1. Open power shell in win 7
2. Check last files by ls command
3. Add new files by using “git add ./name of files”
4. “git commit” to make a local commit in to local repository
5. “git push” to sync local commits ton global git repo
6. “git checkout” to check out the existing repository to local directory

Further commands: <http://www.siteground.com/tutorials/git/commands.htm>