

MAYHEM AFFILIATE



FAQS

Welcome to the Mayhem family! We're excited to have you and your gym with us! Here are some answers to common questions to help you get started.

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///// I COULD USE SOME HELP. WHO CAN I CONTACT? _____

If you have questions related to Mayhem Affiliate or if you're looking for advice for your gym, email christi@mayhemnation.com.

///// WHEN IS THE PROGRAMMING RELEASED? _____

Every Thursday, we release a new week of programming and send a weekly email that includes the full programming and coach notes for the upcoming week.

///// DO I GET ACCESS TO ANY SPECIAL MAYHEM AFFILIATE RESOURCES? _____

Yes! The resource section of Mayhem Athletes is located here: <https://www.mayhemathletes.com/resources>

Within Mayhem Athletes, you can access exclusive resources including scaling documents, details of our 5-tier scaling system, how to improve your churn rate/retention, a full Intro Course program, coach resources, and many more to come! Check it out.

If you haven't created an account yet on Mayhem Athletes, you can do that [HERE](#).

///// WHAT ARE THE DETAILS OF SOME OF THE COMMON WARM-UPS? _____

Crossover Symmetry: <https://www.youtube.com/watch?v=Y8OmRnwkGGk>

[Perform 8 reps of each of the 7 activation movements]

Banded 7's: https://youtu.be/Gn0_1HAkEfE

[Perform 7 reps of the 7 movements]

Hip Halo: <https://www.youtube.com/watch?v=NfAbdabJ310&feature=youtu.be>

One time through:

10 steps right

10 steps left

10 steps forward

10 steps back

10 glute bridge

10 single-leg glute bridges right

10 single-leg glute bridges left

10 bird dogs/side

10 air squats

////// **WHAT IS THE MONTHLY CHALLENGE TRACK?**

This track has the details/logging info for monthly challenges that you can hold at your gym. To learn more, click [HERE](#).

////// **WHAT IS THE COMPETE PROGRAM AND HOW DOES IT WORK WITH AFFILIATE?**

Mayhem Compete is an individual-based workout program designed for serious fitness competitors. This track includes strength, conditioning, and gymnastics at a high volume and intensity to take athletes to their peak levels of fitness. Because we know that it's important for all athletes to be part of the community, we purposely design the metcon portion of Compete and Affiliate to line up multiple times per week so that these competitive athletes can jump into affiliate classes alongside their other training. They may just have a slightly more advanced option for the metcon, such as heavier weights or ring muscle-ups instead of chest-to-bar pull-ups.

////// **DO I GET FREE ACCESS TO THE COMPETE PROGRAM? DO MY COACHES/MEMBERS GET A DISCOUNT ALSO?**

Yes, you as the affiliate owner can get access to our Mayhem Compete program for your individual use by clicking [HERE](#).

Your coaches can receive an ongoing 20% discount by emailing programs@mayhemnation.com

Your members can receive a one-time 30% discount by using the code **mayhemmove30**

A 7-day free trial is available on SugarWOD [HERE](#).

////// **HOW DO I GET A MAYHEM AFFILIATE BANNER FOR MY GYM?**

You can get a free Mayhem Affiliate banner for your gym (just pay shipping). To order, click this link [HERE](#).

Once the link opens, X out of the popup (if one appears), and don't click any links. Instead, enter the password: **RICHLOVESPEANUTBUTTER** and then click enter.

////// **ARE THERE MAYHEM AFFILIATE LOGOS THAT I CAN USE ON MY SOCIAL MEDIA?**

Yes. You can download them by clicking [HERE](#).

Note: Please feel free to use these logos on your webpage and social media accounts for marketing purposes only. Mayhem affiliate logos should not be used on any tangible items, like t-shirts. Thank you.

////// **WHAT IS MAYHEM AFFILIATE WHOLESAL?**

Mayhem Affiliate Wholesale is a resource for our affiliates to order custom apparel at wholesale prices. Apparel can be customized to include your gym's unique name/logo design along with Mayhem's, so you can proudly show your Mayhem affiliation. Mayhem Affiliate Wholesale is coming later this year. For more information, contact christi@mayhemnation.com.

////// **HOW DO I JOIN THE MAYHEM AFFILIATE OWNERS FACEBOOK GROUP?**

You can join [HERE](#) anytime.

Please answer the questions when you request to join, so we know you are an active Mayhem Affiliate subscriber.

////// **WHAT'S THE MAYHEM AFFILIATE MAP AND HOW CAN I GET MY GYM ADDED?**

The Mayhem Affiliate Map is located [HERE](#). It shows the name and location of all of our affiliates.

Send an email to christi@mayhemnation.com with your gym's name and address to be added. If your gym address changes, you can request an address update here as well.

////// **HELP WITH SUGARWOD**

[How to download Mayhem Affiliate programming](#)

[How to create new tracks and download programming](#) (for our additional workout tracks like CrossFit Kids and Bodybuilding).

[How to change athlete permissions](#)

[What Coach and Programmer tags are on the Whiteboard](#)

If you have more questions about SugarWOD, contact christi@mayhemnation.com or go [HERE](#).

///// HELP WITH WODIFY

[How to download the programming](#)

[How to set up the workout tracks and choose which ones you want to offer](#)

[How to setup coach permissions and what that does](#) & ([Help article](#))

[Why didn't the new week of programming download?](#)

[Why can't my athletes log a score? How to log scores \(adding a class\)](#)

If you have more questions about Wodify, contact christi@mayhemnation.com or support@wodify.com

///// HELP WITH BTWB

Before you can start utilizing your new Mayhem Affiliate programming tracks, you'll need to adjust your btwb gym's tracks settings first. Follow these instructions to get everything set up.

To get to your tracks page, visit your [Admin Console](#). Click on "Planning" from the navigation menu, then on the "Gym Tracks" sub-menu. Click on the Manage Tracks button located in the top-right corner of that page.

You'll have access to various Mayhem Affiliate tracks. The main programming track is Mayhem Affiliate, but you'll also have access to additional programming tracks to use at your discretion, such as CrossFit Kids and Bodybuilding.

TRACK SETTINGS

Adjust your settings to meet your needs. "Default" tracks are given automatically to all new members of your btwb gym (this is recommended if using each aspect of the Mayhem programming). "Manage Members" will allow you to add and remove members to each track as needed. This comes in handy for tracks you intend to keep private. "Future WODs" allows you to show or hide workouts to members beyond the current day's programming.

PLAN PAGE

You can pick and choose which of the Mayhem Affiliate workouts to keep each day. Use your gym's Plan page to delete or remove anything from the track you don't

intend to use. Programming will be added in advance, so you can visit your plan page to make adjustments to the programming on each track prior to your members viewing the programming in the btwb app.

COACHES NOTES

Coaches have special access to notes inside of the btwb app. If a specific workout on a track contains coaches notes, a whistle icon will appear in the header of the workout. Only coaches will be able to view this icon. Clicking on the icon will reveal a slide-up screen that contains special coaches notes.

If you have more questions about BTWB, contact **christi@mayhemnation.com** or **team@beyondthewhiteboard.com**