



Phase 3 Week Three - M-W-F

## P3 Week 3 - M-W-F Workout Routine:

For the third 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.

This is only my third week and I am already noticing a difference with my body and how I feel. I am still doing the full body workout but challenging my body even further by adding more resistance with the band.

Before week #3, 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.

**Example for a beginner:** Do chest press for 30 seconds (whatever amount you can complete), followed by 30-second break. Next, perform box jump for 30 seconds (whatever amount you can complete) followed by a 30 second break. Repeat until the last exercise (One arm standing concentration curl) and go back to band press again; for a complete a total

of 2-3 rounds.

## **RESISTANCE TRAINING**

**Below is my week 6 workout routine. Follow the form from the video.**

### **Circuit Training Exercises**

**Band Press**

**Box Jump:**

**Band Row:**

**Step up: w/o band**

**Bench dip**

**Walking Lunges (w/ weights)**

**Triceps Extension (behind head)**

**One arm standing concentration curl**

**Toe Touch (Abs crunch)**

Circuit training is an excellent way to improve mobility, strength and stamina. This circuit-training format utilizes a group of 8 strength exercises that are completed one exercise after another with little or no break.

Each exercise is performed for a prescribed amount of time before moving on to the next exercise. The exercises within each circuit are separated by brief, timed rest intervals, and each circuit is separated by a longer rest period.

The total number of circuits performed during a training session may vary from two to six depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

### **Beginner:**

- **30 seconds per exercise**
- **30-second break in between:**
- **Total number of circuits: 2-3**

### **Intermediate:**

- **45 seconds per exercise**
- **15-second break in between**
- **Total number of circuits: 3-4**

### **Advance:**

- **60 seconds per exercise**
- **10-second break in between**
- **Total number of circuits: 3-4**

Example for a beginner: Do chest press for 30 seconds (whatever amount you can complete), followed by 30-second break. Next, perform box jump for 30 seconds (whatever amount you can complete) followed by a 30 second break. Repeat until the last exercise (One arm standing concentration curl) and go back to band press again for a complete a total of 2-3 rounds.

## **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 Fast Start Guide menu:**

**<http://helpamericaproper.com/MealPlan.pdf>**

**Basic Rules:**

**Rule #1: Follow the HTFGN-26 Meal Plan.**

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

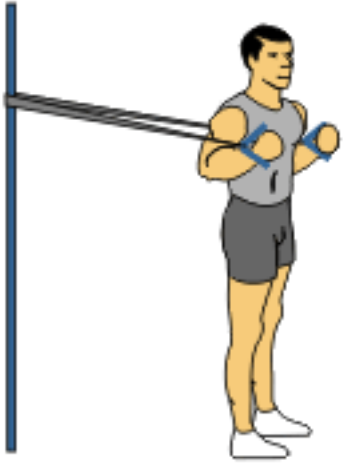
**Rule#3: Consume 2. To 3 fruits and vegetables each day**

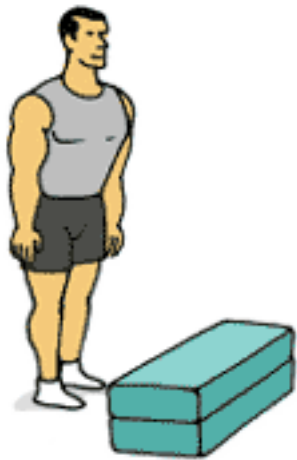
**Rule#4: Absolutely NO refined sugars and refined grains.**

**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		Sets	Reps
		1	12-15
		2	12-15
		3	12-15
<b>Standing Chest Press with Band</b> 1. Start by securing the band at chest level behind you and standing with your feet together. To have a more stable stance you can bring one foot in front of the other in a staggered stance (lunge stance). 2. Hold the band with your hands at chest level and your elbows back. 3. Press the bands out away from your body until your arms are extended. 4. Return to the starting position and repeat for the recommended repetitions.			
<b>Trainer's comments:</b> Follow the proper form from the video			



**Linear Stability Jumps**

1. Stand facing box with feet slightly wider than hip-width apart.
2. Lower body into a semi-squat position and jump up onto box. Feet should land softly on box.
3. Step back down (not jump back down) and repeat according to prescribed reps.

