

# HOW TO JOIN A CLUB CHALLENGE

Compete in club challenges powered by your fitness activity!

## Using the Club Mobile App:

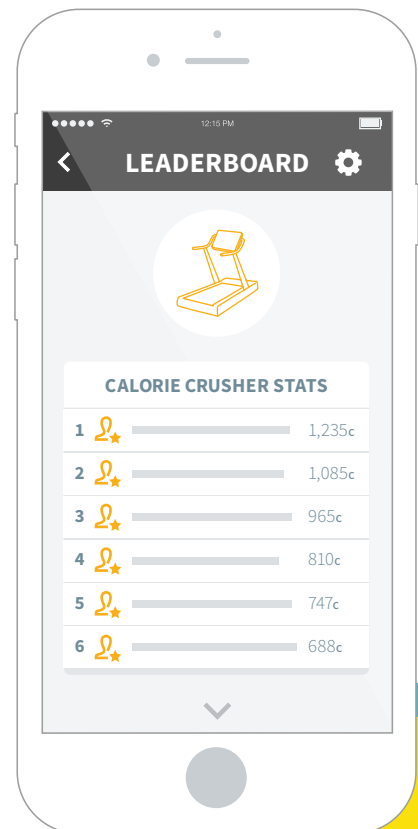
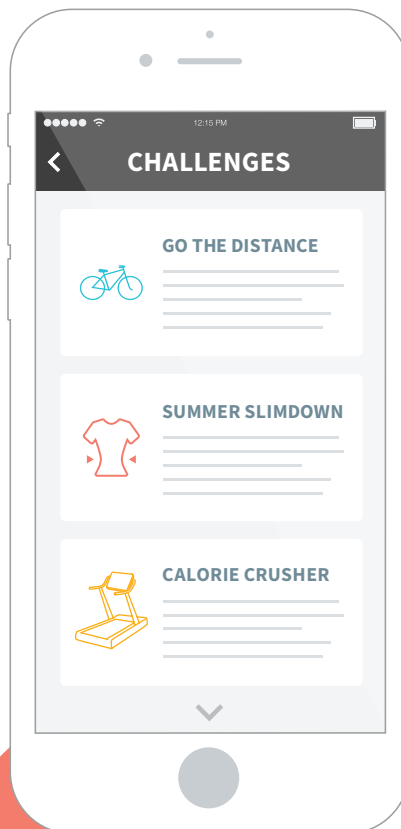
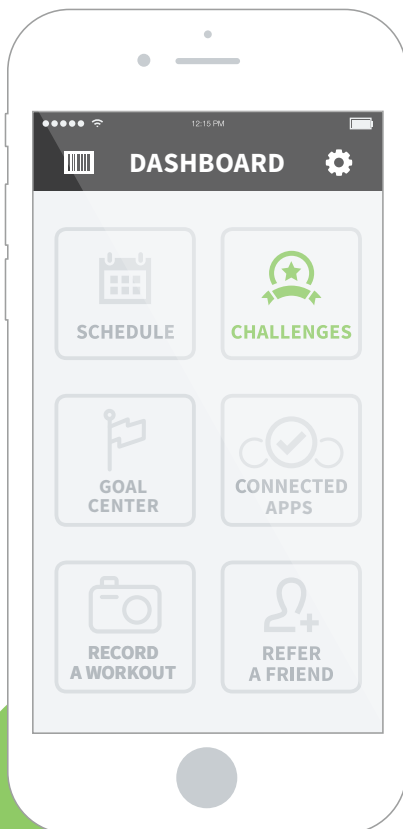
- Go to the Challenges tab
- Select a challenge
- Click **“Join Now”**

## Track all of Your Workouts with:

- xID-compatible cardio
- Mobile app xCapture
- 3rd party tracking apps

## Keep an Eye on the Leaderboard:

- Monitor your progress
- Earn bragging rights and win prizes!



# HOW TO CREATE A PERSONALIZED GOAL

It's easy  
to monitor your progress  
within the app!

