

F2

**BUILD LEAN MUSCLE,
TONE AND TRANSFORM.**

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FOREVER®

ARE YOU READY TO BE TRANSFORMED?

FOREVER F.I.T. 2 WILL TAKE YOU TO THE NEXT LEVEL...

...by helping you to tone your body, burn more calories and transform. Lean muscle is essential to weight loss for both men and women, and the **Forever F.I.T. 2** program will help you learn how to build it and sustain it!

Get toned, get trim and be transformed with Forever F.I.T. 2. Let's get started!†

IN THE FIRST TWO PHASES OF THE FOREVER F.I.T. PROGRAM

YOU LEARNED THE IMPORTANCE OF CLEANSING, PROPER NUTRITION, EXERCISE AND HOW TO LOOK BETTER AND FEEL BETTER.



Forever
Aloe
Vera Gel®
Four 1 Liter
Bottles

Forever
PRO X2® High
Protein Bars
10 Bars

Forever
Lite® Meal
Replacement
2 Pouches

What your
F.I.T.2 Pak
Includes:

Forever
Fiber®
30 Packets

Forever
Therm®
60 Tablets

Forever
Garcinia Plus®
70 Softgels

†Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any natural health products.



IT'S TIME TO COMPLETE YOUR TRANSFORMATION.

Forever F.I.T. 2 will take everything you've learned and take your body to the next level by increasing your muscle building exercise and fine-tuning your nutrition. Follow these tips to achieve your best results.



RECORD YOUR MEASUREMENTS.

Record your measurements in a notebook. Keeping track of your measurements is the best way to measure your success on the **Forever F.I.T. 2** program.



TRACK YOUR PROGRESS TOWARD YOUR GOALS.

Stay focused on the goals that you set for yourself and strive toward them.



RECORD YOUR CALORIES.

Keeping track of your calorie intake is important to help you look and feel better. Record your calorie intake in a notebook or use a calorie tracking app like **MyFitnessPal**.



DRINK PLENTY OF WATER.

Drinking eight glasses (2 Liters) of water a day can help you feel fuller, flush out toxins and support healthy skin and optimal health.



PUT DOWN THE SALTSHAKER.

Salt contributes to fluid retention. Flavor foods with herbs and spices instead.



AVOID SODAS AND CARBONATED BEVERAGES.

Carbonation promotes bloating. Drinking soda also adds unwanted calories and sugar.

YOUR SUPPLEMENT SCHEDULE DAYS 1 TO 30.

FOLLOW YOUR SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE THE MAXIMUM RESULTS ON THE FOREVER F.I.T. 2 PROGRAM.

Breakfast

120 ml
Forever
Aloe Vera Gel®
With a minimum
of 250 ml of water

2 Scoops
Forever Lite®
Mixed with water,
nonfat, almond, rice
or soy milk

1X Forever
Therm® Tablet

Snack

1X Packet
Forever Fiber®
Mixed with
250-300 ml of water
or other beverage

Be sure to take
Forever Fiber® separate
from your daily supplements.
Fiber can bind to some
nutrients, impacting
their absorption by
your body.

Lunch

1 Forever
Garcinia Plus®
Softgel
Taken 20 minutes
before eating



1 Forever
Therm® Tablet

Snack

Forever
PRO X2® High
Protein Bar



Or you may
substitute for

2 Scoops
Forever Lite®
Mixed with water,
nonfat, almond, rice
or soy milk



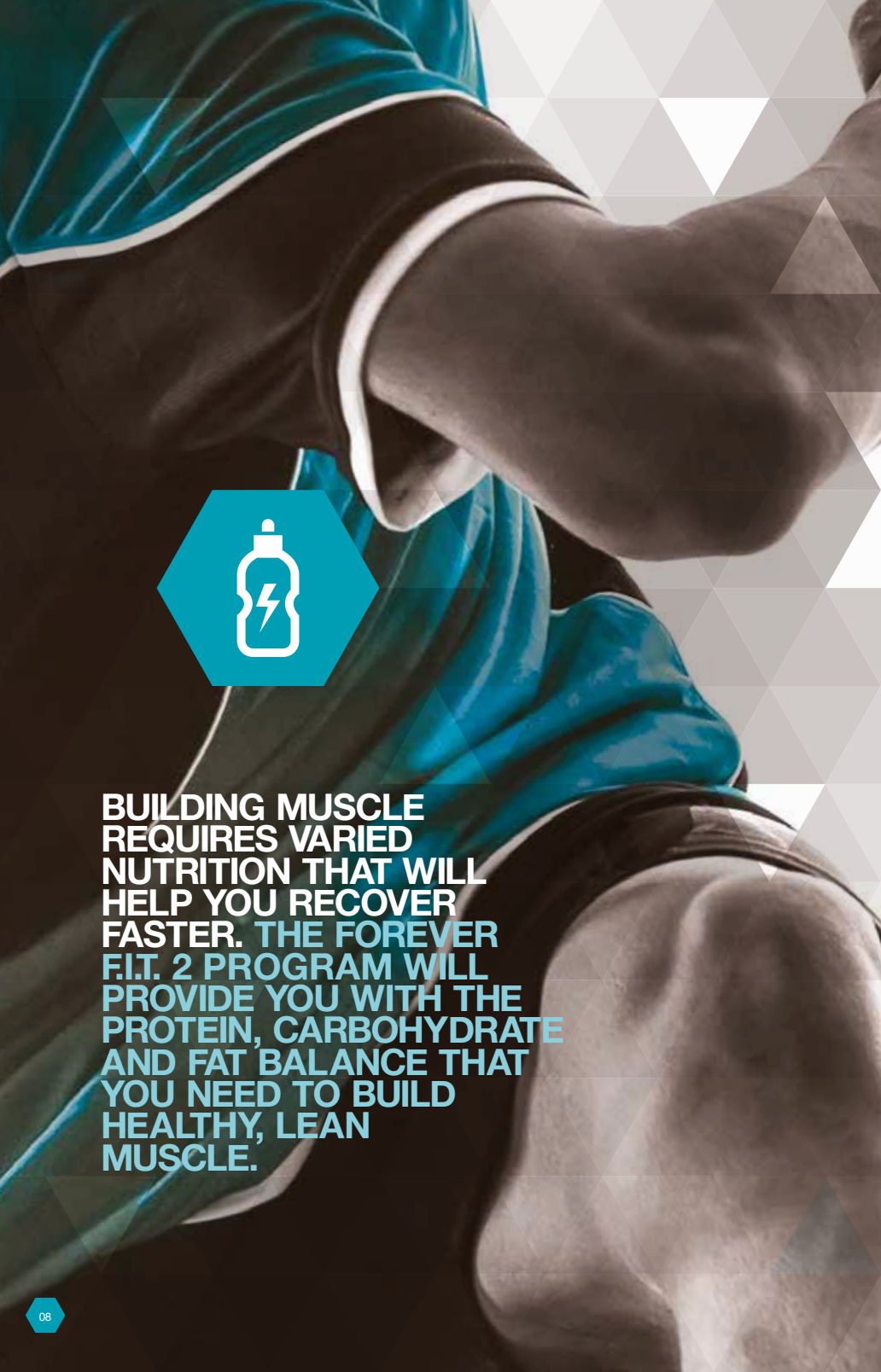
Dinner

1 Forever
Garcinia Plus®
Softgel
Taken 20 minutes
before eating



If you prefer to have
a meal for breakfast, and
a protein shake made with
Forever Lite® for lunch
or dinner, feel free to
make the switch!





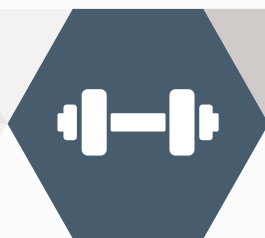
CHALLENGE YOURSELF.

There are many misconceptions about building muscle and how it relates to your nutrition and fitness. Building lean muscle is essential to burning fat. To build and maintain muscle, the body burns more calories, leading to greater fat burn and weight loss. Cardiovascular exercise is important to help burn fat

and support a healthy heart, but should be used in balance with resistance and interval training. It's important to vary your exercise routine to avoid weight loss plateaus.

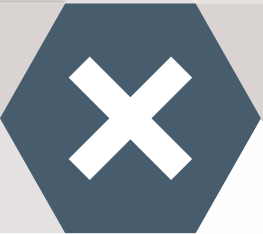


BUILDING MUSCLE REQUIRES VARIED NUTRITION THAT WILL HELP YOU RECOVER FASTER. THE FOREVER FIT. 2 PROGRAM WILL PROVIDE YOU WITH THE PROTEIN, CARBOHYDRATE AND FAT BALANCE THAT YOU NEED TO BUILD HEALTHY, LEAN MUSCLE.



THERE'S NO TIME LIKE THE PRESENT. CHALLENGE YOURSELF TO DO MORE, WORK HARDER AND GET STRONGER THAN YOU EVER THOUGHT YOU COULD!





FIGHTING PLATEAU.

Have you been sticking to the Forever F.I.T. program but feel like your weight loss has slowed or even plateaued? Don't worry, this is nothing that should cause alarm! Plateauing is a relatively common occurrence and can be overcome with one (or a few) easy changes.



IF YOU'RE STILL HAVING DIFFICULTY LOSING THOSE LAST FEW POUNDS, **FOREVER LEAN® (SOLD SEPARATELY) CAN HELP YOU BREAK FREE FROM THE PLATEAU AND KEEP YOU LOOKING AND FEELING BETTER.**



ADDITIONAL FOREVER PRO X2® CAN ALSO BE PURCHASED SEPARATELY TO ACCELERATE YOUR FOREVER F.I.T. 2 PROGRAM. FOREVER PRO X2® HIGH PROTEIN BARS ARE A DELICIOUS SOURCE OF PROTEIN THAT WILL KEEP YOU SATISFIED UNTIL YOUR NEXT MEAL.

