

Fitness Program (30-45 minutes a day)

Stew Smith's Downloadable Workout Series

The 45 Day Intermediate Program

Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

Table of Contents

About the Author

Stretching Program

Exercises Explained

Workouts Explained

Articles from StewSmith.com

The 45-Day Intermediate Workout

Nutrition Tips

Running Program for Novice Runners

The 45 Day chart are exercises you should do daily. The Supplemental Weight and PT routines and abdominal routines are recommended supplemental workouts to be done supplemental of the 45 day program IF you have time. Use some of the ideas in the 20-30 minutes run /swim text in this workout as options to you run, bike, walk, swim – 15:-30:00 daily workouts

Fitness Program (30-45 minutes a day)

About the Author



Former Navy Lieutenant Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for BUD/S since 1991, which are still in use today by SEAL recruiters - **The BUD/S Warning Order** and the books "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**."

Fitness has been apart of Stew's life throughout his childhood, high school, Naval Academy, Naval SEAL and present life. The website (StewSmith.com) is a window to just about every type of training there is.

I hope you enjoy your workout and it helps you graduate your selected course of action or gets you in the best shape of your life...

Stew's Published Books

The Complete Guide to Navy SEAL Fitness - Advanced
Maximum Fitness – The Complete Guide to Navy SEAL Cross-training – Intermediate / advanced
The Bootcamp Workout – Beginners / Intermediate
Common Sense Self Defense – Self Defense for non –combatants / beginners
The Special Operations Workout – Intermediate / Advanced
The TV Watchers Workout – BEGINNERS

Contact Stew Smith (Email, mail or phone)

As part of the downloadable and online personal training, you do have access to email me at anytime and I will answer your questions as soon as possible. Also - my phone number is available, if you need me immediately or have problems downloading an Ebook. Below are the different ways to contact me or pay for any of the products and services at www.stewsmith.com

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45 Day Beginner, Intermediate and Advanced [workout](#)

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Fitness Program (30-45 minutes a day)

Your lifestyle

The mission of this program is simple: to improve your physical fitness, physical appearance, musculature, and help you develop several new exercise routines that you will enjoy doing 30-45 minutes everyday.

Almost anyone - man, women, young or old - can benefit from this comprehensive program, but specifically you will:

- Look Great
- Strengthen the muscles
- Improve your stamina
- Improve your body's nutrition
- Increase your energy
- Increase your focus

This program includes Stew Smith's 45-day program, nutrition tips, and more. This scientifically devised program changes daily. Why? Because the body adapts to routines, and after a while, does not respond any further to the same old routine. The changes ensure that artificial plateaus do not set in, and that your motivation and adherence to the program continue to bring better results.

In addition, you must not neglect cardiovascular activity, Such activity helps promote fat metabolism.

Preparation

Mental Preparation

In order to focus we must focus the mind first. The easiest way to achieve this is through the process of meditation. Breathe deeply and rhythmically for a minute. Close your eyes and shut down all thoughts. Your mind should be a blank. Now, project a focused image. You can imagine yourself running or swimming effortlessly. Whatever image you project, is one of success, perfection, and accomplishment. When I am tired and just do not

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feel like exercising, I always remember that I will feel better AFTER I workout, than I do NOW. I always will feel better after working out than if I skip my workout.

Successful Formula – Visualize Success

The mental preparation, body awareness and 45-day program, in combination, are the foundation for success – BUT it is YOU who has to do the work. Make daily images of them ... the more the better. Visualize taking the improved strength, energy and self-esteem that result from the program with you every time. Armed with it, you will do better!

The 45-day program

Exercise Time

The best time of day to exercise is when you awaken, first thing in the morning, when your body's glycogen stores are depleted. I understand that for many individuals this is not always possible, so if you are unable to do this, pick a time of day when you are not rushed or exhausted. Do not exercise just before sleep—give your mind and body an hour or two to rest and relax. Make sure you are well hydrated before you warm up.

Place for exercise

Many people are anxious or uncomfortable if they start exercising in an unfamiliar gym environment. That's understandable. Pick a place that's comfortable for you, and where you have room to use your weights. Ensure it is airy, light, and neither too hot nor cold.

Warm up

Comfortable wear, thick socks and shoes are essential, but don't start exercising the minute you're dressed! It is critical to stretch and warm up the muscles first by increasing the blood circulation to them, in order to avoid muscle tears or injuries.

Fitness Program (30-45 minutes a day)

Six minutes of progressively fast walking (actual or treadmill), followed by stretching of the thighs, hamstrings, chest, calves, back and shoulders for ten minutes will prepare you well for working out.

TIPS for a healthy workout:

- Use full range of motion
- Lift weights as quickly as possible
- Do not jerk or bounce weights
- Work on muscle awareness of the groups you are exercising

Cardiovascular Exercise

Perform this type of training 3 times a week for 20 minutes, either before breakfast, or right after the weight training.

Suggested exercises:

- Jogging
- Fast walking
- Stationary bike
- Elliptical Glider

Other exercises can be used, provided the target heart rate is reached: $(220 - \text{age}) \times 0.75$

The 30 Minute Workout

The other day, I was emailed the following question: I only have about 30 minutes a day to exercise. What can I do in that amount of time? Not wanting to limit the answer to - just a few pushups and situps - I set out to prove how much you could do in such a little amount of time. My goal is to prove that you do not need several hours to maintain a fitness program - just minutes a day.

Though the transition time may add to the total time invested in your workout, here is a list of 20-30 minute workouts you can do in your home, office, lunch time, or local gym:

The superset is a great way to workout if you have limited time. Each cycle

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should take you two minutes. If you can do ten cycles of this you will total 300 pushups and 400 crunches. Not bad for 20 minutes! No resting in between sets! You basically rest by doing crunches. The two supersets you see below are great to alternate every other day.

Pushup/Crunch superset: Repeat 10 cycles of:

regular pushup 10
crunches 10
wide pushup 10
crunches 10
tricep pushup 10
Left/Right crunches 10 / 10

Leg / ab superset:

Repeat 5 cycles of:
Squats 20
crunches - 20
Lunges 10 / leg
crunches - 20
Calf raise 20
crunches 20

Running or walking! How much running or walking can you do in 20-30 minutes? Some people can run 3-6 miles or walk 2-3 miles in that time period. Try this one if you want to run.

