



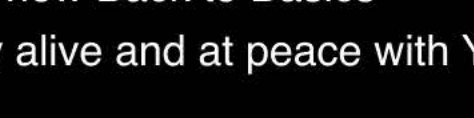
👋🌸 Meet our Coach Alex this AAPI Heritage Month

Plus, accept our Back to Basics Challenge and meditate to feel fully alive.

TEMPO

MAY 2023

The Beat



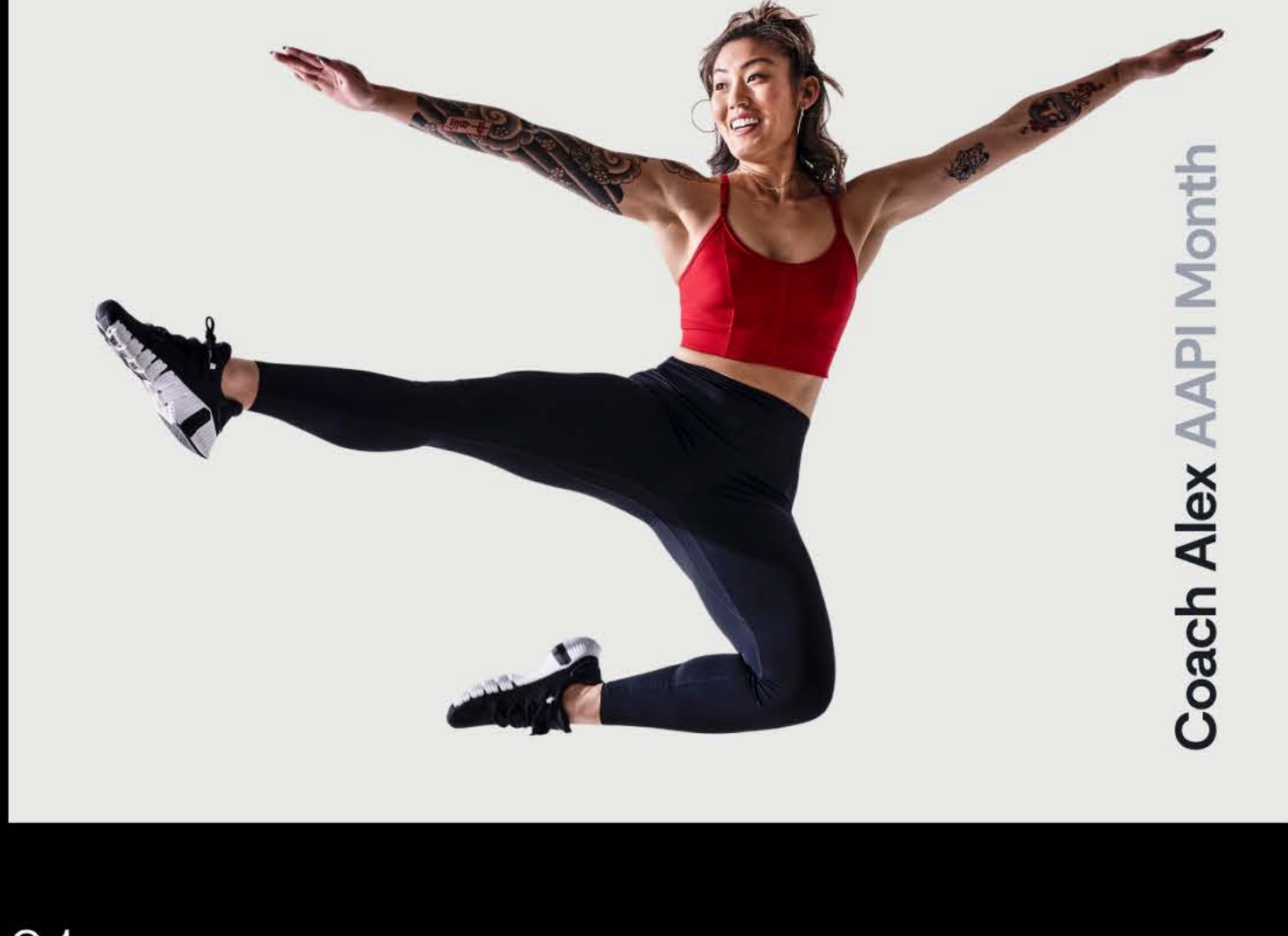
This issue meet our fabulous Coach Alex and celebrate Asian American and Pacific Islander Heritage Month, learn about our new Back to Basics Challenge (there are great prizes!), and feel fully alive and at peace with Yogi Jeremy's 2-week meditation program.

