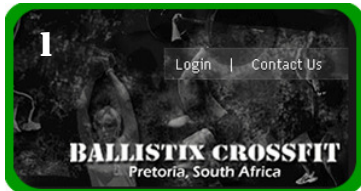


ONLINE LOGBOOK

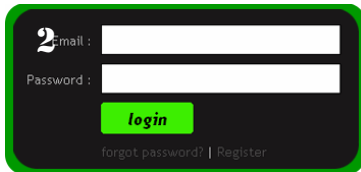
The online logbook allows you to log your results to the daily workouts that are posted online at www.ballistixfitness.com



REGISTERING ONLINE



On the top right hand side of the main page, click on "Login".

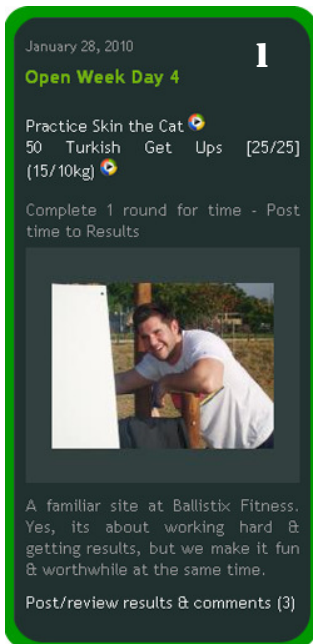


A login page will appear, click on "Register".

3 First Name :
Last Name :
Email :
Password :
Gender : Male Female
Contact Number :
Date of Birth :
Height (cms) :
Weight (kgs) :
Enter the code shown :

Fill in all your details, create a password for yourself, re-type the verification code & click "Sign Up"

LOGGING YOUR RESULTS



Below each workout on the main page, there is a link "Post/review results & comments". Click on the link under the appropriate workout you would like to post your results. Then click on "Post your Results".

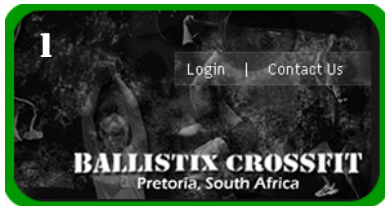
Complete your login details.

3 Select workout of the Day : Open Week Day 3, Jan 27 2010
Workout Results
Back Squat 3-3-3-3-3 (80% of 1RM)
10 R/arm DB Snatches
10 R-Arm DB Overhead Walking Lunges (20/10kg)
10 L/arm DB Snatches
10 L-Arm DB Overhead Walking Lunges (20/10kg)
Workout Info
Complete 5 rounds for time - Post time to Results
R/d - As prescribed Yes
Comments

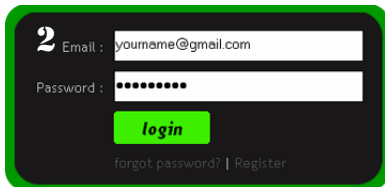
Complete the form with the appropriate weights & times.

If you had to alter the workout and did not do it "As prescribed", then select "No" & give details. Add any comments if necessary & click "Submit".

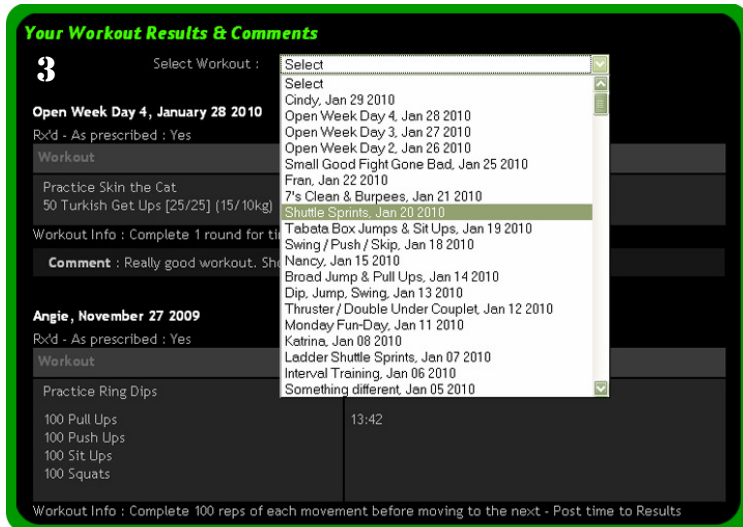
VIEWING YOUR PAST WORKOUT RESULTS



Click on “Login”, on the top right hand side of the main page.

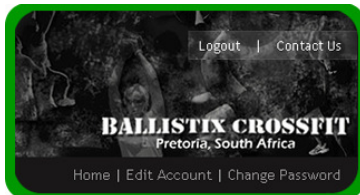


Login using your login details.



All your logged workouts will be displayed. You can also select a specific workout, by use of the drop down list.

EDITING ACCOUNT DETAILS & PASSWORD



Once logged in, you can edit your account details or change your password by clicking on the appropriate link on the top right hand side of the web page.

FEEDBACK & QUESTIONS

Should you have any questions or would like to give some feedback regarding the website or the workouts, please contact us at info@ballistixfitness.com.