Running

4 Mile Track Work

Jog - 1 mile in 7:00

Three sets of:

Sprint-1/4 mile in

Jog - 1/4 mile

Six sets of:

Sprint-1/8 mile

Jog - 1/8 mile

Or you can mix the two types of exercise together and do what I call a Spartan Run.

Fitness Program (30-45 minutes a day)

Spartan run
run 1 mile
100 pushups
100 crunches
run 1 mile
75 pushups
75 crunches
run 1 mile
50 pushups
50 crunches

Swimming? how much swimming can I do in 20-30 minutes? Some people can swim a mile in that time. Here is a great workout though if you want to mix a little PT with swimming.

Swim PT
Repeat 5-10 times
swim 100 yards
pushups 10-20
abs - 20-30
Or you can swim with fins. This is great for the legs and heart.

Swim with fins - 500 yards
500 yards without fins using the swim stroke of choice

As you can see, you can do quite a bit in as little as 20-30 minutes. These workouts are a little advanced and you should consult your doctor before starting an exercise program. Use the above ideas for your supplemental workouts after you have completed the day's workout in the 45 Day Chart.

The Stretching Program

Increasing one's flexibility should be the first goal before starting fitness / athletic activity. Increased flexibility has been proven to aid in blood circulation, prevention of injuries, increased speed, and range of motion. A 5-10 minute stretching program after your workout will help to break up the soreness especially if you are doing a new exercise. This is because stretching aids in significantly reducing the amount of lactic acid that remains in your muscles after working out.

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Follow the stretching chart before and after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Neck stretch (yes/no)
Neck/Shoulder Stretch.
Shoulder Shrugs
Arm/Shoulder Stretch
Forearm Stretch
Tricep/Lat Stretch (half moon)
Chest / Bicep Stretch
Stomach Stretch
Lowerback Stretch
ITB / Hip
Hamstring Stretch
Thigh Stretch - standing of laying on floor
Calf Stretch

Neck Stretch

Turn your head to the left, right, up and down, as if you were nodding "yes" and "no". Do this stretch slowly. Do not raise, lower, or rotate your neck too much or you may cause neck injury.



Shoulder Shrugs - Rotate your shoulders slowly up and down, keeping your arms relaxed by your side. Your shoulders should rotate in small circles and move up and down in slow distinct movements.



Fitness Program (30-45 minutes a day)

Chest Stretch – Grab a vertical and stationary object with your hand. Pull your body away from your arm in order to feel the stretch of your chest and shoulder connection. Also stretches your bicep.



Forearm Stretch – With your opposite hand pull backwards on your hand while keeping your arm straight and palm pointing in an upward direction. You will feel this stretch in the forearm and bicep / elbow connection.



Arm / Shoulder Stretch - Drop your shoulder and pull your arm across your chest. With the opposite arm, gently pull your arm across your chest and hold for 15 seconds. Repeat with the other arm.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



This stretch not only prepares you for the dumbbell triceps exercises, pushups, and dips, but also prepares the back muscles for pull-ups! This is a very important stretch for upper body exercises and swimming.

Stomach Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg. (You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Hamstring Stretch #1 - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.

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Fitness Program (30-45 minutes a day)



Lower back Hamstring stretch #2 – Spread your legs while standing.. Drop your chest down to your knees and place your hands on the floor. Hold for 10 seconds, then try to straighten the legs.



Hurdler Stretch - Sit on the floor with your legs straight in front of you. Bend your right knee and place the bottom of your foot on the inside of your opposite thigh. With your back straight, lean forward in order to stretch the back of your legs and your lower back. Hold the stretch for 15 seconds, switch legs, and repeat.



ITB Stretch - Sit on the ground with your legs crossed in front of you. Keeping your legs crossed bring the top leg to your chest and bend it at the knee so that your foot is placed outside of your opposite leg's thigh. Hold your knee for 15 seconds against your chest and repeat with the other leg.



Note: Before and after running you should perform this stretch. This will help prevent very common overuse injuries in the hips and knees.

Calf Stretch into Achilles Tendon Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Descriptions of the PT

Regular Push-ups - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push yourself up by straightening your arms and keeping your back stiff. Look forward. This exercise will build and firm your shoulders, arms, and chest.



Wide Push-ups - From the same position as the previous push-up, place your hands about six to twelve inches away from your chest. Your hands should be greater than shoulder width apart. The slight change of the arm distance changes the focus of what muscle are exercised. Now, you are building the chest more than your arms and shoulders.

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Triceps Push-ups - From the same position as the regular push-up, place your hands under your chest about 1-2 inches away from each other. Spread your legs in order to help with balance. This exercise will concentrate more on the triceps of the arm than the chest.



Knee Push-ups - If you are having trouble with regular push-ups or have reached muscle fatigue in your push-up workout, you can always resort to knee-push-ups and receive the same muscular benefit. Lie on the ground as shown. With your knees remaining on the ground, lift your body off the floor by straightening your arms and keeping your back stiff.

Pull-ups (regular grip) - Grab the pull-up bar with your hands placed about shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Pull-ups (reverse grip) - Grab the pull-up bar with your hands placed about 2-3 inches apart with your palms facing you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.

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Close grip-Grab the pull-up bar with your hands placed about an inch apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Wide grip - Grab the pull-up bar with your hands placed wider than shoulder width apart and your palms facing away from you. Pull yourself upward until your chin is over the bar and complete the exercise by slowly moving to the hanging position.



Mountain climber grip- Grab the pull-up bar with your hands placed about an inch apart and one palm facing away from you and the other facing you.

Fitness Program (30-45 minutes a day)

Pull yourself upward until your shoulder touches the bar. Repeat each side for a total of two pull-ups - one per shoulder.



Assisted Pull-ups - Using the bar that is 3-4 feet off the ground, place yourself under it and grab with the regular grip. Straighten your back, hips, and legs and pull yourself to the bar so that your chest touches the bar. Repeat as required. **This is a great way to start out if you cannot do any pull-ups at all. You can also do this on a pair of parallel bars that are used for dips.**



Pull-ups (negatives) - If you cannot do any pull-ups, you should try "negatives". Negatives are half pull-ups. All you have to do is get your chin over the bar by standing on something or having spotter push you over the bar. Then, you slowly lower yourself all the way down - let your arms hang grasping the bar fully stretched. Keep your feet up and fight gravity for a count of 5 seconds.

