

# THE PERFECT wedding

WORKOUT

LOOK YOUR BEST  
ON THE BIG DAY  
**IN JUST  
10 WEEKS**

MICHAEL LIMMER

## The Perfect Wedding Workout

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MEYER & MEYER SPORT

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# INTRODUCTION

BY

LARA JOY KÖRNER



I met Michael on a cold, sunny day in February. The first snowdrops brought with them the promise of spring, and I imagined myself peeling off my thick sweater soon to reveal a slender, strong, energetic body.

I wasn't overweight nor was I entirely unathletic (I had done yoga before), but on a feel-good scale from one to ten with ten being the best, I was a consistent six to seven. I wanted to feel lighter, stronger, and more vigorous, and I wanted to be able to do a freestanding handstand because I had always considered that an expression of freedom and the joy of living. But I also didn't want to get too big; I wanted muscle definition, but not a six-pack.

Michael prescribed eight exercises to be alternated in regular intervals to create a new training stimulus for each workout session. I did these exercises at home every other day. At first, it took me 45 minutes to do the entire workout. After a few weeks, it only took me 22 minutes to do the same number of exercises, so even though the time expenditure was negligible, the training effect was enormous.

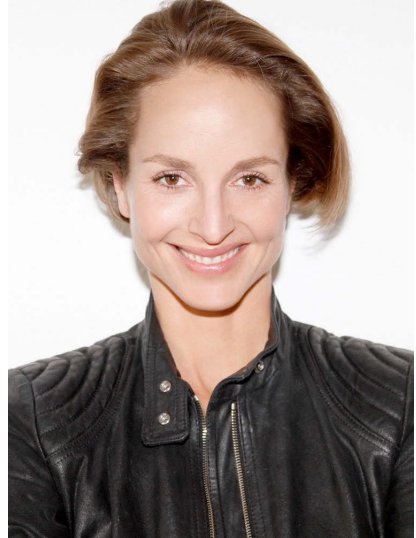
By April I already felt great! I had lost weight and could easily carry my heavy grocery bags up the stairs, and multiple women had asked what I did to get such nice upper arms. Isn't that everybody's dream? At the beginning of May—two and a half months later—my feel-good rating was off the charts. The handstand was still a bit shaky, but perfection is overrated.

In a very short amount of time and without great effort, Michael's exercises helped me create an attractive back, nicely defined arms, more endurance, a solid stance, and, because I was so proud of myself, a radiant demeanor.

That is how I want you to feel on your wedding day!

Enjoy creating your personal dream figure.

*Lara Joy Körner*







# 1 PREFACE



# 1 Preface

Thank you for choosing *The Perfect Wedding Workout*! I am delighted to accompany you on your path to your perfect wedding figure for the happiest day of your life.

This workout is based on my experience as a personal trainer. The Perfect Wedding Workout is designed to meet the specific requirements for an optimal wedding-day figure to help you achieve the best possible results within a short period of time.

## 1.1 ABOUT ME

I have been working as a personal trainer on the international level for ten years. I work primarily in Los Angeles, New York, Munich, and Berlin. I frequently train models and actors to get them physically fit for various projects, but I mostly work with women who are weeks away from their wedding and want to feel great on their big day.

I have also worked in the area of therapeutic and health-focused strength training and have experience in performance sports. I have therefore acquainted myself with all areas of professional fitness training and have depth of experience.

## 1.2 HOW THE PERFECT WEDDING WORKOUT WAS CREATED

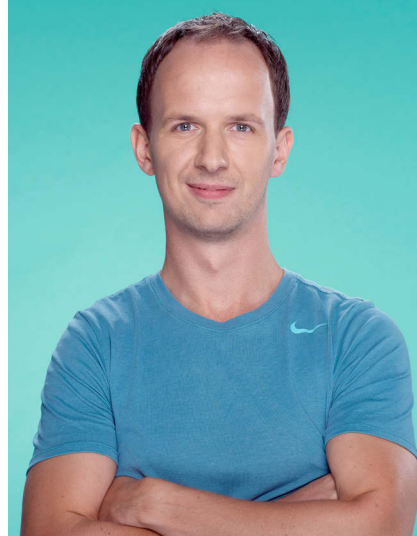
My clients are primarily women who are just a few weeks away from their wedding and hire me to work intensively on their wedding figure. Over the course of the past ten years, I have developed a program that will help women achieve their personal dream figure in ten weeks. I have summarized this content for you in *The Perfect Wedding Workout*.

