



PRESS BACKGROUNDER

The XXL Group: In their own words

Founder: Phill Powel

Co-Founder: Richelle Martin

Nicole Burke: It gave me the confidence that I never had. I hated the gym. I hated people watching me because I always struggled. Last week I signed up for my freakin first HALF MARATHON. Because this group has taught me we are athletes despite size! I never would have had the guts for that 2 years ago.

Ashlee Skramstad: For some reason I was drawn to the bike and I had never taken a spin class. The OPP was helpful for some of my beginner questions but I didn't really feel comfortable sharing my journey. That all changed when I was invited to join this tribe. I'll admit I was a creeper for quite sometime but I could tell that this group was something special. At times I take too much time off the bike but I know my tribe is always there to support me when I come back. So thank you to all of you for inspiring me everyday, especially you Richelle, you make this group feel like a family!

Angela D Kendall: I had my Peloton for six months and used it sporadically. I wasn't aware of XXL until an OPP post about body-shaming brought my attention to the group. That troll may have changed my life in the best way. I found this group and then the amazing spring challenge and started taking advantage of ALL of the opportunities available to me — cycling, walking, strength training, stretching and now, I'm going to be adding Peloton yoga. I now rarely miss a day doing some form of Peloton.

The spirit of XXL is what makes the group powerful. Even when we disagree, we do so amicably and respectfully. The admins have set that tone and settle for nothing less. Which means the space isn't just "safe" — a so overused term — it's FULFILLING. I am so grateful I found this place!

Oh: PS, I'm down 45-48 lbs. I've gone from a 22 to a 14-16 at 5'10". I guess I can say I'm an "L" body but within me beats an XXL heart!

Jill Goodman: Getting the bike itself didn't change anything for me. I was already athletic. Joining the XXL Tribe, on the other hand, gave me a voice in the fitness world. My goal is not weight loss but everyone assumes it is, like I shouldn't be content with my size, or my size is unhealthy. I was sick of people not believing me when I told them I worked out. I was sick of all the photos of thin people (I refuse to call them "fit"

because that's such a loaded term) and commercials that made it seem like only those in single-digit sizes deserve to work out.

I have so much more confidence than I did a couple of years ago. I'm body-positive! I'm HAPPY! And I'm cute, dammit! This group gave me that and I am so grateful beyond words.

Lea Armstrong Peloton makes me feel like an athlete - something I have never been. I hate all activity but have always been drawn to spin. I now know that am not less than or not worthy, and finding this group has made me truly feel like I am not an imposter. I belong, I perform, and I am worthy. When I joined this group my screenname was #fatbottomedgirl. I love the song and thought it was me outing myself, but really I think it held me back. Soon after joining, I realized I needed to love myself and be proud because I do belong on that bike and I am stronger every day. Change my screenname to #headhighcrownon and I say those words to myself every time I get on to ride and every time I doubt my abilities.

Stephanie Fielder Latimore I am an athlete for the first time in my life. I have the resting heartrate to prove it. Many hands on my back. Climbing with me everyday. More motivation and community than I ever had at my local gym. And a fearless leader to advocate for me. Richelle Martin

Amanda Blutner: I thought I was kidding myself by paying so much money for an exercise bike at my size (plus, I was 14 weeks pregnant at the time). Having the XXL tribe created a community of athletes my size and of all sizes that promoted inclusivity and positivity. I have a fantastic group of "internet" friends who understand the draw of the Peloton community without judgement or harsh competition.

Samantha Cronin: Peloton sparked the athlete inside of me. I've always struggled with my weight, and for the first time, I finally understand how people actually enjoy working out. The bike is the only thing that has ever motivated me to workout consistently 3-5 days a week since the day I got it. The instructors are life changing and motivating. The community built around peloton on Facebook is an amazing bonus that I never realized would come along with the bike. The support specifically from the XXL tribe to be able to share my struggles, milestones, etc and not fear trolling or judgement is exactly what I need. The judgement free and supportive zone provided in the XXL group can't be matched. I love it here! #disneymom4life

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