



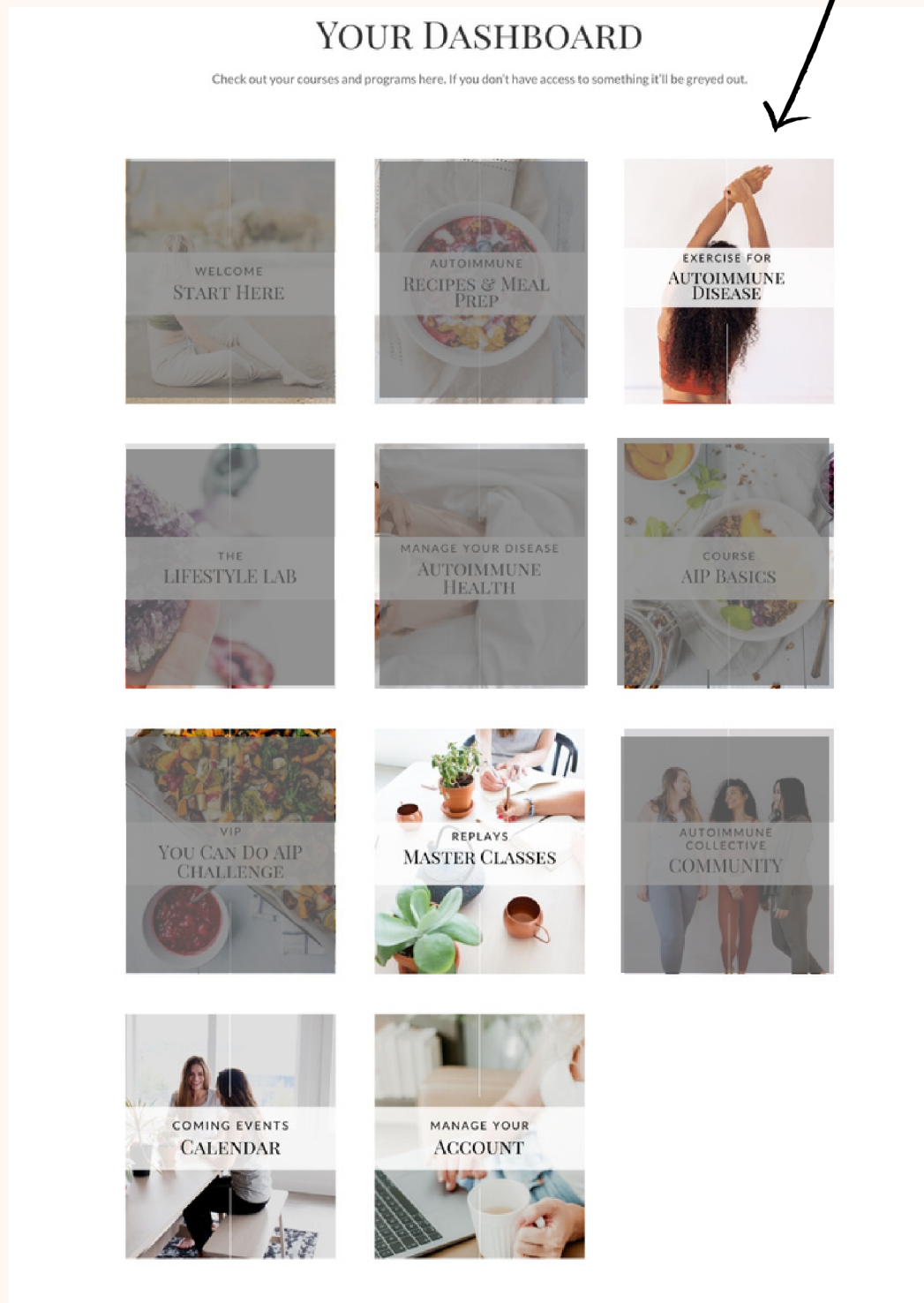
EXERCISE FOR AUTOIMMUNITY

GETTING STARTED

BY MICHELE SPRING

The Dashboard - Details

Exercise for Autoimmunity is located on The Autoimmune Collective site. There are several programs on this site, and if you don't have access to any of the other programs, this is what your dashboard may look like. Here is where you'll find your workouts



Exercise for Autoimmunity

To access the exercise section of the site, click on this icon from the main Dashboard:



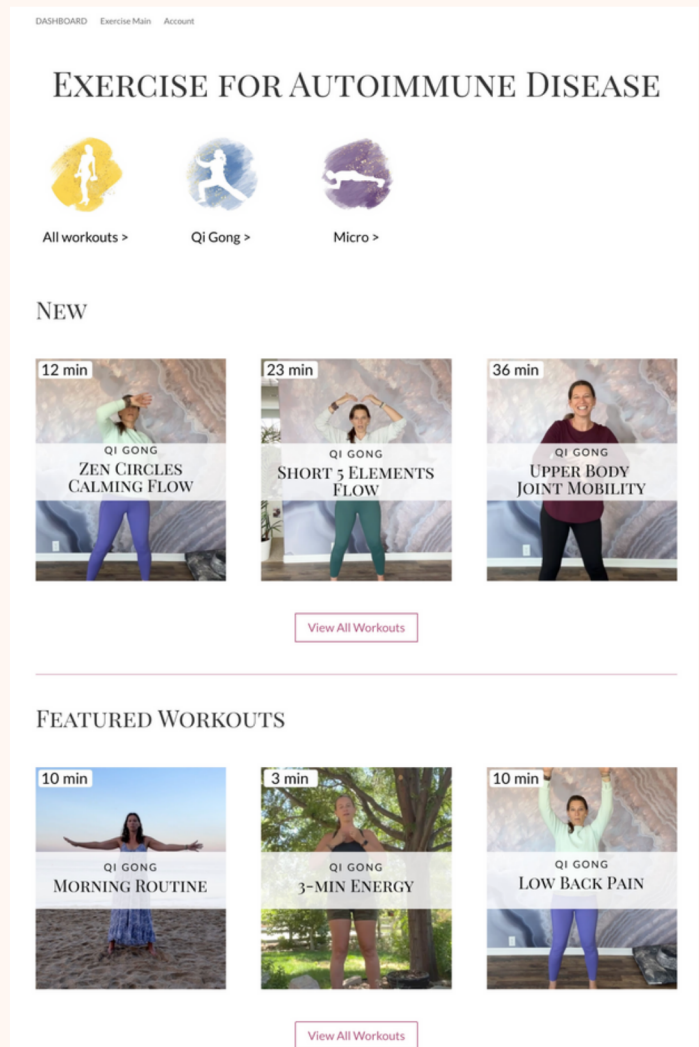
This is where you'll find autoimmune-friendly workouts like Qi Gong, Yoga, and microworkouts that won't put too much stress on your body.

That will take you to the Exercise for Autoimmunity Main Page

From here you can click/tap on any of the top circles to get to any of the specific types of workouts

Note: There will be more types of workouts than just this on your screen by the time you see this

The New and Featured Workouts will change as we add new items, so keep an eye on these



Exercise for Autoimmunity

To access the workouts, click on this icon:



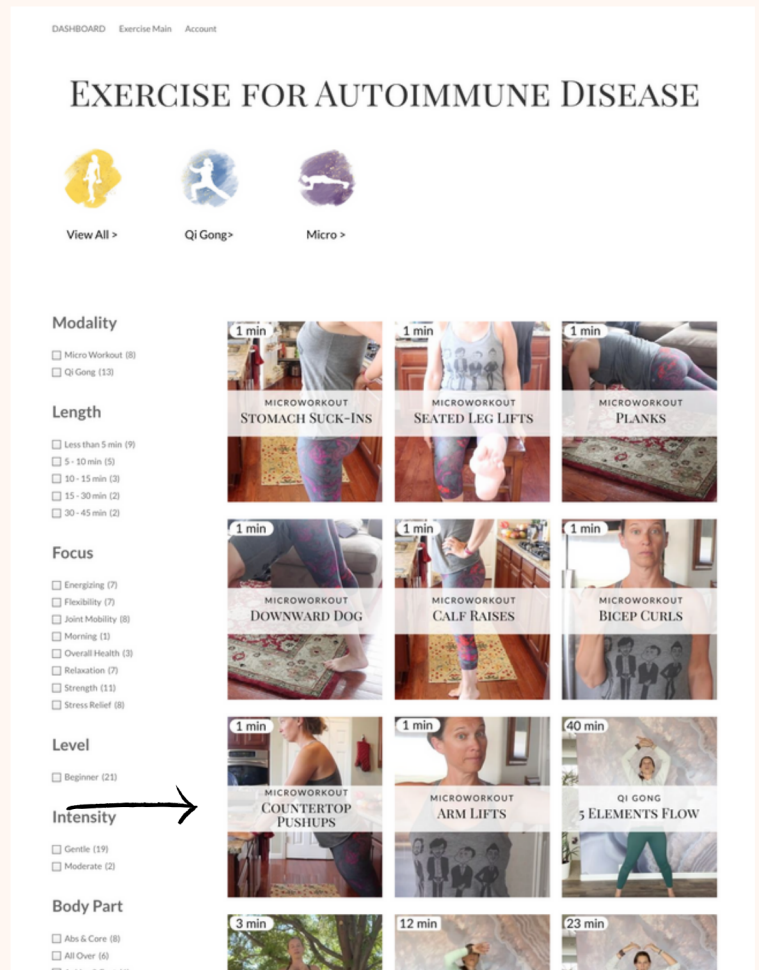
This is where you'll find all of the workouts. You can narrow them down by type, length, focus, level, intensity, and more with the checkboxes!

That will bring you to this page!

Use the circles at the top to jump to specific categories

(Note: This pre-checks a checkbox below, so to get out of that section, simply de-select the checkbox)

Or use the checkboxes to narrow down your selection to just the workouts you want



And then click on the picture to go to that specific workout!

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