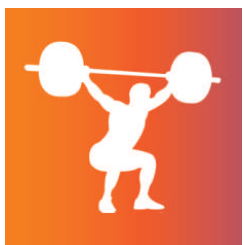




Get your Personal Training Services Digital with



YDL PERSONAL TRAINING APP

USER MANUAL



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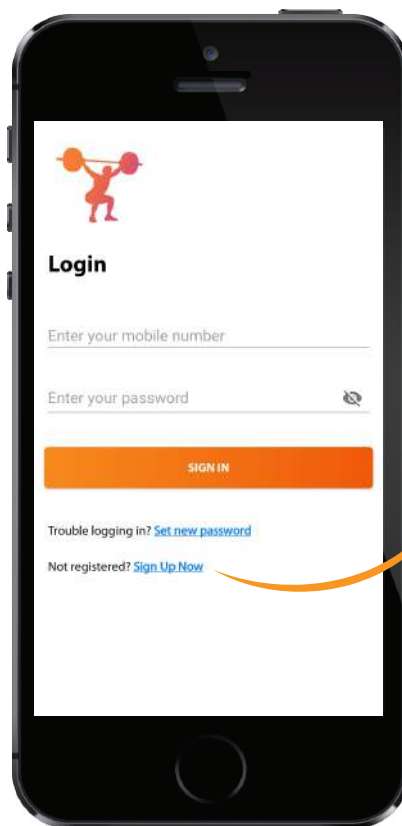


REGISTER ON YDL PERSONAL TRAINING APP

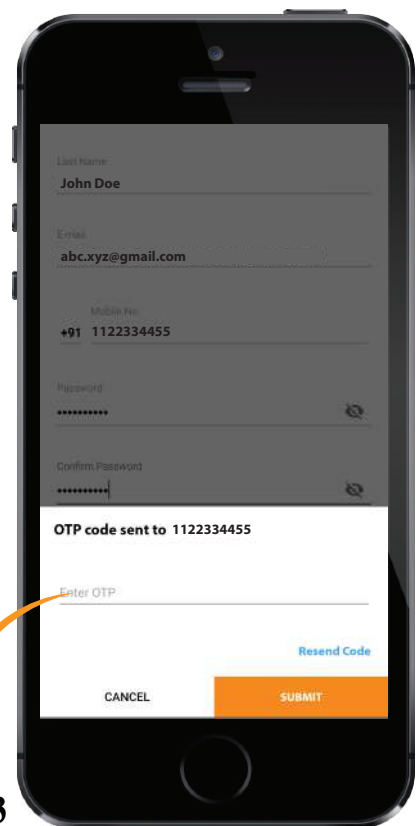
You can register on the Trainer's App easily by following the below steps :



Step 1



Step 2

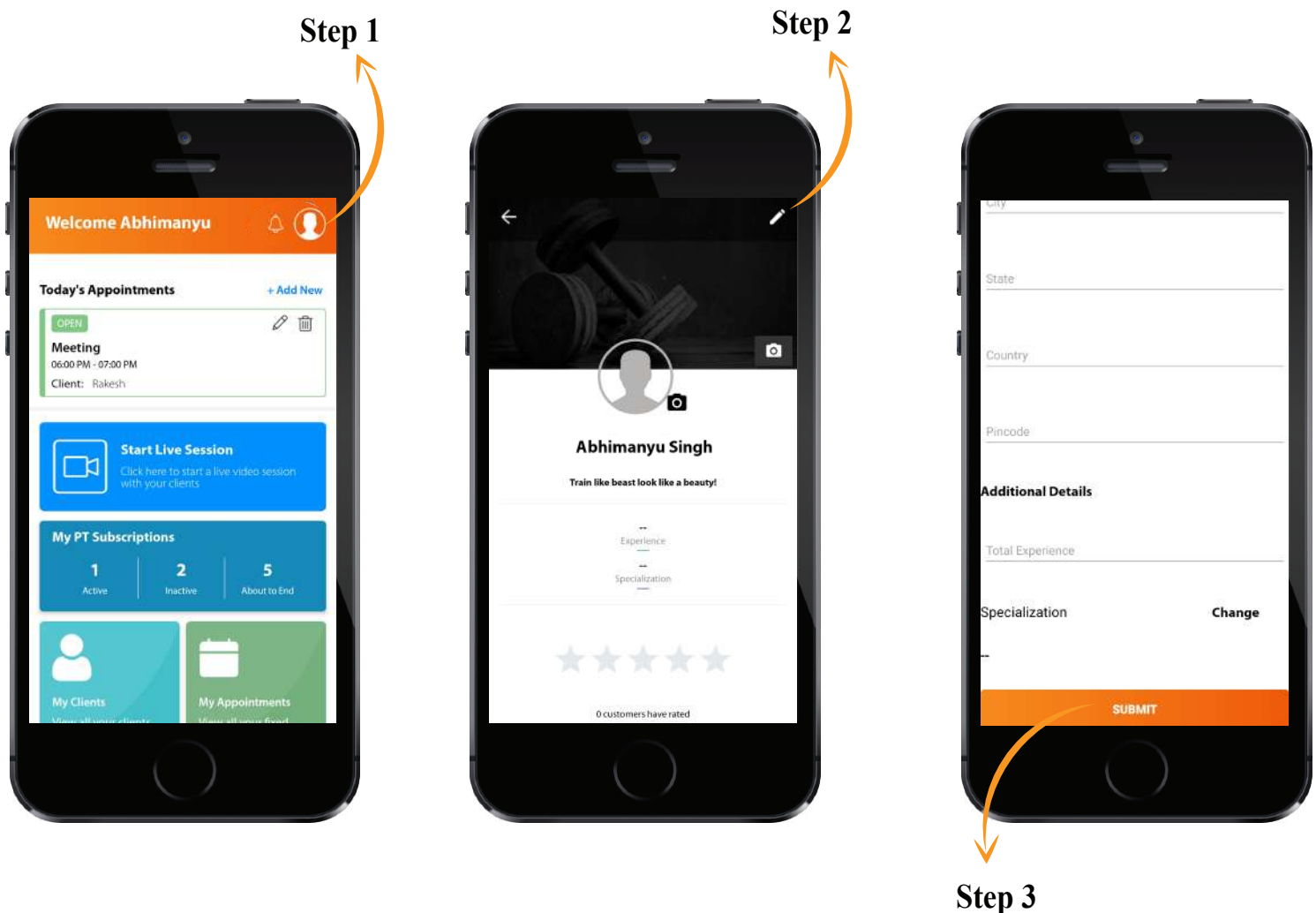


Step 3



CREATE TRAINER'S PROFILE

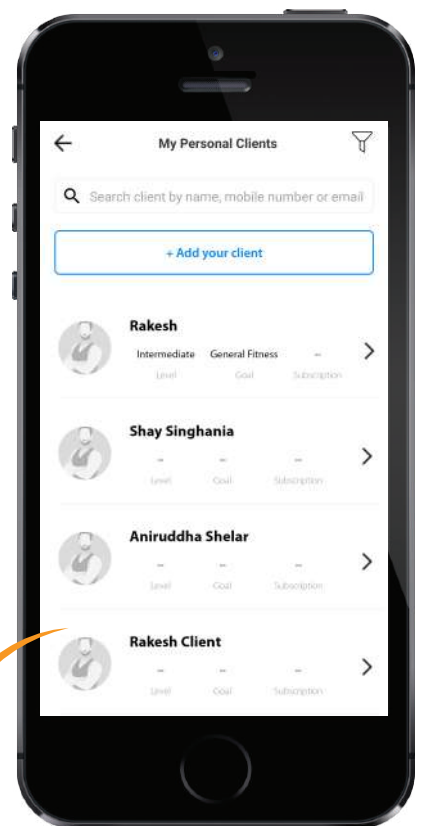
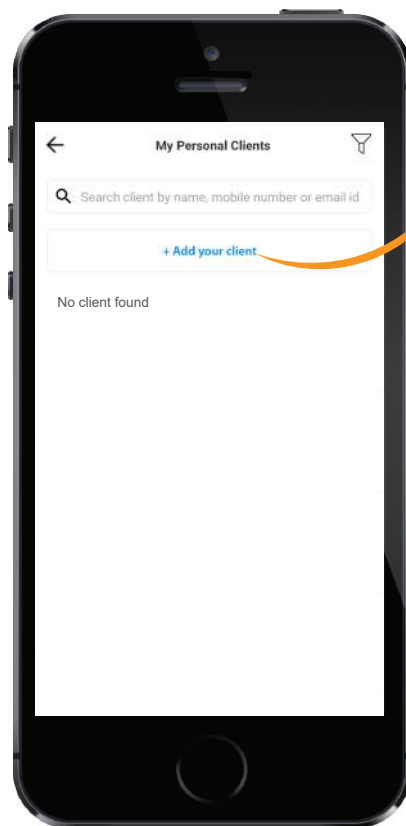
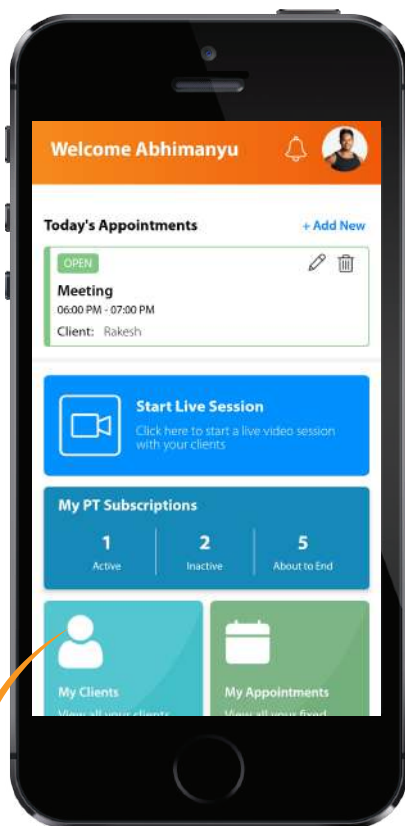
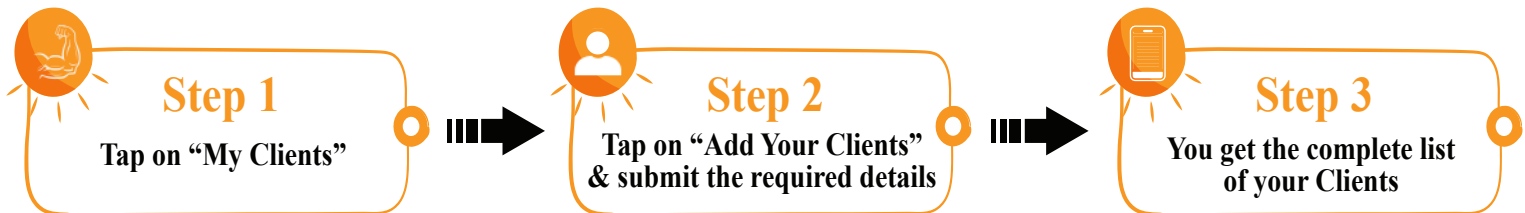
Create your profile to showcase your achievements :





