



4 WEEK BEGINNER'S GUIDE TO FITNESS

A 4 week instructional program with curated workouts
from the BodyFit by Amy YouTube Channel.

WORKOUT

welcome!

Whether you've been doing my YouTube videos for a while now, or you're just getting to know me, I'm so glad you're here! Thank you for purchasing the 4 Week Beginner's Guide to Fitness and trusting me to help you reach your fitness and health goals!

The most common question I hear on my YouTube channel is "I love your videos, I'm just not sure what to do when?" So I've put together different programming to help with just that. Taking your specific goals, pairing them with the amount of time and equipment you have available to you, adding in some nutritional help and other tips, all to help you become leaner, stronger, fitter and healthier.

This specific program, 4 Week Beginner's Guide to Fitness, is designed for those new to exercise, those hoping to get back into a routine, those who need low impact workouts for joint pain, injuries or other restrictions, or anyone looking for a lower intensity yet effective program. For many of you, this could be your first time starting an exercise program; others may be tired of starting over and want to be realistic about goals.

Whatever your reason for doing this program, my main goal is for you to end these 4 weeks feeling stronger and fitter, having ditched some old bad habits and developed some healthy new ones! If weight loss and fat loss are your goal, this program will certainly help you do that, but focus on how you feel and getting and staying healthy, and you can't lose!



AMY KISER SCHEMPER
CERTIFIED PERSONAL TRAINER & FITNESS INSTRUCTOR

how to use this book

These next four weeks are designed to educate you on proper exercise form and function, help you establish healthy routines, and motivate you in practical ways.

The first week starts with four days of workouts, but only 10 minutes each. From there we progress to 3-4 days of workouts, but increase the time as we go. The first 2 weeks feature workouts that are specifically low impact and lower intensity, the next two weeks mix in some workouts that have some higher intensity, higher impact options if you are ready for them. Within those workouts, take your time, hit pause and take breaks as needed, and listen to your body. I want you to challenge yourself and work hard, but work to your level.

Each week also features a short "Bonus Burn" workout, that can be added at the end of the daily workout for a little extra push, or on the other days of the week if desired.

Staying on track with the workouts, and planning and recording your meals, will help you not only see results, but develop some good long-term habits for sustainable health and fitness.

In addition, join our private 4 Week Beginner's Guide to Fitness Facebook group to connect with others doing the program and me. It's a great way to stay motivated and be inspired by others.

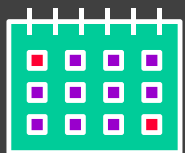
CONNECT

getting started



EQUIPMENT

The only equipment you'll need for this program is a set of dumbbells, a mat and a positive attitude! You can find dumbbells at most sports stores, or online. I would highly encourage getting 2 sets if you can, so you'll have options as you get stronger. It's fine to start with lighter weights, such as 3, 5 or 8 pounds, but we do want to be overloading the muscle to see results. Remember, women do not get big bulky muscles from lifting heavy, and heavier weights burn more calories!



PROGRAM SCHEDULE

This program features 3-4 days of workouts each week, starting slow around 10-15 minutes, then working your way up to 20-35 minutes. When you do the workouts is completely up to you. Some of us prefer the discipline of weekdays, others have more time on the weekends and schedules often change. Do what's best for you!



SHARE YOUR SUCCESS

Be sure to follow @BodyFitbyAmy on Facebook, Instagram and Twitter and share your success with others using the hashtags #BodyFitbyAmy and #BBABeginners. Make sure to tag @BodyFitbyAmy so I can connect with you and follow your transformation!

setting goals

WHAT ARE YOUR GOALS?

For many, losing pounds and toning up might be your main focus. For others, it might be getting stronger and increasing endurance. Whatever your reason for starting this program, I encourage you to think beyond the numbers and come up with some additional goals you'd like to accomplish in these four weeks. Setting both short-term and long-term goals will help you in this process.

So take some time and come up with both short-term (within these 4 weeks) and long-term (could be the next few months, a year, whatever works for you) goals in these 4 categories: Health and Wellness, Fitness, Nutrition, and Life. It may seem like a lot at first, but don't stress about it, just take some time to reflect and give thought to what you really want, and what is most important. There can be some crossover in each as well.

Check out the forms on the next 2 pages to help you record and track your goals!

SAMPLE GOALS



HEALTH + WELLNESS

Get more sleep, lower my stress level, sit less.



FITNESS

Establish a solid routine, do a pushup, hold a plank for 30 seconds, walk or jog a mile without stopping.



LIFE

Spend more time with family, call friends more often, take time for myself, spend less time on the computer.



NUTRITION

Drink more water, get 5 servings of fruits and vegetables a day, give up soda.

