



GET YOU IN SHAPE COM

Exercise Workbook

Proven Results

Proven Program





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RESULTS



Will YOU be Next?

You only have ONE LIFE and you are only given ONE BODY

Your Best Life and Your Best Body Begins here!

Dear Boot Camp Participant,

The journey ahead of you will not be “quick and easy” - nothing truly worthwhile ever is. But if you stick with it and complete this 12-week program (we know some of you are only joining our program for 4 weeks but encourage to you either keep going on your own with this booklet or continue with us)...

I guarantee the most rewarding fitness results of your life!

Get You In Shape has help people in your in your shoes, start, stick and stay on a program with the information you are getting in this booklet.

Start now by downloading this booklet and printing it off. Invest in a binder and use this booklet to help keep you accountable. Bring it to the coaches and have them look at your nutritional journal so they can help you.

You will also notice photos and testimonials scattered throughout these pages of other Coppell Area resident's who I have helped transform their bodies through this program. Let these reassure you, and inspire you... If they can do it, so can you.

I encourage you to take a before picture so that you can be one of our success stories just like the ones you see here. With over 3000 boot camp and personal training participants since 2006, we have been able to help many people get RESULTS. By taking a before picture, you are telling yourself that there will be an after picture. You are telling yourself that you are committed to the 4 week Boot Camp Program.

We are here to help you along the way so let us know how we can do that by calling or emailing us. We encourage you to reach this Booklet a few times so you have all the tools to get in the best possible results in the shortest amount of time..

As with starting any new exercise and nutrition program, we recommend you consulting your doctor before starting.

I wish you the best of success and the best of health,

Brad Linder

Brad Linder
Get You In Shape

P.S. If you want even faster results - absolutely guaranteed - then we're here to help you. Visit www.GetYouInShape.com and take a look at our training programs and then call 214-603-8287 and we can work together on this. If you were already thinking of getting started with a fitness boot camp or a personal trainer to help with your health and fitness then now's as a good a time as any to get started.

Daily Nutrition & Exercise Log

Date: _____ Daily Exercise _____

Meal #1 (breakfast)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #2 (am snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #3 (lunch)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #4 (afternoon snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #5 (dinner)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
Meal #6 (evening snack)	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Totals:				
	Protein(gm)	Carbs(gm)	Fats(gm)	Calories
Daily Totals:				
Percentage of daily calories:				
Daily Goals:				
Difference:				
How much water did you drink today?		Was it enough? Y or N		
Did you take your vitamins and supplements today? Y or N				
How would you rate yourself on management to your plan today (scale of 1-10 with 10 being the best)? 1 2 3 4 5 6 7 8 9 10				

Exercise Tips

The “Other Part” Of Weight Loss

With nutrition down, the next sure-fire way to a skinnier waistline is good old fashioned exercise. I'll share a few quick exercises you can get started with right now, and if you want more, don't hesitate to call myself or one of my staff at 214-603-8287

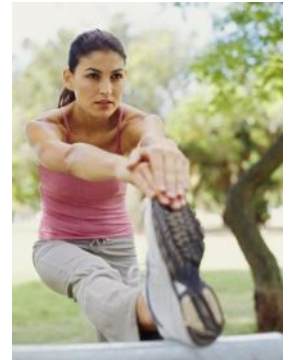
First...

Always, Always, Always Start With A Warm-Up

Before going “*at it*” whether it's strength or aerobic training you're doing, you must always warm up first. Tearing a muscle or stretching something further than it's meant to go can have you sidelined for at least a few weeks, and that only slows down your progress. It's just crazy to miss this crucial step out.

The goal of a warm-up is to get your body ready for a workout, I'll typically start mine by getting the heart beating and the blood pumping with a quick, light jog (no more than 5 minutes).

Afterwards I stretch, starting from the upper body and working my way down. Paying more attention to the muscles I am going to be using the most as I train.



A good warm-up and stretch is essential

The Two Categories Of Exercise You'll Want To Focus On

After warming up, you'll start either one of two types of exercise - aerobic or strength training - you'll need to prioritize depending on what your goals are. Assuming it's weight loss, a mixture of the two works best. I'll give you an example workout plan and the end of this session so you can see what I mean, let me give you a few exercises for each first...

Aerobic exercise is excellent for your heart and circulatory system, it's also a big calorie burner... Walking, running, jump-rope, cycling and swimming are all good examples of accessible aerobic exercises you can get started with.

As for **strength training**, the goal here is to build muscle for a toned, lean look on the outside. But also because on the inside, muscle burns up calories fast. Which means while you're watching T.V. or even sleeping, you're burning calories faster than you normally would.

It's important to note that, typically strength training will not turn you into Arnold Schwarzenegger... Unless that's your goal. For most of my female clients, that obviously isn't their goal and so the strength training I prescribe is designed to tighten up, not bulge your body.

On the other hand, a lot of my male clients don't mind bulging biceps and so I work with them on higher intensity strength training.

Whatever YOUR goal is, the strength training exercises I am about to share will get you results. If you want to significantly grow your muscle, increase the weight load as you progress. However, to stay toned, work with lighter weights. Consult with a physician before beginning any new exercise and nutrition program.

Abdominal

Strength Training Area #1

It's hard to find two trainers that agree on the best way to tight, toned abs (or a ripped six-pack). I definitely think there is more than one right way, but it makes sense for me just to share with you what's worked for our other 1889 boot camp and personal training clients.

Two crucial, yet almost always neglected areas with abdominal workouts are the lower abdominal muscles and your lateral abdominals (flanks - the fleshy bit in-between your last rib and hips). Fear not, these areas are covered in the exercises below...

Pillar Bridges Focus on keeping shoulders down your back and abs pulled in.



Level 1—On knees



Level 2—On toes

Side Pillar Bridges Focus on your body being in a straight line drawing in abs throughout the exercise.



Level 1—Knees Bent



Level 2—Legs Straight

Ab Side Reaches Press lower back into ground each time you reach behind you. Focus on abs lifting you off the ground each time you reach for-



Start/End Position



Midpoint Position

Bicycle—Make sure you keep back pressed into ground throughout this exercise. Keep legs straight when extending them and use ABS to twist (not neck)



Start/End Position



Midpoint Position

Chest

Strength Training Area #2

It is important to always focus on your form when performing any exercise. Focusing on having nice posture, pulling your shoulders down your back/spine, engaging your abs, and keeping your body in the right position, should be something you are focusing on each exercise. This not only helps with injury prevention but it also helps you get the most out of each exercise.

So although the focus with these exercises is the chest, you will still feel your shoulders, arms and other parts of the upper body benefitting too.

Level 1 –Planks/ Push Ups—Hold at top pulling your shoulders down your back and pulling abs in. When ready, control yourself going down and up.



Start/End Position



Midpoint Position

Level 2 Planks / Pushups—Hold at top and control yourself going down and up.



Start/End Position



Midpoint Position

Stability Ball Press—You can also perform exercise on a bench or the ground if you don't have a ball.



Start/End Position



Midpoint Position

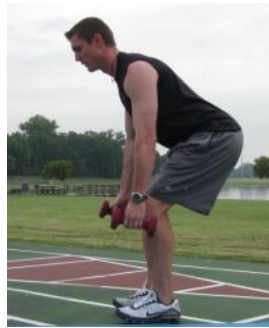
Back

Strength Training Area #3

I've never figured out why, but no one ever really thinks to work on their back when exercising. Your spine is pretty important and you absolutely **MUST** do back exercises with any training program.

Get You in Shape focuses on doing each exercise so that you are also working your core and increasing your bodies stability. Focus on good posture on each exercise. Keeping your shoulders pulled down your back and your abs pulled in.