TIPS TO HELP YOU STICK TO YOUR DIET.

Adhering to a strict diet can be one of the greatest factors in weight loss. However, social occasions like holidays, celebrations, or dining out, can make sticking to your diet difficult.



There is an easy rule to follow here:

MODERATION

You will undoubtedly be faced with temptation at social gatherings while you're on the Forever F.I.T. program and after. Plan ahead and eat a healthy snack before you go.

While this may not keep you from having any unhealthy foods while you are there, you will be less likely to overindulge because you won't be hungry when you arrive.



WHEN EATING OUTSIDE YOUR HOME, TRY TO PICK A RESTAURANT THAT HAS HEALTHY CHOICES ON THE MENU. IF THIS ISN'T POSSIBLE, DON'T BE AFRAID TO ASK FOR SUBSTITUTIONS. MANY RESTAURANTS CAN PREPARE SOMETHING ON THE GRILL THAT WOULD NORMALLY BE COOKED WITH BUTTER OR OTHER SATURATED FATS, OR ARE HAPPY TO REPLACE CARB FILLED SIDES WITH STEAMED VEGETABLES.

SHOPPING HEALTHY.

Sticking to a diet can be hard with engineered foods and hidden ingredients you may not be considering. Even when you think you are following a diet, there may be things in your food preventing you from reaching your greatest success.



Follow these tips when planning your diet:

BE PREPARED

Plan out your meals for the week and make a list. People who make lists before grocery shopping are 60-70% less likely to make impulse purchases.



Eat a snack. Don't go to the store hungry! Grocery shopping while hungry can greatly increase your likelihood of purchasing unhealthy snacks and meals.



Stick to the perimeter of the grocery store. While not everything found here is healthy (hello, bakery!), fruits, vegetables, meats, whole grains, seafood and food largely without preservatives can be found here. This doesn't mean that everything found on the shelves is bad—simply enjoy these foods in greater moderation.



FOREVER LITE® SHAKE RECIPES.

These tasty recipes will add some variety to your **Forever Lite®** shakes. Packed with protein and antioxidants, they are specially formulated to keep you feeling full and energized for hours. You can also use these shake ideas as a post-workout drink throughout the **Forever F.I.T.** program. It's a healthy and delicious way to stay full and indulge any time you need a low-calorie, nutrient-dense boost.

PEANUT BUTTER CUP

A seemingly decadent treat that is a great way to refuel after a workout.

Combine:
2 scoops of Forever Lite® Chocolate meal replacement / 250 ml unsweetened almond milk / 1 tbsp natural peanut butter / ½ banana / ice / Blend for 20-30 seconds and serve immediately.

280
calories per serving

MANGO BANANA SHAKE

This tropical combination is the perfect reminder of summer!

Combine:
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml unsweetened almond milk / 1 cup packed spinach / 1 banana / ¾ cup frozen mangos / ice / Blend for 20-30 seconds and serve immediately.

317
calories per serving

BANANA BERRY

A refreshing shake that will help you stave off hunger between meals!

Combine:
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml skim milk / ½ banana / ½ cup mixed berries / ice / Blend for 20-30 seconds and serve immediately.

277
calories per serving

ANGEL FOOD CAKE

This light, delicious shake will help fight your dessert cravings!

Combine:
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml unsweetened almond milk / ½ tsp coconut extract / ½ cup vanilla Greek yogurt / ice / Blend for 20-30 seconds and serve immediately.

220
calories per serving

PIÑA COLADA

A refreshing and delicious post-workout protein boost.

Combine:
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml unsweetened coconut milk / 2 tbsp unsweetened shredded coconut / 1 cup frozen pineapple / ice / Blend for 20-30 seconds and serve immediately.

333
calories per serving

MIXED BERRY ALMOND

A refreshing shake packed with protein and good fats.

Combine:
2 scoops of Forever Lite® Vanilla meal replacement / 250 ml unsweetened almond milk / ½ cup frozen strawberries / ¼ cup mixed berries / 2 tbsp natural sliced almonds / ice / Blend for 20-30 seconds and serve immediately.

240
calories per serving

You can substitute **Forever Lite®** Chocolate or Vanilla meal replacement in any shake recipe or experiment and create your own!

BANANA SPLIT SHAKE

Chocolate and creamy, this shake will fill you up and help curb cravings.

Combine:
2 scoops of Forever Lite® Chocolate meal replacement / 1 cup vanilla Greek yogurt / ½ banana / ½ cup frozen strawberries / ice / Blend for 20-30 seconds and serve immediately.

370
calories per serving



Remember, you can use the delicious shake recipes from **Clean 9** and **Forever F.I.T. 1** all the way through the **Forever F.I.T.** program.

FEEL FREE TO SWAP FAT-FREE MILK, RICE MILK, UNSWEETENED ALMOND MILK, UNSWEETENED COCONUT MILK OR UNSWEETENED SOY MILK IN ANY OF THESE RECIPES. CHECK THE LABEL TO ENSURE THAT THE MILK ALTERNATIVE YOU CHOOSE PROVIDES APPROXIMATELY 50 TO 60 CALORIES PER 250 ML.

HAVE A GREAT RECIPE?
SHARE IT WITH US AT
WWW.FACEBOOK.COM/FOREVERNORTHAMERICA

INCREASING YOUR CALORIES.

While it's true that lower calories lead to weight loss, eating too few calories can actually keep you from losing weight. Without the proper fuel, the body can hold onto fat stores in case they are needed. The **Forever F.I.T. 2** diet adjusts your calorie intake to meet the demands of the exercise program and help you build muscle.

MIX AND MATCH THE FOLLOWING RECIPES DURING THE FOREVER F.I.T. PROGRAM TO MEET YOUR CALORIE REQUIREMENT. YOU CAN DECIDE WHICH MEAL TO MAKE YOUR LARGEST. THE FOREVER F.I.T. PROGRAM PROVIDES A VARIETY OF OPTIONS TO ADAPT TO YOUR SCHEDULE!

BREAKFAST.

Breakfast should be your largest carbohydrate meal of the day! Because you haven't eaten for 8-10 hours, there are fewer carbohydrates stored in your muscles. When you eat carbohydrates during your first meal of the day, they are more likely to be converted into energy instead of affecting fat stores in the body, giving you the boost you need for a great workout!

Calories in the **Forever F.I.T.** program may vary slightly depending on the brand of ingredients that you use. For exact calories in each brand you're using, consult a calorie counting app like **MyFitnessPal**.

Recommended calories during Forever F.I.T. 2 for men and women.

1,500-1,700 for women

2,000-2,200 for men

Higher protein consumption is necessary for building muscle when paired with vigorous exercise. Choose your daily calorie requirements within the recommended range based upon your fitness level and exercise intensity.



TURKEY & MUSHROOM

115 g ground turkey, sautéed in a patty with 2 tsp olive oil / 1 large portobello mushroom, steamed / ¼ cup goat cheese / ½ cup oatmeal
Estimated Calories – 569 / Protein 43g / Fat 28g / Carbs 43g / Fiber 9g

STRAWBERRY GRANOLA

½ cup granola / ½ cup almond milk / ½ cup strawberries, sliced
Estimated Calories – 368 / Protein 10g / Fat 16g / Carbs 46g / Fiber 8g

SWISS SCRAMBLED EGGS

6 egg whites, scrambled in 2 tsp olive oil / 2 tbsp Swiss cheese / 2 tbsp flaxseed / 1 cup oatmeal
Estimated Calories – 683 / Protein 44g / Fat 28g / Carbs 69g / Fiber 14g

TURKEY & CHEESE SCRAMBLE

4 egg whites, scrambled with ¼ cup turkey bacon and ½ cup Swiss cheese / ½ cup steamed broccoli / 1 slice whole wheat toast with 1 tbsp jam
Estimated Calories – 368 / Protein 31g / Fat 12g / Carbs 35g / Fiber 5g

SHRIMP & EGGS

4 egg whites, scrambled with 4 large shrimp with 2 tsp olive oil / lemon pepper / 1 cup broccoli, sautéed / ½ cup oatmeal and ¼ cup almond milk, topped with 2 tbsp flaxseed
Estimated Calories – 528 / Protein 30g / Fat 28g / Carbs 52g / Fiber 15g

BASIL SAUSAGE

3 chicken sausages, sliced and sautéed with basil / ½ cup oatmeal / ¼ cup almond milk
Estimated Calories – 731 / Protein 29g / Fat 13g / Carbs 35g / Fiber 7g

BREAKFAST BURRITO

4 egg whites, scrambled with green chilis (or vegetables of choice) / ¼ cup shredded low-fat cheese / 1 whole grain 8 inch wrap / 1 tbsp salsa
Estimated Calories – 358 / Protein 42g / Fat 39g / Carbs 55g / Fiber 5g

ADDITIONAL TIPS

For a quick and easy way to add variety to your breakfast, try:

Scrambling 2 eggs in olive oil with:

- + Chopped turkey bacon / tomatoes / 2 tbsp cheddar cheese / black pepper
- + Chopped onion / bell peppers / 2 tbsp goat cheese / dill
- + Chopped grilled chicken / tomatoes / chives / chopped olives or bell peppers

Mixing 1 cup plain Greek yogurt with:

- + ½ cup granola / fresh berries
- + ¼ cup chopped almonds / diced, fresh mango
- + 1 tsp chopped, fresh mint / fresh berries
- + 1 sliced banana / ¼ cup chopped walnuts



FOREVER LITE[®] PROTEIN PANCAKES

Ingredients: 2 scoops Forever Lite[®] Vanilla / 2 egg whites / ½ cup old fashioned oats / ½ banana / cinnamon / dash of almond milk

Blend all ingredients thoroughly / Heat frying pan to medium heat and coat with coconut oil spray / Pour batter into pan to reach desired pancake size / Cook 1-2 minutes each side

Top with fruit, 2 tbsp pure maple syrup or honey

Estimated Calories – 330 / Protein 10g / Fat 4g / Carbs 31g

LUNCH.

