

21 days is
all it takes



Bodyweight Training | Nutrition | Motivation

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SPORT

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Lucy Wyndham-Read is an international leading fitness expert with over 20 years of experience in the industry. After serving in the British Army for five years, she has worked as a fitness trainer and nutritionist. With her 21-day fitness and nutrition plans, she has helped tens of thousands of women get in shape and live a healthier lifestyle.

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Body Toning for Women

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BODY TONING FOR WOMEN

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YOU ARE **YOUR** OWN **GYM**

This book will help you create your dream body; the exercises will tone you and sculpt you in all the right areas to create the body you want.



INTRODUCTION



WHAT YOU WILL LOVE ABOUT THIS BOOK

- ❁ EVERY MOVE WILL ALSO HELP YOU BURN FAT, as these specially designed women's toning exercises of mine help activate more muscle tissues, meaning your body will be always burning a higher rate of calories.
- ❁ EVERY MOVE CAN BE DONE ABSOLUTELY ANYWHERE, so if you are away for a girly weekend, are on a business trip or live in a tiny studio apartment, don't worry as you can do every move in my book in the smallest space. This book is your portable gym.
- ❁ IT GIVES YOU TIME BACK. So many minutes are lost driving to gym, attending classes that are way too long or committing to set timetables. In this book I teach you how less is actually more, and you can get super amazing results in a short time, giving you more time back to just enjoy life.
- ❁ GOT IT and by this I mean you will totally understand each exercise and have 100 per cent confidence that you know what you are doing is working. So many other programmes are too complicated, and even the gym can be intimidating because you feel as if you are on stage, performing for all other members, and so can easily perform an exercise wrong. With this book, you will totally get all the exercises and feel 100 per cent confident you are doing them correctly.
- ❁ SAVES YOU MONEY because with this book, all you will ever need is you! There is no need to invest a single penny, so there is no need for expensive gym memberships, fitness classes or expensive, gimmick fitness gadgets.
- ❁ BEST OF ALL, IT GIVES RESULTS. Stick to what I recommend, and I can say, hand on heart, you will feel incredible, will look amazing and will become hooked on living a healthy lifestyle.

I About toning

II How to use this book

III What you need to get started

IV Abs

V Bottom

VI Legs

VII Bust

VIII Arms

IX Back

X Cardio

XI Diet

XII Motivation

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Acknowledgments

One final note

Part I

1 ABOUT TONING

With over 20 years' experience in the fitness industry I keep getting asked the same question: How do I tone up? This is why I decided to write a book showing women how they can tone up and get their dream body. This book contains toning moves that will help to sculpt and create a feminine shape in as little as 21 days. It will give you the confidence to know exactly how to perform each move. The 10 exercises created for each body part—butt, thighs, abs, bust, back and arms—will allow you to create and sculpt your perfect body.



We are unique in the blueprint of our body shape, and not one of us is the same. What is one woman's bugbear, such as the arms, may be another woman's favourite asset. This book allows you to tailor your workout to tone and tighten your body in all the particular areas you want, and it provides you with a vast selection of toning exercises so that you can continually update your routines and never get bored. And this will also allow for quicker results.

HOW YOUR MUSCLES WORK

Let's first look at understanding what toning, also known as strength training, is. As I always say to my clients, **knowledge is power**, so instead of just showing you the exercises, I want to explain how your body reacts to these moves and why we get the results we do.

Toning is also known as strength or resistance training. All of these mean the same thing—a movement in which you use an external force (weights or your own body weight) on a muscle or group of muscles in a range of movement, repeating this range of movement to allow the muscle to grow and become stronger. This is what sculpts and shapes your muscles and also increases the calories your muscles burn.

The reason why toning exercises are a great way to help with fat loss is that the more toned your muscles are, the more calories your body burns. A good way to visualise this is to think of toned muscles as being hyperactive and full of energy, burning lots of calories, whereas untuned muscles would be very inactive and sedentary, burning very few calories.

So every time you do my exercises presented in this book, not only are you sculpting that specific body part, but you are also increasing the amount of calories that muscle will burn off, so it is a win—win situation.

TONING TO KEEP A FEMININE SHAPE

Many women shy away from bodyweight training (which is another name for toning) for fear that they might build up big, bulky muscles, but this is far from being the case, and indeed it would be very hard to achieve, as women don't have the same level of

testosterone that men have which enables men to build muscle bulk. To achieve muscle bulk you would require a very specific intense workout and would have to lift extremely heavy weights for a certain amount of reps, and this training would be combined with a specific diet. You would have to put in many hours and a lot of effort to achieve that effect, so you can be safely assured you will not bulk up from the exercises in this book. This book is about creating a sexy, feminine, sculpted body in just 21 days.

FREQUENTLY ASKED QUESTIONS: STRENGTH TRAINING

Question: Will strength training help me to lose weight?

