

The Ultimate

# Weight Loss Bible

Free Ebook: Guide to  
Losing Weight

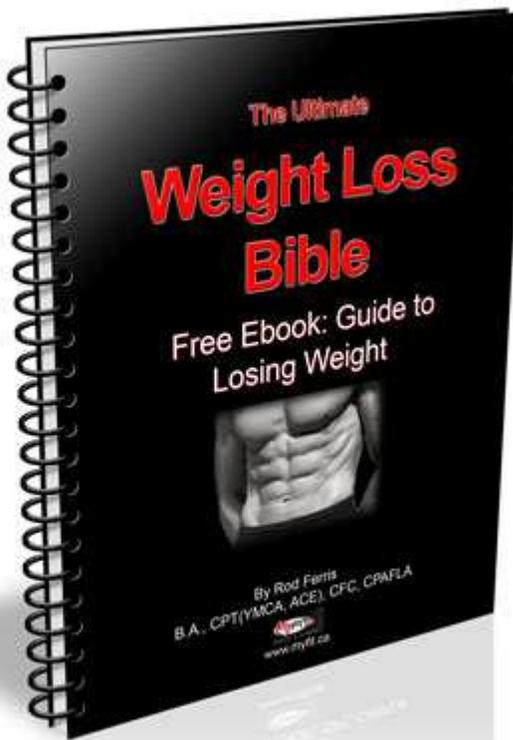


By Rod Ferris  
B.A., CPT(YMCA, ACE), CFC, CPAFLA

  
HEALTH & FITNESS  
[www.myfit.ca](http://www.myfit.ca)

# The Ultimate Weight Loss Bible

## Guide to Losing Weight



By Rod Ferris B.A. CPT (YMCA, ACE), CFC, CPAFLA

*Rod has been personal training since the age of 18 when he received his personal training certification from the YMCA. He has received awards for his personal training and has authored several books. Since his first certification he hasn't stopped learning and has earned several other accreditations (ACE, CFC and CPAFLA). As the owner of Myfit.ca, Rod has taught thousands of people how to become lean and permanently change their body composition.*

*"I guarantee that if you follow the steps in my book you will change your body composition, have more energy and get a lean physique." - Rod Ferris*

# Disclaimer for the Ultimate Weight Loss Bible

## Guide to Losing Weight

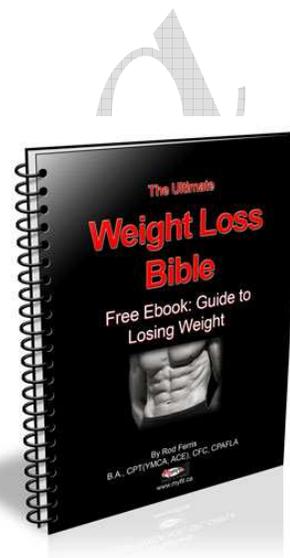
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## Weight Loss Exercise Links

Equipment	Other	Type
<a href="#">Ball Exercises</a>	<a href="#">Lower Body</a>	<a href="#">Plyometrics</a>
<a href="#">Dumbbell</a>	<a href="#">Core Strength</a>	<a href="#">Stretches</a>
<a href="#">Calisthenics</a>	<a href="#">Isolation</a>	<a href="#">Cardiovascular</a>
<a href="#">Barbell</a>	<a href="#">Compound</a>	<a href="#">Pilates</a>
<a href="#">Cable</a>	<a href="#">Upper Body</a>	<a href="#">Resistance Training</a>
	<a href="#">Abdominals</a>	<a href="#">Back</a>
<b>Muscles</b>	<a href="#">Calf</a>	<a href="#">Chest</a>
<a href="#">Biceps</a>	<a href="#">Hamstring</a>	<a href="#">Thigh</a>
<a href="#">Gluteus Maximus</a>	<a href="#">Lower Back</a>	<a href="#">Oblique</a>
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<a href="#">Foods that Speed Metabolism</a>	<a href="#">Printable Food Diary</a>	<a href="#">Top 10 Diets</a>

## How to use this book

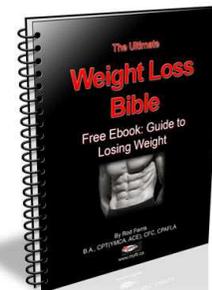
*This book has been simplified to make it easy to understand the most important aspects of a weight loss program without dieting. We have provided many links to help you find out more information about each topic.*

*Simply go through each page and treat it as a **step-by-step guide** to your new lean sexy self.*

*Understand that you can lose up to 1 to 2 pounds per week and with enough adherences you **WILL lose this weight**.*

*Everyone out of shape wants to lose weight, but what you should be trying to do is change your life to become more active and educate yourself for smarter choices when you are confronted in a situation out of your control.*

*Eventually the weight will come and probably faster than you think. Along with the weight loss will be a faster metabolism which will allow you to eat more than you have ever eaten before. These calories will be used by your muscles as fuel to help build more muscle.*



## Benefits of Losing Weight

1. *Decreases your risk of cancer*
2. *More energy to do things you love*
3. *Lowers dangerous LDL cholesterol levels*
4. *Lowers your blood pressure*
5. *Increases your mood and mobility*
6. *Improves your sleeping patterns*
7. *Decreases your risk of type 2 diabetes*
8. *Lowers your blood sugar levels*
9. *Helps your skin look younger*
10. *Decreases your risk of sleep apnea*
11. *A lean healthy body is more attractive*

[Also read the benefits of exercise](#)

## Spot Reducing: can I lose weight just in one spot? (ie. butt, arms and face etc)

*Spot reduction is simply the idea that if you work a specific muscle group you will decrease the amount of fat in that area. The most common example of this is people focus on abdominal exercises in an effort to lose weight in their stomach area.*

**In reality, there is no such thing as spot reduction.** You will never attain a flat stomach just by performing abdominal exercises. The reason for this is simple: a muscle does not own the fat that surrounds it. Sit-ups, for example, will definitely strengthen your abdominal muscles, but sit-ups alone will not get rid of the layer of fat that is covering the



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muscles. To lose fat anywhere on your body you need to burn calories by following a program that involves both cardiovascular training and weight training. In doing so, you will decrease fat stores throughout your entire body, including the problem areas. [Read more about Spot Reducing](#)

### Step 1: How much weight should I lose?

That question can be a difficult answer, but a chart has been established for a healthy target weight.

	BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	
		<---Healthy Weights--->							<---Higher Risk--->															
Height																								
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167	172	177	181	186	191		
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173	178	183	188	193	198		
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	168	174	179	184	189	194	199	204		
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185	190	195	201	206	211		
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191	196	202	207	213	218		
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197	203	208	214	220	225		
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204	209	215	221	227	232		
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210	216	222	228	234	240		
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216	223	229	235	241	247		
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223	230	236	242	249	255		
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230	236	243	249	256	262		
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236	243	250	257	263	270		
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243	250	257	264	271	278		
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250	257	265	272	279	286		
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258	265	272	279	287	294		
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265	272	280	288	295	302		
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272	280	287	295	303	311		
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279	287	295	303	311	319		
6'4"	156	164	172	180	189	197	205	213	221	230	238	246	254	263	271	279	287	295	304	312	320	328		

This chart is found on <http://www.myfit.ca/weightheightchart.asp>

I want to lose \_\_\_\_\_ pounds.

The next step is to calculate how many calories to ingest each day. This can be determined by finding out how many calories you expend during the day and at rest.

**Note: If you are underweight or your BMI is less than 19 you may want to consider gaining weight.**

## Step 2: Daily Caloric Intake Calculator

Visit <http://www.myfit.ca/weightlossguide.asp> and fill out the following form.

*Weight loss is simple. Ingest fewer calories than you are burning throughout the day. To find out how many calories you are burning you need to input some basic measurements, age and activity level into a calculator to find out a rough idea of what your Basal Metabolic Rate (BMR) is.*

*This calorie calculator will help you determine how many calories to ingest per day. This will help you determine the type of meal plan required to meet your goals.*

*This calculator will also tell you approximately how many glasses of water to drink per day, body fat percentage and your BMI. Please write this information down so you know for next time.*

\*Please use the link above to find a working calculator\*

**Myfit.ca Weight Loss Calculator**

Age:  Male

Weight:  pounds

Height:

Abdomen Circumference in inches:

Activity Level (see below):  %

ie. office worker but works out 3 times a week=47 (from the chart below)

*Activity Level	Men	Women
<b>Sedentary</b> (inactive)	15%	15%
<b>Lightly Active</b> (most professionals, office workers, shop workers, teachers, homemakers)	40%	35%
<b>Moderately active</b> (workers in light industry, most farm workers, active students, department store workers, soldiers not in active service, commercial fishing workers)	50%	45%
<b>Very active</b> (full-time athletes and dancers, unskilled laborers, forestry workers, military recruits in training, soldiers in active service, mine workers, steel workers)	85%	70%
<b>Exceptionally active</b> (lumberjacks, blacksmiths, female construction workers)	110%	100%

I should be ingesting around \_\_\_\_\_ calories per day to lose weight.

I should have \_\_\_\_\_ glasses of water per day.

My body fat percentage is approximately \_\_\_\_\_%. (read more about [body fat calculations](#))

### Step 3: Par-Q and You

*For most people physical activity should not pose any problem or hazard. PAR-Q has been designed to identify the small number of adults for whom physical activity might be inappropriate or those who should have medical advice concerning the type of activity most suitable for them.*

*Common sense is your best guide in answering these few questions. Please read them carefully and check the **yes** or **no** opposite the question if it applies to you.*

#### YES NO

1. Has your doctor ever said you have heart trouble?
2. Do you frequently have pains in your heart and chest?
3. Do you often feel faint or have spells of severe dizziness?
4. Has a doctor ever said your blood pressure was too high?
5. Has your doctor ever told you that you have a bone or joint problem such as arthritis that has been aggravated by exercise, or might be made worse with exercise?
6. Is there a good physical reason not mentioned here why you should not follow an activity program even if you wanted to?
7. Are you over age 65 and not accustomed to vigorous exercise?

*If you answered **YES** to one or more questions...if you have not recently done so, consult with your personal physician by telephone or in person before increasing your physical activity and/or taking a fitness test.*

*If you answered **NO** to all questions...If you answered PAR-Q accurately, you have reasonable assurance of your present suitability for an exercise test.*

**Step 4: Weight Loss Self Contract**

I \_\_\_\_\_ (name) will follow the set of guidelines below for resistance training and nutrition to the very best of my ability.

1. Exercise 3-5 days per week for a minimum of 30-60 minutes.
2. Eat 3-6 meals per day with at least a bit of protein, fruit and vegetables in each meal.
3. I will only cheat once every 2 weeks at the most.

If the above guidelines are not met, I agree with the following penalties:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_

(ex. Add a 25 min cardio routine in addition to the aforementioned stipulations.)

If these guidelines are followed each week I will reward myself with:

1. \_\_\_\_\_  
\_\_\_\_\_

(e.x. A 15 min massage every week completed by your witness)

This contract will start on \_\_\_\_\_ and continue until \_\_\_\_\_.

