

FIGHT CAMP



FIGHTCAMP HANDBOOK

WELCOME TO FIGHTCAMP!

Dear FightCamp Member,

On behalf of our entire team: Welcome to FightCamp! We could not be more excited for what's ahead of you.

A few years ago, when I started working on the technology that would eventually become FightCamp, I needed a way to know I was getting better at boxing over time. As our punch trackers came to life, and were used by some of the best professional fighters in the world, we realized there were many more people like myself out there — people who want to know their hard work is paying off, and who want to see themselves getting better over time. So we built FightCamp to bring this concept into your home.

Everything we have built into this product is meant to help you experience meaningful progress, and to motivate you to fight for the best version of yourself. Whether you are brand new to boxing & kickboxing, or whether you have years of experience, I'm confident FightCamp will push you to your limits in the best way. It will not always be easy, but growth and change are born in the moments where we are challenged most.

We're here to support you every step of the way. Everyone from myself to our Trainer & Customer Support teams, to our Marketing & Engineering teams — we're in your corner. Reach out to us at any point with feedback so we can continue to make FightCamp better.

Let's get stronger together!



A handwritten signature in black ink that reads "Khalil Zahar". The signature is stylized and cursive.

Khalil Zahar
CEO @ FightCamp

GETTING STARTED:

FIGHTCAMP APP

LOGGING INTO THE APP

It's time to get started. Create an account on the FightCamp app. If you made the purchase, please **create your account with the email used at the time of purchase**. This will allow for your trackers to be synced to your membership automatically. If you did not make the purchase, choose any email address you'd like. Your trackers will be synced to the membership in the steps below using the activation code.

Once your account is created a User profile will appear. In your user profile, you will be able to see your total workouts, rounds, punches, and badges earned through your time with FightCamp.



[DOWNLOAD THE APP](#)

ACTIVATION CODE

Each FightCamp purchaser is given a unique code that registers their trackers to their membership. If you're not signed in with the email used when purchasing, you will need this code to complete your setup to get started with tracker workouts. You will also need this code to add family and friends to your membership. You can find your unique 6-digit activation code in an email titled, "Make Sure You're Ready To Get Started With FightCamp". Once your membership is registered, you will also be able to find this activation code in the "punch trackers" tab in the "more" section of the app.

MEMBERSHIP SHARING

Sharing your membership and the benefits of trackers is easy.

Each additional user must do the following:

- Download FightCamp on their mobile device (or be sure another FightCamp account is logged out if sharing a mobile device)
- Create a new account
- When prompted, type in the 6-digit activation code sent to the purchaser via email (or listed in the "punch trackers" tab in the "more" section of the app)

Please note: only 1 pair of trackers is needed per household; each pair can hold up to 5 different user accounts. Each individual user account ensures that personal paths completed, badges earned, and other FightCamp metrics are kept separate from other fighters in the home.

GETTING STARTED:

EQUIPMENT SET UP

Follow these steps below to get your trackers ready for the ring:

CHARGING YOUR TRACKERS

- Plug the charging station that your trackers came in directly into a USB wall charger. Be sure that the rounded edge of the tracker is facing the usb side of the charger otherwise your trackers will not charge.
- It takes approximately 60 minutes to fully charge the trackers. You'll know your trackers are fully charged once they show green indicator lights. If your tracker shows red during the charging stage, please reach out to our Support team at info@joinfightcamp.com.

When removing your trackers from the charging station, slightly lift up the back of the trackers from the flat end and pull in a horizontal motion away from the charging station.

TRACKER PAIRING

Once your trackers are charged, you're ready to pair them to your FightCamp app and try your first workout. Here's how:

iOS Device Pairing:

- Open your FightCamp app
- Place your punch trackers in the palm of your hand with the LED lights facing up and clap twice. One tracker will blink blue and one will blink red in a quick rhythm, showing they are in pairing mode.
- At this time, you should see a bluetooth pairing request on your screen in the FightCamp app. Click "enable". If this prompt does not show on your screen, go to the "more" section within the app and tap on the "punch tracker" tab to pair the trackers.

*PLEASE NOTE, YOU WILL ONLY HAVE TO ENABLE BLUETOOTH ONCE PER DEVICE.

