

M.A.C. Complementary Health Clinic.



Weight Management Programme.

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WEIGHT Loss Assessment.

What is your weight now?	
How long have you been over weight?	
What is your goal weight?	
Why do you think you are overweight?	
Have you tried to lose weight before?	
How have you tried to lose wt. previously?	

What are your main reasons for wanting to lose weight?

Reason	yes	no
For better health?		
To look more attractive?		
To have more energy?		
For a sense of personal pride?		
A sense of accomplishment?		
To look younger?		
For easier mobility?		
Because I will have a better self image?		
I will feel more fashionable?		
Any other reason?		
Any other reason?		
Any other reason?		
Any other reason?		

Signed.....

Date.....

Pinpointing When, where and why you eat:

The following exercise will help you to further analyse your eating patterns. To identify when you are most likely to eat, where you eat and why you eat, tick a yes or no next to each term in the list below.

WHEN		YES	NO
I eat when I am	Hungry		
I eat when I am	Nervous		
I eat when I am	Bored		
I eat when I am	Stressed		
I eat when I am	Hyperactive		
I eat when I am	Happy		
I eat when I am	Sad		
I eat when I am	Lonely		
I eat when I am	Frustrated		
I eat when I am	Anxious		
I eat when I am	Angry		
I eat when I am	Afraid		
I eat when I am			
I eat when I am			

Where		YES	NO
I eat or snack too much	While watching T.V.		
I eat or snack too much	In Groups		
I eat or snack too much	While reading		
I eat or snack too much	During Coffee breaks		
I eat or snack too much	Between work/ home		
I eat or snack too much	Socialising		
I eat or snack too much	In bed		
I eat or snack too much			
I eat or snack too much			

Why		YES	NO
I treat myself when I need	Love		
I treat myself when I need	A reward		
I treat myself when I need	Companionship		
I treat myself when I need	Something to do		
I treat myself when I need	A change in activity		
I treat myself when I need	To compensate		
I treat myself when I need	To relax		
I treat myself when I need	To feel important		
I treat myself when I need	To feel secure		
I treat myself when I need	Sexual attention		
I treat myself when I need			
I treat myself when I need			

Name.....

Date.....

Changing you behaviour pattern.

After you have pinpointed the times, locations and reasons you overeat, you can begin to change your behaviour pattern. Look back at the “**WHEN**” category. Which ones are marked YES ? In the following chart, write, “ I eat when I am (nervous, bored etc).” Follow the same procedure for the where and why categories. At this stage you should have three or more statements that are true for you. In the “**NEW OPTION**” column give your self a new alternative , one which is acceptable to you.

When	New Option

Where	New Option

Why	New Option

Name.....

Date.....

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Before starting out on this programme take measurements of your body and record them in the table provided. The reason for this is that as you go through the programme you may find that your weight loss may slow down at times but at those times your body is still shedding size. It is important that all your records are not just “SCALE” based. It can also be measured by how loose your clothes are getting and your measuring tape is also a good tool to have handy. **Always take the measurements from the same place at each measuring interval.**

Body areas	Measurement
Hips.	
Waist.	
Chest/Bust.	
Left thigh.	
Right thigh.	
Left arm.	
Right arm.	
Body weight.	

Read the following stretches and exercises a few times prior to trying to do them. You will find that in a short space of time the exercises and stretches will be committed to memory and you will get through your programme faster.

Warning! If you suffer from any medical condition that may prevent you from carrying out these exercises refrain from doing them. If you are unsure about your medical condition consult your medical practitioner prior to commencing this programme.

Warm up and Cool down stretches.

It is irrelevant whether you start your stretching routine from the head and work your way down to the feet or vice versa. What is important is that you give sufficient time to stretching both before and after your routine. Five to ten minutes should be adequate.

1. **Head and neck Rotation-** Stand with your feet shoulder width apart and allow the eyes to close gently. Inhale and as you exhale rotate your head **very slowly** anti-clockwise 5 rotations. Then inhale again and as you exhale rotate your head **very slowly** clockwise for 5 rotations.
2. **Head and neck vertical lift and drop-**Again taking a deep breath and on exhalation allow the head to slowly drop forward and then raising the head and moving it back past centre , releasing any tension that may be there. 3 repetitions is sufficient.
3. **Arms and shoulders.** Feet shoulder width apart and knees slightly bent, gently raise both arms parallel to the ground as you inhale. As you exhale bring both arms away from centre palms facing each other. extend the arms until you feel the shoulder muscles contract. Then inhale and bring the arms back to centre, at this stage turn the palms to the floor and lower the arms as you exhale. repeat for 3 reps.
4. **Triceps.** Feet shoulder width apart and legs slightly bent, gently raise the right arm over the your back and then gently push the right elbow with the left hand. Hold this stretch for approx. 10 secs. Then repeat on the opposite side.
5. **Chest stretch.** Feet shoulder width apart and knees slightly bent. Pull the stomach muscles in and relax the shoulders, neck and head. Join your hands behind your back keeping your back as straight as possible and as you inhale lift the arms up until you can feel the stretch across your chest. Hold for 15 secs. then exhale and lower the arms.
6. **Back stretch.** Stand with feet shoulder width apart and the knees slightly bent. Keeping your body relaxed and upright join your hands together in front of your lower body. Breathing in as you raise your arms parallel to the ground and then stretch out slightly. You will feel the stretch across your upper back and shoulders. Hold for 15 secs. then exhale and drop the hands and arms .
7. **Spine rotation.** Standing with your feet shoulder width apart and your body relaxed. Keep the upper body straight and as you inhale raise both arms parallel to

the ground as you inhale. As you exhale gently turn the hips to the left and allow the left hand to follow through behind the body. As you inhale slowly rotate the body back to centre and bring the arms back to central position. At this stage as you exhale slowly rotate your hips to the right allowing your right arm to follow through behind your body. Then inhale bring the body back to centre and as you exhale allow the hands and arms to drop. Repeat 3 times on each side.

8. **Glute stretch-** Lying on your back bend the knee of your right leg ensuring you keep your foot flat on the ground. Cross your left leg over your right knee. Hold the thigh of your right leg and then gently pull it towards you as the right foot leaves the ground. You should feel a stretch in the glute's and the outer thigh. Hold for 15 secs. Then gently return to start position. Repeat the stretch on the opposite side. (Note this exercise can be done in a standing position.)

9. **Hamstring stretch-** Place your right heel forward about 300mm , with the toes pointing up. Keep your hands on your thighs as you slightly bend the left leg and allow your body to bend slightly forward. You will feel the stretch in the back of your thigh , knee and calf. Hold for 10 secs. and then lean forward a little more for 10 secs. This will intensify the stretch. Then return to start position and repeat stretch technique on the opposite side.

10. **Quad stretch-** Stand up straight with your left hand against a wall for support and balance. Bend your right leg to the rear and hold the instep of your foot with your right hand and gently pull upwards.. Keep the knees together hips tilted slightly forward and the back straight. You will experience a stretch in your hip and the front of your thigh. Hold for about 15secs. and repeat on the other side.

11. **Outer thigh stretch-** Take a sitting position on the floor and extend your right leg out in front. Cross the left leg over the right. Support your body with the left arm behind and use the right arm to gently keep pressure on the left leg as you ease into the stretch. You will feel the stretch in your left outer calf. Hold for 20 secs. then repeat technique on the opposite side.

12. **Inner thigh stretch-** Sit with your back straight and place the soles of your feet together. As you hold your ankles gently bring the feet in towards the body. Hold the stretch for approx. 20 secs. You will feel the stretch on the inner thigh.

13. **Calf stretch-** Standing with your feet together, then step back with the right leg and push into the right heel as you bend the left leg. Keep both heels on the floor and try to create a straight line between your right heel and your head. You will feel the stretch in the right calf area. Hold this stretch for 20 secs. Then repeat technique on the opposite side.

14. **Ankle and achilles stretch**- Standing in the upright position raise the right foot approx 200mm off the floor. Gently rotate the ankle clockwise 5 rotations and then anticlockwise 5 rotations. With the same ankle then extend and flex the ankle through 5 reps each direction.

Congratulations you have now completed your warm up and you are now ready to start your exercise programme for today.

NOTE: Do not over stretch and if you experience pain during anyone of the stretches STOP that particular stretch for a few days and then ease yourself back into it.

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Muscle Toning Exercise By Number.

1. Squats- To tone the Thighs, buttocks, muscles of the lower leg and back.

Standing with your feet hip width apart and knees bent. Place your hands on your hips and keep the back as straight as possible. Bend your knees to approx. 90 degrees and bend your body forward until it is at right angles to your thighs. Your heels should remain in contact with the floor at all times throughout this exercise. Then slowly raise your self back to the start position again.

Perform this exercise 15 times and then rest for 30 seconds while you carry out your breathing exercise. Repeat a further 15 reps following your 30 sec. break.

2. Bicep curl- To tone the biceps muscles.

Standing with your feet shoulder width apart and knees slightly bent, back straight and arms sitting down by your side. Inhale as you bend your arms keeping the fists closed and gently squeezing the bicep muscle of both arms. hold each contraction for 5 secs. Then exhale as you drop both arms to start position again. Perform this technique 15 times.

3. Body raise- to tone the glutes and muscles in the back of the leg.

Lie on the ground on your back and your arms by your side. Place your heels on a chair and have your knees bent at 90 degrees. Raise your pelvis off the floor until your body is in a straight line from your knees to your chest. Squeeze your buttocks at this stage and then slowly lower yourself to the start position.

4. Glute toner- To tone the largest muscle in your body.

Kneeling on the ground supporting yourself with your elbows extended in front and your hands clasped together. Keep your back as straight as possible. Then raise your right leg and bend it keeping the sole of your foot parallel to the ground. Raise the right leg and squeeze the buttock then slowly lower the leg . Repeat on both legs.

5. mini press ups- Strengthens arms, shoulders and back.

kneel on the floor with your knees directly under your hips. Place your hands on the ground beneath your shoulders with fingers pointing forward. Pull the stomach muscles in and lower your body weight as you bend the arms. Then push yourself back up to start position.

