



8-Week BLISS™ Body Makeover Program

PHASE Two: Training Package



Weeks 3, 4, 5 Strengthening your House

At Home / In Gym Split Program



Karen McCoy
Creator of BLISS™ Training Method
- building great bodies one rep at a time!

www.warriorwomanfitness.com

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PHASE TWO: Strengthening Your House



OK, so we've been training for a bit...how are you feeling? A little sore? That's natural. Don't worry, the soreness will go away after a few weeks. Until then, keep up with your 3-4 days a week, ok?

In **Phase Two** of our **BLISS™ Training Program**, we focus on **Strengthening Your House**. This means we move into the gym environment and start to use a few of the tools found there—dumbbells, barbells and machines. Home training is great, but no one ever built a great body at home, because it's tough to apply the *progressive overload principal* at home which ensures you're moving forward in your goals. Don't get me wrong, home training has its place, but it can't subsist you forever. And remember, no one's looking at you....see all those mirrors lining the walls? They're too busy looking at themselves to worry about you! J

Our training now takes on more intensity as we harness the power of free weights and machines to continue to carve and shape our bodies. The plyometrics intensify also as you increase in strength and recovery. We're also upping the weights and sets, but our rep range stays the same. Remember, don't be afraid to lift...you've got to lift big to get small, tight and shapely.

Cardio: Ah yes, so misunderstood (and overused). In this Phase, we take a closer look at the in's and out's of cardio. We have to use it with *caution*. Remember, if you're not seeing your weight go down, rather than up the cardio, always look to your eating. Ninety per cent of the time, the answer lies in the foods that are sneaking in. You know approximately how many calories you need now, so tend to the numbers first before you increase your cardio time.

Again, make sure you're writing everything down on your **BLISS Tracking Sheet**, and continue to **journal your food**. Do you see any patterns emerging there? Eat, move and live with your eyes wide open, ok? Awareness is key.

Remember to watch the exercise videos carefully! Form is everything! And you can even download the videos to your phone and view them at the gym.

So let's continue on shaping and creating a healthy, sexier YOU with Phase Two of the 8-Week BLISS™ Body Makeover Program!

PASSWORD to videos — BLISSBODY (PS all videos are downloadable too!)



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PHASE Two Training and YOU!



Training Days: 3-4 days a week in a gym of your choice.

FOCUS: Before you begin, envision your training in your mind's eye. What do you want to accomplish? How do you want look and feel? Assume the Warrior Stance: core tight, knees slightly bent, chest open and up. Draw the earth's energy up into your legs. Now close your eyes, go inward and breathe slowly. Now, begin lifting. In your mind's eye, go 'into' the working muscle. Enjoy the process and love your body into health.

Plyometrics: We're again starting off with whole body plyometrics but we're ***increase their intensity a bit***—we're adding some 'lift'. They're a great way to warm-up your body and to speed up fat loss!

Upper Body and Lower Body workouts: We're staying with the split training system, alternating between Upper and a Lower Body workouts. Please watch your videos to ensure you're using proper form. Remember to rotate through the workouts as you did in Phase One. This program allows more flexibility than a whole body workout because you can choose to train two days in a row, if you like.

Choosing your Weights: Now that we're in the gym, we'll be working with some machines and more weights. It's imperative that you do so, because we need to continue to challenge our body by upping the weight, reps, and sets, and using different machines and positioning. It's all in your workout cards. And please watch the videos carefully, ok? And read *How Much Weight Should I Lift* included in this package.

Stretch: Stretch it out after training, when your body is nice and warm (contrary to popular belief, we don't use a stretch as a warm-up!). Watch the video! Don't neglect!

Cardio: Aim for 1 to 1 ½ hours a week total. Aim for 20-30 minutes at a time. If you put it up to the 30 minute limit, you may want to do your cardio on your off days, especially if you have excess weight to lose. And remember, do your cardio on an empty stomach, so either first am or 2-3 hours after eating for maximum fat loss!

Note: Some exercises are the same as in Phase One, but the number of sets has increased. You should be trying to put your weights up now, and it should be a struggle to get all 15 reps completed. That's a clue that your weight is right for your ability. Remember, all the shaping and toning occurs *in the last few tough reps of a lift*. So don't short change yourself. Don't be afraid to push it.

