

What does it take to get lean and toned for good?

- 70% diet, 20% workout, 5% psychological, 5% determination
- Consume less calories than you need
- **Complete and balanced diet is the key!**
- Start with a full body detox (optionally candida detox) for a clean start and more energy
- For permanent results follow 4 Phases: foundation, hypertrophy, fat loss and maintenance (1-3x)

In other words it takes ...

- A personalized exercise plan that fits your lifestyle (but exercise is only part of the solution)...
- A healthy eating plan that boosts your health and wellbeing and increases your metabolism...
- Support to increase your gym confidence and break through any self-imposed limitations...
- Support to help you keep up the momentum and reach your goals....

Health and Fitness must be your absolutely top priority

Imagine being an athlete that suddenly finds himself in a body with 100lbs of extra weight. He or she would apply drastic changes immediately!!!

Surely the changes would include: gym everyday rain or shine, discipline, personal trainer if necessary, super healthy diet, absolutely zero junk, lots of water, green tea, etc. It's all about mindset, habits and values.

Nutritionist on sugar and fruit consumption in Phase 1 (foundation)

"As for fruit, it will be re-incorporated into the back in a few weeks. Right now we want to get rid of sugar in your body and fruit is very high in natural sugars, as well as carbohydrates. An apple/banana has the same amount of carbohydrates as a slice of bread! It's just really important to limit the sugar at this point in particular because we want to shock your body and detox it at the same time!

You should be finished eating about an hour to two hours before you workout. An hour before a workout is fine, as long as you're feeling ok throughout. It takes an hour to two hours to actually digest food so you just want to give yourself that hour to ensure that you can use the energy.

As for what to eat, meals 1, 3, 5 and 6 would be fine. The cheese or almonds wouldn't be quite enough. Coffee is not the greatest thing ... so try to limit to 1 cup a day or less." - Nutritionist

Phase 1 (Foundation) Program

Disclaimer: Consult your physician before working out.

Remember: Safety First! Always warm-up (bike or treadmill) and cool-down (walk and/or stretch)! This is a sample program. Start slow and work within your limits.

Week 1

MTS High row (back)	3 x 20 @ 55 x2
Push-ups w/ medicine ball (feet)	3 x 20
Shoulder press on Bosu	3 x 20 @ 15 x2
Hamstring curl	3 x 20 @ 65
Sit-ups w/ medicine ball (back)	3 x 20 @ 12
Seated row (abs)	3 x 20 @ 60
Triceps extension (bar+cable)	3 x 20 @ 60

Leg curl	3 x 20
Preacher bicep	3 x 20
Lunges & hammer curl	3 x 20
Ball pass (abs)	3 x 20
Squat	
Seated DB curl	
V-sit (Bosu)	

Week 2

Squats	3 x 20
Push-ups	3 x 20
Dumbbell Walking Lunges	3 x 20 @ 10 x2
Sit-ups	3 x 20
Triceps extension	3 x 20 @ 85

Bench press	3 x 20 @ 50
Seated shoulder press	3 x 20 @ 25
Preacher bicep curl	3 x 20 @ 25
Incline chest press	3 x 20 @ 50
Hammer curl	3 x 20 @ 17.5
Lateral raises	3 x 20 @ 7

Week 3

Leg press	3 x 20 @ 230
Hammer & dip squat	3 x 20 @ 15 x2
Ball rowing & push-ups	3 x 20
Triceps extension (bar)	3 x 20 @ 70
Squat & row	3 x 20 @ 160
Incline DB press	3 x 20 @ 25 x2
Sit-ups with body bar	3 x 20 @ 18

Week 4

Lunges & bicep curl	3 x 20 @ 15 x2
Abs (legs & ball)	3 x 20
Seated row	3 x 20 @ 35 x2
Deadlift & shoulder press	3 x 20 @ 45
Step & shoulder press	3 x 20 @ 12 x2
Leg raises	
Ball rowing	

Leg press	
Triceps extension (rope)	
Hammer curl	
Leg extension	
Sit-ups	
Hammer curl with ball	

Week 5

Bicep curl	3 x 20 @ 75
Chop squat	3 x 20 @ 22.5
Sit-ups with ball	3 x 20 @ 6
Lunges & bicep & shoulder	3 x 20 @ 17.5 x2
Step & lateral and front raises	3 x 20 @ 12.5 x2
Push-ups	3 x 20
Jump squat	3 x 20

Bench press	
Leg raises	
Lat pull (under-hand grip)	
Incline DB press	
Clean & jerk	
Ball pass	

Week 6

Incline bench	3 x 12 @ 115
Dead lifts	3 x 20 @ 80
Ball DB chest press	3 x 15 @ 35
Ball crunches	3 x 20
Bent over BB row	3 x 15 @ 50
Roman chair	3 x 15
Preacher bicep	3 x 15 @ 55
Dips	3 x 20
Pull-downs (triceps)	3 x 15 @ 100
Plank	1min
Side plank	1min
Stretch	

Phase 1 Diet (Foundation, Week 1-3)

Disclaimer: Sample Diet Plan for an average day. Vary your plan and consult your Doctor or Nutritionist.

Client: Male, 28, 6ft, 200lbs, semi-active, overall healthy
Daily Meal Plan: 2200kcal, 176g Protein, 50g Carbs, 145g Fat, 12g Fiber

Meal 1: 283kcal, 28g Prtn, 3g Carb, 17g Fat, 0g Fib

3x Eggs
1000mg Multivitamins and Minerals
1000mg Vitamin C
2oz Lean Smoked Turkey Breast

Meal 2: 228kcal, 14g Prtn, 1g Carb, 19g Fat, 0g Fib

2oz Diced cheddar cheese

Meal 3: 500kcal, 34g Prtn, 5g Carb, 38g Fat, 1g Fib

4oz Beef Top Sirloin Steak / Salmon
1svg Romaine Salad

Meal 4: 206kcal, 8g Prtn, 7g Carb, 18g Fat, 4g Fib

0.25cup Almonds, Dry roasted, unsalted

Meal 5: 660kcal, 51g Prtn, 22g Carb, 41g Fat, 3g Fib

3x Chicken Thigh, no skin, not breaded
1tsp Extra Virgin Olive Oil
2cup Spinach/Asparagus salad, no dressing

Meal 6: 325kcal, 42g Prtn, 13g Carb, 13g Fat, 5g Fib

4oz Chicken Breast, no skin, not breaded
1tsp Peanut Butter, smooth
1cup Green Beans, raw

Day Long Snack

4L Cold Water

After Workout: 150 kcal, 30g Protein, 0g Carb, 0g Fat, 0g Fib

1.5srv Whey Protein Shake w/ Water or skim milk

Athletic Calories and Grams:

Calorie breakdown: 1g of Carbohydrates = 4 calories; 1g of Protein = 4 calories; 1g of Fat = 9 calories

Calories: 10-12x your body weight for men with +300 if highly athletic (eg. 10 x 200lbs + 200 = ~2200)

Protein: 20% of daily calories OR 1-1.5g per **1kg** of body weight (eg. 2200 x 20% = 440kcal/110g OR 90-135g);
* Eat more protein with ultra-low calorie diets or during bulking phase (hypotrophy)

Carbs: 60% of daily calories (eg. 2200 x 60% = 1330kcal or 330g);
Maximize low-GI carbs and fibre; carbs + protein around workout, carbs+protein+fat otherwise;
always avoid sugars and high-GI carbs, ie. indulge with sweets ONLY after workout if you must.

Fats: 15% of daily cals (eg. 2200 x 15% = 330kcal or 35g);
6g of healthy fatty acids (fish oil) per day; avoid around workout; avoid trans. fats, minimize saturated fats

Notes:

- no fruit, no juices, no sugar for the first 1-3 weeks, low sugar thereafter (fruit over white sugar)
- no soy for men (soy ok for women), 2% goat milk recommended, or 1-2% cow milk (good fat)
- maximum 20g Polysaturated fat or 40g Saturated Fat (ideally much less)

Workout Nutrition and Other Tips

For bulking up (Phase 2): always increase weight from the last workout and make it last minimum 5 seconds, even at a reduced range of motion. Leave enough time for full muscle recovery.

