



Fit N 5 Exercise Guide

Tighten, Firm and Tone

The exercises in this **Fit N 5™** fitness guide will help you tone your entire body without adding a bulky appearance. Before getting started, use the information below to discover your skill level and perform the exercises, sets and repetitions prescribed to you.

Identify Your Skill Level

Beginner Level: No or limited experience with resistance training.

Resistance Training:

If you're a beginner, it is essential to slowly incorporate resistance training into your wellness program. Therefore, perform no more than 3 days per week of resistance training on non-consecutive days (Monday, Wednesday and Friday) Doing more than 3 days per week at the beginning of your fitness training program may result in injuries. Every 6-weeks increase your **Fit N 5** circuits by one or two circuits to avoid your body adapting.

Cardiovascular Training:

On the days you choose to perform both resistance training and cardiovascular activities, perform your resistance training exercises first after a 5-10 minute warm-up followed by your cardiovascular activities. Based on your cardiovascular conditioning, aim for 25-30 minutes of moderate intensity cardio on equipment of your choice (treadmill, bike, stair stepper). Following this pattern of movement has been shown to be beneficial due to the different energy systems the body utilizes during resistance training and cardiovascular activities.

Stretching:

After completion of cardio and resistance training, stretch each large muscle group (legs, arms, back) and hold each stretch for 15-30 seconds. Don't bounce and always stretch before cool-down to avoid injury.

Recovery:

Allow at least two days per week for recovery. In addition to two days of recovery, allow at least 48 hours of rest time for each muscle group before you train that particular muscle group again.

Intermediate Level: You have at least 2-3 years of experience with resistance training and you have both upper and lower body strength.

Resistance Training:

At this fitness level you may have the strength to perform more volume of exercises. Therefore, you can perform more sets and repetitions than prescribed if you choose to. Add resistance training into your fitness regimen at least 4 days per week. Using non-consecutive days to train each muscle group. Every 6-weeks increase your **Fit N 5** circuits by one or two circuits to avoid your body adapting.

Cardiovascular Training:

On the days you choose to perform both resistance training and cardiovascular activities, perform your resistance training exercises first after a 5-10 minute warm-up followed by your cardiovascular activities. Based on your cardiovascular conditioning, aim for 30-45 minutes of moderate intensity cardio on equipment of your choice (treadmill, bike, stair stepper). Following this pattern of movement has been shown to be beneficial due to the different energy systems the body utilizes during resistance training and cardiovascular activities.

Stretching:

After completion of cardio and resistance training stretch each large muscle group (legs, arms, back) and hold each stretch for 15-30 seconds. Don't bounce and always stretch before cool-down to avoid injury.

Recovery:

Allow at least two days per week for recovery. In addition to two days of recovery, allow at least 48 hours of rest time for each muscle group before you train that particular muscle group again.

Advanced Level: You have at least 3-5 years of experience with resistance training

Resistance Training:

You can do resistance training at least 5 days per week, training different muscles groups on different days. (ex. Biceps and Triceps on Monday, Legs on Tuesday, Back and Chest on Thursday, Shoulders on Friday, Rest Saturday and Sunday).

Cardiovascular Training:

On the days you choose to perform both resistance training and cardiovascular activities, perform your resistance training exercises first after a 5-10 minute warm-up followed by your cardiovascular activities. Based on your cardiovascular conditioning, aim for at least 45 minutes of moderate intensity cardio on equipment of your choice (treadmill, bike, stair stepper). Following this pattern of movement has been shown to be beneficial due to the different energy systems the body utilizes during resistance training and cardiovascular activities.

Stretching:

After completion of cardio and resistance training stretch each large muscle group (legs, arms, back) and hold each stretch for 15-30 seconds. Don't bounce and always stretch before cool-down to avoid injury.

Recovery:

Allow at least two days per week for recovery. In addition to two days of recovery, allow at least 48 hours of rest time for each muscle group before you train that particular muscle group again.

Put It All Together

Now that you have identified your skill level, it's time to put everything together! The step-by-step process below will outline how to put together your Fit N 5 program.

Step # 1: Identify How Many Days Per Week You Can Train (Ex. Monday, Wednesday, Friday)

Step # 2: Determine Your Current Fitness Level (Beginner, Intermediate, Advanced)

Step # 3: Perform a 5-10 Minute Warm-Up

Step # 4: Use Your Fit N 5 Exercise Guide to Choose 5 Exercises That Will Create Your Circuit. The outline below is the framework for a total body circuit.

- Choose an Upper Body Exercise
- Choose an Lower Body Exercise
- Choose an Ab Exercise
- Choose an Upper Body Exercise
- Choose an Lower Body Exercise

Here's a Sample of a Fit N 5 Circuit:

Instructions: Complete the following exercises in a circuit fashion using a timer for one-minute for each exercise. Once you have completed each exercise, go immediately to the next exercise with no rest in-between each exercise. Complete this pattern until you reach the last exercise in your circuit. Once you complete the last exercise, rest for 90 seconds and then repeat entire circuit four additional times. This is the pattern for all Fit N 5 circuits!

Exercise # 1 Modified Med-Ball Push Ups

Exercise # 2 Reverse Lunges

Exercise # 3 Ropes

Exercise # 4 Resistance Bands Bicep Curls

Exercise # 5 Bridges

Step #5: Stretch

Use Your Fitness Guide to Identify Stretches. Stretch Before Your Body Cools Down and Do Not

Bounce

Step # 6: Repeat All Steps on Your Next Training Day

Get Ready for Your Circuit

The exercises on the following pages are designed for you to create your own **Fit N 5** circuits. To create your own circuits, determine if you desire to create a total body circuit or if you desire to train only one muscle group at a time. From there, choose 5 exercises to create your **Fit N 5** Circuit! Don't forget to warm-up before starting!

