

FEEL BETTER. MOVE BETTER. *LIVE BETTER.*



LET'S GET STARTED!

The TeeterBell™ Workout Series DVD includes two low-impact cardio and toning workouts guided by certified Corrective Exercise Specialist, Josh Lewis. Below, we outline 5 tips for getting started with this program to maximize your time and effort... and get the best results.

1 Set Your Goals

Goal setting and progress tracking are vital to maintaining your motivation. So before beginning your training, identify what you hope to achieve with this program. Do you want to lose weight, gain muscle, or improve your overall health? What are your goals at 90 days? 60 days? 30? Write it down.

If body transformation is your motivation, be sure to record your current stats (measure arm, leg and waist circumference and body weight) and take a Day 0 photo. Muscle weighs more than fat, which is why measuring body weight isn't always the most accurate reflection of "progress", but a "before" and "after" photo is a lot more revealing in how far you've come.

A good short-term goal to start with is to develop consistency, familiarity, and proper form with the program, and make that your focus for the first 30 days. Doing this will make it much easier to stick with the program in the long run and reach your more specific weight loss or muscle building goals.

2 Complete Your Pre-training

Set aside a few minutes to watch one or both routines. Practice the hand grips, listen to the tips about proper form and generally familiarize yourself with the flow. This will make your first workout sessions more effective and enjoyable since you already know what to expect.

3 Make it a Habit

Schedule the TeeterBell into your calendar – by setting aside time to work out, you are making a commitment to take care of yourself and avoid excuses.

If you're new to fitness, you may want to take it slow by introducing the TeeterBell into your routine 3 days a week. Progress at your own pace and listen to your body - you'll know what feels right. As you get stronger, you can increase the frequency. These sessions are designed to eliminate excuses and maximize your workout - at roughly 12 minutes a session, your daily workout can easily be accomplished whenever you have a small window of free time.

4 Build Your Own Routines

Once you become familiar with the program and the various exercises you can do with the TeeterBell, you can mix and match your favorite routines. The TeeterBell is designed to offer the benefits of using a dumbbell, kettlebell, or medicine ball, so you can also search for additional routines online using one of those tools for an endless combination of exercises to incorporate into your routine. Continue to challenge yourself by increasing the interval training activity, adding additional reps or increasing the length of your workout. You control the speed and intensity; what you put into your workouts will be reflected in your results.

5 Share Your Results!

Engage with the Teeter community on Facebook for motivation and encouragement. Post photos, share tips and let us know you're doing with the program! Join us at facebook.com/teeterfitness.

In good health,

Rylie Teeter Leier
CEO, Teeter

