

Fatlossity

Weeks 5 - 8

Now that you have made it through the hardest part of your weight loss battle, you should have a better sense of what is needed to push you towards your ultimate goal.

In those first 28 days you were asked to sacrifice some of your favorite foods and maybe even do some exercises that pushed you to your limits. Every step, however, is aimed at renewing your body's natural balance and helping you to regain a healthy weight while burning off the unwanted fat.

Everyone's body is unique and genetically coded in a different way, which means no two people on Fatlossity® will lose weight exactly the same way. Just trust that in the end, you will be right where you were hoping.

Keep the fight alive and feel the power within you to transform your body.

You will follow the next 28 days exactly as you have done for the previous month. If you'd like to crank up the fat burning a notch just add additional Cabral Conditioning Intervals® to the end of your workouts with only 30 seconds of rest in between them. Remember to always complete your 3 exercise warm-up before each workout and cool down with your upper and lower body stretches after your conditioning intervals.

Fatlossity Weeks 5 - 8

Before getting started on Day 29, be sure to review the 3 warm-up exercises you will be doing before every workout for the first 4 weeks. Also make sure to remember to include the *Cabral Conditioning*® Fat Burner Intervals from last month that you will complete after each workout. In addition, you may use the previous upper body and lower body stretching sheets after each workout or as part of your daily routine.

Just like last month, each day's workout and journaling will look like this:

5 Steps to Success - Day 1 Example

Step 1: Complete 3 warm-up exercises (3 minutes)

Step 2: Complete that day's 3 *Fatlossity*® exercises (10 - 20 minutes)

Step 3: Complete 3-10 Cabral Conditioning Intervals (3 - 15 minutes)

Step 4: Complete stretches (10 minutes)

Step 5: Complete your daily nutrition checklist

Minimum workout time: 16 minutes

Maximum workout time: 39 minutes

Number of Set to be Completed Each Week for Each Exercise of the Workout:

Week 1: 2 Sets

Week 2: 2-3 Sets (if you were sore from week 1 keep it at 2 sets for this week)

Week 3: 3-4 Sets

Week 4: 4 Sets

Warm-up: Only 1 set every week before you workout

Please begin with Day 29 and fill out both the nutrition and workout sheets daily. This is an extremely important step to creating good habits. It will also help to keep you on track and will serve as a reference journal to look back on.

Also note that you will not get the maximum results out of this program if you skip the warm-up. You will be going directly into an intense workout without warming up with the specific exercises prescribed for that routine. Make sure you do the 3 warm-up exercises before each workout.

At the end of your second 4 weeks, you will want to retake your measurements and photos to marvel at all the amazing progress you've been able to accomplish in such a short period of time. This will serve as a great motivator and keep you on track to achieving even greater goals. Good luck!

Fatlossity Warm-up[©]

Weeks 5 - 8

Complete all 3 exercises in a row, resting 20 seconds between each set. Then move on to the Weeks 5-8 Workout

Inch worms/Hand Walkouts - Complete 10 -15 reps to failure. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set making sure not to let your hips and stomach drop!

How To: Bend over from the waist and place both hands in front of you for support. Straighten your legs at the top and then begin to walk one hand out at a time until you are as outstretched as you can be without letting your hips drop. Reverse the process.

Backwards Lunge with Twist - Complete 15 reps on 1 side, then switch. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Be careful not to lunge backwards too quickly and not to over twist!

How To: Standing straight up, lunge backwards with 1 leg allowing your back knee to move down towards the floor. Maintain your balance and slowly twist away from the leg that is behind you. Come back to a standing position and repeat that same leg.

Boat Pose - Hold for up to 60 seconds. Move on to your workout!

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set!

How To: Sitting flat on your hips, pull your legs into your chest reaching around your shins. Begin to slowly lean back so that just your feet lift off the ground. Maintain balance and then begin to outstretch your legs and arms. Hold still.

Daily Nutrition Checklist

Day 29 - Phase 2

<input type="checkbox"/>	Breakfast	Time:	Choose 2								
	<input type="checkbox"/> <input type="checkbox"/>		<table border="1" style="width: 100%;"> <tr> <td>Eggs</td> <td>Oatmeal</td> </tr> <tr> <td>Low sugar yogurt</td> <td>High fiber cereal</td> </tr> <tr> <td>Cottage cheese</td> <td>Veggies</td> </tr> <tr> <td>Protein shake</td> <td>Skim milk</td> </tr> </table>	Eggs	Oatmeal	Low sugar yogurt	High fiber cereal	Cottage cheese	Veggies	Protein shake	Skim milk
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8-10 Glasses of Water

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How Did You Do Today?

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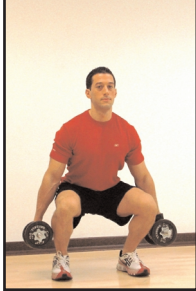
Fatlossity Workouts®

Day 29

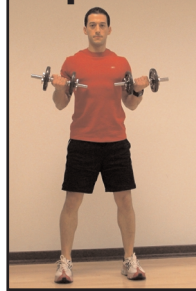
Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Dumbbell Deadlift-Curl-Press - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



Midpoint



Top

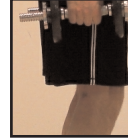


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells by your sides and squat sitting backwards. As you begin to stand, curl the weight up using your biceps. Next, transition from your curl into an overhead press keeping the weights above your shoulders. Reverse the process and repeat.

Reverse Crunch - Complete reps to failure. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip

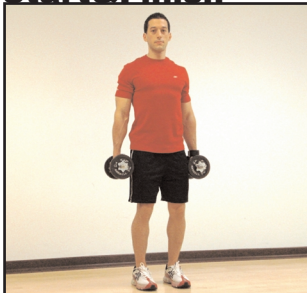


Keep your shoulders and hips touching the ground the whole set. Make sure not to let your lower back arch up in the air!

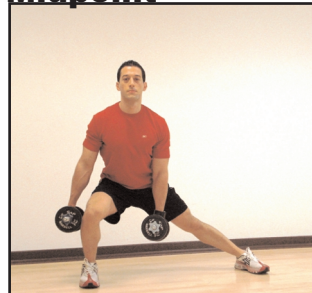
How To: Maintain a flat back by keeping your hands flat under your hips. Keep your shoulders & hips in contact with the ground throughout the set. Pull your knees into your abs & then slowly extend your legs without arching your back. Pull back in & repeat.

Dumbbell Lateral Lunges - Complete 15 reps on each side. Rest 60 seconds.

Start&Finish



Midpoint

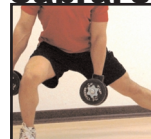


Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:

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Cabral's Tip



Keep the weight on the heel of the foot that is lunging to the side! Allow the opposite leg to stay straight and stretch.

How To: Holding the dumbbells by your sides, lunge to only one side keeping your feet in alignment. The weights will now move to each side of the leg that you just lunged out with. Keep the weight on the heel of that foot and push back standing up straight.

Daily Nutrition Checklist

Day 30 - Phase 2

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8-10 Glasses of Water

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How Did You Do Today?

<input type="checkbox"/>	<i>I ate 5 meals today and drank 8 glasses of water!</i>
<input type="checkbox"/>	<i>I only ate the foods on my Phase 2 Checklist!</i>
<input type="checkbox"/>	<i>I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!</i>

Fatlossity Workouts®

Day 30

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Step-Up with Plate Press - Complete 10 reps on each. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your weight on the hip that is raised up. Step up using those hip muscles! The other leg is used only for balance.

How To: Hold a weight in front of your chest with one leg up and planted on a step that is about knee high. Push through the heel of the foot that is up on the step and stand all the way up straight while pressing the weight above your head. Repeat 10x. Switch.

Dumbbell 1 Arm Chest Press - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your shoulders pulled back and maintain a flat back. Do not arch your low back or lock out your elbow at the top!

How To: Lying on your back, hold 1 dumbbell with your palms facing away from your body. Keep your back and shoulders touching the floor as you press the weight over your chest. Lower the weights slowly until the back of your arms just touch the ground.

Dumbbell Bent Over High Pulls - Complete 15 reps lasting 40 seconds. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your shoulders pulled back and maintain a flat back. Do not lock out your elbow at the bottom!

How To: Hold dumbbells with your palms facing your body. Sit back with your hips into a shallow squat allowing the weights to rest by your knees. Squeeze your shoulder blades together and pull the weights up to your shoulders while remaining in a squat.

Daily Nutrition Checklist

Day 31 - Phase 2

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8-10 Glasses of Water

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Fatlossity Workouts[©]

Day 31

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Dumbbell Sumo Deadlifts - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Be careful not to let your knees point in and go over your toes! Make sure not to round your shoulders or back!

How To: Hold a dumbbell in front of you and between your legs. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep your weight back on your heels and push up through them as you stand back up.

Ab Crunch with Plate Pullover - Complete reps to failure. Rest 20 seconds.

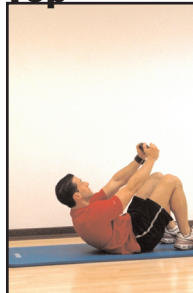
Start&Finish



Midpoint



Top



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Make sure to always keep your chin off of your chest and looking up! Do not excessively round your back or shoulders.

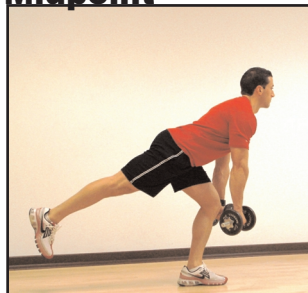
How To: Lie on your back holding a weight behind your head. Pull the weight over your head to your chest. Crunch up lifting the weight to your knees. Look up the whole time, keeping your chin up off of your chest. Come back down the same way.

Dumbbell 1 Leg Romanian Deadlifts - Complete 15 reps each side. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your shoulder blades pinched together throughout the set and remember never to round your back!

How To: Hold dumbbells with your palms facing each other. With 1 leg raised, sit back with your hips allowing the weights to slowly lower until your back cannot remain flat any longer or you feel enough stretch behind your legs. Keep a 20° bend in your knees.

Daily Nutrition Checklist

Day 32 - Phase 2

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8-10 Glasses of Water

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How Did You Do Today?

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The Complete In-Home Weight Loss Guide

Fatlossity Workouts®

Day 32

Rest Day! - Concentrate on eating well and enjoying your day off from working out. You may feel free to go for a 20-30 minute walk or just rest your body and prepare for tomorrow's workout!

Daily Nutrition Checklist

Day 33 - Phase 2

<input type="checkbox"/>	Breakfast	Time:	Choose 2								
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8-10 Glasses of Water

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

How Did You Do Today?

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Fatlossity Workouts[©]

Day 33

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Dumbbell Bulgarian Split Squat - Complete 15 reps on each side. Rest 20 seconds.

Start&Finish



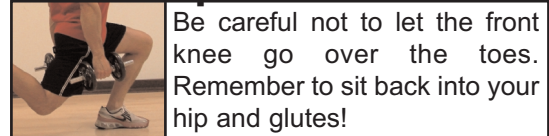
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Be careful not to let the front knee go over the toes. Remember to sit back into your hip and glutes!

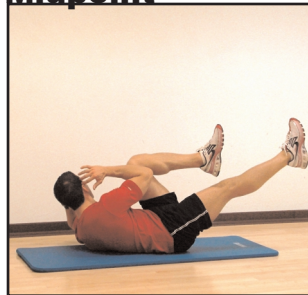
How To: Take a big step forward with 1 leg while holding dumbbells by your sides. Keep the front foot flat with the weight on the heel of that foot. Rest the back foot on a step and allow the knee to move towards the floor as you sit into a lunge.

Bicycle Crunch - Complete reps to failure. Rest 20 seconds.

Start&Finish



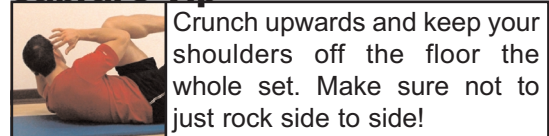
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Crunch upwards and keep your shoulders off the floor the whole set. Make sure not to just rock side to side!

