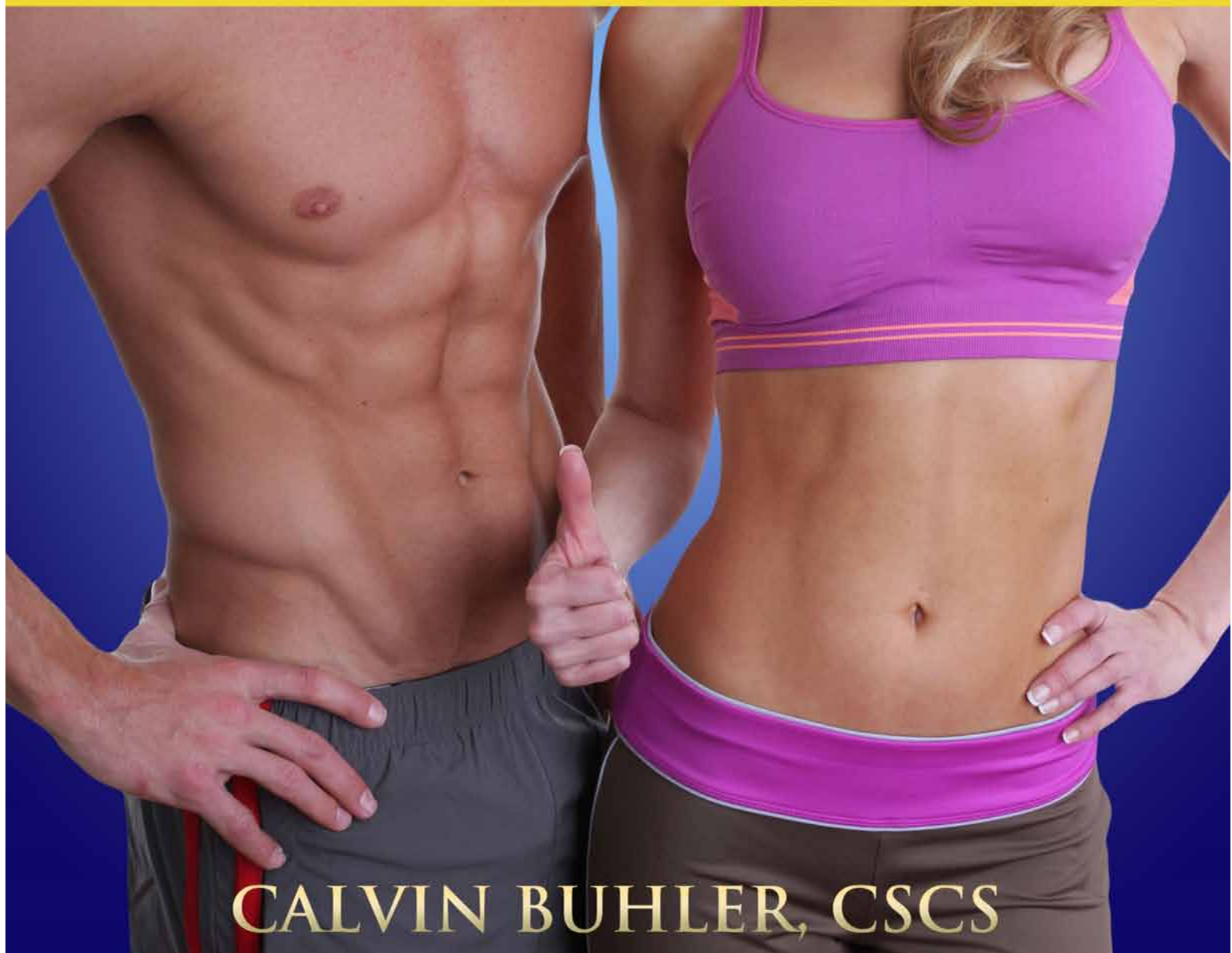


FAT LOSS

FAST TRACK

40-DAY RAPID FAT LOSS SOLUTION



CALVIN BUHLER, CSCS

40-Day Rapid Fat Loss Solution

Fat Loss Fast Track

40-Day Rapid Fat Loss Solution

By Calvin Buhler, CSCS

Fat Loss Fast Track

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The *Fat Loss Fast Track* program is for reference and informational purposes only and is in no way intended as medical counseling or medical advice. The information contained herein is not intended to diagnose, treat or prevent a disease or medical condition and is not intended as a substitute for medical treatment.

Before making any changes in your lifestyle or embarking on the program outlined herein, you should consult with a physician and/or a healthcare professional. If you choose not to obtain the consent of your physician and/or a healthcare professional you are agreeing to accept full responsibility for your actions. Use of the program herein is at the sole discretion and risk of the reader. The author and publisher and their representatives and affiliates are neither responsible, nor liable for any alleged harm or injury to any person or entity caused directly or indirectly from the programming, exercises, nutrition and supplementation contained in this program.

The information in this program is designed for healthy individuals 18 years of age and older in good physical and mental health. If you have a history of heart attack, high blood pressure, stroke, severe depression or gall bladder disease, consult your physician. Do not begin this program if your physician or healthcare professional advises against it. Women who are pregnant or lactating should not follow or use the information in this program.

The information in this program is not designed to be a lifestyle program. It is strictly designed for rapid, short-term fat loss and is not to be used for prolonged periods of time.

The information in this program is meant to supplement, not replace, proper exercise and nutritional programming. All forms of exercise pose some inherent risks. The author and publisher advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this program be sure that your equipment is well maintained and do not take risks beyond your level of experience, aptitude, training and fitness. Do not lift heavy weights if you are alone, inexperienced, injured or fatigued. Do not perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist.

If you experience any lightheadedness, dizziness or shortness of breath while exercising, stop the movement immediately and consult a physician.

A WORD OF WARNING

The *Fat Loss Fast Track* program with its prescribed exercises and nutritional strategies outlined is EXTREME! In fact, this program is so extreme that it will necessitate changes in your regular lifestyle habits. Now, just because I say it is extreme does not mean it is dangerous. In fact, if followed correctly, this program is very safe and very effective. However, It is not for those who are merely “interested.” This program is for those who are “committed” – seriously committed – to long-lasting, rapid fat loss.

The principles, strategies and techniques outlined in this program should not be used for more than the duration of the program, which is 40 days or 6 weeks and this program should not be performed more than two to three times in a year period of time and never consecutively.

To give you an idea of how extreme and rapid this program can be, you can realistically expect to see decreases in body fat in the range of 0.5% - 1% per week when following this program precisely. With this rate of progress, you better not blink because you will miss significant changes with your body every week.

The *Fat Loss Fast Track* program is not for everyone. It takes real commitment and a serious sense of anger and resentment towards that person you see in the mirror everyday. The *Fat Loss Fast Track* program is not easy and it is not nice. You will experience discomfort to varying degrees each and every day on this program. But then again, what did you expect? You can't possibly expect to see rapid fat loss if you remain stuck in your comfort zone like you have been doing. Most of you reading this should not be following this program and even less of you actually have what it takes to stick it out for the full 40-day duration. If this makes you mad – GOOD! Prove me wrong and be one of the few who has what it takes to make it work.

For those of you who are ready – I mean really ready and really committed. For those of you who are sick and tired of what you see in the mirror and are ready to take your body to the next level and experience real transformation in record time, then the *Fat Loss Fast Track* program will be the solution you have been hoping and praying for.

TABLE OF CONTENTS

INTRODUCTION	6
PROGRAM OVERVIEW	12
MEASUREMENT	30
NUTRITION	38
EXERCISE	59
REST & RECOVERY	92
INTERMITTENT FASTING	100
CONGRATULATIONS	105
ABOUT THE AUTHOR	106

INTRODUCTION

Discover How You Can Lose Up to 40 Pounds of Fat in Only 40 Days!

Finally, after more than 15 years of research, testing and real life experience, I'm finally ready to reveal the breakthrough secrets I've figured out about how to rapidly burn body fat, drop inches and eliminate built-up toxins in only 40 days!

Dear Fat Loss Friend,

Hi, I'm Calvin Buhler, author of ***Fat Loss Fast Track: 40 Day Rapid Fat Loss Solution*** and creator of the ***Fat Loss Fast Track*** program. As a coach, trainer, author and speaker my articles and programs have appeared in some of the most respected online and print health and fitness publications and I have spoken from stages around the world.

My training and nutrition programs have helped many people from all walks of life achieve unbelievable results during their journey to getting and staying in the best shape of their lives.

From packing 40 pounds of muscle onto the frame of a scrawny business executive to getting a single mom of two to lose nearly 70 pounds and from assisting an overweight teen to lose 60 pounds in 60 days to preparing Olympic athletes for the biggest competition of their lives. Basically, I've spent almost every working minute of the last 15 years helping people transform their bodies, improve their performance and ultimately experience a life of physical freedom.

You're here today because you are sick and tired of looking in the mirror and not being happy with what you see. This is not how you want to live your life. You want a body you can be happy with, a body you can be proud of.

And I can definitely help.

But first, I have a story I want to share with you.

Every year for more than 10 years I would spend half the year doing just about everything I could to gain as much weight as I could and then spend the other six months doing just about everything I could to lose as much weight as I could.

I was – for lack of a better term – a physical schizophrenic.

Why Did I Engage In Such Insanity?

Good question!

Well, I was a wrestler! And if there is one thing wrestlers know how to do, it is CUT WEIGHT!

As you may or may not know wrestling is a bodyweight specific sport. Meaning whatever I weighed was the weight I competed at against others who weighed the same. So began the insanity of gaining as much lean muscle as I could in the off-season and then attempting to lose as much body fat and excess water as I could leading up to the wrestling season. This did not give me much time to lose the weight. To make a long story short, I personally experimented with my nutrition and exercise programs and develop some techniques that worked.

Right or wrong, good or bad I learned a great deal about rapid fat loss. More specifically...

What Works And What Doesn't Work

Some of these secret techniques that I discovered went against all conventional wisdom, but they worked extremely well and worked in a short window of time. For example, I would lose up to 20 pounds in as short a time as a week and as much as 40 pounds in only a month and a half. If this sounds extreme that is because it is. I did not do this for health reasons or for aesthetic reasons. I had one goal in mind and one goal only and that was to get down to the lowest weight possible so I could compete.

Now fast-forward several years after I had finished competing as a high-level athlete – I looked at myself in the mirror did not like what I saw. I had spent so much time helping others get into great shape that I had neglected myself and I was not happy with my body. Besides, summer was soon approaching and I could not stand to be seen in a swimsuit with the way I looked. I had to do something drastic and quick.

My nutritional habits were relatively good, but far from perfect. I worked out just about everyday in the gym too, but I just was not experiencing the same progress I once did as an athlete. I decided at that moment looking in the mirror that I was going to get my body into the shape I wanted once-and-for-all by following the same kind of training and nutrition I did years before when I had to make weight.

Since I was already exercising regularly and pretty healthy with my nutrition, I knew I had to do something radical and even extreme if I wanted to get rid of that extra layer of body fat that had accumulated over the years. Having had the experiences I had as an athlete with the education and experience I had as a health and fitness expert I knew I could combine this together to create a rock-solid plan at rapidly shedding my excess

Fat Loss Fast Track

body fat while simultaneously maintaining and even increasing my lean muscle tissue in the process.

After looking back on my workout and nutrition journals from my years as a college athlete and analyzing what worked and what didn't work to lose the weight, I eventually came up with a strict nutritional plan and an equally rigorous exercise program that I experimented with first on myself as a guinea pig and then, only after experiencing healthy and safe results, shared with my clients.

But Not All Of My Clients

I was very specific and very particular with the clients I had try out this program. I only allowed the clients who were in a time crunch and needed to get results fast because they had a BIG event coming up like a wedding, anniversary, reunion or a vacation on the beach and were extremely motivated to get some rapid results in minimal time.

By doing this I was able to test this program out on highly motivated individuals who were in the perfect situation to benefit most from the time constraints I put on this program. After a little fine-tuning with these clients I was able to dial in the ultimate rapid fat loss program.

In a nutshell, what I am saying is that I have discovered what works as far as rapid fat loss goes.

How to Burn Body Fat Fast

The *Fat Loss Fast Track* program specifically combines several unique fat loss strategies that will allow the physiological and hormonal systems of the body to rapidly burn body fat!

These five unique rapid fat loss strategies are:

- Increase Lipolysis
- Decrease Lipogenesis
- Increase free fatty acid breakdown
- Increase lean muscle tissue
- Increase metabolism

But these strategies alone won't do you any good unless you are able to pair them with actual tools that will allow you to effectively implement these strategies in a way that makes sense and, most importantly, works!

40-Day Rapid Fat Loss Solution

So, what are these tools that put the rapid fat loss strategies to work? Here they are:

- A measurement tracking plan that is effective and usable
- A nutrition plan based on scientific breakthroughs and practical evidence
- An exercise plan that is simple and detailed
- A rest and recovery plan that is powerful and focused
- An intermittent fasting plan that is balanced and stable

What You Will Learn

These strategies and tools are all wrapped up into a convenient and simple-to-follow program where **I will actually fill you in on...**

- The single most effective type of exercise you should be doing and the single, least effective type of exercise you **MUST** to avoid if you want to rapidly lose body fat
- The number one reason why what you have done in the past does **NOT** work for fat loss and what you can do to **TRIPLE** the amount of fat you lose in a fraction of the time by making a few simple adjustments to your exercise and nutrition
- My signature circuit routine that will multiply your fat burning results by more than 300% all by simply tweaking the order of exercises
- The right and wrong way to lose fat and how the right way makes fat burning quick and simple
- Detailed listing of what food you should be eating and why the timing of your meals is even more important than what you actually eat
- The only nutritional supplements you will ever need to burn the fat and keep it off
- The truth about what is really holding you back from experiencing the results you are desperately seeking after
- My simple and natural secret to dropping inches from your waistline and eliminating excess water weight and toxic waste build up
- How you can use strategic movement-based workouts to get 10 times the fat burning results in half the time so that you maximize every minute you spend working out

Fat Loss Fast Track

- The key to staying in a fat burning mode all day when you are outside of the gym and all night, while you are sound asleep
- My focused 5 segmented approach that will have you losing more fat and achieving lasting, permanent results
- Several key meal preparation strategies that will save you time and money while providing you with enough nutrients to facilitate the fat-burning process
- How you will never go hungry with several, convenient and on-the-go feeding opportunities throughout the day
- The scientifically-proven methods to gear your training and nutrition towards the proper manipulation of your hormones to program your body to rapidly burn fat and build muscle
- And that's just the beginning

I'm Here to Completely Transform Your Body In Just 40 Days

Let's face it, if you've read this far then you are a very motivated individual, which makes you a perfect candidate for my 40-day rapid fat loss system. And because of that, here's what I'm going to do...I'm going to give you private access to my entire 40-day rapid fat loss system. I will reveal to you the entire step-by-step process that I have used on myself and on my private clients with amazing results. **Are You Ready?**

With the **Fat Loss Fast Track** system I've removed ALL the fluff, providing you with a proven blueprint for losing up to 40 pounds of fat in 40 days or less and looking better than you ever have before.

Basically, I'm giving you the past 15 years of all my research and first-hand experience with my clients, from every walk of life, and myself. I've distilled all of this down to a proven system so you don't have to struggle to figure it out on your own or spend hours researching other systems.

My ultimate motivation and goal is to **HELP** you succeed. I want you to get the body you deserve, the body you have always desired.

With this program, you get the exact program that has been responsible for helping many of my private clientele reach higher levels of success in their rapid body transformation journey by shedding excess pounds and achieving a lean and sexy physique they are very proud of.

If you are with me for the next 40 days you have a chance to lose up to 40 pounds, feel

40-Day Rapid Fat Loss Solution

better about yourself, get a whole lot healthier and, ultimately, look amazing.

Whether your goal is to lose those last few pounds of stubborn fat, lose a whole lot of fat, kick start a healthier lifestyle, break bad nutritional habits or look good for that BIG event coming up, the *Fat Loss Fast Track* program is your ticket to rapid fat loss and lasting results.

This super-effective program can't be found in bookstores and has only been available to my personal clients up to this point. I have now opened it up to you and I am very excited to share it with the rest of the world now. My hope is that you adhere to all of the instructions and principles I teach so that you get the amazing results you deserve. Make sure to tell your family and friends when they ask how you did it and please share your success story with me by connecting with me at www.calvinbuhler.com.

Good luck and I look forward to hearing from you soon!

To your health and fitness,

Calvin Buhler, CSCS

PROGRAM OVERVIEW

Fat Loss Fast Track: 40-Day Rapid Fat Loss Solution is your 40-day transformation plan, which focuses on one thing and one thing only – RAPID FAT LOSS. In other words this program will transform you physically from the outside in and from the inside out. If followed exactly you will literally transform the way you look and, more importantly, transform the way you feel about yourself.

This program is not designed to help you develop healthy, long-term lifestyle habits, it is not designed to help you get into shape or to learn how to eat properly. It is designed specifically for rapid fat loss. It is designed for the person who wants to – and in some cases, needs to – lose as much body fat as humanly possible in as little time as possible. It is for the person who has tried multiple diets in the past with little or no results, for the person who does not necessarily care why or how they are going to lose body fat, they just want to lose it. It is for the person who wants to be told exactly what to do to get the results they have been looking for and not why they are doing it.

Now, in my experience over the ten plus years of helping people transform their lives I have discovered that there are essentially three reasons why someone would want or even need to lose body fat rapidly.

First, they have some major surgical procedure coming up and their surgeon can't perform the surgery unless they lose a significant amount of weight first. I am not going to address this issue because it is beyond the scope of this program. If you are in this situation then put this program away immediately and follow the program your doctor has recommended for you.

Okay, now that is out of the way, it is time to cover the other two, more applicable, reasons why someone would want to rapidly lose body fat.

The first of these is because they have a BIG event coming up in a relatively short amount of time. Typically, this big event is a wedding, reunion, anniversary or a vacation where they will be donning a swimsuit and, of course, want to look the best they can.

The final reason I have discovered why someone would want to rapidly decrease their body fat is because they have become so complacent with their life and their situation and have even become paralyzed and overwhelmed with their situation that they do not even know what to do or where to begin. They are not happy with where they are at physically in their life. They more than likely have already tried to live a healthy lifestyle or even ate nutritiously but to no avail and have consigned themselves to believing they will never be able to lose the weight. They settle on the idea that they have some genetic pre-disposition to being "fat" or that they have a thyroid issue and it is just no use in trying anything again.

40-Day Rapid Fat Loss Solution

So, whichever situation you fall under and it really does not matter which one it is. Whether your motivation is to get your body looking lean and strong for a wedding, reunion, anniversary or cruise that is coming up, or whether you are finally ready to ferociously kick start the fat burning process in your life this program will work and, in fact, was designed specifically for this purpose.

Here is the reason why this program will work for you when so many other programs have not done a bit of good for you. It is actually a little secret that is a closely guarded secret in the fitness industry. In fact, it is so secret that most coaches or trainers have no concept of it at all.



It is something that took me a long time to really understand and fully embrace even after I discovered it. And if a coach or trainer is lucky enough to have heard of it, then chances are they will not let you or anyone else in on it because it is just too radical for most people to wrap their heads around and, even more, to actually implement it.

So here it is:

Unbalanced Focus

The reason that most fat loss programs and diets do not work for the vast majority of people is because the only way to experience rapid fat loss is to go through a period of what I call “unbalanced focus.” This may sound like an oxymoron of sorts, but if you

Fat Loss Fast Track

truly want rapid fat loss you must literally force your body out of its comfort zone through intense focus and radical instability.

Here, I will explain...

In order for you to have gotten to the point where you are at right now, physically, in your life you were probably already living a life that was completely out of balance.

So why would you expect to be able to lose that excess body fat and get lean, trim and fit using a “balanced” approach? Seriously, ask yourself this question. The healthy, balanced approach is great for maintenance and for a lifelong routine to follow, but it just does not work if you need to make major changes, fast. No doubt you have tried the healthy, balanced method before and if it had worked, you would not be reading this now.



You have spent a good portion of your life living out of balance. Now it is going to take another period of unbalanced living to get you where you want and need to be. You have to “tip the scales” in the other direction in order to bring your life back into balance.