TABLE OF CONTENTS

01. **Spotlight on Coach Alex for AAPI Month**

02. **New Challenge: Back to Basics**

03. **Meditation Program: Feel "Fully Alive"**



01. AAPI Month Spotlight on Coach Alex

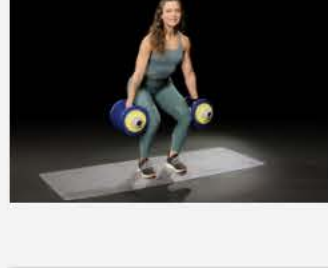
To honor Asian American and Pacific Islander (AAPI) Heritage Month, we're celebrating our very own fabulous Coach Alex Higa. She's a beacon of brilliance and inspiration—on and off the mat—to the AAPI community and beyond! Together we believe that representation matters, and fitness spaces are no exception.

[View on Instagram](#)

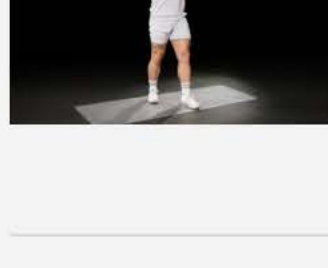
02. New Challenge: Get "Back to Basics"



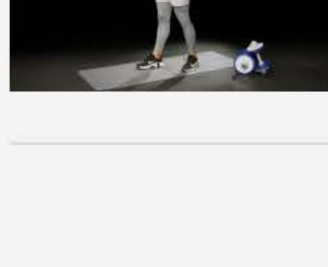
Our community—that's you!—has spoken, and we're providing cues and guidance to help you perfect your movements on the mat. The Back to Basics Challenge runs now through May 31, and includes 4 dumbbell and 4 barbell exercise tutorials, and YES! there are prizes: complete at least 4 classes and you'll receive a congratulatory coach message; a random drawing will reward 50 members with their choice of Tempo Resistance Bands or a Foam Muscle Roller. Get back ... to basics!



10m DB Suitcase Squat Tutorial w/ Head Coach Melissa
Ready to maximize your time with this quad-focused burner? This tutorial is ideal for weightlifting newbies or those looking to really refine their form.



10m DB Shoulder Press Tutorial w/ Coach Jonathan
Whether you're new to shoulder presses or are a seasoned vet, this solid little intro or refresher is only going to reap rewards—feel those shoulders getting stronger!