6. The crunch- to tone the tummy muscles.

Lying on your back with your knees bent and feet flat on the floor. Place your hands behind your ears (NOT BEHIND YOUR HEAD) Exhale as you raise your head and shoulders slightly off the ground. Pull your tummy muscles in as you do so and keep your back on the floor. Do not bring your chin down on your chest, always maintain a space between your chin and your chest throughout this exercise. Inhale as you return to the start position again. Repeat this exercise 15 times. rest for 30 secs. and then repeat exercise.

7. Back extension. This exercise strengthens the back.

Lie with your stomach on the floor and place your hands palm downward just beneath your chin. Inhale and then as you exhale raise your head and upper body off the floor. Hold for a count of three and then inhale as you lower yourself to starting position. Repeat this exercise 10 times.

8. Abductor raise. This exercise works your hips and buttocks.

Lie on your left side on the ground with your left leg slightly bent. Use your left arm to support your head and your right hand to support your body.

As you inhale raise your right leg approximately 300mm. hold for a count of three and as you exhale gently lower to the starting position again. **Repeat exercise on the other side exercising your left side in the same manner as above.**

9. Pecs/Bust toner.

Stand with feet shoulder width apart and knees slightly bent. Raise both arms up to surrender position. Slightly close the fists. Keep back straight. Inhale and as you exhale bring both arms in to centre of the body until the elbows meet and hold position for count of three. Then inhale and return to surrender position.

10. Wide squat combination.

Stand with feet slightly wider than shoulder width apart and your toes should be pointing to the sides. Place both hands with fingers touching on your chest. As you lower yourself into stance allow your arms to go out in front of your body parallel to the ground.

Then raise yourself up to start position and gently squeeze the buttocks

11. Tricep press up.

Sitting on the floor with your knees bent and your feet in close to your body, place your hands to the rear, each side of your body and ensure fingers are pointing towards your toes.

Raise your bottom off the ground and gently lower and raise it by bending your arms.

12. The lunge. To Tone the muscles in your thighs and buttocks.

Standing with feet shoulder width apart back straight and hands on the hips.

Take one step forward with your right foot. Keep your hips square and keep your hands on your hips. Keep your body upright and your tummy muscles pulled in.

Bend both knees until your front knee moves directly over your toe. Do not allow the knee to pass the toes. Allow the weight to fall on the heel of your front foot as you push back to starting position .

Repeat this procedure on the opposite leg and then alternate the movement from left leg to right leg.

13. Extended press up. To tone upper arms, shoulders and chest.

Kneel with your knees directly below your hips. Allow your hands to go out to press up position and lower the body keeping your back straight

14. Reverse curl. To tone the stomach muscles.

Lie on your back with your arms out to both sides, palms should be facing the floor and allow your legs to come straight up in the air.

Breath in and then tighten the stomach muscles. Bring your legs and pelvis up towards your chest area. Hold that position for a count of three and then slowly lower the legs to the ground.

15. The full crunch. to tone the muscles in the stomach.

Lie on your back on the ground, raise your legs and bend your knees. Place your hands behind your head. Breath out as you curl your lower body up towards your chest and curl your shoulders towards your hips. Do not pull the muscles I your neck during this exercise. hold position for 1 second and then inhale and return to start position.

16. Standing crunch.

Standing with the feet shoulder width apart and knees slightly bent. Raise left knee and at the same time allow right elbow come across the body until the elbow almost touches the left knee. Pull in the tummy muscles and exhale as this movement is being carried out. Return to starting position. Then repeat on the other side.

17. Dorsal raise. Strengthens the muscles in lower back.

Lie on your stomach with your arms and feet extended away from your body. Relax the muscles in your neck. Exhale and raise the left arm and at the same time raise your right leg. Try to keep arm and leg straight. Hold this position for one second. Then slowly lower to start position. perform the exercise on the other side of the body and alternate.

18. Glute bridge. To tone the buttocks.

Lie on your back and place your heels on a chair. Place your arms palm down on each side of your body and press them into the floor as you raise your pelvis until your body is straight from your neck to your feet. Squeeze your buttocks in this position and then slowly lower yourself to start position.

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Exercise Programme.

Exercise programme for day 1.

Cardio- Your cardio work out for today is a brisk 20 minute walk. No excuses, if the sun is not shining on the outside you can always let it shine on the inside. **Remember your GOAL.**

Toning exercise programme for today

1. Squats- To tone the Thighs, buttocks, muscles of the lower leg and back.

Standing with your feet hip width apart and knees bent. Place your hands on your hips and keep the back as straight as possible. Bend your knees to approx. 90 degrees and bend your body forward until it is at right angles to your thighs. Your heels should remain in contact with the floor at all times throughout this exercise. Then slowly raise your self back to the start position again.

Perform this exercise 15 times and then rest for 30 seconds while you carry out your breathing exercise. Repeat a further 15 reps following your 30 sec. break.

2. Bicep curl- To tone the biceps muscles.

Standing with your feet shoulder width apart and knees slightly bent, back straight and arms sitting down by your side. Inhale as you bend your arms keeping the fists closed and gently squeezing the bicep muscle of both arms. hold each contraction for 5 secs. Then exhale as you drop both arms to start position again. Perform this technique 15 times.

