

Fullbody Makeover



Exercise Diet and Log Journal

Written and compiled by Clinton Walker III

First Edition 2008
Published by lulu.com
Printed in the USA

Written and compiled by Clinton Walker III
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ISBN: 978-1-4357-0859-4

Printed in the USA by Lulu press

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ABOUT THE AUTHOR

I am a 33 year-old personal trainer from Birmingham, AL. My experience includes over eight years of Personal Training. I have studied diet techniques, weightlifting, and nutrition for over 10 years. This includes the study of kinesiology at the University of Alabama. Through extensive research, experience, and testing, I decided to put the knowledge that I gained in writing. I believe in not only training, but educating my clients to maintain their results throughout life. With the right combination of weight training and dieting you can achieve a healthier and better-looking body.

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INTRODUCTION

Health and fitness are two of the most important issues facing people today. More people are realizing the amazing benefits of practicing a healthier lifestyle. Many individuals are not willing to make the sacrifices necessary to achieve the desired goals. People are willing to try gimmick diets, pills, and even plastic surgery to get in shape. Although some of these techniques may provide a quick fix, they usually do not contribute to long-term health. In general, people have the desire to look and feel better physically but lack the self-discipline to do so. A little guidance is needed to motivate people into taking that first step. To achieve total Health and fitness, consistency is one of the keys to success. With the right combination of weight training and dieting, you can achieve a healthier and better-looking body. This book will allow you to email questions, comments, and request your own personalized workout. I only give good healthy advice that will ensure you the best short and long-term results. As a personal trainer, my role will be to keep you motivated to continue to workout and choose it as a lifestyle and not just a quick fix. Although the dedication and self-discipline needed to adhere to a new fitness lifestyle is tough to accept at first, once you see the results you will want to embrace the fitness way of life. We do not believe in gimmicks, only good advice. A combination of weightlifting, cardio activity, and dieting will get you the results you are looking for. This book is short and to the point. This book gives you just the information you need to achieve your goals. If you do not understand any concepts, you may email me for answers.

Email me at **fullbodymakeover@yahoo.com** with your questions and goals. You may also check out the website at **<http://www.makeoverfitness.com>** Please allow 24 hours for a response. Emails are checked daily.

CHAPTER 1

How calories are burned

Many individuals labor under a misconception of how calories are burned. The importance of knowing how calories are burned is very significant in the fight to stay healthy and in shape. Expend more calories than you consume and there will be weight loss. The body burns calories three ways; **resting metabolic rate (RMR), energy expended with exertions either from exercise or daily activities,** and the **thermic effect of food.**

Resting metabolic rate is the most important of the three.

1. Resting metabolic rate accounts for 60-75% of daily calories burned. This means you burn the most calories while at rest. The faster your metabolic rate the more calories you burn. People with a high percentage of lean body mass (fat free mass) burn more calories while at rest. This means it is important to not only lose fat but to gain muscle in the process. It is also important to eat enough calories during the day. Restricting calories will lower your Metabolism rate; this is why it is important to have a good healthy diet plan.

2. Energy expended with exercise or daily activities account for 20-30% of your daily caloric output. You can determine the amount of calories you burn according to your workout and intensity. A typical exercise session will burn about 300 calories. It is important to do some type of exercising because daily activities alone may not burn enough calories.

3. Thermic effect of food accounts for about 10% of calorie expenditure. If you eat a 400-calorie meal, about 40 calories are used for digestion and absorption. This is another reason it is important to eat enough calories throughout the day. **10% of your calories burned actually come from eating.**

Determining the Amount of Calories your body burns while at rest.

HARRIS BENEDICT EQUATION

The **Harris Benedict Equation** is a formula that uses your BMR (calories burned while resting) and then applies an activity factor to determine your total daily energy expenditure (calories). The only factor omitted by the Harris Benedict Equation is lean body mass. Remember, leaner bodies need more calories than less lean ones. Therefore, this equation will be very accurate in all but the very muscular (will under-estimate calorie needs) and the very obese (will over-estimate calorie needs).



English BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

Metric BMR Formula

Women: $BMR = 655 + (9.6 \times \text{weight in kilos}) + (1.8 \times \text{height in cm}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (13.7 \times \text{weight in kilos}) + (5 \times \text{height in cm}) - (6.8 \times \text{age in years})$

STEP 1

Plug in the appropriate numbers and solve the formula above to find your **BMR** (Basal Metabolic Rate)

STEP 2

After you determine the **BMR** (Basal Metabolic Rate) choose the appropriate category from the chart.

Harris Benedict Formula

To determine your total daily calorie needs, multiply your **BMR** by the appropriate activity factor, as follows:

1. If you are sedentary (little or no exercise): $\text{Calorie-Calculation} = BMR \times 1.2$
2. If you are lightly active (light exercise/sports 1-3 days/week): $\text{Calorie-Calculation} = BMR \times 1.375$
3. If you are moderately active (moderate exercise/sports 3-5 days/week): $\text{Calorie-Calculation} = BMR \times 1.55$
4. If you are very active (hard exercise/sports 6-7 days a week): $\text{Calorie-Calculation} = BMR \times 1.725$
5. If you are extra active (very hard exercise/sports & physical job or 2x training): $\text{Calorie-Calculation} = BMR \times 1.9$

STEP 3

After you choose the appropriate category, **multiply your BMR times the proper number.** The answer will give you an **estimate** of your calories burned at rest.

EXAMPLE 1

DETERMINE THE RESTING METABOLISM (AMOUNT OF CALORIES BURNED DURING REST) FOR SUSAN

Susan is 45 years old; she weighs 245 pounds and is 5 foot 5 inches tall. She works the type of job where she sits for most of the day. Susan does not exercise ever. How many calories is Susan burning while at rest?

STEP 1

- First, find Susan's **BMR**
- Plug Susan's weight, height, and age into the formula

English BMR Formula

Women: $BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$

Men: $BMR = 66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age in year})$

$BMR = 655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age in years})$.

$BMR = 655 + (4.35 \times 245) + (4.7 \times 65) - (4.7 \times 45)$

$BMR = 655 + 1065.75 + 305.5 - 211.5$

$BMR = 1814.75$

STEP 2

Determine where Susan falls on the figure 1.

Since Susan sits at her desk most of the day and does not exercise she would fall under the number 1.

Figure 1

Harris Benedict Formula

To determine your total daily calorie needs, multiply your **BMR** by the appropriate activity factor, as follows:

1.If you are sedentary (little or no exercise): Calorie-Calculation = BMR x 1.2

2.If you are lightly active (light exercise/sports 1-3 days/week): Calorie-Calculation = BMR x 1.375

3.If you are moderately active (moderate exercise/sports 3-5 days/week): Calorie-Calculation = BMR x 1.55

4.If you are very active (hard exercise/sports 6-7 days a week): Calorie-Calculation = BMR x 1.725

5.If you are extra active (very hard exercise/sports & physical job or 2x training): Calorie-Calculation = BMR x 1.9

STEP 3

Plug numbers into the formula

The formula for number 1 is **BMR X 1.2**

Plug in the appropriate numbers

SUSAN'S CALORIES BURNED WHILE AT REST = **SUSAN'S BMR X 1.2**

SUSAN'S CALORIES BURNED WHILE AT REST = **1814.75 x 1.2 = 2177.7**

ANSWER: SUSAN BURNS approximately **2177.7** CALORIES A DAY AT REST.

