

Top 6 Tech Habits of Online Training Clients



Top 6 Tech Habits for Online Personal Training

Welcome to the Exciting, Modern World of
Online Personal Training

Here are simple computer practices we
recommend you begin ASAP to make sure your
virtual training experience is easy as (calorie
free) pie!



1. Use the right browser

We strongly recommend using Safari, Chrome or Firefox as your default browser for accessing KyraWilliamsFitness.com.

Internet Explorer is fine unless you have Windows Vista. If you are running with Vista, please use Firefox as your default browser.

Make sure you have the most up to date version of your browser as it will keep your entire digital life running faster and smoother.



2. Accessing the workouts via website

1. Log into the site here: <https://kyrawilliamsfitness.com/login/>
2. Then access the calendar at: <https://kyrawilliamsfitness.com/workoutcalendar/>
3. Click on any of the days' workouts - those are all links.
4. Once inside the individual workout, you can click to add to your calendar. You can adjust the time to any time of the day you want to workout, set an alarm to reminder, and your workout will show up as scheduled on the calendar on your phone!



3. Accessing the workouts via app

1. Download the app called SUGARWOD
2. Create your username/ password
3. Once you are logged into the app, go to MORE in the bottom right hand corner
4. Select YOUR PRIMARY GYM
5. Change your primary gym to Kyra Williams Fitness
6. It will probably log you out then allow you to log back in and when you do.. voila! Your workouts should be loaded!



4. Make sure you are receiving my emails

You will begin receiving emails from me on the day you sign up, so if you don't see anything in your inbox, check spam. Then make sure you add my email address to your contact list so my emails continue to appear in your inbox, not spam.

My email address is kyra@KyraWilliamsFitness.com - this is important as it is the way we communicate!



5. How to cancel

If you have purchased a workout program or guide and are being charged monthly through Clickbank, please contact [Clickbank.com](https://www.clickbank.com) to cancel your payments.

If you signed up prior to August 2021, your payments are being handled by PayPal and I do not have access to those. You will need to get in touch with PayPal to cancel your subscription to [KyraWilliamsFitness](https://www.kyrawilliamsfitness.com).

If you joined in August 2021 or later, please email me to cancel.



6. Log In Issues?

If your account is in good standing, yet you are still having problems logging in, please email kyra@KyraWilliamsFitness.com



Need More Help?

If you need further support or want to send fan mail, write kyra@KyraWilliamsFitness.com

Our weekly email "office hours" are MWF, 8am - 5pm eastern.