Answer: 100 percent YES. After the age of 30, and in some cases late 20s, our body's ability to burn calories starts to slow down if we are inactive, because our body assumes we don't really use our muscles, and so it slowly starts to reduce the energy they put out. Hence many women in their 30s start to find the weight creeping on, even if they are eating less. Yet adding strength and bodyweight toning workouts engage the muscles, and they become more metabolically active, which means they burn more calories. And the more frequently you do this, the more they stay at this rate. Eventually they get the message and stay fully charged on an ongoing basis (meaning you are burning calories at a faster rate, just like you did in your 20s). So this is a fine example of how exercise really can turn back the body clock.

Question: Is there any exercise I can do to help prevent osteoporosis?

Answer: Yes. Every time you perform a toning exercise you help not only to sculpt your way to a sexy body, but you also build stronger and denser bones. As we age our bones have an increasing risk of suffering from osteoporosis, which is when the bones become brittle and are more likely to fracture and break. When we exercise and use some form of resistance against the body, we create a chemical reaction within the minerals of the bones, and this stimulates the bones to become stronger. So this is another reason to do these exercises, because they will help keep your bones strong.

Question: Can strength training help with poor posture?

Answer: Yes. Posture is something that can instantly add 10 years to you or take 10 years off you. Standing with perfect posture makes you appear slimmer, taller and younger, as well as oozing with confidence. By regularly performing the toning exercises within this book you will help realign the body, developing natural, perfect body alignment. Nowadays our posture tends to suffer as a result of too much time spent sitting at the computer or excess driving, but this way we can realign ourselves and get back to sitting and walking straight.

Question: I have never done any fitness training, and I'm now in my mid 50s. Could I still turn myself in to a fit woman?

Answer: Yes, and you will feel like a superwoman. Okay, this may sound cheesy, but it is actually a fact that many of us never realise our true abilities and how fit and strong we can be. Strength helps you take on more than just physical demands. A strong body also helps to develop a strong personality that will make you feel justified in stepping into that superwoman outfit. Plus I have a client I train who is in her late 70s and who got remarried at the age of 72 and looks incredible, so age is irrelevant.

Question: How quickly can I expect to see results?

Answer: You will see results fast. Each time you train you will notice how much stronger and fitter you are becoming. By the end of week 1 you will see the inches coming off; by the end of week 2 you can expect the total of the inches to be in double figures; and by 21 days you can easily step into a smaller sized dress. The reason being is that the strength toning workouts fire up your body's ability to burn fat, so this way not only are you sculpting your body, but you are also shifting excess body fat.

BENEFITS YOU WILL GET FROM STRENGTH TRAINING (TONING)

- 🌸 Strength training will keep off excess body fat.
- 🌸 Strength training will keep your bones strong.
- 🌸 Strength training will improve your posture.
- 🌸 Strength training will make you look and feel younger.
- 🌸 Strength training will increase your metabolic rate.
- 🌸 Strength training will help improve your balance.
- 🌸 Strength training will help improve your co-ordination.
- 🌸 Strength training will help prevent health problems.
- 🌸 Strength training will boost your energy levels.
- 🌸 Strength training will allow you to be the strongest and fittest version of you.

WHY JUST 21 DAYS

There are two reasons that 21 days work, as a timeframe. The first reason is results, and the second is habit—if you do something for 21 days, you form a habit. By doing this plan for 21 days you will see results, and this should be all you need to kick-start a healthy, fit, strong lifestyle.

Regarding the results, the great thing with fitness is that it pays you back in abundance, because every time you work out you get fitter. Each time you feel stronger, and this is such a motivational factor in living a healthy lifestyle. The more you exercise, the more energy you have, and the more energy you have, the more you want to exercise, so you can see this is a positive spiral. When you start seeing the results, including better sleep and eating well, it then simply becomes a way of life. And it is easy to see the difference.

By contrast, if we don't exercise, we have less energy, and less energy means we become even less active, and we then gain weight, leading into a downward spiral.

No matter what age, weight or fitness level, we all have the ability to begin a positive healthy spiral. And even if it is just walking for 10 minutes a day and doing a few of the exercises within my book, you will see results.

After **day 7**, you can expect to see the inches coming off, and you will notice that you have more energy.

After **day 14**, you will easily be performing more reps of each exercise, will have lost even more inches, will start seeing a difference in your body shape and will feel much fitter and more energised when you wake in the morning.



On **day 21**, you can slip into your skinny jeans or a slinky dress, as you will have lost inches all over and will be looking and feeling amazing. Even your friends and family will notice a difference.

You will be able to see the results from all the fitness training and to test and measure your success for each different section within the book. Most importantly, by day 21 you'll have formed the life-changing habit. And that's why it's 21 days!

Lucy x