2177.7 are the amount of Calories Susan burns at rest.

If Susan decided to exercise and burn 600 calories how many TOTAL calories would she burn?

FORMULA FOR SUSAN'S **TOTAL** CALORIES BURNED

SUSAN'S CALORIES BURNED RESTING + AMOUNT OF CALORIES BURNED EXERCISING.

Susan burns 2177.7 calories resting. If she burns an additional 600 calories exercising Susan would burn $2177.7 + 600 = 2877.7$

SUSAN'S TOTAL CALORIES BURNED ARE 2877.7

If Susan wants to lose weight for that day she would have to eat less than 2877.7 calories.

Calories Burned needed to lose weight

There are approximately 3500 calories in a pound of stored body fat. If you create a 3500-calorie deficit through a combination of diet and exercise, you will lose one pound of body weight. (On average 75% of this is fat, 25% lean tissue) If you create a 7000-calorie deficit, you will lose two pounds and so on. The calorie deficit can be achieved either by calorie-restriction alone, or by a combination of fewer calories in (diet) and more calories out (exercise). The combination of diet and exercise is the best method for lasting weight loss. Sustained weight loss is difficult or impossible without increased regular exercise.

CHAPTER 2

How to speed your metabolism

Three ways to speed up your metabolism

1. Eat six smaller meals instead of three large meals.

You should consume breakfast, lunch, dinner, and three snacks daily. It is best to eat your snacks between meals and after dinner. Eating snacks will help control your appetite throughout the day. A snack may be as small as a piece of fruit, crackers, vegetables, or peanuts. When you eat six smaller meals, you burn additional calories daily.

Many individuals use the excuse of not having the time or appetite to eat six meals. If you plan your meals according to your schedule, you can learn to eat properly. You can easily consume a snack on the go even with a hectic schedule.

TIP: Try to eat your last meal before 8pm.

WHY SHOULD YOU EAT SIX MEALS?

- Eating six small meals help burn additional calories during the day.
- It also increases your Resting metabolism (BMR; the amount of calories you burn at rest).

2. Add weightlifting to your exercise routine.

- You should perform a weightlifting routine at least two times a week along with cardiovascular exercises.
- Use lightweights and high reps to tone your muscles.
- **YOU CANNOT EFFECTIVELY LOSE WEIGHT AND TONE WITHOUT SOME WEIGHTLIFTING.**

Many women believe weightlifting will cause them to become too muscular. This belief is a common misconception. If you lift lightweights with high reps (12-15), your muscle gains will look feminine. Lifting weights will cause your body to gain **some** muscle mass. Increased muscle mass is **NECESSARY** to increase your metabolism rate.

3. Drink plenty of water.

Continuously drinking water throughout the day is essential to your success. You should drink at least eight to ten glasses a day. You should consume more than ten glasses if you are active. Adequate hydration is important especially when exercising. Lack of water may cause decreased performance, headaches, and constant fatigue. Fluids have at least three important functions.

- 1. Transport glucose to working muscles and carries away metabolic by-products.**
- 2. Fluid in urine eliminates metabolic waste products.**
- 3. Fluid in sweat dissipates heat through the skin.**

At the end of the day, you should have consumed more **water** than any other liquids.



CHAPTER 3

Diet tips

To effectively lose weight you must eat a healthy and balanced diet. Fad diets, pills, and other gimmicks are not effective or healthy. While these products usually produce short term results, they have more side effects than benefits.

Here is a simple breakdown.

Carbohydrates should be 60% of your daily diet

- Carbohydrates are the body's main source of energy. You must consume enough carbohydrates daily to remain healthy. Restricting your calories with low-carbohydrate diets decreases your energy.

Types of Carbohydrates

Simple carbohydrates like (sugars, including glucose and fructose from fruit and vegetables, lactose from milk, and sucrose from cane or beet sugar)

Complex carbohydrates like (carrots, broccoli, corn, potatoes, bread, cereal, pasta, rice, and beans) which contain glucose, fiber, and other nutrients.



Fat should be 30% of your daily diet

- Fat adds flavor to food, and is an important component of a healthy diet. Fat is necessary for energy production, transporting fat soluble vitamins, protection of internal organs, insulation, healthy skin, hair, and supplying the linoleic acid¹.

Types of fat

1. **Triglycerides** are the chemical form in which most fat exists in food as well as in the body. They're also present in blood plasma and, in association with cholesterol, form the plasma lipids.

2. **Saturated fats** come primarily from animal sources:

EXAMPLES

Butter, whole milk, dairy products, and meats.



¹ Linoleic acid is a member of the group of essential fatty acids called omega-6 fatty acids, so called because they are an essential dietary requirement for all mammals.

Coconut and palm oils are also high in saturated fat. **Saturated fat** raises cholesterol² levels more than any element in your diet. Less than 10% of your daily calories should come from saturated fat sources.

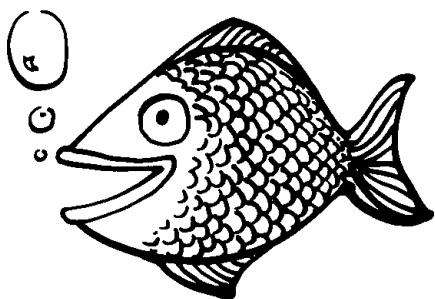
3. **Unsaturated fats** can be either monounsaturated or polyunsaturated.

Monounsaturated fats. This type of fat can reduce LDL cholesterol without affecting beneficial HDL's. **This is the preferred form of fat in a diet.**

Examples include **olive oil, canola oil, peanut oil, and avocado oil.**

Polyunsaturated Fats are divided into omega-6 vegetable oils and omega-3 fish oils.

Examples include **sunflower, corn, and sesame.** The omega-3 oils come from fish like **mackerel, halibut, salmon, albacore tuna, and whitefish.**



Benefits of Omega-3 oils are decreased blood pressure, cholesterol, triglycerides, and blood clotting.

² **Cholesterol**

Cholesterol is a building block of cells, vitamins, and hormones in the body. The human body makes cholesterol in all cells of the body and also gets cholesterol from some foods in the diet. It is transported in the bloodstream to other cells or for elimination by the body.

Cholesterol is a solid fat carried in blood by lipoproteins and deposited in the walls of arteries which therefore narrow and when they block completely cause heart attacks and strokes.

THE PROBLEM:

Most people eat almost twice as much fat as the human body is designed to handle. 36% to 41% of total daily calories often come from fat.



Protein should be 10% of your daily diet

Protein builds and repairs muscle, red blood cells, hair, and other tissues. Protein is also necessary for the synthesizing hormones.

- Examples from plants include: **Fruits, grains, and vegetables.**
- Examples from legumes include: **Dried beans or tofu with rice or bread.**
- Meat is a good source of protein, but too much may lead to high cholesterol.

