



**Body Toning
Strong &
Lean Muscles**

**30
MINUTES**

**WORKOUT
ROUTINE**

Lorraine Paige



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30 MINUTES WORKOUT ROUTINE

Body Toning, Strong and Lean Muscles

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Introduction

30 Minutes Workout Routine is based on 3 days of strength training workouts. Even if you are stuck inside on a treadmill, aerobic activities can be lots of fun. Just remember to stay hydrated and stretch before and after exercising. Each day has a set of five core workout routines to keep your abs, thighs and arms burning. The exercise program is to be taken 3 days in a week leaving a day in between for recovery. Proven to work, all moves are unique for each day and may be varied after your first week should you wish to maintain the workout moves in your everyday life. The 30 Minutes Workout Routine is designed to help you build strong and lean muscles, ideal for weight control and muscle toning.

Abs don't just grow!

Exercise is wonderful for losing weight and staying healthy. But in order to get the most out of your workout routine, it is important that you get enough rest each day to rejuvenate your body and restore your strength. Diet, exercise and adequate rest are the foundation of a healthy and happy lifestyle.

“Before you begin any exercise program, you should consult your physician”

What you will need:

- * An exercise mat.
- * 3, 5, or 8 pound weights for working out.
- * Plenty of water to keep you hydrated during your workout.
- * You'll also need a pair of good shoes or sneakers. Make sure they fit well and that your feet are not cramped or slipping around inside the shoe. If your feet hurt, your workout will suffer.
- * ...and a glass of green smoothie, trust me you will.

Let's get the day started...

Day1

Are you inspired to get in shape and motivated to get started? Many of you have been writing to say that you're ready to exercise. Let me tell you, that thrills me to no end. So, I want to give you a few workouts from my 30 Minutes Workout Routine exercise program to get you started.

Note beside each—I have included the number of reps and sets that I recommend for best results. Also included after each exercise is a challenge for you to take that exercise to the next level.

First off, start by warming up your muscles. You can do this by just moving around, making the bed, jogging in place, or jumping rope. Then you need to stretch your muscles for at least 3 minutes, paying special attention to your breathing. Allow your body to get plenty of oxygen and don't forget that glass of ice cold greens after workout.

I encourage incorporating the Pilates principle of “Engaging the Core” into all exercises. Engaging the core means to suck in your stomach by pulling in your core. In effect you draw your belly button into your spine, which contracts the transverse abdominals. The trans abs are the muscles that help to strengthen your back and give you a tighter, slimmer waist.



Exercise # 1

Let's get started with the King of all exercises—the Squat. In addition to stressing the front thigh muscles, this exercise is effective for total body development.

Squat—3 Sets, 15-20 Reps

Beginning with your feet shoulder width apart, place your hands on your hips, lift your chest and draw your shoulders down your back, pull your navel inward to engage your core muscles. Inhale as you lower your hips down to the squat position. Now exhale as you stand back up. Push your heels into the floor as you straighten to a standing position.

Take it to the next level by adding weights as shown in the picture or a triceps kickback.

Squat

In this photo the lady is shown with two dumbbells, which you can use to advance this exercise.

Exercise # 2

This exercise, the Reverse Fly, is great for the rear shoulder muscles and back. Doing these exercises will give you that sexy look, when you dare to go backless this holiday season.

Reverse Fly—3 Sets, 15-20 Reps

Standing with your feet hips width apart, a weight in one hand and your other hand resting on your thigh, slightly hinge on the hips keeping spine long, shoulders reaching down your back, and abdominals engaged. Inhale, bring the arm into the centerline of your body, exhale lift the arm to the side. Repeat on other side.

Take it to the next level by working both arms at the same time.

Reverse Fly

In this photo, we show the lady advancing this exercise by lying on a ball. The instability of the ball causes the muscles to work harder as she struggles to balance while doing this exercise.

Exercise # 3

This next exercise, the Hammer Curl, works your bicep and forearm muscles. Doing these exercises will strengthen your arms and give them a nice sculpted appearance.

Hammer Curl—3 Sets 15-20 Reps

Standing with your feet hips width apart, stomach drawn in, pelvis tucked under so your tailbone points down to the ground, slightly bend your knees keeping your chest lifted, shoulders held down your back and weights in both hands with arms held at your sides, elbows at the waistline and wrists pointing inward towards your body. Breathe in, exhale and flex both elbows by bringing both hands to your shoulders and inhale as you extend your arms back to your sides. Alternate and repeat.

Take it to the next level by adding heavier weights and/or adding a side lunge, alternating legs. Last set pulse for 10 counts.

Hammer Curl

In this photo, we show the lady curling both arms simultaneously, you can also alternate arms for variety.

