

MET-Rx 180°[™]
TRANSFORMING EVERY BODY[™]



FITNESS GUIDE



WARNING!

MET-Rx 180™ is a revolutionary fitness and lifestyle fitness program that consists of a results-oriented personal trainer, a nutritionist, a knowledgeable workout partner, and a sophisticated home or mobile gym...all in one. Based on over 20 years of fitness experience, the MET-Rx 180 Program is your passport to a new, healthier lifestyle. We are here to support and encourage you throughout every step of your fitness transformation. The journey will be different for everyone, including the obstacles you may face along the way. However different each path may be, MET-Rx 180 will help you get in the best shape of your life.

Remember to always listen to your body and to master the exercises in the first phase so that you are comfortable with the moves before moving on to the more advanced phases.

Warning: Please consult a qualified medical professional before using this or any other exercise program or nutrition plan. The information, including any and all opinions, recommendations, text, graphics, images, and other content contained in this program is for informational and educational purposes only, and any use thereof is solely at your own risk. No one should act upon any information provided in this program without first seeking medical advice from a qualified physician. All questions and concerns regarding your health, weight, diet and physical activity should be directed to your physician. You should always warm up before beginning any workout, and you should never exercise beyond the level at which you feel comfortable. If at any time you feel you are exercising beyond your current fitness abilities, become faint or dizzy or otherwise feel discomfort, you should discontinue exercising. This program is not a substitute for the personalized judgment or the care of a trained medical professional. Not all exercises are suitable for everyone, and this or any other exercise program may result in injury. In addition, extreme care must be taken in selecting and using properly maintained exercise equipment.

Only use the information and exercises contained in this program if you assume the full responsibility to use your own judgment as to your physical ability, fitness and safety. If you do not accept this responsibility, you should return the product to where you purchased it for a full refund of the purchase price.

Any user of the exercise program contained in this program or other viewer of this program fully and irrevocably assumes all risk of every kind that may result from performing the exercises shown in this program, utilizing any equipment suggested or shown in this program, following any dietary recommendations, or taking any other action in connection with the contents of this program.

We do not guarantee or warrant the quality, accuracy, completeness, timelines, appropriateness or suitability of the information provided. The creators, authors, or publishers of this program, any instructor or other person appearing in this program, any entity referenced in this program, or any person or entity associated with any of the foregoing will not in any way be held responsible for any injuries (minimal, serious, catastrophic and / or death), losses (physical, financial or otherwise), costs, claims, or other damages of any kind or character, including as a result of negligence of any kind (collectively, "Losses") that may occur due to, or arise in any manner in connection with, the viewing or other use of this program or any of the advice contained within or other contents thereof. The creators, authors, and publishers of the program hereby expressly disclaim any and all liability for such Losses.

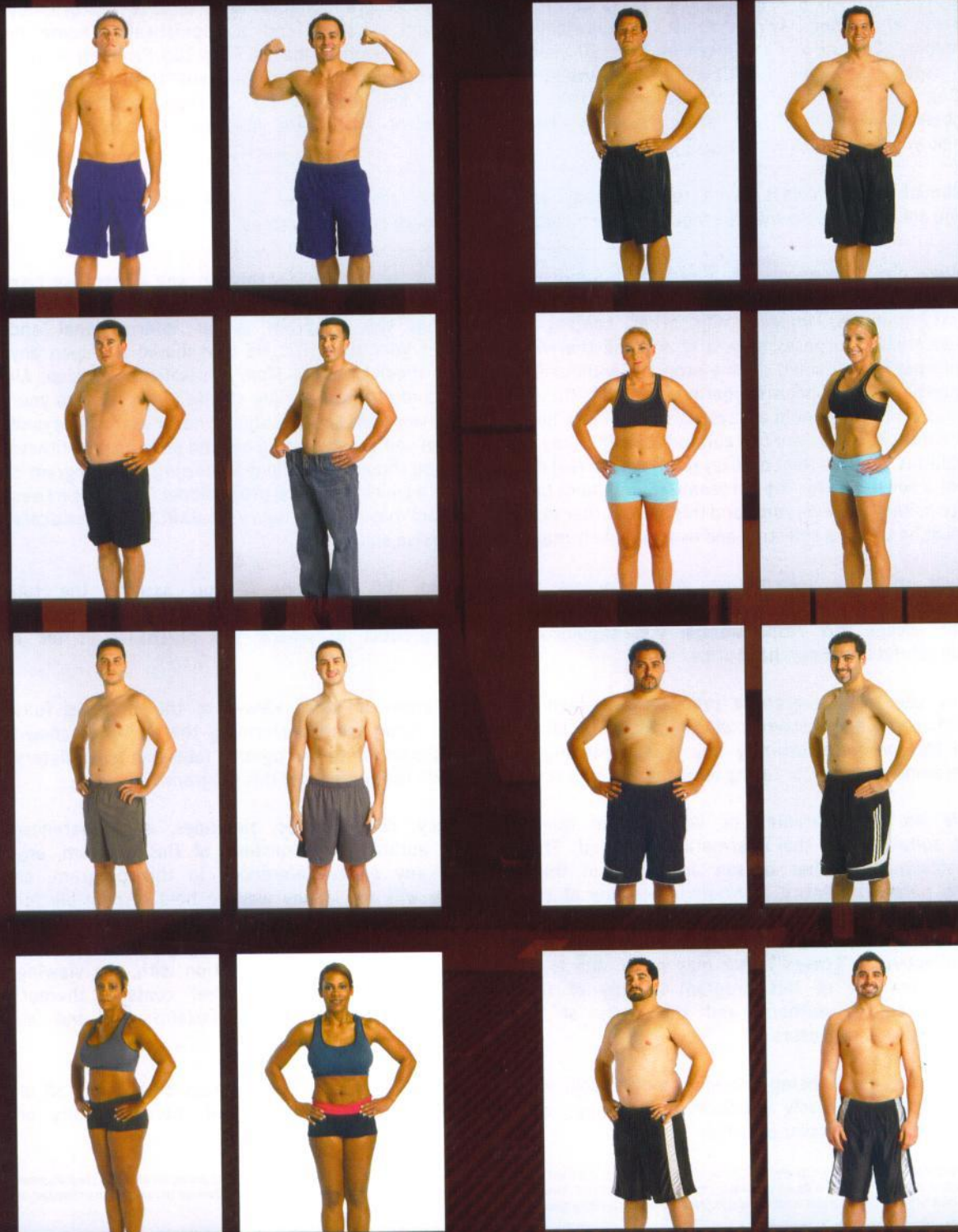
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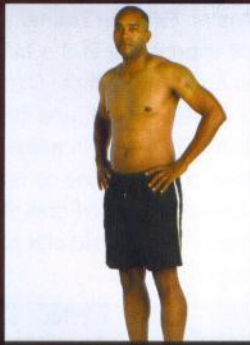
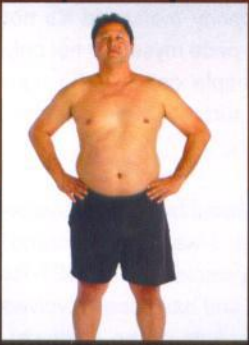
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REAL PEOPLE



Participant in the MET-RX 180 Program 90-day trial group. Participants lost an average of 15.3 pounds, and 22.2 inches from 8 total sites, and an average of 23.3 pounds of fat. Your results will vary.



REAL RESULTS

WELCOME TO THE MET-Rx 180 TRANSFORMING YOUR BODY FITNESS GUIDE

"What business are you in?"

That was the question I was asked.

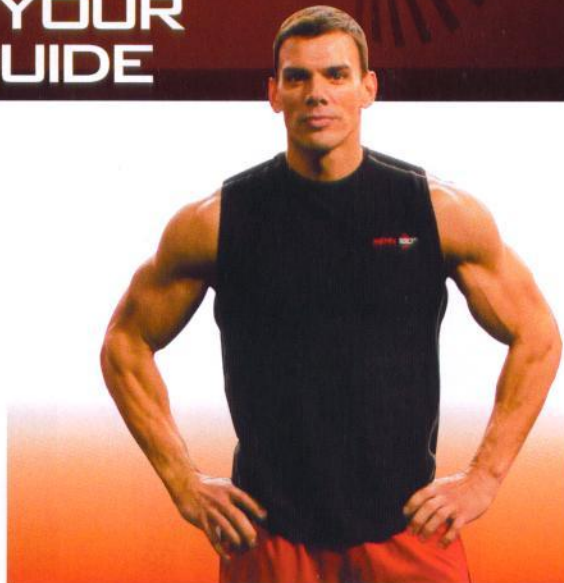
"Bodies are my business," I replied because it's the truth. I've been in the business of helping people achieve their fitness goals in one way or the other for the better part of two decades.

► My name is Frank Sepe, and I'm excited to play a part in helping you achieve your personal body transformational goals. I'd like you to think of me from now on as part of your personal transformation team.

What qualifies me to help transform you? I've achieved many personal milestones in the fitness industry. Currently I am an ISSA Master Fitness Trainer who has close to two decades of experience in the fitness industry. I've been the Group Editor or Editor in Chief of some of the most successful custom health and fitness publications in the sports nutrition industry. In addition, I have had a very successful fitness product line on one of the television's top shopping networks called Frank Sepe – Fitness as a Lifestyle. Perhaps you've read one of my six different exercise and nutrition based books. I've also won bodybuilding titles and have appeared on dozens of magazine covers, plus I am both an NPC and IFBB professional physique judge who has judged the best men and women's physiques in the world in the categories of fitness, bikini and bodybuilding. You've also seen me on TV and in magazines and newspapers as a fitness source for numerous online, print, and local, plus network TV outlets.

What I'm most proud of in my career and what personally inspires me to continue is the fact that I'm a part in helping people realize their potential. No matter what shape you're in – good, bad, or somewhere in the middle – you can look and feel better.

On your way to this goal, it's fine to reach out for a little help and motivation. One of the most important things



I've learned is you can have the best workout plan in the world, but if you're not properly motivated it's not worth the paper it is written on. I pride myself on not only educating, but also helping people get into the right mind set when it comes to turning their personal transformation goals into a reality.

When MET-Rx approached me about helping to develop *MET-Rx 180* exercise program, I was truly honored.

I've been associated with MET-Rx since 1995 and have been involved in many aspects of the company. I've watched the brand evolve into a leader in the sports nutrition industry. And most importantly, I'm a firm believer and daily user of MET-Rx nutritional and supplement products. I can't give their plan a higher

endorsement other than telling you that if I had to choose just one program for the rest of my life, this would be it.

MET-Rx is the gold standard in the sports nutrition industry, so it follows that the *MET-Rx 180 Transforming Every Body Program* would have to match the standard they have set.

One of the great things about MET-Rx is that their products can be used by anyone at all fitness levels. When we put this program together, we wanted to appeal to all of those people who currently use MET-Rx products and the

“THE ONLY THING
EXTREME ABOUT
YOUR WORKOUT
SHOULD BE
THE POSITIVE
RESULTS.”



“EXERCISE IS FOR **EVERYONE!** WHETHER YOU ARE AN ATHLETE OR A PARENT WHO DOESN'T KNOW HOW TO DO A PUSH-UP, EVERYBODY DESERVES TO BE IN SHAPE.”

millions of people on the fence. We wanted to reach those uncomfortable with the “boot camp” attitude of extreme and high-intensity programs and also the people smart enough to know you can't get six-pack abs in six seconds or a great-looking body dancing a few minutes a day to music. I know that most people are approaching their fitness program with common sense and understand if something sounds too good to be true, it probably is. I know that people want straight answers as they work to reach their transformation goals with the help of a safe and effective program.

We decided that the best way to change the shape of your body is to follow a program proven to work and one based on solid science. To utilize workout strategies and techniques that top trainers, athletes and fitness models have used for years because it has helped tone and sculpt their entire body and not just the abs or biceps. The workouts were created by someone with the credentials, experience, knowledge, and commonsense to make complicated concepts understandable and your fitness goals achievable. It's also the daily plan of someone who practices what he preaches.

That is the *MET-Rx 180 Program*.

MET-Rx 180 is based on training principles that have been tested and proven, yet never before have been put into a complete, step-by-step home fitness program. We're taking workout techniques and strategies that top fitness professionals practice in gyms across the country and will now bring them into your home. *MET-Rx 180* is a comprehensive series of 12 exercise DVDs, an absolutely foolproof nutrition plan, and optional premium quality supplements. Our Program is specifically designed to maximize the effectiveness of your workouts and get you to your goal fast.

What makes this program different from the rest of the pack? This is from MET-Rx, a leader in sports nutrition for nearly two decades. Professional athletes, trainers, models, and fitness enthusiasts know MET-Rx is the name you can trust for authentic, practical, science-based fitness guidance presented in a clear, unbiased manner. MET-Rx is much more than a sports nutrition company; it's a clearinghouse for fitness information and innovation while being dedicated to improving every life and shaping every body.

We still needed to prove it one more time. That's why we put the *MET-Rx 180 90-Day Program* to the test with a trial group of 53 people. Men and women of varying fitness levels followed the *MET-Rx 180 Program* over 90 days and the results were amazing. The entire group made positive changes when it came to their personal transformations. We can't wait for you to experience some of the same results! You can check out our group and their stories on MYMETRX.com.

The *MET-Rx 180 Transforming Every Body Program* will motivate, inspire, fuel, and transform you in just 90 days. It explains everything including the workouts, the nutritional guidelines, and optional supplement program all designed to complement each other and give you the lean, toned, sexy body you've always wanted. It will also give you the fundamentals of exercise and nutrition that will last you a lifetime.

I hope you are as eager to start this revolutionary program, as I am to have you as member of the *MET-Rx 180 Transforming Every Body Program*. We are in this together and I want to hear about your personal journey on the program. Please tell me about your success at www.MYMETRX.com.

Your transformation starts now,



Frank Sepe

ABOUT MET-Rx®

▶ Since 1991, MET-Rx Engineered Nutrition™ revolutionized the sport nutrition industry. MET-Rx products can be found in thousands of retail stores domestically and internationally. They are active in numerous sports, fitness, bodybuilding and women's fitness events as well as being the primary sponsor of the World's Strongest Man. MET-Rx products are designed for every body. With a complete line of high quality protein products, MET-Rx can assist you in creating an effective nutritional program that fits your lifestyle so you can shape your body for optimum health. Diet and exercise have a tremendous impact on how you feel and perform each day, as well as your overall health. It's easier to promote ongoing wellness instead of trying to regain health once it's lost. With today's hectic lifestyles, even those of us with the best intentions often find ourselves sacrificing good nutrition and regular exercise. MET-Rx continues to be on the cutting-edge of sports nutrition with a diverse range of products engineered for the next generation of athletes.

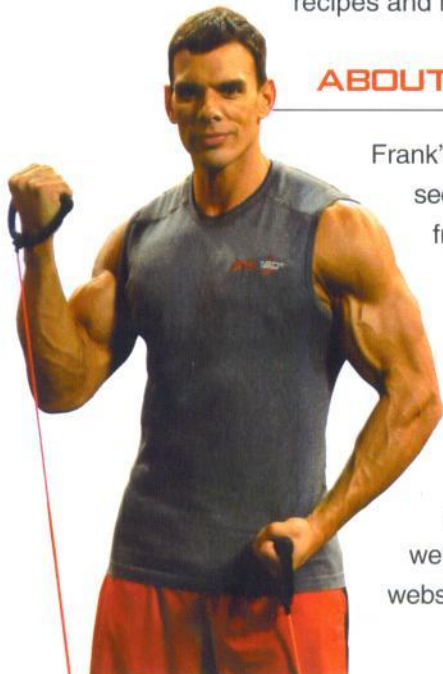


MET-Rx MAGAZINE

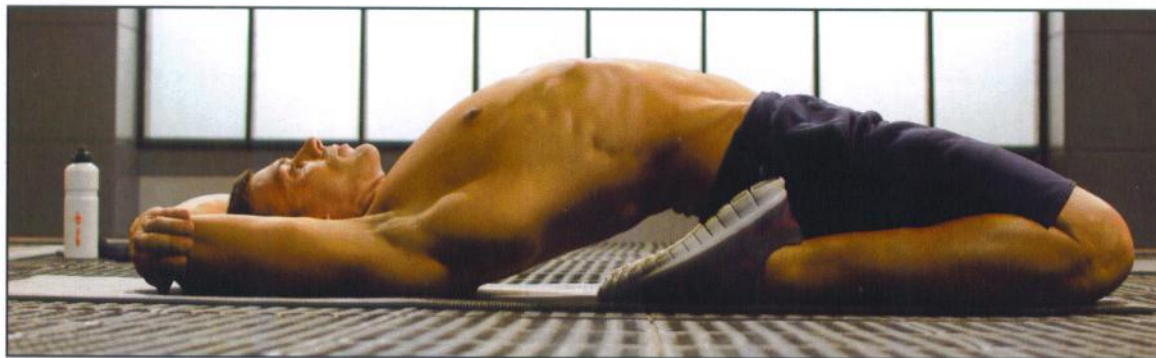
Every issue of the MET-Rx Magazine showcases MET-Rx athletes, products and events, and is jam-packed with special features including diet plans, supplementation ideas, weight training techniques, athlete/celebrity profiles, great-tasting recipes and much more!



ABOUT FRANK



Frank's involvement in the fitness industry has been very diverse and second to none. Frank has traveled the world doing numerous seminars from local gyms to Fortune 500 companies. He holds an International Sports Science Association Masters of Fitness Science, which is listed by the U.S. Department of Education (USDE) as a nationally recognized accrediting agency and is a recognized member of the Council for Higher Education Accreditation (CHEA). As a personal trainer Frank has worked with numerous pro athletes, celebrities, CEO's and every day people. He has appeared on dozens of TV and radio shows (ESPN, GMA, NBC, CBS, etc.) as well as being a fitness source for some of the biggest magazines and websites in the world.



He launched his own brand of fitness equipment called “Frank Sepe–Fitness as a Lifestyle”, on one of television's biggest shopping networks in July 2009. As a fitness model, Frank has graced the covers of numerous fitness magazines, internationally and domestically and was named at one time as the most photographed male bodybuilder's in the world by TV's Hard Copy and Muscle Mag International magazine. Frank is the author of 6 health and fitness books and has worked extensively in the publishing world. He has held the title of Group Editor, or Editor in Chief to a total of five Women's and Men's Fitness publications. Currently he is the Editor in Chief of the MET-Rx Magazine (www.metrx.com). He currently is one of the most sought after photographers in the industry. As a photographer he has shot numerous magazine covers, ad campaigns, magazines and calendars. Frank has maintained his physique over the years by cross training and utilizing a multitude of different forms of workout and nutritional techniques. Although he does not compete in Bodybuilding competitions any more, the former Eastern USA and NY Metropolitan Bodybuilding champion still promotes numerous shows throughout the NY area. Plus, he is currently a Men's and Women's Fitness, Bodybuilding, Figure and Bikini National Physique Committee amateur and IFBB pro judge.

BEFORE YOU GET STARTED

The *MET-Rx 180* exercise program involves weight training and cardiovascular exercise. We strongly recommend that you first consult with your doctor or health care practitioner, including getting a complete physical examination before you attempt any part of this program.

Do not dismiss the following information.

You only have one body; you must do everything to protect it.

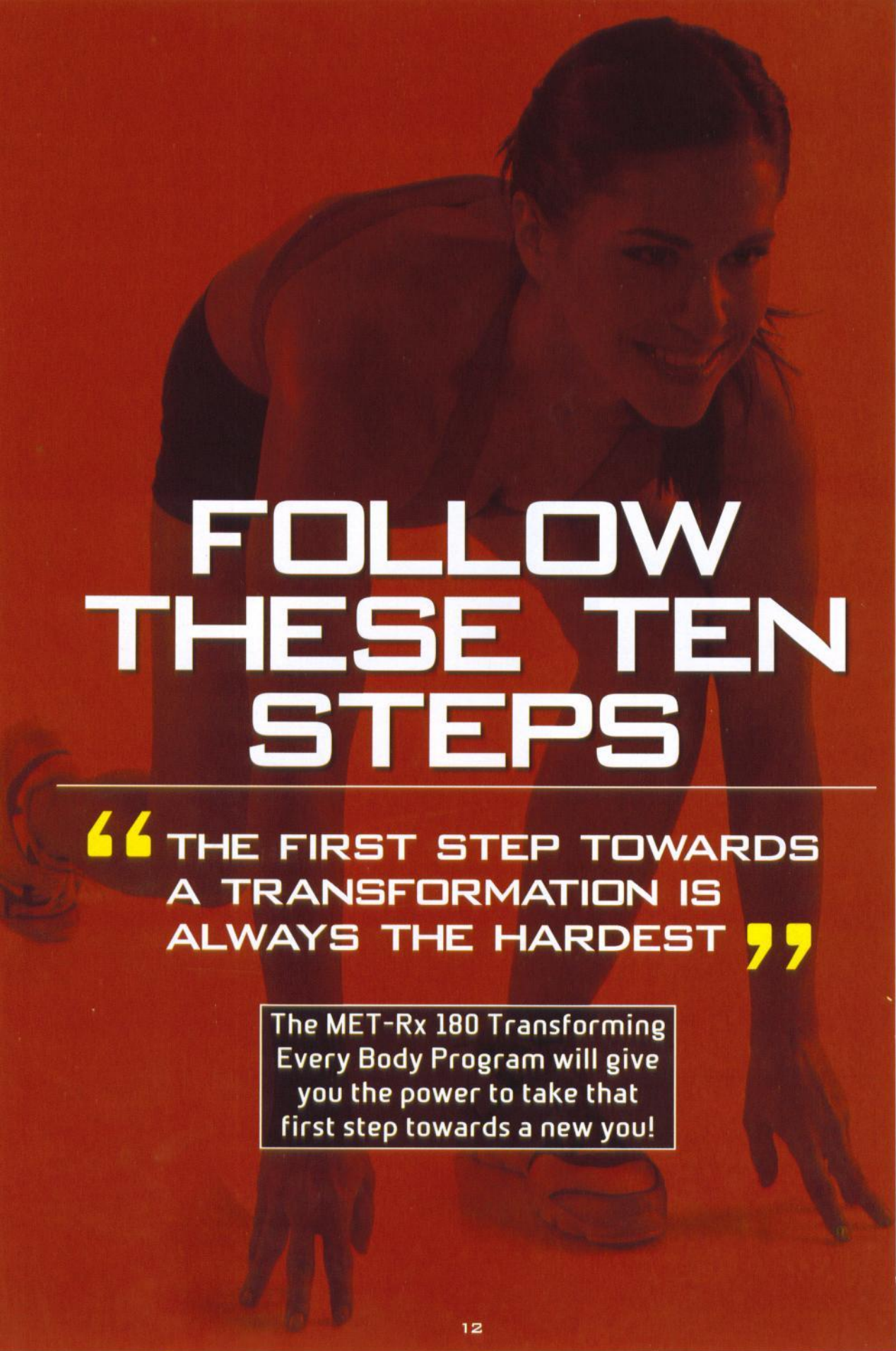
Please consult your physician before beginning the MET-Rx 180 Program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

The content we provide is to help you broaden your understanding and knowledge of the health and fitness topics discussed in this book. This information should not be considered to be exhaustive of a particular topic, and should never be used in place of a visit or call to, consultation with or advice from your physician or other health care provider. We strongly recommend that you consult a health care professional prior to using any information or advice contained in this publication that sets forth, illustrates, or suggests a particular diet, fitness program, workout regimen, exercise, or activity. Further, we do not recommend the self-management of health problems because of the advice or recommendations contained in this book. You should never disregard medical advice or delay in seeking it because of something you have read in this book. We do not assume any liability for injuries that may occur while using any information contained in this book, regardless of whether a doctor was consulted.

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FOLLOW THESE TEN STEPS

“ THE FIRST STEP TOWARDS
A TRANSFORMATION IS
ALWAYS THE HARDEST ”

The MET-Rx 180 Transforming
Every Body Program will give
you the power to take that
first step towards a new you!

THE STEPS

“ EVERY POSITIVE STEP YOU TAKE GETS YOU CLOSER TO YOUR TOTAL BODY TRANSFORMATION. ”

- Step One: — Get a physical exam and make sure you have your doctor's approval to start the MET-Rx 180 program.
- Step Two: — Get motivated and mentally prepared to start the program.
- Step Three: — Read both the fitness and nutritional guidebooks and familiarize yourself with the entire program.
- Step Four: — Go through the entire body evaluation and record all of your stats in your MET-Rx 180 90-Day tracker.
- Step Five: — Take your Fitness Test.
- Step Six: — Watch the Let's Get Started DVD and Nutrition and Supplements as well as the resistance band tutorials at the beginning of each workout. It's important that you know exactly what to expect from the MET-Rx 180 program, as well as proper exercise form.
- Step Seven: — Watch the nutritional DVD. Your exercise and nutrition program are equally important and linked in achieving your goals.
- Step Eight: — Hang your 90-Day tri-fold poster on the wall where you choose to workout. Take a look at the calendar and make sure the calendar works with your schedule.
- Step Nine: — Set up your workout area. Make sure that you can do every exercise in the program without any obstructions.
- Step Ten: — Pop in the DVD, start it up, and let your transformation begin!

WHAT IS INSIDE THE MET-Rx 180 TRANSFORMING EVERY BODY YOUR BODY KIT

Here you will find everything that is necessary to make your 90-Day Transformation a reality. Welcome to the *MET-Rx 180 Program*.



DVD 1

LET'S GET STARTED

Make sure that you play this DVD first. On here you will find an introduction to the history, methods and philosophy that encompass the *MET-Rx 180* program. Learn about what the *MET-Rx 180* program has to offer you, so that your 90-Day journey is a successful one.



DVD 2

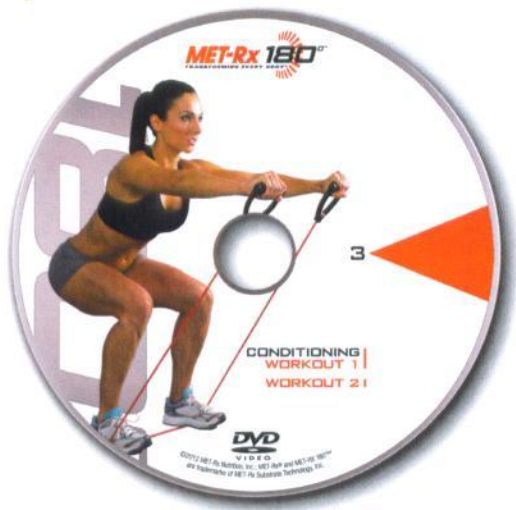
NUTRITION & SUPPLEMENTS

Proper nutrition will play a pivotal role in the success of your transformation. MET-Rx, the company that's been the gold standard for sports nutrition since 1991 and a world-class leader in meal replacement development introduces a nutritional program that is second to none. Learn about the *MET-Rx 180* nutritional products and supplements as well as tips and strategies for eating and shopping the healthy way. Everything in this revolutionary nutritional plan is totally synchronized with the workouts to help you get maximum results from every phase of the *MET-Rx 180 Program*.

Before you do any of the workouts you need to watch the Introduction to Moves located in the beginning of each workout. One of our fitness professionals will demonstrate many of the exercises in the program using the *MET-Rx 180* resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

CONDITIONING PHASE RESISTANCE DVDS {DAYS 1-30}

► These three total body workouts were not created for the extreme home fitness trainer. They are for everyone. They are moderate total body weight resistance workouts that utilize solid workout techniques and strategies that will help you achieve a higher level of physical conditioning as well as a better looking body.



DVD 3

CONDITIONING WORKOUT 1
(TOTAL BODY CIRCUIT 1)

CONDITIONING WORKOUT 2
(TOTAL BODY CIRCUIT 2)



DVD 4

CONDITIONING WORKOUT 3
(TOTAL BODY CIRCUIT 3)

The first phase in your 90-day journey is the conditioning phase. On DVD 3 and 4 you will find all of your conditioning phase resistance workouts. DVD 3 includes – Two Total Body resistance workouts and DVD 4-includes one Total Body Workout, plus a little motivation to keep you in a positive state of mind. All three of the conditioning phase total body workouts are lead by Master Fitness Trainer and MET-Rx 180 workout creator Frank Sepe. He takes you through the three body-changing conditioning workouts while motivating and teaching you the exercise fundamentals necessary to help condition and tone your body for a lifetime.

MET-Rx 180[®]

SHAPING PHASE RESISTANCE DVDS

{DAYS 31-60}

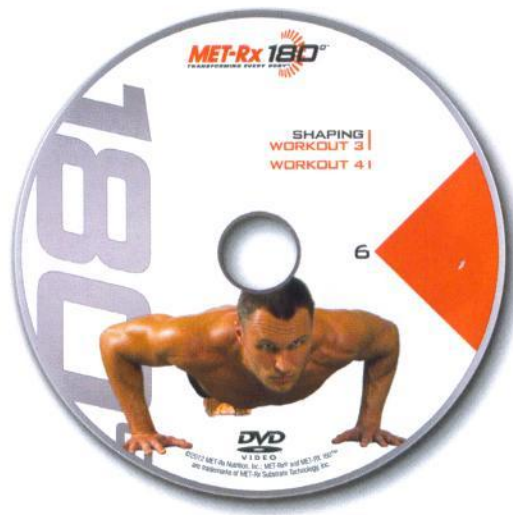
► The Shaping Phase Resistance Workouts include four body-part specific workouts. They were created as part of the *MET-Rx 180 Program* and should be done in succession of the Conditioning Phase. Do not start the Shaping Phase until you have completed the Conditioning Phase. These workouts are resistance based and are more intense than the Conditioning Phase. You will be expected to challenge yourself by using heavier resistance.



DVD 5

SHAPING WORKOUT 1
(SHOULDERS/TRICEPS/ABDOMINALS)

SHAPING WORKOUT 2
(BACK/ABDOMINALS)



DVD 6

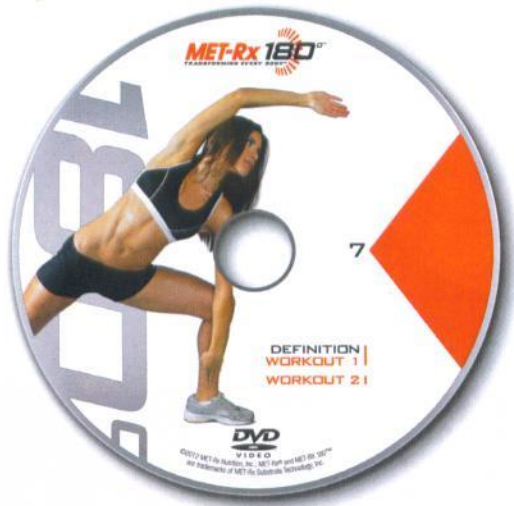
SHAPING WORKOUT 3
(QUADS/HAMSTRINGS/GLUTES/CALVES)

SHAPING WORKOUT 4
(CHEST/BICEPS/ABDOMINALS)

The second phase in your 90-day journey is the Shaping Phase. On DVD 5 - you will find two body-specific workouts: Workout One: Shoulders/Triceps/Abdominals & Workout Two: Back/Abdominals. On DVD 6 - you will find two more body-specific workouts. Workout Three: Quads/Hamstrings/Glutes/Calves and Workout Four: Chest/Biceps/Abdominals. Frank Sepe helps take your body to the next level in the Shaping Phase. He switches the program up from three total body workouts to four body-part specific workout routines designed to reshape, re-sculpt and re-energize every body part so you get to your goal fast and look great from every angle using various result proven resistance techniques.

DEFINITION PHASE RESISTANCE DVDS {DAYS 61-90}

► The Definition Phase Resistance Workouts include four body-part specific workouts. These workouts should be done in succession of the Shaping Phase. This is the last and most intense phase of the *MET-Rx 180 Program*. You will need to step up your game for these workouts; they were designed to be the most challenging of all the resistance workouts.



DVD 7

DEFINITION WORKOUT 1
(SHOULDERS/TRICEPS/
ABDOMINALS)

DEFINITION WORKOUT 2
(BACK/ABDOMINALS)



DVD 8

DEFINITION WORKOUT 3
(QUADS/HAMSTRINGS/
GLUTES/CALVES)

DEFINITION WORKOUT 4
(CHEST/BICEPS/ABDOMINALS)

The third and final phase in your 90-day journey is the Definition Phase. On **DVD 7** - you will find two body-specific workouts: Workout One: Shoulders/Triceps/Abdominals & Workout Two: Back/Abdominals. On **DVD 8** - you will find two more body specific workouts; Workout Three: Quadriceps/Hamstrings/Glutes/Calves and Workout Four: Chest/Biceps/Abdominals. Frank Sepe has helped you condition, shape and now he brings the best out of you with super motivating high energy resistance workouts that will help you define your body and make your transformation a reality. All four body-part specific workout routines are more challenging than the Shaping Phase. New workout techniques and tactics are introduced that make this phase the most fun and effective of them all.

