



Mix & Match

**WORKOUT
+ BUILDER**

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





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:

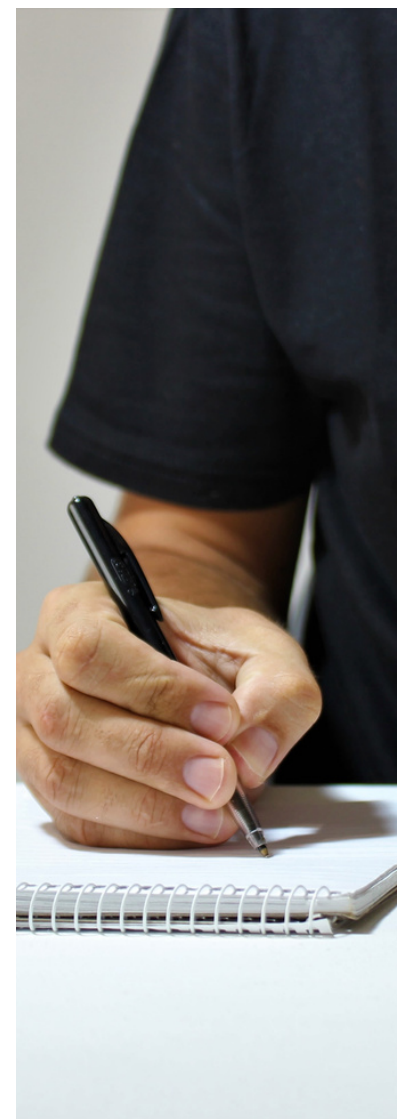
- ✓ Rev your heart rate (and metabolism),
- ✓ Strengthen your muscles, and
- ✓ Help burn fat...

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.

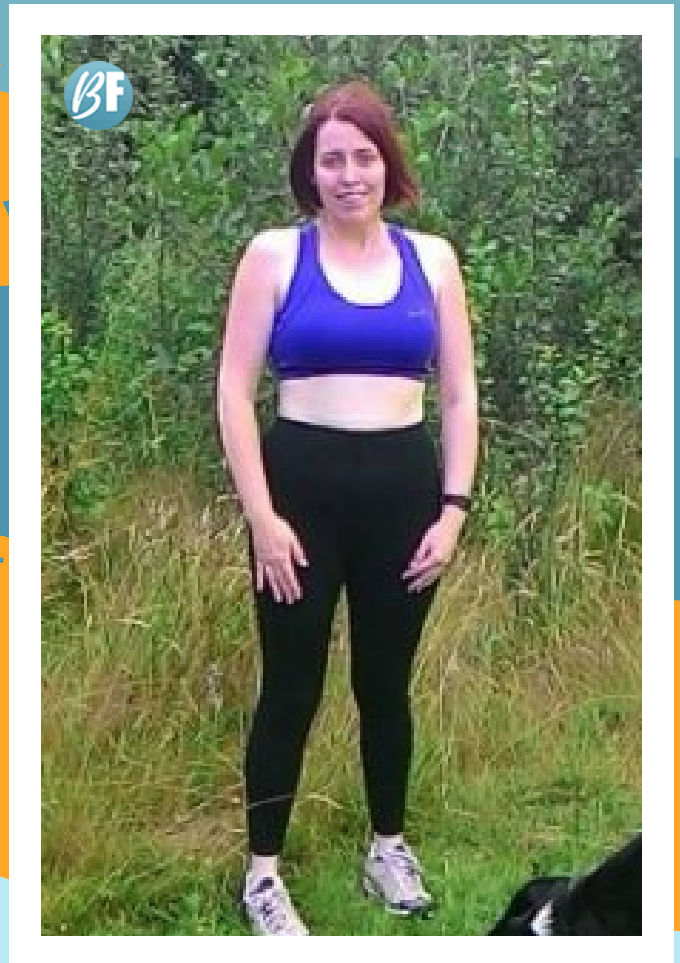
THE KEY: Keep moving at a pace where you can still keep great form - but also feel challenged.



