

# **What You Should Expect**

The Beginner Bodyweight Exercise Program is specifically designed to get you started on your journey to achieving optimal health and fitness.

You will learn how you can use your own bodyweight to do simple exercises at any time in any location without the use of equipment.

If you find that you are not challenged with the beginner level exercises, then you should immediately advance to the intermediate exercises.

This program is designed for you to do anytime anywhere, and has routines that you can always continue to work on to help you achieve the results you want.

If you find that you are struggling to reach the recommended amount of reps, or complete the suggested time don't worry! Feel free to slow down and take breaks when needed. When you feel like you can go again, do it! The more you practice the better you will get!

Each exercise is built around your body's core movement patterns. You will improve your muscular endurance, enhance joint stability, increase flexibility, improve control of posture, and improve your balance and coordination.

If you're unsure how to perform an exercise in this program, press the play button on the left to view a video demonstration by one of our fitness instructors.

Every workout can be completed in **30 minutes or less**, which is less time than watching your favorite TV show.

This program is based on two foundational training methods:



Bodyweight Strength Training



Cardiovascular Fitness

#### What You Need to Know to Get Started

Are you ready to transform your health and fitness?

We are going to walk you through your 21-day program, one day at a time.

At the beginner level, our goal is to get you started doing some simple, foundation exercises to transform your body. You will follow our program as you work out every other day for a total of 3 days a week.

The three days between your workouts are called **Active Rest Days**. On Active Rest Days you will do something active that you enjoy for 30 minutes. It could be going for a walk, riding a bike, or playing in the yard with your kids.

Doing something active for 30 minutes each day is an opportunity for you to develop good lifestyle habits while giving your muscles and joints a break.

If you are feeling great on an Active Rest Day and want to exercise, just pick any day's program and do it. If it's nice outside, consider doing some speed walking for 30 minutes. You are also welcome to walk after any of your 3, 21-day fit exercise routines for however long you would like. For each period of exercise, do as much as you can and stop when you need to. If you can't meet the required duration time, stop at the number that you can do. Make goals for yourself to improve a little further the next time. It's all about your personal progress!

Some exercises include a modification. If you find that doing the exercise as recommended is too difficult or uncomfortable, do the modified version.

If you feel you can do more than what's suggested, cut down on rest times, or add more reps to each exercise, or add an additional circuit. The more you push yourself, the better your results will be.

You may find yourself trying an exercise and not liking it very much. That's okay! The next time it comes up in a circuit, replace it with an exercise you do like that works the same part of your body.

Before you start each workout, remember the most important thing you can do to avoid injury is to warm up and do some light stretching. Aim for at least 5 minutes.

Caution: If you are pregnant or suffering from any health illnesses we encourage you to consult with your healthcare professional before starting this program. If during any of the exercise circuits you experience shortness of breath, dizziness or don't feel right, stop immediately and consult with your healthcare professional before proceeding.

#### **Three Weeks at a Glance**



The daily Cardio Training Circuit and Strength Training Circuit will be combined in one workout for all three days.

Cardio Training will be done first for a total of 10 minutes. You will see 4 different exercises in the cardio training section. Perform each movement 8 times which is also known as 8 reps; before moving on to the next exercise. The 4 exercises makeup one circuit. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

Strength Training will be done second after the cardio training segment, for a total duration of 10 minutes. You will be performing 4 different body weight movements in the strength training section. Perform each movement 8 times which is also known as 8 reps; before moving on to the next exercise. The 4 exercises makeup one circuit. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit.

Tip 1: During rest periods try to walk and keep moving instead of sitting down.

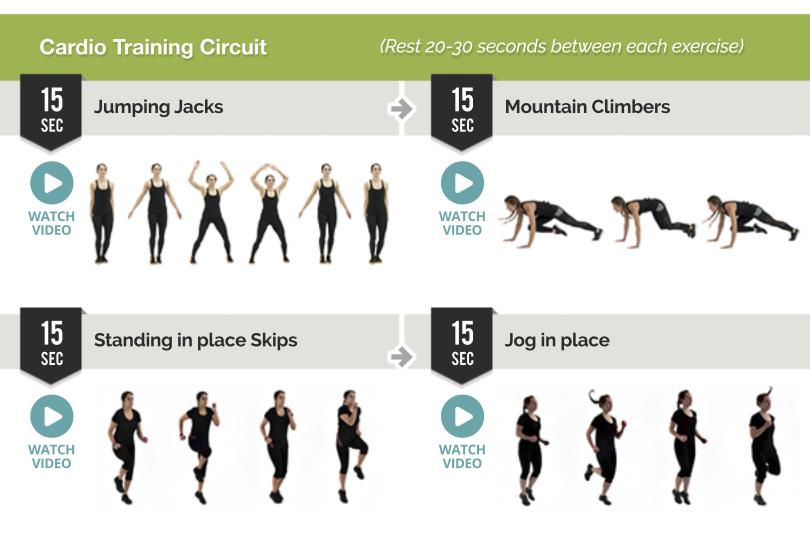
Tip 2: As you improve and would like to raise intensity, take less rests, or cut down on the rest time. You could also add more reps, or add in a full circuit when you are ready.

