
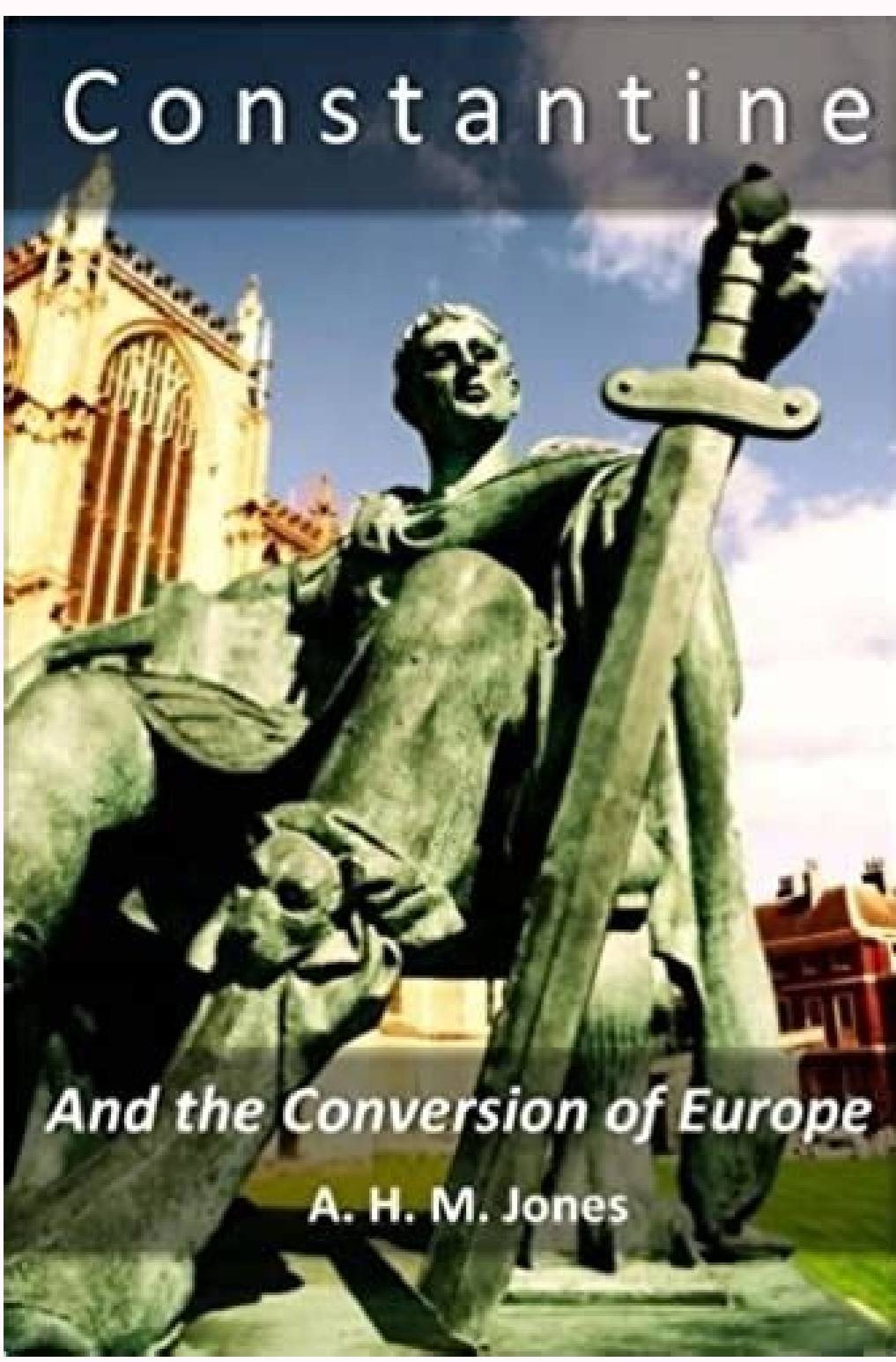


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Janet Case
LIVEFIT
 12-WEEK TRAINER
 PHASE 1: WEEKS 1-4

