



# MODERE

## EXERCISE PROGRAM

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Congratulations on taking your health, fitness and body composition to the next level!

Long term weight loss is impossible without a sustainable exercise routine.

The Modere Exercise Program exercise philosophy exploits movement in your daily life as means of burning energy, as well as maximising your core strength and muscle tone by introducing resistance.

The Modere Exercise Program allows you to lose weight and keep it off with a 3 step exercise program that boosts the metabolism, helps you to burn fat, then shapes your body into a leaner, stronger and more defined you.

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### MODERE EXERCISE PROGRAM

#### LEVEL 1: MOVE

You don't need to commit to the expense of a gym membership or buy a home gym. Just follow the Modere Exercise Program and get moving!

#### BEFORE YOU START:

Take your photo before you start. By comparing a photo of yourself taken every 3 to 6 weeks you will start to see all of the changes occurring in your body.

Input all your measurements and starting weight in the Modere Weight Management Daily Journal. By monitoring the changes you will be more motivated to do absolutely everything that it takes to make your Modere Weight Management successful.

Seek medical advice before beginning any exercise program. This is vital. You must make sure you are physically capable of performing an exercise program before you start.

#### MODERE EXERCISE PROGRAM:

Purchase a pedometer. Get moving! Aim for 10,000 steps per day or take a 40 minute walk every day.

Don't sit when you can stand, don't drive when you can walk. Even getting up at work to deliver a message rather than sending one by email can make a difference.

Did you know that housework also counts as exercise? It is just another way you can capitalise on your daily movements to make the most of your weight loss program.

More movement maximises your metabolic rate, so you will burn more energy each day - and you won't even notice you're doing it! It really is simple.

Once your daily activity aims have been reached, you're ready to move on to the next step: Modere Exercise Program 2: Burn



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### LEVEL 2: BURN

Ready to take your health, fitness and body composition goals to the next level?

It's time to add resistance exercises to your fitness routine to help your body burn energy. You don't need to commit to the expense of a gym membership or buy a home gym.

### BEFORE YOU START:

Read these safety instructions:

- Seek medical advice before beginning any exercise program
- Check your equipment for damage or wear before each use
- Only use the exercises indicated in this program
- Wear appropriate footwear
- Always warm up
- Make sure the resistance bands are secure in your hands and under your foot/feet before beginning each exercise
- When performing exercises, hold abdominal muscles firm and keep your movements steady and controlled
- Do not rush your movements: take the time to perfect your form, especially when beginning
- If feeling fatigued, simply switch to a different exercise or rest for 30-60 seconds
- Do not hold your breath when exercising
- Do not perform any exercise that causes you discomfort or distress
- Never wrap bands around your face or neck
- Always keep face and eyes away from the recoil path

- After use, dry resistance bands with a soft towel and store away from direct sources of heat and light
- Always keep out of the reach of children

### MODERE EXERCISE PROGRAM: BURN:

Start burning! Aim for 2-3 workouts per week. Start with the red resistance band and do the Burn exercise routine every second day for 2 weeks.

### BURN EXERCISE ROUTINE:

#### WARM UP:

#### RUN ON THE SPOT - 3 MINUTES

Easy, just run on the spot for 3 minutes

#### ROTATE THE KNEES - 2 MINUTES

Hold knees and rotate in circle for 2 minute



Correct back position



Incorrect back position



Correct knee position



Incorrect knee position



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### 1. SQUAT:

Position resistance band and adopt opening position as shown

Back and knees in correct position  
- ensure knees do not extend past your foot when squatting

Back straight, stick out bottom and lower into a squat

Perform 10-20 repetitions

Target: quadriceps, gluteals and back muscles



### 2. STANDING TRICEP PRESS:

Position resistance band and adopt opening position as shown

Hold elbows in correct position

Inner elbows should be as close as you can get to the ears to keep correct form

Perform 10-20 repetitions

Target: triceps



### 3. BEND OVER ROW:

Make sure your back is in correct position

Bend knees slightly as photo shows

Perform 10-20 repetitions

Target: Rear shoulder, back, gluteals and biceps



### 4. BICEP CURLS:

Position resistance band and adopt opening position as shown

Back straight, shoulders back

First bring arms 90 degrees then with control bring wrist to shoulders

Perform 10-20 repetitions

Target: biceps



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Incorporate this training into your regular Modere Exercise Program Move routine. Still use your pedometer and aim for 10,000 steps or take 40 minute walk every day.

At first go through the individual exercises slowly to make sure that you have correct form. It won't take you long to start building up the intensity.

You can stay on this red program for 3 months before advancing to the next level; however, if after two weeks you find the exercise program has become easy, you can move on to the next step: Modere Exercise Program Level 3: Shape.

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### LEVEL 3: SHAPE

Now it's time to take your health, fitness and body composition goals to the top level!

It's time to add a higher level of resistance exercises to your fitness routine to help sculpt your body to create a more defined lean muscle mass. Again, you don't need to commit to the expense of a gym membership or buy a home gym.

### MODERE EXERCISE PROGRAM: SHAPE:

Start shaping! Aim for 2-3 workouts per week. Use the green resistance band and do the following exercise routine.

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### SCULPT EXERCISE ROUTINE :

#### WARM UP:

#### RUN ON THE SPOT - 3 MINUTES

Easy, just run on the spot for 3 minutes

#### ROTATE THE KNEES - 2 MINUTES

Hold knees and rotate in circle for 2 minutes

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### 1. SHOULDER LIFT:

Position resistance band and adopt opening position as shown

From the starting position, bring the arms to the shoulders, lift straight up

Perform 10-20 repetitions

Target: quadriceps, gluteals, shoulder and back



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### 2. LUNGES LATERAL RAISE:

Position resistance band and adopt opening position as shown. Note: position resistance band under one foot only

With your back straight (note correct posture) lift arms out to the side as you step backwards with the leg opposite the resistance band, as shown

Perform 10-20 repetitions

Targets: quadriceps, gluteals, shoulder and trapezius muscles



### 3. SQUAT LATERAL RAISE:

Position resistance band and adopt opening position as shown

Squat down with back straight (note correct posture) lift arms out to the side as you straighten legs

Perform 10-20 repetitions

Targets: quadriceps, gluteals, shoulder and trapezius muscles



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### 4. TRICEP PRESS:

Position resistance band and adopt opening position as shown

Raise one leg up with the other knee bent

Over extended past the head with forearms straight

Movement is from the elbow

Perform 10-20 repetitions



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Incorporate this training into your regular Modere Exercise Program Move routine. Still use your pedometer and aim for 10,000 steps or take 40 minute walk every day.

You can stay on this program or seek other ways to sculpt your body. If for any reason you cease exercising, you can pick up at the beginner level at any time.