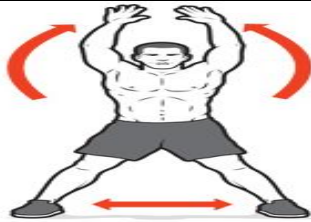



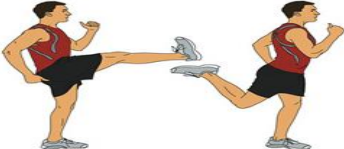
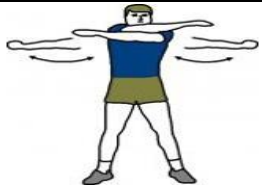




PERSONALIZED WORKOUT GUIDE

WARM UP-->30-45 MINUTE WORKOUT

ON WORKOUT DAYS (EVERY OTHER DAY) ASSURE YOU HAD YOUR MEAL AT LEAST 30 MIN PRIOR TO YOUR WORKOUT

WARM UP-PART 1- APPROXIMATELY (10-15 MIN)


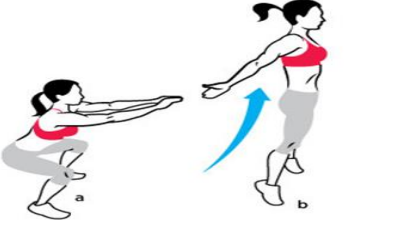
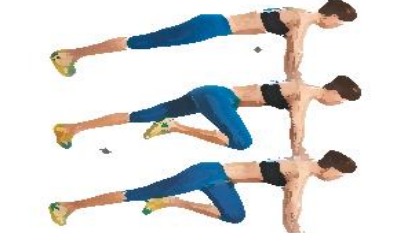
RAPID STARS	YOGA STRETCH	SIT & REACH
		
2 SETS	2 SETS	3 SETS
1) 20 RAPID STARS	(20) SECONDS YOGA STRETCH (RIGHT SIDE)	(20) SEC-SIT REACH (LEFT LEG)
2) 20 RAPID STARS	(20) SECONDS YOGA STRETCH (LEFT SIDE)	(20) SEC-SIT REACH (RIGHT LEG)
TOTAL= 40 RAPID STARS		(30) SEC- SIT REACH (BOTH LEGS)
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH
FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE
FLAMINGO	LEG SWINGS	ARM SWINGS
		
2 SETS	2 SETS	1 SET
(30) SEC- (LEFT LEG)	15 SWINGS- LEFT LEG	30 ARM SWINGS-SQUEEZE CHEST & BACK
(30) SEC- (RIGHT LEG)	15 SWINGS- RIGHT LEG	
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH
FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE
DASH WALKS		
	10 SECOND BREATHING BREAK	
6 SETS - (30) SEC DASH WALKS	SPEED WALK FOR 30 SECONDS STRAIGHT & TAKE A 10 SEC BREAK	REPEAT SAME PROCEDURE, UNTIL YOU HAVE COMPLETED ALL 6 ROUNDS
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE STRETCH		
FIND VIDEO LINK-ONLINE		



BEST BODIES FOR LIFE (BEGINNER WORKOUT GUIDE)

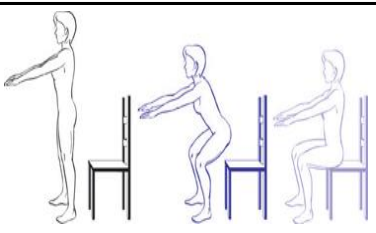


BEST BODIES FOR LIFE (BEGINNER WORKOUT GUIDE)

MAKE SURE THAT BEFORE YOU OFFICIALLY START YOUR WARM UP & WORKOUT OUT, YOU'RE HYDRATED AND READY TO EXERCISE. ASSURE THAT YOU'RE COMPLETELY STRETCHED OUT AND READY TO START EXERCISING. TAKE 10 SECOND BREAKS IN BETWEEN SETS & 15 SECOND BREAKS IN BETWEEN EXERCISES



WORKOUT PART 2- APPROXIMATELY (45-60 MIN)

MOTORCYCLE HOLDS	JUMP SQUATS	MOUNTAIN CLIMBERS
		
2 SETS	3 SETS	2 SETS
1) 25 SECONDS MOTORCYCLE HOLDS	1) 5 JUMP SQUATS	1) 15 MOUNTAIN CLIMBERS
2) 25 SECONDS MOTORCYCLE HOLDS	2) 5 JUMP SQUATS	2) 10 MOUNTAIN CLIMBERS
3) 5 JUMP SQUATS		
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE
<u>FIND VIDEO LINK-ONLINE</u>	<u>FIND VIDEO LINK-ONLINE</u>	<u>FIND VIDEO LINK-ONLINE</u>

DASH WALKS		
	<u>10 SECOND SLOW DOWN PERIOD</u>	
4 SETS-(30) SEC DASH WALKS	SPEED WALK FOR 30 SECONDS STRAIGHT & TAKE A 5 SEC PERIOD TO WALK A SLOWER PACE & START AGAIN	REPEAT SAME PROCEDURE, UNTIL YOU HAVE COMPLETED ALL 6 ROUNDS
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE		
<u>FIND VIDEO LINK-ONLINE</u>		

SIT & STANDS	IMAGINARY JUMP ROPE	SM- SHOULDER CIRCLES
		
2 SETS	4 SETS	4 SETS-10 SEC BREAK IN BETWEEN EACH SET
1) 1 MIN SIT & STANDS	1) (30) SECONDS IMAGINARY JUMP ROPE	1) 1 MIN OF SMALL SHOULDER CIRCLES-GOING FORWARD
2) 1 MIN SIT & STANDS	2) (30) SECONDS IMAGINARY JUMP ROPE	2) 1 MIN OF SMALL SHOULDER CIRCLES-GOING BACKWARDS
KEEP YOUR BACK STRAIGHT & LOOK UP	3) (15) SECONDS IMAGINARY JUMP ROPE	3) 30 SEC OF SMALL SHOULDER CIRCLES-GOING FORWARD
	4) (15) SECONDS IMAGINARY JUMP ROPE	4) 30 SEC OF SMALL SHOULDER CIRCLES-GOING BACKWARDS
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE	LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE
FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE	FIND VIDEO LINK-ONLINE

DASH WALKS

	<u>10 SECOND SLOW DOWN PERIOD</u>	
3 SETS-(30) SEC DASH WALKS	SPEED WALK FOR 30 SECONDS STRAIGHT & TAKE A 10 SEC PERIOD TO WALK A SLOWER PACE & START AGAIN	REPEAT SAME PROCEDURE, UNTIL YOU HAVE COMPLETED ALL 6 ROUNDS
LOOK AT GUIDE BOOK, IF YOU'RE HAVING TROUBLE DOING THE EXERCISE		
FIND VIDEO LINK-ONLINE		

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

COOL DOWN TIME!

