

OFFICIAL APP STORE RELEASE DOCUMENTATION



PRODUCT FEATURES GUIDE

Version: 2.6.2 (Release Candidate) • **Updated:** October 2026

Platforms: iOS • watchOS Companion • Responsive Web Hub

Live Production Hub: roxkit.ndclabs.app • **Support:** support@ndclabs.app

Synchronized Hybrid Training Ecosystem: RoxKit pairs an autonomous Apple Watch companion app (built for independent execution, custom planned routines, Favorite Ghost Pacer replay, and 30–240 BPM anomaly filtering) with an iOS & Web analytics command hub powered by the Banister impulse-response model, interactive spline telemetry, and Gemini AI coaching.

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1. Getting Started & Authentication

RoxKit makes evaluation and App Store testing immediate with zero onboarding hurdles while enforcing enterprise-grade iOS Keychain token security and legal compliance.

DESKTOP OVERVIEW

1280 × 800 • 2X

RoxKit

Sign in to access your dashboard

Email Address

Password

Login

Continue as Guest

Don't have an account? [Sign Up](#)

By continuing, you agree to our [Privacy Policy](#) & [Terms](#)

RoxKit is an independent training companion and interval tracker designed for fitness racing athletes. RoxKit is not affiliated with, endorsed by, or sponsored by World Series of Fitness GmbH or HYROX.

MOBILE VIEW

393 × 852 • 2X



Sign in to access your dashboard

Email Address

name@example.com

Password

Enter password



Login

Continue as Guest

Don't have an account? [Sign Up](#)

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RoxKit is an independent training companion and interval tracker designed for fitness racing athletes. RoxKit is not affiliated with, endorsed by, or sponsored by World Series of Fitness GmbH or

One-Click Guest Mode (Continue as Guest)

- **Instant Live Session:** Authenticates directly against a pre-populated demo athlete profile (`demo@roxkit.app`) with a single tap.
- **Rich Pre-Loaded Telemetry:** Immediately showcases authentic HYROX station splits, Suffer Scores, saved planned routines, Banister readiness curves, and unlocked badges.
- **Guaranteed Reviewer Routing:** Routes App Store reviewers and demo users straight to the primary Dashboard.

Zero-Trust iOS Keychain Security & Legal Compliance

- **Hardware-Backed iOS Keychain Persistence:** On iOS, JWT access and refresh tokens are stored securely in the native Keychain (`kSecAttrAccessibleAfterFirstUnlockThisDeviceOnly`) with automatic background `401` token refresh and an offline HealthKit workout retry queue.
- **Real-Time Validation:** Enforces email formatting, 6-character password minimums, confirmation matching, and inline password visibility toggling.
- **Native Legal Sheets:** Direct links to the Privacy Policy and Terms of Service open cleanly inside a native iOS `SFSafariViewController` sheet.

2. Dashboard, Saved Routines Quick-Launcher & HYROX Station Hub

The **Dashboard** serves as your daily command center, uniting week-to-date training volume, physiological strain, saved custom routines, and station-by-station split benchmarks.

DESKTOP OVERVIEW

1280 × 800 • 2X



Dashboard

Performance

Workouts

Achievements

Settings

Week of Oct 19 - 25, 2026



Workout Generator & Planner

Generate an AI routine or plan custom splits to send directly to your Apple Watch.

MIN: 45

Generate

Plan

SAVED (3)

HYROX Race

27:30

5 splits • 3.0km

Run 1000m

SkiErg

Send to Watch

Edit

All (3)

WEEKLY PERFORMANCE OVERVIEW

Suffer Score

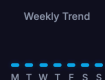


Oct 19 RoxKit Training

226 pts

WEEKLY PERFORMANCE OVERVIEW

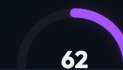
Running Distance



No runs logged this week

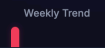
WEEKLY PERFORMANCE OVERVIEW

Weekly Zone Targets



WEEKLY PERFORMANCE OVERVIEW

Energy Burned



MOBILE VIEW

393 × 852 • 2X



Week of Oct 19 - 25, 2026



Workout Generator & Planner

Generate an AI routine or plan custom splits to send directly to your Apple Watch.

MIN:

45



Generate



Plan



SAVED (3)

HYROX Race Pacing |



Send to Watch



Edit



▼ All (3)

WEEKLY PERFORMANCE OVERVIEW

Suffer Score

226

/ 300

Weekly Trend



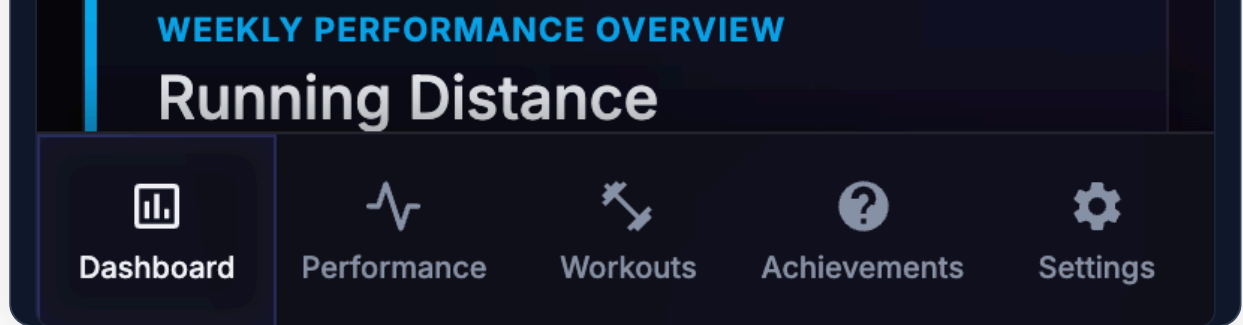
Oct 19

RoxKit Training

226 pts

Saved Planned Routines Quick-Launcher Bar & Collapsible Searchable Drawer

Integrated directly into the top Workout Generator & Planner card is the **Saved Planned Routines Quick-Launcher Bar** and its expandable library drawer:



SAVED ROUTINES DRAWER (DESKTOP)

1280 × 800 • 2X

Dashboard

Performance

Workouts

Achievements

Settings

◀ Week of Oct 19 - 25, 2026 ▶

Workout Generator & Planner

Generate an AI routine or plan custom splits to send directly to your Apple Watch.

MIN: 45

Generate

Plan

SAVED (3)

HYROX Race

27:30

5 splits • 3.0km

Run 1000m

SkiErg 10

Send to Watch

Edit

Hide

Filter 3 saved routines by name or station...

Showing 3 of 3

HYROX Race Pacing Block A

27:30

5 splits • 3.0km

Run 1000m → SkiErg 1000m → Run 1000m → Sled Push 50m → Wall B...

Send

Edit

Hide

Compromised Sled & Burpee Blitz

22:00

4 splits • 1.7km

Run 800m → Sled Pull 50m → Run 800m → Burpee Broad Jumps ...

Send

Edit

Hide

Engine Builder (Row + Carry + Lunges)

26:00

4 splits • 2.3km

Rowing 1000m → Farmers Carry 200m → Run 1000m → Sa...

Send

Edit

Hide

WEEKLY PERFORMANCE OVERVIEW

Suffer Score

226

/ 300

Weekly Trend

M T W T F S S

Oct 19 RoxKit Training 226 pts

WEEKLY PERFORMANCE OVERVIEW

Running Distance

0.0

/ 15.0 km

Weekly Trend

M T W T F S S

No runs logged this week

SAVED ROUTINES DRAWER (MOBILE)

393 × 852 • 2X



Week of Oct 19 - 25, 2026



Workout Generator & Planner

Generate an AI routine or plan custom splits to send directly to your Apple Watch.

MIN:

45



Generate



Plan



SAVED (3)

HYROX Race Pacing |



Send to Watch



Edit



▲ Hide



Filter 3 saved routines by name

Showing 3 of 3

HYROX Race Pacing Bl



Send



Compromised Sled & Bu



Send



Engine Builder (Row + C



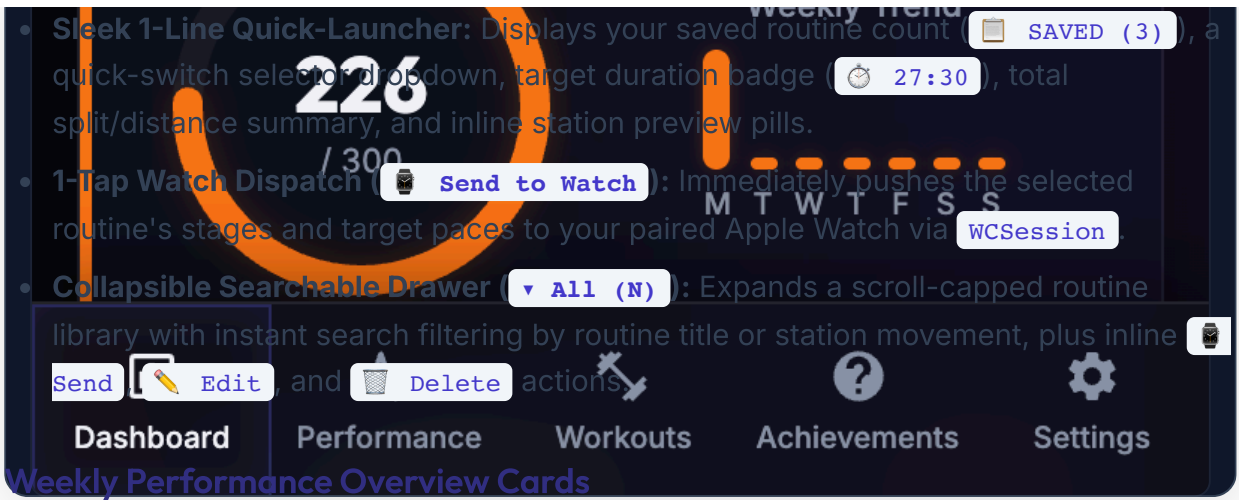
Send



WEEKLY PERFORMANCE OVERVIEW

Suffer Score

Weekly Trend



Metric Card	Measured Physiological Parameter	Visual Feedback & Analytics
Suffer Score	Cumulative cardiovascular exertion points	Weekly target ring, daily M-Su distribution bars, and logged workout list.
Running Distance	Total running kilometers completed	Aerobic mileage tracker with daily bar breakdown vs. weekly distance target.
Weekly Zone Targets	Minutes accumulated in Z2-Z5	Heart rate threshold minutes tracked toward weekly aerobic and anaerobic caps.
Energy Burned	Active kilocalories burned	Total metabolic expenditure calculated continuously from optical sensor data.

Authentic HYROX Station Badges & Silhouette Iconography

Station	Movement Silhouette	Target Unit	Tracked Telemetry
1. SkiErg	Skier pull silhouette	Meters	Weekly Goal, Sets, Best Split, Avg HR
2. Sled Push	Low drive sled silhouette	Meters	Total Distance, Sets Completed, Split Times
3. Sled Pull	Deep seated lean & pull silhouette	Meters	Distance Moved, Pacing, Peak Exertion
4. Burpee Broad Jumps	Explosive leap silhouette	Reps	Total Reps, Average Rep Cadence, Heart Rate
5. Rowing	Classic stroke finish silhouette	Meters	Distance Accumulated, Pace/500m, Aerobic Load
6. Farmers Carry	Dual kettlebell carry silhouette	Meters	Heavy Carry Volume, Grip Endurance, Distance
7. Sandbag Lunges	Deep lunge drive silhouette	Meters	Total Lunge Distance, Quad Tax, Split Duration
8. Wall Balls	Full squat to high target silhouette	Reps	Completed Reps, Unbroken Set Pacing, Avg HR

Station Alternatives & Smart Volume Rollup

- **Parent Station Aggregation:** Workouts recorded with alternative exercises (e.g., **SkiErg: Echo Bike** , **Sled Push: Heavy Leg Press** , **Burpee Broad Jump: Devil Press**) automatically roll up into the corresponding parent station tile on the Dashboard.
- **Accurate Target Progress:** Substituted volume automatically credits toward your weekly station goals and achievement badges.
- **Transparent Breakdown Modal:** Clicking any station tile reveals the full split history for the week, clearly distinguishing the alternative used while maintaining unified station volume tracking.

3. Workouts History, Favorites, Ghost Replay & Strava Sync

The **Workouts** screen maintains a chronological history of all completed training sessions, equipped with Favorite bookmarking, 1-tap Apple Watch Ghost Pacer replay, Strava publishing, and AI multi-workout comparison.

DESKTOP OVERVIEW

1280 × 800 • 2X

Dashboard

Performance

Workouts

Achievements

Settings

◀ Week of Oct 19 - 25, 2026 ▶

Total Workouts

1

Total Active Time

62 min

Total Calories Burned

780 kcal

AI Workout Coaching Assistant

Check 1 box to summarize, or check 2 boxes across any week to compare workouts.

Summarize Selected

Compare Selected

Workout History Log

RoxKit Training Workout

Oct 19, 2026 at 09:05 AM

"Demo Hyrax Workout."

62m

780 kcal

★

🗑️

Duration

Burned

MOBILE VIEW

393 × 852 • 2X



Week of Oct 19 - 25, 2026



Total Workouts

1

Total Active Time

62 min

Total Calories Burned

780 kcal



AI Workout Coaching Assistant

Check 1 box to summarize, or check 2 boxes across any week to compare workouts.



Summarize Selected



Compare Selected

Workout History Log



RoxKit Training Workout

Oct 19, 2026 at 09:06 AM

"Demo Hyrox Workout."

62m

Duration

780 kcal

Burned



Favorite Workouts & 1-Tap Watch Ghost Pacer Replay (📱 [Replay](#))

- **Bookmark Benchmark Workouts** (⭐): Star any workout card to save it as a Favorite and filter your log instantly using the ⭐ **Favorites Only** toggle.
- **Race Your Ghost on Apple Watch** (📱 [Replay](#)): Tapping 📱 **Replay** on a Favorite workout transmits its exact stage order, split durations, and stage heart rates to your Apple Watch via `WCSession.sendMessage` — launching **Favorite Simulation (Ghost Pacer) Mode** on your wrist.



Dashboard



Performance



Workouts



Achievements



Settings

- **Post to Strava:** Share completed workouts directly to Strava with formatted stage splits and heart rate telemetry.
- **Summarize & Compare Selected:** Check multiple workouts to generate an aggregated AI synthesis, or select two sessions for a side-by-side pacing and cardiac drift comparison.

