

SFit Gym Welcome Calendar Month 1

Welcome to the SFit Gym! I'm so excited that you have decided to join. I love these videos and believe you will too. Don't get discouraged if you find some of them to be too challenging. Keep a journal and jot down which ones you find to be harder than the rest. When you revisit them next month, you'll be amazed at how you have improved. You can even jot these notes down in the comment section when you watch. That way, you won't lose them.

I've created 3 programs to get you started. The first is for beginners or people who are short on time. This will be me come January when my little guy arrives once I've been cleared to workout again. If you are looking for more of a challenge, follow level 2. You'll find less rest days and an extra day of cardio. If you are a badass and are a glutton for punishment, follow level 3! Level 3 is similar to level two but has you doing two videos twice a week. Don't worry, these workouts still will only take you between 20 and 40 minutes.

I made this calendar so you could use the "Day 1" or a "Specific day of the week". If you know you want your rest day to be on Sunday, use as directed. If you prefer Saturday to be a rest day, start your program on Sunday. Want Monday as your rest day? Begin on a Tuesday. Make sense?

You will find other videos available in the club. Feel free to interchange the workouts as long as they are within the same category. One of my favorite core workouts is Body Boost #6. If you hate this month's core workout, feel free to use #6 instead of #2. I used the first month's videos to get you prepared for what's to come and get used to the format. Months 2 and beyond do not include as many AMRAPs. They are more time based since you'll notice I'm terrible at counting and talking at the same time ;)

I'll be creating an ebook as well with the workout listed so if you want to do one at the gym instead of watching at home, you can! This will be free for members. It will be here by the New Year! Get ready and excited.

Lastly, don't forget to take a before picture so that you can show off your progress! I'd love to see everyone's before and after.

Glossary

Cardio Intervals: Warm Up 5 minutes, Run Hard RPE level 8 for 1 minute, Recover for 3 minutes, Repeat 5x, Cool Down 5 minutes easy jog. You can also take a cardio group exercise class like spinning or rowing.

Cardio Wild Card Level 1: Work at a moderate effort level (RPE 6-7) for 30-45 minutes. Run, ride a bike, swim, use the elliptical, hike or go for a brisk walk. You can also jump rope for 15 minutes or take a cardio group exercise class like cycling.

RPE: Rate of Perceived level of exertion. A scale from 1-10 that measure the level of effort you are giving during exercise. A level 1 is sitting on the couch. A level 10 is an all out out sprint. A 5-6 should be an easy jog pace, a 7-8 should be a challenging run pace, and a 9-10 should feel like a sprint, your maximum effort.

Level 1 - Beginners, New Moms, Short on Time

Day 1 - Monday: SFit #4

Day 2 - Tuesday: Rest

Day 3 - Wednesday: Body Boost #1 "Superset Arms"

Day 4 - Thursday: Rest

Day 5 - Friday: Cardio Wild Card Level 1

Day 6 - Saturday: TGIS #3 "Ladder Workout"

Day 7 - Sunday: Rest

Day 8 - Monday: SFit #1

Day 9 - Tuesday: Rest

Day 10 - Wednesday: Body Boost #3 - "Booty Workout"

Day 11 - Thursday: Rest

Day 12 - Friday: Cardio Wild Card Level 1

Day 13 - Saturday: TGIS #2

Day 14 - Sunday Rest

Day 15 - Monday: SFit #2

Day 16 - Tuesday: Rest

Day 17 - Wednesday: Body Boost #2 - "Core Workout"

Day 18 - Thursday: Rest

Day 19 - Friday: Cardio Wild Card Level 1

Day 20 - Saturday: TGIS #1

Day 21 - Sunday: Rest

Day 22 - Monday: SFit #3

Day 23 - Tuesday: Rest

Day 24 - Wednesday: Body Boost #4 "Total Body"

Day 25 - Thursday: Rest

Day 26 - Friday: Cardio Wild Card Level 1

Day 27 - Saturday: TGIS #4

Day 28 - Sunday: Rest

Level 2 - Intermediate

Day 1 - Monday: SFit #4
Day 2 - Tuesday: Cardio Wild Card
Day 3 - Wednesday: Body Boost #1 "Superset Arms"
Day 4 - Thursday: Cardio Intervals
Day 5 - Friday: SFit #4
Day 6 - Saturday: TGIS #3 "Ladder Workout"
Day 7 - Sunday: Rest

Day 8 - Monday: SFit #1
Day 9 - Tuesday: Cardio Wild Card
Day 10 - Wednesday: Body Boost #3 - "Booty Workout"
Day 11 - Thursday: Cardio Intervals
Day 12 - Friday: SFit #1
Day 13 - Saturday: TGIS #2
Day 14 - Sunday Rest

Day 15 - Monday: SFit #2
Day 16 - Tuesday: Cardio Wild Card
Day 17 - Wednesday: Body Boost #2 - "Core Workout"
Day 18 - Thursday: Cardio Intervals
Day 19 - Friday: SFit #2
Day 20 - Saturday: TGIS #1
Day 21 - Sunday: Rest

Day 22 - Monday: SFit #3
Day 23 - Tuesday: Cardio Wild Card
Day 24 - Wednesday: Body Boost #4 "Total Body"
Day 25 - Thursday: Cardio Intervals
Day 26 - Friday: SFit #3
Day 27 - Saturday: TGIS #4
Day 28 - Sunday: Rest

Level 3 - Challengers, Advanced, Warriors

Day 1 - Monday: SFit #4
Day 2 - Tuesday: Cardio Wild Card

Day 3 - Wednesday: Body Boost #1 "Superset Arms" + Body Boost #4 "Total Body"

Day 4 - Thursday: Cardio Intervals

Day 5 - Friday: SFit #4

Day 6 - Saturday: TGIS #3 "Ladder Workout" - TWO ROUNDS

Day 7 - Sunday: Rest

Day 8 - Monday: SFit #1

Day 9 - Tuesday: Cardio Wild Card

Day 10 - Wednesday: Body Boost #3 - "Booty Workout" + Body Boost #2 "Core Workout"

Day 11 - Thursday: Cardio Intervals

Day 12 - Friday: SFit #1

Day 13 - Saturday: TGIS #2 - TWO ROUNDS

Day 14 - Sunday Rest

Day 15 - Monday: SFit #2

Day 16 - Tuesday: Cardio Wild Card

Day 17 - Wednesday: Body Boost #2 - "Core Workout" + Body Boost #1 "Superset Arms"

Day 18 - Thursday: Cardio Intervals

Day 19 - Friday: SFit #2

Day 20 - Saturday: TGIS #1 - TWO ROUNDS

Day 21 - Sunday: Rest

Day 22 - Monday: SFit #3

Day 23 - Tuesday: Cardio Wild Card

Day 24 - Wednesday: Body Boost #4 "Total Body" + Body Boost #3 "Booty Workout"

Day 25 - Thursday: Cardio Intervals

Day 26 - Friday: SFit #3

Day 27 - Saturday: TGIS #4 - TWO ROUNDS

Day 28 - Sunday: Rest