

fat. If you do more than that, your body “hits a wall,” and you slow/stop your progress.

DON'T focus on cardio! In order to have that strong, sleek and sexy muscle tone, you need to focus more on weight training to build it up. Remember, excessive cardio will “eat away” at your muscle mass.

DON'T over-train! If you over-train, your appetite will increase and you will start eating like a 250-pound football player, not a fitness model. Rather, do just enough to blast fat, not to hit a plateau. When you over-train, your body will “lock up” and not allow you to burn off the fat that you need to.

DO understand that fitness is a journey to be enjoyed, not a one-time event. Like the old adage says, “Rome wasn’t built in a day.” Your body, too, is a masterpiece in progress. Take it one day at a time, and enjoy the process.

“Give yourself the greatest gift ever – the gift of exercising!”

— JNL



PHOTOS AND EXPLANATIONS OF FITNESS MODEL EXERCISES

Congrats on making it this far in my Fitness Model Program — a round of applause for you! Now comes the real fun part: proving to yourself that you can do it!

The upside to my Fitness Model workout is that you do not need an expensive gym membership, fancy equipment, or a costly trainer to achieve the Fitness Model body! As you will see from my photos, I am simply working out, and these movements can be done anywhere! Try them in your living room, family room, that extra room that no one really uses, or even outside! And the great thing is that you can take this book with you to the gym, and use it as a guide there to work out.

The key here is to just do this program. It’s as simple as that! And whether it’s at your home, or at the gym, it doesn’t really matter where you are. The piece of equipment that I prefer to perform my cardio on is the Stairmaster, but you can use a Nordic track, elliptical machine, a steady walk on an inclined treadmill, or jumping rope, for your cardio.

FITNESS MODEL EXERCISE PROGRAM FORMULA

“To get the body of a super fitness model, you must follow my tried and true formula. You don’t just throw stuff against a wall, and hope it sticks. With my JNL Fitness Model Diet, you will get results!”

