Smart Training - Usage instructions

Mobile user

What is Smart Training?

Smart Training is a system that allows its users to buy workout programs, follow training schedules and create their own exercises and programs. It is focused on the search for knowledge, new skills and methods in training. Programs are based on the leading experts' approach on a healthy way of training and improving athletic performances, prevention and rehabilitation of injuries in the USA and Europe. Coaches primarily refer to Mike Boyle (MBSC) and Mark Verstegen (EXOS), because they are their official representatives and the educational base for this part of Europe. They also refer to Gray Cook's (FMS) system which highly affected their view of training in general.

Smart Training platform consists of web administration and mobile application. Web administration is intended for admin's usage and offers a wide range of functionality, such as adding plenty of exercises which can be used by other partners and trainers in creating their workout programs, reviewing and publishing programs which will be available to everyone on mobile application, tracking programs purchases and coach packages payments and much more. On the other hand, a mobile application can be described as a handy tool for athletes which can significantly help them in their fitness journey. It provides various programs to choose from and is simple to use. Also, every program includes movement videos and instructions.
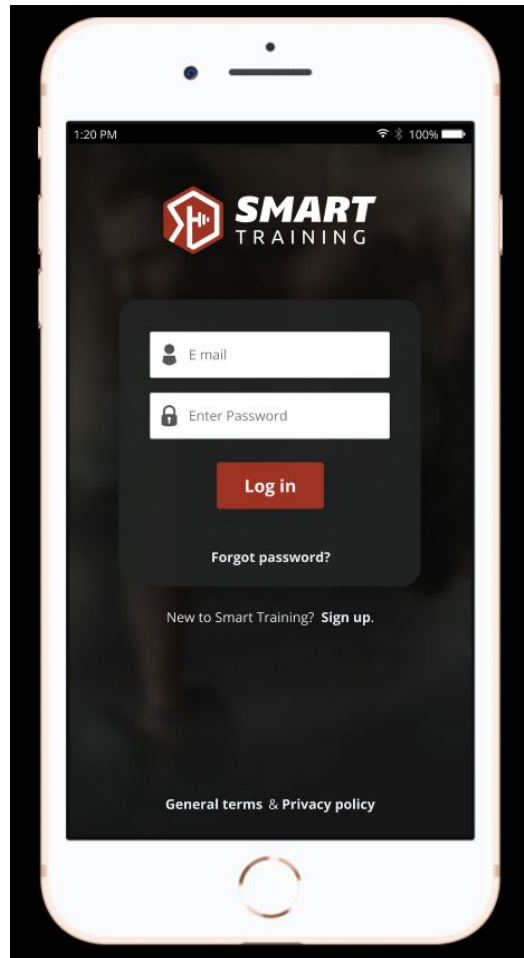
Who is a Smart Training mobile user?

Mobile user is every user for whom a trainer creates workout programs or who buys programs from a store. A Smart Training mobile user can become every person willing to train. What is required is to have an Android or IOS Smart Training mobile application, Internet connection and the desired program.

You can download Smart Training application for Android from Google Play or for iOS from the App Store. Anyone can download an app and make an account. This part of the process is free for every user.
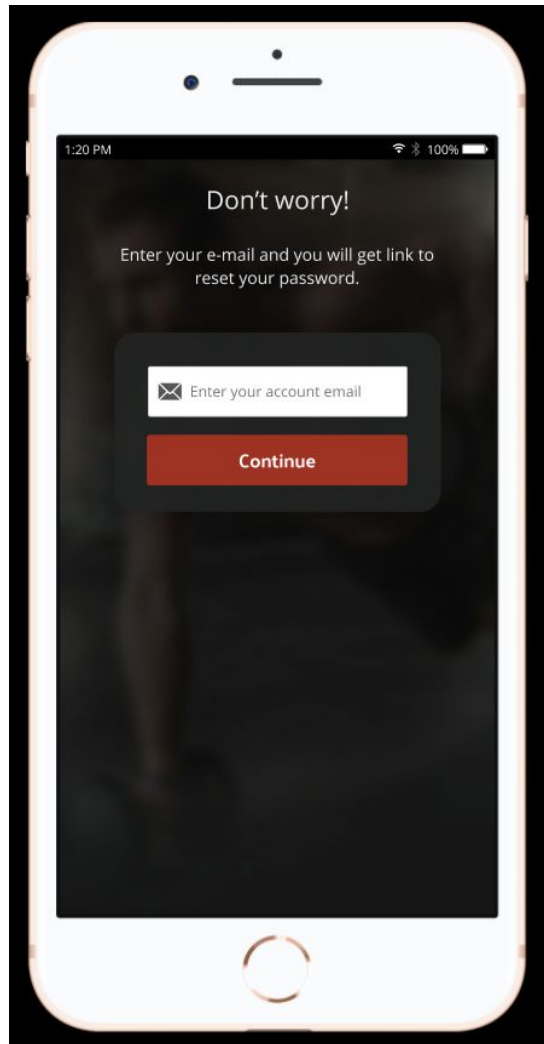
Login

