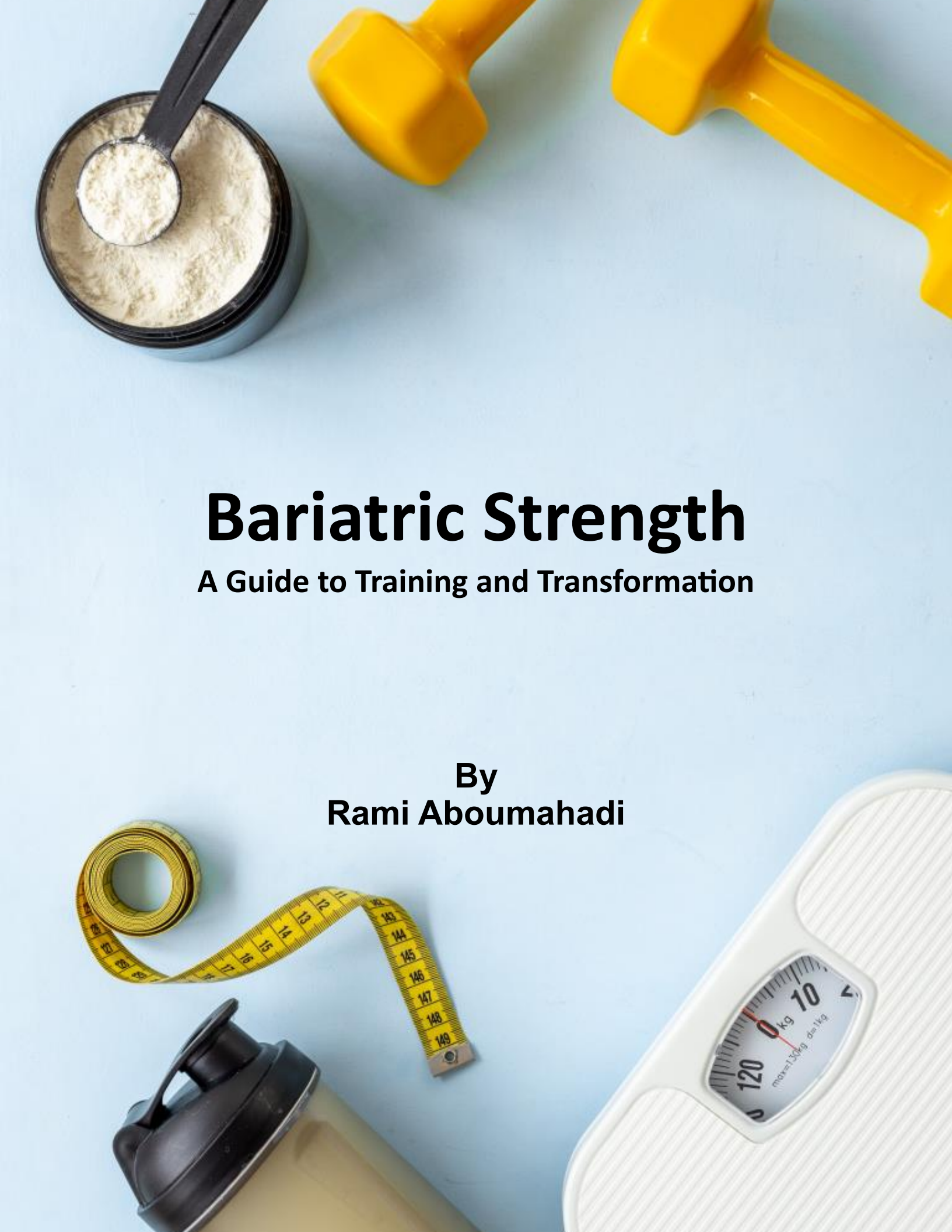


Bariatric Strength

A Guide to Training and Transformation

By
Rami Aboumahadi

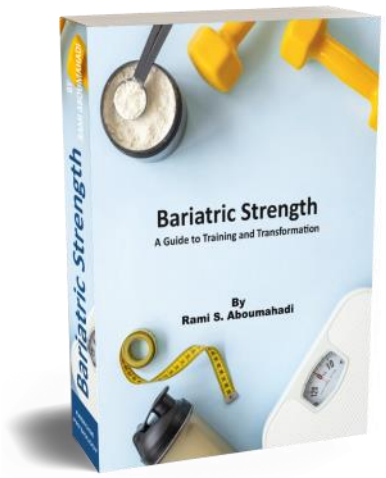


TABLE OF CONTENTS

Bariatric Surgery and Muscle Mass: What You Need to Know	**3**
Top Reasons to Consider Walking	**5**
Pre-Walk Preparations and Tips	**6**
Post-Walk Tips	**7**
How to Choose The Right Sneakers	**8**
Tracking Your Walk	**9**
So Many Options!	**10**
Recommended Product	**11**
Strength Training	**12**
Flexibility Training	**16**

Consult your Physician prior to starting this or any new exercise program.

Bariatric Strength By Rami Aboumahadi
Version 4. Revised August 23, 2023
Copyright © 2023 RAMFitness, LLC. All rights reserved.
No reproduction of any kind without authorization from author.
561-543-3753 RAMFITNESS.COM

facebook.com/RAMfitness
twitter.com/RAMfitness
linkedin.com/pub/rami-aboumahadi

BARIATRIC SURGERY AND MUSCLE MASS: WHAT YOU NEED TO KNOW

Bariatric surgery has been an effective tool for many to achieve significant weight loss. However, like any medical procedure, it comes with potential side effects, including the impact on muscle tissue due to severe caloric restriction and decreased absorption of protein.

Why is Muscle Mass Important?

Muscles are far more than just the engines that move us. They play a pivotal role in ensuring our overall well-being. Muscle tissue is:

- Vital for Metabolism: A healthy muscle mass boosts your metabolism, helping your body efficiently burn calories even at rest.
- Crucial for Bone Health: Muscles contribute to bone remodeling, ensuring they remain strong and healthy.
- Essential for Thermoregulation: Muscles help regulate our body temperature.
- Preserver of Functional Capacity: Muscles maintain our ability to perform daily tasks without fatigue or injury.
- A Storage Unit: Muscles store glycogen, fat, and protein, which are essential energy sources for our bodies.

