

The jump start weight loss plan for your 'Big Day'
Because looking your best in *not* an option!

HOW TO: Lose Weight In 8

The 8-day accelerated plan to:

- ✓ Lose *WEIGHT*
- ✓ Tighten *ABS*
- ✓ Sculpt *ARMS*
- ✓ Drop *INCHES*
- ✓ Improve overall *RESULTS*

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Lose Weight In 8

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INTRODUCTION

Your 'BIG DAY' is coming, Will you be ready?

You've known about the 'Big Day' for months. You were all excited, swearing that 'this time', you were going to get into your best shape ever. You were going to lose that extra 5 – 10lbs. Perhaps you meant to get in the gym, eat right, and take care of yourself.

What you 'meant' to do, didn't happen.

Once again, you were caught off guard! Something or someone invaded your precious time of preparation.

It could have been a work conflict that kept you from the gym, perhaps school, the kids, or any one of life's everyday demands that halted your progress.

It's not that you look horrible; you're just little 'sloppy', that's all. You don't feel very good about the way you look; therefore, you don't feel very good about the 'big day'. If only there were something you could do to look great NOW!

If there was, you could get through this event, and promise that you would make the 'lifestyle changes' necessary so this would never happen again.

How about this next scenario, perhaps you have been training hard and eating right for months, but for some reason, those last few stubborn pounds don't seem to be coming off! You aren't sure why it's harder this time around, but right now, the 'how come' question must take a back seat to, 'how fast can I get results'!

*You aren't looking for excuses; you just need to know how to look **GREAT FAST!***

For many of us, it is human nature to wait until the last minute before getting serious about our fat loss goals. We wait, and wait, putting off the inevitable, and then suddenly, we hit 'panic mode' just days before our 'big day' event.

If we haven't completely given up, then we choose to workout like maniacs and starve ourselves in an effort to make up for lost time. We strive to achieve in days what normally takes months, even years to produce. Because of this ever-growing trend, I decided to write this guide to show you how to maximize your results in the final 8 days before your event. You may have thought it was too late to make any progress, but it's not!

I don't know your situation. But I do know this... you need results NOW! So whether it was laziness, busyness, or any other circumstance that kept you from achieving your best shape, all that matters is losing the weight and getting results.

Definition of a 'Big Day' Event

Before we go any further, we need to clearly identify what A '**Big Day**' event is.

It is an event that shapes, changes, or defines an important moment in our lives. Looking healthy and fit for these special occasions sends the message to our family & friends that we are successful, healthy, and in control (whether that's accurate or not) This event is usually photographed and looked back upon years later. Generally, we may not get to see many of these people on a regular basis, so it's natural to want to leave them with a good lasting impression.

Review the list below to find your 'Big Day' event:

1. Vacation
2. Class Reunion
3. Wedding
4. Big Date
5. Photo Shoot
6. Movie/Film Shoot
7. Weekend Getaway

Or simply a day at the beach!

Are you ready to Lose Weight in 8?

Ask yourself the following questions:

- Are you in your best shape?
- Has your training and nutrition been all that it could be?
- Have you reached your weight loss goals?

If you answered 'no' to any of the above, then I invite you to read on and learn what it's going to take, over the next 8 days, to achieve your best 'you' possible.

Would you like to:

- Lose 1-2 inches on those 'trouble' areas?
- Lose some unwanted bodyweight?
- Lose the bloated, chubby face as a result of water retention?
- Tighten up the superficial layer to take on a tighter appearance?

Why this? Why now? Why Not? **For the critics, skeptics, & the haters**

Okay, I know that somebody purchasing this guide will be very skeptical of my intentions and ethics, so this next section is for you.

I wrote this guide as a way to help people look their best in minimal time.

Is it a quick fix?

Yes

Is there a better way to achieve results?

Perhaps, but not in 8 days

Should you use these principles for an on-going basis?

No, this program was designed to be used sparingly.

I know you don't need anybody telling you about 'positive lifestyle choices' at this point. That's like a doctor talking to you about the importance of diet and exercise while you are in cardiac arrest! You aren't looking for advice; you are looking for an immediate solution!

