



EXFITT FITNESS COURSE PLAN

Welcome to ExFitt!

TODO list before you start learning:

- 1 'Before you start' video with the program overview, how everything works, proper breathing and more
- 2 How to orient here - how to navigate the website to get most benefits
- 3 Fill your personal profile
- 4 Test your fitness - a simple, yet efficient test to determine your actual fitness level

4 weeks of high-quality video content

- ✔ **Build your profile** and test your fitness level
- ✔ Proper **breathing, warm-up** and **stretching**
- ✔ **Each week one key exercise video** with detailed instructions directly from me
- ✔ **Learn core strength and body flexibility** exercise sequences that take 10, 20 or 30 minutes allowing you to choose the most efficient workout for any busy day
- ✔ **Check your progress** after each week
- ✔ **Intuitive, easy-to-follow navigation**
- ✔ Ability to watch and **follow the videos on any device**: desktop, laptop, tablet or smart phone
- ✔ **Bonuses after completion**: stretching and strengthening exercises for key body parts
- ✔ **Closed discussion group** among participants to connect with me, share progress and ask questions*
- ✔ **Live webinar every week** for participants to connect with me live, discuss anything and get inspired*

* in Full and Platinum options



Week 1: START

- Introduction to Week 1, what to expect
- Warm-up and stretching
- Key video for week 1 with START ExFitt sequence
- Live webinar with Dan (*Full and Platinum options)

Week 2: PROGRESS

- Introduction to Week 2, what to expect
- Warm-up and stretching
- Key video for week 2 with PROGRESS ExFitt Sequence
- Check your progress
- Healthy Nutrition with Magda Jenkins
- Live webinar with Dan (*Full and Platinum options)

Week 3: NEXT LEVEL

- Introduction to Week 3, what to expect
- Warm-up and stretching
- Key video for week 3 with NEXT LEVEL ExFitt Sequence
- Check your progress
- Live webinar with Dan (*Full and Platinum options)

Week 4: YOU ARE IN CHARGE

- Introduction to Week 4, what to expect & what to do
- Warm-up and stretching
- Key video for week 4 with mastering the NEXT LEVEL ExFitt Sequence
- Check your progress
- Live webinar with Dan (*Full and Platinum options)
- Thank you & next steps



EXFITT FITNESS COURSE PLAN

Download your course completion certificate



Write a course review (if you like)

Your opinion matters! Your feedback will help us to improve the course further

Bonuses

Available after the course completion

- 4 focused exercises for strong & healthy knees
- 5 focused exercises for strong & healthy wrists
- 5 focused exercises for flexible & healthy shoulders
- Healthy sitting tips & office stretching
- 5-minutes daily eye gymnastics for sharper vision