Our Clients Get **AMAZING RESULTS.**



Sarah Before



Sarah After

YOUR MIX & MATCH

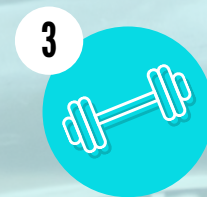
CIRCUIT FORMULA



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

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](#)

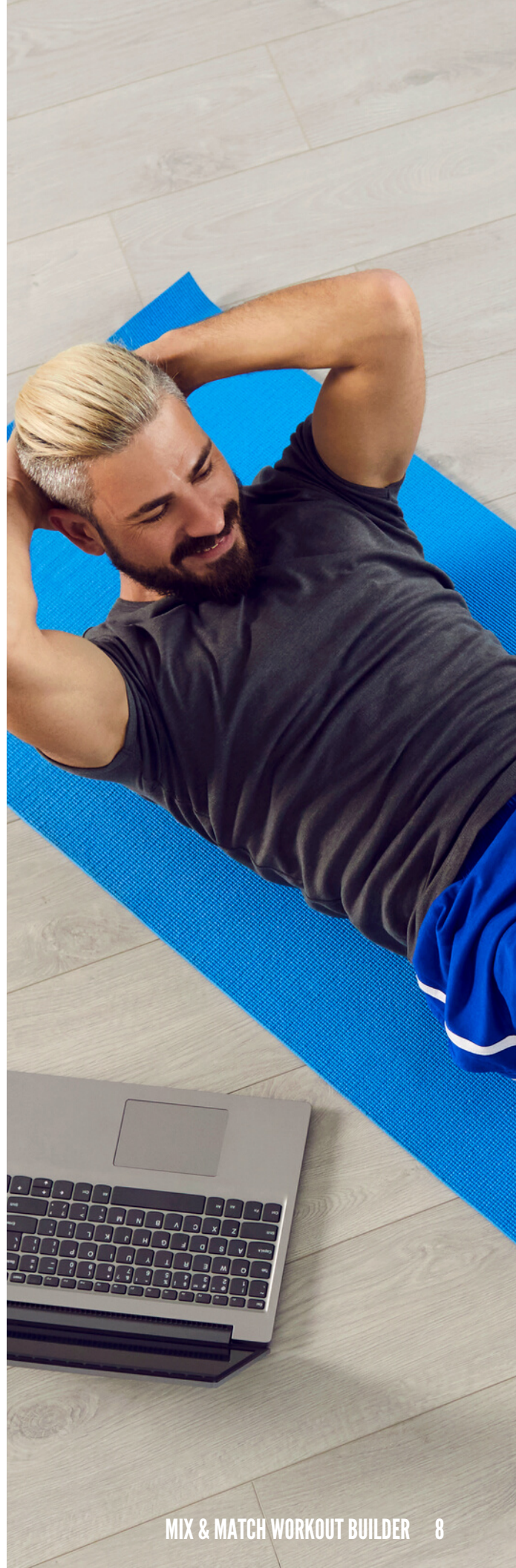
[SIDE PLANK](#)

[AB BICYCLES](#)

