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# Contents

<b>Part 1: The Nutrition Plan</b> .....	5
<b>Introduction:</b> Why Most People Fail With Losing Weight (When They Really Don't Have To).....	5
<b>Chapter 1:</b> Diet Lifestyle Reconstruction.....	6
<b>Chapter 2:</b> The “5 Pillars” Of Weight Loss And Why You Need Them To Make It Work.....	8_Toc338031369
Pillar #1: Stick to five 400-calorie meals per day.....	8
Pillar #2: Make sure you consume Monounsaturated Fats with every meal.....	9
Pillar #3: Eat slowly.....	10
Pillar #4: Drink lots of water. ....	10
Pillar #5: Prepare meals in advance. ....	10
<b>Chapter 3:</b> The List O’ Healthy Foods (And The 5 “Must-Dos”) .....	11
The List Itself .....	11
5 Very Important Rules Beyond “The List” :.....	12
How To Sneak a Monounsaturated Fat In Any Meal:.....	12
<b>Chapter 4:</b> How To Eat Healthy When You Don’t Have Time To Eat.....	13
Healthy (and good-tasting) Protein Bars.....	13
Meal Replacement Shakes.....	14
The Best “Any time” Snack .....	14
<b>Chapter 5:</b> The Low-Down On Supplements (What Works And What’s A Waste Of Time).....	14
Protein.....	14
Probiotics / Digestive Enzymes .....	14
Fish Oil.....	15
Creatine.....	15
<b>Chapter 6:</b> The “Secret Sauce” To Making This Program Work .....	15
<b>Part 2: The Workout Plan</b> .....	19

<b>Introduction:</b> The Non-Cardio Cardio Workout That Shreds Body Fat .....	19
<b>Chapter 7:</b> The Workout Structure .....	20
Weeks 1 & 2.....	20
Monday: Chest / Triceps Circuit Exercises.....	20
Wednesday: Back / Biceps Circuit Exercises.....	21
Friday: Shoulders Circuit Exercises.....	22
Saturday: Legs Circuit Exercises .....	23
Weeks 3 & 4.....	23
Monday: Back / Biceps Circuit Exercises .....	24
Wednesday: Legs Circuit Exercises .....	25
Friday: Chest / Triceps Circuit Exercises .....	25
Saturday: Shoulders Circuit Exercises .....	27
<b>Chapter 8:</b> Adding Intensity (How To Get Better And Faster Results) .....	28
Add Exercises To The Series.....	28
Incorporate Cardio Into Your Workouts .....	28
Intensity Interval Training.....	29
Work Out In A Fasted State .....	29
<b>Conclusion:</b> Time To Make It Happen .....	30

# Part 1: The Nutrition Plan

## Introduction:

### Why Most People Fail With Losing Weight (When They Really Don't Have To)

People *struggle* with losing weight. Sure, there are tons of reasons for this – convenience of unhealthy food, peer pressure, lack of focus, lack of dedication, lack of motivation, lack of knowledge concerning proper nutrition...

The list goes on.

You likely know several people that want to lose weight *right now*, or that have tried in the past. Maybe they DID lose weight, but most people that DO lose weight end up gaining most (if not all) of it back within a year.

Marketers and the media capitalize on this niche of consumers like vultures. They hawk their latest and great diet fads, contraptions for losing weight and getting in shape with increasingly less work and effort, and worst of all: everything sounds like the next best thing. (Yeah... if only.)

With new diet and weight loss books, programs, courses, and “silver-bullet” solutions coming out every single day promising rapid results with less effort than ever, where do you even start?

Well, what if I told you that you DON'T need the latest and greatest fad or contraption? What if I told you that I can break down in just these pages exactly how to lose weight – and keep it off – without breaking your back OR the bank?

**One guy – Tom Ness – lost 15 pounds in 30 days (actually, it was only 28 days) using this information.** In fact, it was one of the easiest things he's ever done. And now I'm going to tell you exactly how he did it.

To be blunt, you only need to do three things:

- 1) Restructure your diet
- 2) Workout in a way that burns fat while adding muscle
- 3) Build in a system of accountability

If you do these three things, you can't fail. In the following pages I'm going to show you the easiest ways to do all three.

