



8-Week BLISS[™] Body Makeover Program

PHASE One: Training Package



Weeks 1 and 2
Building Your Foundation
At-Home Split Program



Karen McCoy
Creator of BLISS[™] Training Method
- building great bodies one rep at a time!



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PHASE ONE: Building Your Foundation



Many thanks for joining us and congratulations for being courageous enough to want to change your life!

In **Phase One** of our **BLISS™ Training Program** we look at ***Building your Foundation***. That means we focus on simple exercises you can do at home with minimal equipment to start to build up our strength and our recuperative abilities. And yes, you will be sore, but that's a good sign (whoever said no pain no gain is a bad thing to promote...how else do you know if you're working yourself?). Even if you've been training for awhile, I'm going to take you back to the basics and teach you the **BLISS™** way. So if you're used to lifting heavier weights, then continue on.

Note: For phases 2 and 3 we'll head to a gym as we expand our weight training experience with machines, cables and other tools –necessary if you want to build a strong, shapely physique!

Write down your goals and beliefs: Don't forget this valuable tool, ok? I want you to be crystal clear (and honest!) about what you want to accomplish in the next 8 weeks, and beyond. Don't live by default anymore. This is your life in the making!

Training and YOU! outlines what you're expected to do for warm up, cardio, plyometrics and weight training. I strongly suggest you block out 1 hour a day for 3 days a week, and it's critical that you make a schedule and stick to it. And don't forget to measure your body fat. The accompanying article explains the importance of doing so, and where you can purchase your own low-cost machine (page 8). I've used one for years...it keep me on track and accountable!

Use your **BLISS Nutrition and Lifestyle TRACKING SHEET** to write everything down. Again, let's be accountable here with our food, training, feelings...you'll be amazed at the emerging patterns you can see coming to the surface when you put pen to paper. And learn how to make weight training your spiritual practice and learn how to put some Zen into it (page 9).

Please watch the exercise videos closely. Form is everything! In fact, download the video to your iPod or Blackberry and view them at the gym.

So let's start creating a healthy, sexier YOU with the 8-Week BLISS™ Body Makeover Program! Remember, it's all about YOU!



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PHASE ONE Training and YOU!



Training Days: 3 days a week at home, using 2 different dumbbells, and a bench or ball. (See *How to Choose your Dumbbell Weights*, below).

FIND YOUR ZEN: Before you begin, assume the Warrior Stance: core tight, knees slightly bent, chest open and up. Draw the earth's energy up into your legs. Now close your eyes, go inward and breathe slowly. Be still. Ask yourself, what do you want to accomplish? How do you want look and feel? Now, begin lifting. In your mind's eye, go 'into' the working muscle. See it expand and contract, feel the energy and vitality meandering through its every fibre. Enjoy the process and be grateful.

Plyometrics: We're starting every workout with body plyometrics (full body moves) which will progress in difficulty as we move through the weeks. Plyometrics are tough, but they're a great way to warm up and to burn fat!. You'll find these at the beginning of your workout videos. Have fun!

Upper Body and Lower Body workouts: There are 2 workouts consisting of an Upper and a Lower Body workout. Please watch your BLISS videos on site to learn how to do the exercises properly...with time and repetition, they'll become second-nature. You should be done the workout in under 1 hour. Remember to rotate through them. Example, Monday: Lower, Wednesday: Upper, Friday: Lower, then Monday, Upper and so on. With this workout, you can do two days back to back if need be because we're doing a body split, so your lovely parts will get the required rest (24 to 48 hours).

Abs / core will get worked every workout (so 3 times a week). Again, these are in the videos. We always do 20 reps for each abdominal exercise.

Stretch: Stretch it out after training, when your body is nice and warm (contrary to popular belief, we don't use a stretch as a warm-up!). Watch the video! Don't neglect!

Cardio: Aim for 1 hour a week total. Aim for 20 minutes at a time, and either do your cardio on non-training days or do it *after* weights for maximum fat burning (not before!). Make sure you're still able to hold a conversation but with some difficulty.

