

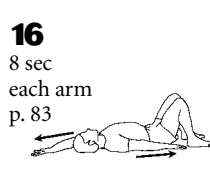
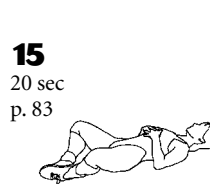
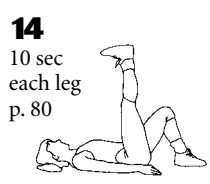
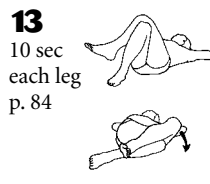
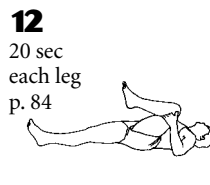
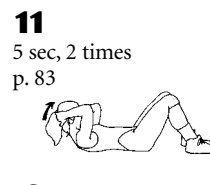
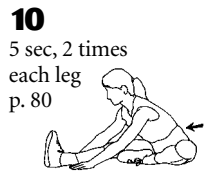
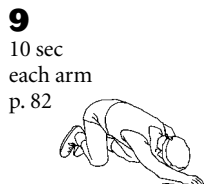
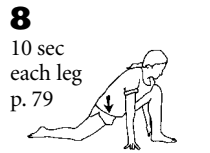
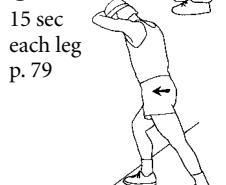
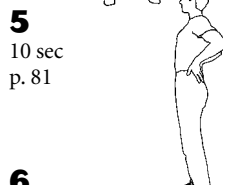
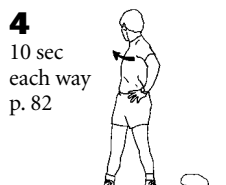
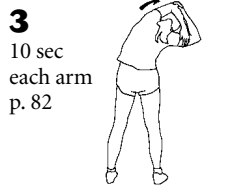
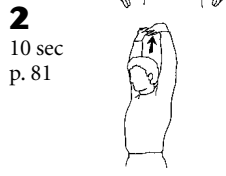
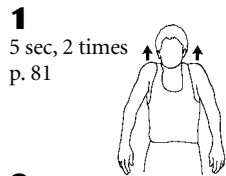
WEIGHT MANAGEMENT

Stretch every day.
Lift OR Move on alternate days.
This program will take 41 minutes.

Stretch

6 min

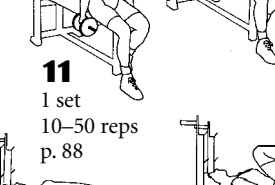
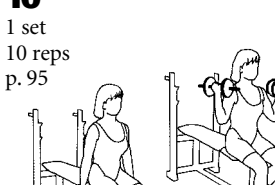
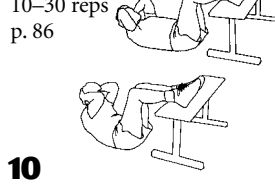
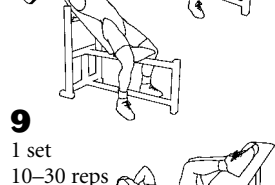
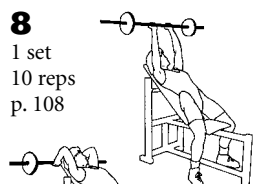
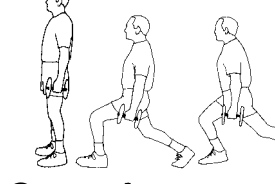
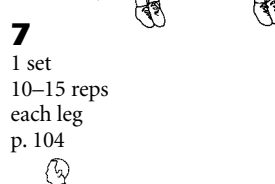
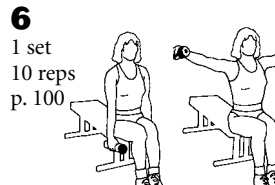
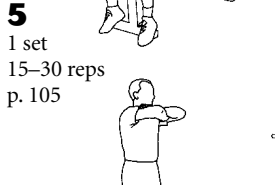
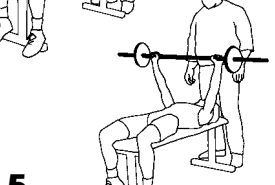
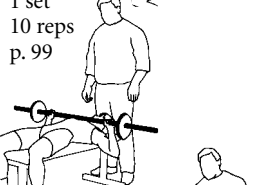
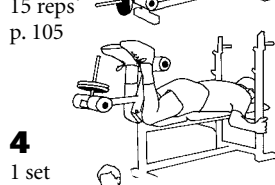
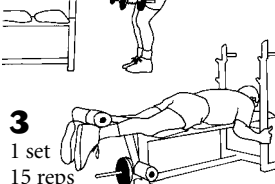
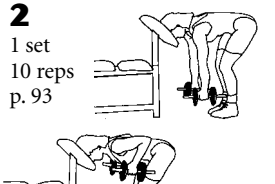
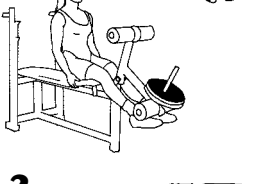
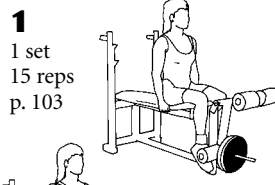
- Always stretch and warm up before you exercise
- Do not bounce
- No pain!
- Breathe easily—do not hold breath
- See Stretching Instructions, pp. 77–84.



Lift

35 mins

- Set = a fixed number of repetitions
- Rep = a repetition
- Use enough weight so last rep of set is slightly difficult
- Increase weight only when last rep is not strenuous
- Never lift to failure
- See Lifting Instructions, pp. 85–108



Move

- Do anything that gets your heart rate up.
- See Moving Instructions, pp. 64–76

