



Workout & Nutrition

HANDBOOK

Who are we?

FlexIt is an a-la-carte digital fitness marketplace. FlexIt's end-to-end fitness solution offers virtual training, as well as in-gym access through a flexible, pay-per-use model. FlexIt uses a model that enables users to work out **wherever** they want, **whenever** they want and only pay for the time they are working out.



Tell me more about

Virtual Personal Training

FlexIt's Virtual Personal Training (VPT) offering facilitates **live, on-demand, 1-on-1** personal training sessions with a **certified personal trainer from leading fitness brands**, all from the comfort of home (or really anywhere)! It's a personalized solution. Prior to the session, users can submit their fitness goals, injuries or limitations, and the equipment they have available (none needed) so that the trainer can develop a custom plan, just for them. to working out from home with the top brands in fitness. Clients can book and take the session directly on FlexIt's website or app using proprietary video technology – no third-party video technology.

Goal setting

Goal setting can be a difficult task, but we want to make it easy.



Follow these steps when thinking about your goals:

1. What do you want to do? **Be specific.**

Examples: Do a 1 minute plank. Do 20 push ups. Fit into my outfit for a wedding.

2. How will you know when you reach your goal? **Work with your trainer to set measurable goals.**
3. Is your goal attainable? It's always great to set your goals high, but you don't want to burn yourself out. **Think about what could be achieved over the next 8 weeks.**
4. Is your goal relevant to you and your life? **Choose a goal that is important to you so you can stay motivated throughout your journey.**
5. When exactly do you want to accomplish your goal? **Work with your trainer to set a timeline for achieving your goal.**

Tips on setting goals:

1. **Pick one goal to focus on, be specific, and stick to it!**
2. **Tell your trainer about your goals!** Your trainer will craft your fitness plan to hold you accountable and help you crush your goals!
3. **Start small.** Work with your trainer to set reasonable weekly goals for you to work towards on your way to your bigger goal. An example of this would be if you want to do 50 push ups, but can only do 10 right now, you can set the goal of increasing your push up number by five for 8 weeks. At the end of 8 weeks, you'll be able to get those 50 push ups in.



Measuring your progress

1. Upload a progress picture to your FlexIt account weekly.

Make sure the picture is of your entire body so you can see the progress you make.



2. Keep track of your measurements:

- Weight
- Body fat %
- Bicep
- Chest
- Waist
- Hip
- Thigh

Body Measurements

inches
cm

CHEST

LEFT ARM

RIGHT ARM

WAIST

HIPS

LEFT THIGH

RIGHT THIGH

LEFT CALF

RIGHT CALF

Things to keep in mind...

The scale doesn't tell the whole story. Just because you may not be losing weight doesn't mean you aren't crushing your goals. The number on the scale does not take into account more important indicators of your health, like body fat percentage and lean muscle mass.

We recommend that you take pictures every week during your fitness journey to track your progress!

Keep track of your measurements!

Looking to lose weight? Measure your waist. Looking to build muscle? Measure the circumference of your legs or arms

Keep track of how many sit ups, push ups, and squats you do each week. As you continue to train each week, you will see those numbers go up!



Working with your nutritionist

You can't out-exercise a poor diet.

The food you eat fuels your workouts and your recovery.

At the start of your 8-week challenge, you will meet with your nutritionist through a FlexIt Virtual Personal Training session. Here, you can discuss your fitness goals and how you want to make progress.

Keep your nutritionist updated with your journey! They are always there to help you along the way.

Health and Nutrition Tips

Eat more:

- ✓ **Vegetables** (E.g. spinach, broccoli, cauliflower, peppers, sweet potatoes)
- ✓ **Lean meats and poultry** (E.g. beef, chicken, eggs, turkey, fish)
- ✓ **Fruits** (E.g. bananas, blueberries, strawberries, melon, pineapple)

Stay away from:

- ✗ **Processed foods** (E.g. pizza, ice cream, chips)
- ✗ **Sugary drinks** (E.g. soda, alcohol)
- ✗ **Sugary foods** (E.g. cookies, donuts)

Health tips

- 1. Drink a 1/2 gallon of water a day** (Eight 8-ounce glasses of water)
Proper hydration is essential for muscle recovery and weight loss!
- 2. Get some fresh air! Spend 30 minutes outside a day**
Spending time outside is great for your mind and physical health. We recommend going for a walk around your neighborhood!
- 3. Get a good night's sleep!** Adults should sleep between 7 and 9 hours a night.
- 4. Rest is key to getting stronger and losing weight!** When you are crushing your workouts you need to give your body enough time to relax and recover.





Working with your Personal Trainer

Your personal trainer will keep you **accountable** and on track to **crush your goals**.

Tips for making the most out of your sessions

1. Work with your trainer to establish goals based on the guidelines in the Goal Setting Section.
2. Update your trainer on how you feel. Let your trainer know if you are feeling great, sore, or tired before and after your sessions.
3. Feeling a little extra energy this week and want to do a session on your own? Try one of these workouts from some of our favorite trainers!

Workouts

Upper body



Sabrina Stockel

PROFILE

Sabrina is a New York native who got a degree in Exercise Science from Miami of Ohio. She's now working at ABC Fit Collective where she focuses mostly on training women before, during, and after pregnancy. Sabrina also specializes in strength, weight training, TRX, and rehabilitation.

SETS	REPS	EXERCISE
3	10	Supermans
3	5	Downward dog to cobra
3	30s	Plank with alternating shoulder taps
	120s	Rest
3	15	Bent over t-raises
3	5	Inchworm to push up
3	10	Each side plank reach through (10 each side)



Austin Pogue

PROFILE

Austin is a former NCAA collegiate athlete, so he's always loved fitness. Now his goal as a NASM-certified trainer at Anytime Fitness is to share that love of fitness with you. His training focuses include creating a sound nutritional base, a results-oriented approach and a positive mindset!

