
Box-Planner

Complete gym management for CrossFit, Weightlifting & Functional Fitness boxes

EN — English Edition

What is Box-Planner?

Complete gym management for CrossFit, Weightlifting & Functional Fitness boxes — built by box owners, used by 50+ gyms.

Owners

Run the business: contracts, payments, member lifecycle, analytics, and the public website — all in one place.

Coaches

Program weeks ahead, manage class capacity, display WODs on your box TV, and review athlete performance.

Athletes

Book classes, log scores, track PRs, see leaderboards, and train from the mobile app on iOS and Android.

50+ active boxes · 10+ hours saved per week · EN / DE support

FEATURE 01

Smart Scheduling

Multi-track scheduling with capacity management, drop-in registration, QR check-in, and real-time website sync.

For Owners & Coaches

- Publish recurring or ad-hoc classes across multiple tracks
- Cap attendance to protect coach-to-athlete ratio
- Automated waitlist fills empty spots instantly
- QR-code check-in & dedicated kiosk mode at the door
- Embed the live timetable on your public website
- Real-time capacity & registration management

For Athletes

- Book classes 24/7 from any device
- Register and unregister instantly
- See which friends will be in class
- Drop-in registration for guests and travelers
- Push notifications for cancellations & changes

Member Management

Complete lifecycle — from sign-up to roles, profiles, and admin tools.

Profiles & Roles

- Self-service sign-up
- Granular role-based permissions
- Profile self-management
- Searchable member directory
- Related users (family, partners)

Admin Tools

- Admin dashboard & key metrics
- Bulk user management
- Participation log per member
- Check-in kiosk for self-service
- News & announcements

Authentication

- Apple / Google / Facebook login
- QR-code check-ins at the door
- Anonymous mode for athletes
- Wellpass & Wellhub verification

Contracts & Payments

Flexible contracts, automated billing, and full payment processing — Stripe to SEPA XML.

Contract Types

- Duration contracts with auto-renewal
- X-Card / punch-card memberships
- Drop-in passes for guests & travelers
- Track-limited contracts
- Member self-cancellation

Payment Processing

- Stripe — cards, Google Pay, Apple Pay
- SEPA direct debit & SEPA XML export
- QR code payments at the door
- Multi-currency: EUR, USD, CHF & more
- Product shop checkout built-in

Administration

- Reusable contract templates
- Bulk payment generation
- Revenue dashboard & reporting
- Transparent Stripe fee display
- Auto-block on overdue payments

Workout Planning & Tracking

Plan workouts weeks in advance, track scores in real time, display WODs on your box TV.

For Coaches & Owners

- Plan days or weeks ahead — programming always ready
- Exercise library with videos, pictures, and descriptions
- Predefined Heroes, Girls & Open benchmarks built in
- AI-powered scaling for different athlete levels
- WOD screen / whiteboard for your box TV
- CrossFit Affiliate Programming (CAP) import

For Athletes

- Log scores instantly from any device
- Score leaderboard — see how you stack up
- Full workout history at your fingertips
- Share results to social media with one tap
- Weekly workout view to plan training

Personal Records & Benchmarks

Track every lift, benchmark and max. Visualize progress and plan smarter training.

Track

- 1RM tracking for every lift
- Benchmark scores — Girls, Heroes, Open
- Movement-specific reps, weights, times, distances
- High scores & maxes at a glance

Analyze

- PR graphs over time with interactive charts
- Trend detection — spot plateaus automatically
- Working weight planning from your PR data
- Identify weak spots and focus training

Compete

- Community leaderboard vs the rest of the box
- Share achievements and new records
- Coach visibility into athlete PRs

FEATURE 06

Ask your data anything

AI-driven KPIs, a live web dashboard, and PowerBI for the deep dive — three ways to see your box at a glance.

AI KPIs (new)

- Ask: “KPIs vs last month”, get the answer
- Revenue, members, fill rate, no-shows
- At-risk members (Lapsed / Declining)
- Channel breakdown: Members / DropIns / Wellpass / Wellhub
- Works in Claude, Cursor & any MCP client

Web dashboard

- Live overview built into Box-Planner
- Daily attendance & capacity
- Open balances & payment status
- Scheduled email reports
- Same numbers as membersPlus

External PowerBI

- Direct PowerBI connection for owners
- Custom dashboards, drill-downs, slicers
- Long-term retention & cohort analysis
- Combine with your accounting data
- Schedule analysis & class utilization

Your Box Online — Powered by Box-Planner

Set up in minutes, not days. A professional, mobile-first website for your box, built from your Box-Planner data.

