

# JUMPSTART TO FITNESS

4-week Beginner Workout Guide



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# Jump in!

Hi there!

Are you new to exercising and don't know where to start? No problem. You've already accomplished Step 1 -- you're reading this plan! Congratulations!

Our goal is to help you make exercise a daily part of your life.

A complete exercise program includes both cardiovascular and strength workouts:

- **Cardio work** strengthens your heart and lungs, boosts your mind and mood, and helps manage your weight. The U.S. Centers for Disease Control recommends getting 150 minutes of moderate cardio exercise a week. But if you're just starting out, don't fret. Our program will help you get there!
- **Strength training** increases bone density and builds muscle, which can help increase your metabolism (resting muscle burns more calories than fat), and make you stronger overall.
- **Balance and Flexibility work:** Falls are the leading cause of fatal and non-fatal injuries among older adults. Improving your balance and flexibility will help prevent falls and keep you mobile.

We're excited to share **Jumpstart to Fitness**, our gentle 4-week guide to begin your fitness journey with suggested yes2next workout videos -- Links to all videos are in the text.

The program can be started on any week and any day. Print out the *Jumpstart to Fitness Progress Tracker* to document your work and keep you motivated -- put it up on the fridge, bathroom mirror, or somewhere you can see it everyday.

To share your experience and ask fitness questions, we invite you to join the [yes2next Facebook group](#) where you can connect with us and like-minded friends. Also, you can find more tips and inspiration on our website: [yes2next.com](http://yes2next.com).

Say yes to your next steps to improve your health!

*April*

# Before you get started

## **Get the green light**

Please check with your doctor before starting this exercise program. If you feel any sharp pain during any exercise, please stop. See our disclaimer [here](#).

## **The Props**

Here are some suggested things to have on hand:

- A clock, watch, or stopwatch to track your minutes
- Comfortable clothing
- Comfortable gym shoes to support for your feet
- Light weights optional for strength work (water bottles or cans will do, too!)
- Water (drink when you need to, it's important to stay hydrated!)

# Get to know our videos

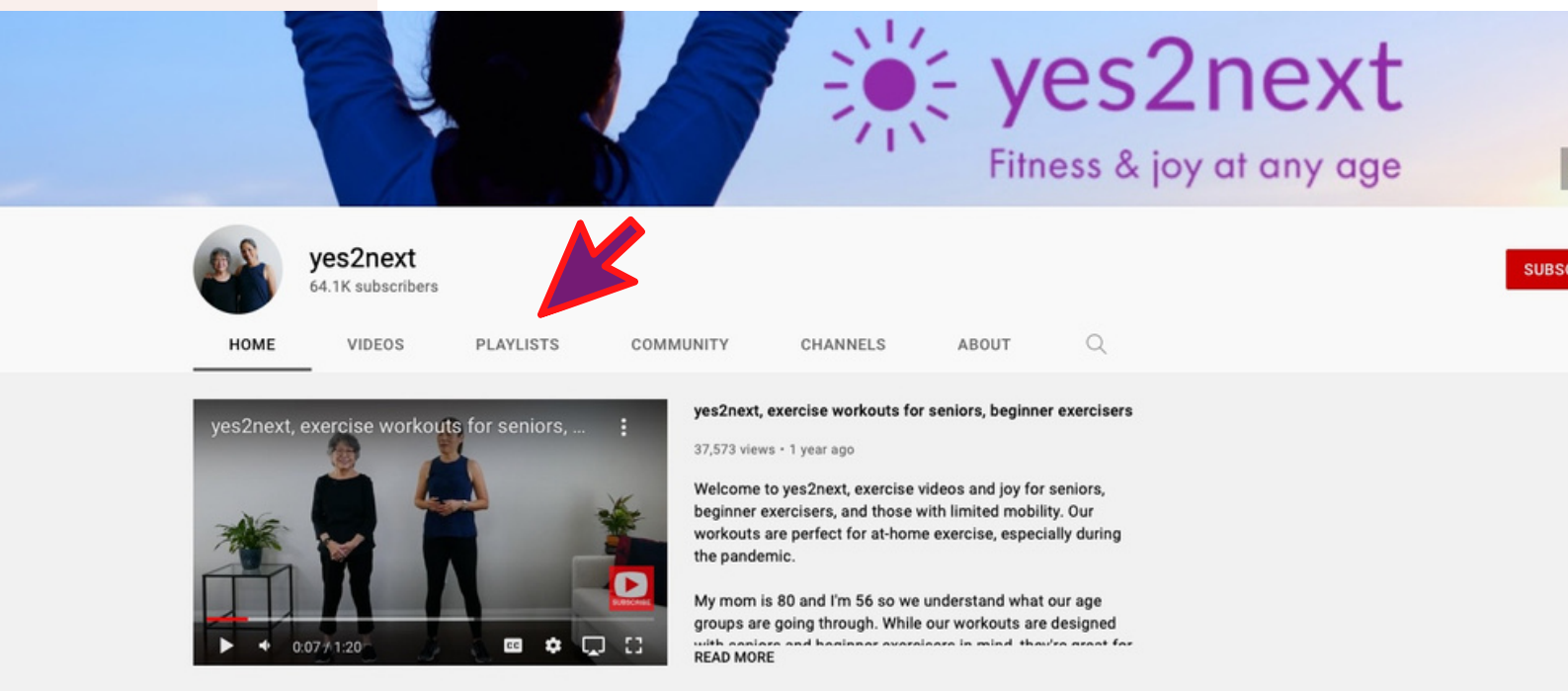
We have more than 180 free videos on our YouTube channel and you may be wondering, "where do I start?" Never fear! We got your back!

