

How to use this course:

Welcome to Fit in 15!

This workout program requires no or minimal equipment (like dumbbells, kettlebells, or you can make your own weights by filling plastic water bottles and jugs with water or sand, fit ball) and will help you achieve a healthy weight and increase your overall fitness level for a more toned and lean body.

Designed specifically around these goals, the comprehensive nutrition and exercise plans will not only help you shed a few pounds of excess weight over the 12 weeks but also make you feel healthier, fitter and more energized just a couple of weeks after starting! But you don't have to stop there, you can continue this program well past your 12 weeks for maintaining and further improving your results.

One of the main aims of the program is to get your metabolism burning and get your cardiovascular system more active through a balanced diet and high intensity workouts. Exercise is a great stress reliever and this program will get you feeling great by getting endorphins pumping in the brain. A lot of workouts in this program require no equipment, so you can do it at home, in your backyard or the park, in the hotel room. But I included workouts with fit ball and kettlebell to make it more interesting and mix up your routine. Some of the workouts you can do with a set interval timer, or for a prescribed amount of repetitions. This was also made to make them less boring so you can mix and match different workouts as well.

The exercise plan includes 15 plus 3 bonus workouts that concentrate on different body parts, as well as a pre-workout warm-up and post-workout stretching routines. Each training session is about 15 minutes and you can exercise three to five times a week. All workouts are in video format so you get clear demonstration of exercises along with modifications. Plus there are PDF guides with instructions and exercises for each workout, so you can take them anywhere with you. The selected exercises will improve your cardiovascular fitness, core strength, and flexibility, joint range of motion and upper/lower body strength.

I included a sample Workout Schedule, to show you how to structure your workouts. I put 4-5 workouts per week on there. But you can modify it to meet

your needs. Say you want to work on shaping your arms more, then you include the Arm Shaper workout in your workout schedule more often. You can do the workouts more often, every day if you wish. Or less often if you need, but try to squeeze at least 3 per week, since they are short you should be able to fit them in your schedule. The more often you workout the faster results you will get, but always listen to your body. And stay consistent (I don't want you to work out every day of one week and totally skip the next, cause that is not good) – so stick to your exercise schedule! Print the attached schedule (or write in workouts of your choice in the blank one to fit your needs) and put it somewhere you can see it. The refrigerator or the wall in the room you will most likely be exercising in is a good place. (I intentionally inserted 16 weeks in the Workout Schedule calendar, because I don't want you to quit working out once 12 weeks are over and lose the results you achieved. I want you to continue on the road of healthy habits.)

I recommend to read the included instructions for each workout before you watch the video, so you know what to expect as far as exercises go. But I don't want you to get discouraged if you have never done those exercises before, as you can always modify if it seems too difficult. I believe that taking action is the most important step. So after you looked at the instructions, turn on video and start moving and don't stop until we are done, even if you could not do all the moves. You will get better with time and practice, I promise!

I encourage you to warm up before and stretch after the workout. And I included separate videos for warm up and stretching. Or you can simply jog in place for a few minutes if you wish and do your own stretches if you are experienced. But please don't skip those! Even though it adds a few minutes to your workouts they are very beneficial and should not be underestimated. The warm-up and dynamic stretches routine:

- Prepares your body and mind for physical activity
- Raises your body's core temperature
- Loosens your muscles and prepares them for training
- Increases your heart rate and breathing, which sends blood and oxygen to the working muscles
- Lengthens both muscles and tendons to increase range of motion and help prevent injuries.

And post workout stretches will kick start muscle recovery after that hard work.

I also included Progress Tracking Sheet, so you can track your progress at the start of the program, and then every four weeks.

I recommend taking before photos maybe in your jeans that are tight on you now, so you can visibly see the progress as you put your jeans back on every 4 weeks. (I might ask for your photos ☺). Cause a lot of times when you start building your muscles and burn fat, the muscles weigh more than fat. And you might not see immediate results on the scale, and sometimes your weight increases a little, but you can tell by how your clothes fit, or by measuring around your waist, thighs and arms. So I included those measurements in your tracking sheet as well. You will also track how much stronger you are getting by testing how many pushups and squats you could do before you started the program and then every 4 weeks.

If you have any medical issues consult with your physician or other health care professional before starting this or any exercise program to determine if it is right for your needs. If you have any questions about this program, please email me at contact@myeasyfitlife.com.