

Initial Setup for iPhone

Activate Your My Path Wellness Access

Today at 4:05 PM

Hi team@mypathwellness.com,

Here is your link to get access to My Path Wellness Fitness Builder. Put in your email address that you provided and enter a password twice, then activate your account. Let us know if you have any questions on how to get things set up.

Also we will be sending you an email explaining how to use your new program. Thanks for signing up and email us with any of your questions.

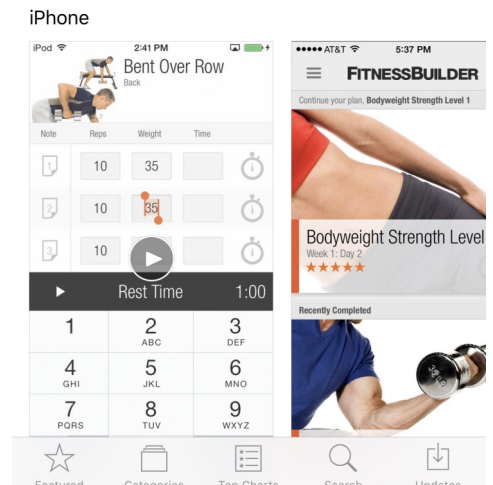
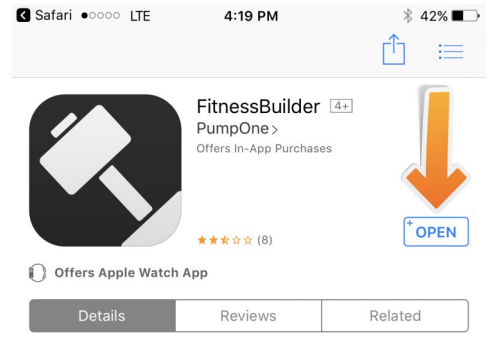
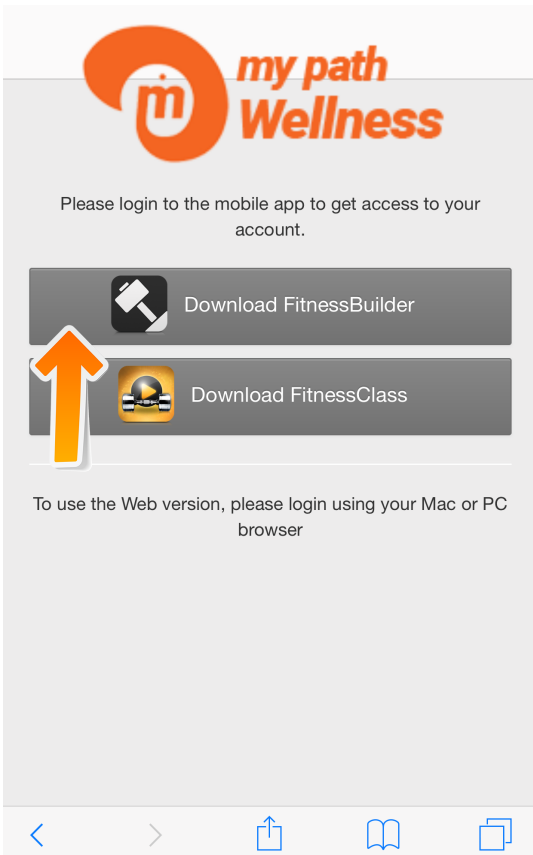
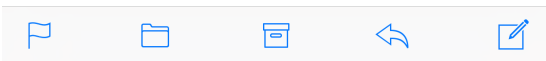
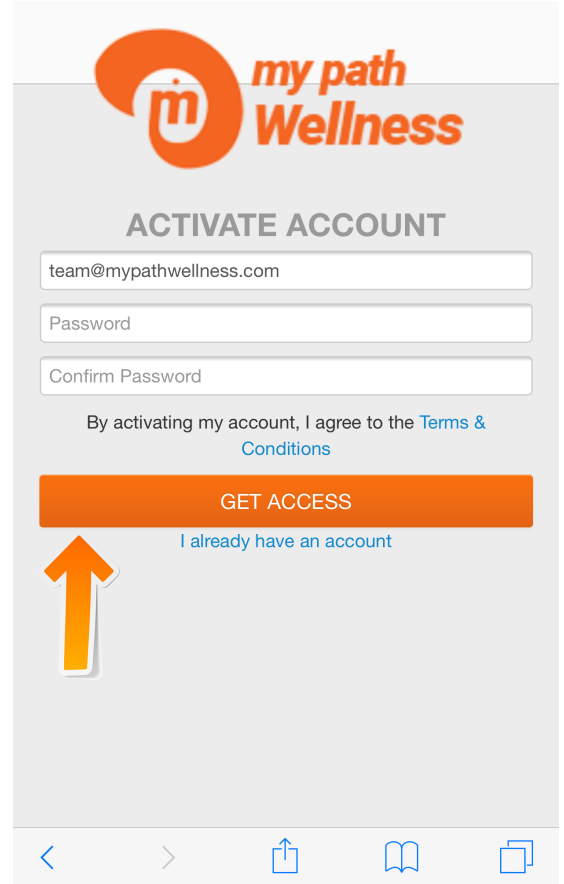
You have been granted unlimited access to My Path Wellness. To verify and activate your access, please visit the following link:

