

E3Method.org

The “application” is a web site, this means you can use it on any device that supports a browser, your Phone, PC, Tablet, Smart TV etc.

This guide tells you all the places that you can make changes; the rest just click around and find out!!

Registration

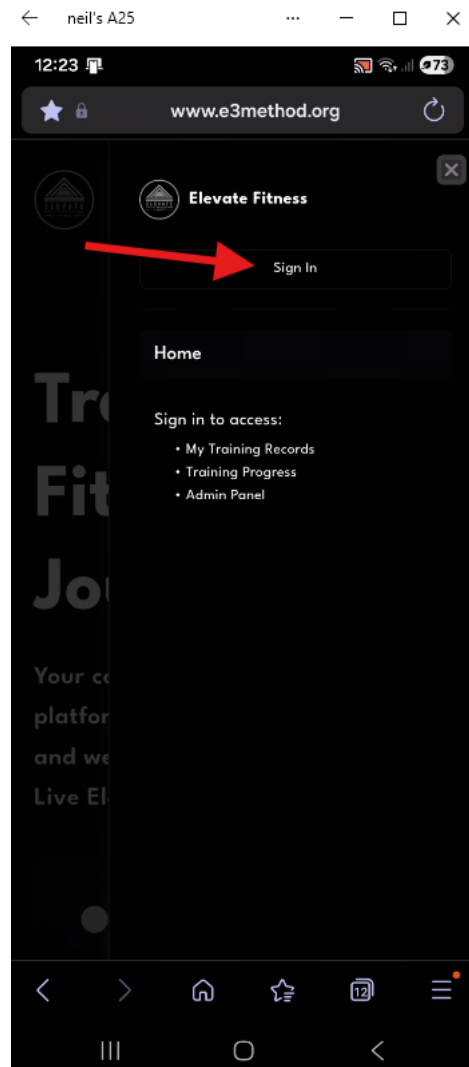
As the system is on the Internet it must be secure. We will issue you with a One Time Passcode for your initial registration.

Sorry it's a few screens to go through but the security of the system is really important!

