

DR. FITNESS USA PROGRAM TWO



FEMININE BODY DESIGN

Empowering fitness for pain free life

CONGRATULATIONS

Hello,

First and above all, we want to congratulate you for successfully completing program 1 and taking proactive steps toward your health.

Be patient with yourself, as you heard the expression before: "Rome was not built in one day" and neither is your body. It just takes time, but rest assured that the system we are providing you with has been tested and proven over many years. You are on the right track to success.

Before moving onto program 2, make sure to read the instructions "Before you Begin" sheet that you received in program 1. Note: It is very important to follow all the action steps in the guidelines to maximize the efficiency and safety of the programs. Details matter and we want to make sure you learn to perform the exercises with the proper, precise technique and form. We have gone through great lengths to provide you with as much detailed instructions as possible.

The programs are designed to be alternated, and be done consecutively.

Example: after familiarizing and repeating program 2 a couple of times, now you will begin the series from the beginning; you will alternate day 1 and 2 and so forth, always starting from the program you left on. You also need to follow the sequence of exercises in each of the programs outlined.

Remember to have fun, be patient, go at your own pace and be safe. This is the time that you set aside to take care of yourself, to take care of your body. It will save you time, money and give you more energy, regaining back the feeling of being ageless and youthful again.

If you have any questions, refer back to the book "Feminine Body Design" which is available on Amazon and / or the instruction sheet in program 1 "Before you Begin". Batista & Dr. Fitness USA

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REVIEW "BEFORE YOU BEGIN" It is very important to follow the same steps outlined from program 1, in order to insure maximum results and avoid injuries.

NO PAIN, MORE GAIN

Do not aim for the pain. If it hurts while doing the exercise you are probably not performing the exercise correctly as shown in the video and are doing something that is completely unsustainable. There is a difference between soreness from working out and pain, pinch, or something that is definitely wrong. If that happens, stop; go back and reread your notes and check settings, adjustments for that particular exercise and review the video. Also lower the weight and / or adjust the movement slightly. Often a slight shift in posture or adjustment of the angles of the bench and/or seat will fix the problem. If that doesn't work, try a different machine. Often, machines function very differently, even if they look the same, or even if they are in fact from the same

manufacturer. Sometimes the equipment is malfunctioning, broken, hasn't been maintained properly, so it is sticking. Be aware and use common sense. It is worth your while to make yourself comfortable and avoid pain. Do not force your way through exercises. Note: if you have never worked out with weights in your life, or if you worked out but not in this specific way, you might actually get sore after the workouts. This is normal, and it is actually good. It simply means that your muscles are working and becoming awake from inactivity. However in a few days the soreness will go away. Do not force your way through exercises that are hurting you.

BULKING UP

No you won't bulk up. Women in theory do not have enough testosterone to develop the muscle mass like men. Quite the opposite, your program is designed to create a streamline look and or shapely contour of the body, to prevent this type of look. You will begin to feel your muscles awakened in a different way, it might also feel a bit strange because of the increased new blood and oxygen being fed into the body creating new circulatory in the brain (Brain, Muscle Connection) causing awakened feelings.

Note: even if you gain a few pounds from increased blood flow, do not worry because your body will start to tone up and you may even see some definition starting to appear in cool places. You most likely will lose a few inches and become more proportionate, enjoying more balance in your body.

Strength training is addictive, and having muscles on your body feels really good, especially when they support good posture. You are going to become stronger, more beautiful, more grounded in your feelings, gain vitality, be healthier with a stronger nervous system to handle stress, be happier in mind, body, and spirit.

STRETCHING

Do not stretch before strength training. The tendency is to think that stretching is going to make everything better. Stretching lengthens tendons and ligaments while strength training is meant to build strength and muscle mass. Stretching while the body is cold or before training can possibly lead to injury and decrease your strength. Your program has built-in warm-ups in relation to each of your exercises being performed. That is why it is very important to follow the sequences of exercises outlined in your program. Also each exercise modality has specific purposes. Stretch after your strength training routine or on your off days.

WRITE IT DOWN

Having picked up good habits in the first program, you won't need to write down what you are doing every day anymore. Instead, keep your exercises at the same weight range for a couple of weeks, after which you will make a note every couple of weeks of whether the weight is Light (L), Moderate (M), Moderately Challenging (MC) or Challenging (C). Once you have done that, study your sheet, and set yourself up with a new set of weights, to take yourself to the next level. The objective here is not to change your weight scale by "hit and miss" but to get your body to crave the challenge and to do things gradually, consciously and progressively. Also, it is important to increase your weight scale for the whole program, not just on exercise, to avoid creating imbalances in the body. Refer to program 1 notes on how to gage your weight scale section.

BREATHING

Sometimes when you are exercising or when you are doing something hard, there is a tendency to want to hold your breath. This also happens when you are in pain or frightened. Wherever there is stagnation there is disease. Water that runs does not rot. Breathing is part of the process of getting the energies to flow like the river. It also provides oxygen to the muscles and brain while training.

Sometimes in the videos I specifically point out when to inhale and exhale. As a general rule you inhale as you prepare to do the exercise, and exhale at the moment of effort. Inhale through the nose; exhale through the mouth, the heavier the weight, the stronger the breath. It is much like a rocket ship taking off. This is a general guideline to raise awareness of your breathing; eventually you will find your own rhythm. The main thing is not to hold your breath, keep conscious and be aware of your breathing.

WE ARE HERE TO ASSIST YOU

PERSONALIZED ASSESSMENT, INDIVIDUAL PROGRAM SUPERVISION AND GYM RESEARCH ANALYSIS ARE AVAILABLE BY CONTACTING DR. FITNESS USA AT doc@DrFitnessUSA.com

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