## Chapter 1: ~~Diet~~ Lifestyle Reconstruction

First things first: if you want to lose weight, you need to immediately change how you eat.

If you're not thin and lean (or at least where you want to be), then you must realize that ***what or how you're currently eating is keeping you fat.***

I can already hear the excuses:

"I don't eat *that* bad..."

"I don't want to give up some of the things I eat..."

"I don't have money to eat healthy..."

Awesome. Any more excuses? May as well get them out right now before we go on, because things need to change if you want to see results.

This isn't a "diet". "Diets" don't work because we (as a society) associate them with holding back, starvation, and pain. Even the word "diet" conjures up a mental image of a half-empty plate, hunger pains, and a set period of deprivation.

### ***Does this sound familiar?***

*You see or read about a new program to get in shape and lose the pounds, so you decide to give it a go. You get all hyped up to start your new program, get everything all ready and prepare your meals in advance, and do really good for a couple days. Maybe you even make it a week. Hell, some people even make it two.*

*But then, one day, you wake up for work late. You didn't prepare your meal in advance and don't have time to pack anything before you leave. At work on your break, your only option is fast food because you don't have time for anything else. Either that or you're really hungry and just want something fast, so you cave for that one meal (or two).*

*But that night, realizing you've already blown your "diet" for the day, you decide to just make it a cheat day and splurge. Now it's Thursday night and you've blown your nutrition out of the water. Mentally lashing yourself, you decide to renew your healthy vigor tomorrow.*

*But that next night – Friday night – you're invited to go out. Everyone's having a couple drinks and you obviously don't want to be the one person out NOT drinking, so you have a drink. One turns into two or three (or more), and after the bar everyone including you is hungry so you get something to eat. The only places open late are the greasy, fried places, but you've been drinking and are hungry so you say "Oh what the hell" and get something anyway.*

*Realizing your diet is now shot, you decide to just take the weekend off and start again on Monday. Monday will be the day; you'll do really well on Monday...*

That's what happens to most people when they go on "diets". They almost set them themselves up for failure before they even begin.

**Instead of “going on a diet”, you need to restructure your lifestyle.** Lifestyle changes last longer than diet plans because they fundamentally change what you eat and how you view your health and nutrition.

Sure, you can go on a “diet plan” for let’s say 30 days and follow it to the letter. But what happens after those 30 days (if you even make it there)? Are you just going to do that plan again, and again?

After you stop, unless you’ve changed your habits – your lifestyle – you’re going to revert to your older, unhealthy habits that you’ve spent the last 30 days trying to undo.

That’s why you need to develop the mentality that this is a lifestyle change. You need a permanent solution to nutrition, which comes down to proper education and a game plan to be healthy.

You don't want a limited-time solution; you need a permanent one that will allow you to get the pounds off and keep them off, and NOT gain everything back as soon as you finish the program.

With all of that said, let me tell you exactly how Tom personally restructured his diet to drop pounds almost effortlessly – while still feeling full most of the time!

## Chapter 2:

# The “5 Pillars” Of Weight Loss And Why You Need Them To Make It Work

Here are the basics of this program. Consider these the “Pillars” of this reconstruction phase:

**Pillar #1: Stick to five 400-calorie meals per day.**

Here’s an unpopular fact: there’s a strong correlation between the calories you consume and how much you weight. (Crazy, eh?)

However, this is the most important part of this program since it's what you actually consume on a daily basis. If you're going to lose weight, you need to regulate what you eat. You need to know what's being consumed and what it's doing for your body.

For the first week of this program, eat four 400-calorie meals and drink at least 8 cups of water each day (I'd recommend drinking even more than that). This is to reduce the amount of food traveling in your body and "clean" you out. Consider this your healthy body cleanse.

After the first week, eat five 400-calorie meals. Note that you're consuming the same amount of calories each meal, you're just eating one more meal each day than you were in the first week.

Not only does this breakdown make for a consistent meal plan, it also makes each meal that much more important. If you only have 1,600-2,000 calories to work with *each day*, you need to make sure you're planning them out correctly so your body gets the proper nutrition.

## **Pillar #2: Make sure you consume Monounsaturated Fats with every meal.**

Not all fats are created equal. Yes, you want to avoid some fats like Trans Fat. To scare yourself, go ahead and Google "why is trans fat bad?". I'll leave that one to Google to tell you.

