BODY FX

GLP-1 WORKOUT PROGRAM

If you are taking GLP-1 medication for weight loss, it's essential to combine it with exercise and lifestyle changes to not only maximize its benefits, but for various health improvements beyond just weight loss.

GLP-1 leads to weight loss due to a caloric deficit since it affects hunger and satiety. During a calorie deficit the weight lost will be both fat and muscle since we don't have control of that. Muscle loss leads to a lower metabolic rate, meaning your body burns less at rest. Then when people stop taking the medication there's the possibility of weight gain if they haven't changed their diet, exercise and lifestyle. So exercising while taking GLP-1 would help to keep or increase lean muscle mass, increasing resting metabolic rate, and reducing chance of weight gain later on.

OUR PROGRAM DETAILS:

This is a 4 Phase approach. Each phase occurs over 4 weeks. Participants can always repeat a phase if they need more time to adapt to the program. Workouts are a mix of dance, strength, cardio, stability with minimal to no equipment. Each phase increases in intensity, daily duration, weekly activity minutes, and difficulty.

- Phase 1 uses express workouts of 12-18 minutes per day for 6 days a week to gradually increase strength, endurance, power, etc. The idea is to build the habit of moving your body daily, even for just a short period of time. Weeks 1 and 2 have a target of 75 minutes of activity per week (about 12 minutes per day). Weeks 3 and 4 increase the target to 100 minutes/week (about 16 minutes per day).
- Phase 2 increases the length of each daily session to about 30 minutes per day for 3 days a week, with the option to participate in stretch programs on "OFF" days to continue the daily movement habit but with gentle stretching or meditation. Weeks 1 and 2 start with 100 minutes/week. Weeks 3 and 4 increase to 125 minutes/week.

- Phase 3 again increases the daily length of each workout as well as the activity minutes per week, with a goal of daily movement (6 days per week and 1 rest day). Weeks 1 and 2 target 150 mins/week. Weeks 3 and 4 target 175 mins/week.

- Phase 4 increases length of programs, as well as technical difficulty. Daily movement is still a goal with 6 days a week and a meditation practice on the 7th day. Weeks 1 and 2 target 175 mins/week. Weeks 3 and 4 target 200 mins/week .

PHASE 1

(Express Workouts)

- Weeks 1 & 2: 75 minutes per week
  (about 12 minutes per day)
- Weeks 3 & 4: 100 minutes per week
  (about 16 minutes per day)

WEEK 1	
DAY 1	2 Minute Warm Up + Toning Rhythms Upper Body
DAY 2	6 minute Warm Up + 6 Minute Legs
DAY 3	Warm Up Drills + Merengue Drills + Merengue Learn
DAY 4	1 Minute Warm Up + 6 Minute Fat Blast + 6 Minute Buns
DAY 5	2 Minute Warm Up + Toning Rhythms Full Body
DAY 6	Warm Up Burn + Merengue Burn
DAY 7	Rest

WEEK 2	
DAY 8	1 Minute Warm Up + 6 Minute Back + 6 Minute Shoulders
DAY 9	Warm Up Drills + Samba Drills
DAY 10	2 Minute Warm Up + Toning Rhythms Lower Body
DAY 11	6 Minute Warm Up + 1 Minute: Triceps, Legs Thighs, Cardio Blast Punches, Cardio Blast Ninja Kicks, Chest, Calves
DAY 12	2 Minute Warm Up + Samba Learn + Samba Burn
DAY 13	Warm Up Drills + Salsa Drills
DAY 14	Rest

WEEK 3	
DAY 15	UB Warm Up Pump + Abs Pump (no band) + Cool Down Pump
DAY 16	Warm Up Learn + Salsa Learn
DAY 17	6 Minute: Warm Up + Sculpt Lower Body + Fast Abs
DAY 18	Warm Up Drills + Paso Drills + Paso Learn
DAY 19	6 Minute: Warm Up + Arms + Fat Blast
DAY 20	Warm Up Burn + Salsa Burn + KMA Express
DAY 21	Rest

WEEK 4	
DAY 22	Warm Up Burn + Paso Burn
DAY 23	Warm Up Learn + Jive Learn + Jive Drills
DAY 24	UB Warm Up Pump + Upper Pump + Glutes Pump
DAY 25	Warm Up Burn + Jive Burn + KMA Express
DAY 26	6 Minute: Warm Up + Legs + Shoulders
DAY 27	Warm Up Blast + Merengue Blast + Samba Blast
DAY 28	Rest

