

Kick Start Your Fat Loss...

I am going to give you an outline for the next 4 weeks to kick starts your metabolism into a high fat burning state!

Training Routine

Aerobic - Perform 5 x 45 min as follows;
20 min High Intensity 85% Max H.R.
10 Min Moderate Intensity 70% Max H.R.
15 Min Interval 50% - 80%
All exercise performed on one machine for each session.

Weight Training 4x Split Routine

Monday - Push Routine (Chest/Shoulders/Triceps)
Tuesday - (Hamstrings/Lower Back/Calves)
Thursday-Pull Routine (Back/Upper Back/Biceps)
Friday- (Quadriceps/Abs)

If you need to add a day of weight training to kick up metabolism mix it up focussing on your target areas for fat loss. Increase fat burning by doing 15 min slow cardio/cool down post routine. Routines should be fairly quick 45-55 minutes max. Always allow time for stretching.

Supplements: Use Hydroxycuts by Muscletech, 3 caps before A.M. Cardio
Water: 1.25 gallons daily

Diet

Diet: Multiply body weight in Pounds by 12
That is Your total caloric intake.
50% comes from Carbohydrates -- Low Glycaemic
40% comes from Protein
10% from fats

Flax seed oil 1 tablespoon with 3 meals daily(don't count these calories)
Your Diet should come mainly from whole food sources using meal replacements only when necessary, or post workout.

Meals should be broken up evenly as far as carbohydrates, fats and protein ratios go.

TRAIN WITH DESIRE, DESIRE TO BE BETTER TOMORROW THAN YOU ARE TODAY.



Connie