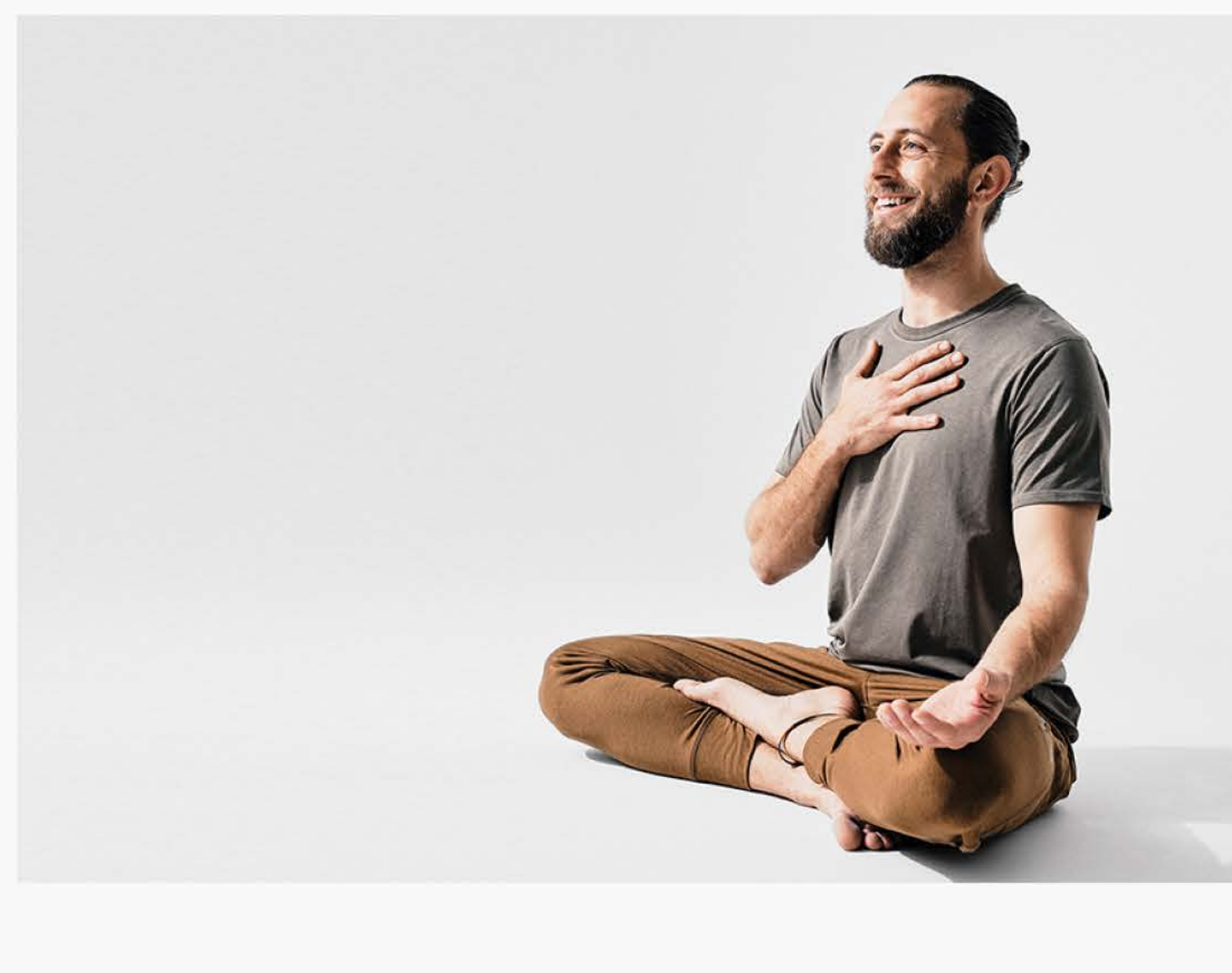


10m DB Chest Press Tutorial w/ Coach Cole
Gain confidence—and strength!—in this tutorial as you perfect the movements of the chest press. No wasted motion results in no wasted time.

More Classes in the Challenge:

- 10m DB Squat Tutorial w/ Coach Alex
- 10m BB Deadlift Tutorial w/ Coach Alex
- 10m BB Bent Over Low Row Tutorial w/ Coach Colby
- 10m BB Front Squat Tutorial w/ Coach Bryan
- 10m BB Push Press Tutorial w/ Head Coach Clarence

[Join challenge in the app](#)



03. Join Our Fully Alive Meditation Program

Challenge yourself in an enlightening and life-affirming way this Mental Health Awareness Month with Yogi Jeremy's 2-week Fully Alive Program. These classes have been designed to help you savor the sweetness of life's passing moments and experience life more fully—in under 20 minutes a day. Meditate, raise your awareness, and feel new joy in your day-to-day life.

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