I realize this goes against most healthcare professionals opinions, but in order to fully realize this you must swing the pendulum as far to the other side as possible before you can settle down in the middle somewhere with a healthy and balanced program.

40-Day Rapid Fat Loss Solution



The reality is, in my many years as a health and human performance expert; I have never seen anyone experience rapid fat loss using the healthy, balanced approach. Of course, I am not talking about a life-long program here. You are not in this program for the long haul. This is a full on sprint not the proverbial marathon where slow and steady wins the race. I do not want you to be the tortoise in the race. In this situation you are the hare and the hare wins every time.

Are You Ready?

Fat Loss Fast Track is a rapid fat loss program based on scientific research that is so powerfully effective and efficient you can't help but experience amazing results that you will not even believe. I have seen it happen hundreds of times with my own clients and even I can't believe some of the results.

But make no mistake about it – this program is NOT for everyone. It takes a burning desire with a laser focused and a “take-action” attitude. This is not a lifestyle program or a long-term fat loss program. I have other programs for that which you can learn more about by going to:

www.calvinbuhler.com

This is an extreme, unbalanced approach to rapid fat loss that works every time if you are just committed and willing to make the sacrifice. And quite honestly, most people are not as seriously committed or as ready as they think they are or as they need to be in order to make the sacrifice involved to get the results they are seeking. If you do not experience extreme frustration and anger when you think about your physical situation then you are not emotionally ready for this program.

However, if you are physically and emotionally sick of not getting the results you have so desperately sought after and if you are on the verge of tears every time you look at yourself in the mirror or if you consciously avoid mirrors so you do not have to deal with the emotional backlash that ensues and if you can commit the next 40 days of your life

to intense and focused habits, then you have found the solution you have been looking for.

Why 40 Days?

The purpose of this 40-day program is to lead you into your own physical transformation. As you start to align your body and mind with the universal principles this program is based on, you will start to see that your transformation will happen naturally. You will lose the weight that your body is ready to release and will increase in lean muscle tissue creating a lean and sculpted look.

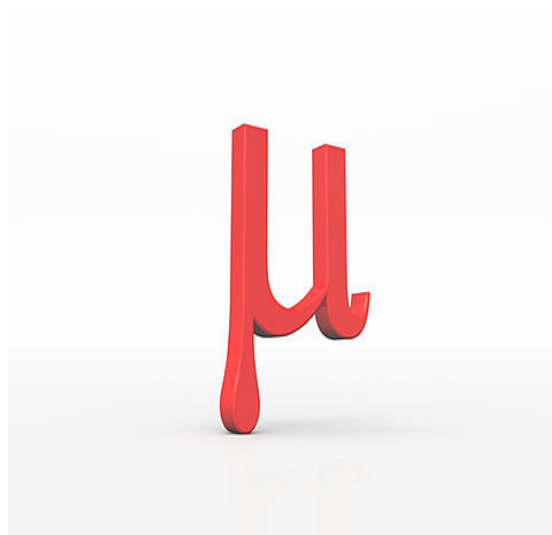
Why 40 days? This is a question I get all the time from my clients. They always want to know, “why 40 days?” Why not 30 days or 6 weeks or 45 days like so many other programs? Well, the truth is that the number 40 is a very significant number for a variety of reasons.

The number 40 holds tremendous significance in many ancient cultures and civilizations. In fact, an interesting feature about Hebrew and Greek (both ancient languages and cultures) is in both of these written languages there are no numeric characters. Where we have numbers and letters, they only have letters. So, in each language the letters are also used as numbers. In a roughly similar way we do the same thing in English with some of our letters and numbers. For example, “O” can be a zero or a letter in the alphabet or “I” can be the number one or a lowercase letter “L.” The context of how these letter-numbers are used tells us which meaning it is referring to.

The same is true for numbers in the Hebrew and Greek alphabet.



MEM, the Hebrew letter for 40



Mu, the Greek letter for 40

40-Day Rapid Fat Loss Solution

Linguistically, the number 40 conveys several meanings. Some scholars believe it means “many,” while others believe it signifies a “time of testing.” In the Judeo-Christian ancient scripture known as the Old Testament, Moses and his people spent 40 years wandering in the desert where they were tested and trained before they were prepared enough to enter into the holy land.

The number 40 can also signify a period of revival, renewal or purification. The earth experienced 40 days of cleansing rain during the time of Noah in the very same ancient text. Forty measures of water can purify a person according to Jewish tradition. To a Catholic, the number 40 represents preparation, penance and purification. The time of Lent in preparation for Easter lasts 40 days. To some Christians, 40 signify the testing of person’s mortal nature.

It seems that 40 might be the time required to test oneself. According to some theologians, the number 40 has the power to improve the spiritual conditions of all things. Ancient prophets spent 40 days alone in the wilderness in order to experience purification and come to a greater understanding of themselves and their purpose here on earth.

From a behavioral standpoint, 40 days seems very significant when overcoming bad habits and creating true change in life. Many behaviorists believe it takes a total of 40 days to truly break a habit and replace it with a new one. According to the ancient Jewish mystical text, the Kabbalah, it takes 40 days to ingrain into a person a new way of being. Needless to say, it is a proven length of time for anyone to make a lasting change in his or her life.

This is what I am aiming to do in this program – I want to radically wipe out the old and prepare you physically for the new. In as little as 40 days you can radically transform your physical body. Here in this program, I will tap into some of this same ancient wisdom to address your desperate need for physical change. And do not be surprised if you experience transformation from a spiritual and mental dimension as well because your body, mind and spirit are all connected. You can’t change one without changing the others.

Allow the next 40 days on this program to be a chance to see what you are made of. You are not reading this book by accident. You did not discover this program by chance. You are meant to be on this program right now at this exact moment in your life. You are reading this at the right time and in the right circumstances in your life. If you embrace and honor the inner voice that says you are ready to create a new reality for your life, I am confident that you will find it here.

Below you will find an overview of the entire *Fat Loss Fast Track* program. I will lay out the entire program – the measurements, the nutrition, the exercise, the rest, the intermittent fasting and everything else you need to know and do to be successful.

Components of *Fat Loss Fast Track*

Several years of in-the-field testing with hundreds of my personal clients and my own personal experimentation has taught me a few very important things about the *Fat Loss Fast Track* program. Like I have mentioned before, this program is significantly different than anything you have ever tried before and it is different because this program has added a few very important, but often missing components to the rapid fat loss process, which guarantees maximum results in minimum time.

The 40-Day *Fat Loss Fast Track* is divided into several components for maximum effectiveness. It is important that you understand and adhere to these important components because your success will depend on your ability to learn them and implement them into your daily life.

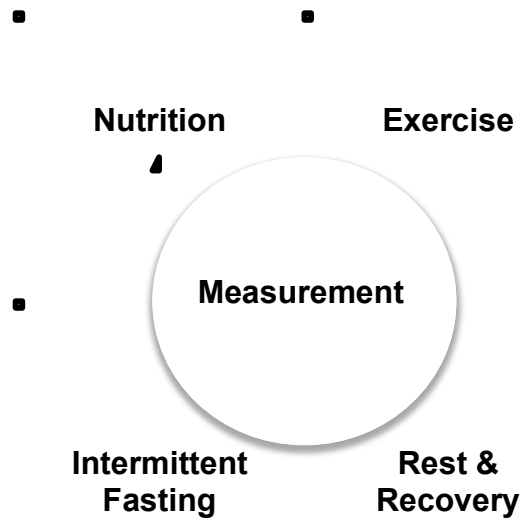
Rapid fat loss requires attacking body fat and transforming the body using five distinct strategies. These strategies are:

- 1. Increase Lipolysis (the breakdown of fatty tissue)**
- 2. Decrease Lipogenesis (fat accumulation)**
- 3. Increase burning of free fatty acids**
- 4. Maintain and increase lean muscle tissue**
- 5. Maintain and increase metabolism (T3, Thyroid) and optimal hormone function**

Now, in order for you to incorporate these five strategies into your program, you will need to have a succinct plan. An all-encompassing plan that includes:

- 1. A measurement tracking plan that is effective and usable**
- 2. A nutrition plan based on research and practical evidence**
- 3. An exercise plan that is simple and detailed**
- 4. A rest and recovery plan that is powerful and focused**
- 5. An intermittent fasting plan that is balanced and stable**

40-Day Rapid Fat Loss Solution



If you can incorporate each of these five strategies and follow the five plans exactly, rapid fat loss and body transformation will occur. If you miss any of these, your progress will be less efficient and even delayed or halted.

Now it is time to get practical and take a quick look at each of the plans you will need to implement in this program over the next 40 days.

Measurement Plan

Measuring and tracking your progress is the first and most important element to achieving success with this program. First of all, if you do not know where you have been or where you are going how are you going to get there? Next, if you do not periodically evaluate your progress in the process you could go the entire 40-days and not see the results you were expecting because you did not know you were even off course and you maybe needed to make some minor course corrections along the way, but failed to do so.

So with this program you will regularly measure, track and record your progress with several important measurement tools in order to keep you on track, accountable, motivated and committed to achieving the rapid fat loss you are looking for.

Fat Loss Fast Track



Here are the tools you will be using to measure, record and track your progress over the 40-days during this program. A more detailed explanation and instructions on how to use each of these tools are given in the Measurement chapter.

- 1. Body Weight**

You will weigh yourself every seven days while on this program.

- 2. Circumference**

You will measure the circumference of seven different body parts every seven days while on this program.

- 3. Photos**

You will take three pictures of yourself before you begin your 40-day journey: a side view, front view and back view. Then at the end of the 40 days you will stand once more in front of the camera for your “after” pictures in the same three poses as you did before you started the program.

- 4. Personal Statement**

You will briefly write about your journey using a guided questionnaire every seven days while on this program. Using the guided questionnaire you will document your thoughts, feelings, emotions, frustrations, accomplishments and success.

40-Day Rapid Fat Loss Solution

As you can see there are several ways of measuring success with this program. Each method or tool has its pros and cons and has its purpose. One measurement without the other only tells part of the story of your transformation. Make sure you take advantage of every one of them in order to fully document your rapid fat loss story. You will be happy you did in the end – I can promise you that!

Nutrition Plan

The *Fat Loss Fast Track* utilizes an advanced nutrition plan that does not include label reading or calorie counting. A more detailed explanation and complete instructions on everything you will need to know are given in the Nutrition chapter. As an overview, the nutrition plan consists of three main elements:

1. **Super Shakes**

You will have four Super Shakes each day throughout the program.

2. **Healthy Solid Meal**

You will eat strategically placed Healthy Solid Meals each day throughout the program.

3. **Nutritional Supplementation**

You will supplement your Super Shakes and Healthy Solid Meals with common off-the-shelf Nutritional Supplements combined in a way to provide essential nutrients while providing rapid fat burning results.

Exercise Plan

People who are looking to rapidly burn body fat should not follow traditional exercise programs because of the extreme nature of the nutrition plan. You do not have the time or the energy to waste doing traditional types of exercise workouts.

The rapid and extreme fat loss experienced by *Fat Loss Fast Track* participants requires a unique and innovative approach to exercise planning. Because of this, every set and every rep and every rest period of every exercise must count. Too much intensity and volume and you will burn out quickly and not be able to finish the program. Too little intensity and too little volume and you will not experience the desired results. It is a fine line that must be monitored.

Fat Loss Fast Track takes advantage of this balance by compounding the exercise parameters and exponentially increasing the results. As a result, the exercise portion of this program has everything necessary for you to experience rapid fat loss.

All the workouts you will do on the *Fat Loss Fast Track*, both the resistance training workouts and the energy system workouts are designed to create a large metabolic demand on the body by challenging every major muscle group and movement pattern.

Fat Loss Fast Track

A more detailed explanation and instructions on everything you will need to know are given in the Exercise chapter. As an overview, the *Fat Loss Fast Track* exercise plan consists of three main elements:

1. Resistance Training Workouts

Your metabolism is going to be the key in rapidly losing body fat. One key to increasing your metabolism is to increase the ratio of lean muscle tissue to body fat.

Most people think that the best way to lose weight is to go on a traditional diet and do a bunch of cardio and, as a result they lose weight, but not body fat. This can be self-defeating, as they lose weight coming from lean muscle and not body fat, they inevitably slow down their metabolism escalating the problem even more over the long-term. In the short-term they may have lost weight, but in the long run they slowed their metabolism by losing muscle mass causing them to gain more fat over time.

Aside from the health issues caused from losing the muscle, this can be very demoralizing. You might be smaller and weigh less, but you do not look any better. You still have the same amount of body fat – or maybe even more – so you become just a smaller version of your current self. Not exactly what you're looking to accomplish.

On the *Fat Loss Fast Track* program you will do resistance training in order to maintain and even increase your lean muscle tissue, thereby increasing your metabolism over the long-term and you will not just be smaller, you will be leaner and more muscular as well.

Each week on the program you will be performing two resistance training workouts and one metabolic resistance training workout – a hybrid of the resistance training and energy system workouts – on non-consecutive days (Monday-Wednesday-Friday) that can be performed with just your bodyweight alone or can be done with added resistance from some basic exercise equipment such as dumbbells or exercise tubing.

2. Energy System Workouts

As you lose body fat your performance in all aspects of life will increase. You will essentially become a more functional person. You will look better, feel better, have more energy and move better. You will be more efficient at just about anything you do, whether it requires your body or your mind.

Each week on the program you will be performing three energy systems workouts and one metabolic resistance training workout – a hybrid of the energy system and resistance training workouts – that can be done with

40-Day Rapid Fat Loss Solution

just your bodyweight alone or can be done in conjunction with some basic exercise equipment like a jump rope, exercise bike or treadmill.

Each week you will be challenged to increase the intensity of these workouts to ensure constant progression over the 40-day program. Essentially, as your body adjusts to the demands you are putting on it, you will be able to do more exercise in less time week after week making you more efficient.

The energy system workouts are designed to increase your general conditioning, help you recover from the resistance training workouts, improve your functional mobility and most importantly, to burn off as much body fat as possible in the least amount of time.

3. Non-Exercise Physical Activities

You will also do additional physical activity throughout the day, which will naturally be integrated into your regular daily routine. These are added as an easy and simple way to increase your metabolism, burn extra fat throughout the day and aid in recovery from your workouts. This additional physical activity is commonly referred to as Non-Exercise Physical Activities or NEPA for short.

NEPA is all the physical stuff you do on a daily basis outside of your formal workouts. A person who sits at a desk all day gets minimal NEPA, while someone who does manual labor gets a lot of NEPA each day.

On the *Fat Loss Fast Track program* you will go for a walk every single day in order to increase your NEPA. Research shows that walking, especially 10,000 or more steps per day aids with long-term weight loss and improves overall health. These walks will help you burn off extra calories without taking up too much of your energy. You will also do other simple things incorporated into your normal daily routines to easily increase your NEPA, which will be explained in detail in the Exercise chapter of this book.

Rest and Recovery Plan

In addition to the exercise and nutrition plan I have also added a third and very important component that most programs overlook – the Rest and Recovery plan.



Sometimes, even the most committed people who are exercising and following the nutrition plan exactly still have trouble losing fat.

What gives?

Well, do any of the following describe you?

- You sleep less than seven hours per night
- You need a shot...or two of caffeine to get you through the day
- You experience a high degree of stress and anxiety
- You have not had a vacation in a very long time

I could go on and on with this list. But the point is that most people push themselves to the limit every single day with very little rest and relaxation and then wonder why they can't lose the extra body fat that is accumulated over the years.

Your body and your body systems are very complex and if you do not take care of them right, they are not going to be able to take care of you. If you are doing all the hard things like exercising and consistently following your nutritional plan, then why not do the “easy” things that will push your body into fat burning mode.

40-Day Rapid Fat Loss Solution

So in order to make rest and recovery – the “easy” thing – a part of your life I have added these three main elements to your program:

1. Sleep and Sleep Habits

Sleep is one of the most neglected elements of a rapid fat loss program such as this one. Adequate sleep is more than just a luxury, as many would have you believe. The quality and quantity of your sleep has a direct and indirect effect on your body composition and whether you lose body fat or add more body fat.

Inadequate sleep will undoubtedly lead to fat gain and muscle loss, which is the opposite of what you want. In fact, it has been proven that the flip side – getting high quality sleep – will actually enable you to lose more body fat in a shorter amount of time. Essentially, you will need to get seven to nine hours of sleep each night. This single factor alone will help accelerate your fat loss, as will be explained in more detail in the Rest and Recovery chapter.

Not only do you need to get seven to nine hours of sleep each night but it also needs to be quality sleep. I will give you several strategies to improve not just the quantity of your sleep, but also the quality of your sleep to maximize the potential for fat loss.

2. Rest Day

The universal law of rest requires one day of rest for every six days of activity. The body uses this day of rest similar to how it uses each night of rest. The physical body is allowed time to repair, renew and recover. While on this program you will rest an entire day every seventh day. What this means is that you will refrain from doing any sort of exercise or significant physical activity. This entire day is to be spent resting and relaxing.

3. Recovery from Exercise

The intensity of the exercise plan in this program will take a toll on your body and cause you to burn-out if you do not follow some proven recovery strategies. These strategies, if implemented regularly between your bouts of exercise will allow you to be refreshed and ready to take full advantage of each training session and lead you to rapidly burn body fat.

In this program you will be asked to do just the bare minimum as far as sleep, rest and recovery are concerned. This really means just doing the basics, but for some reason it also seems to be one of the more difficult things to do because most people's priorities are not where they should be. You will need to make sure you prioritize your life so that you can ensure you incorporate all aspects of the rest and recovery plan into your schedule for maximum fat loss benefits.

Intermittent Fasting Plan

The last, but certainly not the least component of your rapid fat loss program, which most other fat loss programs overlook, is to implement an Intermittent Fasting protocol.



Essentially, over the course of the 40-day *Fat Loss Fast Track* program you will strategically go without food for a planned period of time.

Intermittent fasting has been shown to:

Reduce...

- Blood lipid (including triglycerides and LDL cholesterol)
- Blood pressure
- Inflammation
- Oxidative stress
- Risk of cancer
- Body Fat

Increase...

- Cellular turnover and repair
- Fat burning
- Growth hormone release
- Metabolism

Improve...

- Appetite control
- Blood sugar control
- Insulin sensitivity
- Cardiovascular function

40-Day Rapid Fat Loss Solution

So, you will implement an intermittent fast into the *Fat Loss Fast Track* program by fasting on every seventh day throughout the 40-day program. Detailed instructions and directions on this protocol will be given in the Intermittent Fasting chapter.

Is This Program Safe?

One question I often get asked when I have a new client ready to take on the *Fat Loss Fast Track* program is...“is this program safe?” The short answer is, YES! Of course it is safe or I would not have put it together, but just in case you are still a little hesitant, here is some more information about the program to put your mind at ease.

The *Fat Loss Fast Track* program provides:

- Multiple feedings per day
- Several hundred calories every few hours
- More calories than other popular diets
- More protein than you're probably currently consuming
- More healthy fats than you're probably currently consuming
- Much more fiber than you're probably currently consuming

You might be hungry for the first several days on this program. This is normal and even acceptable. It is a rapid fat loss program, after all. Of course, you will be expected to exercise some will power. But do not worry, you will not starve or become malnourished.

The best part of this program is its ability to shred your body fat rapidly while preserving and, in most cases, even building lean muscle mass.

By following this program exactly, you will be guaranteed to receive:

- An optimal intake of vitamins, minerals and other essential nutrients
- Maintain muscle glycogen stores
- Systematic suppression of inflammation
- Maximum stimulation of protein synthesis (ie, you will not lose muscle)

However, be warned – this program is not a program designed for long-term health or proper daily nutritional eating habits. It is for rapid fat loss plain and simple. Do not continue this program for more than 40-days and do not attempt to do this program more than twice in a one-year period. After finishing with the 40 days, consider following one of our other programs, available at www.calvinbuhler.com, for a more sustainable and long-term health and performance plan.

All That Extra Time!

A positive side effect of the *Fat Loss Fast Track* program, besides rapidly losing a bunch of body fat, is that you will have a lot of spare time. With minimal meals to shop for, prepare and clean up each week you will easily find an extra couple of hours each day.



