

Fatlossity

Fatlossity

Weeks 1 - 4

Fatlossity Weeks 1 - 4

Before getting started on Day 1 be sure to review the 3 warm-up exercises you will be doing before every workout for the first 4 weeks. Be sure to also go over the Cabral Conditioning® Fat Burner Intervals that you will complete after each workout. You may also use the upper body and lower body stretching sheet after each workout or as part of your daily routine.

To review, 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

Please begin with Day 1 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 you can use them as a reference journal to look back on.

Please note that you will not get the maximum results out of this program if you skip the warm-up. You will also 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 first 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 1 - 4

Complete all 3 exercises in a row, resting 20 seconds between each set. Then move on to the Weeks 1-4 Workout

Lateral Lunge - Complete 10-15 reps on 1 side, then switch. Rest 20 seconds.

Start&Finish



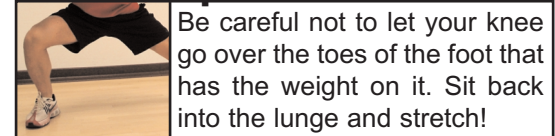
Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip

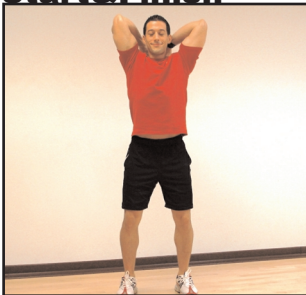


Be careful not to let your knee go over the toes of the foot that has the weight on it. Sit back into the lunge and stretch!

How To: Stand straight up with your feet hip width apart. Keep your balance & lunge to one side keeping your feet in alignment. Sit back into the lunge and keep your weight on the hip and leg that is bent. Stretch your opposite leg straight with your foot flat.

Squat with Vertical Chop - Complete 15 reps. Rest 20 seconds.

Start&Finish



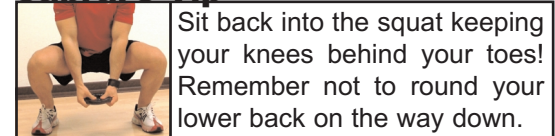
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Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip

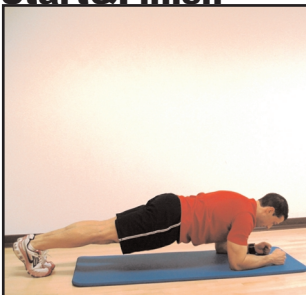


Sit back into the squat keeping your knees behind your toes! Remember not to round your lower back on the way down.

How To: Standing straight up hold a weight behind your head with your arms bent. Slowly bring the weight in front of your body and down between your legs while squatting backwards with the hips. Stand back up straight bringing the weight behind your head.

Plank/Iso Prone - Complete 60 seconds. Move on to your workout!

Start&Finish



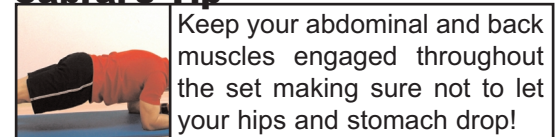
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Weights Set 1 Set 2 Set 3 Set 4

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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: Lie flat on the ground with your elbows directly below your shoulder joints. Slowly prop yourself up on your forearms and on to the balls of your feet to support your entire body. Keep your abs pulled in tight to maintain a flat back. Hold still.

Fatlossity Fat Burners[©]

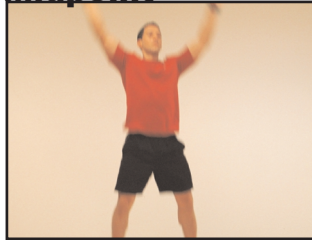
Cabral Conditioning Intervals[©]

Choose any exercise(s) and complete for 30-60 seconds. Rest for 1-2 minutes. Repeat 3 - 10x.

Start&Finish



Midpoint



Jumping Jacks

How To: Stand with your feet hip width apart with your arms down by your sides. With your palms facing away from you begin to raise your arms overhead while simultaneously jumping out with your feet to slightly past shoulder width. Repeat back and forth as fast as you can in a controlled manner.