Be sure that bluetooth is turned on in the FightCamp app. To do this, go to the settings app on your phone, select the FightCamp app, and allow access to bluetooth. Before beginning your first tracker workout, you may be prompted to enter an "activation code". To find this, look for an email titled "Make Sure You're Ready To Get Started With FightCamp". This email will contain your specific 6-digit activation code. Each user will only need to enter this activation code once. Once your trackers are paired, one will slow blink red and one will slow blink blue, showing they are paired and ready for your workout.

Android Device Pairing:

- Open the FightCamp app
- Place your punch trackers in your hand and clap twice. One tracker will blink blue and one will blink red, showing they are in pairing mode.
- At this time, you should see a prompt to enable your location for your punch trackers. Select "always allow".
- Then, you will see a bluetooth request. Please enable bluetooth.
- Lastly, you will see a screen to pair your trackers. Select "pair & connect" on the bluetooth pairing request

TRACKER PLACEMENT

Your FightCamp quick wraps are designed with pockets to hold your Punch Trackers. Place the red tracker in the red wrap and the blue tracker in the blue wrap. Ensure that the rounded edge of each tracker is facing your knuckle, and that the indicator light is facing upwards. The trackers should be placed in your quick wraps on the top of your wrist running parallel to your wrist.

Please note: Trackers do not count punches during the warm-up, cool down, and body weight portions of the workout.

In order for your punches to count reliably:

- You must stand within 6ft of your device
- You must have stable Wifi
- If your Wifi is unable to support live streaming, we recommend downloading workouts in advance to playback while you're at home.

BAG SETUP

Bag Base

To begin setting up your bag, you'll need to first choose the most convenient way to fill your base. We recommend using a funnel and filling the base with **350 pounds of DRY sand**; however, for some FightCamp users, this isn't doable. Here are some additional options:

WATER: Water is much more convenient and will be easier to fill, empty, and move around when needed. However, the bag will be lighter at 250 lbs, which means it may move during your workouts.

DRY SAND & WATER: You can combine dry sand & water to stabilize the bag and bring the weight to 450lbs. However, this can get a bit messy, especially if you are planning on emptying it at any point.

BASE GEL: Base gel is our second most stable option. One bag of gel will mimic close to 400 pounds. You'll pour $\frac{2}{3}$ of the gel into the base of the bag and fill the remainder of the base with water, leaving half an inch of room from the top. In 3-5 minutes the gel will absorb the water! This option is great for anyone that has a move in the near future.

*DO NOT HIT THE BAG TOP UNTIL ALL FOUR FLAPS HAVE BEEN FULLY SECURED.



[BAG SETUP](#)

Bag Top

- Slide the bag top down the middle of the base
- Once the bag top is secure, pull the flaps over the lip of the base
- When the flaps are secured over the lip, work the straps through the buckle
- Ensure the straps are pulled tight to avoid bag top movement

MAT SETUP



MAT SETUP

The FightCamp floor mat comes in 8 pieces, each one measuring 2' x 2'. These pieces assemble and interlock together like a puzzle. The recommended setup for the mat is a rectangle of 2 pieces wide and 4 pieces long. This rectangle will measure 8' x 4'.

THE WORKOUT

When loading the FightCamp app, you'll see the following: different workout lengths, skill levels, and categories.

WORKOUT LENGTHS:

4 rounders: 15 minutes
6 rounders: 25 minutes
8 rounders: 30 minutes
10 rounders: 40 minutes

WORKOUT SKILL LEVELS:

Open: These feature basic, entry-level punch combinations and are perfect for those at all different skill levels.

Intermediate: These workouts are meant for those who are entering FightCamp with 3+ months of prior experience at a boxing gym (or similar martial arts gym).

Advanced: Advanced-level workouts are for those entering FightCamp with 10+ months of boxing experience at a boxing gym (or similar martial arts gym).

WORKOUT CATEGORIES:

Combo build up- a challenge for your brain as you build up to complex combinations 1 punch at a time.

Switch stance- buildup a combination and then switch stances and repeat halfway through.

