



# COUCH TO FIT

## A FREE 8-WEEK FITNESS PROGRAM FOR TOTAL BEGINNERS

Small steps to help you build good health & fitness habits that will be sustainable in the long run.

**Your BEST ACTIVE LIFE starts today!**



ENRICH YOUR LIFE  
*fitness*

# What to Expect

- ✓ FREE Workouts on YouTube
- ✓ No Repeated Workouts for Duration of Program
- ✓ Development of Healthy Habits (a New Nutritional & Mental Health Habit to Start Each Week)
- ✓ Development of Exercise Consistency
  - ✓ Increased Strength
  - ✓ Improved Body Composition
  - ✓ Improved Cardiovascular Health
  - ✓ Improved Nutrition
  - ✓ Improved Mental Health
  - ✓ Increased Stamina
  - ✓ A Healthier YOU!

# What to Expect

## Program Info

### **Workouts are Released on YouTube at 4:00 am (CST)**

This program releases on May 1, 2023. Day ONE's workout will be released at 4:00 am (CST) on May 1, 2023. Day TWO's workout will be released at 4:00 am (CST) on May 2, 2023 and so on.

### **There will be 1 new nutritional habit, and 1 new overall health habit added each week**

All details are on the weekly schedules within this program guide. Details will also be posted in the [Enrich Your Life Fitness Facebook Community](#), and emailed to EYLF mailing list subscribers each week. Sign up for the email newsletter [HERE](#).

### **There are no rest days in this program**

Due to the short workouts, and different muscle groups being worked each day, there are no rest days in this program. However, please listen to your body. If you need a rest day, please take it.

### **Make sure to modify as needed**

We are all coming from different backgrounds and fitness levels, which means it's going to be super important for you to modify the exercises as needed. You may need to increase or decrease the intensity, use heavier or lighter or no weights, change the pace/speed, and more. Push yourself, but not so hard that you get injured!

## Let's Connect on Social:



# What to Expect

## 8-Week Couch to Fit Program

### FAQ's:

#### **Q. Where can I find the workout videos?**

**A.** Click on the thumbnails on the calendar in this program guide or [CLICK HERE](#) for a YouTube Playlist that has ALL workouts for this program!

#### **Q. How heavy should my weights be?**

**A.** Your weights should be heavy enough to just barely make it to the end of a set. If you can make it to the end of the set easily, go heavier. If you can't make it to the the end, go lighter.

#### **Q. Should I be warming up before my strength training workouts?**

**A.** Yes! Warming up before your workout and stretching afterward helps with muscle recovery and helps to reduce injury. Here are some GREAT pre and post workout videos to try!





# What You'll Need

## Equipment Needed

- **Dumbbells**
  - 3 sets recommended
    - light
    - medium
    - heavy
- **Workout/Yoga Mat**

[CLICK HERE](#) for **DUMBBELLS**  
on Amazon

[CLICK HERE](#) for a **SMALL YOGA MAT**  
on Amazon

[CLICK HERE](#) for a **LARGE YOGA MAT**  
on Amazon

## Disclaimer

The exercises and information provided by Enrich Your Life Fitness are not to be interpreted as a recommendation for a specific treatment plan. Exercise is not without its risks, and this or any other exercise program may result in injury. By performing this program, and/or any fitness exercises without supervision, you are doing so at your own risk. To reduce the risk of injury, before beginning this or any exercise program, please consult a licensed healthcare provider for appropriate exercise prescription, safety precautions, and nutritional advice. If at any point during your workout you begin to feel faint, dizzy or have physical discomfort, you should stop immediately and consult a physician.

