

# INSTRUCTIONS

## How to Gain Control Over Your Body with the SixPack App

Congratulations on your decision to keep your musculoskeletal system and fitness at a good level. By getting the app, you have set yourself up for solid health, good mobility, iron condition, and a perfect body. Together we are in for lots of fun, sweaty T-shirts, and a huge rush of endorphins.

Before you start exercising, please first read this simple guide. Thanks to it, you will make the most of the app, prevent injury, and in just 6 minutes get the body of your dreams.

### The Training

The entire training takes place in the National Health Park, where your task will be to pass through all the fields. At the beginning, only the stretching field, the START field, and the training rooms in the forest and on the mountain peak are open.

Stretching is there so that you stretch, warm up, and prepare your body for the load before the actual start. Those who are already warmed up and loosened up from the day can skip this phase, but I recommend it to everyone to prevent injury.

### Getting Started

Once you are warmed up and stretched, you have two options: either immediately go to the START field and complete your first Six-Minute Workout, or first practice the individual exercises in the forest by the raspberry bushes, where the deer run, to gain more confidence.

Now there is nothing to wait for, so click the START button. The first few open trainings will appear. You choose any of them and go through the explanations of the individual exercises. Once you have looked through what awaits you, click the “Skip” button or let the explanation automatically disappear after it finishes.

### Running the Training

And now things will start to happen. In front of you, an as-yet-unstarted training will appear. You start it by clicking the orange PLAY button in the middle of the screen.

After clicking, you will have 5 seconds to place your computer, tablet, or phone in a safe spot where you can see it well. At the same time, you will move to the place where you will exercise.

## After the Training

Once you complete the training, a screen with heart rate measurement will pop up. This is a crucial step in the whole game.

If you do not enter your heart rate and skip somewhere else, everything is lost, and you must start over, because the app will not record any points, and therefore no further trainings will be unlocked.

## Menu Options

In the menu you can view your **game profile**, where it is good to weigh yourself at least once a week to see your progress.

You can also visit the **Hall of Fame**, which rewards you for your effort and shows how you are doing compared to others.

In the **blog**, you will get inspiration for a healthy lifestyle.

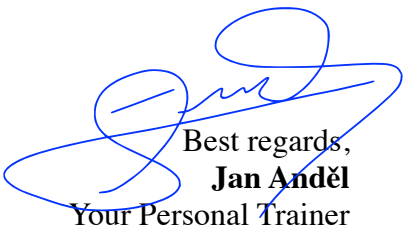
The **cookbook** will guide you to healthy cooking, and in the **health plan** you will find your personal meal plan tailored to you, which will shape your body to perfection.

## Support and Logout

The next-to-last button is **“WRITE TO ANDĚL”**. This is for when you need advice or if something troubles you — you write to me, and I will try to help you in the shortest possible time.

The last button is **“LOG OUT.”** You only click it if the app does not work properly or if you want to change the current player.

So let's get to it — whether for rehabilitation or for a beautiful body!



Best regards,  
**Jan Anděl**  
Your Personal Trainer