

Weight Loss Warrior

Month 1

Workout time: 50 minutes maximum

Days per Week: 4 – 5

Emphasis - Cardiovascular fitness and coordination

Directions - Perform each exercise for one set, then follow with two minutes of light cardio of your choosing before continuing on to the next exercise.

Warm Up - Perform five minutes of cardio (i.e. walking or stationary bike). Increase pace each minute.

Cardio Program

Activity	Intensity	Duration	Comments
Stationary Bike	Fast	5 minutes	Warm up
Walking	Fast	5 minutes	Cool down
Either walking or biking	Moderate	3 minutes	Interval between exercises

Exercise Program

Abdominal Crunch – Using Stability Ball

Set: 1

Duration: 1 minute



Sit on the stability ball. Slowly lean back on the ball until it is in the small of the back. Be sure you are balanced when back is fully extended. Align feet directly under the knees.

Cross hands in front of chest and pull the ribs down toward the hips into torso flexion.

Avoid thrusting the body forward and also control your eccentric (lowering) movement.

The ball should not move during exercise.

The further away the seat is from the floor, the more load is placed on the abs and less on the quads for stabilization. You can vary the degree of incline by repositioning the body.

NO EQUIPMENT MODIFICATION

Perform the exercise, in the same matter, on the ground or exercise mat without the stability ball.

Lateral Abdominal Crunch – Using Balance Trainer (Ball)

Set: 1

Duration: 1



In a side-lying position, center the waist directly on top of the ball.
Adjust the legs into a long lever, scissor position with the top leg forward of the bottom leg.
Place the hands behind the head and point the top elbow toward the ceiling and the bottom elbow to the floor. Flex the trunk laterally toward the floor, until a slight stretch is felt down the side of the torso.
Laterally flex the trunk away from the floor, pulling the bottom of the ribcage down toward the top of the hip bone.
Pause at the top of the movement, then slowly lower back to the starting position.
Perform the exercise on both sides of the body.

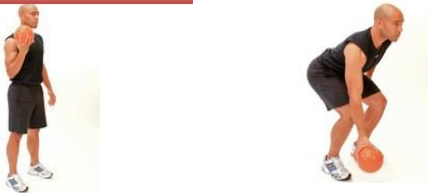
NO EQUIPMENT MODIFICATION

Perform the exercise, in the same matter, on the ground or exercise mat without the balance trainer.

Bicep Curl One Arm with Squat

Set: 1

Duration: 1 minute



Allow the body to rhythmically flow throughout this movement.
Stand tall, looking straight ahead. Curl one arm up with the ball in hand.
Squat down to a comfortable depth and maintain an extended one arm down with ball in hand.
Fluidly stand up and curl arm up as shown.
Lower arm and repeat.

Chest Press – One Arm

Set: 1

Duration: 1 minute



Start by standing in a squat or straddle stance.
Grasp press handle with one hand. Brace spine by drawing your lower abdomen in, maintain hip and foot positioning. Maintaining proper posture, start movement by pressing hand straight forward and across the midline of your body.
Allow the torso and hips to rotate slightly towards the pressing hand.
Check alignment and positioning and repeat press, alternating sets with other hand.
It is important not to let your back arch or flex at any time during the movement.

NO GYM EQUIPMENT

Use a household item such as a full sized canned good or gallon of water in place of a machine.

Cobra**Set: 1****Duration: 1 minute**

Maintain a tall body line throughout this exercise. Adjust the cable arms to the "high" position as shown. Choose a light weight to start.

With the feet shoulder width apart, grab the opposite side cables with both hands.

Using the back of the hands to lead the action, pull arms backward and slightly out to your sides until straight.

Ensure that the weight is light and that both the arms and shoulder blades move throughout the exercise.

NO GYM EQUIPMENT

Use a household item such as two full sized canned goods or gallon of water in place of a machine.

Plank**Set: 1****Duration: 1 minute**

Assume a prone position on forearms, elbows positioned under shoulders.

