

Toned

IN

Ten

Defy Aging and Reshape Your
Body with 10 Minute at Home
Bodyweight Workouts



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Disclaimer

You should consult your physician prior to starting this program particularly if you have any medical condition or injury that could prevent you from following this program. This program is designed for healthy individuals 18 years and older only. The recommendations in this guide are not medical guidelines and are for educational purposes only.

Understand that all forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. The author is not responsible for any injury that may result from following this guide.

Do not take risks beyond your level of experience and fitness.

The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician or dietitian.

If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement immediately and consult a physician.

If you are sedentary, have high cholesterol, high blood pressure, or diabetes, and/or if you are overweight before beginning this guide, it is recommended that you receive a physical examination prior to starting this program. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this program, please follow your doctor's orders.

Don't perform any exercise without first learning the movement. Always do a warm-up prior to these exercises.

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Chapter 1 - Toned In Ten

Welcome to TONED IN TEN - The most efficient and effective exercise system you will find. You are now part of the TONED IN TEN Tribe - Congratulations!

I'm so excited because you are about to see amazing results over the next few weeks in only 10 minutes a day. You will realize that you have finally found the answer to lose fat, improve your energy, and finally feel better in your body!

Make a promise to yourself right now that you will take time each day for 10 minutes of exercise and some easy meal planning to help you see the results I know TONED IN TEN will give you.

No More Long and Boring Cardio

The other promise to make to yourself is to stop your long boring cardio. It's only making you hold onto your fat and taking precious time away from your family, friends, and the other things in life you enjoy.

Check out these two studies:

In this study from Arizona State University, 81 overweight women did three slow cardio workouts of 30 minutes each week. At the end of 3 months, almost 70 percent of the women had gotten fatter (*and some had gained 10 pounds of fat from doing this cardio program...YIKES!*).

In another NEW study, Spanish researchers compared just 2-minutes of interval training against long boring cardio. Results showed that the interval training workout improved insulin-sensitivity better than cardio. Insulin sensitivity is good! The opposite of insulin sensitivity is insulin resistance which is an indicator for Diabetes - not good! Therefore you can achieve not only more fat loss but better health results from short burst workouts like TONED IN TEN.

Chapter 2 - The Science behind the Results

Instead of long boring cardio, start short burst exercise with TONED IN TEN. All you need to get a fit, lean, and strong body is 10 minutes of short burst high intensity exercise. We all have 10 minutes a day.

Why does TONED IN TEN give you better results than long boring cardio?

Reason 1: The Secret to Fat Loss Lies within the After Burn Effect.

Scientists call it **EPOC** (Excess Post Exercise Oxygen Consumption). Essentially it means the amount of fat your body burns after you exercise.

The Journal of Applied Physiology 2006 study revealed that after just two weeks of TONED IN TEN style of training - entire after-burn increased by 36%!

That means for every second of every day, you're burning 36% percent more calories and therefore more fat even while you're driving, working, watching TV, reading and even sleeping. I love that!

This after burn effect allows you to achieve maximum results with TONED IN TEN in as little as 50 minutes per week. In fact a study published in the European Journal of Applied Physiology found the after burn effect can last up to 38 hrs. with Toned in Ten style workouts.

Reason 2: Hormone Imbalances Keep You Fat and Age You Faster

You may have never thought or been told about this simple fact. Many people try and are diligent with eating and exercise but the weight never budes. This is often times due to hormonal imbalances that won't allow your fat to be released for energy like excess cortisol or insulin.

TONED IN TEN style training not only improves the after burn effect as described above, but also helps to deliver one of your bodies Super Hormones called **Human Growth Hormone (HGH)**. HGH helps your body burn fat even faster. Toned in Ten creates a Flurry of Fat Burning Bliss.

Reason 3: TONED IN TEN Gets You Fit Faster

A study published by the Journal of Clinical Endocrinology and Metabolism showed **a minimum of ten minutes high intensity exercise dramatically increased circulating HGH which promotes lean muscle building and fat burning.** This intense exercise allows the body to release more adrenaline than long boring cardio. This increase in adrenaline (for short periods of time) encourages your body to release fat from fat cells to be used for energy. Therefore you burn more fat with short intense exercise than slow boring cardio.

In many programs short burst exercise involves three circuits/phases. In phase one people feel fresh. The reps are crisp and the movement is efficient. Then in phase 2 people can get into what I like to call “decline time”. You get tired and quality of movement and intensity decline. However, in the final phase 3 - the end is in sight which motivates you to sprint to the finish – intensity is up again and the exerciser tends to "go all out" for the activity.

How about we just skip phase 2? If the short burst workout is short enough, by the time you realize you're tired, you're almost finished – so you finish strong. 10 minutes is the key.

Reason 4: You Will Look And Feel younger - HGH Is Also Called the Youth Hormone

In addition to increased fat burning, increased **HGH** can help slow down and even reverse the signs of aging. Your skin, energy, and memory all improve - a beautiful side effect of Toned in Ten style workouts.

One British Study found that:

A Toned in Ten style workout boosted this anti-aging, fat burning hormone HGH by 450%.

(Stokes, K. Journal of Sports Science. 2002 Jun:20(6):487-94.)

Chapter 3 - The TONED IN TEN Workouts

Before starting the program be sure to take a picture of yourself from the front and side view. You should repeat this process each month, it will help to set a reminder on your calendar so you don't forget. Be sure to do it in the same clothes or bikini, at the same time of day. Stand with feet together, arms slightly away from body and in a relaxed stance. I truly feel this is the most accurate way to see changes because weight and circumference measurements can vary based on the time of month. If you want to track your progress through weight, be sure to weigh yourself at the same time everyday, preferably first thing in the morning. I suggest weighing in just once a week due to the common weight fluctuations that can occur day to day that could cause unneeded frustration.

There are two lower body workouts and two upper body 10 minute workouts per week, as well as one Pilates Recovery/Core workout. In other words, you have 4 short burst workouts and one recovery workout per week. The Pilates exercises are meant to rest, stretch, and recover your muscles from the other days of intense exercise, and is also a great core workout.

How to get the most out of your TONED IN TEN workouts:

1. You can do any of these workouts as a stand-alone training session.
2. You can combine 2 for a longer workout - just be sure if you do upper body and lower body in one day the next day should be a rest day. A Walking or Pilate's workout only.
3. You can go through one workout more than once if you desire a longer workout.
4. You can add the Pilates workout in addition to an upper or lower body workout if desired on any day.
5. Add a scoop of my favorite greens powder, [Daily Energy](#), to your daily routine. With over 70 natural and organic ingredients, this is the most complete greens powder on the market. Just have a single scoop of [Daily Energy](#) each day and you'll discover the healthy, fat burning difference.

How to perform the workouts?

It is recommended to warm up with a **two to five-minute** brisk walk prior to training. This helps to warm up your muscles and joints for maximum safety during exercise to reduce injury risk. Be sure you understand each exercise before starting.

Each exercise will have modifications to make the exercises easier if you are a beginner or have other limitations. Each Workout is 10 minutes and you will perform each exercise in that workout for the amount of time specified. Use the Exercise Glossary and videos to review the exercises BEFORE you begin so that you can move from one exercise to the next quickly. If you forget how to do one of the exercises, just swap in another or skip it so that you can keep the pace of the workout fast.

At the beginning, you may find it necessary to rest before you have completed the circuit. By all means take that rest, especially to hydrate with water. Before you know it, you will be able to complete the workout without a rest – a great reinforcement you are getting stronger and more fit!

