

#Y45

# CHALLENGE

**iPHONE**

Registration &  
User Information

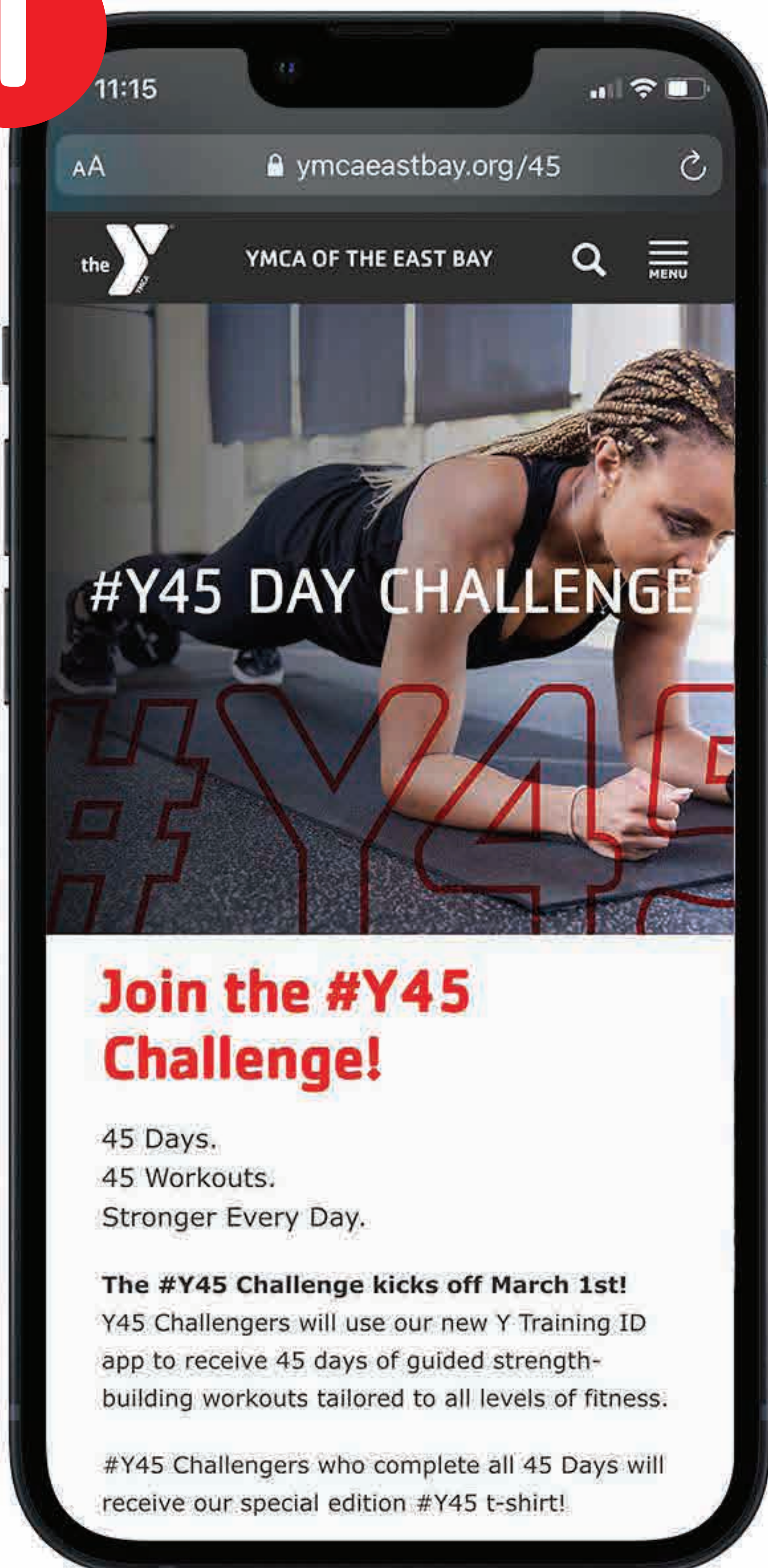


#Y45

# STEP 1:

Visit [ymcaeastbay.org/y45](https://ymcaeastbay.org/y45) and find everything you need to know about the #Y45 Challenge