CARDIO DVDS FOR ALL PHASES

► Keep your cardio fun! You will find these cardio workouts fun, challenging and effective. The MET-Rx 180 cardio workouts are designed to help you burn calories and tone those trouble zones

DVD 9 contains two different cardio workouts. Cardio Tactics 1 (Beginner) and Cardio Tactics 2 (Advanced). Anne-Marie Amatulli, a fitness host, model and former Flight Crew cheerleader for the New York Jets, takes you through a high-energy sports inspired cardio workout that includes a variety of fat burning exercises and calisthenics that will increase your cardio fitness, burn fat, tone and shape your legs, hips and butt!



DVD 9

CARDIO TACTICS 1
(BEGINNER)

CARDIO TACTICS 2
(ADVANCED)

Kick, punch and jab your way to a better body!

Former Army Sergeant and current 2nd degree black belt, Kimberly Heinz inspires you with a kickboxing class that is both enjoyable and educational. She shows you how basic kicks, punches and jabs can help you improve strength, flexibility, reflexes, burn calories and tone your body.



DVD 10

KICKBOXING

STRETCHING DVDS FOR ALL PHASES

Stretch your way to fitness

Frank Sepe guides you through a series of full body stretches and yoga moves that will help you mentally and physically become healthier inside and out. This is the perfect complement to your resistance and cardio workouts.



DVD 11

STRETCH AND
REFRESH

CHALLENGE YOUR ABS

Frank Sepe raises the game with an intense abdominal workout that will help you tighten, tone and strengthen your mid-section. Everyone wants a six-pack, so now is your chance to go after it.



DVD 12

ADVANCED
ABDOMINALS

MET-Rx 180 GUIDE BOOKS:

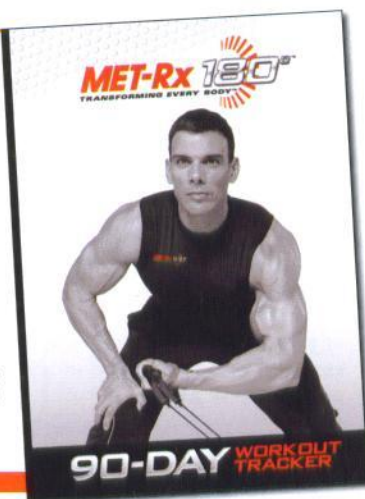


Fitness Guide: *(You have it opened now)*

The Fitness Guide contains the complete plan for the *MET-Rx 180* workout program. In this guidebook, you will learn how the three phases (Conditioning, Shaping and Definition) can help you achieve a positive body transformation. This book discusses all the nuances of the program including the basics like; how to choose a weight, the importance of a warm-up, how to track and record the positive changes that you achieve and much more. Also included in this book are 2 different 90-Day Workout calendars and a full photo directory of all the exercises (both band and dumbbell) performed in the *MET-Rx 180* Program. Please read this book and all the others before starting the program.

The 90-Day Tracker

This book contains the entire 90-day *MET-Rx 180* Program. We want you to think of this as an instrumental part of your 90-Day Transformation. You will be recording all of your personal stats and workout information in this book over the next 90 days. By doing this simple task you will be increasing your chances of a successful transformation. Inputting all of your information will provide a record of accomplishments over time as well as allowing you to steadily evaluate your progress. It will increase awareness of your behavior and will be a constant reminder of what you will have to do from an exercise standpoint to achieve your 90-day personal transformations. Last but not least, this book will motivate and help you make that promise you made to yourself to become a fitter version of you!



Nutrition Guide

This nutritional guide will provide you with the necessary tools you need to help make positive changes in your appearance, health, and overall well-being. Topics discussed include: why some diet plans don't work, meal planning, and implementing *MET-Rx 180* products into your daily regimen. We will also provide you with enough information so that you can put together your own personalized nutritional program that will guide you for a lifetime. Last but not least, the book is packed with healthy and delicious recipes that will keep the toughest food critics satiated. Reprogram the way you eat forever with the *MET-Rx 180* Nutrition Guide.

Tri-Fold Wall Poster

The *MET-Rx 180* wall calendar is a great source of information and motivation. The poster is double-sided; on the front there are exercise photos of the starting and finishing position of some of the band exercises in the program. On the back of the calendar is the 90-Day Workout schedule. Each workout that you are asked to perform over the next 90 days and the DVD that they are on is input into the calendar for you. Hang it in your workout area to remind you of the task at hand.



WORKOUT EQUIPMENT

► All of the *MET-Rx 180* resistance workouts involve exercises that must be performed with varying degrees of resistance. In order to execute all of the exercises in the *MET-Rx 180* workout program, you will need three bands of varying resistance- light, medium and heavy, and an exercise ball. The exercise ball allows you to perform additional exercises form different angles and is an absolute essential part of the program.



MET-Rx 180 Ball with pump

The *MET-Rx 180* exercise ball is a wonderful fitness tool. Not only does it expand the amount of exercises you can do for each body-part. It allows you to train your muscles from different angles as well as improve muscle strength and endurance in all of the major muscle groups.

Both the ball and pump are included in the Kit.



MET-Rx 180 Resistance Bands

We provide you with a starter set that includes a 10 lb. resistance band. At some point in the program you will be getting stronger and there will be a need to increase the weight resistance of the bands. You can meet that need by purchasing an additional set of 3 bands with 20, 30 and 40 lbs. resistance and 2 interchangeable handle sets at www.MYMETRX.com.

10 lb. resistance band included in the Kit.



MET-Rx 180 Clip Fat Measuring Device

The skin caliper is one of the most accurate ways in determining your body-fat percentage. It measures the thickness of a fold of your skin with its underlying layer of fat. By doing this at specific areas of the body you can estimate the total amount of fat that is on your body. The *MET-Rx 180* Clip Fat Measuring Device comes with easy to use instructions so that every 30 days figuring out your progress is a breeze.

Included in the Kit.

MET-Rx 180 Measuring Device

Taking your body measurements is a great way to keep track of your changing shape as you get fit. When you burn fat and increase your muscle mass, the scale may show that you weigh a bit more even though your body is getting firmer and smaller. Try the *MET-Rx 180* measuring device and watch the getting started DVD on body measuring.

Included in the Kit.



MET-Rx 180 Exercise Mat

The *MET-Rx 180* fitness mat is a good addition to your *MET-Rx 180* workout gear. It is 4 mm thick which is perfect for those workouts that ask a lot from your body. The mat rolls up tightly for easy storage too! Visit www.MYMETRX.com for more information.

This is not included in the Kit.



PowerBlock®

During the filming of the *MET-Rx 180* DVD workouts, Frank Sepe and many of his team members use dumbbells. You are not at any disadvantage if you use bands. If you are going to use dumbbells we suggest that you use PowerBlocks®. They are the heaviest, most compact and easiest to use quick-change dumbbell. Go to www.MYMETRX.com for information.

This is not included in the Kit.



PowerBlock® is a registered trademark of PowerBlock Holdings, Inc.

MET-Rx 180 ONLINE FEATURES

► An always-on, customized fitness dashboard to guide your journey every step of the way

MYMETRX.com

The *MET-Rx 180 Program* is a lifestyle change that can positively affect your life on a daily basis. The **MYMETRX.com** community website has been specifically designed to support you in achieving your goals. Through the **MYMETRX.com** community website you have the ability to: log/track your progress, watch your *MET-Rx 180* videos, connect to people within the community with similar goals, share your achievements, get tips from our professional team, and more! You can even win prizes! Visit **MYMETRX.com** to get started!



Support

The support of a team who is rooting for your success is often the most critical factor in achieving your goals. The **MYMETRX.com** community was designed to provide you with customized support tools 24 hours a day, 7 days a week! With online forums, video tips and nutritional guides, support is just a click away. Visit **MYMETRX.com** to get started!



Smartphone & Tablet Apps!

If you are constantly on the go or just prefer the compact design of a smartphone or tablet, the *MET-Rx 180 Program* is there to support you. Our smartphone and tablet apps are designed to be an extension of the program. You can watch your *MET-Rx 180* workout videos, connect with the community, and even log your

nutrition & exercises right from the app. Out to dinner and need help making healthy choices, your *MET-Rx 180* can serve as your guide! To download the app, visit the app store on itunes or the Android market place! There is no extra cost for the app.

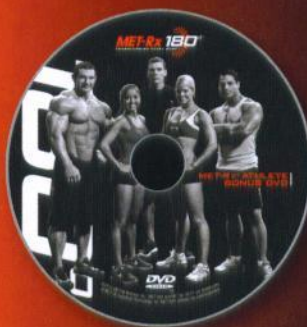
Free Online Subscription to the MET-Rx Magazine

As a new *Team MET-Rx 180* member you are offered a free electronic subscription to the *MET-Rx* online magazine. The *MET-Rx* Magazine continues to be on the cutting-edge of sports nutrition with a new, custom publication appropriately named *MET-Rx Magazine*. Every issue showcases *MET-Rx* athletes, products and events, and is jam-packed with special features including diet plans, supplementation ideas, weight training techniques,

athlete/celebrity profiles, great-tasting recipes, updates on *MET-Rx 180* members and much more!



WANT MORE MET-Rx 180 WORKOUTS?



MET-Rx Athlete Workout (1)

The *MET-Rx Athlete Workout Bonus DVD* contains four different workouts. Frank Sepe hosts all four workouts with a different *MET-Rx* athlete. First, learn how to build sexy shoulders with Ms. Figure Olympia Nicole Wilkins. Second, Physique superstar Bobby Khan and Frank Sepe battle it out in a bicep workout that is full of intensity. Third, Ms. Bikini Olympia Nicole Negrani gives you her secrets on building a firm and shapely backside. Fourth, nationally ranked bodybuilder Brian Yersky shows you what exercises are best for building mass. There is something for everyone on this DVD. These workouts are fun, informative and highly motivating.

Please check **MYMETRX.com** for information on upcoming *MET-Rx 180* DVDs.

MET-Rx 180 PROGRAM OVERVIEW

“CARDIO, HEALTHY NUTRITION, AND WEIGHT TRAINING ARE THE TRIPLE THREAT WHEN IT COMES TO MAKING YOUR WAISTLINE SMALLER AND CREATING THAT HEALTHY PHYSIQUE THAT YOU DESIRE.”

LEADERS IN THE INDUSTRY

► *MET-Rx 180* isn't just some random program created by a marketing company. This exclusive transformation plan is from MET-Rx, the leader in sports nutrition for two decades. Professional athletes, trainers, models, and fitness enthusiasts know that MET-Rx is the name you can trust for reliable, practical, science-based fitness guidance presented in a clear, unbiased manner. MET-Rx is much more than a sports nutrition company; it's a trusted resource for fitness information and innovation. The *MET-Rx 180 Program* is dedicated to improving every life and transforming every body.

HISTORY

For over two decades, MET-Rx has endorsed some of the best pro athletes, fitness celebrities, and models. There was a common thread: They were using the MET-Rx products and the majority of them followed a weight resistance and cardio program at one time in their careers. I think we can agree that on any day of the year, you can walk into a gym that's made up of both weight resistance and cardio machines and see some amazing physiques

on both men and women. It's absolutely no coincidence! Throughout the years, MET-Rx has put out books and fitness guides and they have always included the formula of weight resistance and cardiovascular training. We know that when you combine a healthy consistent nutritional plan with a weight resistance and cardiovascular exercise program, there is no better way to achieve a shapely, lean muscular body.

THE PERFECT COMBINATION

If you're having doubts about exercising then take a look at the benefits associated with weight resistance training and cardiovascular exercise before you dismiss it from your life forever. You might change your mind and changing your thoughts will inevitably lead to changing your body. The *MET-Rx 180 Transforming Every Body Program* is based both on weight resistance training and cardiovascular exercise. When combined with a proper nutritional program, (See the *MET-Rx 180 Nutrition Guide*), weight training, and cardiovascular exercise will work synergistically to sculpt your body and burn off unwanted body fat.

MET-Rx 180 Supplements:

Available at MYMETRX.com



MET-Rx 180 Essential Multi

As you make your transformation, you want to eat healthy. Consider supplementing your diet with a balanced vitamin that will support the *MET-Rx 180 Program*, the *MET-Rx 180 Essential Multi*.



MET-Rx 180 Active Multi Packs for Women

An elite vitamin and mineral formula designed to support women who are following the *MET-Rx 180 Program*. *MET-Rx 180 Active Multi Packs* for Women helps support and maintain heart, circulatory, energy metabolism, and bone health.* Each pack is enhanced with Omega-3 fatty acids for circulatory health, Calcium and Magnesium to reinforce bone strength, and features specialized blends not found in ordinary multis.*



MET-Rx 180 Active Multi Packs for Men

An elite vitamin and mineral formula designed to support men who are following the *MET-Rx 180 Program*. *MET-Rx 180 Active Multi Pack* for Men helps support and maintain heart, circulatory, energy metabolism, and immune health.* Each pack is enhanced with Omega-3 fatty acids for circulatory health and features specialized blends not found in ordinary multis.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

BENEFITS OF WEIGHT RESISTANCE TRAINING

- ▶ Helps build lean muscle because for every additional pound of lean muscle you gain, your body burns extra calories every day of the week.
- ▶ Increases your overall strength, making it easier to complete normal everyday activities.
- ▶ Increases your basal metabolic rate by up to 15 percent, which will cause your body to burn more calories per day.
- ▶ Helps reduce the risk of injury.
- ▶ Helps strengthen bones.
- ▶ Helps improve muscular endurance.
- ▶ Improves your balance, agility, and coordination.
- ▶ Helps improve your overall self-esteem and confidence level.

BENEFITS OF CARDIOVASCULAR EXERCISE

- ▶ Helps elevate your metabolic rate.
- ▶ Best way to burn calories faster for weight loss.
- ▶ Helps increase your energy levels.
- ▶ Strengthens your heart and lungs while increasing lung capacity.
- ▶ Helps reduce stress.
- ▶ Helps you get a good night's sleep.
- ▶ Helps decrease blood pressure and resting heart rate.
- ▶ Increases hemoglobin concentration in your blood.
- ▶ Helps improve your overall self-esteem and confidence level.

Available at MYMETRX.com



Trulean™

Trulean™ is a healthy meal with a complete protein blend to help build lean muscle and 25 essential vitamins & minerals.* It can be used as a meal replacement or as one of several small meals throughout the day to support your nutritional needs. The MET-Rx 180 Trulean™ Meal Replacement Shake provides a balanced amount of carbohydrates, proteins, vitamins and minerals – just about everything you need to support your body transforming goals.* Trulean™ is designed to help you stick to the nutrition program even when life gets hectic.



MET-Rx 180 High Protein Bar

The MET-Rx 180 High Protein Bar is a delicious source of protein best enjoyed after a workout, when you don't have time to make a shake or prepare a meal. The MET-Rx 180 High Protein Bar is a convenient tool to fight off your temptations for sweet snacks. These delicious, nutrition bars are packed with 20 grams of balanced proteins to fuel your body and support lean muscle.* Three Flavors, Chocolate Deluxe, Chocolate Peanut Butter and Chewy Chocolate Chip.



MET-Rx 180 Recovery Shake

The MET-Rx 180 Recovery Shake is the perfect ending to a grueling workout. After intense exercise, your body is exhausted and is low in certain critical nutrients. That is why it is important to recharge and refuel your body after each workout with the right amount of protein, carbohydrates, electrolytes, and vitamins and minerals so that you can retain the benefits from every workout session and help you achieve your goals!*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

WHY BOTH WEIGHT TRAINING AND CARDIO?

We're sure you are wondering why you need to do both weight training and cardiovascular exercise. The simple answer is that each form of exercise has benefits that you require that the other one doesn't supply.

Fitness experts can debate all day long about which is better, but does anyone really care? Common sense will tell you that people with lean, symmetrical muscular physiques didn't build their muscles up by just doing cardio. There is a reason that every high school, college, and pro sports program includes some sort of weight resistance program for athletes. This is where they find the strength needed for performance on the field. This is also how men and female fitness competitors of all sizes and shapes build their symmetrical, lean, muscular physiques.

What about cardiovascular exercise? This is how the majority of athletes, fitness enthusiasts, and weekend warriors lose body fat. By implementing cardiovascular exercise into their program, it helps them shed the unwanted pounds. Still, you want the one-two punch of weight resistance and cardiovascular exercise to be a part of your consistent workout program because you need and want the benefits each has to offer. There will always be people who will try to push you away from either form of exercise. The truth is if you want your body to get into shape, remain in shape, and progress in shape then you should be doing both weight training and cardiovascular exercises. The combination makes up the *MET-Rx 180 Program*.

THE RIGHT PROGRAM FOR YOU

There are thousands of workout routines that you can follow, but how do you know if you're using the right one? As a trainer, Frank has seen far too many people come into the gym for the first time, only never to return again because the workout they followed was just too difficult. People often walk away feeling depressed or physically unable to perform normal activities because they followed a far too advanced workout.

The same goes for the extreme home workouts. People who have never worked out before have found these programs too advanced. No matter how much they want to make that body transformation, they just can't perform such an extreme workout. This also holds true for the advanced athlete who can't sustain an extreme workout for a long period of time and needs a solid exercise plan that will still supply gains, but not cause as much wear and tear on his or her body. The *MET-Rx 180 Program* created a workout routine that takes the guesswork out of choosing the right workout routine. The workout and routines are for everyone, regardless of your level of fitness. You can make a resistance workout easier or harder by varying the degree of resistance you use. We give you options for the cardio routines as well, so that you can vary the degree of difficulty. The bottom line is we are fitness for everyone.

THE EXERCISES

The exercises in the program are not difficult to perform. They are basic, fundamental exercises that have been done in gyms across the world for decades. We're not asking you to do any high-flying theatrical moves! What we are asking you to do is to master these easy-to-learn exercises in the first phase of the program, so that you can be comfortable when you're asked to lift heavier or perform more advanced techniques with these same exercises.

The exercises and workout principles that we're asking you to perform are based on actual science, which is why they are effective. We know they work! Go to MYMETRX.com to see actual people who successfully followed the program. What's different about our program is that we're presenting the "best of the best" in weight resistance techniques and strategies in a step-by-step home fitness program. The *MET-Rx 180 Program* takes place over 90-days and is broken into three, 30-day phases: Conditioning, Shaping, and Definition. We call this Progressive Resistance Training.

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PROGRESSIVE RESISTANCE TRAINING

Progressive Resistance Training is a fancy way of saying that every 30 days you will be asked to step up your game and progress to a more difficult level of resistance training. This is a great way to ease into the program and also prevent your body from getting too acclimated to a workout and thus have dwindling results. It is a three-phased approach that is broken down in an easy way. The Conditioning Phase is to get your body active and toned with exercises that build muscle, increase functional strength, and boost confidence. The Shaping Phase is to fire up your metabolism with a shifting pattern of exercises that constantly challenge your muscles, that will help enhance your shape. The Definition Phase is to supercharge your calorie burn and force your body to build lean muscle and burn more calories. Because you work every major muscle group from different angles and at intensity levels in all three phases, you get a balanced, shapely, attractive body.

THE THREE PHASES

Conditioning Phase (Days 1-30)

In the first 30-day phase of the *MET-Rx 180 Program*, you will learn the exercise fundamentals necessary to help condition and tone your body for a lifetime. You will be asked to follow (3) total body resistance workouts three times a week along with cardio (beginner), stretching, and kickboxing. They are moderate total body weight resistance workouts that utilize solid workout techniques and strategies that will help you achieve a higher level of physical conditioning, as well as a better looking body. It's important that you master these exercises so that you can step up your game for the next two phases. This phase will get your body active and toned with exercises that build muscle, increase functional strength, and boost confidence. This first 30-days of the program are crucial because they will serve as the foundation that you will depend upon and build on during the rest of the program.

Shaping Phase (Days 31-60)

The second 30-day phase of the *MET-Rx 180 Program* is more challenging than the first. We will introduce more advanced tactics and techniques, which will make your weight resistance tougher, but with far greater results as we focus on shaping your muscles. This portion of the program is designed to re-shape, re-sculpt and re-energize every body part, so that you will get to your goal fast and look great from every angle using new resistance techniques. You will be asked to follow four body-part specific workouts per week: Shoulders/Triceps/Abdominals, Back/Abdominals, Quads/Hamstrings/Glutes/Calves and Chest/Biceps/Abdominals along with cardio (beginner, advanced), stretching, and kickboxing. These workouts are more frequent and intense than the conditioning phase.

You will be expected to challenge yourself by using heavier weights during resistance training while also exerting more energy during your cardio routines. This will fire up your metabolism because this shifting pattern of exercises will constantly challenge your muscles. The end result is that you will change your shape.

Definition Phase (Days 61-90)

The last phase of the *MET-Rx 180 Program* is the most intense one. It will be challenging in the best possible sense of the word because we'll introduce advanced techniques while also increasing intensity. This is the way to turn your transformation dreams into a reality.

You will need to step up your game for these workouts as they were designed to be the most challenging in the program. Once again, you will be asked to follow four body-part specific workouts: Shoulders/Triceps/Abdominals, Back/Abdominals, Quads/Hamstrings/Glutes/Calves and Chest/Biceps/Abdominals, along with cardio (beginner, advanced), stretching, kickboxing, and advanced abdominals. All four body-part specific workout routines are more challenging than during the shaping phase. New workout techniques and tactics are introduced that make this phase the most fun and effective of them all. The definition phase is to supercharge your calorie burn and force your body to build lean muscle and burn more calories. You will work every major muscle group from different angles and at intensity levels in all three phases, so you achieve a balanced, shapely, and attractive body.

MET-Rx 180 WORKOUT TECHNIQUES

► Here are the main techniques that make up the *MET-Rx 180 Program*. These specific training methods and styles (as well as close variations) have been used in gyms across America for decades and are the mainstay of a population of fitness enthusiasts. These techniques will keep you challenged over the next 90-days and will be a crucial part of your personal body transformation. Unlike other workout systems, the techniques you are taught in the *MET-Rx 180 Program* over the next 90-days will never go out of style. They can be utilized in your resistance program for the rest of your life.

MET-Rx 180 KEY TECHNIQUES YOU SHOULD KNOW

MET-Rx Power Pyramid (12-10-8) – When we describe using a pyramid in weight training, we simply mean changing the weight and the number of repetitions we perform from set to set. The MET-Rx Power Pyramid utilizes a classic 12-10-8 scheme. After getting yourself well warmed up, aim to do THREE “work sets” -- i.e., sets where you work at or near your limits. For the first set, pick a weight that you should be able to use to complete 12 reps. For the second set, decrease the weight by 20 percent or so and shoot for 10 reps. Finally, drop the weight another 10 percent and do eight good reps. The MET-Rx Power Pyramid allows you to work your muscle fibers at different intensity levels. This allows you to overcome the plateaus of typical workout routines. By starting light, you give your muscles, joints and connective tissue a chance to warm up, getting your body prepared for a more demanding weight. By progressively increasing the weight, you can effectively overload the muscles, exhausting the muscle fibers to create an intense and efficient routine. Each repetition should be done with perfect technique to get the maximum benefit. When resting between sets, try and keep up with the DVD instructor. If you need more time in between sets then please take it. Do the best you can, that’s all we ask. This technique only works if you continually challenge yourself by adding resistance. No matter what current fitness level, you can benefit from the MET-Rx Power Pyramid.

MET-Rx Pre-Exhaust Method – Most people use the Pre-Exhaust method, which is where you work a muscle group using an isolation exercise before moving onto a heavier compound joint exercise. The MET-Rx Pre-Exhaust method focuses on fatiguing the primary muscles for the specific body part you’re training that day by utilizing a compound movement that’s performed in a certain time frame. For example, if you’re training shoulders, you will start the workout with shoulder presses for three sets of 30 seconds before you start your normal shoulder workout. This is a great way to fatigue the specific body part you’re training, as well as adding intensity to your workout.

MET-Rx (Super-Set) Back to Back – To do a MET-Rx Super-Set, pick two different exercises and do them back to back with no rest in-between sets. You can pick exercises for the same body part or different body parts. For example, if you’re training shoulders you can do a shoulder press and lateral raise-back

to back. That would be considered a MET-Rx Super-Set or you can do a bicep curl and overhead triceps extension; that is also a Super-Set. Super-Sets help increase the speed and intensity of your workout, assist in burning more calories and are a great training technique for helping to condition, shape and define muscles.

MET-Rx (Tri-Set) Back to Back to Back – To do a MET-Rx Tri-Set, pick three different exercises and do them back to back to back with no rest in between sets. You go from one exercise to the next. You can pick exercises for the same body part or different body parts. This is more intense than the MET-Rx Super-Set because you are adding one additional exercise. Believe me it is more challenging. The MET-Rx Tri-Set has the same benefits as the MET-Rx Super-Set in that it helps increase the speed and intensity of your workout, assist in burning more calories and a great training technique for helping condition, shape and define muscles. However when you perform a MET-Rx Tri-Set your muscles get more time under tension, which is essential for muscle hypertrophy (growth) and one of the main reasons why they are more challenging and work so well.

MET-Rx Giant-Set – To do a MET-Rx Giant-Set, pick four different exercises and do them all with no rest in between sets. You go from one exercise to the next. This is usually done by picking four exercises for the same body-part. We utilize the Giant-Set for the abdominals in the *MET-Rx 180 Program*. However you can choose to do this technique for one or more body parts. The Giant-Set is more challenging than the Super-Set and the Tri-Set because you are completing 4 exercises in a row. This takes more mental focus, endurance and puts your muscles under stress for a longer period of time. You will get the same benefits as you would from the Super-Set and Tri-Set however you need to be at a higher fitness level to complete a Giant-Set correctly.

MET-Rx Minute (Squat, Push-Up or Squat Thrusts) – Three different exercises make up the MET-Rx Minute, the squat, push-up and squat thrust (burpee). There are no weights involved, just body resistance. Over the next 90-days you will be asked to perform one, two or all of these exercises in your workout routine; depending upon which phase you are in. You will be asked to perform one exercise at a time for a full 60 seconds. This is where you will give a 100% effort and try to get as many repetitions as you can for that exercise in 60

seconds. What makes this even tougher is that the MET-Rx Minute comes at the end of a large body-part workout. It puts the finishing touches on an already productive workout. Once you are finished, you will record the amount of repetitions you did in your MET-Rx 90-Day Tracker. You will use the exact same form for all three exercises throughout the program so that you can chart your progress correctly. For example, if you squat with your arms out, do so throughout the program. By writing down your repetitions every workout, you have a definite number to beat for the next workout. This will challenge you to do more every time you participate in a *MET-Rx 180* workout and take your fitness and conditioning to another level. This will also keep you inspired and motivated. You will feel great when your numbers start increasing. As always give a 100% effort and get a 100% benefit.

MET-Rx 180 TERMINOLOGY YOU SHOULD KNOW:

BODY PART SPLIT – WHAT IS A SPLIT? Simply put, it involves breaking up your training program by training different muscle groups on separate days of the week. *MET-Rx 180* will have you training Shoulders/Triceps/Abdominals one day, Back/Abdominals on another, Quads/Hamstrings/ Glutes/Calves on a third, and Chest/Biceps/Abdominals on a fourth. You'll note that we try to pair a large body part with a small body part. This is a traditional body part split that has a proven track record of success. We like to ensure that equal attention is given to each large body part on every training day. When you sometimes train two large body parts in the same workout, one part may not get the same amount of physical and mental attention.

CIRCUIT – WHAT IS A CIRCUIT? Circuit training is a terrific way to condition your body while improving strength and stamina. It comprises a pre-determined number of strength exercises that are completed, one exercise after another. Each exercise is performed for a specified number of repetitions or for a set time before moving on to the next exercise. The Conditioning Phase contains three total body workout circuits that are perfect as you get on the right track towards your transformation.

MET-Rx COMBO 6 – The chest, back, shoulder, arms, legs, and abs (in that order) make up the six in the MET-Rx Combo 6. This is a circuit that contains 12 total exercises. You will be asked to perform two exercises for each body part (shoulder press then a front raise, etc.) with a rep range of a maximum of 12 repetitions. There is very little rest between each set, as you will be focusing on conditioning, shaping and defining each body part.

REST INTERVALS – This is the amount of time we allow to lapse between sets. The idea is to keep them short such as 20-30 seconds between sets. This will naturally up the intensity level and enhance your stamina! Shorter rest intervals definitely help with fat burning, as your metabolic rate will stay elevated throughout. Of course, if you need more time then take it. It's okay to allow normal breathing to return before moving forward. You'll need a bit more rest when doing the power pyramid because you're increasing the weight.

REPETITIONS (REPS) AND SETS – Even if you're a new-comer to the world of fitness and weight training, you've probably heard the terms "reps and sets." What are they? A repetition (rep) is doing the movement just one time such as doing one push-up. Most of the time, you will be instructed to do a given number of reps (such as 12). This means you're to do the same movement 12 times (12 push-ups) without resting between reps. A set is the completion of a series of reps. Once you've completed 12 push-ups, you're done with one set. If you are instructed to do two sets, you will take your rest period between sets.

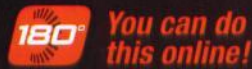
BREATHE! Proper breathing technique is very important. NEVER hold your breath during an exercise! This could lead to a dangerous situation where you could black out, or worse. Most people enjoy the best results when they inhale on the set-up to performing a rep and then exhale on the exertion. This may seem like a lot to remember, but proper breathing will quickly become second nature to you – and it will help you feel great while de-stressing your entire system.

IT'S UP TO YOU NOW

The *MET-Rx 180 Program* provides you with all of the tools necessary you need to make your transformation a reality. It's up to you to make the commitment and to give a 100 percent, maximum effort. We are here to help you every step of the way! Visit us at MYMETRX.com and become part of the *MET-Rx 180* team.

BODY EVALUATION

PHOTOS



► Your “before” photos are not a source of embarrassment; they are your inspiration, motivation, and eventually a symbol of pride. Pride in the resilience you’ve demonstrated, the goal you’ve achieved, and the body that is forever changed.

The “after” photos are a moment for celebration and a starting point for a new YOU. You will have worked so hard to change your body and the reward is seeing this “after” look each day.

Find a spot in your home that is well lit. Natural light is great if you have some big windows that will let the sun shine on your soon-to-be-changed body. Take a photo from the front, side, and back (if someone isn’t around to help, most cameras have a timer). Place one of those photos on the following page. As you set your photos in this book, take at least 30-seconds to stare hard at your body. Despite whatever you think you see or feel, force yourself to be excited about what you are about to do!

Wherever you take the “before” photos is also where you will take the “after” photos. Same spot in the house, same time of day, even wear the same underwear (if they fit). 90-days of hard work symbolized in these two sets of photos. This moment is the recognition of a goal achieved and the start of a new lifestyle. The first goal is achieved, but the journey is not over.

On the 90th day, take another 30-seconds to again stare at the before photo. Do you want to go back to that? Will you let three months of hard work fall by the wayside? Of course not, you’ve invested too much and we won’t let you fail. Now you’re part of a team, the MET-Rx 180 Team and that’s a support system that will always remain.



Participant in the MET-RX 180 Program 90-day trial group. Participants lost an average of 15.3 pounds, and 22.2 inches from 8 total sites, and an average of 23.3 pounds of fat. Your results will vary.

DAY 1
PHOTO
HERE

DAY 30
PHOTO
HERE

DAY 60
PHOTO
HERE

DAY 90
PHOTO
HERE

HUG THE SCALE



You can do this online!

► Part of the *MET-Rx 180* challenge is to be different. We want to create a better you in mind, body, and spirit and in doing so, guide you away from the common fitness pitfalls. When it comes to the scale and bodyweight, we tend to see two extremes: fear or obsession. The former type will avoid the scale at all costs. Seeing his/her weight is point of embarrassment and disappointment. The latter weighs him/herself everyday. Even the slightest fluctuation will dictate the mood that is carried for the next 24 hours. A slight drop means excitement and even the smallest gain is taken as failure.

As a part of the *MET-Rx 180* team, you are going to be different. The scale is one of your

tools (and you've got many). Just like your before photos, your weight on day one is your reality and another source of motivation. You are holding this Fitness Guide because you want to change. You've recognized an image that is not what you want and a number on the scale that you desire to reduce.

You will no longer fear the scale; fear comes from ignorance and you've just become empowered. *MET-Rx 180* is a complete support system that is educating you on how to change your body and with the knowledge comes strength. Likewise, you will not obsess over the scale because its just one of the many tools you are using to track your progress. Here's how you'll do it:

- 1
- 2
- 3
- 4

SAME TIME, SAME PLACE:

Weigh yourself as soon as you wake-up on Day-1 of your journey. Rise, use the restroom, strip down, and step on the scale. No food, no drink, no clothes. Immediately pull out this Fitness Guide and the 90-Day Tracker to document your weight. We recommend you weigh yourself every Monday for the next 90 days.

