



**TRIADXP**  
TRAINER

*Let's Get Moving*

# Getting Started Tool Kit

*Everything You Need  
To Get Moving*





# **TRIADXP** **TRAINER**

*Let's Get Moving*

## **Getting Started with TriadXP Trainer**

You have a passion for spreading wellness. You truly believe in what you're doing. You publish and sell your own exercise plans, books, or videos on your website or Amazon. Now, as millions of consumers are shifting to at-home exercise classes via apps and the internet, you've decided to convert your content into audio-visual guided, mobile-exercise programs (MEPs) on TriadXP, and sell and deliver them directly to the mobile devices of your followers and other fitness enthusiasts. This section provides you all you need to know about how to get started and provides the answers to many of the questions you may have?

The team at TriadXP is always here to help, feel free to reach-out to us anytime by email at [info@triadfitnessgroup.com](mailto:info@triadfitnessgroup.com) if you have a quick question we'll get back to you within 24 hours. We'll also be happy to schedule a time to speak with you by phone.

### **Overview**

TriadXP (TXP) Mobile-Exercise Programs can range from a single workout to a series of workouts packaged together to create a training program. Workouts include exercises and/or circuits with supporting pictures and videos from TXP's free illustrated exercise database or your own branded exercise images or videos.

Here is what you'll find in this Getting Started Toolkit. You can click on the blue text and it will take you direction to the content area:

[How to publish your content the TXP Store](#)

[Managing your products in the TXP Store](#)

[Making changes to your TXP account](#)

[Tracking your sales performance](#)

[Royalties & MEP Pricing](#)

[Content & Quality Guidelines](#)

## How to publish your content to the TriadXP Store

So your ready to get moving, here are step by step instructions to publish your mobile exercise programs (MEP)

1. Make sure your browser is updated.
2. Login at <https://www.TriadXPTrainer.com>
3. Follow the instructions and complete the Product Submission Page.
4. Submit your files to <https://triadxptrainer.wetransfer.com/> Please follow the instructions and include all the information about your workout or program.
5. Make sure your MEP meets our [Content and Quality Guidelines](#)..
6. After you submit your content the TXP team will review your program for compliance with our [Content and Quality Guidelines](#), follow-up with any question by email and then send your MEP to you to review and approve before it gets published it to the TXP Store.

Further information on publishing requirements are defined in the TriadXP Trainer Program Agreement.

## Managing products in the TXP Store:

You can modify or manage the products being sold on the TriadXP store any time.

1. Follow the [How to publish your content to the TXP Store](#) process
2. Please identify what you want to do in the special instructions field.
  - a. To modify and If you are modifying an existing MEP please provide the name of the existing MEP on the submission form and then submit the new digital files and instructions for the modification.
  - b. To remove and MEP, simply provide the name of the MEP you would like to remove and type “unpublish” in the special instructions field. Please note that unpublishing a MEP, does not delete the file, we can simply unpublish and keep the MEP in your files so you can modify or republish at a later date.

Further information on modifying or removing content from the TriadXP store is defined in the TriadXP Trainer Program Agreement.

## Making changes to your TXP account.

1. Log into <https://www.TriadXPTrainer.com>
2. To change account information select “My Account” or “My Profile” from the menu.
3. Make the change you want and click the “Update” button and the TXP team will be notified to make the changes.

## View your store sales, royalties and other metrics.

1. Log into <https://www.TriadXPTrainer.com>
2. Select “Sales Tracking” from the menu.
3. Click the “View My Sales” button.
4. This will take you to our sales tracking system, you will have to enter your login credentials again to see your sales reports

## Royalties and MEP Pricing

Content in this section is maintained on the Royalties and MEP Pricing Page of the trainer section at <https://www.TriadXPTrainer.com> . Last Updated: November 23, 2019

This Pricing Page changed on the date listed above. We offer one Royalty option the 70% royalty option, described below.

### 1. Royalties

A. Available Sales Territories: All sales of your MEP to customers in any territory.

B. Royalty Rate: 70%

Royalty Calculation for List Price: The 70% Royalty Rate times the MEP List Price exclusive of Online Credit Card Transaction Fees.

Credit Card Transaction Rate as 11/23/19 = 2.9%

Online Per Transaction Credit Card Fee = .30¢ per transaction

## 2. Royalty Calculation Examples

### A. 70%

Net List Price x 70% Royalty Rate = Royalty

Net List Price = List Price - (List Price x Credit Card Transaction Rate) - Online Per Transaction Credit Card Fee

Example

$$\begin{array}{ccccccc} \text{List Price} & & & \text{Online Per Transaction} & & & \text{Royalty} \\ \$19.99. & - & (.58\phi & + & .30\phi). & = & \$19.11. & \times & 70\%. & = & \$13.38 \\ & & \nearrow & & \downarrow & & \uparrow & & \uparrow & & \downarrow \\ & & \$19.99 \times 2.9\% & & \text{Net List} & & \text{Price} & & \text{Royalty Rate} & & \end{array}$$

online credit card transaction rate

## 3. Setting Your List Price

You set your List Price. However, we encourage you to price your MEP at or above sales levels for adjacent products (ebooks, books, etc.) as MEP provide significantly higher value than other mediums.