GRILLED CHICKEN WRAP

170 g grilled chicken, sliced / shredded romaine lettuce / **1** medium tomato, sliced / **2 tbsp** plain low-fat yogurt / **1** whole wheat 8 inch wrap
Estimated Calories – 437 / Protein 54g / Fat 12g / Carbs 28g / Fiber 5g

GRILLED ITALIAN SHRIMP

12 large shrimp, sautéed / **1 cup** brown rice / **2 tbsp** parmesan cheese / **¼ cup** bell pepper / **½ cup** broccoli / **2 tbsp** Italian dressing
Estimated Calories – 485 / Protein 28g / Fat 16g / Carbs 57g / Fiber 7g

ALMOND CRUSTED COCONUT CHICKEN

170 g baked, boneless, skinless, chicken coated with **12** almonds, ground fine with **2 tsp** shredded coconut / **2 tsp** olive oil / **1 cup** steamed spinach / **½ cup** cooked quinoa
Estimated Calories – 558 / Protein 60g / Fat 25g / Carbs 25g / Fiber 10g

TUNA ON TOAST

115 g rinsed, drained, canned tuna / **¼ cup** chopped celery / **¼ tsp** dill / juice of **½** lime / **2** leaves romaine lettuce / **2 slices** whole wheat toast / topped with **2 tbsp** flaxseed
Estimated Calories – 409 / Protein 39g / Fat 14g / Carbs 32g / Fiber 10g

CHICKEN & GOAT CHEESE WRAP

115 g grilled chicken / **½ cup** plain goat cheese / **¼ cup** arugula / **½** small tomato, sliced / **½** red onion, sliced / **1 tsp** balsamic vinegar / **1** whole wheat 8 inch wrap
Estimated Calories – 370 / Protein 43g / Fat 11g / Carbs 25g / Fiber 5g

GRILLED SALMON WITH PINEAPPLE SALSA

170 g grilled salmon / **½ cup** chopped pineapple / **½ cup** chopped tomato / **¼ cup** chopped fine red bell pepper / **1 tsp** cilantro / juice of **½** lime / **½ cup** basmati rice / **6** grilled asparagus spears
Estimated Calories – 587 / Protein 44g / Fat 25g / Carbs 47g / Fiber 5g

DINNER.

LEMON & DILL HALIBUT

170 g grilled halibut, seasoned with dill and lemon pepper / **½ cup** quinoa / **½ cup** brussels sprouts, steamed and topped with **2 tbsp** turkey bacon
Estimated Calories – 586 / Protein 40g / Fat 35g / Carbs 26g / Fiber 5g

LEMON PEPPER SALMON

170 g salmon, grilled and seasoned with lemon pepper and cinnamon / **½ cup** brown rice / **1 cup** broccoli, steamed / juice of **½** lemon
Estimated Calories – 511 / Protein 44g / Fat 22g / Carbs 34g / Fiber 7g

ROASTED GARLIC ROSEMARY TURKEY WITH WILD RICE

170 g boneless, skinless turkey breast baked with **1 tsp** rosemary, **2 tsp** olive oil, **1 tsp** minced garlic / **½ cup** cooked wild rice / **½ cup** steamed carrots with juice of **¼** lemon
Estimated Calories – 405 / Protein 50g / Fat 13g / Carbs 24g / Fiber 3g

COCONUT CURRY CHICKEN

170 g boneless, skinless chicken breast, diced and stir-fried in **2 tsp** olive oil / **¼ cup** carrots, diced / **¼** yellow onion, diced / **¼ cup** coconut milk mixed with **¼ tsp** curry powder / **1 cup** brown rice, cooked / sea salt to taste
Estimated Calories – 709 / Protein 58g / Fat 30g / Carbs 52g / Fiber 5g

MEDITERRANEAN GRILLED SEA BASS

170 g sea bass, grilled / **¼ cup** black olives, pitted and chopped / **½** tomato, chopped / **1 tbsp** olive oil / **1 tsp** oregano / **1 tsp** basil / pinch of sea salt / **½ cup** basmati rice
Estimated Calories – 429 / Protein 44g / Fat 22g / Carbs 36g / Fiber 1g

ADDITIONAL TIPS

For a quick and easy way to add variety to your lunch and dinner meals, try:

Grilling or baking **170 g** salmon or other fish (sea bass / tilapia / halibut) in olive oil and topped with:

- + Chopped cucumber / tomatoes / olive oil / dill
- + Minced ginger / lemongrass / soy sauce
- + Chopped avocado / grapefruit / lime juice

Mixing **½ cup** canned tuna, rinsed and drained with:

- + Chopped cucumber / celery / grapes / fresh dill / lime juice

Grilling or baking **170 g** boneless, skinless chicken breast or turkey breast with olive oil and:

- + Fresh minced ginger / grapes / red onions
- + Honey / rosemary / garlic / chopped black olives / chopped tomatoes
- + Rosemary / tarragon / thyme / walnuts / goat cheese

Filling an 8 inch whole wheat wrap with:

- + **½ cup** canned salmon, rinsed and drained / **1 tbsp** Greek yogurt / **1 tsp** fresh dill, chopped / **¼ cup** chopped celery / romaine lettuce leaves
- + **115 g** sliced, grilled chicken / **½** sliced bell pepper / **¼** sliced sweet red onion / **2 tbsp** hummus / romaine lettuce leaves / **½** sliced mango

For healthy snacks, try:

2 rice cakes, topped with:

- + **4 tsp** almond butter / **½** sliced banana
- + **¼ cup** goat cheese / sliced strawberries
- + **¼ cup** goat cheese / sliced cucumbers / dill

1 cup cottage cheese, served with:

- + Sliced oranges / **¼ cup** walnuts
- + **½ cup** fresh berries / **¼ cup** almonds

½ cup hummus, served with:

- + Celery and carrot sticks / snap peas / broccoli florets
- + Sliced apples / pears

¼ cup almonds / sliced apple / **30 g** cheese

Forever Lite® shake (see page 13)



YOUR DAILY ROUTINE FOR FOREVER F.I.T. 2

WARM UP

Each time you exercise, it is essential to take the time to warm up and stretch to ensure an effective workout and reduce the possibility of injury. Complete the following to properly warm up your body.

- + 30 BACKWARD HIGH KNEES
- + 30 ANKLE WALKS
- + 30 FORWARD ARM CIRCLES
- + 30 BACKWARD ARM CIRCLES
- + 30 HIP CIRCLES
- + 30 STANDING ALTERNATE LEG RAISES

DON'T FORGET TO STRETCH

After working out, stretching is very important to help increase blood and nutrient supply to your muscles, reduce muscle soreness, support flexibility and lengthen muscle fibers and tissue. Complete the following stretches after each workout.

- + QUAD STRETCH
- + CALF STRETCH
- + TRICEPS STRETCH
- + BACK STRETCH
- + SHOULDER STRETCH
- + HIP FLEXOR STRETCH
- + HAMSTRING STRETCH
- + BICEP STRETCH
- + IT BAND STRETCH
- + CHEST STRETCH
- + ABDOMINAL STRETCH
- + GLUTE STRETCH

CARDIO

Throughout the Forever F.I.T. program, you'll be asked to complete **cardiovascular exercises**. Cardio refers to any movement that helps increase heart rate and blood circulation. Cardio exercise can help boost metabolism, help support a healthy heart and can help you recover more quickly after strenuous exercise.

Cardio includes:

- + RUNNING
- + HIKING
- + AEROBICS
- + TREADMILL
- + CYCLING
- + DANCING
- + SWIMMING
- + KICKBOXING
- + ELLIPTICAL OR STAIR STEPPER MACHINE

Please consult with a licensed physician or other qualified healthcare professional for more in-depth information before beginning any exercise program or using any natural health product.

To be effective...
each stretch must be held for a minimum of 30 seconds. You may not need each stretch after each workout.

TO SEE PHOTOS AND VIDEOS OF ALL WARM-UPS, STRETCHES AND EXERCISES IN THE F.I.T. PROGRAM, VISIT WWW.DISCOVERFOREVER.COM

THE IMPORTANCE OF HEART RATE



Monitoring your heart rate while you're exercising can help you determine if you're doing too much or not enough. A heart rate monitor will automatically monitor your heart rate, or you can determine it yourself with the following calculations:

- + FOR THE F.I.T. PROGRAM, CALCULATE YOUR TARGET HEART RATE BY SUBTRACTING YOUR AGE FROM 180. FOR EXAMPLE, A 40 YEAR OLD'S TARGET HEART RATE WOULD BE 140. $(180-40=140)$.
- + TAKE YOUR PULSE ON THE INSIDE OF YOUR WRIST OR ON THE SIDE OF YOUR NECK DURING EXERCISE.
- + COUNT YOUR PULSE FOR 10 SECONDS AND MULTIPLY BY 6 TO FIND YOUR BEATS PER MINUTE. THIS IS HOW YOU CALCULATE YOUR HEART RATE DURING EXERCISE.


NOW YOU'RE READY TO GO THROUGH YOUR EXERCISES.



Use your target heart rate and your calculated heart rate during exercise to determine the correct intensity for your cardio exercise.

Simply multiply your target heart rate by the percent listed in the exercise plan and compare to your heart rate during exercise. Increase or decrease intensity as needed.



THE FOREVER F.I.T. 2 FITNESS PLAN REQUIRES DUMBBELLS OR RESISTANCE BANDS. WHERE DUMBBELLS OR RESISTANCE BANDS ARE NEEDED YOU WILL SEE  IN THE FITNESS PLAN. OTHER EXERCISES MAY BE MODIFIED BY ADDING RESISTANCE AS YOU BUILD STRENGTH TO HELP INCREASE LEAN MUSCLE MASS AND BURN FAT.


