

# FITT 22. *Elite* Program Overview + FAQ

## WHAT IS FITT 22:

FITT 22. Elite is a 6-Week, all inclusive strength, cardio, and flexibility program! It takes the building blocks of FITT 22. Foundations and will push you to The NEXT LEVEL in your fitness journey!

## 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! You can stack workouts however you'd like to add more minute to each day!

## WHAT IS INCLUDED:

The FITT 22. Elite Program includes:

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

## WHO IS IT FOR:

FITT 22. Elite is for:

- The person just finishing FITT 22. Foundations and looking for the next challenge!
- Busy individuals looking to get fit in just 22-minutes a day!
- The avid exerciser looking to mix it up with NEW Strength, HIIT, & Flexibility Sessions !
- Anyone looking to bust out of a Fitness Plateau and see more results!

## WHAT EQUIPMENT DO I NEED:

Dumbbells, Barbell (Optional), Bands & a Bench (Optional)

## WHAT RESULTS CAN I EXPECT:

FITT 22. Elite is the next level in your fitness that will super shred your body while also maintaining your muscle! With next level workout protocols - you will maximize your time and really push your strength & stamina! These workouts are not for beginners.

## 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>