

# MY REVIEW OF 21 DAY FIX

I completed the 21-Day-Fix in March, along with 9 members of my Online Fitness Challenge Group (for more about our Online Fitness Challenge groups and how you can join one, please [CLICK HERE](#)).

Before I tell you about our experience with the program, take a look at this quick intro video:

Seems too good to be true, right? Well, here is the lowdown on this program as well as my overall opinion. The weight loss in my group over the 3 weeks varied from 2 lbs. up to 9 lbs. So I think it's fair to say that unless you are extremely overweight or never ever cheat during this program, 15 lb. of weight loss is a little high. That being said, from a Nutritionist/Personal Trainer standpoint, 1 – 2 lb. a week (or 6 lbs. over the 3 week period) is very reasonable and very attainable with this program.

There are no gimmicks with this program. Autumn Calebrese is a serious, no nonsense trainer who doesn't crack a lot of jokes and has a tendency to say "Yeah?" a lot. She also says "You give me 21 days and I'll give you the body you always wanted!" which is kind of irritating, because if I was 30 lbs. overweight and wanted to have the body of a supermodel, that isn't going to happen in 21 days, I don't care how good the program is! ☐ That being said, looking at her amazing body is motivating enough, and she does come across as being encouraging and caring, without being annoying or condescending. She is a stickler for proper form which, as a trainer, I really appreciate since some trainers are "go go go" without taking the time and attention to make sure you are doing the exercises properly in order to prevent injury.

The program outlines the exact workouts to do each day and the exercise sessions, at 30 minutes each, were very varied and more challenging than I expected considering it is marketed to all fitness levels. There is a modifier (Katie) in every workout though so technically anyone CAN do it; just don't be discouraged if you are only following Katie all the time because eventually you will get better and be able to follow Autumn. I found Upper Fix, Lower Fix and Pilates to be moderately challenging, while Cardio Fix and Total Body Cardio Fix were killer workouts with a lot of cursing going on (mine, not Autumn's). Yoga Fix was really easy, but considering it's for the 7th day of the week, or the "rest" day, that's to be expected. The 10 min. Ab Fix bonus workout was pretty good but a little too much concentration on the upper abs and not much for the lower. All the "choreography" is simple so it's also perfect for those who have, shall we say, co-ordination challenges.

The program came with a bonus Plyo Fix workout, which is a decent workout but I just didn't love it as much as the other workouts. The Ultimate Kit includes 2 additional bonus DVDs, the 30 minute Flat Abs Fix and the Barre Legs, both of which are excellent and definitely worth the extra money. They

can also be purchased separately [HERE](#) if you already have the Base Kit or if you don't need the additional extras from the Ultimate Kit (a tote bag, large to-go container and resistance band).

Now let's talk about food, but more specifically, the infamous 21-Day-Fix containers: most of the members in my group completely freaked out when they first saw the containers that are included with the program. They seem much smaller in person than they do in pictures and I think everyone's first thought was "Holy crap, I'm going to starve!" but I assure you that's not the case at all. Not only do you get a few servings of each container per day, depending on your start weight (there's a very easy to follow math equation that leads you to the specific calorie and container chart you will be following) but when you actually empty the contents of the containers into a normal plate, the portions are very reasonable. The lowest calorie level for the program is 1200-1499 calories, which is very reasonable for weight loss according to Health & Nutrition experts. I would never recommend eating less than 1200/calories per day and neither do the smart folks over at Beachbody, creators of this (and many other) [programs](#). Personally, I found it much more difficult to be in the 1200-1499 calories range than my group did since I am used to eating close to 2000 calories a day (a necessity when exercising an hour a day and training people as well). I ended up bumping up to the 1500-1799 calories/day and still managed to lose the 2 lbs. I gained during the previous month when stress led me to eat one to many bowls of coconut ice cream, so I was very pleased. ☐

There are no weird or crazy foods to consume, no difficult recipes to follow, and you can print the super easy to follow program tracker sheets [HERE](#).

Overall, I really enjoyed this program a lot and recommend it to anyone motivated enough to do daily workouts (it's only 21 days!) and to lose weight in a short amount of time. The program is definitely more geared towards women but I see no reason why men wouldn't enjoy this program as well – just don't expect to put on muscle as this is strictly a weight loss regimen. You can repeat the program as many times as you want if you have a significant amount of weight to lose, but I recommend to take a few days break in between each round and bump up the calories a level so your metabolism doesn't slow down as it gets used to the calorie deficit.

Let me know in the comments if you have done this program and what you thought of it, or if you are planning to do it – I would love to help you reach your goals!

Below you will find details of what comes with the program (you can click any of the links to order):

## Product Kit & Equipment Details (Base & Deluxe)

## 21 Day Fix Essentials

(Base) Kit 30-day money back guarantee  
Free Gifts Start Here Guide with Workout Calendar 3-Day Quick Fix\*\*  
Eating Plan\*\*24/7 Online Support\*\*  
Work Outs 7 workouts on 2 DVDs (VHS not available) Dirty 30 workout\*\*  
Total Body Cardio Fix Upper Fix Lower Fix Pilates Fix Cardio Fix Yoga Fix Ultimate Workouts No  
Equipment No  
Nutrition Samples No  
Containers 7 color-coded portion-control containers  
Shakeology shaker cup  
\*\*Free Gifts with purchase to keep

## 21 Day Fix Ultimate Kit 30-day

money back guarantee  
Free Gifts Start Here Guide with Workout Calendar 3-Day Quick Fix\*\*  
Eating Plan\*\*24/7 Online Support\*\*  
Insulated Tote Bag  
Work Outs 7 workouts on 2 DVDs (VHS not available) Dirty 30 workout\*\*  
Total Body Cardio Fix Upper Fix Lower Fix Pilates Fix Cardio Fix Yoga Fix Ultimate Workouts Flat Abs Fix Barre Legs  
Equipment 1 Pro-Grade Resistance Band (Pink=15lbs)  
Nutrition Samples No  
Containers 7 color-coded portion-control containers  
Shakeology shaker cup Large on-the-go container

**Recommended Equipment:** Yoga Mat or Beachbody miniMAT are helpful but not required.

**Required Equipment:** Dumbbells or a resistance band are used in some of the workouts.

### PRICES:

Base Kit: 59.85 US or 53.87 US if you are a [Club Member](#)

Ultimate Kit: 119.70 US or 107.73 if you are a [Club Member](#)

Challenge Pack is also available which includes 30 days of [Shakeology](#) (For my orthodox Jewish followers, please note: Shakeology has 2 vegan options – the others are made with whey protein – but it is NOT certified Kosher) and 30 days of Club Membership: 160.00 US

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