



NEWDAY
FITNESS | VR



VR FITNESS

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QUICK START GUIDE

Get Fit with Your Quest 2 in 7 Days

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5 BEST VR FITNESS GAMES FOR BEGINNERS

Starting VR fitness? These are the games that actually work. I've tested them all on my Quest 2. Great cardio, real sweat, and fun enough to keep you from hibernating all winter.

Game 1: *Supernatural VR*

What it is: Rhythmic boxing + flow workouts with real coaches. I lean heavily toward boxing – that's what grabbed me right away. Flow is surprisingly great too.

Calorie Burn: 300–400 cal/hour. Medium intensity makes me sweat like someone turned gravity up by 20%. I usually do 20-minute sessions (about 5 songs).

Why I Love It: Best coaching in VR, stunning environments, new workouts daily. You can feel the quality and effort put into every routine.

Cost: Monthly: \$9.99 USD + tax (7-day free trial). Annual: \$99.99 USD + tax (14-day free trial). If you buy a Quest bundle with a 1-year membership, you'll pick monthly or yearly afterward. [Website](#)

Best for: People who need motivation and structure. You just need to show up – Supernatural does the rest.

Game 2: *Golf5 VR*(BONUS)

One of the best VR golf games out there. Total immersion – like stepping onto a real course. I was skeptical at first, but now it fills that golf itch on cold winter nights. Yes, the drives go farther than real life (your self-esteem will love it), but everything else teaches real skills – especially clubface awareness. Putting takes practice, but it's genuinely rewarding. You can buy pro-tournament courses if you want more, but the three included courses already offer a great challenge. [GOLF5](#)

YOUR VR FITNESS STARTER CHECKLIST

Don't buy everything at once! Start simple. When I got my Quest 2, I looked at EVERY accessory. If there's a problem with your VR experience, trust me – someone out there has invented something to fix it. I started this website because I want to test and recommend items I've tried or deeply researched, to help you make smart choices.



MUST HAVE (Day 1):

-  Meta Quest 2 or Quest 3 - \$349+
 - » Your VR headset (obviously!)
 - » Quest 2 is perfect for fitness
 - » Don't need Quest 3 unless you have budget
- Clear 6x6ft Space
 - » Measure your play area
 - » Move furniture if needed
 - » Check ceiling height!
-  Quality Controller Grips - \$20
 - » Stock controllers get slippery
 - » I use Kiwi Design grips
 - » Essential for boxing games
-  One Fitness Game - \$10-20/month
 - » Start with Supernatural

Don't buy everything at once / Pick one, commit for 30 days

Remember: the first 15 seconds of showing up are the hardest – after that, momentum takes over.

NICE TO HAVE (Month 1):

-  VR Face Cover - \$20-30
 - » Protects headset foam
 - » More comfortable for sweaty workouts
 - » Washable (hygiene!)



- External Battery - \$30-50
 - » Quest 2 battery = 90-120 min
 - » Extends play time
 - » Clips to head strap
- Anti-Fog Spray – \$15 or a floor fan for ~\$30
 - » Prevents fog
 - » Lasts 2+ hours
 - » A game changer for intense sessions

CAN WAIT (Month 2+)

- Upgraded Head Strap - \$50-100
 - » Stock strap works fine initially
 - » Upgrade if comfort is an issue
 - » Not essential for starting but yes I love mine from Kiwi
- Fitness Tracker - \$30-200 (this is not essential, but I use my fitbit)
 - » Nice to track calories
- Floor Mat - \$20-50 (those Square mats you interlock together)
 - » Protects floors
 - » Defines play space
 - » Optional for most people

Total Day 1 cost: \$380-400 (Quest 2 + grips + one game)

Need help choosing? Email me: newstartvr.2025@gmail.com



7-DAY VR FITNESS KICKSTART PLAN

This plan has been engineered with the precision of a mad scientist deciding which glowing potion grants unlimited stamina (don't worry – this one is safe).

The AI-Generated, Mad-Scientist-Approved Kettlebell Circuit (Do each exercise for 45 seconds, rest for 15 seconds. Try to complete the circuit twice!)



1. Kettlebell Goblet Squat

Focus: Legs, Glutes, Core (The foundation of your punching power)

How-To: Hug the kettlebell like it's a grumpy pet you're trying to calm. Chest up, sit back like you're aiming for an invisible chair. Stand up with power. Repeat.



2. Kettlebell Floor Press

Focus: Chest, Triceps, Shoulders (For those powerful pushes and punches)

How-To: Lie on your back and press the bell towards the ceiling. This is fantastic for chest stability and way safer than trying to bench press on the floor like a caveman.



3. Kettlebell Romanian Deadlift (RDL)

Focus: Hamstrings, Glutes, Lower Back (The hinge is everything!)