Chest Exercises

Movement Tip: To avoid injury, keep core contracted throughout entire movement. Doing so will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
One-Arm Med Ball Pushups *Modified Version	5	1-minute
Single-Legged Chest Press	5	1-minute
Physio-ball Chest Press	5	1 minute
Resistance Band Flyes	5	1 minute

Intermediate Level

Exercise	Rounds	Time
One-Arm Med Ball Pushups	5	1-minute
Single-Legged Chest Press	5	1-minute
Physio-ball Chest Press	5	1-minute
Physio-ball Pushups	5	1-minute
Resistance Band Flyes	5	1-minute

Advanced Level

Exercise	Rounds	Time
One-Arm Med Ball Pushups	5	1-minute
Single-Legged Chest Press	5	1-minute
Physio-ball Chest Press	5	1-minute
One-Arm Med Ball Pushups	5	1-minute
Resistance Band Flyes	5	1-minute



Physio-ball Pushups

Targeted Muscles: chest, triceps

Set Up: Place stability ball in front of body. Slowly roll your body onto the ball until your shins rest on ball. Your arms are positioned shoulder width apart with lower body and core tight. Keep slight bend in elbows.

Action: In a slow and controlled manner, bend elbows and slowly lower body until your arms form a 90- degree angle. Hold for a count and then extend arms to return body to starting position. Repeat movement until set is complete.

Movement Tip: To avoid injury, keep core tight throughout entire movement.



Single-Legged Chest Press

Targeted Muscles: glutes, hamstrings, chest, triceps

Set Up: Lay on back with both feet on ground, knees bent with arms bent holding dumbbells at chest level.

Action: In an upward movement, slowly bridge up on one leg, with opposite leg elevated off ground. Once lower body is off ground, press dumbbell upward until arms are fully extended. Hold for a count and then bring body back to starting position. Complete set and then switch to opposite arm and leg.

***Modified Version:** Keep both feet on ground. Maintain body in bridged position.



Physio-ball Chest Press

Targeted Muscles: chest, triceps

Set Up: Position body on a stability ball with a pair of dumbbells in both hands with feet positioned apart. In a slow and controlled manner, slowly walk your feet away from the ball until your upper back rests on stability ball. Elbows are bent with dumbbells facing inward with hips parallel to floor and feet positioned slightly apart.

Action: In a slow and controlled manner, slowly lower weight to sides of upper chest until slight stretch is felt in chest or shoulder. Hold for a count and then slowly extend arms to starting position without locking elbows. Keep core engaged and hips elevated in order to maintain form throughout entire movement.

Movement Tip: Keep hips and core contracted.

***Modified Version:** Drop hips to mid-level. Keep core contracted at all times.

Chest Press with Bridge

Targeted Muscles: glutes, hamstring and chest

Set Up: Lay on your back with knees bent, feet flat on floor, elbows bent while holding medicine ball at chest level.

Action: In a slow and controlled manner, lift body off mat by squeezing glutes and hamstrings in an upward movement (bridge), while keeping ball near chest. Once hips are off ground, extend arms and press ball towards ceiling. When ball returns, catch ball with slight bend in elbows. Bring lower body down from bridge movement and repeat entire movement.

Movement Tip: Find a focal point on the ceiling when tossing the ball. This will allow you to remain consistent with pressing the ball upward and catching it in the same spot.





Around the World

Targeted Muscles: chest, triceps

Set Up: Begin in pushup position with hands shoulder width apart, body in a straight line, core and lower body tight.

Action: In a slow and controlled manner, slowly bend your elbows and lower body until you reach a 90-degree angle. Hold for a count and then extend your arms and return to starting position. While in starting pushup position, lift right arm and rotate arm across body and hold for a count. Bring arm down. Perform another pushup and then repeat lift with opposite arm.

***Modified Version:** Perform exercise on knees.

Resistance Bands Flyes

Targeted Muscles: chest, triceps

Set Up: While in a standing position, with chest up shoulder blades back and slight bend in knees, grab resistant band and place behind the back of your shoulders. Once band is placed behind shoulders place a bend in elbows with arms extended out to the side of your body.

Action: With a slight bend in elbows, squeeze chest muscles together and bring arms together with palms facing one another. Hold for account and bring arms back to starting position. Repeat until set is complete.



Fit N 5 Tip

Using resistance training bands is a non-expensive and fun way to get fit at the gym, at home or while you travel.

If you travel often, packing a resistance training band in your suitcase will allow you to stay fit on the go. You can get fit and creative with resistance training bands!



Back Exercises

Movement Tip: Keep core contracted while performing each exercise. This will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
Seated Resistance Band Rows	5	1-minute
One-Arm Row	5	1-minute
Two-Arm Row *Modified Version	5	1-minute

Intermediate Level

Exercise	Rounds	Time
Seated Resistance Band Rows	5	1-minute
One-Arm Row	5	1-minute
Two-Arm Row	5	1-minute

Advanced Level

Exercise	Rounds	Time
Seated Resistance Band Rows	5	1-minute
One-Arm Row	5	1-minute
Two-Arm Row	5	1-minute

Seated Resistance Band Rows

Targeted Muscles: back, chest

Set Up: While in a seated position, shoulder back, core engaged and chest up, with knees bent and heels on the ground, place resistance band under the base of your shoe, grasping both handles with arms fully extended.

Action: In a slow and controlled manner, bring elbows back by squeezing shoulder blades together. Hold for a count and repeat entire movement until set is complete.



One-Arm Row

Targeted Muscles: back, core

Set Up: Begin by standing in a split stance, with one foot staggered in front of the other. Place a slight bend in knees, arm holding dumbbells in front of body with slight lean in torso.

Action: In a slow and controlled manner with core engaged, bring elbow back by squeezing your shoulder blade. Hold for a count and then extend arm back to starting position. Complete movement until set is complete and then switch arms.

Two-Arm Row

Targeted Muscles: back, core

Set Up: Begin by standing in a split stance, with one foot staggered in front of the other. Place a slight bend in knees, lean in torso, with arms extended in front of body holding dumbbells.

Action: In a slow and controlled manner with core engaged, bring elbows back by squeezing your shoulder blades together. Hold for a count and then extend arms back to starting position. Complete movement until set is complete.

