

WEEK 1

Prepare for the next 4 weeks.

Buy a diary and everyday make a note of the following:

Your energy levels (on a scale of 1-10) at 9am, 1pm and 9pm. e.g 1=exhausted 10=full of beans

Mon

Your activity performance. 1=sitting all day 10= active all day

Your calorie intake. Everything you eat and drink including the volume and time of day.

Carry this diary everywhere you go and make notes of your feelings, moods and questions that need researching.

Research has proven that keeping a food and exercise diary helps individuals to stick to a plan much longer than those who fail to make notes.

Decide on a food or drink that you are willing to give-up for 4 weeks (maybe you wish to stop drinking wine during the week) and with the money you save buy yourself a good pair of trainers, some comfortable tracksuit bottoms and an update for your MP3 or CD Player. Giving up wine for 4 weeks will save you about £40-£100!

Tue

Did you know that a glass of wine is 150 calories; That adds up to at least 4,500 calories per month if you're having a glass per day, or the equivalent to 3 days food intake!

Talk to your family and work colleagues to see if anyone is willing to join you for walks, runs, swims, impromptu lunch-time tummy exercises in the kitchen. If anyone says yes, make appointments to meet each other and stick to it; No one likes being left waiting! Now read through the plan below and add the exercise schedule into your little black book. Got your new gym kit? Good, try them out by walking at least 15 minutes. This will give you a chance to try out the new kit that will help you tip the calorie balance from too many calories in to lots of calories out!

Wed

Music is a great motivator, so prepare your music with all your favorites and walk to the beat.

Now we start to exercise. Try and do the Abdominal Workout. Place a soft towel on the ground or invest in a yoga mat. Think about the muscles working i.e from the bottom rib to the top of the hips. Just do a few of each. Then straight after go for a walk and feel the same muscles work with every step.

Thu

People who think about the exercise they are performing and the muscle group working will gain fitness 10% quicker than those thinking of feeding the cat or what's-for-dinner! Stay focused during exercise.

For a whole day try and avoid using the bus, tube, car or lifts and instead use trainers, bike, kids scooter and stairs. This will get the leg muscles working so expect a slight exercise feeling in your legs. This is normal so don't worry!

Fri

Legs sore? Research shows that a cold shower followed directly with a warm bath helps muscles recover quicker.

Can you get about without the car, tube, train or bus? Make this a regular occurrence once a week. A 30 minute non-stop walk burns more fat calories than a 20 minute run! This is not a lie! I promise!

Sat

A 30 minute walk burns about 150 total calories of which 80-100% comes from fat. Therefore 120-150 fat calories.

A 20 minute run burns about 300 total calories of which 0-30% comes from fat. Therefore 0-50 fat calories!

This is science, not myth.

Read over this week's diary entries and see if you have any relationship with the energy levels versus moods versus food intake. Is a small or lack of a breakfast making you tired mid-morning? Big carb-lunch making you fall asleep at your desk? A late dinner and drinks keep you up at night?

Sun

Try this: Wake up 10 minutes earlier and have a warm shower, then do the Upper Body Workout followed straight away with a fruit salad and probiotic yogurt. 2 hours later go for a brisk walk (at least 20 minutes) followed by grilled salmon and salad with lemon juice only. 2 hours later make a fruit smoothie and straight after that do the Abdominal Workout. 2 hours later make a nice dinner with grilled chicken and steamed veggies. Aim to drink 1 litre of water throughout the day.

A 500 calorie deficit per day diet will lead to 1lb of weight loss per week, so that's a stone in 3 months! i.e, you need to eat 500 calories per day less than you burn. So surely it's easier to burn more than to eat less?

By the way, Sunday was a 500 calorie deficit day! Well done!

WEEK 2

Mon

Ok, time for action. Have you got your diary?

Picked a non-motorised travel day?

Planned an exercise day with a partner?

Wake up 20 minutes early and have a warm shower. Then do the not-so-sweaty Abdominal Workout. Eat breakfast within 20 minutes of finishing.

Your Metabolic Rate (the rate at which you burn calories) is at its highest within 20 minutes of exercise. Eating after exercise also helps your muscles to recover quicker.

Tue

Try the Lower Body Workout and prepare for a little sweat. These exercise are based on 'old school' aerobic classes, so dig out your leg warmers, put on a cheesy CD and get moving. 5..6...7...8 and grapevine to the left!

