

STARTER PACK

FITNESS **JOURNEY**



THE ULTIMATE HIIT

**AT HOME BODYWEIGHT
WORKOUT PLAN**

EATING-OUT CHEAT SHEET

**HOW TO EAT HEALTHY ON
THE GO AT FAST FOOD
RESTAURANTS**

CHASE
FITNESS



**STOP
WISHING**

**START
DOING**

YOU CAN DO IT!

THE COUCH WORKOUT



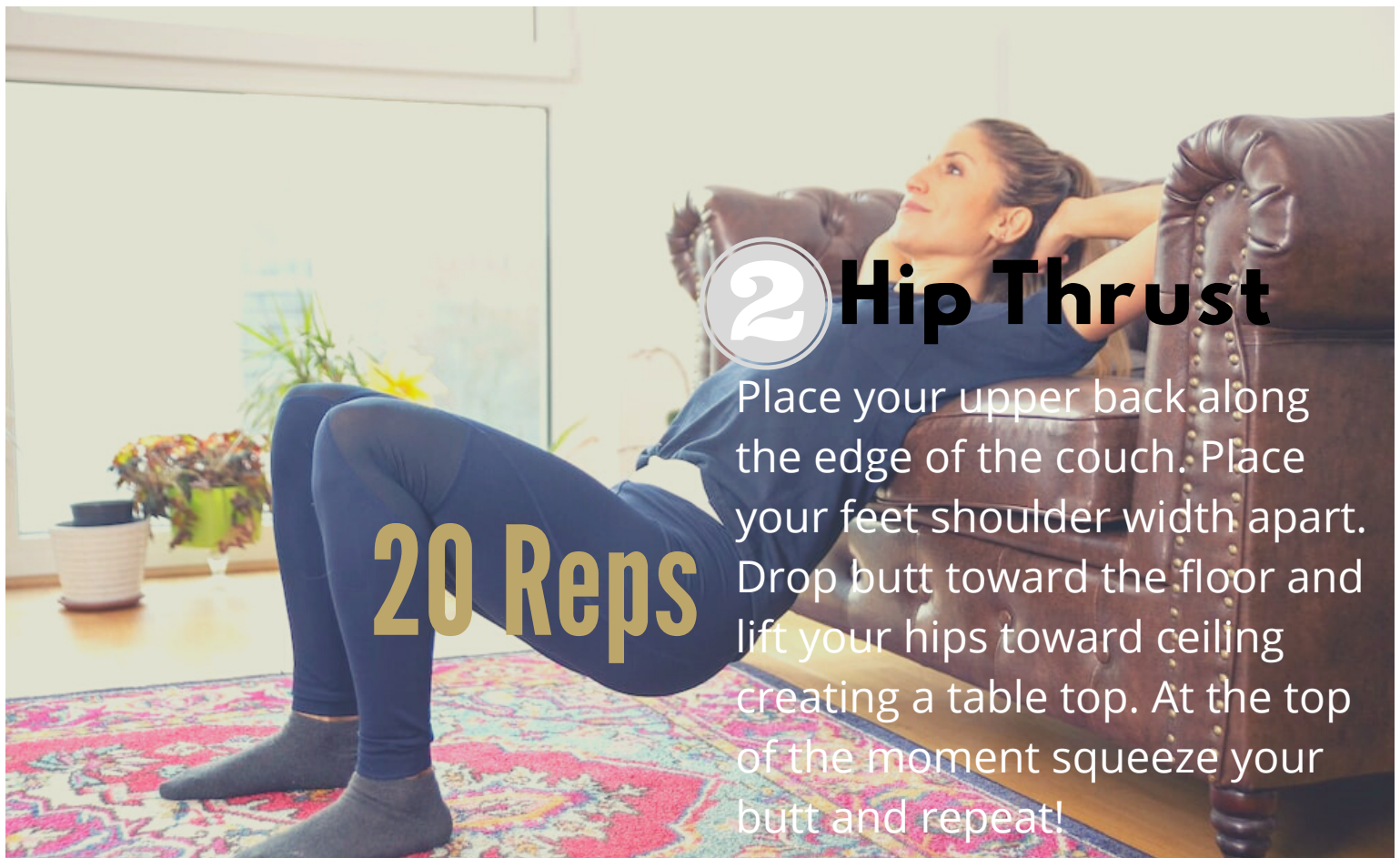
If you have time to watch your favorite episode every night before bed, then you have time to workout.

Try this workout out for 3 Rounds.