***Modified Version:** Keep torso forward, but keep back leg on the ground.



Shoulder Exercises

Movement Tip: Keep core contracted while performing each exercise. This will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
Core Shoulder Lifts *Modified Version	5	1-minute
Front Shoulder Raises	5	1-minute
Lateral Shoulder Raises	5	1-minute
Rear Shoulder Raises	5	1-minute

Intermediate Level

Exercise	Rounds	Time
Core Shoulder Lifts	5	1-minute
Front Shoulder Raises	5	1-minute
Lateral Shoulder Raises	5	1-minute
Rear Shoulder Raises	5	1-minute

Advanced Level

Exercise	Rounds	Time
Core Shoulder Lifts*	5	1-minute
Front Shoulder Raises	5	1-minute
Lateral Shoulder Raises	5	1-minute
Rear Shoulder Raises	5	1-minute

*Use a heavier medicine ball around 8-10 lbs. for added resistance

Core Shoulder Lifts

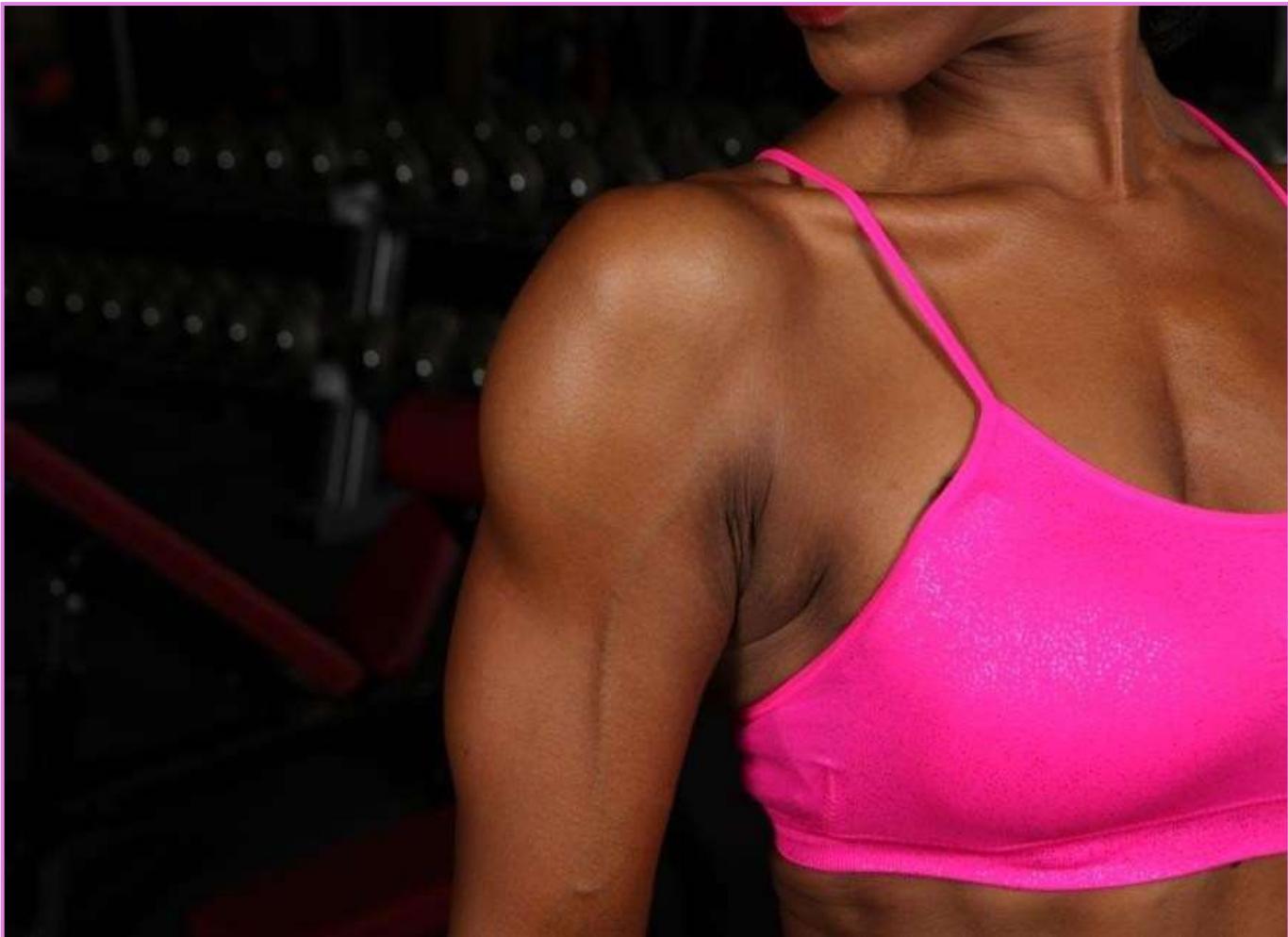
Targeted Muscles: anterior deltoids (front shoulder), core

Set Up: Position body on a mat with feet flat on floor, knees bent, chest up and arms extended in front of body while holding medicine ball.

Action: With core tight, in a slow and controlled manner, slightly lean back and raise feet about 2 inches off ground (Advanced level can raise feet higher). Once stabilized in position, lift arms in an upward position. Hold for a count, and then bring arms down. Repeat movement.

Movement Tip: Keep core tight and chest up to avoid rounding back while performing movement.

***Modified Version:** Keep both feet on ground.



Front Shoulder Raises

Targeted Muscles: anterior deltoids (front shoulder)

Set up: Stand in an upright position, feet positioned together or apart, core engaged with slight bend in knees. Dumbbells held in a neutral (palms facing inward towards your body) position in your hands.

Action: In a slow and controlled manner lift dumbbells in an upward movement raising arms until they reach eye level with palms facing each other. Hold for a count and then return hands back to starting position.

Movement tip: Keep slight bend in knees throughout the entire movement and don't allow body to swing as you move the dumbbells away from your body. Keep core engaged and feet anchored to ground in order to avoid swinging movement.



Fit N 5 Tip

*Hello summer and
short sleeve shirts!*



Lateral Shoulder Raises

Targeted Muscles: lateral deltoids (middle of shoulder)

Set Up: Stand with your feet together, knees slightly bent, while holding dumbbells facing inward towards your hips.

