

»»» Beginner
QUICK START

EXERCISE GUIDE

fitness
with lindsay



INTRO



Welcome to your Beginner's Quick Start Exercise Guide!

If you're reading this, you're likely just getting started, want to get started, or starting back up on your fitness journey!

Maybe you want to finally ...

- Feel confident going out with your friends
- Have more energy to spend quality time with your family
- Fit back into your "goal" jeans
- Stop feeling breathless or fatigued after climbing a flight of stairs

Or perhaps it's a combination of all the above.

Taking the first steps can feel a little overwhelming.

You might wonder if you are doing things the right way, or if what you're doing is even going to work for you. On top of that, your brain may be playing tricks on you trying to talk you out of getting started in the first place!

You're in the right place.

The Beginner Quick Start Exercise Guide will lay out the basics you need to know.

We want to help you take those first few steps in a way that's fun, empowering, and (best of all!) EFFECTIVE!

Which is why we advise getting an OK from your doctor or health-care provider before you start ANY new workout or nutrition program.

Ready to jump in? Great ... let's GET STARTED!

YOU CAN

DO THIS



For many people, exercise tops the list of things they'll get around to ... "someday."

Getting started on anything new is tough, but what makes fitness so challenging?

Here are some of the common reasons that hold people back – and what YOU can do about them!



REASON #1: YOU DON'T HAVE TIME.

Raise your hand if you feel like there's no space in your day for yet another activity!

The good news is that if you're doing it right, you don't have to live in the gym in order to get the results you deserve!

You can sneak in an effective workout in just 20-30 minutes! Or even in a few 10minute sessions a day if you need to split it up.

YOU CAN

DO THIS



Find small pockets of time to walk during the day or get up a half-hour earlier in the morning to squeeze in a strength-training workout.

THINK ABOUT THIS ...

If you're working out just 3 hours a week, that's only 3 out of 168 hours that you're spending exercising! (That's only 1.7% of your entire week!)

When you look at it like that, given how important it is for your health, and how you feel and look ...

It's probably worth shifting around a couple of things to free up 1.7% of your time. Would you agree?

I love this quote:



“If it's important you'll find a way. If it's not, you'll find an excuse.”

YOU CAN

DO THIS



- REASON #2: YOU'VE FAILED IN THE PAST.

If you've stalled out on fitness and wellness routines in the past, you've got a lot of company.

Half of all people who start a fitness program quit it within a year (or much earlier)!

This is because many people set themselves up with a grueling schedule of workouts starting from their first day and understandably lose steam pretty quickly.

The Fix:

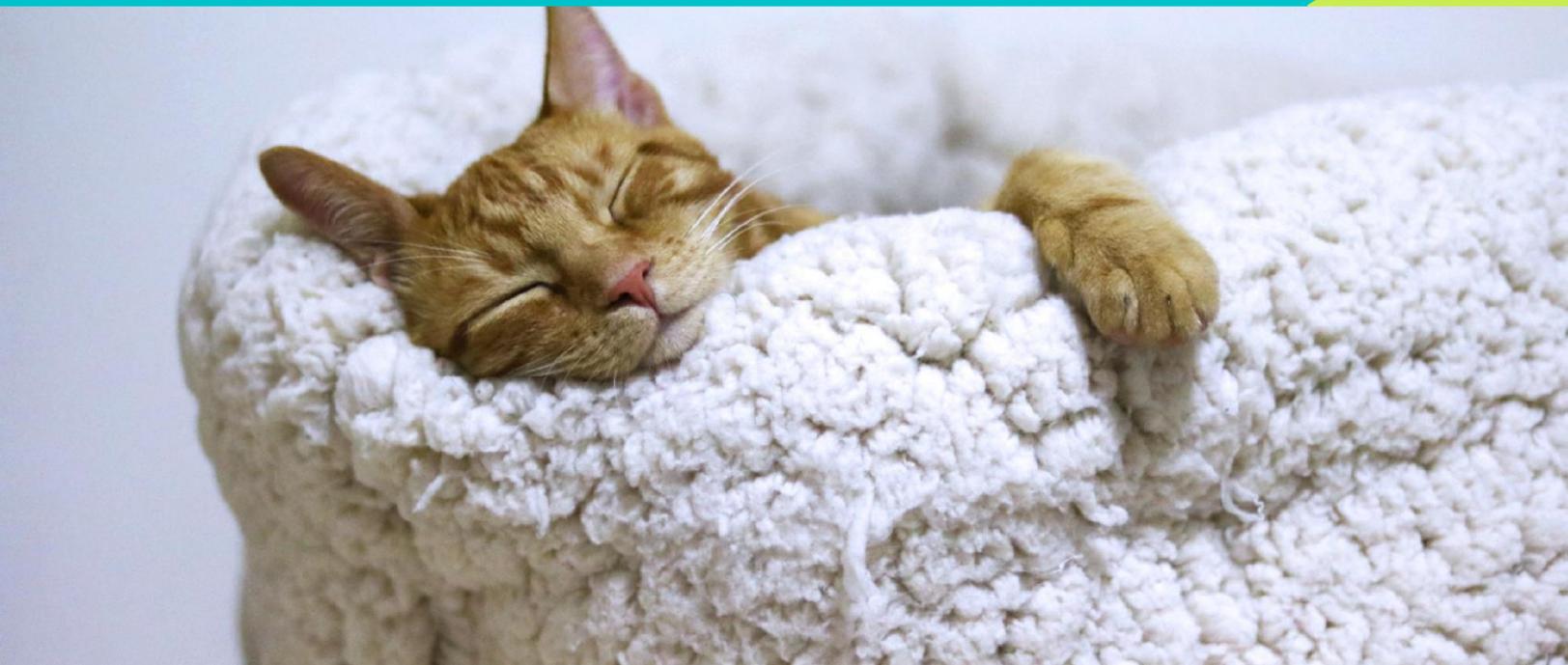
- Remember you can't control the past, but you CAN control what you do TODAY.
- Keep your mind focused forward, instead of dwelling on past failures. Listen to your
- body – avoid those punishing workouts – slowly ramp up over time – and find ways to make exercise fun and enjoyable.
- Keep your attention on what you need to do TODAY to be successful.
- Hire a coach or join a program that has PROVEN they know how to get results and will give you the accountability and support you need to stay on track. (Hey girl, hey!)

It's true: exercise DOES require energy. But it pays you back tenfold!!



YOU CAN

DO THIS



REASON #3: YOU DON'T HAVE THE ENERGY TO EXERCISE.

This is a classic Catch-22 situation.
If you do it RIGHT you'll end up feeling even MORE energized each and every day.

Know that taking that first step DOES require more energy than any other step you'll take – but once you take it, you will wonder why you waited so long!

This happens EVERY single time!

You'll never regret taking that step forward.

YOU CAN**DO THIS**

REASON #4: YOU DREAD IT BECAUSE YOU THINK YOU'LL BE SORE.

Your workouts should be challenging, for sure, but not to the level of the “how am I going to survive this?”

When you're doing it the RIGHT way – especially at the beginning – your workouts should leave you feeling energized, empowered, and ready for more.

Being a little sore is a sign your body is CHANGING, and that is a good thing! But it shouldn't be painful.

Start slow and add a little time/effort each day or week. Listen to your body!



REASON #5: YOU'VE HAD SURGERY / INJURIES & DON'T WANT TO GET HURT.

If you have ever had an injury – or are worried about getting injured – you might associate exercise with pain.

It can be tempting to either avoid exercise or try to “work around” your injury on your own. For most people, there’s a much better alternative.

Before you start working out, always check with your doctor or physical therapist for their recommendations – the more specific, the better!