Use your **FOCUS Cards**, and get excited by what you're accomplishing! You're taking control of your body and your life, and know that *there is progress in every workout*.

Remember, ***a journey of 1000 miles begins with one step!***
Congratulations on taking that step!



Training Tips and Tidbits

Remember, ***weights are King (or Queen, for us!)***. If you're pressed for time or energy, always choose weights. If you've only got 20 minutes, always whip out some reps rather than doing steps on a cardio machine. Never lose the opportunity to build shapely, metabolism-boosting muscle...which can only be achieved from weights!

Weights: Change up your hand and foot placement to hit the muscles from slightly different angles and to keep your workouts fresh. If you've been doing lat pulldowns with an overhand grip, try underhand. Leg press: go wide for a set, then narrow.

Cardio: Do it after your weight training for more fat loss. When you do it before, you're using up precious energy I'd rather you put toward lifting, and you won't burn as much calories. The other golden time to do cardio for fat-burning is first am (before any breakfast) or 2-3 hours after a meal, in other words, on an empty stomach!

Work large to small muscles, in that order (ie legs before biceps, because they are bigger and take more energy to do!).

Work your weaker muscles first. If your shoulders are lagging, and they need work, do them first when your energy is highest and your at your freshest.

Use full range of motion: all the way up, all the way down. And don't swing the weight up, and let it drop down. Control is the name of the game.

Rest 30-60 seconds between sets. Remember, the rest length depends on how hard you're training, and if you've just done a heavy set of squats, then you may need 2-3 minutes...check in with your body and see when it's ready. Sip your water while you're waiting, and walk around the gym (never sit down between lifts).

Stay motivated: Grab an exercise magazine and glance through it while you're waiting for your energy to return between lifts, or when you're waiting for a machine.

Intensity is key. Success is failure in the gym. Don't be afraid to push. That's how you get shapely, sexy muscle!.

Have fun! It's really just begun.



How Much Weight Should You Lift?

I find that the majority of people are not lifting enough weight. In fact, University researchers in the Midwest studied 30 men and women, asking them to choose their weights for 5 different exercises. The majority of the participants chose weights that were too low to result in any physical gains.

This is particularly true of women, as they are often afraid to use as much weight as needed to obtain benefits because they're concerned about building large muscles. You need to understand that a regular strength training workout will not bulk you up, because a female's body does not produce enough muscle-building testosterone. Toning requires the weights used to be heavy enough for the muscle to be challenged. Weights that are too light will not put enough stress on the muscles and will not change their appearance. With my BLISS Training Program, I expect you to work it!

Using too-light weight is particularly evident with people who train at home, as they have no trainer to teach them (or push them). Most people will buy 3 or 5 pound dumbbells, and they wonder why they aren't making any real gains in their routines.



1) One Rep Max: This is the gold standard for determining what weight you should be lifting. The One Rep Max (1 RM) is the highest possible weight you could lift on a particular exercise if you only did one repetition. When strength training, you should be lifting a weight that is about 60-70% of this 1 RM. This can go up to 80-90% if you're into serious bodybuilding, but for now we'll keep it at 70%.

It's extremely important to warm up if you're using this technique, as you can injure yourself using this method. Let's take the bicep curl for an example – grab a moderate weight and perform the curl. If you're able to do it easily, increase the weight by 50%. Try again. If you can eke out another 5 reps, increase by 30% or so. Lift again...if you're only able to do one solid curl at 20 pounds, that's your 1 RM. Determine 70% of that weight (70% of 20 is 14) and you've found your working weight. So from here on in, you'll be using 15 pound dumbbells (rounded up to closest available dumbbell weight) and performing 3 -4 sets of up to 15 reps.

2) Trial and Error: There's another easier and *safer* way to figure out your optimum lifting weight. Simply find a weight that you can lift (with proper form) at least 8 times, but no more than 15. It takes a bit of time, but it's the method most people use.

When do I increase the weight? When you can complete 3 sets of 15 reps. Beginners will be able to increase almost every week or so, seasoned lifters much less because they're getting to the end of their lifting threshold.





Day 1: UPPER Body





Warm up: Higher Intensity now...non-stop through all 5 exercises, rest and repeat the circuit.

