

Thank you for downloading this report on  
**Easy Exercises for Women, Part 1**

Compliments of Jonni Good, author the new online book called [The Craving Control Diet](#), which shows you how the right foods can help you achieve your weight loss goals by controlling your appetite and breaking the metabolic pattern that makes your body store excess fat.

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to your friends, family, co-workers, or any person you think can benefit  
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If you have any questions or comments, please send them to:  
[support@CravingControlDiet.com](mailto:support@CravingControlDiet.com)

I would love to know what you think about the information in this report!

**Disclaimer:** Never start a new exercise program without consulting with your doctor. The author encourages you to make your own health care decisions based upon your own research into the issues of nutrition and health, in partnership with a qualified health care professional.

## How to use the charts

This free exercise program for women is adapted from a plan that was originally designed for the Royal Canadian Air Force (RCAF). The exercise plans were first published under the title Royal Canadian Air Force Exercise Plans for Physical Fitness.

The charts are the key to the program. There are 48 steps in the complete program. This file contains levels 1 through 12. The other three charts will be added soon, so please check back to the download page at

The only other item you'll need in addition to the charts is a timer. No special equipment or clothing is required – you can exercise in the buff if you want to. For the floor exercises it does help if you exercise on a carpeted floor or use a blanket or exercise mat to pad your bones.

**Note:** If you are older than 45, or if you have any physical conditions that make movement difficult, please talk with your doctor before starting this or any other exercise program. If you are pregnant or if you just had a baby, talking to your doctor is vitally important before starting any exercise program.

Are you trying to lose weight? Even though most of us believe that the more you exercise you do, the more weight you should lose, it doesn't always work that way. Recent studies have shown that adding exercise to one of the popular low-calorie diets will make it even harder to stay on your diet - and when you fall off, you'll regain all the weight you've already lost, and more. That's because low-calorie diets put your body in starvation mode, and exercise makes it even worse.

That's why I recommend a diet based on natural, highly-nutritious foods, without reducing the calories so much that your body goes into starvation mode, as it does on almost all currently popular diets. You can see the diet I recommend at <http://www.CravingControlDiet.com>

After you've reviewed the exercises shown above, the first chart you need is the one that shows you what goal you should attempt to achieve, based on your age. The chart below also shows you how many days you should stay on each level after you are able to finish all the exercises within 12 minutes without strain. If the exercises in the first levels seem too easy and you can finish them in much less than 12 minutes, try to stick with the schedule anyway. The exercises and numbers of repetitions will become much more challenging as you progress through the chart.

By looking at the chart below you will see that a woman between the ages of 51 and 55 should try to reach level 11, and should stay on each lower level at least 8 days before moving to a higher level, even if it feels easy. For a person in this

age bracket, Chart 1 will be the only chart you need. (If you are older, please be sure to show this program to your doctor before you begin).

On the other hand, a 15-year old should be able to reach level 44 or even higher, and will only need to stay on each level for one day after completing the exercises within the allotted 12 minutes. As the difficulty of the routine goes up in the higher levels on Charts 2, 3 and 4, the number of days needed with each level will also go up, even for the youngsters.

Since everyone is different, the goals on the following chart should only be used as a general guide. If you are very fit and have no difficulty going higher than the goals listed on the chart, more power to you. If, on the other hand, you feel you must stop at a lower level than the one indicated below, that's OK, too. No matter which level you eventually reach, you are *guaranteed* to be in better shape than you were when you started.

Once you have achieved the optimum level for your age, you can simply continue to do the routine at that level. You should be able to maintain your level of fitness with only three exercise periods a week, according to the FCAF experts who originally designed this program. If you take a break longer than a week or two because of illness or traveling, go back to a lower level and work back up to your previous higher level of fitness, in order to prevent undo strain or injury.

<b>If Your Age Is...</b>	<b>Your Goal is Level...</b>	<b>Minimum Number of Days at Each Level on Chart 1</b>
7 - 8	<b>30</b>	1
9 - 10	<b>34</b>	1
11 - 12	<b>38</b>	1
13 - 14	<b>41</b>	1
15 - 17	<b>44</b>	1
18 - 19	<b>40</b>	1
20 - 25	<b>35</b>	1
26 - 30	<b>30</b>	2
31 - 35	<b>26</b>	2
36 - 40	<b>22</b>	4
41 - 45	<b>19</b>	5
46 - 50	<b>16</b>	7
51 - 55	<b>11</b>	8

## Starting Your New Fitness Program

Print out the next chart and tape it to your wall where it can be seen easily while you exercise. Before you begin, find the number of days you should stay at each level, and write it somewhere on the chart as a reminder. Never move to the next level until you can achieve all the repetitions without strain within the allotted 12

minutes. Tape the chart in a spot where you can easily see it while you do your exercises.

You will begin with the first level and do the number of repetitions indicated on the chart. You can find the correct column easily while you're exercising if you use a highlighter pen to mark the column. This will also help you remember which level you were on the day before. The exercise names and illustration are on the left side of the chart. Working down the page from Exercise 1, complete the number of repetitions for your current level and then progress to the next exercise until you've finished the complete workout.

## The Exercises for Chart 1:

### Exercise 1 – Toe Touching



We all did this one in PE class, remember? To start, stand upright with your feet about 12 inches apart. Put your hands over your head, and then bend forward to touch the floor between your feet (or as far as feels comfortable at first.) Don't try to keep your knees straight. Then return to the starting position, with hands above your head.

Count each time you return to the starting position.

