



Accessories and Workout Guide

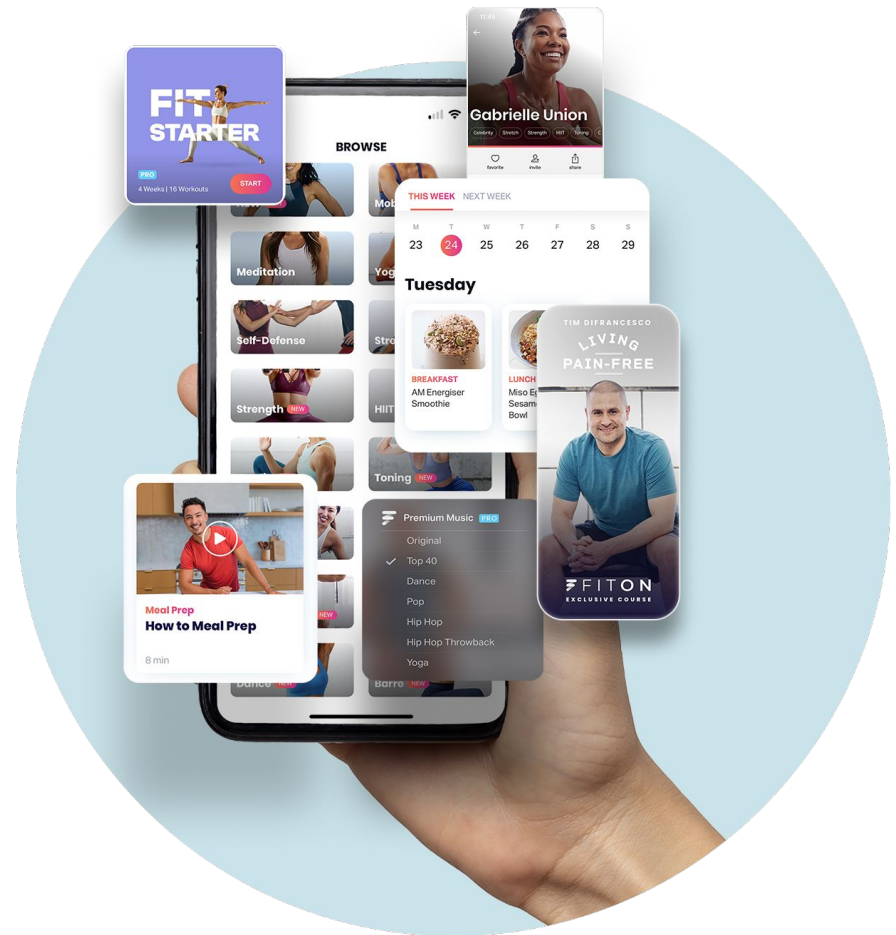


Getting Started


- ▶ Log into your FitOn Health account at fitonhealth.com/login or download the FitOn app.

