## STEP 1:
'SIGN-UP' ONLINE AND CLAIM YOUR WELCOME EMAIL BEFORE YOU CONTINUE

## STEP 2:
'SCREENSHOT' YOUR COUPON FOR STEP 3

## STEP 3:
'EMAIL' IN THE SUBJECT YOUR SIGN-UP <u>NAME</u> AND GYM <u>LOCATION</u> THEN ATTACH SCREENSHOT

## STEP 4:
'SEND TO' INFO@BMFIT.COM FOR BODY MECHANIX OR PROJECTPEDAL@BMFIT.COM FOR PROJECT PEDAL

## STEP 5:
'WAIT' FOR A NOTIFICATION BEFORE BOOKING ONLINE AND PLEASE DO NOT SHOW UNLESS BOOKED

NOTE: YOU cannot redeem 3rd-Party Codes directly on our system!