

*Transitions Lifestyle System<sup>™</sup>*  
TLS 30-DAY JUMP-START  
**EXERCISE GUIDE**



#FINDYOURFIT  
#TLSJUMPSTART



EXERCISE IS ESSENTIAL FOR LONG-TERM HEALTH,  
VITALITY AND REACHING YOUR WEIGHT MANAGEMENT GOALS.

Exercise consists of not just cardiovascular exercises (running, walking, aerobics, group exercise classes, spinning classes, ellipticals, swimming, rowing or biking), but weight resistance too. In fact, building lean muscle is really what will start reshaping your body to develop that lean, active and fit body you desire! Unfortunately, as we age, we lose muscle mass. Muscle protects our bones, and it’s integral to ensure we work hard to protect and keep our muscle. Muscle also dictates our metabolism. The more lean muscle we have, the better our weight management efforts will be!

It is important to fit weight resistance into your fitness routine! Schedule it into your day and week and be sure to get your weight training and cardio in!

The exercise calendar that’s included is a great way to get fitness into your routine! (Although you can see we start on a Wednesday for our global “Weigh-in Wednesday.” If you prefer to start on a different day, that’s no problem — just adjust your calendar!)

This exercise calendar is geared towards beginner and intermediate fitness levels, but if you need to start with less minutes or pick a day of cardio followed by a day of weight training, that’s fine too. The point is this is your journey and it is most important to start somewhere! If you are already a fitness fanatic, athlete or already have a great workout regimen in place, keep it up! By changing your eating with the TLS™ 30-Day Jump-Start Kit, you will only see improvements in your performance, recovery, weight, body fat and inches lost!

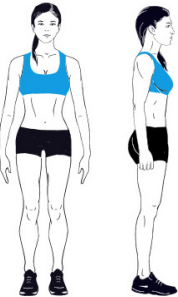
































Consult your physician before starting this or any other exercise program. If you experience faintness, lightheadedness, dizziness, pain or shortness of breath at any time while exercising, you should stop immediately and consult your physician or other healthcare professional. Do not start this program if your physician or healthcare provider advises against it.





1. If you are new to exercise, it is highly recommended to hire a certified personal trainer, even if it is for just a few sessions. A personal trainer will help you create a routine to reach your goals and show you how to perform each exercise correctly, and even learn more ways to workout! The picture tutorials listed in this document use mostly free weights or dumbbells, but many gyms have weight resistance machines that tackle each muscle group and are easy to use!
2. Calculating your target heart rate can help you find your fit with exercise! Maximum heart rate is how many times your heart should beat during exercise. You can calculate your maximum heart rate by subtracting your age from 220. To reach your target heart rate for exercise, you want to stay between 50% (beginner) to 85% (advanced) of your maximum heart rate.
3. HIIT (High Intensity Interval Training) can make a shorter workout more impactful. Gone are the days of spending hours on the treadmill; with HIIT training, those shorter workouts can really jump-start your body. Whether you are advanced or a beginner, you can perform HIIT training. For example, a beginner doing 30 minutes of cardio, such as walking, may walk at his or her regular speed for one minute, then faster for one minute for the entire 30 minutes of exercise. An advanced person may slow jog for one minute and sprint for 30 seconds during their entire 30 minutes of exercise. The point is, you can do HIIT with almost anything you do!





SUN	MON	TUES	WED	THURS	FRI	SAT
<div></div> <div>Take “Before” Pictures and Measurements</div>			<div>1</div> <div> <b>PHASE 1 STARTS</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>2</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>3</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>4</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>
<div>5</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>6</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>7</div> <div> <b>PHASE 1</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li><li>• Light 15–30 min. walk</li></ul></div>	<div>8</div> <div> <b>PHASE 2 STARTS</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 20 min. weights (Back)</li></ul></div>	<div>9</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 35 min. cardio</li><li>• 20 min. weights (Chest)</li></ul></div>	<div>10</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• Try a new exercise class! Or do something you normally don't do for at least 30 min.</li></ul></div>	<div>11</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• No exercise (unless you want to)</li></ul></div>
<div>12</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Legs)</li></ul></div>	<div>13</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 35 min. cardio</li><li>• 20 min. weights (Biceps)</li></ul></div>	<div>14</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Shoulders &amp; Abs)</li></ul></div>	<div>15</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li></ul></div>	<div>16</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• Try a new exercise class! Or do something you normally don't do for at least 30 min.</li></ul></div>	<div>17</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 40 min. weights (Triceps, Chest, Abs)</li></ul></div>	<div>18</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li></ul></div>
<div>19</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Back)</li></ul></div>	<div>20</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 35 min. cardio</li><li>• 20 min. weights (Legs)</li></ul></div>	<div>21</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Shoulders &amp; Abs)</li></ul></div>	<div>22</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li></ul></div>	<div>23</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 40 min. weights (Biceps &amp; Triceps)</li></ul></div>	<div>24</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 35 min. cardio</li><li>• 20 min. weights (Chest &amp; Abs)</li></ul></div>	<div>25</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Back)</li></ul></div>
<div>26</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• No exercise</li></ul></div>	<div>27</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• Try a new exercise class! Or do something you normally don't do for at least 30 min.</li></ul></div>	<div>28</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 40 min. weights (Full Body)</li></ul></div>	<div>29</div> <div> <b>PHASE 2</b></div> <div><ul style="list-style-type: none"><li>• 30 min. cardio</li><li>• 30 min. weights (Legs &amp; Abs)</li></ul></div>	<div>30</div> <div><b>YOU DID IT!</b></div> <div><ul style="list-style-type: none"><li>• Take “After” Pictures and Measurements</li><li>• Share your success: <a href="mailto:product@marketmalaysia.my">product@marketmalaysia.my</a></li></ul></div> <div></div>		