Tip 3: Don't forget the importance of both the warm up and cool down. Engage in light stretching before exercise, and deeper stretching after exercise to help promote recovery and reduce the risk of injury. Even 5 minutes before and after will make a difference.



#### **DAY 1 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



Rest up to 1-2 minutes or more as necessary



## **DAY 2 Active Rest**

Do something active for 30 minutes

#### **DAY 3 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



## **DAY 2 Active Rest**

Do something active for 30 minutes

#### **DAY 3 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

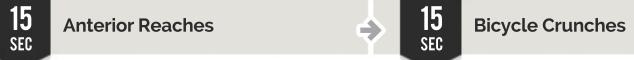


Rest up to 1-2 minutes or more as necessary

#### **Strength Training Circuit**

(Rest 20-30 seconds between each exercise)







#### **DAY 4 Active Rest**

Do something active for 30 minutes

#### **DAY 5 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

**Strength Training** for **10 minutes** – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.

#### **Cardio Training Circuit**

(Rest 20-30 seconds between each exercise)

15 SEC

Skaters



**15** SEC

**Kneeling Plank Shoulder Taps** 









**15** SEC

**Front Kick Toe Touch** 



**15** SEC

**High Knees/Marching** 



















# **DAY 6 Active Rest**

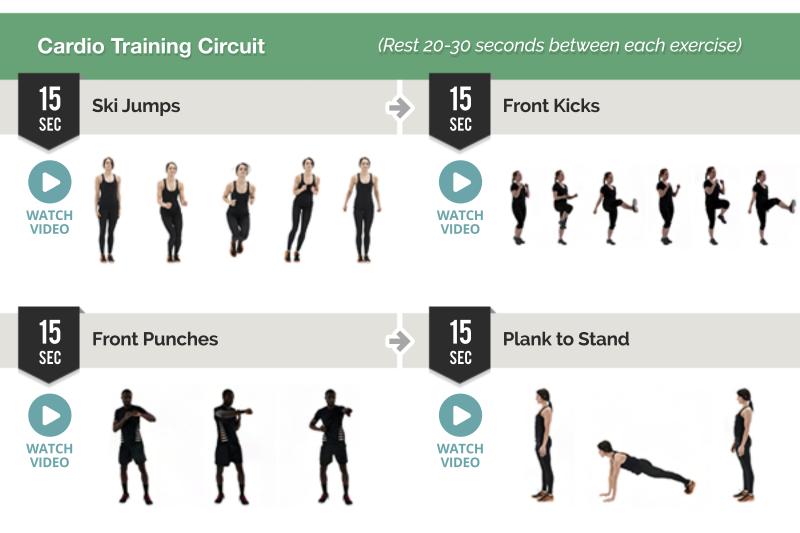
Do something active for 30 minutes

**DAY 7 Rest** 

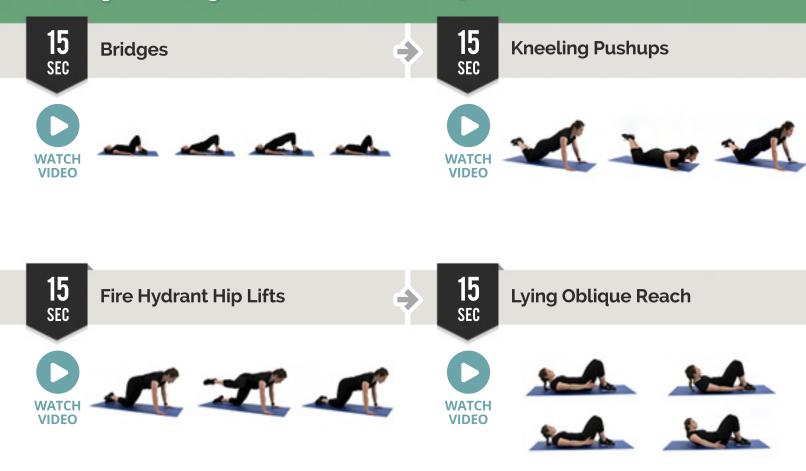


#### **DAY 8 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



Rest up to 1-2 minutes or more as necessary

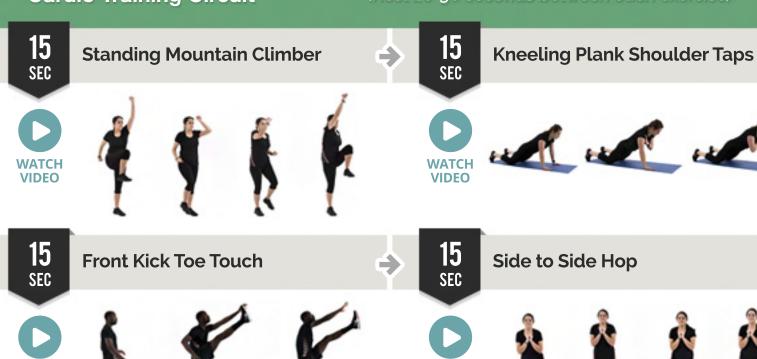


## **DAY 9 Active Rest**

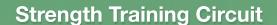
Do something active for 30 minutes

#### **DAY 10 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



Rest up to 1-2 minutes or more as necessary



**VIDEO** 

(Rest 20-30 seconds between each exercise)