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Exercise # 4

This exercise, the Shoulder Press, helps to strengthen your deltoid and triceps muscles. Working these muscles gives you overall strength including your abs, oblique and your back.

Shoulder Press—3 Sets, 15-20 Reps

Standing with your feet shoulder width apart, stomach drawn in, your pelvis tucked under so that your tailbone points down to the ground, slightly bend your knees keeping your chest lifted, shoulders held down your back and weights in both hands with hands held at shoulder level, wrists pointing away from body. Breathe in, exhale press hands up extending your arms over your head by straightening your elbows, inhale bringing the weights back to shoulder height. Keep your shoulder blades reaching down your back throughout the exercise and your arms upward.

Take it to the next level by adding a front lunge, alternating each leg. Last set pulse for 10 counts.

Shoulder Press

In this photo, the lady is performing this exercise on the ball. Again, the instability of the ball will work different muscles including those in your calves and especially your core.

Exercise #5

If you want to rid yourself of belly fat, or just want to tighten up your stomach muscles to improve your back muscles, then abs are an absolute must! When doing your abdominal crunch, remember the following: Keep your spine imprinted on the mat, your core engaged. No part of your body should be moving except your shoulders as you lift them off the mat. It is important that you concentrate on breathing throughout this exercise.

Abdominal Crunch—4 Sets, 15-20 Reps

Lying on your back on a mat, bend your knees and place your feet hips width apart. Place your fingertips behind your ears, keep your lower back pressing downward into the mat, your shoulder blades reaching down your back, draw your stomach in, navel drawn inward towards the spine and keep your chin level. Breathe in, exhale and roll your upper body off the mat keeping your chin tucked towards the chest, inhale and roll the upper body back down on the mat.

Take it to the next level by adding a twist to target the obliques—shoulder to knee. This will help to tighten your waistline and strengthen your back.

Abdominal Crunch

In this photo, the lady is performing this exercise on a hard floor, I recommend using an exercise mat.

Exhale and rise to a sitting position. Raise your right arm, bend at elbow, now pat yourself on the back—you've just completed a full session of my 30 Minutes to a new you workout exercise. Stretch your muscles for about 3 minutes following your exercise routine.

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Day 2

Are you inspired to get in shape and motivated to get started? Many of you have been writing to say that you're ready to exercise. Let me tell you, that thrills me to no end. So, I want to give you a few workouts from my 30 Minutes Workout Routine exercise program to get you started. My previous post covered the exercises in the 30 Minutes Workout Routine Day 1. Today, if you are ready, we will move on to Day 2. Keep the green glass in the freezer for now, you will need one after a good sweat.



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Exercise #1

Our first exercise today is the Push Up. This exercise will help to strengthen your arms, core, trans abs and front thigh muscles. You should even feel a tightening in your glutes, if you are getting the full effect of this exercise. Think about the muscles that you are working. This will give you that mind/body connection that it takes to really work those muscles for the full benefit.

Push-ups—4 Sets, 15-20 Reps

Kneeling on a mat in a modified plank position with your weight distributed on your elbows and knees. Inhale and lower your torso towards the mat, exhale and press your torso back up. Keep your shoulders pressing down your back, abdominals engaged, and hips in line with your shoulders, ribcage and knees. All the while engaging your core.

Knee Push up

Take it to the next level: Do a full push-up to work your chest, back, arms and core. This means that instead of being in a modified plank position, you will need to have your weight distributed on your hands and toes, lowering your entire body down, in one fluid motion. Try not to jerk or bend your body when doing a full push up. The emphasis should be on your arms, legs and torso, don't bend at the waist when doing a full push up.

Exercise #2

This exercise, the Shoulder Bridge, works your abs and your hamstrings. Keep your core muscles engaged by mentally commanding your stomach muscles to draw inward, as you press your lower back down onto the mat.

Shoulder Bridge—4 Sets, 15-20 Reps

Lying supine on a mat, or rather lying on your back on a mat, bend your knees and place your feet hips width apart, arms extended by your sides, palms facing downward, elbows extended with your shoulder blades reaching down your back. Draw your navel inward towards your spine and press your lower back down towards the mat keeping your chin level. Inhale, lift your hips away from the mat by rolling up one vertebra at a time, exhale return your hips to the mat again rolling one vertebra at a time. This should be a slow fluid movement. You might want to practice lowering and raising your spine in this slow-motion movement to get the hang of it.

Take it to the next level: Add a chest press, working your core and balance. Lower one vertebra onto the mat at a time, like a string of pearls, lower your back until you are touching the floor. This should be a gradual fluid movement, practice this technique until it feels natural to you.

Exercise #3

This next exercise, Pilates Single Leg Stretch, is excellent for strengthening your abs and your back. Keep your core muscles engaged and envision the muscles that you are using. This mind/body connection will give you optimum results.

Pilates Single Leg Stretch—4 Sets, 5-10 Reps each side

Lie on center of mat with knees bent toward chest. Lift head, neck and shoulders, curling chin toward chest. Inhale as you draw left knee toward chest, placing left hand on left ankle and right hand on left knee. Extend right leg about 45 degrees to floor. Continuing to inhale, switch legs and arms, extending left leg while hugging right leg toward chest. Repeat, exhaling for 2 counts. Do 5 to 10 reps per side.

Exercise #4

This exercise, the Lunge with weights, strengthens the core muscles. Try to work slowly and with good form, rather than attempting to race through this exercise. Concentrate on the muscles that you are working.

Lunge with weights – 4 Sets, 10 reps alternate side

Hold two dumbbells in your hands by your sides. Step forward with one leg and lower your upper body down, bending your leg (don't step out too far). You should have about two to two and a half feet between your feet. Do not allow your knee to go forward beyond your toes as you come down, keeping your front shin perpendicular to the ground. Push up and back and repeat with the other leg or do all the reps with one leg then switch.

The farther forward you step, the more the glutes and hamstrings you will use (closer works the quads more, just don't go too close). It is very important to keep your upper body vertical. Go down until your bottom knee almost touches the ground. Think about sitting back when doing these. This will prevent you from leaning too far forward. It is best to do this exercise all on one leg without standing up each time. Stepping forward can overstress your knee. Simply do all your reps on one leg then switch legs and do all your reps on the other leg.

NOTE: Leaning forward on the way down can cause you to lose your balance and can place unnecessary stress on your back. Always strive to keep your upper body vertical. Do these in a mirror or in front of a horizontal bar or table (so that your abdomen will hit the bar or table if you lean forward) and be sure to focus on sitting back during the descent.

Exercise #5

This next exercise the Pilates 100 is an excellent exercise to strengthen your back and flatten your stomach, for the long lean look of a dancer's body. Keep your core engaged!

Pilates 100 – 10 Full Breaths

Lying supine or on your back on a mat with your legs in tabletop position, which is to hold the legs up, bent at the knee with shins parallel to your body like a tabletop. Now, draw the navel inward towards your spine and press your lower back down towards the mat. Keep the spine long, chin level, shoulder blades on the mat, back of the ribcage on the mat, and your lower back on the mat, arms extended with palms down by your sides. Breathe in, and then exhale and roll your upper body off the mat, looking down towards your navel, exhale for a count of five, pumping your arms up and down.

Take it to the next level by extending your legs, toes pointing to ceiling or extend legs, hips extended to about a 45-degree angle with toes pointed. Be sure to keep squeezing the inner upper thighs together.

Pilates 100

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Exhale and rise to a sitting position. Raise your right arm, bend at elbow, now pat yourself on the back—you've just completed a full session of my 30 Minutes Workout Routine exercise program. Stretch your muscles for about 3 minutes following your exercise routine. Take a walk after a healthy lunch or dinner. Try to make a point of being more active all throughout the day in addition to your 30 minutes of exercise. This will strengthen your cardiovascular system and speed your weight loss results.

Allow yourself to enjoy life and be grateful for all that you have. Be good to yourself, by eating delicious, nutritious foods, exercising regularly and getting a good night's sleep. You'll be healthier and more productive when you treat your body right.

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Day 3

Women's fitness and health can be improved with a regular exercise program. Today you are getting the last workout moves from the 30 Minutes Workout Routine exercise program to get you started. In previous days we covered 30 Minutes Workout Routines Day 1 and Day 2. Today, if you are ready we will begin Day 3.

Note beside each—I have included the number of reps and sets that I recommend for best results. Also, included after each exercise is a challenge for you to take that exercise to the next level.



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Exercise #1

This next exercise the Bent Over Row, is an excellent exercise to strengthen your back. Be sure to engage the core to pull in your transverse abs, these muscles form the girdle that protects your lower back, waist, stomach and pelvic area.

Bent Over Row—4 Sets, 15-20 Reps with each arm

Standing with your feet shoulder width apart, weights in both hands, slightly bend your knees, hinge on the hips that means to bend at your hips rather than at your waist, pushing your butt back, and aligning your torso parallel to the ground. Keep the spine long and straight, shoulders reaching down your back, abdominals engaged, bring your arms perpendicular to the ground. So your torso is parallel and your arms are perpendicular, forming a “T.” Breathe in, exhale, flex both elbows and pull them up towards the ceiling, , inhale and extend your elbows bringing your arms back to your starting “T” position.

Take it to the Next Level by balancing on one leg, then switch legs. This act of balancing during the exercise works the core. Always perform equal sets and reps on both legs. Engage your core throughout this exercise.

One Arm Row

Exercise #2

This next exercise, the Overhead Extension is one of the best exercises for developing your tricep muscles. The triceps are the main muscles in your arms. Running up the back of your arms and allowing movement of the forearms and hands. The tricep is so large it accounts for almost the entire mass of the arm.

Overhead Extension—4 Sets, 15-20 Reps

Standing with your feet hips width apart holding weights in both of your hands, wrists facing each other, slightly bend your knees with your pelvis tucked under so that your tailbone points down to the ground, almost as if you were moving to a sitting position, except stay standing. Stretch your arms up over your head. Inhale as you flex your elbows to lower the weights behind your head, exhale and extend your elbows back up, weights in the air.

Take it to the Next Level: Add a squat or increase your weights.

Overhead Extension

Exercise #3

The next exercise today, is the Alternating Biceps Curl. As the name implies, this exercise will work your biceps. Now ladies, don't be frightened of this exercise. It won't make you have big manly muscles in your arms. Developing your bicep muscles will give you the strength you need to carry things, play sports, hang on to a ski rope, or just give you sculpted, sexy looking arms.

Alternating Biceps Curl—4 Sets, 15-20 Reps with each arm

Standing with your feet hips width apart, your pelvis tucked under so that the tailbone points down to the ground, slightly bend your knees keeping your chest lifted, shoulders held down your back and weights in both hands with arms held at the sides, elbows at the waistline and wrists pointing forward, with an underhand hold on the weights. Breathe in, exhale, flex the elbows to bring your right arm up to your shoulder, inhale and extend your elbow to lower the weights back to the starting position then repeat with the opposite arm.

Take it to the next level: Add a lunge and switch legs every other set. Or for a variation, place both weights in one hand and do a unilateral biceps curl.

Alternating Bicep Curls

Exercise #4

This exercise, Side Lying Leg Lift, helps to strengthen and tone your outer thighs and butt by working the glutes. Exercises like these will smooth out your upper thigh area and eliminate the excess fat at the top of your thighs, sometimes referred to as “saddle bags.”

Side Lying Leg Lifts—2 Sets, 8-10 Reps with each leg

Keep your core engaged throughout this exercise. Only 2 sets to do, so concentrate on good form rather than going fast. Lying on your right side with forearm on the mat, shoulders pulled down away from your ears, meaning don't have your shoulder in a shrugging position. It should feel relaxed with your elbow directly below your shoulder, now inhale and lift your right leg up with ankle flexed, toes pointing upward, don't point your toes. Exhale, lower your leg back to the mat with your ankle extended now and toes pointed.

Take it to the next level by using an ankle weight and lift leg as high as you would without an ankle weight while maintaining proper form. Keep core engaged!

Side Lying Leg Lifts

Exercise #5

This exercise, the Pilates Roll Up is a great challenge for your abs. Some people claim that one Pilates Roll Up is equal to 6 crunches when it comes to achieving a flat stomach.

Pilates Roll Up—3 Sets, 15-20 Reps

Lying supine, or with your back on a mat, your knees bent and feet flat on the floor shoulder width apart. Now imagine that you are drawing in your navel towards your spine and press your lower back down towards the mat. Keep your spine long and straight, your chin level and your shoulder blades and back of the ribcage on the mat. Your lower back on the mat, arms at your sides with your palms facing in towards your body.

Inhale bringing your arms perpendicular to the ceiling, as if you are reaching towards something. Now, exhale bringing the chin towards the chest and rolling the upper body off the mat, inhale and continue to roll forward, exhale lengthen your spine and roll back down to the mat one vertebra at a time. Keep your feet on the floor throughout the movement.

Take it to the Next: Level Fully extend the knees pointing the toes away from the body. Rolling up, keep the heels on the floor throughout the movement.

Pilates Roll Up

Lying on the mat. Allow your body to cool down, giving your mind and body a chance to connect. Listen and your body will tell you what it needs. Stretch your muscles for about 3 minutes and enjoy this time. It feels so good to give those muscles the attention that they need.

Conclusion

Well congratulations, your first week is done. You may add variations to the workout moves for the rest of your exercise routines. Exercise is required in your everyday life as it is necessary for your general health. A variety of healthy green smoothies is required for each routine, smoothies contain nutritional supplements necessary for tissue repair while you recover from the 30 Minutes Workout Routine program. Which better way to cleanse your body from toxins than with a healthy glass smiling back at you? Try my old favorite green smoothie recipes by Violet Karma "Green Smoothie Cleanse". For further assistance, one on one training on weight loss and control please visit our website by "[Clicking here](#)"



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