



### Exercise Program:

Weight loss- the key with weight loss is to use big muscle groups when you exercise to burn as many calories as possible. You can do this with a combination of cardiovascular exercise and a balanced diet, but weight training is essential to increase your metabolism and improve your body composition long term.

Example weekly program- suitable for someone with no serious medical conditions or injuries. Try to do the program 2-3 times per week. In addition, try to complete at least 2 45 minute cardio sessions, such as a brisk walk or cycling.

Body composition weights session- superset (alternate) each pair of exercises. Use dumbbell or barbell weights as appropriate, selecting a weight that is tiring, but still manageable, after 12 repetitions.

|                                    |                  |
|------------------------------------|------------------|
| Stability ball squats              | 3x 12            |
| Barbell chest press                | 3x 12            |
|                                    |                  |
| Step ups- alternating the lead leg | 3x 12            |
| Seated row                         | 3x 12            |
|                                    |                  |
| Side lunges- alternating the legs  | 3x 12            |
| Tricep rope pull                   | 3x 12            |
|                                    |                  |
| Stability ball back extension      | 3x 12            |
| Bicep curl to shoulder press       | 3x 12            |
|                                    |                  |
| Plank                              | 30-45 secs<br>x3 |
| Seated med. ball twists            | 3x 12            |