Parallel Bar dips - Grab the bars with your hands and put all of your weight on your arms and shoulders. Do not do these exercises with added weight, if you are a beginner, or if you have had a previous shoulder injury.

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To complete the exercise, bring yourself down so your elbows form a 90 degree angle (no less of an angle) and back to the up position.



Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and knee over your ankles. Your shins should be vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet. Works the gluts, quads, and hams.

The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.



Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Stand on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.

Fitness Program (30-45 minutes a day)



Stationary Lunge - Take a big stride forward. Bend both knees as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Lunges with weights - Only do the stationary lunges with weights. It is easier on the knees than the walking lunges. Simply hold the weight out to your side with your arms relaxed. Do at least 10 repetitions with each leg.

Heel Raise (with weights too)

Hook one foot behind the other and raise up on your toes. Make certain you use a full range of motion. It won't take long to make this burn. Muscles used gastrocnemius and soleus. (single leg heel raise)



You can also hold a weight in your hand if you want a little more resistance and keep both feet on the floor exercising both calves at the same time with less weight distributed per calve. You can also point your toes in as if you were pigeon toes and point them out like you were walking like Charlie Chaplin to change the angle of how you work the calve muscle.

Bent Knee Heel Raise - Lift your heel off the floor, this time bend your knees slightly. This will isolate the soleus, which is responsible for jumping higher and starting your sprints. (Calve Exercises)

Abdominals

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, you can injure the weaker muscle group easily.

Advanced Crunch - (Legs up) - Lie on your back with your feet straight in the air. Keep your legs straight up in the air for the advanced crunches. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. (Do not do if you have previous lower back injury – place feet on the floor)



Reverse Crunch - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt. (Do not do if you have previous lower back injury)



Double Crunch – Add the regular and reverse crunch together in one motion... You will feel this one twice as fast...

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Fitness Program (30-45 minutes a day)



Right Elbow to Left Knee - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



Left Elbow to Right Knee - Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.

Lower Back Exercise - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same time and repeat for specified number of repetitions. Switch arms/legs and repeat.

Lower Back Exercise - Swimmers - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.



Upperback exercise #1 (Arm Haulers) - Lie on your belly with your feet on the floor. Lift your chest slightly off the floor and wave your arms from your sides to over your head for 30 seconds.



Upperback exercise #2 - (reverse pushups) - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor. This will strengthen your upperback muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used



Upperback exercise #3 – (Birds) Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



Lightweight Shoulder Workout explained

LATERAL RAISE

A safe and effective shoulder exercise with light weights. Over 5 pound dumbbells is not recommended for this exercise. Keep your knees slightly bent, shoulder back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground. Follow the next 7 exercises without stopping.



THUMBS UP - After performing 10 regular lateral raises, do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.



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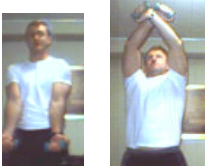
Fitness Program (30-45 minutes a day)

THUMBS UP / DOWN - Continue with side lateral raises. As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn your hands and make your thumbs point toward the floor. Repeat for 10 times, always leading in the up and down direction with your thumbs.

FRONT RAISE (THUMBS UP) - Now, for 10 more repetitions, time to work your front deltoids. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.

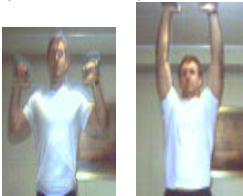


CROSS OVERS - With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.



MILITARY PRESS

Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the mega-shoulder pump workout.. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).



Do this routine during any upper-body day workout

DUMBBELLS Workouts: The light weight shoulder workout Do the following sequence of exercises non-stop for ten reps each during workout

Lateral Raises – 10 (palms down) Front Raises – 10 (thumbs up)
Lateral Raises – 10 (thumbs up) Cross overs – 10
Lateral Raises – 10 (thumbs down) Military press – 10

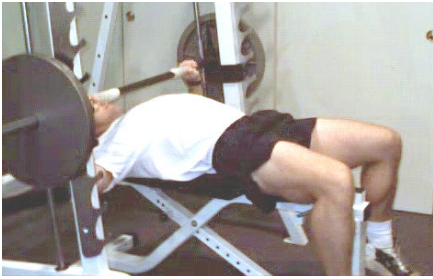
Weight Lifting Exercises Explained:

Weight training exercises: Build muscle, joint and tendon strength needed for any contact sport. Never begin lifting weights IF not warmed-up properly. You could tear and/or strain the muscles you are trying to develop.

Bench Press – Lie on your back on a bench, placing the legs bent with feet flat on the floor on both sides of the bench. Extend your arms upward, grab the bar or dumbbells just greater than shoulder width and lower the bar to your chest slowly. The bar should hit just below the nipples on your sternum. Extend your arms again to a locked position and repeat several times. Muscles worked: Chest, Triceps, Shoulders, and forearm muscles.

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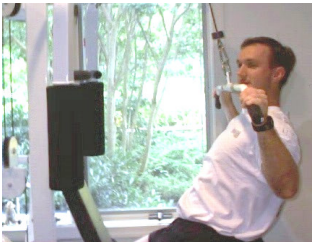
Fitness Program (30-45 minutes a day)



Squats w/weight – This you can do with dumbbells in your hands or a barbell across your shoulders. Place weight balanced in either your hands or across your rear shoulders. Look up with your back straight and bend your knees. Your butt should extend to the rear as if you were sitting on a chair a foot behind you. Do not bend your knees and have your knees move forward. Try to keep your knees directly over your feet at all times in order to safely do this exercise. Muscles worked: Thighs, Hamstrings, Butt, Lower back muscles

Lunges w/weight – This is best to be done with dumbbells held in your hand along the side of your waist. Step forward with one leg, bend the knee keeping the knee over the foot as in the squat. This is the same exercise as in the Leg PT exercises but done with dumbbells Muscles worked: Thighs, Hamstrings, Butt muscles.

