Your STEP360® 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 STEP360 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: your initial form

On your home screen
you'll see the "Your initial form" card

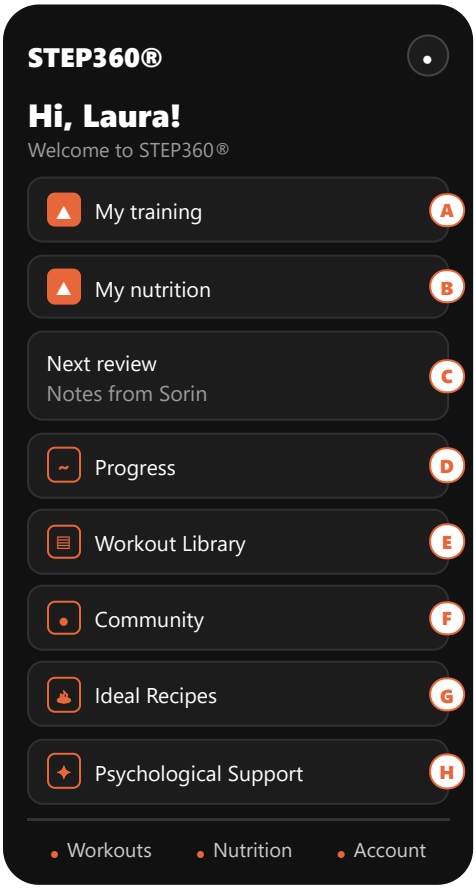
›

Tap
Complete form
and fill it in

›

Within 48 hours
your personalised training and nutrition plans will be ready

3 Your home screen at a glance



- **A** **My training** · your training plan and a log of every session.
- **B** **My nutrition** · your diet and a log of your meals.
- **C** **Next review** · the date and time of your next review with Sorin, plus Sorin's notes for you.
- **D** **Progress** · how you're doing: workouts, weights and meals.
- **E** **Workout Library** · exercise videos so you can check your technique.
- **F** **Community** · the private STEP360 WhatsApp group.
- **G** **Ideal Recipes** · ideas for breakfast, main meals and snacks.
- **H** **Psychological Support** · request a session with professional support.
- **Bottom menu** · **Workouts** **Nutrition** **Account** to jump quickly to each section. The round button at the top right opens **My Account**.

Continued on page 2 → training, nutrition and everything else

4 Your training

Home › View my training

See your plan
Tap the **month** to open your training plan

›

When you train
tap **Register session**

›

Log it
enter the day, tick each exercise and add weight and reps

›

When you finish
say how you felt and tap **Finish session**

My history your sessions by plan or on a calendar · **Previous plans** your past months · Stopped halfway? **Continue session**

5 Your nutrition

Home › View my nutrition

See your diet
Tap the **month** to open your nutrition plan

›

Every day
tap **Log my meals**

›

Mark each meal
"As planned" or "I made changes"

›

Close the day
say how it went and tap **Save day**

The first time, type in the meals from your diet in order (you can check it with **"View my diet"**). **My history** your days by date or on a calendar.

6 And there's more...

Progress
Choose **Day · 7 days · Month** to see your sessions, training days, sets, weights and how you're doing with your diet.

Workout Library
Search for an exercise or filter by group and watch the video to get it right.

Community
Tap the join button to enter the STEP360 WhatsApp group. It's for members only, so please don't share the link 🙏

Ideal Recipes
Choose **Breakfast, Main meal or Snack**. There are low-, moderate- and high-carb options.

Psychological Support
Request your session here and book your video call. On iPhone, you request it by email. There's also a motivational video.

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

💡 Handy tips

No signal? Log it anyway: it's saved on your phone and sent automatically once you're back online.

Reviews: check the **"Next review"** card on your home screen so you never miss yours.

Questions about your plan? Write them down and bring them to your next review with Sorin.

New plans: when Sorin uploads a plan, it appears under the right month with its "Last updated" date.