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### Exercise 2 – Knee Raising

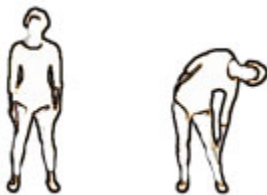


Start with your body standing erect, with your hands at your side and feet together. Raise your left knee as high as possible, grasping the knee and shin with your hands. Pull your leg toward your body, keeping your back straight. Then lower your foot to the floor. Repeat with your right leg. Continue by alternating your legs, first left, then right.

Count one each time you raise the left and right knees.

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### Exercise 3 – Lateral Bending



Start with your body erect and feet about 12 inches apart and your hands at your side. Keep your back straight while you bend sideward from your waist to the left. Slide your left hand down your leg as far as you can. Return to your starting position and bend to the right. Continue to alternate from one side to the other.

Count one with each bend to the right and left.

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#### Exercise 4 – Arm Circling

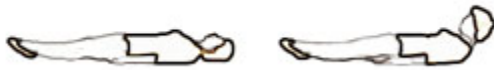


Stand erect with your feet about 12 inches apart, and your arms at your sides. Make large circles with your left arm.

One quarter of the way through the count change directions of the circle, from going forward to going backward. Then halfway through the count change arms and do the same with your right arm. Count each full arm circle as one.

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#### Exercise 5 – Partial Sit-ups



Lie on your back with your legs straight and together, and your arms at your sides. Raise your head and shoulders from the floor until you see your heels, and then lower your head back to the floor.

Each partial sit-up counts as one.

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#### Exercise 6 – Chest and Leg Raising



Lie face down with your arms along your sides, and your hands under your thighs. Your palms should be pressing upward against your thighs. Raise your head, shoulders and left leg as high as you can. Keep your leg straight.

Then lower your head and leg to the floor. Repeat with the right leg, and continue to alternate sides. Count each chest and leg raise as one.

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#### Exercise 7 – Side Leg Raising



Lie on your side with your legs straight and your lower arm stretched along the floor. Use your top arm for balance. Raise your upper leg from 18 to 24 inches, and then lower to the starting position. When you have reached the half-way mark in your count, roll over and do the other half with your other leg.

Count each leg raise as one.

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### Exercise 8 – Push-ups

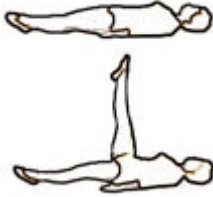


Lie face down on the floor, with your legs straight out and together. Put your hands directly under your shoulders. Then push off the floor, with your hands and knees in contact with the floor, and then continue back until you're sitting on your heels. (This may be the most difficult exercise for many people. In the original RCAF book, the instructions stated "push body off the floor in any way possible." Don't be worried about your form – this will get much easier in just a week or two.)

Count one each time you return to the starting point.

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### Exercise 9 – Leg Lifting



Lie on your back with your legs straight and together, and your arms at your sides. Your palms should be flat on the floor. Raise your left leg until it is straight up (or as close to it as possible). Keep your leg straight. Then lower your leg and repeat with your right leg. Continue to alternate between legs.

Count one after lifting both your left and your right leg and returning to the starting point.

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### Exercise 10 – Run and Hop



I really enjoy this exercise, and look forward to it during the entire routine. My dog seems to think it's pretty funny, for some reason – it probably does look a bit silly, but it's a great way to get the circulation going.

In the last exercise you'll be running in place, raising your foot and putting your knee forward with each step. Begin with your left foot and count one each time you take another step with your left leg. Count to 50, and then do 10 hops. The hops don't count toward your total repetitions for this exercise.

For the hops, begin standing straight with your feet together and arms at your side. Then hop straight up. Try to get at least 4 inches off the floor. Do the hops slowly to keep from losing your balance. After the 10 hops, complete the number of steps required, if you haven't done so already.

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## Chart One – Levels 1 through 12

The chart that shows you how many times each exercise should be performed is on the **next page**.

After studying the exercises shown above, print out the chart and tape it on the wall next to your exercise area. In fact, since some of the exercises are done when you are lying on the floor, it helps to print out two charts. Tape one of them at eye-level, standing up, and tape the other one where you can see it when you're doing the floor exercises.

Be sure to check the download page often to see if the next chart is available for download. (I'm working on it as fast as I can...)

The download page is at

<http://www.WomensExerciseNetwork.com/freeexercises.htm>

I hope you enjoy these exercises as much as I have.

Jonni Good

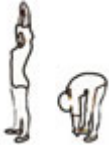









<http://www.WomensExerciseNetwork.com>

<http://www.CravingControlDiet.com>

<http://www.EasyDoesItDiet.com>

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**Chart 1**

Level ->	1	2	3	4	5	6	7	8	9	10	11	12
<b>1 – Toe Touching</b> 	3	3	3	5	5	5	7	7	7	9	9	9
<b>2 – Knee Raising</b> 	4	4	4	5	5	5	7	7	7	8	8	8
<b>3 – Lateral Bending</b> 	5	5	5	7	7	7	8	8	8	10	10	10
<b>4 – Arm Circling</b> 	24	24	27	28	28	28	36	36	36	40	40	40
<b>5 – Partial Sit-ups</b> 	4	6	8	10	12	14	16	18	20	22	24	26
<b>6 – Chest and Leg Raising</b> 	4	4	6	8	8	10	12	12	14	16	18	20
<b>7 – Side Leg Raising</b> 	4	6	8	10	13	16	18	20	23	25	26	28
<b>8 – Push-ups</b> 	3	3	4	5	6	7	8	9	10	12	13	14
<b>9 – Leg Lifting</b> 	2	3	4	6	6	8	10	10	11	12	14	14
<b>10 – Run and Hop</b> 	50	60	70	80	90	100	115	125	140	150	160	170