Here are some less fatty cuts of meat

Beef.....Top round, eye of round, round steak, rump roast, sirloin tip, short lion, strip steak lean, lean and extra lean ground beef.

Pork.....Tenderloin, sirloin roast or chop, center cut loin chops

Lamb..... Foreshank, leg roast, leg chop, loin chop

HOW TO PLAN A DIET

STEP 1

DETERMINE YOU'RE EATING PATTERNS

Take a few days to record what you are eating and drinking, being specific as possible. Logging your diet will give you an idea of what and when you are eating. Tracking your diet is important in determining the changes needed.

Visit **www.makeoverfitness.com** and use the calorie counter to determine the breakdown of calories for most foods. Enter the name of the food into the box and press enter.

Analyze your log sheet and determine how many calories you consume daily. Calorie intake needs will differ for each individual. Many people mistakenly eat too few calories.

Consuming under 1200-calories for women and 1800-calories for men is severely low.

Typically it is best to eat about 500-1000-calories less a day than your total calories burned.

(See Chapter 1: Harris Benedict Equations)

After you determine an estimate of your calorie intake, use the chart below to determine the breakdown where your calories should come from.

Calories consumed A Day	Carbohydrates Calories/Grams	Fat Calories/Grams	Protein Calories/Grams
1200Calories	720 / 180 grams	360 / 40 grams	120 / 30 grams
1300Calories	780 / 195 grams	420 / 43 grams	140 / 33 grams
1400Calories	840 / 210 grams	450 / 46 grams	150 / 36 grams
1500Calories	900 / 225 grams	480 / 50 grams	160 / 38 grams
1600Calories	960 / 240 grams	510 / 53 grams	170 / 40 grams
1700Calories	1020 / 255grams	540 / 56 grams	180 / 43 grams
1800Calories	1080 / 270 grams	570 / 59 grams	190 / 45 grams
1900Calories	1140 / 295 grams	600 / 62 grams	200 / 48 grams
2000Calories	1200 / 310 grams	630 / 65 grams	210 / 51 grams
2100 Calories	1260 / 325 grams	660 / 68 grams	220 / 54 grams
2200 Calories	1320 / 340 grams	690 / 71 grams	230 / 57 grams
2300 Calories	1380 / 355 grams	720 / 74 grams	240 / 60 grams

STEP 2

PLAN AND MAKE CHANGES TO YOU'RE DIET

If you are not eating enough, increase your calorie intake. Women and men should eat at least 1200 and 1800 calories a day respectively. **Severely restricting calories will result in an eventual weight gain or lack of energy.** If you are restricting your **calories**, start eating more immediately. If you are eating too much start by cutting your portion sizes.

TIPS TO CONTROL PORTION SIZE

- **Decrease your portions by half**

You can lose weight and still enjoy your favorite foods. Just decrease your portion sizes by half. Take your typical dinner serving and decrease it by half. Try supplementing your meal with fresh fruit or vegetables on the side. After you eat, wait a few minutes to allow yourself to feel full. You will probably notice you don't feel the urge to eat as much.

- **Don't eat a three-course meal at restaurants**

When dining out, watch how much you are eating. Most restaurants serve huge portions for the main course. Eating an appetizer, main course, and desert is too much food. Many restaurants offer lunch size portions of their dishes, which are smaller than their full-size dinner entrees. In most restaurants you can purchase the lunch size entree at dinnertime. Ordering from the lunch menu helps with portion control.

- **Don't biggie-size anything**

Fast food portions are normally too large. Upsizing meals give you extra food you don't need. If you decide to eat fast food (which should be rare), order the regular size.

- **Start Reading Labels**

Look carefully at the serving size for your food. Find out how many servings you are actually consuming. You will soon know how to measure a serving size simply by looking at the food.

- **NO BUFFETS!!!**

It is nearly impossible to practice portion control in an "all-you-can-eat" situation. Many individuals mistakenly eat as much as possible in a buffet. This is not good for someone on a diet.

- **Learn the standards:**

3 oz. of meat is the size of a deck of cards or an audio tape; 1 oz. of meat is the size of a matchbook; 1 cup of potatoes, rice, or pasta looks like a tennis ball.

Here are some important tips to cut fat

1. Read labels to determine both the amount and type of fats in foods.

The new food labels mandated by the Food and Drug Administration for processed foods were on most products as of July, 1994. Single ingredient foods, such as fresh fruits, vegetables, meat, poultry, fish and unprocessed grains are not required to have labels. The new labels must contain the following information.

Total calories

Cholesterol

Sugars

Calcium

Calories from fat

Dietary fiber

Protein

Iron

Total fat

Sodium

Vitamin A

Saturated fat

Total Carbohydrates

Vitamin C

When reading labels:

1. Look carefully at the serving size. If your normal serving size is more or less than the serving listed, you'll need to adjust when considering the amount of fat (or carbohydrates, or proteins) in the product.

2. Look at the calories from fat. Figure the percent of calories coming from fat by dividing the total calories into the calories from fat. Figure the percent of calories coming from fat by dividing the total calories into the calories from fat (see item in red in figure 1: $36/120 = 30\%$).

3. Look at the grams of fat in the food and consider how this food fits into your total daily fat gram allotment.

4. The percentage (%) daily value can be confusing for some people. It measures the amount of the particular nutrient in the food (e.g., fat) against the amount of that nutrient an average person is supposed to have in one day. So, if you consume a 2,000 calorie per day diet, 30% fat is 600 calories from fat or about 65-66 grams of fat (see bottom of Table 1). A serving of six cookies nets four grams of fat, which is 6% of the 66 total grams of fat, your are allowed per day.

5. On the bottom of each label is a little nutrition lesson.

For people consuming 2,000 or 2,500 calories per day, total fat, saturated fat, cholesterol, sodium, total carbohydrate, and dietary fiber recommendations are right there. In addition, calorie values per gram of fat, carbohydrates, and protein are on the labels for easy reference.

Table 1

Nutrition Facts

Serving size 6 cookies (28g)

Servings per container about 11

Amount per Serving

Calories 120

Calories from Fat 36

% Daily Value*

Total Fat 4g6%
Saturated Fat 0.5g4%
Polyunsaturated Fat 0g
Monounsaturated Fat 1g

Cholesterol 5mg2%

Sodium 105mg4%

Total Carbohydrate 20 g7%
Dietary Fiber less than 1g2%
Sugars 7g

Protein 2g

Vitamin A 0%

Vitamin C 0% * Calcium 0% * Iron 8%

*Percent Daily Values are based on a 2,000 calorie diet.

Your daily values may be higher or lower depending on your calorie needs:

Calories2,0002,500

Total FatLess than66g83g
Sat FatLess than20g25g
CholesterolLess than300g300mg
SodiumLess than2,400mg2,400mg
Total Carbohydrate300g375g
Dietary Fiber25g30g

Calories Per Gram: Fat 9 * Carbohydrate 4 * Protein 4

2. Instead of red meat, sometimes opt for chicken or fish (Skinless cuts out even more fat)
3. If your diet consists of large portions of meat, try to eat more meatless meals. Use vegetables, grains and legumes as the main dish.
4. Select lean meats and eat smaller portions (three to five ounces). Trim off the fat.
5. Limit intake of fats and oils, especially those high in saturated fat. Choose a margarine that has at least twice as much polyunsaturated fat as saturated.
6. Broil, bake, or boil foods instead of frying.
7. Cut back on fat-laden snack foods e.g. potato chips, cookies, and pastries.

