



TRIADXP
TRAINER

Instructions For Submission

Complete the form on the next page then follow the instructions to submit all of your files.

Your TriadXP mobile-exercise program consists of the following elements:

1. Exercise Library: The foundation for creating your mobile-exercise program is an exercise library. Our exercise includes the following information for each exercise:
 - Exercise name
 - Exercise description
 - Exercise type
 - Warm-up/mobility
 - Endurance/cardio
 - Strength
 - Cool down/flexibility
 - Muscle groups
 - [I need to find the list]
 - 3 pics
 - 1 performance video
 - 1 instructional video

To provide users the best total experience, we recommend all the above information be included though it is not required. To build help us build your library, you may provide this information in any of the following formats:

- An existing pdf, Word, Pages or plain text format. This could be your published workout or program provided it includes the relevant information including images and links to downloadable video files, or YouTube videos.
 - Image files in jpg, .png or PDF format
 - Video files in mov. or MP4
2. Workouts. Once we build your exercise library, we recreate your workouts. Your workouts include all the specifics about what exercise to perform, whether the exercise is time-, rep-, or distance-based, how much time, how many rep, or the distance to perform each exercise, does exercise involve either weight or band resistance, and if the exercise is dual sided will it be alternating sides or complete one side then the other. It also includes rest periods between sets or rounds and between moving from one exercise or activity to the next. It's important your workout provide as much detail as possible. You may provide your workouts in pdf, Word, Pages or plain text file formats.
 3. Programs. Programs are collections of workouts. They layout what workouts are to be performed when. You may provide your workouts in pdf, Word, Pages or plain text file formats.
 4. Cover page. Your workout or program may include a cover page. It's important you follow the guideline below when submitting your cover page:
 - It has a minimum resolution of 300 DPI (dots per inch)
 - It is flattened to one layer
 - All text is legible and isn't cut off or overlapped by other elements
 - Use text color that's different from your background color so the text is legible.

Please be sure that all the files you submit include a name indicating what the file contains, i.e. name of workout, name of image, etc..



PRODUCT NAME: _____

CIRCLE WHAT YOU ARE SUBMITTING:

SINGLE
WORKOUT

PROGRAM
SERIES OF WORKOUTS

WHAT PRICE DO YOU WANT TO SELL THIS FOR ONLINE? \$_____

INFORMATION / SPECIAL INSTRUCTIONS

CONTINUE TO NEXT PAGE FOR FILE SUBMISSIONS INSTRUCTIONS



Instructions to Upload Your Files

Please make sure each file is named to indicate what the file is, i.e. name of the workout, for an image name of the exercise etc. Please save this file and include it as one of your attachments.

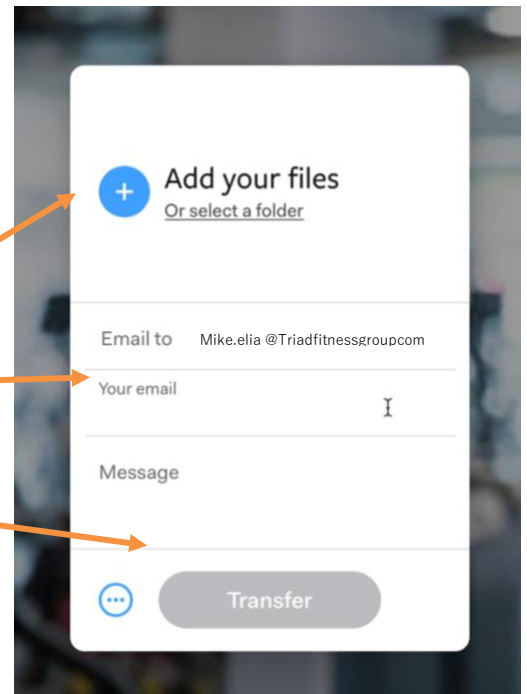
Acceptable file formats for text are: Microsoft Word, Pages, PDF or plain text files

Acceptable file formats for images are: jpg, png or or PDF

Acceptable file formats for video are: MP4

Instructions

1. Click on the “Submit through WeTransfer” button below
2. This will take you to TriadXP Trainer’s WeTransfer file upload page
3. Click on the "+" in the blue circle and all the files for your MEP from your computer.
4. Enter your email address
5. Click on the Transfer button



Submit through WeTransfer