Pulldowns –Using a pulldown machine, grab the bar, sit down and pull the bar to your collar bones. Keep the bar in front of you. Behind the neck pulldowns are potentially dangerous to your neck and shoulders. **Change grips as you can on the pullup bar (wide, regular, close and reverse).** Muscles worked: Back (latissimus dorsi), Biceps, forearm grip, rear Shoulder muscles



Dumbbell rows – Bend over and support your lower back by placing your hand and knee on the bench as shown. Pull the dumbbell to your chest area

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as if you were starting a lawn mower. Muscles worked: Back, forearm grip, Bicep muscles



Leg Extension machine - Sit on the machine. Place the leg machine cushions over your ankles and lift to straighten your legs slowly. Hold for 1 second and return the weight to the down position.



Leg Curl machine - Lie on your stomach or stand (depending on the machine). Place the leg machine cushion over your Achilles tendon area. Pull your legs so your heels almost touch your buttocks and lower weight back to starting position.

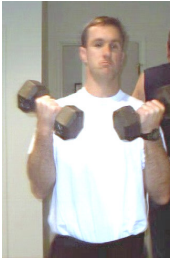


Weights with dumbbells

Biceps Curls

Place dumbbells or bar in hands with your palms facing upward. Use a complete range of motion and keep it smooth. Do not swing the weights. Nothing moves but your elbows. Muscles used: biceps (arms).

Fitness Program (30-45 minutes a day)



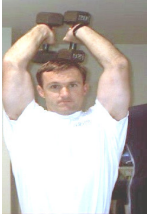
Hammer Curls

This is the same as a bicep curls except your palms are facing your hips. Alternate lifting each dumbbells like you were running - "hip to lip". Use a complete range of motion and keep it smooth. Do not swing the weights.



Tricep Extensions- (Back of the arm)

With weights in hands, bring your hands overhead and lower the weight toward the back of your neck. Make certain your elbows remain in one place through movement – next to your ears!. Repeat!



Advanced Abdominal Exercises:

Do not do if you are a beginner! These exercises are not healthy for weak or injured backs. If you cannot do the lower back exercise / swimmer exercises for 1:00 – do not attempt these exercises.

Situps - Lie on your back with your arms crossed over your chest, keeping your knees slightly bent. Raise your upper body off the floor by contracting your abdominal muscles. Touch your elbows to your thighs and repeat.



PT Workouts Explained

Rest Day / Stretch

These are days to relax and stretch. Your body needs rest from rigorous exercise. In fact, it is the only way you will grow and get stronger. You should exercise 5 to 6 times per week and rest 1- 2 days per week.

Assisted Pullups - This is the first step to being able to perform pullups. Do pullups on a lower bar that is about 3-4 feet high off the ground or a pullup and dip machine using the dip bars as pullup bars. Your feet remain on the floor allowing for less weight to be on your arms, so you can get the needed repetitions. These are also great to do after you can no longer perform anymore dead-hang pullups. **This is a good replacement for the Lat Pulldown machine as well.**

Negatives - Negatives should be done if you cannot do pull-ups. Many men and women cannot perform any pull-ups. So, for the majority of you who have not done pull-ups in years or have never done pull-ups, this workout will challenge you. This is step two to doing pullups. After you can easily do the required reps with the assisted pullup routines, try a negative. A negative simply takes you through half of a pullup. Get yourself over the bar, either by standing on something or having someone lift you. Once your chin is above the bar, slowly let yourself down counting for 5 seconds. This will get your arms used to supporting your weight.

You can build up your strength and within a few months of this workout, you will have your first pullup in years - maybe ever!! Most

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Fitness Program (30-45 minutes a day)

people have a goal of achieving a pullup when they start working out again with this type of program.

Usually this repeat has to do with jumping jacks and pushups and some dumbbell exercises.

You will see there are several different grips to use while doing pullups. This is to equally exercise every angle of the back, arms and forearms.

Pushup/Crunch Superset:

This is a great way to achieve extraordinary repetitions of pushups and crunches! Each set of six exercises should be completed within a two minute period. For example,

Set #1: 10 regular pushups
 10 regular crunches
 10 wide pushups
 10 reverse crunches
 10 triceps pushups
 10 -1/2 sit-ups

Do the above circuit within a two minute time period. You should finish this with at least 30-45 seconds remaining. Use this time to stretch, drink some water etc... You will repeat this particular workout 5 times. Total time should only be 10 minutes, BUT you will achieve 150 pushups and 150 abdominal exercises in that time!!

Rest: There is no rest time while on the 2 minute clock. Do your set as quickly as possible, but watch your form. Do not jeopardize your form for a faster superset time. This is a great time saver workout if you are too busy to take 30-45 minutes to exercise. Take 10-20 minutes and be amazed at yourself performing 100-200 pushups and crunches in that time. Say you finish your superset in 1 minute and 30 seconds, you get 30 seconds rest before you have to begin the next set.

NOTE: - In the 45 Day Chart workout below, you will see Repeat 5-10 times - Basically, repeat the events under the above phrase until you reach another line. Exercises like Bike 20:00 or ab routine, fullbody stretch, or shoulder workout ARE NOT to be repeated several times – JUST ONCE.

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Fitness Program (30-45 minutes a day)

