



TMAC FITNESS

20-MINUTE HOME WORKOUTS TO HELP YOU GET IN SHAPE & GET YOUR MIND RIGHT.



SHED WEIGHT, GAIN LEAN MUSCLE, & LOWER STRESS.

APP SET UP + LOGGING IN

1. Use your employee email to log into your TMAC FITNESS account.
2. You should have received an email from TMAC FITNESS with login information and instructions for creating your unique password. Check your inbox spam folder if you don't see it.
 - If you still cannot find the password set-up email, go to <https://www.tmacfitness.com/login>. Enter your employee email and select "Forgot your password?"
3. Download the app. Search "TMAC FITNESS Home Workouts" in your app store.
4. Select the "Already a member? Sign in" option and enter your email and the password you created. Email support@tmacfitness.com if you have issues logging in or downloading the app.