



**F2**

**BUILD LEAN MUSCLE,  
TONE AND TRANSFORM.**



FOREVER

# ARE YOU READY TO BE TRANSFORMED?

## IN THE FIRST TWO PHASES OF THE FOREVER F.I.T. PROGRAMME

YOU LEARNT THE IMPORTANCE OF  
PROPER NUTRITION, EXERCISE  
AND HOW TO BOTH LOOK AND  
FEEL BETTER.



# FOREVER F.I.T. 2 WILL TAKE YOU TO THE NEXT LEVEL...

...by helping you to tone your body, burn more calories and transform. Lean muscle is essential to weight loss for both men and women, and the **Forever F.I.T. 2** programme will help you learn how to build it and sustain it!

**Get toned, get trim and be transformed  
with Forever F.I.T. 2. Let's get started!**

**Forever  
PRO X<sup>2</sup> High  
Protein Bars**  
10 bars

**Forever  
Aloe  
Vera Gel**  
4X 1 litre  
bottles

**Forever  
Lite Ultra  
Shake Mix**  
2X pouches

**What your  
F.I.T. 2 Pack  
Includes:**

**Forever  
Fiber**  
30 packets

**Forever  
Therm**  
60 tablets

**Forever  
Garcinia Plus**  
70 softgels

Please consult your doctor for more in-depth information before beginning any exercise programme or using any dietary supplement.

Please note that C9 and the Forever F.I.T. programmes are not suitable for, and should not be taken by, anyone who has diabetes, kidney disease, epilepsy, or is pregnant.

If you have any medical condition, please consult your doctor before starting the programme.



# IT'S TIME TO COMPLETE YOUR TRANSFORMATION.

**Forever F.I.T. 2** will use everything you've already learnt but move your body onto the next level. You will increase your muscle-building exercises and fine-tune your nutrition. Follow these tips to achieve your best results:



## RECORD YOUR MEASUREMENTS.

Record your measurements in a notebook. Keeping track of your measurements is the best way to measure your success on the **Forever F.I.T. 2** programme.



## TRACK YOUR PROGRESS TOWARD YOUR GOALS.

Stay focused on the goals that you set for yourself and strive towards them.



## RECORD YOUR CALORIES.

Keeping track of your calorie intake is important to help you look and feel better. Record your calorie intake in your notebook or use a calorie-tracking app like **MyFitnessPal**.



### **DRINK PLENTY OF WATER.**

Approximately three litres a day for men and two - two ½ litres a day for women.



### **PUT DOWN THE SALTSHAKER.**

Salt contributes to fluid retention. Flavour foods with herbs and spices instead.



### **AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.**

Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

# YOUR SUPPLEMENT SCHEDULE DAYS 1 TO 30

FOLLOW YOUR SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE THE MAXIMUM RESULTS ON THE FOREVER F.I.T. 2 PROGRAMME.

## Breakfast

**120ml**  
Forever  
Aloe Vera Gel

**1X Scoop**  
Forever Lite Ultra  
Mixed with 300ml of  
skimmed milk\*

**1X Forever**  
Therm Tablet

## Snack

**1X Packet**  
Forever Fiber  
Mixed with water or  
another beverage

Be sure to take  
**Forever Fiber**  
separately from your daily  
supplements. Fibre can  
bind to some nutrients and  
this will affect how they  
are absorbed by your  
body

## Lunch

**1X Forever**  
Garcinia Plus  
Softgels  
Taken **20 minutes**  
before eating



**1X Forever**  
Therm Tablet

## Snack

Snack suggestion:

### Forever PRO X<sup>2</sup> High Protein Bar

(10 included; additional bars sold separately)

## Dinner

### 1X Forever Garcinia Plus Softgels

Taken 20 minutes before eating



Or you may substitute it for...



### 1X Scoop Forever Lite Ultra

Mixed with 300ml of skimmed milk\*



(2x Forever Lite Ultra pouches are included. Further pouches will need to be purchased separately)



If you prefer to have a meal for breakfast, and a protein shake made with **Forever Lite Ultra** for lunch or dinner, feel free to make the switch!



\*If lactose intolerant, please use suitable substitute.



