

Exercise Programs



Sign up for Koko and receive your very own Koko Key™ loaded with an 8-week/24-session exercise program of your choice, such as:

- WEIGHT LOSS.** This total body program is perfect for someone who is looking to tone up and lose inches all over. Great for revving that sluggish metabolism that will help shed those extra unwanted pounds and inches.
- FAT BURNER.** This fast moving program works the entire body, focusing on large muscle groups to increase your lean muscle mass to fire up that metabolism and burn fat. Adding more lean muscle to your body while losing body fat will increase the benefit of post-workout caloric “after burn”—your body’s ability to burn more calories not just during exercise but for 24 hours afterward as well!
- FIT TO THE CORE.** The focus: the 29 muscles that make up your core—abdominals, lower back, hips, glutes... This 8-week program moves quickly from simple to complex movements, involving an extensive series of functional exercises. This program will advance you from standing to one-legged exercises to optimize your core strength.
- TOTAL BODY CONDITIONING.** Are you fit, but looking to strengthen and tone your body even further? This 8-week program includes multi-joint and functional exercises to condition and strengthen your total body. A challenging program.
- SCULPT AND TONE.** This program combines both overall body fitness and core conditioning for a challenging 8 weeks of sculpting and toning. Each session will include compound movements to help increase definition in the arms, back and shoulders while strengthening and toning the lower body. The “bonus” of this program is that it includes a strong concentration on the core to strengthen and tone the abdominals, lower back, hips and glutes. A terrific all-over body strengthener.
- SPORTS CONDITIONING.** The focus is on core and overall body strength. A unique group of exercises will build your joint stability and improve your ligament and tendon strength, helping to prevent injuries and improve performance. Ideal if you lead an active lifestyle.
- BEAUTIFUL BRIDE.** This program will help you sculpt your back and shoulders and tone your arms while reducing inches around your waist and hips before your big day!
- FIT MOM.** This postpartum program has been designed specifically with the new mother in mind. Working safely and gradually through a series of simple to more complex exercises, this program focuses on rebuilding that core strength. New moms—reclaim your bodies! You will feel stronger and more energized.
- FOREVER STRONG.** Perfect for seniors, this program focuses on exercises that help build strength and flexibility for everyday activities. It’s great for improving balance through the building of major muscle groups, aiding in the prevention of osteoporosis and improving activities of daily living.
- PERFORMANCE GOLF.** The state of your body and strength is reflected in your golf swing. This program is designed to improve core and overall body strength and includes golf-specific exercises to help your swing, regardless of experience level.
- BORN TO RUN.** Whether you’re looking to build speed, add distance or just keep yourself injury free, this program is designed to improve overall strength and power while building joint stability and optimizing running economy.
- MUSCLE BUILDING.** This advanced program has been designed for the person looking to put on some weight and build muscle mass. This is a challenging program that progressively and consistently adds work load to stress those muscles and help build overall body strength and muscular development.
- STRENGTH AND POWER.** This is another advanced program recommended only for those that have established a strong foundation of strength. This program includes complex movements, high loads and slow rep speeds. Designed to build strength and power, each session increases the volume of work for an extremely challenging 8-week program.
- QUICK FIT.** Ideal for those who have to get in and out of the gym in a hurry, this program packs a full body workout in just 15-20 minutes. The circuit format of this program moves you efficiently from one exercise to the next for a super efficient, elevated-heart-rate session.