

Find Your Healthy Weight Workout, Week 9...The Home Stretch!

With only three more workout routines to go, this week there is a definite increase in the difficulty level of the exercises. By incorporating multi-joint exercises (using more than one muscle group), along with the use of unstable surfaces and equipment (such as a swissball), we will be able to challenge your muscles in a new way. This week you will be focusing on your power endurance by increasing the number of repetitions (back up to 15 reps) per exercise and decreasing the overall resistance. As for this week's cardiovascular intervals, they will be down to 4 minutes but with this decrease in time try to increase your overall intensity (level of resistance & speed).

This week continue to complete your three one-hour workouts (outlined below) but also try to include TWO additional one-hour cardiovascular workouts throughout the week. With the help of the nutritional advice on the plan, you should be on track to establishing solid habits when it comes to your health and fitness. You are coming down the home stretch with your three-month workout routine, so stay focused, keep working hard and look forward to the results that are on the way!

Workout Overview

0 – 10 minutes: warm-up
10 – 14 minutes: cardio burst #1
14 – 18 minutes: 2 arm dumbbell chest press on swissball
18 – 22 minutes: back extensions
22 – 26 minutes: cardio burst #2
26 – 30 minutes: squat and press
30 – 34 minutes: 1 leg hamstring curls
34 – 38 minutes: cardio burst #3
38 – 42 minutes: bicep rope curls
42 – 48 minutes: triceps rope extensions
48 – 52 minutes: cardio burst #4
52 – 56 minutes: glute abduction
56 – 60 minutes: stretch

Exercise Descriptions

Two-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 raised, hold the dumbbells just outside your shoulders at about jaw level, with your palms facing forward. Press the dumbbells straight upward so that the weights are straight above your chest at the top of the move. Slowly lower the dumbbells to the starting position. Repeat 15 times.

Back Extensions: Position the back extension apparatus so that the pad will end at hip height. Once positioned for the correct height, position yourself facing towards the floor and the pads are pressing up against your thighs. Place your hands by your ears and have your body fully extended outward so that your head to your toes are in a straight line. From this starting position, lower yourself to about 45 degrees (bending at the waist), pause, and then return back to the starting position. Ensure you are exhaling on the way up. Repeat 15 times. Note – this exercise is intended to target your lower back muscles.

Squat and Press: Set your feet shoulder-width apart with your knees slightly bent and your lower back in its natural arched position. Grab a pair of dumbbells so that your palms are facing each other and rest them on the bulkiest portion of your shoulders. Your upper arms should be parallel to the floor. Slowly lower yourself as though you are sitting in a chair behind you, keeping your back in its natural alignment and your lower legs nearly perpendicular to the floor. Lower yourself until your thighs are parallel to the floor; pause and then push back up to the starting position. As you are standing up, press the weights overhead and then lower to start. Repeat 15 times.

One-leg Hamstring Curls: Laying on your front, place your legs underneath the pad. Keeping a consistent pace, move your left heel towards your glutes: curl your left heel up until you cannot go any further; pause, and then lower your leg to the starting position. Repeat 15 times and then change to your right leg.

Bicep Rope Curls: Attach a rope to the low pulley of a cable station. Standing with feet shoulder-width apart, place rope in your hands with 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 Rope Extensions: Attach a rope to the high pulley of a cable station. Grab the rope with a shoulder-width, neutral grip and hold it with an elbow bend of 90 degrees (so that your forearms are parallel to the floor). Stand straight with your upper arms tucked against your sides. Your feet should be hip-width apart, knees slightly bent. Extend the rope downward towards your feet as far as you can without allowing your upper arms to move. Pause and then slowly return the rope to its starting position. Repeat 15 times.

Glute Abduction: Lie on your right side with your legs straight out. Raise your left leg about 18 inches, leading with your heel. Pause then lower the leg to the starting position. Ensure you keep your top hip (left) slightly more forward than your bottom (right) hip so that it works the muscles on the outer side of your hips and thighs. Finish 15 reps with that leg, then change sides and repeat with the other leg.