



## Two-Week Home Fat Loss Course



You can do this, and I am here for you every step of the way...

If you follow this home fat loss course to the letter I can guarantee you will experience some great results, but the truth is I know that starting something new can be overwhelming and intimidating.

I also know that we all have the best of intentions but it's often easy to say, "I'm too busy", "I don't have the time," or "That won't work for me." I'm like this, you're like this, all of our clients are like this. We do better with accountability and support.

I truly want you to be successful with our 2 Week Home Fat Loss course, which is why at any time you find yourself struggling you can call us at 206.349.0242 or email me [ian@ianfitness.com](mailto:ian@ianfitness.com) to setup a free consultation. We can walk through any details of the 2 Week Home Fat Loss Program and give you suggestions on how you can make it better.

## Nutrition



### 1. Water Intake

Water is an essential element to cellular function and good health. The standard 8 glasses of water per day would only be enough to maintain proper hydration if you didn't get out of bed.

Equation for Suggested Water Per Day = Minimum of 0.6oz per pound of body weight per day.

Example:  $150\text{lbs} \times 0.6\text{oz} = 90\text{oz}$

$90\text{oz} / 8\text{oz per cup} = 11.25\text{ cups}$

$11.25\text{ cups} / 4\text{ cups per liter} = 2.8\text{L per day.}$

\*\*\*This amount may need to be increased further based on hydration and activity levels.\*\*\*

### 2. Nutritional Tips

In all the nutritional suggestions that follow, there are a few tips and extras listed here that you may find helpful in the pursuit of your goals:

- Eat as soon as you wake up and continue to eat every 2 to 3 hours. (Unless you are completing your steady state fat loss cardio first thing in the morning then don't eat until 30 minutes after exercise. It's critical you eat something before a resistance training or interval workout.)
- Make sure to eat 1-2 hours before weight training and soon after you have finished your workout.
- When doing only cardio, make sure you wait at least 2 hours after a meal.
- It can drastically improve your weight loss results if you commit to avoiding lactose and gluten for the first 14-21 days of your nutritional program. (As this can be very challenging our sample menus are not always lactose and gluten free but we are happy to adjust them for you accordingly.)
- Try to avoid anything processed or canned, though mathematically these foods can work for weight loss in the interest of also achieving better health it's highly encouraged you use only whole, fresh and non---processed foods.
- When measuring foods, measure them in their prepared form as you would eat them (unless indicated otherwise).

**Condiments** (you may use freely but conservatively):

Mustard, soy sauce, salsa, low sugar ketchup, sugar free hot sauce, low sugar bbq sauce, vinegar (any kind), Molly McButter, lemon juice, splenda, sugar twin, stevia, agave nectar, calorie free syrups, & all dry spices.

**Free food** (these are great when you are feeling like snacking):

Cucumber, peppers, mushrooms, Light Jello, Crystal light, sugar free Kool-aid or other brands, tea and coffee.

\*Artificial sweeteners and food dyes may be some of the worst things for you on the planet. Because for many, immediate weight loss is largely a mathematical equation some of these items can be used in moderation without reducing effectiveness, however we do suggest you avoid using them as much as possible.

\*You may have skim milk or skim milk powder with tea or coffee instead of cream but try to keep to a minimum.

\*Limit yourself to 2-3 cups of coffee/diet pop/crystal light per day. For every extra cup of these items you have, you need to add 1 cup of water on top of your daily amount.

## **Expectations and Results in Your First Week**

The first week or so you may feel full all the time, but it is important to continue eating all your meals in order to reprogram your metabolism. If you are hungry while consuming the recommended number of calories try increasing them by 10% equally with protein and carbs to make it more comfortable and enjoyable. If you're eating the right things it's hard to overeat better not to suffer in an effort to ensure all changes are sustainable long term.

