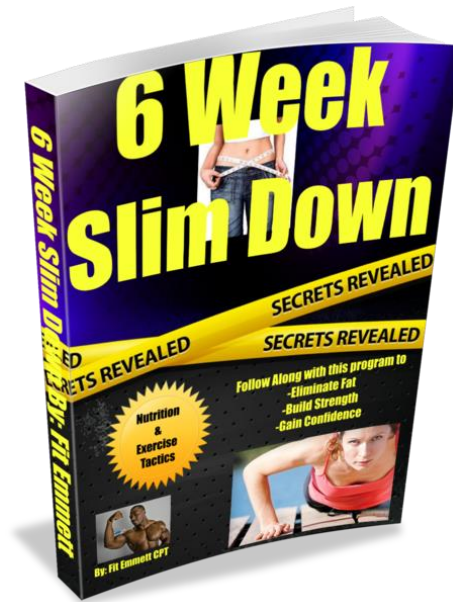


6 Week Slim-Down



BY: FIT EMMETT

Congratulations on taking the initiative to improve your health. If you are ready to Be **DISCIPLINED AND COMMIT** 6 weeks to your health you can really jump start your healthy lifestyle. 80% Nutrition 20% Exercise. We are excited to be able to work with you in this program. Please realize that this is only six weeks! If you can't make the necessary changes to be successful with this program for a short six weeks then please **DON'T** even attempt this (you are sacrificing only a couple days). Based on all the studies and experience of the developers of this program, there should be many success stories (**IF ALL GUIDELINES ARE FOLLOWED**). Be sure to keep track of your progress along the way. I promise that if you adhere and commit to this program outline for the six week period, you will achieve great results.

6 Week Slim-Down

Supplement Guide:

Optimum Gold Standard 100% Whey, 2 Lbs.



Optimum Gold Standard 100% Whey, 2 Lbs.

FORMULATED TO FUEL LEAN MUSCLE AND METABOLISM. HELPS CONTRIBUTE TO DAILY PROTEIN NEEDS.

DOSAGE/TIMING:

1-2 SCOOPS IMMEDIATELY POST WORKOUT AND ALSO AS A SNACK BETWEEN MEALS

Optimum CLA Softgels, 90 Softgels



Optimum CLA Softgels, 90 Softgels

FORMULATED TO HELP ELIMINATE EXCESS FAT AND HELPS CONTRIBUTE TO EXERCISE ENDURANCE.

DOSAGE/TIMING:

2 SOFTGELS WITH BREAKFAST

Fish Oil Softgels



Fish Oil Softgels

BENEFITS INCLUDE: FAT LOSS, HEART HEALTH, BLOOD (CHOLESTEROL/TRIGLYCERIDES), BRAIN, SKIN, & JOINT HEALTH.

DOSAGE/TIMING:

2 SOFTGELS WITH BREAKFAST

Pre & Intra-Workout



Pre & Intra-Workout

BENEFITS INCLUDE: EXERCISE ENDURANCE AND RECOVERY

DOSAGE/TIMING:

1-2 SCOOPS BEFORE WORKOUT

6 Week SlimDown

NUTRITION OVERVIEW

MEAL TIMING:

DRINK A GLASS OF LEMON WATER & EAT BREAKFAST WITHIN 30 MINUTES OF WAKING. EVERY MEAL THEREAFTER SHOULD BE EATEN 2-3 HOURS APART. PROTEIN SHOULD BE TAKEN WITHIN 30 OF EXERCISE OR FOR SNACK.



MEAL GUIDELINES:

NO SOY
NO GLUTEN
NO RED-MEAT
NO MILK OR YOGURT
NO ARTIFICIAL INGREDIENTS



MEAL OPTIONS:

BREAKFAST+ SNACKS: PLEASE ADHERE EXACTLY TO HOW MEALS APPEAR IN THE NUTRITION PLAN.



LUNCH + DINNER: CHOOSE FROM FOOD LIST AND FOLLOW SERVING SIZES LISTED IN THE NUTRITION PROGRAM.

WATER:

DRINK 100 OZ. OF WATER PER DAY. CONSUME AT LEAST 1 SQUEEZED LEMON IN WATER DAILY TO HELP BOOST METABOLISM, CLEANSE TOXINS, AND ELIMINATE WATER RETENTION.



