

BUSINESS
BODY
ELITE



Business Body Elite 😊
Want to look like him?
Come speak to one of us
to find out how!
Ti'e the Fit Quiz
Measure your blood pressure
BMT, Weight
Join our pullup, pushup, dips
Competition!!!!
Find a great job opportunity
that you want!!!!

WORKPLACE WORKOUT PROGRAM

ACHIEVE MORE BY DOING LESS

A person wearing a grey t-shirt and dark pants is performing a squat exercise in a gym. They are in a low, wide stance with their feet flat on the floor. The background shows gym equipment like a rack of chairs and a window.

YOU NO LONGER HAVE AN EXCUSE FOR NOT GETTING ACTIVE WHILE IN THE OFFICE. YOU WONT EVEN HAVE TO LEAVE YOUR DESK! ACCUMULATIVE EXERCISE IS THE STRATEGY WE'LL BE USING HERE! YOU'LL BE PERFORMING SHORT BOUTS OF FREQUENT EXERCISE THROUGHOUT THE DAY. THIS PROGRAM STRUCTURE MAKES IT EASY FOLLOW!

“I DON'T HAVE TIME TO EXERCISE, I'M ALWAYS AT WORK!” IS NO LONGER AN ISSUE. THIS METHOD OF EXERCISE COMPLETELY ELIMINATES THAT EXCUSE. “I DON'T KNOW WHAT TO DO OR HOW TO DO IT!” THIS PROBLEM HAS ALSO BEEN SOLVED, EVERY EXERCISE IS DEMONSTRATED AND EXPLAINED. THE ONLY THING LEFT TO BE DONE IS TO TAKE ACTION! IF YOU WANT THE RESULTS, YOU CAN ACHIEVE IT!

THE DIET!



IF YOU WISH TO EXPEDITE YOUR RESULTS WHILE FOLLOWING THIS PROGRAM, YOU MUST BE MINDFUL OF THE FOODS YOU'RE CONSUMING. IF YOU HAVE NOT COMPLETED THE "[DIET EDUCATION PROGRAM](#)" IT'S IN YOUR BEST INTEREST TO DO SO! YOU WILL GUARANTEE YOURSELF RESULTS!

ALSO IF YOU NEED HELP FINDING YOUR SPECIFIC DIET REQUIREMENTS TO MAXIMIZE YOUR RESULTS ON THIS PROGRAM? [CLICK HERE](#) TO SET YOUR

EATTHISMUCH.COM

Nutrition calculator

Current diet type: anything

I want to: Lose weight Maintain Gain muscle

Preferred units: U.S. Standard Metric

I am: Male Female

Height: ft in

Weight: lbs

Age: years

Bodyfat: Low Medium High

Activity level: Moderately Active

Set a weight goal? No thanks Yeah, let's do it!

Enter your goal weight: lbs

Weight change rate: Lbs per week

DIETARY REQUIREMENTS.....OR [CLICK HERE](#) TO COMPLETE THE DIET QUESTIONNAIRE AND WE'LL DO THE WORK FOR YOU!

THE PROTOCOL



- **PERFORM SHORT BOUTS OF FREQUENT EXERCISE THROUGHOUT THE DAY.**
- **THESE EXERCISE BOUTS CAN BE AS SHORT AS 3 MINUTES.**
- **AIM FOR 3 TO 5 BOUTS PER DAY AS A BEGINNER.**
- **SET A REMINDER TO ALERT YOU WHEN TO PERFORM YOUR BOUTS.**
- **START SLOW AND AS YOU BECOME MORE EXPERIENCED, YOU CAN ADD MORE BOUTS.**
- **REMAIN CONSISTENT AND TRACK YOUR PROGRESS.**



Liability Disclaimer For Exercise Program Participation

Business Body Elite does not provide liability insurance for the protection of individuals, groups, organizations, businesses, spectators, or others who participate in this workout program.

In consideration of your participation in said activity, the individual, group, organization, business, spectator, or other, does hereby release and forever discharge **Business Body Elite** and its officers, board, and employees, jointly and severally from any and all actions, causes of actions, claims and demands for, upon or by reason of any damage, loss of injury, which hereafter may be sustained by participating in this programs exercise activity.

This release extends and applies to, and also covers and includes, all unknown, unforeseen, unanticipated and unsuspected injuries, damages, loss and the consequences thereof, as well as those now disclosed and known to exist. The provisions of any state, federal, local or territorial law or state providing substance that releases shall not extend to claims, demand, injuries, or damage which are known or unsuspected to exist at this time, to the person executing such release, are hereby expressly waived.

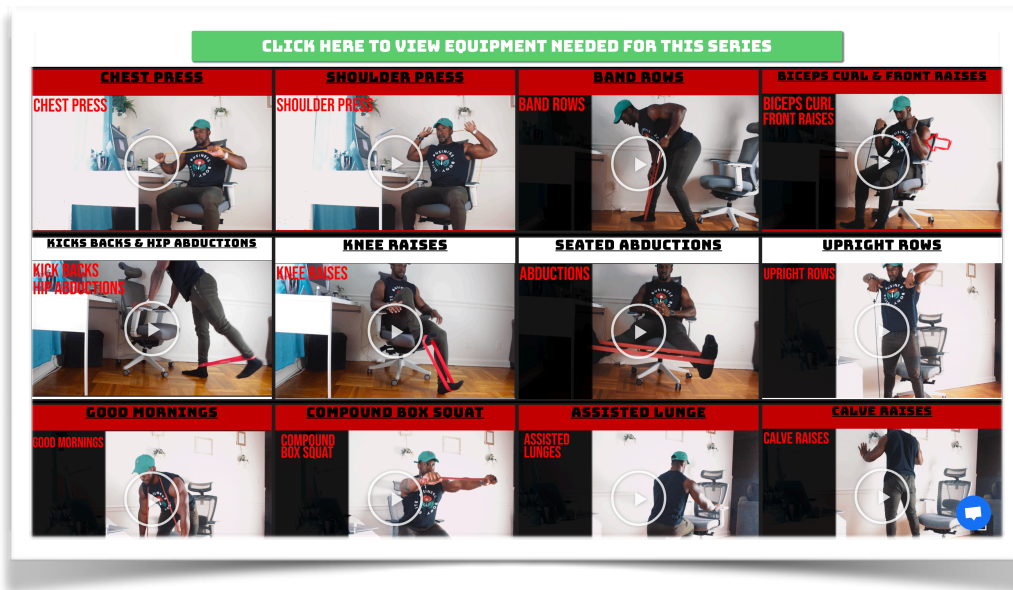
I hereby agree on behalf of my heirs, executors, administrators, and assigns, to indemnify **Business Body Elite** and its officers, board and employees, join and severally from any and all actions, causes of actions, claims and demands for, upon or by reason of any damage, loss or injury, which hereafter may be sustained by participating in this group exercise activity.

It is further understood and agreed that said participation in the group exercise activity is not to be construed as an admission of any liability and acceptance of assumption of responsibility by **Business Body Elite**, its officers, board, and employees, jointly and severally, for all damages and expenses for which **Business Body Elite**, its officers, board and employees, become liable as a result of any alleged act of the parade participant.

By participating in this program you are agreeing to these terms.

VIDEO LIBRARY

EACH EXERCISE FEATURED IN THIS PROGRAM HAS A VIDEO DEMONSTRATION. IF YOU'RE UNSURE OF HOW AN EXERCISE SHOULD BE EXECUTED, VISIT THE VIDEO LIBRARY PAGE. FOR EACH EXERCISE YOU WILL BE GIVEN STEP BY STEP INSTRUCTION ON HOW IT SHOULD BE PERFORMED. IF YOU HAVE ANY QUESTIONS, YOU CAN CONTACT AN ELITE COACH BY [CLICKING HERE](#).



PREREQUISITES:

TAKE PHOTOS PRIOR TO BEGINNING THIS WORKOUT PROGRAM AND/OR RECORD A SHORT VIDEO DESCRIBING YOUR GOALS BY THE END OF THIS PROGRAM. EMAIL IT TO INFO@BUSINESSBODYELITE.COM

WHAT IS A BOUT? A BOUT IS A SHORT PERIOD OF ACTIVITY OF A SPECIFIED KIND.

HOW LONG IS A BOUT? THE LENGTH OF A BOUT WILL MAINLY BE DETERMINED BY THE AMOUNT OF EXERCISES DURING A SINGLE BOUT, VARIATIONS (BI-LATERAL VS UNILATERAL), YOUR EXPERIENCE LEVEL AND COMPETENCY IN EXERCISE EXECUTION.

HOW MUCH TIME BETWEEN BOUTS? SET AN HOUR TIMER BETWEEN EACH BOUT. HOWEVER, BASED ON YOUR SCHEDULE YOU CAN PERFORM BOUTS ANYTIME YOU'RE GIVEN AN OPPORTUNITY TO DO SO.

WHAT ABOUT REST DAYS? THE INTENSITY OF THESE ROUTINES ARE VERILY LOW, IF YOU'RE EXCESSIVELY SORE THE DAY FOLLOWING A ROUTINE, TAKE A REST FROM THE CURRENT DAYS ROUTINE AND PERFORM STRETCHING INSTEAD.

