



**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.



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## 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 .



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## 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)

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	2 Minute Warm Up + Toning Rhythms Upper Body	6 minute Warm Up + 6 Minute Legs	Warm Up Drills + Merengue Drills + Merengue Learn	1 Minute Warm Up + 6 Minute Fat Blast + 6 Minute Buns	2 Minute Warm Up + Toning Rhythms Full Body	Warm Up Burn + Merengue Burn	Rest
WEEK 2	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
	1 Minute Warm Up + 6 Minute Back + 6 Minute Shoulders	Warm Up Drills + Samba Drills	2 Minute Warm Up + Toning Rhythms Lower Body	6 Minute Warm Up + 1 Minute: Triceps, Legs Thighs, Cardio Blast Punches, Cardio Blast Ninja Kicks, Chest, Calves	2 Minute Warm Up + Samba Learn + Samba Burn	Warm Up Drills + Salsa Drills	Rest
WEEK 3	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
	UB Warm Up Pump + Abs Pump (no band) + Cool Down Pump	Warm Up Learn + Salsa Learn	6 Minute: Warm Up + Sculpt Lower Body + Fast Abs	Warm Up Drills + Paso Drills + Paso Learn	6 Minute: Warm Up + Arms + Fat Blast	Warm Up Burn + Salsa Burn + KMA Express	Rest
WEEK 4	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
	Warm Up Burn + Paso Burn	Warm Up Learn + Jive Learn + Jive Drills	UB Warm Up Pump + Upper Pump + Glutes Pump	Warm Up Burn + Jive Burn + KMA Express	6 Minute: Warm Up + Legs + Shoulders	Warm Up Blast + Merengue Blast + Samba Blast	Rest

\*Stretch days/programs are optional



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# GLP-1 WORKOUT PROGRAM

## PHASE 2

» Weeks 1 & 2: 100 minutes per week

» Weeks 3 & 4: 125 minutes per week

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Spicy Signature Moves	DaYo Moving meditation	Bodyweight 101	Foundations Active Stretch	Latin Lovers Dance Drills	Muscle Relaxation Meditation	Rest
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Rhythm Fit Drills with Bodyweight	Fusion Fire Stretch	To The Beat	DaYo Breath meditation	Pilates Abs & Buns	Figure 8 Stretch & Flex	Rest
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	Move Your Feet	Weight Training 101	Foundations Standing Stretch	Step Up	Muscle Relaxation Meditation	DaYo Stretch	Rest
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	Sizzling Salsa	Barre Arms & Thighs	DaYo Moving Meditation	Move It Move It	Fusion Fire 10 Minute Total Body + KMA Express	Rhythm Fit Dynamic Stretch	Rest

\*Stretch days/programs are optional



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## PHASE 3

» Weeks 1 & 2: 150 minutes per week

» Weeks 3 & 4: 175 minutes per week

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Latin Sweat Session	Bodyweight 102	DaYo Balance	Foundations Active Stretch	Rhythm Fit Drills with Weights	Sexy Sculpt	Rest
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Fusion Fire Lean Legs	Latin Disco Remix	Kickboxing Punch Perfect	Fusion Fire Stretch	Toning	Weight Training 102	Rest
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	Body Tone Dance Max	Rhythm Fit Upper Body	Figure 8 Stretch & Flex	DaYo Flow Burn	Broadway Body Burn + Abs Extreme	Pilates Full Body	Rest
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	Barre Lower Body	Fusion Fire Total Upper Body	Foundations Standing Stretch	Rhythm Fit Core	Hip Hop	Kickboxing Kick & Strike	Rest

\*Stretch days/programs are optional



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## PHASE 4

» Weeks 1 & 2: 175 minutes per week

» Weeks 3 & 4: 200 minutes per week

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
WEEK 1	Bodyweight 103	DaYo Core	Dance Max Drills	Rhythm Fit Dynamic Stretch	Fusion Fire Lower Body Blast	Rhythm Fit Max Out Cardio	DaYo Breath Meditation
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
WEEK 2	Core Cardio Burn	Rhythm Fit Full Body	Figure 8 Stretch & Flex	Fusion Fire TKO Fat Blast	DaYo Sculpt	Barre Lower Body	Muscle Relaxation Meditation
	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
WEEK 3	Rhythms Toning	Sport Conditioning Endurance	Fusion Fire Bicep Builder	Barre Booty	Rhythm Fit Total Body Bootcamp	Belly Dance	DaYo Moving Meditation
	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
WEEK 4	Fusion Fire Crazy Circuit Cardio	DaYo Warrior Flow	Rhythm Fit Boom Speed	Figure 8 Stretch & Flex	Core Cardio Blast	Weight Training 103	DaYo Breath Meditation

\*Stretch days/programs are optional