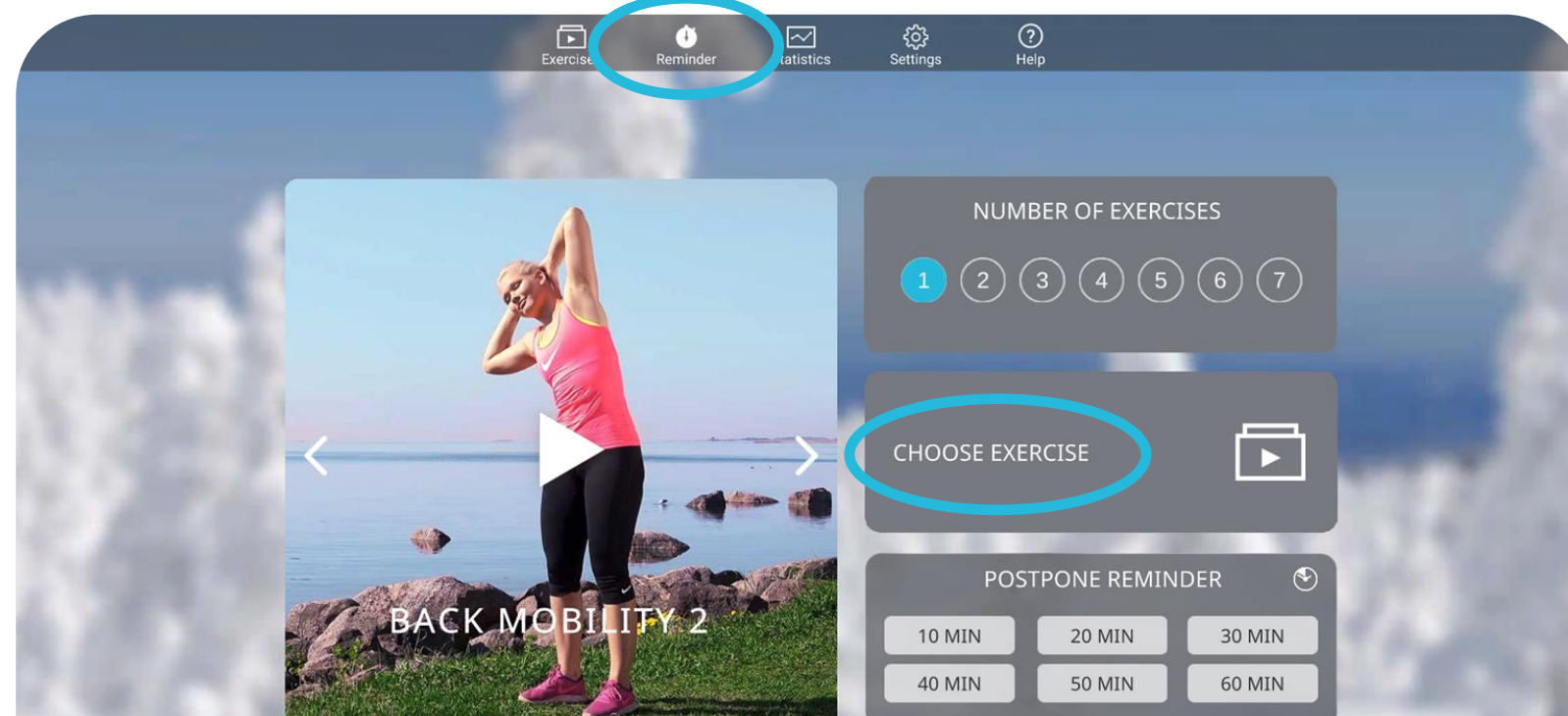


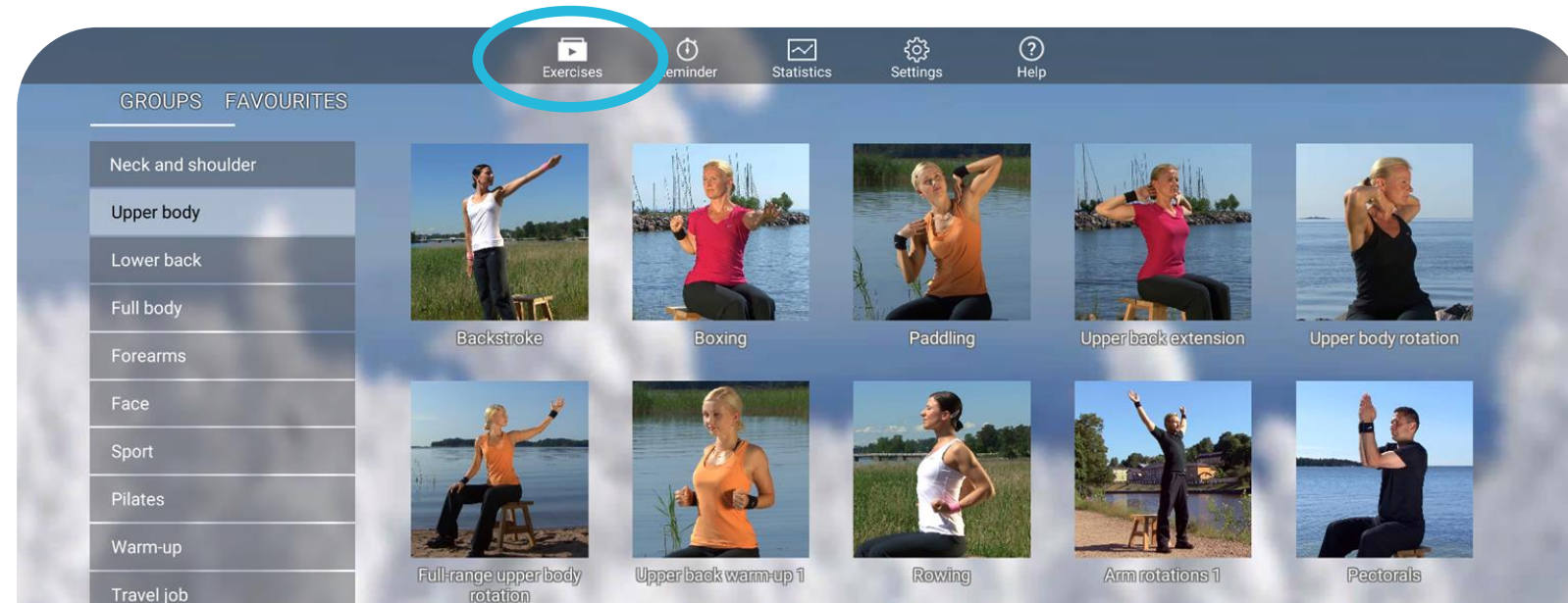
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REMINDER POP-UP

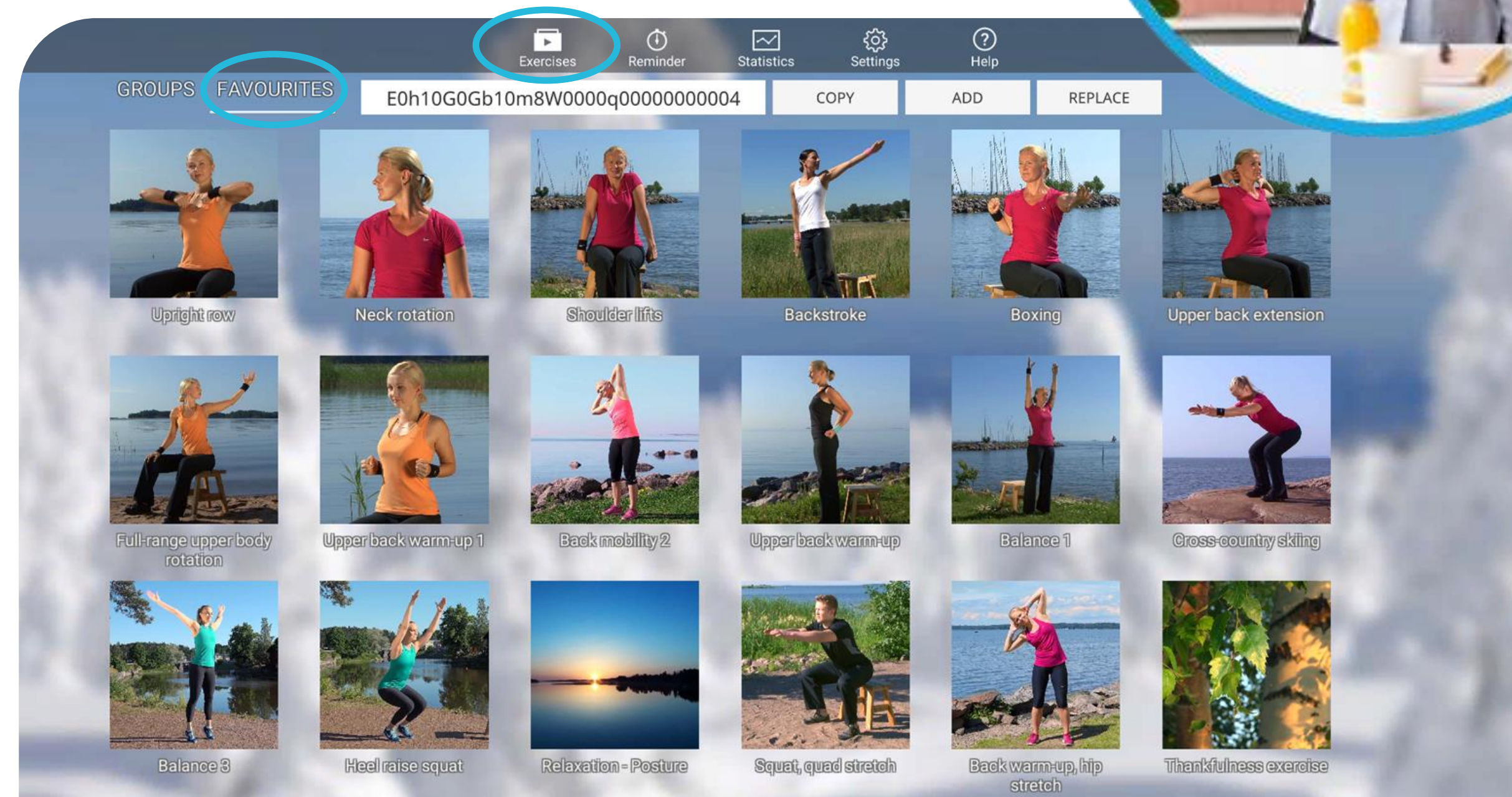


Press the PLAY button on the reminder to start the exercise immediately or scroll through the exercises. Press CHOOSE EXERCISE to access the application's exercise menu.