SETS	REPS	EXERCISE (Rep notes)
1	—	Pushups to failure
4	12	Incline pec flyes (12, then 10, 8, 6)
4	12	Flat bench presses (12, then 10, 8, 6)
3	15	Overhead triceps extension (15, 13, 11)
3	12	Standing cable triceps extension (12, 10, 8)
3	16	Bent-over triceps kickbacks (16, 14, 12)
4	12	Bi-lateral row standing (12, 10, 8, 6)
4	12	Unilateral row on a bench (12, 10, 8, 6)
4	12	Reverse Pec flyes (12, 10, 8, 6)

Workouts

Core



Julia Giordano

PROFILE

Julia is a former professional dancer, current dance educator and personal trainer. She has been teaching at SLT for over three years and has seven years of experience in the industry. She is passionate about having an active lifestyle and loves translating that into her workouts.

SETS	TIME	EXERCISE
3	30s	Hundreds
3	30s	Tuck crunch, extension
3	30s	Alternating bicycle crunch
3	30s	Tabletop toe taps
3	30s	Side plank crunch (R)
3	30s	Side plank crunch (L)
3	30s	Mountain climbers
3	30s	Forearm plank hold



Julie Bobek

PROFILE

Julie is originally from the midwest, but moved to New York City 13 years ago. She found her love of fitness through a roommate and has been hooked ever since. She currently works for [solidcore] focusing on Pilates, but is also certified in kickboxing, kettlebell, TRX and Schwinn.

SETS	TIME	EXERCISE (Rep notes)
1	1m	Front plank (From toes)
1	30s	Plank up / down (Alternate leading arms. Slow and control core.)
1	45s	Mountain climbers
1	30s	Cat / cow stretches
1	1m	Push-ups
1	30s	C-curve / curl-hold
2	30s	Curl with elbow taps (Alternating first set and both second set)
2	45s	Scissors kicks (Second set lift arms)
1	45s	V-ups

Workouts

Lower body



Isadora Oquaye

PROFILE

Isadora loves helping clients reach their goals. Her goal as a trainer is to make science-based health and wellness information accessible to everyone. She works at Manhattan Plaza Health Club where she specializes in HIIT, strength, weight training, and nutrition.

SETS	REPS	EXERCISE (30s rest after each set)
3-4	12	Glute bridges with leg lift (12 each leg)
3-4	10	Wide to narrow squat (10 each direction)
3-4	12	Single leg romanian deadlift (12 each leg)
3-4	12	Lateral squat switches (12 each leg)
3-4	8	Power jumps (8 each leg)



Chris Pabon

PROFILE

Chris is the Fitness Manager at Blink 54th St. in Midtown Manhattan. He started training when he enlisted in the Army as an Infantryman. Chris has been with FlexIt since the start of Virtual Personal Training and always brings good energy to his training sessions.

SETS	REPS	EXERCISE
3	12	Body weight squat
3	10	Reverse lunge
3	10	Curtsey lunge
3	15	Glute bridge
3	1	Wall sit (max time)

Workouts

Full body



Zach Markiewicz

PROFILE

Zach is one of our trainers from O2 Fitness, based out of North Carolina. He has a degree in exercise science and specializes in HIIT, functional mobility, and weight training. He pushes clients to their limits and makes sure that they give 110% every session.

SETS	REPS	EXERCISE
Warm-up		
3	10	Glute bridges
3	10	Single arm overhead press
3	10	Leg raises
Main workout		
4	10	Horizontal dumbbell chest press
4	10	Goblet squats
4	10	Bent over row
3	10	Pectoral fly
3	10	Rear deltoid fly
3	10	Bulgarian split squat
4	30s	Jump squats
4	30s	Push-ups
4	30s	Russian twists
Cool down		
	5	Frankenstein walks (5 each leg)
	-	Arm circles
	10	Windmill stretch

Workouts

Full body



Brooke Vitalie

PROFILE

Brooke is originally from California, but currently lives in Reno, Nevada. She's been a boardercross racer and downhill mountain biker. Now she has a passion for functional movement. She creates workouts that support your lifestyle.

SETS	REPS	EXERCISE (15s rest in between sets)
1	45s	Shoulder taps
1	10	Push-ups
1	45s	Commando plank
1	10	Mountain climber
3	45	Happy stars
3	45	V-up
2	45	Plie squat pulses
2	45	Plie squat hold
2	45	Reverse lunges with overhead press
2	45	Single-leg deadlift (left)
2	45	Single-leg deadlift (right)

Workouts

Full body



Kyle Adam

PROFILE

Kyle has been a professional dancer for 8 years and is now a certified yoga instructor and personal trainer. Dancing led him to the gym where he embarked on a weight loss journey. Now he loves training all fitness levels and supporting clients through their journeys.

SETS	TIME	EXERCISE
Warm-up		
6	3m	Surya namaskar (sun salutation)
Main workout		
1	1m	Squat jump with heel click
1	30s	Flutter kicks
1	1m	Squat jumps
1	30s	Flutter kicks
	20s	Rest
1	1m	YTW on stomach
4	30s	Mountain climbers cross-body
4	1m	YTW on stomach
4	30s	Mountain climbers
	20s	Rest
1	1m	Single leg dead lift right
1	30s	Arm circles
1	1m	Windmill stretch
1	30s	Skater hops
	20s	Rest
Cool down		
		Child's pose



Are you ready to get started on your next fitness journey?

Head over to [FlexIt](#).

Use promocode **WORKOUT10** for \$10 off your first Virtual Personal Training session.

Want even more information?

[Check out our FAQs.](#)

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Partnership information:

<https://flexit.fit/partner/>