[Activate your account](#)

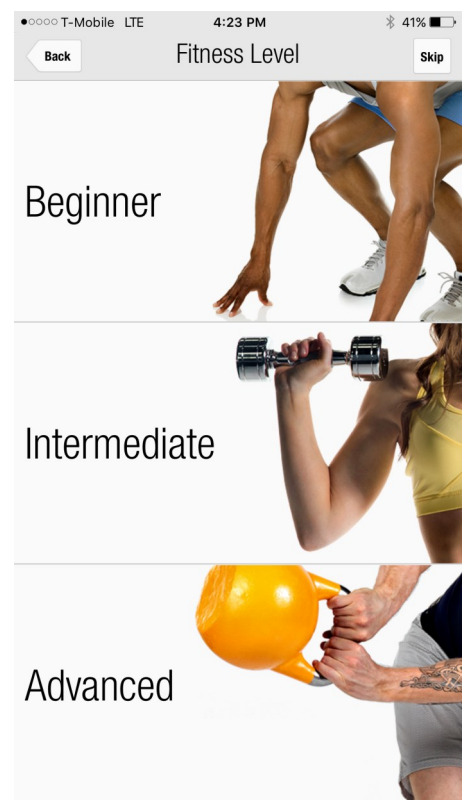
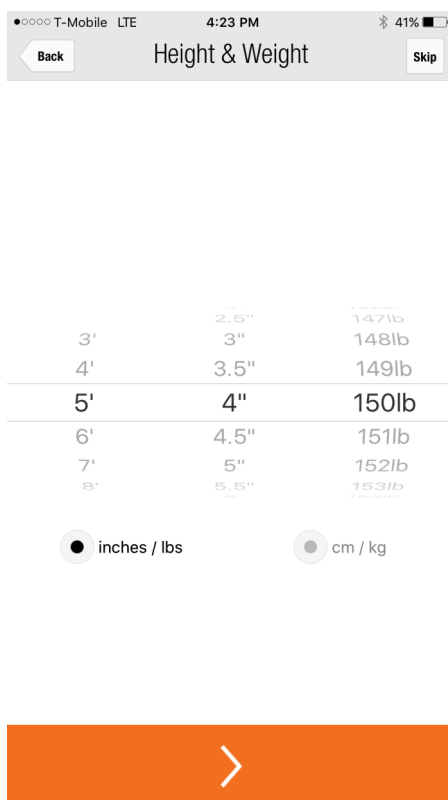
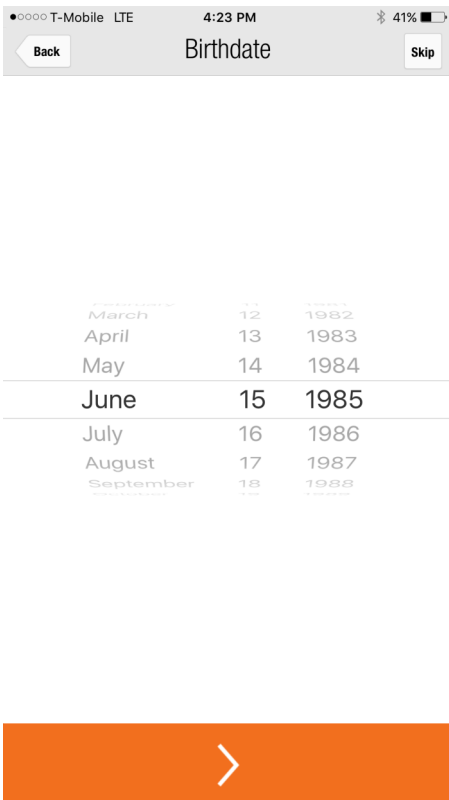
