

PX5 FUNCTIONAL GYM

MEMBER GUIDE

Version 2.3.2 · 13 October 2026

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WHAT'S NEW IN VERSION 2.3.1

- **Who's going:** signed-in members see the names and faces of the people booked into each session. Guests and private profiles are only counted.
- The site moves to its own address, **px5.club**. Old links still work and forward there.
- Footer on phones takes half the space; dropdown lists are readable in dark mode; the light/dark button icon is centred.

SECTION 1

GETTING STARTED

PX5 Functional Gym runs on OREDI. Everything happens on the website at **px5.club**: booking sessions, today's WOD, your scores, records and everything else in this guide. Use it in any phone browser, or install it as an app.

Create your account

You can book a session without an account, but with one you get the member rate (if you're a member), your bookings in one place, the WOD tracker and your training history.

1. Tap **Sign in** (top right), then **Create an account**.
2. Enter your name, the phone number you use for WhatsApp, and a password. Email is optional.
3. Fill in the **waiver and health form**. It's the last step of sign-up and takes about 2 minutes (see "Waiver and health form" below).

If you've booked before, or the gym added you as a member at the front desk, sign up with the same phone number. Your bookings and membership are linked automatically.

Install the app

The app is the same website, sitting on your home screen with the PX5 Functional Gym icon. It opens full screen, loads fast, and your member card and today's WOD still open with no signal.

- **Android (Chrome)**: open px5.club, go to **Me**, tap **Get the app**, then **Install the app**. Or use the three-dot menu and **Install app**.
- **iPhone (Safari)**: open px5.club in Safari, tap the **Share** button, then **Add to Home Screen**, then **Add**.

There's nothing to download from an app store, and it updates itself whenever the gym's system is updated.

Notifications

Turn notifications on from **Me, Get the app** (the /app page) and tap **Turn on notifications**. You can choose what you hear about:

- **New WODs and challenges**: when the coach posts the WOD for today or tomorrow, or starts a challenge.
- **My bookings**: a waitlist spot opened for you, or a session you booked was cancelled.
- **Fist bumps and badges**: likes, comments and fist bumps on your posts and scores, and new badges.

On iPhone, notifications only work once the app is on your home screen (iOS 16.4 or later). Add it first, open it from the home screen, then turn notifications on.

Finding your way around

The tabs at the bottom of the screen take you everywhere:

- **Book:** the timetable. Pick a location and a day, then a session.
- **WOD:** today's workout, scores, leaderboards and challenges.
- **Feed:** photos and videos from the gym.
- **Shop:** gym merch.
- **Me:** your bookings, card, training log, records, badges, membership and settings.

SECTION 2

BOOKING SESSIONS

Book a session

1. On **Book**, choose the location and the day.
2. Each session shows its time, coach and a row of dots: filled dots are spots taken.
3. Tap a session, check the details and tap **Confirm booking**.

When you're signed in, each session also shows **who's going**: the faces and names of the people booked, so you know who'll be there. Tap a name to see their profile. Guests and members with a private profile are only counted, not named.

You can book up to 7 days ahead, and up to 2 sessions a day. Your booking page has everything: the time, the location with a map link, payment, **Add to calendar** and cancel.

Members pay **RM12** a session instead of **RM18**, as long as you're **signed in** when you book. If you book without signing in, the site will spot your member number and ask you to sign in first.

When a session is full

Join the **waitlist**. If someone cancels, or the coach opens another spot, the first person waiting gets the spot automatically, and you'll get a notification (and an email if you gave one). Your booking page shows your place in line. Leaving the waitlist is free at any time.

Book for a friend

Bringing someone along? When you're signed in, open the session and tap **Book for a friend**. Add their name and WhatsApp number (up to 3 friends at once). Untick **Book me** if you're only booking for them.

- Each friend gets their own booking. On your booking page, under **Friends you booked**, tap **Send it** to WhatsApp them their link, where they can pay or cancel.
- Friends pay RM18 unless their own number has a membership.
- Each friend takes a spot, or joins the waitlist if the session is full.
- New friends get a link to fill in the waiver before class.

- Already booked yourself? Open the session again and use **Book my friend**.

Paying for a session

- **At the gym:** pay at the front desk (cash or DuitNow QR) when you arrive.
- **Online:** on your booking page, scan the DuitNow QR or transfer to the gym's account, then upload a screenshot of the payment. The gym checks it and your booking shows **Paid**.

Checking in

When you arrive, scan the **check-in QR poster** by the door with your phone camera and tap **Check me in**. The coach can also check you in on the roster. Check-ins count toward your session total, streaks, badges and challenges.

Cancelling

Open your booking (from **Me** or the link you saved) and tap **Cancel booking**. You can cancel online up to 2 hours before the session.

SECTION 3

CANCELLATION POLICY

Cancel from your booking page up to 2 hours before the session. Your spot goes straight to the next person on the waitlist.

Less than 2 hours before: you can no longer cancel online. Message us on WhatsApp as soon as you can so someone else can come.

Late cancellations and no-shows aren't refunded. If you paid online and can't make it in time, we may move your booking to another session at our discretion.

If we cancel a session (coach unwell, closures, emergencies), you'll be told by WhatsApp or notification, and anything you paid is refunded or kept as credit for another session.

Leaving the waitlist is free at any time.

SECTION 4

MEMBERSHIP

Membership is **RM105** for a year. Members book every session at RM12 instead of RM18.

1. Go to **Me** and tap **Become a member** (or **Renew**).
2. Pay by DuitNow or transfer and upload the receipt, or choose to pay at the front desk.
3. Your membership starts once the gym confirms the payment. You'll see **Member until** with the end date on the Me page.

Upcoming unpaid bookings switch to the member rate automatically once your membership is active.

Your member card

Me, Member card shows your name, membership status and a QR code. Show it at the front desk: staff scan it to open your details. It works offline once you've opened it in the app.

SECTION 5

WAIVER AND HEALTH FORM

Everyone who trains at PX5 Functional Gym signs the gym's waiver and a short health form. You do it once when you create your account, and again only if the gym changes the wording.

- **8 yes/no health questions.** Answering yes doesn't stop you training. It tells the coach to check in with you, and you may want a doctor's OK first.
- **Notes for the coaches:** injuries, conditions or anything they should know.
- **Emergency contact:** someone the gym can call.
- **Sign** by typing your full name and ticking the box.

Your answers are only seen by the coaches and the gym's managers. To update your injuries or emergency contact later, go to **Me, Health and waiver, Update**.

Booking as a guest? Your booking page has a link to fill in the waiver before your first session.

SECTION 6

TODAY'S WOD

The **WOD** tab shows today's workout: typed out, a photo of the whiteboard, or both, with the coach's notes. Use **Previous day** and **Past WODs** to look back.

Log your score

After class, open the WOD and fill in your score for each part:

1. Choose **Rx** (as written) or **Scaled**.
2. Enter your result: time (minutes and seconds), rounds + reps, weight in kg, reps, calories or metres.
3. Capped on a for-time workout? Tick **I hit the time cap** and enter the reps you finished.
4. Add a note if you like (e.g. "banded pull-ups") and tap **Log score**.

You can change your score with **Edit**, or remove it. Scores for past WODs can be logged any time.

HYROX splits

On HYROX workouts with splits, open **Splits** and type your time for each run and station (e.g. 4:35). Leave the total empty and it's added up for you. Afterwards you'll see your runs, stations and transitions, your time for each part against the class median, the change since your last attempt, and the **fastest in class** for each station.

Reactions and comments

Tap a reaction to say how it felt: Loved it, Hard WOD, Crazy, Lungs on fire, Legs gone or Dead. Tap again to take it back. Hold or hover on a reaction to see who reacted. Write a comment under the WOD for tips, scaling questions or encouragement. The coaches read them.

Share the WOD

Tap **Share this WOD** to make a picture of the workout (or the board photo) with the gym's logo, the date and your scores, ready for Instagram, Facebook or WhatsApp. **Share** opens your phone's apps; **Download** saves it to your photos.

SECTION 7

LEADERBOARDS

Every scored part has its own leaderboard: Rx first, then Scaled, best score first, with **All**, **Men** and **Women** tabs. Set your leaderboard category under **Me, Profile and privacy**.

- Give someone a **fist bump** for a good score.
- A **PR** tag means it beat that person's own record.
- The **Leaderboard** page also has a monthly board: most sessions, most WODs logged and most records.
- Leaderboards are only shown to signed-in members.

Don't want to appear? Untick **Show me on leaderboards** under **Me, Profile and privacy**.

SECTION 8

RECORDS AND PROGRESS

Me, My records keeps your bests: 1RM, 3RM and 5RM lifts, max reps, best times, distances and calories, plus benchmark WODs like Fran, Murph and a HYROX race.

1. Choose the movement, enter the result and the date, and tap **Save record**.
2. A new best is flagged as a **PR**.
3. Tap any record to see your **progress chart**: every entry over time, with PRs marked and how much you've improved since your first.

