

Xpress FIT

15 minutes.

Press Play - Sweat - Done!

Your Guide To A Healthy Lifestyle



CHRISTIAN
HEALTH
JOURNEY

Life is busy. We've all got to-do lists as long as the eye can see.
We're all running around with limited time.

The good news ... it doesn't take much time each day to get results
from an amazing workout! 15 minutes is all it takes.

Welcome to XpressFit!

We're so excited to spend the next 8 weeks with you - with just 15 minutes a day - sweating it out in heart-pumping, body-sculpting workouts.

Even though we're all busy, we can all find just 15 minutes a day to make ourselves a priority. To focus on doing GOOD for ourselves. Commit to yourself. You're worth it.

TIP! I recommend scheduling your workouts with yourself, like you would any other appointment. Plan it - know what time each day is YOUR time. Then stick with it. Yes - you can. It's only 15 minutes.

We're all doing it. Even though we're at our homes working out by ourselves, we're never alone. Ro, myself, and the whole team are here doing this with you.

Please feel free to reach out anytime with questions, if you need extra support, or just to chat. My door is always open for you.



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Workout Success Tips



To get the most out of this program, we recommend following the **suggested calendar below in this guide**

... however, you're welcome to choose which days of the week are your workout days, and your rest days. Workouts are planned strategically for maximum success & recovery. Print it up so you can easily see which workout to do each day.

Here's a TIP!! Put a GOLD STAR sticker on each day you complete



Schedule your workouts with yourself. This program has 5 workouts (plus 1 recovery) a week in phase one, then 6 workouts (plus 1 recovery) in phase 2 & 3. Make the time & commitment to yourself to get them all done. Schedule them like you would any other appointment. You're worth it!



Rest Days. Take your rest days - and be sure to add in some active recovery sessions. Yoga, stretching, foam rolling, even walking are all super beneficial to help recover and get ready for the next workout.

TRACKING & PROGRESS = Motivation!



It's recommended to TRACK how you feel each time you do a workout. What weights did you use? Did you need breaks? Did you need to shake it out or drop your weights? Did you feel strong?

Track it all in your workout tracking sheets. Let progress act as motivation! Clearly see yourself getting stronger & fitter

Yes - we repeat workouts through this program intentionally because we want you to FEEL & SEE PROGRESS. Feel yourself getting stronger and stronger each time. Note it. Feel it. Be aware of it. Let it inspire & motivate you to keep going.

Workout Success Tips



There is **NO MUSIC** through the workout videos so that you have freedom to choose & play your own. Use music that inspires and motivates you. Highly recommended!



Modifications and intensifications are offered throughout the videos, so we make sure that anyone, no matter what level or journey you are currently on, you **WILL** feel successful through this program.



Recommended Equipment: To get the most out of this program, some equipment is recommended:

- Mini loop bands (either the silicone or fabric ones)
- Set of dumbbells
- A stepper - or step on your home staircase - or even a stable chair
- A long resistance band or towel



Get your workout space ready. Clear a corner in the living room, push the boxes around in the basement. Dust off the yoga mat & dumbbells. You don't need much room for these workouts, but get it ready.



XpressFIT Workouts

We're thrilled to be collaborating with Ro Little, our Online Fitness Specialist. She's back with her crazy, infectious energy - guiding us through our Xpress Fit workouts. Ro has been leading fitness classes, both online & off, for over a decade now. She has trained and helped thousands from around the world get incredible health results, and truly fall in love with fitness!

When you're ready to workout, check out calendar to see which workout to do that day ... then press play and Ro is here waiting for you :)

Phase ONE Workouts



Xceed:

15 Minutes is all you need to XCEED at your goals! Bring the power. Bring the effort. And crush this 15 minute full body Xpress workout. It's only 15 minutes - Bring it!!!

No equipment is needed - just your energy and effort.



LEGS Xpress:

Leg Day in just 15 minutes? You know we gotta WERK it!!! Our lower muscles are BIG muscles and we are burning a TON of calories in this Xpress LEG day.

Bring medium & heavy weights and let's GOOOOO!!!



Hiit Xpress:

15 Minutes of high intensity intervals - this is how we get results with very short workouts. Do your best to keep pushing - to keep moving. Modify when needed, but just keep going. It's only 15 minutes :)

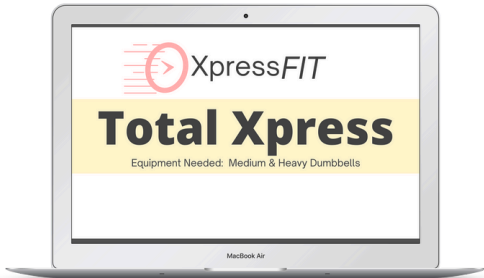
No equipment is needed today. Well - your body is your equipment!