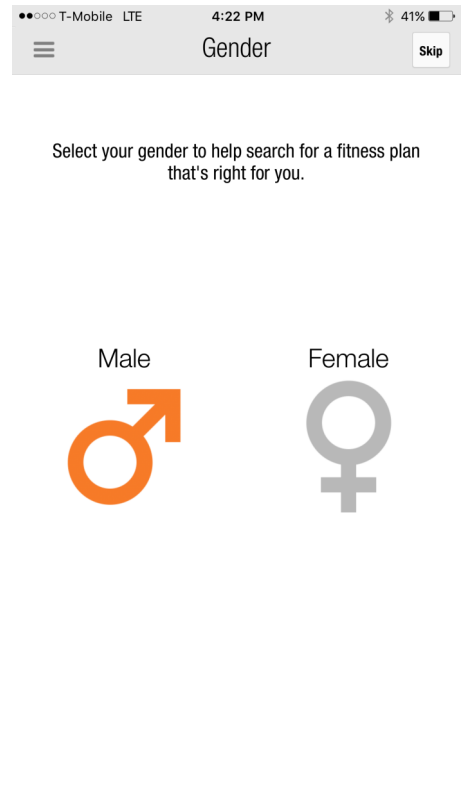
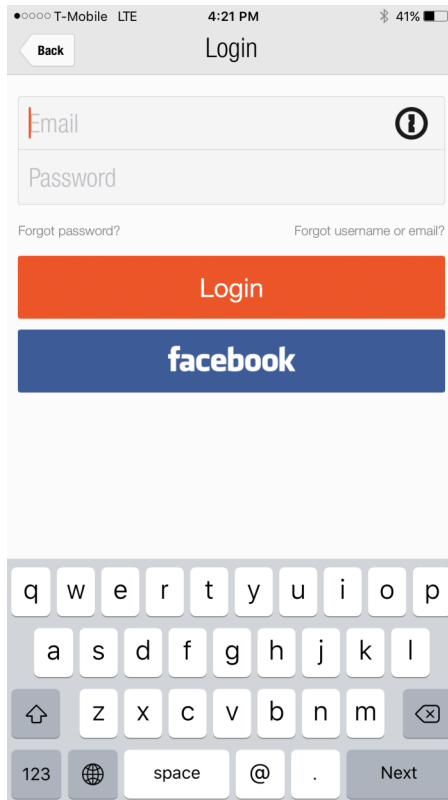
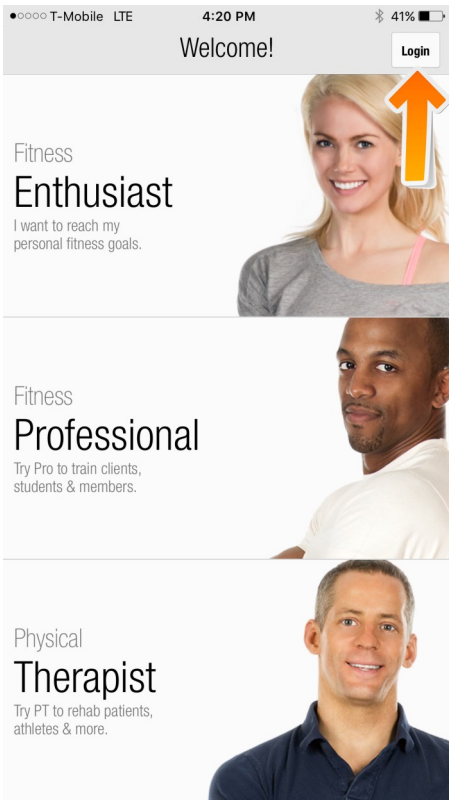


