

TRAINING STREAMING SERVICE

Thank you for always being a great support of TOTAL Workout.

With the issuance of the "Emergency Declaration" based on the Act on Special Measures against Countermeasures against New COVID-19, in order to provide priority safety and health of our valued customers and employees, we are temporary closing our gyms from April 7 (Tue).

We apologize for the inconvenience to the members who are training hard every day. I think many of you may feel that your training opportunities are lost during the period when you are not able to use the facility, and you are feeling anxious about your health.

Therefore, we have started the following new video streaming service only for our members.

All the contents to be started have been customized to a program that can be practiced at your home. We hope that you will actively utilize these new services and help you to resolve the lack of exercise and continue to build your body.

For the beginning of our new streaming service, you can watch the limited edition of training video by Michael Michel, female Jockey of the France, without a password.

Our gym members can use these streaming services for free.

[Special edition]

Training delivered by Michael Michel, female Jockey of the France

■Shape Up

[1] [The Warm-up](#)

[2] [Core Training](#)

[3] [Strength Training](#)

[4] [Body re-Tuning®](#)

1. LIVE video streaming service

We will deliver live training lessons by personal trainers and instructors. You can feel free to participate in lessons that you have not experienced before, as well as to resolve lack of exercise and boost immunity.

[Click here](#)

2. VIDEO viewing service

You can watch various training programs on VIDEO. We will continue to add contents and enhance it.

You can choose your favorite lesson at your own schedule and use it to adjust your body every day.

For the first time, as a special guest, a female jockey from France, Michael Jockey, who is also active in Japan, will perform.

[Click here](#)

3. PT-LIVE Streaming

One-on-one web lesson with members, we will carry out personal training by Web call. On a daily basis, we will provide personalized training, such as counseling, and training at home.

[Click here](#)

**This content is exclusive to TOTAL Workout members.
A password is required for use.**

Process to confirm the password

① My-page registered members

The password is described on the top page of your My-page account <Information column>.

② My-page unregistered members

<How to get> Please fill in this format. [Click here](#)

TOTAL Workout
PERSONAL TRAINING

TOTAL Workout Shibuya (Lab) 03-5728-2029
E.SpaceTower Building 3F 3-6 MaruyamachoShibuya-Ku, Tokyo

TOTAL Workout Roppongi Hills 03-5414-1102
Roppongi Hills Metro Hat/Hollywood Plaza B2F 6-4-1 Roppongi
Minato-Ku, Tokyo