8. Stop Cola consumption

For every 20 ounces of Coca-Cola you drink, you're consuming 250 calories. If you're trying to consume around 1500-calories a day in order to lose weight, you can blow your entire calorie budget on soda.



SAMPLE DIET PLAN

Take a look at this diet plan and try to plan your meals similar to table 2.

DAY	Breakfast	Snack	Lunch	Snack	Dinner
MON	3 egg whites or ½ cup Egg Beaters (flavored with salsa)	2/3 cup OJ or 1 cup nonfat milk 1 small meal replacement bar	3 oz white turkey meat 2 slices whole wheat bread ½ cup soup, broth- based Steamed veggies	1 medium piece fruit	1-1/2 cups pasta with ¼ cut marinara sauce 3oz. broiled chicken breast Steamed veggies Romaine lettuce with 1 Tbsp. low-fat dressing
TUES	2/3 cup oatmeal ½ cup banana slices 1 cup nonfat milk	1 medium piece fruit with ¼ cup low-fat cottage cheese	3 oz tuna 1 Tbsp. nonfat mayo 2 slices whole wheat bread Steamed veggies	1 small bran muffin	3 oz grilled or broiled salmon with marinade (2 Tbsp. lite soy sauce, 1 Tbsp. Ginger, 1 Tbsp. garlic) Steamed veggies 1 cup brown rice

WED	2 waffles with 2 tsp. lite syrup 2/3 cup OJ	1 cup low-fat yogurt	2 oz ham 1 oz low-fat Swiss cheese 2 Slices rye bread Brown mustard 1oz. baked Potato chips 1 medium piece fruit	½ cup frozen yogurt or sorbet	3 oz. grilled red meat (lean cut, palm size) 1 small baked potato with 1 Tbsp. fat-free sour cream Steamed veggies 1 slice whole
THUR	1 cup oat bran cereal with 1 cup fruit 1 cup nonfat milk	1 Tbsp. peanut butter or almond butter with celery	½ cup turkey chili 1 oz. low-fat Cheddar cheese ½ sourdough roll ½ cup fresh fruit Steamed veggies	1 Tbsp. Peanut butter or almond butter 1 plain rice cake	1 slice pizza (1/8 of 15 inch medium pizza) Salad with 1 Tbsp. low-fat dressing 1 cup fresh fruit or vegetables
FRI	½ bagel Tbsp. low-fat Cream cheese ½ cup nonfat milk or 2/3 cup OJ 1 cup fresh fruit	½ cup nuts plain peanuts, cashews, almonds, etc.)	Veggie hot dog Hot dog bun Light spread of mustard/ketchup 1 small baked potato with 1 Tbsp. fat-free sour cream Steamed veggies	1 small granola bar 1oz frozen yogurt or sorbet	3 oz skinless grilled turkey breast 1 medium sweet potato Steamed veggies 1 cup fresh fruit ¾ cup brown rice

Table 2

This chart gives you an idea of how you should plan your meals. Of course you do not have to eat the exact foods on the above chart. This chart is a guide of how you should plan your meals.

WHEN TO EAT

Eating at the right times is very important to losing weight.



- **Try not to eat 3 hours before bedtime.** This technique helps your body burn calories while you're asleep. Since you will be hungry in the morning you should NOT miss breakfast. Breakfast is the most important meal of the day and you should rarely miss it.
- **Don't eat a large meal right before a workout.** A light snack such as fruit or a power bar one hour before a workout is ok. Make sure you have eaten something a few hours before the workout so you can have enough energy.
- **You can still enjoy some of your favorite foods in moderation.** If you gradually make changes to your diet, you will achieve life-changing results.

If you would like for me to take a look at your meal plan email me at fullbodymakeover@yahoo.com

CHAPTER 4

Putting an exercise program together

A good exercise program is a combination of cardiovascular and weightlifting exercises. Your weightlifting should consist of seven to twelve exercises. Make sure to balance your workout to include all muscle groups. For the best results, perform a few exercises for each muscle group.

A complete workout program changes slightly every couple of weeks. Performing the same routine causes progress to decrease. Challenge your body by doing different weightlifting and cardiovascular exercises. If you are walking two miles per hour on the treadmill, speed up to three miles per hour. Change your exercises on each body part periodically.

YOU HAVE TO LIFT weights along with cardiovascular exercises if you desire good results. To speed up your metabolism you must increase muscle mass. Some type of weightlifting should be performed at least two times a week.

The first example workout is a full body workout that focuses on the entire body. This type of program would be performed three times a week with a day of rest in-between. If you work a muscle group on one day you should rest those muscles the next day. You may also choose to perform upper body exercises one day and lower body the next. When performing this type of program you can lift weights on consecutive days. This program allows your upper body to rest while performing lower body exercises.

Spot reducing- trying to lose weight in one part of your body by exercising that area- simply doesn't work. If you continue to workout the fat will eventually come off your target area.

You may add an exercise or two to target a specific area of the body. When targeting an area, do not NEGLECT the rest of your body.

Every workout should be designed to fit your needs and goals. Take into consideration any health issues you may have.

If you need help putting together a routine please email me at fullbodymakeover@yahoo.com

Aerobic Exercise

How many calories does aerobic exercise burn?

The number of calories that you burn varies with the activity, duration and intensity of the workout. The table below is from the American Council on Exercise. Calories are given for one minute of activity. This is just an estimate of how many calories your body burns during these activities below.

Activity and calories/minute	120 pounds	140 pounds	160 pounds	180 pounds	200 pounds	220 pounds
Aerobics class	7.4	8.6	9.8	11.1	13.3	15.2
Basketball	7.5	8.8	10	11.3	13.5	15.7
Cycling (10 mph)	5.5	6.4	7.3	8.2	9.1	10.2
Golf (carry clubs)	4.6	5.4	6.2	7.0	7.8	8.6
Golf (power cart)	2.1	2.5	2.8	3.2	3.6	4.0
Hiking	4.5	5.2	6.0	6.7	7.4	8.1
Jogging	9.3	10.8	12.4	13.9	14.3	15.8
Running	11.4	13.2	15.1	17.0	18.9	20.8
Skating	5.9	6.9	7.9	8.8	9.7	10.6
Skiing (cross-country)	7.5	8.8	10.0	11.3	13.6	15.9
Skiing (downhill and water)	5.7	6.6	7.6	8.5	9.4	10.3
Swimming	7.8	9.0	10.3	11.6	12.9	13.2
Tennis	6.0	6.9	7.9	8.9	9.9	10.9
Walking	6.5	7.6	8.7	9.7	10.7	11.7
Weight Training	6.6	7.6	8.7	9.8	10.9	12.0

A heart monitor gives an accurate account of calories burned. You can purchase a heart monitor for as little as 50 dollars and up to over 350 dollars. A heart monitor allows you to estimate total calories burned during aerobic and weightlifting exercises.