©2023 Bariatric Strength By Rami Aboumahadi

Recent studies have highlighted that a significant loss of muscle tissue can lead to decreased basal metabolism, functional impairment, and a diminished quality of life. Perhaps more alarmingly, it's been suggested that post-bariatric fat-free mass loss can increase appetite, potentially leading to weight regain. This underscores the importance of preserving muscle tissue for the long-term success of bariatric surgery.

A 2021 study[1] found that about 55% of the 12-month lean body mass loss occurred within just 3 months after surgery. This was followed by a slower decline up to the 12-month mark.

PRESERVING MUSCLE MASS IS EASIER THAN YOU THINK

You might be thinking, "Do I need an expensive gym membership? Hours of training? Costly equipment?" The answer is, thankfully, no.

Preserving, or even building, muscle strength can be accomplished at home with straightforward movements. You don't need to invest a lot of time or money. In fact, during the educational class, our Exercise Specialist will demonstrate some of these effective and easy-to-follow training exercises. You'll be empowered with the tools to ensure the success of your bariatric journey and to keep your muscles strong and healthy.

(1) Nuijten MAH, Eijsvogels TMH, Monpellier VM, Janssen IMC, Hazebroek EJ, Hopman MTE. The magnitude and progress of lean body mass, fat-free mass, and skeletal muscle mass loss following bariatric surgery: A systematic review and meta-analysis. Obes Rev. 2022 Jan;23(1):e13370. doi: 10.1111/obr.13370. Epub 2021 Oct 19. PMID: 34664391; PMCID: PMC9285034. Link

©2023 Bariatric Strength By Rami Aboumahadi

TOP REASONS TO CONSIDER WALKING

Lose weight and keep it off:
It's simple! Burn more calories than you take in and you will lose weight. With the exception of cross country skiing, running burns more calories per minute than any other cardiovascular exercise.

