



FOUNDATIONAL WEIGHT LOSS PROGRAM

LEVEL 1



16 EXERCISES

EQUIPMENT

YOGA MATT

LIGHT WEIGHT MEDICINE BALL

TENSION STRETCH BAND (REVERSE LUNGE TO ROW)

FOAM ROLLER

EXERCISE BALL

Program Name

Foundational Weight Loss: Progression 1

Category:

General Fitness

Workouts

Foundational Weight Loss: Progression >
1

16 exercises

17 min

WARM UP EXERCISE 1- QUADRUPED OPPOSITE ARM AND LEG RAISE-

KEEP THE HANDS DIRECTLY BENEATH THE SHOULDERS, THE KNEES DIRECTLY UNDER THE HIPS, FEET IN LINE WITH THE KNEES AND BACK IN A NEUTRAL POSITION. CREATE A STRAIGHT LINE BETWEEN THE ANKLE, KNEE, HIP, SHOULDERS, ARM AND HEAD.

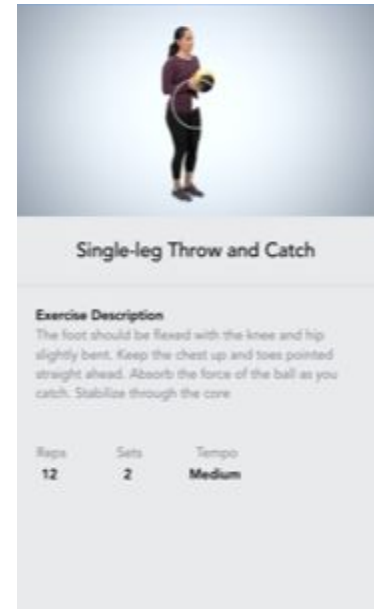
REPS = 12 **SETS = 2** **TEMPO = SLOW**



WARM UP EXERCISE 2- SINGLE-LEG THROW AND CATCH AGAINST WALL. (LIGHT-WEIGHT MEDICINE BALL)

THE FOOT SHOULD BE FLEXED WITH THE KNEE AND HIP SLIGHTLY BENT. KEEP THE CHEST UP AND TOES POINTED STRAIGHT AHEAD. ABSORB THE FORCE OF THE BALL AS YOU CATCH. STABILIZE THROUGH THE CORE.

REPS = 12 SETS = 2 TEMPO = MEDIUM

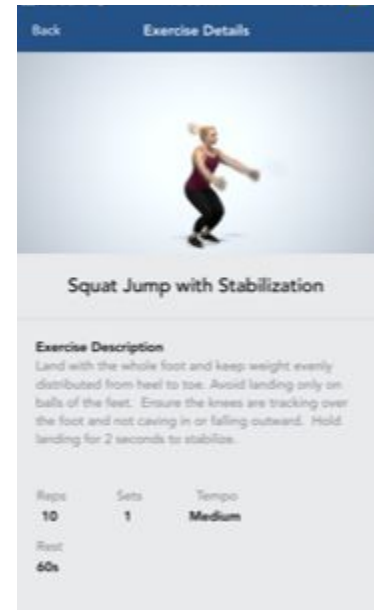


WARM UP EXERCISE 3

JUMP SQUAT WITH STABILIZATION

LAND WITH THE WHOLE FOOT AND KEEP WEIGHT EVENLY DISTRIBUTED FROM HEEL TO TOE. AVOID LANDING ONLY ON ALLS OF THE FEET. ENSURE THE KNEES ARE TRACKING OVER THE FOOT AND NOT CAVING IN OR FALLING OUTWARD. HOLD LANDING FOR 2 SECONDS TO STABILIZE.

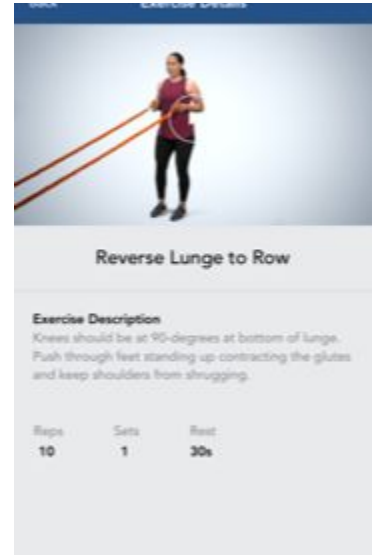
REPS = 10 **SETS = 1** **TEMPO = MEDIUM**
REST 60 SEC



RESISTANCE EXERCISE 4- REVERSE LUNGE TO ROW USING TENSION CABLE FOR RESISTANCE.

