



Chick Ebook

**Your body, your journey
no judgment zone. Start
feeling amazing today.**

FIT CHICK NOW
Beginner Fitness Guide

**Simple Workouts for Beginners &
Seniors**
By Carla | Fit Chick Now

**Includes Beginner Workouts, Senior
Exercises, and a Special Offer to
Join Fit Chick Now.**

Welcome to Fit Chick Now

Welcome! This guide is for anyone ready to start their fitness journey.

You don't have to be perfect you just have to start.

My goal is to help you get stronger, healthier, and more confident.

Why Fitness Matters

More energy

Better health

Stronger body

Less stress

More confidence

Simple Beginner Workout

Jumping Jacks

Squats

Push-ups

Sit-ups

Walk

light jog

Repeat

Tip:

Start slow and stay consistent.

Even 10 minutes of movement each day can make a difference.

Senior Friendly Exercises

**Leg Lifts – 10 each leg (Hold a chair
for balance)**

**Walking – 10–20 minutes at a
comfortable pace**

**Shoulder Rolls – 10 forward and 10
backward**

Knee Lifts – 10 each leg

Arm Circles – 10 each direction

Join Fit Chick Now

Beginner-friendly workouts in a welcoming community.

\$5 Down

\$20 Month

\$15 Seniors & Military

\$40 Family

Healing & Family Flow

\$5 Down

\$15 Month

E-Book Reader Bonus: Show this guide and get your first workout FREE!