## 1.3 ADVANTAGES OF THE PERFECT WEDDING WORKOUT

- Varied workouts
- Tried and tested personal-training exercises
- Dietary advice from a physician
- Beauty tips
- 20-35 minutes 3-4x per week
- Less than 3% of your time goes to working out every other day
- Training goal achieved in 10 weeks
- No equipment needed
- Effective, health-oriented, and functional training
- Sculpts and tightens the body
- Boosts metabolism
- Increases well-being
- Increases self-confidence

Have fun working out and enjoy a wonderful wedding day with your dream figure!

***Michael Limmer***



## 1.4 WHAT IS THE PERFECT WEDDING WORKOUT?

The Perfect Wedding Workout is a workout that brings about three positive changes:

1. Your silhouette
2. Your posture
3. Your gait

It will also improve and have a positive effect on

4. your flexibility
5. your strength, and
6. your endurance.

All of the content is based on my years of experience as a personal trainer. The tried and proven personal-training workouts in this book will guide you to achieve results in just ten weeks, so you can show off your dream figure on the happiest day of your life.



## 1.5 WHAT MAKES THE PERFECT WEDDING WORKOUT PERFECT?

This program offers effective exercises you need to build your dream figure based on my experience as a personal trainer. Having this book will be like having your own personal trainer in your living room.

Chapter 8 offers nutrition and dietary advice from Dr. Gabriele Anderl, with whom I have had a close working relationship for many years. She will share her substantial knowledge on the complex topic of nutrition, offering clarifications and talking about dietary components that are important to achieving maximum success with the Perfect Wedding Workout.

You will also receive valuable beauty tips from makeup artist Anna Scharl. This book is an all-in-one package that will help you to enjoy the happiest day of your life while looking perfectly beautiful.

## 1.6 WHAT IS SO SPECIAL ABOUT THE PERFECT WEDDING WORKOUT DIET?

This book does not include a diet. To date, neither Dr. Anderl nor I know of a diet that is effective in the sense that it reduces weight without the so-called yo-yo effect. Chapter 8 talks about an effective dietary principle, which is uncomplicated and can be easily implemented by anyone.









## 2 MYTHS, MYTHS

MORE MYTHS

& CLARIFICATION



## 2 Myths, Myths, More Myths, and Clarification

Nowadays, sports and exercise are major topics. Whether someone goes to a fitness studio, plays a team sport, or is a runner, many who exercise even a little during their free time, tend to think of themselves as experts. Moreover, many glossy magazines and the advertising industry try to influence us with their provocative assertions. Among other things, we are confronted with assertions that are simply not true. Here are ten of the most common myths I have come across, and I am sure they will sound familiar.

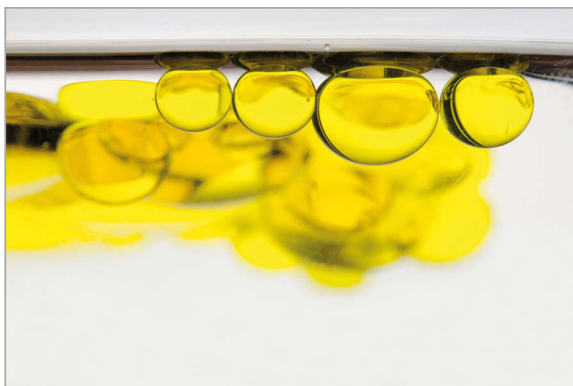
### #1 More is better.

Wrong! The body needs time to regenerate. For instance, if you work out every day or multiple times a day, you will quickly *overtrain*. You will weaken your immune system, and will actually move farther away from your goals instead of getting closer to them.

