



# FOUNDERS' CLUB CHECKLIST

Your guide to keeping it moving & a healthier YOU!

## QUICK START (STEPS 1-4)



### 1. WRITE DOWN these 4 important pieces of information.

1. Your Email:
2. Your Password:
3. Grow Young Fitness's Homepage: [www.growyoungfitness.com](http://www.growyoungfitness.com)
4. Grow Young Fitness's Support Email: [support@growyoungfitness.com](mailto:support@growyoungfitness.com)



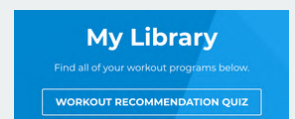
### 2. LOGIN to your account

Go to [www.growyoungfitness.com](http://www.growyoungfitness.com) and click the green button. Enter your email & password. Then click Sign In. If you are unable to sign in, send an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com). Remember, you can access your workouts from any device, at any time, and as many times as you wish!



### 3. TAKE the WORKOUT RECOMMENDATION QUIZ

Just below the words "MY LIBRARY" you will find the quiz button. This quiz will recommend a workout series to start with based on your fitness level, goals, and desired length of time. You can click on the links or pictures in your recommendation to be brought straight to that workout series.



### 4. NAVIGATE to YOUR RECOMMENDED WORKOUT

Navigate to the recommended workout series from the quiz and complete the first routine. I share more information on how to progress & use the Founders' Club at the bottom of this checklist.



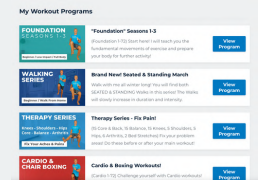
## IMPORTANT TIPS FOR YOUR SUCCESS

- Read the “description section” just below each workout video for Deron’s tips & question of the day.
- Leave your feedback or ask Deron questions in the COMMENT SECTION under each workout video.
- Click the Grow Young Fitness Logo at the top left of your screen to get back to your LIBRARY of workouts.
- Take the WORKOUT RECOMMENDATION QUIZ after you complete a series or if your goals change.
- If you ever have any questions, send an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com)! We are happy to assist you.
- Some routines use dumbbells or exercise bands. You will still benefit from the exercises without these. However, it is recommended that you have 2-5 lb dumbbells\* & Exercise Bands. You can purchase our Exercise Bands at [www.growyoungshop.com](http://www.growyoungshop.com) (You can use water bottles or soup cans as substitute dumbbells\*)

## GET THE MOST OUT OF YOUR MEMBERSHIP (STEPS 5 - 12)

### ☐ 5. GET FAMILIAR with your new LIBRARY of programs

You now have access to over 260 workouts & many other resources! A complete list is included at the bottom of this checklist. It is encouraged that you review the complete list of programs so you are aware of all the new resources you now have access to as a Founders’ Club Member.



### ☐ 6. FIND “BALANCE PRACTICE 3”

Time for some navigation practice. Click the light blue colored box labeled THERAPY SERIES. Click on BALANCE THERAPY. Scroll down & click on BALANCE PRACTICE 3. Great job! Go to the next step...



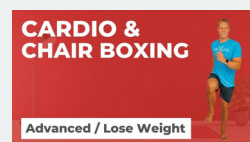
### ☐ 7. NAVIGATE back to your LIBRARY

Click the Grow Young Fitness Logo at the top, left of your screen OR click the green “BACK TO LIBRARY” button near the top of your screen. You can also use the green “GO BACK” button to navigate back to the previous page. Good job! Let’s find one more workout...

 Go Back

## 8. FIND "CARDIO WORKOUT 72" & post a COMMENT

Find this workout in the CARDIO & CHAIR BOXING series, inside of "CARDIO CHAPTER 6". Click on "CARDIO WORKOUT 72". Scroll down below the video to find the COMMENT section. Type, "I found Cardio 72". Then click the blue POST COMMENT button. Now, you know how to leave a comment after your workouts! Click the green "BACK TO LIBRARY" button near the top of the screen and then follow the next step.



## 9. JOIN the PRIVATE FACEBOOK COMMUNITY

You can search "Grow Young (Private Community)" on Facebook OR click the "Facebook Community" link at the top of your workout library to join a community of like-minded people with similar goals! Receive support by connecting with others, posting your results, or asking questions.



