

## WHAT IS FITT 22:

FITT 22. Foundations is a 6-Week all inclusive strength, cardio, and flexibility program! It also includes The Habit Builder Series so you are creating life long foundational skills to make movement a daily habit!

## WHAT IS THE PROGRAM STRUCTURE:

Over the course of the 6-Weeks, you will alternate daily between 22-Minute Strength (PUMP 22.), HIIT Cardio (HIIT 22.), Flexibility (FLEX 22.) and optional FOCUS 22. workout sessions. Each workout is phased so you are challenged & pushed appropriately!

## WHAT IS INCLUDED:

The FITT 22. Foundations Program includes:

- Full Access (long term) to the FITT 22. Foundations Portal & 30-Day Access to The BxB On Demand Library!
- Daily 22-Minute Workouts & The Complete 6-Week Calendar
- Supporting Videos including: Exercise Overviews, Weekly Updates, Supporting Info
- The FITT 22. Foundational Challenge Guide & Habit Builder Series Course!
- Access to The FITT 22. Foundations Community Chat with Full Access to Bree daily
- The FITT 22. Completion Prize!

## WHO IS IT FOR:

FITT 22. Foundations is for:

- Those wanting to create a habit & include a well rounded mix of Strength, HIIT, & Flexibility Sessions !
- Busy individuals looking to get fit in just 22-minutes a day!
- Anyone just starting their Fitness Journey & looking for guidance!
- Anyone looking to bust out of a Fitness Plateau and see results!

## WHAT EQUIPMENT DO I NEED:

Dumbbells, Bands & a Bench (Optional)

## WHAT RESULTS CAN I EXPECT:

FITT 22. Foundations will help you shred your body while also maintaining your muscle! The goal is to work on muscle stamina & heart health so you are able to push harder & recover faster! You will also be paying attention to functional flexibility so you are well rounded and functionally FIT head to toe!

## ARE THE WORKOUTS LIVE OR ON DEMAND:

BOTH! All workouts are pre-recorded so you can do them whenever it works with YOUR schedule! There are also supplemental LIVE workouts as extra!

## HOW DO I REGISTER:

Visit

<https://www.bodbybree.com/challenges>