

Your very own portable trainer – what's included?

What is it?

mytrainer is your very own portable trainer in MP3 audio file format. You can quickly download a mytrainer file to your media device (eg iPod) and then complete the exercise session at a convenient time.

What are the benefits?

- It's an alternative way to exercise!
- It's a portable trainer that you can carry with you and use anytime and anywhere.
- You can exercise in the convenience of your home, the gym or outdoors
- Exercise on your own, with friends or with a team to boost your steps.

Get ready!

- Before you get started, print the stretching and session instructions.

What does each session contain?

- A personal trainer guiding you through the session with instructions and motivation
- A warm up, cardio interval training, upper and lower body strength exercises and a cool down.
- Latest Top 40 music
- Opportunities to pause, stretch and take a longer break.

How many sessions?

- There are 9 mytrainer sessions that fall under 3 different settings.
- Gym – beginner, intermediate and advanced
 - Indoor – beginner, intermediate and advanced
 - Outdoor – beginner, intermediate and advanced

Terms and Conditions

Your participation in the Ford Health 'mytrainer – the portable trainer' is subject to the following terms and conditions. By downloading and completing the mytrainer sessions, you accept these terms and conditions. 'mytrainer – the portable trainer' is designed to assist you to undertake a physical workout. The sessions vary in intensity (beginner, intermediate or advanced levels), duration and exercise setting (gym, indoor and outdoor). Participation in the Ford Health mytrainer sessions is at your own risk. Ford Health does not accept any responsibility or liability for any loss or damage which may be suffered by you as a result of your participation in the mytrainer sessions. Ford Health recommends that you consult with your Doctor before you begin the mytrainer sessions to identify any health risks which may be posed by your participation in the sessions.