

## GENFIT KIT WORKOUTS

This is the GENFIT KIT Basic Workout Program. This is a full-body general fitness program that grows with you and adapts with the equipment you have available.

The Gym-Lite version requires only a few affordable pieces of equipment to get the most out of your workout; specifically, an elastic hip band, Lite & Heavy Superbands, Stability Ball, and a stable Step or Bench.

The Dumbbell and Kettlebell workouts use a single set of their respective equipment. You may need a variety of weights for these workouts for the various exercises.

This program is built to be simple, quick, and effective. It is meant to be 3 complete workouts with a rest day in between each workout, and no more than 2 days off per week (ex: Workout Monday/Wednesday/Friday, and rest Tuesday/Thursday/Saturday/Sunday). It is recommended on your rest days to still perform 20-30 minutes of brisk activity (Cardio) and/or stretching & mobility work.

## WORKOUT FORMAT

Each workout follows a similar format; x2 Supersets of compound exercises, followed by an accessories kit. Accessory kits are meant to focus a specific body part and have separate recommendations based on the kit.

The workouts are adjusted based on your fitness level, and adjust week to week. Beginners are recommended to start by using TIMED sets for their Main Supersets. Accessory Kits have separate recommendations for their reps/sets. More Experienced people should challenge themselves to focusing on the control of the reps and completing more total quality reps/sets.

### TIMER SETTINGS

*Week 1: 30-seconds of work / 30-seconds rest between exercises. 3-rounds each superset.*

*Week 2: 40-seconds of work / 20-seconds rest between exercises. 3-rounds each superset.*

*Week 3: 45-seconds of work / 15-seconds rest between exercises. 3-rounds each superset.*

*Week 4: 60-seconds of work / 30-seconds rest between exercises. 3-rounds each superset.*

Once you have completed Week 4, you have the option to graduate into new programming or increase the difficulty of this program by adding more rounds based on the following recommendations.

*Weeks 5-8: Repeat timers for Weeks 1-4, adding a 4th round to each superset.*

*Weeks 9-12: Repeat timers for Weeks 1-4, adding a 5th round to each superset.*

*Weeks 13+: You should graduate to another program.*

## Accessory Kit Recommendations

Each Accessory kit is unique and each exercise should emphasize control to maximize strength gains. Accessory Kits should be alternated and each completed at least once per week. If you are particularly focused on growing your arms or legs, or building a tight core, add a second accessory kit of that bodyzone each week. Do not do more than 2 of the same accessory kit per week, the body needs time to recover and this may cause overload (In other words; don't do arms every day!).

For ARMS and LEGS Accessories, each rep should focus on a powerful contraction and a slow, controlled release. Act like you're trying to flex & show your muscles! By focusing on the negative portion of each rep you will get a lot more out of the exercise. ***It is recommended that each exercise be done 2-4 rounds, 12-15 reps each.*** You know you're doing it right if the last few reps of each set are challenging. If you want to increase the challenge, slow down the negative portion of each rep by counting to "5" and performing each exercise to fatigue.

For CORE accessories, Planks & Superman Holds should be taken to fatigue for 2-3 rounds, and AR Band Press should be completed slowly, 2 sets of 20 each direction, adding additional sets as needed.

## IMPORTANT NOTES

\*If an exercise is 1-sided (ex: lunges, step ups, antirotation press) be sure to perform a full round on each side. We usually recommend adjusting the timer by doubling the work time and switching at the midpoint of each round.

\*There usually will be a reset time in between supersets, but it is recommended to already have your stations set up to minimize rest. Try to keep this time under 3-minutes. Grab some water, wipe off the sweat and get back at it!

\*You may freely swap out workouts day to day depending on interests and equipment availability. It is recommended that if you swap out workouts that you swap out A for A, B for B, and C for C. This helps prevent any gaps in training. You may also mix & match like exercises from similar workouts based on their movement pattern (MOVE); an example of this would be swapping Workout A-Push Ups out for Workout A-Dumbbell Bench Press.

## DISCLAIMER

Exercise & physical activity carry a risk of injury. It is recommended that you see a Medical Professional before starting any workout plan. If any exercise hurts, stop immediately and seek help from professionals.