CLIENT LIST

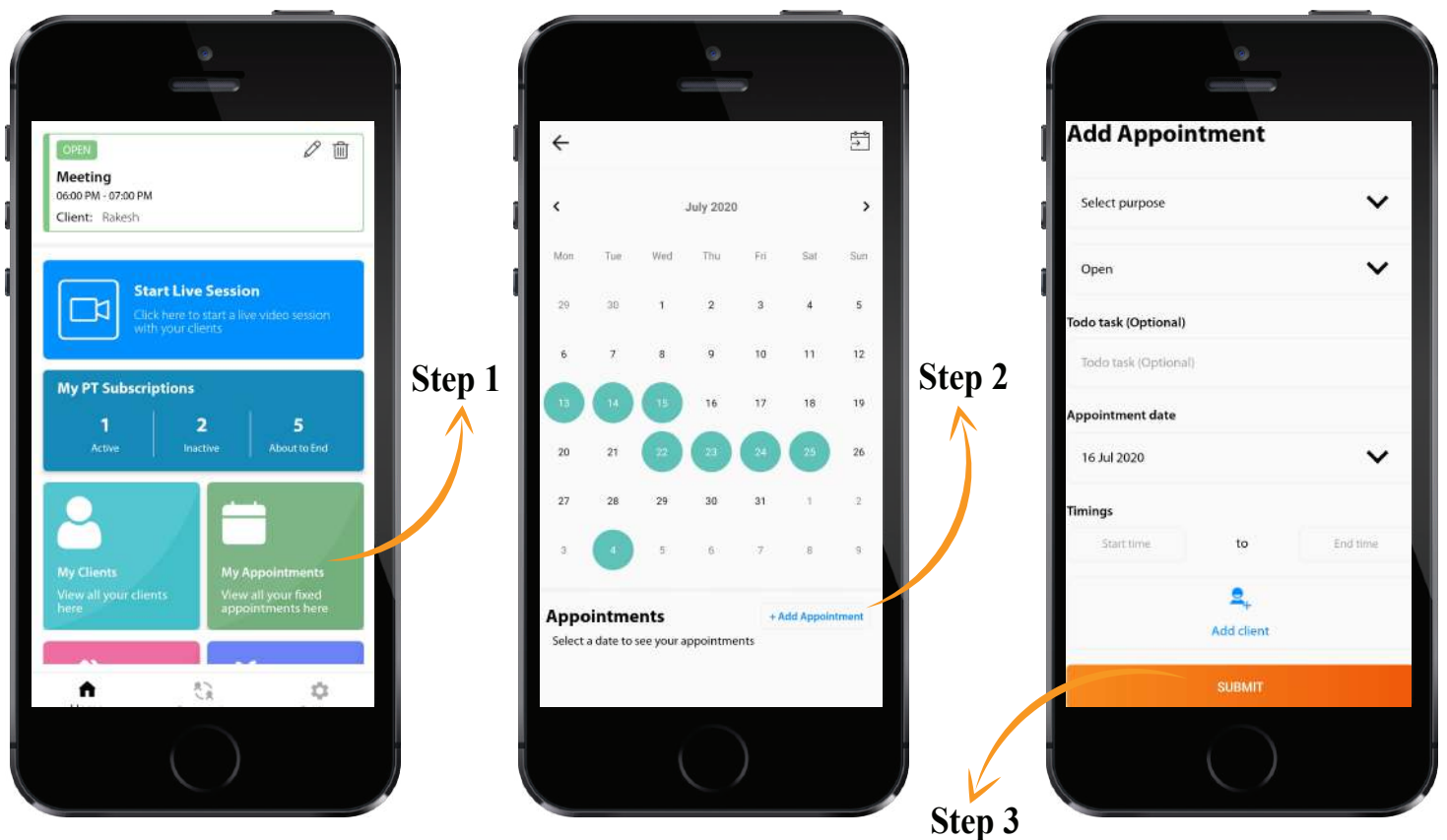
You can add unlimited number of clients. Below process shows how to add and view your clients :





ADD & VIEW APPOINTMENT

Schedule & manage your client's appointments :

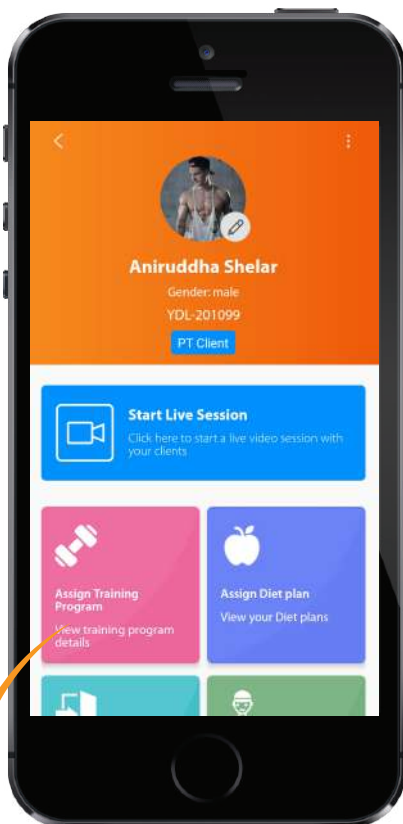
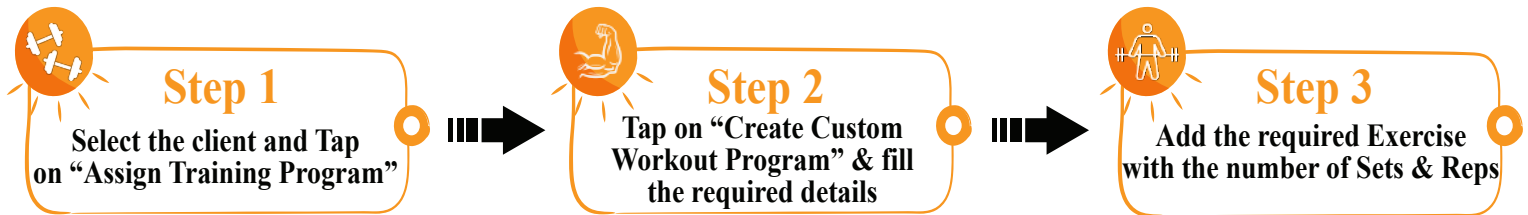


Tap on the Date in the calender to view your appointment details

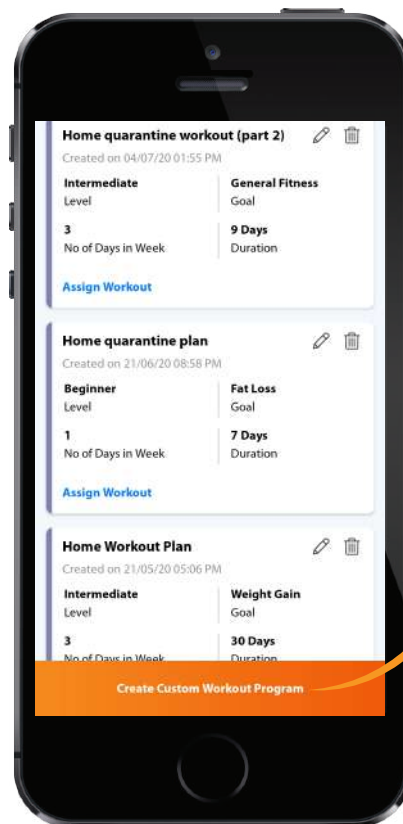


CUSTOMIZED WORKOUT PLAN

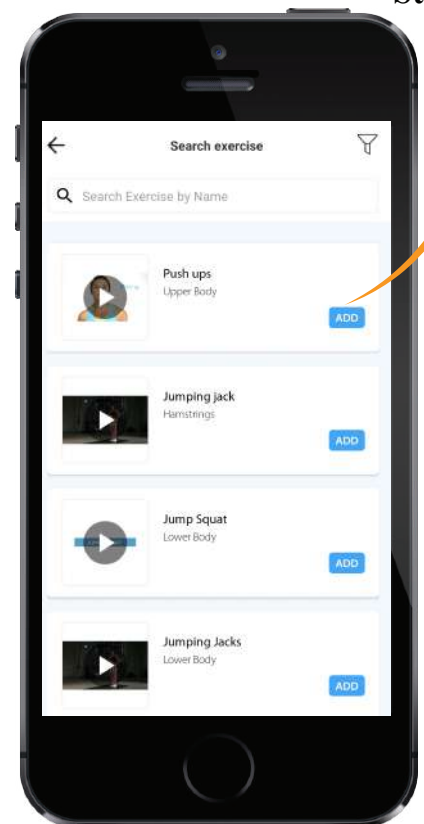
Create & assign personalized workout plan to your clients with the following steps :



