

20-MINUTE HOME WORKOUTS TO HELP YOU GET IN SHAPE & GET YOUR MIND RIGHT.



SHED WEIGHT, GAIN LEAN MUSCLE, & LOWER STRESS.

Log in using the email associated with your Benefits account at www.tmacfitness.com/login or scan QR code:



WHO WE ARE

We're an online fitness company making 20-30 minute home workouts to help you get in shape and get your mind right.

WHAT WE BELIEVE

We believe when we workout and meditate, 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

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

What's included in a TMAC FITNESS membership

- Beginner and advanced workouts
- HIIT, cardio, yoga, and kettlebell workout videos
- Daily workout calendar
- Access workouts on both desktop and app platforms
- Fitness challenges
- Meal plan



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