

# The Get Fit with Nik Show

*Finding Your Fit.*

*Logline:* A high-energy lifestyle series where fitness meets talk, connection, and transformation empowering viewers to ‘Find Your Fit’ physically, mentally, emotionally, spiritually, and beyond.”

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## Overview

**The Get Fit with Nik Show** is a high-energy, transformational lifestyle series where fitness meets talk, connection, and joy. Hosted and created by fitness expert, performer, and entrepreneur Nikki Kimbrough, the show empowers viewers to “*Find Your Fit*”—discovering what makes you feel good physically, mentally, emotionally, spiritually, and beyond. Rooted in collaboration and shared experiences, the show brings people together through movement, conversation, and inspiration, all while helping each person uncover their own path to feeling good.

Every episode kicks off with Nikki and her **Fit Crew** in a high-spirited warm-up, men and women of all ages, shapes, sizes, and fitness levels moving together. With Nikki’s signature “10-9-8” countdown, the audience is instantly hooked. The warm-up is upbeat, inclusive, and designed so everyone can do it at home. It’s the show’s heartbeat, setting the tone for an hour of energy, empowerment, and joy.

From there, each episode blends movement, conversation, and inspiration in a dynamic three-part framework built on Nikki’s signature **S.P.A. Method: Strength, Power, and Agility**. Expect workouts you can do anywhere: at home, in the gym, or even on vacation, raw and relatable conversations with experts and celebrities, and lifestyle segments that make wellness fun and accessible. The show is designed to move you, uplift you, and entertain you.

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## Format

- **Warm-Up:** Nikki and the Fit Crew open every episode with a spirited warm-up that’s inclusive, energetic, and instantly recognizable with her “10-9-8” countdown. It’s a catchphrase and ritual that hooks audiences while reminding them movement is for everyone.
- **Strength Segment:** A high-energy workout or fitness demo **led by Nikki and/or a celebrity fitness expert**. This segment empowers viewers physically and builds confidence while introducing new ways to move.
- **Power Segment:** A raw, inspiring conversation with an expert, celebrity, or everyday hero, focused on emotional, mental, financial, or spiritual wellness.
- **Agility Segment:** A fun, lifestyle-driven reset: from cooking, music, and fashion to joyful movement and self-expression.

# Season One Episodes

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## Episode 1 – That Launch Energy

### Strength • Power • Agility

- **Strength: Nikki + Special guests: Shaun T (IG: 1.3M)** – all-out workout with the Fit Crew, proving strength builds confidence and momentum.
- **Power: Special guests: Influencer Ana Alonso (IG: 1.5M)** – her 200+ lb weight loss and skin removal journey shows the power of transformation. (Also Nikki wants a doctor/therapist in this segment as well)
- **Agility: Kirk Franklin (IG: 3.3M)** – closes with soul-stirring joy and adaptability through music.

Theme: Launching with explosive energy, this episode brings the S.P.A. Method to life: Strength, Power, and Agility in action.

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## Episode 2 – Finding Your Tribe

### Culture • Fitness • Soul

- **Strength: Nikki + Special guests: Tammeca Rochester (IG: 17K)** – Harlem Cycle demo shows how strength grows in community.
- **Power: Special guests: Joy Strategist Grace Harry (IG: 36.7K)** – “Grace and Power” conversation on reclaiming joy through your tribe.
- **Agility: Lyn-Genet Recitas (43.9K)** or a nutritionist – nutrition demo on adapting food choices to your body.

Theme: Fitness and joy thrive in community: Culture, fitness, and soul unite to help you find your people.

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## Episode 3 – Finding Freedom in Fitness, Finance, and Joy

### Fitness • Finance • Joy

- **Strength: Nikki + Special Guest Jeanette Jenkins (IG: 1M)** – a dynamic workout with the Fit Crew, building strength and personal confidence.
- **Power: Special Guest Tiffany “The Budgetnista” Aliche (IG: 674K)** – connecting financial wellness to mental health and financial freedom.

- **Agility: Jelena + The Confetti Project (13.1K)** – a mindful, joy-filled reset that reminds us to recharge, let go, and embrace life's messiness with play and flexibility.

**Theme:** Finding freedom through strength, financial clarity, and joyful mindfulness.

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## Episode 4 – The Most!

**Trust • Courage • Power**

- **Strength:** Nikki + Special Guest **Jeff Blue (IG: 12.K) + The TrapHaus Fit Crew (IG: 14.2K)** — *TrapHaus Visionary Workout*. TrapHaus Fit is a Black-owned, woman-owned NYC gym that launched in January 2025 and quickly became one of the city's hottest studios. Known for combining Xformer training and weights under the pulse of Trap and House music, TrapHaus delivers an electric atmosphere of energy, vibe, and relatability. With small, intimate classes, everyone is seen and welcomed — but make no mistake, it's *work*. In the *Full Haus* workout, the crew goes all in, full body, "nose to toes," fusing grit, rhythm, and strength into a confidence-driven experience.
- **Power: Rachel Rodgers (IG: 199K), Susan Hyatt (IG: 25.4K) & Robert Hartwell (IG: 109K)** — *The Most Conference Reunion* — a powerful conversation on courage, mindset, and vision, showing how doing "the most" creates transformation.
- **Agility: Special Guest Musician** (dream options: **Ciara** – dance + fitness queen, **Mary J. Blige** – resilience + reinvention, **Alicia Keys** – artistry + empowerment, or **Monica & Brandy** – resilience, reinvention, and sisterhood) — a performance and conversation that embody reinvention, resilience, and the power of expression.

**Theme:** What happens when you trust yourself and *do the most*? Vision, courage, and reinvention in action.

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## Episode 5 – In the Name of Love

**Strength • Power • Connection**

- **Strength: Nikki + Fitness Expert Eddie Carrington (IG: 12K)** lead an inclusive partner workout (couples, friends, families).
- **Power: Love Languages** – Dr. Ono or a relationship expert explores love and emotional connection.
- **Agility: The Speakeasy Sessions with Nate Jones (IG: 14.2K)** – soulful conversation + performance preview.

**Theme:** Celebrating love in all its forms — strength in partnership, power in connection, and agility in creativity.

## Episode 6 – The Pause in Motion

Strength • Truth & Humor • Flair

- **Strength:** Nikki + Special Guests Fitness Influencer **Ellen Ector (IG: 202K)** leads the Fit Crew (all women 45+) in a S.P.A. Method demo tailored to The Pause.
- **Power:** **Brenda Braxton** – raw and humorous conversation on menopause and perimenopause.
- **Agility:** **Renowned Stylist June Ambrose (IG: 944K)** or **Pamela Macklin** – style hacks + cooling fashion for confidence and flair.

**Theme:** Menopause is The Pause in Motion with strength in movement, power in truth and humor, and agility in style.

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## Episode 7 – Vision in Motion

Intention • Clarity • Groove

- **Strength:** Nikki + Special Guest **Taq “Yoga” Campbell** – *Intentional Fitness Flow*, pairing movement with affirmations.
- **Power:** **La Shell Wooten** – *Vision Board Style*, guiding life-designing and manifestation.
- **Agility:** Special Guest **Coco Peila, The Music Midwife™** – *Confessions of a Black Feminist Rapper*: blending Hip Hop, artistry, and activism to show how resetting your groove means reclaiming rhythm, voice, and vision through music.

**Theme:** When you can see it, you can step into it. Strength in intention, power in vision, and agility in reclaiming your groove through movement, music, and expression.

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## Episode 8 – Take Up Space & Check-In

Grounding • Power • Flow

- **Strength:** **E-Mosely** — *Take Up Space Mindfulness Workout* — grounding movements and breathwork that teach us how to inhabit our full selves, physically and mentally.
- **Power:** **Michelle Williams (IG: 1.3M)** — inspired by her book *Checking In*, Michelle opens up about moving through mental health challenges, silencing the inner critic, and reclaiming personal power.
- **Agility:** **Crystal** — *Step Into Your Space* — a movement experience that's fun, freeing, and mentally uplifting, showing how taking up space on the dance floor helps us reset, connect, and have fun.

**Theme:** Taking up space isn't just physical, it's grounding your body, checking in with your mind, and flowing into a life of courage, authenticity, and fun!

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## Episode 9 – Barriers to Fitness, Breakthroughs in Life

### Strength • Power • Agility

- **Strength:** Nikki and the Fit Crew leads a Quick 10-minute workout to bust the “no time” excuse.
- **Power:** **Robert Hartwell (IG: 109K)** – the power of storytelling to break emotional barriers.
- **Agility:** Johnny Gentry, Lauren Durant, Tinika Saduko – “What do I do with my hair when I work out?” practical beauty and hair guidance. Everyone knows that “hair” can be the barrier of many women on why they do not workout. “I don’t want to mess up my hair.”

**Theme:** Breaking barriers — from time to shame to hair — to live fully in strength, power, and agility.

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## Episode 10 – Confidence in Motion

### Confidence • Wellness • Expression

- **Strength:** Nikki + **Deja Riley (IG: 113K)** – *Strong Beats*: a dance-based workout using rhythm, posture, and movement to embody strength and self-worth.
- **Power:** **Tai Beauchamp (IG: 126K)** – *The Wellness Blueprint*: guiding women through self-care and clarity practices that connect wellness to power.
- **Agility:** **Pretty Girls Sweat (IG: 207K)** – *Sweat & Express*: a high-energy group workout celebrating agility and feminine strength through movement.

**Theme:** You don't have to earn your worth. Wellness, confidence, and expression prove you are already enough.

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## Episode 11 – Greatness in Motion — Niko Fit

### Kids • Power • Play

- **Strength:** Nikki + Special Guests **Niko Fit (IG: 30.2K)**, **Trooper Fitness (IG: 14.3K)**, **Asun, and their kids** lead a Kids' Fitness Workout. A fun movement for kids and families.