NO MORE, NO LESS:

Just once per week, each Monday, at the same time. It's that simple. You aren't scared nor obsessive.

DON'T SWEAT IT:

Your weight is just one barometer of the changes that are taking place, but its not the only measure of progress. Some weeks you might have lost body fat, but gained lean muscle. That might show no change in weight but an obvious change in appearance. Other weeks you might just be at a brief plateau and your weight is stuck – when that happens you have to keep pushing. The scale will budge when your body is ready.

DON'T BE SCARED OF YOUR FEELINGS.

Every 30-days we want you to write down your weight and what you feel. Then you need to immediately write down why you want to change your weight and how you are going to do it! Now you've got a written reminder of your commitment to yourself.

MEASURED PROGRESS



Besides weight, we also need to track our body measurements for the next 90-days. It's simple to do and one of the most rewarding processes at the conclusion of the program. Just grab the MET-Rx 180 measuring device (or any tape measure) and measure your upper chest, chest, right arm, left arm, waist, hips, right thigh, and left thigh.



This is a tool that is often over-looked, yet it's one of the most rewarding. While it's easier to step on a scale as often as you'd like, the measurements take a little more time (only minutes!). When you can look back and see in black and white how you've changed it is worth every second.

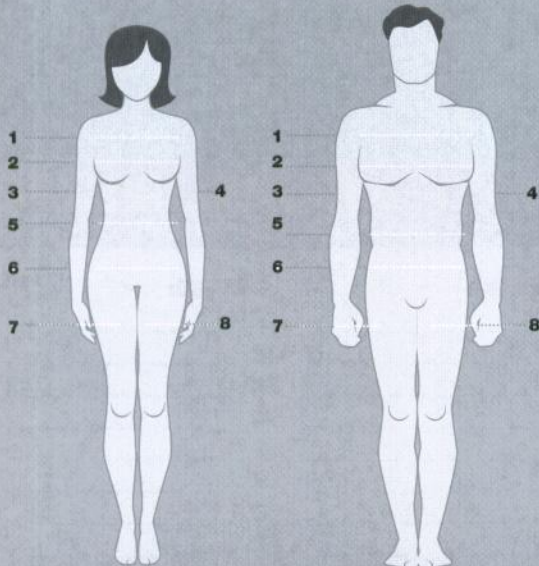
Relax the body part (or parts) and don't cheat by sucking in, twisting, or flexing. You'd only be cheating yourself. Measure the biggest part of each muscle, which is usually right in the middle. It's that easy!

You are going to record these measurements every 30 days right here in the Fitness Guide and in the 90-Day Tracker. This is going to be another great source of motivation as see the inches melt away and the new you appear!

HOW TO RECORD YOUR MEASUREMENTS: YOU WILL BE MEASURING EIGHT SPECIFIC AREAS OF YOUR BODY.

DAY 1

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____



DAY 60

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____

DAY 30

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____

DAY 90

1. UPPER CHEST _____
2. CHEST _____
3. RIGHT ARM _____
4. LEFT ARM _____
5. WAIST _____
6. HIPS _____
7. RIGHT THIGH _____
8. LEFT THIGH _____

THE BODYFAT TEST

180° You can do this online!

► You've all heard of body fat testing, but have you ever tried it? Along with weight and body measurements, the body fat test makes up the big three tools you have to measure progress. There are a handful of methods to test your body fat, from the most advanced (underwater or hydrostatic weighing) to the most simple (body fat scale). The results will vary between methods, as does the level of accuracy and the cost. For our purposes, you can throw technology out the window and stick with the most tried and true method to measure body fat: The skin caliper test.



Skin calipers are practical, cheap, and one of the most accurate ways to measure body fat. They measure skin-folds to calculate how much subcutaneous fat (fat under the skin) a person is carrying. The calipers work by giving you an estimation of body-fat by skin-fold thickness measurement. Measurement can use from 3 to 9 different anatomical sites around the body.

clearly see progress (and not see misleading results from a poorly done test). Input the caliper measurements below and in the 90-Day Tracker. You are going to test your body fat every 30-days during the program and of course at the conclusion of *MET-Rx 180*.

Remember, you need all three measuring tools to see a complete view of your progress. The scale, the body measurements, and body fat all work together to keep you informed and motivated. For example, the scale might not drop for a few weeks and you begin to feel discouraged. Rather than give up, you push through to the next schedule body fat test and see a significant decrease. You can feel proud knowing that the scale didn't drop because you likely added lean muscle! That same day you might have noticed that your waist measurements went down. Now you've got two symbols of progress and the scale is no longer a worry.

As soon as you finish your body measurements, don't delay in grabbing your *MET-Rx 180* clip fat measuring device. Carefully read the included instructions so that you ensure an accurate test. You want to be precise and exact so that when you do your next measurement you can

Don't sell yourself short and skip the body fat test.

BODY FAT MEASUREMENTS:

(Input your information here)

DAY 1:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 30:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 60:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

DAY 90:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

MET-Rx 180 CHECK LIST:

► Before you get started, let's make sure all of the details are in order. We've thrown a lot at you already, but be assured its not all the confusing. Here's what you need to do, broken down into one simple list:

- 1 **Read it All!** Take the time to get prepared and read through all of the guides and instructions that have been provided. This includes the *MET-Rx 180* Nutrition Book, Fitness Guide, 90-Day Tracker, and Product Catalog.
- 2 **Review the exercise and nutrition program with a qualified physician and MAKE SURE he/she approves you to start this program.** Go ahead and get that check-up you've been putting off. *MET-Rx 180* is about creating a healthier YOU in all ways.
- 3 **Commit! Sign the *MET-Rx 180* Healthy Lifestyle Contract.** This is an agreement with the person that matters most: YOU. Don't ignore this contract – take the time to really sign it and force yourself to see your commitment on paper.
- 4 **Take your before photos.** Read the details above and just get it over with. This picture will be an important reminder of what was and no longer will be your unhealthy self.
- 5 **Step up and approach the scale with cool confidence.** Now you understand how, when, and why to weigh yourself once each week.
- 6 **Take all of the body measurements right after your first weigh-in.** Don't put it off for another day. Document all of your statistics on DAY-1 because they are going to change quickly.
- 7 **Finish up your accounting duties with the body fat test.** This is the third tool we have to measure progress and the most important statistic we are going to lower.
- 8 **Create a grocery list and include at least one week's worth of food that follows the guidelines set forth in the Nutrition Guide.** Get everything you need so there is never an excuse to miss a meal.
- 9 **Plan out your workouts.** Find a place at home (or a gym if you prefer) that you can do all of the workouts with no obstructions or distractions.
- 10 **Watch all of the tutorial DVDs that accompany the *MET-Rx 180 Program*.** These will show you exactly how to do every exercise so that you get the most out of every second you invest.

FIT TEST

TEST TIME

► The *MET-Rx 180 Program* kicks off with a quick and simple evaluation of your current level of fitness. The beauty of this “test” is that you cannot fail – all you can do is get better! No matter how strong or weak you might feel on Day One, you have the confidence of knowing you are committed to improving. This test will be your proof that you’ve made progress to be a stronger, fitter, and healthier YOU.

The test takes less than 30 minutes to complete and the only tools you need is a mat and pull-up bar.

Start off with a 1.5 mile run/walk. Run as much as you can and really push yourself. If you aren’t ready for running, then walk as fast as you can. Do whatever you can and do it the best you can. As soon as you reach the finish line, have this book handy and write down your time.

Next up is the push-up test. A simple measure of your upper body strength. Do as many push-ups as you can (no cheating) without rest. It might be zero, it might be one, and it might be 10; it doesn’t matter. All that matters is that you try.

The third component is a test of core strength. Rather than a traditional sit-up test, we use the plank (also called the

abdominal bridge). Get yourself in a push-up position (back flat) and rest your upper body on your elbows/forearms. Position a stopwatch in front of you and hold this position for as long as you can. When your form breaks, you are done.

Last and certainly not least is the pull-up test. From a dead hang, pull yourself up until your chin passes the bar – this is one repetition. If you cannot do one complete pull-up, then use the straight-arm hang. Time how long you can hold yourself up with your body hanging straight down from the bar.

Be sure to write down all of the results below. You will re-test at the 45-DAY mark and again at the 90-DAY conclusion of *MET-Rx 180*.

DAY 1

1.5 mile run/walk: _____ minutes: seconds
Push-ups: _____ (total without stopping)
Plank: _____ (total seconds)
Pull-ups: _____ (total without stopping) OR
Straight-arm hang: _____ (total seconds)

DAY 45

1.5 mile run/walk: _____ minutes: seconds
Push-ups: _____ (total without stopping)
Plank: _____ (total seconds)
Pull-ups: _____ (total without stopping) OR
Straight-arm hang: _____ (total seconds)

DAY 90

1.5 mile run/walk: _____ minutes: seconds
Push-ups: _____ (total without stopping)
Plank: _____ (total seconds)
Pull-ups: _____ (total without stopping) OR
Straight-arm hang: _____ (total seconds)

Please consult your physician before beginning the *MET-Rx 180 Program*. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

WARM-UP

DON'T SKIP THE WARM-UP

► We know you're eager to start...but before you do, you need to warm-up. No matter how anxious you are, it's imperative that you resist the urge to fast forward through the warm-up. You could do more harm than good if you jump right into it without taking the time to bring your body up to speed. A warm-up isn't just a little bit of stretching before working out. There's a lot more to it than that. A warm-up includes a progressive aerobic activity that uses the muscles you will be exercising. Why warm up? You need to take a few minutes or so to raise the core temperature of your body and your muscles. This prepares the muscles and joints for more intense activity. Warm-ups also help to improve the elasticity of your muscles, promote circulation, and give you better muscle control. The *MET-Rx 180 Program* includes a general warm-up before each workout. Make sure that you pay attention to the instructor and that you complete every exercise in the warm-up before you start your workout routine. Remember your warm-up should not leave you breathless. Make sure you perform each movement slow and with complete control, i.e. no bouncing.



“ WARMING-UP IS AN ESSENTIAL PART OF YOUR EXERCISE ROUTINE. ”



WARM-UP MOVES

► Here are the specific warm-up moves that are perfectly suited to your *MET-Rx 180 Program*. Please watch each one of the DVDs for proper instruction... even when it comes to warming-up! Be as safe as possible.

NECK ROLLS

CIRCLE ARMS BACKWARD/FORWARD

SQUATS (ARMS OUT)

HALF SQUATS

BUTT KICKS

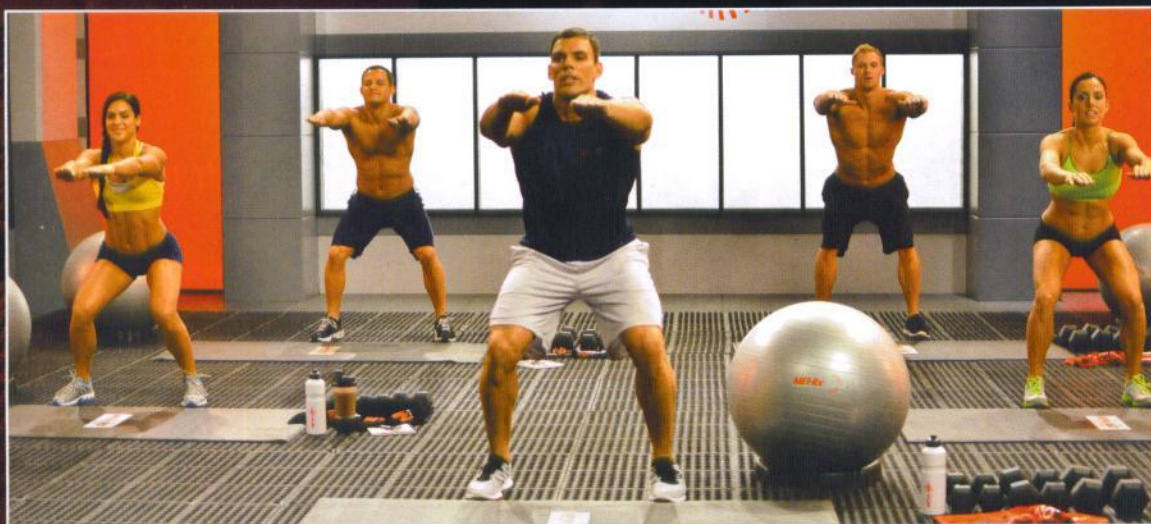
JOG IN PLACE

ARM HUGS

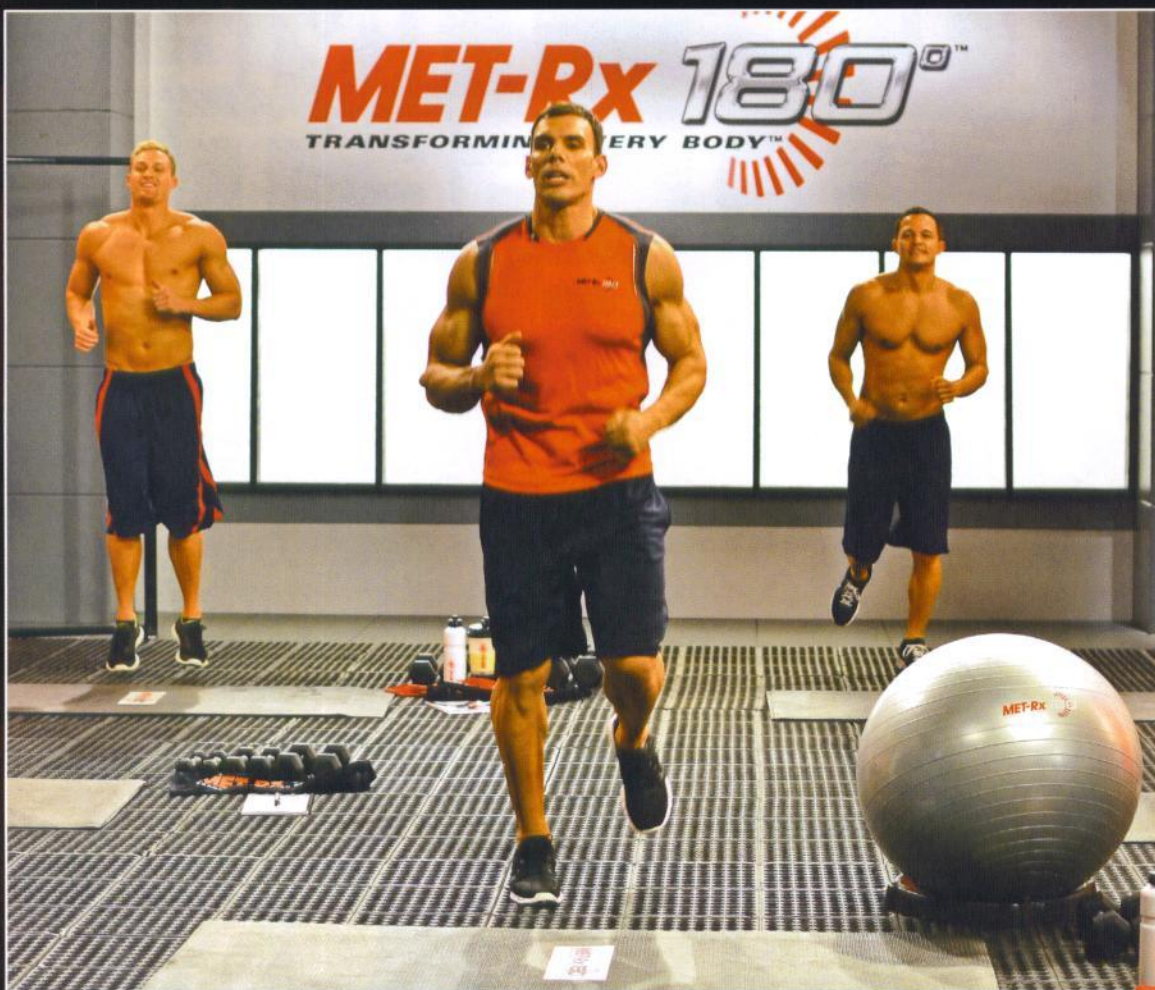
TOUCH DOWNS

TORSO ROTATIONS

ANKLE ROTATIONS



“ WARMING-UP INCREASES OVERALL BODY AND MUSCLE TEMPERATURES WHICH INCREASE BLOOD FLOW TO THE ACTIVE MUSCLES. ”



ONE LAST WORD ON WARMING-UP

So there you have it. Make no mistake about it; warming-up is a key component of the *MET-Rx 180 Program*. It's a necessary adjunct to your workout, not merely a "time-waster" which you begrudgingly have to do. As we've seen, a proper warm-up serves multiple functions...from your basic need to limber up as a way of avoiding injury, all the way to priming your engine (i.e. your body) to do great things in your workout!

CONDITIONING TIGHTEN
HEALTHY EATING
MET-RX MINUT
STER REPETITIONS
X PACK OF ABS
SHOULDERS
LEAN
STRONGER
TRULY LEAN
HEALTHY EATING

IT'S TIME TO GET STARTED

“ THE GREATEST AMOUNT OF
WASTED TIME IS THE TIME
NOT GETTING STARTED ”



Participant in the MET-RX 180 Program 90-day trial group. Participants lost an average of 15.3 pounds, and 22.2 inches from 8 total sites, and an average of 23.3 pounds of fat. Your results will vary.

MET-Rx 180

► The *MET-Rx 180 Transforming Every Body Program* is not an extreme home fitness workout. It is a program that was designed for people of all different levels of fitness. Whether you are a champion athlete or a newbie does not matter, we all need to follow the proper guidelines when working out. Getting into good workout habits and being smart about your training can go a long way in preventing injury and achieving the maximum benefits from the program.

Doctor's Approval: Do not start the *MET-Rx 180 Program* unless you have gotten full approval from your doctor or health care practitioner. The greatest gift we have in life is our health so please make sure you are 100% approved to start this program.

Good Exercise Form: When using bands, dumbbells or power blocks, it is very important to use good exercise form: An injury sustained from incorrect form or from tripping or falling over weights is completely avoidable so please pay attention and focus on what you are doing throughout your entire workout. You do not want an injury to prohibit you from reaching your 90-day goal. We cannot stress how important it is to understand proper form and technique. Please watch all the DVDs and read all of the Guides that come with the *MET-Rx 180 Program* before starting. Knowledge is power and the more knowledge you have on exercise form the better off you will be. For some reason if you still are unsure about how to perform an exercise after you have taken all the steps we ask, contact a fitness professional to show you how to execute the exercises properly. Here are some important tips that will help you while working out on the *MET-Rx 180 Program*.

Workout Attire: When working out you should wear clothes that are comfortable and don't prohibit or restrict your movement. Clothes made of cotton are usually the most comfortable

and generally inexpensive. The great thing about working out at home is that you don't have to overly concern yourself about what you are going to wear.

Your Workout Space: Make sure that you have a sufficient amount of room to workout. You want to be able to perform each exercise without any obstructions. You don't want to be lunging into the TV set or knocking over lamps when doing curls. A limited amount of space is necessary to perform the resistance portion of the *MET-Rx 180 Program* so please make sure that you have ample space. It is also suggested that you workout on an exercise mat. A mat can help add stability and of course save wear a tear on your current flooring.

Drink Water: Of course you should drink water during your workout. You should also drink water before and after you train as well. Your muscles can get dehydrated and start to cramp if you don't take in enough water before you exercise. The bottom line is if you workout then you better drink water. Water helps free your body of the toxins that are released from your muscles during a workout. It also helps replenish your body because of the amount that you sweat during one of your workouts. Have water close by when you are training. Don't store your water too far away from your workout area because you may lose focus and time if you constantly have to leave the room to get a drink.

► The *MET-Rx 180 Program* comes with a 10 lb. resistance band to start your transformation. If you find that the band is too easy then you should get a new set with greater resistance. The whole concept behind the *MET-Rx 180* exercise program is to continually challenge yourself. To purchase additional bands go to MYMETRX.com. You also have the option of using three sets of dumbbells (light, medium, or heavy) or one set of PowerBlocks®.

CHOOSING YOUR WORKOUT SCHEDULE

We have provided you with a second option to the 90 day calendar in case your hectic lifestyle requires different workout schedules and rest days. Option 1 has a rest day every 5-6 days as option 2 calendar has a rest day ever 3-4 days. Both schedule options will provide you with the same amazing results if you follow the program entirely. If you choose option 2, visit the MYMETRX.com site to chart your progress and print out your workout sheets.

CHOOSING THE RIGHT AMOUNT OF WEIGHT

Each one of the *MET-Rx 180* resistance workouts is different. There are different strategies and workout techniques throughout the program that will call for you to use light, medium or heavy weights. The only way you can choose the right weight is through trial and error. You have to try it. Obviously you will know when a weight is too light and not challenging. It does not matter if you are using bands or dumbbells if a set is too easy for you or you find the whole workout unchallenging then you need to step up your game and increase the weight. If you are using a weight that is too heavy and you are not coming close to the amount of repetitions you are supposed to get or your form is becoming sloppy then you need to reduce the amount of weight. Yes you want to constantly try to lift more but you also don't want to sacrifice form or injure yourself. It is not a difficult process to choose the right weight.

STAY FOCUSED THROUGHOUT THE WORKOUT

From the time you put the *MET-Rx 180* DVD workout in and press start until that workout is completely finished is when you need to stay 100% focused. Block out the distractions, this is your time when you are fully engaged in your workout. Listen to the instructor, do each exercise properly and get the most out of every set. If you can't get the number of reps of a particular set, that's ok, if you need a little extra rest, take it. Try and do the best that you can possibly do, that's all we

ask of you. Make sure that you do give a 100% effort every time you pop in that workout DVD or your 90-day goal may not become a reality.

MASTER ALL OF THE EXERCISES

There are a lot of exercises in the *MET-Rx 180 Program* and there are bound to be ones that you dislike. If you dislike them because they are challenging my advice to you is, learn to love them. If you dislike them because they cause you pain or muscular discomfort, stop immediately and visit your doctor. Do not continue the program until the doctor evaluates your situation. You should always err on the side of caution. It is better to be safe then sorry, so if you get dizzy or feel nauseous at any point during the workout – stop!

RECORD YOUR WORKOUT INFORMATION

Make use of your *MET-Rx 180* 90-Day Tracker. There is no greater motivational fitness tool then your own personal journal. Your tracker will eliminate the guesswork from your workouts. You will know exactly what to do and how much weight you should use if you keep good records. A journal will show were you are making improvement and where you need to step up your game. It will also make you accountable to yourself. You will be at a huge disadvantage if you don't use your 90-day tracker.

POST WORKOUT NUTRITION

The *MET-Rx 180* Recovery Shake is the perfect ending to a grueling workout. After intense exercise, your body is exhausted and is low in certain critical nutrients. That is why it is important to recharge and refuel your body after each workout with the right amount of protein, carbohydrates, electrolytes, and vitamins and minerals so that you can retain the benefits from every workout session and help you achieve your goals!* This product and other valuable *MET-Rx 180* products are available at MYMETRX.com.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

FIFTEEN QUICK TIPS:

1. Don't rock, swing, sway or use body momentum when performing an exercise.
2. If you choose a weight that is too heavy for a set, choose a lighter one for the next.
3. When performing the MET-Rx Power Pyramid have your three weights ready to go before you start the set.
4. When squatting or lunging make sure that your knees are aligned properly. You should be able to see your toes when you squat and look down. When lunging make sure your knee is bent and forming a 90-degree angle, so that your knee is aligned over your ankle.
5. Keep the bands and dumbbells you are not using free and clear from your workout space.
6. Make sure you have enough room in you workout area to perform all of the exercises without any obstructions.
7. Don't skip exercises, do the whole workout.
8. Don't over-train; follow the program the way it is written. Overtraining can stifle your progress.
9. Don't get frustrated if you are having difficulty doing some of the exercises or routines, Rome wasn't built in a day and either will you. Give it time.
10. Don't miss workouts! Every single workout is equally important. If you do miss a workout, follow the normal schedule; don't go backwards.
11. The cardio and resistance exercises are equally important, give 100% effort to every single workout.
12. Follow the *MET-Rx 180* Nutritional program. You will not get the maximum benefit from your workouts if you are not eating correctly.
13. Don't let your ego dictate how much weight you should use. Be smart, just because the athlete in the video is using heavy weights does not mean you do. Be smart.
14. Don't fast forward through the warm-up and cool-down; both are necessary and should not be skipped for any reason.
15. Take it one day at a time. Thinking too far in the future makes your 90-day goal seem miles away. Every day on the program gets you closer to your goal.

MET-Rx 180 90-DAY WORKOUT CALENDARS

► On the following pages, you will find your *MET-Rx 180* workout calendars. Over the next 90-days you will know exactly what workout to do on what day, what DVD each workout is on and when you should take your rest days. We have provided you with two different calendar options; choose one that best accommodates your personal schedule.

“IT’S EASY TO SAY THAT YOU’LL EXERCISE EVERY DAY. BUT YOU NEED A PLAN IF YOU WANT TO ACHIEVE A SPECIFIC GOAL.”

OPTION 1
CONDITIONING
PHASE

1	2	3
<p>DVD 3: Conditioning Workout (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 9: Cardio Tactics (1)</p>	<p>DVD 3: Conditioning Workout (2)</p>
8	9	10
<p>DVD 3: Conditioning Workout (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 3: Conditioning Workout (2)</p>
15	16	17
<p>DVD 3: Conditioning Workout (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 3: Conditioning Workout (2)</p>
22	23	24
<p>DVD 3: Conditioning Workout (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 3: Conditioning Workout (2)</p>
29	30	
<p>DVD 3: Conditioning Workout (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	

<p style="text-align: right;">4</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">5</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: center;">6</p> <p style="text-align: center;">REST</p>	<p style="text-align: right;">7</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">11</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">12</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">13</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">14</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">18</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">19</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">20</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">21</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">25</p> <p>DVD 4: Conditioning Workout (3)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">26</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">27</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">28</p> <p style="text-align: center;">REST</p>

NOTES: _____



OPTION 1
**SHAPING
 PHASE**

DAYS 31-60

<p style="text-align: right;">31</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">32</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">33</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p style="text-align: right;">38</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">39</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">40</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p style="text-align: right;">45</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">46</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">47</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p style="text-align: right;">52</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">53</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">54</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>
<p style="text-align: right;">59</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">60</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	

<p style="text-align: right;">34</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">35</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">36</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">37</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">41</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">42</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">43</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">44</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">48</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">49</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">50</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">51</p> <p style="text-align: center;">REST</p>
<p style="text-align: right;">55</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">56</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">57</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">58</p> <p style="text-align: center;">REST</p>

NOTES: _____



OPTION 1
DEFINITION
PHASE

<p style="text-align: right;">61</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">62</p> <p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">63</p> <p>DVD 8: Definition Phase (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
<p style="text-align: right;">68</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>	<p style="text-align: right;">69</p> <p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">70</p> <p>DVD 8: Definition Phase (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
<p style="text-align: right;">75</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p style="text-align: right;">76</p> <p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">77</p> <p>DVD 8: Definition Phase (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
<p style="text-align: right;">82</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p style="text-align: right;">83</p> <p>DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">84</p> <p>DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>
<p style="text-align: right;">89</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>	<p style="text-align: right;">90</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 9: Cardio Tactics (2)</p>	

<p>64</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>65</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>66</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>67</p> <p>REST</p>
<p>71</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>72</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>73</p> <p>DVD 7: Definition Phase (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>74</p> <p>REST</p>
<p>78</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>79</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>80</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>81</p> <p>REST</p>
<p>85</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>86</p> <p>DVD 7: Definition Workout (1) Shoulders/ Triceps/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>87</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>88</p> <p>REST</p>

NOTES: _____



OPTION 2
CONDITIONING
PHASE

DAYS 1-30

1	2	3
<p style="text-align: center;">DVD 3: Conditioning Workout (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 9: Cardio Tactics (1)</p>	<p style="text-align: center;">DVD 3: Conditioning Workout (2)</p>
8	9	10
<p style="text-align: center;">DVD 3: Conditioning Workout (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 9: Cardio Tactics (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 3: Conditioning Workout (2)</p>
15	16	17
<p style="text-align: center;">DVD 3: Conditioning Workout (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 9: Cardio Tactics (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 3: Conditioning Workout (2)</p>
22	23	24
<p style="text-align: center;">DVD 3: Conditioning Workout (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 9: Cardio Tactics (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 3: Conditioning Workout (2)</p>
29	30	
<p style="text-align: center;">DVD 3: Conditioning Workout (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">DVD 9: Cardio Tactics (1)</p> <p style="text-align: center;">DVD 11: Stretch and Refresh</p>	<p style="text-align: center;">VISIT MYMETRX.COM TO VIEW/PRINT AND TRACK YOUR WORKOUTS USING OPTION 2</p>

REST 4	DVD 4: Conditioning Workout (3) DVD 11: Stretch and Refresh	DVD 9: Cardio Tactics (1)	REST 7
REST 11	DVD 4: Conditioning Workout (3) DVD 11: Stretch and Refresh	DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	DVD 10: Kickboxing Workout
REST 18	DVD 4: Conditioning Workout (3) DVD 11: Stretch and Refresh	DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	DVD 10: Kickboxing Workout
REST 25	DVD 4: Conditioning Workout (3) DVD 11: Stretch and Refresh	DVD 9: Cardio Tactics (1) DVD 11: Stretch and Refresh	DVD 10: Kickboxing Workout

NOTES: _____



OPTION 2
SHAPING
PHASE

<p>31</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>32</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>33</p> <p>REST</p>
<p>38</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>39</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>40</p> <p>REST</p>
<p>45</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>46</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>47</p> <p>REST</p>
<p>52</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>53</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>54</p> <p>REST</p>
<p>59</p> <p>DVD 5: Shaping Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 11: Stretch and Refresh</p>	<p>60</p> <p>DVD 5: Shaping Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>VISIT MYMETRX.COM TO VIEW/PRINT AND TRACK YOUR WORKOUTS USING OPTION 2</p>

<p>34</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>	<p>35</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>36</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>37</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>
<p>41</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>	<p>42</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p>43</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>44</p> <p>DVD 9: Cardio Tactics (1)</p> <p>DVD 11: Stretch and Refresh</p>
<p>48</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>	<p>49</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>50</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>51</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>
<p>55</p> <p>DVD 6: Shaping Workout (3) Quads/Hamstrings/ Glutes/Calves</p> <p>DVD 11: Stretch and Refresh</p>	<p>56</p> <p>DVD 6: Shaping Workout (4) Chest/Biceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p>57</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p>58</p> <p>DVD 9: Cardio Tactics (2) Advanced</p> <p>DVD 11: Stretch and Refresh</p>

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OPTION 2
DEFINITION
PHASE

REST 61	DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves	DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals
	DVD 9: Cardio Tactics (1)	DVD 9: Cardio Tactics (2) Advanced
REST 68	DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves	DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals
	DVD 9: Cardio Tactics (1)	DVD 9: Cardio Tactics (2) Advanced
REST 75	DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves	DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals
	DVD 9: Cardio Tactics (1)	DVD 9: Cardio Tactics (2) Advanced
REST 82	DVD 8: Definition Workout (3) Quads/Hamstrings/ Glutes/Calves	DVD 8: Definition Workout (4) Chest/Biceps/ Abdominals
	DVD 9: Cardio Tactics (1)	DVD 9: Cardio Tactics (2) Advanced
DVD 11: Stretch and Refresh	DVD 12: Advanced Abdominals	63
DVD 10: Kickboxing Workout	DVD 9: Cardio Tactics (2)	62
DVD 9: Cardio Tactics (2)		69
		70
		76
		77
		83
		84
		90
		VISIT MYMETRX.COM TO VIEW/PRINT AND TRACK YOUR WORKOUTS USING OPTION 2

<p style="text-align: right;">64</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">65</p> <p>DVD 7: Definition Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">66</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">67</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>
<p style="text-align: right;">71</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">72</p> <p>DVD 7: Definition Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">73</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">74</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p>
<p style="text-align: right;">78</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">79</p> <p>DVD 7: Definition Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">80</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">81</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>
<p style="text-align: right;">85</p> <p>DVD 12: Advanced Abdominals</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 11: Stretch and Refresh</p>	<p style="text-align: right;">86</p> <p>DVD 7: Definition Workout (1) Shoulders/Triceps/ Abdominals</p> <p>DVD 9: Cardio Tactics (1)</p>	<p style="text-align: right;">87</p> <p>DVD 7: Definition Workout (2) Back/Abdominals</p> <p>DVD 9: Cardio Tactics (2) Advanced</p>	<p style="text-align: right;">88</p> <p>DVD 11: Stretch and Refresh</p> <p>DVD 10: Kickboxing Workout</p> <p>DVD 9: Cardio Tactics (2)</p>

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CONDITIONING PHASE

RESISTANCE WORKOUTS

{DAYS 1-30}

► Welcome to the Conditioning Phase.