This extra time can be spent pondering on your life. What you want in your life and what you do not want in your life. What you want to see change or things you would like to include in your life, etc. You can also spend this time doing something that you have always wanted to do or learn. Pick up a new hobby; pick up a couple of books that you have wanted to read. Do something that will help you develop as a person. Or spend this time serving others. One of the best ways to truly “find yourself” is to “lose yourself” by serving others. Volunteer at a local church, food bank or other community organization. Find something that you can be passionate about and can be an advocate for and volunteer your extra time. You might just be surprised how your transformation is taken to the next level as you serve others while serving yourself. Use this extra free time wisely to set the course for your new life.

However, there is a flip side to having all of this extra time. If you do not use this time wisely, it can lead to some big problems. All of this extra time, if not used wisely in personal development activities or service can be very detrimental to your overall progress. When most people have spare time on their hands or when they get bored will default into old habits and mindlessly eat. So, it is important that you have a plan in place with what you will fill your spare time with so you do not fall into negative behavior patterns and old habits.

Preparation Week

The week before you begin your 40-day rapid fat loss journey you should spend some time preparing and getting ready for what is to come. By preparing everything ahead of time you will be free to focus 100% of your effort on the things that matter in this program.

During this preparation week you will want to go to the grocery store and buy most, if not all, of the food you will need for the program. You will also want to order online or go to a health food store to pick up all of the supplements needed for the next 40 days. Make sure you have a good blender and any other appliances, cookware and utensils to make the food preparation process go as smooth as possible.

Take this week to get all of your exercise needs in order. If you need some workout clothes or shoes – go buy them. Make sure you have a gym membership or a dedicated place in your house to workout. Also, you will need to make sure you have access to the proper fitness equipment that you will need, whether it is already at your local gym or whether you need to purchase some for your home gym setup.

This preparation week is the time to make sure you get everything taken care of and in order to prepare you for success over the next 40 days.

Finally, at the end of this preparation week on Sunday morning you will need to do your pre-program, baseline measurements as discussed in the next chapter.

MEASUREMENT

Measuring and tracking your progress is the first and most important element to achieving success with this program. First of all, if you do not know where you are going or even where you have been how are you going to get there? Next, if you do not periodically check your progress during the process you could go the entire 40-days and not see the results you were expecting, all because you did not know exactly where you were at and what needed to be done to get to where you wanted to go. Making some minor course corrections along the way, if necessary, can easily circumvent this, but only if you know your measurements.

So with this program you will regularly measure, track and record your progress with several important measurement tools in order to keep you on track, accountable, motivated and committed to achieving the rapid fat loss you are looking for.

Here are the four different tools you will be using to measure, record and track your progress over the 40-days of this program:

1. Weight

You will weigh yourself every seven days while on this program. To get the most accurate and consistent measurement, you will need to weigh yourself first thing in the morning. Do this before eating or drinking anything and after taking care of your business in the bathroom – if you know what I mean. For consistency sake, you will want to wear the same thing, even if that includes nothing at all, each time you weigh. And obviously, use the same scale each time. At the end of the preparation week on Sunday you will record your starting weight so you have a baseline measure of where you begin your journey.



40-Day Rapid Fat Loss Solution

One word of caution! Do not weigh yourself more often than once every seven days. Your body weight will fluctuate significantly on this program and you will weigh more on some days and less on other days. If you weigh more often than every seven days you will drive yourself crazy with the up and down fluctuation in your weight. So weigh yourself only on the measurement day each week, which is Sunday.

One of the most frustrating things about trying to lose fat is the battle with the scale. Each time you anxiously step on the scale with hopeful anticipation and are sorely disappointed your hope quickly turns to frustration, disappointment and despair despite the hard work you have put in at the gym and in the kitchen. This battle with the scale can quickly cause your morale to drop and decrease your motivation. The good news, however, is that your body weight or that number on a scale is only one measure of success. There are other ways to measure and monitor progress.

2. Circumference

Body weight alone is not a true indicator of body composition changes. Although the number on the scale might be going down, you can not confidently know if you are gaining lean muscle and losing body fat or if you are gaining body fat and losing lean muscle tissue.

If you visit with a health and fitness professional, they can take anthropometric measurements to get a better idea of where you are in regards to body composition. Some of these anthropometric measurements may include weight, height, BMI, waist circumference, skin fold measurements, body fat percentage, etc. Changes in these measurements may be a better indicator of your overall progress than a simple number on a scale.

The best way to perform an accurate and reliable anthropometric measurement on your own without any fancy or expensive equipment and without setting up an appointment with a health and fitness professional is to do circumference measurements on several key areas of your body.



Fat Loss Fast Track

You will need to take circumference measurements each week on the measurement day right after you have weighed yourself. Using a fabric tape measure, you will need to measure and record each of these seven sites on your body:

- **Neck**
Measured just below the Adam's apple and at the level of the seventh cervical vertebrae.
- **Chest**
Measure the maximal horizontal girth of the chest at the nipple line for men and under the breasts for women. Make sure to stand upright and pass the tape measure over the shoulder blades and under the armpits. Record the measurement after a normal (not a forced) exhalation.
- **Upper Arm**
Measured around the upper arm, halfway between the elbow and the bony point on the top of your shoulder.
- **Waist**
Measured at the navel. Make sure to stand upright and breathe normal with the abdomen relaxed. Record the measurement after a normal (not a forced) exhalation.
- **Hips**
Measured around the buttocks at the level of maximal circumference.
- **Thigh**
Measured at the halfway point between the center of the kneecap and inguinal crease (the line where leg inserts into trunk). Measure the distance if you have to and take the mid-point.
- **Calf**
Measured at the widest point of your calf muscle.

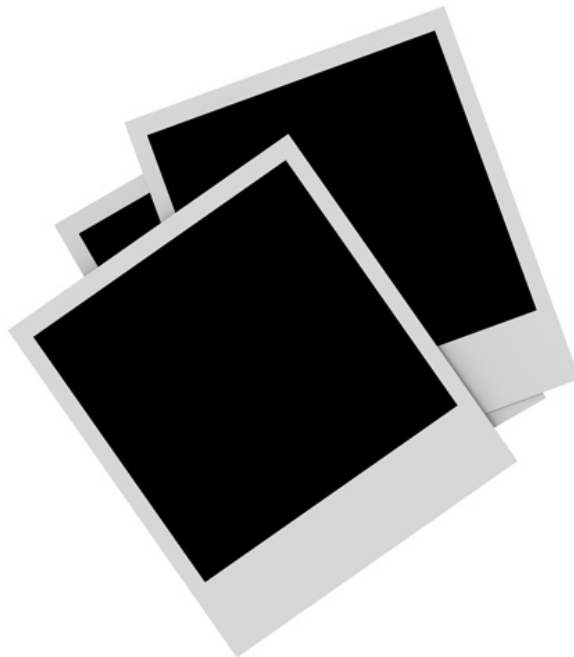
Changes in these circumference measurements will ultimately result in your clothes fitting differently on your body. You will know that you are experiencing results as your shirts will not be as tight and as your pants feel looser around the waist and thighs despite what any number on the scale might say. This is due to a change in your body composition. This means that you are losing fat and gaining lean muscle, which is what you want.

40-Day Rapid Fat Loss Solution

3. Photos

A picture is worth a thousand words! I do not know how many clients I have had over the years who did not take a “before” picture when they started working with me and who afterwards wished they had taken photos because their transformation was so amazing. So, do not skip this measurement tool. As painful as it may feel to stand in front of a camera with barely any clothes on, you will be excited that you did after your 40 days are over. Trust me on this one and just do it!

You will need to take three pictures of yourself on your first measurement day at the end of your preparation week. Then at the very end of the 40-day program you will pose once more in the same outfit and the same positions as you did for the “before” pictures.



Here are the instructions for taking your photos:

- **Location and Clothing**

Stand about a foot in front of a solid-colored, bare wall, dressed in a swimsuit, a small pair of shorts and no shirt for men and sports bra for women or a form fitting top and bottom so your body shape is clearly visible.

- **Camera Setup**

Set the camera up about five to seven feet away from you so it will capture your entire body. You want the photo to include your head and your feet. Use a tripod if you are doing the pictures by yourself or have someone take the pictures for you.

Fat Loss Fast Track

- **Lighting**

Make sure the room is well lit with as much natural light as possible. Use the flash on your camera if necessary to get the right look. Also, to minimize the effect of shadows, make sure there is not too much overhead lighting.

- **Take Notes**

Write down the exact settings and conditions (time of day, lighting conditions, camera settings, distance you were from camera, etc.) in the environment when you took the before pictures. This will help you replicate the same situation for the after pictures and provide you with the best comparable photos possible.

- **Take Three Photos**

Standing in a relaxed and normal posture you will take three total photographs: a full front view, a full side view and a full back view.

- **Upload Your Photos**

After you have taken all your photos connect your camera to your computer and upload them into a folder on your computer.

Do not worry; you do not have to show the before pictures to anyone if you do not want to. However, you may find it beneficial to print these pictures and put them in a place where you see them regularly, such as a bathroom mirror or the refrigerator door to help keep you motivated and working hard at accomplishing your goals. This may work for you or it may not, you have to be the judge of that. If you feel it will help you, then do it – if you feel it will only discourage you, then do not do it.

I am always interested in seeing how my client's transformations are going, so if you would like to email me your "before" and "after" weight, measurements, pictures, etc. I would love to hear from you. Just send them via email to me using this email address: info@calvinbuhler.com.

4. **Personal Statement**

Finally, because a body transformation process is much more than just a physical experience (oftentimes they are more of a mental, emotional and even spiritual experience), how you feel is more important than any changes you see on a scale, tape measure or photo. As such, you will be writing about your journey using a guided questionnaire, every measurement day, starting on the first measurement day that ends your preparation week and every Sunday during your 40-day journey. Using the guided questionnaire you will document your thoughts, feelings, emotions, frustrations, accomplishments and successes.

40-Day Rapid Fat Loss Solution

A personal statement is a declaration of your personal thoughts, feelings, knowledge and experiences of your current situation. You will need to get a notebook or journal to write your weekly personal statement in. Each week, go through the following list of questions and respond to at least five to seven questions that stand out in your mind or that you feel an inclination to respond to. Also, feel free to write any more thoughts, feeling and/or experiences you have had during the previous week while on the program. The personal statement can be as short or as long as you would like, but typically a half page of writing is the bare minimum to get a good sense of your current emotional, mental, physical and spiritual state.



Here are several questions to help guide you in writing your personal statement:

- What do you like and/or dislike about your current physical condition?
- What are your current body transformation goals?
- Why are these goals important to you?
- Why now?
- What will be different this time?
- What has stopped you in the past from achieving the body you desire?
- How committed are you to achieving the body you desire?

Fat Loss Fast Track

- How has your current physical condition affected you in these five areas (physically, mentally, socially, spiritually, financially) over the last five years?
- If you do not change anything, how will it affect these five areas over the next five years?
- What will your life look like in each of these five areas over the next five years if you accomplish the body you desire?
- What is your current mindset?
- What is your current perspective on food?
- What is your current perspective on shopping and preparing food?
- What do your current eating habits look like?
- What is your current knowledge of your body?
- How do you currently feel about your body?
- How do you currently identify yourself?
- How do you currently feel about exercise?
- What are your thoughts about exercise?
- Where are you currently as far as your transformation is concerned?
- Where do you still want to go as far as your transformation is concerned?
- What are some excuses you are using to avoid taking responsibility for your current condition?
- What do you currently have control over in your life?
- What is currently out of control in your life?
- What are your current unhealthy habits?
- How do these unhealthy habits make you feel?
- How do these unhealthy habits interfere with your life and/or your progress?
- What have you learned about yourself through this transformation?
- What are the most difficult aspects of this transformation?
- What are the best things you have experienced as a result of this transformation?
- What are your current beliefs about yourself and your ability to transform?
- What activities make you feel inspired, energetic, confident and alive?
- What are some obstacles in your life right now that frustrate you?
- What are some blessings in your life right now that you are grateful for?

40-Day Rapid Fat Loss Solution

As you can see there are several ways of measuring success with this program. Each method or tool has its purpose and one without the other only tells part of the story of your transformation. So, make sure you utilize every one of them in order to document your fat loss journey fully. You will be glad you did!

To help you chart and track all of these measurements I have put together a *Fat Loss Fast Track Measurement Guide* where you can keep your measurements organized in one convenient place. This chart will also help you see at a quick glance where your progress is heading and what areas you might need to improve on.

NUTRITION

To perform a rapid fat loss program effectively and successfully it is important that your body get the proper fuel for energy and for maintaining normal physiological functions while maintaining lean muscle and burning as much body fat as possible. This fuel will come from the nutrients in the food you eat and fluid you drink. What you eat influences how you feel and, ultimately, how you look at the end of this transformation. To feel as good as possible and look amazing by the end of the 40 days you need to eat the proper foods in the right amount and at the right times during the day.

This chapter on nutrition is not intended to be a review of fundamental nutrition principles. Such a discussion is beyond the scope of this chapter and even this book. Hopefully, you have already acquired a basic understanding of nutrition, but if you have not, do not worry because this chapter will tell you everything you need to know to be successful on this program.

However, it will serve you well in life to have a basic understanding of nutrition and nutritional physiology in order to successfully maintain a healthy body composition throughout life, long after you have finished with your 40-day transformation. Some resources that will help educate you while making further transformation in your life can be found at:

www.calvinbuhler.com

With this understanding, you can more effectively implement lifelong healthy habits that will help you maintain optimal body composition and help you perform better in everyday life.

This nutrition chapter is intended to provide you with the most simple, no-nonsense and practical strategies based on proven scientific principles that you will need to adhere to for maximum results on this rapid fat loss program.

The *Fat Loss Fast Track* nutrition plan consists of three elements:

- 1. Super Shakes**
- 2. Healthy Solid Meal**
- 3. Nutritional Supplementation**

This nutrition plan is a protein-sparing liquid diet where you will get the majority of your nutrients and calories from Super Shakes and where you will offset these shakes with a Healthy Solid Meal at a certain time each day. Your Super Shakes and Health Solid Meals will be accompanied by very specific, off-the-shelf Nutritional Supplements to provide you all the nutrients your body will need to accelerate the fat-burning process.

40-Day Rapid Fat Loss Solution

*Just an FYI - the popular Velocity Diet, which was put together by Chris Shugart influenced, in part, some of the nutritional components of this program. Although, this particular diet has proven to be very successful for many people, I felt it was missing the mark in several key areas in order to be practical and useful for the general public in normal, everyday life. As such, I used the Velocity Diet as a starting point and a foundation for parts of this program.

Now, before we dive into the specifics of each of the three elements of the nutrition plan you need to have a clear understanding of some very important guidelines, which will allow you to make wise decisions on a day-to-day basis during your 40-day journey on this program. Here are the guidelines:

Plan and Prepare

The hardest part about following the *Fat Loss Fast Track* program is planning and preparing each and every super shake and healthy solid meal for each day. Without proper planning and preparation you will inevitably skip shakes and/or meals, graze on high-calorie, low-nutrient foods and try to make up for your unsatisfied appetite at night with convenient and unhealthy alternatives.

The first thing you must do to avoid this is to plan out each and every shake and meal. An easy way to do this is to take time during the weekend to write out what you need to get for all of the shakes and meals that are on your menu for the coming week. This step should be fairly simple since you will not be consuming too many solid meals. The next step is to then go shopping for the necessary items you need. Remember, during the preparation week you should have taken care of most of the stuff you will need. However, there will inevitably be things that come up, which will necessitate a quick trip to the store.

Finally, do the preliminary preparations for each of your shakes and meals. This means that you will measure out all of the supplements and ingredients for each of the shakes and meals and then put them in their own re-sealable plastic bag or airtight container. Also, chop and slice any fruits and vegetables needed and cook any meat. Place all of these in their own airtight, plastic container and store in the freezer or refrigerator so they are ready to go each day.

Every morning as you're preparing for the day just grab the appropriate plastic bags and containers, do any final preparation and blend up your shakes for the day. Then place them in a small, portable cooler that you can keep with you in your car, your backpack or on your office desk.

By doing this you will be prepared for each of your shakes and meals regardless of what comes up in your schedule.

Special Considerations

- **Eating out**

Eating out is part of most people's everyday life. Many people will eat out several times a week for the obvious timesaving reasons. However, eating out will only sabotage your program. Therefore, avoid eating out during the 40-days you are going through this rapid transformation. I understand how tempting it can be, but if you want to see results, you must not eat out at all during this program. Cancel or reschedule any important events that might cause you to eat out. If that is not possible because you are celebrating a special occasion with family, friends or co-workers then make sure to consume a super shake before going to the restaurant and do not order anything while there. Yeah, you will probably be asked a bunch of questions about why you are not eating, but I promise that after these same people see your results when you have finished the program they will be asking you a bunch more questions about what you did to get the results you did and you can remind them about your sacrifice.

- **Emotional and non-hunger eating**

Rapid fat loss is a roller coaster of emotions. In this situation, food can take on functions other than simply providing the body with nutrients and energy. Food can serve as a distracter, a comfort, a crutch or just something familiar. Using food to cope, celebrate, relax or procrastinate are all examples of emotional or non-hunger eating. Everyone has eaten when they were not really hungry, but the ability to manage these times is the key to rapid fat loss.

Before you eat, decide whether you are really hungry. Are you eating because your body needs nourishment or for some other reason? Do not reward yourself with food. In most cultures celebrations traditionally revolve around food. If you are struggling with healthy eating, you might consider finding an alternative to celebrating with food. Try rewarding yourself in other ways. For example, do an activity you have always wanted to do, reward yourself by going shopping for something you have been wanting or treat yourself to a good movie.

Additionally, avoid eating when stressed. A lot of people turn to food during times of stress, which for most is almost daily. Replace this food-eating response with a more positive behavior such as meditating, reading, relaxing or exercising.

- **Grocery shopping**

Make sure you buy and stock your kitchen with healthy and nutritious foods. By doing so, you will always be prepared to eat healthy meals and will be less tempted to eat unhealthy alternatives.

40-Day Rapid Fat Loss Solution

IF YOU DO NOT BUY UNHEALTHY FOODS, YOU WILL NOT BE ABLE TO EAT THEM!!!

Consume Nutrients Every Three Hours

When you eat is just as important as what you eat. Growing up most people heard the recommendation to eat three square meals a day and avoid eating anything in-between meals in fear of ruining their appetite. Experts now agree these old beliefs are more detrimental to a person's health. You need to eat regularly to supply the body with a steady and regular flow of nutrients, especially when you are significantly cutting your calories and are primarily consuming liquid meals. By going too long between eating, you will develop body fat and lose muscle mass, the exact opposite of what you are trying to accomplish.

This "old" way of eating slows the metabolism causing the body to break down muscle tissue for energy, it increases the amount of food eaten when you actually do get around to eating, it forces the body into an unnatural metabolic state storing most of what is eaten as fat, increases stress hormone production and decreasing the body's ability to manage blood-sugar levels leading to chronic fatigue.

You will need to consume several smaller shakes and meals about every three hours throughout the waking day. This should give you at least five feeding opportunities each day. By no means should you eat a full, complete meal each time! The majority of these feeding opportunities will be a super shakes and once each day you will throw in a healthy solid meal.

Here is an example of what a typical day might look like:

Time	Meal
8:00 A.M.	Super Shake
11:00 A.M.	Super Shake
2:00 P.M.	Super Shake
5:00 P.M.	Healthy Solid Meal
8:00 P.M.	Super Shake

Drink Water

Drinking water is necessary and even essential to physical survival. Humans can live for several weeks without food, but only a couple of days without water. Water is the most abundant substance on earth and the most prevalent substance in the human body. It is the foundation of every physiological function performed in the body including digestion, circulation and elimination.

Proper hydration, improves the efficiency of the cardiovascular system, transports vital nutrients throughout the body, carries toxic wastes from the body, aids in injury prevention and recovery by protecting internal organs and tissues, it lubricates joints making them last longer, regulates body temperature keeping all organs and tissues in

Fat Loss Fast Track

optimal working condition, improves mood and concentration, improves energy and allows for the body to be more efficient at burning body fat.

The body needs a constant supply of water because it is continuously lost through perspiration, evaporation, respiration and waste. A lack of hydration causes sluggishness, dulled senses, stalled muscle growth and recovery, a general feeling of fatigue, a build-up of toxic wastes in the body, a lack of overall performance, inhibits fat loss and reduces cellular volume, which can lead to muscle loss.

