

# DIY FITNESS



# BODi

SELF-COACHING GUIDE

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Yikes!

# Hi There!



I am Shannon. I am a women's fitness and nutrition coach, an accounting assistant in the manufacturing industry, and the default parent to two teens and two tweens. I started using home workouts as a teen in high school and have loved Beachbody programs since 2005. Home workouts are a big part of why I still exercise each week, and because exercise makes me feel good.



# How to Use THIS GUIDE

This is a self-coaching guide. It is here to introduce you to BODi as well as provide information on what it takes to look and feel your best. Feeling better is more than achieving a certain body type or number on the scale. How we feel is directly affected by our beliefs about ourselves, our life experiences, the amount of support and connection we have with others. It is also affected by the quality and quantity of our sleep, how often and what we eat, and how well our body moves. Feeling better involves recognizing when our actions are improving our well-being (aka wellness) and when they are harming our well-being.

I thought feeling better meant losing weight. As I set out to lose weight after childbirth, I soon found out that most of the “feel better by losing weight” advice out there was really hard to apply as a mother because motherhood is unpredictable – filled with conflicting priorities, exhaustion, hard choices, and overwhelm.

“Get up earlier” was hard to do when my sleep was disrupted every night. “Hire someone” to free up my time was easier said than done. “Schedule it” was challenging to do when my spouse’s schedule was inconsistent, my kids were involved in activities, and my work schedule varied. “Just Do It” did not help me start. “Ask for Help” felt impossible when I was criticized for asking for help or told I was doing things in the wrong way.

What I needed was advice that recognized my choices were limited. I needed encouragement to allow myself time to build new skills, help with shifting my mindset, and reminders that small actions would lead to success. I got so fed up with advice that didn’t account for my actual life that I decided to become a personal trainer, nutrition coach, and change coach – after my fourth child was born (sidenote/hindsight: I do not recommend a big life change alongside adjusting to a newborn/growing family).

I have been a long-time user of Beachbody (rebranded as BODi) home fitness programs and I heavily modified the program guides to make them work for me. This BODi guide is designed to give you a glimpse into the platform as well as how to set yourself up for success. If you decide to try BODi, treat everything the trainers and the platform offers as a resource, not a rulebook. You get to decide what to apply and what to ignore.

# A Look at

## BODI MEMBERSHIP BENEFITS



BODi offers many different subscription terms. The most popular are yearly or 3 month. The yearly is usually the best value.

### FITNESS

- 130+ guided programs that range from 4 weeks to 12 weeks.
- 1000s of workouts - Pilates, Yoga, Dance, Cardio, Weight lifting, Performance, Cycling.
- BODi Blocks - 4 week blocks with 5 workout days per week. Each block is focused on specific results led by Supertrainers and BODi trainers.
- BODi Super Blocks - Refreshed original programs with original trainers. 4 week blocks with 5 exercise days, the last week focused on recovery.

### NUTRITION

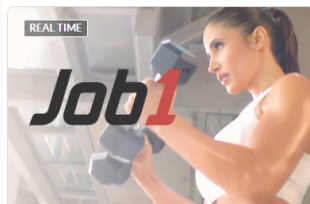
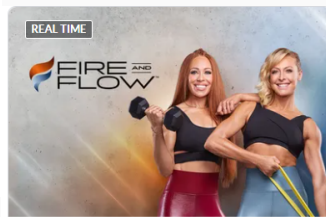
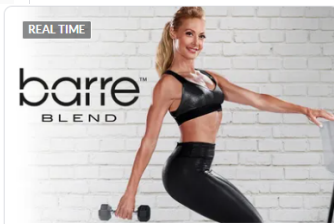
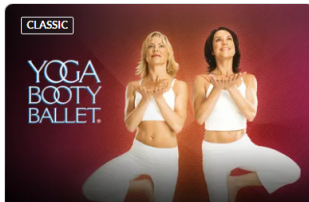
- Portion Fix - Takes the guess work out of healthy, balanced eating. An alternative to counting calories or macros.
- 2B MINDSET - Focuses on shifting your thinking about your food choices. This program encourages mindful eating and an alternative to Portion Fix.

### MINDSET

- Sometimes, a shift in our thinking is needed to feel our best. Top self development experts share their wisdom about happiness, resilience, grit, and managing stress in short videos and audios.

# A Look at

## BODI WORKOUTS - MOBILITY & FLEXIBILITY



Flexibility is the ability of your muscles to stretch. Mobility is the ability to move your joints (as well as tendons, ligaments, and muscles) through their full range of motion.

### IMPORTANCE

Muscles and joints that are flexible and mobile, as well as strong, are less susceptible to sprains and other injuries. Speaking of injuries, your flexibility and mobility can change after sprains, tears, broken bones, and major surgery (cesarean, knee, heart, shoulder, etc.)

