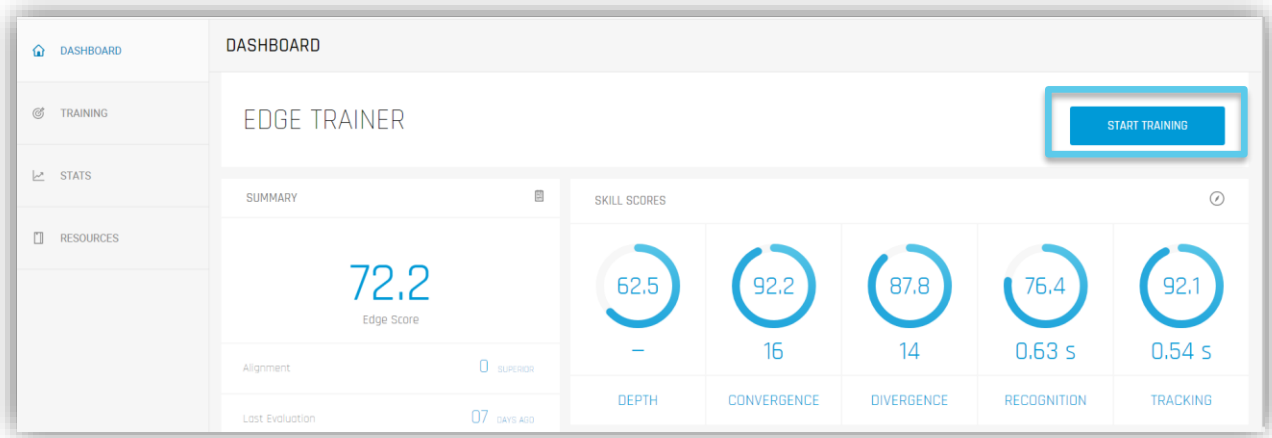


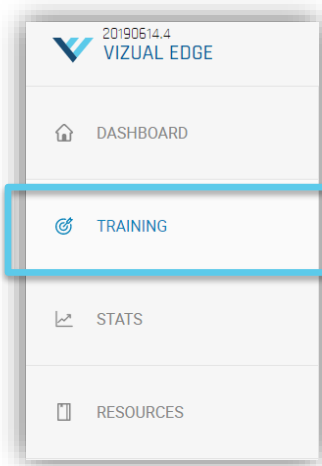
GETTING STARTED WITH YOUR TRAINING PLAN

After completing a Vizual Edge Evaluation, you will receive a customized recommended training plan. This training plan is customized based on all 6 of your evaluation exercise scores. A training plan consists of 3 training sessions/week for 6 weeks. A training session typically lasts for 15-20 minutes. After you have finished your 6 weeks of training, you will take another Vizual Edge Evaluation to see where you have progressed and to receive an updated training plan based on your results.

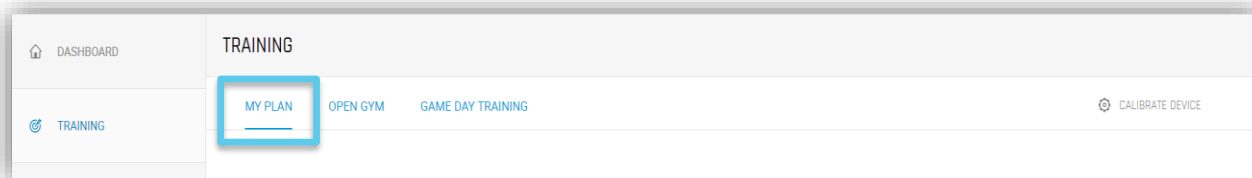
1. After logging into your account, you will land on your **DASHBOARD** and press the **START TRAINING** button located on the right.



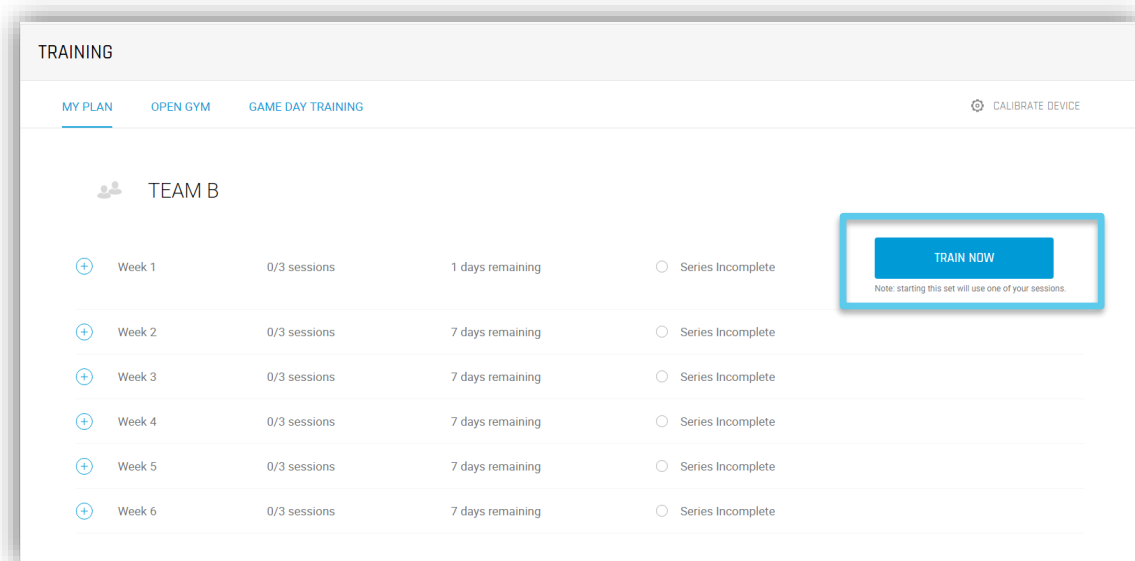
NOTE: You can also select **TRAINING** from the left-hand menu.



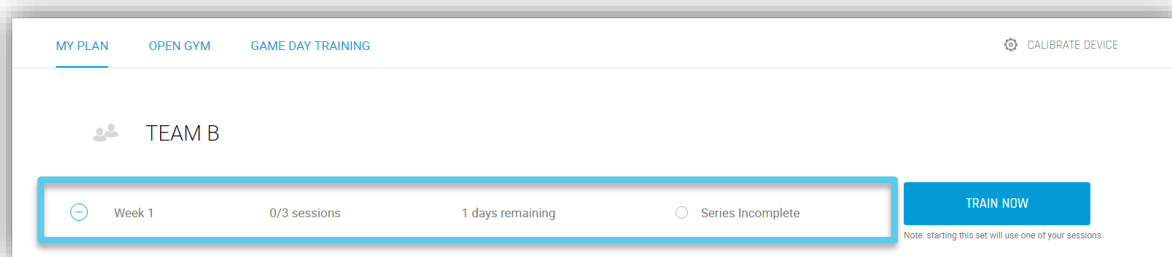
2. On your **TRAINING** page you will see 3 options on the top of the screen: **MY PLAN**, **OPEN GYM**, and **GAME DAY TRAINING**. Make sure you are selected on **MY PLAN**.



3. Under **MY PLAN** you will see your 6-week customized training plan, press **TRAIN NOW** to be directed to your first training exercise.



NOTE: You must complete **ALL EXERCISES** within your customized training plan to register 1 full training session. You must **COMPLETE** 3 training sessions in a 7-day period to progress to Weeks 2, 3, 4, etc.



NOTE: **OPEN GYM** and **GAME DAY TRAINING** sessions **DO NOT** count towards your **MY PLAN** session progress.

