

QUICK START GUIDE

Everything you need to get started in your first week

✨ START WITH NOTHING ✨

You don't need any equipment to begin. Start with daily mobility and bodyweight workouts, then add equipment when you're ready.

Your First Three Tasks

Task 1: Access the App

Log in and explore the Hub (your homepage). Check out this week's scheduled workouts - press '>' beside 'Today's Schedule' to see the week ahead.

Task 2: Do Your First Mobility Session

Complete today's Daily Mobility session (just 10-15 minutes). It's on your Hub page — select the session - press 'start workout' - click on the video and follow along. Be sure to press 'finish workout' when you've completed it!

Task 3: Join the Community

Go to Menu > Chat (you'll need to scroll down) - find the Strong Movement Club chat, say hello and introduce yourself! This is where you'll get support, ask questions, and share progress.

How to Access the App

■ Getting Started

- **Mobile App:** Download the app (My PT Hub) from your app store and log in with your credentials
- **Website:** Go to your login page (<https://coach.mypthub.net/>)
- **Your Login Details:** your email address and the password you used to sign up (you can always reset it if you need to!)

🚫 Finding Your Way Around

- Hub: Your homepage — shows today's scheduled workouts and habits
- Workouts: Browse the full library (search for 'Pilates', 'bodyweight', 'modifications', etc.)
- Menu: Access check-ins, chat, and files

What Equipment You Need

● Start Here (Week 1)

- **Nothing!** Just you and your body
- Daily mobility = no equipment
- Bodyweight workouts = no equipment

📅 Add Later (Weeks 2-4)

- **Resistance band** (for bodyweight workouts)
- Recommended: 1 lighter + 1 heavier band
- See welcome page for specific suggestions

🏋️ Optional Strength Work

- **Dumbbells** (set of 2)
- **Kettlebell** (1 weight)
- Check the welcome page for weight recommendations based on your experience

Week 1 Checklist

Complete These This Week:

- Log into the app** and explore the Hub, Workouts section, and Menu
- Join the community chat** (Menu > Chat) and introduce yourself
- Complete 5 Daily Mobility sessions** (aim for every day, minimum 5 days)
- Do your first Bodyweight Workout** (suggested: Monday, but any day works)
- Do your second Bodyweight Workout** (suggested: Friday, but flexible)
- Hit 7,000 steps** at least 5 days this week (track in the app)
- Mark your completed workouts** in the app (tick them off as done)
- Complete your first weekly check-in** (Menu > Check-ins)
- Optional: Try the strength workout** if you have equipment (Wednesday suggested)
- Read the full welcome page** at your own pace this week

💡 Week 1 Success Tips

- **Start small:** Focus on daily mobility and getting 7,000 steps. Everything else is a bonus!
- **Don't stress about equipment:** You genuinely don't need anything to start seeing results

- **Ask questions:** No question is too small — pop it in the chat and I'll help
- **Be kind to yourself:** Missed a day? Just pick up where you left off. Consistency beats perfection
- **Record your workouts:** This helps me track your progress and keeps you accountable

Remember: This is a marathon, not a sprint.

Focus on building sustainable habits, and the results will follow.

 **Let's do this!** 