



F1

**GET INSPIRED AND
TAKE THE NEXT STEPS
TO LOOK BETTER AND
FEEL BETTER.**



FOREVER

ARE YOU READY?

**THERE ARE
MANY VARIABLES
THAT CAN AFFECT YOUR
ABILITY TO LOOK AND
FEEL BETTER.**

LEARNING WHAT THESE VARIABLES
ARE, AND HOW TO USE THEM
TO YOUR ADVANTAGE,
IS HALF THE BATTLE.



FOREVER F.I.T. 1 WILL TEACH YOU HOW TO CHANGE THE WAY YOU THINK...

...about food and exercise, and provide you with the knowledge you need to get inspired and change your body for the better!

You **CAN** reach your goal, you **CAN** look better and feel better than ever before, and you **CAN** make a permanent change for the better. **Forever F.I.T. 1** will show you how.

**Forever
Aloe
Vera Gel**

4x 1 Litre
Bottles

**Forever
PRO X² High
Protein Bars**

10 Bars

**Forever
Lite Ultra
Shake Mix**

2X Pouches

**What your
F.I.T. 1 Pack
Includes:**

**Forever
Fiber**

30 Packets

**Forever
Therm**

60 Tablets

**Forever
Garcinia Plus**

70 Softgels

Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement.

Please note that C9 and the Forever F.I.T. programmes are not suitable for, and should not be taken by, anyone who has diabetes, kidney disease, epilepsy, or is pregnant.

If you have any medical condition, please consult your doctor before starting the programme.



LET'S GET STARTED.

FOREVER F.I.T. 1 IS SPECIALLY DESIGNED TO PROVIDE YOU WITH THE TOOLS FOR HEALTHIER LIVING THAT WILL PROPEL YOU TO SUCCESS IN YOUR WEIGHT MANAGEMENT JOURNEY. FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.



RECORD YOUR MEASUREMENTS.

Record your measurements in a notebook. Keeping track of your measurements is the best way to measure your success on the **Forever F.I.T.** programme.



GOAL-SETTING IS IMPORTANT.

Set realistic goals for yourself and measure your progress as you move through the programme.



RECORD YOUR CALORIES.

Keeping track of your calorie intake is important to help you look and feel better. Record your calories in a notebook or use a calorie-tracking app like **MyFitnessPal**.



DRINK PLENTY OF WATER.

Approximately three litres a day for men and two - two ½ litres a day for women.



PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.



AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

YOUR SUPPLEMENT SCHEDULE DAYS ONE TO 30

FOLLOW YOUR SUPPLEMENTATION SCHEDULE EACH DAY TO ACHIEVE THE MAXIMUM RESULTS ON THE FOREVER F.I.T. 1 PROGRAMME.

Breakfast

120ml
Forever
Aloe Vera Gel

Drink a minimum of 250ml of water after taking the gel

1X Scoop
Forever Lite
Ultra

Mixed with 300ml of skimmed milk*

1X Forever
Therm Tablet

Snack

1X Packet
Forever Fiber

Mixed with water or another beverage

Be sure to take Forever Fiber separately from your daily supplements. Fibre can bind to some nutrients and this will affect how they are absorbed by your body.

Lunch

1X Forever
Garcinia Plus
Softgels

Taken **20 minutes** before eating



1X Forever
Therm Tablet

Snack

Snack suggestion:

Forever PRO X² High Protein Bar

(10 included; additional bars sold separately)



Dinner

1X Forever Garcinia Plus Softgels

Taken **20 minutes**
before eating



If you prefer to have a meal for breakfast, and a protein shake made with **Forever Lite Ultra** for lunch or dinner, feel free to make the switch!



Or you may
substitute it for...

Snack suggestion:

1X Scoop Forever Lite Ultra

Mixed with water,
non-fat almond, rice
or soy milk

(2x Forever Lite
Ultra pouches are included.
Further pouches will need to
be purchased separately)



EAT THIS, NOT THAT.

Everyone has cravings. While it's important to eat healthy and stick to your daily calories and nutrition, denying yourself the foods you crave entirely can actually do more harm than good.