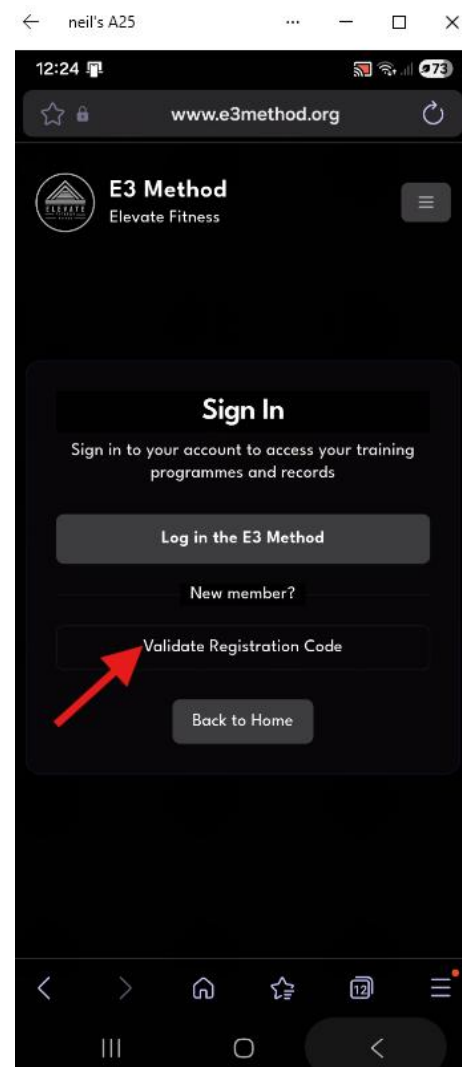


Go To www.e3method.org

Select the menu symbol

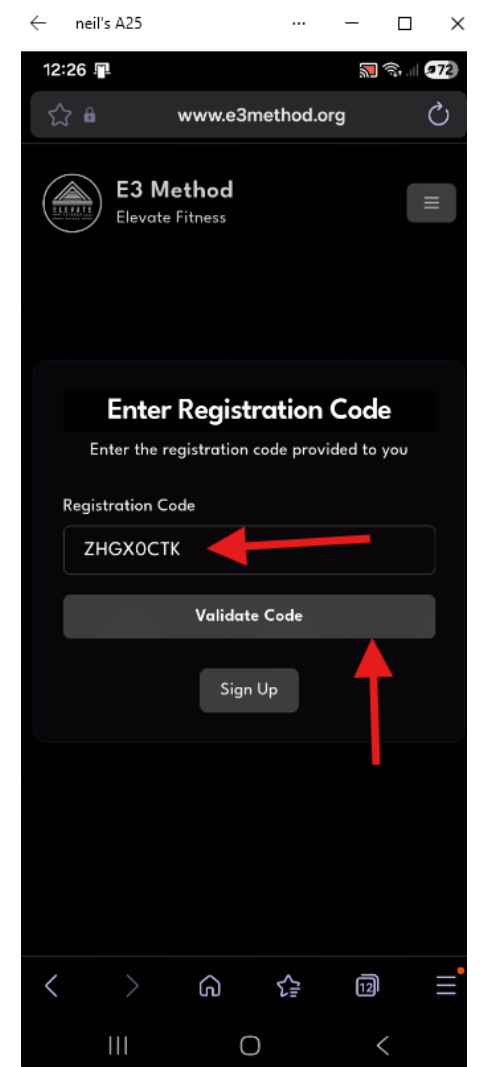


Select **Sign In**



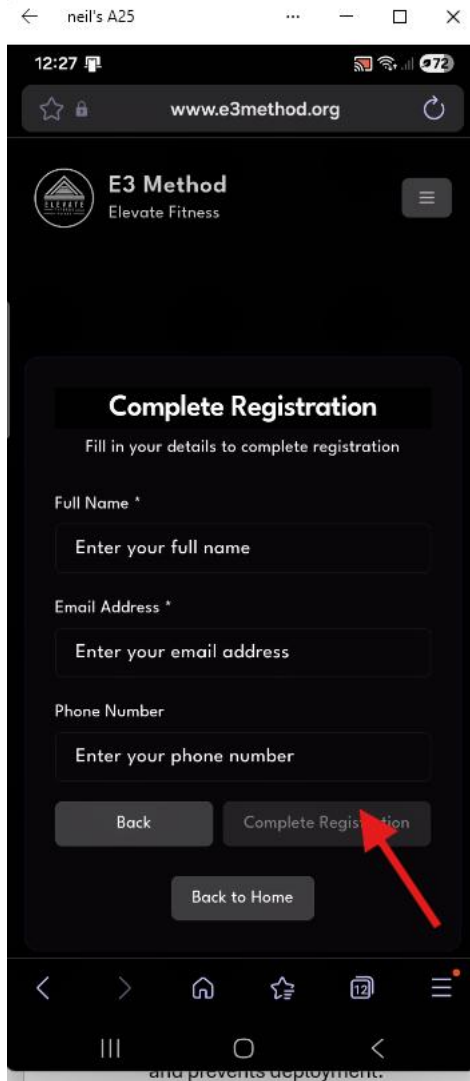
This is your registration!

