

Bye Bye Bat Wings & Bingo Arms



Bye Bye Bat Wings

4 Steps to Fat Loss, Shapely Arms, and Increased Confidence

*In the next few pages, I'll share the
4 Biggest Problems Associated with Flabby Arms
and reveal the steps to take so your arms regain shape and tone,
leaving you feeling confident and content.*

PROBLEM #1: *Dried out Skin*

A lifetime of sun exposure, smoking, air pollution, a typical Western Diet, lifestyle habits, and your inherited genes, all have effects on your skin. As you age, cellular regeneration slows down so your skin doesn't produce new cells quite as quickly as it used to. Improve the internal environment, improve your skin.

GOAL: Fully Hydrate the Skin from the Inside and Outside.

STEP #1: *Hydrate*

- **Drink water.** Set a goal to drink $\frac{2}{3}$ - $\frac{1}{2}$ your body weight in ounces each day. If this amount of water is a huge increase from what you normally drink, create a plan to increase ounces every couple of days until you reach the desired amount.
 - **HOT TIP #1:** Begin your day by drinking oz of water upon rising before coffee or tea or any food.
 - **HOT TIP #2:** Drink water throughout the day so you've reached your water intake goal by 7-8pm. This will minimize chugging a lot of water before you go to bed.
- **Hydrate your skin topically.** Choose all-natural skin products to moisturize your skin. Investigate DIY using olive oil, avocado, oatmeal, cucumbers,...
- **Reduce sun exposure** during the peak hours, 10am-2pm.
- **Wear sunscreen** to prevent fine wrinkles and discolored skin as a result of damage by the sun's harmful rays.

PROBLEM #2: *Can't See the Muscles of the Arms*

One of several common complaints from women in their late 30s and beyond is “flabby upper arms”. Surprise, surprise, the upper arm, like the hips, glutes, and abdominals is prime real estate for fat storage in women. So, shapely muscles may be hidden beneath stored fat. Combine that with the fact that many women do not include resistance training in their exercise program or, if they do, undertrain their arms and surrounding muscles.

GOAL: Decrease Total Body Fat & Fill The Space

STEP #2: *Circulate & Stimulate*

- **Move Most Days of the Week.** Increase circulation, turn up metabolism, and use fat for fuel by engaging in exercise that cause you to break a sweat for a total of 150 minutes per week.
- **Add Muscle.** Increase lean muscle mass by incorporating a strength building component to your weekly exercise regime. Begin with body weight exercises and add resistance as the body grows stronger.
- **Improve Posture.** Actively seek ways to improve the health of your core - the support structure, hips to shoulder, front to back.
- **Stimulate Muscle Growth in the Void.** Incorporate specific strength training exercises for the biceps and triceps to stimulate growth, tone, and shape in the area of underdeveloped muscle size.

PROBLEM #3: *Loose or Sagging Skin*

Time, heredity, environmental exposure, and lifestyle habits have the biggest impact on how skin ages. As women age, collagen production declines reducing the elasticity of skin. This coupled with a decrease in lean muscle mass creates loose or sagging skin.

GOAL: Reduce Exposure to Free Radical & Increase Blood Flow

STEP #3: *Regenerate*

- **Minimize sun exposure** 10am-2pm
- **Protect skin.** Wear sunscreen, hat, and loose fitting clothing
- **Don't smoke.**
- **Avoid secondhand smoke.**
- **Don't go outside** when there is poor air quality due to pollution, pesticide spraying, laying of fertilizer, or any other chemicals.
- **Have air ducts checked** for mold if sudden respiratory issues arise.
- **Eliminate or greatly reduce inflammatory foods** - dairy, gluten, sugar, trans-fats, and alcohol
- **Increase circulation.** Include massage, rolling, fascia blasting, or thera-gun as a part of a self-care routine to increase blood flow.

