

Staying Fit At Home

Webinar Resources

Book Recommendations

- Heden, J. The Motivation Myth
- Clear, J. Atomic Habits

Making Your Own Equipment

- Youtube [Tutorial](#)

Fitness Class Links

- Free Fitness Classes [Registration](#)
- Fitness [Page](#)
- Fitness Equipment [Package](#)

Interval Timers

- [GymBoss](#)
- [Interval Timer App](#)
- [WOD Timer](#)

Questions?

- Member [Support](#)
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