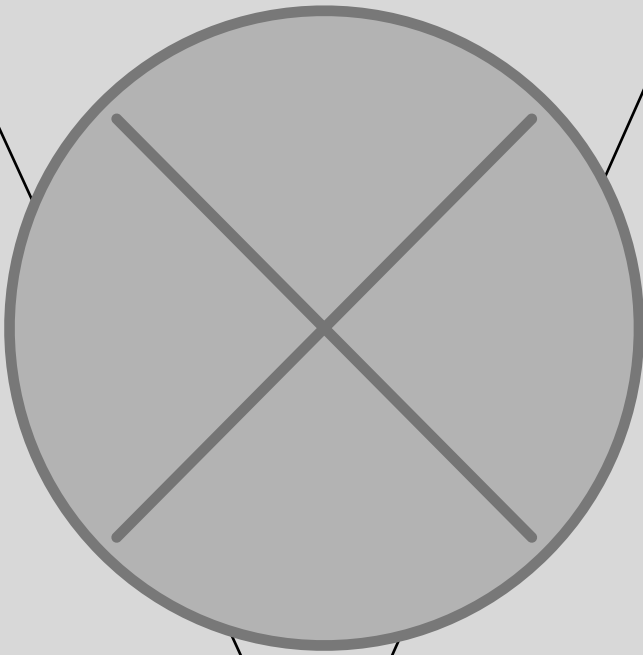


**Strong
Mama**



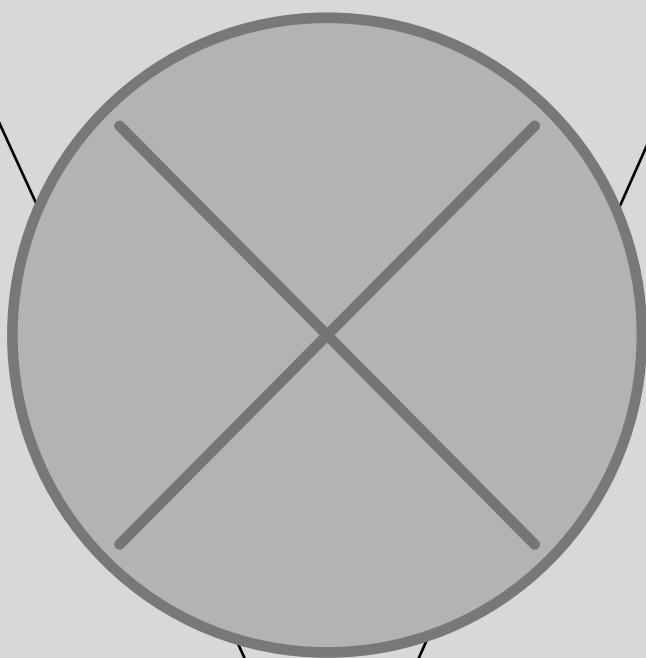
Wide variety of exercises!

Don't have a lot of time today?

No problem!

Pick the duration that fit you the best today
and choose between many different types of
exercises to find the best session for you.



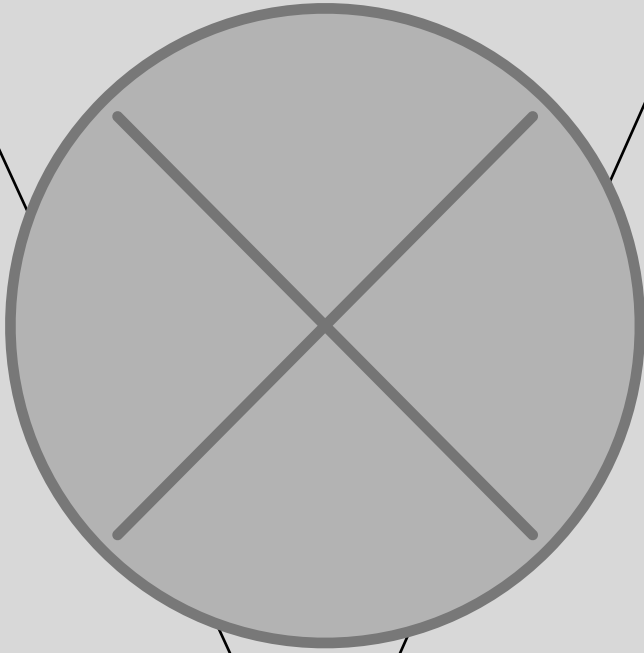


Get personalized content!

Get suggestions based on your own fitness goals, preferences and needs!

Do you have any pains or physical problems?
We will suggest the best exercises for your specific situation. Our professional PT has a specialization in per-natal and post-natal exercise and is here to help you!