YOU CAN

DO THIS



REASON #6: YOU HAVEN'T DEFINED YOUR POWERFUL WHY.

This is the "fire in the belly" feeling that helps drive you toward your fitness goals.

It can be challenging to get fired up about your workouts without your "why" in place.

This can happen when you think you SHOULD get into shape ... or that it would be "great" to feel better and more fit ... but you haven't yet defined a compelling REASON to make the changes.

Do you have yours yet? If not, we've got you covered ... keep on reading.



"If your why isn't big
enough
...your excuses will be."

EVERYONE HAS A DAY 1.



Life is short, and it's up to you to make the most of every moment!

Are you living the life you imagined for yourself – energized, happy, and fulfilling your potential?

Or do you feel like you'll get around to living that life ... SOMEDAY.

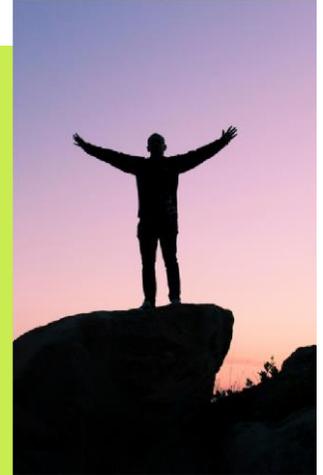
I've got news for you. If you keep waiting to feel motivated, you'll be waiting a very long time.

Motivation is like energy – you don't get the big payoff until you take action.

One of the best ways to find the energy and motivation to live your best life is to take care of your body, so that it can take care of you.

A healthy, fit body will power you through your days, giving you the vitality you need to meet your goals, enjoy each moment, have more fun, and live a more fulfilling life!

- Have the energy to play with your kids/grandkids
- Take active vacations
- Feel great after work so you don't just come home and crash on the couch.
- Have more confidence to go to the beach and do more social activities with your friends.
 - Be proud of yourself for owning your day.
 - Feel like you are living your life to the FULLEST!



ALL IT TAKES IS ONE

WORKOUT TO GET YOU **Started!**

THEY DID IT...

YOU CAN TOO!

HERE ARE SOME OF FWL'S AMAZING CLIENTS ...

We couldn't be prouder of their transformations!



YOU DESERVE

THIS!



If getting started is something that's important to you (and I have a feeling it is!) ... it's time to go even deeper to uncover exactly what it is that motivates YOU.

It might have nothing to do with health or dropping a clothing size or two.

This exercise will help you get to the root reason(s) that motivate you.



- NOTE:

It's tempting to skip over this but in a week or two, you will be SO GLAD you did it. It might even make the difference when it comes to finally finding a routine you will actually stick with!

Because when you keep your "WHY" in mind, it is a powerful reminder of the things that mean the most to you.

Grab a pen and a notebook, or open a document on your computer, and take some time to write answers to these questions.

YOU DESERVE

THIS!



1 WHY DO YOU NEED TO START LIVING A HEALTHIER LIFESTYLE?

What will it mean for your everyday life? It could be because ...

- You want to be able to play with your kids or grandkids.
- You want to have more confidence.
- You want to FEEL better. (You have brain fog, low energy, etc.) You want to
- be able to wear the clothes in the back of your closet.
- You have a big event coming up (wedding, reunion, etc.).
- Your doctor told you to.
- You want to have a more fulfilling life.



YOU DESERVE

THIS!



You might have several answers to the question. Look for at least 2-3 and write them down!

2 WHY ARE THOSE ANSWERS IMPORTANT TO YOU?

For each answer you uncovered in question one, go deeper. Why does it REALLY matter to you?

- What does being able to play with your kids mean to you?
- What would you be able to do when you have more confidence? How about wearing those clothes in the back of your closet? What will it mean to you if you can wear them again?
- Why does the big upcoming event motivate you?
- What health concerns do you have?

How would your life TRULY change if you got started TODAY and stuck with your program?



YOU DESERVE

THIS!