Thanks,

My Path Wellness



Download and Setup New App



Quick Start Program Plans

Back Goal Skip

Weight Loss
Reduce body fat, lose weight & improve muscle tone.

Strength
Increase muscular strength, endurance & lean muscle mass.

Abs & Core
Strengthen your abs, core & lower back and trim your waistline.

Overall Health
General all around conditioning.

Back Choose Equipment Skip


Select the equipment that you have access to.


No Equipment >

Full Gym >

Custom >


Back Matching Plans Skip


Bodyweight Core Level 1
18 Workouts 


Fat Loss Level 1
12 Workouts 


Didn't Find a Plan?
[Browse all Programs & Workouts](#)


Back Fat Loss Level 1



Week 1
3 workouts 


Week 2
3 workouts 


Week 3
3 workouts 


Week 4
3 workouts 


Save Plan >


Back Fat Loss Level 1


Week 1
3 workouts 

Day 1
★★★★★
Estimated Calories 208 25min 

Day 2
★★★★★
Estimated Calories 208 25min 

Day 3
★★★★★
Estimated Calories 208 25min 

Week 2
3 workouts 

Week 3
3 workouts 

Save Plan >

Back Fat Loss Level 1: Week 1: Day 1


► This workout is a circuit of triple sets, each containing 3 separate exercises...