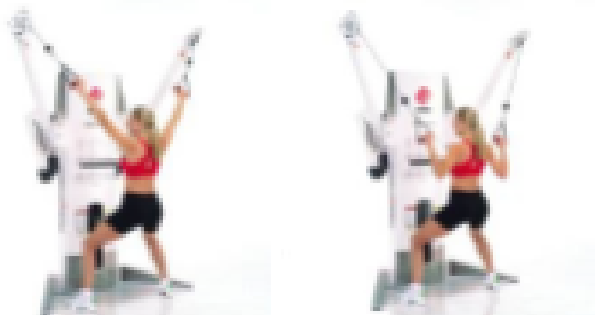
Draw your lower abdomen inward toward your spine.

Tighten buttocks and lift body up onto forearms.

While maintaining the abdominal draw-in contraction, hold optimal alignment for one minute.

Keep chin tucked in.

Reduce time if form is compromised. Form is more important than how long you hold the pose.

Lat Pull Down**Set: 1****Duration: 1 minute**

Adjust cable arms as shown.

Facing Cable Cross, stand in squat position, knees bent, maintaining good posture with arms outstretched. Grasp handles. Brace spine by drawing in your lower abdomen. Maintaining proper posture, start movement by pulling elbows into side of body as shown. Check alignment and positioning and repeat press. Squat deeper or adjust back from Cable Cross if weight stack touches at end range of motion.

NO GYM EQUIPMENT (Many local parks have bars adequate to use as pull-up bars.)



Pull-Ups

Grasp an overhead bar with your hands wider than shoulder width apart and assume an overhand grip. Lift your legs off the floor, bend your elbows, and pull yourself up until your chin reaches the bar. Lower to the straight-arm position, and repeat until you're fatigued. If you cannot do pull-ups on your own, use the assisted pullup machine at a gym, or have a partner hold your legs and assist with the movement.

Shoulder Press – One Arm

Set: 1

Duration: 1 minute



Stand in a straddle position opposing leg forward with knees slightly bent. One elbow out to the side in line with shoulder, opposite hand resting at the side or on hip. Allow torso to rotate back slightly towards the pressing arm. Using a neutral grip, align the wrist and hand of the pressing arm above the elbow. Brace Spine by drawing your lower abdomen in. Maintaining proper posture, start movement by pressing hand straight upward above the head, rotating slightly towards the opposite side. Check alignment and positioning and repeat press, alternating sets with other hand. It is important not to let your back arch at any time during the movement. Keep body weight centered and feet flat on the floor to maintain balance and stability.

NO GYM EQUIPMENT



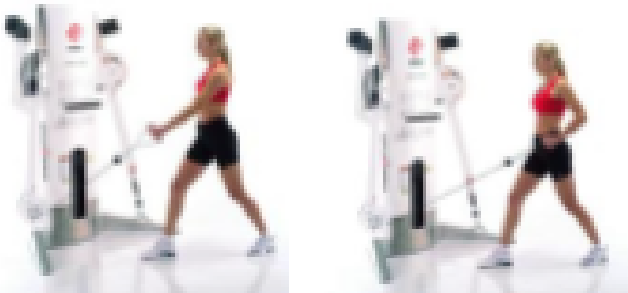
Standard Push-up

Get down on the hands and knees, positioning the hands a bit wider than the shoulders. Push the knees up so that you're resting on the hands and toes. Keep the abs engaged and make sure your body is in a straight line from the head to the heels. Bend the elbows, and lower into a push-up until your elbows are at 90 degrees. Press back to start and repeat 12-20 repetitions.

Row – One Arm

Set: 1

Duration: 1 minute



Stand in a stable, staggered stance position.

Assume slight lunge position, maintaining good posture with one arm outstretched.

Brace spine by drawing your in lower abdomen.

Maintaining proper posture, start movement by pulling handle in neutral grip position toward the body, elbow down and drawing back just past your side.

Check alignment and positioning and repeat pulling movement.

It is important to keep good posture and not bend at the waist.

Keep feet flat on the floor to maintain balance and stability.

NO GYM EQUIPMENT

Use a household item such as two full sized canned goods or gallon of water in place of a machine.

Cool Down - Perform 5-10 minutes of walking at a comfortable pace.