



Fit and Trim University

Get started with **The Aging Strong Senior Muscle-Matrix Program**

The "Aging Strong Senior Muscle-Matrix Program" is a 12-week longevity and weight management solution crafted exclusively for active seniors like you. We aim to transform your life from a daily struggle with low energy and fitness woes to a vibrant existence where you regain vitality, stay active, and thoroughly savor your retirement.

To get started: Download the justcoach app from the mobile app store, register on the app and then AFTER registering, click this link on your phone -

<https://app.justcoach.io/Z7jK>

Alternatively, you can enter this manual code – BYLRMA

