



WELCOME

Congratulations on pursuing your personal best and purchasing this functional and innovative exercise tool. Greater fitness and wellness is the best gift you can give yourself.

Designed to remove the guesswork and intimidation from the gym experience **My Gym Trainer features 24 workouts professionally designed by a personal trainer.**

Confidently achieve fantastic results on your own for a fraction of the cost of 24 personal trainer sessions. Use these workouts from 3-6 days a week and you will experience positive results.

We invite you to communicate and share your experience and story of improved health and fitness. Before you start, we highly recommend that you take “before” photos, weight and measurements, then retake these weekly to track your progress. It’s best to weigh and measure around the same time of day each week for the most accurate tracking.

We encourage you to visit our website and we look forward to your comments and success stories.

www.MyTrainerFitness.com

MyGym
Trainer

MyGymTrainer 1

For a Healthy and Balanced Life

Exercise is one of several important health foci. Most experts agree that the key to optimal health is a combination of

✓ *physical activity*

✓ *sound nutrition*

✓ *sufficient rest*

✓ *stress management*

Tough workouts like these require proper nutrition to rebuild stronger muscles, bones and joints, and are more productive if the body is well rested. All of these in balance contribute significantly toward stress management.



See your body composition change into a leaner, tighter, more toned form and you will feel better about yourself and your life. A healthier you is achieved through persistent practice of these key behavioral steps.

The more you practice the easier it becomes, and the closer you'll come to that desired state of optimal health, great immune function and increased energy, in addition to improved body composition: leaner, tighter, more toned and feeling great! ***Keep it up...look good...feel great!***



This book contains 4-8 weeks of individual workout cards that you can remove and take with you to the gym. ***My Gym Trainer*** workout cards are convenient, user-friendly and more discreet than a clipboard or fitness book.

DISCLAIMER:

CONSULT YOUR DOCTOR BEFORE BEGINNING THIS OR ANY EXERCISE PROGRAM OR ROUTINE. The creators, contributors, participants and distributors of ***My Trainer Fitness*** products do not assume liability and will not be held responsible for injury or loss in connection with this line of exercise books, products, exercises, information or any associated information or product.

*MyGym
Trainer*



PREFACE

Around six years ago, I resolved chronic back pain and reversed osteopenia through exercise. Now I am hooked. I'm convinced that adequate exercise and rest with proper nutrition are essential to a balanced life, and contribute toward a positive outlook and overall sense of well-being. In fact studies show that exercise helps to alleviate depression.

The *My Trainer Fitness* line arose from my own experience of being a gym newbie. After two years of at-home workouts, the gym and all the equipment were mysterious. I needed to learn how to get the most out of my workout time, so I observed the most disciplined and focused trainer in the gym and asked her to train me.

Now, two years later, I still train with Jill two days a week because she challenges me to stretch beyond perceived limits. Jill has helped me to raise the bar. Today, at age 50, my "metabolic age" measures out as 25 years, and indeed I feel more fit now than 25 years ago.

Together, Jill and I have created *My Trainer* books to empower others toward more effective workouts and improved fitness. *My Gym Trainer* workouts have become an enjoyable weekly activity for my family where fitness is a natural part of our life. Exercise is empowering. I've never once regretted taking the time to exercise...to fit it into a busy schedule, and I bet you won't either.

Leaura Alderson



JILL COLEMAN

The fitness world has always been a natural part of my life; from playing sports at a young age to aerobics instructor training in my teens, exercise is my way of life.

As a personal trainer for over seven years, I have seen clients not only change their bodies, but more importantly, change their outlook on life. Fitness through weight training empowers people to become more confident, effective and accomplished. Since training with LeAura, I have watched her physical and mental abilities grow with increased confidence, even as I have grown as a trainer. We all have to work through the ups and downs of motivation, time constraints, nutritional struggles and balancing family life with health and wellness. We have come a long way in two years, and you can too.

My Trainer Fitness is a culmination of our client-trainer relationship, friendship and mutual passion for fitness, and the desire to share this with others. *My Gym Trainer* was created from the observation of a need for a user-friendly workout guide for the gym. This book is just the beginning of a series of workouts based on our actual training protocols that have brought LeAura from an average exerciser to someone who recognizes that aging need not represent limitation and debilitation.

LeAura has inspired me as a trainer to continue to grow in my field and bring only the best workouts every time, and that's what we bring to you in *My Gym Trainer*: the best of the best, based on research, but most importantly based on our experience of what it takes to become a slimmer, tighter, healthier, happier and fitter version of you!

