

**GETTING STARTED****1.) Does the P90X® App for iPhone® replace the P90X DVD system, or does it complement it?**

The P90X App for iPhone works in conjunction with the P90X DVD system. You'll get personalized tools for planning and tracking your workouts and progress right on your phone. Don't have the P90X DVD system? Get it at [P90X.com](http://P90X.com) or in the Beachbody® Store in the "More" tab of the app.

**2.) Can I automatically add the entire P90X workout schedule to my P90X App for iPhone Calendar?**

Yes. Just tap on "Start a Program" from the Bring It screen, or go to "My Programs" from the Calendar screen and select the program you want—P90X Classic, Lean, or Doubles. Select the day you'd like to start and the time of day you'd like to work out.

**3.) Can I schedule non-P90X workouts?**

Yes, you can schedule custom workouts such as swimming, climbing, running, and more. Just go to your Calendar day view, and tap "Add Workout."

**4.) How do I create a profile and add photos?**

Tap on the "Profile" tab at the bottom of the screen. From there, you can tap on the different fields to enter your name, measurements, and add photos.

To add photos, tap on the camera icon to take photos using your phone's camera, or select an existing photo to use from your iPhone photo album. You'll be able to compare your "before" and "after" pictures side by side to see your progress.

**WORKING OUT****5.) How do I start a workout?**

From the Bring It screen, you can either tap "Start a Program" to schedule a 90-day program or "Work Out Now" for an individual workout. You can also schedule workouts from the Calendar screen. When you get to the Workout Details screen, you can choose "Track Workout" if you're working out with

your P90X DVDs, or "Purchase Guided Workout" if you're away from your DVDs.

**6.) What's a P90X Guided Workout?**

P90X Guided Workouts are cued versions of the P90X workouts, designed specifically for the iPhone and available for purchase through the app. They feature timed video demonstrations for every move, tips on form, and audio guidance from P90X trainer Tony Horton. You can take the Fit Test and try the Ab Ripper X Guided Workout for FREE!

**7.) How do I purchase Guided Workouts?**

Tap on the "P90X Directory" tab at the bottom of the screen to view and purchase Guided Workouts, or purchase them from the Workout Details screen of an individual workout as noted above.

**8.) Why isn't there tracking for the Plyometrics, Yoga X, X Stretch, Core Synergistics, and Ab Ripper X workouts?**

Tracking sets, reps, and weights does not apply to these workouts. But don't forget to track completion and intensity.

## **NUTRITION**

**9.) Where can I find more information about the P90X Nutrition Plan?**

The P90X Nutrition Plan that came with your P90X DVD system is your go-to resource to stay on track with the P90X eating plan. Within the app, you can select your phase and level to see the recommended number of servings that correspond with the P90X Nutrition Plan, and track your daily consumption.

**10.) What do the blocks in the nutrition tracker represent?**

The P90X Nutrition Plan breaks down how many servings of various types of food you should be eating each day to meet your nutrition goals. Each block represents one serving.

## **RECOGNITION AND PRIZES**

**11.) Is there recognition for completing the workouts?**

Yes! As you go through the program, you'll pass important milestones such as taking the Fit Test, achieving 50% of your goal, graduating the program, and

many more. For each of these accomplishments, you'll get P90X achievement badges that signify how much you rock.

You can also share these achievements with your friends via Facebook®, Twitter®, email, and even your Team Beachbody® profile, to show off your ripped and rewarded status.

**12.) How do I become a P90X graduate?**

Complete the 90 days of scheduled P90X workouts, and you'll be a P90X graduate! You can log non-P90X workouts, but they won't count toward your P90X graduation.

**TECHNICAL ISSUES**

**13.) How do I turn the audio on or off in a Guided Workout?**

While in the Guided Workout, tap on the speaker icon. From there, you can turn off the chimes, as well as Tony's audio guidance.

**14.) Can I listen to music while I use the P90X App for iPhone to work out?**

Sure. Just turn on the music on your iPhone, and then launch the P90X App.

**TEAM BEACHBODY®**

**15.) What are the benefits of logging into Team Beachbody®?**

Logging into Team Beachbody will allow you to receive your member discount on Guided Workouts and anything you purchase in the P90X® Mobile Store. It will also allow you to sync your tracking data with WOWY® and receive data backup.