Always Up to Date

- Real-time class schedule from Box-Planner
- Today's WOD on display for visitors
- Coach profiles with photos & bios
- Product shop with Stripe checkout

Designed to Convert

- Mobile-first, fast-loading layout
- Trial sign-up directly on your site
- Drop-in registration in one flow
- Embed timetable on existing sites

Built for Discovery

- SEO-optimized with meta tags & sitemaps
- Structured data (schema.org) built in
- Multilingual EN & DE out of the box
- Hreflang for international visibility

LIVE EXAMPLE

www.CrossFitF2.de

CrossFit F2 — built on Box-Planner's client website

Community Boxes & Individual Training

Two ways to use Box-Planner — community tracking or fully personalized training.

Community Boxes

- Daily WOD logging across the box
- PR tracking for the whole community
- Public leaderboards & friendly competition
- Community-managed workout database
- Pure performance tracking, no scheduling

Individual Training

- Coach-built personal training programs
- Athletes log their own workouts
- Work Your Weakness targeted programming
- Tailored progressions per athlete

Support Your Box

- Members subscribe to support their box
- Premium features for advanced needs
- Tip-jar style revenue for community boxes
- Optional add-ons for power users

FEATURE 09

Native iOS & Android Apps

Full Box-Planner experience in athletes' pockets — book, track, share, anywhere.

Athlete Experience

- Book classes in seconds, anywhere
- Log scores right after the workout
- Track PRs and benchmark history
- View today's WOD on the go

Stay Connected

- Push notifications for new workouts
- Class capacity & waitlist alerts
- Box news & announcements
- Contract & payment reminders

Built Native

- Full iOS & Android apps
- Fast, polished, offline-tolerant
- Apple / Google / Facebook sign-in
- Anonymous mode for privacy

DOWNLOAD

Get the Box-Planner app



PRICING

Pick a plan, then add what you need

Every box runs on Basic or Premium. Activate optional add-ons only when you need them.

REQUIRED — CHOOSE ONE

BASIC

Box Management Basic

The foundation. Run your box end-to-end.

- Class scheduling & member booking
- WOD tracking & PR logging
- Member management & contracts
- Native iOS & Android apps

PREMIUM

Box Management Premium

Everything in Basic, plus advanced operations.

- Check-in kiosk & WOD screen
- AI scaling & coach reports
- Advanced reporting & PowerBI
- X-Card contracts & track limits

OPTIONAL ADD-ON SUBSCRIPTIONS

[Stripe Integration](#)

[Wellpass Integration](#)

[Wellhub Integration](#)

[Product Management](#)

[CrossFit Affiliate Programming \(CAP\)](#)

[MCP AI Agent Access](#)

No setup fee • No long-term contract • Cancel anytime • Free 14-day trial • Current pricing at box-planner.com/Pricing

Run your box with AI

Manage classes, payments, KPIs, members and content from a single conversation — scoped to your existing BoxPlanner roles.

Schedule & roster

- Create one-off or recurring classes
- Edit time, capacity, room, trainer
- Cancel & auto-notify registrants
- Bulk-cancel a date range
- Daily roster across every class
- Message all registrants

KPIs, payments & files

- Members, revenue, fill & no-show rate
- Period vs prior-period comparison
- At-risk members (Lapsed / Declining)
- List payments by status / due / SEPA
- Preview SEPA exports, chase unpaid
- Pull invoices, contracts & signed mandates

Storefront & content

- Top-sellers report by quarter or month
- SKU stock levels & low-stock alerts
- Drill into a product — who bought, when
- Bulk inventory adjustments to fix drift
- Post news with email + push + Facebook
- AI-generated scaling, lesson plans, write-ups

Ask: “Cancel the OnRamp tonight and notify the participant” · “Show me this month’s KPIs vs last month” · “Who hasn’t paid May?”

INDIVIDUAL SUBSCRIPTION

€1.99 / month · billed monthly

Numbers match the membersPlus dashboard exactly · works with Claude, Cursor & any MCP client

Train smarter with AI

Connect Claude, Cursor, or any MCP client to look up workouts, plan training and explore the exercise library — right inside your AI chat.

Look up workouts

- Get the full FRAN / MURPH breakdown
- Pull any named workout instantly
- See exercises, reps & structure
- Find workouts featuring a movement

Explore exercises

- Search the full exercise library
- Find substitutes for any movement
- Look up movement standards
- Target weak spots — “posterior chain”

Yours, and private

- Personal API key, instant access
- Scoped to your gym & role
- Works with Claude, Cursor & more
- Open MCP standard, no lock-in

Ask: “Give me the full FRAN breakdown” · “Find exercises like Deadlift” · “What workouts include Thrusters and Pull-Ups?”

