

## GETTING STARTED

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### What Is Fitness Fusion?

A hard-hitting, 12-week workout program that puts your mind and body to the test. Fitness Fusion combines wide-ranging cardio intervals with 5 strength-building exercises, 3 days a week, to help you achieve unprecedented fitness results.

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### Strength Overview

Click on any Strength Workout to open a video link in your internet browser.

#### ▶ Get Off The Couch

- 1 **SQUAT** (12 reps)
- 2 **HIP HINGE** (12–15 reps)
- 3 **LUNGE STRETCH** (2 x 20 second hold)
- 4 **FOUNDER STRETCH** (20–30 second hold)
- 5 **PLANK** (15–60 second hold)



#### ▶ Getting Stronger

- 1 **SQUAT** (12 reps) + **GOBLET SQUAT** (rocking 20–30 second hold)
- 2 **HINGE** (12–15 reps) + **BACK EXTENSION** (15 reps)
- 3 **LUNGE STRETCH** (2 x 20 second hold) + **PULSES** (10 reps)
- 4 **FOUNDER STRETCH** (2 x 30 second hold) + **HIP HINGES** (20 reps) + **BACK EXTENSION**
- 5 **SIDE PLANK** (15–30 second hold each side)

#### ▶ New Heights

- 1 **SQUAT** (12 reps) + **GOBLET SQUAT** (Rocking 20–30 second hold) + **SIDE LUNGES** (8–10 reps per side)
- 2 **HINGE** (12–15 reps) + **BACK EXTENSIONS** (15 reps) + **ISOMETRIC HOLD** (5–15 second hold)
- 3 **LUNGE STRETCH** (20 second hold) + **PULSES** (10 reps) + **STATIC LUNGE** (10–20 reps)
- 4 **FOUNDER STRETCH** (2 x 30 second hold) + **HIP HINGES** (20 reps) + **DEAD LIFTS** (10–20 reps)
- 5 **PLANK** (15–60 second hold) + **SIDE PLANK** (15–30 second hold each side)



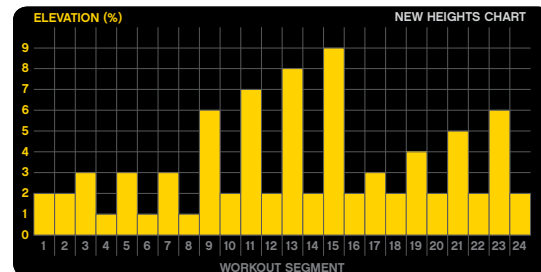
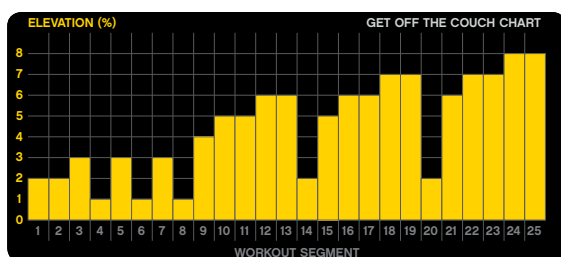
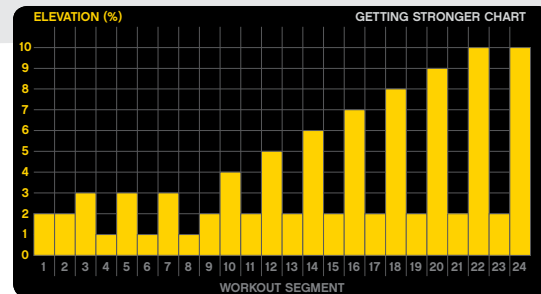
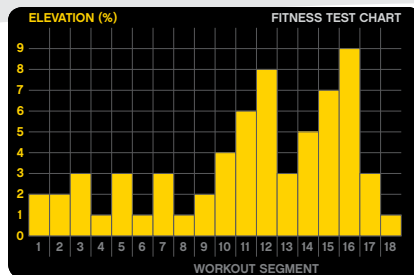
**Peter Park**  
Lance's Trainer

Peter Park is the personal strength and conditioning coach of Lance Armstrong, winner of an unprecedented seven Tour de France cycling competitions. Along with training Lance, Peter serves as a personal trainer for many other professional and amateur athletes.

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### Cardio Overview

## CARDIO WORKOUT PROFILES



**WEEKS 1-4**  
**GET OFF THE COUCH**

WEEK		SUN / MON	TUE	WED	THU	FRI	SAT
1	Cardio Workout		Fitness Test (20 Min)		Get Off The Couch Level 1 (20 Min)		Get Off The Couch Level 3 (25 Min)
	Strength Workout		Get Off The Couch		Get Off The Couch		Get Off The Couch
2	Cardio Workout		Get Off The Couch Level 1 (20 Min)		Get Off The Couch Level 2 (25 Min)		Get Off The Couch Level 3 (23 Min)
	Strength Workout		Get Off The Couch		Get Off The Couch		Get Off The Couch
3	Cardio Workout		Get Off The Couch Level 1 (25 Min)		Get Off The Couch Level 2 (30 Min)		Get Off The Couch Level 3 (25 Min)
	Strength Workout		Get Off The Couch		Get Off The Couch		Get Off The Couch
4	Cardio Workout		Get Off The Couch Level 1 (25 Min)		Get Off The Couch Level 2 (30 Min)		Get Off The Couch Level 3 (25 Min)
	Strength Workout		Get Off The Couch		Get Off The Couch		Get Off The Couch

**WEEKS 5-8**  
**GETTING STRONGER**

WEEK		SUN / MON	TUE	WED	THU	FRI	SAT
5	Cardio Workout		Fitness Test (20 Min)		Getting Stronger Level 1 (20 Min)		Getting Stronger Level 3 (25 Min)
	Strength Workout		Getting Stronger		Getting Stronger		Getting Stronger
6	Cardio Workout		Getting Stronger Level 1 (20 Min)		Getting Stronger Level 2 (25 Min)		Getting Stronger Level 3 (20 Min)
	Strength Workout		Getting Stronger		Getting Stronger		Getting Stronger
7	Cardio Workout		Getting Stronger Level 1 (25 Min)		Getting Stronger Level 2 (30 Min)		Getting Stronger Level 3 (25 Min)
	Strength Workout		Getting Stronger		Getting Stronger		Getting Stronger
8	Cardio Workout		Getting Stronger Level 1 (25 Min)		Getting Stronger Level 2 (30 Min)		Getting Stronger Level 3 (25 Min)
	Strength Workout		Getting Stronger		Getting Stronger		Getting Stronger

**WEEKS 9-12**  
**NEW HEIGHTS**

WEEK		SUN / MON	TUE	WED	THU	FRI	SAT
9	Cardio Workout		New Heights Level 1 (25 Min)		New Heights Level 2 (25 Min)		New Heights Level 3 (20 Min)
	Strength Workout		New Heights		New Heights		New Heights
10	Cardio Workout		New Heights Level 1 (25 Min)		New Heights Level 2 (25 Min)		New Heights Level 3 (20 Min)
	Strength Workout		New Heights		New Heights		New Heights
11	Cardio Workout		New Heights Level 1 (30 Min)		New Heights Level 2 (25 Min)		New Heights Level 3 (30 Min)
	Strength Workout		New Heights		New Heights		New Heights
12	Cardio Workout		New Heights Level 1 (30 Min)		New Heights Level 2 (25 Min)		New Heights Level 3 (30 Min)
	Strength Workout		New Heights		New Heights		New Heights