Research has shown that people who completely deny themselves of the food they crave may end up actually bingeing on these foods, and sometimes even abandoning the programme entirely.

Moderation is the key. Instead of eliminating snack foods and sweets, choose healthier alternatives that will still satisfy!

LIFESTYLE CHANGE AND DEDICATION.

When it comes to weight management, changing your mind-set is as important as changing your body. Without learning new habits, any weight that you lose could be gained back if you slip back into the old habits that caused you to gain weight in the first place.

The **Forever F.I.T.** programme is designed to help teach you how to make your weight goals sustainable, so you can maintain your health goals long after you complete the programme.

**Forever
PRO X²
High Protein
Bars are delicious,
hunger-curbing
snacks.**

They provide just the right amount of sweetness and a boost of protein. Eat between meals to fight hunger or as a treat after dinner!

Instead of pies, cakes and sweet treats...

...try a sliced apple with a tablespoon of natural peanut or almond butter, or a fresh fig spread with a little ricotta.

Why?

Reaching for fruit will satisfy your sweet tooth without derailing your diet or adding unwanted calories.

Instead of Ice Cream...

...try a fresh fruit smoothie. Mix your favourite fruits together with **Forever Lite Ultra**, ice, juice, yogurt, soy, almond or skimmed milk.

Why?

Smoothies provide a cold, sweet treat without the high saturated fats found in ice cream.

Instead of Soda...

...try **FAB X Forever Active Boost**, unsweetened iced tea, club soda or water with a squirt and zest of lime, lemon or orange.

Why?

These drink options will satisfy a craving for something other than plain water while saving you calories and sugar!

Instead of crisps and salty snacks...

...try natural popcorn, baked whole wheat pita chips, kale chips or a handful of nuts in the shell.

Why?

These snacks will satisfy the need for something crunchy with much less fat and lower sodium.

Instead of breads...

...try rolled oats, oat based muffins or low carbohydrate wraps.

Why?

Oats are packed with health benefits and are full of fibre.

Instead of sweets and cookies...

...try a piece of dark chocolate or dried fruit and seed mixes.

Why?

Dark chocolate and dried fruits provide powerful antioxidants, and seeds are a great source of healthy fats!

Instead of pasta...

... try brown rice, quinoa or spaghetti squash.

Why?

These healthier alternatives offer pasta taste and texture without making you feel sluggish or bloated.



SUPPLEMENTING YOUR PROGRAMME.

Many other products in the Forever range have been designed to support you further as you embark on the **F.I.T.1 programme**. These are some of our favourites:



Forever Lean

Forever Lean is ideal for people who love sport and want to make sure they eat a healthy, balanced diet. These well-balanced capsules are high in chromium which contributes to both a normal macronutrient metabolism and to the maintenance of normal blood glucose levels.



Forever Garcinia Plus

Garcinia Cambogia is a tree, native to Southeast Asia, which produces fruit prized for its culinary and beneficial purposes. As well as the fruit's extract, Forever Garcinia Plus contains chromium which contributes to normal macronutrient metabolism and the maintenance of normal blood glucose levels.



Forever Therm

This carefully created formula contains a special combination of vitamins, including B6 and B12, which contribute to the reduction of tiredness and fatigue; the added vitamin C will also contribute to a normal energy-yielding metabolism.



ARGI+

A great way to drink your daily aloe is to mix it with Argi+ (sold separately). Argi+ provides synergistic vitamins and five grams of L-Arginine per serving. It includes vitamin C, vitamin B6, vitamin B12 and folic acid, all of which contribute to the reduction of tiredness and fatigue.

Mix 60ml of Forever Aloe Vera Gel, one scoop of Argi+ and water to taste. Shake with ice for a delicious new way of enjoying the benefits of aloe.



**FOREVER GARCINIA PLUS AND
FOREVER THERM ARE INCLUDED
IN THE FOREVER F.I.T.1 PACK.
FOREVER LEAN AND ARG1+ CAN
BE PURCHASED SEPARATELY.**

FOREVER LITE ULTRA 200-300 CALORIE SHAKE RECIPES.