20 Reps

1 Sofa Squats

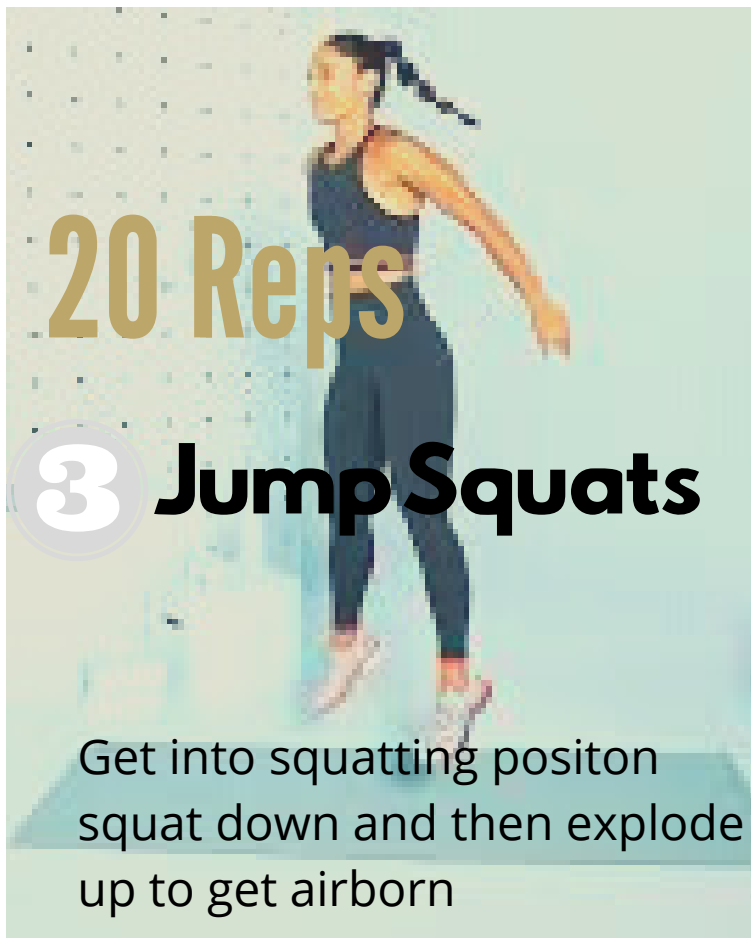
Standing with your feet shoulder width apart squa til your butt just barely touches the sofa. Then stand up and Repeat



2 Hip Thrust

20 Reps

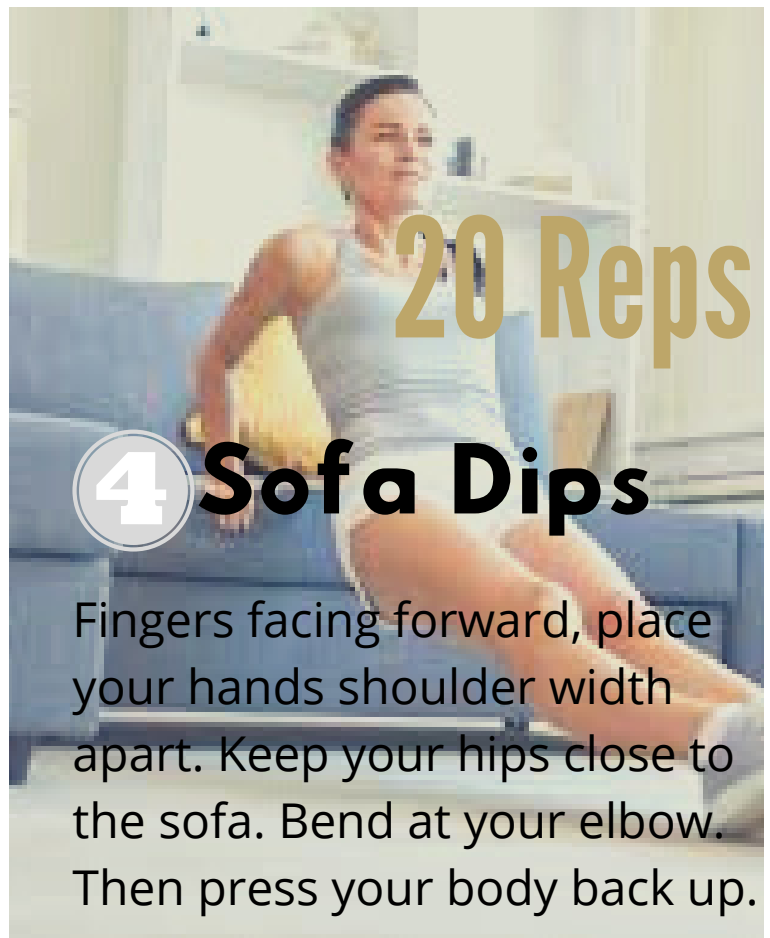
Place your upper back along the edge of the couch. Place your feet shoulder width apart. Drop butt toward the floor and lift your hips toward ceiling creating a table top. At the top of the moment squeeze your butt and repeat!



