

Believe in
yourself

ABOUT US



Hi!

Thank you very much for purchasing from us. We are a family business that is sincerely committed to our customers' satisfaction. We are happy to have been given the opportunity to bring more comfort and wellness to your life.

Please enjoy this compilation of fitness & health planners and workout guides we have prepared especially for you. We hope they help you lead an even healthier life and keep track of your progress! =)

We encourage you to check the FREE online video tutorials in the Members Portal at our website. To get exclusive access to Portal, you may go to www.limmgroup.com < Members' Portal (menu top right). Please let me know if you need any additional help.

We would be most grateful if you could give us feedback about the material and the product. You can email me directly at hans.moll@limmgroup.com and I will answer you personally. Feedback helps us tremendously, it allows us to keep offering the best possible service and products to all our customers.
We would love to hear from you!

Best regards,

Hans Moll

Co-founder of Limm



Join the team @BetterWorkouts :)

HEALTH AND FITNESS GOALS

My VISION for the year

My Inspiring Quote:

Notes:

Goal #1

What?

Why?

Milestones:

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Rewards:

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Goal #2

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Goal #3

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Goal #4

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Goal #5

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Goal #6

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Rewards:

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


































































































“Every
workout
counts”

Week of:

Goals

Notes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
today's focus	today's focus	today's focus	today's focus	today's focus	today's focus	today's focus
6:00	6:00	6:00	6:00	6:00	6:00	6:00
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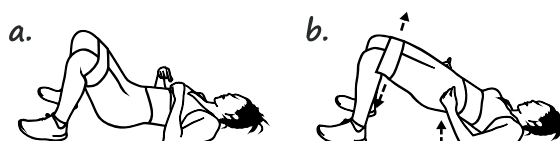
Water Intake																																		
Fruit Portions																																		
Vegetable Portions																																		

1. Fire Hydrant



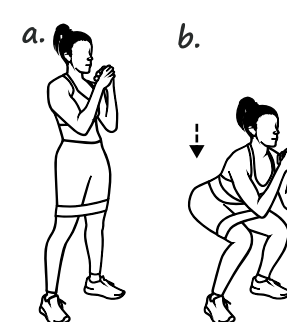
1. Tie your band on your legs just above the knees.
2. Get into a kneeling position on the floor, hands in push-up position.
3. Slowly raise your right leg sideways up while maintaining your balance on your right knee and leg.

2. Band Glute Bridge



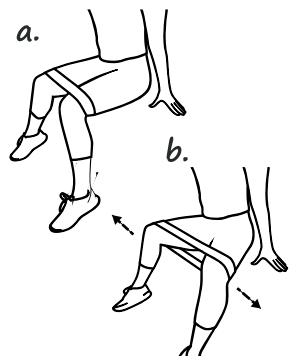
1. Lie on the floor with your back flat, knees bent.
2. Squeeze your glutes tight, press your heels through the ground and slowly raise your hips off the ground while your knees are pulling the bands apart as wide as you can.
3. Hold for a few seconds then slowly return to the starting position and repeat.

3. Hip Band Squats



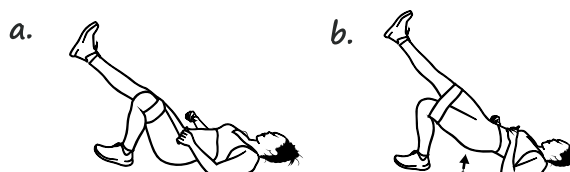
1. Stand with your feet hip-width apart.
2. Slowly push your hips back and bend your knees as low as possible into a squat. Pause then return to starting position.
3. Always keep your knees from each other by maintaining a hip-width distance.

4. Sitting Hip Abduction



1. Sit down on a chair. Place your hands beside you and the palms flat on the chair.
2. Open your legs by moving your knees apart. Feel the resistance. Hold it for a moment and then slowly bring your legs back to the starting position.

5. Band Glute Bridge with One Leg



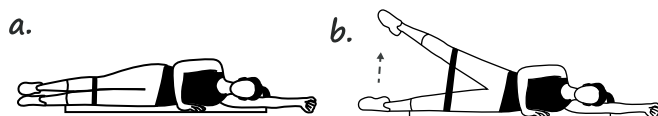
1. Lie down on the floor with your flat back, elbows on the sides, left knee bent, left heel pressed on the floor and your right leg extended diagonally.
2. Squeeze your glutes tight and press your heel through the ground and slowly raise your hips off the ground while your right leg still extended.
3. At this position, hold for a few seconds.

6. Clamshell



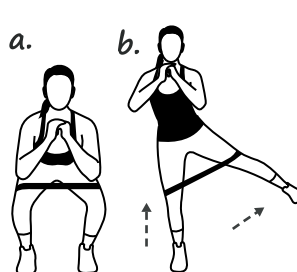
1. Lie on your side with your head on top of your folded left hand. Put your right hand on your hips. Keep your feet together in a kneeling position.
2. Slowly raise your right leg while keeping your feet together in a kneeling position. You should feel the resistance on your right leg while raising it.
3. Raise your leg according to your tolerance. Return to the starting position.

7. Lateral Leg Lifts



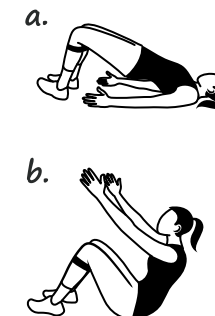
1. Tie your bands on your legs just below the knees.
2. Lie on your side with your head on top of your stretched left hand. Keep your legs straight and feet together.
3. Slowly raise your right leg up. You should feel the resistance on your right leg while raising it.
4. Raise your leg according to your tolerance and slowly return to the starting position.

8. Squat and Lateral Leg Lifts



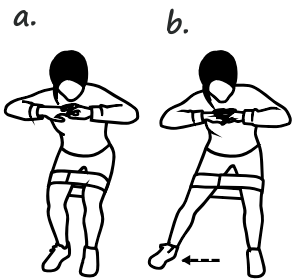
1. Tie your band just above your knees.
2. Bend your knees and put your body in a squat position.
3. Stand back up and lift your right leg out to the side keeping both knees straight.
3. Return to squat position and then lift your left leg out while knees are straight. This is 1 rep.

9. Hip Bridge Sit-up



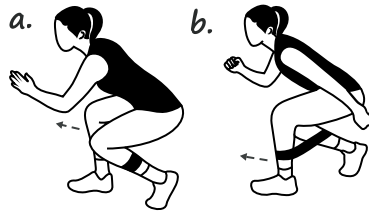
1. Tie the band around your knees. Lie down on the floor face up with knees bent, heels on the floor, arms on the sides and feet hip-width apart.
2. Press your heels to lift your hips up forming a straight line from your knees to head.
3. Slowly lower your hips down then use the abs to lift the upper body up to sitting position while raising both arms straight overhead.

10. Side Steps



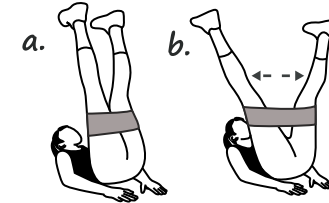
1. Place a band just above your knees. Send your body to squat halfway down.
2. Slowly sidestep to the right. Bring the left leg toward the right with enough space to keep some resistance in the band. Concentrate on keeping your pelvis level as you move sideways.
3. Step to the right 10 times, then reverse, stepping to the left 10 times.

11. Duck Walk



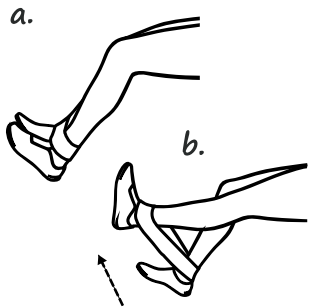
1. Tie your band just above your ankles. Your feet should be hip-width apart.
2. Keep your body in athletic stance and stay low.
3. Take slow steps forward, keeping back flat and butt back.
4. Do 10-20 steps.

12. Leg Raise with Hip Abduction



1. Tie your Limm Resistance Band around your hips. Lie down on the floor in your back and hands on both sides. Keep your feet together hip-width apart.
2. Raise both feet until both legs are perfectly vertical with your body.
3. Then open your legs forming a "V", stretching both feet away from each other then bring them together at least hip-width apart.

13. Banded Leg Extension



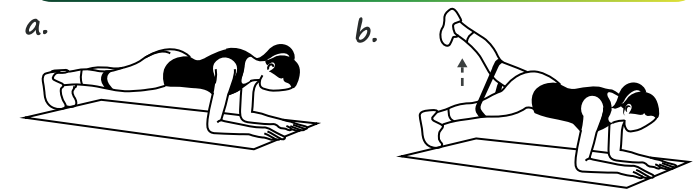
1. Tie the band just right above your ankles.
2. Sit on a chair with your back straight, your heels should be pressed on the ground while your toes are up.
3. Slowly raise your right leg up while pulling the bands away from your left foot.

14. Hip Bridges Pulses



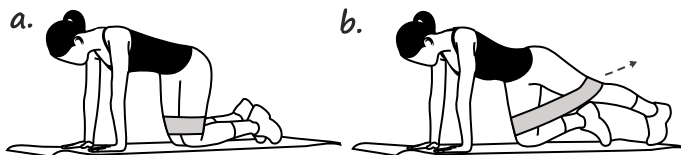
1. Lie on your back, hands on the sides, knees bent hip-width apart and feet together.
2. While squeezing your glutes and abs, lift your hips a few inches off the floor.
3. Push your knees out to the sides while keeping your feet together. Slowly return your knees together for 1 rep. Do 20 reps.

15. Plank Leg Raises



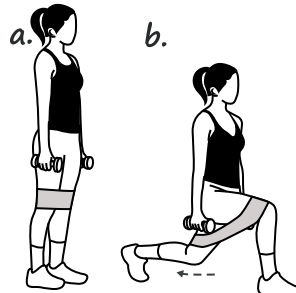
1. Place your band around your hips. Get into a standard plank and let your forearms support your upper body.
2. Lift your right leg. Hold it for a couple of seconds then return to starting position. Repeat with the other leg.

16. Kickback



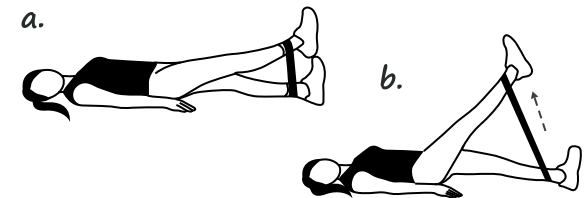
1. Place your band around your hips. Get into a kneeling position.
2. Lock your hips and abs, slowly glide your right leg hands backwards.
3. Slide back after to the starting position and repeat.

17. Reverse Lunge



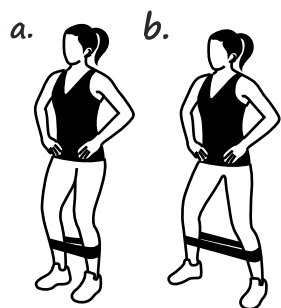
1. Put your band around your hips. Stand straight with your hands freely hanging on the sides.
2. Slowly slide your foot to the back, allowing your hips and knees to lower your body and bring it to kneeling position.
3. After a brief pause, slowly slide your moving leg back.

18. Lying Leg Raise - Ankles



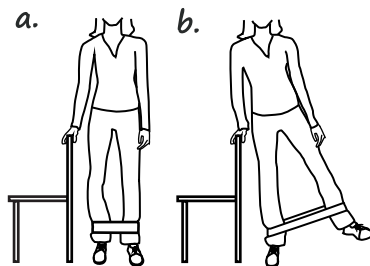
1. Tie your band around your ankles.
2. Lie on your back on the floor, your hands on your side and your legs straight.
3. Slowly raise your left foot with knees straight up. You should feel the tension of the band.

19. Lateral Band Walks



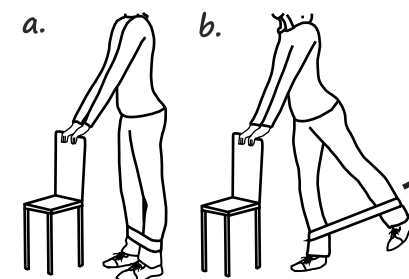
1. Tie the band around your legs just about mid-shin level and your feet hip-width apart. Put both hands on hips, tighten your abs, and keep your back straight.
2. Slowly take a wide side step to the left, then step right foot in keeping the tension on the band and feet always a hip-width apart.

20. Standing Hip Abduction



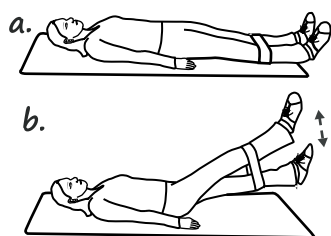
1. Place your band around your ankles. and find a chair or a table to lean against.
2. Stand with your feet hip-width apart and keep your abdominal muscles tight.
3. Keep all your weight on your supporting leg and raise your exercising leg straight out to the side. Slowly return the leg.

21. Standing Hip Extension



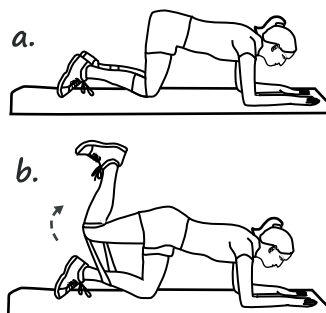
1. Place your band around your ankles and find a chair or a table to lean against.
2. Stand on one leg, extend the opposite leg back from the hips and slowly return it.