Remember, this is not a complete health program. That's not the focus of the material. This is a quick fix, crash-course for looking your best in the shortest time possible. Think of it from the following perspectives:

SITUATION ONE:

You are in a boat, and all of a sudden a hole is discovered! The boat is sinking, and you are 100 yards from shore. You look into your emergency kit, and you find a cork and a 200-page manual on boat design and structure. Which will you use in this critical moment? The cork, of course... Why? Because you have an immediate need! That is, to stay afloat and make it safely to shore.

SITUATION TWO:

You are in a restaurant. All of a sudden, you begin to choke on your dinner. A doctor rushes over to the table and presents one of two options:

A: Perform the Heimlich maneuver and save your life.

B: Have the doctor explain to you the importance of good chewing habits to avoid choking in the future.

If you were honest and answered "A", that's exactly what you will find on the following pages. The information that's necessary to help you achieve your best result "NOW". There are essential tips, tricks, and secrets to looking great in 8 days! We'll save the 'healthy lifestyle' & 'better choices' discussion for another day.

‘Big Day’ occasions don’t come everyday

That’s true, but when they do, it’s comforting to know that you have the information and tools to deal with these situations. Sure, we agree that it’s best to approach health and fitness with a long-term perspective and recommend that you make daily decisions that will promote longevity and overall good health. That is NOT the scope of this guide. That’s a topic for another time. Today, you have within your hands the material that will help you achieve your short-term goals in record time.

You want to look your best on the ‘big day’, right?

Okay, before you begin, the following advice will help you to **maximize your 8-day experience**:

1) Read the whole program before beginning.

C’mon, it’s not that long!

2) Buy all products needed in advance.

So that you don’t run out of anything and risk failure during the 8 days.

3) Clear your social schedule of unnecessary gatherings.

Why? Because when the tough moments come, and they will, it’s much easier to follow through when you are already invested. You don’t need to justify your decision to your friends who just want to go out and have fun.

4) The food choices I have made are based on RESULTS.

Are there other foods you could substitute? Sure, but if you don’t mind eating the foods that have been **PROVEN** to work, why reinvent the wheel? Look, this is what I **KNOW** works! I realize that everybody has different preferences, and that’s wonderful, but the closer you stick to food choices that are recommended, the better your results will be. Because of this, I have included a “**Best Choice**” under certain products that I feel are most important.

The Preparation

The 3-P'S for making your next 8 days successful

- **PLAN**
- **PURCHASE**
- **PREPARE**

1) **Plan this week's schedule**

In your free time, fill out each of the 8 day sheets found on the following pages. By planning your days in advance, you will eliminate all the guesswork, removing another obstacle on your path to success. If you work late, perhaps you'll have to eat an extra meal at the office. Plan for it now!

2) **Purchase everything you need**

By purchasing everything you need in advance, you won't run the risk of having to substitute an appropriate meal with junk food. Also, by following a grocery list that's made from your checklist, you'll save considerable time at the grocery store and stay focused on your next 8 day's objectives.

3) **Prepare your meals in advance**

Personally; I like to cook all of my meals in advance. I freeze them, and simply

pull out the next day's meals the night before to thaw in the fridge for the next day. I keep protein bars, bags of raw almonds, and bottled water with me all the time. Remember, however you decide to prepare and store your food, develop a system that eliminates guesswork!

*** The following page contains the list of items that you will need to purchase and a brief reason why you'll need each item. Remember, it's always best to have extra items than it is to run out.**

The Lose Weight In 8 Checklist

The follow checklist of items have been tested, proven, and found to be very effective. The items checked with a () are not necessary, but ones I have found to be extremely helpful. Not every item is necessary for great results, so you may include food alternatives from the other food list.)*

Chicken, Fish, Turkey, Beef, & Eggs – This is the base of your protein needs on the program. Remember, the thermic effect of protein is twice as high as the thermic effect of fat or carbohydrate. Choose based on preference. *No processed meats, fried versions, or sauces should be added.*

- BEST CHOICE: Fresh Chicken Breasts – not frozen

Vegetables & Sweet Potatoes

-BEST CHOICE: Green Beans, most other greens

Unsalted Nuts – Keep a good amount of mixed nuts on hand. Raw, organic nuts are preferred, but not necessary.

-BEST CHOICE: Raw Unsalted Almonds

Olive Oil & Sunflower Oil

-BEST CHOICE: 100% Extra Virgin, Cold-Pressed, and Unrefined Olive Oil.