These tasty recipes will add some variety to your Forever Lite Ultra shakes. Packed with protein, you can use these shake ideas as a post-workout drink throughout the Forever F.I.T. programme. These shake recipes are healthy, low-calorie and delicious.

ICED COCOA

Combine:

1 scoop of Forever Lite Ultra Chocolate shake mix / **250ml** almond milk / **2 tsp** plain Greek yogurt / **½ cup** low-fat cottage cheese / Blend for **20-30 seconds** and serve immediately.

PEACH MACHINE

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **250ml** almond milk / **½ cup** frozen peaches / **½ cup** of oats / Blend for **20-30 seconds** and serve immediately.

CHOCOLATE COVERED CHERRY

Combine:

1 scoop of Forever Lite Ultra Chocolate shake mix / **250ml** skimmed milk / **2 tbsp** plain Greek yogurt / **½ cup** frozen cherries and ice / Blend for **20-30 seconds** and serve immediately.

MIXED BERRY ALMOND

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix / **½ cup** frozen strawberries / **¼ cup** mixed berries / **250ml** skimmed milk / ice / **2 tbsp** of natural sliced almonds / Blend for **20-30 seconds** and serve immediately.

FEEL FREE TO SWAP FAT-FREE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT MILK, RICE MILK OR UNSWEETENED SOY MILK IN ANY OF THESE RECIPES.

BANANA OATMEAL SHAKE

Combine:

1 scoop of Forever Lite Ultra Vanilla shake mix /
2 tbsp rolled oats / **1 whole banana** /
250ml unsweetened almond milk / **¼ tsp**
cinnamon and ice / Blend for **20-30 seconds**
and serve immediately.

You can substitute
Forever Lite Ultra
Chocolate shake mix
in any shake recipe
or experiment and
create your own!



Remember,
you can use the
delicious shake
recipes from the C9
programme all the
way through the
Forever F.I.T.
programme!



**HAVE A GREAT RECIPE?
SHARE IT WITH US AT**

**f /ForeverUK
#FitRecipes**

FINDING THE BALANCE.

Finding the correct balance between proteins, carbohydrates and good fats is essential to any solid nutrition plan.



WHY DO YOU NEED PROTEIN?

Protein contributes to a growth in, and maintenance of, muscle mass. It also helps with maintaining normal bones.



WHY DO YOU NEED CARBOHYDRATES?

Carbohydrates provide the fuel and energy needed for exercise and muscle building. To perform at your peak, the proper balance of carbohydrates is crucial.



WHY DO YOU NEED FAT?

Healthy fats are essential for the health of the body and many body processes that support weight loss and muscle development.

THE FOREVER F.I.T.1 RECIPES ARE PERFECTLY DESIGNED TO MAKE SURE YOU GET THE PROPER BALANCE OF PROTEIN, CARBOHYDRATES AND FATS FOR OPTIMAL PERFORMANCE.

Work out your BMR (Basal Metabolic Rate) for your ideal calorie intake. Visit www.foreverfituk.co.uk to calculate.

Recommended calories during Forever F.I.T.1 for men and women.

1,200-1,400 for women

1,700-1,900 for men

Higher protein consumption is necessary for building muscle if you're doing vigorous exercise. Choose your daily calorie requirements within the recommended range based upon your fitness level and exercise intensity.



BREAKFAST, LUNCH AND DINNER.

Mix and match* the following recipes during the Forever F.I.T.1 programme to meet your calorie requirement. You can decide which meal to make your largest. The Forever F.I.T.1 programme provides a variety of options to adapt to your schedule!

BREAKFAST.

