



FITLUUD
FITNESS MOTIVATION GURU

**THE FIT5 GUIDE 5
WEEK PROGRAM**

**LEARN HOW EFFECTIVE SIMPLE
FITNESS CAN BE.**



FITLUD
FITNESS MOTIVATION GURU



***Learn to get fit fast**

***No gym required**

***Real life fitness for
anyone at any age**

***5 simple movements
with modifications**

DON'T WASTE PRECIOUS TIME...

WELCOME TO YOUR FIT5 WORKOUT PROGRAM



Learn how to take the guess work out of fitness and get in the best shape of your life!

Join me if you are tired of complicated programs that require expensive equipment, gym memberships or LOTS of time.

**Remember
Intensity + Consistency = Results**

This e-book will guide you through your next 5 week program step by step.

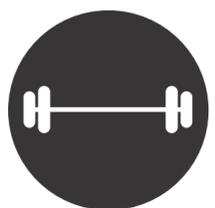
JLUD'S FIT5 GUIDE



Each week you will complete 5 workouts. It doesn't matter what days you do them so long as you do them with consistency and intensity.



Each week you will participate in what I like to call your "Happiness Activity" (or the scientific term is NEAT-Non Exercise Activity Thermogenesis) This is anything active you enjoy. For example it can be gardening, yoga, ice skating, golf, running,, biking, etc. Just LOVE it and do it at least 3 days per week for a minimum of 30 minutes.



You will do the 5 exercises for 5 reps each moving quickly from one exercise to the next until you complete the full circuit. This equals one round. You complete the circuit 5 times as fast as you can.



You will decide if you want to modify the movement with examples or you can kick it up a notch.

Beginners start with 5 reps,
Intermediate 10,-15 reps
Advanced 15-20 reps.



You can add resistance if you would like by using hand weights or resistance bands

JLUD'S TIPS AND FITNESS



TRICKS FOR SUCCESS

- ★ Enlist an accountability partner. Everyone needs support
- ★ Join our Facebook Fit in 5 Tribe private group for support and encouragement
- ★ Remember it is not all or nothing, do your best and give yourself some grace
- ★ Drink lots of water during and after your workout to help reduce muscle soreness
- ★ Make sure you get your "Happiness Activity" in at least three times per week for 30 minutes
- ★ Carve out the time for your workouts in your schedule every Sunday and stick to the schedule
- ★ Your muscles need fuel to recover make sure you re fuel with healthy foods, listen to your body and follow my plan.



TRICKS FOR SUCCESS

- ★ Your body needs rest and recovery time so sleep for at least 8 hours per night and take time to de stress. The stress hormone cortisol can hinder your results.
- ★ Try to workout on an empty stomach (three hours from your last meal or snack)
- ★ Work hard and challenge yourself. Be your own biggest cheerleader and take charge of your fitness.
- ★ This is your ONE and ONLY vessel so take good care of your body and honor its limitations. Always stop if something hurts but keep going if it is hard! It is supposed to be!
- ★ Take inventory. Make sure you take before pictures and visually place your goal whatever that may be on your mirror or somewhere you will see it everyday.
- ★ Don't give up! Be accountable to yourself, your health will thank you for it. Vine high and shine bright

FIT5 GUIDE



This e-book contains weeks 1-4. You will find week 5 in a separate e-book.

Do each of the exercises listed 5 times.

Once you do all 5 exercises 5 times that will equal 1 circuit.

You must complete the circuit 5 times with as little rest in between circuits as possible.

Do workout 5 days per week

***5 reps per exercise is the minimum**

***If you are a beginner I recommend 5 reps per exercise**

***If you are an intermediate I recommend 10-15 reps per exercise**

***If you are advance I recommend 15-20 reps per exercise**

***If you want to challenge your strength add dumbbells or resistance bands to the exercises.**

***If you want to fast track your results add the **CARDIO BLASTER** suggestion between each of the five circuits to torch body fat **FAST**.**

***Always engage your core by pulling your naval to your spine. Always press through your heels to activate your booty! Stay tall through your posture and pull your shoulders down and back with every exercise.**

FIT5 GUIDE



***Don't skip the warm up or stretching phase. It is important to get your blood pumping and body warm and ready to workout to prevent injury.**

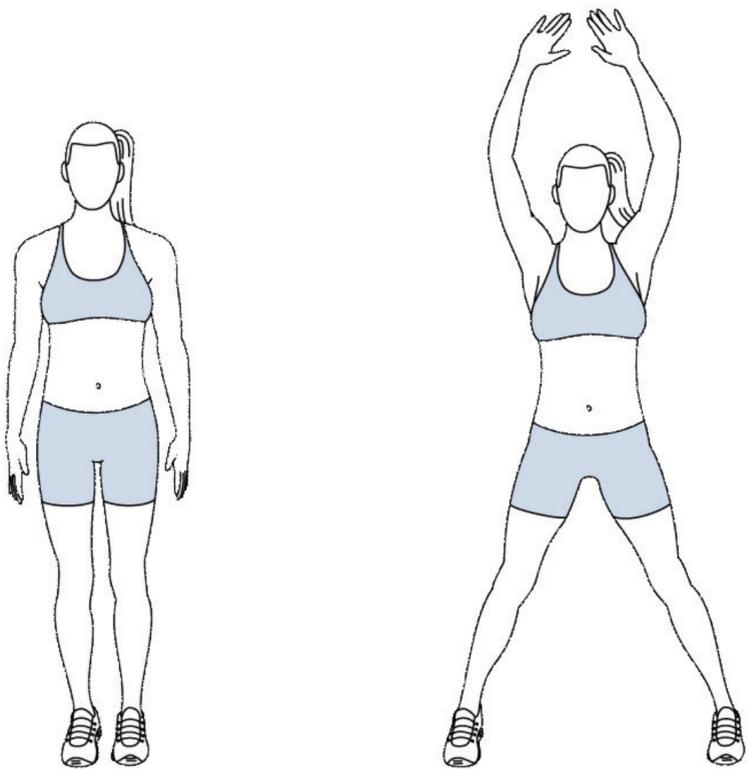
***Don't skip the cool down helps your body release the cortisol hormone created by exercise. You don't want that hanging around with you for the day!**

***Stretching is important and keeps the muscles flexible, strong, and healthy. We need flexibility to maintain a range of motion in the joints. Without it, the muscles shorten and become tight. Tight muscles can lead to injury.**

WEEK 1 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute

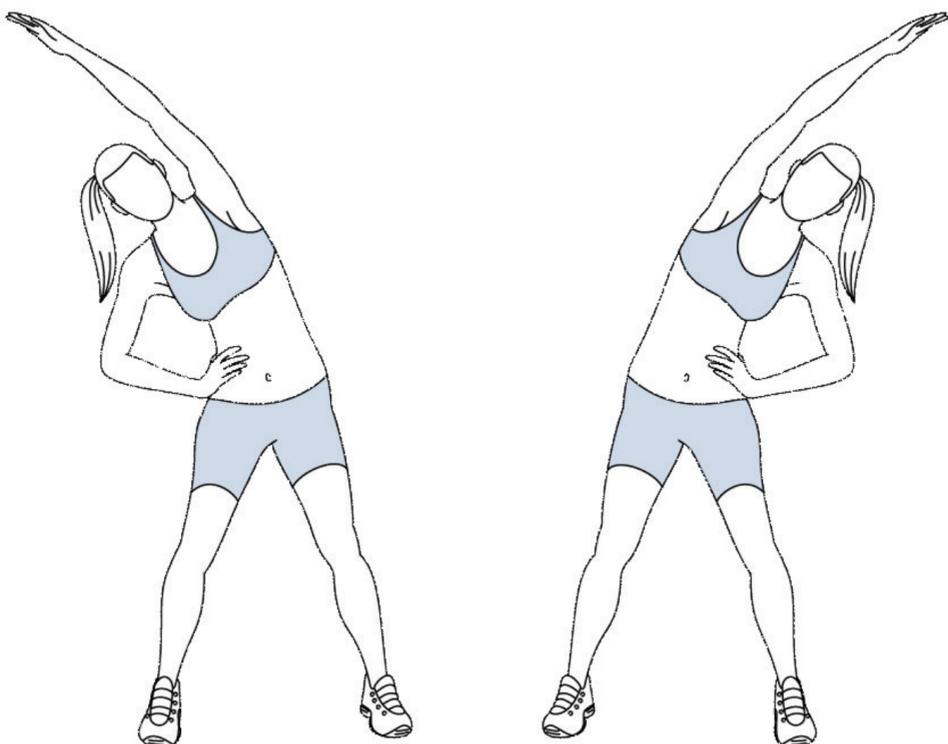
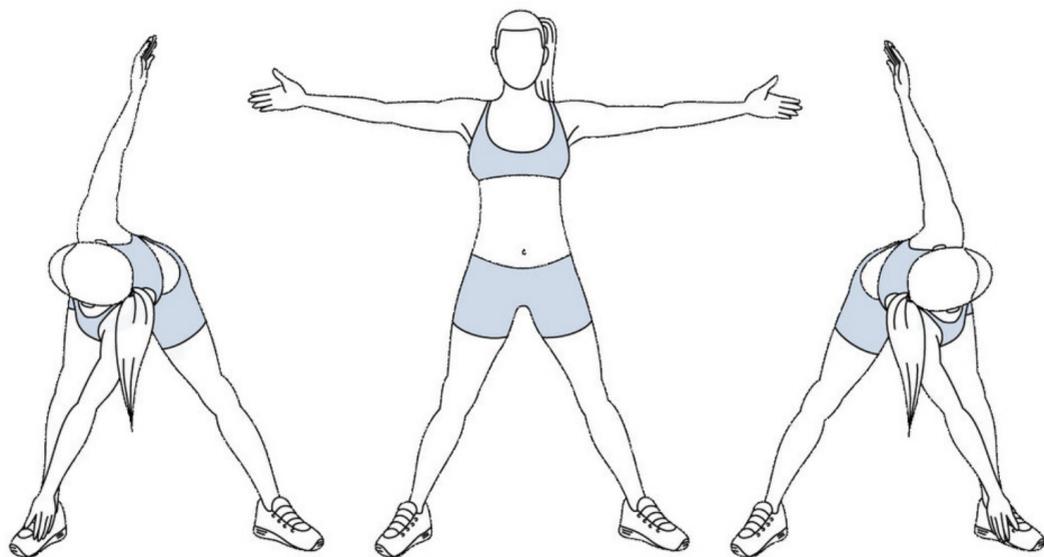


Jumping Jacks

Modify by stepping out instead of jumping

Opposite Toe Touch

Remember to engage your core by pulling your naval to spine



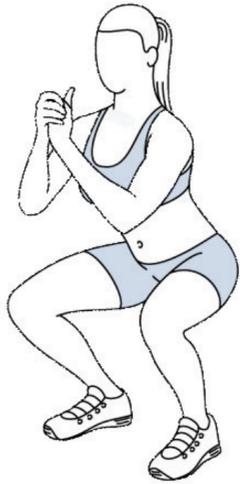
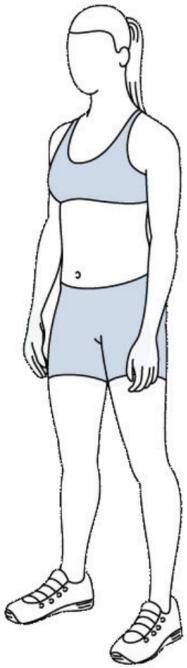
Side Bends

Bend from side to side reaching arm up and over alternate sides

WORKOUT WEEK 1

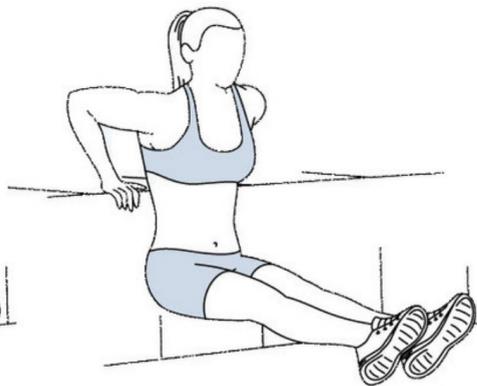
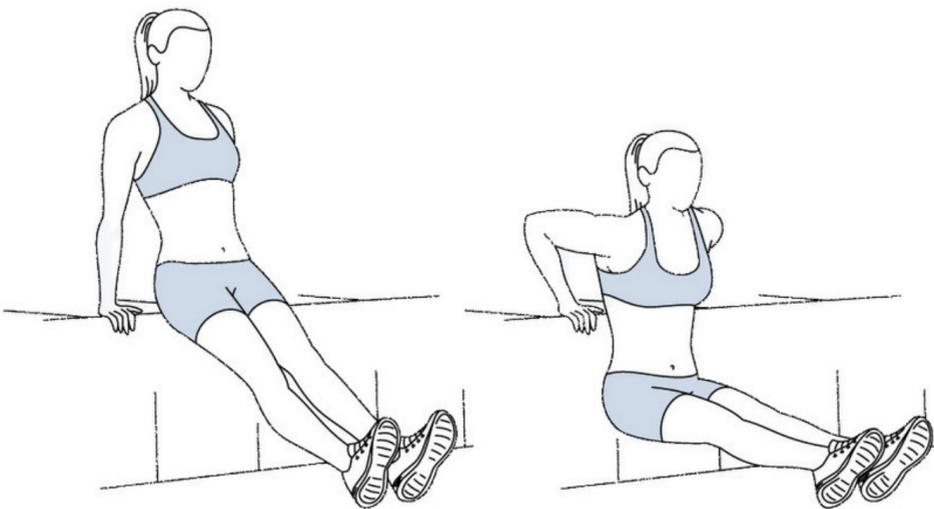
Do this same workout for 5 days this week

Squat



Squat as low as you can. Shift your bodyweight in your heels and squeeze your glutes as you return to standing position. *Modify by not squatting as low
*Intensify by holding dumbbells or stepping on resistance band and holding handles at shoulders

Tricep Dips

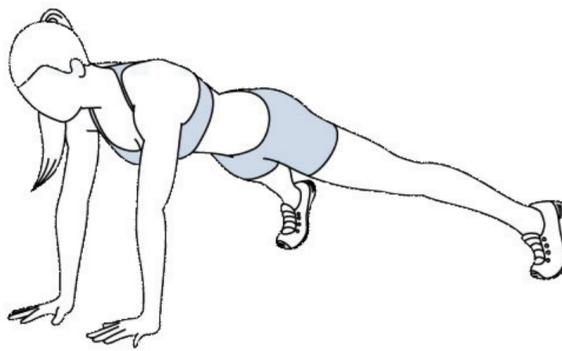
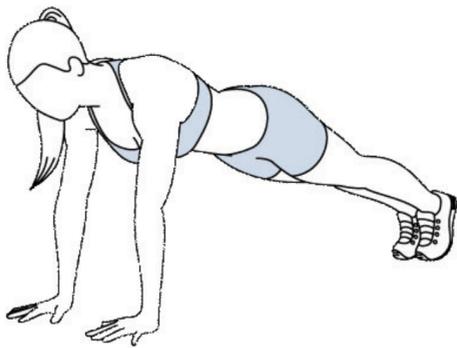


Place your hands on the edge of a chair or table. Dip your hips low keeping legs extended and straight. Press back to start. *Modify with bent knees *Intensify with a dumbbell on your lap

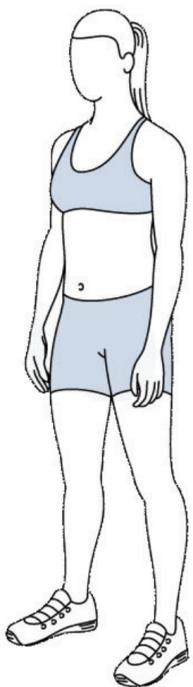
WORKOUT WEEK 1

Plank jacks

Start in a plank position as shown. Bring R leg out to the side then the L leg. Return to start. That is one rep. Remember to tighten your core and bring your naval to spine *Modify and hold plank. *Intensify and jump legs out and in



Jump Squat



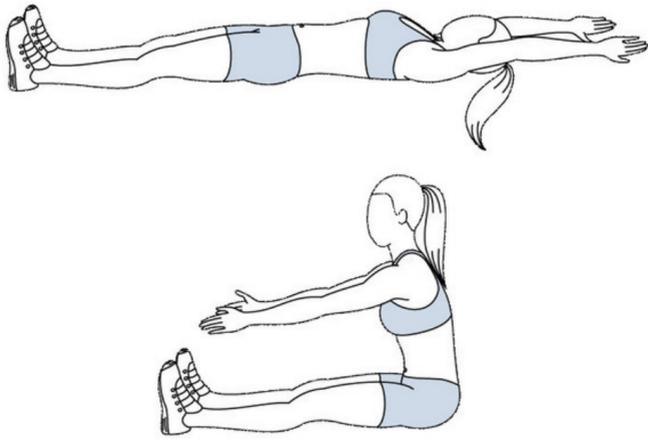
Squat down low then explode up and jump off the ground as high as you can then return to a low squat position. *Modify and do not jump *Intensify and hold dumbbells



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WORKOUT WEEK 1

Sit up and reach



*Lay flat as shown and engage your core. Reach hands to toes and slowly lower back down rolling every vertebrae on your spine. *Modify bend knees *Intensify and hold a dumbbell

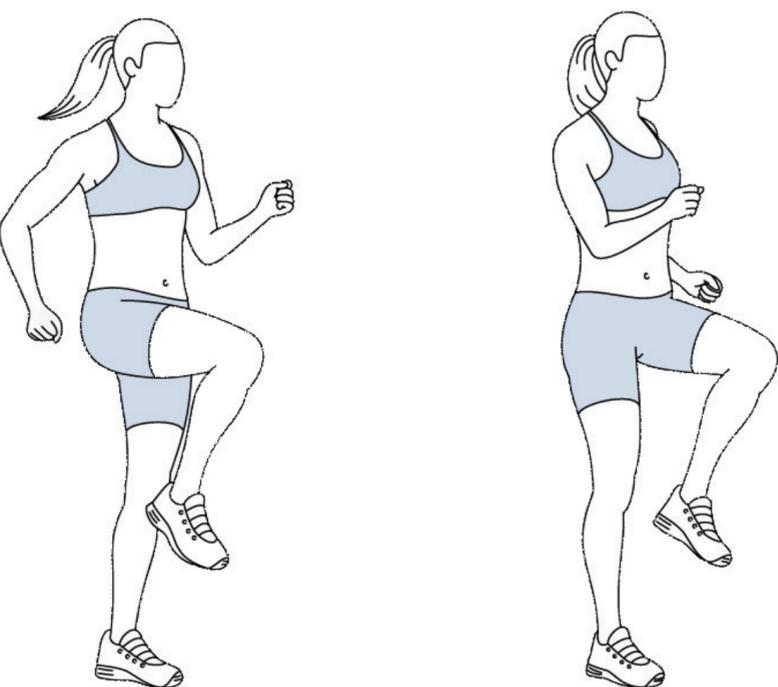
High knees

***Cardio Blast**

***Optional**

For maximum fat burning results do this cardio blaster for 1 minute after each completed circuit.

Moving as fast as possible jump alternating knees as high as you can. They should be above your hip height



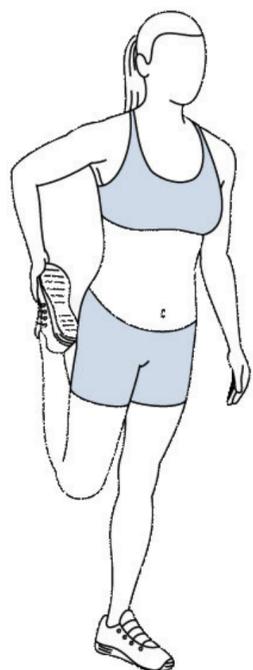
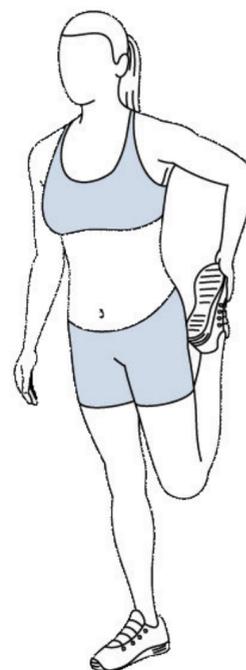
COOL/DOWN AND STRETCH WEEK 1

Hold each stretch as shown for 30-45 seconds on each side

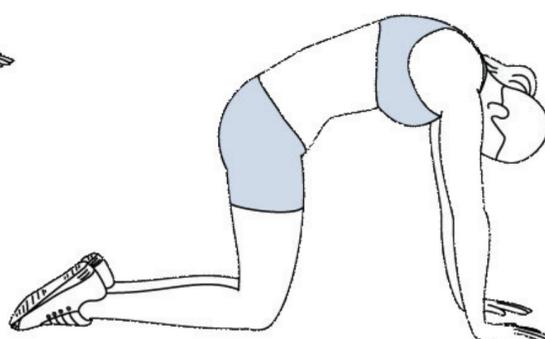
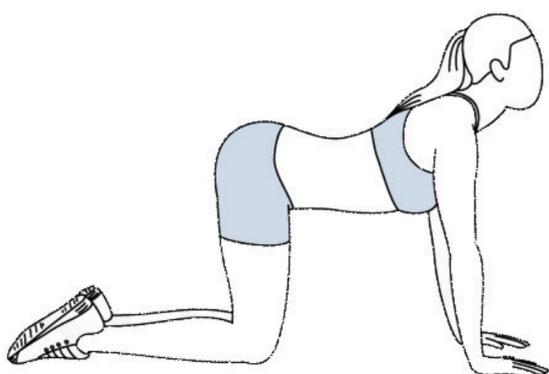
Seated Side