Abs Xpress:

15 Minutes is all you need to shred the waistline! Ready to work your CORE? We're on the floor for all of today - but we are still working! Be ready to BURN!

A yoga mat is recommended for this workout.



Total Xpress:

How do you do a full body workout in just 15 minutes? You rock out a workout filled with big, compound moves that target multiple muscle groups - that's how. Your full body is going to love this one!! Keep moving through it - it's only 15 minutes!

You will need medium and heavy weights for this one



Booty Xpress:

15 Minutes to strengthen & sculpt your booty - using Loop Bands! Having strong glutes is so important - yes to look good - but more important to protect your spine! We're getting a stronger booty today to help prevent injury and make daily living easier.

Required equipment: loop resistance bands



Arms Xpress:

15 Minutes is all you need to Strengthen & Tone your Arms! Time to get pumped!! We are targeting all of the UPPER body muscles in this one - lifting & getting pumped!

You will need light, medium and heavy weights



Xhale:

Breathe - stretch - and recover. That's what today is all about. Do not skip this one! Each week we come together for our delicious active recovery day. Bring a resistance band to use in our stretching. If you don't have one, a towel will do.

Phase TWO Workouts



No Xcuses:

Welcome to PHASE TWO! We're heading into our Xtreme workouts - and we're kicking it off, and finishing, with this workout - No Xcuses! Fight Mode is ON in this 15 minute 'No Xcuses' workout. Jabs - uppercuts - hooks. We're feeling strong - punching and fighting towards our goals. No equipment is required.



Legs Xtreme:

We've got a lot of work to do in just 15 minutes!! Phase TWO = XTREME! In this phase we're decreasing the rest - and increasing the work! Today... Let's rock those LEGS :) You ready??!! Bring Medium & HEAVY weights.



Hiit Xtreme:

High Intensity Intervals - Xtreme style - in just 15 minutes! We're crushing 3 minute sets of high intensity. Modify if you need - you can step instead of jump the moves - But just keep moving! It's just 15 minutes. Press play and let's rock this HIIT Xtreme workout together! No equipment needed today.



Abs Xtreme:

How do we get more out of our core workout? We add in calorie burning cardio! Abs to the Xtreme - in just 15 minutes! 2 rounds of work in this workout - 3 exercises in each - for 30 seconds - repeated 3 times. Rest comes at the end of the set! Follow along with me ... No equipment is needed today.



Total Xtreme:

Full body XTREME workout in just 15 minutes! Upper - lower - core - cardio. Let's get it ALL done today! Today we are GiantSetting 6 exercises back to back. Bring medium weights and rock it!



Booty Xtreme:

We're using elevation to build the booty - in just 15 minutes. You can use whatever you have as your 'step'. Whether it be a workout stepper ... a stable chair or bench (yes it will be higher than the step - so a little more advanced. But it works great here!) Or even just a stair from your home staircase! Get creative and find something to step up on. PLEASE ensure it is a stable surface and will not move around on you. Bring 1 HEAVY weight with you, as well as something for your step.



Arms Xtreme:

Biceps - Triceps - Shoulders - Chest - Back. All in 15 minutes! It's time to LIFT! Let's build the UPPER muscles today - Xpress & Xtreme style! Follow along with me and let's build together! Required equipment: Light, medium & heavy weights

DeluXe Workouts

Add in these 5 minutes workouts when you want some **Xtra** challenges!



XpressFit Workout Calendar

Week:	MON	TUE	WED	THU	FRI	SAT	SUN
Phase One: Xpress							
1	Xceed	Legs Xpress	Hiit Xpress	Abs Xpress	Total Xpress	Xhale	Rest
2	Arms Xpress	Abs Xpress	Xceed	Hiit Xpress	Booty Xpress	Xhale	Rest
3	Total Xpress	Legs Xpress	Arms Xpress	Booty Xpress	Xceed	Xhale	Rest
Phase Two: Xtreme							
4	No Xcuses	Legs Xtreme	Abs Xtreme	Arms Xtreme	Total Xtreme	Booty Xtreme	Xhale
5	Hiit Xtreme	Abs Xtreme	No Xcuses	Legs Xtreme	Arms Xtreme	Total Xtreme	Xhale
6	Arms Xtreme	Total Xtreme	Abs Xtreme	Booty Xtreme	Hiit Xtreme	No Xcuses	Xhale
Phase Three: Xtend (adding in OPTIONAL double workouts)							
7	Xceed *Arms Xtreme	Legs Xtreme *Hiit Xpress	Arms Xpress *Abs Xtreme	Hiit Xtreme *Booty Xpress	Legs Xpress *Total Xtreme	Booty Xtreme *Xceed	Xhale
8	Arms Xpress *No Xcuses	Total Xtreme *Booty Xpress	Abs Xpress *Arms Xtreme	Legs Xtreme *Hiit Xpress	Total Xpress *Abs Xtreme	No Xcuses *Arms Xtreme	Xhale



* NOTE: The phase doubling-up second workout is optional. You may just do the first workout listed if that suits your level best. OR - swap out the 2nd workout for a 5 minute Xtra challenge!



