

Be You. Be Strong. Be Awesome!

Jump Start Your Fitness

AT HOME FITNESS GUIDE

- ★ start where you are ★
- ★ use what you have ★
- ★ do what you can ★



The Cherry Bomb Mission

We believe in fitness for everyBODY, everywhere. Our mission is to cut through all the fitness fads, the body shaming and provide a safe, friendly, positive place to train hard, build strength and confidence with awesome people. **No cliques. No judgements. Just your best you.**

Sounds great right? But what if you can't afford a gym? Can't travel? Don't know how? That's where part 2 of fitness for everyBODY "EVERYWHERE" comes in.

FIT BOMB WODs

This is truly Fitness For Everyone! Simple, fun, fast and effective workouts from our gym to your living room. All you need is a kettlebell/dumbbell. BOOM!

We challenge you to do this for yourself!

We encourage you to motivate and inspire others to find their true potential.

We want you to be unapologetically you!

We want you to experience the Cherry Bomb difference, where everyone is Da'Bomb!

* * *

Give us 20 minutes or less, a few times a week and we'll give you an awesome workout in our own unique way - mistakes and all. We're not looking for perfect, we're looking for progress.

Our Guides are simple to follow, and the workouts can be done anytime, anywhere.

No more fear. No more second guessing yourself.

JOIN US AT [#FITBOMBWOD](#) & Be Da'Bomb!

BE YOUR OWN SUCCESS STORY

Want to know more about Cherry Bomb Garage Gym?

CLICK HERE



FREE PRIVATE TRAINING SESSION
"Click" to Claim

Today is the day you take your first lunge towards a healthier, fitter, more ferocious YOU!
Our program – plus a little sweat and commitment – is all you need to unlock your badass self.
Do you have what it takes to be #CHERRYBOMBSTRONG? Hell yeah, you do!

THE ONLY 4

Pieces of Equipment You'll Ever Need!

(HINT: THEY ALL CAN FIT INSIDE A SHOE BOX
& ONE IS TOTALLY FREE!)

CHERRY BOMB GARAGE GYM



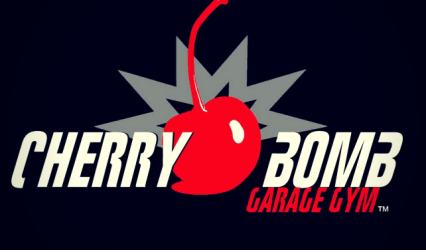
FIT BOMB WOD | [CHERRY BOMB GARAGE GYM.COM](http://CHERRYBOMBGARAGEGYM.COM) | VISIT THE SITE FOR MORE DETAILS

YOU NEED
AT HOME



- *Kettlebell (Dumbbell is OK too)*
- *Jump Rope*
- *Foam Roller AND...*
- *YOUR OWN BODY-WEIGHT!*

THAT'S IT!



That's all you need. I swear! **Surprised?**

I know, most folks have a great vision of rows and rows of dumbbells, shiny bars, plates, boxes and the latest in cardio machines. But even Cherry Bomb Garage Gym doesn't have all that. WHY? Because you don't need it.

You need the essentials to be fit. You need full range of motion in all 5 basic human movements; Push, Pull, Hinge, Squat & Carry. Throw in some cardio and voila! You are a functioning, fit, badass individual.

- You need mobility because the older you get, the stiffer, achier and crankier you get.
You want to be able to get on and off the toilet by yourself when you're older, don't you?
- You want simple and that includes the ability to control your own body.
Life is complicated enough as it is!
- You gotta get strong because strength solves all problems.
That includes INNER & OUTER Strength.
- Trying to lose weight? Get stronger and you'll shred the fat.
Toss in cardio that won't destroy your knees, and you're laughing!

All that other super complicated stuff never worked anyhow. Just do what works. 😊

BOOM! 4 SIMPLE PIECES OF EQUIPMENT can do it all and the best part is WE PROVIDE THE WORKOUTS! Just sign up here to get a fast, fun and kick butt workout in the comfort of your own home sent directly to your in box. Or visit @Fit Bomb WOD to get started right now.

1. Kettlebell

Strength Power Versatility

With so much exercise info being thrown at us, we usually pick what looks fun, or do what our friends are doing. That's a-ok with me. Just understand that strength training is crazy beneficial, and can be a part of any and all fitness programs. It doesn't have to be difficult, and you really only need 6 different movements in your strength training routine.

• Squat • Swing • Carry • Push • Pull • Lunge

ALL OF WHICH CAN BE DONE WITH A KETTLEBELL. (DUMBBELLS)

These movements improve functional strength, build muscle, increase work capacity, aid in fat loss, and improve quality of life.

