



STEP  
02

# YOUR FIRST 5 STEPS TO WEIGHT LOSS



*How we get our clients to  
lose their first 10 pounds...*

[www.emfitnessnutrition.com](http://www.emfitnessnutrition.com)

# STEP 2

## TRAINING

The next stage we have outlined for you to follow for the next couple of weeks is training.

Knowing what exercise to do can be confusing. Should you do cardio, should you do weights, how much of both should you be doing. Every individual is different, we all start from a different place but today we want to take away the guess work for you.

Do you want to lose weight, get into better physical shape (add muscle/tone up), be happier with how your clothes fit and feel good about yourself when you look in the mirror?

If you answered yes to these questions then we are here to help you reach your goals and provide you with the right training for you.

We have been training clients for many years now, not only have we helped people achieve the results they set out to get, but we have also taught our clients a sustainable approach. How many times have you seen someone or even yourself get results only to lose what's achieved a few months later. This is a lifestyle change, you want to maintain results for years to come and continue to progress.

### How to change your body shape

To change your body shape, you need to add muscle (to get a toned look), you can only do this by lifting weights. Don't worry, we're not speaking about bodybuilding, that is a completely different goal. Adding muscle will not only improve your shape, it will provide more energy which equals more fat loss, it will reduce risk of injury and provide you with more confidence.

Going into a gym may sound a bit daunting, but as you're a beginner you can use machine weights to begin with and don't be afraid to reach out for help from an instructor.

## Gym Programme

We have written out a two day programme for you to follow across your first 3 weeks. The exercises are mostly machine based to make the process easier to begin with. This is a general beginner programme. It will be effective a little beyond the 3 weeks if you keep working hard. We do prefer to individualise all our plans and as you progress an individualised plan will become more important.

Below you will see your gym plan, day 1 and day 2. You will see the exercise name in column one, then the reps (this is how many times you lift and lower the weights in one go). The next column is sets (how many times you perform the exercise before moving on), then you have tempo. For this programme, all you need to do is lower the weight using a count of three, and then lift the weight with a count of one.

You are going to move between exercise A1 and A2, taking a 20 second rest in between each one. After you have performed the suggested number of reps for each exercise, you will then take 60 seconds rest. Follow this sequence throughout the programme.

### Day 1

EXERCISE	REPS	SETS	TEMPO	REST TIME
A1 Lying Leg Curl	10-12	3	3010	60 secs
A2 Machine Shoulder Press	10-12		3010	
B1 Leg extension	10-12	3	3010	60 secs
B2 Seated Cable Row)	10-12		3010	
C1 Split Squat	10-12	3	3010	60 secs
C2 Cable Rope Face Pull	10-12		3010	

### Day 2

EXERCISE	REPS	SETS	TEMPO	REST TIME
A1 45 Degree Hip Extension	10-12	3	3010	60 secs
A2 Machine Chest Press	10-12		3010	

B1 Leg Press	10-12	3	3010	60 secs
B2 Machine Back Row	10-12		3010	
C1 Alternating Lunges	10-12	3	3010	60 secs
C2 Lat Pull Down	10-12		3010	

## Cardio

A common question we get every day is "how much cardio should I do"?

Again, every person is different and we prescribe cardio accordingly.

With most beginners, as expected, the intensity of which they can lift weights to begin with is low. This will change overtime as you progress and become more familiar with exercises. To compensate for this for now and to help with energy expenditure we like to get beginners to do 3 cardio sessions per week.

Below is an example of your weekly schedule. On Tuesday's and Thursday's you will do your weights sessions followed by 20 minutes of cardio. This can be either on the cross trainer, bike or treadmill. On Sunday's you will go for a 25 minute brisk walk. Feel free to alter the days below and if you like do the cardio sperate to the gym days.

## Weekly schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Weights 40 minutes		Weights 40 minutes			
	20 minutes cardio		20 minutes cardio			25-minute walk

By implementing the exercise provided you are now set to begin building muscle and increase fat burning.