WHAT TO EAT BEFORE THE WORKOUT:

WORKOUTS SHOULD BE PERFORMED ON AN EMPTY STOMACH. YOUR LAST MEAL SHOULD BE EATEN NO CLOSER THAN 1 HOUR BEFORE WORKING OUT.



PRE-WORKOUT SUPPLEMENT:
2 SCOOPS OF XTEND

WHAT TO EAT POST-WORKOUT:

8 OZ UNSWEETEND ALMOND MILK +
1 SCOOP OF OPTIMUM WHEY



(RECIPE IS ON THE NUTRITION PROGRAM PAGE)

DAILY MACRONUTRIENTS:

1 GRAM OF PROTEIN PER POUND OF BODYWEIGHT
1 GRAM OF CARBOHYDRATES PER POUND OF BODYWEIGHT
0.5 GRAMS OF HEALTHY FATS PER POUND OF BODYWEIGHT

MEAL 1: MORNING SHAKE

1.5 TO 2 SCOOPS OF OPTIMUM WHEY
1/2 CUP QUICK-COOK OATS
1 CUP OF BERRIES
6-8 OZ UNSWEETENED VANILLA ALMOND MILK
1 TBSP CHIA SEED OR GROUND FLAXSEED

MEAL 2: CHOOSE FROM FOOD LIST

2 CUPS VEGETABLES (KALE)
6 OZ LEAN PROTEIN (CHICKEN)
1/2 CUP CARBOHYDRATES (QUINOA)
2 TBSP HEALTHY FATS (AVOCADO)

MEAL 3: CHOOSE FROM FOOD LIST

2 CUPS VEGETABLES (KALE)
6 OZ LEAN PROTEIN (CHICKEN)
1/2 CUP CARBOHYDRATES (QUINOA)
2 TBSP HEALTHY FATS (AVOCADO, FLAXSEED)

MEAL 4:

1 WHOLE (APPLE, PLUM, PEAR, PEACH, NECTARINE)+
1 SMALL HANDFUL OF RAW ALMONDS, PISTACHIOS OR OTHER NUTS
OR 1 TBSP OF NUT BUTTER

MEAL 5: CHOOSE FROM FOOD LIST

2 CUPS VEGETABLES (KALE, BROCCOLI, ASPARAGUS ETC)
6 OZ LEAN PROTEIN (CHICKEN)
2 TBSP HEALTHY FATS (AVOCADO)

POST-WORKOUT MEAL: OPTIMUM WHEY

2 SCOOPS OF OPTIMUM WHEY PROTEIN
1 TBSP NATURAL PEANUT OR ALMOND BUTTER
1/2 CUP FROZEN BERRIES OR 1/3 BANANA
6-8 OZ UNSWEETENED ALMOND MILK
1 CUP OF ICE

CARBOHYDRATES:

QUINOA
CARROTS
ORGANIC YAMS
QUICK COOK OATS
ORGANIC BROWN RICE
ORGANIC SWEET POTATO



LEAN PROTEIN:

EGGS
TURKEY BREAST
CHICKEN BREAST
WILD-CAUGHT TUNA
WILD-CAUGHT TILAPIA
WILD-CAUGHT SALMON
WILD-CAUGHT SEABASS
WILD-CAUGHT MAHI MAHI
WILD-CAUGHT WHITE FISH



GUIDELINES: NO RED-MEAT, NO PORK, NO DELI MEATS

EGG SERVING SIZE (MEN): 2 WHOLE, 5 WHITES
WOMEN EGG SERVING SIZE (WOMEN): 1 WHOLE, 4 WHITES

VEGETABLES:

KALE
OKRA
CABBAGE
CARROTS
ZUCCHINI
ASPARAGUS
CELERY
COLLARD GREENS
SPINACH
ARUGULA
BROCCOLI
BELL PEPPERS
MIXED GREENS



HEALTHY FATS:

CHIA SEED
FLAXSEED
1/4 AVOCADO
VIRGIN COCONUT OIL
VIRGIN PUMPKIN OIL
RAW ALMOND BUTTER
CANOLA OIL COOKING SPRAY
ALL-NATURAL PEANUT BUTTER
PREMIUM EXTRA VIRGIN OLIVE OIL
NUTS: UNSALTED RAW CASHEWS,
WALNUTS, ALMONDS
GUIDELINES: MAKE SURE ALL YOUR OILS ARE VIRGIN.



