



Staten Island Slim Down Workout week 9 & 10

**Perform workout A on Monday, Wednesday and Friday
Perform workout B on Tuesday, Thursday and Saturday**

**Alternate Schedule: Perform workout A on Monday and Thursday
 Perform workout B on Tuesday and Friday**

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

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 5 to 6 meals should consist only of Lean Protein and Vegetable.

Follow the workout order as follows:

For each set complete 15 repetitions. (Do 30 for lunges, mt. climbers, calf raises, crunches, jumping jacks & reverse crunches. Do plank for 60 secs)

**Perform exercises A1 - A4 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 - B4 with no rest or minimal rest in between.
Take a rest to recover and then repeat. Rest to recover and repeat again.**

**Perform interval training for your cardio exercise on 5 to 6 days this week.
Do a cardio exercise that is most appropriate for you.**

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Side Note

Now that you have gotten more fit you have some options available to you to make the exercise appropriately challenging for you:

- You can perform each set of push-ups until you can't do any more.
- You can perform Lunges and Good Mornings with weights.
 - > Do the Lunges holding dumbbells in both hands
 - > Do the Good Morning holding a weight or dumbbell across your chest

It is not uncommon to start thinking that the journey is over. Once you have completed the next two weeks the journey has not ended. It has truly just begun. Now really means "No Opportunity Wasted". Use this as an opportunity to take all you have felt, learned and experienced and put it to work so that it can serve you. This continued service will continue to improve your quality of life and inspire the same result in the people you come in contact with. The best way you can say "thank you" for all you have received in this program is by paying it forward.

Help someone in need of assistance or inspiration. Speak nothing, but words of power, possibility, purpose and passion to anyone aspiring to accomplish something. Not only will you inspire them, but you will continue to be inspired.

Staten Island Slim Down Workout week 9 & 10



Get on the floor and position your hands slightly wider than your shoulders. Raise up onto your toes so you are balanced on your hands and toes. Inhale as you slowly bend your elbows and lower yourself until your elbows are at a 90 degree angle. Exhale as you begin pushing back up to the start position



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.



Keeping the back straight, bend at the hips until the hamstring muscles at the rear of the thigh start to limit your movement. Bend a little further to give them a stretch, but not so that you feel pain or discomfort. Return to Standing position



Put your hands shoulder width apart on the floor. Place yourself in the basic push-up position. Rest on the balls of your feet while bringing one leg forward to your chest and back to its original position. Keep the right leg tucked during the forward and back movement of the left leg.



Start with dumbbells at shoulder height. Bend at the hips and knees as if sitting in a chair. As you return to standing position press dumbbells overhead extending your arms.



Hold dumbbells in each hand and in a standing, bent forward position. Keep your arms tucked into your side at a 90 degree angle. Slowly extend your arms out and keep your elbow in. Make sure to keep a little bend in your arms and all the tension on your tricep muscle



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.



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

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A1



Push Up

A2



Lunge

A3



Good Morning

A4



Mountain Climber

B1



Squat Thruster

B2



Tricep Extension

B3



Calf Raise

B4



Plank

Workout A

Staten Island Slim Down Workout week 9 & 10



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.



Bend at the waist maintaining a straight back. Your back should be slightly above parallel to the floor, and your head up. Pull the dumbbells straight up, bending your arm at the elbow. Your elbow should go up higher than your back, allowing the dumbbell to be rowed all the way up to your body.



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.



Stand with your arms at your sides. Jump up while spreading your arms and legs at the same time. Lift your arms to your ears and open your feet to a little wider than shoulder width. Clap or touch your hands above your head. As you return from jumping up bring your arms back down to your sides and at the same time bring your feet back together.



Start with Dumbbells at shoulder level. Tuck in your elbows and hold the bar steady just below your chin, touching your upper chest, elbows slightly forward. Lift the dumbbells slowly until it is straight over your head and your arms are fully extended and your back is straight.



Holding dumbbells in both hand, let your arms naturally fall to your sides, arms extended totally straight toward the ground. Slightly rotate your thumbs outward bend the elbow lifting the weight toward your ears.



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.)



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.

Workout B

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A1



Squat

A2



Row

A3



Crunch

A4



Jump ing Jack

B1



Shoulder Press

B2



Bicep Curl

B3



Jump Squat

B4



Reverse Crunch

Workout B

Staten Island Slim Down Workout week 9 & 10

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.