

## How to Link the BPRD Fitness App to the ADVAGYM App and Create Your Accounts

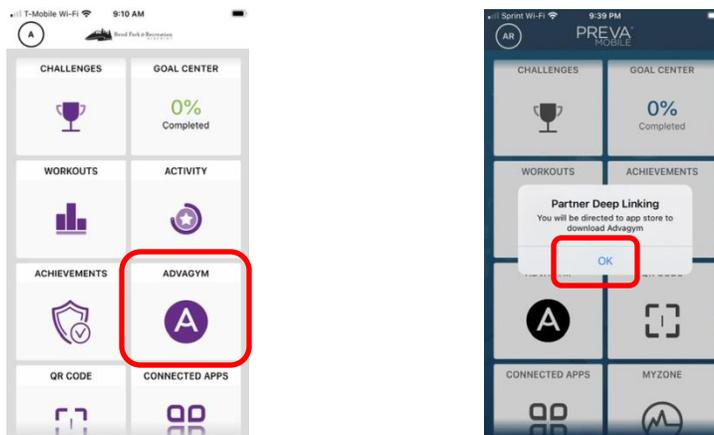
These instructions are the **SECOND** part of setting up the BPRD Fitness App. This shows you how to install the ADVAGYM app and creating linked accounts for the apps. By creating an account you can utilize the ADVAGYM pucks at both Juniper Swim & Fitness Center and Larkspur Community Center.

Advagym provides workouts, utilizes the pucks to record workout data and give you access to instructional videos and other information. The data from these workouts is shared with the BPRD fitness App.

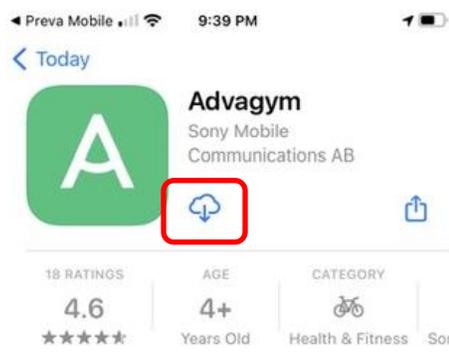
Both the app and the account are free. Prior to this step you should have already installed and set up the BPRD Fitness App. To complete this step you should be at our facility – either Juniper Swim & Fitness Center OR Larkspur Community Center.

### **A. Create an Advagym account linked to your BPRD Fitness App account.**

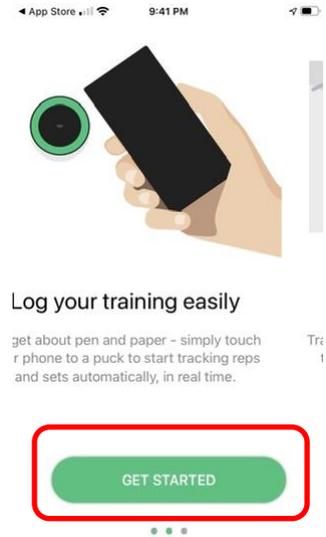
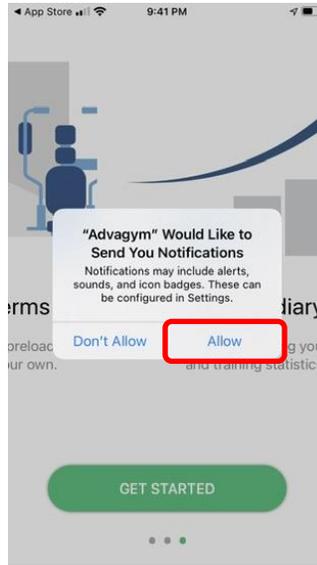
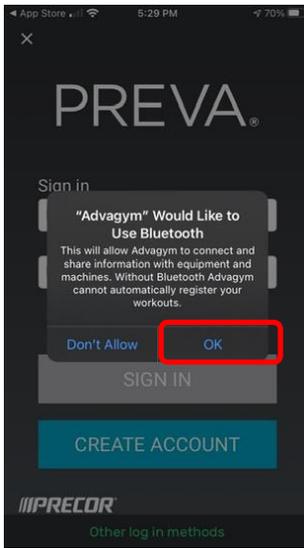
1. From the BPRD Fitness App home screen tap the **Advagym** button. You will be taken to the App Store, please tap **OK**.



