



OYO[®]
PERSONAL GYM

10 WEEK CHALLENGE

LET'S GO OYO!

Are you ready to transform your body?



Here is OYO Fitness Director Nick Bolton's proven 10 Week Challenge Program. Corresponding videos to these workouts are available on our [**OYO Coaching App \(iOS\)**](#), [**oyofitness.com**](http://oyofitness.com), and the OYO Fitness [**YouTube channel**](#). Follow Nick's included nutrition guide for maximum results. Join our [**OYO Fitness Group**](#) on Facebook, where you can find Nick's latest workout and diet tips and share your experience to help and inspire others.

WEEK 1

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Bodyweight Squat	30s	30s	30s	30s
	Squat w/ Internal/External Rotation	30s	30s	30s	30s
	Chest/Back DoubleFlex	30s	30s	30s	30s
	Alternating Biceps Curls	30s	30s	30s	30s
	Lunge w/ Shoulder Press (right)	30s	30s	30s	30s
	Lunge w/ Shoulder Press (left)	30s	30s	30s	30s
	Plank Touches	30s	30s	30s	30s

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Squat w/ Back Fly	30s	30s	30s	30s
	Hip Extension w/ Chest	30s	30s	30s	30s
	Russian Twist w/ Chest	30s	30s	30s	30s
	Lat Raise	30s	30s	30s	30s
	Lunge w/ Tricep Ext (left)	30s	30s	30s	30s
	Lunge w/ Tricep Ext (right)	30s	30s	30s	30s
	Pushups	30s	30s	30s	30s

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Outer Thigh	30s	30s	30s	30s
	Inner Thigh	30s	30s	30s	30s
	Reverse Lunge w/ Biceps Curls	30s	30s	30s	30s
	Romanian Dead Lift	30s	30s	30s	30s
	Squat w/ Alt Shoulder Press	30s	30s	30s	30s
	Lat Front Raise (right)	30s	30s	30s	30s
	Lat Front Raise (left)	30s	30s	30s	30s

WEEK 2

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Biceps/Triceps (right)	30s	30s	30s	30s
	Biceps/Triceps (left)	30s	30s	30s	30s
	Upper Chest/Lat Pulldown	30s	30s	30s	30s
	Single Arm Lat Rows (right)	30s	30s	30s	30s
	Single Arm Lat Rows (left)	30s	30s	30s	30s
	Low Chest Lat Raise	30s	30s	30s	30s
	Single Arm Bow & Arrow (right)	30s	30s	30s	30s
	Single Arm Bow & Arrow (left)	30s	30s	30s	30s

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Squat w/ Alt Shoulder Press	30s	30s	30s	30s
	Alt Biceps Curls	30s	30s	30s	30s
	Reverse Lunge w/ Chest/Back	30s	30s	30s	30s
	Lat Front Raise (right)	30s	30s	30s	30s
	Lat Front Raise (left)	30s	30s	30s	30s
	Russian Twists w/ Chest	30s	30s	30s	30s

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Internal/External Rotation	30s	30s	30s	30s
	Lunge w/ Shoulder Press (right)	30s	30s	30s	30s
	Lunge w/ Shoulder Press (left)	30s	30s	30s	30s
	Romanian Dead Lift	30s	30s	30s	30s
	Upper Chest/Lat Pulldown	30s	30s	30s	30s
	Lat Raises	30s	30s	30s	30s
	Alt Lat Lunge w/ Chest/Back	30s	30s	30s	30s

WEEK 3

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Reverse Lunge w/ Triceps Press	30s	30s	30s	30s
	Chest/Back DoubleFlex	30s	30s	30s	30s
	Squat w/ Alt Shoulder Press	30s	30s	30s	30s
	Resisted Crunch	30s	30s	30s	30s
	Plank Touches	30s	30s	30s	30s
	Hip Extension w/ Chest	30s	30s	30s	30s

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Inner/Outer Thigh	30s	30s	30s	30s
	Straight Leg Kickback (left)	30s	30s	30s	30s
	Straight Leg Kickback (right)	30s	30s	30s	30s
	Chest/Back Squat	30s	30s	30s	30s
	Biceps Curl (right)	30s	30s	30s	30s
	Biceps Curl (left)	30s	30s	30s	30s
	Alt Bow & Arrows	30s	30s	30s	30s
	Lat Raise	30s	30s	30s	30s

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Upper Chest / Lat Pulldown	30s	30s	30s	30s
	Lunge Tricep Extension (right)	30s	30s	30s	30s
	Lunge Tricep Extension (left)	30s	30s	30s	30s
	Resisted Crunches	30s	30s	30s	30s
	Lower Back Extensions	30s	30s	30s	30s
	Lunge w/ Shoulder Press (right)	30s	30s	30s	30s
	Lunge w/ Shoulder Press (left)	30s	30s	30s	30s