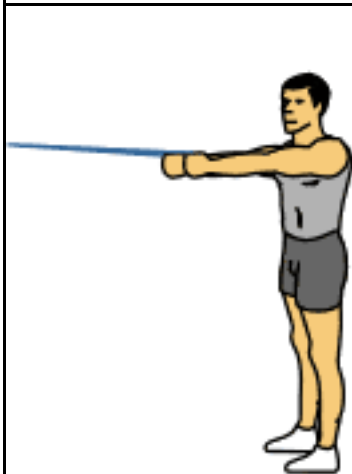
**Trainer's comments:**

Follow the proper form from the video

**Trainer's comments:**

**A2** Put one foot forward and one-foot back.

Sets	Reps
1	12-15
2	12-15
3	12-15



**Standing Row with bands**

1. Anchor tubing at around belly button or chest level.
2. Grab the ends of the band in each hand with arms at full extension.
3. Pull your hands back towards your navel and pinch your shoulder blades together as you pull.
4. Keep your elbows close to the body and return to the starting position and repeat.

**Trainer's comments:**

Sets	Reps
1	12-15
2	12-15
3	12-15

Fold from the hip (similar to the video) Follow the proper form from the video



**One Leg Box Step Up**

1. Stand to the right of the box. Place left foot on top of box.
2. Raise body using the left foot only until leg is extended
3. Lower to start position keeping the foot on top of box. Repeat with other leg according to exercise prescription.

**Trainer's comments:**

with or with resistance band. Follow the proper form from the video

Sets	Reps
1	12-15
2	12-15
3	12-15



**Triceps Bench Dip**

1. Start by placing your hands on the bench and your feet are on the ground with your legs semi straight.
2. Proceed to bend your arms until they are bent to about 90 degrees.
3. Return to the starting position and repeat for the desired repetitions.

**Trainer's comments:**

Follow the proper form from the video

Sets	Reps
1	12-15
2	12-15



**Walking Lunge with Dumbbell**

1. Start position: Stand with feet hip width apart. Hold a Dumbbell in each hand.
2. Step forward 2-3 feet forming a 90° bend at the front hip and knee. DO NOT allow front knee to extend past the big toe - may cause injury.
3. Push body up and move the back foot beside the front foot. Alternate feet and repeat.
4. Remember to keep head and back upright in a neutral position. Shoulders and hips should remain squared at all times.
5. Watch for proper knee alignment - do not let front knee extend past big toe or deviate laterally or medially. Back knee should not come in contact with floor.

**Trainer's comments:**

Follow the proper form from the video

Sets	Reps
1	12-15
2	12-15



**Standing Overhead Triceps Extension with band**

1. Start by holding the tubing in one hand and placing that hand behind your back.
2. Now grab the other end of the band with the arm that is over your head.
3. Extend the top elbow until your arm is fully extended.

Sets	Reps
1	12-15
2	12-15

4. Return to the starting position and repeat for the prescribed repetitions.

**Trainer's comments:**

Follow the proper form from the video



**Concentration Cable Curl**

- 1) Stand approximately 2 feet away from cable pulley with feet shoulder width apart and knees slightly bent.
- 2) Start position: Grasp bar with underhand grip (palms facing forward) approximately hip width apart and allow arms to hang down at sides. Elbows should be close to sides.
- 3) Flex at the elbows and curl bar up to approximately shoulder level. Keep elbows close to sides throughout movement.
- 4) Return to start position.
- 5) 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:**

Follow the proper form from the video

Sets		Reps	
1		12-	15
1			

1		12-	15
1			





### **Alternating Toe Touch**

1. Start position: Lie back onto floor or bench with feet up into the air. Head should be in a neutral position with a space between chin and chest.
  2. Leading with the chin and chest towards the ceiling, contract the abdominal and raise shoulders off floor or bench. Extend one arm and reach for the opposite foot. Return to start position and repeat with other hand.
- Remember to keep head and back in a neutral position. Hyper extension or flexion may cause injury. To increase resistance, hold medicine ball in hands. To decrease resistance, position hand closer towards body

### **Trainer's comments:**

Follow the proper form from the video

**The Best Home Gym You Will Ever Own**  
<http://www.bodylastics.com/1379.html>

**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.