<u>Day 1</u> Walk / run or bike - 20:00 Repeat 5-10 times <u>Jumping jacks /pushups - 10</u> Fullbody str.	<u>Day 2</u> <u>Repeat 10 times</u> <u>Squats - 10 / Crunches – 25</u> Lightweight shoulders Ab routine/Fullbody str.	<u>Day 3</u> Walk / run or bike - 20:00 Ab routine/Fullbody str.	<u>Day 4 Repeat 5-10 times</u> Bicep curls 10-20 Triceps ext.10-20 <u>Military press – 10-20</u> Ab routine/Fullbody str.	<u>Day 5 (weigh in)</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.
<u>Day 6 Repeat 5 times</u> Walk / run or bike - 5:00 <u>squats - 20</u> Ab routine/Fullbody str.	<u>Day 7</u> Walk / run or bike - 30:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 8 Repeat 5 times</u> Jumping jacks - 10 <u>Pushups - 10 (no rest)</u> Ab routine/Fullbody str.	<u>Day 9 Repeat 3 times</u> bike 5:00 squats - 20 lunges - 10/leg Ab routine/Fullbody str.	<u>Day 10 (weigh in)</u> walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.
<u>Day 11</u> Walk / run or bike - 20:00 crunches - 50 Ab routine/Fullbody str.	<u>Day 12 Repeat 5 times</u> Jumping jacks - 10 <u>Pushups - 10</u> Ab routine/Fullbody str.	<u>Day 13</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 14 Repeat 10 times</u> jumping jacks - 10 <u>Pushups - 10</u> Ab routine/Fullbody str.	<u>Day 15 (weigh in)</u> Walk / run or bike - 25:00 crunches - 200 Ab routine/Fullbody str.
<u>Day 16 Repeat 5 times</u> Bicep curls / tricep ext - 10 <u>squats - 20 / lunges - 10</u> Ab routine/Fullbody str.	<u>Day 17</u> Walk / run or bike - 30:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 18 Repeat 5 times</u> <u>Pushups – 10 Squats – 20</u> Lightweight shoulders Ab routine/Fullbody str.	<u>Day 19</u> walk / run or bike - 20:00 <u>crunches - 200</u> Ab routine/Fullbody str.	<u>Day 20 Repeat 5 times</u> Pushups - 10 <u>Squats - 20 / crunches - 20</u> Ab routine/Fullbody str.
<u>Day 21</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 22 Repeat 8 times</u> jumping jacks - 10 pushups - 10 Ab routine/Fullbody str.	<u>Day 23</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 24 Repeat 5 times</u> Pushups - 10-15 <u>Squats - 20 / Crunches - 20</u> Ab routine/Fullbody str.	<u>Day 25 (weigh in)</u> walk / run or bike - 25:00 crunches - 200 Ab routine/Fullbody str.
<u>Day 26 Repeat 5 times</u> Walk / run or bike 5:00 <u>squats - 30 / lunges - 10 / leg</u> Ab routine/Fullbody str.	<u>Day 27 Repeat 5 times</u> Bicep curls / tricep ext - 10 <u>Crunches - 20</u> Ab routine/Fullbody str.	<u>Day 28</u> Walk / run or bike - 20:00 crunches - 100 Ab routine/Fullbody str.	<u>Day 29 Repeat 10 times</u> Jumping Jacks - 10 <u>Pushups - 10</u> Ab routine/Fullbody str.	<u>Day 30 (weigh in)</u> Walk / run or bike - 35:00 Lightweight shoulders Ab routine/Fullbody str.
<u>Day 31 Repeat 4 times</u> Biceps / military press - 10 <u>Tricep ext - 10 / pushups 10</u> Ab routine/Fullbody str.	<u>Day 32</u> Walk / run or bike - 25:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 33 Repeat 5 times</u> walk / run or bike - 3:00 squats – 20 lunges - 10 / leg Ab routine/Fullbody str.	<u>Day 34</u> Walk / run or bike - 20:00 crunches - 50 Ab routine/Fullbody str.	<u>Day 35 Repeat 10 times</u> jumping jacks - 10 <u>pushups 5-10 crunches - 20</u> Ab routine/Fullbody str.
<u>Day 36</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 37 Repeat 5 times</u> military press - 10 <u>tricep ext - 10 / pushups- 10</u> Ab routine/Fullbody str.	<u>Day 38</u> Walk / run or bike - 35:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 39 Repeat 5 times</u> <u>Squats – 20 lunges - 10 / leg</u> Run/walk – 20:00 Ab routine/Fullbody str.	<u>Day 40 (weigh in)</u> Walk / run or bike - 40:00 crunches 300 Ab routine/Fullbody str.
<u>Day 41 Repeat 5 times</u> military press - 10 <u>Tricep ext - 10 / pushups- 10</u> Ab routine/Fullbody str.	<u>Day 42</u> Walk / run or bike - 20:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 43 Repeat 10 times</u> jumping jacks - 10 <u>pushups - 10</u> Ab routine/Fullbody str.	<u>Day 44</u> Walk / run or bike - 45:00 Lightweight shoulders Ab routine/Fullbody str.	<u>Day 45 Repeat 10 times</u> jumping jacks - 10 <u>pushups – 10 crunches - 20</u> Ab routine/Fullbody str.

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Fitness Program (30-45 minutes a day)

Supplemental weight room circuit workout OPTIONAL - 2 days a week of your choice	Standard abdominal routine Do almost daily Days 1-10 5:00 warmup stretch	Standard abdominal routine Do almost daily – Day 11-20 5:00 warmup stretch	Standard abdominal routine Do almost daily – Days 21-30 5:00 warmup stretch	Standard abdominal routine Do almost daily – Days 31-45 5:00 warmup stretch
Weight Room Circuit workout (rest with 25 crunches in between each workout set)	walk /run – 20-30:00	walk /run – 20-30:00	walk /run – 20-30:00	walk /run – 30:00
#1 Leg Press – 15				
#2 Leg Curls - 15	Standard crunch routine on floor	Standard crunch routine on floor	Standard crunch routine on floor	Standard crunch routine on floor
#3 Pushups - 15	Reg crunch – 20	Reg crunch – 30	Reg crunch – 40	Reg crunch – 50
#4 Bench press – 15	Rev crunch – 20	Rev crunch – 30	Rev crunch – 40	Rev crunch – 50
#5 Military press – 15	Double crunch 20	Double crunch 30	Double crunch 40	Double crunch 50
#6 Bicep curl – 15	Left crunch – 20	Left crunch – 30	Left crunch – 40	Left crunch – 50
#7 Tricep ext - 15	Right crunch – 20	Right crunch – 30	Right crunch – 40	Right crunch – 50
#8 Leg Extension – 15	Side crunches – 10 each side (love handles)	Side crunches – 30 each side (love handles)	Side crunches – 40 each side (love handles)	Side crunches – 50 each side (love handles)
#9 Squats - 25				
#10 Pulldowns – 15				
<u>Supplemental PT workout</u> superset: Repeat 5-10x	Lowerback exercises	Lowerback exercises	Lowerback exercises	Lowerback exercises
Pullups - max	R arm / L legs lifts	R arm / L legs lifts	R arm / L legs lifts	R arm / L legs lifts
Pushups – 10	L arm / R leg lifts	L arm / R leg lifts	L arm / R leg lifts	L arm / R leg lifts
Crunches – 10	:::30 each way	:::30 each way	:::30 each way	:::30 each way
Wide pushups – 10	pushups – 10-20	pushups – 20	pushups – 20-30	pushups – 30+
Reverse crunches -10	rev pushups 10-20	rev pushups 20	rev pushups 20-30	rev pushups 30+
Tricep pushups – 10	birds – 20	birds – 20	birds – 20-30	birds – 20-30
Left/Right crunches – 20	arm haulers – 10	arm haulers – 30	arm haulers – 30	arm haulers – 30
<u>The Light weight shoulder workout</u> – see exercises explained – 10 reps of all six exercises				