WEEK 4

Before each day's workout, warm-up with Nick's ***Dynamic Warm-Up*** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Chest/Back DoubleFlex	1m	1m	1m	1m
	Chest/Back Squat	1m	1m	1m	1m
	Biceps/Triceps (right)	1m	1m	1m	1m
	Biceps/Triceps (left)	1m	1m	1m	1m
	Squat w/ Alt Shoulder Press	1m	1m	1m	1m
	Chest Upper/Middle/Lower	1m	1m	1m	1m
	Plank Touches	30s	30s	30s	30s

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Lat Raises	1m	1m	1m	1m
	Reverse Lunge w/ Biceps Curls	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m
	Lat Rows (right)	1m	1m	1m	1m
	Lat Rows (left)	1m	1m	1m	1m
	Hip Extension w/ Chest	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Internal/External Rotation	1m	1m	1m	1m
	Lat Lunge w/ Chest/Back	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m
	Romanian Dead Lift	1m	1m	1m	1m
	Alt Bow & Arrows	1m	1m	1m	1m
	Reverse Lunge w/ Biceps Curls	1m	1m	1m	1m
	Lat Raise	1m	1m	1m	1m

WEEK 5

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Inner Thigh	1m	1m	1m	1m
	Outer Thigh	30s	30s	30s	30s
	Straight Leg Kickbacks (right)	1m	1m	1m	1m
	Straight Leg Kickbacks (left)	1m	1m	1m	1m
	Resisted Hip Extensions	1m	1m	1m	1m
	Russian Twists w/ Chest	30s	30s	30s	30s
	Toe Touches	30s	30s	30s	30s
	Body Weight Squat	1m	1m	1m	1m

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Biceps Curls (right)	1m	1m	1m	1m
	Biceps Curls (left)	1m	1m	1m	1m
	Chest/Back Squat	1m	1m	1m	1m
	Triceps Extensions (right)	1m	1m	1m	1m
	Triceps Extensions (left)	1m	1m	1m	1m
	Reverse Lunge w/ Alt Shoulder Press	1m	1m	1m	1m
	Push-ups	30s	30s	30s	30s

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Upper Chest / Lat Pulldown	1m	1m	1m	1m
	Alt Bow & Arrows	1m	1m	1m	1m
	Lat Lunge w/ Chest/Back	1m	1m	1m	1m
	RDLs	1m	1m	1m	1m
	Hip Extensions w/ Alt Biceps	1m	1m	1m	1m
	Plank Touches	1m	1m	1m	1m
	Squat w/ Low Chest/Lat Raise	1m	1m	1m	1m

DAY 4	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Push-ups	30s	30s	30s	30s	30s
	Chest Upper/Middle/Lower	1m	1m	1m	1m	1m
	Single Arm Lat Row (right)	1m	1m	1m	1m	1m
	Single Arm Lat Row (left)	1m	1m	1m	1m	1m
	Resisted Crunches	1m	1m	1m	1m	1m
	Back Extension	1m	1m	1m	1m	1m
	Inner/Outer Thigh	1m	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m	1m

WEEK 6

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Reverse Lunge w/ Triceps Extensions	1m	1m	1m	1m
	Shoulder Press (right)	1m	1m	1m	1m
	Shoulder Press (left)	1m	1m	1m	1m
	Squat w/ Low Chest/Lat Raise	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m
	Single Arm Tricep Press (right)	30s	30s	30s	30s
	Single Arm Tricep Press (left)	30s	30s	30s	30s

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Internal/External Rotations	1m	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m	1m
	Chest/Back Squat	1m	1m	1m	1m	1m
	Alt Biceps Curls	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (right)	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (left)	1m	1m	1m	1m	1m
	Plank Touches	1m	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Upper Chest/Lat Pulldown	1m	1m	1m	1m	1m
	Alt Bow & Arrows	1m	1m	1m	1m	1m
	Squat w/ Lat/Front Raise (right)	1m	1m	1m	1m	1m
	Squat w/ Lat/Front Raise (left)	1m	1m	1m	1m	1m
	Lat Rows (right)	1m	1m	1m	1m	1m
	Lat Rows (left)	1m	1m	1m	1m	1m
	Squat w/ Back Fly	1m	1m	1m	1m	1m

DAY 4	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Inner/Outer Thigh	1m	1m	1m	1m
	Straight Leg Kickbacks (right)	1m	1m	1m	1m
	Straight Leg Kickbacks (left)	1m	1m	1m	1m
	Resisted Hip Extensions	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m
	Single Leg RDL (right)	1m	1m	1m	1m
	Single Leg RDL (left)	1m	1m	1m	1m
	Russian Twists w/ Chest	1m	1m	1m	1m
	Toe Touches	1m	1m	1m	1m

