



QUICK START GUIDE

The **Quick Start Guide** will help you get oriented with the Phyzseek App. If you need more information about a specific feature please see the more *In-Depth Features Guide* or *Frequently Asked Questions* located within the App side menu or on the Phyzseek website.

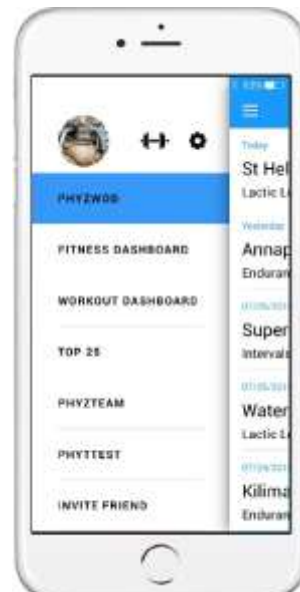
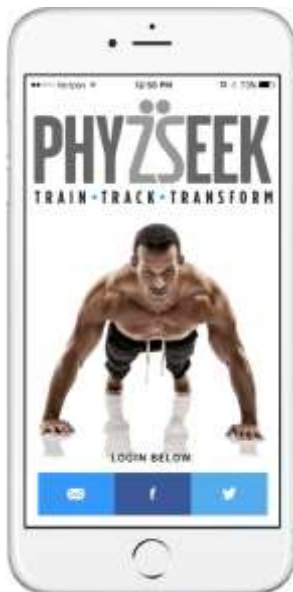
Technical Requirements

- Universal Application for iPhone and iPad (iOS 8.0 and higher)

Login Page & Profile Page

You can login using an email address, Facebook or Twitter. When you register for the first time using the email option, you will need to provide an email address and password. In addition, you will need to click two boxes: (1) acknowledging our Term of Service & Privacy Policy and (2) you understand that the app does not provide medical advice and you should consult with your physician before beginning the Phyzseek exercise program.

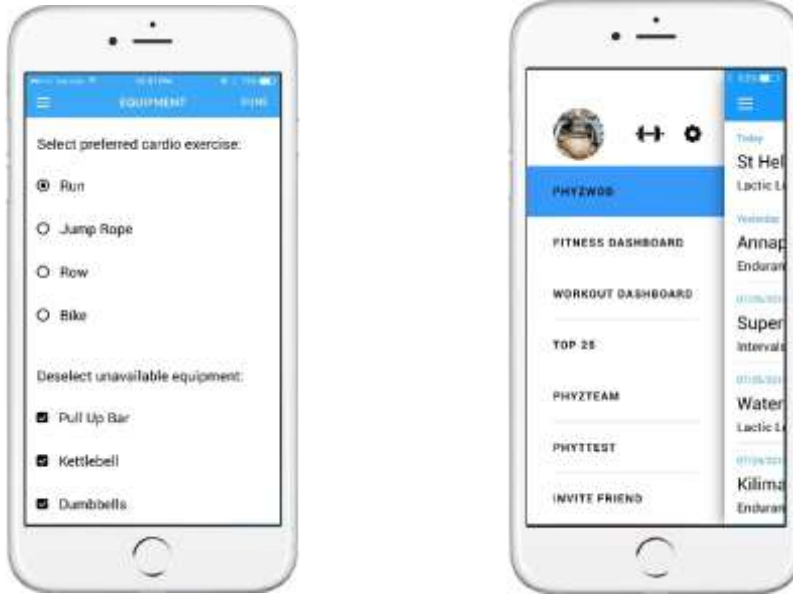
You will also be prompted to enter your profile (first & last name, age, weight, height, gender, fitness level and resting heart rate) and add a profile picture. You can also get to your **Profile Page** from the **Side Bar Menu** by pressing your profile picture.





