



12 WEEK

POST-SURGERY

Bariatric workout plan





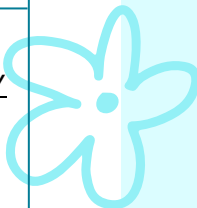
WEEKS 1-4

Bariatric workout plan

Part 1: Metabolism Boost

Whether you are recovering from surgery or just getting into your workout routine, these first 4 weeks are going to awaken your metabolism, release feel-happy hormones, decrease food-craving chemicals and boost your weight loss results.

	<i>Monday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Saturday</i>
<i>Week 1</i>	Indoor/Outdoor walking (at least 9 times per day)			
<i>Week 2</i>	Indoor/Outdoor walking (at least 1 mile per day)			
<i>Week 3</i>	<u>12 MINUTE VERY LOW IMPACT CARDIO</u>	<u>WALK TO TRIM 1</u> + <u>8 MINUTE WEIGHTLESS ARMS</u>	<u>12 MINUTE VERY LOW IMPACT CARDIO</u> + <u>8 MINUTE WEIGHTLESS ARMS</u>	<u>WALK TO TRIM 1</u>
<i>Week 4</i>	<u>WALK TO TRIM 1</u> + <u>8 MINUTE WEIGHTLESS ARMS</u>	<u>12 MINUTE VERY LOW IMPACT CARDIO</u>	<u>8 MINUTE WEIGHTLESS ARMS</u>	<u>12 MINUTE VERY LOW IMPACT CARDIO</u> + <u>WALK TO TRIM 1</u>





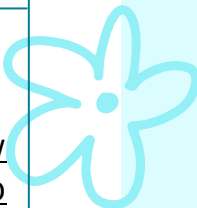
WEEKS 5-8

Bariatric workout plan

Part 2: Slim Down

These next 4 weeks are going to focus on leaning out and burning fat. This part of the workout will start to increase the intensity while keeping the workouts short and sweet!

	<i>Monday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Saturday</i>
<i>Week 5</i>	<u>15 MINUTE LOW IMPACT CARDIO</u> + <u>12 MINUTE BEGINNER STRENGTH</u>	<u>WALK TO TRIM 2</u>	<u>15 MINUTE LOW IMPACT CARDIO</u>	<u>WALK TO TRIM 2</u> + <u>12 MINUTE BEGINNER STRENGTH TRAINING</u>
<i>Week 6</i>	<u>15 MINUTE LOW IMPACT CARDIO</u>	<u>15 MINUTE LOW IMPACT CARDIO</u> + <u>WALK TO TRIM 2</u>	<u>WALK TO TRIM 2</u> + <u>15 MINUTE LOW IMPACT CARDIO</u>	<u>12 MINUTE BEGINNER STRENGTH</u>
<i>Week 7</i>	<u>WALK TO TRIM 2</u> + <u>12 MINUTE BEGINNER STRENGTH</u>	<u>15 MINUTE LOW IMPACT CARDIO</u>	<u>15 MINUTE LOW IMPACT CARDIO</u> + <u>12 MINUTE BEGINNER STRENGTH</u>	<u>WALK TO TRIM 2</u>
<i>Week 8</i>	<u>15 MINUTE LOW IMPACT CARDIO</u> + <u>WALK TO TRIM 2</u>	<u>WALK TO TRIM 2</u> + <u>15 MINUTE LOW IMPACT CARDIO</u>	<u>12 MINUTE BEGINNER STRENGTH</u>	<u>15 MINUTE LOW IMPACT CARDIO</u>





WEEKS 9-12

Bariatric workout plan

Part 3: Tone & Burn

These next 4 weeks are going to focus on building lean muscle while you burn fat. This combination of cardio and strength training are going to help you burn calories while toning and defining your muscles.

	<i>Monday</i>	<i>Tuesday</i>	<i>Thursday</i>	<i>Saturday</i>
<i>Week 9</i>	<u>WALK TO TRIM 3</u>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u> + <u>10 MINUTE STANDING ABS</u>	<u>WALK TO TRIM 3</u> + <u>18 MINUTE FULL BODY STRENGTH</u>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u>
<i>Week 10</i>	<u>18 MINUTE FULL BODY STRENGTH</u> + <u>WALK TO TRIM 3</u>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u>	<u>WALK TO TRIM 3</u> + <u>10 MINUTE STANDING ABS</u>	<u>18 MINUTE FULL BODY STRENGTH</u>
<i>Week 11</i>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u> + <u>10 MINUTE STANDING ABS</u>	<u>WALK TO TRIM 3</u>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u>	<u>WALK TO TRIM 3</u> + <u>18 MINUTE FULL BODY STRENGTH</u>
<i>Week 12</i>	<u>18 MINUTE FULL BODY STRENGTH</u>	<u>WALK TO TRIM 3</u> + <u>10 MINUTE STANDING ABS</u>	<u>20 MINUTE MEDIUM INTENSITY CARDIO</u>	<u>18 MINUTE FULL BODY STRENGTH</u> + <u>WALK TO TRIM 3</u>

