



# fastio<sup>®</sup>

## GO

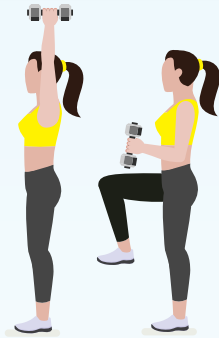
### BURN CALORIES

Burn off unwanted calories with a quick, high-intensity workout! But remember, while increased intensity means increased calorie burn, it also means increased water loss, so make sure to rehydrate with Fastio GO!

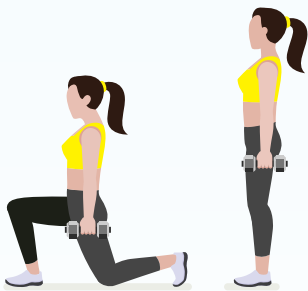
Let's GO!  
Give it everything you've got!



Share your workouts with  
#fastiogo



- 1** Grab your weights and hold them above your head and shoulders. As you lower your arms, raise your knee until it touches your elbow on the same side. Alternate sides.



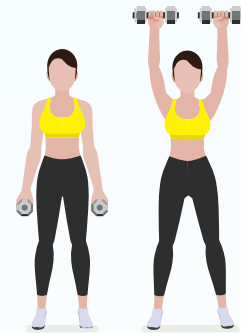
- 2** Hold the weights with arms straight at your sides, take a step forward, flex your knee and lower your hips until making a 90° angle. Alternate sides.



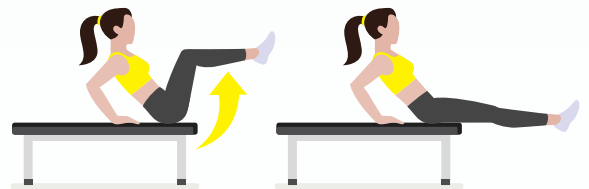
- 4** Lie back on the ball and place your hands behind your head. Slowly lift your torso and hold for a few seconds. Return to the starting position and repeat.

## BURN CALORIES

Warm up with a 10-minute walk. Then, do each of these moves 15 times and repeat the full cycle a total of 3 times. Finish with stretching to prevent muscle stiffness.



- 3** Start from a normal standing position. Then, with a jump, spread your legs apart and raise your arms. Return to the starting position and repeat.



- 5** Sit down on a bench with your hands at your sides. Raise your legs to your chest and then lower them until parallel with the ground. Take a short break. Repeat.