1 set 60secs rest between sets

Set 1

Jumping Jacks 

Split Squat 

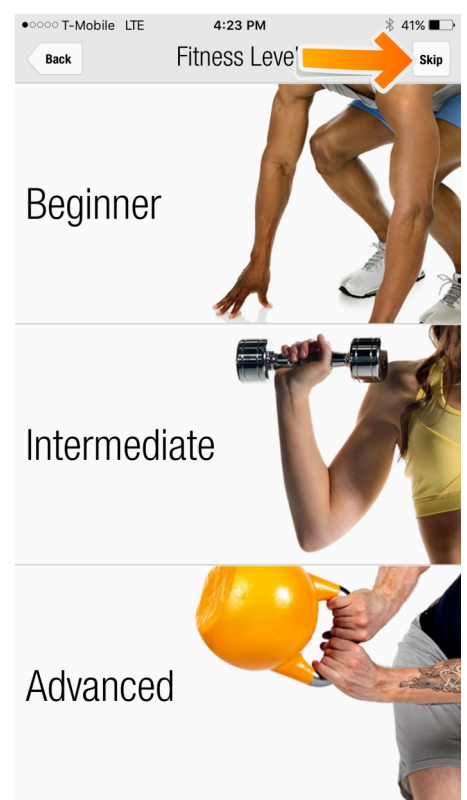
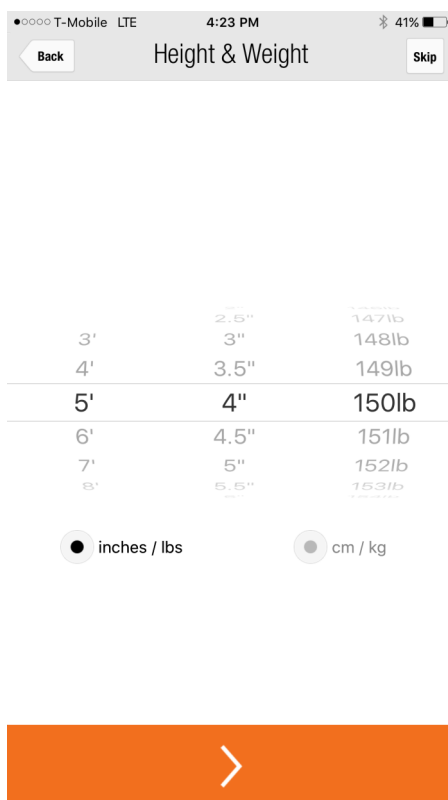
