



## **Staten Island Slim Down Workout week 6**

**Perform workout A on Monday and Thursday**

**Perform workout B on Tuesday and Friday**

**Perform 20 - 30 minutes of Cardio exercise on 5 to 6 days this week.**

**Try interval training.**

**On the days that you have resistance training do your resistance training first.**

**Maintain your metabolic nutrition plan.**

**On Three consecutive days during the week eliminate the consumption of all starchy carbohydrates. On those days each of your meals should consist only of Lean Protein and Vegetable.**

**Follow the workout order as follows:**

**For each set complete 20 repetitions**

**Perform exercises A1 and A2 with no rest or minimal rest in between.**

**Take a rest to recover and then repeat. Rest to recover and repeat again.**

**Next perform exercises B1 and B2 with no rest or minimal rest in between.**

**Take a rest to recover and then repeat. Rest to recover and repeat again.**

**Next perform exercise C1, C2, C3 and C4 with no rest or minimal rest in between each of them.**

**Take a rest to recover and then repeat. Rest to recover and repeat again.**

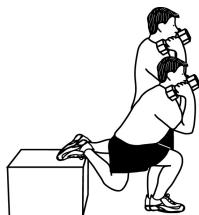
# Staten Island Slim Down Workout week 6



Hold dumbbells at shoulder height in a standing position. Bend at the knees and hips until in a seated position. While exhaling return to standing position.



Hold dumbbells and lie back on either a fitness ball or a bench. Pointing your elbows to the floor lower the dumbbells to the chest. Exhale while pushing dumbbells toward the ceiling.



Place one foot on a chair, bench or box. Bend the knee of the front leg (lowering your body). Then return to the standing position as you exhale. Perform half the repetitions with one leg then switch to opposite leg.



Hold on to a bench or chair. Place your hands on the front of the bench supporting your body. Place feet flat on the floor. Bend your elbows lowering your body toward the floor. Exhale and extend your elbows raising your body to the original position



Lie on your back on the floor. While supporting your head with both hands lift your shoulder blades off the floor while exhaling. Slowly return to the original position.



Lie on your back on the floor. Extend your arms out for support. Lift your feet off the floor pulling your knees toward your chest. Return to original position.



Position your body on the floor supported by your forearms and toes. Hold this position for 60 seconds.



Hold a broom stick and bend sideways at the waist aiming your elbow to the side of the knee. Complete the repetitions alternating right side to left side.

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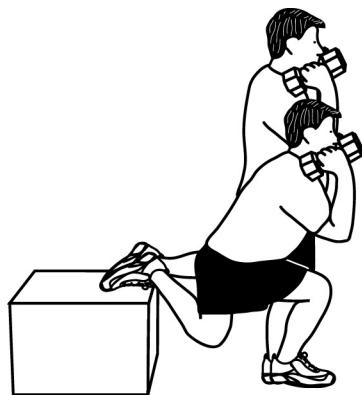
**A1**



**A1**



**B1**



**B1**



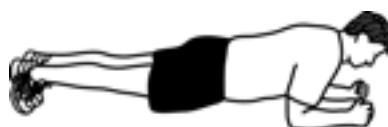
**C1**



**C2**



**C3**



**C4**

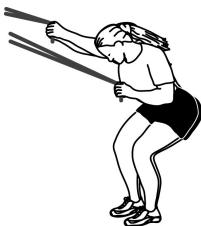


**Workout A**

# Staten Island Slim Down Workout week 6



Hold the weight (barbell, dumbbells etc) in your hands. With a slight bend in the knees bend at the waist reaching down toward the floor. Exhale and return to the standing position.



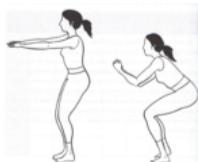
You can use a cable machine or connect an exercise band to door way. Bend slightly at the waist and extend the arms reaching out. Pull the cable or band into your abdomen as you exhale.



