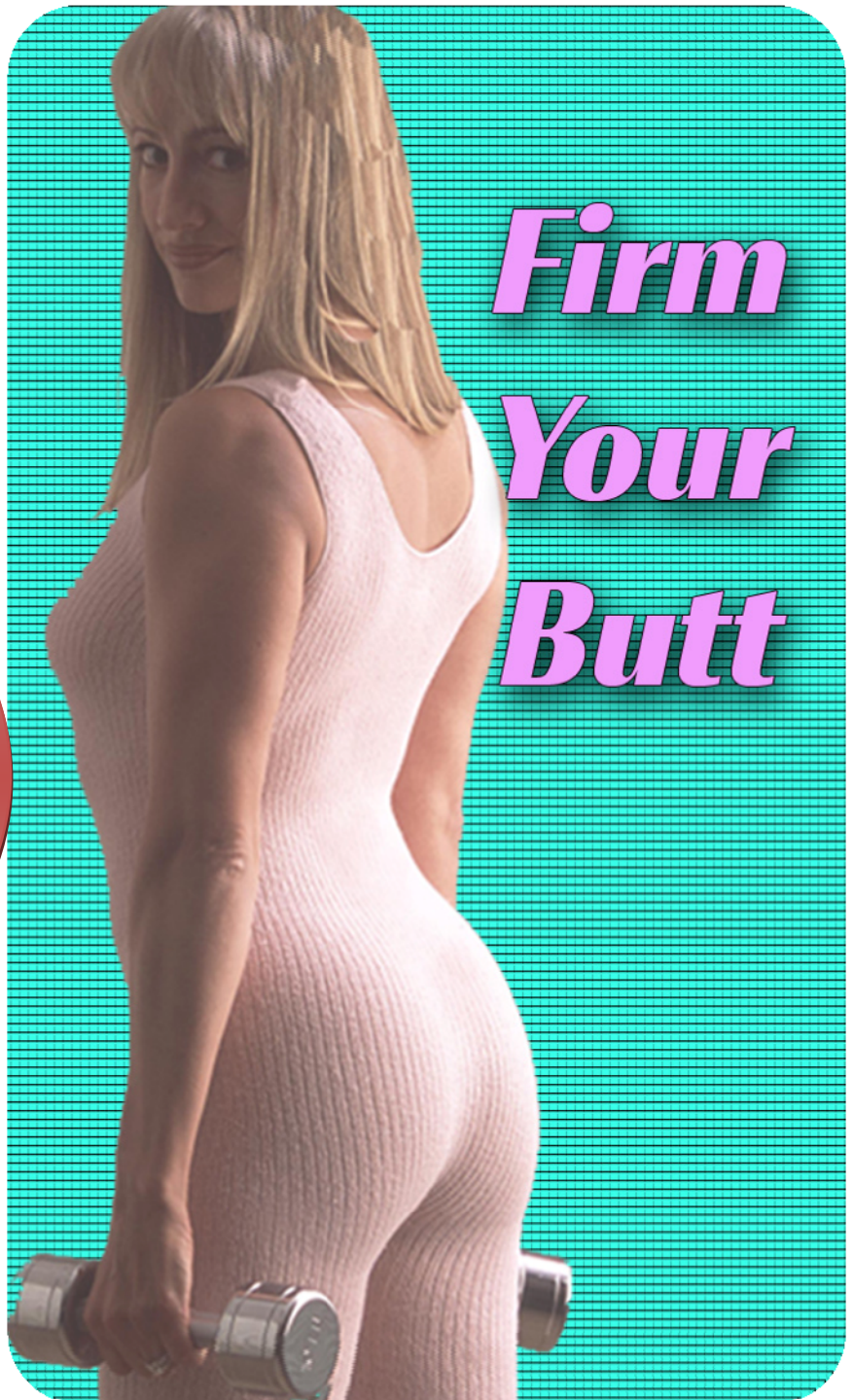


The Exercise  
Program that  
Really "Gets to  
the Bottom  
of It"

# *Firm Your Butt*



Created by  
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Congratulations on making one of the most important decisions of your life—to improve your health and fitness.

