

CLINICAL STRENGTH
WEIGHT
MAX!Off[®]

E X E R C I S E G U I D E

OVER 20 EASY EXERCISES





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EXERCISE TIPS FOR SUCCESSFUL WEIGHT LOSS

Exercise

Get Fit, From Home

No weight-loss program is complete without an easy-to-use exercise plan that helps you burn calories and rev your metabolism. To help you make the most of your 60-day transformation with WeightOFF MAX!®, we've developed an at-home exercise program that doesn't require much equipment.

Exercise Tip

Muscle burns calories even when your body is at rest, so the more muscle you have the easier it is to lose fat! The idea that women can get "bulky" just by resistance training – using your bodyweight or even free weights – is one of the biggest myths in the fitness industry

Progressive Interval Training

Interval training is essentially a training technique that contrasts brief periods of high intensity work with longer periods of low intensity work. Interval training has been determined by science to be the most effective way to burn fat rather than just burning calories. In this book we'll explain how to implement interval training progressively for ongoing fat-burning results. The following abstract provides a detailed scientific overview of the benefits of interval training.

" SMALL DAILY IMPROVEMENTS TO YOUR FITNESS ARE THE KEY TO LONG TERM STAGGERING RESULTS"



Get Fit, From Home

To help you make the most of your 60-day transformation with WeightOFF MAX!, we've developed an at-home exercises that don't require much equipment. All you need is dumbbells or kettlebells and a yoga mat to implement the weight training.

The WeightOFF MAX!® weight training program. Do 3 sets of 4-5 of the exercises outlines below with repetitions of 8-15 for each set. Try to increase the repetitions each workout. Once you are comfortable at 15 reps then you can increase the weight for your sets.

When you combine the clean diet and at-home exercise program provided in this eBook with the all-in-one weight loss solution WeightOFF MAX! you are setting yourself up to enjoy a fit body and active lifestyle.

Workout Essentials

What you'll need





BASIC SQUAT

Stand with your feet shoulder width apart and point your toes slightly out. Push your hips backward and squat down bringing your upper legs to parallel to the ground. Make sure to keep your back flat, chest out, and your spine neutral. Push through your heels back to the starting position.

Trainer Tip: Make sure not to let your knees cross your toes at the bottom of the squat. Add weight to increase intensity



FORWARD LUNGE

Stand with both feet together and take a step forward with one leg. Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Push off the front foot and return to the starting position by extending the hip and knee of the front leg. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



ABDUCTION

Lie on your left side with your legs extended. Place your left hand under your head for support (or you can rest your head on your left bicep.) Keep your right toe pointed toward the ground, and raise your right leg upwards as high as possible (keep the leg straight). Lower the leg back to the starting position and repeat on each side for the desired number of reps.



BICEP CURL

Stand gripping two weights/exercise bands down by your side. Keeping your core tight, palms out and elbows in, flex your elbows by contracting your biceps to bring the weight up towards your shoulder (in front of your body.) Lower the weight slowly to the starting position and repeat for the desired number of reps.



RUSSIAN TWISTS

Sit in a “V” with your knees bent to 90°, back flat, chest out, and heels on the ground. Rotate your torso slowly to the right, keeping your chest out and shoulders pulled back. Make sure to keep your neck neutral. Once all the way to the right, rotate in the opposite direction (to the left.) Repeat this rotation from side to side for the desired number of reps or for time.



GOBLET SQUAT

Start with your feet slightly wider than shoulder width apart with your toes slightly turned out. Hold a kettlebell by the horns or a dumbbell next to your chest and pull yourself down by flexing the hips and transferring the weight to your heels. Open your chest and push it forward as you go down. Try to develop a deeper squat position with this exercise. The goal is develop increased hip flexibility (not all fitness levels will be able to do this in the beginning). Keep your elbows vertical as you lower and inside your thighs. Pause at the bottom and press your elbows into the inside of your knees to widen your knees and then return to standing by pushing the floor away with your feet and squeeze your glutes. .



STEP-UPS

Stand with your body facing the bench. Place your left foot on the bench. Keeping your chest out, push up through the left heel by extending your left hip and knee until your right foot is on the bench. Step down with the right leg by flexing the left hip and knee to return to the starting position. Repeat on each side for the desired number of reps/time.

Variation: Can add a knee raise at the top of the position.



FAST PACE/ PULSE LUNGES

Stand with both feet together and take a large step forward with one leg (Your feet will remain planted here for the remainder of this exercise.) Lower the body by flexing the knee and dropping the hips until the back knee is almost touching the floor. Push through the front heel by extending the hip and knee of the front leg (feet still in the planted position) HALF-WAY UP (still keeping the front knee partially flexed) and then lower (pulse) back down to the bottom of the lunge. Repeat for the desired number of reps on each side. (Do not allow the knee to cross over the front of the toe.)