Use the light grey boxes to write down your initial short-term goals. In 4 weeks, review your goals and note your progress in the dark grey boxes. Think small, attainable goals!

HEALTH + WELLNESS
FITNESS
NUTRITION
LIFE

Use the light grey boxes to write down your long-term goals. These might be an extension of your short-term goals. Periodically, review your goals and note your progress in the dark grey boxes.

goals
LONG-TERM

HEALTH + WELLNESS
FITNESS
NUTRITION
LIFE

eating clean

You've heard it, diet is everything. But first things first, let's get rid of the term "diet" and start focusing on simply Eating Clean. It can get complicated, but it doesn't have to be. Our goal in these 4 weeks is to develop good sustainable habits for the long term. It all comes down to eating real, healthy, nonprocessed foods, watching portion sizes and moderation. A good mix of fruits and vegetables, lean proteins, whole grains and lots of water is key to achieving long term fat loss!

Many of us, myself included, have spent years labeling foods "good" or "bad", feeling shame or disappointment around overeating or splurging, and obsessing over everything that goes in our mouths. I'm here to tell you that this method doesn't work! What does work is finding our way to a healthy relationship with food. One where we see food as good, as fuel for our bodies, and choose to eat clean most of the time because we want to be healthy and well. But one where we also enjoy our food, without feeling guilty for indulging in moderation. This isn't easy, I know, but it can be done over time.

I do NOT want you to spend these next 4 weeks and beyond feeling like you have to severely restrict calories, deprive yourself of foods you love, and eat unappealing foods you hate. I DO want you to spend these next 4 weeks and beyond reducing portion sizes, paying attention to hunger cues and emotional and habitual eating, and trying new things and getting a wide variety of foods. Make small changes, take it day by day, and above all don't stress!

tools for success

WHAT ABOUT CHEAT DAYS?

I don't like the concept of a Cheat Day because I think it sets us up for overindulging or attempting to "get it all in" in one day. Instead, let's focus on finding balance, eating clean most of the time, but allowing ourselves indulgences too! It's fine to have a "cheat meal" or "cheat dessert" here or there, just plan for it — eat healthy the meals and days before and after, get an extra workout in, split with a friend. There's no reason we can't indulge in moderation!

HOW MANY CALORIES DO I NEED?

I don't want you to really count calories, going in or going out. Again, focus on eating real foods, eating when you are hungry, stopping when you are full, and fueling your body with healthy things.



PREP + PLAN

Just like workouts, tracking is key! Plan, prepare and execute! Use the Meal Planner and Log at the beginning of every week to prepare, plan, and then record your meals and snacks. Be as specific as you can with portions and measurements, but don't get too caught up in it! The idea is to plan ahead and hold yourself accountable.



HYDRATE!

Depending on your bodyweight, let's strive to drink 75-150 ounces of water daily. Here's an easy way to calculate how much we need. Divide your body weight in half. If I'm 120 pounds, I need 60 ounces of water at rest. But since I'm working out most days, I'm going to add at least 20-30 more ounces to that.



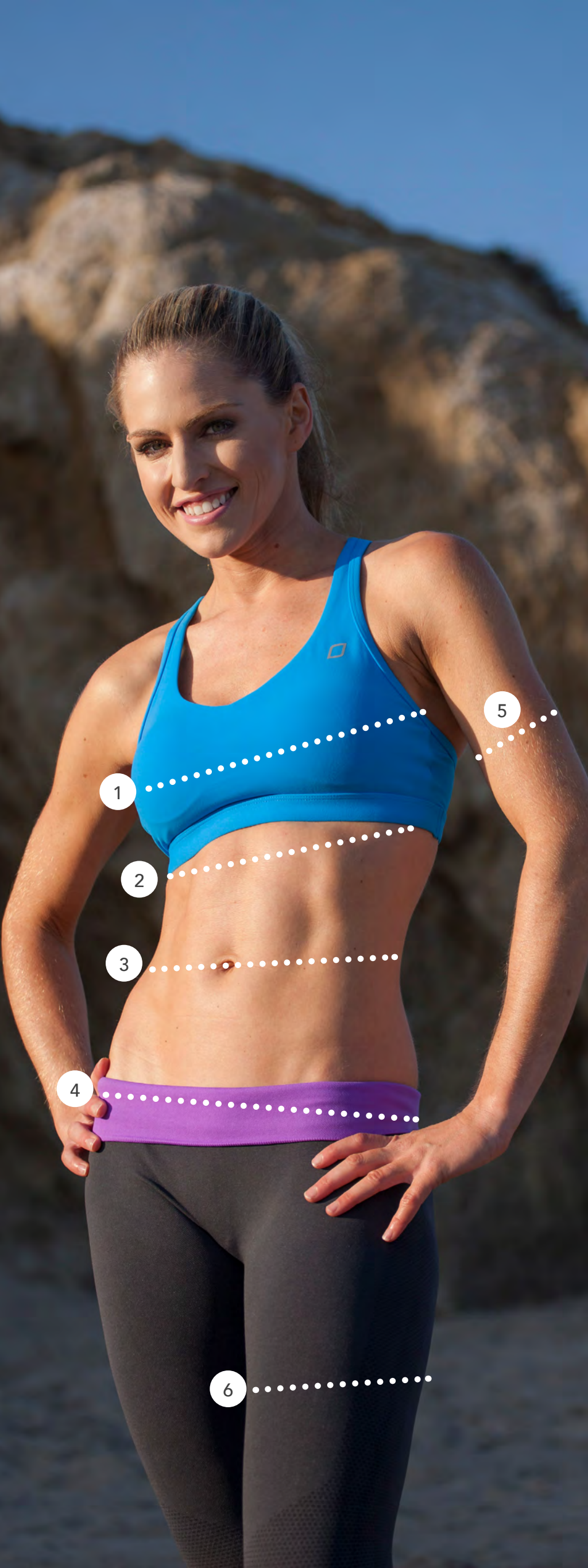
FRUITS + VEGGIES!

Aim to get at least 5 servings of fruits and vegetables per day. With the exception of corn and potatoes, you can eat as many vegetables and fruits as you want throughout the day. Enjoy!

tracking your progress

While we are all doing this program for different reasons, I know many of you hope to lose weight in this process. Weight loss continues to be the number one fitness goal, but I want to remind you all that there are many other ways to chart your progress. In fact, it is possible to get thinner without losing weight. When you lose fat and gain muscle (which is what we want), you will get smaller in size but may not lose pounds on the scale. A pound of muscle takes up less space than a pound of fat, and lean muscle burns more fat even at rest, speeding up your metabolism. You may notice a change in how your clothes fit, and your body may feel tighter and smaller, but not see a change in your weight.

During these 4 weeks, I would highly encourage you to pay close attention to how you FEEL. Is your energy level increasing? Do you feel stronger, tighter, more lifted? Maybe certain exercises are getting easier to do as you go? Maybe you can progress to the harder versions of things by the last week or two? No matter what, there are many positive changes that take place physically, mentally, emotionally and psychologically when you exercise. Staying focused on the non-scale changes will ensure you are successful every day of this program. If you prefer a more structured way to track your progress, see my optional Measurements Log on the next page.



MEASUREMENTS LOG

Record your measurements before you begin the program, then again in 4 weeks once you've completed the program. I wouldn't advise taking your measurements any sooner than that, as real change takes time! Be patient and trust the process; you will see results!

START DATE	END DATE
CHEST	
UPPER WAIST	
LOWER WAIST	
HIPS	
LEGS	
ARMS	

HOW TO TAKE MEASUREMENTS



PLAY

EQUIPMENT:
MEASURING TAPE

- 1. **CHEST**
Around the bust line
- 2. **UPPER WAIST**
The smallest part (women only)
- 3. **LOWER WAIST**
Across bellybutton
- 4. **HIPS**
Around biggest part
- 5. **ARM**
Measure around midpoint between shoulder & elbow
- 6. **LEG**
Measure around midppoint between hip & knee

faps

WHAT SHOULD I DO ON MY DAYS OFF?

I'm a big believer in rest and restoration for our body and brain so make sure you give your body at least 1 to 2 days off per week. However, on those days, it's great to get moving with a walk or hike, or dance party with the family! Stretching is also a great way to relieve those muscles of tightness and soreness, all while increasing your flexibility. Need some stretching ideas? Check out these quick stretching videos:



PLAY

STRETCHING VIDEOS



WHAT IF I MISS A WORKOUT?

Don't stress about it! Things come up, life gets busy, we have an injury or illness. Do your best to stay on schedule and if you can make up that workout on another day, go for it. If not, just get back on track when you can.

WHAT IF I'M SICK?

Listen to your body first and foremost, but remember, if it's something minor, like a headache or cold symptoms or general fatigue, exercise can help! A good rule to follow is if your illness is above the neck (sinuses, headache, etc) it's perfectly safe to workout. If it's below the neck (chest cough, stomach bug, etc) it's best to take a break from exercise.

WHAT IF I'M INJURED/SORE?

