



Nike Training Club



Nike Training Club App Basics

- Free app with lots of options for workouts at home
- You must sign up for a free account
- Enter your name, date of birth, and email address
- Code will be emailed to you to verify your identity
- Earn badges and track your progress
- Set reminders for workouts to stay accountable

Getting Started with Nike Training Club

- 1** Follow the prompts on the screen.

Tailor your workout gear recommendations.

We may recommend workout gear throughout your fitness journey, so select the option that best fits you.

Women's

Men's

How many times do you workout per week?

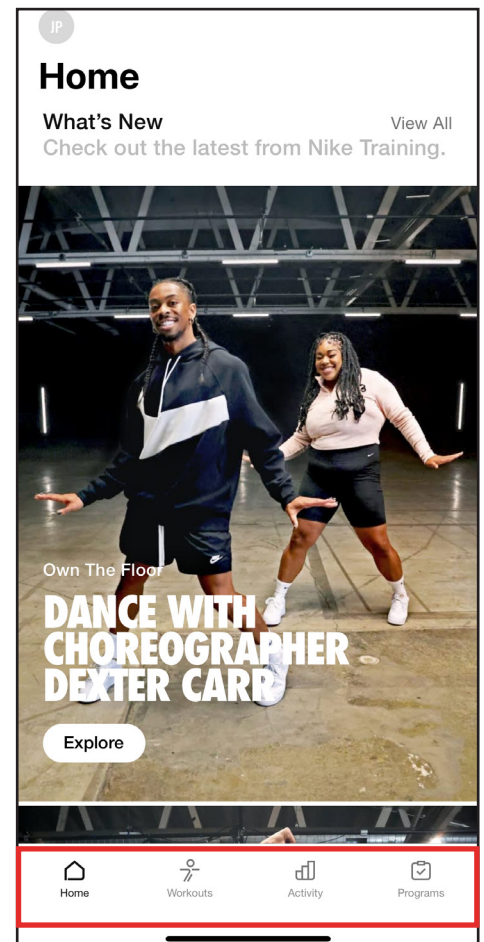
We'll use this to recommend workouts for you to try.

0 - 1 Workouts
I'm a little rusty

2 - 4 Workouts
I'm a regular

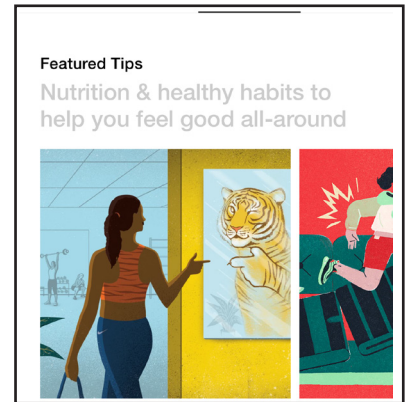
5+ Workouts
I'm ready for anything

- 2** Use the menu at the bottom of the screen to navigate in the app.





- 3 Tap **Workouts** to explore suggested workouts, guidance, and trainer bios.



- 4 Explore programs. Overview of programs tells the name of the program, description, how many weeks, and any equipment needed.

