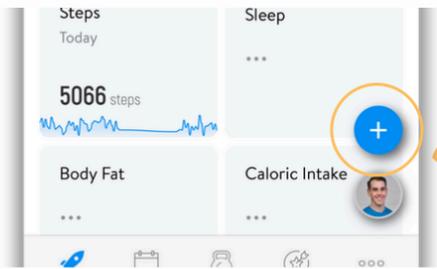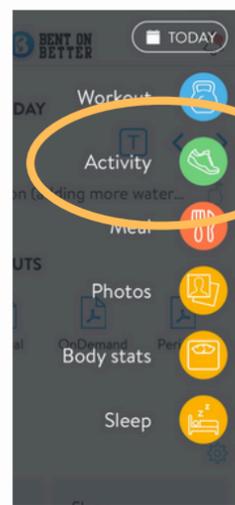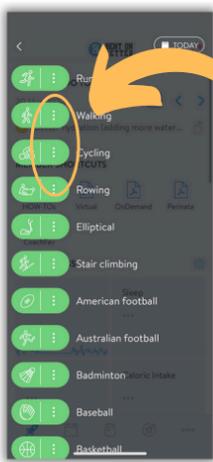# BENT ON BETTER:
How to add an activity

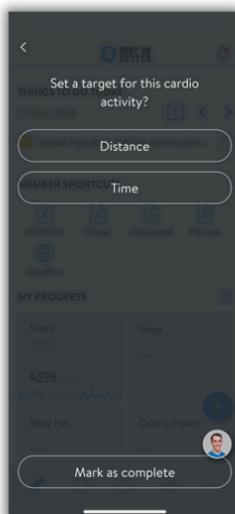Adding an activity? On the bottom of your dashboard, click the + symbol.

Click the "Activity" sneaker.

This will bring you to a screen with a large number of cardio and sport activities to choose from.

Select your activity from the list. Click the three dots to set a target.

If it's not listed, select "General" at the bottom of the list.
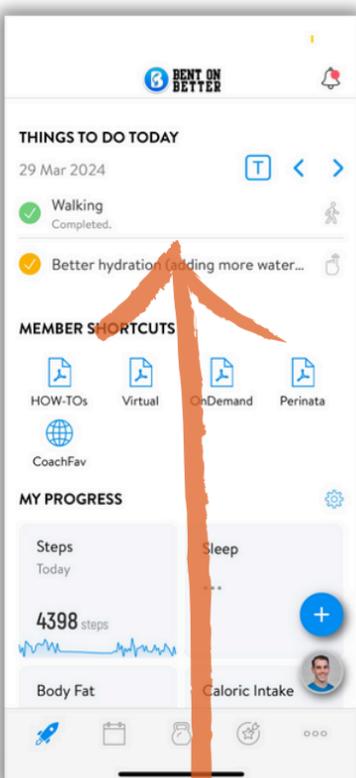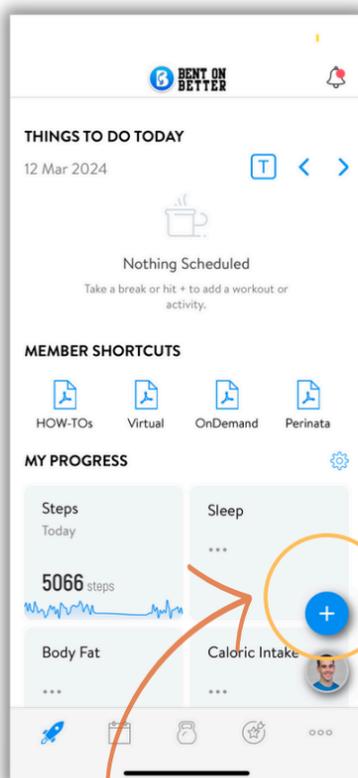
If you choose a cardio activity, you can set the time or distance.
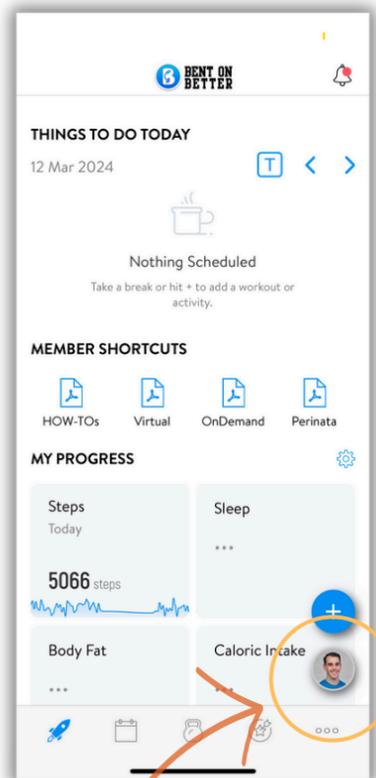
If you choose a sport, you can set the time.