Signed: \_\_\_\_\_  
(Name: \_\_\_\_\_)

Witness: \_\_\_\_\_  
(Name: \_\_\_\_\_)

**Step 5: Weight Loss Exercise Goals Sheet**

*When designing your goals, keep in mind that they should be precise, attainable, pertinent and calculable. Remember also to set a time frame for you to complete your goals.*

**Total Goals:**

1. \_\_\_\_\_
2. \_\_\_\_\_

*Next rewrite each main goal into smaller sub-goals (ie: Reasonable weekly goals).*

1. A) \_\_\_\_\_  
B) \_\_\_\_\_
2. A) \_\_\_\_\_  
B) \_\_\_\_\_

*What is the purpose for each goal? (E.g. I want to get stronger skating legs for hockey – I want to increase my leg strength by doing squats.)*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*Are any of these goals impractical? If so, how can you change it to be more practical?*

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

*Next you need to decide how you will implement these goals. Remember to keep these goals in mind when designing your program into the [log section of your journal](#).*

## Weight Loss Frequently Asked Questions

1. *Question. Doing sit-ups will flatten your tummy.*

**False.** Abdominal exercises such as sit ups and crunches strengthen abdominal muscles but do little to reduce fat from that area. Aerobic exercise like walking or bicycling will decrease fat from the tummy better than crunches. Most ab-gizmos advertised on TV come with a low-calorie eating plan that should be followed for maximal abdominal definition and weight loss.

2. *Question. Skinny people don't need to exercise.*

**False.** Skinny people also must exercise. A receptionist brought this up recently when I was in the hospital having some routine tests done. She was very thin and was convinced only overweight people have to exercise. Being thin is not the same thing as being healthy. While it's true that obesity is associated with a number of diseases, the fact remains that skinny people get heart attacks too. This woman was so skinny in fact that I pointed out to her that she might be at risk for osteoporosis.

3. *Question. The "Fat Burn" program on the treadmill is the best for weight loss.*

**False.** We are usually burning a mixture of fats and carbohydrates for energy. The fat-burn program on treadmills and other cardiovascular gym equipment is based on the fact that we burn more fat at lower levels of exercise intensity. Higher intensity exercise burns more carbohydrates for fuel -and also uses more calories. The fat burn program usually holds us at about 60% of estimated maximum heart rate which is sometimes a good starting point for the person beginning an exercise program. Greater intensities and lengths of time working out will result in more calories burned-which if coupled with reductions in the number of calories eaten, promotes weight loss.

4. *Question. When I stop exercising, muscle turns to fat.*

**False.** Muscle and fat are two different tissues. We cannot transform muscle into fat and fat can't turn into muscle. This myth was probably started by older athletes who, after retiring, stop exercising but to continue to eat as if they were still working out. The combination of shrinking muscles from inactivity, coupled with excess calories eaten give the illusion that muscle has been transformed into fat.

5. *Question. Osteoporosis is an old-persons disease.*

**False.** Would you believe that bone loss starts to occur around the age of 35! Osteoporosis is starting to be seen as a disease that actually begins in youth. Getting adequate calcium in the diet as well as doing resistance training when we are young can strengthen bones and offset the ravages of osteoporosis when we are older. Studies of seniors who strength train also show increases in bone mass. So it's ever too late to start lifting weights! If you have osteoporosis or any medical conditions, consult your physician before starting an exercise program and then get proper guidance from an exercise professional on the best exercise to stimulate bone growth.

6. *Question. Women who strength train will get big, bulky muscles.*

**False.** Women lack the hormones to needed make their muscles big like that of men. Even the biggest of female bodybuilders are smaller than male bodybuilders. Women who have overly large muscles often get them because they lift very heavy weights, exercise for several hours a day, and consume many thousands of calories. Sometimes they are also blessed with muscle fibers that get bigger from

strength training. Strength training is something all women should do to improve the quality and quantity of their lives!

7. *Question. Lactic acid causes muscles to be sore the day after working out.*

**False.** Lactic acid, produced from the anaerobic breakdown of carbohydrates causes the feeling of muscle burning and fatigue during exercise. Studies show that most lactic acid is removed from the muscles about one hour after exercise. So, the lactic acid is not around 24-72 hrs later when muscle soreness shows up. The muscle pain that is felt 24-72 hrs after exercise is called delayed onset muscle soreness (DOMS). Studies show that most DOMS is caused by eccentric muscle contractions ("negatives" as they are sometimes called in the gym). Eccentric muscle contractions occur muscle fibers lengthen, such as when you lower a weight.

8. *Question. Soy protein will lower cholesterol.*

**True.** Studies show that if you have high cholesterol, consuming soy protein, when combined with a diet that is low in saturated fat can reduce total cholesterol levels by about 9%. Studies also show soy can reduce LDL, the so-called-bad cholesterol, by about 13% and lower triglycerides (blood fats) by about 11%. These effects may take 2 months before they are observed. See your doctor if you have a history of breast or bladder cancer. Some experts theorize that high levels of soy may activate these cancers. This is a controversial area of research but it is best to discuss this with your doctor to be on the safe side.

9. *Question. Strength training is safe for children.*

**True.** Studies do not generally show damage to growth plates or other injuries resulting from resistance training in children if they are under the guidance of a professional. Children are not miniature adults and should not lift heavy weights. Before puberty, when testosterone levels are low, children will not increase the size of their muscles from strength training. The focus should be on proper lifting technique and lighter resistances. Manual resistance, body weight resistance, dumbbells and some machines may be appropriate for children.

10. *Question. Eating low fat foods is best for weight loss.*

**False.** It's possible for a food to have almost zero fat yet be teeming with calories. Remember, its reductions in calories eaten, not fat, that causes real weight loss.

11. *Question. Muscle weighs more than fat.*

**False.** Muscle and fat weigh the same. Muscle is denser and takes up less space than fat. A pound of muscle and a pound of fat both weigh a pound.

12. *Question. Muscle burns more calories than fat.*

**True.** It's estimated that a pound of muscle burns between 20 to 80 extra calories per day. Fat burns essentially zero calories. Thus, adding muscle can help you burn more calories and lose more weight.

<http://www.myfit.ca/archives/viewanarticle.asp?table=fitness&ID=50&subject=Exercise+FAQ> by Joe Cannon

**Step 6: 6 Steps to Nutritional Weight Loss**

1. Eat every 2-3 hours. These meals should contain complete protein, vegetables and fruit.

2. Have carbohydrates in the morning (oats, whole wheat, etc), during exercise (simple carbohydrates: dextrose and maldextrin) and after exercise **only** (with complete protein). Ingest a complete protein, vegetable/fruit, complex carbohydrate meal one hour later. These carbohydrates are rich in fibre which will help you feel full longer.



3. Take greens plus/V8 as a vegetable supplement; if you can't prepare vegetables during the day.

4. 25-35% of your diet should be good fats. These include extra virgin olive oil, salmon/fish oil, or other monounsaturated and polyunsaturated fats. Try supplementing with flaxmeal or high DHA/EPA fish oil daily.

5. Only drink water, dark teas, red wine (one glass a night maximum) and coffee.

6. Plan out your meals every Sunday. It will help keep you on the right track for success. Try and pack meals for the work week on this day in containers that are easy to bring to work.

**Other Nutrition Links****Nutrition Basics**

- [Protein](#) ▪ [Carbohydrates](#) ▪ [Fats & Lipids](#) ▪ [Vitamins](#) ▪ [Minerals](#) ▪ [List of All Fruits](#)
- [Water](#) ▪ [Supplements](#) ▪ [Glycemic Index](#) ▪ [Fiber](#) ▪ [Gluten Free Diet](#)
- [Good Cholesterol](#) ▪ [Healthy Foods List](#) ▪ [Triglycerides Causes/Diet](#)

**Nutrition Links**

- > [All Diet Reviews](#)
- > [Nutrition Articles](#)
- > [Nutrition Forum](#)
- > [Best Nutrition Cookbook](#)
- > [Printable Food Diary](#)
- > [Supplement Review](#)

[Foods Highest in Calcium](#)  
[Foods Highest in Protein](#)  
[Foods Highest in Fiber](#)  
[Foods Highest in Iron](#)  
[Foods Highest in Potassium](#)  
[Foods Highest in Vitamin A](#)  
[Foods Highest in Folate](#)  
[Foods Highest in Magnesium](#)  
[Good Cholesterol Foods](#)  
[Foods High in Tryptophan](#)

**Superfoods**

- [Salba](#) ▪ [Yerba Mate](#) ▪ [Mung Beans](#) ▪ [Hemp Seeds](#) ▪ [Quinoa](#) ▪ [Wild Pacific Salmon](#)
- [Whey Protein Powder](#) ▪ [Egg Whites](#) ▪ [Mixed Frozen Vegetables](#)

## Weight Loss Recovery Drinks

*What are recovery drinks? They are drinks that help you recover from a workout. These drinks help maximize muscle repair and thus increase your metabolism and help with overall fat burn.*

### **What is the best type of recovery drink?**

*A recovery drink should contain simple sugars that are easily digested and whey protein. This type of drink should be taken during and immediately after an exercise session.*



## Weight Loss Supplements

*There are so many supplements on the market that claim to help you lose weight fast. There are only a select few that have the independent research studies to back them up. We have laid them out for you:*

1. [Fish Oil Supplements](#)
2. [Green Tea](#)
3. [Caffeine](#)
4. [Whey Protein](#)
5. [Water](#)

*Other potentials:*

1. [HMB](#)
2. [CLA](#)
3. [Chromium Picolinate](#)

*That being said, there are more supplements that the average person should be ingesting if they cannot eat a balanced diet rich in fruits and vegetables. These are:*

1. A daily multi-vitamin
2. Greens Plus or another type of greens product



[Click for more supplement reviews](#)

## Metabolism Boosting Meal Plan

**Boost Metabolism Diet: 7am Wakeup Time** *Lipton and insulin are two hormones that determine how quickly your body turns food into energy. During this time your body has gone into starvation mode after an 8-12 hour starvation period. Eating immediately after you wake up is extremely important to increase your metabolism for the upcoming day. What should you eat? Make sure to ingest complex carbohydrates such as oatmeal, complete protein such as an omelette full of mixed vegetables and drink green tea and water.*

**Boost Metabolism Diet: 8 am Run Time** *Your thyroid is an important gland to activate at this point in the morning. Going for an early run causes this gland to increase the production of hormones that control your metabolism. How to run? A quick 20 minute run on the treadmill at 65% of your maximum heart rate (MHR) will increase your metabolism for the whole day. Also try 5 bursts of HIIT: High Intensity Interval Training which can increase your fat burning capacity. Make sure to have some **nuts (almonds or cashews) and yogurt immediately after with a small scoop of whey protein.***

**Boost Metabolism Diet: 10 30 Snack Time** *You've felt the hunger pains at this point in the morning; hunger pains are a bad sign of wasting muscle and a sign of your body's fat storing mode kicking in. What to eat? Scarf down some cottage cheese, sliced bell peppers with flaxseed meal and an apple or orange.*

