



SEASON 1

ColorFitWorkouts.com



DISCLAIMER

Disclaimer:

Before doing anything else or participating in any workouts or exercise plan, or following any diet or eating plan you are advised to check with your doctor or physician. You should also consult your doctor even if you are experienced with exercising, working out, dieting or strength training to determine if you are in a healthy condition to participate.

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- F) Conclusions & Thankyou
- G) Printable Workout Calandar



COLORFIT TARGETS

These are the ColorFit Body Area 'Targets' for Season 1. This is how you'll know what each ColorFit Workout focuses on.

TOTAL BODY

> Body weight / bands etc

TOTAL BODY 2

> Resistance / weights etc.

ABS & CORE

> Body weight & resistance

ARMS

> Body weight & resistance

CARDIO/CONDITIONING

> Body weight / bands etc.

GLUTES/CORE/LEGS

> Body weight / Bands etc.



WELCOME

1/2

Welcome to ColorFit Workouts Season 1.

You've likely seen the **ColorFit Full Follow Along Workout Videos** over at TristanLewis.com. I'd like to give you a quick introduction to the Colorfit System and the Seasons.

The idea behind the system is *firstly* to offer new, fresh and complete follow along workouts for people to use and add into their lives when it suits them.

The workouts found over at TristanLewis.com are designed and created to be mixed, matched and used whenever you need a quick time saving workout to decrease stress and basically offer a quick break form your daily grind. I believe that before any body changing or aesthetic reasons - a workout should and will always make you feel better about yourself - immediately.

If you feel energized you're more in control of your life and able to handle stresses and challenges better. If a workout leads to a person finding a new interest in weight loss, specific fitness plans, new lifestyle goals or a new hobby or sport then great.

But at its most basic the whole idea behind ColorFit Workouts is to help you feel capable and in control of your body and your lives with quick workouts that **can be used randomly anytime** to increase energy levels and make you feel good about yourself.



WELCOME

2/2

SEASONS

The Seasons calendars offer a collection of structured plans if you'd prefer to use the ColorFit Workouts in that way. *Choose the plan you like and simply load up the corresponding ColorFit Workout Video over at the channel and follow along.* Each mini plan inside a Season is typically 4 weeks long so you can then switch to a new plan if you want to freshen things up.

Each new Season will uncover new Muscle and Body Zone Targets and workouts.

You'll also get bonus workout calendar 'add-on plans' sent to you periodically throughout the Season to try.

**A new season will be previewed and revealed to you as we get closer to the 'changeover' date so watch TristanLewis.com and social media posts as well as your email inbox...*

But remember - if you just want to randomly grab a workout from the channel and use it whenever you prefer you can.

One day you might just need *a fast abs & core workout* to fit in before you go to work? Another day you might want *a fresh total body workout* for your lunch hour?

Seasons simply offer you a **collection of plans** to follow as a nice change of pace if you don't want to think about what workout to do.

Let's begin with some tips before you choose your plan...



TIPS

1/2

HERE ARE SOME TIPS BEFORE YOU BEGIN:

1) **Seasons** workout plans are typically 4 week blocks. You can switch after 4 weeks to a new plan or simply continue with the same one if you're enjoying it for 6, 8 up to 12 weeks. I'd change it after 12 weeks.

2) **Rest:** When you change your workout plan OR if you feel your body needs a rest then take a break. One of the best things you can do is rest and recover. A recovery period with workouts substituted with outdoor activity, walking, biking, hiking etc allows you to recover and reset and rest your muscles.

3) **If you miss a day** do not waste any energy giving a damn about it.

Just get back on track the next day or whenever you can next do so. We are not professional athletes. We are normal people with normal and sometimes busy lives.

4) **Water.** Drink plenty of water and stay hydrated.

5) **Warm ups.** Most ColorFit Workouts include a warm up. If you are using the Workout Wrap Ups or Plug In Workouts and are not warmed up you can simply do a 5 minute cardio session like stationary biking or walking on an incline on a treadmill - or perhaps 3 sets of 20-30 jumping jacks etc.

All you need to do it elevate your heart rate and warm up your muscles - you could also simply do the first circuit of any ColorFit Workout with lower weights, less reps or slower and use it as a preparation warm up before starting properly.



