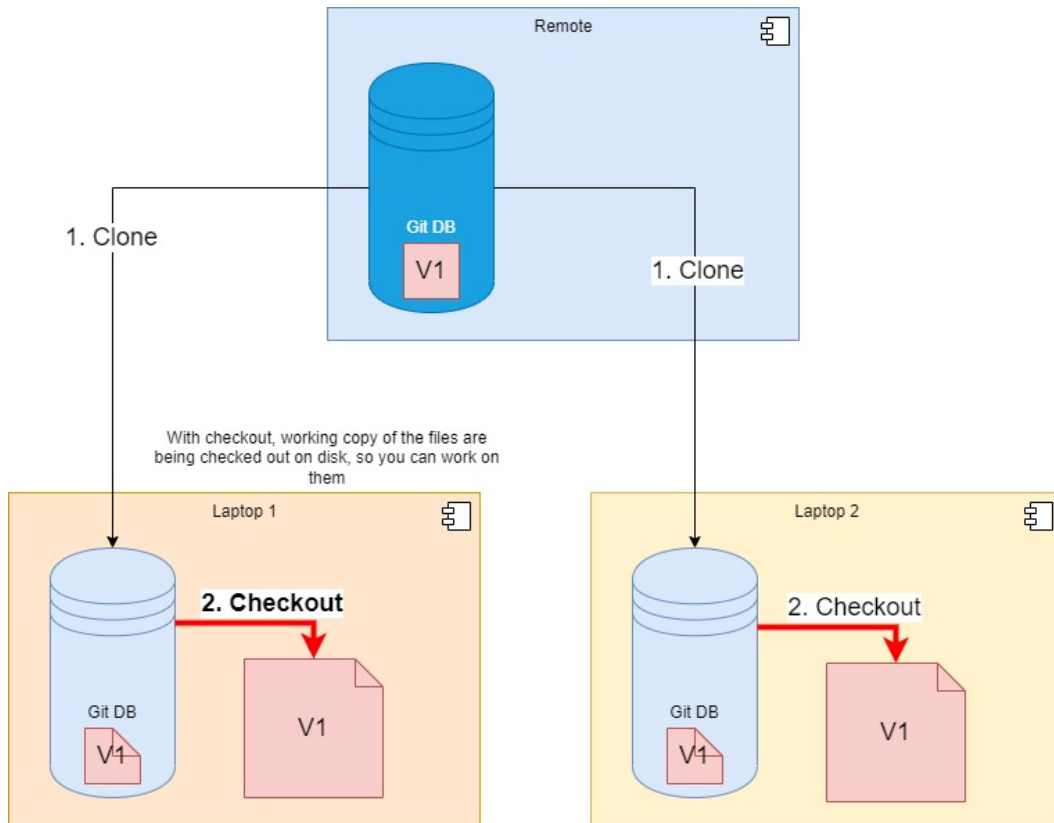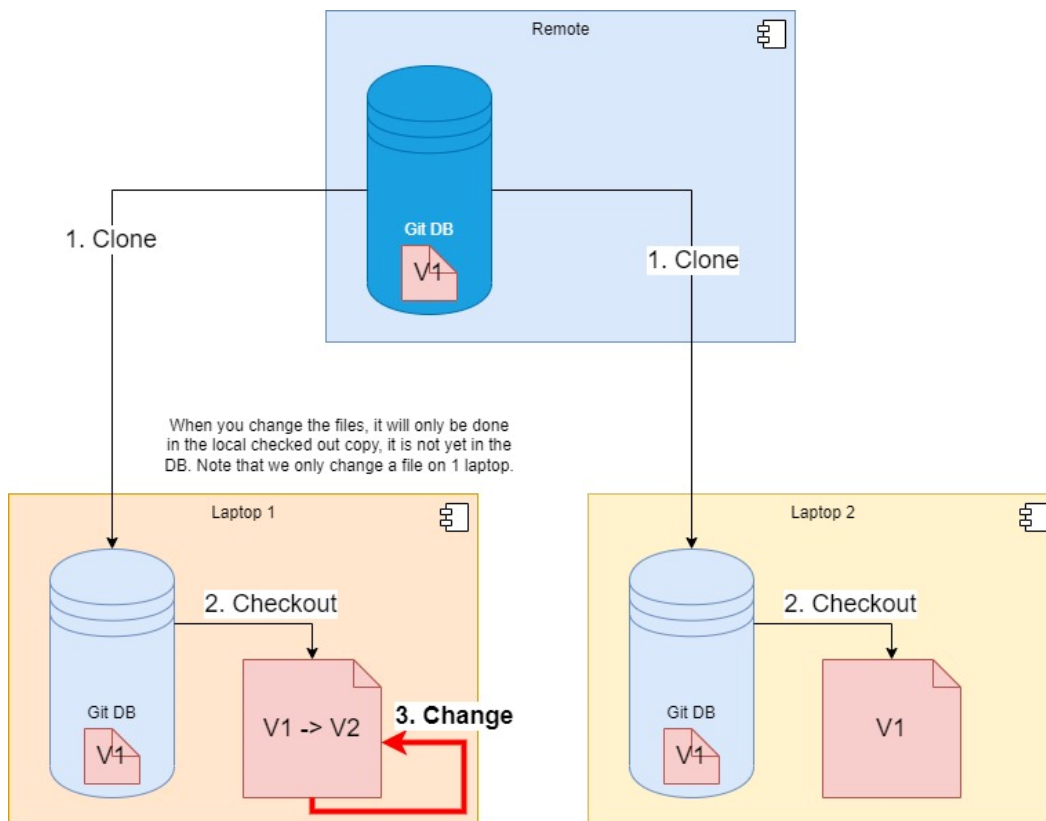