Select **Validate Registration Code**



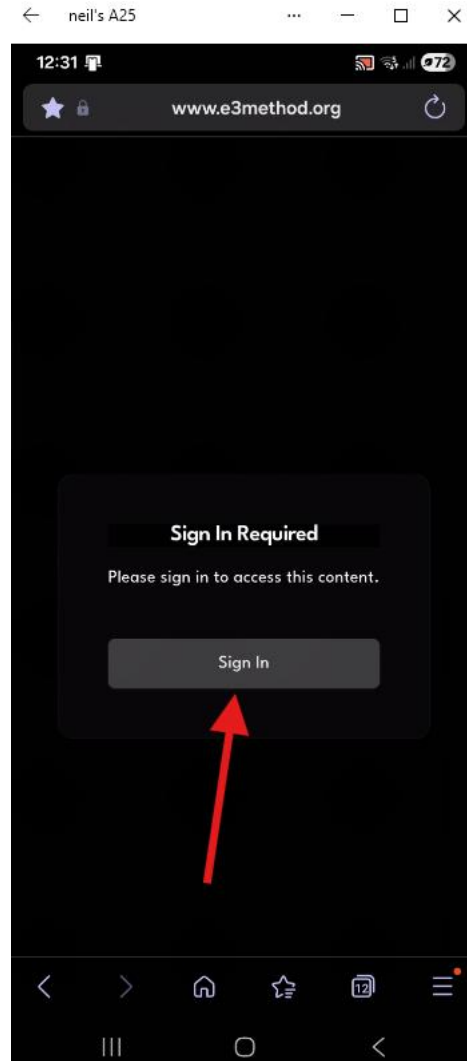
Enter the code we sent you

Click **Validate Code**

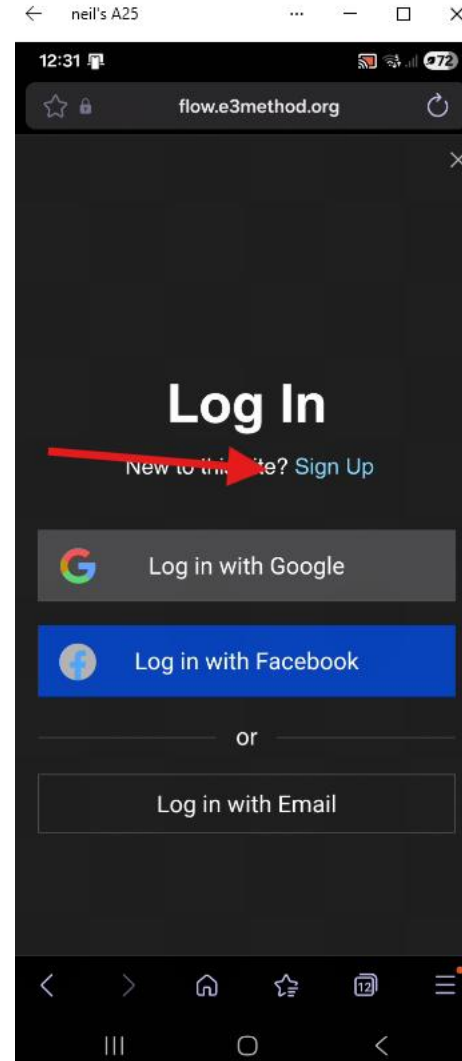


Enter your details

Click **Complete Registration**

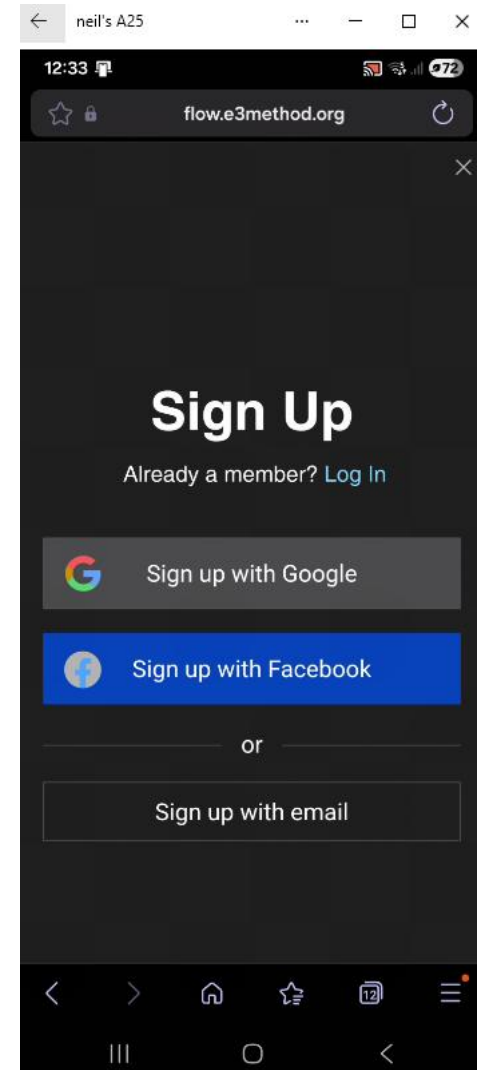


Click **Sign In**

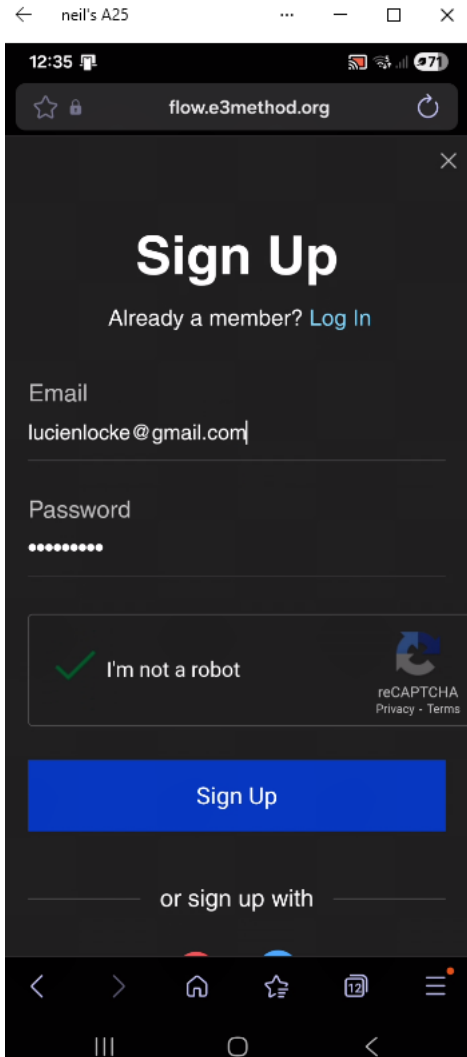


As this is the first time

Click **Sign Up**

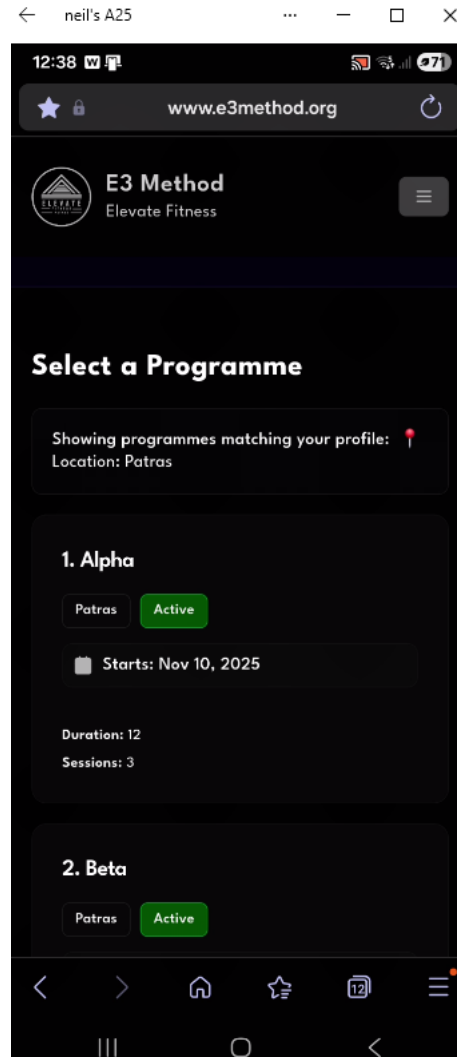


Choose which Sign Up method you prefer



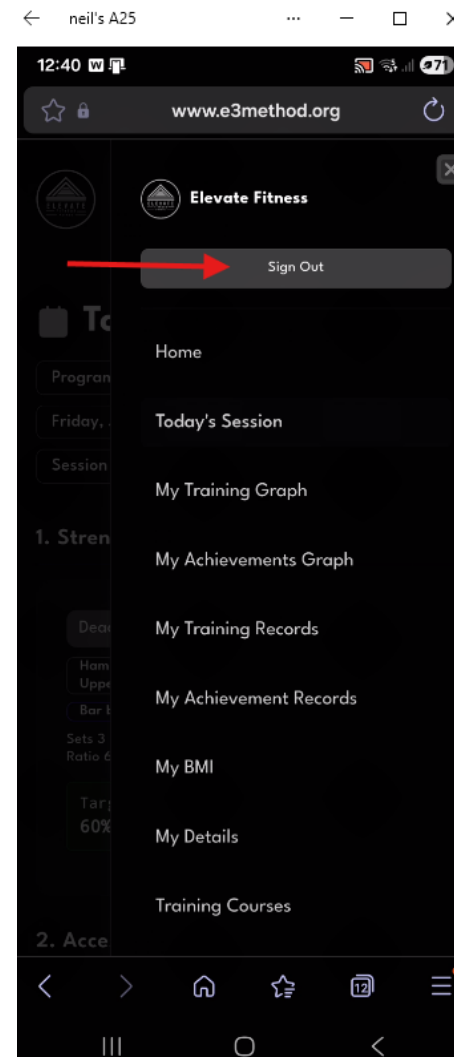
This example is email sign up


Complete you details and
click **Sign Up**



Well done

Your in!!



