


WEIGHT LOSS

WARMING UP

C06-Hamstring Massage 1




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Place hamstrings and calves on the machine and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and Calves

C03-Quadriceps massage 2




	PHASE 1	PHASE 2	PHASE 3
Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Start in prone position with front of thighs on the machine

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

B02-Quadriceps Stretch 3




	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	static	static	static

PROCEDURE
Push your hips forward until first point of tension is felt in the hip

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Front of Hip and Quads

B04-Adductor Stretch 4



	PHASE 1	PHASE 2	PHASE 3
Time	30	30	30
Rest	0	0	0
Frequency	30	30	30
Amplitude	L	L	L
Repetitions	1	1	1
Execution	static	static	static


PROCEDURE
Keeping leg on the machine straight, lean into opposite leg and sit back

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Adductors (inner thigh)

WORK OUT

A06-Pelvic Bridge 1




	PHASE 1	PHASE 2	PHASE 3
Time	30	60	60
Rest	60	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	static	dynamic

PROCEDURE
Press feet into machine while pushing the hips upward

COACHING KEYS
Engage glutes and hamstrings as primary muscles

"YOU SHOULD FEEL..."
Glutes, Hamstrings and Low Back

A16-Lower Abdominals 2




	PHASE 1	PHASE 2	PHASE 3
Time	30	60	60
Rest	6	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	static	static

PROCEDURE
In prone position, place flexed elbows on the plate, engage abs, glutes, and hamstrings as you extend

COACHING KEYS
Move slowly and with control

"YOU SHOULD FEEL..."
Abdominals

A01-Squat 3




	PHASE 1		
Time	30		
Rest	30		
Frequency	35		
Amplitude	L		
Repetitions	1		
Execution	static		

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A02-Deep Squat 4




		PHASE 2	PHASE 3
Time		60	60
Rest		60	30
Frequency		35	35
Amplitude		H	H
Repetitions		1	2
Execution		dynamic	dynamic

PROCEDURE
Sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Allow for normal spinal movement under control; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A04-Lunge 5




Time	30	60	60
Rest	30	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	dynamic	dynamic

PROCEDURE
Standing with one foot on plate, one foot on floor; bend at the hips, knees, and ankles and lower slowly until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment and control during descent

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A03-Wide Stance Squat 6




Time	30	60	60
Rest	30	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	dynamic	dynamic

PROCEDURE
Start with feet wider than shoulder width; sit back by flexing hips, knees, and ankles until desired depth is reached

COACHING KEYS
Maintain neutral spinal alignment; do not "hang" on handles

"YOU SHOULD FEEL..."
Glutes, Quads, Hamstrings

A08-Push up 7




Time	30	60	60
Rest	30	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	dynamic	dynamic

PROCEDURE
Place hands approximately shoulder width apart, bend the elbows to lower body

COACHING KEYS
Descend down only to a range of motion that can be controlled; maintain neutral spinal alignment

"YOU SHOULD FEEL..."
Chest, Shoulders, Arms

A09-Triceps Dip 8



Time	30	60	60
Rest	30	60	30
Frequency	35	35	35
Amplitude	L	H	H
Repetitions	1	1	2
Execution	static	dynamic	dynamic


PROCEDURE
Lift hips slightly off edge of machine, hands about shoulder width apart; lower slightly by bending elbows

COACHING KEYS
Keep hips close to machine, maintain neutral neck and head alignment

"YOU SHOULD FEEL..."
Triceps and Shoulders

COOLING DOWN

C03-Quadriceps Massage 1




Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Start in prone position with front of thighs on the machine

COACHING KEYS
Slowly flex knee for more emphasis on lower quad; upper body should be off the plate

"YOU SHOULD FEEL..."
Quadriceps

C01-Calves Massage 2




Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Lay on your back with calves on the plate

COACHING KEYS
Cross one leg over the other for deeper massage

"YOU SHOULD FEEL..."
Calves

C06-Hamstring Massage 3



Time	60	60	60
Rest	0	0	0
Frequency	35	35	35
Amplitude	H	H	H
Repetitions	1	1	1
Execution	passive	passive	passive

PROCEDURE
Place hamstrings and calves on the machine and upper body on step

COACHING KEYS
Rotate hips to emphasize inner or outer leg

"YOU SHOULD FEEL..."
Hamstrings and calves