

Fitness For A Few Bucks?

By Fitness Coach Rick Karboviak

Fit XT Solutions



<http://fitxtsolutions.com>

Not too many go to a dollar bargain store thinking that they are going to get some fitness items, but that's starting to change.

Stores like Dollar General that focus as a catch-all store for bargain priced groceries and everyday items are starting to add basic fitness equipment to their aisles.

It is surprising what is available, for not a lot of money per item:

Yoga mats for \$8

Foam rollers for \$5

Warm-Up roller sticks for \$6

Jump Ropes for \$4

Push-Up Handles for \$5

Exercise Band Loops for \$4

Exercise Bands with Handles for \$5

Pair of 1# ankle weights for \$4

5# dumbbells for \$5 each

\$# kettlebell weights for \$5 each

DG isn't the place where most would look at finding fitness equipment, but it is nice place to get a few items for not a lot of money, put them all together and create a nice little workout atmosphere for you.

After shopping and discovering this at my local DG, I created a fitness program that uses a majority of those items you can find at not only DG, but at places like Target, Walmart, and big sporting goods stores. There are more options at the bigger retail stores at good affordable prices.

The program I created was **Fit XT**, it is based on three main workouts that use these items, mainly the exercise bands, push-up handles and basic bodyweight exercises to mix in with them.

Fit XT has Lower, Upper and Core workout circuits to do. Each circuit takes about 20 minutes to do.

Basic workout structure of a typical **Fit XT** circuit is:

4 minute warm-up

12 minutes of Strength and Endurance exercises

4 minutes of cool-down stretches, foam rolling, etc.

A basic workout schedule would be:

Monday – Lower circuit, Wednesday – Upper circuit, Friday – Core circuit

The “XT” portion allows you to get in other workouts in-between the 3 main workout circuits.

This is ideal for those who enjoy running, cycling, ellipticals, maybe a mix of other things, too.

Not into short workout circuits? **Fit XT** also has some barbell exercise plans for the serious lifter too, called “Eggs & Deadlifts”.

You can get the Eggs & Deadlifts plan as a special report at

<http://fitxtsolutions.com/files/documents/ENDP.pdf>

Fit XT also shows you some big savings you can make by purchasing nutrition shakes at the same stores instead of through an MLM company. Don’t fall into their traps of dumping hundreds into products that shouldn’t have to cost that much to get. **Fit XT** shows you how to avoid that pitfall.

If getting in shape has been a financial barrier in the past, or perhaps you just don’t know how to use all those tools effectively into a plan, then **Fit XT** provides that solution for you.

Check it all out and the many benefits you can get by using bargain dollar store fitness tools (yes, its true, plus with follow-along videos too!) at <http://fitxtsolutions.com>