I may offer affiliate links, which means I will receive a small commission on purchases made through the links I share. You will not be charged anything extra for using the links. It's just a small way to support my free content. I only provide links for products I support. Thank you! ~Alicia



# What to Expect

## Workout Schedule

<b>Week 1</b>	<b>5 Minute Workouts</b>
<b>Week 2</b>	<b>6 Minute Workouts</b>
<b>Week 3</b>	<b>7 Minute Workouts</b>
<b>Week 4</b>	<b>8 Minute Workouts</b>
<b>Week 5</b>	<b>9 Minute Workouts</b>
<b>Week 6</b>	<b>10 Minute Workouts</b>
<b>Week 7</b>	<b>11 Minute Workouts</b>
<b>Week 8</b>	<b>12 Minute Workouts</b>

# Workout Schedule

Print this page, hang it on your wall or fridge, and cross off the workouts as you complete them!

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 2	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 3	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 4	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 5	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 6	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 7	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders
Week 8	Bi's Tri's	Legs	Abs	Chest Back	Glutes	Cardio	Shoulders

Click [HERE](#)  
to go to the  
Workout  
Playlist

# Week ONE

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 1

5 MIN  
BI'S & TRI'S  
ARM WORKOUT



Day 2

5 MIN  
FIRM LEGS  
WORKOUT



Day 3

5 MIN ABS ON FIRE  
WORKOUT



Day 4

5 MIN  
CHEST & BACK  
WORKOUT



Day 5

5 MIN BOOTY LIFT  
WORKOUT



Day 6

5 MIN  
CARDIO BLAST  
WORKOUT



Day 7

5 MIN  
SHOULDER BURN  
WORKOUT



### Nutritional Habit to Add this Week:



**Drink at least half your body weight (in pounds) of water (in ounces) daily.**

For example, someone who weighs 200 pounds would drink at least 100 ounces of water daily.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!

### Mental Health Habit to Add this Week:



**Talk to yourself like you would talk to a loved friend or family member.**

Positive self-talk can improve your mental health, boost your confidence, and help you manage stress and negative emotions.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!



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# Week TWO

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 8

6 MIN  
BICEP & TRICEP  
WORKOUT



Day 9

6 MIN  
LEAN LEGS  
WORKOUT



Day 10

6 MIN SIX PACK ABS  
WORKOUT



Day 11

6 MIN  
CHEST & BACK  
WORKOUT



Day 12

6 MIN GLUTE BRIDGE  
BURNOUT



Day 13

6 MIN  
LOW IMPACT  
CARDIO WORKOUT



Day 14

6 MIN  
SHOULDER SCULPT  
WORKOUT



## Nutritional Habit to Add this Week:

**Reduce Your  
Added Sugar Intake**



The American Heart Association recommends that women consume no more than 6 teaspoons (25 grams or 100 calories) of added sugar per day. For men, no more than 9 teaspoons (36 grams or 150 calories) per day.

**CLICK HERE for  
More Info & Details on  
How to do it!**

## Overall Wellness Habit to Add this Week:

**Focus on Good Sleep**



The National Sleep Foundation recommends the following sleep duration:

Teens 14-17: 8-10 hours  
Adults 18-64: 7-9 Hours  
Adults 65+: 7-8 Hours

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More Info & Details on  
How to do it!**



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# Week THREE

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 15

7 MIN  
BICEPS & TRICEPS  
WORKOUT



Day 16

7 MIN  
TONED LEGS  
WORKOUT



Day 17

7 MIN ABS & OBLIQUES  
WORKOUT



Day 18

7 MIN CHEST & BACK  
FLOOR WORKOUT



Day 19

7 MIN ROUND BOOTY  
WORKOUT



Day 20

7 MIN  
900 STEPS  
CARDIO AEROBICS



Day 21

7 MIN  
TONED SHOULDERS  
WORKOUT



## Nutritional Habit to Add this Week:

**Get Into the Habit of  
Reading Food Labels**



By reading food labels, we can make informed decisions about what we eat and ensure that we are getting the necessary nutrients while avoiding unhealthy additives.