Jill Coleman

Never Easy...*Always* Worth It

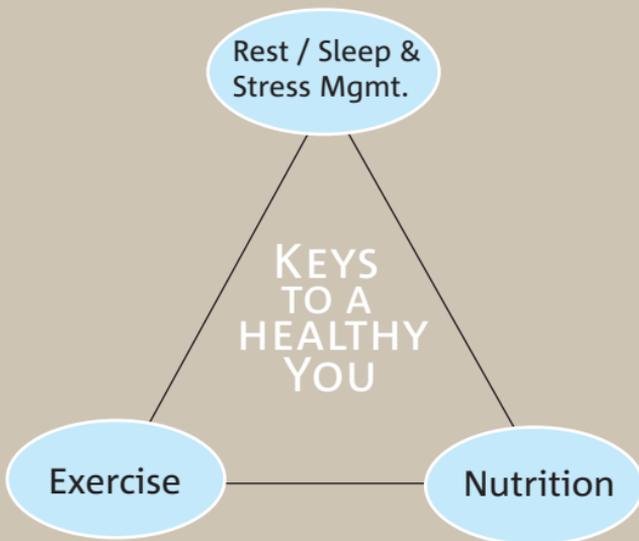
Exercise results in more energy with which to enjoy your life.

A balanced *diet* of vibrant and nutritious foods will help keep your body energized.

A good night's *sleep* helps your body heal through restoration and renewal.

All three principles applied in balance, strengthens your immune system while improving all areas of your health.

**Be good to your body...
it's the only one you've got.**



www.MyTrainerFitness.com

HOW TO USE THIS BOOK:

My Gym Trainer consists of 4 weeks of workouts. Each week contains 6 removable cards, each with a complete workout to take with you to the gym. Every workout is different, for variety and balance, with the seventh day being an informational day of rest.

After 4 weeks, you can start the cycle over. Or, if you exercise fewer than 6 days per week, then just use the next consecutive workout card the next time you go to the gym. *My Gym Trainer* workouts are designed to work the full body over a three-day cycle, so using the cards consecutively, whether it's 3, 4, 5 or 6 days a week, will keep your workouts balanced.

As you progress, you can increase weight and intensity, and when you're ready, move up to *My Gym Trainer 2* and eventually *My Gym Trainer 3*.

To get the most out of this book, please carefully read all informational pages, and before beginning this or any exercise program, consult with your physician. Always listen to your body and discontinue exercise if experiencing pain or other concerns. If an exercise is too tough, intense or just doesn't feel right, skip it or decrease the weight or intensity. The protocols are good starting points for typical beginners, but each one may need adjusting based on your unique fitness level and experience. Know your limits and pace yourself. Personal training means just that: it is personal to you, and only you can determine what you can and cannot do. Have fun, work hard, and persist;

you'll be glad you did.

MyGymTrainer 1

My Gym Trainer 1 workouts are for anyone who is a relative beginner to gym exercise and who:

- ✓ Wants to get the most out of their gym membership
- ✓ Wants to improve their physical appearance, conditioning and health
- ✓ Wants to improve their emotional and mental well-being
- ✓ Wants to feel better about themselves and their life
- ✓ Has reached a plateau and is ready for a new challenge
- ✓ Can't afford a personal trainer but would like the benefits
- ✓ Utilizes a personal trainer and wants additional professional workouts

In addition, **My Gym Trainer 1** is very useful for busy trainers as a handy, at-your-fingertips integrated workout program they can incorporate for new clients.

My Gym Trainer

- ✓ Provides six workouts per week, averaging an hour each.
- ✓ Structures workouts for best results: approximately 50% cardiovascular and 50% strengthening and toning.

*With **My Gym Trainer 1**, you have all the expertise and advice, plus additional online support for less than the price of one, 1-hour session. Hiring a personal trainer for 24 workouts would cost hundreds of dollars.*



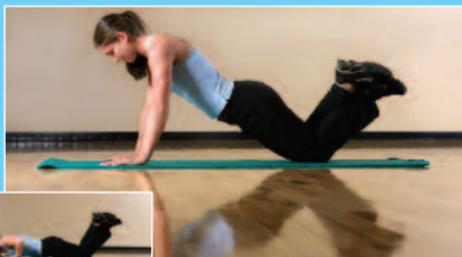
WARM-UP Warming up before any type of exercise is crucial in injury prevention, so be sure to include a 5-10 minute warm up on the treadmill, stationary bike, or elliptical to loosen joints and increase blood-flow to the muscles. Launching into weight-training exercises with cold muscles can cause injury.

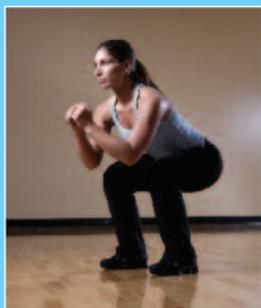
FORM is very important when performing any exercise. When using weights or machines, if you feel a sharp pain or uncomfortable strain in areas other than the muscle you are training, re-check your form or cease the exercise altogether.

There should always be some discomfort during weight training, such as a slight burning. To check out your form, it helps to be in front of a mirror when performing an exercise. And remember, if you are new to weight training, it is much better to begin slowly with lighter weight, and perfect your form before moving to heavier weights.

