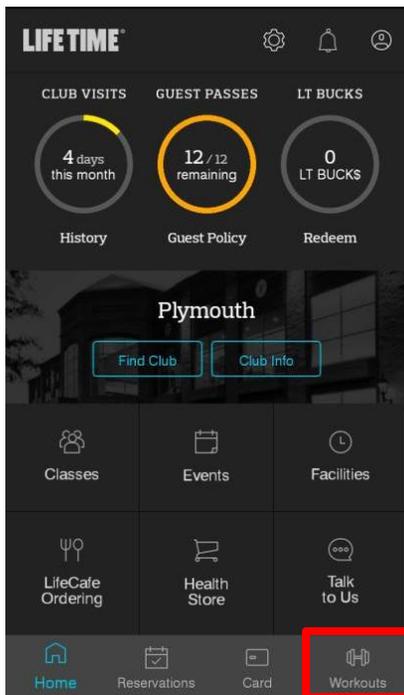


# Guide to using Life Time Member App for your Metabolic Training!



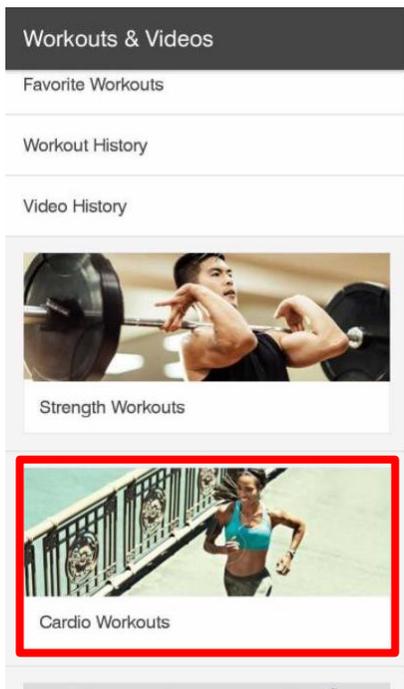
Hello! Welcome to your guide to using the Life Time Member app for Metabolic Conditioning workouts.

Make sure you are able to login with your myLT username and password! If you forgot just click forgot username and/or password!

This is your home screen. This is where you can see how many days you have visited the club in the current month.

Order from the Café, view class schedules, use your membership card, and much more!

But we want to get your workout in so tap **Workouts** on the bottom right-hand corner of your screen.



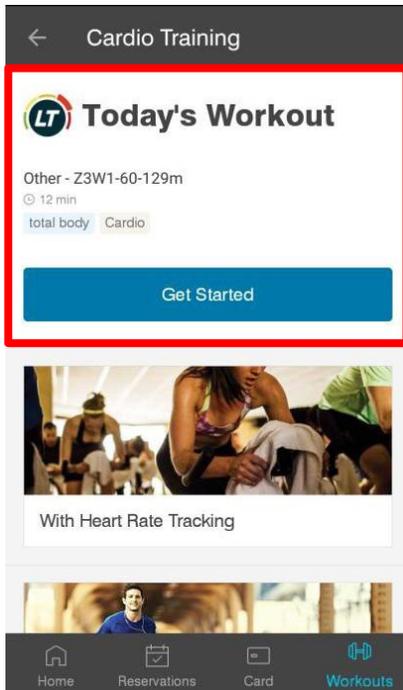
Perfect! Now you will see this screen.

Tap **Cardio Workouts**

You can also view workout history for any workout that you have saved.

Your metabolic coach also has access to see the details of each completed and saved workout. So if you have any questions about the results of any of your workouts, please reach out to your coach to review the details.

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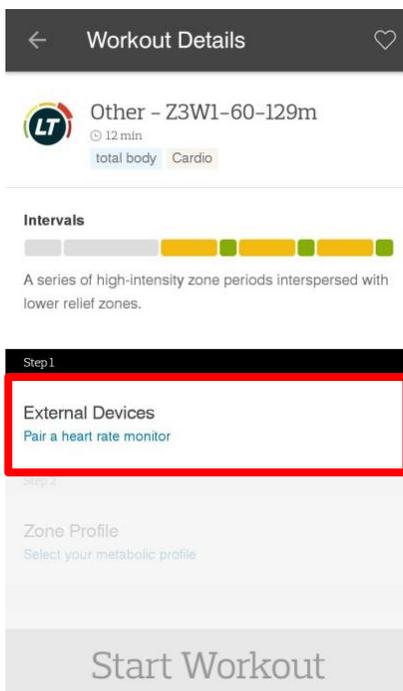
If you have a cardio workout programmed for you today it should pop up here.