You can also just mark as complete!

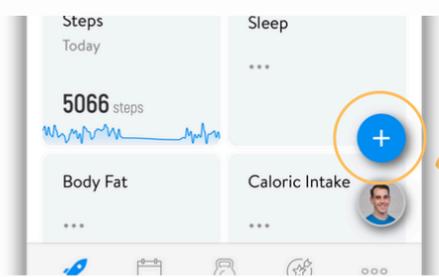Now your activity is marked as complete on your dashboard!

Next up, adding a meal! Did you know that your trainer can provide feedback on your app activity?
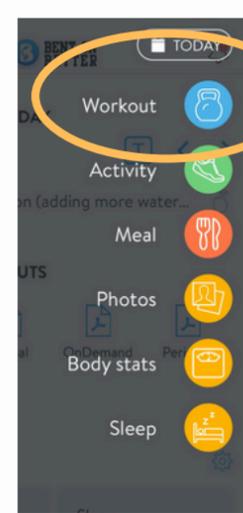
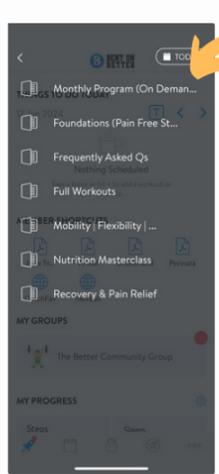Don't forget, you can always message your trainer here!
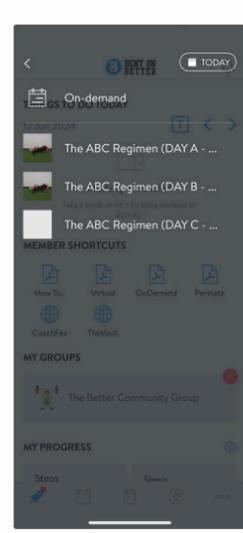
BENT ON BETTER:
How to add a workout

Steps
Today
5066 steps

Sleep
...

Body Fat
...

Caloric Intake
...

Adding a workout? On the bottom of your dashboard, click the + symbol.
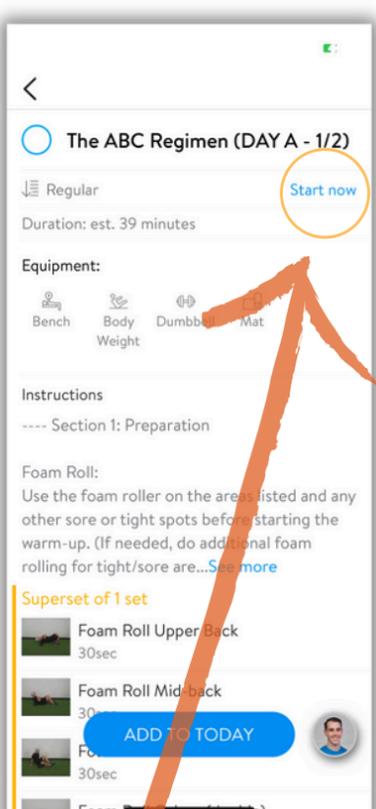

☐ TODAY
Workout
Activity
Meal
Photos
Body stats
Sleep

Click the "Workout" kettlebell.

This will bring you to a screen with a menu of workout activities to choose from.

Monthly Program (On Deman...
Foundations (Pain Free St...
Frequently Asked Qs
Full Workouts
Mobility | Flexibility |...
Nutrition Masterclass
Recovery & Pain Relief

MY GROUPS
The Better Community Group

MY PROGRESS

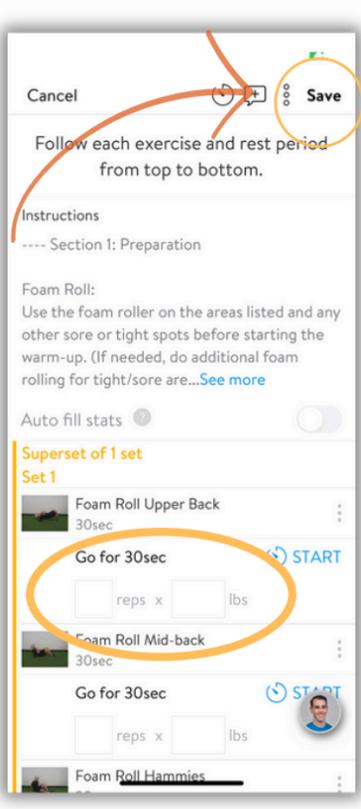**If you're adding the workout listed on the TV, click the top "Monthly Program."**

If you're at home, take a peek at the other options!

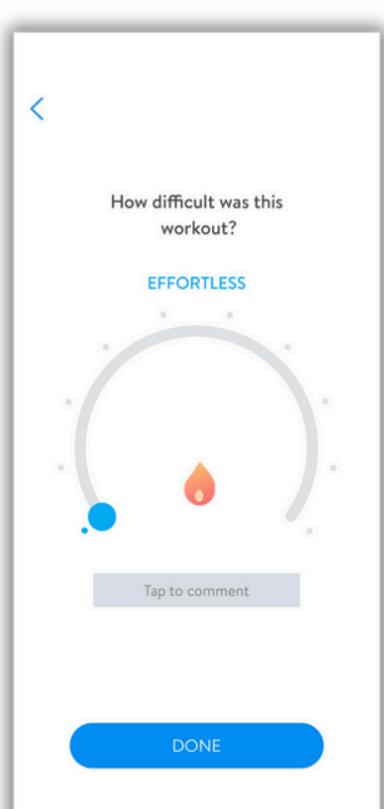
On-demand
The ABC Regimen (DAY A - ...
The ABC Regimen (DAY B - ...
The ABC Regimen (DAY C - ...

MEMBER SHORTCUTS

MY GROUPS
The Better Community Group

MY PROGRESS

Select the program day scheduled.

This menu will change every month!

The ABC Regimen (DAY A - 1/2)
☰ Regular   Start now
Duration: est. 39 minutes

Equipment:
Bench | Body Weight | Dumbbell | Mat

Instructions
---- Section 1: Preparation

Foam Roll:
Use the foam roller on the areas listed and any other sore or tight spots before starting the warm-up. (If needed, do additional foam rolling for tight/sore are...See more

Superset of 1 set
Foam Roll Upper Back
30sec
Foam Roll Mid-back
30sec
Fo...
30sec
Foam Rol...ives (double)

ADD TO TODAY

Tap "Start now". Now you're ready to begin tracking your workout!

Cancel   Save
Follow each exercise and rest period from top to bottom.

Instructions
---- Section 1: Preparation

Foam Roll:
Use the foam roller on the areas listed and any other sore or tight spots before starting the warm-up. (If needed, do additional foam rolling for tight/sore are...See more

Auto fill stats

Superset of 1 set
Set 1
Foam Roll Upper Back
30sec
Go for 30sec   START
reps x   lbs
Foam Roll Mid-back
30sec
Go for 30sec   START
reps x   lbs
Foam Roll Hammies

You will track your weights, reps and sets here. When done, click save!

How difficult was this workout?

EFFORTLESS

Tap to comment

DONE

Don't forget to rate the workout's difficulty at the end! This helps us plan!