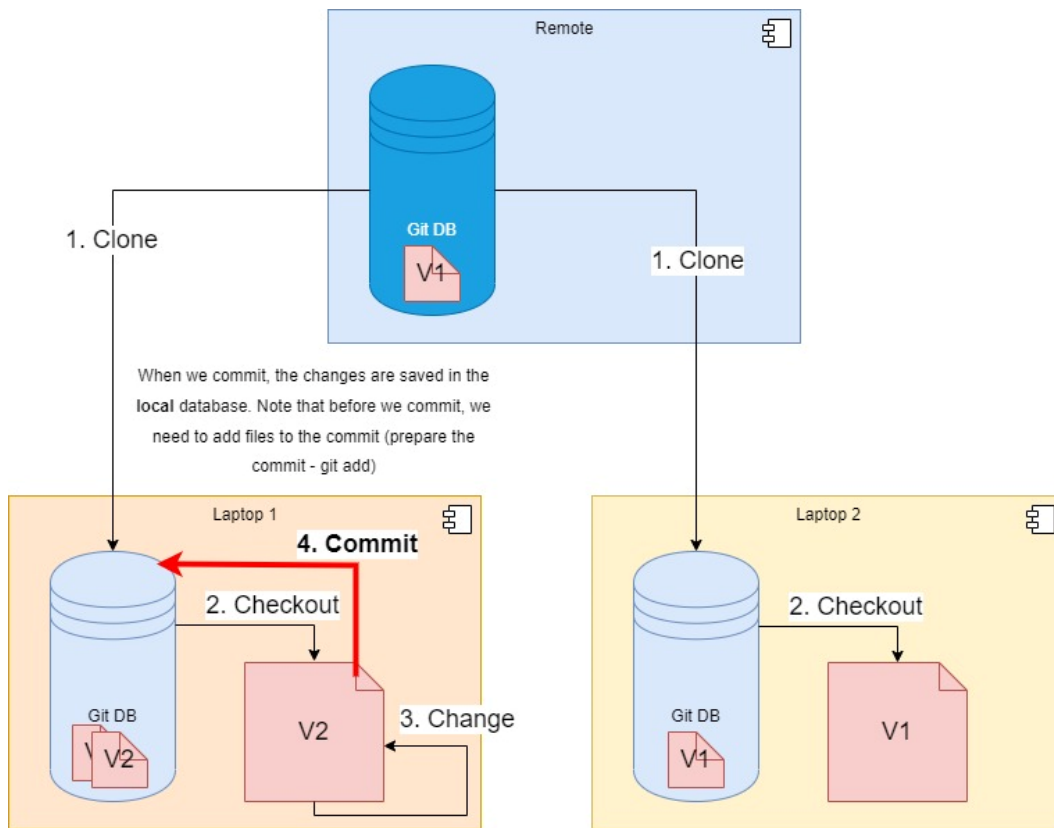Step 0.