KNEES SHOULD BE AT 90-DEGREES AT BOTTOM OF LUNGE.
PUSH THROUGH FEET STANDING UP CONTRACTING THE GLUTES
AND KEEP SHOULDERS FROM SHRUGGING.


REPS = 10 SETS = 1 REST IS 30 SECONDS



RESISTANCE EXERCISE 5- INCLINE PUSH UP

ONLY MOVE WITHIN THE RANGE THAT IS CONTROLLABLE
REDUCE SHOULDER SHRUGGING AND KEEP THE HIPS FROM
DIPPING.

REPS = 10 SETS = 1 REST IS 30 SECONDS



Incline Push-up

Exercise Description
Only move within the range that is controllable.
Reduce shoulder shrugging and keep the hips from dipping.

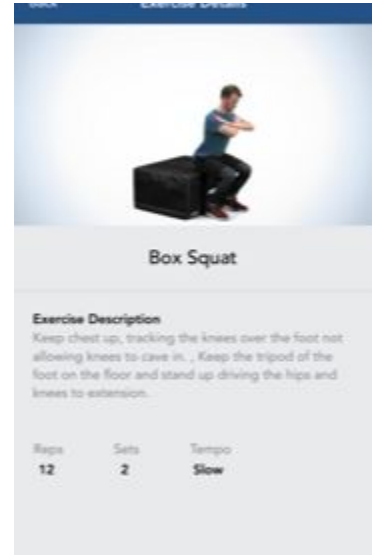
Reps	Sets	Rest
10	1	30s

RESISTANCE EXERCISE 6

BOX SQUAT

KEEP CHEST UP, TRACKING THE KNEES OVER THE FOOT NOT ALLOWING THE KNEES TO CAVE IN. KEEP THE TRIPOD OF THE FOOT ON THE FLOOR AND STAND UP DRIVING THE HIPS AND KNEES TO EXTENSION.

REPS = 12 SETS = 2 TEMPO-SLOW

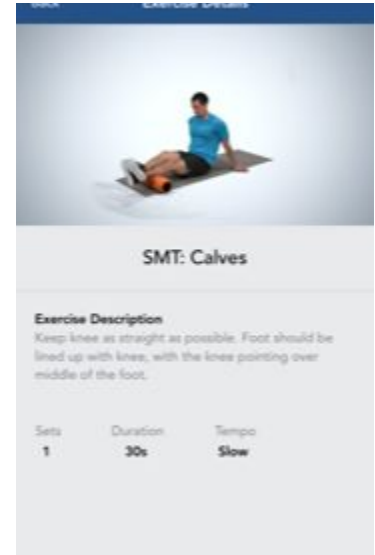


COOL DOWN EXERCISE 7

SMR CALVES- NEED A FOAM ROLLER

KEEP KNEE AS STRAIGHT AS POSSIBLE. FOOT SHOULD BE LINED UP WITH KNEE, WITH THE KNEE POINTING OVER MIDDLE OF FOOT.

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW

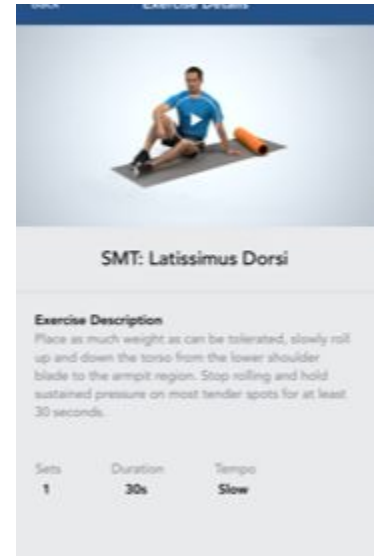


COOL DOWN EXERCISE 8

SMR LATISSIMUS DORSI- NEED A FOAM ROLLER

PLACE AS MUCH WEIGHT AS CAN BE TOLERATED, SLOWLY ROLL UP AND DOWN TORSO FROM THE LOWER SHOULDER BLADE TO THE ARMPIT REGION. STOP ROLLING AND HOLD SUSTAINED PRESSURE ON MOST TENDER SPOTS FOR AT LEAST 30 SECONDS.