Step 1



Step 2

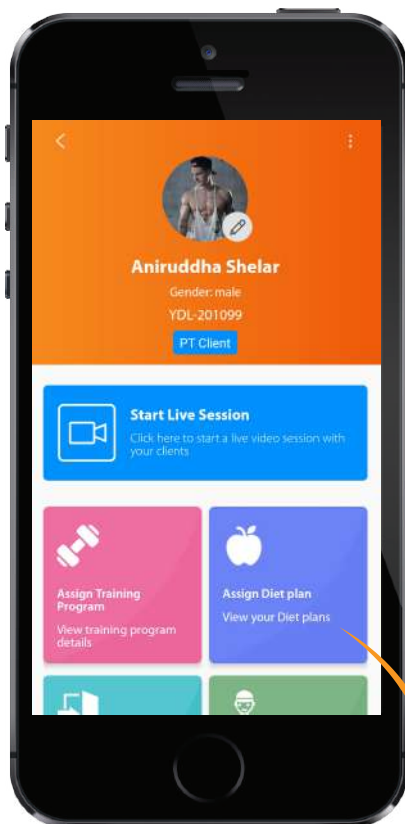


Step 3

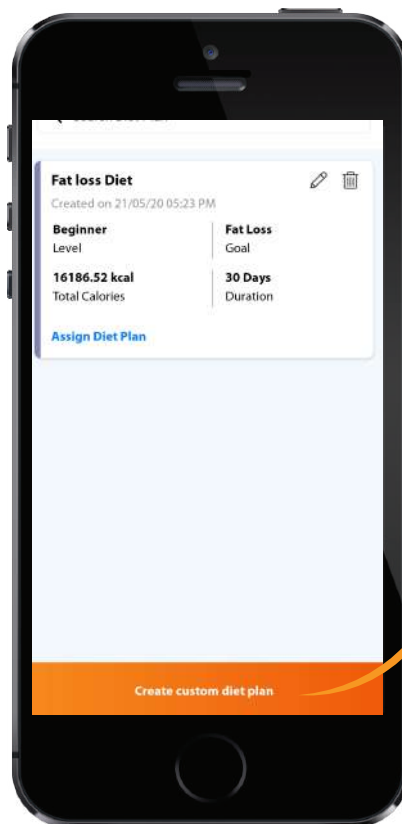


CUSTOMIZED DIET PLAN

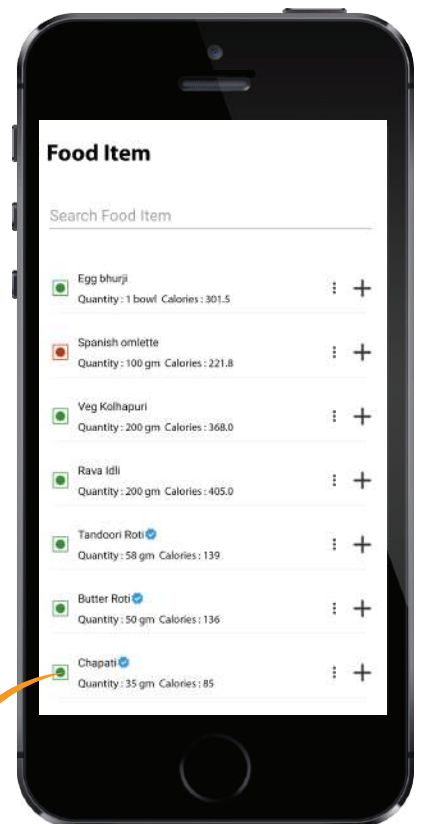
Create & assign personalized diet plan to your clients with the following steps :



Step 1



Step 2

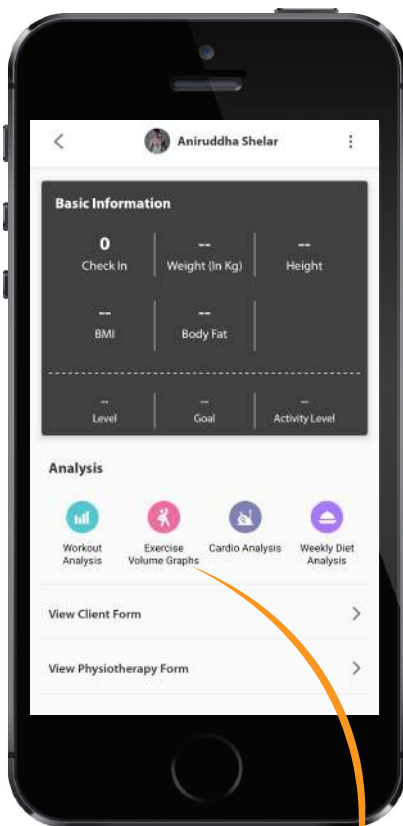
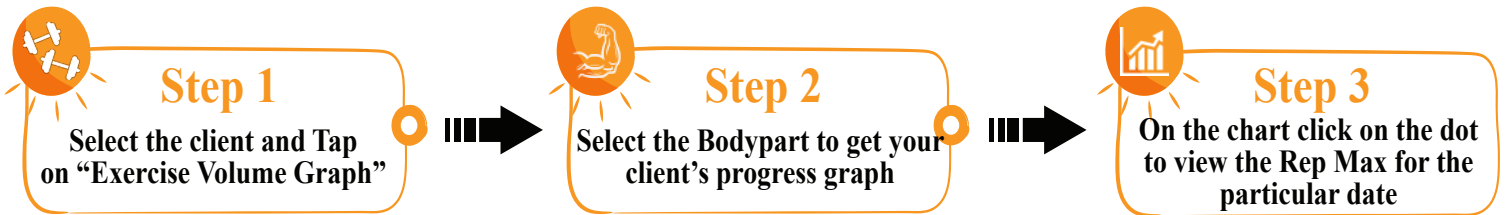


Step 3

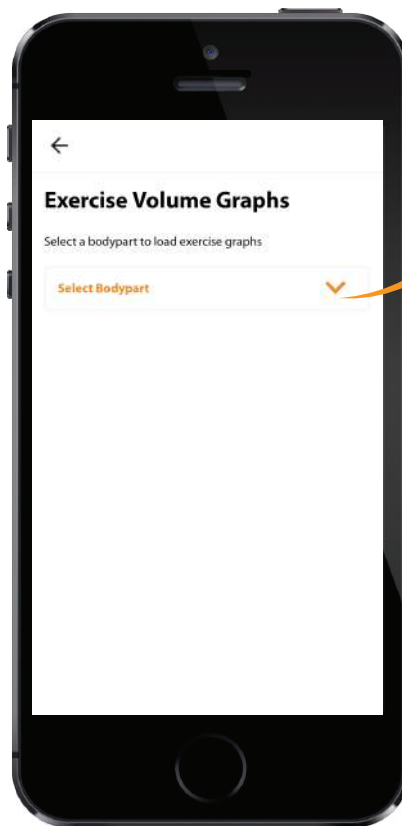


TRACK WORKOUT PROGRESS

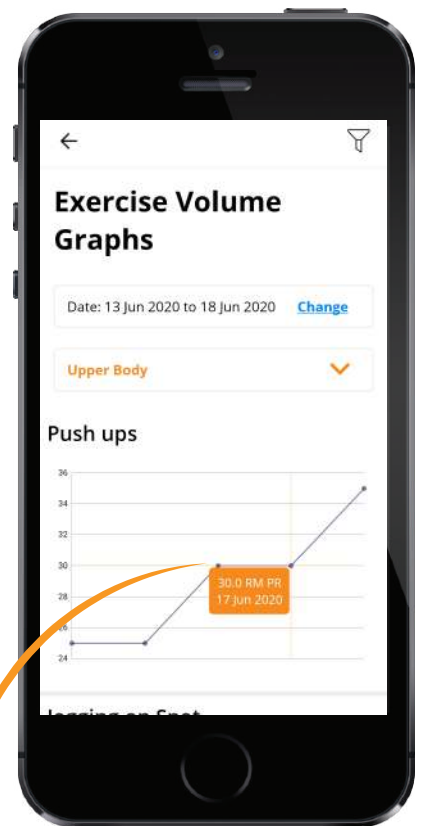
Track your client's daily workout progress with the following steps :