3. Body raise- to tone the glutes and muscles in the back of the leg.

Lie on the ground on your back and your arms by your side. Place your heels on a chair and have your knees bent at 90 degrees. Raise your pelvis off the floor until your body is in a straight line from your knees to your chest. Squeeze your buttocks at this stage and then slowly lower yourself to the start position. Repeat this technique 10 times. Rest for 30 secs and repeat exercise.

4. Glute toner- To tone the largest muscle in your body.

Kneeling on the ground supporting yourself with your elbows extended in front and your hands clasped together. Keep your back as straight as possible. Then raise your right leg and bend it keeping the sole of your foot parallel to the ground. Raise the right leg and squeeze the buttock then slowly lower the leg . Repeat this technique 15 times. THEN REPEAT EXERCISE ON LEFT SIDE. rest for 30 secs. and then repeat exercise on both sides.

5. mini press ups- Strengthens arms, shoulders and back.

kneel on the floor with your knees directly under your hips. Place your hands on the ground beneath your shoulders with fingers pointing forward. Pull the stomach muscles in and lower your body weight as you bend the arms. Then push yourself back up to start position. repeat technique 10 times. Rest for 30 secs and then repeat exercise.

6. The crunch- to tone the tummy muscles.

Lying on your back with your knees bent and feet flat on the floor. Place your hands behind your ears (NOT BEHIND YOUR HEAD) Exhale as you raise your head and shoulders slightly off the ground. Pull your tummy muscles in as you do so and keep your back on the floor. Do not bring your chin down on your chest, always maintain a space between your chin and your chest throughout this exercise. Inhale as you return to the start position again. Repeat this exercise 15 times. rest for 30 secs. and then repeat exercise.

As part of your cool down stretch incorporate the following stretches.....

No. 3 Arms and shoulder stretch.

No. 5 Chest stretch

No. 8 Glute stretch.

No. 9 Hamstring stretch.

No. 10 Quad stretch.

No. 13 Calf stretch.

Day 2.

Rest day.

Carry out full stretching routine stretches No. 1 to No. 14 in the morning and in the evening.

Increase your water intake today by sipping water throughout the day. Water will flush out your system and can aid in flushing out fluids that you have been retaining. Try to drink one to two litres a day.

Day 3.

Repeat day ones work out. This time during your walk you must train to your optimum training level. This means that you must get your pulse rate up to between 70% and 90% of your maximum heart rate. Every 5 mins. into your walk check pulse rate and adjust level of walking accordingly. see diagram outlining pulse rates for certain age groups.....

Age	70% MHR	75% MHR	80% MHR	85% MHR	90% MHR
18-25	139	149	159	169	179
26-30	134	144	153	163	172
31-36	130	140	149	158	168
37-42	126	135	144	153	162
43-50	121	129	138	147	155
51-55	116	124	133	141	149

Start to record your water intake on a daily basis from today.

Water intake.....

Day 4.

Another rest day. Today refocus on your goal and at some point during the day go to your safe place and visualise yourself having achieved your target weight. Having done this then renew your strength and determination in completing this plan and obtaining your desired outcome.

Water intake.....

Day 5.

Carry out your stretching routine. Stretches number 1 to 14.

Cardio Training... Today increase your walk to 25 mins. working within your optimum training level.

Today we are going to concentrate on the muscles in your legs, bottom, back and stomach.

Exercise no. 1. Squats. Perform 15 times in one set then rest and complete another complete set of 15.
Exercise no. 3. Body raise. Increase the number of body raises per set to 12. Rest for 30 secs. and then carry out a second set of 12 reps.

New exercise No 7. Back extension. This exercise strengthens the back.

Lie with your stomach on the floor and place your hands palm downward just beneath your chin. Inhale and then as you exhale raise your head and upper body off the floor. Hold for a count of three and then inhale as you lower yourself to starting position. Repeat this exercise 10 times.

New exercise No. 8 Abductor raise. This exercise works your hips and buttocks. Lie on your left side on the ground with your left leg slightly bent. Use your left arm to support your head and your right hand to support your body. As you inhale raise your right leg approximately 300mm. hold for a count of three and as you exhale gently lower to the starting position again. Repeat 12 reps. Then rest for 30 secs and perform another 12 reps.
Repeat exercise on the other side exercising your left side in the same manner as above.

Exercise No. 4 Glute raise. Perform 15 reps rest for 20 secs. and then repeat a further 15 reps.

Well done ! now slow down your breathing by carrying out abdominal breathing and then complete your session by carrying out a cool down stretching session. Stretches 1 to 14.

Water intake.....

Day 6.

Rest day....Just reflect over the wonderful work you have done over the last few days. These days are the first few days of a healthier, fitter, slimmer and happier YOU.

Water intake.....

Day 7.

Repeat the work out you did on day 5. only addition today is the introduction of the bicep curl for your arms

Exercise No. 2. Bicep curl. Perform 20 reps. then rest for 20 secs. and repeat.

You have now reached the end of week one, take time out to congratulate yourself. Its now time to start looking forward to week 2. This week takes you closer to your intended Goal.

Water intake.....

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WEEK 2.

