



Build-Your-Own Living Room Gym (Low-cost, hide-away, 1-minute set-up)

Rapid weight-loss can lead to muscle-reduction. Resistance Training, such as weight-lifting, body-lifting, Pilates, and band workouts, is the best & fastest exercise for losing weight & fat and for keeping & building muscles.

Save thousands of dollars and replace gym memberships and expensive work-out equipment with this turnkey Living Room Gym that provides a series of 30-minute weight-lifting exercises you will love to do.

The Living Room Gym is low-cost, fast, time-saving, fun, & convenient to use in your living room with 1-minute setup. And no social hassles and embarrassment! To begin, purchase the Kathe Friederich's Body Blast Series of three DVDs either at Cathe's website or Amazon.

For Month 1: This is all you need to begin your first month of workouts: your first DVD, 2-lb. dumbbells, and a stretch band. You also need a TV & [DVD Player with cables](#) (\$33).

Months 2-4: At Months #2, #3, & #4, add the second and third Cathe Body Blast DVDs to create an ideal set of muscle & shape building workouts. You can accelerate the DVDs and weights as you wish. It is recommended you buy additional dumbbells each month as follows:

- ❑ [Coated dumb-bells](#). Month 2: 4 & 8 lbs; Month 3: 10; Month 4: 12 lbs; Month 5: 15 lbs. No barbell needed.

Optional recommended equipment after Month 1:

- ❑ [Storage Ottoman](#) for bench & storage. Also look at other 36"-46" models for quality, color, & fabric.
- ❑ For Month 2: [Push-up handles](#).

Suggestions: Do workouts first thing in morning. Drink pre- & post-workout drink, and lots of water. Avoid too much weight. Form is more important. Be patient. You will improve. Invite family & guests to join you.

Month 1 (3 30-min workouts a week; alternate Back, Shoulders, & Biceps; all on 1 DVD)

- ❑ Each workout: Do initial warmup/stretch, body-part 20-25 min., then final stretch.
- ❑ Start with 2 pounds. Use the floor (or ottoman) & a sturdy chair. Don't rush.

Month 2 (4 30-min workouts a week; alternate Back, Shoulders, Biceps, Chest, Triceps; all on 2 DVDs)

- ❑ Each workout: Do initial warmup/stretch, body-part 20-25 min., then final stretch.
- ❑ Increase to 4-8 pounds. Start to vary weights. Optionally, buy storage ottoman & push-up handle.

Month 3 (5 30-35 min workouts a week; add-in Standing-Legs & Floor-Legs; all on 3 DVDs)

- ❑ Each workout: Do initial warmup/stretch, body-part 20-30 min., then final stretch.
- ❑ Increase to 4-10 pounds. Vary the weights depending on the exercise.

Month 4 (6 30-35min workouts a week; add-in one Core Max Segment once a week; all on 4 DVDs)

- ❑ Each workout: Do initial warmup/stretch, one Segment 20-30 min., then final stretch.
- ❑ Increase to 4-12 pounds. Add heavier stretch bands.

Months 5 on (6 30-35min workouts a week, rotate body-parts from all 4 DVDs)

- ❑ Each workout: Do initial warmup/stretch, body-part(s) 20-30 min., then final stretch.
- ❑ Increase to 8-15 pounds. Start to maximize your weights to achieve fatigue.