22. Flutterkicks



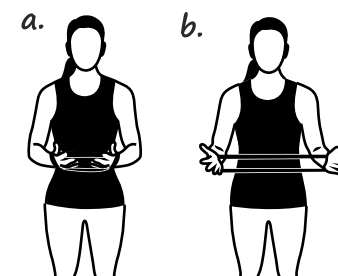
1. Lay flat on your back and place your band around your lower legs. - Fully extend your legs.
2. Lift your legs off the ground around 7 inches. Then raise your right leg higher than the left one, and in sequence lower the right leg and raise the left leg.
3. Go back and forth, always keeping your legs extended.

23. Hip Extension in Quadruped



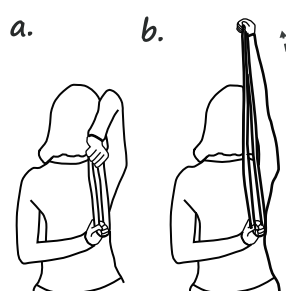
1. Begin in a quadruped position on elbows and knees.
2. Place one end of the band under the bottom leg and the other end around your knee.
3. Lift your top leg toward the ceiling stretching the band. Keep your back straight.

24. Open Book



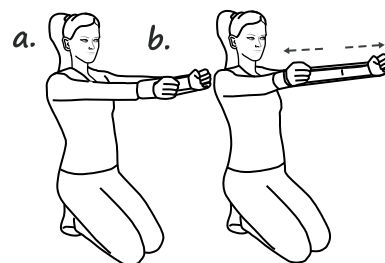
1. Place your band around wrists and your elbow bent to 90 degrees with palms open. T
2. With your elbows still near your ribs, engage your muscles and spread hands wide on the side then return to starting position.

25. Triceps Extension (behind the back)



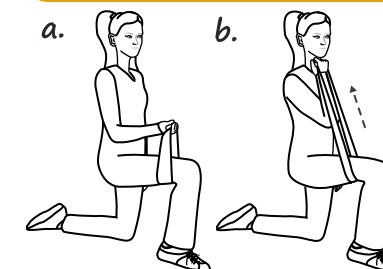
1. Grab the band with one hand and place this arm with your elbow bent over your head.
2. Grab the other end of the band with your other hand, with this arm placed behind your back.
3. With the lower arm fixed, pull the arm that is bent over your head straight up, towards the ceiling.

26. Lateral Arm Extension



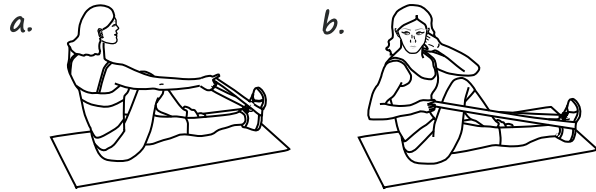
1. Stand or kneel with your feet hip-width apart.
2. Place the band around your wrists.
3. Position your arms straight in front of your body at the height of your shoulders, shoulder-width apart, with your fists clenched.
4. Open your arms extending outwards and slowly go back to the original position, keeping the resistance on the arms.

27. Bicep curls



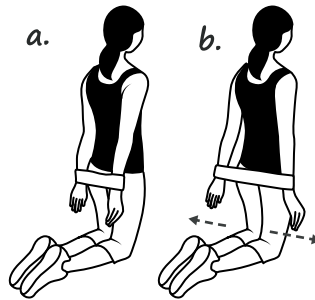
1. Kneel down with one knee up. Place the band behind the front knee.
2. Grab the loop band with your hand that is on the same side as the front knee.
3. Pull the band towards your shoulder, keeping your elbow tight to your body, and slowly go back down to the starting position.

28. Seated Oblique Twists



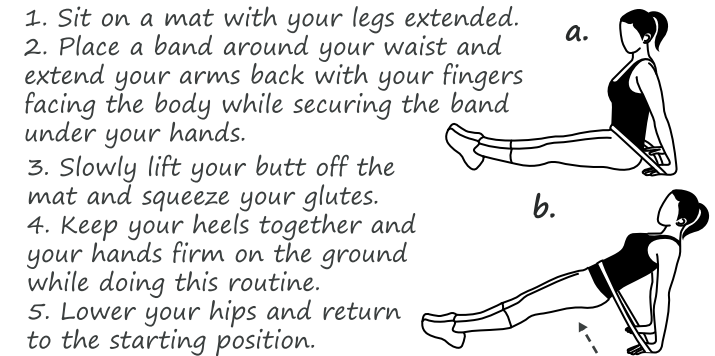
1. Sit down with one leg crossed over the other.
2. Place the band around the foot of the leg that is straight and grab it with the hand of the opposite side.
3. Hold the band with your hand and rotate towards that side, twisting.

29. Behind the Back Extensions



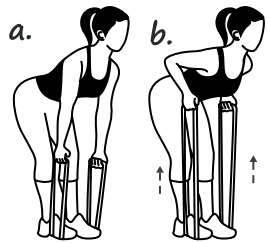
1. Anchor the band around your wrists, behind your back. Correct your posture and keep the tension during the whole exercise.
2. Extend your arms straight down, tight to your body, shoulder-width apart.
3. Open your arms extending outwards and slowly go back to the original position.

30. Band Reverse Plank



1. Sit on a mat with your legs extended.
2. Place a band around your waist and extend your arms back with your fingers facing the body while securing the band under your hands.
3. Slowly lift your butt off the mat and squeeze your glutes.
4. Keep your heels together and your hands firm on the ground while doing this routine.
5. Lower your hips and return to the starting position.

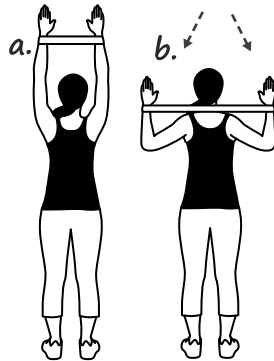
31. Bent Over Rows



1. Stand on the band with your feet about at least hip-width apart.
2. Slowly bent your body at about 90 degrees.
3. Grab the band on each hand, holding them on the sides of your knees.

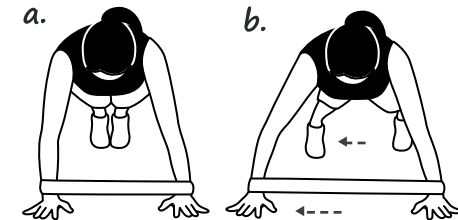
4. Slowly row the bands up into your upper back.
5. Hold the contraction for 1 second and return to the starting position.

33. Pull Downs



1. Stand straight. Place the band around your wrists and bring your arms with your palms facing forward.
2. Slowly pull your elbows down going to the side and by your waistline.
3. Continue this movement as you widen the band and pulling it behind your head.
4. Engage your shoulder blades and pull the resistance bands down to your back.