**16.) Do my workouts on the iPhone sync with my workouts on TeamBeachbody.com?**

Yes. If you've logged in as a Team Beachbody member, your P90X workouts will sync with your account on TeamBeachbody.com, unless Auto Sync in Settings in the app has been set to "Off." If "Show Status in WOWY" is "On" in Settings, when you start your Guided Workout on the P90X App for iPhone, your status will show up as live in SuperGym®.

**17.) If I'm outside my network coverage area, can I turn off the Team Beachbody Auto Sync feature to reduce extra charges?**

Yes. Go to "More," then "Settings," and set Auto Sync to "Off."

**18.) What if I want to clear my Team Beachbody account and all stored related data from my P90X App for iPhone?**

Go to "More," then "Settings." Under "Team Beachbody," tap on "Sign in" to enter your email and password, and connect your P90X App for iPhone to your Team Beachbody account. To disconnect your Team Beachbody account from the app, go to Settings and tap "Reset Device Account." **WARNING:** Resetting your device account erases all local data from the app. While tracking and body measurements are stored on TeamBeachbody.com in your Team Beachbody account, photos are not. Please save photos you wish to keep to your phone's album before resetting the device.

## **TROUBLESHOOTING**

**19.) The Guided Workout I purchased didn't completely download.**

Your download may be paused. To resume a paused download, navigate to the "Directory" tab at the bottom of the P90X App for iPhone screen. Tap on a Guided Workout that is labeled "Pause" and click the "Resume" button to restart your download(s).

**20.) The P90X App for iPhone won't run on my device.**

- a. The P90X App for iPhone has been optimized to run on the iPhone 3GS, iPhone 4, and iPod Touch® Gen 4 devices. It also runs in 2x mode on the iPad® and iPad 2. Older iOS devices may exhibit slower tap response times.
- b. Make sure you're running the latest iOS. The P90X App for iPhone is optimized to run on iOS 4.3 and later. Update your iOS to the latest release from Apple® for the best P90X experience.

## **MORE HELP**

**21.) I found a bug in the P90X App for iPhone.**

We're always looking to improve our app. Please send an email to [mobilecs@beachbody.com](mailto:mobilecs@beachbody.com) so we can report this to our tech team and get it fixed.

**22.) Need more help?**

You can reach Beachbody Customer Service at [mobilecs@beachbody.com](mailto:mobilecs@beachbody.com).

**23.) Where can I find advice on fitness, nutrition, and Beachbody products?**

[TeamBeachbody.com](http://TeamBeachbody.com) is the one-stop shop for all your fitness and nutrition needs. If you're a Team Beachbody member, you can access it directly from your P90X App for iPhone. Just tap on "Beachbody Store" on the "More" tab.

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**COACH-SPECIFIC FAQ****Where can I purchase the P90X app?**

The P90X App for iPhone is available for purchase in the Apple App Store<sup>SM</sup>. You can get there by tapping the “App Store” icon on your iPhone or iPod touch and searching P90X.

Or, you can go to [www.teambeachbody.com/workout-routines/p90x-app-for-iphone](http://www.teambeachbody.com/workout-routines/p90x-app-for-iphone) <<http://www.teambeachbody.com/workout-routines/p90x-app-for-iphone>> and click through to the App Store.

**Where should I send my prospects?**

If your customer/prospect is already a Team Beachbody member, you can send them directly to the App Store.

If you would like them to join Team Beachbody before buying the app, send them to [www.teambeachbody.com/workout-routines/p90x-app-for-iphone](http://www.teambeachbody.com/workout-routines/p90x-app-for-iphone).

There, they can click through to join and then to purchase the app in the App Store. **MAKE SURE** your customer includes your Coach RepID and/or username during signup, so you get credit for any resulting sales.

**Do I need to sign in to Team Beachbody in the app?**

YES. It is critical for all Team Beachbody members and Coaches to sign in with their Team Beachbody email and password. If you don't sign in, you will not get member pricing or be able to sync your workout schedule and tracking data with the SuperGym.

**IMPORTANT:** In addition, if your customers do not sign in, you will NOT get commission on their Guided Workout purchases or other purchases in the Team Beachbody Mobile Store.