Navigate to the folder your code is in, Right click, git bash here

Help

git help <command> : display help for a specific command

Navigation

cd <folder>/<subfolder>/etc... : change folder to the path you specify

cd .. : go up a folder

cd ~/ : change folder to root

ls : list all items in the current folder

Il : list all items in the current folder with information

Update your code

git clone <project url> : create a folder and copy the repository into it

git pull origin master : get updates from master

git pull origin
 : get updates from a branch

Upload your changes

git add . : add all changes to the list you want to push

git commit -m "<commit message>" : commit your changes (still doesn't upload it)

git push origin master : push to master

git push origin
 spranch name> : push your committed changes to a branch

Branches

git branch -a : list all branches (and show which one you're in)

git branch
 create a new branch

git checkout <branch name> : switch to branch