Do you have an old workout video? Watch it and try the warm-up and cool down. You'll be surprised how much fun they can still be! Jane Fonda sold 17 million copies of her workout video! There must have been something good in there so give it a go (headband and lycra thong optional).

Wed

Upper body session (1 circuit) in the morning. Walk for at least a total of 30 minutes throughout the day.

Make this a caffeine-free day and replace it with water. Aim for 2 litres today.

Did you know that a 2% loss of hydration equals a 10% loss of performance? Being fully hydrated will increase you energy levels too!

Thu

Lower body workout followed by steady paced walk for 25 minutes.

Make this a wheat-free day. There are lots of alternatives so read the ingredients before tucking into your food.

Want to reduce a jeans size in a week? Ok, no fizzy drinks, no wheat, no dairy, no alcohol, no sugar and no white rice or pasta. That won't so much as weight loss, but more of a gas leak! You'll be surprised at how flat your tummy gets when it is not full of gas.

Fri

Rest day, or light swim, stay positive, the results will come.

Do you have a local swimming pool? Go and see if they have swimming lessons or swimming lanes. Try it; it's a great total body workout.

Sat

What is the longest/furthest you have walked non-stop? Pack a little ruck-sack, grab an exercise partner and see if you beat your record! Bring water (and a phone).

When walking keep your elbows bent at 90degrees. Ever seen those 'power walkers'? Well, as silly as it looks that is the best way to walk and burn calories. Don't forget the music and dark glasses. Former is for motivation latter is in case someone sees you!

Sun

Big week ahead so have a rest but keep up the diary and read over the progress you have made. Do NOT treat yourself to a food treat; instead get on eBay and buy a skipping rope and big exercise ball. You'll benefit more from those, trust me.

An exercise ball is also a great chair, so try sitting on one whilst watching TV, as it'll fire up your core muscles.

WEEK 3

Mon

Legs sore from long walk? Give them a rest and do the Upper Body Workout followed by the Ab Workout. Legs ok? Good, then get off the bus/train at least one stop early and walk to your destination. Avoid lifts and escalators and use the good old fashioned way; the stairs!

We are aiming for a 500 calories deficit day everyday this week!

Tue

Try the CV workout. It's sweaty and fairly hard work, so watch your technique and turn up the music.

Avoid carpet and slippery surfaces. And maybe move that big vase by the fireplace....

CV exercises are an essential part of weight loss. However, they should only make up 10-20% of your total exercise time.

Wed

Just walking today. Take the long way to work...

Thu

15 minute fast walk then 1 set of all the lower body exercises - 15 minute medium paced walk - then ab exercises.

Resistance exercises will increase your RMR. Your Resting Metabolic Rate is the rate at which you burn total calories at rest.

Fri

Morning perform lower body session with abdominal exercises - evening upper body session (1 circuit) plus CV session. (Its a hard day - enjoy)

Got your skipping rope from eBay yet? Give it a go; you'll be surprised how hard it is! Practice as more of that to come. Move all precious objects away from your skipping area though...

Sat

What was your record for non-stop walk with music and dark glasses? This time do the same distance/time but walk it faster. You should be puffing a bit for most of the walk.

Have you seen adverts for charity walks/runs? Sign up for one and use it as a target. It'll get you fit, keep you focused and raise a bit of money for a worth-while cause to boot!

Sun

Take yourself for a nice long steady walk in the morning. Abdominals in the evening.

Read over your diary and get ready for the hardest week yet.

WEEK 4

Mon

Your starter is spicy CV workout, followed by a portion of upper body, a main course of lower body and a cheeky abs desert to finish. This will be the first time that you have tried all the exercises back-to-back, so take it easy and read the menu!

Did you drop a jeans size? Great try it again. If not- try it this week.

Tue

Just the abs workout today.

Re-read the technique page for the abs workout, as these require perfect technique.

Wed

Complete the upper body workout and straight after do your non-stop walk again but this time add 50%. So a 30 minute walk becomes a 45 minute etc etc. try the abs workout as a cool down...

Treat yourself with a fitness purchase. A heart rate monitor will come in handy in your next phase...

Thu

Lower body work out in the morning. In the evening do a 20 min fast walk, and then upper body workout and another 20 min walk.

Are you finding the exercises easier? If you are, do more repetitions (number of exercise), if not reduce the reps and increase the sets (a block of reps).

Fri

CV session in the morning and a long walk at lunch. In the evening do the reverse, so a long walk followed by the CV session.

Read over your diary and see if the fatigue, hunger and rest trends have changed.

