

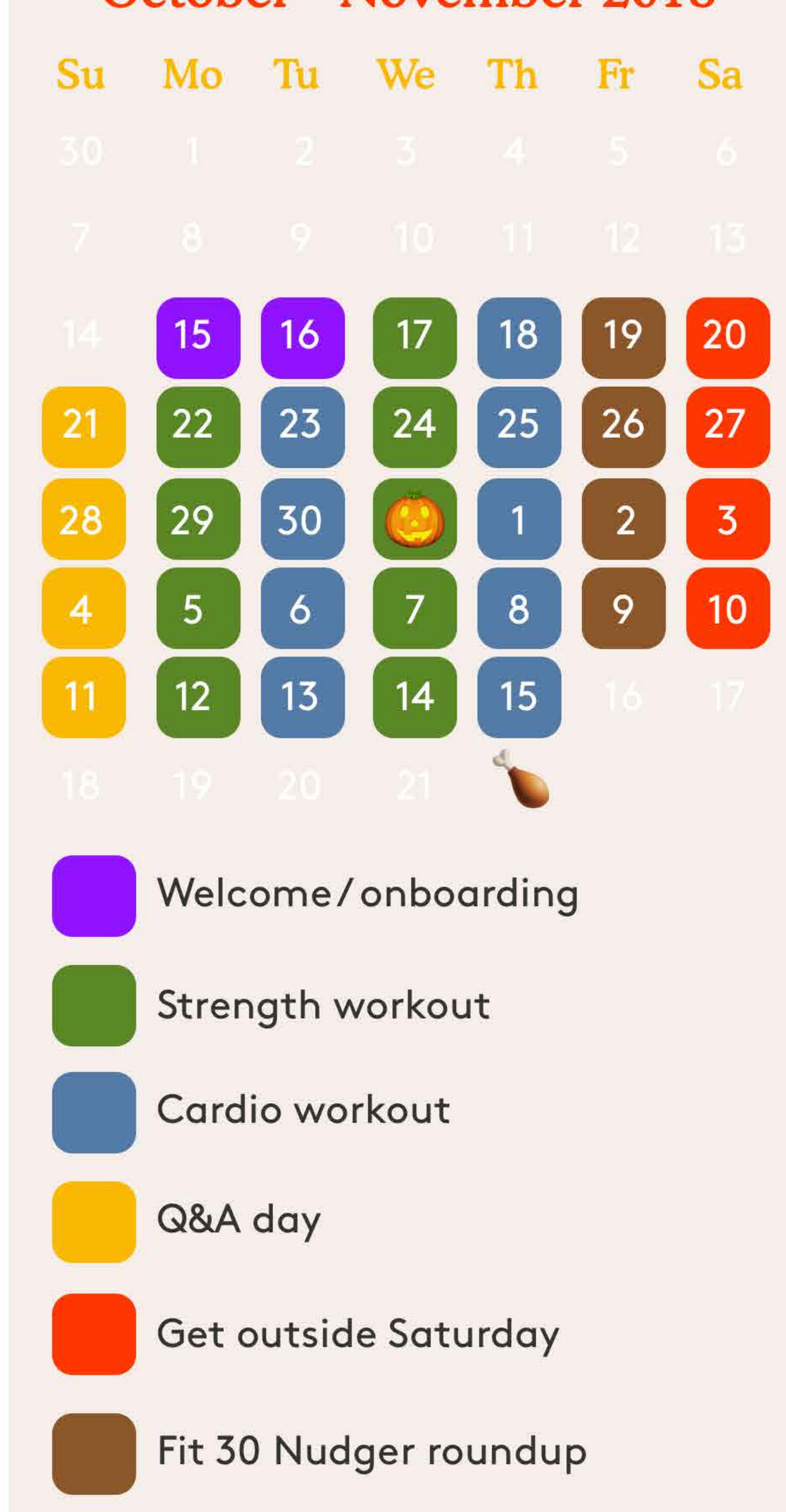
FAQs

“Do you get my replies to your texts?”

Yes, and we love reading them! That said, we can't reply in real-time, so if you have an issue email contact@nudgetext.com

“Whats the plan for the month?”

Note that on workout days, we'll send you your workout the day beforehand ~4pm PT.



“What are the cardio workouts?”

You'll always have 3 options:

- 1) Treadmill (recommended): A dynamic treadmill workout of varying speeds and inclines. Even if treadmills scare you, trust us and give this one a try
- 2) Outdoor run: An outdoor run of varying speeds
- 3) Bodyweight: Think burpees, squats, etc that you can do at home or a gym

“Why only 30 min workouts? Can I lose weight & get fitter from that?”

YES. But you need to work hard during those 30 minutes which is why they are all HIIT (high intensity interval training) workouts, meaning you are constantly spiking and lowering your heart rate. HIIT is the most efficient way to burn fat and build lean muscle (not bulk).

“How heavy should my dumbbells be?”

We recommend 5 - 20lb dumbbells. This is a big range since everyone's strength levels vary. Peek at the workout ahead of time and when in doubt, grab a second pair of dumbbells you can switch out for. If you workout some, go for 10 lbs and adjust as necessary. Amazon Prime works wonders (the first week you won't need dumbbells, so you've got time to order!).

“What do I do if my workouts are getting too hard or too easy?”

Too easy: Bump up your jog pace on the treadmill, pick up your speed on the outdoor runs, or do more reps per interval (as long as you're keeping good form) during the bodyweight cardio and strength workouts. If the strength workouts are still too easy, try heavier dumbbells.

Too hard: Do just the opposite - slow down and lower your weight. Also consider modifications such as kneeling push-ups, taking the “jump” out of exercises like a jump squat, or doing bodyweight only.

The 5 minute stretching routine

Do each move for 30 sec after each workout to keep your muscles from tightening up and to avoid injury:

1. Cobra



2. R Hamstring



3. L Hamstring



4. R figure 4



5. L figure 4



6. R quad



7. L quad



8. R Hip flexor + tricep



9. L Hip flexor + tricep



10. Hands clasped forward fold

