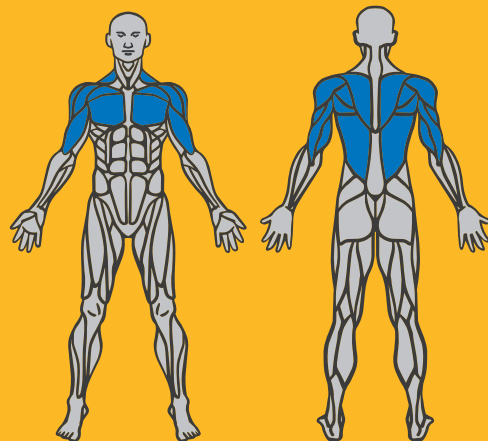


How-to Workout UPPER BODY

Including Chest,
Arms and Back



Cardio



Conditioning



Strength

Did you know?

Without your pinky finger you would lose about 50% of your hand strength.

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.



Jump Squats
15-20 reps x 3 sets



Stationary Bike
10-15 minutes



Treadmill
10-15 minutes



Elliptical
10-15 minutes

CONDITIONING



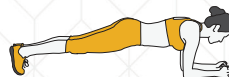
Use your body weight to tone. Lower weight means increased reps.



Pushups
12-15 reps x 3 sets



Tricep Pushups
12-15 reps x 3 sets



Plank
30 second hold x 3 sets



Dips
12-15 reps x 3 sets

STRENGTH



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



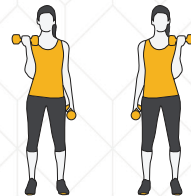
Chest Press
8-10 reps x 3 sets



Barbell Row
8-10 reps x 3 sets



Tricep Extensions
8-10 reps x 3 sets



Bicep Curls
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.