Purified Water – You will need plenty of water to help assist your body in shedding toxins.

- *BEST CHOICE: Distilled Water. This helps to avoid minerals and sodium, which cause water retention.*

Table Salt – Yes, I said ‘salt’. This is to be consumed on high sodium days. Table salt contains 590 mg. of sodium per 1/4 teaspoon. You will want to purchase between one & three different table salts (they come in many varieties) as we will be sodium loading on specific days.

-*BEST CHOICE: Ranging from Sea, Garlic, Seasoned, Popcorn, & Hot Salt.*

(*) Dandelion Root – A natural & gentle diuretic. It is believed to be one of the safest and most popular herbal remedies. Helps to trick the body into releasing excess body, bringing on a tighter appearance on low sodium days. You can find dandelion root at any health food store and more drug stores.

(*) Hemorrhoid Cream – this will help reduce the swelling in ‘trouble’ areas on the body by pulling water out from under your skin. Too much water can make you look smooth and undefined.

-*BEST USE: Apply to Abs, Love Handles, Hamstrings, Hips*

(*) Plastic Wrap – Yes, the one you use to wrap leftovers. You will use the wrap to secure the hemorrhoid cream to the intended body part(s). Simply spread a moderate amount of Hemorrhoid cream on skin, cover with plastic wrap, then reapply every 4 hours. Begin process 12 hours before ‘Big Day’ unveiling.

(*) Vanadyl Sulfate – is derived from the trace mineral vanadium. Some studies show that vanadyl sulfate mainly helps the muscle cells uptake glucose. Basically, forcing more proteins and carbohydrates directly into

muscles. Follow the recommended dosage on label. Supplements are generally safe and effective when taken in the recommended amounts. As with most trace minerals, over supplementing may be toxic, so don't take too much! You can find vanadyl sulfate at any health food store.

(*) Tanning Products – These includes everything from self-tanning products to lotions and accelerators should you choose to sunbath or visit a tanning salon. Tanned skin always makes you look leaner, but the decision to tan should be based on your skin type as well as the potential risks associated with exposure to indoor tanning beds and/or the sun.

- *BEST CHOICE: Your location, skin type, & personal preference will determine your decision.*

(*) Protein Powder – while this isn't 'necessary', it does help you to meet your protein requirements while attempting to shed every unwanted pound possible. You see, it takes the metabolism twice as much effort to metabolize protein as it does fat and carbohydrate. So adding protein powder to your plan will not only make meal preparations easier and more convenient, but will also stimulate your metabolism! We recommend you choose a product that contains 20 grams or more of protein per serving, less than 5 grams of carbohydrates, and little or no fat. It should also be low in sodium.

- *BEST CHOICE: Metabolic Drive by Biotest*

Fresh/Frozen Berries – these are full of antioxidants and make a great addition to your oatmeal or protein shakes. For this plan, you will want to stick with blueberries, blackberries, and raspberries.

(*)Multivitamin/Mineral - because you will be eating a limited variety of food, a good multiple acts as your 'insurance'.

(*)EFA's – **Essential Fatty Acid** supplements, such as Fish oil capsules & others can help to keep your insulin levels in check, which can help suppress carb-cravings. The essential oils also help to keep your skin soft and smooth.

(*)Creatine Monohydrate – Creatine's benefits are many. From muscle saturation to immune boosting properties. Plain, create monohydrate is best, and cheapest! This will help give your muscles a fuller appearance.

Black Coffee & Teas – Coffee & Hot Tea are acceptable. Be sure that everything is prepared without sugar, sweeteners (real or artificial), or cream/milk.

-BEST CHOICE: Black Coffee & Green Tea

Oatmeal – On this plan, you will combine oatmeal with protein to form meals that will give you the energy to perform your workouts. Stay away from prepackaged oatmeal, and instead, choose 100% whole-grain or steel-cut, organic is preferred.

- BEST CHOICE: Organic, steel-cut

ALTERNATIVE FOOD CHOICE LIST

I suggest you eat the foods listed in the checklist, but I realize that with individual food preferences and food allergies, some of you may need to alter the plan. Below is a list of **Proteins, Carbohydrates, Fats, and Beverages** that will assist you in finding the selection of foods that are right for you. These are by no means complete lists, just several quality alternatives. Please note this list in the following section. You will be able to use this list to help you create meal combinations that are right for you.

The following abbreviations are used to define each nutrient.

This is done for space and convenience.

1. 'Pro' - Protein Source
2. 'Vege' - Vegetable Source
3. 'Carb' - Starchy Carbohydrate
4. 'Fat' - A Healthy Fat
5. 'B' - Beverage (besides water)

PROTEIN (Pro)

Chicken Breast

Egg Whites

Fish

Lean Red Meat (like flank or lean sirloin)

Egg, Milk, or Whey-Based Protein Powders

Meal-Replacement Powders (MRP's)

Nonfat/ Low Fat Dairy Products

Shellfish

Turkey

CARBOHYDRATE-Fibrous (Vege) – Can be added to ANY MEAL

Asparagus
Broccoli
Cauliflower
Cucumber
Green Beans
Lettuce
Spinach
Tomatoes

CARBOHYDRATE-Starch (Carb)

Beans
Bread (Whole Grain)
Brown Rice
Cereal (Whole Grain)
Fruit (Included here for sugar content)
Oatmeal (100% Whole Grain)
Pasta (Whole Grain)
Sweet Potatoes/ Yams

FAT (Fat)

Avocados
Natural Almond or Peanut Butter
Nuts
Olives
Olive Oil
Seeds
Fish Oil Capsules & *other essential fatty acid supplements.*

BEVERAGES (B)

Coffee
Green Tea
There are other beverages, but be aware of sodium and sugar content.

Tricks, tips, & techniques to use:

Carb depletion/ Carb loading- When you are in a carb-depleted state, your body has the ability to absorb as much as one and a half times the muscle glycogen that you normally would. You see, when you carb-load with low sodium, your skin takes on a tight, harder appearance with no subcutaneous (under the skin) water that hinders muscle definition.

Sodium loading/ Sodium depletion- First, you'll load up on sodium, which will get your body used to high levels for several days. Then, in the last few days, when you cut down on water, you will also cut out all the sodium you possibly can. The process will force the body to let go of all of your subcutaneous water, which will give you the 'ripped' up appearance! And even though you are cutting out water, your body will still be shedding it at a greater rate, which is what we are trying to achieve!

Water loading/ Water depletion- We are trying to increase our water intake over several days. Then, we are going to water load during the week prior to the 'Big Day', and then we will slowly deplete the water while returning to carbs and keeping our salt intake very low. This will result in your body replenishing its muscle glycogen stores while shedding the water under the skin; giving you the tightest look possible.

Water Consumption- Prior to the 'Load' & 'Depletion' stages, your daily goal for water consumption should be 1 cup (8 oz.) of water for every 10 lbs of bodyweight.

(For example: A male weighing 150lbs. would take his total bodyweight and divide it into 10 to determine how many cups of water he needs per day.)

BODYWEIGHT = "X" cups of water per day.
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PORTION CONTROL

One of the easiest ways to measure your serving size is to use 'portion control'. An appropriate portion for you is either:

1. The size of your palm
2. The size of your clenched fist

Bonus Tip for Advanced Males

When your goal is to get very lean and dense, including a weekly posing session lasting 30 to 45 minutes can really make a difference in your appearance. Hold each of the mandatory bodybuilding poses (there's seven of them, eight if you count the "most muscular") for sixty seconds and repeat the cycle two or three times. Concentrate on maximally contracting the muscles. Muscle control really is improved through posing and so is muscle tonus, thus you'll look denser and more muscular, plus it'll actually help you with your lifting performance!

WORKOUT DEFINED

The workout portion of the **LWI8** program will consist of Cardio & Strength Training. Below is a detailed description of each:

CARDIO TRAINING

Cardiovascular training will be performed for 30 – 60 minutes. Each workout should be performed at a moderate to medium intensity.

To rate your workout; use the **Rate of Perceived Exertion (RPE)** scale.

- A rating of **1** would be defined as 'easy' and rating of **10** means 'difficult'.
- Rate each workout performance using this 1 – 10 system.
- You should strive to keep each workout at between an RPE of 5 – 8.

Example:

Activity/ Machine	RPE	Total Time
Running on Treadmill	8	45 minutes

Cardio Options – here are a few popular options to choose from.

