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Guided Tour
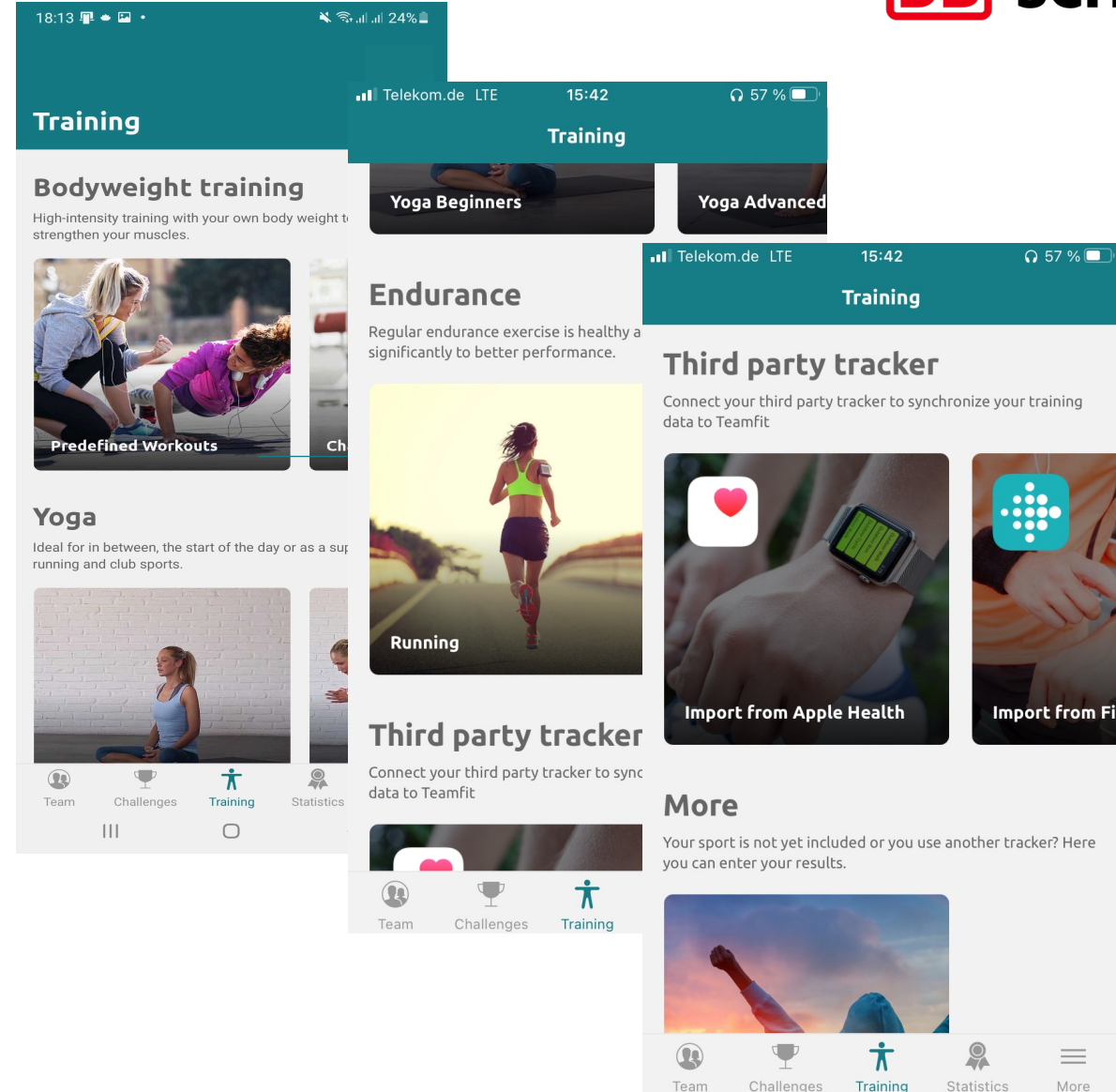
Trainings

27.11.2021 Essen

Agenda

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1. **Structure of trainings area**
2. **Bodyweight Training**
3. **Guided Yoga Classes**
4. **Endurance**
5. **Third Party Tracker**
6. **Add Workouts Manually**

1. Structure of trainings area

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- Bodyweight Training
- Guided Yoga Classes
- Endurance
- Import function for third party tracker
- More (add workouts manually)

