**GUIDELINES FOR APP INSTALLATION ON A PHYSICAL DEVICE**

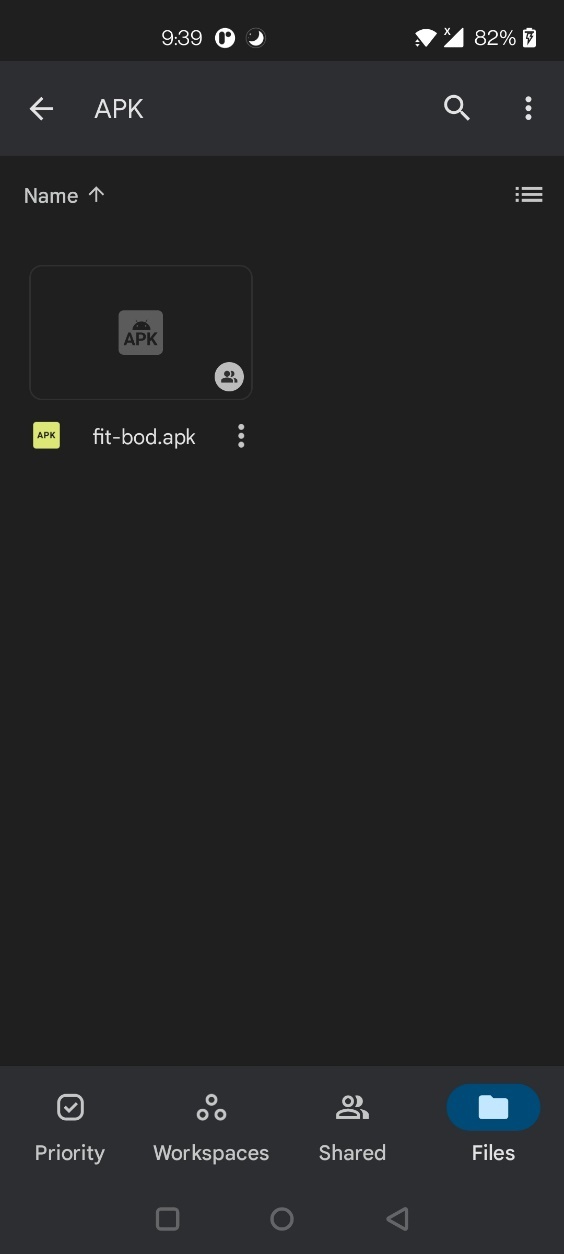
Contents

[**GOOGLE DRIVE METHOD 2**](#_Toc104575917)

