

The Lose-the-Last-10-Pounds Workout

From “The Women’s Health Big Book of Exercises”

Phase 1) Week 1-4

“It’s time to finish off that fat for good! This 8-week plan from “The Women’s Health Big Book of Exercises” is designed to help you finally shed those last few hard-to-lose pounds.”

Make sure you combine these workouts with a healthy and clean diet & you’ll be on your way to reaching your ideal weight sooner than you think!

How to Do This Workout?

- ♥ Do the weight Workout 3 days a week, resting at least a day between each session
- ♥ Do the Cardio Workout immediately after each Weight Workout
- ♥ Prior to each workout, do the warmup
- ♥ For each exercise in which you raise and lower a weight, take 2 seconds to lower the weight or your body, pause in the down position, and then take 2 seconds to lift the weight, keeping tension in your muscles the entire time.
- ♥ The exercises are to be performed as part of a group. Instead of completing all sets of an exercise at once, do only one set (ex.1A), rest for the prescribed amount of time, then move to the next exercise (ex. 1B), continue in this matter until you complete all of the exercises listed. Once you are done doing your first set, repeat 2 more times so that you reach 3 full sets.
- ♥ If any of the given exercises are too hard, feel free to substitute the variation of the movement that allows you to perform the prescribed number of reps.

WARM-UP

Exercise	Sets	Reps	Rest
1A. Reverse lunge with twist and overhead reach	1	12	15sec.
1B. Walking leg cradles	1	12	15sec.
1C. Overhead triceps stretch	1	10	15sec.
1D. Swiss-ball Y-T-W-L raises	1	8	15sec.

*For the overhead triceps stretch, perform as directed; only hold the stretch for just 1 second, and release. Then repeat with your other arm. That's one rep.

WEIGHT WORKOUT: week 1-4

Exercise	Sets	Reps	Rest
1A. Single-leg hip raise with foot on bench	3	15	15-30sec.
1B. Cable row	3	15	15-30sec.
1C. Cable hip adduction	3	12	15-30sec.
1D. Incline chest fly	3	12	15-30sec.
1E. Dumbbell shoulder press	3	12	15-30sec.
1F. Dumbbell lying triceps extension	3	15	15-30sec.
1G. Plank	3	30sec.	15-30sec.
1H. Side plank	3	30sec.	2-3min.

*If the plank or side plank is too hard, try the modified version instead (bending your knees to the floor).

CARDIO WORKOUT

You can perform this workout on a treadmill, stationary bike, or outside on the sidewalk. Before each workout, warm up for 5 minutes by walking or cycling. The workout is divided into three parts:

Part 1: Exercise for 5 minutes at an intensity that's about 75 percent of your best effort.

Part 2: Exercise for 2 minutes at an intensity that's about 85 percent of your best effort.

Part 3: Exercise for 3 minutes at an intensity that's about 65 percent of your best effort.

Perform each part in succession without stopping to rest. Once you've completed each part one time, start over again with Part 1. Repeat the entire process two times, so that you've done each part of the workout three times. On your final round, add an extra 5 minutes to Part 3. That is, instead of going for 3 minutes, go for 8 minutes.

EXERCISE INDEX

WARM-UP EXERCISES

Reverse lunge with twist and overhead reach

- Stand tall with your arms hanging at your sides and your palms facing the sides of your thighs.
- Brace your core.
- Step backward with your left leg, and lower your body until your right knee is bent at least 90 degrees.
- As you lunge, rotate your torso to the right as you reach high with both hands.
- Return to the starting position.
- Complete the prescribed amount of reps with your left leg stepping back and your torso rotating right, then step back with your right leg and rotate left for the same amount of reps
- Tip: Keep your torso upright as you rotate
- The Benefit: Loosens your thigh, hip, and oblique muscles.

Walking leg cradles

- Stand with your feet shoulder-width apart and your arms at your sides
- Step forward with your left leg as you lift your right knee and grasp it with your right hand and grasp your right ankle in your left hand
- Stand up as tall as you can while you gently pull your right leg toward your chest
- Release your leg, take 3 steps forward, and repeat by raising your left knee. Continue to alternate back and forth
- Tip: Pull your leg toward your chest when pulling it up
- The benefit: Loosens your glutes and hamstrings

Overhead triceps stretch

- Reach over your head with your right arm, then bend your elbow so that your hand drops behind your head
- Grasp your right elbow with your left hand and gently pull your right arm farther behind your head. When you feel a stretch in the back of your upper arm, hold the position for the prescribed amount of time. Then switch arms and repeat
- The Benefit: Loosens your triceps. When this muscle is tight, you might have trouble reaching over your head. That's because triceps tightness comprises your shoulder's range of motion.