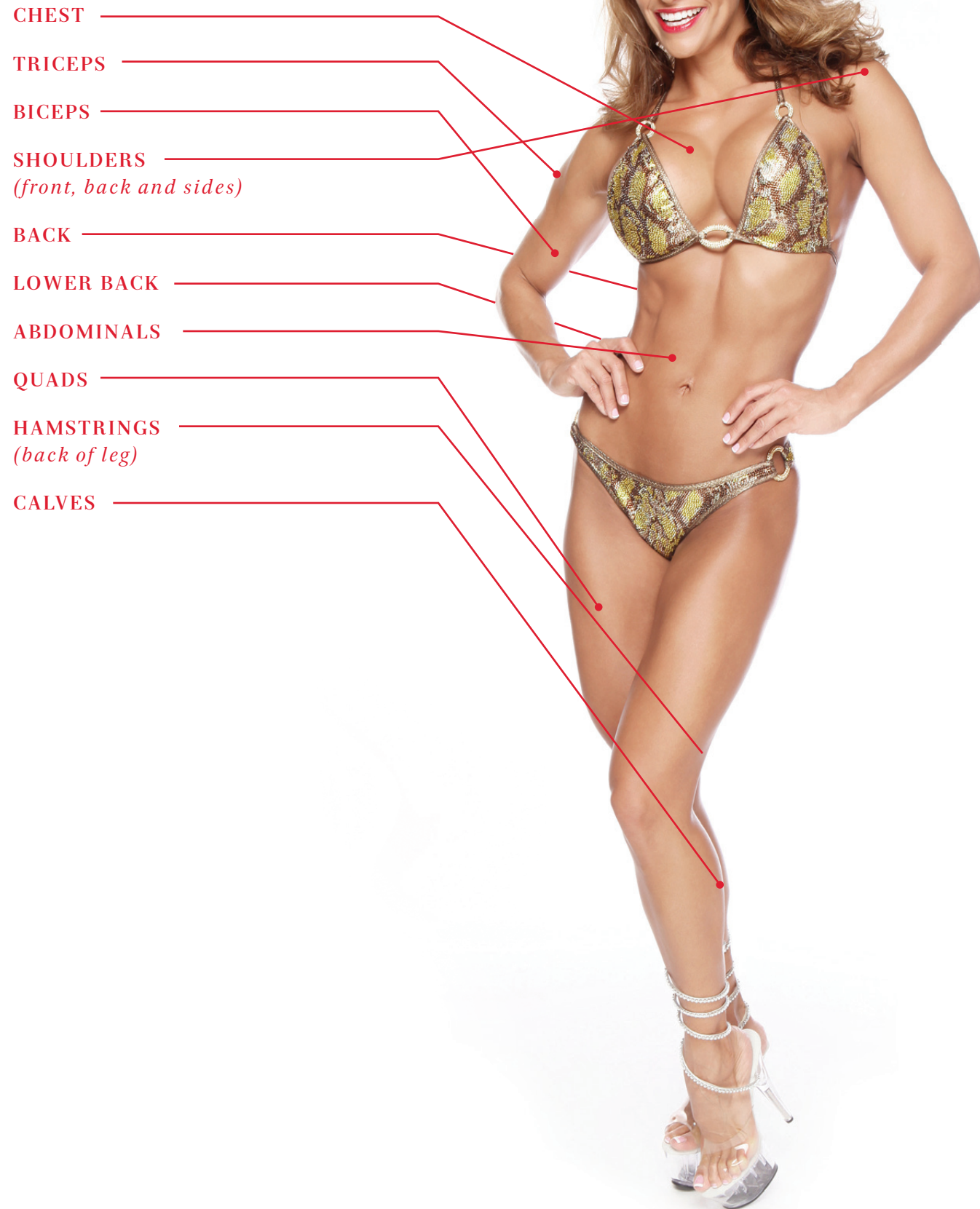
— JNL

Refer to the seven-day calendar that was outlined previously in this chapter. Focus on the part of your body that is assigned each day, and choose 3 exercises from the exercises listed and illustrated below.

Depending upon your current fitness level and goals, perform 3 sets of 8-12 reps (for beginners) per exercise, or 3 sets of 18-21 (for intermediate to advance) reps. Make sure you choose a weight that is challenging enough so that you have to really focus to finish the last 8-12/18-21 reps!

Don’t cheat yourself! Make sure you follow through and complete your entire weight-training session.

MAJOR MUSCLE GROUPS



UPPER BODY

List of Exercises for Shoulders

- Seated Dumbbell Press
- Shoulder Press on Stability Ball
- Standing Dumbbell Press
- Side Raises
- Bent Over Raises
- Front Raises
- Bent Over Side Lateral Raises with Bands
- Upright Row with Barbell
- Front Raises with Tubing
- Upright Rows with Tubing

SEATED DUMBBELL PRESS

Start out by inclining your bench. Sit on the edge of it with your feet flat on the floor. Hold a dumbbell in each hand at shoulder height, elbows out and palms facing forward. Press the dumbbells up and in so that they almost touch above your head. Press them up until your arms are almost straight and slowly lower them back to starting position.

JNL FIT TIP: don't lean your head too far back; always look straight forward with your chin up and chest high.

SEATED DUMBBELL PRESS START



SEATED DUMBBELL PRESS FINISH



SHOULDER PRESS ON STABILITY BALL**STANDING DUMBBELL PRESS**

Stand with your feet shoulder width apart; knees slightly bent. Hold your dumbbells with your palms facing you and press the weight up until your arms are fully extended over your head. Pause for a count of one before slowly lowering your weight to the starting position.

JNL FIT TIP: do not arch your back as you press the dumbbells upward as it may cause back injury.

SIDE RAISES

Stand upright with your feet shoulder-width apart and your arms at your sides. Holding a dumbbell in each hand (palms facing your body) lift the weights out and up to the sides until they are right about level with your chin and hold them for a count of one. Lower them slowly back down to your sides.

JNL FIT TIP: Do not lean and swing the weights up or lean your torso forward and bring the dumbbells down in front of your body — let the weights down to your sides instead.

SIDE RAISES START**SIDE RAISES FINISH**

JNL FIT TIP: Don't hunch your back by leaning over too much. Your back should be straight and your torso should be almost parallel to the ground.

