RHYTHM FIT
BY BODY FX

FITNESS GUIDE

CHANGE YOUR RHYTHM CHANGE YOUR BODY!

TABLE OF CONTENTS

Meet the Trainer

What is Rhythm Fit?

What can I expect?

The Workouts

Signature Moves

Advanced Signature Moves

Measure Your Success

Strategies For Success

MEET YOUR TRAINER:
LLOYD DICKENSON

Celebrity Trainer & Musician, Lloyd connects music and moves to get you ripped to the rhythm.

After a professional Basketball career was cut short by a debilitating injury, Lloyd discovered his passion for fitness and his desire to help others with their own unique transformations.

This fitness superstar was born in the Caribbean Islands into a musical family. Lloyd instinctively synced music to every fitness movement. It was through this experience that the benefits of Rhythm training became clear and Rhythm Fit was born.

WHAT IS RHYTHM FIT?

Rhythm Fit is a simple yet explosive full body workout system that uses high intensity interval and circuit training formats for fast results. This type of training works by constantly challenging the body with a variety of rhythms and tempos forcing the body to adapt and change. The dynamic nature of this series, combined with repetition and progressive overload creates a strong and lean physique and improves overall fitness.

RHYTHM FIT IS:

- Bodyweight resistance training
- Weight training
- Agility
- Quickness
- Balance
- Core
- Stability
- Strength
- Cardio
- Plyometrics

Rhythm Fit combines foundational fitness movements with a variety of rhythms, producing beautiful muscle definition in a short amount of time. You'll get to move your body to the rhythms, such as slow, quick, syncopation, impulse, and static hold, which will create a huge impact on your base metabolic rate and help you burn fat 24/7. You'll build beautiful muscle definition, shed pounds, and define your entire body all while having fun.

Change your Rhythm Change Your Body!

RHYTHM FIT USES RHYTHMS TO CREATE TEMPOS

TEMPO TRAINING + EXPLOSIVE RHYTHMS = STRONG, LEAN PHYSIQUE

TEMPO: Speed of muscle contraction.

RHYTHM: The way each exercise is arranged through repetitive patterns.

Rhythm Fit is based on 6 Signature Rhythms, from slow to quick and more complex rhythms in between. Each rhythm has its own unique characterization and physical benefits. Let's break them down.

1 SLOW

Slow rhythms include four and two count movements which focus on muscle control and are a great way to start matching movement to music. Slower tempos are used to increase time under tension, which improves stabilization, control, and muscular endurance.

2 QUICK

Fast rhythms include single count, where you hit your movement on every beat, and ½ beats, or pulses. Faster rhythms are used to increase strength, power, and speed. These rhythms help to build heat in the body and create the muscle burn that comes with endurance exercises.

3 TRIPLE

Triple rhythms are divided into 3 distinct beats. When paired with movement, triple rhythms can be created by slow, quick, syncopated, or holds. Triple rhythms in movement will challenge coordination and agility, while also improving stability and control.

4 SYNCOPATED

Syncopated rhythms emphasize the weak beat or put the accents off the beat. For example, accenting the "AND" in between the beats. Syncopation with movement works to improve coordination, agility, and reaction time.

5 IMPULSE AND IMPACT

Impulse rhythms place an emphasis on accent and speed at the beginning of a movement, whereas impact rhythms place an emphasis at the end. Changing tempos in this way switches the stimulus and time that muscles are put under tension.

1:3 Concentric (lifting phase) focused muscle contraction, increases muscle growth, strength, and power.

3:1 Eccentric (lowering phase) focused muscle contraction, increases muscle growth, strength, and endurance.

6 HOLD

A constant rhythm is one without accents or changes. The controlled duration creates an isometric contraction which is the static contraction of muscle with no visible movement. Isometric holds are great for enhancing joint stability and postural control.

WHAT CAN I EXPECT?

