

WEIGHT LOSS⁴

Exercise Plan

Your first concern may be losing weight, but the ultimate goal is to lose fat! So while the scale is a good gauge of progress, you should also measure body parts (waist, thigh, upper arm) as you start your weight loss program, and measure regularly to ascertain changes in your body. The combination of cardio and weight training is critical to your weight loss success.

Cardio – If you’ve never exercised or haven’t followed a regular program, doing cardio three times a week is a good start. As you improve your conditioning, you should increase intensity. This will also speed up the weight loss process.

- There are a few versions of cardio training:
 - “Fat Burning Zone” Theory – extended duration workouts at moderately high intensity. This means exercising at a “steady state” intensity where you’re within 60-70% of your heart rate maximum range. For heart rate calculations, subtract your age from 220 to arrive at your ballpark maximum level. Then figure the necessary training heart rate percentages based on this number.
 - “Higher Intensity Interval Training” (HIIT) Philosophy – burn as many calories as possible in a shorter amount of time. The method to accomplish this is to alternate between walking and running for short time periods. It helps to speed up calorie burn, but without overly taxing your body.

Resistance Training – Muscles are more metabolically active than any other tissue, which means you burn more calories at rest just supporting the muscle tissue. The more calories burned promotes a more effective long-term weight loss.

- Increasing Workout Calorie Burn Options:
 - Utilize some form of high intensity weight training, such as supersets (two sets) and tri-sets (three sets) of exercise in immediate succession without resting between them. This can be done in an antagonist (opposing muscle groups, such as biceps and triceps) or agonist (same muscle group) method. By moving quickly from one exercise to the next, you expend a much greater amount of energy and complete more work in a shorter time period.
 - Choose free weights compared to machine exercises. Because machines support your body and balance the resistance, they reduce the need for supporting musculature to be used. This burns more calories per workout. Some examples: Use free weight squats instead of leg press and perform deadlifts rather than hyperextensions. However, when using free weights, it’s important to make sure you always use proper form and have a spotter.

Workout Plan – For best results from a time-savings perspective, perform both weight training and cardio on each of the three days you’re exercising. If you have more time and want added benefit, alternate between strength and cardio training on opposing days, and exercise six days weekly.

- The order of exercises will depend on your fitness goals. If you are more interested in trimming body fat fast, do your cardio first. But if you want to both burn calories and reshape your body, do weight training first and finish your session with cardio.

- **For the three days per week recommendation, try this routine:**
 - *Day 1--Upper Body*
 - Perform antagonist supersets: Dumbbell bench presses followed immediately by bent-over dumbbell rows. Complete 3 to 5 sets of 10 to 15 reps each, using a weight where you reach muscular failure within the prescribed repetition range. Rest one minute between supersets and then pause 2 to 3 minutes before going onto the next superset grouping. Do 3 to 4 sets of 10 to 15 reps of shoulder press/lat pulldown machine supersets. After this, do 3 supersets of dumbbell or barbell curls followed by cable triceps pushdowns. Finish with 2 to 3 sets of crunches supersets with hyperextensions. This should take 25 to 30 minutes. Complete the session with 20 to 30 minutes of interval cardio training (1 to 3 minutes of high intensity followed by one minute of low intensity).
 - *Day 2 – Legs*
 - Perform 3 to 5 sets of squats or leg presses supersets with step-ups while holding a dumbbell in each hand. Again the goal is 10 to 15 reps taken to near-failure. Then do 3 sets each of leg extension machine/leg curl machine supersets. Follow this alternating stiff-leg dumbbell deadlifts with some type of squat machine. Finally, do 2 to 3 sets of standing machine calf raises. Cardio comes last.
 - *Day 3--* For the first week perform upper body on Monday and Friday, with lower body on Wednesday. The following week, switch the order. This way you'll do upper body twice one week and lower body twice the following week.

Notes: If you opt for a more advanced four-day schedule, you could do upper body on Monday and Thursday, with lower body on Tuesday and Friday. Perform cardio on all four days if you want to really burn fat, or just twice per week on upper body days if toning is more your focus.

“Rep” is the term used for defining the number of repetitions to be performed for a specific exercise. The total repetitions are combined into a full program and commonly referred to as a set within the exercise routine.

“Set” is defined as the consecutive execution of a predetermined number of exercise repetitions. In resistance training, a repetition is defined as the completion of a single exercise or movement through a full range of motion.

We strongly recommend that you consult with your physician before beginning any exercise program.