How to Choose Your Dumbbell weights: You'll be using 2 different weights, so here's how to find what weight you need—do a *shoulder press* with a weight that you can't lift beyond 20 reps, so start low (5 lbs) and lift for 20 reps...still have more reps you can do? Then increase the weight and do it again...keep upping the weight until you find where you can barely do 20 reps (most women find 8-15 lbs works). This is your *lighter* dumbbell weight. Now add on 5 lbs...that's your heavier weight. Now you have your 2 dumbbell weights that we'll use for this program!

Read your **FOCUS Cards often**. Envision, get excited and feel the shifts happening, both inside and out!

Remember, **Rome wasn't built in a day, but it *was* built!**

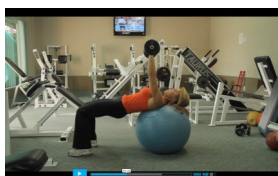
Exercises: remember, don't short-change yourself...most women underestimate what they can push. The more you lift, the faster the results and the smaller and tighter you'll become!
DB = dumbbell **BB = Barbell** **2 x 15 = 2 (sets) of 15 (repetitions)**

Day 1— Upper Body

Plyometrics Warm-up: non-stop through all 5, take 1-2 minutes rest and repeat for 2 full rounds.
 Beginner—1 round, Intermediate, 2 rounds, Advanced, 3 rounds.

squat (10), long lunge (10), side lunge (10), marching steps (10), ½ push-ups (10)

CHEST: Dumbbell Press—2 x 15



Dumbbell Flies—2 x 15



BACK: Dumbbell Rows—2 x 15



Bent Over Laterals—2 x 15



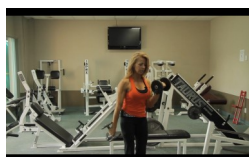
SHOULDERS: Standing DB Shoulder Press—2 x 15



DB Laterals (front / side)—2 x 15



Arms: DB Bicep Curls—2 x 15



(Feet-down) Tricep Bench Dips—2 x 15



ABS / CORE: 1 set of each, 20 reps. Use a medicine ball (6-10 lbs) or dumbbell

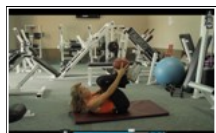
V-up



Side to Side



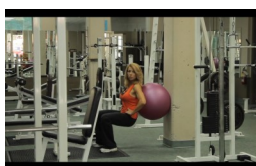
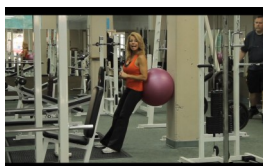
Crunch to ceiling



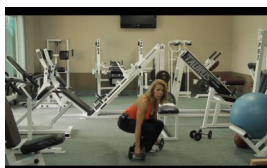
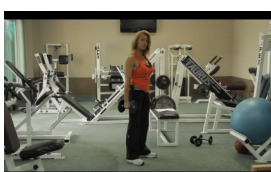
Day 2— Lower Body

Plyometrics Warm-up: non-stop through all 5, take 1-2 minutes rest and repeat for 2 full rounds. Beginner—1 round, Intermediate, 2 rounds, Advanced, 3 rounds.
squat (10), long lunge (10), side lunge (10), marching steps (10), $\frac{1}{2}$ push-ups (10)

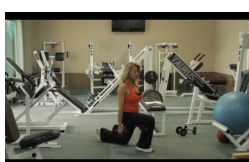
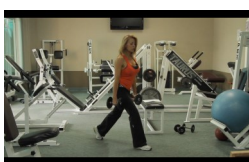
Ball on Wall Squat—3 x 15 with 3 sec hold each, then 10 sec hold for last rep.



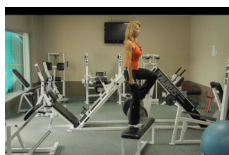
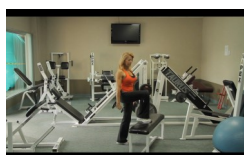
Dumbbell Squats: 3 x 15. Remember to touch floor with dumbbells.



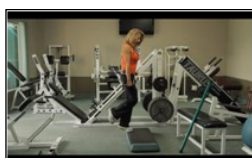
Dumbbell Long Lunges—3 x 15. Let the back knee graze the ground.



Step ups on bench with DB—3 x 15. Foot fully on the bench, kick up with opposite leg.



CALVES: Standing Calf Raises—3 x 15. Keep the knees 'soft' but don't let them bend.



ABS / CORE: 1 set of each, 20 reps. Use a medicine ball (6-10 lbs) or dumbbell

V-up



Side to Side



Crunch to ceiling



Date:

Notes

	SETS	REPS	WEIGHT	Plyo's # of times	Cardio time	Stretch Y / N	
DAY 1 - UPPER BODY							
EASY PLYOMETRICS - 1-3 times round.							
CHEST: DB Press							
DB Flies							
BACK: DB Rows							
DB Bent Over Laterals							
SHOULDERS: DB Press							
DB Laterals (alt. front to side)							
ARMS: Bicep DB Curls							
Tricep Bench Dips (feet down)							
CORE: V-up							
Side to Side							
Crunch to Ceiling							
DAY 2 - LOWER BODY							
EASY PLYOMETRICS - 1-3 times round.							
LEGS: Ball on Wall Squat							
DB Squats							
DB Long Lunges							
GLUTES: Step ups on bench with DB							
CALVES: Standing Calf Raise with DB							
CORE: V-up							
Side to Side							
Crunch to Ceiling							

Notes to self:



Training Tips and Tidbits

Watch the exercise videos closely: You may fumble at first but it just takes time. Just go slow at first and feel where the exercise puts more pressure on the muscles and when it lets off—feel your muscle contracting and working, after a few weeks, you'll really get into the flow of it. Honest!

Put some Zen into it. Lift with focus, determination and purpose. This is your moment, your body, your life and know that you deserve every ounce of success. *See it as a joy, not a job.* Connect with that awesome power of yours.

Stretching: Don't forget! We don't naturally get *more* flexible with age!

Cardio: Do it *after* your weight training for more fat loss. When you do it before, you're using up precious energy I'd rather you put toward lifting, and you won't burn as much calories. The other golden time to do cardio for fat-burning is first am (before any breakfast) or 2-3 hours after a meal, in other words, on an empty stomach!

Rest 30-60 seconds between sets. The rest length depends on how hard you're training. When in doubt, just check in with your internal workings...do they feel rested? Is your breath steady? Are you feeling like you can go at it again?

Write everything down. It makes you accountable, and you get excited to see all that you've accomplished!

(Use your Tracking Sheet found in this package!) Reps refers to the number of lifts, and the set is how many completed sets per exercise. When you write down your weights, write down the *weight used per side*. For example, if I say do a Leg Press with 25 pounds this refers to putting a 25-pound plate on each side of the machine. A Barbell curl with 10 pounds refers to adding a 10-pound plate on each side of the barbell. Got it?

Examples: sets, reps, weight

1 x 10 @ 10...1 set of 10 reps using 10 pounds per side.

3 x 8 @ 20...3 sets of 8 reps using 20 pounds per side

1 x 15 @ no weight...1 set of 15 with no weight (this could mean just using a bar or your bodyweight).

Empty bars have varying weights, usually from 15-45 pounds so you can either weigh them yourself or ask a trainer at the gym...they usually know the weight of each. It's tougher to know the weight of machinery.

Enjoy yourself! Envision your body how you want it to be, do the work, and it'll happen. It's a natural law of the universe. Living a healthy life is work, but it's pleasurable work, and there *is* a difference.

It's all about the benefits at the end of the rainbow—energy, vitality, peace, confidence, and of course, optimum **health on all levels!**

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BLISS™ Body Fat Sheet

Use this sheet to measure your body fat at the beginning and end of the BLISS Program. Your measurement can vary by 1-2% in any given day, so you want to see the overall amount going down over time. The HBF 306C retails for approximately \$40 and can be purchased online at www.omronhealthcare.com.

Note: Healthy body fat for women is 20-25%.

My Body fat:



Table 1: BMI Ranges

Weight	BMI range
Underweight	Less than 18.5
Normal Weight	18 - 24.9
Overweight	25 - 29.9
Full Figure	30 - 34.9
Fuller Figure	35 - 39.9
Fullest Figure	above 40

Summary:

The BIA results are based on lean versus fat mass, using a subtle electrical current. The percentage can be slightly higher if you are not well-hydrated, so make sure you drink your water. And re-take your measurements at the same time every day.

Points to remember:

- It is very possible to be within a healthy body fat range over time with proper weight training and sound nutrition.
- It is next to impossible to be below 15% (no matter what some people or trainers may say. Bodybuilders in contest shape run at around 8-11% body fat). When people say they run at 5 or 10% body fat, it is untrue.
- Less weight does not mean less body fat. In fact, less weight can mean an increase in body fat, in particular, if there is no consistent weight training regime. (i.e runners often are small in size but their body fat is usually one of the highest of all sports).
- Remember, *your metabolism is in your muscles* – challenge your muscles on a daily basis, and your muscle-to-fat ratio shifts in favour of increased muscle, thus increased metabolism and increased energy.
- Contrary to popular belief, walking, biking, hiking, running etc. are not 'structured exercise', those are 'daily activities' that we need to do every day for good health. These alone do not create or maintain muscle mass enough to raise metabolism, only 'structured exercise' does, ie weight training/bodyweight work provides the necessary muscular/skeletal stress to aid metabolism and weight loss to any decent degree.

Zen and the Art of Lifting!

When it comes to exercise, nothing rings supreme like **lifting weights**. And the reasons (and the scientific facts) are numerous.

- Shapely, tight, toned muscles
- Leveling of blood sugars; reduced cravings; reduced hunger
- Decreased insulin levels
- Increased bone mass and reduced osteoporosis
- Stronger hearts, lungs, capillaries, ligaments, tendons and bones
- Leveling of hormones
- Increased metabolism for 24 hours day every day (unlike cardio which gives an after-burn of only 6-8 hours on the day you do it)



For many people (yours truly included), lifting heavy weights is the highlight of their day. They attack every rep with fervor. But for some people, they just can't get into it. Or worse, they're bored by it. They lament, **"I'm bored. Weights are boring."**

Really?

Here's what I say: if you're bored you're either: 1) not working hard enough, 2) not focusing well enough, or 3) not changing it up enough. More than likely, it's all 3 combined.

First of all, the real trick to lifting weights is to **get into the groove**. Warrior stance, knees slightly bent, tummy sucked in, shoulders back, chest out and slightly up. Now close your eyes, focus on your breath and lift slowly, with purpose and vision. Make it your hour-long meditation. Envision what you want your body to look like. Get excited by the fact that you're reshaping your body with every lift!

Shake it up: use drop sets, vary your exercises, intervals, super sets...whatever it takes. With time, you'll learn these valuable tactics. Have your trainer teach you how.

Work with intensity! This is the main reason people don't get results. Even when they think they're lifting well, when I get a few minutes with them, they truly learn the art of intensity!

We truly are a culture suffering from short attention span and lack of focus. We want quick results with little effort, and that's displayed in our approach to fitness. I see this every day in the gym when, rather than staying with one thing and working it well and hard, clients jump around from station to station, from bands to balls to boards to Bo-su's, in an attempt to 'shake it up' and keep interested. Sadly, what this only leads to poor results and no real noticeable changes to one's body shape or tone.

Think of it another way: it takes 8,000 nails pounded into the foundation and bare walls of the average 3 bedroom house to create a strong, working foundation on which to build the rest of the house. Do you think those labourers like pounding in nail after nail? No, but they have to do it in order to create the strong frame, and bring structure to the house. Weight training is like that – a continual carving and sculpting of the muscle with every lift.

Let's look at Michelangelo's statue of David. Truly a work of art. Do you think he ever could have created such a masterpiece if he suffered from lack of attention and focus? If he jumped around from head to toe, to shoulder, and just did a little bit here, a little bit there? No, his instrument stayed in one place for weeks, carving, focusing, and shaping that stone into the perfection that we enjoy today as David. Was he bored? Maybe, but he knew what he had to do – stay focused, and carve that stone over and over again.

Did you know that martial arts consist of the same 14 moves done over and over again, to gain mastery over the moves? Did you know that Olympic Gold-Medal swimmer Michael Phelps trains 365 days a year (yep, no days off ever!) doing the same 3 strokes over and over again. Do you think he fights boredom? Yes, and very successfully, obviously. He knows he has to put in the work to be a Champion.