Day 8 .

Rest day. A day to contemplate the changes you can make in your lifestyle in order to help you on your weight management programme. The changes you come up with can be written down as a reminder to you that you are taking control of your life again.

Water intake.....

Day 9.

Cardio training today consist of interval training. Walking for 2 mins and then power walking/jogging for 2 mins. The power walking stage you should aim to bring your heart rate to 80% MHR. Walk 8 times and power walk/jog 8 times.

Exercise No. 2. Bicep curl. 20 reps rest for 10 secs and repeat.

Exercise No. 5. Mini press ups. 15 reps.

Exercise No. 1. Squats 20 reps.

Exercise No. 3. Body Raise 20 reps.

New exercises for day 9.

Exercise No. 9. Pecs/Bust toner.

Stand with feet shoulder width apart and knees slightly bent. Raise both arms up to surrender position. Slightly close the fists. Keep back straight. Inhale and as you exhale bring both arms in to centre of the body until the elbows meet and hold position for count of three. Then inhale and return to surrender position. Repeat 20 reps.

Exercise No. 10. Wide squat combination.

Stand with feet slightly wider than shoulder width apart and your toes should be pointing to the sides. Place both hands with fingers touching on your chest. As you lower yourself into stance allow your arms to go out in front of your body parallel to the ground. Then raise yourself up to start position and gently squeeze the buttocks. Repeat 15 reps.

Finish workout with stretches 1 to 14.

Water intake.....

Day 10.

Rest day. Start to notice the changes you are making in your eating habits and also your lifestyle as you relax on day 10 of this programme.

Water intake.....

Day 11.

Cardio training today consists of a steady 30 minute walk trying to work at 75% of your Maximum Heart Rate.

Yes!!!!!! No Muscle toning session today.

Following your cardio workout carry out the following lower body stretches.....

- Stretch No. 7. Spine rotation.
- Stretch No. 8. Glute Stretch.
- Stretch no. 9. Hamstring Stretch.
- Stretch No.10. Quad Stretch.
- Stretch No. 11. outer thigh Stretch.
- Stretch No. 12. Inner thigh stretch.
- Stretch No. 13. Calf stretch.

Water intake.....

Day 12.

Following yesterdays consistent cardio session today we will perform an interval training session. Walk for 2 mins. and jog for two mins. alternating this sequence until you have completed 30 mins. Should you need to rest during this session do so. Always stay within your Max. heart rate rating of between 70% to 90%.

Muscle toning.

Exercise No. 5. Mini press ups. 20 reps.

Exercise No. 7. Back extension. 12 reps. rest 20 secs and repeat a further 12 reps.

Exercise No. 6. The crunch. 20 reps rest for 20 secs. then repeat 20 reps.

Exercise No. 1. Squats. Carry out 20 reps rest for 20 secs. and repeat.

Exercise No. 3. Body raise. carry out 15 reps rest for 20 secs. and then repeat.

New exercise.

Exercise No.11. Tricep press up.

Sitting on the floor with your knees bent and your feet in close to your body, place your hands to the rear, each side of your body and ensure fingers are pointing towards your toes.

Raise your bottom off the ground and gently lower and raise it by bending your arms. Carry out 15 sets and then rest for 20 secs. and then repeat.

Finish off with stretching techniques...

- Stretch No. 3. Arms and shoulders.
- Stretch No. 4. Triceps.
- Stretch No. 5. Chest.
- Stretch No. 6. Back stretch.
- Stretch No. 9. Hamstring Stretch.
- Stretch No. 10. Quad stretch

Water intake.....

Day 13.

Rest day... Why not pamper yourself with a soothing aromatherapy bath or a massage. You deserve it. Your coming close to the end of week two and if your still working to plan, I'm sure your desire to achieve your goal is outweighing any aches or pains you may be feeling.

Water intake.....

Day 14.

Cardio. To finish off week two on a high strive to complete a 20 to 25 min. continuous jog. Making sure you stay within your 70% to 90% max. heart rate.

Muscle toning session.

Repeat day 12 exercise routine. Finishing off the stretching routine outlined in day 12.

Water intake.....

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Week 3.

Day 15.

Cardio workout.

Power walk for 1 min. and then jog for 1 min. Repeat sequence 12 times. Duration of this cardio is 24 mins.

Muscle toning exercise.

Exercise No. 1 Squats. 20 reps then repeat set following a 15 sec. rest.

Exercise NO. 8. Abductor raise. 20 reps on right leg then 20 reps. on left leg. Following this repeat set on both legs.

Exercise No. 2. Bicep curl. 30 reps.

Exercise No 4. Glute toner. 15 reps on each leg and then repeat set again on both sides.

New Exercise...

Exercise No. 12. The lunge. To Tone the muscles in your thighs and buttocks.

Standing with feet shoulder width apart back straight and hands on the hips.

Take one step forward with your right foot. Keep your hips square and keep your hands on your hips.

Keep your body upright and your tummy muscles pulled in.

Bend both knees until your front knee moves directly over your toe. Do not allow the knee to pass the toes. Allow the weight to fall on the heel of your front foot as you push back to starting position .

Repeat this procedure on the opposite leg and then alternate the movement from left leg to right leg.