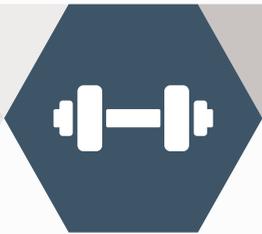
**BUILDING MUSCLE REQUIRES  
VARIED NUTRITION THAT WILL  
HELP YOU RECOVER FASTER.  
THE FOREVER F.I.T. 2  
LIFESTYLE PROGRAMME  
WILL PROVIDE YOU WITH  
THE PROTEIN, CARBOHYDRATE  
AND FAT BALANCE THAT YOU  
NEED TO BUILD HEALTHY,  
LEAN MUSCLE.**



# CHALLENGE YOURSELF.

There are many misconceptions about building muscle and how it relates to your nutrition and fitness. Building lean muscle is essential to burning fat. To build and maintain muscle, the body burns more calories, leading to greater fat burn and weight loss. Cardiovascular exercise is important to help burn fat

and support a healthy heart, but should be used in balance with resistance and interval training. It's important to vary your exercise routine to avoid weight loss plateaus.



THERE'S NO TIME LIKE THE PRESENT. CHALLENGE YOURSELF TO DO MORE, WORK HARDER AND GET STRONGER THAN YOU EVER THOUGHT YOU COULD!



## FIGHTING PLATEAU.

Have you been sticking to the Forever F.I.T. programme but feel like your weight loss has slowed or even plateaued?

Don't worry, this is nothing that should cause alarm! Plateauing is a relatively common occurrence, but it can easily be overcome with one (or a few) small changes to your routine.



Reaching a plateau can be hard, but you needn't go through it alone. Keep yourself and others motivated by sharing your experience across social media:

 /ForeverUK  
 @OfficialForever

Don't forget to use  
#IAmForeverFit



**ADDITIONAL FOREVER  
PRO X<sup>2</sup> CAN ALSO BE  
PURCHASED SEPARATELY  
TO YOUR FOREVER F.I.T. 2  
PROGRAMME.  
FOREVER PRO X<sup>2</sup> HIGH  
PROTEIN BARS ARE A  
DELICIOUS SOURCE OF  
PROTEIN THAT WILL KEEP  
YOU SATISFIED UNTIL  
YOUR NEXT MEAL.**

# TIPS TO HELP YOU STICK TO YOUR PROGRAMME.

Adhering to a strict plan can be one of the greatest contributors to weight loss. However, social occasions like holidays, celebrations, or dining out, can make sticking to the programme difficult.

**There is an easy rule to follow here:**

## MODERATION

**You will undoubtedly be faced with temptation at social gatherings while you're on the Forever F.I.T. programme and after.** Plan ahead and eat a healthy snack before you go.

While this may not keep you from having any unhealthy foods while you are there, you will be less likely to over-indulge because you won't be hungry when you arrive.



**WHEN EATING OUTSIDE YOUR HOME, TRY TO PICK A RESTAURANT THAT HAS HEALTHY CHOICES ON THE MENU. IF THIS ISN'T POSSIBLE, DON'T BE AFRAID TO ASK FOR SUBSTITUTIONS. MANY RESTAURANTS CAN PREPARE SOMETHING ON THE GRILL THAT WOULD NORMALLY BE COOKED WITH BUTTER OR OTHER SATURATED FATS, OR ARE HAPPY TO REPLACE CARB FILLED SIDES WITH STEAMED VEGETABLES.**



# SHOPPING HEALTHY.



**Sticking to a programme can be hard with engineered foods and hidden ingredients you may not be considering.** Even when you think you are following the programme, there may be things in your food preventing you from reaching your greatest success.

## BE PREPARED

**Follow these tips when planning your lifestyle programme:**

**Plan out your meals for the week and make a list.** People who make lists before grocery shopping are **60-70%** less likely to make impulse purchases.



**Eat a snack. Don't go to the store hungry!** Grocery shopping while hungry can greatly increase your likelihood of purchasing unhealthy snacks and meals.



**Stick to the perimeter of the grocery store.** While not everything found here is healthy (hello, bakery!), fruits, vegetables, meats, whole grains, seafood and food largely without preservatives can be found here. This doesn't mean that everything found on the shelves is bad – simply enjoy these foods in greater moderation.



# FOREVER LITE ULTRA 200-400 CALORIE SHAKE RECIPES.

These tasty recipes will add some variety to your Forever Lite Ultra shakes. Packed with protein, you can use these shake ideas as a post-workout drink throughout the Forever F.I.T. programme. These shake recipes are healthy, low-calorie and delicious.

## PEANUT BUTTER CUP

**Combine:**

**1 scoop** of Forever Lite Ultra Chocolate shake mix / **1 tbsp** natural peanut butter / **½ banana** / **250ml** unsweetened almond milk and ice / Blend for **20-30 seconds** and serve immediately.