**CLICK HERE for  
More Info & Details on  
How to do it!**

## Mental Health Habit to Add this Week:

**Practice Gratitude**



By intentionally focusing on the good things in our lives and expressing thanks for them, we can increase happiness, reduce stress and anxiety, and enhance overall well-being.

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More Info & Details on  
How to do it!**



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# Week FOUR

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 22

8 MIN  
TANK TOP ARMS  
BI'S & TRI'S WORKOUT



Day 23

8 MIN  
LEG DAY  
WORKOUT



Day 24

8 MIN STRONG ABS  
WORKOUT



Day 25

8 MIN  
CHEST & BACK  
WORKOUT



Day 26

8 MIN BOOTY BURN  
WORKOUT



Day 27

8 MIN  
NO JUMPING  
CARDIO WORKOUT



Day 28

8 MIN  
SHOULDERS  
WORKOUT



## Nutritional Habit to Add this Week:

### Add More Veggies to Your Diet



Vegetables provide a wide range of nutrients (that are difficult to obtain from other food sources) including fiber which helps regulate digestion and keep you feeling full and satiated longer.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!

## Mental Health Habit to Add this Week:

### Practice Kindness

Practicing kindness is one of the most effective ways to improve our overall well-being and that of others. Engaging in acts of kindness can have numerous positive emotional and physical benefits!

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More Info & Details on  
How to do it!



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# Week FIVE

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 29

9 MIN  
BICEP & TRICEP  
ARM WORKOUT



Day 30

9 MIN  
STRONG LEGS  
WORKOUT



Day 31

9 MIN TOTAL CORE  
WORKOUT



Day 32

9 MIN  
CHEST & BACK  
WORKOUT



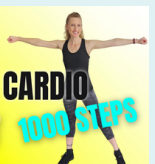
Day 33

9 MIN GLUTE BURN  
WORKOUT



Day 34

9 MIN  
BEGINNER CARDIO  
WORKOUT 1000 STEPS



Day 35

9 MIN  
SHOULDER  
WORKOUT



## Nutritional Habit to Add this Week:

### Add More Lean Protein to Your Diet



A high-protein diet, combined with regular exercise and strength training, can provide a range of benefits for overall health and fitness including increased metabolism, weight loss, muscle repair, and more.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!

## Mental Health Habit to Add this Week:

### Connect with Friends and Loved Ones



Maintaining social connections helps us to feel supported, loved, and valued, and it can also provide a sense of purpose and meaning in our lives.

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More Info & Details on  
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# Week SIX

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 36

10 MIN  
BICEPS & TRICEPS  
WORKOUT



Day 37

10 MIN  
LEG DAY  
WORKOUT



Day 38

10 MIN STRONG ABS  
WORKOUT



Day 39

10 MIN  
CHEST & BACK  
WORKOUT



Day 40

10 MIN BOOTY BUILDER  
WORKOUT



Day 41

10 MIN 1200 STEPS  
CALORIE KILLER  
LOW IMPACT CARDIO



Day 42

10 MIN  
SHOULDER SCULPT  
WORKOUT



## Nutritional Habit to Add this Week:

### Limit Processed Foods

There are many reasons why processed foods can be harmful to our health. Prioritize variety and balance in your meals, and focus on incorporating whole, nutrient-dense foods into your diet.



[CLICK HERE](#) for  
More Info & Details on  
How to do it!

## Mental Health Habit to Add this Week:

### Make Self-Growth a Priority

Self-growth is essential for helping individuals to become the best version of themselves. Start by taking 10 minutes per day this week reading, listening to a podcast, or watching a YouTube Ted Talk!