## GYM-LITE KIT WORKOUTS

### WORKOUT A [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Hip Band Squats	_____	_____	_____	_____
1B	Push	Push Ups	_____	_____	_____	_____
2A	Hip	Banded Hip Bridges	_____	_____	_____	_____
2B	Pull	Superband Bent Over Rows	_____	_____	_____	_____
Accessories Kit-->						

### WORKOUT B [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Reverse Lunges	_____	_____	_____	_____
1B	Push	Shoulder Press Push Ups	_____	_____	_____	_____
2A	Hip	Windmill Drills	_____	_____	_____	_____
2B	Pull	Superband Upright Rows	_____	_____	_____	_____
Accessories Kit-->						

### WORKOUT C [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Side Step Ups	_____	_____	_____	_____
1B	Push	Dips	_____	_____	_____	_____
2A	Hip	Superband RDLs	_____	_____	_____	_____
2B	Pull	Superband Pull Aparts	_____	_____	_____	_____
Accessories Kit-->						

## GYM-LITE ACCESSORIES KITS

### ARMS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Tris	Superband Tri Extensions	_____	_____	_____	_____
B	Bis	Superband Curls	_____	_____	_____	_____
C	Shoulder	Superband Lat Pulldowns	_____	_____	_____	_____

### LEGS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Quads	Heels Up Narrow Squats	_____	_____	_____	_____
B	Hams	Stability Ball Leg Curls	_____	_____	_____	_____
C	Calves	Calf Raises	_____	_____	_____	_____

### CORE ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Core	Plank Holds	_____	_____	_____	_____
B	Core	Superman Holds	_____	_____	_____	_____
C	Core	Anti-Rotation Band Presses	_____	_____	_____	_____

## DUMBBELL KIT WORKOUTS

### WORKOUT A [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Wide Stance Goblet Squats	_____	_____	_____	_____
1B	Push	Bench Press	_____	_____	_____	_____
2A	Hip	Romanian Deadlift	_____	_____	_____	_____
2B	Pull	Bent Over Rows	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

### WORKOUT B [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Reverse Lunges	_____	_____	_____	_____
1B	Pull	3-point Alternating Rows	_____	_____	_____	_____
2A	Push	Overhead Press	_____	_____	_____	_____
2B	Hip	Bottom Loaded Windmills	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

### WORKOUT C [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Push	Chest Flyes	_____	_____	_____	_____
1B	Pull	Pull Overs	_____	_____	_____	_____
2A	Leg	Side Step Ups	_____	_____	_____	_____
2B	Hip	Sumo Deadlifts	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

## DUMBBELL ACCESSORIES KITS

### ARMS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Tris	Skull Crushers	_____	_____	_____	_____
B	Bis	Top Down Biceps Curls	_____	_____	_____	_____
C	Shoulder	Reverse Flyes	_____	_____	_____	_____

### LEGS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Quads	Goblet Sissy Squats	_____	_____	_____	_____
B	Hams	Stiff-leg Deficit Deadlifts	_____	_____	_____	_____
C	Calves	Calf Raises	_____	_____	_____	_____

## KETTLEBELL KIT WORKOUTS

### WORKOUT A [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Goblet Squats	_____	_____	_____	_____
1B	Hip	KB Swings	_____	_____	_____	_____
2A	Push	Chest Press	_____	_____	_____	_____
2B	Pull	Bent Over Rows	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

### WORKOUT B [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Reverse Lunges	_____	_____	_____	_____
1B	Push	Overhead Press	_____	_____	_____	_____
2A	Pull	Gorilla Rows	_____	_____	_____	_____
2B	Hip	Windmill Drills	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

### WORKOUT C [Click HERE to see the workout video!](#)

**Workout Summary:** This workout is meant to be done in 2 supersets, with a Finisher chosen from the "Accessories" Kit. Rests Should be kept to a minimum in between exercises, and max 3 minutes rest between Supersets.

