Using the App Features

Account Help · https://www.fitnessacademy.com/help-center/using-the-app-features/

Getting started in the app:

- Sign in with your checkout email
- Access both Full Gym and Dumbbell tracks (included in your membership)
- Switch between tracks anytime

Logging weights and notes

• Tap into any workout on your calendar
• Open the section you're working on (Prep Work, Performance Work, Conditioning, etc.)
• Use the **Notes** field to log weights, reps, loads, times, or any reminders you want to keep
• Toggle **Mark as complete** and tap **Save**

All notes are saved to your workout history and can be reviewed later.

Viewing past notes and weights

• Open any workout and tap the **History** icon
• Search by section name or custom text (for example, "Bench Press")

Note: Only workouts marked as complete appear in History. To view notes from incomplete workouts, use the Filter option and select **Missed Workout**.

Benchmarks and leaderboards:

- Benchmark workouts appear automatically in your calendar
- Submit results as RX (as prescribed) or Scaled (modified)
- Access leaderboards from workout pages or the Leaderboard tab
- Filter leaderboards by RX vs Scaled submissions

Progress tracking:

- View workout history and personal records in the History tab
- Upload progress photos via Profile → Progress Photos (private by default)
- Track improvements over time with benchmark comparisons
- Units (kg/lb) follow your profile settings

Custom workouts: Add your own workouts via My Programs → + Add Workout. Useful for extra conditioning or skill work outside the main program.

Exercise videos: Tap any exercise name to view demonstration videos showing proper form, tempo, and scaling options.