Upon completion of my book, **Getting to the Bottom of It**, the response from my clients, as well as strangers, was most overwhelming. Women were compassionately being acknowledged for their fitness and weight management concerns and needs. Carefully planned exercise programs were constructed for use on traditional machines with some floor exercises woven-in for variety. Diet challenges were sensitively explored and addressed.

In this booklet (which, in part, is a summary of my book's exercise program), I have carefully constructed a program focusing on exercises that tone those stubborn areas—the hips, buttocks, and thighs while at the same time challenging your balance, thus introducing a functional component. This new philosophy has my complete and passionate support, and I want to share it with everyone. I have integrated floor exercises that most people want and are comfortable with, as well as provide functional exercises that I believe each person needs. You will be amazed as to how much “fun” you will have in the whole new world of functional training.

The exercise programs included in this booklet were designed to challenge both the beginner as well as the seasoned exerciser.

The exercises for both programs are performed in rapid succession to impose maximum demand on the muscles of the hips, buttocks, and thighs in the least amount of time (less than 30 minutes per session). The training system used is called pre-exhaustion, and is highly effective for isolating and firming a body-part, which in this case, the hips, buttocks, thighs, and core.



# Beginner Program

## Notes:

- ❖ *The beginner program allows you to do everything at home.*
- ❖ *The advanced programs rely mostly on machines and free weights or kettlebells, which are generally found in most health clubs.*
- ❖ *WHEN PERFORMING EACH EXERCISE TRY TO FEEL THE MUSLES(S) DOING THE WORK. Tighten the muscles that are involved.*
- ❖ *Perform each repetition slowly and mindfully.*
- ❖ *Perform each of the following exercises in a successive fashion (minimum rest between exercises).*
- ❖ *Perform 3x/week (non-consecutive days).*
- ❖ *The "Beginner program—At a glance, allows you to see a summary of the program (see page 8).*

### **Suggested Equipment:**

- ❖ **Stability Ball**
- ❖ **Medicine Ball**
- ❖ **Dumbbells (3, 5, 8, 10 pounds)**

\*Available online at [www.PerformBetter.com](http://www.PerformBetter.com)

# *Exercise #1:*

## *Supine Bridge (2 leg support)*



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Low Back/Abdominals

### *Instructions*

- ❖ Lie face up on the floor with both knees bent at a 90-degree angle and feet flat on floor, with hands by your side.
- ❖ Tighten abdominals and lift your pelvis up off the floor approximately 6-8 inches without arching your lower back.
- ❖ Pause at the top and mentally focus on the muscles of the buttocks and hamstrings.
- ❖ Repeat.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/
- ❖ When 20 reps becomes easy, try bridging with fallouts (see intermediate program)



# *Exercise #2:*

## *Hip abduction (sidelying)*



Start



Finish

### *Muscles Targeted*

- ❖ Side of Hip (Gluteus Medius & Minimus)
- ❖ Side of Thigh (Tensae Fascia Latae)
- ❖ Waist (External & Internal Oblique)

### *Instructions*

- ❖ Lie on your left side with your left arm underneath your head. Bottom knee should be bent at a 45-90 degree angle for added stability.
- ❖ Lift your right leg up as high as possible without rolling hip forward or backward.
- ❖ Pause at the top and mentally focus on your right hip muscles.
- ❖ Lower leg to the starting position. Repeat for recommended reps. Repeat lying on your other side.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try side bridge (see intermediate program).

NOTE: If you can't get down to the floor, you can do this on a hard mattress.

