

## Onboarding Moxy for Certified Training Centers (CTC)

The purpose of Moxy's CTC Onboarding process is to help leading Trainers and Coaches develop Oxygen based methodologies. This six-week process\*, based on input from Moxy's Chattered Partners, University Researchers and leading Physiologists, has proven an effective method. Focused on athletic performance, the objective of Moxy's Certification Program is to ensure that Coaches & Trainers are able to confidently deliver Oxygen based training within the framework of their business' offering.

## What you can expect from Moxy's onboarding process

Moxy's CTC Onboarding program consists of several interrelated processes

- The adoption of the technology including the Moxy and supporting software
- Knowledge acquisition via online training videos and supporting materials via Moxy Academy
- Direct Support from Moxy Customer Service including access to Moxy's on-staff Physiologists
- Direct support from a Partnered CTC assigned to your team
- Community Support through our partner network
- Business integration and revenue expansion

## Upon Agreement Moxy will:

1. Develop and upload your branded partner micro site page
2. Add the CTC business information to Moxy's map
3. Authorize CTC access to online courses
  - Muscle Oxygen Physiology
  - Training Integration Guide
  - Software and Hardware setups guides
  - Other exclusive videos such as Moxy Summit and specific training protocols

## The Six Week Schedule:

### Week 1 – Getting Started

- The Moxy CTC kit is shipped to your facility (takes about 5 days)
- CTC completes the Introductory Module of the Training Integration Guide
- Announcements are made on social media, in our partner only Gazette, and Moxy's Global Monthly Newsletter
- CTC Partner's Branded information is added to CTC Map

### Week 2 – Technical Onboarding – Initial Use

- CTC Installs the lab software following the appropriate setup guide
- CTC Sets up Training Peaks, Garmin Connect, or other accounts to manage Moxy data
- Schedule a Video Call with Moxy Customer Services to confirm set up
- CTC performs the Introducing the Athlete to Moxy Data Module on themselves
- CTC performs Calibrating the Athlete and Warming Up Modules on themselves



## Week 3 – Basic Assessments / Partner Engagement

- CTC performs a 5-minute step test on themselves to determine Intensity Zones
- CTC runs Muscle Oxygen Threshold Training on themselves
- Schedule 1st video consultation with an existing CTC Partner / Trainer

## Week 4– Training Continued

- CTC performs Recovery and HIIT on themselves – Review Calibrating the Athlete if necessary
- CTC performs Introducing the Athlete and Calibrating the Athlete on a training partner or trusted friend or two.
- Schedule marketing consultation with Moxy

## Week 5 – Advanced Assessment

- CTC performs a 515 Assessment on themselves
- Revisit / review in detail the Muscle Oxygen Physiology Course
- Schedule 2nd video consultation with existing CTC Trainer

## Week 6 – Daily Use Application

- CTC performs Wingate assessment on themselves
- Schedule a 1-hour call with Moxy on “How To” to integrate SmO2 training with their athletes
- CTC starts enrolling their regular clients
- Online CTC Branded Moxy Store goes Live

\*Moxy support is available for questions and discussions at any point in the process. The six-week onboarding timeframe is based on our experience across our CTC network but we recognize that each CTC is unique with varying requirements.



## About Moxy

The Moxy Monitor is a disruptive technology that helps athletes understand how their physiology limits their performance so they can adjust their training to be most effective. Measuring oxygen saturation and hemoglobin levels in the muscle through the application of near-infrared spectroscopy (NIRS), Moxy is guiding the training of thousands of athletes in 26 countries. [www.moxymonitor.com](http://www.moxymonitor.com)

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