



TAKE THE FIRST STEP

6 Week Starter Program

Join our speciality program designed for fitness beginners. This low-impact inclusive program safely and comfortably introduces healthy movement to help you build confidence. Start your journey towards improved fitness and mobility today!



THE STARTER PROGRAM: BEGIN BECOMING A BETTER YOU.

Welcome to our 6-week program designed for beginners who are ready to embark on their fitness journey. This program is tailored to individuals who may have little to no experience with health and fitness training, providing a gentle introduction to movement in a safe, comfortable, and confidence-building way.

Over the course of six weeks, you will be guided through low-impact exercises aimed at helping you move your body effectively and efficiently. Whether you're looking to improve your overall health, increase your mobility, or simply incorporate more movement into your daily routine, this program is the perfect starting point for your wellness journey.

Get ready to take your first step towards a healthier, happier human!

**PLEASE REFER TO THE RESOURCE TAB FOR THE COACH'S
CORNER STARTER PROGRAM INTRODUCTION FOR A SPECIFIC
AND SUITED EXPLANATION OF THIS DETAILS OF THIS JOURNEY.**

WEEK ONE

Week one is your chance to lay the foundations, focusing on quality and understanding your body's capabilities with simple, low-impact exercises.

DAY ONE

3 Rounds:

10 Sit to Stand Squats
10 Push Ups
5.5 Reverse Lunge
10 Banded Pull Aparts

-
into

-

3 rounds

1 minute on: Step Ups
1 minute rest

-

20 minute
Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

3 Rounds

30 seconds - Sit to Stand Squats
(30 seconds rest)
60 seconds Step ups
(60 seconds rest)

-

rest 1 minute

-

3 Rounds

20 Banded Rows
10 Elevated Push Ups
20 second Single Leg Balance (Right)
20 second Single Leg Balance (Left)

-

20 minute moderate intensity walk

DAY THREE

3 Rounds

10.10 Reverse Lunges
15 Banded Pull Aparts
20 Sit to Stand Squats
15 Elevated Push Ups
1 min step ups

-

Rest 1 Minute

-

30 minute moderate
Intensity Walk

WEEK TWO

This week, we'll build your confidence and strength, gradually increasing the intensity while ensuring you feel secure and capable.

DAY ONE

4 Rounds:

10 Sit to Stand Squats
10 Push Ups
5.5 Reverse Lunge
10 Banded Pull Aparts

-

into

-

4 rounds

1 minute on: Step Ups
1 minute rest

-

20 minute

Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

4 Rounds

30 seconds - Sit to Stand Squats

(30 seconds rest)

60 seconds Step ups

(60 seconds rest)

-

rest 1 minute

-

4 Rounds

20 Banded Rows

10 Elevated Push Ups

20 second Single Leg Balance (Right)

20 second Single Leg Balance (Left)

-

20-30 minute moderate intensity walk

DAY THREE

4 Rounds

10.10 Reverse Lunges

15 Banded Pull Aparts

20 Sit to Stand Squats

15 Elevated Push Ups

1 min step ups

-

Rest 1 Minute

-

30-40 minute moderate

Intensity Walk

WEEK THREE

Consistency is key: This week, we'll help you develop a sustainable fitness routine with engaging low-impact exercises.

DAY ONE

5 Rounds:

10 Sit to Stand Squats
10 Push Ups
5.5 Reverse Lunge
10 Banded Pull Aparts

-
into

5 rounds

1 minute on: Step Ups
1 minute rest
-
20 minute
Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

5 Rounds

30 seconds - Sit to Stand Squats
(30 seconds rest)
60 seconds Step ups
(60 seconds rest)

-
rest 1 minute

5 Rounds

20 Banded Rows
10 Elevated Push Ups
20 second Single Leg Balance (Right)
20 second Single Leg Balance (Left)

-
30 minute moderate intensity walk

DAY THREE

5 Rounds

10.10 Reverse Lunges
15 Banded Pull Aparts
20 Sit to Stand Squats
15 Elevated Push Ups
1 min step ups

-
Rest 1 Minute

-
30-40 minute moderate
Intensity Walk

WEEK FOUR

Focus on flexibility and balance this week with gentle stretches and exercises to enhance your agility and coordination.

DAY ONE

5 Rounds:

10 Sit to Stand Squats
10 Push Ups
5.5 Reverse Lunge
10 Banded Pull Aparts

-
into

5 rounds

1 minute on: Step Ups
1 minute rest
-
30 minute
Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

5 Rounds

30 seconds - Sit to Stand Squats
(30 seconds rest)
60 seconds Step ups
(60 seconds rest)

-
rest 1 minute

5 Rounds

20 Banded Rows
10 Elevated Push Ups
20 second Single Leg Balance (Right)
20 second Single Leg Balance (Left)

-
40 minute moderate intensity walk

DAY THREE

5 Rounds

10.10 Reverse Lunges
15 Banded Pull Aparts
20 Sit to Stand Squats
15 Elevated Push Ups
1 min step ups

-
Rest 1 Minute

-
50 minute moderate
Intensity Walk

WEEK FIVE

Boost your overall endurance with some slightly longer workouts, helping you feel more energetic and resilient as you progress.

DAY ONE

3 Rounds:

15 Sit to Stand Squats
15 Push Ups
10.10 Reverse Lunge
20 Banded Pull Aparts

-
into

3 rounds

1:30 minute on: Step Ups
1 minute rest
-
30 minute
Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

3 Rounds

60 seconds - Sit to Stand Squats
(30 seconds rest)
90 seconds Step ups
(30 seconds rest)

-
rest 1 minute

5 Rounds

20 Banded Rows
10 Elevated Push Ups
20 second Single Leg Balance (Right)
20 second Single Leg Balance (Left)

-
40 minute moderate intensity walk

DAY THREE

4 Rounds

15.15 Reverse Lunges
20 Banded Pull Aparts
20 Sit to Stand Squats
15 Elevated Push Ups
1 min step ups

-
Rest 1 Minute

-
50 minute moderate
Intensity Walk

WEEK SIX

Celebrate your progress and reflect on your journey, and explore new ways to continue your fitness beyond this program. You've done great!

DAY ONE

4 Rounds:

15 Sit to Stand Squats
15 Push Ups
10.10 Reverse Lunge
20 Banded Pull Aparts

-
into

-

4 rounds

1:30 minute on: Step Ups
1 minute rest

-

40 minute
Moderate Intensity Walk

DAY TWO

Complete as many reps as possible:

4 Rounds

60 seconds - Sit to Stand Squats
(30 seconds rest)
90 seconds Step ups
(30 seconds rest)

-

rest 1 minute

-

5 Rounds

20 Banded Rows
10 Elevated Push Ups
20 second Single Leg Balance (Right)
20 second Single Leg Balance (Left)

-

40 minute moderate intensity walk

DAY THREE

5 Rounds

15.15 Reverse Lunges
20 Banded Pull Aparts
20 Sit to Stand Squats
15 Elevated Push Ups
1 min step ups

-

Rest 1 Minute

-

50 minute moderate
Intensity Walk

YOU DID IT!

Congratulations

Taking the first step is often the hardest part, and you've done a fantastic job. You've completed six weeks of building a foundation for a lifetime of quality health and wellness. Remember, this is just the beginning of your journey.

We encourage you to continue your progress by exploring our other programs. For your next step, we recommend checking out the MOVE program. It is specifically designed to further enhance your fitness and well-being in a safe and effective manner.

Keep moving forward, and stay committed to your health!
We are right here with you every step of the way.

**SHARE YOUR PROGRESS WITH THE WORLDWIDE TRAINAERO COMMUNITY LIVE
IN THE CONNECT CHAT VIA THE APP OR REFER THIS PROGRAM TO A FRIEND.**

WE REALLY HOPE YOU ENJOYED TAKING THE FIRST STEP.