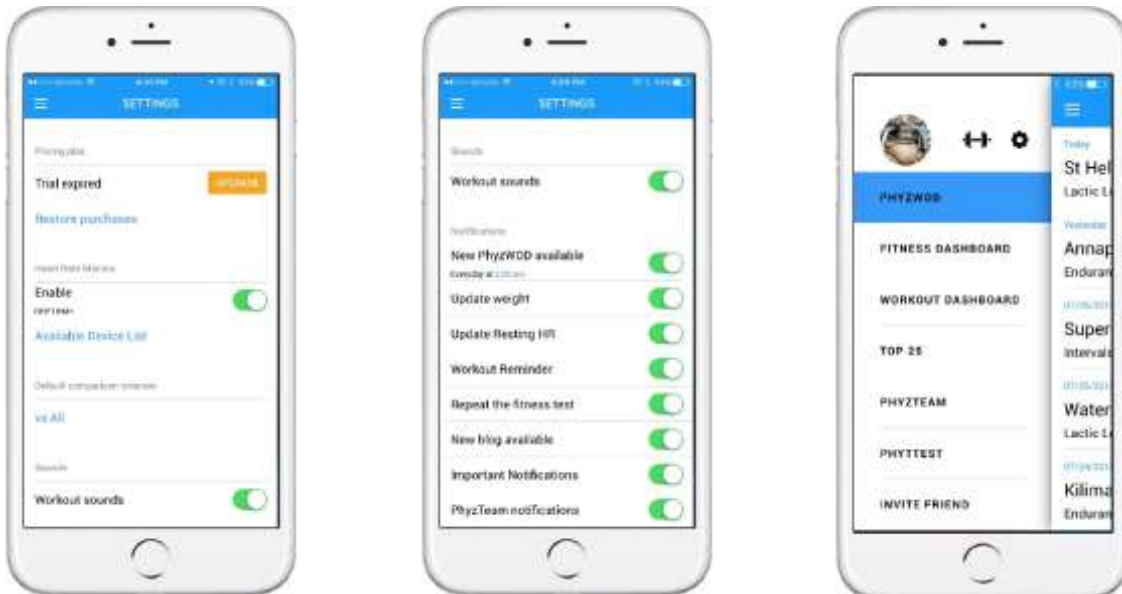
Equipment Selection Page

You can choose your preferred method of cardio exercise as well as the equipment you have available so that the app can automatically provide the appropriate exercises. You can get to the **Equipment Selection Page** by clicking on the **BARBELL** (⚡) on the **Side Bar Menu**.



Settings: Upgrade to Premium, Enable Heart Monitor, Set Default Comparison Criteria, Sounds, and Notifications

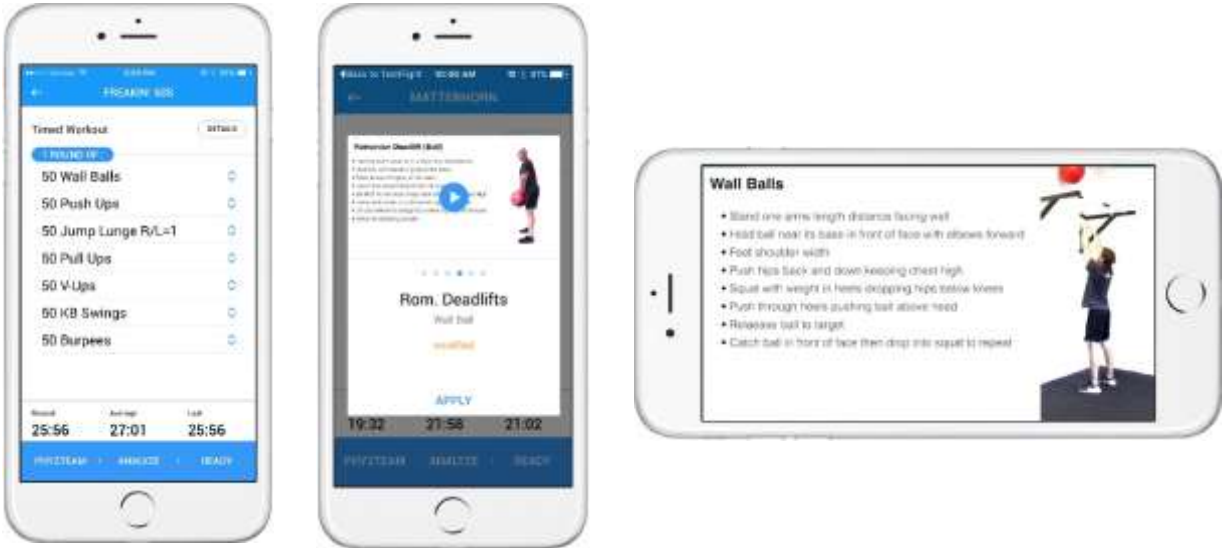
From settings (**Side Bar Menu** - ⚙️ **COG**), you can upgrade your membership to Premium, giving you full access to all app features. You can enable your heart rate monitor, which must be selected in the list of available devices. You can adjust your default comparison criteria to either your peers (same age group, gender and modification status) or all users (same gender and modification status but all ages). You can enable or disable sounds within the app. And, you can activate or deactivate all app notifications.





