

# GET IN THE GAME

Compete in challenges powered by your fitness activity!

## Using the YMCA Mobile App:

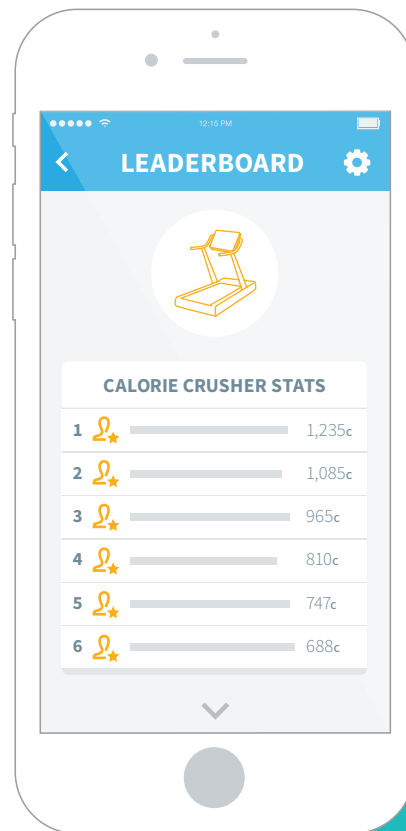
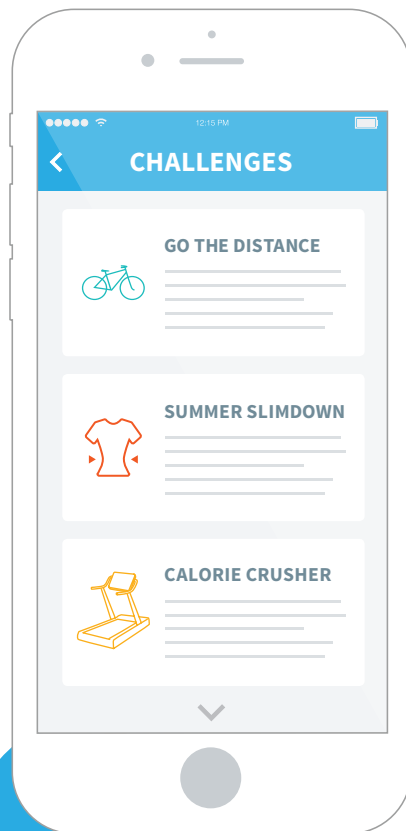
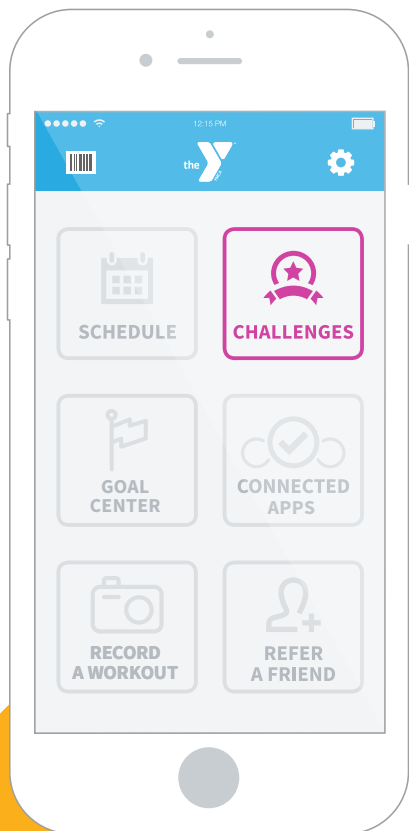
- Go to the Challenges tab
- Select a challenge
- Click "Join Now"

## Track all of Your Workouts with:

- xID-compatible cardio
- Mobile app xCapture
- 3rd party tracking apps

## Keep an Eye on the Leaderboard:

- Monitor your progress
- Earn bragging rights and win prizes!



# PERSONALIZED FOR SUCCESS

It's easy  
to monitor your progress  
within the app!