To successfully log in to the Smart Training mobile application you need to enter your email and password. You can log in to the mobile application using any Smart Training account, no matter which role you have.
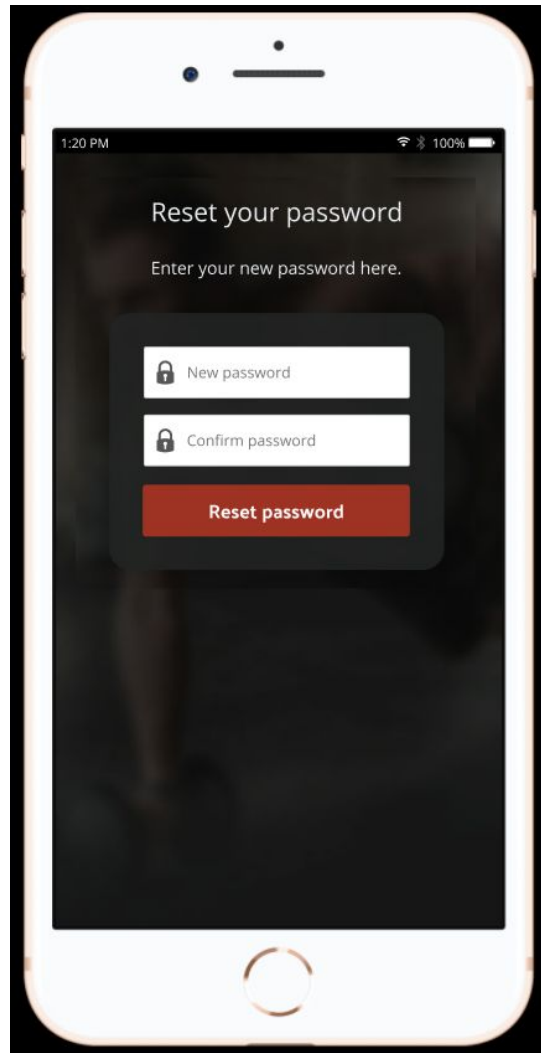
Forgot password

If you have forgotten a password, you can simply click on the "Forgot password" link and you will be redirected to a page to fill your email address.

After submitting an email, go to your email inbox and wait for an email with a new password activation link. When you receive it, it will redirect you to a Smart Training page where you will enter your new password.

Signup

If you do not have a Smart Training account, you can sign up through a mobile application. On the bottom of the login screen, just click on "New to Smart Training? Sign up" option. It will open a sign up form.

To create an account you need to enter:
- Name
- Surname
- Email
- Password
- Confirm password

Please try to choose a secure password. The best ones can contain big and small letters, numbers or/and symbols and at least six characters. Do not share your password with anyone and do not leave it on a visible place!

In order to complete the signup form, you need to read and confirm that you accept Smart Training Terms of use and Privacy Policy.