DAY 1 CHEST AND TRICEPS	DAY 2 BACK AND BICEPS	DAY 3 LEGS AND CALVES	DAY 4 SHOULDERS AND ABS	DAY 5 REST	DAY 6 REST	DAY 7 REST
DAY 8 CHEST AND TRICEPS	DAY 9 BACK AND BICEPS	DAY 10 LEGS AND CALVES	DAY 11 SHOULDERS AND ABS	DAY 12 REST	DAY 13 REST	DAY 14 REST
DAY 15 LEGS	DAY 16 BACK AND BICEPS	DAY 17 CHEST AND TRICEPS	DAY 18 LEGS	DAY 19 SHOULDERS AND ABS	DAY 20 REST	DAY 21 REST
DAY 22 LEGS	DAY 23 BACK AND BICEPS	DAY 24 CHEST AND TRICEPS	DAY 25 LEGS	DAY 26 SHOULDERS AND ABS	DAY 27 REST	DAY 28 REST

DAY 1 CROSS OFF EACH DAY AS YOU COMPLETE THE PROGRAM TO KEEP TRACK OF YOUR PROGRESS.

WHAT'S YOUR GOAL? _____

ACHIEVED YOUR GOAL: YES / NO _____

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change **IN seconds**

12 Week Workout Plan

Monday

- > 20 Squats
- > 15 Seconds Plank
- > 25 Crunches
- > 35 Jumping Jacks
- > 15 Lunges
- > 25 Seconds Wall Sit
- > 10 Sit-Ups
- > 10 Butt Kicks
- > 5 Push Ups

Tuesday

- > 10 Squats
- > 30 Seconds Plank
- > 25 Crunches
- > 10 Jumping Jacks
- > 25 Lunges
- > 45 Seconds Wall Sit
- > 35 Sit-Ups
- > 25 Butt Kicks
- > 10 Push Ups

Wednesday

- > 15 Squats
- > 40 Seconds Plank
- > 30 Crunches
- > 50 Jumping Jacks
- > 25 Lunges
- > 35 Seconds Wall Sit
- > 30 Sit-Ups
- > 25 Butt Kicks

Thursday

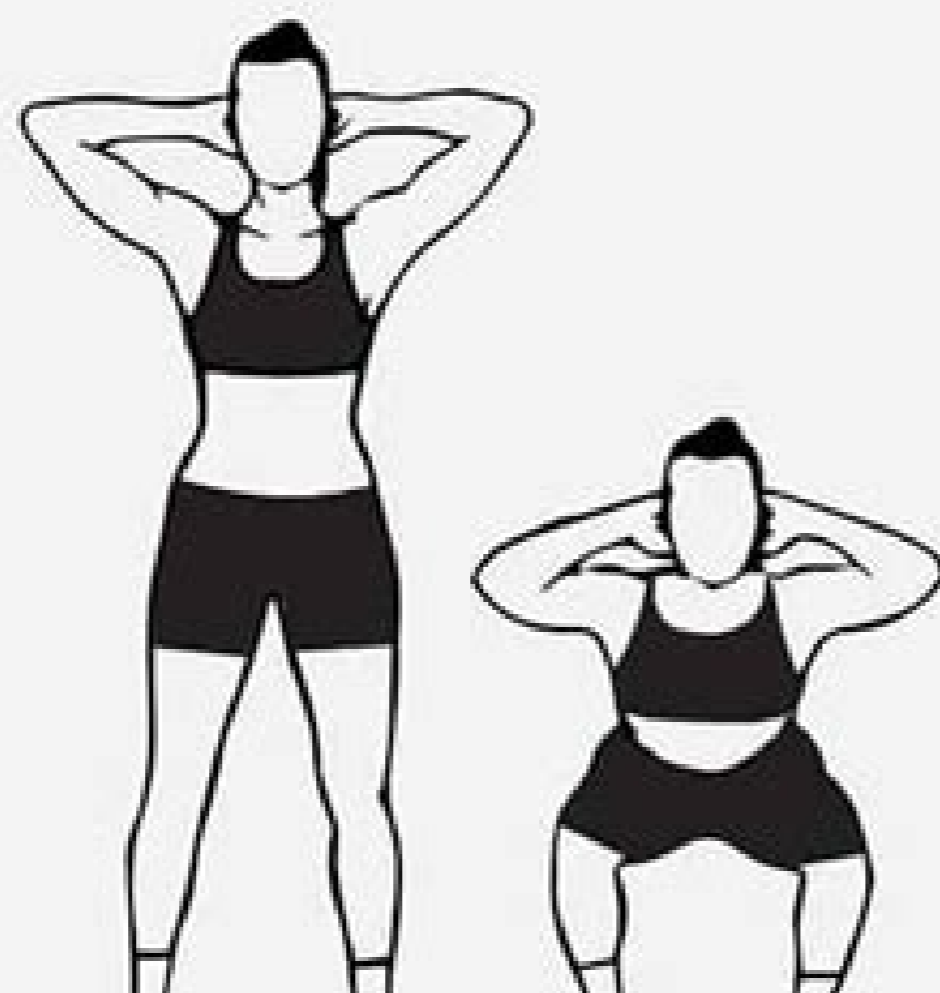
- > 35 Squats
- > 30 Seconds Plank
- > 20 Crunches
- > 25 Jumping Jacks
- > 15 Lunges
- > 60 Seconds Wall Sit
- > 55 Sit-Ups
- > 35 Butt Kicks

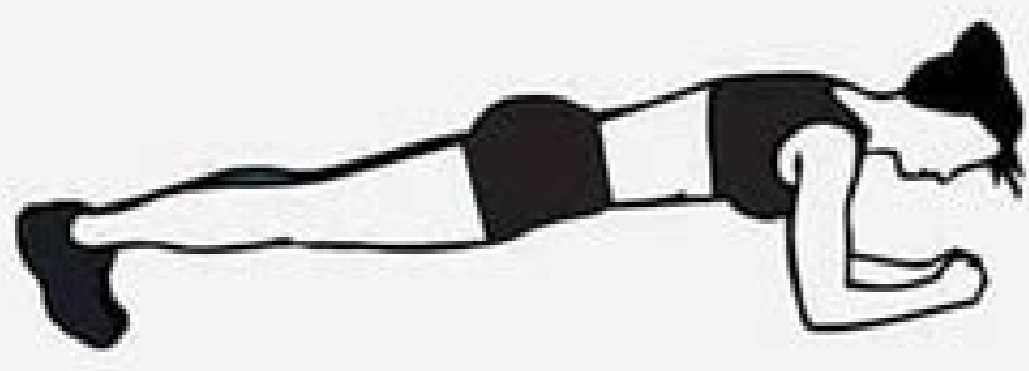
Friday

- > 25 Squats
- > 60 Seconds Plank
- > 30 Crunches
- > 55 Jumping Jacks
- > 60 Lunges
- > 45 Seconds Wall Sit
- > 40 Sit-Ups
- > 50 Butt Kicks
- > 30 Push Ups

