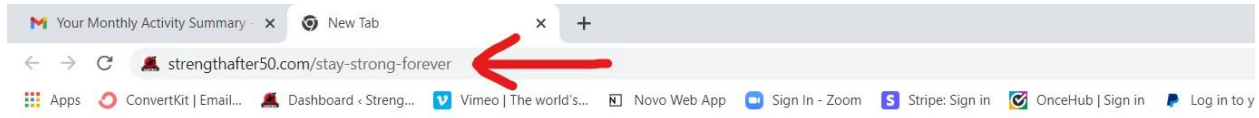


How To Access The Stay Strong Forever Course Modules

Step 1.

Enter the page URL into your browser bar, then hit enter:

www.strengthafter50.com/stay-strong-forever



Search Google or type a URL

Step 2.

You will now be on the log in page. Enter your User Name and Password from the registration email you received, then click the Log In button:



The content you're trying to view is for members only. Please register or login in order to access this content.

Username or Email Address

 1.

Password

 2.

Remember Me

LOGIN 3.

[Lost your Password?](#)



How To Access The Stay Strong Forever Course Modules

Step 3.

You are now on the Course Module Page. Scroll down for each Module and click on the video play arrows or links to access the course material.

The screenshot shows a web browser displaying the 'Stay Strong Forever Master Course' page. At the top, there is a navigation bar with the logo 'STRENGTH AFTER 50' and a blue button that says 'GET YOUR FREE REPORT AND WORKOUT VIDEOS'. Below the navigation bar, the main heading reads 'Stay Strong Forever Master Course'. A red arrow points downwards from the heading to the text 'Scroll Down For Course Modules'. Below this, there is an 'Important Notice' section with a red border and text: 'All forms of exercise pose some inherent risk. Readers assume full responsibility for their safety and knowing their limits. The exercise programs in this course are not intended as a substitute for any exercise routine or dietary regimen that may have been prescribed by your doctor. As with all exercise programs, you should get your doctor's approval before starting any new exercise program.' Below the notice, the heading 'Introduction' is visible. Underneath 'Introduction' is a video player for 'SSF-Introduction' with a play button highlighted by a red arrow. Below the video player, there are two red arrows pointing to the links 'Introduction PDF' and 'Course Table of Contents'. The browser's address bar shows the URL 'strengthafter50.com/stay-strong-forever/?preview_id=77318&preview_nonce=3e503c9ab48&thumbnail_id=-1&preview=true'. The Windows taskbar at the bottom shows the time as 8:06 AM on 9/11/2021.