



Online programmes Technical help sheet

Members area

You must create an account to purchase any online programme.

When signing up to your online programme be sure to write down your log in details as you will need these to access your members area. If you forget your password you can request to change this if needed.

You have a members area which will tell you what programmes you have purchased:

<https://www.kickstartfatloss.net/kick-start-programmes/my-members-area/>

Here you may select to access your programme on the left bar. On the right bar you may select “account” in which to update your details/payments/subscriptions.

Depending on which programme you purchase you will have a dashboard something like this:



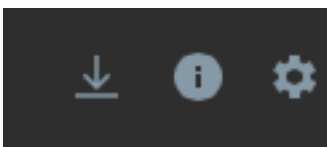
You will have access to the information week by week by click on the different boxes as you go along.

There will also be downloadable information such as meal planners- click on the highlighted text to download these.

Once downloaded these will appear in your “downloads” folder on your PC.

How do I download the workout videos on Lift Lean?

First of all click on the link to open the video- on the top right you will see these symbols:



Click the arrow pointing down on the left to download the video.

Online Facebook groups

You will be sent a link to access the Kick Start private Facebook groups for each programme. You must click on the link and request to join. These groups are created for support, questions, motivation, information and accountability.

Questions and help

Please contact lauren@ksflgroup.com

