

# WELCOME TO LAGREE HOME

THE OFFICIAL APP FOR ALL LAGREE EQUIPMENT

Anyone is welcome to use this app. If you don't have a Mega or Micro but have a machine that works similarly (like a reformer), you can still use this app. However, you won't be able to perform all the exercises and routines.

The subscription fee is \$4.99 a month or you can purchase the yearly subscription for \$49.99 (2 free months) to access our library of exercises and routines. New exercises and routines are uploaded on a regular basis.

This website connects you with teachers who are offering virtual classes (live & on demand). Live and On Demand classes are not included in the \$4.99 monthly subscription fee, teachers may charge an additional fee for these services.

 [SAMPLE ROUTINE](#)

 [MEET MICRO](#)