WEEK 7

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Lunge w/ Biceps/Triceps (right)	1m	1m	1m	1m	1m
	Lunge w/ Biceps/Triceps (left)	1m	1m	1m	1m	1m
	Upper Chest	1m	1m	1m	1m	1m
	Lat Pulldown	1m	1m	1m	1m	1m
	Squat w/ Chest/Lat Raise	1m	1m	1m	1m	1m
	Alt Bow & Arrows	1m	1m	1m	1m	1m
	Alt Crossover Chest Fly	1m	1m	1m	1m	1m

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4
	Squat w/ Alt Shoulder Press	1m	1m	1m	1m
	Alt Biceps Curls	1m	1m	1m	1m
	Reverse Lunge w/ Chest/Back	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m
	Russian Twists w/ Chest	30s	30s	30s	30s
	Plank Touches	30s	30s	30s	30s

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Internal/External Rotations	1m	1m	1m	1m	1m
	Alt Lunge	1m	1m	1m	1m	1m
	Self-Anchored RDLs	1m	1m	1m	1m	1m
	Squat w/ Chest/Back	1m	1m	1m	1m	1m
	Lat Raises	1m	1m	1m	1m	1m
	Single Arm Lat Rows (right)	1m	1m	1m	1m	1m
	Single Arm Lat Rows (light)	1m	1m	1m	1m	1m

DAY 4	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Push-ups	30s	30s	30s	30s	30s
	Chest Upper/Middle/Lower	1m	1m	1m	1m	1m
	Tricep Extension (right)	1m	1m	1m	1m	1m
	Tricep Extension (left)	1m	1m	1m	1m	1m
	Resisted Crunches	1m	1m	1m	1m	1m
	Back Extension	1m	1m	1m	1m	1m
	Inner/Outer Thigh	1m	1m	1m	1m	1m
	Reverse Lunge w/Tricep Press	1m	1m	1m	1m	1m

WEEK 8

Before each day's workout, warm-up with Nick's ***Dynamic Warm-Up*** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Inner/Outer Rotation	1m	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m	1m
	Chest/Back Squat	1m	1m	1m	1m	1m
	Alt Biceps Curls	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (right)	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (left)	1m	1m	1m	1m	1m
	Plank Touches	1m	1m	1m	1m	1m

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Squat w/ Back	1m	1m	1m	1m	1m
	Resisted Hip Extensions	1m	1m	1m	1m	1m
	Russian Twists w/ Chest	1m	1m	1m	1m	1m
	Lat Raises	1m	1m	1m	1m	1m
	Lunge w/ Triceps Extension (right)	1m	1m	1m	1m	1m
	Lunge w/ Tricep Extension (left)	1m	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Inner Thigh	1m	1m	1m	1m	1m
	Outer Thigh	1m	1m	1m	1m	1m
	Reverse Lunge w/ Biceps	1m	1m	1m	1m	1m
	RDLs	1m	1m	1m	1m	1m
	Squat w/ Alt Shoulder Press	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m	1m

DAY 4	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Resisted Crunches	1m	1m	1m	1m	1m
	Toe Touches	1m	1m	1m	1m	1m
	Back Extension	1m	1m	1m	1m	1m
	Reverse Lunge w/ Chest/Back	1m	1m	1m	1m	1m
	Squat w/ Back	1m	1m	1m	1m	1m
	Single Arm Lat Rows (right)	1m	1m	1m	1m	1m
	Single Arm Lat Rows (left)	1m	1m	1m	1m	1m

WEEK 9

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

s = seconds

DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Push-ups	30s	30s	30s	30s	30s
	Chest Upper/Middle/Lower	1m	1m	1m	1m	1m
	Lunge w/ Triceps Extension (right)	1m	1m	1m	1m	1m
	Lunge w/ Triceps Extension (left)	1m	1m	1m	1m	1m
	Upper Chest/Lat Pulldowns	1m	1m	1m	1m	1m
	Resisted Crunches	1m	1m	1m	1m	1m
	Back Extension	1m	1m	1m	1m	1m
	Inner/Outer Thigh	1m	1m	1m	1m	1m

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Lunge w/ Biceps/Triceps (right)	1m	1m	1m	1m	1m
	Lunge w/ Biceps/Triceps (left)	1m	1m	1m	1m	1m
	Squat w/ Alt Shoulder Press	1m	1m	1m	1m	1m
	Squat w/ LatRaise	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Chest/Back	1m	1m	1m	1m	1m
	Squat w/ Chest/Back	1m	1m	1m	1m	1m
	Alt Bow & Arrows	1m	1m	1m	1m	1m
	Squat w/ Lat Raises	1m	1m	1m	1m	1m
	Russian Twists w/ Chest	1m	1m	1m	1m	1m
	Toe Touches	1m	1m	1m	1m	1m
	Resisted Crunches	1m	1m	1m	1m	1m