9 Exercises

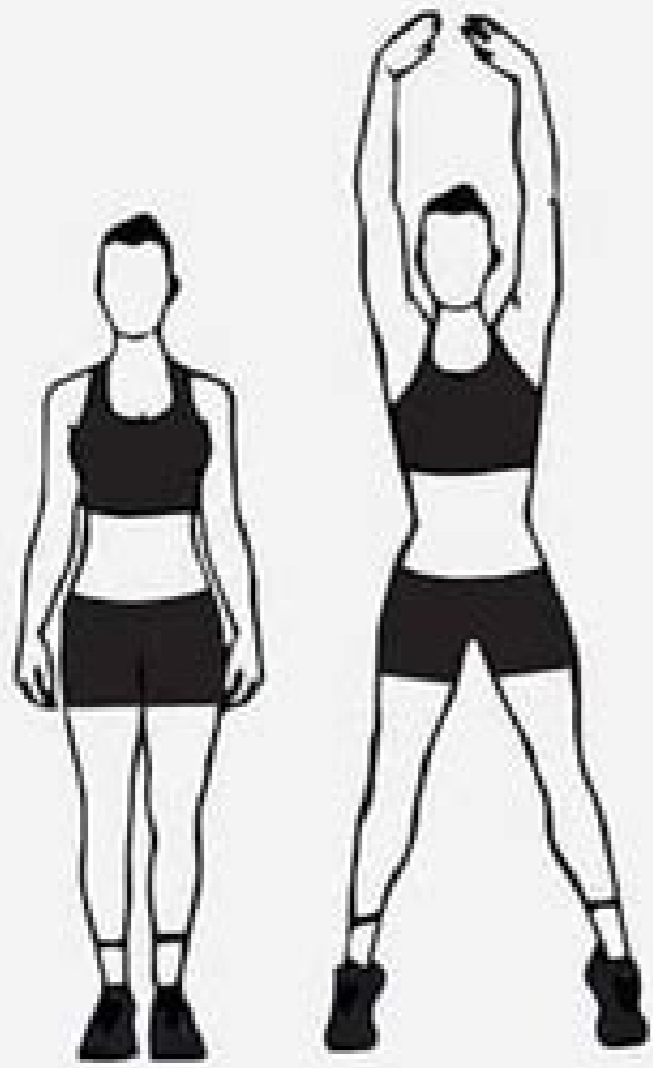
Squats





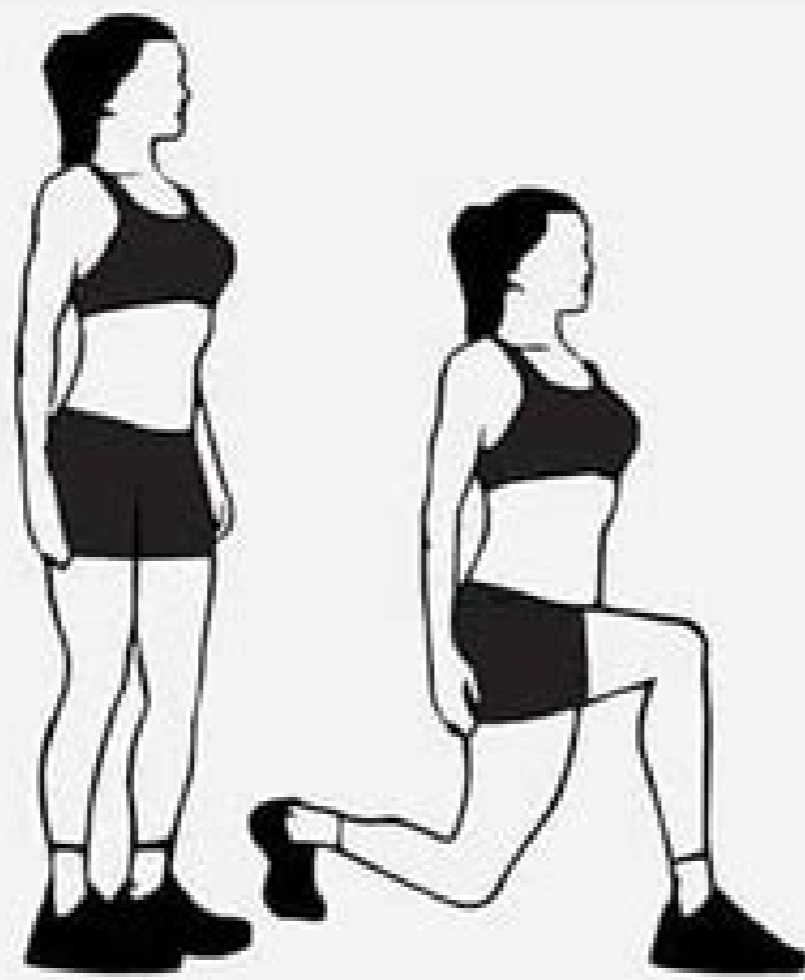
*Forearm
Plank*

Crunches



*Jumping
Jacks*

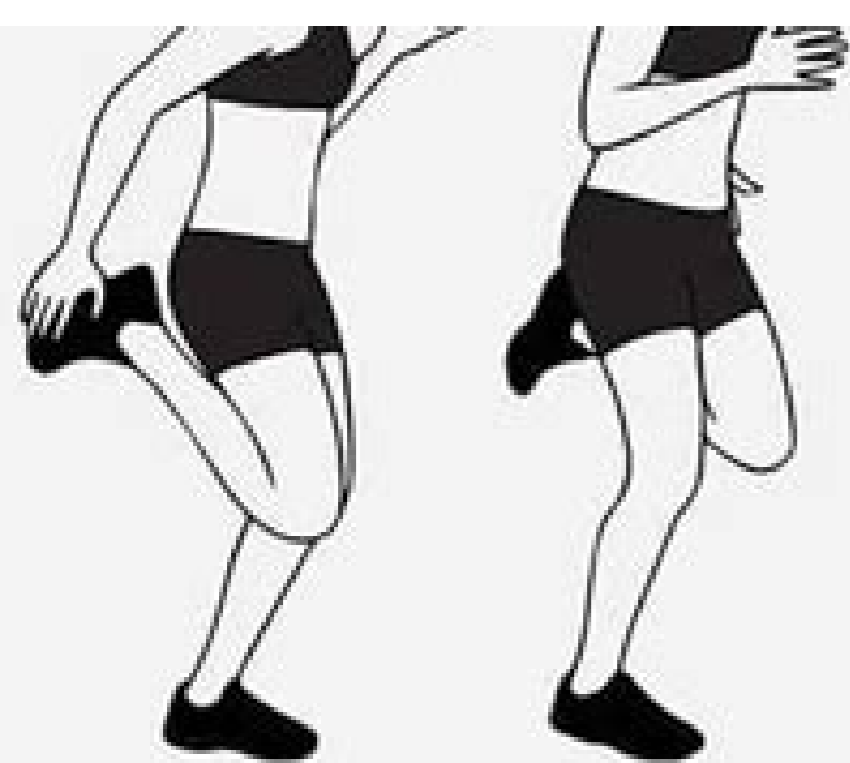