Action: With a slight bend in elbows, in a slow and controlled manner, lift arms in a lateral position (lateral means away from the mid-line of your body) until arms are parallel to the floor. Hold for a count and then lower arms back to starting position. Repeat movement until set is complete.

Movement Tip: Do not bring arms too high. As a reference point, you should be able to see the back of your hands in your peripheral view. If you can't see your hands, you're lifting too high. Raising arms to high releases tension off shoulder and places stress on other muscles. Do not arch back throughout movement.

Fit N 5 Tip

Toned shoulders look great regardless of what you wear, therefore don't forget to incorporate shoulder exercises into your fitness training program.

Rear Shoulder Raises

Targeted Muscles: rear deltoids, core

Set Up: Begin with feet together, knees bent, torso forward with arms extended in front of body holding dumbbells facing inward towards body.

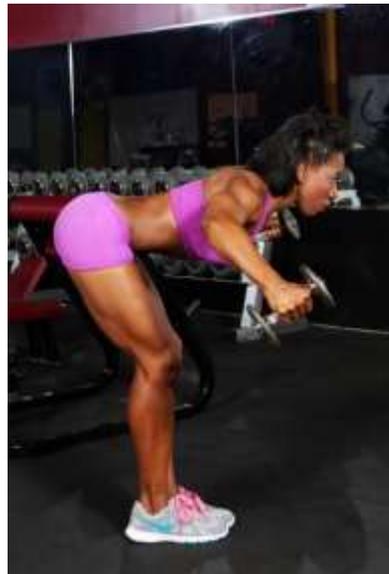
Action: With a slight bend in elbows, in a slow and controlled manner, lift arms away from body in an arching movement by squeezing shoulder blades together. Hold for a count and then lower arms back to starting position. Repeat movement until set is complete.

Movement Tip: Keep knees bent and core tight.



Fit N 5 Tip

*Nice toned
shoulders are great
for the winter,
summer or anytime
of the year!*



Bicep Exercises

Movement Tip: Keep core contracted while performing each exercise. This will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
Kneeling Physio-ball Curls	5	1-Minute
Single-Legged Bicep Curls *Modified Version	5	1-Minute
Split Stance Hammer Curls	5	1-Minute
Resistance Bands Curls	5	1-Minute

Intermediate Level

Exercise	Rounds	Time
Kneeling Physio-ball Curls	5	1-Minute
Single-Legged Bicep Curls	5	1-Minute
Split Stance Bicep Curls	5	1-Minute
Resistance Bands Curls	5	1-Minute

Advanced Level

Exercise	Rounds	Time
Kneeling Physio-ball Curls	5	1-Minute
Single-Legged Bicep Curls	5	1-Minute
Split Stance Bicep Curls	5	1-Minute
Resistance Bands Curls	5	1-Minute

Kneeling Physio-ball Curls

Targeted Muscles: biceps

Set Up: Kneel down in front of physio-ball with elbows positioned on ball, with palms facing upward while holding dumbbells along with core engaged.

Action: In a slow and controlled manner, squeeze biceps and bring down dumbbells towards your shoulders, keeping elbows close to body. Hold for a count and then extend arms without full extension of elbow back to starting position. Repeat movement until set is complete.

Movement Tip: Keep core tight to avoid hurting your lower back and if you experience knee problems, place a mat or towel under knees.



Single-Legged Bicep Curls

Targeted Muscles: biceps, core

Set Up: Stand with both feet together, slight bend in knees. Arms positioned by side, with palms facing away from your body while holding dumbbells.

Action: In a slow and controlled manner, slowly lift one leg off ground. Once stabilized, with elbow locked near side, curl dumbbell upward by squeezing biceps. Hold for a count and then lower arms back to starting position without locking out elbows. Repeat movement until set is complete and then switch leg to balance on.

Movement Tip: Slowly bring arms down without fully extending them.

***Modified Version:** Keep both feet on ground or bring foot slightly off the ground.



Fit N 5 Tip

While standing on one leg, keep core engaged this will help you keep your balance.



Split Stance Hammer Curls

Targeted Muscles: biceps

Set Up: In an upright position stagger feet evenly positioning body weight on front and back legs, with shoulders back, core engaged while holding dumbbells in a neutral position (palms facing towards your body), with slight bend in elbows.

Action: In a slow and controlled manner, slowly squeeze biceps and bring dumbbells towards your shoulder while keeping elbows positioned close to your body. Hold for a count and then return hands to starting position without fully extending arms. Repeat movement until set is complete.



Fit N 5 Tip

Never jeopardize form for weight. If you can't properly

lift the weight you're using, decrease the amount of weight.

Resistance Bands Curls

Targeted Muscles: biceps

Set Up: Place resistance band underneath both feet creating enough space to create equal resistance on handles. Once band is placed under feet, stand in an upright position with shoulders back, core engaged, slight bend in knees and palms facing upward with resistance band in both hands.

