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the download button will appear in the bottom right hand corner of the file notification (see image above). click on the download button and the file will be automatically downloaded and added to your workout list in the apps workout builder. the workout will now appear in your workout book. the workout builder is where you create your structured workout, this is where you can choose your exercises, sets and reps, the order and duration. you can change the workout from being a maximum of 30 minutes to a maximum of 1 hour, so you can workout at any time of the day, you can create workouts that last for as little as 5 minutes, with just 10 mins of workout time, or you can workout for 45 minutes and save that workout as an activity so you can easily view it again and see the progress you have made. click on the play icon and you can see the workout in the app. watch the video tutorial to learn how to create structured workouts. the app is still in beta and is constantly evolving and adding new features, please stay tuned for updates.the workout you selected is saved as an activity in your fitness dashboard to track all your workouts together. once you have created the workout, you can click on the edit button to change the workout. you can see the progress you have made since you last saved the workout. click on the gear icon to view the other workouts created by others. try out all the workouts that are available and create a structured workout of your own. you can share the structured workout with your friends, and they can also create structured workouts of their own. make sure you add your friends to your friends list so you can track your workouts together and motivate each other. this can be done by clicking on the plus button to the left of the name of the workout, and add a friend. you can also add friends by selecting them from the default list that comes with the application. you can also like and comment on other workouts, and comment on workout ideas that other people have created.

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