Soreness is normal and definitely a sign that you worked hard! In general, getting moving actually helps relieve the soreness, so even though you might be in some pain, you'll probably feel better after a workout. I've designed the program specifically to vary the workouts in a way that you're targeting different things each day. If you have an injury (actual pulled muscle, bad joint pain, strain or sprain), definitely take a day or two off until you feel better, and of course, consult your doctor if the injury doesn't heal on its own.

faq

WHY AM I NOT LOSING WEIGHT?

Even though many of you may have weight loss as your main goal, I would encourage you not to stress about the numbers at first. Losing weight and getting in shape take time, and everyone's body is different in how it happens. It's okay to get on the scale during this program (no more than once a week), but if you don't see the numbers change right away, don't worry! Stay focused on getting the workouts in and eating clean and you WILL see results!

WHAT ABOUT "BULKING UP?"

This program is designed for burning fat and strengthening and sculpting muscles, so it's highly unlikely you will get big, bulky muscles from this program. Even the strength workouts and dumbbell workouts will keep your heart rate up so you are always burning calories, while tightening and toning. For women, we don't have enough testosterone in our bodies naturally to really bulk up, and for men, you'd have to be lifting very heavy, very often to really see size gains. If you feel like you're getting bigger, check your diet and maybe add an extra cardio workout on the off days.

NEED AN ANSWER?

Take advantage of BodyFit by Amy's Facebook group for 4 Week Beginner's Guide to Fitness users. Connect with me and friends for program support. Ask questions, share stories and tips. I can't wait to hear from you!

CONNECT



*you're only one
workout away from
a good mood!*

WEEK 1

You've probably heard the most common benefits of exercise: improved health, reduced risks of disease, and reaching a healthy weight and body composition. But, did you know that exercise also improves our mood? This is not just something trainers like me say to get you motivated, it's backed by science! Exercise produces endorphins, triggering a positive feeling in your body, and increases your serotonin level (the "feel good" neurotransmitters) helping reduce negative emotions and increase positive ones. In addition to that, exercise can help you think more clearly, make better decisions, and more effectively process negative emotions to stay focused on the positive.

While this first week may be difficult for some of you, I think you'll notice quickly how good it feels to get moving!

1.0 schedule

I suggest spreading out the workouts every other day, alternating with resting, stretching, or the optional Bonus Burn on the days in between. However, it's entirely up to you, so do what works best for your schedule.

DAY	WORKOUT	EQUIPMENT	MIN	QUICK PLAY
DAY 1	10 Minute Low Impact Cardio	Just You!	10	
DAY 2	Low Impact Standing Legs	Sturdy Chair	16	
DAY 3	Low Impact Arms	Just You!	10	
DAY 4	10 Minute Beginner Abs	Mat	10	
BONUS BURN	5 Minute Low Impact Cardio	Just You!	05	

ABOUT WEEK 1

This first week is about getting moving, learning good form, and establishing a routine. These workouts also serve as a base to return to in future weeks. You have four workouts, ranging between 10-16 minutes. Here we go!

HOMEWORK!

This week, focus on taking your time and learning the moves, even if it means pausing the video and taking it slower. When in doubt, walk it out and just keep moving! Focus on making small changes in your diet: drinking more water, getting more fruits and vegetables, and reducing portions.

Use the white boxes to plan your meals for the week and the tinted box to record your actual meal. Stuck? Refer back to my Clean Eating Guide.

1.0

MEAL PLANNER + LOG

BREAKFAST	LUNCH	DINNER	SNACKS
M			
T			
W			
R			
F			
S			
SN			



10 minute low impact cardio

Just 10 minutes of low impact moves to get your heart pumping; no jumping or running!



PLAY

EQUIPMENT: JUST YOU!
TOTAL TIME: 10 MIN.

FORM + FUNCTION: STEP OUT + REACH



Keep your shoulder blades pulled back, core in tight, and good posture as you reach and step out.

bonus burn



A quick 5 minutes of low impact cardio moves for extra burn.

It's just the first day so don't stress if things feel hard — that's normal! Just remember to stay safe and listen to your body!



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@BodyFitbyAmy

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Low impact standing legs

This 16 minute workout strengthens and tones the lower body with standing low impact moves that are easy on the knees — no squats or lunges!



PLAY

EQUIPMENT: STURDY CHAIR
TOTAL TIME: 16 MIN.

FORM + FUNCTION: FRONT LEG EXTENSION



This move is great to strengthen legs and knees!
Hold a chair for balance, lift from the hip first, then extend the knee out as comfortable.

bonus burn



A quick 5 minutes
of low impact cardio moves
for extra burn.

You can always substitute
these moves for
squats and lunges when
you get to later
workouts in this program
if needed. Your knees will
get stronger!



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#BBABeginners

CONNECT



Low impact arms

This video uses just bodyweight moves to work the arms and back and learn proper form, all while getting your heart pumping to burn fat.



PLAY

EQUIPMENT: JUST YOU!
TOTAL TIME: 10 MIN.

FORM + FUNCTION: MODIFIED PUSHUP



You can modify a pushup on your knees, on the back of a chair, or on the wall.

bonus burn



A quick 5 minutes
of low impact cardio moves
for extra burn.

Upper body exercise
is not only great to help
us reach our weight
loss and strength goals,
it's important
for good posture and
preventing pain.



Post your intentions on
social media for
accountability and productivity!

CONNECT



10 minute beginner abs

Spend 10 minutes working your core on the mat with basic abdominal moves that are easy on the back, but strengthen and tone your midsection.



PLAY

EQUIPMENT: MAT
TOTAL TIME: 10 MIN.

FORM + FUNCTION: MODIFIED PLANK



It's okay if you don't have the form yet to do a plank on your toes. Start on your knees, hold tight through the center and take breaks as needed.

bonus burn



A quick 5 minutes of low impact cardio moves for extra burn.

Core work can be tough, but it's so important for preventing back pain and keeping us moving well for everyday, functional activities!



Connect with others by joining the Beginner's Program Facebook Group!

CONNECT



*sore today,
strong tomorrow*

WEEK 2

You made it to Week 2!

No matter what happened in Week 1, you're here, and that's success!

It's possible you felt fatigue and muscle soreness last week, especially if you are newer to exercise or getting back into it. Exercise causes micro-tears in our muscles, which means your body is making adaptations. While it's tempting to want to sit on the couch when you feel sore, getting moving actually helps reduce soreness by increasing circulation. Just taking a walk, going up and down stairs, or light stretching can help you feel better, not to mention increase those endorphins and serotonin levels we talked about in Week 1.

Whether you feel sore or not, you are on your way to a stronger, healthier you!

2.0 schedule

I suggest spreading out the workouts every other day, alternating with resting, stretching, or the optional Bonus Burn on the days in between. However, it's entirely up to you, so do what works best for your schedule.

DAY	WORKOUT	EQUIPMENT	MIN	QUICK PLAY
DAY 1	10 Minute Low Impact Workout	Optional Chair	10	
DAY 2	Low Impact Cardio Boxing	Just You!	19	
DAY 3	Beginner Full Body Dumbbell	Dumbbells + Mat	15	
BONUS BURN	10 Minute Low Impact Cardio	Just You!	10	

ABOUT WEEK 2

This week we are taking it up a notch with some slightly longer workouts, but only for 3 days. If needed, you can always go back to the videos from Week 1, or substitute exercises from Week 1 (i.e. substitute leg raises or steps for squats, or just do the motion of the move without the dumbbells).

HOMEWORK!

This week focus on finding ways to increase movement in your daily lives outside of workouts. Set your phone alarm to alert you to get up and move every hour. That can be a walk around the office, or just a quick stretch. Take the stairs, pace during a phone call, or march during the commercials watching TV. It all adds up!

Use the white boxes to plan your meals for the week and the tinted box to record your actual meal. Stuck? Refer back to my Clean Eating Guide.

2.0

MEAL PLANNER + LOG

BREAKFAST	LUNCH	DINNER	SNACKS
M			
T			
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10 minute low impact workout

A quick 10 minute workout using basic bodyweight moves to get your heart pumping for cardio, all while sculpting and toning your muscles.



PLAY

EQUIPMENT: OPTIONAL CHAIR
TOTAL TIME: 10 MIN.

FORM + FUNCTION: HAMSTRING CURL



A cardio move working both lower and upper body!
Pull the heel up squeezing the legs, while also pulling the elbows back and shoulder blades in.

bonus burn



10 minutes of
fat blasting cardio using
low impact moves!

Water check! How's your
daily water intake?
Aim for a glass first thing
in the morning
and before meals, then sip
throughout the day.



Hold yourself accountable
and inspire others by
posting on social media.

CONNECT



Low impact cardio boxing

This workout uses low impact boxing moves without bouncing or jumping. Punch your way into your fat burning zone and tone your arms and abs, too!



PLAY

EQUIPMENT: JUST YOU!
TOTAL TIME: 19 MIN.

FORM + FUNCTION: PROPER PUNCH



During all the punches, keep your "guard up."
Core tight, elbows in, and shoulders back while you extend your arm out to punch strong.

bonus burn



10 minutes of
fat blasting cardio using
low impact moves!

Today's workout
was longer, so feeling
a little more
fatigued is normal!
As you get in
better shape, we'll keep
pushing your body
to new levels!



Follow me on
social media @BodyFitbyAmy
for more tips!

CONNECT



beginner full body dumbbell

Sculpt and tone your entire body using just a set of dumbbells, alternating between upper body, lower body, core and cardio.



PLAY

EQUIPMENT: DUMBBELLS
TOTAL TIME: 15 MIN.

FORM + FUNCTION: PLANK ROW



Doing a row on your knees or in this modified plank helps keep your back flat and core engaged. Keep the elbow in as you pull up and row.

bonus burn



10 minutes of
fat blasting cardio using
low impact moves!

Adding dumbbells
to your workouts increases
your calorie burn with
more energy expenditure,
helping you reach your
goals sooner!



Got a question?
Post it to the Beginner
Facebook group.

CONNECT



*train like
your life
depends on it*

WEEK 3

Congrats, you made it!

Are you exercising because your life depends on it? Because it does! We hear a lot about the health effects of being obese or overweight, but recent studies show inactivity is linked to more deaths than obesity. Sedentary lifestyles due to desk jobs, work commutes, and screen time are common, especially in developed countries. Inactive adults face a higher risk for heart disease, stroke, some cancers, depression, Type 2 diabetes, and early death (Centers for Disease Control, 2016).

BUT, you can greatly DECREASE this risk just by being active! Not just with structured workouts, but by moving throughout your day. Begin to think of exercise as not something you HAVE to do, but something you GET to do for a longer, fuller life!

3.0 schedule

I suggest spreading out the workouts every other day, alternating with resting, stretching, or the optional Bonus Burn on the days in between. However, it's entirely up to you, so do what works best for your schedule.

DAY	WORKOUT	EQUIPMENT	MIN	QUICK PLAY
DAY 1	Beginner Bodyweight Workout	Sturdy Chair + Mat	20	
DAY 2	Cardio Blast	Just You!	20	
DAY 3	Dumbbell Circuit	Dumbbells + Mat	25	
DAY 4	Beginner's Combo Workout	Just You!	20	 
BONUS BURN	10 Minute Cardio Tabata	Just You!	10	

ABOUT WEEK 3

This week we go back to 4 days of workouts. A few are beginner specific, but a few have different options. Feel free to stay with lower impact moves you are used to, or try different options. You have stronger muscles and more endurance now, so you might surprise yourself!

HOMEWORK!

This week, if you haven't already, really focus on nutrition. Think about how to nourish your body, not deprive it. Are you getting enough nutrients? Can you identify triggers, emotionally, physically or otherwise? Are you using your meal planner to prepare, plan and record? Let's eat to fuel our bodies!

Use the white boxes to plan your meals for the week and the tinted box to record your actual meal. Stuck? Refer back to my Clean Eating Guide.

3.0

MEAL PLANNER + LOG

BREAKFAST	LUNCH	DINNER	SNACKS
M			
T			
W			
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beginner bodyweight workout

This workout uses basic bodyweight moves to work the entire body; using a chair for different options, you'll burn fat and tone muscles.



PLAY

EQUIPMENT: STURDY CHAIR + MAT
TOTAL TIME: 20 MIN.

FORM + FUNCTION: CHAIR LUNGE



Keeping a hand on a chair will not only aid in balance, it will help you maintain proper form and posture as you lower down in the lunge.

bonus burn



10 minutes of cardio tabata
with low and
high impact options.

The best part about
bodyweight moves is they
can be done anywhere!
Get a few of these moves
in throughout the day
for extra calorie burn!



Share your progress!
#BodyFitbyAmy
#BBABeginners

CONNECT



cardio blast

20 minutes of heart pumping cardio, featuring both low and high impact options. Stick with the low impact if needed, or attempt the high!



PLAY

EQUIPMENT: JUST YOU!
TOTAL TIME: 20 MIN.

FORM + FUNCTION: KNEE RAISES



Extend the arms high over your head to lengthen, then pull the knees in high while contracting the abs in tight to strengthen.

bonus burn



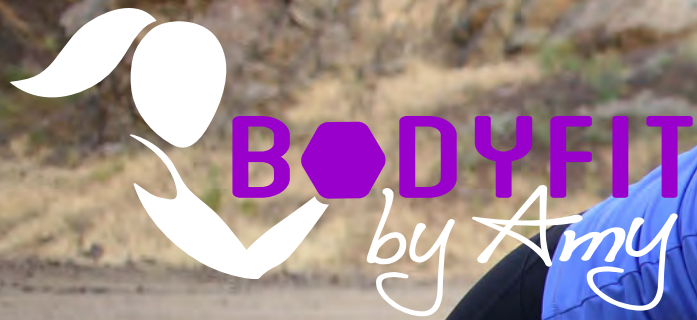
10 minutes of cardio tabata with low and high impact options.

If your body and brain are feeling up for it, try a few reps of those high impact moves. You might surprise yourself!



Boost productivity by posting your intentions online.

CONNECT



dumbbell circuit

This workout uses just a set of dumbbells to work your entire body for both strengthening and toning, and burning fat and calories.



PLAY

EQUIPMENT: DUMBBELLS + MAT
TOTAL TIME: 25 MIN.

FORM + FUNCTION: SIDE LUNGE



Step out wide with one leg, bending the knee and driving the hips back, while keeping the opposite leg straight. Get low and push through the heel.

bonus burn



10 minutes of cardio tabata
with low and
high impact options.

Keep your dumbbells
somewhere visible
at home; if you have a few
minutes to spare,
pick them up and do a few
repetitions of exercise.
It all adds up!



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#BBABeginners

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beginner combo workout

10 minutes of fast paced cardio boxing to get your heart pumping, followed by 10 minutes of standing abs for strong core work.



PART I PART II

EQUIPMENT: JUST YOU!
TOTAL TIME: 20 MIN.

FORM + FUNCTION: STANDING KNEE CRUNCH



In the standing crunch, focus on pulling your chest towards your knee and knee towards your chest while crunching and pulling in your abs.

bonus burn



10 minutes of cardio tabata
with low and
high impact options.

The weekend is coming,
be sure to plan for it.
Add in those Bonus Burn
workouts, watch portion
sizes and most
importantly, have FUN!



Connect with others
by joining the Beginner's
Facebook group.

CONNECT



*it doesn't
get easier, you just
get stronger*

WEEK 4

Can you believe it's Week 4?

Be proud for making it this far, and confident that while this week is the end of the program, it's the beginning of your newer, healthier life. You've established the habit of working out, eating well, and making yourself a priority, setting yourself up for long-term sustainability and success.

As a trainer, I often have clients ask why things don't get easier as they are getting in shape. The truth is, they do — you get stronger and faster, increase endurance, and (hopefully) start to enjoy your workouts! This program was designed to increase in intensity and time, as your body is adapting and changing. If you are truly challenging your body, which is what we need to see results, you may not feel like it's "easy" but you ARE indeed stronger!

4.0 schedule

I suggest spreading out the workouts every other day, alternating with resting, stretching, or the optional Bonus Burn on the days in between. However, it's entirely up to you, so do what works best for your schedule.

DAY	WORKOUT	EQUIPMENT	MIN	QUICK PLAY
DAY 1	Full Body Dumbbell Blast	Dumbbells + Mat	24	
DAY 2	Cardio Tabata	Just You!	30	
DAY 3	Chair Workout	Sturdy Chair + Mat	35	
DAY 4	Cardio and Abs	Mat	20	
BONUS BURN	10 Minute Cardio Sculpt Workout	1 Dumbbell	10	

ABOUT WEEK 4

This last week features 4 days of workouts with multiple options. Nothing is beginner specific, because you aren't a beginner anymore! Feel free to stay with the low impact options if needed, but use this week to push a little harder, go a little longer, work a little more. You are worth it!

HOMEWORK!

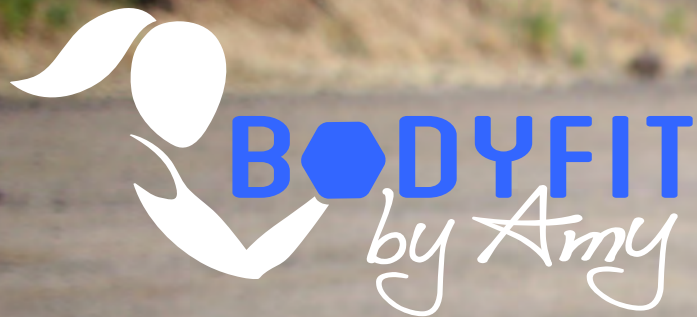
This last week, check back in with those original goals. What can you do this week to keep working towards them? Pay close attention to how you feel. Are you anticipating your workouts instead of dreading them? Is preparing for healthy eating getting easier? Reflect on how far you've come, and how far you will go!

Use the white boxes to plan your meals for the week and the tinted box to record your actual meal. Stuck? Refer back to my Clean Eating Guide.

4.0

MEAL PLANNER + LOG

BREAKFAST	LUNCH	DINNER	SNACKS
M			
T			
W			
R			
F			
S			
SN			



full body dumbbell blast

Work your full body using compound movements with dumbbells for maximum fat burn and overall toning.



PLAY

EQUIPMENT: DUMBBELLS + MAT
TOTAL TIME: 24 MIN.

FORM + FUNCTION: BRIDGE + PRESS



Lift your hips high into the bridge, squeezing the glutes and hamstrings, pushing into the heels, and pulling the core in tight.

bonus burn



Torch extra calories and sculpt muscles using just 1 dumbbell.

If you're feeling off balance on the compound moves, just focus on doing one of the moves until you become more comfortable.



#BodyFitbyAmy
#BBABeginners

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cardio tabata

20 seconds work, followed by 10 seconds rest,
4 minute rounds. Stick with the first option of each round
for low impact, or take it up for a challenge!



PLAY

EQUIPMENT: JUST YOU!
TOTAL TIME: 30 MIN.

FORM + FUNCTION: SQUAT



Focus on getting as low as you can in that squat and pushing through the heels.
This recruits more muscles while also being easier on the knees.

bonus burn



Torch extra calories
and sculpt muscles using
just 1 dumbbell.

Eating out? Ask for a to-go
box when you order
and box up half the meal
to take home right
away. Portion control and
lunch for the next day!



Stay accountable by
posting on social media.

CONNECT



chair workout

Our longest workout yet, but still only 35 minutes!
Work your entire body for strength and cardio using just one chair. Follow me for options!



PLAY

EQUIPMENT: STURDY CHAIR + MAT
TOTAL TIME: 35 MIN.

FORM + FUNCTION: PLANK



If you've been doing the modified plank, today is a good day to try the full plank!
Keep your bellybutton pulled in and tighten through your center.

bonus burn



Torch extra calories
and sculpt muscles using
just 1 dumbbell.

This is a longer workout,
but you can do it!
If you start to feel tired,
hit pause, march it
out for a minute, then
come right back.



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cardio + abs

Finish strong with bodyweight intervals!
Fat blasting cardio moves circuited with ab sculpting
core moves. You've got this!



PLAY

EQUIPMENT: MAT
TOTAL TIME: 20 MIN.

FORM + FUNCTION: PLIE KNEE RAISE



Get low on the plie squat with elbows pulled back, and bend from the waist,
leading your elbow towards your knee.

bonus burn



Torch extra calories
and sculpt muscles using
just 1 dumbbell.

Losing belly fat and
sculpting a
strong midsection is a
combination of
three things: specific core
exercises, fat burning
cardio and a healthy diet!



Follow me on social media
@BodyFitbyAmy

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you did it!

CONGRATULATIONS!

No matter what happened over the last four weeks, you are ending this program healthier, fitter and stronger than you were before. I hope you gained knowledge and feel like you've established an exercise routine. I hope you feel you've developed some new healthy habits and ditched some old ones. I hope you can feel how much stronger you are. No matter what, I'm proud of you for taking this step towards being healthy for the rest of your life!

WHAT NEXT?

This is the end of this program, but the beginning of your health and fitness journey! You've established a routine, so the best thing to do is keep it up! You can do that by repeating this program again (maybe adding more bonus burns or an extra day or two for a challenge), or by assembling your own schedule of your favorite workouts from this book. Or, check out my other programs on my website to progress! 4 Weeks to Fat Loss is a great program to progress to, try it!

Be sure to follow me @BodyFitbyAmy on Instagram, Facebook and Twitter and subscribe to my YouTube channel to for daily tips, inspiration, workouts and more!



about Amy

Amy Kiser Schemper has her Master's degree in Exercise Science, is a NASM certified Personal Trainer and Group Fitness Instructor, and has 15 years working in the industry. She believes in time efficient workouts and positive reinforcement — and that working out shouldn't add stress to your life. In addition to specializing in circuit training and interval training for maximum results, Amy is trained in Boxing, Mat Pilates, Kettlebell, TRX, Sports Specific Training, Yoga, Prenatal and Postnatal Training, and Nutrition. She has trained clients of all ages and all fitness levels. A lifelong athlete, Amy has competed in marathons, half marathons, triathlons and more. In 2014, Amy was one of the Top 5 Finalists in Women's Health Magazine's Next Fitness Star Contest, and has been featured on Good Morning America, Extra, and The Doctors. Amy lives in Los Angeles, CA with her husband Kurt, her son Kai and little dog Luna.

DISCLAIMER: THIS EBOOK (4 WEEK BEGINNER'S GUIDE TO FITNESS) AND ITS ASSOCIATED CONTENT ARE FOR INFORMATIONAL PURPOSES. BEFORE BEGINNING THIS OR ANY OTHER EXERCISE PROGRAM, PLEASE MAKE SURE YOU HAVE BEEN CLEARED BY A DOCTOR FOR EXERCISE. IF YOU ARE UNSURE WHETHER YOU SHOULD FOLLOW THE GUIDELINES OR WORKOUTS IN THIS EBOOK, PLEASE CONTACT A QUALIFIED PROFESSIONAL.

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