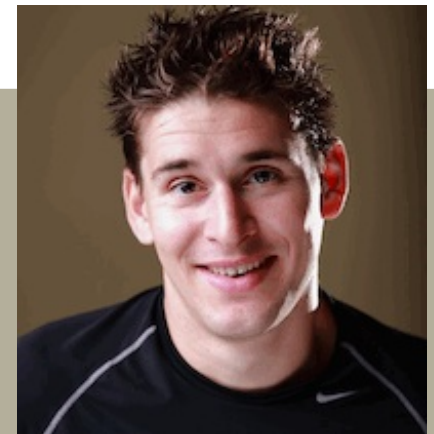




FAT LOSS WORKOUT SECRETS
BY BEN GREENFIELD

WHO AM I?

- Coached for over a decade & top personal trainer in the nation. Trained in nutrition/performance.
- Now write books and do phone/online consulting via via PacificFit.net
- Limited face-to-face local consulting
- Free blog at BenGreenfieldFitness.com
- Private Q&A forum at BenGreenfieldFitness.com/InnerCircle
- Train trainers at SuperhumanCoach.com



IF YOU REMEMBER ANYTHING...

- Everything you know about fat loss is wrong.
- The “workout” is the least important thing.
- Before the “workout” comes:
 - Detoxification & Gut Healing
 - Hormone Balance
 - Fixing Nutrient Deficiencies
 - Elimination of Sedentary Life
 - Sleep & De-Stressing
- Read “Become Superhuman” resource guide (free book)



IF YOU ***ARE*** GOING TO WORKOUT

- The next 7 strategies will give you all the Jedi exercise for fat loss tricks you need to know...



#1: KNOW YOUR FAT BURNING ZONE

- 20 minute test
- Warm-up well first
- Maximum SUSTAINABLE pace
- Avg HR over 20 minutes
- Subtract 20 beats, then +-3 beats
- Use for:
 - Fasted morning workouts
 - Longer (i.e. weekend) fasted workouts
- Alternative:
 - “Blood Lactate test” (look for 1.0mmol above resting values)
 - “VO2 Max test” (not necessary to go to max, look for “Ventilatory Threshold”)



DOESN'T HAVE TO BE HARD!

- Yoga
- Gardening
- Doing house work
 - i.e. with ankle weights/weight vest
- Easy swim
- Easy bike ride
- Walking the dog



#2. DO THE BEST WORKOUT FOR FAT LOSS

- Option 1. 4-6 full body movements in a circuit with cardio boost at the end
 - Upper Body Push: Chest Press
 - Upper Body Pull: Pulldown
 - Lower Body Push: Squat
 - Lower Body Pull: Deadlift
 - Core: Cable Torso Twist
 - Cardio Boost: 2 minutes bicycling
- Go 3-4x through and use 10-15 reps for each exercise
- Minimal rest
- Use “Rule Of Three” to choose appropriate weight



#2. DO THE BEST WORKOUT FOR FAT LOSS

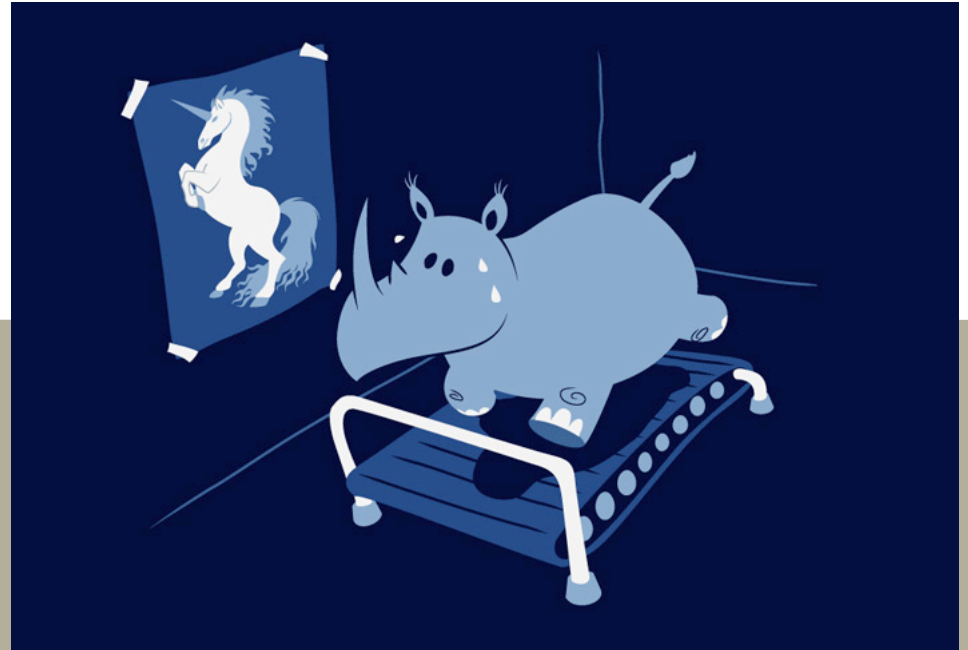
- Option 2. 3-5 Supersets with cardio boost after each
 - Standing Overhead Press with Pulldowns → Jumping Jacks
 - Squats with Leg Curls → Treadmill
 - Chest Press with Seated Row → Bicycle
 - Lunges with Planks → Elliptical
- Do each superset 3-4x, 10-15 reps for each
- Minimal rest