That is your ultimate goal and the whole idea of short burst exercise - high intensity but for short periods of time.

Just 10 minutes for beautiful results!

My workouts work on the premise of **Progressive Overload** - this can be accomplished in the following ways:

1. Increase your training frequency
2. Increase intensity - less rest
3. Increase resistance – weights or more advanced position of exercise

Therefore you can adjust your overload, as you get stronger. A good example would be changing a pushup on your knees to pushups on your toes (increases the resistance) or you can also accomplish progressive overload by doing more reps in the allotted time for that exercise (increases the intensity). Progressive overload will encourage continuous progress rather than frustrating plateaus.

All of the workouts are 10 minutes. You will need a timer to keep track of your time or just follow me on the follow along workouts and I'll keep the time for you!

Here's your plan:

You will find an outline of :

6 lower body workouts (done Mondays and Thursdays)

6 upper body workouts (done Tuesdays and Fridays)

One Pilates workout (done on Wednesdays)

You pick and choose which lower body and which upper body workouts you do on each designated day. This variety will help you from getting bored and will keep your muscles challenged.

6 Lower Body Workouts you can choose from:

1. Butt and Thigh Sculpt
2. Maximum Fat Burn
3. Thigh and Butt Fat Blaster
4. Butt Lift
5. Step Booty Reshape
6. Love Your Lower Body Sculpt

6 Upper Body Workouts to Choose from:

1. Sexy Arm Sculpt
2. Flat Belly Fast
3. Gorgeous Shoulder Reshape
4. Belly Fat Blaster
5. Happy Planking
6. Goodbye Jiggle

One Pilates workout per week

1. Pilates Perfect Abs

Remember to Train Safe

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. Do NOT do exercises that you don't understand how to do – Use the follow along videos or refer to the Exercise Glossary with pictures at the end of this manual.
3. If something 'hurts', please do not do it.
4. Use proper exercise form and train conservatively in all workouts.
5. Do NOT do interval training more than 4 times per week. Pilates should be your 5th workout or walking.
6. Do NOT skip your 5-minute warm-up.
7. Have your timer ready or follow along with me and I will time things for you!

***Don't Forget to take your before picture! I hear time after time that people were too embarrassed to take their before picture, but then when they reach their goals they wish everyday that they had a picture to compare – it's the greatest feeling! It truly is the best way to see progress!! ** You won't regret it.*

THE WORKOUTS

Lower Body:

Choose Any of the 6 Workouts Below - to Be Done on Monday and Thursdays

Butt and Thigh Sculpt

-Repeat 3 times with no rest between exercises or circuits

- 1) Single Leg Dead Lift – (30 seconds each side) - 60 seconds
- 2) Reverse Lunge – (alternating sides) – 60 seconds
- 3) Sumo Squat - 30 seconds
- 4) Prone Leg Lift - 30 seconds
- 5) Jumping Jacks – 20 seconds

Maximum Fat Burn

-Repeat 3 times with no rest between exercises or circuits

- 1) Swimmer – (alternating sides) - 60 seconds
- 2) Stationary Lunge – (30 seconds each side) - 60 seconds
- 3) Prisoner Squat - 30 seconds
- 4) Squat Hold - 30 seconds
- 5) Double Bridge – 20 Seconds

Thigh and Butt Fat Blaster

-Repeat 3 times with no rest between exercises or circuits

- 1) Single Leg Bridge – (30 seconds each side) - 60 seconds
- 2) Pulsed Lunge – (30 seconds each side) - 60 seconds
- 3) Normal Stance Squat - 30 seconds
- 4) Swimmer - (alternating sides) - 30 seconds
- 5) Double Bridge - Hold 20 seconds

Butt Lift

-Repeat 3 times with no rest between exercises or circuits

- 1) Double Bridge - 30 seconds
- 2) Clam – (30 seconds each side) - 60 seconds
- 3) Fire Hydrant – (30 seconds each side) - 60 seconds
- 4) Prone Leg Lift - 30 seconds
- 5) Squat Hold – 20 seconds

Step Booty Reshape

-Repeat 3 times with no rest between exercises or circuits

- 1) Hip Thrust – 30 seconds
- 2) Bulgarian Squat – (30 seconds each side) - 60 seconds
- 3) Step ups – (30 seconds each side) - 60 seconds
- 4) Double Bridge – 30 Seconds
- 5) Jumping Jacks - 20 seconds

Love your Lower Body Sculpt

-Repeat 3 times with no rest between exercises or circuits

- 1) Prisoner Squats – 30 seconds
- 2) Reverse Lunge – (alternating sides) – 60 Seconds
- 3) Single leg Bridge – (30 seconds each side) - 60 seconds
- 4) Prone Leg Lift – 30 Seconds
- 5) Squat Hold – Hold 20 seconds

Upper Body:

Choose Any of the 6 Workouts Below - to Be Done On Tuesdays and Fridays

Flat Belly Fast

-Repeat 3 times with no rest between exercises or circuits

- 1) Side Plank - (30 seconds each side) - 60 seconds
- 2) Mountain Climbers - (alternating sides) - 60 seconds
- 3) Pushups - 30 seconds
- 4) Plank - 30 seconds
- 5) Cross Body Punches - (alternating sides) – 20 seconds

Sexy Arm Sculpt

-Repeat 3 times with no rest between exercises or circuits

- 1) Plank walk out - (alternating sides) – 60 seconds
- 2) Mountain Climbers - (alternating sides) - 60 seconds
- 3) Downward Dog Pushups - 30 seconds
- 4) Commandos - (alternating sides)- 30 seconds
- 5) Straight Arm Plank hold - 20 Seconds

Gorgeous Shoulder Reshape

-Repeat 3 times with no rest between exercises or circuits

- 1) Arm Circles – (30 Seconds Forward, 30 Seconds back) - 60 seconds
- 2) Forward Punch - (alternating sides) - 60 seconds
- 3) Pulsed Push Up - 30 seconds
- 4) Commandos - (alternating sides) - 30 seconds
- 5) Plank hold – hold 20 seconds

Belly Fat Blaster

-Repeat 3 times with no rest between exercises or circuits

- 1) Plank Walk Out - (alternating sides) – 60 seconds
- 2) Spider Mountain Climber - (alternating sides) - 60 seconds
- 3) Plank - 30 seconds
- 4) Pulsed Pushups - 30 seconds
- 5) Double Leg Bridge – hold 20 seconds

Happy Planking

-Repeat 3 times with no rest between exercises or circuits

- 1) Rocking Plank – 30 Seconds
- 2) Side Plank – 45 seconds each side – 90 Seconds
- 3) Hip touch plank – (alternating sides) - 30 Seconds
- 4) Plank Walk out – 30 seconds
- 5) Jumping Jacks – 20 seconds

Goodbye Jiggle

-Repeat 3 times with no rest between exercises or circuits

- 1) Forward punch - (alternating sides) - 60 seconds
- 2) Arm Circles – (30 seconds forward, 30 seconds back) - 60 seconds
- 3) Commandos - (alternating sides)- 30 seconds
- 4) Plank Walk out – 30 Seconds
- 5) Straight Arm Plank Hold – 20 seconds

Pilates Perfect Abs

To be done on Wednesdays

-Set timer for 10 minutes. Complete Circuit as many times through for 10 minutes – Follow repetitions instead of seconds

- Rolling Like a Ball** - 6 reps
- Single Straight leg** - 10 alternating legs
- Double Straight leg** - 6 reps
- Criss Cross** - 10 each side - alternating
- Spine Stretch forward** - 4 reps
- Prone single leg kick** - 5 reps each leg
- Prone Double Leg Kick** - 5 reps each head turn - alternating

Do the workouts, follow the nutrition plan, and see your body transform to a toned, strong, and more confident version of yourself.