2. Bodyweight Training

- Click on the tile "Predefined workouts"
- Choose a workout from the list of training
- Find a description of the workout
- Choose a workout session
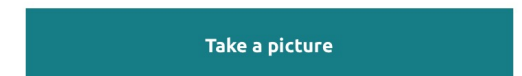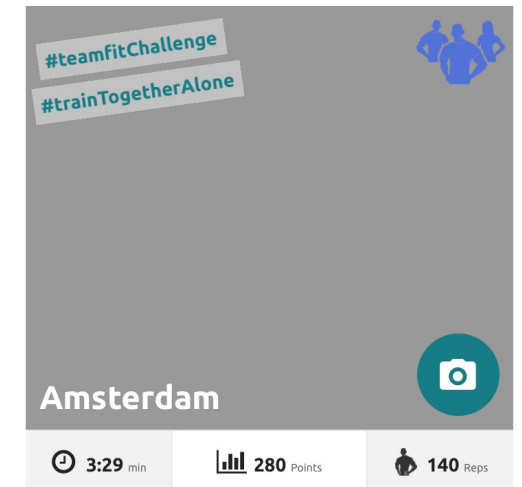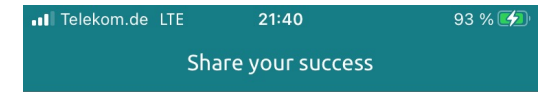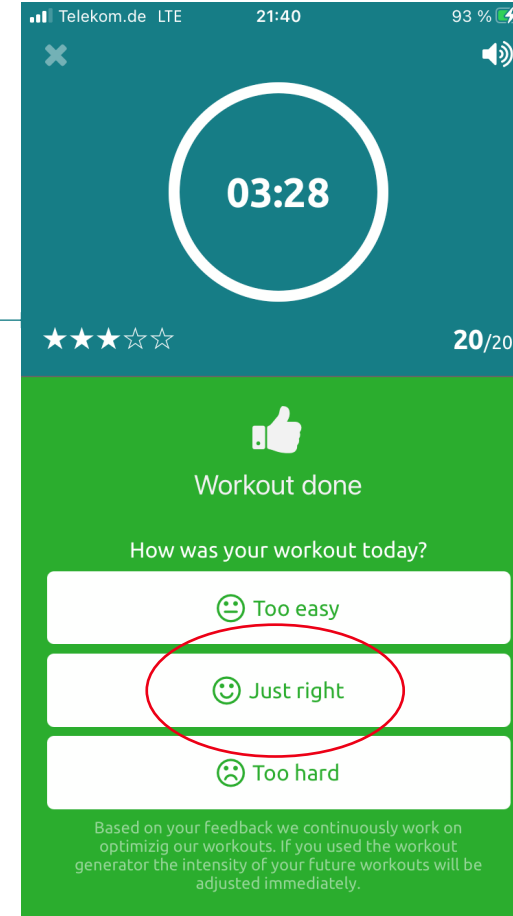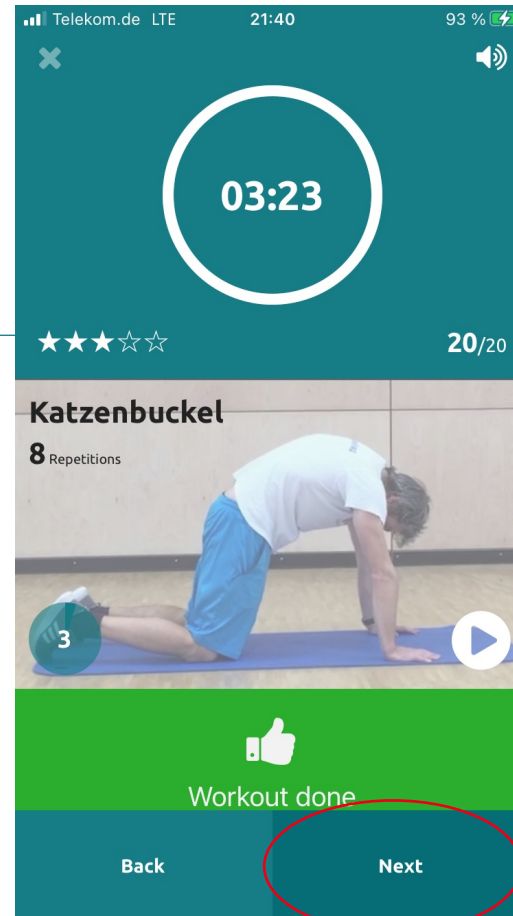- Click to start the workout
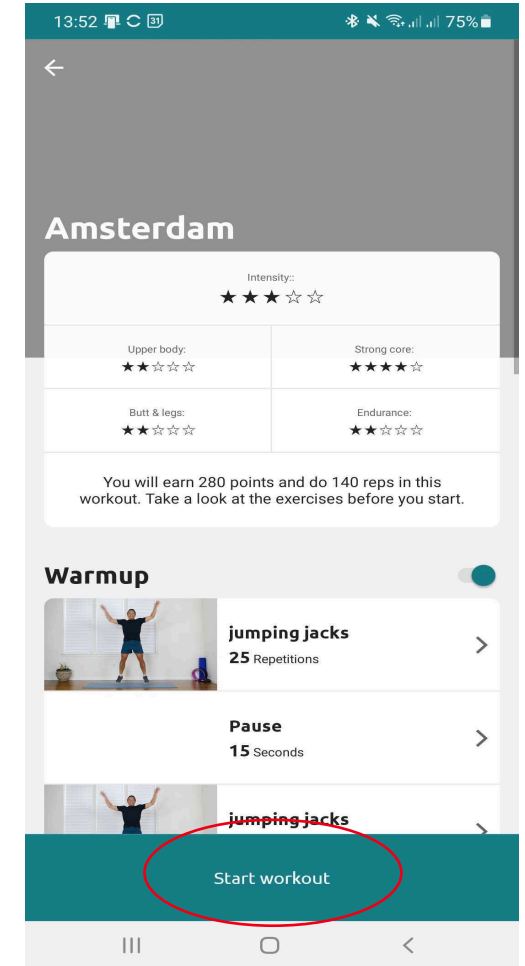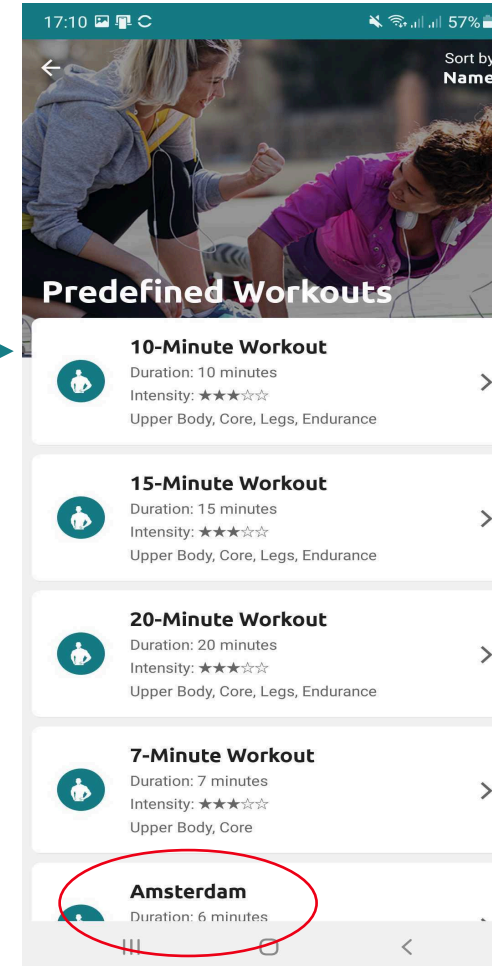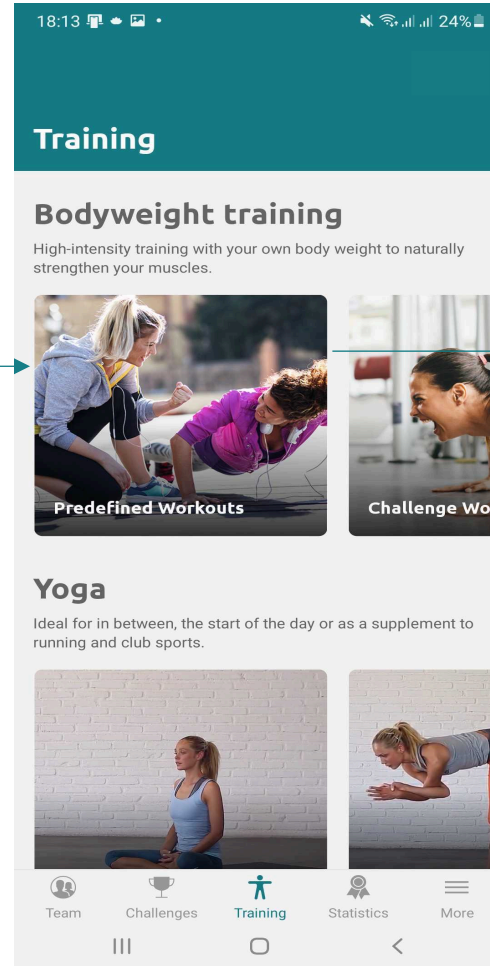
2. Bodyweight Training