# *Exercise #3:*

## *Ball Squats*



**Start**



**Finish**

### *Muscles Targeted*

- ❖ Front of Thigh (Quadriceps)
- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Lower Back (Spinae Erectors)

### *Instructions*

- ❖ Stand erect with hands on your waist and stability ball against wall and aligned with lower back.
- ❖ Feet shoulder width apart. Toes out slightly.
- ❖ Squat down until thighs are parallel with floor (or as your strength allows). Your heels should NOT lift from the floor.
- ❖ Push butt toward wall.
- ❖ Rise up to starting position. Your knees should be aligned with 2<sup>nd</sup> & 3<sup>rd</sup> toes throughout exercise (i.e., do not allow knees to move towards each other (“knocked knee”).

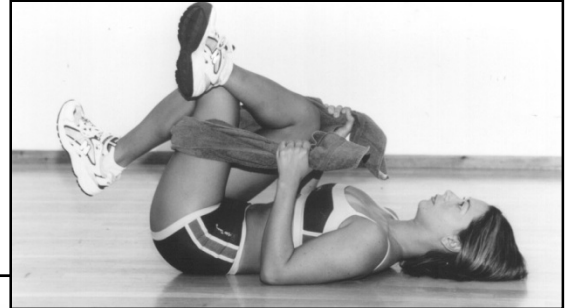
### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try holding dumbbells in your hands or place a medicine ball between your thighs which works your inner thighs. SUGGESTION: BEGINNERS MAY WANT TO USE A “PEANUT SHAPED BALL” IF THEY ARE UNSURE OF THEIR BALANCE.

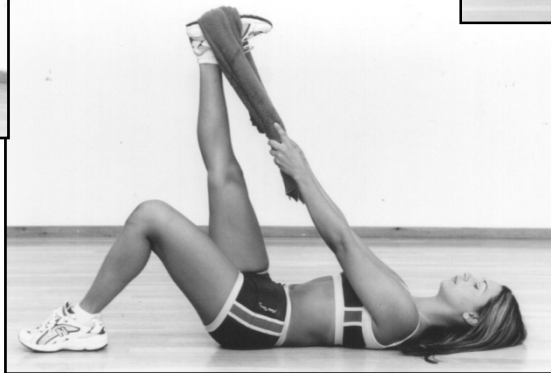
# Stretches



Stretch #1



Stretch #3



Stretch #2

## Instructions for Stretches:

**Stretch #1:** Quad Stretch: Hold your foot & pull toward the buttocks until you feel a stretch in the front of your thigh. If you cannot reach your hand to your foot, use a towel to 'bridge the gap'.

**Stretch #2:** Gently pull straight leg toward a 90-degree angle, or as flexibility allows. Keep opposite knee bent.

**Stretch #3:** Gently pull towel toward your chest until you feel a stretch in the buttocks of your crossed leg.

HOLD EACH STRETCH FOR 30 SECONDS AND REPEAT EACH STRETCH (FOR EACH LEG) 3-5 TIMES.

# *Beginner Exercise Program: At a glance*



1. Bridge



2. Hip Abduction



3. Ball Squats

## *Directions:*

- ✓ Perform exercise 1 for 10-20 reps and proceed immediately to exercise 2 without rest.
- ✓ Perform exercise 2 for 10-20 reps on each leg then proceed immediately to exercise 3 without rest.
- ✓ Perform exercise 3 for 10-20 reps and then proceed to the stretches (see previous page for stretches).
- ✓ Perform only 1 set of each exercise if you have never done these exercises before.
- ✓ After a few weeks repeat sequence twice. After a month, repeat sequence 3 times.

WHEN THIS EXERCISE PROGRAM BECOMES EASY PROCEED TO INTERMEDIATE PROGRAM.



