



MetaBoost Card # 1

For those of us who are time crunched, there is always a way to squeeze in some exercise every single day. It is important that you get as often as possible in your routine: cardio, strength, flexibility, body alignment and de-stress training.

Just for you, I have created 4 routines for 5 mn, 10 mn, 12 mn and 15 mn. You can do one or two per day at different moment in the day. It will help you boost your metabolism, which is what you need when trying to lose weight for good!

<p>5 mn MetaBoost routine</p> <p>1 mn warm up march in place 1 mn squats 1 mn push ups 1 mn abs crunch 1 mn cooling march in place</p> <p>Or</p> <p>1 mn warming up march in place 1 mn jump rope 1 mn lunges 1 mn side to side leaps over a broom on the floor 1 mn cooling down march in place</p> <p>Or</p> <p>5 mn power walk around the block</p>	<p>10 mn MetaBoost routine</p> <p>1 mn warming up walk 20 jumping jacks 20 side to side leaps 1 mn power walking 1 mn regular speed walk 1 mn frog jumps 1 mn power walk 1 mn regular speed walk 20 jumping jacks 20 side to side leaps 1 mn power walk 1 mn cooling down walk</p> <p>Or</p> <p>10 mn Power walk around the block</p> <p>Or</p> <p>10 mn on your stationary bike at home</p>
<p>12 mn MetaBoost routine</p> <p>1 mn warming up march in place 2 mn Power walk 1 mn squats 1 mn lunges 1 mn march in place 1 mn abs crunches 1 mn side abs 1 mn power walk 1 mn push ups 2 mn sun breath: standing, inhale and raise your arm overhead. Exhale and fold forward at hips.</p>	<p>15 mn MetaBoost routine</p> <p>1 mn warming up march in place 20 jumping jacks 20 side to side leaps 1 mn push ups 1 mn abs (you choose) 1 mn march in place 20 jumping jacks + 20 side to side leaps 1 mn abs 1 mn squats 4 mn power walk 2 mn lunges 1 mn sun breath: standing, inhale and raise your arm overhead. Exhale and fold forward at hips.</p>

MyPrivateCoach – A true one-to-one relationship to help you reach your dream weight!