## 10. SET UP AN ICON for quick access to your workouts

Send an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com) that says "ICON instructions please". We'll send you instructions on how to set up an ICON on iPads, iPhones, and Android devices. Now, you know how to contact our support team!



## 11. JOIN Deron's FREE TEXT LIST to stay motivated

Text the words, FOUNDER, to (612)-230-0579 to receive weekly workout reminders, inspirational messages, and other healthy lifestyle tips from Deron!



## 12. UTILIZE our SUPPORT PAGE

Visit our support page [www.growyoungfitness.com/support](http://www.growyoungfitness.com/support) to get quick answers to the most common questions. You can scroll all the way down to see the different options for viewing the workouts on your TV. If you need further assistance, send an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com) asking for "TV Instructions" or any other information you need.



# A Snapshot Of Your Library



(NOTE: If your screen does not look like this, click the 3 black lines at the top right of your screen.)

**#1** Click the Grow Young Fitness Logo at anytime to easily navigate back to your LIBRARY.

**#2** Click the SUPPORT link if you have any questions or want to send us an email.

**#3** Click the SUPPLEMENTS & RECIPES link if you are interested in supplements, a meal planner, or recipes.

**#4** Click the FACEBOOK COMMUNITY link to check out our private group and request to join.

**#5** Click the ARTICLES link to check out our blog and access relevant topics to your health & wellness.

**#6** Click your PROFILE PICTURE to update your profile, billing information, or sign out.

**#7** Click the WORKOUT RECOMMENDATION QUIZ to receive a recommendation of where to start or go next.

**#8** Click the YELLOW BAR to stay up-to-date on important information like when new workouts are released.

## How to Use The Founders' Club

Exercise at least 3 days per week. Complete 1-2 workouts on the days you do exercise. If you cannot complete a certain routine, repeat it a few times or replace it with an easier routine. You can work out everyday, just be sure to take rest days when you feel your body needs them.

Each Workout Series is designed for you to chronologically progress. For example, If you complete WORKOUT 1 today, the next time you exercise you would complete WORKOUT 2. If you cannot complete a workout all the way through, feel free to repeat it and then move on to the next workout or try an easier workout series.

**IMPORTANT:** The Founders' Club is fully customizable to fit your needs so it is encouraged to explore & create a schedule that works for YOU. Utilize the Workout Recommendation Quiz throughout your fitness journey. As a member of the Founders' Club you have unlimited access to 270+ workouts and can repeat them at any time and as many times as you desire!

## How Are Other Members Using The Founders' Club?



### ***Meet Julie***

"I'm fairly new to the Founders' Club & haven't exercised in a few years. I've been focusing on finishing all 3 seasons of FOUNDATION before I move on to other workout categories. I exercise 4 days per week and take 3 rest days. Sometimes, I complete 2 workouts in one day when I am feeling extra energized. Once I finish all 3 seasons of FOUNDATION, I plan to take the Workout Recommendation Quiz to find out what the next best step is for me!"



### ***Meet Donald***

"I have been a member for about 1 year. I was an athlete in my youth and walked regularly before joining. I completed all 3 seasons of FOUNDATION and moved on to CARDIO WEIGHT LOSS & STRICTLY STRENGTH. I exercise 6 days per week and alternate between Cardio and Strength workouts. I do a SHOULDER THERAPY session before my STRENGTH workout to help loosen up my arthritic shoulder. I love that I can choose my workouts depending on what my body needs that day!"



## **Meet Catherine**

"I joined the Founders' Club about 2 years ago. Both my knee and hip have been replaced and I have mild arthritis. I have been using the THERAPY SERIES ever since I joined. I complete the BED STRETCHES & ARTHRITIS sessions almost everyday to reduce pain. Then I do a KNEE or HIP session for my main workout. My joints have improved so much that I recently started incorporating the WALKING SERIES into my schedule. My legs feel great and I am able to walk longer distances when my family visits! Yay!"



## **Meet Juanita**

"I've been a member since 2016. When I first joined there were about 50 workouts in the Founders' Club and I was a couch potato! Now, there are over 275 workouts and I am more active than ever! I'm enjoying the New Walking Series. I exercise 5 days a week and use CHAIR YOGA regularly. I have repeated that series a few times & I continue to see improvements each time through. I'm working on completing the entire CARDIO & CHAIR BOXING series now. It's a great challenge for me. I've also used the MEALS TO GROW YOUNG series to improve my eating habits. I love that Deron continues adding workouts & resources that we need most!"

