



WEPO FITNESS™

Simple & Efficient

www.wepofit.com  

Helpful Tips

1. Try all the exercises without the weight to master the correct form.
2. Focus on your favorite 2-3 exercises that you can readily execute using WePo.
3. Consult your physician before using WePo—especially if you have joint or back problems.
4. To get that super strong core more quickly, choose healthy eating habits.

WePo Workout Plan

Day 1	Day 1-Target	Day 2	Day 2-Target	Day 3	Day 3-Target
WePo Tap	Upper/Lower Abs	Leg Raise	Upper/Lower Abs	Floor Quad Lifts	Quads/Lower Abs
Lateral Swing	Oblique/Flexors	Leg Thrust	Upper/Lower Abs	Oblique Thrust	Oblique
Knee Tucks	Upper/Lower Abs, Legs	Russian Twist-Reach	Oblique	WePo V-Ups	Full Body
Knee Wipers	Oblique/Flexors	Inverse Push	Lower Abs/Lower Back	Plank-Hami Curl	Abs/Hamstring
Bar Knee Raise	Full Body	Superman	Lower Back/Glutes	Full Wipers	Oblique/Flexors
V-Hold Triceps	Arms/Abs	V-Hold Triceps	Arms/Abs	V-Hold Triceps	Arms/Abs
Brief Skips	Full Body	Brief Skips	Full Body	Long Skips	Full Body

- Do 15-30 reps of each exercise
- Finish each day's exercises in 20-30 minutes
- Warm up first; (20 jumping jacks, 1-min jump rope or 10-min run/bike)
- Video clips and more exercises on WePo YouTube channel and Instagram



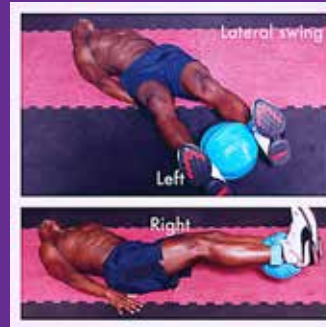
WePo Tap

- a. Engage the core and keep legs slanted throughout.
- b. Breathe out as you rise and in on reset.
- c. Do 15-30 reps.



Leg Raise

- a. Engage the core and press arms on the floor for support.
- b. Breathe out on the raise and in on the drop.
- c. Do 15-30 reps.



Lateral Swing

- a. Engage the core and press arms on floor for support.
- b. Breathe out on the left/right swing and in at the middle.
- c. Do 15-30 reps.



Inverse Push

- a. Engage lower core and press arms on floor for support.
- b. Breathe out on the push and in on the gentle drop.
- c. Do 15-30 reps.



Leg Thrust

- a. Engage entire core and keep the chest out to ensure a straight back.
- b. Breathe out on thrust and in on reset.
- c. Do 15-30 reps.



Oblique Thrust

- a. Engage the core and arms to help balance sideways on one butt.
- b. Breathe out on thrust and in on reset.
- c. Do 10-20 reps on each side.



Windshield Wipers

- a. Engage the entire upper body and press arms on the floor for support.
- b. Breathe out on the left/right drop and in at the middle.
- c. Do 15-30 reps.



WePo V-Ups

- a. Engage core and legs.
- b. Breathe out on the simultaneous legs and upper body lift, and breathe in on reset.
- c. Do 15-30 reps.



WePo V-Hold

- a. Engage entire core and keep chest out to ensure a straight back.
- b. Breathe out with outward swing of arms and in during inward swing.
- c. Do 15-30 reps.



Long skips

- Engage core to ensure straight back.
- Breathe out on every skip and in on every reset.
- Do 15-30 reps.



Bench Leg Raise

- Engage core, sit end on the bench and grip firmly for support.
- Breathe out on raise and in on gentle drop.
- Do 15-30 reps.



Muay Thai Knee It

- Engage core and shoulders.
- Breathe out on knee raise and ball drop, breathe in at the middle.
- Do 15-30 reps.



WePo Superman

- Engage lower back and keep legs straight.
- Arch the back with legs and upper body off the floor to rest on your belly.
- Breathe out on the raise and in on reset.
- Do 15-30 reps. Hold for 2 secs in each rep.



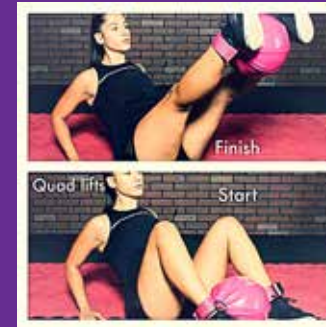
Knee Tucks

- Engage the core and press arms on floor for support.
- Breathe out on the extension and in on the tuck.
- Do 15-30 reps.



Floor Quad Lifts

- Engage the core and keep thighs slanted the entire time.
- Breathe out on lift and in on the drop.
- Do 15-30 reps.



V-Hold Quad Lift

- Engage core and maintain v-hold, and press palms on the floor.
- Breathe out on lift and in on the drop.
- Do 15-30 reps.



Plank-Hami Curl

- Engage core, elbow slanted, keep back straight.
- Breathe out on the curl and in on reset.
- Do 15-30 reps.



Pull-Up Bar Knee Raise

- Engage core, arms, and back to avoid swaying.
- Breathe out on raise and in on reset.
- Do 15-30 reps.



Floor V-Hold-Triceps

- Maintain V-Hold position.
- Breathe out on press and in on drop.
- Do 10-25 reps.



WePo Russian Twist-Reach

- Engage core, push chest out to keep back straight and balance on the butt.
- Breathe out on twist or reach and in on touching the floor.
- Do 15-30 reps each side.



Brief Skips

- Engage core to ensure straight back.
- Breathe out on every skip and in on every reset.
- Do 15-30 reps.