Step 1 – Clone.
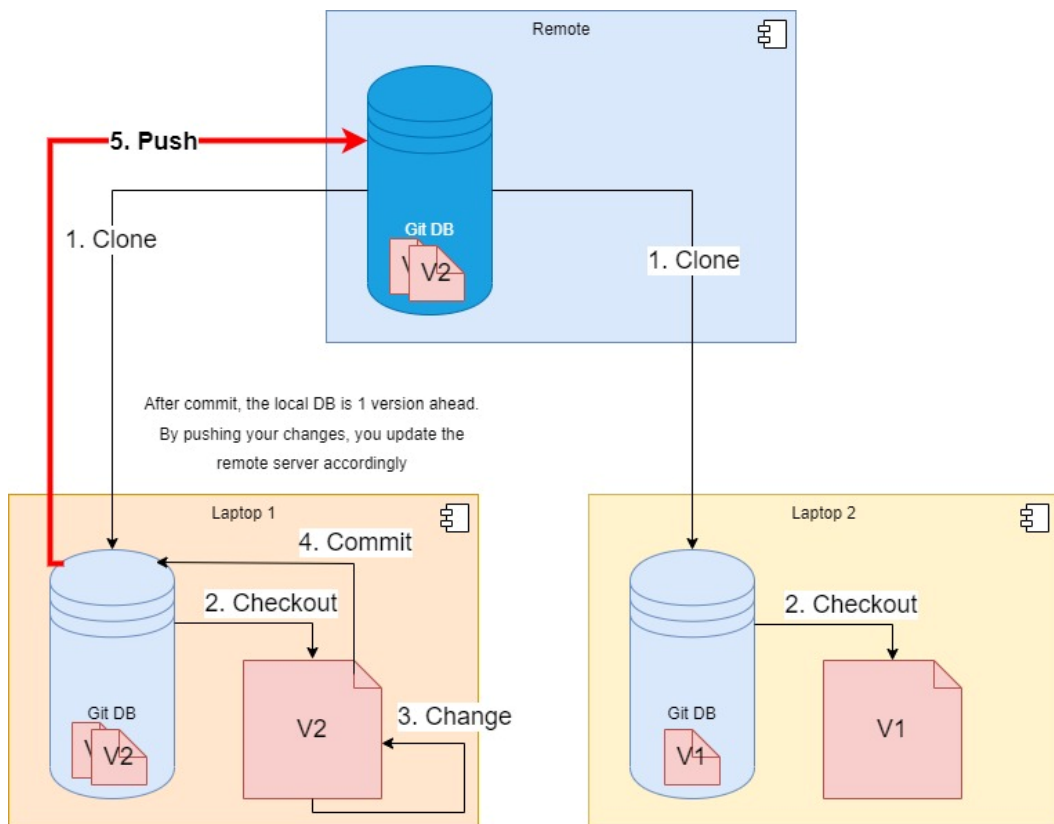
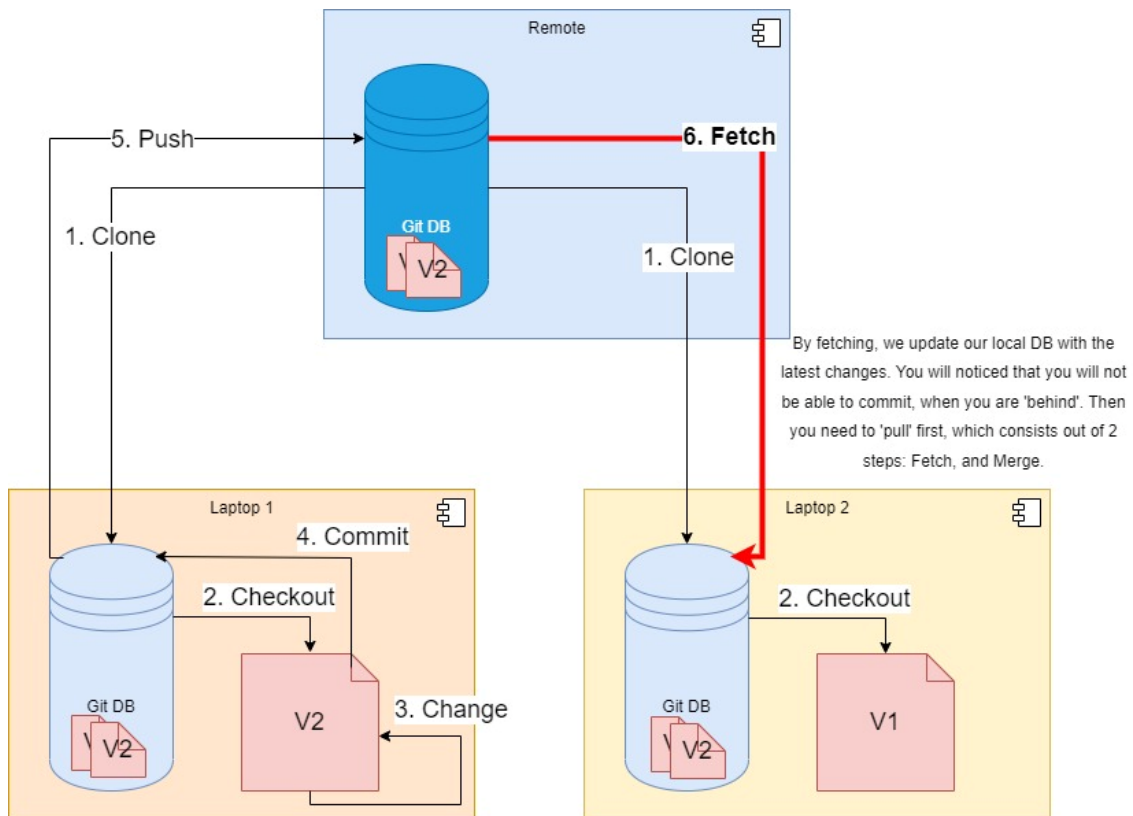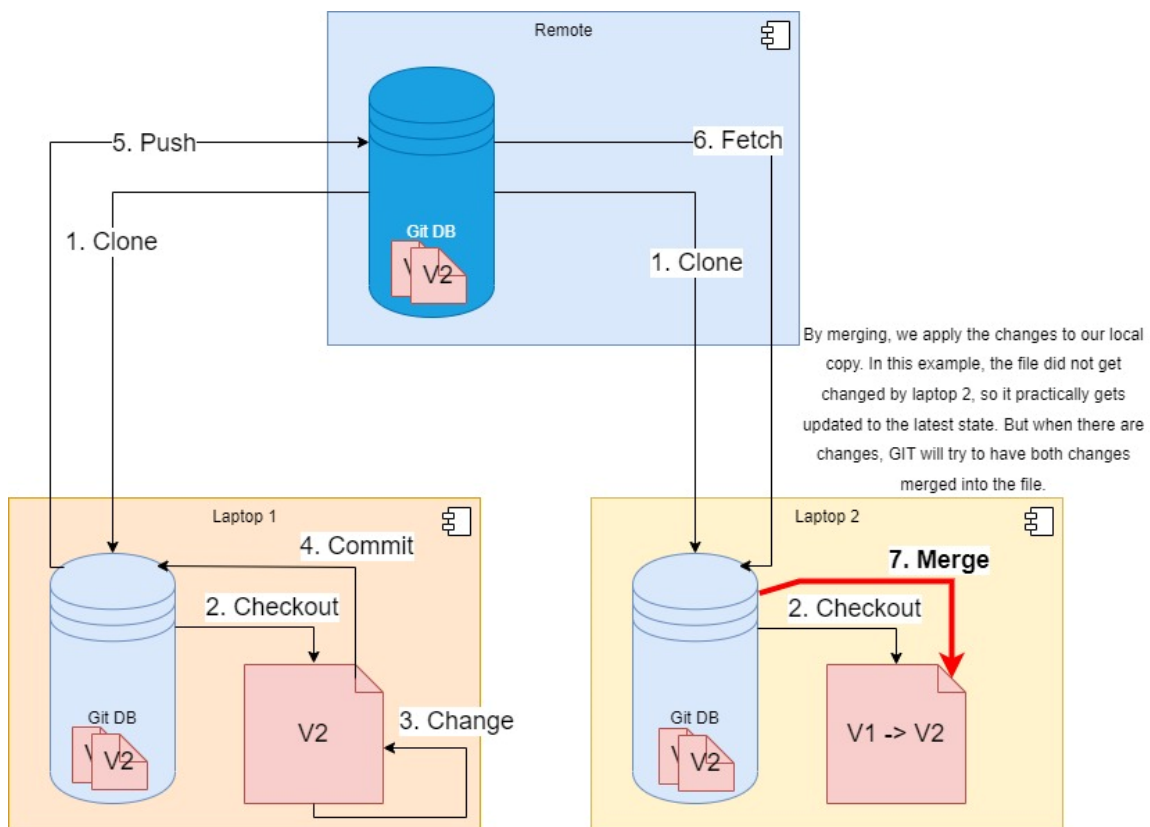Step 2 – Checkout