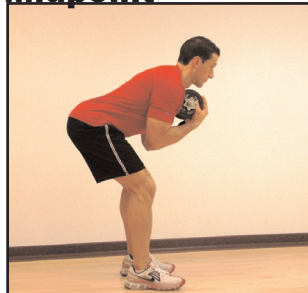
How To: Lie on your back with your shoulders, head & legs off the ground. Crunch up touching your right elbow to your left knee. Come back down to the middle without letting your shoulders touch & alternate by crunching your left elbow up to your right knee.

Dumbbell Modified Good Mornings - Complete 15 reps lasting 40 sec. Rest 60 seconds.

Start&Finish



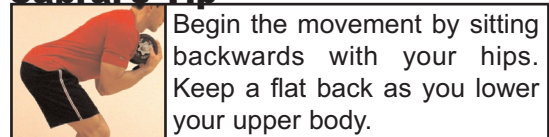
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Begin the movement by sitting backwards with your hips. Keep a flat back as you lower your upper body.

How To: Hold a weight above your chest with your feet hip width apart. Slowly sit back with your hips and lower your upper body. Keep your weight towards your heels and maintain a flat back. Pull yourself up using the back of your legs, glutes and low back.

Daily Nutrition Checklist

Day 34 - Phase 2

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8-10 Glasses of Water

<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

How Did You Do Today?

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Fatlossity Workouts[©]

Day 34

Complete all 3 exercises in a row, resting 20 seconds between each set. After all 3 sets, rest 1 min. Repeat 1x.

Multi-Directional Lunge - Complete 15 reps on each leg. Rest 20 seconds.

Start&Finish



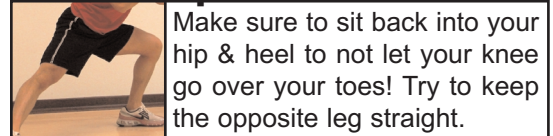
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Make sure to sit back into your hip & heel to not let your knee go over your toes! Try to keep the opposite leg straight.

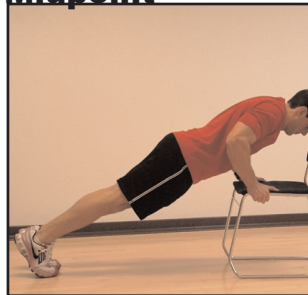
How To: Use your body weight or hold dumbbells by your sides. With both feet pointed straight ahead keep one foot in place as you lunge & rotate the other foot out to face either 3 or 9 o'clock. Sit into your hip and heel. Push off the lunging foot to stand up.

Modified or Regular Push-Ups - Complete reps to failure. Rest 20 seconds.

Start&Finish



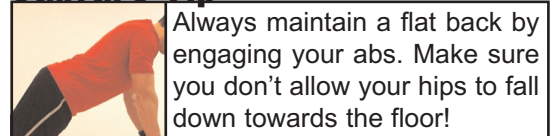
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Always maintain a flat back by engaging your abs. Make sure you don't allow your hips to fall down towards the floor!

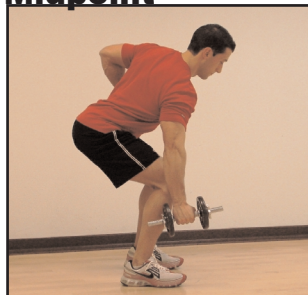
How To: With both hands holding the sides of a chair, slowly lower your chest down. Stop before it touches the chair and then push back up without locking out your elbows at the top. Keep your hips up the whole time and stay on the balls of your feet.

Dumbbell Bent Over Alternating Rows - Complete 30 alternating reps. Rest 60 seconds.

Start&Finish



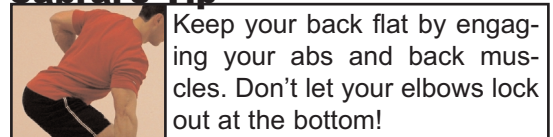
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

Record your weights to right:			—	—
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Cabral's Tip



Keep your back flat by engaging your abs and back muscles. Don't let your elbows lock out at the bottom!

How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat, allowing the weights to rest by your knees. Squeeze your shoulder blades together and row 1 weight up to your hip. Lower that weight, then row the other.

Daily Nutrition Checklist

Day 35 - Phase 2

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8-10 Glasses of Water

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