

A woman with long brown hair, wearing a teal bikini, is shown from the waist up. She is looking slightly to her left with a soft smile. The background is a plain, light-colored wall.

**The Guide to
Start Living Right
by**

Maya Nassar

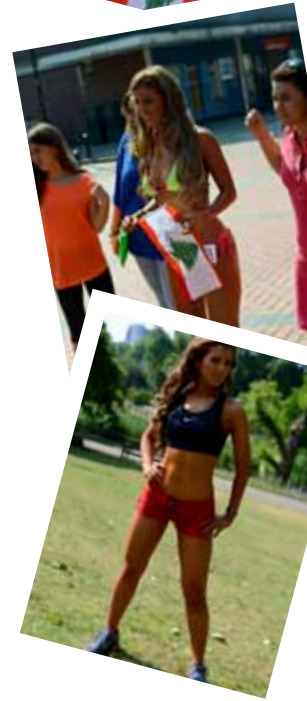
**Start Living
Right**

"The pain of being overweight is far worse than the pain of working out".



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About the author

Maya Nassar is a sports nutritionist, certified personal trainer and fitness enthusiast.

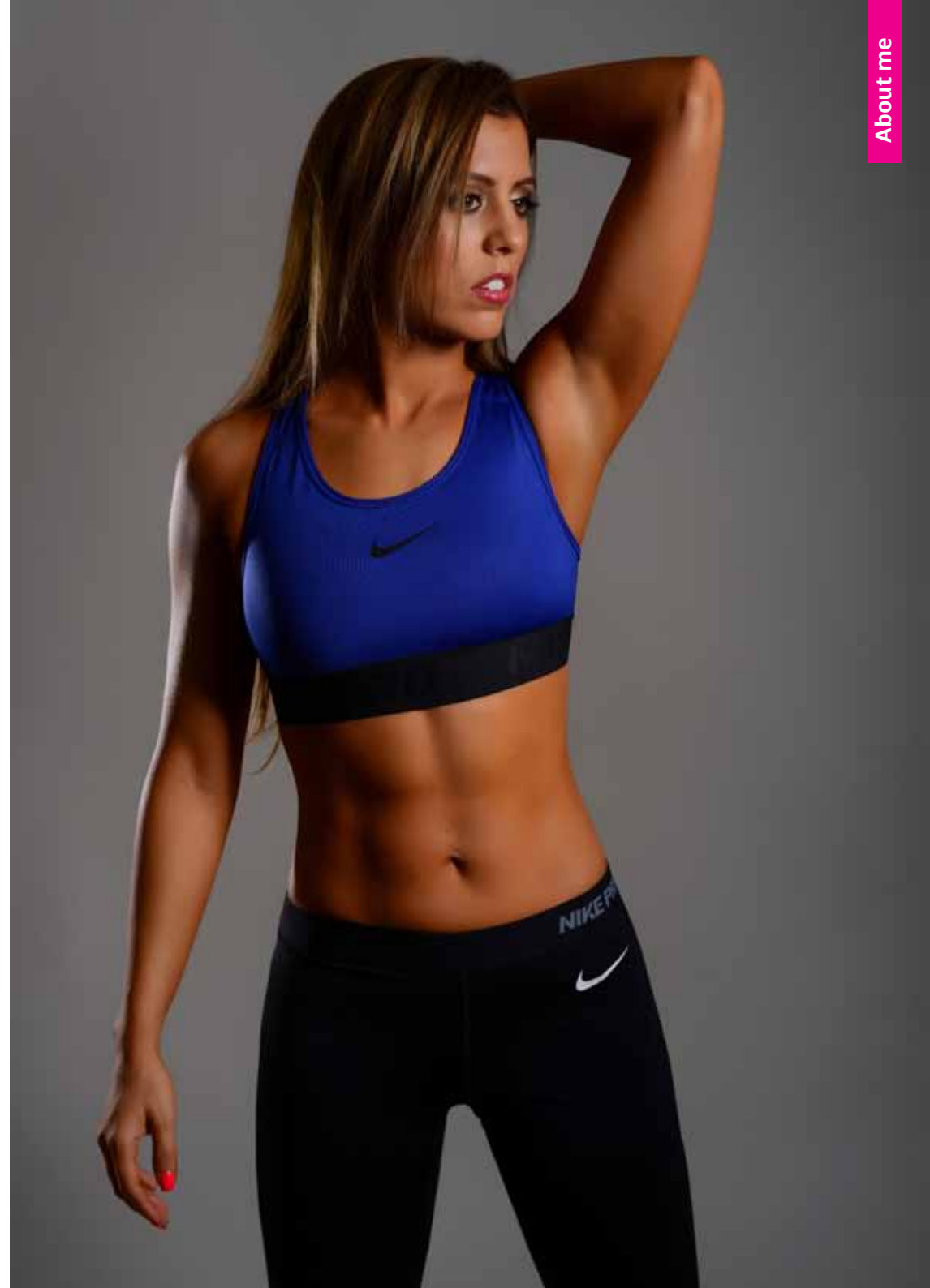
She is also a bikini competitor and participates in international fitness modeling championships. Her first competition took place on July 7th 2013 and she entered the **Miami Pro European Championships** competing for the title of bikini model.

Maya Nassar has extensive experience with fat loss and has completely transformed her own body by creating her own meal plans and workout programs. She has pushed to her limits both mentally and physically to get into the best shape of her life.

Maya Nassar has networked and trained with some of the most accomplished professionals in the fitness industry. She promotes natural, safe and permanent fat loss through hard work and healthy eating.

In addition to that, **Maya Nassar** is passionate writer and a published author covering topics in health, nutrition and exercise. She created *Start Living Right* to offer free advice and support to help others achieve their fitness goals.

Maya Nassar is half Dutch and half Lebanese and currently lives in Beirut. She is also an animal activist and is a board member of the NGO Animals Lebanon.



Introduction

Are you self-conscious about your body? Would you like transform your body and sculpt a jaw-dropping physique?

You've come to the right place!

It can be hard to know where to start or how to go about building the body of your dreams. There is so much conflicting information, including many fad diets and weight loss scams. You might not even know what to eat or what type of exercises to do.

This guide offers easy to follow meal plans and exercise programs for every fitness goal. It promotes slow, gradual and permanent results through a combination of cardio, weight training and a well-balanced diet. You will information to motivate you, inspire you and educate you on the essentials of nutrition and exercise. You will also find a food diary and exercise journal to help you keep track of your progress.

There is no quick-fix and you will never see results without working hard. This guide will encourage you to change your lifestyle to become fitter, healthier and happier. You are never too old or too unfit to get started.

Life is too precious to be wasted feeling insecure and hiding behind layers of clothes. ***It's time for you to build the best body you've ever had.***

Make sure you consult with your physician before getting started on any weight loss programs.

Download & print this guide in order to get started.

If you need any advice or have any further questions, contact Maya Nassar directly by emailing info@startlivingright.net.



Motivation



Achieving your fitness goals is simply a mental challenge. Your body listens to your mind. Train your mind to cope with the dedication it takes and you're already halfway there.

Think about your dream body 24/7

Do you really want to build a sizzling, hot body you will be proud of? The first step is to think about it throughout every second of the day. Reinforce your goals and why this is important to you. Become conscious of everything you do and everything you eat. You need to want it bad enough to get you through whatever it takes.

Achieving fitness goals improves all other aspects in your life

Getting into shape will influence all other facets in your life. You will discover that your personal relationships, happiness, confidence, productivity, energy levels and pretty much everything else in your life will get better.

Exercise helps you cope with stress and problems

Moreover, exercise helps you deal with stress and problems. The discipline of healthy eating and exercising helps you develop a mental toughness that will enable you to overcome any difficulty life throws your way. In other words, you can say you will become invincible!

Change your daily behavior without sacrificing much else

Getting into shape will not require any sacrifices. In fact, an hour and 30 minutes of exercise only takes up around 5% of your whole day. You simply need to focus on changing your daily behavior. Instead of eating junk food, you will need to start eating clean. Instead of lounging around on the couch watching TV, you will need to start fitting in regular visits to the gym.

You will still have a life

You will still be able to do everything you enjoy with the added bonus of being fit, healthy and confident. You can still travel, enjoy going out with your friends, spend time with family, dine out, etc and maintain a lean body at the same time. In fact, you will enjoy these activities so much MORE when you are in the best shape of your life. A lifestyle of healthy food and exercise is so much more fulfilling than a life of junk food, being sedentary and feeling self-conscious.



Motivation

You will never feel hungry or unhappy

Many people think of fitness as a lifestyle of feeling “hungry” or unhappy. However, this is far from the truth. You’ll discover that the more active you are, the more food you will need to eat to fuel your workouts. Transforming your body does not mean you need to eat less, it just means you need to eat the RIGHT type of foods. The same rule applies to your overall happiness. You will discover personal satisfaction and happiness through achievement of your fitness goals. Fitness will make you a better, happier person.

Invest in a gym membership and make time for exercise

Many people say they cannot afford a gym membership because it is too expensive. However, joining a gym is the BEST investment you can ever make in yourself. Along with helping you build the body of your dreams, it also prevents diseases and future health problems. You’ll discover that a doctor’s bill and the cost of medication caused by an unhealthy lifestyle is a lot more expensive than monthly gym memberships. Besides, there are many ways to exercise for free! We all have the same hours in the day and it is up to you to make time to exercise. This might mean

waking up earlier, visiting the gym during your lunch break or working out on weekends if you have a busy schedule. If it is important to you, you will find a way. If you insist that you do not have time to exercise, you might as well admit that improving your health and body is not a priority in your life right now.

Be patient and commit to your goals

Transforming your body is an extremely slow process that will require lots of patience. Many people give up because they do not see the results they want fast enough. Successful body transformations are achieved through hours of hard work, consistency and patience. The good news is that safe and permanent results are ONLY achieved through slow and gradual changes in your body. Expect no less than three months before seeing a complete transformation.

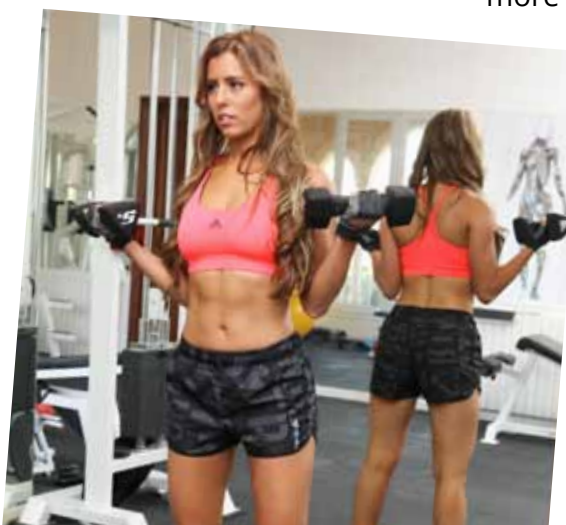
The hard work is worth it

You will have to be extremely disciplined to achieve your fitness goals. It requires HARD work. However, nothing worth having comes easy. Fitness is the one thing in life that must be earned. If it was easy, everyone would have it. It is so much more satisfying to build a physique that you had to work hard for.

Never compare yourself to others

If you choose to look around, you will nearly always find someone to make you feel insecure. You might think that others are leaner, fitter, more muscular, etc. However, just like

apples and oranges, everyone is different and you should NEVER compare yourself to anyone else. Compare yourself to YOU and how much you are improving. As long as you are progressing in your own way, nobody else matters.



You can always achieve results regardless of your age or genetic makeup

Claiming that you will always be overweight because of your age or genetic makeup is the most disheartening attitude. No two people are equal, nor will they ever be. Some people may be able to eat whatever they like without gaining weight, whereas others will have to work twice as hard.

Instead of cursing your genetic makeup, focus on making the most out of what Mother Nature has given you. You can sulk on the couch and eat doughnuts, or you can get up and get into the best shape of your life. You can ALWAYS boost a slow metabolism through healthy eating and exercising.

Age is another factor that will not stop you from achieving your fitness goals. You will have to work harder than when you were younger, but you can STILL be lean and fit. You can choose to become overweight and sedentary, or you can grow older and still look better than many people in their 20s. Similarly, exercise and healthy eating is anti-aging. It will prevent diseases and keep you looking and feeling younger than ever.

Working harder than others to achieve your goals will make you stronger, tougher and more determined than anyone could possibly imagine.

Do it to live longer

Achieving your fitness goals isn't just about being proud of your body. It will help you live longer and watch your grandchildren grow up.

Strive to push to your limits

It is human nature to want to sit in our comfort zone and not work hard. However, staying within your comfort zone will offer ZERO benefits to you as a person. We do not improve, grow, become smarter or gain strength if we do not push outside of our comfort zone. Always work hard on performing better, pushing harder and creating the very best version of yourself.

There is no such thing as failure

If you miss a workout or have a bad meal, get back on track and

continue with your journey. If you never give up, you will never fail. Remember, even world-class athletes have "off" days. Don't let one stumble be the end of your hard work.

GOAL SETTING

Once you get started on your fitness journey, it can be easy to slip and lose the motivation to keep carrying on. Write down ten top reasons why you want to transform your body. If you ever feel like your motivation is starting to fade away, come back and re-read your list for an uplifting reminder why you shouldn't give up.

Here are some examples:

- I want to feel more confident about my body
- I want to wear whatever I like and look good
- I want a six pack
- I want to be more appealing to the opposite sex
- I want to fight aging, stay healthy and live longer

Now write down your top ten reasons why you want to transform:

Nutrition

No amount of training will ever make up for a poor diet! Your nutrition is equal to at least 80% of your results. A lean body always starts off with a healthy and well-balanced diet.

Eat to nourish your body

You should eat primarily to fortify your body with nutrients and to fuel your body with energy. Nutritious food helps you feel good, look good and stay healthy. It prevents diseases, illnesses and boosts energy levels. Junk food on the other hand serves no purpose other than taste. It depletes your body of nutrients and contributes to weight gain and health problems. It does not provide your body with energy in any way but makes you feel sluggish, lethargic and lazy.

Your body is not addicted to sugar or junk food

Many people claim that they are unable to take on a lifestyle of healthy eating because their body craves sugar and junk food. This statement is false. Your body simply craves junk food because it is conditioned to eating that way. The more junk food you eat, the more you want it. The less junk food you eat, the less you want it.

It only takes three weeks to undo the addictive cycle of sugar and junk food. As long as you focus on eating healthy for 21 days and restrict junk food to no more than once a week, you will discover that you no longer need, want or crave unhealthy food. Indulging once a week will be more than enough to satisfy your sweet tooth. This will take discipline and hard work, but then you will break out of the cycle once and for all.

Low calorie diets do not work

Low calorie or starvation diets (anything under 1400 calories) will NEVER give you the results or the body you are looking for. These diets deprive your body of healthy nutrients and trigger the starvation response when your body detects that there isn't enough food coming in.

Lean muscle mass is a metabolically active tissue that burns a high



number of calories (even when your body is at rest). If you consume a low-calorie diet, your body will burn off lean muscle mass (instead of fat) to fuel your activity and slow down your metabolism. Your body will then switch to fat storing mode and store any food intake as fat. This is a survival technique that is used when your body believes that you are passing through a famine.

What does this result in? Weight gain! Once you return to normal eating habits, your metabolism would have slowed down and your body will instantly store your food intake as fat. This vicious cycle is known as yo-yo dieting. This can be avoided by eating a well-balanced intake of calories and exercising to boost your metabolism.

Plan in advance

Make sure you consistently follow your diet by planning in advance. Cook your healthy food and take it with you wherever you go. If you are busy throughout the week, cook in bulk once a week. If you know you will be at a dinner party with unhealthy food, eat before going out, or schedule it as your cheat meal. Remember, failing to plan is like planning to fail.



Your diet should include all the major macronutrients

A well-balanced diet will consist of protein, healthy fats, and wholegrain carbohydrates. If you want to build a lean physique, you should NOT cut any macronutrients out of your diet.

Healthy fats help the body store energy and act as messengers for protein enzymes and hormones. These fats also build healthy cells, help the body absorb vitamins, make your skin glow and boost your immune system and metabolism.

Protein creates hormones and enzymes necessary for biological functions. It is the most abundant source in the body, responsible for repairing and maintaining cells and tissue. Protein also prevents illnesses and helps to fight diseases.

Carbohydrates are the body's quick-releasing energy source, necessary for high intensity exercise. Carbs also help our body, brain, heart and immune systems function optimally. Eating the right type of carbs will help you eat less, burn more fat, reduce stress levels and boost your energy. They also control your blood sugar levels and prevent diabetes.

To recap: you should NEVER follow a low-calorie diet and should NOT cut out any major macronutrient from your diet (protein, wholegrain carbs or healthy fats).

WHAT TO EAT DAILY

Here are some of the foods you SHOULD be eating on a daily basis.

Healthy fats:

Fish oil, olive oil, olives, avocados, nuts and seeds and coconuts

Protein:

Lean cuts of steak and ham, seafood and fish, turkey, chicken breast, egg whites, nonfat dairy products and Whey or Casein protein powder

Carbohydrates:

All types of fruits and vegetables, brown bread, brown rice, brown pasta, quinoa, lentils, couscous, oatmeal, potatoes and sweet potatoes.

Drinks:

Water, tea or coffee (with low-calorie sweeteners or skimmed milk)

Foods to enjoy in moderation (once a week):

White bread, white rice and white pasta, pastries, creamy sauces, full-fat dairy products, fried foods, chocolate, sweets, desserts, pizza, biscuits and ice cream

Drinks to enjoy in moderation (once a week):

Alcohol, juice, sweetened beverages

SUPPLEMENTS

Regardless of what many advertisers claim, there is NO magic pill or supplement that will give you the body of your dreams without hard work. A supplement is merely a SUPPLEMENT to hard work. Any advertisement promising fast results with little or no effort is a weight loss scam.

If you are following a well-balanced diet with exercise, it is highly unlikely that you will need to take any supplements.

You do not need to spend hundreds of dollars on supplements. Did you know that the supplement industry is worth \$61 billion a year? The Food and Drug Administration (FDA) does NOT regulate the weight loss supplement industry which creates a massive loophole. Supplement manufacturers can pretty much claim whatever they want on their products, without the need for research or clinical testing. The FDA only requires that supplement manufacturers place a declaration on their products stating that "this product is not intended to treat, cure or prevent any disease.

However, when you are following a restricted diet, some dietary



supplements can help nourish your body with vitamins and encourage muscle growth.

Some people choose to take supplements to ensure that they are getting all the essential nutrients, especially when in a negative energy balance.

Here are some of the best supplements you can take:

Vitamins

Vitamin deficiencies can cause health problems in the long run and multivitamins are a healthy way to keep your body nourished and maintain the high energy levels needed to progress in the gym.

Essential fatty acids

Your body is unable to produce essential fatty acids, which are found in certain fats and must be ingested through food intake.

Taking supplements containing essential fatty acids is another way of guaranteeing nutritional balance.

Some of the best essential fatty acids are:

Flaxseed oils: a rich source of Omega 3 fats (plant based, therefore suitable for vegetarians)

Fish oil-based pills: another rich source of Omega 3 fats (animal based)

Muscle building supplements

Branched Chain Amino Acids (BCAA) pills or powder: these provide the body with essential amino acids, which promote muscle synthesis in the body. They help maintain and promote muscle repair.

Glutamine (pills): this is another type of essential amino acid, which builds, protects and repairs muscle tissue.

Protein powder: can be taken as a shake, mixed as a smoothie or even added to meals. Most protein powders are very low in carbs and provide the body with pure protein. Some of the most popular brands include Whey and Casein. Whey is quick-releasing and can be taken directly after a workout for fast absorption and recovery. Casein is slow-releasing and is only absorbed by the body after a few hours, which makes it ideal to take right before bed. Protein powder can also be consumed as a midday snack to keep hunger pangs at bay. There is no rule about how often or when you should take protein powder. Adjust serving sizes and frequency to fit in with your goals. For example, if you're on a muscle gaining program you might take a couple of scoops of protein powder twice a day to help you gain size and meet your caloric intake.

Creatine: this supplement helps provide your body with energy and aids weight training workouts. It also helps you bulk up and build muscle. Finally, this supplement contributes to muscle gain and overall strength while ensuring that less recovery time is needed between sets. Many endurance athletes and bodybuilders take Creatine to support their intense workouts. It is taken as powder and mixed with water.

A word about protein bars

Many people eat protein bars thinking that they're muscle-building snacks; however, quite often they are nothing more than candy bars with some added protein. Although a protein bar is still a healthier alternative to a chocolate bar, make sure the nutrition label does not contain the words "high-fructose syrup," which consists of huge amounts of refined sugar. Some of the best protein bars on the market are Quest bars, which can be found in nutrition or health food stores. Quest bars use the naturally sweet herb Stevia instead of sugar and come in a variety of flavors.

Healthy eating should become a lifestyle

If you want to maintain your lean physique, eating clean should become a lifestyle. This means you should limit your junk food to once or twice a week, and eat healthy the rest of the time. Dining out or traveling is not an excuse to eat poorly. Returning to bad eating habits will only result in weight gain.

How to dine out and eat healthy

- Always order a healthy salad as a starter and a lean protein with





a side dish for your main course. Boiled potatoes, vegetables, brown rice and salads make healthy side dishes.

- Do not order any cream or buttery sauces with dishes. Always ask for sauces to be served aside and NOT drizzled all over your food.
- Do not choose soup with cheese, cream or eggs. A better choice is clear, broth or vegetable soups. Steer clear of onion soup which is served with cheese and bread and is very high in calories.
- Stay away from pasta, pizza, white bread, fried food, yellow cheese, fat cuts of steak, burgers, French fries, bacon, sausages and anything processed and refined.

- Be careful when snacking on nuts in restaurants or in bars. One cup of peanuts is loaded with 600 calories and it is very easy to over-eat them.
- Pepper, herbs, spices, soy sauce, mustard, vinegar and lemon juice are all healthy choices to add to your dishes.
- Stay away from croissants, pastries, muffins or sugary cereals for breakfast. Choose oats, muesli, whole grains or egg white omelets instead. Sugar-free wholegrain muffins are also a good choice.
- Choose nonfat milk or cheese and nonfat, unsweetened yoghurt. If you're having sushi, stay away from tempura or anything else fried, and avoid mayonnaise. Steer clear of anything crispy (this means it's fried).
- Say no to creamy cheeses and ask the restaurant if they can prepare

your sushi with brown rice instead of white rice. Make sure all sauces are aside and not sprinkled over your sushi.

- Choose lean ground beef, lean sirloin, flank steak, top round steak and filet mignon. Avoid T-bone steaks, skirt steak, flap steak, porterhouse steak, rib-eye steak and New York strip steak. If you are serious about fat loss, you might want to consider eating red meat in moderation.
- Make sure your tuna (especially canned tuna served in salads) is mixed with water and not with oil.
- Do not order salads with cheese, croutons, bacon, ham or any creamy dressings especially mayonnaise. Choose sauces with olive oil, lemon, vinegar, mustard or nonfat yoghurt. Avoid "Cesar sauce" like the plague.
- Add zero calorie natural sweeteners such as stevia to coffee or tea and avoid using white sugar.
- Do not order anything with white flour (such as pizza or white bread) and always choose whole wheat instead. Stay away from butter.
- Choose healthy starches and whole grains such as quinoa, couscous, lentils, beans brown rice or brown bread.

- Make sure you order items that are grilled, baked, steamed, broiled, poached or roasted. Stay away from anything fried, pan-fried, deep-fried, sautéed, escalloped, creamed, batter-dipped, stuffed or cooked in sauce. Make SURE you ask for your food to be cooked without butter as this is one sneaky trick restaurants



use to make dishes tastier. This includes vegetables too!

- Do not order any dessert. Choose fruits instead and make sure they do not have any sugar, cream or ice cream toppings. Choose salads, baked potatoes and veggies as a side order and avoid French fries, potato wedges or white rice. Double check your vegetables are steamed or grilled and cooked without butter.
- Order water, unsweetened tea, coffee or diet beverages. Stay away from alcohol, dessert coffees and drinks loaded with calories. Ice tea is loaded with sugar. If you are going to order iced tea, make sure it is unsweetened. (Unfortunately most restaurants in Beirut do not serve unsweetened ice tea).
- Stay away from chicken or turkey drumsticks. Always order chicken or turkey breast and make sure it is skinless (there is a lot of fat in the skin). If you find yourself in a restaurant without healthy food, order a salad. If salads will never make you full, have two salads instead.

FAT LOSS MEAL PLAN FOR WOMEN

INSTRUCTIONS

- You will discover two meal plans that focus on fat loss for women. If you are at a healthy weight and you are moderately active (exercising two to three times a week), follow the first meal plan.
- If you are at a healthy weight and you are highly active (exercising four to six times a week), follow the second meal plan.
- If you are overweight, follow the second meal plan, regardless of your activity level. You should then switch to first meal plan within 8 to 10 weeks.
- Serving sizes for food portions follow standard US measurements in cups and ounces. You can buy measuring scales in any home ware store. Please note that a cup does NOT refer to a regular drinking cup in your house!

• **These meal plans should be followed in combination with regular exercise and weight lifting.**

- These meal plans include a variety of choice to keep your diet interesting. It includes all the essential foods you should be eating on a daily basis and will promote gradual, slow and permanent fat loss.
- Allow yourself one cheat meal once a week and eat whatever you like.
- This should be a cheat meal and not a cheat day.
- Pepper, herbs, spices, soy sauce, mustard, vinegar and lemon juice are all healthy choices to add flavor to your dishes.
- Make sure your food is grilled, baked, steamed, broiled, poached or roasted. Stay away from anything fried, pan-fried, deep-fried, sautéed, escalloped, creamed, batter-dipped, stuffed or cooked in sauce.

MEAL PLAN OPTION ONE

Here is the general breakdown:

Calories: Approximately 1500- 1600

Protein: 30%, Fat: 20%, Carbs: 50%

Protein: 112.5 – 120 grams, Fat: 33 – 35 grams, Carbs: 187.5 – 200 grams

**The above is an approximate estimate*

BREAKFAST:

One starchy carb

(Choose one option from the list below)

Option A: 2/3 cup of oats with skimmed milk – *measure the oats dry*

Option B: Two slices of whole-wheat multi-cereal toast

One protein source

(Choose one option from the list below)

Option A: Egg white omelet made from 6 egg whites

Option B: 4 oz of turkey or chicken breast – *measure the chicken uncooked and serve without skin*

Option C: 3 oz of nonfat cheese

SNACK:

1 cup of any fruit of your choosing

LUNCH:

One lean protein

6 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 2/3 cup of brown rice – *measured cooked*

Option B: 4 oz of boiled potatoes, sweet potatoes or yams

Option C: 2/3 cup of quinoa, lentils or couscous – *measured cooked*

One salad

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

SNACK (this can be consumed after a workout)

(Choose one option from the list below)

Option A: One scoop of Whey protein powder mixed with water

Option B: 1 cup of nonfat, unsweetened yoghurt

DINNER:

One lean protein

6 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 2/3 cup of brown rice – *measured cooked*

Option B: 4 oz of boiled potatoes, sweet potatoes or yams

Option C: 2/3 cup of quinoa, lentils or couscous – *measured cooked*

One salad

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

MEAL PLAN OPTION TWO

Here is the general breakdown:

Calories: Approximately 1700- 1800

Protein: 30%, Fat: 20%, Carbs: 50%

Protein: 127.5 – 135 grams, Fat: 37 – 40 grams, Carbs: 212.5 –225 grams

** The above is an approximate estimate*

BREAKFAST**One starchy carb**

(Choose one option from the list below)

Option A: 2/3 cup of oats with skimmed milk – *measure the oats dry*

Option B: Two slices of whole-wheat multi-cereal toast

One protein source

(Choose one option from the list below)

Option A: Egg white omelet made from 6 egg whites

Option B: 4 oz of turkey or chicken breast – *measure the chicken uncooked and serve without skin*

Option C: 3 oz of nonfat cheese

One serving of fruit

1 cup of any fruit of your choosing



Tip: if you choose to eat oats, you can mix it with the fruits for added flavor

SNACK

(Choose one option from the list below)

Option A: Two slices of turkey breast

Option B: 2 oz of nonfat cheese

Eat together with two rice cakes

LUNCH

One lean protein

6 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 2/3 cup of brown rice – *measured cooked*

Option B: 4 oz of boiled potatoes, sweet potatoes or yams

Option C: 2/3 cup of quinoa, lentils or couscous – *measured cooked*

One salad mixed with one serving of fat

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

Mixed with (choose one option from the list below)

Option A: ¼ cup of avocado

Option B: 1 oz of raw nuts

SNACK: *(this can be consumed after a workout)*

(Choose one option from the list below)

Option A: One scoop of Whey protein powder mixed with water

Option B: One cup of nonfat yoghurt

DINNER

One lean protein

6 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 2/3 cup of brown rice – *measured cooked*

Option B: 4 oz of boiled potatoes, sweet potatoes or yams

Option C: 2/3 cup of quinoa, lentils or couscous – *measured cooked*

One salad

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)



FAT LOSS MEAL PLAN FOR MEN

INSTRUCTIONS

You will discover two meal plans that focus on fat loss for men.

If you are at a healthy weight and you are moderately active (exercising two to three times a week), follow the first meal plan.

If you are at a healthy weight and you are highly active (exercising four to six times a week), follow the second meal plan.

If you are overweight, follow the second meal plan, regardless of your activity level. You should then switch to first meal plan within 8 to 10 weeks.

Serving sizes for food portions follow standard US measurements in cups and ounces. You can buy measuring scales in any home ware store.

Please note that a cup does NOT refer to a regular drinking cup in your house!

These meal plans should be followed in combination with regular exercise and weight lifting.

These meal plans include a variety of choice to keep your diet interesting. It includes all the essential foods you should be eating on a daily basis and will promote gradual, slow and permanent fat loss.

Allow yourself one cheat meal once a week and eat whatever you like. This should be a cheat meal and not a cheat day.

Pepper, herbs, spices, soy sauce, mustard, vinegar and lemon juice are all healthy choices to add flavor to your dishes.

Make sure your food is grilled, baked, steamed, broiled, poached or roasted. Stay away from anything fried, pan-fried, deep-fried, sautéed, escalloped, creamed, batter-dipped, stuffed or cooked in sauce.

Here is the general breakdown:

Calories: Approximately 2200- 2300

Protein: 30%, Fat: 20%, Carbs: 50%

Protein: 165 – 172.5 grams, Fat: 48 – 51 grams, Carbs: 275 – 287.5 grams

* *The above is an approximate estimate*

MEAL PLAN OPTION ONE

One starchy carb

(Choose one option from the list below)

Option A: One cup of oats with skimmed milk – *measure the oats dry*

Option B: Three slices of whole-wheat multi-cereal toast

One protein source

(Choose one option from the list below)

Option A: Egg white omelet made from 6 egg whites

Option B: 4 oz of turkey or chicken breast – *measure the chicken uncooked and serve without skin*

Option C: 3 oz of nonfat cheese

SNACK

One serving of fruit

1 cup of any fruit of your choosing

LUNCH

One lean protein

8 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: One cup of brown rice – *measured cooked*

Option B: 6 oz of boiled potatoes, sweet potatoes or yams

Option C: One cup of quinoa, lentils or couscous – *measured cooked*

One salad mixed with two servings of fat

1 large mixed green salad with balsamic dressing (*measure 1 tbsp. of olive oil*) and 2 oz of olives

Mixed with (*choose one option from the list below*)

Option A: ¼ cup of avocado

Option B: 1 oz of raw nuts

SNACK: (*this can be consumed after a workout*)

(Choose one option from the list below)

Option A: One scoop of Whey protein powder mixed with 8 oz of skimmed milk

Option B: 1 cup of nonfat, unsweetened yoghurt

DINNER:

One lean protein

8 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: One cup of brown rice – *measured cooked*

Option B: 6 oz of boiled potatoes, sweet potatoes or yams



Option C: One cup of quinoa, lentils or couscous – *measured cooked*

One salad

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

NIGHTTIME SNACK:

(Choose one of the following options)

Option A: One scoop of Casein protein powder with 8 oz of skimmed milk

Option B: One cup of nonfat cottage cheese

MEAL PLAN OPTION TWO:

Here is the general breakdown:

Calories: Approximately 2300 – 2400

Protein: 30%, Fat: 20%, Carbs: 50%

Protein: 172.5 – 180 grams, Fat: 51 – 53 grams, Carbs: 287.5 – 300 grams

* ***The above is an approximate estimate***

BREAKFAST

One starchy carb

(Choose one option from the list below)

Option A: One cup of oats with skimmed milk – *measure the oats dry*

Option B: Three slices of whole-wheat multi-cereal toast

One protein source

(Choose one option from the list below)

Option A: Egg white omelet made from 6 egg whites

Option B: 4 oz of turkey or chicken breast – measure the chicken uncooked and serve without skin

Option C: 3 oz of nonfat cheese

One serving of fruit

1 cup of any fruit of your choosing

Tip: *if you choose to eat oats, you can mix it with the fruits for added flavor*

SNACK

(Choose one option from the list below)

Option A: Three slices of turkey breast

Option B: 3 oz of nonfat cheese

Eat together with three rice cakes

LUNCH

One lean protein

8 oz of one of the following lean proteins: seafood, salmon, chicken

breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: One cup of brown rice – *measured cooked*

Option B: 6 oz of boiled potatoes, sweet potatoes or yams

Option C: One cup of quinoa, lentils or couscous – *measured cooked*

One salad mixed with one serving of fat

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil) and 2 oz of olives

Mixed with *(choose one option from the list below)*

Option A: ¼ cup of avocado

Option B: 1 oz of raw nuts

SNACK: (this can be consumed after a workout)

(Choose one option from the list below)

Option A: One scoop of Whey protein powder mixed with 8 oz of skimmed milk

Option B: One cup of nonfat, unsweetened yoghurt

DINNER:

One lean protein

8 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: One cup of brown rice – *measured cooked*

Option B: 6 oz of boiled potatoes, sweet potatoes or yams

Option C: One cup of quinoa, lentils or couscous – *measured cooked*

One salad mixed with one serving of fat

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil) and 2 oz of olives

NIGHTTIME SNACK:

(Choose one of the following options)



Option A: One scoop of Casein protein powder with 8 oz of skimmed milk

Option B: One cup of nonfat cottage cheese

MUSCLE BUILDING MEAL PLAN

You will discover one meal plan that focuses on building lean muscle mass.

You should only follow this meal plan if you are already very lean or at a healthy weight. This is a bulking program that will cause weight gain. If you still have fat to lose, follow a fat loss program before switching to bulking.

Serving sizes for food portions follow standard US measurements in cups and ounces. You can buy measuring scales in any home ware store. Please note that a cup does NOT refer to a regular drinking cup in your house!

These meal plans should be followed in combination with regular exercise and weight lifting.

These meal plans include a variety of choice to keep your diet interesting. It includes all the essential foods you should be eating on a daily basis and will encourage muscle growth.

Allow yourself two cheat meals twice a week and eat whatever you like. This should be a cheat meal and not a cheat day.

Pepper, herbs, spices, soy sauce, mustard, vinegar and lemon juice are all healthy choices to add flavor to your dishes.

Make sure your food is grilled, baked, steamed, broiled, poached or roasted. Stay away from anything fried, pan-fried, deep-fried, sautéed, escalloped, creamed, batter-dipped, stuffed or cooked in sauce.

Here is the general breakdown:

Calories: Approximately 3500 – 3700

Protein: 30%, Fat: 20%, Carbs: 50%

Protein: 262.5 – 277.5 grams, Fat: 77 – 82 grams, Carbs: 437.5 – 462.5 grams

* *The above is an approximate estimate*

BREAKFAST

One starchy carb

(Choose one option from the list below)

Option A: One cup of oats with skimmed milk – *measure the oats dry*

Option B: Three slices of whole-wheat multi-cereal toast

One protein source

(Choose one option from the list below)

Option A: Omelet made from 5 egg whites and one whole egg (with the yolk)

Option B: 5 oz of turkey or chicken breast – *measure the chicken uncooked and serve without skin*

Option C: 4 oz of nonfat cheese

One serving of fruit

1 cup of any fruit of your choosing

Tip: *if you choose to eat oats, you can mix it with the fruits for added flavor*

SNACK:

(Choose one option from the list below)

Option A: 2 scoops of Whey protein powder with 10 oz of skimmed milk blended with one banana

Option B: 6 oz of a lean protein (seafood, salmon, chicken breast, turkey breast, lean cuts of steak) mixed with 2/3 cup of starchy beans (brown, black, white, kidney, chickpeas) – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

LUNCH:

One lean protein

10 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 1.5 cups of brown rice – *measured cooked*

Option B: 8 oz of boiled potatoes, sweet potatoes or yams

Option C: 1.5 cups of quinoa, lentils or couscous – *measured cooked*

One salad mixed with two serving of fat

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

Mixed with *(choose one option from the list below)*

Option A: ¼ cup of avocado

Option B: 1 oz of raw nuts

SNACK: *(this can be consumed after a workout)*

(Choose one option from the list below)

Option A: 2 scoops of Whey protein powder with 10 oz of skimmed milk blended with one banana

Option B: 6 oz of a lean protein (seafood, salmon, chicken breast, turkey breast, lean cuts of steak) mixed with 2/3 cup of starchy beans (brown, black, white, kidney, chickpeas) – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

DINNER:

One lean protein

10 oz of one of the following lean proteins: seafood, salmon, chicken breast, turkey breast or lean cuts of steak – *measure your protein uncooked (raw) and serve chicken and turkey without skin*

One wholegrain carb + vegetables

1.5 cups of mixed vegetables (any of your choosing)

(Choose one option from the list below)

Option A: 1.5 cups of brown rice – *measured cooked*

Option B: 8 oz of boiled potatoes, sweet potatoes or yams

Option C: 1.5 cups of quinoa, lentils or couscous – *measured cooked*

One salad mixed with one serving of fat

1 large mixed green salad with balsamic dressing (measure 1 tbsp. of olive oil)

Mixed with *(choose one option from the list below)*

Option A: ¼ cup of avocado

Option B: 1 oz of raw nuts

NIGHTTIME SNACK:

(Choose one option from the list below)

Option A: 2 scoops of casein mixed with 10 oz of skimmed milk

Option B: Two cups of nonfat cottage cheese



30 Day Food Diary

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Night..Snack							

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Night..Snack							

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Night.Snack							

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
Breakfast							
Snack							
Lunch							
Snack							
Dinner							
Night.Snack							

Exercise



In addition to following a clean diet, exercise is essential for fat loss, muscle building and sculpting a lean physique.

Although many people hate the idea of exercising or joining a gym, you will discover that your quality of life will change dramatically once you start taking better care of your health.

Exercise boosts your metabolism and overall calorie intake

Being physically active will boost your metabolism and increase your body's energy demands. This means you will be able to eat more food just to maintain your weight. Similarly, exercising will increase the number of





calories your body burns on a daily basis and accelerate a fat loss program.

Exercise helps you look younger and live longer

Being fit prevents diseases and health complications. Staying in shape will prolong your life with very low risks of you ever getting sick. A healthy body will also recover from illness much faster than individuals who are not in shape. Exercise will keep your body in excellent condition and help you look younger. You might know

someone who looks much older than they actually are simply because they do not take care of their body. Forget about botox, plastic surgery, slimming machines or other treatments: exercise is the REAL fountain of youth.

Exercise makes you feel happier and prevents depression

During exercise, your body undergoes stress. To reach equilibrium, your body releases anti-stress hormones called endorphins which make you feel happy. In general, people who exercise are much happier and less stressed than those who don't. Research has proven that exercise is a more effective form of treatment for depression than anti-depressants. Going to the gym will help you cope better with a busy schedule and stressful schedule.

Working out boosts your energy and productivity levels

Being physically active will boost your energy and productivity levels daily. It will refresh your mind helping you perform better at work and complete your day-to-day tasks.

Exercise boosts your confidence

If you've ever felt shy, insecure or self-conscious, hitting the gym is one way to skyrocket your confidence levels. Taking care of your body will help you feel more self-assured, outgoing and satisfied.

How should you exercise?

A lean physique is created through a combination of weight training and cardio.

Weight training refers to picking up weights (or using your own body weight) to strengthen and improve your muscle performance.

Cardio on the other hand refers to any physical activity that stimulates the heart and requires effort. Some examples include running, swimming, jogging, an exercise class at the gym, playing tennis, etc.

Weight lifting

If you thought weight training was just for buff guys at the gym or extremely lean individuals, you were mistaken.

The benefits of weight lifting

It transforms your shape naturally

Training with weights is the only way to transform your body shape naturally. Increasing your muscle mass will make you tighter, fitter and more toned, adding more shape and definition to your body. It can be done for free, requiring lots of hard work and absolutely no drugs, pills, potions or surgery will be necessary.

It boosts your metabolism

Lifting weights will boost your metabolism by building increased muscle, which is a metabolically active tissue. In other words, the more muscle you have, the more calories you burn at rest and the more food you can eat to maintain your weight.

Weight lifting also has an after-burn effect, known as post-exercise oxygen consumption (EPOC), which means that your body continues to burn calories after a weight training session as part of the process of muscle recovery. Researchers in the Boston University School of Medicine have concluded that weight training can actually reverse the risk of obesity and weight gain.

It enhances your endurance

Another benefit of weight lifting is that it builds thicker muscle fibers in the body, which in turn increases your endurance performance. Muscle fibers contract to help generate movement in the body. Although frowned upon in the past, today many world class athletes and endurance sportspeople train with weights to boost their performance.

It prevents diabetes and heart disease

When we train with weights, we deplete glycogen (stored carbohydrates) from the muscles to fuel our workouts. Our muscles then restore their glycogen levels by extracting glucose from the bloodstream, keeping blood sugar levels under control. This helps regulate sugar levels, warding off the risk of diabetes. Weight training also reduces visceral fat levels (fat stored around organs in the abdominal area), which reduces the risk of heart disease.

It fights aging

Lifting weights is also a means to maintain a youthful appearance and healthy mind. As well as keeping you in shape, it also decreases the loss of muscle mass and promotes a highly functioning mind. It keeps your skin and muscles tight and toned, and on top of all that it reverses the effects of metabolic aging.

It rewards you with increased strength

You will see progress when you train with weights, as you eventually get stronger and will be able to complete exercises you were never able to do before. This creates a feeling of achievement and success which will only add positivity to your life.

It protects joints and prevents injury

Although many people perceive weight training as something that can contribute to injury if not performed correctly, it can have the opposite effect when done properly. Strength training increases muscle strength, which protects your joints from pressure placed directly on them. If you're already suffering from pain in a specific joint, strengthening the muscles around the problem area can alleviate the pain and prevent further injury.



Start introducing weight training into your exercise routine

As demonstrated, training with weights triggers multiple benefits, which will enhance your lifestyle regardless of whether you're a beginner or someone who has been working out for years. If you aren't already training with weights, strive to commit for a couple of months and you'll be astonished by the transformation you'll see in your body.

Should you lose all the fat before you start weight training?

The quickest answer to this question is a big fat no. Many overweight people assume that they should not be lifting weights at all, and should instead focus on stripping away the fat before they begin. Ridiculous claims have even been made that muscles will expand your frame, thereby making you look fatter.

The truth is that losing weight through a diet or cardio alone will result in a body that looks soft, with no muscle definition. It will leave you with loose skin, fat that wobbles and a slower metabolism than someone who lifts weights.

People who lose weight by lifting weights are generally more satisfied with their bodies than***those who lose weight and don't strength train.***

You should only avoid lifting weights if you are suffering from injuries or have medical conditions which prevent you from doing so.

Will women become bulky if they lift weights?

Absolutely not! Gaining muscle is an extremely difficult process and even the best bodybuilders have to follow an impeccable diet and training program in order to bulk up.

As women don't have as much testosterone in their bodies as men, it's impossible for them to build muscle as quickly as guys do. Most women associate weight training with the bodies of physique athletes or female bodybuilders, who take anabolic steroids to look the way they do.

Lifting weights will give you appealing muscle tone and make your body tighter. If you want to see some serious results, you'll be better off pushing yourself to your limits and lifting heavy weights, instead of focusing on high reps and lighter weights, which are more of a cardio or endurance session than a muscle building workout.

Weight training programs

You will come across thousands of different weight lifting programs in the fitness industry. The best results are obtained through variety and a combination of different exercises with continued progress.

Muscle groups trained

Here is a general breakdown of the muscle groups you train during a weight lifting session

Upper body:

Shoulders, chest, back, triceps and biceps

Lower body:

Glutes (your butt), quadriceps (front of thighs), hamstrings (back of thighs), abductors (outer thigh), adductors (inner thigh) and calves

Repetitions and sets

A set refers to the number of times you repeat an exercise. Reps - or repetitions - refer to how many times you lift the weights during the course of that exercise. For example: 3 sets and 15 reps of squats (written as 3 x 15) would refer to completing three cycles of squats, doing 15 squats in each cycle.

Weight training for different fitness backgrounds

Beginners typically start off by incorporating full body workouts for weight training. A full body workout means doing one exercise for each muscle group in your workout.

A beginner's program focuses on higher repetitions (15 – 20) for each exercise. Beginners start off lifting lighter weights and should gradually increase as they get stronger.

Intermediates or advanced fitness backgrounds usually follow split routines training different muscle groups on different days. Some examples might include chest and biceps, or back and triceps doing several exercises for each muscle group.

The advantage of split training routines is to give individualized attention to each muscle group, enabling you to lift heavier and train that specific muscle harder. These programs typically focus on less reps (6 – 12) with moderate to heavy weights.

When should you change a weight training program?

Although the rules about changing a program aren't set in stone, it's a good idea to start making some changes if boredom has started to set in or you feel like you're no longer progressing. As a general rule, most people change their program every two to twelve weeks, although some people can follow the same program for months if they're seeing results (while increasing the weights).

Beginners should be able to stick to programs for a prolonged period of time (up to 12 weeks) and still see results, as their body responds slowly to the workouts. As you become more advanced, however, you run a higher

risk of adapting to a program faster and plateauing, so it pays to err on the side of variety and change your program on a monthly basis. If your workout routine has become monotonous, do whatever is necessary to keep yourself motivated and challenged. This could be something as basic as switching up an exercise.

Cardio

As mentioned, cardio refers to any physical activity that stimulates the heart and requires effort. Cardio improves your endurance, boosts your heart health and increases your blood circulation which aids in transporting nutrients in the bloodstream.

High intensity interval training

High intensity interval training is one of the most popular forms of cardio. It enables you to burn more calories in less time than other forms of exercise, and can keep you motivated throughout the duration of a vigorous workout. A growing body of evidence suggests that these short but intense workouts may be more even more efficient than longer cardio sessions.

Intervals

High intensity interval training (HIIT) consists of pushing yourself all-out for a short burst, then slowing down the intensity to a recovery interval before repeating. An example could include sprinting to your limit for a short period of time, before slowing down into a jog, then repeating. Slowing down for a recovery interval will allow you to catch your breath



and recuperate so that you're ready to repeat the high intensity workout.

HIIT training can be performed anywhere, using a wide range of cardio machines. Even if you don't have access to a gym, you can participate in HIIT cardio by running outdoors or with a skipping rope. Sprinting up a long flight of stairs before walking down, then repeating is another challenging form of HIIT.

Beginners

A good starting point for beginners is to push yourself to your limit using your desired cardio machine, then slow down the pace for two minutes, before repeating. Keep repeating the cycle until you've completed 20-30 minutes of exercise.

More challenging workouts

As it gets more challenging, you can switch to one minute of maximum exertion, followed by a one minute rest interval, then repeat. Eventually, you can increase this to two minutes of pushing yourself to the max with a one minute rest. Keep making your recovery intervals shorter as you get fitter, until eventually your recovery intervals last no more than 30 seconds. The Insanity workout DVDs by Team Beachbody encourage you to work towards three to four periods of maximum exertion followed by 30 seconds of rest before repeating the cycle.

Fasted cardio

One common technique for getting rid of the last stubborn bits of body fat is to exercise first thing in the morning, on an empty stomach. This is known as fasted cardio and involves doing a cardio session as soon as you wake up, before breakfast.

Benefits

The reason that fasted cardio is so popular is because blood sugar levels are low before breakfast, which aids in achieving fat loss at a faster rate. It can be very hard to burn the fat from specific areas of the body - known as stubborn fat - which often clings to women's hips and thighs and to men's abs. These areas are usually where the body stores its last reserves

of fat burning fuel, which is why it can be so difficult to lose. Doing cardio in a fasted state can increase fat burning from targeted stubborn areas, helping you to see faster results. Another benefit that comes with doing your exercise first thing in the morning is that it gets your cardio out of the way for the day and decreases the likelihood of you skipping your workout.

Cardio for fat loss

Cardio is the tool that will help you strip away unwanted areas of fat. When used in combination with weight training, you can guarantee a leaner physique in a matter of weeks.

For maximal fat loss, it helps to do 20 – 30 minutes of high intensity exercise or 45 – 60 minutes of low to moderate intensity exercise, up to five or six days a week. It is important to note that you should not do high intensity exercise every day but alternate with low to moderate sessions as well. Beginners would need to start off slower with cardio sessions of 30 minutes, up to three times a week. Once they get fitter, they can slowly increase their frequency.

Cardio for muscle building or weight gain

Those looking to build muscle or gain weight would not need to do cardio more than twice a week. This is simply because building muscle or gaining weight requires a surplus of calories and too much cardio may create a negative energy balance. Cardio boosts endurance levels which will help decrease rest times between sets when lifting weights. Similarly, cardio transports nutrients in the bloodstream to the muscles which encourages growth.

Exercise programs

Instructions:

Fitness levels

- If you are a beginner, start off following the beginner's weight training program.
- If you are at an intermediate level, follow the intermediate weight

training program.

- If you are at an advanced level, follow the advanced weight training program.

- If you are extremely advanced, follow the bodybuilding program.

- These programs will not require the use of a personal trainer.

You nutrition is responsible for 80% of your results. These programs should be followed in combination with an impeccable diet. Follow one of the meal plans in the nutrition section and eat according to your goals, whether you are looking to lose fat or bulk up and build muscle.

Joining a gym

Some these weight training programs will require you to invest in a gym membership. If you are really serious about transforming your body, you will have to make the commitment to start visiting your local gym regularly. Along with having all the fitness equipment needed to get into shape, a gym offers a vibrant and motivational atmosphere for you to exercise. Investing in your body is the best investment you will ever make.

However, if you do not have access to a gym, you will find some home workouts you can do at the end of the exercise section.

Understanding how to do the exercises

If you are not sure how to do an exercise, the best tactic would be to type the name of the exercise into youtube and watch a personal trainer explain step by step. You can also ask a personal trainer at your gym to demonstrate the exercise techniques. These are basic, popular muscle-building exercises that are practiced all over the world.

How heavy should you lift?

The simplest answer to this question is to lift as heavy as you can manage. Find a comfortable weight that makes you struggle on the last few reps of your exercise. If you are completing all your repetitions without difficulty, then it would be time to increase the weight.

When should you switch to another program?

Follow one of the programs for a period of six weeks before advancing. For example, if you started out on the intermediate program, switch to the advanced program after six weeks. If you are following the bodybuilding program, try switching different exercises after six weeks to add variety to your program.

Cardio instructions

Cardio for fat loss:

Alternate between 20 – 30 minutes of high intensity cardio and 45 – 60 minutes of slow to moderate intensity cardio four to six times a week. Beginners might have to start off doing cardio three times a week and gradually increase.

Cardio for muscle building:

Do high intensity cardio for 20 minutes twice a week.

Moderate intensity cardio:

Choose any cardio machine in your gym and move at a moderate pace for your desired timeframe. Similarly, you can go outside for a jog or swim laps in a pool.

High intensity cardio:

Here are some examples of high intensity cardio:
Walking at a fast pace on a treadmill incline (inclination no less than 12 degrees). Walk for 2 minutes, then jump off and perform 15 jump squats. Repeat for 20 – 30 minutes.

Sprints (one minute all out burst, 20 – 30 second jog)

Any physical activity in the form of high intensity interval training (see the section above to learn more about incorporating it into your schedule - see p.57).

When should you do your cardio?

It can be extremely beneficial to do your cardio and weight lifting in separate sessions. For example, cardio in the morning and weight lifting in the evening. This will offer a double metabolism boost and keep your workouts

shorter. It is extremely beneficial to do cardio first thing in the morning on an empty stomach to increase fat loss.

If it is impossible for you to do cardio and weight training in separate sessions, do your weight training first and do your cardio right after. When the body burns fat, it initially depletes glycogen (stored carbohydrates) in the muscles before your fat reserves. Weight training will deplete glycogen in the muscles and result in faster rate of fat loss when you do cardio afterwards. Similarly, the body will require more energy for weight lifting which is why it is essential not to lift after a tiresome cardio session.

Beginner's weight training program

Follow the instructions for cardio above.

You will be weight lifting three times a week performing full body workouts. Allow yourself one day of rest in-between each workout. Here is an example:

Monday, Wednesday, Friday or Tuesday, Thursday, Saturday

Exercise	Sets	Reps	Rest time
Lat pulldown (back)	3	15	30 secs
Squats (legs)	3	20	30 secs
1 legged cable kickback (butt)	3	15	30 secs
Bench flyes (chest)	3	15	30 secs
Seated shoulder press (shoulders)	3	15	20 secs
Lying triceps extension (triceps)	3	15	20 secs
Hammer curl (biceps)	3	15	20 secs
Standing calf raise (calves)	3	20	30 secs
Reverse crunches (abs)	3	20	20 secs
Plank (abs)	2	30 secs	20 secs
Roman twist (abs)	3	20	20 secs

Your weight lifting session should take between 45 – 60 minutes (excluding cardio).

Intermediate weight training program

Follow the instructions for cardio above.

This program is divided into a split routine lifting weights four times a week and training the same muscle group twice a week. Here is the breakdown of the muscle groups trained:

Group one: legs, back, biceps, calves (trained twice a week)

Group two: chest, shoulders, triceps, abs (trained twice a week)

Allow yourself a day of rest after training for two consecutive days. You can break it down to fit your schedule. Here are some examples:

Monday: legs, back, biceps calves (group one)

Tuesday: chest, shoulders, triceps, abs (group two)

Thursday: legs, back, biceps calves (group one)

Friday: chest, shoulders, triceps, abs (group two)

Or

Monday: legs, back, biceps calves (group one)

Wed: chest, shoulders, triceps, abs (group two)

Thursday: legs, back, biceps calves (group one)

Saturday: chest, shoulders, triceps, abs (group two)

Your weight lifting session should take between 45 – 60 minutes (excluding cardio).

Group one: legs, back, biceps, calves

Exercise	Sets	Reps	Rest time
Stiff deadlift (hamstrings)	3	8-12	45 secs
Lunges with weights (quadriceps)	3	8-12	60 secs
Barbell squats (quadriceps)	3	8-12	60 secs
Hyperextension with weights	3	8-12	45 secs
Dumbbell rows with one arm (back)	3	8-12	30 secs
Incline row (lats)	3	8-12	30 secs
Seated barbell curl (biceps)	3	8-12	30 secs
Biceps curl using cable machine	3	8-12	30 secs
Calves: standing calf raise	3	20	45 secs

Group two: chest, shoulders, triceps, abs

Exercise	Sets	Reps	Rest time
Incline dumbbell chest press	3	8-12	45 secs
Standing cable chest press (chest)	3	8-12	45 secs
Cable incline triceps (triceps)	3	8-12	30 secs
Close grip bench press (triceps)	3	8-12	30 secs
Arnold press (shoulders)	3	8-12	30 secs
Lateral side raises (shoulders)	3	10 -12	30 secs
Crunches (abs)	3	20	30 secs
V sits	3	20	45 secs
Bent knee hip raise	3	20	30 secs

Advanced weight training program

Follow the instructions for cardio above.

This program is divided into a split routine lifting weights five times a week and training the same muscle group once every four days. Here is the breakdown of the muscle groups trained:

Group one: Legs (trained twice a week)

Group two: chest, back and abs (trained once a week)

Group three: shoulders, biceps and triceps (trained twice a week)

Allow yourself one day of rest after training consecutively for two days. If that does not suit your schedule, then take a break every three days. Here is an example:

Monday: legs (group one)

Tuesday: chest, back, abs (group two)

Thursday: shoulders, biceps and triceps (group three)

Friday: legs (group one)

Sunday: shoulders, biceps and triceps (group three)

Your weight lifting session should take between 45 – 60 minutes (excluding cardio).

Group one: legs

Exercise	Sets	Reps	Rest time
Barbell squats	4	8-10	60 secs
Barbell stepping lunges	4	8-10	60 secs
Leg extension	3	8-10	60 secs
Leg press	3	8-10	60 secs
Stiff deadlifts	4	8-10	60 secs
Standing calf raise	3	20	45 secs
Barbell seated calf raise	3	20	45 secs

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Group two: chest, back, abs

Exercise	Sets	Reps	Rest time
Seated cable row (back)	3	8-10	60 secs
Assisted reverse grip pull ups	3	8-10	60 secs
One arm row (back)	3	8-10	60 secs
Bench press (chest)	3	8-10	45 secs
Pec deck machine flyes (chest)	3	8-10	45 secs
Low pulley cable flyes (chest)	3	8-10	45 secs
Cable crunches (abs)	3	20	45 secs
Barbell ab rollout (abs)	3	15	45 secs
Hanging knee raises (abs)	3	25	30 secs

Group three: shoulders, biceps, triceps

Exercise	Sets	Reps	Rest time
Hammer curl (biceps)	3	8-10	45 secs
Dumbbell preacher curl (biceps)	3	8-10	45 secs
Concentration curls (biceps)	3	8-10	45 secs
Triceps cable pushdown (triceps)	3	8-10	45 secs
Dumbbell seated overhead extension	3	8-10	45 secs
Machine dips <i>A/N</i>	3	12-16	60 secs
Standing shoulder press (shoulders)	3	8-10	45 secs
Front raises	3	10-12	45 secs
Bent over rear deltoid laterals	3	8-12	45 secs

A/N: Assisted if needed

The bodybuilding program

This program is extremely popular with bodybuilders and is one of the best for anyone looking to hypertrophy (gain size) and bulk up. This program can also be followed by anyone who wants to lose fat and build serious muscle definition.

Follow the instructions for cardio above.

This program allows you to focus on lifting extremely heavy weights as you train approximately two different muscle groups in every session. If you were to train more muscle groups in the same session, you might get fatigued and would not be able to lift as heavy.

The muscle groups are divided as follows:

Group one: shoulders, triceps, abs (trained twice a week)

Group two: back, calves (trained once a week)

Group three: chest, biceps, abs (trained once a week)

Group four: legs (trained once a week)

Allow yourself one day of rest after training consecutively for two days. If that does not suit your schedule, then take a break every three days.

Here is an example:

Monday: shoulders, triceps, abs (group one)

Tuesday: back, abs (group two)

Thursday: chest, biceps, abs (group three)

Friday: legs (group four)

Sunday: shoulders, triceps, abs (group one)

Your weight lifting session should take between 45 – 60 minutes (excluding cardio).

Group one: shoulders, triceps, abs

Exercise	Sets	Reps	Rest time
Close grip bench press (triceps)	3	6-8	60 secs
Cable incline triceps extension	3	6-8	60 secs
Cable lying triceps extension (triceps)	3	6-8	60 secs
Rear deltoid machine (shoulders)	3	6-8	60 secs
Military press (shoulders)	3	6-8	60 secs
Barbell incline raise (shoulders)	3	6-8	45 secs
Weight leg raises (abs)	3	20	45 secs
Cable seated crunch (abs)	3	20	45 secs
Weighted decline oblique crunch	3	20	45 secs

Group two: back, calves

Exercise	Sets	Reps	Rest time
Bent over barbell row (back)	4	6-8	60 secs
Wide overhand grip pulldowns	4	6-8	60 secs
Reverse flyes (upper back)	4	6-8	60 secs
Hyperextension with weights	3	6-8	60 secs
Dumbbell seated single leg calf raise	3	20	45 secs
Calf press (calves)	3	20	45 secs

Group three: chest, biceps, abs

Exercise	Sets	Reps	Rest time
Cable crossover (chest)	3	6-8	60 secs
Incline bench press (chest)	3	6-8	60 secs
Bent arm dumbbell pullover (chest)	3	6-8	60 secs
Close grip bar curl (biceps)	3	6-8	60 secs
Alternating standing hammer curl	3	6-8	60 secs
Cable curl (biceps)	3	6-8	60 secs
Side planks (abs)	3	30 s/side	45 secs
Kettle ball figure	3	20	45 secs
Wood chopper cable	3	20	45 secs

Group four: legs

Exercise	Sets	Reps	Rest time
Barbell squat	4	6-8	90 secs
Barbell lunges	4	6-8/leg	60 secs
Leg extension	4	6-8	60 secs
Stiff deadlift	4	6-8	90 secs
Leg curl	4	6-8	60 secs



At home workouts (no gym required)

Many people might find gym memberships extremely expensive or might simply not have access to a gym. Although I highly recommend joining an affordable gym (if your budget allows it), here are a few cardio workouts and a complete strength training routine which you can do from the comfort of your living room.

You'll find cardio workouts and one strength training full body workout. If you are able, separate your cardio workout and the strength training routine into different sessions (cardio in the morning and strength training in the evening) for a serious body transformation. Follow through for at least eight to twelve weeks to see the final results.

Cardio workouts

You'll find a total of three different cardio workouts. Start off doing the workouts 3 x a week and gradually increase it up to six times a week according to your fitness levels. →Each workout will last for a total of 20 - 30 minutes. Many of these exercises are moves from the Insanity workout DVD.

Beginners: rest for 45 seconds between each exercise. Repeat through 3 times.

Intermediates: rest for 20 - 30 seconds between each exercise. Repeat through 4 times.

Advanced: rest for 15 seconds between each exercise. Repeat through 5 times.

Make sure you move at your own pace. If you are still tired after one exercise, simply increase your rest time.

Workout One:

Jog on your spot for 2 minutes
High knees for 30 seconds
Squat jumps for 30 seconds
Butt kicks for 30 seconds

Burpee's – repeat x 15
Maximum number of pushups you can do in 30 seconds (If you are a beginner, do knee pushups)

Workout Two:

Jog on your spot for 2 minutes
Jumping lunges for 30 seconds
Mountain climbers for 30 seconds
High knees – 30 seconds
Jumping jacks for 30 seconds
High knees for 30 seconds
Squat jumps for 30 seconds

Workout three:

Jog on your spot for 2 minutes
Butt kicks for 30 seconds
Jumping jacks for 30 seconds
Burpees – repeat x 15
Squat jumps for 30 seconds
High knees for 30 seconds
Sprint on your spot as quickly as you can for 30 seconds

Strength Training Full Body Workout

Do this workout no less than three times a week. Do three sets of 15 reps for each. If you are unsure of how to do an exercise, simply search the name in youtube. You may use dumbbells or other equipment you have at home to make the exercises more challenging.

Chest: decline pushup (use a chair or a couch for this)

Biceps: biceps pushup

Triceps: chair dips

Back: superman's

Legs: squats

Step ups (use a chair)

Hamstrings: kickbacks

Abs:

Bicycle

Bent knee hip raise

Reverse crunches

Planks (hold for 30 seconds)

30 Day Exercise

EXERCISE JOURNAL

Exercise	Sets	Reps	Weight	Rest time
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Exercise	Sets	Reps	Weight	Rest time
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Exercise	Sets	Reps	Weight	Rest time
1				
2				
3				
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10				



How to track your progress

Many people quickly lose hope when they are following a fat loss program simply because of the time it takes to see results. Be patient! Fat loss should ALWAYS be slow and gradual in order to be permanent.

A fast rate of fat loss will indicate loss of muscle and water and will guarantee that you will gain everything back eventually. Lose fat the right way and you can celebrate maintaining it for a lifetime. Expect to commit to hard work for no less than two to three months to see the most drastic changes in your body.

Here are some tips for measuring your fat loss or muscle building progress.

Do NOT rely on the scale

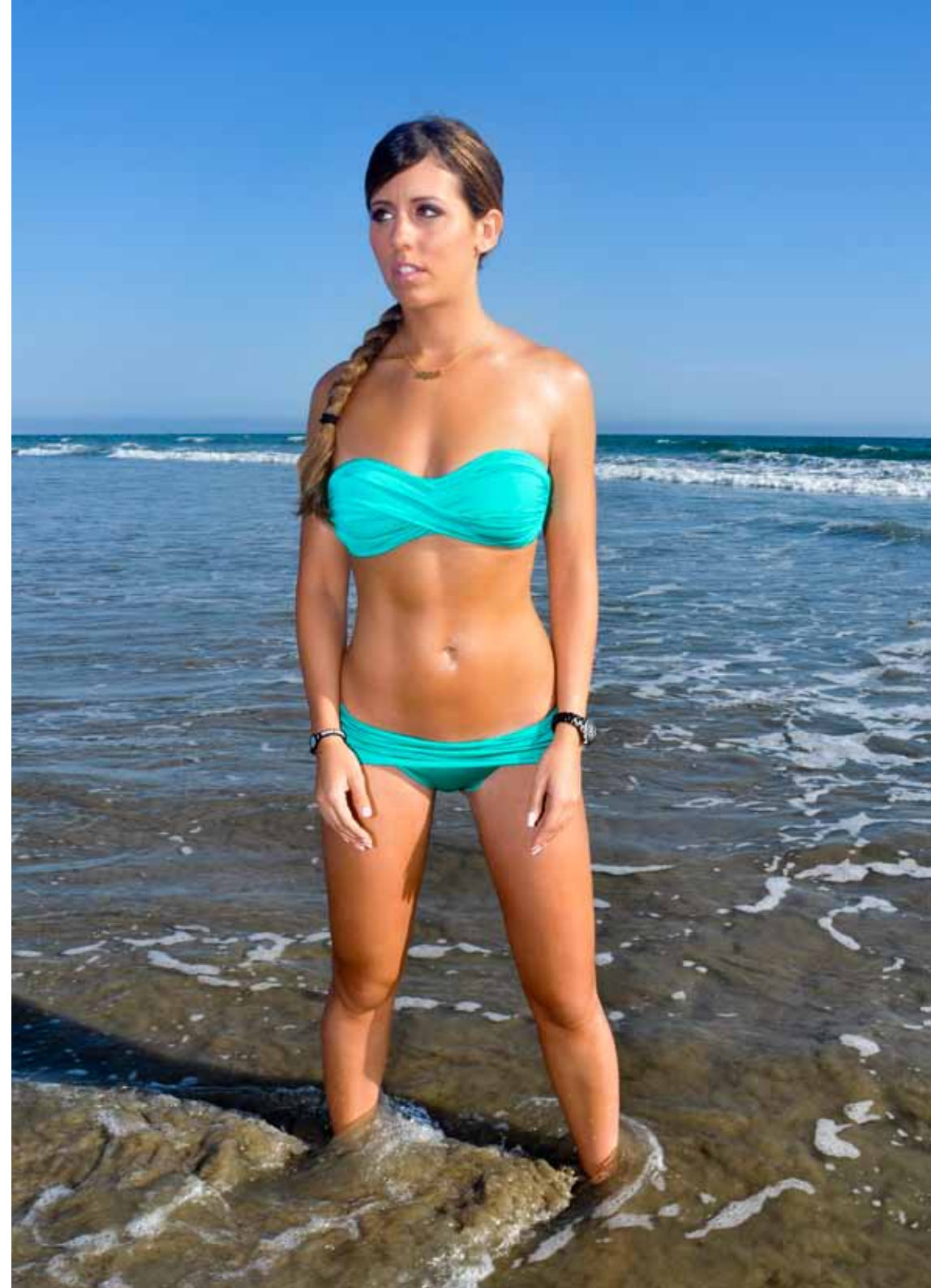


One of the most common mistakes is to obsess with your weight on the scale as a means of your progress. Our body is made of water and different tissues, including muscle, fat and bone. Our weighing scale gives an overall reading of ALL these measurements combined and is unable to determine if weight lost is from water, fat or muscle. It

may actually demotivate you from continuing with your fat loss journey.

Daily fluctuations

Our weight will fluctuate and be inconsistent, whether we weigh ourselves daily, weekly or monthly. Influencing factors include your hydrations levels (losing or gaining water in the body, your digestive tract (timing of your last meal) and your bowel movements (how recently you visited the toilet). These factors will affect your weight on a DAILY basis and you will discover that you may gain or lose a couple of kilos within the hour. Women in particular have monthly changes in water due to their menstrual cycle and increased water weight will mask any fat loss progress.



It is not an accurate measurement of fitness

The scale is also extremely unreliable when it comes to weighing athletes or fitness enthusiasts. Anyone who trains with weights will have a significant amount of muscle mass. Muscle weighs MORE than fat and will always give heavier readings on a scale. One popular weight management system is the body mass index (BMI) which measures your height and weight to determine if you are underweight, overweight, healthy or obese. The BMI scale will actually predict that an athlete with extremely low levels of body fat is obese!

Beginners and the scale

When somebody initially starts training with weights, they lose a lot of carbohydrate and water from their body. This will make them weigh significantly less in a short amount of time. Eventually their weight will become more stagnant on the scale. This may cause a beginner to think their fat loss has stalled and will make them feel incredibly discouraged.

So how do you weigh yourself on the scale?

As you will never receive accurate readings, if you decide to weigh yourself, do so at the same time (morning, afternoon or evening), dressed or naked, before or after a meal, pre or post workout and full bladder or empty bladder. One recommendation is to weigh yourself first thing in the morning, unclothed, before breakfast and after using the toilet.

As readings will never be accurate, it is ideal to weigh yourself following all of the above every day and take the average reading at the end of the week. If you weigh yourself once a week, you might weigh yourself during a fluctuation (gaining or lose a significant amount of weight due to factors mentioned above) and will not have enough accurate information to compare to the next week if ANOTHER fluctuation occurs. Having an average reading at the end of the week will give you the most consistent and accurate reading of your ideal weight.

To give you a real life example, I have personally gained five kilograms in the last year and have dropped a total of five jean sizes. The scale would have actually predicted that I gained weight!

Here is how you should track your progress:

- 1.** Measure your body fat percentage using a body fat scale or a caliper. Although many measurements of body fat percentages are widely inaccurate, it can give you a general understanding of whether or not your body fat is going down. Stick to one measurement of body fat and use it as a rough guide.
- 2.** Use a measuring tape to measure the widest circumference of your arms, chest, waist, hips, inner thigh and calves. Write down your measurements and compare them on a weekly basis.
- 3.** There is no better measure of fat loss than how your clothes fit. Your jeans will never lie. Even if you feel like you are not losing weight, if you notice that your clothes are getting looser, this will be evidence that you are on the right track. This can also help you detect weight gain. If your clothes are getting tighter, it would be time to take control.
- 4.** Use progress photos. Take photos of yourself in shorts (for men) or in a bikini (for women) on a weekly basis and place them in a folder on a computer. Take photos of you from the front, side and back. When you compare your first week to your fourth week, you should notice visible changes in your body. Seeing physical changes in your body will be evidence that you are progressing!
- 5.** Look at yourself the mirror and pay attention to the reactions of people that haven't seen you for a while. When you look at yourself in the mirror daily, you will eventually start to notice physical changes. The opinion of other people will also give you a clearer picture. If you haven't seen someone in a month and their jaw drops when they see you, then you'll be certain that your hard work is paying off.
- 6.** As you lose fat and get fitter, you should notice your energy levels are increasing. You will feel that you are stronger, can lift heavier and perform more intensive cardio sessions. For example, an overweight person might barely be able to run and may soon run for up to 20 minutes within the same month of progress.

What do you do if you are stuck in a plateau?

Sometimes you might feel like the weight simply isn't coming off. Here are some fat-blasting techniques to set you on the right path again.

- 1.** Make sure you REALLY are in a plateau to begin with. Seeing changes in your body occurs at a very slow and gradual pace. Before assuming that your program isn't working, make sure that you've given it enough time for the results to be visible. Ensure that you're following your diet to the letter and not skipping any of your workouts. If you've been extremely conscientious, the next step is to introduce some changes.
- 2.** Increase the duration, intensity and frequency of your cardio. Start doing more frequent sessions of cardio and increase the intensity to make your exercise harder. This can help ensure you are burning more calories in the same amount of time.
- 3.** Introduce interval training. A useful strategy for breaking out of a plateau is to start doing interval cardio training. This includes pushing yourself to your limit (reaching a heart rate zone of 85-100%) for a short period of time, then slowing down and recovering before repeating the intense burst for a number of rounds.
- 4.** Change your weightlifting program. Make sure that you vary your program and make regular changes every four to twelve weeks. If you don't change it up, your body can easily adapt to your program and stop improving. Another advantage of variation is that it keeps workouts interesting and stimulating. Challenge yourself to lift heavier weights, progress steadily and gain strength..
- 5.** Change your cardio program. As explained, the body adapts easily to any repetitive form of exercise, which is why variation is essential. If you've been running on the treadmill as your form of cardio, switch to another method or even try taking an exercise class.
- 6.** Tweak your diet. Sometimes a few changes in your diet can retrigger fat loss. Make better food choices and make sure you are following a super clean diet. Restrict junk food to once a week or eliminate cheat meals altogether (on

a temporary basis as you break out of a plateau or get extremely lean). Some bodybuilders and fitness models exclude cheat meals from their diets for up to 6 weeks before a competition.

- 7.** If all else fails, do cardio twice a day. This might sound insane, but when performed for a short period of time, double cardio will break any plateau and get you extremely fit, quickly.
- 8-**Take a break. If you've been training for more than a few weeks or a few months, your body may be suffering from overtraining syndrome. Take a step back in order to take two steps forward. Choose between one and two weeks holiday from the gym and eat at maintenance levels. This doesn't mean you should overeat or indulge in lots of junk food, but keep on eating wisely without adhering to a caloric deficit. Once you've given your body a break and boosted up your metabolism with more food, you can return to your program and break the plateau.

It's time for you to get started

Now that you have all the information needed to get started, it's time to put your plan to action and build the body of your dreams.

If you have any questions, don't hesitate to drop me an email or connect on social media. Make sure you browse the different sections of Start Living Right for more information about achieving your goals.

SHARE YOUR STORY

Sometimes there is nothing more motivational than seeing other people just like you who have achieved their fitness goals.

Have you transformed your body or lifestyle recently? Would you like to share your success with others?

You might be the one to inspire someone else just like you to get started. More importantly, your story might encourage others who are struggling to keep moving forward. You will also be able to share your accomplishment with your circle of friends and family.

If you would like to share your story in the Success Stories (*which will be available soon*) page of **Start Living Right**, please get in touch.

"Nothing tastes as good as being lean feels"

Maya Nassar

www.startlivingright.net



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