

How-to Workout

CORE

Including Abs and Lower Back



Cardio



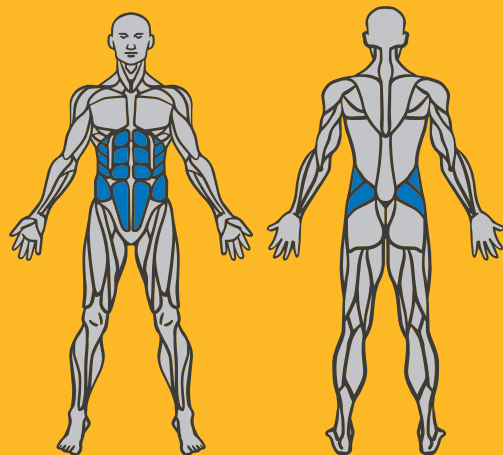
Conditioning



Strength

Did you know?

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



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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.