



## **P3 Week 2 - M-W-F Workout Routine:**

For the 2nd week, I am adding a resistance band. I am using Bodylastics that can be purchased here. It does not have to be Bodylastics. You can purchase any resistance bands from your local sporting good store such as Sport Authority, Model's Sporting Goods, or whatever local sporting good stores that you have in your town. They range from \$10 to \$60 depending on the quality of the product.

Before week #4, get yourself a stability ball because I will start implementing it for my week 4-workout routine. A stability ball is cheap and extremely versatile. If you don't have one, make sure to pick it up at your local sporting goods store. I will be using resistance bands and stability balls through out my program.

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You can follow this program the way it is laid out. You may have to re-adjust the reps according to your fitness level. Try to do this exercise 3 times this week in nonconsecutive days.

All exercises are done in supersets. For example, Stationary Lunges (with bands) supersetted with Standing Band Row with the band. Do NOT rest within the superset (between lunges and chest press), but rest 1 minute after Lunges before repeating the superset.

### **RESISTANCE TRAINING**

#### **Circuit Training Exercises**

**A1: Ball Pushups (feet on the ball):**

**A2: Band Squat and Press:**

**A3: Standing Bent Over Pull Down**

- A4: Hamstring curl w/ stability ball**
- A5: Kneeling Triceps Press down**
- A6: Bicep curl (w/ band attached to the door)**
- A7: Ball Transfer (arm to leg exchange)**
- A8: Superman (with alternating arms and legs)**

## **INTERVAL TRAINING TIPS**

**For example:**

**Monday: Resistance Training (from the fitness video journal)**

**Tuesday: Cardio**

**Wednesday: Resistance Training (from the fitness video journal)**

**Thursday: Treadmill Workout Part II Treadmill Workout**

**Friday: Resistance Training (from the fitness video journal)**

**Saturday: Cardio Run, Jog, Walk**

**Sunday: Rest**

## **EATING TIPS**

**Make sure to keep following the HCG Body for Life Fast Start menu:  
<http://howtofeelgoodnaked.info>**

**Basic Rules:**

**Rule #1: Follow the HCG Body for Life Meal Plan.**

**Rule#2: Consume the correct portions of high quality protein every day.**

**Rule#3: Consume 2. To 3 fruits and vegetables each day**

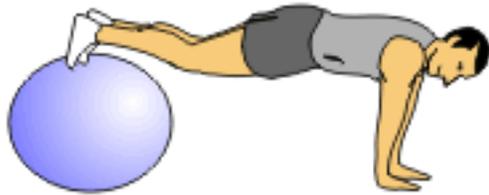
**Rule#4: Absolutely NO refined sugars and refined grains.**

**Rule#5: Minimize fat intake while on Phase 2 of HCG diet.**

**Rule#6: Keep yourself hydrated 1 to 1/2 gallon of water per day.**

## **RESISTANCE TRAINING ROUTINE**

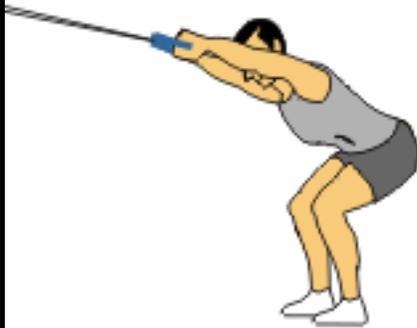
**Exercise**



### **Squat with Fit Band**

1. Start by stepping on the Fit Band with both feet shoulder width apart.
2. Hold the Fit Band at shoulder level with both hands. Start into a full squat while holding the band at shoulder height.
3. Return to the starting position and repeat for the prescribed repetitions.