TOSS IN A FEW CARDIO INTERVAL WORKOUTS

Best 3 High Intensity Cardio Intervals:

- 30 seconds hard, 2 minutes easy x 8
- 1 minute hard, 4 minutes easy x 4
- 2 minutes hard, 1 minute easy x 5



SAMPLE FAT LOSS WEEK

Monday: Fasted 15-30 minute morning cardio, 30-45 minute afternoon or evening weights using Option 1

Tuesday: Fasted 15-30 minute morning cardio, 15-30 minute afternoon or evening cardio intervals

Wednesday: Same as Monday, but using Option 2

Thursday: Same as Tuesday, but do a different kind of cardio intervals

Friday: Same as Monday

Saturday: 1-2 hour fasted cardio

Sunday: Off or make-up day



#3: INCLUDE FASTING

- Option:
 - One day per week
 - Use amino acids/greens/caffeine
 - One 12-16 hour period per day
 - Combine with cold thermogenesis + fasted workout*
- ***Fasted workouts appropriate for**
 - Easy stuff (i.e. fat burning zone)
 - Never for hard stuff if:
 - 30+ lbs overweight AND in 1st 8 weeks of your exercise program
 - Leptin sensitivity aggravated by cortisol/stress



IF APPETITE CRAVINGS...

- Sour/fermented foods
 - KimChi
 - Saeurkraut
 - Pickles
 - Relish
- Water with effervescent flavorings/electrolyte tablets
- Amino acids powders or capsules (include before workout)
- Spirulina/chlorella powders/tabs
- Tea or edible tea (before workout)
- Sodium!



#4: KNOW HOW TO FUEL

- Overemphasized in most cases
- Rules:
 - 1. If a fasted workout, eat within 60 minutes after workout
 - Your next “real meal”
 - A protein/carb blend (preferably not shake/smoothie)
 - 2. If not a fasted workout, don't worry about eating after UNLESS
 - Trying to build muscle
 - Have blood sugar issues
 - 3. If workout 2+ hours in duration, eat DURING



SAMPLE MEALS

- **Before hard workout:**
 - Amino acids + fruit (immediately prior)
 - Easy to digest carb (sweet potato or yam, 20-30 minutes prior)
 - Or a real meal (2 hours prior)
- **After hard workout**
 - Protein shake (i.e. DEEP30, Living Protein, etc.) with nuts/fats
 - Or a real meal
- **During workout**
 - Slow release fuel (i.e. SuperStarch)
 - Real food (i.e. trail mix, organic bar, etc.)
 - Avoid sugary engineered foods



#5. USE SUPPLEMENTS STRATEGICALLY

-Caffeine – pre-fasted workout, green tea or coffee

-Recommend delta-E*, black coffee, or green tea

-Vanadium/Chromium blend pre-meal

-Recommend Thermofactor*

AND/OR Rock Lotus/Bitter Melon blend pre-meal

-Recommend MCX100*

-Alpha Lipoic acid 300-600mg/day + Acetyl-L-Carnitine
750-2000/mg/day, split throughout day

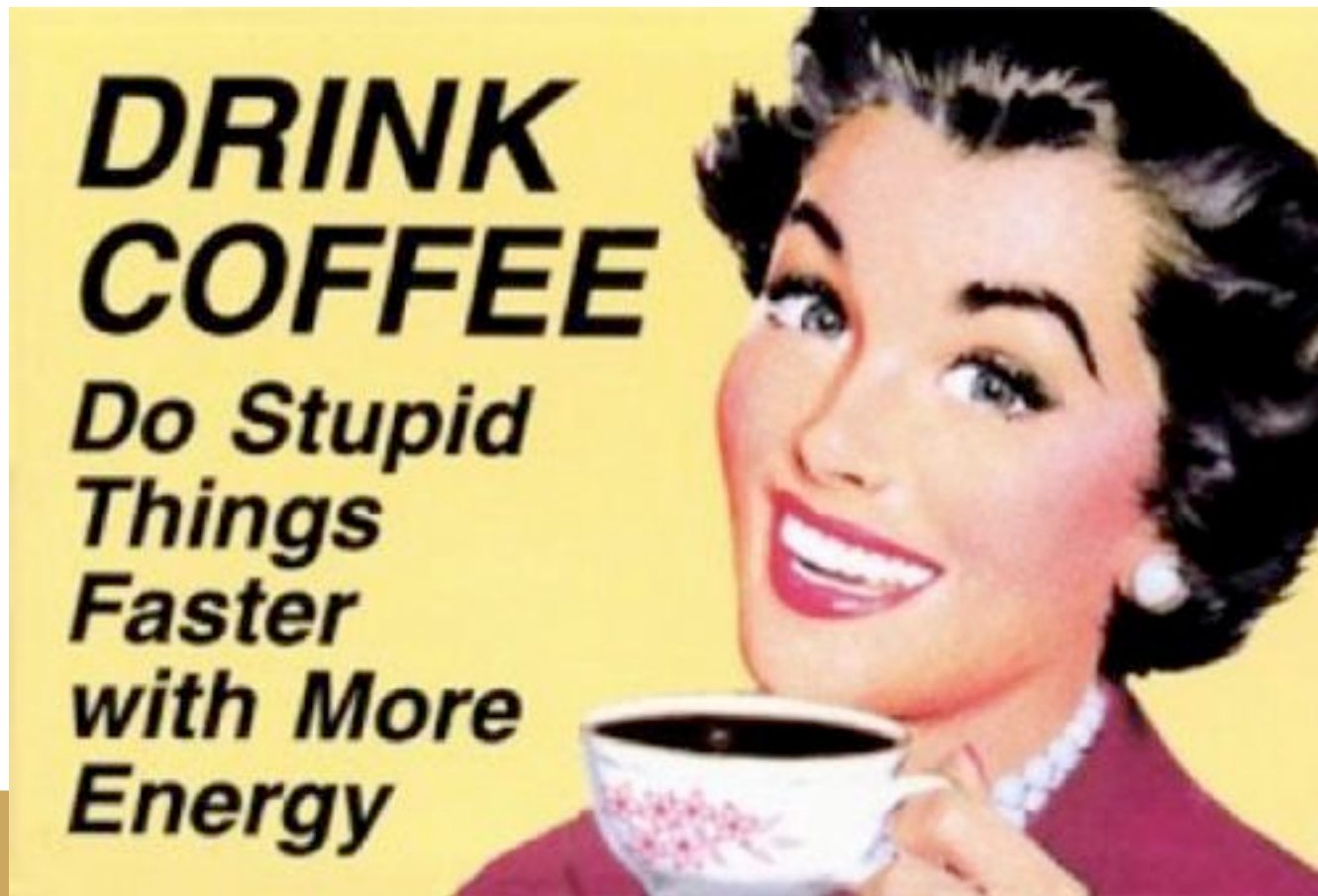
-Recommend NutraRev*

-Conjugated Linoleic Acid 3-4+g/day

-Recommend Grass Fed Beef or any CLA supplement

**check pacificfit.net or bengreenfield.impaxworld.com*

JUST BE CAREFUL...



#6. USE COLD THERMOGENESIS

- **Benefits:**
 - Increase Brown Adipose Tissue (BAT)
 - Increase metabolic rate + fat loss
 - Control blood sugar
- **Methods:**
 - Fat Burning Vest
 - CoolFatBurner.com
 - Cold immersion
 - Cold showers
 - Cold outdoor exercise
 - Cover face, hands, feet
 - Combine with fasting