4. Workout Detail, Direct Split Editing & Biometric Analysis

Tapping any workout opens an executive biometric report featuring physiological zone distributions, interactive HR spline telemetry, voice-dictated notes, and post-workout split editing.



- Dashboard
- Performance
- Workouts
- Achievements
- Settings

◀ Week of Oct 19 - 25, 2026 ▶

← Back

📄 Share Card

🗨️ AI Summary

🧠 Subjective Recovery & Health Check-In



RoxKit Training
Oct 19, 2026 at 09:05 AM

DURATION

62m

DISTANCE

--

HEART RATE

158 / 178
bpm

SUFFER SCORE

226

1x 2x 3x 4x

ENERGY BURNED

780 kcal

BURN RATE

12.6

kcal/min

Workout Notes

🔄 Re-Evaluate

📄 Expand Review

🗣️ Voice Dictate

Demo Hyrox Workout

Save Notes

Workout Stats Breakdown

DURATION

62 min

DISTANCE

8.4 km

CALORIES

780 kcal

HEART RATE ZONES

⚡ EXTREME EFFORT (226)

Z1 • Endurance (< 125) 0:02 (0%)

Z2 • Moderate (125 - 140) 2:44 (4%)

Z3 • Tempo (141 - 155) 23:19 (38%)

Z4 • Threshold (156 - 169) 28:47 (46%)

Z5 • Anaerobic (> 170) 7:08 (12%)



Week of Oct 19 - 25, 2026



← Back



Share Card



AI Summary



Subjective Recovery & Health Check-In



RoxKit Training

Oct 19, 2026 at 09:06 AM

DURATION

62m



DISTANCE

--



HEART RATE

158 / 178 bpm

SUFFER SCORE

226

1x

2x

3x

4x

ENERGY BURNED

780 kcal

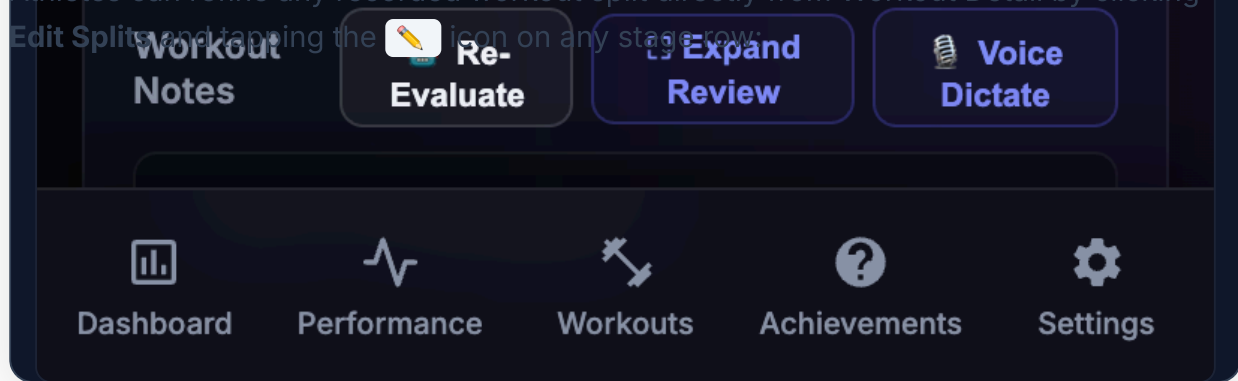


BURN RATE

12.6 kcal/min

Direct Stage Row Editing & Smart Stage Editor Modal

Athletes can refine any recorded workout split directly from Workout Detail by clicking **Edit Splits** and tapping the  icon on any stage row:



SMART STAGE EDITOR MODAL (DESKTOP)

1280 × 800 • 2X

 Edit Stage 2

 Station ▼ SkiErg: Echo Bike ▼  168

HR	MIN	SEC
	02	47
00	03	48
01	04	49

DISTANCE (M)

1000S	100S	10S	1S
0			
1	0	0	0
2	1	1	1

Cancel

Save

SMART STAGE EDITOR MODAL (MOBILE)

393 × 852 • 2X



Edit Stage 2



Station ▾

SkiErg: Ech... ▾



168

HR

MIN

SEC

02

47

00

03

48

01

04

49

DISTANCE (M)

1000S

100S

10S

1S

0

1

0

0

0

2

1

1

1

Cancel

Save

- **Stage Type & Station/Alternative Selector:** Reclassify any interval as  **Run** , **Station**  **RoxZone**,  **Rest**, or  **Cardio**, and pick from all 8 HYROX stations or custom Station Alternatives while preserving compound alternative metadata.
- **iOS-Style Drum Wheel Pickers:** Dial in exact split durations (**HR / MIN / SEC**) and distances or repetitions (**1000s / 100s / 10s / 1s**) with tactile scroll-wheel precision.
- **Sequential Station Recovery:** Automatically restores or re-indexes multi-stage HYROX sequences and recomputes Dashboard station totals upon saving.

Executive Telemetry Heart Rate Spline Chart & Protected Notes

- **Executive Telemetry Spline Canvas:** Plots continuous heart rate across labeled vertical stage transition dividers with interactive point inspection and portrait mobile modal zoom.
- **5-Zone Heart Rate Distribution:** Breaks down time and percentage spent in Z1 Active Recovery through Z5 Anaerobic Max.
- **Voice Dictation & Trigger-Protected Notes:** Transcribe post-workout notes hands-free via  **Voice Dictate**. Custom and AI-evaluated notes are protected by PostgreSQL triggers (`protect_workout_notes_on_update`) so background syncs never overwrite them.

5. Performance Analytics & Readiness (Banister Model)

Longitudinal fitness modeling powered by the gold-standard **Banister Impulse-Response Model** to calculate chronic fitness, acute fatigue, and race readiness.



Dashboard

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Week of Oct 19 - 25, 2026

PERFORMANCE ANALYTICS

Athletic Performance & Readiness

FITNESS (CTL)

226

/100

42-day rolling training load

FATIGUE (ATL)

226

/100

7-day acute training load

FORM (TSB)

+0.0

Readiness Indicator (Fitness - Fatigue)

Optimal

WEEKLY SUFFER SCORE

0

/ 300 pts

Daily Workout Readiness & Aggressiveness

Personalized recovery factors and training intensity recommendations

My status



OFR (OVERALL FITNESS)

226 / 100

RHR (RESTING HR)

58 bpm

SLEEP DURATION

7.5 hrs

AIS (ACTIVITY STRAIN)

226 pts

SUPPORTING REASONS & GUIDANCE

- Training stress is balanced (TSB +0.0). Optimal zone for progressive aerobic build.



Week of Oct 19 - 25, 2026



PERFORMANCE ANALYTICS

Athletic Performance & Readiness

FITNESS (CTL)



226 /100

42-day rolling training load

FATIGUE (ATL)



226 /100

7-day acute training load

FORM (TSB)

Optimal

+0.0

Readiness indicator (Fitness - Fatigue)

Banister Index Triad & Daily Readiness Gauge

WEEKLY SUFFER SCORE



Metric	Window	Definition & Athletic Meaning
<div><div><div>0</div><div>Fitness (CTL)</div></div><div><div>/ 300 pts</div><div>30-day rolling load</div></div></div>		Chronic Training Load representing your overall aerobic engine and volume base.
<div><div><div>Fatigue (ATL)</div><div></div></div><div><div>7-day rolling load</div><div></div></div></div>		Acute Training Load representing short-term systemic exhaustion.
Form (TSB)	CTL - ATL	Training Stress Balance indicating race readiness and freshness.