Programs that focus on flexibility and mobility can prepare your body for higher levels of exercise, help your body repair itself after hard exercise, and it may reduce aches and pains, soreness, and improve how your body moves and functions in daily life.

### PROGRAMS

These are the programs I think are more focused on mobility and flexibility. I have completed these programs and have returned to these when my body needs restorative movement.

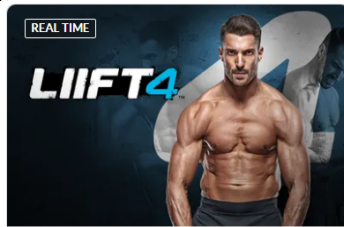
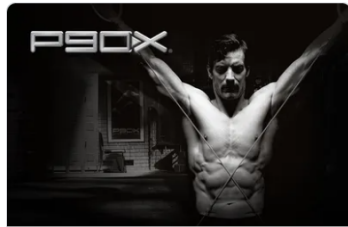
- Yoga Booty Ballet
- 3 Week Yoga Retreat
- Barre Blend
- Fire & Flow
- Piyo
- Job1, Job1 Overtime

### STAND ALONE

There are 10, 15, 20 & 30 minute Mobility and Flexibility 'classes.' You can find them in the classes tab (app) or menu, tap 'browse all' or 'filters (app)' and tap the drop down arrow to filter by flexibility and/or mobility.

# A Look at

## BODI WORKOUTS - WEIGHT TRAINING



### PROGRAMS

These are the programs that I think are more focused on building muscle strength - certain days are dedicated to specific muscle groups. I have done several rounds of Body Beast, Liift 4, & MBF.

- Body Beast
- #MBF, #MBF20, #MBFA
- P90X
- Liift 4, Liift More

### STAND ALONE

There are strength focused classes - circuits, bootcamp, specific muscle groups, and multi-muscle groups ranging from 5 to 45 minutes. You can find them in the classes tab (app) or menu, tap 'browse all' or 'filters (app)' and tap the drop down arrow to filter by time or body part.

Also called resistance training. There are many forms of weight training: build muscle strength, build muscle endurance, increase muscle mass, and increase muscle power.

Weight training includes: body weight, dumbbells, barbells, kettlebells, resistance bands, etc.

### IMPORTANCE

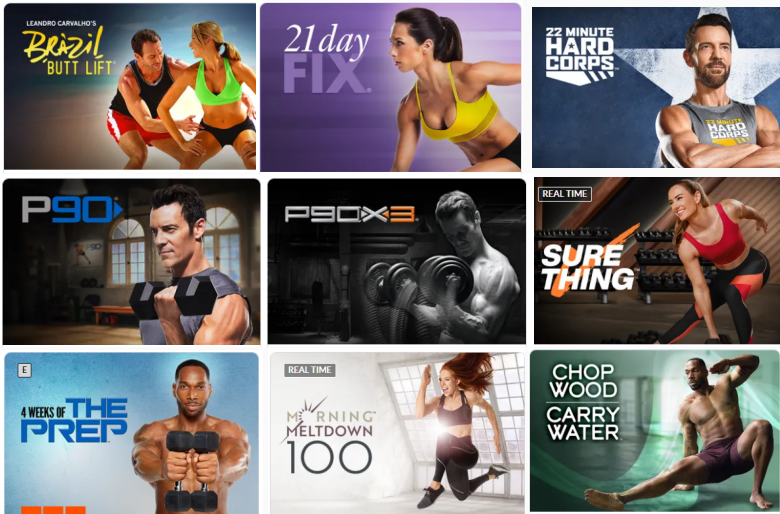
Creates changes to the body in two ways: it keeps connective tissue strong and elastic, and it helps preserve or increase muscle mass. After age 35, we lose about 5 percent of our muscle mass each decade. Women are more susceptible to this loss due to declining levels of estrogen as well as lifestyle factors like diet and physical activity.

Incorporating weight training may slow down that loss as well as keep the connective tissue strong and elastic so you can continue to be active and independent as you age.

Weight training also provides mental benefits. Exercising at moderate intensity (able to talk, but not hold the conversation very long) for 30-40 minutes improved cognitive flexibility (shift in thinking and problem solving). Exercising at moderate intensity for 30-40 minutes, 2-3 days per week, for 12 weeks improved executive functioning (managing emotions, thoughts, and actions).

# A Look at

## BODI WORKOUTS - MULTI FOCUSED



If you are looking for programs or classes that provide a variety -- flexibility, mobility, strength, cardio, balance, and agility.

Multi-focused programs improve how your body functions while moving. You can discover what types make you feel good, are enjoyable (makes exercising less of a chore), and how your body responds to different types of exercises.

### PROGRAMS

There are many programs that are multi-focused. The ones listed above are ones I have completed (the first 5) and on my list to complete.