# Intermediate



# Program

## Notes:

- ❖ *The Intermediate program allows you to do everything at home.*
- ❖ *The advanced programs rely mostly on machines and free weights, which are generally found in most health clubs.*
- ❖ *WHEN PERFORMING EACH EXERCISE TRY TO FEEL THE MUSCLE(S) DOING THE WORK. Tighten the muscles that are involved.*
- ❖ *Perform each repetition slowly and mindfully.*
- ❖ *Perform each of the following exercises in a successive fashion (minimum rest between exercises).*
- ❖ *Perform routine 3x/week (non-consecutive days).*
- ❖ *The "Intermediate program—At a glance", allows you to see a summary of the program (see page 15).*

### Suggested Equipment:

- ❖ **Stability Ball**
- ❖ **Medicine Ball**
- ❖ **Tubing (yellow, green, & blue)**
- ❖ **Dumbbells (3, 5, 8, 10 pounds)**

\*Available online at [www.PerformBetter.com](http://www.PerformBetter.com)

# *Exercise #1:*

## *Supine Bridge (with fallout)*



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Side of Hips (Gluteus Medius & Gluteus Minimus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Low Back/Abdominals

### *Instructions*

- ❖ Attach appropriate tubing around thighs (as shown).
- ❖ Lie face up on the floor with both knees bent at a 90-degree angle and feet flat on floor, with hands by your side.
- ❖ Tighten abdominals and lift your pelvis up off the floor approximately 6-8 inches without arching your lower back.
- ❖ Spread your knees apart and pause for a moment. Return knees back super slowly without letting knees touch. Repeat.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try bridging with heavier band or w/one leg (see advanced program)

### Band Color Resistance Key:

- ❖ Yellow =Light
- ❖ Green =Medium
- ❖ Blue =Heavy
- ❖ Black =Super Heavy

Bands available at

[www.PerformBetter.com](http://www.PerformBetter.com)

# *Exercise #2:*

## *Hip Abduction (Side Bridge)*



Start



Finish

### *Muscles Targeted*

- ❖ Side of Hip (Gluteus Medius & Minimus)/Side of Thigh (Tensae Fascia Latae)
- ❖ Waist (External & Internal Oblique)
- ❖ Scapula Stabilizers

### *Instructions*

- ❖ Lie on your left side and support your torso with your forearm and elbow. Both legs should be bent at approximately 90-degrees.
- ❖ Lift your hips off the floor by pressing the knee against the floor along with your forearm and elbow.
- ❖ Pause at the top and mentally focus on your hips. Your left hip/oblique (side of waist) and your left arm/shoulder are the working segments.
- ❖ Lower hips to the starting position. Repeat for recommended reps. Repeat lying on your other side.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try this exercise with legs straight (see advanced program).

# Exercise #3: Tube Walking



Start



Finish

## *Muscles Targeted*

- ❖ Side of Hip (Gluteus Medius & Minimus)
- ❖ Waist (External & Internal Oblique)

## *Instructions*

- ❖ Attach tubing around ankles.
- ❖ Advance your left leg out to the side while keeping an erect posture and abdomen tensed.
- ❖ Now bring the right leg toward the left while maintaining tension on the tube.
- ❖ Repeat for designated distance. Change direction.

## *Recommended reps/Progression Techniques*

- ❖ Strive for 10 steps each way (or as many as you can)/When 10 reps becomes easy, try this exercise in a squat stance.

**OPTION: IF YOU'RE UNCOMFORTABLE DOING THE TUBE WALK (or side bridge), YOU MAY WANT TO TRY THE CLAM SHELL EXERCISE INSTEAD (SEE below).** Place tubing around knees (just slightly above) and lift top leg as high as you can without leaning back, lower slowly without hitting your other knee. Strive for 10-20 reps.





# *Exercise #4:* *Cone Touch*



**Start**



**Finish**

## *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Lower Back (Spinae Erectors)

## *Instructions*

- ❖ Place cone on the floor (about 2 feet away).
- ❖ Stand on your left leg and reach for the cone with your right hand and return to upright posture.
- ❖ Your ear, shoulder, hip, knee, and ankle of your right side should form a straight line.
- ❖ Repeat for recommended reps. Repeat with other leg.

## *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, reach for a smaller cone or try bending your planted knee when reaching for the cone, but don't lift your heel off the ground.
- ❖ If you don't have a cone, try using a shoe box or a flower vase.
- ❖ You may want to stand next to a stable object (like a counter) in the event you lose your balance.