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW

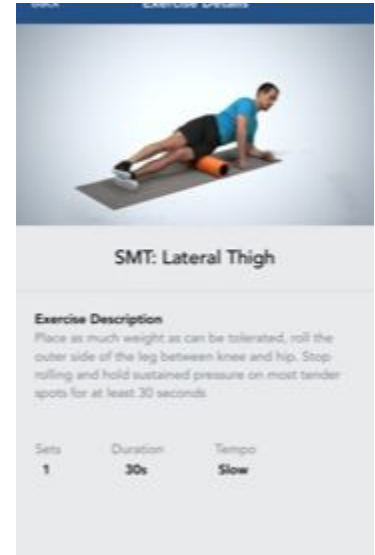


COOL DOWN EXERCISE 9

SMR LATERAL THIGH- NEED A FOAM ROLLER

PLACE AS MUCH WEIGHT AS CAN BE TOLERATED, ROLL THE OUTER SIDE OF THE LEG BETWEEN THE KNEE AND HIP. STOP ROLLING AND HOLD SUSTAINED PRESSURE ON THE MOST TENDER SPOTS FOR AT LEAST 30 SECONDS.

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW

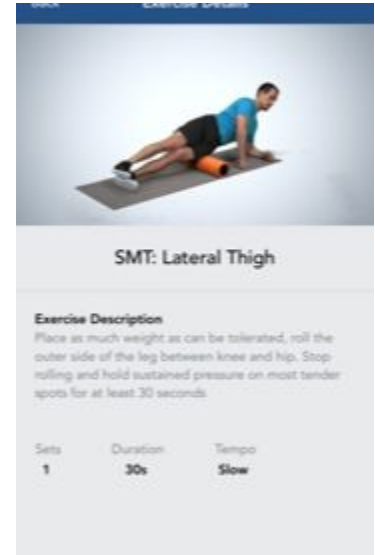


COOL DOWN EXERCISE 10

SMR TENSOR FASCIA LATAE- NEED A FOAM ROLLER

PLACE AS MUCH WEIGHT AS CAN BE TOLERATED, SLOWLY ROLL THE AREA OF THE HIP EQUIVALENT TO THE LOCATION OF A FRONT POCKET ON A PAIR OF PANTS. STOP ROLLING AND HOLD SUSTAINED PRESSURE ON MOST TENDER SPOTS FOR AT LEAST 30 SECONDS.

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW




COOL DOWN EXERCISE 11

SMR THORACIC SPINE- NEED A FOAM ROLLER

POSITION ROLLER UNDER SHOULDER BLADES. TO EMPHASIZE DIFFERENT MUSCLES IN THE BACK HOLD HANDS BEHIND THE HEAD WITH THE ELBOWS POINTED UP OR POINTED OUT. FOR MOBILIZATION TECHNIQUE, EXTEND SPINE OVER ROLLER WITH HIPS ON FLOOR, KEEPING A NEUTRAL LOW BACK AND HEAD AND NECK SUPPORTED IN NEUTRAL POSITION.

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW



SMT: Thoracic Spine

Exercise Description
Position roller under shoulder blades. To emphasize different muscles in the back hold hands behind the head with the elbows pointed up or pointed out. For mobilization technique, extend spine over roller with hips on floor, keeping a neutral low back and head and neck supported in neutral position.