Quad Stretch



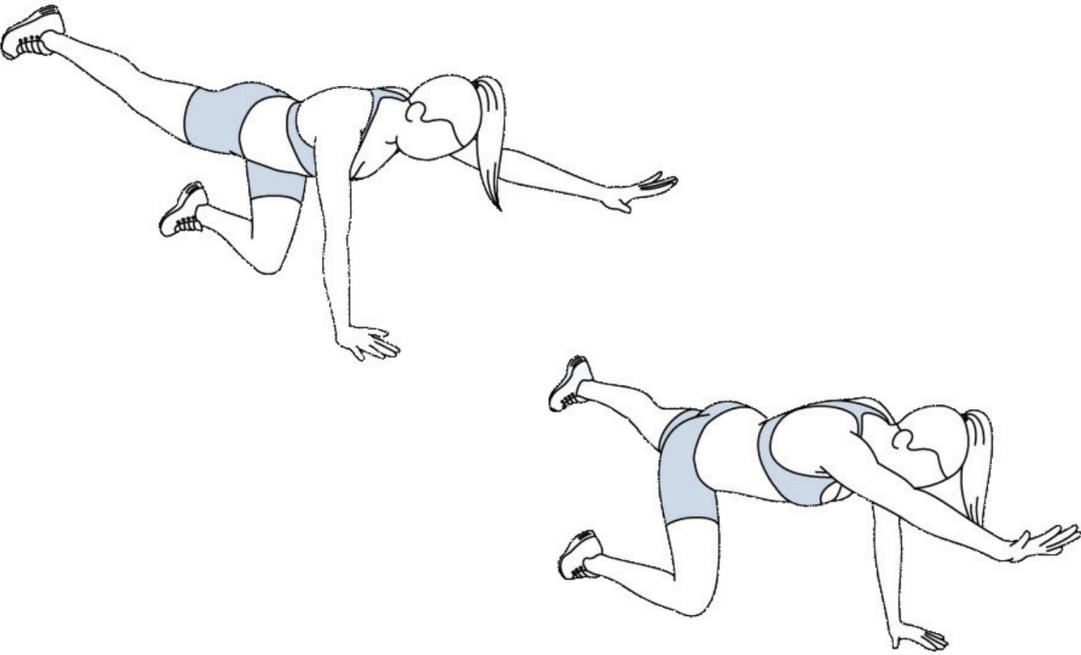
Cat/Cow Stretch



WEEK 2 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute

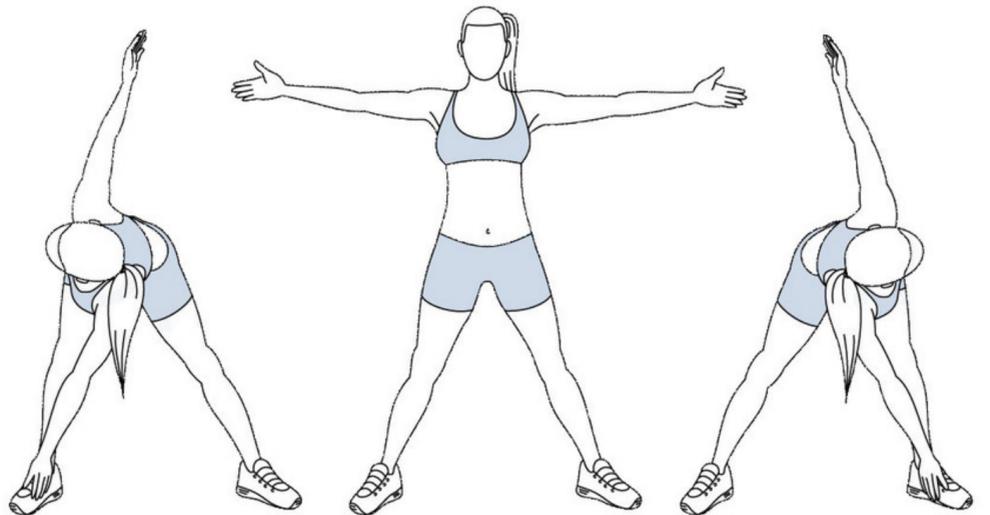


Bird dogs

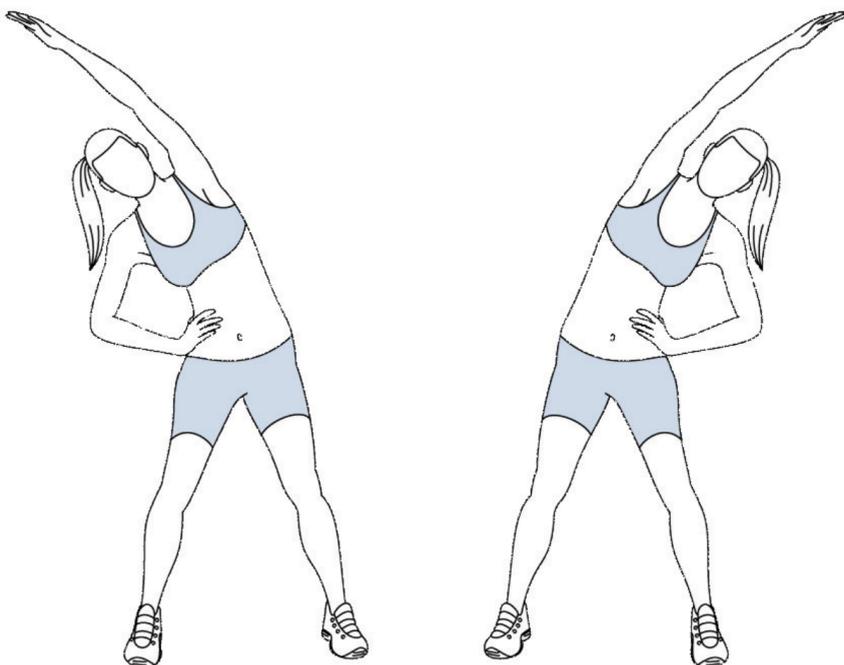
Start on all fours. Reach opposite arm and opposite leg. Alternating sides for 1 minute.

Opposite Toe Touch

Remember to engage your core by pulling naval to spine and reach hand to opposite foot.



Side bends

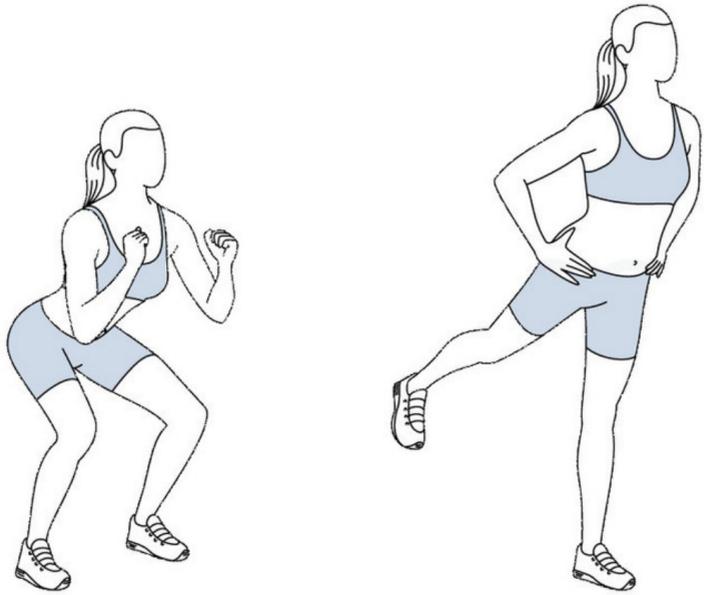


Alternate side reaches up and over keeping your naval to your spine.

WEEK 2 VISUAL GUIDE

Do this workout for 5 days this week

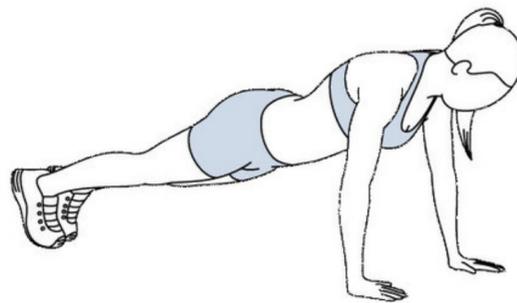
Squat w/kickback



Squat down as low as you can. As you stand squeeze your booty and send the R leg back behind you. Return to squat position and do the same thing with the L leg. That is one rep. *Modify and do a regular squat *Intensify and hold dumbbells

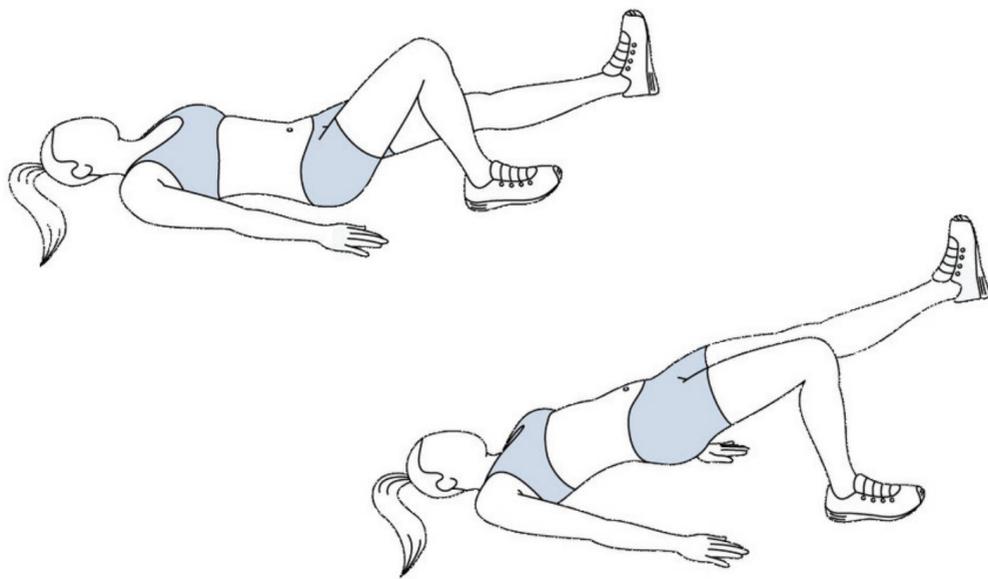
Bring your shoulders over your wrists and lower yourself to the floor push back to start.
*Modify on your knees *Intensify by elevating your feet on a couch or raised surface

