

78 WORDS, 30 SECONDS

STAYING ACTIVE AT HOME

MANY PEOPLE ARE SPENDING MORE TIME AT HOME, SO ADDING STRUCTURE IS MORE IMPORTANT THAN EVER—ESPECIALLY WHEN IT COMES TO STAYING ACTIVE. KEEP EXERCISE AT THE TOP OF YOUR TO-DO LIST BY SCHEDULING A DAILY WALK OR RUN, OR STREAMING A YOGA CLASS. SET UP A MINI-HOME GYM WITH THE SPACE-SAVING **BOWFLEX MAX TOTAL** MACHINE. THE INTEGRATED **JOURNEY** APP FEATURES A PERSONAL FITNESS COACH WHO GIVES SPOKEN INSTRUCTION AND ENCOURAGEMENT DURING YOUR WORKOUT. LEARN MORE AT [BOW-FLEX-DOT-COM-SLASH-MAX-TRAINER](https://www.bowflex.com/max-trainer).