**Boost Metabolism Diet: 12 Noon** *Testosterone and ghrelin are affected at this point in the day. Your testosterone which was highest in the morning has dipped and needs to be recharged. What to eat? Salmon or Tuna with low fat cheese and a spinach salad (perhaps with the salmon and tuna on top) with water or another green tea.*

**Boost Metabolism Diet: 230 pm** *Testosterone is getting low again and needs to be spiked. This can be accomplished by a competition of some type. What to do? On your work break go for a walk up some stairs to a pool table, ping pong table or another type of arcade game to compete with other males/females. Winning a game spikes testosterone and can keep your body in the fat burning zone. What to eat? Make a smoothie and add mixed frozen berries, flaxseed meal, plain natural yogurt, a scoop of greens plus, vanilla whey protein isolate and a banana.*

**Boost Metabolism : 400 pm The Daily Workout** *Your workout should consist of High Intensity Interval Training. Compound exercises such as squats, deadlifts or bench press and supersets and dropsets to fatigue your muscles. What to sip on: a combination of water, whey protein isolate, dextrose and maldextrose. This combination helps with protein synthesis and keeps your body in an anabolic state*

**Boost Metabolism: 500pm After Workout Shake** *Your body needs simple carbohydrates and complete protein immediately after a workout for complete recovery. What to eat 25g of dextrose and maldextrose and whey protein isolate (20 g) mixed together.*

**Boost Metabolism: 600pm Dinner:** *Grab a wild pacific salmon and throw it together with some quinoa and mixed vegetables. Drink one glass of red wine and water.*

**Boost Metabolism Day: 730-10pm Munchies:** *You're itching for some bad food, allow yourself half a small bag of popcorn and drink plenty of water with it. Also eat some cut up vegetables like celery and bell peppers. Around 8pm have two scoops of cottage cheese. Supplements: Fish oil, magnesium, vit C*

[Other healthy free diet meal plans](#)

## Grocery List

*This is a sample grocery list to purchase to help you achieve weight loss. These foods are either high in fibre, protein, good fats, or high in antioxidants.*

<input type="checkbox"/>	<a href="#">MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR SKIM)</a>
<input type="checkbox"/>	<a href="#">YOGURT,FRUIT,LOFAT,10 GRAMS PROT PER 8 OZ</a>
<input type="checkbox"/>	<a href="#">EGG,WHOLE,RAW,FRESH</a>
<input type="checkbox"/>	<a href="#">EGG,WHITE,RAW,FRSH</a>
<input type="checkbox"/>	<a href="#">FISH OIL,SALMON</a>
<input type="checkbox"/>	<a href="#">CHICKEN,BROILERS OR FRYERS,BREAST,MEAT ONLY,CKD,RSTD</a>
<input type="checkbox"/>	<a href="#">TURKEY,ALL CLASSES,MEAT ONLY,CKD,RSTD</a>
<input type="checkbox"/>	<a href="#">CEREALS RTE,KELLOGG,KELLOGG'S ALL-BRAN ORIGINAL</a>
<input type="checkbox"/>	<a href="#">GRAPEFRUIT,RAW,PINK&amp;RED&amp;WHITE,ALL AREAS</a>
<input type="checkbox"/>	<a href="#">FRUIT,MXD.(PRUNE,&amp;APRICOT&amp;PEAR),DRIED</a>
<input type="checkbox"/>	<a href="#">TANGERINES,(MANDARIN ORANGES),RAW</a>
<input type="checkbox"/>	<a href="#">BROCCOLLRAW</a>
<input type="checkbox"/>	<a href="#">CELERY,RAW</a>
<input type="checkbox"/>	<a href="#">SPINACH,RAW</a>
<input type="checkbox"/>	<a href="#">SQUASH,WNTR,ACORN,CKD,BKD,WO/SALT</a>
<input type="checkbox"/>	<a href="#">VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT</a>
<input type="checkbox"/>	<a href="#">MIXED NUTS,OIL RSTD,WO/PNUTS,WO/SALT</a>
<input type="checkbox"/>	<a href="#">WATER,MUNICIPAL</a>
<input type="checkbox"/>	<a href="#">SALMON,ATLANTIC,WILD,RAW</a>
<input type="checkbox"/>	<a href="#">TUNA,WHITE,CND IN H2O,WO/SALT,DRND SOL</a>
<input type="checkbox"/>	<a href="#">BREAD,RYE</a>
<input type="checkbox"/>	<a href="#">POPCORN,AIR-POPPED</a>
<input type="checkbox"/>	<a href="#">QUINOA</a>
<input type="checkbox"/>	<a href="#">VEGETABLES,MXD (CORN,LIMA BNS,PEAS,GRN BNS,CRRT) CND,NO SALT</a>
<input type="checkbox"/>	<a href="#">CHEESE,COTTAGE,LOWFAT,1% MILKFAT,W/VEG</a>

**Also consider:**

[List of all Fruits](#)  
[Healthy Food List](#)

### Superfoods

- [Salba](#) • [Yerba Mate](#) • [Mung Beans](#) • [Hemp Seeds](#) • [Quinoa](#) • [Wild Pacific Salmon](#)
- [Whey Protein Powder](#) • [Egg Whites](#) • [Mixed Frozen Vegetables](#)

## Weight Loss Circuit Routine/Plan

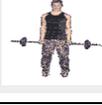
<b>Author</b>	Rod Ferris B.A. CPT(YMCA, ACE), CPAFLA	<b>Fitness Level</b>	Intermediate	<b>Type of Workout Program</b>	Muscular Definition
<b>Days in Plan</b>	<a href="#">3 Day Workout Routine</a>	<b>Rest Between Sets:</b>	1:00-1:30 minutes	<b>Duration of Workout</b>	60 Min per session

Monday(day 1), Tuesday(day 2), Wednesday(rest),

Thursday (Day1) Friday (day2), Sat (Rest), Sun (day1) and continue on like that. If you feel sore at all take a rest day. **NUTRITION:** Eat a high fibre, high protein diet with meals 4-6 times per day.

A planned nutritional program or schedule is one of the most important aspects of any workout program plan/routine. Please see the [nutrition section](#) to learn about [protein](#), [carbohydrates](#) and [fats](#). The bottom line is to make sure to get 6 small meals during the day all having protein, veggies and fruit. Also, have carbs and protein during and after a workout for muscle recovery. This is needed for increasing musculature. For an easy to follow recipe book created by the godfather of nutrition, [check out Gourmet Nutrition: A cookbook for healthy people](#). All of these workouts can be completed by men or women.

### The A circuit training program for muscular definition and fat burn. Free Workout Plan Program Routine

<b>Day</b>	1 - <a href="#">Cardio Workout Plan</a>	
	<b>1. <a href="#">Elliptical or Cross Trainer</a></b> Duration: 30 Min      Intensity:70%	
<b>Day</b>	1 - <a href="#">Upper Body Workout Plan</a>	
	<b>1. <a href="#">Bench Press</a></b> Sets: 3                      Reps: 12 Notes: jump right to lat pulldowns	
	<b>2. <a href="#">Lat Pulldown</a></b> Sets: 3                      Reps: 12 Notes: after, bike for 5 minutes then start over with bench press until three sets are completed.	
	<b>3. <a href="#">Incline Dumbbell Press</a></b> Sets: 3                      Reps: 12 Notes: Jump to seated row immediately.	
	<b>4. <a href="#">Seated Row</a></b> Sets: 3                      Reps: 12 Notes: After completion go back to incline press for 3 sets. No rest.	
	<b>5. <a href="#">Machine Military or Shoulder Press</a></b> Sets: 3                      Reps: 12 Notes: Three sets with 1.5 min breaks	
	<b>6. <a href="#">Barbell Curls</a></b> Sets: 3                      Reps: 12 Notes: Jump to Tricep Pulldowns	

	<p><b>7. <u>Tricep Pulldowns</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12  <b>Notes:</b> Jump back to Bicep Curls (no rest) Complete</p>
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**Day 2 - Abdominals Workout Plan**

	<p><b>1. <u>Ball Rollout</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12  <b>Notes:</b> Jump to back hyperextensions</p>
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	<p><b>2. <u>Twisting Leg Raises</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12  <b>Notes:</b> do this with 1.5 minute rest</p>
---	--

**Day 2 - Cardio Workout Plan**

	<p><b>1. <u>Elliptical or Cross Trainer</u></b>  <b>Duration:</b> 30 Min      <b>Intensity:</b>65%</p>
---	--

**Day 2 - Lower Body Workout Plan**

	<p><b>1. <u>Squats</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12</p>
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	<p><b>2. <u>Leg Press</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12</p>
--	--

	<p><b>3. <u>Leg Extension</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12</p>
---	--

	<p><b>4. <u>Leg Curl or Hamstring Curl</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12</p>
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	<p><b>5. <u>Seated Calf Raises</u></b>  <b>Sets:</b> 3      <b>Reps:</b> 12</p>
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**Day 3 - Rest Day Workout Plan**

**A circuit training program for muscular definition and fat burn. Basics-Workout Routine Order and Notes**

*The Order of the Workout Routine*

1. Warm Up
2. Weight Lifting / Resistance Training
3. Cardio (Consider HIIT)
4. Cooldown
5. Stretching/Flexibility Exercises

*Workout Routine Help Topics*

<a href="#"><u>Breathing</u></a>	<a href="#"><u>Timing</u></a>	<a href="#"><u>Nutrition</u></a>	<a href="#"><u>Warm-Up</u></a>
<a href="#"><u>Cooldown</u></a>	<a href="#"><u>Spotter</u></a>	<a href="#"><u>Training to Failure</u></a>	<a href="#"><u>Principle of Reversibility</u></a>

## **HIIT High Intensity Interval Training**

*HIIT: High Intensity Interval Training is the greatest way to burn fat by doing LESS cardio! HIIT is a VERY effective training technique used to decrease body fat, increase speed, increase VO2 Max and best of all: It requires 20 minutes of your time to workout!*

### **How does HIIT work?**

*When you complete a cardiovascular session at an unvarying intensity for the duration of a workout your body enters a 'steady state'. This is a state at which your body has adapted itself to the speed you are going and conserves energy. When you complete HIIT you do not allow your body to enter this state and thus allow yourself to burn more total calories in less time. Also, HIIT training is performed at a high intensity which raises your heart rate faster and raises your metabolism longer after the workout.*



**To burn the most fat, why shouldn't I run at a slow steady pace for a long time?**

*Running for a while at a lower heart rate (60%) primarily uses fat as energy. If you train at 85% of your max heart rate you will burn more total calories and in the end: **burn MORE fat.***

### **How effective is HIIT for fat loss?**

*Some studies, such as one by Laval University, state that HIIT (High Intensity Interval Training) cardio helps subjects lose/burn nine times more fat than those who trained the traditional way. It makes you wonder why anyone told you to train at a slow pace for a long period of time!*

