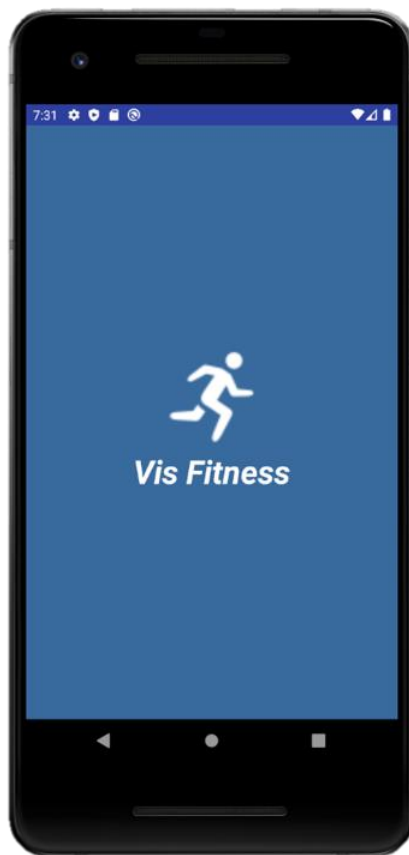


# Vis Fitness App User Guide



By Mason Gallagher

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## 1. Downloading Vis Fitness App

The Vis Fitness app can be downloaded as an APK from the Vis Fitness webpage at [VisFitness.org](https://visfitness.org). An Android Package Kit (APK) is the package file format used by the Android Operating system to distribute and install mobile apps. Please note that the Vis Fitness app is currently only available for Android devices.

## 2. Install from Android device

Once the Vis Fitness app's APK has been downloaded from the Vis Fitness website, open your devices 'Downloads' folder, a popup will appear to ask permission to install the Vis Fitness app tap 'Yes' to continue. This will automatically install the Vis Fitness app onto your Android device, once the installation is completed navigate back to your apps and click the Vis Fitness icon to launch.

### 3. Install from computer

Once the Vis Fitness app's APK has been downloaded from the Vis Fitness website, please ensure that third-party apps are allowed on your device. This can be done by navigating to your device's Settings app, then tap the security tab and make sure that "Install from Unknown Sources" option is enabled.

Please then connect your device to your pc via USB, a popup will appear asking if you wish to charge your device or connect it as a media device, click 'Media Device'. Then copy the APK you downloaded from your computer onto your Android device.

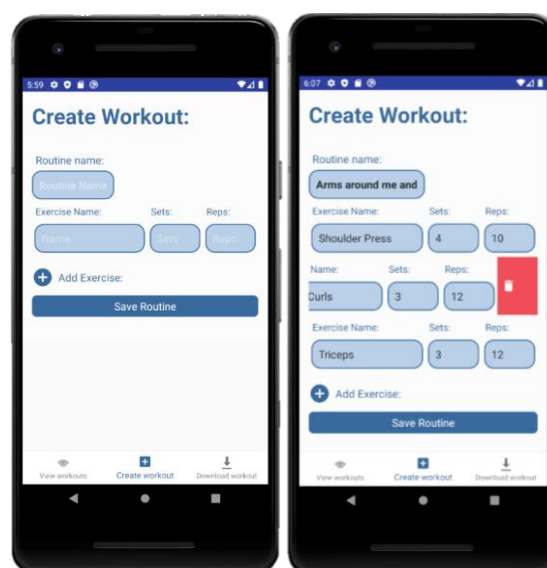
Once the APK has been transferred onto the Android device, launch the 'Files' app on your device, find the Vis Fitness APK and simply tap 'Install'. Once the installation is completed navigate back to your apps and click the Vis Fitness icon to launch.

### 4. First time Users

First time users will be greeted with this screen, to add workouts navigate to create workout or download workout pages by using the navigation bar along the bottom of the screen.

### 5. Creating workouts

Navigate to the 'Create workout' page via the navigation bar at the bottom of the page. Enter the name of your workout routine and the first exercise, if you wish to add more exercises simply click the 'Add Exercise' button. If you accidentally add one exercise too many or wish to remove an exercise simply slide the exercise to the left of the screen to delete it.



