



Congratulations on becoming part of the Farm Life Fitness Tribe. I'm so excited you've decided to join us and look forward to seeing you at a live workout very soon.

Everything you need to know about accessing the live workouts and recordings is here but if you need any more help, just reach out to me at louise@farmlifefitness.com.au

Keep moving

Louise

KEY INFORMATION

WHEN ARE THE LIVE WORKOUTS & WHAT DO YOU NEED

Live workouts are Monday, Tuesday, Wednesday and Thursday 6:15am, Tuesday at 9:15am (Western Australian Standard Time). You just need yourself, a water bottle, a towel or floor mat, a wall you can lean against, a sturdy chair and occasionally you'll need light hand weights or two cans of food.

HOW TO JOIN THE LIVE WORKOUTS

You can join my live workouts each week by going to the private Facebook group I've set up for us. You can request to join the group via facebook.com/groups/223918308989061/ and answering the questions when prompted.

HOW TO ACCESS THE WORKOUT RECORDINGS

Once a workshop is complete, I'll add it to the library of resources. You can access the recordings any time to do at a time that suits you (plus you can also view it in our private Facebook group). Access to the library is via loom.com/share/folder/ce106780c7d445518dbb4ef8980dd867

HOW TO JOIN THE BONUS WEBINARS

I'll let you know when there is a bonus webinar topic and what time the webinar will be on. I'd love you to join live but if you can't make it, you can catch up with the recording. If you have a topic you'd like me to consider covering, please email me at louise@farmlifefitness.com.au