Enjoy your new body!

Chapter 4 - EXERCISE GLOSSARY

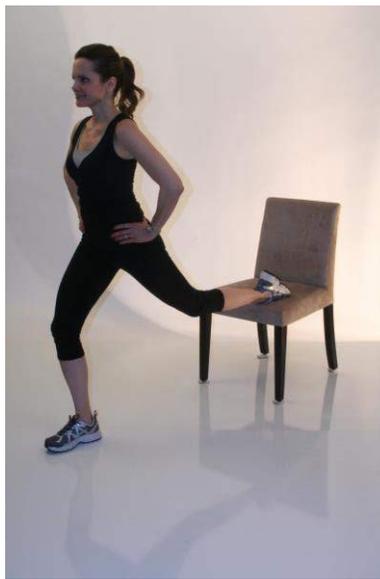
(In Alphabetical Order)

Lower Body

Bulgarian Squat

Place one foot on chair, couch or step - Squat down by flexing knee and hip of front leg while rear leg knee is lowering toward the floor, and then return to original standing position by extending hip and knee of front leg. Repeat.

Modification: Hold chair for balance or go down half way or do normal squat



Clam

Lie on your side with both knees bent at 90-degrees and hips flexed to a 135-degree angle. Rest your head on your bottom arm with your top arm out in front of you. Keeping your heels together, open your knees by rotating at the hips. Avoid shifting or twisting the lower back. Return to the starting position.

Modification: Go half way through movement



Double Bridge

Lie on back with knees bent. Lift Buttocks off ground keeping butt tight as shown in picture and then return to starting position.

Modification: Go half way through movement – mini bridge



Fire Hydrant

Get on all fours with your arms straight under your shoulders, your knees hip width apart, and your back flat. Keeping your knee bent, raise your right leg out to the side to a height that allows you to keep your shoulders and pelvis parallel to the floor. Return to the starting position.

Modification: Go half way through movement



Hip Thrust

Use chair or couch to support upper back.

Sit with your back up against a bench and your feet planted on the floor. Push through your heels, and lift your shoulders onto the bench, raising your hips upward until your hips are in line with your shoulders and your knees are at a 90-degree angle.

Modification: Go half way through movement or do Double Bridge instead



Normal Stance Squat

If you're a beginner, use a chair behind you and lower to chair.

Stand with your feet shoulder-width apart. Arms extended in front of you for balance. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



Prisoner Squat

If you're a beginner, use a chair behind you and lower to chair. Stand with your feet shoulder-width apart and hands behind head. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



Prone Leg Lift - 30 seconds

Lift legs off floor squeezing glutes, and then lower

Modification: Only lift half way through the movement



Pulsed Lunge

Same as Stationary Lunge but now pause halfway down through the movement and half way up through the movement.

Modification: Hold chair or wall for balance or only go half way down through movement



Reverse Lunge

If you're a beginner, hold a chair or stationary object for balance.

Take a big step backwards and bend back knee towards ground. Keep toes on front foot visible (do not let the knee extend over the toes). Keep weight on the heel of front foot as you return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



Single Leg Bridge

Lie on back with knees bent. Lift one foot slightly off ground, then lift buttocks using leg planted on the ground and return to starting position.

Modification: Go half way through bridge or do Double Bridge



Single Leg Dead Lift

Stand with feet together. Lift one leg slightly behind you so foot is just off floor. While lowering hands to floor raise lifted leg back behind and up. Keep back straight and knee of supporting leg slightly bent. Keep hip and knee of lifted leg extended throughout movement. Once stretch is felt or lifted leg is parallel to floor, return to original position by raising torso while lowering lifted leg. Straighten knee of supporting leg as torso becomes upright. Repeat.

Modification: Hold chair or wall for balance or only go half way down through movement



Stationary Lunge

Begin in stance as shown in picture with one leg in front of you. Lower body by flexing knee and hip of front leg until knee of rear leg is almost in contact with floor. Return to original standing position by forcibly extending hip and knee of forward leg.

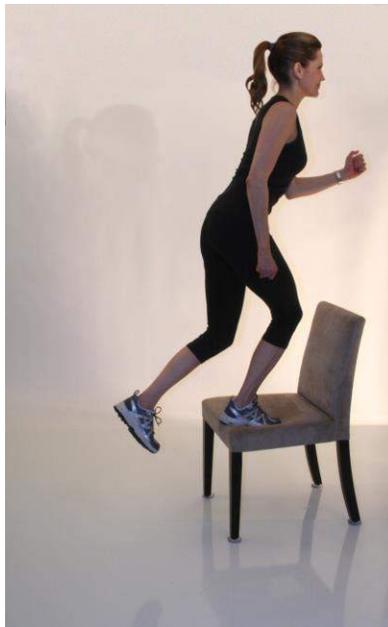
Modification: Hold chair or wall for balance or only go half way down through movement



Step Ups

Place foot of one leg on bench, chair, or step. Extend hip and knee of the leg on chair while raising opposite leg to tap foot on bench - then lower that leg back to floor to original standing position. Repeat.

Modification: use a low step or step stool or hold chair or wall for balance



Sumo Squat

Stand with your feet roughly twice shoulder-width apart and point your toes outward. Pull your shoulder blades back and lift your torso upward. Bend your knees and slowly lower until the top portion of your thigh is parallel to the floor. Return to starting position.

Modification: Hold chair or wall for balance or only go half way down through movement



Swimmer

Start lying face down on a mat. Body should be in a straight line with arms in front of you. Simultaneously lift your upper body and lower body off the floor. Keep your arms by your ears. Then quickly move your arms and legs in opposition, to create the swimming motion.

Modification: go half way through movements

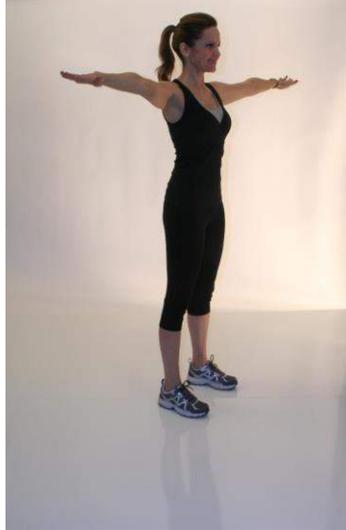


Upper Body:

Arm Circles

Extend your arms straight out from your shoulder joint, and "draw" small circles with your fingertips. 30 seconds forward, 30 sec backward.

Modification: Draw circles below shoulder height



Commandos

Start in plank position - release right arm and place it firmly on floor slightly outside of your shoulder, then push up onto your right hand so right elbow is straight, followed immediately by your left in the same pattern - now reverse the pattern to lower back to plank position.

Modification: Perform on knees



Downward Dog Pushups

Start in upside down V - position as shown in picture. Make sure your hands are wider than your shoulders. Lower your body down by bending at your shoulders and elbows as low as you can, eventually your goal is to touch your head to the floor. Push back up, and repeat.

