



GROUP TRAINING

STEP #1:

- When you have a GROUP/TEAM of athletes that would like to form a PARTNERSHIP for GROUP TRAINING:
 - You must first contact us so that we can correspond with you about the unique needs that your group has (Function and/or sport, goals as it relates to any competitive events or particular season(s) so that we can customize a blueprint to best fit your needs and agree upon the specifics for your needs as it relates to training sessions (# of sessions, duration and frequency of those sessions for a specified amount of time, and to agree upon a set schedule to optimize outcomes).
 - Each athlete of your group will be sent a unique QR code via email as your group (Names of EACH ATHLETE) must be LINKED together for the GROUP TRAINING.
 - Each ATHLETE will CREATE a PROFILE which will allow the athlete and/or their parents to manage their profile, sign-up, and check-in for your group training.

STEP #2:

- Scan the QR Code for the GROUP TRAINING plan that your GROUP has agreed upon.
- This will take you to the Purchase Review Screen of our online sales portal.
- You will sign a Consent/Waiver and Athlete Code of Conduct before checking out, which are required before participating.
- You will receive an email, prompting you to set up an account (user profile) and download the WODIFY APP for signing up for classes and checking in.