



# Engage Your Neighbor

guide



# My Story & Hope for You



I became a fitness instructor, because I wanted to share my loves for Jesus, God's Word, and working out with my neighbors! I began leading workouts in my neighborhood in India. I also began sharing this love and passion with coworkers when I would go to meetings & retreats. Just before I left India, I recorded a few workouts here and there to share with others. I put them on YouTube to share with my neighbors initially, but then I started sharing them with friends and others.

Years ago, I also started a website--mainly for blogging to share with others resources, lessons learned, and anything I thought would be helpful. I love encouraging others and passing along my lessons and valuable resources.

During the lockdown in 2020, I began recording more workouts, and my husband and I worked together to expand my website to share these workouts, and Fitness for the Field was born!

The heart behind Fitness for the Field is 3 fold:

1. I desire to help women that are living and working in cross-cultural settings be healthy while considering their context, options, limitations, and other special considerations.
2. I also want to help women use fitness to share the Good News with others.
3. I want to make these workouts available for anyone that would like to use them!

This set of workouts and messages methodically works us through the messages of Creation to Christ. There are also other messages about freedom, body image, change, and discipline that are helpful to keep in the forefront of our minds when pursuing physical health. These are some of my favorite messages to share when I am leading workouts, and I am making them available for you to use with others and they are also available for anyone that comes to this website! Enjoy, and let me know how it goes!

Finally, God desires to be preeminent in everything, and that includes fitness. I do hope I might get to introduce you to the Gospel if you have not heard it yet. If you already know the Gospel, I hope that I might help you share the Gospel with others--all you have to do is invite a friend to workout with you, push play on these videos. I especially encourage you to chat through the questions in the guide with others! If you do these workouts alone, print the guide and think and process through the questions yourself!

Much Love,

*Brandy*



# My Prayer For You

*Colossians 1:18*

*"that in everything*

*He might be*

*preeminent...*

*& that includes*

*food & fitness..*

Dear God,

Thank you for the health & bodies You have given us. I pray You help all of us know that we have good bodies that are made to be vessels of love. I pray for women to move with smiles on their faces & joy in their hearts. May we know that we are loved & accepted as we are.

I pray that everyone who does these workouts will know that You love us so much You sent Your Son to die for our sin so that we might have life forever & be brought back in good relationship with You. Thank You so much for Jesus & freedom found in Him.

I pray that we will keep You first in all areas of our lives--including food & fitness. I pray You bless the ladies that do these workouts, & I sure hope & pray that You will be glorified in it all. In Jesus Name,  
Amen.

# How To Use This Guide

Each of the workouts are 30 minutes. We encourage you to invite a friend (or group of friends) over & plan for 1 hour together.

- Do the workout.
- Go through the guided questions.
- Consider having a smoothie or snack while going through the guide. We are sharing a few recipes!

Have fun working out together!

If you are moving your body, smiling, having fun together, then you are doing it right!

If you are doing these workouts alone, enjoy!

I wish I was with you!

Please process through the questions, and I would love for you to engage with me or us at Fitness for the Field!

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## Move in Joy Mashup

Message: Move in Joy!



## Cardio Bodyweight Intervals

Message: Creation!



## Romans 3:23 Strength

Message: We are all sinners!



## 3-2-1 Strength-Cardio-Core

Message: Christ saves us from our sin!!

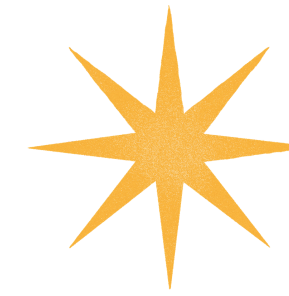
## Barre 2

Message: You are a new creation!



## Kickboxing Intervals

Message: Christ has set us free!



## Still My Favorite 15

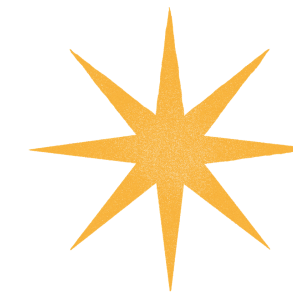
Message: Glorify God in your body!

## Strengthen Your Faith

Message: The Gospel of greatest importance!!

## Stretch & Strengthen

Message: The way & abundant life!!!



## Favorite Metabolic

Message: Change is possible!

