



**Your
Female Fat Loss Over Forty
Program**

Let's Get Started

Congratulations! By purchasing this e-book, you're taking a step towards enhancing your life. You may be sick and tired of feeling sick and tired and you know that something has got to give! Whether you plan to use this guide to supplement an established fitness regimen, or if you have finally decided to get up off the couch and get your body into shape, you can find all the guidance you'll need within this program exclusively. That's what it was designed to give you. It is overflowing with ideas and strategies which will support your efforts to help you meet and exceed your goals!

Speaking of goals, now is the time to set some. 'Female Fat Loss Over 40' will be your blueprint for diet and exercise, and your goals will keep you on track and headed in the right direction. Yogi Berra said "If you don't know where you are going, you'll end up some place else." It's important to set tangible goals. Write them down and tell at least one supportive person. This will help to get you through those days that you really don't feel like doing it. Don't worry, we all have them!

Many will say their goal will be to 'lose weight', 'tone up', or 'get fit'. Those objectives are too vague and broad. To keep you moving forward, you need to be more specific. Be clear in defining where it is you are heading. It's no different than heading out the door on your summer vacation. Saying that "I'm heading south!" probably won't get you to a beach in Mexico. The more clear and concise your planned route is, the more directly you will reach your final destination. How much weight do you ultimately want to lose? What does toning up mean? How fit is fit? Rather than setting the blurred goal to 'lose weight and tone up', be more specific. Your list of goals might include the number of pounds you want to lose, the number of inches from specific sights you will be actively whittling away at, or choosing a pair of favorite jeans from back in college that you'd like to fit back into. You can also set fitness goals such as 'I will be able to do 10 push ups and hold a 20 second plank'. These feats are measurable and achievable. Once you've attained a specific targeted goal, you can celebrate your achievements. And then, you can embark on accomplishing your next set of goals. The point is, there is a greater likelihood that you'll succeed if you set quantifiable benchmarks that you can attain along the way. You will avoid getting frustrated and disappointed if you only have a pie-in-the-sky target, which may seem light years away. By making small, achievable targets often, you will soon be celebrating arriving at your ultimate destination!

Next, take into account the following points before you decide where you ultimately want to finish. Aim high! Give yourself credit! You can do it! Just remember that when you set that bar high, you must be realistic to avoid disappointing yourself. Consider your time frame. It's more fun and satisfying to achieve short range goals, celebrating small victories along the way, than to be looking a year or more down the road to your first self high-five! For example, if

your goal is to lose 20 pounds, allow yourself a celebration at 5 pound increments rather than waiting until you're 'arrived' at your final goal. A 20 pound loss may never happen if you don't give yourself a pat on the back along the way. Obviously your celebrations should support your goal. An over the top binge meal would be counter productive, but there are instructions coming up on how to plan for a weekly 'treat' meal. There are better, less detrimental rewards such as indulging yourself to a manicure, new book, bubble bath or new workout outfit. These 'treats' would certainly further increase your positive feelings and attitude toward your plan and increase the likelihood of adherence and ultimate success.

Schedule

As a busy woman, you are no stranger to battling the clock. Time is not usually on your side when it comes to scheduling anything, let alone your fitness program. So this point is KEY to assuring your success. You need to plan your workout time, write it in ink in your day timer, and set that time aside for you. This is a non-negotiable commitment that you need to make and keep. I can tell you what to do and how to do it, but you are responsible for when you're going to make it happen. If you still think you can't find the time, look harder. If you REALLY want to succeed, that favorite TV program might have to be sacrificed, or at least PVR'ed. There are very few people who truly don't waste enough time during the day to fit in a workout if they just CHOOSE to. So make that choice! By purchasing this e-book, you will not get fit and lose weight by osmosis. You need to apply the principles or we both fail. I only consider this product a success when you actually USE IT regularly, and achieve the results you wished for, so get out the calendar and schedule in your workouts.

