User Manual
Version 1.0

Introduction

The ReadyFit mobile app is an essential tool for predicting success in military recruitment and performance. Each user will be able to:

• Experience physical fitness tests from each branch of the military with specific test guidelines and instructions

• Take those tests on your own or with a friend when test conditions are optimal for you

• Have a completed test graded and validated by an unbiased ReadyFit Certified Expert

• Receive a verifiable certificate of completion (Pass or Fail)

• Review test results, videos, and grader notes

• Have access to the ReadyFit leaderboard

• Shop for ReadyFit merchandise via our official ReadyFit store

Compatibility

ReadyFit's user-friendly app is compatible with only iphone mobile devices. All Apple products require iOS 11.0 or later.

 Any questions, concerns, or issues regarding the app may be resolved by contacting the ReadyFit support team. Tap **More > Connect With Us > Contact Us** to send an email to ReadyFit's customer service department. Users may also contact our support team by direct email:

  • info@readyfit.com

Getting Started

iPhone has an easy setup process to help you when you first turn on your device. Whether you're just getting started or want to make sure you have the basics set up, you're in the right place.

The ReadyFit app is compatible with most iPhones. To get started:

From your **Home** screen, tap App Store
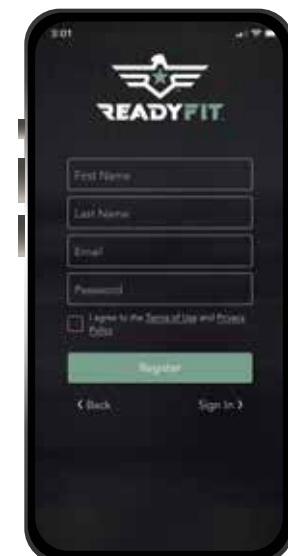
Find the ReadyFit app in the App Store

Download and install the ReadyFit App

Logging In

1. If you have already signed up, input your username and password to login.

2. If you are a new user, tap the **"Register"** link to complete the process.

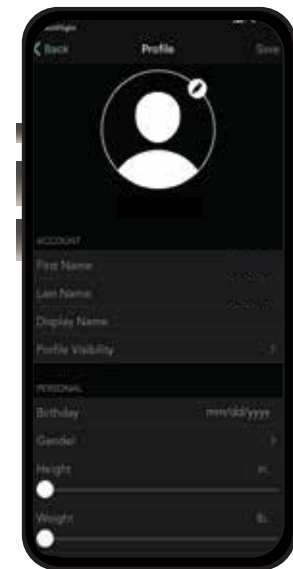3. On the **"Register"** page, input your information, including your email and desired password.

Profile

Once registered, you will be taken to the **"ReadyFit Home"** screen.

1. From the **"ReadyFit Home"** screen, tap on the circle ⟩● in the upper right corner to create your profile.

2. Fill-out Your Profile Information

   - Account
   - Personal
   - Shipping Address

3. Link Garmin Account (if you have one)

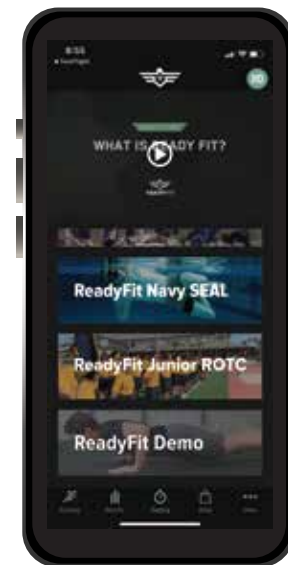*4.* Tap ⟩**"Save"** when done and go back to home page

Home Screen Navigation

Once you're back on the **"Home"** screen, you can navigate/scroll through the app. Here you will find the following:

- "What is ReadyFit" video

Tests

- ReadyFit Navy
- ReadyFit Marine Corps
- ReadyFit Army
- ReadyFit Air Force
- ReadyFit Navy SEAL
- ReadyFit Junior ROTC
- ReadyFit Demo

Lower Navigation Bar

Tap on each icon to access the following:

Training Tap the icon to display **ReadyFit "5-Min Warm Up**.

Results Tap the icon to display **Performance** stats.

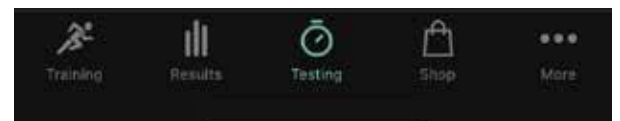**Testing** Tap the icon to display **ReadyFit Tests**.

