

# Burst weight loss program

Burst exercise must be performed every other day. If done more, you will turn off the fat burn. For purposes of discussion we will call the burst exercise the “exercise day” and the non-burst days “rest days”.

## Exercise days (every other day)

1. Use dumbbells or kettlebells. To choose the correct weight, you should be able to do 15 reps. If you can't, the weight is too heavy. If very easy, increase the weight.
2. Your pace should be 1 second to lift and 3 seconds to lower.
3. 10 repetitions per set.
4. 4 sets per exercise.
5. Exercises:

### Squats



Grasp two dumbbells, stand with your feet about shoulder width apart, with your toes pointing forward at their natural angle. Bend your knees a little. Keep your arms straight.

Start squatting by first moving your butt back and downward. Continue the movement by bending your knees, but be careful not to allow them to move forward beyond your feet.

Keep your head up, looking forward, your back straight and your feet flat on the floor. Do not lean forward or backward. Your knees should be moving out in the same direction as your feet. Squat until your thighs are slightly below parallel to the floor. Do not bounce at the bottom.

Slowly return to the starting position. Do not lock your knees.

### Incline Press



Grasp two dumbbells and lie on an incline bench face up. Extend your arms up with your palms facing your feet.

Slowly lower the dumbbells as low as possible, with your shoulders moving to the sides. Your upper arms should be perpendicular to the floor in this position.

Slowly press the dumbbells up to the starting position.

or

### Bench Press



Grasp two dumbbells and lie on a flat bench face up. Extend your arms up with your palms facing your feet.

Slowly lower the dumbbells as low as possible, with your shoulders moving to the sides. Your upper arms should be perpendicular to the floor in this position.

Slowly press the dumbbells up to the starting position.

or

### Push Ups



Assume a prone position on the floor with your body weight supported by your hands and balls of your feet.

Your hands should be placed directly beneath your shoulders.

Lower your body until your chest nearly touches the floor. Keep your elbows close to your body and your trunk motionless throughout the exercise.

Raise yourself to the starting position by extending your arms.

### Bent Over Rows



Put your right knee and hand on a flat bench, keep your right arm straight and your torso parallel to the ground.

Grasp a dumbbell from the floor with your left hand and pull it up to your side, near the end of your ribcage. Your shoulder should be close to your torso and your back should remain parallel with the floor.

Slowly lower the dumbbell.

### Upright Rows



Grasp a barbell with an overhand narrow (6-8 inches) grip and stand with your feet shoulder-width apart.

Slowly pull the barbell upward to your chin level, keeping it close to your body, your elbows well above the barbell. Move your arms only.

At the top, rotate your shoulders back and press your shoulder blades together.

Slowly lower the barbell.

6. Set 1: 10 reps then rest 30-40 seconds
7. Set 2: 10 reps then rest 30-40 seconds
8. Set 3: 10 reps then rest 30-40 seconds
9. Set 4: do as many reps as you can. If you do 10 reps, next workout increase reps to 11 per set
10. For beginners do 2 sets for 2 weeks then 3 sets for 2 weeks and by week 5 do the whole complete program.
11. Rest days
  - Optional light exercise day. You do not need to exercise if you prefer to rest. Any strenuous exercise will shut off HgH, resulting in the loss of fat burning gained on the exercise day.
  - You may exercise your arms – biceps, triceps and deltoids or abdomen
  - You may go for a casual walk, hike or bike ride. Remember that it must be gentle.