

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Marc's 10-minute Workout for Weight Loss

By Marc Lebert

One of the biggest mistakes I see as a trainer is that people do not do their strength training from

Day #1. That's a big mistake. They say things like, "I'll do cardio first and when I start to lose weight I will do some strength training to tone up". Well, let me tell you, it does not work like that!

STRENGTH TRAINING IS CRITICAL IN WEIGHT MANAGEMENT– think of it this way– MUSCLE equals METABOLISM! And we are not talking about the kind of muscles that Arnold has– the REALITY is that when women do the RIGHT strength training exercises and the harder they work at strength training, the TIGHTER and TRIMMER their muscles become!

So what is the RIGHT exercises and how hard should I be working? Well, I'm a big believer in training at the right intensity. Sure, when you first start exercising you need to take your time, get comfortable with the exercises and allow your body to adapt BUT many people take it easy for months and months– never really doing the KEY exercises and/or bumping up the intensity of their workouts.

All the RIGHT exercises that you need to do can be done with the Equalizer. And, and this is a big one– it does not take much time– just a bit of effort for amazing muscle transformation.

Number one, you have to work your legs! They are the most muscle in your body and squats are the number one exercise you need to start doing. The major mistake people make with squats is pushing their knees forward and not sitting down low enough. Of course if you have any limitations you should hire a trainer to help you get started right and of course, always consult your doctor before starting any exercise program.

Squats are a very natural and safe movement though and done right can really work the legs– with no weights– just add reps. It will really get the heart pumping. When you are getting ready to increase the intensity (remember, I was talking about doing that before too long– have your trainer tell you when you are ready) you can use the Equalizers for SINGLE leg squats (very effective and hit inner and outer thigh as well as butt a lot more) and lunges.

NEXT UP– a PUSH and a PULL. For the upper body you need only do two major exercises, a push

Marc's 10-minute Workout for Weight Loss

and a pull. These two exercises will ensure that you hit all the major groups up there. These two exercises are the push-up and the vertical row– both are best done with the Equalizer– with lots of options for strength levels of the participant and exercise variety (because of the scope of this article, it is best to consult your trainer for proper body positioning and exercise intensity, etc).

Because you are using your own body weight, you engage the CORE, working more muscle than if you used a bench or lat pull down and you get it done with less equipment which means less cost and very little room taken up– and they are portable to store after workouts.

And you thought that was it! Just because you could get away with the last 4 exercises (single leg squats, lunges, push-ups and vertical rows) does not mean I am going to let you stop there. I am a trainer after all! I highly recommend my favourite Equalizer exercise (which can be seen at...) for the triceps and lower abs. you basically kneel down and slowly lower forward under one of the bars– it's got a good STRETCH built in and really great for the core!

That's it– get this routine done every second day– do the exercises slow and controlled and find a way to always make it harder! At your level of course– but have a trainer help you determine what that is.

These exercises will guarantee a revved up metabolism and tighter leaner muscles– remember?!– and STAY TUNED for my next articles on how to vaporize body fat with proper diet and cardio training to go along with these basic but MOST EFFECTIVE Equalizer exercises.

Marc Lebert
www.lebertequalizer.com

Marc Lebert is a Certified Personal Trainer and fitness club owner. He is an NLP practitioner, a Black Belt in Taekwondo, and inventor. Marc also teaches boxing, sports conditioning and of course Equalizer classes. He has been seen on TV, is a published writer and conducts seminars. His new fitness product, The Equalizer can be seen at

www.lebertequalizer.com

Weight Loss by Treadmill

By Paul Reeve

Weight loss using a good Treadmill workout program has worked for many people – and it can work for you too.

Treadmills can be used by virtually any age group, and by individuals of any activity level. Treadmills can help you lose weight, and maintain your weight loss.

It really is a numbers game. The more time you spend doing cardiovascular exercises the more

Marc's 10-minute Workout for Weight Loss

calories you are going to burn and the more weight you will lose. And if you are looking for fitness equipment that will get the maximum burn, then a treadmill should be at the top of your list.

The treadmill is unsurpassed for a cardiovascular workout. According to a study done by the Medical College of Wisconsin and the VA Medical Center in Milwaukee, calories burned on the treadmill for 60 minutes averaged 865 – 705. This compares to:

Stair machine 746 – 637

Rowing machine 739 – 606

Stationary cycle 604 – 556

Cross-country ski machine 678 – 595

·This is one of numerous studies, that rank a treadmill as the number one cardiovascular machine.

Here are a few steps you can take to develop your own weight loss treadmill program:

Find ways to make your Treadmill session enjoyable, by listening to music, books on tape, or teaching tapes. Or, some people prefer to just enjoy nature and life around them, and the time to think, pray, or just let their mind wander. The more you enjoy your Treadmill workout, the more likely you are to workout consistently.

Make it a DAILY habit – just like brushing your teeth. Working out on your Treadmill daily makes your weight loss ambitions much more likely to succeed than if you are working out two to three days a week. And, most people that make the switch will tell you that it's easier to workout every day. You don't have to think about whether it's a workout day or not and get geared up for it – you just do it every day and your body gets used to it. It soon becomes a normal part of your day and you begin to look forward to it.

Incorporate "intervals" into three or four of your Treadmill sessions each week. Intervals are brief periods (about one minute) of more intense exercise mixed into your Treadmill sessions. For example, you would do a one minute interval of faster walking about every five minutes throughout your exercise

session.

Here's how it will look; you'll start with your normal three to five minute warm-up and then five minutes into your walk you do your first interval, one minute of faster walking (or perhaps jogging). At the end of that minute you should be "winded" and ready to slow down. You'll slow down to your normal walking speed for the next four minutes and then your fifth minute is another one minute interval. This pattern continues throughout your exercise session.

Intervals increase your aerobic fitness level by "pushing the envelope." While doing your interval you cross the anaerobic threshold into anaerobic metabolism, forcing your body to become conditioned to

Marc's 10-minute Workout for Weight Loss

more intense exercise and making it a better weight loss program.

Intervals increase your basal metabolic rate (BMR), causing you to burn more calories 24 hours-a-day, and intervals can make your exercise less monotonous and help the time pass more quickly.

If you're not weight training, walk on your Treadmill with light (one to two pound) hand weights two to three days per week. Swing your arms and also use a variety of arm movements while walking to tone your upper body muscles and further increase your basal metabolic rate.

If at all possible, do your Treadmill workout first thing in the morning. Over 90% of people who workout consistently, do so first thing in the morning. If YOU want to exercise consistently, odds are in your favor if you hop to it early.

Make one day a week your "easy day." Make this a very leisurely workout. Appreciate how good your walks are starting to feel as you lose weight and tone your muscles.

Keep a record of your workout. There's something very motivating about seeing your workout accomplishments and paper. Record the date and time-of-day of your workout, and the distance and/or time you walked. Keep a running total of the miles or minutes you've walked. Also, record your thoughts or feelings for that particular workout.

By taking these steps you're making this time each day a special time to take care of yourself. Make that a priority in your life and don't let anyone or anything keep you from that time. Working out on your Treadmill every day will help you achieve your weight loss goals and have a positive impact on all aspects of your life, including fitness level!

So, from the simple perspective of weight loss, the treadmill is by far the best exercise machine given its significantly associated energy expenditure. Treadmills have consistently provided quality results and lasting benefits. Treadmills allow you to work at your own pace, but don't allow you to slack off. You'll be able to burn calories effectively and reach your weight loss goals. It's that simple.

If you're in the market to seriously educate yourself about treadmills, visit

<http://www.treadmilladviser.com>

where you can obtain more detailed information.

Paul Reeve is a Personal Trainer responsible for training individuals one-on-one and assisting them in achieving their health and fitness goals and providing them with guidance, support and motivation. Presenter and lecturer for Fitness Professionals, Sports Organizations, Sport Coaches, Corporate and Community Organizations. Webmaster for

www.treadmilladviser.com

– providing informed advice on
exercise treadmills.

Weight Loss by Treadmill

Weight Loss Supplement

Review of Ladies Workout Express

A 30-minute, Or Less, Full Body Workout

Build Muscle & Lose Fat Easier by Manipulating Your Training Variables

Obesity and Weight Loss

101 tips to stay fit and live longer.

30-Day Low Carb Diet 'Ketosis Plan'

Beat that Fat

Gag Gifting.



This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances

Impair Healthy Healing In People Over The Age Of 30!

