



IN THIS ISSUE

BALANCED
WORKOUT
PLAN

TRAINER
FAVES: LOWER
BODY

TUSCAN
WHITE BEAN
SOUP

Balanced Workout Plan

A balanced workout plan is like a well-rounded meal for your body; it hits all the essential muscle groups and ensures you're working in all the right directions. The key to balance is variety: you want to target major muscle groups, including a mix of movements, and work across different planes of motion. This keeps your body strong, functional, and injury-free.

Start by addressing these key areas:

- 1. Major muscle groups - Make sure you're hitting your upper body (chest, back, shoulders, arms), lower body (quads, hamstrings, glutes), and core (abs, lower back). Exercises like squats, push-ups, and deadlifts are great for full-body engagement.*
- 2. Movements - Aim for a mix of push (like push-ups), pull (like rows), hinge (like deadlifts), squat (like lunges), and core (like planks). This variety ensures you're not neglecting any fundamental movements.*
- 3. Planes of motion - Your body moves in three planes: sagittal (forward and back), frontal (side-to-side), and transverse (rotational). Incorporating exercises like side lunges (frontal), twists (transverse), and running (sagittal) helps improve overall functional strength.*

Mix it up, stay consistent, and your body will thank you!

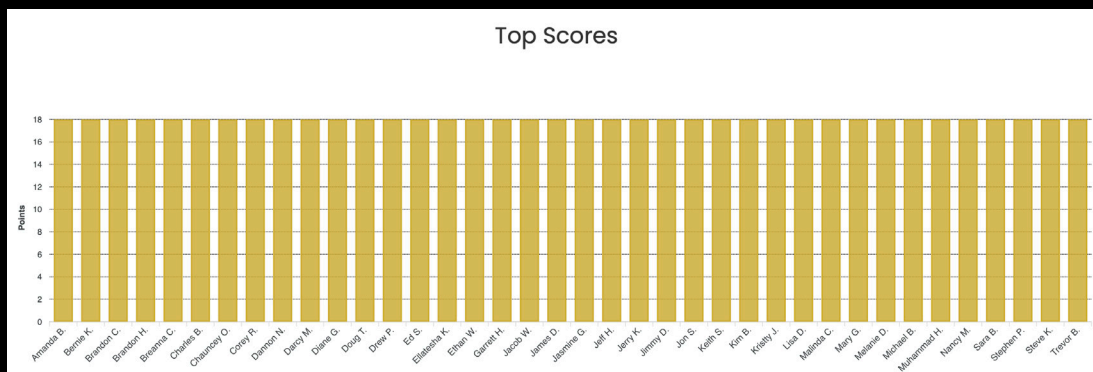
TRAINER TIP:



This week, Tony shares his favorite lower body exercises. There are so many variations of exercises that you can always find a version of an exercise that works best for you. Check out Tony's top 5 faves, and share your favorite lower body exercise with your Travel Agent!

<https://youtu.be/6rYVQaagYCQ>

LEADERBOARD:



Each week, the scores are updated online! Watch your progress as you earn weekly points. Remember you have until midnight each Monday to log the previous week.

Remember you can see the full scoreboard at www.fittriprx.com/leaderboard

WORKOUT PREVIEW:

**Remember to log your workouts in the CHU app!
Here's a preview of the moves you'll be doing:**

LOWER BODY

- Step Up
- Front Squat
- Sumo Deadlift
- Calf Raise
- Single Leg Kickback
- Side Lunge
- Glute Bridge
- Leg Press

UPPER BODY

- Bench Press
- Lateral Raise
- Bicep Curl
- Dip
- Chest Fly
- Seated Shoulder Press
- Arnold Shoulder Press
- Hammer Curl

Remember to reach out to your coach with any questions!



RECIPE OF THE WEEK:

Tuscan White Bean Soup

Makes 8 serving

Ingredients:

- 3 15-ounce cans cannellini beans, drained and rinsed
- 1 yellow onion, finely chopped
- 4 cloves garlic, minced
- 2 tablespoons olive oil
- 2 large carrots, peeled and chopped
- 1 stalk celery, diced
- 1/3 cup white wine, such as pinot grigio
- 2 cups chopped kale, stems removed, finely chopped
- 2 1/2 - 4 cups vegetable or chicken broth
- 1 tablespoon tomato paste
- 1 teaspoon salt or to taste
- 1/4 teaspoon black pepper or to taste
- 1/4 teaspoon red pepper flakes (optional)
- 1/4 teaspoon Italian seasoning
- 2 bay leaves
- 1 teaspoon dried thyme
- 1/2 teaspoon dried oregano



Directions:

1. Sauté the finely chopped onion in a large pot or dutch oven with the oil.
2. Once it starts to brown slightly, add in the garlic, celery and carrot. Sauté an additional 10 or so minutes to let the veggies soften and brown slightly. The browning helps add lots of flavor!
3. Add in the white wine and sauté until most of the liquid has evaporated, about 5-7 minutes.
4. Add in all remaining ingredients except for the kale. When adding the broth, start with 2 1/2 cups for a thicker soup and add more broth to thin it out. Stir well.
5. Bring to a boil, then cover and reduce heat to low. Let simmer for 15 minutes.
6. Discard the bay leaves, then transfer about 2 1/2 - 3 cups worth of the soup to a blender. Blend until smooth.
7. Transfer back to the pot and stir well to combine. If it's too thick, add in more broth until it reaches your desired consistency.
8. Add in the chopped kale and let simmer for a few minutes to allow the kale to wilt. Taste and adjust flavors as desired. I usually add a bit more salt and pepper and a squeeze of lemon juice.
9. Serve warm as is or with a hearty bread on the side. Enjoy!

“A healthy outside starts from the inside.”

- Robert Urich

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