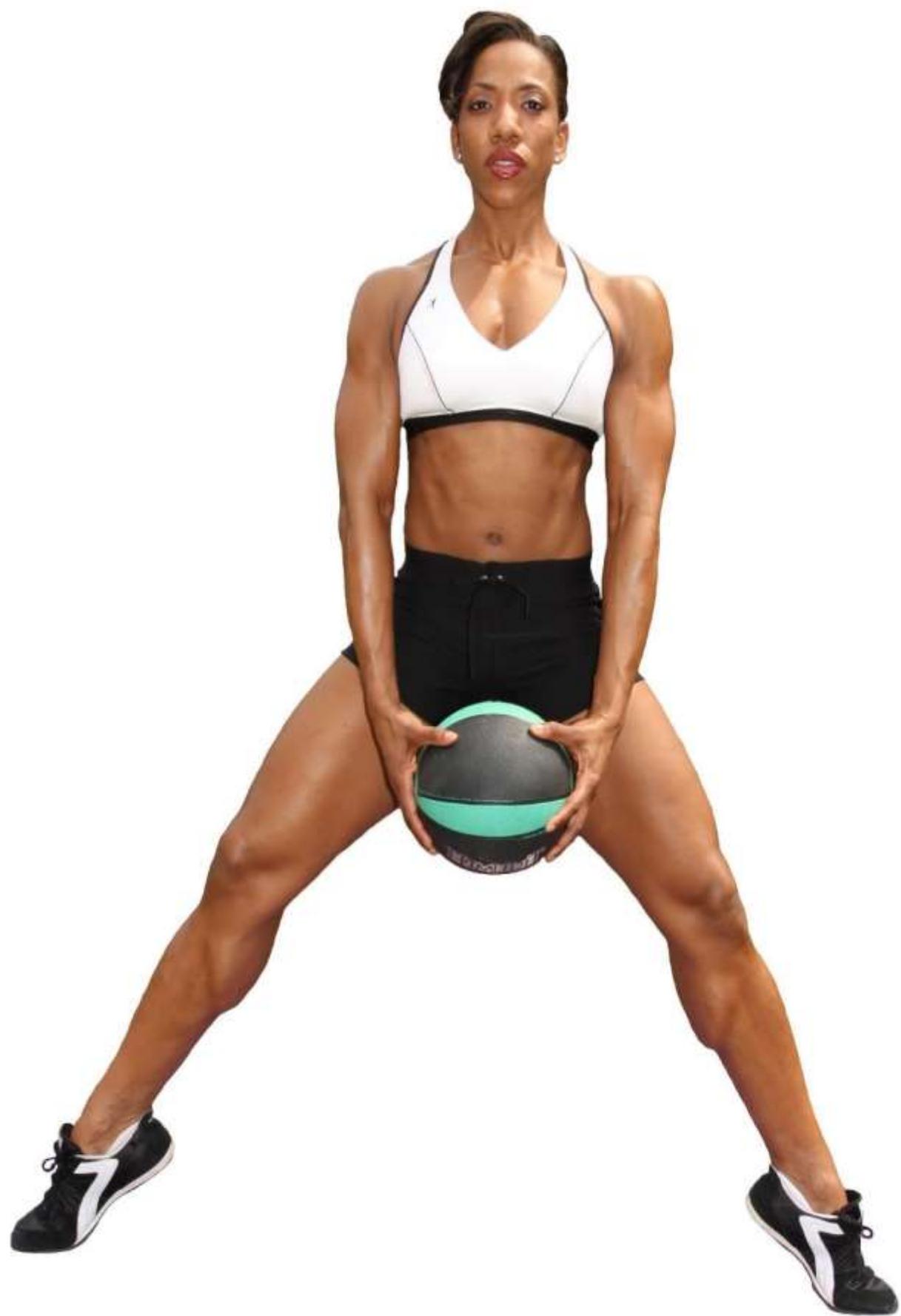
Action: In a slow and controlled manner with elbows close to body, squeeze biceps and bring hands towards shoulders, hold for a count and then return hands to starting position without fully extending arms.

Movement Tip: Keep a slight bend in knees at all times in order to avoid placing stress on your lower back. When performing movement, do not allow elbows to move away from the body, doing so will place less stress on biceps.



Fit N 5 Tip

Keep elbows locked into your side in order to fully make the biceps work.



Tricep Exercises

Movement Tip: Keep core contracted while performing each exercise. This will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
Resistance Band Extensions	5	1-Minute
Standing Triceps Kickbacks	5	1-Minute
Seated Overhead Triceps Extensions *Modified Version	5	1-Minute

Intermediate Level

Exercise	Rounds	Time
Resistance Band Extensions	5	1-Minute
Standing Triceps Kickbacks	5	1-Minute
Seated Overhead Triceps Extensions	5	1-Minute
Pyramid Pushups	5	1-Minute

Advanced Level

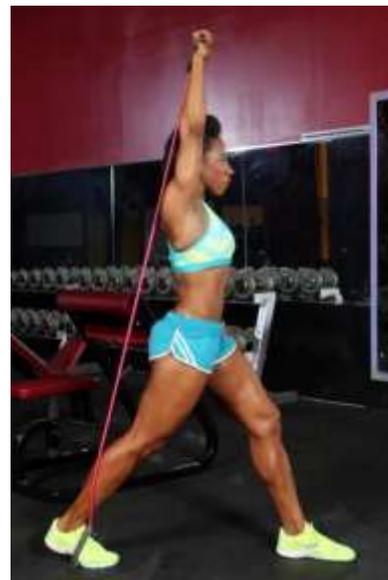
Exercise	Rounds	Time
Resistance Band Extensions	5	1-Minute
Standing Triceps Kickbacks	5	1-Minute
Seated Overhead Triceps Extensions	5	1-Minute
Physio-ball Triceps Pushups	5	1-Minute

Resistance Band Extensions

Targeted Muscles: Triceps

Set Up: Place resistance band underneath the back of your foot and then stand in an upright position staggering foot evenly in order to position body weight on front and back legs. Shoulders back, core engaged while holding resistance band in hand with elbow bent.

Action: In a slow and controlled manner, contract core and fully extend arm by squeezing triceps without locking out your elbow. Hold for a count and then return arm back to starting position. Repeat movement until set is complete and then switch your arm and foot.



Fit N 5 Tip

Performing these exercises will give you the confidence to wave goodbye!

One-Arm Triceps Extensions

Targeted Muscles: triceps, core

Set Up: Place body in push up position, with hands positioned shoulder width apart. Legs spread apart to form a V with dumbbells in front of body.

Action: While contracting core, slowly grab dumbbell off floor and lift right arm off ground, tucking right elbow at side. Once elbow is tucked into side, in a slow and controlled manner, extend arm without locking out. Repeat movement until set is complete and then switch arms. Complete set with opposite arm.

Movement Tip: To avoid back injuries, keep core contracted throughout entire movement.

***Modified version:** Perform on knees.



Physio-ball Triceps Pushups

Targeted Muscles: triceps, core

Set Up: In a slow and controlled manner, roll body forward onto stability ball until shins are resting on ball. Hands are positioned closer than shoulder width, with slight bend in elbows.