INDIVIDUAL SUBSCRIPTION

€1.99 / month · billed monthly

Works with Claude (Code & Web), Cursor & any MCP-compatible AI client

INTEGRATIONS

Works with the tools you already use

Payments, corporate fitness benefits, social logins, and official CrossFit programming.

Payments

- Stripe — cards, Google Pay, Apple Pay
- SEPA direct debit & XML export
- Invoice billing for annual plans
- QR code payments in person

Corporate Fitness

- Wellpass (EGYM)
- Wellhub (Gympass)
- Urban Sports Club (beta)
- Membership check & check-in

Authentication

- Apple sign-in
- Google sign-in
- Facebook sign-in
- Email & password fallback

Programming & Data

- CrossFit Affiliate Programming (CAP)
- PowerBI dashboards
- Calendar sync (iCal / Google)
- API access on request

LET'S TALK

Run your box, not your spreadsheets.

Start free for boxes up to 10 members, or book a live demo to see Box-Planner end-to-end.

[Start your free trial](#)

box-planner.com/Signup

[Book a live demo](#)

WhatsApp · [+49 89 81893827](https://wa.me/+498981893827)

Free up to 10 members

No credit card required

EN & DE support

Built by XF3 GmbH, Germany

Mobile apps included

iOS & Android, ready to ship

Box-Planner

Komplette Box-Verwaltung für CrossFit, Weightlifting & Functional Fitness

DE — Deutsche Ausgabe

Was ist Box-Planner?

Komplette Box-Verwaltung für CrossFit, Weightlifting & Functional Fitness — von Box-Ownern entwickelt, von 50+ Boxen genutzt.

Owners

Führe dein Business: Verträge, Zahlungen, Mitglieder-Lifecycle, Analytics und die öffentliche Website — alles aus einer Hand.

Coaches

Programmiere Wochen im Voraus, manage Kurskapazitäten, zeig WODs auf dem Box-TV und sieh die Performance der Athleten.

Athletes

Buche Kurse, erfasse Scores, tracke PRs, sieh Bestenlisten und trainiere mit der Mobile App auf iOS & Android.

50+ aktive Boxen · 10+ Stunden gespart pro Woche · EN / DE Support

Smarte Kursplanung

Multi-Track-Planung mit Kapazitätsmanagement, Drop-In-Anmeldung, QR-Check-In und Echtzeit-Website-Sync.

For Owners & Coaches

- Wiederkehrende oder spontane Kurse über mehrere Tracks veröffentlichen
- Teilnehmerzahl begrenzen, um die Coach-Athleten-Quote zu schützen
- Automatische Warteliste füllt freie Plätze sofort
- QR-Code-Check-In & eigener Kiosk-Modus an der Tür
- Live-Stundenplan auf der eigenen Website einbetten
- Echtzeit-Kapazitäts- & Anmeldeverwaltung

For Athletes

- Kurse 24/7 von jedem Gerät buchen
- Sofort an- oder abmelden
- Sehen, welche Freunde im Kurs sind
- Drop-In-Anmeldung für Gäste & Reisende
- Push-Benachrichtigungen bei Änderungen & Ausfällen

Mitgliederverwaltung

Kompletter Lifecycle — von der Anmeldung über Rollen und Profile bis zu den Admin-Tools.

Profile & Rollen

- Selbst-Anmeldung
- Detaillierte Rollen-Berechtigungen
- Profil-Selbstverwaltung
- Durchsuchbares Mitgliederverzeichnis
- Verknüpfte Nutzer (Familie, Partner)

Admin-Tools

- Admin-Dashboard & Kennzahlen
- Bulk-Nutzerverwaltung
- Teilnahme-Log pro Mitglied
- Check-In-Kiosk für Self-Service
- News & Ankündigungen

Authentifizierung

- Apple / Google / Facebook Login
- QR-Code-Check-In an der Tür
- Anonymer Modus für Athleten
- Wellpass & Wellhub Verifikation

Verträge & Zahlungen

Flexible Verträge, automatisierte Abrechnung und volle Zahlungsabwicklung — von Stripe bis SEPA-XML-Export.