If you're bored with lifting weights, you really have to ask yourself if you're willing to do the hard work necessary to change your body and your life. As a society, we're less patient, and we jump around from one thing to another because we don't really want to do the grunt work. It's a form of procrastination.

I believe that's why boot camps have become so popular – you get to change it up all the time, and get a good sweat on, but this does not create great shape and tone. Don't get me wrong, I love boot camps and boot camp-style training, but I keep it to a minimum, because I did it for years (along with lots of cardio) and while my heart and breath improved immensely and I gained some body strength, my shape didn't change a whole lot.

I've always loved the look of strong, shapely muscle, so my choice of exercise reflects that – consistent, basic weight training exercises. I throw functional boot camp-style and bodyweight exercises into my weight workouts to add in some variety, but it's minimal. My mainstay remains weights. And that's the basis of **BLISS™ Training System**. Always has been. Always will be.

Weight training can be monotonous, relentless, tough, and without flare. But that's what separates the women from the girls! Dare to be different. Take the road less traveled, as poet Robert Frost suggests. Go the distance. It'll show. I promise you. And you'll make yourself proud!

Stretch it Out!

You completed your workout, your muscles are spent.. now you head for the shower.

Not so fast. Did you take time to stretch out those muscles that pulled you through your invigorating workout? Most aerobic and strength training programs inherently cause your muscles to contract and flex. For equal balance, pay attention to lengthening, or stretching, those muscles after your workout.



Benefits of stretching

- **Increased flexibility and better range of motion of your joints.** Flexible muscles can improve your daily performance. Tasks such as lifting packages, bending to tie your shoes or hurrying to catch a bus become easier and less tiring. Flexibility tends to diminish as you get older, but you can regain and maintain it.
- **Improved circulation.** Stretching increases blood flow to your muscles. Blood flowing to your muscles brings nourishment and gets rid of waste byproducts in the muscle tissue. Improved circulation can help shorten your recovery time if you've had any muscle injuries.
- **Better posture.** Frequent stretching can help keep your muscles from getting tight, allowing you to maintain proper posture. Good posture can minimize discomfort and keep aches and pains at a minimum.
- **Stress relief.** Stretching relaxes tight, tense muscles that often accompany stress.
- **Enhanced coordination.** Maintaining the full range of motion through your joints keeps you in better balance. Coordination and balance will help keep you mobile and less prone to injury from falls, especially as you get older.
- **Relieves onset muscle soreness and helps the muscles recover faster.**

Rules for Proper Stretching:

- **Warm up first.** Stretching muscles when they're cold increases your risk of pulled muscles. Warm up by walking while gently pumping your arms, or do a favorite exercise at low intensity for five minutes.
- **Hold each stretch for at least 30 seconds.** It takes time to lengthen tissues safely. Hold your stretches for at least 30 seconds — and up to 60 seconds for a really tight muscle or problem area. That can seem like a long time, so wear a watch or keep an eye on the clock to make sure you're holding your stretches long enough. For most of your muscle groups, if you hold the stretches for at least 30 seconds, you'll need to do each stretch only once.
- **Don't bounce.** Bouncing as you stretch can cause small tears (micro tears) in the muscle, which leave scar tissue as the muscle heals. The scar tissue tightens the muscle even further, making you even less flexible — and more prone to pain.
- **Focus on a pain-free stretch.** If you feel pain as you stretch, you've gone too far. Back off to the point where you don't feel any pain, then hold the stretch.
- **Relax and breathe freely.** Don't hold your breath while you're stretching.
- **Stretch in between lifts.** If you're waiting to catch your breathe between lifts, stretch the working muscle...it's a great way to kill time and enhance your lifting and recovery!
- **Stretch after your workout.** This ensures your muscles are warmed up. You'll actually find that you can stretch further after a good workout.

VIDEO: Don't forget to watch your BLISS Stretching Video!

“The two hardest things about an exercise routine: 1) getting started, and...
2) keeping going.”

- Anonymous



“Obsessed is a word used by the weak to describe the dedicated.”

- Ronnie Coleman



“If you like how you look, keep doing what you’re doing. If you don’t, change it up! ”

— Karen McCoy



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