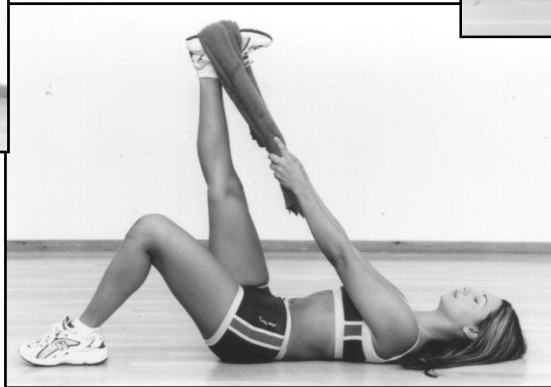
# Stretches



Stretch #1



Stretch #3



Stretch #2

## Instructions for Stretches:

**Stretch #1:** Quad Stretch: Hold your foot & pull toward the buttocks until you feel a stretch in the front of your thigh. If you cannot reach your hand to your foot, use a towel to 'bridge the gap'.

**Stretch #2:** Gently pull straight leg toward a 90-degree angle, or as flexibility allows. Keep opposite knee bent.

**Stretch #3:** Gently pull towel toward your chest until you feel a stretch in the buttocks of your crossed leg.

HOLD EACH STRETCH FOR 60 SECONDS AND REPEAT EACH STRETCH (FOR EACH LEG) 3-5 TIMES.

# *Intermediate*

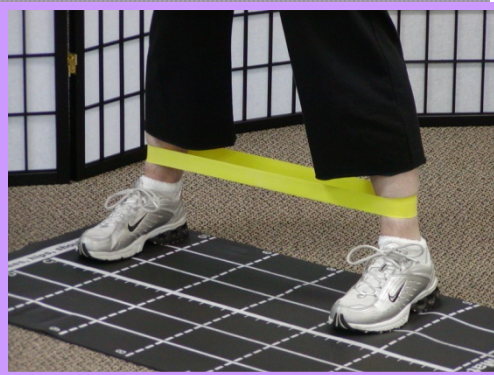
## *Exercise Program: At a glance*



1. Two Leg Bridge w/Fallout



2. Side Bridge or clam shell



3. Tube Walk



4. Cone Touch

### *Directions:*

- ❖ Perform exercise 1 for 10-20 reps and proceed immediately to exercise 2 without rest.
- ❖ Perform exercise 2 for 10-20 reps on each leg then proceed immediately to exercise 3 without rest.
- ❖ Perform exercise 3 for 10 steps (back & forth) and then proceed immediately to exercise 4 without rest.
- ❖ Perform exercise 4 for 10-20 reps on each leg then proceed to stretches (see previous page for stretches).

After a few weeks repeat sequence twice. After a month, repeat sequence 3 times.



# Advanced Program

## Notes:

- ❖ *The advanced programs rely mostly on cable machines and free weights, which are generally found in most health clubs.*
- ❖ *WHEN PERFORMING EACH EXERCISE TRY TO FEEL THE MUSLES(S) DOING THE WORK. Tighten the muscles that are involved.*
- ❖ *Perform each repetition slowly and mindfully.*
- ❖ *Perform each of the following exercises in a successive fashion (minimum rest between exercises).*
- ❖ *The advanced program is very challenging on your lower body muscles, as well as your balance and stamina. Perform 3x/week (non-consecutive days).*
- ❖ *The advanced program consists of 2 circuits consisting of 9 exercises in total. The first circuit requires you to perform all 4 exercises with one leg (minimum rest between), then repeat the same circuit with the other leg.*
- ❖ *Refer to the 'advanced program—at a glance' for the exact sequence and rest times between circuits (see page 27).*



## CIRCUIT 1

# Exercise #1: Supine Bridge (one leg)



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Low Back/Abdominals

### *Instructions*

- ❖ Lie face up with working leg at a 90-degree angle and planted on floor (you are working right leg).
- ❖ Tighten abdominals and lift your pelvis up off the floor approximately 6-8 inches without arching your lower back. Your left leg and hip are flexed at approximately 90 degrees (as shown).
- ❖ Lift both hips up in 'unison' as this will promote a stable pelvis. Pause at top and lower lower to floor.
- ❖ Repeat for recommended reps.
- ❖ **Proceed to next exercise immediately using the same leg (right).**

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/You can increase the intensity by doing 5 small pulses or partial reps at the top of each rep. You may want to put your planted foot on a Bosu™ Ball which provides for an unstable surface (& increases Range of Motion) thus making this exercise more demanding.