The fastest way to land back on the couch is to go too hard, too fast!

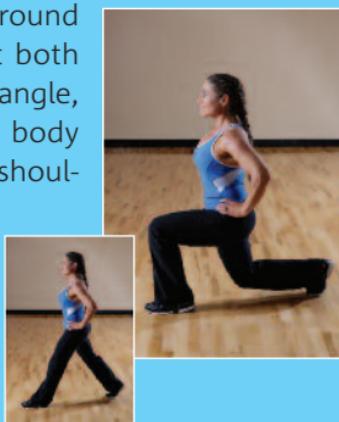
PUSH-UPS The optimal push-up form, whether you're pushing up from your knees or toes, consists of positioning your body in a straight line from head to toe, while bringing your chest to the floor. Most people drop halfway and then pop back up. If you do this, you're getting only half the benefit from this exercise. Do a few chest-to-the floor push-ups as opposed to a lot of half-reps.





SQUATS Can be one of the toughest exercises in terms of form. As you squat, push your glutes back and try to keep your weight in your heels (you can be sure of this by lifting your toes off the floor slightly). Bend the knees as far as is comfortable. If you feel discomfort or sharp pain, adjust the range of motion slightly.

LUNGES Another toughie. To perform a perfect lunge, step one foot out as far as possible, drop the back knee towards the ground (within an inch) so that both knees make a 90-degree angle, keeping the upper body straight up (chest lifted, shoulders back, tummy tight). Push back off the front heel to the starting position. Repeat on the other side.



ABDOMINALS It's a good practice to keep your abs tight and contracted during all resistance training. Not only does it strengthen the abdominal muscles but also protects your back and builds a strong core, which is essential for overall stability.

▶ **CIRCUIT 1** *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Leg Press Machine	12	Medium
Free Squat	12	Medium
Leg Extension Machine	12	Medium

▶ **CIRCUIT 2** *complete 3 sets each*

Leg Curl Machine	12	Heavy
Calf Raise <i>w/dumbbells</i>	20	Medium

Leg Press 1



Leg Press 2



Free Squat



Leg Extension



Calf Raise 1



Leg Curl



Calf Raise 2



Treadmill | 15 minutes

INCLINE	SPEED	TIME
0.0	3	0-2
4.0	3	2-5
6.0	3	5-9
8.0	3	9-12
10.0	3	12-14
0.0	3	1 MIN COOL DOWN

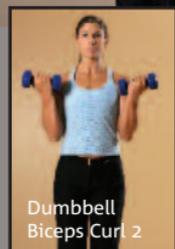
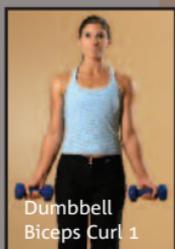
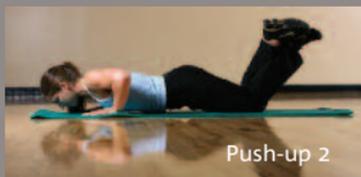


CIRCUIT 1 *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Chest Press Machine	12	Medium
Shoulder Press Machine	12	Medium
Push-up on Knees	8	None

CIRCUIT 2 *complete 3 sets each*

Row Machine	12	Heavy
Dumbbell Biceps Curl	12	Medium
Dumbbell Side Raise	12	Medium



Elliptical Trainer | 20 minutes

RESISTANCE	CROSSRAMP	TIME
2	8	0-3
6	8	3-6
8	8	6-9
10	8	9-12
12	8	12-15
3	8	5 MIN COOL DOWN

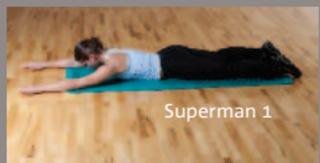
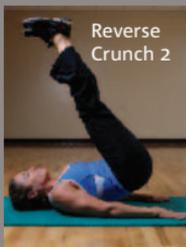
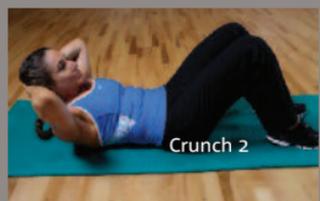
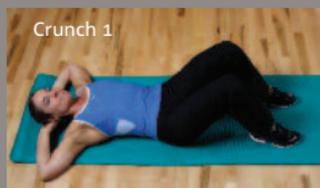


CIRCUIT 1 *complete 3 sets each*

EXERCISE	REPS	WEIGHT
Crunch	20	None
Bicycle Crunch	10 <i>ea side</i>	None
Reverse Crunch	20	None

CIRCUIT 2 *complete 3 sets each*

Superman	20	None
Plank Hold	20 <i>sec</i>	None



Recumbent Bike | 20 minutes

RESISTANCE	RPM	TIME
5	60+	0-5
5	80+	5-7
5	60+	7-9
5	80+	9-11
5	60+	11-13
5	80+	13-15
2	Slow/ Medium	5 MIN COOL DOWN

