

#Y45

CHALLENGE

APPLE WATCH

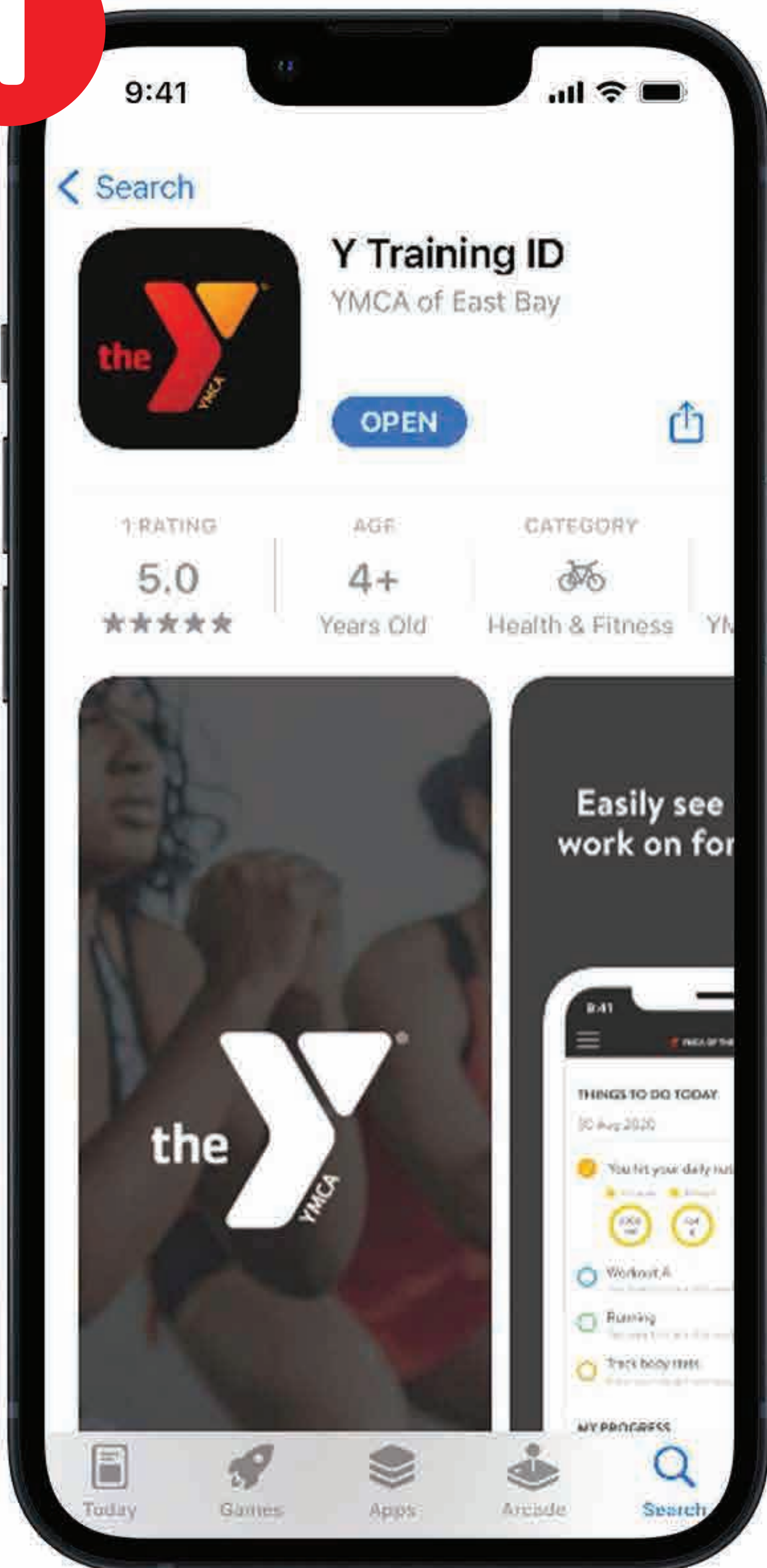
How to USE the Apple
Watch Y TRAINING ID App



STEP 1:

Y Training ID watch app automatically downloads when you download from the App Store