- Beginner level—1 round
- Intermediate level—2 rounds
- Advanced level—3 rounds

MOVES: JUMP SQUAT (10) JUMP Lunge (10) Wide Side Lunge (10) HIGH kicks (10), FULL push ups (10)



DAY 1: UPPER Body! LINK TO VIDEOS (pwd is BLISSBODY)		sets	reps	weight
CHEST: Bench Dumbbell Press 		2 sets	15	15-25 lbs
Bench Dumbbell Flies 		2	15	10-17 lbs
BACK: Bent over Barbell Rows 		2	15	15-20 lbs
Bent Over DB Rows 		2	15	5-15 lbs

Day 1: UPPER BODY— LINK to VIDEOS (pwd is BLISSBODY)		Set	reps	weight
SHOULDERS: Seated Press		2	15	12-20 lbs
DB Laterals Front to side		2	15	5-12 lbs
BICEPS: Dumbbell Bicep Curls		3	15	15-20 lbs
TRICEPS: Bench Dip (feet up)		3	15	

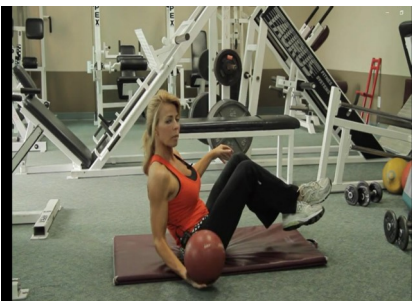
ABS / CORE

2 sets of each, 20 reps, in circuit fashion. Use a Med Ball (6-10 lbs) or a Dumbbell

V Up

Side to Side

Crunch to Ceiling

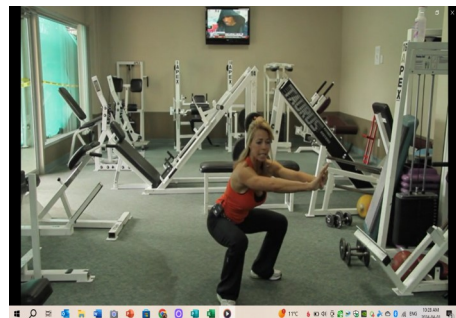






Day 2: LOWER Body


Warm up: non-stop through all 5 exercises, rest and repeat the circuit.

- **Beginner level—1 round**
- **Intermediate level—2 rounds**
- **Advanced level—3 rounds**

MOVES: SQUAT (10) Long Lunge (10) Side Lunge (10) Marching steps (10), 1/2 push ups (10)



DAY 2: LOWER Body— LINK to VIDEOS (pwd is BLISSBODY)		sets	reps	weight
LEGS: Plate Squat 		4 sets	15	25-35 lbs
Stiff Leg DB Deadlifts Keep the knees 'soft' 		3	15	20+ lbs
Goblet Squat Wider stance, let bum drop below knees 		3	15	15-30 lbs
GLUTES: Bulgarians 		2	15	10-20 lbs

Day 2: LOWER BODY— LINK to VIDEO	Set	reps	weight
CALVES: standing calf raises Make sure you let your heel dip BELOW level, and rise up as high as you can on your toe. It's ALL about the stretch! 	3	15	20 lbs

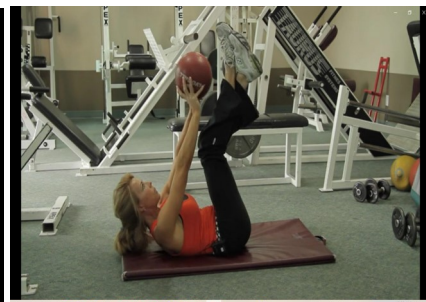
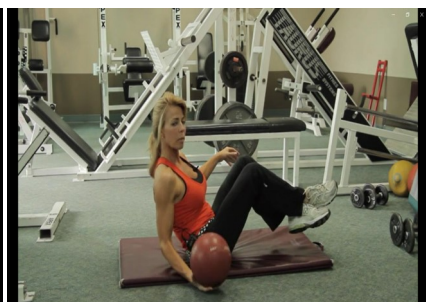
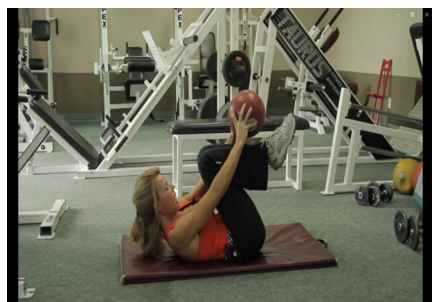
ABS / CORE

1 set of each, 10-20 reps, use a Med Ball (6-10 lbs) or a Dumbbell

V Up

Side to Side

Crunch to Ceiling



Can You Spot Reduce?

