

# EXERCISE PROGRAMS



**Weight Loss**



## Weight Loss

### Introduction

This exercise routine is created for men and women with the goal of losing weight. It incorporates cardiovascular exercise as well as resistance exercises in order to maximize weight loss. Designed for men and women who have previous experience in exercise, this routine includes more complex exercises than the beginner weight loss.

*Exercise intensity – moderate to high*

### Warm Up

This workout should begin with a 5-10 minute cardiovascular activity/exercise, as well as exercise specific stretches to elevate the heart rate and prepare the body for exercise.

### Workout Tips

- ▶ Hydration is vital while exercising. Ensure your client is drinking water throughout the session.
- ▶ To lose weight, it is recommended that your client participates in a cardio routine about five times a week.
- ▶ Advise your client that a fast-digesting carb-filled snack is a good pre-workout food to have about 30 minutes prior, i.e. a sports drink or energy bar.
- ▶ Rest between sets should start at about 45 seconds and can get down to 30 second as the client progresses.

### Cool Down

This workout should conclude with a light cardiovascular activity followed by static stretches that target the muscles used in the exercise.

## Star Jumps

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- Stand, feet close together, arms by side
- Commence star jump action
- Clap hands above head as jump legs apart
- Ground contact on balls of feet



Complete 2-4 sets of 10-20 repetitions. Rest 60s between sets.

## Bike - Continuous or Program

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- Select a bike
- Adjust seat to appropriate height
- Select a preset program or set timer
- Ride for designated time
- Monitor heart rate if possible

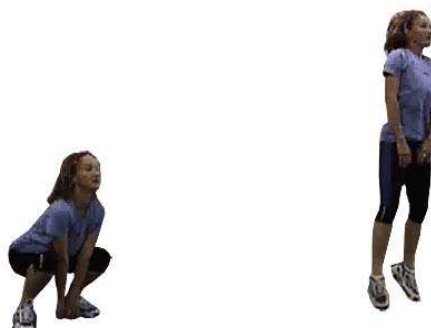


Complete 20 minutes.

## Squat Jump - Deep Squat

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- Stand with feet wider than shoulder width apart
- Adopt deep squat position
- Torso upright, feet flat on floor
- Jump for maximum height
- Land on balls of feet, drop into deep squat position
- Repeat



Complete 2-4 sets of 8-10 repetitions. Rest 90s between sets.

## Lateral Lunge - Medicine Ball

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- Stand with feet wide apart, toes pointing forward
- Medicine ball held out in front of body at arms length
- Sit to one side by bending one leg & keeping the other straight
- Descend until top of thigh is parallel to floor
- Keep heels flat on floor throughout



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

## Push Up - Hands On Exercise Ball - Feet Elevated

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- Hands on sides of the ball, feet on a bench or box
- Lower chest towards ball
- Push up slowly
- Maintain stability & plank like body position



Complete 2-4 sets of 8-12 repetitions. Rest 40s between sets.

## Lat Pulldown

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- Sit upright, look forward
- Wider than shoulder width grip
- Palms facing forward
- Pull bar to chin
- Return bar to start position



Complete 2-4 sets of 8-12 repetitions. Rest 30s between sets.

## Bicep Curl - In 7s

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- Stand barbell or dumbbells on thighs
- Palms facing forward
- Curl up to half way, and go back to neutral. Do this seven times
- Start fully flexed, and go down to half way, then back up again. Do this seven times.
- Complete a full curl seven times.
- Repeat all three stations 2-3 times.
- Maintain stable posture



Complete 2-3 sets of 7/7/7 repetitions. Rest 30s between sets.

## Incline Bench Press - Dumbbell

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- Dumbbells positioned adjacent to shoulders
- Shoulder blades retracted
- Upper back slightly arched
- Press dumbbells directly toward the roof
- Lower dumbbells to start position
- Variation: Alternate arms

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.

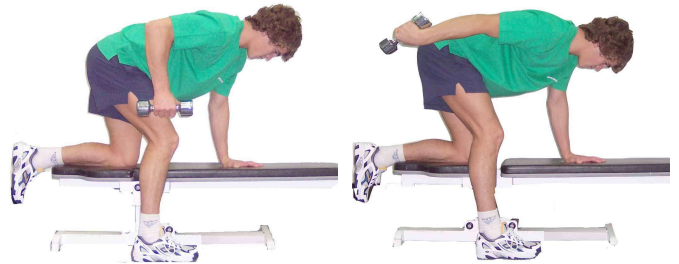


## Triceps Extension - Kickbacks

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- One knee on bench, other foot on floor
- One arm supports body weight on bench
- Other hand holds dumbbell
- Look toward bench, flatten spine
- Fix elbow in position near hip
- Slowly flex & extend the elbow

Complete 2-4 sets of 8-12 repetitions. Rest 60s between sets.



## Glute Stretch - Lying - Legs Crossed

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- Lie on back, knees bent
- Place one foot across opposite knee
- Grasp shin of the support leg
- Pull toward chest



Hold for 20-40 seconds. Repeat 1-3 times.

## Hamstring Stretch - Exercise Ball

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- Stand, raise one leg onto ball
- Hips pointed towards elevated foot
- Upright posture, lean forward over elevated leg

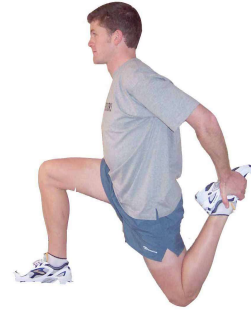
Hold for 20-40 seconds. Repeat 1-3 times.



## Hip Flexor - Quadriceps Stretch - Kneeling

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- Kneel in lunge position
- Reach behind & grasp ankle
- Pull ankle toward buttock
- Ensure torso is in an upright position
- Hold something for support if necessary
- Contract abdominals and buttocks to increase stretch



Hold for 20-40 seconds. Repeat 1-3 times.

## Posterior Shoulder Stretch - Arm Across Body

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- Stand, raise one arm to shoulder height
- Place arm across chest
- Pull elbow towards opposite shoulder
- Arm parallel to floor, thumb up



Hold for 20-40 seconds. Repeat 1-3 times.