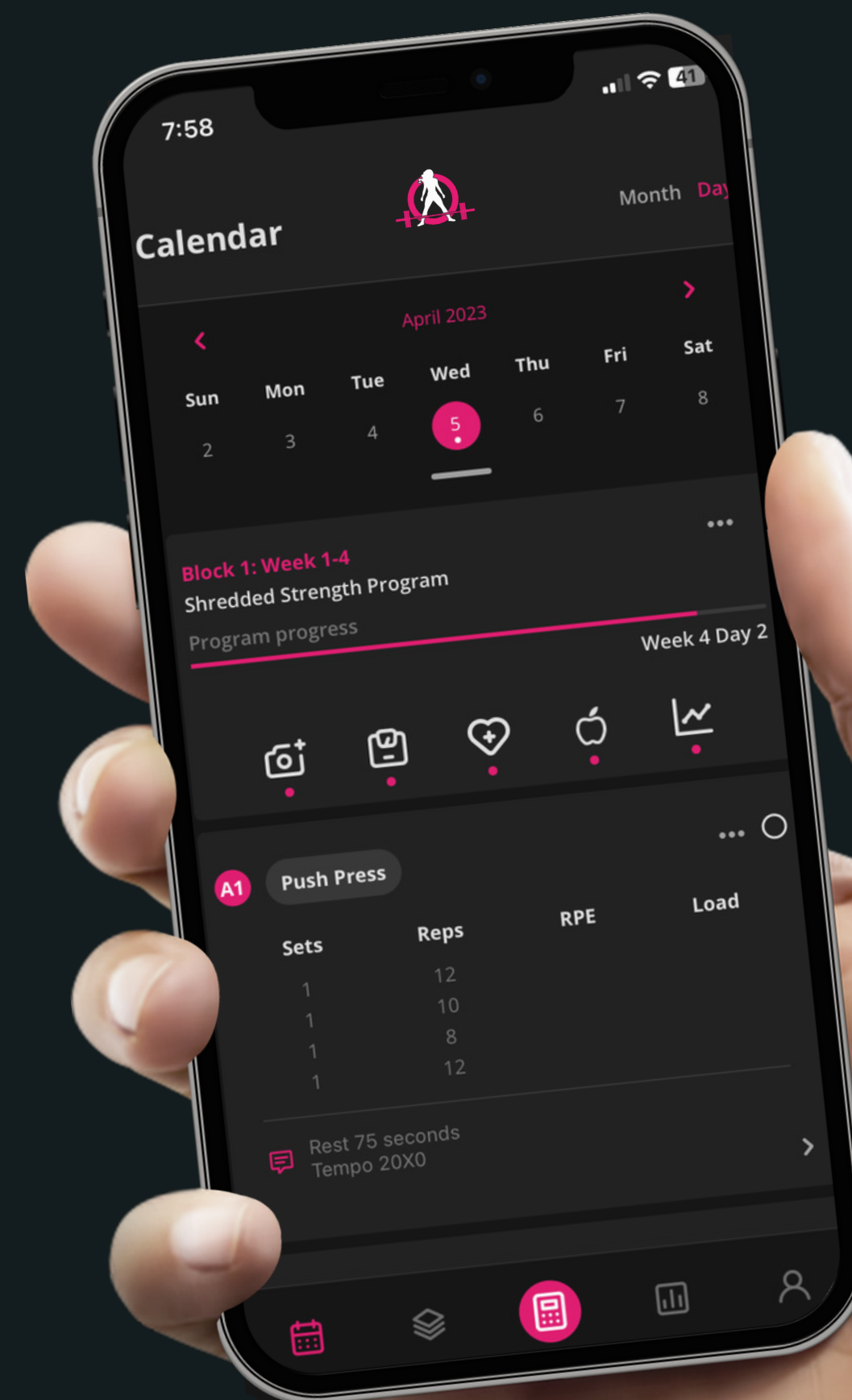




Women Who Lift Weights

We're **super thrilled** to have you join an elite group of people who are committed to transforming and completely dominating in all areas of their life.

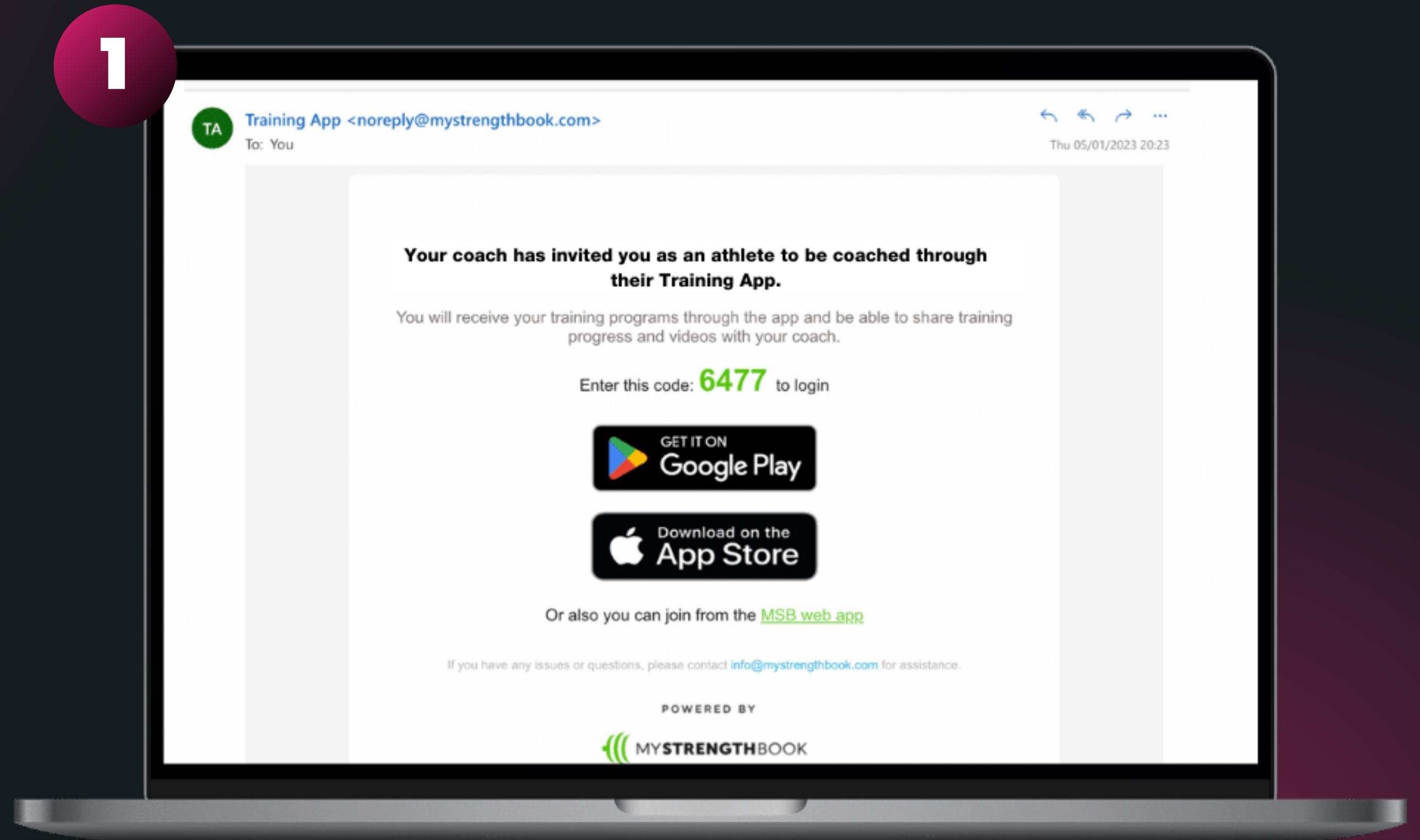
But first, a few important pieces of information to kick start your journey.