Here are four cardiovascular fat-burning secrets

1. Interval Training -- Interval training combines brief periods of high-intensity exercise with periods of lower-intensity exercise in the same workout. Intervals not only increase your cardiovascular efficiency, but burn more calories and fat in the process. Lower-intensity exercise such as walking allows for recovery so that you can work harder during the higher-intensity intervals.

For example, simply start by alternating between walking and running. Walk for five minutes to warm up, and then run one minute, followed by two minutes of walking. Repeat the running and walking sequence for the duration of your workout. As you become more conditioned, decrease the length of low-intensity recovery periods (walking) and increase working intervals (jogging or running). (Caution: If you are a new exerciser, vary your walking speeds for intervals before introducing running.

2. Walk faster or jog-- The more intensity you put in the more calories you burn.

3. Increase the incline on the treadmill-- You may not want to do this if you have knee problems.

4. Take your hands off the rails of the treadmill or elliptical machine--
- This helps burn 30% more calories.

The sample workouts and exercises are combinations of cardiovascular and weightlifting exercises. If you are a member of a gym, a professional can properly show you how to perform the exercises. When putting a workout together, concentrate on exercises for your entire body. You may add additional exercises to target problem areas. Make sure you do not neglect your other muscles while targeting one area. A complete and balanced workout plan is a MUST for the complete body. Stretching is also important when performing these exercises.

FLEXIBILITY AND STRETCHING

Flexibility is the ability of the muscles and tendons to relax and stretch easily. It determines the amount of movement your bones can make in any direction around joints such as shoulders, elbows, hips and knees. Stretching improves your posture and helps to prevent low back pain. Stretching your hamstrings, quadriceps, hip flexors and low back muscles regularly, promotes relaxation in the tissues reducing the strain on your back. Today, 80% of adults will suffer from lower back pains. Warm-up stretching exercises loosen tendons, increase blood circulation, and help prevent injuries during your workouts or any activity. Cool-down stretching helps relieve muscle soreness and tightness.

THREE TYPES OF FLEXIBILITY

1. Dynamic flexibility -- this is your ability to perform dynamic movements within the full range of motion in the joint. An example is twisting side to side, swinging your arms around in circles, or kicking an imaginary football. You may perform dynamic stretches in sets of 8-12 repetitions. Perform as many sets as is required to gain your full range of motion. You should stop when your muscles become tired. Your muscles produce diminished returns during dynamic stretching exercises.

2. Static Active flexibility -- this refers to your ability to stretch an antagonist muscle using only the tension in the agonist muscle. An example is holding one leg out in front of you as high as possible. The hamstring (antagonist) is being stretched while the quadriceps and hip flexors (agonists) are holding your leg up. You can also stand on one leg; hold your other leg out in front of you as high as possible. Each static active stretch should be held for 10-15 seconds and 1-2 stretches per muscle group is sufficient.

3. Static Passive flexibility -- this is your ability to hold a stretch using your body weight or some other external force. Imagine holding your leg out in front of you and resting it on a chair. Whereas static active stretching requires the tension of opposing muscles to hold the stretch, static passive stretching uses some other object for support. Static passive stretching helps relax your muscle groups. It should be part of your cool down. Static passive stretches should be held for about 10 seconds and 2-3 stretches per muscle group is enough.

TEN BASIC STRETCHING EXERCISES

For stretching exercises to be effective, raise your body temperature first. A pre-exercise warm up should consist of 5-10 minutes of light aerobic exercise followed by stretching exercises for all major muscle groups.

1. Shoulder Stretch

Interlock your fingers and reach above your head. Your lower back should be flat or slightly arched inwards. This exercise can be performed in a seated or standing position.

2. Triceps Stretch

Place your left hand behind your head and reach as far down your back as possible. With your right hand, grasp your left elbow and gently pull it behind the back of your head. This exercise can be performed in a seated or standing position. Switch arms and repeat.

3. Chest stretch

Clasp your hands behind your back. Gently straighten your elbows and raise your arms as high as comfortably possible. This exercise can be performed in a seated or standing position.

4. Lower back Stretch

While lying flat on your back, place the sole of your right foot on your left thigh. Grasp your right knee with your left hand and gently roll it to the left. Try to position your knee as close to the floor as possible without your right shoulder leaving the floor.

5. Groin Stretch

Stand with your feet about 2 meters apart with your toes pointing forward. Gradually shift all your weight to your right leg by bending your right knee. Your left leg should stay straight. Place both your hands on your right knee for support. To achieve a greater stretch, increase the starting distance between your feet.

6. Groin Stretch 2

Sit down and place the soles of your feet together. Clasp your ankles with your hands so that your elbows rest on your knees. Gently push your knees down with your elbows until you feel a stretch.

7. Quadriceps Stretch

While standing upright, hold onto a support with one hand (i.e. a chair) for balance. With your other hand clasp take your ankle and pull your heel into your butt. Repeat the same steps for the other leg.

8. Hamstring Stretch

Sitting down; stretch your legs out in front of you while keeping your back flat and upright. Bend your left leg, keeping your left foot flat on the floor. Slowly reach forward and try to touch your right toe with both hands. Bend from your waist keeping your lower back flat and your head up. Repeat these steps for the other leg.

9. Calf Stretch

Stand arms length away from a wall and with feet shoulder width apart. Place your right foot about 2 feet in front of your left. While keeping both heels flat on the ground, lean towards the wall by bending your right knee. Your left leg should stay straight. You may push gently against the wall for a deeper stretch. Repeat these steps for the left leg.

10. Achilles Stretch

This exercise is exactly the same procedure as above except as you lean towards the wall let both knees bend. Rather than leaning forward you should feel like you are lowering yourself straight down. Remember to keep both heels flat on the floor. Repeat these steps for the other leg.

Visit <http://www.makeoverfitness.com> for you own personalized workout.
fullbodymakeover@yahoo.com

CHAPTER 5

How to measure Progress

Weighing yourself on a scale alone does not give you a complete measurement of progress. Many individuals regularly step on the scale and get discouraged when the scale shows little or no movement. Since you are gaining muscle as well as losing fat the scale does not completely measure your progress. Your weight might stay the same or even increase a few pounds, especially the first month or two. Your weight may also vary from day to day depending on your water intake, drinking, and hormonal changes. The time of day can also cause your weight to change. It is best to weight yourself at the same time, each time you weigh. You can use the scale, but do it sparingly and in conjunction with other methods. Exploring other methods of measuring progress is necessary to obtain a true measure of your results.

It is important for your weight-loss plan to include weight training. If you simply focus on cardiovascular exercises, you may lose metabolism-boosting lean muscle mass as well as fat. When you train with weights, you can burn even more calories. Lifting weights also helps tone your muscles, which keeps you from looking flat or droopy.

