

Laurie Bell's Weight Training Secrets

These weight training secrets from Lose the Lies Lose the Weight: The Ultimate Guide to Permanent Weight Loss, <http://www.losethelieslosetheweight.com> will tone, firm, and sculpt your body beautifully.

- Work each muscle group (chest, back, biceps, calves, etc.) once a week.
 - The number of exercises you will do for each muscle group depends on your workout plan. The Basic, Advanced, and Expert Plans listed below are fully illustrated in Lose the Lies Lose the Weight.
1. BASIC PLAN-1 exercise per muscle group weekly for 3 total sets.
 2. ADVANCED PLAN-2 exercises per muscle group weekly for 6 total sets.
 3. EXPERT PLAN-3 exercises per muscle group weekly for 9 total sets.
- Do three sets of each exercise.
 - Your first set will be with light weights, 12-15 repetitions.
 - Your second set will be with heavier weights, 9-12 repetitions.
 - Your third set will be your heaviest, with 6-9 repetitions.
 - Rest for 60 seconds between most sets. With challenging sets involving larger muscle groups, rest up to 120 seconds.
 - Muscles must be challenged to stimulate growth. Gradually try to lift heavier weights or do additional repetitions.
 - Stop if you feel a sudden, sharp pain. This is different from the "burn" which stimulates muscle growth.
 - After six months of conditioning, you are ready for more challenging repetitions, or "million dollar reps." For a million dollars, you could do another repetition (or two) in the "burning" zone, right?
 - Do 30 minutes of cardio exercise, three times per week, on alternating days. Begin with a 5-minute warm up, 20 minutes within your target heart rate, and a 5-minute cool down.
 - Always do a 5-minute cardio warm up before stretching or lifting weights.
 - Two to three hours before working out, eat a small amount of protein along with complex carbohydrates like vegetables, a whole-grain English muffin, or whole-grain pasta. One hour before working out, eat quickly digested simple carbohydrates like a banana or yogurt.
 - To help muscles recover, eat a meal containing carbohydrates and protein within one hour after working out.
 - If you reach a plateau with your weight loss, add additional cardio exercise to your workout plan, while cutting back on your caloric intake.
 - Be honest with yourself about how much you're really eating.

About the Author

Laurie Bell, BS is a two-time bodybuilding champion, health club owner, 42 year old mother, fitness lifestyle expert, and the author of Lose the Lies, Lose the Weight, a comprehensive resource covering weight loss motivation, fitness, nutrition, and body shaping workouts. For everything you need to lose weight, tone, firm, and sculpt your body, read Lose the Lies Lose the Weight by Laurie Bell. No hype. No fad diets. No excuses.

To order Lose the Lies Lose the Weight, visit <http://www.losethelieslosetheweight.com> or phone Back to the Basics Publishing at (800) 750-8820 and order by VISA or MasterCard.

Copyright © 2007 Laurie Bell, Lose the Lies Lose the Weight: The Ultimate Guide to Permanent Weight Loss, <http://www.losethelieslosetheweight.com>