

# Gradual Weight Loss Exercise & Nutrition Plan

Preview

8-Week Workout Program

WOMEN



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50+ pages of **clear and straightforward** exercise and nutrition content. No fluff or over-complicated information.

# Welcome to Your Program

This program is designed for men and women with weight loss as the primary fitness goal and is designed to enable you to safely lose 10 to 15 lbs over 8 weeks. Complete with five custom-designed workout routines, a detailed nutrition plan with meal suggestions as well as lots of other practical information, this program will be your simple and clear action plan for achieving your weight loss goals for a happier, healthier and more energized you!

The basic concept of weight loss is to have your body expend more calories than going in and this program is designed to achieve just that. The short intensive workouts will fire up your metabolism to have you burning fat around the clock and the nutrition plan will guide you towards a healthy and controlled diet that will keep you satisfied and on track to lose those extra pounds.

This program requires access to a gym and you will be training 5 days a week for 20–30 minutes per session. In addition to helping boosting your metabolism for weight loss, the selected exercises will improve your cardiovascular health, core strength, and flexibility, joint range of motion and upper/lower body strength.

Consult with your physician or other health care professional before starting this exercise program to determine if it is right for your needs.

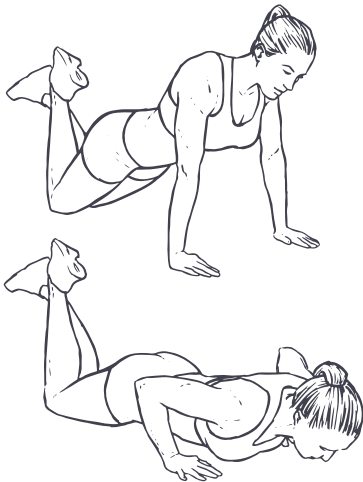
If you have any questions about this program, please email us at [info@workoutlabs.com](mailto:info@workoutlabs.com).

# Fitness Test

Gauge your overall fitness level with this simple test. Perform the test throughout the program. Progress through the program.

A simple test to gauge your overall fitness level and **monitor your progress** throughout the program.

*Men's & Women's versions contain respective illustrations*



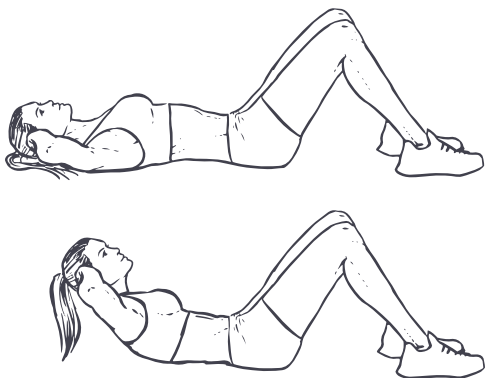
## Push-ups

Record the maximum number of repetitions you can do maintaining correct form.

\_\_\_\_\_ Start of program

\_\_\_\_\_ End of week 4

\_\_\_\_\_ End of program



## Sit-ups

Record the maximum number of repetitions you can do maintaining correct form.

\_\_\_\_\_ Start of program

\_\_\_\_\_ End of week 4

\_\_\_\_\_ End of program

# Exercise Plan

Clear instructions and explanations make this program **great for fitness beginners** and enthusiasts alike.

## Instructions

The 8-week exercise plan consists of two **short but high intensity upper body and two lower body** workouts as well as an HIIT cardio routine that are designed to maximize weight loss while keeping you motivated and engaged. Read through the instructions below and follow these guidelines:

- Try to keep the timing of the day consistent when exercising, as getting into a routine is very important when training and will make consistency easier.
- Follow the program schedule and do your best not to skip workouts thinking that you can double up the day after – this will cause you to burn out, feel less motivated and will negatively impact the overall effectiveness of this program.
- Use your rest days wisely; these should be active rest days used for recovery – go for a walk and don't just sit in front of the television inactive, snacking on junk foods.
- Use the weight tracking table in the Program Calendar along with the Fitness Test to monitor your progress.
- The order of exercises in the workout plans is left to right.
- To maximize your results and avoid injury, make sure that you are performing the exercises in correct form. Refer to the Exercise Descriptions section as needed.

