

## Mywellness app exercise library

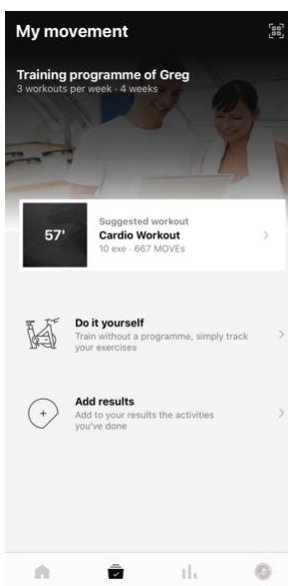
There are hundreds of different exercises on your mywellness app and account.

Regardless of if you want to train at home or at the gym the app has an abundant variety of exercises for you to try.

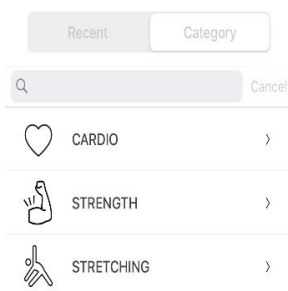
If you need some new inspiration, want to work on particular muscle groups or just want to top up your fitness regime, the 'Do it yourself' option on the 'My movement' section of the app will cater to all ability levels.

How to find the 'Do it yourself' section on the app

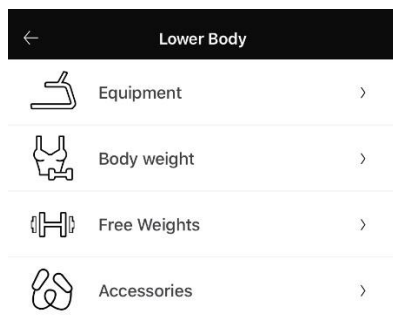
- From the home page on the app you will find a tick icon at the bottom of the app
- Scroll down until you find the 'Do it yourself' option



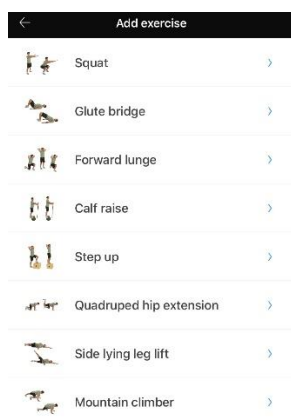
- You will then see 'Recent' and 'Category' at the top of the screen



- Press the 'Category' button to start searching exercises you want to try



- Don't forget to watch the demo videos so you can correct and improve technique. Make sure you log all your reps, sets and training minutes through the app



Should you require any assistants or want your programme updated please email [membership@whittlebury.com](mailto:membership@whittlebury.com)