

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



### SHED THE WEIGHT, GAIN LEAN MUSCLE, & LOWER STRESS

1. Download The TMAC FITNESS Home Workout app on your phone with the **QR code** or you can login online at [www.tmacfitness.com/login](http://www.tmacfitness.com/login)
2. Login with the email associated with your employee benefits account.
3. You can reset your password when logging in.



IOS



ANDROID

### WHO WE ARE

We're an online fitness company making 20-30 minute 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 and anxiety

### WHAT'S INCLUDED IN A TMAC FITNESS MEMBERSHIP

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