



## Total Fitness in a Kit

www.FitKit.com  
877-Fit-Kits

### Fitness and Safety Tips

- Always take the time to stretch prior to starting your exercise routine.
- Wear your FitKit ID tag containing emergency contact and medication information while exercising outside, especially in unfamiliar places.
- Keep your daily workouts and food intake posted on the fridge for a healthy reminder of your positive progress.
- Run in place or around the block for a cardio burst between strength sets.
- Hydrate, hydrate, hydrate! Keep cold water on hand at all times for impromptu workouts.
- Grab a buddy to workout with for motivation and accountability.
- Use your FitKit Pedometer and take 10,000 steps a day:
  - Park your car away from the store or office
  - Take the stairs vs. elevator
  - Get off the subway one stop early and walk to your destination
  - Start a lunchtime walk group at the office

### 10 Best Low Calorie Snacks

- 2 cups of fat-free popcorn (or buy 100-calorie packs for the microwave)
- Whole-wheat crackers
- Energy bars with less than 200 calories (Luna, Kashi, 100-calorie Balance)
- Whole-grain, ready-to-eat cereal (Oatmeal Squares, Multigrain Cheerios)
- Sliced apple or celery sticks with 1 tablespoon peanut butter
- Snack-size light yogurt or fat-free pudding (4 to 6 ounces)
- Single-serving size bag (about ¼ cup) nuts (almonds, soy nuts, pistachios, walnuts)
- Any whole fruit
- Single stick of string cheese
- Single serving of dried fruit and nut mix

## Get Even More Resources!

Only \$11.99 at [www.FitKit.com](http://www.FitKit.com)

**FitKit 6 Week Program** – Send request email to: [6WeekProgram@FitKit.com](mailto:6WeekProgram@FitKit.com)

6 Week Workout Plan

Fitness Program Overview/Tips, Detailed Workout Plan, Calorie /Cardio Burn Chart

6 Week Nutrition Plan

Nutrition Program Overview/Tips, Menu Plans, Shopping Lists, Substitution Lists

6 Week Tracker

Activity, Food, Measurements, Goals

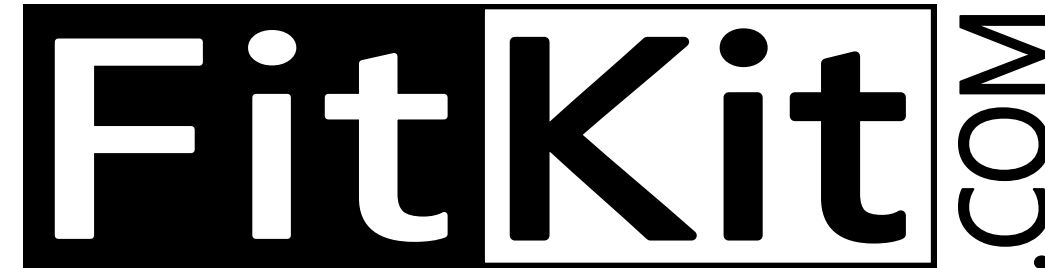
**Ask The Coaches**— Ask our team of Personal Trainers and Nutritionists any questions!

Only \$11.99 at [www.FitKit.com](http://www.FitKit.com)



A Life<sup>2</sup> Product  
[www.fitkit.com](http://www.fitkit.com) © 2014 Life<sup>2</sup>

**Warning:** Sport training can result in serious or fatal injury. Risk of injury can be lessened when safe techniques and common sense are practiced. Do not exercise without proper instruction or supervision or without first consulting your physician regarding this exercise program. Always check equipment for damaged parts prior to using. If any defects are found, discontinue use of product and order a replacement. The manufacturer and its distributor assume no liability or responsibility for accidents or injury to persons or property that result in connection with the exercises and use of these products. Please read the instructions fully before use.



## Total Fitness in a Kit

### Get Started Guide

FitKit.com is a complete exercise solution combining workout tools with an online fitness resource. Read the enclosed instructions to learn how to use the FitKit tools for a safe and effective workout. Follow the link below to access the online resources for a total fitness where you need it, when you need it.

Access your 250+ exercises at:

[www.FitKit.com](http://www.FitKit.com)

Before starting your workout, please read the enclosed information for maximum results.