Sat

Long steady walk in the morning, aim to jog for 5 minutes in the middle and end of your walk.

Have you tried to run lately? Now is a good chance. Does something hurt? Stop if it does and walk.

Sun

Lower Body and Abdominal sessions in the morning then in the evening do the CV and Upper Body sessions followed by a long walk of over 30 minutes.

Well done! If you have completed the 4 weeks then you deserve a pat on the back. If you missed a few days then try them next week and see how they feel. If you have skipped the plan and reading this to see what happens, then you have missed lots of great exercise and the opportunity to get fit and lose a bit of fat, so now get back to the beginning and start from Monday of week one, everyone else please proceed to week 1 of phase II.

UPPER BODY WORKOUT SESSION. Do as a circuit I.e. Non-stop

WALL PRESS UP HANDS CLOSE

X 5. Lean against a solid object, with your arms straight at the start of the exercise, slowly bending your arms to take your chest towards the surface



PUNCHING CV

(20 SECONDS). You may decide to work one arm at a time, alternate arms, or even work both arms together.



DOORWAY PUSH (push arms outwards against door frame) X 5

Aim to keep your hands flat against the doorway, with your arms either bent or straight, inhale and push against the door frame for 5 – 10 seconds prior to exhaling and resting the arms



SPEEDBALL (30 SECONDS)CV

Aim to work the arms at speed, simply rotating one arm around the other, keeping your arms bent at around 90-degrees.



SITTING TRICEP DIPS X 5

Sit on the floor, with your legs bent, both hands just behind your buttocks, palms facing forward. Starting with your arms, slightly bent, lower your body downwards, controlling the lowering and lifting movements with the use of your tricep muscles. Focus on taking the elbows back, rather than letting your arms go out to the side



BOX PRESS UP

X 5 Place your hands underneath your shoulders with fingers facing forward. Your knees and feet should be resting on the floor, ideally on an exercise mat. You should aim to make a box shape with your arms, trunk, thighs and the floor. Bend at your elbows, lowering your chest down



SWIMMING Breaststroke CV

(20 SECONDS) . Focus on keeping your arms parallel to the floor throughout the movement. When performing front crawl (freestyle) or butterfly, aim to lean slightly forward, controlling the speed



SUPPORTED DORSAL

X 5 Lay on the floor, with your hands either side of your shoulders, keeping your fingers facing forward with palms flat on the floor. Slowly lift your body up, using the muscles of both your arms and lower back



ABDOMINAL WORKOUT

HIP ROLL

Lie on your back, with both arms extended out to your sides. Keep your palms facing upwards, to avoid using your upper body throughout the movement. Begin the movement with your feet on the floor, slowly lowering your knees down to one side then the other, whilst keeping your buttocks - arms and back in contact with the floor



2 Sets of 8 slow rolls each side - with 20 seconds rest.

NORMAL Place your feet firmly on the floor, in a position that keeps your lower back in contact with the floor throughout the movement. Focus on keeping your fingers on the side of your head, in front of your ears, keeping your elbows pointing out to the side



2 Sets of 8 lifts with 20 seconds rest.

BRIDGING flat on the floor with both hands resting by your sides, with your feet firmly flat on the floor shoulder width apart. Slowly contract your abdominal, lower back and gluteus muscles, to lift your midsection to make a straight line through your knees - hips - shoulder



2 Set of 5 slow lifts. Hold for 3 - 5 seconds in upward phase.

STANDING ROTATION. Begin the movement in a standing position, with your feet shoulder width apart, resting your hands on your ears, with your elbows pointing out to your sides. Focusing on keeping your back straight throughout the movement, lift one knee up whilst simultaneously taking the elbow on your opposite side towards that knee.



Alternate sides for 30 seconds.

HANDS VIA KNEES. Lie flat on your back, with your feet close to your buttocks, knees 6 - 8 inches apart. Inhale and slowly push your hands between your thighs in a smooth motion avoiding any jerking movements.



2 Sets of 8 lifts with 20 seconds rest between sets.

SUPERMANS. on one knee, and your opposite hand, keeping the knee below your hip, and hand below your shoulder. Extend your other arm straight out to your front, whilst extending the opposite leg to your rear. Bring both arm and leg back inwards, and repeat other side



Alternate sides for 45 seconds.

LOWER BODY WORKOUT

SPOTTY DOGS CV. 2 X 10. Begin with your legs, stride forward with one leg, whilst taking the other leg back. You only need to stride a short distance, remembering not to allow your knee to go to far forward. Once you can do this, bring in the arms, either taking both arms forward and back together, or alternate them with the opposite leg.



