

CHOOSING A PROGRAMME

C9 KICK-START

The C9 is suitable for everyone* as it is designed as a reset phase to help kick-start healthy habits. We recommend in most situations starting with the C9 before moving onto F15. When you are ready to move on, use the table below to help determine which F15 programme is right for you.



F15 BEGINNER

New to fitness and nutrition? *F15 Beginner* will help you to learn the basics of fitness with customised body workouts, fundamental movements and basic cardio. Build your foundation with easy to follow guidelines, healthy recipes, weight management products and lifestyle tips.

F15 INTERMEDIATE

Already moderately active but looking to step up your routine? Jump ahead to *F15 Intermediate*. With a selection of recipes, customised workouts, interval training, high intensity workouts and weight management products, *F15 Intermediate* will help you to take it to the next level.

F15 ADVANCED

If you're already very active but in search of a programme that better suits you, why not try *F15 Advanced*? With higher intensity exercise and food supplement support, *F15 Advanced* provides a more intensive regime for those looking for a challenge.

Programme Level	Who is it for?	Calories	Exercises	Meals
C9 9 days	<ul style="list-style-type: none"> Those wanting to lay the foundation for a healthier lifestyle. People starting out on their journey. 	Days 3-9 approx. 1,000 calories plus free foods in moderation.	<ul style="list-style-type: none"> Low impact exercise (days 1-2). Low to medium impact exercise (days 3-9). 	<ul style="list-style-type: none"> Shake and free foods (days 1-2). Two shakes and one meal (days 3-8). One shake and two meals (day 9).
F15 Beginner 1 15 days	<ul style="list-style-type: none"> Those who want to keep on track after the C9 programme. People not currently exercising but who use the products and supplements. 	Women 1,400. Men 1,900.	<ul style="list-style-type: none"> Bodyweight workouts and cardio. No equipment needed. 	<ul style="list-style-type: none"> Shake. Snack. Lunch. Dinner.
F15 Beginner 2 15 days	<ul style="list-style-type: none"> People who are currently exercising but not consistently. Those needing a proper nutrition plan. 	Women 1,500. Men 2000.	<ul style="list-style-type: none"> Builds on the previous workouts and new cardio. No equipment needed. 	<ul style="list-style-type: none"> Breakfast. Shake. Lunch. Dinner.
F15 Intermediate 1 15 days	<ul style="list-style-type: none"> People who are currently exercising. Those who are not consistent with their nutrition plan. 	Women 1,600-1,750. Men 1,900-2,200.	<ul style="list-style-type: none"> Introducing weight resistance using bands. Interval cardio. Yoga. Equipment: resistance bands. 	<ul style="list-style-type: none"> Breakfast. Snack. Lunch. Dinner. Post-workout shake (part of total calories).
F15 Intermediate 2 15 days	<ul style="list-style-type: none"> People who are currently exercising. Those interested in increasing their flexibility through yoga or stretching. People wanting support with nutrition. 	Women 1,600-1,750. Men 1,900-2,200.	<ul style="list-style-type: none"> HIIT (High Intensity Interval Training) using Tabata timing. Yoga. Equipment: dumbbells and resistance bands. 	<ul style="list-style-type: none"> Breakfast. Snack. Lunch. Dinner. Post-workout shake (part of total calories).
F15 Advanced 1 15 days	<ul style="list-style-type: none"> Active people currently exercising regularly. 	Calories based on BMR and AMR. New ways to measure portions.	<ul style="list-style-type: none"> Three days cardio choices including Tabata. Targeted workouts. Equipment: dumbbells, resistance bands and a chair. 	<ul style="list-style-type: none"> Breakfast. Snack. Lunch. Dinner. Post-workout shake (part of total calories).
F15 Advanced 2 15 days	<ul style="list-style-type: none"> Active people currently exercising regularly. 	Calories based on BMR and AMR. Foods based on body type nutrition.	<ul style="list-style-type: none"> Three days cardio choices to include Tabata. Targeted workouts. Equipment: treadmill, dumbbells, resistance bands and a chair. Exercises to build stability. 	<ul style="list-style-type: none"> Breakfast. Snack. Lunch. Dinner. Post-workout shake (part of total calories).

*BE MINDFUL OF YOUR HEALTH: Please note that the F.I.T. programme (C9 and F15) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia. It should not be followed during pregnancy or when breastfeeding, and it is not suitable for children. If you have any medical condition or are taking medication, please consult your doctor before starting the programme. This programme may not be suitable if you are obese or underweight. Check your BMI and consult your doctor before changing your diet and exercise regime. Please refer to the foods supplement kit packaging for further information on usage.