

# weight loss



**how to  
reduce  
weight  
and tone  
your  
body**

# workout

---

# **Weight Loss Workout**

---

**How to Reduce  
Weight and  
Tone Your Body**



1. Go Beyond Starving 4

---

2. How a Workout Can Help 11

---

3. Weight-Killing Workout 21

---

4. Working in the Workout Routine 38

---



# **Go Beyond Starving**

Weight Loss Workout - 4


## This is Awful.

Weight loss is notorious for being absolutely no fun. It's a joy-killing drudgery that robs you of one of the very things that makes life worth living...food. Gone are the days of juicy steaks, trips to the donut shop, real cream in your coffee, and eating french fries with guilt-free pleasure.

All too often, diets are viewed as the only way to whip your body back into submission. Is it true that the only way to shed pounds and drop sizes is by forcing yourself to never eat another tasty morsel again?

Absolutely not.






In fact, dieting is only one of the ways to lose weight. And, yes, it's a good one. In fact, it should probably be your first offensive technique against excess poundage, but not your only one.

This book is about another side of weight loss. Therefore, we're not going to talk about dieting or starving yourself to death. This book goes beyond starving.

## Basic Facts

Let's introduce a basic fact about weight loss. It's an extremely simplistic concept:

- ❖ Concept one: you have to eat.
- ❖ Concept two: you should eat only as much calories as you need.
- ❖ Concept three: if you eat too many extra calories, you'll gain weight.



That was so basic, it was nearly insulting. Let's introduce another set of concepts, equally simple.

- ❖ Concept one: in order fight extra weight, you should prevent extra calories from building up on your body.
- ❖ Concept two: One way to eliminate extra calories is to avoid eating them to begin with.
- ❖ Concept three: Another way to eliminate extra calories is to burn them off through exercise.
- ❖ Bonus concept: If you eliminate extra calories through exercise, you'll also develop an awesome body.

Simple, but cool. This book is about concepts three and four. It's about eliminating extra calories through exercise, and thus losing weight. But it's also about shaping up your body, and going beyond weight loss, beyond starving, and achieving the body you've dreamed of.

## The Body You Want

Dieting is a dead-end street when it comes to weight loss. The goal of weight loss isn't just to have a fatless body. The goal of weight loss is to have a better body. A better body isn't one that you starve until you shed pounds. A better body is a healthy body. It's a body that not



[REDACTED]


only is fatless, but is also sleek, trim, fit, and strong.

Weight loss through dieting only gets you so far. Exercise takes you the next step.

Dieting is a drudgery, because it's all about denial. Exercise, on the other hand, can be absolutely exciting, because it's all about adding something extra—a workout routine that revolutionizes, enhances health, and contributes to total-body health. It's time to revamp your view of weight loss, and add the component of exercise that you've been missing.

When it comes to weight loss, you want more than just an optimal weight range. Men, you want





ripped abs, python biceps, and a bridge-cable neck. Women, you want curves, not bulges. It's time to take weight loss to a new level of exercising, and really go for the body that you want.



# How a Workout Can Help

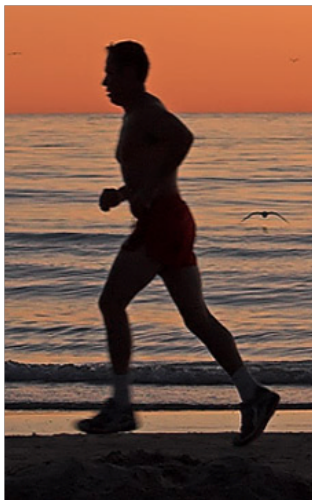
[REDACTED]

We mentioned this in the last section, but we didn't spend a lot of time on it. That's because it's pretty simple. It has to do with how a workout can help your weight loss routine. Not only can you lose more weight, but there are a host of other benefits. I've listed just 13 reasons.

## **Workout makes you feel better.**

Want to find an inexpensive, sure-fire, foolproof way to feel better all the time? Workout. Giving your body an exhausting, sweat-inducing, heart-rate boosting, all-round workout is the perfect way to create total body improvement. The result is that you feel way better all day long.

**Weight Loss Workout - 12**



## **Working out helps you think better.**

We could all benefit from a little extra mental sharpness. Working out gives you that mental sharpness. It is incredible to sense the improved mind performance that a bodily workout provides. Working out will give you that fresh mental energy that you need to power through a day of work, stay alert in a meeting, or even to improve your handicap on the golf course.

## **Working out reduces the drudgery of dieting.**

The boredom and agony of dieting is reversed by the excitement and action of working out. Diets are bound to fail, but working out, with all its benefits, helps prevent that from happening. Working out can turn into a hobby, a passion, an adventure. Who ever heard of dieting turning into a hobby?

## Working out helps you keep weight off.


Weight loss, after all, isn't just about losing weight. It's about keeping your weight at an optimal level. Don't you just yearn for the day when you can finally say, "I've arrived. I've lost the weight I need to lose. Now I can enjoy my

life." This kind of thought is not just utopian fantasy. It's a potential reality. You can enjoy life, but that comes when you have incorporated a lifestyle of working out. And, yes, working out can be fun.



The worst thing about weight loss is gaining it all

back. You've probably seen it happen. You feel all disciplined one week, but then crash the next. The six pounds you lost in one week some how

  
spontaneously generates into ten gained the next week. Want to change that? Working out is the golden key to permanent weight loss.

## **Working out increases your metabolism.**

One of the best things about working out is that it causes deep, internal changes in the engine of your body. Metabolism is the thing that makes some people never gain an ounce, but makes the rest of us merely look at a marshmallow and gain twelve pounds. When you are engaged in an active workout routine, you naturally increase your body's metabolism over time. Higher metabolism means better fat-burn potential, and bigger weight loss for the long run.

## **Working out improves your body's digestive system.**

Perhaps you know the terror of a dysfunctional digestive system. Multiple trips to the bathroom. Embarrassing moments. Working out changes all that. The value of a workout is that it helps all your systems, including your digestive system, work like it's supposed to.

## Working out helps you live longer.

I know of very few people who are hoping for a shorter-than-normal average.

Yet I also know very few people who are committed to increasing their life span by working out. A simple desire to live longer can be



accomplished by a simple commitment to work out.


## **Working out improves your joints.**

Being overweight, but having little muscle mass is a sure way to mess up your joints in the long term. Working out reverses that trend, and gives you strong joints that will last for a long time. Hopefully, you'll never have to face the prospect of a knee replacement surgery. In order to ensure strong joints, working out is the key.

## **Working out just makes you look better.**

Believe it or not, I'm not just talking about your figure. Working out causes your entire body to look different in different ways. Since working



  
out affects the skin, blood flow, etc., your face and skin tone will improve as a result of working out.

## **Working out helps you to sleep better.**

One of the chronic maladies of our day is sleep problems. One simple way to reverse sleep problems is working out. It works.

## **Working out reduces stress.**

Too much stress is a major contributor to weight loss. Along all the other nasty things that stress does to your body, it actually can cause you to eat what you shouldn't, breaking down resistance and creating a false sense of need. Working out can combat that problem at the front end, by reducing the overall stress in your life.



## **Working out saves money.**

Health problems cost money. Lots of it. Working out improves health, which reduces health problems...which, of course, reduces the amount of money that you spend on health problems. Voila! More money in your pocket and more fun in your life.


## **Working out is fun.**

Once you really get into a great workout routine, one that matches your lifestyle and meets your need, you really get to experience the refreshing bliss it is to workout. You will probably find yourself looking forward to your daily experience of working out. It is a fun addition to any lifestyle.