1*Welcome*

FIRST THINGS FIRST, CHECK YOUR EMAIL

Please ensure you check your
junk mail if you haven't
received the invitation



LET'S GET STARTED

Step 1

Download App from
the APP
STORE/GOOGLE
PLAY (Click icon in
the Email)



Step 2

Enter your Email to
create an account



Step 3

Enter your the 4-
Digit verification
number found in the
email



Step 4

Create a password



Step 5

Add a profile picture
(It helps us identify
you quicker)



Step 6

Complete the physical
activity readiness
questionnaire



2

8:23

Login

Enter your email

Email *

exampletempl@outlook.com

Next

POWERED BY

 MYSTRENGTHBOOK

3

8:24

Enter verification code

Enter the code sent to
exampletempl@outlook.com

Code *

6 4 7 7

Next

Did not receive a code? [Resend](#)

POWERED BY

 MYSTRENGTHBOOK

4

8:25

Create a new password

Password *

Password confirmation *

Your password must have a minimum of 6 characters

Next

POWERED BY

 MYSTRENGTHBOOK

5

8:27

←

Profile details

Profile picture (optional)

Measurement system

☒ Kilograms ☐ Pounds

☒ I agree to the MyStrengthBook [Terms of use and privacy policy](#)

Next

POWERED BY

6

8:27

←

Take the Physical Activity Readiness Questionnaire (PAR-Q)

Being physically active is very safe for most people. Some people, however, should check with their doctors before they increase their current level of activity. The PAR-Q has been designed to identify the small number of adults for whom physical activity may be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.

Answer Yes or No

Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?

☐ Yes ☐ No

Do you feel pain in your chest when you do physical activity?

☐ Yes ☐ No

In the past month, have you had chest pain when you were not doing physical activity?

☐ Yes ☐ No

Do you lose your balance because of dizziness or do you ever lose consciousness?

☐ Yes ☐ No

Do you have a bone or joint problem that could be made worse by a change in your physical activity?

☐ Yes ☐ No

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

☐ Yes ☐ No

Do you know of any other reason why you should not do physical activity?

CONNECTING TO **APPLE** **HEALTH** OR **GOOGLE FIT**

Automatically sync health data
from third party apps such as:

- Nutrition
- Bodyweight
- Steps



CONNECTING TO APPLE HEALTH OR GOOGLE FIT

Step 1

Open the "Training App"
and tap "Profile" (bottom
right corner)

Step 3

Click "Sync health data"

1

2

3

4

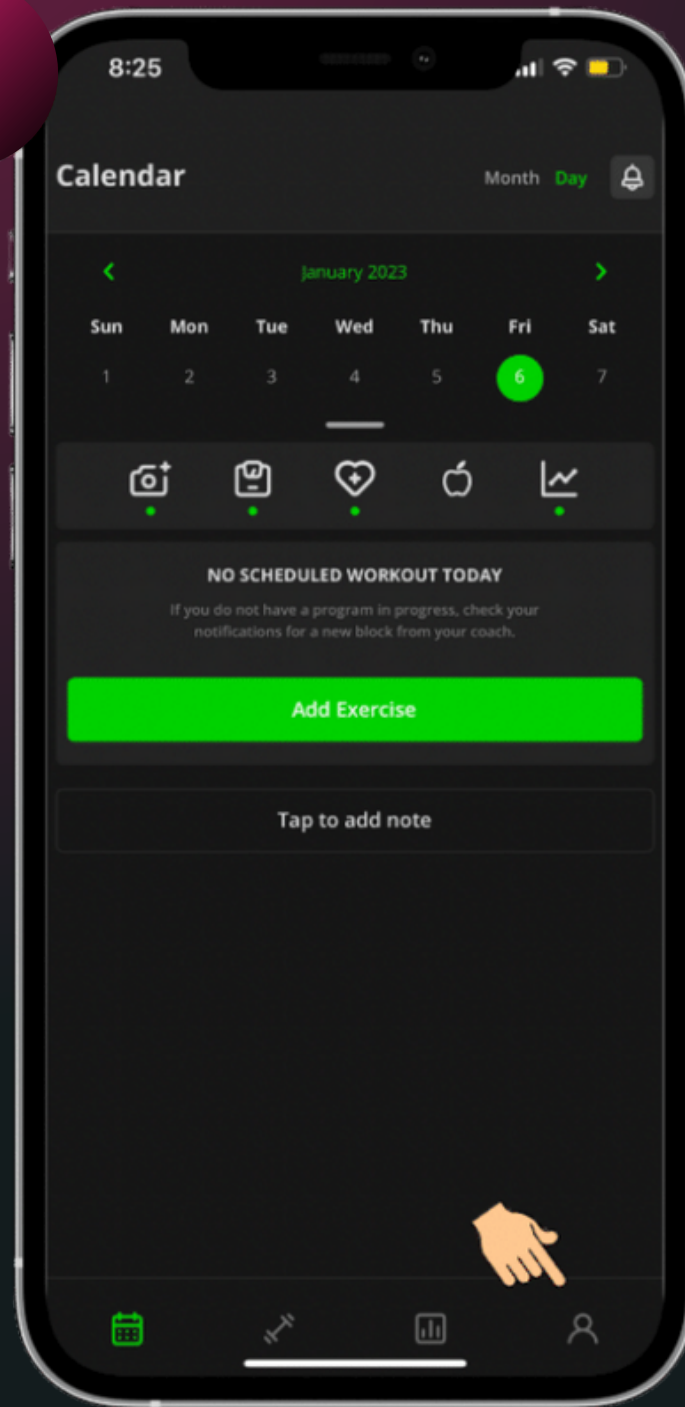
Step 2

Click "Integrations"

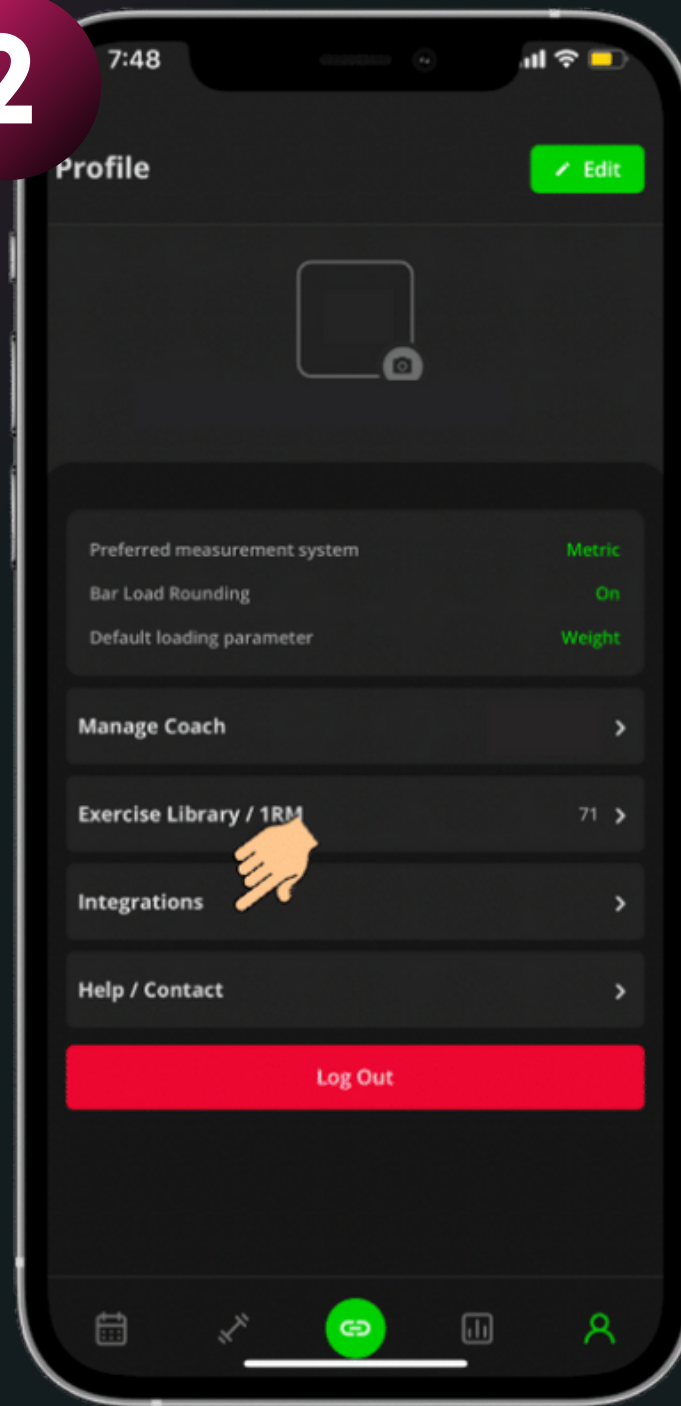
Step 4

"Turn on all"

