

## Nordic Trainer Connection Manual with the Nordic Strong App

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Introduction Connect your Nordic Trainer to the Nordic Strong App to track your workouts and monitor your performance. This manual guides you through each step to ensure a seamless connection.

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- Setting Up the Bluetooth on the Nordic Trainer
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### 1. Setting Up the Bluetooth on the Nordic Trainer

- Ensure that the Bluetooth device on your Nordic Trainer is connected to a power source. For on-the-go, a power bank is sufficient.
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### 2. Installing the Nordic Strong App

- Head to the App Store on your iOS device.
- Search for "The Nordic Strong App".
- Download and install the app.

Note: As of the latest update, the app is available exclusively for iOS.

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### 3. Creating a Profile on the Nordic Strong App

- Open the Nordic Strong App.
- On the start page, click "Sign Up".
- You can sign up using one of the following methods:
  - Manually with your email
  - Via Facebook
  - Via Google
  - Via Apple

#### 4. Navigating and Connecting in the App

- Follow the on-screen instructions to complete the sign-up process.
  - To connect your Nordic Trainer:
    - Navigate to the 'Train' page.
    - Press the Bluetooth icon located at the top right corner.
    - Wait for the app to detect your Nordic Trainer.
    - Once detected and connected, the Bluetooth computer light on your Nordic Trainer will change from green to blue, indicating a successful connection.
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#### 5. Exploring the Features of the Nordic Strong App

- **Workouts Page:** Discover instructor-led workouts to guide and motivate you through your session.
    - For easier navigation, click the search button at the top right corner to filter workouts based on your preferences.
  - **Just Train Page:** For a quick start, click 'Just Train'. This mode immediately begins tracking your session, focusing solely on your current statistics.
  - **Activity Page:** Monitor and track your activity and progress. This feature provides insights into your performance and growth over time.
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Conclusion Now that you've successfully connected your Nordic Trainer with the Nordic Strong App, it's time to start your training! Whether you're following along with an instructor or diving straight into a session with 'Just Train', the app ensures you're always making the most of your workout. Enjoy and train strong!

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Stay Updated We are continuously updating the Nordic Strong App with new features to enhance your user experience. However, as with any evolving software, occasional bugs may appear. If you encounter any issues, please report them directly within the app. Rest assured, we have a host of updates planned for this fall to bring you even more robust functionality and seamless interaction.

To remain in the loop on the latest improvements and offerings, sign up for the Nordic Strong newsletter at [www.nordicstrong.com](http://www.nordicstrong.com). Your journey towards optimal fitness is our priority, and we're here to support you every step of the way.