Set a goal, monitor your progress,  
and achieve results!

## Create a Personalized Goal Based on:

Number of Workouts

Distance

Calories Burned

Time

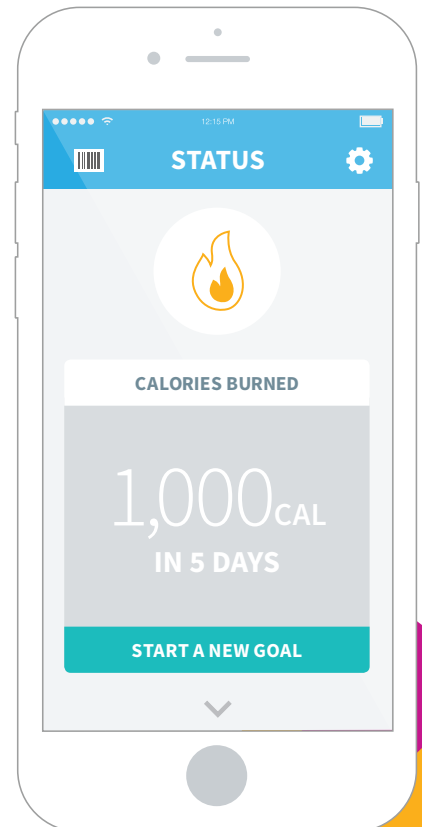
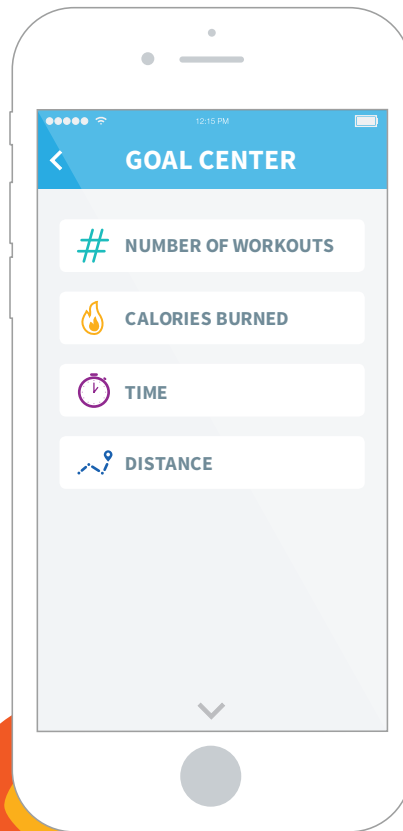
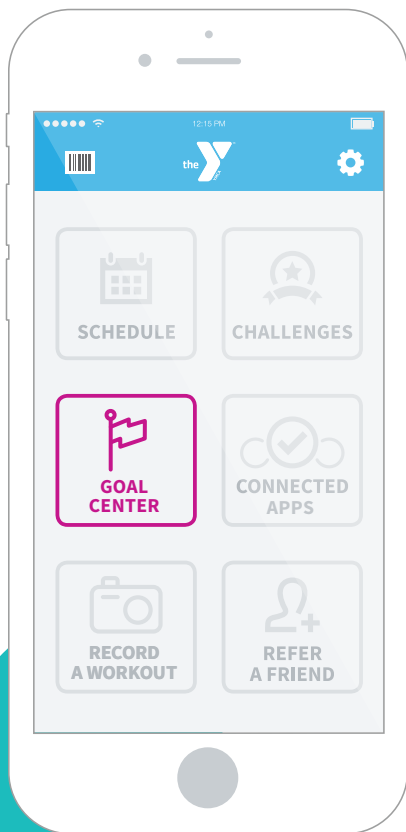
## Your Workouts are Tracked with:

Netpulse-connected  
Equipment

3rd Party Tracking  
Apps & Devices

Mobile xCapture

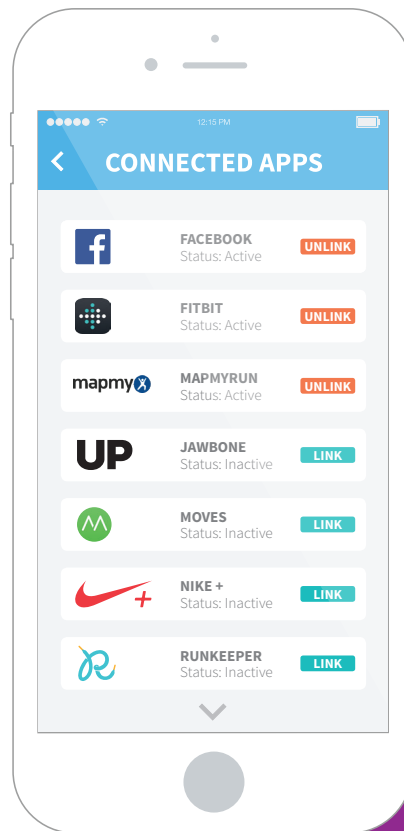
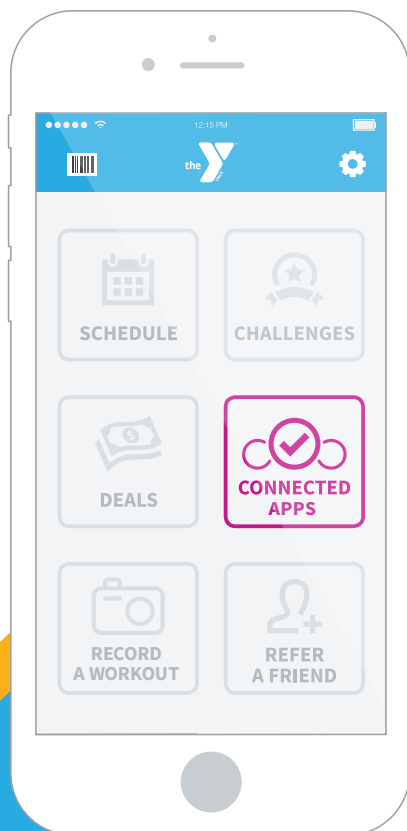
Manual Entry



# TRACK ONE TRACK ALL

Now you can track all  
of your fitness activity in one place!

- Link to your favorite fitness apps through your YMCA's mobile app.
- We've got you covered, whether you are biking outside or running on a treadmill...**all of your activity will be recorded in one place.**