# **FOUNDERS' CLUB WORKOUTS AND RESOURCES**



### **FOUNDATION**

Learn the fundamental movements of exercise and prepare your full body for further activity!

**(72 Workouts)**



### **WALKING SERIES**

Walk with me in your home! You will find both SEATED & STANDING Walks in this series! The Walks will slowly increase in duration and intensity.

**(7 Seated & adding more)**

**(7 Standing & adding more)**

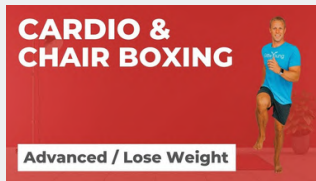




### **THERAPY SERIES**

Fix your aches and pains. Great for joint replacements, pre/post surgery, or improving specific areas.

- (15 Core & Back Workouts)**
- (15 Balance Workouts)**
- (15 Knee Workouts)**
- (5 Shoulder Workouts)**
- (5 Hip Workouts)**
- (6 Arthritis Workouts)**
- (2 Sciatica Bed Stretches)**



### **CARDIO & CHAIR BOXING**

Burn calories, lose weight, keep your heart healthy, & mind sharp.

- (72 Cardio Workouts)**
- (6 Boxing Routines)**



### **STRICTLY STRENGTH**

Build muscle and feel stronger.

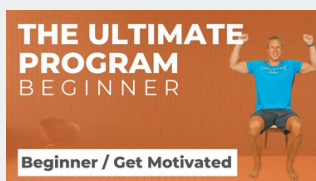
- (24 Workouts)**



### **CHAIR YOGA**

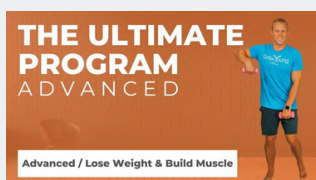
Improve your flexibility, range of motion, and relax the body & mind!

- (18 practices)**



### **ULTIMATE PROGRAM-BEGINNER**

Get a variety of beginner workouts laid out for you. No picking & choosing, just follow them in order. (Mixture Beginner Workouts)



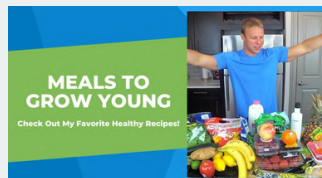
### **ULTIMATE PROGRAM-ADVANCED**

Get a variety of advanced workouts laid out for you. No picking & choosing, just follow them in order. (Mixture of Advanced Workouts)



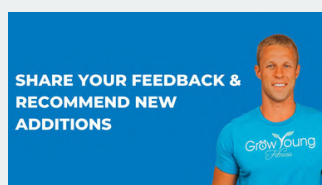
### **BONUS MATERIAL**

Take advantage of all the extras, learn more, & get more results.  
**(42 Knowledge Lessons)**  
**(17 Relaxation Videos)**  
**(8 Extra Workouts)**  
**(1 Exercise & Weight Loss Tracker)**



### **MEALS TO GROW YOUNG**

Learn how to cook & prepare healthy foods for a healthier body!  
**(38 Cooking Videos)**  
**(21 Recipes)**  
**(Easy Meal Prep Guide E-Book)**  
**(Supplement Recipe E-Book)**



### **WHAT DO YOU WANT TO SEE NEXT?**

(Share your feedback & get new workouts)

### **SUPPORT & MOTIVATION**

Take advantage of all the support. We are always here to help!

**(Founder' Club Text List)**  
**(Monthly Check Up Feature)**  
**(Private Facebook Community)**  
**(Grow Young Fitness Blog)**

**+ *DERON IS ALWAYS ADDING MORE!***

## **A Note From Deron**

"Welcome to the club! You've made an amazing choice by becoming a Founder. All of the resources you need to reach your goals are now available at your fingertips! I want to personally congratulate you on investing in yourself and thank you for allowing me to serve you. If you have any questions, whatsoever, please don't hesitate to reach out by sending me an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com) or commenting below the workout videos. My Team and I are always happy to help you throughout your fitness journey. No matter how big or small the question, we will do our best to assist you. Keep it moving!"

~Deron Buboltz

