

# ***FINISHED FITNESS***

## ***User Manual***

Workouts, timer, food, injuries, progress.  
One app.

Also available in Spanish at [finishedfitness.com/manuals/user-manual-es.pdf](https://finishedfitness.com/manuals/user-manual-es.pdf)

★ *I FINISH WHAT I START* ★

## SECTION 1

# Getting Started

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Welcome. This manual covers everything in the Free and Pro tiers — what's included, how to use each feature, and where to find it in the app.

## Create your account

- Open **finishedfitness.com** and tap **Start free**
- Sign up with email + password, or with Google
- No credit card required for the Free tier

## Set up your profile

- Name and current weight
- Units (kg or lb)
- Language (English or Spanish)
- Optional: photo, height, goals

## Bottom navigation

Five tabs at the bottom of the screen:

- **Dashboard** — today's overview: streak, weight, recent workouts
- **Workout** — log strength, cardio, mobility; access the timer
- **Nutrition** — log meals and track macros
- **Progress** — weight chart, body measurements, photos
- **Profile** — settings, subscription, language, theme

## SECTION 2

# What's in the Free Tier

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Free forever, no credit card. Four core tools:

- **Workout logging** — up to 30 days of history. Strength sets, cardio entries, mobility holds.
- **Basic nutrition tracking** — log meals with calories + macros.
- **Weight logging** — daily weigh-ins with a simple line chart.
- **Interval timer** — three modes for Tabata, EMOM, AMRAP, and countdowns.

*Tip: The Free tier is a real product, not a teaser. Most people lift for years on the Free plan. Upgrade only when you need the depth.*

## SECTION 3

# How to Log a Workout

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## Strength

- Tap **Workout** → pick a day (A, B, C, D, or unscheduled)
- Tap **+ Add exercise** → search the library or type a custom name
- Log each set as sets × reps × weight
- Add notes (RPE, tempo, cues) per exercise

## Cardio

- Same flow, but pick **Cardio** when adding the exercise
- Enter time and distance, or hook into the interval timer (see Section 5)
- Steady-state and HIIT both supported

## Mobility

- Drills logged as holds (seconds per side)
- Add photos or short notes per drill
- Drag to reorder within the day

## SECTION 4

# How to Log Food

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- Tap **Nutrition** → **Add meal**
- Pick from the library or add a custom food
- Calories + macros (protein, carbs, fat) auto-calculate
- Daily totals roll up to the Dashboard
- Set a daily protein target in Profile → Goals

*Free tier is enough for most people. If you need barcode scanning or photo logging, those land in future updates.*

## SECTION 5

# Using the Interval Timer

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Open from the **Workout** tab or directly via the Timer page.

## Three modes

- **Intervals** — prep / work / rest / cool, repeated for N rounds. Perfect for Tabata, EMOM, AMRAP.
- **Countdown** — single duration with a beep when done.
- **Lap** — stopwatch with split times.

## Linked to your workout

Any cardio entry in your program can hold its own interval settings. Tap the timer icon next to the entry on workout day to start it pre-filled — no app-switching mid-set.

# Tracking Progress

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## Weight log (Free)

- Tap **Progress** → **Weight** → +
- Logged dates appear on a simple line chart
- Set a goal weight for visual reference

## Body measurements (Pro)

- Waist, chest, arms, hips, thighs
- Logged in cm or inches based on your unit preference

## Progress photos (Pro)

- One photo per session, stored locally on your device
- Side-by-side compare across dates

## Workout streak (Free)

Shown on the Dashboard. Counts consecutive days with at least one logged set or cardio entry.

## SECTION 7

# What Pro Unlocks

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£3.98 / month · cancel anytime

- **Unlimited workout history** (vs 30 days on Free)
- **Progress charts** — weight trend, lift PRs over time
- **Exercise guide** — how-to instructions per movement
- **Body measurements + photos**
- **Progress report export** (PDF / CSV for your coach or records)
- **Custom program builder** — A/B/C/D splits, multi-day programs
- **Weekly schedule** — assign Day A to Monday, Day B to Wednesday, etc.
- **Saved templates** — reuse your favorite cardio + exercise setups

*Upgrade from **Profile** → **Pricing**. Subscription is monthly via PayPal. Cancel from the same screen — your data stays.*

## SECTION 8

# Tips & FAQ

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## How do I upgrade to Pro?

Profile → Pricing → tap **Subscribe** on the Pro tier. You'll be redirected to PayPal to complete the subscription.

## How do I cancel?

Profile → Pricing → **Cancel subscription** on the Free tier card. You keep Pro features until the end of the current billing period.

## My workouts disappeared

Check that you're signed in (Profile shows your email). On Free, workout history is capped at 30 days — upgrade to Pro for unlimited history. Multi-device sync is also Pro-only.

## Multi-device sync

On Pro, your data syncs across web + Android automatically. On Free, data stays on the device where it was logged.

## Need help?

Email [support@finishedfitness.com](mailto:support@finishedfitness.com) or visit the in-app Help page (Profile → Help).