

BestBodiesforLife

Workout Guidebook

**OUR COACHES DESIGNED YOUR GUIDEBOOK
TO SHOW YOU STEP BY STEP HOW TO PERFORM
EVERY
EXERCISE
IN YOUR
PERSONALIZED WORKOUT GUIDE**



WE ARE HERE FOR YOU



Your guidebook will serve as your "GO TO TOOL" when you are having trouble with a specific exercise during your workout

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BestBodiesforLife - WORKOUT (EXERCISE) GUIDEBOOK

(COMPLETE YOUR WARM-UP BEFORE PERFORMING ANY EXERCISE)

A STEP BY STEP UNDERSTANDING OF EACH EXERCISE IN YOUR WORKOUT GUIDE. WE WILL SHOW YOU HOW TO GET THE MOST OUT OF YOUR WORKOUT.

UNDERSTAND YOUR WARM UP → 10-15 MINUTES

| RAPID STARS | YOGA STRETCH | SIT & REACH |
|--|--|--|
|  |  |  |
| STAND STRAIGHT ON A FLAT SURFACE | STAND STRAIGHT ON A FLAT SURFACE | SET YOURSELF UP ON A FLAT SURFACE |
| 1) BRING YOUR ARMS UP & YOUR LEGS OUT 2 REPEAT MOTION FOR THE AMOUNT OF TIME OR COUNT INDICATED ON YOUR GUIDE | 1) BRING ONE OF YOUR ARMS UP OVER YOUR HEAD WITH YOUR PALM FACING DOWN & YOUR FACE LOOKING UP 2) PLACE YOUR OTHER HAND ON YOUR HIP & BEND TOWARD THE SIDE THAT THE HAND ON YOUR HIP IS ON | 1) SIT DOWN & SET YOUR LEGS STRAIGHT IN FRONT OF YOU. |
| 3) BREATH IN WHEN YOU PUMP YOUR ARMS UP & LEGS OUT | CONTINUE TO BREATH IN & OUT FOR THE AMOUNT OF TIME INDICATED FOR EACH SET 3) SWITCH TO THE OTHER SIDE | 2) REACH FOR YOUR TOES IN FRONT OF YOU & IF POSSIBLE CONTINUE TO REACH AS FAR AS POSSIBLE - WITHOUT BENDING YOUR KNEES |
| 4) BREATH OUT-WHEN YOU BRING YOUR ARMS & LEGS BACK IN | FIND VIDEO LINK-ONLINE | 3) HOLD YOUR POSITION FOR THE TIME INDICATED- CONTINUE TO BREATH SLOWLY THROUGHOUT THE STRETCH |
| FIND VIDEO LINK-ONLINE | FIND VIDEO LINK-ONLINE | FIND VIDEO LINK-ONLINE |
| FLAMINGO | LEG SWINGS | ARM SWINGS |
|  |  |  |
| STAND STRAIGHT ON A FLAT SURFACE | STAND STRAIGHT ON A FLAT SURFACE | STAND STRAIGHT ON A FLAT SURFACE |
| 1) BRING ONE OF YOUR FEET TO YOUR BUTT & SQUEEZE AGAINST YOUR GLUTES | 1) PLACE YOUR HAND FOR SUPPORT AGAINST A WALL OR SOME TYPE OF SUPPORT 2) SWING THE LEG THAT'S NEXT TO THE WALL UP 3) BRING YOUR LEG AS HIGH AS YOU CAN | 1) BRING YOUR ARMS UP-PERPENDICULAR TO YOUR BODY |
| 2) BREATH & KEEP YOUR BALANCE FOR THE AMOUNT OF TIME INDICATED FOR EACH SET | 4) WHEN YOU SWING IT BACK DOWN, BRING IT ALL THE WAY BACK UNTIL YOU FEEL YOUR GLUTES (BUTT) BEING STRETCHED 5) SWITCH LEGS! | 2) START BY SWINGING YOUR ARMS ACROSS YOUR BODY-OVER & UNDER EACH OTHER |
| 3) SWITCH LEGS! | FIND VIDEO LINK-ONLINE | AS YOU REPEAT MOTION CONTINUE TO SLOWLY BREATH IN AND OUT |
| FIND VIDEO LINK-ONLINE | FIND VIDEO LINK-ONLINE | 3) WHEN YOU BRING YOUR ARMS BACK & FORTH - STRETCH YOUR CHEST & BACK - HOLD FOR ONE SECOND IN EACH POSITION |
| FIND VIDEO LINK-ONLINE | FIND VIDEO LINK-ONLINE | FIND VIDEO LINK-ONLINE |

DASH WALKS



5 SECOND BREATHING BREAK



SET YOUR SELF UP IN A PLACE WHERE YOU CAN DO SPEED WALKS - FLAT SURFACE AT LEAST 20 YARDS LONG

1) BEGIN TO SPEED WALK FOR THE TIME OR DISTANCE GIVEN & REMEMBER TO BREATHE

2) AFTER WALKING FOR THE TIME OR DISTANCE INDICATED, TAKE A SECOND BREATH & BEGIN AGAIN

REQUIRED ONLY FOR WARM UPS

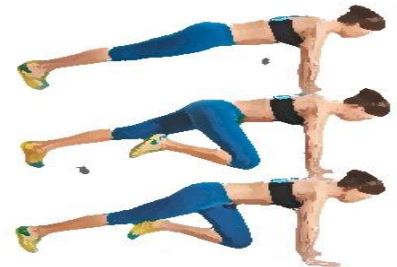
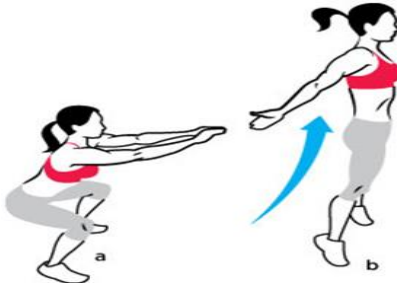
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UNDERSTAND YOUR WORKOUT PART 2 → 10-15 MINUTE

MOTORCYCLE HOLDS

JUMP SQUATS

MOUNTAIN CLIMBERS



1) LEAN AGAINST THE WALL AND SIT UNTIL YOUR LEGS ARE AT A 90 DEGREE ANGLE

1) SET YOUR FEET A COUPLE INCHES WIDER THAN SHOULDER WIDTH

1) GET INTO PUSH UP POSITION & WITH IN THE TIME FRAME OR COUNT GIVEN IN YOUR GUIDE

2) PUT YOUR ARMS OUT IN FRONT OF YOU, AS IF YOU WERE SITTING ON A MOTORCYCLE POSITION MAY BE DIFFERENT IF YOUR PERFORMING EXERCISE WITH WEIGHTS

2) GO DOWN UNTIL YOUR LEGS ARE AT A 90 DEGREE ANGLE & BLAST UP!, SWINGING ARMS BACK FOR MORE MOMENTUM

2) REPEATELY ALTERNATE YOUR TWO KNEES BRINGING THEM IN TOWARD YOUR ELBOWS AND BACK OUT

HOLD POSITION FOR THE PERIOD OF TIME INSTRUCTED

3) TRY TO MAINTAIN A RELATIVELY QUICK PACE

WEIGHTS ARE OPTIONAL

AS YOU GO DOWN AND COME BACK UP, REMEMBER TO KEEP YOUR BACK STRAIGHT - LOOK UP!

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DASH WALKS

5 SECOND BREATHING BREAK



SET YOUR SELF UP IN A PLACE WHERE YOU CAN DO SPEED WALKS - FLAT SURFACE AT LEAST 20 YARDS LONG

1) BEGIN TO SPEED WALK FOR THE TIME OR DISTANCE GIVEN & REMEMBER TO BREATH

2) AFTER WALKING FOR THE TIME OR DISTANCE INDICATED, TAKE A SECOND BREATH & BEGIN AGAIN

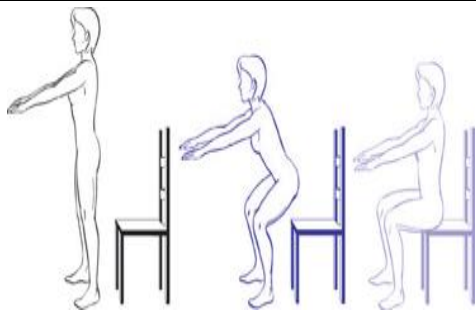
REQUIRED ONLY FOR WARM UPS

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SIT & STANDS

IMAGINARY JUMP ROPE

SM- SHOULDER CIRCLES



1) SET UP A CHAIR IN FLAT SURFACE

SET YOURSELF UP ON A FLAT SURFACE AND IN A RELATIVELY SPACIOUS LOCATION

1) STAND STRAIGHT AND MAKE SURE YOUR LOOKING FORWARD

2) AS YOU SIT DOWN, KEEP YOUR BACK STRAIGHT & LOOK UP

AS YOUR JUMPING, REMEMBER TO KEEP YOUR BACK STRAIGHT

2) PLACE YOUR ARMS DIRECTLY PERPENDICULAR TO YOUR BODY

3) PLACE YOUR ARMS STRAIGHT IN FRONT OF YOU-STRAIGHT OUT INFRONT OF YOU

3) BEGIN TO ROTATE YOUR ARMS FORWARD IN SMALL CIRCLES - FOR THE AMOUNT OF TIME INDICATED IN YOUR GUIDE

4) CONTINUE TO STAND UP & SIT DOWN FOR THE TIME INDICATED

JUMP STRAIGHT UP & DOWN WITH YOUR HANDS TO YOUR SIDE, JUST LIKE IF YOU WERE JUMP ROPING

4) SWITCH AND BEGIN ROTATING BACKWARDS FOR THE SECOND SET

TRY TO USE YOUR HANDS AS LITTLE AS POSSIBLE TO STAND UP

WEIGHTS ARE OPTIONAL

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DASH WALKS



10 SECOND SLOW DOWN PERIOD



SET YOUR SELF UP IN A PLACE WHERE YOU CAN DO SPEED WALKS - FLAT SURFACE AT LEAST 20 YARDS LONG

1) BEGIN TO SPEED WALK FOR THE TIME OR DISTANCE GIVEN & REMEMBER TO BREATH

2) AFTER WALKING FOR THE TIME OR DISTANCE INDICATED, TAKE A SECOND BREATH & BEGIN AGAIN

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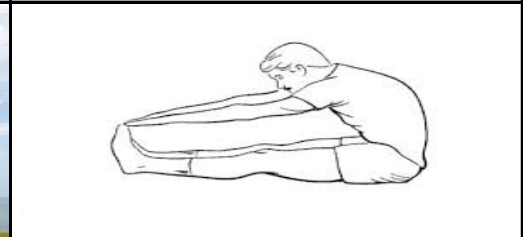
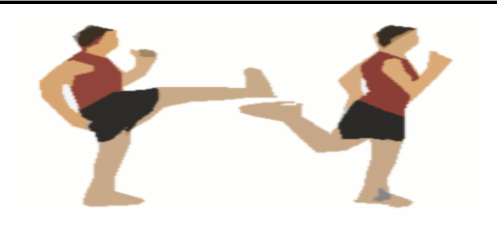
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CONTINUE TO BREATH IN & OUT AS YOU PERFORM THE FOLLOWING EXERCISES

LEG SWINGS

YOGA STRETCH

SIT & REACH



STAND STRAIGHT ON A FLAT SURFACE

STAND STRAIGHT ON A FLAT SURFACE

SET YOURSELF UP ON A FLAT SURFACE

1) PLACE YOUR HAND FOR SUPPORT AGAINST A WALL OR SOME TYPE OF SUPPORT

1) BRING ONE OF YOUR ARMS UP OVER YOUR HEAD WITH YOUR PALM FACING DOWN & YOUR FACE LOOKING UP

1) SIT DOWN & SET YOUR LEGS STRAIGHT IN FRONT OF YOU.

2) SWING THE LEG THAT'S NEXT TO THE WALL UP

2) PLACE YOUR OTHER HAND ON YOUR HIP & BEND TOWARD THE SIDE THAT THE HAND ON YOUR HIP IS ON

2) REACH FOR YOUR TOES IN FRONT OF YOU & IF POSSIBLE CONTINUE TO REACH AS FAR AS POSSIBLE - WITHOUT BENDING YOUR KNEES

3) BRING YOUR LEG AS HIGH AS YOU CAN

CONTINUE TO BREATH IN & OUT FOR THE AMOUNT OF TIME INDICATED FOR EACH SET

3) HOLD YOUR POSITION FOR THE TIME INDICATED-

4) WHEN YOU SWING IT BACK DOWN, BRING IT ALL THE WAY BACK UNTIL YOU FEEL YOUR GLUTES (BUTT) BEING STRETCHED

3) SWITCH TO THE OTHER SIDE

CONTINUE TO BREATH SLOWLY THROUGHOUT THE STRETCH

5) SWITCH LEGS!

FIND VIDEO LINK-ONLINE

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FIND VIDEO LINK-ONLINE

DISCLAIMER

We are not nutritionists, dieticians, personal trainers, and/or certified health professionals. Our entire BestBodiesforlife team are people that have committed themselves to researching and finding life changing strategies to help others obtain the healthy and fit body they desire. It is very important to consult a physician or expert before making changes to your diet or exercise routine.

This guide serves solely for the purpose of assisting you during or throughout your workouts indicated for you to do in your workout guide. Our BestBodiesforLife's products, services, guides, tips, and any other items provided, are simply tools that will facilitate you on starting to live a healthier & better life. Our team nor our services are assurances for your success or liable for any injuries or health discrepancies.

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