20 Reps

3 Jump Squats

Get into squatting position squat down and then explode up to get airborne



20 Reps

4 Sofa Dips

Fingers facing forward, place your hands shoulder width apart. Keep your hips close to the sofa. Bend at your elbow. Then press your body back up.

20

Minute Workout

"BOTTOMLESS" BRUNCH

Each exercise will be performed for 1 minute.

Complete all four exercises then repeat for 3 more rounds.

"Waiter, I'll take the 'Bottomless Mismosas, Please'"

Reverse Lunges

1 min



Burpees

1 min



Push-Ups

1 min



Reverse Crunches

1 min

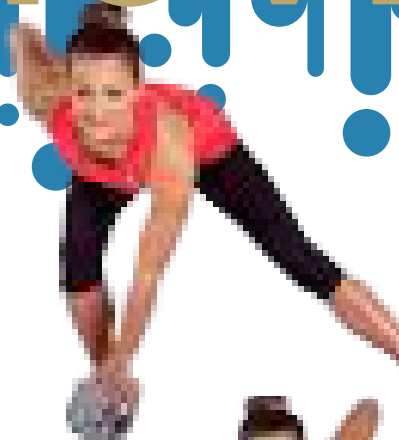


1 min rest / REPEAT

GET YOUR MOVE ON



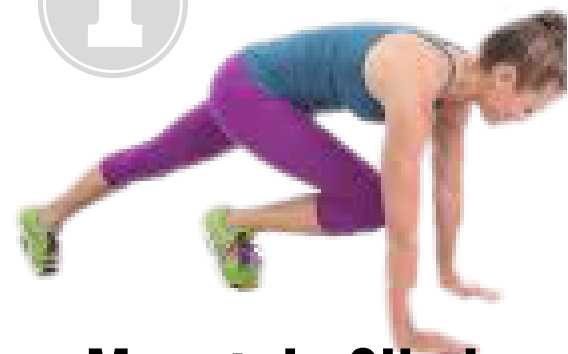
1



2



3



Mountain Climbers



Side Lunges



Bicycle Crunches



4



Plank Ups



Complete
3 Rounds For Time.
Each Exercise you will
work out 40 secs and
rest for 20 secs.

Eating Healthy On-the-Go

Eating healthy is a challenge, but eating healthy on-the-go is a trek. Fast food is not healthy because we don't know exactly what goes into it. But, I get it. When you are on-the-go you just need a something healthy to eat. Check out this list restaruants and meals that are healthier options.

RESTAURANT OPTIONS UNDER 500 CALORIES

P.F. CHANGS

	Calories
Cantonese Shrimp	180
Ahi Tuna Appetizer	210
Pork Dumplings (1)	65
Ookong Sea Bass	450

OUTBACK STEAKHOUSE

	Calories
Chicken on the Barbie w/veg	320
6oz Sirloin	425
Chicken and Shrimp Griller	490

OLIVE GARDEN

	Calories
Apricot Chicken	290
Herb Grilled Salmon	650
Chicken Abruzzi	490

Japanese Steakhouses

	Calories
California Roll	260
Hibachi Chicken & Shrimp w/ rice & Veg	650
Spicy Tuna Roll	300

Buffalo Wild Wings

	Calories
Chicken Sandwich Grilled	470
Traditional Wings (6) Medium	475

Mexican Restaurants

	Calories
Chicken Fajitas w/ Veg	360
Chicken Quesadilla	550-600
Chicken Enchillada w/ Red Sauce	200

IHOP

	Calories
Simple & Fit Veggie Omelet + Fruit	370
Sweedish Crepes	400
Simple & Fit 2 egg Breakfast	350

DENNY'S

	Calories
English Muffin w/ Egg Whites	200
Fit Slam	390
Loaded Veg Omelet w/ toast + hashbrowns	520

CHILLI'S

	Calories
Guiltless Cedar Plank Tilapia	200
Chicken Fajitas w/o tortilla	400
Guiltless Buffalo Chicken Sandwich	400

HOW TO TRACK CALORIES WITHOUT A FITNESS APP



THANK YOU

WHY NOT YOU?

THE HARDEST PART IS JUST GETTING STARTED!

I hope you found this information helpful.
For more information and tips go to
www.chase-fitness.com



**14-Day Online
Training**