Workout Description & Exercise Alternatives/Modifications & Video Demonstrations

You can view the daily workout (PhyzWOD) & your prior results. You can also get more details about a workout by pressing DETAILS. By pressing the up/down arrows, you can choose exercise alternatives or modifications, & watch video demonstrations. From this page, you can also interact with & view results from PHYZTEAM members, and ANALYZE workouts & fitness metrics.



Pacer Picker Wheel

You program the Pacer prior to all workouts, which will motivate you to maintain your workout pace and intensity. For a timed workout, you may want to beat your prior time so you would program a goal that is faster than your previous result. For an Intervals or AMRAP (As Many Rounds as Possible) workout, you may want to achieve a higher number of reps or rounds than last time so you would program the pacer accordingly. As you change the Pacer value, PhytRank will change as well. PhytRank represents how your pre-programmed workout goal (as measured by time, reps or rounds) would compare to others. A higher PhytRank value represents a more intense workout and would rank you higher on the leaderboard.





Workout Timer Page, Pacer & Heart Rate Monitor

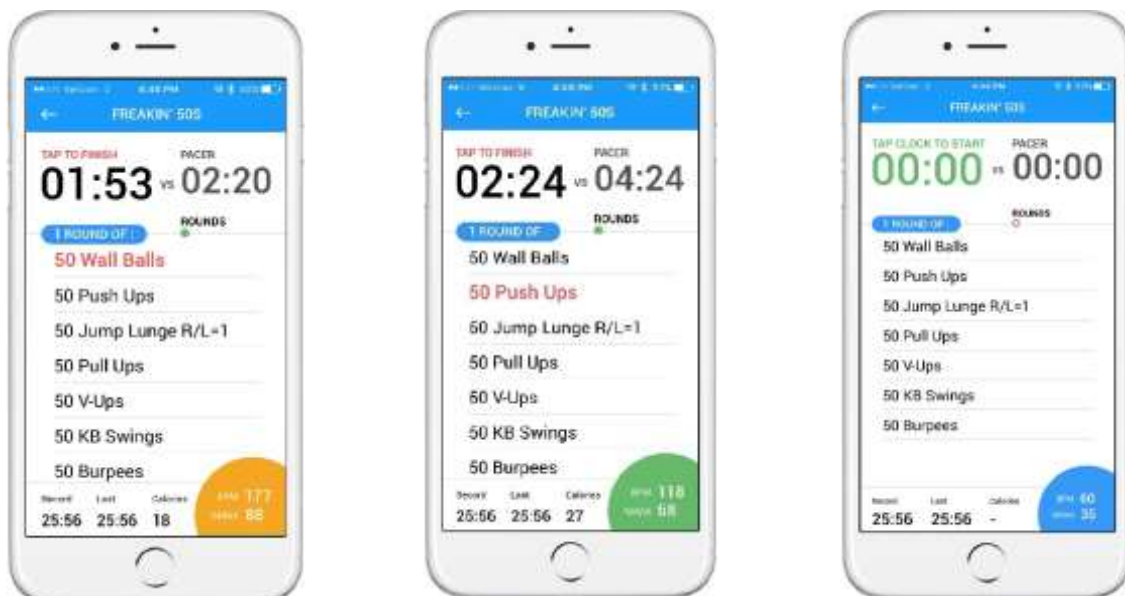
All of the workouts have timers. And, all workouts capture some measurable result, such as TIME, REPS or ROUNDS, so that you can follow your progress and easily compare yourself to other users. The app provides three types of timers (stopwatch, Intervals and countdown {AMRAP}) depending on the type of workout of the day. Simply **TAP CLOCK TO START** the workout and **TAP CLOCK TO STOP** when you have completed the entire workout. That is all that's needed to capture all of your results of a timed workout.

