



**MEDFIT**  
LIFESTYLE PROGRAM

# PROGRAM

## Roadmap

DAY

1

### Initial Examination

Review health markers, MedFit Health Score, exercise risk, safe exercise HR range, home/gym program

Phase

01

### Month 1-3

Learn movement fundamentals, strength and cardio options while monitoring HR range safely

Phase

02

### Month 4-6

Reassessment, review goals, nutrition plan, chiropractic consult, prep for MedFit Gym Program

LAST

DC

### MedFit Gym

Setup access, gym orientation, setup membership options, review community resources for wellness

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# PHASE 1

## MONTH 1

### WEEK 01

#### FOUNDATIONS

Exercises:  
bodyweight, bands,  
intro cardio  
machines. Focus on  
body mechanics and  
good technique

### WEEK 02

#### BARBELL & FREE WEIGHTS

Intro basic barbell  
like squat and  
deadlift variations,  
bench and overhead  
press

### WEEK 03

#### STRONGMAN & CROSSFIT

Intro to functional  
training with sandbag  
variations, carrying,  
loading, grip training,  
and "strength cardio"  
style

### WEEK 04

#### HIIT

Education on  
purpose of interval  
training, learn to  
create circuit at  
home safely when  
short on time

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# PHASE 1

## MONTH 2

### WEEK 01

#### BALANCE & BANDS

Foundational balance activities without weight, adding bands for anti-rotational balance training

### WEEK 02

#### BALANCE: BARS & FREE WEIGHTS

Barbell and free weight exercises in different stance positions like stride, kick stand, single leg, and unstable surfaces

### WEEK 03

#### STRONGMAN CARDIO

Cardio and strength options using strongman equipment like sandbags, balls, carries, and loading for time

### WEEK 04

#### CORE STABILITY

Various core options in isometric and dynamic positions with body weight, bands, free weights, or unstable surfaces

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# PHASE 1

## MONTH 3

### WEEK 01

#### INDOOR CARDIO

Cardio variations using treadmill, air bike, rower, stepper, ski erg, and sled

### WEEK 02

#### OUTDOOR CARDIO

Cardio variations outdoors while walking, jogging, weighted walks, hiking, and various surfaces

### WEEK 03

#### EVERYDAY STRENGTH

Body weight strength options using body weight as resistance for tricep dips, pull up variations, plank variations, push ups

### WEEK 04

#### YOGA & PILATES

Using yoga postures and/or movements from the discipline of pilates for strength and endurance



# PHASE 2

## MONTH 4

### WEEK 01

#### NUTRITION

Consultation with nutritionist to address food concerns and develop a nutritional plan

### WEEK 02

#### PRACTICE

Practice nutritional plan guidelines and continue with hitting cardio minutes and strength training according to plan

### WEEK 03

#### FOLLOW UP

Nutrition follow up for nutrition plan adjustments and prep for chiropractic nutrition testing

### WEEK 04

#### PRACTICE

Practice nutritional plan guidelines and continue with hitting cardio minutes and strength training according to plan



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# PHASE 2

## MONTH 5

### WEEK 01

#### CHIROPRACTIC

Consultation for education on all the benefits of chiropractic care and nutrition testing for nutrition plan

### WEEK 02

#### INDEPENDENT WEEK

Practice new nutritional and chiro plan guidelines and continue with hitting cardio minutes and strength training according to plan

### WEEK 03

#### FOLLOW UP

Chiropractic follow up for nutrition plan updates and body work plan

### WEEK 04

#### INDEPENDENT WEEK

Practice nutritional and chiro plan guidelines and continue with hitting cardio minutes and strength training according to plan

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# PHASE 2

## MONTH 6

### WEEK 01

#### WORKOUT PROGRAMMING

General guidelines for programming at home, gym, or community while managing safe HR range

### WEEK 02

#### INDEPENDENT WEEK

Practice programming and execute this week. Note any questions or issues to go over next session

### WEEK 03

#### INDEPENDENT WEEK

Practice programming and execute this week. Note any questions or issues to go over next session

### WEEK 04

#### MEDFIT GYM INTRO & ACCESS

Wrap up the program with final assessment, orientation to MedFit gym, membership options, and gym program onboarding