Pushup



WEEK 2 VISUAL GUIDE

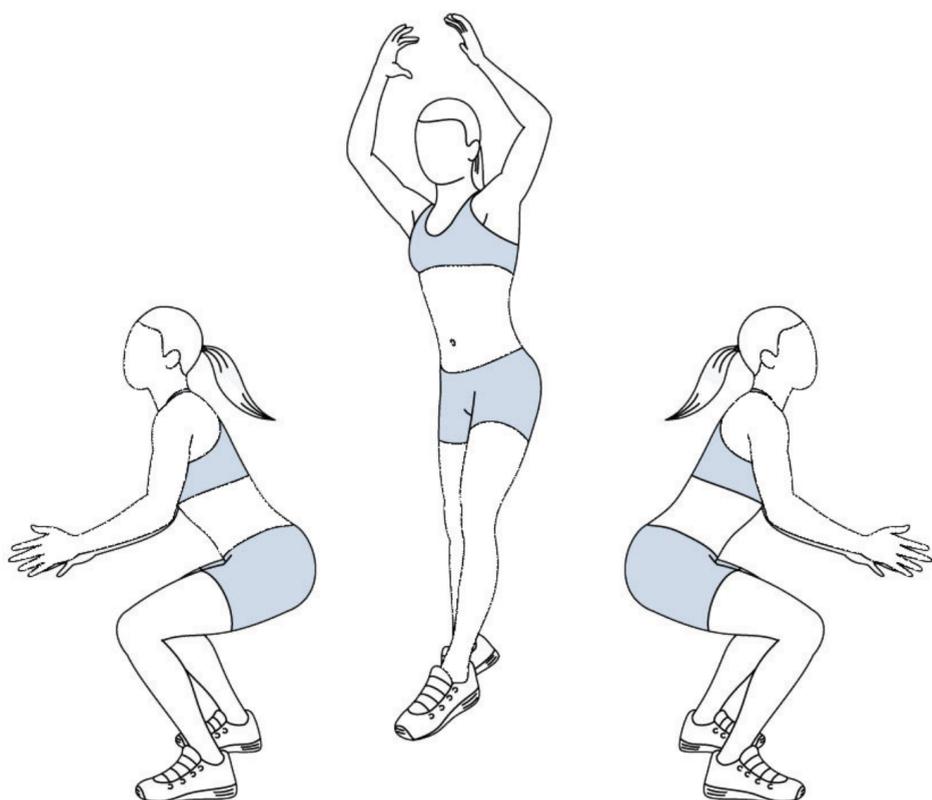
Booty Bridge



Lay on your back. Place feet hip distance apart. Lift R leg off the ground as shown. Press your L heel to the floor and lift your hips as high as possible. Pause at the top and squeeze. Slowly release to start. Repeat other side. *Modify and do not lift one leg. Place both feet on the ground. *Intensify and place a dumbbell on your hips while you hold it in place.

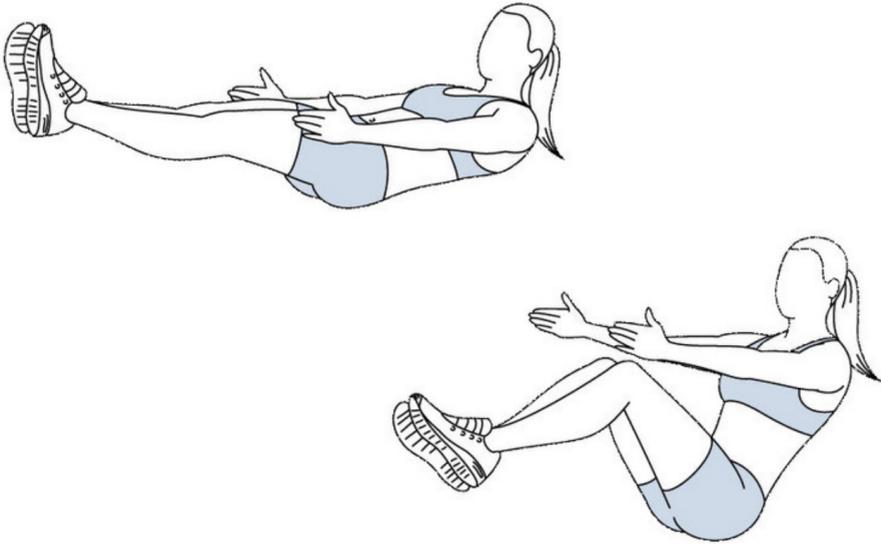
180 Jump Squat

Squat down and explosively jump in the air and land facing the other direction. Repeat on the other side. This is one rep. *Modify and do a regular squat *Intensify and hold dumbbells



WEEK 2 VISUAL GUIDE

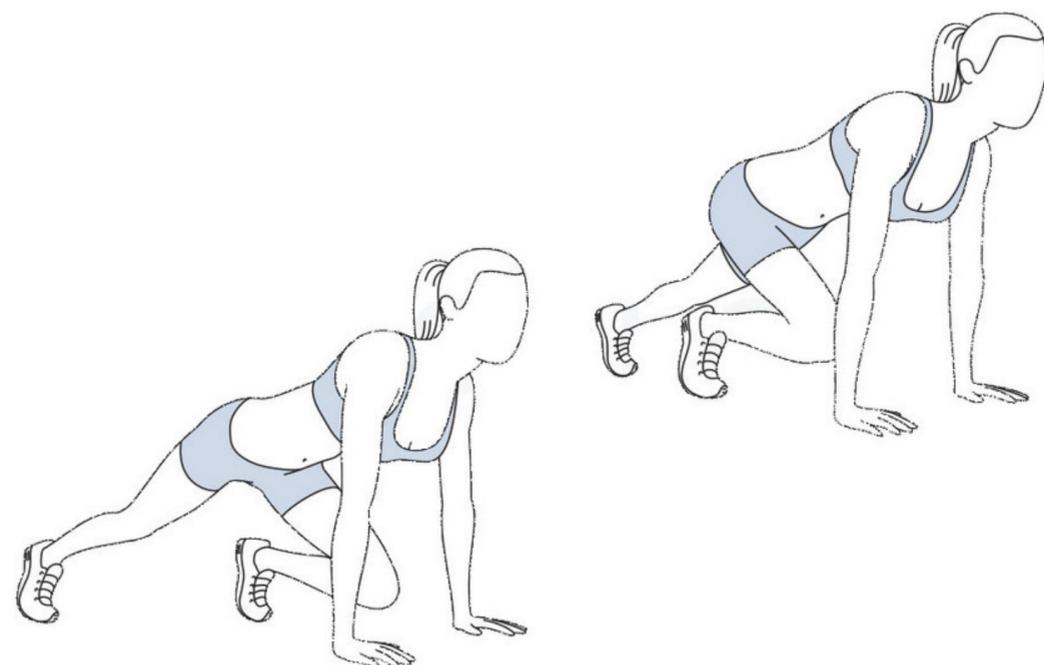
V-Up Crunch



In a seated position balance on your tailbone. Extend your legs out in front of you as you lean back. Bring your knees to your chest. Squeeze your knees together the whole time. *Modify and do one leg at a time *Intensify by keeping legs straight the whole time

Mountain Climbers

***Cardio Blast**
***Optional**

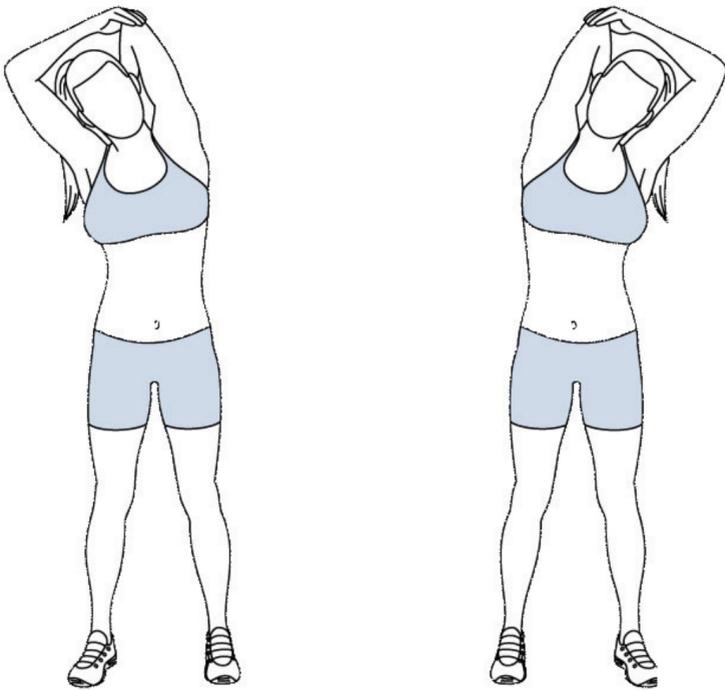


Start in a plank position on hands. Alternate knees as you jump them into chest as fast as you can *Modify and pull knees to chest instead of jumping

