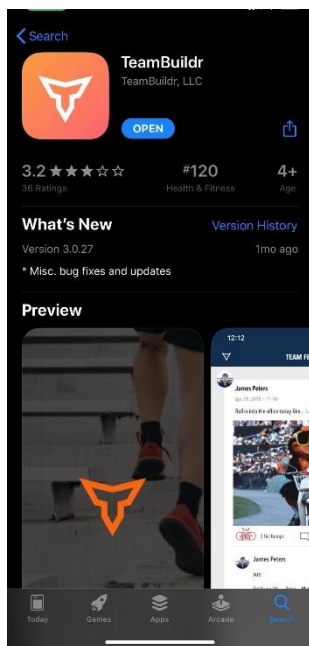


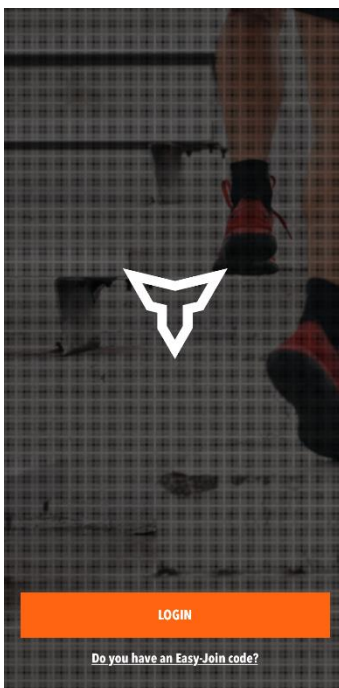
TeamBuildr At Home Workouts

The Blessing Wellness Center and Illini Fitness Center have teamed up to offer a Wellness Quarantine Program that includes home workouts through a program called TeamBuildr. Get started by following the directions outlined below. If you have questions or need assistance, please email blessingwellnesscenter@blessinghealth.org.

1. Visit the App Store or Google Play and search for “TeamBuildr”.



2. Select “Do you have an Easy-Join code?”



3. Enter one of the following Easy-Join codes based on the level of workouts you would like to complete (NOTE: you may only choose one workout program):

a. Beginner Workout Program

- i. Easy-Join Code: Z7L4-MX9W
- ii. Password: EOCUYH6B

b. Intermediate Workout Program

- i. Easy-Join Code: XWBF-RKPD
- ii. Password: H51WNBZ1

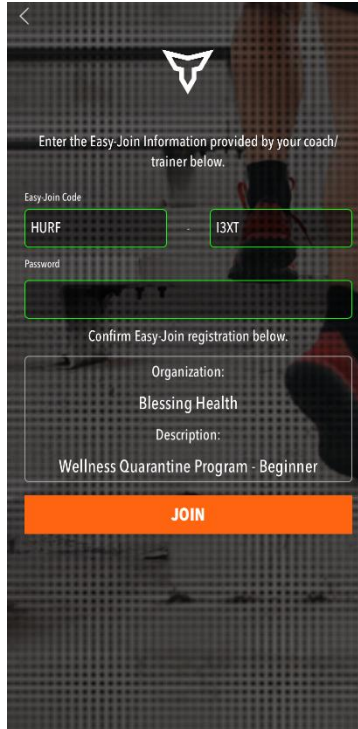
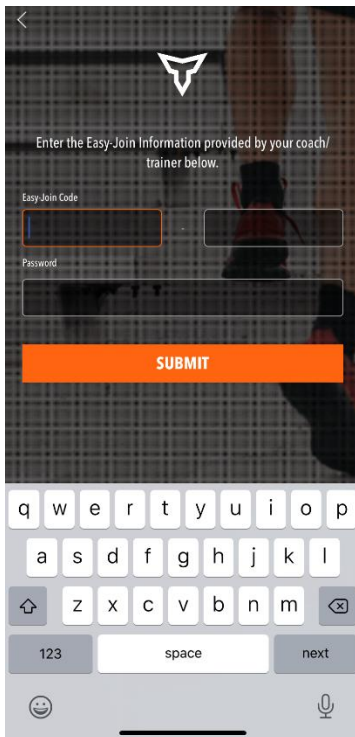
c. Advanced Workout Program

- i. Easy-Join Code: AGQM-Y36R
- ii. Password: OXQHB6X6

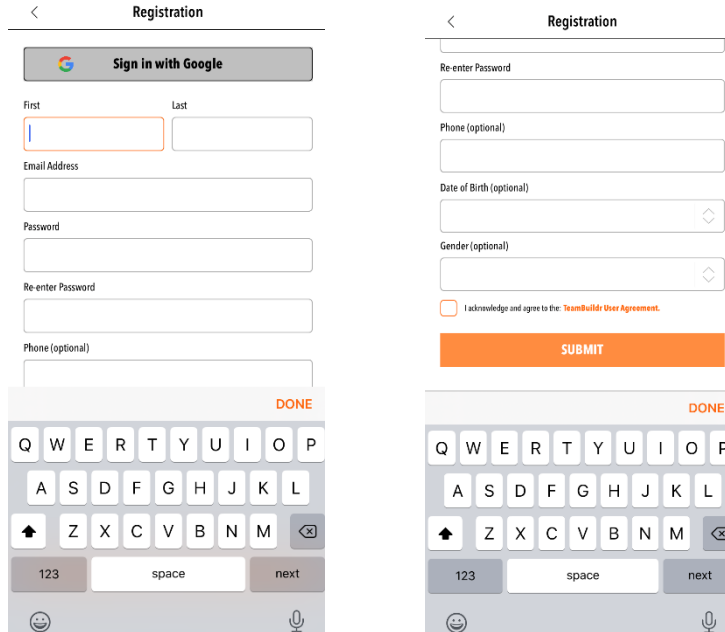
d. Kettlebell Workout Program

- i. Easy-Join Code: AYZZ-M3LT
- ii. Password: OSYKRNGJ

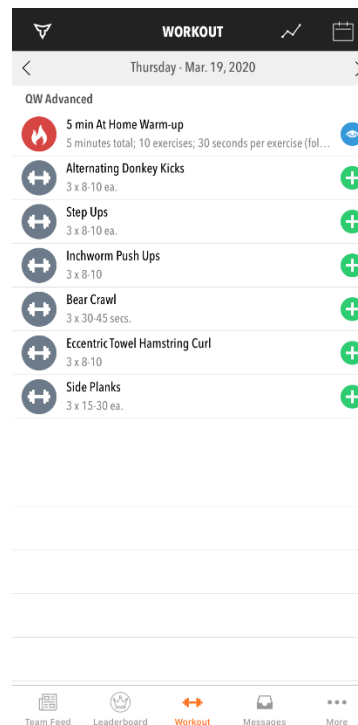
4. Click "SUBMIT", then "JOIN".



5. You will be directed to a “Registration” page. Complete registration and click “SUBMIT”.



6. After completion, you will be directed to your account within TeamBuildr. Click on “Workout” in the center bottom of your screen to get started. To look ahead at the different workouts for each day, click on the Calendar icon at the top right corner of your screen.



7. Each exercise has an assigned number of sets and a suggestion for number of reps. Enter your information as you complete each exercise. If you're unsure how to complete an exercise, click on the red video camera icon to view the exercise.

ALTERNATING FORWARD LUNGE
2 x 8-10 ea.

Max: N/A

If you have free weights at home, feel free to hold for added resistance.

#	WEIGHT	REPS
1	<input type="text"/>	8-10
2	<input type="text"/>	8-10

SAVE