- Walking, Jogging, Running
- Bike, Cycling
- Elliptical, Cross trainer
- Stairmaster, Running Bleachers
- Stepmill
- Hiking
- Skating
- Skiing
- Treadmill
- Rowing

Which Cardio option is best?

The one that YOU enjoy doing!

STRENGTH TRAINING

The Strength Training Workout is designed to work the body as one whole unit. By working the body as a whole unit, more calories are burned during the workout. This raises the metabolism (burns more energy) for an extended period of time. There are some body parts, exercises, and angles that have not been included in this program due to time constraints and bottom line effectiveness for achieving rapid results.

Techniques - Principles:

Supersets - Perform two exercises for opposing muscle groups, (also known as 'push' vs. 'pull' muscles), back-to-back without rest between exercises. This places a great metabolic demand on the body, translate: 'you burn more calories'.

Muscle Groupings - *Superset Pairings are mostly opposing muscle groups, they are listed below.*

1. Chest & Back
2. Quadriceps & Hamstrings
3. Biceps & Triceps
4. Abominals & Lower-Back
5. Shoulders & Obliques/Core

Sets & Reps - **Perform 3 Supersets of 12 - 15 reps.** Choose a weight that allows between 12 - 15 reps before failure per set. To determine an appropriate weight, use the '**2 rep rule**'. If you can perform a set of between 10 - 17 reps (10 is 2 reps shy of 12, and 17 is 2 reps beyond 15) then you have chosen the appropriate weight. 3 Supersets should be performed

with each body part pairing before moving on to the next pairing/set of exercises.

Rest between Sets - 30 - 60 seconds. After performing one superset, (Example: 12 pushups then immediately perform 12 chin ups) rest 30 - 60 seconds before performing the next superset. Depending on level of conditioning, individual rest periods may vary, some will need more rest before the next superset, some less.

Exercise Selection & Categories- Below is a short list of **exercises** and **categories** of exercises that can be used on this program.

Exercise Selection & Categories

- 1) **Bodyweight** - using your bodyweight as resistance
- 2) **Free Weights** - using Dumbbells, Barbells, & Medicine Balls
- 3) **Machines** - wide range of options, found mostly in commercial gyms/clubs, some home equipment.

CHEST EXERCISES:

BODYWEIGHT: Pushups

FREE WEIGHTS: Dumbbell or Barbell Press

MACHINES: Machine Press/Fly

BACK EXERCISES:

BODYWEIGHT: Chin ups

FREE WEIGHTS: Bent-Over Dumbbell Rows

MACHINES: Lat Pulldown or Seated Row

QUADRICEPS EXERCISES:

BODYWEIGHT: Squat or Lunge

FREE WEIGHTS: Barbell or Dumbbell Squat/Lunge

MACHINES: Leg Press, Leg Extension

HAMSTRING EXERCISES:

BODYWEIGHT: Single-Leg Toe Touches

FREE WEIGHTS: Barbell or Dumbbell Dead lift

MACHINES: Leg Curls

BICEPS EXERCISES:

BODYWEIGHT: Close-Grip, Underhand Chin ups

FREE WEIGHTS: Barbell or Dumbbell Curls

MACHINES: Arm Curls

TRICEPS EXERCISES:

BODYWEIGHT: Close-Grip Pushups

FREE WEIGHTS: Dumbbell Kickbacks, Overhead
Dumbbell Extensions

MACHINES: Triceps Press, Straight Bar
Extensions (various attachments)

ABDOMINAL EXERCISES:

BODYWEIGHT: Floor Crunches, Planks, Leg Raises

FREE WEIGHTS: Serratus (Weighted) Crunch

MACHINES: Various Ab Machines

LOW BACK EXERCISES:

BODYWEIGHT: Low Back Extension on Floor

FREE WEIGHTS: Good mornings with Barbell

MACHINES: Various Low Back Machines

SHOULDERS EXERCISES:

BODYWEIGHT: T-Pushups, Headstand Pushups

FREE WEIGHTS: Dumbbell or Barbell Overhead Press, Side Raises, Upright Rows

MACHINES: Shoulder Press, Lateral Raise

OBLIQUE EXERCISES:

BODYWEIGHT: Side Bridge

FREE WEIGHTS: Saxton Side Bend, Trunk Twist w/Medicine Ball

MACHINES: Torso Twist, Side Bends, etc...