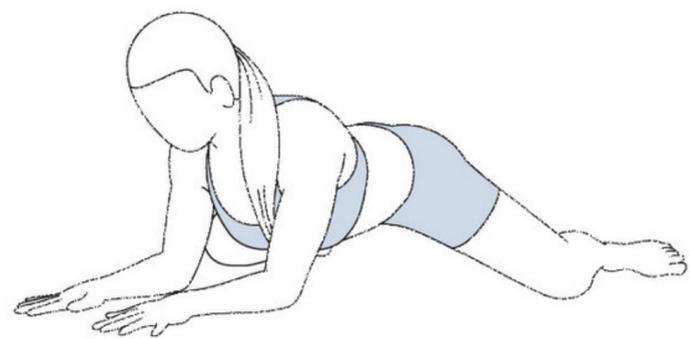
COOL DOWN/STRETCH WEEK 2

Hold each stretch for 30-45 seconds on each side

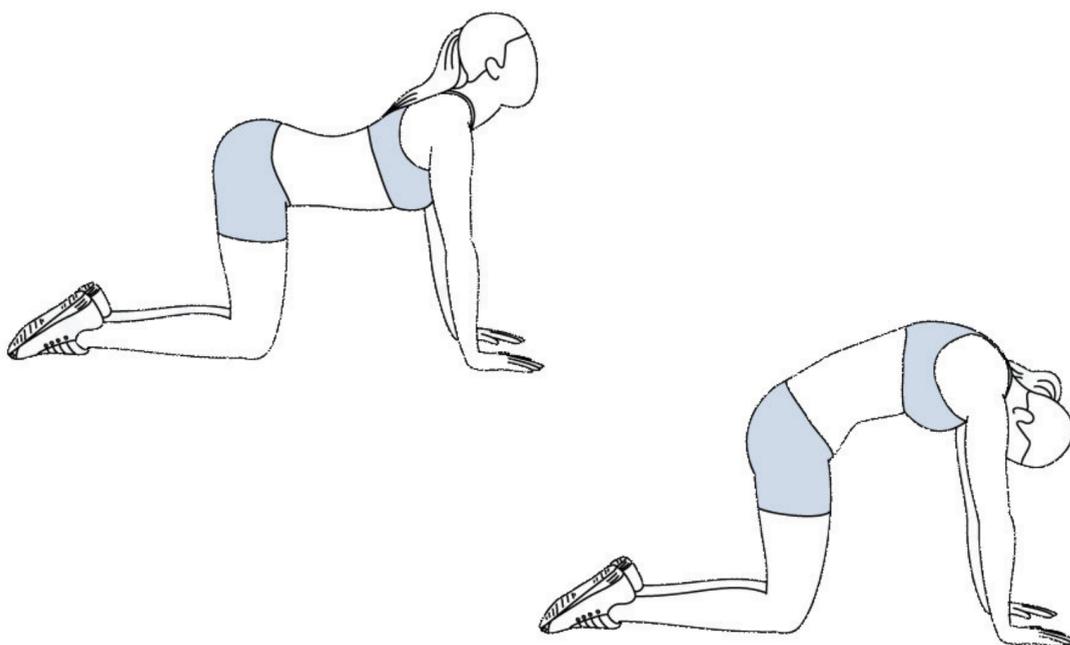
Tricep Stretch



Frog Stretch



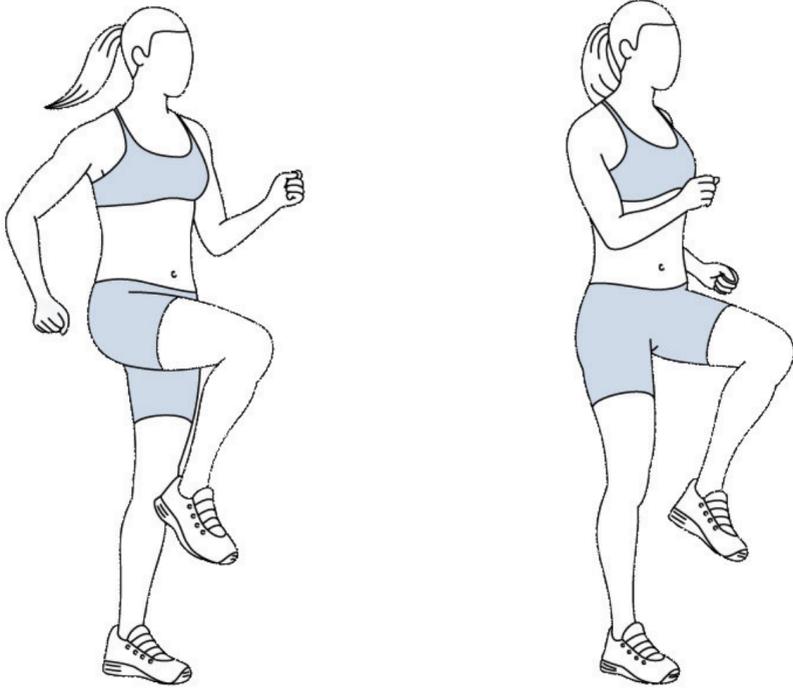
Cat/Cow Stretch



WEEK 3 VISUAL GUIDE

Warm up

Do each warm up exercise for 1 minute

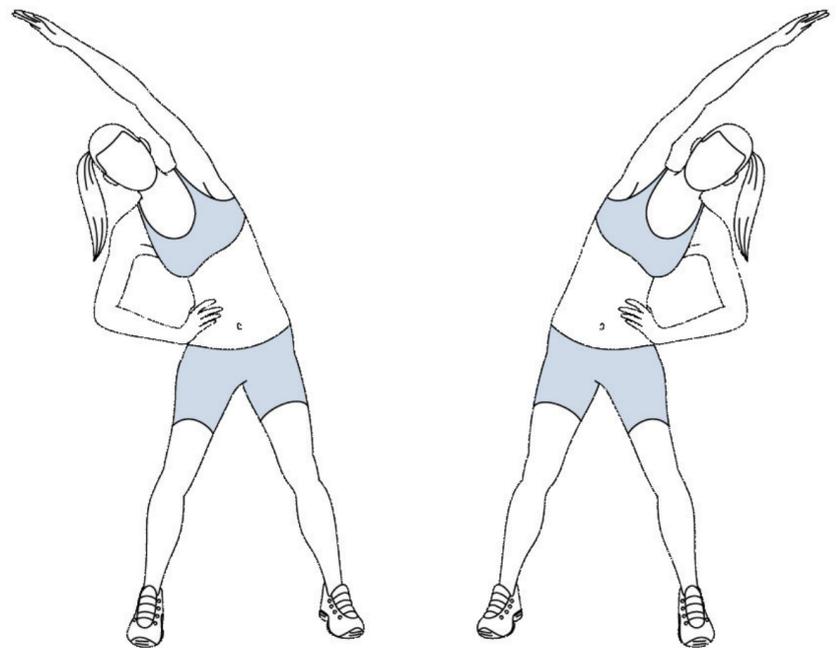


Run in Place

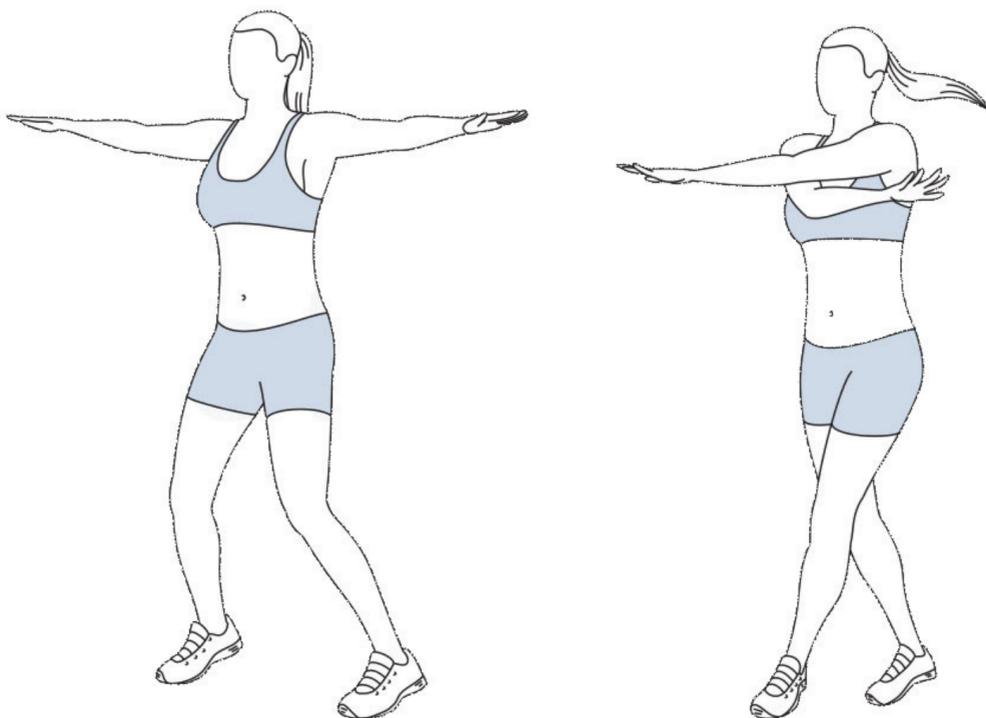
Run in place and bring your knees as high as you can. *Modify by marching in place

Side bends

Alternate side reaches up and over keeping your naval to your spine



Criss cross Jacks



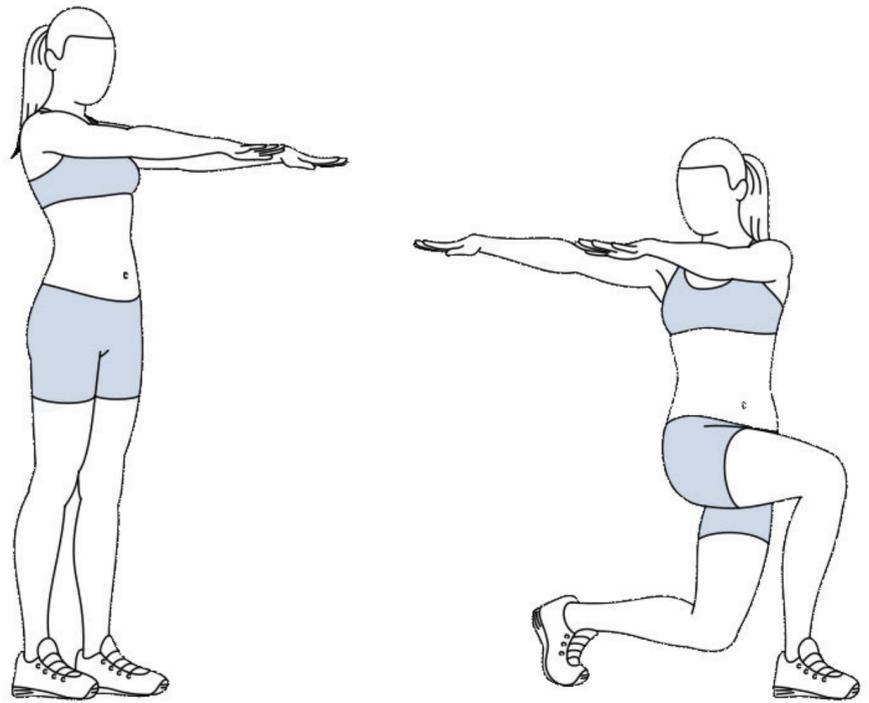
Criss cross your arms and legs and alternate with each jump. *Modify by doing a regular jumping jack

WEEK 3 VISUAL GUIDE

Do this workout for 5 days this week

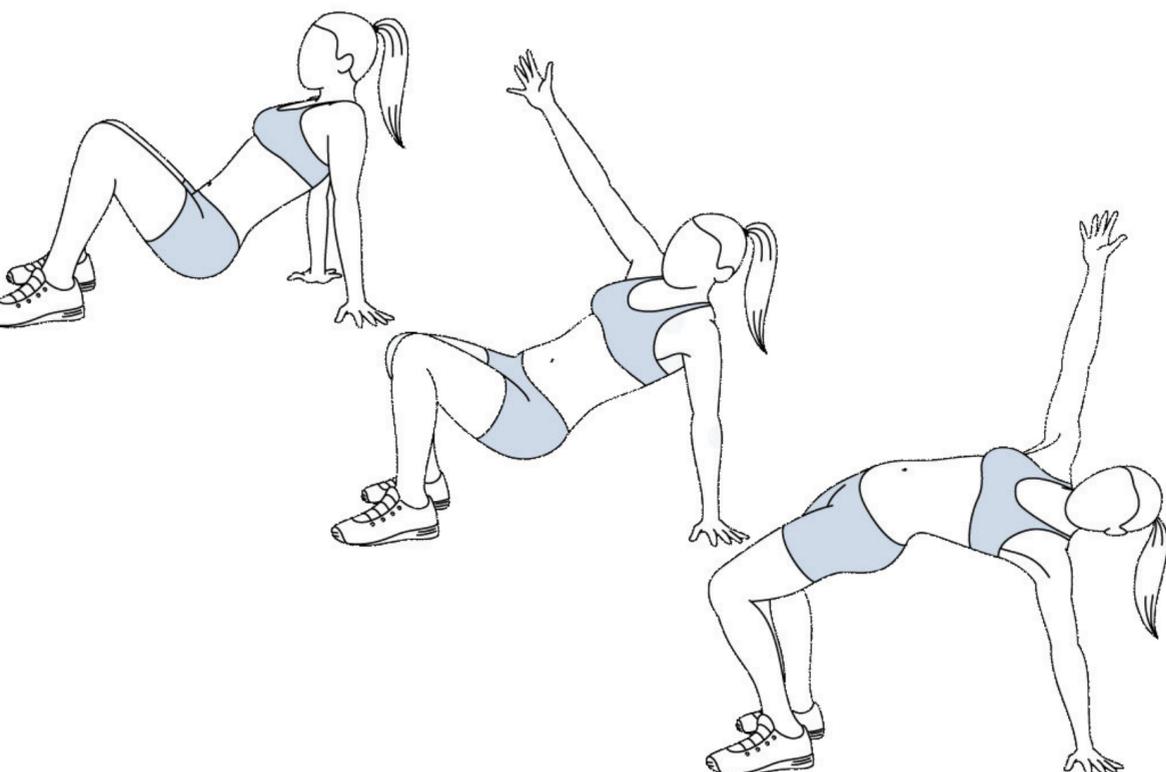
Torso Twist Lunge

Extend arms straight in front forward. Lunge forward with your R Leg. Twist your torso over to the left. Come back to center and return to start. Repeat other side. That is one rep. *Modify and keep your arms down. *Intensify and add dumbbells