Adequate water consumption while on this program is essential to flush out the byproducts of protein metabolism and to keep your natural sodium balance in check. Failure to drink enough water will disrupt your body's ability to metabolize the protein and balance out the sodium, which will lead to undue stress on some of your internal organs and the retention of water underneath the skin, making you look fat and bloated.

Here are some guidelines to ensure you are getting a sufficient amount of water on a daily basis during this program:

- Drink about half your body weight plus an additional 20% in ounces of clean, pure and fresh water every day. So a 150 lb. individual would drink 105 oz. of water per day ($150 \div 2 + 30 = 105$). However, because of the intensity of this program your body may require more water. If you feel dehydrated, excess fatigue or hunger during this program feel free to experiment with increasing your water intake.
- First thing in the morning upon arising drink two, 8 oz. glasses of water, and then each hour after that drink anywhere from four to eight ounces of water. If you follow this schedule you should have no problem with your water intake.
- Purchase a good, high-quality water bottle that you can carry with you, providing a convenient and readily available source of water while performing your daily activities. Be sure to fill the water bottle with fresh water each morning before you leave for the day. Add a lemon or lime wedge to your water to help kill bacteria and give the water a nice twist of flavor.
- Avoid drinking coffee, tea, soda or alcohol while on this program. The caffeine, sugar and alcohol these beverages contain will dehydrate you intensifying your hydration needs and cause unnecessary stress hormone production reversing the fat burning and muscle sparing process.

Eat All-Natural, Whole Foods

Foods, in their original state provide all the nutrients the body needs to sustain a healthy life. All-natural, whole-foods promote health and wellness. In general, the more natural and less refined the foods you consume are, the healthier you will be.

Unfortunately, food manufacturers have grossly altered many of these natural foods in an effort to make them more convenient, cheaper, last longer on store shelves and be more attractive. They are usually prepackaged, found in a bag, box or can, often void of color or infused with artificial coloring. Processed foods promote disease and sickness. The more processes a food goes through, the more damage it causes the body and the less nutrition the body receives. Avoid these foods and feed your body with unprocessed, all-natural foods for each of your daily healthy solid meal.

Cut the Carbs

Despite what the mainstream media might portray, “carbs” are not inherently bad for you. However, strategically reducing the amount of carbs in your diet or eliminating them altogether will definitely increase the fat burning process and help you lose more fat, faster.

How is this possible? Well, if you are feeding your body carbs, it will use them as your main source of fuel. By limiting and ultimately eliminating carbs from your diet, you are gradually conditioning your body to burn body fat stores for its main energy source.

A word of caution – this strategy does not work indefinitely. The body is extremely intelligent and efficient and will only allow you to do this for a limited time before it stops burning fat and starts catabolizing muscle tissue instead for its energy needs. That is another reason this program is only 40 days long.

Carbs also trigger the release of a storage hormone known as insulin. Insulin shuttles fat into fat cells, where it becomes difficult to use as fuel. By cutting carbs in your diet, you essentially lower your insulin level allowing the body to burn fat for fuel.

Now, before you start haphazardly eliminating carbs from your meal plan, it is important to understand what I mean when I say “carbs.” In this context, I am only referring to “starchy” carbs and sugars. By definition, vegetables are, in fact, carbs but as you will learn in the next section, you can eat as many vegetables as you want. However, you should avoid carbs such as white rice, white breads, white potatoes, white pasta, pastries, sugars, etc. You get the idea?

With each of your healthy solid meals you will want to include just one serving, about one-half to one-cup of “good” carbs. These good carbs should be things such as sweet potatoes, brown or wild rice, quinoa or whole-wheat pasta. By including a serving of these types of carbs into your healthy solid meal each day you will be able to replenish the glucose and glycogen levels in your body, which will provide you with the fuel you need to keep your brain alert and your body energized for your workouts.

Eat Vegetables

Vegetables are high in nutrition and low in calories. They are packed full of vitamins and minerals, which are essential to rapid fat loss. Vitamins are responsible for growth, regulating the energy you get from food and protecting against disease. Minerals are building blocks for bones, they help muscles contract and relax, initiate chemical reactions in the body and help nerves transmit messages. Vegetables are also high in fiber, which aids in keeping the digestive tract cleansed.

You should include at least three servings or cups of vegetables with each of your healthy solid meals and at least one serving with each of your super shakes. Also, anytime during the day that you feel hungry or are bored and want to chew on something, feel free to consume as many vegetables as you want.

One caveat with this though – although, beets and carrots are vegetables they do contain a high amount of natural sugars and should not be consumed during this program. And, by the way, in case you were wondering...corn is not a vegetable. It is a grain and one that is consumed way too much in our society, so do not even think about eating it either.

Consume High-Quality, Lean Protein

Protein is the building block to every cell in the body. Skin, bones, organs, hair and muscles are all made up of proteins. Protein is responsible for many of the physiological functions in the body, like fighting off infections and regulating hormone levels. Eat a serving of lean protein with every healthy solid meal. A serving of protein is something about the size and thickness of the palm of your hand. Also, with every super shake you consume, you will need to include a serving of high-quality protein powder.

Foods that are high in protein are more filling and have a higher thermogenic effect (the production of heat in the body during the process of digesting foods) than foods high in carbohydrates and fats. Basically it takes more energy for the body to digest protein, which increases the metabolism and burns more body fat. Protein also slows the absorption of carbohydrates into the bloodstream preventing unnatural spikes in blood sugar and insulin levels avoiding excess storage of body fat, which you learned about earlier. Adequate protein ingestion will also curtail the process of gluconeogenesis – when the body catabolizes muscle tissue for energy, which is bad if you are trying to increase your metabolism and burn fat as rapidly as possible.

Now you just can't consume any type of protein. It must be lean and high-quality protein. Chicken, turkey breast, water-packed tuna, salmon and high-quality, whey-based protein powder are the types of protein sources I am talking about. Avoid fatty, low-quality protein like pork, most cuts of beef and dairy throughout the 40-days on this program. Although eggs are a high-quality protein source consuming the entire egg adds extra fat and calories that should be avoided as well during the 40-days.

Eat a Variety of Healthy Fats

Many people believe that all fat is bad. This is simply not true. Fat is essential to a healthy diet. Although there is a stigma about the fat in food, the body needs a certain amount of the right types of fat to perform basic physiological functions. Healthy fats are necessary in the diet in order to help the body produce energy, protect vital organs from damage, absorb certain essential vitamins, insulate from the cold, repair and grow tissues, regulate blood pressure, assist in fat metabolism, keep cell membranes fluid and flexible, neutralize the negative effects of unhealthy fats, keep inflammation of the joints and body tissue to a minimum and reduce bad cholesterol.

There are essentially three types of fat: saturated, monounsaturated and polyunsaturated. Saturated fats come from animal sources such as meat, dairy products and eggs. Monounsaturated fats come from mixed nuts, olives and olive oil. Polyunsaturated fats come from flaxseed oil, fish oils and mixed nuts. Over the course of this program you will want to consume a healthy balance of all three with the majority of your focus on monounsaturated and polyunsaturated sources. The saturated fats you consume should come from very lean sources of animal meats as described in the previous section on protein.

Avoid, like the plague, hydrogenated fats and trans-fatty acids. They are the most dangerous fats, clogging blood vessels and creating imbalances in the body. These are unsaturated oils that have been chemically altered to be solid, instead of liquid, at room temperature and are found in shortening, margarine, unnatural, processed peanut butter and most baked goods.

Now it is time to talk about each of the three elements of the *Fat Loss Fast Track* nutrition plan.

Super Shakes

Super Shakes are just that...SUPER SHAKES! These shakes “pack a punch” nutritionally and provide maximum nutrition in minimal calories leading to rapid fat burning all day long. Super shakes will be your main source of calories and nutrition over the course of this program so you should get very familiar and comfortable with making and consuming them.

You will want to consume a super shake about every three hours. You should not need to consume them any sooner than this and definitely do not want to consume them much more beyond this window of time. The main thing to remember is to spread your shakes out evenly throughout the day to keep your body in the ideal fat-burning zone hormonally and to keep you satisfied hunger-wise.

You will want to make sure you have a reliable blender to make these shakes since you will be consuming so many of them. Any off-the-shelf blender should work for the 40-days. However, as the old adage goes, “you get what you pay for.” There is no

Fat Loss Fast Track

exceptions here when it comes to blenders so do not skimp on this and definitely make sure you have a high-quality one.

Also, you will want to get a couple of shaker or blender bottles to put your super shakes in so that you can easily carry them with you. In a pinch, when you do not have time to blend up a real super shake or you forgot to, these type of bottles can also be used to quickly and thoroughly mix up the protein powder portion of your shake.



Below are the steps and guidelines to use when creating each of your super shakes:

Step 1: Start with Ice

Blending with ice will give the shake a milkshake-like consistency and texture making it a pleasant treat while compelling you to drink the shake slowly, which will allow your body to reach satiety faster.

Use 1-4 ice cubes for a thin, chilled shake

Use 5-10 ice cubes for a thicker shake

Step 2: Add a Fruit

Add one-half cup of fruit for a smaller shake and up to one cup of fruit for a larger shake. For a thicker shake use frozen fruit. Frozen fruit can also replace the need for ice in your super shakes.

Here are some fruit ideas:

- apple
- orange
- banana
- pineapple
- strawberry
- raspberry
- blueberry
- blackberry
- mango
- papaya
- grapefruit
- peach
- pear
- plum
- cantaloupe
- watermelon
- kiwi
- aprico

40-Day Rapid Fat Loss Solution

Step 3: Add a Vegetable

Add one-half cup of vegetables for a smaller shake and up to one cup for a larger shake. It may sound strange to add vegetables to your super shake but they are necessary for an added boost in nutrients.

Here are some vegetable ideas:

- spinach
- kale
- celery
- broccoli
- collard greens
- pumpkin
- squash
- powdered greens

Spinach is the number one preference because of its high nutritional content and because its taste essentially disappears when put in to a shake.

If you are using frozen vegetables in your shake, always buy fresh and then freeze them yourself (store-bought frozen veggies do not taste very good in shakes).

Step 4: Add a Scoop or Two of Protein Powder

Depending on the brand of protein powder and the size of the scoop you will use either one or two scoops for your shake. You want each shake to have about 25-30 grams of protein. Experiment with different protein powder flavors for variety. Chocolate, vanilla and natural flavors are the most popular and make for the best flavor combinations when adding other ingredients to the shake.

Here is a list of some good protein powders:

- Metabolic Drive by Biotest (milk protein blend)
- Muscle Milk by Cytosport
- Proteins+ by Genuine Health (whey isolate protein)
- Vegan Proteins+ by Genuine Health (no animal products)
- Protein Stack by Precision Sports Supplements
- ISO Whey by InterACTIVE Nutrition
- Matrix 5.0 by Syntrax (egg, whey and casein blend)
- LeanFIT Whey Protein

Step 5: Add a Seed and Nut

Use about two tablespoons of seeds in each of your super shakes. In only the last super shake of the day you will add two tablespoons of nuts or natural nut butter (it must be NATURAL) to your shake. This will add to your healthy fat needs for the day and make for a filling and satisfying shake that should carry you through the long night of fasting.

Fat Loss Fast Track

Here are some ideas for seeds and nuts:

- hemp
- flax
- chia
- sesame
- pumpkin
- almonds
- walnuts
- cashews
- nut butters
 - peanut
 - almond
 - walnut
 - cashew
 - macadamia

Step 6: Add a Liquid

Use about one cup of liquid to your super shake. Adjust this amount based on how thick you want your shake. More liquid makes for a thinner consistency and makes it easier to blend. Less liquid makes for a thicker shake and makes it harder to blend.

Here are some liquid ideas:

- water
- almond milk (unsweetened)
- rice milk (unsweetened)

For best results water is the preferred liquid while on this program to minimize the amount of calories. However, you can experiment with almond and rice milk for some added flavor and some added nutritional value if you are in need of that. Whatever you do – do not add any form of cow's milk to your super shakes. This will add way too many calories, even if it is skim milk. Besides cow's milk is not that healthy anyway. Also, avoid fruit juices, they typically contain way too much sugar and are usually very processed.

Step 7: Choose a Topper

After a couple of weeks on the *Fat Loss Fast Track* program you will have consumed a ton of super shakes and you may want to add some kind of variety to your shakes to make them more palatable. So, if you are the type that needs more flavors and more variety in your shakes, you will want to take advantage of this step. However, if you are okay with the same super shake over and over again then this step is optional.

To finish off your shake and add variety you can add an assortment of flavor combinations. Add a dash of non-calorie flavoring like sugar-free syrups, baking extracts or spices.

40-Day Rapid Fat Loss Solution

Here are some topper ideas:

- cinnamon
- nutmeg
- vanilla extract
- almond extract
- peppermint extract
- etc.

Feel free to experiment with other extracts, spices and flavors to add variety to your super shakes.

Check out the *Super Shake Recipe Guide* for several super shake recipes to try out and to give you an idea of how you can create your own combinations.

Healthy Solid Meals

Once per day, you are allowed a healthy solid meal. You can choose to have this meal at anytime during the day. You can use it as your breakfast, lunch or dinner. I recommend you use it for your dinner meal especially if you have a family and you like to sit down with them each night together or if you will be preparing the dinner meal for your family anyway. Whatever you decide, just make sure to eat this meal when it is most convenient for you and your lifestyle, otherwise you may skip it or may resort to eating an unhealthy alternative.

Now I want to be clear here – this is NOT a “cheat” meal. You are not allowed to eat whatever you want. This meal should follow all of the guidelines from above and include a lean protein source, vegetables and a good carb. You will want to keep this meal simple and easy. Do not worry about counting calories or counting grams of carbs, fats and proteins. Do not get too hung up on the portion or serving size for each of these food categories. Just make sure to use all-natural, healthy foods and you will naturally fill up without any risk of overeating.

Here are a few ideas of foods from each of the categories:

Lean Protein (about the size and thickness of the palm of your hand):

- chicken breast
- turkey breast
- baked fish

Vegetables (about 2-3 cups):

- | | |
|-------------|-------------------------------------|
| • asparagus | • squash |
| • broccoli | • cucumbers |
| • spinach | • Vegetables can be mixed up into a |
| • tomatoes | salad. Use only an olive oil and |
| • peppers | vinegar-based dressing if a salad |
| • artichoke | dressing is necessary |
| • celery | |

40-Day Rapid Fat Loss Solution

Good Carbs (about ½-1 cup):

- sweet potato
- brown rice
- wild rice
- quinoa
- whole-wheat pasta

Dessert (if a dessert is necessary, limit it to ½-1 cup):

- Fruit

When eating your healthy solid meal each day take your time and really enjoy the experience of eating. Since this is your only solid meal all day you will need to savor each and every bite in order for the body to feel satiated. Also, eating slowly will allow the digestive system to work optimally and increase your metabolism allowing you to burn more body fat.

So, in between bites, put your fork or spoon down and really enjoy your food. You should pay attention to the smell, the taste, the textures and the flavors.

There is an old Chinese proverb that says, “drink your food.” What this means is that you should chew your food so much that it is nearly liquefied. Try to chew eat bite at least 20 times before swallowing. From the time you sit down and start eating until the time you swallow your last bite should be about 30 minutes. Any quicker than that and you are probably eating too fast. Slow down, relax and enjoy your healthy solid meal – after all you only get one of them each day.

During this program you will probably get so excited with your results that you may be tempted to skip this healthy solid meal in order to speed up your rapid fat loss process even more. Do NOT give in to this temptation. Each aspect of this program has been specifically designed to get maximum results in 40 days and skipping any of the healthy solid meals can affect you in a negative way and reverse the effects you are looking for, by slowing your progress.

Nutritional Supplementation

Now, after reading the super shake and healthy solid meal guidelines above, you are probably wondering about nutrient deficiencies and how you are going to get all of the nutrients your body needs each day.

Well, no need to worry. Below I will outline a nutritional supplement strategy that will fill in any nutritional gaps that may exist. This nutritional supplement protocol, if followed exactly will provide you with all the nutrients and energy your body needs to burn body fat while preserving lean muscle tissue.

The world of nutritional supplements can be a bit tricky. There are so many companies and brands out there that spend millions of dollars each year on fancy marketing and advertising campaigns in hope of winning your hard-earned money. With all the flashy

40-Day Rapid Fat Loss Solution

advertisements and cunning marketing it is hard for the regular consumer to know which supplements to use.

I have spent a good part of my career researching and studying just about all there is to know about nutritional supplements so I can translate all of this information down into simple yet effective recommendations to my clients. When it comes to nutritional supplements, you can know that what I recommend will be just what your body needs to safely and effectively burn fat and build muscle.

The supplements recommended below will provide your body with the nutrients you are likely missing in your regular, everyday diet. Following this nutritional supplement protocol exactly will not only make you leaner, but also healthier.

Here are the four nutritional supplements that you will need to supplement with in order to be successful on this rapid fat loss program (by the way, I do not receive any financial benefit or any other benefit for recommending these products):

1. Multivitamin

The modern diet is often deficient in vitamins and minerals because of the low-quality growing conditions our fruits and vegetables are grown in and when you are eliminating a good portion of your solid meals during this program you are at even more of a risk for nutritional deficiencies. These deficiencies can slow your metabolism and weaken your ability to burn fat. Things you never want to happen, especially when following a rapid fat loss program like this. A good multivitamin can reverse this.

Here are the guidelines when choosing a good multivitamin:

- Choose a whole-food based multivitamin
- Avoid cheap, synthetic multivitamins
- Take the vitamin as recommended on the label in the morning

Here are some multivitamins and brands I recommend:

- Multi+ by Genuine Health
- Vitamin Code by Garden of Life
- Orchard and Garden Blend by Juice Plus

2. Fish Oil

Research shows that supplementing with fish oil increases the body's ability to burn fat as well as making the body more sensitive to the effects of insulin, which will help the body shuttle nutrients to the muscles and utilize body fat stores for energy. In addition, fish oil provides other, more health-related benefits like improving cardiovascular health, improving blood profiles and reducing inflammation throughout the body.

Fat Loss Fast Track

Here are the guidelines when choosing a good fish oil supplement:

- Avoid cod liver oils – not all fish oil is created equal
- Flaxseed oil is not a substitute for fish oil
- Fish oil supplement must contain EPA and DHA
- Should be made from wild salmon, anchovies, sardines, krill, menhaden or a combination of these fish
- Choose liquid fish oil over capsules – liquid fish oil is more potent, plus it is easier to take by mixing it into your super shakes
- Use one gram of fish oil per percent body fat you have. So, if you are 20% body fat then you will take 20 grams of fish oil spread evenly throughout the day with each super shake and healthy solid meal. However, do not take more than 30 grams even if you are more than 30% body fat. Follow this protocol for the first 20 days on the program and then cut the dose in half for the remainder of the program. So, if you are taking 20 grams a day for the first 20 days then you will cut this down to 10 grams a day for the remaining 20 days.

Here are some fish oil brands I recommend:

- O3mega by Genuine Health
- Very Finest Fish Oil by Carlson Labs
- Ultimate Omega by Nordic Naturals
- Barleans orange-flavored Fish Oil

3. Greens Supplement

Greens supplements are full of vitamins and minerals, loaded with free-radical absorbing antioxidants, rich in healthy bacteria to protect and detoxify your gut and packed with a variety of alkaline-producing compounds to neutralize all the dietary acids that you will be taking in. A greens supplement is especially important on the *Fat Loss Fast Track* program since it has a host of nutrients to help detoxify the body, which is important during periods of rapid fat loss when toxins are released from fat cells. A quality greens supplement can aid in ensuring you get all the micronutrients necessary for adequate health and rapid fat loss.