Set a goal, monitor your progress,  
and achieve results!

## Create a Personalized Goal Based on:

Number of Workouts

Distance

Calories Burned

Time

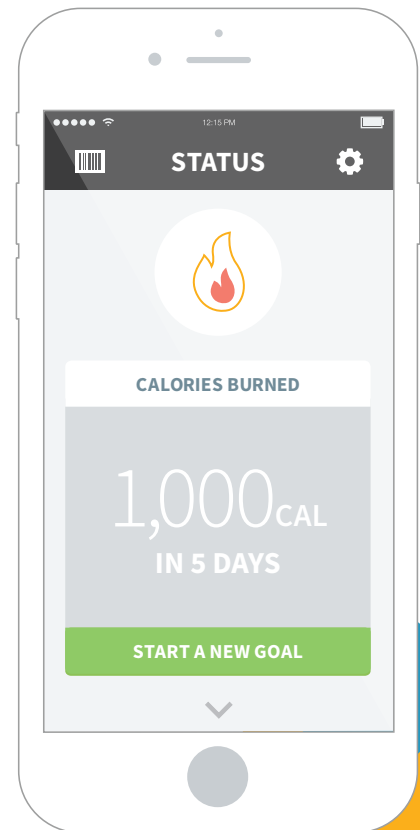
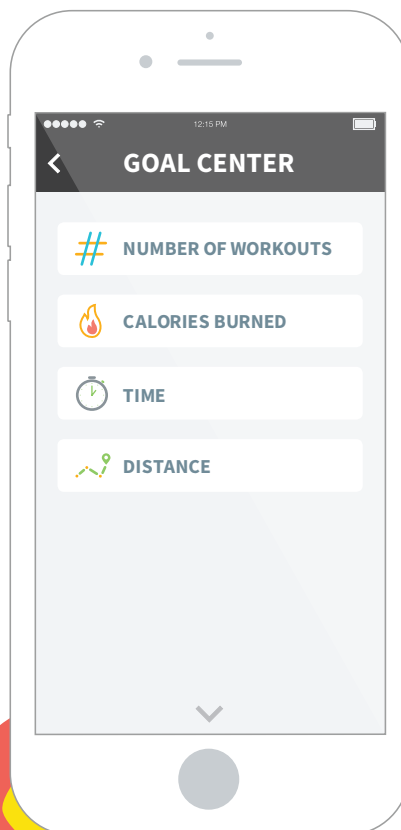
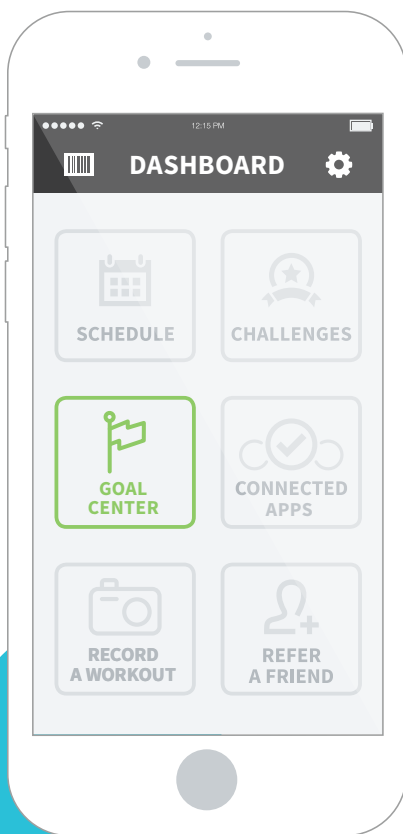
## Your Workouts are Tracked with:

Netpulse-connected  
Equipment

3rd Party Tracking  
Apps & Devices

Mobile xCapture

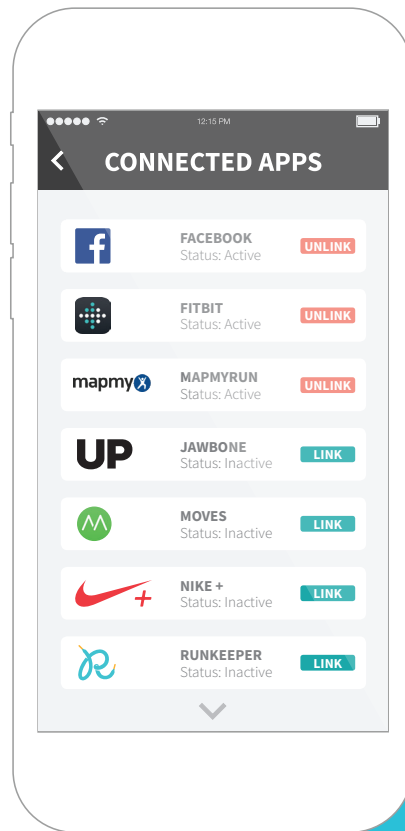
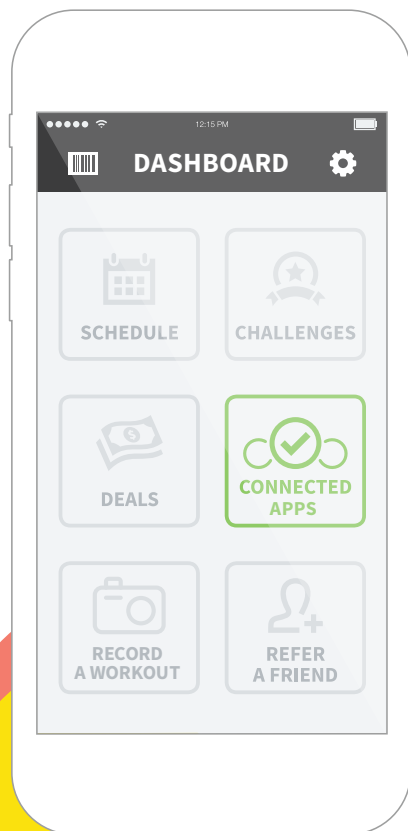
Manual Entry



# HOW TO LINK TO 3<sup>rd</sup> PARTY APPS

Now you can track all  
of your fitness activity in one place!

- Link to your favorite fitness apps through your club's mobile app.
- We've got you covered, whether you are biking outside or running on a treadmill... **all of your activity will be recorded in one place.**

