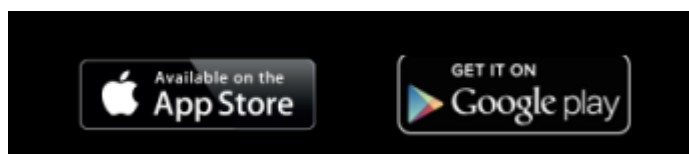
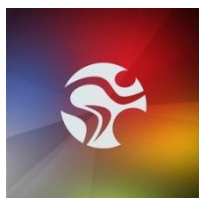


**** We recommend you download the app and create an account PRIOR to the class ****

Download the “ICG Training” app to your device from Google Play or the App Store:



Open the app and sign up for your TEAM ICG account

STEP ONE

✓ Select SIGN UP and complete all the required details including:

- NAME
- EMAIL
- POSTCODE
- COUNTRY
- PASSWORD
- CONFIRM PASSWORD



STEP TWO

- ✓ Log in to the app
- ✓ Go to “Account”
- ✓ Go to “Edit Personal Details”
- ✓ Add some information to the extra sections
- ✓ Now you’re ready to chase the Rainbow!

Learn more about the app here: <https://www.teamicg.com/en/digital/training-app/overview>

WHAT ABOUT MY TRAINING ZONES?

To get the best out of your individualised training zones, we recommend you undertake a Functional Threshold Power (FTP) Test. These occur regularly as part of the timetable.



Join the Cardinia Life Members Facebook group to stay updated!

Scan here to find the group online