Go deep and get personal. Take some time to write about each answer – your responses might surprise you.

YOU DESERVE

THIS!



3 LOOK DEEP INTO THE FUTURE ...

Here's where the magic happens!

Imagine yourself 6 weeks from now, 6 months from now, and a year from now. You've been exercising and have been committed to yourself and living a healthy lifestyle for the entire time. You've made it a **PRIORITY** in your life.

- How is your life different 6 weeks, 6 months, and 1 year from now?
- How do you feel?
- What are your days like?
- What's your energy like?
- How is your confidence?
- What are your relationships like?
- What are you **DOING** in one year that you're not able to do today?

Take yourself through a day in your new, stronger, healthier, fitter body. How will it differ from today?

Write it **ALL** down. Then read it through. It should get you **EXCITED!**

4 PUT IT INTO ACTION!

Now, it's up to you to tap into the power of those feelings because they are your true "WHY."

Remind yourself at least weekly about your "WHY" – and why it matters!

THE AMAZING BENEFITS OF

EXERCISE



Now that you've got your WHY (the most important part!) let me go over a few other reasons why you don't want to wait any longer to get started!

First: a good workout can leave you feeling energized, strong, and revitalized after just a few minutes. But over the longer term, there are some very [important health benefits](#) from keeping a regular fitness routine.

Here are just a few:

Exercise can help with weight management.

It helps strengthen your immune system.

It cuts your risk of heart disease and stroke.

It helps your body manage your blood pressure and triglyceride levels, as well as blood sugar and insulin.

Exercise can help reduce cravings if you're trying to quit smoking and lessen your withdrawal symptoms.

It keeps your brain sharp, helping you fight off age-related "fogginess."

It's good for your mood, helping relieve stress and reduce the risk of depression.

It helps strengthen your bones and your muscles. This is especially important as you get older.

It reduces your risk of falls.

It lowers your risk of certain cancers, including colon, breast, lung, and uterine cancer.

It helps improve your sleep.

It improves sexual health, cutting risk for erectile dysfunction and can boost your libido.

It reduces your risk of dying early from the top causes of death (heart disease and cancer).

One step at a time...

Know your “WHY” and remind yourself regularly.

Schedule your workouts – treat them like an important appointment.

TRAINER TIPS FOR

SUCCESS



Plan what you'll be doing for your workout ahead of time. This will help you avoid the dread factor and speed up your results. (We've included a plan later in this guide.)

Pack your workout clothes the day before and place your bag in your car or by the door.

Find a supportive friend or group to help keep you motivated and accountable.

Remember the story of the tortoise and the hare – slow and steady wins the race! Being consistent with small steps over time (instead of being “all-in” for a short period) will get you the results you want and deserve!

TAKE THAT FIRST STEP WITH

CONFIDENCE



Remember that EVERYONE was a beginner once!

Focus on small, sustainable steps vs. creating a massive lifestyle overhaul.
Focus on slow, steady improvements over time.

Be proud of yourself for taking action.
minutes or more each day!

exercise for 30



There's only one person who will be just as committed to your goals as you are.

It's a coach.

The right coach will be with you every step of the way of your fitness journey, with:

A proven program that's customized just for you, your goals, and your fitness level.
Faster results, without all the guesswork and trial & error.

WHY WE ALL NEED A

COACH



Motivation to get you started – and keep you going. Accountability to help you stick with your plan.

Working with a coach means you've got a personal cheerleader, champion, drill sergeant and motivator to guide you through almost every part of your healthy lifestyle (fitness, nutrition, stress management, sleep, etc.), all of which play a major role in your success.

If you're serious about your results, working with a coach will save you time, money, and effort – and make the process of getting fit faster and more fun!

THREE PILLARS OF

FITNESS



There are three basic components of everyday fitness. For optimal results, it's important to include all of them in your exercise regimen.

