



Getting Started

Access

Download the app

Client Sign Up / Registration Page

- Click **Register**
- Enter your personal email, name and password (something private to you)
- Enter Invitation Code: **BBY2020**
- Check the box to accept the Terms, then click **Register**
- Enter your Employee AID number, then click **Register**

You will now be able to log in to your account using the email and password you registered.

Once Logged In



Getting Started & Stretching

To get started, watch the two introductory videos. Then navigate to the **Daily Stretches** video, which we encourage you to complete every day to stretch the muscles you use most frequently at work. You'll also have access to more stretching videos to help you unwind and relax.



Strength & Conditioning

We have also developed a custom strength and conditioning program for you to use at least three times a week. This includes a High Intensity Interval Training (HIIT) video and two strength and conditioning videos. To get started, go to **Strength & Conditioning Week 1** and click the first video. Find one you like? You'll be able to repeat these exercise videos at any time.



Training Modules

We have included additional educational modules for you to view videos about improving posture and body mechanics.

Questions? We are here to help 24/7.
Contact us at (877) 399-3746.