



General Exercise Guidelines

General Exercise Guidelines:

Begin every workout with a warm-up. Warm-up is essential to prepare your body for the activity to come, make your workouts safer and eases you into more challenging moves with less stress to your joints and muscles.

Complete every workout with a gentle, cool-down stretch to bring heart rate back to pre-exercise levels, improve mobility and flexibility.

Perform all exercises at a doable and controlled speed, completing each repetition to the fullest range of motion without over-extending or losing form and alignment. Working at too fast of a pace is not recommended, and could compromise your safety as well as results.

You may find it difficult to complete every exercise to the maximum time of one minute or all of the repetitions suggested. There is always a learning curve when using new pieces of equipment. You will, however, quickly adapt. If you feel your muscles over-fatiguing, or you're unable to maintain proper form and technique, take a short break and then resume. In time, you will see your progress as you will be able to continue for a longer time. In just a few sessions, you most likely will be able to complete all of the repetitions suggested.

Challenge yourself, however progress at a pace which matches your fitness level and previous experience. If you are excessively sore and tired, you may have pushed too hard, so back off a bit and continue to strive for more.

Always train with safety first! In the long run, focusing on proper form and technique will maximize the effectiveness of your training and hard work!

Don't expect a complete transformation overnight. Your body WILL respond and the results will come. A little patience and a lot of diligence will go a long way.

Monitor your exercise intensity, particularly when cardio moves are included. Don't overdo; you want to complete the recommended time and/or reps without stopping.

Warm-Up & Cool-Down

Always begin your workout with a warm-up. Warm-up prepares your body for more vigorous exercise: limber joints, increase body core temperature, and gradually increase heart rate to exercise levels. Warm-up on the ground and not on the BodyFly CS unless indicated.

Recommended Time: 3-3½ minutes. Do each move for approximately 30 seconds. See the next page for recommended warm-up stretches.

Cool-Down

Complete each workout with a brief stretch.

Recommended Time: 3-3½ minutes. Do each move for approximately 30 seconds. See page 41 for recommended cool-down stretches.