So what about good fat? **Those would be the monounsaturated fats.**

You'll find monounsaturated fats most prevalently in these foods:

- Oils (olive oil, almond oil, sesame oil, flax oil, etc)
- Avocados
- Olives
- Nuts and seeds (almonds, walnuts, sunflower seeds, etc)
- Dark Chocolate (yes, this is everyone's favorite among these)

Monounsaturated fats have a whole slew of healthy benefits, but one of the most attractive ones is that they help promote fat loss. Best of all, you can easily incorporate one of these foods into every meal you eat. In fact, you need to for this program.

### **Pillar #3: Eat slowly.**

Fact: when you slam your food, it doesn't last as long nor is it as filling as it could be. Eating fast doesn't curb hunger as well as eating the same portion slowly, which can lead to over-eating or feeling unfulfilled, resulting in over-eating later.

Instead of rushing to be the first one done with your plate, take your time. Eat your food slowly and you'll feel more satisfied with the same amount of food (as opposed to eating it faster and not feeling satisfied).

Also, drink a full glass of water before each meal and if possible drink another full glass during or after you finish your meal. This will help you feel fuller without over-eating.

### **Pillar #4: Drink lots of water.**

This *should be* a staple of your day-to-day lifestyle anyway, so it should go without saying that water needs to be the main liquid you consume.

Not only is water essential to a healthy body and hydration, but it can help fill you up (odd as that sounds). I mentioned this in the last point above, but when you drink water before, during or after your meals, it helps satisfy hunger cravings.

In addition, drinking water periodically helps curb your appetite throughout the day, making it easier to stick to a balanced diet with proper nutrition.

Case in point: drink more water!

### **Pillar #5: Prepare meals in advance.**

Most people don't fall off the healthy band wagon because they want to, but because they plan poorly (or don't plan at all).

Remember the age-old saying: “Fail to plan, plan to fail”. The anonymous creator of that saying couldn’t have been more right.

To be successful on any meal plan – dietary or otherwise – you need to prepare foods and/or in advance. When I know I’m working in the morning, there is a very slim chance I’ll allow time to pack a proper meal plan to eat throughout the day before I leave, so I make sure to do it before I go to bed. That way, I just get up and grab the bag out of the refrigerator and I’m good to go.

## Chapter 3: **The List O’ Healthy Foods (And The 5 “Must-Dos”)**

There are certain foods you should eat on this plan. They're designed to be healthy and pack in all the nutrients you need (or close enough), and they can be very filling as well.

### **- The List Itself -**

- Ground turkey (or ground chicken)
- Lean Ground Beef
- Non-fat Greek yogurt (I prefer Oikos Greek Nonfat Vanilla Yogurt)
- Other non-fat dairy
- Raw Nuts / Seeds (almonds, walnuts, cashews, sunflower seeds, etc)
- Eggs
- Apples
- Bananas
- Sweet Potatoes (and other orange vegetables like carrots)
- Salsa
- Avocados
- Berries

- All-Natural peanut butter (the kind with the oil separated at the top of the jar)
- Corn Tortillas
- Beans and Lentils
- Dark Chocolate
- Broccoli (and other cruciferous vegetables)
- Mushrooms
- Black coffee and tea
- Tomatoes
- Salmon (and other fish higher in Omega 3)
- Flank Steak (or Top Round)
- Plain oatmeal

You're not limited to just these foods, but there are five general rules you'll want to follow beyond the list above.

### **5 Very Important Rules Beyond “The List”:**

- 1) Make generally healthier choices
- 2) Eat more natural, unprocessed foods
- 3) Minimize the sodium you consume
- 4) Reduce the amount of carbs you consume
- 5) Keep your meals around 400 calories

These are general guidelines, but you'll need to stick to them fairly closely if you want to see lasting results.

Again, from the “Pillars” above, make sure that you incorporate a monounsaturated fat with every meal.

### **How To Sneak a Monounsaturated Fat In Any Meal:**

- drizzling olive oil over a salad (instead of regular dressing)
- cooking your foods in oil
- adding a serving of nuts, seeds, or dark chocolate into yogurt
- Slicing up half an avocado and putting the slices on a sandwich

- Make a breakfast sandwich with eggs, a whole wheat English muffin, and a few avocado slices (you can even add 1-2 tablespoons of salsa to add flavor)

I'm sure you can get more creative, but that's just what I typically do and it works out really well.

