

MAKE YOUR *workout* WORK FOR *you*



PahlaBFitness.com

1

Pick your GOAL
(see page 2)

WEIGHT LOSS

Choose this option to **lose weight**.

BODY SHAPING

Choose this option to gain muscle, tone up, prepare for athletic activity, **maintain your weight** and/or change the shape of your body.

2

Plan your WEEKLY SCHEDULE
(see page 3)

Exercise **MODERATELY** every single day.

One day per week is a **PUSH**, with a high intensity workout.

Two days per week are **RECOVERY** or gentle CORE-FOCUSED work. Four days per week are **MODERATE** intensity.

3

Choose today's INTENTION
(see page 4)

Choose MODERATE intensity every single day.

Choose the intensity of your workout today - **RECOVERY, MODERATE** or **PUSH**.

4

Enjoy your WORKOUT



(see page 5)

Follow through with your intention - exercise moderately and have fun!

Follow through with your intention - exercise at the level you promised yourself and have fun!

1

PICK YOUR GOAL



WEIGHT LOSS

Choose this option to lose weight.

This is harder than it sounds! You want to be healthy, you want to get in shape, you want to tone up, maybe you want to run a 5k... Basically, you want it all, right? :)

But here's the thing: losing weight is unlike anything else you'll do in the fitness world. It requires a different protocol and a different mindset.

And the more you muddy the waters with your other goals, the harder it will be to lose weight.

Choose this option when you're ready to focus and do the work necessary - which, by the way, isn't even exercise!

Weight loss is driven by eating the right number of calories consistently. You don't have to workout AT ALL.

But exercising moderately every single day is good for your mental and physical health, so that's why we do it.

BODY SHAPING

Choose this option to gain muscle, tone up, prepare for athletic activity, maintain your weight and/or change the shape of your body.

I know you're tempted to take this route because it sounds more exciting than the weight loss one. :)

But let's be super duper clear: You're not going to lose weight with this option, so make sure that's not hiding in the background like a secret goal.

This method of training will require mental and physical discipline unlike most things you've done before.

Honestly, changing the shape of your body is going to require changing your **mind**, too.

If that sounds tough, good. Because it is! And you are absolutely tougher.



WEIGHT LOSS

Every single day is a **moderate** workout.

Yep.

Every. Single. Day.

You bet your sweet bippy that's going to get boring! You're going to rail against this and want to give it your all, or take a day off, or do **anything** different.

But you won't. Because you've chosen your goal and you're more than capable of following through.

And? You know that weight loss isn't driven by exercise, and you also know that working harder makes weight loss harder.

So you'll stick with it.

You certainly don't have to do the exact same workout every day, but you need to be the exact same amount of moderate every day.

Consistency is what takes you where you want to go.

BODY SHAPING

One day each week is a "push" day, meaning that you're giving it **maximum intensity** (not to be confused with *impact* - you don't have to jump to be intense!)

Two days each week are focused on recovery, meaning either total rest or a very lightly active rest day, with **minimum** (or zero) **intensity**.

The other four days will be **moderate intensity**, which sounds easy now, but here's what I've learned:

Many people struggle with moderating when they need to moderate and pushing when they're supposed to push.

And what happens instead is this weird in-between, mostly-kind-of-high-ish intensity on most of your workout days that's a recipe for injury and burnout.

Exercising slightly too hard most of the time will *not* get you the results you're looking for.

Changing your intensity is what changes your body.

3 CHOOSE TODAY'S INTENTION



WEIGHT LOSS

I know this step seems kind of strange, but here's why I mention it: sometimes it's hard to *not* push yourself!

We are inundated with messages from the media, social media and people we know in real life who think that going hard is the only way to lose weight.

And it's simply not true!

But we have years (and years) of conditioning that compels us to push past moderate.

So, you're going to need to CHOOSE, each and every day, to do moderate workouts at a moderate pace and KNOW, deep in your heart, that you're doing what's best for your goal.

You are going to fight the "not enough" demon a lot when you first get started, but I promise it gets easier with time.

Especially when you're getting results. :)

BODY SHAPING

Changing intensity during your week is going to take some advance planning and a fair bit of practice.

Because, yes - pushing, moderating and recovering are all *skills* you need to learn in order to get results.

There's no time to be on "workout autopilot" when you're chasing a body-shaping goal. Each day is different, each day needs your attention and your intention.

Make sure that you're prepared to push on your high intensity days. At some point in the workout, you are going to want to change your mind!

Make sure that you're prepared to stay easy-going on your moderate intensity days. Some days you feel so good, you "can't help yourself" and want to go hard. Moderate yourself.

Make sure that you're prepared to take it down to near zero on your light intensity days. Recovery is essential to this process!

Choose your intention and stick to it.



WEIGHT LOSS *and* BODY SHAPING

No matter what your goal, your schedule, or your daily intention, the most important part of this whole process is ENJOYING your workouts.

You're right - not every workout is going to feel like being licked by kittens. In fact, many of them will feel pretty tough when you're in the middle of them!

But if you find yourself dreading the work, feeling unmotivated, getting injured or not having fun? Well, two things:

- 1.) See your doctor - there might be something physical going on with you that can be remedied, and
- 2.) Re-assess your goal, your schedule, and/or your workouts - this process isn't always a barrel of monkeys, but it's still pretty awesome most of the time.

If you take away anything from this eBook, I hope it's this: you don't have to knock yourself out to get what you want.

Enjoy your workouts.

Enjoy the process.

Enjoy your results.

Enjoy your life.

♥ *Pahla B*

[Click here to learn more about Weight Loss for Women over 50 with my comprehensive \(and FREE!\) eBook.](#)