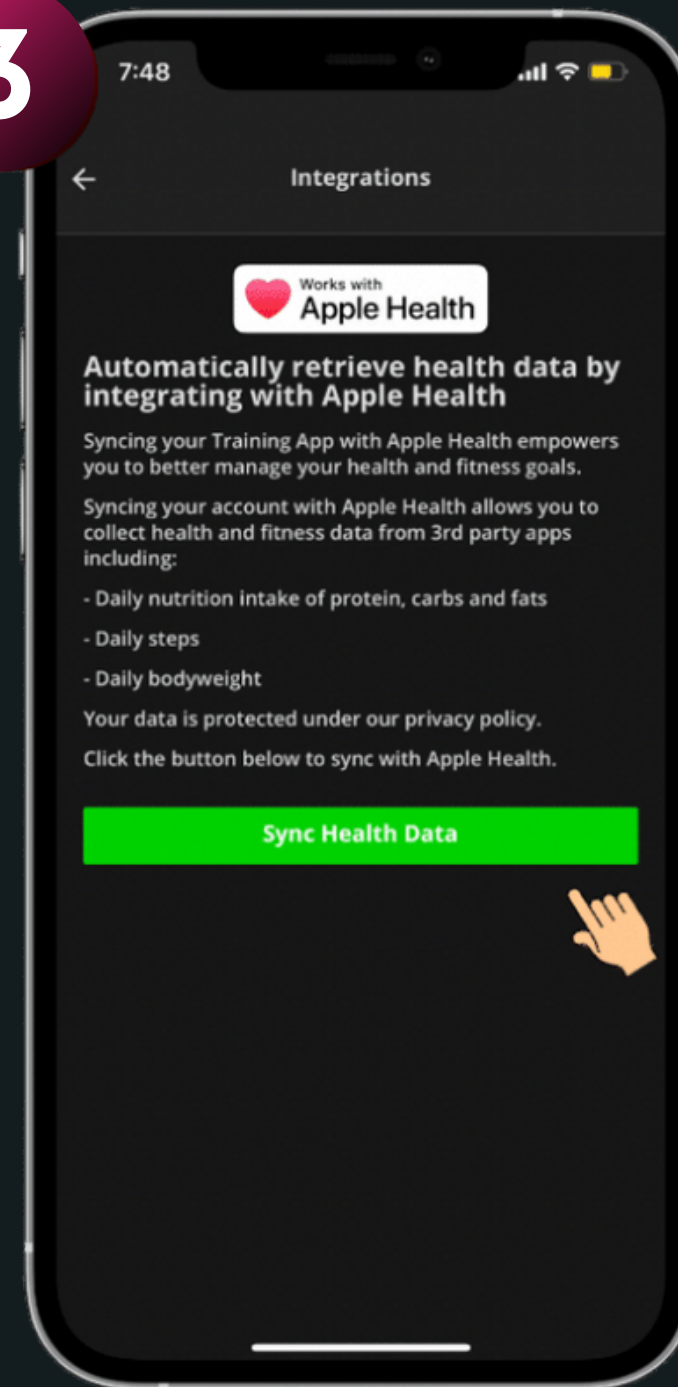
1



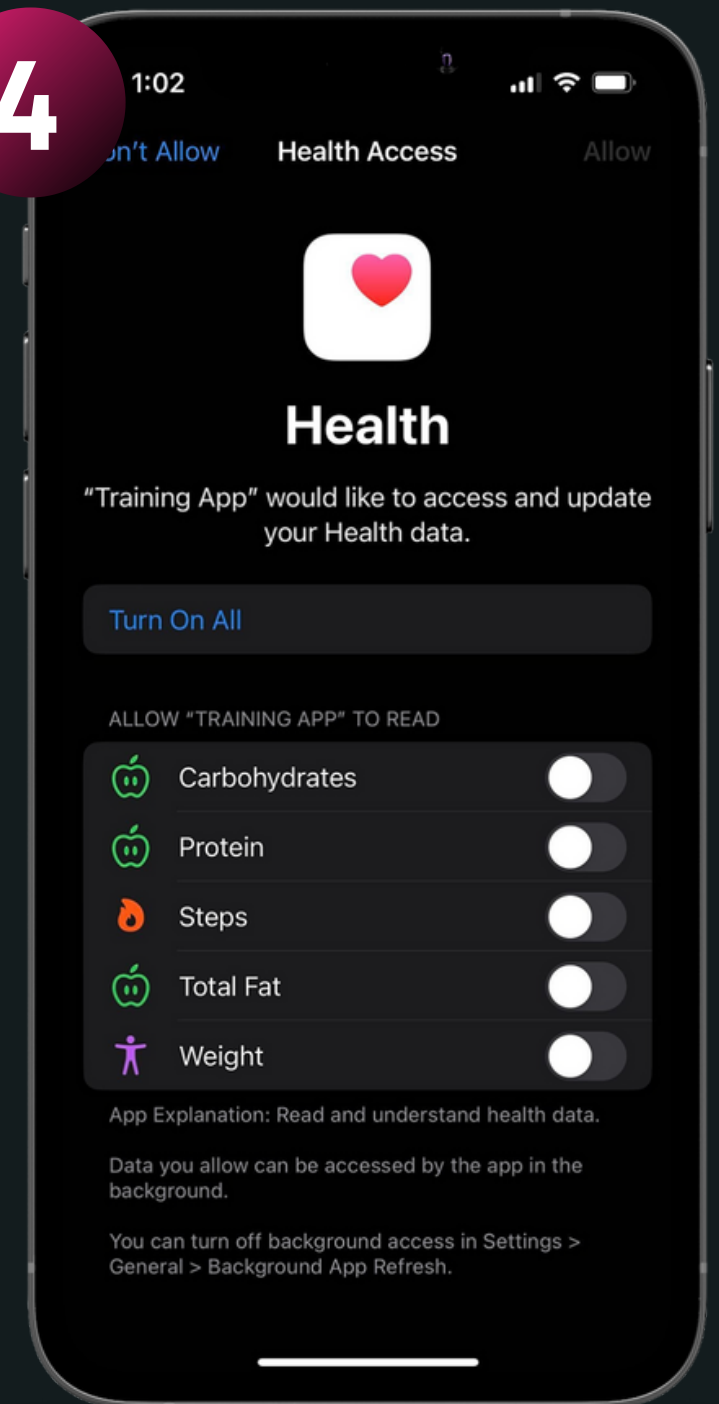
2



3

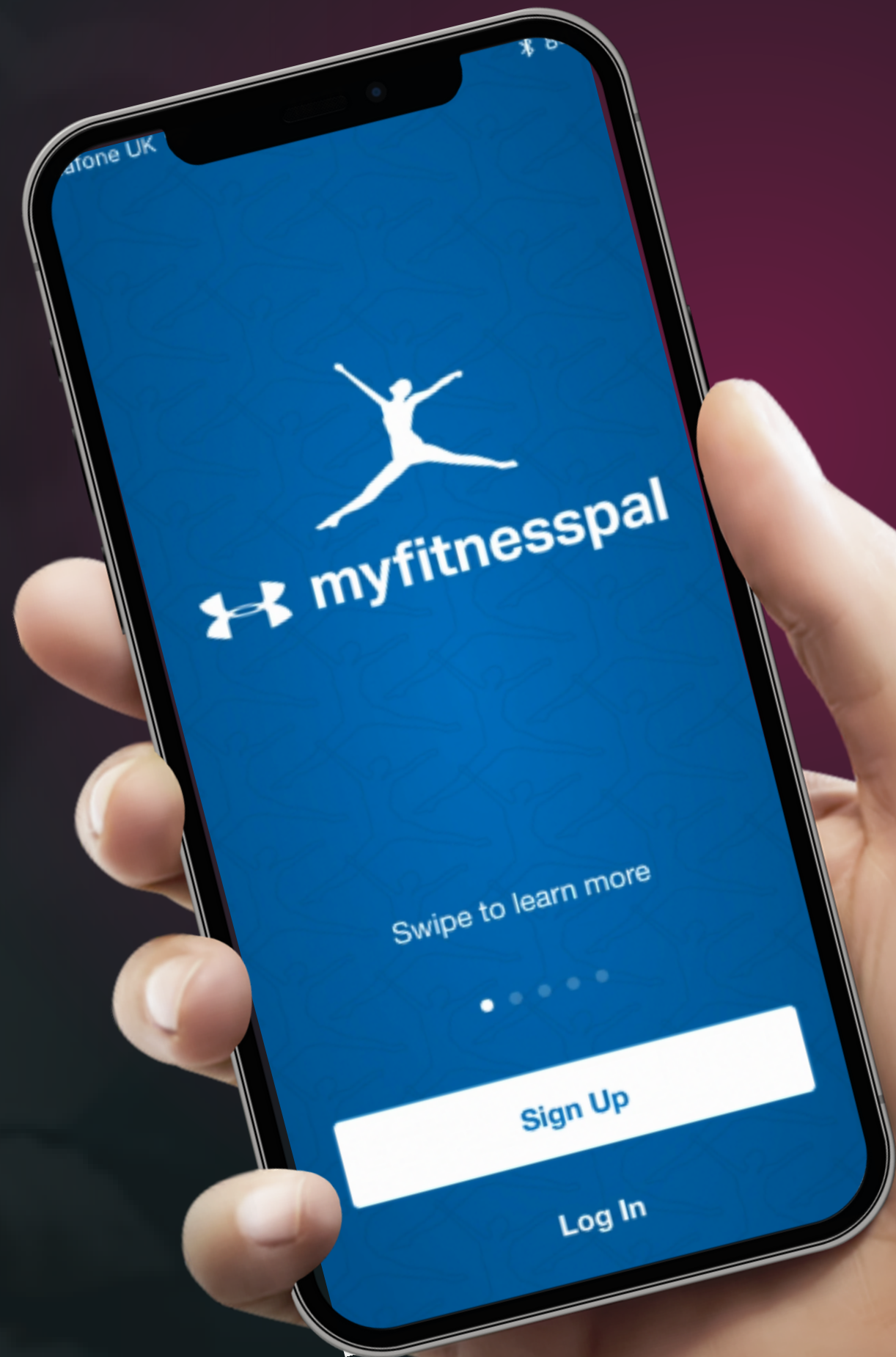


4



CONNECTING THIRD PARTY APPS

EXAMPLE



CONNECTING MYFITNESS PAL

Step 1

Open the "HEALTH"
App ot the FIT App

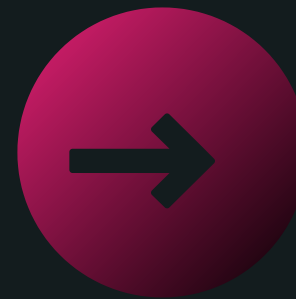


Step 2

Tap your profile
(Top right corner)

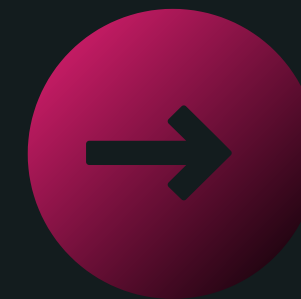
Step 3

Under privacy,
click "Apps"



Step 4

Click
"MYFITNESSPAL"

