



TMAC FITNESS

WHO WE ARE

We're an online fitness company offering 20 minute HIIT, kettlebell, and yoga workout videos that to help you get in shape and get your mind in a positive mindset. No equipment needed.

WHAT WE BELIEVE

We believe when we move our bodies and connect to our spiritual practice, we cannot only improve our lives but also the lives of those around us. We call this getting our MIND RIGHT each day.

TMAC FITNESS WILL HELP YOU

- ✓ Lose fat. Gain lean muscle.
- ✓ Create a consistent home workout routine.
- ✓ Reduce stress & anxiety.
- ✓ Develop a daily spiritual practice.

WHAT'S INCLUDED

- You get access to the TMAC FITNESS app and online membership site with more than 200 workouts (35-45 new workouts are added each year).
 - **20 Minute Advanced Workouts – no equipment needed**
 - High Intensity Interval Training and Cardio workouts.
 - **20 Minute Beginner Workouts – no equipment needed**
 - New to working out or getting back into a rhythm? These beginner workouts can help kickstart your exercise routine.
 - **Yoga Videos**
 - Joint-friendly morning and evening flow, improve balance and feel grounded throughout the day. Connect to your breath, body, and spiritual practice.
 - **Kettlebell Workouts – Beginner and Advanced**
 - Want to build muscle? Then you're going to love our Kettlebell Workouts.
- **Free Fitness Challenges – 3 to 4 a year**
 - Join a large community of challenge participants to help you stay accountable to reach your goals.
- **Daily Workout Calendar**
 - Designed to get you results. Take the guesswork out of choosing which workout to do each day. Wake up. Hit play. Go crush!
- **Meal Plan, Recipes, and Grocery List**
 - Designed for the busy individual to help create a long-term healthy and sustainable lifestyle.