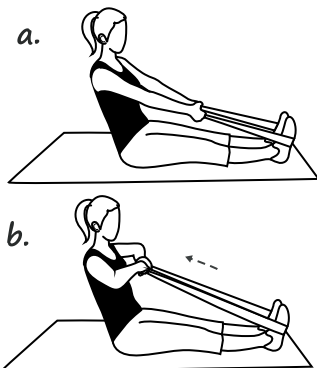
34. Press-up Lateral Walk



1. Loop the bands around your wrists and bring yourself to a push up position.
2. Keep your hands right under shoulders.

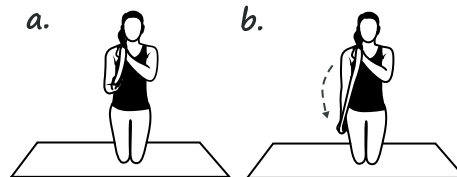
3. Perform one press up. Then bring your hands together and then immediately take a step to the side so you end up in press up position again.

35. Overarm Row



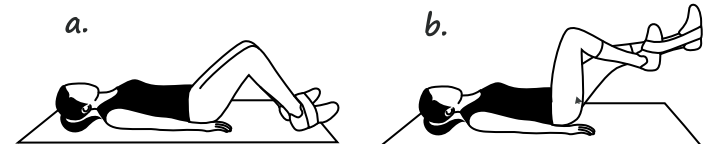
1. Sit down on your mat with your legs extended.
2. Place the band behind the soles of your feet and hold the other end with both hands in front of your body, with your arms extended and your palms facing down.
3. Pull the band towards your chest, keeping your elbows bent and positioned in a high "V".

35. Tricep Extensions – Frontal



1. Grab the band with one hand and place it above your chest, with your elbow bent. This hand will be fixed during this set of repetition.
2. With the other hand, grab the other end of the band keeping this other elbow tight to your body.
3. Extend the bottom arm straight down, towards the floor, pulling the band taut. Slowly go back to the original position.

36. Bicycle



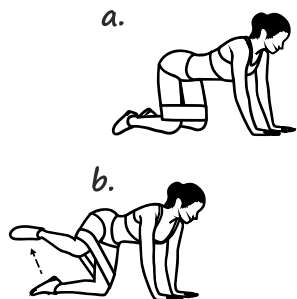
1. Lay on your back and loop the resistance band around the arch of your feet.
2. Engage your abs and pull your right knee in towards your chest and stretch your left leg out into a 45 degrees.
3. Pull the left knee towards your chest and stretch your right leg out into a 45 degrees as well.