Lunges



Wall Sit

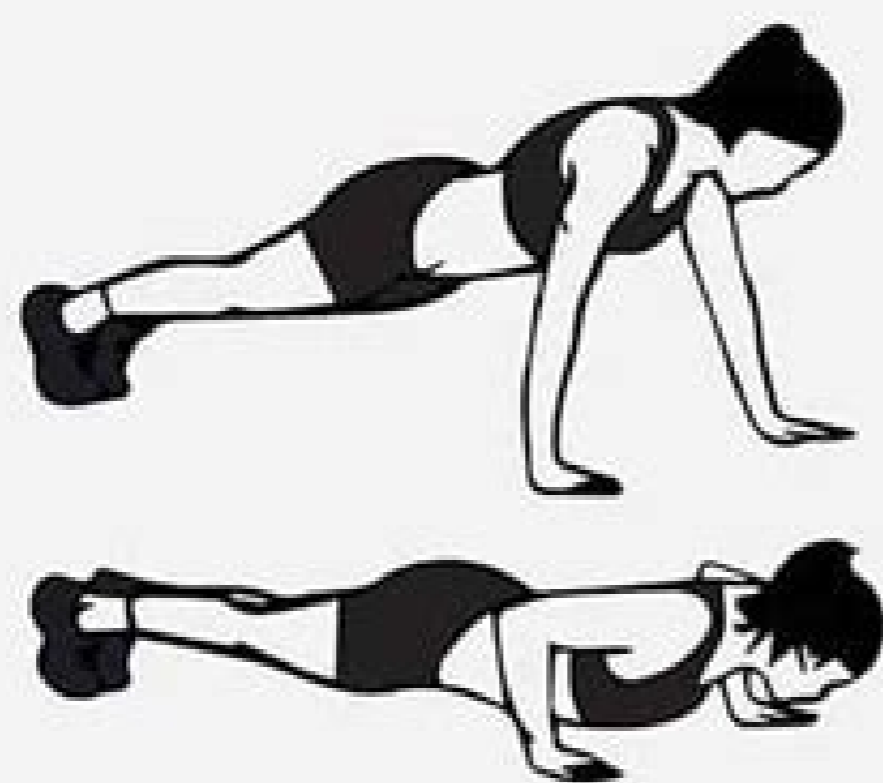
Sit Ups





Butt Kicks

Push Ups



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Environmental Earth Sciences

Petar Papić *Editor*

Mineral and Thermal Waters of Southeastern Europe

 Springer

JIM STOPPANI'S 12-WEEK SHORTCUT TO SIZE PDF

From the workshops of the Yale University to the most hardcore gyms in America, Jim Stoppani has dedicated his entire career to the science of building muscles and burning fat. He has helped millions of people to transform their lives, and now it's your turn! My 7 -day free trial starts, go to [Plan Watch Trailer](#) Join Bodyfit today and get access to the connection to size more than 60 other fitness plans designed by experts. Jim Stoppani built him on successful transformations, not empty promises. The size connection has a dedicated following as you will find in the world of fitness, for the simple reason that works! Put the [à é à é](#) Work and what you go out amazes you. The connection to the size is a three -phase training program based on "microcycles" that help you progressively build muscles and strength every week. The plan includes four workouts per week, as well as complete training video for the whole week 1 so you can see how Jim trains. The connection to the size includes a nutritional plan with three precise phases designed to help you build muscles for six solid weeks. You will also get a samples plan, a list of food and a thorough guide for replacement of effective meals. Jim also knows the science behind the suppS. I will tell you what to take, when and why to get the results of a lifetime! Jim Stoppani achieved his doctorate in physiology with a minor in biochemistry at the Connecticut University. After graduation, he was post -entry researcher in the prestigious John B. Pierce Laboratory and Department of Cell and Molecular Physiology at the Yale University School of Medicine, where he studied the effects of the exercise and the diet on gene regulation in the muscle tissue. He displays the profile of the coach who will be able to trace the otuvod otuvod oh e titsev ielm led etrap roigam al otarepus oh! totimf onmah ehc illeuq erid ad onmah asoc occE. ehv id aialgim otailmac. 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Gnippihs eerf neve dna, erots ruo ni sganivas evisulcxe, snalp gniniart trepxe ruo fo ot of ssecca detimilnu teg. Ruoy Lian, stuokrow ruoy kcart ot elba eh ll'Uoy! Serots yalp elgooq dna elppa eht ni, srehto ynam dna, nalp ssentif siht rof ppa eht kcolnu ot yadot tifydob noj. Regnorts tog .cod, tol a sknaht .cod sknaht! Ezis no stup margorp siht, haey! Tif t'Ndid smra ym esuaceb trhs a rutrer ot dah dna sehtolc ym fo tsom wertguo i. , tol a sknaht .cod sknaht! Ezis no stup margorp siht, haey! Tif t'Ndid smra ym esuaceb trhs a All Access is a content subscription service that includes over 50 premium fitness plans created by world-class personal trainers, athletes, and experts. Every plan features informational videos, daily workouts, nutrition guidance, and expert supplement advice, with new plans and courses added every month. While several plans have dedicated apps like this one, please visit [Bodybuilding.com](#) to view the complete suite of subscriber's only content. [éÁÁéÁ Bug](#) fixes around a few links not workingéÁÁéÁ New setting to switch between Imperial & Metric units Read More For decades, fitness and training could be sharply divided into two categories: Resistance training for men, and aerobics for women. But weéÁÁve come a long way since the days of Jane FondaéÁÁs workout videos, and women are beginning to realize that the weight room isnéÁÁÁt out of bounds.As renowned fitness and nutrition expert, Dr. Jim Stoppani, remarks, éÁÁÁEven the American College of Sports Medicine has, in the last decade or so, changed their recommendations for physical activity.éÁÁÁéÁÁÁThe science on exercise has grown immensely over the years, and we realized how important resistance training is.éÁÁÁ Stoppani says. éÁÁÁThe old American College of Sports Medicine guidelines used to be like three times a week of some form of aerobic exercise. Now, theyéÁÁÁre adding at least a few days of resistance training on top of aerobic training.éÁÁÁ Worth noting: These recommendations are not gender-specific.The idea of resistance training for women raises a lot of questions, however. Many women express a fear of becoming too muscular or bulky, while others worry a lack of strength compared to their male counterparts makes weightlifting dangerous. Overall, the question of whether female-specific training programs are necessary is common. As youéÁÁÁll see, nothing could be further from the truth.The Differences Between Men and Women DoneÁÁÁt Interfere with TrainingThe differences Men and women, in terms of musculature and response to training, descend to three things: muscle distribution, composition of muscle fibers and hormonal balance. Women are generally owned by a force less than the higher body than men, while their lower strength is relatively proportional. Cié is due to the overall distribution of the muscle and, in particular, to the types of muscle fibers. The skeletal muscle system consists of two types of muscle fiber, with a type divided into two subsets. Type I muscle fibers, also called "contraction fibers", form the resistance muscles. They are composed of more small aerobic muscle cells that produce energy in the form of triphosphate adenosine (ATP) through a process called oxidative phosphorylation. These muscle fibers are very resistant to tiring and are designed to work efficiently during long and supported efforts. Type II fibers are called Fast-Bitch muscle fibers "and, as the name suggests, they perform quick and powerful movements. The type II fibers are larger and when we train for muscle hypertrophy, the cells are largely in type II fibers that grow in size. This type is divided into IIA and IIB types, with the greatest difference it is the metabolic processes through which each of its energy derives. The IIA muscle fibers use oxygen to produce energy , just as the type I muscle fibers do. For this reason, while they are used more for the performance of powerful movements, they also carry out a part in the general resistance. The muscle fibers IIB of type IIB are the real muscles of power in the body. These fibers are made up of very largest cells, containing more glycogen of type I fibers because, unlike type I and IIA fibers, they produce anaerobically energy ennod elled ilocsum i onos ennod elled ilocsum i ehc "Á iuq ennod e inimou art elapicnirp azneffid al .etruase onos onegocilg id evresir el ©Áhciop etnemadipar acitaf ehcna am .azrof eroigam anu id icapac onoS .PTA ni eralocsum onegocilg led enoisrevnoc al o .silocilg al more Type I and IIA muscle fibers, particularly in the upper body. Because of this, while women tend to exhibit less strength than their counterparts, they also happen to be more resistant to fatigue.Does the prevalence of aerobic muscle tissue mean women should be limited to aerobic exercises? Of course not. In fact, their superior endurance makes them well suited to resistance training, as women fatigue less and recovery faster between sets and exercises are less than that of males.Put the Fear of Appearing Too Bulky to RestOn the topic of women and weight training, one of the most common refrains is a reluctance to appear too muscular or bulky. This is one of the many reasons women restrict themselves to methods of exercise that focus on fat loss rather than muscular development. If fat loss is a goal, though, muscle mass is essential to increased overall metabolism, and therefore key to achieving and maintaining a leaner physique. As renowned fitness expert Dr. Jim Stoppani remarks, éÁÁÁBuilding lean muscle tissue is not éÁÁÁmanlyéÁÁÁ by any means.éÁÁÁStoppani adds, éÁÁÁYou doneÁÁÁt need a female-specific training program. One of my motos is éÁÁÁTrain for your goals, not your genderéÁÁÁ. And so, you know, all too often females think éÁÁÁWell thatéÁÁÁs a guyéÁÁÁs program. Shortcut to Size. It just sounds like éÁÁÁ you know, I doneÁÁÁt want to be too bulkyéÁÁÁ éÁÁÁÁHowever, women arenéÁÁÁt well-disposed to adding mass in the way that men are. This comes down to body chemistry.éÁÁÁBased on the hormonal differences between males and females, a female doing my Shortcut to Size program is not going to end up with 18-inch arms like a guy.éÁÁÁ says Stoppani.As mentioned above, hormones obviously play a role in the difference between men and women. In addition to possessing less of the Type II muscle fibers which respond to hypertrophy training, women also have less testosterone, which plays a significant part in the bodyéÁÁÁs anabolic processes. So if your concern is getting too muscular and losing the female physique, you can rest easily. The most likely result is simply a leaner body and more in shape - that éé øning "that so many are after, and actually equal healthy muscle mass and overall body fat percentage. Weight training offers women a host of benefits to avoid weight training, women are costing more than just an increase in metabolism and muscle "ton". There are other benefits to consider, especially when it comes to ageing. At the age of women, a particular risk facing is the loss of bone density and the onset of osteoporosis. Fortunately, research has shown that endurance training in females can positively affect bone mass and protect itself from age loss. This alone should be a sufficient reason to send women to the weight room, but bone loss is not the only consideration. Stoppani explains: áé øWhen what we grow older is we lose muscle mass. It's called sarcopenia. This muscle mass loss means not only less strength but also less stability, which can lead to falls in old age. And while sarcopenia affects adults of both sexes, women are at an increased risk. "When it happens áé" and females are more prone to this áé " mainly