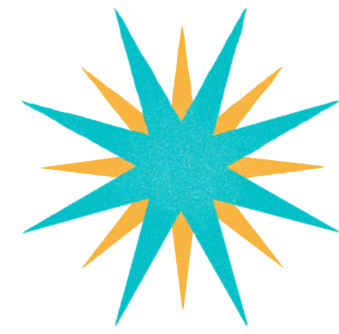
## Resistance Bands - Discipline

Message: Discipline is good!



## Vision Mashup

Message: Put God first!!



# Move in Joy Mashup

Choreography to These Songs Below:  
Have fun with it!

Alive & Breathing, Matt Maher - Warm Up

Grace Got You, Mercy Me - Cardio

Together, for King & Country - Weights

Made For This, Carrollton - Kickboxing

What if, Matthew West - Drums

Good To Be Alive, Hallelujah, Andy Grammer - Cardio

This song was choreographed by Courtney & Katrina at Revelation Wellness Anderson

Good Feeling, Austin French - Resistance Band

King of My Heart, Bethel Music - Cool Down

**You need the following for this workout:**  
**drumsticks, weights, bands**

## Acts 17:28 (22-38)

1. What part of the workout did you like the most?
2. Is "Moving in Joy" a new concept to you?  
Do you enjoy working out?
3. Is there anything you heard in the message part that you want to ask about?

Read Acts 17:26-28. \*Are you seeking God?

\*How is He showing you that He is near?



## 02 Cardio Bodyweight Intervals

Jumping Jacks

Reverse Lunge Pulses

Squat - Hops

Lateral/Side Lunge

Scissors

Squats

Plank taps

Sit-ups / Pelvic Tilts

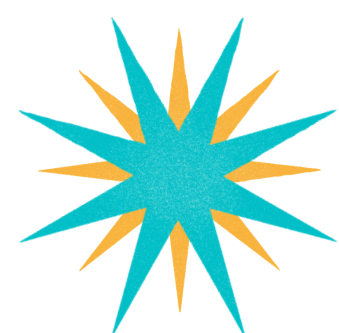
Each Exercise 30 Sec, Rest, & Repeat 2X

You only need a mat for this workout.

## Genesis 1:1, Psalm 139:13

1. What in the creation story amazes you the most about God?
2. Do you think of yourself as God's good creation?  
What do you think it means to be fearfully and wonderfully made?
3. Is there anything you heard in the message part that you want to ask about?

\*Do you believe God is your creator?



## Romans 3:23 Strength

Squat

Lateral Lunge R/L with shoulder raises

Row & Kickback

Alternating Curtsy Lunges

Reverse Lunge L/R with Bicep Curl

Shoulder Presses

Weighted Glute Bridge

Weighted Sit Up

Each Exercise 30 Sec, Rest, & Repeat 2X

You need the following for this workout:  
weights

## Romans 3:23, Genesis 3

1. What does it mean to sin or "fall short of God's glory?"
  2. In Genesis 3, God came to them even though they had sinned. He asked them, "where are you?" Where are you (in regards to sin)? What if God asked you that?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Would you like to confess your sin and hear how to walk in fellowship with God?



## 3-2-1 Strength-Cardio-Core

04

3 Strength Combos

Squat Press

Tricep Extension

Weight around your head,

Rotate, Lunge & Press out

Reverse Lunge Bicep Curl, Pass Through,  
Stand & Press

2 Cardio

Squat Touch Downs

Mountain Climbers

1 Core

Dead Bugs

Each Exercise 45 Sec, Rest, & Repeat 2X

You need the following for this workout:  
weights & mat

John 3:16, Romans 3:23-24, 6:23, 10:9-10

1. Who needs salvation? Why do we need it?
  2. How does God make a way to be saved?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Do you believe this Good News? Would you like to confess and believe in it?

# 05 Barre 2

Choreography to These Songs Below:  
Have fun with it!

Dynamite, BTS- Warm Up  
Don't Start Now, Dua Lipa - Weights  
Levitating, Dua Lipa - Ball  
Shivers, Ed Sheeran - Band  
Someone to You, Banners - Weights & Band  
Watermelon Sugar, Harry Styles - Ball  
Who You Say I Am, Hillsong - Cool Down

You need the following for this workout:  
light weights, ball, band

## 2 Corinthians 5:17

1. Who needs salvation? Why do we need it?
  2. How does God make a way to be saved?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Do you believe this Good News? Would you like to confess and believe in it?