## 6. Downloading workouts

If you have been shared a code of a workout you wish to download, navigate to the 'Download workout' page, here enter the code you were shared and press the "Submit code" button. The workout will then be downloaded, navigate back to the 'View workouts' page to see your new workout.

## 7. Viewing workouts

To view the workouts saved to your device, navigate to the 'View workouts' page here you will be able to scroll through all workouts that are saved to your device. If you wish to further interact with any workout, please tap the three dots located in the top right of the workout.



### 7.1 Editing workouts

To edit a workout simply tap the three dots in the top right of the workout you wish to edit, this will launch a pop up menu, to edit a workout tap 'Edit Workout' this will take you to a page where you can edit all the workouts attributes, if you wish to add or delete an exercise as before in section 5.

Just swipe the exercise to the left to delete and press the 'Add exercise' button at the bottom to add additional exercises.

**Would you like to:**

 **Edit Workout**

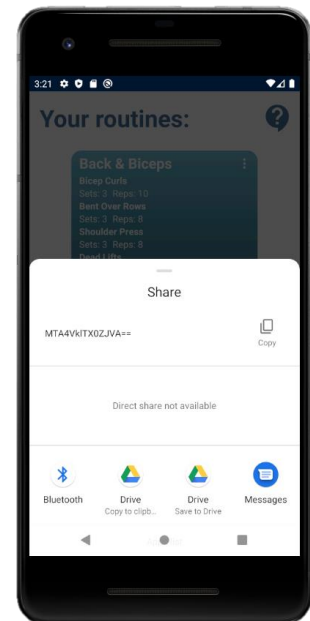
 **Share Workout**

 **Delete Workout**

## 7.2 Sharing Workouts

To share a workout, tap the three dots in the top right of the workout you wish to share, this will launch a pop-up menu. Then to share the workout tap “Share Workout”, this will launch a pop-up menu, at the top you will see your unique share code with a button to copy your unique code to your device’s clipboard.

Below your unique code you will see any direct share options that are available to you and below that will be the options to share the code through other apps such as ‘Messages’ to upload to the cloud via ‘Send to Google Drive’ or to share via Bluetooth.

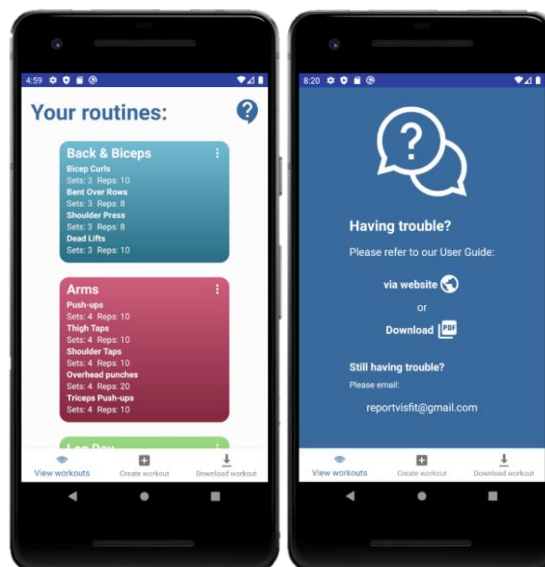


## 7.3 Deleting workouts

To delete a workout, tap the three dots in the top right of the workout you wish to delete, this will launch a pop-up menu. Then to delete the workout click “Delete Workout” the workout will then disappear from your list of saved workouts.

## 8. Support

To access the support page of the Vis Fitness app navigate to ‘View workouts’ page here in the top right hand corner you will see a blue information button. Click on this button for the support page to appear.



## 9. Uninstalling

To uninstall the Vis Fitness app please navigate to your device's settings app, then select the 'Apps & notifications' tab, from here tap 'See all apps' and find the Vis Fitness app, then select uninstall. This will remove the app from your device and delete all data the app has collected.