Vertragsarten

- Laufzeitverträge mit automatischer Verlängerung
- X-Card / Mehrfachkarten
- Drop-In-Pässe für Gäste & Reisende
- Track-limitierte Verträge
- Selbstkündigung durch Mitglieder

Zahlungsabwicklung

- Stripe — Karten, Google Pay, Apple Pay
- SEPA-Lastschrift & SEPA-XML-Export
- QR-Code-Zahlungen vor Ort
- Mehrwährungen: EUR, USD, CHF & mehr
- Produkt-Shop-Checkout integriert

Verwaltung

- Wiederverwendbare Vertragsvorlagen
- Massen-Zahlungsgenerierung
- Umsatz-Dashboard & Reporting
- Transparente Stripe-Gebühren
- Auto-Sperrung bei Zahlungsrückstand

Workout-Planung & Tracking

Workouts Wochen im Voraus planen, Ergebnisse in Echtzeit tracken und WODs auf dem Box-TV anzeigen.

For Coaches & Owners

- Tage oder Wochen im Voraus programmieren — immer fertig
- Übungsbibliothek mit Videos, Bildern & Beschreibungen
- Vordefinierte Heroes, Girls & Open Benchmarks integriert
- KI-gestütztes Scaling für verschiedene Athleten-Level
- WOD-Screen / Whiteboard für dein Box-TV
- CrossFit Affiliate Programming (CAP) Import

For Athletes

- Scores sofort von jedem Gerät erfassen
- Score-Bestenliste — sieh, wo du stehst
- Komplette Workout-Historie auf einen Blick
- Ergebnisse mit einem Tipp auf Social Media teilen
- Wochenansicht für die Trainingsplanung

Personal Records & Benchmarks

Jeden Lift, Benchmark und Max tracken. Fortschritte visualisieren und smarter trainieren.

Tracken

- 1RM-Tracking für jeden Lift
- Benchmark-Ergebnisse — Girls, Heroes, Open
- Reps, Gewicht, Zeit und Distanz je Bewegung
- Bestleistungen und Maxima auf einen Blick

Analysieren

- PR-Verlauf als interaktive Charts
- Trend-Erkennung — Plateaus automatisch sehen
- Trainingsgewicht aus deinen PR-Daten ableiten
- Schwachstellen erkennen und gezielt angehen

Wettkampf

- Community-Leaderboard gegen den Rest der Box
- Erfolge und neue Rekorde teilen
- Coach-Einblick in die PRs der Athlet:innen

Frag deine Daten alles

KI-gestützte KPIs, ein Live-Web-Dashboard und PowerBI für den Deep Dive — drei Wege, deine Box auf einen Blick zu sehen.

KI-KPIs (neu)

- Frag: „KPIs vs. letzter Monat“ — Antwort kommt
- Umsatz, Mitglieder, Auslastung, No-Shows
- Gefährdete Mitglieder (Lapsed / Declining)
- Channel-Aufschlüsselung: Mitglieder / Drop-Ins / Wellpass / Wellhub
- Läuft in Claude, Cursor und jedem MCP-Client

Web-Dashboard

- Live-Übersicht direkt in Box-Planner
- Tägliche Anwesenheit und Kapazität
- Offene Posten und Zahlungsstatus
- Geplante E-Mail-Reports
- Gleiche Zahlen wie membersPlus

Externes PowerBI

- Direkte PowerBI-Anbindung für Owners
- Eigene Dashboards, Drill-Downs, Slicer
- Langfristige Retention und Kohortenanalyse
- Mit deinen Buchhaltungsdaten kombinieren
- Schedule-Analyse und Klassenauslastung

Deine Box online — powered by Box-Planner

Eine professionelle, mobile-first Website für deine Box — direkt aus deinen Box-Planner-Daten.

Immer aktuell

- Live-Kursplan aus Box-Planner
- Heutiges WOD für Besucher:innen sichtbar
- Coach-Profile mit Fotos und Bio
- Produkt-Shop mit Stripe-Checkout

Auf Conversion gebaut

- Mobile-first, schnelle Ladezeiten
- Probetraining direkt auf der Seite
- Drop-In-Anmeldung in einem Flow
- Stundenplan auf bestehender Seite einbetten

Gefunden werden

- SEO-optimiert mit Meta-Tags & Sitemaps
- Strukturierte Daten (schema.org) integriert
- Mehrsprachig EN & DE ab Werk
- Hreflang für internationale Sichtbarkeit

LIVE-BEISPIEL

www.CrossFitF2.de

CrossFit F2 — gebaut auf der Box-Planner Client-Website

Community-Boxen & individuelles Training

Zwei Wege, Box-Planner zu nutzen — Community-Tracking oder voll personalisiertes Training.