## BANANA BERRY

**Combine:**

**1 scoop** of Forever Lite Ultra Vanilla shake mix / **½ banana** / **250ml** skim milk / **½ cup** of mixed berries and ice / Blend for **20-30 seconds** and serve immediately.

## MANGO BANANA SHAKE

**Combine:**

**1 scoop** of Forever Lite Ultra Vanilla shake mix / **1 cup** of packed spinach / **1 banana** / **½ cup** frozen mangos / **250ml** unsweetened almond milk and ice / Blend for **20-30 seconds** and serve immediately.

## ANGEL FOOD CAKE

**Combine:**

**1 scoop** of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened almond milk / **½ tsp** coconut extract / **½ cup** vanilla Greek yogurt and ice / Blend for **20-30 seconds** and serve immediately.

## PIÑA COLADA

**Combine:**

**1 scoop** of Forever Lite Ultra Vanilla shake mix / **2 tbsp** unsweetened shredded coconut / **120ml** unsweetened coconut milk / **1 cup** frozen pineapple and ice / Blend for **20-30 seconds** and serve immediately.

## BANANA SPLIT SHAKE

**Combine:**

**1 scoop** of Forever Lite Ultra Chocolate shake mix / **1 cup** vanilla Greek yogurt / **½ banana** / **½ cup** frozen strawberries and ice / Blend for **20-30 seconds** and serve immediately.

## MIXED BERRY ALMOND

**Combine:**

**1 scoop** of Forever Lite Ultra Vanilla shake mix / **250ml** unsweetened almond milk / **½ cup** frozen strawberries / **¼ cup** mixed berries and ice / **2 tbsp** of natural sliced almonds / Blend for **20-30 seconds** and serve immediately.



Remember, you can use the delicious shake recipes from C9 and Forever F.I.T. 1 all the way through the Forever F.I.T. programme.

You can substitute  
**Forever Lite Ultra**  
Chocolate shake mix  
in any shake recipe  
or experiment and  
create your own!



**FEEL FREE TO SWAP  
FAT-FREE MILK, RICE MILK,  
UNSWEETENED ALMOND  
MILK, UNSWEETENED  
COCONUT MILK OR  
UNSWEETENED SOY MILK  
IN ANY OF THESE RECIPES.**

**HAVE A GREAT RECIPE?  
SHARE IT WITH US AT**

**f /ForeverUK  
#FitRecipes**

# INCREASING YOUR CALORIES.

While it's true that lower calories lead to weight loss, eating too few calories can actually keep you from losing weight. Without the proper fuel, the body can hold onto fat stores in case they are needed. **Forever F.I.T. 2** adjusts your calorie intake to meet the demands of the exercise programme and helps you build muscle.

**MIX AND MATCH\* THE FOLLOWING RECIPES DURING THE FOREVER F.I.T. PROGRAMME TO MEET YOUR CALORIE REQUIREMENT. YOU CAN DECIDE WHICH MEAL TO MAKE YOUR LARGEST. THE FOREVER F.I.T. PROGRAMME PROVIDES A VARIETY OF OPTIONS TO ADAPT TO YOUR SCHEDULE!**

Recommended calories during Forever F.I.T. 2 for men and women.

1,500-1,700 for women

2,000-2,200 for men

Higher protein consumption is necessary for building muscle if you're doing vigorous exercise. Choose your daily calorie requirements within the recommended range, based upon your fitness level and exercise intensity.

## BREAKFAST.

Breakfast should be your largest carbohydrate meal of the day. Because you haven't eaten for eight to ten hours, there are fewer carbohydrates stored in your muscles. When you eat carbohydrates during your first meal of the day, they are more likely to be converted into energy instead of affecting fat stores in the body, giving you the boost you need for a great workout.

Calories in the **Forever F.I.T.** programme may vary slightly depending on the brand of ingredients that you use. For exact calories in each brand you're using, consult a calorie-tracking app like **MyFitnessPal**.

## TURKEY & MUSHROOM

4 oz. ground turkey, sautéed in a patty with 2 tsp olive oil / 1 large portobello mushroom, steamed / ¼ cup goat cheese / ½ cup porridge oats  
Estimated Calories – 569 / Protein 43g / Fat 28g / Carbs 43g / Fibre 9g

## STRAWBERRY GRANOLA

½ cup granola / ½ cup almond milk / ½ cup strawberries, sliced  
Estimated Calories – 368 / Protein 10g / Fat 16g / Carbs 46g / Fibre 8g

## SWISS SCRAMBLED EGGS

6 egg whites, scrambled in 2 tsp olive oil / 2 tbsp Swiss cheese / 2 tbsp flaxseed / 1 cup porridge oats  
Estimated Calories – 688 / Protein 44g / Fat 28g / Carbs 69g / Fibre 14g