It's also normal in the first week to possibly note positive or negative changes both in mood and energy levels, this is often a detoxification effect associated with internal change. Generally, if weight loss is your goal your weight will begin to drop right away but this is not absolute nor is it an indication of your success in the weeks that follow. Be patient, we're all distracted by our need for instant gratification but it's important to note that generally the faster you lose the weight the more likely it is that you will gain it back. Our expected weight loss will be somewhere between 1-3lbs/week but most importantly we just want to see the scale move even slightly every 3-5 days, if it isn't than immediate communication with your coach is critical and subtle changes may be required.

After the first 2 weeks you should find your change in habits becoming much easier. If progress has begun and appears to be steady you may discuss with your coach the prospect of having a 'cheat meal' 1 day per week. Because sustainability is a primary factor in achieving permanent weight loss we want to ensure that emotionally and psychologically you enjoy your lifestyle habits, for some the reward of going out and eating whatever you like for a 'cheat meal' greatly improves sustainability and long term results.

### **Tips & Tricks For the Best Results**

- If possible always weigh and measure your food. Visually we will often restrict ourselves too much or consume far too much starch because it's easy to consume and often quite enjoyable.
- Using the attached meal template many people will consume the same things each day to minimize preparation and organization. If you substitute foods you will need to substitute like foods (ie. starch for starch) and calorie for calorie from the provided substitution list rounded to the nearest 50 calories.
- Eating the same things each day, though boring for some, will often produce better results as the increased organization through advanced preparation often makes life run smoother.
- If using recipes, you will want to determine how many total portions of the meal the recipe makes. You will then either want to look up the ingredients or use supplied nutritional information to decide how many protein, fat, starch, or fibrous servings (100 calorie each) each portion of the meal contains. If progress toward your goal slows, it's suggested that you use more whole singular foods and less recipes until steady progress resumes. The more variables there are to consider, the more difficult it is to discern the reasons you may not be progressing at your desired rate.
- Remember our lifestyle is constantly evolving; health, fitness and weight loss are an ongoing aspect of your lifestyle. Because of our need for instant gratification, commit to defined period of time of greater commitment and reward yourself with short breaks of less regimented habits. Two steps forward, one step back, or the 80/20 rule are both great examples of patterns for achieving sustainable results.
- Many people find eating the same thing each day isn't a problem if their dinner meal can be different each day and enjoyed with family. Consider substituting frequently with the serving process. Some basic references would be that any

lean meat approximately half the size of your palm would equal 1 protein serving, if there is any form of butter, oil, or sauce added, each tablespoon would be approximately 1 additional serving of fat. Any starches approximately the size of your fist would equal 2 servings of starch and twice that amount of vegetables would equal approximately ½ a serving of fibrous.

## Sample Day Menu

### Breakfast

#### Ingredients

- 2 whole eggs + ½ cup whites
- ½ cup sautéed kale, mushrooms, onions, tomatoes
- 1 tbsp coconut oil, use to sauté vegetables and scramble eggs

#### Directions

Use 1tbsp of coconut oil to sauté vegetables in a frying pan. Once the vegetables are almost done, add in the 2 whole eggs and ½ cup of whites. Scramble all together.

### Lunch

#### Ingredients

- Turkey Vegetable Meatballs (see recipe)
- 1 cup spaghetti squash
- ½ cup tomato sauce (sugar free)
- 1 cup broccoli

#### Directions

Prepare the Turkey Vegetable Meatballs according to the recipe. Cook the spaghetti squash according to the instructions. Steam the broccoli and mix into the cooked spaghetti squash. Top with the tomato sauce and meatballs.

### Dinner

#### Ingredients

- 4 ounces of tilapia grilled with lemon, garlic, salt and pepper
- 10 black olives
- 8 spears of asparagus
- 1 cup steamed broccoli

#### Directions

Bake tilapia at 350 degrees in the oven for 10-15 minutes in a glass dish with garlic, lemon, salt, and pepper to taste. Add in black olives. Bake asparagus separately and

steam broccoli to have on the side.



## Exercise

I'd like to welcome you to the 2 Week Home Fat Loss Workouts. Before we get going, a little back story.

