

FIGHT CAMP



FIGHTCAMP HANDBOOK

FIGHTCAMP STARTERS CHECKLIST

- Charge the FightCamp trackers
- Download the FightCamp App on your mobile phone or tablet, through the App Store (IOS) or Google Play (Android)



- Create an account under the email you purchased under
- Share activation code with family & friends

Bag Users Only:

- Add sand, base gel, or water to the base of the bag to stabilize it
 - Assemble the bag: Attach the top with the base
- Stream to your TV.
 - Choose your first workout!



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GETTING STARTED:

FIGHTCAMP APP

DOWNLOAD THE APP

First, download the FightCamp app on your mobile phone or tablet. You will find the app on the App Store (iOS) or Google Play (Android). Next, create an account on the FightCamp app using the email you purchased with. This will allow your trackers to be automatically matched to your membership.



[DOWNLOAD THE APP](#)

If you are not the purchaser, create an account by using any email address. Once the account is created, your user profile will appear. This is how you will access the app and where all of your personal stats will be stored throughout your time with FightCamp.

TRACKER ACTIVATION CODE

When activated, your punch trackers unlock exclusive content and give you the ability to track workouts and compete. On the day of purchase, you will receive an email titled "Make Sure You're Ready To Get Started With FightCamp". This email contains your unique 6-digit activation code. You may be prompted to enter this code while activating your trackers or while sharing your membership with family and friends. This code can also be found within the FightCamp app when the purchaser is logged in. They can find the activation code by going to the more section and tapping on the punch tracker icon.

MEMBERSHIP SHARING

Sharing your membership with family & friends is simple.

1 pair of trackers is needed per household and each pair can hold up to 5 different user accounts. Individual accounts will allow each user to have access to their own personal stats.

Additional users must:

- Download FightCamp on their mobile device (if sharing a device, ensure to sign out of the other user's account)
- Create a new account using their personal email address
- When connecting the trackers for the first time, they will be prompted to enter a 6-digit activation code that was sent to the purchaser via email

THE TRACKERS

CHARGING YOUR TRACKERS

- Your punch trackers arrived in their charging station. Plug the station directly into a USB wall charger. Each time you place your trackers in the charging station, ensure the rounded edge of the tracker is facing towards the USB charger.
- Leave the trackers to charge for approximately 1 hour to ensure they are fully charged. The LED lights will turn green to indicate they are fully charged. When removing your trackers from the charging station, lift up the back of the trackers and pull away from the charging station.
- If you have trouble inserting or removing the trackers from the charging station, or if either of the LED lights stays red during the charging stage, please reach out to our Support team at info@joinfightcamp.com with a picture of the trackers in the charging station.

TRACKER PAIRING

Once your trackers are charged and have been taken out of the charger, you'll connect them to the app by following the steps below:

- Turn on Bluetooth on your device. Open the FightCamp app, go to the "more" section & tap the punch tracker icon.
- Place the trackers in the palm of your hand with the LED lights facing up then firmly clap down on them twice. One tracker will blink blue and the other will blink red at a quick pace indicating they are in pairing mode.
- Once your trackers are paired, one will slow blink red, and the other blue, indicating they are now connected and ready for a workout.

iOS Only:

In order to pair your trackers for the first time, 3 notifications will appear:

- **FightCamp Would Like to Send You Notifications.** Click on "Allow" to ensure notifications on tracker connection will appear.
- **Bluetooth Pairing Request: FightCamp would like to pair with your phone.** Click on "Pair". This notification will show twice in a row and need to be paired twice, once for each tracker.
- If you are unable to connect your trackers, go to the settings app on your phone, select the FightCamp app, and select "allow access to Bluetooth" as well as "allow notifications".

Android Only:

You may see a prompt to enable your location for your punch trackers, which is needed for bluetooth connectivity. Select "allow all the time". If this does not pop up, go to the settings icon in your phone and select the FightCamp app. Under permissions, select "locations" and select "allow all the time". You will then see a Bluetooth request. Enable Bluetooth, then accept the notification to "Pair and Connect".

- Before starting your first tracker workout, you may be prompted to enter an "activation code". Please follow the instructions above. You will only be asked to enter this code one time per account.

THE WORKOUT

WHICH WORKOUT DO I START WITH?

Serious about making a new fitness habit? We highly recommend starting with one of the following workout plans:

The Foundations Program: For those that want to break a sweat while awaiting the arrival of their equipment.

RECOMMENDED

Prospect Path: Perfect for those coming in with limited to no boxing experience or getting back into the swing of things. Learn the stance, the jab, cross, hooks and uppercuts, and practice putting it all together.