## 5. Additional 70% Royalty Terms and Conditions:

i. MEP Eligibility: MEPs that consist primarily of public domain content are not eligible for the 70% Royalty Option.

ii. Distribution Territory: You must have appropriate distribution rights, and you must comply with any other restrictions or requirements we may provide from time to time for the 70% Royalty Option in the Program Policies.

iii. New Features: Any new feature incorporated into the Program will apply to all MEPs distributed under the 70% Royalty plan even if we make the feature optional for other MEPs.

iv. Non-Compliance: If at any time your MEP does not meet our compliance requirements you will not be eligible to receive your Royalty until you are compliant.

## 6. Other Pricing Terms

i. intentionally left blank for future use.

# Content and Quality Guidelines

## Content Guidelines

These guidelines apply to Mobile Exercise Program (MEP) content, including title, cover art, product description, keywords, narrative, etc.

### *Illegal or infringing content*

We take violations of laws and proprietary rights very seriously. It is your responsibility to ensure that your content doesn't violate laws or copyright, trademark, privacy, publicity, or other rights. Just because content is freely available does not mean you are free to copy and sell it.

### *Public domain and other non-exclusive content*

Some types of content, such as public domain content, may be free to use by anyone, or may be licensed for use by more than one party. We will not accept content that is freely available on the web unless you are the copyright owner of that content. For example, if you received your fitness content from a source that allows you and others to re-distribute it, and the content is freely available on the web, we will not accept it for sale on the TriadXP store. We do accept public domain content but may choose not to sell a public domain workout or program if its content is undifferentiated or barely differentiated from one or more other fitness programs.

### *Poor customer experience*

MEP for sale on TriadXP should provide a positive customer experience. We reserve the right to determine whether content provides a poor customer experience and remove that content from sale. See the Guide to TriadXP Content Quality for examples of content that's typically disappointing to customers.

### *Other prohibited content*

As a provider of health and fitness programs, we provide our customers with access to a variety of training methods. That said, we reserve the right not to sell certain content, such as pornography or other inappropriate material.

### *Report violations*

If you believe a MEP violates our guidelines, please report it to [info@triadfitnessgroup.com](mailto:info@triadfitnessgroup.com)

## Guide to TriadXP Content Quality

Content published through TriadXP Trainer is held to the high standards customers have come to expect from the health and fitness industry and TriadXP itself. If users tell us about a problem they've found in your MEP, we'll make sure you know about it and point you in the right direction to get the problem fixed. The information listed here will help you understand the types of quality issues we see most frequently and will give you an idea of what you should be paying close attention to when building your MEP.

Note: Since TriadXP aims to provide the best possible tools for independent trainers and clinicians and the best experience for users, we have a zero tolerance policy for any MEP content meant to advertise, promote, mislead, or that doesn't accurately represent the contents of the MEP. Please follow the guidelines below to ensure your MEP's content, including cover art, metadata, and product description do not result in inaccurate or overwhelming search results, or impair users' from making good buying decisions.

### Contents

- [Identifying errors](#)
- [Reviewing your MEP](#)
- [Typos](#)
- [Unsupported characters](#)
- [Cover issues](#)
- [Image quality](#)
- [Formatting issues](#)
- [Disappointing content](#)
- [Sample workouts](#)
- [Multiple workout programs](#)

#### *Identifying errors*

It's very important to search your MEP for errors before approving it. Some errors may cause a MEP to be considered incomplete or unusable. We refer to these as Critical Issues. Because Critical Issues significantly impact the guidance and performance experience, any Critical Issue will result in the MEP being removed from sale until corrections are made.

Other errors can prevent the user from understanding the trainer’s intended meaning. We refer to these as Destructive issues. The most common type of errors are Distracting Issues, which cause the user to hesitate or pause unnecessarily while performing a workout.

The combined impact on the training experience of a MEP with excessive Distracting or Destructive Issues can lead to the MEP being removed from sale until corrections are made. A moderate amount of Distracting or Destructive Issues can result in the book remaining available for sale, but with a temporary quality warning displayed on the detail page until corrections are made.

### *Reviewing your MEP*

When you review your MEP for quality issues, we highly recommend that you review your MEP in the TriadXP APP prior to approving it for publishing.