DAY 4	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Reverse Lunge w/ Triceps Extension	1m	1m	1m	1m	1m
	Biceps Curls (right)	1m	1m	1m	1m	1m
	Biceps Curls (left)	1m	1m	1m	1m	1m
	Squat w/ Back Flys	1m	1m	1m	1m	1m
	Single Arm Lat Row (right)	1m	1m	1m	1m	1m
	Single Arm Lat Row (left)	1m	1m	1m	1m	1m
	Plank Touches	1m	1m	1m	1m	1m

WEEK 10

Before each day's workout, warm-up with Nick's **Dynamic Warm-Up** video.

*** Sets are timed:**

m = minutes

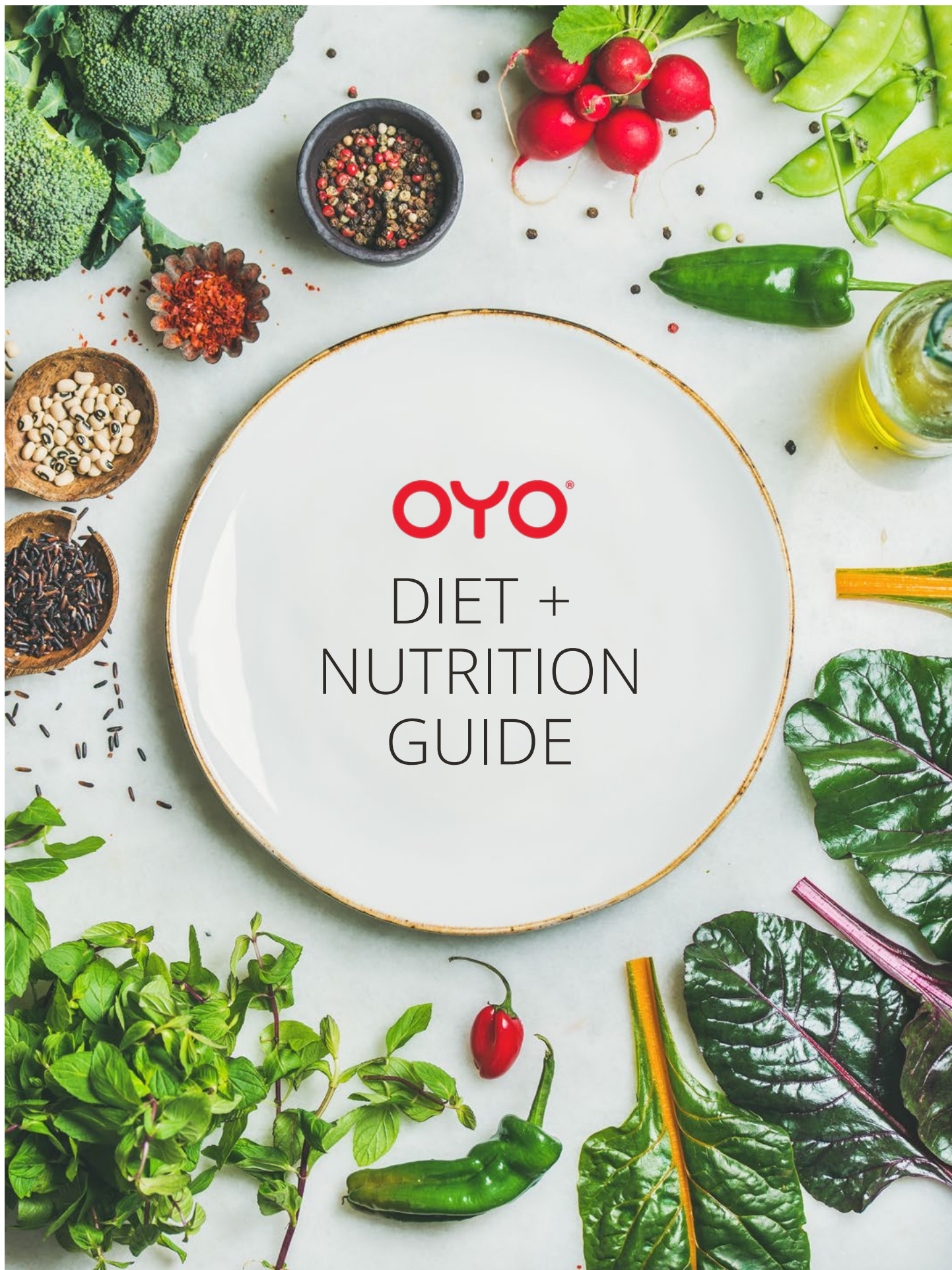
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DAY 1	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Body Weight Squat	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (right)	1m	1m	1m	1m	1m
	Lat/Shoulder Raise (left)	1m	1m	1m	1m	1m
	Lat Raises	1m	1m	1m	1m	1m
	Lat Lunge w/Chest/Back	1m	1m	1m	1m	1m
	Single Arm Lat Rows (right)	1m	1m	1m	1m	1m
	Single Arm Lat Rows (left)	1m	1m	1m	1m	1m