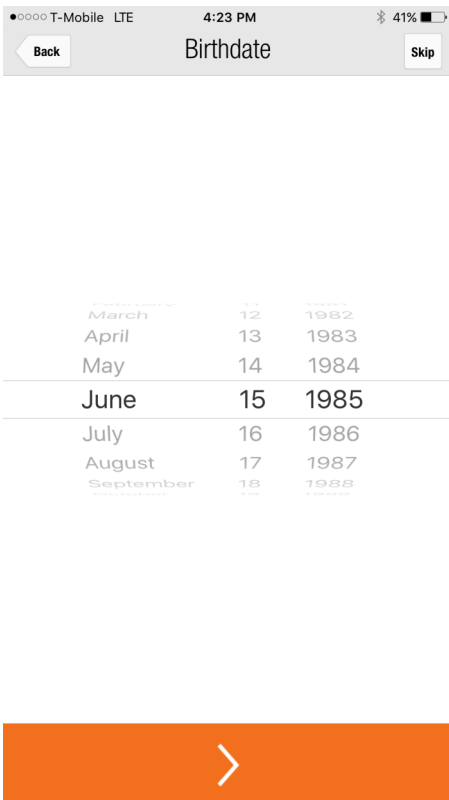
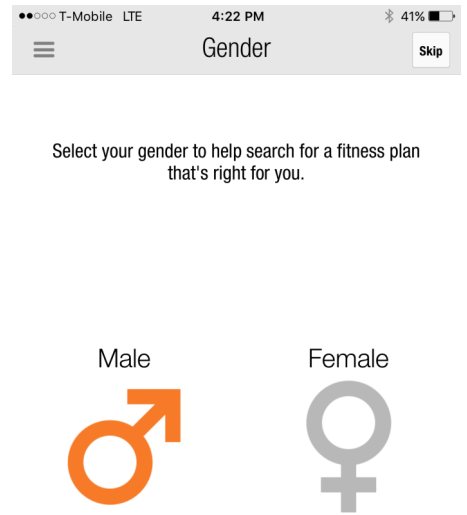
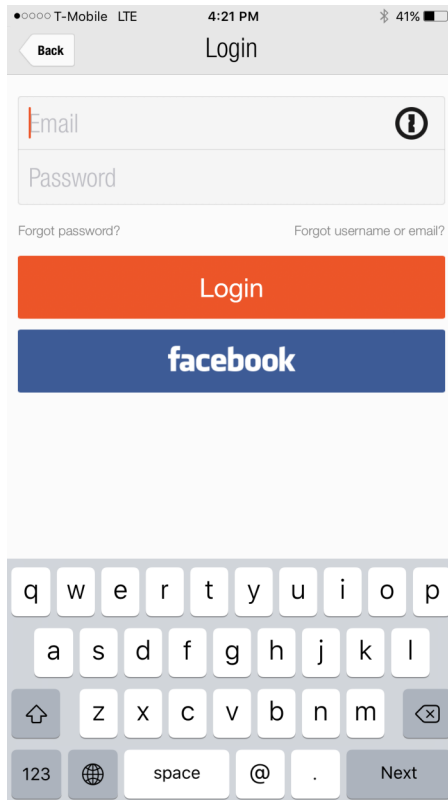
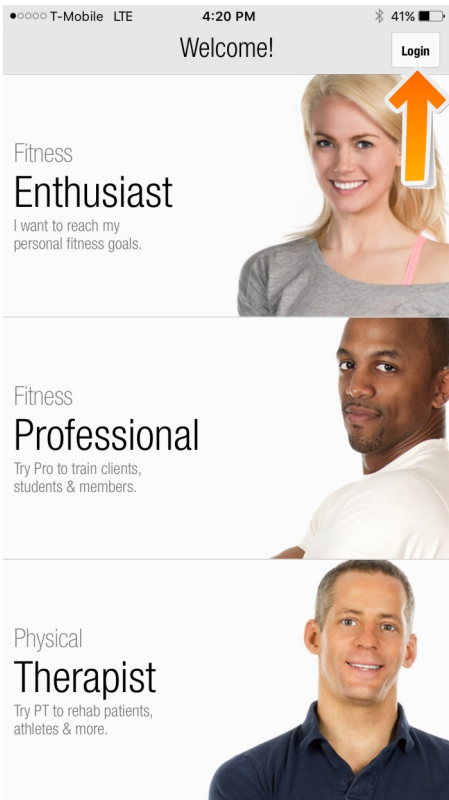
Crunch 