TIPS

2/2

CONTINUED:

6) Want to do more? If you find you have more energy in the tank after any workout then feel free to either add in another circuit or round of the workout or add in a Plug In Workout or Workout Wrap Up.

7) Seasons Plans: I really want to keep an element of choice for you so many of the plans will have the color coded 'dot' showing what body area target to do - this means you can choose any workout number that is that color.

On occasions I will **specify a particular workout** and its number that I think will be good to do. But feel free to override this if you really do prefer the free choice of ColorFit Workouts. Stick to the color though.

8) Equipment: A majority of the workouts use only your own body weight. The only equipment you'll need is your workout clothing and water.

Some workouts will use things like resistance bands, a chair, a pull up bar etc. I will inform you in each video what is needed and also show body weight variations where possible. Over time its good to get some equipment but not necessary to begin with. You will progress to the workouts using resistance with dumbbells, barbells and kettlebells.

9) Sweatbands: *It doesn't have to be the 80's to wear sweatbands. :) Mine are color co-ordinated so you know what body target we are working!*

Let's check out the Season 1 Fitness Plans >



SEASON 1: FITNESS PLANS LIST

- COLORFIT FITNESS PLAN 1: ALL LEVELS FREE-CHOICE
- COLORFIT FITNESS PLAN 2: BEGINNER (ABS & TOTAL BODY) ● ●
- COLORFIT FITNESS PLAN 3: FITSTICKZ TOTAL BODY FAT LOSS ● ●
- COLORFIT FITNESS PLAN 4: FITSTICKZ RESISTANCE COMPLEXES ● ●
- COLORFIT FITNESS PLAN 5: FITSTICKZ 3D ABS & CORE ●
- COLORFIT FITNESS PLAN 6: 'ON THE ROAD' WORKOUTS ● ● ● ● ●
- COLORFIT FITNESS PLAN 7: 'LADIES ONLY' FIT BODY 1 ● ● ● ● ●
- COLORFIT FITNESS PLAN 8: INT/ADV BODYWEIGHT ● ● ●



ALL LEVELS FREE CHOICE PLAN

i

The 'Free Choice Plan' allows you to pick ANY ColorFitWorkout on **any day that suits you**. Maybe you want to do a week of random total body workouts or a mix of Plug In Workouts and Wrap Up Workouts for a fast 'on the road' plan. Maybe you want to work just abs or use *plug in core workouts* to **add new ab workouts** **variety to the original FitStickz workout plans found in the official books?** The bottom line is this plan gives you total flexibility to fit your schedule.

SOME TIPS:

- Try to add a rest day when possible and if you feel you need it or to avoid back to back similar workouts:
i.e. *Day 1: Total Body / Day 2: Cardio Conditioning Wrap Up & Abs/Core / Day 3: Rest. Etc.*
- If you feel you have more energy after a workout either do another circuit or add in a ColorFit Plug In Workout or Wrap Up Workout.
- This 'Free Choice' is essentially why my ColorFit Workouts are created - so you can grab any workout off of the channel and use when it suits you.

A ColorFit workout can be a simple stress reliever or a part of a fitness plan you create yourself that fits your lifestyle.

Change things up when you feel you need a 'refresher' and to keep your muscles and your body reacting to fresh stimulus. I'll add new workouts for you weekly.

The ultimate idea of ColorFit Workouts is you do workouts when it suits you and 3 times a week is a great way to start...

1

ALL LEVELS FREE CHOICE PLAN

↓ WK.

	M	T	W	Th	F	Sa	Su	
1.	?	→						
2.	?	→						
3.	?	→						
4.	?	→						



TOTAL BEGINNER WORKOUT PLAN

i

The Total Beginner Workout focuses on workouts 1,2 & 3. These are the first 3 launch workouts for my channel.

HOWEVER: as you begin to progress you can choose any orange total body workout from the channel to try in place of 1,2 or 3 to give you more variety.

As you progress from beginner you can open up new workouts as soon as you feel ready that use new exercises and even exercise bands or pull up bars etc.

The core workouts option is totally your choice. *Choose any of the light blue abs and core workouts to try.*

I set the abs/core workout schedule for *the weekends* but again this is all about flexibility so if you want to add or switch this workout to a tuesday and thursday for example you certainly can.