We know you're eager to get started but before you do make sure that you have completed all the steps we asked you to go through before getting to this point. If you are 100% mentally committed to making that transformation and you have your doctor's approval to start the *MET-Rx 180 Program* then let's go. It's time to take your first step towards your 90-Day goal.

Over the next 30-days, you will be following the workouts in the "Conditioning Phase" (Page 25). The complete Conditioning Phase schedule (Days 1-30), which also includes cardio, kickboxing and the stretch and refresh workouts can be found in the calendar section of the fitness guide (Page 42). The Conditioning Phase is to set the foundation, getting you into a regular routine, keeping your body active and helping to tone it with resistance routines that help build muscle, increase functional strength, and prepare you for the rest of the *MET-Rx 180 program*. Think of this as the first phase to the body you always wanted. It is important that you master all of the exercises in this phase because you will be performing them throughout the entire program. Focus on good habits from the start. Frank always says, "good form-good body, bad form-bad body." Keep in mind that you are not competing against anyone but yourself. If you can only complete portions of the workout then do what you can, eventually you will be able to do the entire program. Don't forget to watch the Getting Started DVD and the Resistance Band tutorials before starting the program and make sure that you have your *MET-Rx 180 90-Day Tracker* by your side to input all of your workout data. Stay motivated. Stay in the game and best of luck.

WARM UP

1. **NECK ROLLS**
2. **BACKWARD ARM CIRCLES**
3. **OVERHEAD (STRETCH)**
4. **SQUATS**
5. **JOG IN PLACE**
6. **BUTT KICKS**

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Pushup [12 reps]
2. **BACK:** Two Arm Dumbbell Row [12 reps]
3. **SHOULDERS:** Standing Clean and Press [12 reps]
4. **TRICEPS:** Standing Triceps Extensions [12 reps]
5. **BICEPS:** Standing Alternating Curl [12 reps]
6. **LEGS:** Squat [12 reps]
7. **HAMSTRINGS:** Partial Stiff Leg Dead Lifts halfway down [12 reps]
8. **CALVES:** Standing Calf Raise - toes straight [20 reps]
9. **ABS:** Crunch - knees up [15 reps]
10. **ABS:** Lying Leg Raise on Floor [15 reps]
11. **ABS:** Standing Twists No Weight - hands interlocked [15 reps]

SET TWO

1. **CHEST:** Flat Press Off Floor [12 reps]
2. **BACK:** Reverse Dumbbell Row [12 reps]
3. **SHOULDERS:** Side Lateral Raise - two-arms [12 reps]
4. **TRICEPS:** Floor Dips [12 reps]
5. **BICEPS:** Hammer Curls - two-arms at a time [12 reps]
6. **LEGS:** Lunges [12 reps]
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps]
8. **CALVES:** Standing Calf Raise - toes out [20 reps]
9. **ABS:** Butterfly Crunch [15 reps]
10. **ABS:** Knee Tucks off Floor [15 reps]
11. **ABS:** Bicycles [15 reps]

Please consult your physician before beginning the MET-Rx 180 Program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your health-care provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

Before you do any of the workouts you need to watch the resistance band tutorials. One of our fitness professionals will demonstrate many of the exercises in the program using the MET-Rx 180 resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

CONDITIONING
WORKOUT 1 {DAYS 1-30}
RESISTANCE WORKOUTS

SET THREE

1. **CHEST:** Flat Fly [12 reps]
2. **BACK:** Shrug [12 reps]
3. **SHOULDERS:** Upright Row [12 reps]
4. **TRICEPS:** Standing One Arm Triceps Extension [12 reps]
5. **BICEPS:** Concentration Curl [12 reps]
6. **LEGS:** Wide Leg (plié) Squat [12 reps]
7. **HAMSTRINGS:** Standing Stiff Legged Dead Lift [12 reps]
8. **CALVES:** Standing Calf Raise - toes in [20 reps]
9. **ABS:** Crunch [15 reps]
10. **ABS:** Scissor Kicks [15 reps]
11. **ABS:** Sitting Twists [15 reps]

BLOCK TWO: MET-Rx COMBO 6

1. **FLAT PRESS:** [12 reps]
CROSSOVER: [12 reps]
2. **DEAD LIFT:** [12 reps]
BENT OVER FLY: [12 reps]
3. **SHOULDER PRESS:** [12 reps]
FRONT RAISE: [12 reps]
4. **TWO ARM TRICEPS KICK BACK:** [12 reps]
TWO ARM CURL: [12 reps]
5. **SQUAT:** [12 reps]
LYING LEG CURL: [12 reps]
6. **KNEE TUCKS:** [15 reps]
BICYCLES: [15 reps]

BLOCK THREE: MET-Rx MINUTE

(LOWER BODY RESISTANCE CHALLENGE)

SQUAT - do as many reps as you can in 60 seconds

COOL DOWN

1. **STANDING QUAD STRETCH**
2. **STANDING HAMSTRING STRETCH**
3. **STANDING CHEST STRETCH**
4. **STANDING TRICEPS STRETCH**
5. **STANDING SHOULDER STRETCH**

WARM UP

1. **NECK ROLLS**
2. **ARM CIRCLES FORWARD**
3. **GOOD MORNINGS**
4. **QUICK HALF SQUATS**
5. **JOG IN PLACE**
6. **BUTT KICKS**

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps]
2. **BACK:** One Arm Row [12 reps]
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps]
4. **TRICEPS:** Lying Triceps Extension (ball) [12 reps]
5. **BICEPS:** Standing Alternating Curl [12 reps]
6. **LEGS:** Squat - narrow [12 reps]
7. **HAMSTRINGS:** Hamstring Push on Floor [12 reps]
8. **CALVES:** Seated Calf Raise (ball) - toes straight [20 reps]
9. **ABS:** Crunch (ball) [15 reps]
10. **ABS:** Lying Leg Raise (ball) [15 reps]
11. **ABS:** Twisting Crunch (ball) [15 reps]

SET TWO

1. **CHEST:** Incline Fly Ball [12 reps]
2. **BACK:** Reverse Two Arm Row [12 reps]
3. **SHOULDERS:** Upright Row [12 reps]
4. **TRICEPS:** Floor Dips [12 reps]
5. **BICEPS:** Seated Concentration Curl (ball) [12 reps]
6. **LEGS:** One Legged Squat (ball) [12 reps]
7. **HAMSTRINGS:** Stiff Leg Dead Lift [12 reps]
8. **CALVES:** Seated Calf Raise (ball) - toes out [20 reps]
9. **ABS:** Crunch (ball) - arms overhead [15 reps]
10. **ABS:** Lying Leg Raise (ball) [15 reps]
11. **ABS:** Twisting Crunch (ball) [15 reps]

CONDITIONING
WORKOUT 2 {DAYS 1-30}
RESISTANCE WORKOUTS

SET THREE

1. **CHEST:** Flat Press (ball) [12 reps]
2. **BACK:** Pullovers (ball) [12 reps]
3. **SHOULDERS:** Standing Two Arm Front Raise [12 reps]
4. **TRICEPS:** Standing Triceps Kickback [12 reps]
5. **BICEPS:** Seated Hammer Curl (ball) [12 reps]
6. **LEGS:** Wide Squat [12 reps]
7. **HAMSTRINGS:** One Legged Dead Lift [12 reps]
8. **CALVES:** Calf Burnouts (ball) [20 reps]
9. **ABS:** Crunch (ball) [15 reps]
10. **ABS:** Lying Leg Raise (ball) [15 reps]
11. **ABS:** Twisting Crunches On Floor [15 reps]

BLOCK TWO: MET-Rx COMBO 6

1. **INCLINE CHEST PRESS:** (ball) [12 reps]
CROSSOVER: [12 reps]
2. **DEAD LIFT:** [12 reps]
BENT OVER FLY: [12 reps]
3. **CLEAN AND PRESS:** [12 reps]
STANDING TWO ARM FRONT RAISES: [12 reps]
4. **STANDING TRICEPS EXTENSION:** [12 reps]
STANDING TWO ARM BICEP CURL: [12 reps]
5. **LUNGE:** [12 reps]
LYING LEG CURL: [12 reps]
6. **BUTTERFLY CRUNCH:** [15 reps]
SCISSOR KICK: [15 reps]

BLOCK THREE: MET-Rx MINUTE

(UPPER BODY RESISTANCE CHALLENGE)

PUSH UP - do as many reps as you can in 60 seconds

COOL DOWN

1. **COBRA STRETCH**
2. **CHILD'S POSE**
3. **LYING HAMSTRING STRETCH**
4. **STANDING CHEST STRETCH**
5. **STANDING SHOULDER STRETCH**
6. **STANDING TRICEPS STRETCH**

CONDITIONING **3** {DAYS 1-30}
RESISTANCE WORKOUTS

WARM UP

1. **NECK ROLLS**
2. **ARM CIRCLES FORWARD**
3. **ARMS OVERHEAD, WAIST, TOE TOUCH**
4. **JOG IN PLACE**
5. **BUTT KICKS**

BLOCK ONE: THE MET-Rx CIRCUIT

SET ONE

1. **CHEST:** Incline Press (ball) [12 reps]
2. **BACK:** One Arm Row [12 reps]
3. **SHOULDERS:** Seated Shoulder Press (ball) [12 reps]
4. **TRICEPS:** Seated Triceps Extensions (ball) [12 reps]
5. **BICEPS:** Standing Two Arm Bicep Curl [12 reps]
6. **LEGS:** Squat [12 reps]
7. **HAMSTRINGS:** Stiff Legged Dead Lift [12 reps]
8. **CALVES:** Standing Calf Raise [20 reps]
9. **ABS:** Crunch [15 reps]
10. **ABS:** Lying Leg Raise [15 reps]
11. **ABS:** Standing Twists [15 reps]

SET TWO

1. **CHEST:** Incline Press (ball) [10 reps]
2. **BACK:** One Arm Row [10 reps]
3. **SHOULDERS:** Seated Shoulder Press (ball) [10 reps]
4. **TRICEPS:** Seated Triceps Extensions (ball) [10 reps]
5. **BICEPS:** Standing Two Arm Bicep Curl [10 reps]
6. **LEGS:** Squat [10 reps]
7. **HAMSTRINGS:** Stiff Legged Dead Lift [10 reps]
8. **CALVES:** Standing Calf Raise [20 reps]
9. **ABS:** Crunch [15 reps]
10. **ABS:** Lying Leg Raise [15 reps]
11. **ABS:** Standing Twists [15 reps]

CONDITIONING **3** {DAYS 1-30}
RESISTANCE WORKOUTS

SET THREE

1. **CHEST:** Incline Press (ball) [8 reps]
2. **BACK:** One Arm Row [8 reps]
3. **SHOULDERS:** Seated Shoulder Press (ball) [8 reps]
4. **TRICEPS:** Seated Triceps Extensions (ball) [8 reps]
5. **BICEPS:** Standing Two Arm Bicep Curl [8 reps]
6. **LEGS:** Squat [8 reps]
7. **HAMSTRINGS:** Stiff Legged Dead Lift [8 reps]
8. **CALVES:** Standing Calf Raise [20 reps]
9. **ABS:** Crunch [15 reps]
10. **ABS:** Lying Leg Raise [15 reps]
11. **ABS:** Standing Twists [15 reps]

BLOCK TWO:

1. **PUSH UP:** [12 reps]
CABLE CROSSOVER: [12 reps]
2. **DEAD LIFT:** [12 reps]
BENT OVER FLY: [12 reps]
3. **UPRIGHT ROW:** [12 reps]
STANDING TWO ARM FRONT RAISE: [12 reps]
4. **ONE ARM REVERSE TRICEPS KICK BACK:** [12 reps]
STANDING HAMMER CURL: [12 reps]
5. **LUNGE:** [12 reps]
LYING LEG CURL: [12 reps]
6. **CRUNCH:** [15 reps]
SCISSOR KICK: [15 reps]

BLOCK THREE:

(FULL BODY RESISTANCE CHALLENGE)

SQUAT THRUST - do as many reps as you can in 60 seconds

COOL DOWN

1. **STANDING CHEST STRETCH**
2. **STANDING SHOULDER STRETCH**
3. **STANDING TRICEPS STRETCH**
4. **STANDING QUAD STRETCH**



SHAPING PHASE

{DAYS 31-60}

► If you have completed the first 30-days of the *MET-Rx 180 Program* then congratulate yourself.

You are surely looking better, feeling good and ready to take your body and your transformation to the next level. Now it's time to take that motivation and apply it to the second phase of the *MET-Rx 180 Program*. Over the next 30-days you are going to be following the Shaping Phase (Page 25). It is time to build on that foundation you learned during the Conditioning Phase. It's time to raise your game! No more total body workouts! During this phase you will be asked to follow four body-part specific workout routines designed to reshape, re-sculpt and re-energize every body part so you get to your goal fast and look great from every angle. The complete Shaping Phase schedule (Days 31-60), which also includes cardio, kickboxing and the stretch and refresh workouts can be found in the calendar section of the fitness guide (Page 44). Now is a great time to shape your mind before you shape your body by reconfirming your 90-day transformation goal.

Don't forget to use your *MET-Rx 180* 90-Day Tracker.

Please consult your physician before beginning the *MET-Rx 180 Program*. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

Before you do any of the workouts you need to watch the resistance band tutorials. One of our fitness professionals will demonstrate many of the exercises in the program using the *MET-Rx 180* resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

WARM UP

1. **NECK ROLLS**
2. **ARM CIRCLES**
3. **ARM CROSSES**
4. **ARM OVER HEAD, WAIST, TOE TOUCH (TOUCHDOWN)**
5. **JOG IN PLACE**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS** - perform as many as you can in 30 seconds
2. **STANDING SHOULDER PRESS** - perform as many as you can in 30 seconds
3. **STANDING SHOULDER PRESS** - perform as many as you can in 30 seconds

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **UPRIGHT ROW** [12 reps]
UPRIGHT ROW [10 reps]
UPRIGHT ROW [8 reps]
2. **STANDING LATERAL RAISE** [12 reps]
STANDING LATERAL RAISE [10 reps]
STANDING LATERAL RAISE [8 reps]
3. **STANDING TWO ARM FRONT RAISE** [12 reps]
STANDING TWO ARM FRONT RAISE [10 reps]
STANDING TWO ARM FRONT RAISE [8 reps]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Bent Over Lateral Raise [12 reps]
Standing One Arm Lateral Raise [12 reps]
2. **SUPER-SET:** Bent Over Lateral Raise [12 reps]
Standing One Arm Lateral Raise [12 reps]

BLOCK FOUR: MET-Rx MINUTE

(FULL BODY RESISTANCE CHALLENGE)

SQUAT THRUSTS - do as many reps as you can in 60 seconds

BLOCK FIVE: SMALL BODY-PART - TRICEPS

- 1A. **SEATED TRICEPS EXTENSION** (ball) [12 reps]
- 1B. **SEATED TRICEPS EXTENSION** (ball) [10 reps]
- 1C. **SEATED TRICEPS EXTENSION** (ball) [8 reps]
- 2A. **LYING TRICEPS EXTENSION** (ball) [12 reps]
- 2B. **LYING TRICEPS EXTENSION** (ball) [10 reps]
- 2C. **LYING TRICEPS EXTENSION** (ball) [8 reps]
- 3A. **SUPER-SET:** Standing One Arm Triceps Extension [12 reps]
Standing One Arm Triceps Kick Back [12 reps]
- 3B. **SUPER-SET:** Standing One Arm Triceps Extension [12 reps]
Standing One Arm Triceps Kick Back [12 reps]
- 3C. **SUPER-SET:** Standing One Arm Triceps Extension [12 reps]
Standing One Arm Triceps Kick Back [12 reps]

BLOCK SIX: ABDOMINALS

- 1. **CRUNCH** - (ball) [15 reps]
LYING LEG RAISE - (ball) [15 reps]
BICYCLES - [15 reps]
PLANK - hold for 30 seconds
- 2. **CRUNCH** - (ball) [15 reps]
LYING LEG RAISE - (ball) [15 reps]
BICYCLES - [15 reps]
PLANK - hold for 30 seconds
- 3. **CRUNCH** - (ball) [15 reps]
LYING LEG RAISE - (ball) [15 reps]
BICYCLES - [15 reps]
PLANKS - hold for 60 seconds

COOL DOWN

- 1. **COBRA**
- 2. **CHILD'S POSE**
- 3. **ALTERNATING SWIMMERS**
- 4. **STANDING TRICEPS STRETCH**
- 5. **STANDING SHOULDER STRETCH**

WARM UP

1. **NECK ROLLS**
2. **ARM CROSSES**
3. **GOOD MORNINGS**
4. **ARMS OVERHEAD, WAIST, TOE TOUCHES**
5. **TORSO ROTATIONS**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds
2. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds
3. **OVERHEAD BALL EXTENSIONS** (or pull-ups) - as many as you can in 30 seconds

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **BENT OVER TWO ARM ROW** [12 reps]
BENT OVER TWO ARM ROW [10 reps]
BENT OVER TWO ARM ROW [8 reps]
2. **ONE ARM REVERSE ROW** [12 reps]
ONE ARM REVERSE ROW [10 reps]
ONE ARM REVERSE ROW [8 reps]
3. **DEAD LIFT** [12 reps]
DEAD LIFT [10 reps]
DEAD LIFT [8 reps]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Cobra [12 reps]
Shrug [12 reps]
2. **SUPER-SET:** Cobra [12 reps]
Shrug [12 reps]

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

- (LOWERBACK)**
1. **SUPER-SET:** Hyperextension [12 reps]
Good Mornings [12 reps]
 2. **SUPER-SET:** Cobra [12 reps]
Good Mornings [12 reps]

BLOCK FIVE: MET-Rx MINUTE

(UPPER BODY RESISTANCE CHALLENGE)

PUSH-UPS - do as many as you can in 60 seconds

BLOCK SIX: ABDOMINALS

1. **CRUNCH** - arms extended overhead [15 reps]
CRUNCH - arms extended overhead [15 reps]
CRUNCH - arms extended overhead [15 reps]
2. **KNEE TUCKS** [15 reps]
KNEE TUCKS [15 reps]
KNEE TUCKS [15 reps]
3. **STANDING TWISTS** [15 reps]
STANDING TWISTS [15 reps]
STANDING TWISTS [15 reps]
4. **PLANK** - hold for 60 seconds

COOL DOWN

1. **COBRA**
2. **CHILD'S POSE**
3. **CAT / COW**
4. **LYING KNEES TO CHEST (BACK STRETCH)**
5. **LEGS SPREAD (BACK STRETCH)**

SHAPING
WORKOUT 3 {DAYS 31-60}
QUADS / HAMSTRINGS / GLUTES / CALVES

WARM UP

1. **NECK ROLLS**
2. **ARMS OVER HEAD, WAIST, TOE TOUCH (TOUCHDOWN)**
3. **ANKLE ROTATION**
4. **QUICK HALF SQUATS**
5. **JOG IN PLACE**
6. **BUTT KICKS**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS** (with weight) - as many as you can in 30 seconds
2. **SQUATS** (with weight) - as many as you can in 30 seconds
3. **SQUATS** (with weight) - as many as you can in 30 seconds

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **LUNGES** [12 reps]
LUNGES [10 reps]
LUNGES [8 reps]
2. **SUMO (PLIÉ) SQUAT** [12 reps]
SUMO (PLIÉ) SQUAT [10 reps]
SUMO (PLIÉ) SQUAT [8 reps]
3. **STIFF LEG DEAD LIFT** [12 reps]
STIFF LEG DEAD LIFT [10 reps]
STIFF LEG DEAD LIFT [8 reps]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lying Leg Curl [12 reps]
One Leg Dead Lift [12 reps]
2. **SUPER-SET:** Lying Leg Curl [12 reps]
One Leg Dead Lift [12 reps]

BLOCK FOUR: MET-Rx BACK-TO-BACK CHALLENGE 2

- (NO WEIGHT)**
1. **SUPER-SET:** Hamstring Roll (ball) [12 reps]
Leg Kick Back - on hands and knees [12 reps]
 2. **SUPER-SET:** Hamstring Roll (ball) [12 reps]
Leg Kick Back - (on hands and knees) [12 reps]

SHAPING
WORKOUT 3 {DAYS 31-60}
QUADS / HAMSTRINGS / GLUTES / CALVES

BLOCK FIVE: SMALL BODY-PART CALVES

1. **SUPER-SET:** Seated Calf Raise (ball) [20 reps]
Standing Calf Raise [20 reps]
2. **SUPER-SET:** Seated Calf Raise (ball) [20 reps]
Standing Calf Raise [20 reps]
3. **SUPER-SET:** Seated Calf Raise (ball) [20 reps]
Standing Calf Raise [20 reps]

BLOCK SIX: MET-Rx MINUTE

(LOWER BODY RESISTANCE CHALLENGE)

1. **SQUATS** - do as many as you can in 60 seconds

COOL DOWN

1. **COBRA**
2. **STANDING QUAD STRETCH**
3. **STANDING HAMSTRING STRETCH**

SHAPING
WORKOUT 4 {DAYS 31-60}
CHEST / BICEPS / ABDOMINALS

WARM UP

1. **ARM CROSSES IN FRONT**
2. **FORWARD ARM CIRCLES**
3. **TORSO TWISTS**
4. **JOG IN PLACE**
5. **BUTT KICKS**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UPS** - as many as you can in 30 seconds
2. **PUSH-UPS** - as many as you can in 30 seconds
3. **PUSH-UPS** - as many as you can in 30 seconds

BLOCK TWO: MET-Rx POWER PYRAMID METHOD

1. **INCLINE PRESS** (ball) [12 reps]
INCLINE PRESS (ball) [10 reps]
INCLINE PRESS (ball) [8 reps]
2. **FLAT PRESS** (ball) [12 reps]
FLAT PRESS (ball) [10 reps]
FLAT PRESS (ball) [8 reps]
3. **INCLINE FLY** (ball) [12 reps]
INCLINE FLY (ball) [10 reps]
INCLINE FLY (ball) [8 reps]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Fly (ball) [12 reps]
Crossover (ball) [12 reps]
2. **SUPER-SET:** Flat Fly (ball) [12 reps]
Crossover (ball) [12 reps]

BLOCK FOUR: MET-Rx MINUTE

(UPPER BODY RESISTANCE CHALLENGE)

PUSH-UPS - do as many as you can in 60 seconds

BLOCK FIVE: SMALL BODY-PART BICEPS

1. **STANDING ALTERNATING CURL** [12 reps]
STANDING ALTERNATING CURL [10 reps]
STANDING ALTERNATING CURL [8 reps]
2. **STANDING HAMMER CURL** [12 reps]
STANDING HAMMER CURL [10 reps]
STANDING HAMMER CURL [8 reps]
- 3A. **SUPER-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]
- 3B. **SUPER-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]
- 3C. **SUPER-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]

BLOCK SIX: ABDOMINALS

1. **BUTTERFLY CRUNCH** - [15 reps]
REVERSE CRUNCH - (ball) [15 reps]
TWISTING CRUNCH ON FLOOR - (ball) [15 reps]
PLANK - hold it for 30 seconds
2. **BUTTERFLY CRUNCH** - [15 reps]
REVERSE CRUNCH - (ball) [15 reps]
TWISTING CRUNCH ON FLOOR - (ball) [15 reps]
PLANK - hold it for 30 seconds
3. **BUTTERFLY CRUNCH** - [15 reps]
REVERSE CRUNCH - (ball) [15 reps]
TWISTING CRUNCH ON FLOOR - (ball) [15 reps]
PLANK - hold it for 30 seconds

COOL DOWN

1. **COBRA**
2. **CHILD'S POSE**
3. **BACK BEND**
4. **STANDING CHEST STRETCH**
5. **STANDING BICEP STRETCH**



DEFINITION PHASE

{DAYS 61-90}

► Congratulations!

It is truly exciting to think that 60-days ago you set a goal and now you are well on your way to achieving it. Take a moment and think about all of the positive changes that have occurred since then and use that information as fuel to power you through the last 30-days of the program. Over the next 30-days you will be following the workouts in the Definition Phase (Page 25). You must have mastered all of the exercises in the last two phases if you want to achieve the maximum benefits from these workouts. The resistance workouts in the Definition Phase are more intense. The workout strategies and techniques that you are asked to follow were created to constantly challenge you. You are going to be asked to raise your game. The complete Definition Phase schedule (Days 61-90), which also includes cardio, kickboxing, advanced abdominals and the stretch and refresh workouts can be found in the calendar section of the fitness guide (Page 46). We know you are up for the challenge, look how good you have done so far. It's time to define who you are and make your 90-Day transformation goal a reality.

Please consult your physician before beginning the MET-Rx 180 Program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

Before you do any of the workouts you need to watch the resistance band tutorials. One of our fitness professionals will demonstrate many of the exercises in the program using the MET-Rx 180 resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

WARM UP

1. **NECK ROLLS**
2. **ARM CIRCLES**
3. **ARM CROSSES - HUGS**
4. **TOUCH TOES, SHOULDERS, ARMS UP**
5. **JOG IN PLACE**

BLOCK ONE: PRE-EXHAUST METHOD

1. **STANDING SHOULDER PRESS** - do as many as you can in 30 seconds.
2. **STANDING SHOULDER PRESS** - do as many as you can in 30 seconds
3. **STANDING SHOULDER PRESS** - do as many as you can in 30 seconds

BLOCK TWO: MET-Rx BACK TO BACK CHALLENGE

(POWER PYRAMID)

1. **UPRIGHT ROW** [12 reps]
STANDING LATERAL RAISE [12 reps]
2. **UPRIGHT ROW** [10 reps]
STANDING LATERAL RAISE [10 reps]
3. **UPRIGHT ROW** [8 reps]
STANDING LATERAL RAISE [8 reps]

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Standing Shoulder Press [12 reps]
Standing Two Arm Front Raise [12 reps]
Standing One Arm Lateral Raise [12 reps]
2. **TRI-SET:** Standing Shoulder Press [12 reps]
Standing Two Arm Front Raise [12 reps]
Standing One Arm Lateral Raise [12 reps]
3. **TRI-SET:** Standing Shoulder Press [12 reps]
Standing Two Arm Front Raise [12 reps]
Standing One Arm Lateral Raise [12 reps]
4. **DROP-SET:** Bent Over Lateral Raise [12 reps]
5. **DROP-SET:** Bent Over Lateral Raise [10 reps]
6. **DROP-SET:** Bent Over Lateral Raise [8 reps]

BLOCK FOUR: MET-Rx MINUTE

(UPPER BODY RESISTANCE CHALLENGE)

- PUSH-UPS** - do as many as you can in 60 seconds

BLOCK FIVE: SMALL BODY-PART - TRICEPS

- 1A. **FLOOR DIPS** - do as many as you can in 30 seconds
- 1B. **FLOOR DIPS** - do as many as you can in 30 seconds
- 1C. **FLOOR DIPS** - do as many as you can in 30 seconds
- 2A. **SUPER-SET:** Two Arm Overhead Triceps Extension [12 reps]
Two Arm Triceps Kick Back [12 reps]
- 2B. **SUPER-SET:** Two Arm Overhead Triceps Extension [10 reps]
Two Arm Triceps Kick Back [10 reps]
- 2C. **SUPER-SET:** Two Arm Overhead Triceps Extension [8 reps]
Two Arm Triceps Kick Back [8 reps]
- 3A. **TRI-SET:** Lying Triceps Extension (ball) [12 reps]
Standing One Arm Triceps Extension [12 reps]
Two Arm Reverse Triceps Kick Back [12 reps]
- 3B. **TRI-SET:** Lying Triceps Extension (ball) [12 reps]
Standing One Arm Triceps Extension [12 reps]
Two Arm Reverse Triceps Kick Back [12 reps]
- 3C. **TRI-SET:** Lying Triceps Extension (ball) [12 reps]
Standing One Arm Triceps Extension [12 reps]
Two Arm Reverse Triceps Kick Back [12 reps]

BLOCK SIX: ABDOMINALS

- 1. **CRUNCH** - do as many as you can in 30 seconds
CRUNCH - do as many as you can in 30 seconds
CRUNCH - do as many as you can in 30 seconds
- 2. **GIANT-SET:** Butterfly Crunch [15 reps]
Knee Tucks [15 reps]
Bicycles [15 reps]
Standing Twists [15 reps] With Dumbbell
- 3. **GIANT-SET:** Butterfly Crunch [15 reps]
Knee Tucks [15 reps]
Bicycles [15 reps]
Standing Twists With Dumbbell [15 reps]
- 4. **GIANT-SET:** Butterfly Crunch [15 reps]
Knee Tucks [15 reps]
Bicycles [15 reps]
Standing Twists With Dumbbell [15 reps]

COOL DOWN

- 1. **COBRA**
- 2. **CHILD'S POSE**
- 3. **ALTERNATING SWIMMERS**
- 4. **STANDING TRICEPS STRETCH - EACH ARM**
- 5. **STANDING SHOULDER STRETCH - EACH ARM**

DEFINITION
WORKOUT 2 {DAYS 61-90}
BACK / ABDOMINALS

WARM UP

1. **ARMS OVER HEAD, WAIST, TWIST, TOE TOUCHES (TOUCHDOWN)**
2. **TORSO TWISTS**
3. **GOOD MORNINGS**
4. **STANDING CAT / COWS**
5. **JOG IN PLACE**

BLOCK ONE: PRE-EXHAUST METHOD

1. **OVERHEAD DUMBBELL EXTENSION** - (or pull-ups) do as many as you can in 30 seconds
2. **OVERHEAD DUMBBELL EXTENSION** - (or pull-ups) do as many as you can in 30 seconds
3. **OVERHEAD DUMBBELL EXTENSION** - (or pull-ups) do as many as you can in 30 seconds

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

(POWER PYRAMID)

1. **SUPER-SET:** Bent Over Two Arm Row [12 reps]
Dead Lift [12 reps]
2. **SUPER-SET:** Bent Over Two Arm Row [10 reps]
Dead Lift [10 reps]
3. **SUPER-SET:** Bent Over Two Arm Row [8 reps]
Dead Lift [8 reps] Band Doubled

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Reverse Two Arm Row [12 reps]
One Arm Row [12 reps]
Shrug [12 reps]
2. **TRI-SET:** Reverse Two Arm Row [12 reps]
One Arm Row [12 reps]
Shrug [12 reps]
3. **TRI-SET:** Reverse Two Arm Row [12 reps]
One Arm Row [12 reps]
Shrug [12 reps]

BLOCK FOUR: MET-Rx TRI-SET (2)

1. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps]
Hyperextension [15 reps]
Good Morning [15 reps]
2. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps]
Hyperextension [15 reps]
Good Morning [15 reps]
3. **TRI-SET:** Cobra (on ball with dumbbell) [15 reps]
Hyperextension [15 reps]
Good Morning [15 reps]

BLOCK FIVE: MET-Rx MINUTE

(FULL BODY RESISTANCE CHALLENGE)

SQUAT THRUSTS - do as many as you can in 60 seconds

BLOCK SIX: ABDOMINALS

1. **PLANK** - hold for 60 seconds
2. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Reverse Crunch (ball) [15 reps]
Twisting Crunches (ball) [15 reps]
3. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Reverse Crunch (ball) [15 reps]
Twisting Crunches (ball) [15 reps]
4. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Reverse Crunch [15 reps]
Twisting Crunches [15 reps]

COOL DOWN

1. **COBRA**
2. **SUPERMANS**
3. **CHILD'S POSE**
4. **BACK STRETCH ON YOUR BACK - BOTH KNEES TO CHEST**

DEFINITION
WORKOUT 3 {DAYS 61-90}
QUADS / HAMSTRINGS / GLUTES / CALVES

WARM UP

1. **NECK ROLLS**
2. **ARMS OVER HEAD, WAIST, TOE TOUCHES**
3. **ANKLE ROTATIONS**
4. **QUICK HALF SQUATS**
5. **JOG IN PLACE**
6. **BUTT KICKS**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **SQUATS (WEIGHTS)** - do as many as you can in 30 seconds. **FOOT POSITION: NORMAL**
2. **SQUATS (WEIGHTS)** - do as many as you can in 30 seconds. **FOOT POSITION: DUCK**
3. **SQUATS (WEIGHTS)** - do as many as you can in 30 seconds. **FOOT POSITION: NARROW**