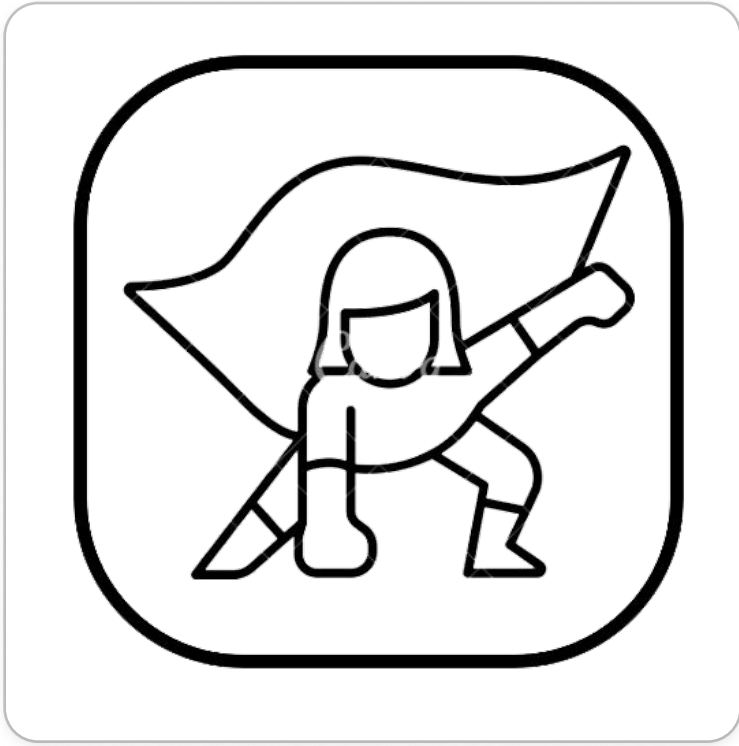




Be a part of the StrongMama Community!

Join our community with strong and capable
mamas. Get inspired and hold each other
accountable.





StrongMama

Sign up

Log in

F

G

A



Name

Email

Password

Repeat password

☐

Terms and conditions*

☐

Newsletter?

Create account



We sent you an email!

Verify

Resend code

Change email

Welcome StrongMama!

What can we call you?

Use my real name



Would do like to answer some questions to
get recommended sessions that suits you?

Start questionnaire

No, thank you



StrongMama

Email:

Password:

Log in

[Forgotten password?](#)

Questionnaire!

What is your goal with the exercise?

☐

☐

☐

☐

What is your exercise level?

☐

☐

☐

☐

Do you have any pains or other physical problems?

☐

☐

☐

How much do you sleep on average each night?

☐

☐

☐

☐

What is your preferred type of exercise?

☐

☐

☐

☐

Skip

Submit answers

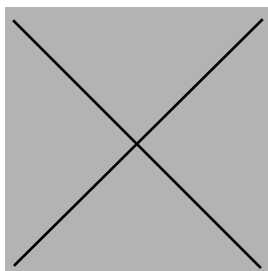
>

Thank you for submitting!

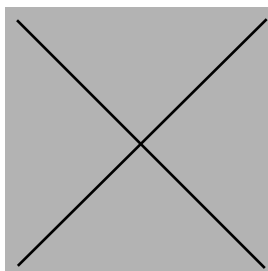
We have now personalized the app based on your answers. As you continue your exercise journey, you can always retake the questionnaire and the app will change again.

Would you like to get started?

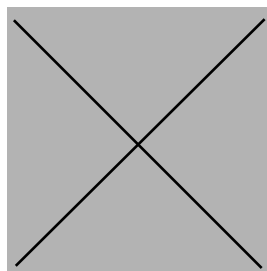
Our suggestions for today



15 min
Yin Yoga



30 min
Core strength



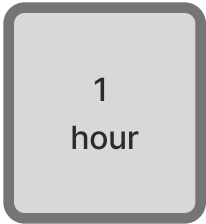
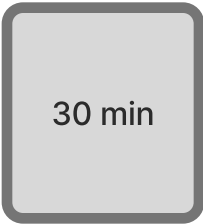
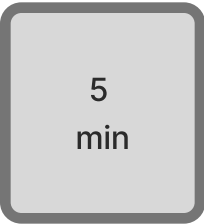
45 min
Mindfulness

Home

Hey, Caroline!

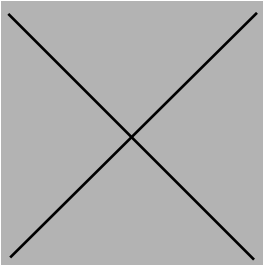
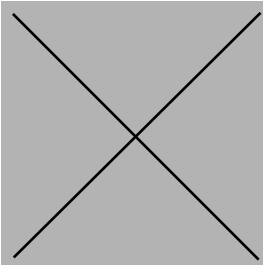
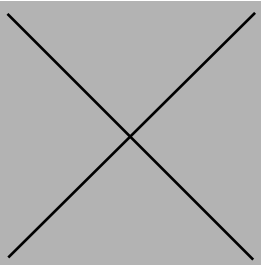


How much time do you have today?