No matter how long I've been in the game, this long-standing myth still abounds! Can you get the fat off the abs by doing crunches? Simple answer: Nope.

But that doesn't mean we don't work them...because when the fat comes off, those lovely muscles start to appear, and our middle changes...tighter, firmer.

So even if the fat doesn't come off as fast as you would like, know that shaping is still occurring (fat will always take the shape of the muscle underneath).

More shapely muscle equals more shape! Period!



Date:

WEIGHT

Notes

SETS

REPS

T

Plyo's

Cardio

Stretch

Y / N

DAY 1 - UPPER BODY										
Moderate PLYOMETRICS - 1-3 times round.										
CHEST: Bench DB Press										
Bench DB Flies										
BACK: Bent Over Barbell Rows										
Single Bent Over DB Rows										
SHOULDERS: Seated DB Shoulder Press										
DB Laterals (alt. front to side)										
ARMS: Bicep DB Curls										
Tricep Bench Dips (feet up)										
CORE: V-up										
Side to Side										
Crunch to Ceiling										
DAY 2 - LOWER BODY										
Moderate PLYOMETRICS - 1-3 times round.										
LEGS: Plate Squat										
DB Stiff Legged Deadlift										
Goblet Squat with DB										
GLUTES: Bulgarians with DB om bench										
CALVES: Standing Calf Raise with DB										
CORE: V-up										
Side to Side										
Crunch to Ceiling										

Notes to self:

A Picture is Worth a Thousand Words

A lot of people wonder what makes the BLISS (**BodyLife Integrated Sculpting System™**) so unique.

The Program is not necessarily unique: women have been doing weight training for many years. But more importantly is its focus and its visual appeal– The Program tightens, shapes and sculpts a woman's body like no other, with its 80% focus on lifting moderate to heavy weights.

For women, especially those over 40, this is important for obvious reasons. We want to look good, and there's nothing wrong with that! And in this day and age, women are finally able to voice that and to own their power – “Yes, I want to feel *and* look great!” Awesome!



Let's look at it another way: I always say a picture is worth a thousand words, so take a look at the pictures of the marathoner versus the sprinter. Can you see how different their body make-up is?

Now this is not to say I'm against long distance running, but as a woman, I don't want to emulate the body of a runner. The long distance runner's sport requires that his body *lean out* with its first focus on dropping the muscle. Why? Because the demands of the runner's goal is to run long distances with as little interference (muscle) as possible. Muscle is heavy and taxing to a runner, so the body will drop it in response with time.

This is why doing cardio in absence of weight training will cause you to lose muscle, the very thing a woman should want to hang onto in order to keep her metabolism revved up (your metabolism is in your muscles!) and her body shapely and sexy. This is also why those serious about weight training only do a max of 10 km of running a week, otherwise your body will start to drop its precious muscle.

That's why I do boot camp *on occasion*, or yoga as a supplement to my weight training. I like the look and feel of weight training, so I make that the focus of my week, and I train 4-5 times a week with minimum cardio (1-2 hrs total a week). I'll fill in with other things just to keep things fresh.

Now notice the sprinter's shapely, strong body. Sprinting is akin to weight training in that he has to use all-out force and has to 'power' through his strides, and exert as much force as possible, so his sport requires he use plyometrics and push heavy weights which creates muscle and shape. He's not 'saving his energy' like the marathoner is, he's going for it! And his metabolism is high given the extra muscle.

A note about varying body fat levels: Although the marathon runner is thinner, my guess is his bodyfat is quite high, which is the norm, because doing lots of cardio, as mentioned, causes the body to hold onto fat and let go of the heavier muscle in response. Normally runners have a bodyfat of over 30% although they are light, but they sacrifice shape for their sport of choice. But if your goal is to win a marathon, then that's got to be your main focus, right?