Standing 2 Arm Row—Bend in hips with weight in hips and heels. Make sure your shoulders are pulled down your back and abs are pulled in. Using your back muscles, pull weights up at a controlled pace.



Start/End Position



Midpoint Position

Stability Ball One-Arm Row - (If you don't have a ball just use a chair) - Pull shoulders down back while pulling you abs in. Focus on the back muscle pulling weight up.



Start/End Position

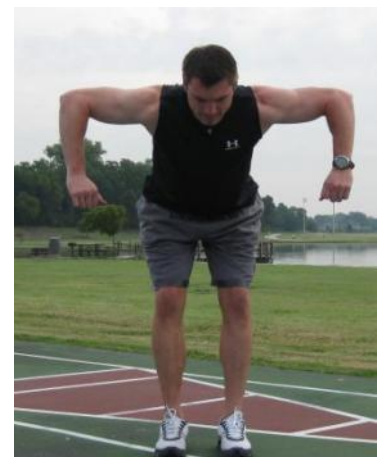


Midpoint Position

Standing L Row - Same as the row except you will pull your arms out like an L concentrating on the muscle in the middle of the back. Focus on keeping your back straight and abs pulsed in the entire exercise while keeping your weight in your hips and heels.



Start/End Position



Midpoint Position

Shoulders

Strength Training Area #4

Over the next pages I will show you some simple exercise you can do to build muscle. Again, If your goal is to look muscular, then you want to want build upon the resistance by adding weights after a few days to a week.

However for the lean look, light weights (5lbs) will work just fine. Make sure to vary your exercises though for maximum results. If you do shoulder press in week 1, do a dumbbell raise in week 2. This prevents your body from getting used to your exercise regime, and slowing your progress.

1 Leg Shoulder Press— Bring one leg off the ground as you bring the weights up past your shoulders. Focus on balancing, controlling the weights, and keeping your abs tight (as if you are about to get hit in the stomach)

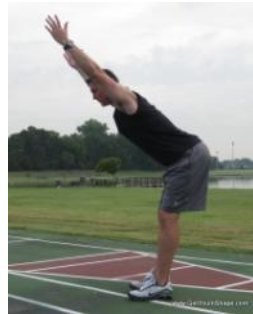


Start/End Position



End Position

Standing Y— Pull hips back with arms forming a straight line. Bring arms down and up forming a Y at the top. Keep weight in heels, back straight and abs pulled in the entire exercise.



Start/End Position

Standing T
Same as Y except bring thumbs up to sky/ceiling forming a T. Squeeze shoulders



Start/End Position

Standing A—Same as others except you are pulling your arms back keeping palms facing the ground. Make sure you keep your shoulders pulled down your back.



Start/End Position

Shoulder Y, T, and A's - Keep shoulders pulled down your back and back straight. Bring arms down in front of your body on each movement. Keep your weight back in your heels/hips while drawing in your abs throughout the exercise.

Bring up one leg to make also work more of the hips and glutes.

Arms

Strength Training Area #5

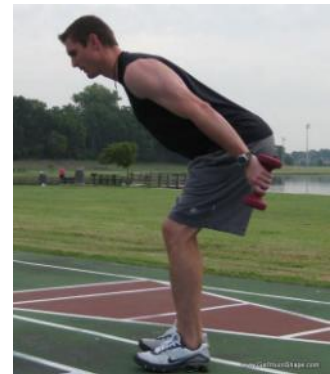
If you are wondering about repetition for these exercises, there is no exact answer. Everyone is different. For an exact answer, you can call 214-603- 8287 an arrange a FREE, no strings attached consultation where we can work on an exercise plan, specific for you.

A good rule of thumb however, is to go until you can't go any longer (not pass out can't), but can't lift the dumbbell or whatever with the same vigor as when you started.

Standing Triceps Extensions Pull hips back, pull shoulders down your back, draw in stomach. Bring Elbows to your ribcage. Extend forearms back focusing on the back of your arms. Keys: Keep shoulders pulled down your back, draw in abs, keep elbows on ribs

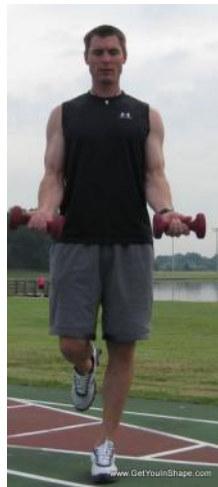


Start/End Position



Midpoint Position

1 Leg Dumbbell Curl—On one leg bring weights up and control weights coming down. Keys: Keep good posture, abs tights, control the weights with your arms, and keep your body still (only move forearms up and down)



Start/End Position



Midpoint Position

Lying Tricep Extensions Lying on back with legs in the air, press lower back into ground. Bring arm ups with weight in the back of arms (triceps) and extend up to the sky/ceiling. Come down keeping point of elbows pointing at sky/ceiling.



Start/End Position



Midpoint Position

Legs (And Butt)

Strength Training Area #6

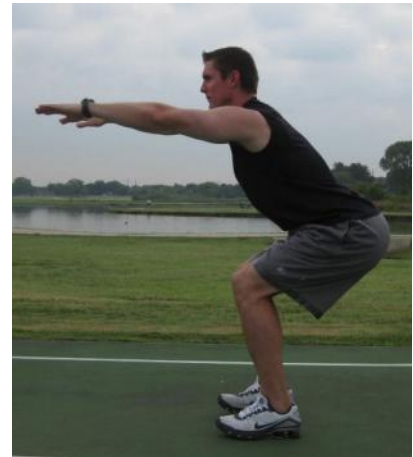
Last but not least... If you would like to expand exercise arsenal for faster results, please call 214-603-8287 or a free consult, or take a look at our many training options on www.GetYouInShape.com

Remember, before any workout always warm-up. AND, don't forget to warm-down too!

Air Squats - You can also add weights and perform w/ weight by sides. Make sure weight stays in your hips and heels throughout the exercise.



Start/End Position



Midpoint Position

Lunges—Focus on keeping your weight in your front hip (not your knee)



Start/End Position



Midpoint Position

Bridges - You can also perform this exercise with one leg pointing up to the sky



Start/End Position



Midpoint Position

Simple Workout Plan

Let's Put Everything Together

Again I can't give exact weights and repetitions, so it's up to you to get to know your body and your limitations. What I will stress though is start off on the easy side and work up to avoid injury.

If you push yourself to the limit on the first day, you'll be hobbling around for the next five or so and that's obviously not going to help you towards your health and fitness goals. And don't forget about incorporating good nutrition into Your Best Body Challenge success plan too.

	Sample Circuit		Sample Exercises
Monday - 45 minute, upper body strength training	Planks/ Push Ups	Friday - 45 minute upper body strength-training workout	Planks/ Push Ups
	1 Leg Shoulder Press		Stability Ball Push Ups
	Standing 2 Arm Row		Standing 2 Arm Row
	1 Leg Biceps Curls		1 Leg Bicep Curls
	Pillar Bridges		Shoulders Y,T, A
			Pillar Bridges
Tuesday - 20-60 minute high-intensity aerobic/ cardio session	Running intervals	Saturday - 20-60 minute high-intensity aerobic/ cardio session	Running intervals
Side Reaches	Cycling	Bicycles	Cycling
	Jump Rope	Side Pillar Bridges	Jump Rope
		Side Reaches	
Wednesday - 45 minute lower body strength-training workout	Bridges	Sunday - Rest!	Stay in bed
	Side Pillar Bridges		
	Squats		
	Bicycles		
	Lunges		
Thursday - 20-60 minute high-intensity aerobic/cardio session	Running intervals		
Side Pillar	Cycling		
Side Reaches	Jump Rope		



REMEMBER!

Allow an extra 10 - 15 minutes on top of these times
For warming up, warming down and stretching.

