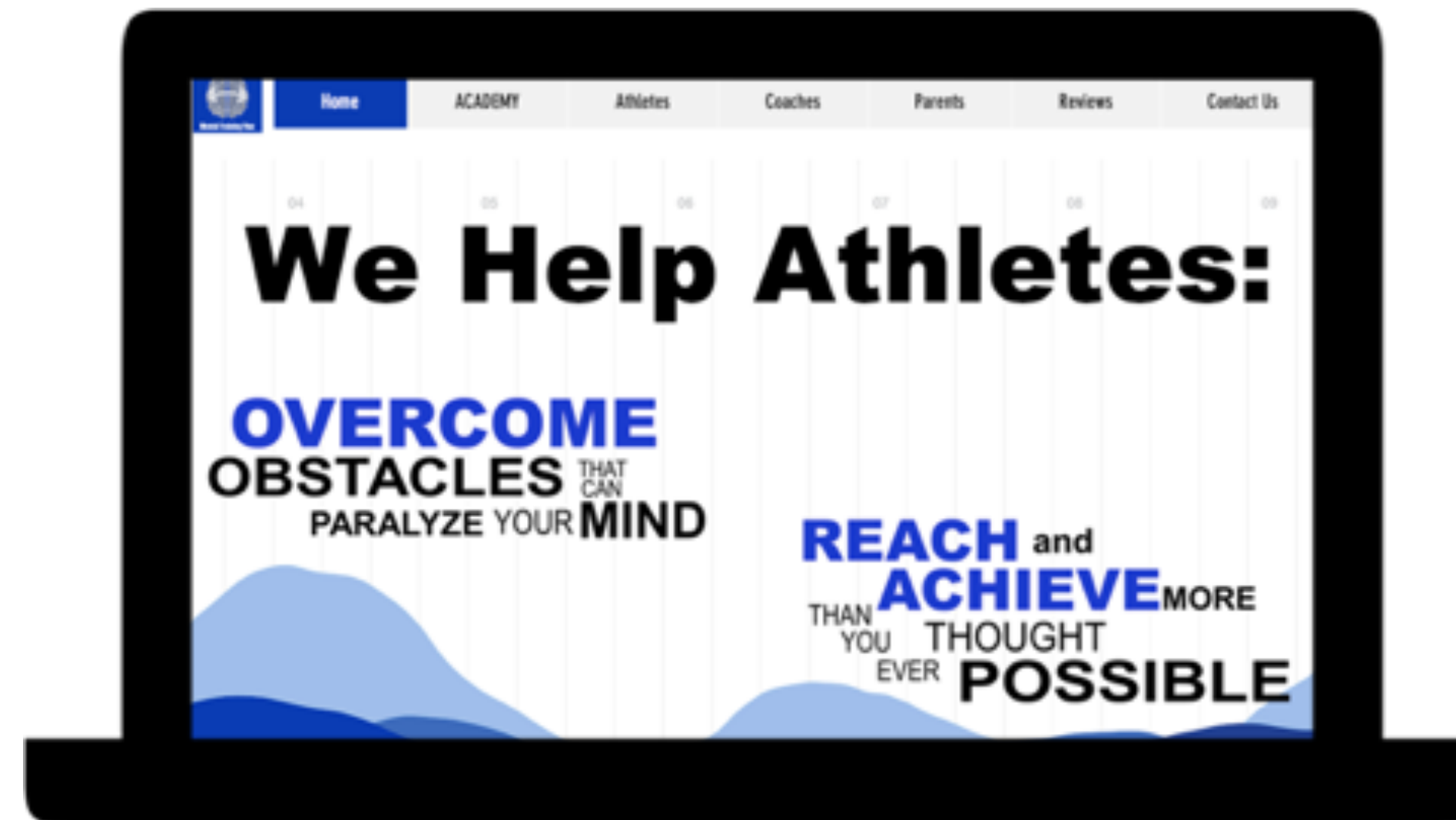


STEP 1 - Go To:

MentalTrainingPlan.com



STEP 2 - In the Menu Bar

click **ACADEMY**



STEP 3 - On the Academy Page Click **EXISTING USER**



STEP 4 - Under My Courses Click on the Elite Mental Training Program Icon

My Courses

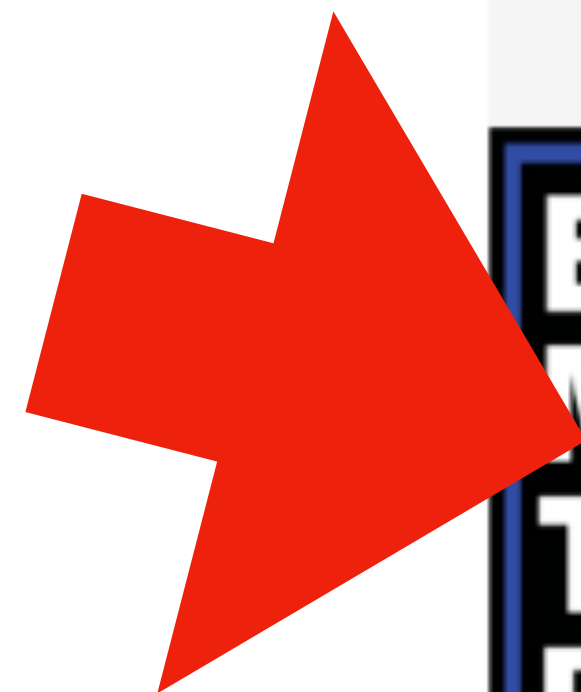
[View more courses](#)

Elite Mental Training Program

0%

[See Overview](#)

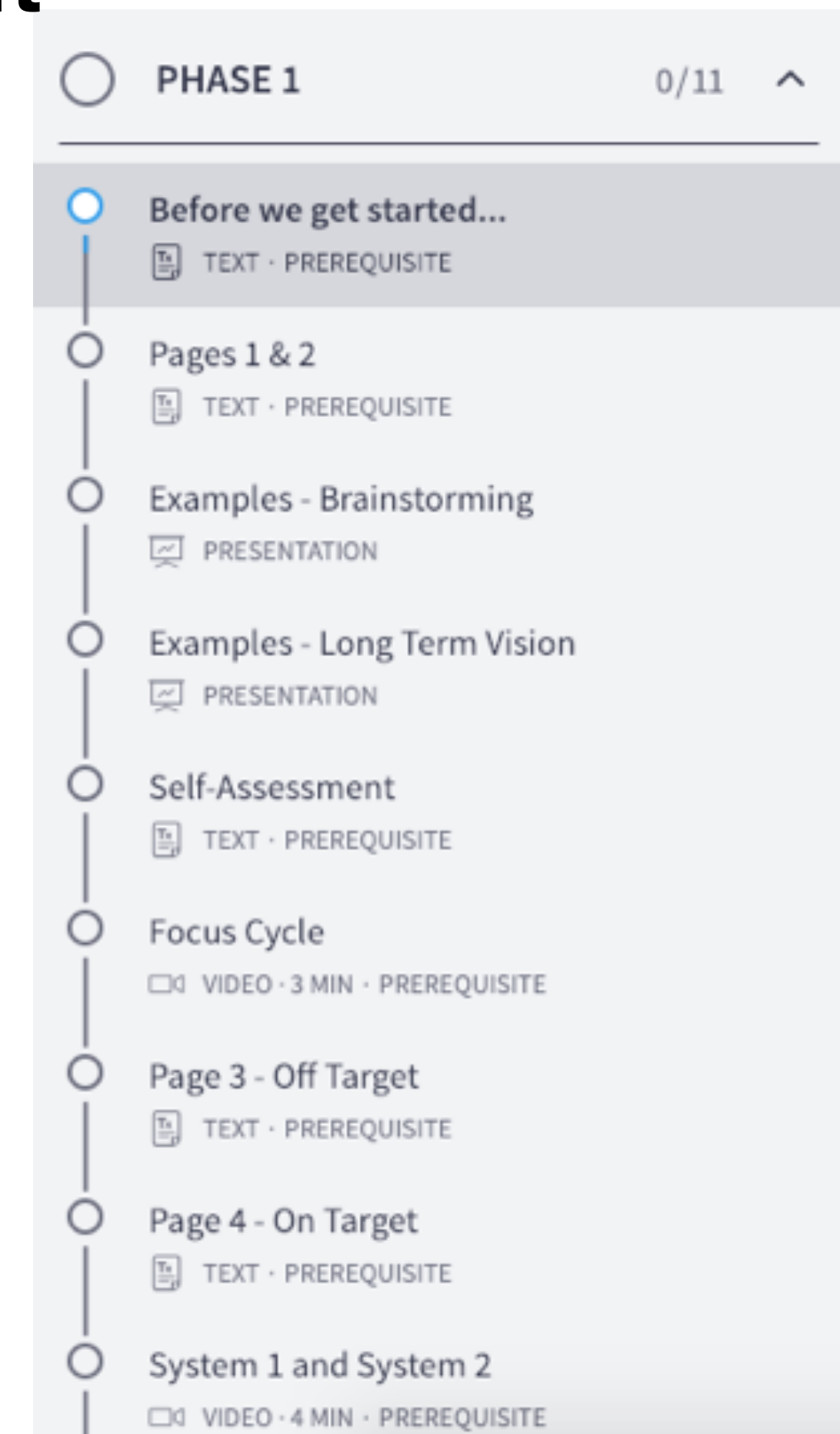
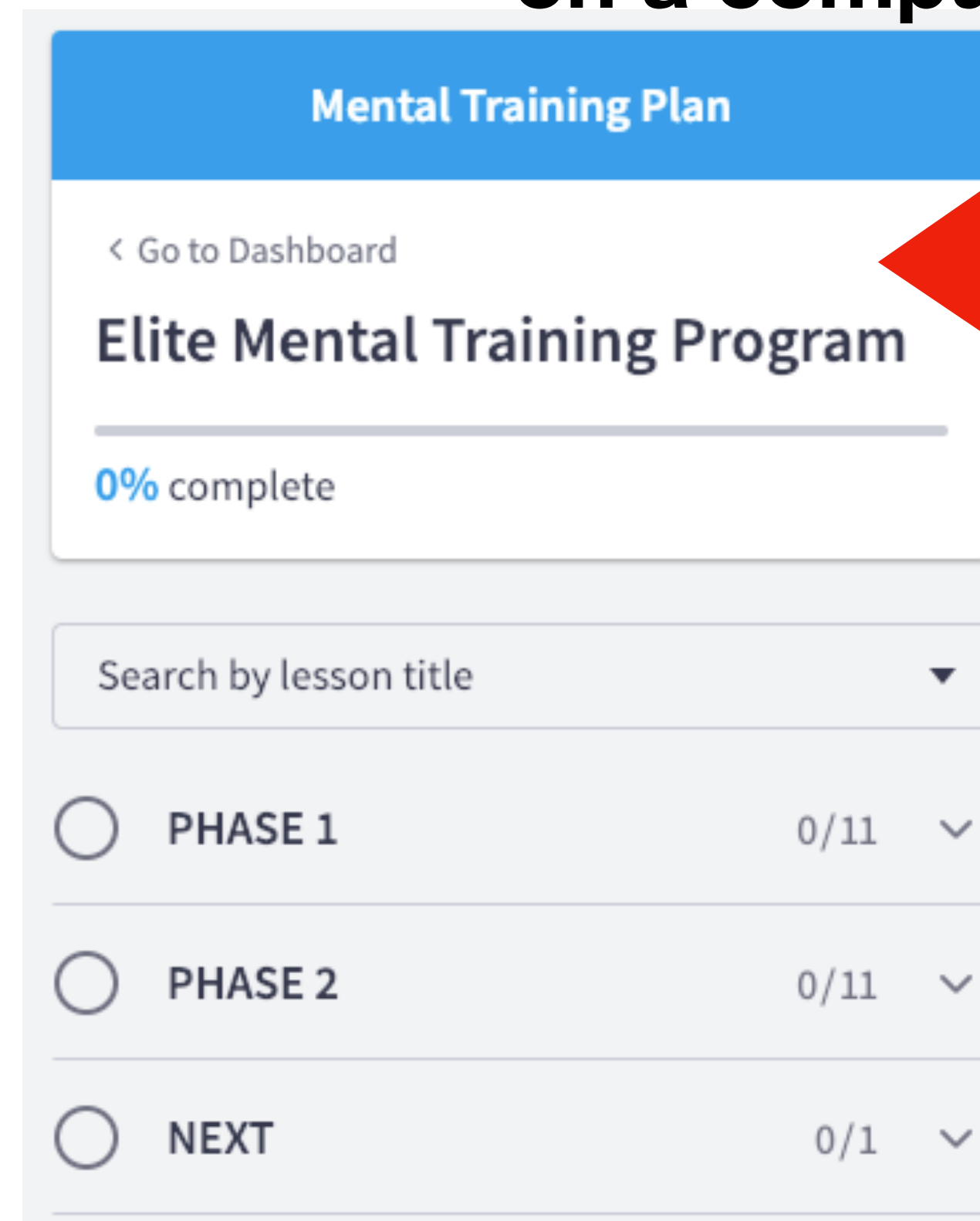
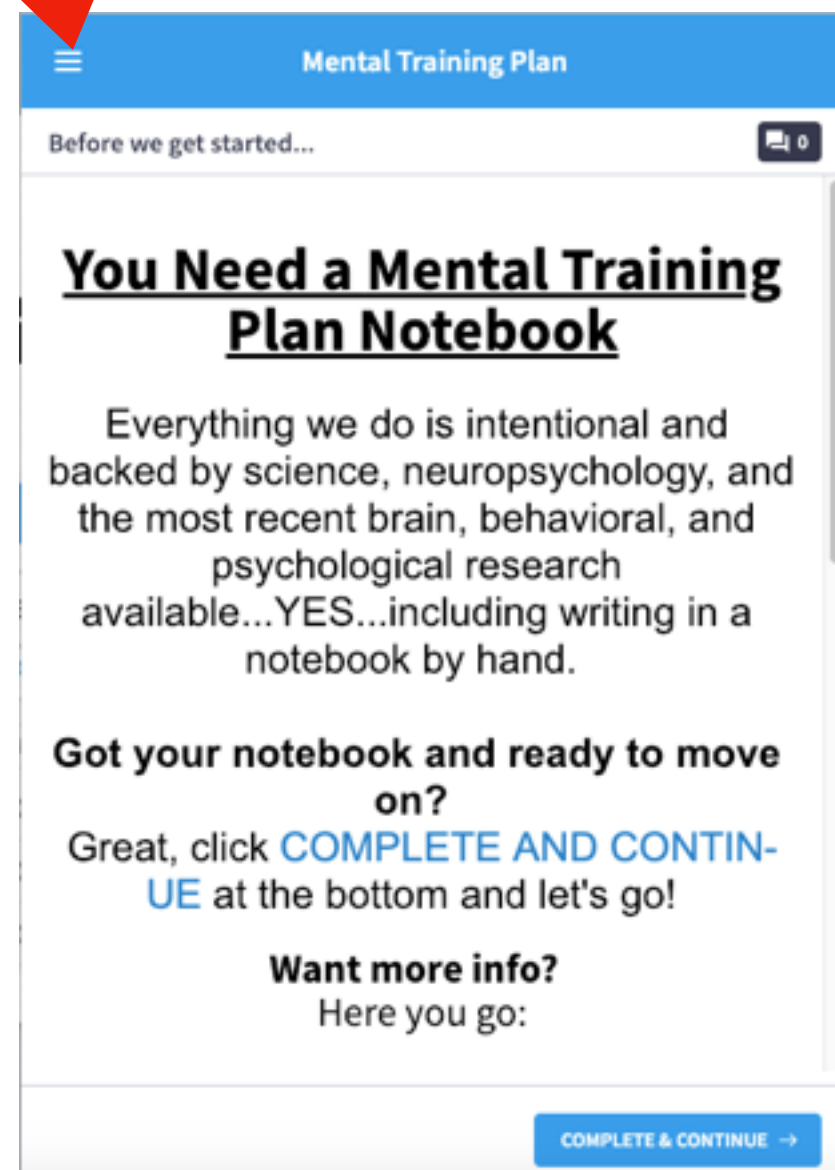
[Start Course](#)



Step 5: Use the Navigation Bar to go to the correct lesson

Located on the far left
on a computer

Located at the top on
a cell phone or tablet



QUESTIONS? SOMETHING NOT WORKING?

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