**PAGE**: *index.html*

Carousel – no changes

Header: “Effective”

Just because you are constantly varying your workout doesn't mean you can't have a little structure — tracking your progress in a well-structured manner allows for better results in the long run.

## Header: “Hey guys! This is still under construction!”

## We're working hard to get a release out very soon, so stay put! We will continue to update content and accessibility in the coming weeks. Questions? Inquiries? Check out the contact page and feel free to contact us!

## Header: “Results fueled by Competition”

## Compete inside the box on a daily basis; visualize the results after. From comparing your time against your buddy in today's WoD to comparing yourself against Regional and Games competitors, you'll be able to visualize the hard work you've put in to get this far.

## Header: “Workouts made Easy”

## The workouts themselves may not be simplified, but the tracking sure can be. A program designed from the ground up that is simplified and intuitive to jump-start results for the novice athlete and maximize efficiency for the seasoned Crossfitter. So if you're a box owner, have you ever dreamed of an easy way to input WoDs? Well consider this your dream come true.

## Header: “It's more than just Crossfit”

## A well-balanced athlete knows that Fran and Grace aren't the only ways to measure performance. We've included several other important measurements to guide you to an Elite status.

## PAGE: *about.html*

## Header: “How it began...”

## It all started when I first discovered this blog, forum style thing hosted on Crossfit.com. I was a senior in highschool, played varsity tennis, and was about to transition into College. So of course I was looking to get stronger, faster, and have those washboard abs. I googled Crossfit, saw pictures of people that looked as if they were Spartans from *300*, and knew that I wanted to dive in.

## And that's exactly what I did, but at my local YMCA. The workout was double unders and kettlebell swings — a real burner. I did awful and didn't quite find it as appealing as I thought it would be, but I didn’t find it too difficult; thus, I redirected my focus toward other forms of training. A year later I came back into it and associated myself with my first box: Crossfit Frederick. My first WoD at Crossfit Frederick was Deck of Cards. I was hooked. Fast forward three years, and I've received my CF level 1 Certificate to coach (at my first box), I was significantly stronger, faster, and leaner; and I wanted to take my training to the next level. I wanted to compete in an actual competition.

## My first competition. Many people that I know who want to compete start out in Novice, or Intermediate. Not me though. Go figure I want to compete Rx. So I did, and I place 19th (out of 21). Pretty awful, but it's really not too bad for my first debut. It wasn’t until after that competition that I realized competing in your box and competing outside of your box is entirely different. From the friends you know to the competition from the outside world.

## Header: “Within your box, you know the stats that your friendly competition has, their back squat max, their Fran time, their strengths and their weaknesses — because you want to beat them.”

## That’s when I came up with the idea of a competitive Crossfit app. Not just a workout tracker, or a WoD tracker, but a way to compare yourself to people around you as well as the people you are completely unaware of; thus, CBox was born.

## Being a computer science student, I knew (vaguely) how to program. I took a web development class during my last semester, took the concepts and projects I learned and completed, and applied them to a mock up site similar to the one you are reading about.

## Header: A little background and a big outlook

## But just like the rest of you, I have a life outside of Crossfit: I am a systems developer working that 8-5 grind. So far so good, I enjoy my work, and I enjoy pursuing projects in and outside of my field. I find my motivation to develop through a lack of efficiency in everyday life. Technology progresses to make our lives better, not worse, and I want to ensure that my mark follows that trend.

## My goal for this small startup and web app is for it to provide the type of service that I would use every day, for many years. I have high standards for an application such as this, and I know that my users will as well. I intend on adhering to my statement that this application will be Community driven, and that the community that I obtain from this application will use this for as long as I do.

## PAGE: *contactform.php*

## Header: Just shoot this guy an email [admin@cboxbeta.com](mailto:admin@cboxbeta.com) — we promise he'll respond

## Just message our admin with any questions, comments, concerns, inquiries, or really anything about our product and we'll do our best to respond in a quick manner.

Header: A big outlook

        My outlook for this web application started small, that is until I pitched the idea to my friend, Zach Brown. Thanks to his thoughts, his partnership, and his ideas, this is now a small startup and a big web application. We hope it will provide the type of service that we would use every day, for 10 years. We have exceptionally high standards for an application such as this, and we know that our users will as well. We intend on adhering to our statement that this application will be community-driven, and ultimately that the community that garner from this application will use this for as long as we do.

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