

FOUNDATIONS

GO FROM GROUND
ZERO TO
SUPERHERO!



By Jeff McDaniel

Learn The Basics Of Core Training, Flexibility &
Balance PLUS Workout Consistency With This
21-Day Foundational Program

Disclaimer: This manual is not intended for the treatment or prevention of disease, nor is it a replacement for seeking medical treatment or professional fitness advice. Do not start any nutrition or physical activity program without first consulting your physician. The use of this program is at the sole risk of the reader. The author is neither responsible nor liable for any harm or injury resulting from the use of the program.

No portion of this manual may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage and retrieval system by anyone but the purchaser for their own personal use. This manual may not be reproduced in any form without the express written permission of FastFit LLC, except in the case of a reviewer who wishes to quote brief passages for the sake of a review written for inclusions in a magazine, newspaper, or journal – and these cases require written approval from FastFit, LLC prior to publication. For more information, please contact:

Jeff McDaniel

FastFit, LLC

1520 Macon Drive, Little Rock, AR, 72211

501-425-0661

Welcome To Foundations

So what is FOUNDATIONS? In simple terms, I created this program for the **true beginner** who needs a starting point OR someone who is looking to get back to the basics and lay a rock solid foundation to build upon. This is 21 days of building a base and developing a consistent routine to jumpstart your fitness program.

I did not create this for the hardcore individual who is already consistently working out. If that is you, I recommend programs like the [Kettlebell Club \(KC\)](#) to take your fitness to the next level.

jeff@fastfitbootcamps.com

THE EXERCISES



BOX SQUATS

The Box Squat is such a great foundational version of the squat. Too often the way we squat puts a stress load on our back and knees and can cause some serious problems down the road. Find a chair, bench or box you can sit on with your thighs parallel to the floor and use that as your starting point.

Watch The Demo Video Here:





SPIDER-MAN LUNGE

One of the moves I want you to do multiple times each day is the World's Greatest Stretch aka "The Spider-man Lunge". This may be the single best corrective stretch to keep you off the injury list and keep you in the fitness game for a lifetime. Shoot for a 3-Point approach with this one, meaning do it morning , noon and night.

Watch The Demo Video Here:





FRONT PLANK

The classic plank is your starting point to doing push-ups, presses, etc. It's also an easier position I have found for those who struggle with performing push-ups since it's essentially a short-lever version of a push-up hold. That means easier on the shoulders & arms and harder on the abs! Start with performing a :60 plank hold. If you can't hold for :60 just do six :10 holds until you can work your way to a full minute.

Watch The Demo Video Here:





STEP-UPS

The step-up is one of the best lower body exercises on the planet. Period. It's easier than its counterpart the lunge and is truly one of the most functional moves you can do providing single leg balance, trains the hip/glutes and helps bulletproof the knees from injury. Best done for 1-2 minutes per side. Start with a low step and work your way up!

Watch the Demo Video Here:





HOLLOW BODY HOLD

When I say foundations, this is LITERALLY a foundational exercise in gymnastics. This teaches total body stability head through spine and all the way to your feet and will have major applications for every other exercise you do. Start with the beginner level and work up to being able to :30 - :60 with little effort before moving on to the more advanced versions.

Watch The Demo Video Here:





THE BRIDGE

The glute bridge or hip thrust is the foundation to practically every lower body exercise. It's a simple move yet it teaches you how to get movement through this hips rather than the back, trains your glutes how to fire and when it comes to bodyweight training it's critical to work the back of the body. You can start with a simple bridge and follow the progressions into the Hollow Body Bridge.

Watch The Demo Video Here:



THE WORKOUTS



FOUNDATIONS 21-DAY CALENDAR

Below is a three-week template for the true beginner to follow and learn the foundations of a training program:

- *Week 1, master Level 1 of each exercise.*
- *Week 2 build upon your base you set in the first week.*
- *Week 3 = Go for it! It's the final week of the program so challenge yourself to see what you can accomplish.*

Wk	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Mobility Minute Workout A: Step-ups 30-min Walk	Mobility Minute 30-min Walk	Mobility Minute Workout B: Strength 30-min Walk	Mobility Minute 30-min Walk	Mobility Minute Workout C: Core Workout 30-min Walk	Mobility Minute 30-min Walk	Spa Day
2	Workout A 45-min Walk	Mobility Minute 45-min Walk	Mobility Minute Workout B 45-min Walk	Mobility Minute 45-min Walk	Mobility Minute Workout C 45-min Walk	Mobility Minute 45-min Walk	Spa Day
3	Mobility Minute Workout A 60-min Walk	Mobility Minute 60-min Walk	Mobility Minute Workout B 60-min Walk	Mobility Minute 60-min Walk	Mobility Minute Workout C 60-min Walk	Mobility Minute 60-min Walk	Spa Day



WORKOUT ROUTINES

Workout A: Metabolic Step-Ups

Minute 1: Step-up (L)

Minute 2: Step-up (R)

Minute 3: Step-up (L)

Week 1:

[Click Here To Watch Instructional Video:](#)



Workout B: Upper/Lower Body Strength

Minute 1: Box Squat/Box Squat Jump

Minute 2: Mobility Push-up

Minute 3: Band Pull-Apart

Minute 4: Rest

Week 1: 3 rounds

Week 2: 4 rounds

[Click Here To Watch Instructional Video:](#)



Workout C: Core Development

Minute 1: Front Plank Progress

Minute 2: Hollow-Body Bridge Progression

Minute 3: Side Plank (L) Progression

Minute 4: Hollow-Body Bridge Progress

Minute 5: Side Plank (R) Progression

Minute 6: Rest

Repeat 2x For A 12 Minute Workout

Click Here To Watch Instructional Video:



Workout C: Mobility Minute

Minute 1: Front Plank Progress

Minute 2: Hollow-Body Bridge Progression

Minute 3: Side Plank (L) Progression

Minute 4: Hollow-Body Bridge Progress

Minute 5: Side Plank (R) Progression

Minute 6: Rest

Repeat 2x For A 12 Minute Workout

Click Here To Watch Instructional Video:



Personal Trainer In The Palm Of Your Hand!

Get access to all the legendary 28-day FastFit programs, express workouts, and supportive nutrition right from your smartphone, laptop or TV!

[FastFitTV](#)



Mobile Apps

FASTFIT TV

The Best 20-Minute Workouts In Town Right From The Palm Of Your Hand!

EXPRESS
The Best 20-Minute Workouts For Fat Loss, Definition and Metabolic Conditioning

EXPRESS
4 Seasons

February 2023 EXPRESS A

is the instructional video for February's PRESS A. Please be sure to make your post-work report in the comments section below the list.

WU: Custom Interval Timer
Go to [Home](#) | [Intermittent.com/fitness/1488886](#)
February-2023-express-a

FASTFIT

Free 30-Day Trial

Search ...

Take Bodyweight Training To The Next Level!

Resistance Bands are the most versatile and portable training tools around. Lightweight and durable they are essential fitness tools for training at home or when traveling. Try the Quantum Band from Resistance Band Training for the best bands in the business!

[https://rbt.infusionsoft.com/
go/rsb/jeff/](https://rbt.infusionsoft.com/go/rsb/jeff/)