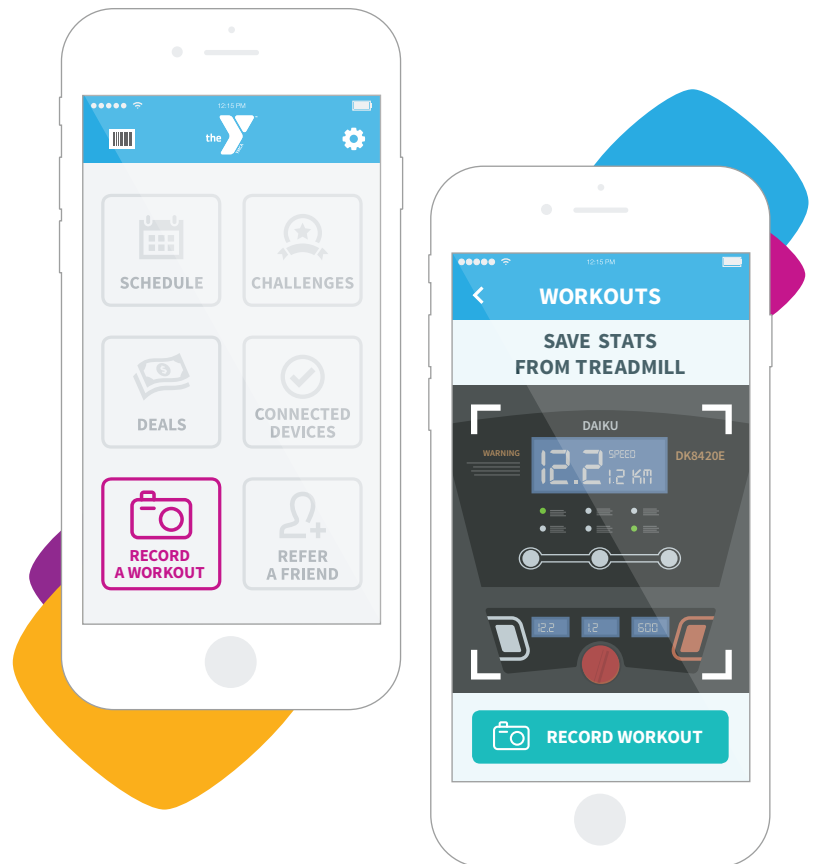


# JUST PRESS THE EASY BUTTON

Track all of your cardio workouts with the touch of a button!

## Here's how xCapture works:

- Workout on your choice of cardio equipment
- Click "Record a Workout" on your YMCA's mobile app home screen
- Click "xCapture"
- Select a workout to capture (treadmill, elliptical, bike, or stepper)
- Take a picture of the control panel at the end of your workout (ie. distance, time, calories)
- Once you have a clear photo, click "Submit"
- Your results will be recorded automatically!
- View your results on your YMCA's mobile app and website under the "My Workouts" tab
- Workouts recorded by xCapture will count towards completing your personal goals and challenges

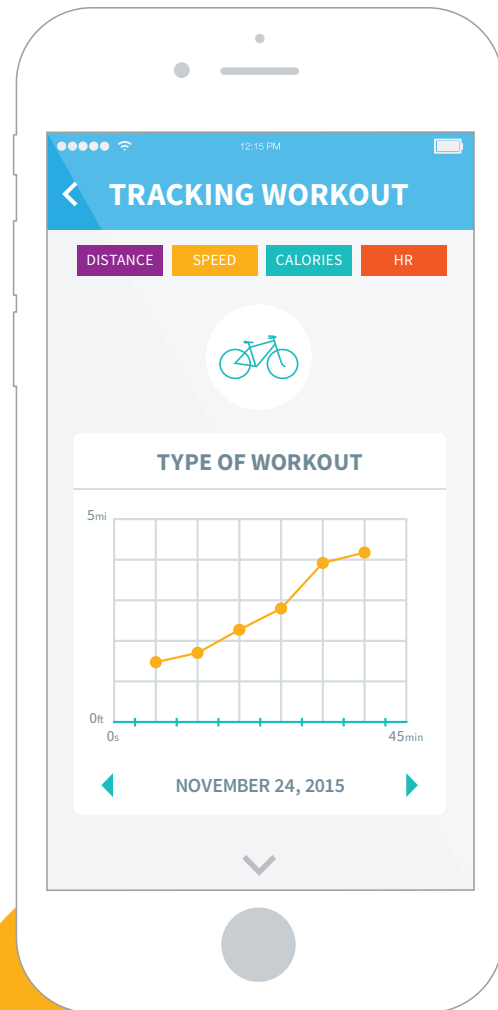
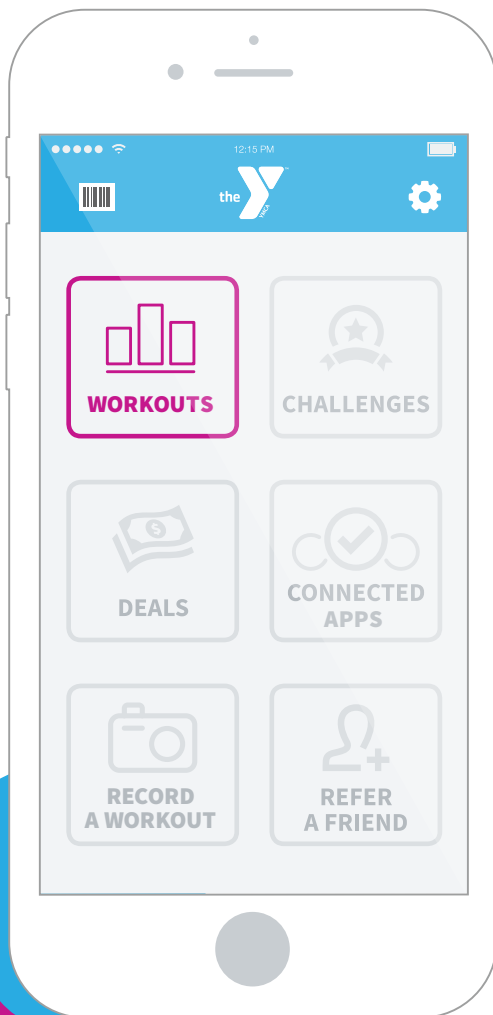