Sets	Duration	Tempo
1	30s	Slow

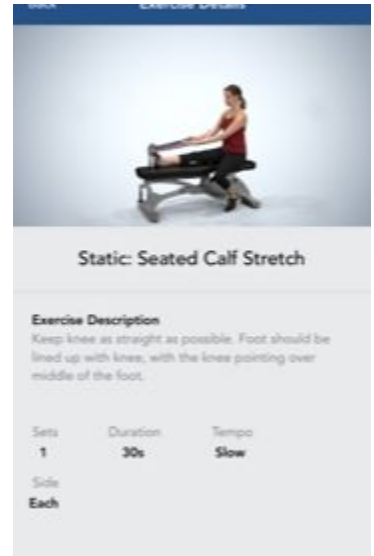
COOL DOWN EXERCISE 12

STATIC- SEATED CALF STRETCH

KEEP KNEE AS STRAIGHT AS POSSIBLE. FOOT SHOULD BE LINED UP WITH KNEE, WITH THE KNEE POINTING OVER THE MIDDLE OF THE FOOT

DURATION = 30 SECONDS SETS = 1 TEMPO-SLOW

1 EACH SIDE LEFT/RIGHT CALF




COOL DOWN EXERCISE 13

STATIC- STANDING HIP FLEXOR STRETCH

STAND IN A STAGGERED STANCE WITH THE BACK LEG STRAIGHT AND ROTATED INWARD. SHIFT YOUR BODY WEIGHT FORWARD BY CONTRACTING THE BUTT MUSCLES AND SHIFTING PELVIS POSTERIORLY. RAISE THE STRETCH-ARM, REACHING UPWARD.

DURATION = 30 SECONDS SETS = 1



Static: Standing Hip Flexor Stretch

Exercise Description
Stand in a staggered stance with the back leg straight and rotated inward. Shift your body weight forward by contracting the butt muscles and shifting pelvis posteriorly. Raise the stretch-side arm, reaching upward.

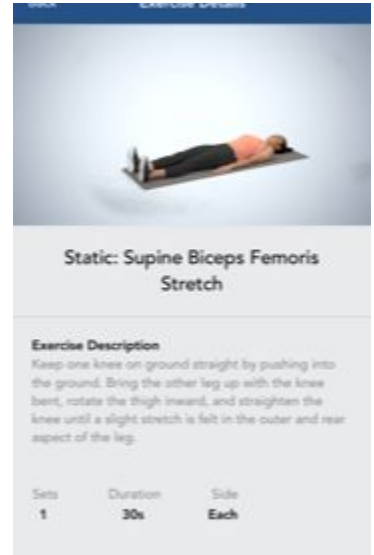
Sets	Duration	Side
1	30s	Each

COOL DOWN EXERCISE 14

STATIC- SUPINE BICEPS FEMORIS STRETCH

KEEP ONE KNEE ON GROUND STRAIGHT BY PUSHING INTO THE GROUND. BRING THE OTHER LEG UP WITH THE KNEE BENT, ROTATE THE THIGH INWARD, AND STRAIGHTEN THE KNEE UNTIL A SLIGHT STRETCH IS FELT IN THE OUTER AND REAR ASPECT OF THE LEG.

DURATION = 30 SECONDS SETS = 1 EACH SIDE

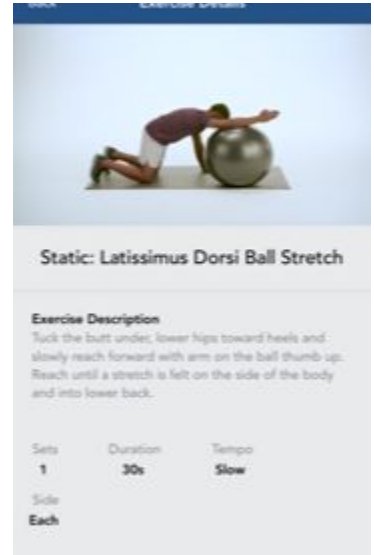


COOL DOWN EXERCISE 15

STATIC- LATISSIMUS DORSI BALL STRETCH

TUCK THE BUTT UNDER, LOWER HIPS TOWARD HEELS AND SLOWLY REACH FORWARD WITH ARM ON THE BALL THUMB UP. REACH UNTIL A STRETCH IS FELT ON THE SIDE OF THE BODY AND INTO LOWER BACK.

DURATION = 30 SECONDS SETS = 1 TEMPO=SLOW



COOL DOWN EXERCISE 16

STATIC- PECTORAL BALL STRETCH

ON ALL FOURS NEXT TO A BALL, PLACE YOUR ELBOW ON TOP OF THE BALL WITH THE ARM OUT TO THE SIDE. LOWER YOUR TORSO TOWARD THE FLOOR UNTIL THE FIRST POINT OF STRETCH IS FELT IN THE CHEST

DURATION = 30 SECONDS SETS = 1 TEMPO=SLOW

ALTERNATING YOUR RIGHT AND LEFT SIDE