Select the menu symbol 

Choose a function or
Sign Out


First time sign in

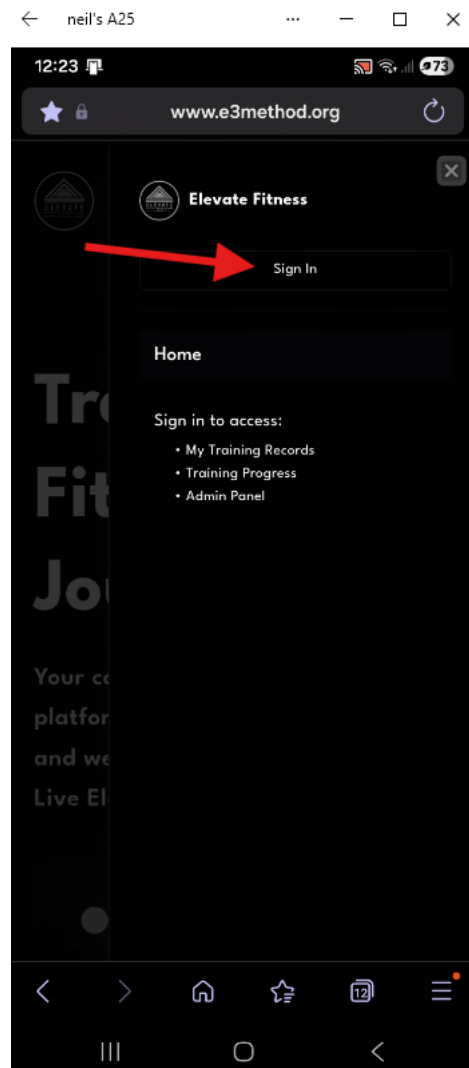
First time sign in is different to standard sign in as there is a one-time disclaimer to review

Be assured once you have accepted it you will never see it again!

