

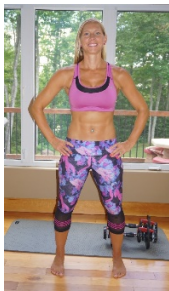
Welcome to the first day of your new fun, fit lifestyle, the first step toward your new body, and our first workout together. I hope you're excited, committed and ready to have some fun to transform your body.

### Day 1 – Full Body Workout

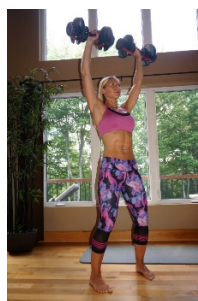
- ❖ Warm up with a 5 minute of light cardio – Cardio of your choice (walk, run, bike, row, elliptical, skipping rope, etc...)
- ❖ Perform each exercise for 50 seconds, taking 20 seconds' break after to catch your breath and get into position for your next movement.
- ❖ Do the full cycle of all exercises. That's one round. Take a one to two-minute break after completing the full cycle to drink some water.
- ❖ Do a total of 2 – 3 rounds – depending on your fitness level.

### The workout

#### **1. Standing Lunges alternating sides**



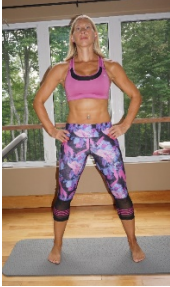
#### **2. Standing overhead should press (with dumbbells light weight)**



**3. Alternating bicep curl (light Dumbbells)**



**4. Squats with own body weight (or with dumbbells)**



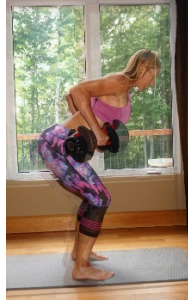
**5. Chair triceps dip (can use steps, bench or the floor)**



**6. Superman (hold for 5 seconds, release and repeat).**



**7. Two arm bent over back row with dumbbells**



**8. Flat Chest dumbbell press on stability ball or flat bench.**



**TAKE A 1 TO 2 MINUTE WATER BREAK AND REPEAT.**

**Be sure to take time to stretch at the end!**