

Getting Started

Request

Request to join the Facebook group - We will do most of our communicating there - a HUGE part of the club!

Schedule

Decide if you will follow the beginner or the advanced workout schedule and click the appropriate tab below.

Prepare

Watch the workout videos and print the PDF's.

Focus

Every month we will have a NEW focus. Use the tab below to access this information.

Nutrition

Use the Nutrition tab for BASIC guidance, information and monthly recipe links.

Extras

Go to the Extra Tab for FAQ and other helpful resources.

Other

Have fun exploring the club and all it has to offer!
Need assistance? Email me info@realstrongmom.com