

HPZ

HUMAN PERFORMANCE ZONE

HPZ Beta Testing Instructions

Official guide for participants of the HPZ Beta Testing Program

1. Welcome to the HPZ Beta Program

Thank you for joining the official HPZ Beta Testing Program. HPZ (Human Performance Zone) is currently accepting a limited number of beta testers to help refine the platform before its public release. This guide explains what to expect, what we need from you, and how to share your feedback with the HPZ Team.

2. Purpose of the Beta Program

The beta program exists to:

- Gather real user feedback from athletes and everyday users
 - Identify bugs and usability issues before public launch
 - Improve the overall user experience of the platform
 - Validate platform performance across different devices
 - Help shape future versions and features of HPZ

3. How the Beta Process Works

Follow these steps in order to complete your participation in the beta program:

01 Access the HPZ beta link

Open the beta link provided to you by the HPZ Team on your mobile device or desktop browser.

02 Add HPZ to your Home Screen

For the best experience, add HPZ to your phone's home screen so it behaves like a native app.

03 Create your account

Sign up using your email or preferred method to create your personal HPZ account.

04 Complete onboarding

Answer the onboarding questions (goal, sport, level, equipment, season, limitations) so HPZ can build your training profile.

05 Explore the Dashboard

Take time to navigate your Dashboard and get familiar with your zone (APZ / RPZ / LPZ) and the layout of the app.

06 Complete at least one workout session

Start and finish a full training session using the Workout Engine — timers, sets, rest periods, and RPE logging.

07 Test additional features

Explore other areas such as the Exercise Library, Routine Builder, progress tracking, and settings.

08 Complete the HPZ Evaluation Form

Open the HPZ Beta Testing Evaluation Form (.DOCX) and answer every section based on your experience.

09 Submit feedback to the HPZ Team

Send your completed Evaluation Form back to the HPZ Team via Instagram DM or email.

10 Follow @hpzperformance for updates

Stay up to date on new features, beta announcements, and the official HPZ launch by following us on Instagram.

4. Required Testing Steps

To provide useful feedback, please make sure you complete the following during your testing window:

- Create an account and complete the full onboarding flow
 - Review your Dashboard and confirm your assigned zone makes sense
 - Complete at least one full workout session from start to finish
 - Browse and search the Exercise Library
 - Try building or customizing a routine, if available to you
 - Test the app on at least one mobile device and one larger screen, if possible
 - Note any bugs, crashes, or confusing moments as they happen

5. Participant Responsibilities & Expectations

As a beta tester, we ask that you:

- Use HPZ honestly and naturally, as you would any training app
 - Take notes on anything that feels confusing, broken, or slow
 - Be specific when describing issues (what you did, what you expected, what happened)
 - Complete and submit the official Evaluation Form by the requested date
 - Keep beta access and any unreleased features confidential
 - Communicate respectfully with the HPZ Team through official channels

- Understand that HPZ is a work in progress and some features may change or be incomplete

6. Submitting Your Feedback

Once you have completed your testing session(s), download the HPZ Beta Testing Evaluation Form (.DOCX) from the website, fill it out completely, and return it using one of the following channels:

- Instagram: send your completed form as a direct message to @hpzperformance
- Email: attach your completed form and send it to hpzperformancezone@gmail.com

Your feedback is one of the most valuable parts of this process — it directly shapes how HPZ evolves before launch and beyond.

Thank you for helping us build HPZ.

— *The HPZ Team*