As a fitness professional for over 15 years I've heard every excuse, reason or obstacle that holds people back from getting in great shape. Often, one of the biggest obstacles for many of our clients is a lack of time, and I'm sure it's the same with you. It has never been a lack of desire, but with today's exceptionally busy and hectic schedules fitness, health & working out too often take a back seat.

Here is a summary of some recent studies on interval training. Interval training is simply alternating periods of work with periods of rest. These two landmark studies proved that interval training could be far superior to standard training and steady state cardio.

One study actually showed interval training about 9 times more effective at burning fat than any other form of training.

One study, in particular, sparked attention. A 1996 study by Dr. Izumi Tabata showed that 4 minutes of specifically timed intervals substantially improved both aerobic and anaerobic capacity above and beyond what was seen in a group exercising for 60 minutes. This means both increased fat loss and muscle gain over traditional drawn out cardio. The challenge with Tabata training is it can be very grueling, and without a high level of intensity the benefits begin to diminish.

That's why in this 2 Week Home Fat Loss course we're going to blend Tabata training with traditional steady state cardio to maximize your results in a home setting.

### **The Game Plan**

I've modeled this workout protocol around the study by Dr. Izumi Tabata. By this, I mean the interval timing, which I will describe below. I felt I could improve on the fat loss achieved if I used principles of bodyweight & resistance interval training to maximize the amount of muscle activated in a given time frame and then maximize the after burn (a brief period after interval training that your body burns massive amounts of calories even at rest) with a short 20 minutes of cool down steady state cardio.

It's important to note that even though this 2 Week Home Fat Loss workout program and the whole idea of interval training might be revolutionary and very effective; it's still

just one tool in the toolbox. The true synergism will come when you use this tool with others like our on-site training, traditional cardio, and of course, individualized nutrition.

### **How & Why the Exercises were Chosen**

There is an endless supply of movements to choose from when designing a training program. Some work great with this style of interval training, while others do not. I set out to choose movements that fit certain basic criteria:

1. Easy to do
2. Limited or no equipment
3. Minimal space required
4. Maximum muscle group involvement (compound moves)
5. Low injury risk

That was it. Some moves do not fit all the criteria, but for each exception I had my reasons.

To give you an idea of what I mean a bicep curl, for instance, covers requirements 1,2,3 & 5 but not 4, and the fact that it does not stimulate much muscle mass means that it doesn't work for our purposes. A power clean uses almost every muscle there is, but as it is a relatively difficult movement to teach it violates requirements 1 & 5 and thus is also not a great choice for us.

### **Equipment You Need**

One of the great things about this program is that you do not \*need\* any equipment. You can achieve truly remarkable results with only your body weight. That said, workouts are included that use dumbbells, some that use a kettle bell and an occasional jump rope all of which can add to the program, but none of which are what I would call essential.

**EXCEPTION:** You will need a clock or other timing device. There are some very cool boxing timers that can be programmed for intervals and give you a buzzer to time you. A good choice for an interval timer at a good price is available at [www.gymboss.com](http://www.gymboss.com). I just went to Wal-Mart and bought at \$3 wall clock. I like having a second-hand to use as a timing reference. Some I have coached used a wristwatch but I find having to constantly look at your wrist detracts from the workout.

## **Setting Up Your 2 Week Home Fat Loss Program**

### **Maximize Your Results**

20 seconds on, 10 seconds off. That's the basis of the workout protocol. A total of 4 minutes for each exercise, or a only 8-12 minutes for a total workout. Sounds simple right? But let me be clear about this: As with most things in life you get out of it what you

put in to it; 20 seconds on means you are\* ON\* 110% effort. Give that 20 seconds all that you have; it doesn't matter what your level is, do as much as you can in that time frame. The more you put in the more you will get out.

As important as it is that you perform as much work as you can in the 20 seconds, it is even more important that you pay close attention to form. Proper form decreases your chances of injury, and you will live on to work out another day. Even in this program, I value quality over quantity.