SALSA SCRAMBLED EGGS

2 whole eggs, scrambled / 1 **tb**sp salsa / 1 **cup** spinach
Estimated Calories – 400 / Protein 21g / Fat 17g / Carbs 45g / Fibre 8g

SMOKED SALMON AND AVOCADO

2.5 **oz.** smoked salmon / black pepper and lemon / 2**cm** of cucumber / 1 **tb**sp olive oil / ½ **tsp** sesame seeds / small bunch of watercress / small bunch rocket leaves / ½ small avocado
Estimated Calories – 226 / Protein 22g / Fat 20.5g / Carbs 2g / Fibre 3g

GRILLED CHICKEN & AVOCADO

4 **oz.** grilled chicken / ½ avocado / 1 slice whole grain toast with 1 **tb**sp berry jam
Estimated Calories – 465 / Protein 41g / Fat 19g / Carbs 35g / Fibre 9g

LEMON PEPPER STEAK

6 **oz.** grilled sirloin steak with lemon pepper seasoning / ½ **cup** porridge oats prepared with water
Estimated Calories – 525 / Protein 57g / Fat 19g / Carbs 30g / Fibre 4g

CHICKEN & EGGS

4 **oz.** grilled chicken, chopped / 2 egg whites, scrambled / ½ **cup** broccoli / herb seasoning of your choice
Estimated Calories – 233 / Protein 44g / Fat 4g / Carbs 6g / Fibre 3g

Calories in the Forever F.I.T.1 programme may vary slightly depending on the brand of ingredients that you use. For exact calories in each brand you're using, consult a calorie-tracking app like **MyFitnessPal**.

SAUSAGE & EGGS

3 grilled chicken sausages / 1 whole egg, scrambled in 1 **tb**sp olive oil / ½ **cup** strawberries, sliced
Estimated Calories – 698 / Protein 41g / Fat 47g / Carbs 27g / Fibre 1.5g

CHICKEN STIR FRY WITH MANGETOUT AND GREEN BEANS

1 small chicken breast about 3.5 **oz.** with skin removed / juice of ½ lemon / 1 **tb**sp light soy sauce / 3/4**oz.** mangetout trimmed / 1.75**oz.** thin French beans trimmed / 2 spears spouting broccoli / 4 spring onions (sliced diagonally) / 1 garlic clove finely chopped / 2**cm** fresh ginger finely chopped / 1 small red chilli, finely chopped (optional) / 2 **tsp** olive oil
Estimated Calories - 235 / Protein 30g / Fat 10g / Carbs 8g / Fibre 6g

ADDITIONAL TIPS

For a quick and easy way to add variety to your breakfast, try:

Scrambling 2 eggs in olive oil with:

- + Chopped mushrooms / bell peppers / tomatoes / tarragon
- + Chopped avocado / Swiss cheese / dill / parsley
- + Chopped asparagus / feta cheese

Scrambling 4 oz. firm tofu in olive oil with:

- + Chopped spinach / tomatoes / ½ **tsp** curry powder or chopped bell peppers / onions / tomatoes / fresh basil

Mixing 1 cup plain Greek yogurt with:

- + Chopped cantaloupe or honeydew melon / chopped, fresh basil
- + Chopped apples / cinnamon / ¼ **cup** granola
- + Fresh raspberries / blueberries / blackberries / chopped, fresh mint

*Calorie quantity will vary if recipes are altered.

LUNCH.

HERBED CHICKEN

7 oz. grilled chicken topped with herbs of your choice / **1 cup** steamed broccoli / **½ cup** cooked quinoa

Estimated Calories – 466 / Protein 68g / Fat 9g / Carbs 27g / Fibre 8g

LEMON PEPPER STEAK

6 oz. grilled sirloin steak seasoned with lemon pepper / **½ cup** brown rice / **6 spears** grilled asparagus

Estimated Calories – 461 / Protein 55g / Fat 17g / Carbs 21g / Fibre 3g

BEEF MARINARA

4 oz. lean ground beef sautéed with **¼ cup** chopped onion, black pepper and sea salt to taste / **1 cup** tomato sauce, seasoned to taste with parsley, oregano, marjoram, thyme, basil, sea salt and ground pepper / **1 cup** brown rice

Estimated Calories – 514 / Protein 32g / Fat 15g / Carbs 64g / Fibre 8g

TUNA AND DILL WRAP

4 oz. canned tuna, rinsed and drained / **¼ cup** chopped celery / **¼ tsp** dill / juice of **½ lime** / **2 leaves** romaine lettuce / **¼ cup** plain, non-fat yogurt / **1 whole grain** 8 inch wrap / **½ cup** strawberries, sliced / **1 medium** orange, sliced