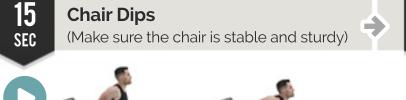
Crunches







15



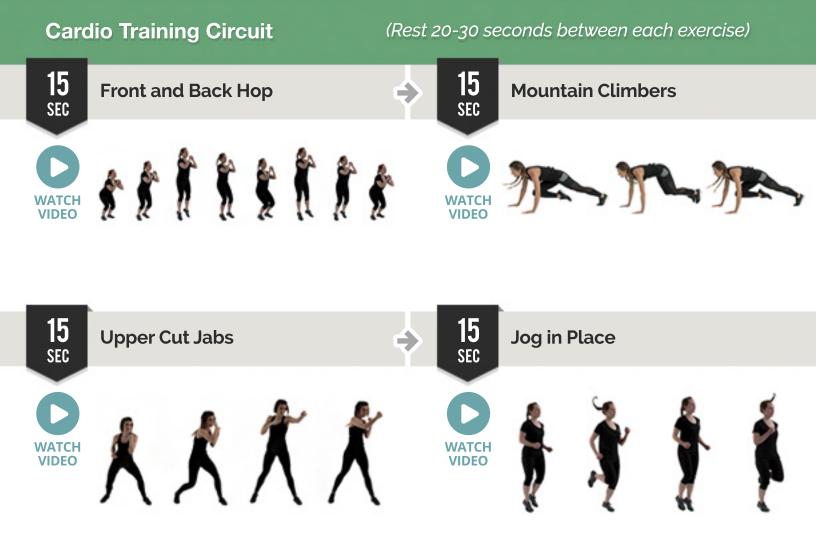


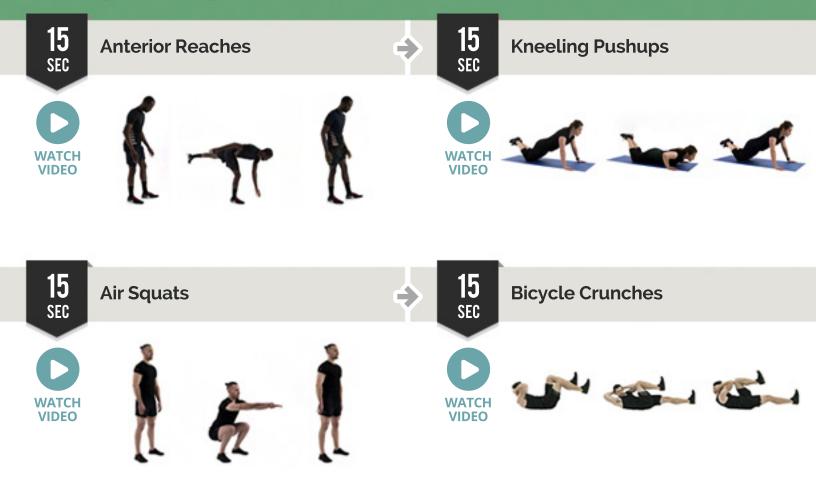
#### **DAY 11 Active Rest**

Do something active for 30 minutes

#### **DAY 12 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.





Rest up to 1-2 minutes or more as necessary

# **DAY 13 Active Rest**

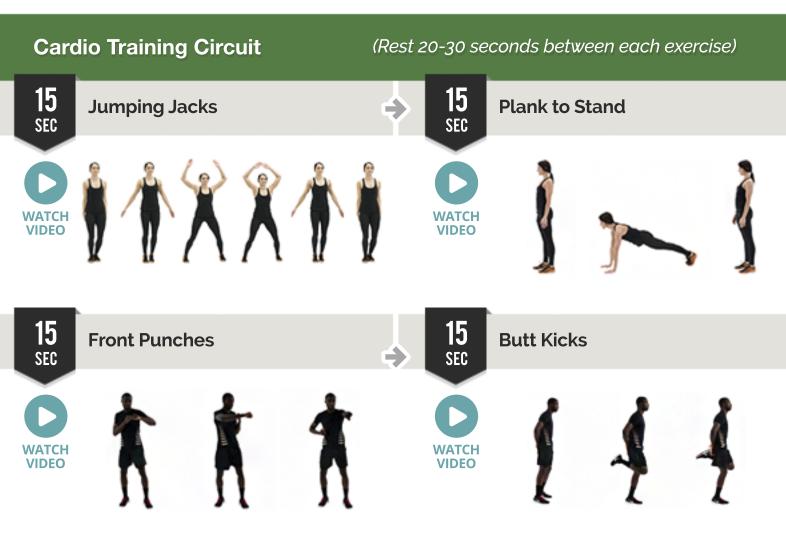
Do something active for 30 minutes

**DAY 14 Rest** 



#### **DAY 15 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



Rest up to 1-2 minutes or more as necessary



#### **Kneeling Pushups**



# **15** SEC

#### **Alternating Reverse Lunge**









**15** SEC

# Chair Triceps Dips (Make sure the chair is stable and sturdy)



Lying Oblique Reach















Rest up to 1-2 minutes or more as necessary

#### **DAY 16 Active Rest**

Do something active for 30 minutes

# **DAY 17 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.



#### **Mountain Climbers**





**Imaginary Jump Rope** 









**15** SEC

**Upper Cut Jabs** 



15 Fro

**Front Kick Toe Touch** 













Rest up to 1-2 minutes or more as necessary