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# Week SEVEN

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 43

11 MIN  
**ARM SCULPT**  
BI'S & TRI'S WORKOUT



Day 44

11 MIN  
**LOWER BODY**  
WORKOUT



Day 45

11 MIN **KILLER CORE**  
WORKOUT



Day 46

11 MIN  
**CHEST & BACK**  
WORKOUT



Day 47

11 MIN **BOOTY SHAPER**  
WORKOUT



Day 48

11 MIN **1300 STEPS!**  
**FAT BURNING**  
**CARDIO WORKOUT**



Day 49

11 MIN  
**SCULPTED SHOULDERS**  
WORKOUT



## Nutritional Habit to Add this Week:

### Focus on Portion Sizes



Portion control is all about balance and moderation. It's okay to indulge in your favorite foods occasionally, but be mindful of portion sizes and try to make healthy choices most of the time.

**CLICK HERE for  
More Info & Details on  
How to do it!**

## Mental Health Habit to Add this Week:

### Cut Back on Social Media



It's important to strike a balance between social media use and other aspects of our lives. Find a healthy balance between your online and offline lives that works for you!

**CLICK HERE for  
More Info & Details on  
How to do it!**



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# Week EIGHT

## Fitness Plan

Workouts are  
released  
daily at 4 am  
(CST) on  
YouTube



*Make sure to do your pre-workout warm-up, and post-workout stretch before and after every workout!*



Click on the thumbnail image below to be directed to the workout video.

Day 50

12 MIN  
BICEPS & TRICEPS  
WORKOUT



Day 51

12 MIN  
LEGS LEGS LEGS!  
WORKOUT



Day 52

12 MIN CORE STRENGTH  
WORKOUT



Day 53

12 MIN  
CHEST & BACK  
WORKOUT



Day 54

12 MIN BUTT LIFT  
WORKOUT



Day 55

12 MIN  
1500 STEPS  
CARDIO WORKOUT



Day 56

12 MIN  
SHOULDERS  
WORKOUT



## Nutritional Habit to Add this Week:

### Prep Your Meals for the Week



By planning and preparing your meals ahead of time, you can ensure that you are eating healthy and nutritious meals, while also avoiding the temptation of fast food or takeout.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!

## Mental Health Habit to Add this Week:



### Focus on Building Resilience

Developing resilience is essential because life is unpredictable, and everyone experiences difficulties at some point. Resilience helps us to maintain our mental and emotional well-being, cope with stress, and thrive in challenging situations.

[CLICK HERE](#) for  
More Info & Details on  
How to do it!



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## **Congratulations!!!**

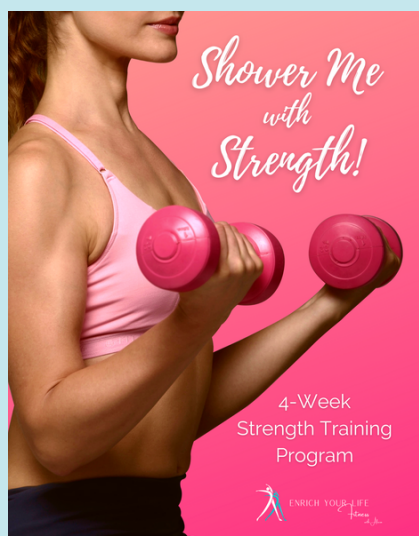
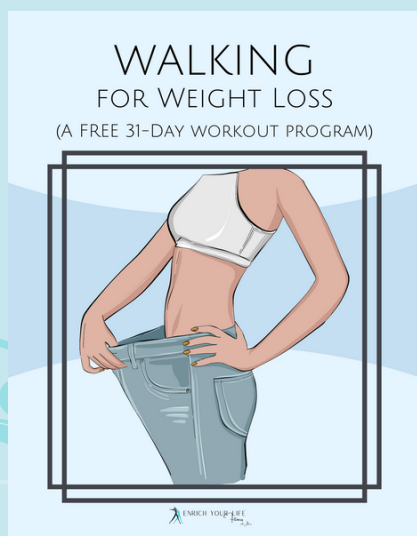
How do you FEEL after completing this program? Let's celebrate! Share your amazing victory with others who are on a fitness journey, just like you, in the

**Enrich Your Life Fitness  
Facebook Community!**



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