After the form is submitted, the system needs to confirm your email address. To continue with account creation you need to go to your email inbox, find an email we sent and click on the provided link to confirm your email address.
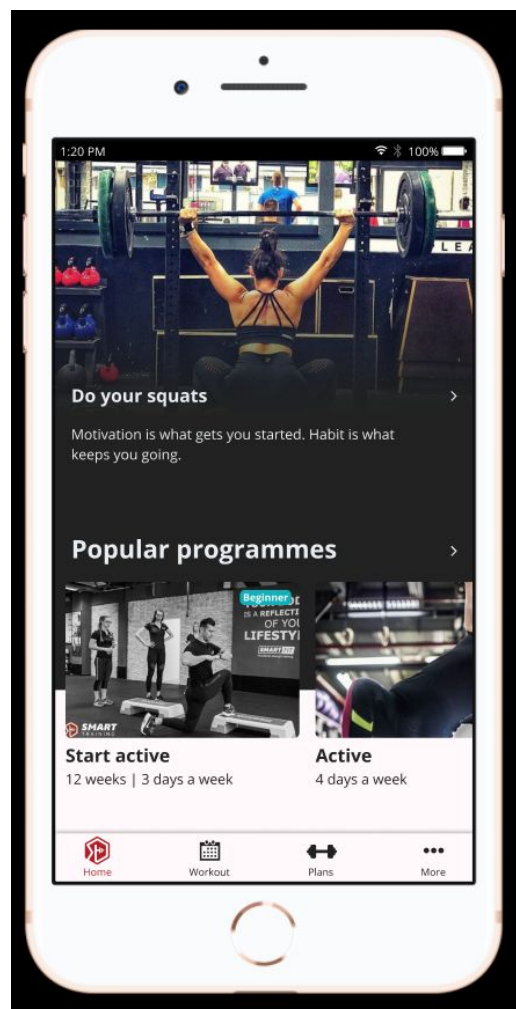
Home

The home screen is the first part of the app you see when you log in. It contains all the important information you need to start your day.

The first information presented to you is a slideshow that contains today's daily exercises. If you click on any of them, you can see details about your exercise. Use right and left arrows to switch between daily exercises from multiple programs.

Below is a list of popular programs from our store. Here you can choose a program you would like to buy or switch to a list of all available programs.
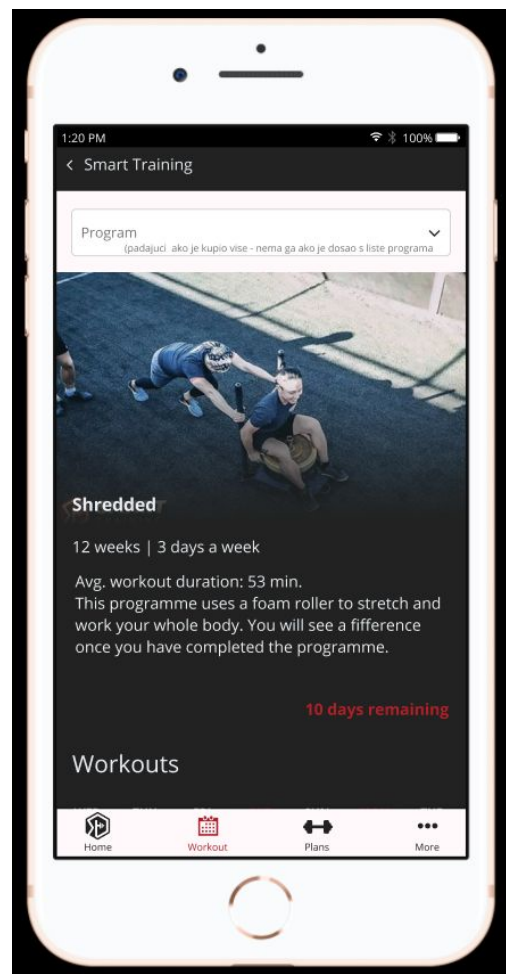
Workout

On a workout page, you can see programs you have access to and see what you need to do to complete your daily training. If you have multiple programs available, dropdown with a list of all available programs will be displayed. Here you can easily switch between programs.

Smart Training differs from two types of programs - noncontinuous and continuous programs:

- Noncontinuous programs are programs limited by duration. They can last several days, weeks or months. When you gain access to the program, it is available for a specified period of time, starting with a date of purchase from the store (which applies to published partner programs) or date of assignment by the trainer.