Estimated Calories – 407 / Protein 36g / Fat 9g / Carbs 47g / Fibre 9g

GRILLED CHICKEN TACO

4 oz. grilled chicken breast, chopped and seasoned with lime juice / **½ cup** bell pepper and **¼ cup** yellow onion / **½ avocado**, sliced / **3 corn** taco shells

Estimated Calories – 619 / Protein 40g / Fat 36g / Carbs 37g / Fibre 11g

GRILLED CHICKEN & PESTO WRAP

4 oz. grilled chicken, chopped / **1 tbsp** pesto sauce / **1 whole grain** 8 inch wrap / **1 cup** chopped romaine lettuce / **2 tbsp** shredded parmesan cheese / **2 tbsp** cottage cheese / **2 tomatoes** chopped / **2cm** cucumber sliced

Estimated Calories – 426 / Protein 44g / Fat 16g / Carbs 26g / Fibre 6g

DINNER.

GRILLED LEMON PEPPER HALIBUT WITH BROCCOLI

6 oz. grilled halibut baked with lemon pepper and **1 tsp** olive oil / **½ cup** quinoa / **½ cup** steamed brussels sprouts

Estimated Calories – 587 / Protein 37g / Fat 37g / Carbs 25g / Fibre 5g

GRILLED FILET

4 oz. grilled, sliced, filet mignon with seasoning of your choice / **1 cup** sautéed mushrooms and **1 cup** sautéed onions in **2 tsp** olive oil / **½ cup** mango / **¼ avocado** / **2 corn** taco shells

Estimated Calories – 846 / Protein 38g / Fat 52g / Carbs 61g / Fibre 13g

TURKEY MARINARA ON RICE

4 oz. cooked, lean, ground turkey / **1 cup** tomato sauce, seasoned to taste with parsley, oregano, marjoram, thyme, basil, sea salt and ground pepper / **1 cup** brown rice

Estimated Calories – 455 / Protein 30g / Fat 11g / Carbs 62g / Fibre 7g

BAKED SALMON WITH DILL SAUCE

6 oz. salmon, baked with **1 tsp** olive oil / top salmon with **¼ cup** non-fat plain yogurt mixed with **1 tsp** dill and squeeze of lime juice / **½ cup** cooked quinoa / **1 cup** steamed broccoli

Estimated Calories – 592 / Protein 48g / Fat 29g / Carbs 35g / Fibre 8g

HONEY GINGER GLAZED CHICKEN

6 oz. boneless, skinless chicken breast, glazed and baked with **1 tsp** honey, **½ tsp** minced ginger / **½ cup** steamed carrots / **½ cup** brown rice

Estimated Calories – 414 / Protein 55g / Fat 6g / Carbs 35g / Fibre 6g

ADDITIONAL TIPS

For a quick and easy way to add variety to your lunch and dinner meals, try:

Grilling or baking 6 oz. salmon or other fish (sea bass / tilapia / halibut) in olive oil and topped with:

- + Goat cheese / fresh raspberries / dill
- + Diced mango / coriander / lime juice
- + Chopped, roasted fennel / chives / orange juice

Mixing ½ cup canned tuna, rinsed and drained, with:

- + Chopped tomatoes / lemon juice / watercress

Grilling or baking 6 oz. boneless, skinless chicken breast or turkey breast with olive oil and:

- + Fresh basil / chopped tomatoes / green bell pepper / garlic
- + Chopped cranberries / chopped shallots / minced ginger / orange juice
- + Rosemary / tarragon / thyme / walnuts / goat cheese

For healthy snacks, try:

2 rice cakes, topped with:

- + 4 tsp almond butter / ½ sliced banana
- + ¼ cup goat cheese / sliced strawberries
- + ¼ cup goat cheese / sliced cucumbers / dill

1 cup cottage cheese, served with:

- + Sliced oranges / ¼ cup walnuts
- + ½ cup fresh berries / ¼ cup almonds

½ cup hummus, served with:

- + Celery and carrot sticks / sugarsnap peas / broccoli florets
- + Sliced apples / pears

¼ cup almonds / sliced apple / 1 oz. cheese

Forever Lite Ultra shake (see page 11)



FOREVER PRO X² COOKIES

Ingredients: 1 cinnamon Forever PRO X² protein bar / 1 tsp almond butter / ¼ banana / cinnamon

Warm Forever PRO X² bar in microwave for 15 seconds / Cut into 3 pieces and flatten out / Place cut up protein bar on sprayed parchment paper covered pan / Top pieces with almond butter and cut up banana / Bake at 350°F for 10 min / Take out and top with cinnamon

Estimated 229 Calories / 16g Protein / 27g Carbs / 8g Fat

YOUR DAILY ROUTINE FOR FOREVER F.I.T. 1



WARM UP

Each time you exercise, it is essential to take the time to warm up and stretch to ensure an effective workout and reduce the possibility of injury. Complete the following to properly warm up your body.

- + 30 BACKWARD HIGH KNEES
- + 30 ANKLE WALKS
- + 30 FORWARD ARM CIRCLES
- + 30 BACKWARD ARM CIRCLES
- + 30 HIP CIRCLES
- + 30 STANDING ALTERNATE LEG RAISES

DON'T FORGET TO STRETCH

After working out, stretching is very important to help increase blood and nutrient supply to your muscles, reduce muscle soreness, support flexibility and lengthen muscle fibres and tissue. Complete the following stretches after your workout.

- + QUAD STRETCH
- + CALF STRETCH
- + TRICEPS STRETCH
- + BACK STRETCH
- + SHOULDER STRETCH
- + HIP FLEXOR STRETCH
- + HAMSTRING STRETCH
- + BICEP STRETCH
- + IT BAND STRETCH
- + CHEST STRETCH
- + ABDOMINAL STRETCH
- + GLUTE STRETCH



CARDIO

Throughout the Forever F.I.T. programme, you'll be asked to **complete cardiovascular exercises**. Cardio refers to any movement that helps increase heart rate and blood circulation. Cardio exercise can help metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise. Cardio includes:

- + RUNNING
- + HIKING
- + AEROBICS
- + TREADMILL
- + CYCLING
- + DANCING
- + ELLIPTICAL OR STAIR STEPPER MACHINE
- + SWIMMING
- + KICKBOXING



To be effective...
each stretch must be held for a minimum of **30 seconds**. You may not need to perform each stretch after every workout.



Please consult with a doctor or other qualified healthcare professional for more in-depth information before beginning any exercise programme or using any dietary supplement.



TO SEE PHOTOS AND VIDEOS OF ALL WARM-UPS, STRETCHES AND EXERCISES IN THE FOREVER F.I.T. PROGRAMME, VISIT WWW.BIT.LY/FITUK

THE IMPORTANCE OF HEART RATE



Monitoring your heart rate while you're exercising can help you determine if you're doing too much or not enough. A heart rate monitor will automatically monitor your heart rate, or you can determine it yourself with the following calculations:

- + FOR THE F.I.T. PROGRAMME, CALCULATE YOUR TARGET HEART RATE BY SUBTRACTING YOUR AGE FROM 180. FOR EXAMPLE, A 40 YEAR OLD'S TARGET HEART RATE WOULD BE 140 ($180-40=140$).
- + TAKE YOUR PULSE ON THE INSIDE OF YOUR WRIST OR ON THE SIDE OF YOUR NECK.
- + COUNT YOUR PULSE FOR 10 SECONDS AND MULTIPLY BY SIX TO FIND YOUR BEATS PER MINUTE. THIS IS HOW YOU CALCULATE YOUR HEART RATE DURING EXERCISE.

NOW YOU'RE
READY TO GO
THROUGH YOUR
EXERCISES.



Use your target heart rate and your calculated heart rate during exercise to determine the correct intensity for your cardio exercise.



Simply multiply your target heart rate by the percent listed in the exercise plan and compare to your heart rate during exercise. Increase or decrease intensity as needed.



THE FOREVER F.I.T. 1 FITNESS PLAN REQUIRES DUMBBELLS OR RESISTANCE BANDS. WHERE DUMBBELLS OR RESISTANCE BANDS ARE NEEDED YOU WILL SEE (🏋️) IN THE FITNESS PLAN. OTHER EXERCISES MAY BE MODIFIED BY ADDING RESISTANCE AS YOU BUILD STRENGTH TO HELP INCREASE LEAN MUSCLE MASS AND BURN FAT.



DAY 1

Estimated
Caloric Burn
Female/350
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

REPEAT 3 TIMES:

- + 12 Backward Lunges (each side)
- + 12 OH Forward Lunges (each side) 
- + 30 Bicycle Kicks
- + 15 Squats
- + 20 Side Sit-ups (each side)
- + 20 Push-ups
- + 20 Sec Side Plank (each side)
- + 20 Upright Rows 
- + 20 Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 4 & 5

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 2

Estimated
Caloric Burn
Female/250
Male/350

WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)
- + 25 Min Cardio
(90%-105% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 3

Estimated
Caloric Burn
Female/425
Male/600

WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

REPEAT 3 TIMES:

- + 30 Flutters (each side)
- + 20 Ice Skaters (each side)
- + 45 Sec Bicycle Kicks
- + 15 Burpees
- + 20 Side Crunches
- + 20 Push-ups
- + 20 Squat Jumps
- + 20 Sit-ups
- + 15 Backward Lunges
- + **REST FOR 60 SEC**
- + **STRETCH**



DAY 6

Estimated
Caloric Burn
Female/425
Male/600

WARM-UP:

- + 5 Min Cardio (Heart Rate 110-120)

REPEAT 3 TIMES:

- + 30 Sec Side Plank (each side)
- + 30 Flutters (each side)
- + 30 Bicycle Kicks
- + 15 Squat & Press 
- + 20 OH Backward Lunges (each side) 
- + 30 Sec Scissors
- + 15 Backward Lunges (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 7

Estimated
Caloric Burn
Female/300
Male/425

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 30 Min Cardio
(95%-105% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 8

Estimated
Caloric Burn
Female/350
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

REPEAT 3 TIMES:

- + 30 Push-ups
- + 30 Jumping Jacks
- + 30 Sec Plank
- + 30 Upright Rows 
- + 30 Sec High Knees
- + 30 Side Crunches (each side)
- + 30 V Crunches
- + 20 OH Forward Lunges (each side) 
- + 20 Side Lunges (each side)
- + 20 Backward Lunges (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 9

Estimated
Caloric Burn
Female/300
Male/425

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 30 Min Cardio
(95%-105% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**


DAY 10

Estimated
Caloric Burn
Female/325
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

REPEAT 3 TIMES:

- + 30 Side Crunches (each side)
- + 30 Side Sit-ups (each side)
- + 30 V Crunches
- + 20 Squats
- + 20 Push-ups
- + 10 Diamond Push-ups
- + 20 Mountain Climbers
- + 30 Sec High Knees
- + 15 Bicep Curls 
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 11 & 12

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 13

Estimated
Caloric Burn
Female/325
Male/450

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



DAY 14

Estimated
Caloric Burn
Female/415
Male/650

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

REPEAT 3 TIMES:

- + 20 Squats
- + 30 Push-ups
- + 30 Squat Jumps
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Plank
- + 10 OH Forward Lunges (each side) 
- + 20 Upright Rows 
- + 25 Mountain Climbers
- + 30 Sec Side Plank (each side)
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 15

Estimated
Caloric Burn
Female/325
Male/450

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio (180 - Age)
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



DAY 16

Estimated
Caloric Burn
Female/375
Male/550

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

REPEAT 3 TIMES:

- + 20 Squats
- + 30 Mountain Climbers
- + 12 Bicep Curls 
- + 30 Sit-ups
- + 30 Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Plank
- + 15 OH Backward Lunges (each side) 
- + 30 Bicycle Kicks
- + 30 Ice Skaters (each side)
- + 30 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 17

Estimated
Caloric Burn
Female/325
Male/450

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)
- + 20 Min Cardio (180 - Age)
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



DAY 18

Estimated
Caloric Burn
Female/450
Male/600

WARM-UP:

- + 5 Min Cardio (Heart Rate 120-130)

REPEAT 3 TIMES:

- + 30 Flutters (each side)
- + 30 Jumping Jacks
- + 30 Bicycle Kicks
- + 30 Sec Side Plank (each side)
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 10 Push-ups
- + 10 OH Backward Lunges (each side) 
- + 20 Squat Jumps
- + 30 Sec Upright Rows 
- + 30 Sec Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 19

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



**Don't worry,
life challenges
happen.**

**Remember
to drink plenty
of fluids to avoid
dehydration.**

If you get off schedule with the **Forever FIT** fitness plan, just make time to get back on track as soon as you can! The important thing to remember is to take two days to rest each week and alternate cardio with weightlifting and resistance exercise.