Step 3 – Change
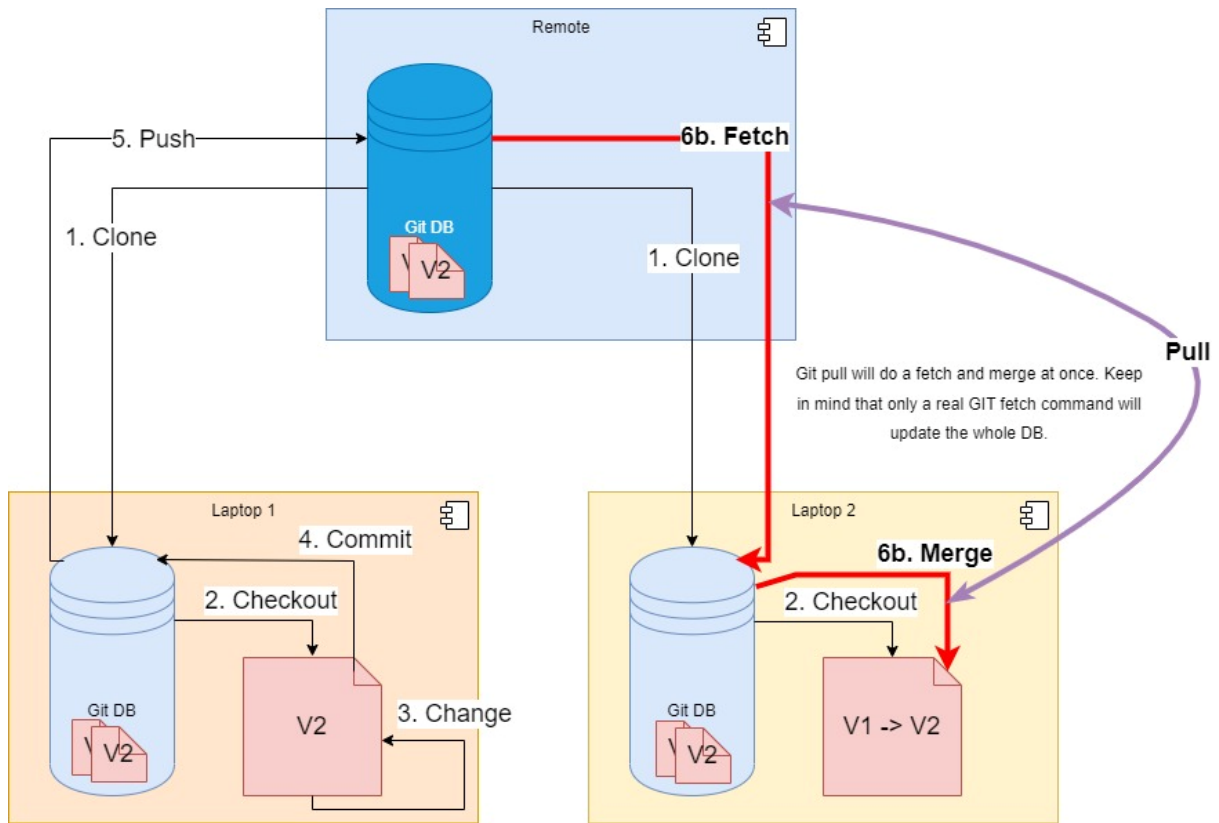
Step 4 – Commit

Step 5 – Push

Step 6 – Fetch

Step 7 – Merge

Steps 6 and 7, can be done in 1 command, being the pull.

Step 6b – Pull. This is an alternative step 6, that replaces 'Step 6 – Fetch' and 'Step 7 – Merge'