



# FULL BODY BLAST WORKOUT PROGRAM



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Personal Training

**PRESENTED BY**  
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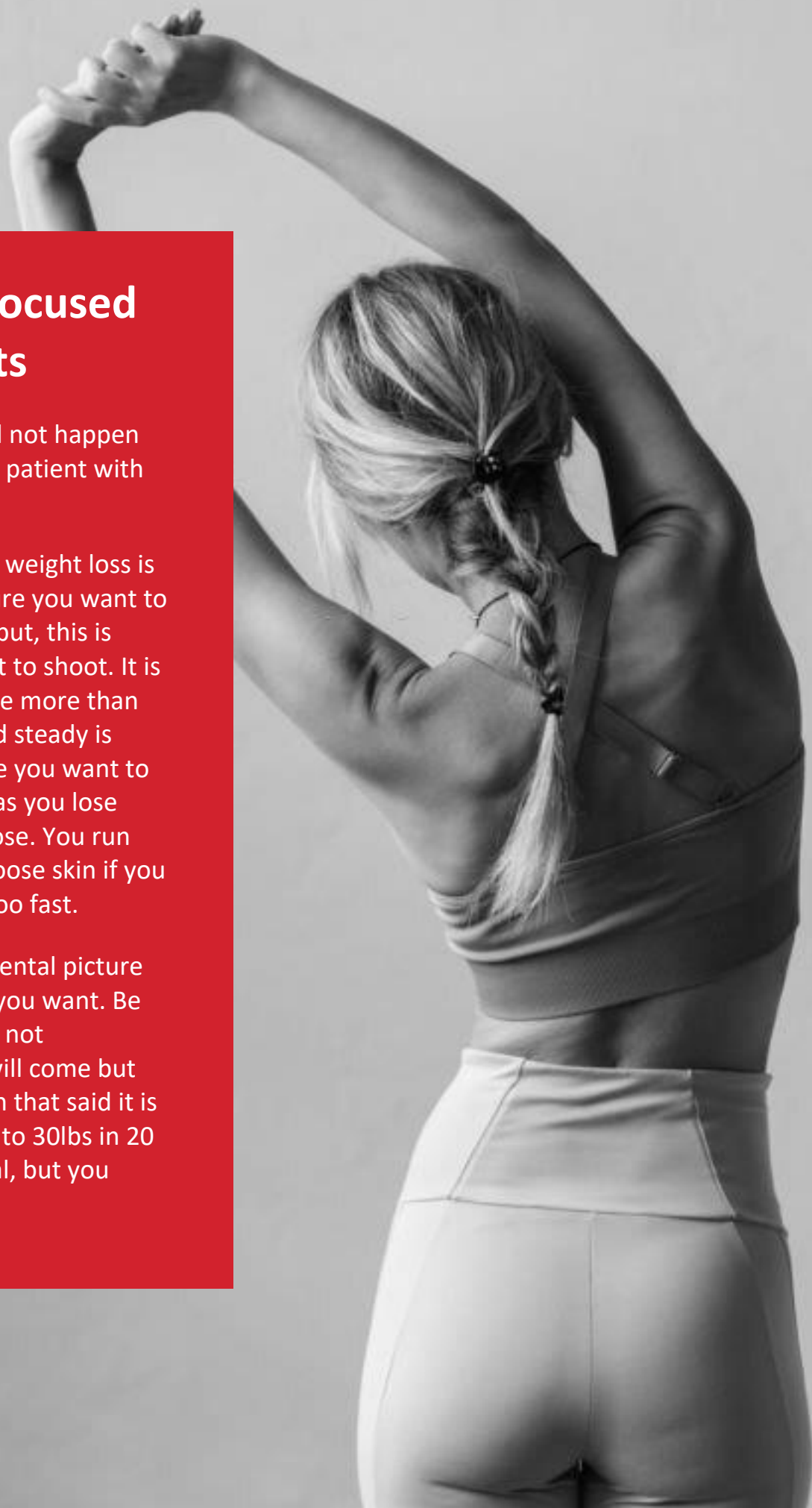
[www.akilsherman.com](http://www.akilsherman.com)