BENT OVER RAISES

Holding a dumbbell in each hand, keeping your feet shoulder width apart, bend forward at the waist so that your upper body is parallel with the floor. Let your arms hang straight down, palms facing each other. Raise the dumbbells, pulling your arms apart and moving your elbows up.

BENT OVER RAISES START**BENT OVER RAISES FINISH**

FRONT RAISES

This is an essential move to create sexy and shapely upper body muscles! Hold your dumbbells in your hands to your sides, palms facing inward. Raise the dumbbell up, hold at the top, and gently lower down.

FRONT RAISES START



FRONT RAISES FINISH



BENT OVER SIDE LATERAL RAISES WITH BANDS

Its always great to get in some upper body band work. By bending over a touch, you are engaging your core and activating more back muscles.

BENT OVER SIDE LATERAL RAISES WITH BANDS START



BENT OVER SIDE LATERAL RAISES WITH BANDS FINISH



UPRIGHT ROW WITH BARBELL

UPRIGHT ROW WITH BARBELL START



UPRIGHT ROW WITH BARBELL FINISH



FRONT RAISES WITH TUBING

FRONT RAISES WITH TUBING START



FRONT RAISES WITH TUBING FINISH



UPRIGHT ROWS WITH TUBING

UPRIGHT ROWS WITH TUBING START



UPRIGHT ROWS WITH TUBING FINISH



BICEPS

List of Exercises for Biceps

- Seated Dumbbell Curls
- Hammer Curls
- Barbell Curl
- Bicep Curl on Stability Ball

SEATED DUMBBELL CURLS

Sit on the edge of your flat bench with your arms at your sides and a dumbbell in each hand. With your palms facing forward, curl both arms lifting the dumbbells towards your shoulders.

JNL FIT TIP: Avoid swinging the weight up and do not lean back or forward as you lower the weights.

JNL FIT TIP: don't lift with your palms facing down; the proper way is for your palms to face each other.

SEATED DUMBBELL CURLS START



SEATED DUMBBELL CURLS FINISH



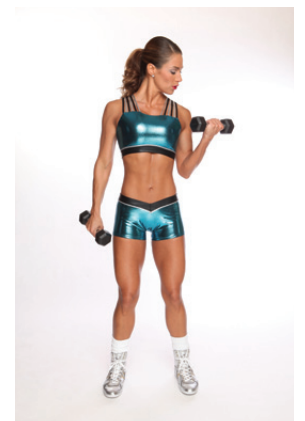
HAMMER CURLS

Stand with your feet shoulder-width apart with a dumbbell in each hand. Your arms should be extended down at your sides and palms facing each other. Curl both arms up and lift the dumbbells toward your shoulders. Remember to keep your upper arms and torso still as you curl.

HAMMER CURLS START



HAMMER CURLS FINISH



BARBELL CURL



BICEP CURL ON STABILITY BALL



JNL FIT TIP: don't let the dumbbells sway back toward your head and over your face and do not lift your head off the bench as you do this exercise.

CHEST

- Dumbbell Bench Press
- Inclined Dumbbell Bench Press
- Push Ups
- Push Ups on Stability Ball

BARBELL BENCH PRESS

Lie on your back on your bench with a barbell or a dumbbell in each hand. Bring your weights to a point just above your shoulders. Your palms should face towards your feet and elbows out. Press your weights straight up until they are locked out right over your collarbone and slowly lower them to starting position.

BARBELL BENCH PRESS START



BARBELL BENCH PRESS FINISH



INCLINE DUMBBELL CHEST PRESS

INCLINE DUMBBELL CHEST PRESS START



INCLINE DUMBBELL CHEST PRESS FINISH



PUSH UPS

PUSH UPS START



PUSH UPS FINISH



PUSH UPS ON STABILITY BALL

PUSH UPS ON STABILITY BALL START



PUSH UPS ON STABILITY BALL FINISH



BACK

List of Exercises for Back

- Bent Over Row
- "Superwoman"
- Standing Dumbbell Row
- Dumbbell Pullover
- Super Woman on Stability Ball with Dumbbells
- Back Flies on Stability Ball
- One Arm Rows with Tubing

BENT OVER ROW

Start with your right foot flat on the floor and your left knee resting on a flat bench. Lean forward so that you're supporting the weight of your upper body with your left arm on the bench. Your back should be almost parallel to the floor. Concentrate on pulling the elbow as far back as it can go. After you have rowed the dumbbell as far up as you can, slowly lower it to the starting position.

BENT OVER ROW START



BENT OVER ROW FINISH



JNL FIT TIP: Don't hunch your back as you do this exercise — keep it flat.

“SUPERWOMAN”

Lie on your stomach, either on floor, or on the stability ball bench as shown here. Start in a neutral position then bring up your upper body keeping your legs planted down squeezing your back area.

SUPERWOMAN START**SUPERWOMAN FINISH****STANDING DUMBBELL ROW**

This move is essential to the covergirl's program because it helps her to achieve a strong sexy back! Bend knees slightly and grasp your dumbbells. Keep your abs locked in tight, chest is up and put, and bend over. Make sure you have an arch in your back. Pull weights in, hold for a small pause and gently lower down in a controlled negative motion.

STANDING DUMBBELL ROW START**STANDING DUMBBELL ROW FINISH****DUMBBELL PULLOVER**

Start by lying across a flat bench with only your upper back making contact with the bench. Lift a dumbbell overhead and hold it at arm's length over your face. Without raising your hips, lower the dumbbell in an arc as you slowly breathe. Once you have reached a fully stretched position, hold it for a quick count of one and then raise it back up as you exhale.

JNL FIT TIP: Keep your hips in the same spot and don't let your hips rise.

DUMBBELL PULLOVER START**DUMBBELL PULLOVER FINISH****SUPER WOMAN ON STABILITY BALL WITH DUMBBELLS****SUPER WOMAN ON STABILITY BALL WITH DUMBBELLS START****SUPER WOMAN ON STABILITY BALL WITH DUMBBELLS FINISH**

BACK FLIES ON STABILITY BALL**BACK FLIES ON STABILITY BALL START****BACK FLIES ON STABILITY BALL FINISH****ONE ARM ROWS WITH TUBING****ONE ARM ROWS WITH TUBING START****ONE ARM ROWS WITH TUBING FINISH****TRICEPS***List of Exercises for Triceps*

- Seated Dumbbell Extension
- Close Hand Pushups
- Dumbbell Kickbacks
- Lying Dumbbell Extension
- Dips
- Tricep Kickbacks With Tubing
- Skull Crushers with Bar

SEATED DUMBBELL EXTENSION

Sit on the bench and grasp one end of the dumbbell with two hands and raise it above your head. Start slowly lowering the dumbbell behind your head, keeping your elbows close to your head and pointed straight up throughout the exercise to keep the focus on your triceps. Lower the weight until you feel the stretch and hold it for one count, then press the weight back up.

JNL FIT TIP: Keep your elbows pointed up and hold them in, don't let them flare out to the sides.

SEATED DUMBBELL EXTENSION START**SEATED DUMBBELL EXTENSION FINISH**

CLOSE HAND PUSHUPS

This is an excellent move for the entire upper body, but especially the triceps! If you can't perform them on your toes, then do them on your knees and work your way to your toes. Place your hands close together. Perform pushups, squeezing at the top of the movement. If it's hard for you to execute this move with your hands really super-close, keep them further apart and build up to closer.

DUMBBELL KICKBACKS

Gently bend your knees, keeping your abs tight; shoulders are up and back, chest is out, and neck and spine is in neutral alignment. Bend over from the waist and bring your arms up and back, bending at the elbows. With your wrists in neutral alignment, focus on your triceps, pushing the weight back, holding at the top of the movement. Gently release and lower down.

DUMBBELL KICKBACKS START



DUMBBELL KICKBACKS FINISH



LYING BARBELL EXTENSION

Lie on a flat bench with a barbell, arms extended over your head so you are looking straight up at them. Bend the elbows and slowly lower the barbell toward your shoulders, not your head.

JNL FIT TIP: Don't let your elbows flare out and keep them in and pointed straight up.

LYING BARBELL EXTENSION START



LYING BARBELL EXTENSION FINISH



DIPS

Come to the edge of the bench. Firmly grasp onto the edge and bring your elbows back. Make sure your shoulders are back and down with your chest out, allowing proper alignment of your spine. Gently bring your feet out in front of you. Lower down, focusing on contracting your triceps, and the entire back of your upper arms. Hold at the bottom for a small pause, and then bring it back up, squeezing your triceps as you bring yourself back to the starting position. Repeat.

DIPS START



DIPS FINISH



TRICEP KICK BACKS WITH TUBING

TRICEP KICK BACKS WITH TUBING START



TRICEP KICK BACKS WITH TUBING FINISH



SKULL CRUSHERS WITH BAR

SKULL CRUSHERS WITH BAR START



SKULL CRUSHERS WITH BAR FINISH



LOWER BODY

List of Exercises for Quads

- Dumbbell Squats
- Dumbbell Lunges
- Barbell Squats
- Dumbbell Side Plié Zipups

DUMBBELL SQUATS

Holding dumbbells in both hands and to your sides, stand with your feet a little wider than shoulder width apart. Hold your abs in tight, shoulders are up and back and your chest is out. Slightly arch your lower back, sticking your glutes out in a natural manner. Keep your knees slightly bent. Gently lower down into a squatting position keeping your spine in neutral alignment and your chest up.

DUMBBELL SQUATS START



DUMBBELL SQUATS FINISH



DUMBBELL LUNGES

Stand with your feet together, toes pointed straight forward and a dumbbell in each hand. Step forward with your right foot, then bend at the knees as you lower your hips until your left knee is just a few inches off the floor. Push with your right leg as you raise yourself back up to your starting point. Repeat until you have completed the amount of reps you planned on and then do the same with your left leg.

DUMBBELL LUNGES START



DUMBBELL LUNGES FINISH



BARBELL SQUATS

BARBELL SQUATS



JNL FIT TIP:

Don't lift your foot up or point your toes in/out — keep your feet firmly planted on the floor, pointing straight forward.

DUMBBELL SIDE PLIÉ ZIPUPS

I love this move! It blasts the entire leg, especially the inner thigh! Start with your feet together, holding your dumbbells. Then lunge out gently to the side, keeping your knee bent and aiming to land softly. Then drag your foot up to the starting position.

PLIÉ ZIPUPS START



PLIÉ ZIPUPS FINISH



HAMSTRING

- Dead lifts

DEAD LIFTS

Stand up straight, with your feet shoulder width apart and a dumbbell in each hand, palms facing toward your legs. Bend forward at your hips and slowly lower the dumbbells in front of you until the weights touch the floor. Keep your back straight and raise your upper body and weights to the starting position.

JNL FIT TIP:

Don't hunch over. Keep your back fairly rigid throughout this exercise.

DEAD LIFTS



HIPS, BUNS AND THIGHS— THE BUTT AREA

- Fitness Model Dumbbell Step Ups
- JNL's Butt Blasters
- JNL's Bench Squats
- JNL One Leg Squeeze Up
- Pelvic Thrusts

FITNESS MODEL™ DUMBBELL STEP UPS

Clasp dumbbells in both hands. Place your foot firmly onto the bench. Step up, engaging all of your lower body muscles, squeezing throughout the glute area. At the top of the movement make sure you tighten your butt. Lower down in a controlled manner, working this negative motion of the movement. Repeat for 12 reps on the same leg, and then switch legs.

STEP UP START & FINISH



JNL'S BUTT BLASTERS

START



FINISH



JNL'S BENCH SQUATS

START



FINISH



JNL ONE LEG SQUEEZE UP

START



FINISH



PELVIC THRUSTS

START



FINISH



JNL FIT TIP: It is best to do these exercises on a solid surface like a hardwood or concrete floor, not carpet.

CALVES

- Standing Calf Raises
- One Leg Calf Raises
- Angled Calf Raises

STANDING CALF RAISES

Simply stand in place with a dumbbell in each hand and put your weight on the ball of your foot as if you were standing on your tip-toes. Repeat for 3 sets of 15.

START



FINISH



ONE LEG CALF RAISES

Implement the same movement as the Fitness Model Standing Calf Raises but do it one leg at a time. Repeat for 3 sets of 15.

START



FINISH



ANGLED CALF RAISES

Start by holding a dumbbell in each hand and stand with feet shoulder-width apart. Turn your toes out so that your feet form a 45-degree angle. Keeping your legs straight, raise up on your toes as high as possible, pause for a count of one and slowly lower to the starting position.

START



FINISH



ABDOMINALS

List of Exercises for Abdominals

- Floor Crunches
- Twist Crunches
- Ball Crunches
- Bent Knee Leg raises
- Firecracker Abs
- Standing Twists
- Knee Roll Ins on Stability Ball
- Ab Circle Pro Exercises!
- Ab Roll Up with Medicine Ball

FLOOR CRUNCHES

Lie on your mat and put your hands beside your head. Bring your knees together and place them flat on the floor about a foot from your hips. Start by pushing your lower back down and begin to roll your shoulders up, keeping your knees and hips stationary. Continue to push down as hard as you can with your lower back. The range of motion of this exercise is very limited and your shoulders should only come off the ground a few inches. Hold this position and flex your abs as hard as you can for a count of one and then slowly lower your shoulders to the ground; never stop pushing down with your lower back.

FLOOR CRUNCHES START



FLOOR CRUNCHES FINISH



JNL FIT TIP: Don't lock your hands behind your head

JNL FIT TIP: Don't lock your hands behind your head — they should be cupped at the sides of your head and not used for leverage)

TWIST CRUNCHES

Lie flat on your back with your knees bent and your hands beside your head. Let your legs fall as far as they can to your left side so that your upper body is flat on the floor and your lower body is on its side. Press your lower back down into the floor while you roll your upper body slightly up until your shoulder blades reach the ground. Concentrate on your obliques and contract and hold the crunch for a count of one. Hold the contraction and slowly lower to the starting position, count one and perform the next rep. Switch to the other side after you completed your planned number of reps.

TWIST CRUNCHES START



TWIST CRUNCHES FINISH



BALL CRUNCHES

Gently sit on your exercise ball and walk your legs forward to roll back onto the ball. Once you stabilize yourself, put your hands behind your head, keeping your spine in neutral alignment with your chin towards the sky. Exhale as you crunch up and inhale as you release back down. This is great for targeting your entire ab area.

BALL CRUNCHES START



BALL CRUNCHES FINISH



JNL FIT TIP: Don't lift your head up too far or let your lower back arch.

BENT KNEE LEG RAISES

Lie flat on your back on your mat with your hands under your hips, palms down for support. Lift your head up slightly off the floor and lift your legs off the floor while you bend them at your knees, pulling your thighs up towards your chest slowly. With your knees approaching your chest, contract your abs and slightly lift your pelvis off the floor. Slowly straighten your legs and bring them back down towards the floor but don't let them rest on the floor. Hold them in that extended position for a count of one and then bring them back up.

BENT KNEE LEG RAISES START



BENT KNEE LEG RAISES FINISH



FIRECRACKER ABS

Lie down on the ground with your hands underneath your bottom and lift both your legs up to about 90 degrees and lift your legs upwards.

FIRECRACKER ABS START



FIRECRACKER ABS FINISH



STANDING TWISTS

STANDING TWISTS START



STANDING TWISTS FINISH



KNEE ROLL INS ON STABILITY BALL

KNEE ROLL INS ON STABILITY BALL START



KNEE ROLL INS ON STABILITY BALL FINISH



AB CIRCLE PRO EXERCISES!

You must get an Ab Circle Pro! Its absolutely indispensable because of its circular technology, that no other machine has. Plus they are very inexpensive and way worth the results! Visit www.JNLAbCirclePro.com to get yours today!

**AB ROLL UP WITH MEDICINE BALL****START****FINISH****“R&R” FORMULA**

You may know that the abbreviation ‘R&R’ means rest and relaxation. But in my Fitness Model diet, ‘R&R’ stands for recovery and recuperation. Again, I would like to emphasize that, in order to see results, do not over-train! You must allow your body time to heal and rebuild itself back up from the weight-training sessions.

“JNL-APPROVED” METAPHORS THAT MAKE FITNESS SIMPLE AND EASY TO UNDERSTAND**SANDPAPER METAPHOR**

There are two sides of the coin when it comes to resistance training. When you work out, you must also allow your body time to recover and recoup. For your muscles to heal and rebuild, rest and recuperation is essential. Think of this metaphor: When you lift weights and engage your muscles into resistance training, it’s as if you are taking sandpaper and scraping it on your skin, irritating it so much that you get an abrasion. Therefore, you must allow your muscles to “heal,” allowing time for a “scab” to form on top of the muscles. In other words, you must allow time to form a “callous” from the sandpaper. If you don’t allow yourself time to heal in between weight training sets, you are “irritating” your muscles too soon, not allowing the “callous” to form and heal, just opening the wound again and again.

If you over-train, you are cheating yourself and not letting the “wounds” heal. I cannot stress this enough; please don’t over train and rush the process. Instead, give yourself the gift of time and follow this program.

**THE FIRE HYDRANT PRINCIPLE**

Your body is like a fire hydrant; it only takes one tool to unlock it. Once it’s unlocked, it shows its ultimate potential with an at-times uncontrollable, extremely forceful release. The Fitness Model Diet is that one wrench that can unlock your body’s full potential. It took me 2 months of working with the Fitness Model Diet to begin seeing results. My body lay dormant for that 2 months, then it happened! The floodgates opened and my body started releasing the fat. I urge you not to give up and know that it’s not about being perfect, but being persistent.

THE DYNAMITE PRINCIPLE

Don’t cheat yourself by using weights that are easy for you to finish the last 8-12 reps. Make sure you are challenging yourself, in that by the 8-12th rep, it is very difficult for you to finish. Let me illustrate with the stick of dynamite analogy: You can have a stick of dynamite and tap it with a pencil and nothing happens, you can tap it with a pencil 10 times and still nothing happens, or you can take sledgehammer and hit it once, and the stick of dynamite will explode. In the same way, it is imperative to use a weight that is heavy enough to hit your muscles, not with a pencil tap but with the power of a sledgehammer!

CARDIO CORE PRINCIPLES

Fitness models never run; they do cardio at 65-75% of their target heart rate. When you over-train cardio, you start eating your muscle and your appetite goes out of control. I have been there. I would get out of the gym with such a big appetite that I would eat spaghetti, chocolate donuts, or anything in sight that was high-carb to refuel my body.

You need to train like a Fitness Model, and Fitness Models don't over-train, or overdo cardio. That way, we don't overeat or "burn off" our muscle mass.

Another great fitness model technique is to weave cardio into your weight-training workout, in between sets. Many of you have seen me perform about 45 seconds to one minute of speed rope in between my weight sets, to help keep my heart rate up in the fat burning zone. This allows me to get the best of both worlds: to burn off fat with the bursts of cardio, and also to build muscle while weight training.

CARDIO

SPEED ROPE

Jumping rope with a speed rope is a great toning and cardiovascular workout. Start slow, take your time, and get enough rest between exercises to re-energize your body.

The following is a suggested routine that will help you get the most from your jump rope workout, and have fun doing it:

- Perform one jump rope exercise for 45 seconds to a minute.
- Rest for a few seconds, or until your body feels re-energized.
- Perform the next jump rope exercise for 45 seconds to a minute.
- Rest for a few seconds, or until your body feels re-energized.
- Perform the next jump rope exercise, and so on.

For beginners, follow the above pattern for 10 minutes. As you progress, work your way up to 10 to 15 minutes for an intense workout.

For the first couple of exercises, turn the rope slowly to warm up. Then, gradually speed up the pace, until you are performing faster moves about halfway through your workout. Then, gradually slow your pace down, until you are turning the rope very slowly on the last two to three exercises to cool down. Below are some fun, basic exercises to get you started and to add variety to your jump rope routine.

- The baseline (also simply called "line") refers to a starting line to be used as a point of reference on feet placement and jumps. Unless otherwise specified, the baseline should be horizontal to your body. Only certain exercises will specifically call for a vertical baseline, which will be vertical to your body and between your feet.
- A balancing bounce is the bounce used between rope turn jumps. The balancing bounce can be a simple jump, or a more complicated movement. Some exercises call for balancing bounces, others don't.



“Whip yourself into serious amazing shape, and have fun doing it!”

— JNL