Methods to Measure Progress

Tape Measure

Measuring yourself with a tape measure is the best way to tell how many inches you are losing. Make sure you are consistent when measuring yourself. If you measure yourself while your muscles are relaxed the first time, make sure they are relaxed the next time you measure. Measure your chest, arms, waist, hips, thighs, and calves. Record these numbers in a notebook or measurement log, and date each entry.

Take a good look at yourself

Look at yourself before you step into the shower. This will give you a clear picture of your progress. Look at yourself with and without a mirror.

How do your clothes fit?

You can also measure progress by the way your clothes fit. As you lose fat, you will notice extra room in your clothing. Losing fat and gaining muscle helps your clothes fit better. This can be an effective way to measure progress. This process only works if your clothes have not shrunk from washing or drying them.

Body fat percentage

There are several ways to measure your body-fat percentage; the most common methods are calipers or bioelectrical impedance equipment. Calipers are used to measure different pinches of skin on various parts of your body. It is best to let a professional measure it for you.

Bioelectrical impedance measures body-fat by placing electrodes on the hands and feet that sends a small electric current through the body. The current will move faster through lean muscle tissue than it will through fat. The reason is because muscle contains 70 to 75 percent water while fat contains only 10 to 20 percent water. The current moves through the water in your body. This measurement, along with your height, weight, and body type are used to calculate your body-fat percentage.

Different factors can affect the reading, including the time of day the test is administered, your hydration level, whether you just ate, caffeine, and alcohol consumption prior to the test. The best time to perform this test is during the late afternoon or early evenings. This is normally a couple of hours after eating lunch and before dinner.

Log It

Keeping a training log is a great way to track your progress. Track information such as your measurements, body fat, and weight. Keep track of your workout routines, including the amount of pounds and reps. Write down the distance, the duration, and your intensity of the cardio workouts.

Keeping a food diary helps monitor you're eating patterns. Include your portion sizes as well as how many grams of protein, carbohydrates, and fat you're eating at each meal. By tracking your workouts and diet you can monitor your improvements.

- Using methods other than the scale is beneficial in judging how your weight-loss plan is working for you. If your program needs changing, your tape measure, body-fat percentage, and training and diet logs will help you understand what needs to change.
- It is best to use all of the methods to get an accurate picture of your progress.

WORKOUT ROUTINES

Perform each workout routine for one month. After one month, perform a different routine. For online support, please visit **www.makeoverfitness.com** and submit your question.



ROUTINE 1

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LEG PRESS
- 3.) LEG CURLS
- 4.) BACK ROWS
- 5.) BACK EXTENSIONS
- 6.) BENCH PRESS
- 7.) CRUNCHES
- 8.) BIKE

Workout 2 overview

- 1.) TREADMILL
- 2.) UPRIGHT BIKE
- 3.) ELLIPTICAL
- 4.) CRUNCHES

WORKOUT 1

Cardiovascular and weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow Jog. Repeat as required.



Time: 20 Minutes



2.) LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets

3.) LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body.

Movement: - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 35 seconds between sets



4.) BACK ROWS

Tips: Position your feet at about shoulder width. Bend over so your back is as close to parallel to the floor as you can and hold bar with an overhand grip and with hands a little wider than shoulder width. Keep legs slightly bent. Hold bar at arm's length straight down. Pull bar straight up to the lower part of your chest. Slowly lower bar back to starting position. Keep your head up and back straight at all times, and do NOT swing or use momentum to lift the weight!

How many: 3 sets of 20 reps

Rest: 35 seconds per set



5.) BACK EXTENSIONS

Tips: Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line!

How many: 3 sets of 15 reps

Rest: 30 seconds between sets



6.) BENCH PRESS

Tips: Lie on a decline bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

How many: 3 sets of 20 reps

Rest: 1 minutes between sets



7.) CHEST-CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps
Rest: 30 seconds between sets



8.) UPRIGHT BIKE

Notes:

Keep your RPM'S above 75



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WORKOUT 2

Cardio Exercises and Crunches

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 Minutes

2.) UPRIGHT BIKE

Notes:

Keep your RPM above 75



3.) ELLIPTICAL GLIDER

Notes:

Keep your strides above 125



4.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



ROUTINE 2

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LEG EXTENSIONS
- 3.) LEG CURLS
- 4.) LEG PRESS
- 5.) TRICEPS PUSHDOWNS
- 6.) MACHINE PREACHER CURLS
- 7.) NARROW MACHINE ROW
- 8.) STAIRSTEPPER
- 9.) ELLIPTICAL GLIDER

Workout 2 overview

- 1.) TREADMILL
- 2.) UPRIGHT BIKE
- 3.) STAIRSTEPPER
- 4.) ELLIPTICAL
- 5.) TREADMILL

WORKOUT 1

Cardiovascular and Weightlifting

1.) TREADMILL

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 Minutes

2.) LEG EXTENSIONS

Starting Position: - Sit in the leg extension machine so that your knees are comfortably at the end of the seat. Place your ankles behind and against the bottom rollers. If the machine has handles on the sides, grasp them. If it doesn't have handles, lean back and grasp the edges of the seat for support.

Movement: - Exhale, slowly pushing up against the bottom roller with your feet, so your legs and knees are completely extended. Inhale, slowly returning your feet and legs to return to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 35 seconds between sets



3.) LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body.

Movement: - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 3 sets of 15 reps
Rest: 35 seconds between sets



4.) LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets



5.) MACHINE TRICEPS PUSHDOWNS

Starting Position: - Sit in the tricep extension machine and adjust the seat so that the pivot point of the machine is aligned to your elbows. Grip the handles with your thumbs turned up. Start with your elbows bent.

Movement: -- Exhale while pressing the handles down and extending your arms. Do not let your elbows lift up off of the pad. Inhale while you slowly return your arms back up to the starting position. Repeat as required.

How many: 3 set of 15 reps

Rest: 35 seconds between sets



6.) MACHINE PREACHER CURLS

Starting Position: - Sit in the bicep curl machine and adjust the bar so that the pivot point of the machine is aligned to your elbows. Holding onto the bar with your palms facing up. Start with your arms extended.

Movement: - Exhale while flexing your biceps, bending only at your elbows to bring the bar up to your shoulders. Do not let your elbows lift up off the pad. Inhale while lowering your arms to the starting position. Repeat as required.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets



7.) BACK-NARROW MACHINE ROW

Starting Position: Adjust the seat so that your chest is against the pad, and your arms are straight out in front of you, in line with your chest. Grip the handles with a narrow grip.

Movement: Exhale as you pull the weight towards you. Keep your elbows close to your sides, and squeeze your shoulder blades together. Inhale as you allow the weight to slowly return to the starting position. Repeat as required.

How many: 3 sets of 20 reps

Rest: 35 seconds between sets



8.) CARDIOVASCULAR-STAIRSTEPPER

How long: 10 Minutes



9.) ELLIPTICAL GLIDER

Notes:

Keep your strides above 125

How long: 10 minutes



WORKOUT 2

Cardio Exercises and Crunches

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes, jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.