### **A Note For Beginners**

I wanted to make this program work for everyone from beginner to advanced trainees who needed to amp up their current program. But if you are an absolute beginner please take it slow and listen to your body. I recommend that you start with a pace that is uncomfortable on a scale of 1-10 for difficulty start with what feels like a 6-7 and over a couple weeks as your strength and endurance grows you can step up the pace closer to a 9. Another option is to flip flop the work to rest intervals. So you would rest for 20 seconds, then exercise for 10 seconds. The most important thing is to stick with it. Even if you cannot complete the whole workout the first few times keep at it and soon you will. And as always before starting any fitness and weight loss program consult your physician.

### **The Workouts**

You will have 3 resistance workouts per week. You should take a day rest in between each resistance workout. On your "off" days it's still recommended that you complete 20-30 minutes of steady state cardio at approximately 60% of your maximum heart rate. (Max HR=220-age) We generally use approximately 120 bpm for anyone under the age of 50, and 110 bpm for anyone over 50 years of age as a baseline.

On training days be sure to complete about 5-7 minutes of warm-up activity. A proper warm-up is critical to preventing injury. Warm-up activities should be fast walking, or any form of cardio that allows your heart rate and body temperature to increase gradually. A good indication that you are warmed up is that you are beginning to sweat without feeling like you are gasping for air.

Good luck and remember we are with you every step of the way!

### **Week 1:**

<b>Workout 1</b>	<b>Exercise</b>	<b>Number of Rounds</b>	<b>Cardio</b>
<b>Week 1</b>	A1: Body Weight Squat	8	20 min Steady



<b>Day 1</b>	(or variation)		State
	A2: Push Up	8	

**Day 2: Rest day 20-30 min cardio only.**

<b>Workout 2</b>	<b>Exercise</b>	<b>Number of Rounds</b>	<b>Cardio</b>
<b>Week 1</b> <b>Day 3</b>	A1: Wall Sit Stick-em Up	8	20 min Steady State
	A2: Mountain Climber	8	

**Day 4: Rest day 20-30 min cardio only.**

<b>Workout 3</b>	<b>Exercise</b>	<b>Number of Rounds</b>	<b>Cardio</b>
<b>Week 1</b> <b>Day 5</b>	A1: Plank Row	8	20 min Steady State
	A2: Rev. Crunch	8	

**Day 6: Rest day 20-30 min cardio only.**

**Day 7: Total rest day, you've earned it! 😊**

**Full Disclosure**

If you follow the guidance in this 2 Week Home Fat Loss course and really commit yourself to following the nutritional plan it's absolutely guaranteed you will achieve results. Sometimes the scale may not seem to move much but you'll be surprised how inches can change in spite of the scale not moving.

When you begin make sure you take your weight first thing in the morning and then have someone assist you with the following 3 measures.

- 1) Measure the waist at the smallest circumference. Typically this is high just below the rib cage, honestly it doesn't matter if you measure the smallest point you will be generally consistent.
- 2) Measure the waist at the navel. Place the tape measure directly on top of the navel; this will be your most consistent measure.
- 3) Measure the hips at the largest circumference.

Many people always start with the best of intentions...then life happens...

In truth it's not the magic of the program that creates the results but rather the consistency of habit, so much of what we do is the accountability and support of having a coach in your corner. I'd love to hear how you're doing you can email me anytime at [ian@ianfitness.com](mailto:ian@ianfitness.com). If at any time you're finding it difficult to stay on track please contact us at 206.349.0242 or email me we'd be happy to schedule you a no-charge consultation to help with tips, tricks, exercise technique and more. Also, please like us on Facebook at [www.facebook.com/ianfitness](http://www.facebook.com/ianfitness) as I am constantly posting new recipes and workouts.

Best, Ian

Ian Weinberg

Chief Motivating Officer

[www.ianfitness.com](http://www.ianfitness.com)

206.349.0242