DAY 1

Estimated
Caloric Burn
Female/375
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)

REPEAT 3 TIMES:

- + 30 Squat & Press 
- + 30 Jumping Jacks
- + 30 Upright Rows 
- + 30 Close Grip Push-ups
- + 30 Sec Side Plank (each side)
- + 60 Sec Plank
- + 15 OH Forward Lunges (each side) 
- + 25 Push-ups
- + 25 Upright Rows 
- + 60 Sec Side Lunges
- + 60 Sec High Knees
- + 10 Burpees
- + 15 Bicep Curls 
- + REST FOR 60 SEC
- + STRETCH

DAY 4

Estimated
Caloric Burn
Female/350
Male/500

WARM-UP:

- + 2 Min Jump Rope

REPEAT 3 TIMES:

- + 20 Burpees
- + 30 Jumping Jacks
- + 30 Crunches
- + 30 Squat & Press 
- + 15 Bicep Curls 
- + 30 Side Sit-ups (each side)
- + 60 Sec Side Crunches
- + 30 Push-ups
- + 30 Diamond Push-ups
- + 20 Side Lunges (each side)
- + 60 Sec Plank
- + 60 Sec High Knees
- + 12 Burpees
- + REST FOR 60 SEC
- + STRETCH



DAY 7

Estimated
Caloric Burn
Female/550
Male/700

WARM-UP:

- + 2 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Squats
 - + 30 Jumping Jacks
 - + 40 Sit-ups
- ## REPEAT 3 TIMES:
- + 30 Push-ups
 - + 30 Side Sit-ups (each side)
 - + 60 Sec Bicep Curls 
 - + 15 OH Forward Lunges (each side) 
 - + 30 Dips
 - + 20 Mountain Climbers
 - + 60 Sec Side Crunches
 - + 60 Sec High Knees
 - + 12 Burpees
 - + REST FOR 60 SEC
 - + STRETCH

DAY 9

Estimated
Caloric Burn
Female/600
Male/800


WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 30 Min Cardio (100% target heart rate)

REPEAT 4 TIMES:

- + 30 Side Lunges (each side)
- + 30 Diamond Push-ups
- + 30 Sit-ups

REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 60 Sec Plank
- + 15 OH Backward Lunges (each side) 
- + 30 Dips
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 12 Burpees
- + REST FOR 60 SEC
- + STRETCH

DAY 2

Estimated
Caloric Burn
Female/400
Male/500

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 40 Min Cardio
(80%-90% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 5

Estimated
Caloric Burn
Female/400
Male/550

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 35 Min Cardio
(115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 8

Estimated
Caloric Burn
Female/400
Male/550

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 35 Min Cardio (115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 10

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.

DAY 3

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.

DAY 6

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.

Don't worry,
life challenges
happen.

If you get off schedule with the Forever F.I.T. fitness plan, just make time to get back on track as soon as you can! The important thing to remember is to take 2 days to rest each week and alternate cardio with weight lifting and resistance exercise.

DAY 11

Estimated
Caloric Burn
Female/400
Male/500

WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 35 Min Cardio (120% target heart rate)
- + REST FOR 60 SEC
- + STRETCH



DAY 12

Estimated
Caloric Burn
Female/550
Male/700



WARM-UP:

- + 5 Min Jump Rope

REPEAT 4 TIMES:

- + 60 Sec V Crunches
- + 60 Sec Ice Skaters
- + 30 Sit-ups
- + 20 Push-ups
- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)

REPEAT 3 TIMES:

- + 30 OH Backward Lunges (each side) 
- + 30 Diamond Push-ups
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 15 Bicep Curls 
- + 30 Sec Flutterers
- + 30 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

DAY 13

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 14

Estimated
Caloric Burn
Female/400
Male/500

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 35 Min Cardio
(120% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 15

Estimated
Caloric Burn
Female/500
Male/600


WARM-UP:

- + 5 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Sec Flutterers
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 20 Diamond Push-ups

REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)
- + 15 Bicep Curls 
- + 30 Crunches
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 30 Sec Squat & Press 
- + 30 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

DAY 16

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 17

Estimated
Caloric Burn
Female/400
Male/300

WARM-UP:

- + 35 Min Cardio
(105% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 18

Estimated
Caloric Burn
Female/600
Male/800

WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 25 Min Cardio (105% target heart rate)

REPEAT 4 TIMES:

- + 30 Sec Side Lunges
- + 30 Ice Skaters (each side)
- + 30 Bicep Curls 
- + 20 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)
- + 15 OH Backward Lunges (each side) 
- + 30 Dips
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 30 Sec Flutterers
- + 30 Sec Scissors
- + 30 Sec Crunches
- + REST FOR 60 SEC
- + STRETCH

DAY 19

Estimated
Caloric Burn
Female/600
Male/800



WARM-UP:

- + 5 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Burpees
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 25 Diamond Push-ups

REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Backward Lunges (each side) 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec Bicep Curls 
- + 15 Squat Jumps

REPEAT 4 TIMES:

- + 45 Sec Flutterers
- + 45 Sec Scissors
- + 45 Sec Side Crunches
- + REST FOR 60 SEC
- + STRETCH

DAY 20

Estimated
Caloric Burn
Female/450
Male/325

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 40 Min Cardio
(100%-115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH



Remember to drink plenty of fluids to avoid dehydration.

