

FREE

Terms & Conditions Apply.
See F45Challenge.com for details.

FREE ACCESS TO THE F45 CHALLENGE APP

Register for the F45 Challenge app by logging on using your .edu college email address.
Download the F45 Challenge App in the App Store, or **F45CHALLENGE.COM**.



DOWNLOAD **TODAY**

DESIGNED FOR RESULTS

The F45 Challenge App offers daily workouts, nutritional advice, healthy recipes, goal tracking and the opportunity to participate in our results-delivering, global 45-day challenge. The app includes a full library of on-demand workouts – including Bodyweight, Weighted and Recovery sessions. Updated daily, the workouts are available on-demand giving your team access to our fitness training when it's convenient for you. The workouts are fun, sweat-inducing and deliver results.

INSTRUCTIONS TO ACCESS OUR WORKOUTS

- STEP 1:** Download the F45 Challenge App in the app store or go to **F45Challenge.com** and register
- STEP 2:** Click **LET'S GO** followed by **I'M NEW TO F45**
- STEP 3:** Register using your .edu email address
- STEP 4:** Enjoy the F45 Challenge App

DAILY MEAL PLANS



AT-HOME WORKOUTS



GOAL TRACKING



MULTI-DEVICE ACCESS