## TURKEY & CHEESE SCRAMBLE

4 egg whites, scrambled with ¼ cup turkey bacon and ½ cup Swiss cheese / ½ cup steamed broccoli / 1 slice whole wheat toast with 1 tbsp jam  
Estimated Calories – 368 / Protein 31g / Fat 12g / Carbs 35g / Fibre 5g

## SHRIMP & EGGS

4 egg whites, scrambled with 4 large shrimp with 2 tsp olive oil / season with lemon pepper / 1 cup broccoli, sautéed / ½ cup oatmeal and ¼ cup almond milk, topped with 2 tbsp flaxseed  
Estimated Calories – 528 / Protein 30g / Fat 28g / Carbs 52g / Fibre 15g

## BASIL SAUSAGE

3 chicken sausages, sliced and sautéed with basil / ½ cup oatmeal / ¼ cup almond milk  
Estimated Calories – 731 / Protein 29g / Fat 13g / Carbs 35g / Fibre 7g

## BREAKFAST BURRITO

4 egg whites, scrambled with green chillies (or vegetables of choice) / ¼ cup shredded low-fat cheese / 1 whole grain 8 inch wrap, 1 tbsp salsa  
Estimated Calories – 358 / Protein 42g / Fat 39g / Carbs 55g / Fibre 5g

## ADDITIONAL TIPS

For a quick and easy way to add variety to your breakfast, try:

### Scrambling 2 eggs in olive oil with:

- + Chopped onion / bell peppers / 2 tbsp goat cheese / dill
- + Chopped grilled chicken / tomatoes / chives / chopped olives or bell peppers

### Mixing 1 cup plain Greek yogurt with:

- + ½ cup granola / fresh berries
- + ¼ cup chopped almonds / diced, fresh mango
- + 1 tsp chopped, fresh mint / fresh berries
- + 1 sliced banana / ¼ cup chopped walnuts



## FOREVER LITE ULTRA PROTEIN PANCAKES RECIPE

**Ingredients:** 1 scoop Forever Lite Ultra Vanilla shake mix / 2 egg whites / ½ cup old fashioned oats / ½ banana / cinnamon / dash of almond milk

**Blend all ingredients thoroughly** / Heat frying pan to medium heat and coat with coconut oil spray / Pour batter into pan to reach desired pancake size / Cook 1-2 minutes each side

**Estimated Calories 330 / 31g Carbohydrates / 4g Fat / 10g Protein**

Top with fruit, 2 tbsp pure maple syrup or honey

# LUNCH.

## GRILLED CHICKEN WRAP

**6 oz.** grilled chicken, sliced / shredded romaine lettuce / **1** medium tomato, sliced / **2 tbsp** plain low-fat yogurt / **1** whole wheat 8 inch wrap  
Estimated Calories – 437 / Protein 54g / Fat 12g / Carbs 28g / Fibre 5g

## GRILLED ITALIAN SHRIMP

**12** large shrimp, sautéed / **1 cup** brown rice / **2 tbsp** parmesan cheese / **¼ cup** bell pepper / **½ cup** broccoli / **2 tbsp** Italian dressing  
Estimated Calories – 485 / Protein 28g / Fat 16g / Carbs 57g / Fibre 7g

## ALMOND CRUSTED COCONUT CHICKEN

**6 oz.** baked, boneless, skinless, chicken coated with **12** almonds, ground fine with **2 tsp** shredded coconut / **2 tsp** olive oil / **1 cup** steamed spinach / **½ cup** cooked quinoa  
Estimated Calories – 558 / Protein 60g / Fat 25g / Carbs 25g / Fibre 10g

## TUNA ON TOAST

**4 oz.** rinsed, drained, canned tuna / **¼ cup** chopped celery / **¼ tsp** dill / juice of **½** lime / **2** leaves romaine lettuce / **2 slices** whole wheat toast / topped with **2 tbsp** flaxseed  
Estimated Calories – 409 / Protein 39g / Fat 14g / Carbs 32g / Fibre 10g

## CHICKEN & GOAT CHEESE WRAP

**4 oz.** grilled chicken / **½ cup** plain goat cheese / **¼ cup** rocket / **½** small tomato, sliced / **½** red onion, sliced / **1 tsp** balsamic vinegar / **1** whole wheat 8 inch wrap  
Estimated Calories – 370 / Protein 43g / Fat 11g / Carbs 25g / Fibre 5g