lose muscle mass at rapid contraction and those are the fiber muscle that are the strongest and have the greatest power, áé Stoppani says, adding: áé øThe only way to really hit those muscles is with a heavy workout. Women are already at a disadvantage here because of the composition of the muscle fiber, as explained above. The best approach to prevent this muscle mass loss and strength further in elat elat nu etsise es "Á .aivattut, osseps enoy is ehc adnamod artle n'U .inimou liged olleuq errefrid eved non otæpæipmi otmenanella id elits ol e oraihc "Á Á visselpmoc ssentif id izrofs orol led etrap emoc aznetsior id onemanella'l erasu orebbervod ennod el ehC 'zenoizatznemila'l adraugir asoc ehC .isep i noc onemanella'l "Á as a specific diet for female. In general, the answer is n. If the goal is the loss of fat or muscle gain, the general principles of a dietary plan such as Dr. Stoppani 101 diet or its rules of nutrition for muscle construction are true for men and women. In these plans, the details of Stoppani that help you create a specific diet for your goals, needs and responses to nutrition. Of particular note, it is the recommendation of him that a diet consisted of sufficient fat intake. For males, this is particularly important due to the role that the intake of saturated fats can perform in the production of testosterone. For women, however, the emphasis on the assumption of healthy fats can have more to do with the way their bodies work - in particular, the way their muscles produce energy. As he explained above, the composition of the muscle fiber of the female skeletal system depends on the aerobic processes more than that of men. Since a percentage greater than their muscles depends on oxidative phosphorylation rather than on glycolysis, the bodies of women rely on proteins á é à é à é and fat for energy compared to carbohydrates. The importance of adequate intake of healthy fats. In addition, the intake of protein á é à é à é á é á é -sufficient the key for a healthy overall diet, even if muscle hypertrophy is less likely due to factors such as the composition of the muscle tissue and the hormonal factors explored above. There are some specific nutritional recommendations for women, such as guaranteeing sufficient calcium and iron intake, but as regards the macronutrient and caloric objectives, the basic principles remain the same regardless of the genre. Only like men, women who train should aim at 1.5 grams per kilo of body weight in proteins, met. their weight in grasses of fat, and regulate the intake of carbohydrates for their objectives as explained in diet 101. Not convinced? As we have seen, the weight training is not just a great way for women of further information information fat fat loss goals and achieve the physiques they hope to gain through aerobic exercise alone, itéÁÁÁs also an excellent means of staving off health concerns later in life.One final aspect not often considered is worth mentioning here: Weight training is actually fun. One of the biggest drawbacks to cardio classes is they can be repetitive. ItéÁÁÁs the sort of thing one might come to dread, and this often leads to dropping out and drifting away from fitness in general.As Dr. Stoppani says, éÁÁÁDoneÁÁÁt be afraid to train. DoneÁÁÁt be afraid to push yourself. In fact, I encourage you to push yourself, because thatéÁÁÁs going to make training that much more fun, and thatéÁÁÁs going to keep you far more consistent.éÁÁÁBy adding weight training to your fitness regimen, youéÁÁÁre introducing a new and challenging element. That kind of variety can go a long way toward maintaining not only progress but motivation to continue.Countless women have followed Dr. StoppaniéÁÁÁs advice, using his supplements, nutritional recommendations, and programs like those available on [JimStoppani.com](#). By employing his methods the same way as their male counterparts, theyéÁÁÁve achieved noticeable results, not only in terms of their physical goals but, for many, the rest of their lives as well.Incorporating resistance training as part of your overall fitness regimen leads to greater strength and muscle development that can help increase overall quality of life, now as well as in the years ahead as your efforts in the present day insure you against potential declines later in life.In the end, if a healthier life is your goal not just in the present day but for the whole of your life, you owe it to yourself to include resistance training. And if you think that, as a woman, that training needs to be different than that of men, just remember Dr. StoppaniéÁÁÁs motto: éÁÁÁTrain for your goals, not your gender.éÁÁÁWant to know more? [JimStoppani.com](#) features hundreds articles and videos from Dr. Jim Stoppani himself, on everything from nutrition to supplementation and training, training.

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