- Continuous programs are programs which do not have duration, they start at a specified date and last as long as the creator enters the data in them. If the trainer assigns a program to you, you have access to the program until the trainer removes you from the list. If you buy a program from the store, you need to pay a monthly subscription to keep it in your active list.
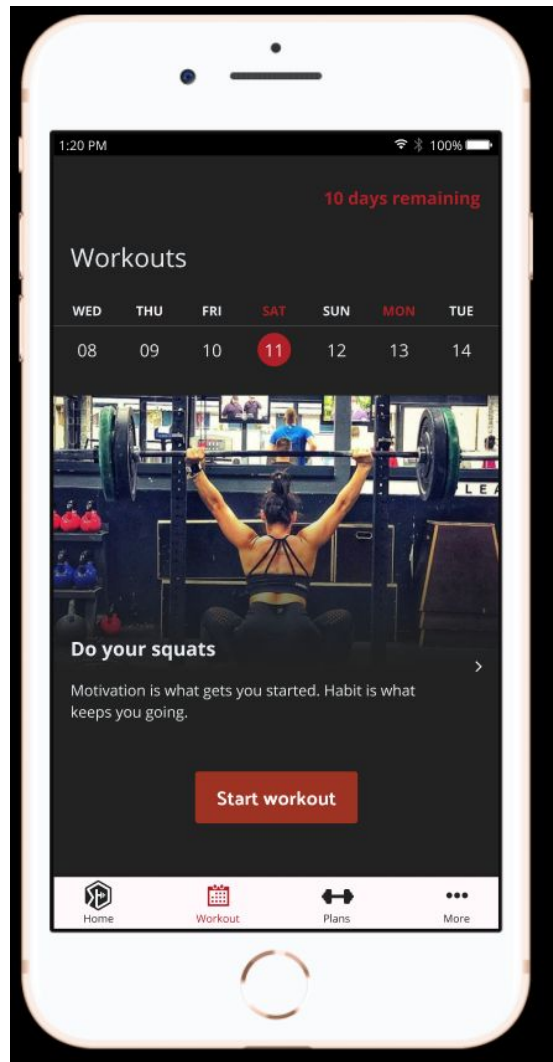
When a program is displayed in the workout tab of the app, you can see program details including a number of remaining days. If you have bought a continuous program, it means that you have an active subscription on it, so a number of remaining days means a number until the next automatic payment will occur. For continuous programs with canceled subscription and all noncontinuous programs, a number of remaining days represents a period of time until a program is accessible to you. After that time is up, you will need to purchase the program again in order to access its exercises.
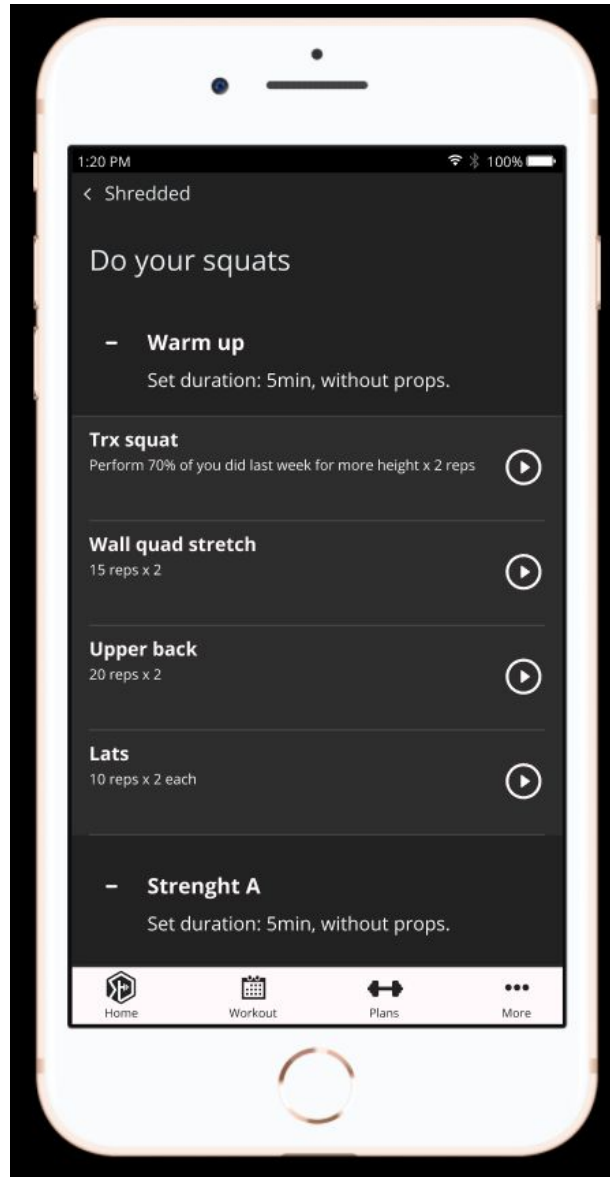
Scrolling down the Workout screen you can see a calendar with details of daily exercises available to you. The exercise of the current day is by default set to be viewed first. Click on the day in calendar changes displayed workout to the selected day.