DAY 20

Estimated
Caloric Burn
Female/250
Male/375

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 15 Min Cardio
(115%-130% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**



DAY 21

Estimated
Caloric Burn
Female/300
Male/450

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

REPEAT 3 TIMES:

- + 25 Squats
- + 30 Jumping Jacks
- + 30 Sit-ups
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Crunches
- + 12 OH Forward Lunges (each side) 
- + 20 Bicep Curls 
- + 15 Mountain Climbers
- + 60 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 22

Estimated
Caloric Burn
Female/375
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio
(95%-100% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**


DAY 23

Estimated
Caloric Burn
Female/600
Male/800

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + **STRETCH**
- + 12 Min Cardio (180 - Age)
(110% target heart rate)

REPEAT 3 TIMES:

- + 30 Squats
- + 30 Jumping Jacks
- + 30 Sit-ups
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups
- + 45 Sec Side Crunches
- + 12 OH Backward Lunges (each side) 
- + 20 Diamond Push-ups
- + 30 Mountain Climbers
- + 30 Sec V Crunches
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 24

Estimated
Caloric Burn
Female/200
Male/300

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

REPEAT 3 TIMES:

- + 3 Min Run, 1 Min Walk (90%-120%
target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

**REMEMBER, IF YOU'RE HAVING
DIFFICULTY COMPLETING ANY OF
THE EXERCISES, DON'T GIVE UP!
VISIT WWW.BIT.LY/FITUK TO SEE
VIDEOS OF EACH EXERCISE, LEARN
MODIFICATIONS AND GET MOTIVATED!**



DAY 25 & 26

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 27

Estimated
Caloric Burn
Female/400
Male/550

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

REPEAT 3 TIMES:

- + 20 Squats
- + 20 Squat Jumps
- + 20 Backward Lunges (each side)
- + 30 Close Grip Push-ups
- + 30 Side Sit-ups (each side)
- + 60 Sec Bicycle Kicks
- + 30 Sec High Knees
- + 30 Sec Ice Skaters
- + 25 Flutters (each side)
- + 60 Sec Plank
- + 40 Jumping Jacks
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 28

Estimated
Caloric Burn
Female/400
Male/525

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio
(90%-110% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**


DAY 29

Estimated
Caloric Burn
Female/400
Male/600

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)

REPEAT 3 TIMES:

- + 30 Squats
- + 30 High Knees
- + 30 Sit-ups
- + 30 Side Lunges (each side)
- + 30 Side Sit-ups (each side)
- + 60 Sec Plank
- + 15 Backward Lunges (each side)
- + 25 Dips
- + 12 Bicep Curls 
- + 15 Mountain Climbers
- + 60 Sec Burpees
- + **REST FOR 60 SEC**
- + **STRETCH**

DAY 30

Estimated
Caloric Burn
Female/400
Male/525

WARM-UP:

- + 5 Min Cardio (Heart Rate 125-135)
- + 40 Min Cardio
(90%-110% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**





CONGRATULATIONS ON COMPLETING FOREVER F.I.T. 1! NOW IT'S TIME TO CONTINUE YOUR TRANSFORMATION!

The changes you're seeing in your body are exciting, inspiring and down to your hard work and dedication. Now it's time to take it to the next level.

FOREVER F.I.T. 2 WILL BUILD ON WHAT YOU'VE LEARNED WHILE USING THE FOREVER F.I.T. 1 PROGRAMME AND HELP YOU TO TONE, TIGHTEN AND TRANSFORM.





FOREVER

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