Available for download NOW!

## SLAY'

## The SLAY App is Here!

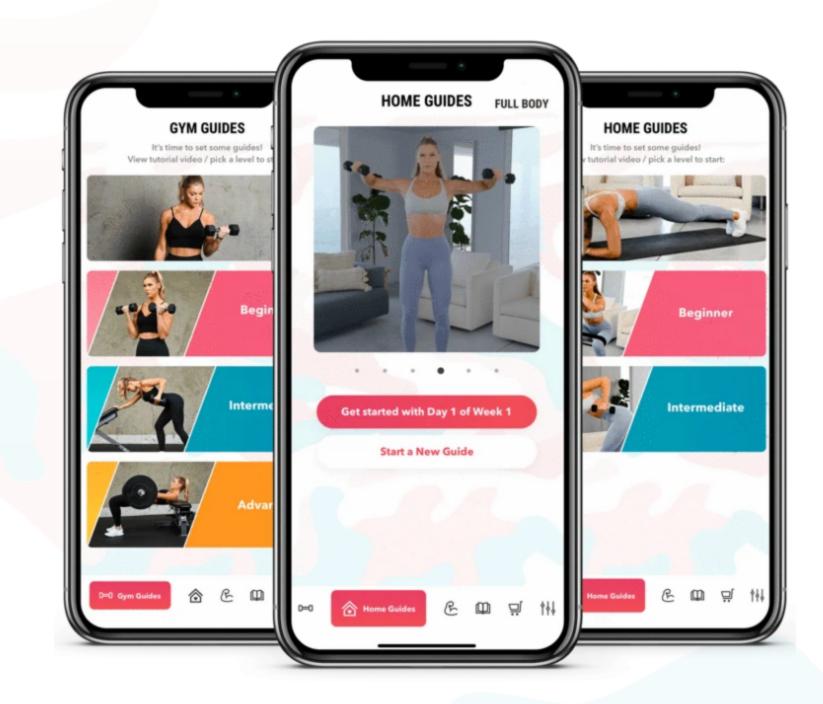
The newest fitness app to slay your 2021 goals at home or at the gym, let's go!

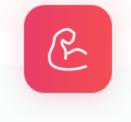
Download on the App Store

GET IT ON Google Play

## **Slay Your Way!**

Slay has workout plans to fit your schedule and ability. Choose your level and frequency, with over 500 unique workouts and instructional videos for each exercise. Whether you train at home or at the gym, Slay can help you make your goals a reality!





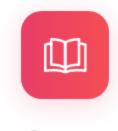
Progress

Tracking your progress is crucial for hitting your goals. Slay helps you track your strength progress and PRs, as well as physical progress throughout your



## Coach's Notes

Each exercise includes personal tips from Mari herself! These tips can help you nail your form, target a certain muscle, and more.



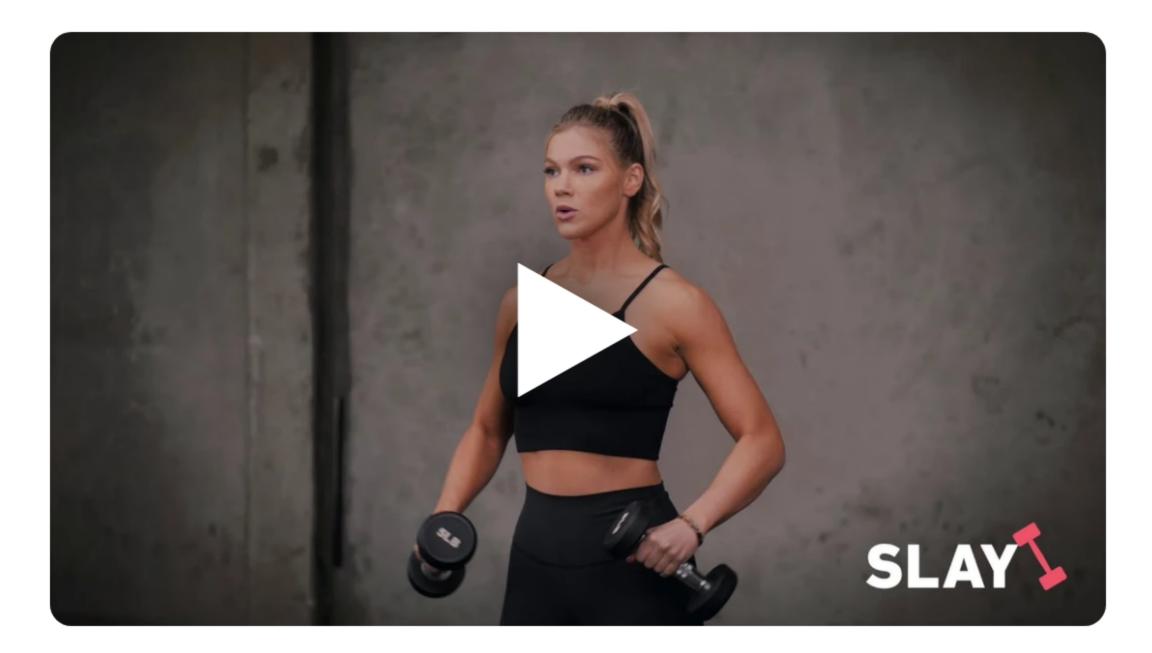
Learn

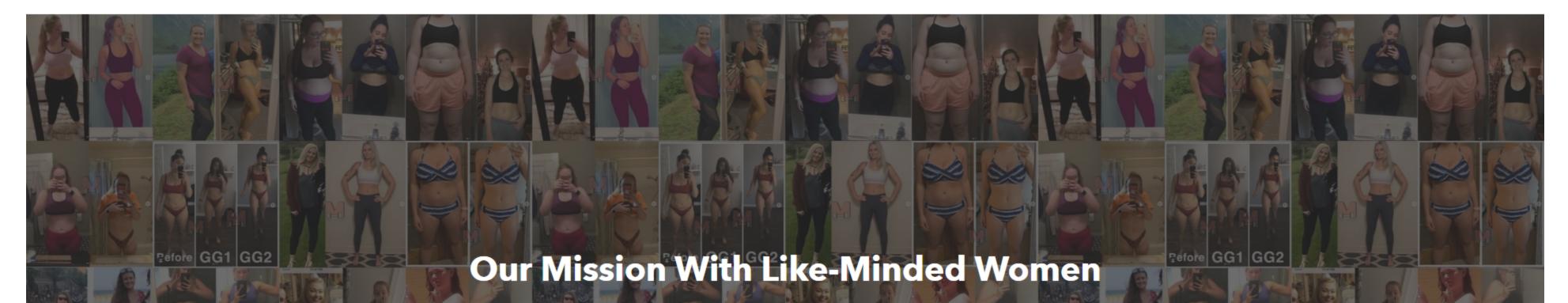
Slay is full of fitness knowledge. We provide tools such as an exercise glossary, terms dictionary, instructional videos, plus YouTube videos for extra tips on lifestyle

journey!

and nutrition.

Title: Slay Your Way Link: https://slayapp.com/ Accessed Date: 02/04/2021





As many of you know, Slay began as a workout PDF named "Mari Fitness." The Mari Fitness plan was created based on Mari's own 90lb weight loss transformation. The Mari Fitness workouts helped to transform over 100,000 lives. We've taken our best selling workout plan, and turned it into an engaging, easy-to-use app. Join the community now!

Start 2021 Stronger With Free Fitness Tips Straight To Your Inbox		Enter email
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SLAY	Home	Accessories	Supplements	Support O
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