## Working out is cool.

I'm not just trying to make my list longer by saying this. You know those cool people that you see jogging in the mall, or running past your house in your neighborhood? They're cool. They workout. This is the kind of people that go on vacation and actually enjoy working out in the sweet exercise room of the hotel or resort. Being someone who is committed to exercise is simply a very cool thing.




# Weight- Killing Workout



So here it is, your guide to a weight-killing workout. Included below are five workout moves that will be your ticket to all of the advantages included above, including most importantly, losing weight.

## Walking, Jogging, or Running






This one needs very little explanation. Nearly anyone can walk, some people can jog, and a lot of people can even run.

### **So should I walk, jog, or run?**

Who says you need to pick one? Alternating your routine to include all three is probably the best option. There's no need to crush a huge running routine at the get go. The best option, even if you are not excessively overweight, is to simply begin by walking. Walking allows your body to slowly adjust to a workout routine and slowly improve. You may want to include a bit of jogging, slowly increasing your amount of jogging bit by bit until you can jog for a full workout.




## **How long? How far?**

When it doubt, don't overdo it. You'll have to push yourself. That's what a workout is all about, but you don't want to overdo it so you compromise your ability to workout at all. You should set aside a minimum of twenty minutes every other day (or three times a week) to engage in walking or jogging.

## **The Value.**

Walking or jogging is the best of all exercises because it affects your entire body. It is a comprehensive way of toning your entire body—from your legs and even including your upper body to a lesser degree. It improves cardiorespiratory health, which improves heart and lung function. It contributes directly to an increase in your body's metabolism. It improves blood flow and skin quality. What's more is that it



helps to burn calories in a big way, so that you can fight off the extra calories that your body doesn't need.

## The Classic Pushup

It's one of the most basic exercises of all time—the old-fashioned, unadorned, plain pushup. The pushup provides an incredible workout for your entire upper body.






## **The Value**

The pushup is a primary way to combat fat because it affects a lot of muscles. More muscles require more calorie expenditure, which means less calorie buildup on your body. The pushup goes beyond a fat-fighting affect to provide a body-toning affect, too. It cuts down on the arm flab, tightening muscles and giving you a toned upper body. It's not just an upper body workout, however. The pushup is a marvelous workout for the gluts, lower back, and thighs, too.


## **How to Do It**

For Men: Position yourself face down in a prone position. Put your hands directly underneath your shoulders. Keep your legs straight and your body completely braced. No bowing of the back or bending at the waist. Push



yourself up in a fluid even push of the arms. Try not to jerk or place too much weight on one arm or shoulder. Lift your body until your arms are completely extended. Lower yourself until your chest touches the floor. Repeat. You may only be able to do five pushups at first. After time, you should be building up to twenty or thirty pushups without stopping.

For Women: Women's pushups have traditionally differed from men's pushups in that women have kept their knees on the ground during the pushup routine. Now, health professionals and fitness coaches are recommending a different approach. Instead of the kneeling pushup, women are recommended to do the incline pushup. It works precisely the way that the men's pushup with one difference. The starting point positions the body at a diagonal



incline. To do the incline pushup, find a place where you can lean your body securely and maintain a firm grip. A chair against a wall, or even a bed (as long as it doesn't slip) will work for your incline pushup routine.

## Weight-Whipping Squat Move






## **The Value**

The Weight Whipping Squat Move does exactly what the name suggests. It whips weight through a comprehensive squat maneuver. In fact, some fitness trainers claim that this is one of the most powerful exercises for improving lower body muscles than any other. It targets some of the very muscles that fat likes to settle in—the quadriceps and the buttocks. It also helps to improve core balance. You'll notice that you're strengthening your back, too.

## **How to Do It**

To prepare, stand straight and place your hands behind your head with your elbows fully extended. Lower your body to a sitting position, and lower yourself as much as possible without




changing the arch of your spine. Hold for at least one second, then slowly return to a standing position slowly and smoothly. Repeat, and continue several repetitions.