## yes2next YouTube Channel

Find us on [YouTube under "yes2next"](#)

## Jumpstart to Fitness Playlists

Most of the videos in this guide are categorized by week in our Playlists. Find the four Jumpstart to Fitness playlists on our YouTube Channel homepage.



In Weeks 3 and 4, you'll be ready for more variety and we suggest trying out videos from a few other playlists including: "10 Minute Walking Workouts," "Strength Training Workouts," and "Beginner Workouts."

# Pro Tips

## **Consistency is key**

Staying consistent with exercise will increase your endurance and strength, making it easier for you to move for longer periods of time. Rest is just as important as the exercise itself.

## **Start slow**

Begin with low intensity activity using this scale: 0=sitting 10=highest level of effort

- **Low intensity** - 1 to 4
- **Moderate intensity** - 5 or 6 (you can talk but not sing. Example: brisk walking, dancing)
- **Vigorous intensity** - 7 or 8 (you can say only a few words before taking a breath.) Examples include running or jogging.

*\*1 minute of vigorous activity = 2 minutes of moderate activity. For example, 10 minutes of vigorous activity per week may be substituted for 20 minutes of moderate activity. If you're a beginner, we suggest staying in the low to moderate intensity range with this plan.*

# WEEK 1

## Get your engines started!

Kudos to you for showing up and taking action to improve your health. In your first week, it's important to just start moving to help make exercise a part of your life.

Starting on Day 1, do any continuous activity you like for at least 3 to 5 minutes — your choice! If you can do more, excellent. Go for a walk, march in place, or try out one of the yes2next Warm Up Videos or our 5 minute Walking Workout. You can do anything for 3 to 5 minutes, right?! The only rule is that you go at your own pace, no pressure. Do this activity for at least 5 days this week. If you can do it on Days 6 and 7, GREAT!

Suggested videos (do 3-5 minutes or more)

- [Warm Up #2](#), [Warm Up #3](#), [5-minute Walking Workout](#)
- **Day 1:** 3-5 minutes of activity
- **Day 2:** 3-5 minutes of activity
- **Day 3:** 3-5 minutes of activity
- **Day 4:** 3-5 minutes of activity
- **Day 5:** 3-5 minutes of activity
- **Day 6:** Rest or move 3-5 minutes
- **Day 7:** Rest or move 3-5 minutes

**TOTAL WEEK 1:** 10-35 minutes

# WEEK 2

## Keep building and get stronger!

Good work! You made a commitment to move at least 5 days last week. Let's continue the momentum and increase the number of minutes of daily activity incorporating some strength and flexibility work. Do the recommended minutes or more.

Here's a sample Week 2 workout schedule:

- **Day 1:** 5-10 minutes of activity - [Warm Up Video 2](#)
- **Day 2:** Rest or 5 minutes of activity - [Warm up Video 3](#)
- **Day 3:** 5-10 minutes of activity - [5 minute Walking Workout](#)
- **Day 4:** Rest or 5 minutes of activity - Your choice!
- **Day 5:** 5-10 minutes of activity - Quick warm up (3-5 minutes) and [Standing Core Workout](#) or [Leg Workout](#)
- **Day 6:** Stretch - Do the [Chair Stretch Video](#) or [Gentle Stretching video](#)
- **Day 7:** Rest

**TOTAL WEEK 2:** 25-50 minutes

**EXTRA CREDIT:** Try the [Balance Workout](#) at least once.

# WEEK 3

You're on your way!

You did at least 25 minutes of exercise last week -- good job! Don't stop now. Let's have some fun and mix it up with more yes2next workouts!

- **Day 1:** 10-20 minutes of activity - [Warm Up Video 2](#), [Arm Tone Up](#), & [Cooldown](#)
- **Day 2:** Rest or 10 minutes of activity - Quick warm up (3-5 mins), [10 min walking workout](#)
- **Day 3:** 10-20 minutes of activity - [Warm Up Video 3](#), [Leg Workout](#), & [Cooldown](#)
- **Day 4:** Rest or 10 minutes of activity - Quick warm up (3-5 mins) & [10 minute Walk & Step](#)
- **Day 5:** 10-20 minutes of activity - [Warm Up Video 3](#) + yes2next video of your choice ([10 minute walking workouts](#) - in our YouTube Playlists) and [Cooldown](#)
- **Day 6:** Stretch 10 minutes - [Chair Stretches](#) or [Gentle Stretching video](#)
- **Day 7:** Rest

**TOTAL WEEK:** 40-90 minutes

**EXTRA CREDIT:** Add the [Balance Workout](#) or the [Wall Push Up](#) at least once.



# WEEK 4

You got this!

Excellent work! You're building exercise into your weekly routine! This week, let's try to do at least 30 minutes of exercise on at least one day.

Do combinations of our [Beginner Workout videos](#) (in our YouTube Playlists) and always include Warm Up ([#2](#) or [#3](#)) and [Cooldown Videos](#)

- **Day 1:** 20-30 minutes of activity (Walking or cardio)
- **Day 2:** Rest or 10-20 minutes of activity
- **Day 3:** 20 minutes of activity (Suggestion: Pick a [Strength Workout](#) video)
- **Day 4:** Rest or 10-20 minutes of activity (Walking or cardio)
- **Day 5:** 20-30 minutes of activity (Pick a [Strength Workout](#))
- **Day 6:** Rest
- **Day 7:** Stretch - Do the [Chair Stretch Video](#) or [Gentle Stretching video](#)

**TOTAL WEEK:** 75-145 minutes (includes 5-minute warm up)

**EXTRA CREDIT:** Try the exercises in our [Posture video](#) at least once

# What's next?

## Keep moving!

Congratulations on jumpstarting your fitness!

If you've stayed with the guide, we hope you're seeing improvements in your strength and endurance. You're on your way to doing the U.S. Centers for Disease Control's recommended 150 minutes of moderate intensity cardio work and two days of strength training per week. We hope this is just the beginning of your journey to keep the momentum going.

We're honored to be by your side and look forward to continuing to support you with our videos and more.

Let's stay connected! Sign up for our email list to receive the latest yes2next news and tips on our website [yes2next.com](https://yes2next.com) and connect with us on any of our social media channels: [YouTube](#), [Instagram](#), [Facebook](#), [Pinterest](#), and [Twitter](#) (@yes2next on all).

We wish you fitness and joy! Keep moving and see you soon!  
April, Aiko & Mochi

# PROGRESS TRACKER

## WEEK 1

Day #/Date	# Minutes	Workouts
1/		
2/		
3/		
4/		
5/		
6/		
7/		

## WEEK 2

1/		
2/		
3/		
4/		
5/		
6/		
7/		

# PROGRESS TRACKER

## WEEK 3

Day #/Date	# Minutes	Workouts
1/		
2/		
3/		
4/		
5/		
6/		
7/		

## WEEK 4

1/		
2/		
3/		
4/		
5/		
6/		
7/		