



Destiny Management

The Final Edge to Metabolic Control™
Enhancing lifestyles through proven wellness and fitness systems™

Program Design for Weight Loss

Day 1

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
UNDER GRIP PULLDOWNS	Using a cable machine, take a grip that is about shoulder width, with your palms facing you. Keeping the back arched pull your body up bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull up so the bar touches the base of your skull.	Biceps.	Latisimus Dorsi.
ONE-ARM DUMBBELL ROW	Put one knee and hand on a bench for support and to take strain off the lower back. Put your other foot out wide enough to keep your hips even and keep your knee bent. This position should form a tripod. With your free arm bring the dumbbell up to the side of your ribs.	Latisimus Dorsi.	Mid/Upper back, Biceps, Forearms.
DUMBBELL FLYES	Lie on a bench with the dumbbells at arms length above you; your palms facing each other. Lower the weights out and down to either side in a wide arc as far as possible. Your palms remain facing each other throughout the movement. Bend your arms slightly to reduce the stress on your shoulders and elbows.	Pectoralis major.	Anterior deltoids, biceps.
FLAT BENCH PRESS	Your forearms should be perpendicular to the floor when the bar is just above your chest. Lower the bar to your mid-chest (but not touching). Raise it, following a natural arch up over your face. Keep your elbows out and perpendicular to your body.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
CRUNCHES	Lying with your thighs perpendicular to the floor, keep your lower back pressed against the floor. Curl your shoulders off the floor as far as possible without letting your lower back leave the floor.	Rectus Abdominis.	Obliques.

Resistance Guidelines: Perform 3 sets of 12-15 repetitions. Perform 3 sets of 50 repetitions on abdominals.

Cardiovascular Guidelines: Target Heart Range (THR) . Perform 3 days per week for 20 min. Add 5 min. per week up to 60 min. Add one day per week up to 5.

Flexibility Guidelines: Always warm-up first. Never bounce. Perform everyday. Hold each stretch 20 sec.



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Day 2

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
LEG EXTENSIONS	Adjust the seat so your knees are in line with the center of the cam and your back is supported. The crossbar should be close to your feet, wherever is comfortable. Keep your toes pointed up towards your shins and extend your legs up to full lockout. Stop just before weights touch on the return.	Quadriceps.	
LEG CURLS	Line your knees up with the center of the cam. Keep your toes pointed up towards your shins. Curl your legs until your knees are at less than a 90° angle. These are performed lying face down.	Hamstrings, towards insertion.	
STANDING CALF RAISES	Place the balls of your feet on a block. Rise up on your toes as far as possible. Then let your heels down until a stretch is felt on the back of your legs.	Gastrocnemius.	Soleus.
STANDING BENT-OVER DUMBBELL LATERALS	Bend over at the waist until your torso is parallel to the floor. Hang your arms perpendicular to floor, your palms facing each other, and your arms bent slightly. Move the dumbbells out to the sides and upward until your arms are parallel to the floor. Your arms should be perpendicular to the body as they raise. Turn your wrists so that the pinkie fingers are higher than your thumbs.	Posterior deltoid.	Teres and Rhomboids.
STANDING LATERAL RAISE	Start with the dumbbells in front of your legs, palms facing each other. With a slight bend in the elbow, bring the arms directly out to the side, rotating the front of the dumbbell towards the ground. Bring your arms up parallel to the floor.	Lateral head of the deltoids.	Traps; Anterior/Posterior head of deltoids.
INTERNAL/EXTERNAL ROTATIONS	Pin elbow at side. Keep at 90 degree angle. Rotate at shoulder only.	Rotator cuff muscles.	
TWISTING ROMANS	On a Roman chair, lean back keeping the Abdominals tight. Rotate back and forth. If you feel discomfort in your back, sit more upright and forward.	Obliques, Hip flexors.	Rectus Abdominus.

Perform 1 set of 25 repetitions on external rotations and 1 set of 30 repetitions on internal rotations.



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Day 3

EXERCISES:	KEY POINTS:	MAJOR MUSCLES INVOLVED:	MINOR MUSCLES INVOLVED:
FRONT PULL DOWNS	Using a cable machine, take a grip 6 inches wider than shoulder width on the bar. Keeping the back arched pull the bar down bringing the elbows into the side. There should be downward rotation of the scapula to initiate the movement. Pull down so that the bar just misses your chin, and then down to your upper chest.	Latisimus Dorsi.	Biceps, Forearms, Upper back.
STIFF-ARM PULLDOWNS	Facing a high pulley, grab a straight bar roughly shoulder width. With your elbows slightly bent, bring your hands down to your thighs in a large semi-circle. Pinch your shoulder blades back at the bottom. Keep your knees bent and your abdominals tight.	Latisimus Dorsi/Triceps/P osterior deltoids	Pectoralis major and minor/Abdominals/Serratus
FLAT DUMBBELL BENCH PRESS	Using dumbbells on a flat bench, your palms facing forward, lower the dumbbells to mid-chest. You should feel a good stretch when the dumbbells are lowered. Watch your shoulders for limited ROM.	Pectoralis major.	Triceps; Anterior deltoids; Pectoralis minor, Shoulder girdle muscles.
TRICEPS PRESS DOWNS	On a high pulley with a loop handle, grab with palms facing down. Keep elbows pinned at side and straighten arms, keeping cable going straight down, not back. Keep wrists straight.	Triceps	
SEATED DUMBBELL CURLS	Sitting on a flat bench, curl the dumbbells up, keeping your elbows steady. Twist your wrists so that your palms are facing up and towards your body at the top of the exercise (supinate) and pronate on the descent so palms face sides when weights are lowered.	Biceps.	Brachialis, Forearms.
ROPE CRUNCHES	Kneeling in front of a high pulley with a rope handle, pull your elbows down and in at the same time you're doing a crunch until your elbows touch your knees.	Serratus, Rectus Abdominis.	Obliques, Arms.

Perform 2 sets of 20 repetitions on rope crunches.