Shop Tap the icon to display **Certificates** and **ReadyFit Official Store**.
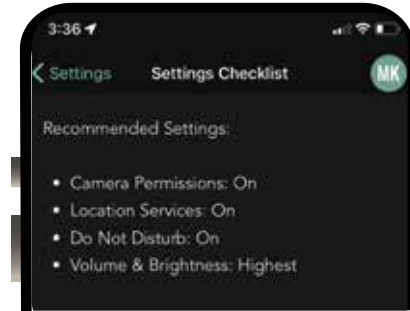
More Tap the icon to display **Settings**, **Resources**, **Privacy & Security**, **Contact Us**, and **About**.
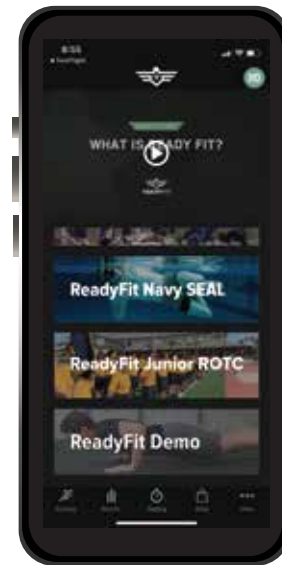
Quickstart

1. **NOTE:** Before starting any test, it is recommended that you go to ⟩ "**Settings**" ⟩ "**Settings Checklist**" and make sure that the following settings are turned on:
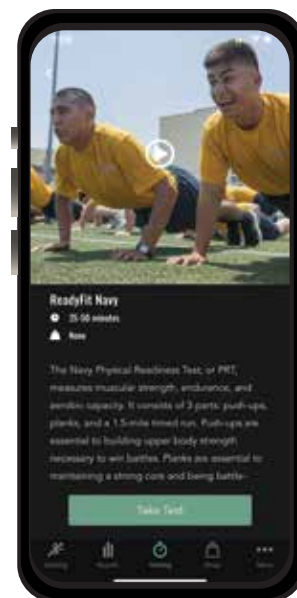
Camera Permissions:	On
Location Services:	On
Do Not Disturb:	On
Volume & Brightness:	Highest

2. Once you're ready, head back to the "**ReadyFit Home**" screen and choose a test.

3. Please read all information completely, watch the video and then click "**Take Test**" button

Quickstart

4. Verify that your **Profile** info is correct, then tap **"Confirm"**. If not, go back to edit your **Profile**.

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5. Choose your exercises. Your choices will be highlighted in green. You can also tap the ▶ button to watch an instructional video of each exercise.

   NOTE: Some tests will allow you to choose between exercises, but others will not. Those exercises where you need to choose, **Tap** on that exercise to highlight it.

   Once you are finished choosing, tap the **"Start Test"** button.

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6. Review the video for specific exercise instructions. **Tap** the ▶ button to start the video. Written instructions are also provided below. Continue scrolling to the right to read the entire description.

   Once finished, tap **" Start"**.

Quickstart

7. Confirm that you have read and understand the Grading Criteria information then tap **"Acknowledge"**. You will then be taken to the video screen

8. Video Screen

When you're ready to activate the test, tap the "Record" 🔴 button. You will have a 3-second countdown prior to starting each exercise.

Back Button

Timer

Record Button

Reverse Camera Button

To stop recording, tap the ✔ button.

NOTE: The camera can be held in either the vertical or horizontal orientation dpending on the exercise (e.g Push-Ups horizontal, Pull-Ups - vertical). It is important to make sure your entire body is in the frame.
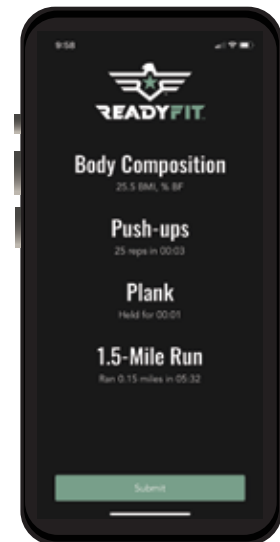
Quickstart

9. Enter your results for each exercise and any optional comments for your grader to see then click "**Advance**".
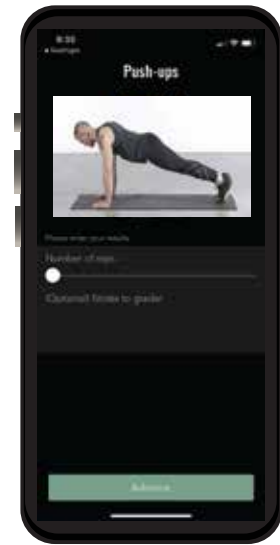
10. Results Screen

After tapping the "**Advance**" button, you will be taken to the "**Results**" screen.

After reviewing your results, tap the **"Submit"** button.

