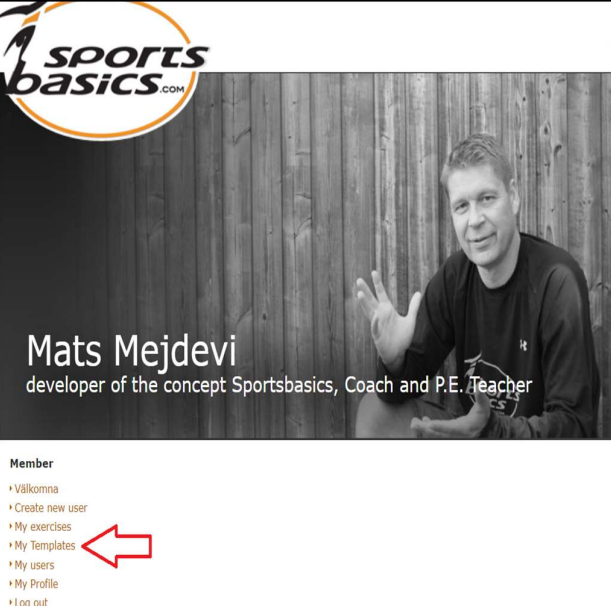
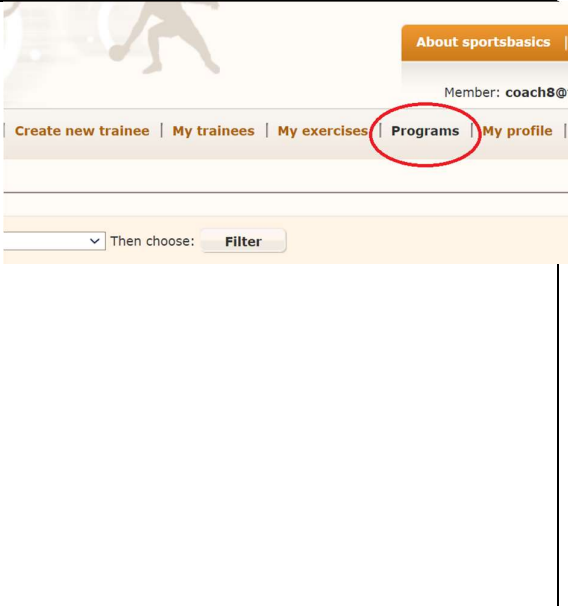





# Send your program to your iPad or iPhone

The "Sportsbasics App" is no longer part of Apple's App Store. You can therefore ONLY use this function if you previously have downloaded this App.

If you already have the App on your iPad or iPhone, you can below "Mobile access" click on "Add" to transfer up to 10 programs, or "Remove" to remove them from your iPad/iPhone.

																						
<p>1. Click on "My Templates"</p>	<p>or..... On "Programs" in the menu at the top of the page.</p>																					
 <table border="1"><thead><tr><th>Mobile Access</th><th>Name</th><th>Category</th></tr></thead><tbody><tr><td>Add</td><td>November 2021</td><td>Personal programs</td></tr><tr><td>Add</td><td>November 20</td><td>Personal programs</td></tr><tr><td>Add</td><td>November 20</td><td>Personal programs</td></tr><tr><td>Add</td><td>november 2020</td><td>Personal programs</td></tr><tr><td>Add</td><td>nov</td><td>Personal programs</td></tr><tr><td>Add</td><td>novaaaa</td><td>Personal programs</td></tr></tbody></table>	Mobile Access	Name	Category	Add	November 2021	Personal programs	Add	November 20	Personal programs	Add	November 20	Personal programs	Add	november 2020	Personal programs	Add	nov	Personal programs	Add	novaaaa	Personal programs	<p>2. Select the category "<b>Personal programs</b>" and click on "<b>Filter</b>"</p> <p>3. You will now see a list of all your "Personal programs".</p> <p>Under "<b>Mobile Access</b>", click "<b>Add</b>" to get access to the selected program, or "<b>Remove</b>" to remove it from your iPad/iPhone.</p>
Mobile Access	Name	Category																				
Add	November 2021	Personal programs																				
Add	November 20	Personal programs																				
Add	November 20	Personal programs																				
Add	november 2020	Personal programs																				
Add	nov	Personal programs																				
Add	novaaaa	Personal programs																				



	<p>4. Download the "Sportsbasics app" on your iPad or iPhone.</p> <p>5. Open the App and log in with your username (email address) and normal password.</p>
	<p>6. Click on the Name ("Navn").</p>
	<p>6. Now you can play the exercises by clicking on the image.</p>