

# Reduce Fat-Fast<sup>®</sup> Exercise Plan



Not all exercises are suitable for everyone. **To reduce any risk of injury please consult your physician before starting any exercise program.** This instruction is in no means a substitute for medical advice. It is always best to work with a certified instructor. There are many types of exercises that you can do to get in shape and feel better. The **Reduce Fat-Fast** Exercise Plan complements your regular aerobic activity (e.g., walking).

As we have seen, everything we do expends energy: eating, sleeping, sitting, standing, growing hair and nails, all of it expends some amount of energy. Unfortunately for most of us, we expend far less energy than we consume – in the form of fuel – and therefore we are overweight, unhealthy, and unhappy with ourselves. The **Reduce Fat-Fast** Exercise Plan is a simple, safe approach to getting you moving. When you think about it, fifteen minutes a day is less time than most of us spend getting ready for work in the morning. Coupled with the **Reduce Fat-Fast** Meal Plan and **Reduce Fat-Fast** Exercise Plan, this workout will add exercise-oriented activity to your day, so that you can begin losing weight and building up lean muscle tissue within the first week of the **Reduce Fat-Fast** Exercise Plan.

## The Right Exercise For You

Any kind of physical movement burns calories, however the type of exercise that uses the most energy is aerobic exercise. Jogging, brisk walking, swimming, biking, cross-country skiing and aerobic dancing are some popular forms of aerobic exercise. Aerobic exercises use the large muscle groups and require oxygen for the production of energy. The longer you move aerobically, the more energy needed and the more calories used. Regular aerobic exercise improves the ability of your heart, lungs, blood vessels and associated tissues to use oxygen to produce energy needed for activity. In addition to the aerobic exercise, weight and strength training is important for improving muscle tone and strength. Working out with dumbbells and bar bells (free weights) or using the type of exercise equipment found in gyms and health clubs is the most common type of strength training. Strengthening your muscles through weight training improves posture, helps to decrease the risk for osteoporosis, reshapes your body, and also – by increasing lean muscle mass – leads to more energy use in your body because muscle uses calories up at a faster rate than fat cells.

The important thing to remember when you exercise is that you need to work at an intensity that is vigorous enough to cause your heart rate and breathing to increase. How hard you should exercise depends on your age and fitness level, but at a minimum it is recommended that your heart should be beating somewhere within a range of 60% to 80% of your maximum heart rate (the maximum amount of times your heart can beat in one minute). This is known as your target heart rate. The simplest way to calculate your target heart rate is to subtract your age from 220 and then calculate 60 to 80 percent of that figure. Beginners should shoot for the 60% while those in better shape should shoot for 80%. These percentages, of course, are a general guideline and as with anything

| Type of Exercise       | Calories/hour | Type of Exercise          | Calories/hour |
|------------------------|---------------|---------------------------|---------------|
| Golf, with trolley     | 180           | Jogging, 5mph             | 500           |
| Golf, without trolley  | 240           | Gardening, digging        | 500           |
| Gardening, planting    | 250           | Swimming, active          | 500+          |
| Dancing, ballroom      | 260           | Cross country ski machine | 500+          |
| Walking, 3mph          | 280           | Hiking                    | 500+          |
| Table Tennis           | 290           | Step Aerobics             | 550+          |
| Gardening, hoeing etc. | 350           | Rowing                    | 550+          |
| Tennis                 | 350+          | Power Walking             | 600+          |
| Water Aerobics         | 400           | Cycling, studio           | 650           |
| Skating/blading        | 420+          | Squash                    | 650+          |
| Dancing, aerobic       | 420+          | Skiping with rope         | 700+          |
| Aerobics               | 450+          | Running                   | 700+          |
| Bicycling, moderate    | 450+          |                           |               |

"Exercise & Calories Burned Chart," November 2002.

else, it is very important for you to discuss your exercise and fitness plans with your physician. As a quick reference for you, the following table shows the average amount of calories expended in one hour when doing different exercises (average for a 150-pound woman). The amount of calories used when exercising changes as a function of your weight (if you weigh more, you would use more calories in an hour). And remember, regardless of the type of exercise you do, you need to take time to warm up and stretch before you start your workout and also allow yourself time to cool down at the end of your work out.