* Specific exercises are not included on the workout sheets. Body part groupings are shown instead. Choose exercises based on motivation, education or understanding of technique and form, as well as personal preference.

Example:

Body Parts	Exercise	Weight	Sets	Reps
Chest	Bench Press	115 lbs.	3	12 - 15
Back	Barbell Row	115 lbs.	3	12 - 15

Additional Thoughts on Exercise

There are many exercise programs that exist today. It is beyond the focus of this manual to give additional exercise prescription. We simply recommend that you train 'intensely', whatever that means to you, based on your current fitness level. We believe that the best results will be seen by applying a strength-based exercise plan (anaerobic) along with cardio (aerobic) work. We have included time and rest guidelines. For more information or additional services, please visit our website.

It's all You!

At the risk of sounding selfish, for this plan to work, you are truly going to have to put yourself FIRST. For many of you, this will be difficult, as you've got many demands on your time. If you are able to delegate some of your responsibilities to others, or simply explain how important this is, perhaps you will be able to effectively recruit a solid support system to temporarily shoulder some of the load. Remember, you may want to take measurements and do a "Before" & "After" picture to document your transformation. If so, we'd love to hear about your experience!

DAY 1 - Eating Plan

- Eat 5 portion-controlled meals using food list for support
- Eat every 2 ½ to 3 ½ hours
- Remember to take a Multi-vitamin/mineral
- The (*) indicates which macronutrient you should be consuming at that meal

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		Multi	
2	*	*			
3	*		*		
4	*		*		
5	*		*		

DAY 1 - Workout Program

Strength Training

Perform 5 – 10 minute warm up prior to workout

Body Parts	Exercise	Weight	Sets	Reps
QUADS			3	12 - 15
HAMS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
CHEST			3	12 - 15
BACK			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
ABS			3	12 - 15
LOW BACK			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
BICEPS			3	12 - 15
TRICEPS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
SHOULDERS			3	12 - 15
CALVES			3	12 - 15

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 2 - Eating Plan

- Only eat Carbs at meal 1 & Post-Workout Meal
- Remember to use water for Shakes from your daily intake supply
- Begin Sodium Load/Carb Deplete Phase. Today, add one serving of salt to each meal (One Serving – ¼ tsp.)

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		Multi+ Salt	
2	*		*	Salt	
3	*		*	Salt	
4	*		*	Salt	
5	*		*	Salt	

DAY 2 – Workout Plan

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 3 – Eating Plan

- There are no Protein/Carb meals today **expect** Post-Workout.
- Remember to use water for Shakes from your daily intake supply.
- Continue Sodium Load/Carb Deplete Phase, increase salt to 1½ servings at each meal.

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*		*	Multi+S	
2	*		*	Salt	
3	*		*	Salt	
4	*		*	Salt	
5	*		*	Salt	

DAY 3 – Workout Plan

Strength Training - Perform 5 – 10 minute warm up prior to workout

Body Parts	Exercise	Weight	Sets	Reps
CHEST			3	12 - 15
BACK			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
QUADS			3	12 - 15
HAMS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
ABS			3	12 - 15
LOW BACK			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
TRICEPS			3	12 - 15
BICEPS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
SHOULDERS			3	12 - 15
CALVES			3	12 - 15

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 4 – Eating Plan

- There are no Protein/Carb meals today. Eat every 3 to 4 hours.
- Continue Sodium Load/Carb Deplete Phase, add one serving of salt to each meal, and **add two servings of salt to last meal of the day.**

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*		*	Multi+ Salt	
2	*		*	Salt	
3	*		*	Salt	
4	*		*	Salt	
5	*		*	Salt x 2	

DAY 4 – Workout Plan

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 5 – Eating Plan

- Beginning Sodium Depletion/Carb Reload Phase
- Begin taking Vanadyl Sulfate (**VS**) & Creatine Monohydrate (**CM**) as written below
- Begin water depletion mode. (**Total Intake – 25%**)
- Drink water **AFTER** meals to avoid bloating
- Take Dandelion Root/diuretics (**D**) at Meals 2 and 5
- Eliminate Multi-Vitamin/Mineral

