



# Starter Program Checklist



## WRITE DOWN these 4 important pieces of information.

1. Your Email:
2. Your Password:
3. Grow Young Fitness's Homepage: [www.growyoungfitness.com](http://www.growyoungfitness.com)
4. Grow Young Fitness's Support Email: [support@growyoungfitness.com](mailto:support@growyoungfitness.com)



## LOGIN to your account

Go to [www.growyoungfitness.com](http://www.growyoungfitness.com) and click the green button. Enter your email & password. Then click Sign In. If you are unable to sign in, send an email to [support@growyoungfitness.com](mailto:support@growyoungfitness.com).



## WATCH the 2 short videos inside the "Program Overview" category

1. The **Welcome** video will share important information about your Starter Program.
2. The **Virtual Tour** will teach you how to navigate & use your Starter Program.



## LEAVE A COMMENT after each video

After watching the **Virtual Tour** scroll down to the COMMENTS box and type "I watched the Virtual Tour". Then click "Post Comment." Now, you know how to post comments after your workouts! Feel free to ask questions in this COMMENT box. Deron loves your feedback and will respond to your questions!





## COMPLETE YOUR FIRST WORKOUT

Navigate to Foundation Workout 1 and complete the workout.

The program is designed for you to progress to the next workout. You can always go back and repeat routines as many times as you'd like after you complete all 25 routines in your Starter Program. Feel free to follow the recommended WORKOUT SCHEDULE included at the end of this guide.



## JOIN the PRIVATE FACEBOOK COMMUNITY for additional support

You can search "Grow Young (Private Community)" on Facebook OR click the "Facebook Community" link at the top of your workout library to join a community of like-minded people with similar goals! Receive support by connecting with others, posting your results, or asking questions.



## SET UP AN ICON for quick & easy access to your workouts

Visit our support page [www.growyoungfitness.com/support](http://www.growyoungfitness.com/support) and search for the FAQ labeled "How do I add the Grow Young Fitness ICON to my device?" for instructions on how to set up an ICON on iPads, iPhones, and Android devices.



**Hint - It is the 1st FAQ 😊**



## JOIN Deron's FREE TEXT LIST to stay motivated

Text the words, GROW YOUNG, to (612)-230-0579 to receive weekly workout reminders, inspirational messages, and other healthy lifestyle tips from Deron!



## OTHER HELPFUL TIPS:

- You can always click the Grow Young Fitness Logo at the top left of your screen to get back to your LIBRARY of workouts.
- Read the description section just below the videos for tips & guidance from Deron.
- Some routines use dumbbells and exercise bands. You will still benefit from the exercises without these. However, it is recommended that you have 2-5 lb dumbbells & Exercise Bands. You can purchase our Exercise Bands at [www.growyoungshop.com](http://www.growyoungshop.com)

## WORKOUT SCHEDULE

Below is a complimentary Workout Schedule for progressing through all 25 workouts in the Starter Program.

Instructions: Workout at least 3 days per week. Complete 1-2 workouts on the days you do exercise. If you cannot complete a certain routine, skip it and replace it with a routine that you can complete.

1. Foundation Workout 1
2. Balance Workout 1
3. Foundation Workout 2
4. Arthritis Therapy 1
5. Foundation Workout 3
6. Shoulder Workout 1
7. Hip Workout 1
8. Foundation Workout 4
9. Knee Workout 1
10. Foundation Workout 5
11. Core Workout 1
12. Foundation Workout 6
13. Knee Workout 2



14. Core Workout 2
15. Cardio Workout 1
16. Balance Workout 2
17. Yoga Practice 1
18. Knee Workout 3
19. Cardio Workout 2
20. Chair Boxing Workout 1
21. Core Workout 3
22. Cardio Workout 3
23. Balance Workout 3
24. Strictly Strength 1
25. Yoga Practice 2



**\*Please Note:** This program is fully customizable to fit your needs so it is encouraged to create a schedule that works for YOU. Remember, you have unlimited access to these 25 workouts and can repeat them at any time and as many times as you would like. Keep it moving!

# Chair Workout Form



## **PROPER FORM**

Back straight while tightening core (Stomach muscles.) Legs at a 90 degrees. Feet flat. Head in line with body. (on the edge part of chair.)



## **MODIFIED FOR BACK SUPPORT**

Use the backrest if needed. All of the rest still fall in to place from image 1.



## **SMILE AND HAVE FUN**

Everything should be as close to in line as possible.