Carry out a set of 40, 20 lunges on left side and 20 on the right side. Rest for 30 secs. and then repeat.

Exercise No 13 Extended press up. To tone upper arms, shoulders and chest.

Kneel with your knees directly below your hips. Allow your hands to go out to press up position and lower the body keeping your back straight as you prepare to carry out a set of 20 press ups.

Stretching Techniques No.1 to 14.

Water intake.....

Day 16.

Rest Day. Today take it easy and do a visualisation session. Maybe one we have already covered in the class. You can of course make up your own. The emphasis of the visualisation is see yourself as already having achieved your goal. Use all your senses during this session ...see it, feel it, hear it, reach out and touch it. Time is not important during this session , but try to spend at least 10 mins. visualising your success.

Water intake.....

Day 17.

Carry out the same programme you performed on day 15. This time put a little more intensity into your training. Remembering to work within your Maximum heart rate. (70% to 90% Rule)

Water intake.....

Day 18.

Rest day. Spend a little time today thinking about the way you can mix and blend light, healthy nutritious foods as part of your regular cooking and shopping routine.

Water intake.....

Day 19.

Bonus rest day. As you are carrying out the plan today is a good day to have an extra rest day. Today your objective is to increase your daily intake of water.

Water intake.....

Day 20.

Cardio work out..

Interval training today consists of power walking for 1 minute and running/jogging for 1 min. Repeat 12 times making a total of 24 mins. in total cardio work out.

Muscle toning.

Exercise No. 1 . Squats. 15 reps. rest for 10 secs and then repeat.

Exercise No. 2. Biceps curl. 20 reps.

Exercise No. 10. Wide squat combination. 15 reps rest for 20 secs. and then repeat.

Exercise No. 13. Extended press ups. Carry out a set of 25.

Exercise No. 7. Back extension. 12 reps.

Exercise No. 3. Body raise. 15 reps. rest for 20 secs. then repeat.

Exercise No. 6. The crunch. 20 reps and rest for 15 secs. and then repeat.

Exercise No. 4. Glute toner. 15 reps and rest for 20 secs. then repeat.

Stretch out techniques 1 to 14.

Water intake.....

Day 21.

No cardio work out today.

Muscle toning

Repeat muscle toning and stretching exercises from day 19.

Water intake.....

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Week 4.

Day 22.

Rest day. Plan your week to revolve around your exercise routine this week. This is a landmark in your programme because at the end of this week you are halfway through your programme. Take time to reflect and experience the changes that have taken place within your body.

Water intake.....

Day 23.

Cardio work out. Today you are going to jog or run for 30 mins. If you prefer you can either swim or cycle for the same duration. However you must work out at between 70% to 90% MHR.

Muscle toning.

Exercise No 1. Squats. 15 reps rest 15 secs and then repeat.

Exercise No. 10. wide squat combination. 15 reps rest for 15 secs. then repeat.

Exercise No. 12. The lunge. 20 reps on each leg.

Exercise No. 8. Abductor raise. 20 lifts on each leg.

Exercise No.13. Extended press ups. 20 reps.

Exercise No. 11. Tricep press up. 20 reps.

New exercise.

Exercise No. 14.. Reverse curl. To tone the stomach muscles.

Lie on your back with your arms out to both sides, palms should be facing the floor and allow your legs to come straight up in the air.

Breath in and then tighten the stomach muscles. Bring your legs and pelvis up towards your chest area. Hold that position for a count of three and then slowly lower the legs to the ground. Repeat 20 reps.

Note.. Keep head and shoulders on the floor at all times and never bring your feet further than your head.

Stretching techniques No. 1 to 14.

Water intake.....

Day 24.

Rest day.

Water intake.....

Day 25.

Cardio. Run or fast pace walk or cycle for 40 mins. Remember your Optimum training level.

No Muscle toning session today.

Stretch no. 1 to 14 before and after your cardio work out.

Water intake.....

Day 26.

Carry out stretches nos. 1 to 14 twice today.

Water intake.....

Day 27.

Cardio workout. Fast pace walk for two mins. and then run for two mins. repeat each sequence 9 times. this will give you a total cardio session of 18 mins. If you are feeling good at this stage continue on with the workout to a total of 24 mins.

Muscle toning.

Repeat the muscle toning session from day 23.

Stretches No. 1 to 14.

water intake.....

Day 28.

Cardio workout only.

Run, jog or fast pace walk for 45 mins.

Finish and start with a total stretch out.

Water intake.....

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Week 5.

Day 29.

Congratulations you've done it. You are over the halfway stage. I am sure that by now you are definitely seeing the changes in body size and shape. Health and fitness Has improved, just think back to day one. How hard were those first few exercises? Now you are building up your endurance and your body is well on the way to becoming the exact shape and size that you want.

Take a rest day. Reflect on your success and allow yourself to feel proud as you are achieving something That is really important to you.

Water intake.....

Day 30.

Cardio workout.

Fast pace walk for two mins and then run or jog for three mins. Repeat cycle 5 times. This will give you a total work out time of 35 mins.

Muscle toning.

Exercise No.10 Squats. 20 reps rest for 20 secs. then repeat rest for 20 secs and then repeat.

Exercise No. 12. The Lunge. 20 reps on each leg rest 20 secs then repeat rest 20 secs. and repeat .

Exercise No. 8. Abductor raise. 20 lifts each leg. rest 20 secs. then repeat rest 20 secs and repeat.

Exercise No. 13. Extended press ups. 15 reps rest 20 secs then repeat 15 more reps.

Exercise No. 9. Pecs and bust toner. 20 reps rest for 20 secs and then repeat rest for 20 secs and repeat.

New Exercise.

Exercise No. 15 The full crunch

The full crunch. to tone the muscles in the stomach.

Lie on your back on the ground, raise your legs and bend your knees. Place your hands behind your head.

Breath out as you curl your lower body up towards your chest and curl your shoulders towards your hips. Do not pull the muscles I your neck during this exercise. hold position for 1 second and then inhale and return to start position. Carry out 15 reps. rest for 30 secs and repeat.

Stretches No. 1 to 14.

Water intake.....

Day 31.

Rest day.

Pamper yourself today with an aromatherapy bath or a massage, YOU DESERVE IT.

Water intake.....

Day 32.

Cardio work out.

Fast pace walk for 90 secs. and then jog or run for three mins. repeat 6 times giving a total workout time of 27 mins.

Muscle toning repeat day 30 muscle toning plan.

Water intake.....

Day 33.

Rest day

**Carry out stretch routine once today.
Stretches No.1 to 14.**

Water intake.....

Day 34.

Cardio workout.

Fast pace walk for one minute and then run for one minute. repeat eight times giving a total workout time of 16 mins. Work to between 80% to 90% of your max heart rate.

Muscle toning.

Set combinations. Today we are combining exercise techniques to make up a set routine.

Combination set1.

Exercise No 12. The Lunge. 15 reps. Rest 10 secs before next exercise.

Exercise No. 3. The body raise. 15 reps. Rest 10 secs before next exercise.

Exercise No. 4 The Glute toner. 20 reps on each leg. Rest 30 secs. before doing the above exercises again.

Combination set 2.

Exercise No. 15. The full crunch. 15 reps. and rest for 10 secs.

Exercise No. 14. The reverse curl 15 reps. and rest for 10 secs.

Exercise No. 7. Back extension. 15 reps. and rest for 10 secs. before doing the above exercises again.

Stretches No. 1 to 14.

Water intake.....

Day 35.

To finish week 5 on a high your cardio workout is to fast pace walk or jog for 45 mins.

Stretch No. 1 to 14.

Water intake.....

Week 6.

Day 36.

Start off week 6 with a complete rest day. Check your GOAL and ensure you are on target if not , do you need to readjust your goal?

Water intake.....

Day 37.

Cardio workout.

Run or fast pace walk for 35 mins.

Muscle toning.

Combination sets.

Exercise No.11. Triceps press up. 15 reps rest for 10 secs.

Exercise No. 13. Extended press ups. 15 reps and rest for 10 secs.

Exercise No. 9. Pecs/bust . 25 reps and rest for 10 secs.

Exercise No. 2. Bicep curl. 25 reps rest for 30 secs and then do next combination.

Combination 2.

Exercise No. 14. reverse curl. 15 reps and rest for 10 secs.

Exercise No. 6. the crunch. 15 reps and rest for 10 secs.

Exercise No. 4. Glute toner. 15 reps per leg and then rest for 10 secs.

Exercise No. 12. the lunge. 15 reps on each leg. Rest for 30 secs and then do the next combination.

Combination no. 3.

Exercise No. 8. Abductor raise. 15 reps each leg and then rest for 10 secs.

Exercise No. 10. Wide squat combination 20 reps and rest for 10 secs.

Exercise No. 7. Back extension. 15 reps .

Rest for 1 minute and complete all three combinations again.

Stretch to cool down.

Water intake.....

Day 38.

Rest day.

Water intake.....

Day 39.

Repeat Day 37 programme.

Water intake.....

Day 40.

Rest day.

Water intake.....

Day 41.

Cardio workout.

Power walk or run for 40 mins. increase your heart rate to between 80% .

Muscle toning .

Exercise No. 1. Squats 20 reps. rest 15 secs.

Exercise No. 10. Wide squat combination. rest 15 secs.

Exercise No. 12. The Lunge. 20 reps on each leg. Rest 15 secs.

Exercise No. 4 Glute toner. 20 reps each leg. rest 30 secs.

Exercise No. 13. Extended press ups. 20 reps. rest 15 secs.

Exercise No. 11. Tricep press up. 20 reps. rest 15 secs.

Exercise No. 9. Pecs/bust toner. 25 reps. Rest 15 secs.

Exercise No. 2. Bicep curl. 25 reps.

Rest for 90 secs. Concentrate on abdominal breathing and then repeat the above muscle toning set again.

Stretch No1. to 14.

Water intake.....

Day 42.

Cardio workout.

Power walk or run for 30 mins. Get your heart rate up to 85% M.H.R.

Muscle toning ...Repeat workout from day 41.

Stretch to cool down.

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Week 7.

Day 43.