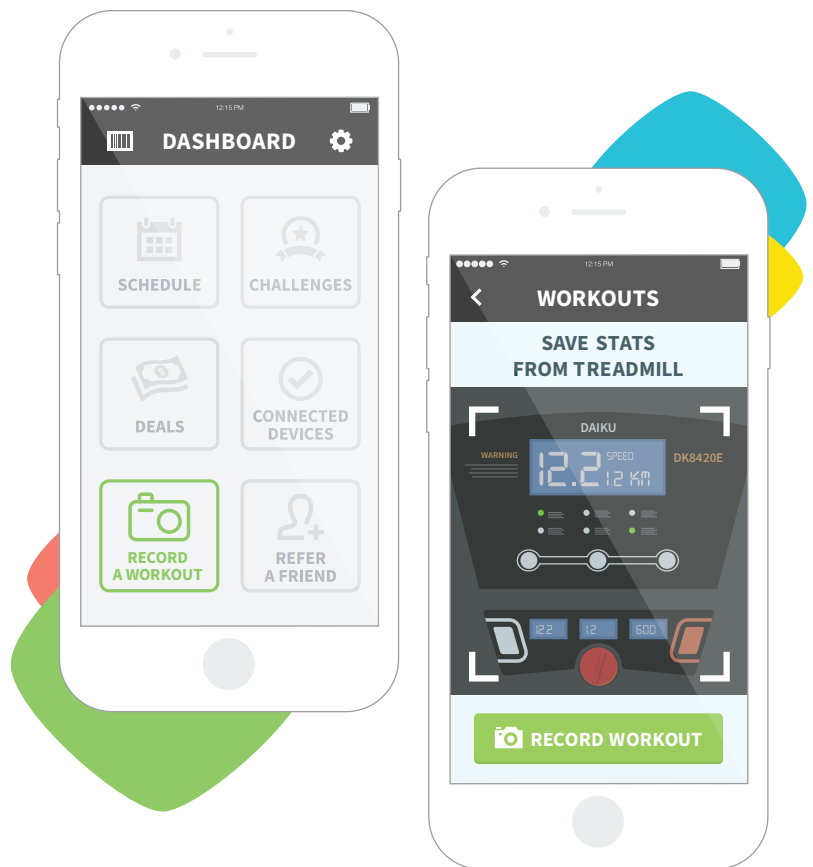


# HOW TO TRACK WITH xCAPTURE

Track all of your cardio workouts with the touch of a button!

## Here's how it works:

- Workout on your choice of cardio equipment
- Click **“Record a Workout”** on your club's mobile app home screen
- Click **“xCapture”**
- Select a workout to capture (treadmill, elliptical, bike, or stepper)
- Take a picture of the control panel at the end of your workout (ie. distance, time, calories)
- Once you have a clear photo, click **“Submit”**
- Your results will be recorded automatically!
- View your results on your club's mobile app and website under the **“My Workouts”** tab
- Workouts recorded by xCapture will count towards completing your personal goals and club challenges

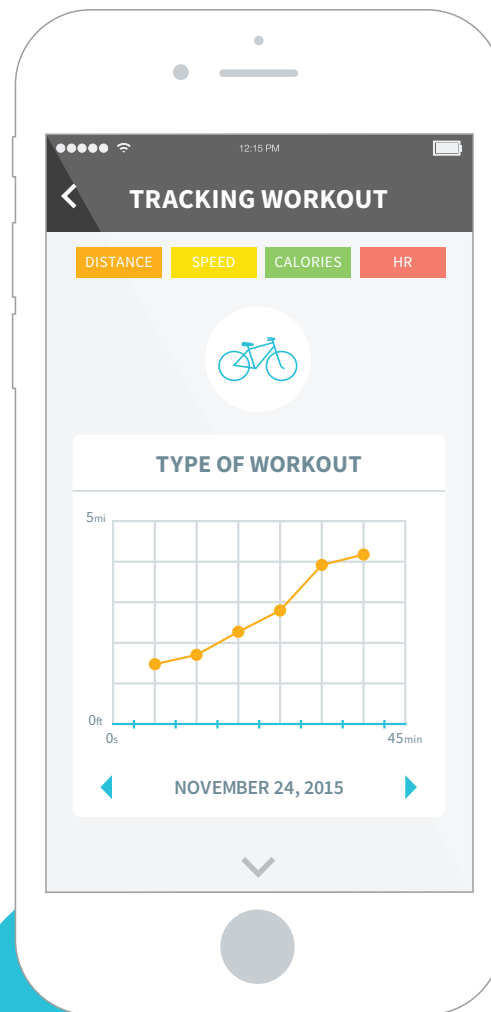
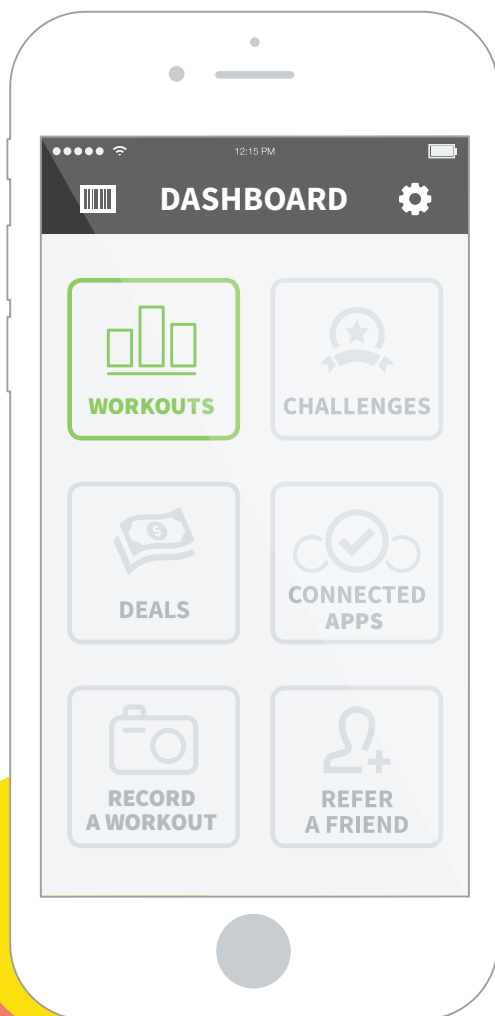