Cut Yourself Some Slack/Don't Wait Until Monday

Scheduling is great, but we all know that life happens. I know I told you to schedule in your workouts in indelible ink and do them no matter what, but I understand that workouts can still occasionally fall by the wayside. It happens to everyone, regardless of how well intentioned or disciplined. And it happens to those who are well established exercisers and those just getting started. The important thing is to get back on track right away. If you missed your workout at the start of the week, don't throw in the towel and ditch the remaining ones for the rest of the week. You don't have to wait until Monday to get started again! Just forget that missed workout, and tell yourself that you'll get back at it the very next day. It's not the ladies that never miss a workout that achieve success; it's those that get back on track in the least amount of time without letting inertia set in. Think of that day off as just a rest day, and get right back into it. Remember, each workout will get you one step closer to achieving goals. That can happen tomorrow; it never has to wait until Monday.

Eating Right

As you will learn, exercise and supportive eating go hand in hand. There will be times that your workout gets missed. When that happens, you will need to focus on supportive eating (more on this later). Or when you fall off the wagon and eat in a way which you know is counter-productive to achieving your goals, you will need to make sure that your workouts are more intense to minimize the mistake. When you don't have both your eating and your exercising working for you, you won't make progress as quickly and regularly as you'd like, but at least you won't fall behind.

Don't think for a moment that I don't understand that for some of you; this will be a paradigm shift in thinking. When you embark on this program, it will NOT be a program that will end as most programs or diets are designed: they allow for success initially, and then you fall back into old habits, end up the way you started, or worse. My goal, and the intention of my program is to have you develop the habits and lifestyle that will lead to increased health and wellness in all aspects of your life, and achieve permanent success.

Why does this program work?

Too many people go to the gym and are disappointed when they see no results. This program will bring you results if you bring the necessary energy and intensity to your workout. These workouts are designed to be intense. In fact, you need to set a goal for yourself with every workout: *do as much as I can, and then a little more*. If you maintain this intensity, you will get results. If you do the same thing, day in and day out, never challenging yourself, then you can expect results that reflect your investment. Why would your body change if you don't change the stimulus you give to it? Your body is designed to be efficient and will only step up when you challenge it, and push that envelope. If you are conscientious and regularly challenge your present fitness level by continually give your body another obstacle to jump over, it will rise to the challenge.

Now having said this, we need to be reasonable in our approach. We need 'progressive overload'. This means that we don't tie up our sneakers and do wind sprints until we throw up on day one. If you haven't sprinted since junior high, you'll be in for a huge surprise! You'll discover that your body has changed since then, and it's a much better idea to start our workouts by simply pushing outside of our current comfort level. And then, you need to work a little bit harder each day. If you set a goal to do 100% of this program, then give a little more each day, you will succeed. If you go 110% on day one and then injure yourself so that in the end you do only 10% of the workouts, you won't get much benefit in the long run. Your goal should be an entire lifestyle change so that physical activity pervades each and every day. If you choose a pace that is too much too soon, your body will rebel, and you'll cause a mutiny. Your body will revolt or throw up the white flag by getting injured, or overly sore. Ease into your program, do what

you can, and a little more with each workout. Push yourself a little harder each time out. A great rule of thumb is that a little bit of muscular soreness is a great sign that you pushed your body hard enough to have a positive effect. If you're sore to the point of being crippled, you went too far, and are inviting an injury. And it's really no fun trying to train again if you're so sore that you can hardly move. Slow and steady wins the race!

Establishing a successful fitness routine is a little like walking. Keep putting one foot in front of the other. Keep 'showing up' for your workouts with a little more intensity every day. There will be magic, but it will take time. Delayed gratification is something that's hard to stomach; your weight loss or fitness results will not happen over night. We live in a world where we want everything NOW. Anyone or anything that promises an overnight success is snake oil. If it makes outrageous promises, or sounds too good to be true, IT IS! Know that you will benefit from your efforts, but this is a lifestyle change that will slowly transform your body and mind. Getting fit and achieving the body that you want always has and always will require that you do the ground work. Gimmicks don't work!

Baby steps...

I really need to reiterate what I said earlier. *Don't go overboard on the first day.* While it is important to get your behind off the couch, it's equally important to become aware of your limitations. When it comes to exercise, a little goes a long way in the beginning. Moderation and realistic expectations are probably the most important things to keep in mind. Starting off slowly is a good way to keep the ball rolling in terms of adding movement into a sedentary life.

A little on muscle soreness: Is it a good thing or something I should avoid at all costs?

Most will experience what's called 'delayed onset muscle soreness' (DOMS) after starting something new. This is caused by the eccentric contraction or forceful contraction of muscles while lengthening. Microscopic muscle tears occur and the amount of soreness depends on the intensity of the work done by the muscle. This is a common and necessary response to resistance training, and forms the basis of muscle strength and conditioning. In other words, it's what causes your muscles to become stronger and develop stamina. Soreness usually peaks within the first two days of exercise and subsides after a few more. This is not an indication that you should quit exercising. In fact, getting back into a workout will temporarily ease the soreness incurred from a previous exercise session. DOMS should not be confused with a muscle strain or tear. A muscle tear occurs WHILE you are exercising and can be described as acute, unilateral pain, which occurs instantaneously. It is then accompanied a short time later by swelling and bruising.

Make it go away!

DOMS is a fact of life for anyone who strives to continue to make progress. There may not be the intensity of the soreness as when you first started out, but a little soreness is to be expected. There are ways to alleviate DMOS. Following is a list of ways to make those muscles ache a little less even when you are pushing yourself to the limit:

- Warm up the muscles thoroughly.
- Cool down the muscles after exercise.
- Do some stretching between sets.
- Increase intensity of exercise slowly over time.
- Get back into the gym. Even if you are sore, doing some light cardiovascular work on a bike or treadmill will usually loosen up muscles as blood is delivered to the aching areas.
- Avoid intense training of the sore muscles before hitting them hard with another workout.
- Non steroidal anti-inflammatory medications (such as ibuprofen) will reduce soreness temporarily, but will not speed healing.
- Stretch well after your workout as well

Turn up the heat...raising your metabolism and keeping it stoked...

You want to transform your body or else you wouldn't be using this product. In order for this to happen, you need to create a challenge or stimulus for your body to overcome. To create a physical change in your body, you must constantly vary the stimulus. You cannot simply do the same workout, day after day, week after week, and expect your body to transform. The same workout will produce a certain level of fitness, and then you will stall out. Your progress will reach a steady state fitness level. Change is imperative to get to the next level.

To look better than you ever have before, you need to do something that you've never done before.

Now is the time to make a change in traditional training methods. You need to say goodbye to long, slow cardio sessions, and say hello to resistance training and high intensity interval training. These are the tools that will help you transform your body and this is why each workout in the program is so different. The goal of the program is to increase your metabolism, which means that your body will become more efficient, and burn more calories, even at rest. This is done by increasing lean muscle mass.

One of the biggest fears that women have about resistance training is that they don't want to get 'big'. Don't worry, this just doesn't happen, and is erroneous thinking. If it were only so easy to add muscle to your body, we'd all have huge muscles and racing metabolisms. Maintaining your muscle mass as you age is the KEY to keeping your metabolism moving. Many of you have found that you

can gain weight easily and weight loss is near impossible. Part of this is due to the fact that your lifestyle is becoming more sedentary and you have lost some of that muscle from your younger days. If your weight has changed, you've become heavier, even though you've lost this muscle tissue. The sad truth is that muscle has been replaced with fat, and then some. You have changed your muscle to fat ratio.

More fat + less muscle (same weight) = slower metabolism

Your solution is:

More muscle + less fat (possibly the same weight) = faster metabolism

Quantify Your Progress

Don't be discouraged if your weight stays the same at first. Weight loss is not your best indicator of progress. Take your measurements prior to the start of this program:

	Start Date:	4 weeks:
Body Weight		
Arm		
Chest		
Waist (smallest part around the middle)		
Abdomen (an inch below the belly button)		
Hips (widest part including the butt)		
Thigh (widest part)		

By measuring these areas, you can quantify your progress using a better tool than the scale. As well, take note of how your clothing fits. And if you can, take pictures in a bathing suit, from the same spot, in the same light, whenever you decide to take measurements. These strategies will give you far more accurate measurements than a scale alone.

Take note: you should not be gaining weight while on this program. Don't kid yourself that you are gaining that much muscle. You may be gaining a small amount of muscle, and losing some fat, but you will not gain enough muscle to significantly tip the scale over your starting body weight. If you do gain weight, you need to review the nutritional principles and take note of portion sizes. As well, take note of where you are gaining weight by comparing your measurements. If the gain is all in your tummy, hips and thighs, you need to review your nutritional program.

What's Different about My Body at My Age?

Aging and Body Fat

As you age, you may be increasingly exasperated with the ever increasing upward creep of body fat levels. Understanding the reasons behind these changes is the first step in battling an ever expanding waist line.

To begin, let's examine dietary habits. The most obvious reason for higher body fat levels is overeating, but food choices can also make a big difference. No one ever overeats on fibrous vegetables; it's usually the carbohydrate choices that are the culprits, and packing on the pounds. Excess carbs, coupled with a high fat intake will accelerate those gains in fat. Throw in other factors which gain momentum as we age, and body fat accumulates, faster as the years go by. More on this later.

Hormones, such as cortisol, testosterone and estrogen fluctuate as our life styles push daily stress levels higher. Excess alcohol intake and use of corticosteroids can create chemical imbalances that encourage fat storage. As you can see, some factors are more easily addressed than others, but maintaining a healthy diet is an easy and effective way to slow down or even reverse the process which increases unwanted body fat from accumulating.

Secondly, maintaining lean muscle mass is absolutely essential to maintaining healthy body fat levels. As I alluded to earlier, if you retain or add to your lean muscle mass, you must consume additional calories to preserve that muscle. Muscle is metabolically active and takes food energy (calories) to sustain, thus creating an increased metabolism. Body fat is simply stored energy, and requires zero calories to maintain. The downward spiral begins as muscle mass is lost due to inactivity. This trend tends to accelerate as we age. Some find that while their body weight stays nearly the same as in their youth, their shape changes drastically. What's occurring is muscle mass is declining, while body fat levels climb. The end product is a slower metabolism, which in the long run, makes you gradually get fatter, even if you're eating the same number of calories as you did in the past. It's a downward spiral which eventually makes losing or even maintaining body weight levels impossible.

By age 75, the percentage of body fat typically doubles compared with what it was during young adulthood. The distribution of fat also changes, changing the shape of the torso. A healthy diet and regular exercise can help keep excessive body fat accumulation to a minimum. Studies prove that regular weight bearing and weight resistance exercise significantly slows or even halts the loss of muscle mass with aging.

The following body fat charts show the “typical” or “normal” degeneration of body composition as we age.

Women: Normal Range by Age

Age	25-34	35-44	45-54	55-64	65-74	75-84
Body Fat %	22.5	23.9	25.8	29.1	34.3	35.8

According to these charts, and this line of traditional wisdom, it is ‘acceptable’ for you to gain body fat as you age. This does not have to be the case! With regular exercise and a healthy diet, you should be able to maintain your lean muscle mass well into your middle years and beyond. This, in turn, will help to keep your body fat levels and body composition in check.

An active and fit 70 year old woman with a body fat level of 23% has a much lower risk of disease and aging than her counterpart with a ‘normal’ body fat level of 34%, not to mention the higher quality of life. Regardless if you are 20 or 70 years of age, lower body fat levels reduce a person’s general health risks. Too much body fat at any age is a liability. And finally, maintaining muscle tissue into our later years will keep us healthy and happy as we age. The accepted image of a little old lady, bent over, and barely walking with the aid of a cane, or worse, a walker does not have to be the norm. By keeping as much muscle on our bodies as we get older, we can be vibrant well into our senior years. Muscle is what moves our bodies, from birth to death. If we work to keep our bodies functioning properly, as designed, there will be no canes or walkers in our futures. We can start working on that insurance policy, which is this program, today!

Lace your shoes!

So enough reading: time for action. Read through the program, print it off and get started. I’m so excited for your potential. Keep me posted on your progress!

Disclaimer:

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietician. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises. Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always error on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT the skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

The Work Outs

Here's your plan. You will find an outline of twelve workouts. You can do these workouts in any order. It is suggested that you do a different workout three times a week. You could throw in one of the workouts included in the audio program as well, so you really have a multitude of workouts to choose from.

Workouts:

1. 'Ab'solutely Bodyweight
2. I Can Do a Minute Of Anything
3. 'Planks' for the Abs
4. Bench Day
5. Full body card pull
6. Tabata Torture
7. Skip a Rope
8. Swingin Fun
9. 3 Kinds of Poison
10. Which way to the beach?
11. Interval Inferno
12. Metabolic Charger

‘Ab’Solutely Bodyweight

Equipment – jump rope, dumb bells, timer

Duration – Up to 30 minutes.

Warm up – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

Use the exercise library and videos to review the exercises BEFORE you begin so that you can move from one exercise to the next quickly. If you forget how to do one of the exercises, either swap in another or skip it so that you can keep the pace of the workout fast.

Work out Description –

Set your timer for 30 seconds with a 5 second transition. Repeat this set six times:

[prisoner squats](#)

[mountain climbers](#)

Front plank

Wall sit with bicep curl

Spider crawl (add push up optional)

Jump rope

Cool down: Take 5 minutes to stretch, cool down and relax. Use the cool down video as a guide: http://www.femalefatlossoverforty.com/exercise_sampler/

I Can Do A Minute of Anything

Equipment – jump rope, timer

Duration – Up to 30 minutes (depending on how many times you do the circuit)

Warm up – 5 minutes

Do four circuits starting with 5 reps per exercise:

- [Jumping jacks or step jacks](#)
- [Kneeling push up](#)
- Knee ins

Work out Description – Set your timer for one minute with a 30 second transition. There are five rounds in one circuit. If you don't require the full recovery time, change the rest to 15 seconds or less.

Repeat this circuit up to three times.

- 1 minute **skipping**
- 30 second recovery
- 1 minute **push ups** (regular, kneeling push ups, rest when needed)
- 30 second recovery
- 1 minute [Jumping jack or step jack](#)
- 30 second recovery
- 1 minute [prisoner squats](#)
- 30 second recovery
- 1 minute **plank** (go to the knees, rest when needed)
- 30 second recovery

Cool down - Take 5 minutes to stretch, cool down and relax, or use the cool down here:
http://www.femalefatlossoverforty.com/exercise_sampler/

‘Planks for the Abs’

Equipment: timer

Duration: Up to 30 minutes (depending on how many circuits you do)

Warm up –

Do three circuits starting with 30 seconds per exercise:

- Stationary run
- [Prisoner squats](#)
- [Jumping jack or step jack](#)
- [Lateral lunge](#)

OR

Do the warm up from the video page:

http://www.femalefatlossoverforty.com/exercise_sampler/

Work out Description: Set your timer for 30 seconds of work with a 5 second transition. They are separated in this list for easier reference as you will pair a cardio move with a strength move.

Repeat this circuit up to three times.

Squat jump (or eliminate jump and do bodyweight squats)
[knee ins](#)

[burpees \(or repeat body weight squats\)](#)
[side plank R/L \(30 seconds on each side\)](#)

[speed skater lunge jumps](#)
Plank

[Suicide sprint](#)
[prone shoe touches](#)

Cool down: Take 5 minutes to stretch, cool down and relax, or use the cool down here:
http://www.femalefatlossoverforty.com/exercise_sampler/

Bench Day

Equipment – bench such as a picnic table, bleacher bench or a sturdy chair, DB's, jump rope, timer

Duration: Up to 30 minutes

Warm Up – Do 30 seconds per exercise – 5 minutes

- Jumping jacks or step jacks
- [Prisoner squat](#)
- [Side shuffle right and left](#)

Repeat two times

Work out Description: Set your timer for 5 minutes for each set. Do AMRAP (as many rounds as possible) of each exercise in the 5 minute set. When the timer goes off, move onto the next set.

Set 1 Count down by 2's:

Squat/[incline push up](#) on bench pyramid: do 10 squats (butt down to bench, hover and stand back up), then 10 incline push ups, do 8 squats, do 8 incline push ups....do 2 squat, do 2 incline push up.

Rest up to 1 min before going onto set 2

Set 2:

20 [reverse bench steps](#) right

20 reverse bench steps left

20 [pulsing squats](#) (butt hovering up and down above bench)

20 squat jumps

Rest up to 1 min before going onto set 3

Set 3:

20 [DB lateral raises](#)

20 [bench dips](#)

20 [squat jumps](#)

Rest up to 1 min before going onto set 4

Set 4:

20 right arm [DB rows](#) (left knee on bench)

20 left arm [DB rows](#) (right knee on bench)

20 [speed skater lunge jumps](#)

Cool down: Make sure that you're getting in a good **cool down**, at least 5 minutes. Go to the cool down video from the exercise library if you're stuck for some stretches. Here it is: http://www.femalefatlossoverforty.com/exercise_sampler/

Full Body Card Pull

Equipment – jump rope, mat, DB's, playing card deck

Duration: Up to 30 minutes

Warm Up – Do 20 reps of the following:

- [Stationary skip hops](#) (L/R counts as two)
- [prisoner squats](#)
- [Kneeling push up](#)
- [mountain climbers](#) (L/R counts as two)

Repeat twice

Work out Description:

Draw **3 cards** to determine how many reps you will do of each exercise. Move quickly from one exercise to the next. Repeat workout, or go through the deck twice. A reminder that when you pull a card, add up each number from each card, and that will give you the number of reps that you'll perform for each exercise, so each set will have a different number of reps.

(If you don't have a deck of cards, just do 15 reps of each exercise.)

If you're unfamiliar with these exercises, click on the exercise to view the video:

1. [push up](#)
2. [reverse lunge \(per side\)](#)[mountain climbers](#)
3. [DB rows](#) (L/R)
4. [DB lateral raises](#)
5. [jumping jack](#)
6. [military press/squats](#)
7. [squat jumps](#)
8. [tricep overhead press](#)
9. [speed skater lunge jumps \(per side\)](#)
10. [Get ups](#)
11. [burpees](#)
12. [bicep curls](#)
13. [DB woodchops](#) (L/R)
14. [knee ins](#) (per side)

Cool down: Take 5 minutes to stretch, cool down and relax, or go through the cool down here: http://www.femalefatlossoverforty.com/exercise_sampler/

Tabata Torture

Equipment –mat, DB's, jump rope, audio program or timer

Duration: Up to 30 minutes

Warm Up – Do the following:

- 10 [prisoner squats](#)
- 10/leg reverse lunge
- 30 seconds stationary run
- 10 [Kneeling push up](#)

Repeat twice

Work out Description:

Do the following exercise for 20 seconds, rest for 10 seconds.

Use the audio program for 20/10 timing, or use a timer.

Set #1 – 10 sets total (5 min)

1. [squat jumps](#)
2. [Get ups](#)

Set #2 - 10 sets total (5 min)

1. [seated cross punch](#)
2. [suicide sprint](#)

Set #3 - 10 sets total (5 min)

1. [Military press squat](#)
2. [mountain climbers](#)

Set #4 - 10 sets total (5 min)

1. [speed skater lunge jumps](#)
2. push ups

Cool down: Take 5 minutes to stretch, cool down and relax, or use the cool down here:

http://www.femalefatlossoverforty.com/exercise_sampler/

Skip a Rope

Equipment –mat, jump rope

Duration: Up to 30 minutes

Warm Up – Do 30 seconds per exercise:

- Jump rope
- Unweighted [wood chop](#) motion R/L
- [Plie squat](#)
- Kneeling push up

Repeat twice

Work out Description: Set your timer for one minute with a 30 second transition.

Repeat this entire circuit up to three times.

1 minute skipping
30 seconds of [prisoner squats](#)

1 minute skipping
30 seconds of push ups

1 minute skipping
30 seconds of DB bent over rows

1 minute skipping
30 seconds of front plank

Cool down: Take 5 minutes to stretch, cool down and relax, or use the cool down here:
http://www.femalefatlossoverforty.com/exercise_sampler/

Swingin Fun

Equipment – timer, DB's

Duration: Up to 30 minutes.

Warm up - Do the following:

- 10 steps R/L side shuffle
- 15 jumping or step jacks
- 20 [stationary skip hops with high arms](#)
- 15 [arm circles](#)
- 10 kneeling push ups

Repeat twice

Work out Description – Set your timer for 20 seconds of work with a 10 second transition. (Or use audio program). Repeat all exercises for five circuits.

- Burpees or full body extensions
- [prisoner squats](#)
- [DB lateral raises](#)
- [speed skater lunge jumps](#)
- [T push up](#) (or regular push up)
- reverse [leg lunge \(pass DB under knee\)](#)

Cool down: Take 5 minutes to stretch, cool down and relax, or use the cool down here: http://www.femalefatlossoverforty.com/exercise_sampler/

3 Kinds of Poison

Equipment – mat, DB's, audio program 20/10 protocol or timer

Duration – Up to 30 minutes.

Warm up – Do the following:

- 10 prisoner squats
- 10 lateral lunges
- 10 reverse lunges
- 10 T push ups
- 30 seconds stationary run

Repeat twice

Work out Description

1. Pyramid – Set your timer for 5 minutes.

Do 10 squats or squat jumps/10 push ups

9 squats or squat jumps/9 push ups

Continue until you do 1 squat or squat jump/1 push up or you run out of time. (If you get done, work your way back up the pyramid.)

2. Tabata – 20 seconds wall sit (add [bicep curls optional](#)), [10 seconds rest](#)
[Do 10 sets \(use audio program or timer\)](#)

3. Timed Set - Do rounds of 30 seconds or if you don't have a timer, count 20 reps of each:

Jump rope (OR 50 rotations)

Bodyweight squats (add DB's to intensify)

Burpees

[DB push up/pull up](#)

[mountain climbers](#)

Repeat twice

Cool down: Take 5 minutes to stretch, cool down and relax, or use the cool down here:
http://www.femalefatlossoverforty.com/exercise_sampler/

Which Way to the Beach?

Equipment – mat, small band, exercise tube, jump rope (DB's if you have no band or tube)

Duration – Up to 30 minutes.

Warm up – Do the following:

- 30 second front plank hold
- 20 mountain climbers
- 10 kneeling push ups
- 20 squats
- 30 second side plank hold R/L

Repeat twice

Work out Description – Set your timer for 30 seconds of work with a 10 second transition. Repeat this entire set up to **four** times.

- Jump rope
- [Squat walk w/ band \(do bodyweight squats if you have no band\)](#)
- [Suicide sprint](#)
- [Tube row \(do DB rows if you have no tube\)](#)
- [speed skater lunge jumps](#)
- [Get ups](#)

Cool down: Take 5 minutes to stretch, cool down and relax. Use the cool down here: http://www.femalefatlossoverforty.com/exercise_sampler/ or use your own stretches.

INTERVAL INFERNO

Equipment – mat, DB's, jump rope, timer

Duration – Up to 30 minutes.

Warm up – Do 30 seconds of the following:

- Standing arm circles (forward and backward)
- Stationary run
- Prisoner squat
- Lateral lunge
- Calf raises against a wall

Repeat twice

Work out Description –

Full Body Intervals - Do 1 minute of each exercise with no rest between exercises. You can rest 30 seconds after each entire sequence of 5 exercises. If you have the time and energy, you can repeat each set for a total of 2 sets of each sequence.

Set 1

Skip

Squat

Push up

[speed skater lunge jumps](#)

Spider crawl

*Rest up to 30 seconds

Set 2

[football fast feet](#)

DB lateral raise

[Military press squat](#)

DB deadlift

[stationary skip hops with high arms](#)

*Rest up to 30 seconds

Set 3

Get ups

[Suicide sprint](#)

DB bent over row

Reverse [leg lunge \(pass DB under knee\)](#)

DB tricep overhead

*Rest up to 30 seconds

Cool down: Take 5 minutes to stretch, cool down and relax. Use the cool down here: http://www.femalefatlossoverforty.com/exercise_sampler/ or use your own stretches.

Metabolic Charger

Equipment – mat, DB, timer

Duration – Up to 30 minutes.

Warm up – Do the following:

- 30 jump rope
- 20 jumping jacks or step jacks
- 10 kneeling push ups
- 30 second plank hold

Repeat three times

Work out Description – Set your timer for 30 seconds work with a 5 second transition. Do 2-3 complete sets of the exercises on the list:

Prisoner squat (hands behind head)

[T push up](#) (or regular push up)

[knee ins](#)

[Lunge with DB pass](#)

[Inchworm push up](#)

180 squat switch (or squat jump)

[Lateral lunge](#)

[Seated cross punch](#)

[Body bridge circle](#)

Plank

[Get ups](#)

[prone shoe touches](#)

Take up to 2 min rest between complete sets.

Cool down: Take 5 minutes to stretch, cool down and relax. Use the cool down here: http://www.femalefatlossoverforty.com/exercise_sampler/ or use your own stretches.