



*Fitness Made Simple*

**KEY POINTS:** 15+ slow controlled reps under continuous tension for 45 - 60 seconds. Push the last few partial reps to your sticking point. Focus on good form and pushing until you are completely fatigued from one set.

## Workout Guide - See Details on the Back

### PUSH DAY

### PULL DAY



#### Chest Press

Double heavy bands and adjust the tension snug to the chest. Adjust to a wider grip for extra reps after fatigue.



#### Bent Over or Seated Row

Begin by doubling the band and adjusting the tension to remove slack. Pull bar to your chest.



#### Overhead Press

Stand on the single band, with legs shoulder width apart. Drop down, grip bar and return to standing position. Press overhead until fully fatigued.



#### Pull - Down

Place the door anchor at the top of the door. Pull bar down to your chest in the kneeling or sitting position. See video for how to safely anchor the band.



#### Front Squat - One or two legs

Begin with a single band, bar resting on your front shoulders. See video for more detailed instructions.



#### Bicep Curl

Curl the bar up to your chest, keeping the bar close to your body for the best results. Stand on the single band and move your feet closer when you hit your sticking point.



#### Triceps Extension

Place the door anchor on the top of the door with the bands doubled. Move closer to the door after reaching a sticking point. Continue until you are completely fatigued.



#### Deadlift

Double bands and set the tension adjuster so there is no slack. Always wear shoes and stand on the bands with your feet parallel about 1.5 feet apart.



#### Shoulder or Upright Row

Stand on single band with legs shoulder width apart. Grip bar, extend arms and raise both arms up and away from the body until they are slightly above your head.



#### Calf Raise - One or two legs

Stand on the doubled bands while holding the bar. See video for further instruction.



## How the Fit Fix Rx Program Works

The portable workout system is designed to replace the need for weights and machines while producing better results than you can get with traditional equipment. By using a combination of constant tension, variable resistance, and pushing yourself to complete fatigue through all ranges of motion, you will get 2-3 times better results than lifting weights. The six latex bands combined with the unique Fit Fix Bar with tension settings provide you with just the right tension for your size and strength. With the proper form, only one high-intensity set of each exercise produces amazing results in less than 15 minutes per workout. Always use proper form and start with lighter tension until you can do 30-35 full reps. Gradually increase the tension so you can always do a minimum of 15 full reps.

**IMPORTANT- Always keep these things top of mind when working out for the best results.**

1. **Safety**- Always wear proper shoes to prevent the possibility of dropping the bar on your toes or twisting an ankle. Check the band condition and secure the band in the proper position in the band tension adjuster. Always check and secure your band carefully if using a door anchor, chin-up bar, or other objects. Although bands are generally safer than weights, not securing the bands correctly can be dangerous. Bands can create powerful forces so be aware of your situation when getting started and as you increase tension and get stronger.
2. **Mindset** - Everyone starts at their own level of fitness and experience. Be open to learning, training, and thinking differently if you are a beginner or experienced weightlifter. It is not about the amount of weight you lift but the quality of the resistance and stimulation. You will be surprised at the results when you follow the step by step program. You can always add other exercises or sets, but when you stick to the program, in 90 days you will be amazed at the way you feel and look. The key is working on mastering the correct form and pushing yourself at the end of the set to experience the multiplier effect from your Fit Fix Rx workout plan.
3. **Keep continuous tension without rest.** Do not lock out your arms or rest at the top or bottom of the range of motion. You should aim for between 15-30 full reps and a few partial reps when you hit a “sticking point” or failure. Continue doing partial reps until you are completely fatigued with a goal of 45-60+ seconds under constant tension. Each rep should last about 2-5 seconds. Only one set is needed if you push yourself until you are completely fatigued. See the video for details on getting started. Watch each short exercise video exercise for set up and proper form for each exercise. This science-backed method combined with optimal form produces higher intensity resistance for much better results and stimulation than is possible with weights in less time.
4. **Keep track of your progress** by changing to the next level band or adjusting the band tension adjuster for your size and strength. Go to the next band or tension setting when you are doing over 30-35 full reps. See the 90-day challenge workout progress tracker form.
5. **Diet can produce more than 50% of your results** when it comes to gaining lean muscle and burning fat. About one gram of protein is recommended for each pound of your ideal body weight. This can vary slightly depending on your goals and metabolism.