

# HOW TO TRACK WITH xCAPTURE

## TRACK ALL OF YOUR CARDIO WORKOUTS WITH THE TOUCH OF A BUTTON!

xCapture is a feature found on your club's mobile application that allows you to record a workout on non-connected cardio equipment.



### Here's how it works:

- Workout on your choice of cardio equipment
- Click "Record a Workout" on your club'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 club's mobile app and website under the "My Workouts" tab

Workouts recorded by xCapture will count towards completing your personal goals and club challenges.

### Got Questions?

Don't sweat it!

Contact [feedback@netpulse.com](mailto:feedback@netpulse.com) and we'll get back to you within 48 hours.



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