Learn GymBro

USER MANUAL

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ABOUT

GymBro is designed to help you achieve your fitness goals with personalized workout programs like arm day and leg day, along with a comprehensive food guide and supplement store to support your journey.

GETTING STARTED

MOBILE DEVICE REQUIREMENTS COMPATIBILITY

INSTALLATION

Install the Application.

OPERATION

1 **Step 1:**

Once open you will be directed to the **Dashboard**.
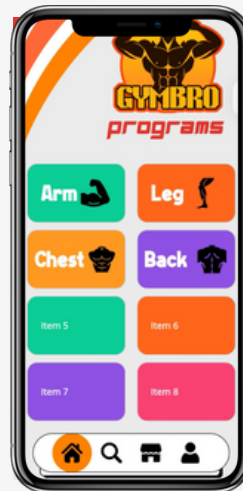
2 Step 2:

You will prompt to a video with a corresponding program you click
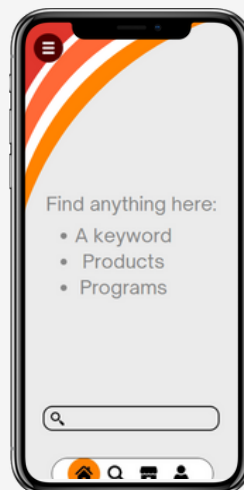
3 Step 3:

On the **Navigation Menu** below, there are buttons named as:

- **Home**
- **Search**
- **Store**
- **Profiles**

4 Step 4:

Search - Find the programs or products you are looking for.

5 Step 5:

Store - allow you to buy/order supplements products that helps you in improving muscles.

6 Step 6:

Profiles - Brings you to login page if you are already a member.
   Include of Account registering if you don't have an account yet.