### Included in FitKit.com



#### Strength Training

**Resistance Tube with Cushioned Handles**  
High quality 4 ft. rubber tubing with premium comfort grips. Can be adjusted to increase/decrease resistance.

**Flat Resistance Band**— Durable 4 ft. long flat rubber band allows for a variety of exercise options. Simply increase or decrease the resistance by adjusting the length of the band used.

**Door Attachment** — See page 2 for instructions on how to attach to a door and expand your exercise options.

#### Cardiovascular Exercise

**Pedometer** - The FitKit Pedometer attaches to your waistband or pocket to calculate your steps for an effective workout.

**Jump Rope**- 9 ft. PVC rope with contoured hand grips increases cardiovascular conditioning by strengthening the heart and lungs. Defines the muscles of the legs, shoulders and arms.

#### Exercise Safety Features

**Reflective Arm Band** — Exercise outside safely with the FitKit Reflective Arm Band. The arm band lights up under headlights or street lights.

**ID Tag** — The FitKit Emergency ID tag provides personal, emergency contact and medical information. Attached to a shoe lace or a belt loop the tag provides critical information in the event of injury.



**Before Use:** Inspect all bands for tears, nicks, or cracking. Discard and replace worn bands. Do not use bands on abrasive surfaces and store out of direct sunlight. Replacement items are available at [www.fitkit.com](http://www.fitkit.com)

A Life<sup>2</sup> Product  
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## Maximizing your FitKit Workout

- \* Breathe naturally and try not to hold your breath.
- \* Be sure to tighten your abdominal/core muscles while doing all exercises. This will help with posture and stabilize your form.
- \* Focus on the muscle being worked and try to relax the rest of the body.
- \* Keep a slight bend in the knees for all standing exercises.
- \* Keep your hands relaxed when holding on to handles or bands so not to expend too much energy while gripping.
- \* If balance is an issue, all standing exercises can be performed seated.
- \* Be sure to drink water throughout your workout to stay hydrated.



FitKit Co-founder and fitness expert Amie Hoff

### Increase resistance by:

- Standing further away from door (do not stretch more than 2 x resting length)
- Holding both handles in one hand
- Stepping on band with more slack between feet

### Decrease resistance by:

- Standing closer to the door
- Place the Door Attachment above top hinge vs. top of door
- Feet closer together

## Using the Door Attachment

The **Door Attachment** expands the number of exercises you can do with the **FitKit** program.

- \* Place the resistance tube through the loop on the **Door Attachment**.
- \* Insert the **Door Attachment** (non looped end) behind the hinged side or above the door with the tubing on your side of the door.
- \* Close the door completely and securely. Pull on the attachment to ensure the door will not open.
- \* Follow the exercises as stated to ensure safety and proper form.
- \* Do not pull beyond 2x tubes resting length.
- \* Do not pull band in direct line with your face.



These sample exercises will get you started. Access the **full Exercise Library** at: [www.FitKit.com](http://www.FitKit.com)

## Stretching



### Seated Chair Twist

**Start:** Sit tall on the edge of a chair  
**Movement:** Twist to right, placing left palm on the outside of right knee and right hand behind you on left side of the chair to assist the stretch.  
**Tip:** Sit tall and twist like a corkscrew.

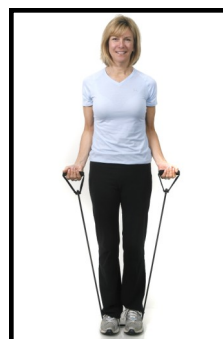


### Hamstring Stretch

**Start:** Lie on your back with one leg up and bent holding and pulling in from behind the knee.  
**Movement:** Straighten the leg up while still holding behind the knee.  
**Tip:** Try to keep the hips on the floor.