"HOW LONG SHOULD I FOLLOW THIS PROGRAM?" YOU SHOULD FOLLOW THIS PROGRAM FOR A MINIMUM OF 6 WEEKS. PROGRESS DOESN'T HAPPEN OVERNIGHT. IT'S A LIFESTYLE, SLOW AND STEADY!

INSTRUCTIONS FOR THIS PROGRAM

EACH EXERCISE CAN BE MODIFIED IN TERMS OF REPETITIONS, SETS, RESISTANCE, & DIFFICULTY . IF YOU'RE A BEGINNER, IT'S RECOMMENDED THAT YOU FOLLOW THE SPECIFIED GUIDELINES SHOWN IN THIS PROGRAM. IF YOU'RE MORE EXPERIENCED YOU CAN INCREASE THE AMOUNT OF REPS, SETS, & RESISTANCE.

PROGRAM START DATE: DD/MM/YYYY

DAY 1

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	CHEST PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	BAND ROWS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	COMPOUND BOX SQUAT	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	HAMSTRING CURLS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	UPRIGHT ROW	12 REPS X 2 SETS	1-1-1	45 SECONDS
3	SEATED KNEE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SINGLE LEG RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
4	SHOULDER SHRUGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	ASSISTED LUNGE	12 REPS X 2 SETS	1-1-1	45 SECONDS
5	GOOD MORNINGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	CALVE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS

DAY 2

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	SHOULDER PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	KICK BACKS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	HIP ABDUCTIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	MODIFIED PUSH UPS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	MODIFIED HIGH PLANK	15 SECONDS X 2 SETS	---	25 SECONDS
	MODIFIED LOW PLANK	15 SECONDS X 2 SETS	---	25 SECONDS
3	GOOD MORNINGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SHOULDER SHRUGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
4	TRICEPS EXTENSIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	BICEPS CURLS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	FRONT RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS

DAY 3

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	COMPOUND BOX SQUAT	12 REPS X 2 SETS	1-1-1	45 SECONDS
	CALVE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SEATED ABDUCTIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	ASSISTED LUNGE	12 REPS X 2 SETS	1-1-1	45 SECONDS
	HAMSTRING CURL	12 REPS X 2 SETS	1-1-1	45 SECONDS
	MODIFIED LOW PLANK	15 SECONDS X 2 SETS	---	25 SECONDS
3	UPRIGHT ROW	12 REPS X 2 SETS	1-1-1	45 SECONDS
	FRONT RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	MODIFIED HIGH PLANK	15 SECONDS X 2 SETS	---	25 SECONDS

DAY 4

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	SHOULDER PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SEATED KNEE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SINGLE LEG RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	CHEST PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	BAND ROWS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	BICEPS CURLS	12 REPS X 2 SETS	1-1-1	45 SECONDS
3	KICK BACKS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	HIP ABDUCTIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS

DAY 5

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	ASSISTED LUNGE	12 REPS X 2 SETS	1-1-1	45 SECONDS
	CALVE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SEATED ABDUCTIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	COMPOUND BOX SQUAT	12 REPS X 2 SETS	1-1-1	45 SECONDS
	HAMSTRING CURL	12 REPS X 2 SETS	1-1-1	45 SECONDS
	MODIFIED LOW PLANK	15 SECONDS X 2 SETS	- - -	25 SECONDS
3	GOOD MORNINGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	SHOULDER SHRUGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
4	SHOULDER PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	CHEST PRESS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	UPRIGHT ROW	12 REPS X 2 SETS	1-1-1	45 SECONDS

DAY 6

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ROUTINE

BOUT	EXERCISE	REPS & SETS	TEMPO	REST PERIOD
1	BICEPS CURL	12 REPS X 2 SETS	1-1-1	45 SECONDS
	FRONT RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
	TRICEPS EXTENSIONS	12 REPS X 2 SETS	1-1-1	45 SECONDS
2	COMPOUND BOX SQUAT	12 REPS X 2 SETS	1-1-1	45 SECONDS
	HAMSTRING CURL	12 REPS X 2 SETS	1-1-1	45 SECONDS
	CALVE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS
3	MODIFIED HIGH PLANK	15 SECONDS X 2 SETS	---	25 SECONDS
	MODIFIED LOW PLANK	15 SECONDS X 2 SETS	---	25 SECONDS
4	SHOULDER SHRUGS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	BAND ROWS	12 REPS X 2 SETS	1-1-1	45 SECONDS
	KNEE RAISES	12 REPS X 2 SETS	1-1-1	45 SECONDS

READY FOR A NEW PROGRAM? [CLICK HERE](#) TO BROWSE OUR
WORKOUT PROGRAM LIBRARY OR [CLICK HERE](#) BECOME AN
ELITE MEMBER AND GET UNLIMITED PROGRAMS FOR FREE!



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