Exercise Evaluation Q&A

Questions That Will Come Up When You Get Started

Q. *I'm struggling to complete all my scheduled workouts. I usually get half of them in. What can I do to do better?*

A. What I usually see clients struggling with is balancing exercise the overwhelming demands that their work, family, and other responsibilities put on their lives.

Remember, if you don't put this (your health and fitness) as priority #1 in your life, you'll be no good to anyone else and much less productive in everything else you do. Take care of YOU first and the rest will take care of itself.

So let's talk strategy. Morning workouts are generally the best idea for busy folks. It's a great time, when there is no work, no family, and no other social obligations. All you have to do is make sure you get to bed early enough to get up and hit it first thing.

Also, you'll benefit from having an "accountability partner". This may be a coach, a friend, a workout partner, your spouse, doesn't matter. Just someone that you report to and check in with on how you're doing with following through with your plan. If your plan (scheduled workouts) isn't working, then you've got to make some changes. Don't give up, keep making changes until you've got it right.

Q. *I'm following through with my workouts, but can't see results. What's wrong?*

A. First off, just remember exercise is not an overnight solution. Stick with it.

Generally though I trace this problem back to 2 or 3 areas. Either nutrition is poor (not getting all snacks and protein in) or you're not challenging yourself to push hard enough with your workouts. Not getting enough rest and recovery to allow your body to recover is another reason. (Sometimes it's a combination of all the above).

If the problem is from nutrition, read through the nutrition section again and the Nutrition Evaluation Q&A's back a few pages. It's likely your missing something.

If you think you might not be pushing yourself with the workouts, get a workout partner, work with a personal trainer or join a fitness boot camp to help you "push through" to the next level.

If you're not getting enough rest or recovery, increase your sleep at night to at least 8 hours. Some people even need more than that. Another important area for muscle growth, strength increase, and recovery is post workout nutrition.

Are you consuming a post workout shake or bar immediately after your workout? If not, why?

You've got to make that a habit to consume a post-workout recovery shake within 15 minutes after your workout- every time, without exception. When you do that, you'll notice a tremendous response. Results don't lie! Again, if you need help with this or anything, please do not hesitate to call and speak to myself or one of my staff members at 214-603-8287.

Results Tracking Worksheet

Do what you can with the old measuring tape

	Start date:	3 weeks date:	6 weeks date:	9 weeks date:	12 weeks date:
Measurements					
Chest					
Waist					
Hips					
Biceps					
Upper Rt Thigh					
Above RT Knee					
Upper LT Thigh					
Above LT Knee					
Neck					
Skinfolds (Male)					
Chest					
Abdominal					
Thigh					
Skinfolds (Female)					
Tricep					
Supriliac					
Thigh					
Body Weight					
Body fat %					
Lean Mass					
Fat Mass					

Summary

How's The Journey Been For You?

Where were you 12-weeks ago? (write a quick summary of how you felt, how you looked, why you wanted to change and why you chose to participate in the Get You In Shape Program)

How did you feel 6-weeks into the Get You In Shape Program? (Was it hard? Did you doubt yourself? Were you starting to see results? Were you starting to feel results? What made you keep going?)

Where are you now after 12 weeks? (What results have you achieved? How do you feel? How has your life changed? Do you see yourself sticking to this? Where do you see yourself in the future?)

Get You In Shape Wants Nothing Better Than To Help You Get RESULTS.

We designed our fitness boot camps, personal training, 24 Day Challenge, and all of our services around the individual and help them reach their personal goals.

We have given you the blue print with this 12 Week Get You In Shape Booklet. We know you will get the results with the information we have given you but if you need extra help, we can help.

Take advantage of the free consulting We want nothing better than to help you get started on your way. We hope this Free System is enough to motivate you, but if you need extra help, encouragement, accountability, inspiration, and motivation, Get You In Shape can help you.

Call or email us with any questions you may have. We will be more than happy to help you.