

HOW TO GO THROUGH THIS COURSE & BENEFIT FROM IT

- Make sure to watch the warm welcome video first
- Go through the modules in the order set up.
- Join the Facebook community group: Purposeful Fitness with Coach Ola for more access to workouts, questions, and guidance in staying fit for swimming and life.
- If you have any questions about anything presented in the course, please use the comment section to submit them, and I will make sure to get back to you as soon as possible!
- You can also email me at: befit4akhirah@gmail.com