# *Exercise #2:*

## *Dippin Bird*



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Front of Thigh (Quadriceps)
- ❖ Scapula Stabilizers

### *Instructions*

- ❖ Hold Medicine ball in your hand (preferably light [1-2 pounds]). Place right foot in front while left foot is barely touching the ground. Most of your weight is on the right foot, preferably the heel and midfoot.
- ❖ Squat down while sticking butt behind you & bringing medicine ball toward floor. Your weight should still be on the heel of right foot (foot that is forward).
- ❖ Return to starting position. Repeat for recommended reps.
- ❖ **Proceed to the next exercise immediately using the same leg (right).**

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try holding a heavier Medicine ball.

**NOTE: Individuals who suffer from any knee condition, try the deadlift version of this exercise, which simply requires you to pivot only from the hip, while your knee is bent approximately 5 degrees the entire set.**

# *Exercise #3: Hip Abduction (Side Bridge)*



Start



Finish

## *Muscles Targeted*

- ❖ Side of Hip (Gluteus Medius & Minimus)/Side of Thigh (Tensor Fasciae Latae)
- ❖ Waist (External & Internal Oblique)
- ❖ Scapula Stabilizers

## *Instructions*

- ❖ Lie on your left side and support your torso with your forearm and elbow. Both legs should be bent at approximately 90-degrees.
- ❖ Lift your hips off the floor by pressing the knee against the floor along with your forearm and elbow. Now lift top leg (this leg is working dynamically while the bottom hip is stabilizing your posture. Although both legs/hips are working on this exercise, we refer to the moving leg as the working leg.
- ❖ Pause at the top and mentally focus on your hips. HIPS REMAIN ELEVATED THROUGHOUT EXERCISE. Do not let your hips drop during entire exercise.
- ❖ Lower hips to the starting position. Repeat for recommended reps.
- ❖ **Proceed to next exercise immediately using the same leg (right).**

## *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try placing an ankle weight on your top leg's ankle or perform exercise in insert. You can also make this exercise harder by straightening the bottom leg and pivot from the bottom lateral ankle rather than the knee.

# Exercise #4: Squat to Row



Start



Finish

## *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus) & Posterior Thigh (Hamstrings)
- ❖ Front of Thigh (Quadriceps)
- ❖ Ankle (Posterior Tibialis—if arch stays off ground) This exercise also actively stretches your calf muscle.
- ❖ Upper Back (Latissimus Dorsi, Rhomboids, Middle Trapezius) & Upper Arm (Biceps)

## *Instructions*

- ❖ Stand in front of a cable column (adjusted at waist level). Grasp cable handle with left hand while standing on right leg (see start photo). NOTE: The pictures above depict exerciser using a rubber tubing, if you are at a gym, use a cable column as mentioned earlier.
- ❖ Squat down on your right leg (make sure your knee is over your small toes) while extending your left arm (see finish photo). Your weight should be on your right heel.
- ❖ Individuals who haven't done this before, may want to limit the depth of the squat.
- ❖ Return to starting position. Repeat for recommended reps.
- ❖ **This is the last of the 1<sup>st</sup> circuit exercises. Stretch and proceed to other leg (i.e, return to the one leg bridge then the dippin bird, then the side bridge, and finally the one leg squat to row, using the left leg on all of them. Upon completion of both legs proceed to Circuit 2, which consist of different exercises.**

## *Recommended reps/Progression Techniques*

- ❖ Choose a weight that causes fatigue after 10-12 reps .When 12 reps becomes easy, try performing this exercise with ½ foam roll (flat side down>flat side up) under planted foot.