AB BUILDING EXERCISES





Ab Crunch Machine



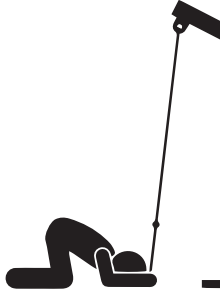

Bench Sit Up





Press Sit Up





Smith Machine Hip Raise





Cable Crunch





Bent Press





Sledgehammer Swings





Dumbbell V-Sit Cross Jab




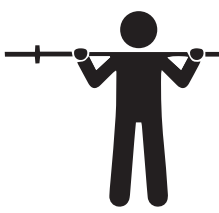
Barbell Ab Rollout



Otis Up

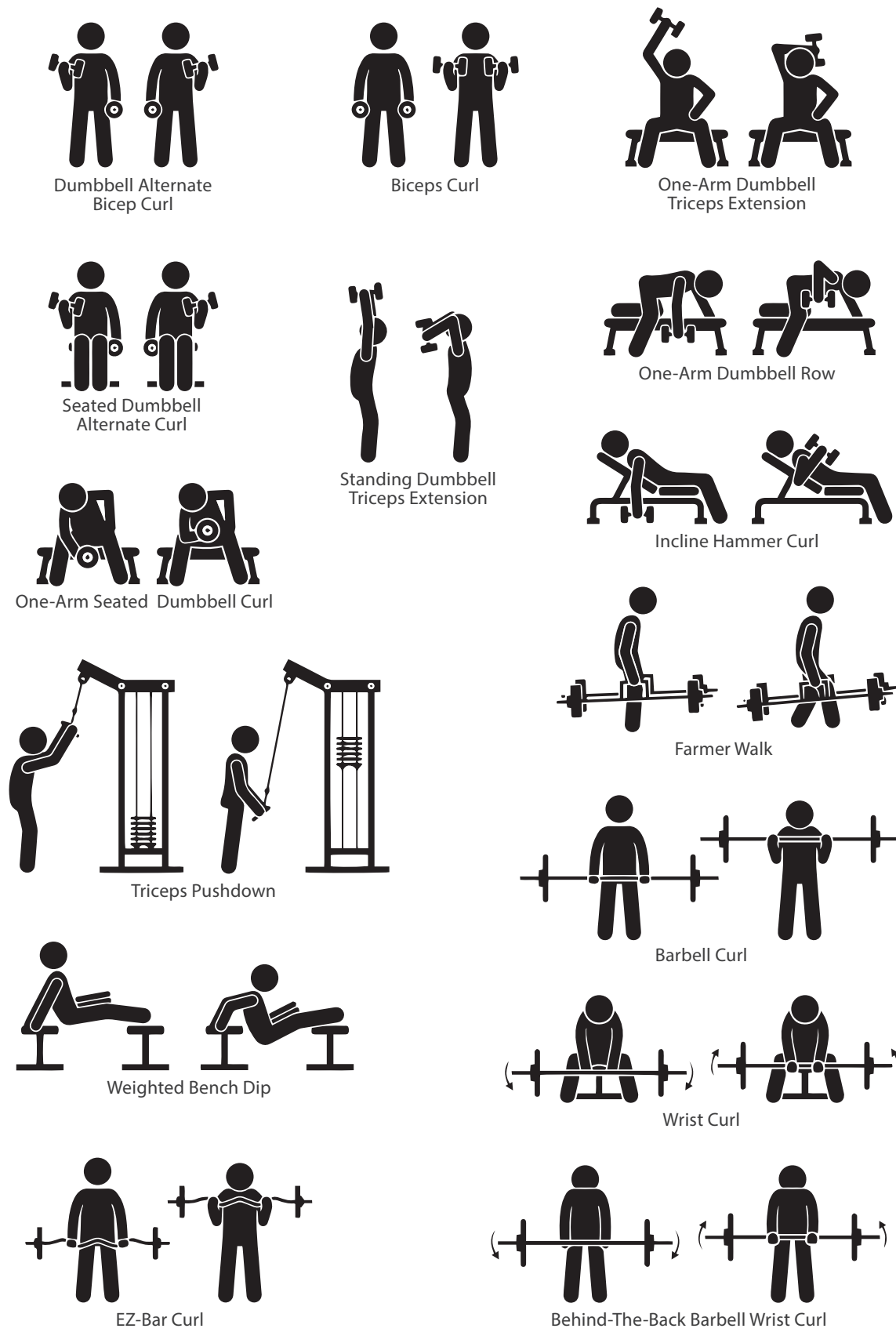


Knee Hip Raise On Parallel Bars



Barbell Side Bend

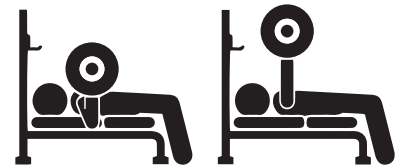
ARM BUILDING EXERCISES



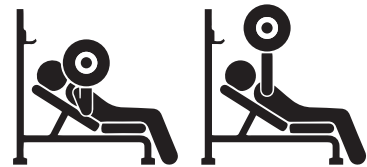
SHOULDER AND NECK BUILDING EXERCISES



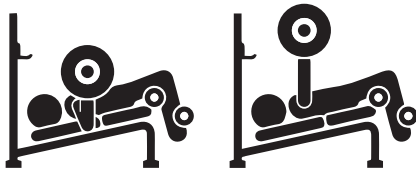
CHEST BUILDING EXERCISES



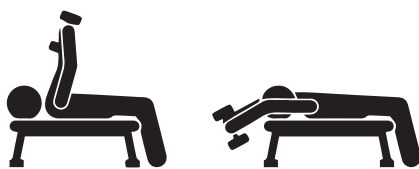
Barbell Bench Press



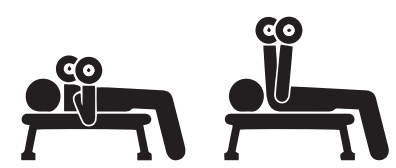
Incline Barbell Bench Press



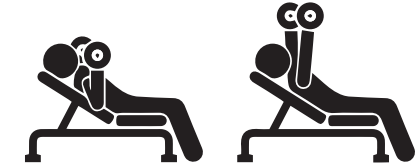
Decline Barbell Bench Press



