

Welcome to our new Weekly Exercise Video Challenge

Another way TFC Personal Trainer Group can help you to look and feel your best!

Follow along with our 5-20 minute exercise videos that target specific body parts to help you look and feel your best. Our goal is to publish at least one new challenge each week. How you choose to incorporate them into your fitness routine is completely up to you and your schedule!

As Easy as 1 - 2 - 3

1. Simply log in to our website at www.tenandfit.com and click on "Exercise Video Challenge"
2. Choose your video
3. Click to play and follow along

Our newest personal trainer

Elly Frymire Cone, the brainchild of this exercise challenge, has this to say: *It will be an exercise video released regularly that will challenge you, the TFC exerciser to improve, enhance and strengthen yourself – getting your best, strongest looking body ever! The idea behind the video challenge is to create a complement to your current fitness routine whether that is your tennis game, a spin class you enjoy or your daily walk. Whatever your current fitness routine, the videos are being created to assist you in taking your fitness body to the next level.*

Way to go Elly!

Follow along at TFC or at home

This is the beauty of the videos, you can do them anywhere any time! It is your workout! Tired of your current exercise routine? Not sure exactly what to do or how to do it? Looking to do more? Use TFC's wifi to access the videos on your favorite mobile device and follow along.

For example, if you had a tennis game today but felt you wanted to do more, you could just look for the most recent challenge, say it is “7 minute Arm Challenge” and perform this at home. If you thought arms was not what you felt like doing that at the moment, just look back to the library of videos and you could find “Total Body Challenge”, “7 minute Leg Challenge” or “Standing Core Challenge”.

Have an idea for a video?

Our video library will continue to grow as our Personal Trainer Group record and publish additional video challenges - And you can help! Submit any exercise video you would like us to produce to Director of Personal Training Chris Weiler, chrisw@tenandfit.com.

As your fitness experts, we want to help you reach your best body ever! Whether your personal goals are a sculpted backside, ripped shoulders, improvement in your sport or to reduce lower back pain, we are here to help.

Let's do this!

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