

The Lose-the-Last-10-Pounds Workout

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

Phase 2) Week 5-8

“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 5-8

Exercise	SETS	REPS	REST
1A. Single-leg dumbbell straight-leg deadlift	4	15	15-30sec.
1B. Cable face pull	4	15	15-30sec.
1C. Cable pull-through	4	12	15-30sec.
1D. Dumbbell bench press	4	12	15-30sec.
1E. Rear lateral raise	4	12	15-30sec.
1F. Triceps pressdown	4	15	15-30sec.
1G. Single-leg side plank	4	30sec.	15-30sec.
1H. T-stabilization	4	30sec.	2-3min.

*For the single-leg side plank, perform the exercise as instructed (exercise index above), but instead of keeping your top leg elevated for the duration, raise and lower it slowly as you hold your position.

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 dumbbell straight-leg deadlift

- Grab a pair of dumbbells with an overhand grip, and hold them at arm's length in front of your thighs
- Stand with your feet hip-width apart and your knees slightly bent
- Lower your torso until it's almost parallel to the floor and raise your right leg back until it's in line with your body
- Pause, then lower your right leg back to the floor and raise your torso back to the starting position
- Complete the prescribed number of repetitions with the same leg, then do the same number on your other leg
- Note: As you lower the weights, keep the dumbbells as close to your body as possible

Cable face pull

- Attach a rope to the high pulley of a cable station (or a lat pulldown) and grab an end with each hand
- Back a few steps back from the weight stack until your arms are straight in front of you, your palms should face each other
- Flare your elbows out, bend your arms, and pull the middle of the rope towards your eyes so your hands end up in line with your ears

- Pause, then reverse back to the starting position

Cable pull through

- Attach a rope handle to the low pulley of a cable machine
- Set your feet shoulder-width apart
- Grab an end of the rope in each hand and stand with your back to the weight stack
- Bend at your hips and knees and lower your torso until it's at about a 45-degree angle to the floor
- Thrust your hips forward and raise your torso back to the starting position
- Squeeze your glutes as you push your hips forward, your knees should be slightly bent and your arms should stay straight for the entire movement
- Tips: Keep your lower back naturally arched throughout the entire movement

Dumbbell bench press

- Grab a pair of dumbbells and lie on your back on a flat bench, holding the dumbbells over your chest so that they're nearly touching
- Your palms should be facing out, but turned slightly inward
- Before you begin, turn your shoulder blades down and together, and hold them as tight as you can throughout the entire exercise
- Without changing the angle of your hands, lower the dumbbells to the sides of your chest
- Pause, then press the weights back up to the starting position as quickly as you can
- Straighten your arms completely at the top of each repetition
- Tips: Keep your feet flat on the floor at all times; your wrists should be straight; in the down position, both your upper arms and the dumbbells should form a 45-degree angle to your body

Rear lateral raise

- Grab a pair of dumbbells and bend forward at your hips until your torso is nearly parallel to the floor
- Let the dumbbells hang straight down from your shoulders, palms facing each other
- Without moving your torso, raise your arms straight out to your sides until they're in line with your body
- Pause, then slowly return to the starting position
- Tips: Your back should stay naturally arched; your arms should stay slightly bent; your feet should be shoulder-width apart; your torso should stay still as you lift the weights

Triceps pressdown

- Attach a straight bar to the high pulley of a cable station
- Bend your arms and grab the bar with an overhand grip, your hands shoulder-width apart, allow your elbows to bend more than 90 degrees
- Tuck your upper arms next to your sides

- Without moving your upper arms, push the bar down until your elbows are locked
- Slowly return to the starting position
- Tips: Pull your shoulders down and back and hold them that way for the entire movement; don't lean forward or back as you perform the exercise; if you use too much weight, you'll involve your back and shoulder muscles, defeating the purpose of this exercise

Single-leg 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
- Raise your top leg as high as you can and hold it that way for the duration of the exercise
- Breathe deeply for the duration of the exercise
- Turn around so that you're lying on your right side and repeat
- Tips: Keep your hips raised and pushed forward; place your top hand on your hip; your head should stay in line with your body; position your elbow under your shoulder; keep your core braced

T-stabilization

- Assume a pushup position
- Your body should form a straight line from your head to your ankles
- Your core should stay strong and braced during the entire exercise
- Keeping your arms straight and your body rigid, shift your weight onto your left arm and rotate your torso up and to the right until you're facing sideways
- Pause for 3 seconds, then lower back down to the starting position
- Rotate to the left. That's one rep
- Continue to rotate back and forth
- Tip: Always keep your core stiff as you rotate from side to side

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To view Phase 1 of this workout!