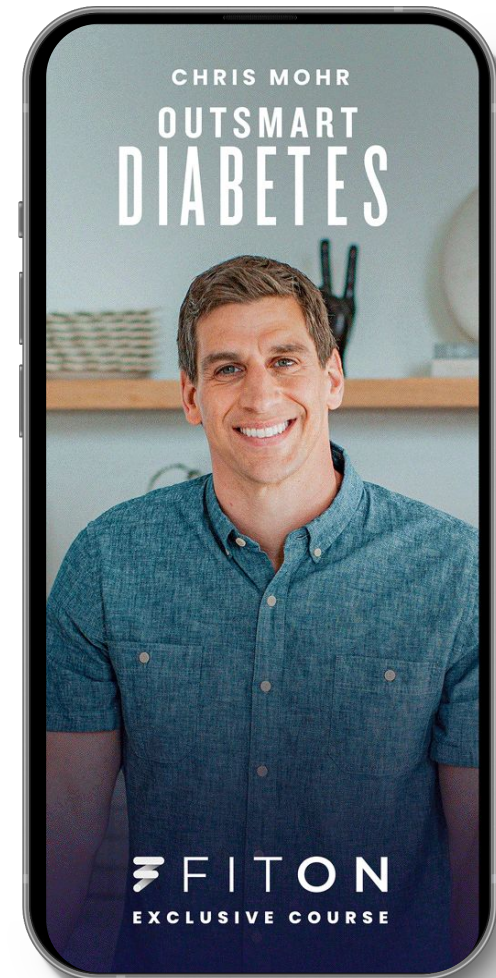


- ▶ If you do not have an online FitOn Health account, contact help@fitonhealth.com to get started.
- ▶ Inside are links and QR codes to easily access content made just for you!
- ▶ Follow along with directions on how to use your equipment.



How to Use This Guide

- ▶ You can view this guide directly from your browser or download to your computer, and view from your files.
- ▶ Clickable links will look like **THIS**. **'Click'** or **'Tap'** the link to be taken to content in the FitOn app.
- ▶ Some images will have accompanying videos. To view videos, click the play button  **TAP TO WATCH**
- ▶ You can print this guide right at home! From your computer, click **'File' > 'Print'** to send to your home printer. You can also print from your mobile devices as well if you have a printer connected.
- ▶ If you do not have access to a printer, you can order a printed version by contacting **help@fitonhealth.com**. Please provide a valid shipping address. The cost of the printed version plus shipping is **6 credits**.
- ▶ QR codes can also be scanned from your mobile device to be taken to in-app content.
 - ▷ Open your camera app and center the QR code as if you are taking a picture.
 - ▷ Hold steady for a few seconds. A pop-up window will appear.
 - ▷ Tap the pop-up notification to be taken to the link.



Your Intro To Fitness

The Ultimate Guide To Starting A Home Fitness Routine

Check out a comprehensive guide to getting in shape from home.



Get started with an online program of workouts that are low impact with high results. Get strong, get flexible and stay fit.



Standing Tall and Strong

The FitOn Mat- The perfect companion to your at-home workouts. Get started below with some simple exercises.

Mountain Pose- This exercise helps with balance and grounding.

- Stand tall with big toes touching and heels together.
- Draw your abdominals in and up and relax your shoulders down.
- Breathe several breaths while actively engaging your leg muscles. For added stretch bring your hands behind your head and look up.

Cobbler's Pose- Helps improve flexibility in the hips and groin.

- Seated, bring the soles of your feet together.
- For additional support, use yoga blocks or blankets where needed.



Standing Tall and Strong

Crescent Pose– This pose helps strengthen legs and open up the chest.

- Start by standing with both feet together and your back straight, then take a breath and step your right leg behind into a lunge.
- Raise both arms up straight, pointing upward, to frame your head, keeping hips pointed forward. Take deep breaths, then switch sides and repeat.

Meditate and Relax

Start your mindfulness journey with **this meditation program** that is designed to reduce stress and promote relaxation.



How to scan a QR code



Yoga Practice at Any Stage

Yoga blocks are a great companion while on the mat.

Supported Standing Forward Fold– This helps with balance and makes it easier to reach the ground.

- Stand with your feet hip-width apart.
- Place a yoga block on its shortest side in front of you.
- Bend at your hips and reach for the block. Hold onto it for support.

Seated Twist with Block–This helps with spinal flexibility and aids digestion.

- Sit on the floor with your legs extended in front of you.
- Bend your right knee and place your right foot on the floor outside your left thigh.
- Place a block behind your hip on the right side.
- Twist to the right, using the block as support for your hand.



Yoga Practice at Any Stage

Supported Child's Pose– This provides support for a gentle stretch.

- Begin in a kneeling position with your big toes touching.
- Place a yoga block between your feet and sit back on your heels.
- Extend your arms forward and rest your forehead or arms on the block.