## Warm-up & Dynamic Stretches

Each of your workouts will begin with the Warm-up & Dynamic Stretching routine. A proper warm-up is an essential part of this training program and its importance should not be underestimated. The warm-up part of this routine:

- Prepares your body and mind for physical activity
- Raises your body's core temperature
- Loosens your muscles and prepares them for training
- Increases your heart rate and breathing, which sends blood and oxygen to the working muscles

This routine also includes dynamic stretches that are equally important in preparing your muscles

for training. The stretches will lengthen both muscles and tendons to increase range of motion and help prevent injuries. Perform each exercise at medium intensity for 30 seconds, taking 15 seconds in between to catch your breath and get into position for the next one.

## Workout Routines

Each week of this program will be composed of the 5 workout routines – two for your lower body, two for upper and an HIIT cardio routine, with their order changed from one week to the next to maximize your results and keep your sessions interesting. Follow these guidelines:

- Going through the exercises at your maximum intensity for as long as possible is key. The workouts are short but it's important you burn through them with your heart rate up.
- Lay out your weights and prepare the stations before your warm-up so that you are able to go from one exercise to the next without letting your heart rate drop.
- Use lighter weights to be able to perform the exercise for the set duration without slowing down – this works towards improving muscular endurance and burns fat more effectively than heavier weights with lower reps.
- Make use of an interval timer (our favorite is Repeat Timer Pro for iOS) to set your exercise and rest times.
- As you progress through the program and your endurance improves, make the workouts more challenging by increasing the exercise duration to 1 minute and / or going through the circuit two or three times, with a 90 second rest between cycles.
- Remember to be well hydrated prior to and through your workout.

## Cool Down Stretches

Follow your workout with the 4-minute static stretching routine that will help to reduce stiffness, soreness and muscle injury, while letting your body cool down. To stretch safely and correctly, assume the stretch position and slowly lengthen each muscle to the point where you just feel a slight pull or resistance. Stretching should never be painful. Aim to hold each stretch for 20 seconds without bouncing or moving

# Program Calendar

	MON	TUE	WED	THU	FRI	SAT	SUN	My Weight
1	A Upper Body	C Lower Body/Core	Rest Day	E HIIT Cardio	B Upper Body	D Lower Body/Core	Rest Day	
2	D Lower Body/Core	B Upper Body	Rest Day	E HIIT Cardio	A Upper Body	C Lower Body/Core	Rest Day	
3	A Upper Body	D Lower Body/Core	E HIIT Cardio	Rest Day	C Lower Body/Core	B Upper Body	Rest Day	
4	C Lower Body/Core	B Upper Body	E HIIT Cardio	Rest Day	A Upper Body	D Lower Body/Core	Rest Day	
5	B Upper Body	C Lower Body/Core	Rest Day	E HIIT Cardio	D Lower Body/Core	A Upper Body	Rest Day	
6	B Upper Body	D Lower Body/Core	Rest Day	E HIIT Cardio	C Lower Body/Core	A Upper Body	Rest Day	
7	C Lower Body/Core	B Upper Body	E HIIT Cardio	Rest Day	A Upper Body	D Lower Body/Core	Rest Day	
8	B Upper Body	C Lower Body/Core	E HIIT Cardio	Rest Day	A Upper Body	D Lower Body/Core	Rest Day	

A simple 8-week training schedule is your **clear action plan** for maximum results.

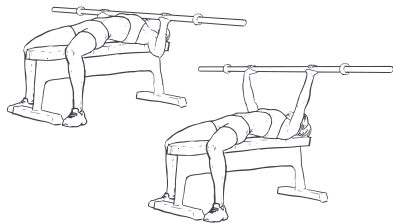
**My reward**

For successfully completing the full program

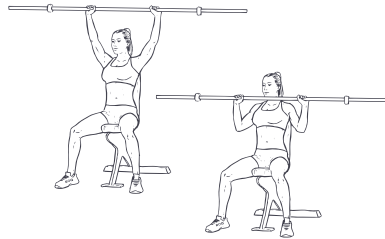
# Workout A: Upper Body

12 minutes

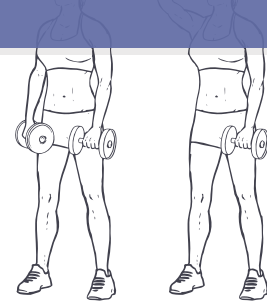
Go through this routine at high intensity, with 15-second breaks between exercises. Five high intensity **25-minute workouts** that are easy to fit into your day will have you burning fat around the clock.



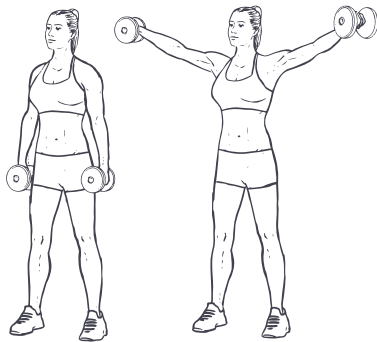
Barbell Bench Press  
45 sec



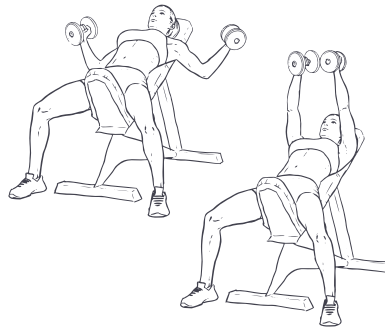
Barbell Shoulder Press  
45 sec



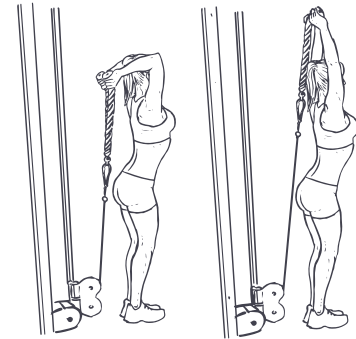
Front Dumbbell Raises  
45 sec



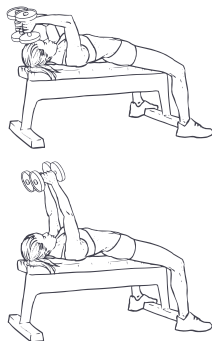
Dumbbell Lateral Raises  
45 sec



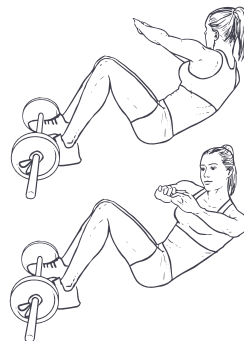
Incline Dumbbell Fly  
45 sec



Cable Overhead Tricep Extension  
45 sec



Lying Dumbbell Tricep Extension  
45 sec



Russian Twists  
45 sec



Ab Crunch Machine  
45 sec

Continued on the next page



# Training Tips & Guidelines

Whether you are fitness novice or experienced in training, read through and follow these tips and guidelines to get the most out of your exercise program and working out in general.

**Training, nutrition and general tips** will help you get the most out of your program and achieve a healthier lifestyle.

## Focus on starting

The prospect of a 30 minute workout or run can be daunting, especially if you're just starting to exercise. If you focus on the whole task, thinking how hard it will be, you are more likely to put it off or give up altogether. Instead, focus on starting – laying out your mat and weights or lacing up your running shoes. It's much easier and once you start, your motivation will kick in and keep you going through your workout.

## When to work out

There's not really a "right" time of day to exercise. It really depends on your body and what time of day you're at your peak. Some people struggle to get up in the morning whereas others can hop out of bed ready for a training session. Whichever time of day you prefer to work out, don't exercise for about three hours after a heavy meal (see the nutrition section for advice on what to eat when). Exercising right after a big meal will more likely leave you feeling nauseous and you may experience stomach cramps and discomfort. If you'd prefer to work out in the morning but simply can't find the energy try these tips:

- Get adequate rest which is vital for energy levels. It is recommended that we get 7 – 9 hours of sleep a night.
- If you're getting the right amount of sleep but still feeling groggy in the morning this could be due to being in a state of ketosis from fasting during sleep. This is when your body uses fat for energy if you aren't eating sufficient carbs and the result is low energy levels. Also make sure you are not lacking oxygen during the night (have windows open or ventilation running).
- Try drinking green tea, coffee or green juices for an energizing boost before your workout.

# Nutrition Plan

A nutrition guide with the essential information and basic principles of a

## The Importance of a **Healthy and Balanced Diet.**

Nutrition plays a vital part in any training program and involves deliberate planning of your meals and the nutrients you intake. Your success with this training program will require a combination of a controlled diet with the high intensity exercise plan. You will also benefit from the multitude of other benefits balanced nutrition carries:

- More energy throughout the day and delayed fatigue;
- Enhanced results of your strength training;
- Strengthened your immune system;
- Improved cognitive performance such as concentration and focus;
- Help in maintaining a healthy BMI.