#### **Strength Training Circuit**

(Rest 20-30 seconds between each exercise)

**15** SEC

**Air Squats** 





Superman's













**15** SEC

**Anterior Reaches** 





Plank











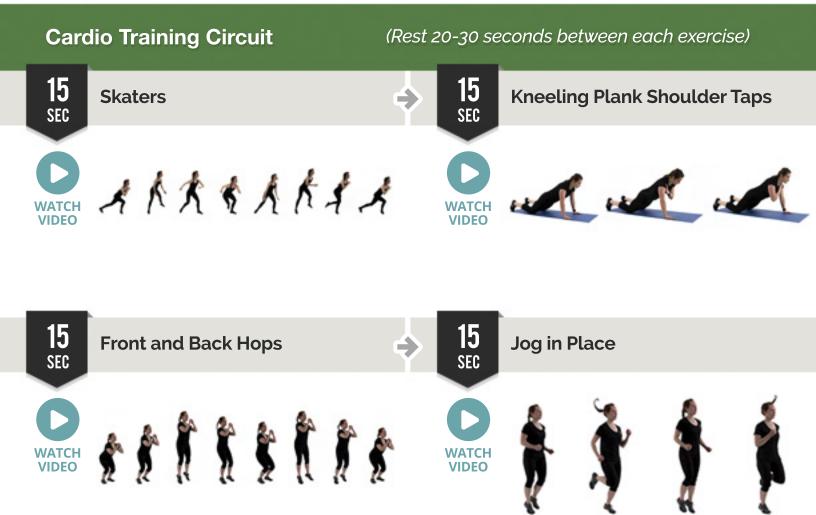
Rest up to 1-2 minutes or more as necessary

#### **DAY 18 Active Rest**

Do something active for 30 minutes

#### **DAY 19 Workout**

Cardio Training for 10 minutes – Perform each movement 8 times before moving on to the next exercise. Rest 20-30 seconds between exercises when necessary, and up to 1-2 minutes or more if needed after each circuit before repeating.







# **DAY 20 Active Rest**

Do something active for 30 minutes

**DAY 21 Rest** 

**Congratulations**, you have successfully completed your 21-day challenge. You should be proud of yourself. You did what you promised to do when you started the program. WOW!

Enjoy this feeling of achievement and don't allow yourself to forget how you feel right now!

Now the key is making what you've learned part of your daily life. Don't allow yourself to fall back into your old habits.

Welcome to Your New Life!