FRONT LUNGE. 2 x 8 Stand tall with your feet shoulder width apart, with your hands by your sides. Stride forward with one leg, so that your thigh is parallel to the floor, with your knee over your toes, keeping your back straight and head up throughout the movement. Your rear heel should naturally rise off the floor, with that knee resting close to the floor when you extend forward. Keeping your abdominal muscle contracted, push down on your front foot in order to push yourself back to your starting position.



STRIDE JUMPS CV. 1 x 10. Start with your feet shoulder width apart, with your hands either by your sides, or bent slightly. Jump up a few inches, with the aim to take your feet out to the side



KNEE RAISES 2 x 10 This exercise can be performed either seated or standing, Standing or sitting upright with your back straight, smoothly raise one leg up so that your thigh is parallel to the floor, holding for 5 – 8 seconds prior to returning back to the ground and repeating, ideally on the same side (harder) or alternating your legs. For those that are standing, you may decide to increase the exercise by lifting one leg so that the thigh is parallel whilst simultaneously bending the other leg, keeping your back straight throughout, with your arms out by your sides for balance.



WALL SQUAT THRUSTS CV 1 x 12. Lean into a solid wall, whilst lifting your knees up towards your chest,



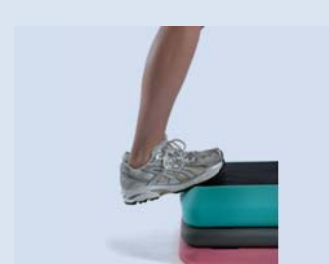
SUPPORTED SQUAT 1 x 8 Commence your movement with both hands holding onto a secure handle, or a heavy chair, lowering down smoothly under control. After you have lowered yourself down, you can aid the lifting phase of the movement by pulling yourself up with your arms, adjusting the amount of work you place on your legs by the depth that you lower (the lower you go the harder the exercise), and by the amount of pull you make with your arms.



HAMSTRING CURLS 2 x 10 Stand tall, using either a wall or a chair to maintain your balance, whilst standing on one leg. Keeping your knees close together, smoothly lift the heel of one foot up towards your buttocks, aiming to feel the contraction in your muscle as you both lift and lower



CALF RAISE. 2 x 10. With your chosen position, place the balls of both feet on the edge of a low raised step box, holding onto a secure object to keep your balance. Smoothly raised your heels upwards, placing all the weight onto the balls of your foot, hold in this position for 2 - 5 seconds prior to returning back down



BEGINNERS CARDIOVASCULAR SESSION 1

SPOTTY DOGS



PUNCHING



WALL THRUSTS



SPEEDBALL



HIGH KNEE RUN



CROSSOVERS



STRIDE JUMPS



SWIMMING



Aim to work through all 8 exercises - giving yourself enough rest between each exercise so that you can perform the next. Look at working for a total of 20 seconds for each exercise, with a minimum of 20 seconds rest, then repeat the next exercise for 20 seconds until all exercises have been completed.

Once you have completed all 8 exercises walk around for 1 - 2 minutes to enable the heart rate to come down gradually, taking in some water if you need it, then repeat all the exercises again for a further 10 seconds with 20 seconds rest between exercises.

As you become fitter, aim to increase the length of time on each exercise to 40 - 45 seconds. If you find 30 seconds is too hard, reduce the workout time to 20 seconds and increase your rest period - always work at your own pace and fitness level!

Remember the secret to fitness is consistency and variety - so keep up the good work, and when you can do 2 complete circuits at 45 seconds try the intermediate session.

Be patient, the results will come; they just take a little time. Just think on how long it has been for your body to get into the condition it was in, prior to you beginning this program.

What you now need to do is prevent your body becoming adapted to your current workout regime. The first four weeks are designed to gradually build up both your fitness level and also healthy lean muscle tissue.

As with all exercise, make sure you work within your limits. Remember that you do not have to do the entire workout. If you feel tired, rest then carry on when you are ready.

For total body conditioning, remember to combine your exercise regime with a healthy diet.

At first glance this program may seem to be very hard, in the fact that you are doing some form of exercise nearly everyday. Aim to simply increase your workout expenditure, if you feel tired then have a day's rest, you know your body better than anyone else, listen to it, and aim to help it.

The workout's can be performed in the morning or night, just make the time for yourself to improve your own fitness level.