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Lunge [12 reps]
Squat - narrow [12 reps]
2. **SUPER-SET:** Lunge [10 reps]
Squat - narrow [10 reps]
3. **SUPER-SET:** Lunge [8 reps]
Squat - narrow [8 reps]

BLOCK THREE: MET-Rx BACK-TO-BACK CHALLENGE 2

- (NO WEIGHT)**
1. **SUPER-SET:** Hamstring Roll (ball) [12 reps]
Leg Lifts [12 reps]
 2. **SUPER-SET:** Hamstring Roll (ball) [12 reps]
Leg Lifts [12 reps]

BLOCK FOUR: MET-Rx TRI-SET

1. **TRI-SET:** Stiff Leg Dead Lift [12 reps]
Lying Leg Curl [12 reps]
One Leg Dead Lift [12 reps]
2. **TRI-SET:** Stiff Leg Dead Lift [12 reps]
Lying Leg Curl [12 reps]
One Leg Dead Lift [12 reps]
3. **TRI-SET:** Stiff Leg Dead Lift [12 reps]
Lying Leg Curl [12 reps]
One Leg Dead Lift [12 reps]

DEFINITION
WORKOUT 3 {DAYS 61-90}
QUADS / HAMSTRINGS / GLUTES / CALVES

BLOCK FIVE: SMALL BODY-PART - CALVES

(WITH DUMBBELLS)

- 1. SUPER-SET:** Standing Calf Raise - toes normal [20 reps]
Seated Calf Raise - toes normal [20 reps]
- 2. SUPER-SET:** Standing Calf Raise - toes out [20 reps]
Seated Calf Raise - toes out [20 reps]
- 3. SUPER-SET:** Standing Calf Raise - toes in [20 reps]
Seated Calf Raise - toes in [20 reps]

BLOCK SIX: MET-Rx MINUTE

(LOWER BODY RESISTANCE CHALLENGE)

SQUATS - do as many as you can in 60 seconds

(FULL BODY RESISTANCE CHALLENGE)

SQUAT THRUST - do as many as you can in 60 seconds

COOL DOWN

- 1. STANDING QUAD STRETCH**
- 2. STANDING HAMSTRING STRETCH**
- 3. STANDING REACH TOES**
- 4. STANDING BACK BEND**

DEFINITION
WORKOUT 4 {DAYS 61-90}
CHEST / BICEPS / ABDOMINALS

WARM UP

1. **ARM CROSSES**
2. **ARM CIRCLES BACKWARDS**
3. **ARMS OVERHEAD, WAIST, TOE TOUCH**
4. **TORSO TWIST**
5. **JOG IN PLACE**
6. **BUTT KICKS**

BLOCK ONE: MET-Rx PRE-EXHAUST METHOD

1. **PUSH-UP** - do as many as you can in 30 seconds.
2. **PUSH-UP** - do as many as you can in 30 seconds
3. **PUSH-UP** - do as many as you can in 30 seconds

BLOCK TWO: MET-Rx BACK-TO-BACK CHALLENGE

1. **SUPER-SET:** Flat Press (ball) [12 reps]
Flat Fly (ball) [12 reps]
2. **SUPER-SET:** Flat Press (ball) [10 reps]
Flat Fly (ball) [10 reps]
3. **SUPER-SET:** Flat Press (ball) [8 reps]
Flat Fly (ball) [8 reps]

BLOCK THREE: MET-Rx TRI-SET

1. **TRI-SET:** Incline Press (ball) [12 reps]
Incline Fly (ball) [12 reps]
Crossover [12 reps]
2. **TRI-SET:** Incline Press (ball) [12 reps]
Incline Fly (ball) [12 reps]
Crossover [12 reps]
3. **TRI-SET:** Incline Press (ball) [12 reps]
Incline Fly (ball) [12 reps]
Crossover [12 reps]

BLOCK FOUR: SMALL BODY-PART - BICEPS

1. **STANDING TWO ARM BICEP CURL** - [7+7+7 reps]
- 2A. **SUPER-SET:** Standing Hammer Curl [12 reps]
Standing Alternating Curl [12 reps]
- 2B. **SUPER-SET:** Standing Hammer Curl [10 reps]
Standing Alternating Curl [10 reps]
- 2C. **SUPER-SET:** Standing Hammer Curl [8 reps]
Standing Alternating Curl [8 reps]
- 3A. **TRI-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]
Seated Concentration Curl (ball) [12 reps]
- 3B. **TRI-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]
Seated Concentration Curl (ball) [12 reps]
- 3C. **TRI-SET:** Standing Concentration Curl [12 reps]
Reverse Curl [12 reps]
Seated Concentration Curl (ball) [12 reps]

BLOCK FIVE: MET-Rx MINUTE

(TOTAL BODY RESISTANCE CHALLENGE)

PUSH-UP - do as many as you can in 60 seconds

SQUAT - do as many as you can in 60 seconds

SQUAT THRUST - do as many as you can in 60 seconds

BLOCK SIX: ABDOMINALS

- 1A. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds
- 1B. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds
- 1C. **CRUNCH (KNEES UP)** - do as many as you can in 30 seconds
- 2A. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Scissor Kick [15 reps]
Standing Twist (dumbbell) [15 reps] No Weight
- 2B. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Scissor Kick [15 reps]
Standing Twist (dumbbell) [15 reps] No Weight
- 2C. **GIANT-SET:** Crunch (ball) [15 reps]
Lying Leg Raise (ball) [15 reps]
Scissor Kick [15 reps]
Standing Twist (dumbbell) [15 reps] No Weight

COOL DOWN

1. **COBRA**
2. **CHILD'S POSE**
3. **OVERHEAD ON KNEES**
4. **STANDING CHEST STRETCH**
5. **STANDING BICEP STRETCH**

CONDITIONING

SHAPING

DEFINITION



TRANSFORMATION!

MET-Rx 180

CARDIOVASCULAR WORKOUT

MET-Rx
TRANSFORMING

CARDIOVASCULAR EXERCISE

► This is usually the most unpopular part of any program. Many people don't look fondly on having to perform cardiovascular exercises. But as we stated earlier in this guide, there are too many benefits not to make it a part of your daily life. The single most effective way to permanently lose weight is to combine cardio, strength training, and healthy nutrition. When done in conjunction with weight training and a healthy nutritional program, cardio will help you lose body fat by helping you burn excess calories. Cardio also will help you keep your weight under control. The bottom line is simple – if you want to succeed at *The MET-Rx 180 Transforming Every Body Program* and reach your perspective goals then you need to include cardiovascular exercise.

CARDIO FEARS

One of the biggest fears when it comes to cardio is that it conjures up thoughts of horrible scenarios. You might have visions of bringing your body to complete exhaustion like you did as a kid running around the track during your high school gym class. Cardio is a lot like thinking about a trip to the dentist's office. You know there's going to be a level of discomfort, so you put it off.

People put cardio off until they're forced in some fashion to do it. But the big difference between a dentist's office visit and cardio is the pain is gone after a visit or two to the dentist. The only way to stop the symptoms of unhealthy living is to do cardio on a regular basis for the rest of your life. Cardiovascular exercise doesn't have to be the horrible experience people make it out to be. Believe it or not, there are ways to make it fun and much more enjoyable. It is all about what works best for you.

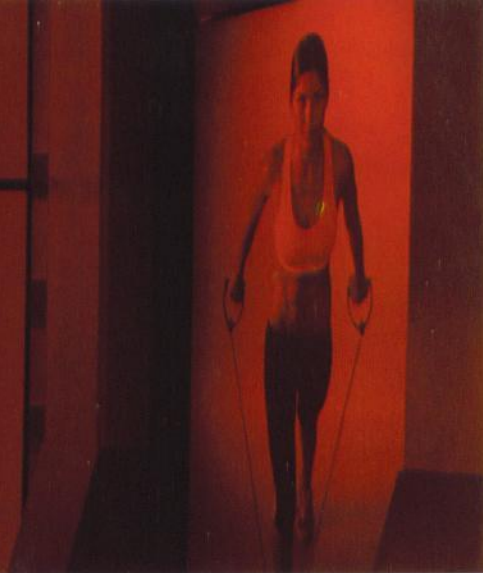
THE MET-Rx 180 CARDIO PROGRAM

Aerobic Exercise is a crucial and mandatory part of your 90-Day workout program. That does not mean cardio shouldn't be fun. The *MET-Rx 180* cardio workouts were designed to be fun while burning maximum calories and toning those trouble zones. Whether you are just starting out or are running marathons, you will find these cardio workouts fun, challenging and effective. This is not a cardio dance workout, far from it.



Anne-Marie Amatulli is a paid endorser of MET-Rx.

Model: Anne-Marie Amatt



CARDIO SHOULDN'T BE BORING AND TEDIOUS- IT SHOULD BE FUN. ”

The *MET-Rx 180* Cardio Tactics 1 (beginner) and Cardio Tactics 2 (advanced) workouts will keep you motivated and challenged. Anne-Marie Amatulli, a fitness host, model and former Flight Crew cheerleader for the New York Jets, takes you through a high-energy sports inspired cardio workout that includes a variety of fat burning exercises and calisthenics that will increase your cardio fitness, burn fat, tone & shape your legs, hips & butt!

GUIDELINES

Aerobic conditioning is the ideal form of training to create a fat burning zone while exercising. A healthy adult should make it their goal to do a minimum of 2 to 3 Aerobic conditioning workouts each week and shoot for 60 to 85 percent of their max heart rate. Any person who is new to aerobic condition and exercise in general will still benefit greatly from activity below these general guidelines. Use the following formula as a basic guideline to determine what percentage you should work at:

$$\% \text{ HEART RATE} = (220 - \text{AGE}) \times \%$$

Using this standard calculation, a 70% heart rate for a 50 year old would be $(220 - 50) \times 70\%$ or 119. Thus, this fifty year old individual would need to reach 119 beats per minute to equal a 70% heart rate. The percentage may range based on fitness level.

The duration of your Aerobic Conditioning should vary during the course of your *MET-Rx 180 Program* and should always be progressive. It is always best to start with less and work your way up allowing the body to adapt over the course of time and keep you free of injury.

PERFORMING OTHER FORMS OF CARDIO:

If you are going to substitute the Cardio Tactics Workout 1 and 2 or the Kickboxing Workout please follow the guidelines and the phase schedule below. (*Cardio Tactics and Kickboxing are considered aerobic exercise.*)

FOLLOW THE 90-DAY SCHEDULE ACCORDINGLY

Phase 1:

It is recommended that you do 20 to 30 minutes for each cardio session that is allocated on the 90-day schedule for the first 30-days.

Phase 2:

It is recommended that you do 35 to 45 minutes for each cardio session that is allocated on the 90-day schedule for days 31-60.

Phase 3:

It is recommended that you do 50 to 60 minutes for each cardio session that is allocated on the 90-day schedule for days 61-90.

*Exercise greater than 60 minutes can start to have a negative effect on your ability optimally to recover after exercise. It is always best to progress in your intensity (increased % of heart rate) over increasing the duration or time of your aerobic exercise.

WARM UP:

► To minimize risk of injury and maximize workout results you should watch the cardio tutorial on the DVD Menu. Make sure you warm-up and follow along with the instructor. If it anytime you should feel dizzy or winded then stop immediately and most of all have fun!

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation
13. Shoulder Rolls

CIRCUIT 1 10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. ACTIVE REST

CIRCUIT 2 10 MINUTES

1. Jumping Jacks
2. Cross Overs
3. 3 Step Reach
4. Sprints
5. Steam Engine - Knee Lifts
6. Lunge Twist
7. Butt Kicks
8. Touchdown
9. Sumo In and Out
10. Squat Thrusts
11. Mountain Climbers
12. **BONUS CORE** -
Diagonal chop low to high R
13. **BONUS CORE** -
Diagonal chop low to high L

COOL DOWN 5 MINUTES

1. March in Place
2. Breathe in Squat
3. Hug Knee R
4. Hamstring Stretch R
5. Standing Quad Stretch R
6. Lunge Stretch R
7. Hug Knee L
8. Hamstring Stretch
9. Standing Quad Stretch L
10. Lunge Stretch L
11. Shoulder Rolls
12. Shoulder Stretch R and L
13. Triceps Stretch R and L
14. Back Extension - Breathe in, reach hands clasp together overhead, drop head back, reach for back of room - REPEAT

WARM UP:

► To minimize risk of injury and maximize workout results you should watch the cardio moves tutorial on the DVD Menu. Make sure you warm-up and follow along with the instructor. If it anytime you should feel dizzy or winded then stop immediately and most of all have fun!

1. Knee Up
2. Quick Feet
3. Heel Dig
4. Back Lunge
5. Side Lunge
6. Hip Rotation
7. Knee Up
8. Quick Feet
9. Heel Dig
10. Back Lunge
11. Side Lunge
12. Hip Rotation

CIRCUIT 1 10 MINUTES

1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber

CIRCUIT 2 10 MINUTES

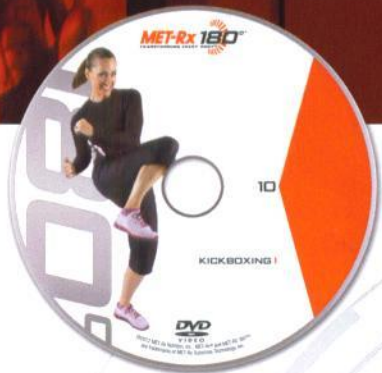
1. Crouching Skater
2. Sweeps
3. Jump Squats
4. Traveling Plank
5. Jump In Hip Dip
6. Switch Lunges
7. Sprinting Push Up
8. Seesaw
9. Ski Man
10. Crab Walk Reach
11. 4pt Climber

COOL DOWN 5 MINUTES

1. March in Place
2. Side Lunge Stretch R
3. Breathe in Squat R
4. Hamstring Stretch R
5. Deep Bend Stretch
6. Shoulder Rolls
7. Side Lunge Stretch R
8. Breathe in Squat R
9. Hamstring Stretch R
10. Deep Bend Stretch
11. Shoulder Rolls
12. Shoulder Stretch R
13. Triceps Stretch R
14. Shoulder Stretch L
15. Triceps Stretch L
16. Back Stretch

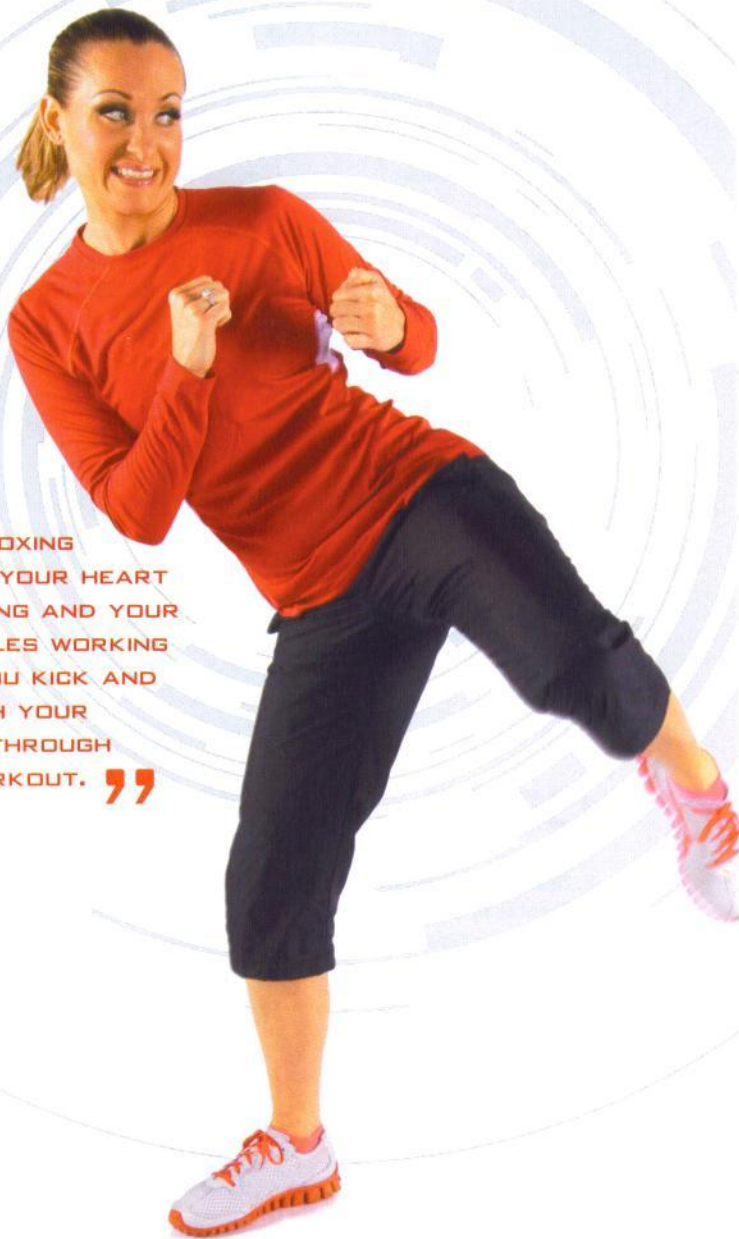
MET-Rx 180

KICKBOXING WORKOUT



► Kick, punch and jab your way to a better body. The *MET-Rx 180* Kickboxing workout can benefit everyone, whether you are a beginner or a seasoned professional, you will surely get a great workout. This upbeat workout is packed with fun-fat-burning energy, under the enthusiastic guidance of former Army Sergeant and current 2nd degree black belt Kimberly Heinz. It's the perfect complement to the *MET-Rx 180* resistance program. Kim takes you through an action packed kickboxing workout that is motivating, challenging, and guaranteed to help increase your current fitness level and contribute positively to your 90-day transformation. Kimberly shows you how basic kicks, punches and jabs can help you improve strength, flexibility, reflexes, burn calories and tone your body. Who said cardiovascular exercise was boring? You can find the kickboxing workout-schedule in the calendar section starting on page 42. Have a great workout!

“ KICKBOXING GETS YOUR HEART PUMPING AND YOUR MUSCLES WORKING AS YOU KICK AND PUNCH YOUR WAY THROUGH A WORKOUT. ”



Kimberly Heinz is a paid endorser of MET-Rx. Model: Kimberly Heinz

WHAT IS KICKBOXING?

Kickboxing is a form of martial arts. It is an aerobic form of exercise that will help you get fit and provide health benefits, such as reduced body fat, increased flexibility, better balance and strength.

WARM UP:

► To minimize risk of injury and maximize workout results you should watch the kickboxing moves tutorial on the DVD Menu. Make sure you warm-up and follow along with the instructor. If it anytime you should feel dizzy or winded then stop immediately and most of all have fun!

1. Jog
2. Jumping Jacks
3. Push Ups
4. Jog
5. Jumping Jacks
6. Push Ups
7. Sprints
10 sec Sprint /
20 sec Recover Jog /
Do 3X

CIRCUIT 1 PUNCHES 10 MINUTES

1. Jab L, Cross R, Squat
2. Jab R, Cross L, Squat
3. Double Jab L, Cross R
4. Double Jab R, Cross L
5. Mountain Climber
6. Jab L, Cross R, Upper L
7. Jab R, Cross L, Upper R
8. Jab L, Cross R, Double Upper L
9. Jab R, Cross L, Double Upper R
10. Mountain Climber
11. Lunge R, Punch R
12. Lunge L, Punch L
13. Plank Jacks
14. Hold Lunge R, Punch
15. Hold Lunge L, Punch
16. Wide Stance Punch
17. Wide Stance Upper Cut
18. Switches

CIRCUIT 2 KICKS AND PUNCHES 10 MINUTES

1. Front Kicks R
2. Front Kicks L
3. Knee Pull Obliques R
4. Knee Pull Obliques L
5. Round House Kick R
6. Round House Kick L
7. Side Kick R
8. Side Kick L
9. Jab, Cross, Kick R
10. Jab, Cross, Kick L
11. Elbow, Elbow, Knee R
12. Elbow, Elbow, Knee L

COOL DOWN 5 MINUTES

1. March in Place
2. Side Stretch
3. Shoulder Stretch
4. Hamstring/Hip Flexor Stretch
5. Hip Circles - Full circle R
6. Quad Stretch R and L
7. Chest / Back Stretch
8. Arm Circles
9. Shoulder Circles
10. Neck - Side to side



MET-Rx 180 STRETCH AND REFRESH WORKOUT

► **Stretching is important to people of all ages!** No program is complete without including a full-body stretching routine. The benefits of stretching include improved flexibility, circulation, balance, coordination and cardiovascular health. Frank Sepe guides you through a series of full body stretches and yoga moves that will help you mentally and physically become healthier inside and out. You can find the stretch and refresh schedule in the calendar section starting on page 42.



THE STRETCH AND REFRESH BREAKDOWN: (Follow the DVD for instructions on how to perform all of the movements.)

- | | |
|--|--|
| 1. Mountain | 14. Downward Dog |
| 2. Spine Twist - alternating arms | 15. Lying Cobra with Leg Lift |
| 3. Quadriceps Stretches - alternating legs | 16. Lying Bow Pose |
| 4. Standing One Leg Stretch - foot out in front | 17. Child's Pose |
| 5. Lunge Stretch | 18. Fixed Firm Pose |
| 6. Fierce Pose | 19. Lying Leg Crossover
(one leg at a time) on back |
| 7. Dancer Pose | 20. Bridge - Lift up hips, Hands flat on ground |
| 8. Light Back Bend | 21. Inner Thigh Stretch - Feet Together
(sitting, soles of feet together) |
| 9. Tree Pose | 22. Sitting Stretch to Right - Left - Center |
| 10. Rag Doll - Left - Right | 23. Come Up On Knees - Reach Arms Up -
Stretch and then down |
| 11. Standing Forward Bend
(head between legs) | 24. Meditation On Knees |
| 12. Touch Downs | |
| 13. Plié Squat | |

MET-Rx 180 ADVANCED ABDOMINALS

► Challenge your abs!

You want to achieve a toned tight mid-section? Of course you do. Take your abdominals to the next level with the *MET-Rx 180* Advanced Abdominals workout. Frank Sepe and his team take you through a variety of advanced abdominal exercises designed to help increase your core strength and create the six pack of your dreams. Make sure you are following the *MET-Rx 180* nutritional and fitness program or you will never get the maximum benefit from this workout or any others. You can find the Advanced Abdominal workout-schedule in the calendar section starting on page 46.

“ STRONG ABS HELP YOU INCREASE COORDINATION, BALANCE AND STRENGTH. ”

BREAKDOWN OF THE ADVANCED ABDOMINAL WORKOUT: (Follow the DVD for instructions on how to perform all of the movements.)

Set One

1. Basic Crunch [20 - 25 reps]
2. Legs Straight Out Crunch [20 - 25 reps]
3. Bicycles [20 - 25 reps]
4. Plank (one leg up - one down) [20 - 25 reps]
5. Butterfly Crunch [20 - 25 reps]
6. Knee Tucks [20 - 25 reps]
7. Toe Touches [20 - 25 reps]
8. Cat Camel [20 - 25 reps]
9. Lying Leg Raise - Pelvic Thrust [20 - 25 reps]
10. Feet In Air Twisting Crunch [20 - 25 reps]
11. Seated Twist [20 - 25 reps]
12. Plank Hold [60 seconds]

Set Two

1. Basic Crunch [20 - 25 reps]
2. Legs Straight Out Crunch [20 - 25 reps]
3. Bicycles [20 - 25 reps]
4. Plank (one leg up - one down) [20 - 25 reps]
5. Butterfly Crunch [20 - 25 reps]
6. Knee Tucks [20 - 25 reps]
7. Toe Touches [20 - 25 reps]
8. Cat Camel [20 - 25 reps]
9. Lying Leg Raise - Pelvic Thrust [20 - 25 reps]
10. Feet In Air Twisting Crunch [20 - 25 reps]
11. Seated Twist [20 - 25 reps]
12. Plank Hold [60 seconds]

Set Three

1. Hyperextensions [20 - 25 reps]
2. Supermans [20 - 25 reps]
3. Back Flexion [20 - 25 reps]

COOL-DOWN

► Cooling down after exercise is just as important in reducing the risk of injury as the warming up process before exercise. The major purpose of warming up is to prepare the body and mind for the workout, whereas that of cooling down is to initiate recovery and return the body to its pre-workout state. Cooling down also helps the heart rate and breathing to return back to normal. The body will experience a number of stressful processes during the *MET-Rx 180* workout. Muscle fibers, tendons and ligaments go through a lot of strain, and waste products build up inside the body. When executed properly, cooling down after exercise assists the body by flushing out the toxins and releasing the strains.

The "best" way to cool down has three major components. Taken together, these guarantee a complete restoration of the circulatory system. They are gentle exercise, stretching and re-fuel. These three elements are equally important. Don't ignore any of them! They work together to repair and replenish the body after exercise. Dizziness, nausea and a 'spaced out' feeling are usual symptoms of an inappropriate cool-down process.

Here are some of the specific cool-down moves that are perfectly suited to your *MET-Rx 180 Program*. Please watch each one of the DVDs for proper instruction... even when it comes to cooling-down!

COOL-DOWN MOVES:

(Follow the DVD for instructions on how to perform all of the movements.)

STANDING CHEST STRETCH

STANDING SHOULDER STRETCH

STANDING BICEP STRETCH

STANDING QUAD STRETCH

STANDING HAMSTRING STRETCH

COBRA

CHILD'S POSE

LYING HAMSTRING STRETCH

KNEES/CHEST (BACK STRETCH)

SEATED WIDE-LEGGED FORWARD BEND
(CHEST TO FLOOR)

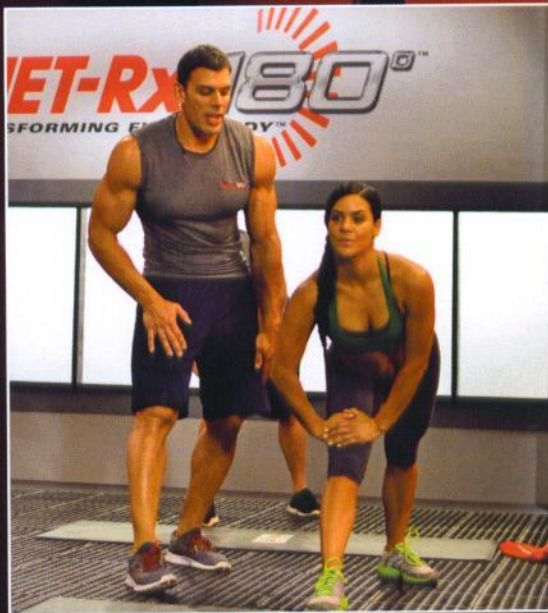
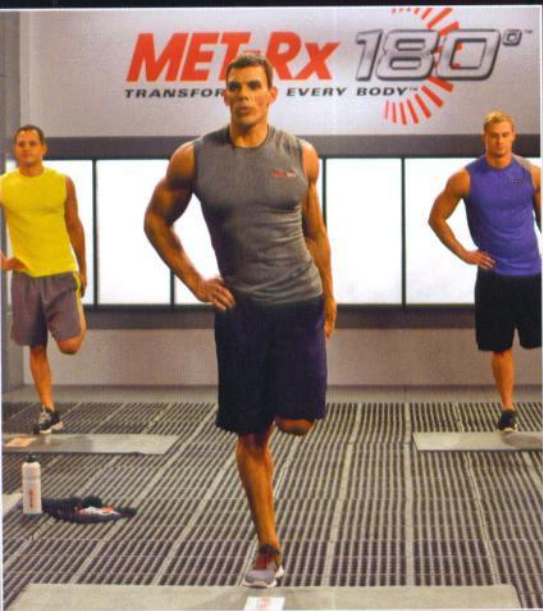
BACK BEND

SUPERMANS

STANDING REACH TOES

OVERHEAD STRETCH ON KNEES

STANDING CAT COWS



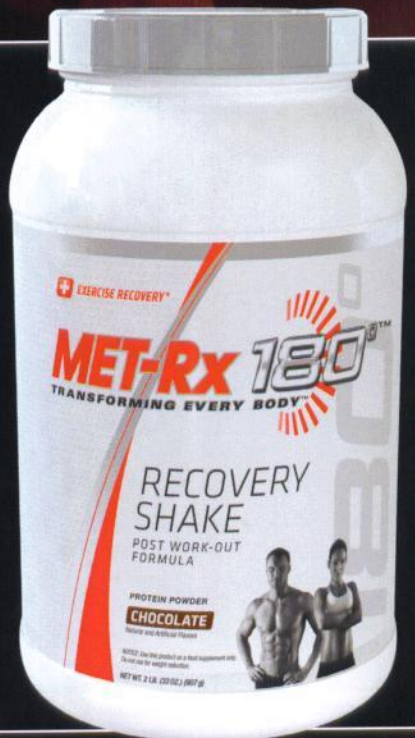
Once you've completed your cool-down, it's time to refuel and replenish your body. Be sure to follow MET-Rx 180's post-workout nutrition plan!

MET-Rx 180 RECOVERY SHAKE

► The MET-Rx 180 Recovery Shake is the perfect ending to a grueling workout. After intense exercise, your body is exhausted and is low in certain critical nutrients. That is why it is important to recharge and refuel your body after each workout with the right amount of protein, carbohydrates, electrolytes, and vitamins and minerals so that you can retain the benefits from every workout session and help you achieve your goals!*

It can sometimes be difficult to receive the right amount of nutrition you need for recovery from meals alone. The MET-Rx 180 Recovery Shake is a simple and effective addition to your daily regimen. This all-in-one recovery formula has the balanced blend of nutrients you need for recovery, while being low in fat, refreshing and delicious!*

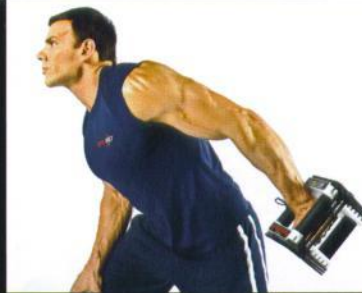
Available at MYMETRX.com.



*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

WELCOME TO THE MET-Rx 180 EXERCISE DIRECTORY

► You have the choice of using the *MET-Rx 180* bands, dumbbells or PowerBlocks to perform any of the exercises in the program. Here you will find a directory of all the exercises performed in the workout DVDs. The exercises are organized by body part; chest, back,



“GOOD FORM-
GOOD BODY,
BAD FORM-
BAD BODY”

shoulders, triceps, biceps, quads, hamstrings, calves, and abdominals. There are pictures for both the band and dumbbell version of each exercise displaying the starting and finishing position. If you choose to use dumbbells or PowerBlocks there is a brief assessment on how to perform each exercise. If you are using the *MET-Rx 180* bands

then please refer to the Resistance Band tutorials at the beginning of each workout; there is an introduction on how to properly perform each exercise. If you are unsure on how to perform any of the exercises in this directory after reading this book and watching the DVDs then please contact a fitness professional.

PROPER BREATHING TECHNIQUE

► The exercise descriptions in this directory do not include breathing technique. When you exercise your body needs more oxygen, holding your breath during exercise can cut off your oxygen supply and may cause you to lose energy, feel light-headed or even worse. When performing any of the cardio workouts in the *MET-Rx 180 Program* try and maintain a consistent breathing rhythm throughout the entire workout. When doing any of the resistance or abdominal exercises do not hold your breath. Many people have a tendency to hold their breathe during an intense set. Don't do it. You want to inhale on the return (easiest part of the exercise) and exhale on the exertion. (Toughest part of the exercise) For example: When doing a push-up you want to inhale as you lower your chest to the floor and exhale when you push yourself up. Once again do not hold your breath during exercise, breathe properly.

Please consult your physician before beginning the MET-Rx 180 Program. This general information is not intended to diagnose any medical condition or to replace your healthcare professional. If you experience any pain or difficulty with these exercises, stop and consult your healthcare provider. Always consult your physician or other health care provider before any exercise, nutritional, or weight loss program, especially if you suffer or have suffered from a bad back, knees, heart disease, or other medical problems or conditions.

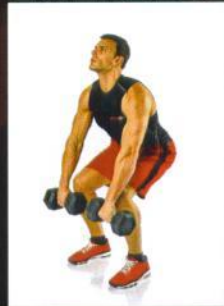
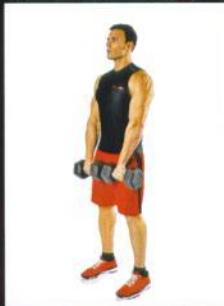
BACK EXERCISES:

BANDS



DEADLIFT

DUMBBELLS / POWERBLOCKS®

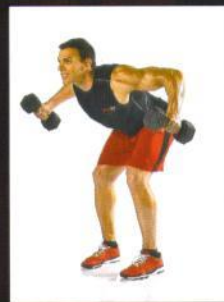
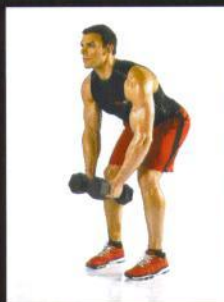


DEADLIFT

Stand straight with your feet shoulder width apart and with a pair of dumbbells on the floor in front of your feet. Bend your knees and grab the dumbbells with an over-hand grip-palms facing in towards your calves. Keep your head up and back straight (don't round back), slowly stand up until your legs are straight. Thrust your hips forward at the top for a second and then lower the dumbbells to the floor and repeat.



