

Side 1-new bodybugg users

A. Enroll on-line

1. Go to www.bodybugg.com/activate
2. If you do not have a bodybugg/myapex account you will be asked to create one.
3. If you create a new account, you will receive an e-mail confirmation that includes the username and password you created

B. Register and activate your armband

1. Follow the online instructions that appear on your screen, or go to www.bodybugg.com/login.php and use your username and password to log into your program
2. Follow all on screen instructions, complete questionnaires, and begin wearing your armband.

C. Your coaching session

1. Your bodybugg® coach will contact you via e-mail and or telephone within 3-5 business days to set up your session.

Please note: If you do not enroll on-line you will not receive a call from a phone coach to set up your coaching session. If your personal trainer enrolls you under your club and you still want a phone coach session please call 800-656-2739, extension 4073. You will be contacted within 3-5 business days to schedule this 45 minute call.

Side 2-current users upgrading to the new version

- Go to <http://www.bodybugg.com/login.php>
Login with your bodybugg/myapex username and password

Please note, if you have been using the system, upload your data prior to registering your new bodybugg to empty all collected data.

- Select the “My Info” tab on your bodybugg® program and select register armband.
- Plug the USB cable into your computer and plug the other end into the armband
- Click “Next” and then click “Register Armband”

Technical support 866.314.9423
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Support@bodybugg.com