

# Commit to Fit: Week 1-6

## How to follow the exercise program?

The 12-week circuit program is broken up into two, 6-week blocks. Each week within a block consists of three different workouts, with a mix of full body and core exercises which are ideally completed with 1 rest day between each. Increases in intensity progress naturally, with increased sets or decreased rest time built into the program. Each workout includes a warmup and 2 circuits with 4 exercises that will be completed in 3+ rounds with a total work time of 60 minutes or less.

## What if I don't know how to do an exercise based from the name/pictures?

Have no fear, each exercise is linked to an exercise video from a VERY reliable source. If you are unsure how to do an exercise, we highly recommend watching the video and listening to the instructions.

## Recommended Exercise Calendar

This is only recommended, fit it to whatever schedule works best for you! Remember it's normal to experience muscle soreness following these workouts. It's perfectly and normal to do the next workout if you are still sore from the previous one. Make sure to get loads of sleep in order to recover fully between workouts!

|           |                   |
|-----------|-------------------|
| MONDAY    | Day 1 of program  |
| TUESDAY   | Walk/Yoga/Stretch |
| WEDNESDAY | Day 2 of program  |
| THURSDAY  | Walk/Yoga/Stretch |
| FRIDAY    | Day 3 of program  |
| SATURDAY  | Get outside!      |
| SUNDAY    | Get outside!      |



Something is better than nothing!

Life can get so busy that it's hard to stick with our exact plans at times. Often, this can lead to miss workouts. Adapt the motto "something is better than nothing"- this means when you don't have time for a full workout- something will help! For these next 12 weeks, if all you can do is 3 of the exercises that day- it's better than nothing!



Follow your **progress** and complete this brief challenge every **three** weeks:

Complete your max number of the following exercises within one minute: Record them in the appropriate line.

| Today    | 3 weeks  |
|----------|----------|
| Burpees: | Burpees: |
| Pushups: | Pushup:  |
| Squats:  | Squats:  |



To see the BEST results, focus on these **nutrition** tips:

- Have a set plan for meals and snacks to avoid grazing
- Sit down at the table to create no distractions while eating
- Take 15-20 minutes to eat a meal (set a timer!)

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x 15



Bird Dog x 10

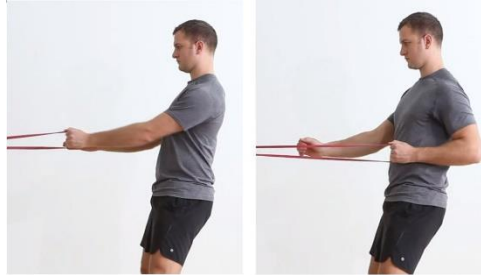


## Circuit 1: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

① Hands Elevated Pushup



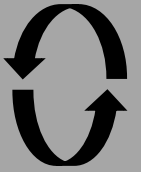
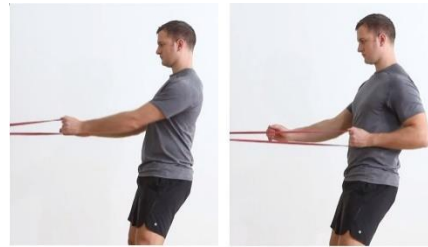
② Single Arm Band Row



③ Single Arm Band Chest Press



④ Single Arm Band Row



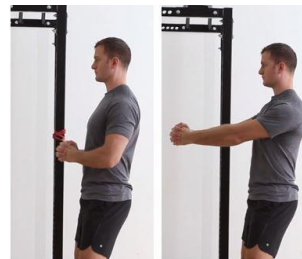
Repeat 3 times, with 2 minute rest between rounds

## Circuit 2: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

⑤ Mountain Climbers



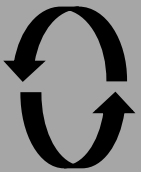
⑥ Band Palloff Press



⑦ Side Plank



⑧ Wall-Press Abs



Repeat 3 times, with 2 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 45 seconds