BENT OVER FLY

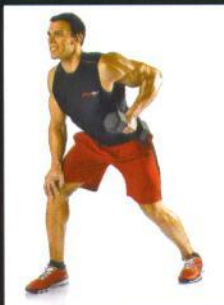
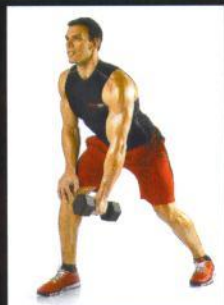


BENT OVER FLY

Stand with your feet shoulder width apart. Bend your knees and flex forward at the hips with about a 45% angle. Grab a pair of dumbbells and let your arms hang in a slight arc in line with your shoulders, palms facing in. Lift your arms up and out to shoulder height without changing elbow position. Pause at the top of the movement and slowly lower dumbbells back down to the starting position.



ONE ARM ROW



ONE ARM ROW

Stand with your right leg in front and the left leg behind. Grab the dumbbell in your left hand (palm facing in towards body). Lean forward from the hip and support your upper body with your right hand on your right thigh. Lift the dumbbell by drawing shoulder blade toward your spine and bending your elbow. Make sure you keep the elbow close to your torso during the movement. Pause at the top of the movement and slowly lower dumbbells back down to the starting position by straightening arm back towards floor. Do the suggested repetitions on one side, and then switch to the other.

Before you do any of the workouts you need to watch the resistance band tutorials. One of our fitness professionals will demonstrate many of the exercises in the program using the MET-Rx 180 resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

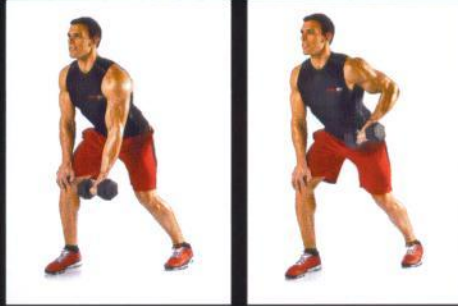
BACK EXERCISES:

BANDS



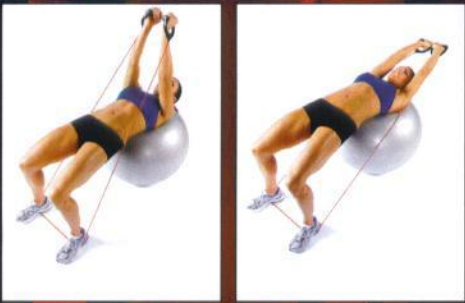
ONE ARM REVERSE ROW

DUMBBELLS / POWERBLOCKS®

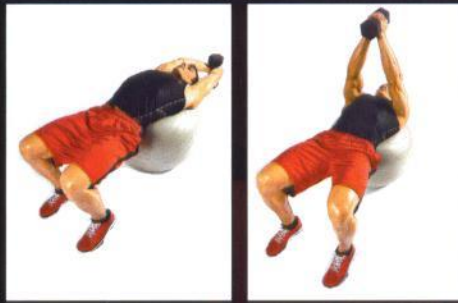


ONE ARM REVERSE ROW

Stand with your right leg in front and the left leg behind. Grab the dumbbell in your left hand (palm facing up). Lean forward from the hip and support your upper body with your right hand on your right thigh. Lift the dumbbell by drawing shoulder blade toward your spine and bending your elbow. Make sure you keep the elbow close to your torso during the movement. Pause at the top of the movement and slowly lower dumbbells back down to the starting position by straightening arm back towards floor. Do the suggested repetitions on one side, and then switch to the other.



PULLOVERS

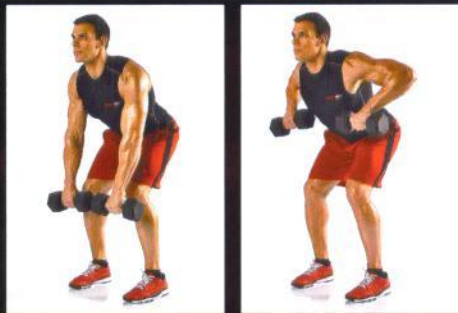


PULLOVERS

Set yourself up on the exercise ball with your upper back perpendicular. Grasp one dumbbell from behind or from the side with both hands under inner plate of the dumbbell. Position the dumbbell over your chest with elbows slightly bent. Lower the dumbbell over and beyond head until upper arms are in-line with your torso. Pull the dumbbell up and over your chest. Your actual range of motion is dependent upon your individual shoulder flexibility. Keep elbows fixed at a small bend throughout exercise.



BENT OVER TWO ARM ROW



BENT OVER TWO ARM ROW

Stand with feet shoulder width apart. Grab a dumbbell in each hand with an over-hand grip. Bend forward at your waist so that your chest is leaning forward over your feet. Keep your knees slightly bent and start with your arms fully extended, allowing the dumbbells to hang straight down at about mid-shin level. Hold the dumbbells so that your thumbs point in toward one another. Next lift or row the dumbbells up into your stomach area. Pause at the top of the movement and slowly lower dumbbells back down to the starting position by straightening arms back towards floor.

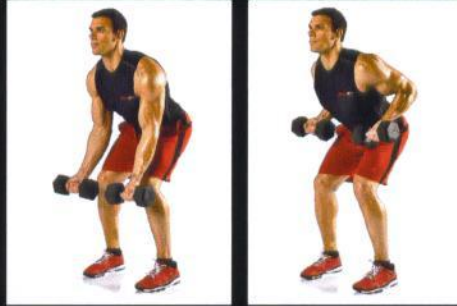
BACK EXERCISES:

BANDS



TWO ARM REVERSE ROW

DUMBBELLS / POWERBLOCKS®

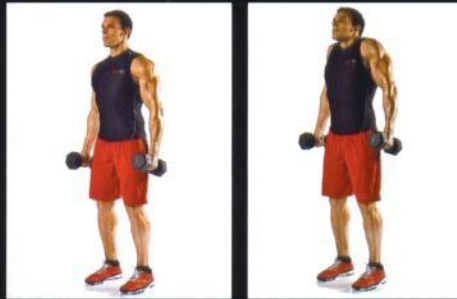


TWO ARM REVERSE ROW

Stand with feet shoulder width apart. Grab a dumbbell in each hand with an underhand grip. Bend forward at your waist so that your chest is leaning forward over your feet. Keep your knees slightly bent and start with your arms fully extended, allowing the dumbbells to hang straight down at about mid-shin level. Hold the dumbbells so that your palms face up. Next lift or row the dumbbells up into your stomach area. Pause at the top of the movement and slowly lower dumbbells back down to the starting position by straightening arms back towards floor.

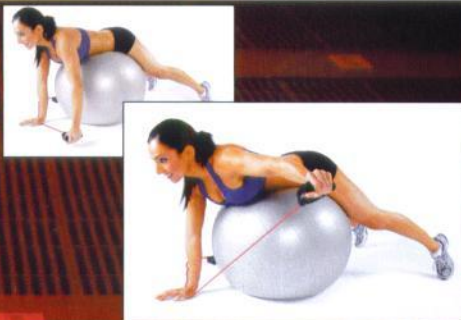


SHRUG

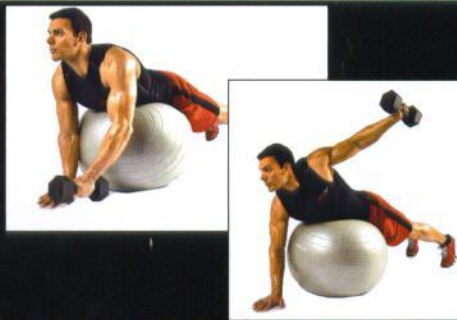


SHRUG

Stand with feet shoulder width apart and with a dumbbell in each hand (palms face in towards each other), letting your arms hang down along your sides. Slowly lift your shoulders up as high as you can while keeping your arms straight. Pause at the top of the movement and slowly lower your shoulders down to the starting position.



ONE ARM COBRA - (VARIATION)



ONE ARM COBRA - (VARIATION)

Lie on top of a stability ball, with the ball placed under your stomach. Extend your legs and keep your toes on the ground. Place one hand on the floor for support. Extend your other arm in front of the ball, draw-in your navel and contract your glutes. Lift your chest off the ball, pinch your shoulder blades together while bringing one arm around to the side of your body. Hold the position and then lower your chest to the ball while returning the arm back to the starting position. Repeat with the other arm.

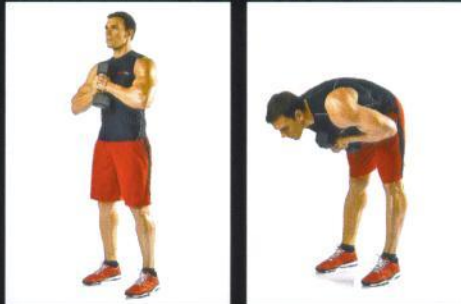
BACK EXERCISES:

BANDS



GOOD MORNING

DUMBBELLS / POWERBLOCKS®



GOOD MORNING

Stand with feet shoulder width apart and with dumbbells positioned hand-over-hand on your chest, keep your head up, back straight and your knees slightly bent. Bend at the waist and lean forward until your upper body is parallel to the ground. Pause briefly then return to the starting position. Do not allow muscles to relax before the next repetition.

PULL-UP

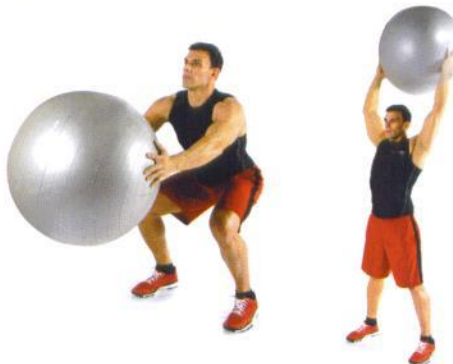
Make sure your *MET-Rx 180* pull-up bar is secure before using it. Grasp the bar with a firm grip and your hands separated by a distance roughly equal to your shoulder width. With your arms straightened, allow your body to hang from the bar. Pull yourself upward to the final position where your chest nearly touches the bar and your chin is over the bar.



Available at
MYMETRX.com

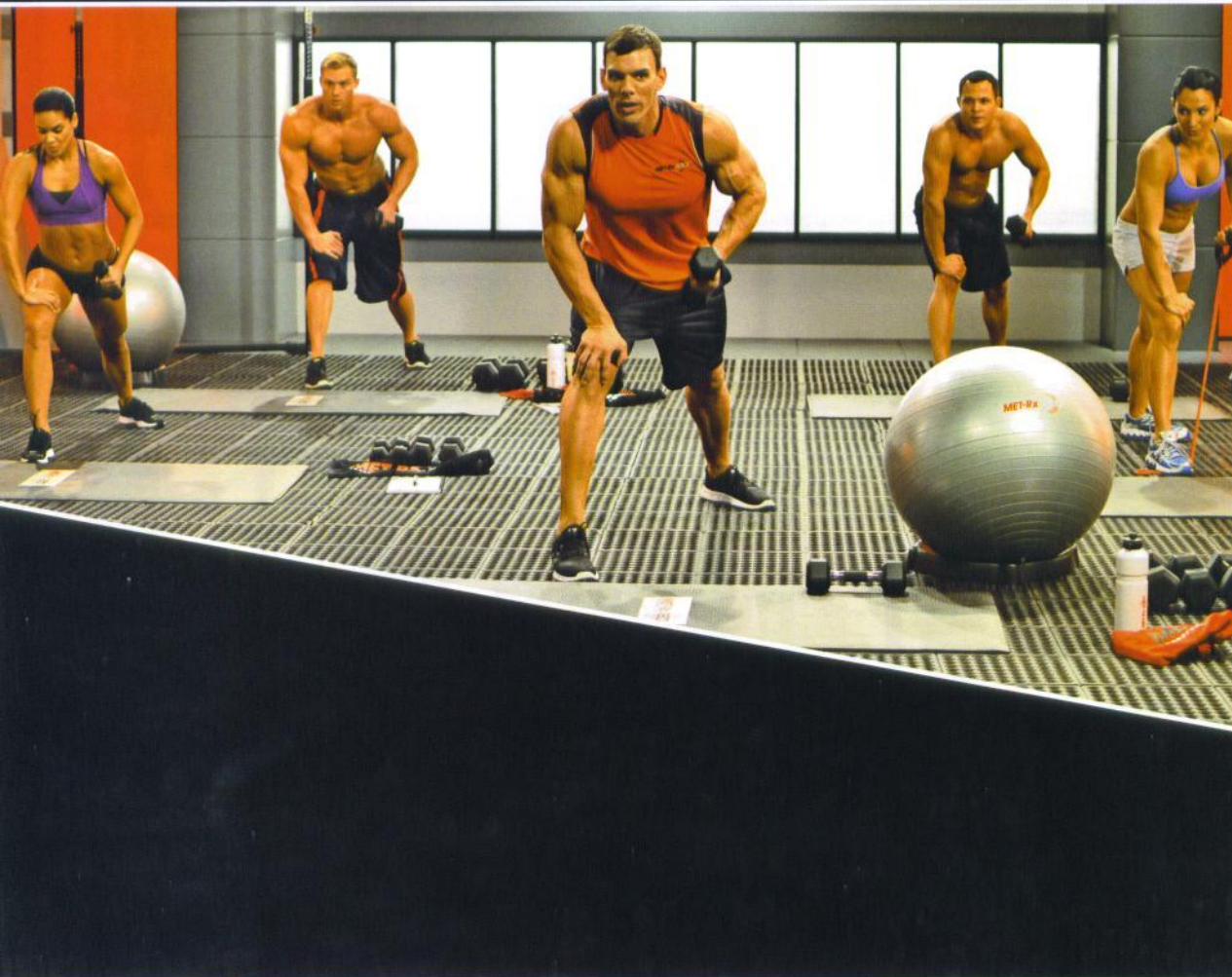
OVERHEAD BALL EXTENSIONS

Place your feet shoulder width apart. Grab the *MET-Rx 180* exercise ball and extend the ball in front of your body with arms locked. Raise the ball over your head and behind your ears, stretching out the lats. Then bend down in a squatting position with the ball extended in front of your body until your body is parallel to the floor and repeat. Get a good stretch at the top of the movement.



HYPEREXTENSIONS

To perform the hyperextension from the floor, lay in a prone position on the floor with your stomach flat, arms straight out like airplane wings, and legs straight. When you lift, you should lift your trunk about 3 to 6 inches off of the floor. This should be just enough movement to cause contraction of the lower back. Hold this upward position for two or three seconds and then release the hold and lower your body back toward the floor. Be sure not to over-extend as this may cause unnecessary stress on the vertebrae in the lower back.



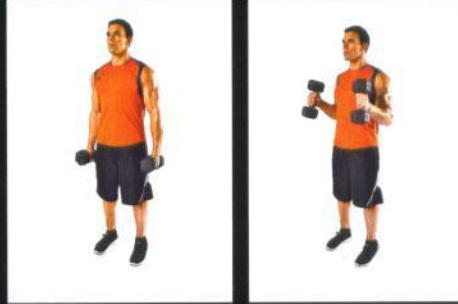
BICEP EXERCISES:

BANDS



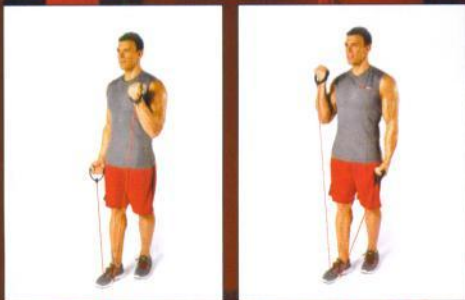
STANDING HAMMER CURL

DUMBBELLS / POWERBLOCKS

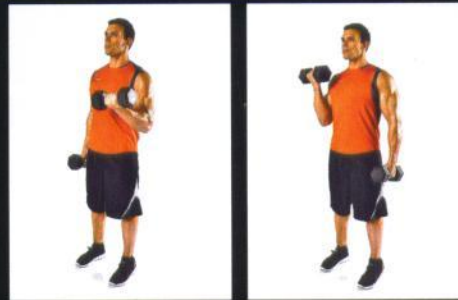


STANDING HAMMER CURL

Stand with feet shoulder width apart and hold a pair of dumbbells with your palms facing in. Keeping your upper arms close to the body and still, curl the dumbbells until the dumbbells are almost in contact with your shoulders. Squeeze your arm at the top of the movement and slowly lower the weight back to the starting position.

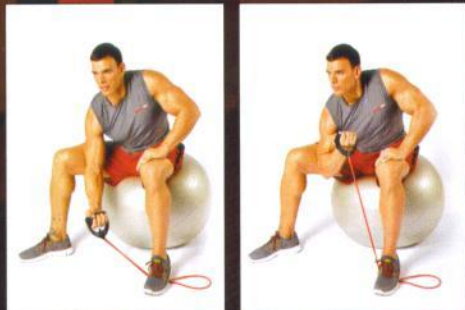


STANDING ALTERNATING CURL



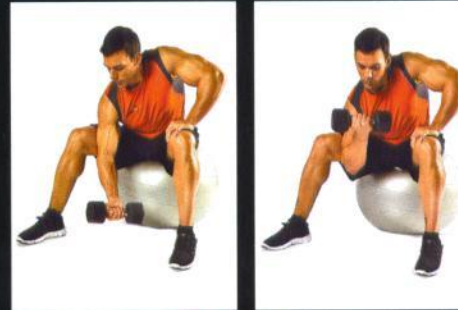
STANDING ALTERNATING CURL

Stand with feet shoulder width apart and hold a pair of dumbbells with your palms facing in, arms straight and elbows at your sides. Raise one dumbbell and rotate forearm until forearm is vertical and palm faces shoulder. Squeeze your arm at the top of the movement and slowly lower the weight back to the starting position and repeat with opposite arm. Continue to alternate between sides.



SEATED CONCENTRATION CURL

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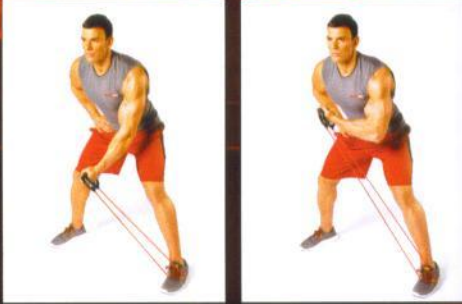


SEATED CONCENTRATION CURL

Sit on a stability ball with your feet flat on the floor and your legs spread in a V. Grab a dumbbell in your hand with your palms facing up and your elbow pressed against your inner thigh just above your knee. Your other arm should be placed on the opposite leg for support. Curl the dumbbell up towards your chest while keeping your elbow locked in position on your thigh. Squeeze your arm at the top of the movement and slowly lower the weight back down to the starting position. Repeat the prescribed number of repetitions and switch arms.

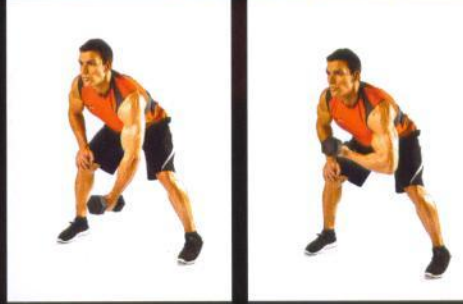
BICEP EXERCISES:

BANDS



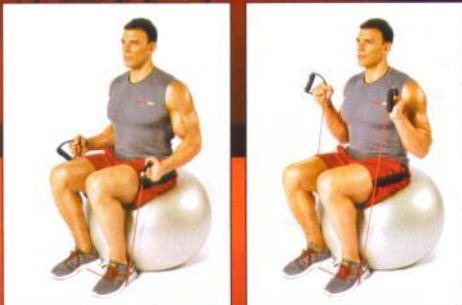
**STANDING
CONCENTRATION CURL**

DUMBBELLS / POWERBLOCKS®

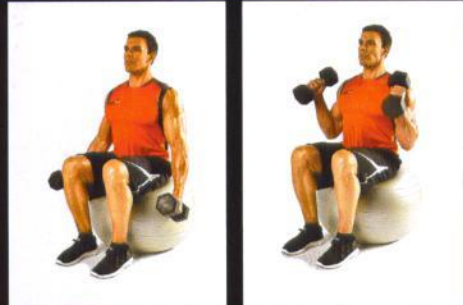


**STANDING
CONCENTRATION CURL**

Grab a dumbbell with one hand and stand with your feet a little wider than shoulder width. Flex hip and knees to bend over. Keep back straight and put hand of supporting arm on corresponding knee. Hold dumbbell below shoulder and curl your arm (keep elbow in position and don't swing weight) to raise dumbbell toward shoulder. Squeeze your arm at the top of the movement and slowly lower the weight back to the starting position. Continue with opposite side.

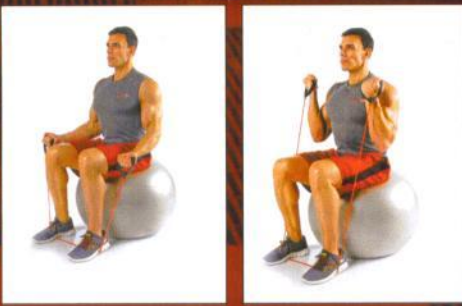


**SEATED (TWO ARM)
HAMMER CURL (BALL)**

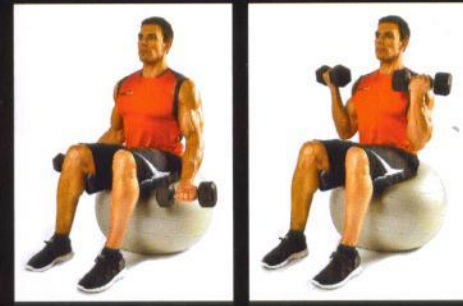


**SEATED (TWO ARM)
HAMMER CURL (BALL)**

Sit on a ball with a dumbbell in each hand. Let your arms hang at your sides with your palms facing inward. Place your feet flat on the floor about hip distance apart. Bring the dumbbells up to your shoulder without rotating your wrists. Squeeze your arm at the top of the movement and slowly lower the weight back to the starting position. (CAN BE DONE WITH ALTERNATING ARMS.)



SEATED CURL (BALL)

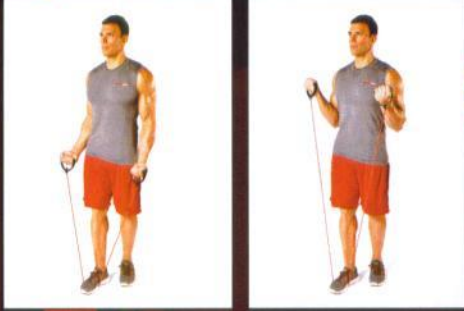


SEATED CURL (BALL)

Sit on the ball with a dumbbell in each hand, with your upper arms down by your sides and your palms facing out. Place your feet flat on the floor about hip distance apart. Keep your arms perpendicular to the ground and curl both arms up toward your shoulder. Squeeze your biceps at the top of the movement and then lower the weight back down to the starting position. (CAN BE DONE WITH ALTERNATING ARMS.)

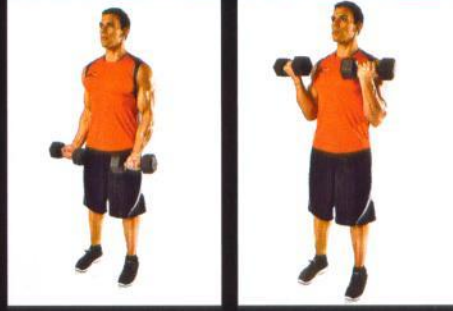
BICEP EXERCISES:

BANDS



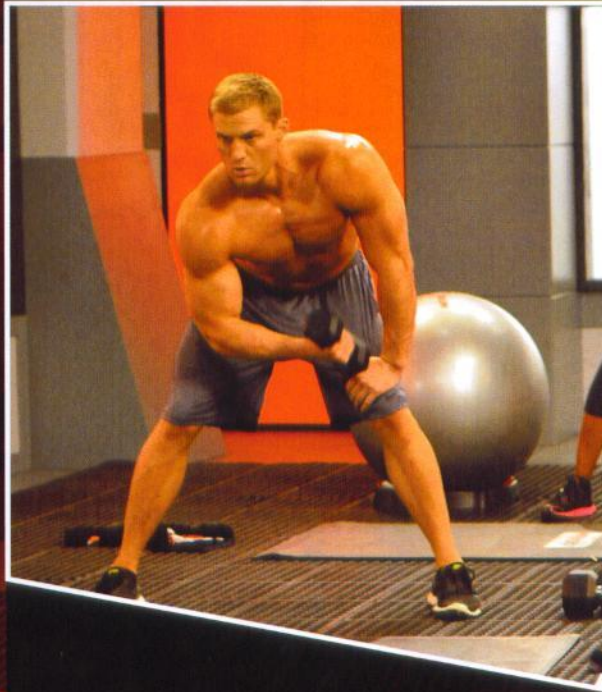
**STANDING TWO ARM
BICEP CURL**

DUMBBELLS / POWERBLOCKS®



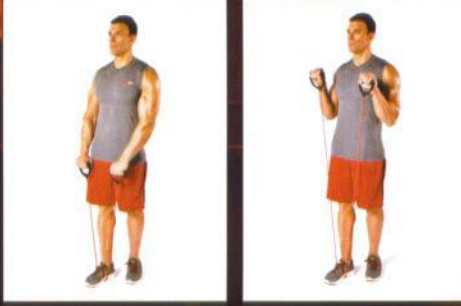
**STANDING TWO ARM
BICEP CURL**

Stand with your feet shoulder width apart and grab a pair of dumbbells and let them hang at arm's length next to your sides. Turn your arms so that your palms face forward. Without moving your upper arms, bend your elbows and curl the dumbbells as close to your shoulders as you can. Squeeze your arm at the top of the movement and slowly lower the weight back to the starting position.



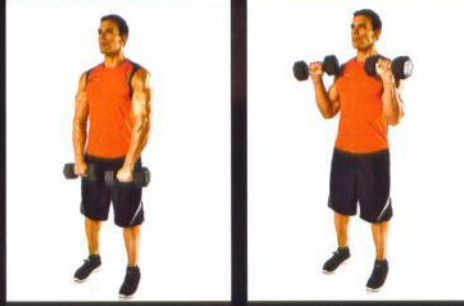
BICEP EXERCISES:

BANDS



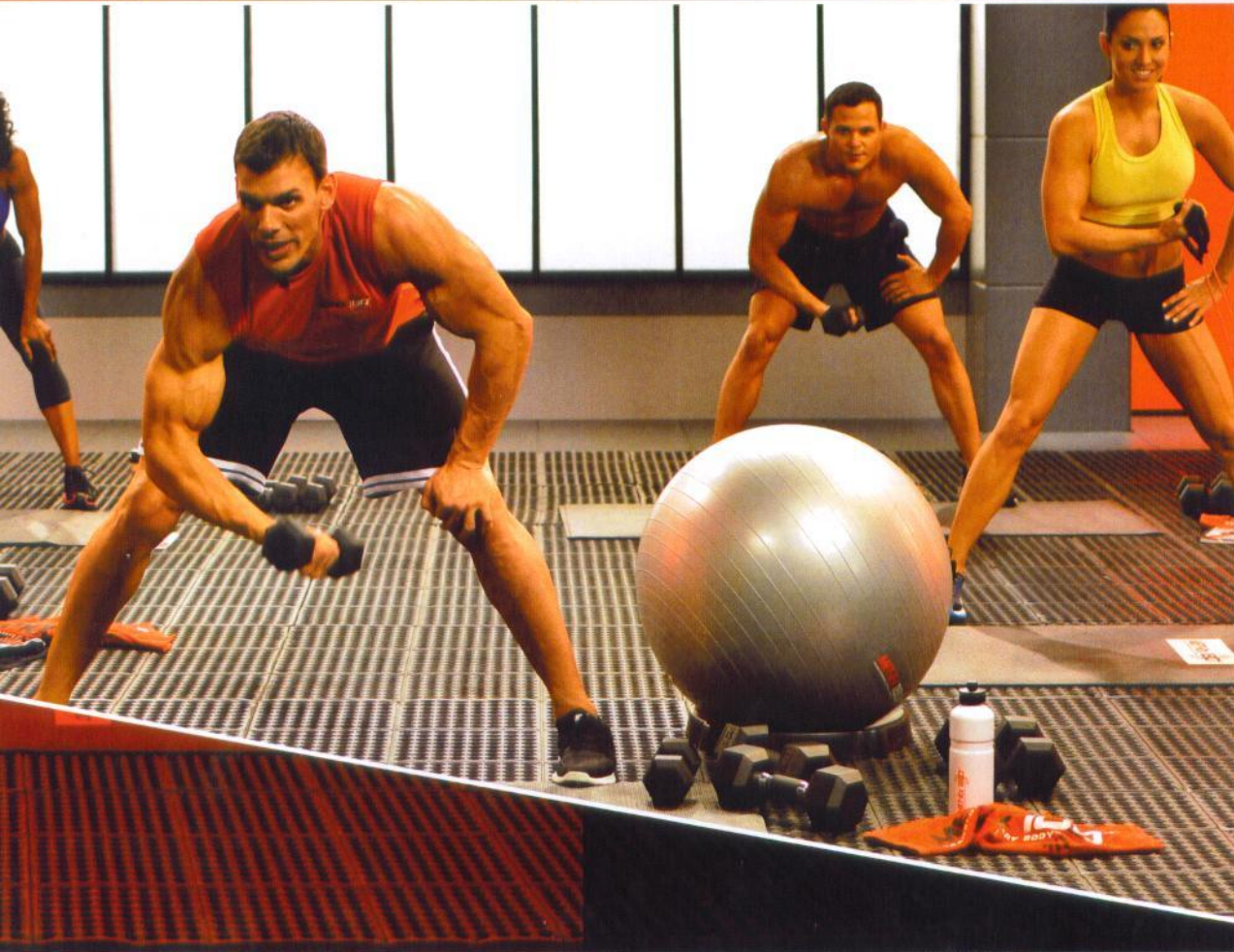
REVERSE CURL

DUMBBELLS / POWERBLOCKS®



REVERSE CURL

Grab a pair of dumbbells and stand straight with feet shoulder width apart. Hold the dumbbells in each hand using a pronated grip (palms facing down) with your arms fully extended in front of your body. While holding the upper arms still, curl the weights up. Squeeze both biceps at the top (shoulder level) of the movement and slowly lower the weight back to the starting position. During this exercise only the forearms should move.



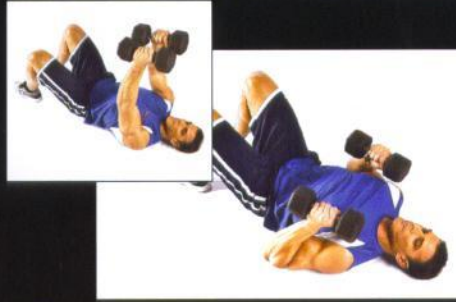
CHEST EXERCISES:

BANDS



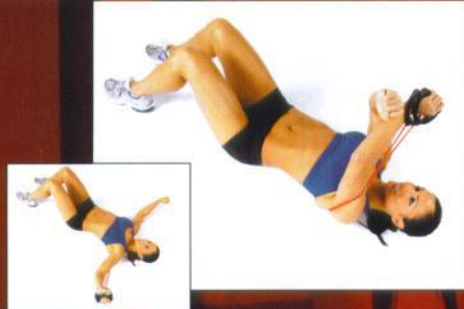
CHEST PRESS (FLOOR)

DUMBBELLS / POWERBLOCKS®



CHEST PRESS (FLOOR)

Set up for the dumbbell floor press by placing the dumbbells on either side of your body. Pick the dumbbells off the floor and raise them straight above your chest with your palms facing in. This is the starting position. Slowly lower the dumbbell down until your arms are almost resting on the floor. Pause, then push them back up to the starting position, bringing them together, not out. This is a variation of a normal chest press.