Helps you get better Zzzzs:
Studies have shown a link between running and better sleep.

Great for cardiovascular health:
It can help lower blood pressure, keep arteries elastic and strengthen the heart muscle.

Can help increase bone density:
Pssst. This can fend off osteoporosis.

Stress relief:
Studies have shown that running is effective in fighting stress and treating mild depression.

Free & Fun:
All you need is a good pair of running sneakers and you can start enjoying the changing scenery.

A great way to get social:
It's fun to run in a group!

Confidence:
Running is like a journey with obstacles and challenges. Once you complete it, you feel a great sense of accomplishment. Now imaging the immense pride that runners get when they cross the finish line!

©2023 Bariatric Strength By Rami Aboumahadi

PRE-WALK PREPARATIONS AND TIPS

- Wear appropriate walking sneakers. More tips on choosing the right sneakers on page 6.
- Always warm-up before starting your walk. Warm-up could be a brisk walk.
- Always check your heart rate throughout the exercise. Stop if you felt dizzy, light headed, weak, disoriented, rapid heartbeat, short of breath, impaired vision and seek help immediately.
- Use Vaseline wherever things rub. This will help prevent blisters and chafing.
- Walk facing the traffic. Never assume that drivers see you.
- Be safe. Don't blast your MP3 and blare out cars and other warning signs. Always be alert to your surroundings.
- Wear white / light colored cloths and reflectives if your walk at dawn, dusk, or at night.
- Take your ID with you.
- Proper nutrition will make the difference between belly aches and energy-boosted walk.
- If exercising outdoors, check the weather forecast and follow the below tips:

COLD WEATHER TIPS:

Insulation: Did you know that you can lose as much as 50% of the body heat through the head? The biggest concern for walkers in the cold is hypothermia, or too much heat loss. So always dress properly. A good rule-of-thumb to remember is this: Keep air IN and water OUT. A layer of trapped air close to the body will help keep the body warm. Where as water close to the body (like sweat) will conduct heat away from the body, thus causing rapid heat loss. Dress in the following layers: The first layer should be a thin layer of any material that would repel the sweat away from the body (synthetic materials like polypropylene is a good start.) Avoid cotton, as it would stay wet and trap sweat next to your skin, this would cause the body to accelerate heat loss. The next layer should be a fleece for insulation. You may also add a waterproof breathable outer layer depending on the forecast. Avoid heavy jackets as this would most likely cause the body to overheat. Finally, wear a hat that can cover your ears so heat loss is a minimum.

Protect hands and feet: Last thing you want to have on your cold-morning walk is frostbite. Wear thermal gloves and thick socks.

Check the weather forecast: Pay attention to the projected temperature and wind. It might be 20 degrees outside, but with 40 mph winds, it will feel like -20 degrees.

©2023 Bariatric Strength By Rami Aboumahadi

Don't forget sunscreen: You can get sunburned in winter just as fast as you would in summer. So remember to put on 15 SPF sunscreen (or higher) and don't forget lip balm with sunscreen protection.

HOT WEATHER TIPS:

Stay in when it's hot outside: Avoid training during the hottest time of the day (summer between 10:00 AM to 2:00 PM) Try walking in the morning if possible. It's cooler and less humid.

Dress light: Wear lightweight, sweat-wicking materials (synthetic materials like polypropylene) and stay away from cotton.

Pollution hurts: Avoid exercising in areas with high air pollution (next to highways, near industrial complexes, Ozone alert. etc.)

Stay hydrated: Insure that you are well hydrated before starting the exercise, 8oz. of water about 20 minutes before starting and 4 oz. every 15-30 minutes

Know the warning signs: Severe heat and dehydration can lead to Heat Exhaustion or Heat Stroke. Symptoms of Heat Exhaustion include muscle cramps, feeling dizzy, lightheaded, and nausea. Stop the activity immediately, cool down, and hydrate. Seek medical help if symptoms don't improve. Heat Stroke is a medical emergency (call 911 immediately.) Signs of Heat Stroke can include the above symptoms plus, increased body temperature, dry skin, change in behavior, severe headache, absence of sweat, rapid shallow breathing, seizure, and unconsciousness.