## The Exercise Plan

This low-impact exercise is designed to improve posture and strengthen and lengthen muscles without adding bulk. This can be done using special equipment, but it is not necessary. My plan requires no special equipment beyond a towel!

This innovative and easy workout will give you great muscle definition, improve your posture, strengthen your arms, shoulders, and abdominals, and get your heart rate going. The movements work your muscles in a balanced way that results in a better, more effective work out.

Before we get started, I have several very important tips for you to keep in mind as you do these exercises:

- **Posture.** The posture of your body while you train is the posture to which you train your body! Pay close attention to your posture as you do these exercises. During the Standing Arm Towel Work, keep your chest lifted. Flatten your stomach by pulling your belly button in towards your spine. Keep your chin parallel to the floor and your shoulder blades pulled down toward your butt away from your ears. (Imagine you have apples under your armpits to keep your shoulders from elevating toward your ears.) Grip the towel firmly, don't bend your wrists while holding the towel. Your feet should be firmly planted, hip width apart.
- **No Abrupt Movements.** Keep the towel work fluid, rhythmic and flowing from one movement to the next. Do not let the towel sag. Keep pulling hard on the towel through the entire series. The harder you pull on the towel (imagine yourself trying to rip it apart), the more quickly you will see results.
- If you experience discomfort or pain, stop! Listen to your body and do not push yourself beyond what you can do. As with any exercise program, you should consult with a physician before beginning this routine.

# Towel Work for the Upper Body

## First Movement

- 1 **Preparation:** Hands are shoulder width apart; arms are extended in front of the chest, holding the towel with both hands.

- 2&3 **Movement:** Pull towel apart, keeping the tension consistent. Slowly lower your arms to your thighs, lift your arms back to chest height.

- **Repetitions:** 20 times
- Be aware of tension in your neck and the elevation of your shoulders. Do not bend your wrists. Keep them flat.



## Second Movement

- 1 **Preparation:** Hands are shoulder width apart, arms are extended in front of the chest, holding the towel with both hands.

- 2&3 **Movement:** Bend elbows and bring the towel close to the chest, extend the arms away from the chest. Pull hard on the towel while bending and extending the arms.

- **Repetitions:** 20 times
- Be aware of your elbows, keeping them lifted while doing this exercise, do not let them drop. Keep the towel taut.



## Third Movement

- 1 **Preparation:** Elbows tucked into your sides, shoulders down, palms up. Your hands should be directly in front of your elbows, holding each end of the towel.

- 2&3 **Movement:** Bicep curls. Keep constant tension on the towel while you lift your hands up to your chest then lower them to the front of your thighs. Vary the speed of the movement between fast for a count of five and then slow for a count of five.

- **Repetitions:** 4 sets of 10, varying the pace (5 fast, 5 slow)
- Be aware of discomfort in your elbows. Make sure your hands are aligned with your elbows.



## Fourth Movement

- 1 **Preparation:** Palms down, hands are shoulder width apart in front of legs, holding both ends of the towel. (Your arms do not bend throughout this movement).



- 2&3 **Movement:** With the towel taut, lift both arms out to the side like a pendulum. Keep your shoulders and hips facing forward. Then swing your arms to the other side keeping constant tension on the towel.



- **Repetitions:** 10 to each side
- Be aware of the elevation of your shoulders and tension in your neck. Do not lift the extended hand higher than the shoulder.





## Fifth Movement

1 **Preparation:** Both arms are overhead, pull towel apart. Keep the neck long, shoulder blades slide down the back toward the butt (imagine pinching a pencil between your shoulder blades). Do not let your shoulders reach past your ears.



2&3 **Movement:** Reach to one side, bending at the waist. Pull up with the top hand and pull down with the bottom hand. Feel a sense of length on both sides of the waist.



- **Repetitions:** 10 on each side
- Be aware of the elevation or discomfort in your shoulders. Your neck muscles should stay relaxed.