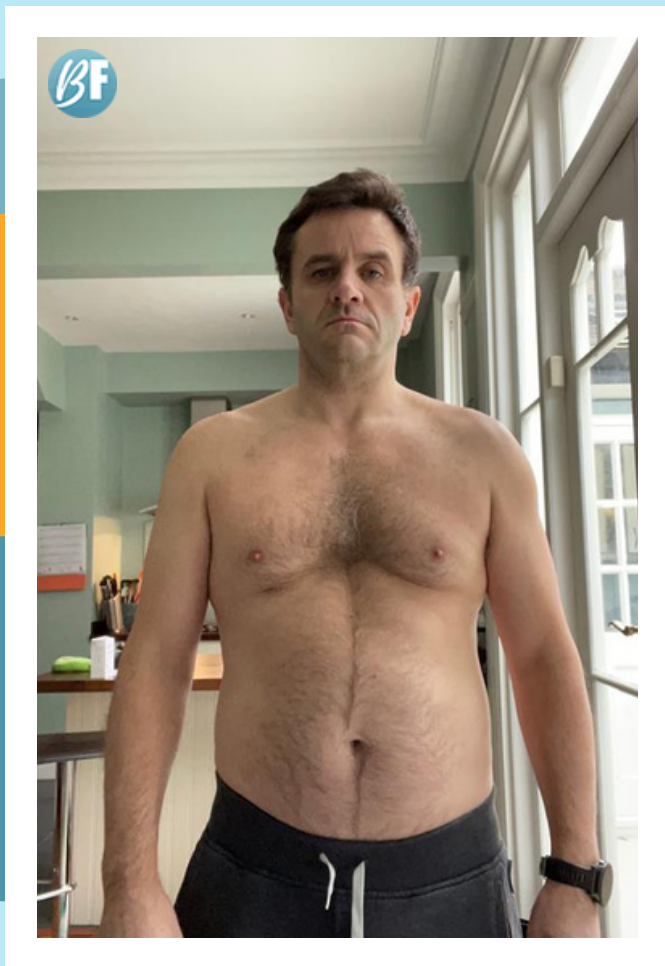
[SPIDERMAN PLANK](#)

[SUPERMANS](#)

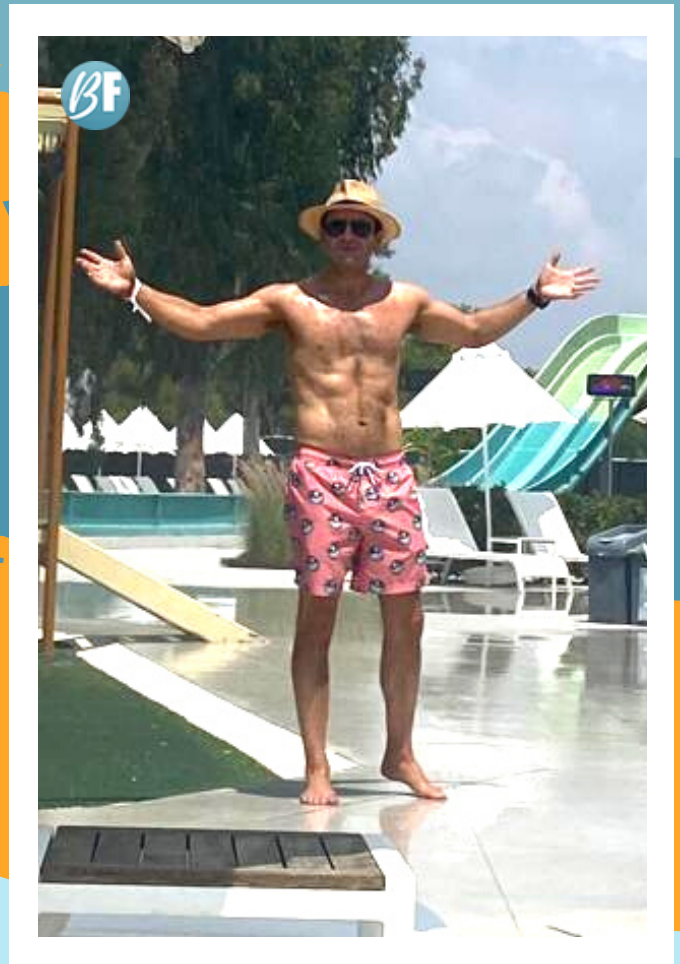
[HIP UPS](#)



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.
- ✔

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 coaching with us!



We'd love to be part of your journey.

Garin Walsh

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