

Training Overview

Warming Up:

We give you 10 minutes before your battle starts because we want the member to warm up and not feel rushed coming into the gym. Ideally, it would be 3-5 minutes of cycling to get your body warmed and then some resistance band work.

- Bent over row
- Chest Fly
- Chest Press
- Lat Pulldown
- Overhead Press
- Upright Row
- Compound squat to overhead press
- Bicep curl
- Abductor walks

Foam Rolling:

You can always foam roll before or after a workout. Both are beneficial. Easiest instruction from someone new to foam rolling:

- Lay the body part across the foam roller and make small, micro movements on the foam roller. Large, long movements will not be as effective.

Squat:

- Handles will be at the bottom of the machine
 - Footprints will tell you around where you should be standing, but you can adjust the width of your feet to be shoulder distance.
 - Grab handles and stand nice and tall with your arms straight
 - Squat down pushing your hips back and keeping your shoulders up right
 - Stand straight up squeezing your glutes at the top, keeping your arms straight
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- Relax the shoulders, people have the tendency to shrug their shoulders upward
 - Make sure they do not pull upwards on the handles (arms straight the whole time)
 - Squat down like you are sitting in a chair, knees should be behind the toes
 - Back should be in one straight diagonal line when squatting

Deadlift:

- Handles will be at the bottom of the machine
- You will most likely stand a step or two behind where you stand for squat
- Stand straight up with the handles
- Have your hands in front of you, push your hips back while keeping your back flat, and fold over the top.

- Then stand tall and squeeze glutes. Make sure to pull in your belly button during this exercise to protect your back.
- Make sure arms are straight the whole time
- Back should be flat the entire time during the exercise
- If they have lower back troubles, encourage them to bend their knees
- Try to pull shoulder back when you stand up from deadlift

Chest Press:

- Handles will rise above the back pad as the back pad comes all the way out (you are able to adjust the height of the back pad if you want it any different but you have to do it before you press activate).
- Back will go against back pad
- Reach back for one handle and a time
- Bring your hands in front of your chest, elbows outward
- Punch straight ahead, making your arms go straight
- Elbows out to the sides at all times, try to make sure they are lifted throughout the exercises
- Feet should be under your shoulders, not behind
- Punch straight in front of shoulders, should not go higher or lower
- Hands back to chest after every rep

Overhead Press

- Handles will lower to where your hands will be
- You will face the area and stand relatively close to the machine
- Grab the handles and pull them up to shoulder height
- Punch your hands straight up, making your arms fully straight
- Then lower to starting positions, elbows can lower below your shoulders
- Make sure the press is straight up - look out for the tendency to press diagonally forward
- Make sure people don't look in different directions for long while doing this exercise. We want their glance to be forward for the most part.
- Make them aware of not bending their knees

Lat Pulldown

- Handles will be all the way at the top of the tower
- You will take the handles in hand first
- Then lower down to a knee (doesn't matter which one)
- Make sure you are closer to the machine than you think. Your knee should be in line with where the cable starts

- Start with your arms completely straight, then pull straight down to where your hands are next to your shoulders.
- Do not push your hands down, your hands should always be on top of your elbows

Row

- You will be facing the machine
- The back pad will come out
- Put your chest on the back pad (you can adjust the back pad if you want it higher or lower)
- Then grab one handle at a time
- Start with your arms straight
- Then pull handles toward your armpits, keeping your elbows at shoulder height

Never assume that people know how to do the exercises. I would rather you over explain, then leaving them with questions.

Always explain and show the exercises before they put the headset on.

What six exercises are in the game?

Row, Chest Press, Overhead Press, Lateral Pulldown, Squat, Deadlift

This seems like it is redundant, but it is more difficult for people to remember the exercises if they are not actively playing the game consistently.

What main muscle groups are worked in each of the exercises?

Row: Latissimus Dorsi, Rhomboids, Trapezius

Chest Press: Pectoralis Major, stabilizers are also working

Overhead Press: Anterior Deltoids

Lateral Pulldown: Latissimus Dorsi

Squat: Quads, inner thighs, butt (Quadriceps, adductors, glutes)

Deadlift: Lower back, thighs, hamstrings, butt (erector spinae, quads, hamstring, glutes)

Direct Attacks

Row: Lightning Strike (Air)

Lat Pulldown: Shrapnel (Air)

Chest Press: Laser Beam (Fire)

Overhead Press: Meteor (Fire)

Squat: Ice Shard (Water)

Deadlift: Cold Fusion (Water)

- Each category gets their own level depending on how much you lift and progress
- This then gives you your overall "Hero Level"

Types of Characters:

Tanks: Large/bulky characters that can take in a lot of damage/energy

Ranged: ex: Archers, they strike farther away

Melee: Martial Arts attacks - attacks are close to their opponent

Flying: Fly above the area, shooting their attack from above

Wristbands and Arm Shields

Wristbands: small/medium - top drawer

medium/large - bottom drawer

- Shorter side of wrist band goes closest to the hand
- Velcro straps lie to the outside of the wrists (make sure when you hand them over that you put the left one in their left hand and the right one in their right hand).
- Secure the velcro straps
- Make sure the puck mounts are on the outside of the wrists
- Let the member know they can take their wristbands from the drawers everytime they come in to workout.
- Walk member into booth and demonstrate take pucks off the charger and how to clip on the pucks into the mounts. (See below)

Demo Script

Hi, welcome to Black Box! I'm your Hero Trainer [name]. I'm going to be getting you set up and familiarized with the game today. Let me know if you have any questions as we go through.

