

Disclaimer

See your physician before starting any exercise or nutrition program. Prior to starting, you should discuss all nutritional changes with your physician or a registered dietitian. If you are taking any medications, you must talk to your physician before starting any exercise program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop and consult a physician.

These recommendations are not medical guidelines. This book is for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

All forms of exercise pose some inherent risks. It is advisable that readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer. Don't perform any exercise without proper instruction. Always do a warm-up prior to your workout session and end with a stretching cool down segment.

Safety First

You will only get positive results from this program if you are performing the exercises correctly. Here are a few tips for you to maximize your results:

1. Check with your doctor before starting any new exercise or diet program.
2. It may be necessary to consult a trainer if you are unsure of how to do any of the exercises.
Do NOT do exercises that you don't understand how to do.
3. If something 'hurts' do not do it. You must understand the difference between muscle fatigue and injury. Always err on the side of caution if you feel pain.
4. This program has the potential to be used with those new to fitness as well as those that are very fit. Start off conservatively and increase intensity as you go.
5. We can 'do it all'; however, we may need an extra day of rest between workouts so feel free to take a day of active rest between workouts if you aren't up to the workout. Active rest is an activity that is low intensity calorie burning in nature such as walking.
6. Use proper exercise form and train conservatively in all workouts.
7. Always start with the easier alternative exercises if appropriate, even if you have exercised in the past. The new exercises, and new style of movements will cause muscle soreness even from workouts you think "look easy".
8. Do NOT do interval training more than 4 times per week.
9. Do NOT skip a warm-up, as well, take a few minutes to cool the body down.
10. If you have an injury, get medical attention to rehabilitate your injury before starting an exercise program.

Trouble Spot Training

14-Day Action Plan

Time to take action.

If you start TODAY, then in 14 days, you'll be closer to your goal. Then in another 14 days, you'll be closer again.

As far as fitness and fat loss goes, it's one day at a time...always a work in progress. I don't want to discourage you, in fact, I want to encourage you to stay the course and KNOW that every day is an investment in your health and another step closer to a better you.

Before we get into the nitty-gritty of the program, I wanted to share an interesting question I get quite often...when you lose weight, what actually happens to the fat?

Below you'll find an interesting read about where YOUR excess fat goes when you get rid of it from your trouble spot areas...

So Where Does Fat 'Go'?

Have you ever wondered what actually happens when you lose weight? More specifically, when you lose fat? What happens? Where does it go?

Surprisingly, when you 'lose fat' the fat cell doesn't actually go anywhere. If you have a ton of fat cells in a trouble spot, the best you can hope to do is empty out the contents of the fat cell to reveal the muscle underneath.

If you want to find out the BEST way to arm yourself to fight fat with your nutrition just pop me an email & we can discuss how to personalize a plan for you!

The majority of people, especially those with vanity weight or the 'last 10 lbs' to lose, are looking to get more 'toned' or defined. Their wish is to strip away the fat to reveal the glorious muscle beneath.

A common misconception is that people may think they have 'no muscles' when in fact, everyone has the same number of muscles. Some muscles are just more developed than others and some people have a layer of fat over the muscle so you can't see the definition of the muscle.

How does a person go from smooth and chunky to toned and



defined? Does the fat just disappear?

First up, the number of fat cells that you have are dependent on a few key factors. While it may be handy to blame your parents for your 'fat genes', that's only one piece of the puzzle. You were born with a fixed number of fat cells, but that number changes as you grow.

Some people are genetically predisposed to have more fat cells than others; body type and gender also factor into the number of fat cells you carry. Women naturally have more fat cells than men. As a survival mechanism, nature has programmed this for the propagation of our species, in order for women to carry a child without threatening her own health; she needs to have more stored fat.

It was once thought that all fat cells were developed in childhood and during puberty. Although this is true, fat cells can also develop at other times in life such as during pregnancy and into adulthood if a person is to gain an extreme amount of weight.

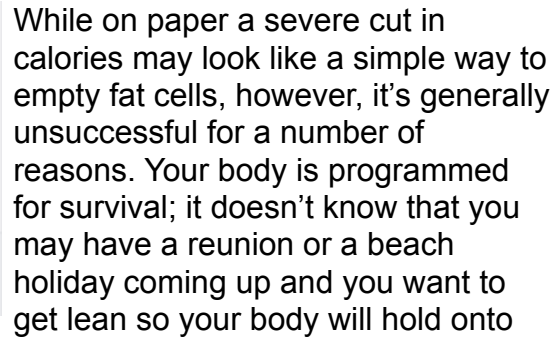
So, while it's good news if you were a lean child and teenager, you can still add fat cells to your body with poor and overly abundant nutrition later in life.

Fat cells are like empty balloons in your body waiting to be filled. Like a balloon, they don't need to be a certain size, they can increase and decrease in size depending on how full they are.

When you 'lose fat', you don't really lose the fat cell at all (even though the fat cell shrinks and it seems that the fat disappears). What actually happens is the fat, inside the cell is released into the blood through a series of complex processes. A number of enzymes and hormones play into this. Once in the blood stream, the fat, in the form of free fatty acids is used up as energy where the body needs it. Therefore the fat cell 'appears' smaller and muscle definition is more easily seen.

To actually empty out your fat cells, your body needs to be in a calorie deficit. This can be created two ways: eating less and doing more. **A combination of both is the most powerful way to get lean.**





If you try to starve yourself, the enzymes and hormones required to coax the fat out of the fat cells will be impaired. Your body will simply use other energy sources than fat (like your lean muscle). You will likely lose 'weight' but not fat. You'll just look like a skinnier version of your former fat self. (Likely not what you were going for.)

[illegible]

On a side note, we've all heard of liposuction, a surgical method to cut out fat cells. If you're considering any kind of liposuction, be careful that you modify your eating habits so that once the procedure is complete, you have a healthy nutrition plan to maintain your physique. I once had a client that had liposuction and then gained back a bunch of weight. Since fat cells were physically removed, fat could no longer be stored in the 'usual' places and she gained fat in other undesirable spots. Ew.

It's all about lifestyle.

You can make it easy or hard on your body to dump fat, but your fat cells will be with you forever.

You don't have to be a rocket scientist and you don't have to starve yourself to lose fat. As you incorporate healthy lifestyle habits on a consistent basis, your body will work *with you* to get to your optimal body composition and weight.

Also, remember that the number on the scale is somewhat irrelevant. Pay more attention to performance, energy levels and the reflection in the mirror.

Although it's sure fun to see the scale drop and the tape measure show those fat cells deflating.

If you want to be achieve typical results like this client above, reach out to me and I can help make that happen for you.

You'll be surprised at how easily you can change your lifestyle and change your body.

For good.

What to Eat and What NOT to Eat

Obviously it's important to look at the entire nutritional picture to address your trouble spots, you can't out train poor nutrition. I've got some solid facts on what you **SHOULD** be eating and what you should be avoiding up next. But, before we get to that, let's discuss what's likely 'under the surface'.

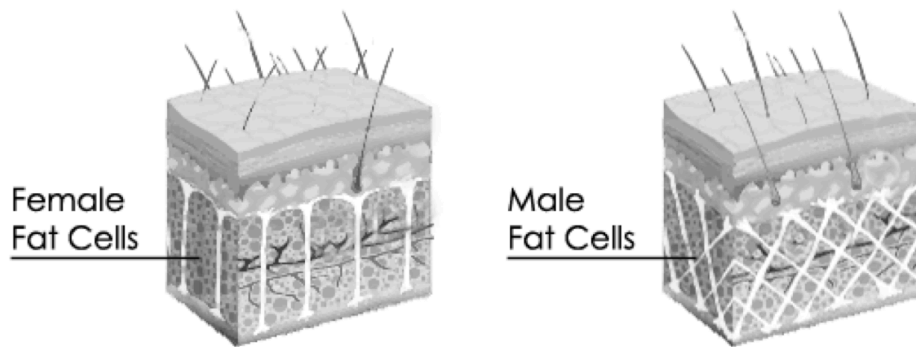
C.E.L.L.U.L.I.T.E.

What is cellulite?

Well, as too many of us know, cellulite refers to the dimpled appearance of skin, most often on thighs, hips and buttocks or other areas where there are large fat deposits. Uneven fat deposits just below the surface of the skin cause the dimply cottage cheese effect.

It's not just 'fat' people who experience cellulite. Even thin people have cellulite, but it's more likely that if you have more fat, it will exacerbate the problem and the appearance is more unsightly.

Take a look at this picture below:



Below the skin there is a layer of tissue, which is used to attach the skin to the muscle. In men this tissue has a diagonal or cross pattern connective tissue that's smooth and continuous. Unfortunately in women, this connective tissue runs vertically and as it is attached to the skin, it creates chambers that trap and squeeze fat to produce the dimpled effect. As we age, connective tissue becomes less elastic and we usually accumulate more fat, these two things make for a pronounced cellulite effect.

Gaining and losing weight repeatedly (yo-yo dieting) affects the elasticity of the skin and also pronounces cellulite.

Misconceptions About Cellulite in Your Trouble Spot Areas

1. **Put some cream on it** - Topical potions do little to nothing to get rid of cellulite. Look at the structure of the skin in the previous picture and you'll understand why. Cellulite is NOT a topical problem on the surface of the skin therefore creams, lotions and potions will NOT work. Save your money and avoid these.
2. **Go to the spa** - Numerous FDA reports show that medi-spa treatments designed to remove cellulite have actually scarred and injured a number of women permanently. Expensive treatments such as body wrapping do nothing but leech water from the skin so they are completely ineffective to reduce fat in troubled areas. Temporary results are from both these treatments are from the loss of subcutaneous water not from fat loss.
3. **I'm too old** - You can get rid of cellulite at any age. Of course it's a little easier when you are younger, but you can improve the appearance of your skin with the right kind of exercise and nutrition. Will you be swimsuit model ready? Well, possibly not, but you can *improve* the quality of the tissue to *look better* at any age.

4. **My mom had cellulite** - Genetics can factor somewhat into your cellulite trouble spot area, but even if genetics aren't on your side, there's plenty you can do to diminish your trouble spots. If you were born to overweight parents, it doesn't mean that you will be overweight if you take action to prevent it. Cellulite is the same.
5. **Those moves won't help** - Exercise is especially useful for fighting cellulite as it minimizes body fat, improves circulation and tones muscle in areas that are particularly susceptible to cellulite, such as thighs, buttocks and abdomen. It is thought that increased circulation helps to keep skin and connective tissue healthy and elastic, and also helps to minimize fluid retention and eliminate wastes.
6. **Cellulite is special** - There's no real difference between cellulite fat, and regular fat, the connective tissue structure is slightly different is all. The skin is not the issue; it's the tissue below. Muscular atrophy contributes to unsightly cellulite so by addressing the muscle UNDER the skin, you'll also address the look of troubled area. Cellulite removal has little to do with weight loss since even the skinniest of women can suffer from cellulite.
7. **I can eat what ever I want** - A healthy diet will help to decrease the layer of fat under the skin, which helps to minimize the appearance of cellulite. A good diet may also contribute to keeping skin and connective tissue healthy and elastic.

The Food Factor

It's obvious that some foods need to be reduced or eliminated to help with troubled areas. Here are some things to strike from your daily nutrition:

Reduce carbs found in cakes, cookies, pastries, chips, soda pop, ice cream, white bread, rice, pasta etc. These seem like obvious choices!

Here are some less obvious choices:

1. Sugar

Foods that are high in sugar will cause an insulin spike. More insulin means more fat storage. Cutting back on sugar and nutrient deficit carbohydrates is possibly the SINGLE MOST IMPORTANT step.

2. Excess salt

Sodium (salt) retains fluid in your body and makes cellulite look worse. Use more spices and less salt when cooking, use the other tips below to reduce sodium intake.

3. Alcohol

There isn't much in the way of nutritional benefit that comes from alcohol. It's full of calories and is metabolized differently. It disturbs the metabolism of important nutrients and it dehydrates the body.

4. Junk Food

I'd include fast food and other obvious culprits like chips, pub food etc. in this category. Nutritional density of food is low and fat content is high. Worse than this, junk food usually contains the worst combination of macronutrients: carbs and fat. When carbs and fat are paired, insulin levels spike and fat is shuttled directly to your trouble spot areas.

5. Processed food

Anything from a bag, box or can are included in this category. If you can't pronounce the ingredients in your food, it's likely that it's not good for you or your trouble spot area. Stay clear. Chemical additives do little for your nutrition, fat loss and cellulite reducing efforts.

Foods that “Fight” Cellulite

Do certain foods fight cellulite?

Let me say from the start that there is NO magic food that will fight cellulite, BUT, foods that are recommended are generally those that contain nutrients or have properties that help to improve skin and connective tissue health and minimize fat formation.

So while the foods below HELP fight cellulite, the need to be eaten in conjunction with a solid exercise plan.

Water

Although not technically a food, water is shown to be the most effective in reducing the appearance of cellulite. Being well hydrated is essential for healthy skin, which in turn helps to hide the appearance of cellulite. Fat cells appear more prominent beneath dehydrated unhealthy skin, so continually drinking water throughout the day is essential to improve the appearance of problem areas. It can also be beneficial to eat foods that have high moisture content such as melon, grapes, tomatoes, leafy vegetables and cucumbers. Not only do these provide you with extra fluid, but they also contain valuable nutrients and are low in calories, which can help reduce fat formation.

Essential Fatty acids

Foods high in omega-3 and 6 fatty acids are thought to improve the appearance of cellulite. These must be obtained from food. It is thought that these types of fat improve blood vessel health and therefore circulation, leading to decreased appearance of cellulite. Good sources of omega-3 include salmon, sardines, canola and olive oils and walnuts. Omega-6 fatty acids are found in foods such as safflower and sunflower oil and seeds.

The omega-3 fatty acids also in foods rich in essential fatty acids reduce appetite and low-level inflammation and repair and strengthen skin tissue and fibers. This decreases the build-up of toxins inside blood vessels and improves circulation—the waste trapped in the tissues that push against skin filters out.

Things like sunflower seeds are a good source of vitamin E, potassium and zinc, as well as vitamin B6, a super lump-fighter. Not only does B6 help metabolize proteins that strengthen and repair connective tissue, but it's also a natural diuretic, eliminating excess water and bloating that can make cellulite more visible.

Unsaturated Fats

Mono and poly unsaturated fats have been shown to have beneficial effects on skin health. By eating foods high in these types of fats, the health of your skin may improve, minimizing the appearance of cellulite. Good sources of mono and poly unsaturated fats include nuts and seeds, avocado, vegetable oils such as canola or olive and fish.

Unsaturated fats provide the body with not-so-heavily-processed monounsaturated fats and polyphenols that keep your thyroid healthy. A properly functioning thyroid boosts metabolism, burns fat and energizes skin-building cells—all things that reduce fat cell expansion and thicken skin to cover dents. Cook oils at low temperatures and drizzle things like olive oil on fiber-rich vegetables for the biggest benefits.

Lean protein

A diet high in lean protein helps to increase satiation, leading you to consume less calories. This in turn leads to less build of fat cells in problem areas lessening the appearance of cellulite. A diet high in protein also helps to build muscle, which can help give a more toned appearance to the affected areas. Good sources are fish and seafood, nuts, lean meat with visible fat removed and chicken without skin.

Fruit

Fruit is essential in any healthy diet to provide a range of vitamins and fibre. Most fruits are also high in fluid and low in calories, making them ideal for weight loss and the improvement of cellulite. It has been suggested by some sources that bananas and papaya are particularly effective in cellulite prevention due to their high potassium content. It has been suggested that potassium decreases water retention and increases lymphatic drainage, which may improve cellulite,

but there is little scientific evidence to support this at this stage. Cranberries and other berries may also be beneficial due to their high antioxidant content.

Blackberries and blueberries enhance collagen production, creating new skin tissue that improves skin's tone and texture. These dark berries also contain antioxidants, which break down fat attached to the connective tissue. This allows skin to keep fat beneath it at bay and not push forward and appear lumpy.

Vegetables

Also high in fluids and nutrients and low in calories, vegetables are ideal for weight management. Although scientific evidence is lacking, asparagus has often been suggested to be beneficial in fighting cellulite due to its folic acid content. Some suggest that folic acid helps stabilize mood swings and decrease stress levels, which indirectly can affect fat storage in the body.

Green leafy vegetables such as spinach or kale contain an antioxidant known as lutein. There is some evidence that this substance may increase skin hydration and elasticity and in this way reduce the appearance of cellulite due to increased skin health.

Foods high in vitamin C

There is some evidence that high vitamin C intake may boost collagen levels, which is a protein found in the connective tissues of the body. This may strengthen tissues and reduce appearance of cellulite. Good sources of vitamin C include fruits such as oranges, lemons, berries and pineapple.

Chili and Cayenne Peppers

These peppers' vitamin B6 restores and fortifies connective tissue, making them an excellent weapon in fighting unwanted dimpling. Research also shows that hot peppers' capsaicin can boost your metabolism by up to 25% for three hours after you eat them. This makes your body efficiently burn off calories, which aids in fat loss. It also improves blood flow, flushing out toxins and reducing fat deposits under connective cords, lessening the puckered look.

Apple Cider Vinegar

Great for mixing into salad dressing and juice, this vinegar's potassium, magnesium and calcium flush out toxins and relieve water retention around the thighs and stomach, which results in reduced bloating and cellulite. Flushing out toxins also helps flush out stress hormones, detox your liver and rebalance estrogen production, which contribute to reducing or reversing cellulite.

Green and Herbal Tea

The active ingredient Epigallocatechin gallate, or EGCG, in green, dandelion and ginger teas, speeds up metabolism and increases fat burn. That stops the expansion of fat cells that cause cellulite. Also, tea's small amount of caffeine works with EGCG to flush out toxins and dehydrate fat, which minimizes fat cells pushing against skin and reduces puckering. The higher amounts of caffeine in

excess coffee dehydrates you too much, causing your body to hold on to liquids and toxins that expand fat under skin.

Dark Chocolate

You don't have to sacrifice your favorite sweet for firm skin. Natural cocoa is full of antioxidants, which break down fat in cellulite and improve the function of all cells, including skin-building ones. The caffeine aids in dehydrating fat cells under skin, evening out the surface. Satisfy your sweet tooth with **1 ounce** of 80% dark chocolate per day to metabolize fat and keep skin dimple-free.

Foods with a Low Glycemic Index Like Hummus

Hummus is a low-glycemic food, meaning your body can use it efficiently for energy. While there's no particular component of hummus that fights cellulite most, foods with a low glycemic index puts only a small amount of glucose into the blood, causing a minimum insulin release. Since insulin is a fat storage hormone, eating low-glycemic foods prevents fat cells from expanding and forming cellulite.

Saffron and Other Spices

Spice up your meals to keep your diet interesting and also for a fat-burning effect. For example, saffron contains anti-inflammatory ingredients that discourage fat cell expansion. Just a couple ounces of this ingredient in spice or liquid form can suppress your appetite and increase circulation. Boosting circulation can reduce cellulite by eliminating dimples on the skin's surface and creating a smoother look.

How Does This Plan Work?

Use the preceding information to check your diet.

Follow the guidelines.

Period.

And reach out to me for the BEST way to change your eating habits for good. You'll get a ton of support as well as a 'doable' eating plan for life.

About the workouts...

You'll find three video follow along workouts and the corresponding written workouts in this plan.

You can 'go it alone' and simply print off the workouts and go for it, or you can follow along with me so that I can guide and coach you along the way.

I recommend (especially at first) that you do the video follow along workouts with me. This way I can correct your form and give you all the correct timing and form cues you need so you get the most from your workout. After you've done the workouts with me a few times, feel free to go it alone. Although most of my clients find that they do best with the video playing along with them ☺

Pick YOUR Trouble Spot

You know what it is.

In this series I have fun 20 min or less workouts for you to focus on the top three: legs, core and arms. If you find ALL these areas need work, then pick the one that bothers you the most and target it for the next 14 days. After that, you can cycle through the other workouts to hit ALL your trouble spot areas.

Before you begin, make sure to take before photos (make sure your 'trouble spot' is in the shot) and take your weight and measurements. Here's a guide on how to do that:

Weight and Measurement Chart

Date:				
Weight:				
Desired weight:				
Chest:				
Arm left (around middle of bicep):				
Arm right:				
Waist (smallest point around the midsection):				

Abdomen (one inch below the belly button):				
Hips (widest point):				
Thigh left (one inch below the inseam):				
Thigh right:				
Inches lost	xxxxxxx			
Weight lost	xxxxxxx			

Then train every second day using the follow along video that highlights YOUR trouble spot area:

- Day 1: workout
- Day 2: active recovery
- Day 3: workout
- Day 4: active recovery...and so on to day 14

By active recovery I mean that you should do something that is 'active' but not too strenuous. It may be some sort of recreational sport, cycling, a brisk walk, hiking, vigorous gardening, that sort of thing.

You need to move EVERY DAY.

On the days that you workout, you need to sweat buckets. On the other days, you just need to MOVE. A pedometer is a good investment and getting in 10 000 steps is a great goal.

How Exercise Helps Reduce Trouble Spot Areas

Exercise stimulates the release of adrenaline. Adrenaline is what's known as a "catecholamine" or a hormone that serves to stimulate lipolysis or fat burning in the body. High intensity exercise in particular is the ideal way to increase the

release of catecholamine hormones and subsequently release fat from the cells.

Your goal is to INCREASE blood flow to your trouble spots so that you can increase catecholamine hormones directly to those areas.

The whole process is enhanced when your nutrition is in line. Ensure that you follow the simple guidelines outlined above to clean up your diet and you'll notice that your trouble spot areas decrease significantly.

Now, let's get started on those trouble spot reducing workouts!

Trouble Spot Training Legs

Warm up (see the video)

35/10 27 sets on gym boss

Set 1

- Bodyweight squat
- Lateral lunge left
- Lateral lunge right
- Squat jump
- Bird dog left
- Bird dog right
- Rest

Set 2

- Alternate reverse lunge (or jumping lunge)
- RDL left
- RDL right
- Skater
- Reverse hip lift left up
- Reverse hip lift right up
- Rest

Set 3

- Swing lunge left
- Swing lunge right
- Prisoner split squat or Bulgarian split squat left
- Prisoner split squat or Bulgarian split squat right
- Full body extension (or burpee or squat jump)
- Wall sit
- Rest

Set 4

- Sprinter start skip hop left
- Sprinter start skip hop right
- Fire hydrant lift left
- Fire hydrant lift right
- Squat side touch
- Plank alternate heel pulse 3 reps/side

Cool down (see the video)

Trouble Spot Training Core

Warm up (see the video)

35/10 27 sets on gym boss

Set 1

- Burpees or full body extensions or squat jumps
- Plank
- Side plank left
- Side plank right
- Inchworm walk out
- Jack
- Rest

Set 2

- Stationary sprint
- Spider crawl
- Leg climber left
- Leg climber right
- Mountain climber
- Squat jump
- Rest

Set 3

- Lateral lunge

- T plank
- Woodchopper left
- Woodchopper right
- Screech
- Skater
- Rest

Set 4

- Squat thrust or jack
- Bird dog left
- Bird dog right
- Superman
- Plank reach
- Fast feet

Cool down (see the video)

Trouble Spot Training Arms

Warm up (see the video)

30/10 23 sets on gym boss

Set 1

- Phantom skip or jump rope
- Push up shoulder touch
- Prisoner squat
- Get up
- Squat jump
- Rest

Set 2

- Burpee, full body extension or squat jump
- RDL T-squeeze left
- RDL T-squeeze right
- Push up
- Stationary sprint
- Rest

Set 3

- Jumping jacks
- Wall sit stick up
- Screech
- Overhead squat

- Phantom skip or jump rope
- Rest

Set 4

- Squat jump
- Superman T-squeeze
- Mountain climber
- Prisoner squat
- Full body extension

Cool down (see the video)