- Brazil Butt Lift
- 21 Day Fix
- 22 Hard Corp
- P90
- P90X3
- Sure Thing
- The Prep
- Morning Meltdown
- Chop Wood, Carry Water

### STAND ALONE

There are classes ranging from 5 to 45 minutes. You can find them in the classes tab (app) or menu, tap 'browse all' or 'filters (app)' and tap the drop down arrow to filter by program type or time. Types to search include: cardio, core, endurance, flexibility, mobility, recovery, & strength.

### IMPORTANCE

When we move, the brain sends targeted signals to the muscles to produce movement. When our bodies lack multi-directional movement, they begin to function inefficiently (aches, pain or injuries)..

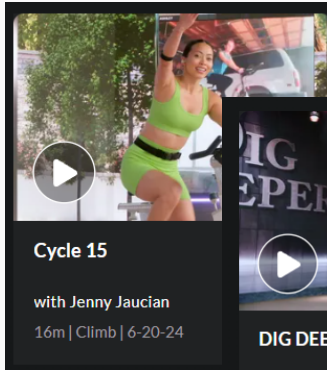
Cardio exercise strengthens the heart, blood vessels, and lungs. Any physical activity that makes your heart pump faster, leaves you feeling breathless, and lasts for at least 10 minutes, is considered cardio exercise.

Balance training strengthens the core (all parts of the body except the arms & legs). Having a strong core may help you avoid falls, stay active, and keep you independent as you age (balance diminishes around age 50).

Agility training coordinates the core with the upper and lower limbs of the body during movement. These exercises improve your reflexes and reaction time which may also help prevent falls & injuries as you age.

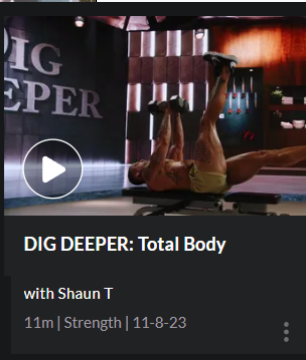
# A Look at

## BODI WORKOUTS - SHORT & SWEET



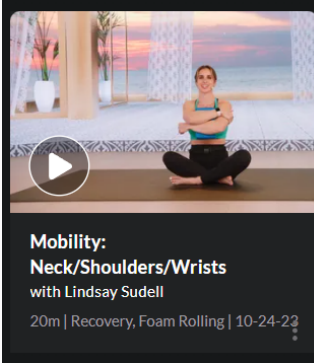
Cycle 15

with Jenny Jaucian  
16m | Climb | 6-20-24



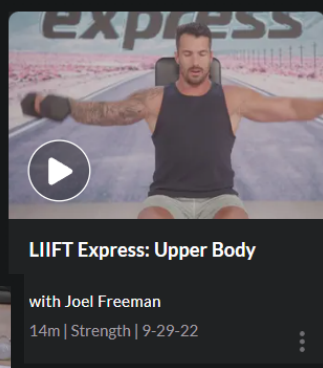
DIG DEEPER: Total Body

with Shaun T  
11m | Strength | 11-8-23



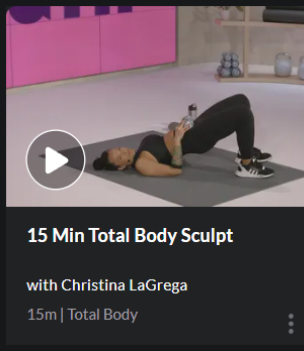
Mobility:  
Neck/Shoulders/Wrists  
with Lindsay Sudell

20m | Recovery, Foam Rolling | 10-24-23



LIIFT Express: Upper Body

with Joel Freeman  
14m | Strength | 9-29-22



15 Min Total Body Sculpt

with Christina LaGrega  
15m | Total Body



Stack a 5er onto your workout for an extra five minutes.



Rewind the clock in 10 minutes a day. Fast-forward to a stronger, youthful...



If you have 10 extra minutes, then you can get in the best shape.

Lacking Energy? Lacking motivation? Need to target a specific body part a little more? Have extra energy? Need an exercise 'snack' (to be done multiple times through the day)? There are over 400 classes and a few programs to choose from.

### CLASSES

Cycle, Core, HIIT, Total Body, Upper Body, Lower Body, Stretch, Flexibility, Mobility, Meditation, Xtend Barre, Barre, and Yoga.

### PROGRAMS

- 5er – Literally 5 minutes. Designed for post-workout add-on.
- Barre Blend – 10 minute Enhancements
- 10 Minute Trainer – Kind of 'dated.'
- :10 Minute Time Machine
- 600:00 Seconds
- Xtend Barre Express
- Liift More – Liift Express
- 10 min Muscle, Beginner, & Focus



Get results in 10 minutes a day!



Get a strong lean physique in only 15 minutes!