If you click on the "Start Workout" button, a new screen is opened. Here you can see your workout sets with their description and exercises inside them. Every exercise also has a description which can help you improve your training.

Every set can be expanded or minimized as needed with click on the "+/-" button in the left corner.

Click on exercise leads you to the page where you can read an exercise description and watch the attached video.
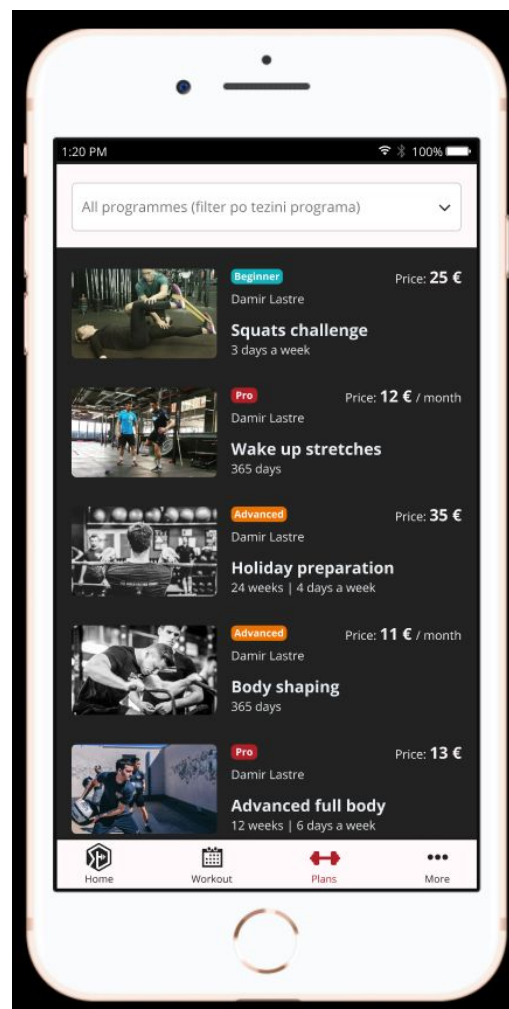
Plans

On the Plans page, you can find the Smart Training store with all available programs. Here you can purchase a program you want to train to. Our team carefully creates and approves all available programs to provide the best training experience for its users.
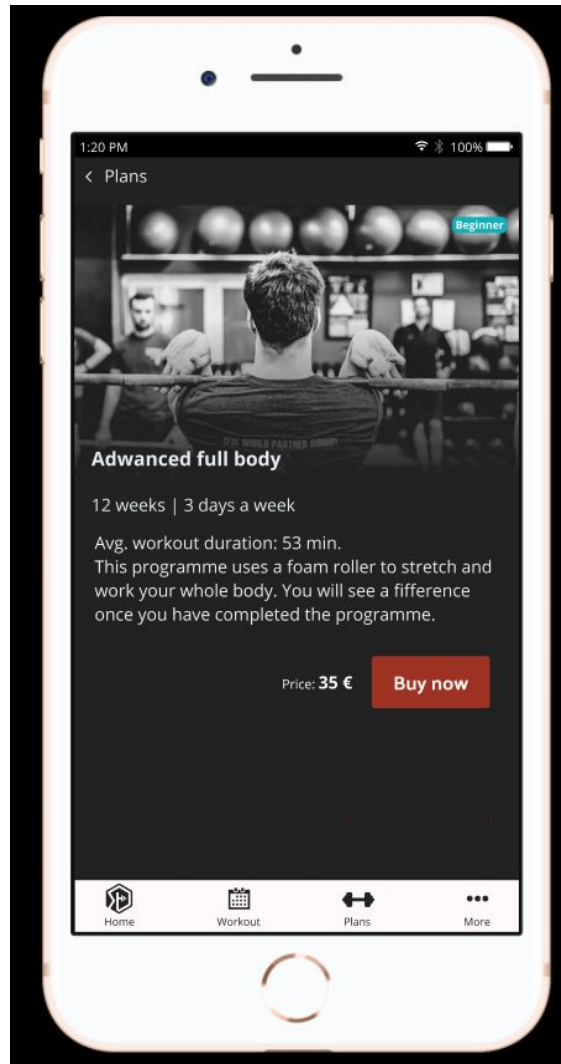
Every program has a defined difficulty (Beginner, Advanced, Pro). You can filter programs with a specific difficulty by using dropdown at the top of the screen.