- Click to start the workout
- After exercise click on next
- Wait the pause then click next

2. Bodyweight Training

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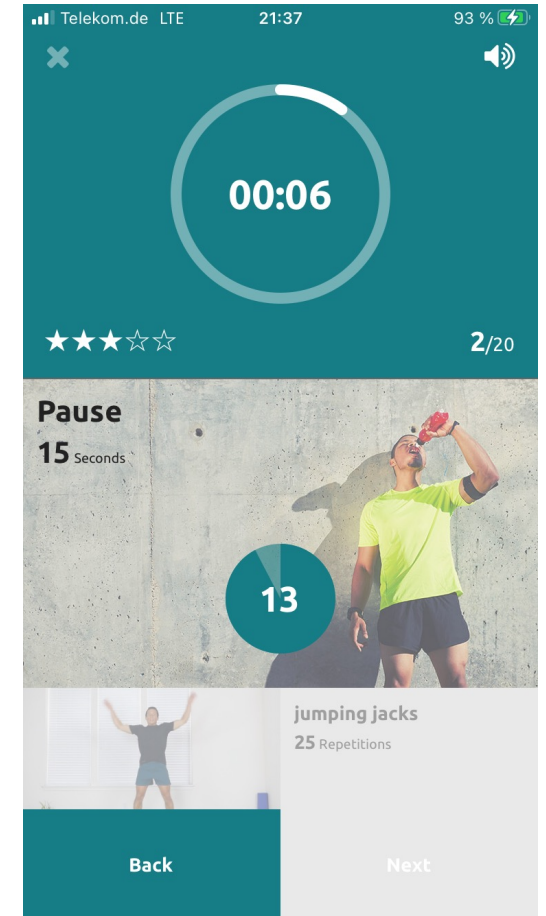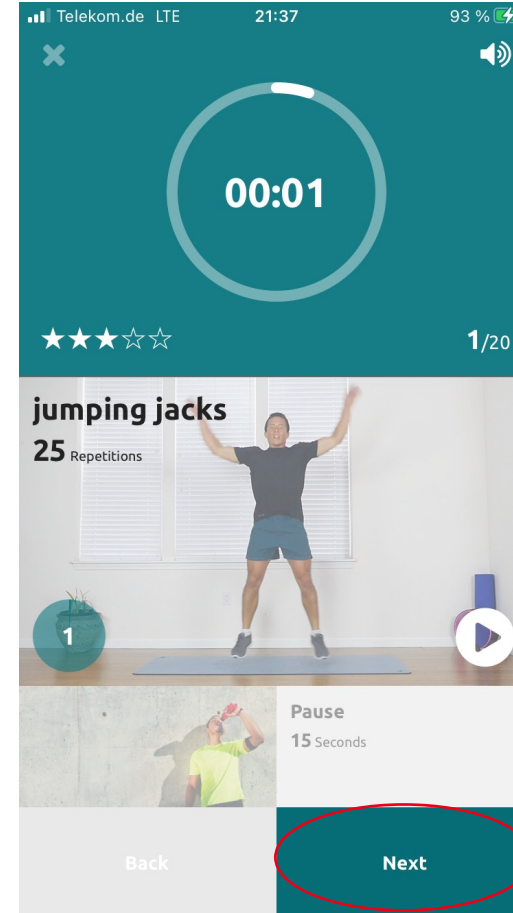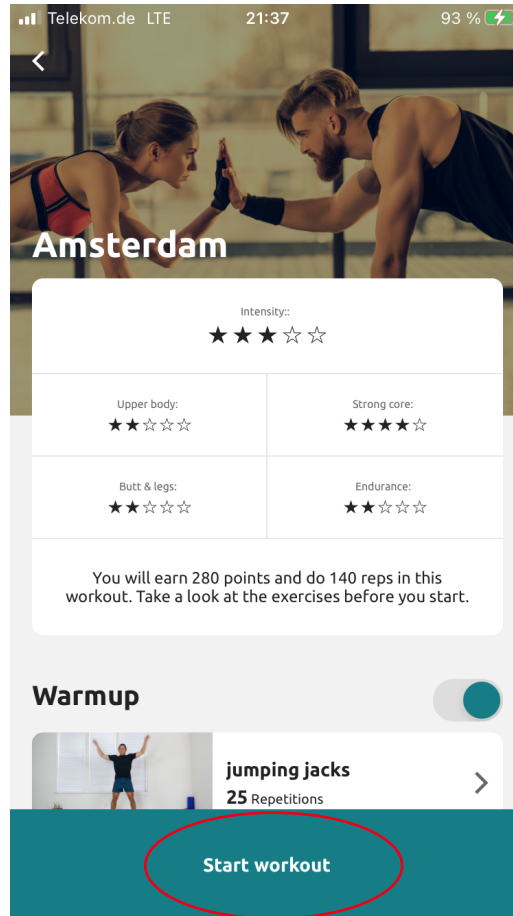
- − When workout done, click on next