Time: 20 minutes

2.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes: Keep your RPM above 75



Time: 20 minutes

3.) CARDIOVASCULAR - CARDIO - STAIR STEPPER



How Long: 10 minutes

4.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125



How long: 5 minutes

5.) CARDIOVASCULAR - CARDIO – TREADMILL

Notes:

Warm up for 1 minute by walking 3.4 MPH. After 5 minutes, jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 1 minute. After 1 minute, increase speed to a slow jog. Repeat as required.



How long: 5 minutes

ROUTINE 3

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
- 2.) LAT PULLDOWNS
- 3.) BACK ROW
- 4.) BACK EXTENSIONS
- 5.) TRICEPS PULLDOWN
- 6.) ALTERNATE DUMBBELL CURLS
- 7.) CRUNCHES
- 8.) TREADMILL

Workout 2 overview

- 1.) BIKE
- 2.) TREADMILL
- 3.) BENCH PRESS
- 4.) MACHINE FLYES
- 5.) CRUNCHES
- 6.) SIDE CRUNCHES
- 7.) LEG LIFTS
- 8.) ELLIPTICAL

WORKOUT 1

Cardio and Weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

How long: 20 Minutes



2.) BACK - LAT PULL DOWN

Starting Position: - Grasp the bar, palms turned away from you, with your hands wider than shoulders width. Assume a seated position with your arms straight.

Movement: - Exhale as you pull the exercise bar down to the top of your chest. Pause briefly in the fully concentrated position and squeeze your shoulder blades together. Inhale as you slowly allow the bar to return to the starting position. Repeat as required.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets





3.) BACK - SMITH MACHINE ROW

Starting Position: - Adjust the bar so that it is at waist level. Grasp the bar with your palms turned up; unlock it so that the bar is hanging at arms length in front of your body. Bend forward at your waist keeping your back straight.

Movement: - Exhale and pull the bar in towards your chest while pointing your elbows back. Inhale as you slowly lower the bar back down to the starting position. Repeat as required. Rotate the bar back into a locked position, once complete.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets



4.) BACK EXTENSIONS

Tips: Lie face down on a hyperextension bench, tucking your ankles securely under the footpads. Adjust the upper pad if possible so your upper thighs lie flat across the wide pad, leaving enough room for you to bend at the waist without any restriction. Start with your body in a straight line. Cross your arms in front of you or behind your head. You can also hold a weight for extra resistance. Slowly bend forward at the waist as far as you can while keeping your back FLAT. Do not round your back. Slowly raise your torso until your legs and upper body are in a straight line again. Do NOT arch your back past a straight line.

How many: 3 sets of 15 reps

Rest: 30 seconds between sets



5.) TRICEPS PULLDOWN

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides.

From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat, athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 3 sets of 15 reps

Rest: 30 seconds between sets



6.) ALTERNATE DUMBBELL CURLS

Tips: Just like the Dumbbell Bicep Curl except you alternate each hand, curling one dumbbell at a time.

7.) LYING TRICEPS PRESS

Starting Position:- Sit on a flat bench holding an EZ-Curl bar with an overhand grip. Lie back so that the top of your head is even with the end of the bench. At the same time, extend your arms over your head so that the bar is directly over your eyes. Keep your elbows tight and your upper arms stationary throughout the exercise. Holding your upper arms in a fixed position (this is key), slowly lower the bar until it almost touches your forehead. Then press the bar back up in a slow, sweeping arc-like motion. At the finish, lock your elbows completely.

How many: 3 sets of 15 reps

Rest: 35 seconds between sets



8.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



9.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 10 Minutes



WORKOUT 2

Cardiovascular Exercises

1.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes:

Keep your RPM above 75



Time: 5 minutes

2.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 10 minutes



3.) BENCH PRESS

Tips: Lie on a decline bench, hold barbell about 6" wider than shoulder width. Lower bar to about 3" below nipples. Raise bar all the way up while keeping your elbows out and your chest high. Lower weight with complete control. Keep your head on the bench and do not arch your back. Can also be done with a close or wide grip, or with DUMBBELLS.

How many: 3 sets of 20 reps

Rest: 40 seconds between sets



4.) MACHINE FLYES

Tips: Also known as the Pec Deck Fly. Sit at the machine with your back flat on the pad. Place your forearms on padded lever. Position your upper arms approximately parallel to the ground. Push levers together slowly and squeeze your chest in the middle. Return until chest muscles are stretched fully. Repeat.

How many: 3 sets of 15 reps

Rest: 40 seconds between sets



5.) CRUNCHES

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 40 seconds between sets



6.) SIDE CRUNCHES

Tips: Lie on your left side with your legs on top of each other with your knees bent a little. Loosely cup your head with your right hand. Crunch up as high as you can go, keeping the movement in the lateral plane as much as possible to work the obliques. Do both sides.

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



7.) LEG LIFTS

Tips: Hang from a bar with your legs straight down. Raise your legs by flexing your hips while flexing your knees until your hips is fully flexed. Continue to raise knees toward shoulders by flexing your waist. Do NOT swing and use momentum. Go slow and concentrate on using your abs to pull your legs up. Return to the starting position. Repeat. You can place weight between your ankles for added resistance. You can also raise your knees to one side of your body to work the obliques.

How many: 3 sets of 25 reps

Rest: 30 seconds between sets



8.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125



Time: 10 minutes

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ROUTINE 4

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Workout #1	Workout #2	Workout #1	Workout #2	Workout#1	

Schedule Explanation: This workout program is done on the same days of each week on the schedule shown above. The blank days are OFF days.

Workout 1 overview

- 1.) CARDIOVASCULAR-TREADMILL
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- 8.) DUMBELL FLYES
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Workout 2 overview

- 1.) BIKE
- 2.) TREADMILL
- 3.) ELLIPTICAL
- 4.) CRUNCHES

WORKOUT 1

Cardiovascular and Weightlifting

1.) CARDIOVASCULAR-TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 20minutes



2.) LEGS-LYING LEG PRESS

Starting Position: - Position yourself into a reclining leg press machine, with your shoulders and back flat against the pad. Position your feet shoulder width apart on the platform. Start with your knees bent to a 90degree angle.

Movement: - Exhale, bearing the weight on the heels of your feet, straightening your legs. Inhale; slowly return your leg to the starting position. Repeat as required.

How many: 3 sets of 25 reps

Rest: 35 seconds per set



3.) LEGS-LEG EXTENSIONS

Starting Position: - Sit in the leg extension machine so that your knees are comfortably at the end of the seat. Place your ankles behind and against the bottom rollers. If the machine has handles on the sides, grasp them. If it doesn't have handles, lean back and grasp the edges of the seat for support.

Movement: - Exhale, slowly pushing up against the bottom roller with your feet, so your legs and knees are completely extended. Inhale, slowly returning your feet and legs to return to the starting position. Repeat as required.

How many: 2 sets of 20 reps

Rest: 35 seconds per set



4.) LEGS-LEG CURLS

Starting Position: - Position yourself on your stomach with your legs fully extended and knees slightly over the end of the pad. Place your heels under the roller pads and grasp the handles along side the machine to stabilize your upper body. **Movement:** - Exhale keeping your hips on the bench and slowly curl your heels to your buttocks. Inhale, slowly returning your heels back to the legs extended, starting position. Repeat as required.