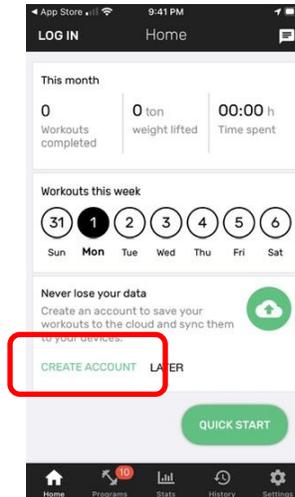
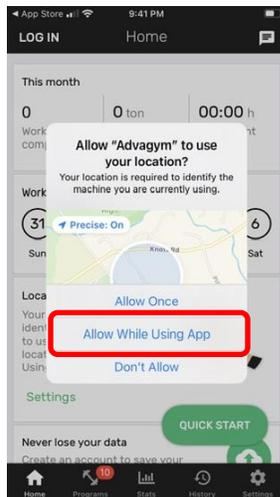
2. Depending on the type of phone, please tap on the **download, GET or Install** icon



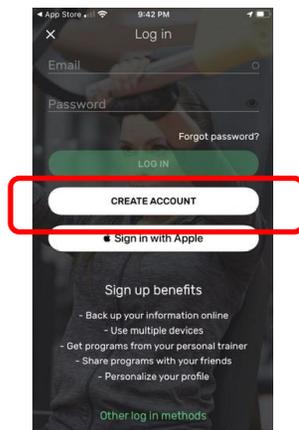
3. Please tap OK to allow Advagym to use Bluetooth, then **ALLOW** notifications from Advagym then tap **GET STARTED** to set up your account.



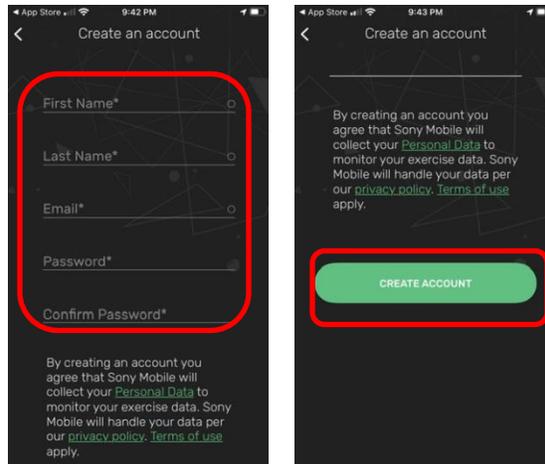
4. Please **ALLOW WHILE USING APP** for your location. Then tap **CREATE ACCOUNT**.



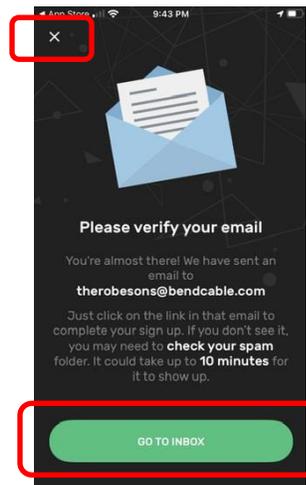
5. Tap **CREATE ACCOUNT** again to enter your information.



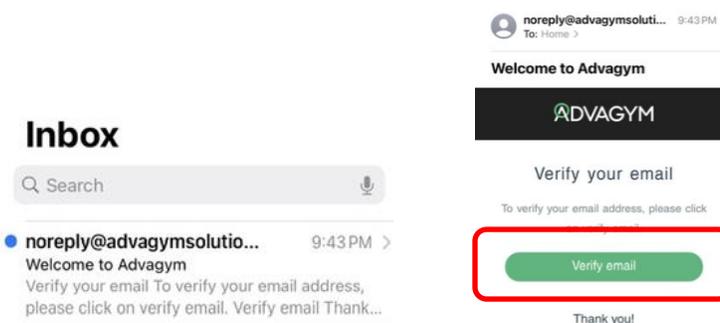
6. Please use the same info as on the BPRD Fitness App (same email & password) then scroll down and tap on the **CREATE ACCOUNT** button.



7. If the email address you used is available on your phone tap **GO TO INBOX**. If not, tap **X** in upper left. NOTE: You can verify your email at a later time, please do so when convenient.



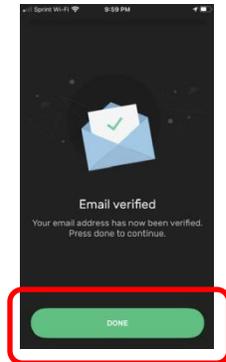
8. If your email opened to the message from **noreply@advagymsolutions.com** tap **VERIFY EMAIL**



9. You will receive an “EMAIL VERIFIED” message.



10. Return to the Advagym app – you should see Email verified, tap **DONE**. Set up is complete.



## B. How to use Advagym

1. Simply “present” your phone to an Advagym puck located on selectorized equipment or wall plaques.

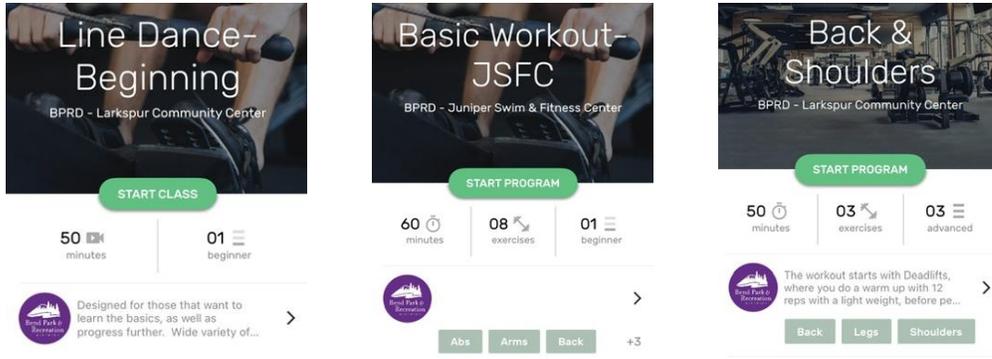


2. Your phone will vibrate indicating that the puck is detected. If you are using a puck on selectorized equipment you will be taken to the exercise for that equipment. If you are using a puck on multi-functional equipment you can choose the exercise. All pucks have three options – information, links, and start exercise or workout.

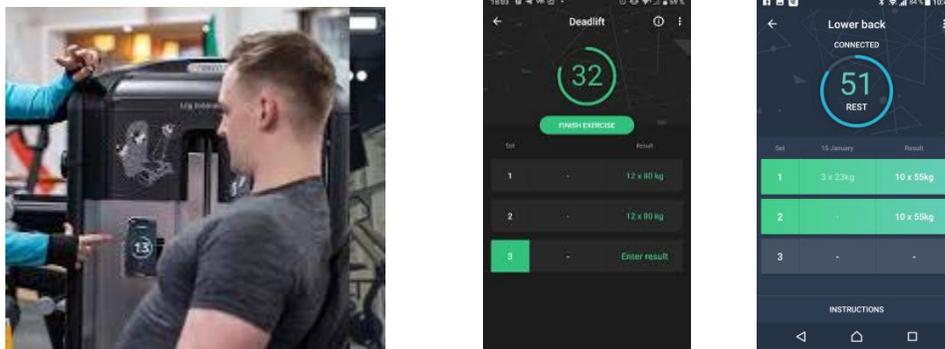
**Information** – Accessed by tapping the ⓘ in the upper right – it will show videos and photos on how to use the equipment or perform the exercise.

**Links** – This connects you to more information such as schedules, instructor info or links to registration.

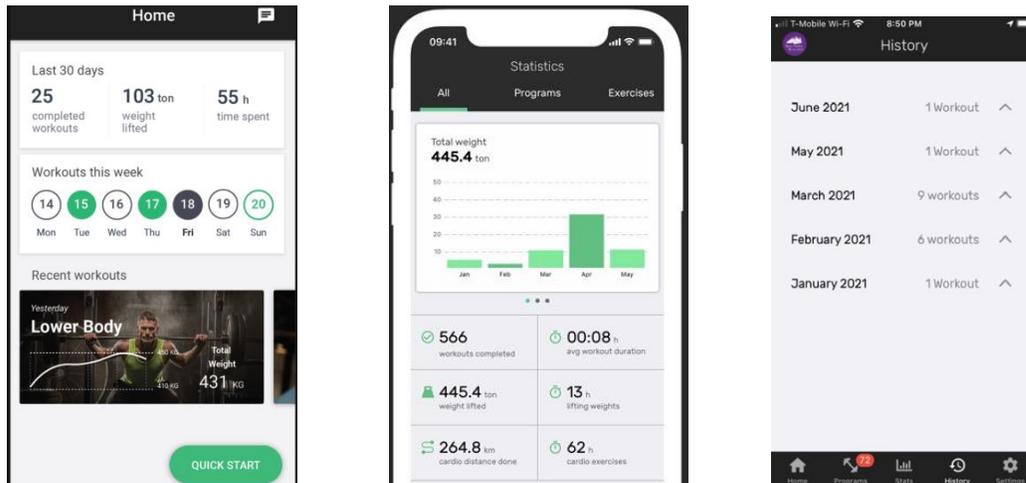
**Start Exercise / Workout / Program / Class** – Depending on your choice this will start a video or prompt you through an exercise, program, class or workout. Simply follow the step on your phone.



3. Place your phone in the holder on the selectorized equipment – Advagym will prompt, count and record your repetitions – it will even tell you when to take a rest break!



4. The Home Screen, Stats and History will let you see all you've accomplished.



**Thank you for setting up the BPRD Fitness App, Advagym and your accounts. If you have any questions or need further assistance please contact Customer Service at 541-388-1133 or 541-389-7275 or email us at [info@bendparksandrec.org](mailto:info@bendparksandrec.org). For more information go to: <https://www.bendparksandrec.org/fitness-swim/fitness-centers/?tab=6>**