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		VS+CM	
2	*	*		D	
3	*		*		
4	*	*		VS+CM	
5	*		*	D	

DAY 5 – Workout Plan

Strength Training - Perform 5 – 10 minute warm up prior to workout

Body Parts	Exercise	Weight	Sets	Reps
QUADS			3	12 - 15
HAMS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
CHEST			3	12 - 15
BACK			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
BICEPS			3	12 - 15
TRICEPS			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
SHOULDERS			3	12 - 15
CALVES			3	12 - 15

Body Parts	Exercise	Weight	Sets	Reps
ABS			3	12 - 15
LOW BACK			3	12 - 15

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 6 – Eating Plan

- Take Dandelion Root/diuretics (**D**) at Meals 2 and 4
- Take VS and CM at Meals 1, 3, & 5
- Begin Water depletion mode. (**Total Intake – 25%**)
- Drop water intake down another 25% from yesterday

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		VS+CM	
2	*	*		D	
3	*	*		VS+CM	
4	*		*	D	
5	*		*	VS+CM	

DAY 6 – Workout Plan

Cardio Training – Perform 30 – 60 minutes of cardiovascular activity

Activity	RPE	Time

DAY 7 – Eating Plan

- (*)If you are 'carb-sensitive' (you lose fat FAST & feel good on low-carb diets) Skip carbs at meal 2, replace with Vegetable.
- Take Dandelion Root/diuretics at Meals 1 and 3. If you feel that you are still holding too much water, use at Meal 5 as well.
- Total Water intake should be 1 – 2 cups less than yesterday, **unless** that puts your total intake below ¼ gallon total.
- Today, you use Hemorrhoid Cream and Plastic Wrap on 'trouble' areas. Start in the morning, re apply every 4 hours. Total: 3 applications in one 12-hour period. Use 4th application at bedtime without plastic wrap.
- No workout today

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		D	
2	*	*			
3	*	*		D	
4	*		*		
5	*		*		

DAY 8 – Eating Plan - The ‘Big Day’

- Meal 1 is Protein and Vegetables.
- Add Starchy Carbs at Meals 2 & 3.
- Sip water as needed.
- Take last dose of Dandelion Root/diuretic at Meal 1.
- No workout today.

M	PROTEIN	CARB	FAT	SUPPS	WATER
1	*	*		D	
2	*	*			
3	*	*			
4					
5					

Tips for peaking at the right moment

Eat fast-acting carbs (simple sugars: cookie, etc.) between 1 ½ - 2 hours from time of photo shoot or unveiling of your physique. These carbs will give you the ‘pump’ or ‘tight’ appearance you are after! Beware, don’t over consume simple carbs or you will appear ‘flat’ or ‘smooth’.

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Also, be careful not to consume large portions of high sodium (processed) foods too close to your big moment. You run the risk of looking bloating. Keep it simple and don't go overboard.

QUESTIONS & ANSWERS

QUESTION:

HOW MUCH FOOD SHOULD I CONSUME?

Answer: You will find it most beneficial to consume 5 meals a day during these 8 days, remember, you burn more calories through increased meal frequency because digestion burns calories. Some of us will be able to consume more meals, but for most, 4-5 meals is realistic given the many other demands on our time. Each meal, no matter what day of the plan, and regardless of the meal consistency, should be kept simple. Determine **a portion by the size of your palm, or a clenched fist**. Use these simple ways of measure, and you will be very close to your appropriate caloric needs.

QUESTION:

WHICH FOODS SHOULD I AVOID?

Answer: While I don't believe that any food is 'bad', there are foods to will stop you from achieving your best results on this program.

These foods should be avoided during the 8 days:

Alcohol

Beer

Bread

Baked Goods

Candy

Ice Cream

Most Fruit (with the exception of the fruit previously mentioned)

Rice

Potatoes (exception: Sweet Potato)

Sugar

QUESTION:

I'VE HEARD THAT AN EPSON SALT BATH 1-2 NIGHTS BEFORE HELPS, IS THIS TRUE?

Answer: It naturally draws excess water, preventing bloating.

QUESTION:

HOW ABOUT THOSE BODY HAIR REMOVAL SYSTEMS OR KITS, SHOULD I TRY ONE, AND/OR, SHOULD I TRY IT MYSELF?