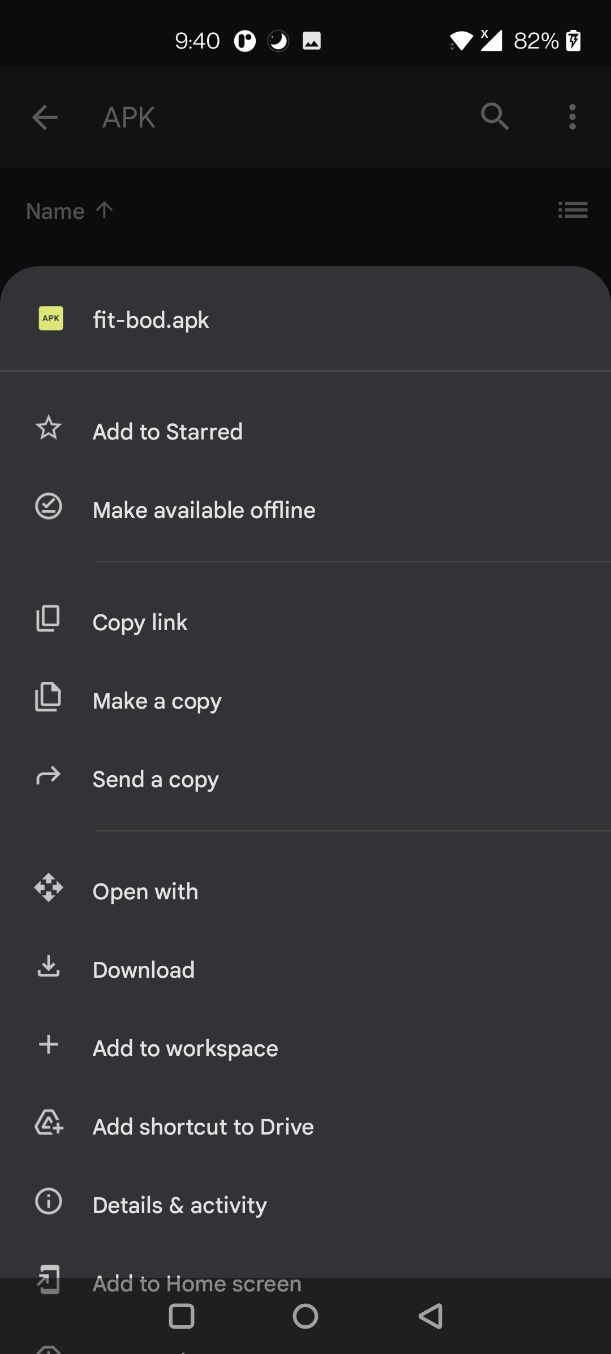
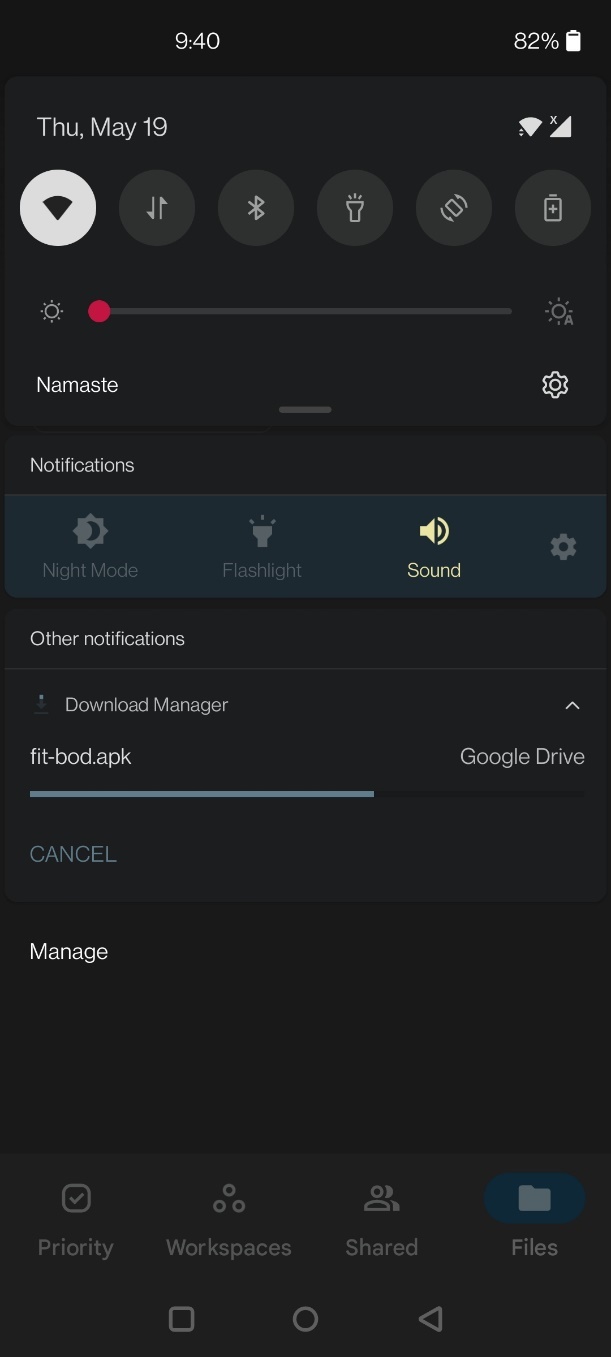
[**FILE TRANSFER THROUGH USB METHOD 7**](#_Toc104575918)