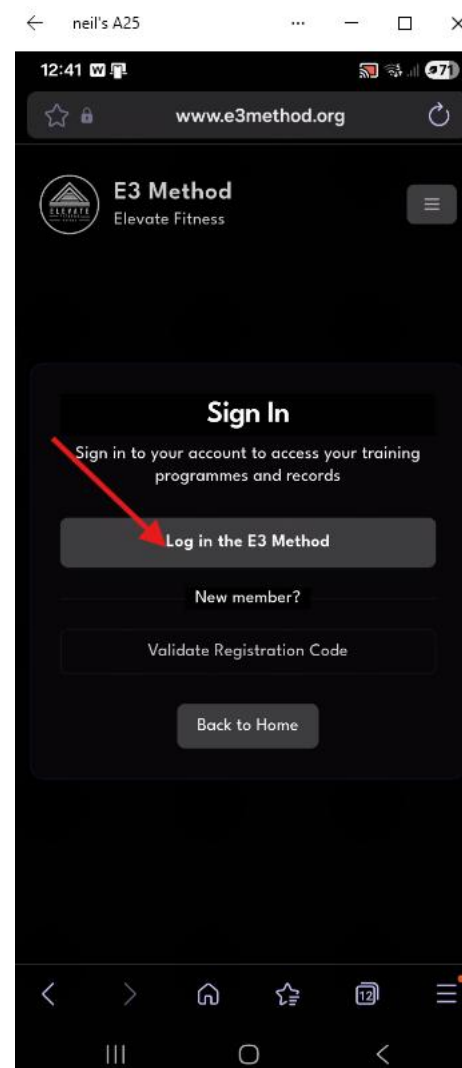


Go To www.e3method.org

Select the menu symbol 

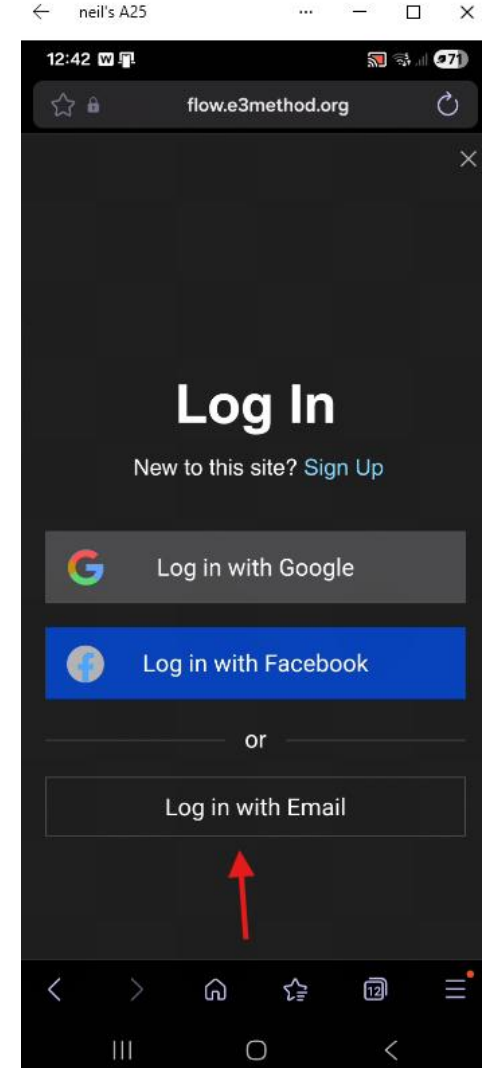


Select **Sign In**

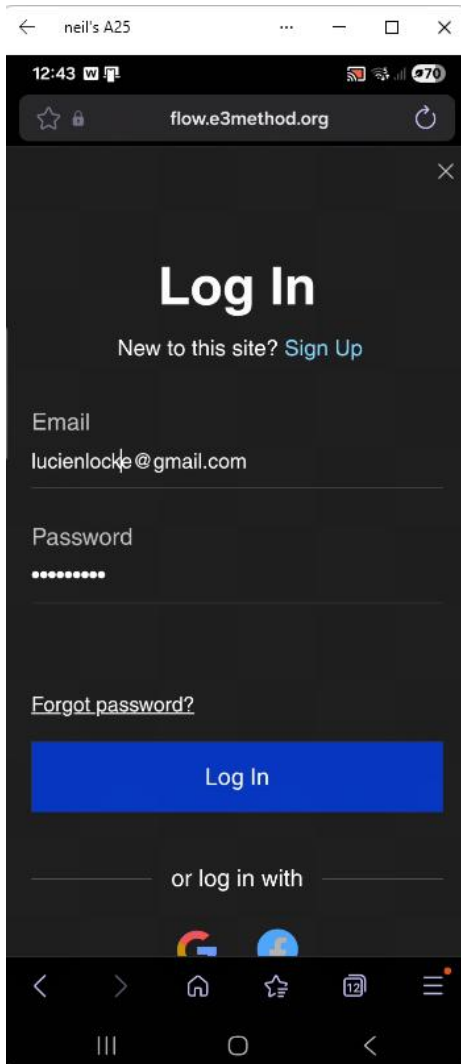


As a Registered User select

Log in the E3 Method

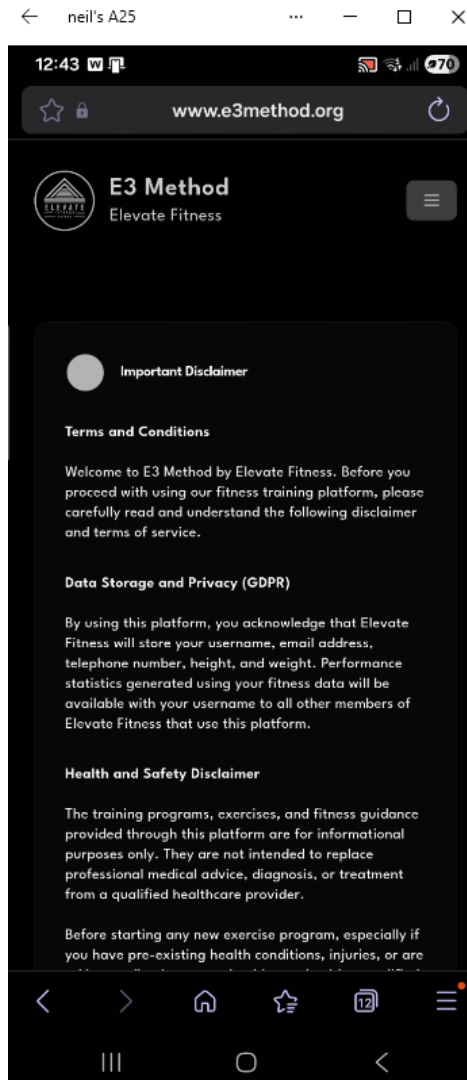


Log in with the method you registered with

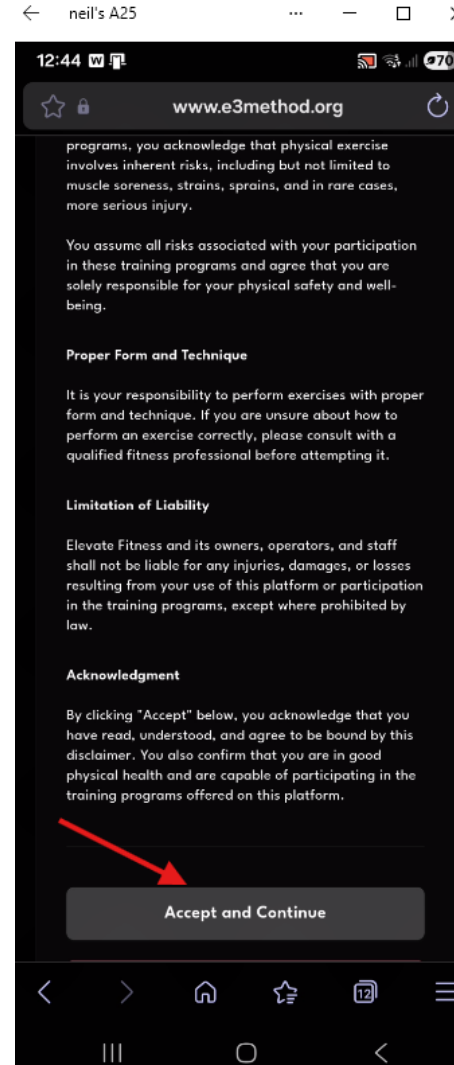


This example is email sign up

Enter your credentials and click **Log in**

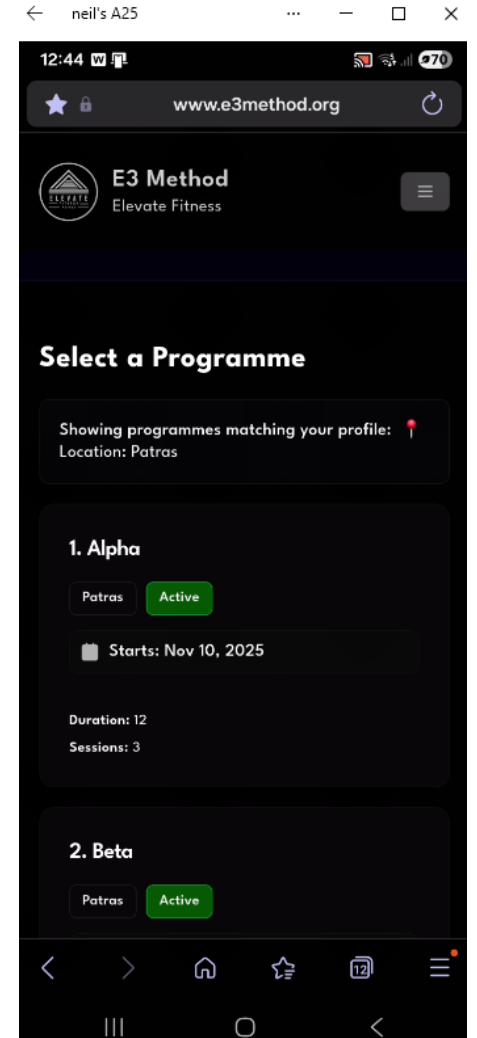