I recall one long distance runner who came to my 6-week weight training class...she was 115 pounds, but I could tell when she walked in the door that she would have a higher bodyfat count. Sure enough, when we calculated her bodyfat, it was the highest in the class at 30%! She was shocked, and although she was light in weight, her body had no shape or tone at all. She also didn't want to eat more protein, afraid that it would put weight on her. Weight was the least of her issues, she needed tone! (Sadly to say, she showed up for 2 classes only, and I never saw her again.)

Exercise strategies: Am I saying don't run? Not at all. If your goal is to excel at running well, you've got to do the run. Period. But if you want to look a certain way (and we all do, let's face it, it's not just about being healthy!), look to the leaders of the pack – the instructors (hopefully the instructor is practicing her own medicine!)....is she someone whose physique and energy you admire? And do you want to emulate that?

Boot camp, Cross fit, water aerobics, running, sprinting, weight training.....decide what you want to do, what you like, and make that the focus of your training 3-5 times a week, and if you wish to fill in with other things, do so, but have some kind of anchor in your training, because doing a different thing every day doesn't make you excel at any one thing, it'll make you kind of good at a lot of different things. (Kind of like a Liberal Arts degree versus a Business Degree).

Decide how you want to train – *and look* – today.

Do you want to look shapely and healthy like the woman on the right, or thin but shapeless, like the woman on the left? (The right answer is the one on the right!)

So grab your weights and let's get sculpting!

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Cardio and You!

HIIT (high intensity interval training) is becoming popular due to the fact that you get great results in half the time. It burns fat, aids recovery and revs the metabolism.



Here's how you do it - warm up (5 minutes) then go at a high level for 1-2 minutes, then return to a lower level for 2-3 minutes, and repeat throughout your session. This is tough, and it takes time to build the intensity, but it is very effective. At the lower end of the HIIT, your heart rate should always be between **130 bpm and 170 bpm** approximately (this can vary). (If you are on blood pressure or heart medication, you definitely have to speak to your doctor!).

LSD - There are other times when you'll want to 'zone out', and pedal at a slightly easier, consistent pace. If this is the case, then do long slow distance cardio, and make sure you're getting your heart rate up to 130 beats per minute minimum and keep it there. Make sure you're doing 20 minutes, or more as this is when the real fat burning clicks in.

When should I do cardio?

If you're trying to lose weight, do cardio *after your weight training session*. The exception to this rule is if you're training to improve your running time. Then you want to be fresh and energized for your running, so do it first.

How much cardio should I do?

Minimum 15-20 minutes, 4-6 times a week, on your choice of equipment (remember, **elliptical** and **stairmaster** are best as they work more muscles, so they are a better choice, followed by rowing machine, treadmill and bike). Don't be afraid to push it!

Try following this with a nice stretching session and you'll do your body wonders!

Your Target Heart Rate should be:



At least above 130 beats per minute. (Unless you are on heart or blood pressure medication, please check with a qualified trainer or your doctor). Test it on the heart rate monitor on the machines or take your own pulse immediately after finishing cardio. For an exact number do the following two calculations:

220—your age—your resting heart rate x .70 + your resting heart rate.

220—your age—your resting heart rate x .85 + your resting heart rate.

The 2 numbers will show you your lower and upper heart rates based on training between 70 and 90 percent of your potential. So if you're new, stay to the lower 70% number, and if you're more advanced, choose the upper 90% number. To find your resting heart rate, take it first thing in the morning before any food or coffee, while you're sitting on the edge of the bed. Count for 1 minute count.

HIIT Program Example: — 1 ½ min. moderately hard (heart rate app. 130 bpm)
- ½ minute high intensity (heart rate 150 bpm or more)
- do this 5 times total for a full 10 minutes, and try for 20 minutes next time!

“As for exercise, there's no easy way out.
If there were, I would have bought it.
And believe me, it would be one of my
favorite things!

- Oprah Winfrey



“Once you learn to quit, it becomes a habit.”

- Vince Lombardi



“Fitness—if it came in a bottle, everyone
would have a great body! ”

– Cher



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