FAQ & Resources

Everyone is unique, and thus using generalized programs means that you may need to tweak things along the way.

Here are the most commonly asked questions and a few tips on how to help you troubleshoot anything in the programs.

How can I make the workouts harder?

To make the workouts harder, you may need to think outside the box a bit. Learn more about increasing the intensity of home workouts by using things like: paused reps, increasing time under tension, more weight, adding a band, or using a harder variation.

How can I make the workouts easier?

There is *always* a way to regress a workout or exercise. You can start by taking more rest when you need it. Another way to make the workouts easier is to eliminate any jumping is there is any or to use an easier version of the exercise (instead of walking planks, hold a plank or instead of step back lunges just focus on the up and down. Master bodyweight first etc). Don't get discouraged, just tweak so that the workouts suit YOU.

How do I reschedule the workouts?

At the start of every month you'll schedule your workouts. However, life does come up. If you need to reschedule a workout, go to the "calendar" at the bottom of your dashboard. Find the workout and press your thumb to it. Then, drag it to the day you're going to do it.

I paid on the 17th of the month and was charged again on the 1st, why?

Payments comer out every month on the first. This means that if you signed up halfway through the month, you'll have another payment come out on the first with new programs. This is to keep everyone on the same schedule with the workouts.

When will I get my new programs?

The programs should be in your app by 7am EST on the first of every month.

I can't do one of the exercises, what do I do?

There’s always a modification that can be done. So if possible, regress the exercise to make it easier and do that instead.

What do I do if I don’t have a bench?

If you don’t have a bench it’s not a problem! Get creative with couches, living room tables, and kitchen chairs. Just make sure they’re secured safely.

I don’t have anywhere to anchor my resistance band.

Fun hack: make a slipknot of the band around a dumbbell. Place the dumbbell in a room right behind a door. Close the door with the band under it so that it’s anchored!

I don’t have sliders, what do I do?

No problem! Socks on hardwood, washcloths under your feet on hardwood, or paper plates on sliders all work in place of slider/glider discs or TRX straps for hamstring curl.