

WHAT IS SPRINTCROWD?

Sprintcrowd allows you to participate in LIVE workout sessions together with others regardless of location in real-time or on demand. You choose the location where you exercise.

The coach will guide you through your sessions and program. With live coaches, music, inspirational talking, topics and individual statistics we believe we can provide you that extra motivation in your training.

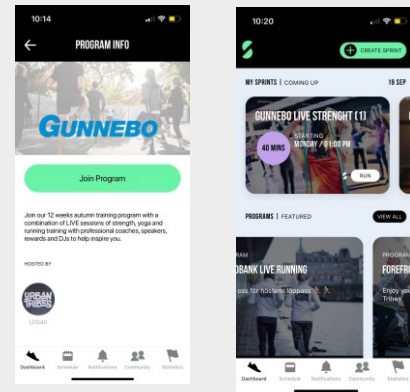


SCAN ME TO JOIN THE GUNNEBO
AUTUMN WELLNESS PROGRAM



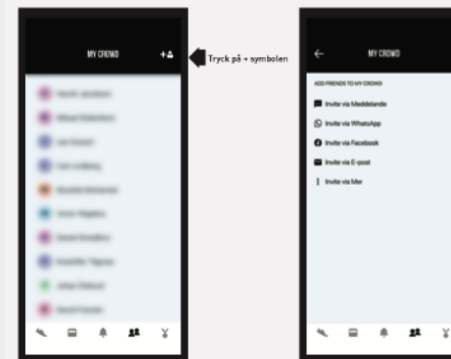
1 REGISTER

After logging in, you should see your program. Click Join to join the program and all the sessions will be added to your schedule.



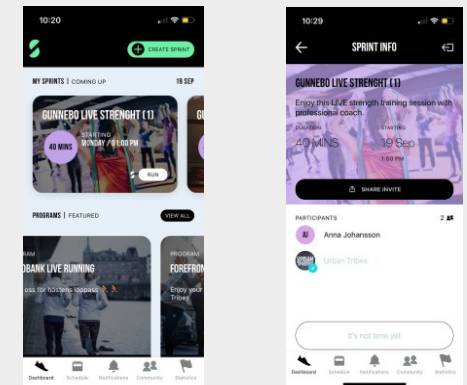
2 ADD COLLEAGUES

You can add a colleague to your crowd. Once you are friends in the app, you can invite each other to your own events and talk to each other during the event.



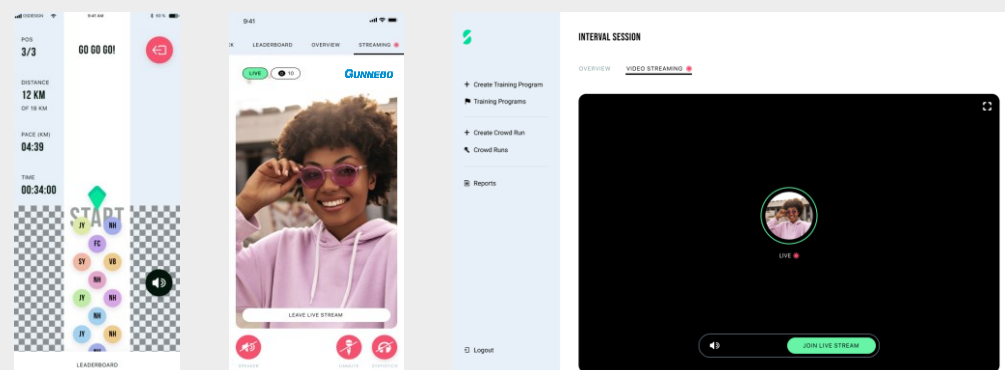
3 ENTER THE SESSION

When it is 5 minutes left to start, click on the event and "Enter Sprint". You will also receive a reminder 15 minutes before start.



4 DURING THE SESSION

If it is a run session you can just put the phone in the pocket and follow the instructions. For video based session you can view the instructions on the streaming tab on the mobile or by joining from your computer.



6 STATISTICS

You can view your statistics for the events you complete on the statistics tab in the app and under your profile.

