

# Lose Belly Fat 14 Day Challenge

## Home Program



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Welcome to the At Home Program and I am so happy that you made this decision. To get you started I thought I might just tell you how this program works. Each day there is a set of exercises you will do for that day. At the top of the page you will see Reps and Sets. For those of you who may not be familiar with these terms here is a little video to watch before you start.

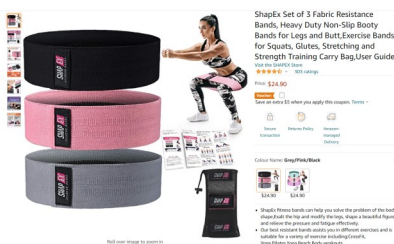
[Just Click Here](#)

To see the video of each of the exercises just click on the exercise and a YouTube video will start and this will show you what the exercise is and how to do it. Or you can click on the Playlist at the top of each page and it will have the list of exercises for that day.

Each day you will also walk for 30 to 40 minutes at a brisk pace. Your heart rate should be up around 120—140 during the walk.

Water is so very important to assist you with your health and wellness so I would recommend at least 8 glasses per day. If you have a glass of water before each meal this helps to keep you from eating more than you should.

Click Pic to go to Amazon Australia for resistance bands



If you have any queries please feel free to contact me on [fitfisque@hotmail.com](mailto:fitfisque@hotmail.com)

Enjoy :-)

Nell

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Why is weight training important especially after 40 years of age? Well as you age your metabolism slows down and it becomes more and more difficult to lose body fat, especially body fat around the mid section. So to improve your metabolism you need to move more and create more muscle mass.

The one way you can add more muscle to your body is with resistance training. And that can be done with weights or with resistance bands. I love training with resistance bands because



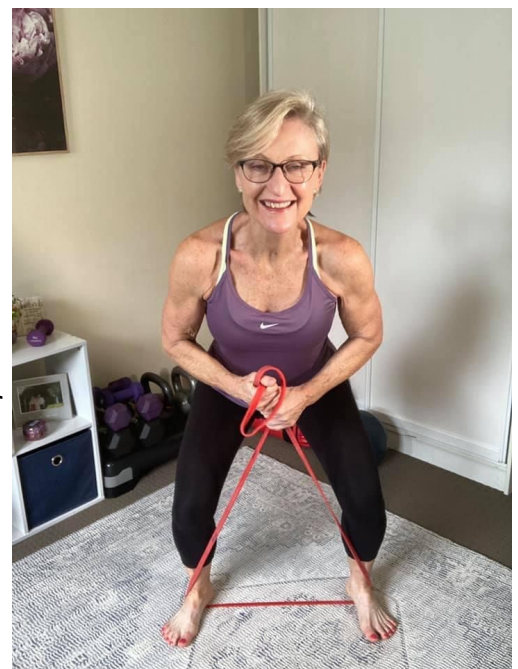
they are so transportable and so convenient to store at home.



Once you start to increase your muscle mass then your metabolism has to work harder to keep that muscle. So your body will start looking for extra energy and that energy will come from your body fat. Having more muscle on your body not only makes you stronger it also keeps you leaner. And when you train to increase your muscle mass there is an add-

ed bonus of improving your bone density.

Many studies have found that resistance training improves your bone density so this means when you fall or trip that the likelihood of breaking a bone is much less, which for anyone over 50 is so vital to maintaining a healthy independent life.



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### WHY WEIGHTS ??

Research has shown over the past couple of decades that working out with weights and especially working with heavy weights that men and women are able to build more muscle and this has a huge impact on their metabolism. Now you may have heard about this metabolism but don't quite understand it. Your metabolism is how many calories your body needs to consume just to stay alive. However, with more muscle you require more calories so it means that even when you are sitting watching TV that your muscular body requires more calories to sustain itself

than someone who has no muscles.



### STAYING MOBILE AND FLEXIBLE

As with most workouts there is usually a bit of stiffness when you first start and I would suggest you do some stretching and mobility work before and after a workout. Once you start coping with the workouts then you can reduce the mobility to maybe twice a week and the stretching after each workout

You can download my mobility and stretching training

1. [Upper Body Mobility](#)
2. [Lower Body Mobility](#)
3. [Stretching](#)

And finally I would like to say to just enjoy the workouts and compliment that with walking or swimming or bike riding or any other activity that you enjoy as this keeps you cardio fit as well as strong, which is so important to hold back the ageing process and maintain your independence. On your rest days you will still walk on those days.

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For this coming 14 days you will take a before photo front side and back and also measure your waistline.

At the end of the 14 days you will retake those photos and also measure your waistline again. If you would like to send these pics into me with your measurements that would be awesome. I would love to see your results. Please send your pics to this email address with the Subject line. Lose Body Fat 14 Day Challenge

[newstartnell59@gmail.com](mailto:newstartnell59@gmail.com)



LAST PICS

# Lose Belly Fat 14 Day Challenge

## Day 1 Back & Biceps Home Program

[Click her for complete Playlist](#)

Notes

[Resistance Band Bent Over Row](#) 10-12 4

[Resistance Band Pull Aparts](#) 10-12 4

[Resistance Band Bicep Curls](#) 10-12 4

[Resistance Band Seated Row](#) 10-12 4

[Resistance Band Single Arm  
Row](#) 10-12 4

[Fire Hydrant into Donkey Kicks](#) 10 First Rnd 3  
15 second  
Rnd  
20 last Rnd

Walk 30 minutes

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Day 2

Reps

Sets

Notes

Legs

[Click here for complete Playlist](#)

[Resistance Band Squats](#)

10-12

4

[Resistance Band Reverse Lunges](#)

10-12

4

[Single Leg Glute Bridges](#)

10-12

3

[Walking Lunges](#)

10-12

3

[Step Ups](#)

10-12

3

[Squat Pulses](#)

15-20

3

[Squat Abduction Pulse](#)

15

3

Walk 30 minutes

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Day 3 Chest & Reps Sets Notes

Triceps

[Click here for complete Playlist](#)

[Push Ups](#)

10-12

4

[Resistance Band Tricep Press](#)

10-12

4

[Close Grip Bench Push Ups](#)

10-12

4

[Tricep Push Ups](#)

10-12

3

[Resistance Band Press](#)

10-12

3

[Resistance Band Flyes](#)

10-12

4

Walk 30 Minutes

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Day 4 Glutes

Rep

Sets Notes

[Click here for full Playlist](#)

[Dumbbell Straight Legged Deadlifts](#)

10-12

4

[Goblet Squats](#)

10-12

4

[Resistance Band Side Walks](#)

10-12

4

[Split Squats](#)

10-15

3

[Elevated Reverse Lunges](#)

10-12

4

[Squat with a Curtsy](#)

10-15

3

[Lying Clam Shells](#)

10-15

3

Walk 30 Minutes

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Day 5 Shoulders      Rep      Sets      Notes

[Click here for full Playlist](#)

[Resistance Band Shoulder Press](#)      10-12      4

[DB Shoulder Press](#)      10-12      3

[Resistance Band Side Raises](#)      10-12      4

[Push Ups](#)      10-12      3

Or

[Knee Push Ups](#)

[Resistance Band Face Pulls](#)      10-12      4

[Resistance Band Front Raises](#)      10-12      3

[Reverse Lunges with](#)      10-12      3

[Resistance Band](#)

Walk 30 minutes

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Congratulations you have completed your first week.

Each week you will improve upon your reps and the type of resistance band you use. Which means you will try to go to the next level next week

Best of luck to you and congrats on making such an important decision on your health, your fitness and your well being.

## Nell Simpson Fitness

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