While it loads there will be a spinning loader symbol at the top of the screen.

After it loads you will see “Today’s Workout” at the top of the screen.

If you do not have a workout scheduled for a particular day, no workout will appear here. Workouts are only available on the day that they are scheduled for. If you need a workout moved from one day to a different day, please reach out to your coach to get it moved.

Tap the blue **Get Started** button.



On the next screen you can view your workout and get an idea what you’re in for.

Before you can start you need to pair a compatible Heart Rate Monitor. You only need to do this once because it will remember it for next time.

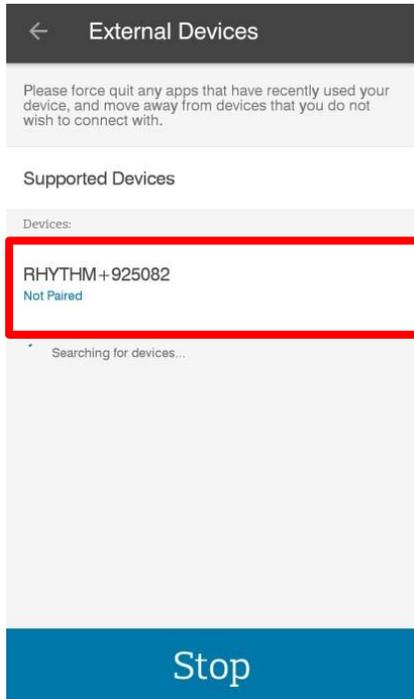
Any time you get a different compatible heart rate monitor you’ll have to pair it this way to get started.

Chest straps and Scosches work the best. There are current no wrist-based watches that broadcast real time heart rate via Bluetooth during workouts that will also pair with the app.

Tap **External Devices** to continue. Make sure the Bluetooth of your phone is turned on.

If you don’t have a compatible HR monitor you can purchase one at [shop.lifetime.life](http://shop.lifetime.life) or in the Life Café.

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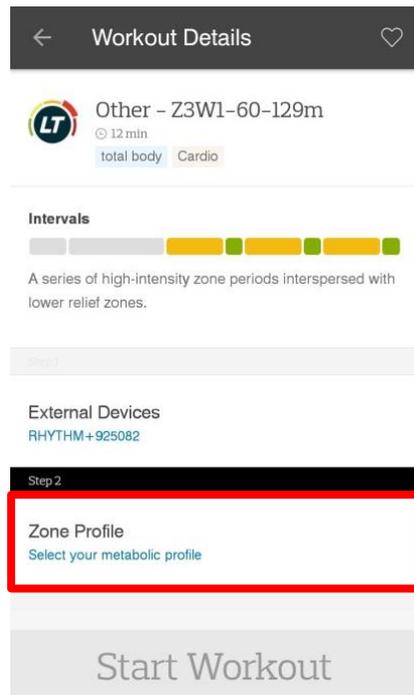
You must be wearing the device you want to pair and in the case of the Scosche Rhythm+ you must turn it on just prior to trying to pair it.

Any compatible heart rate device within Bluetooth range will appear in a list, so it is best to pair your heart rate monitor at home or if in the club do it far away from others. Another good location to pair your heart rate monitor at the club is in the elevator.

**Scosche will pop up as RHYTHM+** (the numbers that show up after this are listed on the back of your Scosche sensor so you can ensure that you are pairing the correct one)

**The Chest strap will pop up as CardioSport**

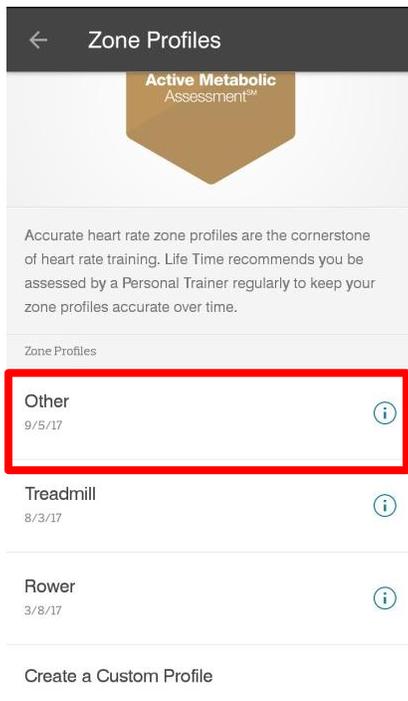
Once your heart rate monitor shows up, Tap it to continue! Once it pairs it will changed to read "Paired".



You will now see that your heart rate monitor is connected. Last thing we need to do is select your Zone Profile!

This step is painless as it should be already uploaded from your most recent Active Metabolic Assessment (AMA)! Simply tap on **Zone Profile** and it will direct you to choose your Profile!

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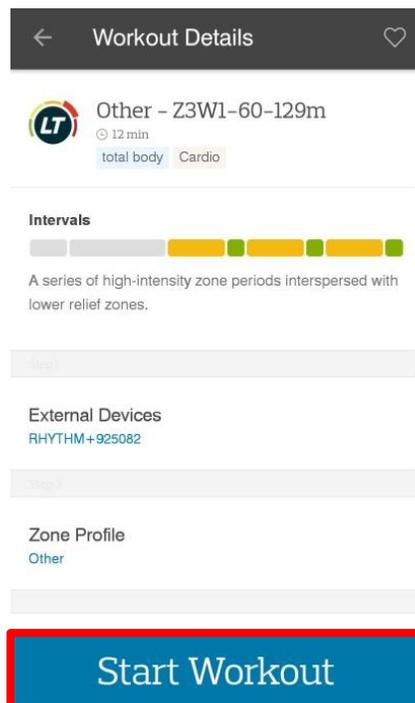


If you have done multiple AMAs they will show up in the list here.

Always select the most recent assessment and/or select for the piece of equipment you will be using for cardio.

If selecting your most recent AMA, you only need to do this one time and it will remember it for all future workouts, unless you choose to change it to a different profile.

Just tap on the correct one to continue.



Success!!

Now that you have your heart rate monitor and your Zone Profile selected, you can now start your workout!

If you scroll down on this screen you will see a tab that says "Additional LT Connect Settings". This allows you to change or shut off the voice prompts, map your route if you are outside using GPS, plus other available settings.

When you are ready to begin, tap the blue **Start Workout** button.

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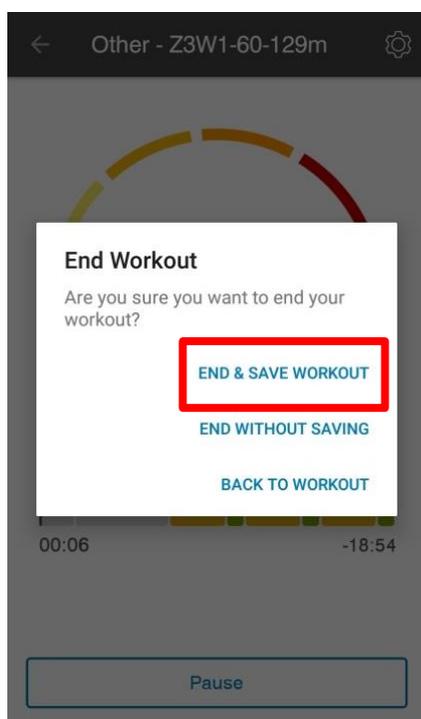


The first 3-6 gray segments is your specific metabolic warmup from your AMA that is to be completed prior to any workout. Each segment of the warmup is 2 minute and there are no specific heart rate zones associated with the warmup, but you will probably notice that your heart rate rises into zone 2 or zone 3 during your warmup.

When you have completed your warmup, you will see a longer gray segment. This is 5 minutes long and is meant to be an active recovery during which can you slow down, stop and stretch, anything to bring your heart rate down.

After this 5 minutes is up, your official metabolic conditioning workout will start and will guide you through segments of time using specific heart rate zones and workloads.

You can pause your workout at any time. If you complete the full workout, the "Pause" button will change to a "Finish" button. If you need to end your workout prior to the end of it, you can tap the arrow in the upper left corner of the screen.



Nice Job!

No matter which way from above that you choose to end your workout, always ensure that you choose **End & Save Workout**.

It may take a moment for your workout to save and upload to the server.

By selecting **End & Save Workout**, this will track you workout in our systems and allows your Metabolic Coach to view your specific workout results and track your progress and make changes when needed.