DAY 2	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Squat w/ Internal/External Rotations	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (right)	1m	1m	1m	1m	1m
	Lunge w/ Shoulder Press (left)	1m	1m	1m	1m	1m
	Single Leg RDLs (right)	1m	1m	1m	1m	1m
	Single Leg RDLs (left)	1m	1m	1m	1m	1m
	Upper Chest	1m	1m	1m	1m	1m
	Lat Pulldown	1m	1m	1m	1m	1m
	Upper Chest/Lat Pulldown	1m	1m	1m	1m	1m
	Low Chest/Lat Raises	1m	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Hip Extensions w/ Alt Biceps	1m	1m	1m	1m	1m
	Inner Thigh	1m	1m	1m	1m	1m
	Outer Thigh	1m	1m	1m	1m	1m
	Straight Leg Kickbacks (right)	1m	1m	1m	1m	1m
	Straight Leg Kickbacks (left)	1m	1m	1m	1m	1m
	Squat w/ Chest/Back	1m	1m	1m	1m	1m
	Body Weight Squat	1m	1m	1m	1m	1m
	Resisted Crunches	1m	1m	1m	1m	1m

DAY 3	EXERCISE	SET 1	SET 2	SET 3	SET 4	SET 5
	Squat w/ Back Fly	1m	1m	1m	1m	1m
	Reverse Lunge w/ Chest/Back	1m	1m	1m	1m	1m
	Alt Biceps Curls	1m	1m	1m	1m	1m
	Russian Twist w/ Chest	1m	1m	1m	1m	1m
	Single Leg Romanian Deadlift (right)	1m	1m	1m	1m	1m
	Single Leg Romanian Deadlift (left)	1m	1m	1m	1m	1m
	Lunge w/ Triceps Extension (right)	1m	1m	1m	1m	1m
	Lunge w/ Triceps Extension (left)	1m	1m	1m	1m	1m



OYO®

DIET +
NUTRITION
GUIDE



STEP-BY-STEP SUCCESS

Nutrition is a key element in the success of any health and fitness program. In order to see the true benefit of an active lifestyle, proper nutrition needs to coincide. The **OYO Nutrition Program** is customized to your specific goals, whether your goal is **Weight Loss** or becoming **Fit + Strong**.

Because everyone has foods they like and dislike, you can select the foods you enjoy and plug them right into the nutrition plan. ***Remember, it's not just about WHAT you eat, but HOW MUCH and WHEN you eat that can make the difference.*** Below are step-by-step instructions to get you started.

STEP 1	Choose your goal — Weight Loss or Fit + Strong
STEP 2	Choose your Nutrition Plan (pp. 38 - 41)
STEP 3	Choose your Program — <i>10 Week Challenge</i> , <i>28 Day Program</i> , and more on oyofitness.com/programs
STEP 4	Get started!

DON'T FORGET

Consult your physician. Before beginning any weight loss or fitness regimen, it is important to consult with your physician. It may also be helpful to talk to a registered dietitian or nutritionist who can develop meal plans tailored to your specific dietary needs.

GOAL: WEIGHT LOSS

TO LOSE BODY FAT, CREATE A CALORIE DEFICIT.

One of the keys to your success will be creating a calorie deficit. This can be accomplished by either eating fewer calories each day, exercising more every day, or a balance of both. In order to help you make this a lifestyle change, **it is important to find a balance of proper nutrition and consistent exercise.**

For a general guideline, find your calorie target using the **Calorie Target Calculator** in order to find your required daily calories for your goal. To target these numbers correctly, proper portion control must be practiced. Weighing and portioning of food will give you a better idea of the correct meal size. ***It is not recommended to drop below 1,200 calories or reduce your number of calories by more than 500 due to the need for calories in day-to-day activities.***

WEIGHT LOSS TIPS

Throw out all of your processed junk food. Most people end up eating emotionally and for pleasure rather than to satisfy the body's need for nourishment.

