



# NXT SHAPE WORKOUT GUIDE

## 30-day training plan

A complete program for a toned and lean body

**PREVIEW**

## WELCOME TO THE NXT SHAPE PROGRAM

And as promised, there we go for part 2!

In the first part of the program, we outlined the fundamentals of a varied and balanced diet as well as concrete advice to apply in your daily life. Now, let's focus on the physical activity!

Let's be honest. You can find workout examples everywhere: Instagram, YouTube, Pinterest... You are literally spoiled for choice! But, which workout should you choose? Which exercises are the most appropriate for your goal? How long should your trainings last?

The **NXT Shape Workout Guide** has been designed to answer those questions. It consists in a series of short and intense exercises that build up an efficient but simple routine to achieve your goal. The exercises require (almost) no equipment and fit all levels, from beginner to advanced. The workouts are short and made of only 4 exercises, allowing you to get straight to the point and tone up your silhouette.

It is important to note that the **NXT Shape** program has been made for healthy adults (above 18 years old) who do not have health concerns nor injuries. If you have any health issue (diabetes, hypertension, heart disease...), taking any medication, are pregnant or breastfeeding, are recovering from an injury, you must refer to your doctor and follow her/ his recommendations about your nutrition and workout plans.

Ready to get started? Let's go!

### Team NXT Level

## TABLE OF CONTENTS

How the NXT Shape program works _____	<b>P. 04</b>
Meet the coach _____	<b>P. 05</b>
Your 30-day action plan _____	<b>P. 06</b>
Tools and tips to succeed _____	<b>P. 07</b>
30-day workout program _____	<b>P. 08</b>
NXT Shape workouts _____	<b>P. 10</b>
Workout 1 _____	<b>P. 11</b>
Workout 2 _____	<b>P. 14</b>
Workout 3 _____	<b>P. 17</b>
Workout 4 _____	<b>P. 20</b>



## HOW THE NXT SHAPE PROGRAM WORKS

30% WORKOUT



70% DIET

Abs are made in the kitchen. You might have heard this saying about a million times before. A varied and balanced diet is actually the key to achieve a leaner body – and the first part of the **NXT Shape** program tells you all about that.

However, exercising stays an important part of the equation.

And to tell you the truth, spending ages on a cardio machine is not the most effective way to make your abs pop out nor achieve a toned silhouette. Performing very specific exercises to target weight loss on a specific area of the body is also a myth.

For instance, performing sit ups and squats day in and day out won't make the abs show up and tone up your thighs if they are still covered by a generous layer of body fat. A more effective way to achieve a toned and lean body is to burn overall fat through full body workouts.



But then, what does **NXT Level** have to offer?

The **NXT Shape** program focuses on a balance mix of different types of exercises, targeting the whole body. The target is to help you build lean muscle mass, and hence achieve a toned and lean body. Here are the assets that you get with the Workout guide:

- A series of 4 detailed full body high intensity interval workouts. Each workout comprises 4 different exercises, thoroughly illustrated with pictures and videos. All exercises require minimal equipment, and yet will challenge your body to achieve great results. They are condensed within a 30min max time frame to help you make the most efficient use of your time. Furthermore, they suit all levels, from beginner to advanced. We will also give you tips to make some exercises easier or more challenging.
- A 30-day workout plan. All workouts are allocated within a 30-day planning that alternates workout days and active-recovery ones. While focusing on this series of workouts, you will be able to track your progress.

## YOUR 30-DAY WORKOUT PLAN

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1	WORKOUT 1 P. 11	ACTIVE REST	WORKOUT 2 P. 14	ACTIVE REST	WORKOUT 3 P. 17	ACTIVE REST	WORKOUT 4 P. 20
WEEK 2	ACTIVE REST	WORKOUT 1	ACTIVE REST	WORKOUT 2	ACTIVE REST	WORKOUT 3	ACTIVE REST
WEEK 3	WORKOUT 4	ACTIVE REST	WORKOUT 1	ACTIVE REST	WORKOUT 2	ACTIVE REST	WORKOUT 3
WEEK 4	ACTIVE REST	WORKOUT 4	ACTIVE REST	WORKOUT 1	ACTIVE REST	WORKOUT 2	ACTIVE REST
WEEK 5	WORKOUT 3	ACTIVE REST	WORKOUT 4				

All workouts are detailed just after!



# NXT SHAPE WORKOUTS



# WORKOUT 1

20

minutes

4

rounds

4

exercises per  
round

45/15

seconds on/rest  
per exercise

60

seconds rest  
between each  
round

**Exercise 1:** Side shuffles

**Exercise 2:** Skier abs

**Exercise 3:** Squats with resistance band

**Exercise 4:** Push ups

Scan the QR-code  
for the full video  
workout!





## Exercise 1: SIDE SHUFFLES



Quickly shuffle to each side of your mat to touch the extremities.  
Repeat for 45 seconds.



Keep your knees bent, your chest lifted and look forward. Quickened your steps or widen the distance of shuffling to boost the intensity.

## Exercise 2: SKIER ABS



Start in a high plank position, keeping your body in a straight line. Jump both feet together, until your knees are aligned with the outside of your right elbow. Come back to the starting position and do the same on the left side. Continue for 45 seconds.



Keep your core engaged all the time and control the movement from beginning to end. Don't let your hips bend down. To spice it up, try walking slowly from the plank to the crunched position and back.