## Sixth Movement

1 **Preparation:** Posture is crucial in this one! Your chest is lifted to the sky, hands behind your butt, palms forward holding each end of the towel. Keep your head in line with your shoulders and do not let your chin move forward.



2&3 **Movement:** Pulling on the towel, lift the towel away from your butt as far as you can without your head and neck coming forward. Hold and pull hard for 5 seconds. Then bring the towel back toward your butt without releasing any tension. Consider this one repetition.

- **Repetitions:** 5 sets of 5-second holds
- Be aware of keeping your head and neck from moving forward. Keep your chest lifted. Keep your arms straight throughout the movement.



# Towel Work for the Lower Body

## Flat Abdominals

1 **Preparation:** Lay on your back, arms overhead holding the towel in your hands, legs extended on the floor. Pull your belly button in towards your spine. Press your lower back into the floor. Push your heels into the ground and keep your toes flexed.

2-4 **Movement:** Keep your back rounded and use your abdominals – not momentum – to lift your torso off of the floor and come to an upright, seated position. Pull the abdominals in, push the heels down and slowly roll back down to the floor one vertebrae at a time. When your back is on the floor, reach your arms overhead to begin the next roll up. Keep the towel taut the entire time.

- **Repetitions:** 15 rolling up and back
- Be aware of keeping your back rounded and your abdominals pulled in as you roll up and down. Do not let your heels come off of the floor. If you have trouble keeping your feet on the floor, bend your knees and press the bottoms of your feet into the floor then try the movement again. Do not let your neck become tense.



## Tight Butt

1 **Preparation:** Lie on your back, flatten your shoulder blades to the floor, and place your feet flat on the floor, knees bent, ankles touching. Place the towel between your knees.

2 **Movement:** With the towel held firmly between your knees, peel your butt off the floor one vertebrae at a time. Squeeze your knees together for 20 seconds, squeeze tighter for 20 seconds, then tightest for 20 seconds more – consider this one set. One vertebra at a time, slowly roll your back onto the floor. Feel a sense of length in your back.

- **Repetitions:** 5 sets
- Be aware of keeping your back from arching. Don't put pressure on your neck and shoulders.



## Gorgeous Legs

1 **Preparation:** Lay on your side, one arm extended straight under your ear, the other arm is placed in front of your chest on the floor to balance yourself. Lift your waist off of the floor, keeping your abdominals pulled in. Your hips should be stacked one on top of the other. Do not let your body lean forward or backward during this movement. Place the towel between your ankles.

2&3 **Movement:** Squeezing the towel between your ankles, lift both legs off of the ground, and pulse up and down for a count of ten. Keep your waist lifted off of the floor while you pulse your legs.

- **Repetitions:** 5 sets of 10 pulses on each side
- Be aware of any discomfort you may experience in your low back. Place a small cushion under your hip if you experience any discomfort.



## Spine Stretch

1 **Preparation:** Sit upright on a wooden or tile floor, legs extended hip width apart. Press the back of your knees to the floor and flex your feet. Place the towel on the floor between your legs.

2 **Movement:** With your hands on the towel, press down into the floor, slide and reach forward, while unrolling your back one vertebrae at a time. As you are reaching forward, pull your abdominals in toward your spine (this will give you a much deeper stretch). Reach your hands past your feet, then slowly – stacking one vertebrae at a time return to an upright seated position as your hands return to their starting position.

- **Repetitions:** 5 times, try to gain a deeper stretch with each slide forward.
- Be aware of your back, keeping it rounded as you go through the movement. Never force the stretch.