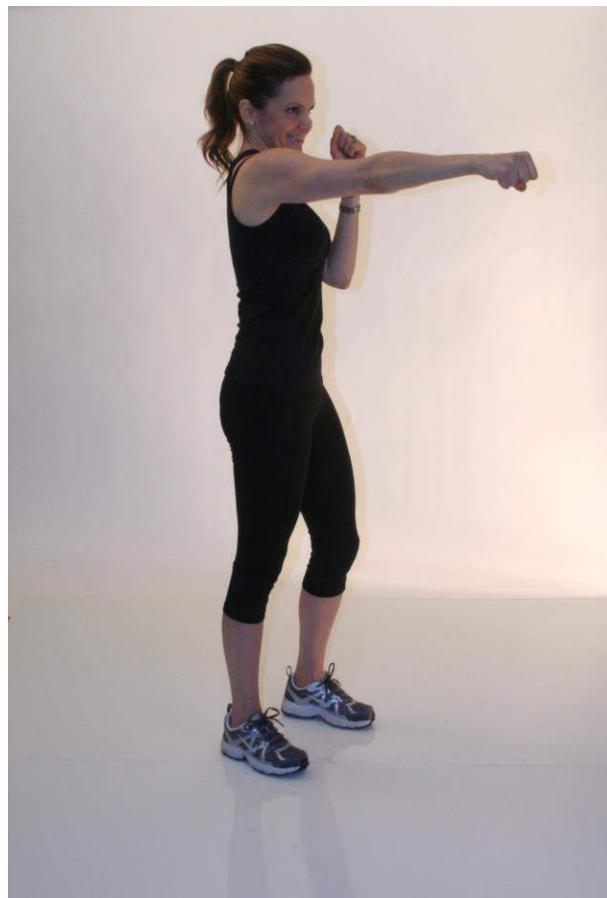
Modification: Lower ½ way through movement or perform on knees.



Forward punch (alternating sides)

Stand with feet shoulder-width apart and knees slightly bent. Bring fists to cheekbone level, with elbows in toward chest. Punch right arm forward, as right arm comes back, punch with left arm.

Modification: Punch below shoulder height



Hip Touch Plank

Start in plank position on elbows – Drop one hip to floor by rotating hip to floor - repeat on opposite side

Modification: Do on Knees



Mountain Climbers (alternating sides)

Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.

Modification: Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.



Plank walk out (alternating sides)

Start in upside down V - position - Walk your body forward into a straight arm plank position, then walk your hands back to your feet still maintaining straight legs with soft knees.

Modification: Perform on Knees



Pulsed Push Up

Same as regular push up but pause one second halfway down through movement and halfway up through movement - if you're a beginner, perform on knees.

Modification: Perform on Knees



Pushups

If you're a beginner, you can do on knees to modify.

Start with your hands on the floor below your shoulders and your elbows extended so you're pushed up at the shoulders. Your abs should be tight, and your body should be rigid from your heels to your shoulders. Bending your elbows, lower your body to the floor while staying rigid from your heels to your shoulders. Immediately press upward again until your elbows are fully extended and you're back in the starting position.

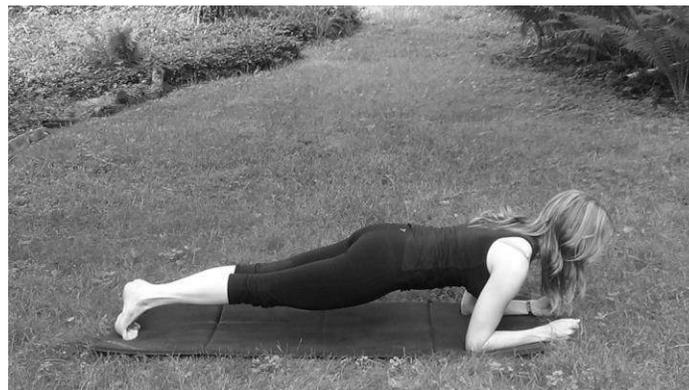
Modification: Perform on Knees



Rocking Plank

Begin in Plank position and rock forward and back slow and controlled

Modification: Hold Regular Plank without rocking on knees or toes



Side Plank

Stack feet (or modify by drawing toes back and stacking knees)

Lift hip off the ground, taking weight on one elbow

Keep shoulder over shoulder

Body needs to be in alignment with-shoulder, hip, knee and toe

Modification: Perform on knees instead of feet



Spider Mountain Climbers

Same as the regular mountain climber except knee comes out to the side toward elbow rather than into chest

Modification: Do elevated with hands on chair or table or by doing smaller movements with each leg and you may even perform on knees.



Pilates Exercises

Rolling Like a Ball

Start sitting up in the same position as Balance Point.

Inhale: Roll back onto your upper back

Squeeze your butt to get an extra lift.

Exhale: Returning to your Balance Point.

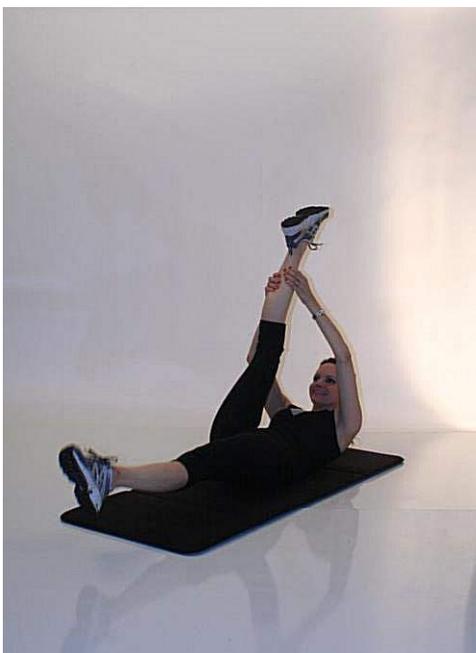
Modification – Balance in place with feet off floor as shown in first picture.



Single Straight leg - 10 alternating legs

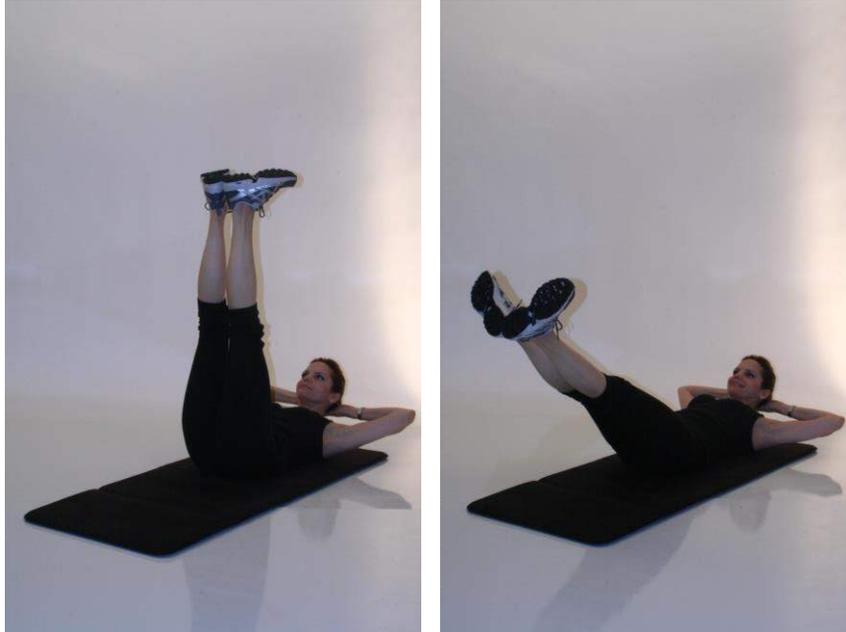
Start with head and shoulder blades up and off of floor. Grasp your right ankle, or below the knee if you have tight hamstrings. Gently pull your right leg toward you. Pulse the leg toward you twice, increasing your stretch. Switch legs quickly.

Modification: Keep head and shoulder blades on floor



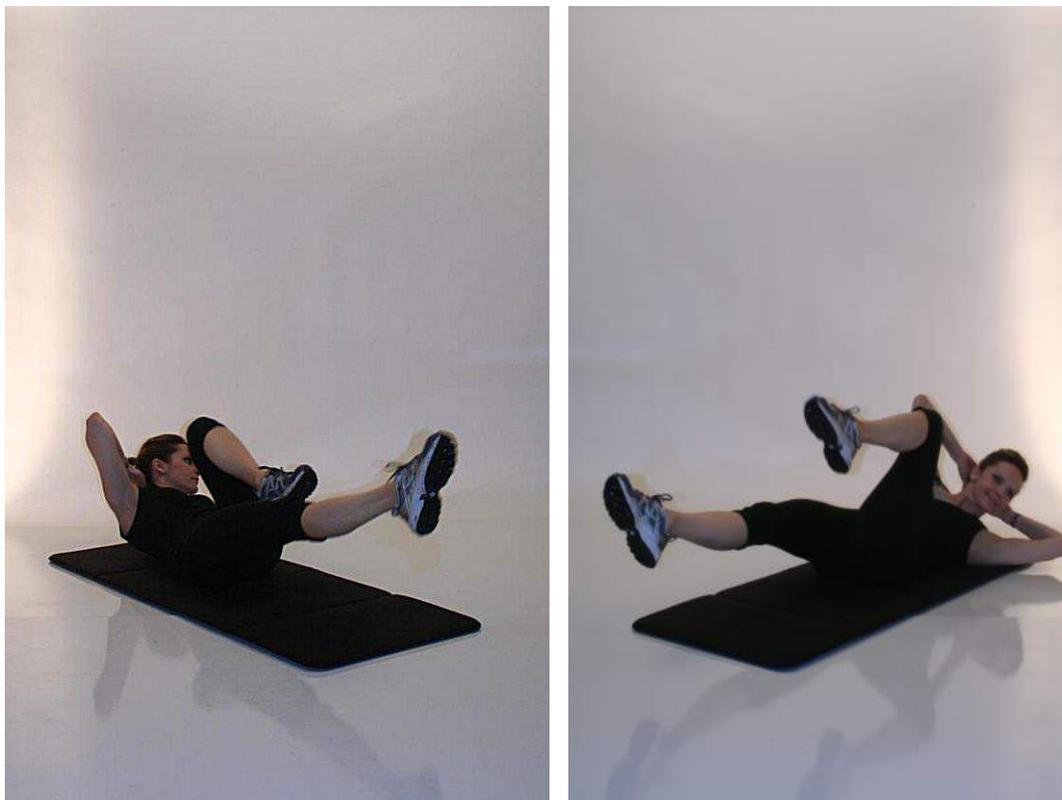
Double Straight leg - 6 reps - Start with head and shoulder blades up and off of floor - toes pointed out - slowly lower legs while keeping abdominals tight, return to starting position

Modification: Keep head and shoulder blades on floor



Criss Cross - 10 each side - alternating - Start with head and shoulder blades up and off of floor, Reach your left leg out long, and as you keep the elbows wide, rotate your torso toward the bent right knee so that your left armpit is reaching toward the knee. Repeat to left side

Modification: Keep head and shoulder blades on floor

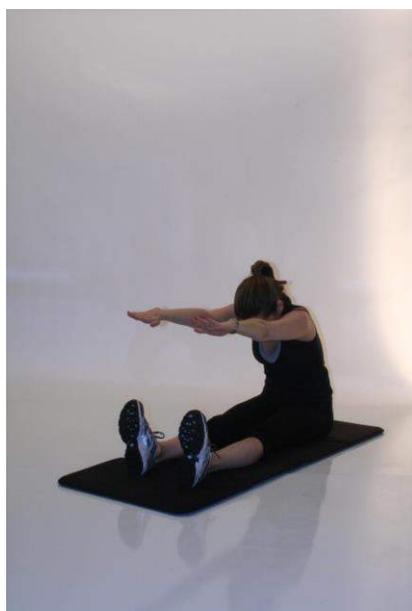
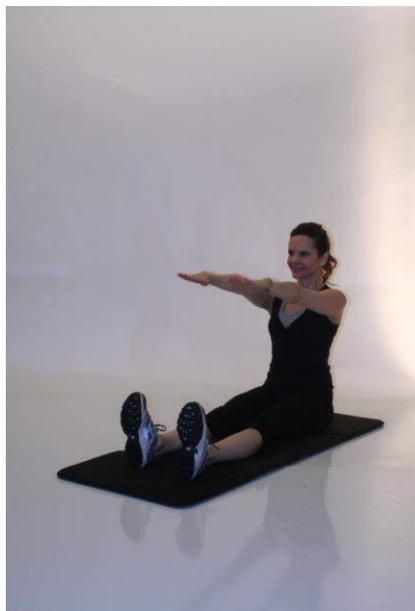


Spine Stretch forward - 4 reps

Inhale and extend your arms out in front of you, shoulder height.

Exhale as you lengthen your spine to curve forward. You are going for a deep C-Curve.

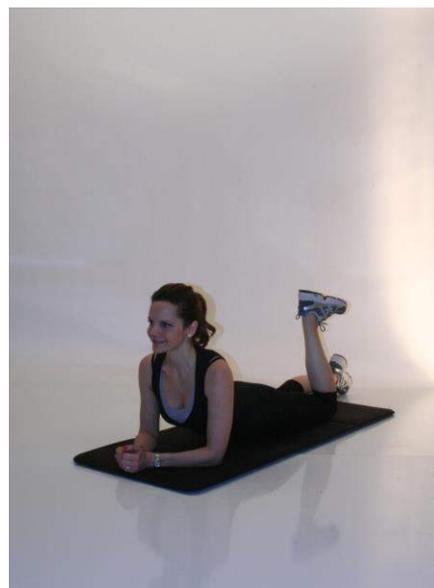
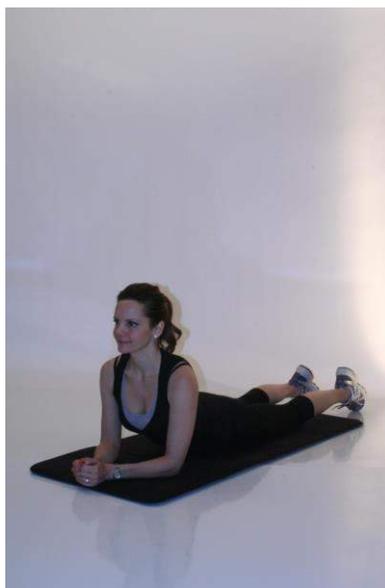
Allow a deep release in the hips as you keep your shoulders down and reach your fingers toward your toes. Return and Roll up through the spine to sitting.



Prone single leg kick - 5 reps each leg

Bend one knee bringing heel toward buttock with double pulse, lower and repeat on opposite side - keep abs pulled tight.

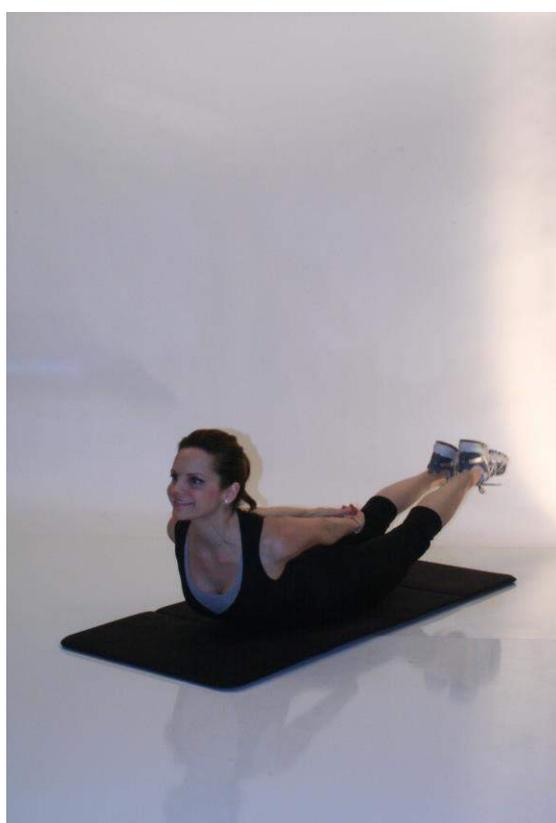
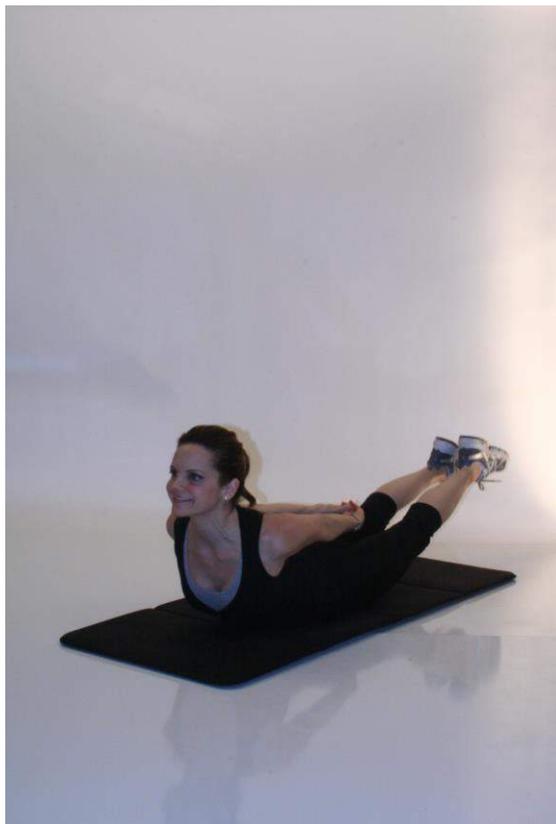
Modification: Keep head on floor



Prone Double Leg Kick - 5 reps each head turn - alternating

Hands clasped behind back and head turned to one side - bend both knees bringing heels toward buttock with double pulse, lower legs then lift upper body and lower body off floor, pause and lower with head turned to opposite side than starting position.

Modification: Keep head on floor



Chapter 5 - A Surprisingly Simple Way Anyone Can Rapidly Accelerate Weight Loss

Before we get to the surprisingly simple way anyone can boost energy by rapidly accelerating weight loss, let's cut to the truth about losing weight. There may be no other industry in the world more confusing or contradictory than the diet and fitness industry.

Ask 10 "experts" for the "secret" to losing weight and you're likely to get ten different answers. So who's right? Who's wrong? And how do you know?

Diet and fitness is a multi-billion dollar industry that spends hundreds of millions of dollars every year in their never-ending effort to sell us the "quick and simple" solution to ending our weight loss problems forever.

To be sure, some of these solutions really can help you lose weight permanently. Others may help you drop a few pounds quickly only to see the weight come back because they're designed to produce short-term results but don't work long term. And some of them simply don't work at all.

The purpose of this chapter is to cut through all the confusion and contradiction and give you something simple that actually works!

Of course it all comes down to diet and exercise. Without a doubt exercise is important to overall health....

However, you may be surprised to discover that **diet is actually more important than exercise.**

As the saying goes: "You can't out-train a bad diet."

Why? Because while a calorie may be a calorie, the source of the calorie (the food you eat) can make all the difference in the world – especially when it comes to shredding fat and shedding pounds.

Our bodies need protein, carbohydrates, and fat. Yet not all carbs, proteins, and fats are equal – not even close.

There are good and bad sources of all these nutrients.

Take carbs for example. Fresh, natural and organic fruits and vegetables are the best source of carbs.

Yet the typical person loads up on bad sources of carbohydrates – specifically processed junk foods like French fries, potato chips, and pastas for example.

The same is true for proteins and fats. Many people don't realize your body actually needs fat. Or that eating the right fats can actually help you lose weight.

Healthy fats are found in foods like avocados, olives, olive and coconut oils, and nuts for example.

Think about it. You could eat all the spinach, kale, and broccoli you want and have a hard time gaining any weight even if you weren't working out on a regular basis.

On the other hand, if you're constantly loading up on cheeseburgers, French fries, pizza, soda pop, and other staples of the typical diet, you'll have a hard time losing weight no matter how much you exercise.

You can enjoy these foods in moderate amounts without feeling guilty, but the typical person eats too much of these processed carbohydrates and packs on pounds as a result.

That's why you cannot out-train a bad diet.

On the other hand, depending on your personal situation you could easily drop 10 to 20 pounds in a few weeks by doing nothing more than making a few simple changes to the food you eat.

That's why I want to focus this chapter on food and highlight the importance of what you put in your body.

Now, if you're expecting me to place all the blame on any single food or group of foods as the sole culprit for weight gain, I'm sorry to disappoint you but that simply isn't the case.

We do not get fat by eating carbs or fat. It's not that simple. The truth is a bit more complex.

We gain weight by repeatedly eating too much over a long period of time. More specifically, by consuming more calories than our body needs day after day.

If you have excessive weight to lose you know that weight did not just suddenly appear overnight, right?

It came gradually over days....weeks.... months... or even years.

It wasn't one cupcake or one extra helping of lasagna. It was repeatedly eating more sweets or snacks or even healthy foods than your body needed for energy.

The excess calories you consumed over that long period of time is stored as fat and results in weight gain.

Unfortunately, there is no "magic" overnight solution. And you should run from anyone that claims to have a "magic pill" for losing weight overnight.

Sure you may lose a few pounds quickly, but "pills" won't work long-term. The weight will come back.

And that's not what I want for you. You deserve better than that.

However, if you are smart about what you eat – you can still enjoy an occasional hamburger, a slice of pizza, or your favorite dessert while losing weight and more importantly keeping the weight off.

It all comes down to understanding that all foods are NOT created equal. Some foods are better for weight loss than others.

The key is understanding which foods accelerate your weight loss and produce the quickest results...

And that's what I am excited to share with you today!

This program Toned in Ten is a scientifically proven method for losing weight – and more importantly keeping the weight off – as rapidly and safely as possible.

3 Natural Weight Loss Super Foods...

I've discovered 3 little-known, natural, and powerful super foods capable of cleansing your body of all toxins, metals, and acids AND helping you lose excess weight faster than you may have imagined possible.

I still find it amazing that these 3 super foods remain such a secret. As you'll see, adding these "super foods" to your daily diet is incredibly simple.