PHASE 2

- Weeks 1 & 2: 100 minutes per week
- Weeks 3 & 4: 125 minutes per week

WEEK 1	
DAY 1	Spicy Signature Moves
DAY 2	DaYo Moving Meditation

DAY 3	Bodyweight 101
DAY 4	Foundations Active Stretch
DAY 5	Latin Lovers Dance Drills
DAY 6	Muscle Relaxation Meditation
DAY 7	Rest

WEEK 2

DAY 8	Rhythm Fit Drills with Bodyweight
DAY 9	Fusion Fire Stretch
DAY 10	To the Beat
DAY 11	DaYo Breath Meditation
DAY 12	Pilates Abs & Buns
DAY 13	Figure 8 Stretch & Flex
DAY 14	Rest

WEEK 3

DAY 15	Move Your Feet
DAY 16	Weight Training 101
DAY 17	17 Foundations Standing Stretch
DAY 18	Step Up

DAY 19	Muscle Relaxation Meditation
DAY 20	DaYo Stretch
DAY 21	Rest

WEEK 4	
DAY 22	Sizzling Salsa
DAY 23	Barre Arms & Thighs
DAY 24	DaYo Moving Meditation
DAY 25	Move It Move It
DAY 26	Fusion Fire 10 Minute Total Body + KMA Express
DAY 27	Rhythm Fit Dynamic Stretch
DAY 28	Rest

PHASE 3

- Weeks 1 & 2: 150 minutes per week
- Weeks 3 & 4: 175 minutes per week

WEEK 1	
DAY 1	Latin Sweat Session
DAY 2	Bodyweight 102
DAY 3	DaYo Balance
DAY 4	Foundations Active Stretch
DAY 5	Rhythm Fit Drills with Weights
DAY 6	Sexy Sculpt
DAY 7	Rest

WEEK 2	
DAY 8	Fusion Fire Lean Legs
DAY 9	Latin Disco Remix
DAY 10	Kickboxing Punch Perfect
DAY 11	Fusion Fire Stretch
DAY 12	Toning
DAY 13	Weight Training 102
DAY 14	Rest

WEEK 3	
DAY 15	Body Tone Dance Max
DAY 16	Rhythm Fit Upper Body
DAY 17	Figure 8 Stretch & Flex
DAY 18	DaYo Flow Burn
DAY 19	Broadway Body Burn + Abs Extreme
DAY 20	Pilates Full Body
DAY 21	Rest

WEEK 4	
DAY 22	Barre Lower Body
DAY 23	Fusion Fire Total Upper Body
DAY 24	Foundations Standing Stretch
DAY 25	Rhythm Fit Core
DAY 26	Hip Hop
DAY 27	Kickboxing Kick & Strike
DAY 28	Rest

PHASE 4

» Weeks 1 & 2: 175 minutes per week
» Weeks 3 & 4: 200 minutes per week

WEEK 1	
DAY 1	Bodyweight 103
DAY 2	DaYo Core
DAY 3	Dance Max Drills
DAY 4	Rhythm Fit Dynamic Stretch
DAY 5	Fusion Fire Lower Body Blast
DAY 6	Rhythm Fit Max Out Cardio
DAY 7	DaYo Breath Meditation

WEEK 2	
DAY 8	Core Cardio Burn
DAY 9	Rhythm Fit Full Body
DAY 10	Figure 8 Stretch & Flex
DAY 11	Fusion Fire TKO Fat Blast
DAY 12	DaYo Sculpt

DAY 13	Barre Lower Body
DAY 14	Muscle Relaxation Meditation

WEEK 3

DAY 15	Rhythms Toning
DAY 16	Sport Conditioning Endurance
DAY 17	Fusion Fire Bicep builder
DAY 18	Barre Booty
DAY 19	Rhythm Fit Total Body Bootcamp
DAY 20	Belly Dance
DAY 21	DaYo Moving Meditation

WEEK 4

DAY 22	Fusion Fire Crazy Circuit Cardio
DAY 23	DaYo Warrior Flow
DAY 24	Rhythm Fit Boom Speed
DAY 25	Figure 8 Stretch & Flex
DAY 26	Core Cardio Blast
DAY 27	Weight Training 103
DAY 28	DaYo Breath Meditation

*Stretch days/programs are optional