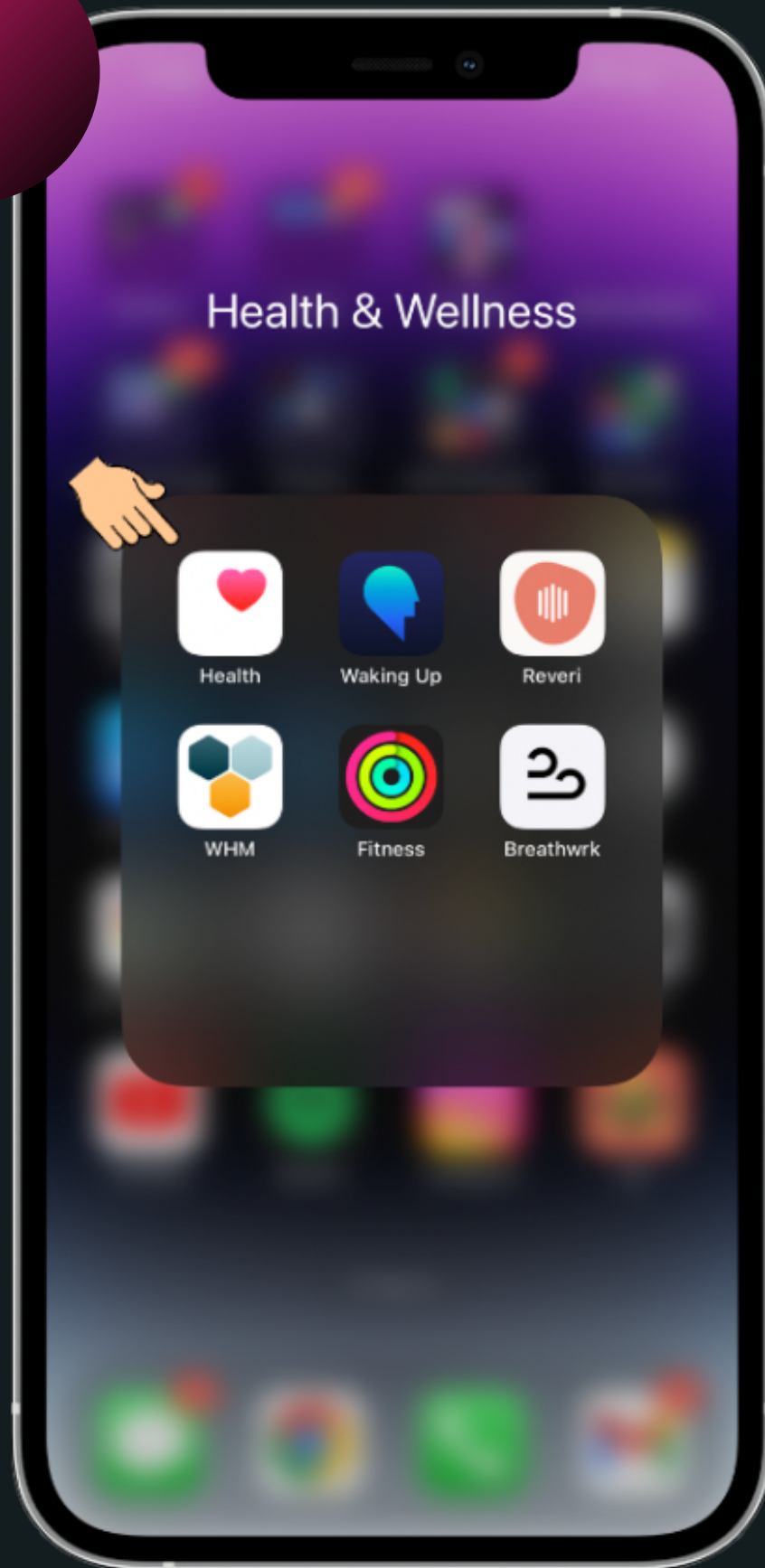


Step 5

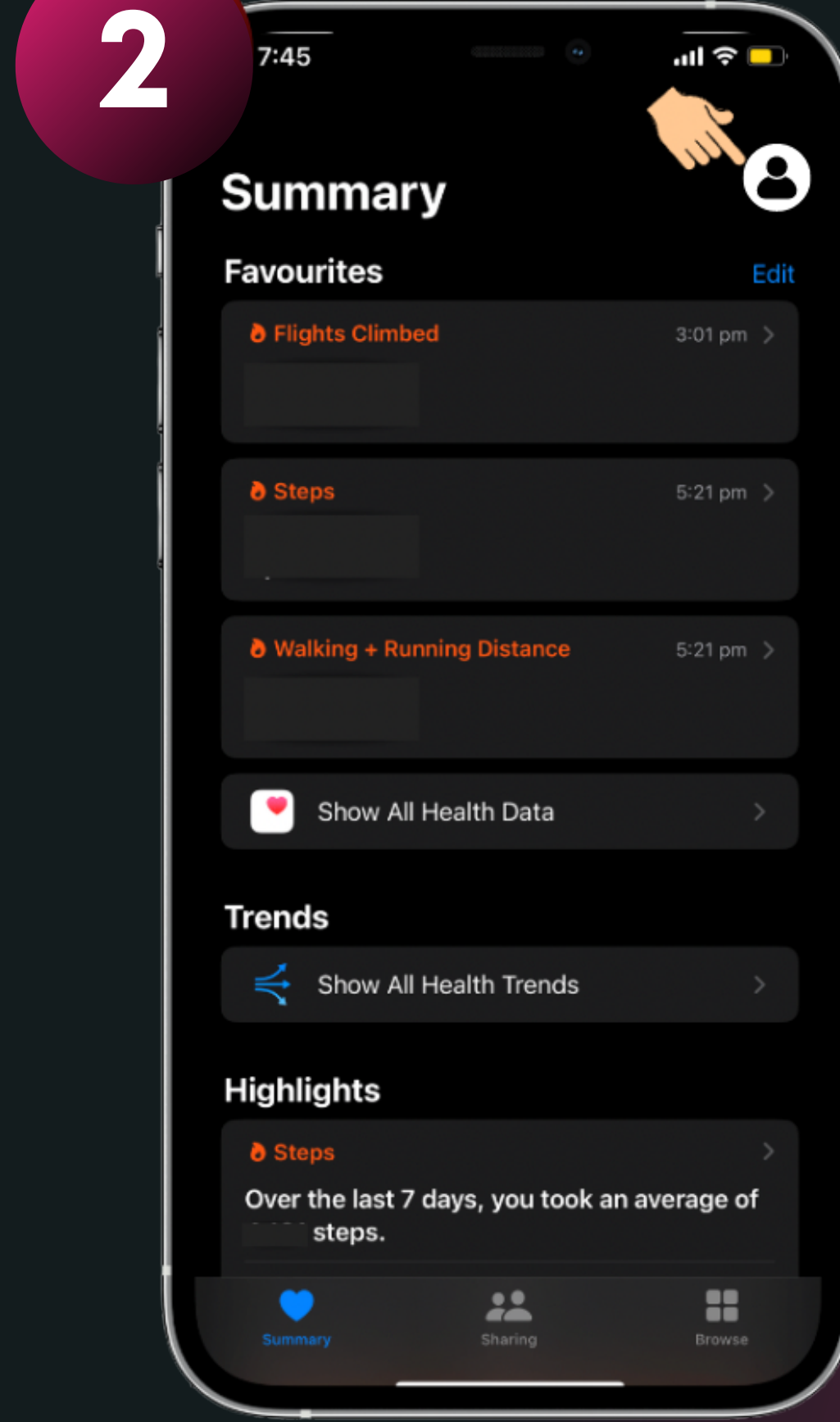
Click "Turn on
all"