# Kickboxing Intervals

06

1. Punch - Punch - Front Kick - Front Kick
2. Punch Up - Punch Down
3. Hook - Hook - Knee Up - Side Kick
4. Punch - Cross Jab - Knee Kick

Intro Each Combo with Intervals

Repeat All Combos Together 3X

You do not need anything for this workout.

## Galatians 5:1

1. What kinds of things do you fight for?
  2. Brandy said, "You have to fight to stay free." What does that mean for you?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Do you know that Christ has set you free? Would you like to experience the freedom found in Christ?



# Still My Favorite 15

Jump Squats

Push Ups

Squat & Press

Plyo Lunges

Bicep Curls

Skaters

Tricep Extensions

Jumping Jacks

Deadlift & Row

Front Kicks

Chest Fly

High Knees & Butt Kicks

Tricep Kickbacks

Laterals & Raises/Presses

Plank Jacks & Mtn Climbers

Each exercise 45 sec & rest 15 sec

You need the following for this workout:  
weights & mat

## 1 Corinthians 6:19-20

1. What do you think about your body being a temple?
2. What would it look like for you to glorify God in (or with) your body?
3. Is there anything you heard in the message part that you want to ask about?

\*You have been bought with a price. Do you know Christ died for you and paid the price for your sin?

# Strengthen Your Faith

## Circuit 1

Squat Press  
Reverse Lunge L/R with Lateral Raise  
Parallel Squat with Shoulder Raise  
Press Outs

Repeat 2X

## Circuit 2

Deadlifts with Optional Row  
Bicep Curls  
Forward Lunges L/R with Wide Curl  
Plie Squat with Front Bicep Curl

Repeat 2X

## Circuit 3

Tricep Kick Backs  
Tricep Extensions  
Surrender  
Static Lunge L/R with Tricep Presses (back)

Repeat 2X

You need the following for this workout:  
weights

## 1 Corinthians 15:1-3

1. What were the 4 main action words?
  2. Why were each of those actions crucial?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Have you ever received the Gospel? Do you stand in the Gospel?  
Are you saved?

# Stretch & Strengthen

Squat with Weights

Deep Side Lateral Lunge

Deadlift & Row

Forward Fold

Plie with Bicep Curls

Deep Squat - Side to Side

Reverse Lunges - Pulses

Spider-Man Hip Flexor with Rotation

Tricep Kickbacks

Arms Across & Back

Squat Presses

Reach Tall & to Sides

Push-Up - Plank

Inchworm-Triangle-Pedal

Glute Bridges

Deep Leg Stretches

Sit Ups/Pelvic Tilts

Knees to Chest - Side to Side

You need the following for this workout:  
weights & mat

## John 10:10 & John 14:6

1. What is abundant life?
2. What is keeping you from the abundant life?  
What is being stolen from you?
3. Is there anything you heard in the message part that you want to ask about?

\*Do you believe Jesus is the way, truth, & the life?



# Favorite Metabolic

# 10

Scissors

Squats

Push-Ups

Jump Squats

Step-Knee-Ups

Lunge Pulses

Toe-Touch Squat Jumps

Weighted Step-Ups

Squat with Press

About 12 reps (each side) each,  
Rest & Repeat 2X

You need the following for this workout:  
heavy weights, box/chair, & mat

## Malachi 3:6 & Hebrews 13:8

1. What kind of change do you want in your life? What kind of change do you need in your life?
  2. What kind of change does the Lord want you to make?
  3. Is there anything you heard in the message part that you want to ask about?
- \*Has your life been changed by Christ? Would you like to ask God to change your life and accept Christ?

# Resistance Bands - Discipline

## Legs

Side Raises  
Back Raises  
Squat side to side (alternating)  
Squat Turns (alternating)  
Diagonal Raises  
Squat Walks  
Knees Bent and Press Backs  
Squats

## Arms

Lat Pull Downs (alternating)  
Tricep Press Outs  
Pull Out to Side  
Bicep Curls  
Tricep Extensions  
"W" Pull Downs (Pull Down & Out)  
Bow & Arrow (alternating)  
Pulse Outs

Repeat 2Xs

## Hebrews 12:11-13

1. In what area do you need to add discipline in your life?
2. What is one discipline or action you are going to do this week?
3. Is there anything you heard in the message part that you want to ask about?

\*Have you considered Jesus (Hebrews 12:3)?

Have you considered that good, right discipline comes from love?

You need the following for this workout:  
Resistance Band (Loop)



Choreography to These Songs Below:  
Have fun with it!

Come Alive, Hugh Jackman - Warm Up  
This is Me, Keala Settle - Kickboxing  
Nobody, Casting Crowns - Weights  
Move Your Body, Sia - Cardio  
I Like To Win, Shonlock - Band  
Good God Almighty, Crowder - Drums  
The Blessing, Kari Jobe - Cool Down

You need the following for this workout:  
weights, band, drumsticks

## Colossians 1:18

1. What type of workout has been your favorite? (strength, stretching, bands, music, barre, drumsticks, kickboxing, etc)
2. How do you plan to continue your fitness journey?
3. Is there anything you heard in the message part that you want to ask about?

\*God desires to be preeminent in all areas of our lives, including food & fitness? Is God first in your life? How do you make him first?

# Recipes to Share

## Strawberry Banana Smoothie

### Individual Serving

- 1/2 frozen banana
- handful frozen spinach
- 1/4 cup frozen berries
- 200mL almond milk (3/4 cup) (or milk of choice)
- 30g vanilla protein powder (one scoop)

### For a Group

- 200g frozen banana (4 bananas)
- 75g frozen spinach (1 cup)
- 200g frozen berries (2 cups)
- 1 L almond milk (4 cups) (or milk of choice)
- 100g vanilla protein powder (1 cup)

**Blend & Enjoy!**



## Chocolate Peanut Butter Smoothie

### Individual Serving

- 1/2 frozen banana
- handful frozen spinach
- 1/4 cup oats
- 100g peanut butter (1/2 cup)
- 20g chia seeds (heaping Tablespoon)
- 200mL almond milk (3/4 cup) (or milk of choice)
- 30g chocolate protein powder (one scoop)

### For a Group

- 200g frozen banana (4 bananas)
- 75g frozen spinach (1 cup)
- 1 cup rolled oats
- 100g peanut butter (1/2 cup)
- 20g chia seeds (heaping Tablespoon)
- 1 L almond milk (4 cups) (or milk of choice)
- 100g chocolate protein powder (1 cup)

**Blend & Enjoy!**



## Peanut Butter Protein Balls

- 2 cups dry oats
- 120g peanut butter (about 1/2 cup)
- 95g honey (about 1/4 cup)
- 1/2 cup mini M&Ms (or chocolate chips or chopped bar)
- 25g vanilla protein powder

Add all ingredients to a large mixing bowl and stir and stir until well combined. You especially want to make sure the peanut butter is combined all throughout--it holds the balls together.

**Mix Well, Roll into Balls, & Enjoy!**

This recipe makes about 24 balls.



## Banana - Oat Muffins

- 2 very ripe bananas
- 2 cups dry oats
- 2 large eggs
- 2 Tbs honey (30g) double to be sweeter
- 2 large spoonfuls Greek yogurt (100g)
- 1 tsp baking powder
- 1 tsp baking soda
- 1 tsp cinnamon (optional)
- 1 tsp vanilla (optional)
- 1/2 cup mix-ins (chocolate chips, blueberries, chopped nuts)

1. Add all ingredients but the mix-ins to a large blender & blend well.
2. Stir in the mix-ins
3. Add to muffin tin, cups, or bread loaf.
4. Bake at 375° (190°) for 15 about min.  
Oven times will vary, & Bread loaf will take longer.

This recipe makes about 12 muffins.



# Beyond These Workouts



We would love for you to become a  
Member of Fitness for the Field!

- If you are a coworker, please write to [brandy@fitnessfortheField.com](mailto:brandy@fitnessfortheField.com) to verify
  1. your OVERSEAS location &
  2. tell us a little about your work.
- If you would like to support this work, you can become a monthly subscriber.

You can also workout with Brandy on her YouTube channel, where new, free workout videos are published each month.



We also recommend RevWellTV.  
Revelation Wellness is wonderful ministry  
that provides great workouts  
with messages from God's Word.

Check them out!  
[www.revelationwellness.org](http://www.revelationwellness.org)