Step up on a stair and then step down. Perform half the repetitions with one foot and then repeat with the other. You can use dumbbells for additional resistance.



straight over your head and your arms are fully extended and your back is straight As your arm reach full extension rotate your torso in opposing direction after each repetition.



From a standing position bend at the knees and hips until in a seated position. While exhaling return to standing position.



From a standing position bend at the knees and hips until in a seated position. While exhaling return attempt to jump elevating your feet off the floor. (The alternative is raise up on your toes.)



From a standing position take a large step forward. As you plant your foot lower the rear knee toward the floor. As you exhale, step back returning to the standing position. Perform half the repetitions with one foot and then repeat with the other.



From a standing position slowly raise your heels off the floor until you are on your toes. Return to original position. You can use dumbbells in order to add additional resistance.

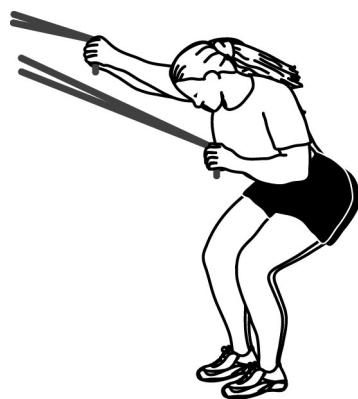
## Workout R

# Staten Island Slim Down Workout week 6

A1



A1



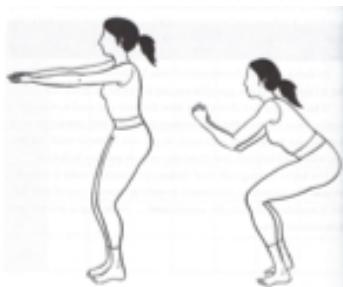
B1



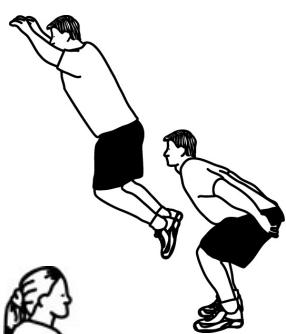
B2



C1



C2



C3



C4



**Workout B**

# **Staten Island Slim Down Workout week 6**

## **Interval Training**

Interval training is the process of having increased to maximal effort during your cardio exercise followed by a duration of active recovery. The process is challenging, but simple. Here is an example of an interval training program:

1. Begin with a three minute warm-up. This would consist of some sort of cardio exercise at a slow to moderate pace. The purpose of this is to warm up your muscles, get your blood and oxygen flowing and to prepare your body for exercise.
  2. Next begin to speed up the pace so that you are going as fast as you can for 60 seconds. This means if you are on a treadmill you want to speed up to the top speed that is appropriate for you. If you are walking, you may go into a fast walk, a brisk jog or even an all-out sprint. It is important that you do whatever is most appropriate for your ability and fitness level.
  3. After your 60 seconds is complete, you slow down to a manageable pace allowing your heart rate to decrease as your body recovers from your previous intense effort. You'll continue this for two minutes. This will be the completion of one round.
  4. Once you've completed the two minutes of recovery start again with 60 more seconds of high intensity cardio. This is again followed by two minutes of recovery. This will mark the completion of the second round.
  5. The object of your full cardio session is to perform five complete rounds of this high intensity/active recovery intervals.
  6. Follow this with a three minute cool down during which you reduce your speed back to the level of your warm-up until you are finished.
- 3 minute warm up  
- 1 minute high intensity  
- 2 minute recovery  
- 1 minute high intensity  
- 2 minute recovery  
- 1 minute high intensity  
- 2 minute recovery  
- 1 minute high intensity  
- 2 minute recovery  
- 1 minute high intensity  
- 2 minute recovery  
- 3 minute cool down
- = Total 21 minutes

You can feel free to alternate your cardio sessions from one day of interval training and use the next day as a regular steady state cardio session.