

## How to get started quickly

1. Click on "login", at the top right of the menu.



Then enter your username (email address) and the password you received by separate mail.



NB! Once logged in, click "Login" again at the top right; and you will then enter your member page, which looks like this:



## Member

- ▶ Välkomna
- · Create new user
- My exercises
- ▶ My Templates
- My users
- Mv Profile
- ▶ Log out
  - 2. On the member area, you can select the following:
  - **Welcome** Here you return to sportsbasics.com's landing

page. Under the menu item "About

Sportsbasics" you find pages with Help, FAQ,

Downloads and Contact form.

Create new user
 Here you come to the page where you create

your athletes (trainees).

Take a closer look at the instruction

"Create new athlete."

My exercises
 It is here that you from the "Video Library"

select your favorite exercises and save them

under "My exercises".

Here you always have a total overview and easy

access to all of the exercises that you have

chosen as favorite exercises.

• My templates Here you come to the page with an overview of

all of the exercises and programs listed by

category/sport.

To create an exercise program, see the instruction "How to create a training

program/template.

My users
 Here you get a total overview of all your athletes

(trainees)

• My profile Here you see the information registered about

yourself and when your subscription expires.

Payment can no longer be made by credit card.

One month before the expiration date, we will

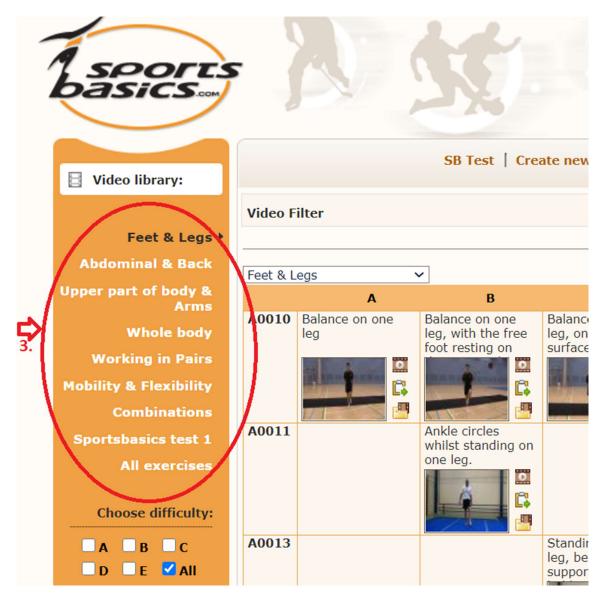
forward invoice for the following year.

This is also where you can change your password

to one that is easier to remember.

## 3. Get started quickly, select "My exercises"

Sportsbasics.com has a wealth of options, but we would suggest that you start by being inspired by the exercises in the "Video Library" and select a number of exercises that you save as favorite exercises under "My exercises". At the bottom you can choose which level of difficulty you want the exercises to have (A, B, C, D, E or All). This way, you can slowly become familiar with the platform.



In the **Video library's** menu (3) on the left, click on the category you want to be inspired by. (Eg "Feet & Legs".) You can now scroll down through all the video clips where the exercises concentrate on the feet and legs

**4.** You can now choose to **play the video**, **save/add** it to an existing program or **save** the exercise under "**My exercises**"