One of the key factors in achieving and maintaining a healthy weight is being aware of what you are eating and how much you are eating at the same time. Knowledge is power when it comes to weight control and is not all about cutting everything out that you love about food; it is about moderation, control and retraining your brain/taste buds into substituting the 'bad foods' with the 'good foods'.

The following nutrition plan is designed to work along with the exercise program to achieve healthy weight loss of 1.5 - 2 pounds per week, while taking into consideration your caloric and nutrient requirements and adhering to the principle that your body's energy needs should be satisfied with 15% good fats, 25% proteins and 60% carbs.

## Nutrition for Weight Loss

Many people in the Western world are on a diet that is high in the wrong types of fats, high in sugary processed foods, low in nutritional value, high in sodium and have major health risks associated with this e.g. cardiovascular diseases. Obesity is on the increase and some of the main culprits are hidden fats, sugars and lack of portion control.

# Meal Plan

## Meal Timings & Suggestions

Follow these guidelines to plan and

A simple meal guide combined with the healthy foods list and a food diary table make it **easy to plan your daily meals.**

### Breakfast

Half hour after waking up

The body is in a fasted state after about 12-14 hours of sleep. This will have the following impact on the body:

- Carb reserves will be depleted
- Fat mobilization is slowed down
- The muscle will be in a mild catabolic state

Breakfast is the most important meal of the day and is intended to rev up the metabolism and fat burning within the body and to replenish glycogen stores within the muscle and liver. Ideally taken within 30 minutes of waking up, your breakfast's nutrient composition should be high in complex carbs, a fast acting protein providing essential amino acids and a portion of essential fatty acids such as flax seeds or walnuts.

### Five examples of breakfast meals

1 large soft boiled egg	Small handful of raspberries	Vanilla protein shake with skimmed or light soy milk	Scrambled eggs	Cup of small All-Bran
4 sprigs of asparagus	2 slices of wholegrain bread		1 slice wholemeal toast	1 diced peach
1 slice whole wheat bread	80g of low fat farmers cheese		1 banana	1 slice wholegrain bread
	Small handful of walnuts		Small handful of mixed nuts	1 tablespoon of fruit jam
				A few nuts

### Mid-Morning Snack

2 hours after breakfast

After a breakfast high in complex carbs, your body will have an insulin lag, blood sugars will start to dip and you may start to feel hungry. The mid-morning snack should be eaten two hours after

# Food Diary Table

	MON	TUE	WED	THU	FRI	SAT	SUN
Breakfast							
Mid-morning snack							
Lunch							
Afternoon snack							
Dinner							
Mid-evening snack							

A simple Food Diary Table will help you see your overall diet and make adjustments for **optimal results**.

# Exercise Descriptions

## Ab Crunch Machine

Primary muscle group: Abs & Obliques

- Sit on the ab machine and select a slight resistance. Grab the top handles.
- Make sure your arms are bent at 90 degrees and rest your triceps on the pads.
- Begin lifting your legs up as you engage your abs and crunch your upper torso. Exhale as you do so.
- Pause and slowly return to starting position as you inhale.

Tip: Use slow, controlled motions and concentrate on using your abs to control the weight. Your feet and legs should be relaxed throughout.

Written instructions for every exercise to make sure you **train safely and effectively.**

## Abdominal Stretch

- Lie face down with your hands under your shoulders.
- Point your feet downwards to lengthen your spine.
- Slowly push your torso up as far as you comfortably can – try to get your hips to rise off the floor slightly.
- Hold the stretch and then lower down to starting position.

**Warning:** Avoid this stretch if you have back problems.

## Alternate Heel Touchers

Primary muscle group: Abs & Obliques

- Lie on an exercise mat, with your back flat, knees bent and your feet flat on the floor slightly wider than shoulder width apart.
- Fully extend your arms down the side of your body, palms facing in. This is the start position.
- Exhaling, crunch your torso forward and to the right until you can touch your right heel with your right hand. Hold for a count of one.
- Return to the starting position smooth motion, inhaling as you do so.
- Repeat the movement, this time to your left side.
- When you have completed the movement on both sides, you have done one repetition.

Start your program today!



You will love it or your money back in minutes



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