Community-Boxen

- Tägliches WOD-Logging in der ganzen Box
- PR-Tracking für die ganze Community
- Öffentliche Leaderboards und Wettbewerb
- Community-gepflegte Workout-Datenbank
- Pures Performance-Tracking, keine Buchungen

Individuelles Training

- Coach-erstellte persönliche Trainingspläne
- Athlet:innen loggen eigene Workouts
- Work Your Weakness — Schwächen gezielt angehen
- Maßgeschneiderte Progressionen pro Athlet:in

Support Your Box

- Mitglieder abonnieren, um ihre Box zu unterstützen
- Premium-Features für erweiterte Anforderungen
- Trinkgeld-Modell für Community-Boxen
- Optionale Add-ons für Power-User

FEATURE 09

Native iOS- und Android-Apps

Volle Box-Planner-Erfahrung in der Tasche deiner Athlet:innen — buchen, tracken, teilen, überall.

Athlete Experience

- Klassen in Sekunden buchen, überall
- Scores direkt nach dem Workout loggen
- PRs und Benchmark-Verlauf tracken
- Heutiges WOD unterwegs ansehen

Immer verbunden

- Push-Benachrichtigungen für neue Workouts
- Kapazitäts- und Warteliste-Alerts
- News und Ankündigungen aus der Box
- Vertrags- und Zahlungserinnerungen

Nativ gebaut

- Vollständige iOS- und Android-Apps
- Schnell, poliert, offline-tauglich
- Apple-, Google- und Facebook-Login
- Anonymer Modus für Privatsphäre

DOWNLOAD

Lade die Box-Planner-App



PREISE

Einfach. Modular. Transparent.

Jede Box läuft auf Basic oder Premium. Aktiviere optionale Add-ons nur dann, wenn du sie brauchst.

PFLICHT-TIER

BASIC

Box Management Basic

Das Fundament. Box von A bis Z betreiben.

- Kursplanung & Mitgliederbuchung
- WOD-Tracking & PR-Logging
- Mitglieder- & Vertragsverwaltung
- Native iOS- & Android-Apps

PREMIUM

Box Management Premium

Wenn du skalierst und mehr willst.

- Check-In-Kiosk & WOD-Screen
- KI-Scaling & Coach Reports
- Erweitertes Reporting & PowerBI
- X-Card-Verträge & Track-Limits

OPTIONALE ADD-ONS

[Stripe Integration](#)

[Wellpass Integration](#)

[Wellhub Integration](#)

[Product Management](#)

[CrossFit Affiliate Programming \(CAP\)](#)

[MCP AI Agent Access](#)

Führ deine Box mit KI

Verwalte Kurse, Zahlungen, KPIs, Mitglieder und Inhalte aus einer einzigen Konversation — gescoped auf deine bestehenden Box-Planner-Rollen.

Schedule-Operationen

- Einzel- oder wiederkehrende Kurse erstellen
- Zeit, Kapazität, Raum, Trainer ändern
- Kurs absagen & Registrierte automatisch informieren
- Massen-Absage über Zeiträume
- Trainer neu zuweisen, Registrierte anschreiben
- Tages-Roster über alle Kurse hinweg

KPIs, Zahlungen & SEPA

- Mitglieder, Umsatz, Kurse, Auslastung & No-Show-Rate
- Periodenvergleich mit Vorperiode
- Gefährdete Mitglieder (Lapsed / Declining) + Kontakte
- Zahlungen nach Status / Fälligkeit / SEPA filtern
- SEPA-Exporte prüfen, offene Beträge nachfassen
- Rechnungen, Verträge & signierte Mandate abrufen

Content & Mitglieder

- News mit E-Mail-, Push- & Facebook-Versand
- KI-generierte Scaling, Lessons, Write-Ups
- Shop: Top-Seller, Lager, Korrekturen
- Mitglieder per Tag, E-Mail oder Last-Active finden
- Box-Logo oder Mitgliederfotos generieren & hochladen
- Zwischen Boxen mitten in der Konversation wechseln

Frag: „Cancel das OnRamp heute Abend und informier die Teilnehmer:innen“ · „Zeig mir die KPIs vs. letzter Monat“ · „Wer hat im Mai nicht bezahlt?“

INDIVIDUAL-ABO

1,99 € / Monat · monatlich abgerechnet

Zahlen 1:1 wie im membersPlus-Dashboard · läuft in Claude, Cursor & jedem MCP-Client

Smarter trainieren mit KI

Verbinde Claude, Cursor oder jeden MCP-Client und schau dir Workouts an, plane dein Training und durchsuche die Übungs-Library — direkt im KI-Chat.

Workouts nachschauen

- Volle FRAN / MURPH-Aufschlüsselung
- Jedes benannte Workout sofort abrufen
- Übungen, Reps und Struktur sehen
- Workouts mit bestimmten Bewegungen finden

Übungen entdecken

- Komplette Übungs-Library durchsuchen
- Alternativen für jede Bewegung finden
- Movement-Standards nachschlagen
- Schwachstellen angehen — „posterior chain“

Dein Account, dein Scope

- Persönlicher API-Key, sofort startklar
- Auf deine Box und Rolle gescoped
- Läuft in Claude, Cursor & mehr
- Offener MCP-Standard, kein Lock-in

Frag: „Gib mir die volle FRAN-Aufschlüsselung“ · „Finde Übungen wie Deadlift“ · „Welche Workouts enthalten Thrusters und Pull-Ups?“

INDIVIDUAL-ABO

1,99 € / Monat · monatlich abgerechnet

Läuft in Claude (Code & Web), Cursor & jedem MCP-Client

INTEGRATIONEN

Spielt mit den Tools, die du schon nutzt

Zahlungen, Corporate-Fitness-Benefits, Social Logins und offizielles CrossFit-Programmierung.

Zahlungen

- Stripe — Karten, Google Pay, Apple Pay
- SEPA-Lastschrift & XML-Export
- Rechnung für Jahresabos
- QR-Code-Zahlungen vor Ort

Corporate Fitness

- Wellpass (EGYM)
- Wellhub (Gympass)
- Urban Sports Club (in Beta)
- Mitgliedschaft prüfen & Check-In

Anmeldung

- Apple Sign-In
- Google Sign-In
- Facebook Sign-In
- E-Mail- & Passwort-Fallback

Programmierung & Daten

- CrossFit Affiliate Programming (CAP)
- PowerBI-Dashboards
- Kalender-Sync (iCal / Google)
- API-Zugang auf Anfrage

SPRICH MIT UNS

Führ deine Box, nicht deine Tabellen.

Starte kostenlos für Boxen bis 10 Mitglieder, oder buche eine Live-Demo, um Box-Planner end-to-end zu sehen.

Kostenlose Testphase starten

box-planner.com/Signup

[Live-Demo buchen](#)

WhatsApp · [+49 89 81893827](https://wa.me/+498981893827)

Kostenlos bis 10 Mitglieder

Keine Kreditkarte nötig

EN- & DE-Support

Gebaut von der XF3 GmbH, München

Mobile Apps inklusive

iOS & Android, sofort einsatzbereit

APPENDIX

Product screenshots

Reference shots of the BoxPlanner UI — schedule, workouts, check-in, member management, and mobile apps.

Schedule – Owner View

- Quick Class Overview
 - Booked
 - No registration
 - Registration but below minimum
 - Fully Booked
 - Cancelled
- Class Editing
- Participation Overview
- Workouts Assigned



Schedule – Editing

- Notify Participants
- Cancel Class
 - Add message to registered Participants
- Member Email

Hi [redacted],

The following message has been sent by the Owner in regards of Your registered Class:

Open Gym 5pm on 01.04.2018 17:00 at CrossFit

Please don't forget your running shoes!

Connect with Us:

Facebook

Twitter

Google+

Contact Info:

Email: office@box-planner.com

Workout – Planning

- Plan workouts weeks in advance
- Optional cherry-picking: members see WODs before or after class

The screenshot shows a web interface for managing workouts. At the top, there is a 'Workouts' header with a person icon. Below it, there are navigation elements: a 'All WODs' dropdown, a 'Choose Track...' dropdown, a search bar containing 'Exercise / Benchmark', and a 'Date' dropdown. The main content area displays a list of seven workout entries, each in a light gray box with an orange border. Each entry includes a date and a name, and a set of five action icons (checkmark, link, info, edit, and refresh) on the right side.

Date	Name	Action Icons
01.06.2018	"Randy"	Checkmark, Link, Info, Edit, Refresh
31.05.2018		Checkmark, Link, Info, Edit, Refresh
30.05.2018	"Team of 3 WOD"	Checkmark, Link, Info, Edit, Refresh
29.05.2018		Checkmark, Link, Info, Edit, Refresh
28.05.2018	"Murph"	Checkmark, Link, Info, Edit, Refresh
25.05.2018	"Karen"	Checkmark, Link, Info, Edit, Refresh
24.05.2018	"Team of 3 WOD"	Checkmark, Link, Info, Edit, Refresh

Workout – Research / Templates

- Search for
 - Exercises
 - Benchmarks

- Predefined Benchmarks(Heros, Girls, Open,...)