These super foods can increase your energy and vitality, and make you feel 20 years younger practically overnight.

If you follow the simple steps I'm about to share, you will be shocked at how quickly you can shed pounds and shred fat...even if you do indulge in an occasional hamburger, fries, or slice of pizza.

Believe me, I could write a book on these three super foods but for now I'll just give you the quick highlights...

Super Food #1: Chlorella¹²

If you're serious about shedding pounds, then one of the tiniest organisms found on Earth may be the simple solution.

Chlorella is a microscopic, single-celled, blue-green algae that lives in fresh water. It is revered as a super food and natural medicine.



More importantly, scientists have shown chlorella to be enormously beneficial in weight loss and many other aspects of good overall health.

¹ <http://naturalsociety.com/green-superfood-powerful-weight-loss-tool/>

² <http://drjockers.com/the-superfood-power-of-chlorella/>

A research team in Kyoto Japan found that chlorella [promotes weight loss](#) by controlling gene expression to produce reductions in body fat percentages, fasting glucose levels, and total circulating cholesterol.

Thanks to rich amounts of trace [minerals](#), chlorophyll, and anti-oxidant [phytonutrients](#), chlorella has an extraordinarily high nutrient density.

Chlorella contains:

- 16 vitamins and 8 minerals (plus vital trace elements and minerals)...
- 19 amino acids (including the 9 essential amino acids) making it a highly digestible complete protein...
- The highest concentration of RNA/DNA nuclei acid in all know plant foods...
- The richest source of chlorophyll known to man...
- Essential fatty acids (Omega-3 and Omega-6)...
- And much more...

Here's a short list of the incredible health benefits chlorella provides:

- Improves digestion...
- Helps with constipation...
- Boosts your immune system...
- Cleanses the blood...
- Relieves inflammation...
- Promotes optimal blood pressure...
- Reduces fibromyalgia pain...
- May reduce cancer risk...
- Effective for hormone imbalances...
- Increases white blood cell count...
- Detoxifies harmful radiation...
- Reduces body odor...
- Helps tissue growth and repair...
- And many more...

To help shred fat faster: For the next 30 days, mix 1 tablespoon of chlorella in water per day – once in the morning and again in the evening. Or you could add it to favorite smoothie recipe.

Super Food #2: Cacao

Cacao is a raw form of chocolate. But did you know that not only is it a powerful aphrodisiac, it is said to be the most pure form of vitamin C?!

Cacao can give you enough energy to replace your morning cup of coffee. Or you can add it to your coffee to create a more healthy and flavorful morning beverage.



Cacao's biggest health benefit could be that it is one of the strongest antioxidants on Earth.

Cacao has more antioxidant flavonoids than any other food tested so far – including blueberries, red wine, and both black and green teas.

In fact, cacao has up to four times the quantity of antioxidants found in green tea.

The long list of health benefits provided by antioxidants includes:

Promoting Heart Health: Helps dilate blood vessels, reduce blood clotting, and improve circulation. Helps regulate heartbeat and blood pressure, lower LDL cholesterol, and reduces the risk of stroke and heart attacks.

Protection from Environmental Toxins: Helps repair and resist damage caused by free radicals, and reduces the risk of certain cancers.

Serotonin: Cacao raises the level of serotonin in the brain; thus acts as an anti-depressant, helps reduce PMS symptoms, and promotes a sense of well-being.

Endorphins: Cacao stimulates the secretion of endorphins, producing a pleasurable sensation similar to the runner's high a jogger feels after running several miles.

Phenethylamine: Phenethylamine is created within the brain and released when we are in love. It acts as a mild mood elevator and anti-depressant, and helps increase focus and alertness.

Anandamide: Anandamide is known as the bliss chemical. Cacao contains both Nacylethanolamines, believed to temporarily increase the levels of anandamide in the brain, and enzyme inhibitors that slow its breakdown. It also promotes relaxation, and helps us feel good longer.

Essential Minerals: Cacao beans are rich in a number of essential minerals, including magnesium, sulfur, calcium, iron, zinc, copper, potassium and manganese.

Magnesium: Cacao could be the world's #1 source of magnesium. Magnesium balances brain chemistry, builds strong bones, and helps regulate heartbeat and blood pressure. Magnesium deficiency, present in 80% of people, is linked with PMT, hypertension, heart disease, diabetes and joint problems.

Sulfur: Cacao is high in the beauty mineral sulfur. Sulfur builds strong nails and hair, promotes beautiful skin, detoxifies the liver, and supports healthy pancreas functioning.

Essential Fats: There is a misperception that chocolate is fattening. In truth, the fats in cocoa butter are healthy fats. Cacao contains oleic acid, a heart-healthy monounsaturated fat, also found in olive oil that may raise good cholesterol.

Appetite Suppressant: Yes, that's right! Raw chocolate actually has appetite-suppressant properties and often added to weight loss products to help control hunger!

Aphrodisiac: Chocolate has long been the food for lovers and is a symbol of sensuality and sexuality. The ancient Aztecs gave chocolate as wedding presents and other South American civilizations believed that chocolate was the food of the heart.

To help shed pounds faster: For the next 30 days, create a delicious tasting energy boosting beverage by mixing 1 tablespoon of cacao with water, almond milk, or your personal favorite healthy drink. Do this twice daily – once in the morning and again in the evening.

Super Food #3: Goji Berries³

Also known as wolf berries, goji berries have been a staple of traditional Chinese medicine for thousands of years.⁴

Goji berries have a natural tinge of sweetness combined with a very slight herb-like taste.



They also contain tiny seeds that add a nice texture to your meals.

You can eat goji berries raw or soak them in hot water. You can also add goji berries to trail mixes, smoothies, or as a garnish to salads or yogurts.

A 500-gram bag of dried goji berries usually costs about \$15 to \$20 at most natural food stores. Organic goji berries have been known to sell for \$30 to \$40.

You may find the best bargains at local Asian stores. Yet I've discovered an even more affordable source I'll share in a moment.

Goji berries are loaded with beta-carotene – an important nutrient known to help promote healthy skin.

Goji berries can also help boost the immune system and protect the eyes. And goji berries are an excellent source of vitamin C that can reduce tough cold symptoms.

Even better, goji berries are low in calories, fat-free and are packed with fiber — which also helps you manage weight and go the bathroom on a regular basis.

Finally, goji berries are an excellent source of antioxidants. They contain 21 trace minerals, and 15X the iron of spinach.

To increase energy and accelerate weight loss: For the next 30 days, add a serving of goji berries to your daily routine. You could even mix all 3 super foods – chlorella, cacao, and goji berries – with your favorite fruits in a blender to create a super food smoothie!

³ http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-_n_5044948.html

⁴ http://www.huffingtonpost.ca/2014/03/28/goji-berry-benefits-_n_5044948.html

So that's it. Pretty straightforward, right?

I'm absolutely convinced beyond the shadow of a doubt that chlorella, raw cacao, and goji berries are three of the most healthy super foods on the planet.

Yet I'll admit it was a challenge to narrow it down to just 3 super foods because a healthy diet obviously consists of more than just these three foods. So let me share...

A Short List of Other Super Foods...

Spirulina is an incredible super food that provides a concentrated source of protein, vitamins, antioxidants, and other nutrients.

Lecithin is vital to the construction of your cells. It also repairs liver damage and improves memory.

Pea Protein is packed with branch chain amino acids. BCAAs help you lose weight by keeping you full between meals.

Wheatgrass – just a single scoop of this super food is equivalent to 5 full servings of fruits and vegetables.

Slippery Elm Bark cleanses your body from the inside out.

Alfalfa is known as a cure for kidney problems, reduces swelling, and nourishes the digestive, skeletal, glandular, and urinary systems.

Bilberry promotes cardiovascular and eye health.

And **kelp** helps reduce water weight and toxins in the body.

If you've struggled to lose weight or constantly lack energy, then simply adding these super foods to your diet along with the other strategies you'll discover in this proven program will be a real game-changer for your overall health and weight loss.

Yet if you're like most people, then you have a very busy life. You have a job, a spouse or significant other, and possibly children.

And you have other interests that could include church, volunteer work, sports, pets, and on top of all that you have a social life.

Believe me, I understand!

And that's what led me on my search for...

The **ULTIMATE** Super Food Solution...

After months of experimenting, I finally discovered a fantastic product that combines ALL of the super foods I've told you about – and over 70 natural and organic ingredients in all – into one super healthy powdered drink mix.

It's called **Daily Energy**[®] – the world's first premium super food cocktail.



At first I was skeptical because not many of these types of products deliver on their

promises. So I put this one to my demanding tests and held it to my stringent standards.

From the beginning I was impressed with the long list of high-quality ingredients but that alone was not enough for me.

So I tracked down the creator of **Daily Energy**[®] and grilled him with tough questions about the ingredients and the manufacturing process.

I came away from the meeting impressed by his research and the sources of the organic and natural ingredients they used.

At the end of my investigation, I was convinced **Daily Energy**[®] was far and away the best supplement I had ever found

Here are the reasons I love **Daily Energy**[®] so much:

- Each serving of packs the antioxidant equivalent of 12 servings of fruits and vegetables (something sorely lacking in the typical modern diet)...
- It contains over 70 organic and natural ingredients from the highest quality sources that can be found around the globe...
- It contains countless nutrients and minerals that can't be found in everyday foods...
- It contains essential prebiotics, probiotics, and digestive enzymes to promote and improve gut health...
- It can help you accelerate weight loss and achieve optimum health in just 30 seconds per day...
- It gives you a healthy and sustained energy boost without any crash...
- And perhaps best, it tastes absolutely fantastic!...

As you can clearly see, **Daily Energy**[®] isn't like other supplements.

It has been a real game-changer for me and my family. This is my "go-to" all-in-one greens drink.

That's why **Daily Energy**[®] gets my seal-of-approval.

So what's the biggest difference?

An Abundance of Natural, Organic, Nutrient-Dense Ingredients Combined into a Single Green Powder...

Shortly after adding **Daily Energy**[®] to my daily routine, I felt more energized and alive than I've felt in years. Most people notice the difference after just a few days.

This is my secret weapon for keeping my clients (and myself) energetic, slim and happy.

I have teamed up with **Daily Energy**[®] to offer my new clients like you an EXCLUSIVE discount.

Because I don't believe being healthy should cost a fortune.

You won't find this discount anywhere but here, so don't forget to take advantage of it.

Daily Energy[®] is great to use every day for your breakfast smoothie or even to be used in case you don't have time to have a meal.

And it gets even better...

Most of these healthy green powders taste like grass clippings. That makes them tough to swallow and gives you good reason NOT to use them.

Daily Energy® is naturally sweet. And all the health benefits I've covered so far are packed into a single scoop you can consume in just 30 seconds per day.

Whether you mix it with a glass of water or add it to your favorite smoothie recipe, you'll look forward to this ultra-healthy energy boost every day.

Based on my own personal experiences and those of my clients, I'm absolutely convinced you'll see similar results.

And each super healthy scoop packs the nutrient value of 12 servings of fruits and vegetables you can enjoy in just 30 seconds for less than the price of your morning cup of coffee.

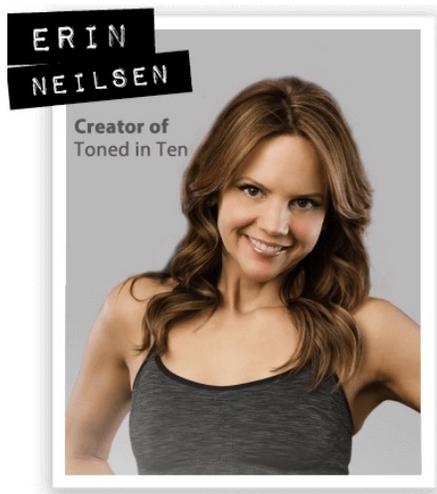
Take a second and [click here](#) to see the exclusive discount I've setup for the **Toned in Ten Family**.

This truly is one of the best tips I have to speed up your transformation.

So go ahead and click here to get your exclusive discount and give **Daily Energy**® a try today.

It's something that has helped me and I know it can help you too!

[Click Here Now for Your Exclusive Toned In Ten Discount.](#)



SPECIAL OFFER

Get a Head Start on Your Transformation with 50% Off **Daily Energy For a Limited Time!**

Regular Price ~~\$139.95~~

Yours today for only \$69.95

Now that you know about these spectacular super foods and **Daily Energy**[®], I want to show you some delicious recipes I have created that I absolutely love!

Although **Daily Energy**[®] is delicious when just mixed with water, sometimes I like to spice it up a bit!

As it is in powder form, it's perfect for mixing into your morning smoothie.

After years of spending hours in my kitchen making a mess, I have discovered some of the most nutritious, appetizing, and CRAVING-FIGHTING smoothie recipes.

Here are three of my absolute favorites that I'd recommend you start making today!

Green Coconuts



Ingredients:

Makes: 1 serving

- ✓ 8-10 oz. coconut water
- ✓ Crushed ice
- ✓ 1 scoop **Daily Energy**[®]

How To Make This Smoothie:

Blend ingredients on high for 2 minutes. Enjoy.

Go Go Juice



Ingredients:

- ✓ 1/2 c. unsweetened grass-fed kefir of choice
- ✓ 1 scoop **Daily Energy**[®]
- ✓ 1 Tbsp. cacao powder
- ✓ 1 tsp. cinnamon
- ✓ 1 tsp. turmeric
- ✓ 1/2 c. water

How To Make This Smoothie:

Blend on high until smooth.

Blue Boost



Ingredients:

- ✓ 1 c. organic baby spinach
- ✓ 1/2 c. organic arugula
- ✓ 1 Tbsp. **Daily Energy**[®]
- ✓ 2 slices fresh avocado
- ✓ 1/3 c. organic frozen blueberries
- ✓ 2-3 organic frozen strawberries or fresh vine ripe strawberries
- ✓ 1 c. filtered water

How To Make This Smoothie:

Rinse and wash greens and fresh strawberries, if needed.

In your blender of choice, add the spinach and arugula first, then the remaining ingredients with filtered water.

Blend on high until smooth.

ACV Tonic



Ingredients:

- ✓ 1 1/2 Tbsp. Bragg's Apple Cider Vinegar
- ✓ 2 tsp. honey (adjust to taste)
- ✓ 1 scoop **Daily Energy**[®]
- ✓ 8 oz. water

How To Make This Smoothie:

In a shaker or blender, add ingredients and mix until smooth.

I hope you take the opportunity to enjoy these recipes along with your accelerated weight loss and renewed energy.

Be sure you pick up your special discount for **DailyEnergy**[®]. You'll love it!

Please visit: www.theyouthmethod.com
to deepen your understanding
on fat loss and anti-aging strategies.