

WORKDAY RESET



Need a boost of energy? More focus? Less stress? Calm your mind and move your body with Peloton's new **Workday Reset Collection**, curated just for you. Discover mindfulness and fitness classes to support your workweek—no equipment needed.

OWN YOUR (WORK)DAY WITH THE PELOTON APP

Stretch it out after a morning spent seated, get centered before a big presentation, tap into a guided walk or run during your lunch break, and more.



5 min Calming Meditation
CHELSEA JACKSON ROBERTS



10 min Upper Body Stretch
ANDY SPEER



20 min Bodyweight Strength
CALLIE GULLICKSON

Check out the full collection on the Peloton App.



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onpeloton.com/benefits/corporate