The screenshot shows a web interface for researching workouts. At the top, there are filters for 'All WODs', 'Choose Track...', a search bar containing 'Wall Ball', and a 'Date' filter. Below this is a list of workout entries, each with a date and title, and a set of icons for actions like checkmark, share, info, edit, and refresh.

Date / Title	Actions
25.05.2018 / "Karen"	✓, 🔗, ⓘ, ✎, ↻
15.05.2018	✓, 🔗, ⓘ, ✎, ↻
08.05.2018	✓, 🔗, ⓘ, ✎, ↻
01.05.2018	✓, 🔗, ⓘ, ✎, ↻
27.04.2018	✓, 🔗, ⓘ, ✎, ↻
13.04.2018 / "CrossFit New England Open Test"	✓, 🔗, ⓘ, ✎, ↻
09.04.2018	✓, 🔗, ⓘ, ✎, ↻
05.04.2018 / "Kelly"	✓, 🔗, ⓘ, ✎, ↻
28.05.2018 / "Murph"	✓, 🔗, ⓘ, ✎, ↻
25.05.2018 / "Karen"	✓, 🔗, ⓘ, ✎, ↻

28.05.2018 / "Murph"

WOD [HERO] Murph
For time. Partition the pull-ups, push-ups and squats as needed. Start and finish with a mile run. If you've got a twenty pound vest or body armor, wear it.
Run 1600m
100x Pullups
200x Pushups
300x Air Squats
Run 1600m

25.05.2018 / "Karen"

WOD [GIRL] Karen
For time
WOD 150x Wall Balls with 9.00kg / 6.00kg
WOD *rest 4 mins ** last done on 14.12.2017
WOD For Time:
21-18-15-12-9-6-3
Calorie Row
Kettlebell Swings 32/24kg

CheckIn – Kiosk

- CheckIn Kiosk for Attendance tracking
- Participation Info
 - Registered
 - Unregistered
 - On Waiting List
 - Late Cancelled
- Checked In Users can directly track workout results
- Score Overview of registered results
- Leaderboard(in development)

Time	Name
18:00 - 19:00	Open Gym 6pm
18:00 - 19:00	6pm Class
19:00 - 20:00	7pm Class
19:00 - 20:00	Open Gym 7pm
20:00 - 21:00	8pm Class

Registration List

● Registered ● On Waiting List ● Unregistered ● Late Cancelled

Checked In Users

● Registered ● On Waiting List ● Not Registered ● Late Cancelled

Checked In Users

Nobody checked in

● Registered ● On Waiting List
● Not Registered ● Late Cancelled

Workout

WOD
[CROSSFIT OPEN] 16.4
13-min, AMRAP:
55x Deadlifts with 102,00kg / 70,00kg
55x Wall Balls with 9,00kg / 6,00kg with 305,0cm / 275,0cm
Row for 55kcal
55x Handstand Pushups

Scores

Name	Score
No data available in table	

CheckIn – WOD Display

- Workout screen presentation
- Can be used as whiteboard replacement
- Automatic Sizing for ideal presentation
- Easy Screenshot to external Displays

Workout.

Strength

Establish a 1 RM

Back squats

WOD

7 min AMRAP:

10x Burpees

15x Air Squats

20x Situps

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Workout.

WOD

3RFT:

400m Run

30x Wall Balls with 9.0cm / 6.0cm

30x Box Jumps with 60.0cm / 50.0cm

400m Run

20x Kettlebell Swings with 24.00kg / 16.00kg American

20x Pushups

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Member Management – Overview

- Full Member list
 - contract status
 - Next Payment due (if contracts are in use)
 - Open Total revenue
- Member Requests

Members

Members (Premium)

Open revenue this month sum: EUR

Open revenue sum: EUR

Fullname	Email	Contract	Contract End	N. Contr. Exsting	Next Payment Due	Open Revenue
		Started	31.07.2018	No	01.06.2018	EUR 180
		Started	30.06.2018	No	01.06.2018	EUR 129
		Started	31.08.2018	No	01.06.2018	EUR 240
		Started	31.05.2018	No		EUR 0
		Started	30.09.2018	No	01.04.2018	EUR 259
		Started	31.08.2018	No		EUR 0
		Started	31.05.2018	No		EUR 0
		Started	31.05.2018	No		EUR 0
		Started	18.06.2018	No		EUR 0
		Started	31.10.2018	No	01.05.2018	EUR 480

Showing 1 to 10 of 195 entries

Member Requests

Fullname	Mobile	Email

Confirm

Member Management – Contracts & SEPA

- Contract Data
 - Existing contracts
 - Duration
 - Rates
 - Open Revenue
- SEPA Data
 - Account Data
 - Box specific mandate data