Track each day on your calendar as you complete your workout. Gold star stickers work great here!



This calendar is to be used as a guide. Adjust to fit your schedule. Always listen to your body. If you need extra rest days - take them. But get right back on track.



Workout Tracking Sheets

Print up and use the tables on the following pages to track what bands & weights you use how you perform and how you feel in your workouts.

Fill these out with each workout and watch for progress :)

Remember: It's NOT about being perfect! Modify and break when you need. But track it, and work to get just a bit better each day.

Xceed

15 Minutes is all you need to XCEED at your goals!

Bring the power. Bring the effort and crush this 15 minute full body Xpress workout.

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Power Knees			
Russian Twists			
Plank DB Taps			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Squat Knee Pulls			
Push Ups			
Burpees			
Workout Comments:			
Got comments on your overall workout here ...			

Legs Xpress

15 Minutes is all you need to sculpt beautiful legs!

It's LEG day!! Bring medium and heavy weights - and let's burn a TON of calories building our lower muscles!

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Front Loaded Squats			
Alt Reverse Lunges			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Goblet Sumo Squat			
Side Lunges			
Set THREE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Deadlifts			
Plank Leg Lifts			
Workout Comments:			
Jot comments on your overall workout here ...			

Hiit Xpress

15 Minutes of high intensity!!

This is how we get results - in just 15 minutes! Full body, high intensity intervals. Let's GO!

Date:			
30 seconds each move, 15 seconds rest. Repeat circuit 2 times - 1st round RIGHT lead, 2nd LEFT lead.			
Prisoners			
High-low plank			
Forward to back lunge			
Jumpink Jacks			
Mountain Climbers			
Double Squat Jump			
Workout Comments:			
Lot comments on your overall workout here ...			

Abs Xpress

15 Minutes is all you need to shred the waistline!

Ready to work your CORE? We're on the floor for all of today - but we are still working! Be ready to BURN!

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Crunch & Punch			
Low Plank Punches			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Bicycle Twist			
Downdog to Plank			
Set THREE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Windshield Wipers			
Side Plank Openers			
Workout Comments:			
Jot comments on your overall workout here ...			

Total Xpress

15 Minutes is all you need for this TOTAL body workout!

How do you do a full body workout in just 15 mins? Big, compound moves that target multiple muscle groups.

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Lunge Curls			
Renegade Rows			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Squat Press			
Dip & V			
Set THREE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Downdog Spider			
Burpee Ground to Stand			
Workout Comments:			
Jot comments on your overall workout here ...			

Arms Xpress

15 Minutes is all you need to Strengthen & Tone your Arms!

Time to get pumped!! We are targeting all of the UPPER body muscles in this one - lifting & getting pumped!

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Bicep Curls			
Back Flies			
Bird Dog Crunch			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Shoulder Press			
Chest Press			
Triceps Push Ups			
Workout Comments:			
Got comments on your overall workout here ...			

Booty Xpress

15 Minutes is all you need to Strengthen & Sculpt your Booty - using LOOP Bands!

Having strong glutes is so important - yes to look good - but more important to protect your spine!

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Squat Walks			
Glute Bridges			
Squat Abduction			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Straight leg Donkey Kicks			
Fire Hydrant			
Booty Bows			
Workout Comments:			
Jot comments on your overall workout here ...			

No Xcuses

FIGHT MODE is ON in this 15 Minute 'No Xcuses' workout

Jabs - uppercuts - hooks. We're feeling strong - punching and fighting towards our goals.

Date:			
Round ONE: All 6 moves - 45 seconds work to 15 seconds rest. Round TWO: All 6 moves - 30 seconds work with rest at the end!			
Jab & Pull			
Squat Rotating Uppercut			
Twisted Climbers			
Lunge Hook			
Plank Walks			
180 Jab Jacks			
Workout Comments:			
Got comments on your overall workout here ...			

Legs Xtreme

We've got a lot of work to do in just 15 minutes!!