Before I go over the game, let me show you were everything will be for your workout everytime you come in. The arm shields will always be on the chargers right here (point to the top of the clean box). Your headset will always be lying in the Cleanbox since it will have gone through a cleaning cycle after the previous member. Once you are done with your workout, you can unclip your pucks and place the pucks on the top of the Cleanbox.

The wristbands hold the pucks allowing you to see your hands in VR. Notice that one puck is for your left hand and one for your right.

[show them the L and R on the pucks and how the colors correspond]

The puck will lie on the outside corners on your wrist. You will want to make sure that the green light is on the top when on your wrist.

Clip them in and then show them how to unclip them (pull the tab and pull up toward you)

Now that you are set up, I'm going to over the six exercises in our game.

Starting with Lat Pulldown : The handles will rise all the way to the top of the machine. You will grab the handles, and then go down to one knee (does not matter what knee). Start with your arms straight and then pull straight down keep your wrist directly on top of your shoulders.

Next is row: You will be facing the machine. The chest pad will come all the way and then you will rest your chest on the pad. Grab the handles one at a time and start with straight arms. Then pull straight back.

Chest Press: The back pad will come out. You will put your back on the pad. Then you will reach back for the handles one at a time. Lift your elbows up to shoulder height and press straightforward, extending your arms straight.

Overhead press you will face away from the machine. The handles will drop to about where your hands lay normally. Pull the handles up to shoulder height. Then press straight up extending your arms above you. Drop your hands down to your shoulders and repeat.

Squat and Deadlift you will be facing the machine and the handles will drop all the way to the bottom of the machine.

For squat, grab both of the handles and stand straight up. Keep your shoulders and chest up as you squat down, and then stand back up keeping your arms straight.

For deadlift, the handles will come a little in front of you. Grab both handles and stand straight up. Then push your hips backwards as you fold over the top, keeping your back straight. If you have lower back problems, make sure to give a tiny bend to your knees.

Now that you know the exercises I'm going to give you an overview of the actual game before you go into VR.

You will go into an arena where you have a crystal and your opponent has a crystal. The object of the game is to keep your opponents crystal. This is done by either direct attacks which are your exercises or by deploying units that help defend your crystal as well as attack your opponent.

Questions so far?

Okay great! So this is the HTC Vive Pro headset that you will use every time. In order to loosen or tighten the headset just turn this knob in the back. If you need to adjust the height of the facemask or the back, you can adjust the velcro strap. For today I'm going to keep this headphone lifted so that you can hear me when you are in the game.

Go ahead and put the headset on to where it's comfortable and pretty tight since you will be moving around. Let me know if you need any help adjusting the headset.

[hand them the headset]

Alright, do you see your username in front of you?

Go ahead and press yes with one of your hands. You may have to take a step or two in order to press the button.

A waiver will appear. You can press agree if you would like to enter the game.

Now look straight into the pink. The computer is taking measurements of you.

Describing what is happening when they are standing there is very important. People are very confused when they first go into the game so giving them context about what is happening gives them a feeling of having more control.

Now you are in the warm-up area. To your right you can see your units, you can see the arena below you, and if you turn around you can see the machine.

Now you are down in the arena. If you look up at the scoreboard this will show you how long you have in the game, who you are playing, and what arena you are in. The game will load in just a couple seconds.

The game has started so if you look to your left you can see all the exercises. To your right you can see all your units. First I would like you to choose an exercise. Reach out and grab on of the orbs.

Turn towards the machine and place the orb in the white glowing circle.

The machine will automatically load the exercise. Once the exercise is fully loaded you will see an button that says "Activate". You may have to take a step or two back to see it.

[wait for activate button to appear]

Go ahead and press the activate button.

Now you can grab the handles and start [exercise].

Remember you can set the handles down at anytime or it will cap you out at 25 reps.

Nice job! You can set the handles down.

Lets have you try another exercise.

[Repeat highlighted part.]

Now, let's have you deploy a unit.

Turn to your right and choose a unit you would like to deploy. Turn towards the arena with your orb, a portal will rise from the ground. Put the orb into the portal.

Now notice that one hand is red, one is blue. If you see a blue tube, you are going to slash it from top to bottom, lengthways. If you see a blue dot, you will punch the blue dot with your blue hand.

Try to explain it by whatever pattern they choose since each unit has a different pattern.

Now point your right hand towards the yellow part of the arena floor. There is a laser that is coming from your right hand. Now with your left hand, press the button on top of your right hand.

If you do not see the laser coming from their finger tip they are most likely pointing their hand too high and need to lower it. You can say "try lowering your right hand just a bit"

Awesome, you just deployed your first unit!

Now you have a choice, you can deploy another unit or do an exercise.

This is the time to take a step back and see what they do. Observe if they need a bit more guidance or if they understand the set up of the game. The workout is always better if people feel like they are not being watched.

Onboarding Demo:

Explain the wristbands, pucks, headset, and where everything will be for their workout. You will NOT have to explain the exercises.