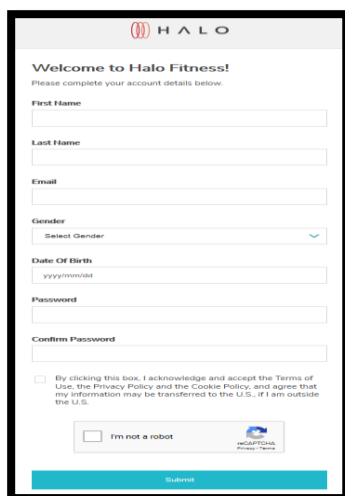


Welcome to HALO

HALO is our digital app that allows you to enter track and review all your workouts and stats. You can request workouts from our Level 3 trainers any time as well as have access to over lots of different cardio, strength and power workouts. Just follow this step by step guide and your own your way to a healthier lifestyle 😊

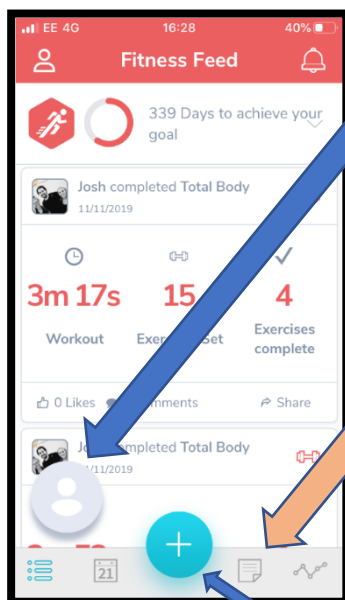
Download HALO FITNESS APP from App Store



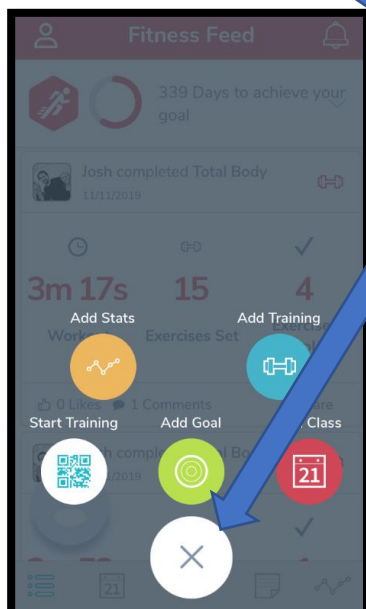
The screenshot shows the 'Welcome to Halo Fitness!' sign-up screen. It includes fields for 'First Name', 'Last Name', 'Email', 'Gender' (with a dropdown menu), 'Date Of Birth' (with a date picker), 'Password', and 'Confirm Password'. At the bottom, there is a checkbox for 'I'm not a robot' and a 'Submit' button.

Follow the LINK below and sign up to HALO – completely FREE – you can also find this link on our Facebook & Instagram Pages 😊

<https://identity.halo.fitness/web/public/onboarding?locale=en&facilityId=67958>



HALO main screen will look like this. You can access our library of workouts by tapping the box where the orange arrow is, or you can request a personal workout by tapping where the blue arrow is.



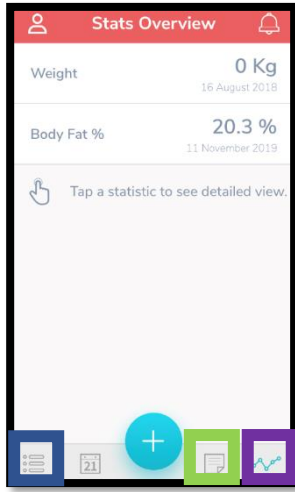
When you hit the blue + sign you get 5 options.

ADD STATS – You can add user stats – Weight, Body Fat, BMI, Resting HR, BP. It's good to tell users to do this monthly to see progression.

ADD TRAINING – you can view the library of workouts available or you can create your own workout

ADD GOAL – create a goal that's relevant to the user with a date to be achieved

START TRAINING – do an adhoc training session – use bar code to scan individual machines/exercises



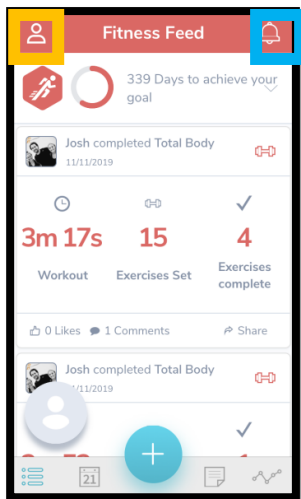
Brings you back to the home screen



Shows your workouts you have been sent from trainers and downloaded workouts from the library of workouts



Shows the overview of stats



Allows you to edit your photo and settings



Shows all notifications – if you have been sent any workouts it will all go here to notify user.

Happy Training 😊