We also provide a price for every program in the store. Keep an eye to the differences in pricing between continuous programs (monthly subscription, eg. 20 €/month) and noncontinuous programs (one-time payment for one use, eg. 20 €).
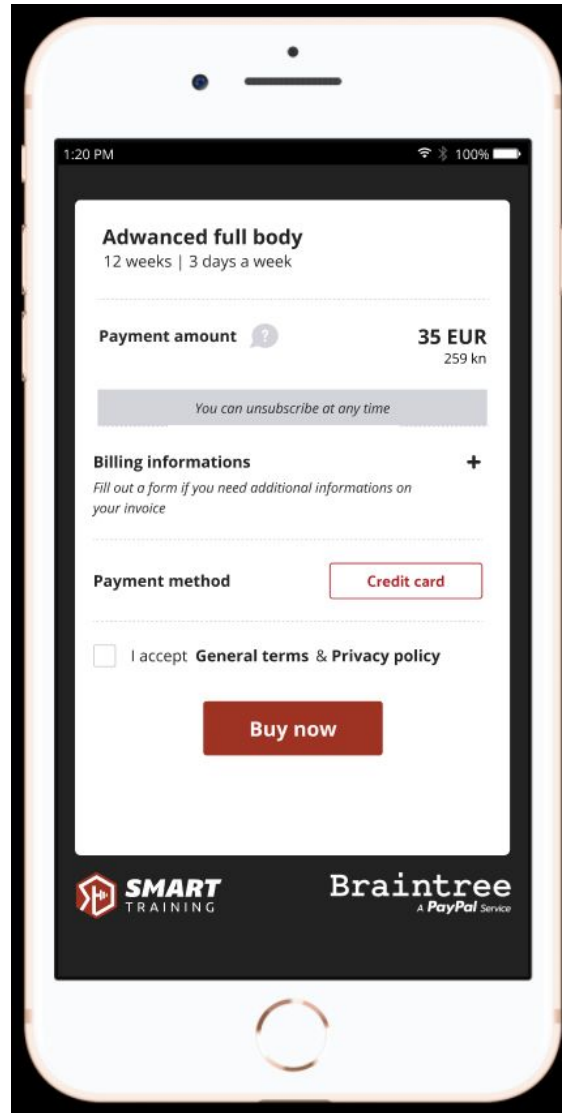
If you click on any of the programs, you can see its details and description and you can enter the payment process.

Payment process

The first step of the payment process is a payment plan selection.

If you need a receipt which is addressed to your company, please click on the "Billing information" option. This offers you to fill following additional information:

- Owner name and surname
- Company information: Company name, Branch office, Personal identification number, VAT number
- Billing address: Street address, City, ZIP/Postal code

If you need a simple personal receipt, you do not need to fill in this section.
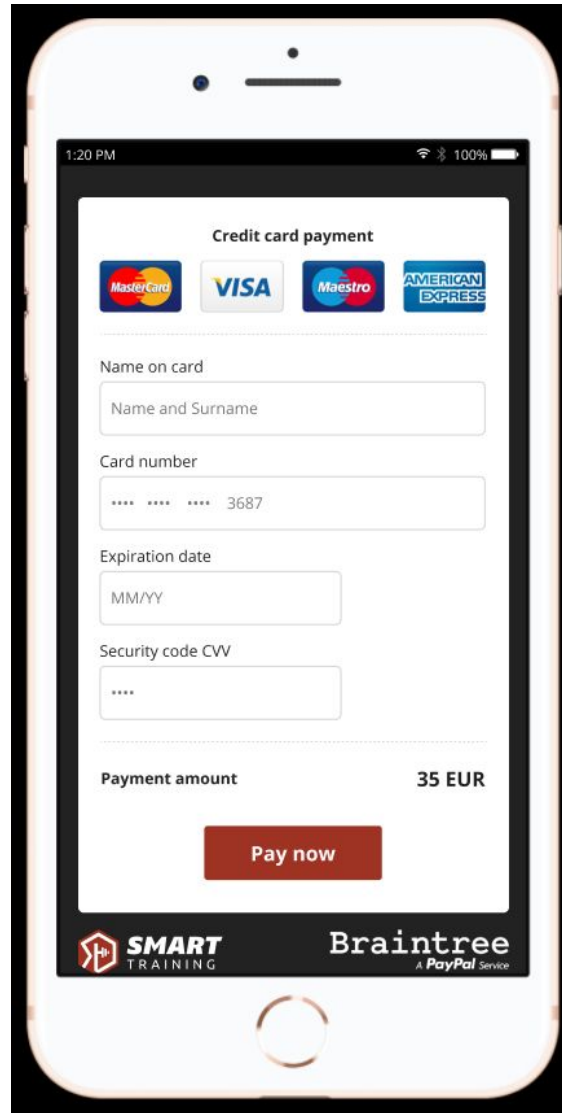
In order to continue you need to Accept Terms of use and Privacy Policy.

