

Research on Shaun T workout Lets get up. Attempted to do all the research and writing the community post it self in a span of an hour.

Who exactly are we talking to? We are talking to 18-60 year olds.

The program is a combination of dance and fitness easy to follow and accessible to all levels.

What kind of people are we talking to? (Avatar)

- Both men and women
- Approximate Age range?
 - The best customer would be a person who wants to lose weight, get healthy, and show off dance skills(having fun at the same time)

Painful Current State

Exercise can be very boring especially when your motivation is to lose weight, get healthy and tighten/tone your body.

They are frustrated that they have to repetitively do the same boring and mundane exercises and routines over and over again without any variation.

Lack of interest- If you engage in exercises that dont align with interests such as dancing.

it can be helpful to introduce variety into your workouts, set new goals, try different activities or classes, exercise with a partner or group, listen to music or podcasts, change your exercise environment, and ensure you have adequate rest and recovery periods. Experimenting with new exercises, exploring different workout styles, and finding activities that you genuinely enjoy can make exercise more engaging and enjoyable.

What are they angry about? Who are they angry at?

They are scared that due to boring exercises, they would slowly lose motivation to continue and quit exercise causing them to look unhealthy again.

- What are their top daily frustrations?
- What are they embarrassed about?
- How does dealing with their problems make them feel about themselves? - What do other people in their world think about them as a result of these problems?
- If they were to describe their problems and frustrations to a friend over dinner, what would they say?

Desirable Dream State

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Start to feel motivated to exercise again. Exercise is fun making it easy to slice off fat and tone up.

If they could wave a magic wand at their life and change it immediately into whatever they want, what would it look like and feel like?

- Who do they want to impress?

- How would they feel about themselves if they were living in their dream state? - What do they secretly desire most?

- If they were to describe their dreams and desires to a friend over dinner, what would they say?

Imagine a combination of dancing and resistance programs getting along with others instead of boring repetitive programs that are considered a chore.

Community posts- (pas)

Engaging in mundane workout routines that do not align with your preferred interests makes exercising VERY boring and tedious.

In fact, people who habitually do the same workout routines over and over again tend to quit working out.

Quitting working out will make you regain all the fat you managed to shred off giving your body that soft unattractive look.

When exercising it is very important to introduce a variety into your workouts, try different activities and find activities that you genuinely enjoy...

And that is why I introduced my latest dance fitness program "LET'S GET UP!".

This is an all-new dance fitness program that puts emphasis on happiness, positivity, and feeling good while slicing fat off at the same time.

It is very easy to follow and is accessible to ALL dance and fitness levels even if you have never laid a foot on the dance floor before.

[Click here](#) if you want to slice off fat whilst dancing and having the time of your life...