

# Results-Based Training

Exercise : Nutrition : Detox



MY WELLNESS  
COACH



## WHAT IS RESULTS BASED TRAINING (RBT)?

- RBT is an easy to follow mobile exercise program that caters to all.
- RBT is the exercise component of our complete lifestyle program **Exercise, Nutrition and Detoxification**.

## WHY RBT?

- RBT works muscles in various extremities of the body, enabling you to train effectively without the build up of lactic acid.
- RBT has many of the same principles as Peripheral Heart Action (PHA) training developed by Dr. Arthur Steinhaus. PHA training was brought to the forefront of the muscle world by 1960's legendary bodybuilder Bob Gajda.
- The RBT training method is specifically designed to keep the blood circulating throughout the whole body during the entire workout. First the smaller muscles around the heart are targeted and then second, the larger muscles around the body's periphery.
- RBT meets all cardiovascular and muscle building needs in one 30-minute session.

## DYNAMIC STRETCHES

### Overview:

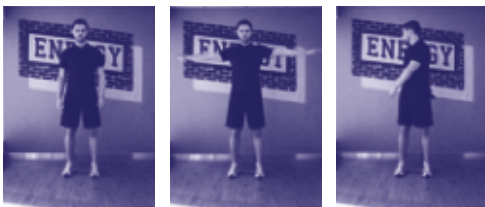
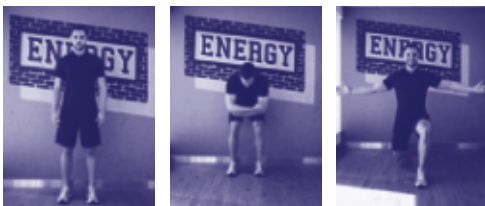
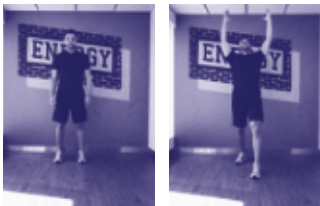


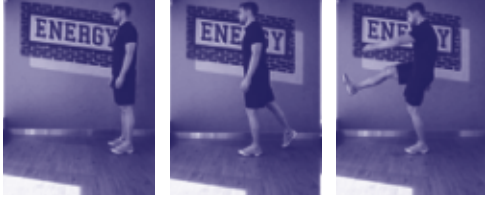
- To increase circulation, lymphatic drainage and mobilization of the muscles and joints before working out.

## THE WORKOUT

### Overview:

- Exercises are to be performed as a circuit. Move through all the exercises in the order shown. The active recovery is the cardiovascular segment – the more you progress the more intense you will make this section.
- Each exercise is to be repeated 15 times. Do not rest throughout the workout unless needed.
- Set your clock to 30-minutes and continue for the entire duration.
- Once you reach 3 full circuits you then move onto the advanced sessions where you can add more resistance to further challenge yourself.
- Why only 30-minutes? There is a scientific reason RBT recommends only 30-minutes of continuous active work. Tests have shown that the central nervous system (CNS) should only be continuously stimulated for a maximum of 27-minutes. Utilizing this technique participants can achieve maximum results in minimum time.

# THE EXERCISE PLAN - DYNAMIC STRETCHES


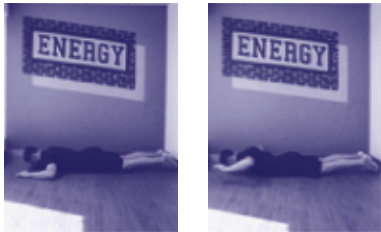
EXERCISE	DESCRIPTION	REPS	MOVEMENT
1. Torso Rotations	Stand with feet shoulder width apart. Rotate your arms around your center, just as in Tai Chi. Rotate both to the left and to the right. Your shoulders and head should follow your arms to open up and mobilize the spine.	30-40 rotations	
2. Chest opening	Stepping forward, alternating your legs each time, stretch your arms out as wide as possible, opening/expanding the hips and chest.	16-20 (8-10 each side)	
3. Step Back & Reach	Take a step back, grab both hand and reach them over your head letting your eyes follow your hands. Look past your arms and reach for the sky. Alternate sides each repetition.	16-20 (8-10 each side)	
4. Squat & Reach	Begin with a normal squat. Keep your arms down by your sides. When you begin to stand from the lowest point of the squat let your arms reach up to the sky coming up onto your tip toes. Advance this by adding a twist from the waist at the top of the movement, first to the left then to the right.	16-20	
5. Heal Dig & Bow	Do a heal dig with one leg. At the same time, with a straight back, bow down towards the big toe. Do not force the stretch. Alternate legs each time.	16-20 (8-10 each side)	
6. Step & Kick	Step forward with one foot and imagine you are kicking a football with full force. Try to get your leg higher with each kick. Alternate the kicking leg each time.	16-20 (8-10 each side)	



# HOME WORKOUT

EXERCISE	DESCRIPTION	REPS	MOVEMENT
1. Squats	Body weight or light weight in each hand, pushing your hips back, transfer weight to your heels	15	
2. Press ups	Modify by using knees or create a decline platform where you can perform the movement standing on an angle	15	
3. Reverse lunges	Alternate legs each repetition	16-20 (8-10 each side)	
4. Superman reverse flies	Lying face down, arms out to your side, raise chest off the floor and attempt to flap your arm like a bird retracting your shoulder blades	15	
5. Cardio	Choose from; bike, elliptical, rowing machine, treadmill, skip rope, burpees	2 minutes	

# HOME WORKOUT

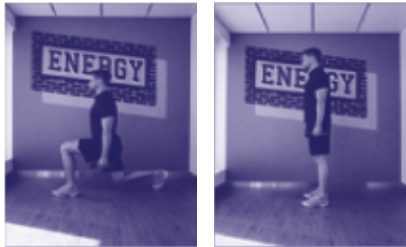
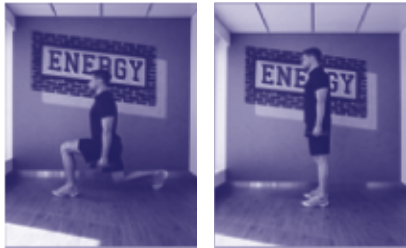
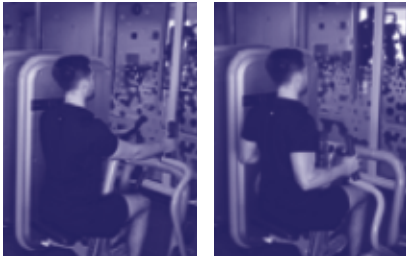
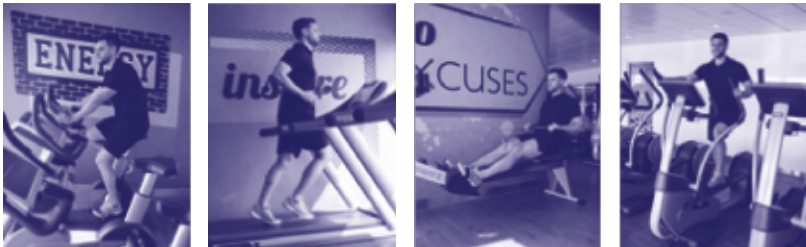
EXERCISE	DESCRIPTION	REPS	MOVEMENT
6. Lunges	Repetitions: 16 (8 each side)	16 (8 each side)	
7. lateral arm circles	standing arms out to your side, make small circles with your finger tips.	30 seconds clockwise 30 seconds counter-clockwise	
8. Single leg deadlift		16-20 (8-10 each side)	
9. Superman reverse flies	Lying face down, arms out to your side, raise chest off the floor and attempt to flap your arm like a bird retracting your shoulder blades	15	
10. Cardio	Choose from; bike, elliptical, rowing machine, treadmill, skip rope, burpees	2 minutes	
	CORRECT PUSH UP TECHNIQUE		



# GYM WORKOUT

EXERCISE	REPS	MOVEMENT
1. Squats with Barbell	15	
2. Bench press with Barbell	15	
3. Deadlift with Barbell	15	
4. Bent over row with Barbell	15	
5. Cardio	2 minutes	

# GYM WORKOUT

EXERCISE	REPS	MOVEMENT
6. Lunges with Dumbbell	16 (8 each side)	
7. Seated Barbell Military press	15	
8. Reverse lunges with Dumbbells	15	
9. Seated Row	15	
10. Cardio	2 minutes	

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C O A C H