The screenshot displays the 'Contracts & Payments' section of a software interface. It features a navigation bar with 'Profile', 'Contracts & Payments', and 'Participation' tabs. Below the navigation bar, there is a search bar and a dropdown menu for 'records per page' set to 10. The main content area contains a table with the following data:

Name	ContractType	Duration	Nr. of Classes Total	Nr. of Classes Left	Standard Rate	Member Rate	Start Date	End Date	Next Payment due	Open Revenue
1m-Unlimited-2015	For Duration	41 Months			EUR 129	EUR 129	01.02.2015	30.06.2018	01.06.2018	EUR 129

Below the table, it indicates 'Showing 1 to 1 of 1 entries' and includes a pagination control showing '1'.

The second section, 'SEPA Data', also has a search bar and a 'records per page' dropdown set to 10. The table below it is empty, displaying 'No data available in table' and 'Showing 0 to 0 of 0 entries' with a pagination control.

Native Mobile Apps

- Main Focus
 - Registrations
 - Notifications
 - PR Tracking



- Android

<https://play.google.com>

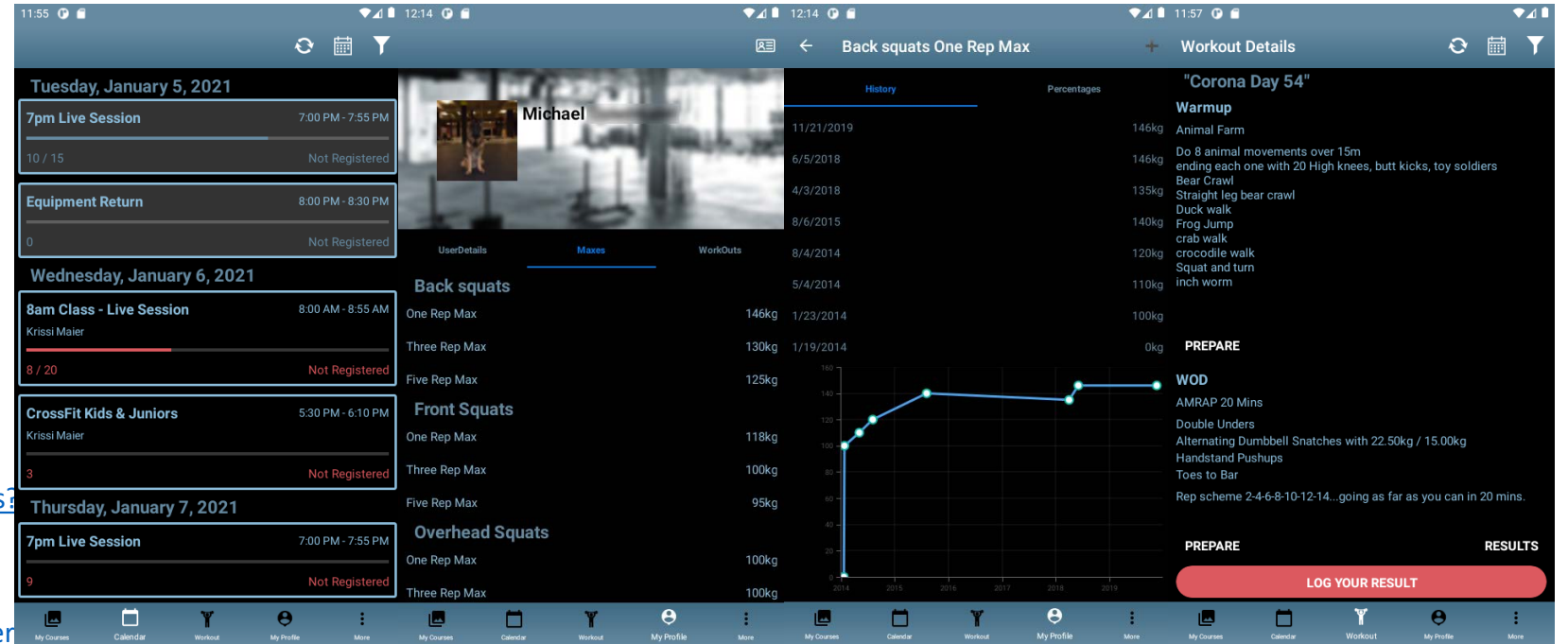


- iOS

<https://apps.apple.com/de/app/boxplanner>

- Latest beta features

<https://www.facebook.com/boxplanner/videos/516586272248910/>



Side note: All views in the web application are designed to scale and present data depending on the device