- − Rate the difficulty of the workout
- − The app can adjust future workouts based on your rating
- − Option to take a picture
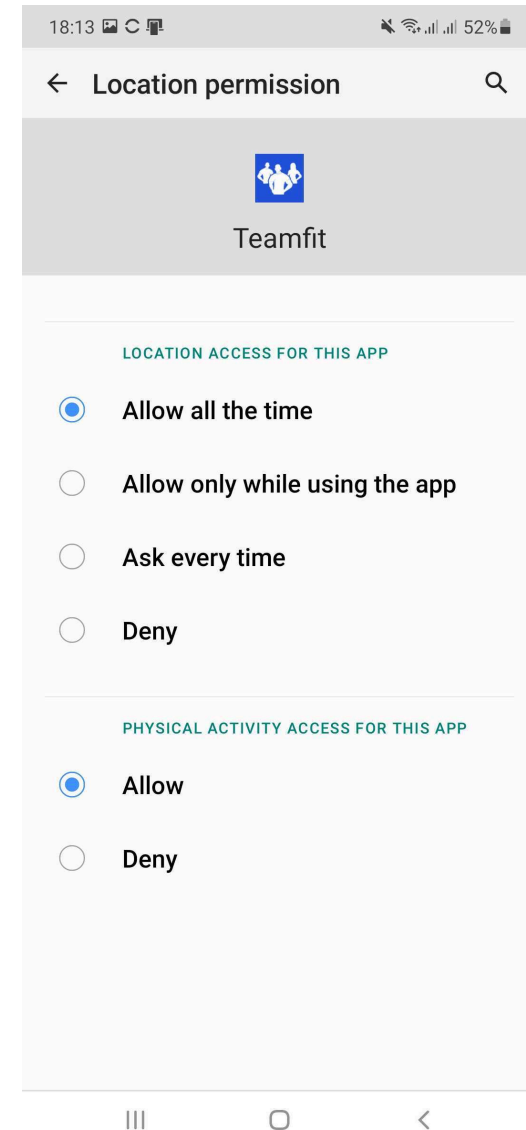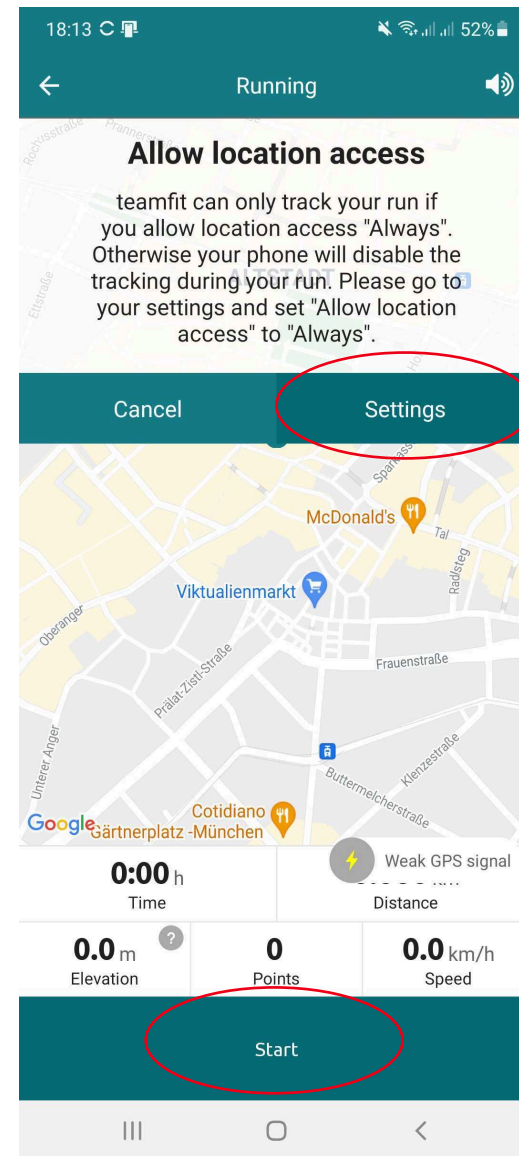- − Click finish and your team members will see your workout
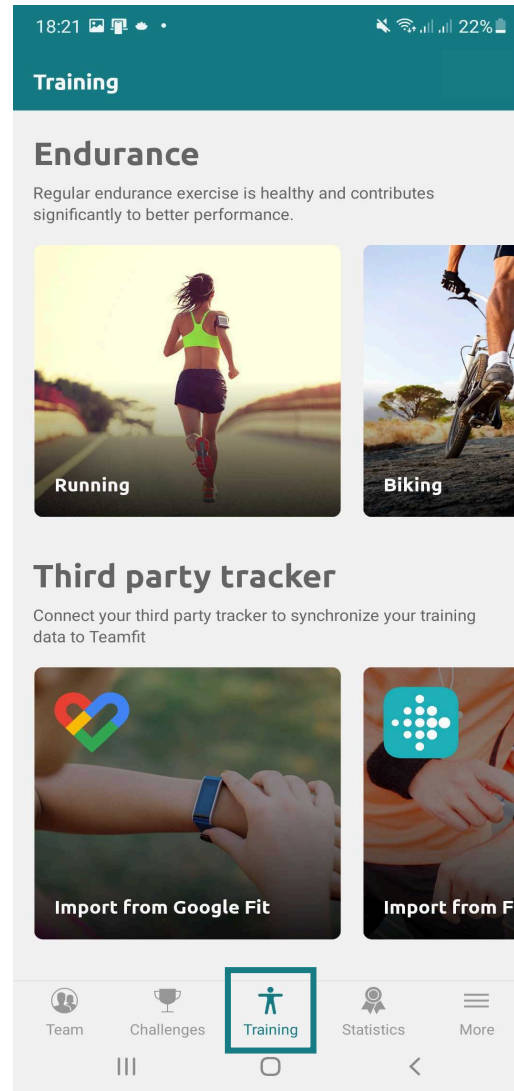
3. Guided Yoga Classes

