

Online Help Instructions for Vigil

Home Screen

Tap the “Create Empty Workout” button to begin creating a custom workout template that does not contain any default exercises.

Tap any of the four default templates under “Workout Templates” to create a workout that includes preset exercises you can edit.

Tap the delete icon on any of your personally saved workouts to permanently remove that workout from your saved workouts.

Customize/Use Workout

Press the “Add Exercise” button to choose an exercise to add to the current workout from a variety of options.

Press the “Save” button after you input a workout name and add at least one exercise to save the workout for later use.

Press the “Add Set” button under an exercise to include another set for that specific exercise.

Use the text boxes under the “Lbs” and “Reps” columns to modify the weight and the number of reps for that specific set.

Press the checkmark box to the right of a set to indicate you have completed that set in the gym. Doing so will start a rest timer and display a quiz with questions you can answer.

Other

Swipe the screen from left to right to return to the previous screen you were on.