## CIRCUIT 2

# Exercise #5: Ball Bridges



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Front of Thigh (Quadriceps)
- ❖ Lower Back

### *Instructions*

- ❖ Sit on stability ball and roll out until you are positioned as depicted in picture.
- ❖ Slowly lower your hips while keeping abs tight and then lift hips up (as shown in start position) and hold for 5 seconds or as tolerated.
- ❖ Repeat for recommended reps. Proceed to next exercise immediately.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, have a partner place a barbell on your lap or perform in Smith Machine (bar across hips).  
*Some individuals may feel more comfortable using a 'peanut shaped' stability ball.*

# *Exercise #6:*

## *Side Lunges*



Start



Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Front of Thigh (Quadriceps)
- ❖ Inner Thighs (Adductor Complex)

### *Instructions*

- ❖ Stand up straight while legs together and lunge out to the side.
- ❖ Come back to the center and lunge to the other side Do not excessively lean over and stay upright. Keep feet pointed straight ahead throughout exercise.
- ❖ Return to starting position. Repeat for recommended reps. Proceed to next exercise immediately.

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try holding heavier dumbbells.

# *Exercise #7: Supine Bridge With Pilates Ring Squeeze*



Start



Finish

## *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Inner Thigh (Adductor Complex)
- ❖ Abdominals
- ❖ Lower Back

## *Instructions*

- ❖ Place Pilates Magic Circle™ between thighs with no tension and assume 2 leg bridge position (i.e., hips elevated and low back NOT ARCHED).
- ❖ Squeeze ring as far as you can (see finish photo) and hold for a moment, then return back to start position (see start photo). Hips stay elevated and feet remain flat on floor.
- ❖ Individuals who haven't done this before, may want to keep their hips down the entire set.
- ❖ Repeat for recommended reps. Proceed to next exercise immediately.

## *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try extending your lower leg (leg extension) while maintaining hip position and tension on ring.
- ❖ If you don't have a Pilates ring squeeze a soft ball.

# *Exercise #8:* *One Leg Deadlift*



Start



Finish

## *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Hips (Gluteus Medius & minimus)
- ❖ Hamstrings
- ❖ Lower back

## *Instructions*

- ❖ Stand up tall holding a kettle bell in your left hand.
- ❖ Bend over while maintaining a straight back and standing on your right leg.
- ❖ Your hips should be parallel with the ground when in the finish position, they should NOT be twisted.
- ❖ Individuals who haven't done this before, may only want to perform at small ranges.
- ❖ Repeat with other leg.
- ❖ Proceed to next exercise immediately.

## *Recommended reps/Progression Techniques*

- ❖ Strive for 10-12 reps, when this becomes less challenging, increase the weight of the kettle bell.



# *Exercise #9:*

## *Stability Ball Leg Curls*



Start

Middle

Finish

### *Muscles Targeted*

- ❖ Buttocks (Gluteus Maximus)
- ❖ Posterior Thigh (Hamstrings)
- ❖ Abdominals
- ❖ Lower Back

### *Instructions*

- ❖ With both feet on ball, lift hips up and pull ball toward your butt. DO NOT ARCH YOUR BACK.
- ❖ Keep arms spread (as shown) for balance. Straighten legs and lower hips back to floor. Keep abs tight throughout exercise.
- ❖ Individuals who haven't done this before, may only want to perform start and middle portion of this exercise.
- ❖ Return to starting position. Repeat for recommended reps. Stretch and you have completed "Getting to the Bottom of It".

### *Recommended reps/Progression Techniques*

- ❖ Strive for 10-20 reps (or as many as you can)/When 20 reps becomes easy, try performing leg curl with with one leg.