Here are the guidelines when choosing a good greens supplement:

- Follow the label recommendations
- Mix it in with your super shakes
- You usually get what you pay for – a good one will cost \$25-40

Here are some greens supplement brands I recommend:

- Greens+ by Genuine Health
- Organic Greens by North Coast Naturals
- VegeGreens by Progressive Nutritional
- Superfood by Biotest
- BerrySplash by Nu Greens
- Perfect Food by Garden of Life

40-Day Rapid Fat Loss Solution

4. Protein Powder

Protein powders have come a long way over the years as far as quality and taste are concerned. It is an essential supplement for this program in order to rapidly lose body fat. Protein digest slower than other macronutrients allowing you to feel fuller and satisfied longer and provides a sustained release of amino acids into the bloodstream aiding in muscle growth and preventing muscle breakdown, vital for increasing your metabolism. Protein powder can be extracted from all different kinds of food sources – eggs, dairy, soy, hemp, pea kernels, some seeds and more. So, it does not matter if you are lactose intolerant, allergic to dairy or choose to follow a vegetarian-type diet, you have a variety of options to choose from in order to accommodate your protein needs while on this program.

Here are the guidelines when choosing a good protein powder:

- Should have less than four grams of fat
- Should have less than four grams of carbohydrates
- Stick with a whey-based protein powder if possible
- Avoid soy-based protein powders

Here are some protein powder brands I recommend:

- Metabolic Drive by Biotest (great tasting milk protein blend)
- Muscle Milk by Cytosport
- Proteins+ by Genuine Health (high quality whey isolate protein)
- Vegan Proteins+ by Genuine Health (no animal product protein blend)
- Vega by Sequel Naturals (no animal products)
- Protein Stack by Precision Sports Supplements
- ISO Whey by InterACTIVE Nutrition
- Matrix 5.0 by Syntrax (great tasting egg, whey and casein blend)
- LeanFIT Whey Protein

What about fat loss supplements?

Although not a necessary component of the *Fat Loss Fast Track* program, but very effective in helping you in your rapid fat loss goals are fat loss specific supplements. I often shy away from recommending these types of supplements because they are not THE solution, but only one link in a long chain of strategies that can be used when burning fat quickly. However, fat loss specific supplement can aid in appetite suppression, thyroid hormone support and metabolic rate support, which is definitely beneficial when following this program. Besides the energy boost you will get from such a supplement will offset the lethargy caused by the low carbohydrate intake.

If you do choose to use a fat loss supplement during your rapid fat loss journey make sure to stay away from caffeine and/or ephedra based products. They quickly burn out the adrenal glands. Instead, use products that increase the metabolism through other, more natural means. Products

Fat Loss Fast Track

such as Hot Rox Extreme by Biotest and Abs+ by Genuine Health meet this criterion. Hot Rox Extreme has yohimbine HCL, a powerful fat burning agent. Abs+ is a blend of very high dose of EGCG (green tea extract) and CLA. Although, it is not as powerful as Hot Rox Extreme, it is much easier on the nervous system while still promoting fat loss.

Use these two supplements on a weekly rotation throughout the program to minimize the down regulation of the receptors. For instance do one week of Hot Rox Extreme as instructed on the label and then go off of it for one week. In the off week use the Abs+ as instructed on the label.

The above-mentioned nutritional supplements are the only supplements you will need during your *Fat Loss Fast Track* program. So, if you have a question about another supplement and I did not talk about it in this chapter, then just know that it is not necessary and will not help you in your efforts to safely lose fat any faster.

Now this may sound like a lot of supplements to take and there will be a relatively high up-front cost to purchase all of them. Do not get too discouraged though. First of all, you will not be spending hardly any money on food or eating out during the *Fat Loss Fast Track* program so the money you save from not buying food or eating out can be used to buy the necessary supplements. Second of all, the *Fat Loss Fast Track* program is only 40 days long and should only be done twice a year at the most so these supplements are not an ongoing expense month after month. Look at this cost as an investment in your long-term health strategy.

Could you try the *Fat Loss Fast Track* program without any supplements? Sure, you could try it, but I do not recommend it if you are serious about rapidly burning body fat. And if you choose not to use any or all of these supplements do not blame this program when you fail to lose any substantial amount of fat.

All of these supplements have been specifically selected for their benefit to mitigate muscle loss, ensure adequate nutrient intake and keep you feeling healthy and happy during a relatively crazy rapid fat loss protocol.

Putting It All Together

Now, it is time to get practical! This section is designed to provide you with the daily schedule and meal plan that you will be following during the 40-day *Fat Loss Fast Track* program while incorporating all of the strategies you just learned.

Essentially, your meal plan calls for four super shakes each day, spread evenly throughout the day with one healthy solid meal (usually in the afternoon or early evening), for the entire 40 days.

40-Day Rapid Fat Loss Solution

Your daily schedule for your super shakes and healthy solid meal should look something like this:

Time	Meal Number	Meal
8:00 A.M.	Meal #1	Super Shake and Nutritional Supplements
11:00 A.M.	Meal #2	Super Shake and Nutritional Supplements
2:00 P.M.	Meal #3	Super Shake and Nutritional Supplements
5:00 P.M.	Meal #4	Healthy Solid Meal and Nutritional Supplements
8:00 P.M.	Meal #5	Super Shake and Nutritional Supplements

Now if your daily schedule does not allow you to eat at exactly these times that is okay. Just make sure you get all five feeding opportunities in each day and that there is about a three-hour gap between each feeding opportunity. Also, you want to schedule your meal plan so there is about a two-hour fast before you go to bed. In the schedule above it is assuming a bedtime of about 10:00 P.M. You do not want to consume any food, supplement or beverage except water within the two-hour window before bed. The idea is to get your blood sugar levels down before you sleep in order to facilitate growth hormone release, which will aid in burning fat and increasing muscle tissue.

Furthermore, I recommend a short fast in the morning after you wake up and before you consume your first super shake of the day to further the mild ketosis that occurs when you sleep. When your body is in a mild state of ketosis you will be able to take advantage of lipolysis where the body is able to convert fatty acids to be used as energy, furthering the fat burning process.

What About...

Chances are pretty good that during your 40-day journey you will find yourself needing to participate in a social gathering that involves food. This could be a birthday party, wedding, holiday or any other number of possible situations. If you have any control over these situations try and make them coincide with your daily healthy solid meal even if you have to adjust the timing of this meal. For instance, you might typically eat your healthy solid meal as a dinner, but the social situation you find yourself a part of is during lunchtime. In this scenario you will want to eat your healthy solid meal as lunch rather than dinner just for this day.

Now, more than likely you will not have control over the social situations you find yourself in and will be at the mercy of whatever the host has planned. You must be prepared for times like this. The best contingency plan is to drink one of your daily super shakes just before leaving for the social event. When you have the right nutrients in your body in the right amount you will feel full and satisfied giving you strength and willpower to resist eating things you should not be eating.

Another common situation that arises with people following this program is that they find themselves getting hungry in between feeding opportunities. If you find yourself in this situation ask yourself if you are really hungry or if you are just suffering from one of these symptoms: boredom, habit or craving. The solution to each of these is pretty

Fat Loss Fast Track

much the same, whether you have a desire to eat because you are bored, out of habit or because of a craving you want to alleviate. The solution is to get busy doing some kind of mental or physical activity to keep you occupied and take your mind off of food or eating.

By the way, if you are experiencing these symptoms then you might not be following the program exactly.

Here is why...

If you have timed your super shakes and your healthy solid meals properly and consumed the right kind of food and supplements then your body should be well nourished and satiated and you are likely just suffering from one of the already mentioned symptoms. If your feeding opportunities are not timed right and/or you are not ingesting the right kinds of food during these feeding opportunities, then you may be experiencing the feeling of not being nutritionally satisfied and you need to make sure you are more strict with your meal timing and/or the quality and/or quantity of the food in each meal.

However, if you do find yourself experiencing a moment of weakness, then you may want to consider the following strategies:

- Drink a large glass of water
- Chew on some fiber tablets
- Drink a cup of mint herbal tea with a serving of fiber like Metamucil® or Benefiber® added into it
- Get outside and do something active in the fresh air. Or just get out of the environment that you are in and do something else.
- Get away from your kitchen or any other place where food may be found
- Wait for 20 minutes. Waiting can curb the craving, habit or boredom

Making Some Adjustments

In some very rare situations you might find that after you have been following this program exactly for two weeks you have not noticed sizable results. If you fall into this category – and I mean you have been 100% following this program without any cheating then, and only then, should you make some adjustments.

First, start by eliminating one super shake out of your meal plan. The best super shake to eliminate is the mid-morning one. This should be enough of a change to jump-start your body into a fat-burning mode.

Do this for a couple of weeks and see how things progress. If, after two more weeks of strict adherence to the program you still are struggling to see any kind of results then you might consider eliminating any and all fruits from your diet for the remainder of the 40-days.

40-Day Rapid Fat Loss Solution

Again, I am going to reiterate this – do not try any of these strategies unless and until you have been abiding by every guideline and protocol in this program for at least two-weeks at 100% adherence and you still do not get any measureable results.

Transitioning Off

At this point you are probably starting to wonder what you should be doing after the 40 days are over. Well, after the 40 days are over, you will transition into eating more healthy solid meals each day. You need to be extra careful at this time and not overwhelm your body. You do not want to transition to quickly back into a normal diet. It will be too hard on the body. Having said this, every body is different so you will need to listen to your body and start by adding an additional healthy solid meal back into your daily menu as you see fit. Essentially, all you really need to do is add two more healthy solid meals back into your daily menu, a breakfast and a lunch for instance (if you ate your healthy solid meal as your dinner during the program). Here is how you can add your healthy solid meals into your daily menu:

The first week after you have completed the *Fat Loss Fast Track program*, you can add an additional healthy solid meal for a total of two healthy solid meals and three super shakes each day. The second week after finishing the 40-day program, you can add another healthy solid meal, giving you a total of three healthy solid meals. This week you will also want to eliminate one of your super shakes, giving you only two super shakes each day. You should eliminate the lunch super shake leaving you with one super shake between breakfast and lunch and one super shake as your last meal at night. The super shake at the end of your day will help with the nighttime cravings and overeating problem that a lot of people struggle with. If this does not quite work with your daily schedule or with your natural appetites then consider moving the mid-morning super shake to the mid-afternoon between your lunch and dinner.

Remember, this is only a 40-day program and should not be followed any longer than 40-days or more than two times in a year. Each guideline outlined in this book is specifically designed based on 40 days and if you try to change one aspect of the program it will throw all the other areas out of balance and will not work as effectively for you as it could. The same is true if you try to extend this program any more than the 40 days. DO NOT try to make any changes or adjustments to this program without first consulting with a health or nutrition expert.

For those people who are disappointed with their results on this program, or who quit before the 40-days are over, almost always changed the program in some way. They ignored the workouts, they tried different supplements or did not use any supplements. Basically, they tried to make the program “easier,” “better” or “faster” by modifying some aspect of it.

The *Fat Loss Fast Track* program is like an old grandfather clock. Every independent part is dependent on the other parts. If you change one thing or take one thing out then it stops working.

Fat Loss Fast Track

If you have committed to doing the *Fat Loss Fast Track* program, then DO IT. Do not try some perverted version of it. Do not try making up your own version of it. This program has worked for thousands of others exactly as it is outlined. Do not set yourself up for failure by getting in your own way.

EXERCISE

Proper nutrition alone will not rapidly transform your body. However, proper nutrition combined with the right kind of exercise will dramatically improve your ability to burn body fat fast and help you get the results you are looking for in as short amount of time as possible.

The human body functions properly and optimally when it is exposed to physical movement on a regular basis. Historically, the human body has been required to exert a great deal of physical effort just to sustain life by laboring for food and in maintaining a hospitable environment until relatively recently. Over the last 100 years this has changed dramatically due to modern advancement in technology.

The modern world is now one of convenience and ease. However, this convenience and ease comes at a price. The daily physical activity of humans has significantly been reduced to such an extent that people no longer get the physical exercise their bodies need for optimal health.

There is nothing wrong with a modern world filled with labor saving technologies as long as the physical labor lost is replaced with sufficient physical activity from somewhere else. This can be accomplished through a daily physical exercise program.

Daily physical exercise keeps your weight under control by increasing your muscle mass. The muscles of the body are like a furnace that burns fat for fuel. By exercising properly you can increase your muscle mass, which in turn, increases your metabolism and burns more body fat during the day in order to keep the increase in muscle tissue fueled. Appropriate exercise increases muscle strength, giving you greater capacity to perform daily activities. Stronger muscles also provide better support for bones in the body, helping the body maintain proper positioning. Correct posture helps the body move more efficiently enabling it to perform daily activities with less stress and more ease. It helps keep bones healthy and strong while slowing age-related bone loss.

Exercise keeps the body flexible – not only the muscles and connective tissue, but also the cells of the body. Body cells require daily stimulation to maintain pliability and elasticity. If they do not get this daily stimulation they will become weak, frail and inefficient. Eventually, they will malfunction and slowly die causing a build-up of toxic waste in the body, which relates to the next benefit of exercise.

The lymphatic, or lymph, system rids the body of toxins and wastes and helps maintain the strength of the immune system. The lymph system does not have a pump to circulate lymph fluids through the body like the circulatory system has the heart to pump the blood. Instead, the lymph system relies solely on the body's movement, through muscle contractions to circulate the fluid. When the body does not move regularly, the lymph system loses its ability to move the waste and toxins out of the cells. When the lymphatic system backs up or becomes stagnant, due to a lack of exercise, the waste

Fat Loss Fast Track

and toxins accumulate causing the immune system to weaken resulting in sickness and disease.

Exercise increases perspiration, which is another method the body uses to rid itself of waste and toxins. Exercise helps the mind focus better by improving the circulation allowing more oxygenated blood to get to the brain. Exercise counters the conditions that lead to chronic diseases later in life by improving circulation, reducing the risk of heart disease, improving blood cholesterol, lowering high blood pressure and preventing bone loss.

Daily exercise can produce more benefits than just physical fitness and health. It also promotes psychological well-being. It can promote feelings of accomplishment, self-confidence and self-mastery, as well as improving your mood. It reduces stress and anxiety by releasing hormones naturally released during exercise. These hormones are called endorphins and they decrease pain, increase relaxation, release tension, counter anxiety and depression, improve quality of sleep, increase enthusiasm and optimism and balance out the hormones brought on by stress.

Ultimately, consistent, daily exercise will help you strengthen and tone your muscles, burn fat, cleanse your body of toxic wastes and slow the aging process, making you more energetic, healthy, youthful, confident and balanced.

As mentioned earlier, people who are looking to rapidly transform their body should not follow traditional exercise programs because of the extreme nature of the nutritional intake. You do not have the time or energy to waste doing traditional types of exercise workouts.

The rapid and extreme fat loss experienced by *Fat Loss Fast Track* participants requires a unique and innovative approach to exercise. Because of this, every set and every rep of every exercise must count. Too much intensity and volume in your workouts and you will burnout too quickly and not be able to finish the program. Too little intensity and too little volume in your workouts and you will not experience the desired results.

Fat Loss Fast Track takes advantage of this balance by compounding the exercise parameters and exponentially increasing the results. All the workouts you do on the *Fat Loss Fast Track* program are designed to create a large metabolic demand on the body by challenging every major muscle group and every major movement pattern. This exercise chapter is intended to provide you with the most simple, no-nonsense and practical strategies based on proven scientific principles that you will need to adhere to for maximum results. This program has the complete package – everything necessary for rapid fat loss.

40-Day Rapid Fat Loss Solution

The *Fat Loss Fast Track* exercise plan consists of three elements:

1. **Resistance Training Workouts**
2. **Energy System Workouts**
3. **Non-Exercise Physical Activities**

This exercise plan strategically combines each one of these elements to rapidly burn body fat by increasing lean muscle tissue, breaking down fat tissue, ramping up the metabolism, indirectly burning more calories and metabolizing free fatty acids.

It is time to get into each of the three elements of the *Fat Loss Fast Track* exercise plan.

Resistance Training Workouts

Resistance training refers to exercises performed using some form of resistance in order to stimulate the muscles. Resistance training serves to increase muscle size, strength, power or a combination of all three. Resistance training can also be used to increase flexibility, improve muscle imbalances that lead to poor posture and improve the body's ability to cope with stress.

One way of increasing your metabolism on this program is to increase the ratio of lean muscle tissue to body fat.

Most people think the best way to lose weight is to go on a traditional diet and do a bunch of cardio. And as a result they typically do lose weight, but the bulk of that weight loss is not the body fat they were hoping to lose. This can be very self-defeating since the weight loss primarily comes from lean muscle tissue loss, inevitably leading to a slower metabolism escalating the problem even more over the long-term. Sure, in the short-term they may have lost weight, but in the long-term they slowed their metabolism by losing muscle mass causing them to gain more body fat.

Aside from the health issues caused from losing the muscle, this can be very demoralizing. You might be smaller and weigh less, but you probably do not look any better. You still have the same amount of body fat so you become just a smaller version of your current self.

On the *Fat Loss Fast Track* program you will do resistance training in order to maintain and even increase your lean muscle tissue thereby increasing your metabolism over the long-term and you will not just be smaller, you will be leaner and more muscular.

Each week on the program you will be performing two resistance training workouts and one metabolic resistance training workout, which is a hybrid of the resistance training workout and the energy system workout. These workouts will take place on Monday, Wednesday and Friday and can be performed with your bodyweight alone or can be done with added resistance from some basic exercise equipment such as exercise tubing, dumbbells or barbells. Each resistance-training workout is designed to last

between 30 and 40 minutes including the dynamic stretching warm-up and static stretching cool-down.

Energy System Workouts

Energy system training refers to your aerobic and anaerobic conditioning. Aerobic means “with oxygen” and anaerobic means “without oxygen.” Aerobic conditioning focuses on the health of the cardiovascular and respiratory systems and is characterized by any activity that involves continuous, rhythmic movement of large muscle groups at an increased heart rate of 70-90% of maximum for a minimum of 20 minutes. This type of exercise strengthens the heart, lungs and blood vessels. It increases blood circulation, improves digestion and elimination, stimulates the lymphatic system, increases the production of neurotransmitters and helps condition the body to circulate more oxygen to the brain and other organs and tissues more efficiently. However, aerobic conditioning is not the most effective or efficient way to rapidly burn body fat.

Anaerobic conditioning is characterized by short-duration activities that are at relatively high in intensity levels and require immediate energy. This type of training is important because of its application to performing regular, everyday activities such as walking up a couple flights of stairs, carrying the groceries in from the trunk of a car or taking a heavy garbage can out to the curb. If done correctly, anaerobic exercise is a more powerful way to rapidly burn body fat, maintaining the fat burning process even longer – for up to 48 hours after finishing the exercise – while preserving lean muscle tissue more so than traditional aerobic-based cardio exercise can.

Although, both aerobic and anaerobic exercises are important to developing good health, research shows that anaerobic exercises are more effective and efficient at burning fat and improving performance.

High-intensity interval training, characterized by short bursts of intense activity followed by periods of less-intense activity, is one form of anaerobic exercise that not only includes the anaerobic benefits, but also provides the health benefits of aerobic exercise.

Compared to other training strategies, interval training allows you to do more work in less time, with less long-term fatigue, if done at higher intensities. So, with this type of exercise you are metaphorically “killing two birds with one stone!” It is for all of these reasons that the *Fat Loss Fast Track* exercise program favors this type of energy system training.

Each week on this program you will be doing three energy system workouts performed as sprint intervals on Tuesday, Thursday and Saturday and one metabolic resistance training workout, which is a hybrid of the energy system workout and the resistance training workout on Wednesday, which will be a challenging circuit of seven different bodyweight exercises done one after another in rapid succession. These workouts are

40-Day Rapid Fat Loss Solution

so versatile because they can be performed with little or no exercise equipment and can be performed indoors or outdoors.

Each energy system workout is designed to last about 30 minutes including the dynamic stretching warm-up and static stretching cool-down. You will be challenged to complete the recommended number of bodyweight circuits or sprints in less time each week. Essentially, as your body adjusts to the demands you are putting on it, you will be able to do the same amount of exercise in less time week after week. The harder you push yourself during your energy system workouts, the more effective this program will be.

These workouts will increase your general conditioning, help you recover from the resistance training workouts, improve your functional mobility and most importantly, burn off as much body fat as possible in the least amount of time.

Non-Exercise Physical Activities

During the course of this program you will also do additional physical activity throughout the day, which will simply be added into your normal daily routine. These are added as an easy and simple way to increase your metabolism, burn extra fat throughout the day and aid in recovery from your workouts. This additional physical activity is commonly referred to as Non-Exercise Physical Activities or NEPA for short.