MINIMUM RECOMMENDATIONS



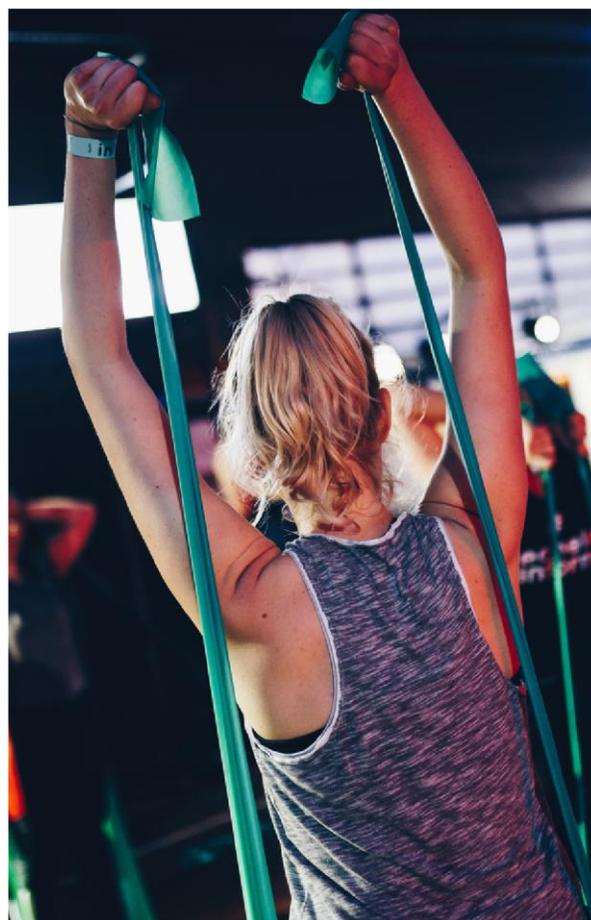
At least two days a week, do a muscle-strengthening workout that targets all of your major muscle groups (legs, back, chest, etc.).

1 STRENGTH

This isn't just about building big muscles (which actually is harder than most people think!).

On a practical level, it's about having the strength to do regular activities in life with ease. It also can include being able to pick up heavy things just for fun if you want.

This can include bodyweight exercises, machine weights, resistance bands, free weights, kettlebells, suspension trainers, or other equipment.



(BONUS! You'll find two sample beginner strength workouts later in this guide!)

THREE PILLARS OF



2 ENDURANCE & STAMINA

This is commonly known as cardio and it's the kind of exercise most associated with the mood-boosting endorphin "rush."

For health benefits, you should get at least 150 minutes (2½ hours) of moderate intensity or 75 minutes of vigorous exercise (or a combo of the two) over the course of a week. It's better if you spread this out.

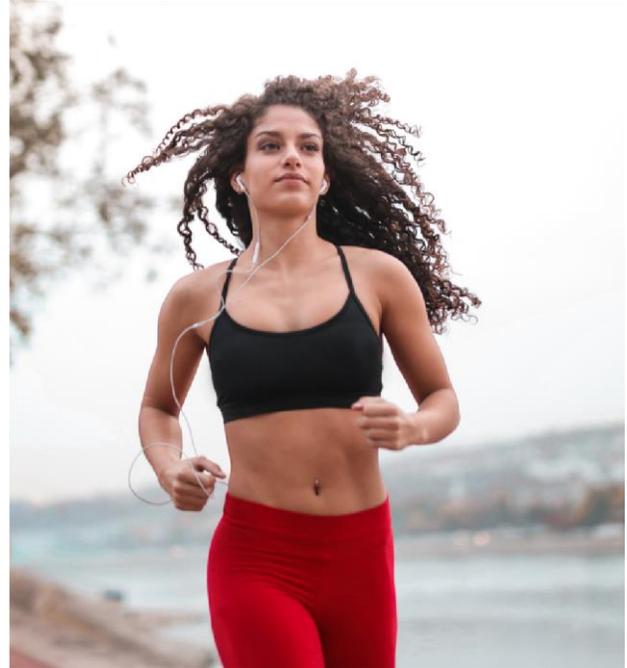
That may sound like a lot, but it's only 30 minutes a day, 5 days a week.