Record exactly what you're eating and how much. I want you to actually see how many calories you're consuming every single day. The problem is that when you are consuming far more calories than you're expending in any given day, you will continue adding unwanted pounds.

Practice proper portion control. Here's where self-discipline comes into play. Choose smart foods and consistently track your food intake, and you'll be amazed at the results.

A man and a woman are running on a sandy beach. The woman is on the left, wearing a blue sports top and grey shorts. The man is on the right, wearing a black tank top with 'OYO' in red and grey shorts. They are both smiling and looking towards the right. The background shows the ocean and a hazy coastline under a clear sky.

GOAL: FIT + STRONG

TO GET FIT AND STRONG, NUTRITION IS KEY.

It is very important to find a balance with eating the right foods and staying physically active. There are a lot of factors that go into designing the proper nutrition program for each individual.

For a general guideline, find your calorie target using the **Calorie Target Calculator** on the next page in order to find your required daily calories for your goal. In order to target these numbers correctly, proper portion control must be exercised. Weighing and portioning of food will give you a better idea of the correct size of each meal.



NUTRITION PROGRAM

Whether you want to lose weight or just get fit and strong, the calculator below will help you figure out how many calories to consume each day.



WEIGHT LOSS CALCULATOR

STEP 1	Your current weight (lbs): _____	X 11	= _____	Calorie Baseline
STEP 2	Calorie Baseline: _____	+ 400 (calorie burn)	= _____	Calorie Maintenance Level
STEP 3	Calorie Maintenance Level: _____	- 750 (caloric deficit)	= _____	Your Calorie Target

FIT + STRONG CALCULATOR

STEP 1	Your current weight (lbs): _____	X 11	= _____	Calorie Baseline
STEP 2	Calorie Baseline: _____	+ 400 (calorie burn)	= _____	Your Calorie Target

Now use your Calorie Target to find your **OYO Meal Plan** (on the following pages) that is right for you.

NUTRITION BASICS

HEALTHY BREAKFAST	After fasting all night while sleeping, your body is in desperate need of nutrients. Consuming a lean meat, complex carbohydrate and healthy fat in the morning will jump-start that metabolism.
STAY HYDRATED	Water is crucial for normal body function. Drinking plenty of water will help flush toxins from the body and prevent bloating while nourishing the organs, including the skin. Try to drink at least half of your body weight in ounces of water per day (120 lb person = 60+ oz. of water).
AVOID PROCESSED FOODS	The human body does not digest and metabolize processed foods well. These foods increase inflammation in the body. Stick to unprocessed, fresh foods.
AVOID FRIED FOODS	Fried foods convert very quickly into body fat and increase risk of clogged arteries, stroke, diabetes and cancer.
EAT PLENTY OF FIBER	Fiber can help fill you up and satisfy hunger, increase blood flow, and lower cholesterol and blood pressure. Fiber may also reduce inflammation.
AVOID SUGARY FOOD + DRINK	Sugar converts very easily into body fat. Take a look at your food labels — you may be amazed at what has sugar in it. Keep sugar to a minimum (less than 50g of sugar daily).
INCLUDE PROTEIN WITH EACH MEAL	Many people under-consume protein in their daily nutrition. Consuming too little protein can lower your metabolic rate and cause your body to burn muscle tissue for fuel. Include small amounts of protein with each meal to keep your metabolism elevated and protect muscle tissue.
DO NOT SKIP MEALS	Skipping meals becomes very dangerous for the body. When you consistently miss meals, you train your body to store what little food you do eat as body fat. This starvation mechanism is what your body will use for energy when you go long periods without meals. Be sure to eat at regular intervals in order to keep your metabolism primed and active throughout the day.
GET PLENTY OF SLEEP	Sleep can be overlooked when it comes to weight management. The human body is very active while you're resting. It's at these times that the body heals itself, metabolizes nutrients and repairs muscle. Getting adequate and quality sleep is very important.
ELIMINATE OR REDUCE ALCOHOL CONSUMPTION	Alcohol is toxic to the human body. When alcohol is consumed, many normal bodily processes, such as muscle repair and metabolism, are essentially shut off. Many calories from alcohol are stored in the body. By eliminating these calories and keeping the metabolism active, you'll greatly enhance your chances of success.