Swiss-ball Y-T-W-L raises

- Lie face down on top of a Swiss ball so that your back is flat and your chest is off the ball
- Let your arms hang straight down from your shoulders and turn them so that your palms are facing each other
- Raise your arms at a 30-degree angle to your body (so that they form a Y) until they're in line with your body
- Pause, then slowly lower back to the starting position
- Next, raise your arms straight out to your sides until they're in line with your body (T raise)
- Pause, then slowly lower back to the starting position
- For the L raise, you want to let your arms hang straight down from your shoulders with palms facing behind you
- Keeping your elbows flared out; lift your upper arms as high as you can by bending your elbows and squeezing your shoulder blades together
- Your upper arms should be perpendicular to your torso at the top of the move
- Without changing your elbow position, rotate your upper arms up and back as far as you can
- Pause, then slowly lower back to the starting position

WEIGHT WORKOUT EXERCISES

Single-leg hip raise with foot on bench

- Lie face up on the floor with your left knee bent with your heel on a bench. Your right leg should be straight and your butt on the floor
- Place your arms out to your sides at 45-degree angles to your torso, your palms facing up
- Push your hips upward; keeping your right leg elevated, your body should form a straight line from your shoulders to your knees
- Make sure that your right leg stays in line with your left thigh when you raise your hips
- You can raise your toes to make sure you're pushing from your heels
- Pause, then slowly lower your body and leg back to the starting position
- Complete the prescribed number of reps with your left leg, then switch legs and do the same number with your right leg

Cable row (use an elastic band if you don't have the necessary equipment)

- Attach a straight bar to the cable and position yourself with your feet braced
- Grab the bar with an overhand grip that's just beyond shoulder width
- Sit up straight and push your chest out and pull your shoulders down and back, your knees should be slightly bent
- Without moving your torso & keeping your core braced, pull the bar to your upper abs

- Pause, then slowly lower your body back to the starting position

Cable hip adduction (use an elastic band if you don't have the necessary equipment)

- Attach an ankle strap to the low pulley of a cable station, and then place the strap around your right ankle
- Stand with your right side facing the weight stack
- Take a big step away from the weight stack so that when you move your right leg towards the weight stack, the cable remains taut
- Raise your right leg straight out to the side, towards the weight stack
- Your left knee should be slightly bent
- Without bending your knee, pull your right leg sideways so that it crosses in front of your left leg
- Pause, then slowly return to the starting position. Complete the prescribed number of reps with your right leg and repeat on the left leg

Incline chest fly

- Grab a pair of dumbbells and lie face up on a bench set to a low incline
- Hold the dumbbells over your chest with your elbows slightly bent and your palms facing out
- Without changing the bend in your elbows, slowly lower the dumbbells down and slightly back until your upper arms are parallel to the floor
- In the down position, the dumbbells should be in line with your ears
- Pause, then lift the dumbbell back to the starting position, repeat until you complete all reps

Dumbbell shoulder press

- Stand holding a pair of dumbbells just outside your shoulders, with your arms bent and palms facing each other
- Set your feet shoulder-width apart, and slightly bend your knees
- Press the weights upward until your arms are completely straight, the dumbbells should be directly over your shoulders and your elbows should be locked while your core is braced
- Slowly lower the dumbbells back to the starting position and repeat until you complete all reps

Dumbbell lying triceps extension

- Grab a pair of dumbbells and lie face up on a flat bench
- Hold the dumbbells over your head with straight arms, your palms facing each other

- Your arms should be completely straight and angled back slightly
- Without moving your upper arms, bend your elbows to lower the dumbbells until your forearms are beyond parallel to the floor (keeping your feet on the ground)
- Pause, then lift the weights back to the starting position by straightening your arms and complete the total number of prescribed reps

Plank

- Start to get in a pushup position, but bend your elbows and rest your weight on your forearms instead of on your hands
- Your body should form a straight line from your shoulders to your ankles
- Brace your core by contracting your abs as if you were about to be punched in the gut
- Squeeze your glutes and don't allow your hips to sag down at any time
- Your elbows should be directly under your shoulders
- Hold this position for the prescribed amount of time, while breathing deeply
- Pause, and repeat for the prescribed amount of reps

Side plank

- Lie on your left side with your knees straight
- Prop your upper body up on your left elbow and forearm
- Brace your core by contracting your abs forcefully as if you were about to be punched in the gut
- Raise your hips until your body forms a straight line from your ankles to your shoulders
- Breathe deeply for the entire duration of the exercise
- Hold this position for the amount of time prescribed and repeat on the other side. That's one rep
- Pause, then repeat until you complete the prescribed amount of sets

Stay tuned for Part 2: week 5-8!