That being said, you get even MORE health benefits if you work out more. (We recommend building up to that amount over time, though!)

And you guessed it! There are sample cardio workouts included later in this guide.

SMART TIP

It's a good idea to get into basic cardio shape before you add in vigorous activity (i.e., you should be able to jog before you start sprinting!).



THREE PILLARS OF



Just a few benefits:

Having supple, flexible muscles can reduce your risk of injury.
Having “looser” muscles can equal fewer aches and pains.
Better posture and balance.
Improved performance.

You'll find a sample stretching routine at the end of this guide that you can do on its own, or after other workouts.



3

FLEXIBILITY & MOBILITY

You should do flexibility & mobility exercises (like stretching or yoga) for all of your major muscle groups (shoulders, chest, back, hips, legs) at least 2-3 times a week.

14-DAY BEGINNER EXERCISE



This routine is just a guideline.

Listen to your body. If your muscles are extremely sore, take an extra rest day or go for a walk. Add the stretching routine after 2-3 of your workouts each week.

Remember: You should always consult your physician or other healthcare provider before starting an exercise program!

Week 1

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Walk or steady-state cardio	Strength workout 1	Walk & stretches	Do anywhere cardio HIIT	Rest	Strength workout 2	Interval walk or cardio

Week 2

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Rest	Strength workout 1	Walk & stretches	Do anywhere cardio HIIT	Rest	Strength workout 2	Interval walk or cardio

STRENGTH



WORKOUTS



All you need for these workouts are some dumbbells – light enough so that you can do each exercise with great form, but heavy enough to feel a little challenging by the last repetition!

If you don't have a bench for some of the exercises, find a sturdy table, aerobics step, counter, or other platform.

Warm up with light cardio before doing these workouts.

Do grouped exercises back-to-back, take a 45 to 60 second break, and repeat for a total of 2-3 times. Then, move on to the next group of exercises.

STRENGTH



WORKOUTS

Strength Workout 1

1-3X THROUGH

1. 10 Box Squats (squat till your butt touches chair / bench)
2. 10 Overhead Press (Shoulders)
3. 10 Bent-over Dumbbell Rows
4. 20/side Bicycle Crunches

REST 45-60 SECONDS**1-3X THROUGH**

1. 10 Reverse Lunges each side
2. 10 Incline Pushups (hands on bench)
3. 10 Biceps Curls
4. 10 Overhead Triceps Extensions
5. 15 Glute Bridge

REST 45-60 SECONDS**BONUS FINISHER**

STRENGTH**WORKOUTS**

1. Straight-Arm Plank, 30 seconds

Strength Workout 2

1-3X THROUGH

1. 12 Bodyweight Squats
2. 12 Triceps Dips
3. 12 Dumbbell Hammer Curl
4. 20 second Side Plank (from knee) per side

REST 45-60 SECONDS**1-3X THROUGH**

1. 12 Braced Single-Leg Romanian deadlift (hand on bench for support)
2. 12 Dumbbell Chest Press
3. 12 Reverse Flyes
4. 12 Bird Dogs

REST 45-60 SECONDS**BONUS FINISHER**

STRENGTH**WORKOUTS**

1. Alphabet Plank! (in a forearm plank position, spell the alphabet with your belly button, resting as often as needed, until you complete the alphabet.)

WORKOUTS



CARDIO



WALKING

Walking for fitness means picking up the pace! Be purposeful and have intention with your stride and posture.

If you are not used to walking, ramp up your speed and duration over the course of a couple weeks.

Goal: Walking at a pace of 3 to 4 miles an hour.

