

2 Days To Fitness

3-Month Introduction Program

By Your Fit Perspective

- Get More Results With Less Work
- Simplified To Fit In Any Schedule
- Video Instruction For Each Exercise
- Workouts Made For Home Or Commercial Gyms

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How To Use This Guide

You'll find 3 very simple workout programs in this guide: Beginner's Journey, Intermediate Path, Advanced Ascension.

Each program has only 2 different workouts. Your goal is to complete both workouts every week; so you're only exercising 2 times every week. They can be any day of the week, though we have some recommendations:

- Get at least one day of rest between each workout. This will keep you from overtraining.
- Try to stay consistent with your workout days. So if you choose to start your first workout on Monday, try to stick to Mondays every week if your schedule allows it. This helps you build consistency over time.

Also, each workout only has 1 exercise for each major muscle group; and each exercise should be performed for 3 sets of about 10 reps and a 60 second rest in between. You'll see great results with just that, but feel free to add more exercises of your own if you'd like.

Lastly, our recommended way to use the Workout Log is to only record 2 things for each exercise:

- How much resistance you used
- How many reps you performed

Every time you repeat a workout, you should be adding difficulty to as many exercises as you can. This is called progressive overload, and it's crucial for maximizing your results with so few workouts. Here are a few ways to do that:

- Add 2-4 reps
- Add 5-10lbs (sometimes you have to decrease reps to add weight, and that's okay)
- Slow down each rep by 1-2 seconds
- Use a heavier resistance band (red, green, blue, etc.)
- Use a taller/shorter platform (ex. If you're doing assisted pushups, using a shorter box is harder)

On the next page, you'll see an example of different exercises being logged over the course of 4 week.

Equipment

For Beginners

- [Set Of Superbands \(At Least 4 Different Bands\) With A Door Anchor*](#)
- [Yoga Ball \(About 26 Inches\)](#)
- (Optional) [Stepper \(With About 4 Different Height Adjustments\)](#)

For Intermediates

- [Adjustable Dumbbells \(The More Weight Options, The Better\)](#)
- [Adjustable Bench](#)

For Advanced

- Intermediate Equipment Set
- [Squat Rack](#)
- [Olympic Barbell](#)
- [Bumper Plates](#)
- Assisted Pullup/Dip Machine
 - (For Home) [Pullup/Dip Bar](#)

*The videos may use different looking resistance bands., but don't worry, superbands are the most versatile type of resistance band. You can perform every resistance band workout in this program with just the superbands

**If you don't have an assisted pullup/dip machine, you can use a regular pullup/dip bar and use a resistance band for assistance

Example Workout Log

Each entry is written as (Resistance) x (Reps)

Muscle Group	Week 1		Week 2		Week 3		Week 4	
	Wkt 1	Wkt 2	Wkt 3	Wkt 4	Wkt 5	Wkt 6	Wkt 6	Wkt 8
Step-Ups	(12" Box) x (10)		(15" Box) x (8)		(15" Box) x (12)		(18" Box) x (8)	
Assisted Pushups (Knees)	(24" Box) x (10)		(21" Box) x (10)		(18" Box) x (8)		(15" Box) x (12)	
Resistance Band Row	(Red) x (10)		(Black) x (10)		(Black) x (12)		(Purple) x (8)	
Dumbbell Shoulder Press	(20lbs) x (10)		(25lbs) x (10)		(25lbs) x (12)		(25lbs) x (12) (Slow)	

Beginner's Journey

Exercise List

[Click on each exercise to see the linked YouTube video](#)

Muscle Group	Workout 1	Workout 2
Quads (Thigh)	Step-Ups	Chair Squat
Chest	Assisted Pushups (Knees)	Resistance Band Fly
Back	Resistance Band Row	Resistance Band Lat Pulldown
Glutes/ Hamstring	Ball Hip Thrust	Resistance Band Hip Extension
Shoulders	Band Z-Press	Resistance Band Face Pulls
Arms	Band Bicep Curls	Resistance Band Triceps Extension
Core	Feet-Elevated Crunches	Resistance Band Pallof Press

Equipment Needed:

- Superbands (with Door Anchor)
- Yoga Ball
- Stepper (Optional)

Intermediate Path

Exercise List

[Click on each exercise to see the linked YouTube video](#)

Muscle Group	Workout 1	Workout 2
Quads (Thigh)	<u>Goblet Squat</u>	<u>Dumbbell Spit Squat</u>
Chest	<u>Dumbbell Incline Chest Press</u>	<u>Dumbbell Flat Chest Press</u>
Back	<u>Dumbbell Single Leg Deadlift</u>	<u>Dumbbell Pullover</u>
Glutes/ Hamstring	<u>Dumbbell Single Arm Row</u>	<u>Dumbbell Romanian Deadlift</u>
Shoulders	<u>Dumbbell Shoulder Press</u>	<u>Dumbbell Z-Press</u>
Arms	<u>Dumbbell Skull Crushers</u>	<u>Incline Dumbbell Bicep Curl</u>
Core	<u>Dumbbell Weighted Crunch</u>	<u>Plank Reach</u>

Equipment Needed:

- Adjustable Dumbbells
- Adjustable Bench

Advanced Ascension

Exercise List

[Click on each exercise to see the linked YouTube video](#)

Muscle Group	Workout 1	Workout 2
Quads (Thigh)	<u>Barbell Squat</u>	<u>Barbell Deadlift</u>
Chest	<u>Assisted Dips</u>	<u>Incline Barbell Chest Press</u>
Back	<u>Single Arm Dumbbell Row</u>	<u>Barbell Snatch Grip Row</u>
Glutes/ Hamstring	<u>Barbell Romanian Deadlift</u>	<u>Dumbbell Split Squat</u>
Shoulders	<u>Barbell Overhead Press</u>	<u>Dumbbell Arnold Press</u>
Arms	<u>Single Arm Dumbbell Preacher Curls</u>	<u>Assisted Chinup</u>
Core	<u>Windmill</u>	<u>Plank With Rotation</u>

Equipment Needed:

- Intermediate Set
- Barbell + Plates
- Squat Rack
- Assisted Pullup Machine
- Assisted Dip Machine

Note: If you don't have a pullup or dip machine, you can use a pullup bar, dip bar, and resistance bands instead

Note: The Barbell Deadlift is more of a glute/hamstring exercise, and the Split Squat is more of a quad (thigh) exercise. They're switched because it's best to do Barbell Deadlifts at the beginning of the workout, not the middle.