PROBLEM #4: *Less than Optimal Internal Environment*

Prioritizing the care for others, work, school, managing a home, church and community involvement, the busyness of everyday life, and so much more often leave women at the bottom of the list in terms of health and self care. While this might be necessary for short bouts of time, it is not a long-term strategy for life. The best thing a woman can do to adequately care for others is to care for herself first.

This means eating well, and enough, most of the time.

GOAL: Eat intentionally to meet caloric and nutritional needs.

STEP #4: *Restore by Refueling*

- **Drink Water.** Strive to drink at least $\frac{1}{2}$ your body weight in oz each day.
- **Eat Vegetables.** A lot. 7-10 servings per day of various colors and textures.
- **Seek out Antioxidants.** Eat vegetables and fruits high in antioxidant compounds.
- **Eliminate sugar.**
- **Consume Adequate Protein.** At a minimum, eat 46g of protein per day. This equates to 3 meals with approximately 3-4oz of lean protein each.
- **Include healthy fats every day.** Not only will they help you stay satiated, they provide heart health. Good sources are Omega-3 fatty acids, coconut oil, olive oil, and fish oil.
- **Reduce or Eliminate Alcohol.**
- **Consider Supplementing with Crystallized Collagen.**

STRENGTH TRAINING EXERCISES - Emphasis on ARMS/SHOULDERS/BACK/CHEST

Bodyweight

1. Plank Hold - Knees or Toes (10 -30 seconds)
2. Pushups - Wall, Knees, or Toes
3. Overhead Reach
4. Dips - Chair, Bench, or Step

Dumbbell

1. Overhead Press
2. 1 Dumbbell Overhead Tricep Press
3. Straight Arm Press Back
4. Bicep Curl
5. Reverse Curl to Front Press
6. Bentover Reverse Flye
7. Hammer Curl to Press

Tubing or Bands

1. Bicep Curl
2. Kickback
3. Shoulder Press
4. Bentover Row
5. Lat Pull Back/Down

STRENGTH TRAINING EXERCISES - Emphasis on COMPOUND MOVEMENTS for the BODY

Bodyweight

1. Pushups
2. Squats
3. Good Morning
4. Press
5. Burpees
6. Lunges
7. Pullups

SAMPLE STRENGTH TRAINING WORKOUT RECOMMENDATIONS

Just Getting Started: Focus on form and body awareness. Use abs to hold the body in good position. Gently pull the belly button towards the spine. Hold throughout.

Repeat the Bodyweight exercises in order as listed.

Do 5- 8 repetitions of each exercise.

Done.

Or, rest 2 minutes. Repeat for a 2nd time.

Familiar with Strength Training: Use abs to hold the body in good position. Gently pull the belly button towards the spine. Hold throughout.

Use the Bodyweight exercises as a warm-up.

Warmup up with 5 repetitions of each exercise. Repeat 2x.

Using 2 pair of dumbbells, (light & heavy), or Resistance Bands or Tubing, complete the following exercises in order as listed 2x:

1. Shoulder Press 1 x light dumbbells x 8-12
2. Bentover Row 1 x heavy dumbbells x 8-12
3. Reverse Curl to Press 1 x light dumbbells x 8
4. Overhead Tricep Press 1 x 1 heavy dumbbell x 8
5. Bicep Curl 1 x heavy dumbbells x 6
6. Straight Arm Pushback 1 x light dumbbells x 6
7. Rest/Stretch for 1-3 minutes
8. Repeat
9. After 2 weeks, add load or a third round.

Total Body Circuit Workout: Use a timer or stopwatch to complete 20 seconds of “work” doing an exercise followed by 20 seconds of rest to switch exercise. Do one complete circuit. Rest 2 Minutes. Repeat 1 or 2 more times.

1. Squat
2. Curl & Shoulder Press
3. Dips
4. Bentover Row
5. Alternate Stationary Lunge
6. Walk, Run, Bike, Walk up and down/stairs, jump rope, row,... for 3 minutes