

FIGHT CAMP



FIGHTCAMP HANDBOOK

GETTING STARTED:

FIGHTCAMP APP

LOGGING INTO THE APP

It's time to get started. Create an account with the email address you used to purchase your equipment. If you weren't prompted for an email address while purchasing, you may use any email.

Once your account is created a User profile will appear. Here is where you will see your total workouts, rounds, punches and achievements.



[DOWNLOAD THE APP](#)

MEMBERSHIP SHARING

Your trackers and membership are meant to be shared; we know you're not in this fight alone. Share your trackers and membership with up to 5 people within your household. Each additional user will need to verify they're logged into their own FightCamp account if a shared iOS device is being used. This way, no data will be mixed and your progress will reflect all of the hard work you're putting in (it'll also give you the ability to challenge other users in your home for the top leaderboard spot). Please note, you only need one pair of trackers for all household users.

To add additional users:

- Tap on "Don't have an account yet" and create an account.
- Have the owner of the account send you the 6-digit alphanumeric they received once their purchase was made
- Additional users will need to use their own email when logging into the app to ensure stats are separate and individualized for each person.

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 blinking green indicator lights. If your tracker shows red during the charging stage, please reach out to our Support team at info@joinfightcamp.com.

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:

- Open your 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 bluetooth pairing request on your screen in the FightCamp app. Click "enable".

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

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.

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 quickwraps 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 iOS 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 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

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

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.

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

Punch 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.