# GOOGLE DRIVE METHOD

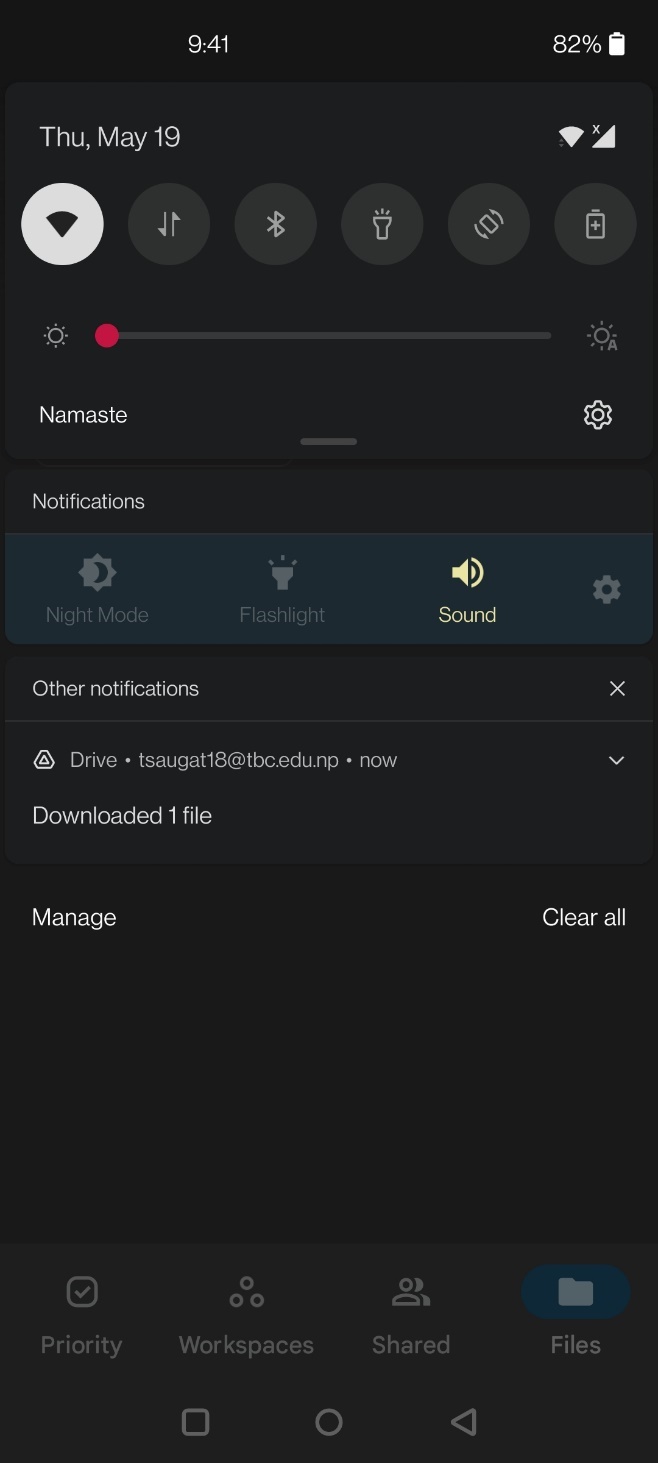
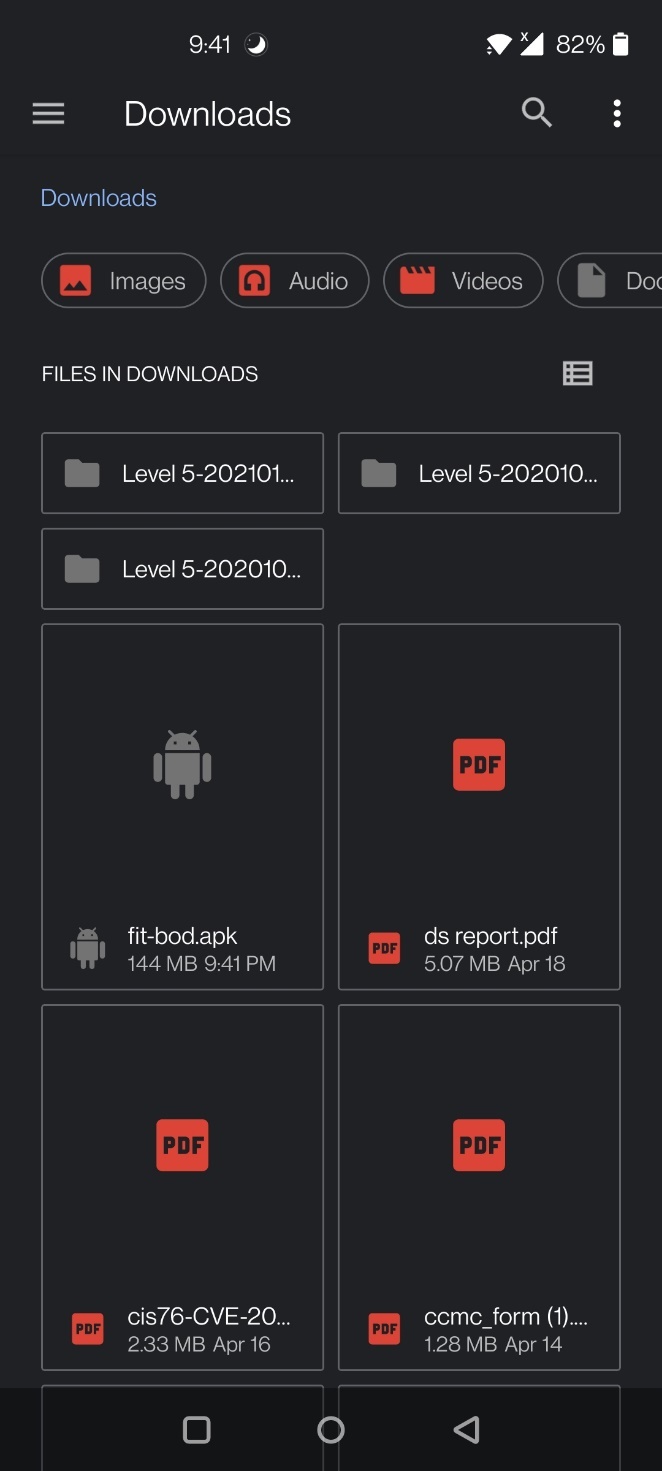
**STEP 1:** Go to this link from the device on which you intend to run the app: <https://drive.google.com/drive/1Fd0DVBVSIskbaKQoxqVAz>.