Toe Taps 

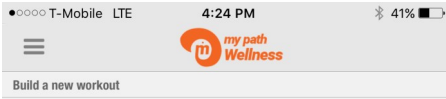
Set 2

Start Workout est. 25 min / 208 cal >

Download and Setup New App



Workout Options Available

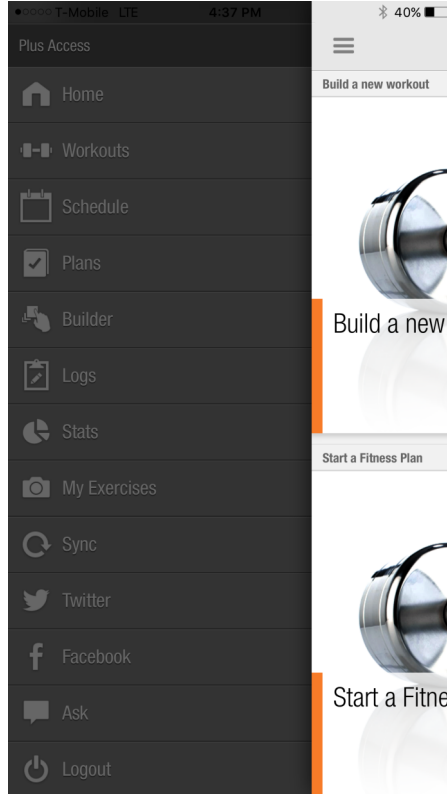


Build a new workout

Start a Fitness Plan



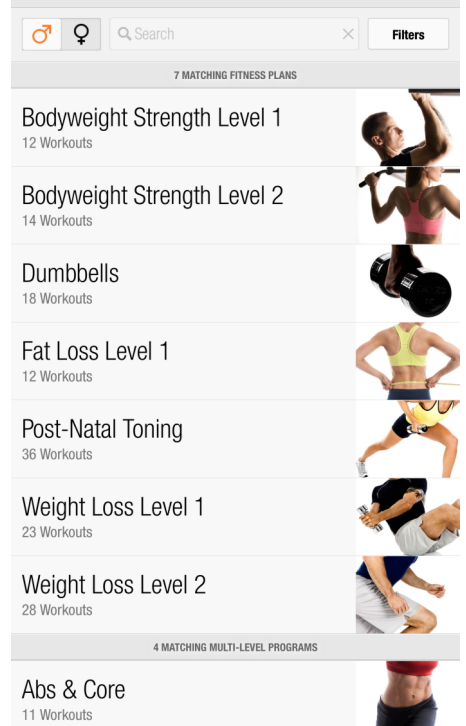
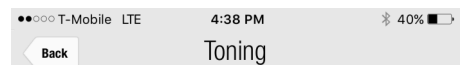
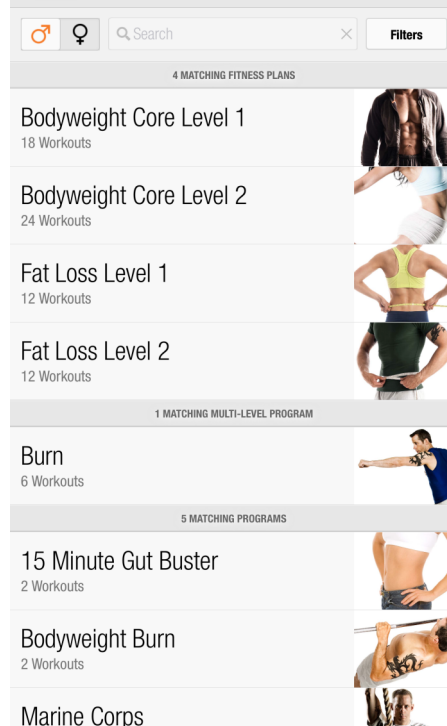
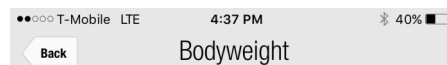
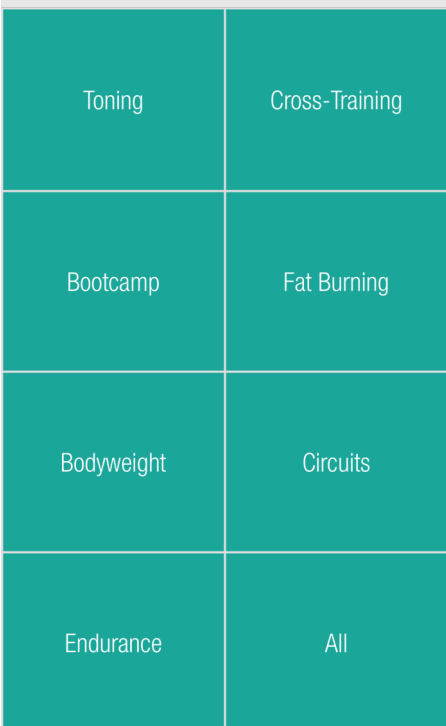
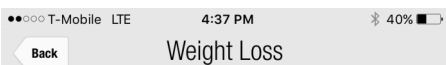
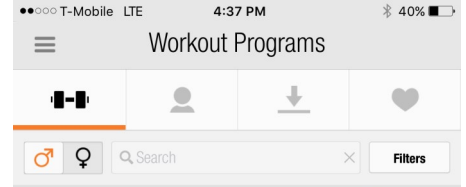
Start a Fitness Plan



Build a new workout

Start a Fitness Plan

Start a Fitness Plan



T-Mobile LTE 4:38 PM 40%

Back Dumbbells

Week 1
3 workouts

Day 1
★ ★ ★ ★ ★
Estimated Calories 500 60min

Day 2
★ ★ ★ ★ ★
Estimated Calories 583 70min

Day 3
★ ★ ★ ★ ★
Estimated Calories 500 60min

Week 2
3 workouts

Week 3
3 workouts

Week 4
3 workouts

Week 5

T-Mobile LTE 4:38 PM 40%

Back Dumbbells: Week 1: Day 1

► For each exercise, perform 3 sets of 15 repetitions, resting 60 seconds between sets...

15 reps per set 3 sets per exercise 60 secs rest between sets

Goblet Squat Bench Press

Bent Over Row Overhead Press

Split Squat Curl

Start Workout est. 60 min / 500 cal

T-Mobile LTE 4:39 PM 40%

Goblet Squat
Legs

1 2
3

Note	Reps	Weight	Time
1	15		
2	15		
3	15		

+

Rest Time 1:00

T-Mobile LTE 4:38 PM 40%

Back Dumbbells

Week 1
3 workouts

Week 2
3 workouts

Week 3
3 workouts

Week 4
3 workouts

Week 5
3 workouts

Entering in Stats



You haven't created any Body Stats yet.



Add Stat