How many: 2 sets of 15 reps

Rest: 35 seconds per set

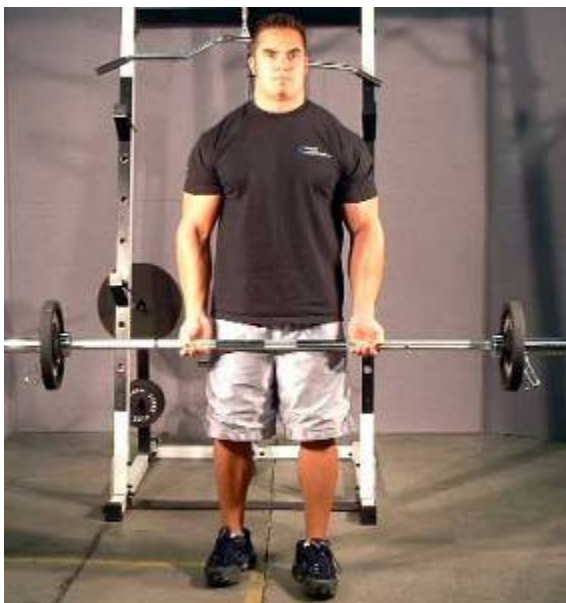


5.) BARBELL CURLS

Tips: Possibly the best biceps exercise! With your hands shoulder-width apart, grip a barbell with an underhand grip. Stand straight up with your shoulders squared and with your feet shoulder-width apart. Let the bar hang down at arm's length in front of you, with your arms, shoulders and hands in a straight line. WITHOUT leaning back or swinging the weight, curl the bar up toward your chest in an arc. Keep your elbows in the same place and close to your sides. Bring the weight up as high as you can and squeeze the biceps at the top. Lower the weight slowly, resisting all the way down until your arms are nearly straight.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



6.) TRICEPS PULL DOWNS

Tips: This exercise is performed from a high cable attachment, using either a bar (pictured) or a triceps rope. Grasp the handle with a supinated (palms up) grip and pull yourself into position using your lats to extend your shoulders until your elbows are against your sides. From here, fully flex and extend your elbows while keeping your elbows to your sides. With heavier weights, it will become necessary to lean forward somewhat; athletes will also tend to place one foot ahead of the other to stabilize their position. Note: With all triceps exercises, keep the back of the wrists flat.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



7.) BACK-NARROW MACHINE ROW

Starting Position: Adjust the seat so that your chest is against the pad, and your arms are straight out in front of you, in line with your chest. Grip the handles with a narrow grip. **Movement:** Exhale as you pull the weight towards you. Keep your elbows close to your sides, and squeeze your shoulder blades together. Inhale as you allow the weight to slowly return to the starting position. Repeat as required.

How many: 2 sets of 25 reps

Rest: 35 seconds per set



8.) DUMBBELL FLYS

Tips: Sit down on a flat bench with a dumbbell in each hand. Then lie back, keeping the dumbbells close to your chest. Lift the dumbbells over your chest by extending your arms. Maintain a slight bend in your elbows. Keep your hips and shoulders flat on the bench and your feet on the floor. Lower the dumbbells to the sides of your body in an arc-like motion. At the lowest point, your bent elbows should be on a horizontal plane even with the bench. Slowly bring the weights back up over your chest in an arc. The bend in your elbows should stay the same throughout the exercise.

How many: 3 sets of 25 reps

Rest: 35 seconds per set



9.) CRUNCHES SIDE -FRONT

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 3 sets of 25 reps

Rest: 35 seconds per set



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WORKOUT 2

Cardiovascular and Crunches

1.) CARDIOVASCULAR - CARDIO - UPRIGHT BIKE

Notes:

Keep your RPM above 75



Time: 10 Minutes

2.) CARDIOVASCULAR - CARDIO – TREADMILL

Notes:

Warm up for 5 minutes by walking 3.4 MPH. After 5 minutes Jog at 4.7 MPH for the remainder of the time. If you become fatigued, decrease your speed and walk for 2 minutes. After 2 minutes, increase speed to a slow jog. Repeat as required.

Time: 20 Minutes



3.) CARDIOVASCULAR - CARDIO - ELLIPTICAL GLIDER

Notes:

Keep your strides above 125

Time: 15 Minutes



4.) CRUNCHES-FRONT

Tips: Lie flat on your back with your feet flat on the ground, or resting on a bench with your knees bent at a 90 degree angle. If you are resting your feet on a bench, place them three to four inches apart and point your toes inward so they touch. Place your hands lightly on either side of your head keeping your elbows in. Don't lock your fingers behind your head! Push the small of your back down in the floor to isolate your ab muscles. Begin to roll your shoulders off the floor. Continue to push down as hard as you can with your lower back. Your shoulders should come up off the floor only about four inches, and your lower back should remain on the floor. Focus on slow, controlled movement - don't cheat yourself by using momentum!

How many: 4 sets of 25 reps

Rest: 30 seconds between sets



CONCLUSION

Steps to a better body

STEP 1

Get medical clearance from the doctor.

Make sure you get medical clearance before starting any exercise or diet program

THIS IS VERY IMPORTANT!

STEP 2

Determine and set your goals.

Set one large goal then smaller goals as you proceed. If you want to lose 50 pounds set a goal of about 6-8 pounds a month or focus on inches. Make sure you are realistic in your goals

STEP 3

Take a look at your current diet and start making changes

If you are eating too much decrease your portion sizes. If you are not eating enough calories add some more healthy calories to your diet.

STEP 4

Join a gym

Joining a gym instead of working out at home allows you to ask professionals the proper technique for exercises. Most gyms will gladly help you perform the exercises listed. If you can afford it, hire a personal trainer. A good personal trainer can help take your body to the next level.

STEP 5

Make a workout routine and do it at least 3-4 days a week.

It is also important to switch up your routine periodically. Doing the same routine continuously is a common problem many individuals suffer. Many people will workout on the treadmill everyday for two hours with little or zero results. When you stop challenging your body it will stop responding. Doing the same routine at the same intensity level causes your body to burn **fewer** calories. Continuously change your routine to achieve the best results.

STEP 6

Stop making excuses

If you follow the instructions in this book you will see the results you desire. Workout tapes, dance classes, and kickboxing alone will not help you achieve results. Do not make excuses about time or money. Most individuals have the time to take 1 hour a day for at least 4 to 5 days to exercise or walk. Many gyms offer very affordable rates and even day care. If you do not have the money, cut back on something else or find a cheaper gym.

Do not weight yourself everyday because it will only frustrate you. Concentrate on the percentage of body fat and inches lost. Most people will gain a couple of pounds from the beginning. This is because you are gaining muscle through weightlifting and cardiovascular exercises. Gaining muscle mass is fine as long as your body fat percentage is decreasing. After your metabolism speeds up you will begin to see the results not only in inches but on the scale. Read this book, ask questions and get started now. If you need assistance or additional log sheets email me at **fullbodymakeover@yahoo.com** or visit **www.makeoverfitness.com**

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