SELECT EXERCISE



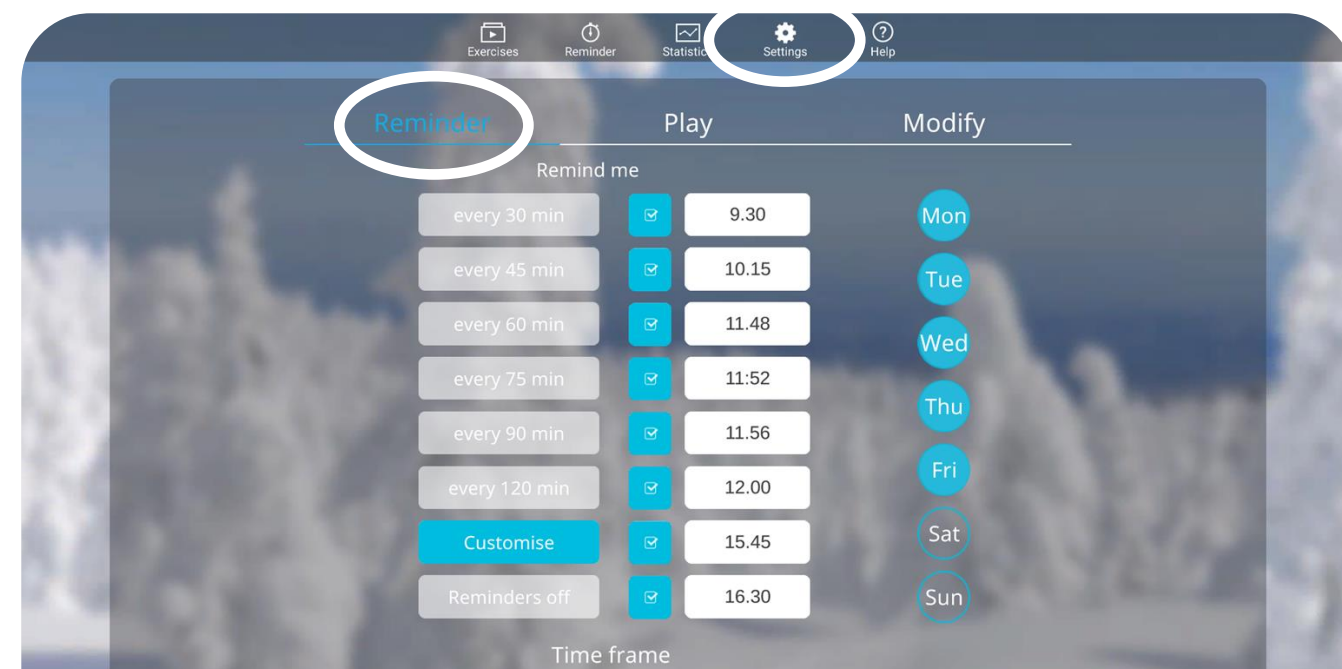
In the EXERCISES section, you can select an exercise group and start playing the video of your choice.