As this is your first time, we have a Disclaimer!



Once you have read it

Click **Accept and Continue**




Select the menu symbol 

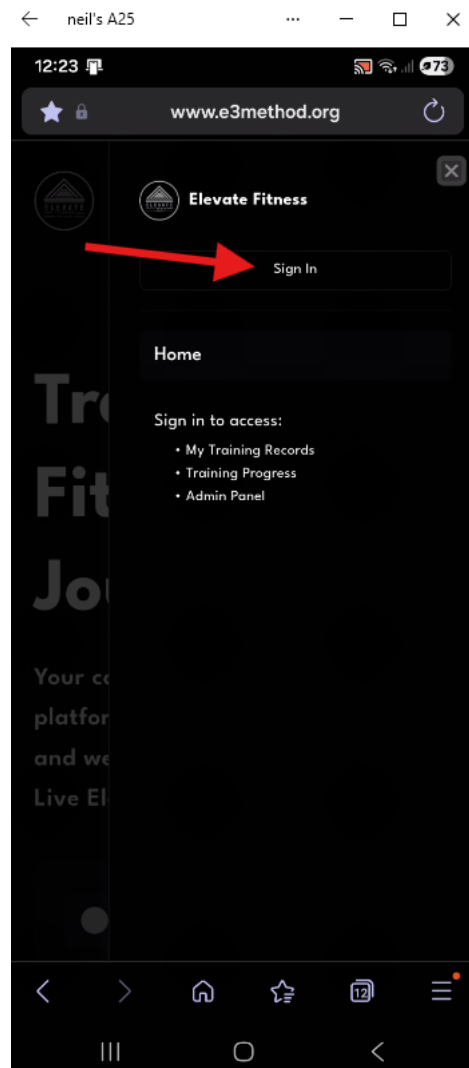
Choose a function or **Sign Out**

Standard Sign In

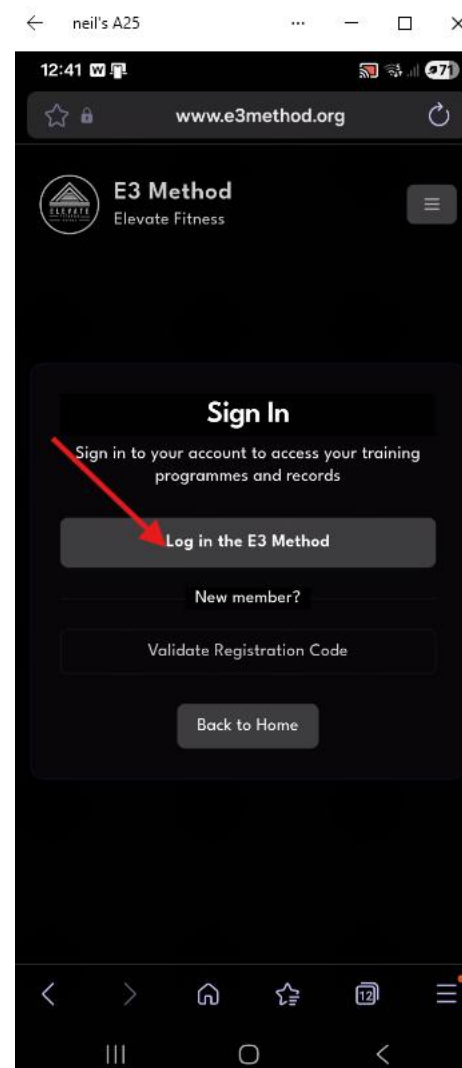
The standard sign in is quick and easy and will take you straight through to Today's Session
(class)



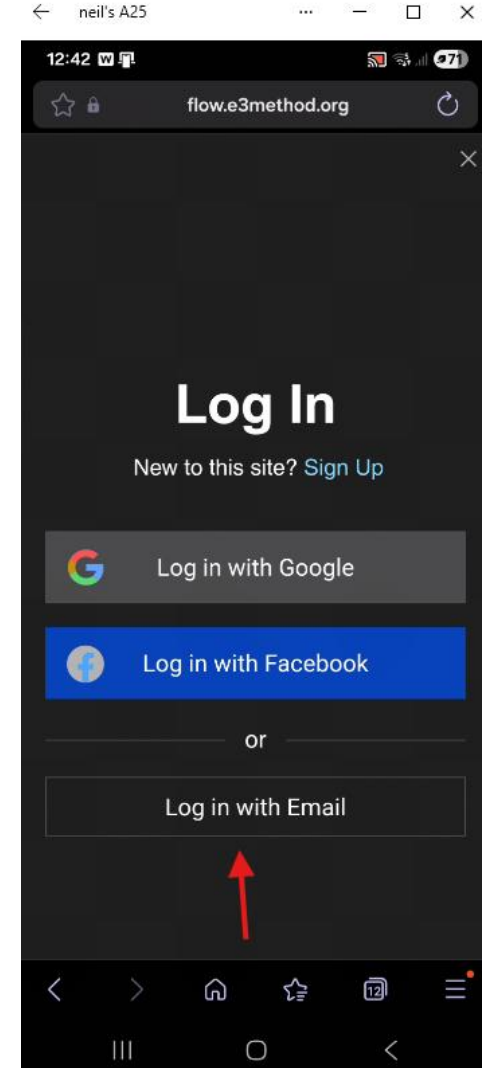
Go To www.e3method.org
Select the menu symbol 



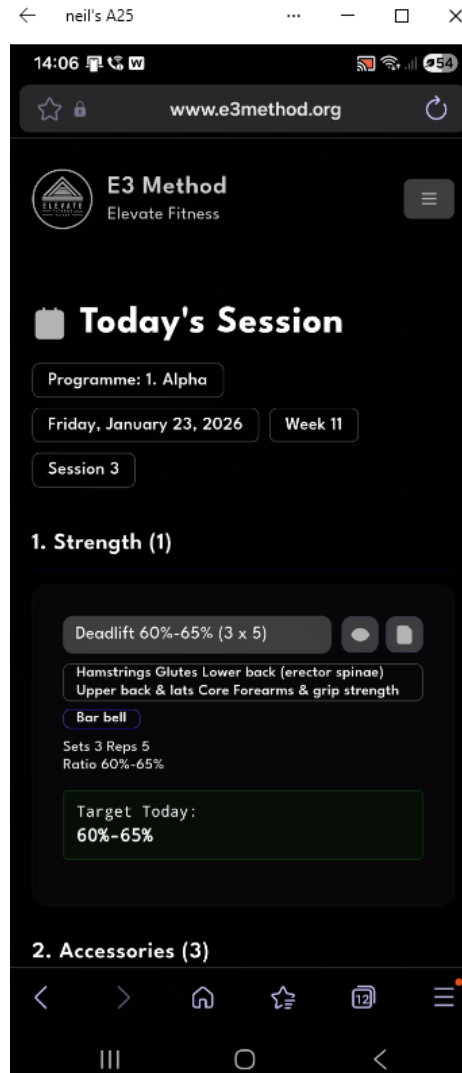
Select **Sign In**



As a Registered User select
Log in the E3 Method



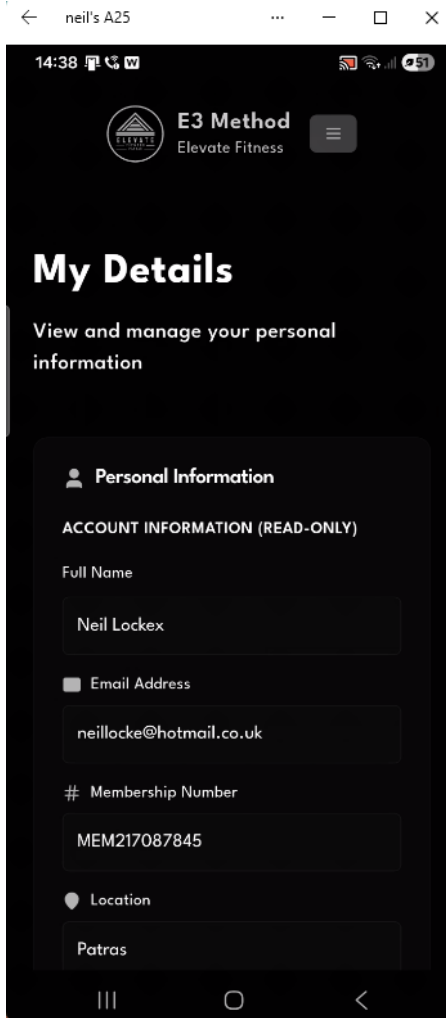
Log in with the method you
registered with



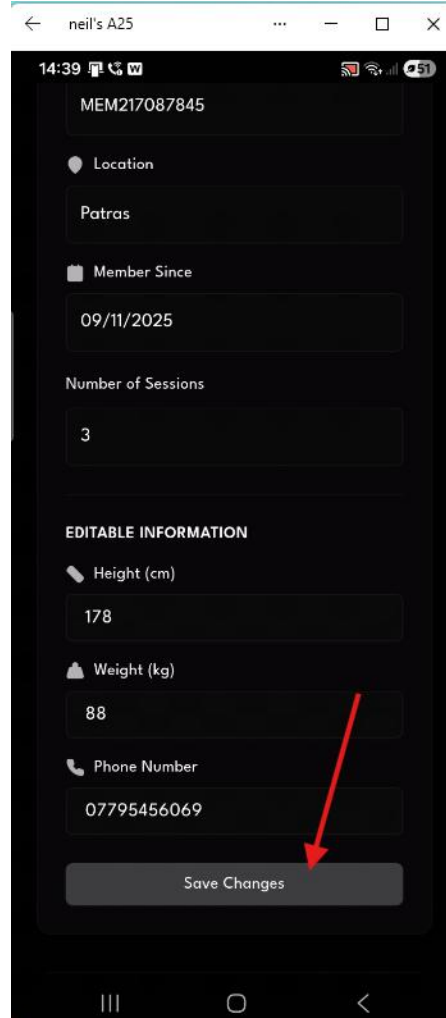
Now you have registered and accepted the disclaimer on Sign In you will be taken directly to Today's Session with your achievements and targets pre-loaded

My Details

We hold very little data about you, your height and weight, and of course your training achievements,
that you have supplied



There is a menu selection **My Details**



There are two fields your Height and your Weight.