1. Choose your category of yoga classes (e.g. Beginners, Advanced, Strength, Mobility)
2. Choose your exercise
3. Start the workout
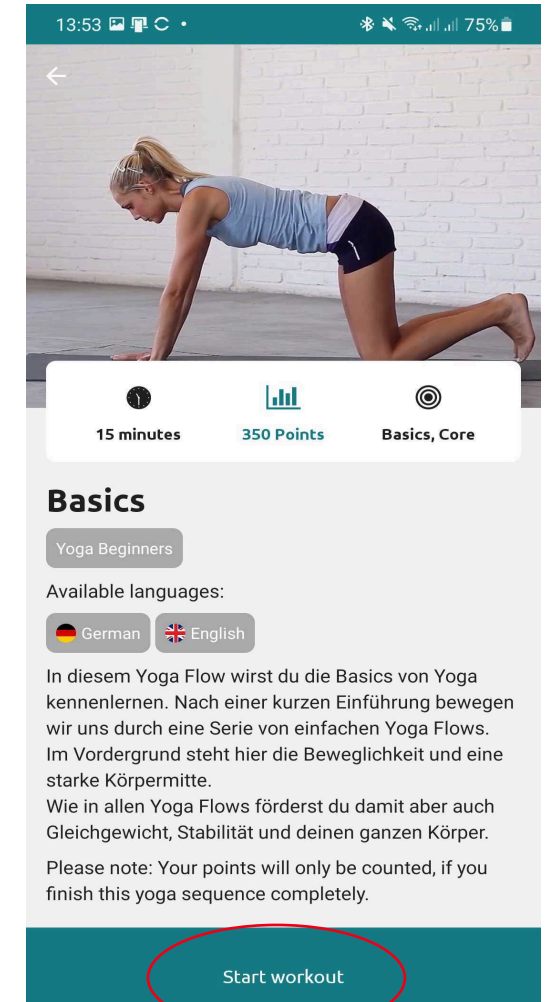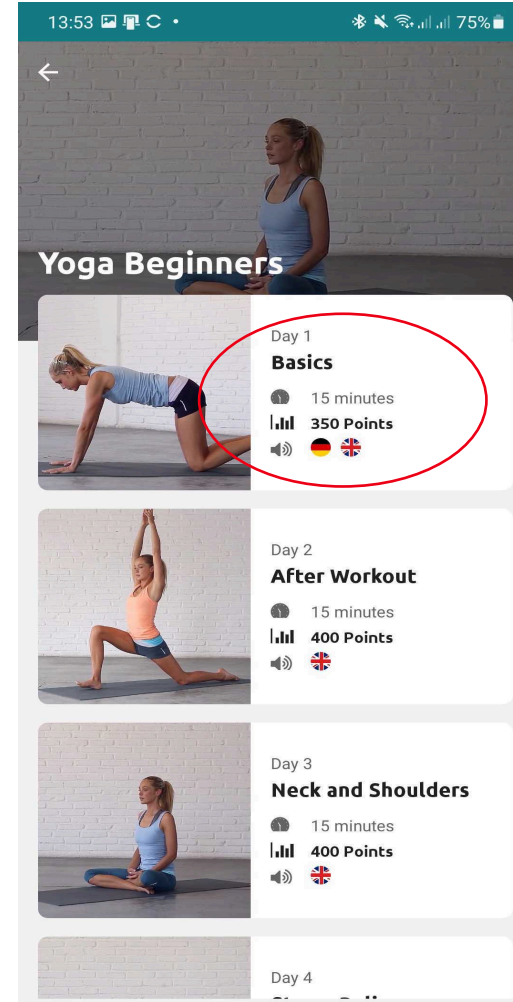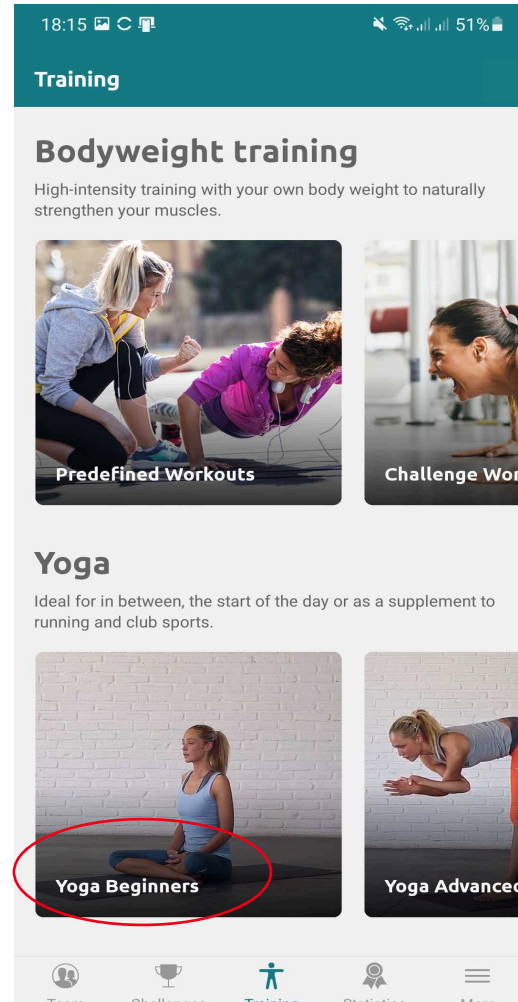
4. Endurance

1. Choose your endurance sports
2. Allow gps tracking
3. Start the workout

4. Endurance

- Check your progress
- Receive announcements per km and at the end of the workout
- To mute the announcements, click on the speaker icon in the top right corner
- To stop your workout, click "Hold to unlock"
- Either pause or finish your workout
- After finishing the App will show you the workout statistics
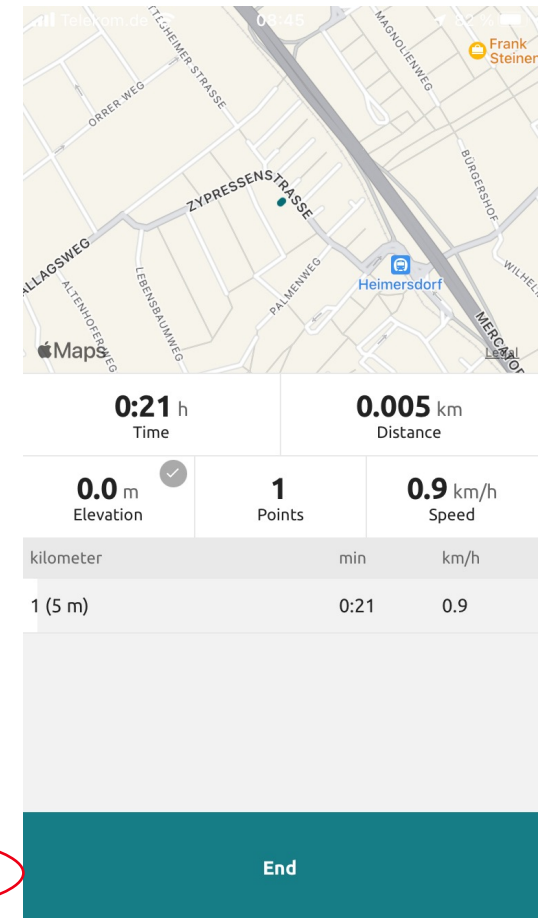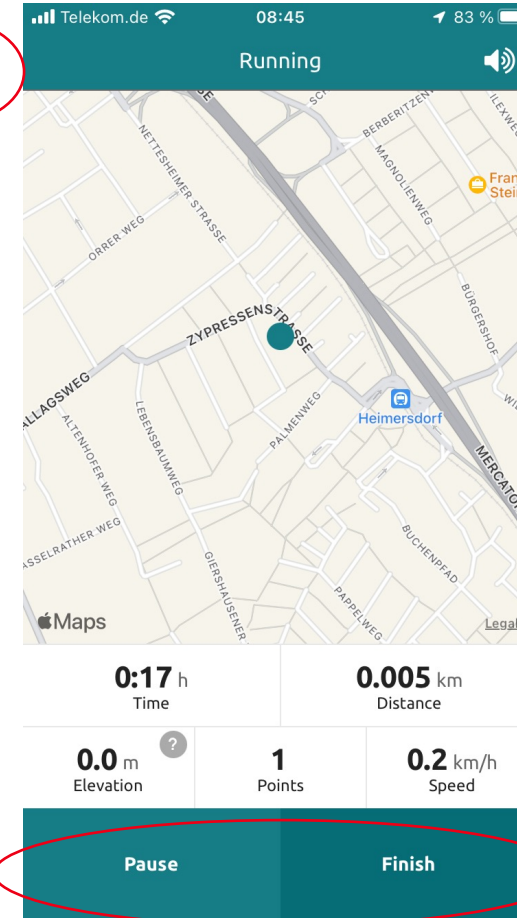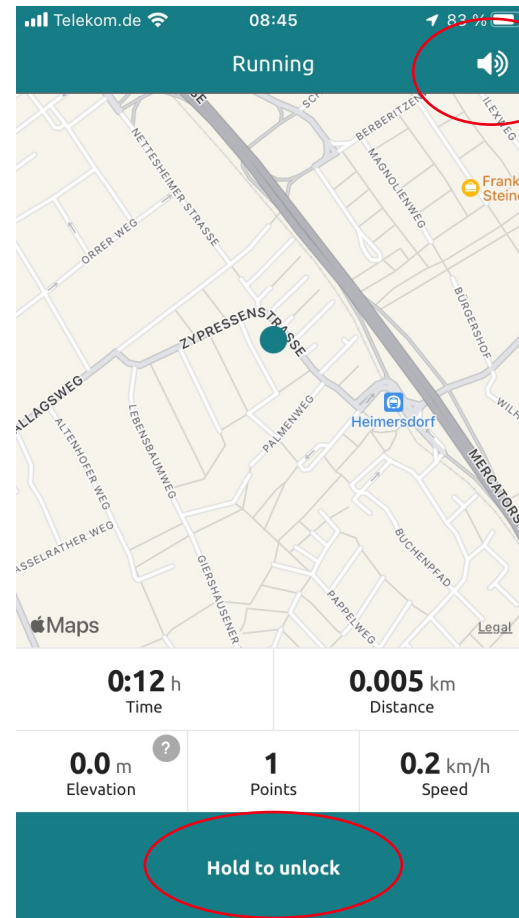
4. Endurance

- Option to take a picture
- Click finish and your team members will see your workout
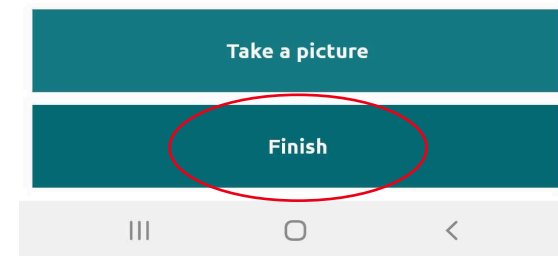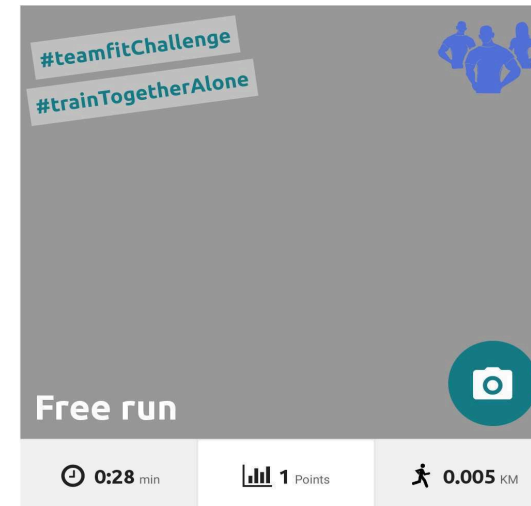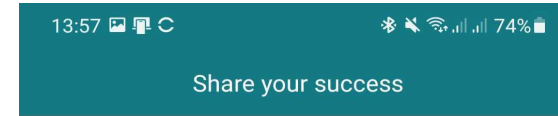
5. Third Party Tracker