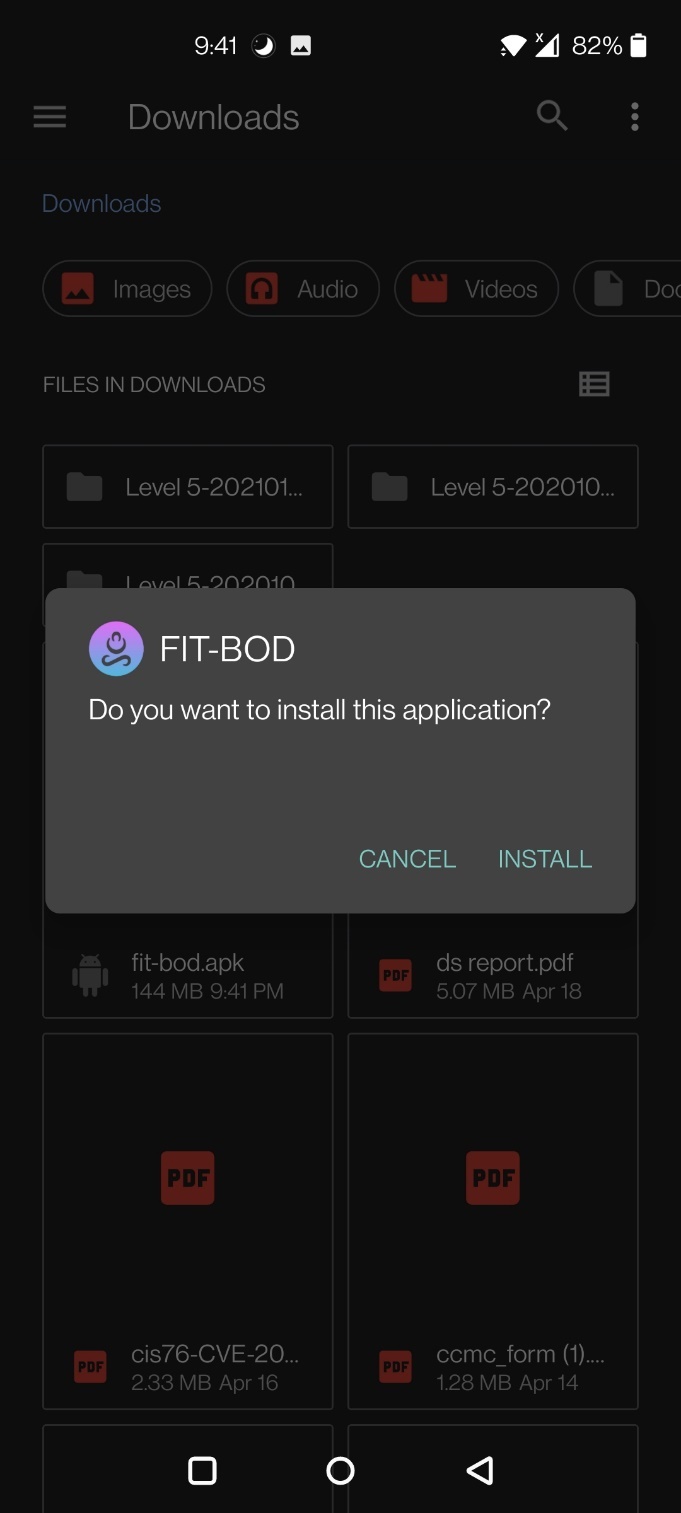
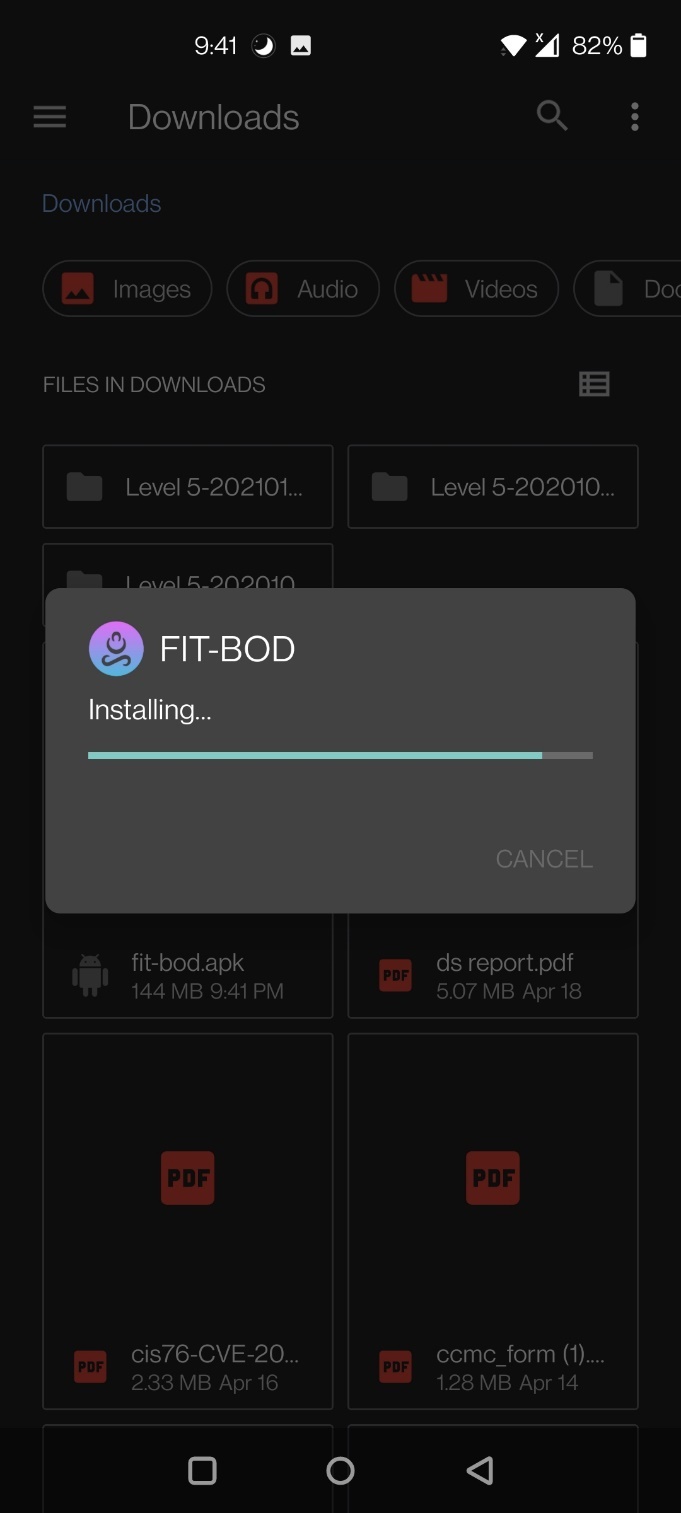
**STEP 2:** Press the three dots on the file titled fit-bod.apk. Here you will get an option to download the file, click Download. Your file will start downloading.

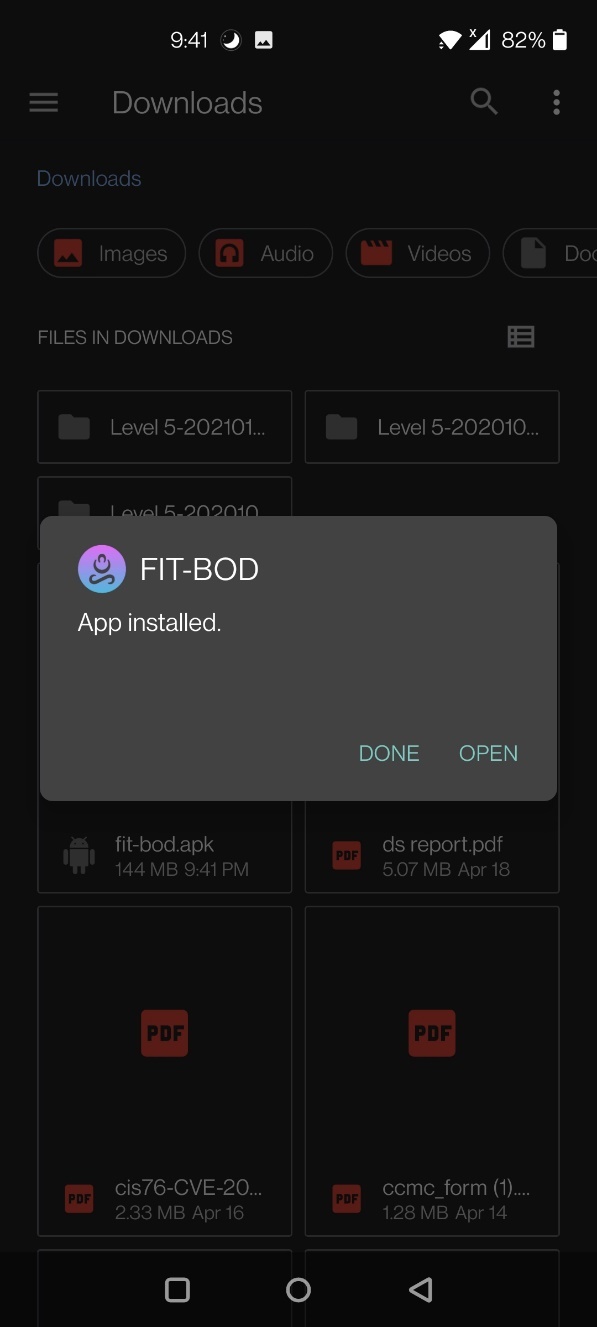
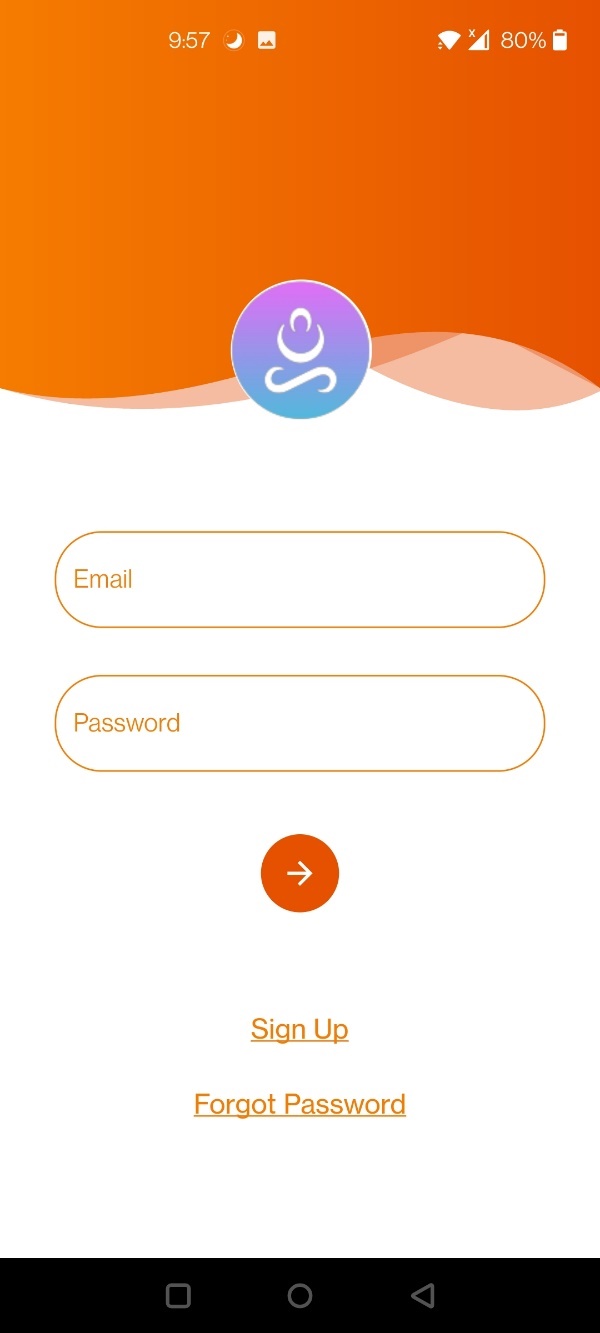
**STEP 3:** Form the notification panel click the notification which will take you to the download location of the file. Press the downloaded file.

**STEP 4:** It will now give you an ‘INSTALL’ option, click on it. The app is now installing.

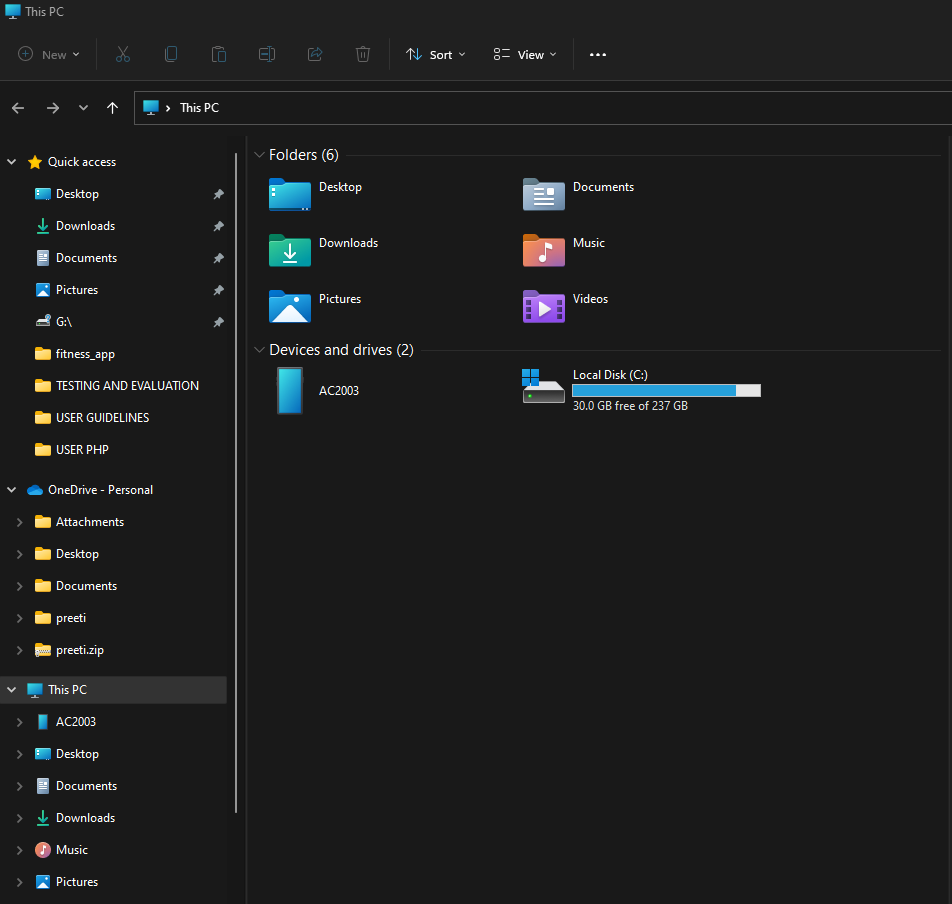
**STEP 5:** Press open

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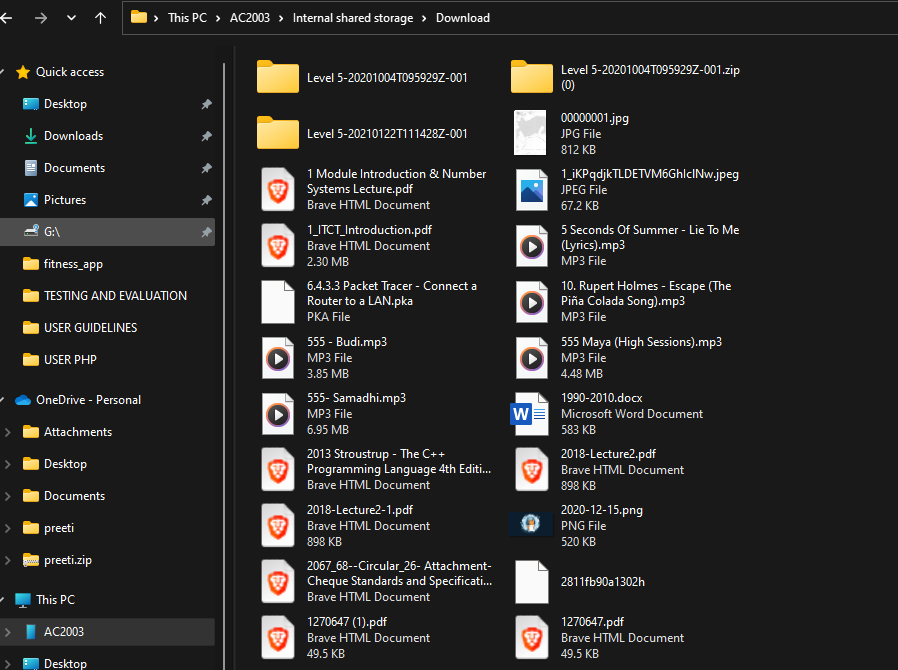
# FILE TRANSFER THROUGH USB METHOD

Alternatively, transfer the **apk file present in this folder** to your device through some medium like USB cable. Follow the below steps:

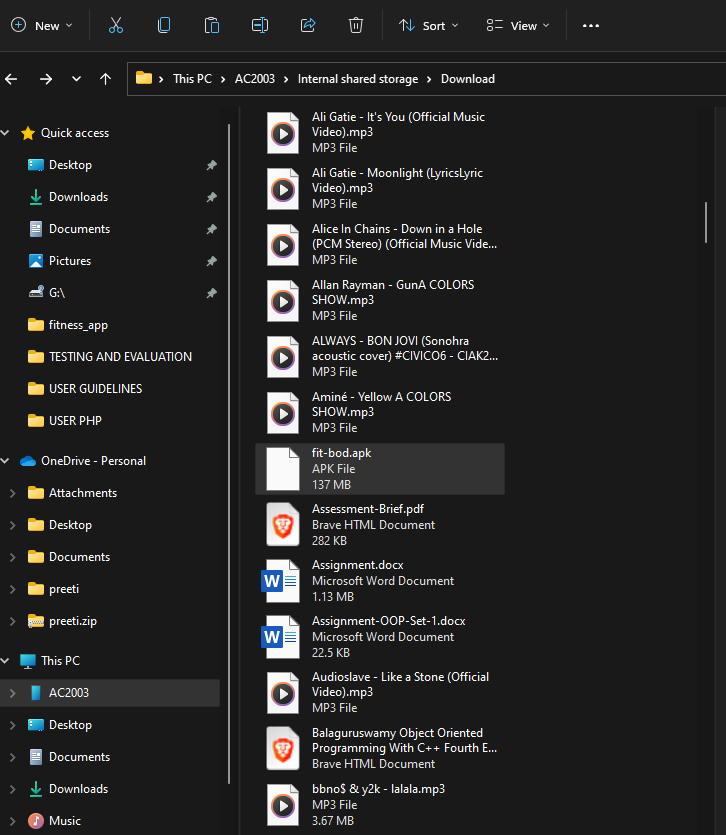
**STEP 1:** Locate your device



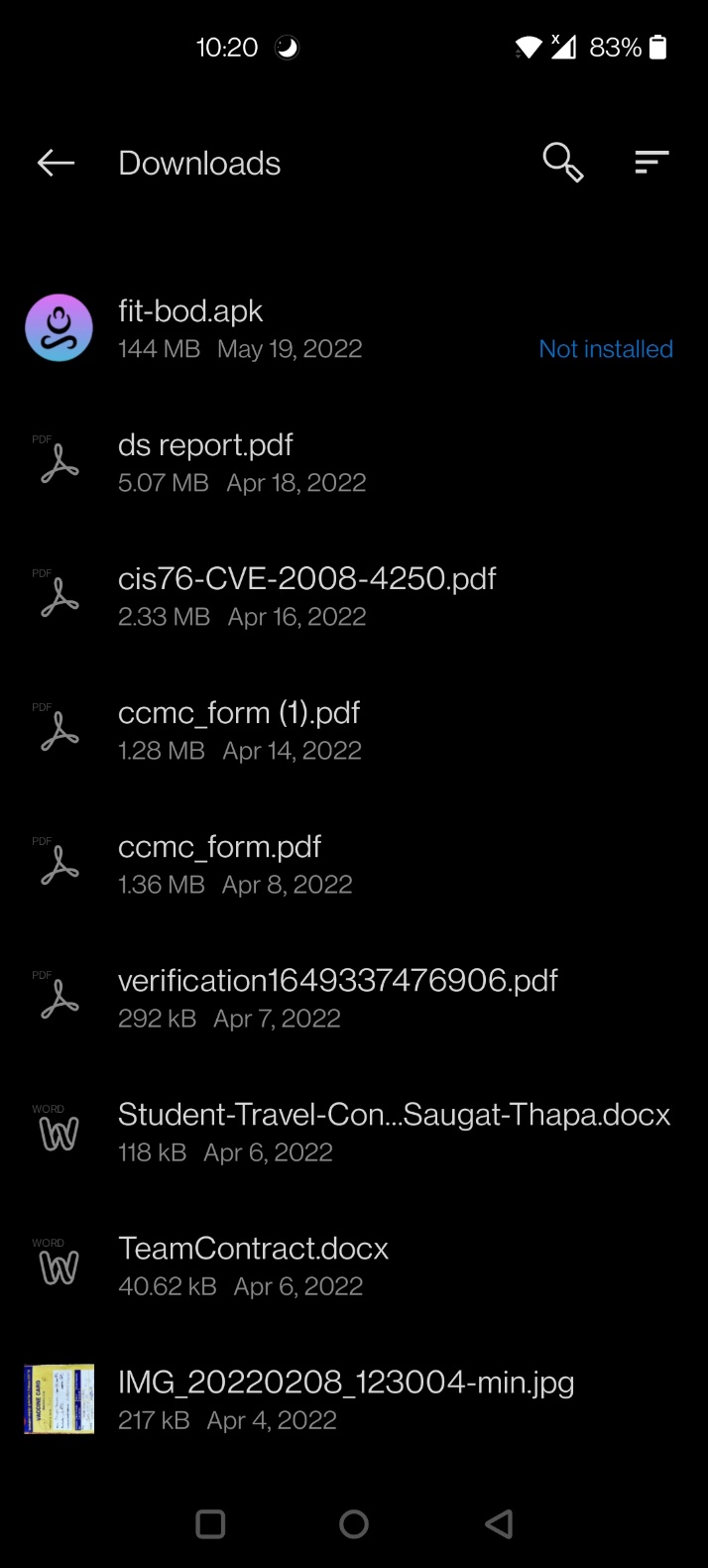
**STEP 2:** Locate the downloads folder within the device



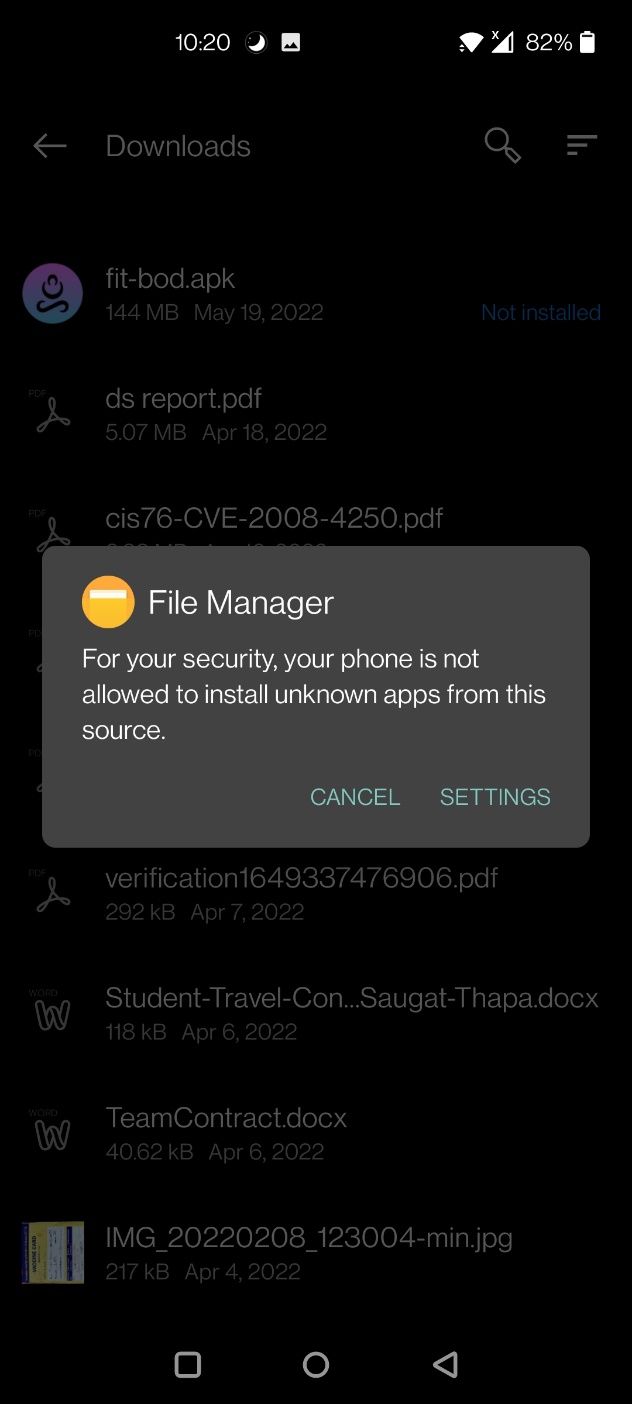
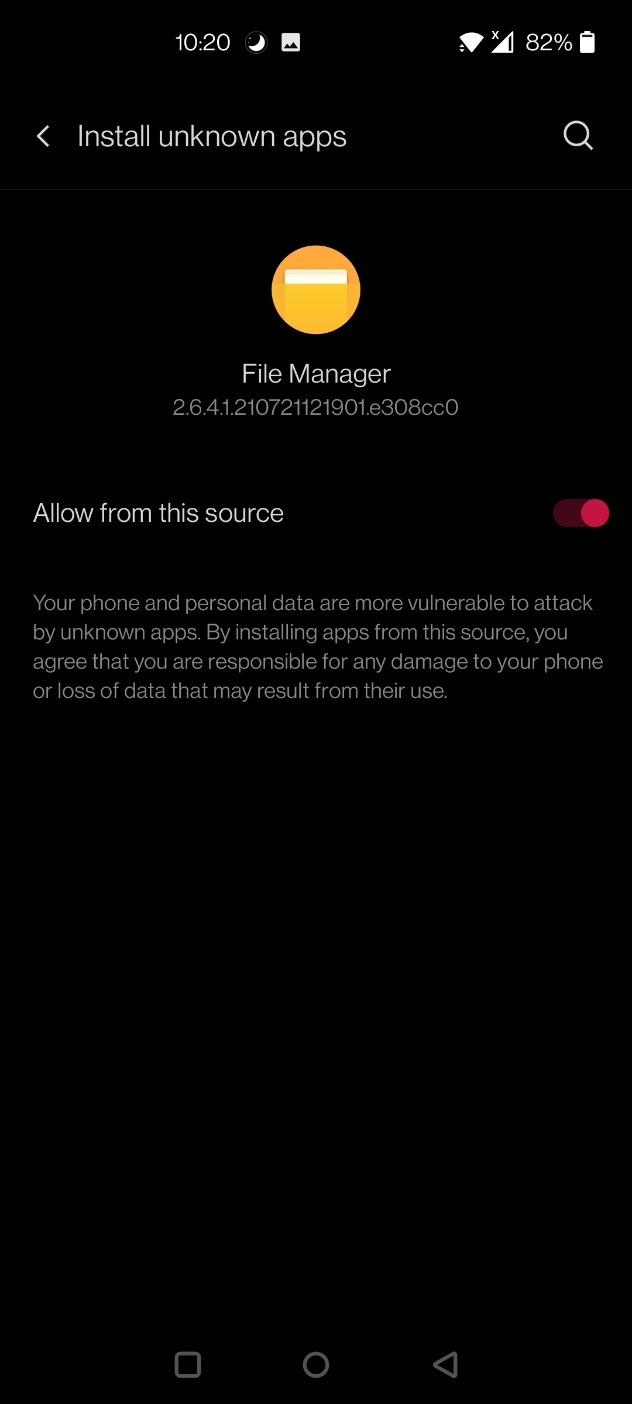
**STEP 3:** Copy and paste the APK file from this folder to the Device downloads folder



**STEP 4:** Locate the APK file location in the device

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**STEP 5:** Give permission to install apps from unknown sources

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**STEP 6:** Perform STEP 4 and 5 from **GOOGLE DRIVE METHOD**