

vitafusion8^{with} Keoni Hudoba

#vitafusion8 – A Fitness Fusion of Health and Enjoyment

vitafusion™, the #1 adult gummy vitamin brand†, has partnered with renowned fitness expert Keoni Hudoba to create vitafusion8, an innovative approach to total body conditioning created to work the entire body around one pivot point. vitafusion8 combines eight power moves, using just your healthy body, for an enjoyable and challenging workout utilizing limited space.

The Workout

Each movement is repeated eight times before continuing to the next move, and each new movement adds to the overall sequence (1+2, 1+2+3, 1+2+3+4, and so on). The full sequence is done a total of eight times following the ladder up.

Begin and end workout with 5 minutes of warm up/cool down and stretching.



About Keoni

Keoni Hudoba is the creator of the Cyc Method and a renowned trainer and fitness expert. Hudoba hails from Hawaii where he trained his very first client—himself!



- 1 **Right and left lateral lunges**
Keeping your left leg straight, step out to the side with your right leg and bend at your right knee. Push off the right leg to return to start position. Repeat on the left.



- 2 **Right and left power lunges**
Step your right leg forward two to three feet, bend the right knee to 90 degrees. Push off the right leg to return to start position. Repeat on the left.



- 3 **Power squat**
Squat down until your thighs are parallel to the floor. Try not to extend your knees past your toes and do not arch your back. Hold for one count; return to standing.



- 4 **180 degree plyometric squat**
Repeat the power squat, then jump straight up, turn 180 degrees in the air and land in a power squat facing the opposite direction. Repeat, jumping 180 degrees back to a power squat facing front.



5 Caterpillar crawl push-up

Stand with feet together. Bend at the waist, bringing hands to floor, then walk hands forward to come into push-up position with hands in line with shoulders. Do one push-up.



6 Walking plank

After the push-up, stay in plank position. Place your right forearm on the floor, then place your left forearm on the floor. Lift and straighten your right forearm back to plank position, then do the same with your left forearm.



7 Dive Bomber

From plank position, raise your hips so your body makes an inverted v-shape. Bend your elbows to lower your shoulders toward the floor, and then glide your chest forward and up toward the ceiling. Reverse the movement bringing your hips back up to the ceiling.



8 Oblique right and left pike

From an inverted v-shape with your hips raised, lift your right arm and stretch your fingers to reach your left knee. Do the same with your left arm and right knee, returning to inverted v-position.

Be sure to consult with your doctor prior to starting a new fitness routine.

About vita**fusion**™

Living a 'healthy' lifestyle is too often equated with sacrifice, hard work, deprivation and perfection. vita**fusion**™, the #1 adult gummy vitamin brand†, believes that healthy habits should be enjoyable so that you'll keep on doing them.



#1 Adult Gummy Vitamin Brand†

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†Based on 52 Week Unit Sales of Gummy Vitamins, Nielsen All Outlet Data Through Mar '14.
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