Action: In a slow and controlled manner, bend elbows in a hinge movement and lower body about 2-4 inches from the ground. Hold for a count and then extend arms to return body to starting position. Repeat movement until set is complete.

Movement Tip: To help balance on ball, keep core contracted and lower body aligned.

***Modified Version:** Do not use ball, instead use mat and perform exercise on knees. Keep core tight throughout entire movement.

Standing Triceps Kickbacks

Targeted Muscles: triceps, core

Set Up: Stand with feet together, slight bend in knees. Torso forward and elbows tucked into side of body while holding dumbbells in a supinated position (hands facing upwards towards your body).

Action: In a slow and controlled manner, extend your arms by squeezing your triceps. Hold for a count and then bring arms back to starting position. Repeat movement until set is complete.

Movement Tip: Fully extend arms without locking elbows.



Fit N 5 Tip

To avoid overuse injuries at the elbow joint, don't lock out elbows on triceps exercises.





Pyramid Pushups

Targeted Muscles: triceps, core and chest

Set Up: Start with body in a pushup position, hands are positioned close together with index fingers and thumbs touching to form a diamond. Lower body and core remain aligned and contracted.

Action: In a slow and controlled manner, bend elbows and lower body parallel to floor. Once arms are positioned at 90-degrees, stop movement. Hold for a count and then extend arms to return to starting position. Repeat movement until set is complete. Do not lockout elbows when returning to starting position.

Movement Tip: To avoid back injuries, keep core tight throughout entire movement.

***Modified Version:** Perform exercise on knees.



Fit N 5 Tip

Many women have weaker upper bodies, but performing this exercise will help improve your upper body strength and tone your arms.

Seated Overhead Triceps Extensions

Targeted Muscles: triceps, core

Set Up: Place body on a stability ball while holding dumbbells. In a slow and controlled manner, walk your feet away from ball until your upper back rests on stability ball. Hips parallel to the floor with arms extended holding dumbbells.

Action: While maintaining balance on stability ball, in a slow and controlled manner, bend elbows and lower weight until your elbows are fully bent. Hold for a count and then extend arms back to starting position. Repeat movement until set is complete.

***Movement Tip:** Extend arms without locking elbows.





Straight Arm Extensions

Targeted Muscles: triceps, core

Set up: Stand in an upright position with body facing towards triceps extension attachment either on a Smith Machine or Universal Cable System. Shoulder blades back, slight bend in knees, core engaged and hand positioned in supinated position (palms facing upward).

Action: In a slow and controlled manner fully extend arm by squeezing triceps. Extend arm without locking elbow. Hold for a count and then return arm back to starting position. Repeat movement until set is complete and then switch arms.



Fit N 5 Tip

Using the cable machine is a great way to add variety into your resistance training program.

Physio-ball Overhead Triceps Extensions

Targeted Muscles: triceps, core

Set Up: Sit on physio-ball with slight bend in knees, feet flat on ground, core engaged, shoulders back and arms extended holding dumbbells.

Action: While maintaining stability on ball, in a slow and controlled manner, bend elbows and lower weight until your hands are behind your head. Hold for a count and then extend arms back to starting position. Repeat movement until set is complete.

Movement Tip: Extend arms without locking elbows out.



Fit N 5 Tip
Performing exercises on an unstable object such as the physio-ball is a great way to build core strength and balance.





Lower Body Exercises

Hips, Glutes and Thighs, Oh My!

A firmer backside and toned legs are only a few squats away, what are you waiting for? Choose the exercises below based on your current skill level and perform as a part of your Fit N 5 circuit.

Lower Body Exercises

Beginner Level

Exercise	Rounds	Time
Reverse Lunges	5	1-Minute
Hamstring Blast	5	1-Minute
Hamstring Reach	5	1-Minute
Frog Lifts	5	1-Minute

Intermediate Level

Exercise	Rounds	Time
Squat Kicks	5	1-Minute
Lunge Ups	5	1-Minute
Single Legged Bridges	5	1-Minute
Frog Lifts	5	1-Minute

Advanced Level

Exercise	Rounds	Time
Squat Kicks	5	1-Minute
Frog Lifts	5	1-Minute
Single Legged Bridges	5	1-Minute
Hamstring Reaches	5	1-Minute
Lateral Lunges	5	1-Minute



Reverse Lunges

Targeted Muscles: quadriceps, glutes and hamstrings

Set Up: Stand with feet together, slight bend in knees with hands resting on hips or placed in front of body.

Action: With chest up and core tight, in a slow and controlled manner, step back with one leg, creating a wide stance between your front and back leg. Keep a slight bend in both knees without knees going over toes. Your back knee approaches the ground but never touches the ground. Hold for a count and push off back leg, bring back leg forward to starting position. Repeat movement until set is complete on one leg and then switch legs and repeat movement.



Reverse Lunge with Abductions

Targeted Muscles: quadriceps, glutes and hamstrings

Set Up: Stand with feet together, slight bend in knees, shoulders back, core engaged with hands resting on hips.

Action: In a slow and controlled manner, step back with one leg, creating a wide stance between your front and back leg. Keep a slight bend in both knees without knees going over toes. Your back knee approaches the ground but never touches the ground. Once in this position, hold for a count and then bring back leg forward to starting position.

From starting position, place slight bend in lead leg and move your leg away from the midline (middle) of your body. Hold for a count and then bring leg back to starting position. Switch legs and repeat movements with opposite leg.

Squat with Side Kick

Targeted Muscles: Glutes, hamstrings

Set Up: Stand with feet hip width apart, core tight and shoulder blades retracted

Action: In a slow and controlled manner, engage core and squat until your knees make a 90 degree angle. Hold squat for a count while maintaining proper form. Return completely from squat, shift weight onto right leg, and then kick out to the left side of your body. Bring leg back to ground, repeat squatting movement and perform kick with opposite leg.



Plie Squats with Calf Raises

Targeted Muscles: calves, inner thighs, glutes

Set Up: Stand with feet wider than shoulder width apart, toes turned outward with core engaged and arms extended by body.

