

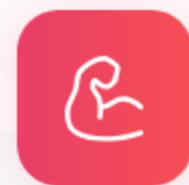
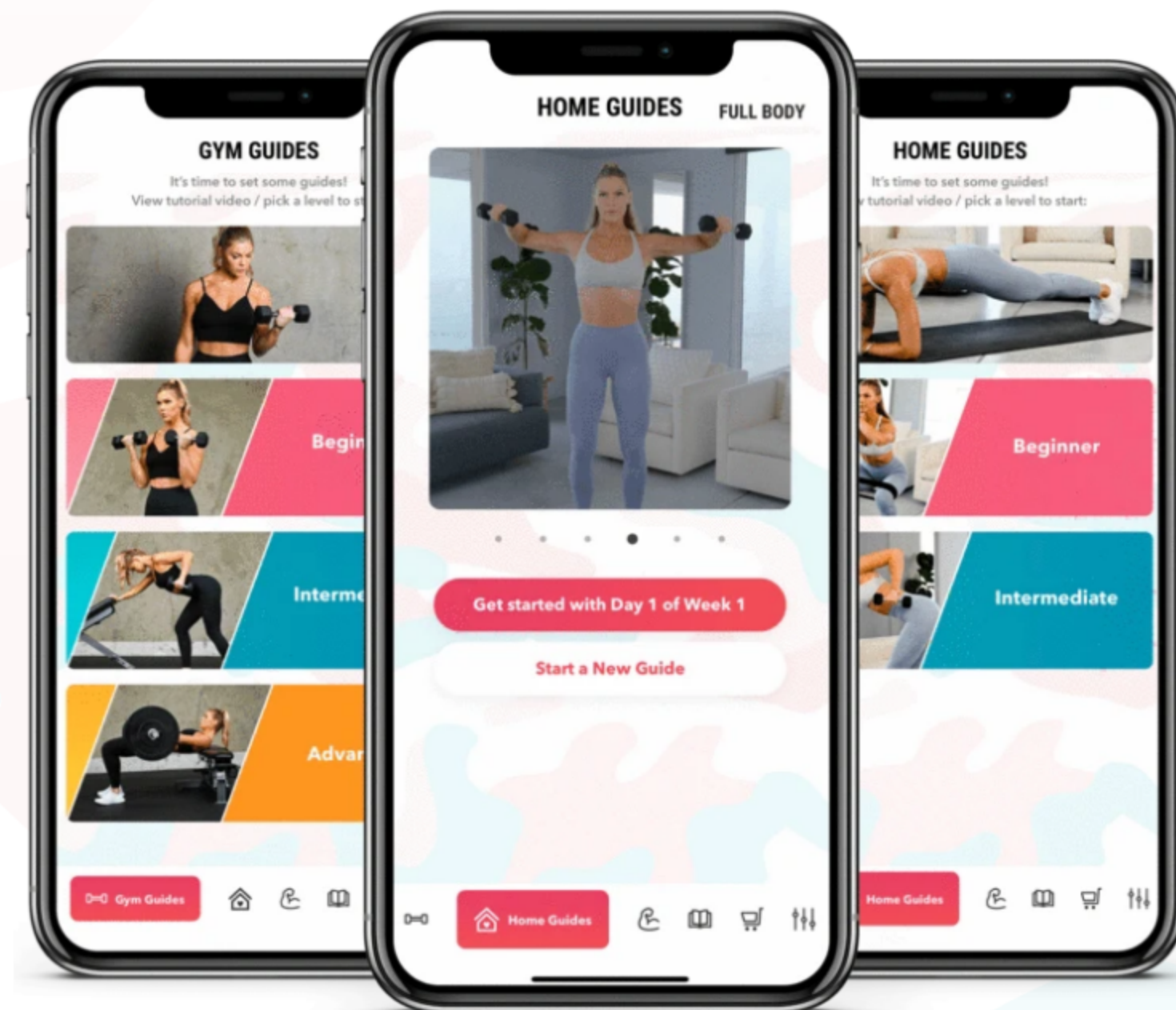
## The SLAY App is Here!

