

# GETTING STARTED

## WHAT IS IT?

ACTIVE TOGETHER is an innovative 60-minute workout that improves cardiovascular fitness, builds total body strength and enhances movement health for daily life. Inspiring music and supportive coaching will insure you succeed with simple, athletic exercises that use dumbbells, bodyweight and The STEP®.

## WHAT WILL I DO?

In 60 minutes you'll do it all: cardio, strength, balance and flexibility! This will be achieved over 11 tracks that each have a specific focus. Each track has motivating music that will guide you through your workout:

1. Cardio Warm-Up – Gets you loose, warm and ready to go for the workout with some basic movements.
2. Cardio Basics – The cardio work starts to build and sweat starts to drip as we use The STEP® to increase heart rate.
3. Cardio Intervals – Two words: lunges and legs! Cardio training goes up another notch with interval training mixed in to focus on lower body strength.
4. Cardio Peak – 20 minutes of cardio training is completed with a bang in this high-energy track that contains athletic step movements.
5. Active Recovery – Simple movements bring your heart rate down and prepare you for strength training.
6. Back & Legs – Using dumbbells, exercises such as dead rows, reverse flies, lunges and squats are performed to make you stand taller and stronger!
7. Chest – Now we move to the front of your body with dumbbell exercises such as chest presses, chest flies and even a few push-ups!
8. Arms – Finish off the upper body by using small muscle group exercises, such as bicep curls, tricep presses, tricep extensions and shoulder presses. Your arms will become leaner and stronger.
9. Balance – Focuses on improving your balance to assist in your coordination, athleticism and posture – it will make you smile!
10. Core – The final strength track ensures that your core muscles become strong so you can accomplish more. Plus, your abs will look great!
11. Flexibility – Stretching ensures flexibility and recovery, so you can be ready for your next Active Together workout!

## IS IT FOR ME?

Active Together is perfect for:

- Anyone who is new to exercise and/or has not exercised in a long time.
- Those that are unsure of where to begin with exercise.

- Infrequent exercisers who want a well-rounded workout.
- Individuals with busy schedules who need a comprehensive and time-efficient workout.
- The experienced exerciser who wants to be able to work hard and do it all in one hour.

## HOW OFTEN SHOULD I DO IT?

Active Together is designed to be done one to three times per week. You should allow your body at least 24 hours of rest between workouts so that your muscles can recover and become stronger.

## HELPFUL HINTS

Remember that your first workout only happens once. After attending Active Together three times, you will get into the rhythm of things and should feel like a pro. These tips will ensure your success in your first few workouts:

- Wear comfortable workout clothing and comfortable athletic shoes.
- Bring a towel and water bottle.
- Arrive 15 minutes before the workout and introduce yourself to the instructor. The instructor will help you set up your equipment and answer any questions you may have to help put you at ease.
- Stand close to the center of the room so you are able to see the instructor clearly. Have a couple other participants in front of you because they can help provide visual information about the movements.
- Your instructor will coach you and include exercise options to ensure your success.
- Speak with the instructor at the end of the workout to ask questions and to check in about your experience.

## HOW WILL I FEEL?

You may feel apprehensive or nervous before your first workout. No one likes to be "new" at anything. Active Together instructors are trained to help you feel successful, so be sure to let them know that you are new to the workout.

During the first few workouts, you may feel awkward and even uncoordinated at times. After this, you will feel more comfortable because you will be familiar with the workout format, terminology, exercise and equipment. Start with light weights and the 4" STEP platform with no additional risers. Be prepared to get warm and break a sweat. As soon as you become more confident, you'll be able to increase the intensity of the workout to suit your specific needs.

After the workout you will feel a sense of success from getting your first workout under your belt. It is important to know that you may be sore for several days afterwards because your body is adjusting to the new demands on your muscles. This is perfectly normal. Enjoy the sore muscles; you earned them!



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FOR HEALTHY LIVING  
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# GET HEART & MUSCLE STRONG

**Active Together**

Active is an innovative workout that improves cardio fitness, total-body strength, and movement health with dumbbells, body weight, and The STEP®.