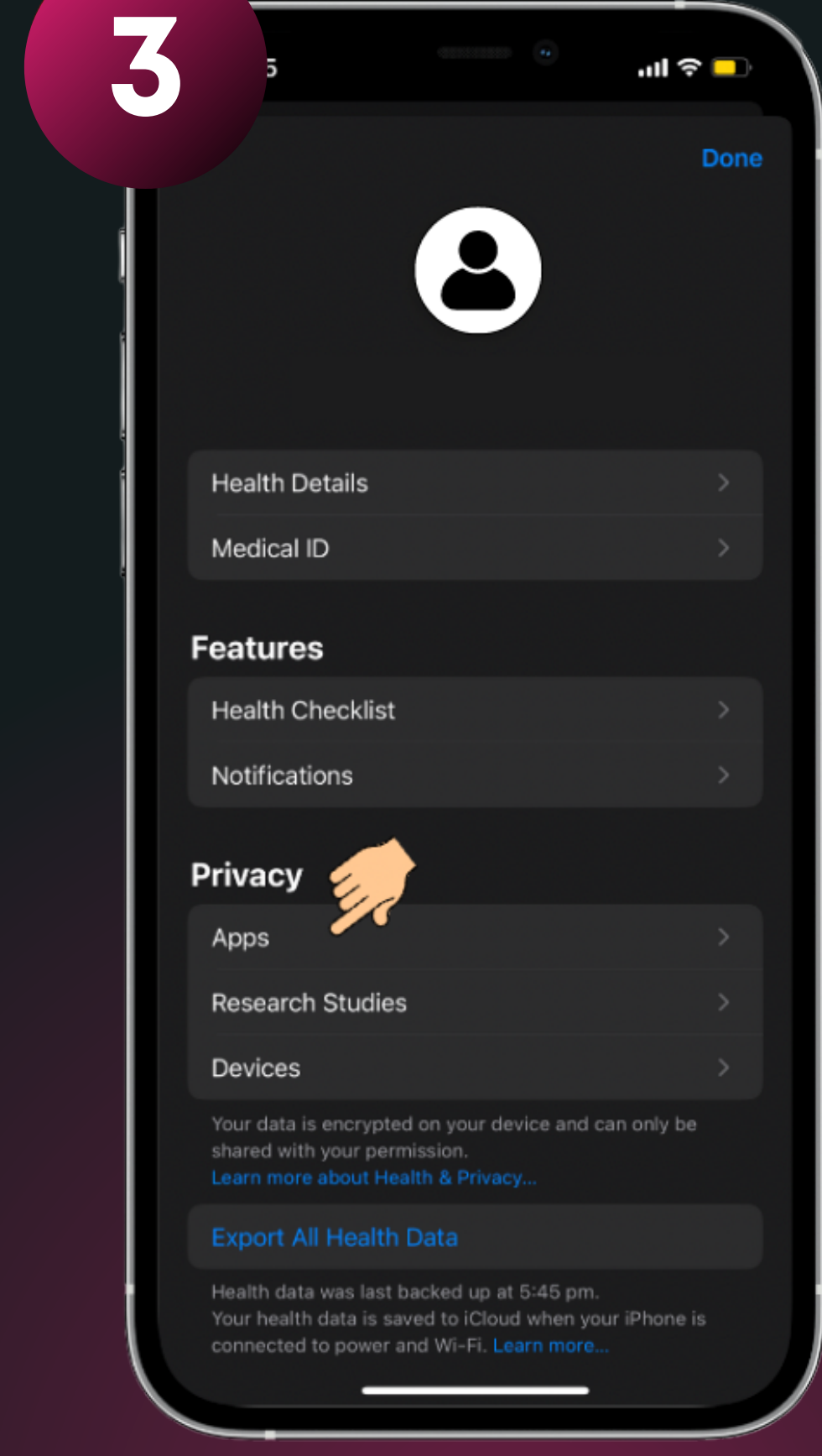
1



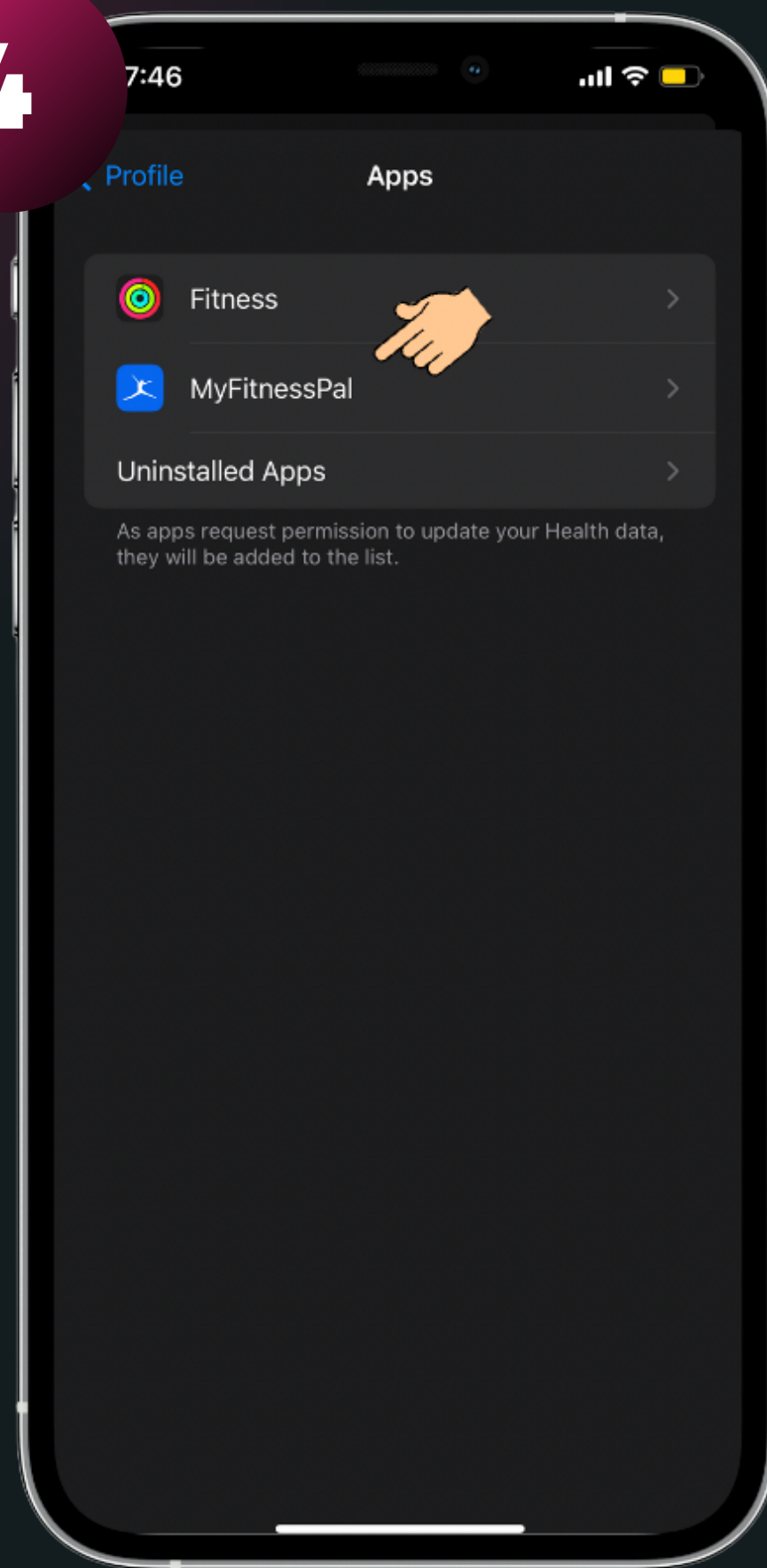
2



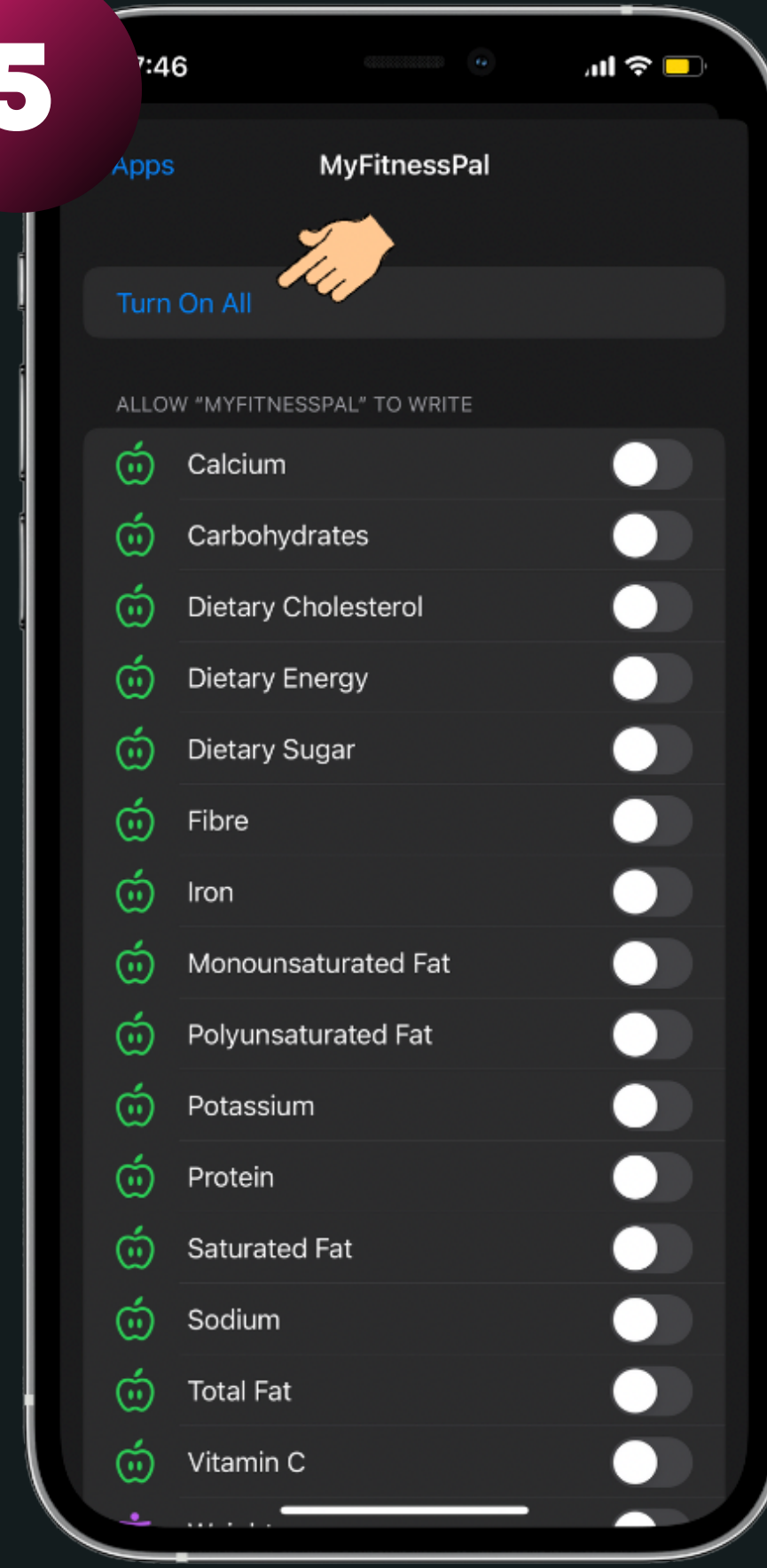
3



4



5





**IF YOU HAVE AN ANDROID AND
NEED FURTHER ASSISTANCE
