

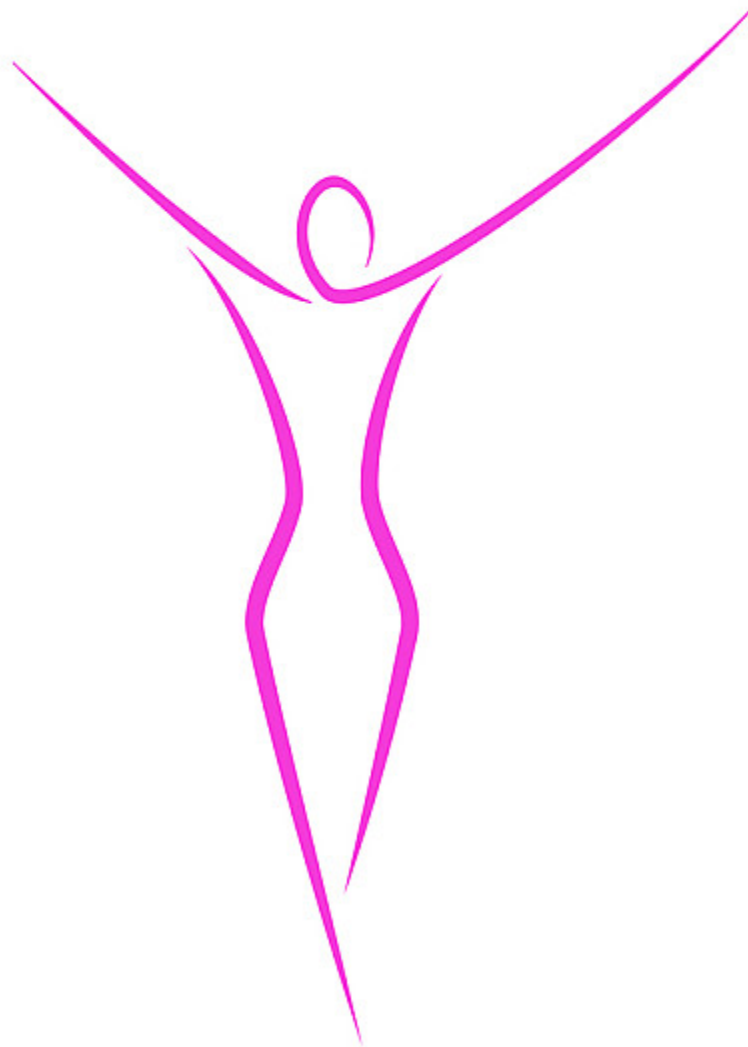
THE 10-DAY KETO RESET DIET

FOR WOMEN OVER 30 WITH A SLOW METABOLISM



10-MINUTE BODY SCULPT WORKOUT

COLIN F. WATSON



Week One M-W-F Workout Routine:

For the 2nd week, I am adding a resistance band.

I am using Resistance bands that can be purchased online.

However, It does not have to be Resistance bands brand.

You can purchase any resistance bands from your local sporting good stores such as Sports 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-workoutroutine.

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.

You'll be using resistance bands and stability balls throughout this program.

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) superset 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 curls 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 video fitness journal)

Tuesday: Cardio

Wednesday: Resistance Training (from the video fitness journal)

Thursday: Treadmill Workout Part II

Treadmill Workout

Friday: Resistance Training (from the video fitness journal)

Saturday: Cardio Run, Jog, Walk

Sunday: Rest

EATING TIPS

Make sure to keep following the HCG Body for Life Fast Start menu:

Basic Rules:

Rule #1: Follow the 10-Day Reset Diet Meal Plan.

Rule#2: Consume the correct portions of high-quality protein, carbs and fats every day.

Rule#3: Keep yourself hydrated $\frac{1}{2}$ to 1 gallon of water per day.

Rule#4: Absolutely NO refined sugars and refined grains during the 10-day reset process or on “reset” days..

RESISTANCE TRAINING ROUTINE

Exercise

Squat with Fit Band or Ball

1. Start by stepping on the

The 10-Minute Body Sculpt

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.

A1: Ball Pushups (hands on the ball):



Go down in pushup position (Tighten core)



A2: Band Squat and Press:

Start Position:

The 10-Minute Body Sculpt



The 10-Minute Body Sculpt



Trainer's comments: (See Photos) A2 45-degree Lat Pull-down with bands

- 1) Secure door straps overhead at the top of the 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 starting position.

Start Position:

The 10-Minute Body Sculpt



The 10-Minute Body Sculpt



Trainer's comments: A3

Stability Ball Hamstring Curl

- 1) Assume back lying position on the floor. Place hands at sides with palms down on the floor.
- 2) Start position: Place heels of both feet on top of the stability ball. Raise hips off the floor.
- 3) Curl heels toward gluteus by flexing at the knee. Hips should remain off the floor.
- 4) Return to starting position.

Start Position:



Finish Position:



5) Remember to maintain the stability of ball by utilizing muscles in the trunk and core.

To increase difficulty, cross arms hands over the chest to take away the base of support.

Trainer's comments: A4

Triceps Press down

1) Secure door straps 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 the arm and lower bar to hip level.

5) Return to starting position.

A5: Kneeling/Sitting Triceps Extensions

The 10-Minute Body Sculpt





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)

Bicep Curl with Bands

Sets 2

Reps:

12--15

12--15

- 1) Stand with feet shoulder--width apart, knees slightly bent, and at a staggered stance.
- 2) Step onto middle of tubing with back foot or both feet.
- 3) Start position: Grasp handles with an 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 starting 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.