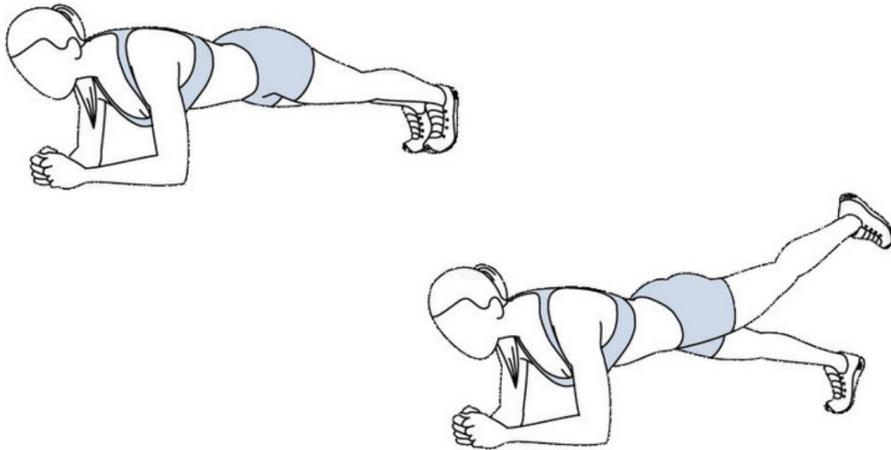
Begin on the ground as shown. Extend R hand up and lift hips off the ground as high as possible. Return to start position and repeat on the other side. This is one rep. *Modify and keep both hands on the floor and raise your hips. *Intensify and lift opposite leg in the air balancing on one hand and one leg.

Hip lifts



WEEK 3 VISUAL GUIDE

Plank/Glute lift



Start in a plank position. Raise R leg off the ground. Squeeze booty at the top and then repeat on the other side. Modify and do a plank hold *Intensify and come to your hands

Opposite Jump Reach

*Start by jumping out to the side with your R leg. Land on your right foot and balance without allowing L leg to touch the ground. Reach L hand to touch R toe then return to center and repeat on the other side. That is one rep.



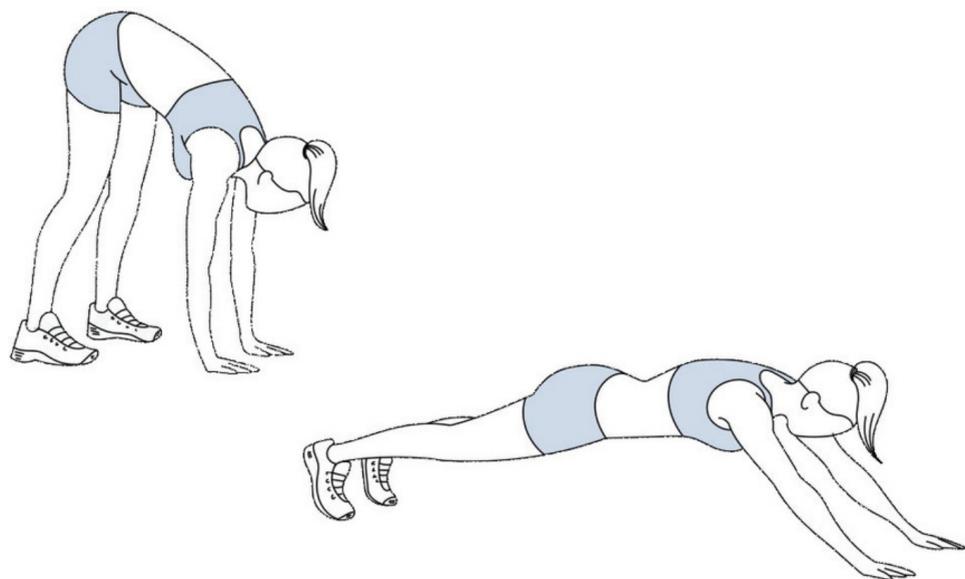
*Modify and step out to the side instead of jump

*Intensify and hold a dumbbell



WEEK 3 VISUAL GUIDE

Inch Worms



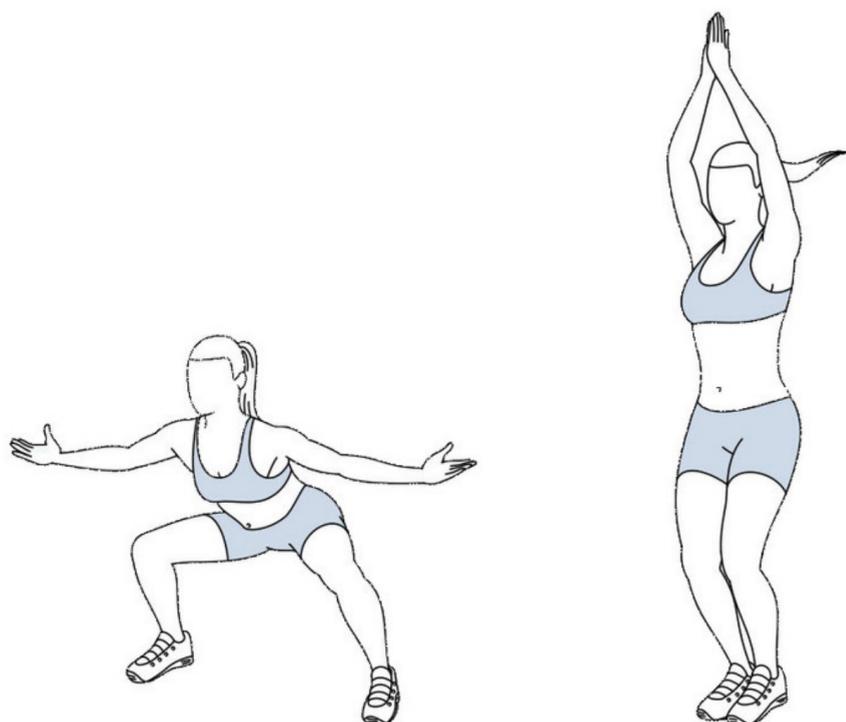
Start by pulling your naval to your spine. Bend over and touch the ground and walk yourself out to a push up position. Inch your hands as far forward as possible and then return to start. Stand up. Repeat. *Modify and walk out half way *Intensify and walk out and do a pushup then return to start.

Squat down with your feet wide and hands out wide then jump your feet together and brings hands overhead as you stand. Jump back to a wide legged squat and repeat. *Modify and do jumping jacks *Intensify and hold dumbbells

***Squat Jacks**

***Cardio Blast**

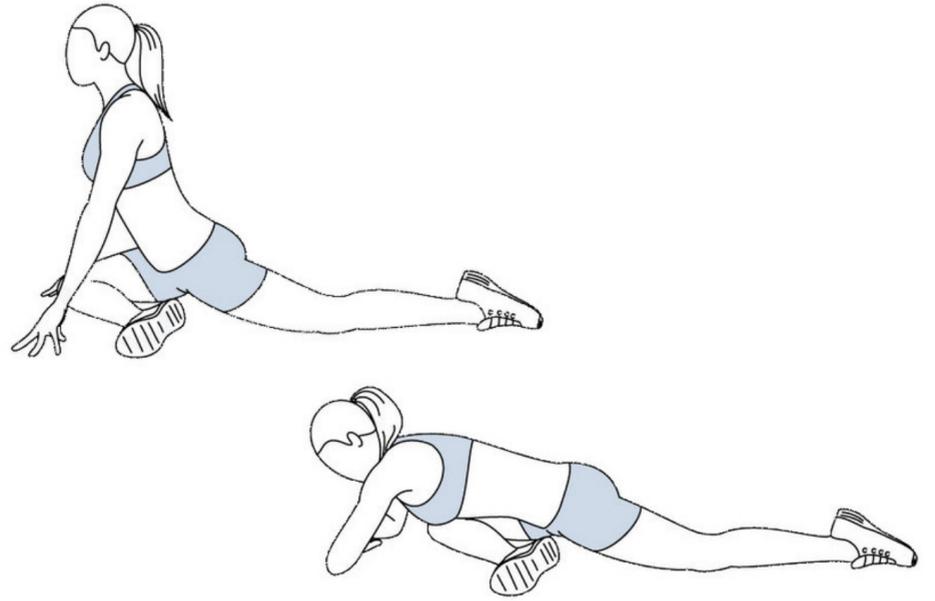
***Optional**



COOL DOWN/STRETCH WEEK 3

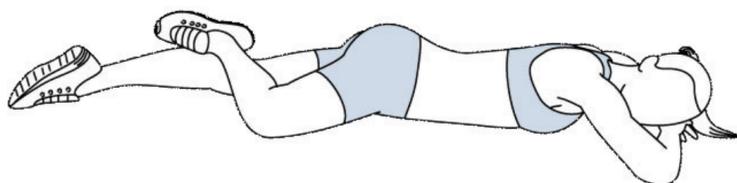
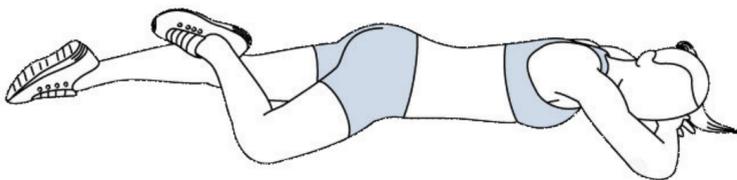
Hold each stretch for 30-45 seconds on each side

Pigeon Stretch



Seated side bend

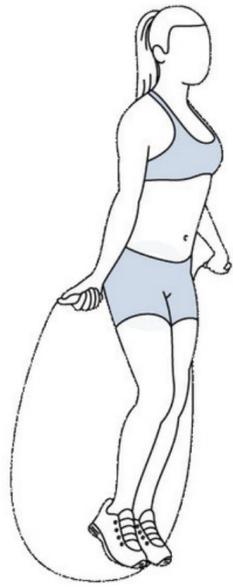
Inner thigh stretch



WEEK 4 VISUAL GUIDE

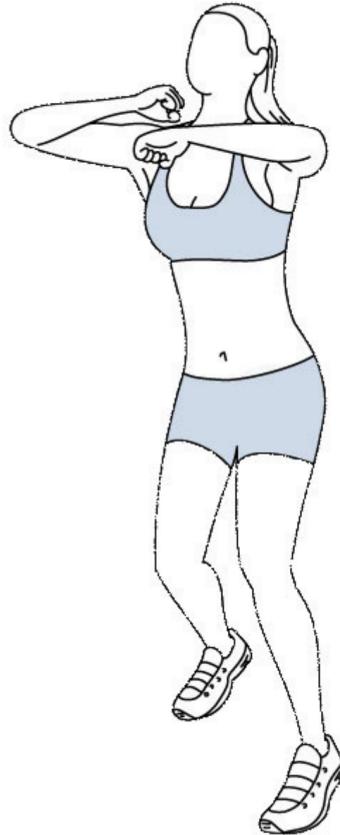
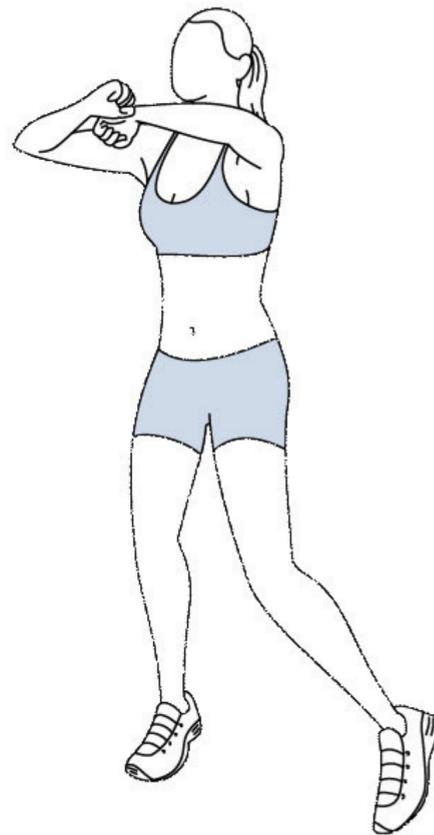
Warm up