1

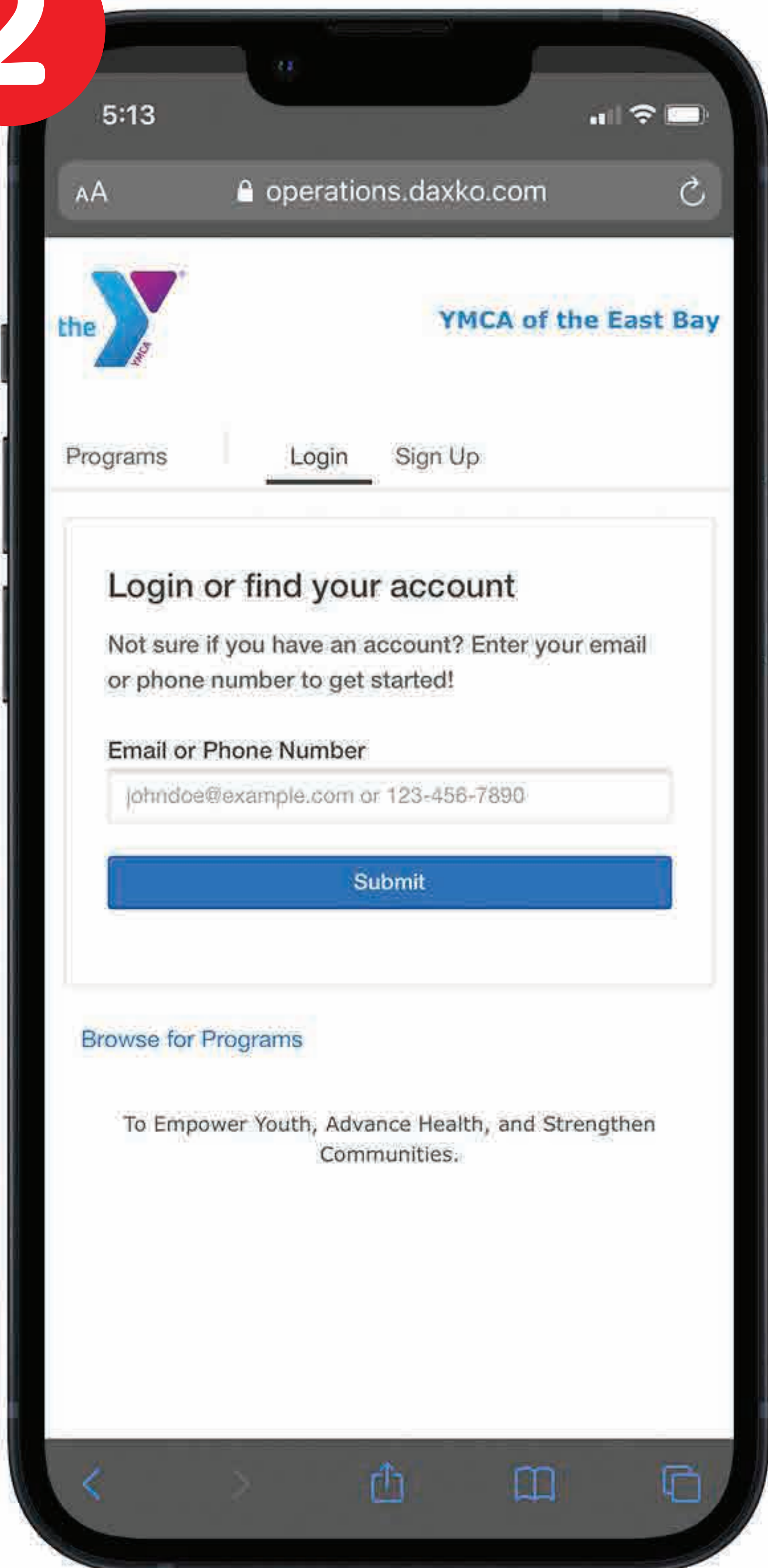


## STEP 2:

**Register for the #Y45 Challenge!**

You can also register using the YMCA of the East Bay app.

