



## Getting Started

### Read this First!

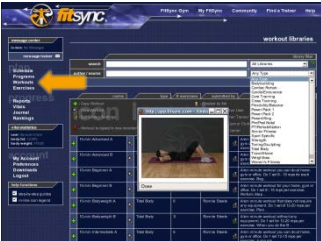
Welcome to the FitSync community. We're happy to have you as a member and hope you find FitSync to be a valuable part of your fitness program.

**Free Workouts, Track Your Progress, Get Results.** FitSync makes it easy to manage your fitness program so you get the results you want. With FitSync, you can...

- Pick free workouts and multi-week programs from the libraries or create your own
- Download and log workouts on your handheld and sync to your FitSync Web account
- Monitor and analyze your progress online with charts and reports
- Compare yourself to norms, compete with friends, and connect with others
- Share your favorite exercises, workouts, and programs in the public library

### Getting Started:

**Make a Plan:** Beginner or pro, you need workouts that work for you. You can try the **Total Body Fitness Test**, pick workouts from the FitSync libraries or create your own.



#### *Pick workouts from the FitSync libraries*

- Click **Workouts** to view your personal workout list
- Then click **Workout Libraries** and use the filters to narrow your search

#### *Create your own Workouts*

- Click **Workouts** then select **New Workout**
- Add exercises to your workout from the libraries or create your own

#### *Schedule Workouts*

- Your scheduled workouts will display on your FitSync mobile app and on your Web account schedule. Click **Schedule** to add workouts to your schedule or click the **Advanced Functions Menu** from your personal **Workouts** list and select **Add to Schedule**.

**Log Your Workouts:** Whatever your goal or experience level, you need to log your activity so you can measure your progress. You can log and edit your activity via your FitSync Web account or download and log workouts on your handheld with FitSync's mobile app. FitSync is available for Android, iOS, and Java compatible handhelds and tablets.

#### *Log Workouts on the Web*

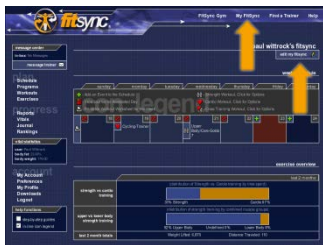


- Click **Workouts** and then click the **Advanced Functions Menu** icon next to your workout. Select **New Data** to log new activity or select **Edit Data** to update existing workout logs.
- Have some old notebooks? You can add historical workout data all the way back to 2000!

### **Log Workouts on Mobile**

- Click **Mobile** to get the FitSync Mobile app for your handheld
- Your personal workouts are downloaded to your handheld when you sync your FitSync mobile app
- Log workouts in real-time or log offline and sync later

**Review Your Progress:** You've put in the effort, now check your results to see how you're doing. FitSync's charts and reports tell you if you're reaching your goals or if you need to change your plan. You can get a snapshot summary of your activity or drill into the details of every exercise in every workout you've ever done.



### **My FitSync**

- Click **My FitSync** to view your training summary and start page
- Click **Personalize My FitSync** for viewing options

### **Progress**

- **Reports** show details and charts of your activity
- Monitor body composition & vitals in **Bodymap™**
- Keep training notes in your online **Journal**.



**Compare, Share and Compete:** Click **Rankings** to compare yourself to established norms or compete with others. Share your success and post your FitSync **Profile** and **Workout Widgets** in blogs, forums, or on your personal homepage.

The **In-Line Icon Legend** and **Step-By-Step Guides** will help you learn how to use FitSync. These guides can be turned on or off at any time by clicking on the lower left side of this page. Comprehensive online help and user guides are available via the **Help** link at the top of every page.

Questions? Check the Help sections and forums or email us at [info@fitsync.com](mailto:info@fitsync.com). We wish you success and good health!