How-To: With a soft knee, push your butt back like you're trying to politely close a car door with your rear end. Keep your back straight, feel the stretch, then squeeze your glutes to stand tall.



4. The Humble Plank

Focus: Core, Back, Shoulders (The ultimate full-body brace)

How-To: Support yourself on your elbows and toes. Clench everything. Try not to shake. Hold on for dear life for 45 seconds. It's longer than you think.



5. Kettlebell Swings

Focus: Power, Glutes, Core, Cardio (The cornerstone of not being weak)

How-To: This is a hip hinge, not a squat. Imagine you're snapping the bell into the air with your butt, not your arms. Let your hips do the talking!



6. Kettlebell Sit-Up to Press

Focus: Core, Shoulders (Because why work one muscle when you can work two?)

How-To: Lie down. Sit up. As you triumphantly rise, press the weight overhead like you're celebrating a victory. Then lower it with control, because the victory was short-lived.

7. Kettlebell Glute Bridge

Focus: Glutes, Hamstrings (For a powerful posterior)

How-To: Lie on your back, knees bent, kettlebell on your hips. Drive your hips up like you're showing off to the ceiling. Squeeze your glutes at the top like you're cracking a walnut.

8. Rest

Focus: Active Recovery (Aka trying to remember how to breathe)

How-To: 45 seconds of slow marching or contemplating your life choices.

Cool-Down & Stretch (2 Minutes)

Hold each stretch for 30 seconds. Your future, less-sore self will thank you.

Child's Pose: For your back and sanity.

Quad Stretch: For the legs that just carried you.

Chest Stretch: For the shoulders that just punched.

Hamstring Stretch: Because you're not a piece of wood.

SUPERNATURAL – 7-DAY SAMPLE PLAN

DAY 1: Setup & Basics (20 min)

- Set up Quest 2
- Download Supernatural
- Do tutorial
- Get comfortable with controls

Goal: Just put the headset on!



DAY 2: First Easy Workout (15 min)

- Warmup: 3 min arm circles + stretches
- Workout: 10 min easy session
- Cooldown: 2 min stretching

Goal: Finish without quitting!

DAY 3: Rest or Light Activity

- Walk, stretch, or rest
- Let body adapt
- Goal: Avoid soreness/burnout

DAY 4: Increase Intensity (25 min)

- Warmup: 5 min
- Workout: 15 min moderate intensity
- Cooldown: 5 min
- Goal: Push a little harder

DAY 5: Rest or Recovery

- Active recovery: light stretching
- Or full rest day
- Goal: Listen to your body

DAY 6: Longer Session (35 min)

- Warmup: 5 min
- Workout: 25 min (your longest yet!)
- Cooldown: 5 min

Goal: Prove you can do 30+ min



DAY 7: Victory Lap (30 min)

- Your favorite workout
- Celebrate Week 1 complete!

Goal: Feel proud + plan Week 2

After 7 days, you'll have the habit started. Week 2: Aim for 3-4 sessions!

And remember: JUST SHOW UP!

QUICK TIPS + NEXT STEPS

TOP 5 TIPS:

1. **NEVER Skip Warm-Ups** / I learned this the hard way - strained my oblique and was out for 2 weeks. Always do 3-5 minutes of arm circles and dynamic stretches before boxing.
2. **Start Slow** Your first session will be harder than expected. VR fitness is REAL fitness. Build up gradually.
3. Keep a Towel Nearby You WILL sweat. Have a **microfiber cloth** for your face and lenses. Trust me.
4. **Track Your Workouts** Use a simple calendar or app. Seeing your streak builds motivation.
5. **Join the Community** r/VRFitness and r/OculusQuest on Reddit are great for tips, motivation, and troubleshooting.

COMMON BEGINNER MISTAKES:

- Buying too many accessories Day 1
- Skipping warm-ups
- Starting with Beat Saber (not intense enough)
- Cheap controller attachments (waste of money!)
- Not measuring play space (punch your TV!)



NEXT STEPS:

Visit my blog: newdayfitnessvr.com / Detailed reviews of games & gear / My hybrid workout routine / Real cost breakdowns / Honest testing (no BS!)

Follow For updates:

New reviews every week (WELL I AM STARTING, BUT THATS THE GOAL)

Tested product recommendations or did some deepresearch

VR fitness tips & tricks

By starting VR fitness, you have officially volunteered as a willing test subject in your own transformation experiment. Goggles on, power up!

Remember – every great experiment requires consistency. But unlike mad scientists, you don't need lightning bolts... just a headset and some sweat.

Questions? Drop a comment on any article - I read and respond to everything!

Let's get fit together - One More Round!

