



VERVE TRAINING

TEAM

HOW FAR YOUR TEAM CAN
GO!?

SEPTEMBER 19th - OCTOBER 2nd

HOW MANY PEOPLE IN ONE TEAM:

3

GOAL:

MAKE THE MOST STEPS AS A TEAM.

PERIOD:

WITHIN TWO WEEKS. TIME WILL GO FAST (:

ACTIVITIES:

WALK, RUN, JOG, HIKE

HOW TO CALCULATE THE DISTANCE:

USE THE APP OR WATCH YOU USUALLY OPERATE FOR ANY OF THOSE ACTIVITIES AND TRANSFER THE NUMBER FOR EACH MEMBER OF YOUR TEAM IN VERVE APP. THERE YOU WILL TRACK ALL UPDATES, SEE EACH OTHER'S PROGRESSES, etc.

FINISH LINE:

THERE IS NO BETTER SATISFACTION TO PUSH YOURSELF TO BUILD NEW LEVELS WITH NEW CHALLENGES. NEW OR the SAME BUT MORE INTENSE ACTIVITIES WILL KEEP YOUR FITNESS GROWING. STAY IN SHAPE!

IF ANY QUESTIONS, PLEASE CONTACT TATSIANA AT:

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NOW IT IS TIME TO BUILD YOUR! TEAM!!