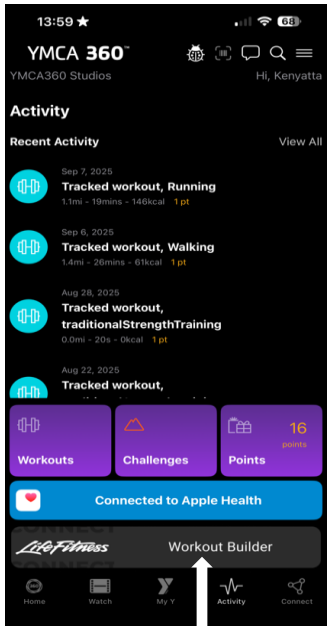
LIFE FITNESS CONNECT APP

Open YMCA 360 / Create Account

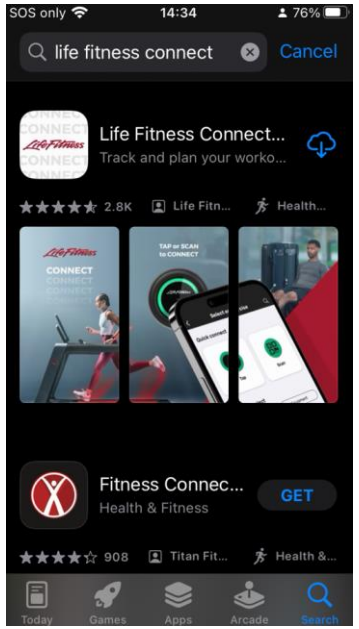
QUICK START GUIDE

Open YMCA 360 app: navigate to Activity

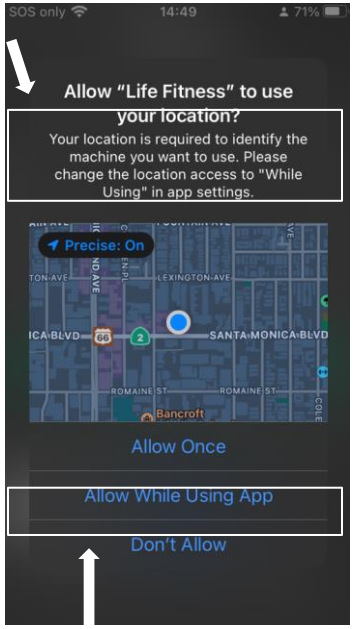


TAP: Workout Builder

Install Life Fitness Connect from App Store or Google Play

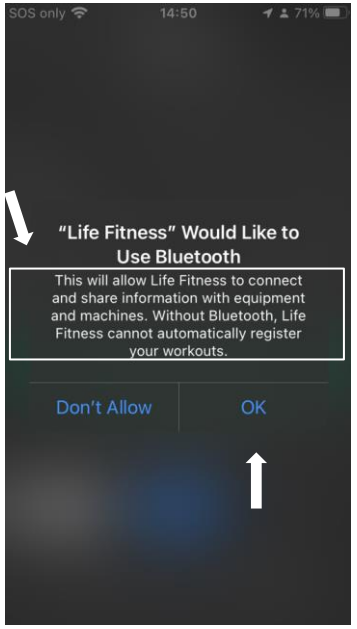


Allow location to identify machine you want to use *(required)*



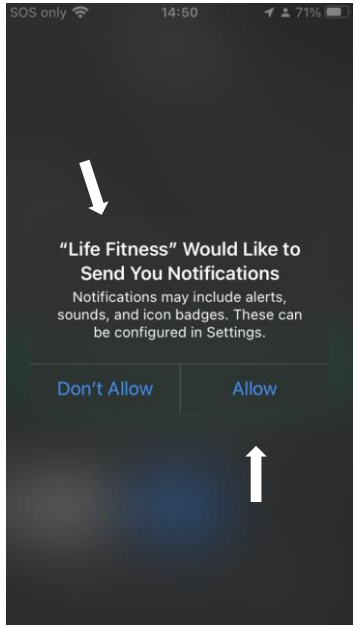
TAP: Allow While Using App

Enable Bluetooth to register/track workouts *(required)*



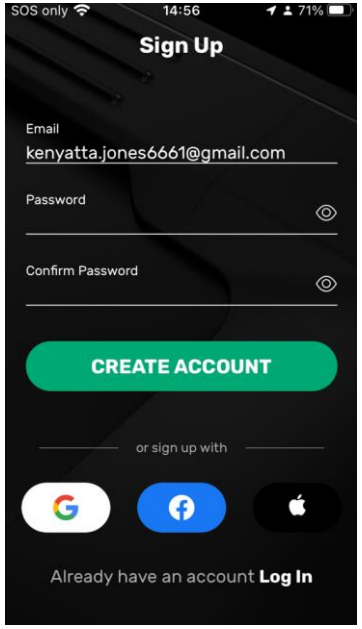
TAP: OK

Allow Notifications *(optional)*



TAP: Allow

Enter Credentials *(personal email only)*



YMCA 360™

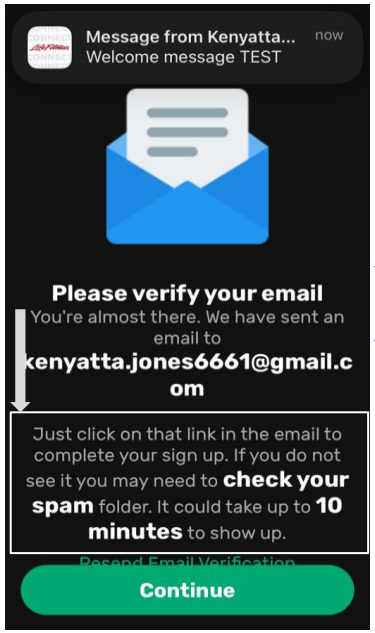
Life Fitness / HAMMER STRENGTH®

LIFE FITNESS CONNECT APP