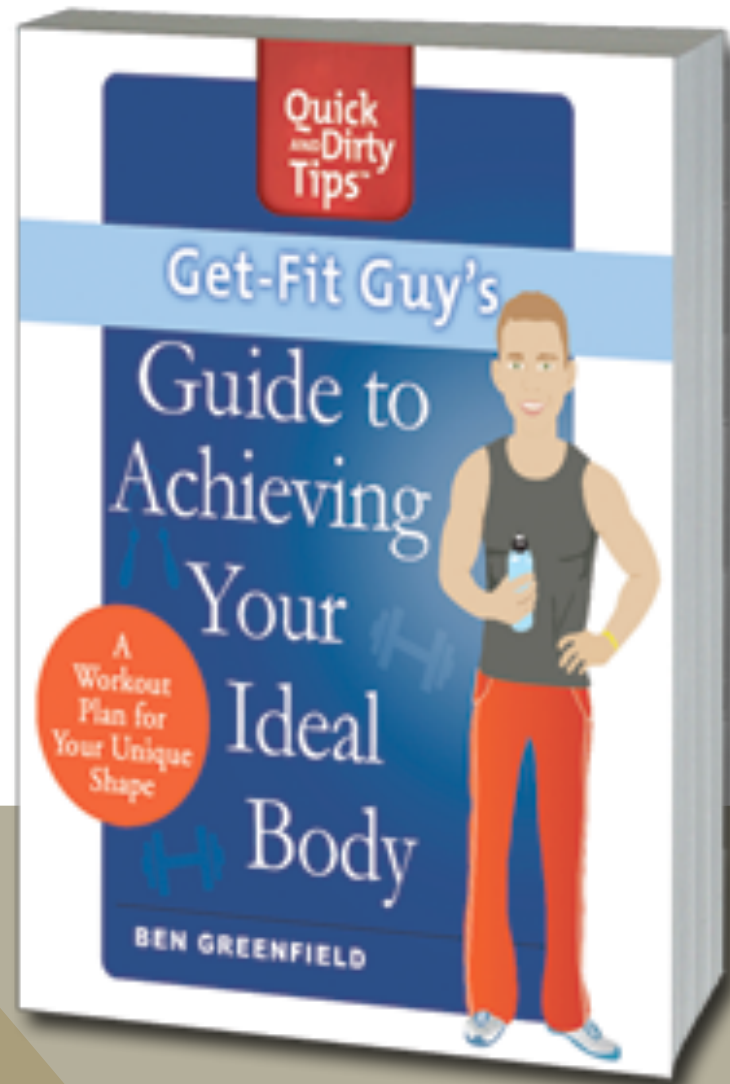


#7. GREASE THE GROOVE

- Get a pull-up bar installed in your door
- Do 20 body weight squats every time you go to the bathroom
- Do 25 jumping jacks for every hour that you're sitting at your desk
- Do 10 push-ups during every commercial break of a television program

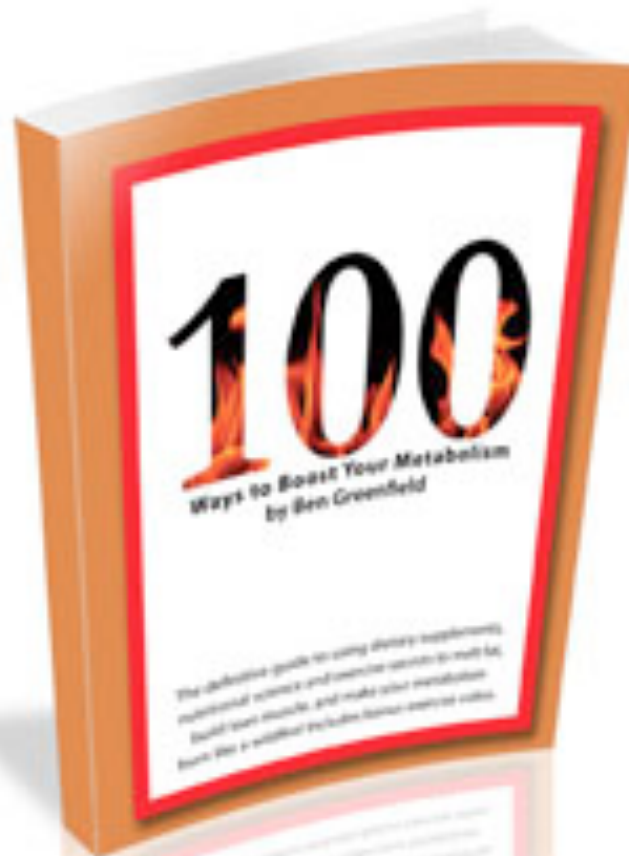


MORE RESOURCES...



GETFITGUY.COM

MORE RESOURCES...



100WAYSTOBOOSTYOURMETABOLISM.COM

MORE RESOURCES...



BENGREENFIELDFITNESS.COM/INNERCIRCLE

**AND FREE NEWSLETTERS, ARTICLES, VIDEOS &
PODCASTS AT:**

- **BenGreenfieldFitness.com**
- **QuickAndDirtyTips.com**