Start Position:

The 10-Minute Body Sculpt



The 10-Minute Body Sculpt



End Position:

A7: Ball Transfer (arm to leg exchange)



The 10-Minute Body Sculpt



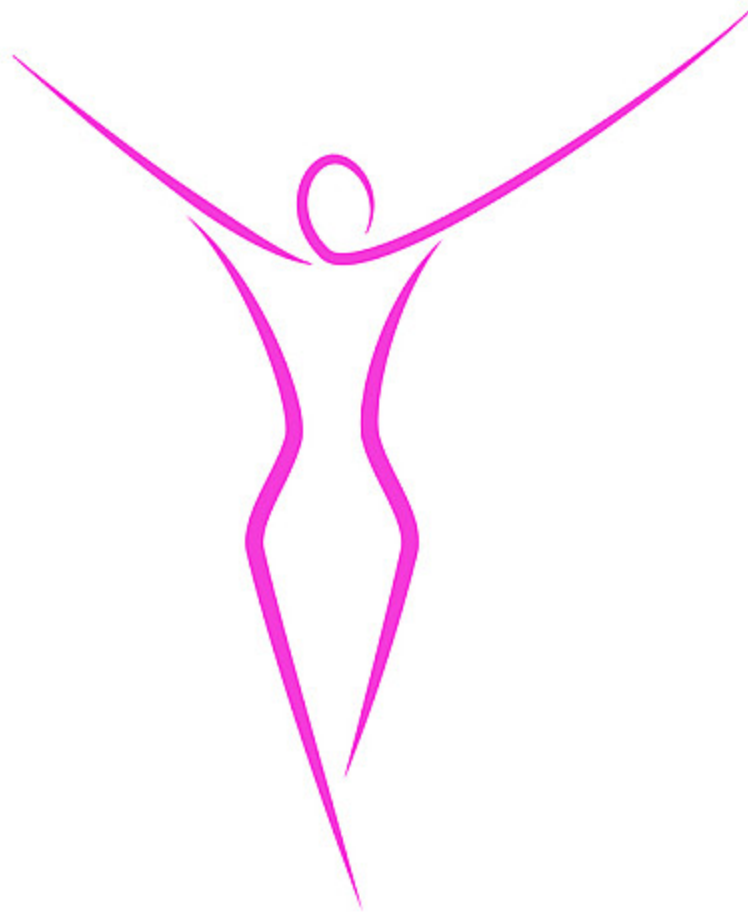
A8: Superman (with alternating arms and legs)



A8: Superman (with alternating arms and legs)

The 10-Minute Body Sculpt





10-Day Keto Reset Diet -10-Minute Superset HIIT Workouts

Week Two M-W-F Workout Routine:

P3 Week One -M-W-F Workout

Routine: Circuit Training Exercises

A1: Side Deltoid Raise w/ band

A2: Triceps Extensions

A3: Ball Pushups:

A4: Ball Squat: Add Weight Optional (hold dumbbells on your side if available)

A5: Seated Band Row

A6: Hip Bridge

A7: Ball Crunch

A8: Superman

Circuit training is an excellent way to improve mobility, strength and stamina and speed up the HCG Body for Life transformation. This HIIT 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 the training session may vary from two to five 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:

Intermediate:

- 45 seconds
- 15-second break in between

Total number of circuits: 2- per exercise

Advanced:

- 60 seconds per exercise

Total number of circuits: 3-4

10-second break in between

Total number of circuits: 4-5

Example for a beginner:

Do Side Deltoid Raises for 30 seconds (whatever amount you can complete), followed by a 30-second break. Next, perform Triceps Extensions for 30 seconds (whatever amount you can complete) followed by a 30 second break.

Repeat until the last exercise (Superman) and go back to side deltoid raises again for a complete a total of 2-3 rounds.

RESISTANCE TRAINING ROUTINE

Exercise

Lateral raise with tubing

1. Step onto tubing with feet hip-width apart and knees slightly bent.
2. Start position: Grasp handles with a neutral grip (palms facing each other). Arms should hang down to sides with elbows slightly bent.
3. Raise handles to the side of the body at shoulder height keeping elbows only slightly bent.
4. Return to starting position.

The 10-Minute Body Sculpt





1. Trainer's comments: A1

Cable Overhead Triceps Extensions

1. Start by placing cable or band at or near head level. Step forward with one foot for balance.
2. Grab handle with your hands and with your elbows pointing forward extend your hands out until your arms are straight.

A2: Triceps Extensions

The 10-Minute Body Sculpt





A4: Ball Squat: Add Weight Optional (hold dumbbells on your side if available)



A4: Ball Squat:



A3: Ball Pushups:

The 10-Minute Body Sculpt





A5: Seated Band Row

The 10-Minute Body Sculpt





A6: Hip Bridge:



A6: Hip Bridge Up Position:



A7: Ball Crunch

The 10-Minute Body Sculpt



The 10-Minute Body Sculpt



A8: Superman:



A8: Superman

The 10-Minute Body Sculpt



You've Got This!

Circuit training is an excellent way to improve mobility, strength and stamina and speed up the 10-Day Keto Reset Diet transformation.

This HIIT 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 five depending on your training level (beginner, intermediate, or advanced), your period of training (preparation or competition) and your training objective.

To get stronger simply add more sets or reps to each exercise.

To build up your cardio base, simply reduce the rest time you give yourself between sets.

You'll begin to notice how much stronger you are getting each week. Your potential is unlimited.

We truly hope you enjoy this program and have amazing success like all of the others that have crushed it with the 10-Day Keto Reset Diet journey.

Namaste
Coach Colin