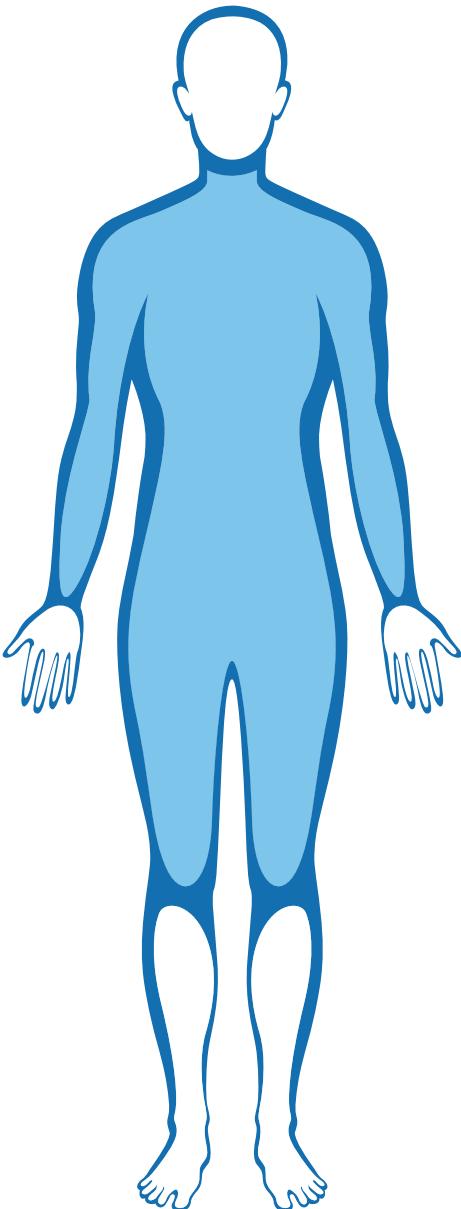


Fit 15



by GOLO®



Make time for YOU!

Just 15 minutes ... for building strength, reducing chances of injury, building confidence and burning fat.

These exercises are great for beginners but can be modified for a more advanced workout using weights or resistance bands.

AeroTrainer

This workout activates several muscle groups but focuses on stretching and relaxation.

- Relieve stress
- Improve balance
- Lengthen your stretches
- Activate your core
- Improve stability
- Build cardio

Challenge yourself to do one Fit 15 routine every other day for a minimum of 4 weeks. In just 4 weeks you'll see how these short workouts can help transform your body AND mind by improving your overall health and helping to relieve everyday stress. **You are worth it!**

Circuit 1

30 seconds each of:

**Wave
Crunch
Plank
Mountain Climbers**

Rest 30 seconds
between sets

Circuit 2

30 seconds each of:

**Super Rock
Super Squat
Bridge
Aero Squat**

Rest 30 seconds
between sets

Repeat both circuits for 3 full rounds for a 15-minute workout

**YOU WILL NEVER WIN IF YOU NEVER BEGIN.
TODAY IS A GOOD DAY TO START!**



Disclaimer: The information in this document is for educational purposes only. It is not intended as a substitute for medical advice of physicians or for proper athletic training and nutrition. The reader should regularly consult a physician in all matters relating to his or her health, as well as before beginning a new health or fitness program, and particularly in respect of any symptoms that may require diagnosis or medical attention.

It is especially important to consult a doctor before using this program if you're very overweight, elderly, or have an existing injury.

By participating in these activities, you agree that you are participating at your own risk and that GOLO is not responsible for any injury or harm you may sustain.

Circuit 1

Wave

30 seconds

Sit down on the lower side of the AeroTrainer and lean back with your arms following you, getting a torso and upper back stretch, then return to an upright position.

Repeat this motion, stretching back as far as you can, then back up to warm up your legs, abdomen, back and arms.



Crunch

30 seconds

Sit on the low side of the AeroTrainer and lean back as far as is comfortable with hands either behind your head or crossed over your chest.

Slowly raise your back up off of the AeroTrainer to approximately 30 degrees (or a level where your abs are still engaged). The further back you sit and pre-stretch, the harder the crunch will be.



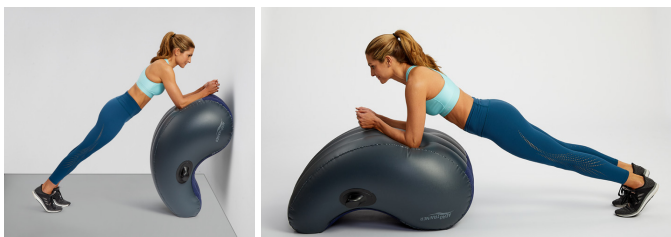
Plank

30 seconds

Planks are great for engaging many muscle groups. Start with the wall version and progress to the floor version.

Place elbows and forearms on the high side of the AeroTrainer and step back into a plank position so that you are in a straight line. Elbows should be directly below shoulders.

Engage your core and legs. Hold for 30 seconds.



Mountain Climbers

30 seconds

Place forearms on the high side of the AeroTrainer in a plank position.

Engage your core. Slowly bring your left knee toward your chest, then return to plank position.

Repeat with your right knee.

Continue to alternate for 30 seconds.

Carefully increase your speed for a more advanced cardio workout.



Circuit 2

Super Rock

30 seconds

This rocking pelvic tilt movement targets abs and back. It works well for people with back issues or who struggle with crunches. For this exercise, you will simultaneously complete 3 actions:

1. Place your hands on your thighs and pull your belly button down in to your spine.
2. Rock back
3. Curl your upper body forward. Slide your hands to your knees, rocking AeroTrainer forward.



Release and repeat.

Super Squat

30 seconds

Place the AeroTrainer against a wall as shown. Hold the handles. Position feet hip-width apart and position buttocks within the curve.

Activate core and push back into AeroTrainer and toward the wall. Squat, rolling your upper body slightly forward so AeroTrainer rolls on the wall and does not slide down. Return to standing position. Repeat for 30 seconds.

Modification:

Point toes IN to work outer thighs or OUT to work inner thighs.



Bridge

30 seconds

Rest your upper back and shoulders on the high end of the AeroTrainer. Slide down until your buttocks almost touch the floor.

Lift your pelvis toward the ceiling, pressing through your feet and squeezing your glutes.

Slowly lower and repeat.



Aero Squat

30 seconds

Sit on the AeroTrainer and slide down to the lowest point, until your buttocks almost touch the floor. Activate your core and push back until your legs reach a 90-degree angle, squeezing your buttocks at the top.

Roll back to the starting position and repeat.