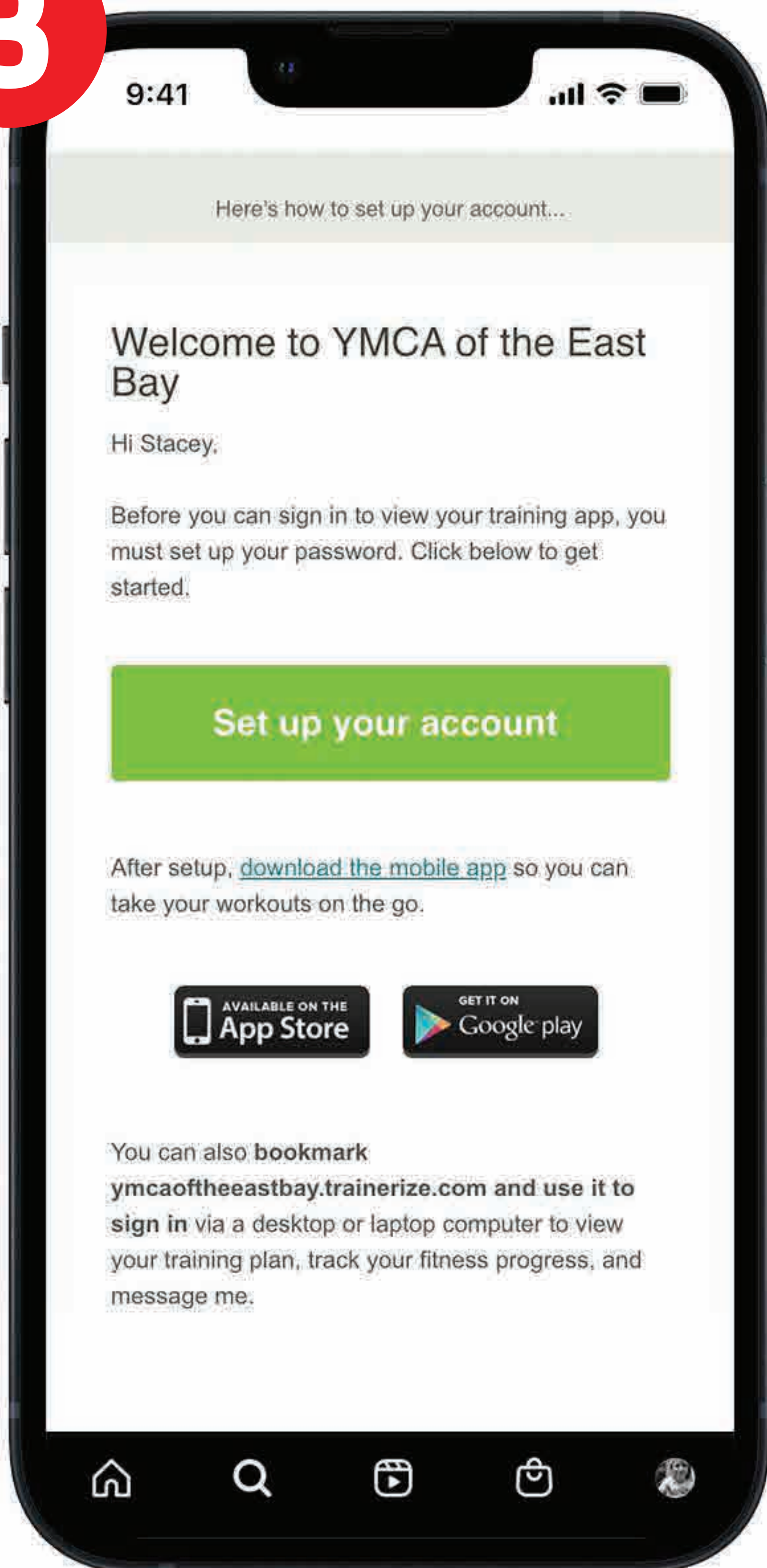
2



# STEP 3:

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

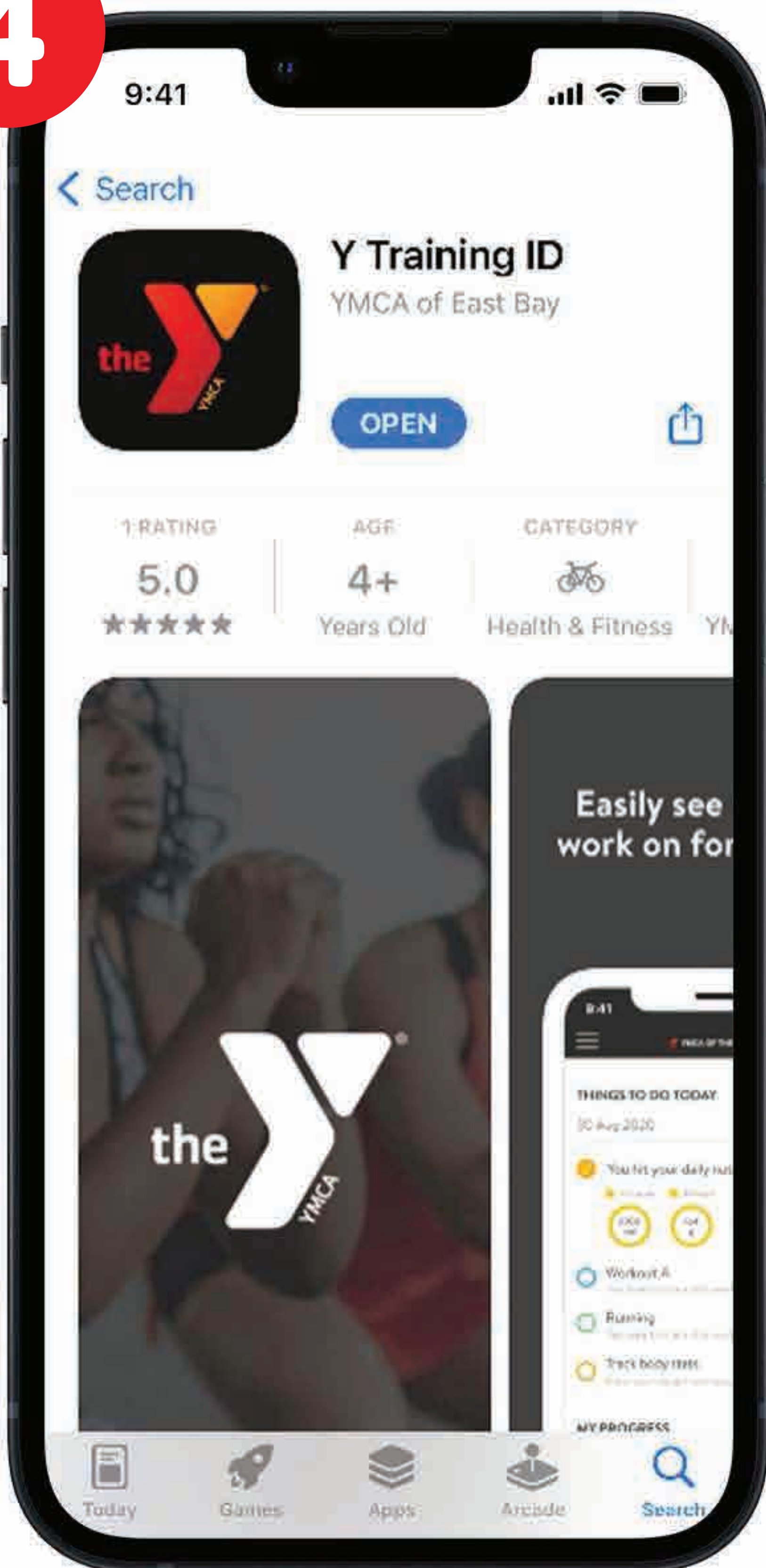
3



# STEP 4:

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

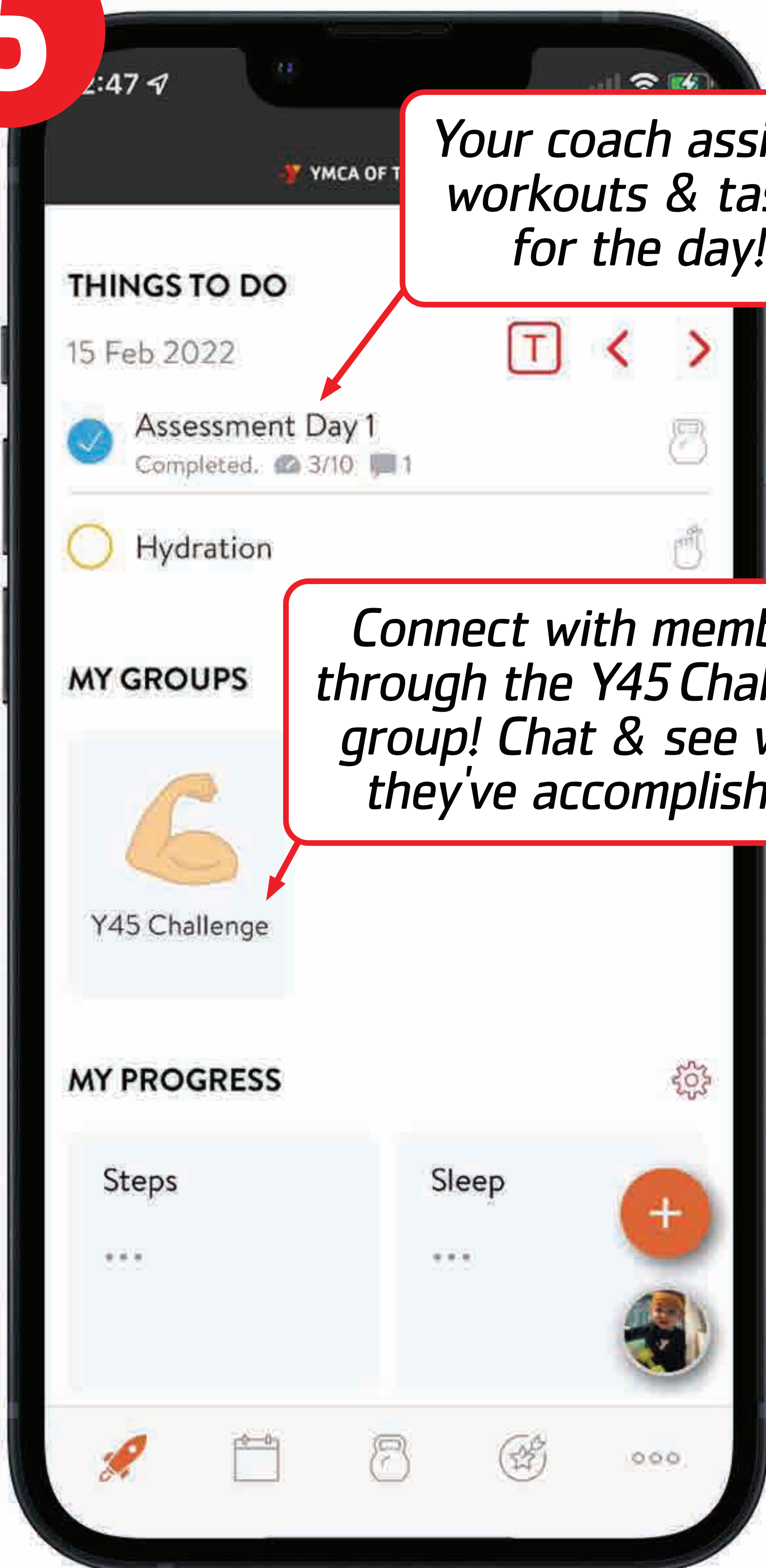
4