Dashboard

Performance

Workouts

Achievements

Settings

6. Settings, Custom Target Goals & Account Compliance

Calibrate weekly goals, HR zone boundaries, custom station alternatives, third-party connections, and self-service account deletion.

Dashboard

Performance

Workouts

Achievements

Settings

◀ Week of Oct 19 - 25, 2026 ▶

⚙️ Application Settings

Manage your AI coach keys, coaching rules, and UI preferences.

🏃 Weekly Goals

Changes take effect immediately on the dashboard.

Save Goals

📊 Core Metrics

❤️ HR Zones

🏃 Hyrox Stations

DASHBOARD METRICS

🔥 Suffer Score

300

pts / week

🏃 Running Distance

15

km / week

⚡ Energy Burned

20

kcal / week

⚡ Station Alternatives & Substitutions

Reset Defaults

Customize the alternative exercises available on your Apple Watch when long-pressing a station card. Changes sync automatically across your devices.

Station

New Alternative Name

Run

e.g., Echo Bike, Heavy Leg Press...

+ Add

Configured Alternatives:

Outdoor Run

Treadmill Run

Assault Runner

800m Intervals

Track Repeats

MOBILE VIEW

393 × 852 • 2X



Week of Oct 19 - 25, 2026



Application Settings

Manage your AI coach keys, coaching rules, and UI preferences.



Weekly Goals

Changes take effect immediately on the dashboard.

Save Goals



Core
Metrics



HR
Zones



Hyrox
Stations

DASHBOARD METRICS



Suffer Score

300

pts / week



Running Distance

15

km / week



Energy Burned

2000

kcal / week



Station Alternatives & Substitutions

↶ Reset Defaults

Customize the alternative exercises available on your Apple Watch when long-pressing a station

Station Alternatives & Substitutions Configuration card. Changes sync automatically across your devices.

DESKTOP CARD VIEW

1280 × 800 • 2X

⚡ Station Alternatives & Substitutions

↕ Reset Defaults

Customize the alternative exercises available on your Apple Watch when long-pressing a station card. Changes sync automatically across your devices.

Station

Run

New Alternative Name

e.g., Echo Bike, Heavy Leg Press...

+ Add

Configured Alternatives:

Outdoor Run ×

Treadmill Run ×

Assault Runner ×

800m Intervals ×

Track Repeats ×

MOBILE VIEW

393 × 852 • 2X



Station Alternatives & Substitutions

↶ Reset Defaults

Customize the alternative exercises available on your Apple Watch when long-pressing a station card. Changes sync automatically across your devices.

Station

Run



New Alternative Name

e.g., Echo Bike, Heavy Leg

+ Add

Configured Alternatives:

Outdoor Run ×

Treadmill Run ×

Assault Runner ×



hboard



Performance



Workouts



Achievements



Settings

- **Custom Substitution Matrix:** Select Run or any of the 8 HYROX stations, add custom substitute exercises (e.g., *Echo Bike*, *Trap Bar Carry*), remove chips with one tap, or reset to race defaults.

- **Real-Time Watch Sync:** Immediately syncs to Supabase and pushes to your paired Apple Watch via `WCSession.updateApplicationContext` .
- **Full Guideline 5.1.1(v) Self-Service Account Deletion:** Navigating to **Settings** → **Delete Account** permanently deletes all user data across Supabase (`workouts` , `workout_stages` , `station_efforts` , `planned_workouts` , `user_profiles` , and `auth.users` via `delete_own_account()` RPC), wipes iOS Keychain credentials, and dispatches `clearUserData` to the Apple Watch.

7. Achievements & Badges

Dynamic weekly achievement badges that evaluate in real time against your completed workouts and substituted station volume.



Dashboard

Performance

Workouts

Achievements

Settings

◀ Week of Oct 19 - 25, 2026 ▶

Your Badges & Achievements

Hit your daily targets and log your routines to unlock special title badges.

WEEKLY CORE METRICS



Peak Suffering

Reach a weekly Suffer Score of 300.

LOCKED



Distance Runner

Run 15 km in a single week.

LOCKED



Calorie Crusher

Burn 2000 kcal in a single week.

LOCKED



Base Builder

Accumulate 120 minutes of Z2 weekly exercise.

LOCKED



Anaerobic Beast

Hit 30 minutes of Z5 weekly exercise.

LOCKED

HYROX STATION BADGES



Engine Builder

Hit goals for SkiErg (2000m) and Rowing (2000m).

LOCKED



Powerhouse

Hit goals for Sled Push (50 sets) and Sled Pull (50 sets).

LOCKED



Launch Pad

Hit goal for Burpee Broad Jumps (100 reps).

LOCKED



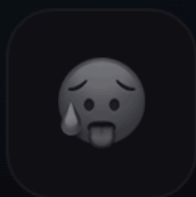
Week of Oct 19 - 25, 2026



Your Badges & Achievements

Hit your daily targets and log your routines to unlock special title badges.

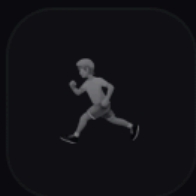
WEEKLY CORE METRICS



Peak Suffering

Reach a weekly Suffer Score of 300.

LOCKED



Distance Runner

Run 15 km in a single week.

LOCKED



Calorie Crusher

Burn 2000 kcal in a single week.

LOCKED

- **Weekly Core Badges:** Peak Suffering, Distance Runner, Calorie Crusher, Base Builder, Anaerobic Beast.
- **HYROX Station Badges:** Engine Builder (SkiErg + Row), Powerhouse (Sled Push + Pull), Launch Pad (Burpees), Farmer's Walk, Leg Destroyer (Lunges + Wall Balls).
- **Milestone Badges:** Hyrox Hybrid, Consistency Champion, Double Session, Fit Legend.

Base Builder

Accumulate 120 minutes of Z2 weekly exercise.



Dashboard



Performance



Workouts



Achievements



Settings

8. Custom Routine Builder ("Plan Routine") & AI Workout Recommender

RoxKit combines a precision **Custom Routine Split Builder** (with cloud persistence and 1-tap Apple Watch dispatch) alongside an adaptive **AI Workout Recommender**.

