



LLZ TRANSFORM-in-12 Workout Guide

1. Overview

Change is Inevitable & the Benefits Priceless!

How often in life have you been told to “follow a program exactly and the results are GUARANTEED?”

That’s the way the TRANSFORM-in-12 exercise program works – do what we tell you to do and you will experience changes in strength, flexibility, and balance.

Even better, if like so many people in this age group, you have been diagnosed with high blood pressure, elevated cholesterol, or type 2 diabetes, you will also experience positive changes in your metabolic panel.

More and more research is showing resistance training or endurance exercise, is the best way to improve cardiovascular function. It helps keep the heart muscle supple and the arteries flexible, lowers the resting heart rate, and boosts the heart's peak ability to deliver oxygen-rich blood to the body's tissues. A related benefit is a fall in blood pressure.

For those with type 2 diabetes, exercise actually makes your insulin more effective because your insulin resistance goes down when you exercise, and your cells use the glucose more effectively. Exercise can also help diabetics avoid long-term complications from their disease.

Anxious? It’s Okay – Everyone Is!

If you are feeling a little anxious about starting the TRANSFORM-in-12 exercise program, don’t worry, you’d be unusual if you weren’t! Just follow these instructions as you get started.

2. The Workouts

The TRANSFORM-in-12 Exercise Prescription

The TRANSFORM-in-12 workouts combine High Intensity Interval Training (HIIT), Endurance or Resistance training, along with Flexibility and Balance training.

Your program includes:

- Twelve [TRANSFORM-in-12 twenty-minute workout videos](#) spread across four phases.
- Four [TRANSFORM-in-12 five-minute Burnout](#) workouts to complete immediately following your 20-minute workout
- [TRANSFORM-in-12 Movement Instruction & Modifications](#) video library
- [Aerobic Exercise](#) of your choice such as of walking, biking, swimming, or maybe even golf (without the cart!) on the days you are not performing a 20-minute LLZ TRANSFORM-in-12 workout.

Understanding the Four Phase Approach

The program has four phases with three TRANSFORM-in-12 workouts and one TRANSFORM-in-12 Burnout. Each phase is three weeks in duration and serves a specific purpose. You will rotate through the workouts each week doing Workout A, then Workout B, and finally Workout C. The following week you will begin again with Workout A. Once you've completed week 3 you will move to the Phase 2 workouts and burnout. Phase 1 includes weeks one through three; Phase 2 weeks four through six; Phase 3 weeks seven through nine; and Phase 4 weeks ten through twelve.

- **Phase 1 or the Introduction Phase** where you become comfortable with movement and exercise. During this phase you will rely heavily on the [Movement Instruction and Modification Videos](#) as you determine your individual starting point.

- **Phase 2 or the Improvement Phase** where you will become more proficient in the exercises and will begin to notice improvement in strength, stamina, balance, and flexibility.
- **Phase 3 or the Mastery Phase** where you are comfortable with the exercises and no longer have to refer to the videos for movement cues as much. You are still breathing hard and elevating your heart rate during the workouts, but are resting less and have confidence in your ability to finish strong.
- **Phase 4 or the Implementation Phase** where you begin to tie the progress you've made in your workouts to your abilities in day-to-day life. Your improved strength, stamina, balance and flexibility carries over to real life situations like throwing a softball with the kids, carrying your groceries in from the car, easily climbing multiple flights of stairs, maybe even joining an adult pick-up soccer or basketball game or league knowing you can keep up!

3. Let's Get Moving!

Following the Program

- TRANSFORM-in-12 20-minute workouts:
 - Schedule these workouts three times per week with a day of rest in between each one, for example, every Monday, Wednesday, and Friday; or Tuesday, Thursday, and Saturday.
- TRANSFORM-in-12 five-minute Burnout
 - If you are new to exercise or have not been recently active, delay the TRANSFORM-in-12 Burnout workouts until the beginning of Phase 2. If you're already pretty active you can add them on beginning in Phase 1.
 - Following the TRANSFORM-in-12 20-minute workout, rest for 2-3 minutes then complete the 5-minute Burnout.
- Aerobic Exercise of your choice
 - You should notice an increase in your heartrate during aerobic exercise, but not the same breathlessness and fatigue

experienced during the TRANSFORM-in-12 workouts. You should be able to easily complete 45 – 60 minutes of aerobic activity every day, but at a minimum, be sure to specifically schedule it in on your LLZ TRANSFORM-in-12 off days.

4. Summary

The LLZ TRANSFORM-in-12 workouts include the perfect combination of endurance, resistance, mobility, and balance exercises designed to improve your stamina, strength, and overall health. These exercises will help combat the aging process and keep your body young. They will also help you avoid injury and prevent falls that plague so many older people. All exercises can be modified to your individual starting point or to compensate for prior injury or movement limitations.

When following this program, participants see an almost immediate improvement in their overall health – from the inside out! Their waistlines shrink and their biological markers, like blood pressure, blood sugar and cholesterol drop! We are excited for you as you begin your TRANSFORMATION!

What are you waiting for? Let's get started with [Phase 1 Workout A!](#)