Yoga and Stretch Program

This gentle yet effective program is designed to help you enhance your flexibility, balance, and overall well being. **Join Now**



Stronger with Every Rep

Incorporating dumbbell exercises into your routine will help build muscle, balance, and increased range of motion.

Dumbbell Press

- Sit on a stable chair with a backrest or stand.
- Hold a dumbbell in each hand.
- With your palms facing forward, press the dumbbells overhead, then lower them back down.

Bicep Curls

- Sit or stand with a dumbbell in each hand, arms extended by your sides.
- With your palms facing forward, curl the dumbbells towards your shoulders, then lower them back down.
- You can do this alternating hands, or both at the same time.



Stronger with Every Rep

Dumbbell Rows

- Holding onto a chair with one hand, lean forward with your back straight, and hold the dumbbell in the other hand.
- Pull the dumbbell up towards your hip, then lower it.
- Repeat on the other side.

Focus on Arms

FitOn Health has a variety of classes at different levels of intensity and times to help build muscle and strength using your dumbbells.

Sign In to see all the options.



Low Impact, High Rewards



Build strength with your resistance bands.

Resistance Band Chest Pull

- Sit on a sturdy chair with your back straight and core tightened, with feet around the band.
- Grasp both ends of your resistance band. This position should be in front of your chest with your elbows bent.
- Exhale and pull the band laterally as you bring it closer to your chest and try to straighten your arms. Inhale and release. Return to starting position and repeat 10 to 15 times.
- For added resistance, try standing.

Resistance Band Seated Leg Press

- Sit on a chair with the resistance band looped around the bottom of one foot.
- Straighten your leg, pressing against the band, and then slowly return to the starting position.
- Repeat on both legs.
- For added resistance, shorten the length of the band.



TAP TO WATCH

Low Impact, High Rewards



Resistance Band Bicep Curl

- Step on the middle of your resistance band. Your feet should be flat on the floor.
- Grip both ends with your hands.
- Pull the band vertically by bending at your forearms, using your biceps to resist the force. Then return to the starting position.
- Repeat 10 to 15 times.



Fall Prevention Course
Assess your risks, remove dangers inside and out of the home, and provide the support you need to enjoy life without the fear of falling. **Click to take this Fall Prevention Course** with renowned trainer and fall prevention specialist David Jack.



Self-Care and the Power of Foam Rolling

Incorporating foam rolling into your routine will help keep muscles and joints supple and improve blood circulation.



IT Band Roll

- Lie on your side with the foam roller beneath your outer thigh.
- Roll from your hip to just above your knee, paying attention to any areas of sensitivity.

Upper Back Roll

- Lie on the foam roller with it positioned horizontally along your spine.
- Roll from your upper back to the middle of your back, supporting your head with your hands.

Glute Roll

- Sit on the foam roller with one ankle crossed over the opposite knee.
- Roll back and forth over the glute of the crossed leg.

Self-Care and the Power of Foam Rolling



Mobility Digital Classes
Sign in to see classes in mobility.



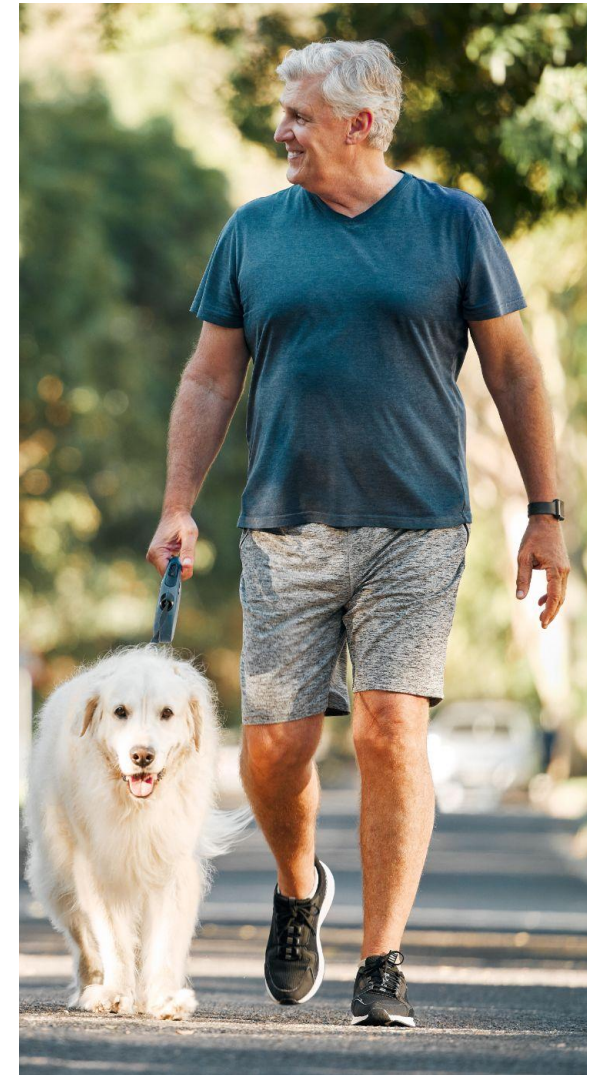
Elevate Your Heart Rate, Elevate Your Life

Revitalize your health and heart with these cardio exercises.

Walking

- As a low-impact activity, walking is relatively easy on the joints. This strengthens the bones to prevent age-related conditions like osteoporosis and builds muscle tone.
- The intensity level depends on the pace and terrain. A leisurely stroll is low-intensity, a brisk pace is moderate-intensity and walking briskly on hilly terrain could be considered vigorous depending on the exertion required.

Log in to your FitOn Health account to see some **Walking Fitness videos** to get started.



Elevate Your Heart Rate, Elevate Your Life

Dancing

- Often overlooked, dancing is a wonderful form of cardio exercise.
- Dancing in the form of freestyle at home, with a partner while listening to live music, or in a Zumba class all count towards burning calories and increasing your health.



Stair Climbing

- Use a flight of stairs or a stair climber machine to get your heart rate up

Low Impact Cardio Program

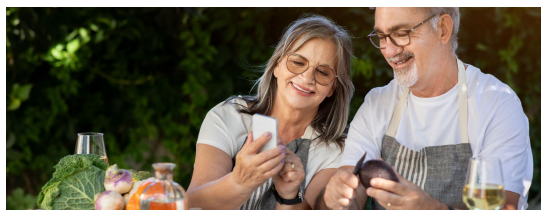
Join this effective low-impact cardio program that keeps your joints in mind while still getting your heart pumping.

JOIN NOW



Additional Resources

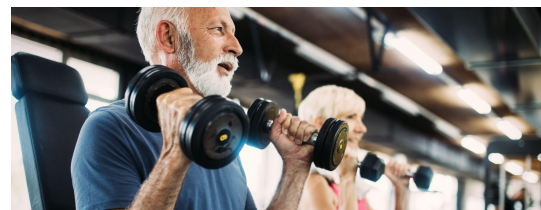
Looking for more ways to Get Your FitOn? See below for more resources available to you in your FitOn Health account. Sign in at fitonhealth.com/login to get started.



NUTRITION



COMMUNITY



IN-PERSON

The FitOn Health service provides access to third-party gyms, facilities, and workout materials ("Fitness Partners"). FitOn Health does not own, operate or control any of the Fitness Partners. Use of any Fitness Partner is subject to the terms and policies of the Fitness Partner. Only you can decide if a Fitness Partner, or any workout materials, are right for you. You should always consult with your physician or other healthcare providers before you begin any exercise activity or program, especially if you have any underlying medical conditions.

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For assistance, contact us at help@fitonhealth.com.