Custom Routine Split Builder & Send to Watch Dispatch

PLAN ROUTINE BUILDER (DESKTOP)

1280 × 800 • 2X

Edit Planned Routine

Editing Saved Plan

+ New Blank Plan

ROUTINE NAME

HYROX Race Pacing Block A

OVERALL TIME

19 : 50

SPLITS

5 Splits

DISTANCE

3.05 km
(3,050 m)

REPS

100 reps

ADD SPLIT TO WORKOUT

Full HYROX (16 Splits)

Clear All

+ Run

+ RoxZone

Next Station (Auto)

+ Station

+ Rest

WORKOUT SPLITS SEQUENCE

Edit split type, distance/reps, or time below

#1

Run

RUN DIST (M)

1000

m

SPLIT TIME

4

m

30

s

#2

Station

STATION DIST (M)

1000

m

SPLIT TIME

4

m

10

s

#3

Run

RUN DIST (M)

1000

m

SPLIT TIME

4

m

35

s

#4

Station

STATION DIST (M)

m

SPLIT TIME

m

s

Cancel

Send to Watch

Update Routine

PLAN ROUTINE BUILDER (MOBILE)

393 × 852 • 2X



Edit Planned Routine

Editing Saved Plan

+ New Blank Plan



ROUTINE NAME

HYROX Race Pacing Block A

OVERALL TIME

19:50

SPLITS

5 Splits

DISTANCE

3.05 km
(3,050 m)

REPS

100 reps

ADD SPLIT TO WORKOUT



Full HYROX (16 Splits)

Clear All



+ Run



+ RoxZone

Next Station (Auto)



+

Station



+ Rest

WORKOUT SPLITS SEQUENCE

Edit split type, distance/reps, or
time below

#1



Run



RUN DIST (M)

1000



m

SPLIT TIME

4



m

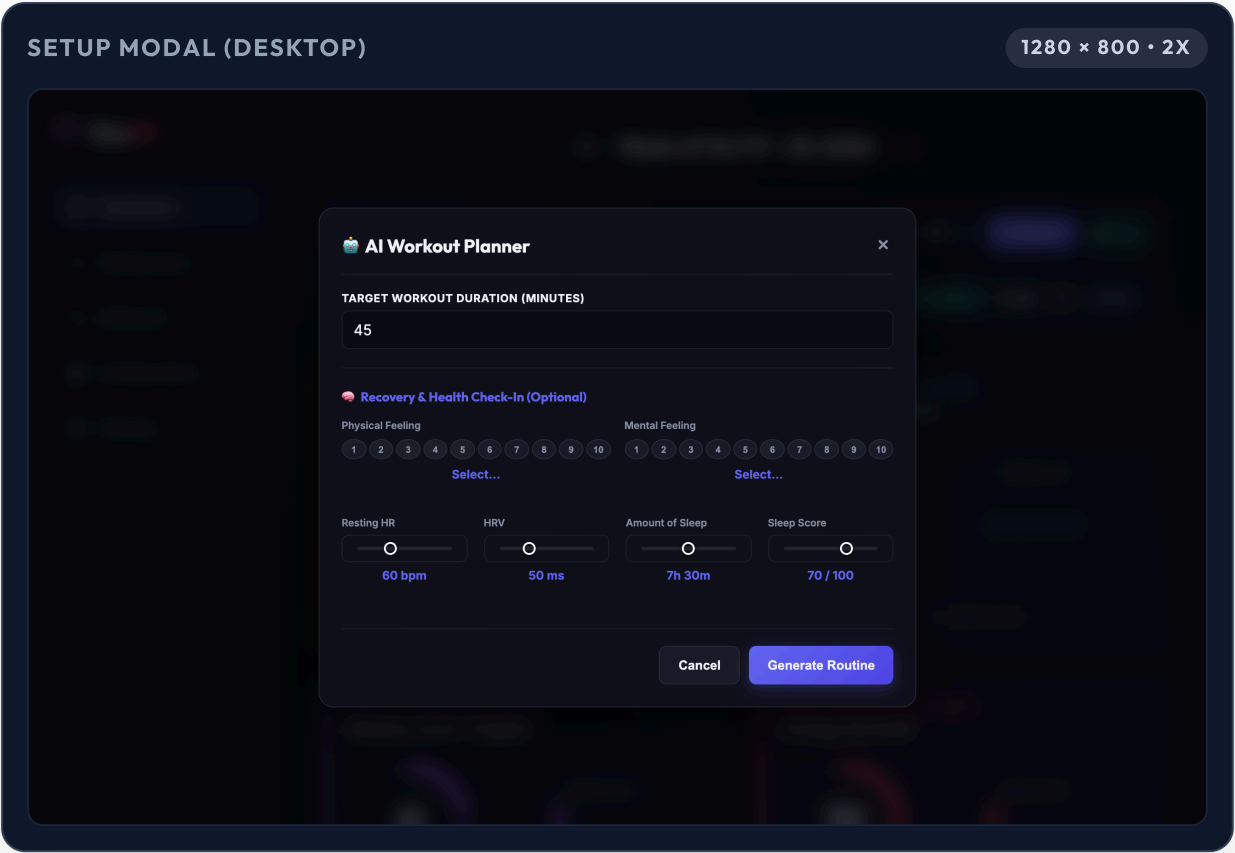
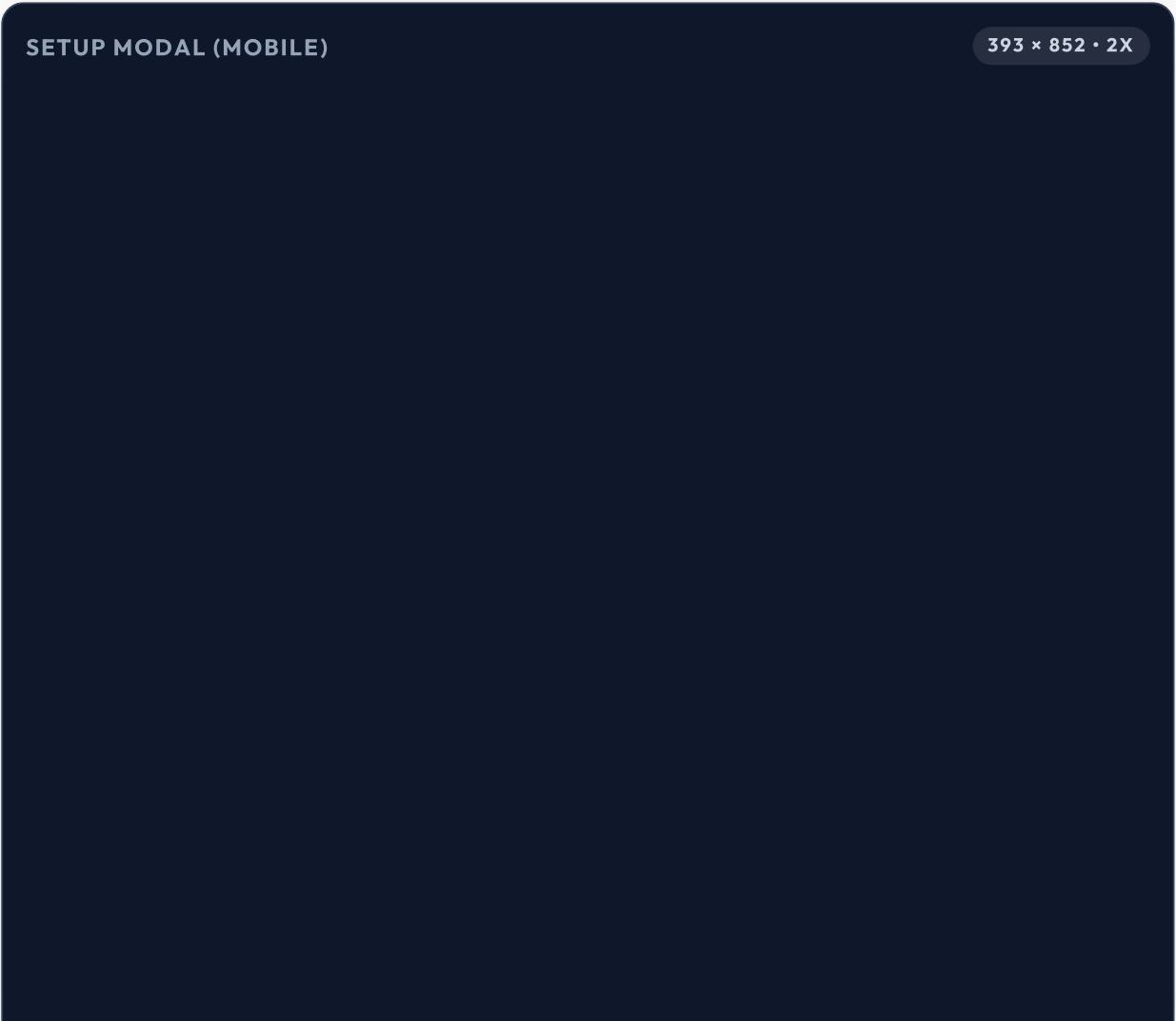
30



s

- **Multi-Stage Split Engineering:** Add  + Run,  + RoxZone,  + Station, or  + Rest splits, or populate a full 16-split race template via  **Full HYROX (16 Splits)**.
- **Cyber-Athletic Micro-Steppers & Neon Reorder Controls:** Adjust target distance/reps and split minutes/seconds using custom glowing steppers and reorder stages with neon  **Send to Watch**   controls.
- **Cloud Save & Wrist Dispatch:** Click  **Save / Update Routine** to persist to Supabase (`planned_workouts`) or click  **Send to Watch** to launch the routine immediately on your Apple Watch.

AI Workout Recommender





AI Workout Planner



TARGET WORKOUT DURATION (MINUTES)

45



Recovery & Health Check-In (Optional)

Physical Feeling

1

2

3

4

5

6

7

8

9

10

Select...

Mental Feeling

1

2

3

4

5

6

7

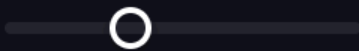
8

9

10

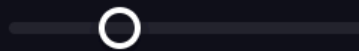
Select...

Resting HR



60 bpm

HRV



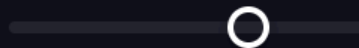
50 ms

Amount of Sleep



7h 30m

Sleep Score



70 / 100

 **RoxKit**

Dashboard

Performance

Workouts

Achievements

Settings

◀ Week of Oct 19 - 25, 2026 ▶

← Back to Dashboard

 **AI Workout Recommendation**

Start Workout

Regenerate

Offline / Ready

Target Context

Workout Duration:45 min

Current Day of Week:Monday

Days Left in Week:7 days

 Recommended Workout Plan

Unable to generate AI routine: Not authenticated

RECOMMENDATION RESULT (MOBILE)

393 × 852 • 2X



Week of Oct 19 - 25, 2026



← **Back to
Dashboard**



AI Workout Recommendation



Start Workout



Regenerate

Offline / Ready

Target Context

Workout Duration:

45 min

Current Day of Week:

Monday

Days Left in Week:

7 days



Recommended Workout Plan

Unable to generate AI routine: Not authenticated

9. Guided Workout Experience

Transforms your AI-recommended routine into an interactive, timer-driven workout with live coaching cues and automatic history logging.



Dashboard



Performance



Workouts



Achievements



Settings

DESKTOP OVERVIEW

1280 × 800 • 2X



- Dashboard
- Performance
- Workouts
- Achievements
- Settings

◀ Week of Oct 19 - 25, 2026 ▶

← Back to Dashboard

🤖 AI Workout Recommendation

• Start Workout

🔄 Regenerate

Offline / Ready

Target Context

Workout Duration:	45 min
Current Day of Week:	Monday
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📋 Recommended Workout Plan

Unable to generate AI routine: Not authenticated

MOBILE VIEW

393 × 852 • 2X



Week of Oct 19 - 25, 2026



← **Back to
Dashboard**



AI Workout Recommendation



Start Workout



Regenerate

Offline / Ready

Target Context

Workout Duration:

45 min

Current Day of Week:

Monday

Days Left in Week:

7 days



Recommended Workout Plan

Unable to generate AI routine: Not authenticated

10. End-to-End Sample Athlete Journey

1

Instant Access via Guest Mode or iOS Keychain

Athlete opens RoxKit on iPhone or Web, authenticates via 1-tap Guest Mode (or hardware Keychain session), and reviews their weekly readiness.

2

Dashboard Audit & Custom Routine Engineering

Inspects weekly station progress, opens **Plan Routine** (or selects a saved routine from the Quick-Launcher Bar), and taps 🕒 **Send to Watch**.

3

Wrist Execution & Ghost Pacer Comparison

Executes intervals on Apple Watch with Lactate Threshold haptic alarms, long-press station alternatives, and dual **LIVE / GHOST** heart rate pacing.

4

Biometric Spline Review, Split Refinement & Strava Share

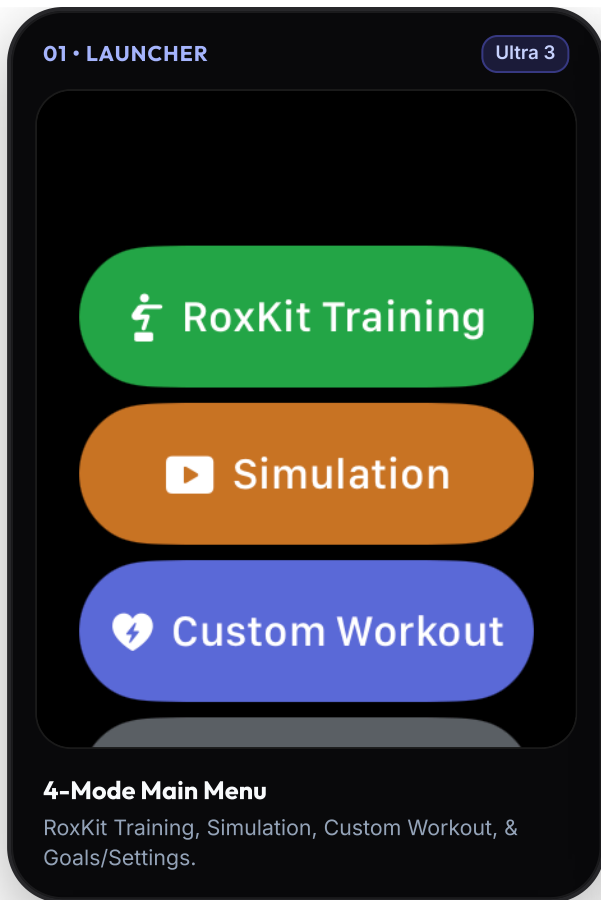
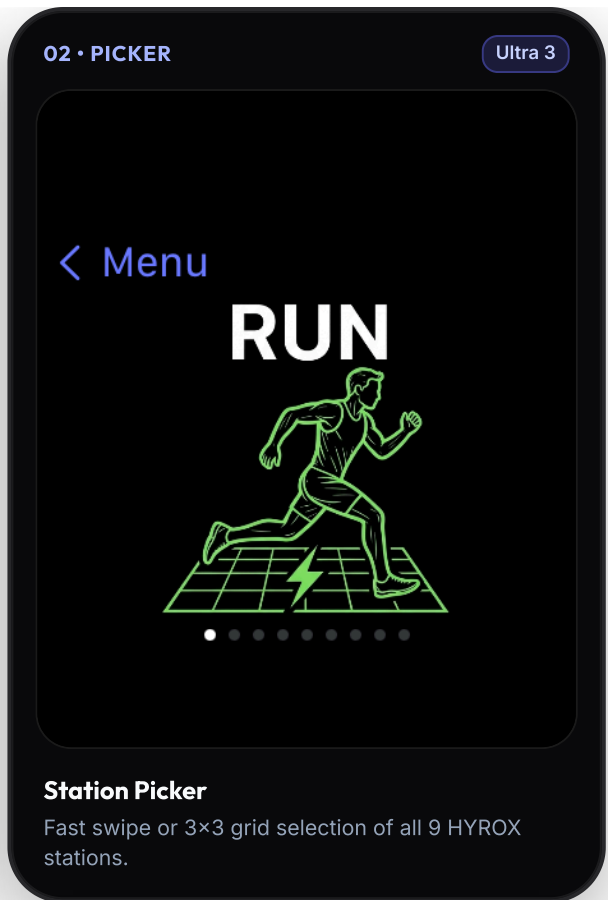
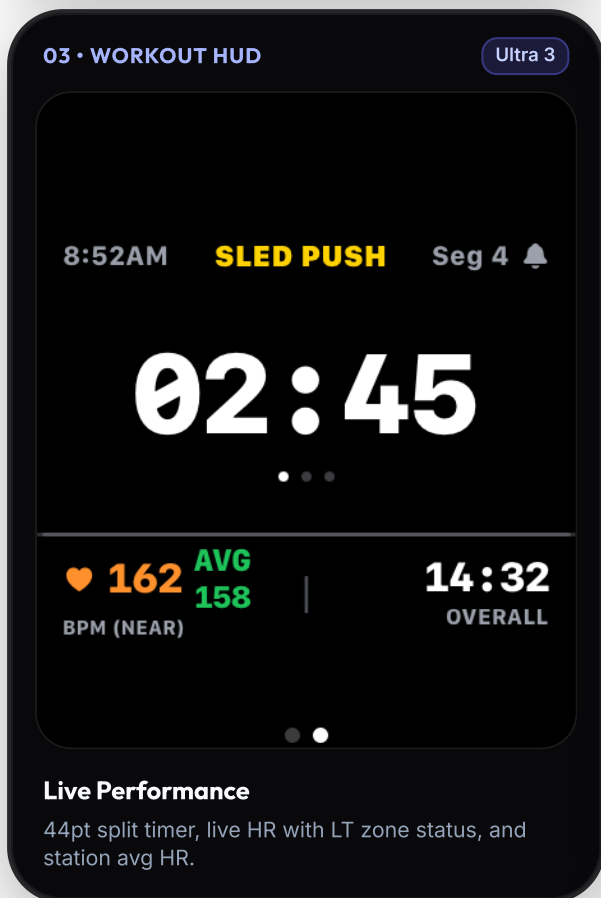
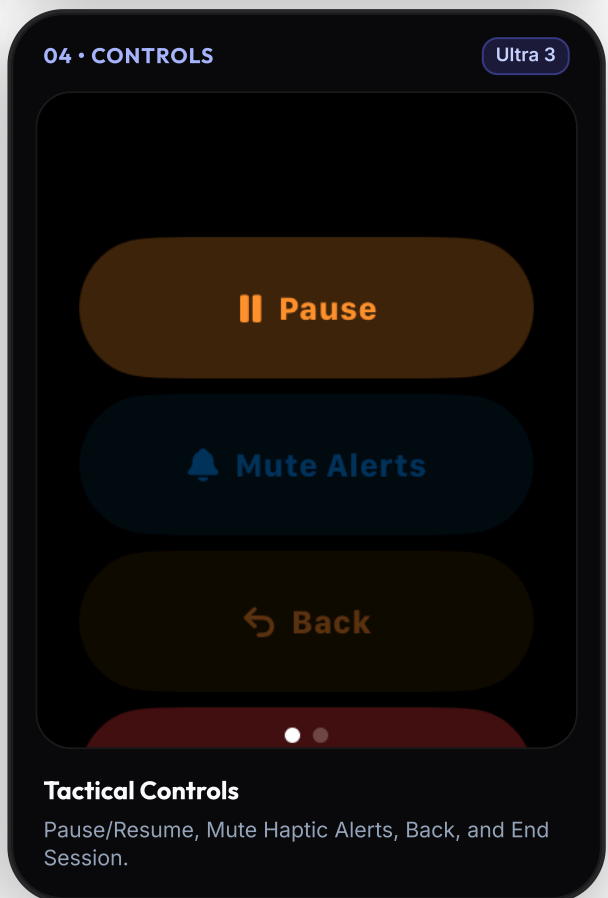
Reviews the Executive Telemetry HR Spline Chart in Workout Detail, fine-tunes splits via the Smart Stage Editor drum pickers, and shares to Strava.

11. watchOS Companion App Integration

The **RoxKit Apple Watch App** (watchOS 10.0+) is an autonomous, race-hardened telemetry and pacing computer engineered specifically for HYROX athletes, functional fitness competitors, and hybrid runners.

| Apple Watch Ultra & Series Interface Gallery (12 Core Views)

Captured live from **Apple Watch Ultra 3 (49mm, 410 × 502 @ 2x)**:



05 • TRANSITION

Ultra 3

8:52AM

ROXZONE

Seg 5

🔔

00:42

LAST EVENT
04:53

HR DROP
-18 BPM

☰

Select Next Station

📈 154 AVG...
BPM (PUSH)

15:45
OVERALL

RoxZone Transition

Live ROX clock, previous split time, and -18 BPM HR recovery drop.

06 • SPLIT DEBRIEF

Ultra 3

✓

RoxZone Transition
02:45

HR Recovery
▼ 34 BPM

Split Summary

Station debrief showing 02:45 duration and ▼ 34 BPM drop.

07 • ANALYSIS

Ultra 3

✓ SLED PUSH

DURATION
02:45

STN AVG HR
164 BPM

LIVE HR
148 BPM

TOTAL AVG
156 BPM

Next Station ➡ (4s)

Post-Exercise Summary

2×2 biometric matrix: duration, station avg HR, live HR, & session avg.

08 • CALIBRATION

Ultra 3

< Save

Settings

Lactate Threshold

⊖ 164 BPM ⊕

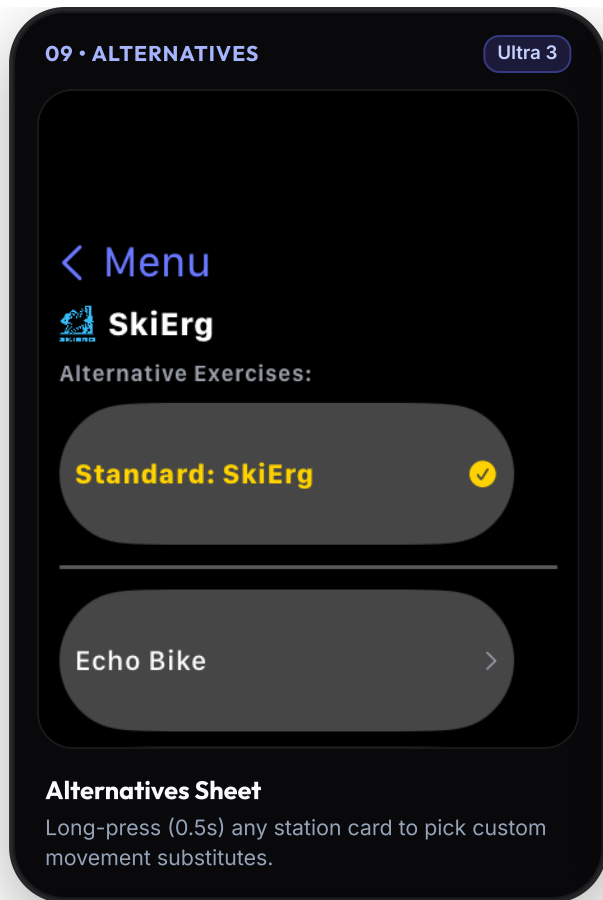
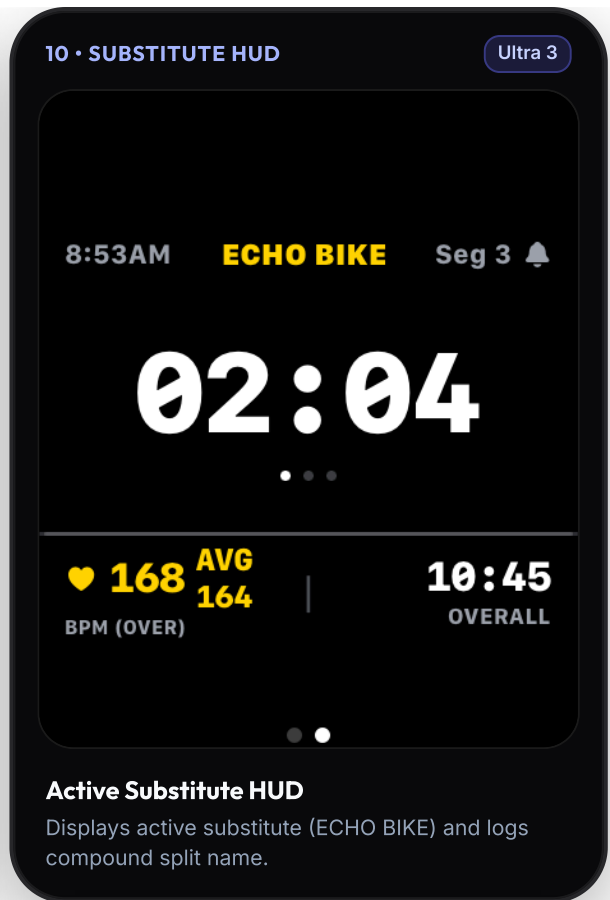
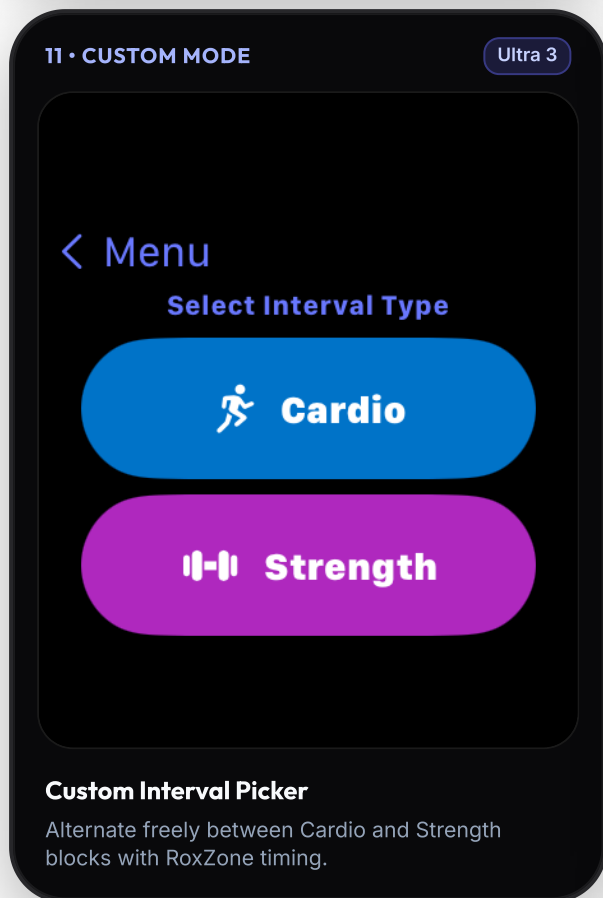
Scroll Metrics ☒

HR Alarms ☒

⊖ Zone Band: ±4 BPM ⊕

Pacing & Compliance

LT HR stepper, cycling toggles, alarm bands, & medical disclaimer.



HYROX Station Selection Carousel (All 9 Stations)

STATION 01

1 km

< Menu

RUN



1. Running

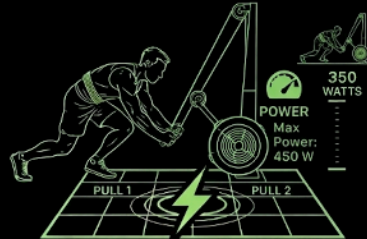
Aerobic baseline pacing & compromised running cadence.

STATION 02

1000m

< Menu

SKIER ERG



2. SkiErg

Upper body & lat recruitment; long-press for Echo/Assault Bike.

STATION 03

50m

< Menu

SLED PUSH



3. Sled Push

Quad-dominant forward drive; split pacing & anaerobic control.

STATION 04

50m

< Menu

SLED PULL



4. Sled Pull

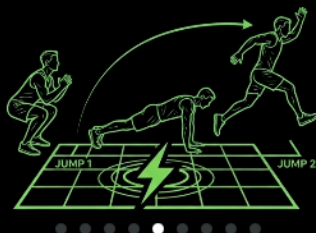
Posterior chain & grip resilience; backward footwork tempo.

STATION 05

80m

[< Menu](#)

BURPEE BROAD JUMPS



5. Burpee Broad Jump

Peak cardiovascular exertion & horizontal bounding control.

STATION 06

1000m

[< Menu](#)

ROWER



6. Rowing

Stroke-rate stabilization & systemic lactate dissipation.

STATION 07

200m

[< Menu](#)

FARMERS CARRY



7. Farmer's Carry

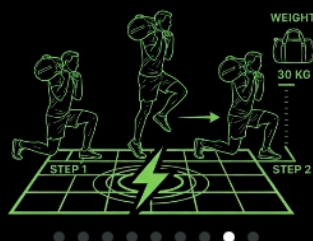
Forearm grip stamina & upright thoracic positioning.

STATION 08

100m

[< Menu](#)

SANDBAG LUNGES



8. Sandbag Lunges

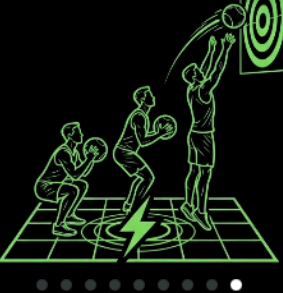
Unilateral knee flexion & glute drive under load.

STATION 09

100 Reps

< Menu

WALL BALLS



9. Wall Balls

Final HYROX gauntlet; full squat depth to target rhythm.