NEPA is all the physical stuff you do on a daily basis outside of your formal workouts. A person who sits at a desk all day gets minimal NEPA, while someone who does manual labor gets a lot of NEPA. Research shows that a very simple form of NEPA such as walking, especially 10,000 or more steps per day will help with long-term weight loss and improve overall health.

On the *Fat Loss Fast Track* program you will go for a walk every single day in order to increase your NEPA. This walk will help you burn off extra calories without taking up too much of your energy, which you will want to reserve for your resistance training workouts anyway. You will also do other simple things integrated into your normal daily routines to easily increase your NEPA.

Here is what you will do for your NEPA:

- Walk every day for 30-60 minutes no matter what
- Walk a little faster than you normally would
- Walk outside whenever possible
- If you have to walk inside try to avoid the treadmill and do it around a track or on the outside perimeter of a store
- If you must walk on a treadmill, set the treadmill at a slight incline
- Walk first thing in the morning before consuming your first super shake
- If you cannot walk in the morning, the next best time is immediately after your resistance training workouts. If this does not work, then do it in the evening about 30 minutes after eating your healthy solid meal

Fat Loss Fast Track

- Either way, walk whenever you can, anytime is better than no time at all
- Do not run – your results will not be any better or come any faster
- Running will actually reverse the fat burning effects you are looking for
- You are not training for a marathon here so stick with a brisk walk.
- Always take the stairs instead of the elevator or escalator
- Whenever possible stand at your desk instead of sitting to do your work
- Walk to a coworkers desk instead of calling them
- Park as far away from the entrance to your work, stores, post office and anywhere else you find yourself
- Carry your baby instead of pushing him or her in a stroller
- Carry your groceries in a basket instead of using a cart
- Carry your luggage instead of rolling them

These simple shifts in your daily behavior add up to long-term fat loss and improved health.

The Basics

Before getting right into the specific workouts you first need to have a clear understanding of the basics that make up this well-designed program. The *Fat Loss Fast Track* exercise program integrates several variables that are carefully orchestrated to produce the rapid results you are working toward. Following is a description of the variables used in the *Fat Loss Fast Track* exercise program.

Frequency

Exercise frequency is defined as the number of exercise sessions you perform each week. For maximum results in a minimum period of time you will be exercising six days a week and resting on the seventh day of the week.

Six days of intense physical exercise is sufficient to achieve your physical transformation goals. However, any more than this without resting one day will eventually lead to injuries and a lack of progress due to overtraining.

This approach to training is in harmony with the ideal work to rest relationship. It sufficiently trains each of the major muscle movements and energy systems in the proper ratio, giving each sufficient time to recover before being trained again.

40-Day Rapid Fat Loss Solution

The following is an example of what this weekly workout schedule will look like:

Day	Workout
Monday	Resistance Training Workout
Tuesday	Energy System Workout
Wednesday	Metabolic Resistance Training Workout
Thursday	Energy System Workout
Friday	Resistance Training Workout
Saturday	Energy System Workout
Sunday	Rest

Sometimes life will get in the way and you will inevitably miss a workout or two. When this happens, simply pick up where you left off by moving on to the next workout. Do not worry about making up for the missed workout. You do not have time in this short 40-day window to go back and make them up. Just make sure not to miss too many workouts and never miss more than two workouts in a row otherwise your results will not be what you are hoping for.

Duration

If you are like most people then you only have a limited amount of time dedicated to exercise each day. Fortunately, 30-40 minutes is sufficient time to achieve the body transformation you want. Working out any longer than this can actually have detrimental effects on your fat loss goals. Right around 40 minutes into a workout the body's hormone levels shift and the body pumps out more stress hormones than anabolic hormones, which conditions the body to hang on to fat and burn up muscle tissue instead. So, quit spending hours a day running on the treadmill. It is hurting more than helping!

In order to make the most of those 30-40 minutes you will need to be focused and on-task every single minute. Otherwise, you will needlessly waste time and not get the results you are seeking. Each workout has been designed to stay within this timeframe.

Since we are on the topic of timing, if possible, you should strive to do your workouts before 3:00 P.M. Getting your workouts in by this time will allow cortisol and insulin to drop back to normal before you go to sleep. You do not want these hormones to be elevated just before sleeping for several hours.

Exercise Selection

The chosen exercises for this program had to meet certain criteria, since the time you have to exercise each day and the resources available to you may be limited. Each exercise needed to easily integrate into a busy lifestyle by providing the most bang-for-your-buck effect; they must also utilize a small amount of space, use little or no equipment and provide the most benefit to you in achieving rapid fat loss.

Fat Loss Fast Track

Generally, the more muscles involved when performing an exercise the more effective and beneficial the exercise. Rather than performing exercises that train individual muscle groups, wasting a lot of time and receiving little benefit, this program includes compound, multi-joint movement patterns that incorporate several muscle groups in the exercise.

Also, these exercises are more functional and applicable to “real life.” In real life you rarely use just one muscle to perform a particular function. When performing a single, daily activity you use several muscle groups working together as a functional unit in a movement pattern.

The following is a list of the major movement patterns you will focus on in the *Fat Loss Fast Track* program with examples of corresponding exercises.

Movement Pattern	Sample Exercises
Quad-Dominant Movement	Squat, Lunge
Hip-Dominant Movement	Deadlift, Hip Extension
Horizontal Pushing Movement	Chest Press, Pushup
Horizontal Pulling Movement	Row Variations
Vertical Pushing Movement	Shoulder Press Variations
Vertical Pulling Movement	Pull-up, Lat Pull Down
Core Movement	Abdominal Crunch, Back Extension

Exercise Order

A majority of your daily activities utilize the same movement patterns and muscle groups on a repetitive basis, leaving the opposing movements and muscles under-used causing muscle imbalances in the body. To reverse these imbalances and prevent unnecessary injuries and postural problems you need to incorporate opposition training into your resistance training workouts.

The best way to exercise the body is to exercise opposing movement patterns working both the agonist and antagonist (opposing muscle groups) movements within the same exercise session. For example, a horizontal pulling movement using the muscles of the upper-back is an antagonist to a horizontal pushing movement, which works the muscles in the chest.

By performing exercises in this manner, you can also maximize your time. When performing an exercise that works the muscles in a particular movement pattern, the antagonistic (opposing) muscles are being inhibited and are relaxed and at rest increasing the rest interval for that muscle group allowing for complete recovery before it must perform the exercise again. This inhibition is like giving the antagonist muscle groups a quick nap, accelerating recovery. This allows you to do twice as many exercises in the same amount of time while still receiving equal amount of recovery for the muscles involved in each movement pattern.

40-Day Rapid Fat Loss Solution

The resistance training portion of the *Fat Loss Fast Track* exercise program will pair the opposing movement patterns together so they are performed one right after the other maximizing time and effectiveness.

Basically what this means is that you will do one set of an exercise then move to the opposing movement pattern exercise, performing one set of this exercise before doing a second set of the first exercise. These opposing exercises are paired together by a letter and number combination such as:

A1:

A2:

B1:

B2:

C:

Basically, perform the exercises in this order together in a “superset” fashion. So, you should perform one set of the exercise for A1 and then one set of the exercise for A2, alternating back and forth between the two until all sets have been completed. Do not perform all of the sets of exercise A1 before moving on to exercise A2. After all the “A” exercises have been completed in the alternating fashion, move on to the “B” exercise group and so forth.

Another important key with exercise order is to always start your resistance training workouts by working the movement patterns with the largest muscle groups first followed by each movement pattern that utilizes subsequently smaller muscle groups. You do not need to worry about this though as the exercise plan has already been designed with this in mind.

Sets and Reps

Sets and reps are the “nuts and bolts” of any resistance-training workout. Reps refer to the number of repetitions performed with each exercise without resting, while sets are groups of these repetitions. So, for 4 sets of 10 reps – more commonly written 4 x 10 – you would perform 10 repetitions for a total of 4 times with rest periods in between each set for a total of 40 repetitions.

Intensity and Progression

Intensity is one of the most powerful variables when it comes to the *Fat Loss Fast Track* exercise program because it can be changed relatively easily. Intensity usually refers to the amount of resistance or weight used for an exercise. But, in the case of energy system training, intensity can be described as a level of exertion.

For resistance training exercises in the *Fat Loss Fast Track* program, you will use weights that are “medium” weight. A medium weight is one you can lift about eight to ten times with a smooth and steady tempo and excellent form.

Fat Loss Fast Track

Of course, when you first start out you may not know how much weight qualifies as a medium weight for you. So the first week's workouts will involve some trial and error in order to figure this out. Do not worry; this will not take away from your program as long as you follow this strategy:

Start with a weight that is a little bit lighter than you think you will be able to use. After performing the exercise for the prescribed amount of reps, if it was too light, then consider it a warm-up set, increase the weight and when you are ready, begin your "real" first set.

If, however, the weight ends up being too heavy, you will be able to determine this within the first couple of reps, then set the weights down, rest a minute, lighten the weight and begin your "real" first set.

As you progress through your workouts and as the resistance of each exercise gets easier, you must make adjustments to ensure that you continue to progress.

First, you should add an additional rep or two at the end of the exercise. Second, you can increase the weight used for the exercise. In fact, each week during this program you need to make the workout harder by slightly increasing the reps or the weight used for each exercise to prevent stagnating or plateauing. Even if the increase is only one rep or a small increment in weight.

Never try to increase both the weight and the reps in the same week. Also, never do anymore than two additional reps than what is called for. If you are able to perform more than two additional reps, then this is the point to increase the weight. Continue on with this new weight until you can do more than an additional two reps, and then increase the weight again.

It should go without saying, but just in case...

You must make sure that your form with each exercise is perfect before progressing with any of these above-mentioned techniques. Unless you can stabilize, control and move your own bodyweight efficiently with excellent form for each exercise, then you have no reason to add external resistance. For this reason all of the resistance exercises illustrated can be performed using your bodyweight only. Once you can perform bodyweight exercises with proper form then you will be ready to implement external resistance into your workout. Exercise bands or tubing are a great form of external resistance to first introduce and then you can graduate up to using dumbbells and barbells.

For energy system workouts you will gauge the intensity of each workout on a scale of exertion. Use a scale of 1-10 to rate your level of intensity based on how hard you feel you are working. Ten represents your maximal effort and one represents no effort at all.

40-Day Rapid Fat Loss Solution

Eventually, as your body begins to adapt to this exercise program you will want to increase your intensity level by increasing the incline, the speed, number of circuits or sprints or decreasing your rest periods. It does not necessarily matter which form of intensity you change, just change one thing more than you did the last time you did the workout. Always start small and slowly increase your energy system workout intensity gradually but consistently over the course of this program. Take small steps as you progress and do not try to do too much, too soon, otherwise you could burn-out or get injured, delaying the results you are working towards. Progress is doing a little more each workout.

If you are not *uncomfortable* during your workouts, you are not pushing yourself hard enough. The bottom line is that most people trying to lose fat simply do not push themselves hard enough and that is why they do not get the results they think they should.

Rest Time

The amount of time you rest between each set is very important if you want to capitalize on the effects of this program. The rest time between most exercises on this program will only be one-minute. During the rest period you should get a drink of water, adjust the weight as necessary, switch exercise equipment and/or stretch the muscles you just exercised – aiding in flexibility and recovery.

In my experience, I have found that most men will rest longer than the allotted time and most women will usually rest less than the prescribed amount of time. Be aware of this and use a stopwatch to make sure you are not resting more or less than you should. It may not seem like a big deal, but this rest period is crucial to exploit all the physiological and hormonal effect we are looking for in maximizing fat loss.

Recovery Time

Recovery is often the forgotten component in an exercise program. Optimal recovery time between exercise sessions is important to maximize your progress. During exercise your muscle tissue breaks down. It is during the recovery period between exercise sessions, rather than during the workout itself, that your muscles are allowed to rebuild. It is necessary to give the muscles in each movement pattern at least a day of recovery before exercising them again otherwise you run the risk of overtraining, which could result in excess pain, discomfort and even injury.

Likewise, you should also plan to significantly decrease your exercise intensity for about seven days every six weeks, or more specifically for this program, every 40 days. This is called a “recovery week” or an “active recovery week” and its purpose is to give the body time to recover from the previous weeks of hard work, allowing the body time to realize the progress it has made.

Fat Loss Fast Track

This active rest week should coincide with any major event or special occasion that may have motivated you to begin this program in the first place, such as a reunion, a wedding, anniversary, etc.

Another idea behind the active rest week is to give you time to perform other enjoyable, physical activities while getting away from the monotony of what you have been doing. Most importantly, this allows you to have a renewed vigor and focus when you return to your long-term, regular exercise program.

So at the end of this program, you should plan on taking a week to recover by getting out of the gym and doing some form of recreational activity that you enjoy, but is not too intense or too time consuming.

Warm-Up and Cool-Down

The beginning of every workout session needs to start with an effective warm-up in order to have a good workout. Warming-up prior to a workout has many benefits. A proper warm-up can increase your coordination, your work capacity, your body temperature, the blood flow to your heart and muscles and the efficiency of your neuromuscular system. A proper warm-up also reduces the possibility of injury by making your muscles more pliable and improving the range of motion and lubrication in and around your joints. In addition, a proper warm-up can also reduce muscle soreness and joint stiffness.

In the past, the belief was that a warm-up prior to a workout should consist of a series of static stretches. Since then, numerous studies have concluded that this type of warm-up is inefficient. Not only can it increase your risk of injury, but it also sedates the nervous system and decreases your ability to get an effective workout. Static stretches designed to enhance flexibility should only be performed following your workout. This way flexibility can be enhanced without compromising the effectiveness of your workout.

The best warm-up prior to a workout should consist of a series of dynamic exercises. A dynamic warm-up acts, essentially, as a transition from a lower level of activity to a higher level of activity. It should be long and intense enough to achieve freedom of movement in all working joints and tissues and should even cause mild perspiration, but not to the point of fatigue. Most people should be able to achieve an effective warm-up within three to five minutes.

Static stretching is one of the best ways to cool down from a workout and should be performed at the end of a workout. Static stretches are characterized by movements that are held in a stationary position for a period of time. This type of stretching is typically the kind of stretching most people are familiar with. Static stretching improves quality of movement, promotes a balanced range-of-motion, increases flexibility and decreases recovery time. It can also decrease susceptibility to injury and the formation of muscular adhesions.

Putting It All Together

Incorporating this exercise program into your everyday life will be much easier than you might think. Fortunately, all of the information you just learned about is condensed into the following exercise program, which contains everything you need to rapidly transform your body. It has been designed to be simple, yet intense and to be practical, yet effective. It has been designed with you in mind.

Dynamic Warm-Up

Before all workouts you will warm up by performing dynamic exercises. These exercises will bridge the gap between inactivity and your actual workout, while saving time and preparing you physically and mentally for the workout to come.

You will do 10 repetitions of each dynamic exercise, gradually increasing both tempo and range of motion when appropriate. The idea is to start slow and shallow and eventually progress to going faster and further. For each dynamic exercise, you only need to go to the point where you begin to feel tension on the targeted muscle. The entire dynamic stretching sequence should only take three to five minutes after you have practiced it a few times.

Perform the following dynamic exercises in a circuit fashion one time through at the beginning of your workouts.

Head Rotation: Alternate between looking to the right and to the left, moving 10 times in both directions. Work toward a slight feeling of tension as you approach the end-point in each direction.

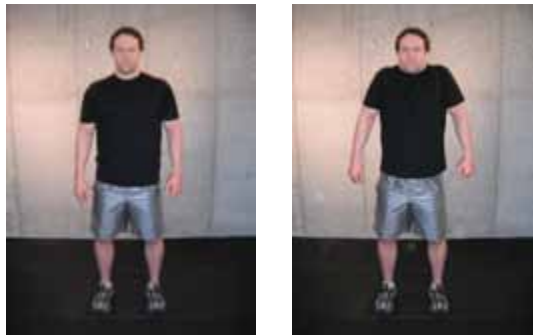


Fat Loss Fast Track

Head Tilt: Slowly bend your head to the right and left side, as if you are trying to touch your ears to your shoulders, moving 10 times in both directions. Do not twist or rotate your head.



Shoulder Shrugs: Keeping your arms straight down at your side, elevate your shoulders up as high as possible and then let them down. Repeat 10 times.



Arm Circles: With your arms straight out to your sides in a horizontal position, rotate them forward in small circles gradually increasing the diameter of the circles. Continue for 10 revolutions, then switch directions and rotate your arms backwards in small circles gradually increasing to larger circles and perform 10 revolutions in this direction.



40-Day Rapid Fat Loss Solution

Wall Slides: Stand with your back and legs against a wall; raise both your arms up, bent at 90 degrees, to shoulder height. Slide both arms up as high as you can go while keeping your arms in contact with the wall. Return to the starting position and repeat 10 times.



Air Squats: Stand with your feet slightly wider than hip-width apart. With your hands on your hips bend your knees like you are going to sit in a chair. Keep your knees behind your toes throughout the entire range of motion. Squat all the way down until your upper thighs are parallel to the floor, return to the starting position. Repeat 10 times.



Waiter's Bow: Stand with your feet slightly wider than hip-width apart and your knees slightly bent. Cross your arms in front of your chest and bend over at your waist pushing your hips out. Go down until your back is parallel to the floor. Return to the starting position and repeat 10 times.



Fat Loss Fast Track

If you have followed this dynamic stretching warm-up routine, you should feel warm, strong, loose and ready to begin your workout.

Resistance Training Workout A (to be performed on Monday):

Here is what this workout will look like with corresponding sets, reps, rest periods, exercise description and exercise photos:

Exercise		Sets & Reps	Rest
Dynamic Warm-Up			
A1:	Squat	4 x 10	X
A2:	Lying Hip Extension	4 x 10	60 sec.
B1:	Bent-Over-Row or Prone Row	4 x 10	X
B2:	Chest Press or Push Up	4 x 10	45 sec.
C:	Abdominal Russian Twist	3 x 12	60 sec.
Static Cool-Down			

A1: Squat: Stand with your feet hip-width apart while holding a pair of dumbbells at your side. Bend your knees and squat down as far as possible while keeping a natural curve in your back, your knees behind your toes and looking forward throughout the movement. Pause, and then push back up driving through your heels as you ascend to the starting position.



40-Day Rapid Fat Loss Solution

A2: Lying Hip Extension: Lie on the floor with your arms at your sides and both heels up on a chair or bench, with your knees bent. Pulling with your glutes and hamstrings, drive your heels down into the seat of the chair to lift your hips up until your body forms a straight line from your knees to your shoulders. Pause, and return to the starting position. For a greater challenge, straighten one leg and hold it up over your hips.



B1: Bent-Over-Row: Hold a dumbbell in each hand with your feet hip-width apart. With a slight bend in your knees bend forward at your hips to a 45-degree angle while keeping your back straight and shoulders pulled back, pull both of your elbows back to your hips at the same time.



Fat Loss Fast Track

or Prone Row: Lie down under a low bar so it is directly over your chest. Grab the bar with an overhand grip that is slightly wider than shoulder-width apart. Lift your body off the floor so that only the backs of your heels remain on the floor. Be sure to hold your body in a straight and rigid line from your head to your heels, like a plank. Keeping your body straight and pinching your shoulder blades together, pull yourself up as close as possible to the bar trying to touch your sternum to the bar. For a greater challenge, elevate your feet by resting them on a chair or bench.



B2: Chest Press: Lie on a bench, feet flat on the floor holding a pair of dumbbells against your chest. Flare your elbows out until they are bent at 90-degrees and the dumbbells are out to the side of your chest. Press arms up and over your chest until they are straight. Lower the dumbbells under control to the start.



or Pushup: Support your body with the balls of your feet and hands. Position your hands slightly wider than shoulder-width apart, palms flat on the floor. Straighten your arms without locking your elbows. Keep your body rigid and straight, like a plank. Lower your torso until your chest is slightly above the floor. Push yourself back to the starting position. For a greater challenge, put one foot on top of the other, put both feet up on a step or chair or place your hands wider apart.



40-Day Rapid Fat Loss Solution

C: Abdominal Russian Twist: Lie on the ground with your knees bent and feet anchored under a solid object. Keep your core tight and arms extended out in front of you (hold onto a dumbbell for added resistance), perform a sit-up and stop when your torso is at a 45-degree angle to the floor (as if you are halfway through the sit-up). While maintaining this torso angle, rotate as far as possible to one side and then, without pausing, rotate to the other side. Keep your arms fully stretched out and stable in front of you and return to the starting position.



Resistance Training Workout B (to be performed on Friday):

Here is what this workout will look like with corresponding sets, reps, rest periods, exercise description and exercise photos:

Exercise		Sets & Reps	Rest
Dynamic Warm-Up			
A1:	Forward Lunge	4 x 10 per side	X
A2:	Straight-Leg Deadlift	4 x 10	60 sec.
B1:	Pull-Up or Cable Pull-Down	4 x 10	X
B2:	Standing Shoulder Press	4 x 10	45 sec.
C:	Back Extension	3 x 12	60 sec.
Static Cool-Down			

Fat Loss Fast Track

A1: Forward Lunge: Stand with both feet hip-width apart and your hands at your side holding a dumbbell in each. Take a long step forward so your front foot lands two to three feet in front of you while you lower your body until the top of your front thigh is parallel to the floor. Your forward knee should be directly over your ankle and should never extend in front of your toes. Pushing through the heel on your front foot push back to the starting position. Perform this same movement with the other leg in an alternating fashion.



A2: Straight-Leg Deadlift: Stand with your feet hip-width apart, knees slightly bent, abdominals tucked in, shoulders pulled back while holding a pair of dumbbells against the front of your thighs. Push your hips back and lean your torso forward while bending from the hips. Keeping your back flat and shoulders pulled back let the dumbbells slide down your legs until they reach the middle of your shins. Pause and squeeze the glutes at the bottom of the movement, then pushing through your heels push your hips forward to raise back up.

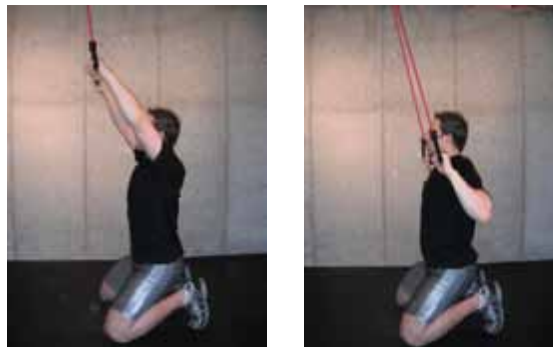


40-Day Rapid Fat Loss Solution

B1: Pull Up: Grab a pull-up bar with an overhand, shoulder-width apart grip and hang with your elbows slightly bent. Pull yourself up until your chin is over the bar. Pause slightly and lower your body back to the starting position under control.



or Cable Pull Down: With an overhand grip, grasp a wide bar and sit down with your thighs under the supports. Lean back slightly and pull the bar down to your upper chest bending at your elbows. Return the bar under control until your arms and shoulders are fully extended.



B2: Standing Dumbbell Shoulder Press: Stand with feet hip-width apart and knees slightly bent. Hold dumbbells at your shoulder level and elbows bent at 90-degrees. Keeping your core tight, press the dumbbells overhead until your arms are straight. Be careful not to over-arch the lower back. Lower the dumbbells under control to the start position.



Fat Loss Fast Track

C: Back Extension: Lie facedown on the ground with your legs straight and arms stretched out in front of you, with your hands on the floor. Lift your arms, head, chest and legs off the floor simultaneously. Hold this position for three to five seconds, keeping your head and neck at the same height as your shoulders throughout the movement. Return to the starting position under control.



There are a couple things to consider when performing all of the exercises illustrated above. First, pay close attention to proper breathing: inhale as you start each movement, and exhale as you complete the movement. Next, do not hold your breath during the exercises. Finally, each exercise should be performed using proper form throughout the complete range of motion, both to get the maximum strength benefit and to promote flexibility while ensuring safety.

Static Cool-Down

Performing a cool-down from your resistance training workouts involves static stretching and should only take three to five minutes to complete.

While the stretches given below are quite thorough, they do not target every single muscle group, but will target the major muscle groups and will be sufficient during your 40-day journey with this program. Here are the stretches to use after each of your resistance training workouts:

Chest: Using a doorway or post, bend your arm to 90-degrees and place the lower portion of your arm and hand along the length of the doorway. From the starting position, twist your hips in the opposite direction until you feel a mild stretch in your chest. Hold for 20 seconds, switch arms and repeat.



40-Day Rapid Fat Loss Solution

Back: Stand up straight with your chest held high and your hands on something stable just above hip height. From the starting position, push the hips back until you feel a mild stretch along the sides of your back. Hold for 20 seconds and repeat as necessary. This can also be done one arm at a time if you have one side that is significantly tighter than the other.



Shoulders: In a standing position, use one arm to pull the elbow of the opposite arm horizontally across your chest until you feel a pull in your shoulder. Hold for 20 seconds and repeat on the other side.



Quadriceps: Grab an object in front of you with one hand and bend the opposite leg up towards your butt. With the hand from the same side as the bent leg, pull that foot toward your body until you feel a mild stretch in the front of your thigh. Hold for 20 seconds, switch legs and repeat. Make sure to keep your chest up and do not let your back arch while performing this stretch.



Fat Loss Fast Track

Hamstrings: Stand up straight with your chest held high and extend one foot out in front of you with your heel down and toe up. Bend the knee of the opposite leg and rest both hands on its upper thigh, push your buttocks back until you feel a mild stretch in your hamstring. Hold for 20 seconds, switch legs and repeat as often as necessary.



Hip Flexor: Kneel down on one knee. Place your other leg out in front of you as if you were lunging. From this position, let your hips sink down and forward until you get a mild stretch in the front of your hip. Hold for 20 seconds and repeat on the other side. It may help to have a chair or table next to you for added support.



40-Day Rapid Fat Loss Solution

Bodyweight Intervals (to be performed on Wednesday)

Every Wednesday during this program you will do a metabolic resistance training workout in the form of bodyweight intervals. This workout will encompass aspects of both the resistance training workouts and the energy system workouts. You should do the same dynamic warm-up from above that you do before each of the resistance training workouts.

You will do a series of seven exercises in a circuit fashion moving from one exercise to the next with little to no rest in between. When you finish the last exercise in the circuit you will rest for two minutes and repeat the entire circuit again.

The first week of the program you will perform the bodyweight interval circuit two times through and each subsequent week you will add an additional repetition to the circuit. So week two you will go three times through the circuit, week three you will go four times through, week four you will go five times through, week five you will go six times through and week six you will go seven times through the entire circuit.

Here is what the bodyweight interval circuit looks like:

Exercise		Sets	Reps	Rest
Dynamic Warm-Up				
A1:	Speed Squat	2-7	20	X
A2:	Hand Walkout		20	X
A3:	Jump Squat		20	X
A4:	Forward Lunge		20 per side	X
A5:	Mountain Climber		20	X
A6:	Split Jump		20 per side	X
A7:	Burpees		10	2 minutes
Static Cool-Down				

Fat Loss Fast Track

Speed Squat: Stand with your feet slightly wider the hip-width apart. Keep your knees behind your toes throughout the entire range of motion. Squat all the way down until your upper thighs are parallel to the floor, return to the starting position. Use your arms to propel you up and down as fast as you can.

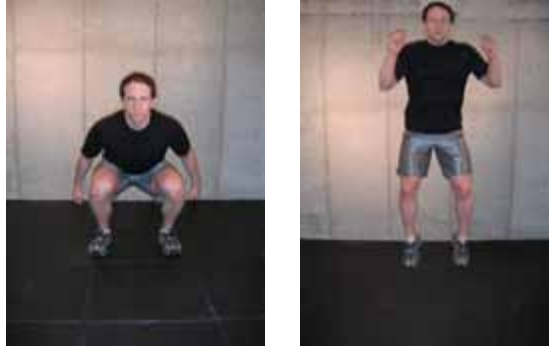


Hand Walkout: Stand with your feet and hands flat on the ground. Keeping your core muscles as tight as possible walk your hands out as far in front of you as you can and then return to the starting position while keeping your knees from touching the ground.

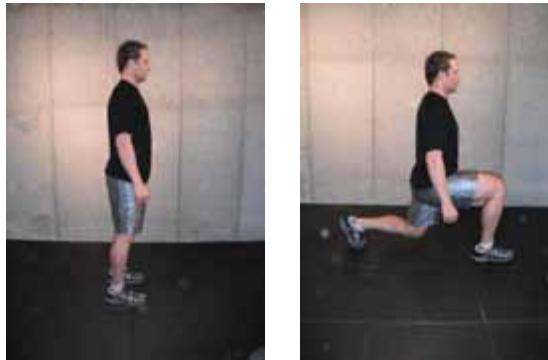


40-Day Rapid Fat Loss Solution

Jump Squat: Stand with your feet slightly wider the hip-width apart. Keep your knees behind your toes throughout the entire range of motion. Squat all the way down until your upper thighs are parallel to the floor and explode up by jumping as high as possible, using your arms to propel you up. Land on the ball of your feet as soft as you can, then immediately go back down to a squatting position and repeat the movement.



Forward Lunge: Stand with both feet hip-width apart and your hands at your side. Take a long step forward so your front foot lands two to three feet in front of you while you lower your body until the top of your front thigh is parallel to the floor. Your forward knee should be directly over your ankle and should never extend in front of your toes. Pushing through the heel on your front foot push back to the starting position. Perform this same movement with the other leg in an alternating fashion.

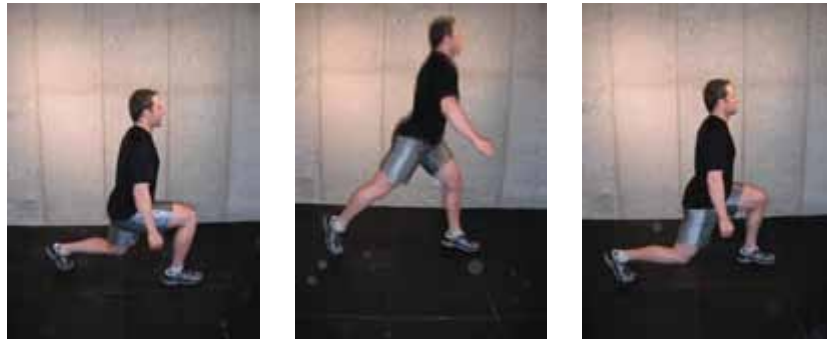


Fat Loss Fast Track

Mountain Climber: Start out in a modified push up position. As fast as possible drive the knee of one leg up to your chest. Once it reaches your chest, then drive it back to the starting position while driving the opposite leg up to the chest. Repeat this movement in an alternating motion.

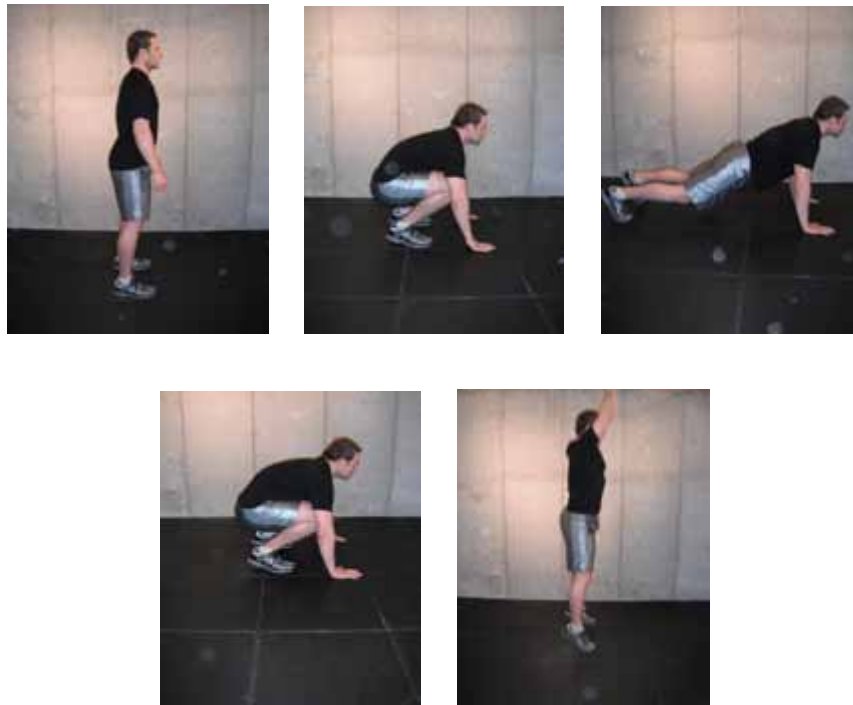


Split Jump: Stand with both feet hip-width apart and your hands at your side. Take a jumping step forward so your front foot lands two to three feet in front of you while you lower your body until the top of your front thigh is parallel to the floor. Your forward knee should be directly over your ankle and should never extend in front of your toes. Pushing through the heel on your front foot push and jump back while driving the opposite leg forward. Repeat this movement in an alternating fashion.



40-Day Rapid Fat Loss Solution

Burpees: Stand with both feet hip-width apart and your hands at your side. Drop down into a squatting position with your hands on the floor, then “shoot” your legs back so your body is in a modified push up position. Jump your legs back up to your chest so your in a squatting position again, then explode up by jumping up into the air as high as you can while clapping your hands above your head. Once you land back on the ground, immediately repeat the movement.



Energy System Workout

Energy system workouts should last about 20 to 25 minutes, not including the warm-up and cool-down. Perform these workouts three times per week on Tuesday, Thursday and Saturday. Ideally you should try to do these workouts first thing in the morning on an empty stomach for maximum fat-burning results. On these days you do not need to do the dynamic warm-up from above. Just follow the warm-up described below before your energy system workouts.

First, select a mode of exercise based on your available equipment such as a treadmill, stationary bike, rower, stair climber, jump rope, stairs or a long, open area for sprints. Feel free to rotate between different modes of exercises for different workout sessions, but never rotate between them during the same workout session.

After selecting the mode, start with a three to five-minute, low-intensity warm-up using this mode of exercise. This warm-up should be intense enough just to break a light sweat. So if you are using an exercise bike start by riding the bike at a low-intensity and gradually increasing. Low-intensity should start at a level

Fat Loss Fast Track

three and gradually move up to a level five on a scale of 1-10 with one being the easiest and ten being the most intense effort you could ever put forth.

Once the warm-up is complete you will immediately begin your actual workout. Start by “sprinting” at a high-intensity for 30 seconds. At the end of the 30 seconds drop your intensity to a moderate-intensity for 90 seconds. The high-intensity sprinting should feel like an eight or nine on the 1-10 scale and the moderate-intensity active recovery should feel like a level six. On your first sprint interval energy system workout session you will do 10 sprint intervals in this manner and each subsequent sprint interval energy system workout session you will add an additional sprint until you reach 15 sprints. After reaching 15 sprint intervals, change the protocol to 30 seconds of sprints at high-intensity with 60 seconds of active rest at a moderate-intensity. Drop back down to 10 sprint intervals and increase each subsequent sprint interval energy system workout by one sprint until you reach 15 sprint intervals. Finally, drop back down to 10 sprint intervals and change the protocol to 30 seconds of sprints at high-intensity with 30 seconds of active rest at a moderate-intensity adding one sprint interval on each subsequent sprint interval energy system workout. Finish each workout with a five-minute, low-intensity cool-down by dialing down your intensity on the same mode of exercise to a level of three on the 1-10 scale.

40-Day Rapid Fat Loss Solution

Here is what the sprint interval energy system workouts will look like for the first 2 weeks on the program:

Interval	Time	Action	Intensity Level
	3-5 minutes	Warm-Up	3 out of 10
1	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
2	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
3	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
4	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
5	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
6	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
7	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
8	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
9	30 seconds	Sprint	8-9 out of 10
	90 seconds	Active Recovery	6 out of 10
10	30 seconds	Sprint	8-9 out of 10
Following this protocol, add an additional interval here for each subsequent sprint interval workout session up to 15 total intervals			
	5 minutes	Cool-Down	3 out of 10

Fat Loss Fast Track

Here is what the sprint interval energy system workouts will look like for the second 2 weeks on the program:

Interval	Time	Action	Intensity Level
	3-5 minutes	Warm-Up	3 out of 10
1	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
2	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
3	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
4	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
5	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
6	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
7	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
8	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
9	30 seconds	Sprint	8-9 out of 10
	60 seconds	Active Recovery	6 out of 10
10	30 seconds	Sprint	8-9 out of 10
Following this protocol, add an additional interval here for each subsequent sprint interval workout session up to 15 total intervals			
	5 minutes	Cool-Down	3 out of 10

40-Day Rapid Fat Loss Solution

Here is what the sprint interval energy system workouts will look like for the final 2 weeks on the program:

Interval	Time	Action	Intensity Level
	3-5 minutes	Warm-Up	3 out of 10
1	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
2	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
3	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
4	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
5	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
6	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
7	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
8	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
9	30 seconds	Sprint	8-9 out of 10
	30 seconds	Active Recovery	6 out of 10
10	30 seconds	Sprint	8-9 out of 10
Following this protocol, add an additional interval here for each subsequent sprint interval workout session up to 15 total intervals			
	5 minutes	Cool-Down	3 out of 10

REST AND RECOVERY

The *Fat Loss Fast Track* program can be physically, spiritually, mentally and emotionally demanding, sapping energy and leaving you tired and worn-out. Your mind and spirit can only sustain you for so long before physical exhaustion takes its toll and leaves you unable to function unless you incorporate effective rest and recovery strategies.

By not resting adequately, you run the risk of getting sick or developing other health concerns, which may compromise your ability to fully embrace and complete this program. If you are serious about rapidly transforming your body and losing massive amounts of body fat in minimal amounts of time, then you need to restore this lost energy each and every day.

This rest and recovery chapter is intended to provide you with the most simple, no-nonsense and practical strategies based on proven scientific principles that you will need to adhere to for maximum results on this rapid fat loss program.

The *Fat Loss Fast Track* rest and recovery plan consists of three elements:

- 1. Sleep and Sleep Habits**
- 2. Rest Day**
- 3. Recovery from Exercise**

The rest and recovery plan strategically combines each one of these elements to rapidly burn body fat by creating the right physiological and hormonal environment within your body to actually take advantage of the nutrition and exercise plan that you have committed to following so diligently.

It is time to get into each one of the three elements:

Sleep and Sleep Habits

Sleep is an essential part of life. Approximately one-third of your lifetime should be devoted to sleep. Disregarding the importance of it can lead to harmful consequences in your ability to perform and achieve the results you desire. Each and every night after a long day of work, training and life, the body is physically exhausted and needs to be renewed. The physical renewal process can only occur through sufficient amounts of quality sleep each night. The quality and amount of sleep you get each night will directly affect your ability to perform in your daily activities and your ability to handle the physiological stress that rapid fat loss has on the body.

When the body is sleeping, it is free to restore damaged cells, repair injured organs and renew wounded tissue. The mind uses this time to organize and integrate new information and sort out feelings and emotions as well as to receive insight in finding solutions to pressing concerns. When these important processes are not allowed to

40-Day Rapid Fat Loss Solution

occur sufficiently due to inadequate sleep many side effects may begin to occur. Some of these side effects include irritability, nervousness, anxiety, weakened immune system function, weight gain, depression and an impaired ability to focus. Overall, the quality of your life and your ability to experience rapid fat loss is negatively affected by not getting sufficient, quality sleep.



Sleep and fat loss may seem like two unrelated processes, but sleep and fat loss are connected through glucose tolerance. Studies show that people, who get less sleep per night compared to those who get more, have a higher insulin secretion, which is what you do not want to have happen. The only way to keep this from happening to you and to get your fat cells to behave while you sleep is to get more sleep. Sleep has to be a priority of yours while on this program. If you can manage to exercise six days a week and consume four super shakes and one healthy solid meal each day; it should not be too much to ask of you to schedule eight hours of sleep each night to support your rapid fat loss.

Every person is different and so everybody's sleep requirements differ slightly. However, most experts agree that adults need at least seven to nine hours of sleep each night to ensure good health and sufficient energy. Still, arising early and retiring early may be difficult for some people. It is not uncommon for people who are rapidly transforming their bodies to struggle with falling to sleep at bedtime, even after a long day of work and hard training. It is also not uncommon for these same people to struggle with arising early, even after a long night of deep sleep. As a result, you may wake up when the alarm clock goes off and feel like you hardly received any sleep at all. Often the reason you do not feel well rested in the morning may be related more to your waking hours. Stress, anxiety, fear, lack of physical activity and poor nutritional habits can all negatively affect sleep patterns and cause sleep-related trouble.

Ensuring a good night sleep starts long before the lights go out. In fact, what you do during the day can do more for your sleep than anything else. Begin by making your sleep environment – your bedroom – as comfortable as possible.

Fat Loss Fast Track

Sleep in a room that has good air circulation. Eliminate stale air by opening the windows at night, by using a circulation fan or by keeping live plants in the room. Keep the room temperature regular and constant, on the cool side, about 65 degrees Fahrenheit. Sleep on a mattress that offers good support, using bedding that is clean and comfortable. Eliminate as much light and noise as possible in your bedroom. One way to eliminate noise is to drown it out with “white noise” from a fan, a trickling water fountain or a bedside audio device that provides nature sounds. Put your alarm clock where you are not able to easily see it. If you happen to wake-up in the middle of the night you may not want to know what time it is, especially when it feels like you have slept for several hours, but in reality, it has been much less than what you thought. This can be very frustrating and can make it even more difficult for you to fall back to sleep.

Establish a routine that you follow consistently every night before going to bed. A set routine will help you relax and let your body know it is time to sleep. This routine should start about 30 minutes before your scheduled bedtime. It may include reading from a good book, writing in a journal, pondering, listening to peaceful music, taking a warm bath or shower or any other activity you find relaxing. This should be a time to unwind and relax, not a time to worry about the things you need to do before going to bed or all the things you need to do the next day.

Avoid eating or drinking anything within two hours of bedtime. Too much fluid at night may cause you to wake-up in the middle of the night to use the bathroom. Too much food may make you uncomfortable as you lie down, making it difficult to sleep. Do not overexert yourself physically at night because it can give you a renewal of energy, keeping you awake when you should be sleeping. This includes not working out within several hours of your scheduled bedtime.

Limit the amount of mental stimulation you get at night as well. Turn off the television, computer and cell phone at least one hour before you go to bed. These devices stimulate the mind and give off energy that cause people to think excessively keeping them awake. The light emitted from a TV or computer screen is in the blue spectrum, which suppresses the release of melatonin. That means you will have a harder time getting to sleep and the overall quality of your sleep will be reduced. Consider employing some progressive relaxation techniques before bed. Things like deep breathing, contracting and relaxing individual muscle groups. Unwinding like this for five to ten minutes can help you fall to sleep quickly and deeply. Meditation can help you relax by clearing your mind of anything and everything bringing a sense of peace and calm just before bed.

Another thing you might find helpful is to keep a record of your sleep habits. A recorded daily account of your sleep habits can help you recognize certain patterns and behaviors that contribute to, or prevent you from, getting adequate amounts of quality sleep each night. You should record the time you went to sleep, the time you woke-up, how many times you woke-up, if any, throughout the night, the total number of hours you slept and the food you ate and activities you did before going to bed. Look back at this information to figure out what behaviors promoted certain feelings. Repeat the

40-Day Rapid Fat Loss Solution

effective behaviors that resulted in restful sleep and renewed energy and do away with the behaviors that resulted in poor sleep and little energy. These notes can be documented in a journal.

Rest Day

The non-stop mentality of our modern culture never slows down for even a minute, let alone an entire day. In fact, many major cities around the world operate at full capacity 24 hours a day – just look at New York City or Hong Kong. Unfortunately, this behavior causes more stress, more accidents and lower quality of life for everyone involved. Our bodies, minds and spirits were not designed to live this way.

The universal law of rest requires one day of rest for every six days of activity. Every ancient culture understood this principle and incorporated it into their society and customs. The particular day where each observed this may have differed, but the fact they took one day off to rest was an honored tradition. Somewhere along the way we have gotten away from this. Well, it is time to get it back, starting with you and this program.

The body uses this day of rest similar to how it uses each night of rest. The physical body is allowed time to repair, renew and recover. While on this program you will rest an entire day every seventh day. What this means is that every Sunday you will refrain from doing any sort of exercise or substantial physical activity. This entire day is to be spent resting and relaxing. This is not a day to go shopping or to run errands. It is not a day to deep clean your house or prepare any meals.

Find activities that you find relaxing and enjoyable to do on this day. This may be a stroll through a park or garden, reading a good book, listening to peaceful music, writing in a journal, playing a game or putting a puzzle together with family or friends, meditating, attending a religious or spiritual worship service, taking a long afternoon nap or taking a drive in the countryside or mountains. Whatever you choose to do, just make sure it is relaxing and meaningful to you. This is a time to renew and recharge, not a time to worry or stress about anything.

Each rest day during the 40 days of this program you will also be documenting your weekly measurements and writing your personal statement. You should do this first thing in the morning so it is over with and out of the way in order for you to relax and enjoy the rest of the day.

Take advantage of the time you have to rest on this rest day, it will pay off significantly in your fat loss journey. After experiencing a day of rest, you will be refreshed and ready for another week of hard work and rapid results.

Recovery from Exercise

Rapid fat loss is a function of several interrelated variables: training intensity, proper nutritional intake and adequate rest and recovery. Essentially, you can increase your rate of progress and transformation by improving in each of these individual variables and if you can improve all of these variables simultaneously your results will exponentially increase. The ability to simultaneously benefit from each of these areas lies in your capacity to efficiently recover from exercise.

Below I will outline a few proven recovery techniques that you should use to maximize your results.

Here they are:

- 1. Start Slow**
- 2. Epsom Salt Baths**
- 3. Ice Massage**
- 4. Contrast Shower**
- 5. Massage**

Start Slow

When following any exercise program, there is a tendency to do too much, too-soon, especially in the beginning. The simplest and easiest way to ensure an effective recovery is to start your program by going slow and steady. Resist the temptation to push too hard when you start. Pushing too hard, too soon will cause you to experience a high-level of unnecessary soreness after working out. Now, do not get me wrong. You will be sore after your workouts, but it should not be so much that it prevents you from wanting to workout over the next few days. Instead, progress slowly and gradually. You need to lay a solid foundation for your body before it is ready to handle more stress. This can take some time, so be patient.

If you do not lay this critical foundation, your body may experience symptoms of overtraining, which will increase your risk of injury, pain, discomfort, soreness, illness and ultimately – failure. All of these conditions will prevent you from fully benefiting from the *Fat Loss Fast Track* program and may, in fact, have the opposite effect of what this program is designed to do.

If this does occur, or if you experience periods of illness or injury, it is recommended that you take a short break from your daily exercise program. Typically, the time-off should be limited to one week, and in most cases, three or four days should be sufficient to fully recover and return back to normal. Always seek out the advice of a medical professional if a serious injury occurs or if you experience excessive pain that lingers for an unusually long duration of time.

40-Day Rapid Fat Loss Solution

Epsom Salt Baths

This recovery technique consists of bathing for 10 to 20 minutes in a warm bath with one and one-half to three cups of Epsom salt added. This is a simple and effective way to relax the muscles and decrease inflammation caused by working the muscles. It also helps increase magnesium levels in the body and prevents or reverses water retention.



An Epsom salt bath will also increase perspiration aiding in the release of toxins and other impurities. The magnesium in Epsom salt stimulates vasodilation, facilitating blood flow to the muscle where it can reduce inflammation and help in restoring and rebuilding the damaged muscle caused by intense exercise.

These baths are a great way to accelerate the recovery process because of their amazing anti-inflammatory properties. You can use this technique up to three times per week for 20 minutes after your most intense workouts.

Fat Loss Fast Track

Ice Massage

This strategy is effective at decreasing pain and inflammation caused by excessive use of a muscle, which can happen when you have not worked out in a while or when you have some sort of muscle imbalance. Using an ice cup – made by freezing water in a paper cup and tearing the top of the cup away to expose the ice – gently massage the muscle belly in a circular motion, gradually increasing the diameter of the circles. Do this for five to ten minutes on the affected area.



Contrast Shower

A good technique to increase peripheral blood flow, thus facilitating the recovery process is to do a contrast shower. A contrast shower is where you alternate between 30 seconds of cold water and two minutes of hot water. Perform this cycle several times – usually four times is sufficient. Do not use this method if you are suffering from an actual injury or excessive inflammation as it can exacerbate the problem.



Try out different temperatures of water when using this technique. Very hot water lowers muscle tension while warm water has a general relaxing effect. Cool water can be used after resistance training workouts and very cold water can be used after energy system workouts.

40-Day Rapid Fat Loss Solution

Massage

Massage is a great recovery technique because it provides several benefits. It increases lymph circulation and reduces inflammation. It also increases the elasticity of ligaments and muscles making them more flexible and pliable. Massage has a general relaxing effect on the body and has a significant positive impact on the nervous system, which is a key system in the recovery process. This technique is best used once or twice per week. You should not have more than two whole body massages per week, unless you are experiencing overtraining symptoms.



When to Use Each Method

If a workout was particularly arduous, use the contrast shower technique alternating between cool (not too cold) and hot water. If the workout was hard, but nothing out of the norm, take a contrast shower alternating between warm and hot. If a workout was extremely hard and you were winded after, take a contrast shower alternating between cold (as cold as you can handle) and warm.

A whole-body massage once during the week and an Epsom salt bath at the end of each week on Saturday night will be very helpful in the recovery process.

Use localized ice massage applied to an injured/sore muscle or joint immediately after each workout. Continue this practice until you no longer experience pain in the affected area after a workout.

Remember that your progress is dependent on training intensity, proper nutritional intake and adequate rest and recovery. If you use these techniques properly, your progress will be maximized because you will be recovering faster and more thoroughly, which will allow you to workout more often and with more intensity.

INTERMITTENT FASTING

It is impossible to ignore the body's need for constant nutrients. The physical body has built-in mechanisms, such as hunger pangs and thirst, to let us know when it needs more nutrients. However, just as the muscles, joints and connective tissues of the body need to rest from physical exercise, so do the internal organs need rest from performing their ongoing duties of digesting and assimilating all the food ingested. A powerful solution to giving these vital organs a break is the well-known, but often neglected, practice of fasting.



Fasting is a voluntary abstinence from food and/or liquid and has been used since the beginning of time by almost every culture, religion and tradition. It has been used throughout history for a great many reasons. Hippocrates employed nutrition and fasting in his medical practice. Fasting is actually an instinctive response (animals even do it) to many illnesses, especially colds, flus and intestinal problems. It has also been used in many cultures for physical rejuvenation and for enhancing vitality. Fasting has been employed for greater religious and spiritual awareness. It was often prescribed in the Eastern Indian and Essene culture to get rid of bodily decay, cleanse sins and develop a closer bond with God.

Fasting can still be used today for physical health, mental clarity and spiritual awakening. The two main physical purposes that fasting serves the body are to give the internal organs a rest and to cleanse the body of wastes and toxic build-up. The body is designed to enjoy regular periods of rest from physical labor each night as I have mentioned. The internal organs deserve, and even require, the same rest each night in order to function optimally. Every morning when you awake and eat the first meal of the day, you are essentially breaking a fast by eating “break-fast.” The internal

40-Day Rapid Fat Loss Solution

organs also need an equal ratio of work and rest to properly perform their functions. This principle of rest applies universally to all aspects of the physical body, including the internal organs.

Fasting allows the body to direct its energy toward other, often neglected functions. Rather than digesting and assimilating food, it can focus on cleansing, purifying and in some cases, healing the cells of the body. This brief period of rest helps the body catch up on maintenance and repair work (which is necessary when following a program as intense as the *Fat Loss Fast Track* program), replenish enzymes, restore proper balance and eliminate accumulated waste, poisons and toxic build-up.

As you give the internal organs the rest they need, the cleaner and healthier they will become. The cleaner and healthier they become, the cleaner and healthier your body will become. The cleaner and healthier your body becomes, the faster and more efficient your body will become at burning body fat.

In addition, fasting is a powerful and effective way to establish self-control; eliminate bad eating habits; slow the aging process; increase physical and mental strength; breakdown stored body fat; eliminate body odor and bad breath; clear the skin and brighten the eyes; eliminate chronic fatigue; clear up foggy or fuzzy thinking; elevate self-esteem; relieve stress, anxiety and tension; and allow for better sleep.

Each week on the rest day during the 40 days of this program you will be performing a fast. Here are a few strategies you should implement when following this weekly fast:

Plan and Prepare for Your Fast

Just as you must plan and prepare for your physical food intake, you must also plan and prepare for your fast. The first thing you need to be aware of when planning and preparing for your fast on this program is to know how long the fast will last. This is important to know at the onset of the fast because it will help prepare you mentally and physically for what will come and you will be much better prepared to accomplish your fast. The *Fat Loss Fast Track* program fast is for up to 24-hours, and no longer. The fast day is designed to coincide with the day you will be doing the least amount of physical activity and exerting a minimal amount of physical energy. As such, the fast day will always be on your rest day each week, which is Sunday.

In the day or two leading up to your fast, be very strict with your diet and definitely stay away from pre-packaged, processed and fast food, which you should be doing anyway. By doing this, the fast will be easier for you to accomplish and much easier on your body. Also be sure to get plenty of rest the night the fast actually begins.

I do not expect you to be a professional at fasting the first time you attempt it, or even after the first several times. You may not be able to complete the full-length of the fast for the first several times you attempt it. If this occurs, do

Fat Loss Fast Track

not let it get you down – no one is keeping score – it is not a contest. Just do the best you can to fast as long as you can up to the 24-hour mark. Then the next time, simply plan and prepare the best you can and strive to complete the entire 24-hour duration. However, towards the end of your 40-day rapid fat loss journey you should be more able to complete the entire 24-hour fast.

For the purpose of this program, you will be participating in a partial intermittent fast. What this means is that you will abstain from eating anything solid, including your super shakes, during the period of the fast – up to 24 hours. You will, however, be permitted to drink water or herbal tea during this weekly fast.

The best strategy for incorporating a 24-hour fast into your week is to not eat anything after your last healthy solid meal on Saturday night. You will then go to sleep and wake up Sunday morning and continue the fast until Sunday evening just before your healthy solid meal. At this point you will conclude your fast by eating your healthy solid meal on the day of the fast – Sunday. Ideally, you should already have this meal prepared so you can just warm it up and finalize the preparation with minimal effort as to not use any more energy than is necessary.

You will need to drink plenty of fluid while fasting. Make sure to drink plenty of water or herbal tea throughout the fast and avoid any other beverages. If you experience hunger pangs during the fast, drinking some water or herbal tea will help curb these feelings. Another alternative to water, and one that provides an added cleansing effect and some energy is the following drink formula:

Mix in 8 ounces of water (preferably fresh spring or distilled water):

- 2 Tablespoons of fresh squeezed lemon or lime juice
- 1-2 Tablespoons of 100% pure maple syrup
- A sprinkle of cayenne pepper

Drink this mixture liberally (at least 8-12 glasses) throughout the day of the fast. Use a glass cup or jar to mix the drink in as toxins may be leached from a plastic cup into the liquid from the acids in the lemon. You may find it more convenient to mix up an entire gallon of this beverage beforehand. If so, just make sure to use a glass container.

You do not need to drink this beverage on the day of your fast if you do not want. It is simply an added way to help rid the body of excess toxins and provide your body with a little bit of energy to help you get through the fast day.

40-Day Rapid Fat Loss Solution

Free Time

No doubt, you will have some extra free time on your hands on each of your fast days. You should dedicate the extra time you save from not having to prepare and consume any super shakes to partaking in enriching and fulfilling activities such as reading, meditating, serving others, taking a walk outdoors in the fresh air and sunlight, playing a game with your family or friends, writing your thoughts and feelings down in a journal, writing your weekly personal statement or any other relaxing activity that requires minimal physical energy.

Dedicate some of this time to pondering on the progress you have made or have not made in this program and why. Think about what went well and what you could have improved upon over the previous week. Read the journal entry or notes you jotted down from the previous week(s) to remember the thoughts and feelings you experienced. Consider how you have grown physically, mentally and spiritually. Reflect on all of this often as a source of strength.

As your fast progresses, and for a few days after the fast is over, you may experience some side effects or symptoms associated with cleansing and the elimination of toxins and wastes from your body. Some of these may include headaches, nausea, weakness, dizziness, lightheadedness, restlessness, disturbed sleep, cramping, chills, and/or achy joints and muscles. These symptoms should not be cause for alarm. However, if any of these symptoms persist for a prolonged period of time, you should seek assistance from a medical professional.

End Your Fast With A Simple, Healthy Solid Meal

The most common mistake most people make when breaking a fast is to eat too much, too quickly. As you fast, your stomach decreases in size limiting the amount of food you should eat immediately after the fast. Also the body reacts very strongly to the food you ingest following a fast. If the food is good, quality food, the body reacts in a positive manner. If the food is of poor quality, then the body will react in a negative manner. Certain foods tend to be harder on the body after a fast. As a result, you should stay away from processed foods, junk food, fast food and even animal-based food products. The best option is to eat a healthy solid meal abundant in raw or lightly steamed fruits and vegetables. Above all else, the most important thing to remember when eating the first meal after fasting is to take your time and stay in control by overcoming the temptation to eat too much.

Shortly after ending your fast with a healthy solid meal, it is a good idea to shower or bathe. During a fast your body releases toxins and wastes through the pores in the skin. Bathing will help wash them off of your skin so they do not cause problems with bacterial growth, which can cause body odor, irritation of the skin, acne and infections.

Fat Loss Fast Track

Fasting is not a time of deprivation, but rather a time of growth – a way to overcome the body's natural appetites while helping you progress towards your goals. It is a privilege and is something you should look forward to. Most importantly, it is a powerful way to experience complete physical, mental and spiritual health and wholeness.

CONGRATULATIONS

By now you have read through the entire *Fat Loss Fast Track* program and are ready to start – or, at the very least, plan your start date. You are now prepared with all the information and tools you need to experience the biggest physical transformation of your life. Everything you need to know and do is right here. Now it is up to you to actually implement it.

Having a program like this and actually following it exactly is really the key difference that separates those who are successful with body transformation and rapid fat loss and those who just think about and dream about achieving the body of their dreams. Getting focused and taking specific and massive actions in the proper sequence will lead to amazing and lasting results.

Read through this book as often as you need before you begin your 40-day rapid fat loss journey in order to embrace and retain all of the principles contained herein. Doing so will give you the best possible chance of succeeding on this program.

The *Fat Loss Fast Track* program is just a stepping-stone to greater physical health. It is just the beginning of a whole new life. As you transform your body while following this program, you have entered in to a new way of living.

Do not settle for anything less than what you expect from yourself and what you deserve. Do not underestimate your potential to transform your life and the lives of those around you as you set the example to greater health. As you transform your body during this program and subsequently maintain your results after the 40-days are over, you will be blessed with health, happiness and success in more ways than you can even imagine.

It is my sincere desire that you may continue to find the health, performance and transformation that you seek. I feel it has been a privilege to play a role in helping you to achieve your health, fitness and lifestyle goals in anyway that I may have.

To Your Health and Fitness,

Calvin Buhler

P.S. For further help and resources in transforming your body, please visit www.calvinbuhler.com and check out my other products and services that will complement your healthy lifestyle.

ABOUT THE AUTHOR

Calvin Buhler is a leading health and human performance expert, author, speaker, product developer, adventurer and entrepreneur. He is the founder of multiple health and fitness companies and his unique training methods and products are used by elite athletes, Olympic athletes, universities, nutritional supplement companies and exercise equipment manufacturers. Buhler helps individuals and organizations reach higher levels of performance and success by implementing universal principles and strategies gleaned from years of experience, education and research.

Buhler has authored several articles and books, developed multiple coaching programs, given talks and presentations around the world, made frequent appearances on popular radio and television shows and has been a member of the advisory board for multiple companies.

Buhler's passion for health began at a young age growing up as the son and grandson of medical doctors. A love for fitness, nutrition and human performance soon followed during his competitive years as an athlete. Buhler's highly decorated athletic career culminated in achieving NCAA All-American status and winning the prized NSCA's All-American Athlete of the Year award. He still trains and competes as a way of staying in-shape and leading by example. Buhler holds a Bachelor of Science degree in Health and Exercise Science and is a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association.

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