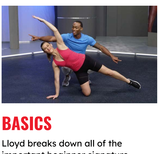
Get all the benefits of dance fitness without having to know any complicated steps. Rhythm Fit utilizes resistance training, athletic training, and varying rhythms to yield greater results in a short period of time. You can expect to perform basic functional movement patterns, including squat, lunge, hinge, push, pull, press, and twist using dumbbells and your own body weight.

BENEFITS OF BODYWEIGHT AND WEIGHTED RESISTANCE TRAINING INCLUDE:

- Decreased body fat
- Increased lean muscle
- Improved cardiovascular function
- Enhanced metabolism and bone density
- Improved coordination, balance, strength, endurance, and power

Get Ripped with Rhythm!

THE WORKOUTS



BASICS

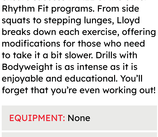
Lloyd breaks down all of the important beginner signature moves that you need to master in order to get the most out of the Rhythm Fit programs. Learn the technique behind each movement and modification options. Discover how to squat properly without pain, lunge without wobbling, hold a plank for 30 seconds and walk or run without knee and/or back pain. You will also learn what it means to "engage your core" and how to do hip hinging movement, as these are the common elements in Rhythm Fit. Knowing these basic bodyweight exercises will help you to become strong, lean, and agile.

What's covered?

- >> Rhythms
- >> Squat
- >> Lunge
- >> Punch
- >> Tabletop
- >> Plank
- >> Side Plank
- >> Cross V Up
- >> Bridge

EQUIPMENT: None

TOTAL RUNNING TIME: 0:17:21

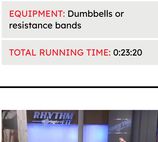


DRILLS WITH BODYWEIGHT

In this program you will learn the nine signature moves that will ensure success in ALL of the other Rhythm Fit programs. From side squats to stepping lunges, Lloyd breaks down each exercise, offering modifications for those who need to take it a bit slower. Drills with Bodyweight is as intense as it is enjoyable and educational. You'll forget that you're even working out!

EQUIPMENT: None

TOTAL RUNNING TIME: 0:22:45



DRILLS WITH WEIGHTS

This beginner-level workout takes all the fun and intensity from the Rhythm Fit series and throws light weights into the mix. Drills with Weights is ideal for those who are new to resistance training and want to learn the basics – all while enjoying their workout. You can think of this workout as all-for-one training, using both fast and slow repetitions. The result is a workout that helps you tone up and get lean at the same time in the span of 20 minutes.

EQUIPMENT: Dumbbells or resistance bands

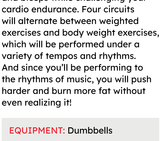
TOTAL RUNNING TIME: 0:23:20

CORE

This rhythm-based workout will hit every inch of your abs and scorch tons of calories while working out to the beat of the music. Core strength can reduce back pain and supports your entire body for optimal posture. Having a functional core helps you twist, lift objects, and get up and down from the floor. Your abs are the center from which your joints activate. Using just your bodyweight, get ready to turn up the heat and blast your core with Rhythm Fit Core.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:37:06



LOWER BODY

Get explosive with Lloyd! This fat-burning workout is the perfect way to target your glutes, quads, hams, and calves while challenging your cardio endurance. And since you will be performing to the rhythms of the music you will push harder and burn more fat without realizing it. This program can be intense so aim to really focus, try your hardest, and have some fun.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:31:25

UPPER BODY

Get explosive with Lloyd with this fat-burning workout targeted to work your shoulders, chest, back, and biceps while challenging your cardio endurance. Four circuits will alternate between weighted exercises and body weight exercises, which will be performed under a variety of tempos and rhythms. And since you'll be performing to the rhythms of music, you will push harder and burn more fat without even realizing it!

EQUIPMENT: Dumbbells

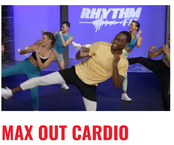
TOTAL RUNNING TIME: 0:29:25

FULL BODY

This workout is a perfect mix of cardio and muscle conditioning using just your own body weight to work up a sweat! Follow Lloyd's routine, all perfectly synced to the beat of high-energy music to tone, torch, and strengthen your entire body.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:31:06



MAX OUT CARDIO

This is not your average cardio class. Lloyd's circuit-style full-body workout combines fun with intensity. You will move your body through a series of rhythmic exercises, skyrocketing your metabolism, and burning calories every step of the way. You'll also challenge your strength and stability with single-legged exercises, plyometric (jump training) drills, and much more. Best of all, you don't need weights or extra equipment. Just be sure to bring your A-game because you'll need it.

Max Out Cardio is a total-body workout experience that burns more calories in under 30 minutes than most traditional fitness programs and classes do in 60 to 90 minutes.

EQUIPMENT: None

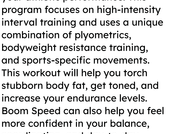
TOTAL RUNNING TIME: 0:30:51

TOTAL BODY BOOTCAMP

Your coach Lloyd leads you through a kick-ass Total Body Bootcamp workout that combines bodyweight and resistance exercises with plyometrics and cardio. Every move is carefully designed to the variety of rhythms and will leave your muscles burning and yearning for more. Press play and enjoy this fun sweat session.

EQUIPMENT: Dumbbells or resistance bands

TOTAL RUNNING TIME: 0:30:51

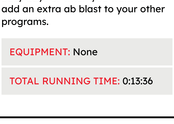


BOOM SPEED

Boom Speed is designed to improve your athletic performance. This program focuses on high-intensity interval training and uses a unique combination of plyometrics, bodyweight resistance training, and sports-specific movements. This workout will help you torch stubborn body fat, get toned, and increase your endurance levels. Boom Speed can also help you feel more confident in your balance, coordination, and day-to-day movement patterns since it trains your body in all planes of motion. This is a tough but fun workout. So, push yourself and get ready to see some amazing results.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:31:58

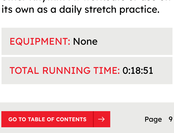


STANDING ABS

With Standing Abs, you'll feel your core with every move. This 13-minute program uses a combination of sports-inspired drills to challenge your side obliques, your front abs and yes, develop your back too. Standing Abs is perfect for your busy days or when you want to add an extra ab blast to your other programs.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:13:36



DYNAMIC STRETCH

This program is the perfect mix of static, active, and dynamic stretches that are designed to improve your stability, flexibility, and range of motion. Join Lloyd and the team as he guides you through a series of movements set to the rhythm of the music. Just like any other athlete, recovery is an important part of your routine. Pair this program with your other Rhythm Fit workouts or use on its own as a daily stretch practice.

EQUIPMENT: None

TOTAL RUNNING TIME: 0:18:51

SIGNATURE MOVES

1. SIDE SQUAT

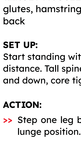
TARGET MUSCLES: Quadriceps, glutes, hamstrings, core

SET UP:
Start standing with feet hip width distance, toes facing forward, core tight, and arms at your sides.

ACTION:

- >> Step one foot laterally to the side about shoulder distance as you lower into a squat.
- >> Bend your knees and push hips back and down.
- >> Keep spine long, core tight, and knees tracking the second and third toes.
- >> Load into quads.
- >> Arms come forward to help counterbalance the body.
- >> Push through the feet and activate legs and glutes to return to standing.
- >> Repeat other side.

TIP: Keep weight centered as you step in and out from the squat.



2. REVERSE LUNGE WITH KNEE PULL

TARGET MUSCLES: Quadriceps, glutes, hamstrings, core, shoulders, back

SET UP:
Start standing with feet hip width distance. Tall spine, shoulders back and down, core tight.

ACTION:

- >> Step one leg back into a reverse lunge position.
- >> Legs should be 90 degrees with front knee stacked over ankle and back knee under hip.
- >> Keep chest lifted, abs engaged, and load into legs.
- >> Arms can move through runner's position, opposite arm to leg.
- >> Push off the ball of the back foot and drive down through front heel simultaneously to stand up.
- >> Knee lifts at the top with foot flexed. Knee in line with hip.