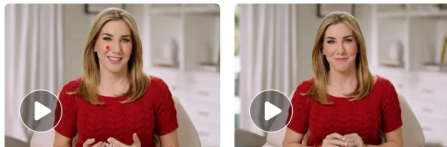
# A Look at MINDSET

## How to Stress Wisely



How to Stress Wisely  
with Robynne Stanley  
2m | Mindset

## How to Get Unstuck

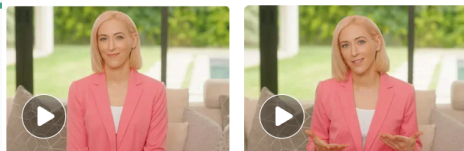


How to Get Unstuck  
with Laura Cassner Offline  
2m | Mindset

### 1. Chasing the Wrong Scorecard

with Laura Cassner Offline

## Boost Your Willpower



Boost Your Willpower  
with Kelly McGonigal  
2m | Mindset

1. I Want, I Won't, I Will  
with Kelly McGonigal  
10m | 1 PDF

I have not gotten around to watching the videos offered in Mindset. I have explored other sources on my own and through completing various certifications. Here are additional things to keep in mind

## CHANGE IS HARD

It's hard for everyone. Our worldviews are shaped by our early life experiences as well as attitudes and behaviors we have learned/been taught from our caregivers, teachers, coaches, mentors, bosses, coworkers, and others.

If you have experiences or keep coming across barriers that are wildly different from those giving information or advice on how to be successful, you may struggle to relate it to your situation and be unable to apply it or unable to sustain it.

## YOU ARE NOT THE PROBLEM

Remind yourself there's nothing 'wrong' with you. You may need to learn new or different skills, you may need to wait for your circumstance to change, or you may be facing limited resources (time, money, capacity, priorities, and/or support).

## SEEK EXTRA SUPPORT

Working with a licensed mental health professional can be a first step to feeling better. If that is out of reach, there are many licensed mental health professionals that offer advice or coaching through social media. Lurk on their accounts to see if their style and information is helpful for you or your circumstances.

## THE NEXT RIGHT THING

Apply what makes sense and feels doable, and ignore what doesn't. You can also modify information or advice to work for you as well as seek different sources of personal development.

These videos are under the 'Home' tab/menu. Scroll to 'Featured Categories'. Videos range by subject and most videos are a few minutes in length.

# A Look at BODi SUPPLEMENTS

Supplements may be helpful to fill the gaps of essential nutrients the body needs to build muscle, recover from exercise or stress, and keep our cells functioning properly. Supplements *cannot* take the place of eating nutrient dense foods.

BODi has a complete line of supplements from Pre Workout to Post Workout as well as supplements to support digestion and sleep. If you are interested in them, I would start with ones listed here. A good indication that a supplement works for you is if you notice a positive difference when taking it vs not taking it. Other factors to consider are the cost as well as if it is easy to use/consume for YOU.

I will also provide some information on dietary changes to support recovery from exercise and getting adequate nutrients.

## SHAKEOLOGY

- Marketed as a Superfood Shake.
- In addition to providing protein (16 grams per scoop\*), it contains digestive enzymes, prebiotics, probiotics, adaptogens, and phytonutrients.
- Add water or milk of choice, blend and enjoy.

\*Many protein powders suggest 2 scoops per shake.



## ENERGIZE

- Marketed to improve energy, endurance, performance, and sharpen focus.
- Contains Beta-alanine, quercetin, and caffeine.
- Mix with water to be taken 10-30 minutes before a workout.

# Do I Need SHAKEOLOGY?

My job as a wellness coach is to provide you with information and advice in order for you to make an informed decision. Let's breakdown the marketing terms to help you determine if Shakeology is a helpful option for you.

Shakeology is marketed as a Superfood Shake. Superfoods are foods high in vitamins, minerals, fiber, healthy fats, and antioxidants. Some examples are berries, leafy greens, nuts, cruciferous vegetables, legumes, wild salmon, and teas.

Phytonutrients are chemicals produced by plants to protect themselves from disease, fungi, germs, insects, and the sun. Adaptogens are herbs, roots, fungi (mushrooms) that is believed to help the body recover from physical, emotional, and environmental stressors.

Prebiotics are soluble fibers (fruits and vegetables) that are not broken down by the digestive system and help move waste (digested food) from our bodies. Probiotics are live microorganisms like bacteria and yeasts that help improve the "good" bacteria in our bodies. Probiotics are found in yogurt, kefir, kombucha, miso, buttermilk, kimchi and other fermented foods.

Digestive enzymes are proteins that break down food we eat to make it usable by the body. These enzymes are naturally released when we chew our food well, and as the food passes through the stomach and intestines. Some foods like pineapple, mango, honey, avocados, kefir, and sauerkraut contain natural digestive enzymes.

All of these come from food sources. For those that are not able to eat these foods due to the taste, texture, food sensitivity, intolerance, or allergy, supplementation may be beneficial. Check with a database like MyRxProfile.com or Drugs.com and your prescribing provider or pharmacist about potential interactions with medications (ask a pharmacist) or health conditions (ask your prescribing provider) before taking supplements.