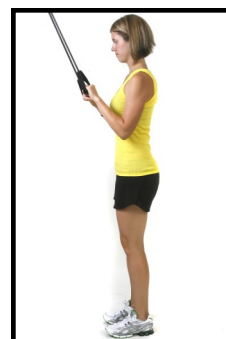
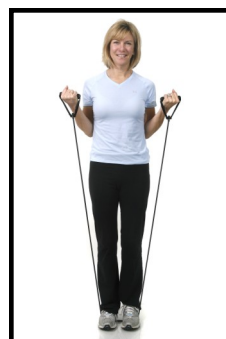


## Upper Body



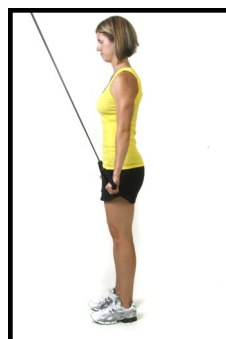
### Bicep Curls

**Anchor:** Under feet/foot  
**Start:** Stand with feet hip width apart, hand on handles at side, palms facing forward  
**Movement:** Contract the bicep muscle, bending at the elbow, bringing the hand towards the shoulder.  
**Tip:** Keep elbows close to the side



### Tricep Pushdown

**Anchor:** High, top of door  
**Start:** Stand with feet hip width apart, elbows at your side, palms facing down.  
**Movement:** Contracting the triceps, straighten the arm bringing your arms straight to your side.  
**Tip:** Keep elbows at your side



Visit

[www.fitkit.com](http://www.fitkit.com)

for more exercises.

## FitKit Workout Schedule

<b>Upper Body</b> - Shoulders, Chest, Biceps, Triceps, Back	<b>Reps Per Set</b>
<b>Lower Body</b> - Hips, Glutes, Quads, Hamstrings, Inner Thigh	<b>Beginner</b> 10 Reps
<b>Core</b> - Lower Back, Abs, Obliques	<b>Intermediate</b> 12 Reps
	<b>Advanced</b> 15 Reps

- Visit [www.fitkit.com](http://www.fitkit.com) for a complete workout guide, including exercises and tips, cardio options, heart rate intensity formulas and full body stretches.
- Choose 1-2 exercises in each muscle group.
- Begin with 2 sets of 10 repetitions, building up to 3 sets of 15.
- Stretch frequently before and after exercising.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Upper Body</b> Triceps Biceps	<b>Upper Body</b> Back Shoulders Chest	<b>Rest</b>	<b>All Lower Body</b>	<b>All Upper Body</b> Upper Body Stretches	<b>Total Body</b> Stretches	<b>Upper Body</b> Low Back
<b>Lower Body</b> Quads Hips Inner Thigh	<b>Lower Body</b> Glutes Hamstrings					<b>Lower Body</b> Glutes Hamstrings Stretches
<b>Core</b>					<b>Core</b>	<b>Core</b>
<b>Cardio</b> 30 Minutes	<b>Cardio</b> 40 Minutes		<b>Cardio</b> 30 - 40 Minutes		<b>Cardio</b> 45-50 Minutes	<b>Cardio</b> 30 Minutes

## Core



### Straight Leg Reverse Curl

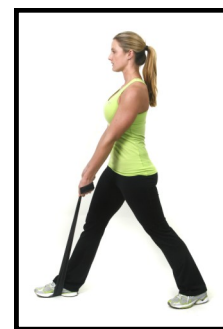
**Anchor:** None, body weight  
**Start:** Lie on back with arms behind head and legs straight up on the ground.  
**Movement:** Using your abdominals, lift your hips slightly off the ground.  
**Tip:** Try not to use momentum or swing the legs



### Straight Leg Cross Reach

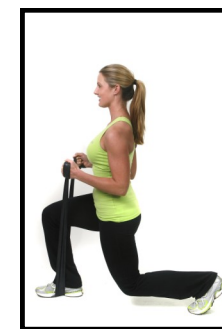
**Anchor:** None, bodyweight  
**Start:** Lie on your back with legs and arms straight up in the air.  
**Movement:** Reach arm up and across to the outside of the opposite foot

## Lower Body



### Lunge with Resistance

**Anchor:** Center of band under forward foot.  
**Start:** Stand in a split stance, toes facing forward, tubing tight in both hands.  
**Movement:** Bend both knees and lower to the ground, back heel will come off the floor. Hands will pull up to create resistance.  
**Tip:** Be sure knee is forward to the toe but over the ankle.



### Side Lunge

**Anchor:** None, body weight  
**Start:** Stand with feet hip width apart and hands on hips  
**Movement:** Take a large step to the side with both toes facing forward. Lean into traveling leg, bending at the hip and knee. Push back up to starting position  
**Tip:** Try to keep your knee from traveling past your toes.



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