## GRILLED SALMON WITH PINEAPPLE SALSA

**6 oz.** grilled salmon / **½ cup** chopped pineapple / **½ cup** chopped tomato / **¼ cup** chopped fine red bell pepper / **1 tsp** coriander / juice of **½** lime / **½ cup** basmati rice / **6** grilled asparagus spears  
Estimated Calories – 587 / Protein 44g / Fat 25g / Carbs 47g / Fibre 5g

# DINNER.

## LEMON & DILL HALIBUT

**6 oz.** grilled halibut, seasoned with dill and lemon pepper / **½ cup** quinoa / **½ cup** brussels sprouts, steamed and topped with **2 tbsp** turkey bacon  
Estimated Calories – 586 / Protein 40g / Fat 35g / Carbs 26g / Fibre 5g

## LEMON PEPPER SALMON

**6 oz.** salmon, grilled and seasoned with lemon pepper and cinnamon / **½ cup** brown rice / **1 cup** broccoli, steamed / juice of **½** lemon  
Estimated Calories – 511 / Protein 44g / Fat 22g / Carbs 34g / Fibre 7g

## ROASTED GARLIC ROSEMARY TURKEY WITH WILD RICE

**6 oz.** boneless, skinless turkey breast baked with **1 tsp** rosemary, **2 tsp** olive oil, **1 tsp** minced garlic / **½ cup** cooked wild rice / **½ cup** steamed carrots with juice of **¼** lemon  
Estimated Calories – 405 / Protein 50g / Fat 13g / Carbs 24g / Fibre 3g

## COCONUT CURRY CHICKEN

**6 oz.** boneless, skinless chicken breast, diced and stir-fried in **2 tsp** olive oil / **¼ cup** carrots, diced / **¼** yellow onion, diced / **¼ cup** coconut milk mixed with **¼ tsp** curry powder / **1 cup** brown rice, cooked / sea salt to taste  
Estimated Calories – 709 / Protein 58g / Fat 30g / Carbs 52g / Fibre 5g

## MEDITERRANEAN GRILLED SEA BASS

**6 oz.** sea bass, grilled / **¼ cup** black olives, pitted and chopped / **½** tomato, chopped / **1 tsp** olive oil / **1 tsp** oregano / **1 tsp** basil / pinch sea salt / **½ cup** basmati rice  
Estimated Calories – 429 / Protein 44g / Fat 22g / Carbs 36g / Fibre 1g



# ADDITIONAL TIPS

**For a quick and easy way to add variety to your lunch and dinner meals, try:**

**Grilling or baking 6 oz. salmon or other fish (sea bass / tilapia / halibut) in olive oil and topping with:**

- + Chopped cucumber / tomatoes / olive oil / dill
- + Minced ginger / lemongrass / soy sauce
- + Chopped avocado / grapefruit / lime juice

**Mixing ½ cup canned tuna, rinsed and drained with:**

- + Chopped cucumber / celery / grapes / fresh dill / lime juice

**Grilling or baking 6 oz. boneless, skinless chicken breast or turkey breast with olive oil with:**

- + Fresh minced ginger / grapes / red onions
- + Honey / rosemary / garlic / chopped black olives / chopped tomatoes
- + Rosemary / tarragon / thyme / walnuts / goat cheese

**Filling an 8 inch whole wheat wrap with:**

- + ½ cup canned salmon, rinsed and drained / 1 tbsp Greek yogurt / 1 tsp fresh dill, chopped / ¼ cup chopped celery / romaine lettuce leaves
- + 4 oz. sliced, grilled chicken / ½ sliced bell pepper / ¼ sliced sweet red onion / 2 tbsp hummus / romaine lettuce leaves / ½ sliced mango

**For healthy snacks, try:**

**2 rice cakes, topped with:**

- + 4 tsp almond butter / ½ sliced banana
- + ¼ cup goat cheese / sliced strawberries
- + ¼ cup goat cheese / sliced cucumbers / dill

**1 cup cottage cheese, served with:**

- + Sliced oranges / ¼ cup walnuts
- + ½ cup fresh berries / ¼ cup almonds

**½ cup hummus, served with:**

- + Celery and carrot sticks / sugarsnap pea / broccoli florets
- + Sliced apples / pears

**¼ cup almonds / sliced apple / 1 oz. cheese**

**Forever Lite Ultra shake** (see page 13)



# YOUR DAILY ROUTINE FOR FOREVER F.I.T. 2



## WARM UP

Each time you exercise, it is essential to take the time to warm up and stretch to ensure an effective workout and reduce the possibility of injury. Complete the following to properly warm up your body.

