

## How to enjoy your TAB experience:

As soon as you sign up, please allow TAB to access your location and send you notifications. This is a must if you don't want to miss out on your likes, matches and training requests. Switch on SMS notifications if they work better for you.

*We have four key aspects to TAB:*

**1. On Home Section**, You can find new training partners or personal trainers here. Swipe right on the profiles you wish to train with and swipe left on profiles you wish to ignore.

### **2. How to understand profile picture?**

A regular **buddy** on the app is a person with whom you can match to train - both online or in person.

If you see a **FitBuddy** on a profile, he/she is a little more fit or better-trained person than you but will charge a basic fee to train with you. Usually his/her profile picture will show how much they would charge on the top right corner. A more detailed profile and pricing is shown in his/her detailed card

If you see a **Coach** on a profile, he/she is a certified personal trainer with his/her own personal training charges. Usually his/her profile picture will show how much they would charge on the top right corner

The **green Active button** on a profile shows they are online and ready to train instantly.

You can also apply various **filters** according to your preference.

**2. On Matches Section**, A match is made when two users swipe right on each other. Inside Matches, click on the 'Train' button to instantly train with your matches. You can schedule a training session right now or a later time.

Train online or In-person; At your local gym, park, home, work place or other spots.

Train instantly if your match is online or you can schedule a session later.

To avoid spammers, you can only chat with people you've trained with or your friends.

**3. On Sessions Section**, you can see your past and upcoming sessions. Any pending training requests will also show up here.

If the training session is in person, you will see a chat window to discuss place, time and other details for your training.

If it is online, you can 'Join' once you are ready using our real time video conference integration.

You can also cancel any upcoming sessions here, but we don't recommend that. A cancellation fee may be applied

**4. In Friends Section**, you can chat with your friends about your next workout or find your friends on TAB and send them a friend request.

All friends train for free on TAB.

Friends can chat, share pictures, and plan workouts and a lot more.

You can also send a friend request to your match right after you train with them.

**Likes and Bookmarks:**

*Likes:* When someone swipes right on you, it is registered as a like. You can see all your likes in the “likes section” at the central part within the Home screen.

*Bookmarks:* Let you save your favorite buddies / Fit buddies in one place, so that you don’t have to go through the swiping process daily.

**Training On TAB**

*Buddies* are regular fitness enthusiasts on TAB, you can match and train with them for free.

*Fit Buddies* can be anyone looking to train and guide others in exchange for basic cash.

*Coaches* are certified personal trainers with proven experience. They come with greater expertise but might charge a higher fee.

**Ratings and Review**, On completing a training session, you can rate and review your buddy, this helps us in creating a community backed with honest reviews.

**In Profile Section** you can edit your profile and change your account settings here

“*Need A Hand*”, turn this on when you are actively looking for a buddy or want Fit buddies and coaches to reach out to you.

*Vetted profiles* gives you an option to only view background verified profiles you can trust. To avail this feature, you need to be background verified as well.

*Wallet:* To train with Fit Buddies or Coaches you will need to add cash into your TAB wallet. We currently support payments through Stripe.

In case of more questions or suggestions please reach out to [support@tab.fit](mailto:support@tab.fit)

**Enjoy TAB!**