DAY 21

Estimated
Caloric Burn
Female/300
Male/400

WARM-UP:

- + 5 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Squats
- + 25 Diamond Push-ups
- + 20 Backward Lunges (each side)
- + 30 Side Lunges (each side)
- + 15 Upright Rows 
- + 30 Bicep Curls 
- + 25 Mountain Climbers
- + 60 Sec High Knees
- + 20 Burpees
- + 20 Dips
- + REST FOR 60 SEC
- + STRETCH

DAY 24

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 26

No workout. Why? Taking time to rest the body and recover muscles is just as important as getting regular exercise.



DAY 28

Estimated
Caloric Burn
Female/300
Male/400

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 37 Min Cardio
(100%-120% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

DAY 29

Estimated
Caloric Burn
Female/350
Male/500

WARM-UP:

- + 2 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Ice Skaters (each side)
- + 20 Push-ups
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Forward Lunges (each side) 
- + 30 Sec Backward Lunges
- + 20 Upright Rows 
- + 30 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 60 Sec Side Crunches
- + 60 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

DAY 22

Estimated
Caloric Burn
Female/325
Male/450

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 40 Min Cardio
(100%-115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH



DAY 25

Estimated
Caloric Burn
Female/600
Male/800

WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 20 Min Cardio (105% target heart rate)

REPEAT 4 TIMES:

- + 30 Squat Jumps
- + 30 Ice Skaters (each sides)
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Forward Lunges (each side) 
- + 15 Squat & Press 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 45 Sec Flutters
- + 45 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

DAY 27

Estimated
Caloric Burn
Female/600
Male/800

WARM-UP:

- + 2 Min Jump Rope

REPEAT 4 TIMES:

- + 30 Sit-ups
- + 25 Push-ups
- + 30 Crunches
- + 45 Sec Side Plank (each side)
- + 15 Side Lunges (each side)
- + 30 Upright Rows 
- + 15 Squat & Press 

REPEAT 3 TIMES:

- + 30 Mountain Climbers
- + 60 Sec Plank
- + 20 Squat Jumps

REPEAT 4 TIMES:

- + 60 Sec High Knees
- + 15 Burpees

REPEAT 3 TIMES:

- + 60 Sec Flutters
- + 20 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

DAY 23

Estimated
Caloric Burn
Female/600
Male/800

WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 15 Min Cardio (180-Age) (95%)

REPEAT 4 TIMES:

- + 20 Burpees
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups
- + 45 Sec Side Plank (each side)
- + 30 Squat & Press 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 60 Sec Jumping Jacks
- + 60 Sec Burpees
- + REST FOR 60 SEC
- + STRETCH

DAY 30

Estimated
Caloric Burn
Female/300
Male/400

WARM-UP:

- + 5 Min Cardio
(Heart Rate 130-140)
- + 35 Min Cardio
(100%-120% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

CONGRATULATIONS!

ON COMPLETING THE FOREVER F.I.T. PROGRAM AND PROVING YOUR DEDICATION TO LOOKING AND FEELING BETTER.



Share your results. Visit: www.facebook.com/forevernorthamerica and share your success with the Forever F.I.T. program, connect with others and learn more great tips on how to look better and feel better.

WHAT'S NEXT?



Satisfied with your weight? Fantastic! Proper nutrition is essential to maintaining your newfound weight loss. **Vital⁵** is advanced nutrition made simple with five essential Forever products that form a powerful nutrient superhighway to support your health and help you maintain your weight.*

ACCELERATE YOUR VITAL⁵™ WITH THESE FOREVER F.I.T. PRODUCTS AS DESIRED FOR OPTIMAL RESULTS.



Forever Garcinia Plus®

Forever Lean®

Forever Therm®

Forever PRO X2®

Forever Life®



IF YOU DON'T FEEL THAT YOU'VE REACHED THE END OF YOUR WEIGHT LOSS JOURNEY, FOREVER F.I.T. WAS DESIGNED TO WORK OVER AND OVER UNTIL YOU ACHIEVE THE RESULTS THAT YOU DESERVE. UTILIZE THE PHASES OF THE FOREVER F.I.T. PROGRAM HOWEVER THEY BEST SUIT YOUR NEEDS. BEGIN AGAIN WITH THE CLEAN 9 PROGRAM, START WITH FOREVER F.I.T. 1 OR SKIP RIGHT TO FOREVER F.I.T. 2. IT'S UP TO YOU.

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