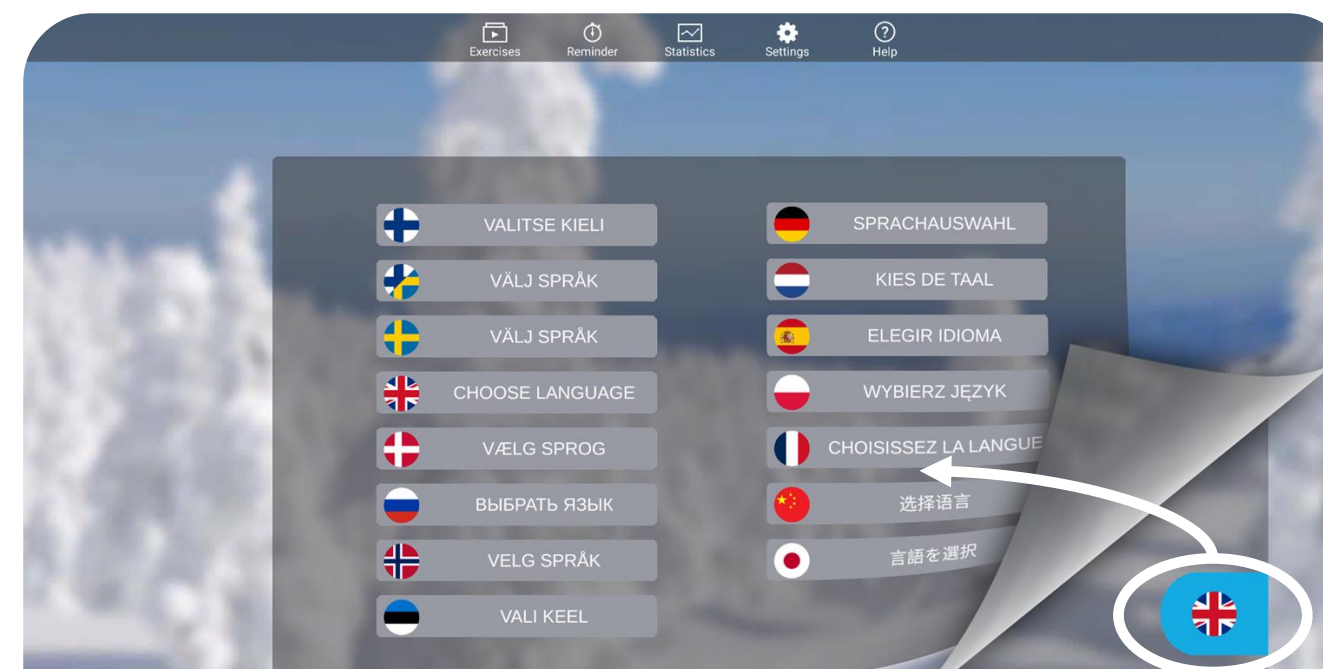
Your favourite exercises can be found in the FAVOURITES section of the application. Use the code function to share your favourite exercises or receive exercises via a code shared with you.