11. Congratulations you have completed a ReadyFit test!

You now have 3 options:

- Tap "**Score**" to have an authorized ReadyFit grader Grade your test
- Tap "**Certified Score**" to have an authorized ReadyFit Grader grade and certify your test
- Tap "**Maybe Later**"

You can also tap "**Results**" 📊 on the **Home** page to view your stats/score
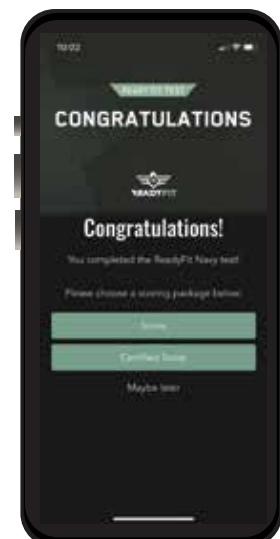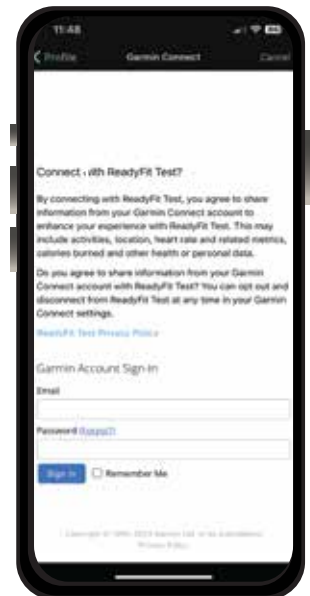
Pair a Device Using Garmin Connect

1. When you're ready to pair your device, navigate to the **Home** screen, and tap on the **Profile** icon in the upper right corner
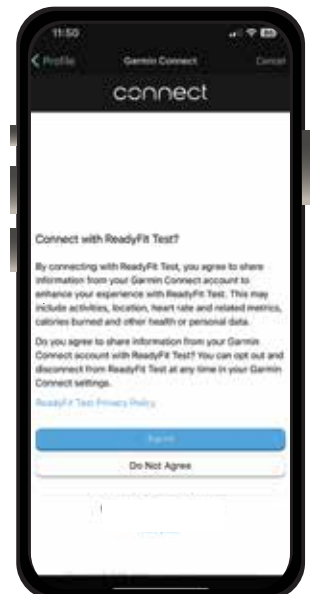

2. Scroll down until you see **Link Garmin Account**

3. Sign-in to your **Garmin Account** via **Garmin Connect**
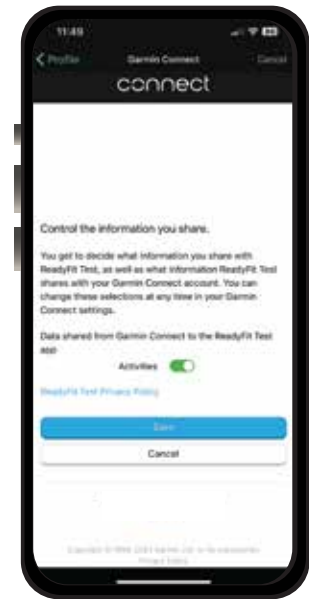

4. Connect to **ReadyFit**

Pair a Device to Garmin Connect

5. Decide what information you want to share. Tap **Save**

6. Follow the on screen instructions from the app to complete the setup process

7. Upon completion, the Connect app will display the My Day view which will provide a snapshot of the data collected by your Garmin device

info@readyfit.com

FAQ

1. What is ReadyFit?

If you're interested in joining the military, a veteran or retired, or a civilian just wondering if you have what it takes to pass a military physical fitness test, ReadyFit offers physical fitness tests for each branch of the military. The ReadyFit app will help you understand the benchmarks for each military physical fitness test and allow you to perform each test when you are best trained, most ready, and in an environment that is conducive for peak performance. ReadyFit will assess your fitness against specific, predetermined test

2. What is the difference between a Raw Score, Paid Score, and a Paid Certified Score?

➤ A **Raw Score** is simply a summary of the total repetitions or total times for each exercise in a test.

➤ A **Paid Score** is the conversion of a raw score to a normalized or standard point system for each exercise (usually 100 points) and a final fitness ranking for that test. These scores are calculated based on repetition or time data entered while taking the test. The score will be based on official standards for the specific test you take and may vary based on age or gender.

➤ A **Paid Certified Score** is where ReadyFit graders review your test data, videos, and gps data to verify that your score is accurate. This may include adjusting your score for penalties just as a live grader would do if present. A Paid Certified test includes an official ReadyFit certificate which can be used to prove that a specific test was passed and what the total score was at the time the test was taken.

3. Do I have to take the test all at once?

Yes. The exercises must be performed in succession. There are brief rest periods in between each exercise with built-in rest timers for ease of use

4. Can I run with my phone or do I need a GPS enabled watch?

Either...both work well. At the end of the day, use the tools that work best for you.

5. Can I take the test indoors?

Yes, the test can be conducted indoors or outdoors. However, check with each military branch regarding the specifics of the run. Some authorize the use of treadmills and some do not

6. Can I retake a test?

Yes. There is no limit to the number of times you can take a test