

# THE ULTIMATE VR FITNESS STARTER GUIDE

GET FIT, HAVE FUN & LEVEL UP WITH  
VIRTUAL REALITY WORKOUTS!



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# WHY TRY VR FITNESS?

## PHYSICAL/MENTAL HEALTH BENEFITS

A review of 15 studies by kinesiologists at the University of Minnesota found VR exercise is just as effective as traditional exercise. An added benefit: reduced fatigue and reduced symptoms of depression.

## HABIT BUILDING

Gamified activities are shown to improve the commitment, satisfaction, and mental health of those to practice them, according to the NIH.

## FLEXIBILITY

VR lets you do a fitness routine on your terms. You can workout in your living room, on vacation, or even outdoors with a wireless VR setup. And you won't be fighting to access limited equipment at a gym.

## IT'S FUN!

VR fitness turns exercise into an exciting, interactive experience – so you stay motivated without even realizing you're working out!



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# WHAT YOU NEED TO GET STARTED



## VR HEADSET

Best: [Meta Quest 3](#)  
Great: [HTC Vive](#),  
[PSVR2](#)  
Affordable: [Meta Quest 3S](#)



## WORKOUT SPACE

Clear a space at least 6x6 feet or larger. You will move a lot and need to prevent collision. **Don't forget to check your vertical space!** Many VR workouts include moving your arms above your head – don't Mario-punch your ceiling.



## VR GAMES!

You will need at least one to get started - view our favorites on the next page!



## (OPTIONAL) ACCESSORIES

- Sweat-proof controller grips
  - [Meta Quest](#), [HTC Vive](#)  
[PSVR2](#)
- [Warm-up Mat](#) and [Roller](#)
- [Heart Rate Monitor](#)



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## SUPPORT OUR WORK!

Items purchased through the above links earn commissions for VRFIT staff. We appreciate you using these links when you're ready to start your VR fitness journey!



# THE BEST VR FITNESS GAMES

GAME	BEST FOR	WHERE TO FIND IT
Beat Saber	Beginners, dancers, and music exercise	Meta Quest Store, Playstation Store, Steam
Les Mills Body Combat	Strength training at beginner, middle, and advanced levels	Meta Quest Store, Playstation Store, Steam
Thrill of the Fight	Boxing and endurance – for the Mike Tyson’s Punch-Out fan	Meta Quest Store, Steam
Pistol Whip	An action-oriented workout that feels more game than exercise	Meta Quest Store, Playstation Store, Steam



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# 7 DAY BEGINNER VR FITNESS PLAN

## DAY 1: DEMO DAY – LIGHT INTENSITY

Day 1 should be a day of play – most of the games we suggested have “demo” or “trial” versions. Find 2 or 3 that look interesting to you, and see what sticks.

## DAY 2: FULL-BODY CARDIO BLAST

Get into the swing of things with a fast, cardio-focused workout! Focus on **speed** (quick jabs, fast-pace) to increase your heart rate and build lung capacity.

**Recommended Games:** Beat Saber, Pistol Whip

## DAY 3: STRENGTH TRAINING

Focus less on speed, and more on full-body movements with this exercise. Focus on **big movements** (deep squats, wide swings) to burn more calories.

**Recommended Games:** Les Mills Body Combat, Thrill of the Fight

## DAY 4: REST/ACTIVE RECOVERY

## DAY 5: HIGH INTENSITY CARDIO

Take your Day 2 exercise to the next level – up the difficulty on your chosen cardio game, or try something with even greater difficulty.

**Recommended Games:** Supernatural VR, FitXR Boxing

## DAY 6: HYBRID WORKOUT

Who says your whole workout needs to be in VR? Try combining VR workouts with IRL difficulty enhancers: like adding wrist or ankle weights to your body.

**Recommended Games:** Les Mills Body Combat

## DAY 7: CHALLENGE DAY

Like most things, VR is best enjoyed with a friend or community! Invite a challenger to play your favorite game, and see who can rack up the most points.

**Recommended Games:** Beat Saber (Party Mode)



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Want to learn more? Stay connected with us on our email list and social media to keep up to date on the latest VR Fitness trends, tools, and games.



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Before starting any new workout program, including VR fitness, consult with your doctor—especially if you have any medical conditions or concerns. Listen to your body, take breaks as needed, and exercise safely. VRFIT.life is for informational purposes only and does not provide medical advice.