

DR. FITNESS USA PROGRAM ONE



FEMININE BODY DESIGN

Empowering fitness for pain free life

DrFitnessUSA.com



READ THIS BEFORE YOU BEGIN

Welcome!

We want to congratulate you for taking the first step towards transforming your life through the Body Design Formula. Our programs are not some "Get the body of your dreams in 30 days" quick schemes; they are designed towards sustainability, postural realignment, increasing your inner and outer strength and pain and stress management. Having said that however, you will begin to feel better and enjoy some of those wonderful benefits quickly. Results vary depending of workout frequency, genetics and mind set All programs are designed carefully as to build a solid foundation. Go at your own pace; be safe, make a long-term commitment with yourself, we are in on this together and for the long haul. Consistency is key!

There are a series of 3 programs that are designed to work sequentially. Start with program no1, when you feel ready to move on, you can purchase program no2. At that point you will alternate program 1 and 2 and so forth with all 3 programs.

You can also choose to purchase as many program levels, as you want at once. **You must alternate the programs in sequence though.**

The programs are given to you in various formats: detail written instructions as well as pictures slides and videos, for your convenience. Don't worry if it looks complicated though; it is actually quite simple and you will get the hang of it quickly. After a few sessions, you will be able to complete each workout in less than an hour.

THIS PACKAGE INCLUDES

- 1. Welcome / Before you begin instructions**
- 2. Program at-a-glance**
- 3. Program 1**
- 4. Program 1 special instructions sheet**
- 5. Program 1 training Video instruction**
- 6. Program 1 PPT slides**
- 7. Program 1 equipment list**
- 8. Program 1 to 3**
- 9. Feminine Body Design Video Series**
 - ❖ Welcome**
 - ❖ Equipment & Technique**
 - ❖ How to gage your weight scale**
 - ❖ Take pictures of your body**
 - ❖ Write it down**
 - ❖ How often should you train**
 - ❖ Show up**

BEFORE YOU BEGIN

1. READ THIS SHEET FIRST

2. Look at PROGRAM 1 / PROGRAM AT-A-GLANCE and SLIDES
3. Watch the first videos: FEMININE BODY DESIGN PROGRAM 1.
4. Read the PROGRAM SPECIAL INSTRUCTION sheet, and then watch the video again, while reading the instructions. If you need to, pause the video to make sure you understand the instructions. We are giving you many detailed instructions in form and technique to maximize your comfort, results and safety.

5. NOW IT IS TIME TO GO INVESTIGATE YOUR LOCAL GYMS AND CHECK OUT THE EQUIPMENT

The programs are specifically designed using basic equipment that **EVERY** gym should have. However, you will quickly experience that many gyms even though seem to be fully equipped, in reality are missing crucial pieces of equipment that would make all the difference in your success. Most gyms are built by men, for men.

6. Even if you only plan to do PROGRAM 1, print the sheet with the equipment list for all 3 programs, go to your gym and locate the equipment you need based on your program guidelines. It may be necessary for you to visit several gyms before you find one that is adequately equipped. It is worth your while to join a gym that has the proper equipment. Environment can make or break you.

Dr. Fitness USA offers gym analysis consultation to assist you in choosing the right gym where you will dramatically increase your chances for success.

7. Once you locate the right gym, go with your program sheet and instructions. **DO NOT WORKOUT ON THIS FIRST DAY.** Just check the machines, benches, and dumbbells and bars. Learn to adjust the seats, become familiar with the angles described, and try the movements without weight. Pay attention to details from your special instructions sheet. Just have fun with familiarizing yourself with the environment. Take notes; write down if there are things that are unclear.

NOW YOU ARE READY TO GO TRAIN FOR REAL. GO HAVE FUN.

WARNING: Personal trainers WILL solicit your business. They will try to give you advice, claim to know best or even criticize or warn you against the danger of your routines, the sequence or whatever...

Even though the program and exercises given to you may look similar to what other people are doing, they are not. THE BODY DESIGN FORMULA created by Dr. Fitness USA is a one of a kind protocol, created and perfected over a 45 year period and has proven to be safe, sustainable, and providing results beyond what is known in the personal fitness training industry to date.

Unless the trainer approaching you has been certified by the International Institute of Body Design and is working under the

direction of Dr. Fitness USA they are not qualified to advise you in this training modality. Follow their advice at your own risk.

HOW TO READ THE PROGRAMS

- Reps: the number of repetitions you will perform
- Sets: the number of times you will perform the exercise

Example: x8/ / / /: *Perform 3 sets of 8 Reps*

- Special Instructions are giving under the name of the exercise on your Program sheet
- When applicable a space is left blank for you to enter the machine settings
- Special angles are displayed with a red line on the pictures 
- When in doubt, refer back to the video or pictures provided
- Preferred equipment brands are giving when relevant, if your gym does not have the suggested brands, chose a similar piece of equipment
- D.B.: Dumbbell
- B.B.: Barbell

HOW TO INCREASE THE WEIGHT SCALE

WARNING: Before beginning each exercise, always test the machine with NO WEIGHT to ensure it is functioning properly.

- The first sets of exercises are done at a comfortable weight, as a warm up.

- Increase the weight on the next sets
- When the program calls for less reps, increase the weight to your maximum capacity

Example for exercise 1 / Leg Press:

- 3 sets of 8 reps at 50lbs X8 / 50 / 50 / 50 /
- 3 sets of 8 reps at 60lbs X8 / 60 / 60 / 60 /
- 3 sets of 4 reps at 70lbs X4 / 70 / 70 / 70 /

The weights are left blank in the programs on purpose. Every one has a different starting point. This is up to you to gage the appropriate weight scale for you.

HOW TO GAGE YOUR WEIGHT SCALE

Match the weight to the reps: You are supposed to be able to finish each exercise comfortably.

- If you cannot finish your set, the weight is too heavy.
- If you are too comfortable finishing your set, the weight is too light.

DO NOT WORKOUT TO FAILURE

In the world of bodybuilding there is a method in which people work to exhaustion, as to break down the muscle fibers to the maximum in order to produce maximum muscle gain. Unless you are an aspiring bodybuilder, we recommend that you keep at a comfortable pace.

DO NOT WORK TO FAILURE, INSTEAD ASPIRE TO LEAVE THE GYM EMPOWERED

WRITE DOWN YOUR PROGRESS

Make a copy of your program, bring it to the gym with you or carry a small notebook, write down your weight scale. This will give you insights within your progress and will also enable you to begin anticipating your weight increases.

HOW OFTEN SHOULD YOU TRAIN?

Train when you can, Rest when you can. Train a lot, Rest a lot! Those are our mottos. The idea here is to make this strength training practice part of your life, and enjoy it. Half the battle happens during your time-off, during the recovery period; so we don't advise to train everyday. You do need to show up though, so make it part of your life. (3 times a week is ok)

TAKE PICTURES OF YOUR BODY

Remember muscle is denser than fat. So you won't be able to rely on a scale, it is not unusual for someone to lose inches, yet gain weight. Do not be alarmed; this is a good and healthy thing. Take some shots of your body in a bathing suit. Take a front shot, a side shot and a back shot. Do so every few months, and compare your pictures. Provided you are using the programs regularly, you will be pleasantly surprised of how your body is beginning to shape up.

HALF THE BATTLE IS IN SHOWING UP.

Give yourself permission to leave the gym if you really are too out of it. In general though, when you get in the environment and you get started, that “feel-good thing” kicks in. Chances are you won’t want to leave.

We are always aiming to improve the quality of our services; as such you feedback is always greatly appreciated.

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

Go to DrFitnessUSA.com and subscribe to our newsletter

SUBSCRIBE TO OUR YOUTUBE CHANEL:

YOUTUBE.COM/DRFITNESSUSA

WARNING: The information contained in this manuscript is protected under the copyright laws of the United States and other countries and is distributed for personal use only. No part of this material, may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher.

DISCLAIMER: DrFitnessUSA.com strongly recommends that you consult with your physician before beginning any fitness training or diet program. DrFitnessUSA.com is not a licensed medical care provider and has no expertise in diagnosing, examining, or treating medical conditions. You should understand that there is the possibility of physical injury when participating in any exercise program. You therefore acknowledge that you are participating voluntarily in these activities, that you assume all risk of injury to yourself, and that you release and discharge DrFitnessUSA.com from any and all claims.

Written by Batista Gremaud for DrFitnessUSA and EndoPositive International / Body Design Formula© - All right reserved