TIP: Modify by taking a shallow lunge with the legs or holding onto a wall or counter for balance.

3. STRAIGHT ARM KNEE PULL

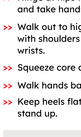
TARGET MUSCLES: Shoulders, arms, core, legs

SET UP:
Start standing in an athletic position with feet hip width distance, legs parallel, soft bend in knees, and core engaged. Extend both arms straight and up on a high diagonal.

ACTION:

- >> Start your standing high march by driving one knee up as both arms pull down.
- >> Create resistance as arms and hands drive down.
- >> Engage abs and lats.
- >> Keep tall spine and shoulders packed.
- >> Lower foot and raise arms to switch sides.
- >> Maintain tension in arms and legs.

TIP: Focus on balance, coordination, and control. Modify by keeping the knee lower than hip height.



4. INCHWORM

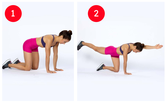
TARGET MUSCLES: (Full body) Hamstrings, glutes, core, shoulders

SET UP:
Start standing in an athletic position with feet hip width distance, legs parallel, soft bend in knees, and core engaged. Arms by sides.

ACTION:

- >> Hinge at hips to fold over legs and take hands to floor.
- >> Walk out to high plank position with shoulders stacked over wrists.
- >> Squeeze core and glutes.
- >> Walk hands back towards feet.
- >> Keep heels flat and core tight to stand up.

TIP: Maintain a neutral spine and work to strengthen the core and lower back. Focus on hamstring flexibility, hip mobility, and shoulder and core activation.



5. BIRD DOG

TARGET MUSCLES: Core, shoulders, glutes, hamstrings

SET UP:
Start on all fours with shoulders stacked over wrists and knees under hips.

ACTION:

- Extend opposite arm and leg to reach.
- Keep hips and shoulders squared to floor.
- Neutral spine and pelvis.
- Abs pull in and up.
- Lengthen to lift and stretch.
- Control to lower through all fours to switch sides.

TIP: Focus on alignment and control. Modify by lifting the leg only.

6. PUSHUPS

TARGET MUSCLES: Chest, shoulders, triceps, back, core, glutes

SET UP:
From all fours, step back into a high plank position. Shoulders, elbows, and wrists stacked. Body in one long line. Core tight, legs tight, glutes tight.

ACTION:

- Lower the body in one solid piece into a low plank position.
- Elbows positioned 45 degrees from body.
- Push with back and chest to return to starting position

TIP: Focus on good form and alignment. Keep head in line with spine. Modify by lowering both knees to the floor.

7. SIDE PLANKS

TARGET MUSCLES: Obliques, core, back, shoulders, glutes

SET UP:
Come to a side lying position with forearm down and both knees bent. Keep shoulders, hips, and knees stacked.

ACTION:

- Shoulder over elbow. Forearm in L shape.
- Lift hips into side forearm plank.
- Abdominals and obliques engaged.
- Keep top hip stacked on top of the bottom hip.
- Activate lats.
- Top arm on hip, hand behind head, or reach up to ceiling.
- Isometric hold.

TIP: Make sure your hips don't roll back and out of alignment. Check that you're not dropping into your shoulders so that they are lifting towards ears. Instead, pack shoulders into back.

8. GLUTE BRIDGE

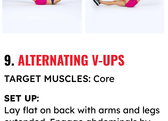
TARGET MUSCLES: Glutes, hamstrings, core

SET UP:
Lay flat on your back with knees bent, legs hip width, and feet flat on floor. Arms by sides, palms down.

ACTION:

- Drive into feet to press hips up into bridge position.
- Knees, hips, and shoulders should be in diagonal line.
- Pull abs in and up, ribcage closed.
- Squeeze glutes at the top.
- Engage back and lats.
- Control to return by hinging the hips and keeping spine and pelvis neutral.