For an AMRAP, you must **START** the clock as above, but the timer will countdown for a fixed period of time (ex. 24 minutes) after which you must input the number of rounds/exercises you completed in the allotted amount of time.

For an intervals workout, you must **START** the clock as above, but the **WORK/REST/RECOVERY** timer will be based on the specific workout. Once a cycle is completed, you will be prompted to input the TOTAL reps achieved for the entire cycle. During the **RECOVERY** period, you should perform a moderate cardio exercise to bring your heart rate back down.

The heart rate monitor will help motivate you to achieve the intensity level needed to get results. There are five colors of increasing intensity, each representing a different heart rate zone. Try to keep your heart rate in the **ORANGE** zone (high intensity) to get the best results. The **YELLOW** zone shows you when your heart rate is within 10% of your target heart rate zone. **GREEN** shows you that your heart rate is operating at moderate intensity, **BLUE** represents low intensity and **RED** says you are approaching your calculated heart rate maximum (220-age).

The Pacer will help you maintain the proper intensity level as determined by your age and fitness level. It will continually show you at what time on the regular clock you need to be finished with a certain exercise (Pacer clock on the right) so that you stay on pace to achieve your pre-programmed goal. The exercise that needs to be completed by that time on the clock will be highlighted in **RED**.





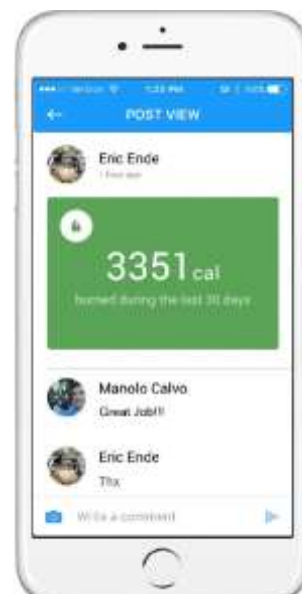
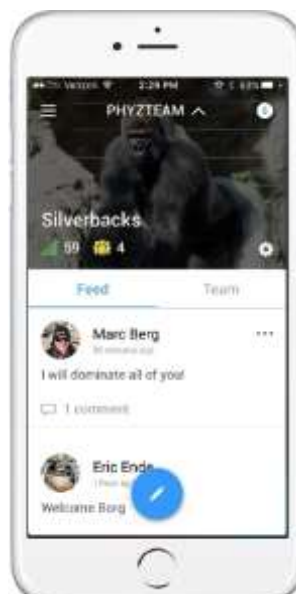
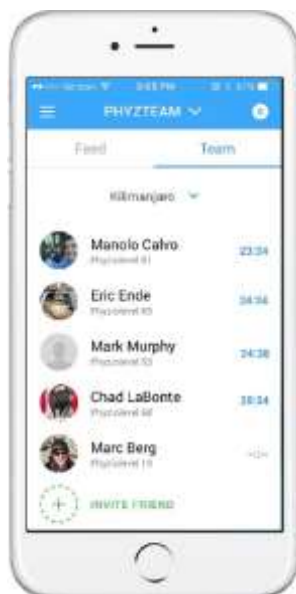
Workout Complete Page

You can view workout results that are effortlessly tracked with the Phyzseek 1-touch capture system, compare your performance with others throughout the world (PHYTRANK – higher is better with a maximum of 100%), see where you rank on the leaderboard, and view your health metrics achieved during the workout. Then, you can ANALYZE your results or POST them to Phyzseek’s social newsfeed.