# STEP 5:

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

5



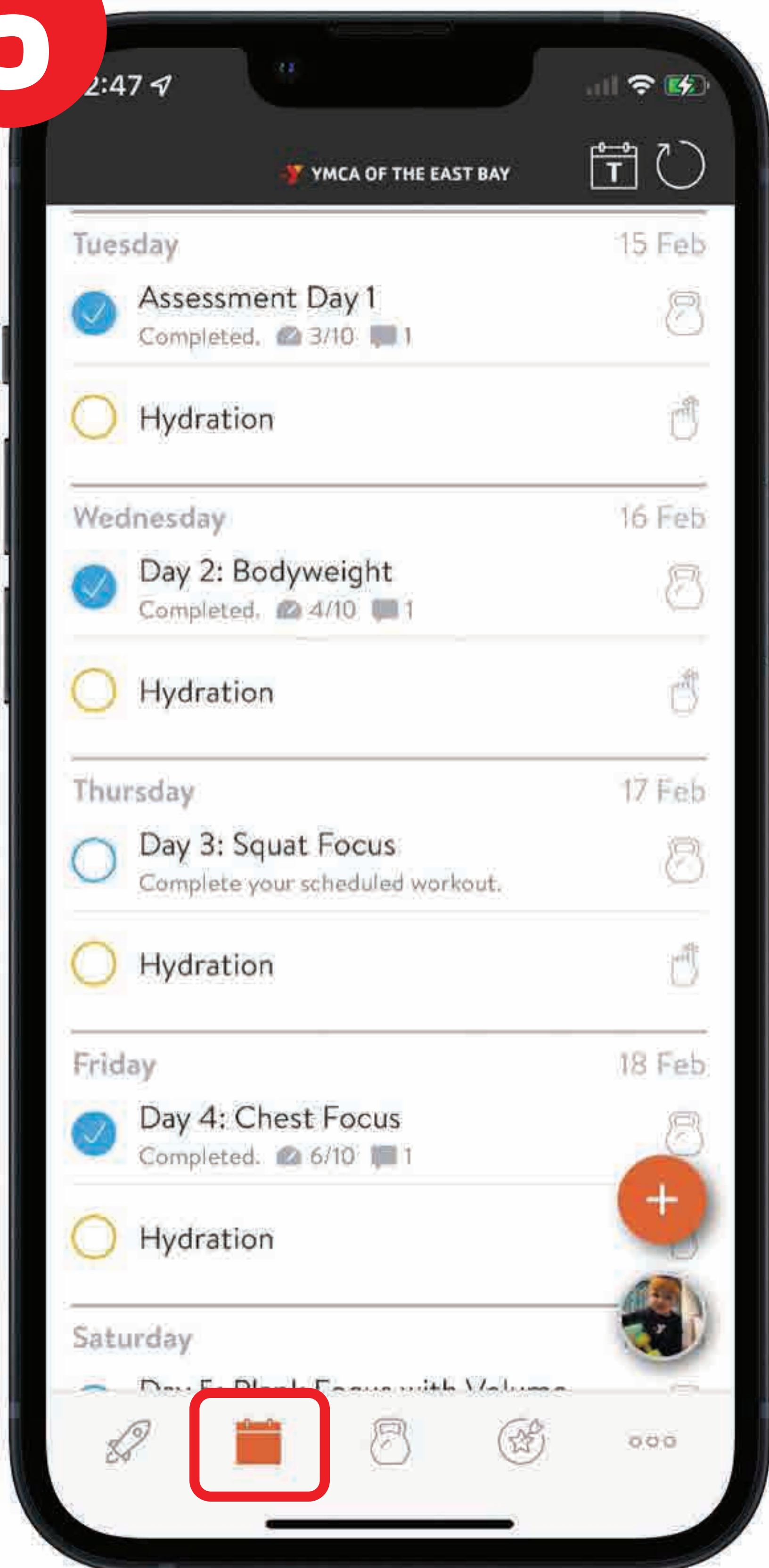
*Your coach assigns workouts & tasks for the day!*