All categories >

Yoga

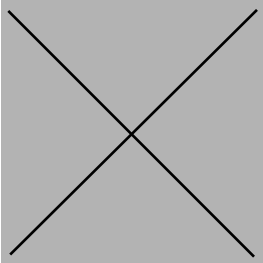
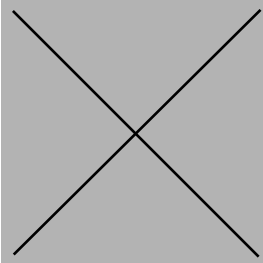
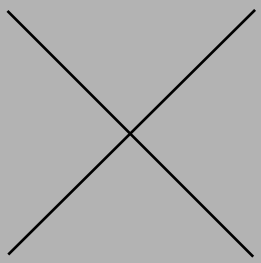


30 min
Yin Yoga

5 min
Daily Yoga

1 hour
Vinyasa Yoga

Pelvic Pains

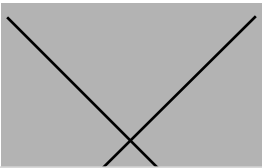
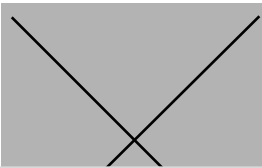
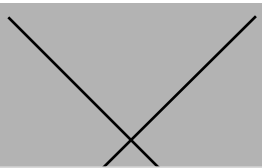


30 min
Hiking

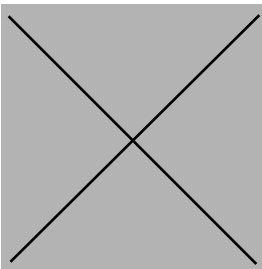
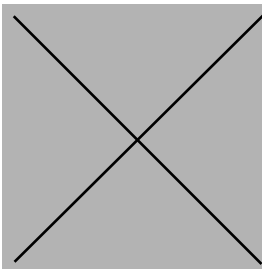
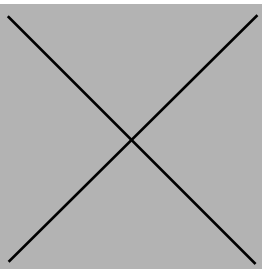
5 min
Core

1 hour
Strength

Take a look



Mindfulness



1 hour
Mindfulness

15 min
Mindfulness

5 min
Mindfulness

Hey, Caroline!



How much time do you have today?

- 5 min
- 15 min
- 30 min
- 1 hour

All categories with 15 min duration >

Yoga

>

15 min
Yoga

15 min
Daily Yoga

15 min
Vinyasa Yoga

Pelvic Pains

>

15 min
Hiking

15 min
Strength

15 min
Core

Take a look

>



All categories with exercises for 15 minute duration

Yoga

Pilates

Strenghts

Stretching

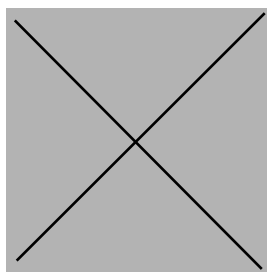
Cardio



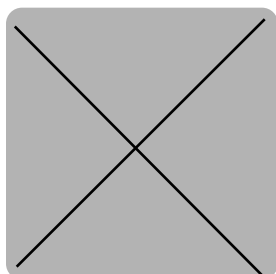


Yoga

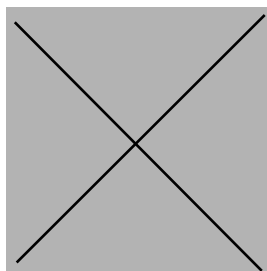
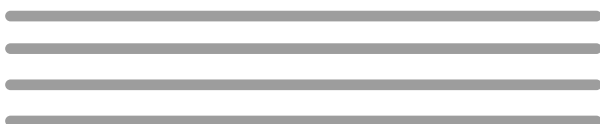
All 15 minute yoga Exercises



15 Min YOGA:
Post-partum, Feel-Good Flow



15 Min YOGA:
Postnatal Yoga for Upper Body Tension

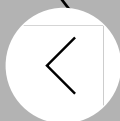


15 Min YOGA:
Morning yoga flow



15 Min YOGA:
Flexibility & Stress Reduction





15 Min YOGA: Post-partum, Feel-Good Flow

With Jenna Jones

- _____
- _____
- _____

Start exercise







WELL DONE!

You completed your weekly goal
of 3 days!

Congratulations!

you are on a 3 week streak.
Keep up the good work!

Rate



Find a new exercise