HOW TO DO STEADY-STATE CARDIO

Warm up for 3-5 minutes, then keep a steady pace for 20 to 45 minutes.

You should be working hard enough so that you can still easily carry on a conversation, but not be able to sing without getting out of breath.

These workouts are good energy and mood boosters, and you're guaranteed to work up a sweat!

CARDIO



WORKOUTS



HOW TO DO INTERVAL CARDIO

Warm up for 5-7 minutes, then pick up the pace for anywhere from 30 seconds to 2 minutes. Then, take an active “recovery” break by slowing down for 30 seconds to 2 minutes, and repeat.

Alternate periods of hard/easy work for 20 to 30 minutes, then cool down for 5 to 7 minutes so your heart rate returns to normal.

TIP

Listen to your body during these workouts. If you are new to exercising or coming back after a layoff, establish a good baseline of fitness before attempting high-effort intervals.



WORKOUTS



CARDIO / HIIT



DO ANYWHERE METABOLIC CONDITIONING / HIIT

This is a no-equipment workout that will strengthen your body while also getting your heart rate up!

Warm up with a brisk walk or other cardio exercise for 5-7 minutes. Then, perform this circuit, taking breaks if needed between exercises, and taking 30 to 60 seconds rest between rounds of the circuit.

- 15 Jumping Jacks (low impact – touch right foot to side then left foot -- or high, by jumping)
- 5 Push-ups
- 10 Reverse Lunges each side
- 10 Bicycle Crunches each side
- 10 Squats
- 6.10 Mountain Climbers (keep core engaged – option: do with hands elevated))

REST 30-60 SECONDS. REPEAT FOR A TOTAL OF 15-20 MINUTES

COOL DOWN: 5-10 MINUTES OF WALKING



FLEXIBILITY

STRETCHING WORKOUT

To get the most out of your stretches, perform them after walking or other exercise that warms up your muscles.

This will help you stretch through a wider range of motion.

HOLD EACH STRETCH FOR 30 TO 60 SECONDS.

1. Chest stretch
2. Quadriceps stretch
3. Hamstring stretch
4. Cat-Cow stretch
5. Hip/Glute stretch
6. Figure 4 stretch
7. Hip flexor stretch





BONUS TIPS

Eat a small snack about an hour before your strength workouts.

Stay hydrated! Make sure you drink water during or after your workout.

The first few workouts are NOT the time to pick up heavy weights or go all out. Let your body adjust to exercise first, to avoid injury or excessive soreness, before you ramp up the intensity.

Follow this routine and you'll feel stronger, fitter, and more energized – and best of all, you will be on your way to creating a HEALTHY LIFESTYLE that can last a lifetime!

FIT FOR LIFE



SO WHAT DO YOU THINK?

ARE YOU READY TO GET STARTED?!?

As you've seen, it only takes minutes a day to build a healthier, fitter body when you do it the *right way* - less than 4% of your entire day.

When you look at the value exercise provides - more energy, more vitality, clearer thinking, and improved health - the time is NOW!

Another winning investment: working with a knowledgeable, experienced coach to help you get the results you want - safely, effectively, and fast!

We would be HONORED to be a part of your journey to success. We support our clients with:

- ✓ *A customized, results-driven fitness program - that fits your goals and schedule*
- ✓ *Accountability to help you STICK to your plan (big key to success!)*
- ✓ *Coaching in other areas that impact your results (stress, sleep, nutrition, and more!)*
- ✓ Support
- ✓ And a lot more...

FIT FOR

LIFE



I'd love to work with you one-one-one with any of the variety of services offered, or within a private, online group setting. Whatever your situation is and no matter how big your goal might seem, you're ALWAYS capable, you're never too old, it's never too late, and I'll be here waiting for you when you're ready to turn it all around FOR LIFE! Come visit me over at www.fitnesswithlindsay.com to get started living your BEST life yet!



Fitness with Lindsay

Personal Trainer & Weight Loss-Behavior Change Specialist

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