- You can import from your third-party tracker: Apple Health, Google Fit, Fitbit or Garmin
- Click on the App you want to connect Teamfit with
- Select an account to connect with
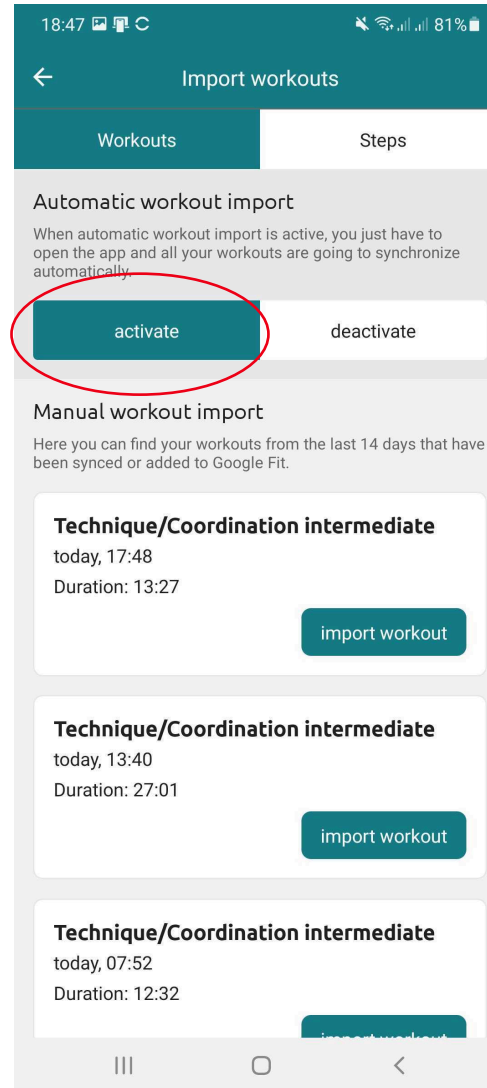- Allow Tracker to transfer data to Teamfit
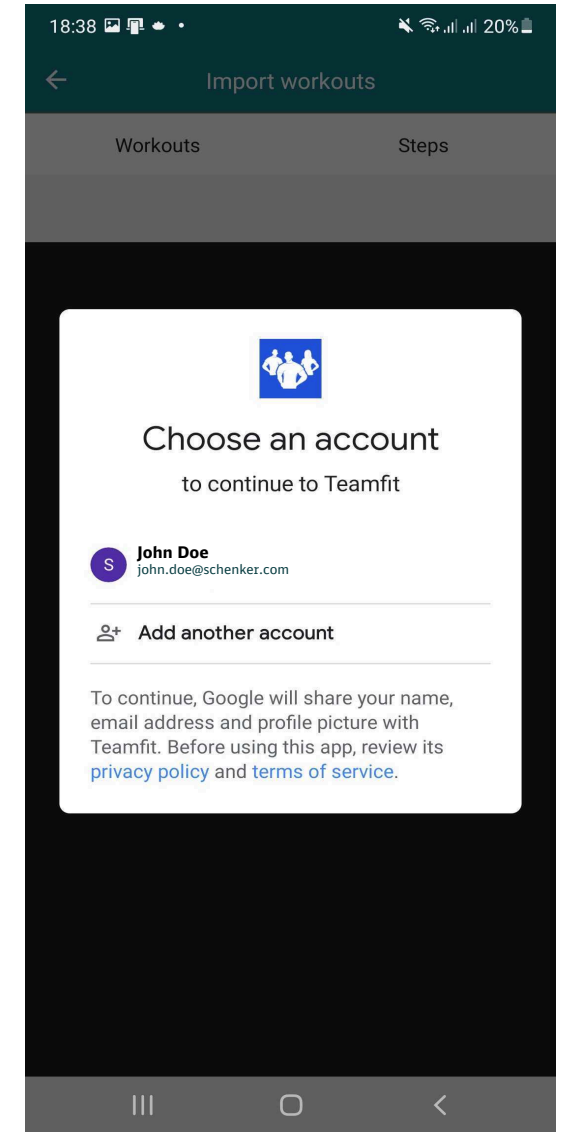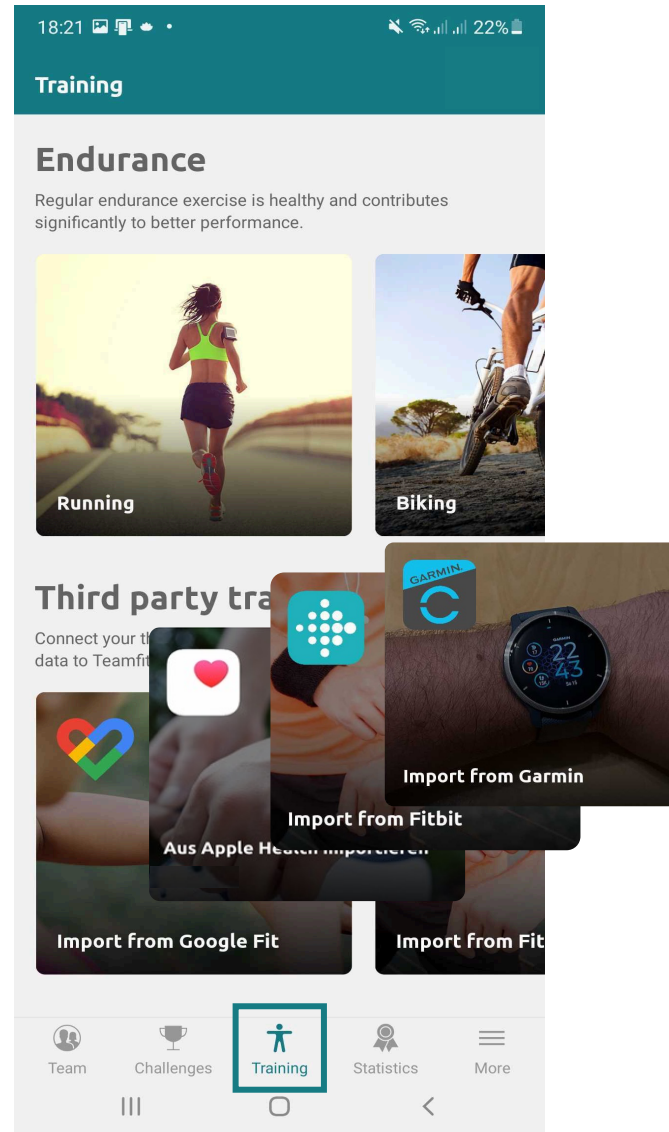
5. Third Party Tracker – Auto import

Import mit ohne historie?