The next step is the credit card info. The application asks for Name on a Card, Card number, expiration date, and security CVV code. Smart Training does not store your credit card information. This information is held by our authorized payment provider.

Click on "Pay now" processes your transaction. The system will give you feedback if the purchase was successful.
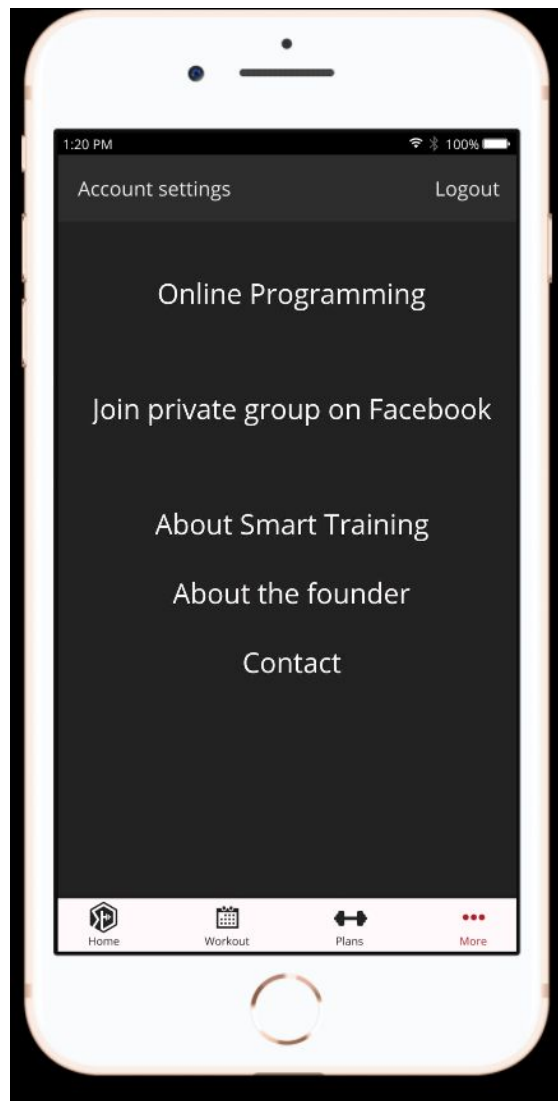
If you chose a continuous program, our payment provider will automatically take the agreed amount from your card every month. You can unsubscribe at any time through the Account Settings part of the application. After you unsubscribe, you can still use the program in the period you paid for.

More page

On the settings page you can find information about Online programming, Smart Training, our founder, contact information or you can join Facebook group available only for Smart Training users.

