



# COUCH TO FIT

An introduction to functional fitness

**I'M TOO...**

BUSY, OUT OF SHAPE, OLD, YOUNG, INJURED, TIRED, FAT,  
SKINNY, YOU NAME IT...

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**WE GOT YOU.**

COUCH TO FIT IS FOR ANYONE WHO HAS FELT "I'M TOO..." TO JOIN  
A FUNCTIONAL TRAINING GYM. WE'RE HERE TO SHOW YOU  
YOU'RE CAPABLE OF SO MUCH MORE THAN YOU EVER THOUGHT  
POSSIBLE.



## WHERE ARE YOU?

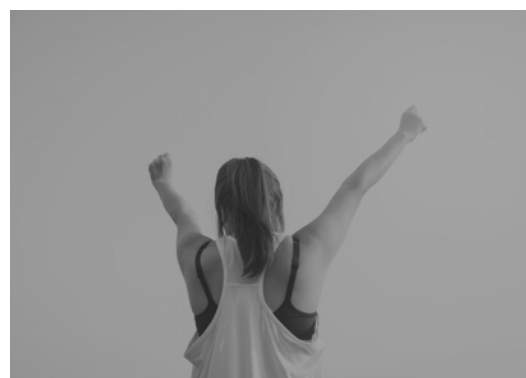
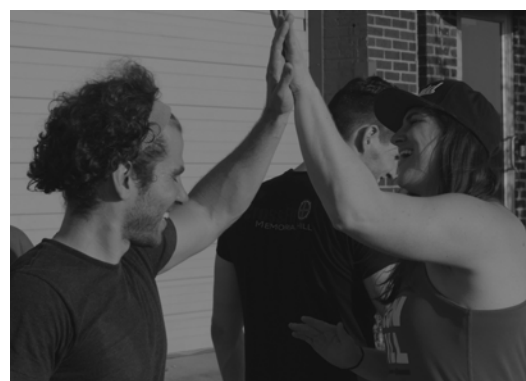
HAVE YOU TRIED EVERYTHING  
BUT JUST HAVEN'T FOUND  
WHAT WORKS FOR YOU?  
YOU'RE NOT ALONE...

## AN APPROACH AS UNIQUE AS YOU.

WE'VE HELPED GUIDE THOUSANDS  
OF PEOPLE WHO HAVE TRIED  
EVERYTHING BUT HAVEN'T FOUND  
THE THING THAT STICKS. SO, WE  
DECIDED TO CHANGE THE WAY  
THINGS ARE DONE.

## A CRAZY IDEA.

SO, WE LISTENED TO PEOPLE JUST  
LIKE YOU. SEEMS LIKE A NO-BRAINER,  
RIGHT? WHAT FOLLOWS IS A  
CULMINATION OF TENS OF  
THOUSANDS OF HOURS HELPING  
PEOPLE LIKE YOU FIND WHAT WORKS.



## ARE YOU READY TO MAKE A CHANGE THAT LASTS?

BELOW YOU'LL FIND YOUR 4-WEEK INTRODUCTION TO FUNCTIONAL TRAINING.  
THIS IS MEANT TO BE COMPLETED 3 TIMES PER WEEK FOR 4 WEEKS. NEXT TO  
EACH WORKOUT IS A VIDEO LINK TO A LIBRARY WITH A DEMONSTRATION OF  
EACH MOVEMENT.



## WORKOUT 1

Complete as many rounds as possible in 8:00 minutes of:

- 5 Push-Ups\*
- 10 Lunges (Left = 1, Right = 2, and so on)
- 20 Flutter Kicks

\*To progress the push-up, try elevating your torso to an angle that makes the completion of the movement possible.