POST-WALK TIPS

- Like warming up, cooling down is an essential part of any walk. Proper cooling down can reduce muscle stiffness and soreness. Allow time to cool down. 5-8 minutes of slowing down is enough time to help gradually decrease the heart rate.
- Stretch, stretch, stretch. This will help you loosen up any tight muscles you may have. Allow 5-10 minutes of stretching time. See page 14 for more stretching techniques.
- Rehydrate well and replenish.

©2023 Bariatric Strength By Rami Aboumahadi

HOW TO CHOOSE THE RIGHT SNEAKERS

Shop for the activity you are pursuing:

Sneakers can vary in design from general everyday use (walking around) to sport-specific sneakers (like general running, trail running, track running, etc.) Pick the sneakers that will best suit your goal.

Go to specialty stores for expert advice:

Specialized athletic shoe stores have staff that is most knowledgeable about choosing the right sneakers for you.

Try to buy your sneakers at the end of the day:

Your feet are most swollen by the end of your day and that should be the time to try them on. This will insure your new shoes will fit you comfortably even at the worst time of the day.

Get both feet measured:

Your feet might be slightly different in size. You want the shoes to fit your bigger foot. Always try shoes on standing. This will insure the best fit on your feet since weight pressure causes the feet to slightly expand.

Allow extra space for your toes:

Cramped toes make for painful stride. Choose your running / walking sneakers about 1/2 to a full size bigger than your true size. This allows your toes amble space to be comfortable. It will also accommodate space needed for socks and feet swellings.

Take a walk:

Most shoe stores have plenty of space for customers to walk around and try their new sneakers before buying them. Go ahead and take them for a “test drive.” Walk, jog, jump around, and try them the way you are going to use them.

©2023 Bariatric Strength By Rami Aboumahadi

Tracking Your Walk

What is an Activity Tracker?

A wearable device or a computer application that records a person's daily physical activity, together with other data relating to their fitness or health, such as the number of steps, calories burned, heart rate, etc.

Wearing an activity tracker is a great motivator tool. Research results of a systematic review of 26 studies on activity tracker use showed that people who wore them increased their physical activity by 26.9% over baseline.

Benefits of Tracking Your Steps?

- **Establishing Baselines:** Helps set and monitor realistic activity goals over time.
- **Motivation:** Provides a boost to achieve daily step goals, giving a sense of accomplishment.
- **Promotes Accountability:** Wearing a tracker serves as a constant reminder to stay active.
- **Tangible Progress:** Offers concrete data, showcasing increased daily steps and progress.
- **Incorporates Movement:** Encourages everyday physical activities, like opting for stairs or longer walks.
- **Health Benefits:** Promotes cardiovascular health, mood elevation, weight management, and reduced disease risk.
- **Social Engagement:** Many trackers offer social challenges, adding a fun and competitive edge to walking.
- **Holistic Awareness:** Fosters a greater mindfulness of overall health and fitness habits.

  Improved Sleep: Achieving step goals can lead to better sleep quality.
- **Goal Setting:** Encourages setting and meeting incremental activity challenges.

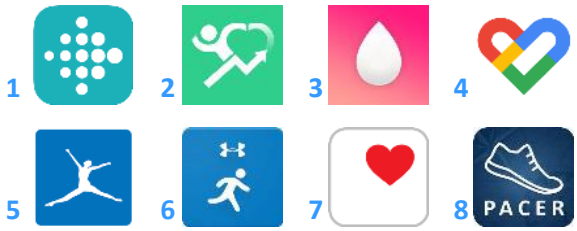
©2023 Bariatric Strength By Rami Aboumahadi

SO MANY OPTIONS!

They say a journey of a thousand miles starts with a single step. Lucky for you there are many options to help you measure how many steps are you taking daily.