Start&Finish



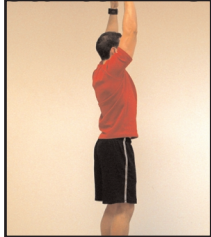
Midpoint



Mountain Climbers

How To: Get into a push-up position with your hands placed on the floor at shoulder level. Keep your hips up and parallel to the floor. Place 1 leg out with a slightly bent knee while bringing the other knee into your abs. Alternate legs back and forth into your abs as fast as you can while maintaining control of your form.

Start&Finish



Step 2



Step 3



Squat Thrusts/Burpees

How To: 1.) Stand up straight with your arms raised above your head. 2.) Squat down and place your hands on the floor in front of you and about shoulder width apart. 3.) Kick both legs back at the same time, or 1 at a time, to get into a push-up position. 4.) Complete a push-up and/or kick both legs back to the squat position in step 2. Stand up straight and raise your arms over your head. Repeat.

Start&Finish



Midpoint



High Knees

How To: Stand up straight with your arms raised to chest height. Lift 1 knee up and into your abs and then lower to the ground. Repeat and alternate with the other leg. Switch back and forth as fast as you can adding a little bounce to your steps.

Start&Finish



Midpoint



Jump Rope

How To: Don't know how to jump rope? No problem - lose the rope and just use an imaginary one! Hop back and forth from 1 foot to the other or jump up and down with both feet. Land as softly as you can and quickly rebound into the next hop. Try to swing your arms in a circular motion to get more of your body involved and moving.

Fatlossity 5 Lower Body Floor Stretches[©]

Hold each stretch for 30 -90 seconds. Always ease into the stretch and never bounce or hold your breath.



Butterfly - Inner Thigh Stretch

How To: Sit flat on your hips with your feet pulled in as far they will go. Place the soles of your feet against each other and move your knees toward the floor. Hold onto your ankles and gently use your elbows to push your inner thighs closer to the floor.



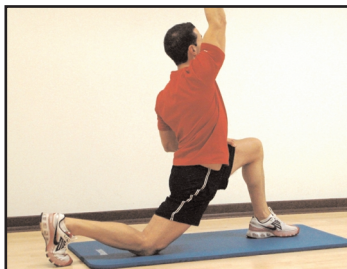
Cross-Legged - Hip/Low Back Stretch

How To: Sit flat on your butt and cross your legs in front of you. Reach for the ceiling and then bend over and fall at the waist to the floor. Keep your hips in contact with the floor while reaching out in front of you with your arms.



1 Leg Over - Glute/Hip Stretch

How To: Sit flat on the floor on your hips and place your legs out straight. Slowly bend one leg up to your chest and place it over your other leg onto the floor. Make sure to keep your knee and ankle in alignment. Wrap both arms tightly around your leg and hold it into your body. Hold for 30-90 seconds and then repeat on the other leg.



Kneeling Lunge - Thigh/Hip Flexor Stretch

How To: Kneel straight up on the ground on both knees. Lunge forward with one leg. Allow the front side of the kneeling leg to stretch. After you feel balanced raise the same arm on the kneeling leg's side up to further enhance the stretch. Face your palm into your head and maintain this stretch for 30-90 seconds. Repeat on the other side.



Lying Hamstring - Hamstring/Calf Stretch

How To: Lie flat on your back. Place a towel or strap around the arch of your foot and slowly raise that leg up straight until you feel tension in the back of your thigh. Keep the bottom leg flat on the ground. Never pull beyond where you feel tension. If the tension starts to ease, you may go deeper into the stretch. Hold for 30-90 seconds and then repeat on the other leg.

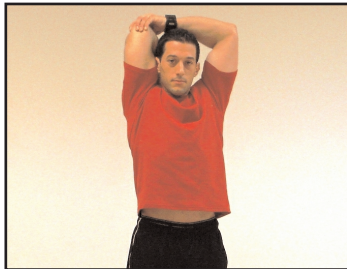
Fatlossity 5 Upper Body Stretches[©]

Hold each stretch for 30 -90 seconds. Always ease into the stretch and never bounce or hold your breath.



1 Arm Overhead Leaning Reach - Side Stretch

How To: Stand straight up raising one arm overhead. Slowly lean away from the side that your arm is raised on, pushing your hip out. Keep your ankle, knee, hip, shoulder, and head in alignment as your reach and lean over to one side. Hold for 30-90 seconds and repeat on the other side.



Pat Yourself on the Back - Tricep Stretch

How To: Stand straight up, raising one arm overhead. Let that arm bend and pat yourself on the back of your shoulder. Use the other arm to help increase the stretch by easing the elbow back. Keep your head facing straight ahead and do not drop your chin into your chest. Hold for 30-90 seconds and repeat on the other side.



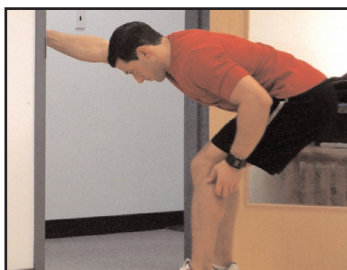
Interlocked Fingers - Bicep/Forearm Stretch

How To: Stand up straight and fold your hands in front of you. Slowly rotate your palms away from your body. Out stretch your arms and pull downward toward the ground.



Chest Doorway - Chest Stretch

How To: Stand up straight and place both hands and elbows above shoulder height against a doorway frame. Slowly step through the doorway with one leg increasing the stretch. If you can't find a doorway you may stretch one arm at a time against any sturdy object, stepping out with the same leg as that arm that is raised.



Lat Doorway - Back Stretch

How To: Claps a doorway or immovable object with one arm at about waist level. Slowly sit back with your hips until your back and arm are straight. Make sure that the opposite hip of the arm that is being stretched is turned slightly towards that arm. Hold for 30-90 seconds and repeat on the other side.

Daily Nutrition Checklist

Day 1 - Phase 1

<input type="checkbox"/>	Breakfast	Time:	Choose 2 <div style="display: flex; justify-content: space-between;"> <div> <input type="checkbox"/> </div> <div> <input type="checkbox"/> </div> </div> <table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <td>Omelette</td> <td>Protein shake</td> </tr> <tr> <td>Hard boiled eggs</td> <td>Veggies</td> </tr> <tr> <td>Low sugar yogurt</td> <td>Skim milk</td> </tr> <tr> <td>Cottage cheese</td> <td>Cheese</td> </tr> </table>	Omelette	Protein shake	Hard boiled eggs	Veggies	Low sugar yogurt	Skim milk	Cottage cheese	Cheese
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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 1 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 1

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

Dumbbell Front Squat - Complete 15 reps lasting 40 seconds. Rest 20 seconds.

Start&Finish



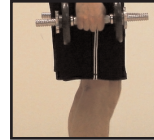
Midpoint



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 lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells on your shoulders with ends pointing directly up. Start by sitting backwards with your hips until your upper thighs are parallel to the ground. Keep the weight back on your heels and push up through them as you stand back up.

Dumbbell Romanian Deadlift - Complete 15 reps lasting 40 seconds. 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 shoulder blades pinched together throughout the set and remember to never round out your back!

How To: Hold dumbbells with your palms facing your body. 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. Maintain a slight 20° bend in your knees.

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.

Daily Nutrition Checklist

Day 2 - Phase 1

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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 1 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 2

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

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

Start&Finish



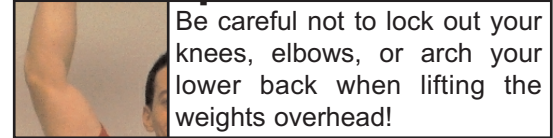
Midpoint



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 lock out your knees, elbows, or arch your lower back when lifting the weights overhead!

How To: Hold dumbbells on your shoulders with your palms turned away from you. Sit backwards with your hips until your upper thighs are parallel to the ground. As you begin to stand back up, push the dumbbells overhead at the same time.

Dumbbell 1 Arm Row - Complete 15 reps on each side lasting 40 seconds. Rest 20 seconds.

Start&Finish



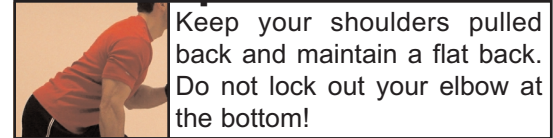
Midpoint



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 lock out your elbow at the bottom!

How To: Hold a dumbbell with your palm facing your body. Place the leg that is beside the dumbbell back behind for a wider base. Place the other hand on an object for support to maintain a flat back. Row the dumbbell up towards your hip using your back.

Weighted Oblique Twists - Complete 30 reps to failure lasting 40 seconds. Rest 60 seconds.

Start&Finish



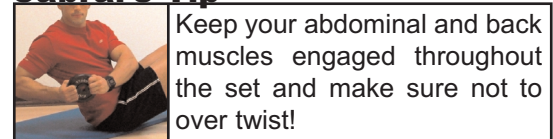
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Cabral's Tip



Keep your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in front of your abs with your feet lightly touching the floor or lifted up. Twist with your entire upper torso side to side, making sure you are not just moving the weight. Alternate side to side until you feel a sufficient burn in your abs.

Daily Nutrition Checklist

Day 3 - Phase 1

<input type="checkbox"/>	Breakfast Time: <div style="border: 1px solid black; height: 30px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; height: 30px; margin-bottom: 2px;"></div> <div style="border: 1px solid black; height: 30px;"></div>	Choose 2 <input type="checkbox"/> <input type="checkbox"/> <div style="border: 1px solid black; padding: 5px;"> <table border="0" style="width: 100%;"> <tr> <td>Omelette</td> <td>Protein shake</td> </tr> <tr> <td>Hard boiled eggs</td> <td>Veggies</td> </tr> <tr> <td>Low sugar yogurt</td> <td>Skim milk</td> </tr> <tr> <td>Cottage cheese</td> <td>Cheese</td> </tr> </table> </div>	Omelette	Protein shake	Hard boiled eggs	Veggies	Low sugar yogurt	Skim milk	Cottage cheese	Cheese
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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 3

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

Dumbbell Split Squats - 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 hips 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. Keep the heel of the back foot raised and allow the back knee to move towards the floor and you sit into a lunge.

Quadruped Pose/ BirdDog - Complete 15 reps lasting 40 seconds. 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



Maintain a flat back throughout the movement. Try to extend each arm and leg all the way out while stabilizing yourself!

How To: Kneel down on all fours. Maintain a flat back by engaging your core muscles and drawing in your abs. Raise your opposite arm & leg until they form a straight line down your body. Hold until you are stable. Come back to the ground and alternate.

Dumbbell 2 Arm Swings with Squat - Complete 15reps 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. Make sure not to round your back on the way down!

How To: Hold a weight between your legs with your arms outstretched. Perform a half to three-quarter squat and then swing the weight up by pushing your hips forward. Keeping your core engaged, let the weight swing down between your legs.

Daily Nutrition Checklist

Day 4 - Phase 1

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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 4

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

Daily Nutrition Checklist

Day 5 - Phase 1

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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 5

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

Dumbbell Deadlift - Complete 15 reps lasting 40 seconds. 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

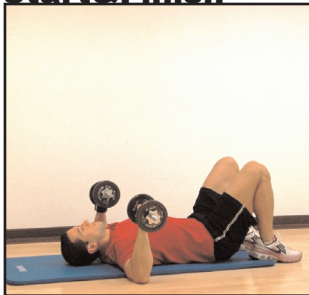


Be careful not to lock out your knees at the top of the press and always squat by sitting backwards with your hips!

How To: Hold dumbbells by your sides with your palms facing each other. 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.

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

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Keep your shoulders touching the floor the whole set. Make sure not to lock out your elbows at the top!

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

Dumbbell Dynamic Forward Lunge - Complete 24 reps. Rest 60 seconds.

Start&Finish



Midpoint



Weights Set 1 Set 2 Set 3 Set 4

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Cabral's Tip



Keep your chest up and shoulders back. Engage your core & make sure that your knee does not go over your front foot!

How To: Hold 2 weights by your side. Lunge forward with one leg keeping the weight on the front heel and sit back into the hip and glute muscles. Push back off of the front leg to stand back up straight. Alternate legs each repetition.