Decreasing rest - increasing work! Welcome to XTREME! Let's rock those LEGS :) Bring Medium & HEAVY weights.

Date:			
Set ONE: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Deadlift			
Side Lunges			
Sumo Jumps			
Set TWO: 30 seconds each move, 15 seconds rest. Repeat circuit 2 times.			
Forward Lunges			
Front Loaded Squats			
Side 2 side BEAST			
Workout Comments:			
Got comments on your overall workout here ...			

Hiit Xtreme

High Intensity Intervals - Xtreme style - in just 15 minutes!

We're crushing 3 min sets of high intensity. Modify if you need - step instead of jump the moves. But just keep moving!

Date:			
Set ONE: 30 seconds each - repeat 3 times - rest comes at the end!			
Chest Opener Jacks			
Plank Jacks			
Set TWO: 30 seconds each - repeat 3 times - rest comes at the end!			
Long Jump Shuffle			
Downdog Spider Lunge			
Set THREE: 30 seconds each - repeat 3 times - rest comes at the end!			
Skaters			
High knee Jabs			
Workout Comments:			
Jot comments on your overall workout here ...			

Abs Xtreme

15 minutes blending core with cardio

How do we get more out of core? We add in calorie burning cardio. Abs to the Xtreme - in just 15 minutes!

Date:			
Set ONE: 30 seconds each move, no rest until the set is done! Repeat 3 times.			
Shuffle Heisman			
Plank to Beast			
Sumo Jabs			
Set TWO: 30 seconds each move, no rest until the set is done! Repeat 3 times.			
Rowing Abs			
Switch Kick Abs			
Plank Jacks			
Workout Comments:			
Jot comments on your overall workout here ...			

Total Xtreme

Full body XTREME workout in just 15 minutes!

Upper - lower - core - cardio. Let's get it ALL done today! Bring medium weights and rock it!

Date:			
Round ONE: All 6 moves - 45 seconds work to 15 seconds rest. Round TWO: All 6 moves - 30 seconds work with rest at the end!			
Squat to Lunge			
Plank Shoulder Taps			
Hinge & Row			
Curl to Upright Row			
Beast Kick Through			
Push Up Burpee			
Workout Comments:			
Got comments on your overall workout here ...			

Booty Xtreme

Using elevation to build the booty - in just 15 minutes!

Use a step, chair or bench. The added elevation takes our booty workout to the next level!

Date:			
45 seconds each move, 15 seconds rest. Repeat circuit 2 times - 1st round RIGHT lead, 2nd LEFT lead.			
3 pulse squat			
Bulgarian Split Squats			
Elevated Bridges			
Lunge to knee up			
Curtsey & crunch			
Workout Comments:			
Got comments on your overall workout here ...			

Arms Xtreme

Biceps - Triceps - Shoulders - Core - Back. All in 15 minutes

Time to LIFT! Let's build the UPPER muscles today - Xpress & Xtreme style!

Date:			
Set ONE: 30 seconds each move, no rest until the set is done! Repeat 3 times.			
Curl to press			
Triceps kickback			
Plank DB Taps			
Set TWO: 30 seconds each move, no rest until the set is done! Repeat 3 times.			
Standing Chest Fly			
Back Rows			
Push Ups			
Workout Comments:			
Got comments on your overall workout here ...			

Xtra Challenges

Take the challenge! Use these Xtra workouts anytime you want a bit MORE!

Date:			
5 Minute Plank Challenge			
High plank Shoulder taps High low Side plank openers Low plank			
5 Minute Push & Dip Challenge			
Push up Triceps dips			
6 Minute Booty Burn Challenge			
Straight leg lift Fire hydrant Glute bridge			
5 Minute Get Low Challenge			
Squats Reverse Lunges Sumo rotating Lunge			
5 Minute Cardio Challenge			
Power Knees Ali Shuffle Burpees Plank Jacks On the spot Jogs			



Ro, myself, and the rest of the team are so excited to be sweating it out with you over the next 8 week - for just 15 minutes a day.

Make the committment to YOU. We're all busy already - but we're all going to find that 15 minutes each day to make ourselves a priority.

We believe in you. The whole team is here for you.

You've got this!



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Disclaimer

You are responsible for exercising within your limits and assume all risk of injury to your person or property. Consult your medical professional before attempting the exercises in the videos and follow his or her advice.

Do not attempt the exercises in the videos if you have a history of chest pain, knee, ankle, wrist, shoulder, joint, or spinal (back or neck) problems or injury. If you feel you are exercising beyond your current abilities, or if you feel discomfort, pain, dizziness, or nausea, you should discontinue exercising immediately.