BACK TO BASIC PHYSICAL TRAINING PROGRAM

FRANKLY FIT W/ FB

What is Required

To participate in this program, there are a few things **required**. Included with each item is a link as applicable.

REQUIRED: The workout programs are all led via Beachbody on Demand. Beachbody on Demand (BoD) makes available over 700 workouts including strength training, guided by some of the biggest names in the fitness industry. To participate in this program using the workouts specified, you will have to have a subscription to Beachbody on Demand – cost is $99 annually (if subscribed to for the year; cost increases if subscribed month to month or quarterly).

REQUIRED: To perform many of the exercises in this program you will either need dumbbells or several sets of resistance bands. You can use any quality dumbbells or resistance bands and there are several other items that can make your workouts more comfortable or easier to manage. Here is a list of items with links for your convenience (**you are NOT required to buy any or all of this; it is merely a resource for you to explore and find what works for you**):

B-LINES Resistance Band Kit

B-LINES Resistance Band Upgrade Kit

Core Comfort Mat (this is great if you're working out on a hard surface)

LIIFT4™ Accessories Bundle

LIIFT4™ Deluxe Accessories Bundle

LIIFT4™ Mega Accessories Bundle

PT Sandbag (either this or dumbbells **required** for Hardcore 22 Battle Buddy workouts)

21 Day Fix Kit (great for educating yourself on nutritional changes and portion control)

For dumbbells, while you can buy them online, shipping gets expensive because they have so much weight. Check out Second Hand Sports (if there's one near you) for better prices on dumbbells. If you get the PT Sandbag, check out your local scuba shop

(or check it out online) for “shot bags.” They are nylon bags of lead shot that range in weight (usually) from one pound to five pounds. They are perfect for putting in the PT Sandbag to adjust its weight and give you control over exactly what it weighs.

REQUIRED: You will need some type of app for your computer, tablet or smart phone, that tracks what you eat (you have to input it) and saves the info daily as well as breaking down your nutrition into the various macros (protein, fat, carbs) and other nutrients (sugar, sodium, potassium, etc). It should also track your exercise time and calories. My recommendation is MyFitnessPal.com. Although there is a paid premium version, the free version works just fine and has one of the most expansive food data bases available as well as the ability to scan a barcode to input information and build your own recipes / meals.

What is NOT Required

There is no gym membership required and you don’t have to pay extra for a personal trainer. If you choose to go through this challenge with me, I’ll be your coach and our team of personal trainers will be those who built the workout programs. (see farther down for more info on them.)

You don’t have to eat a special diet. There is no requirement to purchase special frozen meals, diet meal replacement bars, cut your carbs to nil, eat lots of fat, etc. It only makes sense that if you’re going to invest in your health and wellness, you should eat less junk food, less sodium and less sugar… more healthy foods like fruits and vegetables and lean meats. Beyond that, what you eat is up to you. If you’re using a nutritional diary / tracker, you’ll see what you’re putting in your body day to day and soon understand the impact it has. The relationship between what we put in our mouth, what the scale says, how we feel, and how we perform becomes readily apparent.

There is no fasting required. Many programs require you to skip a meal regularly or to just drink water (and eat nothing) for a whole day. None of that here. In fact, I’d prefer to you to eat between three and six meals per day. Your goal net calorie intake is (most likely) about 1500 calories per day. (See this blog titled “The Math of Weight Loss” to understand what I mean by “net calories.”)