

HOW TO USE THE APP

Your step by step guide of how to navigate your way around our fitness app.

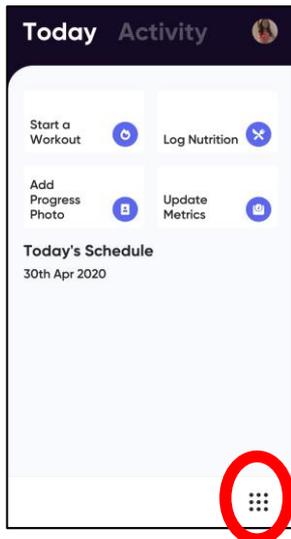


THE APP – GETTING STARTED & THE HUB

Getting Started

Upon sign up/activating your account you should have completed a Par-Q Form and filled in the details for your Personalised Calorie Calculations. On initial log in, you had the option to watch some short How To Videos on navigating your way around the app. If you didn't watch the videos, don't worry as the next few pages explain all the App functions and how to use them. We've also created a short demo video on all the app features, so if you prefer to watch a video rather than read the guide, just go back to the Getting Started Section of the website now and check it out.

NOTE: If you have signed up to a plan without a specific start date, when you are ready to start your plan you will need to go to the Programs Section in the app, click on the program name, then hit the Start Program Button. This will start your program and schedule that day.



The Hub

The Hub is basically a short cut option where you can start your workout, add progress photos and add your weight or measurements. It also shows you any scheduled workouts for that day.

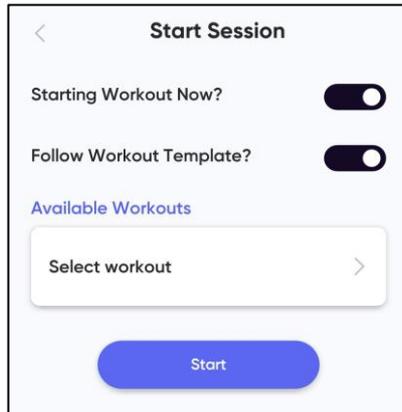
You can click on the  button to take you to the full list of options available to you on the app, such as the Calendar, Programs, Chat, List of Workouts.

We go through all the app options in this document and in our video.

THE APP – THE HUB

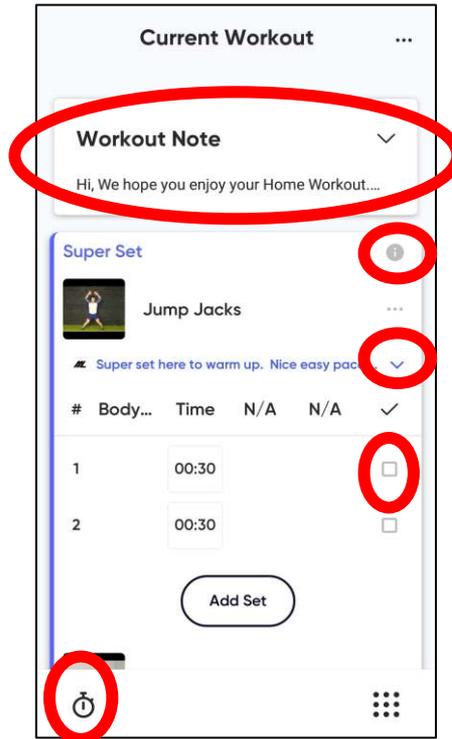
Start Workout

To start a workout from The Hub, just hit Start A Workout. Click Select Workout, choose the workout, Press Done & Start.



To read any notes, click on the Workout Note Dropdown or the ⓘ or ✓ Buttons.

There is also a handy stopwatch available. Just click on the little Stopwatch Button to use it. Or download an interval timer in the app/play store.



You have the option to tick off each exercise as you do it.

Every exercise has a demo video available and full description. To view same, just click on the exercise picture.



If you have signed up for a challenge or accountability, make sure to log your workout so we know you have done it. To do this, you will need to click on the Finish Workout Button. There's no need to leave feedback for every workout.

THE APP –THE HUB

Log Nutrition

The app has a Nutrition Logging Function but we don't want you to use it.

You should use the MyFitnessPal App instead, as it has a much larger database of foods & can be synced to our fitness app for anyone who signed up for a challenge or accountability.

Most of our recipes come with ready to scan barcodes for MyFitnessPal too.

Logging your food/drink helps you keep track of your calorie and macros intake.

Add A Progress Photo

It's important to add Progress Photos before you begin your plan, so you can

track any body composition changes. Make sure you can see your body shape by wearing underwear, swimwear or tight fitting active wear.

Click Add Progress Pic Button & Upload Button. Then add a Front, Side & Back (if possible) Photo by either taking a photo using the app or upload one already taken.

Update Metrics

Before you start the plan, you will need to log your weight & measurements on the app.

Click the Update Metrics Button and complete the relevant information. You only need to do 1 side of the body. Then hit Save.

You will be able to compare any previous entries here throughout your plan.

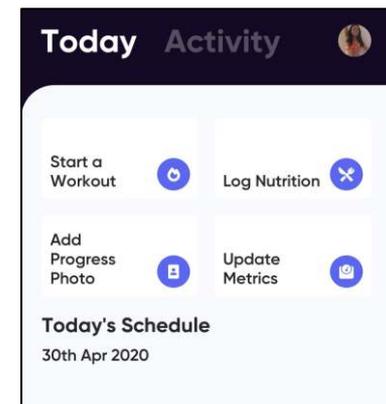
Today's Schedule

This shows any workouts scheduled for today.

NOTE: If you bought a plan without a specific start date, you won't see anything here or in your calendar till you choose to start your plan.

Activity Tab

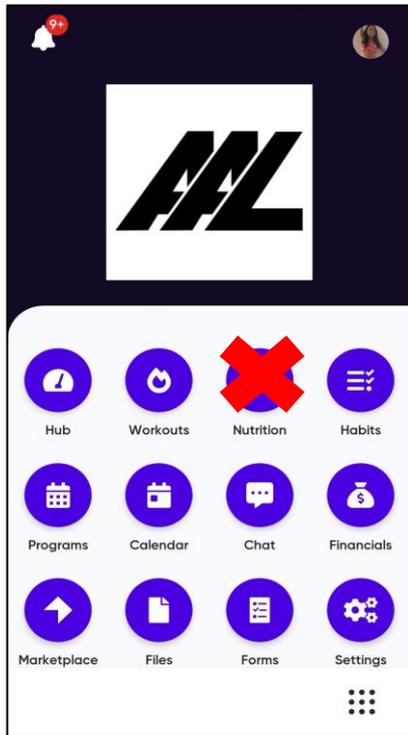
This shows your recent activities on the app.



THE APP – FULL MENU OPTIONS

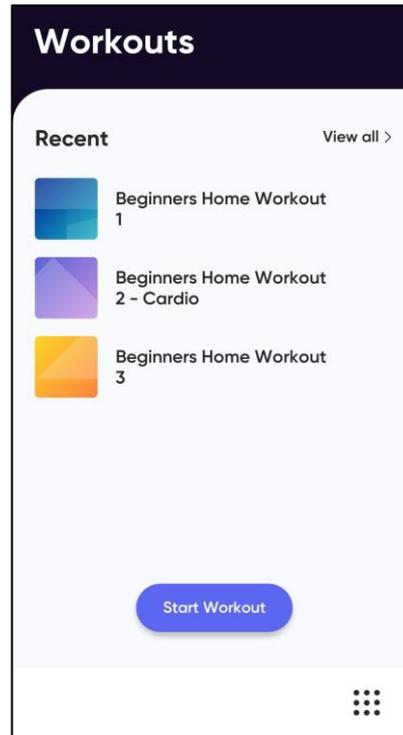
Full Menu

The Full Menu shows you all the app features. Remember, we won't be using the Nutrition Function on the fitness app. We will use MyFitnessPal.



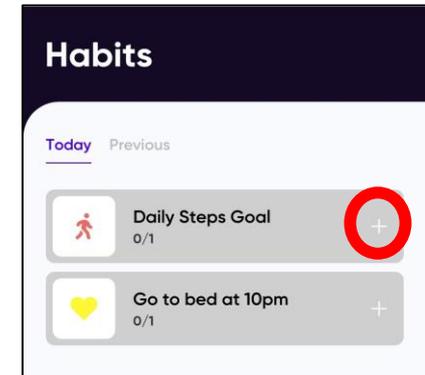
Workouts

This option shows you all workouts assigned to you. You can view any of your workouts here by clicking on it or you can start a workout from here.



Habits

If you've signed up to a challenge or accountability plan, you may be assigned some habits. You'll see them on the Hub. Just click on the + button when the habit is done each day.



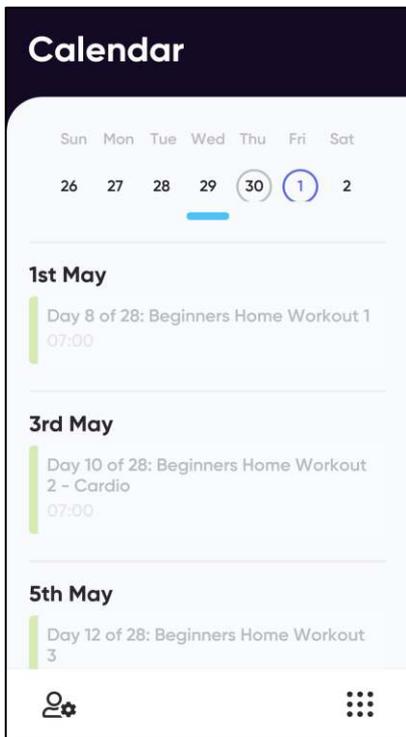
Programs

Here you can see what program you have been assigned, duration, start and end date, schedule, weight, workout tracker and progress photos.

THE APP – FULL MENU OPTIONS

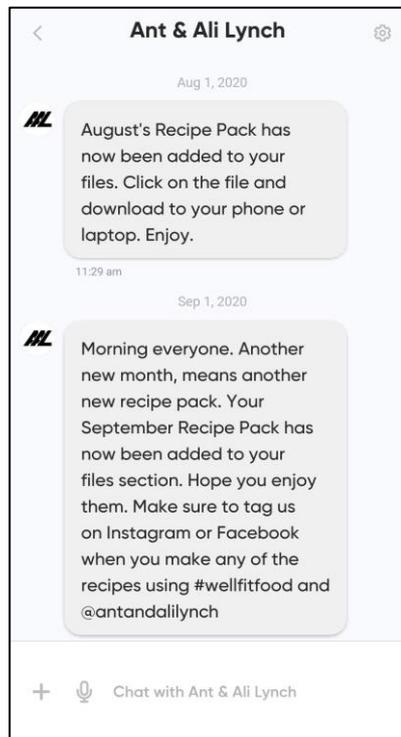
Calendar

The Calendar option shows you your schedule and how far into the program you are. You can also start a workout from here by clicking on that day.



Chat

The chat function is like WhatsApp and allows you to send messages to us and vice versa. A notifications will show on The Hub if you have a new message.



Financials

You can ignore this section.

Marketplace

You can ignore this section.

Files

We may upload some PDF documents from time to time on your Files Section. This will be more common for those of you on a Challenge Plan. You will receive a notification if we do.

Forms

Other than your initial Par-Q and Personalised Calorie Calculations Form you probably won't be using this section.

THE APP – FULL MENU OPTIONS

Settings

You can change your settings here by clicking on Feature Setting and then notifications, integrations or units of measurement.

You can sync your Fitbit or Apple Health by clicking on the Integrations option.



If you signed up for one of our challenges or an accountability plan, you will need to sync your MyFitnessPal account here so we can keep an eye on your calories and macros.

If you did not signed up to a challenge or accountability plan, there is no need to sync MFP to our app.

Syncing MFP To Our App:

Once you've downloaded the MFP app and set yourself up, sync it to our app using the steps below:

1(a) On our training app, go to Integrations Section & toggle MyFitnessPal to "On".

1(b) If you can't see MFP on the app integration options, login on a laptop/desktop <https://antandalilynych.mypt.hub.net/3/>. Go to settings, integrations & connect MFP.

2. Fill in your own MFP login details in the prompt. Wait a few seconds for sync to complete.

3. Once you've completed your daily food log in MyFitnessPal, return to the Training App and pull down

on the dashboard to activate a manual synchronisation.
Do this last step every day.

Notifications

The little Bell Icon on the top left hand corner of the screen will show a red dot if you have any new notifications such as a new message from us or a new workout.