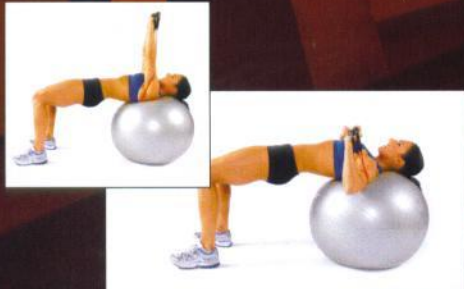


CROSSOVER

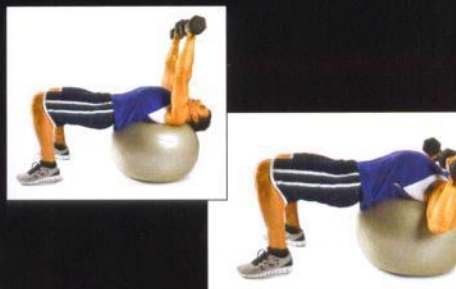


DUMBBELL CROSSOVER

Lying with your back flat on the floor, grasp a pair of dumbbells. Instead of bringing the dumbbells together as in flyes, you want your arms to actually "cross over" to the alternate side. You'll feel the squeeze at the finish! Hold that tight contraction for a second, then slowly return to the start position.



FLAT PRESS (BALL)



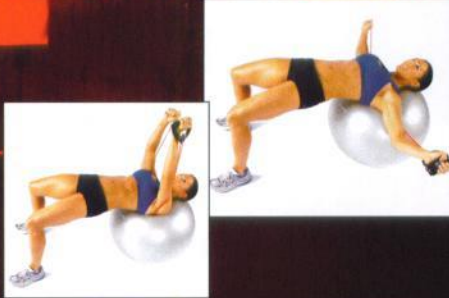
FLAT PRESS (BALL)

Before you do any of the workouts you need to watch the resistance band tutorials. One of our fitness professionals will demonstrate many of the exercises in the program using the MET-Rx 180 resistance bands. Here you will learn techniques, proper positioning and how to increase the resistance of the bands.

Grab a pair of dumbbells and have a seat on the exercise ball. Hold the dumbbells so that they are near your shoulders with your arms bent. Slowly slide your feet forward and roll the ball up your back until your upper back and head are being supported by the ball. Your feet should be spaced shoulder-width apart to give you a base of support. Turn your hands so that your thumbs are facing each other. Press the weights up by extending your arms and contracting your chest muscles. Continue pressing until your arms reach full extension. Briefly hold this fully extended position. Slowly lower the weight and allow your elbows to extend outward.

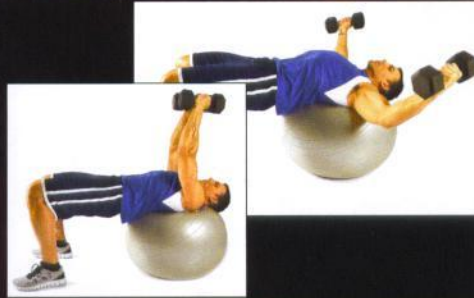
CHEST EXERCISES:

BANDS



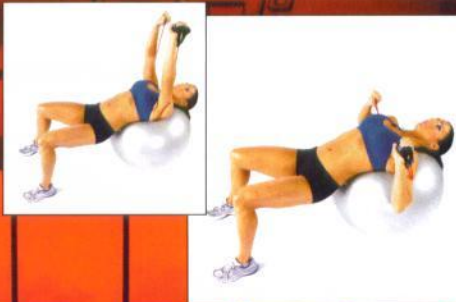
FLAT FLY (BALL)

DUMBBELLS / POWERBLOCKS®

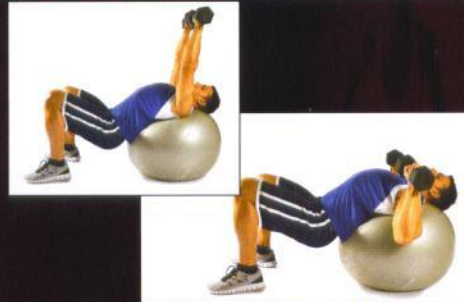


FLAT FLY (BALL)

Lie on ball with your legs bent and feet flat. Keep your upper body in a straight line and your hips raised. Hold dumbbells with arms extended upward, elbows slightly bent, palms facing in. Lower dumbbells until elbows are at shoulder height (like hugging a tree). Raise the dumbbells up until they meet above chest. Keeping arms slightly bent will lessen the stress on the elbow.

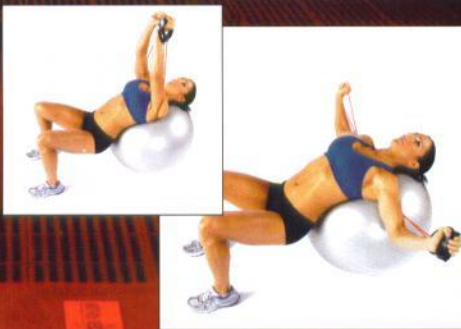


INCLINE PRESS (BALL)

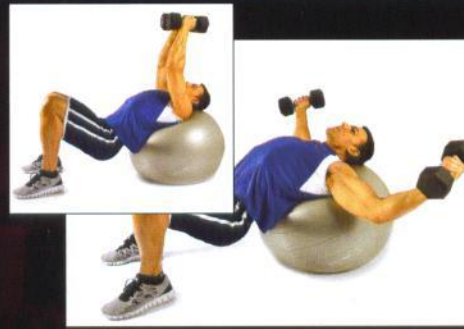


INCLINE PRESS (BALL)

Sit in upright position on a stability ball with feet flat on floor. Walk feet forward allowing stability ball to roll underneath body until it is positioned on mid to upper back region. Position hips so that your body is at about a 45-degree angle to the floor. Bring the dumbbells on both sides of your chest with bent arms under each dumbbell. Press dumbbells up with elbows to sides until arms are extended. Lower the weight back to sides of upper chest until slight stretch is felt in chest or shoulder. Keep your feet on the floor at all times.



INCLINE FLY (BALL)



INCLINE FLY (BALL)

Set yourself up on the ball at about a 45-degree angle. Internally rotate the shoulders so that the elbows point out to the sides (in a hugging motion). Lower the dumbbells to sides until chest muscles are stretched with elbows fixed in slightly bent position. Bring dumbbells together in hugging motion until they're together and squeeze and contract your chest muscles and then repeat.

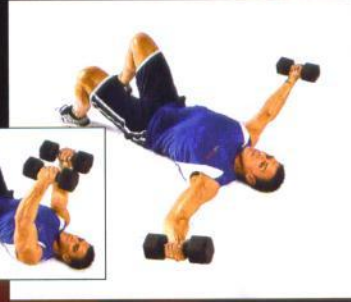
CHEST EXERCISES:

BANDS



FLAT FLY (FLOOR)

DUMBBELLS / POWERBLOCKS®



FLAT FLY (FLOOR)

Lie down on your back with your feet on the floor, make sure to maintain lower back in a flat or neutral position (slight arch). Keep arms vertical and dumbbells directly over chest with wrists straight. Keep shoulder blades squeezed together and keep position throughout entire exercise. Slowly lower your arms out to the side of your body with your arms at right angles. The dumbbells should be slowly lowered in an arc like motion (hugging motion) toward the floor until your chest is comfortably stretched. Return your arms to the starting position, squeeze your chest at the top and repeat.

STANDING CHEST PRESS (BANDS)

Place your feet shoulder width apart and place the bands underneath your feet, so that you are standing on the bands. Bring the bands up to chest level. Hold bands in hands with elbow bent at a 90-degree angle. Push bands away from chest until arms are fully extended. Return arms to starting position.

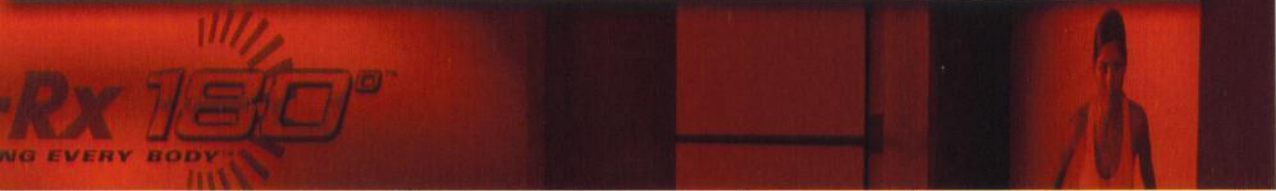
STANDING CHEST FLY (BANDS)

Place your feet shoulder width apart and place the bands underneath your feet, so that you are standing on the bands. Bring the bands up to chest level. Begin the movement with the arms bent, palms facing out. Squeeze your chest and press your arms out in front of you, keeping the band stable, do not lock the elbows. Pause and repeat.



PUSH-UP

Place your toes and hands on the floor, making sure your back and arms are straight. Keep your hands slightly more than shoulder-width apart and tighten your abdominal muscles and lower yourself to the floor, stopping as your elbows reach a 90-degree bend. Keep your body from touching the floor and push yourself away from the floor. Don't lock your elbows and don't bend your back.



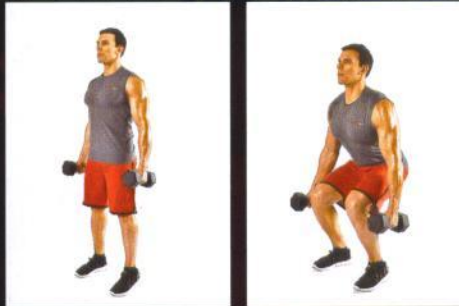
LEG EXERCISES:

BANDS



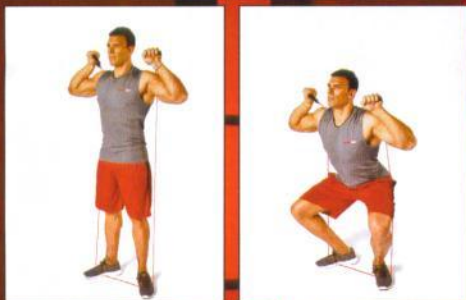
SQUATS (NORMAL)

DUMBBELLS / POWERBLOCKS®

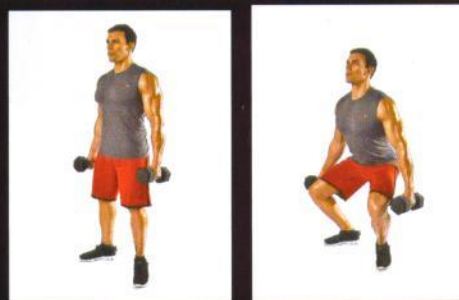


SQUATS (NORMAL)

Stand with feet pointing straight and shoulder width apart. Hold a dumbbell in each hand just outside the thighs. Bend the knees and lower into a squat. Stop when your knees are at 90-degree angles or before you lose the natural arch of your back. You want to squat no deeper than parallel. At the bottom of the movement, make sure you take your hips back, as though you're about to sit in a chair. Avoid bending the knees so that they go beyond the toes. Slowly stand back up without locking the knees and repeat.

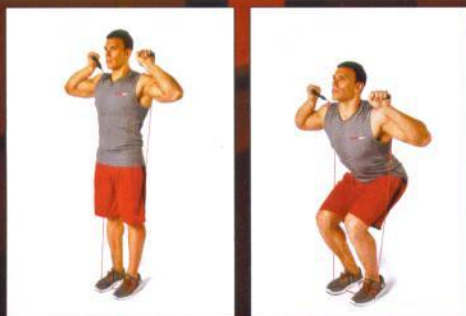


SQUAT (DUCK)



SQUAT (DUCK)

Take a wide stance with toes pointing out. Hold a dumbbell in each hand just outside the thighs. Bend the knees and lower into a squat. Stop when you reach parallel. At the bottom of the movement, make sure you take your hips back, as though you're about to sit in a chair. Avoid bending the knees so that they go beyond the toes. Slowly stand back up without locking the knees and repeat.



SQUAT (NARROW)



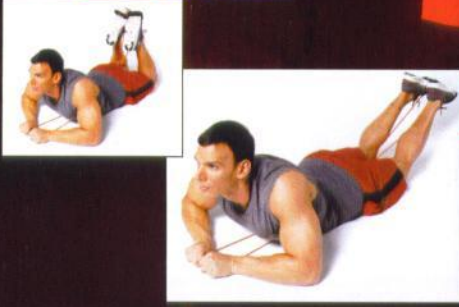
SQUAT (NARROW)

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Stand with feet pointing straight and about 6-inches apart. Hold a dumbbell in each hand just outside the thighs. Bend the knees and lower into a squat. Stop when your knees are at 90-degree angles or before you lose the natural arch of your back. You want to squat no deeper than parallel. At the bottom of the movement, make sure you take your hips back, as though you're about to sit in a chair. Avoid bending the knees so that they go beyond the toes. Slowly stand back up without locking the knees and repeat.

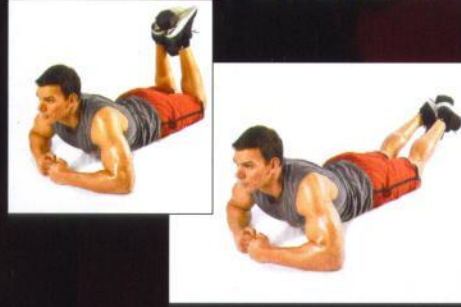
LEG EXERCISES:

BANDS



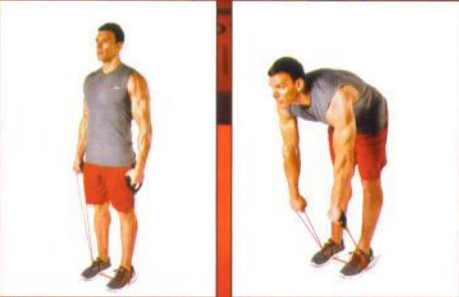
LYING LEG CURL

DUMBBELLS / POWERBLOCKS®

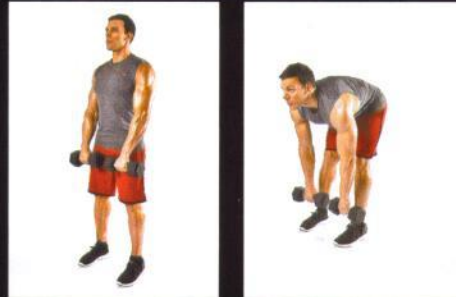


LYING LEG CURL

Place a light dumbbell on the floor, standing on end. Choose a lighter dumbbell than you think you'll need at first, until you're comfortable with the exercise. Lie down on the floor on your stomach with your legs straight and feet close to the dumbbell and prop yourself up on your forearms. Place your feet on either side of the dumbbell. Squeeze the dumbbell between your feet and bend your knees to lift it off the floor. The top weight on the dumbbell will rest on the bottom of your feet. Bend your knees slowly up toward your butt, keeping the bottoms of your feet facing the ceiling throughout the movement. Stop at the top and slowly lower the weight back down.

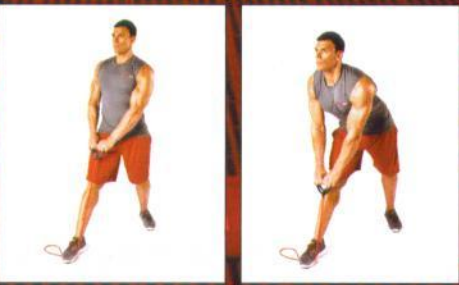


STIFF-LEG DEADLIFT

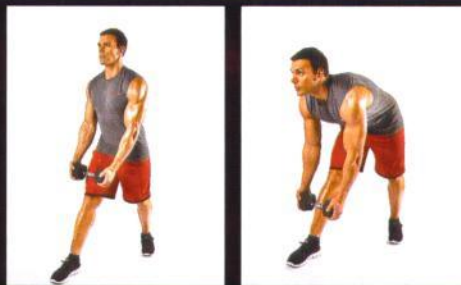


STIFF-LEG DEADLIFT

Stand upright with your feet shoulder width apart, toes pointing straight ahead. Place a dumbbell in each hand (palms facing in towards body) with arms hanging down in front of your body. Begin this movement by bending at the waist and lower the dumbbells down towards the floor. Be sure to keep your legs as straight as possible and let the weight of the dumbbells bring you down slowly. Go down as low as you can without rounding your back. As you lower the weight your lower back should stay arched. Lower the dumbbells down until you feel a full stretch in your hamstrings. Once you feel a full stretch, pull the dumbbells back up into the standing position. Don't sacrifice your form by trying to lower the dumbbells too low. Do this exercise slowly and concentrate on your hamstring muscles during the movement.



ONE-LEG DEADLIFT

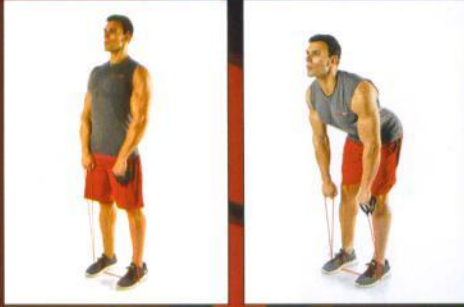


ONE-LEG DEADLIFT

Stand with one leg forward and one leg back. The front leg should almost be locked out. Pick up a dumbbell so that you have a hand on both sides and place it in front of your lead leg. Lower the dumbbell down until you feel a full stretch in your hamstrings. Don't overstretch! Once you feel a full stretch, slowly glide the dumbbell back up to the starting position.

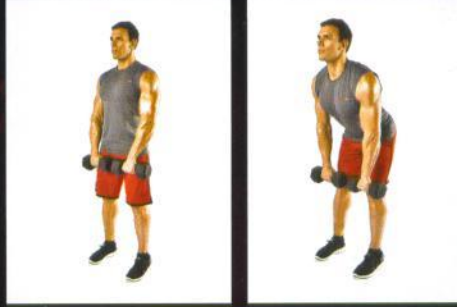
LEG EXERCISES:

BANDS



PARTIAL STIFF-LEG DEADLIFT

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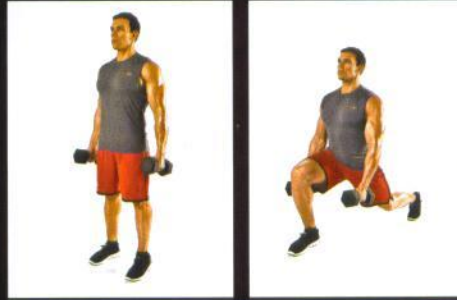


PARTIAL STIFF-LEG DEADLIFT

Grab a couple of dumbbells holding them by your side at arm's length. Stand with your torso straight and your legs spaced using a shoulder width or narrower stance. The knees should be slightly bent. This is your starting position. Lower the dumbbells down around your knees by bending at the waist. Start bringing your torso up straight again by extending your hips and waist until you are back at the starting position.

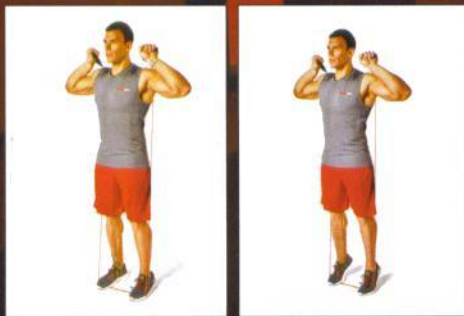


LUNGE



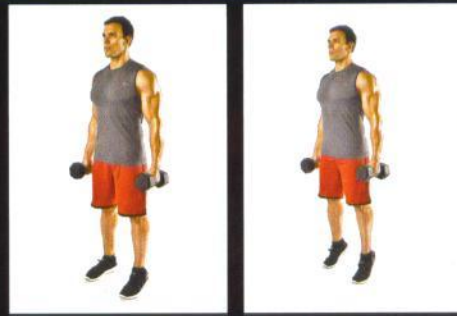
LUNGE

Stand with feet about shoulder width apart. Place a dumbbell in each hand and hang your arms at your sides with your palms facing in towards your body. Take a step forward (with either leg) while bending at the knee until the front thigh is approaching parallel to the ground, and the rear leg is bent at the knee and balanced on the toes. (Don't bounce or let the knee go past the top of the toes). When finished with suggested repetitions step back to the starting position and repeat the motion with the opposite leg.



STANDING CALF RAISE

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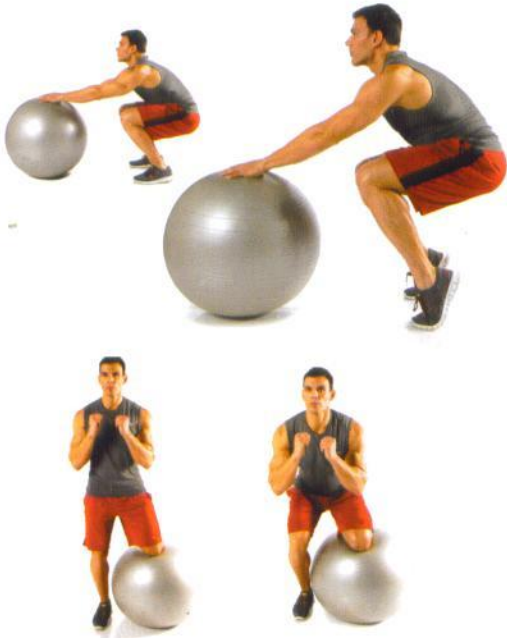
STANDING CALF RAISE

Stand with your feet about shoulder width apart. Place a dumbbell in each hand and hang your arms at your sides with your palms facing in towards your body. Drive the balls of your feet into the ground and raise the heels upwards until you feel a contraction in your calf muscles. Squeeze and hold for a second or two and then lower your heels back to the starting position without losing balance. On the way down don't let your heels touch the floor before starting the next rep. you want to keep continuous tension on the muscles.

LEG EXERCISES:

CALF BURNOUT

Stand with your feet shoulder-width apart with your arms resting on the ball in front of you. Raise up on to your tip-toes high enough to feel the top of your calves engaged. Come down slow, don't let the heels touch the ground. Keep continuous tension on the calves. Go all the way up and leave about an inch on the down position.

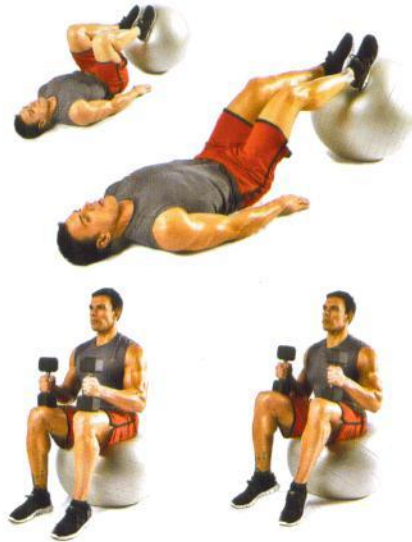


ONE LEG SQUAT

Similar to a regular squat with your front foot remaining on its position with the distinction that the trailing leg rests on top of an exercise ball. Make sure that the ball is secure before you descend down into a squat.

HAMSTRING PUSH WITH BALL

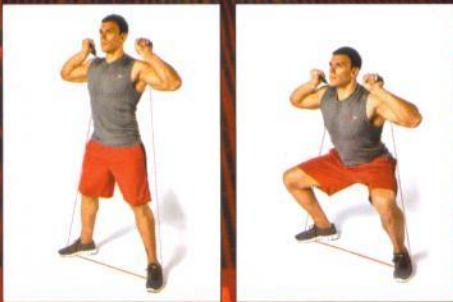
Place your feet on top the ball with your knees bent and hands with palms facing down at your sides. Gently contract your abdominal/core muscles to flatten your low back onto the floor. Lift your hips up off the floor. Slowly bend your knees and pull the ball toward your hips until you can rest the soles of your feet on top of the ball. Slowly press the ball away from your hips until the knees straighten, stabilizing with the core, hamstrings, glutes and arms. Slowly lower yourself back towards your starting position.



SEATED CALF RAISE (BALL)

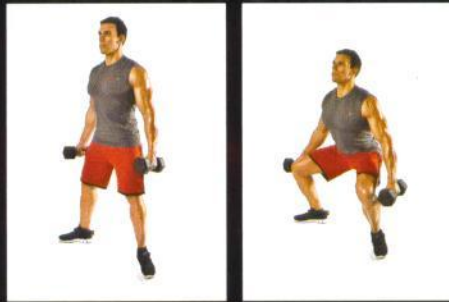
Sit on the ball and place a dumbbell on each leg. Place your feet about hip width distance apart and drive the balls of your feet into the ground and raise the heels upwards until you feel a contraction in your calf muscles. Squeeze and hold for a second or two and then lower your heels back to the starting position without losing balance. On the way down don't let your heels touch the floor before starting the next rep. you want to keep continuous tension on the muscles.

BANDS



SUMO (PLIE SQUAT)

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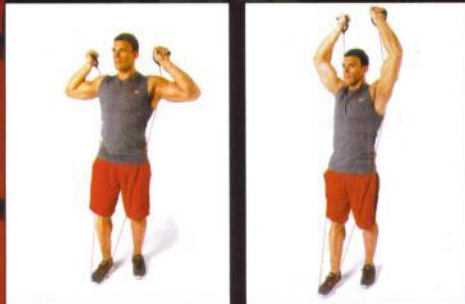


SUMO (PLIE SQUAT)

We like to call this a combination sumo/plie squat. What makes this different is the position of the hips and feet. Begin by separating your feet to about 1 ½ to 2 times your hip width. Then turn your feet so that they face outwards at about a 45-degree angle. Hold a dumbbell in each hand just outside the thighs (Or sumo style - in front). Bend the knees and lower into a squat. Go down as low as you can. Make sure you take your hips back, as though you're about to sit in a chair. Avoid bending the knees so that they go beyond the toes. Slowly stand back up without locking the knees and repeat.

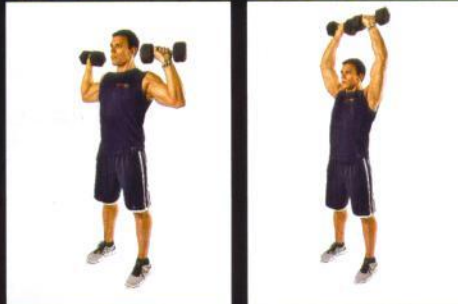
SHOULDER EXERCISES:

BANDS



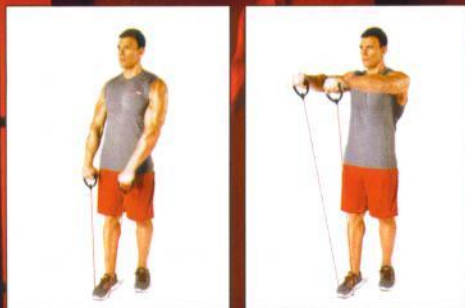
STANDING SHOULDER PRESS

DUMBBELLS / POWERBLOCKS®

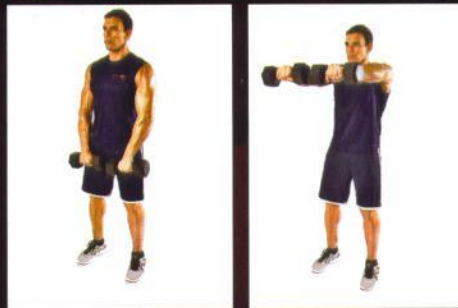


STANDING SHOULDER PRESS

Stand with your feet shoulder width apart, pointing forward. Keep your head and back straight, knees slightly bent. Grab the dumbbells so that your palms are facing you. Bring the dumbbells upwards so that they are above your shoulders. Rotate the dumbbells again so that your palms are facing away from you. Press the dumbbells upwards bringing them together at the top of the movement. Hold this position for a second and lower the dumbbells back to the starting position. (CAN BE DONE ONE ARM AT A TIME.)

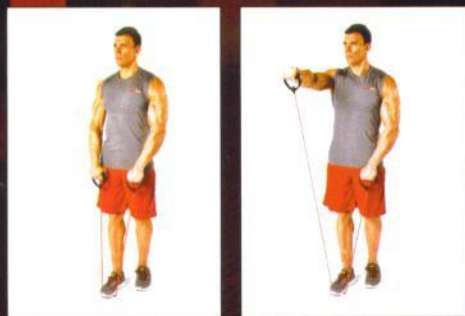


STANDING TWO ARM FRONT RAISE

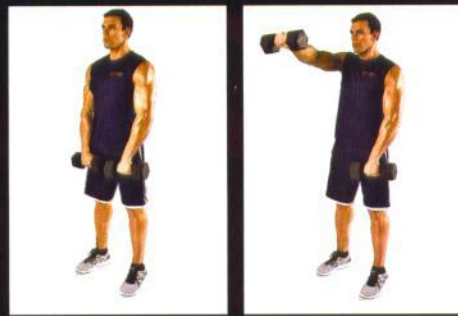


STANDING TWO ARM FRONT RAISE

Stand with your feet shoulder width apart, toes pointing forward. Hold a dumbbell in each hand with an overhand grip, arms hanging straight down in front of you. Slowly raise your arms straight out in front of your body and up to shoulder level. Hold for a second and slowly lower your arms back down to starting position.



STANDING ONE ARM FRONT RAISE



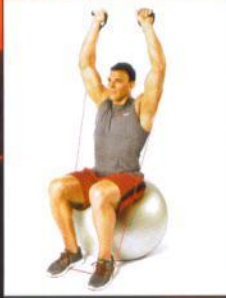
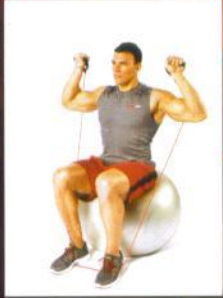
STANDING ONE ARM FRONT RAISE

Stand with your feet shoulder width apart, toes pointing forward. Hold a dumbbell in each hand with an overhand grip, arms hanging straight down in front of you. Slowly raise one arm straight out in front of your body and up to shoulder level. Hold for a second and slowly lower your arm back down to starting position. Repeat with opposite arm.

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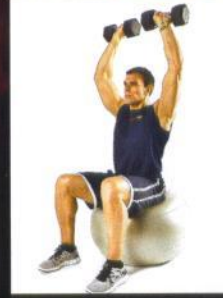
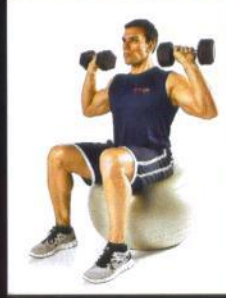
SHOULDER EXERCISES:

BANDS



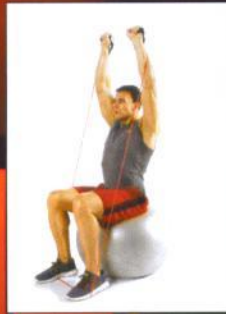
SEATED SHOULDER PRESS (BALL)

DUMBBELLS / POWERBLOCKS®

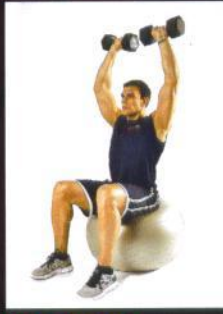
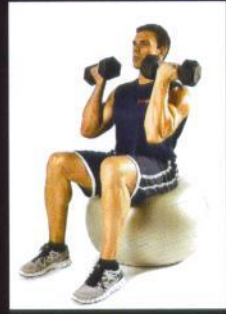


SEATED SHOULDER PRESS (BALL)

Sit on an exercise ball with feet flat on the floor and about hip width distance apart and a dumbbell in each hand. Bring the dumbbells upwards so that they are above your shoulders. Rotate the dumbbells again so that your palms are facing away from you. Press the dumbbells upwards bringing them together at the top of the movement. Hold this position for a second and lower the dumbbells back to the starting position. *(CAN BE DONE ONE ARM AT A TIME.)*



SEATED ARNOLD PRESS (BALL)



SEATED ARNOLD PRESS (BALL)

Sit on an exercise ball with feet flat on the floor and about hip width distance apart and a dumbbell in each hand. Place the dumbbells in front of your shoulders, with palms facing you and elbows pointing downward. Press the weights overhead while simultaneously turning your wrists, so that your palms face forward at the top. Hold this position for a second and lower the dumbbells back to the starting position.



UPRIGHT ROW



UPRIGHT ROW

Stand with feet shoulder width apart and your back straight, dumbbells resting in front of your thighs. Use the sides of your shoulders to lift, raising your elbows up and to the side. Keep the dumbbells to your body as you raise them. Continue to lift until they nearly touch your chin. Your elbows should drive the motion, and should always be higher than your forearms. Lower slowly to the starting position.