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Fitness Program (30-45 minutes a day)

Nutrition

Additional Reading – Learning about calories to lose weight and gain weight:

On average, when people stop exercising and no longer care about what they eat, they can gain five to ten pounds a year. That is why in five short years, people step on a scale and cannot believe they are nearly FIFTY pounds overweight. Weight has a way of sneaking up on you over time. You do not get overweight overnight and you do not lose the weight overnight either. Both take time, but fortunately losing weight can be faster if you follow a strict nutritional and exercise plan. Both take only minutes a day.

Here are a few eating tips and some ideas on quick exercises routines to try when time is limited:

- 1) **Lay off the fast food** – Before you go on a trip or a long day at work, try to eat before you leave and pack a lunch. Foods high in protein mixed with a natural carbohydrate are great energy meals. Try a lean turkey or chicken sandwich with vegetables like lettuce and tomato. Watch out for the mayo – too many calories and fat grams. Try mustard instead. Fruits are great quick snacks too. Try apples, oranges, bananas for natural sources of energy. For more ideas see

- 2) **Wake up and burn some calories** – As busy days pile up with more and more obligations, the scheduled 5:00pm workout can easily get bumped! Make thirty minutes of exercise fit into your mornings and do some type of workout.
 - Try biking, walking, or running for 30 minutes
 - Go to your gym for a quick circuit routine

- Try calisthenics like jumping jacks / pushups / crunch routine and jumping jacks / squats / lunges / crunches
- Try using dumbbells for arms and shoulders
- Another Tip – if you do not schedule a workout – it does not exist!!

- 3) **Don't wait – Start NOW!** – Why wait? When you can, you should try to eat at regularly scheduled times during the day. Healthy snacks and meals will carry you through your stressful days much better than skipping meals or binge eating. You will find that if you keep a good schedule, you will lose weight and inches. Add exercise to the plan and you will also get fit and feel better than you have in years. Try an eating schedule of the following recommended times:

0630 – breakfast
0930 – morning snack
1230 – lunch
1530 – afternoon snack
1830 – dinner

If your days are longer than 15-18 hours you should try another light snack at 2100 of foods like yogurt, grapes, milk. Other snacks during the day can be salads, fruits, lean meats, small sandwiches, boiled eggs and others. See chart on next page for better ideas on what to eat during the day and before and after exercise sessions.

Walk more – When safety is not an issue, try to walk farther than normal when going about your normal day. Burning a few more calories by walking is one of the easiest ways to walk off that extra weight. Just twenty minutes of brisk walking can burn over 100-150 calories.

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Keep working the abdominal region – Not with food but with exercises like crunches, situps, and lower back stretches. Check out the articles on Washboard Abs and Lose those Love Handles for ideas. When you do these exercises for just 5-10 minutes daily, it is easier to remember to watch your food intake and stop yourself from gorging. Overall, it is important to keep up the habit of moving more and eating better foods for you. These tips can help you prevent unneeded weight gain. See Fundamentals of Nutrition Chart below:

The Fundamentals of Nutrition		
Morning Meal (Serving = fist size) Eat 2-3 servings of any *minimal fat - 1 qt water	Proteins – boiled egg whites, yogurt, milk, lean meats, protein shake, vege beef stew...	Carb/Protein mix – some fruits like grapes, bananas, blueberries – cereal with milk...
Mid Morning Meal Eat 1 serving	Slimfast meal bar, boiled egg, Go-Gurt, Tuna...	Fruit salad, apple, orange, banana etc...
Lunch 1 qt water	Chicken, tuna, fish, lean meat sandwich on wheat bread, no mayo – mix meat with salad →	Mixed salads with variety of vegetables – green leafy lettuce, broccoli, carrots, tomatoes, onion
Mid Afternoon Meal 1 qt water	Optional – peanuts, almonds = high calories	Optional – juice, fruit, vegetable – small salad
Evening Meal 1 qt water	Lean chicken, fish, meat, broiled NOT FRIED	Large Salad – above eggplant

Pre – Post Workout Meals	
Before Your Cardio Workout	Before Your Lifting or PT Workout

Carbohydrates – 75 – 100%	Carbohydrates 75% & Protein 25%
Prior to running, swimming, biking etc.. at medium to high intensity levels for 30-40 minutes, it is best to eat a small snack to boost sugar levels in your body especially if your workout is before your morning meal. After a night of sleeping and not eating for over 10-12 hours, you need a boost to help you get through the workout. Fruit or fruit juice is fine 20 minutes prior to workout and during is fine. Foods with small amounts of protein can be eaten pre-workout and will help post workout requirements of protein too. Sample Ideas for pre-workout snack are:	1-2 hours prior to lifting eat protein foods and carbohydrates so the protein is there for you after the workout. Lifting weights and doing high repetition calisthenics will break down your muscles and require protein immediately after your workout – within 30 minutes. Foods high in carbohydrates to replace the loss of glycogen stores are needed within this time too. For a great rule of thumb – after you workout eat protein, carbohydrates and minimize fatty foods. Foods that should be considered are:

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Fitness Program (30-45 minutes a day)

<p>Bananas, apples, oranges, carrots, juice, Gatorade, (any fruit of choice really).</p> <p>Before workouts longer than 30-40 minute, add some protein to stabilize absorption rates so you can last longer:</p> <p>Eat the following about 1-2 hours prior to exercise: Yogurt, protein drink*, milk, boiled egg, slice of meat or cheese, Slimfast meal replacement bar Sip water and carbohydrate drink throughout the workout</p> <p>*Met-rx powder is highly recommended – I like to take ½ of recommended amount.</p>	<p>Pre-workout ideas for lifters / PTers: Bananas, berries, boiled eggs, tuna fish, Met-rx Drink / bar.</p> <p>Protein or carb replacement drinks are great if post workout occurs mid-day or early morning. See above meal options for protein and carbohydrates sources and these below:</p> <p>Tuna, chicken, boiled eggs, and green leafy salads with tomatoes, broccoli, cucumber, carrots, onions, and light dressing or oil.</p>
<p>Post Workout Meals</p>	
<p>The key is to replace <u>carbohydrates and electrolytes</u> lost during the workout – drink Powerade / Gatorade immediately after workout</p> <p>Another important factor is to <u>add protein</u> to help rebuild muscles – see above meal / snack ideas within 30 minutes of workouts</p>	

Can you lose weight and lift weights?

