

// TRAINING GUIDE

WELL  TIGHT

Live Well. Get Tight. Together.

Disclaimer

Please understand that it is your responsibility to work directly with your physician before, during, and after seeking fitness and nutrition consultation.

As such, any information provided is not to be followed without the prior approval of your physician. If you choose to use this information without the prior consent of your physician, you are agreeing to accept full responsibility for your decision.





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Welcome

Congratulations on taking a very courageous first step to a healthier you. Over the next 6-weeks you will nourish and strengthen your body leaving you feeling more energized, happy and confident.

Your 6-week training program has been designed to provide you with 5 x 30 min efficient, total body workouts that will help you gain critical muscle, rev your metabolism and energize you to your fullest potential. I want you to get really uncomfortable and challenge yourself during each workout. Use this well&tight Training Guide as your personal journal and keep track of your training progress for extra motivation.

Before you start, review your well&tight training videos (www.wellandtight.com/train) and establish an exercise routine that you can stick to each week.

You will need water, a towel and sufficient space to exercise. Light weights (5-12 lbs.) can be used for an additional challenge but are not necessary. Rally your #fitfriends to join you during the workouts and prepare to get an extra sweat on from the motivation.

You've got this!

Nat





Sweat.
Smile.
Repeat.

Six Week Training Program

Instructions:

- Print this six week schedule and check off each day once you complete the workout.
- The schedule below is flexible. Focus on completing the workouts each week when it works best for you.
- If you miss one day or one week, don't throw in the towel. Every effort counts and you can pick back up at any time.
- Workout details can be found on page 7 - 10. Your Barre workout video will arrive in week 2.

WEEK 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Tight Upper Sweat	Tight Core	Rest	Firm & Burn	Power Legs	30 min Walk/Run
✓						
WEEK 2						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Tight Core	Barre	Firm & Burn	Power Legs	Tight Upper Sweat	30 min Walk/Run
WEEK 3						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Barre	Firm & Burn	Power Legs	Tight Upper Sweat	Tight Core	35 min Walk/Run
WEEK 4						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Firm & Burn	Power Legs	Tight Upper Sweat	Tight Core	Barre	35 min Walk/Run
WEEK 5						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Power Legs	Tight Upper Sweat	Tight Core	Barre	Firm & Burn	40 min Walk/Run
WEEK 6						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Rest	Tight Upper Sweat	Tight Core	Barre	Firm & Burn	Power Legs	40 min Walk/Run

Tight Upper Sweat

Instructions:

- Complete this 30 min workout once per week as per your training schedule on page 6.
- Perform each **UPPER BODY** exercise for 90 seconds and record how many you completed (your score) for the week.
- Rest for 30 seconds between each exercise.
- Aim to work even harder and beat your score the following week when you repeat this workout.
- Modify the exercise to meet your current fitness level and work towards the full version by the end of the program.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up - Warm up for 3-5 minutes						
15 Cross Jacks						
15 Seal Jacks						
80 Touch Downs						
80 Skips						
Tight Upper Sweat - Perform each exercise for 90 seconds . Record how many you did. Rest for 30 seconds between each.						
Push Up and Reach						
Plank Star						
Lateral Lift (alternate sides)						
Tricep Dip						
Bear Plank to Push Up						
Walk Out and Push Up						
Superman Push Up						
Push Up and Crunch						
Crab Touch						
Push Up and Climb						
Cool Down - Hold each stretch for 30-45 seconds.						
Figure 4						
Hamstring Stretch						
Quad Stretch						
Shoulder and Tricep Stretch						
Lunge and Reach						

Tight Core

Instructions:

- Complete this 30 min workout once per week as per your training schedule on page 6.
- Perform each **CORE** exercise for 90 seconds and record how many you completed (your score) for the week.
- Rest for 30 seconds between each exercise.
- Aim to work even harder and beat your score the following week when you repeat this workout.
- Modify the exercise to meet your current fitness level and work towards the full version by the end of the program.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up - Warm up for 3-5 minutes						
15 Cross Jacks						
15 Seal Jacks						
80 Touch Downs						
80 Skips						
Tight Core - Perform each exercise for 90 seconds . Record how many you did. Rest for 30 seconds between each.						
Boat Bicycle						
Crunch Swing Extend						
Plank Jack						
Sprinter Sit Up						
Side Plank Crunch and Reach (L)						
Side Plank Crunch and Reach (R)						
Down Dog Leg Raise + Knee to Elbow (L)						
Down Dog Leg Raise + Knee to Elbow (R)						
Curve Crunch						
In and Out Abs						
Cool Down - Hold each stretch for 30-45 seconds.						
Figure 4						
Hamstring Stretch						
Quad Stretch						
Shoulder and Tricep Stretch						
Lunge and Reach						

Firm & Burn

Instructions:

- Complete this 30 min workout once per week as per your training schedule on page 6.
- Perform each **CARDIO** exercise for 90 seconds and record how many you completed (your score) for the week.
- Rest for 30 seconds between each exercise.
- Aim to work even harder and beat your score the following week when you repeat this workout.
- Modify the exercise to meet your current fitness level and work towards the full version by the end of the program.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up - Warm up for 3-5 minutes						
15 Cross Jacks						
15 Seal Jacks						
80 Touch Downs						
80 Skips						
Firm & Burn - Perform each exercise for 90 seconds . Record how many you did. Rest for 30 seconds between each.						
Start Jump						
Squat Punch						
Grasshopper						
Skater Jump						
Star Burpee						
360 Squat Jump						
Single Leg Hop T Stand (L)						
Single Leg Hop T Stand (R)						
180 Burpee						
180 Squat Jump						
Cool Down - Hold each stretch for 30-45 seconds.						
Figure 4						
Hamstring Stretch						
Quad Stretch						
Shoulder and Tricep Stretch						
Lunge and Reach						

Power Legs

Instructions:

- Complete this 30 min workout once per week as per your training schedule on page 6.
- Perform each **LEG** exercise for 90 seconds and record how many you completed (your score) for the week.
- Rest for 30 seconds between each exercise.
- Aim to work even harder and beat your score the following week when you repeat this workout.
- Modify the exercise to meet your current fitness level and work towards the full version by the end of the program.

	WEEK 1	WEEK 2	WEEK 3	WEEK 4	WEEK 5	WEEK 6
Warm Up - Warm up for 3-5 minutes						
15 Cross Jacks						
15 Seal Jacks						
80 Touch Downs						
80 Skips						
Power Legs - Perform each exercise for 90 seconds . Record how many you did. Rest for 30 seconds between each.						
Squat Jump						
Runner Tap (L)						
Runner Tap (R)						
Half Star Squat (alternate sides)						
Hell Hops (L)						
Hell Hops (R)						
Cross Squat Jump						
Scissor Jump						
Step Back Lunge to Kick (45 sec per side)						
Frogger to Press Up						
Cool Down - Hold each stretch for 30-45 seconds.						
Figure 4						
Hamstring Stretch						
Quad Stretch						
Shoulder and Tricep Stretch						
Lunge and Reach						



If it doesn't
challenge you.
*It won't
change you.*

Resources

SOCIAL

This program is successful because of the incredible community of like-minded people who have similar goals and aspirations of leading a well&tight life.

Join the conversation by sharing your progress, meals, training accomplishments and tips by tagging @wellandtight and using the hashtag #iamwellandtight.



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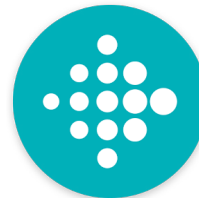
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TOOLS

There are hundreds of Apps available that can help keep you motivated and support you on your well&tight journey. Here are a few of our favourite ones.



WEARABLE TECHNOLOGY

Track your activity and aim for 12,000 + steps daily



TIMERS APP

Keep track of your well&tight interval training



NIKE PLUS

Track distance and pace for running and walking



MY FITNESS PAL

Nutrition and calorie tracking support

You've Got This!

WELL  TIGHT

Live Well. Get Tight. Together.