TIP: Maintain length in the lower back with a neutral spine and pelvis. Proper alignment, along with core and glute engagement will eliminate pain in the lower back.



9. ALTERNATING V-UPS

TARGET MUSCLES: Core

SET UP:
Lay flat on back with arms and legs extended. Engage abdominals by pulling in and up to lift into a hollow body position.

ACTION:

- On the exhale lift head, shoulders, and torso up as one leg lifts straight and reach opposite hand to leg.
- Rotate torso towards leg.
- Shoulders away from ears.
- Roll through spine on the way up and down.
- Inhale to lower, exhale to lift.
- Alternate sides.

TIP: Modify by keeping your back down on the floor.

10. HIP TWISTS

TARGET MUSCLES: (Full Body Rotational Power) Legs, obliques, core, lats, back, shoulders, arms.

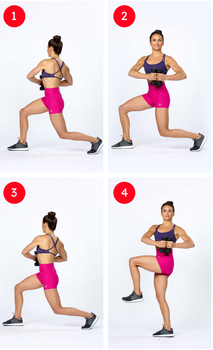
SET UP:
Start standing in an athletic stance, feet about shoulder distance apart and core engaged. Bend both knees and come into a quarter squat position. Bring hands up by face into boxing defense.

ACTION:

- >> From a quarter squat position, pivot on the ball of your back foot and twist hips.
- >> Back heel lifts as the hips turn.
- >> Keep the core tight.
- >> Fists by face, elbows in tight.
- >> Add the punch by extending the forward arm and retract it back.
- >> Pivot through center to switch to the other side.

TIP: Maintain a low stance. Work to improve hip and ankle mobility with upper body power.

ADVANCED SIGNATURE MOVES



1. FIGURE 8 LUNGE

TARGET MUSCLES: Obliques, core, quadriceps, glutes, hamstrings, shoulders, back

SET UP:
Start standing with feet hip width distance. Tall spine, shoulders back and down, core tight. Bring dumbbells together in front of chest.

ACTION:

- >> Step one leg back into a reverse lunge position.
- >> Legs should be 90 degrees with front knee stacked over ankle and back knee under hip.
- >> Keep chest lifted, abs engaged, and load into legs.
- >> Hold lunge as you draw a figure 8 shape with the dumbbells. Twist outside towards front leg first, then inside, outside, and as you twist back to the inside come to stand with knee pull.
- >> Push off the ball of the back foot and drive down through front heel simultaneously to stand up.
- >> Knee lifts at the top with foot flexed. Knee in line with hip.
- >> Squeeze the core and obliques on the twists.

TIP: Modify by taking a shallow lunge with the legs or performing bodyweight.

2. SIDE KICK

TARGET MUSCLES: Quadriceps, hamstrings, adductors, glutes, core, shoulders, arms.

SET UP:
Start standing with feet hip width distance. Tall spine, shoulders back and down, core tight. Hands in fists, frame the face in boxing defense position.

ACTION:

- >> Kick one leg up and to the side.
- >> Lean torso away to counterbalance the leg as it extends.
- >> Aim for leg to kick at hip height.
- >> Flex foot and kick with heel.
- >> Lower the leg and step back to center to switch and repeat on the other side.

TIP: Focus on balance and core engagement. Modify by keeping kicks lower.

3. POP LUNGE

TARGET MUSCLES: (Plyometrics) Quadriceps, glutes, hamstrings, core, shoulders, back.

SET UP:
Start standing with feet hip width distance. Tall spine, shoulders back and down, core tight.

ACTION:

- >> Step one leg back into a reverse lunge position.
- >> Legs should be 90 degrees with front knee stacked over ankle and back knee under hip.
- >> Keep chest lifted, abs engaged, and load into legs.
- >> Arms can move through runner's position, opposite arm to leg.
- >> Push off both feet and jump into center with both feet landing parallel to one another.
- >> Right away jump back into the lunge with the opposite leg forward.
- >> Rebound and repeat.