Absolutely, losing weight is the same science as gaining weight except in reverse. As long as your cardio and weight lifting routine burns more calories than you eat, YOU WILL LOSE WEIGHT! It is that simple. It is never a good idea to starve yourself, especially if you are trying to

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exercise - you will need the energy provided in your food. The tricky thing is to watch the calorie intake and try to keep the calories down to 1500-1800 calories a day. That means more salads, water, and lean meats. Lay off the high carbohydrate foods like breads, pastas, and potatoes – AND JUNK FOODS!!! Below is a list of foods you want to eat to lose weight:

Foods that will assist with losing weight:

	1% or skim milk	
Light Salad dressing		Lean Burgers (no cheese)
Bran Cereal		Yogurt
Small dinner roll		Turkey sandwich
Ham Sandwich		Pretzels
Broth based soup		Lean Tenderloin Steak
Ice Milk		No skin Chicken
Lean Ham Steak		Fish
Green leafy lettuce		Tomatoes
Onions		Cucumbers
WATER		WATER

These are a few foods that can be eaten often and in large quantities. In order to lose weight the body will need water and oxygen (cardiovascular exercise) in order to burn fat as an energy source. Keeping your caloric intake low will enable the exercise to really kick in and create the caloric deficiency you need to lose weight.

Most people who decide to lead a healthier lifestyle go on traditional diets. The truth is, however, that 95% of those who go on such diets fail; what's worse, they often end up in worse shape than when they started.

Diets are both ineffective and potentially harmful; long-term health-oriented programs should replace them.

Low calorie diets, result in muscle loss, in preference to fat so that the most useful tissue is preserved for times of starvation. Fat produces 9 cal of energy per gram compared with only 4 cal per gram produced by your muscle tissue.

However, muscle determines the overall metabolic rate of the body, so if muscle is lost, the metabolic rate will be reduced. This means that when the

Fitness Program (30-45 minutes a day)

dieter returns to a normal pattern of eating again, the lower metabolic rate will result in rapid weight gain.

The other problem with having a low level of lean muscle tissue is the feeling of fatigue, when doing simple exercise tasks. The muscles and the liver both store energy supplies, in the form of glycogen.

This situation has developed simply because many people are looking for an easy way to lose weight that delivers quick results. No such approach exists, yet the slimming industry continues to misguide people into believing that fast weight loss can be achieved with minimum effort.

Achieving target weight requires lifestyle changes. These changes include regular exercise, a sensible approach to healthy eating and the right mental attitude.

Why Dieting can make you FATTER

The conventional approach to dieting is a disaster. The first mistake is to call a program a “weight loss program”. There are many weight reduction programs, which if followed can produce rapid weight loss.

However, this weight loss is neither sustainable nor healthy as it involves dehydration and loss of muscle tissue.

When you are ill and bed bound similar results are produced in only 48 hours, especially if you have a complaint like food poisoning. How much weight do you think is lost in the form of excess unhealthy adipose fat tissue?

The program that you are embarking on will not succeed without good nutrition. You don't have to be a *cordon-bleu* chef to follow a sensible diet, but if you're addicted to sodas and fast food, you will have to break those habits if the program is going to work properly.

The sample meal plans here are examples of good nutrition. Of course, you are totally free to invent your meal plans, and the food table that's included is a valuable guide. The single most useful piece of wisdom that I can give you is use common sense when eating. Most of us know what's right and wrong for us. Follow the inner voice! Everything else here will fine-tune and

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guide your eating habits. Email Stew@StewSmith.com and he can send more sample diets.

The average male requires 2,000 calories per day. This should be your target even if you *are* significantly overweight. The program will help you naturally lose weight, provided you don't overeat. Remember, if you lower your caloric intake below the minimum recommended levels, your body will eventually adapt to it, and you will cease to lose weight. The key here is eating the correct proportions of carbs:fats:proteins, and *not* overeating or under eating.

Preparation of Food

Do not fry foods if possible. Broil, grill, steam or bake. Microwaving foods is often a good alternative. These methods allow fat to drain while cooking. Frying adds significant amounts of fat (now you understand why fast foods are so bad for you).

If you must fry, drain 90-95% of the fat from the pan after the meat is cooked (a little fat is essential to the diet, and will give the food some flavor).

Trim fat from meat, and remove skin from poultry.

Eat vegetables raw or steamed (I understand that many folks cannot digest raw vegetables). Steaming allows you to control the crispness or “crunchiness” of the vegetables. Over cooking vegetables nearly always destroys vitamins.

Proteins

Lean meats: one serving of 3 oz. yields approx 20 g protein

- Chicken breast
- Fish
- Turkey breast
- Lean beef (sirloin, round, flank).

Egg whites: 3 g each, whole eggs, 7 g; 100% Instant Egg White Protein: 11 g per tbs., (tbs. = tablespoon), 23 g per scoop

Fitness Program (30-45 minutes a day)

Non-starchy vegetables:

- Asparagus
- Green beans
- Cabbage (all varieties)
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Kale
- Lettuce (all varieties), but note: iceberg is not a good source of vitamins/minerals
- Onions
- Peppers (green, red, jalapeno, etc.)
- Radishes
- Spinach
- String beans
- Squash (summer varieties only)
- Tomatoes.

Fresh fruits (not dried or canned):

- Apples
- Melons (cantaloupe, honeydew)
- Cherries
- Grapefruit
- Grapes
- Nectarines
- Oranges
- Papaya
- Peaches
- Plums
- Raspberries
- Strawberries.

Note: unsweetened frozen fruits are acceptable as part of your total fruit intake. Try to achieve a balance between the fruits ...i.e., don't just eat oranges; some fruits are very acidic. Where possible, eat the skin ...for

example, apples. Bananas are part of the starchy carbohydrates category ...also an excellent source of potassium.

