**Download Leviosa Fitness:**

* Go to the website: <https://github.com/aminecia01/Leviosa/>
* Select the Leviosa Fitnesss.zip
* Click on more file actions (…)
* Click on Download to start the download.
* Save the downloaded file to your computer. Usually, it goes to your "Downloads" folder by default. But you can choose where you want to save it if you're given the option.

**Extract the Files:**

* Once the download is complete, go to the folder where you saved the file (usually "Downloads").
* Find the downloaded file (it should be named something like "LeviosaFitness.zip").
* Right-click on the file.
* In the menu that appears, choose "Extract All".
* A new window will open asking where you want to extract the files. You can either choose a location or just click "Extract".

**Install Leviosa Fitness:**

* Now, in the folder where you extracted the files, you should see two things: "Leviosa Setup.msi" and "setup.exe".
* Double-click on "setup.exe".
* A window will pop up asking if you want to install Leviosa Fitness. Click "Yes" or "Install".
* Follow the prompts in the installation wizard. It will ask you where you want to install the program and some other things. Just click "Next" or "Continue" until it starts installing.
* Once the installation is finished, click "Close" or "Finish".

**Start Leviosa Fitness:**

* Look on your Desktop for the Leviosa icon. It usually looks like a stylized "L".
* Double-click on the Leviosa icon to open the app.
* If you don't see the icon on your Desktop, you can find Leviosa Fitness in your list of installed programs. To do this, click on the Windows icon in the bottom left corner of your screen, then scroll through the list of programs until you find "Leviosa Fitness". Click on it to open.
* That's all there is to it! Now you're ready to start using Leviosa Fitness.