

## Find YOUR Healthy Weight Workout Week 10

We are down to the last couple of weeks in our 12-week series. So far, if you have followed the plan and stayed consistent with your healthy eating choices, you should be on track to change your body composition. More importantly, you are establishing habits in your regular lifestyle. This week we will be continuing with the increased level of difficulty with all of the exercises and adding slight variety in your workouts. The sets for all of your exercises will be comprised of 15 repetitions, while your cardiovascular bursts throughout the workouts will be back up to 5 minutes in length.

This week it is necessary to get all three full body workouts in along with TWO more additional cardiovascular routines. Remember, this can be on your own or through a group class such as a spin class [on a stationary bike], aerobics class, or swim class. Adding variety will ensure you continue to progress on this program but it will also prevent boredom...something that is not motivating at all! Look forward to a great week of workouts and ensure you are sticking to the plan to achieve the optimum results.

### Workout Overview

0 – 10 minutes: warm-up  
10 – 15 minutes: cardio burst #1  
15 – 19 minutes: 1 arm dumbbell chest press on swissball  
19 – 23 minutes: 1 arm lat pull down  
23 – 28 minutes: cardio burst #2  
28 – 32 minutes: lunge and 1 arm shoulder press  
32 – 36 minutes: 1 leg-toe touch  
36 – 41 minutes: cardio burst #3  
41 – 45 minutes: bicep rope curls  
45 – 49 minutes: triceps dips with feet on swissball  
49 – 54 minutes: cardio burst #4  
54 – 60 minutes: stretch

### Exercise Descriptions

**One-arm Dumbbell Chest Press on Swissball:** Grab a pair of dumbbells and position yourself on your back on a swissball so that the back of your head, neck and shoulders are all supported by the ball. Keeping your hips elevated and body in a straight line, hold a dumbbell (in your right hand) just outside your shoulders at about jaw level, with your palm facing forward. Have your other hand (your left) straight upward so that you can use it to guide your other hand. Press the dumbbell straight upward so that the weight is straight above your chest at the top of the move. Slowly lower the dumbbell to the starting position. Repeat 15 times and then switch hands.

**One-arm Lat Pull Down:** Attach a single handle to the lat pull-down machine. Sit on the seat with your legs under the thigh pads and your back straight upwards. Grasp the handle with your right hand, palm facing forward. Slowly pull the handle straight down until your elbow touches your side. Do not twist your back or arm during the pull down. Pause, then return to the starting position in one smooth motion. Repeat 15 times and then switch hands.

**Lunge and Lateral Raise:** Grab a pair of lighter dumbbells and hold them next to your hips. Step forward several feet with your right foot so that both feet are pointing forward but are separated. In this position, lower your body until the thigh of your right leg is parallel to the floor and your other knee nearly touches the floor. Your right lower leg should be perpendicular to the floor, and your torso should remain upright. Slowly push off your front foot upwards so that your body returns to the starting position. As soon as you start coming upwards with your body begin to elevate your arms (palms facing down) to shoulder height. Your arms should reach shoulder height, at the same time you reach the starting position with your legs. Lower your arms and repeat 15 times and then switch legs so that your left foot is forward and your right is behind.

**One-leg Toe Touch:** With your feet side by side and your body standing upright, grab a 5 – 8 lb dumbbell with your right hand (keeping your hand beside your right hip). Keeping your back straight, lean forward with your right hand, while elevating your right leg (straight) behind your body. Your right hand should stay close to your body as it approaches your left foot. Try to keep a straight line from your mid-back to the heel of your right foot. When the weight in your right hand touches your left foot, pause and then slowly return to the upright standing position. Your standing leg should always be slightly bent (but do not bend more during the motion). Repeat 15 times and then switch hands and feet.

**Bicep Rope Curls:** Attach a rope to the low pulley of a cable station. Stand with feet shoulder width apart with the rope in your hands and your palms facing your legs. Curl them up towards your shoulders as far you can go without allowing your upper arms & shoulders to move. Pause and then slowly return to your starting position. Repeat 15 times.

**Triceps Dips:** Sitting on a bench, place your hands on the bench beside your hips. Straighten your arms while you elevate your legs straight out in front of you with your heels on a swissball. Move your torso forward so your buttocks and back are just in front of the bench. Bend your arms to 90 degrees, lowering your body toward the floor. Pause and then raise yourself to the start. Repeat 15 times.