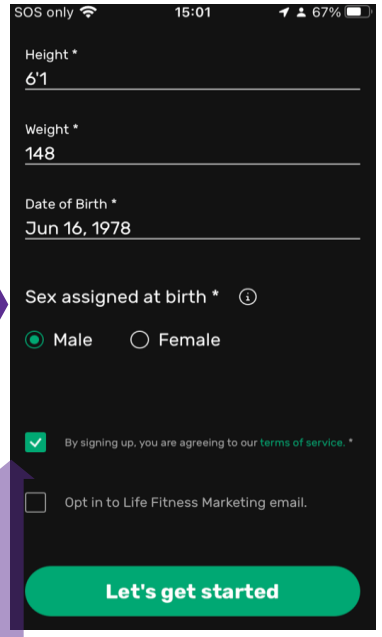
VERIFY + CONNECT

QUICK START GUIDE

IMPORTANT: Verify Your email *(required)*

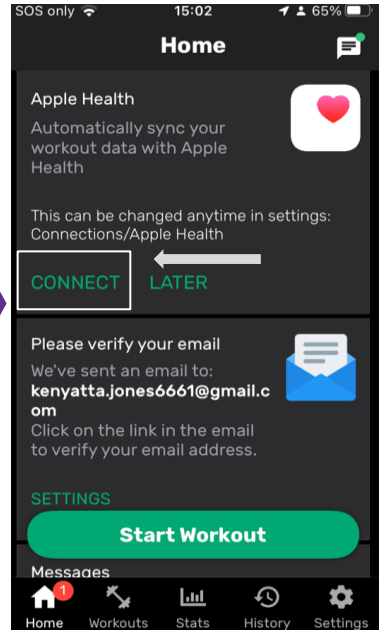


Setup Profile

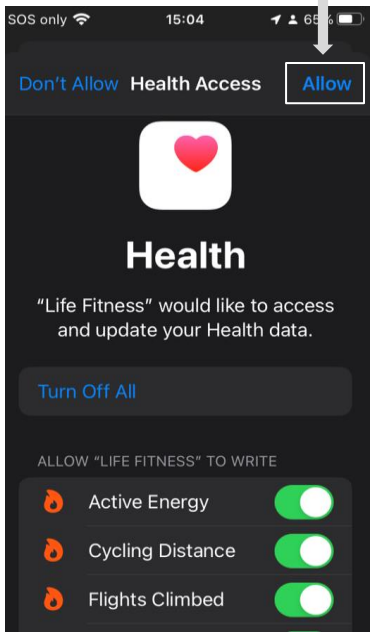


IMPORTANT: Check T&C's *(required)*

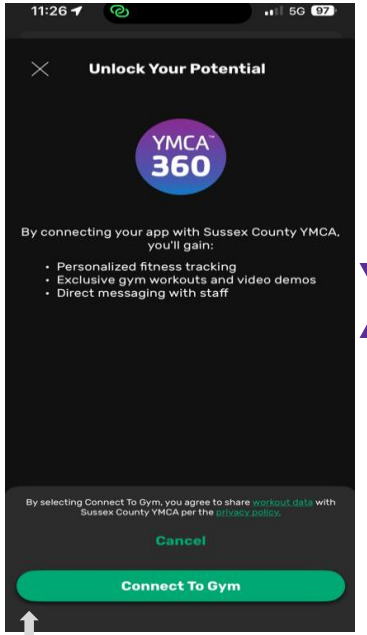
***IMPORTANT: Connect Apple Health or Samsung Health**



Make selections and tap: Allow

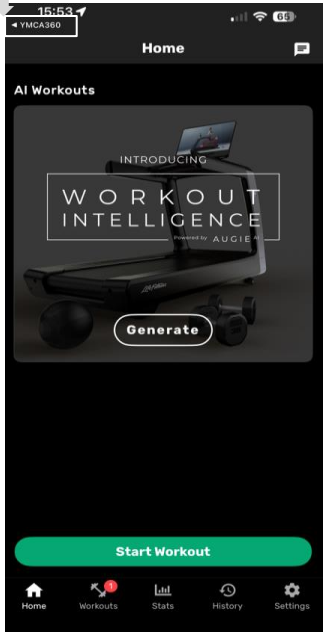


Connect to Gym to receive workouts and PT workouts



Walk into gym: Tap Connect To Gym

YMCA 360 Back Navigation ***(if needed)***



****Start Workout!**

*Apple Health and Samsung Health must sync with the YMCA 360 app for workouts to appear in YMCA 360

** You may need to fully close and reopen the app before starting your first workout

YMCA 360™

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