ONE-LEGGED DEADLIFT

Stand with your feet shoulder width apart and hold dumbbells/ kettlebells at each side. Keep your quads tight, knees straight, and squeeze your scapula together to push your chest out. Make sure to hold this position throughout the exercise. Lift one leg behind you as you balance on the other and bend forward at the hips until you feel a level of tightness in your hamstrings. Extend the hips, lower the back leg, and push through the heel until you are back in the starting position. Repeat.



STIFF-LEGGED DEADLIFTS

Stand with your feet shoulder width apart and hold dumbbells/ kettlebells at each side. Keep your quads tight, knees straight, and squeeze your scapula together to push your chest out. Make sure to hold this position throughout the exercise. Bend forward at the hips until you feel a level of tightness in your hamstrings. Extend the hips and push through the heels until you are back in the starting position. Repeat.



HIP BRIDGES

Lie on your back with your hips flexed, feet on the ground and knees bent to 90°. Place your hands on either side of your hips. Feet should be just shy of shoulder width apart. Contract your glutes and drive your hips upward to the sky while simultaneously trying to squeeze your knees together.

Keep your upper back on the ground. Lower your hips back to the starting position. You can perform this exercise for repetitions or hold for time at the top of the hip bridge.



DONKEY KICKS

Position yourself on the ground on your hands and knees (hands shoulder width on the ground in front of you and knees and hips should be at 90°.) Keeping a flat back and neutral spine, contract your glutes and kick back one leg straight behind you (keeping your knee flexed.) Lower your leg to the starting position and repeat on each side for desired number of reps/time.



CHEST FLY

Lie on your back (supine) with your arms extended out to each side holding dumbbells so your body looks like a "T". With your palms facing up, bend your elbows slightly and internally rotate your shoulders so your elbows are back. Keep your elbows in a fixed (slightly bent) position as you bring your palms together over your chest. Lower weight in the same fashion to the starting position and repeat for desired number of reps.



PUSH-UPS

From the top of a plank position and your hands slightly wider than shoulder width apart, lower your body to the ground until your chest hits the floor. Extend your arms to return to the starting position.

Keep your upper and lower body straight throughout the movement. Repeat for the desired number of reps. (Can be modified to knee push-ups or doing this movement against a railing or wall.)



TRICEP KICKBACKS

Either kneel over a bench or bend at the hips creating a flat back as parallel to the floor as possible. Grasp a dumbbell or exercise band and position your elbow at 90° with your upper arm close to your body and parallel to the ground. Keep your spine neutral. Extend your elbow (keeping your upper arm by your side) until your arm is straight. Lower your forearm back to the starting position and repeat. Make sure to work both sides equally



BASIC CRUNCH

Lie on your back (supine) with your knees and hips bent. Arms should be crossed over your chest. Flex your waist to raise your upper torso a few inches off the ground. Make sure to keep your lower back on the ground. Control the movement back down to the ground and repeat for the desired number of reps.



REVERSE CRUNCHES

Lie on your back with your hands underneath the top of your glutes to support your lower back. Keep your neck relaxed and on the ground throughout the movement. Keep your legs slightly bent and flex the waist and hips to raise your legs up to the sky using your core to perform the movement. Control the movement back to the starting position and repeat.



V-UPS

Lie on your back keeping your arms and legs extended out so your body is in a straight line. Raise your legs and torso (keeping your legs straight) simultaneously and reach your arms toward your feet. Lower your body in a controlled movement to the starting position and repeat.



SIDE PLANK

Lie on your left side with your legs together. Place your left forearm on the ground with your left elbow directly underneath your left shoulder. Press through your shoulder to elevate your entire body to a side plank and hold. Keep your core tight, back flat, and your tailbone tucked. Hold for the allotted time. Repeat on the right side for the desired amount of time. (Variations can include: 1. Placing your right foot in front to support some of your weight. 2. Raise your right leg straight up about 45 degrees to increase the intensity.)



BENCH/ CHAIR DIPS

Sit on a bench with your feet on the ground with your legs either straight out (more challenging) or knees bent to 90° (less challenging). Place your hands on either side of your hips (right next to the side of your body.) Keeping your elbows pointed behind you, move your hips slightly off the bench and allow your body to lower directly to the ground by flexing your elbows to 90°. Keep your chest out and back flat (not allowing your shoulders to collapse in.) Press firmly through your palms to extend your arms back up to the starting position with your hips off the bench. Repeat for desired rep count or time interval.



MOUNTAIN CLIMBERS

In a straight arm plank position, place your hands on the floor slightly wider than shoulder width apart. While stabilizing your body with your arms, push up your hips up while bringing one knee straight into your chest at a time. Alternate bringing each knee in as fast as possible, while keeping the chest out and back flat. Repeat for the desired number of reps.



BOX JUMP

Use a secure box, bench, or curb to perform the jumps. Stand in front of the secure box with your hands at your sides and knees slightly bent. With your feet roughly shoulder width apart, jump up onto the box (soft landing), hold your position on top of the box for a count of one second and then jump or step back down. Once comfortable with the exercise, have them jump onto the box and back down at a faster pace (safety first).