



FIRST TIME USER SIGN UP

You must create an account with the PULSE app to begin using it. Press the **Sign Up** tab and register your e-mail, name, and create a password. Use the same e-mail address as your 9Round Member Portal account to sync your app workouts with your member portal.

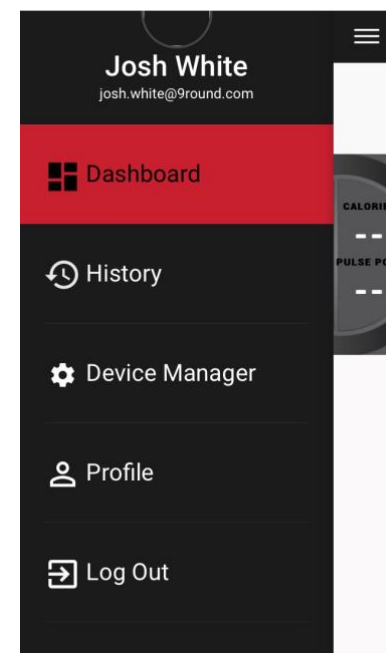
The image shows the 'Login' screen of the PULSE app. At the top, there are two tabs: 'Login' (selected) and 'Sign Up'. Below the tabs is the '9ROUND PULSE' logo. The screen contains two input fields: 'Email' and 'Password'. Below these fields is a red button labeled 'LOGIN'. At the bottom, there is a link that says 'Forgot Password?'.

The image shows the 'Sign Up' screen of the PULSE app. At the top, there are two tabs: 'Login' and 'Sign Up' (selected). Below the tabs is the '9ROUND PULSE' logo. The screen contains five input fields: 'Email *', 'First Name', 'Last Name', 'Password*', and 'Confirm Password*'. At the bottom, there is a red button labeled 'SIGN UP'.



MENU

- **Dashboard** – Shows the tile screen and allows you to start an active workout.
- **History** – Shows a list of previous workouts from the past 60 days and allows you to view a detailed workout summary.
- **Device Manager** – Shows a list of nearby active Heart Rate Monitors, allowing your phone to pair. You must be wearing the device for it to pair.
- **Profile** – Allows updates to the member profile. Profile must be updated prior to beginning first workout to ensure accurate heart rate data. Add a profile photo by pressing the circle next to your name and e-mail address.
- **Log Out** – Logs the current member profile out and returns you to the log in screen.





DASHBOARD

If no devices are currently connected, a pop-up message will appear saying **Please add devices in Device Manager**.

Otherwise, press **Start** to begin an active workout. When the workout is complete, press **End Session**. The phone must stay close to the heart rate monitor and the screen must stay on to ensure constant connection.

