

## **Disclaimer**

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

## **Safety First**

You will only get positive results from this program if you are performing the exercises correctly.

Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.  
**Do NOT** do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

# Ultimate Results Workouts

I'm excited for the progress you'll make in the next 21 days. This is a 21-Day Rapid Fat Loss program. You have 21 days to establish the 'workout habit' and incorporate healthy nutrition and you'll be pleasantly surprised at how it will start to transform your body.

## Measure!

Make sure to quantify your progress. Take your weight AND measurements BEFORE you begin and do a FINAL measurement on day 21. If you'd like, you can measure every 7 days to help you stay the course.

Don't be discouraged if your weight stays the same at first. Weight loss is not your best indicator of progress.

	Start Date:	3 weeks:
Body Weight		
Arm		
Chest		
Waist (smallest part around the middle)		
Abdomen (an inch below the belly button)		
Hips (widest part including the butt)		
Thigh (widest part)		

By measuring these areas, you can quantify your progress using a better tool than the scale. As well, take note of how your clothing fits. And if you can, take pictures in a bathing suit, from the same spot, in the same light, whenever you decide to take measurements. These strategies will give you far more accurate measurements than a scale alone.

Take note: you should not be gaining weight while on this program. Don't kid yourself that you are gaining that much muscle. You may be gaining a small amount of muscle, and losing some fat, but you will not gain enough muscle to significantly tip the scale over your starting body weight. If you do gain weight, you need to review the nutritional principles and take note of portion sizes. As well, take note of where you are gaining weight by comparing your measurements. If the gain is all in your tummy, hips and thighs, you need to review your nutritional program.

## The Workout Plan

You'll find 3 workouts that you'll follow along with on alternate days. For example, you can do them on Monday, Wednesday, Friday. Then you can do the short Ab Express workout or the HIIT Interval workouts on the other days.

If you'd like to add the Ab Express workout to the end of one of the workouts, feel free. Make sure you're not working out for longer than 40 minutes. My workouts and philosophy is rooted in science. Longer workouts are NOT necessarily better. My intent is that your workouts are short and intense. Lengthy workouts tend to cause a reduction in intensity which results in LESS overall results – not what we're going for. So really up the oomph! factor and go hard for a short time.

Make sure that you're adequately warm before you get started. Refer to the warm up video. As well, take 3-5 minutes to stretch out, refer to the cool down videos.

I look forward to hearing about your success! You'll want to check out our [Female Fat Loss Over 40 Inner Circle program](#) where you'll get a ton of goodies, more support and connection with women just like YOU and an all NEW workout once a month for 6 months. You can read about it [here](#).

Now, let's get started!

# **Workout 1 Bodyweight is the Bomb**

Warm up

**Set 1** - Do the exercises in a timed set 30/10.

- 1 – burpees or full body ext
- 2 – wall sit stick up
- 3 – walk out push ups (modified)
- 4 – prisoner squats
- 5 – get ups
- 6 – rest 30 seconds

**Tabata set 20/10**– alternate full body extension/jacks for 8 sets

**Repeat Set 1**

## **Ab Polisher**

Set your timer for 30/10 for 6 rounds. Do the following:

- Front plank
- Side plank
- Side plank
- Shoe touch
- High knee stationary sprint
- Rest 40 seconds
- Repeat

**Repeat Set 1**

Cool down

## **Workout 2 Do It With a DB**

You'll need a set of DB's

Warm up

**30/10 Upper body set**

- renegade row
- wall sit bi curl
- push up
- DB row
- Rest
- Repeat

**Tabata set 20/10– alternate skater/squat jump for 6 sets**

**30/10 Lower body set**

- goblet squat
- split stance left
- split stance right
- RDL
- Rest
- Repeat

**Tabata set 20/10– alternate stationary sprint/march or skip hop for 6 sets**

**30/10 Core set**

- plank alternate leg lift
- side plank
- side plank
- roll like a ball
- rest
- repeat

Cool down

## **Workout 3 No Butt's**

You'll need a bench or a sturdy chair and a set of DB's.

Warm up

### **45/10 Timed set:**

- Squat to bench
- Squat pulse
- DB row left
- DB row right
- RDL
- Box jump (squat jump or full body extension)
- Plank recovery

### **Butt Lifter Count Down:**

5 reps single leg RDL to reverse lunge

Repeat opposite side

5 reps lateral lunge

Repeat opposite side

Repeat with 4 reps of each exercise, then 3 reps of each exercise

### **30/10 Timed set:**

- Squat to bench
- Squat pulse
- DB row left
- DB row right
- RDL
- Box jump (squat jump or full body extension)
- Plank recovery

### **Butt of cour(se) 30/10 Timed set:**

- Plank alternate leg lift
- Bird dog left
- Bird dog right
- Fire hydrant hold left
- Fire hydrant hold right

Cool down

## **Abs of Cour(se) 10 Minute Quickie**

Do the following exercises for 30/10:

- Stationary skip hop
- Get up
- Body weight wood chopper left
- Body weight wood chopper right
- Spider crawl
- Burpee
- Bird dog left
- Bird dog right
- T plank
- Shoe touch
- Squat jump
- Inchworm push up
- Side plank
- Side plank
- Reverse hip lift