

Feed Muscle, Shrink Fat

By Kathy Smith

PART 2: THE WORKOUT

Exercise is nonnegotiable, just like brushing your teeth. And you don't debate whether you're going to brush your teeth.

People often ask me what is the most helpful lesson I've learned about staying in shape, and I tell them this: Exercise is as significant as what I eat. It lifts my spirits and attitude, making me feel so much younger than my age. It gets me going in the morning, keeps me focused, and takes the edge off if I'm stressed and tense. Exercise makes me physically stronger and toned, which is nearly impossible to achieve just through diet. I've also learned that staying in shape is much easier than getting in shape.

Like all great exercise programs, my Feed Muscle, Shrink Fat plan will accelerate your metabolism and burn calories. But my program also incorporates one of the best-kept secrets to successful weight loss and healthy living: strength training. Strength training builds and preserves lean muscle tissue and helps shrink fat. In Part 1 you learned how "feeding" muscle helps you become a leaner, fitter person by keeping your metabolism humming and your energy level high. In addition to diet, exercise is an essential component to feeding your muscles and, of course, shrinking fat.

In Week 1 and Week 2, you start with 10-minute workouts—10 simple exercises a day that take just one minute each to complete. All the moves are based on my revolutionary Matrix exercise system, which you will learn about shortly. They offer an efficient, total body workout in little time. Here is how your workouts will break down:

Upper-body exercises: 2 days a week

Lower-body exercises: 2 days a week

Core exercises: 2 days a week

Rest: 1 day a week

You will be amazed by what you can accomplish in just 10 minutes, strengthening your heart and lungs while building lean muscle mass and transforming your body's ratio of fat to muscle. In other words you will shift the balance of power from your fat cells to your muscle cells. When you combine this exercise plan with the super nutrition in the Feed Muscle, Shrink Fat Diet, your body will have no reason to retain extra fat, and you will get maximum results in just six weeks.

THE MATRIX WORKOUT: WEEKS 1

The following is a summary of the Matrix workout. The workout progresses starting in the third week and builds up to a 30-minute session.

WEEK 1: 10 MINUTES PER DAY

DAY 1: Upper-Body Workout

DAY 2: Lower-Body Workout

DAY 3: Core Workout

DAY 4: Upper-Body Workout
DAY 5: Lower-Body Workout
DAY 6: Core Workout
DAY 7: REST
WEEK 2: 10 MINUTES PER DAY
DAY 1: Lower-Body Workout
DAY 2: Upper-Body Workout
DAY 3: Core Workout
DAY 4: Lower-Body Workout
DAY 5: Upper-Body Workout
DAY 6: Core Workout
DAY 7: REST
WEEK 3: 20 MINUTES PER DAY
DAY 1: Upper-Body Workout 10 minutes + Core Workout 10 minutes
DAY 2: Lower-Body Workout 10 minutes + Cardio Workout 10 minutes
DAY 3: Upper-Body Workout 10 minutes + Core Workout 10 minutes
DAY 4: Lower-Body Workout 10 minutes + Cardio Workout 10 minutes
DAY 5: Upper-Body Workout 10 minutes + Core Workout 10 minutes
DAY 6: Lower-Body Workout 10 minutes + Cardio Workout 10 minutes
DAY 7: REST

Upper Body

Side Lateral Deltoid Lift with Leg in Rotational Balance

Move: Stand with feet hip distance apart, holding light weights. Lift your right leg and cross it over your left leg. Look toward your right to counter-rotate your torso—lift your spine long as you twist. Lift the weights to shoulder height, squeeze your shoulder blades together, and then lower the weights.

Repetitions: 15 repetitions on each side.

Tips:

- Keep your shoulders down and your shoulder blades together throughout the exercise. Keep your chest open and maintain good posture.
- If the balance aspect is difficult, try tapping your toe on the floor rather than holding it in the air.
- If you feel any discomfort in the shoulders, try turning your palms slightly up.

Plié to 4:00 and 8:00 with Overhead Press

Move: Imagine that you are standing in the middle of a clock. Straight in front of you is 12:00 and behind you is 6:00. Step with your right foot, performing a plié, to your right to the 4:00 mark. As you lower into the plié, press weights overhead. Bring the weights back to shoulder level as you return to standing in the middle of your “clock.” Alternate stepping to 4:00 and 8:00.

Repetitions: 12 on each side.

Tips:

- Keep your elbows soft as you press the weights overhead.
- Try to drop the hips as low as the knees in your plié. Your hips should not go lower than your knees.
- Step wide enough that the knees are over the ankles in the deepest part of the plié. The knees should not jut over the toes.
- Pull your shoulders back and keep your chest up.
- Pull your abdominal muscles in tight and keep your spine straight.

Hack Squat with Bicep Curls

Move: Stand with feet hip distance apart. Hold medium to heavy weights. Lift your left foot and then drive the heel out, placing it on the floor about 12 inches in front of your right foot. Sit back into the hack squat by pushing your hips behind you, keeping your chest up. As you come out of the squat, do a bicep curl.

Repetitions: 12 on each side.

Tips:

- Keep your chest up, shoulders back, and abdominal muscles in.
- Really sit back into the back heel—do not let weight drift into your toes.
- As you sit into the squat, be aware of feeling the stretch in the front leg.

Tricep Kickback and Posterior Deltoid Lift in a Squat

Move: Hold light to medium weights. Stand with your feet hip width apart and bend your knees, driving your hips back into a squat. Tuck your elbows into your waist, then straighten your elbows behind you. Then lift the straight arms. As you bend your elbows back in, return to standing.

Repetitions: 15 total.

Tips:

- In the squat sit back into your heels.
- Control the weights. Do not allow them to have momentum or swing.
- Aim your elbows high in the tricep press.
- Keep your shoulders back, chest up and open, and spine straight.
- Pull your navel toward your spine.

Back Flye with Balance

Move: Stand on your right leg, holding light weights. Lift your left leg off the floor behind you and balance. Start with your hands directly under your body, palms facing each other, then lift the weights and squeeze the shoulder blades together.

Repetitions: 12 on each side.

Tips:

- Keep your chest lifted as you balance.
- You may feel this more in your standing leg than your lifted leg.
- If balancing is difficult for you, tap your foot on the floor.
- Lift the weights with control. Squeeze your shoulder blades together as you finish the move.
- Keep your abdominal muscles pulled up and in.

Lower Body

Squat with Side Lift and Overhead Press

Move: Stand with your feet hip width apart and hold weights at shoulder level. Sit back and lower your hips, bending your knees to about a 90-degree angle. As you return to a standing position, lift your right leg, pressing the left arm overhead. Repeat on the other side.

Repetitions: 12 on each side.

Tips:

- Drive your hips back, keeping your weight in your heels. Your weight should never shift onto your toes.
- Keep your chest up. Do not arch or round the back.
- As your leg lifts, squeeze the muscles around the hip. Rather than focus on lifting your leg high, increase the intensity by aiming the leg low.
- As you press the weight overhead, maintain a slight bend in the elbow.

Step-Back Lunge with Cross Chop

Move: Reach your arms diagonally across your body to the left as you step back with your right leg and dip into a lunge. Pull your arms across your body to the right hip as you slide your right leg back to standing.

Repetitions: 12 on each side.

Tips:

- Step back far enough into the lunge so that the front knee is directly over the front ankle.
- When your arms reach diagonally above your shoulder, hold your core muscles tight to keep the lower back from arching.
- The move can be done with a towel or weights.
- For a challenge lift your knee toward your chest, balancing on one foot instead of coming just to standing.

Lunge Dip with Bicep Curl

Move: Stand with your feet parallel, hip distance apart, holding a medium to heavy weight in each hand. Step back with your left leg and dip into a lunge. As you dip down bend your elbows, performing a bicep curl. Keeping your back straight, dip straight down and up.

Repetitions: 12 with the right leg in front and 12 with the left leg in front.

Tips:

- Step back far enough into the lunge so that the front knee stays over the ankle as you dip down. The front knee should not drift forward over your toes.
- Keep your shoulders over your hips—do not lean forward.
- Your hip can go down as low as your knee (about a 90-degree bend of the knee).
- As you bicep curl keep your elbows directly underneath your shoulders.

Lunge to 9:00 and 3:00, Reaching Forward

Move: Stand with feet together, holding a light weight in each hand. Take a wide step to the right, pressing the weight in your left hand in front of your body at shoulder height. Return to starting position, then lunge to the left, pressing the weight in your right hand in front of your body at shoulder height.

Repetitions: 12 on each side.

Tips:

- Make sure your stance is wide enough. Your knee should be over the ankle in the lowest part of the lunge.
- As you drop your hips into the lunge, keep your weight in your heel. Do not let your weight shift into your toes.
- Keep your chest open and your shoulders back.

Core

Crunch on the Ball

Move: Sit on the ball, then roll out by walking your feet away from the ball until they are under your knees. Place your hands behind your head, supporting your head and neck. Lift your shoulders off the ball by sliding your ribs down toward the top of your pelvis. As you go back down, do not release the ribs, but slide them back toward their original position with control. During all phases of the movement, pull your navel toward your spine.

Repetitions: 20 total.

Tips:

- Slide the rib cage down toward the top of the pelvis and squeeze the abdominal muscles to finish the move.
- Placing your hips higher up on the ball is harder. Lower is easier.

- Feet closer together is harder. Feet wider apart is easier.
- If you do not have a ball, do these crunches on the floor.

Tuck in Plank, Optional Swivel Under

Move: Go into a plank position with hands and feet on the floor. Pull the right knee in toward your chest, keeping your hips low. Lean into your arms as you tuck, bringing the knee all the way to your elbow. Repeat with the left knee, alternating right and left.

Repetitions: 12 tucks on each side.

Optional Swivel Under: Pull your right knee into your chest; swivel the left foot, bringing your right knee under you to your left. Lift your right tucked knee as high as you can. Finish by tucking the knee to your chest and then place it back on the floor, bracing your core muscles. Repeat with the left knee tucked and swiveled under.

Repetitions: 8 swivels each side.

Tips:

- Your body should start in a straight line. Do not let your hips sag or pop up.
- Do not swing the knee toward your chest; squeeze it in.
- When you swivel squeeze the knee up in a tuck. Do not swing it up.
- Beginners can work up to this exercise by first mastering the moves on forearms and knees.

Squat with Cross Chop

Move: Stand with feet hip width apart. Hold a light to medium weight in each hand. Push your hips back into a squat, sitting back into your heels. As you return to standing, bring your right knee up toward your chest on the left side and bring the weights toward the right hip. Repeat the squat, lifting your left knee, chopping with the weights to the left hip.

Repetitions: 12 on each side.

Tips:

- When doing the squat keep your chest up, sit back into your heels, and drop to a 90-degree bend of the knee.
- When doing the chop keep your spine straight. Do not round your back.
- Use a squeeze rather than momentum to do the move.

Kayaking

Move: Sit upright with your knees bent, feet on the floor, chest lifted. Lift your feet off the floor, balancing on your sacrum, tucking your knees into your chest. Place your hands on the floor by your hips. Swivel your knees side to side. Advanced option: Lift your hands off the floor and move the arms in opposition to the legs. As the knees and legs drop to the right, your hands and elbows will aim at your left hip.

Repetitions: 30 total.

Tips:

- Keep your chest lifted and your spine straight. Do not slump.
- Start the progression with your hands on the floor. As you get stronger try moving side to side with your hands moving hip to hip. Beginners may want to start with the balance and no swivel.