CONNECTING MYFITNESSPAL,
[CLICK HERE](#)**

LOGGING IN YOUR TRAINING IN THE APP

Body measurements-
Top right corner of
bodyweight screen

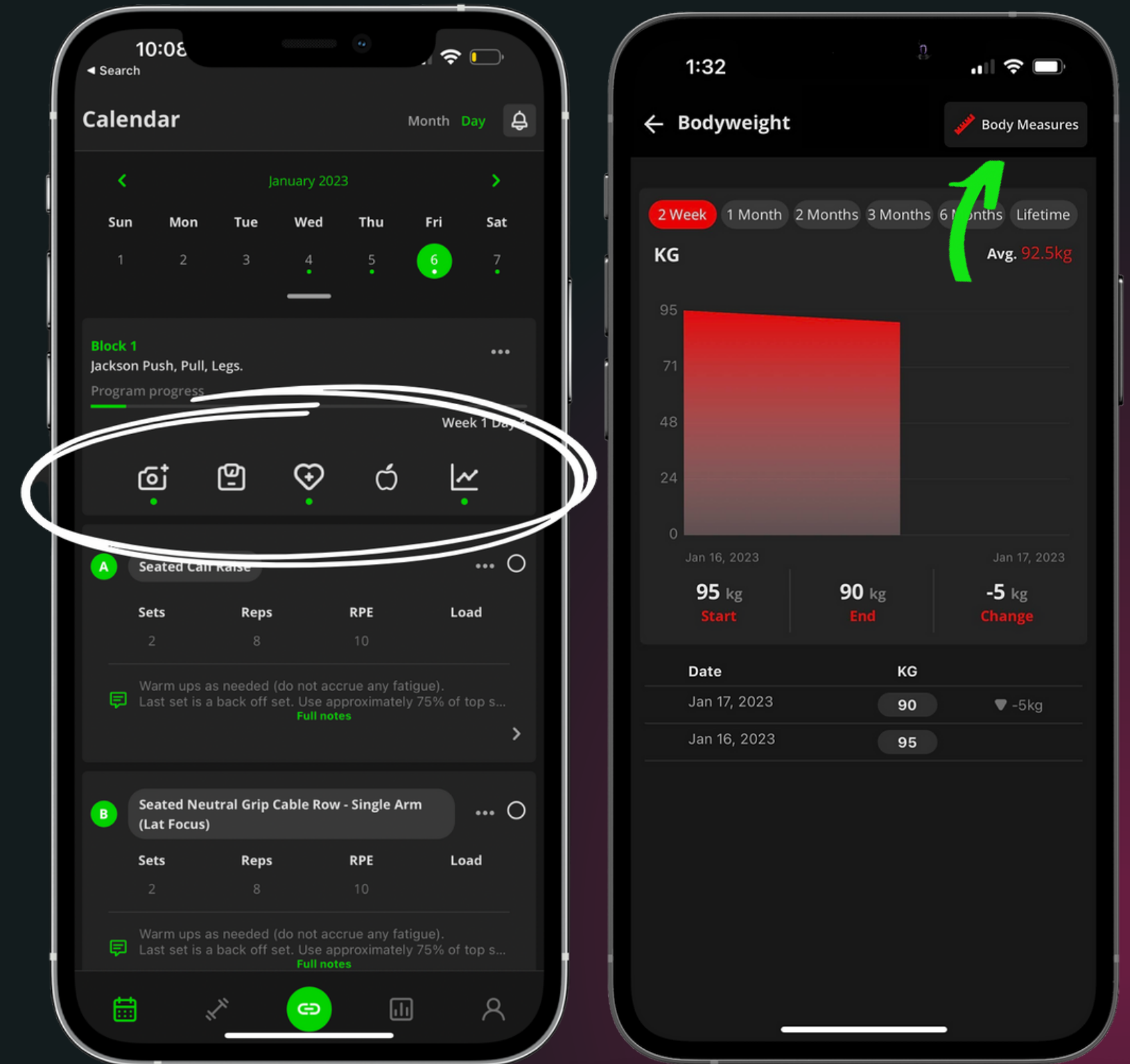
Bodyweight
(Complete this daily)