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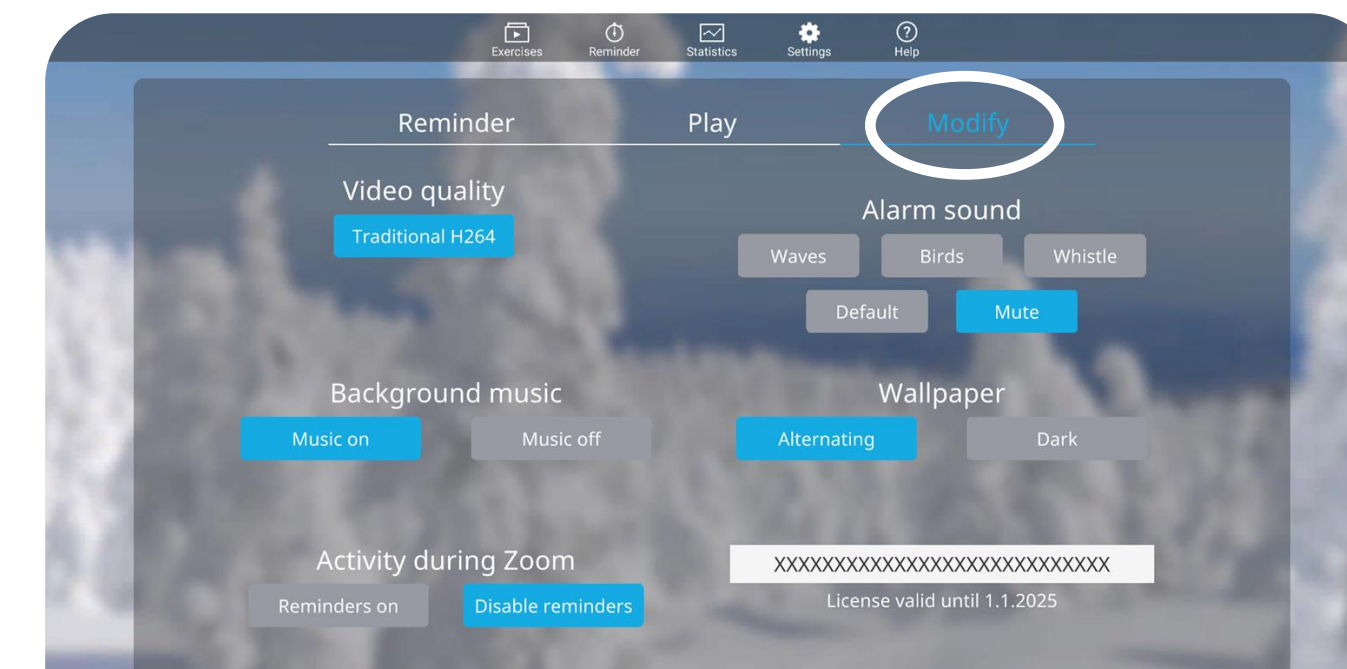
SETTINGS



In the REMINDER section, you can select the intervals or times at which you want the app to send you reminders.