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



## 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!



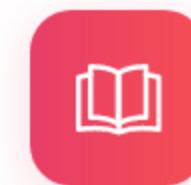
### Progress

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 journey!



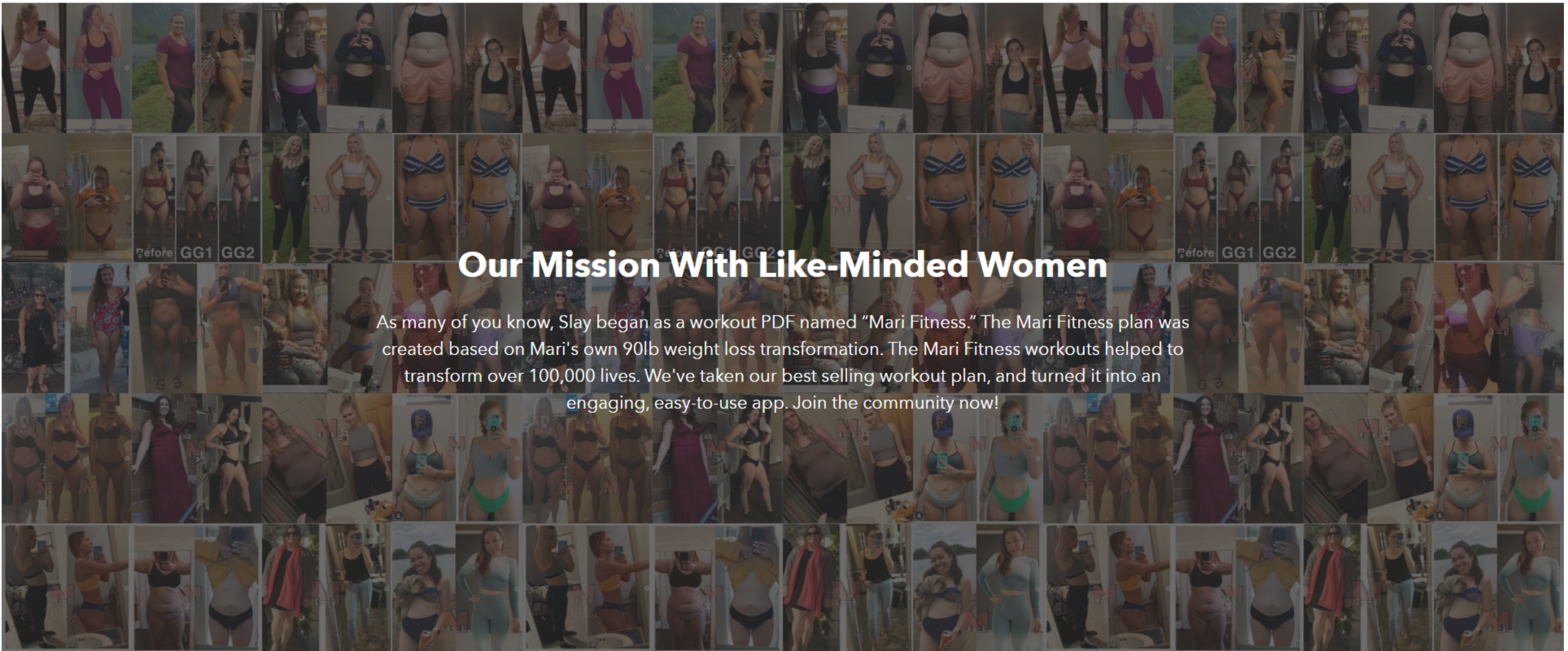