Step 1



Step 2

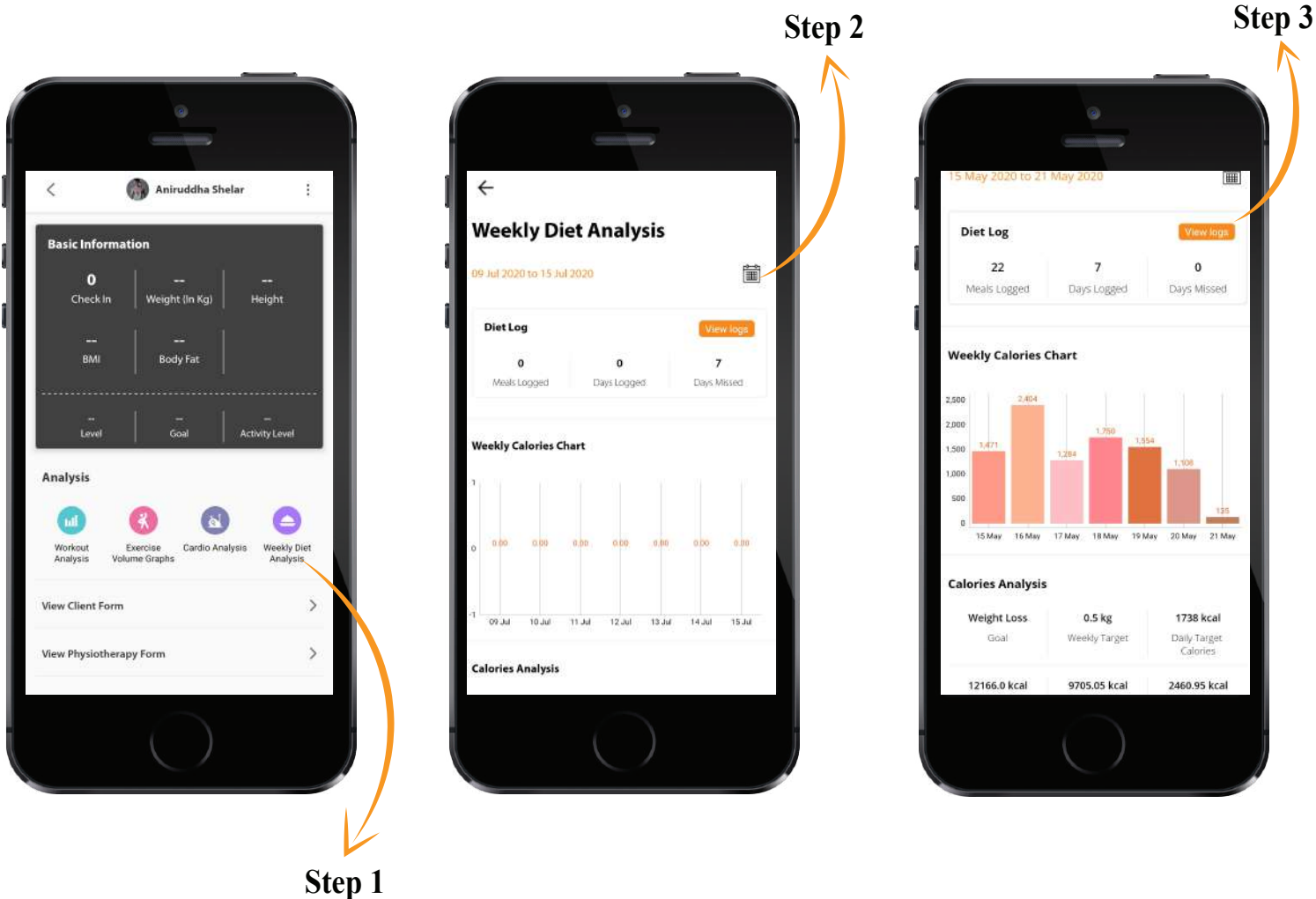


Step 3



WEEKLY DIET ANALYSIS

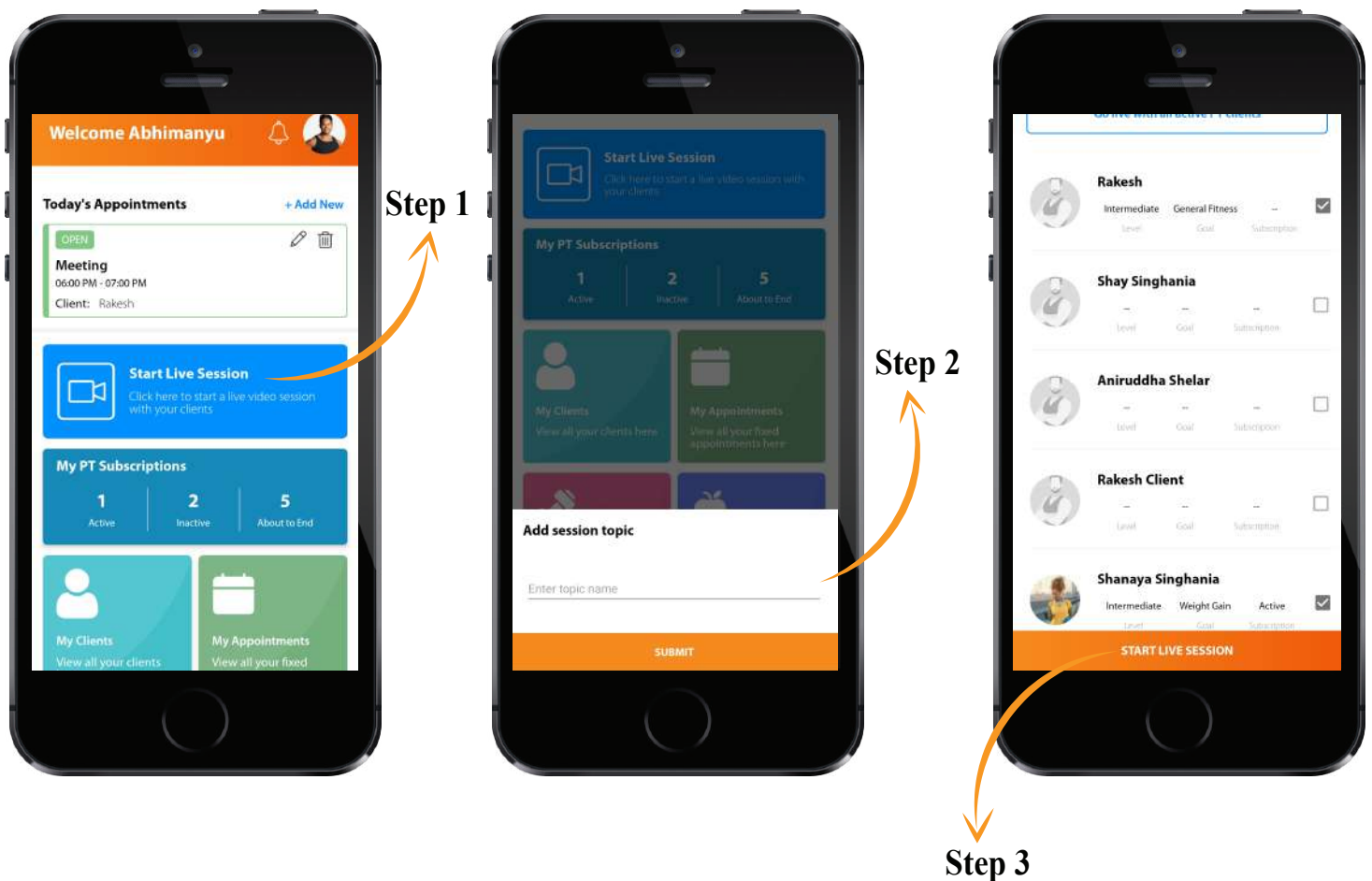
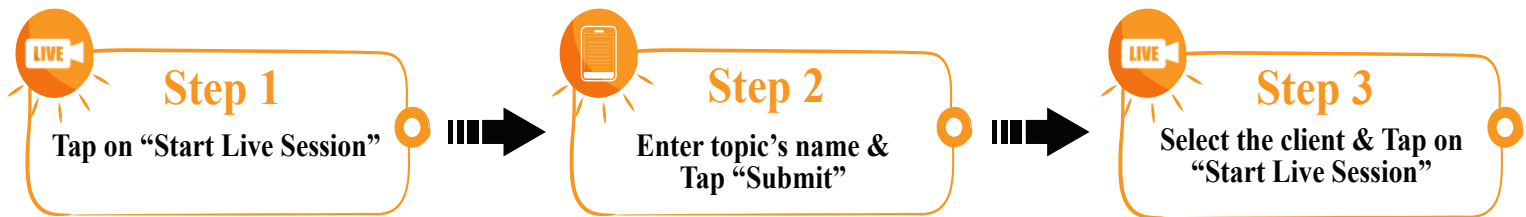
Track your client’s daily calorie intake with the following steps :





LIVE VIDEO SESSION

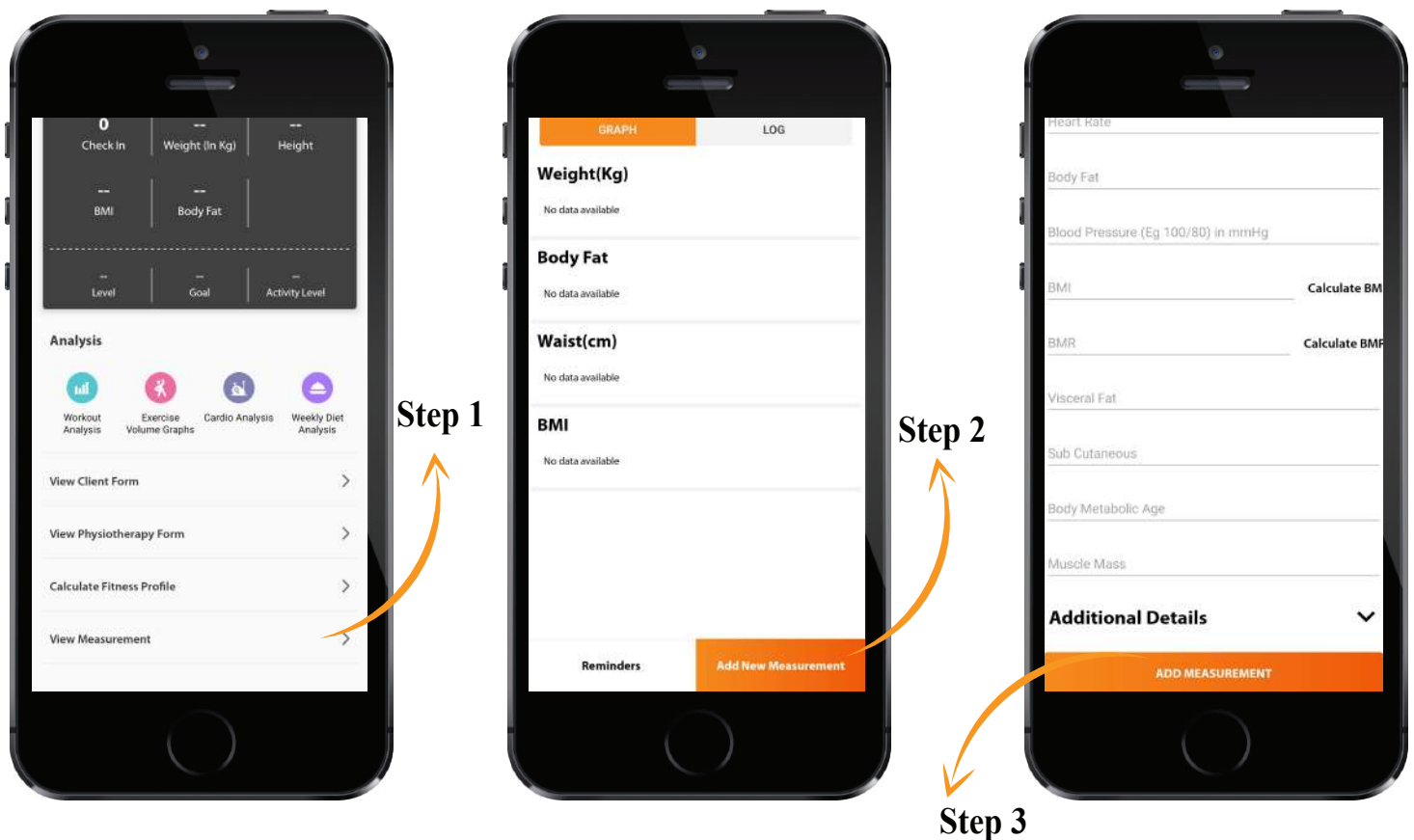
Take Live one on one/group session with in built video conferencing :





ADD & VIEW MEASUREMENT

Track or add your client's measurements & Set reminders :