The Kickboxing Path: Learn the kickboxing basics, including the proper stance, round-kicks, front-kicks, side-kicks, and basic defense moves.

Contender Kickboxing Path: Continue to refine your kickboxing skills while learning next-level moves. In this path, you'll learn to check kicks, how to throw knees, and master the spinning back kick.

Contender Path: Expand your boxing skills and take your physical conditioning to the next level with the Contender Path. Made for those who are coming to FightCamp with previous boxing experience. continue building your skills in the future.

Looking to explore and sample workouts before committing to a path? Try one of the following introduction workouts:



Introduction to FightCamp: Boxing workout



Introduction to FightCamp: Kickboxing workout

UNDERSTANDING THE WORKOUT

Use the filter button at the bottom of each workout section to personalize your workout selection based on time available, level, favorite trainer, etc.

WORKOUT LENGTHS

4 rounders: 20 minutes

6 rounders: 25 minutes

8 rounders 35 minutes

10 rounders: 45 minutes

WORKOUT SKILL LEVELS

Open: These feature basic 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 martial arts gym).

TERMINOLOGY

OUTPUT: Based on the number of punches you throw, the speed of each punch and the technique you punch with. Output is what you should aim to increase over time.

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.

PUNCH RATE: The number of punches you are estimated to throw each minute.

THE NUMBER SYSTEM: 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

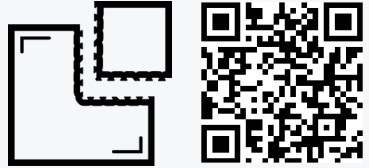
5. The Lead-Uppercut

6. The Rear-Uppercut

AT HOME GYM SETUP

MAT SETUP

The FightCamp floor mat comes in 8 pieces, each one measuring 2' x 2'. The setup for the mat is a rectangle of 2 pieces wide and 4 pieces long. Attach the pieces together by pressing on the puzzle side. This rectangle will measure 8' x 4'. *Please note: the mat should NOT be a square.



BAG SETUP

Bag Base

SAND: We recommend using a funnel and filling the base with 350 pounds of dry sand. This is the most stable option and provides with the best quality of workouts; however, this may not be ideal for those wishing to move their bag frequently. Here are some additional options:

BASE GEL: This is the second most stable option. Pour 2/3 of the gel into the base of the bag & fill the remainder of the base with water, leaving a half-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, as the base gel can be turned back into water at your convenience using a solution of salt water.

WATER: Water is convenient and will be easier to fill, empty, and move around when needed. 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 450 lbs. This option may be hard to empty if you plan on moving it.

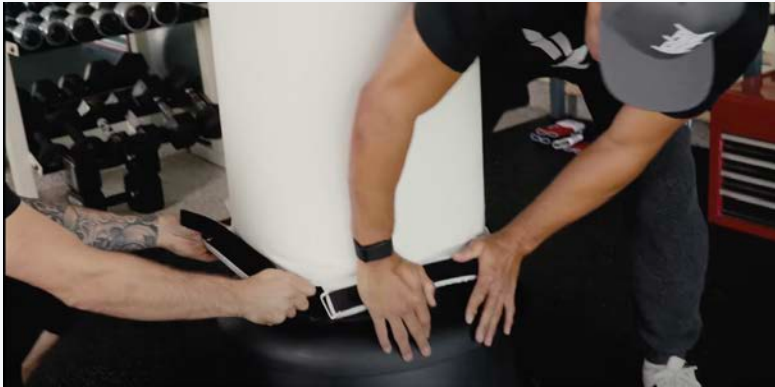
Recommended: Watch this video to install the bag properly:



Bag Top

DO NOT HIT THE BAG TOP UNTIL ALL FOUR FLAPS HAVE BEEN FULLY SECURED, AS THIS MAY CAUSE IRREVERSIBLE DAMAGE. HITTING THE BAG BEFORE IT'S BEEN ASSEMBLED WILL VOID THE WARRANTY.

- Slide the white bag top down the middle of the base
- Once the bag top has been lowered down the middle of the base, pull the flaps of the bag top 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
- Once secured, the velcro straps should be flush with the base. If there's more than a 1/2 inch gap between the velcro straps and bag base, watch the recommended video and try again.



STREAMING TO YOUR TV

Pending on the device you are using and device you are streaming to, there are a few ways to go about it.

If you need to update your subscription, change your payment method or find your referral code, head to account.joinfightcamp.com to access the customer dashboard. Log in with your app credentials.

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



Please go to the FightCamp help center by following the QR code above or going to support.joinfightcamp.com to see what best suits your setup.

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 fluid.

Khalil Zahar
CEO @ FightCamp





[VISIT THE HELP CENTER](#)

