

www.optimumbodysculpting.com

Get Fit In
30
minutes



by **Carol Dunlop**
The Fitness Guru

*Coaching YOU to Lose
Weight and Keep it Off!*



Coaching You to Lose Weight and Keep it Off

1025 Rose Creek Dr., Suite 620329 / Woodstock, GA 30189 / 678.498.4001

From the Desk of Fitness Guru Carol Dunlop

Carol Dunlop, founder of Optimum Body Sculpting, is a dynamic fitness professional whose talent and innovative style has inspired many individuals to lead a healthy, fit lifestyle.

She offers:

- Goal-oriented Fitness Programs
- Free Weight Management Tools
- Proven Weight Loss Strategies

You can learn more about these innovative offerings at:

www.optimumbodysculpting.com

Carol started her body sculpting business to help women create the body they yearned for by developing individualized training programs and encouraging good nutrition habits. Carol uses her passion for fitness to motivate her clients to accomplish their fitness goals and maintain a positive self image. She works with her clients to help them achieve and maintain the healthy lifestyle they always knew they could have.

She obtained her extensive knowledge of weight loss and weight management strategies while in management positions at The Weight Loss Clinics of America and Mademoiselle Fitness Centers. Carol is a passionate entrepreneur, speaker, motivator and consultant. She is also the founder of "Shape Up Bootcamp for Women" and has conducted numerous fitness classes and bootcamps throughout the Atlanta area.

Carol is certified through FiTour as a Personal Trainer and through the American Red Cross as a CPR, AED and First Aid Instructor. She has competed and placed in several Fitness America and National Bodybuilding competitions.



To automatically receive free fitness tips, workouts and fitness-related resources that help you to reach your fitness goals, sign up for "How to Burn Calories While you Sleep" at:

www.optimumbodysculpting.com

This free E-course reveals the 7 crucial elements that you need to put in place in order to be successful on your weight loss journey.



If you have 30 minutes, you can do these workouts, anywhere, anytime.

Here are 5 different 30 minute workouts to help you stay lean and strong.

Brought to you by: www.optimumbodysculpting.com

Try this fat-blasting, intensive cardio routine and burn about 600 calories per session.

5-MINUTES: March in place, then run in place lifting your knees high. Run in place, but bring your heels toward your butt. Finish by running in place then marching in place.

5-MINUTES: 25 Jumping Jacks, then march in place. Continue with 2 minutes of leg scissors (Jump legs forward and back, bringing opposite hand and foot forward), March in place. Skater touch - 2 minutes (Cross right leg behind left, touching left hand to floor in front of you, repeat on opposite side). Finish with Side Touches (Shuffle from right to left side, touching outside hand to floor and staying in a half-squat).

5-MINUTES: Walk in place, briskly, pumping arms at the side. Run in place. Walk briskly, then repeat running in place.

5-MINUTES: 25 Jumping Jacks, then march in place. Leg scissors, march in place. Skater touch - 2 minutes.

5-MINUTES: March in place. Jog up a long flight of stairs. Turn around and walk down the same flight. Repeat for the duration.

5-MINUTES: March in place. Skater touch - 2 minutes. Side Touches - 2 minutes, then walk in place until heart rate returns to normal.

With these two routines, you will not only burn calories with cardio, but you will also build muscle with the strength-building moves.

5-MINUTES: Warm up by walking in place.

***2-MINUTES:** Shadowboxing—Standing on the balls of your feet, hold fists up to your face in a fighter's stance.

Step 1: As you lunge forward with your left leg, throw a punch with your left fist. (Remain on the balls of your feet as you execute the move.) Step 2: Return to starting position, then repeat move on the right side.

3-MINUTES: Skip rope. (Boxers do it for 3 minutes, so can you.)

1-MINUTE: Crunches

3-MINUTES: Skip rope

1-MINUTE: Push-ups

3-MINUTES: Skip rope

1-MINUTE: Crunches

2-MINUTES: Shadowboxing

4-MINUTES: Reverse Lunges—Stand erect holding a dumbbell in each hand. Extend right leg behind you, and bend knee. Step 1: Lower body until right knee hovers over the floor and left thigh is parallel to floor. Step 2: Engaging your glutes and hamstrings, return to starting position. Do one set of ten on right leg; switch to left and do a set of ten. Repeat until the end of the 4 minutes.

5-MINUTES: Cooldown by walking in place.

3-MINUTES: Jog in place to warm up.

2-MINUTES: *Side Lunge Windmills:* Stand with legs wide, arms straight out to the side. Bend the right knee into a side lunge and bring the left arm down towards floor. Repeat for 2 minutes.

3-MINUTES: Run in place.

1-MINUTE: *Jumping Jacks*

1-MINUTES: *Speed Skates:* Jump from side to side, landing on one leg and swinging arms to the opposite side with each jump.

1-MINUTE: *Jump Kicks:* Stand with feet together. Raise the right knee to waist level and then jump, switching legs and kicking out with the left leg. Repeat on other side.

3-MINUTES: Run in place.

1-MINUTE: *Jumping Jacks*

*** Repeat everything starting with *Side Lunge Windmills* after the warm up and stopping at this point **

3-MINUTES: Cooldown by walking in place.



If you have 30 minutes, you can do these workouts, anywhere, anytime.

Here are 5 different 30 minute workouts to help you stay lean and strong.

Brought to you by: www.optimumbodysculpting.com

Jumping rope gives you a great cardiovascular workout. These jump-rope workouts will give you a total-body turbo-boost. Remember, always stretch after every cardio routine.

5-MINUTES: Start jumping, aim for 70-80 rope turns per minute. Start out jumping on both feet, without adding an extra jump in between. When you feel tired, walk in place briskly, until you can continue.

5-MINUTES: Gradually move from 2-foot jumping into alternate leg lead. This is more challenging, so again, when you feel tired, walk in place briskly, until you can continue.

5-MINUTES: Keep ankles together and start jumping side-to-side, leading the jump with your hips. Keep knees slightly bent at all times.

5-MINUTES: Start doing jumping jacks with your lower body, then slowly add rope turns. One jump, legs come together, and on the next jump they open into jumping jack position.

5-MINUTES: Jump 30 seconds on one foot, then 30 seconds on the other for 1 minute. Then place the rope on the floor in an inverted U-shape. From the left side, take a side jump into the center. Jump forward over the rope, then backward into the center. Then take another side jump to the right. Repeat in the opposite direction. Then repeat sequence until the 5 minutes are up.

5-MINUTES: Gradually return to basic two-foot jumping, aiming for 70 rope turns per minute, then walk in place until heart rate returns to normal.

3-MINUTES: Jump Rope to warm up.

1-MINUTE: Jump rope quickly.

*** Rest for 30 seconds ***

3-MINUTES: *Straddle:* This is basically the jumping-jack exercise, except with a jump rope. This is more advanced, and also can be learned by swinging the rope at your side before jumping through it.

*** Rest for 30 seconds ***

1-MINUTE: Jump rope quickly.

*** Rest for 30 seconds ***

3-MINUTES: *Slalom:* Instead of jumping vertically up and down, shift your feet in the air from side to side, as if downhill skiing. You can also keep the rope in your hands and jump from side to side to get a feel for the motion before actually jumping through the rope.

*** Rest for 30 seconds ***

1-MINUTE: Jump rope quickly

*** Rest for 30 seconds **

*** Repeat everything starting with jumping rope quickly right after the warm up and stopping at this point **

5-MINUTES: Cooldown by walking in place

FLEXIBILITY is often neglected as an important element of fitness training. That neglect is regrettable, because flexibility training allows greater freedom of movement and improved posture, increases physical and mental relaxation, releases muscle tension and soreness and reduces risk of injury.

As we grow older, we tend to lose flexibility, usually as a result of inactivity rather than the aging process itself. The less active we are, the less flexible we are likely to be. Here are some stretches for your legs. Remember flexibility will improve with regular training as with any other exercise routine.

BACK - CAT STRETCH I

Image 1 - Start

Image 2 - End



Starting Position: Get onto your knees on an exercise matt. Movement: -- Stretch your arms out in front of you and lay your forehead on the matt. Slide your arms forward. Hold this position for thirty seconds.

BACK - MATT BACK STRETCH I

Image 1 - Start

Image 2 - End



Starting Position: Lie on your back on an exercise matt. Movement: Wrap your arms under your knees and pull them into your chest. Hold this position for thirty seconds.

BACK - ROUNDED BACK STRETCH

Image 1 - Start

Image 2 - End



Starting Position: Stand with your feet shoulder width apart and a slight bend in your knees. Cross your arms over your chest. Movement: Slowly bend forward, allowing the weight of your upper body to stretch your back. Hold this position for thirty seconds.