Dumbbell Pullover



Flat Bench Dumbbell Press



Incline Dumbbell Press



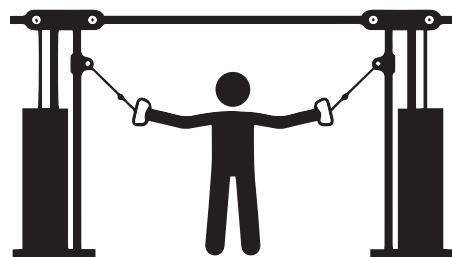
Incline Push-Up



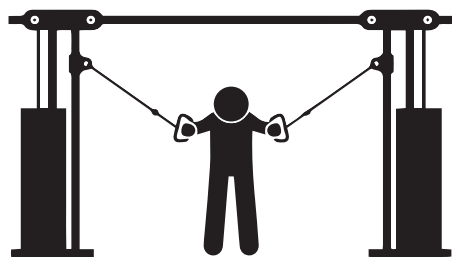
Decline Push-Up



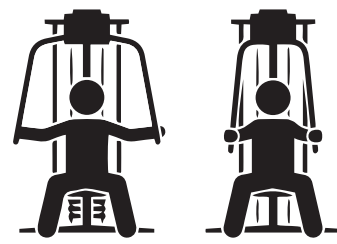
Dips Chest



Cable Crossover Machine

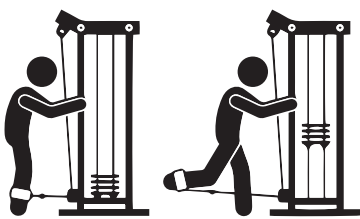


Machine Bench Press

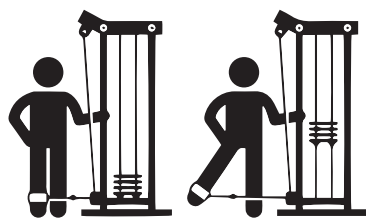


Butterfly Chest Workout

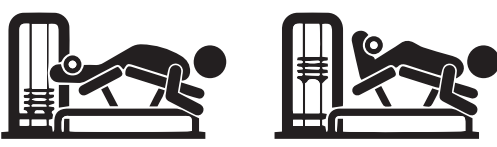
LEG BUILDING EXERCISES



One-Legged Cable Kickback



Cable Hip Abduction



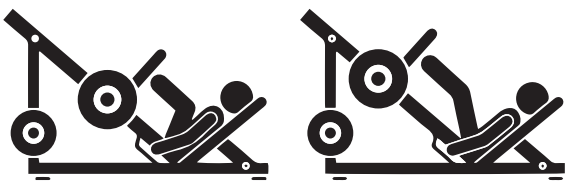
Lying Leg Curls



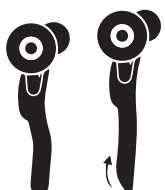
Thigh Adductor



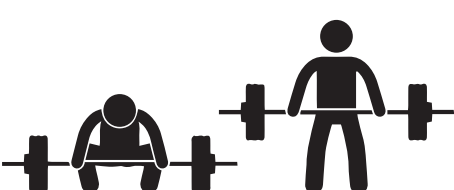
Dumbbell Seated Calf Raise



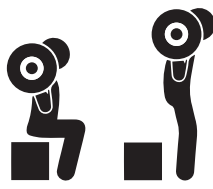
Leg Press



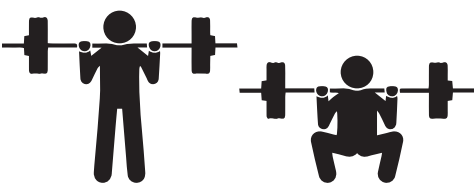
Standing Barbell Calf Raise



