CHALLENGE CHALLENGE IPHONE Registration & User Information



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STEP 1:

Visit **ymcaeastbay.org/y45** and find everything you need to know about the #Y45 Challenge





Join the #Y45 Challenge!

45 Days.45 Workouts.Stronger Every Day.

The #Y45 Challenge kicks off March 1st!

Y45 Challengers will use our new Y Training ID app to receive 45 days of guided strengthbuilding workouts tailored to all levels of fitness.

#Y45 Challengers who complete all 45 Days will receive our special edition #Y45 t-shirt!



STEP 2:

Register for the **#Y45 Challenge**! You can also register using the YMCA of the East Bay app.



Login or find your account

Not sure if you have an account? Enter your email or phone number to get started!

Email or Phone Number

johndoe@example.com or 123-456-7890

Submit

Browse for Programs

To Empower Youth, Advance Health, and Strengthen Communities.



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STEP 3:

Within 24 hours, you should receive an email invitation to set up your **Y Training ID Account**.



Before you can sign in to view your training app, you must set up your password. Click below to get started.

Set up your account

After setup, download the mobile app so you can take your workouts on the go.



You can also bookmark

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ymcaoftheeastbay.trainerize.com and use it to sign in via a desktop or laptop computer to view your training plan, track your fitness progress, and message me.



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STEP 4:

The email invitation will ask you to **download the Y Training ID App** from the Apple Store or Google Play.





STEP 5: Open the App and **login to see your home screen**!





STEP 6: View your calendar of workouts & tasks for the week!

Assessment Day 1

Hydration

Completed, @ 3/10 💭 1





STEP 7: Select a workout to get started!





STEP 8:

Watch **videos**, read **instructions** & see how many **sets/reps** to do!





STEP 9: Don't forget to **log your workout details**!



alternative!	3
Perform as a circuit workout of 3 rou	nds
Round 1	
Body Weight Squat 15 reps	
reps	12 reps
Push Up 15 reps	÷
reps	10 reps
Elbow Plank 25 seconds	
m	1m 45s
Round 2	
Body Weight Squat 15 reps	:
reps	
Push Up	



Enjoy the Challenge! Please share your journey with US! Mention YMCA East Bay in your feed or stories! @ymcaeastbay or #Y45Challenge



