

FITT Jumpstart Workout Schedule

	Monday	Wednesday	Friday
Week 1	Jumpstart Cardio	Strength Training	Full Body Workout
Week 2	Jumpstart Cardio	Strength Training	Full Body Workout
Week 3	Jumpstart Cardio	Strength Training	Full Body Workout
Week 4	Jumpstart Cardio	Strength Training	Full Body Workout

Taking the first steps....Start Slowly!

- I cannot stress the importance of **starting slow** if you are just starting an exercise program
- Take it **day by day**, and go easy on yourself
- Sometimes we are tempted to **do too much** in the beginning; then end up getting injured because we pushed our bodies too hard
- It is **FANTASTIC** that you are making a change in your lifestyle, but like new things, you need to take baby steps
- **Pace yourself, listen to your body, and most of all have fun**
- Over time, these workouts will become easy and you will be ready to take your fitness to the next level!

#weareallfittastic #hapaafyatuu

Double up Wednesday – Include the 10 Minute Standing Abs workout into your daily routine. So on Wednesday you will do two workouts (1) Strength Training AND (2) 10 Minutes Standing Abs workout. Do it at a different time of the day. For instance, do abs in the morning then do the scheduled workout later in the day.