- + 30 BACKWARD HIGH KNEES
- + 30 ANKLE WALKS
- + 30 FORWARD ARM CIRCLES
- + 30 BACKWARD ARM CIRCLES
- + 30 HIP CIRCLES
- + 30 STANDING ALTERNATE LEG RAISES

## DON'T FORGET TO STRETCH

After working out, stretching is very important to help increase blood and nutrient supply to your muscles, reduce muscle soreness, support flexibility and lengthen muscle fibres and tissue. Complete the following stretches after your workout.

- + QUAD STRETCH
- + CALF STRETCH
- + TRICEPS STRETCH
- + BACK STRETCH
- + SHOULDER STRETCH
- + HIP FLEXOR STRETCH
- + HAMSTRING STRETCH
- + BICEP STRETCH
- + IT BAND STRETCH
- + CHEST STRETCH
- + ABDOMINAL STRETCH
- + GLUTE STRETCH

# CARDIO

Throughout the Forever F.I.T. programme, you'll be asked to **complete cardiovascular exercises**. Cardio refers to any movement that gets your heart rate up and increases blood circulation.

Cardio exercise can boost metabolism, support a healthy heart and can help you recover more quickly after strenuous exercise. Cardio includes:

- + RUNNING
- + HIKING
- + AEROBICS
- + TREADMILL
- + CYCLING
- + DANCING
- + ELLIPTICAL OR STAIR STEPPER MACHINE
- + SWIMMING
- + KICKBOXING



Please consult with a doctor or other qualified healthcare professional for more in-depth information before beginning any exercise programme or using any dietary supplement

**To be effective...**  
each stretch must be held for a minimum of **30 seconds**. You may not need to perform each stretch after every workout.



**TO SEE PHOTOS AND VIDEOS OF ALL WARM-UPS, STRETCHES AND EXERCISES IN THE F.I.T. PROGRAMME, VISIT [WWW.BIT.LY/FITUK](http://WWW.BIT.LY/FITUK)**

# THE IMPORTANCE OF HEART RATE



Monitoring your heart rate while you're exercising can help you determine if you're doing too much or not enough. A heart rate monitor will automatically monitor your heart rate, or can determine it yourself with the following calculations:

- + FOR THE F.I.T. PROGRAMME, CALCULATE YOUR TARGET HEART RATE BY SUBTRACTING YOUR AGE FROM 180. FOR EXAMPLE, A 40 YEAR OLD'S TARGET HEART RATE WOULD BE 140 ( $180-40=140$ ).
- + TAKE YOUR PULSE ON THE INSIDE OF YOUR WRIST OR ON THE SIDE OF YOUR NECK DURING EXERCISE.
- + COUNT YOUR PULSE FOR 10 SECONDS AND MULTIPLY BY SIX TO FIND YOUR BEATS PER MINUTE. THIS IS HOW YOU CALCULATE YOUR HEART RATE DURING EXERCISE.

NOW YOU'RE  
READY TO GO  
THROUGH YOUR  
EXERCISES.



Use your target heart rate and your calculated heart rate during exercise to determine the correct intensity for your cardio exercise.



Simply multiply your target heart rate by the percent listed in the exercise plan and compare to your heart rate during exercise. Increase or decrease intensity as needed.



**THE FOREVER FIT. 2 FITNESS PLAN REQUIRES DUMBBELLS OR RESISTANCE BANDS. WHERE DUMBBELLS OR RESISTANCE BANDS ARE NEEDED YOU WILL SEE (🏋️) IN THE FITNESS PLAN. OTHER EXERCISES MAY BE MODIFIED BY ADDING RESISTANCE AS YOU BUILD STRENGTH TO HELP INCREASE LEAN MUSCLE MASS AND BURN FAT.**

# DAY 1

Estimated  
Caloric Burn  
Female/375  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)

## REPEAT 3 TIMES:

- + 30 Squat & Press 
- + 30 Jumping Jacks
- + 30 Upright Rows 
- + 30 Close Grip Push-ups
- + 30 Sec Side Plank
- + 60 Sec Plank
- + 15 OH Forward Lunges (each side) 
- + 25 Push-ups
- + 25 Upright Rows 
- + 60 Sec Side Lunges
- + 60 Sec High Knees
- + 10 Burpees
- + 15 Bicep Curls 
- + REST FOR 60 SEC
- + STRETCH

# DAY 2

Estimated  
Caloric Burn  
Female/400  
Male/500

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 40 Min Cardio  
(80%-90% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

# DAY 3

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.

# DAY 4

Estimated  
Caloric Burn  
Female/350  
Male/500

## WARM-UP:

- + 2 Min Jump Rope

## REPEAT 3 TIMES:

- + 20 Burpees
- + 30 Jumping Jacks
- + 30 Crunches
- + 30 Squat & Press 
- + 15 Bicep Curls 
- + 30 Side Sit-ups (each side)
- + 60 Sec Side Crunches
- + 30 Push-ups
- + 30 Diamond Push-ups
- + 20 Side Lunges (each side)
- + 60 Sec Plank
- + 60 Sec High Knees
- + 12 Burpees
- + REST FOR 60 SEC
- + STRETCH

# DAY 5

Estimated  
Caloric Burn  
Female/400  
Male/550

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 35 Min Cardio  
(115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

# DAY 6

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 7

Estimated  
Caloric Burn  
Female/550  
Male/700

## WARM-UP:

- + 2 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Squats
- + 30 Jumping Jacks
- + 40 Sit-ups

## REPEAT 3 TIMES:

- + 30 Push-ups
- + 30 Side Sit-ups (each side)
- + 60 Sec Bicep Curls 
- + 15 OH Forward Lunges (each side) 
- + 30 Dips
- + 20 Mountain Climbers
- + 60 Sec Side Crunches
- + 60 Sec High Knees
- + 12 Burpees
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 8

Estimated  
Caloric Burn  
Female/400  
Male/550

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 35 Min Cardio (115% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

**Don't worry,  
life challenges  
happen.**

If you get off schedule with the Forever F.I.T. fitness plan, just make time to get back on track as soon as you can! The important thing to remember is to take two days to rest each week and alternate cardio with weightlifting and resistance exercise.

# DAY 9

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 30 Min Cardio (100% target heart rate)

## REPEAT 4 TIMES:

- + 30 Side Lunges (each side)
- + 30 Diamond Push-ups
- + 30 Sit-ups

## REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 60 Sec Plank
- + 15 OH Backward Lunges (each side) 
- + 30 Dips
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 12 Burpees
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 10

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 11

Estimated  
Caloric Burn  
Female/400  
Male/500

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 35 Min Cardio (120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 12

Estimated  
Caloric Burn  
Female/550  
Male/700

## WARM-UP:

- + 5 Min Jump Rope

## REPEAT 4 TIMES:

- + 60 Sec V Crunches
- + 60 Sec Ice Skaters
- + 30 Sit-ups
- + 20 Push-ups
- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)

## REPEAT 3 TIMES:

- + 30 OH Backward Lunges (each side) 
- + 30 Diamond Push-ups
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 15 Bicep Curls 
- + 30 Sec Flutteres
- + 30 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

# DAY 13

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 14

Estimated  
Caloric Burn  
Female/400  
Male/500

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 35 Min Cardio  
(120% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

# DAY 15

Estimated  
Caloric Burn  
Female/500  
Male/600

## WARM-UP:

- + 5 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Sec Flutteres
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 20 Diamond Push-ups

## REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)
- + 15 Bicep Curls 
- + 30 Crunches
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 30 Sec Squat & Press 
- + 30 Sec Scissors
- + REST FOR 60 SEC
- + STRETCH

# DAY 16

## No workout. Why?

Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 17

Estimated  
Caloric Burn  
Female/400  
Male/300

## WARM-UP:

- + 35 Min Cardio  
(105% target heart rate)
- + REST FOR 60 SEC
- + STRETCH

# DAY 18

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 25 Min Cardio (105% target heart rate)

## REPEAT 4 TIMES:

- + 30 Sec Side Lunges
- + 30 Ice Skaters (each side)
- + 30 Bicep Curls 
- + 20 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 30 Sec Side Plank (each side)
- + 15 OH Backward Lunges (each side) 
- + 30 Dips
- + 20 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 30 Sec Flutters
- + 30 Sec Scissors
- + 30 Sec Crunches
- + REST FOR 60 SEC
- + STRETCH

# DAY 19

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Burpees
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 25 Diamond Push-ups

## REPEAT 3 TIMES:

- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Backward Lunges (each side) 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec Bicep Curls 
- + 15 Squat Jumps

## REPEAT 4 TIMES:

- + 45 Sec Flutters
- + 45 Sec Scissors
- + 45 Sec Side Crunches
- + REST FOR 60 SEC
- + STRETCH

# DAY 20

Estimated  
Caloric Burn  
Female/450  
Male/325

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 40 Min Cardio  
(100%-115% target heart rate)
- + REST FOR 60 SEC
- + STRETCH



Remember  
to drink plenty  
of fluids to avoid  
dehydration.

# DAY 21

Estimated  
Caloric Burn  
Female/300  
Male/400

## WARM-UP:

- + 5 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Squats
- + 25 Diamond Push-ups
- + 20 Backward Lunges (each side)
- + 30 Side Lunges (each side)
- + 15 Upright Rows 
- + 30 Bicep Curls 
- + 25 Mountain Climbers
- + 60 Sec High Knees
- + 20 Burpees
- + 20 Dips
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 22

Estimated  
Caloric Burn  
Female/325  
Male/450

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 40 Min Cardio  
(100%-115% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 23

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 15 Min Cardio (180-Age) (95%)

## REPEAT 4 TIMES:

- + 20 Burpees
- + 30 Ice Skaters (each side)
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups
- + 45 Sec Side Plank (each side)
- + 30 Squat & Press 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 60 Sec Jumping Jacks
- + 60 Sec Burpees
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 24

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 25

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 5 Min Cardio (Heart Rate 130-140)
- + 20 Min Cardio (105% target heart rate)

## REPEAT 4 TIMES:

- + 30 Squat Jumps
- + 30 Ice Skaters (each sides)
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Forward Lunges (each side) 
- + 15 Squat & Press 
- + 25 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 45 Sec Flutters
- + 45 Sec Scissors
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 26

**No workout. Why?** Taking time to rest the body and recover muscles is just as important as getting regular exercise.



# DAY 27

Estimated  
Caloric Burn  
Female/600  
Male/800

## WARM-UP:

- + 2 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Sit-ups
- + 25 Push-ups
- + 30 Crunches
- + 45 Sec Side Plank (each side)
- + 15 Side Lunges (each side)
- + 30 Upright Rows 
- + 15 Squat & Press 

## REPEAT 3 TIMES:

- + 30 Mountain Climbers
- + 60 Sec Plank
- + 20 Squat Jumps

## REPEAT 4 TIMES:

- + 60 Sec High Knees
- + 15 Burpees

## REPEAT 3 TIMES:

- + 60 Sec Flutters
- + 20 Sec Scissors
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 28

Estimated  
Caloric Burn  
Female/300  
Male/400

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 37 Min Cardio  
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 29

Estimated  
Caloric Burn  
Female/350  
Male/500

## WARM-UP:

- + 2 Min Jump Rope

## REPEAT 4 TIMES:

- + 30 Ice Skaters (each side)
- + 20 Push-ups
- + 30 Sit-ups
- + 25 Diamond Push-ups
- + 30 Side Sit-ups (each side)
- + 45 Sec Side Plank (each side)
- + 15 OH Forward Lunges (each side) 
- + 30 Sec Backward Lunges
- + 20 Upright Rows 
- + 30 Mountain Climbers
- + 60 Sec Plank
- + 60 Sec High Knees
- + 15 Burpees
- + 60 Sec Side Crunches
- + 60 Sec Scissors
- + **REST FOR 60 SEC**
- + **STRETCH**

# DAY 30

Estimated  
Caloric Burn  
Female/300  
Male/400

## WARM-UP:

- + 5 Min Cardio  
(Heart Rate 130-140)
- + 35 Min Cardio  
(100%-120% target heart rate)
- + **REST FOR 60 SEC**
- + **STRETCH**

# CONGRATULATIONS!

ON COMPLETING THE FOREVER F.I.T.  
PROGRAMME AND PROVING YOUR  
DEDICATION TO LOOKING AND  
FEELING BETTER.



Share your success with the  
Forever F.I.T. programme across  
social media:

 /ForeverUK

 @OfficialForever

Connect with others to pick up  
more great tips on how to look  
and feel better.

Don't forget to use  
#IAmForeverFit

# WHAT'S NEXT?

DON'T WORRY IF YOU FEEL LIKE YOU'VE NOT REACHED THE END OF YOUR WEIGHT LOSS JOURNEY, FOREVER F.I.T. WAS DESIGNED TO WORK OVER AND OVER UNTIL YOU ACHIEVE THE RESULTS THAT YOU DESERVE.

UTILISE THE PHASES OF THE FOREVER F.I.T. PROGRAMME HOWEVER THEY BEST SUIT YOUR NEEDS. BEGIN AGAIN WITH THE C9 PROGRAMME, START WITH FOREVER F.I.T. 1 OR SKIP RIGHT TO FOREVER F.I.T. 2. IT'S UP TO YOU.



Forever Lean

Forever PRO X2

Forever Garcinia Plus

Forever Therm

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