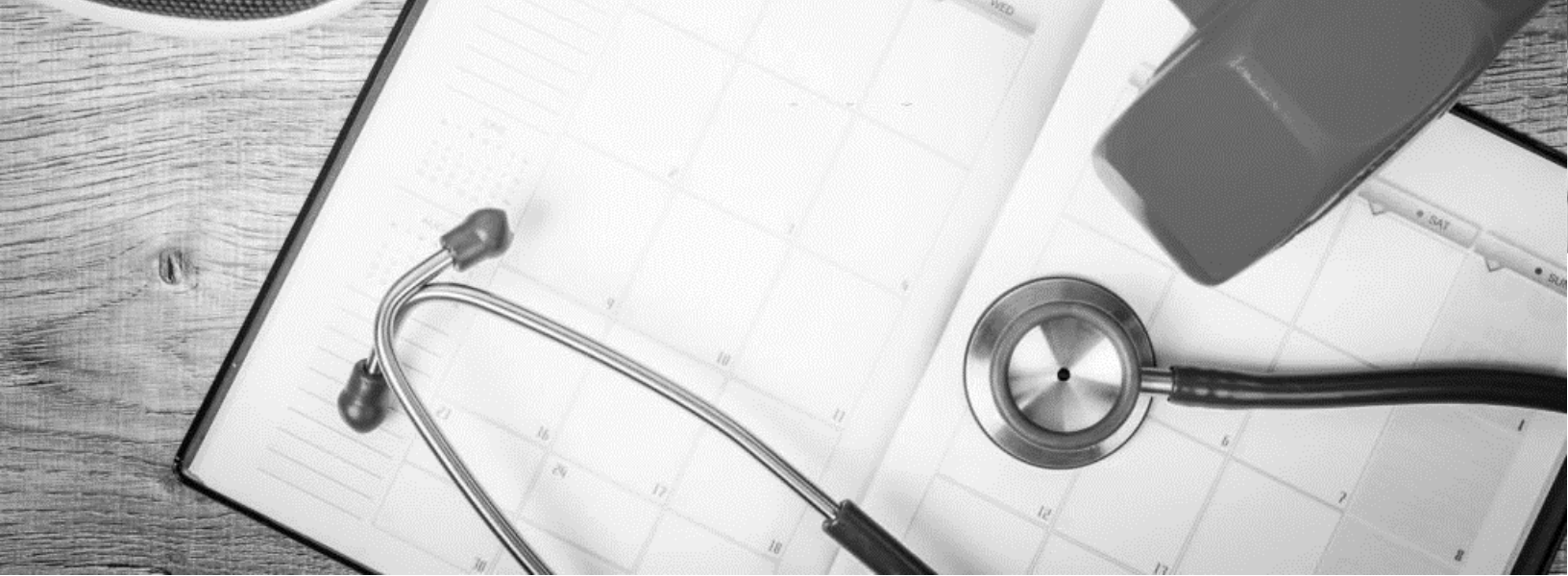
## How to stay focused and get results

Wherever you are it did not happen overnight, therefore be patient with yourself!

**GOAL SETTING:** Normal weight loss is 1-2 lbs per week. I'm sure you want to lose more much faster but, this is what you honestly want to shoot. It is certainly possible to lose more than that, however, slow and steady is more favorable because you want to become firm and tight as you lose weight, not soft and loose. You run the risk of developing loose skin if you lose too much weight too fast.

It is helpful to have a mental picture of what kind of results you want. Be realistic so that you are not disappointed. Results will come but patience is a must. With that said it is very realistic to lose up to 30lbs in 20 weeks if that's your goal, but you must be consistent.





## PLANNING & TIME MANAGEMENT

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In order to stick with a proper nutrition regimen you'll want to leave the house with lunch and 2 snacks everyday so that you are prepared for however your day unfolds. In order to be successful, you should prepare meals in advance, particularly lunch. You don't want to become hungry while you are out and about and not have anything to reach for. You will want to purchase a few healthy snacks as well.

**Measurements** – Obviously results are the name of the game. Taking pics and measurements are a great way to monitor your results. Pictures really help because you may not be able to see your own results yourself without comparing the “new you” to the “old you”

**Weighing in:** Pick 1 day per week preferably Sunday morning at the same time each week. DO NOT weigh everyday

### **Tips for taking photos:**

- Take photos every 4 weeks
- Make sure you have good light
- You DO NOT have to include your face if you aren't comfortable
- Try to at least take a side and front view. You can have someone take a rear photo for you

### **Tape Measure Sites:**

- Measure every 4 weeks
- Arm (midpoint between shoulder and elbow)
- Thigh (midpoint between hip and knee)

# FULL BODY BLAST

## WORKOUT PROGRAM



- Waist (from lower back to below the navel)
- Hips (from the middle of the butt to the front of your body)

### Weight training

**MESSAGE TO THE LADIES:** In order to firm, tone and tighten you MUST do some form of weight training. And no YOU WILL NOT LOOK LIKE A MAN. That is not how this program is structured. Also if you want feminine curves then you are going to have to lift challenging weights. Also the activity of weight lifting increases your bone density and helps stave off osteoporosis as you age

### Repetitions

Reps are the number of times you do the actual exercise Ex: 12 reps of squats

### Sets

Sets are the number of times you do the prescribed number of reps Ex: 3 sets of squats for 12 reps

### Rest

This is the break you take between sets

### Cardio

These are exercises that are designed specifically to get your heart rate up. This can be in the form of machines such as: treadmill, elliptical or exercise bike. This can also include a series of bodyweight exercises as well

### Warm-ups

These are low impact exercises that are done to get blood flowing in the muscles before you begin the actual workout.

### Cooling down & stretching

After the completion of your workout it is beneficial to relax and stretch your muscles out after the repeated contraction that they received during the workout. This will help ensure you stay flexible and loose over time.



## **REST & RELAXATION**

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Be sure to make yourself a priority, it is essential to take time out **ESPECIALLY** during your work day to relax your mind and the noise of the day

### **R&R SUGGESTIONS:**

1. Schedule “YOU” time everyday even if it’s 10-15 min
2. Try taking a hot bubble bath 1x per week
3. Read or listen to something of positive substance
4. Book a massage 1x per week
5. Take a break from the news
6. Take a break from reality TV
7. Reduce your exposure to negative people



# TRAINING PROGRAM

## Workout 1

### Warm-up:

March in place 120 seconds

Jogging in Place 120 seconds

| EXERCISE  | SETS  | REPS | WEIGHT | REST   |
|---|---|------|--------|--------|
| <a href="#">Squats</a>  | 3   | 12   | n/a    | 45 sec |
| <a href="#">Superman</a>  | 3   | 12   | n/a    | 45 sec |
| <a href="#">YTA's</a>   | 3   | 12   | n/a    | 45 sec |
| <a href="#">Side Planks for reps</a>  | 3   | 12   | n/a    | 45 sec |
| <b>Notes: For an added challenge try and complete all 4 exercises back-to-back as 1 giant circuit and then rest for 45 sec. Then try that 2 additional times for a total of 3 circuits.</b> |   |      |        |        |
| Cardio  | <a href="#">Hot Feet</a> 1 min<br><a href="#">Jumping Jacks</a> 1 min<br><a href="#">Mountain Climbers</a> 1 min<br><a href="#">Butt Kicks</a> 1 min<br>Repeat 2x no rest for a total of 8 minutes. |      |        |        |
| Stretching<br>Hold all stretches for 20-30 sec  | <a href="#">Neck Stretch</a><br><a href="#">Upper Back</a><br><a href="#">Hip Flexor</a><br><a href="#">Standing Hamstring</a><br><a href="#">Piriformis</a><br><a href="#">Calf</a>                |      |        |        |

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## WORKOUT PROGRAM



### Workout 2

#### Warm-up:

March in place 120 seconds

Jogging in Place 120 seconds

| EXERCISE                          | SETS | REPS   | WEIGHT | REST   |
|-----------------------------------|------|--------|--------|--------|
| <a href="#">Cobra</a>             | 3    | 12     | n/a    | 60 sec |
| <a href="#">Modified Push-ups</a> | 3    | 10     | n/a    | 60 sec |
| <a href="#">Dips</a>              | 3    | 10     | n/a    | 60 sec |
| <a href="#">Plank</a>             | 3    | 45 sec | n/a    | 60 sec |

**Notes: For an added challenge try and complete all 4 exercises back-to-back as 1 giant circuit and then rest for 45 sec. Then try that 2 additional times for a total of 3 circuits.**

|  |   |
|--|---|
| Cardio   | <a href="#">Hot Feet</a> 1 min<br><a href="#">Jumping Jacks</a> 1 min<br><a href="#">Mountain Climbers</a> 1 min<br><a href="#">Butt Kicks</a> 1 min<br>Repeat 2x no rest for a total of 8 minutes. |
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