Push • Pull • Lunge

• Squat • Swing • Carry •

10 High pulls

10 goblet squats

(sumo deadlift if you like)

20 kettlebell swings

10 KB push-ups

40-meter Overhead hold

10 reverse lunges each leg

YOU'LL FIND GREAT WORKOUTS ON

CHERRY BOMB GARAGE GYM & FIT BOMB WOD

SOURCE: CHERRYBOMBGARAGEGYM.COM



2. Jump Rope

Agility Balance Posture

Remember how much fun these things were? You probably didn't even notice how much cardio you were doing at the time but there are more benefits to jumping rope than just getting a sweat on.

1. Convenient & Efficient-10 minutes of rope jumping equals the same aerobic benefit as - 30 minutes of jogging . Great if it's winter!
2. Anti-aging brain workout- memory, alertness and spatial awareness.
3. Balance, agility, quickness and coordination will improve.
4. Arm and shoulder development along with leg and cardio conditioning.
5. Low impact . By landing on both feet, it helps to lower the probability of joint damage. (Those knees for one)
6. Postural improvement . Jumping forces you to stand up straight. Go ahead, try to jump rope all hunkered over.
7. Simple to learn. And fun to do. Kids do it .

3. FOAMROLLER

Mobility

Foam rolling is basically a self-massage technique.

Think of it as ironing out the wrinkles inside, which smooths and lengthens your muscles, and breaks up any tight or scar tissue.

Rolling out also helps your muscles relax and creates better blood circulation, which in turn speeds workout recovery and boosts performance.

Basically all that exercise, injury, and the rigors of life can cause knots that can be restrictive. By smashing those knots and allowing soft tissue to operate correctly again, foam rolling increases range of motion and improves workout performance.

It's tough to back squat or lift your grandchild if your hips won't open. It's tough to snatch or grab a can from the top cupboard if your shoulders won't externally rotate.

Stay mobile.



4. Bodyweight

Completely Free & Super convenient

One of the best things about body weight exercises is that you incorporate both strength and mobility together, But not just pushups, sit ups and high rep calisthenics. There is so much more variety out there. We add them in to so many of Cherry Bomb's workouts and into our "at Home" FIT BOMBS

- Wall Walks or inchworm walk outs
- Pull ups
- Pistol squats or regular squats
- Leg raises or V- ups
- L- Sit holds or toes to bar
- Dips or tricep pushups
- Hand stand Push up or V push ups
- Any variety of plank or pushup

Do any one of those with plyometric jumps, lunges or the dreaded burpee and you will SWEAT!

Try any combination of these 4 peices of "equipment" and I guarantee you'll be super pleased!



SOURCE: CHERRYBOMBGARAGEGYM.COM



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FIT BOMB WOD for FREE "at Home" workouts

Dropping F-BOMBS

So you're probably thinking, "Great, I know what I need but exactly how am I supposed to use them? NO WORRIES!

We got you covered with FIT BOMB WODs (Workout Of the Day) on our Instagram and Facebook pages. The program is for those who may be too busy, don't have access to, can't afford, or just don't enjoy a regular gym. These workouts can be done with limited equipment, space, and in a short time if necessary. FIT BOMB WOD provides videos, descriptions and are suitable for all levels and all goals.

At Home Workouts



FIT BOMB WOD [FACEBOOK](#)



[@FITBOMBWOD](#) [INSTAGRAM](#)

Need help? BOOK A FREE "NO SWEAT" SESSION with a coach.

It's beginner friendly, intimidation free & zero pressure.



Join The Movement!

You'll see, we are real too.

We sweat, we stop for breaks, asthma pumps will be used, dogs will interrupt filming and hair will get disheveled. It's a fitness revolution of reality!

Life gets in the way. Hence, FIT BOMB WOD's.

These are real workouts for real life... short and not so sweet ;)

Just have fun with it and if there's something you can't do DON'T do it , no ones keeping score.

FITBOMBWOD

 @fitbombwod



AT HOME WORKOUTS



YOU'RE DA'BOMB

Now own it!

Your At Home CrossFit Workout AIR FORCE

All you need is a Kettlebell

THE MOVES

20 Thruster

20 Sumo Deadlift High Pull

20 Push Jerk

20 Overhead Squats

20 Front Squats

EMOM 4 Burpees

WANT A FREE PERSONAL TRAINING SESSION?

STEP 1: Visit us at CherryBombGarageGym.com

STEP 2: BOOK A FREE "NO SWEAT INTRO"

STEP 3: Try a Free Private Workout with one of our amazing coaches & fall in love with the Cherry Bomb experience.

JOIN OUR FITNESS REVOLUTION

BOOK MY FREE SESSION

Be You * Be Strong * Be Awesome!

What are you waiting for?

Be #cherrybombstrong

