



# fastio<sup>®</sup>

## GO

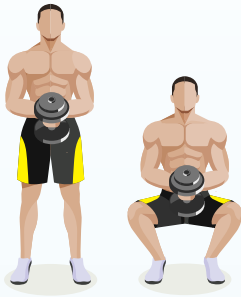
### BE FIT CHALLENGE

Get a *fit* body with the help of a varied exercise program, a balanced diet and good hydration!

Let's GO!



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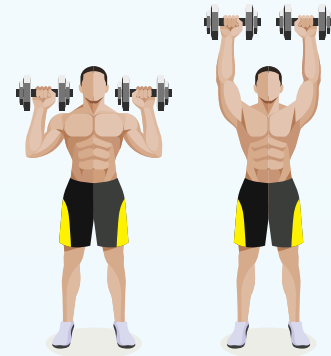
- 1** With your feet spread wider than your shoulders, grab the weight with both hands and hold it next to your chest. Squat, keeping your torso at 90°.

## BE FIT CHALLENGE

Perform each move for 1 minute. Repeat the full series 4 times and finish with stretching. Do this workout 4 days per week, alternating it with other physical activity.



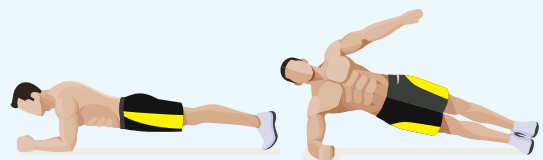
- 2** Get in push-up position. Bring one knee toward your chest, keeping your arms straight. Repeat the movement, alternating knees.



- 3** Place your feet shoulder-width apart and, with legs slightly flexed, hold the weights at shoulder level. Raise them over your head, pause and return to starting position.



- 4** Lie down on your back with knees bent, feet on the floor. With your hands behind your head, lift your torso off the ground, squeezing your abdominal muscles.



- 5** Assume the plank position, with your arms bent at 90°. Pause and rotate to the side, placing one foot on top of the other. Support yourself on one forearm, extending the other one.