*Connect with members through the Y45 Challenge group! Chat & see what they've accomplished!*

# STEP 6:

View your calendar of workouts & tasks for the week!

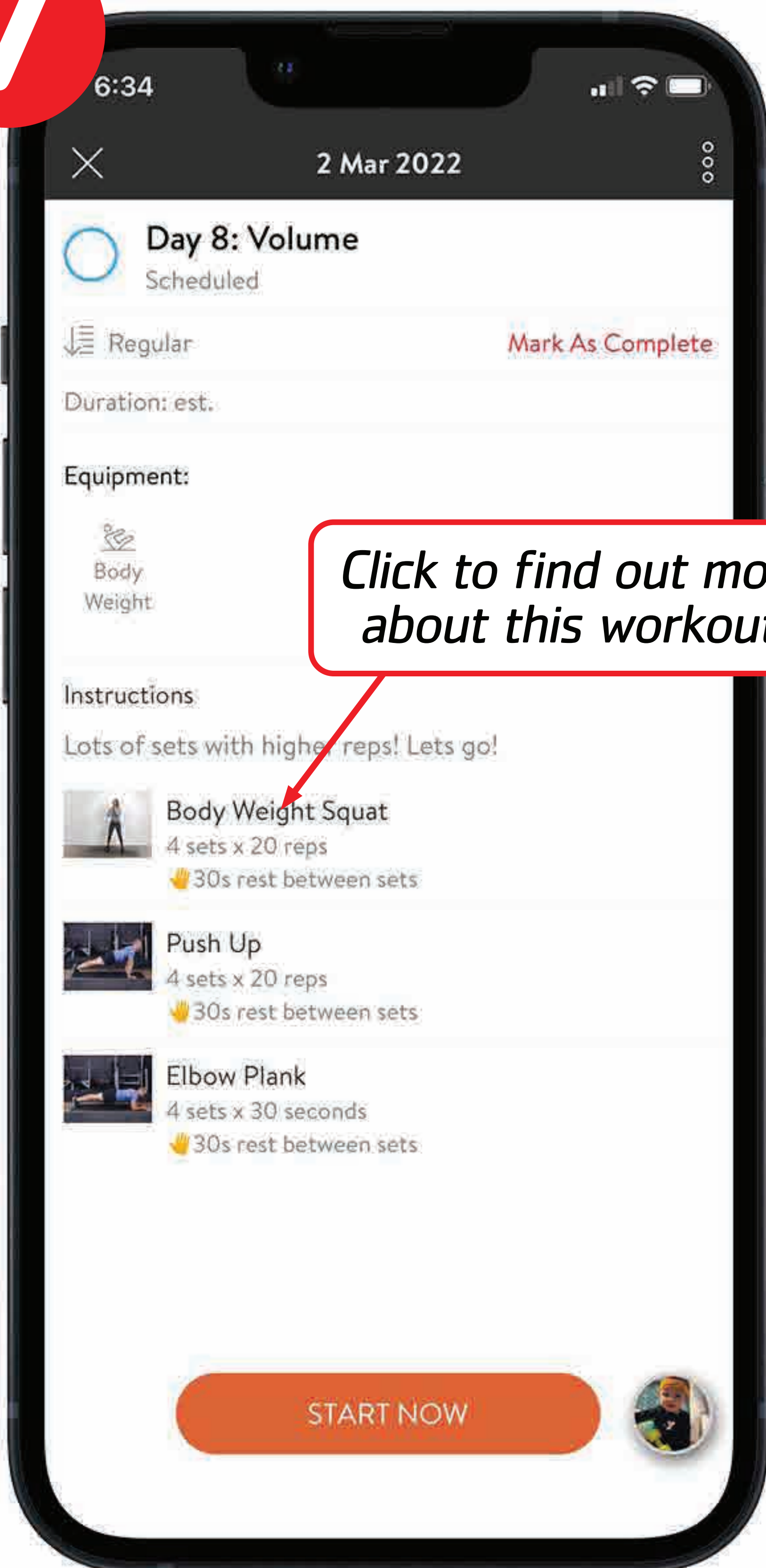
6



# STEP 7:

Select a workout to get started!

7



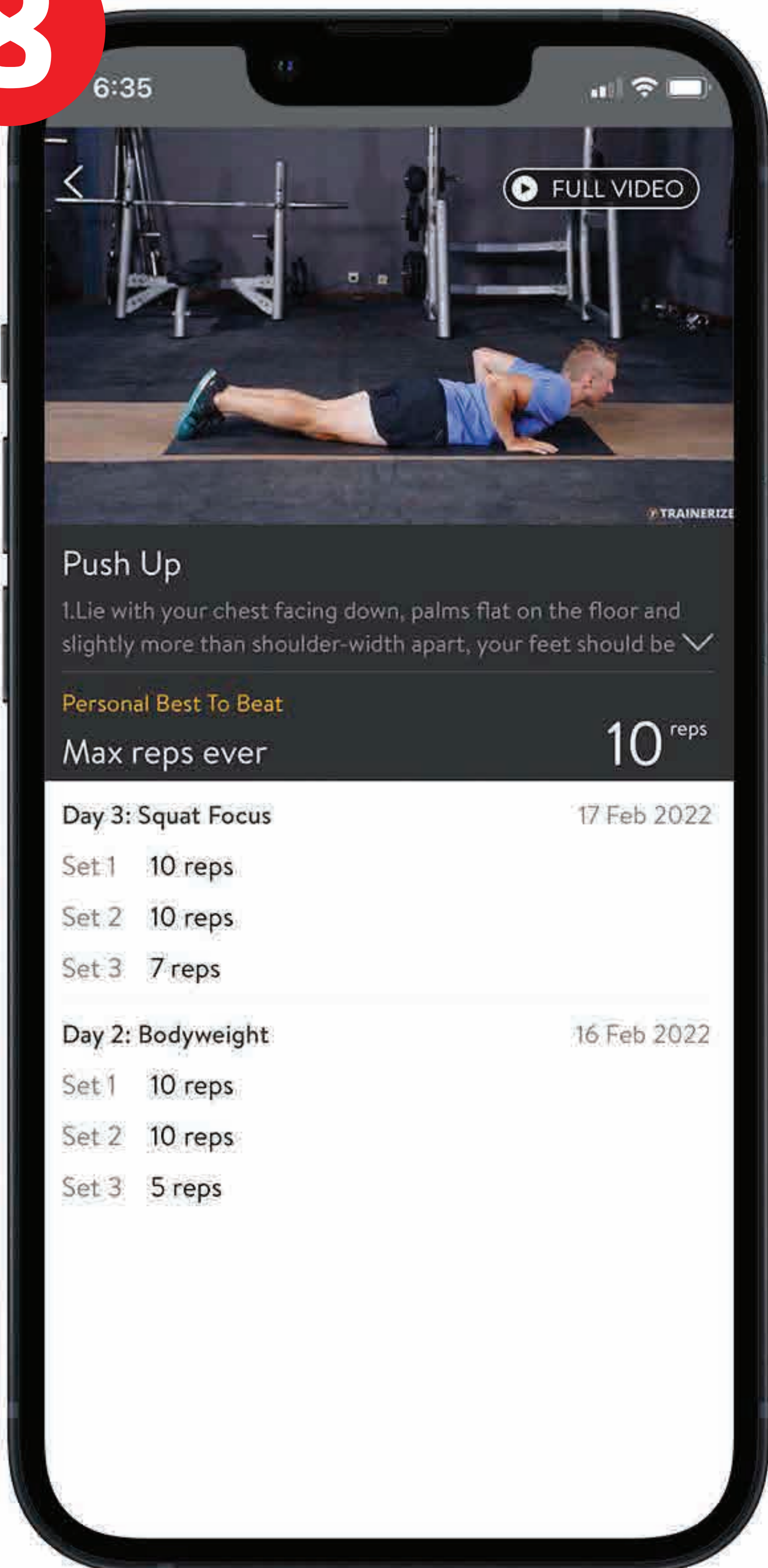
*Click to find out more about this workout!*