Starchy carbohydrates:

- Brown rice 37 g per cup, white rice 40 g per cup)
- Potatoes (with skins) 51g per 8 oz. before cooking (6.5 g per oz.)
- Yams and sweet potatoes 53 g per 8 oz. (6.5 g per oz.)
- Winter squash
- Oatmeal (rolled oats)
- Cream of Rice 22 g carbohydrate per 3 tbs.
- Beans (lima and kidney) 38 g per cup
- Corn 41 g per cup
- Mass Maker, 43 g per 3-scoop serving (including 20 g protein).

Free Foods (no calories):

- Vinegar
- Diet beverages
- Lemon juice
- Decaffeinated coffee
- Lime juice
- Sparkling water
- Mustard
- Garlic
- Unsweetened iced tea
- Mushrooms
- Herbal tea
- Seasonings (including pepper)
- Scallions
- Salt (but note: excessive salt intake can raise your blood pressure)
- Pepper
- Sugar-free Jell-O
- Citrus peels

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Fitness Program (30-45 minutes a day)

- Sugar-free gum

Water and Beverages

Drink plenty of water daily. As a guide, you should be drinking at least 0.66 x body weight, in ounces per day. So, if you're a 180 lb male, that's nearly 7.5 lb of water, or 3.4 liters. Lack of water lowers energy level, since many key enzymes don't function at peak efficiency under those conditions. Severe dehydration is dangerous, so when exercising, or in hot conditions, drink more water than that recommended above.

Many people think that drinking juices, sodas and other beverages is equivalent to drinking water. This is not true, unfortunately. Sodas contain 40 g or more of simple carbs, and an 8 oz. serving of fruit juice contains 25-35 g. Decaffeinated coffee and tea, and Crystal Lite beverages are okay, if used in moderation. And, don't forget that alcoholic drinks are a no-no after exercise; they exacerbate dehydration. Drink extra water after workout period, but if you are going to drink caffeine or alcohol afterward – DRINK MORE WATER..A good rule of thumb is to match a glass of beer with a glass of water.

Sample Meal Plans – for Male Seeking to Lose a few Pounds...

Plan on 3-4 meals per day. Remember, equally spaced-out smaller meals are better than a couple of large meals spaced several hours apart.

Meal 1:

Two whole eggs + four egg whites
8 oz. 93% lean beef
1/2 cup oatmeal (before cooking)

Meal 2:

Protein drink: 3 scoops Ultra Size, 2 tbs. heavy whipping cream (3 oz.),
18 oz. water
(you can add 4 frozen strawberries, or half of a banana, occasionally).

Or:

1 cup cottage cheese
9 oz. can of tuna
1 piece of fruit (not a banana)

Meal 3:

10 oz. chicken or beef (before cooking)
8 oz. sweet potato, or ½ cup cooked brown rice
2 cups vegetables (e.g., broccoli), or salad with low-fat dressing

Meal 4:

10 oz. 93% lean beef, chicken, turkey, or fish; sirloin steak once or twice a week
2 cups vegetables

Meal 5:

2 whole eggs + 4 egg whites
8 oz. 93% lean beef
1 cup vegetables

Or:

6 oz. chicken breast
1 cup cottage cheese

Or:

6 oz. lean beef
1 apple

Rest and Recovery

The 45 Day chart are exercises you should do daily. The Supplemental Weight and PT routines and abdominal routines are recommended supplemental workouts to be done supplemental of the 45 day program IF you have time. Use some of the ideas in the 20-30 minutes run /swim text in this workout as options to you run, bike, walk, swim – 15:-30:00 daily workouts

Fitness Program (30-45 minutes a day)

If you follow my custom program faithfully, you should not encounter any problems. Light to medium muscle soreness, especially in the first few days of the program, is a normal occurrence and sometimes an indication of a good workout. This will gradually disappear. Delayed-onset muscle soreness (experienced a day or two after a workout, not immediately afterward) should be countered with the following active recovery approach: Reduce loads by 50%; reduce the number of repetitions, so that full movement of the muscle is restored (i.e., do not approach muscular failure in a set). This active recovery approach is far better than just skipping a workout because you feel sore.

Sharp and immobilizing muscle/joint pains are indicative of real injury and should be countered with the **RICE** principle: Rest, Ice, Compression, Elevation. If continued pain is felt, **STOP** exercising and consult with a physician.

A good night's sleep is essential to keeping the body in good repair, and at a high level of mental alertness the next day. If you're not sleeping eight hours a night, you're running a sleep deficit. Avoid late meals and recreation that over stimulates the mind late in the evening. Do not use sleeping pills, or melatonin to induce sleep. Instead, try meditating for ten minutes prior to climbing into bed.

The truth is - anyone can be a faster runner – it takes time, hard speed work, flexibility, and in some cases weight loss will help more than anything. I developed a six week running program you can download for free at (www.stewsmith.com/6weekrunningplan.pdf). This eBook running program supplement is designed to assist with increasing speed, endurance, and flexibility. The program is also designed to be added as a supplement to your current workout program which can either replace the running in your program all together or you add this program to your present workout regimen increasing the mileage per week to a higher level. Naturally, that choice is yours and I would recommend adding this program to your present program **ONLY** if you have been running at least 15-20 miles a week.

This workout is created to help people go from a 9:00 mile pace to a 6-7 minute mile pace so you can score better on the 2 mile timed run of the Army, the 3 mile timed run of the Marine Corps, or the 1.5 mile timed run of the Navy, Air Force, Coast Guard, and nearly one-half of the States Law Enforcement Academies.

When running daily or several times a week – you must follow all stretches thoroughly and do each of them for at least 15 seconds each. This should take only 5:00-10:00 but it is very important not to miss stretching before and after running workout.

Good luck with the program and remember to consult your physician first before starting any program if you have not exercised in several months or years. Good luck with the plan and if you need help with any fitness related questions please feel free to email me at stew@stewsmith.com.

Running Plan

The 45 Day chart are exercises you should do daily. The Supplemental Weight and PT routines and abdominal routines are recommended supplemental workouts to be done supplemental of the 45 day program IF you have time. Use some of the ideas in the 20-30 minutes run /swim text in this workout as options to you run, bike, walk, swim – 15:-30:00 daily workouts