Alternate w/ cutting phase (Phase 2-3): 2000 cal with 135g of protein and ultra-low-carb (low-GI only)

Sample Workout Program and Tips:

- Work major muscle groups: legs, glutes and abs on Mon; chest and back on Wed; shoulders and arms on Fri.
- Hit all muscle groups with bench press, squat, deadlift, shoulder press, row, calf rise, abs and core
- 2-3x/week 30min intense cardio sessions; **must do** 5min warm-up and 5-10min stretching every time
- 3x/week of total 15 sets of solid weights with 5min warm-up; or higher weight and less sets per exercise
- Abs: alternate with 3-4 different exercises (cycle weekly), 2-4 sets each, high weight, sitting/standing/laying/ change ranges/change angles, medicine/exercise ball, leg twist, machines, in/decline situps, hanging leg raises, cable-cross bends
- 1-2 full days of absolute rest per week; get out there and enjoy life; consider sports as alternate to gym
- low-carb (low-GI) diet, full breakfast, pre-workout/post-workout carbs consumption of 5g per 2 sets

Athlete Diet Tips:

- 0.5L warm water with lemon on wake-up, wait 45min for breakfast
- 0.5L cold water pre workout, 0.5-1L cold water during workout, a bit of water before sleep
- Protein: pre/post workout: isolate protein; before sleep: casein protein [cottage cheese, milk]
- Carbohydrates: eat low-GI carbs at all times; during workout consume 5g/2 sets; optional hi-GI after workout
- Amino acids: isoleucine & valine [egg whites], leucine [beans] for muscle growth; glutamine for energy [beef, fish, egg]
- Avoid fat and sugar, especially immediately before workout; the only time you can indulge with desserts is after workout
- Do no workout less than 3 hours before sleep; ideally workout in the morning

Pre-workout food: dark chocolate, bananas, apples, peaches, pineapples, grapes, trail mix (not too much), plain yoghurt, oatmeal, almonds, whole-wheat pasta, lentils, complex-carb power bars

Post-workout food: pomegranate, banana, dates, isolate protein milk shake w/ strawberries, mango, yoghurt, peanut butter; this is the only time for optional high-GI carbs and sugar

Madonna's Workout:

- Breakfast and Colombian coffee every morning
- Training 2-4 hours with a trainer 6 days a week rain or shine
- 200-400 sit-ups every day
- Danceroletics on a treadmill
- Wooden Gyrotonic Expansion System for muscles
- Macrobiotic diet (wholegrains, soya, blueberries; no salt, no milk, no processed food; little meat)
- Advanced Ashtanga Yoga for flexibility, Pilates for mind challenge and muscle rebalance

More tips for athletic type

- Drink 2-4 liters of cold or cool water
- Have hot water, tea or soup with every meal to aid digestion
- Have smaller meals throughout the day (minimum 3, ideally 6) at even intervals (every 2-3 hours)
- Decrease carbs intake towards the evening; try to choose low-GI carbs (beans, whole wheat, etc.)
- Never ever allow yourself to get hungry. Stock up on healthy snack food and have it within reach
- Eat healthy fats (omega 3, 6, EPA, DHA); keep Omega 6 to Omega 3 ratio between 1:1 to 4:1 for Omega 6
- Omega 6: vegetables, grains, oils, beans; Omega 3: 1tbsp flaxseeds, 1/2 cup walnuts, 1.5oz salmon
- Drink 1-2% milk (preferably goat milk, which is healthier for humans than cow's)
- Take 1000mg of calcium, eat lots of fibre and little salt, drink 2-5 cups of green tea daily
- Consider multivitamin, minerals ocean fats, Greens+
- Beware of low-fat foods that instead load you with sugar
- 1-2 glasses of red wine (low-GI) per week may increase good cholesterol (research pending)
- Walk as much as you can (length, not intensity important for HDL/LDL: 30+ min), take the stairs often
- Do push-ups throughout the day whenever you get the chance, go swimming, play tennis, ride a bike
- Do some research for your body and activity type based on the data in this document

Calorie Burn rate

Gym workout 40min	327 kcal
Gym weight lifting 40min	179 kcal
Tae Kwon Do / Karate 60min	500 kcal
Brisk walk 30min	193 kcal
Biking 20min 20kmh on flat	191 kcal
Spinning 30min	310 kcal
Stairs 5min	66 kcal
Crazy Dancing 60min	444 kcal
Yoga 40min	195 kcal
Rock Climbing 60min	970 kcal
Skiing downhill 120min	1100 kcal
Swimming 30min	187 kcal

Cold water burns calories by definition of Calorie (warming up water)