# STEP 8:

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

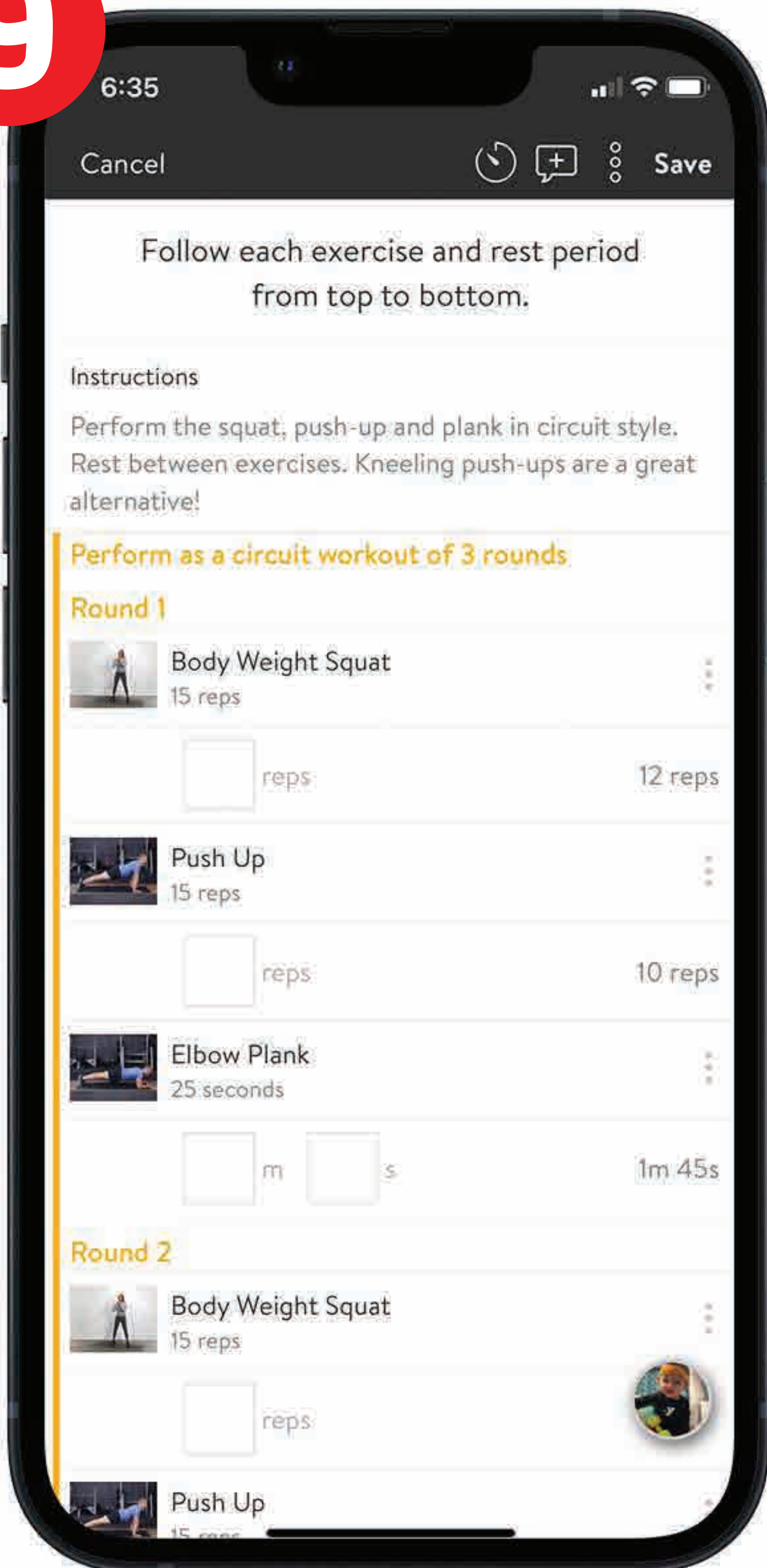
8



# STEP 9:

Don't forget to **log your workout details!**

9



**Enjoy the Challenge!**

**Please share your  
journey with US!**

Mention YMCA East Bay  
in your feed or stories!

**@ymcaeastbay  
or #Y45Challenge**

