



# 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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[newdayfitnessvr.com](http://newdayfitnessvr.com)



## 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 6×6ft 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](mailto: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](http://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!**

