

READY. SET. PLAY. FIND THE FUN IN FITNESS

Workout Buddy Benefits

STICK WITH IT.

Exercise with a friend to be more accountable to your fitness goals.

PUSH YOURSELF.

Friendly competition boosts your workout time and intensity.

KEEP IT FRESH.

You're less likely to get bored and more likely to try something new.

BUILD YOUR RELATIONSHIPS.

Create new friendships and stronger bonds with old ones.

CELEBRATE SUCCESS.

Emotional support is a powerful reinforcement for your fitness goals.