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Automatic import
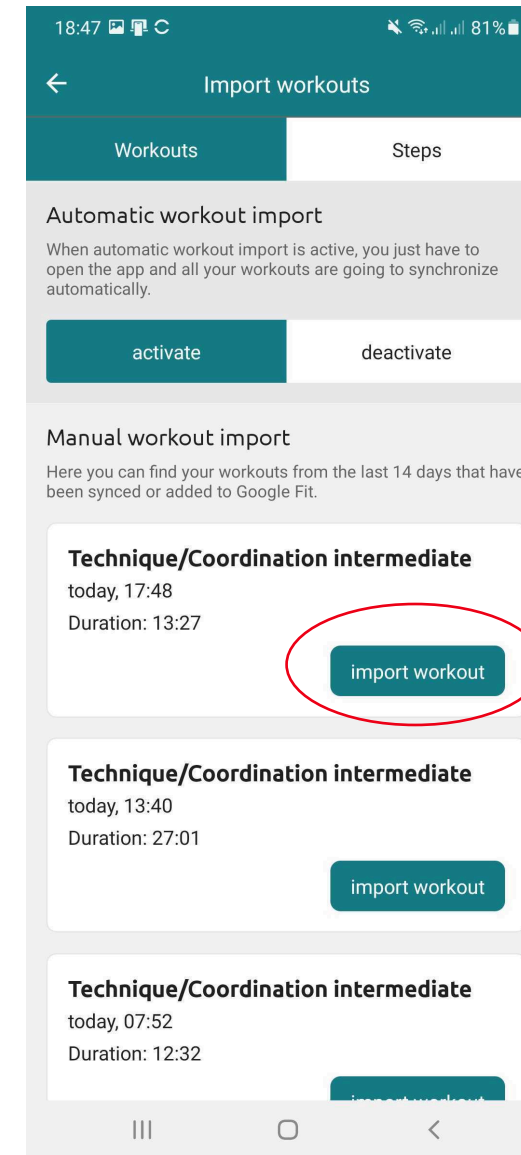- Click activate to allow data transfer of all workouts and steps between tracker & Teamfit
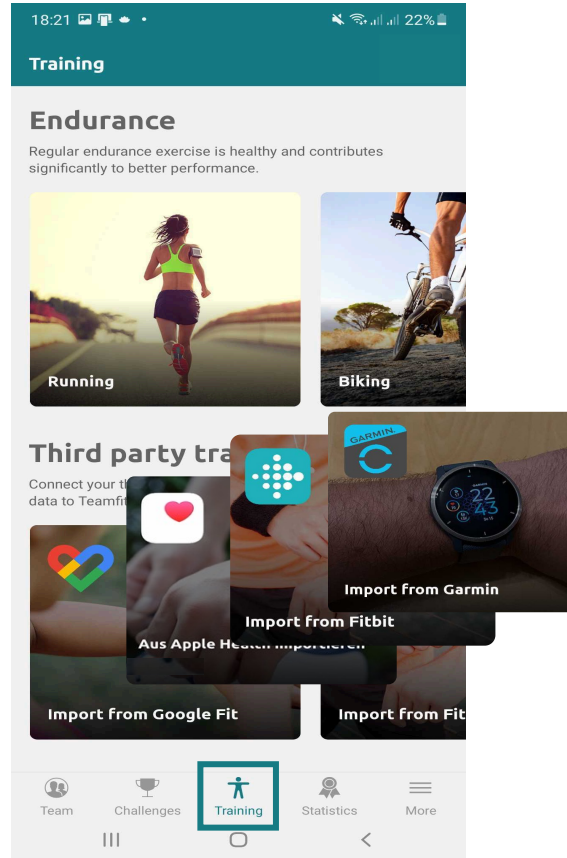
5. Third Party Tracker – Manual import
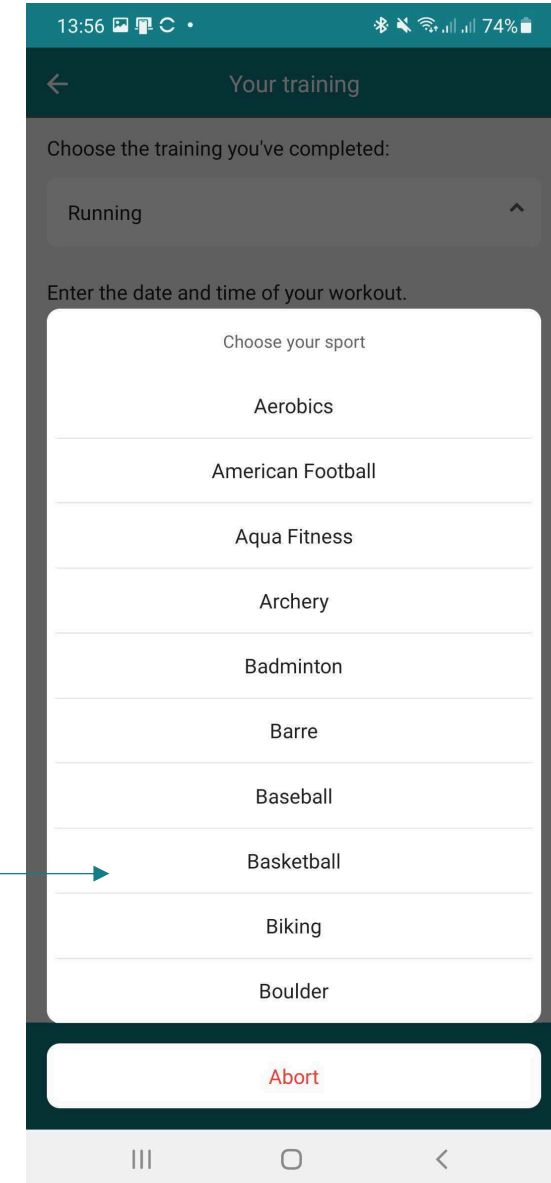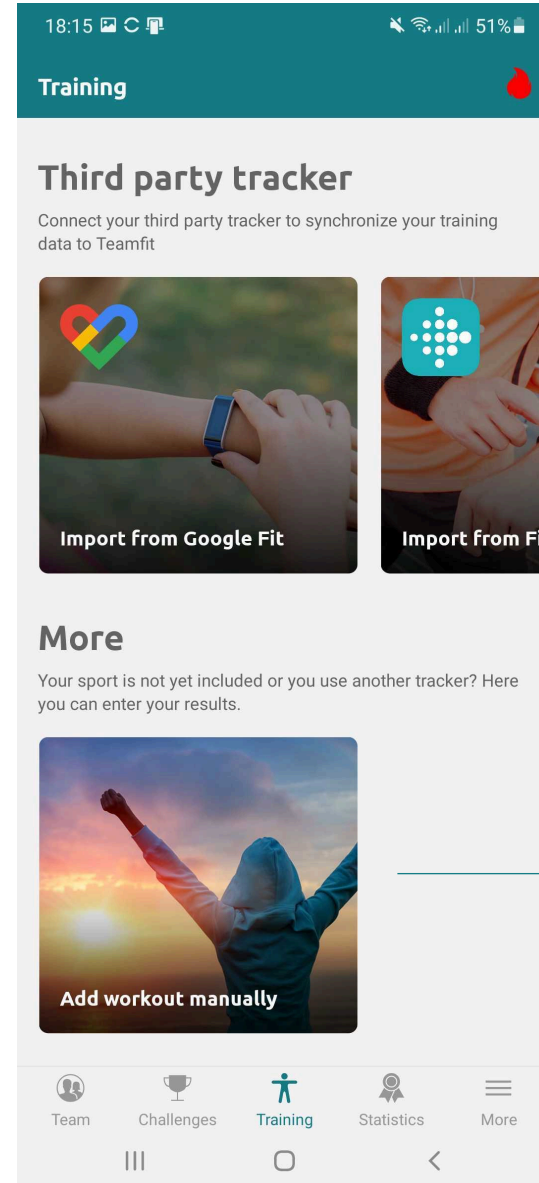
Manual import
If you prefer manual import
- Choose your tracker
- Pick the workout you want to import
- You can add workouts & steps from the last 14 days

6. More: Add workout manually

- Click on training tab & scroll down to the "add workout manually" tile
- Click on tile and select one over 60 sports

6. More: Add Workouts Manually

- Enter your training data in the form
- Take a picture of your workout to share with your team (optional)
- Click on save & your workout will be added to your profile

Thank you