# Do I Need SHAKEOLOGY?

Food choices play a factor in reaching health or body goals. Protein is one of the most important and debated nutrients. When looking at protein from an exercise, overall health, and protecting muscle-mass as we age point of view, protein is an important food source for our bodies. It is especially important for women over age 30 due to hormonal changes that reduce muscle mass.

Proteins are always being broken down (called amino acids) and rebuilt in the body. Amino acids are the body's building blocks for skin cells, bone cells, and muscle cells. Amino acids are used to produce enzymes, hormones and chemical messengers, neurotransmitters, antibodies (immune system), and to transport proteins (move material in & out of cells).

We need a consistent supply of protein for our bodies to stay healthy. If we are not consuming enough protein (plant or animal sources) for our body's needs, the body will break down structural protein (muscle, skin, & bone cells), hormones, and other chemicals to meet its needs. If this continues for an extended period of time (months), vital functions will shut-down.

Protein needs are determined by age, how physically active we are at home and at work, reproductive stage (pregnancy, breastfeeding), and how well our bodies digest protein sources. Recommendations vary from 1.2-2.5 grams per kilogram of body weight.

If you are eating a palm-sized portion of meat at least 2-3 meals per day, you are probably meeting your protein needs. If not, Shakeology provides 16 grams per 2 scoops, which is one serving/one shake. This amount may or may not be enough to fill the gaps to meet your needs.

To calculate your needs, take your weight in pounds and divide by 2.2 to convert your weight into kilograms. Then, multiply that by 1.2 if not exercising, 1.5 if you are engaging in muscle building exercise, or 1.8-2 if you have a physically demanding job and you are very active outside of work. Then, divide that amount by how many meals you eat per day. This will help you determine if you are consuming enough protein.



# Do I Need ENERGIZE?

Energize contains three ingredients: beta-alanine, caffeine, and quercetin.

Beta-alanine is an amino acid produced by the body. It is found in beef, pork, turkey, fish, chicken, eggs, milk, and cheese. Beta-alanine aids in the production of carnosine, which keeps the muscles from tiring during intense workouts (running, weight lifting, agility, plyometrics). Most people can get sufficient amounts of beta-alanine from their diet. Taking too much in supplement form may cause a tingling sensation in the face, neck, and back of the hands.

Caffeine stimulates the brain and nervous system, making you feel more alert, energetic. It may speed up the chemical signals from your brain to your muscles to speed up reaction time. Caffeine is found in chocolate, tea, energy drinks, coffee, and is an active ingredient in some over the counter pain medicines. Consuming too much caffeine can cause restlessness and shakiness, insomnia, headaches, dizziness, fast heart rate, dehydration, and anxiety. Some people are highly sensitive to small amounts of caffeine.

Quercetin is a plant pigment called flavonoids that give fruits, flowers, and vegetables their color. Quercetin is found in the skins and leaves of plants such as red and yellow onions, kale, cherry tomatoes, broccoli, blueberries, and apples. It is found in red wine, black and green tea. Light stimulates the production of quercetin so leaves, fruits, and vegetables that get direct sunlight may contain higher concentration of quercetin. Quercetin has been linked to improved exercise performance, reduced inflammation, blood pressure, and blood sugar levels.

Consuming too much of the supplement form of Quercetin cause tingling in the legs and arms, upset stomach, and headache. According to [webmd.com](http://webmd.com), Quercetin may interact with antibiotics and blood thinners. Consuming over 1 gram per day over a period of three months may damage the kidneys.

Energize may be beneficial to help your body prepare for exercise when you feel tired. Check with a pharmacist or check a website for medication interactions.

# A Look at BODi SUPPLEMENTS

## HYDRATE

- Marketed as containing more electrolytes per ounce than other sport hydrating products.
- Contains a blend of potassium, magnesium, sodium, and calcium.
- Mix with water until dissolved. Consume during long-duration (over 45 minutes), intense exercise.



## RECOVER

- Marketed to speed muscle recovery, reduce muscle breakdown, promote muscle mass, improve adaptation to exercise.
- Contains 20 grams of protein per scoop, pomegranate extract, and Branch-Chain Amino Acids (BCAAs).
- Mix with water until dissolved. Drink after exercise - within 30 minutes.

## OTHER SUPPLEMENTS

- Collagen, Refresh, Gut Health, Digestive enzyme, probiotic, and sleep supplements are also offered.
- Read more about them on the website under the supplement menu.
- Compare the ingredients in the supplements to whole food sources to determine if they will worth it to you.



# Do I Need HYDRATE?

The best way to combat dehydration during exercise is to begin drinking 16-24oz of water 3-4 hours before you plan on exercising and then another 7-10oz of water approximately 20 minutes before you begin your session. During exercise, fluid is mainly lost through sweating and breathing. High heat and humidity can increase fluid loss dramatically.