# WE GOT YOU COVERED

Don't sweat it!

## One place to track it all:

- Track your workouts
- Create a personalized goal
- Join a challenge
- Link with 3rd party fitness apps



# SIGN UP SIGN IN AND WIN!



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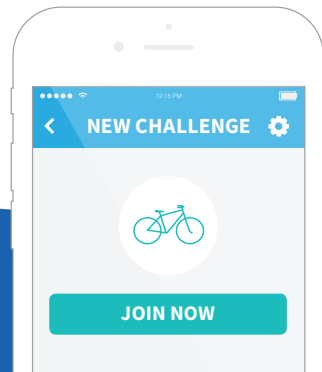
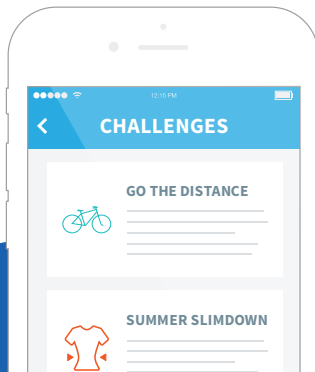
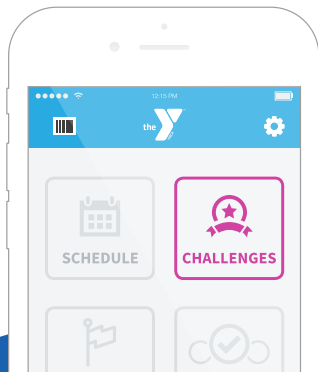


Compete for a shot at the top of the  
leaderboard, a chance to win prizes, and the  
ultimate bragging rights!

# ARE YOU UP TO THE CHALLENGE?

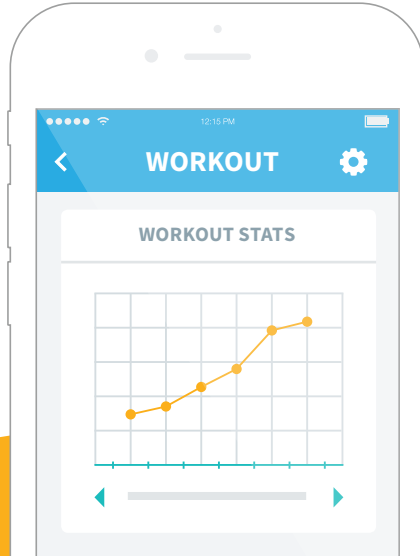
## To join a challenge:

- Go to your YMCA mobile app
- Click the “Challenges” tab
- Choose a Challenge to join by clicking a challenge icon
- Click “Join Now” and you’re in the Challenge!



# ONE PLACE TO TRACK IT ALL

Are you tracking?





# SIGN UP AND GET TRACKING

## How to track your workouts:

- Sign in to automatically track your cardio workouts!
- Use your YMCA mobile app to record your workout with xCapture
- Link to 3rd party tracking apps online through your YMCA mobile app