Tap on "Log" to view previous measurements

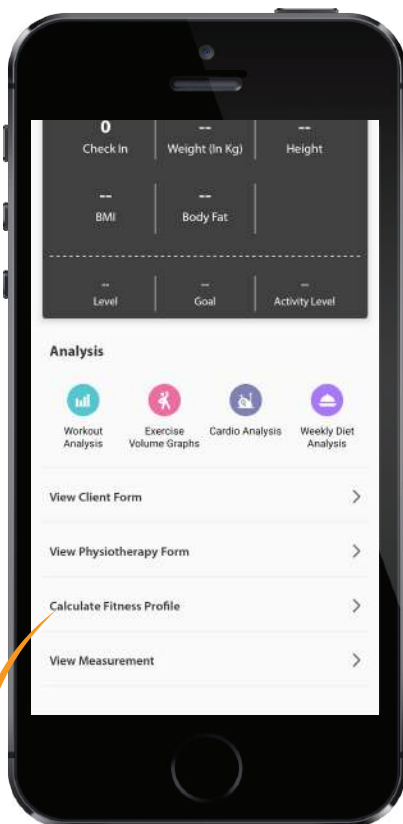


FITNESS TOOL

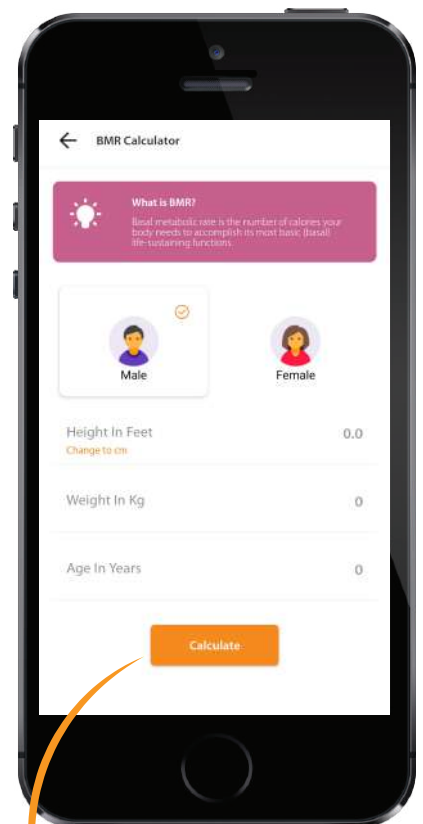
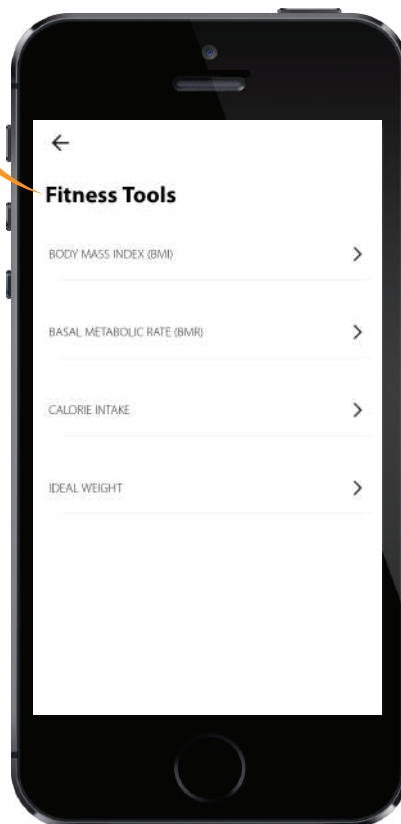
Monitor your client's fitness level with the in built Fitness Tool :



Step 2



Step 1

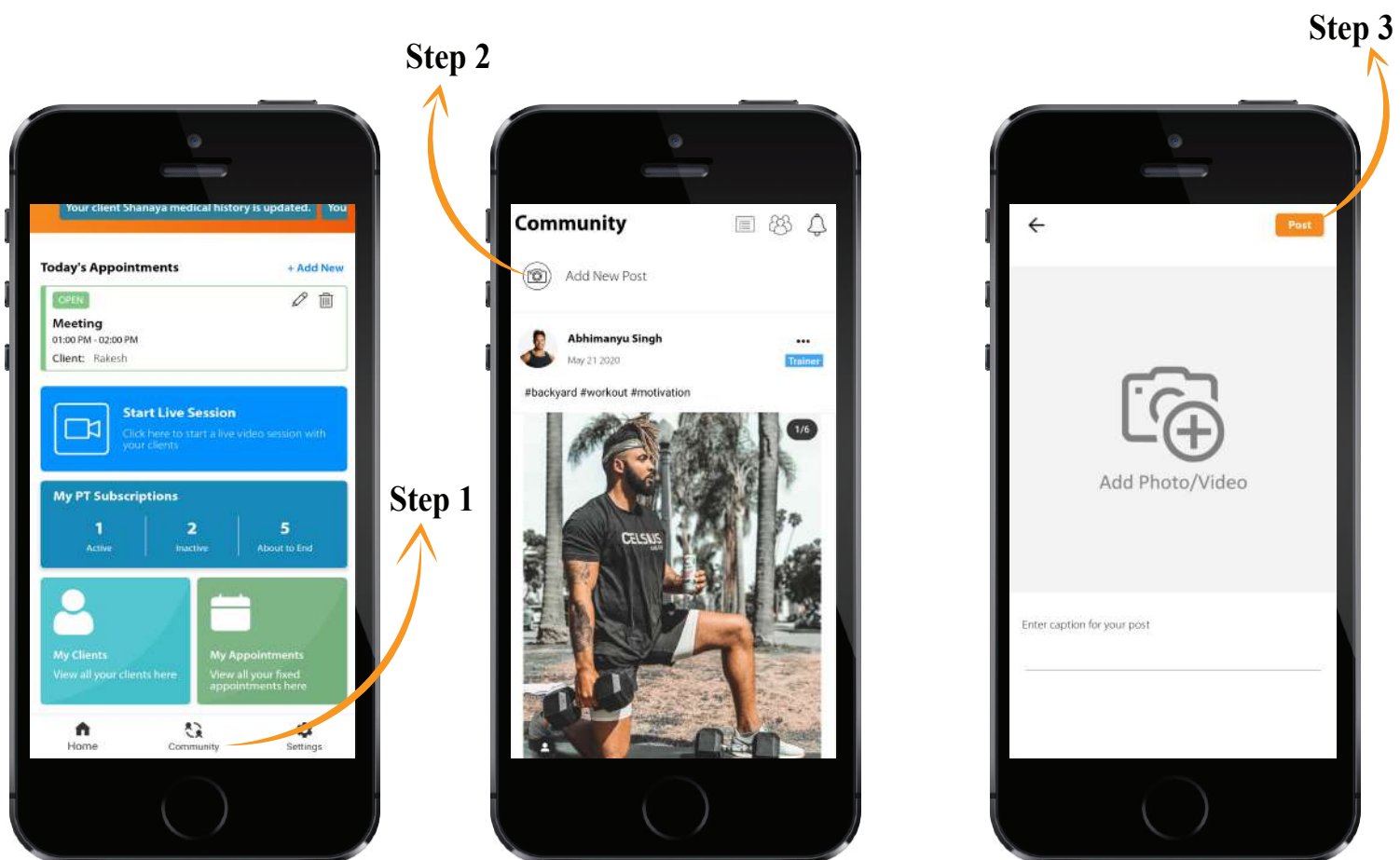


Step 3



ADD PHOTO/VIDEO IN COMMUNITY

Share photos & videos among your fitness community in three easy steps :



You can Follow others, Like & Comment on other's posts



YOUR DIGITAL LIFT



YDL Personal Training App



YDL Nutritionist App



YDL Yoga App

For Technical Support :

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✉ info@yourdigitallift.com



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Maharashtra - 400 086
India

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Go Digital with your trainer with



YOUR DIGITAL LIFT
CUSTOMER APP

USER MANUAL



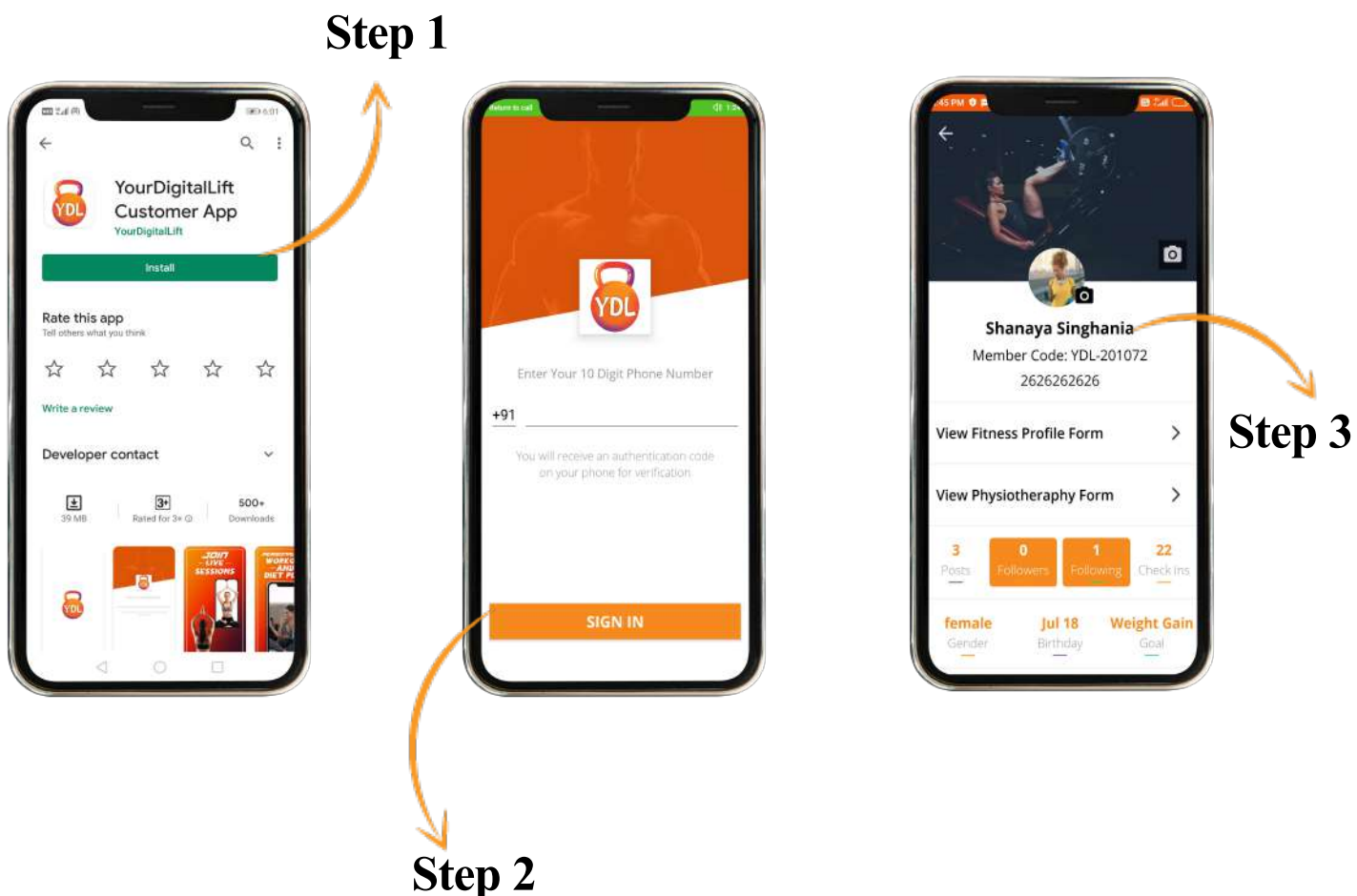
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| * View & Log Your Diet | 4 |
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| * Track Workout Progress | 6 |
| * Weekly Diet Analysis | 7 |
| * Add Photo/Video In Community | 8 |
| * Add & View Measurement | 9 |
| * Fitness Tool..... | 10 |



HOW TO DOWNLOAD & LOGIN

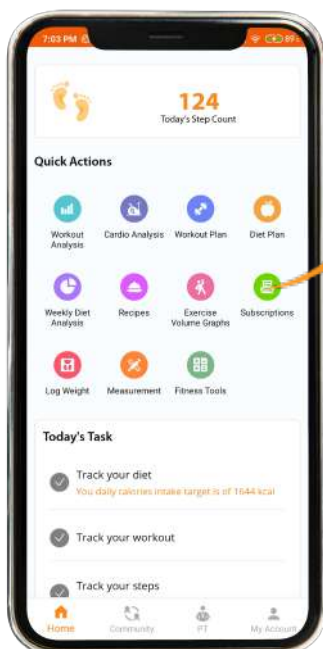
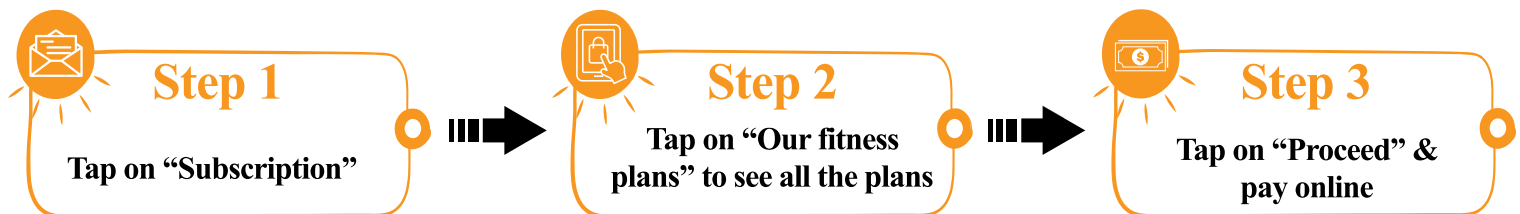
Download the App & Update your Profile :



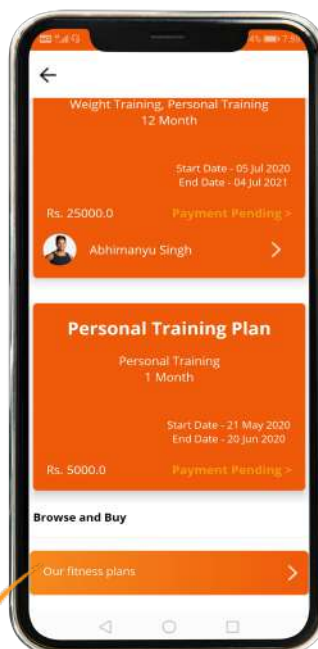


BUY A SUBSCRIPTION PLAN

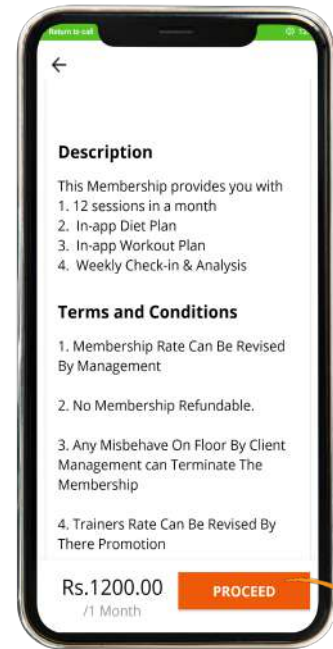
You can easily buy a subscription plan for your personal training :



Step 1



Step 2

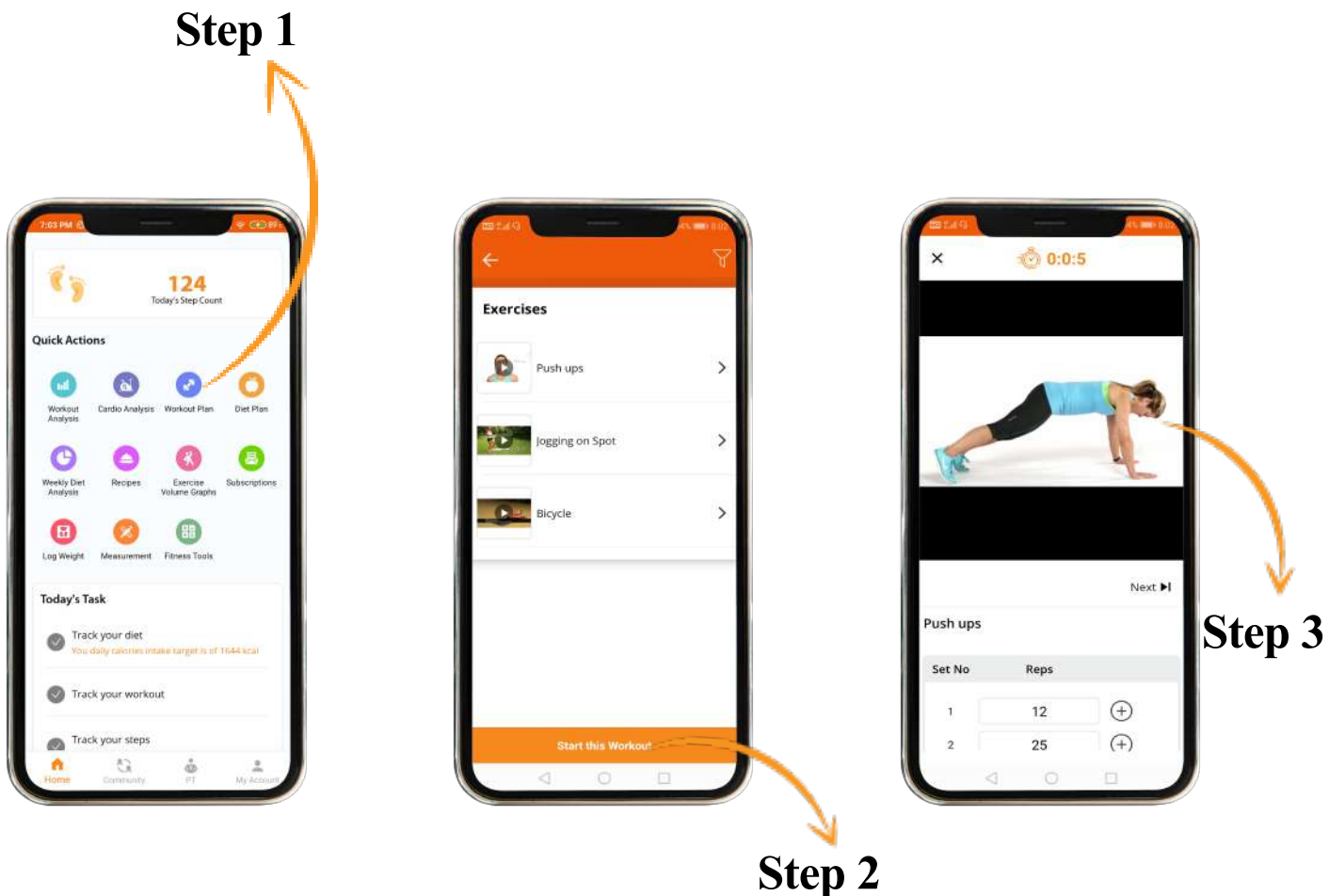


Step 3



VIEW & START A WORKOUT

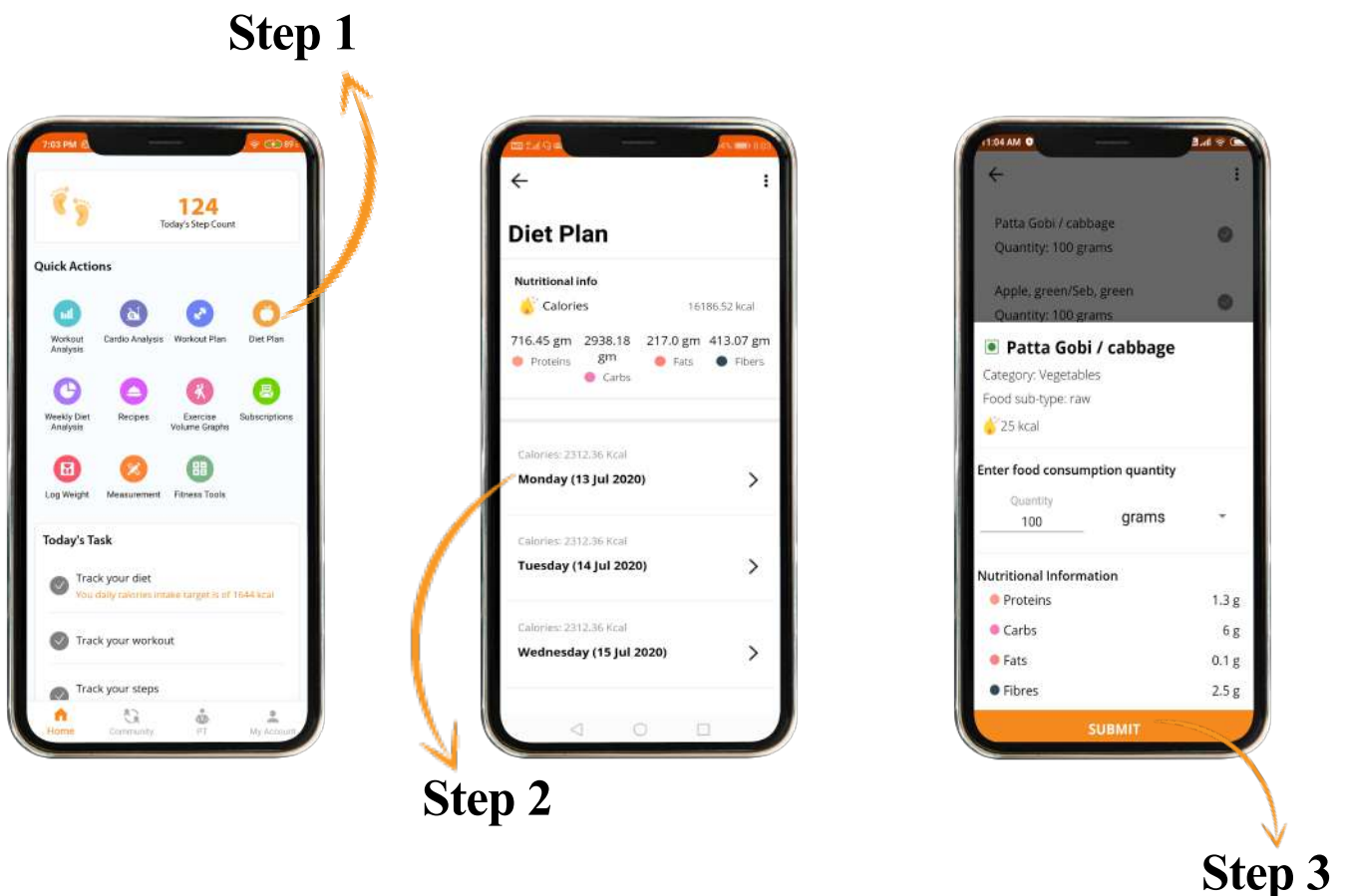
You can view & start a workout assigned by your trainer from your app :





VIEW & LOG YOUR DIET

Log your Diet & Track food intake with essential details on your app :



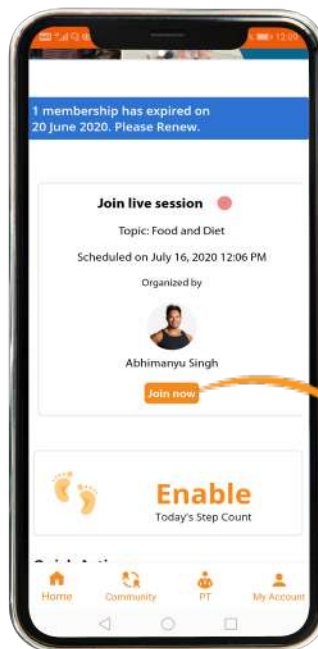
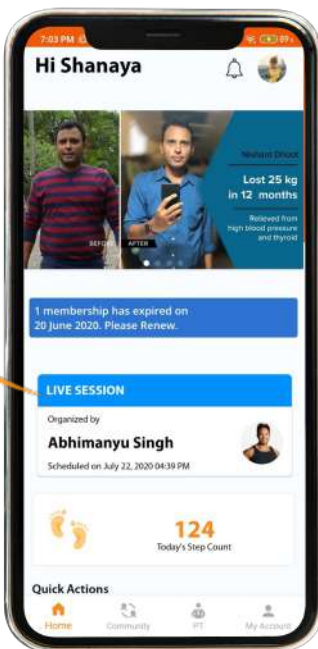


JOIN LIVE TRAINING SESSION

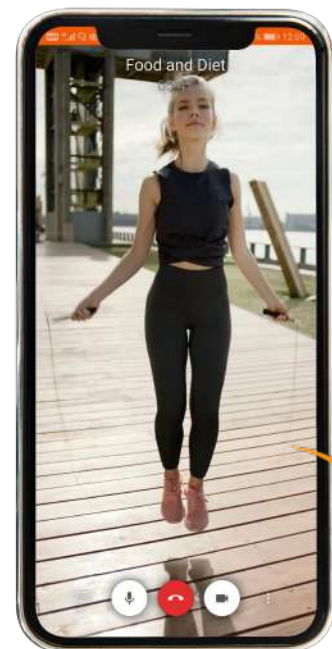
Get Live with your trainer with one on one/group workout session with in built video calling feature :



Step 1



Step 2

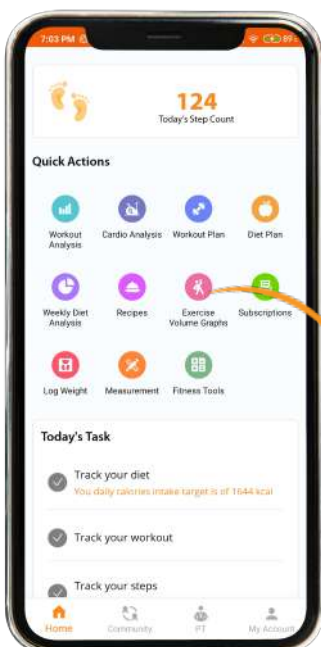
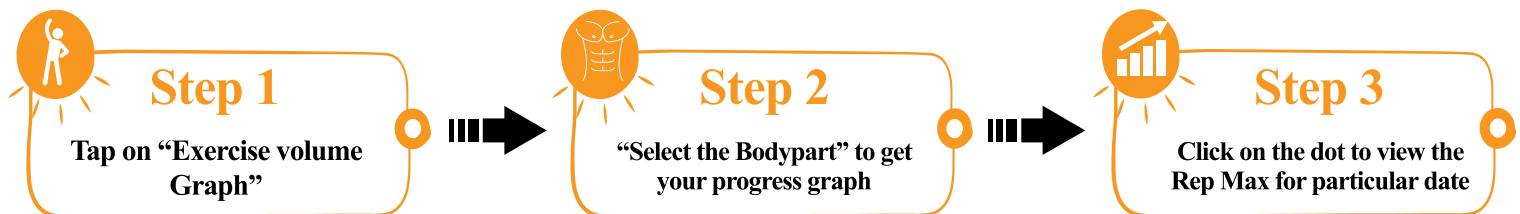


Step 3

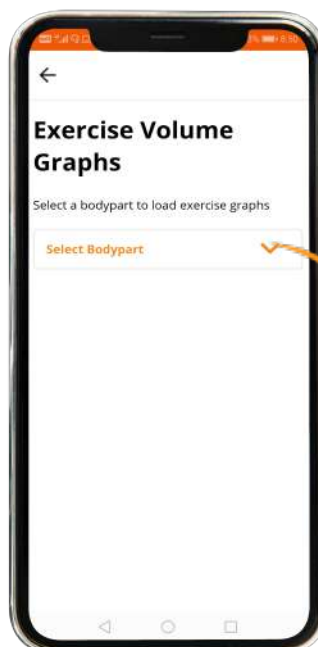


TRACK WORKOUT PROGRESS

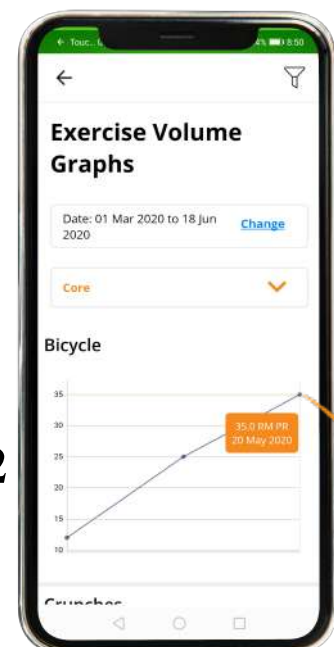
Track your workout progress with the following steps :



Step 1



Step 2

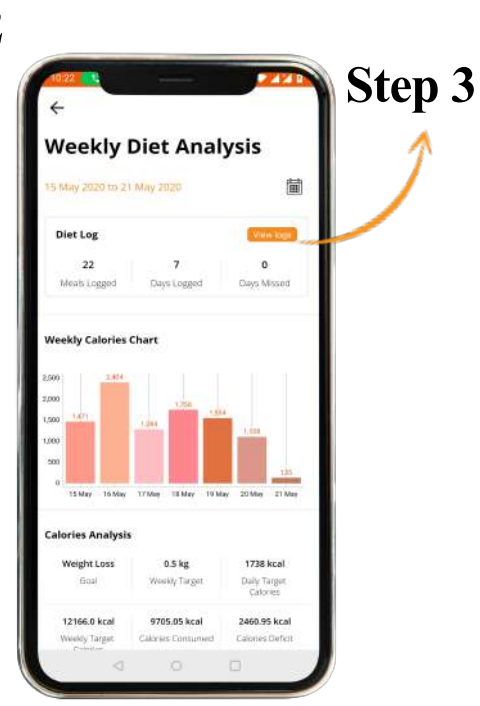
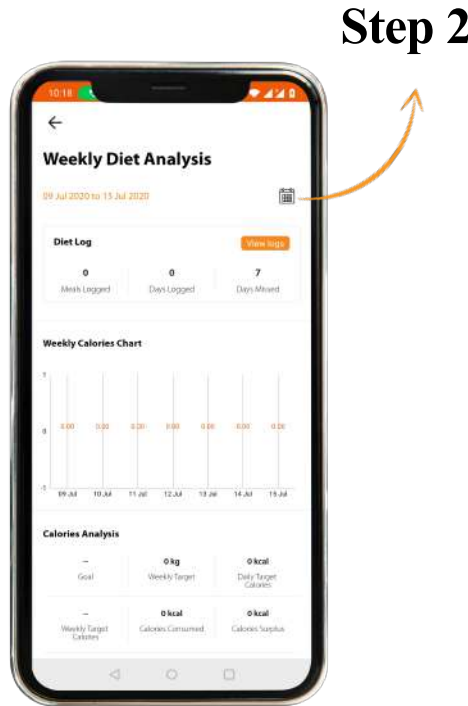
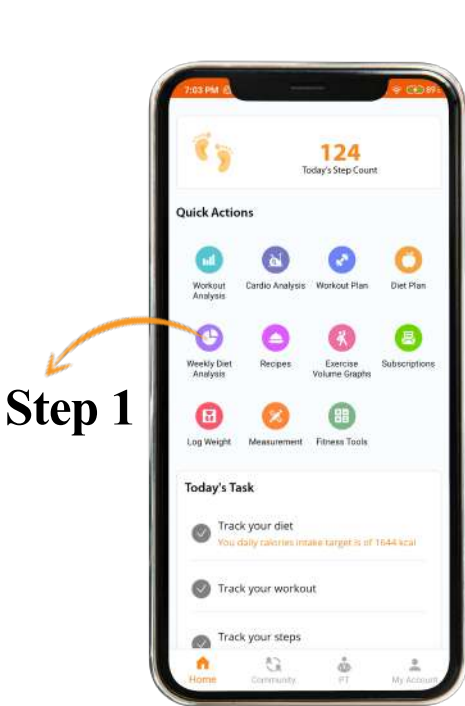
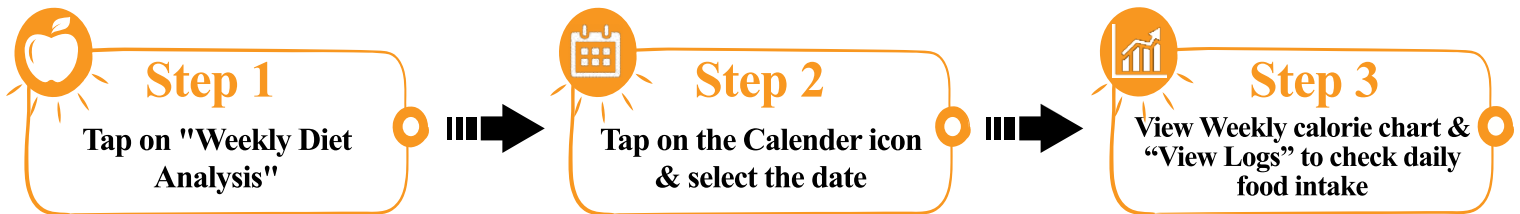