Dehydration can occur within 30-60 minutes of intense exercise, especially in hot or humid conditions. Drinking plain water may not be enough to replenish the fluid lost during exercise. Your body's cells need minerals like sodium, potassium, calcium, and magnesium to transport water across cell membranes.

Sodium maintains fluid balance, preventing excessive water loss. It controls fluid levels outside the cells. Potassium works with sodium to maintain fluid balance inside the cells. It also plays a key role in muscle contraction, heart health, and nerve signals. Calcium and magnesium regulate fluid balance, muscle function, and nerve signaling.

A nutrient dense diet – leafy greens, vegetables, fruits, nuts, seeds, and animal protein can provide the body with sufficient levels of sodium, potassium, calcium, and magnesium. If you are not consistently eating the foods mentioned above, a supplement may help replenish electrolytes.

Hydrate contains all four minerals while other electrolyte mixes contain 2-3 out of the four. Again, if your diet includes the missing mineral, this may not be an issue. Keep in mind, electrolyte products are not meant to be consumed multiple per times per day and may lead to digestive issues, kidney strain, or arrhythmias. It is best practice to sip electrolytes during long (over 60 minutes) or intense workouts every 15-20 minutes or within 30-60 minutes after exercise.

Hydrate may be beneficial if you struggle to drink enough water, do not eat a diet rich in the foods listed earlier, have a physically demanding job, or work in extreme temperatures.

# Do I Need RECOVER?

To relieve muscle soreness after a workout, focus on active recovery like light walking, yoga, stretching, foam rolling, and replenishing fluids. Heat or cold can aid in reducing muscle soreness as can getting enough sleep.

Recover contains whey protein, BCAAs, and pomegranate extract. Whey is the liquid that separates from the curds during the cheese making process. Whey protein powder contains lactose, a milk sugar that some people have difficulty digesting. The body is able to quickly break down and use this protein source which can help in recovering from hard exercise. BCAAs are a group of three essential amino acids – leucine, isoleucine, and valine. These amino acids cannot be produced by the body and are crucial for assisting in muscle recovery, growth, and reducing fatigue. Pomegranate extract is an antioxidant that reduces inflammation, protect cells from damage, improve blood flow, and may enhance exercise performance.

I'm going to say it again, a diet rich in leafy greens, vegetables, fruits, nuts, seeds, and animal protein can provide the body with sufficient nutrients for recovery. Food sources of leucine, isoleucine, and valine include beef, chicken breasts, fish & seafood, eggs, dairy, soy products, legumes, nuts & seeds, and whole grains.

Both whey or casein protein powder can aid in muscle repair. Creatine monohydrate can promote muscle recovery and limits muscle damage. Tart cherry juice or Omega-3 Fatty Acid supplements can reduce inflammation.

Recover may be beneficial if you've been training hard and eating consistently for over 6-12 weeks and want to see if it improves recovery and performance. Note that recover should be consumed within 30 minutes after exercise.

To keep this guide from getting bigger, you can research the other supplements for yourself.

# Where do I START?

Start with mindset. Shifting the unhelpful and limiting thoughts that keep stuck lays the foundation for everything else. Next, focus on movement – exercise can be just as effective as medications for anxiety or depression. If exercise feels out of reach right now, focus on nutrition changes instead. As you navigate new behaviors and let go of unhelpful ones, keep the following in mind.

## START WITH KINDNESS

Self-kindness is a source of strength and resilience in challenging situations. Self-kindness chooses long-term well-being over short-term pleasure by looking at how our actions impact our lives. Self-kindness motivates us with care, support, and encouragement. It gives us the emotional resources needed to care for ourselves and to care for others.

## VIEW CHANGE AS WORK

Work is defined as activity involving mental or physical effort and it involves being engaged in physical or mental activity in order to achieve a result. Change is not always enjoyable, and will feel challenging or overwhelming, at times/at first.

You always have the option to modify what you are doing to make it feel less like work.

## HONOR YOUR LIMITS

Limits help us recognize the 'cost' of an action by paying attention to our thoughts and feelings. That 'cost' can be time, energy, money, effort, a pleasant or unpleasant feeling, etc.

Limits can act as a warning sign that we are about to get hurt, mentally or physically.

## FIND ENJOYMENT

Preferences can be biologically-based. This means your genes (DNA) influence taste, smell, and brain reward centers. Preferences are also influenced by our experiences; repeated exposure determines whether you like or dislike something.

Following our preferences can help us initiate and engage in behaviors that improve mental and physical wellness and health. It can help us feel more in control to engage in difficult behaviors when motivation is low or lacking.

If you are ready to start exercising, keep reading. If you are still unsure where to start, go to the Next Steps section.

# HOME GYM BASICS

Home gym basics at a glance. The next pages provide more information.



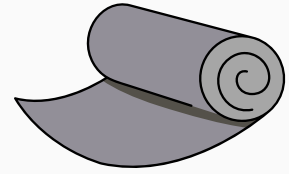
YOGA MAT



YOGA STRAP



YOGA BLOCKS



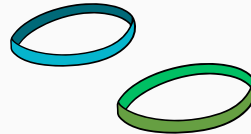
RESISTANCE/THERAPY BAND



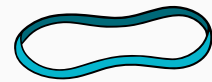
WEIGHTED GLOVES



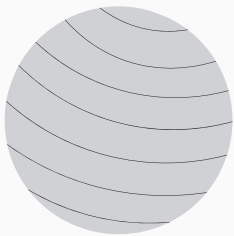
ADJUSTABLE ANKLE WEIGHTS



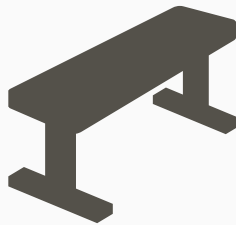
SMALL LOOP RESISTANCE BAND



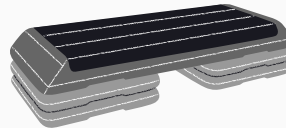
LARGE LOOP RESISTANCE BAND



SWISS/EXERCISE BALL



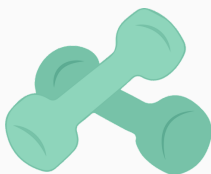
BASIC BENCH



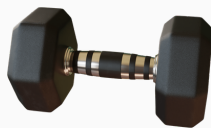
FITNESS DECK OR STEP



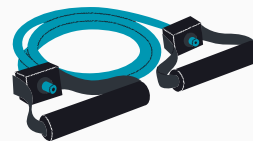
ADJUSTABLE BENCH



NEOPRENE DUMBBELL



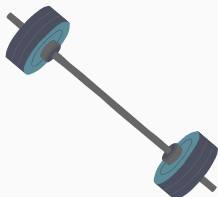
HEX DUMBBELL



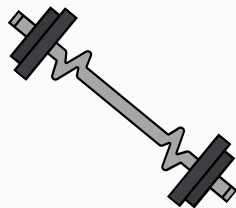
RESISTANCE BAND



ADJUSTABLE DUMBBELLS



BARBELL



EZ BAR



MEDICINE BALL



KETTLEBELL WEIGHT

# Home Gym **BASICS**

When I started exercising in my living room, I had a small selection of dumbbells and resistance bands with handles. Let's begin with items that can be used with your body weight and build from there.

## YOGA MAT



Use it to keep your floor from getting sweaty, adds extra cushion for your joints, and prevents slipping during exercise. Yoga mats come in various thicknesses – 5-6mm is the standard, 6-8mm is best for those that need extra cushion for joint comfort.

## YOGA STRAP



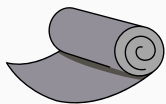
Act as a bridge between the hands and feet, helping you reach deeper stretches. May also improve alignment in poses for those with limited flexibility.

## YOGA BLOCKS



Help bring the floor closer to you, enhancing stability during balance exercise and providing support for deeper stretches or more advanced yoga poses. Yoga blocks are made from foam, cork, or wood and they come in various sizes.

## RESISTANCE/THERAPY BAND



Provide low-impact resistance that is gentle on joints. Therapy bands can be purchased by the roll or in pre-cut length and come in a variety of resistance levels to match your fitness needs.

# Home Gym **BASICS**

Weighted gloves and adjustable ankle weights were my next investment. These allowed me to add resistance without having to purchase more dumbbells. The items on this page will help you add intensity to both bodyweight and dumbbell exercises without a significant investment.

## WEIGHTED GLOVES



Adds 1-3lbs of resistance to upper body exercises and are frequently used in shadowboxing, strength training, and endurance workouts. If you have limited dumbbells or struggle to move up to the weight, wearing these can help build strength gradually.

## ADJUSTABLE ANKLE WEIGHTS



Adds 1-5lbs of resistance to lower body exercises and are best used during controlled strength and Pilates workouts. Using ankle weights in higher impact exercises may strain the knee, hip, and lower back.

## SMALL LOOP RESISTANCE BANDS



Provide constant tension throughout a movement to increase muscle activation and joint stabilization in the glutes, hips, and shoulders. They are ideal for warm-ups and increasing workout intensity without the need for heavy weights.

## LARGE LOOP RESISTANCE BANDS

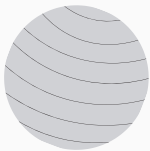


Offer the same benefits as small loop resistance bands and are typically around 41 inches long, making them ideal for full-body exercises. Their length allows them to be anchored to a door, stepped on, or looped over a bar.

# Home Gym **BASICS**

My next addition to my living room setup was a Swiss ball. The items on this page allow for more exercise variations and provide a stable surface to work from, expanding what you can do with the equipment you already have.

## SWISS BALL



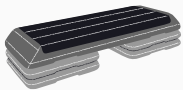
Improves muscle stability, neuromuscular control (brain body connection), and flexibility. A smaller size is easier for beginners, while a firmer ball provides a more challenging workout. Swiss balls can be used in place of a chair or workout bench during exercises.

## BASIC BENCH



Provides a stable platform that supports your back and core while lifting heavier loads. Using a bench allows for increased range of motion, compared to using the floor.

## FITNESS DECK OR STEP



A slightly shorter option than a basic bench that provides a stable platform for aerobic, cardio, strength training, and HIIT. Some benches can be adjusted to an incline.

## ADJUSTABLE BENCH

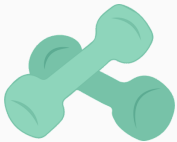


Provides the same benefits of a basic bench, but allows for adjusting for different angles (incline, flat, decline) to target different muscle groups.

# Home Gym **BASICS**

I started with a small set of neoprene dumbbells and resistance bands with handles. Due to my living room setup, my next investment was adjustable dumbbells. The items on this page could be your final investment and are enough for continued progress.

## NEOPRENE DUMBBELLS



Offer non-slip grip, floor-friendly coating, and usually have hex design to prevent rolling. They are limited to lighter weight, under 20-30 lbs. Neoprene dumbbells are a great option for beginners.

## HEX DUMBBELLS



Hex dumbbells are made out of rubber, urethane, or cast iron. The rubber and urethane options offer floor protective coating and reduce noise. Available from 2.5lbs to 100lbs sets.

## RESISTANCE BAND WITH HANDLES



Are tubular, elastic bands with detachable or fixed handles. They provide constant tension during exercises. May be gentler on joints than dumbbells.

## ADJUSTABLE DUMBBELLS

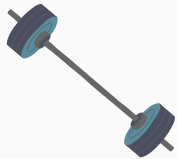


The SelectTech 552 is adjustable by 2.5lbs, from 7.5lbs up to 22.5lbs, and from 5lbs from 25-50lbs and goes up to 52.5lbs. Other brands are adjustable by 5lbs from 10-90lbs. These are longer than hex dumbbells which make some exercises awkward.

# Home Gym **BASICS**

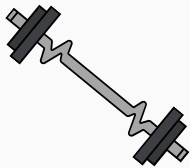
I have moved from my living room to a dedicated space in my basement. If you have the space, want to expand to a dedicated area, and have outgrown the previous equipment, they could be your next investment for continued progress in strength and power-based exercises.

## BARBELL



There are many options in type, lengths, and weight when it comes to barbells. They allow you to lift heavier weight more comfortably than dumbbells and provide a higher level of muscle activation to improve balance and strength.

## EZ BAR



Offers different grip variations – wide or narrow – and is generally considered easier on your wrists and elbows during bicep curls and tricep extensions.

## MEDICINE BALL



A weighted ball that ranges in size from 2 to 30 lbs. Designed to be thrown, tossed, or slammed, medicine balls develop explosive power and speed which improves balance, strength, and coordination.

## KETTLEBELL



A flattened cannon ball with a handle that ranges from 4 to 48 kg (9 to 106 lbs). During workouts, the bell is in almost constant motion around the body, which helps improve grip strength, core stability, and leg stability.

# Next Steps

## DO WHAT'S BEST FOR YOU

Your body has unique needs for food, exercise and movement, and sleep. Changes to one of these areas can affect the other areas. It is normal to experience days with high energy, high motivation, and excitement. It's also normal to experience low energy, low motivation, and feelings of meh. In addition, your priorities, your available time, and your interests will fluctuate. Be kind to yourself during the challenging parts.

The only constant in life is change. What works now, may stop working in six months or in three years. What worked at age 30, may not work at age 40. There is nothing wrong with you; things work, until they don't.

When you begin to work on yourself, it can be a catalyst for change in other areas of your life. Change may bring about loneliness and highlight what is not working well in our lives. As you become healthier, stronger, happier, or more energized, it may feel like those around you are placing obstacles in your way. In most cases, this is not intentional and you may need to work directly with a helping professional to navigate these challenges.

Speaking of helping professionals, sometimes wellness providers have a hard time understanding their client's or patient's lived experiences and barriers. These professionals may forget how their life experiences, their training, schooling, income, or natural tendencies positively influence their abilities and actions. Remember, change is hard even under the best circumstances.

A coach or health professional's job is to inform you of your options and allow you to choose, without judgement or pressure. If you come across any professional that dismisses your concerns, pressures you to choose an option, or demeans you in any way, seek a second opinion (if you have that option).

If you enjoyed this guide, head on over to [ShannonBowe.com](https://ShannonBowe.com) to view the other wellness guides I offer. If you want to give BODi a try, you can [sign-up here](#) (affiliate link which means I may earn a small commission if you decide to complete your free trial).