 50%, 3 Deadlifts @ 60%, and Get to Working Loads. At the bottom, there's a 'Pre Conditioning Primer' section with a goal of 50-60% Effort for 3 Deadlifts @ Working Load. A green circular progress indicator at the bottom center shows 22% completion. The bottom navigation bar includes icons for home, search, shopping cart, and a central bar with a calendar icon and a '22' badge.

Sep 18

Friday | Sep 19

Sep 20

STRENGTH

#1

Lift Complex

Lift Complex #1

For Reps

For Weight

lbs ▾

Lift Complex #2

For Reps

For Weight

lbs ▾

Lift Complex #3

For Reps

For Weight

lbs ▾

Lift Complex #4

For Reps

For Weight

lbs ▾

RX ▾

Save Scores

10:04 Wednesday Dec 05

Dec 05 Wednesday Dec 06 Dec 07

< [Icons: Lock, Document, Heart, Bar Chart, Calendar] REGISTER CHILD

Summary [Need Help?](#) 0 [Connect](#)

Duration 13:15 Calories 68kcal Min 77bpm Max 168bpm

166  
125  
83  
42  
0




00:42 Zone 1 3:25 Zone 2 3:27 Zone 3 4:25 Zone 4 1:16 Zone 5

Dashboard Store **Classes** Chat [2](#) [56](#) More






The screenshot shows the RX app interface. At the top, the status bar displays the time 10:54, signal strength, Wi-Fi, and battery icons. Below the status bar, the navigation bar shows the date 'Friday | Sep 19' and a 'Sep 20' button. The main content area is titled 'Weightlifting - RX' and lists athletes with their photos, names, and weights. Each entry includes a hand icon, a number, and a speech bubble icon with a number. The athletes listed are Tyler Wright (485.00lb), Adrian Palomo (425.00lb), Brandon Mosher (415.00lb), Zach Edwards (405.00lb), and Nathan Haley (375.00lb). At the bottom, there is a blue circular button with a calendar icon and a shopping cart icon. The bottom status bar shows the time 12:28, signal strength, Wi-Fi, and battery icons.

Photo	Name	Weight	Hand Icon	Number	Speech Bubble Icon	Number
	Tyler Wright	485.00lb		7		1
	Adrian Palomo	425.00lb		10		0
	Brandon Mosher	415.00lb		5		0
	Zach Edwards	405.00lb		7		0
	Nathan Haley	375.00lb		6		0

Below the list, there is a text overlay: "Missed most of this cycle due to [redacted] UT! I'm within 10lbs of my previous PR of 385lbs and I'm [redacted] with this number."












10:54   




Sep 17 Friday | Sep 19 Sep 20


       

RX



Weightlifting - RX

% Weight	Barbell	Time	Convert
Weight			
 105%	 100%	 95%	 90%
 85%	 80%	 75%	 70%
 65%	 60%	 55%	 50%
 45%	 40%	 35%	 30%

 Zach Edwards  
For Weight  
405.00lb  7  0

 Nathan Haley  
For Weight  
375.00lb  6  0

Missed most of this cycle due to a cold. I'm within 10lbs of my previous PR of 385lbs and I'll be back with this number.

  128   22



## MAIN NAVIGATION

The main navigation is found on the bottom. Items below explain which icons are for which screens.

Left: The dashboard is a great place to check unread messages, classes you are registered for or competitions you are going to.

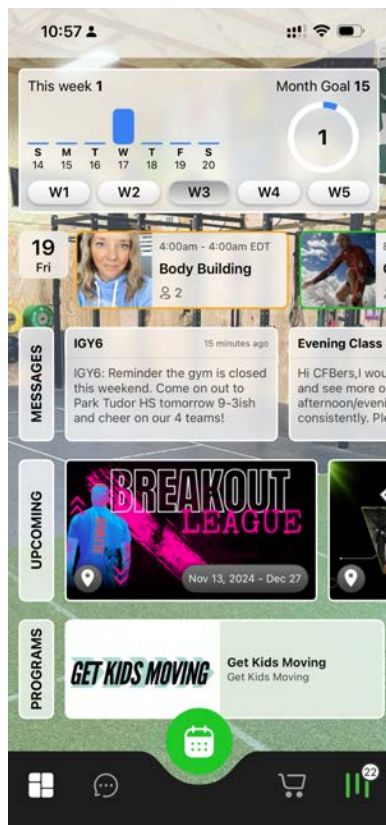
Middle Left: The chat is broken up into groups. Once you join a group, you can message, reply, post images, gifs, prs, workouts, benchmarks and so much more!

Middle: Schedule button. Takes you back to schedule screen which is also your landing screen when opening the app.

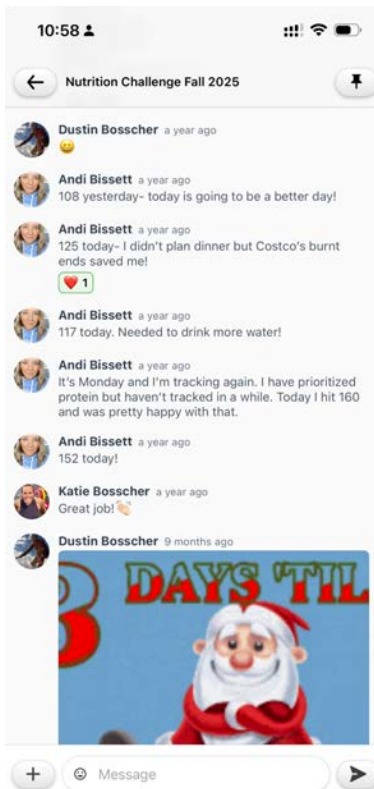
Middle Right: The store is where you can purchase all your in gym merch, along with any partner products your gym decides to sell.

Right: More menu

Dashboard



Chat



Store