If you need to logout from the app, the top right corner of the settings page is a place to do so. The top left corner of the Settings tab offers an option to access settings about your personal account.
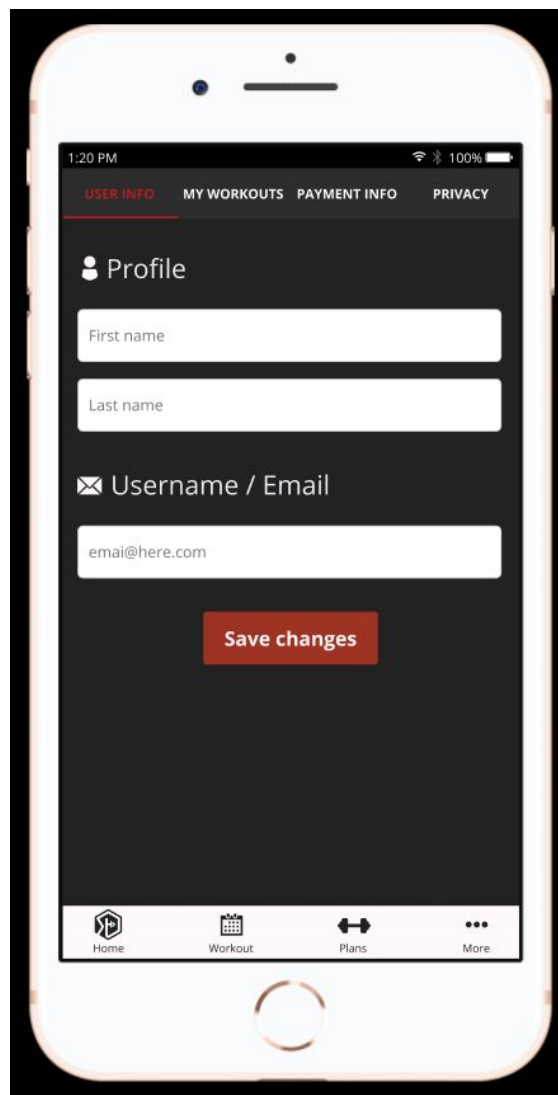
Account Settings

Account Settings is a part of the application where you can view and edit your personal info.
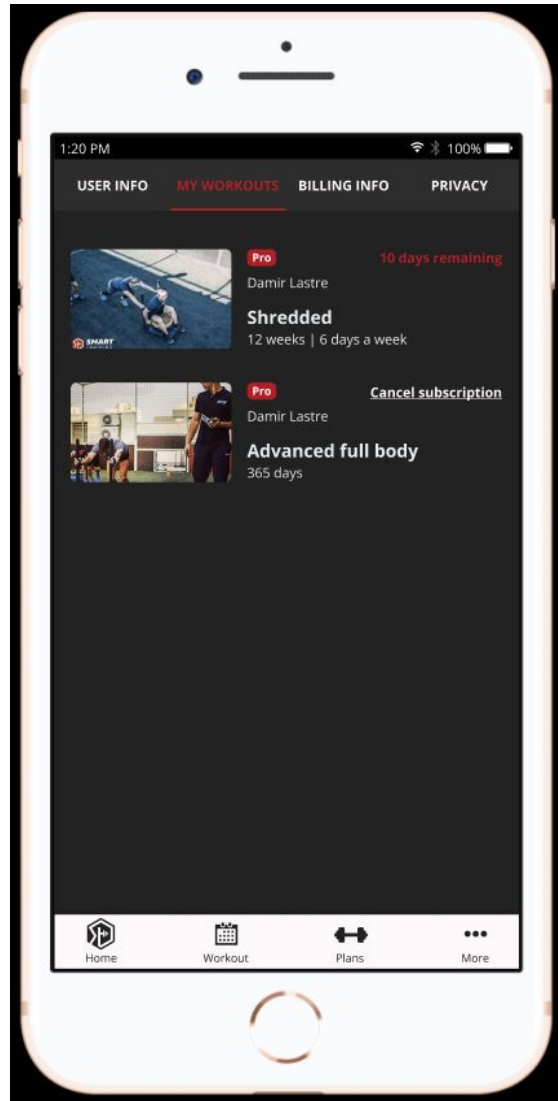
Change your personal info

In the "User info" section you can change your name and last name. Email is displayed, but we do not offer an option to change it.

My programs

On this tab, you can see the list of all programs you have access to. If you wish to do so, here you can cancel your subscription. If you cancel a subscription, you will still have access to the program during the time you paid with your last purchase.

Billing

Here you can edit billing information:

- Change name and surname of account owner
- Change company information (company name, branch office, Personal identification number, VAT number)
- Change billing address (Street address, City, ZIP/Postal code)

You can also update payment info. This means updating your credit card information.

Smart Training does not store your credit card information. If you purchased a subscription, our authorized payment partner handles this information.

Privacy

In the "Privacy" section you can change your password. To do so you need to enter:

- old password
- new password
- confirmation of a new password

Please be careful to enter the correct old password. To complete this action, new password and its confirmation need to be identical.