SEASONING & SPICES:

DILL
CURRY
GINGER
NUTMEG
JALAPENO
CINNAMON
CORIANDER
WHOLE LEMON
CAYENNE PEPPER
TOMATOES (1/2 CUP)
AGAVE (LIMIT 1 TBSP.)
GROUND BLACK PEPPER
CANOLA OIL COOKING SPRAY
STEVIA (KAL IS PREFERRED BRAND)
VANILLA EXTRACT (ALCOHOL FREE)
SEA SALT (1500-2300MG PER DAY= 3/4-1 TSP.)
GUIDELINES: UNLIMITED SERVING SIZE ON ALL SEASONING
EXCEPT AGAVE + SALT



WATER:

DRINK 100 OZ FILTERED H2O PER DAY.
8 OZ UNFLAVORED COCONUT WATER
TO BE CONSUMED ONLY AFTER WORKOUTS.



OTHER BEVERAGES:

COFFEE LIMIT 2 CUPS PER DAY
UNSWEETENED HERBAL UNLIMITED
8 OZ. UNSWEETENED ALMOND MILK
CAFFEINE-FREE GREEN TEA UNLIMITED TEA BAGS
GUIDELINES: NO SODA, FRUIT JUICE, SPORTS DRINKS, ENERGY DRINKS,
ALCOHOL. IF IT'S NOT ON THIS LIST, DON'T DRINK IT.

FORGET LAME DIET PLANS. THE 6 WK SLIM FOOD LIST WAS DESIGNED FOR THE REBEL IN YOU. WITH NOBODY TELLING YOU WHAT TO EAT, YOU GET TO DECIDE FOR YOURSELF. **BY PAIRING THE INGREDIENTS WITH THE APPROPRIATE PORTION SIZE.**

6 Week Slim-Down

RESTAURANT GUIDE

THE PROBLEM:
RESTAURANTS LOAD MEATS WITH HIDDEN BUTTER, OIL, AND SALT, MAKING EVEN SEEMINGLY "HEALTHY" CHOICES A TOTAL CALORIE-BOMB.

THE SOLUTION:
ORDER MEAT GRILLED, BAKED, OR STEAMED. ORDER ALL SAUCES TO BE PUT ON THE SIDE. ORDER "NO BUTTER" AND "VERY LIGHT" OIL, IF ANY IS USED.

THE PROBLEM:
THAT DARN BREAD BASKET & THOSE CHIPS. ESPECIALLY WHEN YOU SHOW UP HUNGRY, SAYING NO CAN BE NEARLY IMPOSSIBLE.

THE SOLUTION:
TELL THE SERVER YOU DON'T NEED ANY BREAD. TAKE A PRE-DINNER SALAD INSTEAD. ORDER WITH WITH OLIVE OIL AND VINEGAR DRESSING, AND YOU'RE GOOD TO GO.

THE PROBLEM:
EVER NOTICE THAT YOUR VEGETABLES "GLISTEN" WHEN YOU ORDER THEM IN RESTAURANTS? THAT'S BECAUSE THEY'RE SATURATED IN BUTTER AND OIL. AGAIN, A "HEALTHY" CHOICE GONE BAD.

THE SOLUTION:
ORDER VEGETABLES TO BE GRILLED OR STEAMED WITH NO BUTTER, OIL, OR SALT.

THE PROBLEM:
RESTAURANTS LOAD SALADS WITH INGREDIENTS THAT ARE HIGH IN FAT AND CALORIES.

THE SOLUTION:
ORDER YOUR SALAD WITH ZERO: CROUTONS, TORTILLA STRIPS, DRIED OR FRESH FRUIT, RANCH OR THOUSAND ISLAND DRESSING. *ASK IF THEY HAVE A "LOW SUGAR" VINAIGRETTE OPTION. IF NOT, REQUEST OLIVE OIL AND BALSAMIC VINEGAR. *REQUEST THAT THEY PUT ALL CARBS ON THE SIDE (I.E. BEANS, RICE, CORN). WHEN CARBS ARE MIXED INTO A SALAD, YOU CAN'T SEE HOW MUCH IS BEING USED, MAKING IT EASY OVEREAT.

DINING OUT HAPPENS. THE 6 WEEK SLIM JOB IS TO MAKE SURE YOU'RE PREPARED NO MATTER WHAT THE MENU THROWS AT YOU. SIMPLY FOLLOW THE GUIDE BELOW WHEN ORDERING YOUR MEAL, STICK TO THE FOODS ON THE FOOD PLAN, AND YOU'LL BE GOOD TO GO.

KEEPING YOU ON TRACK NO MATTER WHERE YOU ARE,

6 Week Slim-Down

WORKOUT OVERVIEW

WHAT TO WEAR:

FULL SWEATS. THIS WILL HELP ELIMINATE TOXINS THAT SLOW METABOLISM AND CAUSE WATER RETENTION. JUST ONE MORE WAY TO ACCELERATE FAT-BURNING.



WHEN TO WORKOUT:

THE OPTIMAL TIME TO WORK OUT DURING THE 6 WEEK SLIM DOWN IS IN THE MORNING, 1 TO 1.5 HRS AFTER BREAKFAST. YOUR WORKOUT SHOULD ONLY BE ABOUT 45 MIN MAXIMUM. SEE NUTRITION OVERVIEW FOR POST WORKOUT NUTRITION



WHERE TO WORKOUT:

WITH THE 6 WEEK SLIM DOWN, YOU MAY WORK OUT AT A GYM, OUTDOORS, OR AT HOME.

AT HOME EQUIPMENT REQUIREMENTS:

1 MEDICINE BALL (MEDIUM WEIGHT)
1 MEDIUM-HEAVY SET OF DUMBBELLS
1 LIGHT SET OF DUMBBELLS
ENOUGH ROOM TO RUN FOR 30 MINUTES



GYM EQUIPMENT REQUIREMENTS:

1 MEDICINE BALL (MEDIUM WEIGHT)
1 SET OF DUMBBELLS (MEDIUM-HEAVY WEIGHT)
1 SET OF DUMBBELLS (LIGHT WEIGHT)
1 BARBELL (MEDIUM WEIGHT)
1 PULL-UP OR LAT-PULLDOWN CABLE MACHINE
BIKE, STAIRCLIMBER OR TREADMILL



| | | | | | | |
|------|--------|------|-------|--------|-------|--------|
| MON | TUES | WED | THURS | FRI | SAT | SUNDAY |
| SLIM | SLIM | REST | SLIM | SLIM | SHRED | REST |
| LIFT | CARDIO | | LIFT | CARDIO | LIFT | |

SLIM CARDIO WEEK 1-6

| | | |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| WARM-UP: WALK AT AN INCLINE, JOG OR BIKE | TIME: 5 minutes | FIT EMMETT TRAINER TIP: NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM. |
| STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <i>Fit Emmett Rx: COMPLETE EACH STRETCH 2X</i> | SETS X TIME: 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds | FIT EMMETT TRAINER TIP: EVERYONE KNOWS THAT STRETCHING HELPS PREVENTS INJURY BUT DID YOU KNOW THAT IT ALSO HELPS BUILD STRENGTH? THAT'S RIGHT; INCREASED RANGE OF MOTION DURING EXERCISE ALLOWS FOR BETTER POWER OUTPUT PER REP. BETTER POWER PER REP MEANS BIGGER STRENGTH GAINS. |
| H.I.I.T. TRAINING: RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) FAT-BURNING ACCELERATOR: STEADY PACE (LEVEL 7) <i>ex. jog, incline walk</i> <i>FIT EMMETT Rx: PERFORM AS A CIRCUIT 10X</i> | SETS X TIME: 1 x 60 seconds 1 x 30 seconds 1 x 60 seconds 1 x 15 minutes | FIT EMMETT TRAINER TIP: SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT. |
| COOL-DOWN: WALK AT AN INCLINE, JOG OR BIKE | TIME: 5 mins. | FIT EMMETT TRAINER TIP: COOLING-DOWN AFTER EXERCISE IS ESSENTIAL FOR PROPER MUSCLE RECOVERY AND HAS BEEN SHOWN TO BE BENEFICIAL FOR HORMONES RESPONSIBLE FOR METABOLISM AND LEAN MUSCLE. |
| STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <i>FIT EMMETT Rx: COMPLETE EACH STRETCH 2X</i> | SETS X TIME: 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds | FIT EMMETT TRAINER TIP: STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE. |
| CORE: JACK-KNIFE SIT-UP 90-DEGREE CRUNCH WEIGHTED BICYCLE 90-DEGREE TOE TAPS ELBOW WALK EXERCISE BALL CRUNCH <i>FIT EMMETT Rx: PERFORM AS A CIRCUIT 3-6X</i> | SETS X REPS: 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure 1 set to failure | FIT EMMETT TRAINER TIP: FOR VIDEOS AND TIPS ON FORM AND MOVEMENT, VISIT HTTP://FAITHFITNESS.EFITNESSTRACKER.COM CHECK OUT THE EXERCISE LIBRARY |

SLIM LIFT WEEK 1-6

| | | |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>WARM-UP: WALK AT AN INCLINE, JOG OR BIKE</p> | <p>TIME: 5 minutes</p> | <p>FIT EMMETT TRAINER TIP: NO MATTER HOW "HOT IT IS" IN THE GYM, YOU SHOULD HAVE SWEATS ON DURING THE WORKOUT TO RID THE BODY OF TOXINS AND HELP SPEED UP METABOLISM.</p> |
| <p>STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <i>Fit Emmett Rx: COMPLETE EACH STRETCH 2X</i></p> | <p>SETS X TIME: 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds</p> | <p>FIT EMMETT TRAINER TIP: PERHAPS THE MOST OVERLOOKED PART OF WORKING OUT, STRETCHING IS EVERYTHING. NOT ONLY DOES IT HELP PREPARE MUSCLES FOR BATTLE AND PREVENT INJURY, BUT IT ALSO INCREASES RANGE OF MOTION, GIVING YOU MORE POWER PER REP AND OVER TIME, BIGGER STRENGTH GAINS. USE STRETCHING AS A TIME TO FOCUS YOUR MIND ON THE WORKOUT AHEAD AND COMMIT TO GIVING 100%. REMEMBER, THE BODY IS AT THE COMMAND OF THE MIND. CONTROL THE MIND AND YOU WILL CONTROL YOUR BODY.</p> |
| <p>H.I.I.T. TRAINING: RECOVERY SPEED (LEVEL 5) <i>ex. walk</i> INTERMEDIATE (LEVEL 7) <i>ex. jog</i> SPRINT (LEVEL 10) <i>FIT EMMETT Rx: PERFORM AS A CIRCUIT 4X</i></p> | <p>SETS X TIME: 1 x 30 seconds 1 x 30 seconds 1 x 30 seconds</p> | <p>FIT EMMETT TRAINER TIP: SPRINTS MAY BE PERFORMED ON A TREADMILL, STAIRCLIMBER, BIKE, OR BY RUNNING OUTDOORS. LEVELS ARE BASED ON A SCALE OF 1-10. 10= SPRINT. 1= BARELY MOVING. IF YOU WANT TO GET RESULTS, STAY 100% TRUE TO THE LEVELS AND MAKE EACH SPRINT COUNT.</p> |
| <p>STRENGTH: CLEAN & PRESS OVERHEAD MEDICINE BALL THROWS REVERSE OR WALKING LUNGES PUSH-UPS ADVANCED: PLYOMETRIC PUSH-UPS DIPS RUNNING IN PLACE W/MAXIMAL EXERTION BODYWEIGHT SQUATS LAT PULL-DOWN OR PULL-UPS <i>SKIP IF NOT AT GYM</i> MEDICINE BALL JUMPING JACKS INCLINE PUSH-UPS ADVANCED: INCLINE PLYOMETRIC PUSH-UPS DB BICEP CURL DB SHOULDER LATERAL RAISE 1 ARM DB ROW OR CLOSE-GRIP CABLE ROW <i>FIT EMMETT Rx: PERFORM AS A CIRCUIT 3-6X</i></p> | <p>SETS X REPS X REST 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds 1 x 12-15 x 30 seconds</p> | <p>FIT EMMETT TRAINER TIP: THESE EXERCISES ARE TO BE PERFORMED AT MAXIMAL EXERTION. BY THE LAST REP, YOU SHOULD BE GASPING FOR AIR. IF THIS IS NOT THE CASE, DECREASE REST BETWEEN EXERCISES AND SPEED UP THE TEMPO OF EACH EXERCISE.</p> |
| <p>COOL-DOWN: WALK AT AN INCLINE, JOG</p> | <p>TIME: 5 minutes</p> | <p>FIT EMMETT TRAINER TIP: COOLING-DOWN AFTER EXERCISE IS</p> |

| | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| OR BIKE | | ESSENTIAL FOR PROPER MUSCLE RECOVERY. DON'T SKIP IT! |
| STRETCH SERIES: SEATED FLOOR HAMSTRING STRETCH QUAD STRETCH GROIN AND BACK STRETCH DYNAMIC CHEST STRETCH SHOULDER STRETCH SEATED GLUTE STRETCH TRICEPS STRETCH WINDMILLS <i>FIT EMMETT Rx: COMPLETE EACH STRETCH 2X</i> | SETS X TIME 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds 2 x 30 seconds | FIT EMMETT TRAINER TIP: STRETCHING AFTER WORKING OUT IS EVERYTHING! NOT ONLY DOES IT HELP ACCELERATE RECOVERY, BUT STRETCHING HAS ALSO BEEN SHOWN TO LOWER STRESS HORMONE LEVELS, MAKING IT EASIER TO BURN-FAT. TAKE THIS TIME TO RELAX AND BREATHE |



Exercise Index

Stretches

SEATED FLOOR HAMSTRING STRETCH



QUAD STRETCH



GROIN AND BACK STRETCH



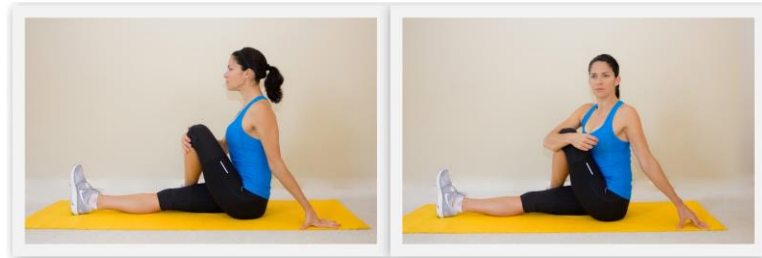
DYNAMIC CHEST STRETCH



SHOULDER STRETCH



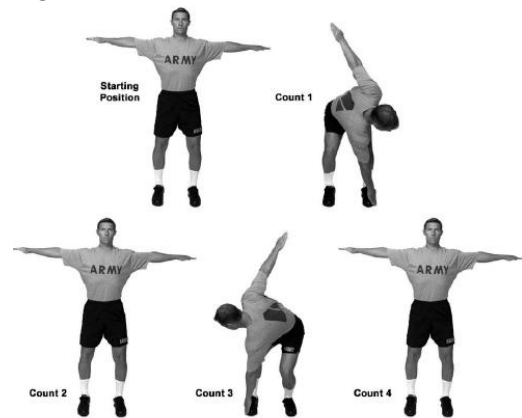
SEATED GLUTE STRETCH



TRICEPS STRETCH



WINDMILLS



Strength

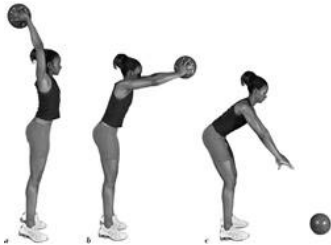
CLEAN & PRESS



DIPS



OVERHEAD MEDICINE BALL THROWS



RUNNING IN PLACE



REVERSE OR WALKING LUNGES



BODYWEIGHT SQUATS



ADVANCED: PLYOMETRIC PUSH-UPS



LAT PULL-DOWN OR PULL-UPS



MEDICINE BALL JUMPING JACKS



INCLINE PUSH-UPS



DB BICEP CURL



DB SHOULDER LATERAL RAISE



1 ARM DB ROW OR CLOSE-GRIP CABLE ROW



Core

JACK-KNIFE SIT-UP



90-DEGREE TOE TAPS



90-DEGREE CRUNCH



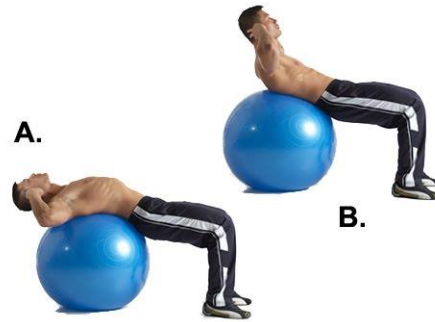
ELBOW WALK



WEIGHTED BICYCLE



EXERCISE BALL CRUNCH



for More Info

The 6 week Slim Down

*******BONUS*******

The Busy Person Exercise Program:

How to lose weight and get into great shape in 4 hours a week

There is a lot of conflicting information these days concerning the amount of time necessary for an effective fitness program. Most of us do not have a lot of free time and are interested in maximum results in minimal time. The purpose of this article is to establish that in approximately four hours a week you can lose weight, get into amazing shape and maintain your results. Although four hours a week is not a small time commitment with today's hectic pace, it should not seem like a lot of time when it comes to taking charge of your health and fitness.

In order to maximize results and minimize time we need to train smart and avoid wasting time. For the purpose of weight loss and general fitness three aspects of training and lifestyle are essential: cardiovascular/conditioning, resistance training and nutrition. Effective strategies are needed in order to address each of these three aspects and create a holistic approach to training. This article will focus on the cardio/conditioning and resistance training aspects in respect to a time-efficient fitness program.

Cardiovascular/Conditioning Training:

GOALS - lose weight via caloric expenditure and/or burn fat

TIME – (3) 20-30 minute sessions a week

Train Hard: When it comes to the efficacy of a fitness program a lot of time is often lost on the “cardio” portion. In order to lose weight it is not necessary to spend endless amounts of time on a treadmill. A very effective and efficient approach is interval training/high-intensity short-duration cardio. Interval training is cycling through higher intensity work mixed with lower intensity/ recovery periods. More calories are burnt in a shorter period of time due to the higher intensity level. Any piece of cardio equipment can be utilized as well as a jump-rope, a high-school track or football field and even your own living room. This adds a lot of versatility to an exercise program due to the endless options. This type of training is ideal for those whose goal is to lose weight because the overall caloric expenditure is very high.

An additional advantage to high-intensity short-duration cardio is the increase in metabolism that persists for up to several hours after the workout. This phenomenon is called “EPOC” or excess postexercise oxygen consumption. The magnitude of EPOC has been shown to be greater after anaerobic conditioning work than after traditional cardio/aerobic training. The higher the intensity level of the workout the greater the effect of EPOC is afterwards. Some studies have also linked EPOC to a greater degree of subcutaneous fat loss although this has not been proven conclusively. Because efficiency is a priority EPOC needs to be maximized in order to continue burning calories at a higher rate during the recovery period after a workout. Adding a short interval or conditioning phase to the end of each resistance training session will ensure that the level of EPOC is high.

The Tabata protocol is an effective and time-efficient way to ensure that the metabolism is spiked at the end of each workout. Because of its short duration (4 minutes) it is ideal for the end of a resistance training workout. Developed by Japanese research scientists it is touted as possibly the most effective interval. 20

seconds of high-intensity work are alternated with 10 seconds of low-intensity work or rest. This pattern is repeated for a total of 8 times or 4 minutes. Any piece of cardio equipment as well as bodyweight exercises, dumbbells, barbells, etc. can be utilized. Remember the harder the effort the greater the degree of EPOC is to follow so make sure the 20 second work period is at the highest, safe intensity level.

Train Specifically: When it comes to burning fat not all cardio is created equal. If the overall caloric expenditure of an activity is high fat will be lost indirectly, but when is fat used as fuel for work? The only time fat is used as the sole energy source is at rest. Unfortunately, at rest not enough energy is expended to facilitate body-composition change. By training at the proper intensity level it is possible, however, to use fat as the *primary* fuel source. When working at 65 – 70% of your maximum heart rate 60% of energy comes from fat as the fuel source with the other 40% coming from glucose. Because the intensity level is lower not as many calories are burnt, but fat is directly utilized. This type of activity is ideal for those who have reached their goal weight and are trying to change body composition.

