

THE FIRST
STEP
TO FITNESS
ISN'T A LEAP.



The key to long-term fitness is to start slow, build steadily, and enjoy yourself.




THE NEXT 12 WEEK CHALLENGE

WEEKS	CARDIO 	STRENGTH 	FLEXIBILITY
7-18	2 x 60 mins	2 x 60 mins	1 x 60 mins

The next step is to increase the intensity. The idea is that once you have a base level of fitness, getting fitter isn't about more time, it's about the level of effort you put in. High-intensity interval training (HIIT) is scientifically proven to take your fitness to the next level, using short bursts of work followed by intervals for recovery. An example of HIIT is a 30 minute SPRINT™ or MX4 workout.

Here's what reserachers suggest for when you are ready to add HIIT into your schedule.

HIIT	CARDIO 	STRENGTH 	FLEXIBILITY
2 x 30 mins	2 x 60 mins	2 x 60 mins	1 x 60 mins



SMARTSTART
A PROVEN WAY TO FITNESS












MIX AND MATCH YOUR CARDIO, STRENGTH,
AND CORE/FLEXIBILITY FOR A TOTAL
OF 5 TO 7 DAYS PER WEEK.

CARDIO - aerobic training, great for burning calories and increasing endurance.

STRENGTH - weighted training that builds lean muscle and helps with long-term weight loss.

CORE/FLEXIBILITY - increases mobility, improves muscle recovery, posture, and increases range of motion.

ZONE 1 - 3 CLASSES

ZONE 1	ZONE 2	ZONE 3
CARDIO 	CARDIO 	CARDIO 
Any 101 Cardio Aqua Pound Zumba Bike Elliptical Pool Treadmill	Aqua Endurance Cardio Interval Cycle & Cycle circuit Interval MX4 Rebounding Rower Stair Climber	Aqua Challenge BODYCOMBAT™ Cardio Challenge S-Drive SPRINT™ Tabata
STRENGTH 	STRENGTH 	STRENGTH 
Any 101 Strength Balance & Stability Free Weights Weight Machines *TRIBE Team Training	Barre BODYPUMP™ Define Total Body Yoga Sculpt MX4 Personal Training *TRIBE Team Training	Any Zone 1 or 2 class * TRIBE Team Training
*TRIBE is a 6 week, 2 x/wk program		
CORE/FLEXIBILITY 	CORE/FLEXIBILITY 	CORE/FLEXIBILITY 
Any 101 Yoga Gentle Yoga Release Yoga Stretch Yin Yang Yoga	Any Yoga class BODYFLOW™ Completely Core Mat Pilates	Any Zone 1 or 2 class