You could also add in a *plug in workout* or workout wrap up after the total body workouts if you feel ready to increase the volume of exercises.

2

TOTAL BEGINNER WORKOUT PLAN

↓WK.	M	T	W	Th	F	Sa	Su
1.	?		?		?	?	
2.	?		?		?	?	
3.	?		?		?	?	
4.	?		?		?	?	

3



BOOK 1 - FAST FAT LOSS: COLORFIT WORKOUT PLAN

FitStickz: Book 1 - Fast Fat Loss Total Body Edition!

FitStickz is the workout books series I created using sketches, doodles, unique characters and wrapped them all up in digital and 'coffee table' paperback editions that contained full workouts plans and video classrooms for every exercise.

What I decided to do was re-record EVERY workout from each of the FitStickz books and release them all on my YouTube channel so you can use them and follow along with the workouts instead of them being only available when you purchased the books.

This way you can use them when you wish and as part of the ColorFit Workouts and Seasons Calendar. Here I've created a new plan using Book 1 Workouts.

Book 1 is total body fat loss workouts using only body weight exercises.

1) In the books there are *different workout plans* you can try using the FitStickz Workout Videos as a change of pace. The new paperback editions are great to add to your gym bag or leave on your coffee table for guests to browse...

2) Each book has **A SECRET HIDDEN WORKOUT** found somewhere inside. [If you can find it](#) you can use it and I'll add those as 'optionals' to the Season 1 FitStickz plans - **but you have to own the books and find them :)**

3) If you'd be interested in supporting me, purchasing the books and finding your secret workout you can get more information over at TristanLewis.com. Just head over there and check out FitStickz.

3

FITSICKZ

**BOOK 1 - FAST FAT LOSS:
COLORFIT WORKOUT PLAN**

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GET YOUR COPY AT [AMAZON.COM](https://www.amazon.com) & CHECK OUT YOUR CUSTOM COLORFIT WORKOUT PLAN USING BOOK 1 WORKOUTS ON THE NEXT PAGE:

3



BOOK 1 - FAST FAT LOSS: COLORFIT WORKOUT PLAN

↓ WK.

	M	T	W	Th	F	Sa	Su
1.	F1	F4		F2	F4		
2.	F3	F4		F1	F4		
3.	F2	F4		F3	F4		
4.	F1	F4		F2	F4		



BOOK 2 - COMPLEXES: COLORFIT WORKOUT PLAN

i

FitStickz: Book 2 - Fat Burning Complexes!

FitStickz is the workout books series I created using sketches, doodles, unique characters and wrapped them all up in digital and 'coffee table' paperback editions that contained full workouts plans and video classrooms for every exercise.

What I decided to do was re-record EVERY workout from each of the FitStickz books and release them all on my YouTube channel so you can use them and follow along with the workouts instead of them being only available when you purchased the books.

This way you can use them when you wish and as part of the ColorFit Workouts and Seasons Calendar. Here I've created a new plan using Book 1 Workouts.

Book 2 introduces fat burning complex workouts using resistance / weights.

1) In the books there are *different workout plans* you can try using the FitStickz Workout Videos as a change of pace. The new paperback editions are great to add to your gym bag or leave on your coffee table for guests to browse...

2) Each book has **A SECRET HIDDEN WORKOUT** found somewhere inside. If you can find it you can use it and I'll add those as 'optionals' to the Season 1 FitStickz plans - **but you have to own the books and find them :)**