# Reduce Fat-Fast<sup>®</sup>

## Recommended weight for men and women

### For Women

| HEIGHT |        | SMALL FRAME |       | MEDIUM FRAME |       | LARGE FRAME |       |
|--------|--------|-------------|-------|--------------|-------|-------------|-------|
| INCHES | METERS | POUNDS      | KILOS | POUNDS       | KILOS | POUNDS      | KILOS |
| 4' 10" | 1,24   | 102-111     | 45-50 | 109-121      | 49-54 | 118-131     | 53-58 |
| 4' 11" | 1,249  | 103-113     | 46-51 | 111-123      | 50-55 | 120-134     | 54-60 |
| 5' 0"  | 1,52   | 104-115     | 47-52 | 113-126      | 51-57 | 122-137     | 55-62 |
| 5' 1"  | 1,55   | 106-118     | 48-53 | 115-129      | 52-58 | 125-140     | 56-63 |
| 5' 2"  | 1,58   | 108-121     | 49-54 | 118-132      | 53-59 | 128-143     | 58-64 |
| 5' 3"  | 1,61   | 111-124     | 50-56 | 121-135      | 54-61 | 131-147     | 59-66 |
| 5' 4"  | 1,64   | 114-127     | 51-57 | 124-138      | 56-62 | 134-151     | 60-68 |
| 5' 5"  | 1,67   | 117-130     | 53-58 | 127-141      | 57-63 | 137-155     | 62-70 |
| 5' 6"  | 1,70   | 120-133     | 54-60 | 130-144      | 58-65 | 140-159     | 63-72 |
| 5' 7"  | 1,73   | 123-136     | 55-61 | 133-147      | 60-66 | 143-163     | 64-73 |
| 5' 8"  | 1,76   | 126-139     | 57-63 | 136-150      | 61-68 | 146-167     | 66-75 |
| 5' 9"  | 1,79   | 129-142     | 58-64 | 139-153      | 63-69 | 149-170     | 67-77 |
| 5' 10" | 1,80   | 132-145     | 59-65 | 142-156      | 64-70 | 152-173     | 68-78 |
| 6' 0"  | 1,82   | 138-151     | 62-68 | 148-162      | 67-73 | 158-179     | 71-81 |

### For Men

| HEIGHT |        | SMALL FRAME |       | MEDIUM FRAME |       | LARGE FRAME |       |
|--------|--------|-------------|-------|--------------|-------|-------------|-------|
| INCHES | METERS | POUNDS      | KILOS | POUNDS       | KILOS | POUNDS      | KILOS |
| 5' 2"  | 1,58   | 128-134     | 57-60 | 131-141      | 59-63 | 138-150     | 62-68 |
| 5' 3"  | 1,61   | 130-136     | 58-61 | 133-143      | 60-64 | 140-153     | 63-69 |
| 5' 4"  | 1,64   | 132-138     | 59-62 | 135-145      | 61-65 | 142-156     | 64-70 |
| 5' 5"  | 1,67   | 134-140     | 60-63 | 137-148      | 62-67 | 144-160     | 65-72 |
| 5' 6"  | 1,70   | 136-142     | 61-64 | 139-151      | 63-68 | 146-164     | 66-74 |
| 5' 7"  | 1,73   | 138-145     | 62-65 | 142-154      | 64-69 | 149-168     | 67-76 |
| 5' 8"  | 1,76   | 140-148     | 63-67 | 145-157      | 65-71 | 152-172     | 68-78 |
| 5' 9"  | 1,79   | 142-151     | 64-68 | 148-160      | 67-72 | 155-176     | 70-79 |
| 5' 10" | 1,80   | 144-154     | 65-69 | 151-163      | 68-73 | 158-180     | 71-81 |
| 5' 11" | 1,82   | 146-157     | 66-71 | 154-166      | 69-75 | 161-184     | 73-83 |
| 6' 0"  | 1,83   | 149-160     | 67-72 | 157-170      | 71-77 | 164-188     | 74-85 |
| 6' 1"  | 1,85   | 152-164     | 68-74 | 160-174      | 72-78 | 168-192     | 76-87 |
| 6' 2"  | 1,88   | 155-168     | 70-76 | 164-178      | 74-80 | 172-197     | 78-89 |
| 6' 3"  | 1,92   | 158-172     | 71-78 | 167-182      | 75-82 | 176-202     | 79-91 |
| 6' 4"  | 1,95   | 162-176     | 73-79 | 171-187      | 77-84 | 181-207     | 82-93 |