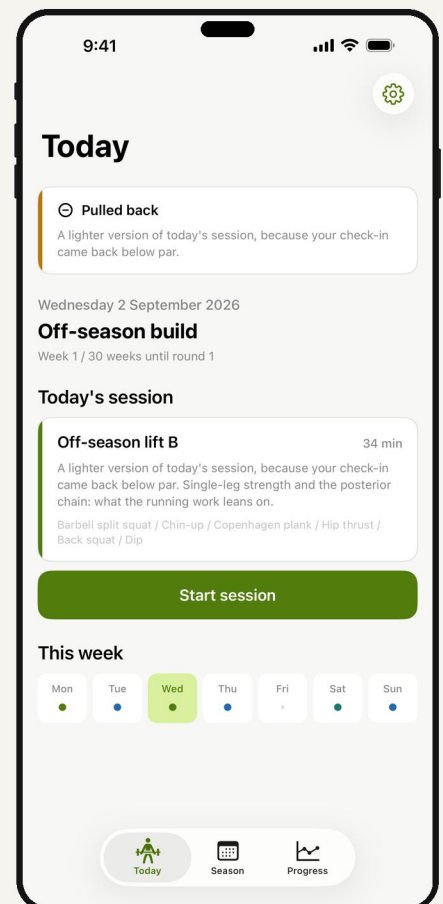


# THE PRE-SEASON THAT KNOWS YOU

## FOOTY READY IS ON THE APP STORE

Aussie rules, rugby league,  
rugby union and soccer.

- Answer about four minutes of questions once. It builds your whole season backwards from your round 1.
- A 30-second check-in each day changes today's session, with the reason written on the card.
- No gym needed. A park and your own bodyweight is a real answer.
- Under-18 players get age-appropriate caps automatically. Masters players get more recovery.
- Your first session is free. After that it's \$12.99 a month or \$79.99 a year, with a 7-day free trial.



## SCAN FOR THE APP STORE

Or search Footy Ready on your iPhone.

General guidance, not medical advice.  
Not affiliated with any league or governing body.



@footyreadyapp