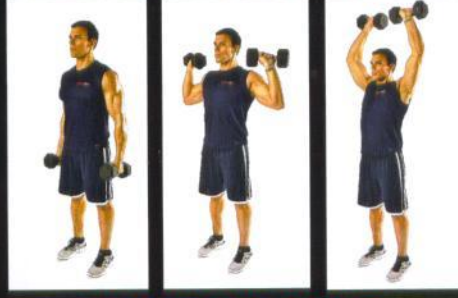
SHOULDER EXERCISES:

BANDS



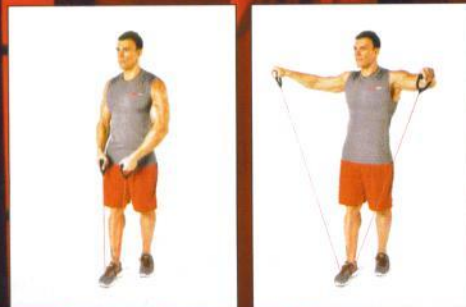
CLEAN AND PRESS

DUMBBELLS / POWERBLOCKS®

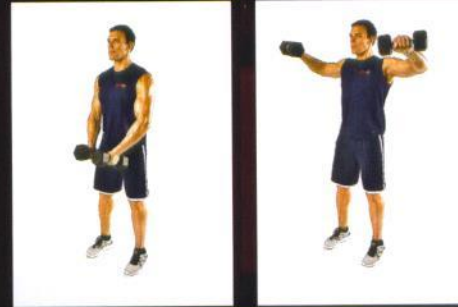


CLEAN AND PRESS

Our version of the clean and press goes as follows. Stand with your feet about shoulder width apart. Hold the dumbbells at your side with palms facing in. Bring the dumbbells upwards so that they are above your shoulders. Rotate the dumbbells again so that your palms are facing away from you. Press the dumbbells upwards bringing them together at the top of the movement. Hold this position for a second and lower the dumbbells back to the starting position.



STANDING LATERAL RAISE

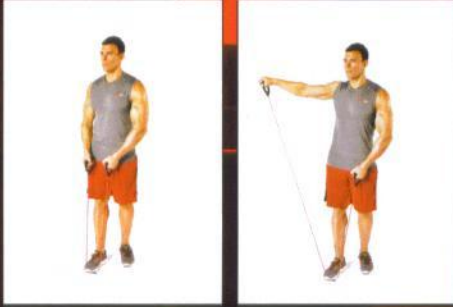


STANDING LATERAL RAISE

Stand with your feet about shoulder width apart. Grab a dumbbell in each hand (palms facing in) in front of your thighs. Keep your abdominal muscles tight, knees bent and chest relaxed. While keeping your arms straight, lift the dumbbells outwards until both arms are perpendicular to your body. Hold for a second and then return to the start.

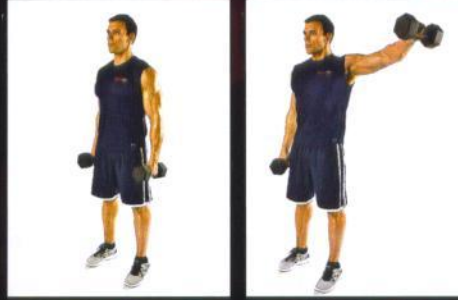
SHOULDER EXERCISES:

BANDS



**STANDING ONE ARM
LATERAL RAISE**

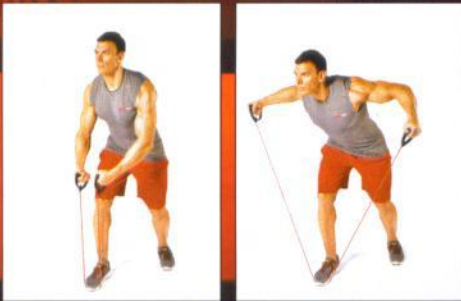
DUMBBELLS / POWERBLOCKS®



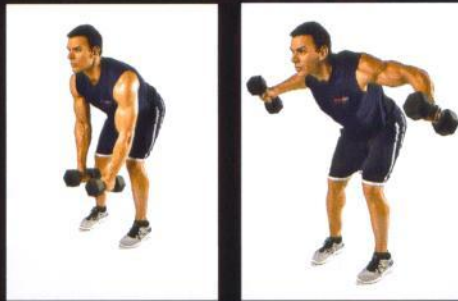
**STANDING ONE ARM
LATERAL RAISE**

Stand with your feet about shoulder width apart. Grab a dumbbell in each hand (palms facing in) and keep your arms at your sides. While keeping your arm straight, raise upper arm to side until elbow is at shoulder height. Lower and repeat. Switch arms when you complete your rep count. Also, make sure your palms are turned downward as you lift the dumbbell up.

180°
BODY



BENT OVER LATERAL RAISE

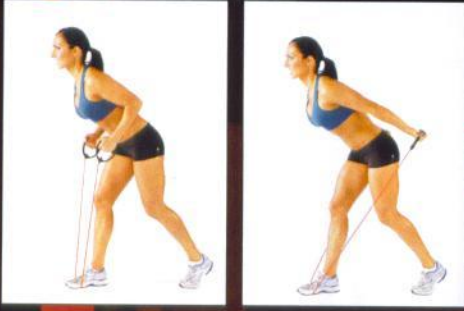


BENT OVER LATERAL RAISE

This is both a back and shoulder exercise that has many different variations. Stand with feet shoulder width apart. Grasp dumbbells to each side. Bend knees and bend over through hips with back flat close to horizontal. Position elbows with slight bend and palms facing together. Raise upper arms to sides until elbows are shoulder height. Maintain upper arms perpendicular to torso and fixed elbow position (10° to 30° angle) throughout exercise.

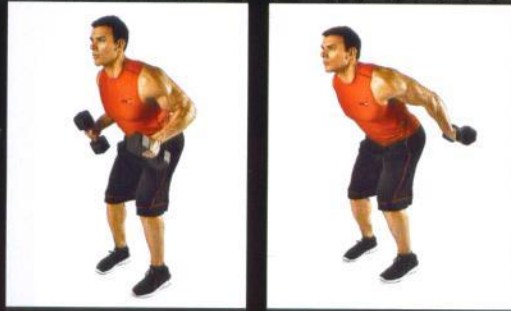
TRICEPS EXERCISES:

BANDS



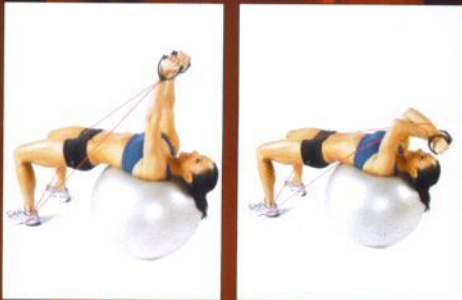
TWO ARM REVERSE TRICEPS KICK BACK

DUMBBELLS / POWERBLOCKS

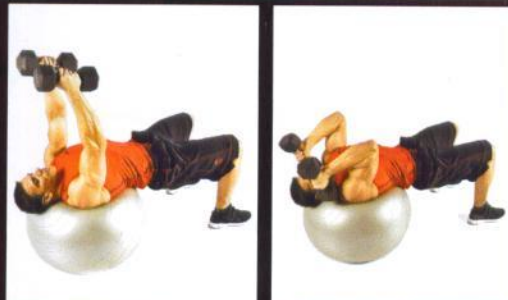


TWO ARM REVERSE TRICEPS KICK BACK

Stand with feet shoulder width apart and lean over slightly. Grab a dumbbell (palms facing your body) in each hand. Keep your arm tucked into your side at a 90-degree angle. Keep your elbows in tight and slowly extend your arms out and rotate the wrists so that your palms are facing up at the end of the movement. Squeeze the triceps for about a second and slowly lower the dumbbells back to the starting position. (YOU CAN PERFORM A TWO ARM TRICEPS KICKBACK BY EXTENDING THE DUMBBELL STRAIGHT BACK WITHOUT ROTATING THE WRISTS.)

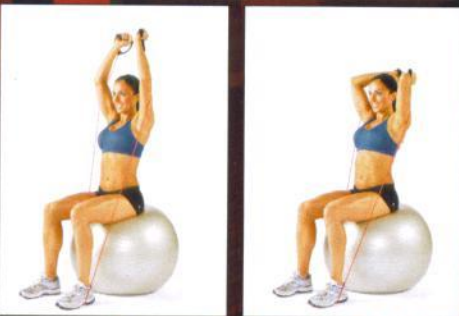


LYING TRICEPS EXTENSION (BALL)

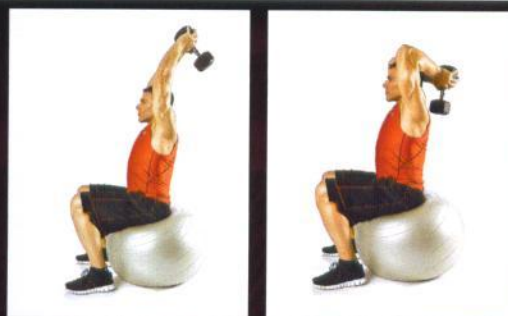


LYING TRICEPS EXTENSION (BALL)

Grab a pair of dumbbells and lie with your middle and upper back placed firmly on the ball, and lift your hips so they're in line with your torso. Your feet should remain on the floor at all times. Bring both dumbbells over your head with straight arms, your palms facing in. Without moving your upper arms, bend your elbows to lower the dumbbells until your forearms are beyond parallel to the floor. Pause briefly and then bring the dumbbells back to the starting position by straightening your arms.



SEATED TRICEPS EXTENSION (BALL)



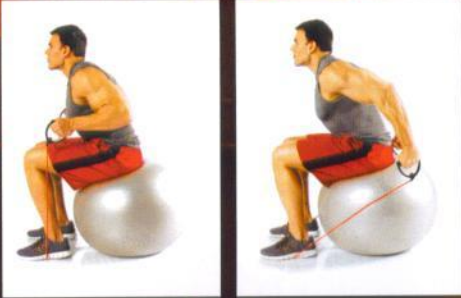
SEATED TRICEPS EXTENSION (BALL)

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Sit on ball with your feet hip width distance apart and your feet flat on the floor. Grab a dumbbell at one end with both hands overlapping one another. Bring the dumbbell straight up overhead with both arms close to the ears. Keep arms still and bring down the dumbbell behind the head until elbows are at about 90-degree angles. Squeeze the triceps to straighten the arms without locking the joints.

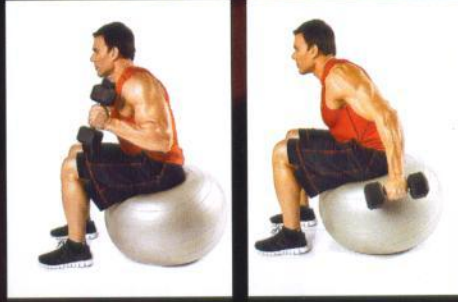
TRICEPS EXERCISES:

BANDS



SEATED TRICEPS KICKBACK

DUMBBELLS / POWERBLOCKS®

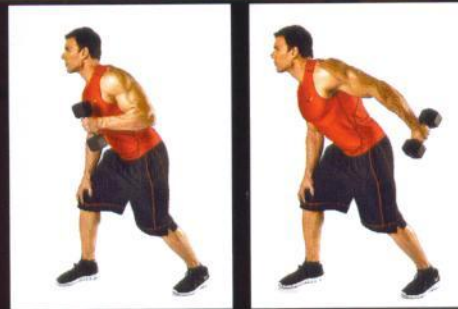


SEATED TRICEPS KICKBACK

Sit on a ball with your feet hip width distance apart and your feet flat on the floor. Hold a dumbbell at your side with palms facing in. Lean forward slightly and keep your elbows in tight and slowly extend your arms out and kick the dumbbell straight back. Squeeze the triceps for about a second and slowly lower the dumbbells back to the starting position.



STANDING ONE ARM TRICEPS KICKBACK

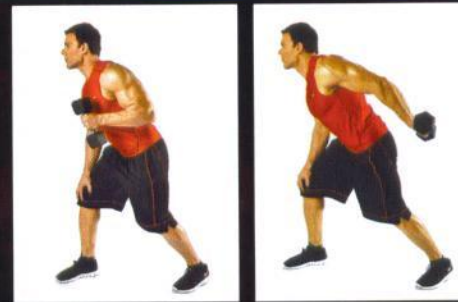


STANDING ONE ARM TRICEPS KICKBACK

Begin by standing with your right foot forward, your left foot behind and both knees bent. With a dumbbell in your left hand, rest your right arm on your right leg. Bend your left elbow and extend the dumbbell back. With your arm straight, lift your arm up a few inches and then back down in a steady, controlled movement. With your arm in the down position, extend it out from your side and return it back.



STANDING ONE ARM REVERSE TRICEPS KICKBACK



STANDING ONE ARM REVERSE TRICEPS KICKBACK

Begin by standing with your right foot forward, your left foot behind and both knees bent. With a dumbbell in your left hand, rest your right arm on your right leg. Bend your left elbow and extend the dumbbell back. With your arm straight, lift your arm up a few inches and then back down in a steady, controlled movement. With your arm in the down position, extend it out from your side, but this time you will turn and rotate the wrist so that your palm is facing up at the end of the movement. Squeeze the triceps and return it back to the starting position.

TRICEPS EXERCISES:

FLOOR DIPS

Sit on the floor with your feet out in front of you with your knees bent and hands face down behind you. Keeping your elbows pointing behind you, slowly raise your shoulders until your arms are almost straight. Slowly return to the starting position without letting your bum touch the floor. Repeat.

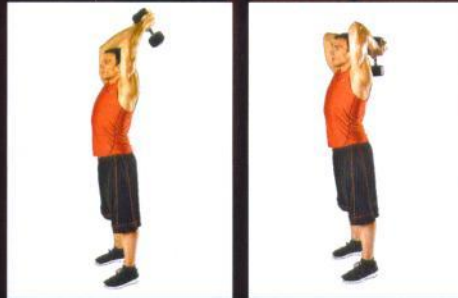


BANDS



**STANDING TRICEPS
EXTENSION**

DUMBBELLS / POWERBLOCKS



**STANDING TRICEPS
EXTENSION**

Standing with your feet about shoulder width apart, grasp a dumbbell with both hands and hold it carefully above your head. Keeping your elbows pointed toward the ceiling, slowly lower the dumbbell behind your head as far as you can, or until it touches the back of your shoulders. Slowly raise the dumbbell back above your head.

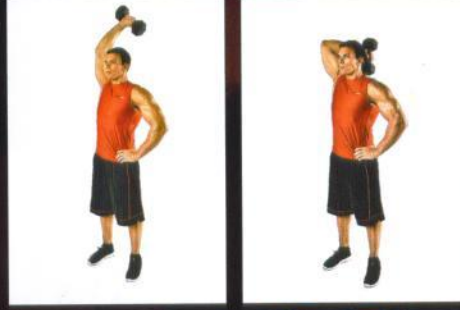
TRICEPS EXERCISES:

BANDS



STANDING ONE ARM TRICEPS EXTENSION

DUMBBELLS / POWERBLOCKS®



STANDING ONE ARM TRICEPS EXTENSION

Standing with your feet about shoulder width apart and with a dumbbell in your right hand, hold it above your head, with your palm facing forward. Your elbow should be slightly bent. Use your left arm to stabilize your body. Begin the movement by bending at the elbow only and slowly lowering the dumbbell behind your neck. Once the dumbbell is down as far as possible, slowly raise to the starting position.

x180°
EVERY BODY



ABDOMINALS:

PROPER BREATHING TECHNIQUE

The exercise descriptions in this directory do not include breathing technique. When you exercise your body needs more oxygen, holding your breath during exercise can cut off your oxygen supply and may cause you to lose energy, feel light-headed or even worse. When performing any of the cardio workouts in the *MET-Rx 180 Program* try and maintain a consistent breathing rhythm throughout the entire workout. When doing any of the resistance or abdominal exercises do not hold your breath. Many people have a tendency to hold their breathe during an intense set. Don't do it. You want to inhale on the return (easiest part of the exercise) and exhale on the exertion. (toughest part of the exercise) For example: When doing a push-up you want to inhale as you lower your chest to the floor and exhale when you push yourself up. Once again do not hold your breath during exercise, breathe properly.



CRUNCH OFF FLOOR

Lie face-up on the floor, with your knees bent and your feet and lower back on the floor. Contract your abs as hard as possible while lifting your shoulders and upper back off the floor. Try to bring your ribcage down and in while you curl up. Hold this position for at least a one-count before slowly lowering to the start. Crunches work the 'rectus abdominis,' i.e. the whole abdominal area.



BICYCLES

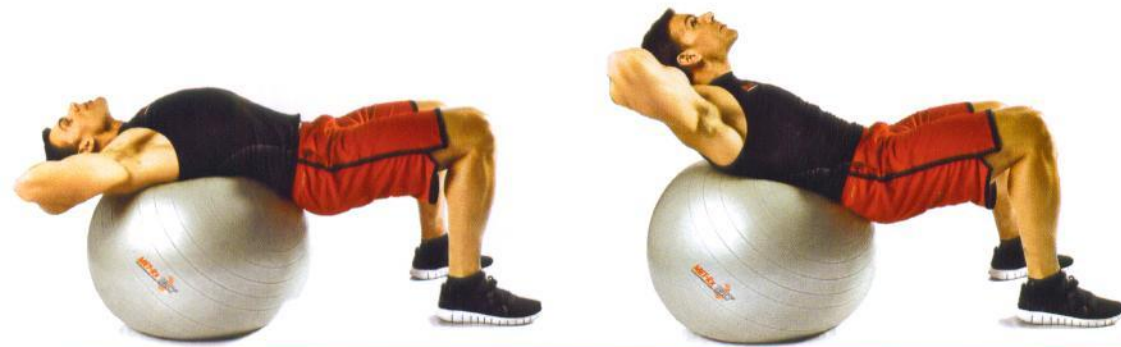
One of the best overall ab exercises, start these with your back flat on the floor. With your hands behind your head, bring your knees up and go through a modified bike-pedal motion. Touch your right elbow to your left knee and your left elbow to your right knee. Make sure you don't "yank" your head as a way of completing the reps.



BUTTERFLY CRUNCH

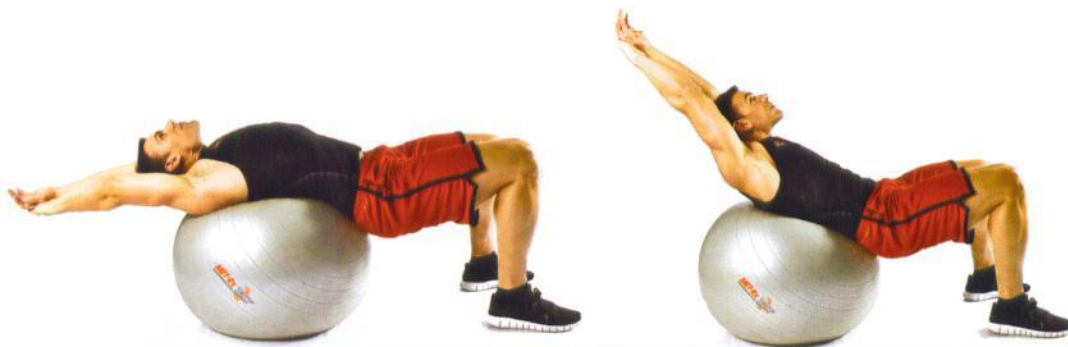
Lie on your back. Bend your knees and keep your feet flat on the floor. Keeping the soles of your feet touching, drop the knees out to the side and away from one another. Make sure the low back maintains contact with the floor. Place the fingertips lightly behind the head; don't tug on the neck! Press your low back into the floor, tighten your abs and lift the head and shoulder blades straight up off the floor. Don't round forward; lift straight up to the ceiling and then lower slowly down with control. These will hit your upper abs very hard.

ABDOMINALS:



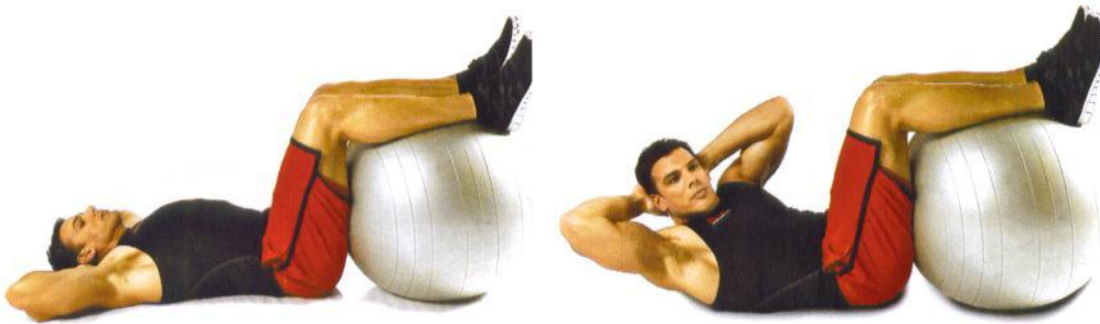
CRUNCH ON BALL

The exercise ball is an excellent tool to strengthen the abs and this one is a very effective move for targeting the rectus abdominis. What makes this move a bit more effective than crunches on the floor is that the legs are often involved in floor crunches. On the ball, the abs do more work. Lie on the ball, positioning it under the lower back. Cross your arms over the chest or place them behind your head. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, keep the ball stable (i.e., the ball shouldn't roll). Lower back down, getting a great stretch and burn in the abs.



CRUNCH ON BALL (ARMS EXTENDED OUT)

Lie with your back on the ball and your arms extended back behind your head with hand over hand. Contract your abs to lift your torso off the ball, pulling the bottom of your ribcage down toward your hips. As you curl up, your arms are extended back behind your head or close to your ears. Lower back down, keeping your arms in the same place throughout the entire exercise. Try and extend your arms out a little more throughout the movement, really stretch them out.



TWISTING CRUNCH (FEET ON TOP OF BALL)

Lie back on the floor with your feet on top of the ball, keeping knees and hips bent. Cross your arms over the chest or place them behind your head. Contract your abs and flex waist to reach opposite side of your upper torso. Slowly return to original position and repeat toward the other side.

ABDOMINALS:



LYING LEG RAISE (FLOOR)

Lie face up on the floor and place your hands facedown and underneath your butt. Your legs should be straight with toes pointing out. Slowly raise your legs up squeezing your abdominals at the same time. Squeeze at the top and then slowly lower your legs down without letting your feet touch the floor. Don't rest at the top of the movement and don't let the ball touch the ground. You want to keep continuous tension on your abdominals.



LYING LEG RAISE (BALL BETWEEN FEET)

Lie on the floor and place your hands face down and underneath your butt. Place the ball between your lower legs and squeeze to hold the ball in place. Raise your legs and hips and lift the ball up above your stomach and contract your mid-section. Try to keep all the tension on your abs throughout the movement. Don't rest at the top of the movement and don't let the ball touch the ground. You want to keep continuous tension on your abdominals.



PLANK

Lie face down on the floor resting on the forearms. Push off the floor, raising up onto toes and resting on the elbows. Keep your back flat, in straight line from head to heels. Tilt your pelvis and contract your abdominals to prevent your rear end from sticking up in the air or sagging in the middle.

ABDOMINALS:



PLANK (LEG OUT)

Begin in a prone plank position with your arms straight under your chest, about shoulder width apart. Now, bring your leg up and hold for specified amount of time. Then repeat with opposite leg. Keep your abs tight and your hips in line with your spine for the duration of the exercise.



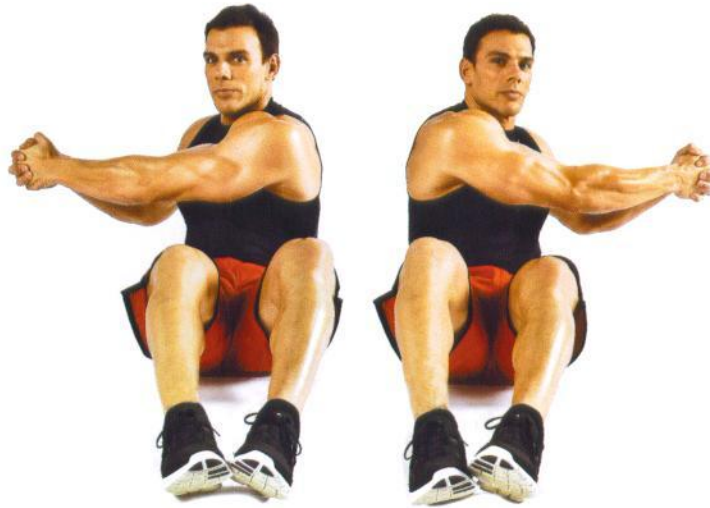
STANDING TWISTS

Stand with your feet shoulder width apart and your arms straight out in front of your body with your fingers interlocked. Twist your upper torso from side to side, until you feel a good stretch in your obliques. The movement should come from your abs, not your shoulders or your hips. Continue twisting from side to side in a controlled, continuous motion until desired rep count is met.

ABDOMINALS:

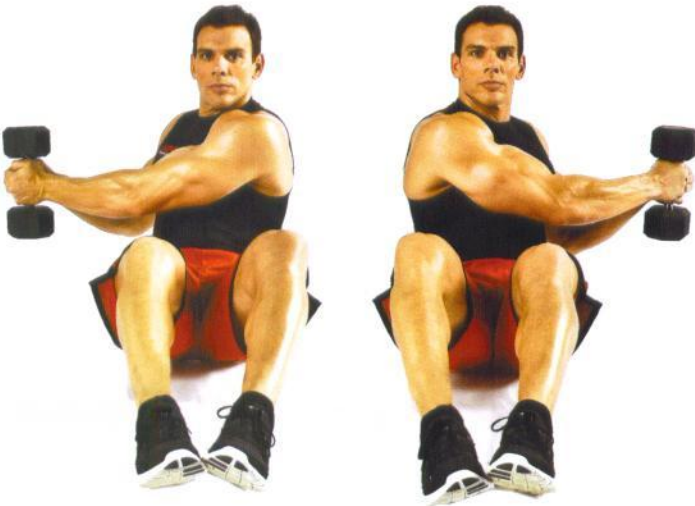
SEATED TWISTS

Sit on the floor with shoulders relaxed, elbows bent, and arms out in front of your body with your hands interlocked. Pull your abs in tight and with a straight back, lean back from the hips. Twist from the waist to the left side then, twist back to the starting position. Twist to the opposite (right) side. Return to the starting position to complete one rep.



SEATED TWISTS WITH WEIGHTS

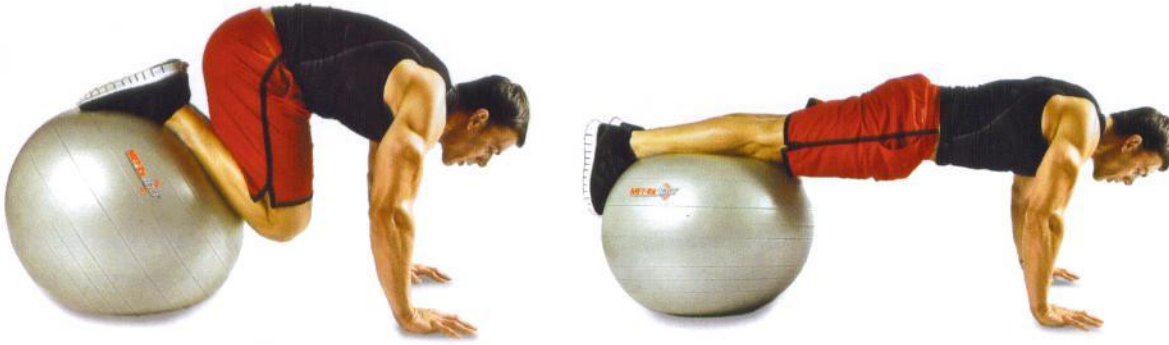
Sit on the floor with shoulders relaxed, elbows bent, and arms out in front of your body with a dumbbell in your hands. Pull your abs in tight and with a straight back, lean back from the hips. Twist from the waist to the left side then, twist back to the starting position. Twist to the opposite (right) side. Return to the starting position to complete one rep. Be very careful not to use too much weight; your lower back, spine, and obliques could be exposed to injury.



SCISSOR KICKS

Lie down with your back pressed against the floor. Your arms should be fully extended to the sides or placed underneath your butt, with your palms facing down. The arms should be stationary the entire time. With a slight bend at the knees, lift your legs up so that your heels are about 6 inches off the ground. This is the starting position. Now lift your left leg up to about a 45 degree angle while your right leg is lowered until the heel is about 2-3 inches from the ground. Switch movements by raising your right leg up and lowering your left leg.

ABDOMINALS:



REVERSE CRUNCH (BALL)

Place your lower legs on top of the exercise ball, legs extended, chest facing the floor and extend your arms to lift you from the floor. Keeping your weight on your extended arms, roll the ball in by bending your knees and hips and extend your legs back after a brief pause.



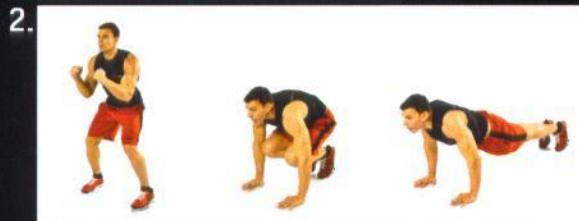
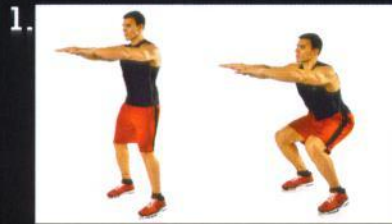
KNEE TUCKS

Sit down on the floor with your hands flat on the floor behind you. Kick your legs straight out and about 2-3 inches off the ground. Now bring your knees into your chest and contract your abdominals. When kicking your legs out they should never touch the ground.

MET-Rx MINUTE

► These three exercises make up the MET-Rx Minute. When doing the MET-Rx Minute it is important to use the same form throughout the entire program so you can chart your progress correctly. Remember good form, good body!

1. SQUAT
2. SQUAT THRUST
(BURPEE)
3. PUSH-UP



C O N G R A T U

► 90-days ago today, you started the *MET-Rx 180 Transforming Every Body Program* and you made a commitment to become a healthier and fitter version of yourself. If you reached that goal then congratulations! Nothing feels better than accomplishing what you set out to do. If you have not reached your goal then it is important to keep eating healthy and exercising on a consistent basis. Hopefully what you learned these past 90-days following the *MET-Rx 180 Program* have taught you the fundamentals you need to live a healthy and fit life.



FOLLOWING THE MET-Rx 180 PROGRAM BEYOND 90 DAYS.

If you have experienced great results from the *MET-Rx 180 Program* there is no reason why you have to stop. The *MET-Rx 180* workouts never go out of style as they consist of workout tactics and techniques that have been the mainstay of workout routines for decades. You can put your own workout together using the techniques in the *MET-Rx 180 Program* and keep challenging yourself just like you have been doing consistently for the last 90-days. Let the positive gains continue.

We would suggest taking an a few days off. Once you have recovered mentally and physically go back to the "Shaping Phase for 30-days. After you complete 30-days, move on to the "Definition Phase". Keep challenging yourself by using heavier weights and increasing the amount of repetitions you do during the MET-Rx Minute. Make sure you follow the *MET-Rx 180* nutritional program or you won't get the maximum benefits of the program. The *MET-Rx 180 Transforming Every Body Program* gives you a new life in a box. Be the best you possible.

TRANSFORMATIONS

► Congratulations on completing the first 90 days of the *MET-Rx 180 Program*! You have worked very hard to get where you are and hopefully you utilized the **MYMETRX.com** online community and our mobile apps to maximize your 90 day results.

VISIT MYMET-RX.COM

As a reminder, the **MYMETRX.com** community site was designed to support you in achieving your transformational goals. Some of the features include:

- View your workouts within the **MYMETRX.com** community site or with your smartphone/tablet
- Fitness logging/tracking
- Nutrition logging/tracking
- The ability to connect with 'like-minded' people with similar goals to gain community support
- Earn Badges for completing tasks during your transformation
- Earn points and redeem them for a great selection of products (premium membership required for point redemption)
- Get fitness and nutritional tips
- Get advice and tips from the **MYMETRX.com** team to help you achieve your goals
- Utilize the 'body morphing' application to see what you can look like when you achieve your goals



For the next phase of your transformation, the **MYMETRX.com** online community will continue to support you in achieving your new goals. **MYMETRX** is designed to continuously evolve with the needs of the community. To that end, we periodically improve site features while adding new features designed to exceed the expectations of our community members. As someone who has completed the first 90 days of their transformation, you have the ability to inspire others that have yet to achieve their goals while continuing to log/track your fitness and nutrition, upload pictures, get tips, participate in events, even win prizes through the badge/point system (premium membership required for point redemption).

LAST WORD!

While you're giving your body a workout, make sure you give it the nutrition it needs!* From multivitamins to specialized products, these vitamins and supplements will help make the *MET-Rx 180* transformation complete. They're made from high quality ingredients that are perfect for your high quality body.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

