Your START360® app

Quick guide: get started in 2 minutes. Let's go! 💪

1 Log in to the app

Download it
Search for **SandorFitness** on the App Store or Google Play

›

Tap
Log In

›

Enter
your START360 email and password

Forgot your password? Tap **"Forgot your password?"** and you'll get an email. Any problems? Tap **"Having issues? Contact us"**.

2 First things first: set up your plan

Only the first time

Tap
My Plan
on your home screen

›

Choose your level
Beginner
Intermediate
Advanced

›

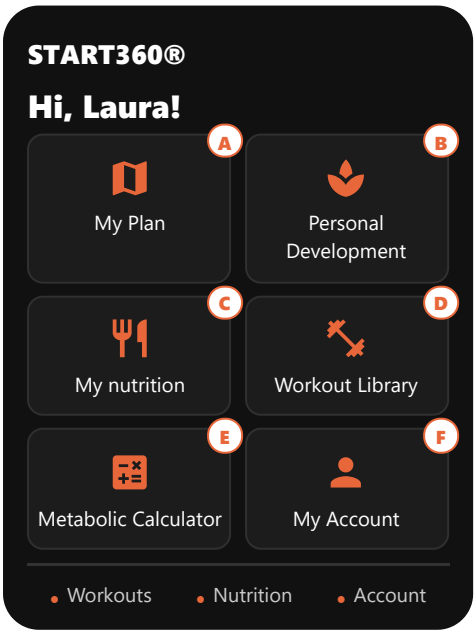
Choose your goal
Fat loss
Maintenance
Build muscle

›

Tap
Save
and you're all set!

📖 Before your first workout, read **"Before you train"** (in My Plan): it explains your programme and how to get the most out of it.

3 Your home screen at a glance



- **A** **My Plan** · today's workout, your full programme, your history and your progress.
- **B** **Personal Development** · a video to look after your mind and your motivation.
- **C** **My nutrition** · your nutrition guide for your goal, with recipes.
- **D** **Workout Library** · extra workouts by muscle group, combined and core.
- **E** **Metabolic Calculator** · work out the calories to maintain, lose or gain weight.
- **F** **My Account** · your details, password, subscription and support.
- ▭ **Bottom menu** · **Workouts** **Nutrition** **Account** to jump quickly to each section. "Workouts" takes you straight to **My Plan**.

Continued on page 2 → training, nutrition and everything else

4 Train every day

My Plan › Today

Check your day
"Today" shows which day of the programme is next

›

Tap
Start workout

›

For each exercise
watch the video, log weight and reps and tick **Done**

›

When you finish
tap Finish workout and say how it went

The programme moves on by itself: next time it will be the following day. Want a different level or goal? Tap Change my plan.

Plan
Every week and day of your programme, with the ones you've done ticked off.

History
Every workout: sets, weights, duration and how you felt.

Progress
Your weekly streak, workouts this month, personal bests and achievements.

5 Your nutrition

Home › My nutrition

Your nutrition
guidelines for your goal

Meal guide
foods and amounts

Did you know?
nutrition made easy

Recipes
breakfast, main meal and snack

It adapts automatically to the level and goal you chose in My Plan. The recipes include low-, moderate- and high-carb options.

6 And there's more...

Workout Library
Choose **Workout by muscle group**, **Combined workouts** or **Core Workouts** for extra training.

Metabolic Calculator
Enter your weight, height, age, sex and activity level and tap **Calculate**.

Personal Development
A video to look after your mind and keep you motivated when you need it most.

My Account
- › Change password
- › Upgrade plan · Manage subscription (iPhone)
- › Contact support · Log out

💡 Handy tips

Follow the order: do the days as they come. If you miss one, no problem: just pick up where you left off.

Finished the 4 weeks? On Beginner you can restart them: your previous workouts stay in your history.

Not sure about an exercise? Watch its video inside the workout before you start.

Consistency: check your streak in "Progress". *It isn't easy, but it is simple. Don't overcomplicate it.*