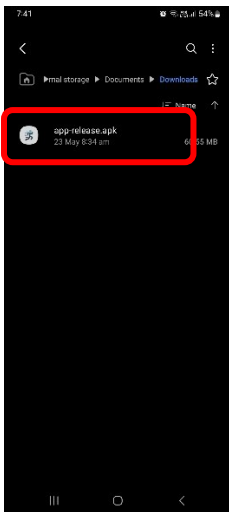Structured Walkthrough

The Samsung One UI variant of Android has been used in this tutorial, the location of settings and placement of buttons may be slightly different on your device, depending on the Android variant used. It is expected that Android 13 will be used, however the app may still work on other versions of Android.
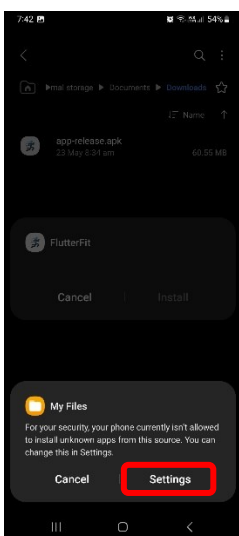
Download the app

Locate the apk file on your device using your device file manager. It will usually be in a folder titled, "Downloads"
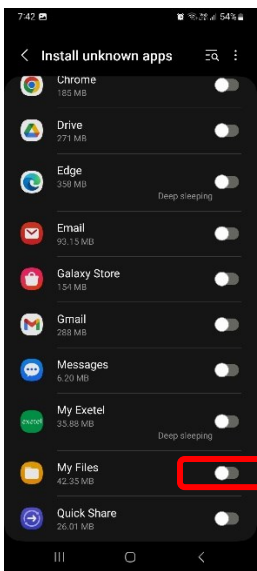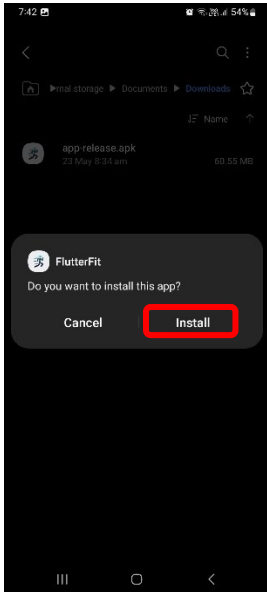
Tap on the app apk

If a prompt similar to the one below appears, you need to allow installing unknown apps. Here the Samsung Files app needs permission to install the APK so I will press settings
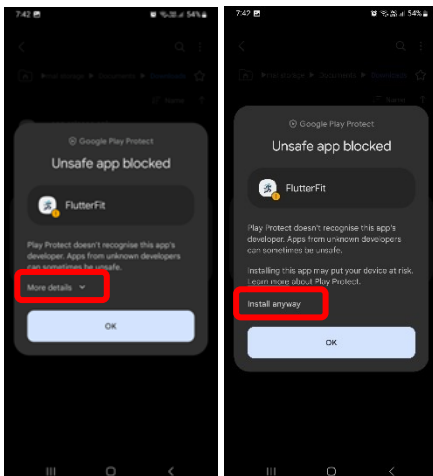

Then find the file explorer app you used and hit the switch to allow it to install (in this case, I allow for the Samsung Files app to install apps)
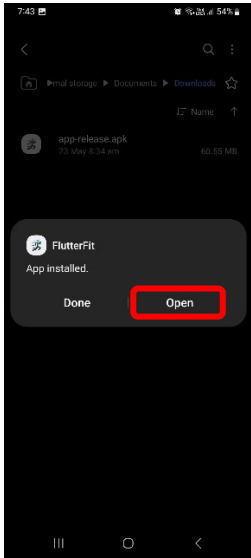
Once your files app has been granted permission (or if it already had permission), the following dialogue will appear, press install
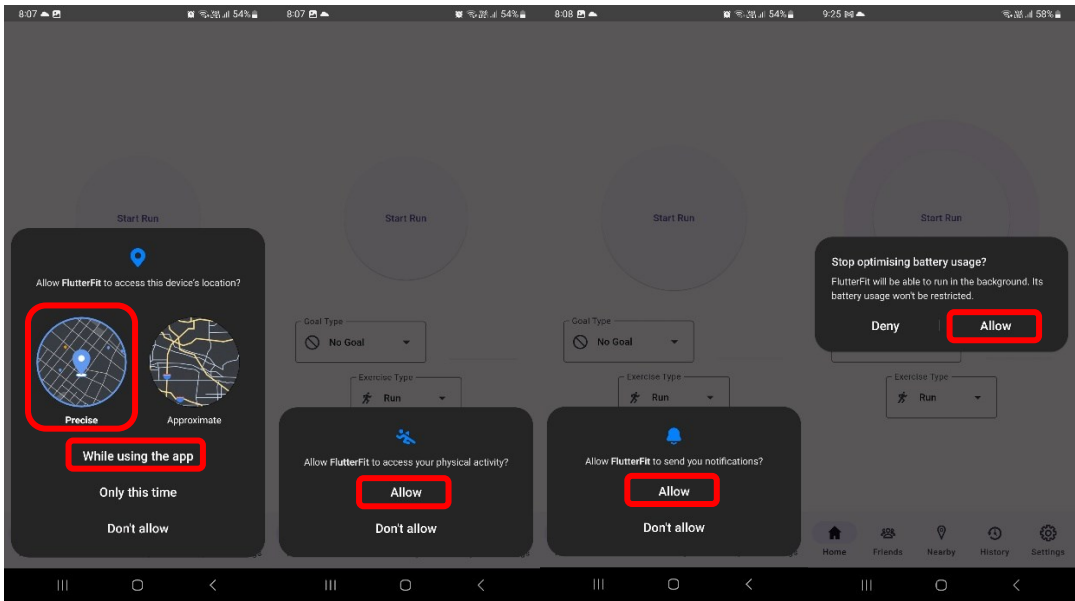

You may be prompted that the app is possibly malicious, press "More details" then tap "Install anyway"
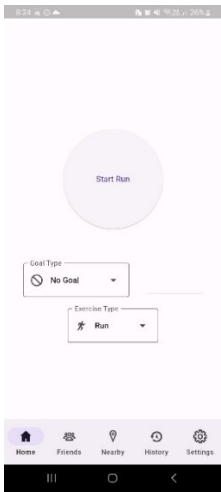
After the app installs press open. If a dialogue similar to the one below does not appear, you may need to go to the app drawer and tap on the app icon to manually open it
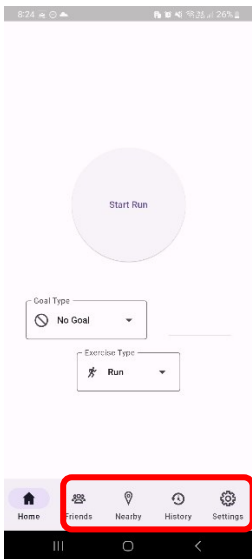

On opening the app, you will be asked to grant permissions. See the images below on what to press for each dialogue, depending on your device and OS version, you may only see some of the dialogues below

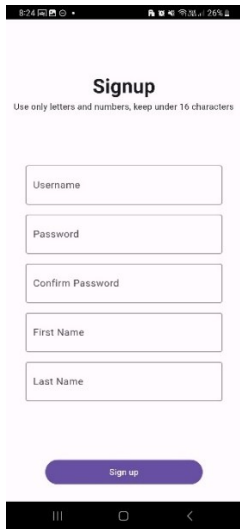You will be presented with the home screen

Tap one of the tabs at the bottom to open the login window. (if you have already logged in no login screen will be shown).

The following login screen will come up. Press the signup button at the bottom
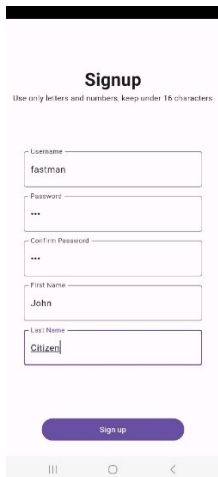
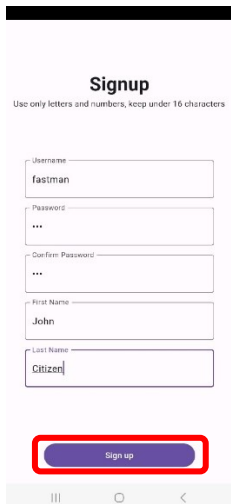You will then be presented with the signup page

Fill in your details, an example is shown in the following screenshot. Remember that the "password" and "confirm password" fields should match and that only letters and numbers are accepted by the text fields. Usernames and passwords are case-sensitive and should not exceed 16 characters. You cannot use a username already taken by another user
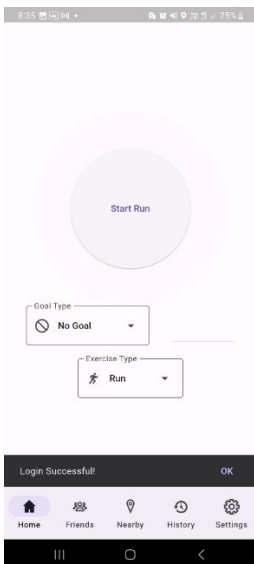

Then press the "Sign up" button

You should receive the message "Great! You can sign in now" and be automatically redirected to the login screen.
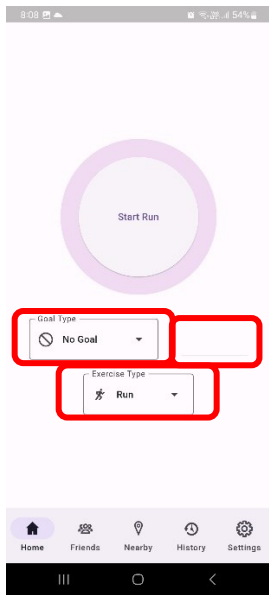
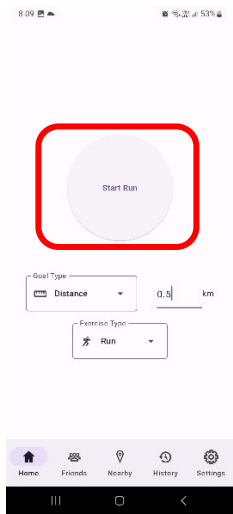Fill in your login details and then press the "Login" button as shown below

If you have entered the correct details then the message, "Login Successful!" will appear and you will be redirected to the home page
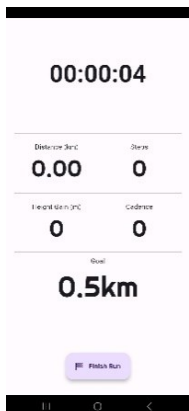
You can use the dropdown menu and the input box in the top row to select a goal. The bottom dropdown menu lets you select an exercise type.
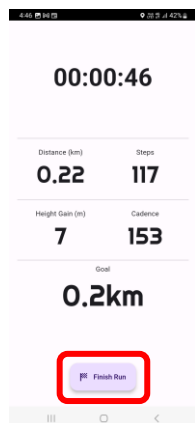

Here a goal of distance: 0.5km has been selected and an exercise type of run has been kept. Press "Start Run" when you are ready to start.
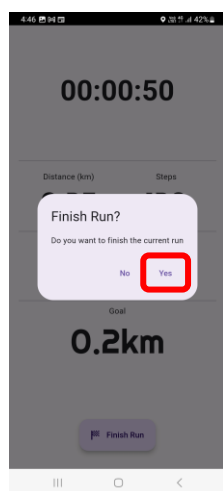

A countdown animation will play and then the run will start. When the run has started a screen similar to the following will be shown. You should not turn your screen off or navigate to another app during the run.

When you are ready to complete your run, press the finish run button at the bottom.

When asked to confirm your selection, press yes.

You will be shown a summary of your run, scroll down and press finish run to return back to the home screen