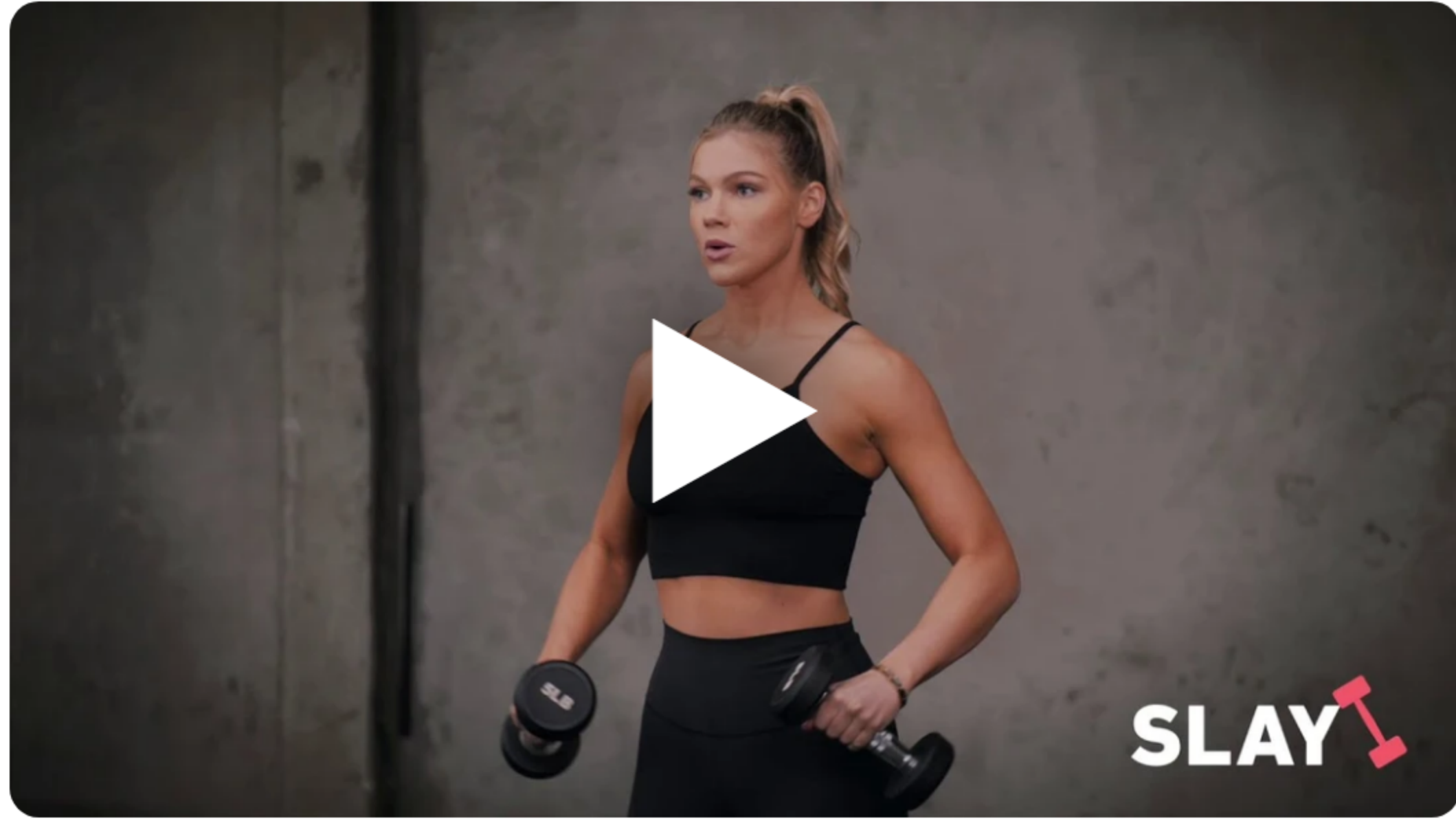
### Coach's Notes

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 and nutrition.



**Start 2021 Stronger With Free Fitness Tips  
Straight To Your Inbox**

**Send**



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