Smart Phone Apps

(Cost: $)



1. Fitbit
2. Charity Miles
3. Sweat
4. Google Fit
5. My Fitness Pal
6. Map My Walk
7. Apple Health
8. Pacer

Pedometers

(Cost: $)

Wearable Activity Trackers

(Cost: $$)

Smart Watches

(Cost: $$$)

©2023 Bariatric Strength By Rami Aboumahadi

RECOMMENDED PRODUCT

Exercise Resistant Cables and Door Anchor

Benefits of using Resistance Cables:

- Inexpensive
- Light to travel
- Help with coordination
- Low impact on the joints
- Add variety
- Great for all fitness levels

©2023 Bariatric Strength By Rami Aboumahadi

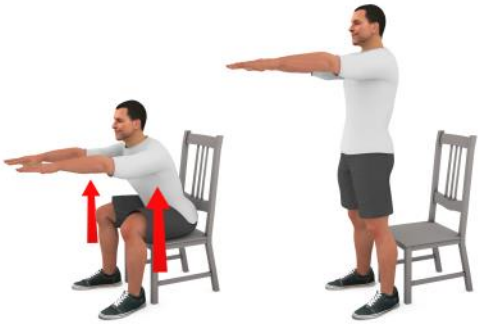
STRENGTH TRAINING

INSTRUCTIONS:

- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMIDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps

☐



Chair Squats

- Stand with feet hip-width apart
- Keep back straight throughout the exercise
- Squat down until hips barely touch seat

☐

Wall Push Up (or Modified Push Up)

- Stand about 3 feet from the wall
- Place hands slightly wider than shoulders at chest level
- Keep body straight. Lean forward until elbows are 90º

☐

Low Back Extension

- Tilt hips forward, keep back straight and chest up (place hands by head)
- Keep knees locked though out the exercise
- Lean forward until back is parallel to floor

©2023 Bariatric Strength By Rami Aboumahadi

STRENGTH TRAINING

INSTRUCTIONS:

- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMIDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

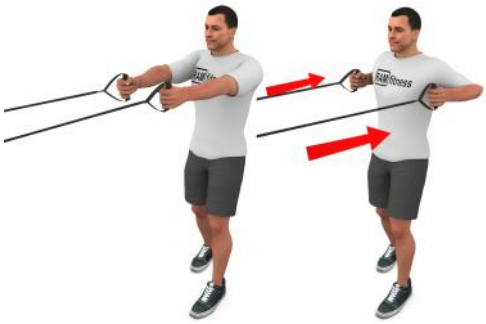
● 1-3 Sets ● 10-15 Reps ● Increase Resistance After 15 Reps

☐

Straight Arm Pulldown

- Anchor cable at high point (back of a door, wall hook, etc.)
- Keep back and arms straight throughout the exercise
- Pull down until arms slightly past back

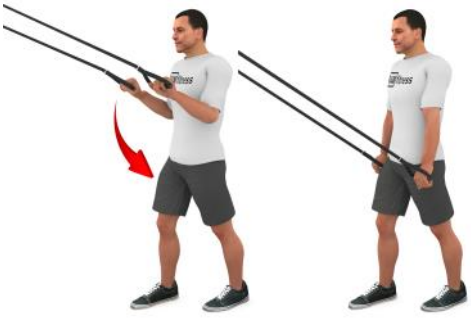
☐



Cable Rows

- Anchor cable at a chest-level point (ex. door knob)
- Keep back straight throughout the exercise
- Pull back as far as you can

☐



Triceps Pressdown

- Lock elbows by torso throughout the exercise
- Press cable down until arms fully extended
- Bring back to starting position

©2023 Bariatric Strength By Rami Aboumahadi

STRENGTH TRAINING

INSTRUCTIONS:

- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMIDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

• 1-3 Sets • 10-15 Reps • Increase Resistance After 15 Reps

☐

Bicep Curls

- Can be done seated or standing
- Lock elbows by your torso
- Curl arms up
- Return to fully-extended arm position

☐

Front Raise

- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands <u>in front of</u> body. Raise arms to shoulder level

☐

Lateral Raise

- Anchor cable under feet
- Keep back and arms straight throughout the exercise
- Keep hands <u>to the side</u> of body. Raise arms to shoulder level