### PUSHUPS | MOVEMENT DEMO



### LUNGE | MOVEMENT DEMO



## WORKOUT 2

Complete 5 rounds of the following:

- 0:30 Plank
- 0:30 Wall Sit
- 2:00 Walk or Jog

## WORKOUT 3

For 20:00, going for max distance complete:

- 1:00 Jog
- 1:00 Walk

### FLUTTER KICKS | MOVEMENT DEMO



## NEED A SPOT?

WE'VE HELPED THOUSANDS JUST LIKE YOU REACH GOALS THEY NEVER THOUGHT POSSIBLE. WE'D LOVE TO CHAT AND SEE HOW WE CAN BEST SERVE YOU. VISIT OUR WEBSITE OR STOP IN FOR MORE DETAILS.



## WORKOUT 4

Complete 5 rounds as quickly as possible while maintaining form of:

- 20 Mountain Climbers
- 10 Leg Raises



## WORKOUT 5

Complete as many rounds as possible in 12:00 of:

- 10 X-Jumps
- 10 Sit-Ups
- 10 Squats



## WORKOUT 6

Complete 10 rounds of:

- 20 Jumping Jacks
- 2:00 Jog, Walk, or Combination of the Two

\*Use your phone or watch to keep track of the time. Then, after 2:00 of jogging or walking, stop and immediately complete 20 jumping jacks.



## WHAT IF I FAIL?

You're in good company! Did you know that over 90% of New Year's Resolutions fail within the first 6 weeks? Did you also know that New Year's Resolutions with ACCOUNTABILITY have twice the likelihood of success? If you'd like some, we're here for you!





## WORKOUT 7

Complete 8 rounds of the following:

- 0:20 Lunges
- 0:10 Rest
- 0:20 Flutter Kicks
- 0:10 Rest

### PLANK | MOVEMENT DEMO



## WORKOUT 8

Complete 5 rounds of the following:

- 20 Mountain Climbers
- 15 Jumping Jacks
- 10 Squats

### SIT-UPS | MOVEMENT DEMO



## WORKOUT 9

For 25:00 total minutes:

- 2:00 Jog/Walk/Combo
- 0:30 Plank

### SQUAT | MOVEMENT DEMO



## SIMPLE, NOT EASY.

Losing weight and getting in shape isn't that complicated. In fact, it's pretty simple. Eat real food, move often, and get good sleep. So, why are there a million "diets" and workout fads? We believe it's because simple isn't easy. Simple asks for consistency. And, consistency is the hardest part of this journey.



## WORKOUT 10

Complete 5 rounds of:

- 3 Push-Ups
- 6 Squats
- 9 Shoulder Taps
- 12 Lunges

### TOE TAPS | MOVEMENT DEMO



## WORKOUT 11

Complete 5 rounds of:

- 20 Lunges
- 20 Mountain Climbers
- 20 Flutter Kicks

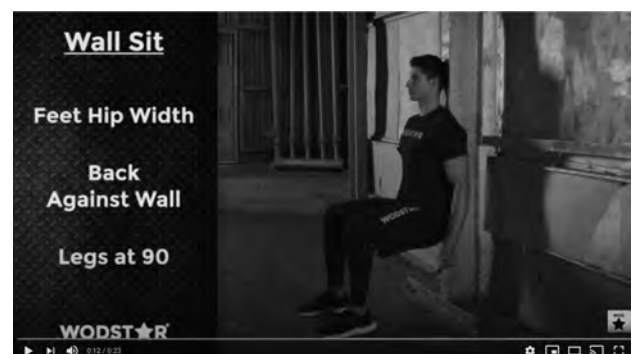
### SQUAT | MOVEMENT DEMO



## WORKOUT 12

Every minute on the minute for 12:00  
(alternate 1:00 each):

- 20 Squats
- 20 Jumping Jacks



## READY FOR MORE?

Chances are you started out this challenge with great intentions. But, somewhere along the line, life got in the way. Work got in the way. Things got busy. We get it — you're in good company.



# IMAGINE

Feeling your best.

## WHAT WILL SUCCESS FEEL LIKE?

This is the first question we ask everyone we talk with. What will success feel like for you? What will it feel like to NOT take action?

To NOT make the change you've been meaning to make all these years?

## LET'S CHAT

Our mission is to help you feel your best. If you're ready - so are we.

We'd love to have you swing by for a free intro with one of our professional coaches to see how we can help.