Do each warm up exercise for 1 minute



Jump rope

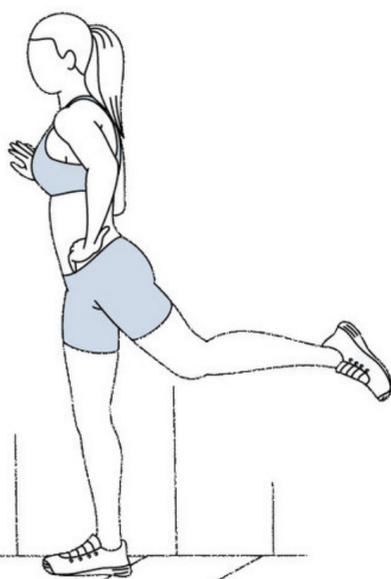
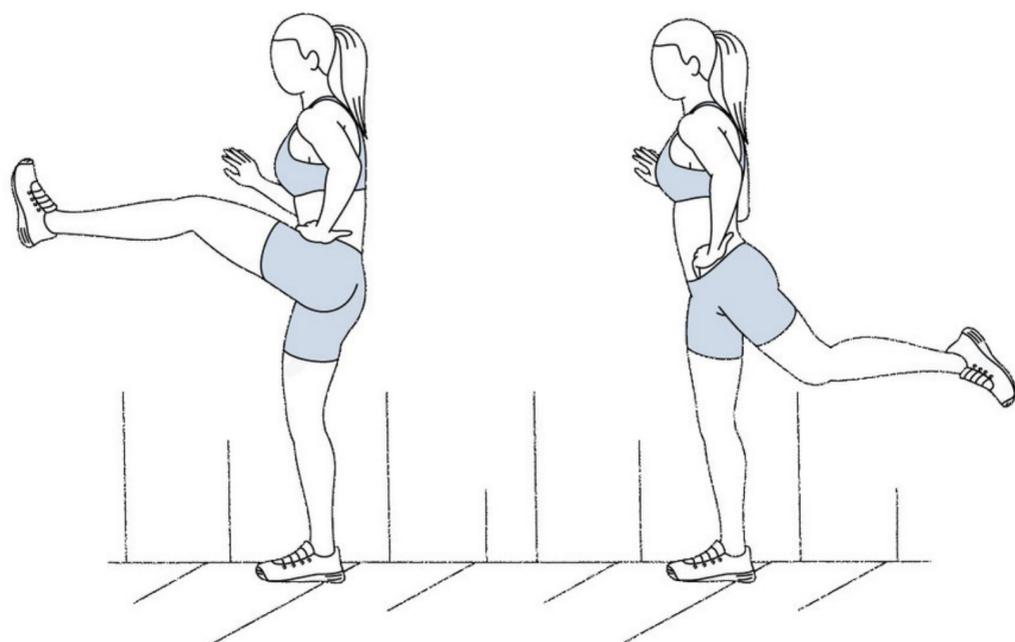
If you don't have a jumprope pretend!



Punching bag

Bring your elbows as high as your shoulders and shift your weight from side to side as you pretend to hit a punching bag.

Leg Swings

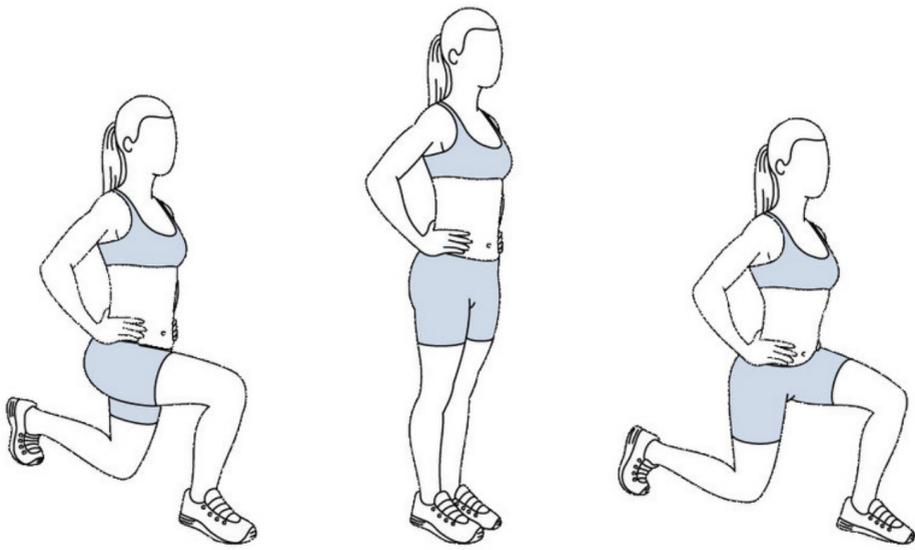


Hold on to a steady surface. Swing your leg straight in front of you and then behind. Do 30 seconds on each side.

WEEK 4 VISUAL GUIDE

Do this workout for 5 days this week

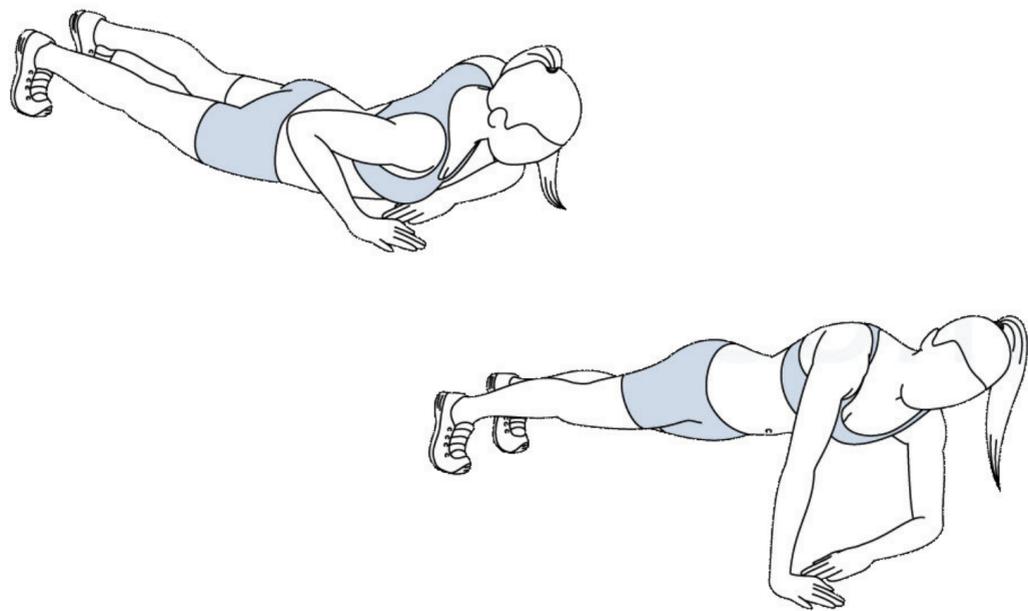
Front to back Lunge



Begin standing. Step your R leg forward to a lunge. Tighten your core and send your R leg behind you into a reverse lunge. Return to start. Repeat with L leg. That is one rep. *Modify and lunge forward only. *Intensify and add dumbbells

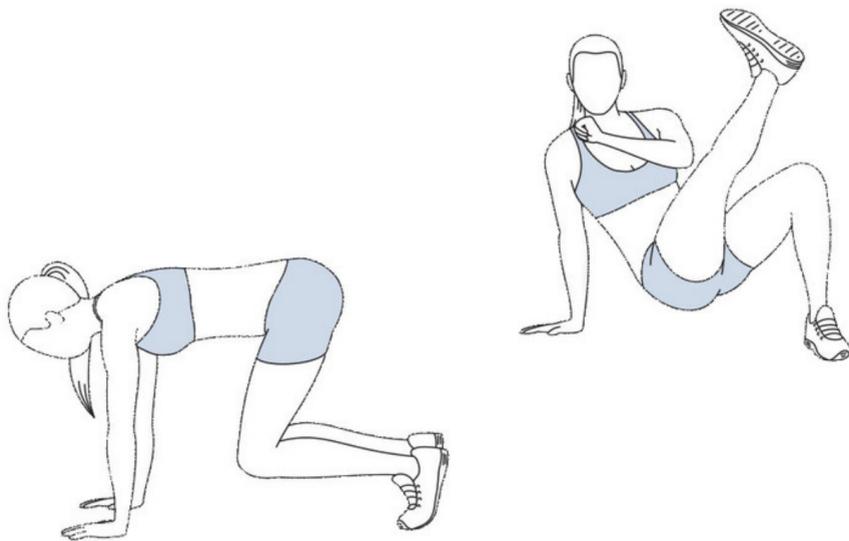
Asymmetrical Push up

Start in a push up position. Bring R forearm to ground and push up with L arm for reps. Do the same on the other side for reps. Do not alternate. *Modify by going to your knees. *Intensify by placing your feet on an elevated surface.



