

SEAHAWKS WEEKLY CHALLENGE

Step by Step Guide to the NFL Play 60 App

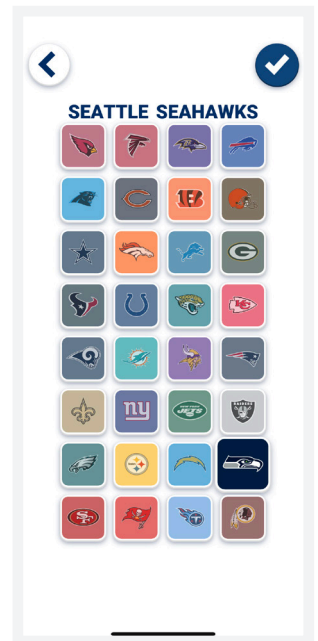
Get active with the NFL Play 60 App with daily workouts, games and more in a fun, interactive environment!

Step 1

Download the **NFL Play 60 App**

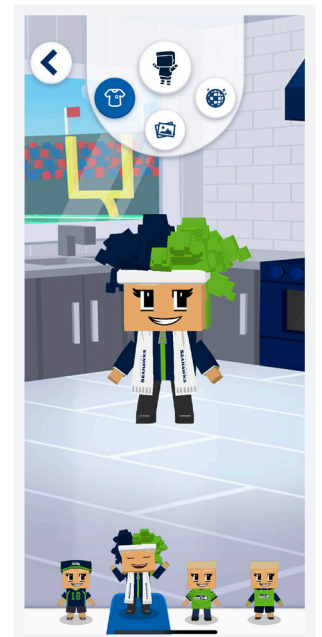
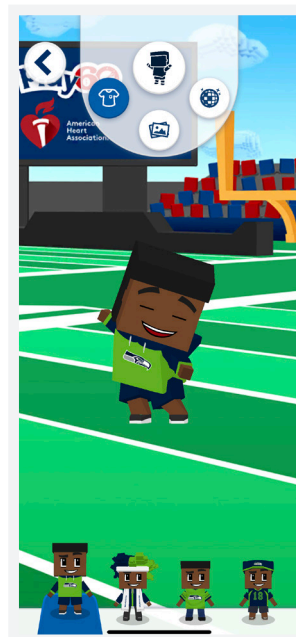
Step 2

Select the **Seattle Seahawks** as your favorite NFL Team



Step 3

Select & Customize your Fan

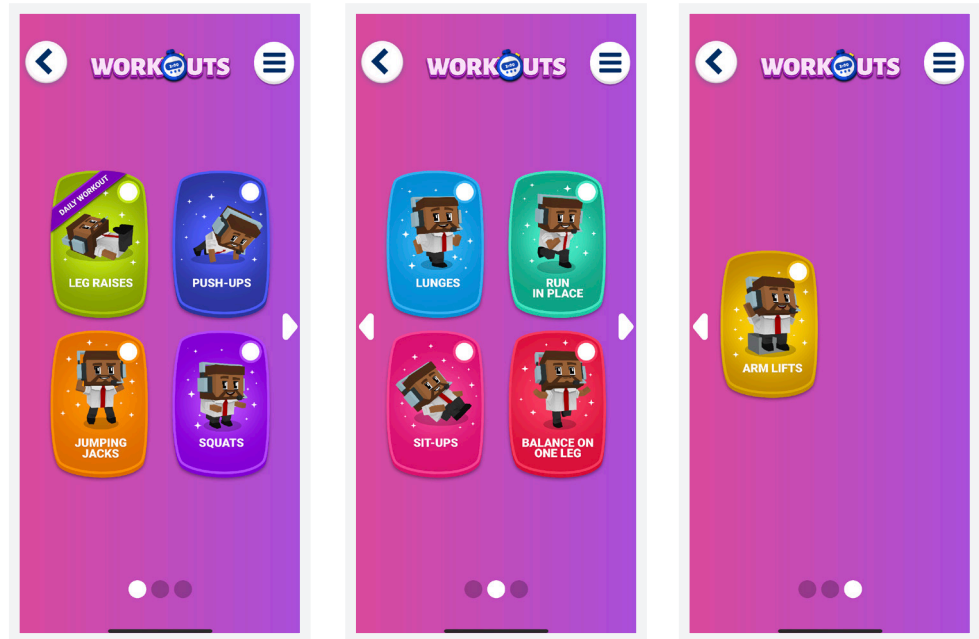


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Step 4

Do your Daily Workouts!



Step 5

Check out all the NFL Play 60 App has to offer!

- Count steps
- Collect funky characters
- Workout your arms, legs, and heart with fun mini-exercises
- Pick your favorite NFL team
- Earn stars for a chance at the prize wheel
- Exercise and train your players to earn rewards
- See your rank on the leaderboard
- Run, jump, dance, catch and see your players do the same