## Dead Weight Lifter



### The Value

The dead weight lifter is a tough workout routine that has a remarkable way of toning, smoothing, and beatifying your leg—from the arch of your foot to the top of the thigh. The muscles that will be aching the next day are the glutes, abs, and thighs. Though the exercise requires the movement of the leg, it really targets stomach



tautness. After several weeks of doing this exercise, you may see the emergence of a six pack ab set. A side benefit to the dead weight lifter is that it improves your whole body balance.

### **How to Do It**


Stand with legs spread slightly apart—just beyond shoulder width. Raise your foot, moving it behind you and lower yourself until your torso is horizontal. When your torso is parallel to the floor, push back with your hips and return to the starting position. Be sure to contract your glutes and keep your stomach muscles tight throughout the process of the exercise. Repeat. After several repetitions, do the other leg.

## Fat Rollers



### The Value


Perhaps the most agonizing, yet rewarding exercises you can ever do is the Fat Roller, a crunch-like exercise that actually works better than crunches. It's an exercise that will slowly



eliminate torso fat, eventually revealing a cut-up six pack. Don't worry. It gives the rest of the body a thorough workout as well!

### **How to Do It**

Lie on the floor face up, with your arms extended above your head, yet parallel with the floor. Squeeze your stomach muscles tightly, and bend your body like a jackknife. Lift legs and arms simultaneously, and reach for your toes. Bend as far as is naturally possible. Hold the position for at least one second, then return to the starting position. Repeat.



# **Working in the Workout Routine**

Starting a workout routine is not easy.

Every January 1st, millions of people around the world start enterprising plans for finally getting involved in a workout routine, only to fail dismally within weeks. This chapter will not give you a way to never fail in your workout routine, but it will provide some practical advice to avoid quitting.

## Tips for Putting It in Your Schedule

The biggest challenge in working out is finding the time to do it. This is a challenge that will



never become easier. We recommend the morning, before you even begin your workday.

- ❖ The morning is usually free from distractions and activities that commonly occur in the evening. It will allow you to develop consistency and regularity in your workout routine.
- ❖ The morning allows you to start your day with a workout routine, which improves your metabolism for the remainder of the day.
- ❖ Working out in the morning allows you to feel good for the rest of the day. Working out in the evening can increase your heart rate and adrenalin



levels which may make it more difficult to get to sleep.

## How Much, How Often?

Working out needs to become a part of your regular activities. Often, the question is, how much and how often?

- ❖ Ideally, you should be working out on a daily basis, simply to establish the routine. However, you do not need to do the same series of exercises every day. Vary the exercises, but keep exercising every day.
- ❖ Alternate days of walking/jogging with the six other workout techniques listed above. This will keep variety in the workout routine without taking a lot of time.
- ❖ You don't need to devote a long amount of time. Including warm-up, cool-down, and


even showering, consider your workout routine to take just under an hour. Focus on devoting a minimum of a half-hour to the actual exercise.

## Buying Stuff

A weight loss workout routine that works doesn't need to cost a lot of money. Your basic needs include the following

- ❖ A good pair of shoes. Even if you need to spend a bit of money on shoes, it is well worth it. Since you'll be running or jogging, proper support and stabilization is integral to a healthy body. Don't skimp






when buying shoes. Find a pair that is comfortable and sturdy.

- ❖ Workout clothes. Obviously, you don't want to mess up your nice clothes when you're working out. Nor do you want to wear clothes that will be abrasive or uncomfortable. A t-shirt and a pair of athletic shorts will be perfect.

You may wish to invest in a gym membership, weights, or even a home gym, but these things are not required if you want to lose weight effectively. What is important is that you stick with your weight loss workout.

## **Just don't quit.**

The big no-no of a weight loss workout is quitting. The rules are pretty simple: just don't quit. Staying committed isn't easy, but keeping



your eye on the goal ought to provide some level of motivation. The final product, the body you want, is worth pursuing and worth working for.