©2023 Bariatric Strength By Rami Aboumahadi

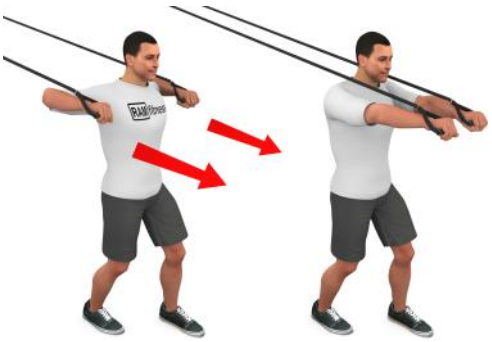
STRENGTH TRAINING

INSTRUCTIONS:

- Perform only the exercises selected by your trainer
- STOP THE EXERCISE IMMIDIATELY IF YOU FEELING DIZZY OR SHORT OF BREATH

● 1-3 Sets ● 10-15 Reps ● Increase Resistance After 15 Reps

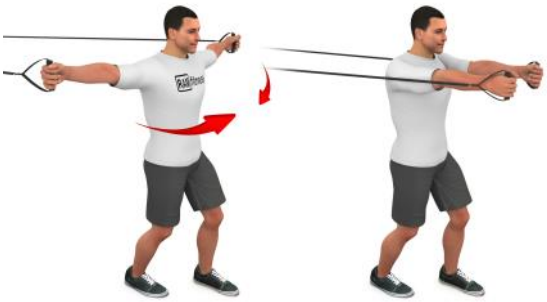
☐



Cable Chest Press

- Anchor cable to a hook or door knob
- Hold cable ends at shoulder level
- Keep back upright throughout the exercise
- Extend arms then return until elbows are 90°

☐



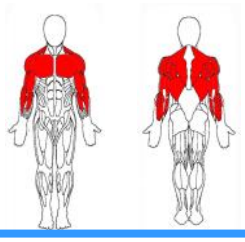
Cable Fly (on Ball or Bench)

- Anchor cable to wall hook or door knob
- Keep arms straight and opened at wide angel
- Keep back upright throughout the exercise
- Bring both arms together while holding cable ends

©2023 Bariatric Strength By Rami Aboumahadi

FLEXIBILITY TRAINING

UPPER BODY



NECK

SHOULDERS

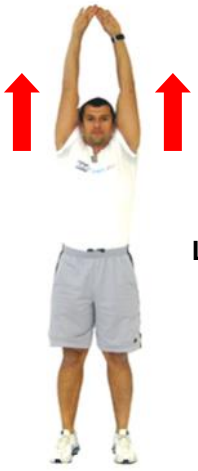
SHOULDERS & RHOMBOIDS

CHEST

SHOULDERS & CHEST

TRICEPS

BICEPS & FOREARMS



LATS

BACK & LATS

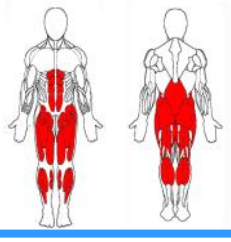
OBLIQUES

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

©2023 Bariatric Strength By Rami Aboumahadi

FLEXIBILITY TRAINING

LOWER BODY



ABDOMINAL

QUADRICEPS

CALVES

HAMSTRINGS & LOW BACK

GLUTEAL & ABDUCTORS

HAMSTRINGS & LOW BACK

GLUTEAL & ABDUCTORS

FULL BODY

CALVES, HAMSTRINGS & LOW BACK

GROIN & ADDUCTORS

GLUTEAL & LOW BACK

• Hold each stretch for 15-30 sec • Stretch slowly • Stop if you feel pain

©2023 Bariatric Strength By Rami Aboumahadi

Bariatric Strength By Rami Aboumahadi
Version 4. Revised August 23, 2023
Copyright © 2023 RAMFitness, LLC. All rights reserved.
No reproduction of any kind without authorization from author.
561-543-3753 RAMFITNESS.COM

facebook.com/RAMfitness
twitter.com/RAMfitness
linkedin.com/pub/rami-aboumahadi