APPROVED FOODS

LEAN PROTEIN 1oz. = 6g Protein | 1 Serving Size = 20-30g

FOWL: 3-5 oz.	95% Lean Ground Turkey, Boneless / Skinless Chicken Breast, Turkey Breast
RED MEAT: 3-5 oz.	95% Lean Ground Beef, Bison, Eye of Round Steak, Top Sirloin Steak, Venison
SEAFOOD: 3-5 oz.	Bass, Bluefish, Catfish, Steamed Clams, Cod, Crab, Flounder, Grouper, Haddock, Halibut, Sardines, Swordfish, Tuna, Lobster, Mackerel, Steamed Mussels, Scallops, Shrimp, Snapper, Trout, Roughy
EGGS: 3-5 Large	Egg Whites, Occasional Whole Eggs
LOW FAT DAIRY: 1 c.	Cottage Cheese, Low-fat Milk, Part-Skim Cheese, Yogurt
VEGETABLE PROTEINS: 4-5 oz.	Tempeh, Tofu, Seitan, Soy Burgers, Soy Jerky, Soy Sausage, Soy Bacon
MILK PROTEIN SUPPLEMENTS	Casein, Milk Protein Blends, Whey

STARCHY CARBS 1 Serving Size = 15-20g

BEANS: 1/2 c. (cooked)	Black, Lima, Pinto, Red (unprocessed)
GRAINS: 1/2 c.	Whole Grain Breads, Cereals (wheat, rye, bran), Oats
RICE: 1/2 c. (cooked)	Whole Grain, Wild (unprocessed)
POTATOES: 3 oz.	Sweet, White, Yams
PASTA: 1/2 c. (cooked)	Flax or Whole Grain
SQUASH: 3 oz.	Acorn, Butternut, Winter
OTHER: 1/2 c. (cooked)	Black-Eyed Peas, Peas, Sweet Corn, Lentils

FATS 1 Serving Size = 7-10g

BUTTERS: 1 oz.	Almond Butter, Natural Peanut Butter, Low-Fat Spreads
DAIRY: 1 oz.	Egg Yolk, Soft & Hard Cheeses
NUTS: 1 oz.	Almonds, Cashews, Macadamia Nuts, Pecans, Walnuts
OILS: 1-2 Tbsp.	Fish, Flax, Olive, Safflower
SEEDS: 1-2 oz.	Pumpkin & Sunflower Seeds
OTHER	Avocado (1/4), Guacamole (3oz.), Olives (8), Hummus (2-3 Tbsp.), Vinaigrette (1-2 Tbsp.)

FRUITS

1 Serving Size = 1/2 c./Med. Fruit

Apple, Applesauce (natural), Apricots, Cantaloupe, Grapefruit, Grapes, Honeydew, Kiwi, Lemon, Mango, Mixed Berries, Nectarine, Orange, Papaya, Peach, Pear, Pineapple (unsweetened), Plum, Tangerine, Tomato, Watermelon

FIBROUS CARBS

1 Serving Size = 1 c., 15-20g Carbs

Artichokes, Asparagus, Alfalfa Sprouts, Bell Peppers, Broccoli, Brussels Sprouts, Bamboo Shoots, Cabbage, Carrots, Cauliflower, Celery, Collard Greens, Cucumber, Eggplant, Garlic, Green Beans, Kale, Lettuce, Mushrooms, Radishes, Spinach, Summer Squash, Zucchini

FREE FOODS

Use these foods to enhance the flavors of the other foods in your meal plan. You can have as much as you'd like:

Achiote Paste; Chili Varieties (Jalapeño, Serrano, Pasillo, Habañero); Garlic; Ginger; Green Onion; Herbs (e.g. Mint, Basil, Rosemary, Parsley, Cilantro); Hot Sauce (Tabasco or Mexican only); Lemon/Lime Juice; Mustard; Spices (salt-free); Vinegars

1,250 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

4 servings protein

5 servings carbohydrates

1 servings fat

3 servings fibrous carbohydrates

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	12g (1 serv)	210	330
	Carb	1 whole wheat English muffin	30g (2 serv)	120	
2	Protein	3 oz. skinless chicken breast	21g (2/3 serv)	120	230
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
3	Protein	3-4 oz. lean meat of choice	21g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	21g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	3 oz. white fish	20g (2/3 serv)	80	110
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
*Caloric values listed are approximate and are based on information from the USDA's National Nutrient Database for Standard Reference Release 27: http://ndb.nal.usda.gov				TOTAL CALORIES:	1,250

1,500 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

5 servings protein

5 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	430
	Carb	1 whole wheat English muffin	30g (2 serv)	120	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	230
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	4 oz. white fish	30g (1 serv)	110	260
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	
*Caloric values listed are approximate and are based on information from the USDA's National Nutrient Database for Standard Reference Release 27: http://ndb.nal.usda.gov				TOTAL CALORIES:	1,500

1,750 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

6 servings protein

6 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	460
	Carb	2 slices whole wheat toast	30g (2 serv)	150	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	400
	Carb	1/2 c. cooked sweet potato	15g (1 serv)	110	
	Fat	1 oz. mixed nuts	7g (1 serv)	170	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	270
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	100	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Protein	3 oz. white fish	30g (1 serv)	80	230
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	
6	Protein	1 c. 2% cottage cheese	30g (1 serv)	180	180
				TOTAL CALORIES:	1,750

*Caloric values listed are approximate and are based on information from the USDA's National Nutrient Database for Standard Reference Release 27: <http://ndb.nal.usda.gov>

2,000 CALORIE MEAL PLAN

Eat several small meals throughout the day to keep a steady energy level. Allow 2-3 hours between each meal.