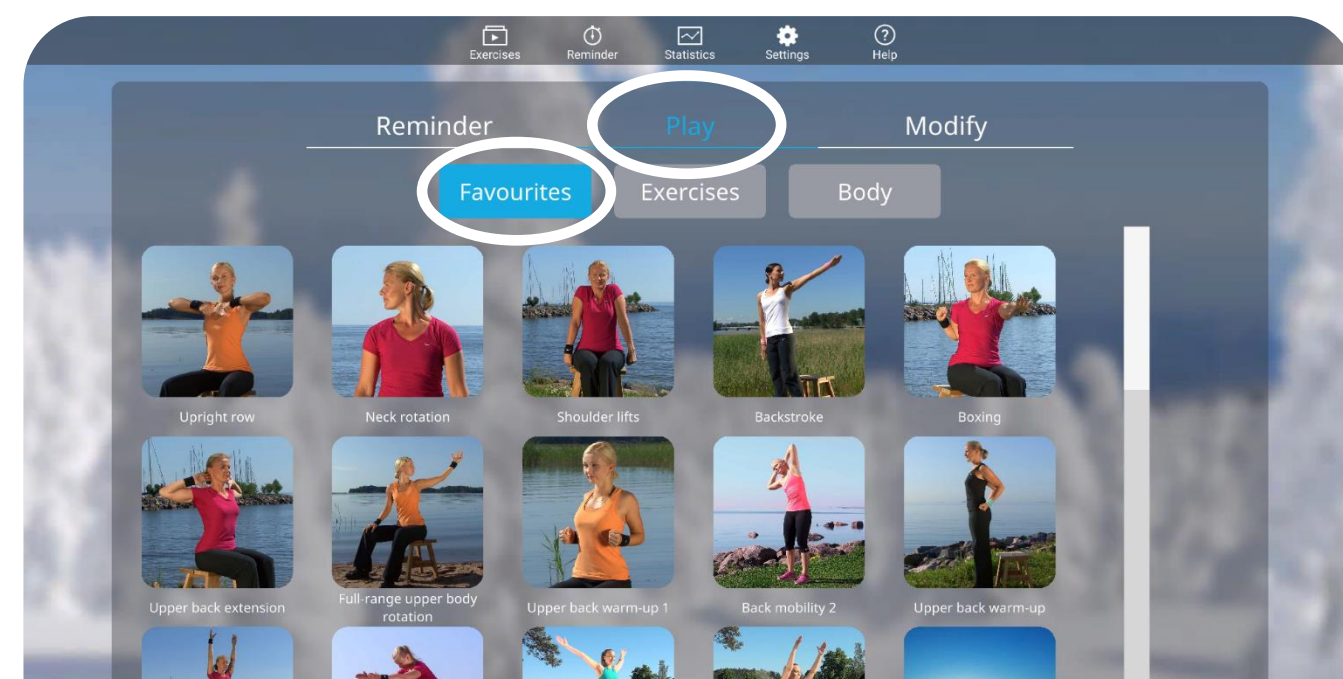


In the CHOOSE LANGUAGE section, you can choose or change the language.

