



Women's Workout Plan

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Four Aspects of an Exercise Program:

- Cardio
- Weight Training
- Diet
- Supplementation

Cardio:

First let's talk about cardio. To achieve your fat loss goals you will need to do between 30 and 45 minutes of cardio at least 3 times per week. The best time to do cardio would be first thing in the morning on an empty stomach. If you perform the cardio on an empty stomach then the body will have no choice but to use stored body fat (which is stored energy) as a fuel source. Your results will come 3 times faster just by switching the time a day you perform your aerobic activity. Also make sure that while you are doing cardio you stay in your fat burning zone. Your fat burning zone is equal to about 65 percent of you maximum heart rate. Almost any cardio machine you use should have the ability to keep track of this for you. A typical cardio breakdown you might follow is:

Week	Duration	Days Per Week
1 st week	30 min	3 days
2 nd week	30 min	3 days
3 rd week	35 min	3 days
4 th week	35 min	3 days
5 th week	40 min	3 days
6 th week	40 min	3 days
7 th week	45 min	3 days
8 th week	45 min	3 days

Weight Training:

The weight training portion of this program will be a total body 3 day per week program! The weight training days should not be performed on consecutive days. That means if you workout on Monday you should not do your next weight training until Wednesday. The biggest misconception that women have is that if they lift weights they are going to bulk up. That is simply not true weight training combined with cardio will take your metabolism to higher level then you ever thought!

Your weight training program will be as follows:

Warm Up: Get on the elliptical or treadmill for 5 to 10 minutes, this will warm your muscles up.

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Hamstring Curls:

1st set 20 reps

2nd set 15 reps

3rd set 12 reps

Leg Extensions:

3 sets of 12-15 reps

Leg Press:

1st set 20 reps

2nd set 20 reps

3rd set 12-15 reps

Lunges:

2 sets of 10-12 reps

Tricep Pushdowns:

1st set 15 reps

2nd set 12 reps

3rd set 10 reps

Dumbbell Curls:

2 sets of 12 reps

Shoulder Circuit:

This one requires some explaining. You will be doing front raises, lateral raises and bent over rear delt laterals in a giant set format. A giant set is when you do all 3 exercises back to back without out stopping. You will be completing 30 total reps for each set.

For example one set would be as follows:

One Set:

Front raises 10 reps

Side lateral raises 10 reps

Rear lateral raises 10 reps

** This is on set 10 reps of 3 different exercises without stopping!*

Perform 2 sets total of the Shoulder Circuit

Dumbbell Butterfly's or Fly Machine:

1st set 12 reps

2nd set 12 reps

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Diet:

Diet Plan

Breakfast:

7:00 AM: 1 packet of Oatmeal (plain) Flavor with cinnamon and splenda
Chicken breast or egg whites for protein or Protein Shake
Coffee w/splenda and creamer
1 Tbsp of Glutamine mixed in water

10:00 AM: Green apple sliced with 1 tbsp of peanut butter on it

1:00 PM Lean Meat (baked or grilled)
Small salad dip dressing
1 green veggie your choice
1 small sweet potato (you can substitute white potato from time to time)

3:30 PM: Low Carb Protein Shake
1 tbsp of Glutamine mixed in water

6:30 PM Lean Meat
2 Green Veggies

If you are hungry before bed drink a low carb shake

- Drink 1.5 gallons of water a day
- Eat every 3 hours
- No carbs after 3 pm
- Eat within 30 minutes of getting out of bed

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Supplements:

Glutamine: Is an amino acid that makes up 50% of the muscle tissue in your body. It is great for recovery and preventing muscle breakdown.

Glucosamine Sulfate with Chondroitin: Helps repair joint and connective tissue. It rebuilds cartilage and protects your body from wearing down.

Isopure Protein Shake: Whey Isolate protein drink that is very low carb and mixes easily.

Natures Plus Skinny Mini: Has thermogenic properties that increase the rate at which your body burns calories. This product works as an appetite suppressant and aids in elevating and maintaining a higher metabolism.

Vitamins and Minerals:

Multi-Vitamin: Makes sure you are getting all the nutrients that your active body desires.

Calcium and Magnesium: Helps to increase bone density and is essential to women in preventing osteoporosis.

Vitamin C: Great antioxidant that helps to boost your immune system. If you get sick then you can not workout!

Vitamin B-Complex: Gives you energy and helps with managing stress.

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