



*Mix & Match*

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**WORKOUT  
+ BUILDER**

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EASY+EFFECTIVE  
**CUSTOM**  
*Program*



# WELCOME

## Welcome

Ready for some FUN, NEW, RESULTS-GETTING workouts that you can do anywhere, any time?

We've got the perfect tool to keep your workouts feeling fresh, challenging, and right on-track.

## It's the Mix & Match Workout Builder!

We created it to help you with workouts that:

- ✔ Are fast
- ✔ Are effective
- ✔ Can be done at home, at the park, in the studio, or on the road
- ✔ Require minimal equipment

PLUS ... these workouts will keep you feeling energized, fit, and strong.

For even more motivation, tips, and inspiration, be sure to join our [Facebook Group](#) if you're not already a member.

At Body Fixers, we help our clients create a lifestyle that helps them live each day to its fullest!

Let's get moving!

*Garvin Walsh*

[gavin@mybodyfixers.com](mailto:gavin@mybodyfixers.com)





# How

## THE MIX & MATCH BUILDER WORKS

We used a time-tested formula to create your **Mix & Match Workout Builder**. The workouts are specifically sequenced in a way that will:

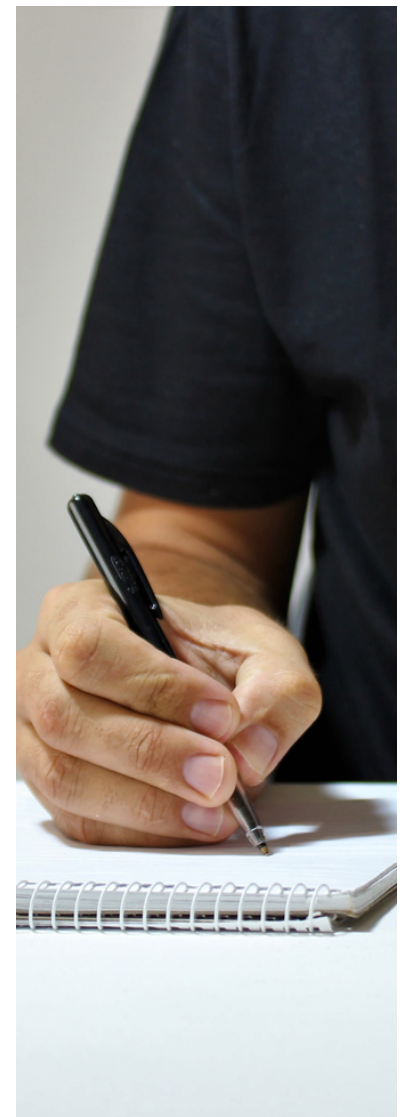
- ✓ Rev your heart rate (and metabolism),
- ✓ Strengthen your muscles, and
- ✓ Help burn fat...

in a short amount of time, helping you to become fitter, stronger and more mobile.

That's because the workouts are designed around metabolic conditioning circuits that use a technique called **peripheral heart action training**.

The circuits are incredibly effective because they make your body go into overdrive as you switch between exercises that work your upper body, core, and lower body.

**THE KEY:** Keep moving at a pace where you can still keep great form - but also feel challenged.



# *Our Clients Get* **AMAZING RESULTS.**



**Sarah Before**



**Sarah After**

# YOUR MIX & MATCH

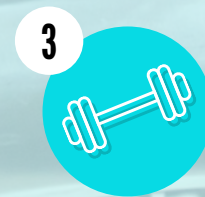
## CIRCUIT FORMULA



**CARDIO EXERCISE**  
(30-60 seconds)



**REST**  
(30 seconds)



**UPPER BODY EXERCISE**  
(30-60 seconds)



**REST**  
(30 seconds)



**LOWER BODY EXERCISE**  
(30 seconds)



**REST**  
(30 seconds)



**CORE EXERCISE**  
(60 seconds)



**REST**  
(1 minute)



**REPEAT ALL**  
(desired amount of time)



**SAMPLE**

# CARDIO

*Cardio*

**EXERCISES**

Click each one for a visual example!

[BRISK WALKING, JOGGING,  
OR SPRINTING](#)

[PUNCH JACKS](#)

[HIGH KNEES](#)

[MOUNTAIN CLIMBERS](#)

[KETTLEBELL OR  
DUMBBELL SWINGS](#)

[LATERAL HOPS](#)

[FAST FEET](#)

[JUMPING JACKS](#)

[VERTICAL MOUNTAIN CLIMBER](#)

[1-2-3 HEISMAN](#)

[BURPEES](#)

[TREADMILL, BICYCLE  
OR ELLIPTICAL INTERVALS](#)

[HIGH KNEES](#)

[LATERAL SLIDES](#)



# SAMPLE

# UPPER BODY

## Upper Body

## EXERCISES

Click each one for a visual example!