To start off week 7 and day 43, take a complete rest.

Day 44.

Cardio workout.

Fast pace walk for 2mins and then run for two mins. Repeat exercise until you walk a total of 12 mins and run a total of 12 mins. try to work at 85% MHR.

MuscleToning exercise.

Exercise No. 14. Reverse curl. 20 reps.

Exercise No. 15 . Full crunch. 15 reps.

New Exercise No. 16 Standing crunch.

Standing with the feet shoulder width apart and knees slightly bent. Raise left knee and at the same time allow right elbow come across the body until the elbow almost touches the left knee. Pull in the tummy muscles and exhale as this movement is being carried out. Return to starting position. Then repeat on the other side, alternating from left to right. Repeat 12 reps on each leg.

Rest for two mins and then repeat above sets numbers 14,15, and 16.

Exercise No.7. Back extension. 20 reps. rest 15 secs.

New Exercise. No. 17 Dorsal raise. Strengthens the muscles in lower back.

Lie on your stomach with your arms and feet extended away from your body. Relax the muscles in your neck.

Exhale and raise the left arm and at the same time raise your right leg. Try to keep arm and leg straight. Hold this position for one second. Then slowly lower to start position. perform the exercise on the other side of the body and alternate. 10 reps each side. rest 15 secs.

New Exercise No. 18. Glute bridge. To tone the buttocks.

Lie on your back and place your heels on a chair. Place your arms palm down on each side of your body and press them into the floor as you raise your pelvis until your body is straight from your neck to your feet. Squeeze your buttocks in this position and hold for 30secs. then slowly lower yourself to start position. **Rest 1 minute and then repeat exercises No. 7, 17 and 18.**

Stretch to cool down.

Water intake.....

Day 45.

Rest day.

Water intake.....

Day 46.

Repeat programme for day 44.

Water intake.....

Day 47.

Rest day.

Water intake.....

Day 48.

Cardio session Only today.

Fast walk, Jog or run at a constant pace for 45 mins. Work at 70% MHR.

Total Stretch to cool down Numbers 1 to 14.

Water intake.....

Day 49.

Cardio workout.

Run , Jog or fast pace walk for 25 mins at 75% MHR.

Muscle toning.

Exercise No. 10. Wide squat combination. 20 reps. rest 15 secs.

Exercise No.12. The lunge 20 reps per leg. Rest 15 secs.

Exercise No. 16. Standing Crunch. 20 reps per leg. rest 1 min.

Repeat the above exercises a total of three times with the rest intervals shown.

Exercise No. 17. Dorsal raise . 15 reps each side. Rest 15 secs.

Exercise No. 7. Back extension. 20 reps. Rest 15 secs.

Exercise No. 3. Body raise.15 reps. Rest 45 secs.

Repeat above exercises a total of three times with the rest intervals shown.

Water intake.....

Week 8.

Day 50.

Well done its your last week. If you have stuck to the plan , I am sure that by now you are getting fitter, feeling healthier and the clothes that you want to fit into, are now becoming a reality. For the last week give yourself a final push and concentrate on each and every aspect of your work out this week. To get ready for your final push take today as a **rest day** and lay the foundation for the final step. Plan your week ahead to ensure you carry out the plan to the letter of the law.

Day 51.

Cardio workout.

Fast pace walk for 2 mins and run for 3 mins. Total work out time of 30 mins. Running for 18 mins and walking for 12 mins. Run at 85% to 90% MHR.

Muscle toning.

Repeat day 49 Muscle toning session.

Water intake.....

Day 52.

Rest Day.

Water intake.....

Day 53.

Cardio workout only.

Run or fast pace walk for 40 mins at 75% to 80% MHR.

Total stretch to cool down.

Water intake.....

Day 54.

Cardio workout.

Fast pace walk for 1 min. and run for 1 min. Walking for a total of 10 mins and running for a total of 10 mins. try to work at 90% MHR.

Muscle toning.

Exercise No 1. Glute toner. 20 reps on each leg. rest 15 secs.

Exercise No. 9 Pecs/bust Toner. 25 reps. rest for 15 secs.

Exercise No. 18. Glute bridge. Hold for 30 secs. rest for 10 secs and then repeat exercise no. 18 only.

Exercise No. 13 Extended press ups. 20 reps. rest for 15 secs.

Exercise No. 11. Tricep press ups. 20 reps. rest for 15 secs.

Exercise No. 2 bicep curl. 30 reps. rest for 1 minute and then repeat all of the above muscle toning exercises in order of descent.

Carry out stretch cool down.

Water intake.....

Day 55.

Rest day.

Reflect on the last 7 weeks. Notice all the positive changes that have occurred in you life, as a result of taking control of your own health regime.

Water intake.....

Day 56.

Last day of Programme CONGRATULATIONS!!!!!!!

Cardio workout.

Today go for a long fast pace walk or run. The run should last 45 mins working at between 70% and 80% MHR.

To finish off your programme repeat day 54 Muscle toning programme.

Water intake.....

Result sheet.

	Before .	After.
Hips.		
Waist.		
Chest/Bust.		
Left thigh.		
Right thigh.		
Left arm.		
Right arm.		
Body weight.		

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