Use the serving guidelines below to develop additional meal plans that meet your calorie requirements and food preferences:

DAILY SERVING TOTALS

6 servings protein

6 servings carbohydrates

5 servings fat

3 servings fibrous carbohydrates

1 serving fruit

1 serving carbohydrates = 15-20g

1 serving proteins = 20-30g

1 serving fats = 7-10g

MEAL	GROUP	FOOD PORTION	SERVING SIZE	CALORIES*	TOTAL
1	Protein	3 eggs	30g (1 serv)	210	460
	Carb	2 slices whole wheat toast	30g (2 serv)	150	
	Fat	1 Tbsp. natural peanut butter	7g (1 serv)	100	
2	Protein	3 oz. skinless chicken breast	30g (1 serv)	120	410
	Carb	8" whole wheat tortilla	30g (2 serv)	120	
	Fat	1 oz. mixed nuts	15g (1 serv)	170	
3	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	310
	Carb	1/2 c. cooked brown rice	15g (1 serv)	110	
	Fibrous Carb	1 c. lettuce + 1 c. spinach	15g (1 serv)	15	
	Fat	1 Tbsp. vinaigrette dressing	7g (1 serv)	45	
4	Fruit	1 c. apple slices	15g (1 serv)	50	410
	Protein	3-4 oz. lean meat of choice	30g (1 serv)	140	
	Carb	1/2 c. cooked whole wheat pasta	15g (1 serv)	110	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
5	Fat	3 Tbsp. hummus	7g (1 serv)	80	230
	Protein	3 oz. white fish	30g (1 serv)	80	
	Fibrous Carb	1 c. broccoli	15g (1 serv)	30	
6	Fat	1 Tbsp. extra virgin olive oil	7g (1 serv)	120	180
	Protein	1 c. 2% cottage cheese	30g (1 serv)	180	
				TOTAL CALORIES:	2,000

*Caloric values listed are approximate and are based on information from the USDA's National Nutrient Database for Standard Reference Release 27: <http://ndb.nal.usda.gov>

DISCLAIMER

Consult with a healthcare professional before starting any diet, program. Statements in this guide have not been evaluated by the U.S. Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent disease. If you have a health concern of any kind consult with your health care professional. Information presented by OYO Fitness is for educational purposes only and is not meant to substitute for the advice of a doctor or other medical professional. OYO Fitness does not make any medical claims or warranties regarding the use of this guide. The information presented is general in nature and may not be for everyone.

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PRODUCT WARNINGS

- 1** Keep the OYO Personal Gym away from children. Moving parts and other features of the device can be dangerous to children. Do not allow children to handle or utilize the device. The OYO Gym contains small parts and can be a choking hazard.
- 2** Not intended for use by anyone under 14 years of age.
- 3** Consult a physician before you start any diet or exercise program. Stop exercising if you feel pain or tightness in your chest, become short of breath or feel faint.
- 4** Before each use, examine the device for loose parts or signs of wear. Inspect cables, FlexPacks, hand grips, leg straps, door attachments and other moving or interlocking parts, making sure they are properly secured and attached and show no signs of visible wear or damage. Contact customer service at oyofitness.com for repair information.
- 5** The OYO Gym is not designed to be used when wet or submerged under water. Using this device under such conditions will void any warranty, may cause damage to the device and cause the device to be unsafe to use.
- 6** Do not wear loose clothing or jewelry while using the OYO Gym. Cover or secure long hair to prevent entanglement. This device contains moving parts. Do not put fingers or other objects into moving parts of the device.
- 7** Keep device at least 6 inches from face when in use. Keep everyone at least 3 feet away from device and user at all times while device is in use.
- 8** Do not overexert yourself during exercise. Operate the device in the manner described in Product Guidel.
- 9** **Do not use more than three FlexPacks totalling 25 lbs of rated resistance on the device at one time, as serious injury and breakage could result.** Use only the attachments designed by OYO Fitness specifically for use on your OYO Gym model.
- 10** Correctly attach, adjust and safely engage all attachments and accessories, or injury may occur.
- 11** Do not attempt to add or remove FlexPacks or other attachments while the device is in use. Doing so will void warranty and may cause injury.