- **Power:** “*Your Child’s Greatness*” — Special Guests **Dr. Lisa Orbé-Austin (IG: 82K)** and **Dr. Richard Orbé-Austin (IG: 22.4K)** on nurturing children’s potential and building confidence.
- **Agility:** *Kids’ Showcase* — three to four young performers share their talents from singing and dancing to spoken word and creative expression. Reminding us that play and performance are powerful forms of agility.

**Theme:** Celebrating children’s greatness through fitness, resilience, and playful self-expression.

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## Episode 12 – Legacy in Motion

**Fitness • Purpose • Praise**

- **Strength:** Nikki + Special Guest **Donna Richardson (IG: 29.9K)** – faith + fitness workout with legacy wisdom.
- **Power:** **Michelle Thornton Ghee (IG: 40.8K)** – leading with purpose and breaking barriers.
- **Agility:** **Kelly Price (IG: 1M)** – soulful music + testimony on resilience and joy.

**Theme:** Legacy is about lifting others as you rise in fitness, purpose, and praise.

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## Episode 13 – Focus on You Until the Focus is You

**Flow • Focus • Alignment**

- **Strength:** **Pilin Anice (IG: 16.2K)** – **Focus Flow** — an intentional blend of dance, breath, and grounding movement designed to bring the spotlight back to yourself, your evolution, and alignment.
- **Power:** **Sarah Jakes Roberts (IG: 3M)** – **Focus on You!** — Stop people-pleasing and seeking validation, and instead embrace honesty with yourself, believe in your worth, and stand fully in who you are.
- **Agility:** **India.Arie (IG: 1.1M)** – **Musical Performance** — with soulful, affirming songs like “*I Choose*” and “*Just Do You*,” India closes the episode with music as medicine, guiding us to stand in alignment.

**Theme:** True evolution begins when you focus on yourself — building strength, embracing your worth, and aligning with who you are created to be.

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## Episode 14 – Owning It

### Confidence • Pleasure • Expression

- **Strength:** Nikki + Special Guest *Poles & Heels* — a confidence-charged workout that blends strength, grace, and sensuality. Using the pole and heels as tools of empowerment, this segment celebrates owning your body, commanding your space, and moving with unapologetic confidence.
- **Power:** Leidy Dahiana — *The Power of Sex* — a liberating conversation about embracing intimacy, silencing shame, and reclaiming sensual energy as a source of confidence.
- **Agility:** Brittney — *The Sexy Spread* — elevating spaces, tablescapes, and everyday details — from flowers to charcuterie — to make life feel more alluring, intentional, and beautiful.

**Theme:** Confidence is strength in motion, pleasure without shame, and expression in every detail, living unapologetically you.

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## Episode 15 – The Power of Truth

### Authenticity • Truth • Expression

- **Strength:** Nikki + Massy Arias (IG: 3.1M) — *Strength in Healing*: a workout + conversation on how fitness builds resilience and supports mental health.
- **Power:** Amy Griffin (IG: 92.4K) — *The Tell*: a conversation about perfectionism, hidden trauma, and the freedom of living your truth.
- **Agility/Expression:** John Legend (IG: 15.8M) — closing performance + short talk on music as truth and healing.

**Theme:** True power comes when we stop hiding. Strength in healing, clarity in truth, and freedom in expression.

**Quick Fit with Nik** is your on-the-go fitness boost! Short, high-energy workouts designed to fit seamlessly into your day. Each session is 10 minutes or less, powered by Nikki Kimbrough's signature **S.P.A. Method — Strength, Power, and Agility**. Whether you're at home, in the office, or on the move, these quick workouts deliver big impact in little time, helping you stay consistent, energized, and connected to your "Find Your Fit" journey.

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## 1. Workout Vignettes (On the Player / Digital Platform)

- **10-Minute Workouts:** Quick Strength, Power, or Agility sessions people can do anytime (each one tied to the S.P.A. Method).
- **Warm-up & Cool-downs:** Short segments viewers can use before or after other workouts.
- **Targeted Zones:** Arms, core, lower body, mobility; fast, effective, repeatable.

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## 2. Lifestyle & Wellness Minis

- **Mindset Moments:** 2–3 min guided affirmations, breathwork, or motivational "Find Your Fit" pep talks.
- **Food Fixes:** 5-min healthy recipes or kitchen tips.
- **Wellness Nuggets:** Quick tips on sleep, hydration, recovery, and stress management.

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## 3. Behind-the-Scenes & Crew Highlights

- **Meet the Fit Crew:** Mini-profiles that build audience connection.
- **Extended Conversations:** Extra clips from the show guests (wellness experts, entertainers, etc.).
- **Example - Traphause with Jeff Blue / Eric Mosely Featurettes:** Special drop-ins as bonus content that give more depth than the main show.

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## 4. Integration with the Show

- After each episode, direct viewers: "*Want more? Head to the player for your 10-min Strength Blast or a quick Fit Fix with Nik!*"
- **Fit challenges** (e.g., "7 days of 10-min workouts") to drive habit and retention.