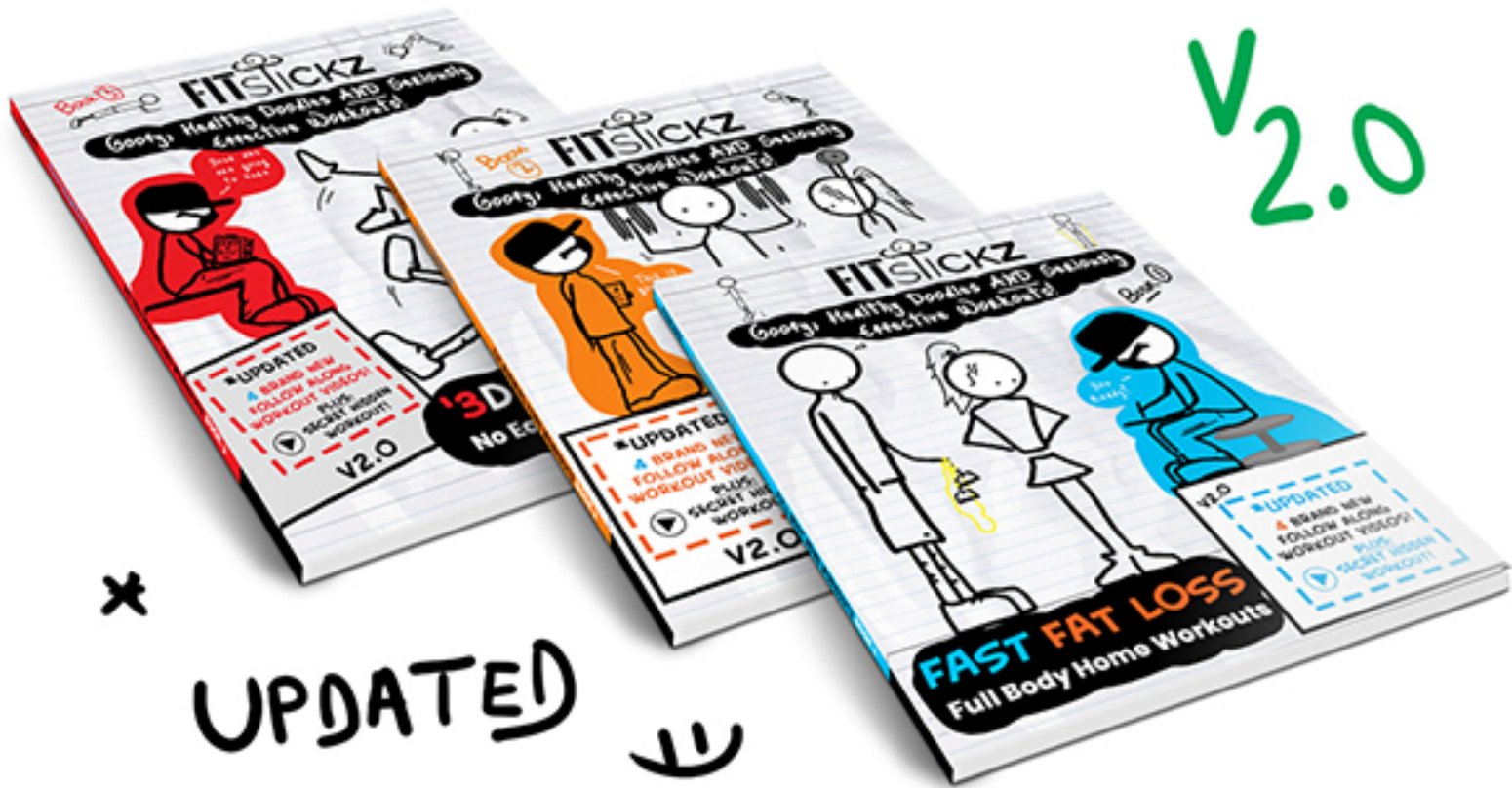
3) If you'd be interested in supporting me, purchasing the books and finding your secret workout you can get more information over at TristanLewis.com Just head over there and check out FitStickz.

4

FITSICKZ

**BOOK 2 - COMPLEXES:
COLORFIT WORKOUT PLAN**

i



GET YOUR COPY AT [AMAZON.COM](https://www.amazon.com) & CHECK OUT YOUR CUSTOM COLORFIT WORKOUT PLAN USING BOOK 2 WORKOUTS ON THE NEXT PAGE:

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BOOK 2 - COMPLEXES: COLORFIT WORKOUT PLAN

↓ WK.

	M	T	W	Th	F	Sa	Su
1.	F6	F9		F7	F9		
2.	F8	F9		F6	F9		
3.	F7	F9		F8	F9		
4.	F6	F9		F7	F9		



BOOK - 3D ABS&CORE: COLORFIT WORKOUT PLAN

i

FitStickz: Book 3 - Body Weight Edition 3D Abs & Core!

FitStickz is the workout books series I created using sketches, doodles, unique characters and wrapped them all up in digital and 'coffee table' paperback editions that contained full workouts plans and video classrooms for every exercise.

What I decided to do was re-record EVERY workout from each of the FitStickz books and release them all on my YouTube channel so you can use them and follow along with the workouts instead of them being only available when you purchased the books.

This way you can use them when you wish and as part of the ColorFit Workouts and Seasons Calendar. Here I've created a new plan using Book 1 Workouts.

Book 3 introduces some unique ab workouts that hit all sides of the core.

1) In the books there are *different workout plans* you can try using the FitStickz Workout Videos as a change of pace. The new paperback editions are great to add to your gym bag or leave on your coffee table for guests to browse...

2) Each book has **A SECRET HIDDEN WORKOUT** found somewhere inside. If you can find it you can use it and I'll add those as 'optionals' to the Season 1 FitStickz plans - but you have to own the books and find them :)

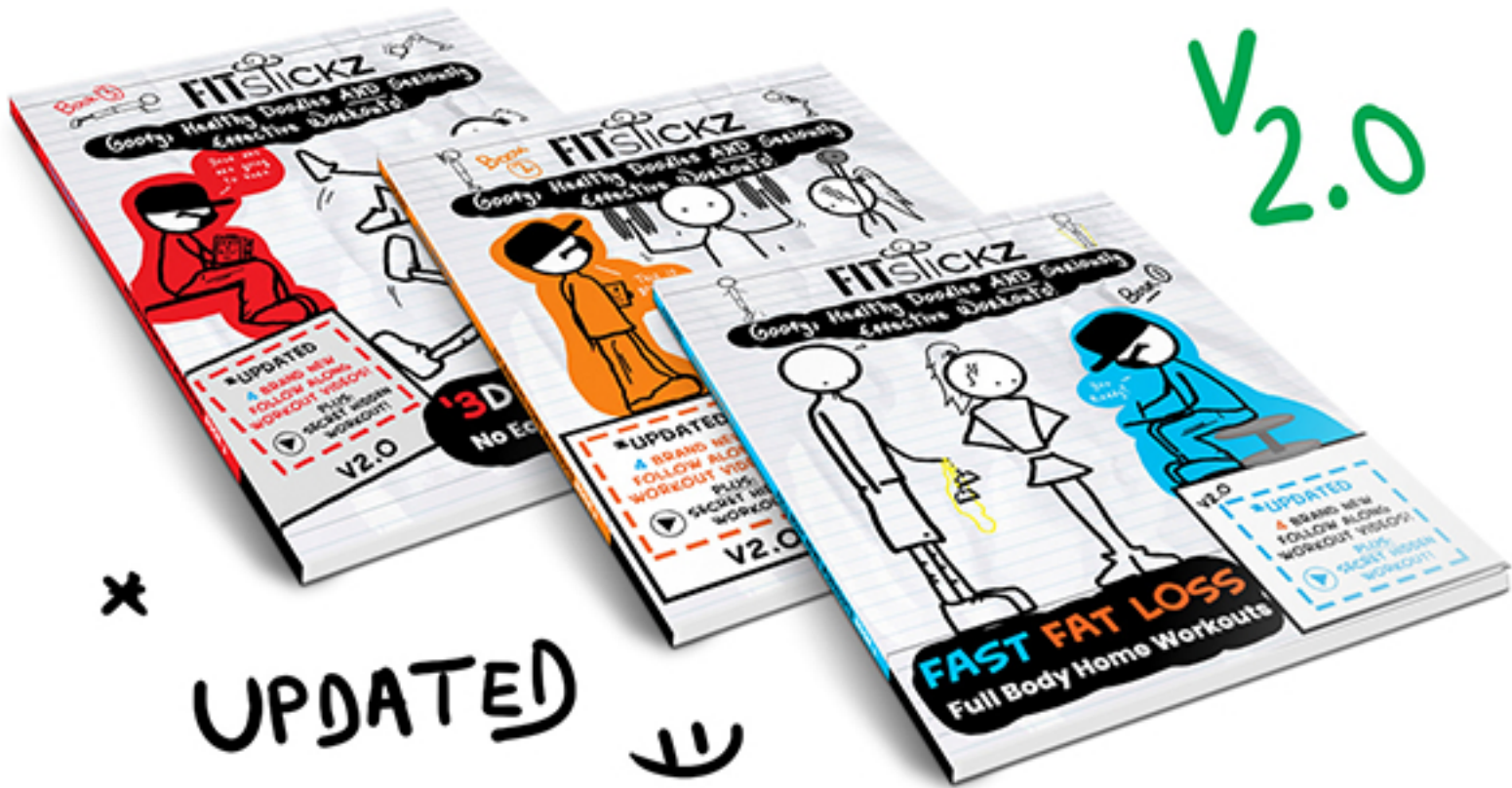
3) If you'd be interested in supporting me, purchasing the books and finding your secret workout you can get more information over at TristanLewis.com. Head over there and check out FitStickz.

5

FITSICKZ

**BOOK 3 - 3D ABS&CORE:
COLORFIT WORKOUT PLAN**

i



GET YOUR COPY AT [AMAZON.COM](https://www.amazon.com) & CHECK OUT YOUR
CUSTOM COLORFIT WORKOUT PLAN USING BOOK 3 WORKOUTS
ON THE NEXT PAGE:

BOOK 3 - 3D ABS&CORE: COLORFIT WORKOUT PLAN

↓ WK.

	M	T	W	Th	F	Sa	Su
1.		F11		F13		F12	
2.		F14		F11		F13	
3.		F12		F14		F11	
4.		F13		F12		F14	

**NOTE: IF YOU FIND THE SECRET HIDDEN WORKOUT YOU CAN ADD IT IN ONCE PER WEEK IN PLACE OF ANY OTHER WORKOUT.*



ON THE ROAD / HOTEL WORKOUT PLAN BODY WEIGHT & RESISTANCE OPTIONS

i

A sample workout plan for hotels / traveling / on the road:

I travel a fair amount and know many other people do too. It may be for business or on vacation where you have limited time, space and equipment. But it doesn't mean you can't get in a quick workout using your own body weight, the hotel gym (if there is one) or some simple exercise bands you could pack in your bag.

I've often used quick body weight workouts in my hotel room just to decompress and relieve some stress on business trips, and even though on vacation it's great to just relax by the pool there's been occasions when juggling 4 children has meant I needed a quick stress busting workout before dinner!

So here I've put together a couple plans that you can of course modify with any favorite workouts you have tried on the channel - I've added some specifics ColorFit Workouts and have focused a bit more on the Plug In Workouts & Workout Wrap Ups due to the fast nature of their design - but of course if you want to replace with some HIIT workouts that are longer in duration from my channel then no worries - go for it.

Lastly: On the schedule you'll see week 1 & 2 are focused on body weight and 3 & 4 are designed considering there could be a gym you like to use in the hotel. Just use which is applicable.

And where you see two workouts on the same day you can do both or choose either one if time is limited.

*Of course not everyone is on vacation for 4 weeks so consider these as 1 week blocks if easier and just follow the days you want to exercise.

Whatever suits you best...

6

ON THE ROAD / HOTEL WORKOUT PLAN BODY WEIGHT & RESISTANCE OPTIONS

↓ WK.	M	T	W	Th	F	Sa	Su
1.	W _u 2 P _i 1	W _u 3	?	W _u 4	P _i 1	P _i 2	
2.	?	W _u 3	W _u 2 P _i 1	P _i 2	W _u 4	P _i 1	
3.	P _i 3	?	W _u 5	P _i 5	W _u 5		
4.	P _i 3	W _u 5	?	P _i 4	W _u 5		

*NOTE: WK1 & 2 ARE BODYWEIGHT OPTIONS - WK3 & 4 ARE USING RESISTANCE (HOTEL GYM ETC) **CHANGE REST DAYS TO SUIT YOU.



LADIES ONLY! FIT BODY 1

i

A female focused workout plan for a lean and fit body...

The idea behind this workout plan is a 4 week block focusing on exercises and workout structure that targets the glutes, tummy, hips and legs. That's not to say it will not work your upper body too, it will, but a lot of focus is on the body parts women like to train in my bootcamp classes.

The majority of this plan is body weight so it could be done anywhere. However feel free to substitute some 'Black' Color Fit Workouts (Total Body 2) on occasions if you'd like to use some weights (WWU #5 for example)

Weeks 3 & 4 are duplicates of 1 & 2. You can switch out rest days if your schedule is busy. Remember its all flexible.

Check out my [playlists on YouTube](#) for resistance workouts to add in.

7

LADIES ONLY! FIT BODY 1

↓ WK.	M	T	W	Th	F	Sa	Su
1.	?	Wu4	? ?	Wu2 Pi1	?		
2.	?		Wu4 Pi3	? ?	Wu1		
3.	?	Wu4	? ?	Wu2 Pi1	?		
4.	?		Wu4 Pi3	? ?	Wu1		

*NOTE: CHANGE REST DAYS TO SUIT YOU. ? = YOU CHOOSE ANY PINK WORKOUT YOU WISH FROM MY YOUTUBE CHANNEL



INT-ADVANCED BODY WEIGHT PLAN

i

Intermediate - Advanced Levels : Body Weight Plan

This plan allows those who are past the beginner stage to really challenge themselves with harder and more advanced Total Body Workouts mixed with Wrap Up Workouts & Plug In Workouts. Note: The Wrap Up & Plug In workouts are **optional depending on your energy levels** at the end of each Total Body Workout. However these are a great way to really challenge you if you have any gas left in the tank :)

Choose any of the color co-ordinated workouts at the channel but not those marked beginner.

If you wish to use weights on a particular day you could substitute a resistance workout (Total Body 2 'ColorFit Black' for example) but remember these body weight plans can become very demanding even without any weights.

I've made the Wrap Up and Plug In choices totally up to you so pick anyone you want. As you know some are **Combo Workouts** focusing on maybe abs and arms for example, some are conditioning, some are purely abs focused. You decide.

And I made this 3 sessions a week with a weekend 'abs and core' day. **If you want 4 sessions then do M, T, Th & F (with the same weekend abs and core session.**

I'll be adding resistance workout plan too in coming Seasons and will send out new plans to you occasionally when I create and test new ones outside of the chosen ones for the current Season. So keep an eye on your inbox.

Good Luck!

8

INT-ADVANCED BODY WEIGHT PLAN

↓ WK.	M	T	W	Th	F	Sa	Su
1.	?		?		?		?
	Wu?		Pi?		Wu?		
2.	?		?		?		?
	Wu?		Pi?		Wu?		P3 And/or
3.	?		?		?		?
	Wu?		Pi?		Wu?		P4 And/or
4.	?		?		?		?
	Pi?		Pi?		Wu?		P5 And/or

*NOTE: CHANGE REST DAYS TO SUIT YOU. IF YOU WANT 4 DAYS THEN DO MON, TUE, THUR, FRI. (SAME ABS/CORE ON WEEKENDS.)



CONCLUSION & THANK YOU

1/2

So those are the 8 Pre Designed workouts for Season 1 from ColorFit Workouts.

Remember you can use these to give you a structure and get started then you'll see how you could easily switch out color co-ordinated workouts in weeks 5-8 for example or later in your workout plan to create further variety.

Of course you could simply just follow along with my latest workout when it goes live as well. But these plans were designed to allow you some direction and a road map if you wanted to take a more structured approach.

I'll let you know when every new workout goes live so make sure you ***Subscribe and click the Notifications on my YouTube Channel*** so you get reminders when the next workout goes live and also make sure you safelist my email address so you don't miss my messages.

I'm in the process creating new free tools over at my website during the coming weeks and months that will help you and you can also get hold of me there too.



CONCLUSION & THANK YOU

2/2

I'd just like to end by thanking you for joining me and my mission to help normal and busy people to add some exercise to their lives. Maybe you just want a quick workout to do to relieve stress or perhaps you want a plan to follow to keep you on track, either way I am here to help and wish you all the best as we workout together more and more over the coming months and years!

Thanks & best wishes,

Tristan

PS: Join me on social media too and keep up to date with news and more info.

PPS. Also remember if you'd like to support me and try to find the **secret hidden workouts** in The FitStickz Series you can pick up the new paperback or digital books at my website (they are all available on Amazon too.)

****Those workouts are all recorded and ready to go if you can find them...***

(*On the next page is your printout workout calendar(s) - print when needed.)



WORKOUT CALENDAR



WK. M	Tu	W	Th	F	Sa	Su	NOTES:
1.							
2.							
3.							
4.							

NOTES: