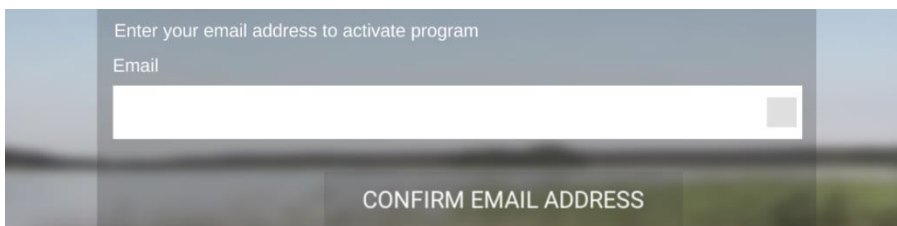# WELCOME TO USE
THE BREAK PRO BREAK EXERCISE PROGRAM

1. Download the program onto your device from Apple's AppStore or Google Play Store. You can find the app by searching for "breakpro", "BREAKPRO", "break pro" or "BREAK PRO".

2. Open the program.

3. Choose the Language to use in the program.

4. Accept the terms and conditions.

5. Enter your e-mail address in the field and click on "Confirm e-mail address".

6. Open the e-mail message sent to you.

7. Enter the Activation Code in the e-mail into the empty field. The activation code is valid for 5 days from its receival. If you cannot find the e-mail, please check your Junk mail. We are happy to serve you at info@breakpro.fi.

8. After entering the correct activation code, the program is ready to use.

9. When your device asks whether you allow BREAK PRO to send you notifications, choose "Allow" so that the program can remind you of break exercises. You can change the notifications later through Settings.

10. The instructions for using the program can be found in the top banner of the Program under "Help".