Step 3



WEEKLY DIET ANALYSIS

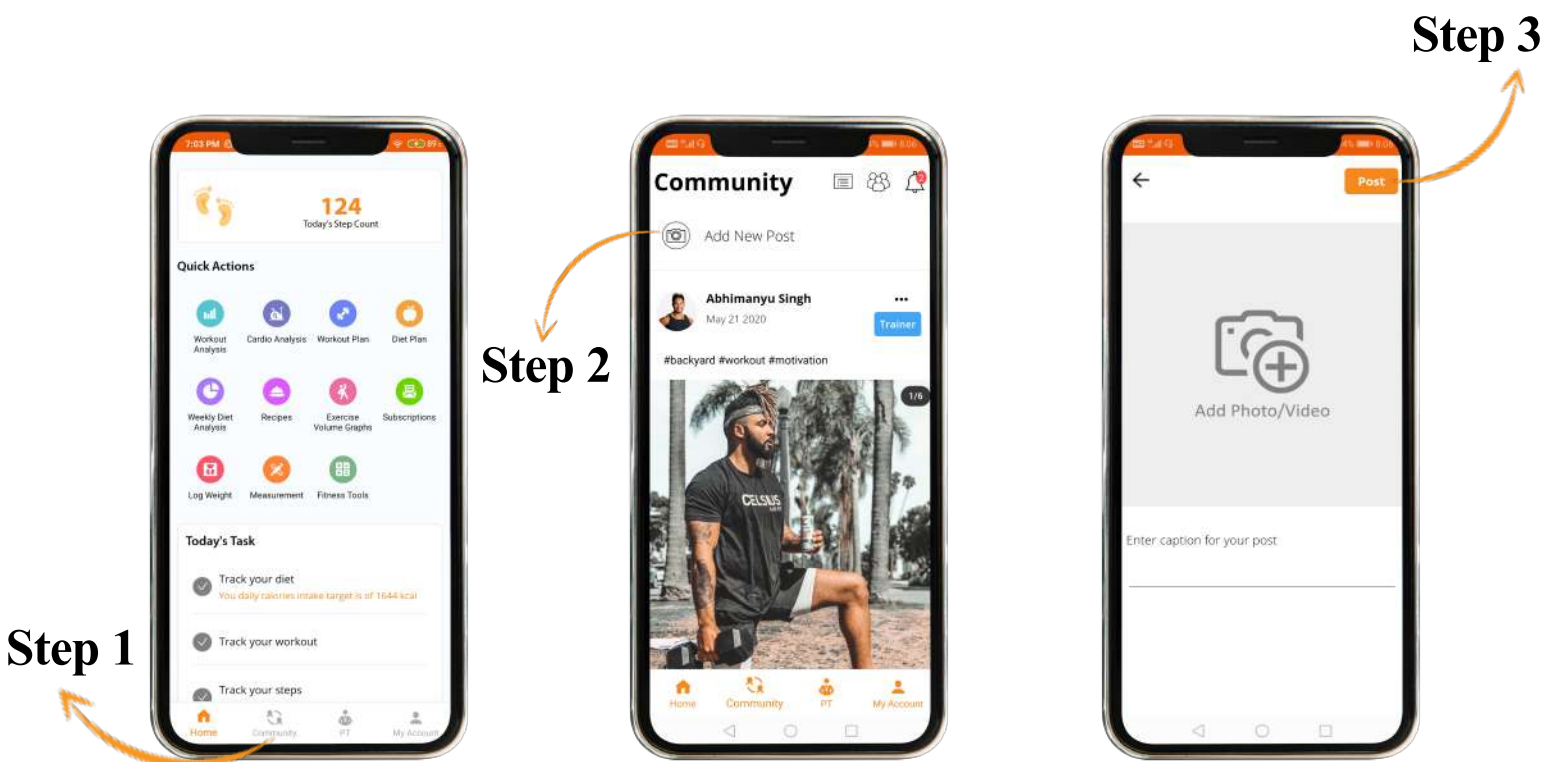
Track your daily calorie intake with the following steps :





ADD PHOTO/VIDEO IN COMMUNITY

Share photos & videos among your fitness community in three easy steps :

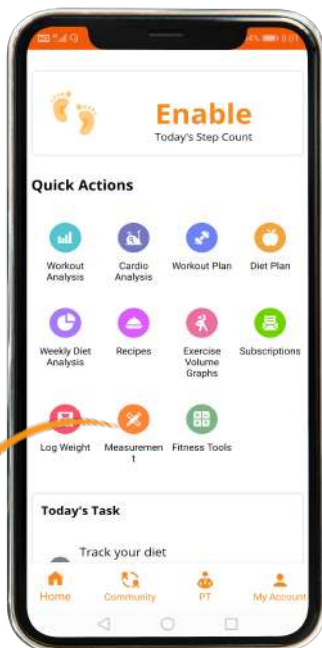


You can Follow others, Like & Comment on other's posts

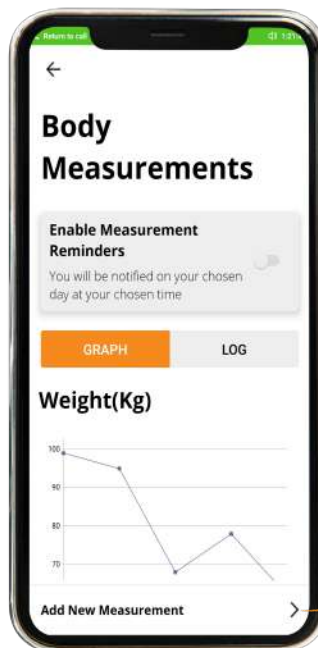


ADD & VIEW MEASUREMENT

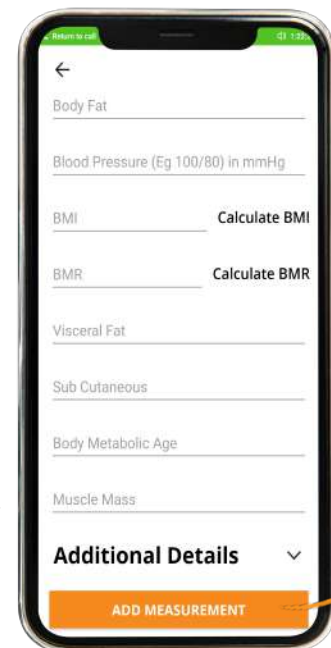
Track or add your measurements & Set reminders :



Step 1



Step 2



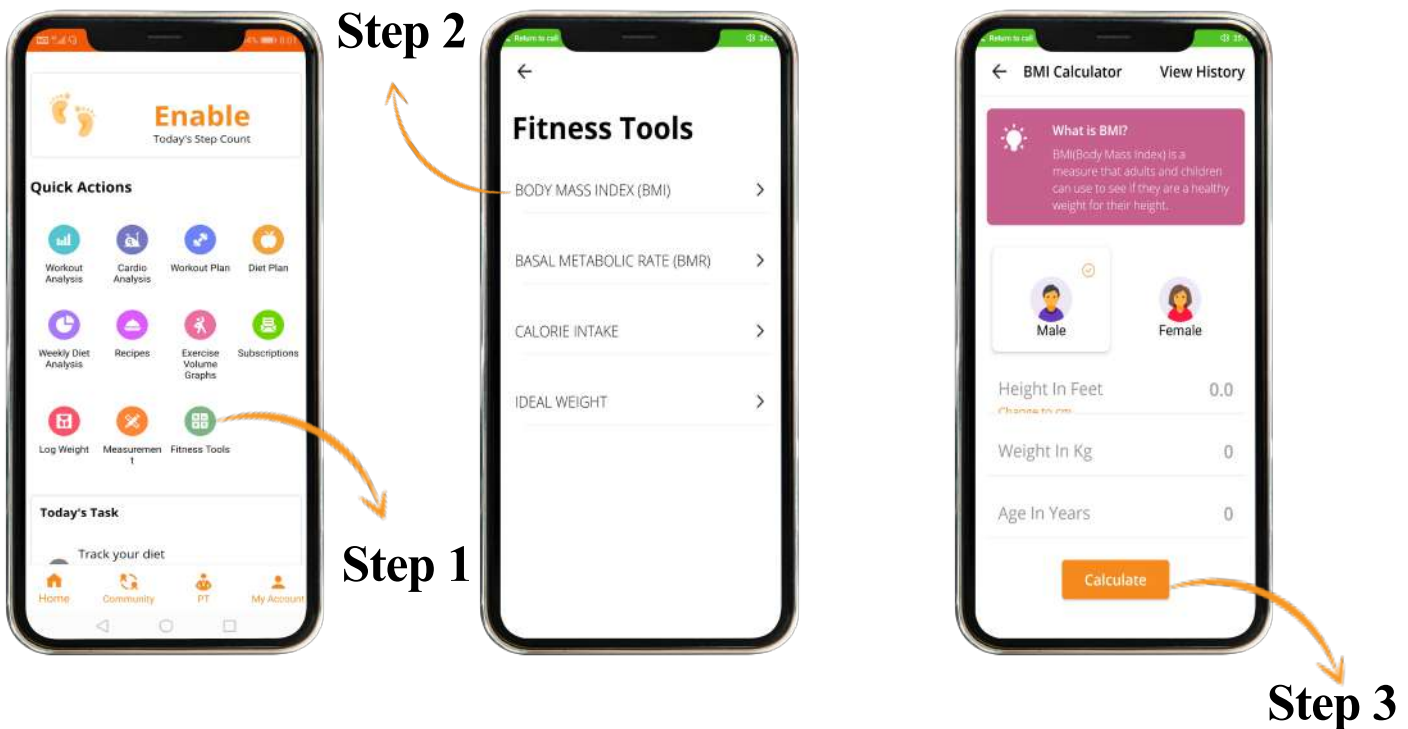
Step 3

Tap on "Log" to view previous measurements



FITNESS TOOL

Monitor your fitness level with the in built Fitness Tool :





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