

# Training Summary: Weeks 1 and 2

**Weight Training:** YOU choose how you want to train, but you will train one on, one off, one on...so, say for example, you could do the following:

Mon, Wed, and Fri could be training days (leave one day in between workouts with this Upper/Lower switch, ok? We want to ensure you recover!). So you would alternate between the 2 different workouts, **Upper Body** and **Lower Body**.

So...Monday could be Lower Body, Wednesday is Upper Body, Friday is Lower Body. When Monday rolls around, you would do Upper Body...so Upper, then Lower, then Upper, then Lower etc...and you alternate through this way for the next 2 weeks.

And don't forget to read "*How Much Weight Should I Use?*" so you work out to your max.

**You can end your weight training session with 10-20 minutes of cardio.** (It's important you don't do your cardio *before* your weights, especially if you are using cardio to lose weight, which most of us are....remember, to burn fat, *fasted cardio* (where you have no food in your system) is best, so when you choose cardio at the end, then there is no food in the system to have to burn off, so the body can switch right into burning FAT (it can't burn fat if there is food in your blood / system, so post workout ensures you are 'empty' of food, and ready to burn FAT!) Make sense?

**Cardio Days:** Tues and Thurs could be your cardio days in which you do **20-30 minutes of non-stop cardio** (choose the elliptical, rower or stair-master, no treadmill please, unless you're *running* on it).

OR, you can do your cardio post workout...but some of us like to just focus a separate day on cardio...it's up to you! But remember, if you go in to just do cardio, make sure it's on an empty stomach...so 1.5 – 2 hours after eating! That's why first a.m. cardio is so popular...the empty-stomach thing is a sure thing!

**The trick here** – keep your heart rate at least above 130 bpm, ok? That's your fat-burning zone, and in order to burn fat, you must do it on an empty stomach....so do your cardio *after* your weight training, or first thing in the a.m. before breakfast. You can have your heart rate go higher too, I go as high as 180 sometimes, so don't worry about that, *unless you are on blood pressure*

*medication or other medication that alters your heart rate, then you need to check with your doctor!*

**Core:** You will work out abs every weight training day, doing a total of 6 exercises, 20 reps each. It's all in your videos and workout cards.

**\*\*NOTE:** If you need to change the days to say, Tues, Thurs, Sat., that's ok. As long as you're doing 3 days of weights with a days' rest in between, and 2-3 bouts of cardio. If you've been doing A LOT of cardio, then you won't want to cut it down all at once...you may need to taper, or you may keep it, depending on whether you can train well, with all that cardio. But remember, we MAJOR in weights and MINOR in cardio! I get into this more in our weekly audio!

### **So how can you make sure you stick with the Challenge?**

- 1) **Set measurable and *time-bound* goals.** If you say, "I want to lose weight and get into shape this year," that's great, but what exactly does this mean? Instead of, "I want to lose weight," try saying, "I want to lose 20 pounds." Better yet - "I want to lose 20 pounds by March 19<sup>th</sup> (the end date of The Challenge)". So how will you do this? "*By training Monday, Wednesday and Fridays, from 9 to 10 am.*" Good. Now you're getting somewhere.
- 2) **Schedule your workouts for the same time every day.** We're going to weight train 3 days a week. So set aside, say, 9 to 10 am as your workout time, and don't deviate from this. Making an appointment with yourself is paramount to success, and lets you (and others) know that you are serious about investing in your health. Besides, we all now that if you wait for that hour to miraculously appear somewhere in the day, it's not going to happen.
- 3) **Write it down, either on your workout card or in a journal.** When you write it down, you're hardwiring it into your brain. Also, writing out your workouts in a journal every day allows you to see your progress.
- 4) **Train with a buddy.** Having a training partner is a terrific way to stay committed and accountable. Besides, it's more fun!
- 5) **Stay motivated.** Actively visualize your new, firm, fit body. Read all you can about training and fitness and read some of the success stories in the magazines. They did it, and so can you! Get excited about the process! Oxygen, Women's Health and Men's Health (believe it or not!) are great motivational tools!



6) **Train with intensity and focus.** If you're training in this way, it's tough to get bored with your routine. With intensity and focus, you get into the 'zone', where training seems to flow and all work seems effortless. In this head space, it's tough not to enjoy it. Try it and you'll see what I mean!

7) **Change your language.** If you go into the gym saying, "I hate to exercise, but I know I have to do it", then you're not going to stick with it. Fitness goals and the ensuing success of those goals start as an 'inside job'. (This goes for any goals.) Change your language, change your life.

8) **Don't do it for anyone but yourself.** When a client says to me, "My doctor wants me to be here," or "my wife says I should do more exercise," then I know their drop-out potential is high. Do it for yourself, not anyone else. It is, after all, your health and your body. But it must be your choice first.

9) **Stay motivated by reading magazines, and seeing other people's success.** It's done it for me for 30 years now....it'll work for you too!

10) **Email me!** I'll give you a kick to get you going, ok? I know all too well what this is like, but trust me, the rewards are worth it. Not only will you look and feel great, but you'll feel in control, confident, powerful and on top of the world!

\*\*Don't forget to watch the corresponding **Week 1: Lower Body and Upper Body** exercise videos and *download your workout cards!* Now let's get training!

[www.bestshapechallenge.com](http://www.bestshapechallenge.com)