WEEK 4 VISUAL GUIDE

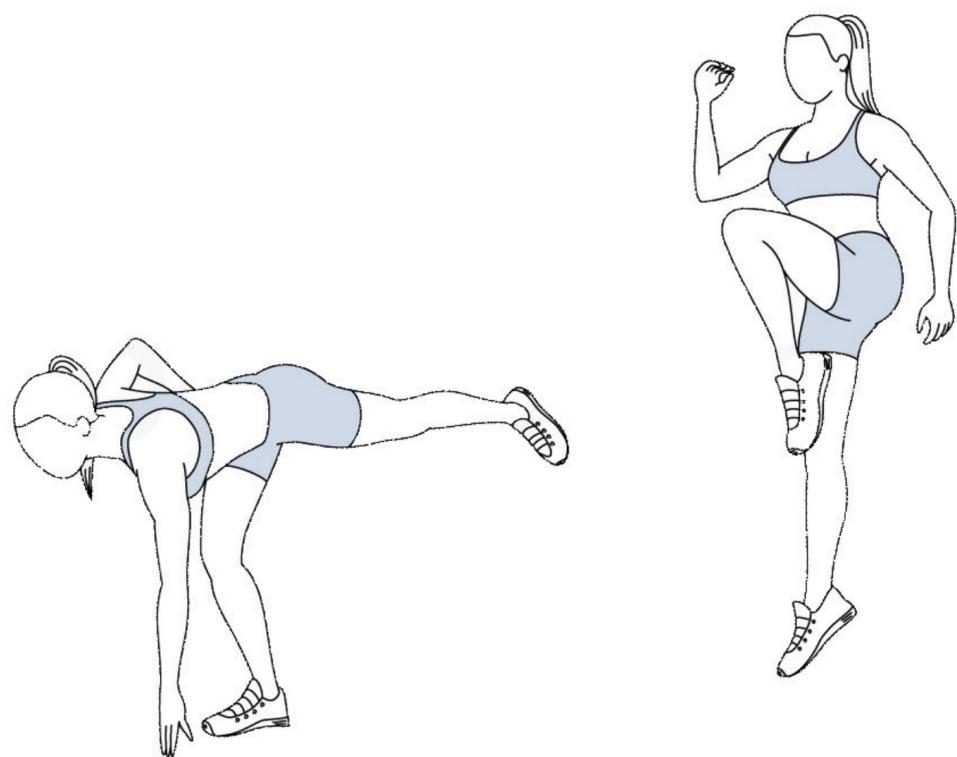
Switcheroo



Start on hands and toes with knees bent hovering slightly above ground. Slide your R leg through and balance on your R arm. Return to start and repeat on the L side. *Modify by holding the start position for 30 seconds or as long as possible. *Intensify by going faster.

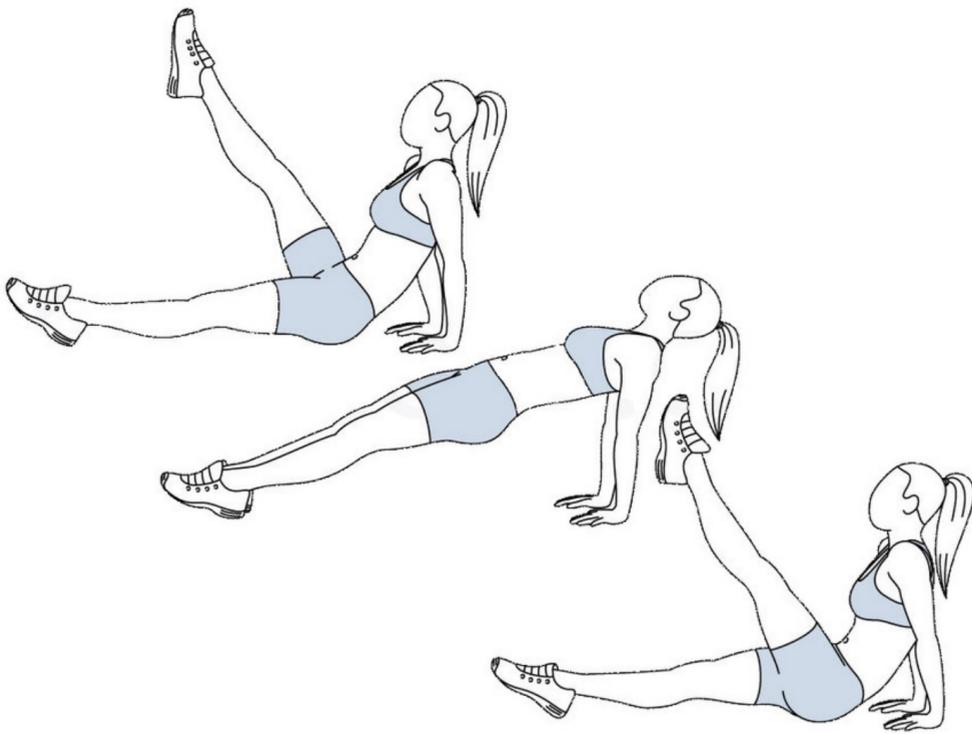
Start balancing on R leg. Bend forward and touch your L hand to your R foot. Jump R leg off the ground as you bring your L knee towards your chest. Return to start and repeat all reps on that side before switching to the other side. *Modify and do not jump *Intensify by holding a dumbbell in the reaching hand.

Single leg knee jumps



WEEK 4 VISUAL GUIDE

Reverse Plank



Start seated with legs extended straight and hands behind your back fingers pointed to your feet. Lift your R leg and lift hips as high as possible.

Return to start and repeat on the other side. This is one rep.

*Modify and keep both feet on the ground. *Intensify and alternate lifting legs without returning to start.

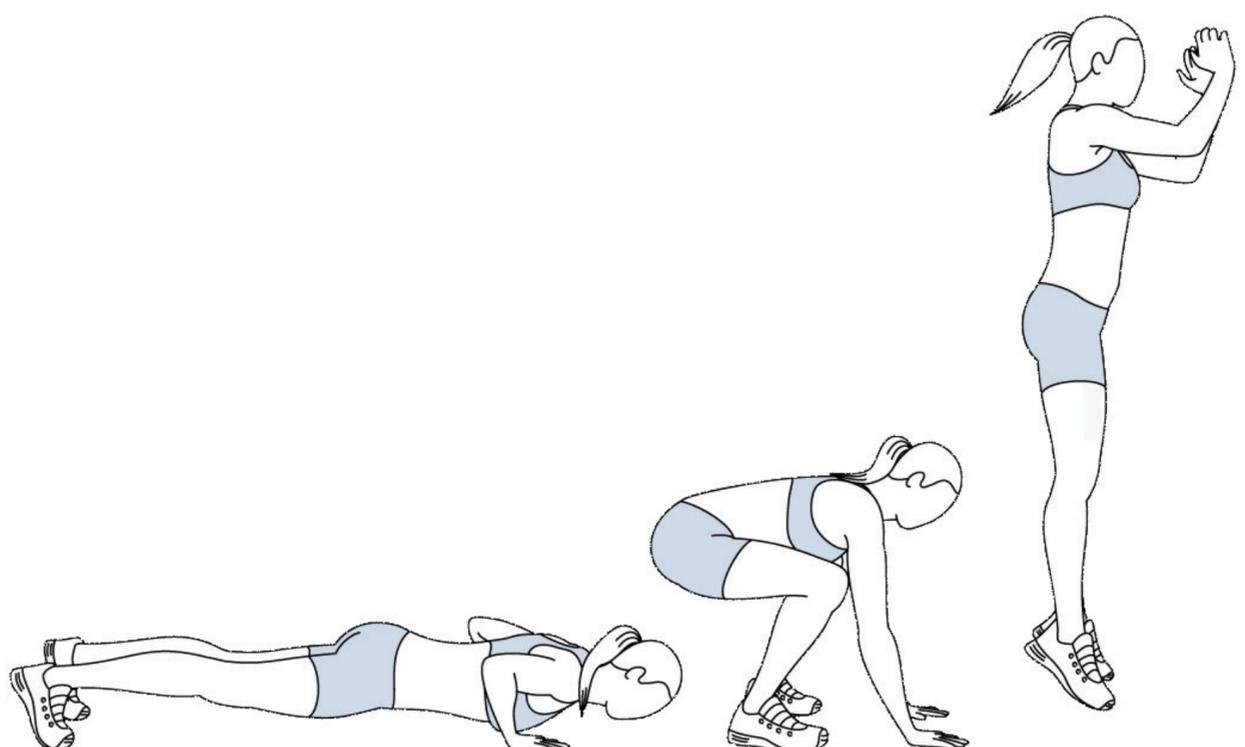
*Burpee

*Cardio Blast

*Optional

Start in a pushup position and jump feet in towards hands. Explode up and jump in the air as high as possible. Jump back to plank position. *Modify and step back and then stand up without jumping.

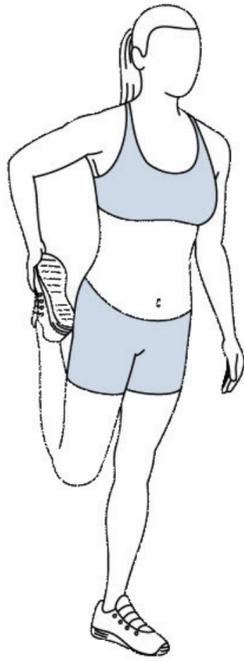
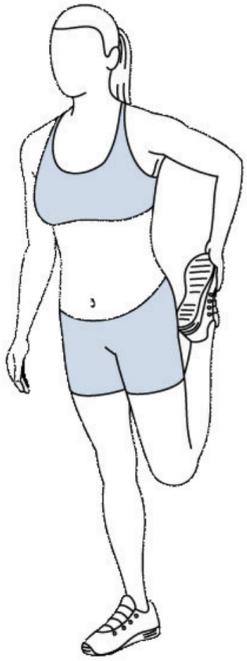
*Intensify and add a pushup



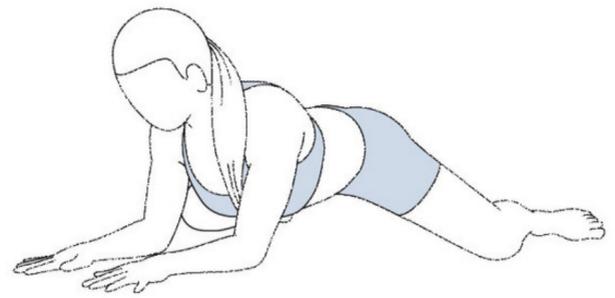
COOL DOWN/STRETCH WEEK 4

Hold each stretch for 30-45 seconds on each side

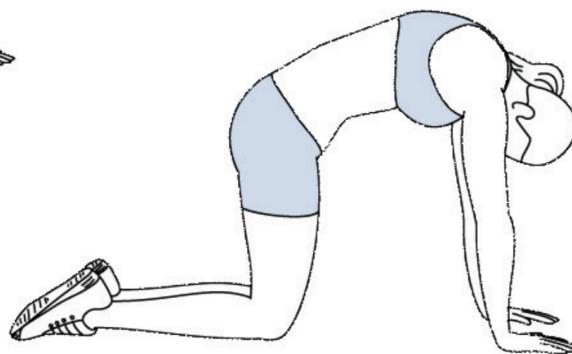
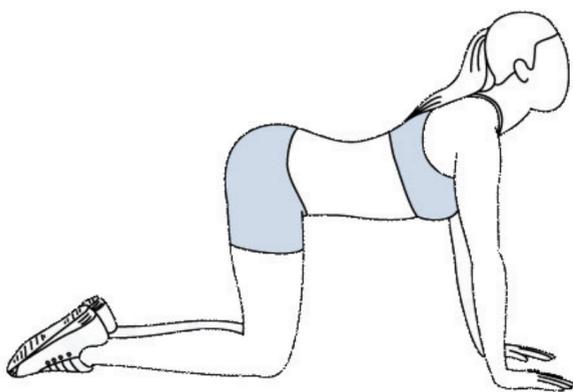
Quad Stretch



Frog Stretch



Cat/Cow Stretch





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**Hey Rockstars your 5th week of workouts is
included in e-book 2**