### #2 You can spot-reduce fat.

Wrong! Some glossy magazines try to make us believe that you just need to do a few sit-ups to lose belly fat and can achieve a six-pack in just three weeks, but it doesn't work that way. Of course abdominal strengthening exercises are important and indispensable, but that does not mean that you are simultaneously reducing belly fat. The body works as a whole;

fat can only be reduced on the entire body, and only when we take in fewer calories than we burn (i.e., when we maintain a negative calorie balance).



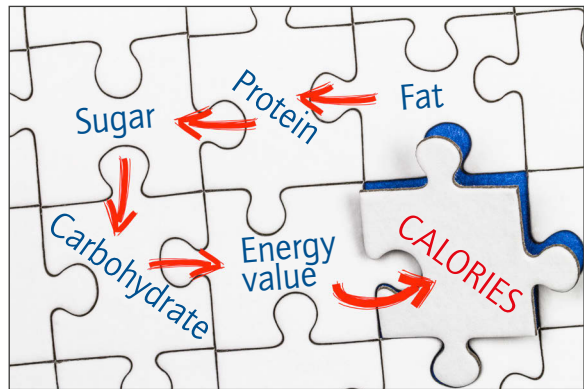


### #3 Fat can be turned into muscle.

Wrong! That doesn't work if for no other reason than the fact that fat and muscle have completely different functions within our bodies. Many who are just starting to exercise lose fat while simultaneously building muscle which doesn't translate to a big difference on the scale. It is important to understand that what matters is what the body is made of and not how heavy it is. Turning fat into muscle is absolutely impossible; apples cannot turn into oranges.

### #4 Calories will only begin to burn after 30 minutes.

Wrong! When you exercise, your body works right from the start. Exercise intensity is critical. When you exercise within your comfort zone where you are barely exerting yourself, the exercise will of course be less effective than when you go all out after the warm-up.



The exercises in the Perfect Wedding Workout will activate your muscle fibers which is the furnace in which you burn the calories. As soon as you increase the amount of active muscle fibers by exercising, they will automatically burn more calories—even as you sleep—and especially during the regeneration phase (i.e., after you finish exercising).

### #5 Strength training causes weight gain, and endurance training burns calories.

Wrong! Our muscles work like a furnace in which we burn our calories. When our muscles are active, we automatically burn more calories. First, your skin becomes taut and your belly flattens before you build big muscles. Your calorie balance is responsible for your weight loss. If I want to lose weight, I have to burn more calories than I consume, meaning I have to create a negative calorie balance. On the other hand, if I want to build muscle and gain weight, I need a positive calorie balance.

### #6 Building muscle makes you inflexible and inactive.

Wrong! There isn't a sport that doesn't work on muscles and does strictly sport-specific training. And with good reason! As an athlete, you need to be active and flexible. You achieve that with functional interval training.

Another important topic in the Perfect Wedding Workout is stretching. This program will make your muscles supple and sculpt your body.



### #7 No pain, no gain.

Wrong! Exercise should never cause severe pain. However, your muscles can and should burn, a feeling that many clients refer to as pleasant pain.

### #8 If your muscles aren't sore, the exercises aren't effective.

Wrong! Having sore muscles is actually a micro-injury of the muscle fibers. For that reason alone, being sore should never be a training goal. If you do get sore muscles, it's not the end of the world, but it has nothing to do with the effectiveness of an exercise. Muscle soreness usually occurs when you first start to exercise, as well as when the body has to learn new movements and muscular exertions.

### #9 Women should only do endurance training.

Wrong! Strength training has a positive effect on your silhouette, gait, posture, and muscles. Endurance training is strength training for the heart and should also be a regular part of your workout. Due to the short breaks, this workout provides the perfect mix of both components.

### #10 Eating late causes weight gain.

Wrong! Lots of people who try to lose weight are determined not to eat after 5pm. The theory is that a long break between meals will boost the metabolism, but there is no evidence to back this up. It is the daily and overall intake of calories that determines whether we gain or lose weight. The calories don't care how late it is.

However, if you routinely consume lots of calories late in the evening, it is recommended to eliminate that meal or, if necessary, substitute it with lighter fare.