From these we can calculate your **Strength to Weight** ratio and your **BMI**.

If either change just update them!



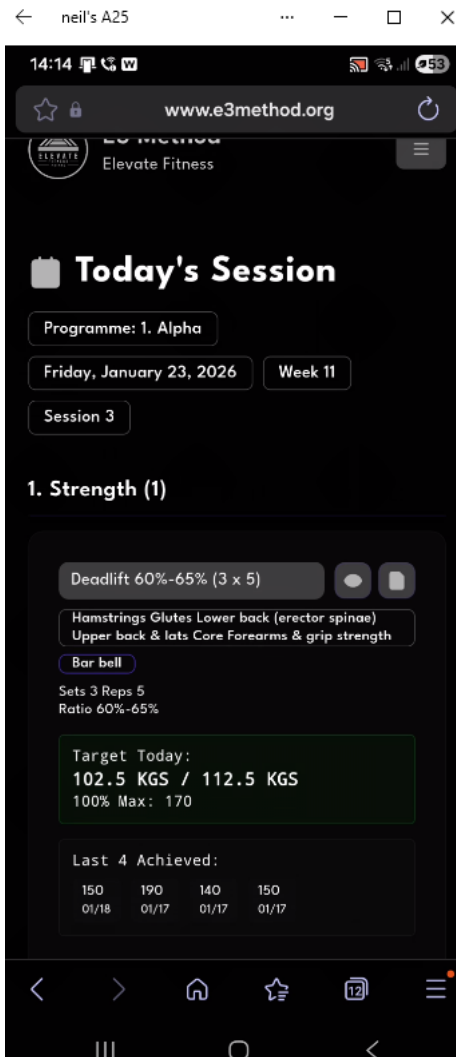
Example of **Strength to Weight**



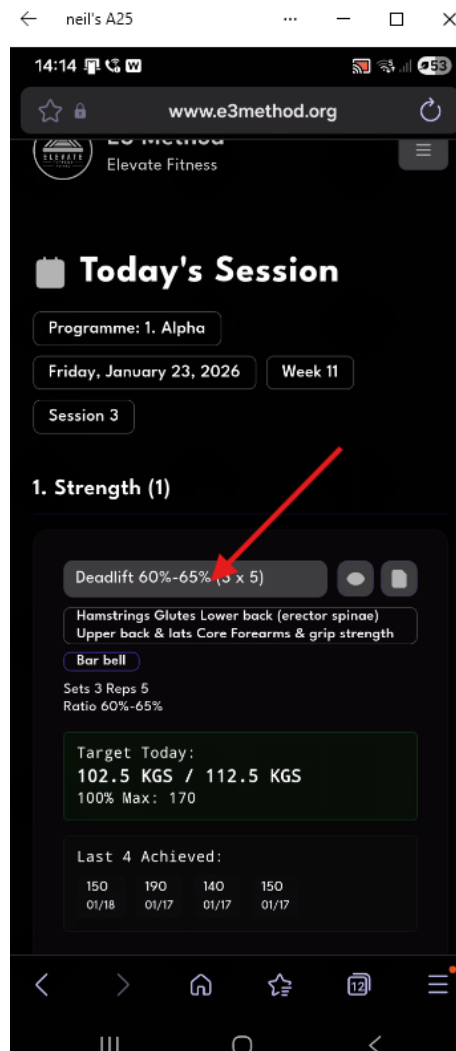
Example of **BMI**

Tracking you training

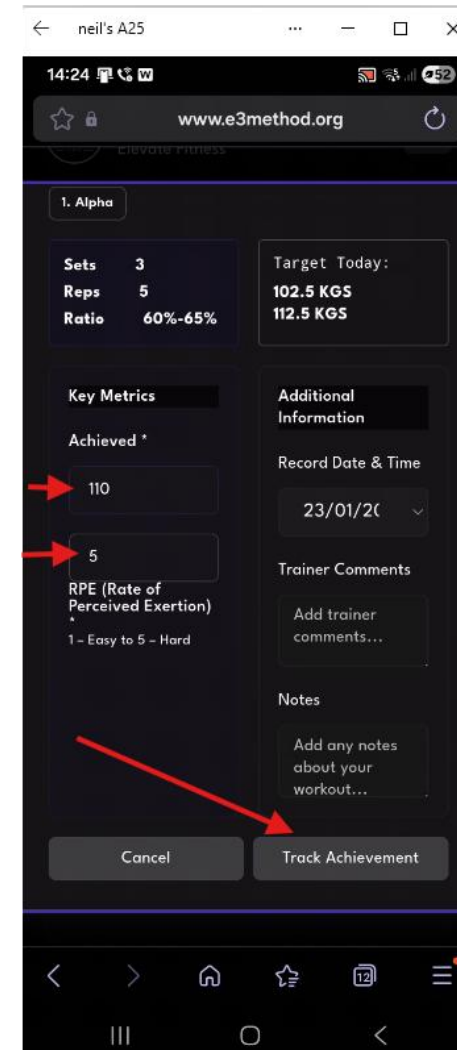
All training sessions can be tracked.
Simply complete two fields for each exercise



I have signed in and am on Today's Session. It tells me my strength exercise. My last recorded 100% max (Achievement) was 170, based on that my Target Today is 102.5 to 112.5. It also shows me the last four times I did Deadlift, what did I achieve.



By clicking on the exercise name **Deadlift 60%-65% (3 X 5)** you can record your efforts



In this example enter the weight lifted, your RPE Click **Track Achievement** and its all logged away in the database!