Upper body boxing/upper body kickboxing- focused on strengthening your upper body with a mixture of striking and upper body bodyweight exercises.

Lower body boxing/lower body kickboxing- focused on strengthening your lower body with lots of striking and lower body bodyweight exercises.

Full body boxing/full body kickboxing- focused on strengthening your entire body with lots of striking and a mixture of full body bodyweight exercises.

Burnout boxing/kickboxing- heavily focused on alternating between aerobic and cardio sprinting.

Knockout Power boxing/kickboxing- Mixture of power punching/kicking combinations and bodyweight exercises to help you build strength and power.

Pure punching/pure striking kickboxing- All punches and kicks.

Pro combos boxing/kickboxing- Intermediate/advanced level workout that challenge you round by round with difficult combinations.

WHAT IS OUTPUT

Output is your total score for the workout and for each round. It is based on the number of punches you throw, the speed of each punch and the technique you punch with. To increase your output, make your punches quicker and snappier. Once your punch lands in the bag, quickly pull it back to your body rather than punching through the bag. Output is what you should aim to increase over time, and is a measure of how you're improving each time you repeat a workout.

WHAT ARE PUNCH GOALS?

For every round, the trainer will set a minimum punch goal that you are challenged to meet. Once you reach this goal for the round, you will get a check mark and each additional punch will be added to your total punch count for the full workout. If you have a hard time reaching the punch goal for any given round or workout, challenge yourself to try the workout again and beat it!

For punch combinations, we use the boxing number system (numbers 1-6) to denote the punches that are called for in the combo.

1. The Jab

2. The Cross

3. The Lead-Hook

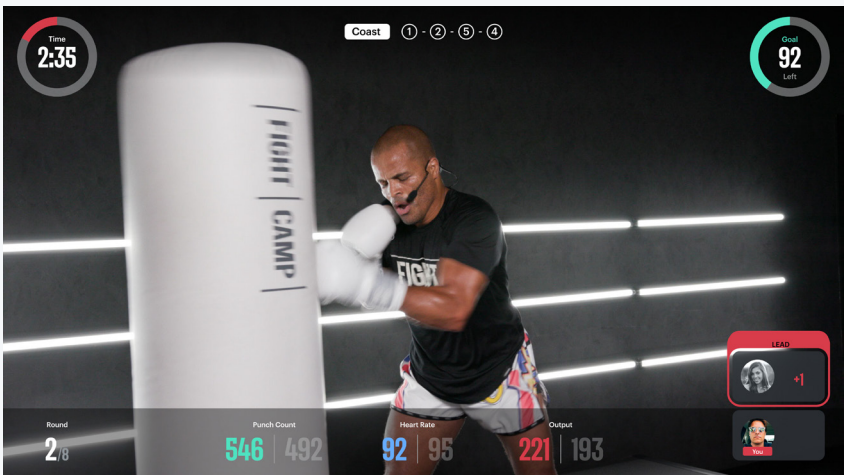
4. The Rear-Hook

5. The Lead-Uppercut

6. The Rear-Uppercut

Time Remaining

Punch Goal



Current Round Number

Total Punch Count

Heart Rate

Total Output

Player vs. Player Mode

WHERE DO I START?

We highly recommend starting with one of the paths below to start your FightCamp Journey:

The Prospect Path is perfect for those with little-to-no boxing experience, or those looking to get back into the swing of things. It will teach you proper technique by taking you from the basics of boxing to intense punch combinations, and it will get you in shape by starting with 4-round workouts and gradually increasing to 8 rounds.

The Contender Path is your entry point to intermediate workouts and intermediate skills. You will learn how to step and punch, how to slip, how to roll and how to mix all these movements into challenging combinations. This intermediate path will build up your endurance and cardio by challenging you to 10-round workouts. New skills, new endurance, new fitness level, new you!

The Kickboxing Path is perfect for those with little-to-no experience. For those with prior experience, this path is perfect for reinforcing what you have learned in the past and will provide you some structure to continue building your skills in the future.

Need to update your account or subscription? Head to account.joinfightcamp.com to access the customer dashboard.

Need additional support? Please contact info@joinfightcamp.com or call 213-785-3372 to speak with a Member Support Agent.