

# How-to Workout

## CORE

Including Abs and Lower Back



Cardio



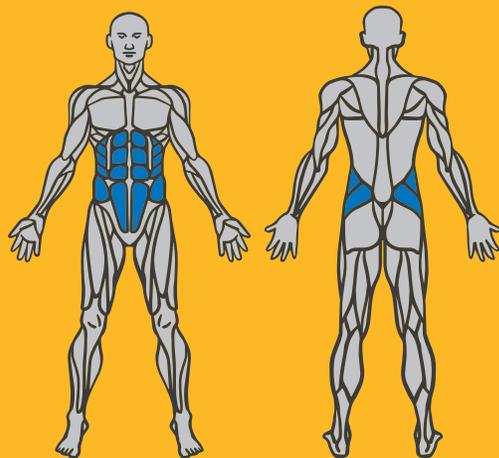
Conditioning



Strength

### Did you know?

A strong core can result in better posture, increased balance and lessen your chances of having lower back pain.



## Upgrade to a Black Card Membership NOW!

Benefits include:

- ✓ Access to all locations across Canada
- ✓ Share your membership with friends and family
- ✓ Free tanning
- ✓ Unlimited massage and MORE!

Please see a host to upgrade

# Fit 4 Less

# EveryBody is different. Work your way up to the recommended time or reps/sets.

## CARDIO



Improve heart health and increase your metabolism by performing one of the following exercises.



**Treadmill**  
10-15 minutes



**Stairs**  
10-15 minutes



**Stationary Bike**  
10-15 minutes



**High Knees**  
30 seconds x 3 sets

## CONDITIONING



Use your body weight to tone. Lower weight means increased reps.



**Plank**  
30 second hold x 3 sets



**Mountain Climber with Twist**  
12-15 reps x 3 sets



**V Sits**  
12-15 reps x 3 sets



**Superman**  
12-15 reps x 3 sets



## STRENGTH



Add some weight to help build muscle. Increased weight means decreased reps.



**Ab Machine**  
8-10 reps x 3 sets



**Weighted Sit Up**  
8-10 reps x 3 sets



**Weighted Side Bend**  
8-10 reps x 3 sets



**Weighted Oblique Twist**  
8-10 reps x 3 sets

This handout is for informational purposes only and should not be taken as professional or medical advice. Always consult your physician before beginning any exercise program or completing any of the exercises illustrated on this handout. It is your sole responsibility to evaluate your own medical and physical condition and to independently determine whether to perform any of the exercises on this handout. Fit4Less specifically disclaims liability for incidental and/or consequential damages and assumes no responsibility or liability for any loss or damage whatsoever suffered by any person as a result of the use or misuse of any information on this handout.