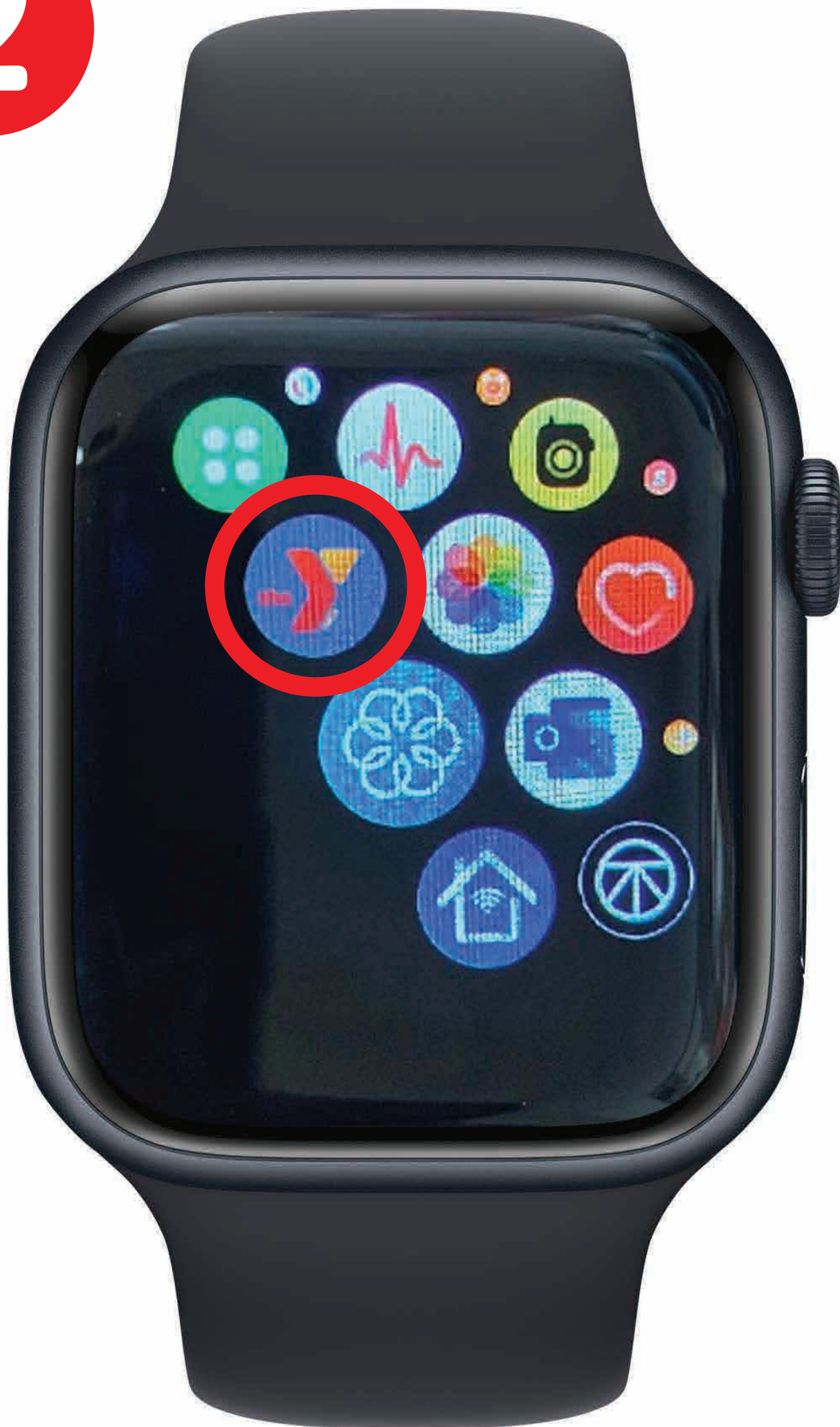
1



STEP 2:

Click the **Y TRAINING ID** app from your Apple watch.

2



IN THE WATCH APP YOU CAN:

Start a Workout...



See what workouts and habits you have been assigned today from your coach...



... and see your daily progress!



Enjoy the Challenge!

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journey with US!**

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in your feed or stories!

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or #Y45Challenge**