[PUSH-UPS](#)

[PULL-UPS](#)

[DUMBBELL ROWS](#)

[CHEST PRESS](#)

[REVERSE FLYS](#)

[TRICEP DIPS](#)

[UPRIGHT ROWS](#)

[DUMBBELL OVERHEAD PRESSES](#)

[DUMBBELL BICEP CURLS](#)

[FRONT RAISE](#)

SAMPLE

# LOWER BODY

EXERCISES

Click each one for a visual example!

[SQUATS](#)

[LUNGES](#)

[DONKEY KICKS](#)

[BULGARIAN SQUAT](#)

[GLUTE BRIDGES](#)

[DEADLIFTS](#)

[JUMP SQUATS](#)

[STEP UPS](#)



**SAMPLE**

# CORE

*Core*

**EXERCISES**

Click each one for a visual example!

[PLANK](#)

[RUSSIAN TWIST](#)

[ROLLING PLANK](#)

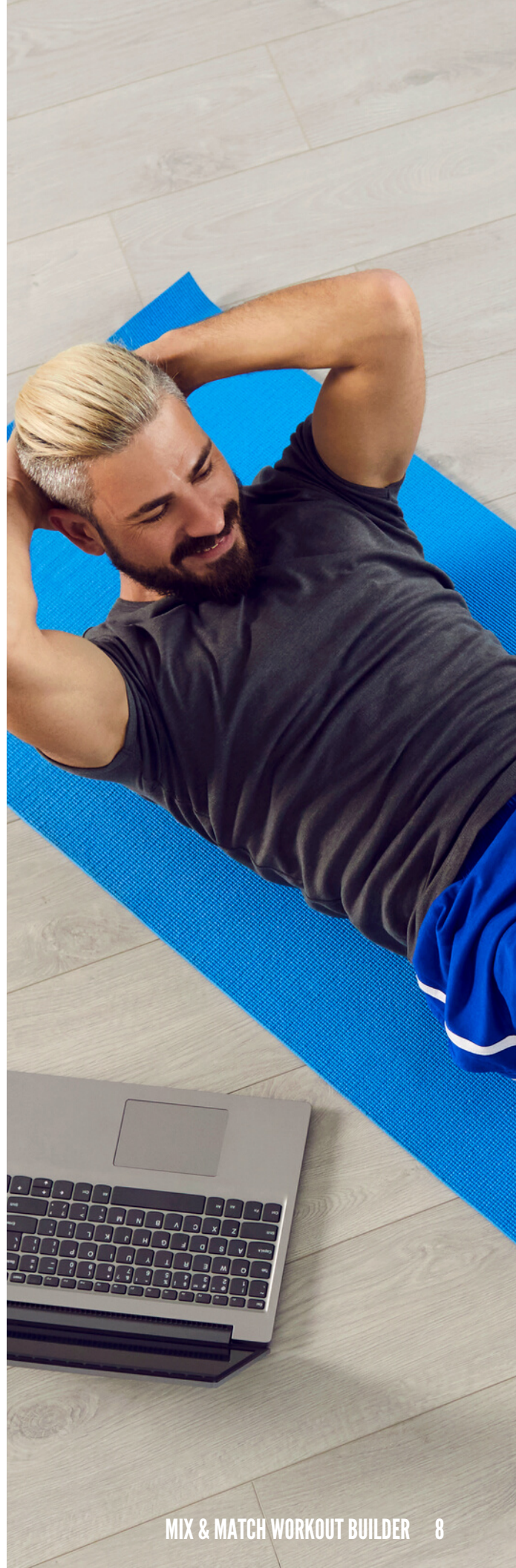
[SIDE PLANK](#)

[AB BICYCLES](#)

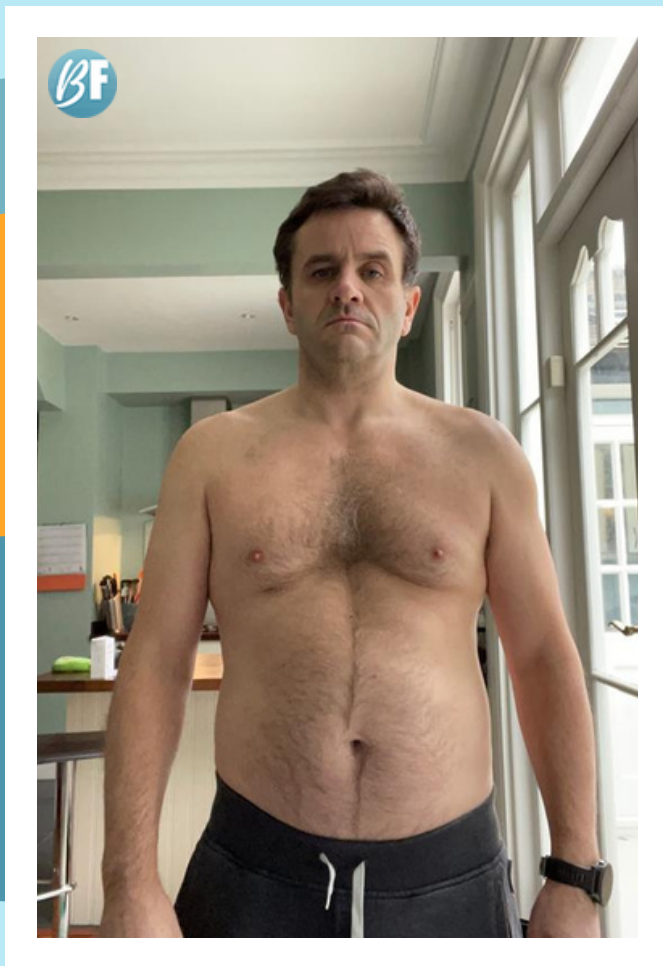
[SPIDERMAN PLANK](#)

[SUPERMANS](#)

[HIP UPS](#)



# *Our Clients Get* **AMAZING RESULTS.**



**Ian Before**



**Ian After**

## PUTTING IT ALL

# TOGETHER

*Together*

Here's how to make the most of your Mix & Match Workout Builder:

Choose 1 exercise from each section of the circuit (1 cardio, 1 upper body, 1 lower body, 1 core, and 1 more cardio).

Write your exercises on a piece of paper so you always know what your next exercise is.

Load up a playlist of your favorite workout songs, because ....

... it's go time!



**5 MINUTE  
WARMUP**



**MIX & MATCH  
CIRCUITS**



**5 MINUTE  
COOLDOWN**



**WORKOUT  
DONE**

Warm up for 5-8 minutes with cardio and bodyweight movements (walking, squats, arm circles, etc.) that gets your blood flowing and warms up your muscles and joints.

Complete your Mix & Match circuit nonstop (including the rest periods!) for a total of 15-30 minutes. Listen to your body and take more breaks if needed.

Cool down for 5-8 minutes with light movement and stretches to bring your heart rate back to normal.



**HOW MANY**

# CIRCUITS

*Circuits*

**SHOULD YOU DO?**

## **OPTION 1**

If you're doing your exercises for 30 seconds, each circuit will take about 5 minutes.

**3 rounds = 15 minutes**  
**4 rounds = 20 minutes**

## **OPTION 2**

If you're doing your exercises for 60 seconds, each circuit will take 6½ minutes.

**3 rounds = about 20 mins**  
**4 rounds = 26 minutes**



## A FEW IMPORTANT

# EXTRAS

- ✔ Not every workout needs to be “killer” or super intense. If you work out hard one day, think about going a little easier the next.
  - ✔ As a general rule, give muscle groups 48 hours off between challenging workouts (i.e., if you do a hard leg workout on a Monday, wait until at least Wednesday to train them again).
  - ✔ If body composition change is a goal, make sure your food intake is in alignment with that is a goal. We can help. Our 1:1 Custom Coaching program can help you find the perfect balance for results – without feeling deprived. It has helped hundreds of people just like you melt away stubborn fat without any crazy diet shenanigans or brutal workouts.
- Health guidelines recommend getting at least 150 minutes a week of moderate-intensity activity, and at least 2 days a week of activities that strengthen muscles.
- ✔



EVERYTHING'S EASIER WHEN YOU HAVE A

# COACH

*Behind You.*

- ✔ Fitting into old clothes – and brand-new ones, too.
- ✔ Better skin
- ✔ More Energy
- ✔ And plenty more!

## AND IT GETS EVEN BETTER...

- ✔ A proven plan – no more guesswork!
- ✔ Weekly action plans
- ✔ Coaching to help you through the rough spots
- ✔ Next level accountability



Our 1:1 coaching works because it's about uncovering what works for YOU with our time-tested custom coaching protocol. If you're serious about transforming your body, then speak to a coach today.

## MAKING A HEALTHY LIFESTYLE

# EASY

*Easy*

At Body Fixers, our mission is to help our clients feel fit, healthy and strong in ways that work with their lifestyle.

As thank you for downloading this ebook, we have a special gift for you.

Use the coupon code below to claim 50% of your first month with us!



We'd love to be part of your journey.

*Garin Walsh*

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