### **HIIT: High Intensity Interval Training Workout**

1. Pick any type of cardiovascular method (running, swimming, recumbent bike, treadmill, elliptical machine, etc).
2. Determine your Maximum Heart Rate or MHR should be during a hiit workout session.
3. Wear a heart rate monitor (optional).
4. Make sure you take some time to warm up to get your body temperature raised before you begin.
5. Now begin your cardiovascular training at 75% MHR intensity for 30 seconds and then bring your intensity down to a slow dull pace for 90 seconds.
6. Repeat step 5 but bring your intensity up each time. Complete a total of 3-7 intervals in total. You'll be surprised with the results. Also see our HIIT training workout

### **Can a beginner do HIIT?**

*Yes, a beginner can start HIIT but change the intensity to a lower level.*

### **Is HIIT for everyone?**

*This type of training is very intense and should **be cleared by your doctor before you begin.** Make sure that you have a protein (preferably whey) and a carbohydrate drink after this type of training to keep your nitrogen balance 'positive' and to help with recovery.*

## HIIT Calculator

To calculate what your rate should be during a hiit training or workout program you need to figure out what your maximum rate is and then times it by a high percentage. This will give you your bpm during a hiit session. We have done the work for you! Check out the [hiit calculator](#)

## Conclusion about HIIT

High Intensity Interval Training is a miracle way to reduce your workout time and up your fat burning. One of the key advantages of HIIT is that it does not allow your body to adapt, so make sure to always change up the intensity and time. Another type of training principle, such as Fartlek training, is just that. Fartlek training is a random time and intensity method of training and I believe is the future of ultimate fat loss. Be prepared for HIFT (High Intensity Fartlek Training) to hit the news stands in a few months.

## Tracking your Progress

Written by Dr. Craig Coghlin, D.C., B.A., CPT, CFC, CSCS

Why wouldn't someone want to know what kind of progress they are making? How can one possibly remember every minor detail regarding their exercise program? These are just some of the questions I pose to my clients when I am preaching the importance of tracking your progress.

There are actually numerous ways of tracking progress. One of the best ways, in my opinion, is to have a fitness appraisal done by a certified individual. A typical appraisal involves measuring resting heart rate, blood pressure, height, weight, [BMI](#), five different skinfolds (some appraisers know how to do more), measurement of aerobic fitness and recovery, grip strength, maximum number of pushups and sit-ups, a test of flexibility, and determination of leg power and vertical jump. Some appraisers, like myself, also like to offer supplemental girths in addition to these services. In my opinion, the more information you know, the more specific the results become. Aside from giving an in depth measure of one's current physical fitness level, these appraisals also give some insight into general health. For example, fitness appraisers can determine if one has hypertension, tachycardia (abnormally high heart rate), bradycardia (abnormally low heart rate), or other related health problems that require professional attention.

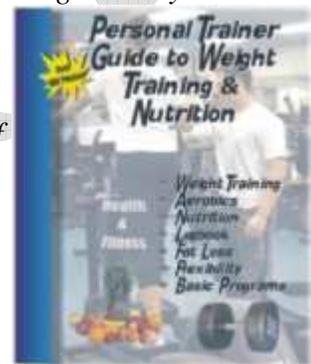
Advanced Musculars Trainer For Example

Exercise	Sets	Reps	Weight	TR
Bench Press	4	8, 7, 6, 9	285, 285, 275, 275	
Incline Dumbbell Press	2	8, 7, 7	65, 60, 60	
Trunklift Fly	2	8, 7, 8	11, 11, 11	
Standing Fly (Cables)	2	8, 7, (6, 5, 4)	20, 20 (40, 20, 20)	
Barbell Curls	4	8, 7, 6, 9	40, 35, 35, 35	
Frontier Curls	2	8, 7, 6	65, 60, 60	
Concentration Curls	4	8, 7, 6, (2)	20, 20, 20, (40)	
Crunches	2	25, 22, 23	Body Straight	
Leg Press	2	20, 20, 20	Body Straight	

With specific goals in mind, one is capable of seeing directly how much they have changed. For example, if an individual is looking to lose weight, and goes on an exercise routine consisting of ample cardio and moderate weight training activities, I would strongly urge them to have a fitness appraisal done. After a certain length of time has passed, the individual could return for a reassessment. Reassessments are important because if one just goes by their bathroom scale weight, they may be quite disappointed. What can commonly happen in regards to moderate weight training is the displacement of fat mass with muscle mass. Because muscle weighs more than fat, the bathroom scale can cause severe dismay. A full reassessment would pin point the changes; it would identify which areas of the body lost the weight (skinfolds and girths), and would give insight into the cardiovascular

improvements.

Another way of keeping track of one's progress is quite simple, and requires no certifications. Get a logbook. These books are not only cheap and easy to find, they can prove to be motivators in themselves. By looking through past workouts, you can see what areas are not progressing as you may wish, and thus you can focus attention on these areas. By recording dates, you can deduce what occurrences may be holding you back from getting into the gym as frequently as you wish ("Must See TV"). I urge my clients to set their own personal "mini goals" and try to break them in a set amount of time. An example of this would be an individual trying to increase their bench press. I would recommend trying to increase one aspect of the bench press each time they are in the gym. By looking to their logbook for the results of their last bench workout, they can attempt to increase the number of reps in any sets, or increase the weight by small amounts. One of the biggest things I rely on my logbook for is simply remembering what I am supposed to be doing that day. I'm sure many people are in the same boat as I am and just have too much other stuff to remember to be able to recall exactly the weight and reps from an exercise done days before. At the very least, logbooks give you something to do while you're in your rest period. Instead of just sitting like a bump on a log, you can be planning your next set, or next exercise, and the rest periods will become less boring.



Whether you're just getting started, or have been hardcore for quite some time, being aware of progress is essential to success.

[Myfit.ca](http://Myfit.ca) sells a log to track your progress for \$12.00

## 71 Weight Loss Tips and Secrets

1. **Write it down:** Studies have shown that simply writing down your workouts will help keep you in the gym longer and keep you progressing. Try a [workout diary or log](#).
2. **Workout with a buddy:** Working out with a partner increases motivation.
3. **Plan your meals out every Sunday:** It will help keep you on track.
4. **Progressive overload:** Progressive overload is extremely important for fat burn and muscle gain.
5. **Eat 6 times a day:** Eating more often [boosts your metabolism](#) throughout the day.
6. **Set realistic expectations:** To lose weight using a proper diet and exercise plan expect to lose 1-3 pounds a week. Chances are that if you are losing more than that you're probably cheating with pills or taking some sort of diuretic.
7. **Stop dieting:** YOYO diets or pills are NOT good for your body, so don't do it!
8. **If you're hungry at night have cereal.** A recent research study concluded that people that snacked on cereal instead of their chips counterparts lost more weight.
9. **FOCUS.** The gym was created for working out not taking 10 minute breaks between sets.
10. **Prioritize your goals:** What do you want to get out of your workouts? Why not train

that way. A lot of people want to bulk up and then do 130 minutes of cardio. Sit down and think out your workout in accordance to your goals.

11. **Study.** Many people rely on the media to feed them information about fitness. Many fitness professionals can't stand myths about weight loss. Ie. The new fad of the a magic shaking fat loss machine.

12. **Know your body:** Different people need a different caloric intake, workout and motivation.

13. **90 10 rule.** The 90% to 10% rule implies that you eat right 90% of the time and eat 'ok' the other 10% of the time.

14. **Limit your Negatives:** Find things that are preventing you from workout out and change it..

15. **You are what you eat PERIOD**

16. **Weigh yourself daily:** I'm not saying to go crazy but just be aware of your gains and loses, it will help keep you on the track to improvement.

17. **Think before you order** Before you order those fries with the white bun burger, think about what you're goals are. Do you really think you'll get there eating like this?

18. **Get rid of bad food** The less temptation you have in your kitchen the better.

19. **Use vinegar** Vinegar helps regulate blood sugar levels.

20. **Take a multivitamin** Most people do not get nearly the varied diet that the Canada food guide recommends so do yourself a favour.

21. **Take a high EPA/DHA fish oil** Fish oil not only helps decrease the risk of cancer but it helps you shed fat!

22. **Drink coffee:** Not only does coffee help increase your body temperature but recent research suggest that coffee also helps decrease heart disease by as much as 40% (in women).

23. **Drink water:** Water doesn't contain fat, sugar or carbs.

24. **Drop the soda, alcohol and juices:** Waste of calories.

25. **Think about your portion sizes**

26. **Set alarms for your workout, or snack times.** The more you can remind yourself to eat right, and workout the better.

27. **SPICE** Spices are uber healthy and loaded with flavour.

28. **Write a self-contract** a self-contract will help keep you on track

29. **Look back:** Look at your progress monthly and reassess.

30. **Salad is available:** Salad is always available at restaurants, just make sure you add the chicken, tuna and nuts to keep it packed full of nutrients.

31. **Get a massage.** Stress is a major reason for failed weight loss plans.

32. **Encourage yourself.** a self positive outlook is a great attribute.

33. **Get a personal trainer:** [A personal trainer](#) is a great tool to help you stay on the right track.

34. **Try a different cardio machine** Sticking to the same cardio machine can wreak havoc on your muscles and actually increase the risk of injury if you try something other than that machine.

For the complete list visit : [http://www.myfit.ca/archives/71\\_weight\\_loss\\_tips.asp](http://www.myfit.ca/archives/71_weight_loss_tips.asp)

## Home Gym System with Exercise Bands by Terrell Owens



Home gyms are a great way to keep fit and stay on track when you can't get to the gym, but why not train at home with your own portable 2X2 bag that holds up to 130lbs of resistance? This revolutionary home training system comes with a door, leg and two handles and has high quality aluminum clips. **\$99.00**

Elastic Band Home Gym System by Terrell Owens

## What is Gourmet Nutrition Cookbook?

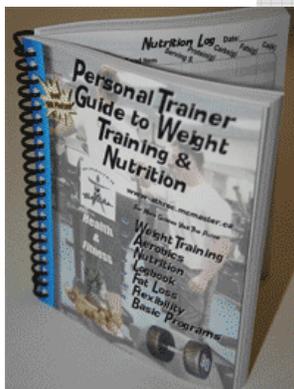


Gourmet Nutrition is a super **healthy cookbook** created by Dr. John Berardi PHD (exercise biology and nutrient biochemistry) for healthy people that don't want to eat bland food. **Myfit** had a chance to check out the latest version of gourmet nutrition. We were absolutely blown away by the quality and attention to detail of the cookbook. In this recipe book John talks about what types of foods and spices you should have in your kitchen, healthy habits to reduce body fat and different

helpful tips on everyday foods. **\$39.99**

Gourmet Nutrition- Your super healthy cookbook

## Weight Lifting or Training Log / Journal



- 120 Day Log Book / Journal
- Over 100 Exercise Photos
- Stretches with photo's
- Training Principles
- Nutrition Information
- Ways to cut back on fat
- Fitness tips and myths
- Self help websites
- Latest Research

**\$12.00**

Myfit.ca Personal Trainer Guide and Weight Training Log

Thank you for reading *The Ultimate Weight Loss Bible*. Please send us [feedback](#) when you have time. We would love to hear from you.

The Ultimate  
**Weight Loss**  
**Bible**

Free Ebook: Guide to  
Losing Weight



By Rod Ferris  
B.A., CPT(YMCA, ACE), CFC, CPAFLA

  
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