



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



DIET PLAN



WORKOUT PLAN



EXPERT GUIDE

**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 cereal	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 Walnuts	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
<b>2 Hours</b>	Cardio	Cardio	Cardio	Cardio	Cardio	Cardio	Rest
<b>12*3</b>	Squats	Leg Press	Incline Bench Press	Chest Press	Leg Press	Shoulder Press	Rest
<b>12*3</b>	Bicep Curls	Arnold Press	Decline Bench Press	Military Press	Deadlifts	Seated Row	Rest
<b>12*3</b>	Tricep Curls	Seated Row	Bench Press	Seated Row	Bicep Curls	Lat Pull Down	Rest
<b>12*3</b>	Military Press	Cable Row	Back Extension	Back Extension	Tricep Curls	Military Press	Rest
<b>12*3</b>	Shoulder Press	Flutter Kicks	Lat Pull Down	Lunges	Flutter Kicks	Arnold Press	Rest
<b>12*3</b>	Plank	Calves Raise	Chest Flys	Calves Raise	Plank	Plank	Rest
<b>15*3</b>	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.**
- 2. Reduce body fat by 3%.**
- 3. 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.