TIP: Focus on alignment in the lunge and proper landing mechanics in the plyometrics. Modify by stepping back into the lunge and take out the jumps.

4. RENEGADE ROW

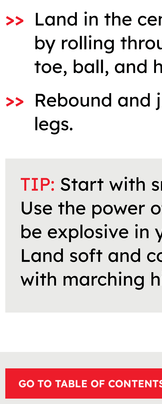
TARGET MUSCLES: Chest, shoulders, triceps, lats, back, core, glutes.

SET UP:
From all fours, step back into a high plank position with hands holding dumbbells. Shoulders, elbows, and wrists stacked. Body in one long line. Core tight, legs tight, glutes tight.

ACTION:

- >> Lower the body in one solid piece into a low plank position.
- >> Elbows positioned 45 degrees from body.
- >> Push with back and chest to return to starting position.
- >> Row one dumbbell towards hip, keeping hips squared in plank.
- >> Return to plank, repeat pushup, and row other side.
- >> Keep core, glutes, and legs tight.
- >> Elbow pulls back and lats squeeze on the row.

TIP: Focus on good form and alignment. Make sure hips are not rocking side to side. Modify by lowering both knees to the floor.



5. SPRINTER JUMP

TARGET MUSCLES: (Plyometrics Full Body) Quadriceps, glutes, hamstrings, core, shoulders, back

SET UP:
Start standing with feet hip width distance. Tall spine, shoulders back and down, core tight.

ACTION:

- >> Bend knees and dip hips to load your jump.
- >> Then push off from both feet simultaneously.
- >> As you jump up, drive one knee forward and kick the opposite heel back into a sprinter position.
- >> Think high knee in the front and butt kick in the back.
- >> Use runner arms to help with momentum, opposite arm to leg.
- >> Land in the center with control by rolling through the feet from toe, ball, and heel.
- >> Rebound and jump to switch the legs.

TIP: Start with smaller jumps. Use the power of the legs and be explosive in your movement. Land soft and controlled. Modify with marching high knee.

MEASURE
YOUR
SUCCESS

LET'S GET THOSE PHOTOS

You are about to get into the best shape of your life, so let's make sure you track it! In order to track your progress, you are going to start with your "before" photo. Follow these easy guidelines to get the best photos.

1 CLOTHES

Wear a swimsuit, or something similar, in order to clearly determine the areas that need your focus. The more skin you see, the better. It will help you to fully see your complete transformation later. If you're a male, wear shorts and take off your shirt for photos. Ladies, wear a sports bar and shorts or a bikini so that your waist, belly, and thighs are visible.

2 BACKDROP

You want your backdrop to be as plain as possible. Pick an uncluttered spot for your photos. We recommend using a white wall.

3 ANGLES

You can't take too many pictures. The more you have, the more you will be able to reference later. You will definitely want to take a few front shots with your hands on your hips, some side shots with both arms at your sides, and some back shots with your biceps flexed and with your hands on your hips. Set your phone or camera to portrait mode (not landscape). Make sure you can see yourself head to toe, while still posing close enough to see details.

4 POSE

You want to see exactly how your body looks at rest, so don't suck in or push out. This will help you see how much tighter and leaner you become with Rhythm Fit.

5 SUCCESS

Take photos in the same clothes, poses, and circumstances, using the same background, every 30 days, to see your great progress and success! Once you have made it to the end, go ahead and take your incredible "after" photos in which you will want to mimic the poses you did in your "before" photos to get the best comparison possible.

MEASURE YOUR SUCCESS

WOMEN MEASUREMENT CHART

START DATE _____ END DATE _____

BEFORE		AFTER	
Chest	_____	_____	Chest
Right Arm	_____	_____	Right Arm
Left Arm	_____	_____	Left Arm
Waist	_____	_____	Waist
Hips	_____	_____	Hips
Right Thigh	_____	_____	Right Thigh
Left Thigh	_____	_____	Left Thigh
Right Calf	_____	_____	Right Calf
Left Calf	_____	_____	Left Calf
Weight	_____	_____	Weight

* Measured at widest point with muscle flexed.