Resistance Training:

GOALS- build lean body mass while gaining strength; raise metabolism

TIME – (3) 45 minute sessions a week

Resistance training (weight training) is arguably the most important part of any fitness program. Through proper training the percentage of lean body composition is increased raising the metabolism. More calories are burnt even when at rest. (Remember this is the only time the body uses fat as its sole energy source!). Following the guidelines below a highly effective resistance training program can be designed and performed in a little over two hours a week.

Train Smart: When selecting exercises choose compound, multi-joint movements for the upper and lower body. These exercises focus on muscles as groups and are much more functional than isolation exercises. During a bench press, for example, the triceps, shoulders and chest are recruited. With the exception of advanced lifters, most people do not need to work their triceps in isolation. Every program has a place for isolation work, but it is not necessary in an efficient and effective workout.

Use free weights instead of machines. When using free weights more muscles are recruited during each exercise in order to stabilize the body and maintain correct posture. Because of this added element more energy will be expended throughout the course of the workout, and perhaps more importantly muscular imbalances and faulty motor patterns will be corrected while posture is improved.

Train Efficiently: Make sure to choose exercises that address the entire body. Often certain muscle groups are neglected when working out. Many people only focus on the muscles that they want to work on for aesthetic purposes or avoid exercises that they consider too hard or uncomfortable. Unbalanced training can eventually lead to injury, and opportunities to create lean body mass are lost, therefore never boosting the metabolism to its full potential. Select compound movements that address both the lower and upper body. If a workout is designed properly, allowing for appropriate rest periods, a total body workout can be performed three days a week.

Circuit training is an effective method that can be utilized to minimize the duration of an individual training session. One exercise is performed and immediately followed by a different exercise (usually for a different muscle group) with virtually no rest between exercises until the end of the circuit is reached. Because of the minimal rest periods more energy will be expended over the course of the workout. Each individual muscle group will have enough time for proper recovery allowing you to get the most out of each exercise. Choose compound exercises that address each of the following areas: lower body pull, lower body push, upper body pull, upper body push and core.

The Program: (The following is intended to be a sample 1-week program utilizing the previous information in an organized manner. The set/repetition scheme and exercise selection should be changed and

cycled following a periodized approach in order to ensure safety and effectiveness while avoiding adaptation and overtraining. This workout should not be applied universally as it is necessary to modify any program in accordance with the goals and capability of the individual.)

Monday: Resistance training workout #1(45 minutes)

| Exercise | Sets | Reps |
|-------------------------------|----------------|------|
| Warmup: | 5 - 10 minutes | |
| Circuit: front squat | 3 | 8 |
| military press | 3 | 8 |
| romanian deadlift | 3 | 8 |
| seated cable row | 3 | 8 |
| incline press | 3 | 8 |
| hanging leg raise | 3 | 8 |
| Conditioning: tabata protocol | 4 minutes | |

Tuesday: High-intensity short-duration cardio workout #1 (30 minutes)

Wednesday: Resistance training workout #2 (45 minutes)

| Exercise | Sets | Reps |
|------------------------------------|----------------|--------------|
| Warmup: | 5 - 10 minutes | |
| Circuit: lunges | 3 | 8 each |
| push press | 3 | 8 |
| 1-leg bridges | 3 | 8 each |
| cable pulldown | 3 | 8 |
| alternate arm dumbbell bench press | 3 | 8 each |
| side bridges | 3 | 10 each side |
| Conditioning: tabata protocol | 4 minutes | |

Thursday: High-intensity short-duration cardio workout #2 (30 minutes)

Friday: Resistance training workout #3 (45 minutes)

| Exercise | Sets | Reps |
|-------------------------------|----------------|-----------|
| Warmup: | 5 - 10 minutes | |
| Circuit: deadlift | 3 | 8 |
| alternate arm military press | 3 | 8 each |
| back squat | 3 | 8 |
| 1 arm standing cable row | 3 | 8 each |
| standing cable press | 3 | 8 |
| stability ball plank | 3 | 30-60 sec |
| Conditioning: tabata protocol | 4 minutes | |

Don't avoid training due to time constraints. It's your health and fitness and you can take charge. The above workout can be performed in 3 hours and 15 minutes a week. I have seen my clients who are some of the busiest people achieve their fitness goals in minimal time by training intelligently and efficiently. Get started today and avoid wasting the time that you can't afford to waste.