Answer: If you have experience, great, but if not, this is no time to experiment!

Other issues you should consider

Ketosis – During the low-carb phase, you may start smelling like ammonia, or your breath might be a bit sweet smelling. If this is the case, you may be in Ketosis. Your body starts burning protein instead of carbs as fuel. If this happens, add one portion of carbs to an early in the day meal.

Dehydration – It's very easy to over deplete your body. And if you overdo it with diuretics, your body can reverse the process and actually retain more water. Remember, diuretics will only be effective for 3-6 days and will not be effective beyond this time.

Transition into normal food/lifestyle – Make transition slowly. Don't consume too much water, salt, or food, too soon. Sip a cup or 2 of water at a time, but again, go slow.

Make it better next time - Nothing beats experience, so keep a record of how certain foods affected you. Did you carb up too early and bloat up? Did you not drink enough water & appear flat instead of tight?

Conclusion

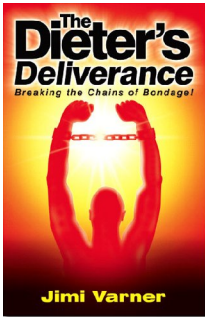
Looking your best for a special occasion can be hard work. We hope that you experienced fantastic results and look forward to your feedback.

Who am I and why should you listen to me?

My name is Jimi Varner; I am a full-time **Personal Trainer, Lifestyle & Weight Management Consultant, and Corporate Fitness Consultant**. I make my living 'in the trenches', getting regular, everyday people rapid results. For the last six years, I have worked 60+ hours a week in the gym. I don't have a base salary, so as they say, it's 'put up or shut up.' I am paid on commission, so if people aren't getting results, they won't train with me, and my bills don't get paid.

I am a former **Professional Wrestler**. I was trained by the star of **MTV's Tough Enough**, Al Snow. For six years, I was known as "*The Comeback Kid: Jimi V*". At 5'6" and roughly 165lbs, I held numerous national titles and was able to excel in a 'big man's' sport by staying in 'Speedo-friendly' shape year round. From 1994 – 2000, I was able to improve my physical conditioning each year by learning how to stay lean while traveling, living in hotels, and eating most meals at fast food restaurants.





I am the **Author** of, “*The Dieter’s Deliverance: Breaking the Chains of Bondage*”. In this book, I prove that diets don’t work in the ‘real world’, and that it’s okay to enjoy *not-so-healthy* foods in moderation. Many people get caught on the diet rollercoaster and end up in worst shape than when they started.

I have also served as a **Judge** for both men’s and women’s **Bodybuilding Competitions**.

Promoters of these events tend to pick judges who have a trained eye for detail and know what it takes to achieve superb, professional-level, physical conditioning. I have had my body fat down to 3.2%, so if there is one thing I know; it’s how to prepare you for the ‘Big Day’.





Lastly, I am a **Public Speaker**, having lectured to corporate and church audiences on topics ranging from my book, to behavior modifications, as well as effective fat loss strategies.

Picture Left: Jimi Varner speaking at American Heart Association Annual Banquet (2006).

By far, I find working one-on-one with clients to be the most fulfilling. Unfortunately, there is a trend in the fitness industry.

On most days, it's a familiar story that goes like this.... I'll see a gym member training regularly, making solid progress, and then suddenly, they'll disappear from the gym all together. After a period of time, out of the blue, they reemerge. Now, they are in the gym several days straight, usually 10lbs heavier than when they left. They will be performing one, sometimes two workouts a day, in an effort to get in shape before their 'big day' event. I've been there, you've been there, we've all been there.



Personally, I have experienced both extremes: obesity and superb conditioning. At 21 years of age, I weighed over 200lbs with a 40+-inch waistline. Today, I am in very good shape, having learned how to never let myself go beyond 5 – 8lbs of my goal weight, I am committed to remain a few pounds away from my photo-friendly condition, and never stray beyond that. You see, there are consequences if I don't stay in shape. If I get chunky, bad news spreads fast, and nobody wants to hire a chubby trainer☹

Listen, I realize that you've got commitments, priorities, etc. I am not going to make assumptions and say that it's because of a lack of commitment if you can't get into great shape. I don't know your individual situation. Yes, life matters can sneak up on you; I simply want to help you look your very best!

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