



Weekly Workout Plan:

Exercise For Your Me Type

A photograph of a person's back and shoulder, showing skin with some moisture or sweat. A white workout plan is overlaid on the image, tilted slightly. The plan is a grid with days of the week as columns and exercise types as rows. The text on the plan is partially obscured by the person's body and the green header above.

	Tuesday	Wednesday	Thursday	Friday	Saturday
ME SPARK	ME SPARK	RESISTANCE TRAINING	RESISTANCE TRAINING	ME SPARK	
R&R			R&R		
Walking	Walking	Walking	Walking	Walking	Walking

	Tuesday	Wednesday	Thursday	Friday	Saturday
ME SPARK	ME SPARK	RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	
R&R			R&R		
Walking	Walking	Walking	Walking	Walking	Walking

© Metabolic Effect.com

ME WEEKLY WORKOUT PLAN: EXERCISE FOR YOUR ME TYPE



Definition of the Workouts

R&R: is any workout or activity designed to relax and rejuvenate the body. They are designed to lower cortisol and help reduce stress. Examples of R&R workouts are leisure walking (not power walking), tai chi, restorative yoga (not power yoga), physical affection, massage, foam rolling, hot baths (try Epson salts), manicure, pedicures, sauna, contrast showers (alternating the water temperature between hot and cold), laughter (watch a funny movie), and time with pets

ME SPARK: A circuit training workout designed to tax the muscles and stimulate the lungs. This type of workout is best for increasing calorie burn during the workout and enhancing fat burning after the workout. Choose 4 full body exercises, do 12 reps of each exercise in a circuit fashion. When selecting a weight, choose dumbbells that allow a 3-repetition max on bicep curls (thus you can do three curls but not four) Moving from one exercise to the next without stopping until you need to rest. Rest as long as needed, and continue where you left off. You must complete all 12 reps before going to the next exercise. See the Metabolic Effect Diet Book for more details on this workout

RESISTANCE TRAINING: Designed to stimulate the muscles for growth. For optimal results, make sure you are eating a nutritionally dense diet. The most beneficial resistance training workouts include 3-5 exercises for all body parts using an 8-12 repetition range and a 10 repetition maximum weight.

Sample Workout:	Sets	Reps	Weight
Bench Press or Pushups	3-5	10	10 RM
Back Row	3-5	10	10 RM
Shoulder Press	3-5	10	10 RM
Squats	3-5	10	10 RM

SUGAR BURNER WEEKLY WORKOUT SCHEDULE

#	Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Exercise		ME SPARK	RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	ME SPARK	
2	R&R			R&R		R&R		
1	Walking (1 hour)	Walking	Walking	Walking	Walking	Walking	Walking	Walking

MIXED BURNER WEEKLY WORKOUT SCHEDULE

#	Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Exercise		RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	
2	R&R			R&R		R&R		
1	Walking (1 hour)	Walking	Walking	Walking	Walking	Walking	Walking	Walking

MUSCLE BURNER WEEKLY WORKOUT SCHEDULE

#	Activity	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	Exercise		RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	ME SPARK	RESISTANCE TRAINING	
2	R&R		R&R		R&R		R&R	
1	Walking (1 hour)	Walking	Walking	Walking	Walking	Walking	Walking	Walking

Notes: