

Rapid Fat Loss Blueprint



A 21 Day Road Map for Fat Loss

Rapid Fat Loss Blueprint! – A 21 Day Road Map for Fat Loss © SC Fitness
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MAKE A FULL COMMITMENT

Ask yourself if you are willing to take the time, if you have the dedication and if you are willing to put forth the effort to achieve the body you want. If you answer “no” to any of these questions, you need to re-evaluate your priorities and decide what you really want. These tools won’t help you without patience and dedication to achieving your goals. How important to you is being lean and healthy? Are you willing to make sacrifices and make the effort? If you answered yes, then you are on your way, and with the following tools, you will see your body transform before your eyes!

To be successful, you must commit to the following attributes:

- Effort
- Honesty
- Consistency
- Critical Thinking
- Enjoyment of the process

Have a powerful reason that you want to lose weight. Just saying I want to get healthy is not a powerful enough reason. Find an emotional reason why you want to lose weight so you can overcome obstacles when the going gets tough. Write down your reasons and revisit them on a daily basis.

Write down this statement 5 times beginning like this:

“I must lose body fat and become more physically fit, because if I don’t ...”

...and then come up with 5 different compelling, emotional reasons to complete the above statement. Write these down and read them out loud every day.

NO EXCUSES

As a fitness professional, I have heard every excuse in the book why someone chooses not to exercise: Not enough time, too busy, the gym is too crowded, the gym is too far away, I have other stuff to do, it's too hot outside, it's too cold outside, I forgot my sneakers, I don't have my workout clothes with me. And the list goes on and on. And you wonder why we're so fat and obese as a society.

I really have no patience for people who are overweight and who come up with excuse after excuse why they can't workout. You are fortunate that you have come across this book. With my training system, almost all of your excuses can be put to rest. You're going to find real workouts that will get you results in a matter of weeks.

I have designed a system that doesn't take a lot of time. You don't need to go to the gym, you don't need to have thousands of dollars worth of equipment in your home, you don't even need to drive anywhere to go for your workouts. More importantly, you don't have to invest hours at the gym.

What you do need is a lot of heart and desire. To be honest, these workouts are intense and challenging, but they get results in a short period of time.

Most people waste a lot of time in the gym. You may have noticed the same people walking on the treadmill for hours on end every day of the week. Has their body changed or do they still look the same from when you saw them last year? Or what about the person that ends each and every workout with hundreds of crunches and sit ups? Their belly is still hanging out as much as it did last year, or maybe even more!

And you've seen the gym goer who curls really heavy weights and lets out a big groan every time they do a bicep curl. Sure they may have nice arms, but lift up their shirt and you'll be alarmed.

You're going to learn how to train smart. This will cut hours of time off of your workout. You will be able to work at home, in a park, in your backyard, while on vacation...anywhere you wish. If it's a beautiful day outside, you can go to a park and do these workouts. Too cold or rainy, then stay inside and do them. If you have to travel on business or go on vacation, no problem. These workouts can be done in your hotel room.

You will not need any gym membership or personal trainer. You will not waste any time waiting for machines at a gym. You won't be buying any of those crazy abs gizmos you've been so tempted to buy when you watch late night television. You can do these workouts by yourself or with a partner or group. You will be challenging your body in ways you never thought possible, but you will be seeing

some incredible results.

This system was designed with you in mind. As long as you are willing to give 100% effort each and every day, you are going to see some amazing results.

Your mindset and support system will be two very important key elements to your success. These will be just as important as your workouts and your nutrition. You're going to be faced with obstacles and roadblocks every day. How are you going to overcome them?

Here are a couple of my favorite quotes, write them down and put them somewhere you can see them every day:

"The difference between the impossible and the possible lies in a person's determination." **Tommy Lasorda**

"Every worthwhile accomplishment, big or little, has its stages of drudgery and triumph; a beginning, a struggle and a victory." **Ghandi**

VISUALIZE YOUR BODY

The daily practice of visualizing your ideal body as already complete can rapidly accelerate your achievement of your ideal body.

It's easy to do. Sit in a comfortable position, close your eyes, and imagine – in as vivid detail as you can – what it would be looking like if you were already living in your ideal body. Imagine being inside of yourself, looking out through your eyes at the ideal result.

You can use this technique to achieve your ideal body quicker. Twice a day, close your eyes, and visualize yourself with the body you want. Imagine living an entire day with your ideal body. How do you spend your day, who do you see, what do you feel like, what activities do you perform, what is it like to live a day in your ideal body? Use your five senses as you imagine it. Use your imagination; picture it, the more real you picture it, the more belief you will build, and the sooner it will materialize. Get creative, stretch your mind, and design a day in the life you have always dreamed of living!

Eventually you will notice that you are eating healthier foods, eating smaller amounts, drinking more water and exercising more. You will notice articles in newspapers that will support your new healthier body. You will draw into your life people and resources that will help you realize your ideal weight.

Perform these visualization techniques twice a day – once in the morning, right after you first wake up. And once before going to bed at night.

21 DAY FAT LOSS DIET

I want to begin this section by sharing with you a concept that you must understand. If you are really going to finally take control of your body, and the amount of muscle you have and the amount of fat that you have on your body, then you must understand this concept. And this concept is metabolism.

You can control your metabolism.

Let's use this simple definition of metabolism. Metabolism means the speed which your body burns through food. Simple enough, right? Then to speed up your metabolism (which will allow you to burn more calories), it is important that you fuel your body with food frequently throughout the day.

Eating frequently throughout the day will speed up your metabolism. That's why you often hear that to lose weight you should eat 5-6 meals a day and eat about every 2-3 hours or so. Understanding this and believing this are vital.

You are going to eat at least 5 meals a day. Even if you want to lose weight, you are going to eat 5 meals a day. It might not completely make sense to you yet, but as you begin to understand metabolism, and as you begin getting the results that you want, your comfort level with eating this many meals will increase.

Nutrition experts recommend eating healthy, high fiber and low sugar foods such as lean protein (lean beef, chicken, fish and whey protein), vegetables (broccoli, peppers, and greens), fruit (strawberries, blueberries), nuts (almonds, cashews and walnuts) and whole grains (oatmeal and multigrain bread).

Here are 6 nutrition principles that will serve you well throughout your journey. Follow these guidelines, and you will become leaner than 95% of the population.

1) Eat something every 2-3 hours that you are awake.

Basically you're going to eat whenever you are truly hungry. Hunger is the best indication of when you need to nourish your body and will help control over eating and not eating enough. Aim to eat only when you are truly hungry and stop eating when you are satisfied. This generally works out to 3 larger meals alternating with 2-3 smaller snacks throughout the day. This will help keep you full and satisfied and will reduce the likelihood of binge eating at the end of the day. This is one of the best principles you can follow to blast fat and build sexy, lean muscle.

2) Don't Count Your Calories

That's right. I said don't count your calories. You see, losing fat is simple math. You must burn more calories than you take in. But counting calories is not enjoyable and is usually inaccurate anyway. If you eat the 12 belly fat stripping foods below along with their many side-kicks, you will remain full and satisfied all day long. Having said that, it's always a good idea to be aware of your portion sizes. So limit your meals to no bigger than your dinner plate, especially at the beginning, and make sure you get 2-3 of these top 12 foods in every meal.

3) Don't Drink Your Calories

A lot of people neglect to factor in calories from drinks when they are trying to manage their calories. Alcohol can have a serious affect on your fat loss efforts. Alcohol helps your body burn less fat and makes you store more of the fat that you eat. There is nothing nutritious about alcohol either and drinking usually leads to poor food choices and sometimes binge eating. If you must have alcohol, a glass of red wine 1-2 nights per week is your best choice.

4) Eat Breakfast Every Day

Studies have consistently shown that making breakfast a daily habit will help you lose weight and keep it off. People skip breakfast thinking they're cutting calories, but by mid-morning and lunch, that person is starved. Breakfast skippers replace calories during the day with mindless nibbling, binging at lunch and dinner. They set themselves up for failure. Eating breakfast also jump starts your metabolism for the day. When you don't eat breakfast, you're actually fasting for 15 to 20 hours, so you're not producing the enzymes needed to metabolize fat to lose weight.

5) For One Meal a Week, Eat Your Favorite Foods.

You shouldn't be deprived of your favorite foods. So you actually get to cheat on your diet. I like to think of it as a reward meal. A reward for eating healthy the entire week. So pick one meal at the end of the week to eat anything you want. Pizza, ice-cream, hot wings, chocolate, wine....anything goes at this meal.

6) Eat Primarily Single Ingredient Foods

Nowadays, food manufacturers process a lot of foods. The result – they strip out the nutrients, are not very healthy and they taste much better, causing you to buy them again and again. You need to start paying closer attention to food labels.

For example, let's look at cereal. Is cereal healthy to eat? I used to think so. I mean, a lot of cereals are promoted to be heart healthy and lowers blood pressure and cholesterol and other claims.

But take a closer look at the ingredients in a box of cereal.

I have a box of Smart Start Healthy Heart Cinnamon Raisin cereal in front of me (left over from when I used to eat cereal).

Here is the ingredient list (put your feet up and get comfortable – this will take awhile):

Oat Bran, Sugar, Rice, Raisins, High Fructose Corn Syrup, Glycerin, Dextrose, Malt Flavor, Potassium Chloride, Salt, Cinnamon, Coconut and Palm Kernel Oil, Baking Soda, Ascorbic Acid, Niacinamide, Zinc Oxide, Wheat Starch, Calcium Pantothenate, Reduced Iron, Pyridoxine Hydrochloride, Riboflavin, Thiamin Hydrochloride.

Sorry if I misspelled any words. It's hard to type words you can't pronounce.

Now here are the ingredients from my carton of eggs, er...should I say ingredient.

There's only 1 ingredient and it's eggs!

Eggs are the kind of single ingredient food that you should be nourishing your body with and I've got a whole list of the best foods to strip away belly fat that I'll share with you in a bit.

The most important part of your 21 days is going to be how close you stick to your nutrition plan. This will make or break you. As an exercise expert, it's hard for me to say this, but nutrition is going to be the most important component of this 21 days.

If you train hard, but eat junk, you're not going to see the results you want. Remember the old saying, "you are what you eat." That saying actually rings very true.

THE TOP 12 FOODS TO STRIP AWAY BELLY FAT

Here are my top 12 foods to strip away belly fat. Some of these foods have side-kicks that are also great. Walnuts are a great side-kick to almonds, strawberries are a great side-kick to blueberries, etc.

1) Almonds

Great for building muscle and fighting off cravings and hunger, almonds are one of your best choices of nut. Almonds are high in protein and monounsaturated fat (which is a good type of fat for your body). And a handful of almonds gets you about half of your daily requirement of vitamin E and even some calcium. Almonds also contain magnesium which is important for muscle building. You can eat about 1-2 handfuls a day which will do a great job at suppressing your appetite.

2) Black Beans

Great for building muscle, burning fat, regulating digestion, controlling hunger. Black beans are a good source of protein, fiber and iron. They are also a rich source of antioxidants. In a recent research study in the Journal of Agriculture and Food Chemistry, black beans were found to have more antioxidant activity, gram for gram, than any other type of bean.

3) Spinach

These are great for fortifying nutrient stores and fighting obesity. Spinach is rich in vitamin A, vitamin C, vitamin E, vitamin K, magnesium and several vital antioxidants. It is also a great source of folic acid which helps protect against heart disease, stroke and colon cancer.

4) Blueberries

Blueberries are loaded with soluble fiber that helps you feel full longer. They are one of the most antioxidant rich foods out there. Blueberries are super fruits, high in antioxidants including vitamins C and A. They also offer 3.5 grams of fiber per cup.

5) Oatmeal

Oatmeal is very low in fat and is a great source of water-soluble fibers, an integral part of a fat loss plan that helps make you feel full over a long period of

time. Oatmeal is also free of both sodium and cholesterol and also keeps your blood sugar levels steady.

6) Eggs

Eggs are packed with a variety of nutrients including protein, zinc, iron and vitamins A, D, E and B12. Research has shown that eating eggs helps reduce the loss of lean tissue, promotes the loss of body fat and stabilizes blood glucose levels.

7) Sweet Potatoes

Sweet potatoes are one of the most nutritious foods there are. It is rich in dietary fiber, complex carbohydrates, protein, vitamins A and C, iron and calcium. The numbers for the nutritional sweet potato speak for themselves: almost twice the recommended daily allowance of vitamin A, 42 percent of the recommendation for vitamin C, four times the RDA for beta carotene, and, when eaten with the skin, sweet potatoes have more fiber than oatmeal. All these benefits with only about 130 to 160 calories! Among root vegetables, sweet potatoes offer the lowest glycemic index rating. That's because the sweet potato digests slowly, causing a gradual rise in blood sugar so you feel satisfied longer.

8) Natural Peanut Butter (almond and cashew butter are also good choices)

Peanut butter is packed with heart healthy monounsaturated fats and helps build muscle while burning fat. It is high in calories, so don't overeat it. Limit yourself to 2-3 tablespoons daily.

9) Olive Oil and Coconut Oil

Olive oil controls cravings so it helps you eat less. It will help you burn fat while keeping your cholesterol in check. A tablespoon or two on your salads instead of dressing is a great choice! Coconut oil is good to cook with and is a good source of saturated fats. Coconut milk is also good for smoothies.

10) Lean Turkey

Lean turkey helps build muscle and boosts your immune system. Protein takes longer than carbohydrates to digest, so they require more energy and more protein you eat, the more calories you burn. Turkey is packed with niacin and vitamin B6. If you buy ground turkey, make sure it says ground turkey *breast* on the package. This is the leanest type of ground turkey.

11) Whey Protein (I prefer the protein from Prograde Nutrition:
<http://www.TryProgradeNutrition.com>

Whey protein is a high quality protein that contains essential amino acids that builds muscle and burns fat. Putting some in with your post-workout smoothie with some non-fat milk, a banana, and some peanut butter will accelerate your fat loss results.

12) Low Fat, Low Sugar Yogurt or Greek Yogurt (I prefer Greek yogurt)

Dairy is great for making your bones stronger and it helps speed up the weight loss process. A recent study in the International Journal of Obesity showed that adding yogurt to your diet may rev of your body's fat burning engines, speed weight loss and trim your tummy.

SAMPLE EATING SCHEDULE

OK so what does your day of eating look like?

You already know that you should be eating every 2-3 hours which means that you will be eating 5-6 small meals per day. A well planned schedule will help achieve this goal. A sample schedule would include:

7:00 am breakfast
10:00 am small morning snack
1:00 pm lunch
4:00 pm small afternoon snack
7:00 pm dinner
10:00 pm small evening snack (optional depending on when you go to bed)

But How Much Do I Eat?

Remember one of the 6 guideline towards the beginning of this chapter was to *not* count your calories. The reason you won't need to count your calories on this plan is because if your diet is main up of primarily the foods listed above, then your blood sugar will remain balanced throughout the day and there is very little chance that you will crave any food and you will stay satisfied throughout the day.

In addition, these foods are high in fiber and protein, so they will fill you up and keep you feeling full for hours. Your body will tell you when it's time to eat and when it's time to stop. Just eat when you are genuinely hungry and stop when you feel satisfied.

Plus counting calories is not that fun and just provides an estimate anyway.

However if you do want to count your calories, this is an estimate to figure out how much you should be eating.

Example of how to estimate how many Calories you should be eating:

Let's try an example of a woman who weighs 140 pounds.

- The first step you need to take is to calculate your energy needs (Calories) by calculating your daily energy expenditure.
- Multiply your bodyweight (in pounds) by 11: $140 \times 11 = 1540$ Calories
- Next, choose the correct exercise level and multiply the Calorie number determined above by the percentage associated with the exercise level.
 - 20% for no exercise
 - 25% for light exercise every day
 - 30% for moderate exercise every day
 - 35% for very intense exercise 3 or 4 days a week
- In this example, the individual exercises moderately every day, so 30% is used. Therefore the physical activity energy expenditure would be $1540 \times 0.30 = 462$ Calories

Note: In this 21 Day Road Map to Fat Loss, you will be exercising intensely so choose 35%.

- Add this number to the original number to get total energy expenditure. $1540 + 462 = 2,002$. This woman needs to eat 2,002 calories to maintain her bodyweight.
- Use www.fitday.com or www.calorieking.com to track your food intake and your Calories.
- For fat loss, adjust the total energy expenditure by 80% (reduce it by 20%) to get a 20% calorie deficit.
 $= 2,002 \times 0.8$
 $= 1602$ Calories per day is the total calorie goal for fat loss for this woman.

This woman would eat 1602 Calories a day for fat loss. This woman would then use www.fitday.com or www.calorieking.com to track her Calorie intake.

SAMPLE MEALS

Here are some sample meals to get you started.

The following meals are for educational purposes and are for a 140 pound female who exercises moderately every day.

Again, I don't like to count calories and I don't think you need to either. Control your portions, eat the foods according to the guidelines and you will do just fine. If you are losing weight and starting to get your abs flat and toned like you want, you can cut back on your portion sizes by 10-20%.

You should begin your day with 2 big glasses of water.

Breakfast:

Make sure you get some lean protein, fruits and/or vegetables and a small amount of healthy fat in your meal.

Drink 2 glasses of water

Consider one of the following meals:

Green smoothie with whey protein, coconut milk, 1 cup spinach, ½ cup blueberries, ½ cup strawberries, banana

Whey protein shake with banana, coconut milk, and 2 whole eggs

2 whole eggs, raspberries, ½ oz walnuts

2 “Omega-3” eggs, 1 orange, ½ cup low fat cottage cheese

Whey protein shake with coconut milk, apple with almond butter

3 chicken sausage links, orange, cup of spinach

Midmorning Snack:

Drink 2 glasses of water during the morning

Consider one of the following meals:

½ oz almonds or walnuts and some raspberries

½ oz pecans and a whey protein shake

baby carrots, 1 cup of strawberries and a hard boiled egg

Canned tuna and an apple

Apple with a tablespoon of almond or cashew butter

1 cup Greek yogurt with strawberries

Lunch:

Make sure you get some whole grains and/or vegetables, lean protein and a small amount of healthy fat in your meal.

Drink 2 glasses of water with lunch

Consider one of the following meals

chicken breast (size of a deck of cards), garden salad with extra-virgin olive oil, handful cashews

salmon (size of a checkbook), spinach salad with extra virgin olive oil, 1 cup Greek yogurt

turkey cutlet (size of a deck of cards), small sweet potato, spinach salad with extra-virgin olive oil

tuna (size of a deck of cards), 1 piece whole grain bread, 1 apple

lean ground turkey breast (size of a deck of cards), garden salad with extra virgin olive oil

1 cup low-fat cottage cheese, blueberries, garden salad, tomatoes with extra-virgin olive oil

2 tbsp peanut butter on multi-grain bread, strawberries, whey protein shake

Mid-afternoon Snack or Pre-workout:

Drink 2 glasses of water in the afternoon

Consider one of the following meals:

Whey protein shake and blueberries
Protein bar and raspberries
Greek yogurt and an apple

Workout Nutrition:

You want to stay hydrated while working out. Drink a cup of water every 10-15 minutes during your workout

Post-workout nutrition:

Make sure to have a small carbohydrate and protein drink after training to assist your muscle building efforts.

Aim for about 20 grams of protein and 20-40 grams of carbohydrates. I use the Recovery drink from Prograde Nutrition called Workout at

<http://www.TryProgradeNutrition.com>

Consider the one of the following:

Recovery protein shake and banana
Whole wheat bread and 2 tbsp peanut butter
1 cup yogurt and strawberries

Dinner:

Make sure you get some whole grains and/or vegetables, lean protein and a small amount of healthy fat in your meal.

Drink 2 glasses of water with dinner

Consider one of the following meals:

lean steak (size of a deck of cards), broccoli, salad with extra-virgin olive oil
chicken breast (size of a deck of cards), mixed vegetables
salmon (size of a checkbook), broccoli, salad
tuna steak (size of a deck of cards), salad

You can choose one of the options from the lunch menu

Before bed snack:

Optional, depending on when you go to bed, consider one of the following:

½ cup low-fat cottage cheese
½ cup Greek yogurt and handful cashews

YOUR ENEMIES

For best results, eliminate these as much as possible

High Fructose Corn Syrup (Boosts Your Hunger)

- Average American consumes 62 pounds of high fructose corn syrup a year (equates to 228 extra calories/day)
- High Fructose Corn Syrup is sweeter than sugar
- It is found in products like ketchup, pasta sauce, and crackers
- When you consume it, insulin isn't released, leaving you hungry
- Check food labels. If high fructose corn syrup is first or second on the ingredient list, check to see how much sugar is in the food. If over the sugar content is over 8 grams, skip the food.

Trans Fats (Hardens your arteries)

- Increases the amount of bad cholesterol in your body
- Linked to increased risk of heart disease, diabetes and a weakened immune system
- It is created by combining vegetable oil (a liquid) and hydrogen to create **partially hydrogenated oil**. Turns into a solid at room temperature. Think Crisco or margarine. Do you want that sitting in your stomach? YUCK!
- This fat is a solid. Once it gets into your body, you have a waxy buildup of fat solids in your circulatory system, leading to possible heart disease and stroke.
- Check the ingredient list on a food item for "hydrogenated" or "partially hydrogenated." This signals a trans fat in the food. The higher these ingredients are on the label, the more trans fats they contain (note: peanut butter contains trace amounts).

Some Saturated Fats (Expands Your Belly)

- Saturated fats sink to your stomach and saturate your organs with soft little globs of putty.
- Your body likes to save your saturated fats for energy for later use. And it saves these fats in your tummy.
- Saturated fats raise your cholesterol levels and increase your risk of heart diseases and some types of cancer.
- Saturated fats are found in fatty red meats and high fat dairy products.
- Limit these as much as possible.

Refined Carbohydrates (Saps Your Energy)

- Examples: white sugar, white bread, bagels, waffles, etc.w.
- Eating these spike blood sugar, and then a letdown as insulin stores the blood sugar and your body begs for more.

LOSE FAT FASTER WITH THIS ONE ADVANCED STRATEGY

So are you interested in losing fat even faster, and getting your abs even leaner?

I thought so. :)

If you notice, you won't be eating any sweets, breads, cereals, or pastas for 21 days.

I find that you can get a really good jumpstart on your fat loss efforts if you eliminate these for 21 days.

A lot of people are intolerant to wheat and eliminating these all together will sometimes get you amazing results.

And of course, we eliminate sugary foods because excess sugar gets stored in your body as fat.

After the 21 days is up, you can slowly introduce these carbohydrates in your diet:

Brown Rice
Barley
Millet
Quinoa
Oatmeal
Rye Spelt
Sweet Potatoes
Beans (all varieties)

Note: when I eat bread, or cereal, I prefer Ezekiel, found at <http://www.foodforlife.com>

If you do eat complex carbs during the 21 days, it's best that you eat them right after your workout

21 DAY ROAD MAP FOR FAT LOSS

The descriptions of the workouts along with exercise pictures are below this 21 day plan

Day 1: Perform Weight Based Interval Training Workout A found in this manual. Make sure you start today and every day with a healthy breakfast containing some proteins, fruit and/or vegetables. Don't drink your calories starting today. Avoid alcohol, sodas and juices for the next 3 weeks and replace them with water and unsweetened tea. Measure your waist and hips with a tape measure. Take a picture of yourself from the front and side. If you are going to track your calories, calculate how many calories you should be eating according to the formula.

Day 2: Perform Interval Workout #1 from this manual. If you are tracking your calories (remember, you don't have to), start tracking your calories on www.calorieking.com or www.fitday.com. Clean out your cupboards and get rid of all boxed and bagged foods (these are processed and contain trans and saturated fats).

Day 3: Perform Weight Based Interval Training Workout B found in this manual. Recruit a support partner and set some specific, measurable goals. Write these down. If a genie popped out of a bottle and granted you 3 wishes in terms of health and fitness, what would you wish for? Close your eyes and visualize yourself having reached your goals. Do this before you go to bed and first thing after waking up. Read your goals aloud twice a day.

Day 4: Perform Interval Workout #1 from this manual. Make sure you are eating every 3 hours which will be 5-6 small meals a day. Eliminate all sources of trans fats (hydrogenated oils) and simple sugars in your diet.

Day 5: Perform Weight Based Interval Training Workout C found in this manual. Make sure you are eating meals according to the meal plan. Eliminate all fast foods and continue to log in your foods at www.calorieking.com or www.fitday.com.

Day 6: Perform Interval Workout #1 from this manual. Check in with your support partner so you can report to each other how you are doing on your program. Reward yourself for your hard work with one reward meal where you can eat anything you want.

Day 7: Day of rest. Make sure you complete your food log for the week. Continue visualizing having reached your goals every night before bed and first thing every morning after you wake up. Make a grocery list and go to the grocery store to get all of the foods you will need for the week.

Day 8: Perform Weight Based Interval Training Workout A found in this manual. Make sure you are drinking ten 8 ounce glasses of water a day. Read over the goals that you wrote down (your 3 wishes). Are you doing everything you can to achieve these goals? Have you been committed this first week, or are you just putting in half effort? Be honest and ask yourself what more you can be doing.

Day 9: Perform Interval Workout #2 from this manual.. Add a new vegetable to your dinner such as broccoli or steamed asparagus. Continue tracking your calories at www.calorieking.com and logging meals at www.fitday.com.

Day 10: Perform Weight Based Interval Training Workout B found in this manual. If you aren't already eating it, try having eggs for breakfast. Check to make sure you are getting between 25-35 grams of fiber in your diet. If not, eat more vegetables.

Day 11: Perform Interval Workout #2 from this manual. Continue to visualize the new you every night before you go to bed and first think upon waking.

Day 12: Perform Weight Based Interval Training Workout C found in this manual. Check in with your support partner to help each other stick to your goals.

Day 13: Perform Interval Workout #2 from this manual. Make sure you have logged in all foods for the week and continue to track your calories. By this time you should notice a difference in how you look and feel. You should have more energy. Reward yourself with one reward meal today where you eat anything you want.

Day 14: Day of rest. Make sure you complete your food log for the week. Continue visualizing having reached your goals every night before bed and first thing every morning after you wake up. Make a grocery list and go to the grocery store to get all of the foods you will need for the week.

Day 15: Perform Weight Based Interval Training Workout A found in this manual. This is your last week of the 21 day fat loss plan. Read over the goals that you wrote down (your 3 wishes). Are you doing everything you can to achieve these goals? Have you been committed the first 2 weeks, or are you just putting in half effort? Be honest and ask yourself what more you can be doing.

Day 16: : Perform Interval Workout #3 from this manual. Continue drinking ten 8 ounce glasses of water a day. Make sure you are eating no simple sugars, no trans fats, no white flour products and no foods with high fructose corn syrup. Minimize your saturated fats.

Day 17: Perform Weight Based Interval Training Workout B found in this manual. Check in with your support partner to keep each other motivated. If you have been eating whole eggs, switch to egg whites for a day, just to change things up. Try one new vegetable and one new fruit today.

Day 18: : Perform Interval Workout #3 from this manual. Evaluate how far you've come so far. Are you performing each and every one of your assigned workouts or are you the type to let excuses get in the way (too tired, too many social activities, etc)? If you performed each workout so far, you should notice an improvement in fitness, strength and energy levels.

Day 19: Perform Weight Based Interval Training Workout C from this manual. Continue to track your calories with www.calorieking.com and log your foods with www.fitday.com or hand write them in a journal.

Day 20: : Perform Interval Workout #3 from this manual. Continue visualizing how you will look and feel after you reach all of your goals. Check in with your support partner and see how each of you did on the program. Reward yourself with all of your hard work with one reward meal.

Day 21: Congratulations! This is the last day of the 21 day fat loss plan, but **but don't stop now! You've made great progress.** Take measurements of your hips and waist and take pictures from the front and side. How did you do? Were you committed and focused throughout the 21 days or did you give in to temptations and eat poorly and skip workouts? Be honest with your evaluation. Did you give 100% effort? 75%? 50%? If you put in 100% effort you should notice positive changes in your body.

Make a grocery list and plan to go grocery shopping for the upcoming week. You can add the complex carbs to your diet that we listed earlier in this manual. Great job!

INTERVAL TRAINING

Interval training is a type of cardiovascular training that is excellent for getting your abs nice and flat, lean and sexy.

Interval training consists of short bouts of high intensity exercise followed by longer bouts of low to moderate intensity. The key to interval training is making your short bouts of exercise intense enough so that you get into your anaerobic threshold. Anaerobic means you are exercising without oxygen.

Studies have shown that when you perform high intensity interval training, your metabolism remains elevated and you continue to burn calories for up to 24-48 hours after the workout has ended.

In contrast, aerobic means with oxygen. Aerobic exercise is classified as low to moderate intensity activities, performed for extended periods. Walking for an hour is a great example of aerobic exercise.

During aerobic exercise, you burn calories while doing the workout, but after the exercise session is over, you stop burning calories.

So high intensity interval training is the preferred method of cardiovascular conditioning in order to get flat, sexy abs as quickly as possible. Plus your workout sessions are much shorter than traditional aerobic workouts.

You can determine if you are in your anaerobic threshold by monitoring your heart rate, your perceived exertion or breathing. If you are monitoring your heart rate, your anaerobic zone is defined as 80-90% of your maximal heart rate.

One way to determine if you are in the anaerobic zone is to monitor your heart rate. To do this, you need to calculate your maximal heart rate.

Calculating Heart Rate

Maximal heart rate is the highest possible heart rate that you can achieve. Once you calculate your maximal heart rate, you can determine how to stay in your anaerobic zone.

The quickest way to calculate your maximal heart rate is you use the age predicted formula. This provides only an estimate, but is quick and easy to calculate. Just take your age and subtract it from 226. For men, it's 220-age.

So as an example, a 30 year old woman would have a maximal heart rate of 190. To calculate her anaerobic zone, just multiply 190 by 0.8 and 0.9 (this will represent 80-90% of her maximal heart rate). So if the 30 year old woman

wanted to train in her anaerobic zone, she would want to keep her heart rate between 152 and 171 beats per minute

There is a variation in calculating your maximal heart rate. It still uses your age, but has a different formula. This formula is for individuals who train three or more days per week, which is you.

In this formula, your maximal heart rate is $211 - (\text{age}/2)$. The 30 year old woman in our example would have a maximal heart rate of 196.

There are actually other formulas out there to calculate maximal heart rate. You're probably wondering which one you should use? Well either of these two formulas provide a fast and easy way to calculate your maximal heart rate, but they are both just an estimate. In addition, not everyone owns a heart rate monitor.

Rating of Perceived Exertion

What I generally use is a rating of perceived exertion scale. This is a subjective scale of how hard you are working during your exercise session. The rating of perceived exertion uses a scale of 1 to 10.

Here is the scale and the association perceived level of exertion. I like to use this scale when I'm training.

Level 1: I'm watching TV and eating bonbons (obviously you're not exercising very hard)

Level 2: I'm comfortable and could maintain this pace all day long

Level 3: I'm still comfortable but breathing a bit harder

Level 4: I'm sweating a little but feel good and can carry on a conversation

Level 5: I'm just above comfortable, am sweating more and can still talk easily

Level 6: I can still talk, but am breathless

Level 7: I can still talk, but I don't really want to. I am sweating like a pig

Level 8: I can grunt in response and can only keep up this pace for a short time period

Level 9: I feel like I am probably going to die.

Level 10: I feel like I am almost dead.

An example of an interval training routine using this scale would be:

Warm up for 5 minutes at a level 4-5

Perform 1 minute of cardio exercise (like running) at a level 8-9

Recover at a moderate intensity at a level 5-6 for 2 minutes

Alternate between the high intensity and moderate intensity for 3 rounds.

Cool down at a level 3 for 5 minutes

Sprint Training

Sprint training is a little different than interval training. Interval training will help you develop sustained anaerobic endurance. Sprint training consists of really short bouts of explosive power. Think of a sprinter running 100 meters as fast as he or she can. The fastest athletes in the world run that in under 10 seconds. So during sprint training you are at a level 10 on the perceived exertion scale, but you only have to maintain this for a few seconds.

Often my sprint training routines will consist of sprinting 100 meters, walking 100 meters (back to the start), and I'll do this about 6-7 times.

Tabata Intervals

Tabata Intervals are another type of interval training that I love to incorporate into my workouts. Strapped for time? Try a quick 4 minute Tabata Interval circuit. The name Tabata Interval comes from a Japanese researcher, Dr. Izumi Tabata. He and his research team tested athletes using an interval protocol of maximum intensity exercise of 20 seconds followed by 10 seconds of rest. This interval cycle was repeated 8 straight rounds for a total of 4-minutes.

After 6 weeks of training like this, the athletes significantly improved both anaerobic and aerobic energy systems. This type of exercise is good for fat loss as well, as Tabata Intervals raise your metabolic rate allowing you to burn fat all day long.

You can do various forms of exercises when performing Tabata Intervals. An example is running for 20 seconds, resting for 10 seconds, and doing 8 straight rounds of that.

*****In the interval workouts below, please use the Rating of Perceived Exertion scale above to determine what level you are exercising at.*****

Interval Workout #1

Warm up for 5 minutes at a level 4-5

Perform 1 minute of cardio exercise (like running) at a level 8-9

Recover at a moderate intensity at a level 5-6 for 2 minutes

Alternate between the high intensity and moderate intensity for 3 rounds.

Cool down at a level 3 for 5 minutes

Interval Workout #2

Warm up for 5 minutes at a level 4-5

Perform 1 minute of cardio exercise (like running) at a level 8-9

Recover at a moderate intensity at a level 5-6 for 2 minutes

Alternate between the high intensity and moderate intensity for 4 rounds.

Cool down at a level 3 for 5 minutes

Interval Workout #3

Warm up for 5 minutes at a level 4-5

Perform 1 minute of cardio exercise (like running) at a level 8-9

Recover at a moderate intensity at a level 5-6 for 90 seconds

Alternate between the high intensity and moderate intensity for 5 rounds.

Cool down at a level 3 for 5 minutes

WEIGHT BASED INTERVAL TRAINING

Research has shown that you can burn up to 10 times more fat by performing weight based interval training versus traditional training. This is achieved by combining your weight training with cardio workouts. We are going to achieve this by performing challenging full body bodyweight strengthening exercises (our weight training) with high intensity bodyweight conditioning exercises for a cardio effect.

You should begin each Weight Based Interval training session with this warm up circuit.

Warm Up Circuit:

Push Ups x 8

Squats x 12

Spiderman Climbs x 10 total

Jumping Jacks x 20

2 rounds

Note: the bodyweight rows in the workouts below are performed using a piece of equipment called **The Jungle Gym** at www.lifelineusa.com. You will be using this to do bodyweight rows which will help you get nice looking arms and a strong, lean back.

If you do not want to purchase a Jungle Gym, then you can use a long towel. Or, alternatively, you can perform resistance band rows instead.

Pictures of the exercises can be found below the workout descriptions.

Weight Based Interval Training Workout A

Bodyweight Row Narrow Grip x 20 (or Resistance Band Rows x 30)
Squat Thrusts x 20 (beginners can use 30 jumping jacks)
Push Ups x 20
Step Jumps x 20 (beginners can do 20 step ups each leg)
Dips x 20
Squat Jumps x 20 (or 30 squats if you are a beginner)

Go through these exercises in order. After you complete each exercise, that is one round.

Beginners, perform 3 rounds of this circuit as quickly as possible (or 20 minutes) whichever comes first

Advanced, perform 4 rounds of this circuit as quickly as possible (or 20 minutes), whichever comes first. Rest as needed.

Weight Based Interval Training Workout B

Bodyweight Row Wide Grip x 20 (or Resistance Band Rows x 30)
Jumping Lunges x 20 (total) (beginners can do 20 regular lunges)
Lizard Crawl Push Ups x 20 (beginners do 20 knees on ground push ups)
Step Ups x 20 each leg
T-Stabilization x 20 total
Mountain Jumpers x 20

Go through these exercises in order. After you complete each exercise, that is one round.

Beginners, perform 3 rounds of this circuit as quickly as possible (or 20 minutes) whichever comes first

Advanced, perform 4 rounds of this circuit as quickly as possible (or 20 minutes), whichever comes first. Rest as needed.

Weight Based Interval Training Workout C

Bodyweight Row Underhand Grip x 20 (or Resistance Band Rows x 30)
Walking Lunge x 20 total (advanced can hold a pair of dumbbells)
Close Grip Push Up x 20
Squat Jump x 20 (beginners can perform 30 squats if jumping too difficult)
Grasshoppers x 20 total
Jump Rope x 100

Go through these exercises in order. After you complete each exercise, that is one round.

Beginners, perform 3 rounds of this circuit as quickly as possible (or 20 minutes) whichever comes first

Advanced, perform 4 rounds of this circuit as quickly as possible (or 20 minutes), whichever comes first. Rest as needed.

EXERCISE PICTURES AND DESCRIPTIONS

Squats: With your feet about shoulder width apart and your arms crossed in front of your chest, drive your hips back and while keeping your weight over your heels, lower yourself as far as you can go while still maintaining a straight back. Return to the start.



Squat Jumps - Going down into a squat, explode up and jump as high as you can, swinging your arms back. Land into a squat and repeat.



Jumping Lunges - Get into a lunge position with your left foot out front, explode upwards so both feet are off the ground and land into lunge position with your right foot out in front. Keep alternating legs while jumping.



Walking Lunges - A variation of a regular lunge is the walking lunge. You simply walk forward, lunging with each step. Walking lunges are great for getting your heart rate up and they also challenge your balance.

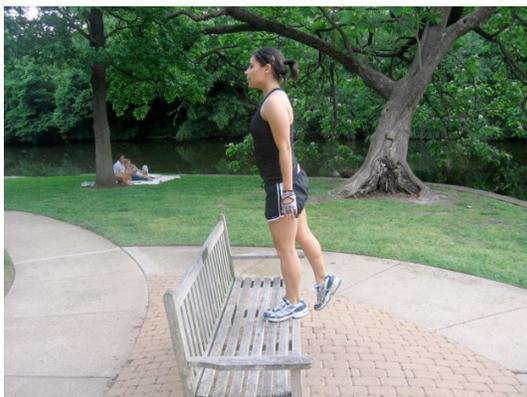
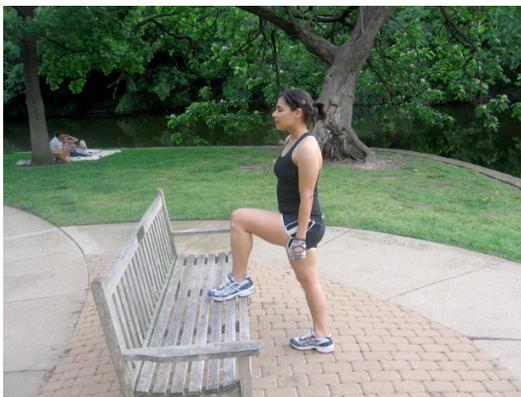
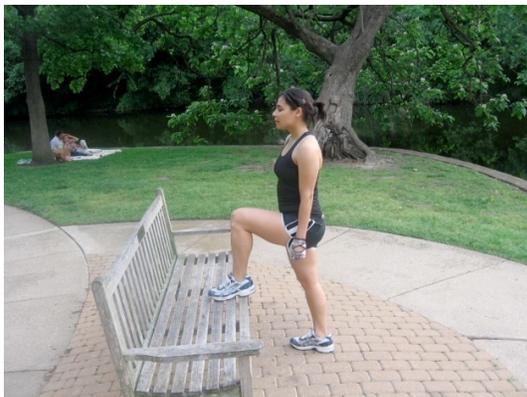




Step Jumps - Find a bench or step of appropriate height. Taking off from both legs, jump onto the bench, land into a squat, and step down.



One legged step ups. Place one foot on a bench. Step up using the leg that's on the bench to propel yourself up. Don't let your other foot touch the bench. Return to the start and continue on the same leg.



Standing Push Ups - Hands are shoulder width apart on the back of a bench or even against a tree or wall. Lower your body as one perfect straight segment until your chest touches the bench, then return to the start. This is an excellent beginner push up.



Knees on the Ground Push Up - Your knees are on the ground, hands shoulder width apart. Since you are putting your knees on the ground, you don't have to push up all of your weight. Another great beginner push up.



Standard Push Ups - Now your knees remain off the ground the entire time. Again, hands are shoulder width apart. Lower yourself as low as you can while keeping a straight back. Extend all the way up without arching your back.



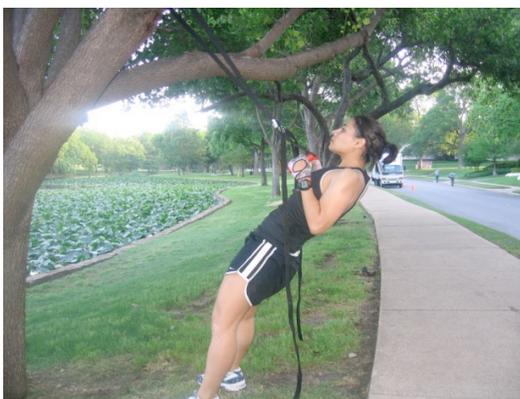
Close Grip Push Up - This variation emphasizes your triceps more than your chest. Your hands are close together, directly underneath your chest. It is a more difficult movement than the standard push up.



Lizard Crawl Push Ups - Your hands are staggered throughout. You are going to crawl and go down into a push up with each crawl. So your hands will alternate which one is out in front with each push up.



Beginner Bodyweight Rows - With the Jungle Gym looped around a tree, and your body standing at an angle with your palms facing each other, row yourself up until your hands meet your chest. Keep your body straight and return to the start. The more upright you are, the easier the exercise will be. The Jungle Gym comes with a door attachment so this can be performed inside as well.



Advanced Bodyweight Rows - Here your hands are in the same position and are making the same movement, but your body is more underneath the handles (more parallel to the ground) which makes the movement more difficult. You are lifting more of your bodyweight.



Wide Grip Bodyweight Rows - Now your palms are facing down. As your row your body, bring your palms wide by your shoulders. This will work more of your upper back and the outer portion of your back.



Underhand Grip Bodyweight Rows - Now you are holding the handles with your palms up in a underhand grip. Rowing your body in this manner will work more of your biceps.



Resistance Band Rows – If you don't have a Jungle Gym, resistance band rows will be a substitute. Bodyweight Rows are better because they are more challenging and work your abs more. A resistance band is a good substitute. In a resistance band row, you are not pulling your body, instead the band provides the resistance. Place feet shoulder width apart, knees slightly bent and row the band towards and away from your body



Wide Resistance Band Row - Your palms are down and you are rowing the band high and wide towards your shoulders.



Bench Dips - With your feet on the ground, hands on the bench and arms straight, lower your body until your arms are at a 90 degree angle. Keep your hips close to the bench. Use your arms to extend your elbows back to the starting position. This is a great exercise for the back of your arms, your triceps.



Mountain Jumpers - Starting in a push up position, jump forward with both legs together. Jump back into a push up position quickly. This is a rapid back and forth jumping movement that takes place while your hands remain on the ground.



Squat Thrusts - From a standing position, squat down with your hands on the ground. You will then kick your feet back into a push up position. Quickly kick your feet back in and complete the movement by exploding up into the air with a jump and your arms over your head. As soon as you land, go into the next one.

For an added challenge, do one push up with you are down in the push up position before you explode back up.





Mountain Climbers - Begin with your hands on the ground. One leg should be tucked while the other one is extended. With your weight on the balls of your feet, alternate legs back and forth as quickly as possible like you are running in place.



T-Stabilization - Assume a push up position with your knees on the ground. Rotate your body so that you are balancing on one arm and make a T shape. Look up in the air while keeping your hips up. Go back to the starting position and rotate the other way. The more your legs are spread apart, the easier it will be as you'll have more balance and support. Putting your feet together makes this movement more challenging.



Grasshoppers - Begin in a push up position. Bring your right foot underneath your body until it comes right by your left hand. Return to the starting position and then bring your left foot towards your right hand. Keep alternating.



Spiderman Climbs - Begin in a push up position. Bring your left foot right by your left hand as your knee comes to your elbow. Make sure you come straight in and don't rotate your hips. Return to the starting position and then bring your right foot by your right hand.



CONCLUDING THOUGHTS

I hope you enjoyed the 21 Day Road Map To Fat Loss and using your own bodyweight for the exercises. I wanted to drive home the point that you don't need any fancy equipment to get a great workout. You don't have to waste time driving to the gym, waiting in line for the equipment that you want to use, and then drive home again. You don't need to waste money on gym memberships. And as these short routines prove, you don't need a whole lot of time either, to get an effective workout. All you need is a little creativity and a lot of heart and desire.

I outlined a few exercise routines in this manual. Do not perform the same exercises and routines in every workout. Mix things up. Be creative and make up your own routines. Have fun with it!

The journey to optimal health is never ending. I encourage you to stick with it, never give up and keep climbing to the top of the mountain!