

#### SQUATS



Stand, legs hip-width apart. Cross over chest and push your butt back as if you are about to sit. Make sure knees do not go over toes.

#### BENT OVER ROW



Seated, bent over keeping flat back and chin up. Arms tight by your side. Pull dumbbell back as if starting a lawn mower. Pull using back, not arms.

#### LYING CHEST PRESS



Lying on back (feet on chair at 90° to protect back). Holding dumbbells in hands, press them up until your arms are straight. Squeeze your arms and chest and slowly lower, making sure you're breathing.

#### LYING TRICEP EXTENSION



Lying on back, holding dumbbell in hand, holding arm by your head, slowly lower dumbbell keeping elbows in. Extend dumbbells back up until arm is completely straight and squeeze the back of the arm tight.

#### LYING BICEP CURL



Lying on back, dumbbell in hands, arms pinned in next to your body, curl dumbbells up as if closing your arm, squeeze bicep and slowly release.

#### CORE CRUNCH



Lie on your back (feet on chair at 90° to protect back), arms supporting your head (do not pull your head). Slowly roll/crunch up from floor, leading with chin up so your entire shoulder lifts off floor. Pause, hold position, exhale, and slowly lower back to starting position.

#### PELVIC TILT



Lie on your back on the floor with your feet on chair and knees bent. Flatten your back against the floor by tightening your abdominal muscles and bending your pelvis up slightly. Hold for up to 10 seconds, release.

#### BE STRONG SUCCESS TIPS

1. Warm up with the LynFit A.M. Express Stretch or light walking
2. Perform 2 sets and 10 reps of each move 2-3 times per week
3. Lift as heavy of a weight as you possibly can, while maintaining good form
4. Start slowly using light weights, 3-5 pounds
5. Breathe! Do not hold your breath and exhale on the exertion phase
6. Sip a few ounces of water before and after each movement
7. Replenish your body after you exercise with Complete Protein Shake. For optimum health and recovery add Pure Omega 3, Vitamin D3 Boost, Daily Repair Liquid, or Recovery Agent for extreme pain.

**100% GUARANTEED TO WORK IT YOU DO IT!**

- A fast and highly effective strengthening workout that's good for seniors, those who lack time, beginners, injured, or anyone who wants to become stronger, healthier and more fit
- Improve posture
- Simple, safe, fast, and easy to do -- there are only 7 exercises to learn
- Physical therapy focused workouts so you learn how to do each exercise in perfect form and avoid injury
- Preventative and protective exercises to alleviate neck strain and protect your joints
- Unlike most workouts these days that contain unbalanced exercises, this one helps strengthen your core and prevent joint breakdown and poor posture that can lead to injury
- Built-in core training -- this prevents you from getting injured while strengthening your core and improving balance and flexibility. Each exercise signals your body to realign, so you'll feel better fast.
- Combats against the aging process that begins at 40 and quickly declines, causing us to hunch over, gain weight, and suffer with chronic and avoidable aches, pains, and injuries
- Exercises that allow you to work on multiple factors that affect your physiological and emotional age all at once

This Be Strong workout is scientifically designed, researched, and created by elite trainer, fitness therapist, and anti-aging expert, Lisa Lynn. This DVD is an invaluable, life changing health resource that is specifically designed for today's busy lifestyles. It is more efficient than going to a gym. It is also the perfect workout for those lazy days when you can barely get up off the couch.

As a personal trainer for 30+ years, Lisa is best known for her 16 years as Martha Stewart's personal trainer and her frequent appearances on the *Dr. Oz Show*. Many of her clients (including Martha and her mom) travel a lot or meet with other trainers when they are not home, and they bring this one sheet along and have their trainer oversee them while they are doing it to ensure good form, preventing them from overdoing it or getting injured. And because it's so effective at building strength, it steps up their results!

**FEED THE MUSCLE**

Eating enough of the right kinds of protein every day helps ensure your body gets what it needs to stay strong and protect your health. This specific list of "complete proteins" has the highest protein efficiency ratio, so your body can digest and assimilate/use all the essential health-building amino acids in them, making them THE BEST form of protein for your body you can find, minus all the fat, carbs, and lactose.

- Complete Protein Powder (gluten, soy, and lactose-free)
- Vegan Complete Protein Powder
- Eggs/Egg Whites
- Turkey Breast
- Fish (all)

**RECOMMENDED PROTEIN INTAKE/SUGGESTED SERVINGS (HOW MUCH SHOULD YOU EAT)**

Follow this handy serving size chart to understand portions. It's easier than you think! When it comes to staying strong or increasing strength, protecting lean muscle is the answer, and you can't build muscle without enough protein in your system.

The recommended daily intake for protein varies based on your calorie needs, goals, level of activity, age, and whether you're trying to lose or gain weight. One thing that remains the same regardless of your goal is it's best to drink a protein shake with at least 20-24 grams of protein, made fresh by you, NOT the kind from a can or smoothies loaded with sugar. Simple, clean, premium protein to feed the muscle and starve the fat, which is the best way to protect your health.

Drinking a Complete Protein Shake within 30 minutes after you train replenishes nutrients lost and the amino acids that are depleted during your workout/weight training. Replenishing amino acids helps reduce muscle soreness, allowing you to stay on track with your workouts and keep you full of energy.

FOR MORE INFORMATION ON STAYING STRONG, REDUCING ACHES & PAINS, & PROTECTING HEALTH, VISIT [LYNFIT.COM](http://LYNFIT.COM)

**SAVE \$5.00 OFF YOUR FIRST ORDER USING DISCOUNT CODE "BESTRONG"!**

Limited to one use per customer. Product restrictions apply.