Nutrition data ported
from Myfitnesspal (No
need to do anything
here)

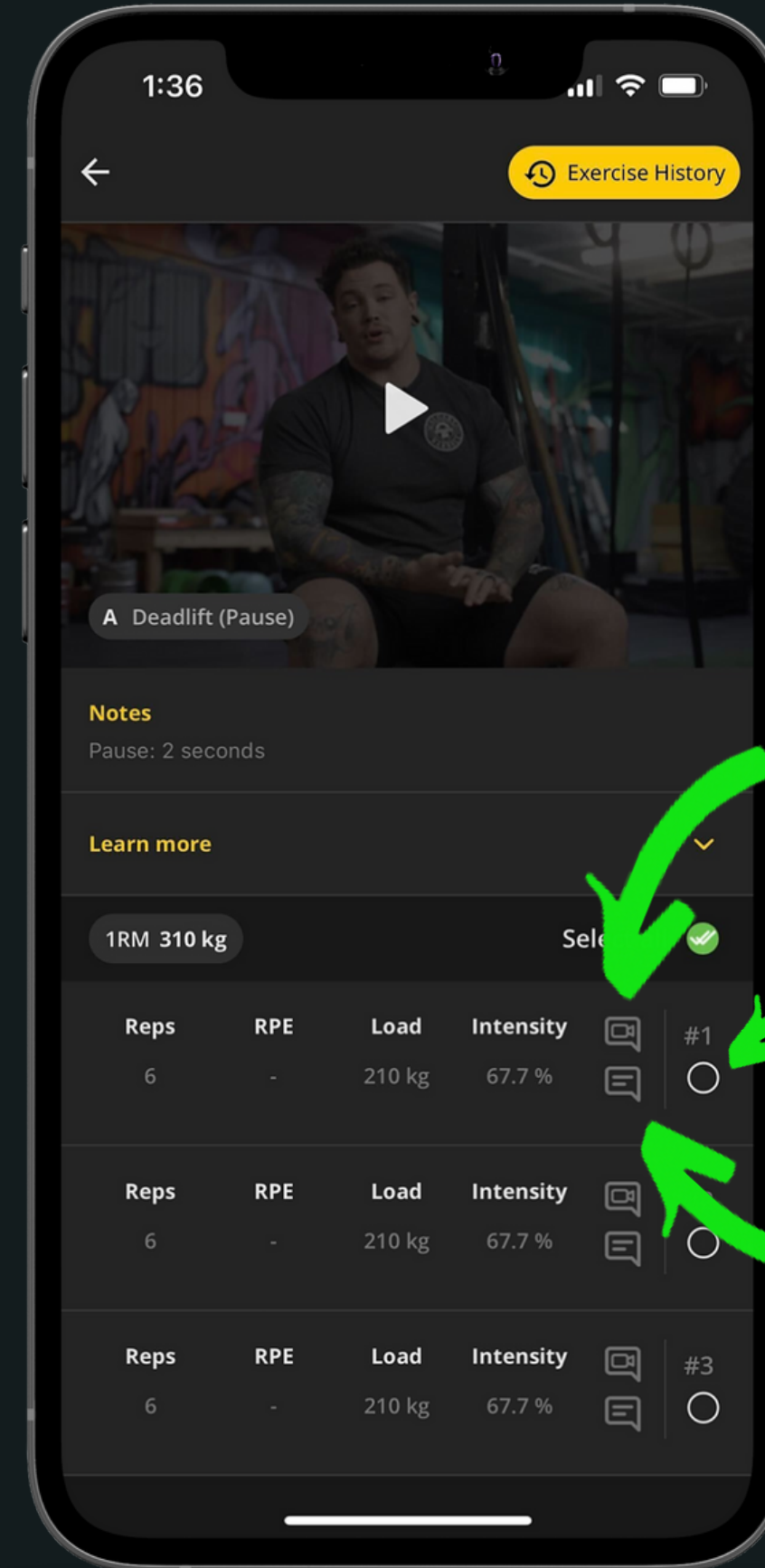
Upload photos
on check in day

Readiness
survey
(Complete this
daily)

Share progress
on social
media!



LOGGING IN YOUR TRAINING IN THE APP



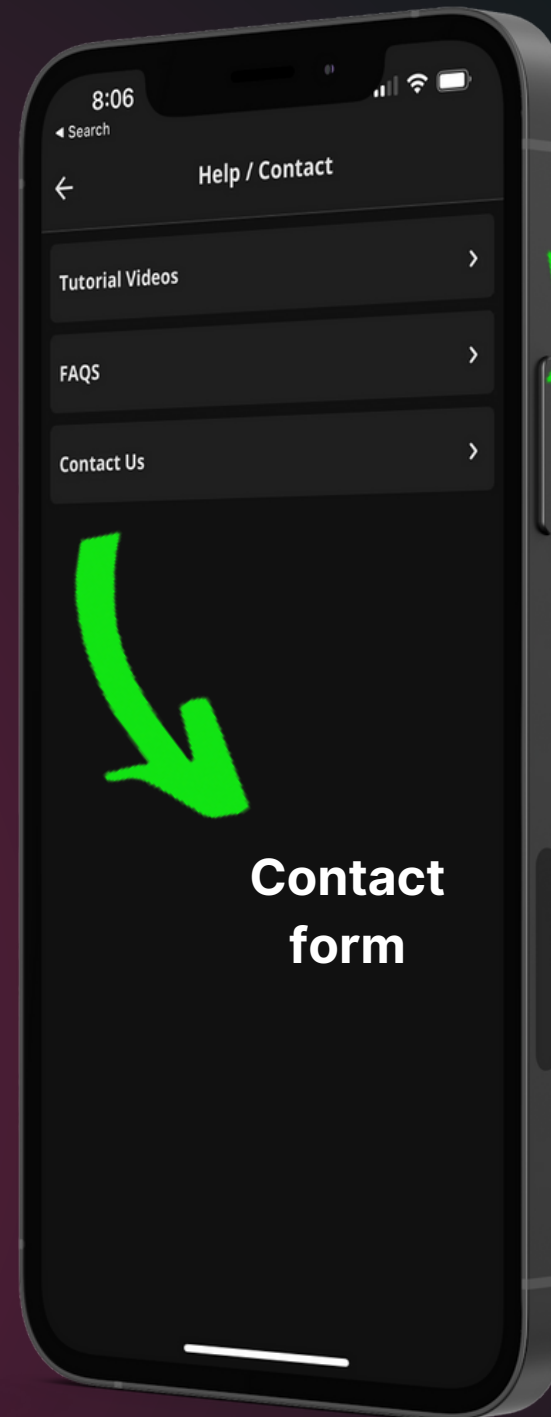
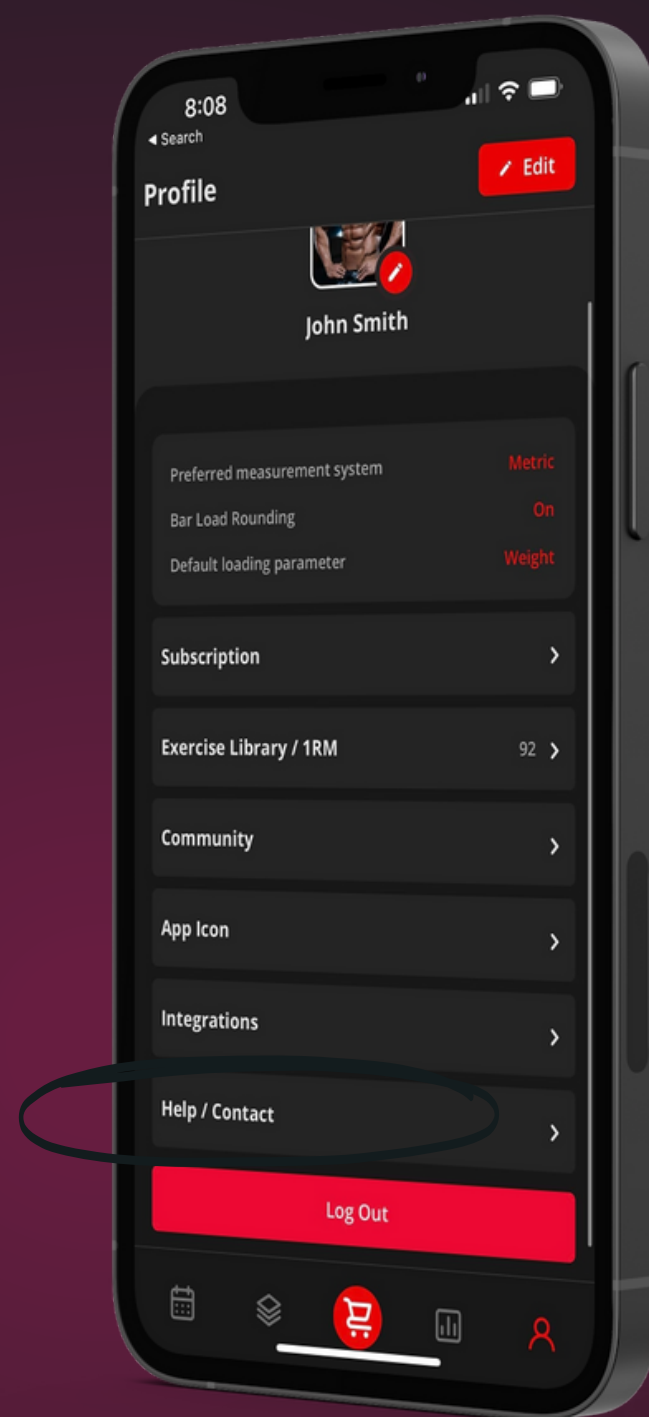
View progress
from previous
workouts

Upload a video to a
completed set

Select the set
to enter your
results

Add a comment
to a set

IF YOU NEED FURTHER ASSISTANCE ON THE APP



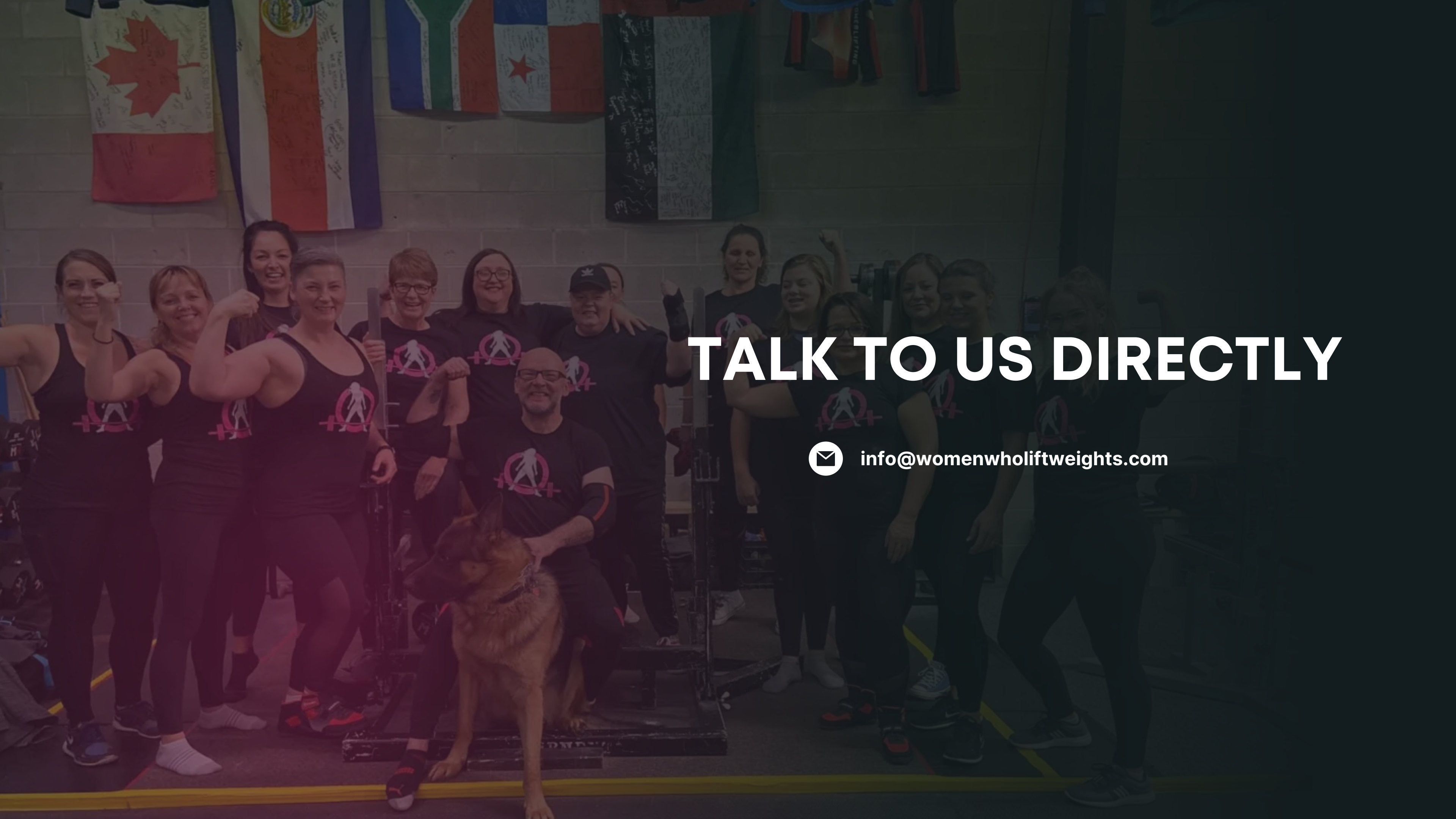
Tutorial videos

FAQs

**Contact
form**



Or email us directly at
info@mystrengthbook.com



TALK TO US DIRECTLY



info@womenwholiftweights.com