Better yet: mash up the avocados, add a sprinkle of garlic powder, half a fresh, diced tomato, as much cilantro as you can handle, and a dash of lime juice. This is the recipe for some amazing guacamole, so add it to anything you make to make it instantly amazing.

## Chapter 4:

# How To Eat Healthy When You Don't Have Time To Eat

There's going to come a time when you have to rush out the door and don't have time to make breakfast or lunch. What if you need something on the go?

You can't just go without eating, so it's wise to plan for the situations where you need to grab something and go. Contrary to what a lot of people think, this doesn't have to mean fast food; in fact, there are some delicious alternatives that you can throw in a bag to satisfy hunger or even just supplement a small snack if you can't wait till lunch or dinner.

Protein bars are a great way to pack nutrition in something you can grab out of a cabinet in a hurry. You could also put a couple scoops of high-quality protein powder into a zip-lock bag to make a shake for a snack. Simply pour the powder in a medium-sized cup of water and stir it up.

- **Healthy (and good-tasting) Protein Bars** – [QUEST Bar](#) (*apple pie is my favorite flavor*)

- **Meal Replacement Shakes (Protein Powder)** – [SPECIES Isolyze](#) or [OPTIMUM NUTRITION Platinum HydroWhey](#) (mix 1-2 scoops in water or milk)
- **The Best “Any time” Snack** – [BelVita Breakfast biscuits](#) (Blueberry is crazy good)

## Chapter 5:

# The Low-Down On Supplements (What Works And What’s A Waste Of Time)

The one main thing to remember about supplements is that they aren't necessary, but in some cases they can help speed things up or “fill in the gaps” in your nutrition. This really depends on what you're trying to accomplish and what you're doing to accomplish it.

### - Protein -

For example, if you workout a lot or lift weights, then you may want to take a protein supplement (a shake or protein bar) after working out. You generally want to consume protein within 30 minutes of every workout. Here’s an excellent powder to take for this:

- **High-Quality Protein Powder** – [SPECIES Isolyze](#) or [OPTIMUM NUTRITION Platinum HydroWhey](#) (same one from Chapter 4 above)

However, if you don't incorporate working out in your schedule, then you'll likely get all the protein you need from the foods I mentioned on the list in Chapter 3. Just make sure to incorporate a lean protein with every meal. You don't benefit from an excess of protein, and studies have shown that it can even keep the weight on.

### - Probiotics / Digestive Enzymes -

I recommend taking probiotics daily along with digestive enzymes at every meal to make sure your body is breaking down and fully absorbing each meal. You can see much better results this way.

- **Probiotics** – [JARROW Jarro-Dophilus EPS](#)

- **Digestive Enzymes** – [NOW Super Enzymes](#)

#### - Fish Oil -

If you do not like eating fish, I recommend getting a good quality fish oil supplement that comes in the form of capsules.

- **Fish Oil** – [OPTIMUM NUTRITION Fish Oil](#)

#### - Creatine -

You'll hear this supplement mentioned all the time, but few people know what it really is for. If you're looking to pack on muscle and excel muscle growth to bulk up, you'll want to take this.

However, if you don't have a low enough body fat to make out muscle density – or if you're just looking to drop weight and lean out – then creatine won't benefit you in any significant way. Because of this, I'd only recommend taking it when you're lean and want to add muscle.

One of the best times to take creatine is when you ARE lean with lower body fat and crank up the intensity of your weight lifting. The muscles grow at more rapid rate on this supplement, so used in conjunction with a workout where you focus on heavy weight and low reps, you will achieve an extremely ripped physique in a short amount of time.

(Hint: This would be a perfect plan 1-2 months before beach season, wouldn't it?)

## Chapter 6:

# The “Secret Sauce” To Making This Program Work

If diet programs are so great, why do even the die-hard dieters often fall off the bandwagon and drop the dietary ball?

**The reason is accountability.**

Accountability is the “secret sauce” for this program. It’s what keeps you motivated, focused and on track. It makes you conscious of what you’re eating, guilty when you’re cheating, and eager to get back on track.

Here are the exact steps to take to ensure you stay accountable on this program:

**Accountability Step #1: Tell everyone what you’re doing.**

When you set your mind to doing something and you’re the only one that knows about it, it’s easy to back out of following through and committing to it.

But when you commit to doing something and your entire family and friend base know about it, you’ll find it’s a little harder to back out of it.

That’s why it’s critical that when you actually decide to losing weight and start a program like this, you NEED to set up built-in mechanisms that keep you going. Fortunately, it’s as easy as telling everyone what you’re going to do.

If you’re going to lose 15 pounds in 30 days (or whatever it is you’re going to do), tell everyone. Make it known. That way, when you feel like quitting – which you may quite possibly feel at one point or another – you’re not just quitting on yourself; you’re quitting on everyone you told about your commitment.

**Accountability Step #2: Take your starting measurements AND PICTURES.**

This is a BIG one, and one I have ignored in the past. When you first start a program, you need to know where you are with your weight and measurements. This "system check" is extremely important because otherwise as you progress through the program you won't know how you're improving.

It's like making sure there's gas in your car before you start a road trip. Would you just start driving, or check to make sure you have a full tank? (You'd obviously check to make sure you have a full tank, and any diet program is no different.)

You'll also want to take pictures in addition to measurements. You've seen these before: they're the "Before & After" pictures from people before they started the

program and then after they've finished it. You'll likely want to skip this step, but you can't afford to. Those "before" pictures are meant to be a visual accountability check. Put them in a highly visible place - like on your bathroom mirror - somewhere you'll see them every day.

You want to be reminded of your physical condition every day as it will motivate you to improve it. Then, as you progress through the program and take "update" pictures, you'll see your improvement and you'll be motivated to continue the program.

### **Here are the poses to take for these pictures:**

- a) Facing front (arms down, abs un-flexed)
- b) Facing front (arms up, biceps flexed)
- c) Facing the side (arms down, abs un-flexed)
- d) Facing the back (arms up, biceps flexed)

Take pictures in these poses before you start the program, once or twice throughout your program, and after you complete it (after the 30 days). You'll see the improvements - and know exactly how you got there, since you've been tracking everything the last 30 days.

### **Accountability Step #3: Track everything you eat on a daily basis.**

Remember that saying, "What doesn't get measured doesn't get improved?" Yeah, well, there's more truth to that than you realize.

Measuring your progress is the cornerstone for improvement. If you keep track of what you eat, you're likewise accountable for what you eat. This way, you can't be surprised when you gain or lose weight since you can see exactly what you had that caused the fluctuation. If you gained weight, you'll know why. If you lost weight, you'll know why for that too.

It would be extremely tedious if you had to manually write down every single thing you ate all day, and then go in and fill in all the nutrition contents of those foods.

That's why I recommend using a site like [MyFitnessPal.com](https://www.myfitnesspal.com) to track your meals. It's an incredibly easy site to use; you go in there and make an account, then for each day you enter the foods you have for each meal. There are millions of foods in its database and it even totals up all the nutrition contents for you, so you can see exactly where you are after every single meal.

Best of all, you can see what percentages you're getting of what, what you need more of, and how many calories you have to work with for the day (which gets lower as you input more food).

**This tool has literally been the single biggest factor in the success of Tom's results on this program.**

MyFitnessPal also comes in app-form, so download it on your phone to make keeping track of meals even easier. If you do it this way, you can even scan the barcode of the food you're about to eat, pick which meal you want to add that food to (breakfast, lunch, dinner, or snack), and it adds it into the system and calculates the nutrition content for you.

It couldn't be easier to track your meals, so make sure to check this program out.

**Accountability Step #5: [Find Your Motivation and Set A Deadline.](#)**

What are you working towards? Why are you losing weight? And more importantly: why do you need to do it NOW instead of later?

These are all extremely important questions. The main catalyst behind Tom's weight loss was that he was going on a trip and wanted to look good for it. (Well really, it was for a special lady he was going to be seeing when he got there.)

Tom had four weeks to get into shape, and knew he didn't have time to kill; he had to hunker down and do what he needed to do to drop the extra pounds.

What helped more than anything was that he had a deadline of four weeks to do this. Tom has said that he's always been active, but he's never had the best dietary habits. Even I'm one of those people that's been "working out" for years, but don't have much to show for it.

That needed to change if he was to reach his goal of losing 15 pounds in only four weeks. Using the exact strategies laid out in this program, he was able to drop those pounds and keep them off.

## Part 2: The Workout Plan

### Introduction:

## The Non-Cardio Cardio Workout That Shreds Body Fat

If you stick to the meal plan alone, you can see results. In fact, that's how Tom lost most of the 15 pounds in only 30 days.

But if you want to really ramp things up and burn more body fat, you'll want to introduce working out into your schedule.

If you want to maximize fat loss without spending hours in the gym (or on a treadmill), the solution for you is **circuit training**. Circuit training is a cardio-style workout where you do 1-2 series of several exercises back-to-back with no rest in between the sets or exercises.

When you lift like this, the workout itself becomes more aerobic and cardiovascular, burning more calories without actually doing "cardio" - like running or jogging.

Aim to work out 4 days a week if you're going to introduce working out into your schedule.

# Chapter 7:

## The Workout Structure

There are two parts to this workout. You'll follow one routine for the first two weeks and then switch up for weeks three and four. This will prevent your body from adjusting to the routine and will make the exercises more effective, especially in conjunction with the Diet program.

This is how I'd recommend structuring your workout routine for maximum effect (this workout was designed by a certified personal trainer, by the way):

### Weeks 1 & 2

- **Monday:** Chest / Triceps (+ Abs)
- **Wednesday:** Back / Biceps (+ Abs)
- **Friday:** Shoulders (+ Abs)
- **Saturday:** Legs

...And to break down each day's exercises:

### Monday:

## Chest / Triceps Circuit Exercises

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises. That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

**You should be using weights heavy enough that 8-10 reps bring you to failure for the given exercises.** If you can't get up at least in the 6-8 range, you're going too heavy, and if you can get up more than 10 reps easily then you're going too light.

As you progress through the series, you'll likely have to drop the weight you're using to hit the appropriate rep range as muscle fatigue will set in.

**- Chest -**

- Incline dumbbell press
- Flat dumbbell press
- decline dumbbell press
- Incline dumbbell fly
- flat dumbbell fly
- Cable crossovers

**- Triceps -**

- Rope Push Downs
- Straight Bar (or V-Bar) Pushdowns
- Skull Crushers
- 2-Arm Overhead Dumbbell Extensions (seated)
- Unilateral Push Downs (do one arm at a time)

**- Abs -** *(Do these after the series above)*

- Twisting Sit Ups – 2 x 20 reps (crossing up to each side is a rep)
- Knee Raises – 2 x 20 reps (Use a Roman Chair or hanging)
- Side Bends – 2 x 15 reps

## **Wednesday:** **Back / Biceps Circuit Exercises**

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

**- Back -**

- Pull Downs (wide grip)

- Bent Over Barbell Rows (wide grip)
- Bent Over Barbell Rows (close grip, hands about 6-8 inches apart)
- Reverse Grip Pull Downs
- Seated Cable Rows
- Straight Arm Pull Down

**- Biceps –**

- Standing Barbell Curl (wide grip)
- Standing Barbell Curl Close Grip (hands spaced 8 inches apart)
- Seated Dumbbell Curl
- Incline Dumbbell Curl
- Hammer Curls
- Standing Cable Curls

**- Abs -** *(Do these after the series above)*

- Decline Sit Ups – 2 x 20 reps (Use a slant board for these)
- Weighted Knee Raises – 2 x 15 reps (Use a Roman Chair with a light dumbbell)
- Side Bends – 2 x 15 reps

## Friday: Shoulders Circuit Exercises

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That’s one “series”. Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

**- Shoulders -**

- Seated Dumbbell Press
- Standing Dumbbell Lateral Raise
- Unilateral Cable Lateral Raise (one arm at a time)
- Upright Rows (close grip)
- Front Dumbbell Raise
- Shrugs (using a barbell)

- **Abs** - *(Do these after the series above)*

- Standard Crunches – 2 x 25 reps (or till failure)
- Planks – 3 x 1 minute

## Saturday: Legs Circuit Exercises

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

- **Quads** -

- Leg Extensions
- Leg Press (feet close together)
- Leg Press (feet placed high and wide)
- Hack Squat (feet close together)
- Hack Squat (feet wide)
- Lunges (using a Smith Machine or walking)

- **Hamstrings** -

- Lying Leg Curl
- Seated Leg Curl

Follow this plan for the first two weeks. After that, we're going to switch it up...

### Weeks 3 & 4

- **Monday:** Back / Biceps (+ Abs)
- **Wednesday:** Legs
- **Friday:** Chest / Triceps (+ Abs)
- **Saturday:** Shoulders (+ Abs)

Here's how these workouts look like:

# Monday:

## **Back / Biceps Circuit Exercises**

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

### **- Back -**

- Pull Downs (wide grip)
- Reverse Grip Pull Downs
- Seated Cable Rows
- Straight Arm Pull Down
- Bent Over Barbell Rows (wide grip)
- Bent Over Barbell Rows (close grip, hands about 6-8 inches apart)

### **- Biceps –**

- Seated Dumbbell Curl
- Incline Dumbbell Curl
- Hammer Curls
- Standing Barbell Curl (wide grip)
- Standing Barbell Curl Close Grip (hands spaced 8 inches apart)
- Standing Cable Curls

### **- Abs -** *(Do these after the series above)*

- Decline Sit Ups – 2 x 20 reps (Use a slant board for these)
- Weighted Knee Raises – 2 x 15 reps (Use a Roman Chair with a light dumbbell)
- Side Bends – 2 x 15 reps

## Wednesday:

### **Legs Circuit Exercises**

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

#### **- Quads -**

- Leg Press (feet close together)
- Leg Press (feet placed high and wide)
- Leg Extensions
- Hack Squat (feet close together)
- Hack Squat (feet wide)
- Lunges (using a Smith Machine or walking)

#### **- Hamstrings -**

- Seated Leg Curl
- Lying Leg Curl

#### **- Abs -** *(Do these after the series above)*

- Standard Sit Ups – 2 x 20 reps (Use a slant board if possible)
- Side Bends – 2 x 15 reps

## Friday:

### **Chest / Triceps Circuit Exercises**

Instructions: As with Weeks 1 and 2, for each muscle group perform one set of 8-10 reps for all the exercises straight through with no rest between exercises. That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

**You should still be using weights heavy enough that 8-10 reps bring you to failure for the given exercises.** If you can't get up at least in the 6-8 range, you're going too heavy, and if you can get up more than 10 reps easily then you're going too light.

As you progress through the series, you'll likely have to drop the weight you're using to hit the appropriate rep range as muscle fatigue will set in.

### - Chest -

- Incline dumbbell fly
- flat dumbbell fly
- Cable crossovers
- Incline dumbbell press
- Flat dumbbell press
- decline dumbbell press

### - Triceps -

- 2-Arm Overhead Dumbbell Extensions (seated)
- Unilateral Push Downs (do one arm at a time)
- Rope Push Downs
- Straight Bar (or V-Bar) Pushdowns
- Skull Crushers

### - Abs - *(Do these after the series above)*

- Twisting Sit Ups – 2 x 20 reps (crossing up to each side is a rep)
- Knee Raises – 2 x 20 reps (Use a Roman Chair or hanging)
- Side Bends – 2 x 15 reps

## **Saturday:**

### **Shoulders Circuit Exercises**

Instructions: For each muscle group, perform one set of 8-10 reps for all the exercises straight through with no rest between exercises (again, use heavy enough weights that 8-10 reps bring you to failure). That's one "series". Rest 1-2 minutes after completing a full series, then repeat it (for a total of two series).

#### **- Shoulders -**

- Unilateral Cable Lateral Raise (one arm at a time)
- Upright Rows (close grip)
- Seated Dumbbell Press
- Standing Dumbbell Lateral Raise
- Front Dumbbell Raise
- Shrugs (using a barbell)

#### **- Abs -** *(Do these after the series above)*

- Standard Crunches – 2 x 25 reps (or till failure)
- Planks – 2 x 1 minute
- Side Planks – 2 x 1 minute (on each side)

This is it for the routine for Weeks 3 and 4. As you can see, it's the same exercises but they're done in a different order and on different days of the week. This will confuse your muscles which will avoid plateaus, allowing you to continue to make gains and shred body fat with this workout – even after the first couple weeks.

As you progress through this workout, increase the weights if they're getting lighter so you can hit the appropriate rep range for the given exercises. Despite the muscle fatigue you'll experience further into each of the series, you'll gain strength over the course of this program from using heavier weights.

## Chapter 8: Adding Intensity (How To Get Better And Faster Results)

With any workout program, there are ways to get better and faster results. Here are a couple ways to maximize this program even more:

### Add Exercises To The Series

One of the easiest tactics to get more bang for your buck is to increase the number of exercises you do in the series throughout this program (for each muscle group). There is any number of unique exercises out there that you can find by simply looking through exercise books, websites or magazines.

I wouldn't exceed 10 exercises total for the series, but this program features 6 per muscle group, so you have some room to work with.

### Incorporate Cardio Into Your Workouts

Nobody likes to hear this, but it's a fact: incorporating cardio into your workouts can rapidly accelerate your fat loss and speed things up.

I'd recommend **doing 30 minutes of cardio after each of your non-leg workouts** (so that would mean do cardio after your shoulders, chest/triceps, and back/biceps).

Now before you form that mental image of walking endlessly on a treadmill, you need to know that there are tons of different ways you can get in 30 minutes of cardio.

For example, I love to play racquetball and I'm really good at it. It also happens to burn more calories than even running for an equivalent amount of time, but it's WAY more fun to do.

## Intensity Interval Training

This is one of the most effective forms of cardio you can do in conjunction with this program. Intensity Interval Training is where you do an exercise for a set amount of time, then kick up the intensity to get your heart rate up, then lower the intensity to drop it back down.

### **This is what I'd recommend for this program:**

Start out by walking on a treadmill for 3 minutes on an incline of 3-6. Then jog for 2 minutes at a 2-3 incline. That's one "interval". Repeat this 6 more times for a total of 30 minutes.

Right there is 30 minutes of cardio, but because you're switching it up every 2-3 minutes it's not just "boring treadmill cardio". It keeps you engaged and the time flies as a result.

The benefit of this is that because you're raising and lowering your heart rate constantly, your body will burn more calories than simply jogging at a static pace. This means you'll be able to get in the same calorie burning with a *shorter* cardio session.

## Work Out In A Fasted State

One of the best times to work out is in the morning when your body is in what's called a "fasted state". This is when you haven't consumed any calories in several hours.

Think about it: when you're sleeping, assuming you get more than 5-6 hours of sleep at night, your body is going the entire time on zero food and calories. If you train when you wake up (cardio or weight lifting) it's more beneficial to both fat burning and muscle gaining.

So as hard as it is – especially when the alarm clock is going off in the morning – instead of hitting Snooze, get up and hit the gym to maximize your workout.

# Conclusion

## Time To Make It Happen

That's it... This is the entire 4-week program for building a lean, solid body. You now have all the tools you need to get started on an effective path to losing weight and getting in shape.

Between the Nutrition plan and this Workout plan, you can drop both pounds and body fat like crazy. If you stick to this plan and really bust butt for even a week, you can see noticeable differences in your body, muscle, and definition.

Depending on where you're starting from when you begin this program, your results will vary (they always do, no matter what). But here are some of the things you may experience after the 4 weeks are done – if you put in the work:

- A Flatter stomach (one a flat stomach, period!)
- More Muscle definition in your shoulders, arms, and legs
- A more defined jaw line
- Your clothes will fit better (be prepared to go shopping for new stuff)
- Confidence only a physically in-shape, attractive body can bring you (and the best part is that this will radiate out to other facets of your life as well)

These can all be yours! Follow the plan, commit to it in your mind and heart, and stay dedicated to it. Success is only hard work and dedication away.

**Remember in the beginning I told you that you only need to do three things to lose weight successfully:**

- 1) Restructure your diet
- 2) Workout in a way that burns fat while adding muscle
- 3) Build in a system of accountability

You now have a proven way to do all three of these. Follow the plan, stick to it, find your motivation, and hold yourself accountable.

You *CAN* do this!

No matter what, remember this:

**A month from now, you'll wish you had started today.**

Make the changes today that will get you closer to where you want to be tomorrow. That's all it takes. Small steps will get you to your destination, if only you keep taking them – daily, and with dedication.

**Make today count!**