KAREN MARTEL CERTIFIED NUTRITION COACH

30 DAY BODY WORKOUT

OPTIMIZE YOUR WEIGHT LOSS RESULTS!

The other side of weight loss

30 DAY BODY WORKOUT

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For the next 30 days you will be following this workout plan to optimize your weight loss results.

- 2-5 hours a week will consist of moving at a slow pace walking, hiking, yoga, cycling, swimming at 55%-75% heart rate.
- Three days a week you will be doing something called metabolic training. Metabolism (aka metabolic rate) is how many calories your body burns at rest. Metabolic training is short bursts of exercise with rest periods in between. This form of exercise offers a longer "after burn" (burn more calories AFTER your workout is finished). There are two options to follow one is at home with no equipment and option two is in the gym.
- Once a week you will be doing a total of ten minute sprints.
- Once a week you will be doing a restorative exercise, so let's get started!

30 DAY BODY WORKOUT

WEEK 1 MONDAY, WEDNESDAY, FRIDAY

Workout 1 at home no equipment

1. **4 exercises:**
   - Push ups: Position hands palms-down on the floor, approximately shoulder width apart, arms straight, eyes to the floor. Your elbows pointed towards your toes, legs straight out behind you. Make a straight line from your head to your heels, and contract your abdominals to keep your hips from sagging and then lower down till you are a few inches from the floor and push back up straightening your arms. Modified version is to keep knees on the floor feet crossed off the floor.
   - 1 minute plank: Place the forearms on the ground with the elbows aligned below the shoulders, and arms parallel to the body at about shoulder-width distance. Press your body into the air engage your core by sucking your belly button into your spine.
   - Squats: Stand tall with your feet hip width apart. Lower your body back as far as you can by pushing your hips back and bending your knees and pushing your body weight into your heels. You can raise your arms out in front of you for balance. Keep your knees in-line with your feet. The lower body should be parallel with the floor, lift back up in a controlled movement to the starting position
   - Jump Lunges: Begin with normal lunge, with front leg at a 90 degree angle in the squat position and back leg behind you. Replace your feet in the air, moving back leg in front, and front leg in back. Keep chest and torso upright and engaged throughout entire movement.
2. **Do each exercise for 1 minute without stopping at all.**
3. **Rest for 2 minutes.**
4. **Do the same thing again 2 more times. This is about a 15 minute workout altogether, which you could do at any time of the day with no equipment.**
5. **Record your results. How many squats did you do in that minute? How many push ups? Then compare your results to later workouts and watch your improvements.**

Option 2 in the gym

1. **4 exercises:**
   - Push up or bench press 12 reps
   - Back row 12 reps
   - Shoulder press 12 reps
   - Squats 12 reps
3. **Move from one exercise to the next only stopping when you have to and start back up as soon as you are able. Repeat circuit continually for 15 minutes.**
4. **Choose dumb bells that allow a 3 repetition max on bicep curls. You shouldn't be able to complete all 12 reps without rest or you need to up your weight.**

WEEK 2 MONDAY, WEDNESDAY, FRIDAY

Workout option 1 at home no equipment

Add another set to your first home workout routine of your 4 exercises to total a 20 minute workout routine

Option 2 in the gym

Same as first week but lengthen time to 20 minutes

WEEK 3 AND 4 MONDAY, WEDNESDAY, FRIDAY

Workout option 1 at home no equipment

The ultimate metabolic workout: Pick four exercises from this list (you tube exercise if you do not know how to perform specific exercise.)

- Squats
- Burpees
- Mountain climbers
- Push ups
- Pull ups
- Tricep dips
- Planks
- Jump lunges
- Knee ups

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You can also stick with the same exercises that are in week one and two. Perform 12 reps of each, continuously moving from exercise to exercise, stopping only when needed and jumping back in where you left off when you feel you can. Do this for 20-30 minutes max.

Work out option 2 in the gym

1. **Monday and Fridays keep it the same as week one and two but lengthen time to 30 minutes.**
2. **Wednesdays add in heavier lifting**
   - 10 reps, 3-5 sets of each exercise: Bench press, squats, overhead press, bent over rows.
   - Use the maximum weight you can handle. Rest 1-2 minutes in between sets; complete all sets before moving on to the next exercise.

EVERY TUESDAY IS OFFICIALLY SPRINT DAYS

Research confirms that an occasional series of short, all-out bursts of effort can have a more profound effect on fitness—especially on fat loss—than a medium-paced jog lasting many times longer. One set of sprints (also known as "interval training") per week is all you need to improve speed, muscle mass, bone density, cardiovascular strength and aerobic capacity. No other exercise modality gives as much bang for the buck.

The ten minutes can be broken up into intervals throughout your usual cardio routine. I want you to sprint for 30-60 seconds, rest for 2 minutes and do it again until you have reached a total of ten minutes. Each week I want you to challenge yourself a bit more by choosing different terrain to sprint on. Mix it up so that some of it is medium inclines and of course to really challenge yourself, sprint on an incline.

EVERY THURSDAY IS OFFICIALLY RESTORATIVE DAY

Choose one of the following practices to do every Thursday. Be open minded to these exercises and try stepping out of your comfort zone by trying something you normally wouldn't. Having a weekly or preferably daily practice that feeds the body, the spirit and the mind is essential for our health and our weight. Dedicate every Thursday to doing one restorative practice, when you feel ready add another day in, eventually having a daily restorative practice.

- 20 minute morning yoga: https://www.youtube.com/watch?v=B_725qp3_qo
- 20 minute guided mindfulness meditation: https://www.youtube.com/watch?v=thYoV-MCVs0
- 20 minutes of personal journaling
- Practice this breathing exercise twice a day http://www.drweil.com/drw/u/VDR00112/The-4-7-8-Breath-Benefits-and-Demonstration.html
- 30 minutes of reading a magazine, trashy romance novel, self help book, the back of a cracker box whatever floats your boat just read

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- Start a grateful journal: Write in a journal 3-5 things you are grateful for that week or that day. This is an amazing tool for "turning that frown upside down" it doesn't matter how crappy your day is, when you start counting your blessings you can't help but feel less stressed and even happier! I suggest reading this article to get a better idea of the effects of gratefulness. http://markmanson.net/shut-up-and-be-grateful
- Choose your own restorative activity: What feeds you? Then do it!

30 DAY SAMPLE WORKOUT PLAN

*MT= Metabolic Training
*HL= Heavy Lifting
*RP= Restorative Practice
*LC= Light Cardio
*S10= Sprint for 10 minutes

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 REST	30 min LC 15 min MT	20 min LC S10	30 min LC 15 min LT	45 min LC RP	30 min LC 15 min MT	45 min LC
Week 1 REST	30 min LC 20 min MT	20 min LC S10	30 min LC 20 min LT	45 min LC RP	30 min LC 20 min MT	45 min LC
Week 1 REST	45 min LC 30 min MT	20 min LC S10	45 min LC 30 min MT	45 min LC RP	30 min LC 30 min MT	60 min LC
Week 1 REST	45 min LC 30 min MT	20 min LC S10	45 min LC 30 min MT	45 min LC RP	30 min LC 30 min MT	60 min LC

WARNING!

Make sure you don't hurt yourself! Don't push too hard with exercises you're not used to doing. Alter them if they're too hard. Remember, proper form is more important than then number of reps you do. If you don't use proper form, you'll end up injured and unable to workout at all.

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