



AT-HOME TRAINING PROGRAM INFORMATION

1. Download the **Kinduct app** or go to <https://fitquest.kinduct.com> . App is called **Kinduct Athlete** in the app store, with the below triangle-shaped logo. If you do not wish to use online site, please see detailed pdf programs sent for each level of fitness.

2. Once on site or downloaded app , **login** using the following information, **with the specified capitalization and spacing**:

Domain: fitquest
Username: Tomlinson Beginner **OR**
Tomlinson Intermediate **OR**
Tomlinson Advanced
Password: beginner123 **OR**
intermediate123 **OR**
advanced123



***You can choose which program you would like to use based on your level of experience and preference.** For example, if you would like to follow the **advanced program**, login using **Tomlinson Advanced** and **advanced123**, or for beginner and intermediate, respectively.

***You can add your fingerprint/FaceID so that you do not need to enter this information each time you open the app.**

3. Once you have logged in, you will be taken to the Kinduct home screen, which shows your training program schedule. Your workouts will be listed here in order of the date (i.e. Today, Upcoming). You can view past workouts by selecting **“Missed”** at the top of the screen. *Once you have logged your workouts, they will no longer be visible, so if you intend to look back at your complete workouts, do **NOT** log them.*

4. Once you have clicked on your workout for the day, it will bring up your entire program for the day in **section-form** as a check-list. As you move down the list, the first section will say “Pre-Run Warm Up” for example.

5. Once you select one of the above sections, the exercises in that section will come up. Each exercise will specify the number of sets, reps, time, rest, etc. for that specific exercise. If you do not know how to do an exercise, click on the (i), and a **video** will come up that shows you how to do it.

***There are often notes throughout the program that give you additional instructions on how to perform the exercises. For example: the “B1-B3” section may have a note that says “If you have a band to use, do the single arm row instead of the YTI” or “If you have weights, you can do a chest press instead.”**

GENERAL PROGRAM INFORMATION

- **Program Design** – there are 5 days available in your program. You can choose to do all 5 or only a few of them. The order of the workouts does not matter too much, as long as you try to spread them out throughout the week. It is always better to give yourself time to recover in the form of a rest day between workouts, rather than doing all of them in a row. *Please ensure you adjust all workouts to your level of fitness. Should you feel a faint at any point please stop.*
- **Sections** – your program is divided into 3-4 sections depending on the day. You will have a warm up, an A1-A3, a B1-B3, and a cardiovascular section. On running days, you will have a pre-run warm up, run, and a post-run cool down section.
- **Terminology** – there are consistent terms used to describe sets, reps, and time durations in your program.
 - **Example:** 3x10 means you will do three separate sets of 10 repetitions of this exercise. If this exercise was exercise A1, you would alternate doing that exercise with exercise A2 and A3 as well. So you would do A1, then A2, then A3, and then repeat them all again.
 - **Example:** 3x10es – the “es” means each side. If the exercise is a backward lunge, you would do 10 lunges per side/leg.
 - **Example:** 3x30s es – the “s” means seconds, and “es” means each side. If the exercise is a side bridge, you would do 30 seconds per side.
- **If you have equipment** – feel free to substitute and/or add them to the exercises on the program. For example, you can use a band for a single arm row, or you can use a dumbbell if that is what you have. If you have a barbell, you can use that for your squats, or you can use a dumbbell, or you can use no weight. If you have an exercise ball, you can use that for your plank, or you can plank flat on the floor.
- **At any time, if you need assistance, please email Coach Sam at samantha@fitquest.ca ☺**

