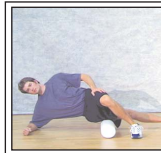




TRAINING PROGRAM: WEIGHT LOSS PHASE 4 of 4

A successful weight loss program utilizes good dietary habits designed to help you burn calories, increase lean body mass, and tone and sculpt your body. The FreeMotion Fitness Weight Loss Program increases total-body flexibility, strength, and conditioning in an effective approach that will help you achieve your fitness and weight goals. This fourth phase will provide you with new exercises to keep your interest and motivation at a high level.



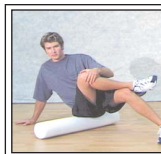
Warm-up: Foam Roll IT-Band

Use your body weight and a foam roller to prepare your upper leg muscles and tissue to work out. The IT band warm-up will help reduce pain and tension in your thighs. Start with a 45 second warm-up on each leg.



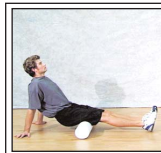
Warm-up: Foam Roll Adductors

This exercise will help to increase muscle length and balance to your upper leg. Hold this stretch for 45 seconds during your warm-up.



Warm-up: Foam Roll Piriformis

This stretches the upper leg and hip. Pressure from the foam roller also helps to warm up this area. Hold this stretch for 45 seconds on each hip.



Warm-up: Foam Roll Hamstring

This exercise will help to increase the length of one of the most dense muscles in your body. The Hamstring warm-up will help reduce pain and tension in the back of your legs. Hold this stretch for a minimum of 45 seconds.



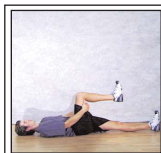
Warm-up: NordicTrack Incline Trainer or Treadmill Cardio

Ten minutes of brisk walking at 3.0 - 4.0 miles per hour will increase heart rate and enhance blood flow to prepare muscles for exertion.



Warm-up: Stability Ball Flexibility / Lat Stretch

The Lat Stretch will lengthen the muscles of the lower and middle back, which is important in preventing injury. Hold the stretch for 30 seconds.



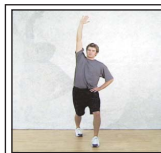
Warm-up: Floor Flexibility / Hamstring 90/90 Stretch

The hamstring is one of the largest and most dense muscles in your body. It is important to prepare these muscles to prevent injury when performing lower-body exercises. Each leg should be stretched for at least 30 seconds.



Warm-up: Wall or Stationary Object Flexibility / Calf Stretch

A thorough calf stretch is an important part in preventing injury. Hold this stretch for at least 30 seconds per calf.



Warm-up: Floor Flexibility / Psoas Standing

The Standing Psoas Stretch will loosen up the large muscles in your back and trunk as you twist your raised arm and head backward. Hold this stretch for 30 seconds per side.



Strength: FreeMotion Chest Seated Two Arm Chest Press

Performing a Two Arm Chest Press works the chest muscles as well as incorporating the muscles of the trunk and spine. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: FreeMotion Chest Single Leg Two Arm Chest Press

The Single Leg Two Arm Standing Chest Press works the chest muscles as well as incorporating the muscles of the legs, trunk and spine to help balance. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: FreeMotion Lat Seated Two Arm Lat Pull Down

Performing a Lat Pull Down not only works the large muscles of the back, but also incorporates core muscles for increased stability. Start with 2 sets of 15 reps before adding more weight or increasing the number of reps.



Strength: FreeMotion Cable Cross Single Leg One Arm Row

The Single Leg Standing One Arm Row works the back muscles as well as incorporating the muscles of the legs, trunk and spine to help balance. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: FreeMotion Shoulder Seated Two Arm Shoulder Press

Performing a Shoulder Press not only works the shoulder muscles, but also incorporates additional muscles in the arms and trunk. Begin with 2 sets of 15 reps.



Strength: FreeMotion Cable Column Two Arm Cable PNF Standing

This exercise works both the upper and lower body. It primarily targets the shoulder, but also incorporates additional arm, core and leg muscles for stability. Start with 2 sets of 15 reps and add additional weight and sets as the workout weeks progress.



Strength: FreeMotion Squat Squat

The Squat uses the large muscle groups in your lower body. As you lower and raise your body, you are working your thighs, hips, back and shoulders. Begin with 2 sets of 15 reps and increase weight as the exercises become easier.



Strength: FreeMotion Lift Single Leg One Arm Squat Touchdown

The Single Leg One Arm Squat Touchdown utilizes the muscles of the lower leg as well as incorporates muscles of the back for balance.



Cool Down: NordicTrack Incline Trainer Treadmill Cardio

Ten minutes of brisk walking at 3.5 - 4.5 miles per hour will increase blood flow to muscles to help prevent cramping and loosen tight muscles post-workout.