Some WODs **count toward a record** (it says so under the part name). Your Rx score there is saved to your history automatically.

SECTION 9

CHALLENGES AND BADGES

Challenges

The coaches run challenges, such as 12 sessions in a month, 4 HYROX Thursdays or 1,000 burpees. Find them under **WOD, Challenges** or on the Me page.

- Tap **Join the challenge**. Sessions are counted from your check-ins, WODs from the scores you log.
- For a total (like burpees), add your numbers as you go with **Add**.
- The page shows your progress against the time left, and the standings.
- Finish it to get a trophy on your badges page.

Badges

Badges come automatically for sessions (1 to 250), weeks in a row, early-morning sessions, WODs logged, Rx, podium finishes, HYROX, PRs, posts, fist bumps, comments and challenges. They're bronze, silver, gold or platinum. **Me, Badges** shows what you've earned and how close you are to the next ones.

SECTION 10

THE FEED

The **Feed** is the gym's own photo wall: photos and videos from today, with every day kept in the archive.

Post a photo or video

1. Tap **Feed**, then **Post** (or **Post a photo** under the WOD).
2. Choose a photo or a video (up to 90 seconds).
3. Add a caption, pick the WOD it's about, and tap **Post**.

Photos are resized for the web and the location data from your camera is removed. Videos are compressed so they play smoothly; they appear in a minute or two.

Be kind, and ask before posting other people. The coaches can hide posts and comments.

Like, comment, share

- Tap the heart to like a post, and comment underneath.
- **Share card** makes a Strava-style picture of the post: the photo with the gym logo, date, WOD name and the poster's score on it. **Share** sends it to your apps; **Download** saves it.

- For videos, **Download video** saves the clip itself.
- Use the day chips at the top of the feed to look back at any day.

You can delete your own posts and comments at any time.

SECTION 11

YOUR PROFILE AND PRIVACY

Tap a name on a leaderboard to see that member's profile: their badges, recent WOD scores, benchmark records and posts. Your own profile is at **Me, Profile and privacy, See my profile**.

Under **Me, Profile and privacy** you choose:

- **Name on leaderboards:** e.g. your first name, or a nickname.
- **Leaderboard category:** for the Men and Women boards.
- **Photo:** shown next to your scores and posts.
- **Show me on leaderboards:** untick to keep your scores off the boards.
- **Who can see my profile:** members of PX5 Functional Gym, or only you (coaches can always see it).
- **Show my lifts and benchmark records:** untick to keep your records to yourself.

SECTION 12

THE SHOP

Tap **Shop** to buy gym merch. Choose options (size, colour), add to cart and check out with delivery or pickup. Pay by DuitNow QR or bank transfer and upload your receipt on the order page within 24 hours. Track your order from the same page.

SECTION 13

QUESTIONS

I forgot my password

Ask the gym on WhatsApp. They can set a temporary password for you, which you can change under **Me, Account details and password**.

The site looks old after an update

Close the app and open it again. It updates itself in the background.

Who sees my health information?

Only the coaches and the gym's managers. It's shown on the session roster so the coach knows before class.

How do I change my phone number?

Ask the gym. Your phone number is how your bookings and membership are linked.

This guide matches version 2.3.2 of the PX5 Functional Gym app.

EARLIER UPDATES

Version 2.3

- The **Feed**: post photos and videos from the day, linked to the WOD. Like, comment, and browse every day in the archive.
- **Share cards**, Strava style: download or share a photo with the gym logo, date, WOD and your score on it.
- **Share this WOD** as a picture for Instagram, Facebook or WhatsApp.
- **Reactions** on every WOD: Loved it, Hard WOD, Crazy, Lungs on fire, Legs gone, Dead.
- **Profiles**: tap a name on a leaderboard to see their badges, recent scores, records and posts. Choose who sees yours under Me, Profile and privacy.
- **Book for a friend**: book up to 3 friends into a session and send them their booking on WhatsApp.
- The **cancellation policy** is shown when booking, on every booking page and under Policies.
- This guide, in the app and as a PDF, updated with every release.

Version 2.2

- **Install the app** on your home screen, with **notifications** for new WODs, waitlist spots, cancellations, challenges, badges and fist bumps.
- **Progress charts** for every record; WODs can count toward a record, and new bests get a PR tag.
- **Challenges** and **badges**.
- **HYROX splits**: log each run and station, compare with the class and your last attempt.
- **Waiver and health form** at sign-up.