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**THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT**



**EXPERT GUIDE**

**WORKOUT PLAN**

**DIET PLAN**

**Main Goal:** Extreme Weight Loss **Time Per Workout:** 120 Minutes

**Training Level:** Expert **Target Gender:** Male and Female

**Program Duration:** 12 Weeks **Trainer:** Elsa Norve

**Days per Week:** 6 Days **Result:** 10 Kg of weight reduction after the Program Completion

**DIET PLAN**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| Morning | Oat meal with fruits | Baked Potato 50G | Vegetable Salad | Almond Rice with Date | Whole-Grain cerial | Fruit Salad | Tomato Cream Soup |
|  | Veggie-Salsa Tortila | Egg White Omlet | Cottage Cheese 3 TBS | Grilled Egg Plant | Sweet Corn with Chickpea | Non-Fat Milk 50ML | 3 Green Apples |
|  | 2 cups of Youghurt | Asparagus Salad | Fruit Smoothie | Muesli with Raspberry | Date with Wallnuts | 3 Butter Crackers | 2 Boiled Eggs |
| Lunch | Mushrooms with bean soup | Turkey Sandwich | Mixed Berries 80G | Mushrooms with bean soup | Tuna Sandwich | Chicken caesar Pasta | Chicken Lettuce Wrap |
| Evening | 1 Apple | Sweet Potatoes 180G | Lemon Rice | 2 Bananas | Sweet Potatoes 180G | Carrots and Hummus | Sweet Potatoes 180G |
|  | Green Tea | Green Tea | Green Tea | Green Tea | Green Tea | Green Tea | Green Tea |
| Dinner | Salmon and sweet chilli salad | Spinach Salad | Brown Rice with Onion and Tomato | White Bean with Avacado | Barley Porridge | Black Bean Tacos | Grilled Salmon |

**WORKOUT PLAN**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Reps and Sets | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| 2 Hours | Cardio | Cardio | Cardio | Cardio | Cardio | Cardio | Rest |
| 12\*3 | Squats | Leg Press | Incline Bench Press | Chest Press | Leg Press | Shoulder Press | Rest |
| 12\*3 | Bicep Curls | Arnold Press | Decline Bench Press | Military Press | Deadlifts | Seated Row | Rest |
| 12\*3 | Tricep Curls | Seated Row | Bench Press | Seated Row | Bicep Curls | Lat Pull Down | Rest |
| 12\*3 | Military Press | Cable Row | Back Extension | Back Extension | Tricep Curls | Military Press | Rest |
| 12\*3 | Shoulder Press | Flutter Kicks | Lat Pull Down | Lunges | Flutter Kicks | Arnold Press | Rest |
| 12\*3 | Plank | Calves Raise | Chest Flys | Calves Raise | Plank | Plank | Rest |
| 15\*3 | Abdominal Crunch | Abdominal Crunch | Abdominal Crunch | Abdominal Crunch | Abdominal Crunch | Abdominal Crunch | Rest |

**EXPERT GUIDE**

These terms will help you understand what is discussed throughout this manual and give you a better understanding of some of the common gym lingo.

**1. Abs, abdominals:** The muscle in the front of the stomach that form the six-pack when once body fat is fairly low. Their function is to draw the base of the ribcage and the hips towards each other, as occurs when performing crunches.

**2. Aerobic:** Aerobic means requiring oxygen. When describing exercise, it refers to extended sustained levels of exertion during which metabolic processes that provide energy are dominated by the complete oxidation of nutrients.

**3. Amino acids:** Basic building blocks of protein.

**4. Body fat percentage:** The amount of fat in your body, generally expressed as a percentage.

**5. Compound Exercise:** An exercise that targets a muscle group simultaneously; usually the movement involves flexing or extending at least two joints. Lat pull downs, squats, and bench press are all compound movements. Exercises like leg curls, leg extensions, and flyes are not compound movements.

**6. Electrolytes:** Minerals such as sodium, potassium, magnesium, and calcium used by cells in the creation and elimination of membrane potentials used to propagate nerve impulses and muscular contraction.

**7. Failure:** Lifting a weight until your muscles are so fatigued they cannot perform another repetition.

**8. Forced rep:** A repetition performed with assistance from a spotter after a lifter has reached the point of failure with a given weight.

**11. One rep maximum:** The greatest amount of weight that can be handled by a lifter for a single repetition in good form.



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**Important Info**

**Setting Goals:** If you want to lose weight, you must figure out how you are going to get there. Figuring out the path to weight loss is called your direction. This book will give you that direction. But you need a place to go, somewhere to end. You eventually want to reach a final point. These are called your goals, they are what you have set out to achieve. Here is a little bit about goals.

**Long-Term Goals:** Long-term goals are those aspirations that you have to work for. Ones that you know will take some work but you would like to accomplish. They can consist of basically anything; here is an example of three goals for someone who is trying to lose weight:

1. **Lose 10 pounds in 6 weeks.**

1. **Reduce body fat by 3%.**

1. **Eat right so to get the best results.**

These are your long-term goals and should be something that you know you can reach over a period of time. Do not make goals that are unreachable because you will feel overwhelmed and give up if you think that they are not attainable.