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x 15



Bird Dog x 10



## Circuit 1: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

1

Burpees w/o Pushup



2

Bodyweight Lateral Squat



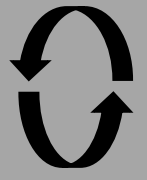
3

Bodyweight Split Jumps



4

Hands Elevated Pushup



Repeat 3 times, with 2 minute rest between rounds

## Circuit 2: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

5

Reverse Crunch



6

Plank



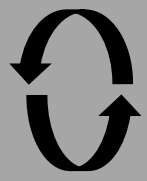
7

Band Chop



8

Side Plank



Repeat 3 times, with 2 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 45 seconds

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



## Circuit 1: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

1

Band Squat



2

Reverse Lunges



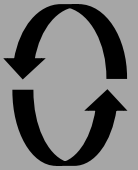
3

Single Leg Glute Bridge



4

Bodyweight Step Ups



Repeat 3 times, with 2 minute rest between rounds

## Circuit 2: 3 rounds, 35 seconds on, 25 seconds off (about 20 minutes)

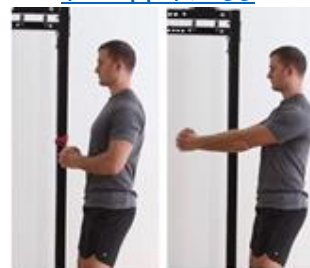
5

Mountain Climbers



6

Paloff Press



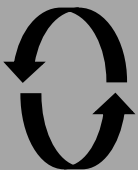
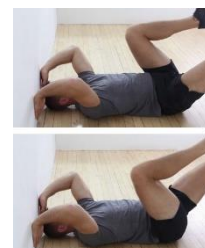
7

Side Plank



8

Wall-Press Abs



Repeat 3 times, with 2 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 45 seconds

# Commit to Fit: Week 7-12

## How to follow the exercise program?

The 12-week circuit program is broken up into two, 6-week blocks. Each week within a block consists of three different workouts, with a mix of full body and core exercises which are ideally completed with 1 rest day between each. Increases in intensity progress naturally, with increased sets or decreased rest time built into the program. Each workout includes a warmup and 2 circuits with 4 exercises that will be completed in 3+ rounds with a total work time of 60 minutes or less.

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| THURSDAY  | Walk/Yoga/Stretch |
| FRIDAY    | Day 3 of program  |
| SATURDAY  | Get outside!      |
| SUNDAY    | Get outside!      |



Little by little, a little becomes A LOT!

Each day you have a choice. Do nothing or do something! Doing something can seem like a challenge because it can be overwhelming! Sometimes the most important thing is to start with a little. Each day as you do little by little, you will gain an increase of ability! This ability translates into doing hard things- so be patient, keep going, and just do a little!



Follow your **progress** and complete this brief challenge every **three** weeks:

Complete your max number of pushup and max time of plank and wall sit. Record them in the appropriate line.

|          |          |
|----------|----------|
| Today    | 3 weeks  |
| Burpees: | Burpees: |
| Pushups: | Pushup:  |
| Squats:  | Squats:  |



To see the BEST results, focus on these **nutrition** tips:

- Work on developing three meals that are all made from scratch you can count on as your "go-to's"
- Remember the more whole foods you eat, the more time it takes to chew

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



## Circuit 1: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

1

Squat Thrust Jumps



2

Mountain Climbers



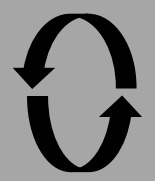
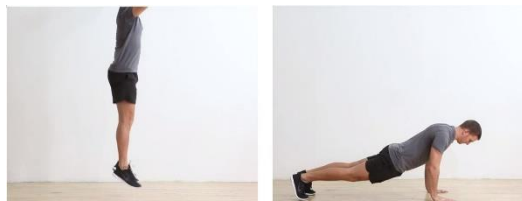
3

Single Arm Band Row



4

Burpees w/o Pushup

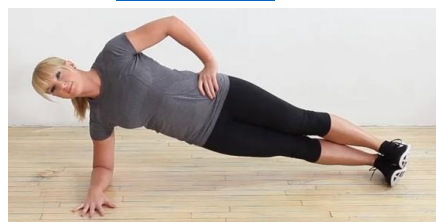


Repeat 3 times, with 1 minute rest between rounds

## Circuit 2: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

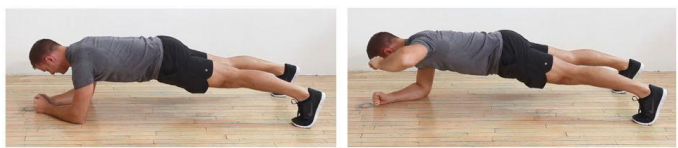
5

Side Plank



6

Salute Plank



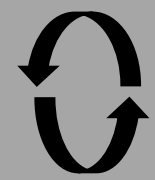
7

Band Chop



8

Elbow Plank Body Saw



Repeat 3 times, with 1 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 60 seconds

# Strength

Week: 7-12

Day: 2

Approximate Time: 45 minutes

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



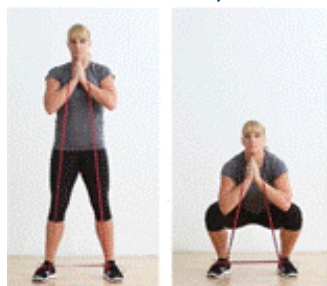
Bird Dog x 10



Circuit 1: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

1

Band Squat



2

Split Squat



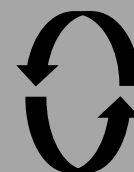
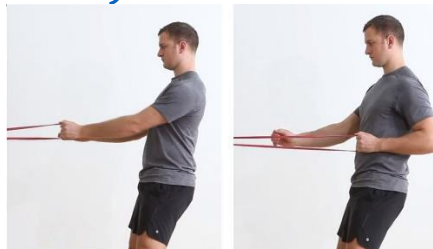
3

Hands Elevated Push Up



4

Single Arm Band Row



Repeat 3 times, with 1 minute rest between rounds

Circuit 2: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

5

Mountain Climbers



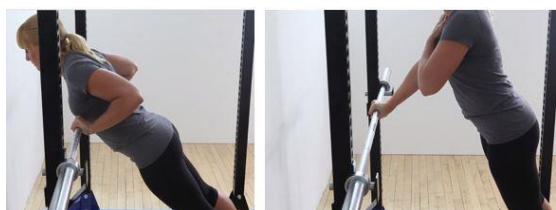
6

Side Plank



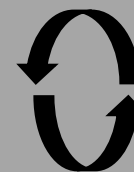
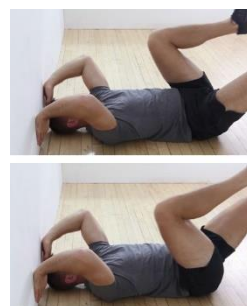
7

Elevated Pushup to Single Arm



8

Wall-Press Abs



Repeat 3 times, with 1 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 60 seconds

## Warmup: 5 minutes

Deadbug x 10



SL Bridges x 15



Clam Shells x 10



Scapular Pushup x15



Bird Dog x 10



## Circuit 1: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

1

Split Squat



2

Reverse Lunges



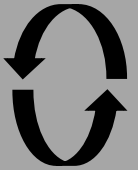
3

Band Lift



4

Burpees w/o Pushup



Repeat 3 times, with 1 minute rest between rounds

## Circuit 2: 3 rounds, 45 seconds on, 20 seconds off (about 20 minutes)

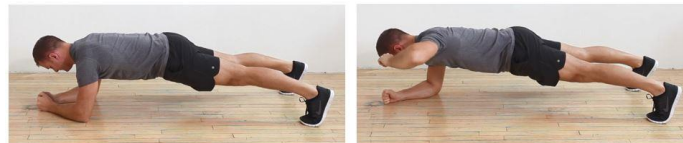
5

Side Plank



6

Salute Plank



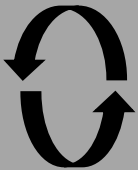
7

Band Chop



8

Elbow Plank Body Saw



Repeat 3 times, with 1 minute rest between rounds

\*\*\* On week's 4-6 increase worktime between rounds to 60 seconds