### *Typos*

Typos are among the most common quality issues customers report. To produce a high quality MEP, please ensure your MEP is free of typos. Typos may be caused by a variety of issues: mistyped words, poor optical character recognition for scanned texts, copy/pasting across source documents, or multiple conversions of a source file. Here are some examples of common typos to look for:

Type	Example	Should be
Numbers in place of letters	5arasota	Sarasota
Letters in place of numbers	1o66	1066
Incorrect punctuation		
Soft Hyphens		
Missing letter		
Junk characters		

### *Preventing and fixing typos*

If there is a typo in your MEP, it's important to search for the term throughout the workout or program to ensure all occurrences are corrected. It's also important to review your text for errors of a similar nature.

### *Unsupported characters*

If your text appears in TriadXP's APP as strings of jumbled characters or boxed question marks, this usually means your MEP contains an unsupported accent mark or character. To ensure your MEP doesn't contain unsupported characters, review your MEP in TriadXP APP prior to approving it for publishing and look for square boxes or jumbled characters in the Workout Detail like these:

â€œâ„¸»â±,,!â€

### *Preventing and fixing unsupported characters*

If an unsupported character is present in your MEP, it's important to look for this issue throughout the text, as one unsupported character usually indicates others and unsupported characters will mess up the guided narrative the user hears while performing the workout.

### *Cover issues*

A high quality cover image may have an impact on a user's decision to purchase a MEP. Here are some of the most common issues with covers:

- The cover either has extra space in the margins or is too large and doesn't fully display
- The cover image is blurry
- The cover is missing
- The cover includes references to advertisements or promotions (e.g., "free")

### *Creating and adding a cover*

Check out our guidelines for creating MEP covers.

### *Image quality*

Having clear, viewable images and videos in your MEP is an important part of the user experience. Images or videos with text can be a problem if the source quality is poor, so make sure the text is readable by previewing it in the TriadXP APP prior to approving it for publishing. Also make sure that the images in your MEP aren't blurry. It could be annoying for the user and may impact their training experience.

### *Critical issues*

Do not submit scanned photos of a physical book. We cannot create MEPs from entire scans of books or exercises. Other quality issues include blurry images and images with illegible text.

### *Ensuring high-quality images*

The best way to ensure your MEP has clear images is to provide us the highest possible quality in your source images.

### *Formatting issues*

Formatting issues may affect the visual, layout level or narrative guidance of an MEP and can include problems like missing rest between sets or activities or misclassified activity types (e.g. rep based instead of time based). Formatting errors in your MEP may prevent users from seamlessly moving through the workout, and also may include issues that cause activity flow to be unintelligible or confusing. To produce a high quality MEP, please ensure you provide us clear workout and program formats and review your MEP for proper formatting before approving it.

### *Disappointing content*

We do not allow content that disappoints our customers or creates a poor shopping experience, including but not limited to:

- Content that is either marketed as a subscription or redirects readers to an external source to obtain the full content
- Content that is freely available on the web (unless you are the copyright owner of that content or the content is in the public domain). For more information, you can refer to the sections titled "Illegal and Infringing Content" and "Public Domain and Other Non-Exclusive Content" in the Content Guidelines.
- Content whose primary purpose is to solicit or advertise
- Content that is not significantly different from content in another book available in the TriadXP Store
- Content that is too short
- Content that results in a poorly guided experience
- Content that does not provide an enjoyable training experience
- Content that is excessively reused, recycled, or repeated within or across MEPs
- Content that is rebranded or re-released with significant changes to the metadata, resulting in a confusing user experience

## *Sample Workouts*

Sample or partial workouts that are based on complete training programs but confuse our customers are not allowed. To ensure that customers don't confuse sample or partial workouts with a complete training program, we ask that MEPs of this type meet the following criteria:

- The title must clearly state the MEP is a sample or partial version of the complete training program (e.g. Day 2 of the complete 30 day training program).
- The cover image must prominently indicate the content is a sample or abbreviated version before the title of the original book in a font that is at least as large as the rest of the title, and cannot resemble or echo the original work in any way.
- The contributor(s) of the original book must not appear in the contributor field.
- The content must be categorized in the Sample Workouts category. The content cannot be included in any category outside of the Sample Workouts category.

We do not allow sample or partial workouts based on copyrighted works without written permission from the copyright holder.

## *Multiple Workout Programs*

If you're publishing multiple workouts as one MEP, ensure the contents of your MEP are accurately reflected both in the title field and on the cover, by including terms such as "Boxed Set," "Bundle," "Collection," "Compilation," or "Series." Workouts that are part of a series must be sequentially order within the MEP and collections of individual workouts must have all workouts listed in the metadata.

Collections of workouts and numbered series may include content you've previously published in your catalog. However, in order to provide an optimal customer experience, the same content may not be excessively reutilized across multiple training programs. We consider "excessive" any amount of content repetition that would create a poor shopping or training experience.

Multiple Workout Program must meet all MEP guidelines. For more information, see our content guidelines and Terms and Conditions.