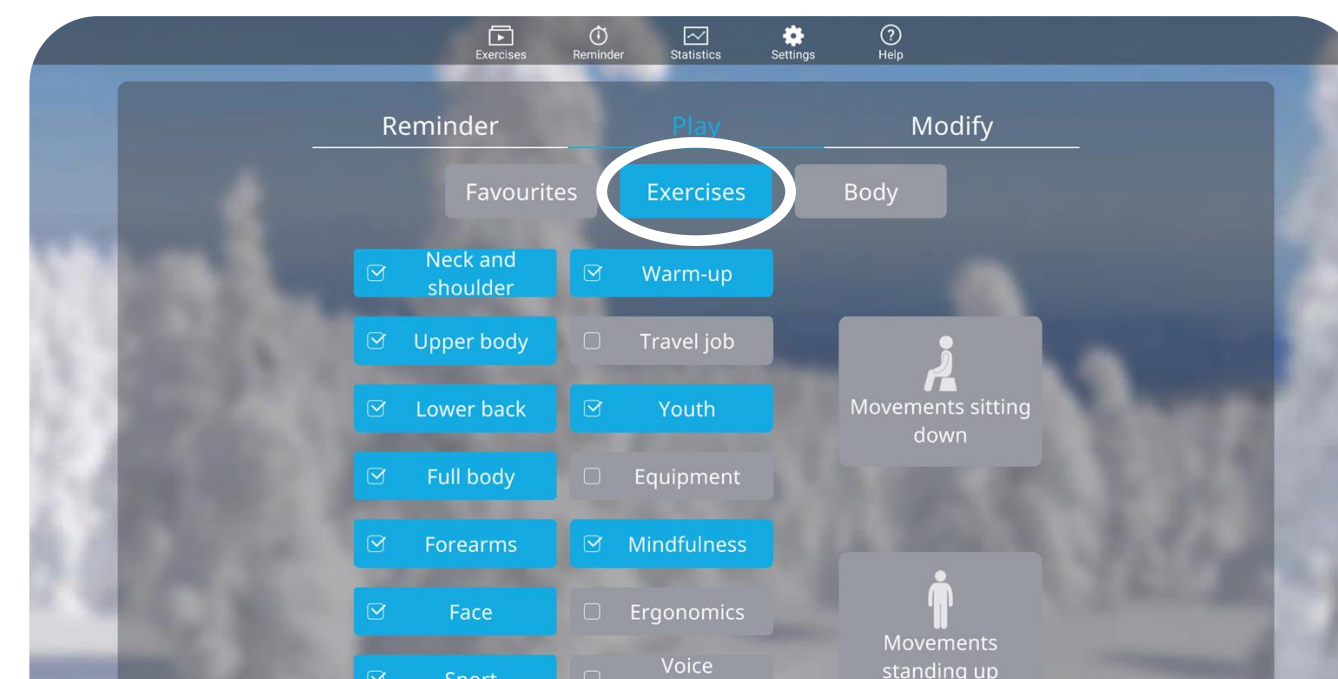


In the MODIFY section, you can change the settings related to the use of the application.

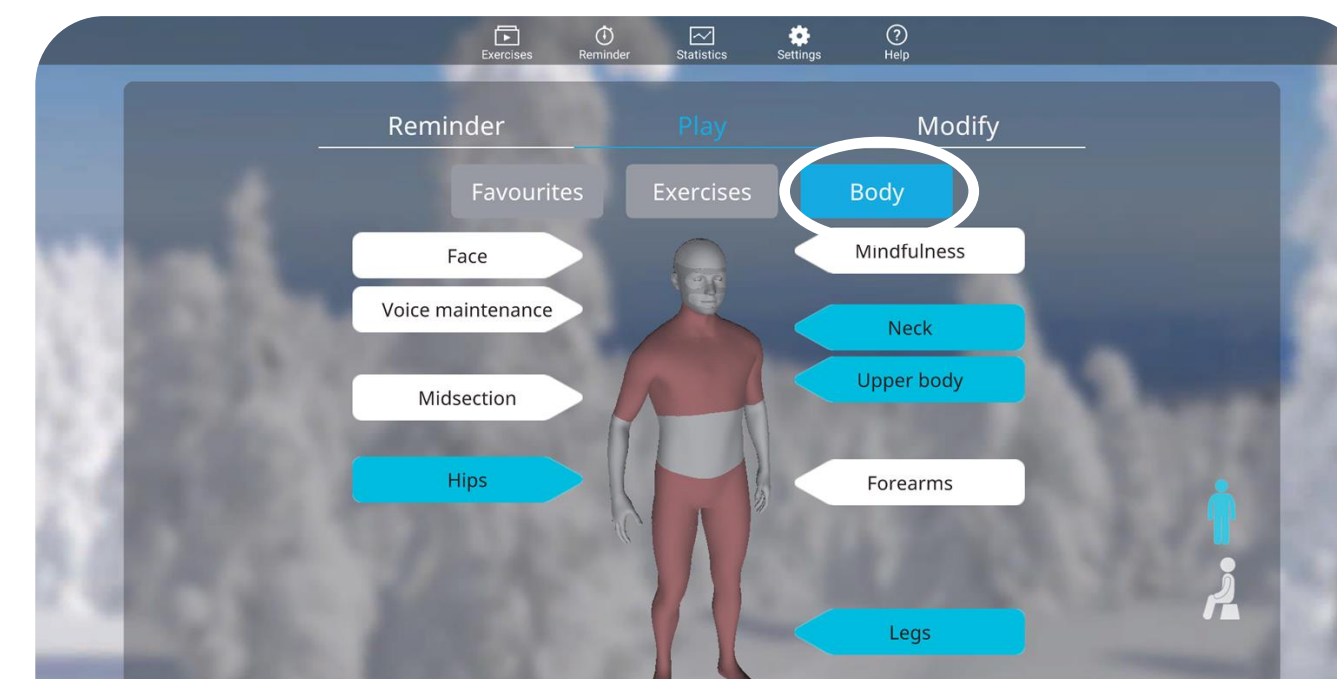
VIDEO SELECTION: In the PLAY section, you can choose which videos are suggested to you when you get a reminder.



By selecting FAVOURITES, you will be shown videos from your FAVOURITES folder.



By selecting EXERCISES, you will be shown videos of the exercises of your choice.



By selecting BODY, you will be shown videos of exercises targeting the body parts of your choice.