Action: In a slow and controlled manner, lower body until your thighs are parallel to the ground. Keep knees pointed in same direction as toes. Hold for a count and then return body back to starting position. While in an upward position, lift up on calves and perform a calf raise. Bring calves down. Repeat entire movement until set is complete.



***Movement Tip:** Keep core contracted throughout entire movement. Do not allow knees to go over toes.

Lateral Lunges

Targeted Muscles: Glutes, hamstrings

Set Up: Place feet together or hip-width apart with your toes pointed directly forward. Shoulders back, core engaged and hands placed in front of body or positioned on hips.

Action: In a slow and controlled manner, lift your right leg and step to the side. Once your foot is fully planted, push your hips back and bend your right knee to lower into a lunge. Descend until your right thigh is about parallel to the floor and then extend your hips and knee to come back up.

Return your right foot to the starting position and then perform the next repetition, stepping to the side with your left foot. Continue this back and forth movement pattern until you complete set.



Lunge Ups

Targeted Muscles: glutes, thighs (quadriceps) & hamstrings

Set Up: Begin with body in a stationary lunge position, right leg back, core engaged with hands positioned in front of body or on hips.

Action: In a slow and controlled manner, push off back leg, bringing body into an upward position shifting weight from back leg to front left leg. Hold body in this position for a count and then slowly lower right leg back to starting position. Repeat movement pattern on right leg until set is complete and then switch legs and repeat movement until set is complete.



Single-Legged Bridge

Targeted Muscle: glutes, hamstrings

Set Up: Lie on your back with both feet placed on the ground knees bent, with arms extended by your side.

Action: In a slow and controlled manner, slowly lift right leg off ground, while bridging up on left leg by squeezing your glutes and hamstrings. Hold body in this position for a count and then slowly lower left hip and right leg. Switch legs and repeat movement pattern on the opposite side of your body until set is complete.

***Modified Version:** Keep both feet on ground, and then bridge up.



Hamstring Reach

Targeted Muscles: glutes, hamstrings

Set Up: Stand with feet together, slight bend in knees. Arms extended by your side with hands in a neutral position (palms facing inwards towards your body).

Action: While maintaining a slight bend in knees and core engaged, in a slow and controlled manner, bring torso forward reaching dumbbells towards ground and pushing hips back. Hold for a count and then return body back to starting position. Repeat movement until set is complete.

Frog Lifts

Targeted Muscles: glutes, hamstrings

Set Up: Roll forward on stability ball until hips are positioned midway on ball, legs spread apart forming a "V," feet touching ground with arms positioned shoulder width apart.

Action: While keeping legs in "V" position, in a slow and controlled manner, squeeze glutes and move legs in an upward movement towards the ceiling. Hold for a count and then bring legs back to starting position. Repeat movement until set is complete.

***Movement Tip:** Keep a slight bend in elbows throughout entire movement. Keep head forward in a neutral position.



Hamstring Blast

Targeted Muscles: hamstrings, glutes

Set Up: Lay on your back with knees bent, feet flat on stability ball, arms resting near body with palms in a downward position.

Action: In a slow and controlled manner, create an arc movement by pressing feet against ball and lifting hips off ground. Hold for a count and then return body back to starting position. Repeat movement until set is complete.

Curtsy Lunge

Targeted Muscle: quads, glutes, hamstrings

Set Up: Stand with right leg in front and left leg positioned diagonally behind right leg. Slight bend in knees, with hands rested on hips.

Action: In a slow and controlled manner, bend both knees until your thigh is parallel to the ground. Your back knees approaches, but never touches the ground. Hold for a count and then return body back to starting position. Repeat movement until set is complete and then switch front and back legs, repeat movement with opposite stance until set is complete.

***Movement Tip:** Make sure knee doesn't go past toes. Keep body in proper alignment with core contracted throughout entire movement.



Fit N 5 Tip

*You can't spot
reduce to lose weight
in a particular part
of your legs! You can
train smart,
consistently and
consume healthy
well-balanced meals
to assist you in
losing weight in
your legs and your
entire body*



Tick Tocks

Targeted Muscle: glutes, quads (thighs) and hamstrings

Set Up: Stand with feet together, slight bend in knees, arms by your side.

Action: While contracting core, in a slow and controlled manner, bring torso forward reaching both arms in front of body while lifting right leg off the ground. Keep eyes forward and locate a focal point in order to maintain balance. Hold body in this position for a count and then bring body back to starting position. Repeat movement and switch legs. Repeat movement pattern until set is complete.



Fit N 5 Tip

Squat, lunge and bridge for tighter and firmer legs, but don't forget clean eating and regular cardio to help you shed unwanted body fat from your legs. Don't let your hard work go to waste!

Standing Hip Abductions

Targeted Muscles: abductors, glutes

Set Up: Stand with feet together, slight bend in knees. Hands placed on hips or in front of your body.

Action: With slight bend in knee, in a slow and controlled manner, lift leg off ground away from the mid-line or middle of body with knee pointing downward. Keep bend in opposite leg. Hold for a count and then return leg back to starting position. Repeat movement and then switch leg and repeat movement until set is complete with opposite leg.

***Movement Tip:** While lifting leg, keep core tight to avoid a shift of weight on supporting leg. If you lack balance or core strength, find an object to hold onto for support.





Abdominal Exercises

A Stronger Core, A Stronger You

Your core muscles are one of the most important muscle groups in your entire body. This dynamic group of muscles stabilize your spine and assist in every movement you make. To prevent injury, keep your core muscles engaged throughout each movement. Choose your fitness level and perform the suggested sets and repetitions.

Abdominal Exercises

Movement Tip: Keep core contracted while performing each exercise. This will keep body aligned and lessen the chance of injury to your back.

Beginner Level

Exercise	Rounds	Time
Knee Taps	5	1-Minute
Physio-ball reverse knees	5	1-Minute
Ropes	5	1-Minute
Walk-Ups	5	1-Minute

Intermediate Level

Exercise	Rounds	Time
Russian Twists with Layout	5	1-Minute
Med-ball Oblique Twists	5	1-Minute
Hanging Abdominal Raises	5	1-Minute
Ropes	5	1-Minute

Advanced Level

Exercise	Rounds	Time
Russian Twists with Layout	5	1-Minute
Med-ball Oblique Twists	5	1-Minute
Hanging Abdominal Raises	5	1-Minute
Ropes	5	1-Minute

Knee Taps

Targeted Muscles: obliques

Set Up: Begin with feet placed shoulder width apart, slight bend in knees with arms extended overhead while holding medicine ball.

Action: In a slow and controlled manner, contract core and bring right elbow and right knee together, hold for a count. Return to starting position. Repeat movement until set is complete. Switch arm and leg and then repeat movement until set is complete.

***Movement Tip:** Keep slight bend in knees throughout entire movement.



Fit N 5 Tip

It is essential to remember that although you may strengthen and tone your abdominal muscles with exercise, in order to see your abs, you have to burn the fat surrounding your abs by incorporating healthy well-balanced meals and cardio.

Walk-Ups

Targeted Muscles: abdominals

Set Up: Begin in a push up position, arms shoulder width apart with slight bend in elbows, core tight, lower body in a straight line.

Action: In a slow and controlled manner, step backwards with your hands until your body is in a "V" position. Hold position for a count and then slowly bring body down by moving hands forwards. Repeat movement until set is complete.

***Movement Tip:** Only go as far as your natural range of motion will allow.



Russian Twists with Layout

Targeted Muscles: abdominals, obliques

Set Up: Place body on mat with feet flat on ground, knees bent, chest up while arms are bent holding medicine ball.

Action: In a slow and controlled manner, bring feet off mat around 2-4 inches. Once stabilized, rotate torso from one side to the other side of the body. After rotation, return torso to starting position, while in this position extend arms overhead and release legs straight in front of your body. Hold for a count and then repeat movement until set is complete.

***Modified Version:** Keep feet on ground when rotating and do not perform layout.

Switch-n-Reach

Targeted Muscles: obliques

Set Up: Lie down on a mat with body in a jumping jack position. Arms and legs form an "X".

Action: In a slow and controlled manner, bring right arm towards left leg. Hold for a count and then bring body back to starting position. From starting position, switch arm and leg and repeat movement until set is complete.

Movement Tip: Only lift arm and leg within natural range of motion.

***Modified Version:** Keep upper body in same position with legs placed on ground. Instead of bringing arm and leg together, reach opposite arm towards opposite leg by slightly lifting shoulder off mat.



Pike Holds

Targeted Muscles: abdominals

Set Up: In a slow and controlled manner, roll body forward on stability ball until shins rest on ball. Hands are positioned shoulder width apart, core tight and legs in a straight line.

Action: With a slight bend in elbows, in a slow and controlled manner, slowly draw in stomach and lift body into a pike position creating a "V." Hold for a count and then slowly bring body back to starting position. Repeat movement until set is complete.

Windmills

Targeted Muscles: abdominals, obliques

Set Up: While lying on your back, extend both arms out to the side of your body, with left leg fully extended and right knee bent with foot on floor.

Action: In a slow and controlled manner lift upper body off ground in a rotational movement, reaching left arms towards right knee, while right foot lifts off ground. Hold for a count and rotate body back to starting position. Perform movement until set is complete. Switch legs and repeat entire movement on opposite side.



Physio-ball Reverse Knees

Targeted Muscles: abdominals

Set Up: While lying on your back, place physio-ball in between your legs, slightly squeezing your thigh muscles to keep the ball stabilized. Feet are at in a flexed position on ground.

Action: In a slow and controlled manner, engage core and bring feet off ground and knees towards upper body. Hold for a count and slowly bring feet back to ground without allowing feet to fully rest on ground. Repeat movement until set is completed.

Med-ball Oblique Twists

Targeted Muscles: abdominals, obliques

Set up: While lying on your back, with arms extended on ground next to body, knees bent, place medicine ball between thigh muscles, with feet flat on ground.

Action: In a slow and controlled manner, lift feet off ground and rotate hips and knees towards the side of your body. Hold for a count and then bring legs back to the middle of your body and rotate them in the opposite direction and hold for a count. Repeat this movement pattern until set is complete.

Movement tip: Try to keep shoulders on ground when rotating body from side to side. If you can't properly execute movement with medicine ball, remove medicine ball and perform movement without it.



Ropes

Targeted Muscles: abdominals

Set Up: Lay on ground with knees bent, feet flat on floor and arms extended over your head, with one arm staggered over the other.

Action: In a slow and controlled manner engage your core and pretend your hands are climbing up a rope, one hand at a time. Once body is completely off the floor, hold for a count and then slowly reverse your hands climbing back down the rope as your torso returns back to the ground. Repeat movement until set is completed.

Hanging Abdominal Raises

Targeted Muscles: abdominals

Set Up: In a slow and controlled manner, jump up or use a bench to grasp and hang from a high bar (Universal Machine) with hands positioned slightly wider than shoulder width apart with an overhand grip, core engaged and body stabilized.

Action: In a slow and controlled manner, slowly raise legs by flexing hips and knees until hips are completely flexed or knees are well above hips. Hold for a count and then slowly return hips and knees to starting position. Repeat movement until set is completed.

Movement tip: When performing this movement do not allow body to swing back and forth. Keep core engaged throughout entire movement and keep slight bend in elbows while hanging from bar.



Fit N 5 Tip

Don't focus solely on getting a 4 or 6 pack. Instead focus on building a strong core that will support your body for the rest of your life!

To continuously see progress in your body and your cardiovascular conditioning, it is essential to add more sets, repetitions, increase your intensity and the amount of weight you lift. By changing these variables, you will force your body to exert more energy resulting in a more effective metabolic system and build leaner muscles and stronger bones.

To find additional resources to assist you on your fitness journey click on this link <https://amazon.com/-/e/B019NITSBG> to access the health and fitness library where you will discover fitness training and wellness books written by Fitness Olympian, 10 x Author, globally recognized Health and Fitness Expert and creator of Fit N 5™ Laticia "Action" Jackson.

For expert help with reaching your fitness goals, email our fitness team at wellcontent4u@gmail.com.