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
1A	Leg	Side Step Ups	_____	_____	_____	_____
1B	Pull	KB Pull Overs	_____	_____	_____	_____
2A	Hip	Sumo Deadlifts	_____	_____	_____	_____
2B	Push	Asymmetrical Push Ups	_____	_____	_____	_____
Accessories Kit-->			_____	_____	_____	_____

## KETTLEBELL ACCESSORIES KITS

### ARMS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Tris	Bottoms up Skull Crushers	_____	_____	_____	_____
B	Bis	Bottoms Up Biceps Curls	_____	_____	_____	_____
C	Shoulder	Upright Rows	_____	_____	_____	_____

### LEGS ACCESSORIES [Click HERE to see the workout video!](#)

Order	Move	Exercise	Week 1	Week 2	Week 3	Week 4
A	Quads	Front Rack Sissy Squats	_____	_____	_____	_____
B	Hams	Stiff-leg Deadlifts	_____	_____	_____	_____
C	Calves	Rockin' Calf Raises	_____	_____	_____	_____

## PLAIN TEXT WORKOUTS WITH LINKS TO VIDEO DEMOS

### **GYM LITE WORKOUT A** <https://youtube.com/shorts/RFWAfEY6i6U>

Superset A - Hip band Squats, Push Ups

Superset B - Banded Hip Bridges, Superband Bent-Over Rows

### **GYM LITE WORKOUT B** <https://youtube.com/shorts/v9UOrzChXIU?feature=share>

Superset A - Reverse Lunges, Shoulder Press Push Ups

Superset B - Windmill Drills, Superband Upright Rows

### **GYM LITE WORKOUT C** <https://youtube.com/shorts/0HRJZFF0F6U?feature=share>

Superset A - Side Step Ups, Dips

Superset B - Superband RDLs, Superband Pull Aparts

### **GYM LITE ARMS ACCESSORIES** <https://youtube.com/shorts/nk27lpK8ZT8?feature=share>

Superband Triceps Extensions, Superband Biceps Curls, Superband Lat Pulldowns

### **GYM LITE LEGS ACCESSORIES** <https://youtube.com/shorts/teTHI4Y92LU?feature=share>

Heels Up Narrow Squats, Stability Ball Leg Curls, Calf Raises

### **GYM LITE CORE ACCESSORIES** [https://youtube.com/shorts/zh5vVo0\\_PYY?feature=share](https://youtube.com/shorts/zh5vVo0_PYY?feature=share)

Plank Hold, Superman Holds, Anti-Rotation Band Press

### **DUMBBELL WORKOUT A** <https://youtube.com/shorts/3OpCWIRIGnM?feature=share>

Superset A - Wide Stance Goblet Squats, Bench Press

Superset B - Romanian Deadlift, Bent Over Rows

### **DUMBBELL WORKOUT B** [https://youtube.com/shorts/De7\\_nfKldM?feature=share](https://youtube.com/shorts/De7_nfKldM?feature=share)

Superset A - Reverse Lunges, 3-point Alternating Rows

Superset B - Overhead Press, Bottom Loaded Windmills

### **DUMBBELL WORKOUT C** <https://youtube.com/shorts/4uCG62mVxiM?feature=share>

Superset A - Chest Flyes, Pull Overs

Superset B - Side Step Ups, Sumo Deadlifts

### **DUMBBELL ARMS ACCESSORIES** <https://youtube.com/shorts/1mLnCYSBaIM?feature=share>

Skull Crushers, Top-Down Bicep Curls, Reverse Flyes

### **DUMBBELL LEGS ACCESSORIES** <https://youtu.be/kV8Ooy7YEEU>

Goblet Sissy Squats, Stiff-Leg Deficit Deadlifts, Calf Raises

### **KETTLEBELL WORKOUT A** [https://youtube.com/shorts/C\\_mFCzp4R74?feature=share](https://youtube.com/shorts/C_mFCzp4R74?feature=share)

Superset A - Goblet Squats, KB Swings

Superset B - Chest Press, Bent Over Rows

### **KETTLEBELL WORKOUT B** <https://youtu.be/M5K2Zd544HE>

Superset A - Reverse Lunges, Overhead Press

Superset B - Gorilla Rows, Windmill Drills

### **KETTLEBELL WORKOUT C** <https://youtu.be/wt6ajKXLYdo>

Superset A - Side Step Ups, KB Pull Overs

Superset B - Sumo Deadlifts, Asymmetrical Push Ups

### **KETTLEBELL ARMS ACCESSORIES** <https://youtube.com/shorts/jCXalBBwk0M?feature=share>

Bottoms-Up Skull Crushers, Bottoms-Up Biceps Curls, Upright Rows

### **KETTLEBELL LEGS ACCESSORIES** [https://youtube.com/shorts/m\\_16ggMc3jU?feature=share](https://youtube.com/shorts/m_16ggMc3jU?feature=share)

Front Rack Sissy Squats, Stiff-leg Deadlifts, Rockin' Calf Raises