git clone “url” - Clones a repo

git add -A - adds all untracked changes to staging

git commit -m “Description of file changes” - Creates a commit with the given description

git push - pushes your changes to repo

git pull - pulls your changes to repo

Lets say you have some new code you want to share with the team:

git add -A

git commit -m “I added a new feature yay”

git push