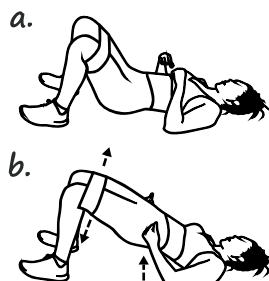
Resistance Loop Bands Workouts

CHEAT SHEET

1. Fire Hydrant



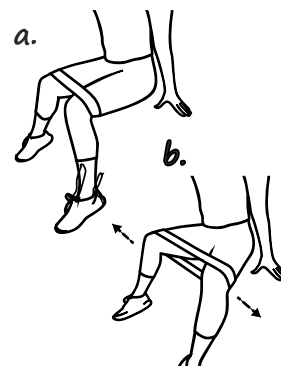
2. Band Glute Bridge



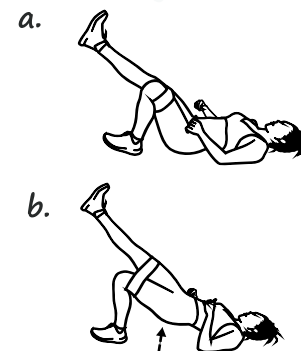
3. Hip Band Squats



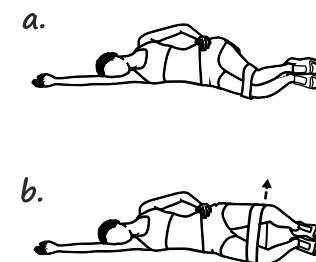
4. Sitting Hip Abduction



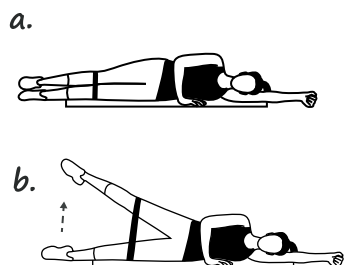
5. Band Glute Bridge with One Leg



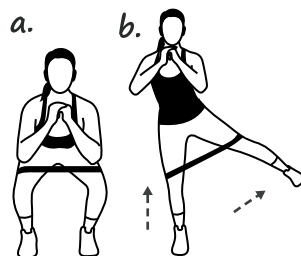
6. Clamshell



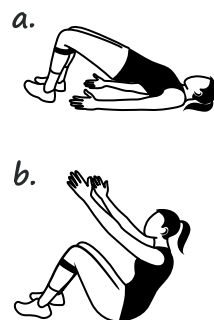
7. Lateral Leg Lifts



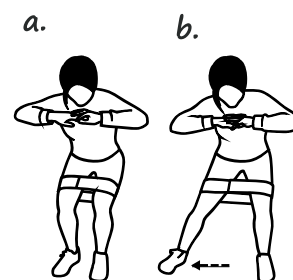
8. Squat and Lateral Leg Lifts



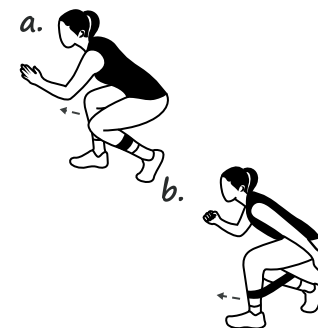
9. Hip Bridge Sit-up



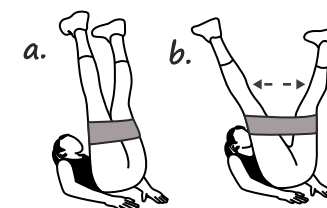
10. Side Steps



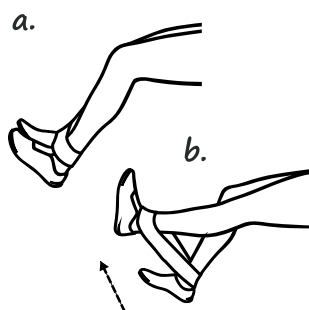
11. Duck Walk



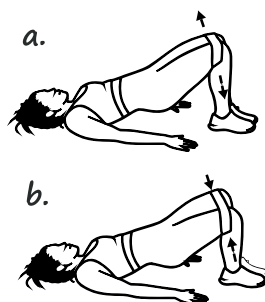
12. Leg Raise with Hip Abduction



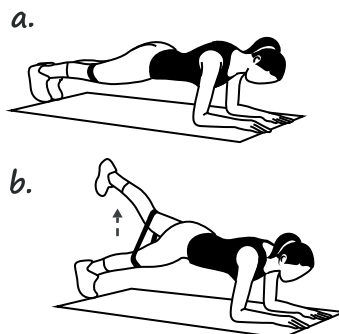
13. Banded Leg Extension



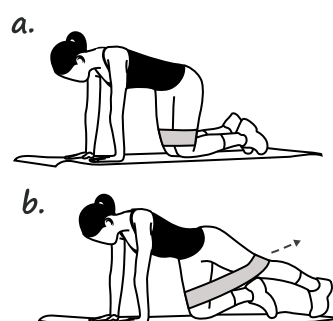
14. Hip Bridges Pulses



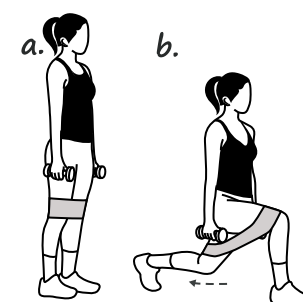
15. Plank Leg Raises



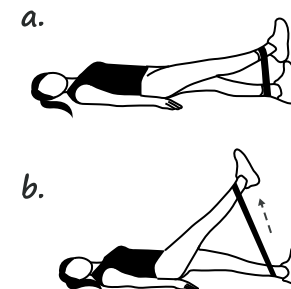
16. Kickback



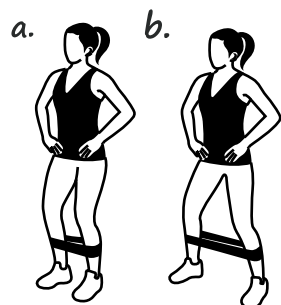
17. Reverse Lunge



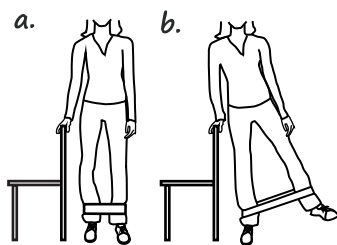
18. Lying Leg Raises



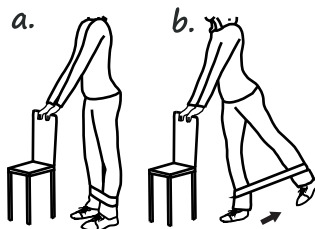
19. Lateral Band Walks



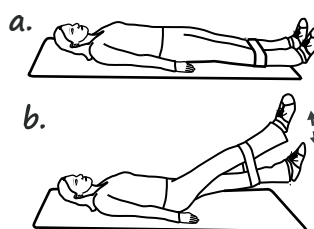
20. Standing Hip Abduction



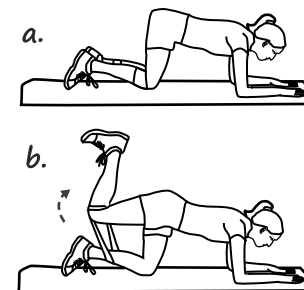
21. Standing Hip Extension



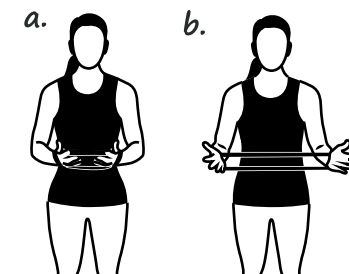
22. Flutterkicks



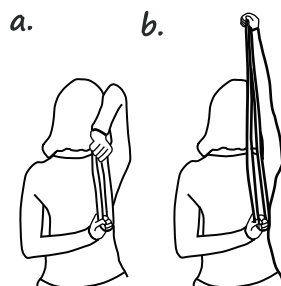
23. Hip Extension in Quadruped



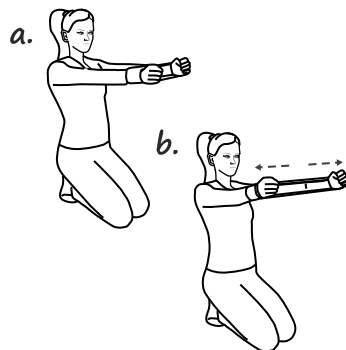
24. Open Book



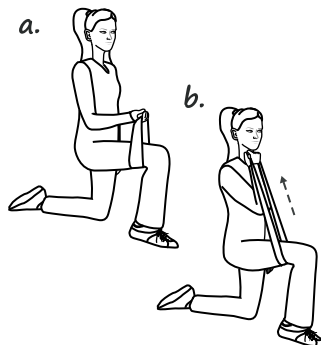
25. Triceps Extension I



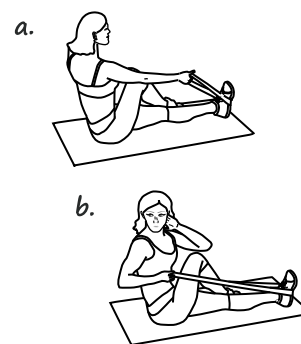
26. Lateral Arm Extension



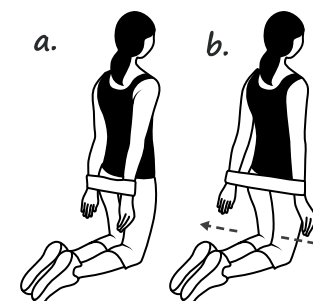
27. Bicep curls



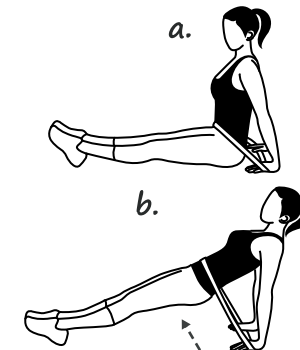
28. Seated Oblique Twists



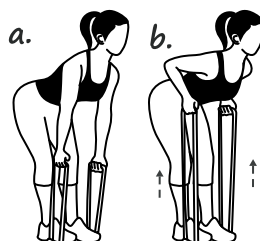
29. Behind the Back Extensions



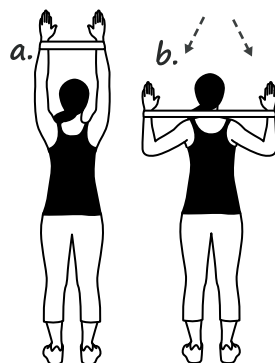
30. Band Reverse Plank



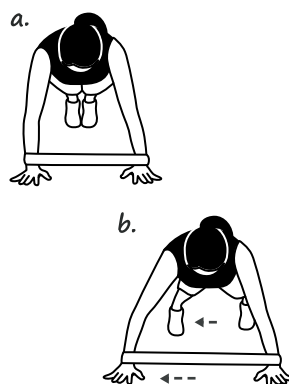
31. Bent Over Rows



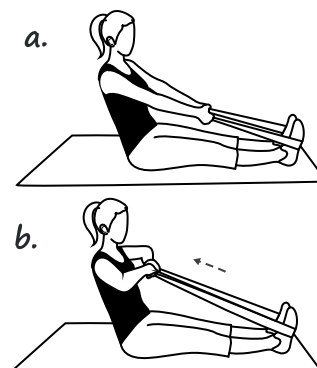
33. Pull Downs



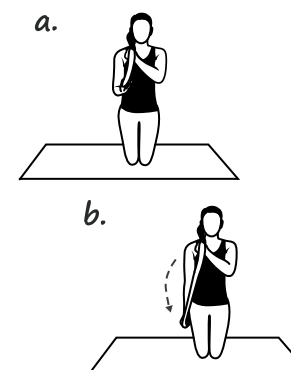
34. Press-up Lateral Walk



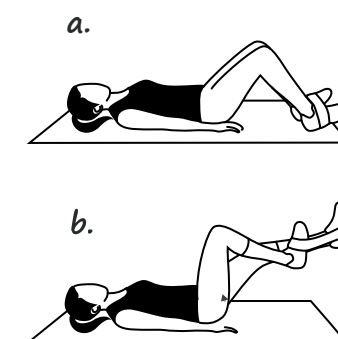
35. Overarm Row



35. Tricep Extensions II

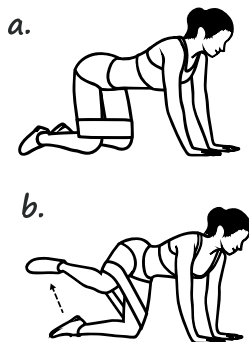


36. Bicycle



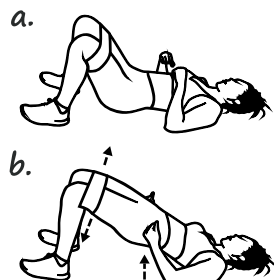
EXERCISE TRACKER

1. Fire Hydrant



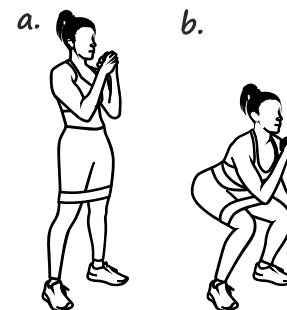
S	M	T	W	T	F	S

2. Band Glute Bridge



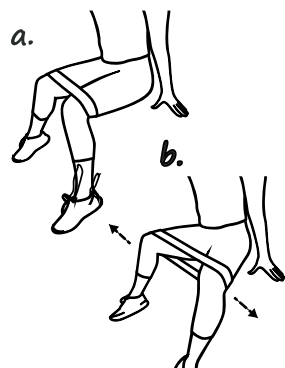
S	M	T	W	T	F	S

3. Hip Band Squats



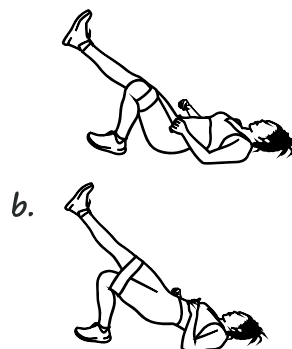
S	M	T	W	T	F	S

4. Sitting Hip Abduction



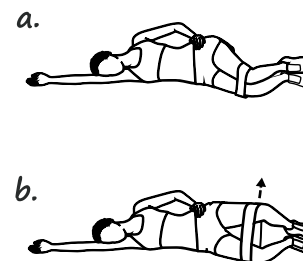
S	M	T	W	T	F	S

5. Band Glute Bridge with One Leg



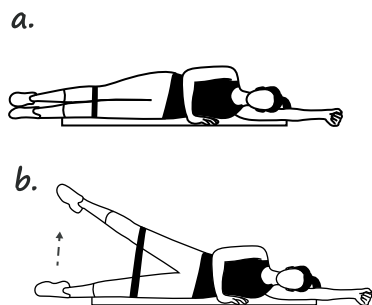
S	M	T	W	T	F	S

6. Clamshell



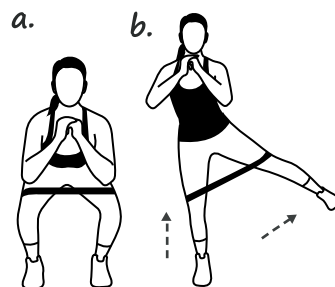
S	M	T	W	T	F	S

7. Lateral Leg Lifts



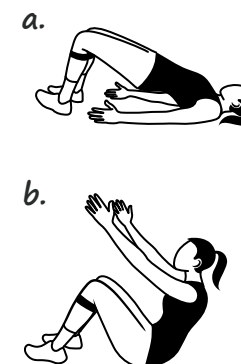
S	M	T	W	T	F	S

8. Squat and Lateral Leg Lifts



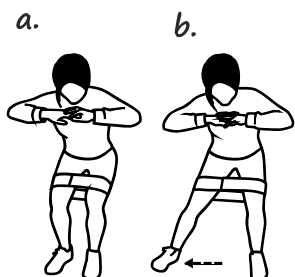
S	M	T	W	T	F	S

9. Hip Bridge Sit-up



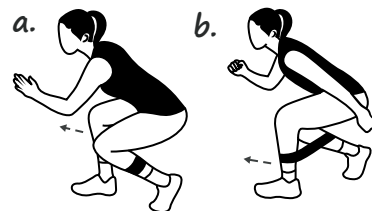
S	M	T	W	T	F	S

10. Side Steps



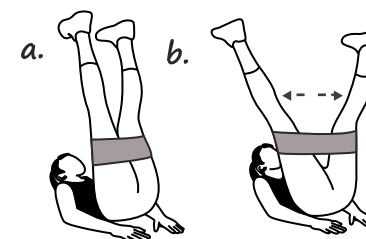
S	M	T	W	T	F	S

11. Duck Walk



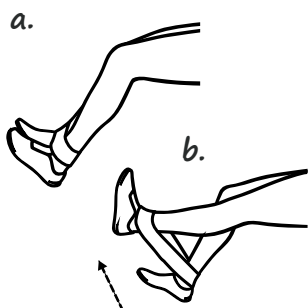
S	M	T	W	T	F	S

12. Leg Raise with Hip Abduction



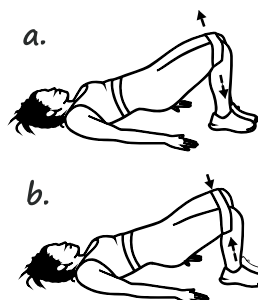
S	M	T	W	T	F	S

13. Banded Leg Extension



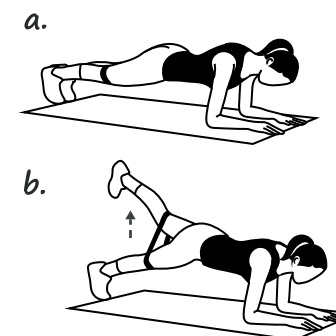
S	M	T	W	T	F	S

14. Hip Bridges Pulses



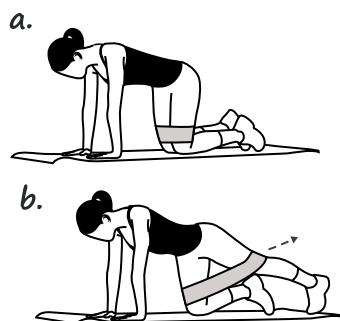
S	M	T	W	T	F	S

15. Plank Leg Raises



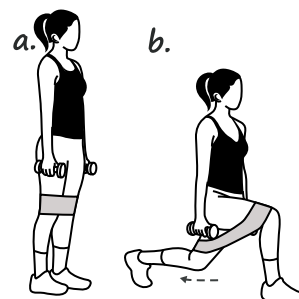
S	M	T	W	T	F	S

16. Kickback



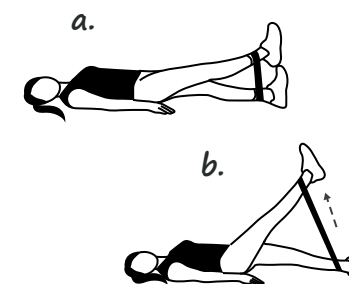
S	M	T	W	T	F	S

17. Reverse Lunge



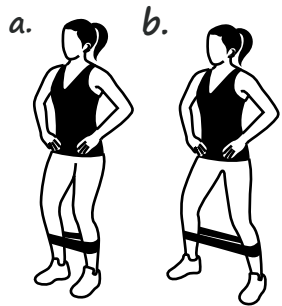
S	M	T	W	T	F	S

18. Lying Leg Raises



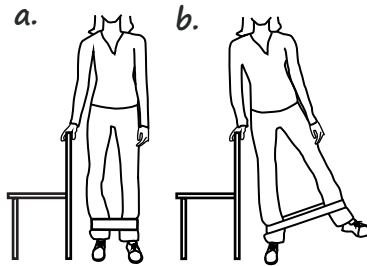
S	M	T	W	T	F	S

19. Lateral Band Walks



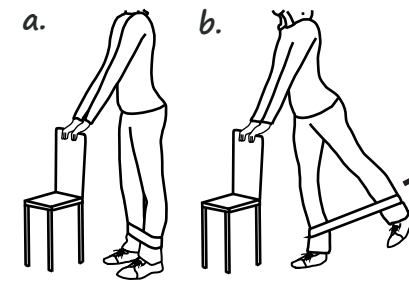
S	M	T	W	T	F	S

20. Standing Hip Abduction



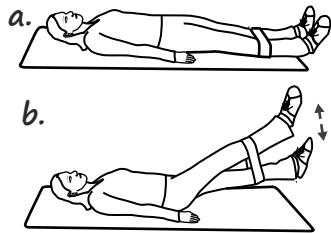
S	M	T	W	T	F	S

21. Standing Hip Extension



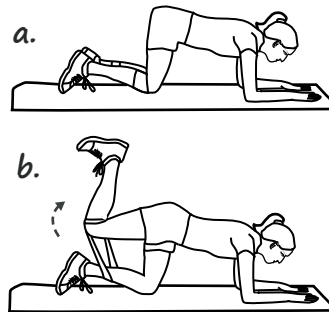
S	M	T	W	T	F	S

22. Flutterkicks



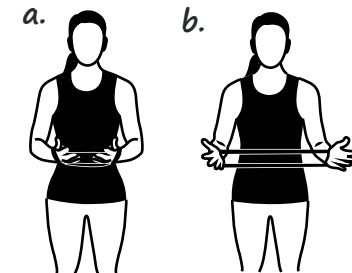
S	M	T	W	T	F	S

23. Hip Extension in Quadruped



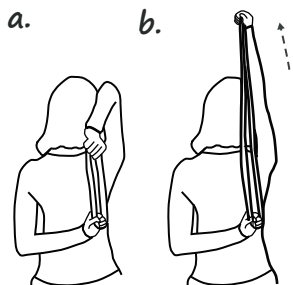
S	M	T	W	T	F	S

24. Open Book



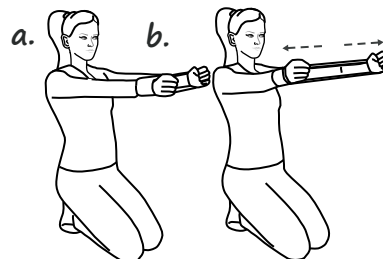
S	M	T	W	T	F	S

25. Triceps Extension (behind the back)



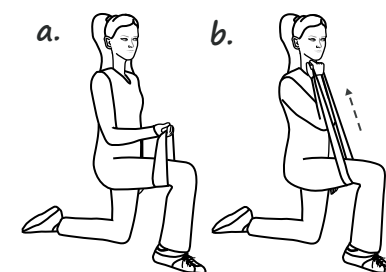
S	M	T	W	T	F	S

26. Lateral Arm Extension



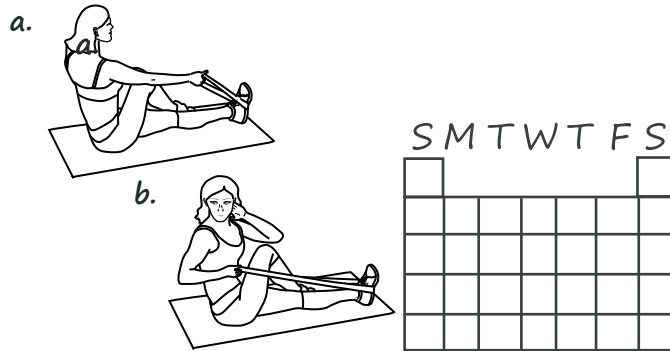
S	M	T	W	T	F	S

27. Bicep curls

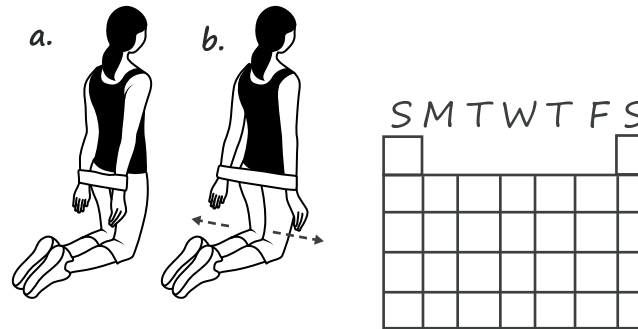


S	M	T	W	T	F	S

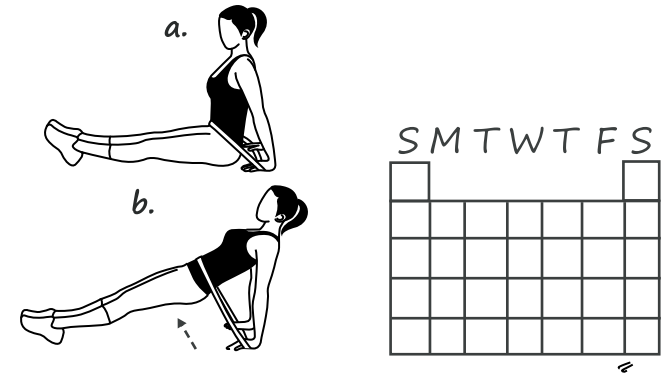
28. Seated Oblique Twists



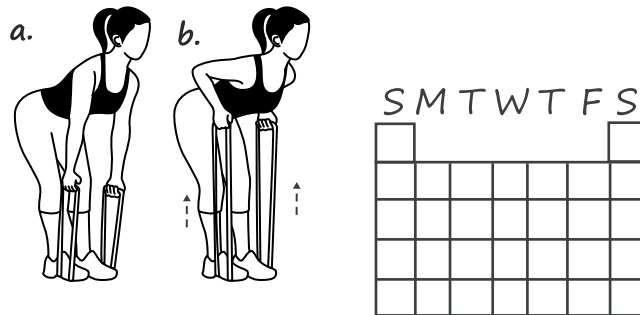
29. Behind the Back Extensions



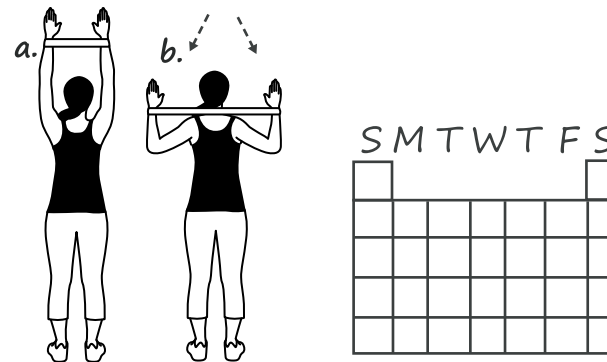
30. Band Reverse Plank



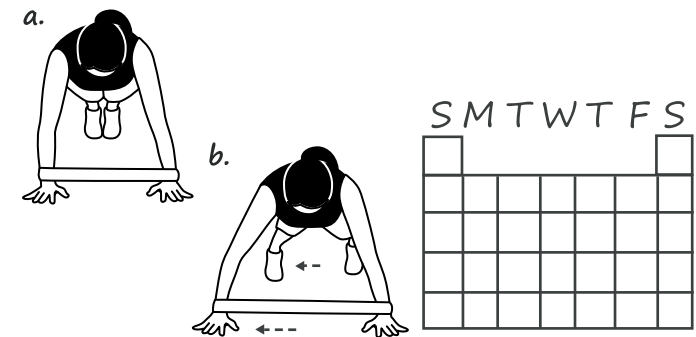
31. Bent Over Rows



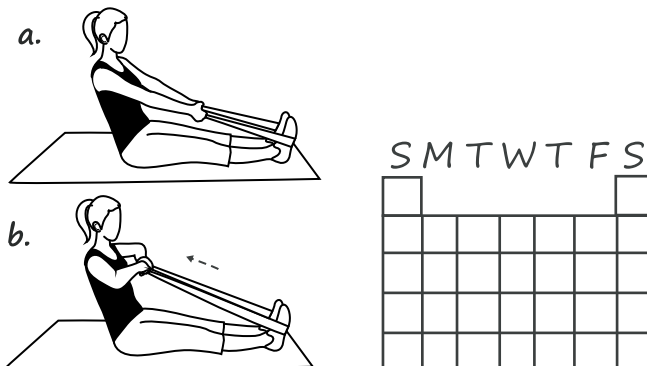
33. Pull Downs



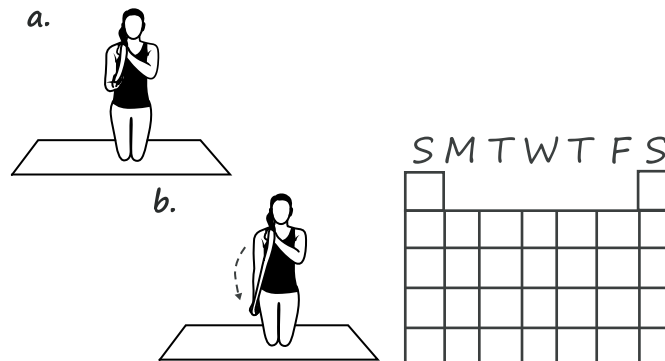
34. Press-up Lateral Walk



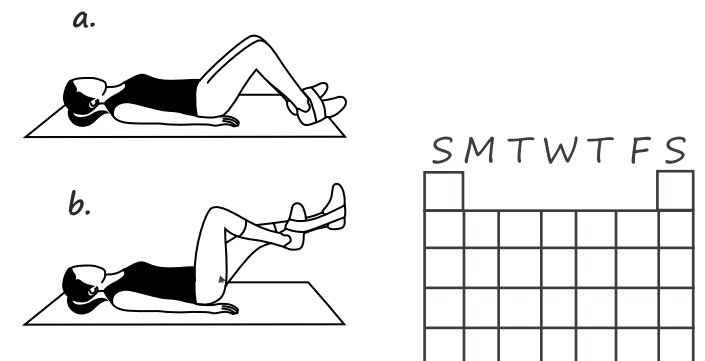
35. Overarm Row



35. Tricep Extensions – Frontal



36. Bicycle



**THE PAIN
YOU FEEL
TODAY**

**— IS THE —
STRENGTH
YOU FEEL
TOMORROW**

EXERCISE	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
1. Fire Hydrant																																
2. Band Glute Bridge																																
3. Hip Band Squats																																
4. Sitting Hip Abduction																																
5. Glute Bridge with One Leg																																
6. Clamshell																																
7. Lateral Leg Lifts																																
8. Squat and Lateral Leg Lifts																																
9. Hip Bridge sitp-up																																
10. Side Steps																																
11. Duck Walk																																
12. Leg Raise with Hip Abduction																																
13. Banded Leg Extension																																
14. Hip Bridges Pulses																																
15. Plank Leg Raises																																
16. Kickback																																
17. Reverse Lunge																																
18. Lying Leg Raises Ankles																																

Month of: _____

EXERCISE	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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25. Triceps Extension I																																
26. Lateral Arm Extension																																
27. Bicep curls																																
28. Seated Oblique Twists																																
29. Behind the Back Extensions																																
30. Band Reverse Plank																																
31. Bent Over Rows																																
32. Pull Downs																																
33. Press-up Lateral Walk																																
34. Overarm Row																																
35. Tricep Extensions II																																
36. Bicycle																																

Month of: _____



Resistance Loop Bands Workout Tracking

COMPLETE LIST

EXERCISE	DAY	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
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34. Overarm Row																																
35. Tricep Extensions II																																
36. Bicycle																																



Monthly Fitness Tracking

Month of: _____

	Week 1	Week 2	Week 3	Week 4
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Goals
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

“A journey of a thousand miles begins with a single step”
Laozi

Notes

YOU WILL
NEVER KNOW
YOUR
LIMITS
UNLESS YOU
PUSH
YOURSELF
TO THEM



Weekly Fitness Tracking

Month of: _____

Monday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Tuesday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Wednesday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Thursday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Friday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Saturday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Sunday	
WORKOUT	
Strength	_____
Cardio	_____
MEAL PLANNER	
B	_____
L	_____
D	_____
Water Intake	○○○○○○○○

Notes



WHEN YOU
FEEL LIKE
QUITTING
THINK ABOUT
WHY YOU
STARTED



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