Daily Nutrition Checklist

Day 6 - Phase 1

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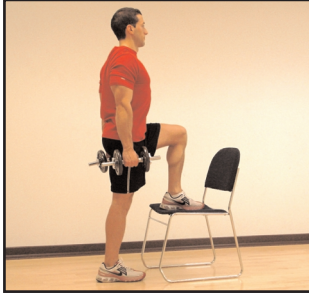
Fatlossity Workouts[©]

Day 6

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

Dumbbell Step-Up - 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



Be careful not to lock out your knees at the top of the step-up. Keep your shoulders back & the weight on your heel!

How To: Hold dumbbells by your sides with one leg up and planted on a step that is about knee height. Push through the heel of the foot that is up on the step and stand all the way up straight. Finish all 15 reps on 1 leg and then switch.

Dumbbell 2 Arm Bent Over Row - Complete 15 reps lasting 40 seconds. 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



Maintain a flat back and shallow squat the entire set. Remember to never round your upper or lower back!

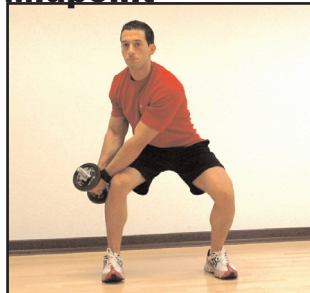
How To: Hold dumbbells with your palms facing each other. Sit back with your hips into a shallow squat with the weights by your knees. Squeeze your shoulder blades together and row the weights up to your hips. Stay in a shallow squat the entire set.

Dumbbell Diagonal Chops - 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 your abdominal and back muscles engaged throughout the set and make sure not to over twist!

How To: Hold a weight in both hands over your left shoulder. Chop down with the weight until it reaches the outside of your opposite knee. Keep your back flat and core engaged throughout the entire set making sure not to over twist the lower back.

Daily Nutrition Checklist

Day 7 - Phase 1

<input type="checkbox"/>	Breakfast	Time:	Choose 2								
	<input type="checkbox"/> <input type="checkbox"/>		<table border="1" style="width: 100%;"> <tr> <td>Omelette</td> <td>Protein shake</td> </tr> <tr> <td>Hard boiled eggs</td> <td>Veggies</td> </tr> <tr> <td>Low sugar yogurt</td> <td>Skim milk</td> </tr> <tr> <td>Cottage cheese</td> <td>Cheese</td> </tr> </table>	Omelette	Protein shake	Hard boiled eggs	Veggies	Low sugar yogurt	Skim milk	Cottage cheese	Cheese
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	<input type="checkbox"/>		<table border="1" style="width: 100%;"> <tr> <td>Almonds</td> <td>Veggies & Hummus</td> </tr> <tr> <td>String cheese</td> <td>Walnuts</td> </tr> <tr> <td>Cottage cheese</td> <td>Protein shake</td> </tr> <tr> <td>Low sugar yogurt</td> <td>Cheese Wedges</td> </tr> </table>	Almonds	Veggies & Hummus	String cheese	Walnuts	Cottage cheese	Protein shake	Low sugar yogurt	Cheese Wedges
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	<input type="checkbox"/>		<table border="1" style="width: 100%;"> <tr> <td>Chicken</td> <td>Salad</td> </tr> <tr> <td>Cold cuts</td> <td>Veggies</td> </tr> <tr> <td>Fish</td> <td>Chick peas</td> </tr> <tr> <td>Lean beef</td> <td>Beans</td> </tr> </table>	Chicken	Salad	Cold cuts	Veggies	Fish	Chick peas	Lean beef	Beans
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Chicken	Veggies										
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Lean beef											
	<input type="checkbox"/>		<table border="1" style="width: 100%;"> <tr> <td>Sugar free fudgesicle</td> <td>Veggies & Hummus</td> </tr> <tr> <td>Sugar free popsicle</td> <td></td> </tr> <tr> <td>Sugar free pudding</td> <td></td> </tr> <tr> <td>Sugar free <i>Jell-O</i></td> <td></td> </tr> </table>	Sugar free fudgesicle	Veggies & Hummus	Sugar free popsicle		Sugar free pudding		Sugar free <i>Jell-O</i>	
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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?

<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 1 Checklist!</i>
<input type="checkbox"/>	<i>I found it _____ to follow today's meal plan, and/but I'm ready for tomorrow!</i>

The Complete In-Home Weight Loss Guide

Fatlossity Workouts®

Day 7

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