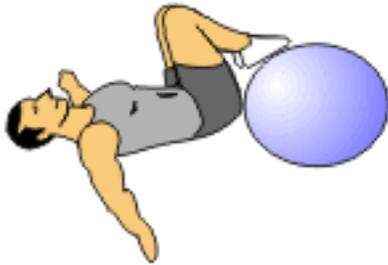
**Trainer's comments: (Watch the video) A2**



### **45-degree Lat Pull-down with bands**

- 1) Secure door strap overhead at top of door.
- 2) Start position: Position hands overhead and shoulder width apart. Grasp handles with a neutral grip (palms facing each other) and lean trunk forward in alignment with the angle of the tubing from the point of attachment.
- 3) Pull handles down to approximately ear level, making sure you lead with the elbows and squeeze the shoulder blades together at the end of the pull-down.
- 4) Return to start position.

**Trainer's comments: A3**



**Stability Ball Hamstring Curl**

- 1) Assume back lying position on floor. Place hands at sides with palms down on floor.
- 2) Start position: Place heels of both feet on top of stability ball. Raise hips off floor.
- 3) Curl heels toward glutes by flexing at the knee. Hips should remain off floor.
- 4) Return to start position.
- 5) Remember to maintain stability of ball by utilizing muscles in the trunk and core. To increase difficulty, cross arms hands over chest to take away base of support.

**Trainer's comments: A4**

**Triceps Press down**

- 1) Secure door strap overhead at top of door.
- 2) Stand approximately 2-3 feet away from attachment point with feet shoulder width apart and knees slightly bent. You may use a staggered stance for increased stability.
- 3) Start position: Grasp handles with shoulder width or medium overhand grip (palms down). Lower handles to chest level so that elbows are bent at 90°.
- 4) Keeping shoulders stabilized and elbows close to sides, extend arm and lower bar to hip level.
- 5) Return to start position.
- 6) Remember to keep back and head erect and in a neutral position. Stabilize shoulders by squeezing shoulder blades together slightly.

**Trainer's comments: A5**

**Biceps (Bands)**



**Exercise Description:**

Bicep Curl

**Classification:**

Biceps (Bands)

**Instructions:**

- 1) Stand with feet shoulder width apart, knees slightly bent.
- 2) Step onto middle of tubing with back foot or both feet.
- 3) Start position: Grasp handles with underhand grip (palms facing forward) with arms hanging down at sides. Elbows should be close to sides.
- 4) Flex at the elbows and curl handles up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 5) Return to start position.
- 6) Remember to keep back and head straight in a neutral position throughout movement. Squeezing shoulder blades together slightly should stabilize shoulders - only the elbow joint should be moving.

**Trainer's comments: A6**





### **Pushup Superman w/ Alternating Arms**

Starting Position: Start the movement in a plank position. Holding that position raise your right arm and left leg off of the ground.

Return to the starting position and repeat with the other arm and leg. Hold each lift for 1-2 seconds.

**Trainer's comments: (Watch the video) A8**

## **The Best Home Gym You Will Ever Own**

**Bodylastics is a complete home gym system. We designed this system in 1996 to outperform the most popular and expensive large bulky home gyms.**

### **Smoothest Resistance**

**When we were first developing the Bodylastics home gym system, we searched for the smoothest source of resistance on the planet. Well, we found it - Elastic tubing. Not only is elastic tubing super smooth when you pull and push it, but it is incredibly light and flexible. That means it is easy to store - no extra room needed! Once we decided that elastic tubing would be our resistance "engine", we had to design a system that would be able to create several levels of tension. This would enable users of all strength levels to get the best results possible. So, we created the Bodylastics Quick Clip System. Our elastics have clips secured to the ends so that they could be easily attached to handles and ankle straps. This simple yet effective design gives users the ability to generate 15 levels of tension (Basic Tension Set) or even 31 levels of tension (Max Tension set).**

**Best Gym Exercises and then some!**

**Every set of Bodylastics comes complete with extra heavy-duty components (handles, ankle straps and door anchor). These components used in conjunction with the elastic tubes can recreate all of the exercises from the health club, and some others that even the best machines can't duplicate.**