PhyzTeam & Newsfeed

Once you do 5 workouts, you can join a PhyzTeam to help you work out consistently and with intensity. You will either be asked to join an existing team, you can search for a team to join, you can create a team or you can choose to stay independent. If you join a PhyzTeam, you will be able to see which workouts were done by your teammates and how they did, which helps foster friendly competition. The PhyzTeam feature also allows you to brag, encourage or congratulate other PhyzTeam members.





Fitness Dashboard - PhysioLevel

PhysioLevel allows you to easily track your fitness level over time and identify your strengths and weaknesses within the three different workout types (Lactic Loading, Endurance, Intervals). Higher numbers are better with a maximum value of 100.



Fitness Dashboard - Workout Type, Average Intensity, %Intensity & Calories Burned

You can easily track the types of workouts you're doing to ensure you're working out with balance. Also, you can track your Calories Burned, Average Intensity (Avg. pct. of Heart Rate Max), and %Intensity (Pct. of time spent at or above your Target Heart Rate). You can easily change the time period displayed using the drop down menu.





Fitness Dashboard - Weight & Resting Heart Rate Tracking

You can easily track your weight and any changes to your resting heart rate. You can adjust the time period by using the drop down menu.



Workout Dashboard – Group Comparison, Individual Tracking & Top 25 List

You can easily view on a graph how your workout results, Average HR, Average Intensity, %Intensity and Calories Burned compared to other users (GROUP), how your individual results for a specific workout have progressed over time (INDIVIDUAL), and where your workout results rank on the TOP 25 Leaderboard.



Time	Top 25	Avg HR	Avg Intensity
1	Mark Grill		15:22
2	Jedid Jedid		16:08
3	Chris Grande		17:21
4	Mark Murphy		17:21
5	Eric Ende		17:55
6	Rob Trainer		18:24
7	Chad Libonte		18:34
8	Manolo Calvo		20:13
9	Jon Green		26:35
10	Marc Berg		28:19



Top 25 Leader Board

If you are competitive you can see how your health metrics rank on Phyzseek's Top 25 leaderboard. You can rank on PhysioLevel, Average Intensity, %Intensity & Calories Burned (30 days).



PhytTest

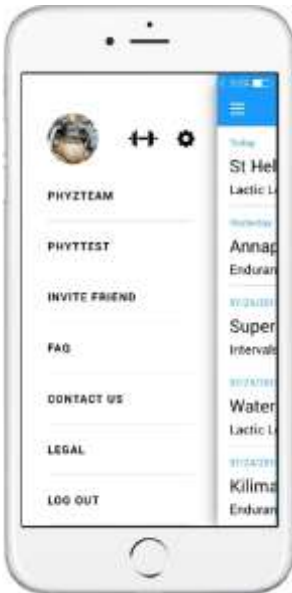
The **PhyTest Screen** is accessible using the side bar. Features available on the PhytTest screen work similarly to those on the **Workout Dashboard**. From the PhytTest screen you can: (1) compare your performance on the individual components of the test to other users, (2) track and analyze your own results over time, and (3) perform the test.





Other Features

The sidebar menu gives you other options including:



- **Invite Friends:** If you enjoy the app we hope you will invite your friends to download it. You can also ask your friends to join your PhysTeam.
- **FAQ:** The *Frequently Asked Questions* section provides answers to the many questions that you may have. The FAQs are divided into multiple sections to make it easier for you to find your question.
- **Contact Us:** If you need to contact us for any reason we have provided an easy way for you to do so directly from the app. You can also contact us on our website www.phyzseek.com or at support@physseek.com.
- **Legal:** The Legal section provides easy access to our *Terms of Service* and *Privacy Policy*.
- **Log Out:** We recommend staying logged in but you can logout if you choose to do so.