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____
Hips _____ Right Thigh _____ Left Thigh _____
Right Calf _____ Left Calf _____

RESULTS: Total Inches Lost: _____ Total Weight Lost: _____

MEN MEASUREMENT CHART

START DATE _____ END DATE _____

BEFORE		AFTER	
Chest	_____	_____	Chest
Right Arm	_____	_____	Right Arm
Left Arm	_____	_____	Left Arm
Waist	_____	_____	Waist
Hips	_____	_____	Hips
Right Thigh	_____	_____	Right Thigh
Left Thigh	_____	_____	Left Thigh
Right Calf	_____	_____	Right Calf
Left Calf	_____	_____	Left Calf
Weight	_____	_____	Weight

* Measured at widest point with muscle flexed.

DIFFERENCE: Chest _____ Right Arm _____ Left Arm _____ Waist _____
Hips _____ Right Thigh _____ Left Thigh _____
Right Calf _____ Left Calf _____

RESULTS: Total Inches Lost: _____ Total Weight Lost: _____

Don't forget that you are going to want to see a calculated result as well. We have included our Measurement History card for your convenience. You will measure each area at its widest point to get the most accurate reading. Write down your "before" measurements the same day you take your photos. Likewise, write down your "after" measurements the same day you take your "after" photos.

SHARE YOUR INCREDIBLE STORY!

Send in your "before" and "after" pictures to support@bodyfx.com, along with your stats, to be considered for cash and prizes!

MEASURING YOUR WEIGHT

Use the same scale each time you weigh yourself. Make sure you are wearing the same clothes each time you weigh yourself. The clothing should be as light as possible or, better yet, wear no clothes at all. Choose an accurate and reliable scale. Make sure it measures half-units (1/2 lb.) accurately. Do not put the scale on an uneven or soft surface, such as carpet.

WHEN SHOULD YOU WEIGH?

Ideally, you should record your weight in the morning. If you can't do that, then try to weigh yourself at the same time each day. It's normal for most women to gain a little weight before their period.Put off weighing yourself until after your period.

HOW OFTEN SHOULD YOU WEIGH?

Weigh yourself once a week, at the same time of the day. Body weight, by itself, is not the best way to see your true transformation. This is because when you burn fat and increase your muscle mass, you may weigh a bit more even though your body is getting tighter and smaller. Muscle tissue is denser than fat tissue, so it weighs more. But that's okay – you want more muscle and less fat! That's the reason it's important to also measure your body in inches.

MEASURE YOUR INCHES

All you need is a measuring tape and a friend who is familiar with the directions below:

1 BICEPS (RIGHT AND LEFT ARM) MEASUREMENT

Flex the biceps muscles and measure exactly as the peak (the spot halfway between the shoulder and elbow).

2 CHEST MEASUREMENT

Measure around your chest, across both nipples. Make sure the tape is flat to your body and perpendicular to the floor. Hang your arms down so you can get the lats (back muscles) in the measurements.

3 WAIST MEASUREMENT

Measure your waist by placing the measuring tape exactly across the belly button (including the love handles) or at the narrowest point of the waist, below the rib cage, and above the top of the hip bones. Make sure the tape is flat to your body and perpendicular to the floor.

4 HIP MEASUREMENT

Stand with feet close together. Measure the widest part of your butt and keep the tape flat to your body and perpendicular to the floor.

5 THIGH (RIGHT AND LEFT) MEASUREMENT

Stand with feet shoulder-width apart and your weight evenly distributed. Measure the middle part of your thigh (spot ½ way between the inseam and the knee).

6 CALF (RIGHT AND LEFT) MEASUREMENT

Stand with feet shoulder-width apart and your weight evenly distributed. Measure at the peak of the calf (largest part between ankle and knee).

**Remember to be consistent with your measurements. Measure your body at the exact same place every 30 days, starting on Day 1.

STRATEGIES FOR SUCCESS

STRATEGIES FOR SUCCESS

How many times have you started an exercise program and then just quit? Well, you're not alone! Many people start with great intentions but soon lose motivation and end up quitting altogether. We want to see you succeed every step of the way, so we have put together eight tips that we found useful for starting and sticking with the Rhythm Fit plan.

RHYTHM FIT BASICS

If you are new to Rhythm Fit, make sure you check out the Basics program where Lloyd will break down the important beginner signature moves that you need to master in order to get the most out of the programs. Initially, it might feel a little overwhelming, but these tools will help set you up for success.

MODIFY IF NEEDED

In each one of the Rhythm Fit workouts there is someone performing the modifications, making the workout easier on your joints and decreasing the range of motion. You can choose to follow all of them, or simply modify the moves that you don't feel comfortable with. It is a great option for beginners Consider it a building block to work up to the level of the group. Remember, slow and steady wins the race!

MAINTAIN YOUR FORM

It is important to maintain proper form to achieve the best results possible. Pay close attention to the instructions during the workout. You will be guided on how to properly breathe and maintain correct posture while performing the Rhythm Fit moves. You will not only maximize your core strength and endurance, but also accelerate your fat burn – tenfold!

WEAR GOOD SHOES

Be sure to wear a good, supportive pair of well-fitting cross-training shoes that provide support and allow you to move and jump.

SLEEP WELL

Get at least eight hours of sleep each night. Sleep not only increases your calcium retention to help maintain your bone mass, but it also promotes fat loss, reduces fat storage, supports your immune system, and keeps your organs operating smoothly. When you sleep, you also produce most of your growth hormone which helps regulate body composition, muscle growth, and metabolism.

DRINK LOTS OF WATER

Drink water all throughout the day: before, during, and after workouts. Drinking water helps control appetite. Adding a pinch of Himalayan pink sea salt can help the body stay hydrated while reducing fluid retention.

TRACK YOUR RESULTS

Your body will start showing positive improvements from the day you begin Rhythm Fit, so capture your transformation immediately. On Day 1, take a "before" photo of yourself and document your starting measurements and weight on the measurement tracker. Continue weighing, measuring, and taking progress photos every 30 days to see your transformation. This way, you will stay motivated to reachyour fitness goals!

Also, be sure to pay attention to inches, photos, and other non-scale victories. Weight is not the best indication of your success in the short term. The scale only tells part of the story. Just as a pound of feathers and a one-pound brick are not the same, your body composition will not always be the same. As you lose body fat and gain lean muscle mass, it will prove difficult to use the scale as a tool to properly assess your progress. The scale paired with body fat testing will prove to be far more effective in determining results.

TRACK YOUR EXERCISE

Track your exercise progress by keeping a working journal. This can make or break your fat loss progress! Think of the journal as a road map. It's going to show you the route, help you avoid becoming sidetracked, and keep your final destination in focus. If you lose direction, consult your journal. If you lose your purpose, consult your journal. Seeing your progress in your journal will help you to be more successful in achieving your dream body.

BECOME A LEADER

The absolute best way to ensure your success with Rhythm Fit is to become the leader of a group. Find co-workers, friends, neighbors, or family members who want to achieve the same type of goals that you do. Be the point of contact for the group. Meet every day or every other day to share your achievements and challenges. This way your sense of responsibility for the goals that you desire is at its highest.

TAKE SMALL STEPS

Make this Rhythm Fit journey small and temporary in the beginning. Don't look at a diet change and a new exercise routine as something you need to commit to for six months, much less the rest of your life. Look at it as a test drive of just eight short weeks.

It is important to proceed with caution. While it may be tempting to reduce caloric intake even further, thinking you will achieve even greater results, don't do it. Attempting to eat less food while doing these high-impact workouts will eventually slow your metabolism and force your body into a plateau. This could result in lost weight being regained.

Congratulations on taking this next step in your fitness journey! Now it's time for you to get started with Rhythm Fit and Get Ripped with Rhythm!