Snatch Deadlift



Box Squat



Barbell Full Squat



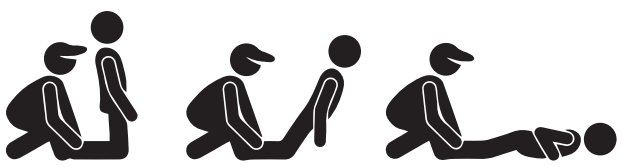
Kettlebell Pistol Squat



Tire Flip Workout



Barbell Glute Bridge



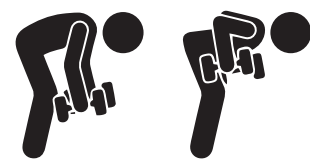
Floor Glute-Ham Raise

BACK BUILDING EXERCISES

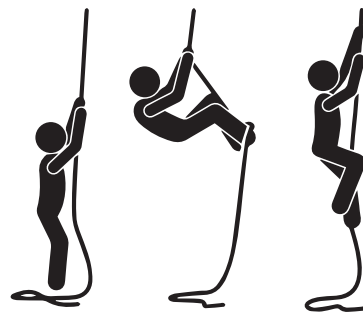
NOTES



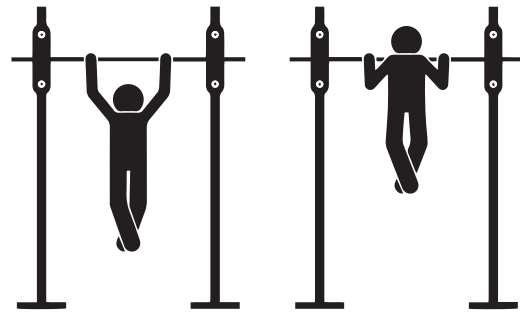
One-Arm Kettlebell Rows



Dumbbell Bent Over Row



Rope Climb



Pull Ups



Deadlift



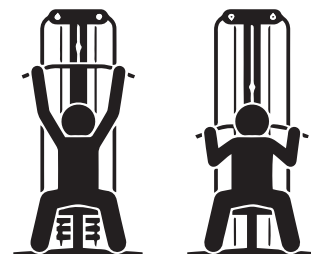
Dumbbell Incline Row



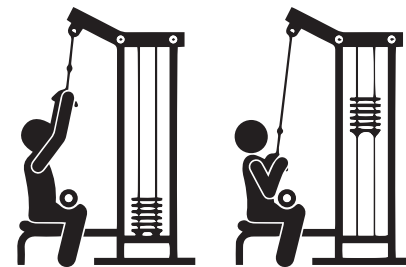
T-Bar Row Platform



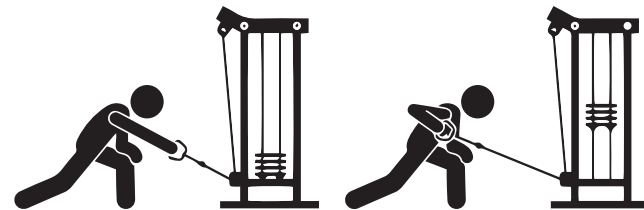
Seated Cable Rows



Lat Pulldown



V-Bar Pulldown






Shotgun Row

Notes section with 15 horizontal lines for writing.





Transitions Lifestyle System™

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