# ARE YOU TRACKING?

Don't sweat it!

One place to track it all:

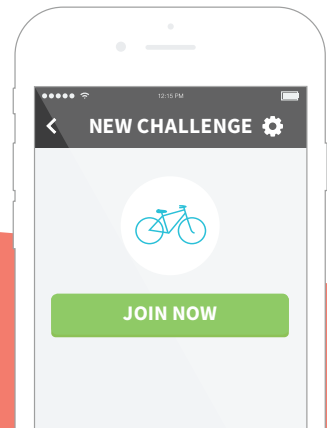
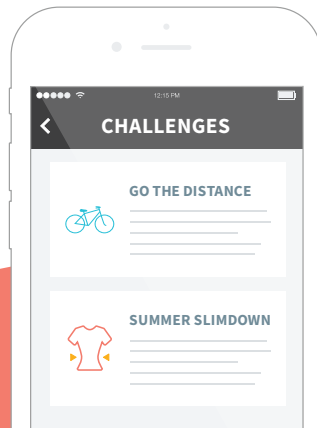
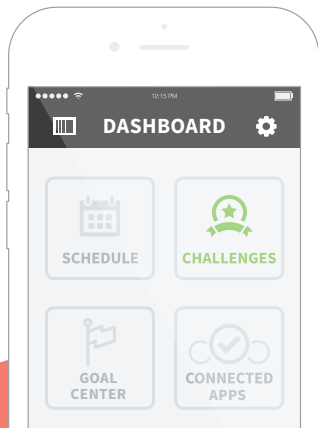
- Track your workouts
- Join a challenge
- Create a personalized goal
- Link with 3rd party fitness apps



# ARE YOU UP TO THE CHALLENGE?

To join a challenge:

- Go to your club mobile app
- Click the “**Challenges**” tab
- Choose a Challenge to join by clicking a challenge icon
- Click “**Join Now**” and you’re in the Challenge!



# SIGN UP SIGN IN AND WIN!



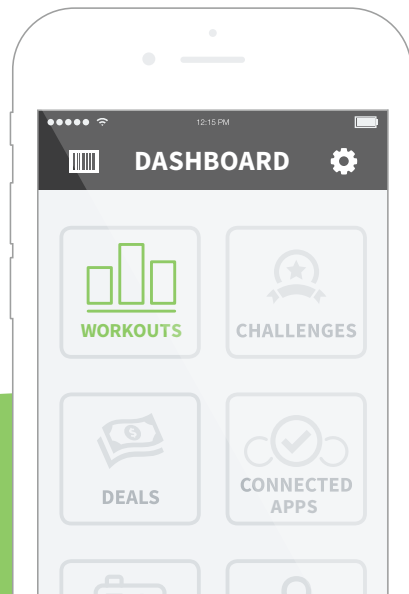
Compete for a shot at the top of the  
leaderboard, a chance to win prizes, and the  
ultimate bragging rights!

# HOW TO TRACK YOUR WORKOUTS:

Sign up and get tracking today



- Sign in to automatically track your cardio workouts!
- Use your club mobile app to record your workout with xCapture
- Link to 3rd party tracking apps online through your club mobile app





# ONE PLACE TO TRACK IT ALL

Are you tracking?