# Advanced Stretches



Stretch #1



Stretch #2

Stretch #3



## Instructions for Stretches:

**Stretch #1:** Grab your left foot with your left hand, slowly bend forward until your hand approaches the floor. Try to maintain a straight line between your shoulder, hip, and knee as depicted in stretch #1 photo. If you can't reach the floor bend over as far as you can (see stretch #2, you may want to hold on to a stable object for balance). This exercises stretches your hip flexors (front of hip), hamstrings (posterior thigh), and quadriceps. A lot of 'cluck for your buck'.

**Stretch #3:** Start in kneeling position and proceed to a hands and knee posture. Slide your lower leg behind your hands until its flat on the floor (as shown).

# Advanced Exercise Program: At a glance

*Directions:* Perform the following exercises in a successive fashion (no rest between [using same leg]), then repeat with other leg, stretch, REST for 1 minute, then proceed to circuit 2 (see next page)

## Circuit 1



1. ONE- LEG BRIDGE



2. DIPPIN BIRD

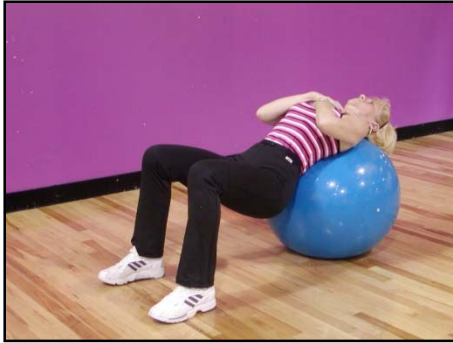


3. SIDE BRIDGE W/HIP ABDUCTION



4. ONE LEG SQUAT TO ROW

## *Circuit 2*



Ball Bridge



Side Lunges



Bridge w/Pilates ring



One leg deadlift



Ball Leg Curl

## *End of Advanced Circuit*

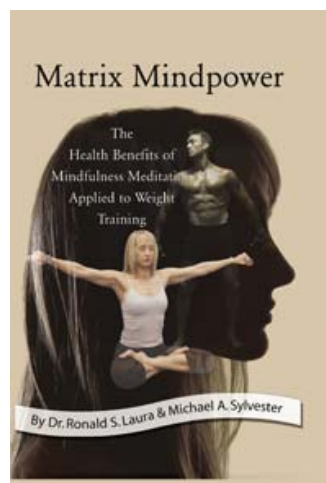
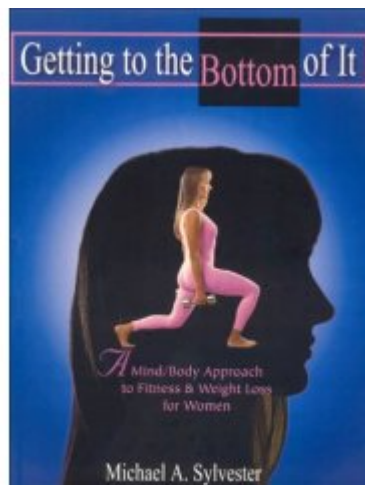




# *Background of Michael Sylvester*

## *Michael Sylvester, BS, LPTA, CPT*

- Michael Sylvester is an Exercise Physiologist and a Licensed Physical Therapist Assistant (LPTA) and is certified by the American College of Sports Medicine (ACSM) as a Health Fitness Instructor.
- Michael's client base ranges in age from teen to elderly; healthy to physically challenged.
- Michael has directed weight loss groups, and has motivated and supported clients through triumph and challenge.
- He has authored 2 books, "Getting to the Bottom of it—a Mind/Body Approach to Fitness and Weight Loss for Women" and "Matrix Mindpower—The Health Benefits of Mindfulness Applied to Weight Training".



**Michael A. Sylvester, B.S., L.P.T.A., C.P.T.**

*Getting to the Bottom of It*

Exercise	Instructions	Training Variables	Date									
Warm-up: Corrective Exercises:												
Stretches:												
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
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*Getting to the Bottom of It*

Exercise	Instructions	Training Variables	Date									
Page 2												
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
		Weight: Reps:  Sets:										
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# Notes: