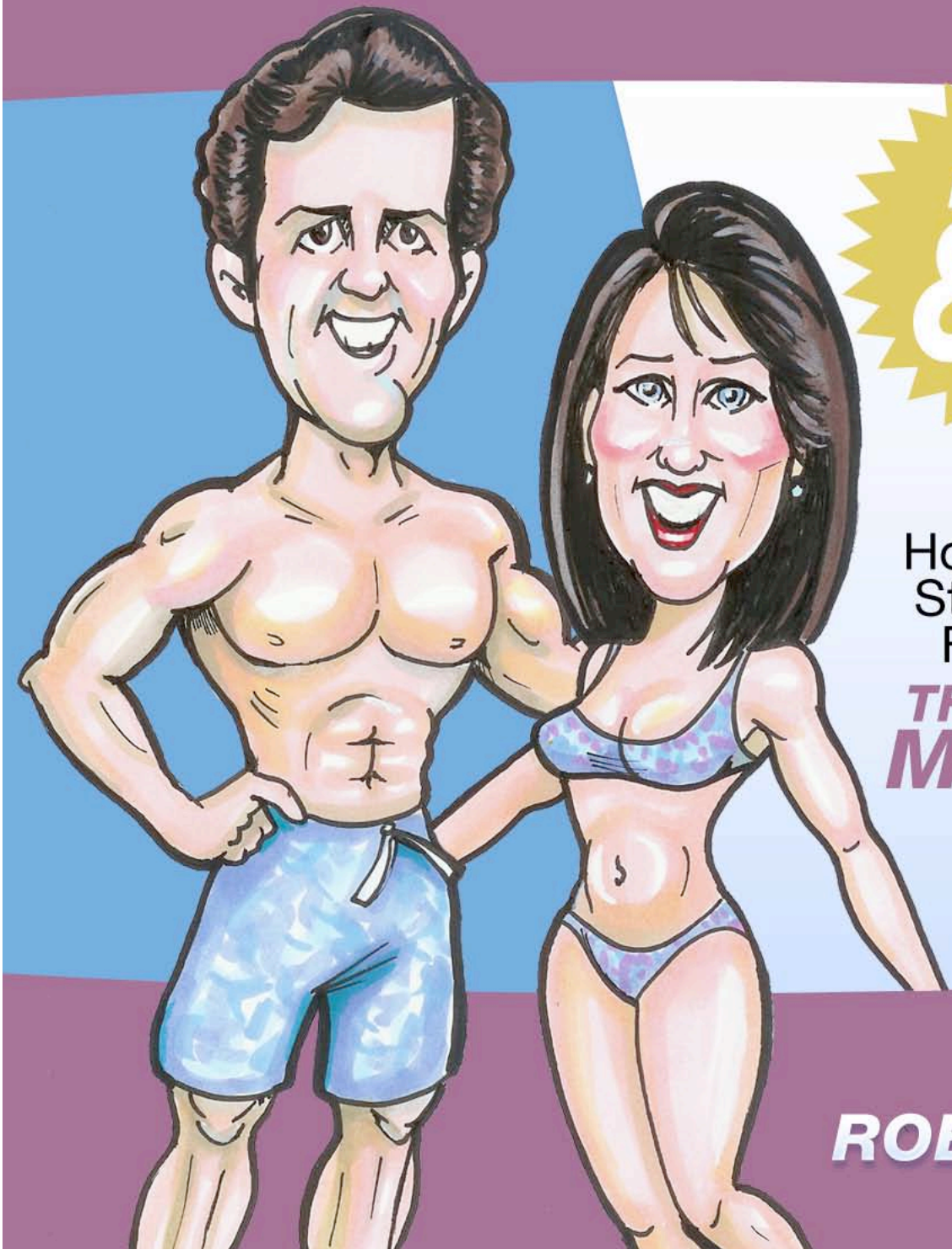
FATBURNING FURNACE™



NO FAD DIETS & NO MORE BORING CARDIO!

How To Get Lean, Strong & Healthy For Life With...

THE 15 MINUTE MIRACLE!

ROB POULOS

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PREFACE
Read This First!

For hundreds of years, men and women have sought methods to improve their physical appearance and well-being. In the last century, scientific study and experimentation has revealed an amazing amount of information about the human body and how it reacts to various forms of exercise and nutrition strategies. Even with these advancements, there exists a large amount of confusion regarding the best and most efficient way to achieve a better body.

Ask ten trainers at ten different gyms to give you a workout and nutrition plan and you'll get just as many answers. Go to those same gyms mentioned above and see that most members don't improve one bit from week to week, month to month, and year to year. I, like hordes of others on this planet, was confused too.

Much of this confusion is due to misinformation spread by outdated research, the misunderstanding of how to properly eat or exercise, or the latest fad diet or crazy supplement company trying to sell you their latest fat loss pill or miracle potion.

Thus, as you may already know, I began a quest to find the answers that would yield the best physique in the shortest possible time.

For a period of about 10 years or so, I was like a mad scientist, obsessed with discovering the true secrets of getting in the best shape possible while spending the least amount of time doing it. I worked feverishly for years by experimenting with nearly every plausible muscle building, fat burning, and weight loss system and method I could get my hands on.

My close friends and I became the guinea pigs for these experiments, which seemed like an endless quest for the truth because I still believe that the true

secrets will never become common knowledge, as they are detrimental to the money making machine that is today's fitness industry.

Finally, after years of trial and error, I realized the core truths that will let anyone maximize their own genetic potential to burn fat, build muscle, and achieve lifelong health…all while spending only minutes per week exercising.

But I also learned the saddening reality that most people didn't believe me when I told them. They thought it couldn't be this simple. Some had even heard a few of these methods themselves, but dismissed them because they were "out of the box" thinking compared to what the weight loss and fitness industry has been pushing on them for years.

Please understand that I am not claiming to have invented anything completely new here. The techniques and principles I detail in this book are a collection of what I and countless others have found to be the most effective and efficient methods to achieving maximum fitness and health…in minimum time.

And bottom line: these techniques work! Not just for me or my wife or my friends, but for nearly everyone who has put them into practice correctly, evidenced primarily by the glowing comments and testimonials I receive every week from the thousands of readers of this book worldwide. For some, the Fat Burning Furnace techniques have truly changed their lives, and that is something I am really proud of.

The information you're about to read is presented in as simple a manner as possible. This was done so you can benefit and start implementing these powerful fat loss and fitness strategies quickly. For some readers the concepts I discuss will be life changing…a total 180 from what they thought they knew about fat loss and fitness.

For other more savvy enthusiasts, the concepts may be somewhat familiar, but the application of the specific techniques is where the magic happens.

Please do not, I repeat, do not make the mistake of glossing over the details of this material. As with most everything else in life, 80% of your results in anything will come from 20% of the details (80/20 rule).

For instance, shortly you'll learn why the number one activity for losing fat 24 hours a day is high intensity resistance training.

While some people who've been around the fat loss block more than once might already know something about that, I can guarantee you most of them aren't using all of the tricks and techniques to get the most out of their resistance training that I show you here in Fat Burning Furnace. So to ignore these would be a huge mistake causing you to miss out on an even bigger opportunity to get the most out of your time spent exercising.

In addition, I want you to understand right now that these fat loss and fitness techniques work for both men and women, young and old. While some of the exercise methods may appear to be activities suited for young men only, this is not the case.

I've seen far too many women and older persons miss out on building a strong and lean body quickly because they thought they were too old and would hurt themselves, or that weight training is only for men. I'll prove to you why nothing could be further from the truth a little bit later in this book.

Also, please do not make the mistake that you'll get nothing out of the exercise routines in this book if you don't have access to a large commercial gym. You can do most of the exercises suggested with a simple set of adjustable dumbbells and a bench. In fact, these two pieces of equipment will be the best investment you'll ever make in your health and fitness…I guarantee it.

To set up your own tiny home gym that allows you to do dozens of the best fat burning exercises for life, check out the Powerblock Dumbbells here:

http://www.fatburningfurnace.com/pblock

If you don't have any equipment at all, you can still perform the Fat Burning Furnace routines with some bodyweight only exercises (I'll explain more on how to do this later). So please don't make the mistake of thinking you can't get anything out of the routines without equipment…because you can!

Lastly, I would recommend that you undergo a full physical examination from your doctor before beginning any exercise or nutrition program. One of the main but often overlooked reasons for this is because illness of any type will greatly reduce the effectiveness of your body's response to any fat loss or fitness method.

When you're sick, have hormonal imbalances, or are recovering from an illness, it's not as though the body can forget about that and start burning fat maximally. Your body will make it a priority to devote all its resources to fixing what ails you…burning more fat is not the first thing on its list. So please, make sure you are in good health prior to starting with Fat Burning Furnace.

I ask that you'll read what follows with an open mind and a thirst for unlocking your physical potential fast. If you combine an unparalleled desire and the right mindset with the knowledge contained within this book, the results should literally astound you, and will continue to do so for the rest of your life.

The strategies and routines suggested in this book are intense and demanding. You proceed with the recommendations in this book at your own risk.

NOW, GET READY TO CHANGE YOUR BODY…AND YOUR LIFE!

WHAT MAKES YOUR FURNACE TICK?

IN PURSUIT OF A BETTER BODY

So you want a better body? Of course you do. There aren't many who don't. Everyone hopes for a better body. Perhaps you've even daydreamed a time or two about what your physique could, or should look like. Perhaps you have all the best intentions about doing something about those hopes and dreams, but for some reason you never get around to it.

And looking great isn't enough…you also want to feel better. Maybe you also want to wake up in the morning feeling energized, and sustain that energy throughout the day. Maybe you also want to be able to excel at your job or school all day and come home in the evening only to compete in that weekly basketball game with your neighbors or friends, or just keep up the house and take care of the kids without getting winded.

Maybe you want to stay healthy for life and be around to enjoy your family, kids, and grandkids for a long time. Maybe you want stronger muscles. Maybe you want to lose fat. Maybe you want both. Maybe you just want to catch people looking twice when revealing a bit of your physique in the summer or at the beach.

Maybe you've gotten past the dreaming part of achieving a better body and have tried a dozen or more exercise routines or diets. Maybe some of them failed you miserably. Maybe you failed to follow some of the others. Maybe some of them seemed to work for a while but were too extreme to follow consistently. Maybe you try a different program every month only to come crashing deeper into unhealthy habits.

Maybe you try to eat sensibly and workout, but you feel trapped by a fast paced society that won't let you do the right things most of the time. Maybe you've convinced yourself that you lack the time to commit to a regular workout routine. Maybe you're only judging yourself by what the scale says. Maybe you expect impossible results within a couple of weeks, and end up quitting when it doesn't happen. Maybe you've experienced all of the above, several times over.

MASS CONFUSION: FITNESS INDUSTRY INSANITY!

Chances are, if you bought this book, you can identify with a good majority of the possibilities listed above. A lot of these feelings are experienced by many of your friends, family members, and classmates or co-workers every day. People are confused. They are confused about what works and what doesn't. They are confused about why something works and why it doesn't. You can hardly blame them.

Every day it seems like there is a new exercise gadget or eating plan being shoved down our throats as the be all end all to a fit body. On top of that, the get it all in a magic pill advertisements that surround your television viewing can seem too hard to pass up. We try this and try that, hoping we'll find that secret machine, supplement, or routine that will give us the body we've always dreamed of having. And guess what…it never happens.

That's because a truly healthy and fit body can't come from a bottle or an exercise gimmick device. The vast majority of these gadgets, diets, and magic potions are simply a product of the billion-dollar fitness industry. An industry that thrives on the "get it all in a bottle" mentality. Seriously, there was even a product on the market that promised exercise from a bottle. Good Lord.

OK, so you're past all of that late night TV stuff...maybe all you have to do is join a good gym or fitness center and hire one of their personal trainers and you'll be on your way! Well, not quite. The fitness centers are also in the business to make money. Most will recommend an exercise program that is too heavy on aerobics, too light on strength training, and take way too much of your time. After all, they want you in the gym, practically living there! Think I'm joking?

One of the more popular and mainstream fitness centers in the country has a restaurant and a salon on the premises. Hey, not only can you workout here 6 days a week, you can also eat your meals here and get your hair done! I suppose eventually they'll add some apartments somewhere on the second floor so then you'll always be at the gym.

Pick up a fitness magazine at your local newsstand and you're like to find more of the same tedious workouts. Even if some of these popular programs actually did work, is it worth spending so much time and so many days at the gym working out? Having great physique is certainly one of life's greatest accomplishments, but is it more valuable than your limited time here on earth? I'm sure most of you will answer no to that question.

When you get right down to it, there is nothing more valuable than your time. Even as you are reading this book, you're using up valuable units of time you'll never get back. You see, the fitness industry wants you to think you are inadequate and desperate to eat up their overlong exercise programs, under-qualified personal trainers, and magic pills/gadgets. When you get caught in this vicious cycle you can kiss your money, and more importantly, your time goodbye.

The secrets contained within this book really are forbidden, in that the fitness professionals don't want you to know the truth. Some of them who are aware of some of these secrets don't even acknowledge their effectiveness. Why? Because the secrets contained within this book won't sell gym memberships,

commitments to 6 days per week exercise routines, and they won't get you to keep the TV on late at night.

They will, however, give you the most efficient way to achieve your best body and health…all while spending only minutes per week at the gym and utilizing an easy to follow approach to your eating. I can already hear those fitness moguls crying to themselves as I type this!

BENEFIT FROM MY MISTAKES

I was confused about how to achieve my fitness goals too, for a long while. My journey toward achieving the body I wanted started when I was in my teens. I was skinny but fat at the same time…little muscle but too much fat…not a good combination for impressing the young ladies!

So I spent days, weeks, months, and years slaving away in the gym unsuccessfully, trying the various exercise routines of my heroes…celebrities and the like.

I later realized that the vast majority of routines followed by physique superstars and in the fitness magazines are either overkill or simply do not work for the regular person with a life!

After years of unsuccessful attempts, I eventually learned that there are simple principles of exercise and nutritional science that allow you to achieve your best physique possible, and I put them to work for me. I stopped hoping and dreaming and started making it happen. And the best part is it took very little of my time!

After a few years of proper exercise, I was able to pack on serious muscle and by my senior year in college I had gained over 30 pounds.

Yes, I had gained a lot of muscle to be sure, but I had also put on even more fat in the process. I then devoted more time learning the secrets to burning fat 24 hours a day, 7 days a week, while staying strong, defined and healthy…you know that ripped look that really shows off a fit body.

It was also at this time that I became increasingly interested in overall health and fitness, including cardiovascular conditioning.

I then spent the next few years helping interested friends, relatives and co-workers ignite their own fat burning furnaces. The satisfaction these people took in their new bodies was very rewarding for them and for me. Seeing those who once struggled with their physique goals exceed even my expectations was a sight to behold indeed.

It is for this reason that I decided it was time to put these strategies down on paper in one easy to follow book that now thousands of people all over the world have used to completely transform their bodies and their lives.

I will be revealing powerful techniques and secrets that will get you the body you know is inside of you and in only minutes per week…all you have to do is follow the simple guidelines contained with these powerful strategies! Sound good?

GET REAL

Like many who are reading this book, I'm assuming you share the goal of wanting a lean, strong, and healthy body. Before we get to the secrets on how to achieve this in such a short amount of time, it is important, no vital, that you first understand how unique your own body really is.

By doing so, you'll have better focus and a clearer picture of what you can become when moving forward with these methods, and avoid the pitfalls of false hopes so common in the fitness industry.

All of us are different, and yet all of us are the same. No I haven't gone mad, let me explain. Our bodies are very similar in that they respond to exercise, nutrition, rest, stress, trauma, etc.

For example, everyone who exercises needs to rest for a certain period afterward; it is a fact of human biology. The fact that we all respond similarly to exercise and nutrition provides a knowledge base for us to work off of when developing a plan to get in our best possible shape.

For the vast majority of the population, assuming they are free of disease and/or chronic illness, what generally works for one individual will generally work for another. That may come as a surprise to many of you, as you may have heard just the opposite.

People like to say what works for them might not work for you and vice versa. What they are really saying is that what they think is working for them is something they enjoy doing, and you may not enjoy doing it. For example, the guy who loves rollerblading swears by it as the best way to get in shape, while his buddy cannot stand rollerblading and doesn't see any benefit from it.

After all, if you don't enjoy your exercise or nutrition program, it probably won't work for you, because you won't do it! But, as I stated before, there are certain processes that occur in your body in response to proper exercise and nutrition that are universal and will work for most everyone. This is great news, by the way, because we can help so many people so much faster this way.

What is different about us is our genetic makeup. Our genetic makeup is largely responsible for how close you can get to the body you want. Again, this statement

may be shocking to some people, and a lot of fitness experts won't tell you this, because they want to promise you the moon…and the stars to go with it! They want to make you believe that you can look like your hero or favorite athlete or celebrity if you'd only follow his or her routine.

While it is certainly OK to use a hero as inspiration, you must also remain somewhat realistic with your own individual situation and physical potential. In fact, this can be one of the big reasons people give up in their pursuit of getting lean and healthy. They get so caught up in comparing themselves to this ideal that it becomes too much to live up to.

You see, we are all born with certain genetic traits that are unchangeable. They are predetermined by your heritage. Take a good look at your family, your parents, brothers and sisters, etc. You'll start to see some patterns. Shorter, taller, longer or shorter limbs, small or large wrists and ankles, wider or narrower hips, more or less muscle, more or less fat, more or less lower body fat, more or less belly fat, etc.

While all of these characteristics won't be identical to your family members, some of these traits will show up in you. It's like when someone in your family has a new baby…everyone gathers around the baby and says, oh he has your nose, and stuff like that. While it always seemed silly to me that you could tell if a new baby had a grown person's nose, this type of thinking is based in the reality of genetics. Want to find out what you're made of? Read on.

THE SKINNY ON YOUR BODY

Your genetic background gives you an idea of your bone structure, potential for muscle and strength, and how and where you carry your body fat. Since it's

something most people want less of, let's take a look at body fat first. We are all born with a certain number of fat cells, placed in certain areas. For example, men typically carry most of their fat around their stomach (the classic beer gut), while women tend to carry more of their fat in the hips, thighs, and buttock areas.

Women also have more body fat than men do, for reasons related to childbirth from years and years of evolution, the idea being that a mother can feed her child off the extra body fat energy should a food shortage occur. Some men, though, don't carry much of their fat in their belly area, and some women have unusually lean hips, thighs, and buttocks.

Like all genetic traits, it is an accident of birth, a lottery of sorts. It's also important to understand that we can't eliminate these born with fat cells…we are stuck with them, or rather they are stuck to us. (Technically they can be removed through surgery, but I hoped you wouldn't go there!). What we can do, however, is shrink those fat cells, which most people refer to as burning fat. And your fat burns off your body uniformly, meaning, all at once and not just in one area.

It is because of fat distribution variances that so many people become so frustrated with certain areas of their bodies. There are hundreds of thousands of men, for instance, that don't think of themselves as "fat" or "overweight", but would like to lose their belly fat only, but have no idea how to do this.

The reality is the only way to rid ourselves of localized fat in our belly, thighs, or anywhere else is by lowering our overall body fat percentage. That's it!

Unfortunately you'll notice it last where you'd most like to lose it, because you are carrying more fat there. You'll notice it first in your face, hands, feet, lower legs, forearms, before your major fat deposition areas.

Don't fall into the trap of spot reducing, it doesn't exist and can't happen without surgery, no matter how hard you try. Hours and hours of sit ups will do almost nothing in the way of shedding belly fat.

Just as you carry a certain number of fat cells in different parts of your body, you also have a propensity to carry more or less muscle overall and in certain areas of your body. The combination of body fat, muscle, and your skeletal formation makeup what is known as your somatotype or body type.

While there are too many variations of body types in existence to detail one by one, we can narrow them down to three major categories. Understanding what body type you have is important in setting realistic goals on what your body will look like at its leanest or fittest.

For example, if you're a man and your goals include having a 30 inch waist, you may not be able to achieve it. Let's say your bone structure is such that, even at very low body fat levels, the smallest your waist will be is 34 inches. Being rather tall at 6 '6", my waist measures around 32-33 inches at 10% body fat.

If your waist defined and lean at 34 inches, then who cares about a 30 inch waist! You've just achieved a lean and sexy waistline! Now, on to the 3 body types:

- **Endomorph:** Characterized by round body shapes. Round torso, thick neck, and typically shorter in stature. They also have shorter and fatter legs and arms. A good example of an endomorph would be actors Phillip Seymour Hoffman and Roseanne Barr.

- **Mesomorph:** Characterized by a naturally muscular and relatively lean body. They have more angular body shapes, broad shoulders and barrel chests, with muscular legs and arms. A good example of a mesomorph would be actors Vin Diesel and Jessica Biel.

- **Ectomorph:** Characterized by a tendency toward leanness and slimness. They are usually taller and somewhat thin in the arms and legs. They usually carry little muscle and little body fat. A good example of an ectomorph would be actors Ashton Kutcher and Calista Flockhart.

Many people share characteristics with 2 or more of the three body types, and create infinite possibilities in body type. But, if you give yourself an honest assessment, you'll find that you lean toward one of these areas, naturally.

The good news is that everyone can make great strides in their physical appearance and health by igniting their own fat burning furnace with the secrets in this book, and in doing so should be extremely proud of their accomplishments.

I've seen many endomorphs make such great progress in fat loss and ectomorphs with muscle gain that they would make you think they were naturally mesomorphs!

I'm here to tell you that you can shrink those fat cells down to almost nothing…you can accentuate certain areas of your body with lean muscle tissue…you can create wider shoulders and a more narrow waist and hips through this type of muscle gain and fat loss. In doing so, you're sure to impress your friends, family, and everyone you know. And you'll surprise even yourself. So get excited…you can look incredible!

TOTAL FAT LOSS & FITNESS FOR A LIFETIME

Looking great on the outside is certainly important and an admirable pursuit. Achieving and maintaining a low body fat level is also a benefit to your

cardiovascular health, which is important so you're around long enough to enjoy that body!

Most people who are interested in looking great also want to get healthy on the inside too. They want to be able to handle simple daily physical tasks with ease that many take for granted. Things like climbing a flight of stairs at home or at work, or playing with the kids, or engaging in recreational sports with friends. They want total fitness, and I've got good news for them. The secrets in this book will give it to them!

Total Fitness can be characterized as:

- **Fat to Muscle Ratio:** The amount of lean muscle you carry compared to the amount of body fat you carry. It should be obvious you want to carry less fat and a higher percentage of lean muscle!

- **Muscle Strength & Flexibility:** The relative strength and flexibility of all of your body's musculature, making your movements easier and less stressful. This also includes the strength of your bones, tendons and ligaments surrounding the muscles.

- **Cardiovascular Endurance:** This is the condition of your heart and related transport systems. Good cardiovascular condition increases your ability to pump blood to and from working muscles, making you more efficient at performing physically demanding activities like climbing a long flight of stairs or participating in a pickup basketball game.

When you achieve total health and fitness with the secrets in this book, it really will impact your life in every form and fashion. When achieving the type of body you are proud of, you are also building your mental strength and fortitude. You will notice it impacting other areas of your life.

You'll have more energy and find it easier to focus and concentrate in your work or education. You won't get a cold or flu nearly as often as before, if at all. You'll be able to get through daily tasks and household chores more rapidly. You'll enjoy a higher self-esteem and self-image, which leads to a more confident and successful individual.

You'll become a stronger willed person, mentally and physically, as you'll be battle tested by your workouts. You'll be happier. You'll forge long lasting relationships with others that share your ideals of a healthy body and mind. And lastly, you'll enjoy all of these mental and physical benefits for the rest of your long healthy life. Again, all in just minutes per week. Doesn't sound too bad, does it?

THE POWER OF KNOWLEDGE AND HABITS

You can have all of the desire in the world to achieve something, but if you don't have the knowledge on how to achieve it, you'll fail in your goal. Or if you did somehow succeed by luck, it will have taken a lot longer to get there. Let's say that you spend time seeking out the knowledge that will take you where you want to go.

You're most likely to get some bad advice along the way, delaying your quest. You'll probably have to make a few mistakes before you get it right. There are most likely several ways to get to that goal. But what if someone came to you and told you exactly what you have to do to reach your goals in the fastest most efficient way?

As an example, say you wanted to travel across the country from New York to Los Angeles. Also assume that you hop in your car, glance at a map and head west. You're not quite sure if you're on the right road, but you're heading in the right direction. You'll make a few wrong turns along the way. You'll have to stop for directions and ask for advice on how to get back on the road to L.A, several times.

Along the way you've burned up a lot of gas, money, and time. Obviously this is not the most efficient way to make this trip, but this is exactly what many people are doing in their quest for a better body. They get some initial information from a so-called expert and then try it out. It doesn't work, as the info was incomplete, so they seek out more info to get them on the right track. This puts them on another strategy entirely (different diet or workout routine) and they end up at another dead end…then they find someone else to ask for directions.

What if, instead, you were given a road map from New York to L.A. that plotted out the exact course…what roads to take to get there in the fastest time using the least amount of gas. What if someone gave you a road map, or the knowledge, on how to achieve your best body in the shortest amount of time. Wouldn't that make both of these trips a lot easier and more rewarding? Knowledge is powerful, especially with all of the hogwash that is being recommended in the fitness industry.

Armed with the powerful secrets in this book, you will be using a roadmap that ignites a change in your body and a change in your life…in the most efficient manner possible!

The knowledge contained within this book is explosive. But it will only be effective for you if you devour it and incorporate it into your life. One of the big mistakes many people make in the pursuit of a lean and healthy body is treating the program they're using as a temporary plan to get what they want. OK, so let's say you get what you want. Then what? The problem is if you approach it this

way, you won't get what you want, because consistency is required if you want to look and feel the best you possibly can for the rest of your life.

My big advice here is to stop wanting to *get* in shape and start desiring to get and *stay* in shape. Changing your mindset to the latter, combined with the roadmap in this book, will be like flipping on a light switch in the dark room of your mind.

One thing I've noticed that all people who are successful at living their lives in lean, strong, and healthy bodies have in common is that they are always thinking about it. Every day, when they rise, they're thinking about their breakfast and what it's going to be made up of. They're thinking about if they have a workout today. Then, as the day goes on, they're thinking about the next meal or snack and how they're going to keep it healthy. It's a process that has become habit.

If you really want to transform your physique for good, you must make it a lifestyle, a habit. Old habits die hard, it is often said. But I can tell you that good habits die even harder, and when you follow the secrets to igniting the fat burning furnace inside of you for several weeks, each week gets easier. Each week seems to fly by.

Research on habit development suggests that you can develop simple habits in as little as 2 weeks, and larger habits like weekly eating or exercising routines in just under a month.

That being said, most of the people I've given this book's secrets to have made the workout and dietary guidelines a habit on average in about 4-6 weeks. And once you pass the 12 week mark, lookout, because it really does become part of your lifestyle at that point! You'll be thinking about all of this stuff subconsciously all the time, and it becomes automatic.

The good news is that the info I've provided in this book is easy to integrate into your busy life. It doesn't require you to give up your life's pursuits so that you are

in the gym 6 days a week, and it doesn't require you to give up eating carbohydrates or following some other wacky diet you can't reasonably make a lifestyle out of.

This book will allow you to realize your physical potential in only minutes each week, and by doing so will positively affect all other areas of your life. I am thrilled that you took valuable time out of your schedule to make positive changes in your life.

NOW, ON TO THE FIRST PART OF IGNITING YOUR

FAT BURNING FURNACE…CREATING THE SPARK!

CREATING THE SPARK

MUSCLE MAGIC

It may come as a surprise to some of you, but the fastest and most effective way to transform your body and ignite the fat burning process 24/7 is to strength train. You didn't think you could get in shape only by running for hours and hours on a treadmill to nowhere, did you? Our goal with strength training, also known as anaerobic exercise, is to increase our muscular strength and to add as much lean shapely muscle to our bodies as we can.

And why do we want to add muscle? Well, it is attractive to look at, increases bone density (especially important as we age), and a muscular body burns far more calories at rest each day than a body with less muscle, raising our resting metabolic rate (RMR). This last fact is an enormously powerful secret to getting the body you want.

Just one more pound of muscle added to your body will require an extra 40-50 or so calories per day to keep it alive. Just think if you add 20 pounds of lean muscle tissue…you're automatically burning an additional 800-1000 calories per day, just sitting on your behind watching TV or at work! And guess what happens when you're burning more calories than you need to maintain your current bodyweight? You have a calorie deficit, and your body begins to shed fat.

In addition, the growth and repair process that occurs following properly conducted resistance exercise requires large amounts of stored energy in the form of calories. So know that you're going to burn even more stored calories and fat to build your new strength and muscle. In fact, after your properly conducted resistance workout is over, your body will use its stored fat for the repair process.

This amounts to burning body fat like crazy, for up to 72 hours after your workout!

Another important concept to understand regarding strength training and muscle building is that as we age, we lose muscle naturally. Have you ever noticed that man or woman who is in good shape for most of their 20s and 30s but then starts to pack on the pounds in their 40s and up? It's gradual, and before you know it, they look like they've gained 20 lbs of fat overnight!

Muscle deterioration is a huge, if not the biggest, part of this problem. Muscle deteriorates with age, and for every pound of muscle we lose, we are burning 40 less calories each day. Your metabolic rate is dropping, right now. Add that up over a period of years and you can see why packing on fat as we age is unfortunately very easy to do.

While we can't prevent muscle deterioration, we can certainly combat it by adding as much lean muscle to our bodies as possible! That's why training for strength and building lean and shapely muscle is the cornerstone of getting in your best shape for the rest of your life… and that's why it's the spark to igniting your fat burning furnace all day long.

BUT I DON'T WANT TO LOOK LIKE ARNOLD WHATSHISNAME!

What's that you say? You don't want to be big and bulky like those bodybuilders? Or maybe you do? I'll let you in on a little secret. The only way you will achieve such musculature is if you are genetically pre-programmed to do so AND on a heavy dose of assorted steroids and growth hormone drugs. This is a harsh

reality to swallow for those who aspire to win physique and bodybuilding contests.

Because we are taught at a young age that anything is possible if we put our minds to it, many still don't believe this to be true. While you certainly should believe that you are capable of great things (and you are!), physical potential in regards to muscle building (just as in how many fat cells your body carries) is largely determined by your heritage and genetic makeup.

In fact, the single biggest factor in determining how much muscle you can add to your body and fat you can rid from your body is your genetic propensity to do so. This is irrefutable. It's the same reason you will never be as tall as Yao Ming, the 7' 6" NBA player. Muscular potential and fat loss potential, as are all other genetic characteristics (hair and eye color, height, predispositions to disease, etc), are determined at birth.

As I mentioned earlier in this book, take a good look at your parents and grandparents and you'll get a pretty good idea of what hand you were dealt. Factors like the length of your muscles, where they attach at the joints, muscle fiber type, and tolerance to exercise all contribute to how much muscle and strength you can build.

In terms of body fat, the number of predetermined fat cells you were born with, skin thickness, and response to dietary manipulations play the major parts in achieving a low level of body fat. While a small percentage of men and even smaller percentage of women do have the requisite genetic makeup to achieve an unusual level of muscular development or extremely low single digit body fat levels naturally, this represents less than 1% of the world's population.

It is that rare, and even more so with women. Also worth noting, is that most, if not all, of these people take anabolic steroids, human growth hormone, and other drugs in order to take their bodies to unnatural levels.

On another note, for the ladies, 99% of women lack the high testosterone levels that are also required to build loads upon loads of muscle. Compound that with the fact that adding lean muscle actually makes you smaller, as muscle is more compact that fat (it takes up less space), and you'll begin to see that getting "bulky" from adding muscle is not likely.

So please, don't worry about getting too bulky or too muscular. Taking into account different levels of experience, the vast majority of people will be able to put an average of 15 lbs of lean muscle on their body utilizing the proper exercise guidelines in this book.

If you do the math on that, that's an average of 700 calories or so a day that you'll be burning at rest just because you've got that new muscle. Amount of fat loss will be relative to how much fat you already have on your body. Obviously if you have more to lose, you can lose more! The only thing this type of muscle gain and fat loss will cause is a much more attractive body and confidence level.

And if you do happen to be unusually gifted at gaining muscle or losing fat, consider yourself blessed. It's easy to cut back and maintain a desired level. But if that was the case you probably wouldn't be having any trouble getting in fantastic shape anyway.

WHY SHOULDN'T WE BE "SWEATIN' ON THE TREADMILL"?

If you're old enough to remember the aerobic and cardio explosion that started in the late 70s, you'll know that most fitness professionals have been recommending this exercise should be the focus of your routine. After all, research has proven

that cardiovascular exercise burns calories and fat. While this may sound good on the surface, understand that there is something more important going on here:

Long duration, low intensity aerobic exercise, as it is usually performed, burns fat during your workout. But, this sends a message to your body that you need to keep a certain reserve of fat available for the next workout. This is bad news! So your body ends up storing more fat as a result of your workout. And this is one of the reasons why just performing endless hours of aerobic exercise won't get you the fat loss you're after.

What's probably worse is that long-duration, low intensity aerobic exercise can actually decrease your health. Let me explain. When you exercise like this, you are working within your existing aerobic limits without improving your capacity for work. You're never forcing your body to improve upon its capacity, so your cardiovascular system (namely your heart and lungs) becomes more efficient.

But you are training it to be efficient at working within its capacity. The problem is that over time, this can actually reduce your heart and lung reserve capacity. Reserve capacity allows your heart to pump faster in times of stress and your lungs to deal with exertion like climbing a long flight of stairs. Without this reserve capacity, your heart and lungs won't be able to fight off stresses as well, and that can lead to various problems including increased risk of heart attack.

Let me also tell you that heavy use of standard aerobics can even decrease your muscle mass, due to the wasting effect that long duration, low intensity exercise can have on the muscles overtime. This lowers your RMR…deadly if you want maximum fat loss.

On top of that, most popular aerobic movements that include joint impact (jogging on a treadmill especially) can actually lead to injury over the years. I'm referring to overuse injuries common in endurance sports like running where the

constant motion of the athlete is repeated to the point of being harmful to the joints, tendons, and other structures. Our joints and tendons weren't designed to take this kind of pounding on a regular basis for years and years. In many cases, you're essentially wearing out your body instead of strengthening it.

Yet another danger with performing traditional aerobics exclusively is the potential for muscle imbalances. Your lower body is getting most of the work, if not all, in most aerobic movements and you are creating an imbalance. Overtraining the lower body and not training the upper body at all or very little can be damaging in the long term, again causing potential injury.

I don't mean to frighten you with this information about the predominately recommended form of exercise, but it's vital that you understand the long-term health and fitness implications with long duration, low intensity aerobics. There is a far healthier and more efficient way to getting the body and lasting health you're after, and the details are to follow.

Someone once said the definition of insanity is doing something over and over again expecting a different result.

I'm not saying aerobics are insane, but take a look at those on treadmills and elliptical machines every time you go to the gym…do they ever look any better than they did last week, last month, or even last year? And even if they did, do you have the time to spend 2 or more hours per week to wear your body out by running on a treadmill to nowhere?

THE 15-MINUTE MIRACLE: HIGH-INTENSITY FAT LOSS SOLUTION

So, we still want to develop cardiovascular conditioning, but we want to increase our capacity, not get efficient at working within our existing capacity as described earlier. How do we do that?

We do that by periodically engaging in a series of all out efforts in our exercise routines. The best way to do this and burn body fat and build reserve capacity and heart health is to engage in what is known as interval exercise. This is basically intervals of high intensity exercise alternated with low intensity.

You see, with traditional slow to moderate paced cardio exercise, you burn some fat and calories during the exercise, but when it's over, it's over. What I mean is, your metabolic rate is barely affected once the workout is over.

Contrast that with the tremendous boost your metabolic rate receives after engaging in a high intensity exercise session. It is night and day!

As I mentioned earlier, high intensity exercise will cause your body to raise its RMR for up to 72 hours after the workout. This means more fat burning and far better results faster. And you can get these benefits from any type of interval-based exercise:

Wind sprints (like you may have done in high school), interval cardio or HIIT as it's known, competitive sports like basketball, tennis, racquetball, etc. The list goes on and on. They all have varying levels of impact on your fat loss based on the level of intensity involved.

THE BIG EXERCISE SECRET

Now, you could do very well with your fat loss and fitness goals by committing to performing this type of exercise a few times a week. But…

The number one exercise that will raise your RMR the most is high intensity resistance training. In addition, this exercise will also provide the "permanent" RMR raise with the new muscle you'll be adding to your body, as well as the defined and sculpted look that is so desirable.

But, as I mentioned earlier, we still want to develop cardiovascular conditioning along with all this fat burning and muscle/strength building. So, how do we do that?

Well, we could do both high intensity resistance training and separate interval cardio exercise. But that would take 4 or 5 days per week for up to an hour per session in the gym…far too much time for most busy people with lives!

The big secret I found is that you can achieve outstanding cardiovascular health with the type of strength training recommended in this book by mimicking the style of interval cardio…keeping the intensity super high and keeping rest periods between exercises on the low side.

When performing the resistance exercise like I've outlined, you'll also be forcing the body to increase its flow of nutrients to feed the new muscle being developed. To do this the body must develop new capillary systems to facilitate the increased flow, and the heart becomes better at handling stress.

As a nice bonus, blood pressure goes down too, as the heart is better at delivering it to the muscles. Having practiced this exercise for many years, my resting heart rate is around 40 beats per minute, and I have astounded more than a handful of

physicians when I tell them I perform little or no aerobics! It always makes me chuckle when they ask if I am a "runner"....nothing could be further from the truth!

3 PRINCIPLES TO EFFECTIVE STRENGTH TRAINING

Okay, we've established the groundwork and reasons why we want to look at high intensity resistance training as our primary form of exercise to stimulate as much natural lean muscle growth as we can. Let's take a look at the principles that govern your body's ability to do just that. If you're still not convinced that training for strength is the best way to ignite your fat burning furnace, go back and re-read the last couple of sections of this book. Now, on to the good stuff!

PRINCIPLE 1 – INTENSITY

The first key to proper strength training is intensity. More specifically, High Intensity Strength Training. Intensity is a word that is thrown around at gyms and fitness centers as often as a new born baby cries when hungry. You'll hear someone say they really had an intense workout, or they are exhausted from training so intensely, etc. But let's define what intensity as it relates to strength training really is.

Intensity is, quite simply, the amount or percentage of momentary effort generated by the trainee. Let's look at a standard strength training exercise to demonstrate what I'm talking about here. Take the standing barbell curl for the biceps, for example, where the trainee holds a weighted barbell with an underhand grip, resting at his or her thighs.

Let's assume the trainee is capable of curling 50lbs for a maximum of 10 times, meaning he or she couldn't possibly complete 1 more repetition despite his/her greatest effort. If this trainee were to perform 5 repetitions and set the barbell down, this would amount to roughly 50% intensity. If the trainee were to perform his/her maximum amount of repetitions possible of 10, they would be training with 100% intensity. 100% intensity is also referred to as training an exercise "to failure" or "momentary muscular failure". This occurs when the trainee is unable to complete another repetition despite his/her greatest effort.

This is what we are striving for in the strength training portion of this program. Why? Because exercising a muscle to or very close to failure is a requirement for muscle growth and a strength increase to occur. The body has no reason to grow new muscle or get stronger unless we force it to adapt to an intense stimulus…in this case, high intensity strength training.

If the intensity is not great enough, that is, we do what is already easily achievable, the body has no reason to adapt and improve. Now, a rank beginner could gain a small amount of muscle from being exposed to resistance training of any type, but not enough to make an even marginal impact in their body. When you perform an exercise at a 100% intensity level, you're essentially asking your muscles to wake up and get stronger and grow. If they don't, they won't be ready for the next time you perform this intensity assault on them!

It's very similar to the forming of a callus on your hand after doing some yard work that you've been away from for a few months. The skin, in this instance, is subjected to an intense rubbing or friction, and adapts to this new activity by forming a callus. Your muscles respond in a similar fashion. They are reacting to a new stimulus and are preparing for the next onslaught of intensity….they have no choice but to get stronger!

The other key factor regarding intensity in your workouts is the rest period between sets or exercises. Combined with taking each exercise to momentary

muscular failure, keeping your rest periods between sets and exercises down to 30 seconds or less will provide fantastic cardiovascular benefits and more fat burning benefits. Resting the normal 2-3 minutes, as is seen in most gyms, won't cut it.

Great, you say, let's train with 100% intensity every day! Not so fast grasshopper. Let's go back to our skin/callus example. Say we were to apply the high intensity friction mentioned earlier to that same area all day long without rest, day after day. This would eventually lead to a sore, laceration, infection, etc. Not good and no callus would develop.

Instead we would have literally worked our skin to the bone! It is only through the following subsequent principles of effective strength training that we can avoid this overuse, and allow ourselves to achieve the results we're after.

PRINCIPLE 2 – VOLUME & FREQUENCY

The next principle to effective strength training is that of exercise volume and frequency. This refers to how long we exercise, both the number of exercises we perform and how long it takes to perform them. The other half of this equation is how often you perform the said exercise or routine. What ultimately will regulate your volume and frequency is your tolerance for intense weight training exercise.

If you remember in my discussion earlier in this book regarding genetic factors, I mentioned that people's genetic influences determine their physical potential. Included in these influences are the individuals varying tolerances to intense exercise.

Exercise tolerance, like most other genetic factors, exists on a traditional bell curve. The bell curve tells us that those that tolerate intense exercise easily are on one end, those that don't tolerate it well on the opposite end, and most everyone

else in the middle. Just as the bell curve for a person's height shows that most fall in the middle (with midgets at the low end and NBA players at the high end), this middle portion represents the vast majority of the population. So, where am I going with this anyway?

Well, with 100% intensity being a constant, the recommended volume and frequency in creating the spark to igniting your fat burning furnace is based on that middle portion of the bell curve, or roughly 70-80% of the population.

How do we know if a particular volume and frequency is working? Strength increases. If you are not getting stronger on most every exercise of most every workout, you are either not training hard enough (Intensity), training too long or too short (Volume), or training too often or not often enough (Frequency). And your ability to recover from intense anaerobic exercise does not increase as your strength increases.

In fact, as you get stronger, you are now placing greater demands on your body. A bicep that can curl 50 pounds needs more time to recover then when it could only curl 25 pounds. Because of this, you'll need to gradually reduce your workout volume and frequency as you get stronger and closer to maximizing your genetic potential. This concept is true up to a point, of course, as you must actually workout get the benefits. Sorry, one workout a month is not going to get it done!

The combination of intensity, volume, and frequency as detailed above will provide the optimal avenue for achieving your highest level of lean muscle and strength gain. That's a lot of variables, I know, but the routines in this book were designed to work for the majority of trainees, from start to finish. Rest assured, you will be using the most efficient method to getting the body you desire.

PRINCIPLE 3 – PROGRESSION

In order to gain strength and muscle, you must train your body in a progressive manner. Let's assume you can perform a maximum of 8 repetitions of a given exercise with 100lbs, and not 1 rep more despite your greatest effort. Provided you give your body enough rest, the next time you perform this exercise to failure, you should be able to perform 1 or more reps beyond the 8 with the same resistance or weight, as your body would have adapted to your failure set and gotten slightly stronger as a result.

On subsequent workouts, you would strive for additional reps until you could get 10 or more reps with the same weight. Once that occurs, you would then increase the weight used by 5-10% for the next workout, thus forcing you back to the 8-10 repetition range. This is known as double progression.

First you progress in the number of reps performed, then you progress in the weight used, and then repeat this process. This double progression principle, along with appropriate intensity, volume, and frequency, will allow you achieve your best body faster than any other method in existence. Are we excited yet?!

REPS, SETS, AND EXERCISES, OH MY!

There are quite a few different ways to put together a Fat Burning Furnace style high intensity strength training routine. When designing your own routine, you should start with the three main variables: Reps, Sets, and Exercises.

Reps, or repetitions, can be described as the number of times you perform the exercise movement or motion in succession. Sets are simply the group of successive repetitions performed (i.e. 1 Set of 10 reps). Exercises are obviously the movement being performed, for a prescribed number of reps and sets. What

we really want to know is…how many reps, sets, and exercises should one do, which exercises should be performed, how should they be performed, and how often should they be performed?

HOW MANY REPS?

When looking at how many reps one should perform in a set of high intensity strength training, we must first understand that the number of reps is dependent on how the reps are performed. Let's go back to our barbell curl example. The trainee should begin to curl the barbell up smoothly and slowly, without excessive bending or leaning. At the top of the movement, pause in the contracted position and flex the biceps for a second, then lower slowly under control, back to the start of the movement.

So basically, lift under control, pause briefly and contract the muscle, and finally lower slowly under control. Then pause and repeat. How slowly? I suggest a controlled 2-3 seconds for the lifting (known as the positive) portion and 3-4 seconds for the lowering (know as the negative) portion of the movement. We want to avoid any herky-jerky swinging of the weights here. This will ensure we eliminate momentum from the movement and greatly decrease any chance of injury.

It also allows for the greatest stimulus as the targeted muscles do the lifting and lowering, not your joints or outside forces like momentum. You don't have to count the seconds…just make sure you're doing the movement slowly and smoothly. This should give you a total time of about 5-7 seconds per rep.

This also results in a high degree of safety. Look around at how others are using resistance training at your gym and you'll see most performing reps that are much faster, and hence dangerous. This can also wear on your tendons and joints, and we want to wear out our muscles, not the tendons and joints.

The next thing we need to look at when determining how many reps to perform is how our muscle fibers are affected during a set of intense weight training exercise. Muscle fiber involvement is important because we want to recruit as many muscle fibers as possible during our set.

On a basic level, you have 2 muscle fiber types, slow twitch and fast twitch fibers. These names are related to the fiber's rate of fatigue. (i.e. slower and faster to fatigue from exercise). And not all muscles are necessarily comprised of the same fiber mix. Some people may have predominantly fast twitch fibers in their chest, but slow twitch fibers in their biceps.

Just like in our earlier bell curve example for genetic traits, most people have a mix of both fast and slow to fatigue fibers in their muscles, while there are those that are mostly fast twitch on one end of the spectrum and mostly slow twitch on the other end. Those with a higher percentage of fast twitch fibers will excel in athletic events that involve exerting maximum force such as tackle in football or a sprinter. Those with a higher percentage of slow twitch fibers will generally excel in just the opposite type of activities, such as a marathon or triathlon.

During a high intensity weight training exercise done to or as close as possible to failure, we want to stimulate as many of the three types of fibers as we can. In order to do this, you must select a weight that provides sufficient intensity as this will recruit the most fibers of both types as possible.

The reason for this is that muscle recruitment takes place in a ramping up process. For the first few easier reps, more slow-twitch fibers are doing the work, with little fast twitch involvement. As the exercise gets harder, the fast twitch fibers come into play more, and even more so toward muscular failure.

To generate sufficient intensity without turning the exercise into an endurance movement, select a weight that is approximately 70-80% of your 1 rep maximum

in a particular exercise. Most will be able to complete 8-10 reps with this percentage of 1 rep max. With our average rep time of 5-7 seconds per rep discussed earlier, this tells us is that most people will do well to perform a high intensity weight training exercise to failure for somewhere between 40 and 70 seconds, or 8 to 10 repetitions.

This brings up another important point. Your muscles don't know how many reps you're doing, they know how long they are under load, or experiencing the resistance. This is known as time under load (TUL). So what we are looking for is a TUL of around 40 to 70 seconds for most people to experience maximum strength and muscle growth benefits.

But, I've found that counting seconds is trickier than counting reps, so as long as we are keeping our reps smooth and slow, in the 5-7 second range, we should be shooting for 8-10 reps per set, done to momentary muscular failure. This is a general recommendation that will work well for most everyone.

You may respond better to a slightly higher or lower rep range depending on your muscle fiber make-up. Go ahead and experiment with slightly higher or lower reps and see if that boosts your results a bit. The 8-10 range is the place to start, though, and will yield impressive results!

Regardless of the number of reps, remember, what's most important is that you work each exercise to the point of muscular failure.

HOW MANY SETS?

In this book, I am recommending the performance of only 1 set of each exercise, done to momentary muscular failure. Only one set you may be asking? Yep. If done in the proper speed and to momentary muscular failure, 1 set of a particular exercise is sufficient for stimulating a change or increase in muscular strength

and development. A big part of the reason this works so well is that 1 set performed slowly and under control, to failure, is very hard work and consequently very demanding on the body. (hard in a good way though!)

Believe me, when you perform your exercise slowly and deliberately with 100% intensity, 1 set is all you'll want to do.

This 1 set is what starts the growth process in motion. A second set or multiple sets of the same exercise performed in the same fashion are not only unnecessary in most cases, but can prove to be counterproductive to your efforts. You must understand that a properly conducted set of weight training exercise to muscular failure is extremely taxing to that particular muscle and your body's overall recuperative ability. You can either work hard or work long, but not both.

Now, if you really feel that you need to do a second set of a particular exercise…be my guest, especially in the beginning of your workout "career" when you can tolerate a bit more exercise than when you're closing in on your genetic potential. I and many others have gotten good results with 2 sets per exercise, but I've found that once you learn how to perform a set properly for a particular exercise, one set does the trick.

Here's another thing to consider regarding the amount of work (or sets) you're doing. Training properly to failure actually creates tiny microscopic injuries in your muscles. It is only during the rest period that follows that the body will then repair those injuries and build additional fibers to protect itself from further injury. (think back to my building a callus example). If we continue to injure the muscles with subsequent sets, recovery will take far too long, and optimum results could be lost.

In addition, research has shown that there is little difference in terms of strength and development resulting from 1 or even 3 sets of the same exercise. Would you rather perform 10 easy sets of the same exercise that take up to 15 minutes to

complete, or 1 hard set that only lasts 40-70 seconds? Ask yourself how much you value your time and you'll find your answer. On top of all that, there are psychological implications regarding the performance of more than 1 set. Understand that you want to be handling the maximum amount of weight in the prescribed repetition range during your failure or working set.

Let's suppose you planned on doing 3 sets of that exercise. Subconsciously, you would probably hold back the effort a bit on that 1st set, knowing you had a second and third set to complete. Thus you would have used less weight for fewer reps on both sets than you would have if performing only 1 set to failure. This would most likely reduce your intensity level and reduce your rate of progress a bit…and most importantly your rate of igniting your fat burning furnace…and it took two or three times the amount of time!

Working as hard as possible for a short period of time is the real secret to the physical change you're looking for. This is good news, by the way, as you don't have to slave away for hours in the gym to get the body you want…it's true!

TOTAL BODY WORKOUTS

While many of the so called fitness experts and celebrities often push split routines (in which you work a different portion of your body on separate days of the week), I am recommending that you engage in total body workouts. This means you'll be training all, or the majority, of your muscles each and every time you workout. This type of strength training has been documented to be very successful for decades, but even more so if performed with the appropriate volume, frequency, and intensity as recommended in this book.

Split routines can be effective for sure, but what usually happens over time is that they allow you to spend too much time and too many exercises on one particular muscle group when working at a high intensity level. This can lead to

overtraining your individual muscles and your overall body fairly quickly, unless the workouts are spaced with several days of rest between them.

When this happens, you stand to lose much of the fat burning and cardiovascular benefits of training the whole body together, so you'd then have to add separate aerobic sessions into the mix.

Interestingly enough, split routines also became increasingly popular around the same time steroids and other performance enhancing drugs showed up in gyms across the country. When on substances like these, split routines, or any routine will produce worthwhile results due to steroids' ability to assist your body's recovery ability.

Your body is a combination of several parts and systems, and it rests as a whole. It only stands to reason that you should train it as a whole. And when you subject your entire body to high intensity strength training at the same time, you burn more calories and, most importantly, generate a larger release of fat burning and muscle building hormones than you would have if you had just trained a section of your body. This is a very powerful and important point.

In addition, studies have shown it takes, on average, approximately 2-3 days for your muscles to recover from intense weight training exercise. Why wait a week or more to train that muscle again when it is ready a couple days later? Full body workouts performed 2 or 3 times per week are perfect for this recovery timeline as you're working those muscles 2-3 times per week.

Full body workouts also promote balance and symmetry throughout your body…on a split routine, it can be very tempting to skip a workout if it's one of your least favorite body parts. Believe me, I've skipped many a leg workout in the past when on a split routine because of their grueling nature. I've found skipping isn't so easy with full body routines.

And on a personal note, I've tried split routines of all kinds over the years, as well as various full body schedules. I can tell you that I've never experienced the fat-burning, muscle and strength building, and cardiovascular conditioning of full body training with any other method, including split routines.

EXERCISE SELECTION

Walk into your nearest gym or fitness center and you'll probably be overwhelmed with the various machines, free weights, and other contraptions. While it seems like there's a new machine every time you walk in the door, there are several tried and true basic exercises that have stood the test of time and will work wonders when using a proper exercise program. These exercises can be classified into two groups.

Compound, or multiple-joint exercises, and isolation, or single-joint exercises. Compound exercises involve more than 1 muscle and work around more than 1 joint. An example of this would be the Bench Press, which stimulates the pectorals (chest), the triceps (back upper arm), and the deltoids (shoulders). Isolation exercises target 1 muscle only and work around 1 joint (though truly isolating just one muscle with an exercise is a bit of a stretch). An example of this would be the barbell curl, which stimulates the bicep (front upper arm).

Both types of movements are beneficial to those seeking to increase strength and muscle mass. Compound exercises are more efficient, working more of the body's musculature in one exercise than an isolation movement. Isolation exercises are less efficient from that standpoint, but compound exercises can't target a specific muscle as efficiently as isolations.

This is typically due to the weak-link factor in compound exercises. Back to our bench press, most would use this exercise to work the pectorals. However,

because the weaker triceps and front deltoids are involved, they would fail before the pectorals would. Thus, the targeted muscle, in this case the pecs, would receive less stimulation than if you were to perform an isolation exercise for the pecs like dumbbell flys.

Because both types of exercises have their merits, I recommend using both in your routines, with an emphasis on the bigger compound exercises as they have more potential for fast fat loss.

FREE WEIGHTS VS. MACHINES

I once had a terrible dream that the powerful forces of free weights and machines battled it out for world domination and in the process laid waste to millions of exercisers worldwide. OK, not really, but talk to any advocate of one or the other and you might believe this dream is really happening. People are very passionate about their choice of equipment. That being said, you can gain benefit from both free weights and machines.

Free weights give you a more natural feel than most machines, as they don't lock you into a specific groove that may or may not be suitable for your structure. They are also less expensive when equipping a home gym, as even one machine can cost thousands of dollars by itself.

On the other hand, good machines have advantages too. They are generally easier to use for a beginner and can prevent any sort of "lifting" injury that could occur from getting a free weight into the starting position of an exercise.

Machines also keep the resistance applied throughout the entire range of motion of an exercise, whereas most free weight counterparts do not. For example, in the barbell curl, there is little or no resistance on the biceps at the top of the

movement, but with a good bicep curl machine, you'll have resistance at every point in the movement, creating a more effective and efficient exercise.

So if you have access to good machines go ahead and use them. If you'd like to use free weights, go ahead and use them. Experiment with both and you'll find some favorites, and always have some substitutions to keep boredom away.

Also, you can perform many of the exercises I'll show you with simply your own bodyweight as resistance. For best and fastest results, I would recommend having at least a pair of adjustable dumbbells (Powerblock Dumbbells) and a bench, but you can still get great fat burning workouts with no equipment at all.

YOU TAKE MY BREATH AWAY

While it always seemed pretty natural to me, there is a great deal of confusion as to how to breathe properly during a weight training exercise. Without spending too much time on a fairly simple to understand concept, you should exhale when your muscles contract and inhale when they lengthen.

To explain a bit further, if you're doing an exercise where you're pushing a weight away from you, you would exhale during the pushing (contracting) and inhale during the return movement (lengthening). If you're performing an exercise where you're pulling a weight toward you, you would exhale during the pulling (contracting) and inhale during the return (lengthening).

Now, if you're performing an exercise as slowly as I recommend, you may find the need to take more than one breath during each repetition. There's nothing wrong with that, just make sure you're breathing freely and evenly. Perhaps even more important than proper breathing during exercise is simply breathing at all…make sure to never, I mean never hold your breath while exerting yourself maximally.

This can cause all sorts of problems including increased blood pressure, risk of hernia, and fainting.

NO STRETCHING OR WARM-UP NECESSARY!

As I mentioned earlier in this book, muscle flexibility is an important part of achieving total fitness. But I do not recommend spending extra time on stretching, unless you have a therapeutic need for it due to a previous injury or existing condition. Why? When you perform the type of resistance exercise in this book, you are automatically stretching the opposite muscle that you're working.

For example, in the bicep curl, you are contracting your biceps, but at the same time, you are lengthening or stretching the opposing muscle, the triceps. As long as you're using a full range of motion, you'll get all of the stretching you'll need, plus you'll avoid the problems that many stretch-fanatics encounter, including permanently stretched out ligaments and tendons.

I also don't recommend excessive warm-ups. Why? Again, warm-ups are built in with this type of workout. When you move slowly and deliberately, the first few repetitions of an exercise serve as the warm-up. This saves you even more time, and provides all the warm-up you'll need.

I do permit my students to do 1 warm-up set of the very first exercise of a routine if desired. This can help wake the body up and prepare it for the workout, but it is not necessary. If you do choose to do this, make sure it's a very light weight for you and easy to complete.

THE BEST EXERCISES TO LIVE BY

Here are two easy to use reference charts detailing some of the best compound and isolation exercises to reshape your body, grouped by the body parts worked and emphasized. Use this chart when selecting or substituting exercises in your own routines. For the majority of your routines, you'll be using a variety of both lower and upper body exercises, which will be in proportion to the distribution of muscle on your frame.

You should also work the exercises that affect the largest amount of muscle mass first in your workout, when you are freshest. Legs, Chest, and Back should be worked early in the routine, while shoulders, arms, calves, and abdominals should be worked in the latter portion. Following these charts are some detailed explanations and photos of the recommended exercises and how to perform them for maximum benefit. **IMPORTANT:** While I am pictured performing these exercises, they are both for men AND WOMEN… contrary to popular opinion, the male and female bodies both respond to proper exercises in the same manner.

Fat Burning Furnace Compound Exercises	
Exercise	**Muscles Worked**
Squat (Barbell, Machine)	Legs (Quadriceps, Hamstrings, Buttocks, Lower Back)
Leg Press (Machine)	Legs (Quadriceps, Hamstrings, Buttocks)
Deadlift / Stiff Leg Deadlift (Barbell, Machine)	Back (Midback, Lower Back, Trapezius, Hamstrings, Buttocks)

Bent Over Row (Barbell, Dumbbell, Machine)	Back (Midback, Lats, Biceps)
Pulldown / Chin-Up (Cable, Machine, Chinning Bar)	Back (Lats, Biceps)
Overhead Press (Barbell, Dumbbell, Machine)	Shoulders (Deltoids, Trapezius, Triceps)
Upright Row (Barbell, Cable)	Shoulders (Deltoids, Trapezius)
Bench Press (Flat, Incline, Decline) (Barbell, Dumbbell, Machine)	Chest (Pectorals, Deltoids, Triceps)
Dips / Bench Dips (Parallel Bars, Bench, Machine)	Chest (Pectorals, Deltoids, Triceps)

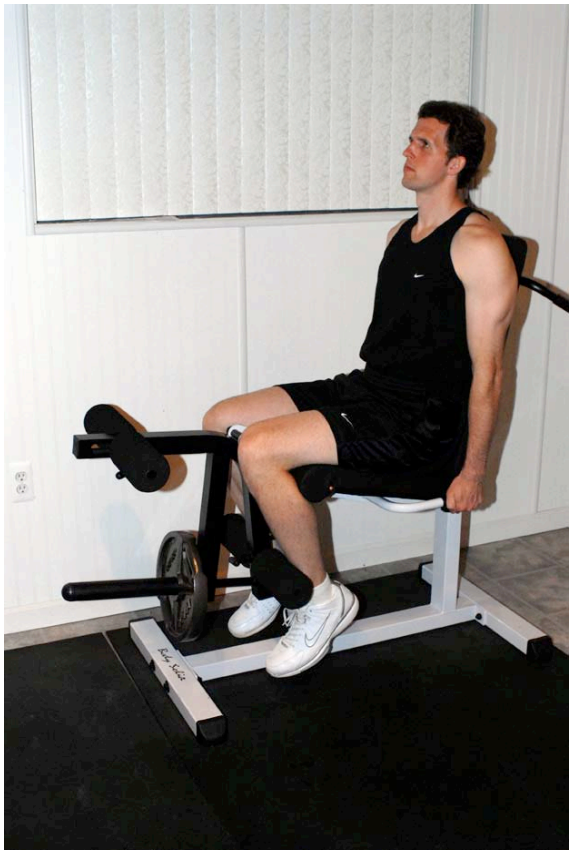
Fat Burning Furnace Isolation Exercises	
Exercise	**Muscles Worked**
Leg Extension (Machine)	Legs (Quadriceps)
Leg Curl (Lying, Seated, Standing) (Machine)	Legs (Hamstrings)
Calf Raise (Standing, Seated, Donkey) (Machine)	Legs (Calves)

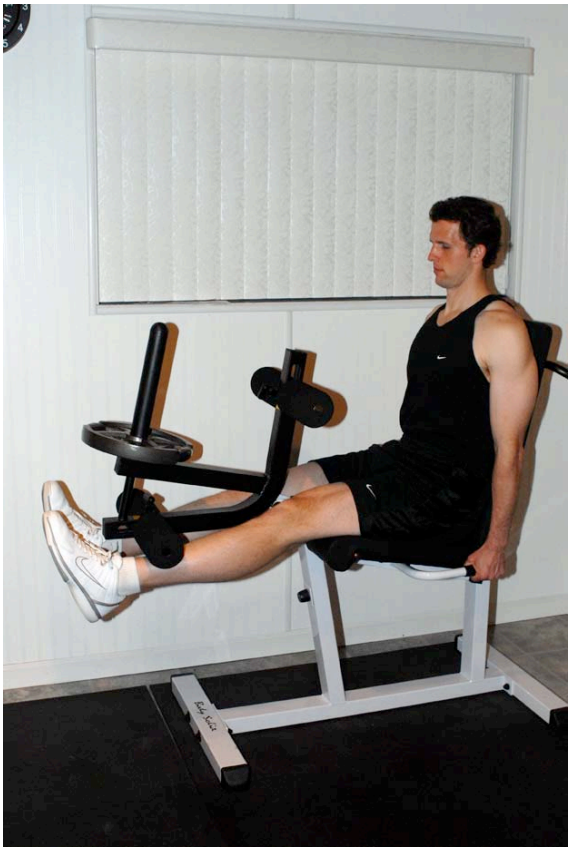
Straight Arm Pullover/Pulldown (Dumbbell, Barbell, Cable)	Back (Lats)
Lateral Raise (Dumbbell, Machine, Cable)	Shoulders (Deltoids)
Shrug (Dumbbell, Barbell, Machine)	Shoulders (Trapezius)
Bent Arm Fly/Pec Deck (Dumbbell, Machine)	Chest (Pectorals)
Standing/Seated Bicep Curl (Dumbbell, Barbell, Machine)	Arms (Biceps)
Overhead Triceps Extension (Dumbbell, Barbell, Machine)	Arms (Triceps)
Triceps Pushdown (Cable)	Arms (Triceps)
Crunch (Weight Plate for added resistance)	Midsection (Abdominals)
Reverse Crunch (Body)	Midsection (Abdominals)
Side Bend (Dumbbell, Cable)	Midsection (Obliques)

ISOLATION EXERCISES

Leg Extension

Seated in a leg extension machine, initiate the movement deliberately. Slowly extend your bent legs against the leg pad or roller until you lock your knees. Pause briefly in the locked or contracted position for your quadriceps, and then lower back to the starting point under control.





Leg Curl

Lying face down in a leg curl machine, initiate the movement deliberately. Slowly curl your straight legs against the leg pad or roller until your heels approach your buttocks and you feel a maximum contraction in your hamstrings. Pause briefly before lowering under control back to the starting position. This can also be performed in a seated or standing leg curl machine.

Calf Raise

Standing in a calf raise machine, lower your heels into the bottom stretched position. Slowly lift up on your toes, with your knees straight, until you are on your tip toes. Pause briefly in the contracted position for the calves, and then lower under control back to the starting position. This can also be performed in a seated or donkey calf raise machine.

Straight Arm Pullover

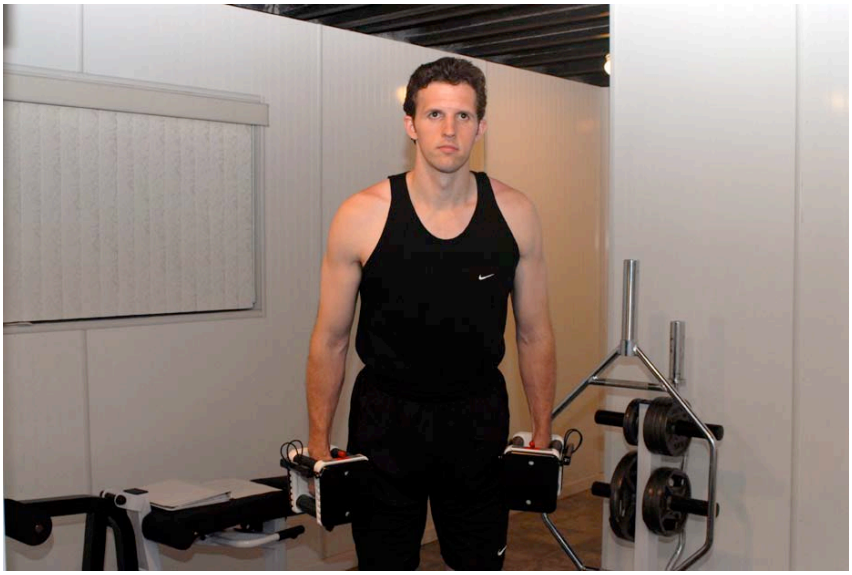
Lie on a bench with your body perpendicular to the bench. With your shoulders square on the bench and your head hanging slightly off, grasp a dumbbell with both hands and hold it at arms length over your chest. Lower it slowly in an arc, rotating your shoulders, behind your head until you feel a stretch in your lats. Pause briefly and return to the starting position. Don't lock your elbows, keep them slightly bent throughout the movement. This can also be performed with a barbell or in a pullover machine.

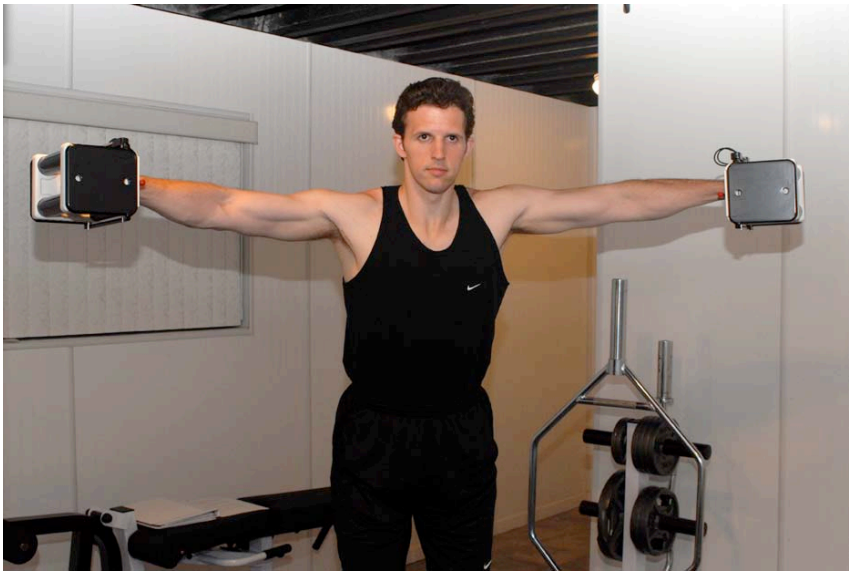
Straight Arm Pulldown

Grasp the bar on a pulldown machine while standing, with an overhand grip. The bar should be at least above the height of the top of your head, feeling a stretch in your lats. Push down with your hands in an arc-like motion while keeping your arms straight, until you hit your waist with the bar. Pause briefly before returning slowly to the starting position.

Lateral Raise

Standing, grab a pair of dumbbells and let them hang at your sides. Bend your knees slightly and lean forward about 10-20 degrees. Lift the dumbbells with your elbows slightly bent up to your ear level. Pause briefly in the contracted position and lower slowly back to the starting position. This can also be performed in a lateral raise machine or with a low cable pulley.



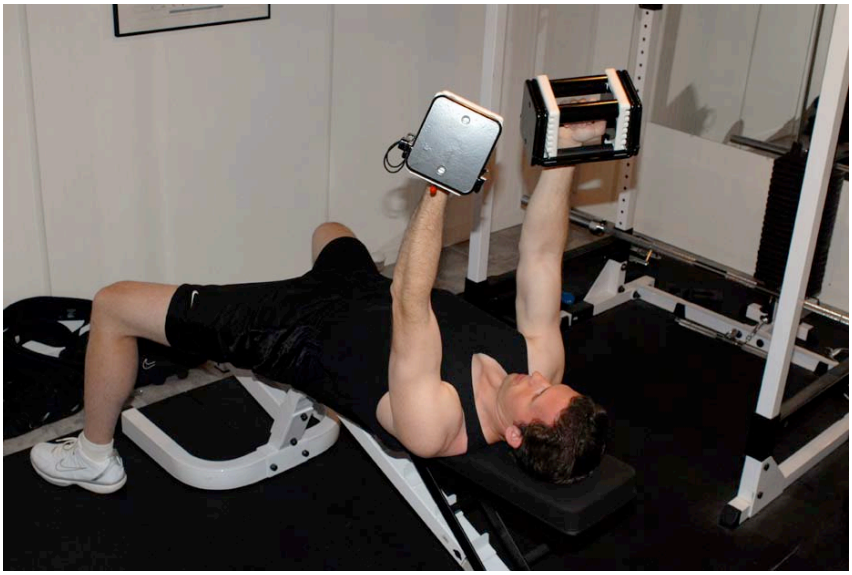


Shrug

Standing, grab a pair of dumbbells and let them hang at your sides. Lift your shoulder up toward your ears, as high as you can go. Pause briefly in the contracted position for your traps, and then lower slowly back to the starting position. This can also be performed with a barbell or shrug machine.

Bent Arm Fly

Lying on a flat, incline, or decline bench grab a pair of dumbbells. Press them up so that they are over your chest with arms slightly bent at the elbows. Begin to slowly lower them in an arc until you feel a strong stretch in your pecs. Reverse the motion back up in an arc until the dumbbells are together over your chest again. Contract your pecs and repeat.

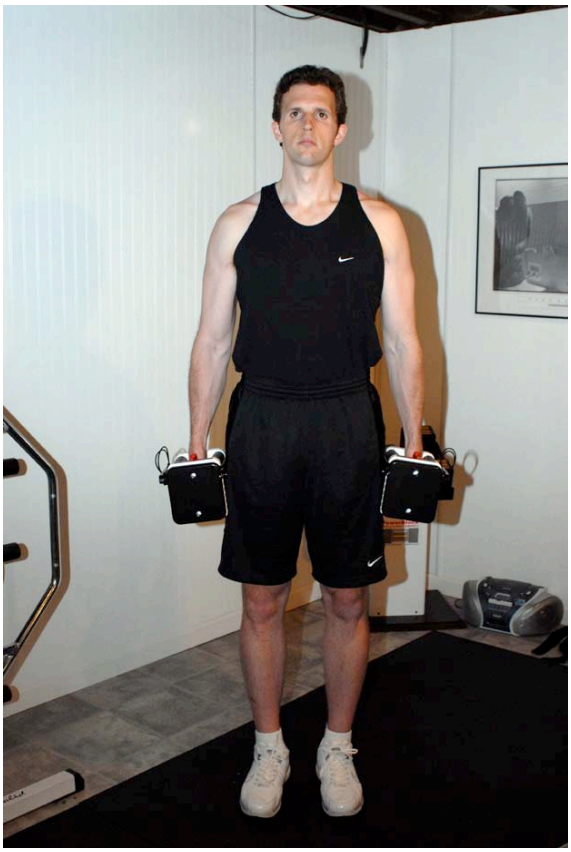


Pec Deck

Sitting on a pec deck machine, grab one handle and bring it to the starting position in front of your chest. Then grab the other handle and do the same. With arms slightly bent, lower them in an arc until you feel a strong stretch in your pecs. Reverse the motion back up in an arc until the handles are together again. Contract your pecs and repeat.

Dumbbell Bicep Curl

Standing with a pair of dumbbells hanging at your sides with your palms facing your thighs. Slowly curl the weight up to your upper chest, keeping your upper arms stationary and twisting your wrists throughout so that your palms are facing your chest at the top of the movement. Pause briefly and squeeze the biceps before lowering slowly under control, again twisting the wrists in the reverse direction and back to the starting position.



Barbell Bicep Curl

Standing with a barbell in your hands with a palms-up grip, slowly curl the bar up to your upper chest, keeping your upper arms stationary. Pause briefly and squeeze the biceps before lowering slowly under control back to the starting position. This can also be performed in a bicep machine.

Overhead Dumbbell Triceps Extension

Seated or standing, grab a dumbbell with both hands and hold it at arms length over your head. Bending at your elbows, lower the dumbbell slowly behind your head while keeping your upper arms close to your ears. Pause briefly when your hands reach your ear level and return to the top of the movement. This can also be performed with a barbell or in a triceps machine.

Triceps Pushdown

Standing at a lat pulldown machine, grab a v—shaped bar or rope on the high pulley with a close grip. Bring the bar down to your upper chest level. Keeping your upper arms at your sides, push the bar down slowly until you lock out your elbows and contract your triceps. Pause briefly before returning to the starting position slowly.

Crunch

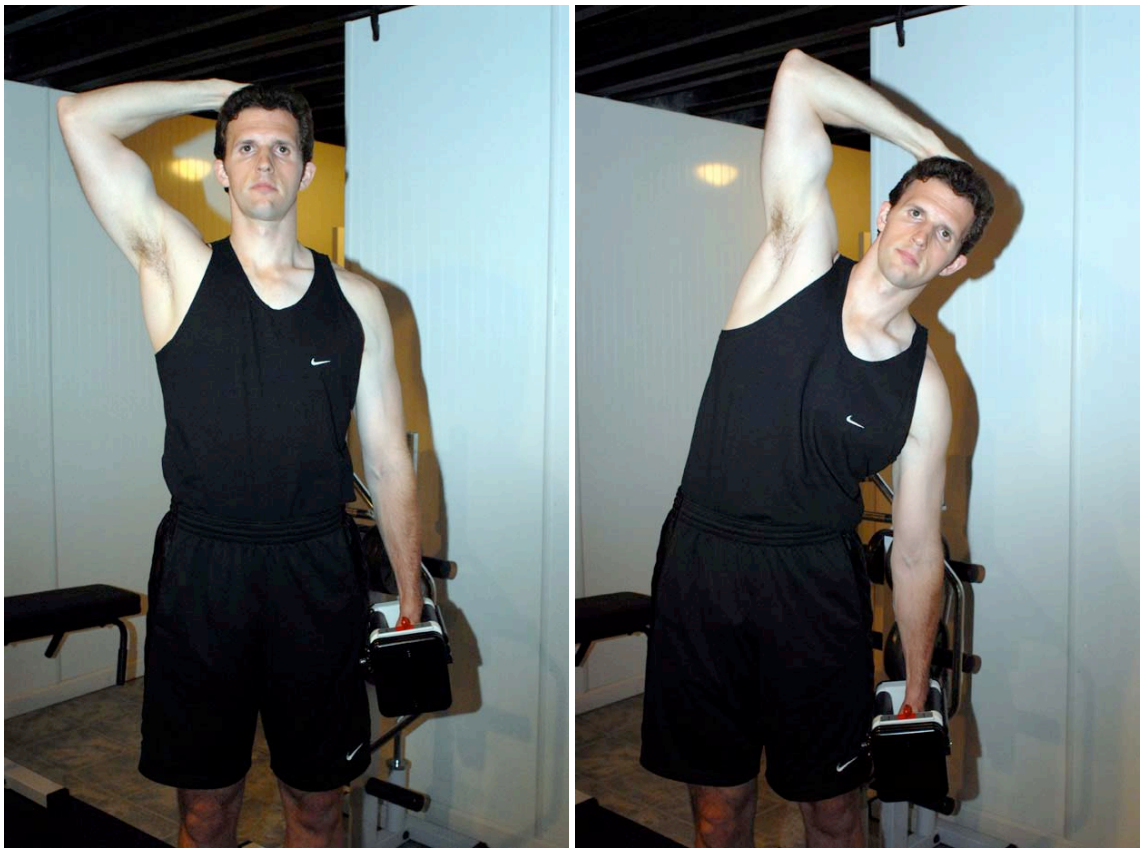
Lying on the floor, place your hands behind your head or on your chest. Bend your knees out to the sides so that the heels of your feet are facing each other. Slowly curl your torso up until your abdominals contract and pause briefly. Lower slowly back to the stating position.

Reverse Crunch

Lying on the floor, place your arms down at your sides. Cross your ankles and bend your legs slightly at the knees. Pushing off with your arms and hands against the floor, use your abs to curl your legs and hips up off of the floor until you feel your abdominals contract. Pause briefly and return slowly to the starting position.

Side Bend

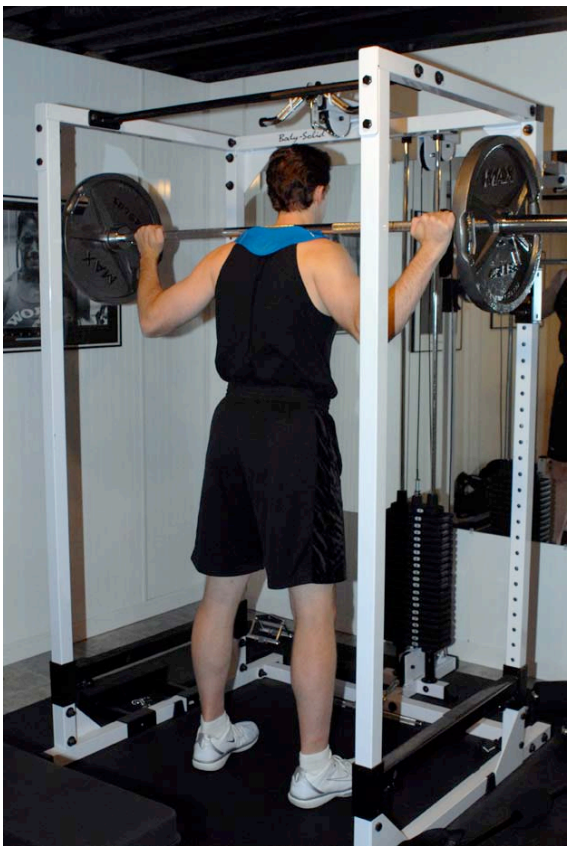
Standing, grab a dumbbell in your right hand and hold it at arm's length down by your waist, palm facing your thigh. Place your opposite hand on top of your head, with your elbow bent and out to the side. Slowly lower the dumbbell down as close to your knee level as possible, pause briefly, and return to the starting position slowly. Once you finish your set, repeat with the dumbbell in the opposite hand. This can also be performed using a low cable pulley.



COMPOUND EXERCISES

Squat

In a squat rack, position yourself under a barbell and lift it off of the pins with your shoulders. Back away from the pins with your knees unlocked. Keeping your feet shoulder width apart, and your back flat (make sure not to round your back), lower slowly into a squatting position until your thighs are just about parallel with the floor. Pause briefly before pushing the weight back to the starting position. This can also be performed in a squat machine.



Leg Press

Seated in a leg press machine with feet shoulder width apart and knees unlocked, lower the weight platform until your thighs touch your chest. Pause briefly before pushing back slowly to the starting position.

Deadlift

Place a barbell on the floor. Get into a squatting position with your back flat, and grab the barbell using a mixed grip (one palm facing up and one palm facing down). Push slowly off the floor letting your arms hang, using them only as hooks to hold the barbell, and reach a standing position with your knees unlocked. Pause briefly before lowering slowly under control. This can also be performed in a deadlift machine.

Stiff Legged Deadlift

Stand with a shoulder width with feet flat beneath the barbell. Bend knees and bend over with your lower back straight. Grasp the barbell with a shoulder width overhand or mixed grip, shoulder width or slightly wider. Lift weight to standing position. Lower bar to the top of the feet by bending hips. Bend the knees slightly during the decent and keep waist straight, flexing only slightly at the bottom. With knees bent, lift the bar by extending at hips until standing upright.

Bent Over Row

Grab a barbell that is on the floor with an underhand grip and your feet shoulder width apart. Bend over with your back flat and a shoulder width grip. Slowly pull the weight up until it touches your waist, pause briefly, and lower under control back to the starting position. This can also be performed in a rowing machine.

Pulldown/Chin-Up

On a pulldown machine or a high stationary bar, grab it using an underhand shoulder width grip. Let your arms extend high over your head and get a good stretch in your lats. Slowly pull the bar or your bodyweight until it hits your upper chest, pause briefly, and then lower under control. This can also be performed on a chinning bar.

Overhead Press

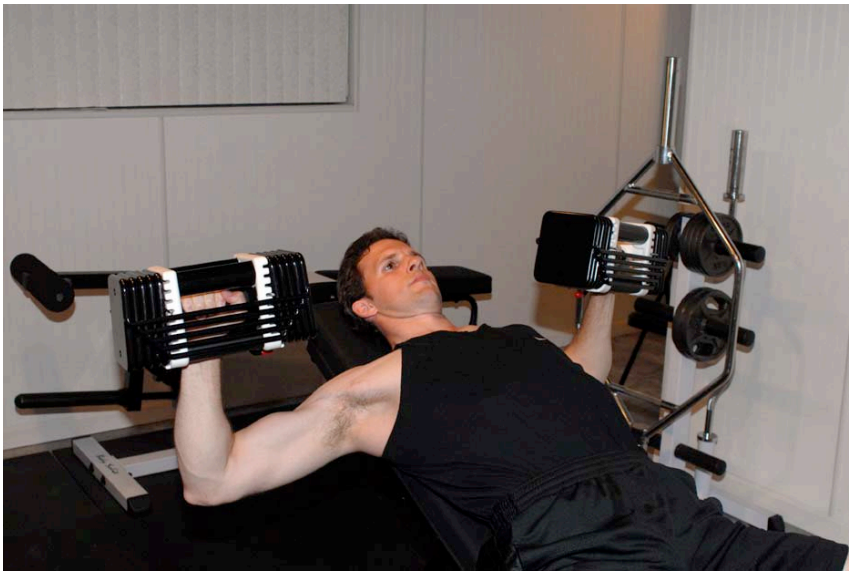
Standing, grab a barbell and hold it in front of your shoulders with your hands and feet about shoulder width apart. Press the bar slowly overhead until your arms are straight but elbows are slightly bent. Pause briefly and lower back to the starting position slowly. This can also be performed with dumbbells or in a shoulder machine.

Upright Row

Grab a barbell with a palms over and close grip, holding it in front of your thighs with arms extended. Slowly row the bar up, keeping it close to your torso the entire time as your elbows flare out to the sides, until it reaches your collarbone. Pause briefly and lower slowly back to the starting position. This can also be performed with a low cable pulley or with dumbbells.

Bench Press

Using either a pair of dumbbells or a barbell, on a flat, incline, or decline bench, hold the weight over your chest with hands about shoulder width apart and your elbows unlocked. Lower the weight slowly until your hands are at chest level, keeping your upper arms perpendicular to your torso. Pause briefly and push back slowly to the starting position. This can also be performed in a chest press machine.



Dips / Bench Dips

Position yourself within a set of parallel bars so that your arms are straight with elbows slightly bent, or unlocked. Bend your knees and cross your ankles. Lower slowly and you bend your elbows until you feel a stretch in your pecs and shoulders. Pause briefly and push back into the starting position. This can also be performed with 2 benches in a movement called bench dips. Line up two benches so that they are facing each other. Sit on one of the benches and place your hands at your sides, fingers curled around while gripping it. Lower your rear off the bench and position your feet up on the opposite one. Slowly lower yourself by bending your elbows, keeping them close to the body. Once you feel a strong stretch in your chest, reverse the motion and take it back to the starting position, locking your arms and contracting your triceps.

TOOLS OF THE TRADE

Now that you're going to be following a weight training workout to get the body you want, you'll need some resistance…otherwise known as weights! That's one point for me for mentioning the obvious. Seriously, you have a few different options when choosing where to workout and which equipment to use. This is nice, because you don't always have to use the same stuff, which can lead to boredom on occasion.

AT THE GYM OR FITNESS CENTER

This is the most popular place to go for those seeking a great workout. The advantages here are that you have a ton of exercise choices. Several machines, plate loading machines, pre-made barbells and dumbbells, and a lot of space. These places usually have a bunch of cardio equipment and other stuff like Swiss balls, but I want you to forget about that. Remember, we are focusing on strength training. The multitude of choices makes for a boredom free workout, for the most part, but there are some downsides to working out at a large gym or fitness center.

First, there's the fact that along with the multiple exercise choices you have, you are also faced with multiple gym members. These places can get overcrowded often, and when they do, you can kiss the maximum cardiovascular benefit from your proper weight training routine goodbye. Being forced to wait 5 minutes for some guy who's on his 5th set of leg extensions can not only ruin your cardio benefit, but can also be quite annoying when you know that the guy could be done in a set or 2 if he only understood the principle of proper intensity.

The other problem I've found with working out in large fitness centers is those roving personal trainers for hire. They comb the gym floor waiting for their next

unsuspecting victim like a predator on the Discovery Channel. Alright, maybe they're not that bad. But my point here is that just because they have a shirt on with the name of the gym on it doesn't mean they know more than you! Finding a knowledgeable personal trainer can be a chore. I recall being in one of these places a few years ago, going through my workout. I was doing a pullover on a lat machine, which is primarily used for pulldowns. Upon finishing my set, one of the friendly trainers that worked at this facility asked me if I needed some help, as he noticed I was "doing it wrong".

I chuckled a bit and explained to him that I was not doing it wrong but performing a movement that he might not be familiar with. I went on to tell him I was isolating my lats with the exercise, rather than using the machine for the compound pulldown exercise. Well, he didn't know what to think, and went on his way. Now this was no issue for me, as I was well versed on proper weight training exercise at the time. But if had been a beginner and not understood what I was doing, I would have been susceptible to changing my routine to suit his advice.

The last issue many people have with training in the fitness centers is being too timid. Especially for the women, weight training amongst a group of smelly loud men is not all that pleasant, I know. If you want to workout in the gyms, this is something you'll just have to get over if it is an issue for you, 'cause it will happen from time to time.

So if you want to workout in the popular gyms or fitness centers, you may want to get strategic about which ones you use, and when. I would really suggest you find a smaller gym that has a good variety of equipment, but is not the most popular place in town, or loaded with extras like beauty salons, cafes, and swimming pools.

Most gyms are busiest on Mondays, Wednesdays, and Fridays, so you might try scheduling your workouts on the other days of the week. There are fitness

centers now that are just for women, and even some that have separate days for men and women. If that appeals to you, check to see if there are any in your area. And if anyone working there asks you if you'd like one of their personal trainers or workout programs, remember that you've got the Fat Burning Furnace program in your arsenal and be like former first lady Nancy Reagan and just say no!

AT HOME

Working out at home has become increasingly popular in the last few years, as home equipment has improved in quality. Just as with working out at a gym or fitness center, home training has its advantages and disadvantages. On the plus side, you can workout whenever you want to. You don't have to worry about the travel time to and from the gym.

It's easier to avoid skipping a workout because you are cutting the travel time out…you really do only need 20 or 30 minutes. Also, you can ensure you'll get the cardiovascular benefit from moving between exercises at a brisk pace. You won't have to wait for that machine hog at the gym. If you're one who is a bit timid working out in front of others, or with the opposite sex, you don't have to worry about that in your home gym.

On the negative side, home training is missing a few things. You won't have the breadth of equipment you have at a big fitness center, unless you've got tens of thousands of dollars to spend on your home gym equipment, so you can get bored of your limited equipment. You lose some of the energy that dances about in a large gym or fitness center setting, as watching other people workout is sometimes a motivator. So there are some pluses and minuses to working out at home.

All this being said, if you want to workout at a gym or fitness center or build your own home gym, here's some of the stuff you should look for or make sure you have at your disposal:

- **Barbells with plenty of weight plates.** The standard size Olympic barbell is recommended. You can do nearly every exercise in this book with a simple barbell and weighted plates. Make sure there are 2 ½ pound plates available as well for smaller increases from workout to workout.

- **Dumbbells.** Again, you can do nearly every exercise in this book with various weight levels of these. Make sure they go in 5 pound increments…if they don't it will be more difficult to progress in poundage as you get stronger, as a 10 pound jump will be too much in many exercises. You may also use selectorized dumbbells (Powerblock Dumbbells) if training at home, these can go from 5 pounds to 120 pounds and take up minimal space, as all weight levels are contained within one set of dumbbells.

- **Incline/Decline bench.** This versatile bench will allow you to perform a variety of exercises with barbells or dumbbells.

- **Pulldown machine.** This machine will primarily be used for lat pulldowns and pullovers, and triceps pushdowns.

- **Leg Extension and Leg Curl machines.** These will obviously be used for the leg extension and leg curl. For home use, you can get a combo machine that allows you to perform both movements which helps save space.

- **Squat Rack or Power Rack.** This is a metal cage that allows you to position a barbell at various heights for the performance of the squat and

deadlift, as well as other barbell exercises including the bench press.

- **Calf Raise.** This is a machine that allows for the performance of the standing calf raise.

- **Pec Deck machine.** This allows for the performance of the pec deck movement for your pectorals.

- **Pullover machine.** This allows for the performance of the pullover movement.

Now you have a good idea of what type of equipment to look for in a fitness center. You can also use some of the machine alternatives to the exercises I listed above. If you're considering going the home gym route, you would obviously have to lay down some cash up front to build your space, versus paying a small monthly fee at the gym. But, over a year or two, your home gym investment will pay for itself and you'll never pay fees to workout again! I personally train exclusively at home using pretty basic equipment and have experienced fantastic results.

My basic set up includes a simple power rack with a lat pulldown attachment, an incline/decline bench, a barbell with 315lbs. of weight plates, a set of selectorized dumbbells that go from 5 pounds to 95 pounds, and a leg extension/leg curl machine. You can get all of this equipment new for under $2,000. Maybe even less if you are a bargain hunter.

If cash flow is an issue, consider putting the equipment on a 0% interest credit card and making the payments will be like paying your monthly gym dues. Whatever location you choose to workout in, following the principles in this book will take you to where you want to go, in the fastest possible time!

NO EQUIPMENT AT ALL?

Alright, I know some people have absolutely no equipment, no gym membership, and don't want to spend any money fixing these two issues. Look, I'm not trying to tell you how to spend your money, but how much do you spend on "junk" purchases each month?

I mean stuff like entertainment, eating out, junk food, etc. Surely it's more than the monthly fees at a suitable gym or fitness center. But if I can't convince you that this is just another excuse that is preventing you from finally burning away that stubborn body fat, I have provided some bodyweight only exercises later in this book, so please refer to that section for more info on how to proceed.

Now, there are also some other items you'll want in your workout toolbox. These will help ensure you have optimal workouts.

- **Workout Gloves and Belt.** Get a good set of workout gloves to protect your hands and a weight training belt to protect your lower back in certain movements like the squat and deadlift. These are not completely necessary, but most people find them helpful, especially beginners. I would caution you to rely on the workout belt though, as it can become a crutch and actually prevent your core (lower back and abs) from naturally supporting your body during certain movements.

- **Water bottle.** Have a water bottle filled with cold, but not too cold, water ready for sipping throughout the workout. Dehydration will kill your energy level, so make sure to drink enough water between exercises. And don't rely on the fitness center drinking fountain. It will slow you down and can cause you to ingest air bubbles which can cause stomach upset during an exercise.

- **Wall clock or watch with a second hand.** Keep track of your rest periods between exercises…keep it around 30 seconds or less.

- **Training Journal.** This is probably the most important tool you have, as it allows you to track your progress. This is what progressive training is all about! As a free bonus with the Fat Burning Furnace system, I've provided a few templates for you to use. Get a three ring binder and make several copies of the template you're going to use and use it religiously! Accuracy in your record keeping will tell you what's working, and it will serve as further motivation as you see your strength skyrocketing!

FAT BURNING FURNACE ROUTINES – PUTTING IT ALL TOGETHER

We now have the background knowledge, the science, behind building strength, quality lean muscle, and burning fat to reshape our bodies. Next, I'll show you some sample routines that will take you there. I'll remind you that the recommended routines below will work for most people most of the time. They are based on the majority of the population's ability to recover from intense exercise.

You may require slightly more or less volume and/or frequency for optimal results. This is based on your experience level as it relates to high intensity resistance training and your genetic ability to recover from intense exercise.

Rest assured, however, that these routines will allow you to make amazing improvements in your physical appearance and health. I've provided a beginner's break in schedule, for the person totally new to weight training, and three fat burning furnace routines… one for beginner, intermediate, and advanced levels of

experience. Choose the routine that best fits your experience with intense weight training exercise, and you'll be ready to start!

Special Note: Many of my older students (mid 50s and above) find that once past the break-in routine below, they've had a harder time recovering from the full beginner's workout than what is optimal. Instead, they have had better results from starting with the intermediate program once past the break-in phase.

This is also true with competitive athletes or those who already spend 2-3 days a week training intensely for a sport like basketball or football. They would tend to get better results on less frequent FBF training, as in the advanced schedules.

BEGINNER'S BREAK-IN ROUTINE

If you are new to strength training or have not performed strength training for 6 months or more, you would do wise to follow the break-in routine listed below. This routine is designed to help you learn some of the basic movements, without have to worry about going to muscular failure.

Your form, as mentioned previously, is vital in getting the most out of the Fat Burning Furnace routines, and as with anything else…practice, practice, practice. In the early stages of strength training, your body won't be able to go to failure anyway, despite your greatest efforts.

The body must first learn how to take a particular exercise to failure, and you must learn what failure feels like. After a couple weeks of the beginner routine, you'll be well on your way to stimulating maximum muscle and strength.

Fat Burning Furnace Break-In Routine		
Exercise	**Sets**	**Reps**
Squat	3	10
Deadlift	3	10
Bench Press	3	10
Pulldown	3	10
Overhead Press	3	10

Break-In Routine Guidelines:

1. Perform this routine 3 times per week, on an every other day schedule. (i.e. Monday, Wednesday, Friday, or Tuesday , Thursday, Sunday).

2. Select a weight for each exercise that allows you to complete the 10 repetitions with a moderate amount of effort. We are not trying to go to failure here, we are concentrating on learning the movements and priming your body for the real workouts to come!

3. Perform each exercise in a slow and controlled fashion…generally 2-3 seconds on the positive or lifting portion, and 3-4 seconds on the negative or lowering portion of the movement. Pause briefly after the positive portion (contracted position) and the lowering portion before repeating.

That's it! After about 2 weeks on this routine, you'll be ready to tackle the Beginner's routine that follows, and be well on your way to creating the spark to ignite your fat burning furnace!

BEGINNER LEVEL ROUTINE

If you are a total novice to strength training, and have completed the break-in routine listed previously, or if you have some weight training experience, but have never trained to failure consistently, you can start with the beginner routines listed below.

Fat Burning Furnace Beginner Routine A			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Quadriceps, Buttocks, Lower Back	Barbell Squat	1	8-10
Quadriceps	Leg Extension	1	8-10
Hamstrings, Buttocks, Lower Back	Barbell Deadlift	1	8-10
Hamstrings	Leg Curl	1	8-10
Pectorals, Deltoids, Triceps	Barbell Bench Press	1	8-10
Pectorals	Incline Dumbbell Flys	1	8-10
Lats, Biceps	Pulldown	1	8-10
Deltoids, Triceps	Barbell Overhead Press	1	8-10
Biceps	Dumbbell Bicep Curl	1	8-10
Triceps	Overhead Dumbbell	1	8-10
Calves	Standing Calf Raise	1	8-10
Abdominals	Crunch	1	8-10

Fat Burning Furnace Beginner Routine B			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Quadriceps, Buttocks	Leg Press	1	8-10
Quadriceps	Leg Extension	1	8-10
Hamstrings, Buttocks, Lower Back	Stiff Legged Deadlift	1	8-10
Hamstrings	Leg Curl	1	8-10
Pectorals, Deltoids, Triceps	Dumbbell Incline Press	1	8-10
Midback, Biceps	Barbell Row	1	8-10
Lats	Dumbbell Pullover	1	8-10
Deltoids, Triceps	Dumbbell Overhead Press	1	8-10
Biceps	Barbell Bicep Curl	1	8-10
Triceps	Triceps Pushdown	1	8-10
Calves	Donkey Calf Raise	1	8-10
Abdominals, Obliques	Dumbbell Side Bends	1	8-10

Beginner Routine Guidelines:

1. Workout 3 times per week, on an every other day schedule, making sure to get at least 1 day of rest between workouts, and two days rest after the third workout of the week. (i.e. Monday, Wednesday, Friday, or Tuesday, Thursday, Sunday).

2. The first week, perform the A workout twice (Monday and Friday) and the B workout once (Wednesday). The next week do the opposite and continue to alternate each week. Basically…A,B,A,B,A,B.

3. Select a weight for each exercise that allows you to perform no more than 8-10 repetitions with maximum effort, that is until you reach momentary muscular failure. You may select a weight that is too heavy or too light initially, causing you to fail at more than 10 or less than 8 reps. Don't worry…just adjust the weight slightly during the next workout so that you are back in the 8-10 range.

4. Make sure to keep the exercises that work the largest muscle groups early in the workout, when you are freshest. Perform about 4-5 exercises for your lower body and about 7-8 exercises for your upper body.

5. Perform each exercise in a slow and controlled fashion…generally 2-3 seconds on the positive or lifting portion, and 3-4 seconds on the negative or lowering portion of the movement. Pause briefly in the contracted position (after the lifting portion) and at the start of the movement.

6. Utilize double progression. Strive to add 1 or more repetitions to each exercise at every workout. When you can perform 10 or more repetitions to failure with a particular resistance, increase the resistance by 2.5 to 5 pounds, forcing you back to the 8 rep range for your next workout.

7. Train at a brisk pace. Try and keep rest between exercises to a minimum. A good target to shoot for is 30 seconds. At first, it will be difficult to achieve this, but after a couple of weeks you'll become conditioned to working at this pace. Training like this will provide amazing cardiovascular benefits, in addition to the strength and muscle building. Plus, your routine will only take about 20-25 minutes to complete. Not a bad time investment for a strong healthy body!

8. It is not necessary to do warm-up sets, as if the repetitions are performed slowly and under control as recommended, there is little or no risk of injury. The first few reps of the set actually provide a mini warm-up built in. If you must perform a warm-up set, do so only on the first exercise of the routine. If you perform subsequent warm ups you will cut short the cardiovascular benefits of moving from one intense exercise to the next.

9. The exercises listed are not written in stone. You may substitute similar exercises or variations for the ones listed. For example, you could perform and incline machine bench press instead of a flat barbell bench press. Or you could do a dumbbell deadlift instead of the barbell deadlift. You get the idea. Just make sure to keep the exercises that work the largest muscle groups early in the workout, when you are freshest, and perform 4-5 exercises for your lower body and 7-8 exercises for your upper body.

After a few weeks on the above Beginner routines, you'll have grown stronger. Your body will start to adapt to the exercises that a few weeks ago were brand new. To keep the body guessing and adapting, you'll want to introduce some new exercises or variations of the same ones you've been performing in the first 4 weeks or so. You'll want to do this again after the next 4 weeks, and so on until you've completed an initial 12-week period.

You need not overhaul the routines completely every 4 weeks, just change a few exercises with their similar counterparts every 4 weeks, as noted in the exercise description section earlier.

If you followed these routines and guidelines as listed for the 12 week period, you'll have built new levels of strength and muscular development, increased your body leanness and melted body fat, and conditioned your cardiovascular system. I'll also bet that you'll be shocked at the progress you've made! Give yourself a pat on the back, these routines are hard work, and you're reaping the benefits. Now you're ready to continue your journey of a healthy and fit lifestyle.

But before you do, take a week off from your workouts. Kick back, and try and relax for 7 days. After this rest period, your body and mind will be fired up to get going again! Though you may want to jump to the intermediate programs that lie ahead, but if you are still getting stronger on most exercises with the beginner routines, I'd recommend you go through another 12-weeks or so with the beginner routines and schedules.

Change up some of the exercises if you'd like…make it fun…just be sure to adhere to the principles and guidelines of proper weight training exercise mentioned above.

INTERMEDIATE LEVEL ROUTINE

If you have been training on the beginner routines listed previously for at least 12 weeks, or if you have similar experience with high intensity strength training, you should do well to utilize the Intermediate routines listed below for the next 12+ weeks.

Again, adhere to the beginner routine guidelines for these routines, but for these, you'll be training 5 times every 2 weeks instead of 3 times per week, and you'll be performing less exercises each workout.

Remember that you won't be able to handle the same amount of volume and frequency that you could when you were starting out. Your body has adapted to the stimulus and gotten stronger and more muscular, and now you are placing a greater demand on your recovery ability.

An ideal frequency schedule for the intermediate routines would be… Monday, Thursday, Sunday, Wednesday, Saturday. You would again alternate the A/B routines each workout…A,B,A,B,A. Make sure to get 2 days of rest between most, if not all, workouts at the intermediate level.

Fat Burning Furnace Intermediate Routine A			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Quadriceps, Buttocks, Lower Back	Barbell Squat	1	8-10
Quadriceps	Leg Extension	1	8-10
Hamstrings, Buttocks, Lower Back	Barbell Deadlift	1	8-10
Pectorals, Deltoids, Triceps	Barbell Bench Press	1	8-10
Pectorals	Incline Dumbbell Flys	1	8-10
Lats, Biceps	Pulldown	1	8-10
Deltoids, Triceps	Barbell Overhead Press	1	8-10
Triceps	Overhead Dumbbell	1	8-10
Calves	Standing Calf Raise	1	8-10
Abdominals	Crunch	1	8-10

Fat Burning Furnace Intermediate Routine B			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Quadriceps, Buttocks, Lower Back	Leg Press	1	8-10
Hamstrings, Buttocks, Lower Back	Stiff Legged Deadlift	1	8-10
Hamstrings	Leg Curl	1	8-10
Pectorals, Deltoids, Triceps	Dumbbell Incline Press	1	8-10
Lats, Biceps	Pulldown	1	8-10
Lats	Dumbbell Pullover	1	8-10
Deltoids, Triceps	Dumbbell Overhead Press	1	8-10
Biceps	Barbell Bicep Curl	1	8-10
Calves	Donkey Calf Raise	1	8-10
Abdominals	Dumbbell Side Bends	1	8-10

ADVANCED LEVEL ROUTINE

If you have been training on the intermediate routines listed previously for a minimum 12 weeks, or if you have similar experience with high intensity strength training, you should do well to utilize the advanced routines listed below for the next 12 or more weeks. Again, adhere to the beginner routine guidelines for these routines, but for these, you'll be training twice per week and again performing still less exercises each workout.

Again, your stronger and more muscular body is placing even greater demands on your recovery ability. An ideal frequency schedule for the advanced routines could be… Monday and Thursday, alternating the A/B workouts as before. Just make sure you're getting 2-3 days of rest between workouts at the advanced level.

Fat Burning Furnace Advanced Routine A			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Quadriceps, Buttocks, Lower Back	Barbell Squat	1	8-10
Hamstrings	Leg Curl	1	8-10
Pectorals, Deltoids, Triceps	Barbell Bench Press	1	8-10
Lats	Pullover	1	8-10
Deltoids, Triceps	Barbell Overhead Press	1	8-10
Biceps	Barbell Bicep Curl	1	8-10
Calves	Standing Calf Raise	1	8-10
Abdominals	Crunch	1	8-10

Fat Burning Furnace Advanced Routine B			
Body Part Emphasis	**Exercise**	**Sets**	**Reps**
Hamstrings, Buttocks, Lower Back	Barbell Deadlift	1	8-10
Quadriceps	Leg Extension	1	8-10
Pectorals	Incline Dumbbell Flys	1	8-10
Lats, Biceps	Pulldown	1	8-10
Deltoids	Dumbbell Lateral Raise	1	8-10
Triceps	Overhead Dumbbell	1	8-10
Calves	Seated Calf Raise	1	8-10
Abdominals	Reverse Crunch	1	8-10

BEYOND THE FIRST 12-WEEKS…LISTEN TO YOUR BODY

You now have a roadmap that shows you how to get from the body you have now to the body you want to have…this is like fitness gold, especially considering all of the wrong paths you could or may have already been led down. As I mentioned before, people differ in their ability to recover from intense resistance exercise. You may require some tweaking for maximum results with the previously mentioned routines.

You've heard the cliché a thousand times before…listen to your body. Well, it's true…in relation to your relative progress from workout to workout. As mentioned earlier, we should primarily be judging our workout progress from strength gains. While there are other factors at work here, strength gains provide the most efficient measure of your progress.

If you are not experiencing regular strength gains from workout to workout on most every exercise, check the workout principles. Are you training intensely enough (to failure or very close to failure)? If not, then you need to train harder to give the body a reason to change and adapt. If yes, then you may be training either too often or with too many exercises per workout. This may be the case, if you misjudged your experience level when selecting the starting point with the routines listed earlier.

If you are not experiencing regular progress on the beginner routines after 3-4 weeks, take a week off and resume with the intermediate routines and schedules. And if you are not experiencing regular progress on the intermediate routines after a similar time period, take a week off and give the advanced routines and schedules a try.

Once you've gotten to the point where you've completed the beginner, intermediate, and advanced routines each for 12 weeks or more, you'll have almost totally transformed your physique, and it will be empowering. People you haven't seen in a while will be astounded at the body changes you've undergone.

They'll think you slaved away for hours in the gym, as fitness professionals would have them believe, to get that body! If only they knew a little hard work done 2 or 3 times per week combined with a sensible approach to eating can make it happen.

Once past the first year of using these exercise principles, you'll have come very close to your genetic potential for lean muscle and strength levels naturally. You'll also have achieved a lean body, one devoid of stubborn body fat (provided your diet is in order). If you'd like to stay in your best shape and keep the fat burning furnace you've created, continue with the advanced workout routines and schedules… they will ultimately keep you in your best shape for the rest of your years!

FBF BODYWEIGHT ROUTINE & EXERCISES

With the regular FBF routines you've just discovered, I believe you now have the ultimate workout plan to achieve and maintain your best body. But let's imagine the following two scenarios should occur…

Scenario 1:

You find yourself on vacation or away on business and suddenly it hits you. It's Monday…your workout day! You start scrambling to figure out when you're going to workout and where. Does your hotel have a gym? Is it any good? Did you bring your gym attire with you?

Scenario 2:

You've just finished reading my Fat Burning Furnace book and you are more motivated than ever to begin igniting your furnace, now that you are armed with the appropriate knowledge and the right mindset to succeed. But you're kind of strapped for cash at the moment. Monthly gym dues and their start up fees are not really in your finance plan right now. And you don't have the money or space to build a home gym just yet.

If you should fall into either one of these scenarios at any time, I have a program that will allow you to continue creating the spark that ignites your fat burning furnace. It involves a similar workout and workout principles as the ones you've just read about in the regular FBF routines. But rather than using weight resistance, you'll be using your own bodyweight against you. Let's take a look at the Fat Burning Furnace Bodyweight Workout.

Body Weight Routine Exercises:

Here are the exercises that make up this simple but effective routine. A brief description of how to perform them follows, as does a table of the routine in order of desired performance.

Lunge

Standing erect with your hands on your hips, take a long step forward with your right leg. Plant your foot and bend at the knee, keep your left leg straight behind you. Make sure that your lead knee is just over your toes before pausing briefly. Push off your foot returning to the starting position. Repeat until failure and then reverse and perform the exercise with the opposite leg. Make sure to keep your back flat and your chest up to avoid any rounding of the back. This exercise will give your thighs a good test.

Sissy Squat

Hold onto an upright (a door frame will do) with one hand and bend at the knees while keeping your waist straight (don't bend). While bending lean back as far as comfortable and go up on your toes. Pause in the lowest position and return to the starting position slowly. Keep your thighs tense and your legs slightly unlocked at the top.

Push Up

Assume the regular pushup position, with your hands slightly wider than shoulder width and your elbows pointing out, to the left and the right of you. Lower yourself slowly into the stretched position, pause briefly, and return to the top of the movement under control, contracting your chest muscles and keeping your arms slightly unlocked. When you can do 15 or more of these, try this exercise with your feet elevated on a couch or bed. This will make the exercise harder and force you down to fewer repetitions, allowing for greater progress.

Towel Row

Roll a towel up and grab it with both hands about six inches apart. Loop this space in between your hands on the towel around door knobs of a nearby door. Slide your grip down to the end of the towel and place your feet next to the door. Lean back and get into a squatting position with your arms extended so that you feel a stretch in your back muscles. Using your hands, pull yourself toward the door handles, pausing briefly at the top or contracted position. Return slowly to the starting position and feel that stretch in your lats. You can make this exercise harder by leaning back further.

Towel Lateral Raise

Grab each end of a rolled up towel with each of your hands about 2 feet apart. Pull with one hand out to your side, as you would if performing a dumbbell raise. While you're pulling, resist with the opposite hand. This exercise is unique in that every rep should feel like a near maximum effort. Once you hit failure, reverse it and start with the opposite arm. This will really get your shoulders cookin'!

Chair Dip

Line up two chairs so that they are facing each other. Sit in one of the chairs and place your hands at your sides, fingers curled around the chair seat while gripping it. Lower your rear off the chair and position your feet up on the opposite chair. Slowly lower yourself by bending your elbows, keeping them close to the body. Once you feel a strong stretch in your chest, reverse the motion and take it back to the starting position, locking your arms and contracting your triceps.

Stair Calf Raise

Standing with the balls of your feet on a step from a flight of stairs, lower your heels into the bottom stretched position. Slowly lift up on your toes, with your knees straight, until you are on your tip toes. Pause briefly in the contracted position for the calves, and then lower under control back to the starting position. When you can do more than 20 reps or so, try switching legs and do a 1 legged calf raise. This will make the exercise harder and force you down to fewer repetitions, allowing for greater progress.

Reverse Crunch

Lying on the floor, place your arms down at your sides. Cross your ankles and bend your legs slightly at the knees. Pushing off with your arms and hands against the floor, use your abdominals to curl your legs and hips up off of the floor until you feel your abdominals contract. Pause briefly and return slowly to the starting position. (As an alternate, you can perform the regular crunch as described earlier in the regular FBF routines.)

Fat Burning Furnace Body Weight Routine		
Exercise	**Sets**	**Reps**
Lunge	1-2	Max
Sissy Squat	1-2	Max
Push Up	1-2	Max
Towel Row	1-2	Max
Towel Lateral Raise	1-2	Max
Chair Dip	1-2	Max
Stair Calf Raise	1-2	Max
Reverse Crunch	1-2	Max

Body Weight Routine Guidelines:

1. As with the other Fat Burning Furnace routines, workout 2-3 times per week with this routine, making sure to get 1-2 days off between workouts.

2. You're using your own body weight as resistance in these exercises, so a prescribed repetition range is unrealistic. Still, you must perform every exercise with maximum effort, that is until you reach or get as close as possible to momentary muscular failure. You may perform as many as 15 or more repetitions on some exercises, and as few as 6 or less on others, all based on your strength level relative to your bodyweight.

3. Make sure to keep the exercises that work the largest muscle groups early in the workout, when you are freshest. I've ordered this in this fashion already for ease of use.

4. Perform each exercise in a slow and controlled fashion…generally 2-3 seconds on the positive or lifting portion, and 3-4 seconds on the negative or lowering portion of the movement. Pause briefly in the contracted position (top or bottom of the movement).

5. As you get very strong on these exercises, you can increase the difficulty of each exercise by slowing down the movements even further. When you've reached 15 or more repetitions with the prescribed repetition speed above, go ahead and double the time it takes to complete a repetition. (If your reps were lasting about 8 seconds, move slower and make them last 16 seconds).

6. While you can't use double progression by just adding weight, you can make some of these exercises harder as you get stronger with them. I've

detailed that in the preceding exercise descriptions.

7. Train at a brisk pace. Try and keep rest between exercises to a minimum. A good target to shoot for is 30 seconds. At first, it will be difficult to achieve this, but after a couple of weeks you'll become conditioned to working at this pace. Training like this will provide amazing cardiovascular benefits, in addition to the strength and muscle building. Plus, your routine will only take about 15-20 minutes to complete. Not a bad time investment for a strong healthy body!

8. It is not necessary to do warm-up sets with this routine, as if the repetitions are performed slowly and under control as recommended, there is little or no risk of injury.

Well, that's it! A total body high intensity workout that will stimulate muscle growth, increased strength, burn body fat, and condition your cardiovascular system…all without any exercise equipment. Now you've got another weapon in your arsenal that will allow you to continue to spark your fat burning furnace whether away from home on vacation or business, if you don't have access to exercise equipment, or even for just a change of pace from your regular workouts.

I should note that any weight free routine will not be as effective in the long term as a workout with weight resistance, as you become stronger you'll be outside of the ideal time frame for maximum benefit. But this routine will certainly aid in keeping your fat burning momentum going in those times when you don't have access to gym equipment.

If you are having trouble getting the hang of these or any other exercises recommended in FBF, check out this great site for pictures/descriptions: http://www.exrx.net/Lists/Directory.html

ADDITIONAL HIIT (High Intensity Interval Training) EXERCISE

While the Fat Burning Furnace routines will yield impressive results, some may find better fat loss and cardiovascular conditioning results by maintaining a three times per week exercise frequency. While we shouldn't perform more resistance training exercise than is necessary to produce the desired response of strength and muscle growth, we can do well to include 1-2 High Intensity Interval Training (HIIT) workouts each week at the intermediate or advanced schedules.

This HIIT session could be 30-45 minutes of a competitive sport like basketball or racquetball (assuming you're giving your all during the match), or it could be a 15-20 minute separate interval cardio session like this:

Warm-up: 120 seconds of fast walking immediately followed by…
Interval 1: Full run for 30 seconds immediately followed by…
60 seconds of fast walking immediately followed by…
Interval 2: Full run for 30 seconds immediately followed by…
60 seconds of fast walking immediately followed by…
Interval 3: Full run for 45 seconds immediately followed by…
90 seconds of fast walking immediately followed by…
Interval 4: Full run for 45 seconds immediately followed by…
90 seconds of fast walking immediately followed by…
Interval 5: Full run for 60 seconds immediately followed by…
120 seconds of fast walking immediately followed by…
Interval 6: Full run for 60 seconds immediately followed by…
120 seconds of fast walking immediately followed by…
Interval 7: All out sprint for 30 seconds immediately followed by…
120 seconds of fast walking immediately followed by…

That's it! This super intense "cardio" workout will kick your butt in just about 17 minutes. You could perform this on a treadmill, elliptical, exercise bike, or heck, even in the swimming pool!

Here's how I would suggest incorporating additional HIIT exercise into the FBF Intermediate and Advanced schedules if desired:

If you're working at the Intermediate level routines, try including 1 HIIT session during the week that has just 2 FBF workouts in it...do it on an off day with at least 1 day of rest before and after it if possible.

So the intermediate schedule could go like this:
Monday: FBF
Tuesday & Wednesday: Off
Thursday: FBF
Friday & Saturday: Off
Sunday: FBF
Monday: Off
Tuesday: HIIT
Wednesday: Off
Thursday: FBF
Friday & Saturday: Off
Sunday: FBF

If you're working at the Advanced level routines, try including 1 HIIT session each week, again doing them on an off day with at least 1 day of rest before and after.

So the advanced level schedule could go like this:
Monday: FBF
Tuesday: Off
Wednesday: HIIT
Thursday: Off
Friday: FBF
Saturday & Sunday: Off

IT'S OK IF YOU ENJOY LONG WALKS ON THE BEACH

As we know now, the fastest most efficient way to igniting your fat burning furnace is with the style of intense weight training exercise described previously. Period. And you know that long duration moderate paced cardio is not the best exercise for burning fat or achieving optimal health.

But that does not mean you should sit on your butt all day. Studies have shown that people who are active everyday tend to be leaner than those who are not. Now (and this is important) this doesn't mean you should be working out intensely every day of the week, as we discussed earlier…the body must rest from intense exercise if you expect maximum fat burning results.

But, I definitely encourage you to participate in light activity on your off days, which would include activities like leisurely walks, bike rides, or even those popular long walks on the beach mentioned in this section's title!

I would classify this activity of having a low intensity (maybe a 2 on the 1 to 10 scale). Low intensity activities will not adversely affect your ability to recover from your weight training, and will even help facilitate the recovery process, so do them on your off days if you'd like.

11 SECRETS OF PROPER EXERCISE

For ease of use, I've summarized the principles and guidelines discussed in the last few chapters below. Please refer to these 11 secrets of proper exercise, should you ever lose your way…

1. Utilize high-intensity weight training exercise as the core of your exercise routine, performing this type of exercise two to three times per week.

2. Make every workout a total body routine, hitting all major musculature in each session for a complete workout. Perform 2-5 exercises for your lower body and 5-8 exercises for your upper body, utilizing a mix of both isolation and compound exercises.

3. Train progressively, attempting to increase either the reps, weight, or both each and every workout on most every exercise.

4. Perform 1 set of each exercise in your routine to momentary muscular failure, or as close to it as possible. You may try a second set, but 1 set is all that is necessary for maximum results.

5. Perform 8-10 repetitions per exercise, using a slow cadence of approximately 2-3 seconds on the positive or lifting portion of the movement and 3-4 seconds on the negative or lowering portion. Hold the

resistance in the top and bottom positions for approximately one second.

6. Keep rest between sets/exercises to a minimum. 30-60 seconds between exercises is an ideal zone for achieving tremendous cardiovascular benefit.

7. Select a few exercises as replacements into your routine every 4 weeks or so for variety and to keep the body guessing, forcing the body to adapt.

8. If you are not getting stronger on most every exercise of most every workout, you are most likely either not training hard enough (Intensity), training too long or too short (Volume), or training too often or not often enough (Frequency).

9. Utilize a workout journal to record your workouts and your progress. Watching the numbers jump in your journal will fuel your motivation.

10. Every 12 weeks or so, take a week off from your weight training workouts. Give your body the rest it deserves for all of the hard work you've been doing. Resume feeling refreshed and energized!

11. If you're using the intermediate or advanced FBF routines, you may try adding 1 HIIT session every week or two to keep your workout frequency at 3 times each week. This can provided added fat loss and cardiovascular

conditioning benefits provided you are able to recover from the extra work.

That's it! We've successfully created the spark for your fat burning furnace. Now, all we have to do is combine this powerful spark with the fuel that will ignite your furnace! How do we fuel this intense spark? Read on, fat burner…

FUELING YOUR FAT BURNING FURNACE

The principles of proper exercise illustrated in the previous chapters will do wonders for your body, confidence, and self-esteem. You have laid the groundwork for your fat burning furnace! But to stop there would be shorting yourself of your body's ultimate potential. Attention to your diet and what you're putting into your body each and every day will magnify your efforts in the gym. You might have heard a lot of fitness experts talk about nutrition being 80% or more of the picture when it comes to the body you want. But I'm here to tell you that isn't the case.

I can tell you of countless individuals I've encountered that were watching their food intake and may lose a few pounds of fat. But they never reshaped their bodies, and they never were happy with the results. Proper nutrition is not 80% of the picture, in fact you can't really put a number on the value of either element (exercise or nutrition). They really do work together to magnify each other's effect on your body, and when done properly, combine for a startling result!

That being said, in my experience, most people have a harder time with their diet than they do with exercise routines. In addition, all the exercise in the world won't fix a poor diet, so know that what follows is just as important as the proper fat burning exercise routines we've just discussed.

I mentioned in the beginning of this book that I was really upset at the current state of the fitness industry. Both in its heavy reliance on performing only aerobic exercise, and in its fad diet craziness. We've taken care of the exercise problem in the 1st part of this book, now we need to address the nutritional aspect of people's confusion, and allow them to really shine with their eating habits.

WHY "DIETS" DON'T WORK

A lot of experts will say "diets don't work", and then put you on a diet! Truth be told, diets do work…at least partially. Let me explain.

There are all kinds of diets out there that cause weight loss. Low carb, low fat, low calorie. Grapefruit diet, lemonade diet, etc. I could go on. Many of these diets will cause weight loss and sometimes quite rapidly. But we're not after weight loss. I repeat…we're not after weight loss, are we?

No we're not. We're after pure fat loss, something that can only be done if we raise our RMR (resting metabolic rate) long enough throughout each and every day. This is done through proper exercise as we've already discovered, and through proper eating.

It cannot be done, however, when following 99% of the popular fad or crash diet plans out there. These diets often cause weight loss, not just from fat stores, but from muscle as well. This crushes your RMR and makes it super easy to gain fat back once the person goes off of the diet…which will happen eventually.

I'm not making a bold statement when I say no one in the history of diets has ever stayed on a fad/crash diet for the rest of their lives. This basically means that while you might lose weight initially, you are hampering your metabolism and just setting yourself up for fat regeneration once you come off the diet. Plus, you'll probably gain more fat than you had before because your body is less efficient at using calories with its not lower RMR.

And that, ladies and gentlemen, is why fad and crash diets don't work.

So, no more super low carb, low fat or restrictive low calorie nonsense. No more timing your eating to the exact minute on the clock or obsessing over calorie

counting. No more meal points, shakes from a can, or cabbage soup eating plans. Throw them all away! Humans have been eating regular food for a long time, and we've managed to achieve healthy lean bodies without all of this junk before…and we can do it now. How? It all starts with looking at nutrition from a much different angle than you're probably used to hearing about.

THE CALORIE REALITY & MICRONUTRIENT MIRACLE

Just about everything you eat or drink has calories. We expend energy and burn calories in our bodies, and then need to eat more calories so we can sustain our bodyweight and energy level. What happens when we eat more calories than we need to maintain our bodyweight?

We have a surplus of energy…or too many calories. Too many calories mean we are going to add fat weight to our bodies. Pure and simple. And it doesn't matter if the extra calories come from carbohydrates, proteins, or fats.

If eaten in excess, all of these nutrients will add fat mass to your body. Obviously not what we're looking for! This isn't to say we should eat a miniscule amount of calories each day, because every time we eat we stimulate our metabolism through the thermic effect of food (the metabolic rate actually is stimulated every time we eat). It's just that we do need to keep an eye on how much we're consuming.

Probably the biggest reason people have trouble controlling how many calories they eat has to do with everyone's hyper-focusing on the macronutrients (carbs, protein, & fat), with little thought to the micronutrients that truly satisfy our urges. I'm talking about the vitamins and minerals that our bodies need to

survive and perform optimally.

THE BIG NUTRITION SECRET

The big secret I've found is that when you switch your focus from starting with carbs, protein, and fat ratios to first looking at and picking foods that are loaded to the hilt with nutrients, you'll find eating less will be easy…almost automatic.

Perhaps the most important piece of advice I could give you regarding the subject of lean body nutrition is this: Your body craves micronutrients. Hunger is relative to nutrient cravings. If you give your body what it craves, foods that are rich in nutrients, you'll have satisfied hunger. If you don't, you'll still be hungry, and you'll find it very difficult to stop eating to satisfy your body's nutrient requirements until they are met.

And by that time, you would have consumed far too many calories to expect fat loss to occur.

This concept is overlooked by most, yet so vital and so powerful in lasting and permanent fat loss. It also leads to reduced risks for diseases, and promotes an alkaline environment in your body, instead of the acidic environment developed by many popular diet plans. It's not a diet, it's a way of living…a true lifestyle. It's also the ideal and natural way that your body should be fed.

Also, please understand that having the right "big picture" thinking in regards to your nutrition is the most important aspect of eating for fat loss and health. Nutrition and health are the result of complex biochemical systems that even the top scientists do not fully understand.

There are literally thousands of food chemicals that we know nothing about, so to lose sight of the big picture in your eating by hyper-focusing on the little details is

a mistake…one that is easy to make with the media always telling us which vitamin or mineral we're not getting enough of. It's far more important to focus on the groups of foods that are loaded with the wide variety of nutrients we need.

GET A HANDLE ON YOUR RMR

Okay, focusing on nutrient rich foods makes our job of creating a calorie deficit a lot easier. But while you don't have to count calories, you should go through this exercise and get a baseline idea of how many calories are required to maintain your existing weight and what kind of deficit you need to create in order to lose substantial body fat.

In order to lose fat at a rate of about 1-2 pounds per week (which is a good rate so we don't sacrifice muscle in the process), you would need to create a caloric deficit of about 3500 to 4000 calories over that span. But, remember, because we are stimulating lean muscle growth with our FBF workouts, we will be creating a higher RMR and automatically creating an additional calorie deficit.

This is great news, because it means we don't have to cut our calories quite so low to achieve the type of fat loss we desire. Still, we must pay attention to the approximate number of calories we should be taking in each day

To do this calculation on your own body, please refer to the Fat Burning Furnace Metabolic Rate Calculator web link that came with the book. You'll be able to enter all your info and discover your RMR as well as what kind of approximate deficit you'll need each week. Do it right now!

Done already? Great! Now that you have an idea of the calorie range you'll want to stay in each day, let's take a look at what specific foods we're going to be focusing on to satisfy our nutrient needs.

NUTRIENT RICH FOODS

THE TRUTH ABOUT CARBOHYDRATES

While some carbs are terrible for satisfying our nutrient needs, to say that all carbs are bad is a flat out lie, especially if you've got a fat burning furnace to fuel! Carbs are your primary energy source and will provide a consistent level of it throughout the day, if eaten in proper amounts.

Also, cutting carbs when engaging in proper high intensity weight training exercise will short-circuit your chance of success. Muscles engaged in this type of exercise thrive on carbohydrates to replenish their energy stores, and you'll have great difficulty progressing from workout to workout without eating ample amounts of healthy carbohydrates…which in turn will reduce your ability to add fat burning muscle to your body.

We can break carbs down into two basic groups, complex carbs and simple carbs or sugars. Complex carbs include foods like whole wheat breads, cereals, and grains. Simple sugars include just that, anything that has a high amount of sugar, such as candy, regular soda pop, and those tasty kid's breakfast cereals and flavored instant oatmeal.

Anything ending in "ose" is also typically another form of sugar, as in high fructose corn syrup, maltose, dextrose, etc. Sugars also include refined carbs that turn into sugar almost immediately upon entering the bloodstream. Many complex carbs have their refined counterpart. For instance, unrefined whole wheat bread or pasta versus white bread or pasta.

When choosing carb sources, choose from the unrefined whole grain/whole wheat complex carbs, as the refined varieties have been stripped of many vitamins, minerals, and a great deal of important dietary fiber. There are a few

other reasons to focus on the whole grain/whole wheat complex carbs versus simple sugars.

1. Whole grain/whole wheat foods contain more fiber. Fiber is so important when it comes to losing fat or staying lean. Fiber (one of those micronutrients I've been talking about) slows digestion and keeps you feeling fuller longer, and thus you'll be less tempted to continue to eat when you finished the appropriate sized meal. As an added bonus, fiber has been linked to lowering cholesterol levels and a lower risk of heart disease, diabetes, and cancer.

2. Whole grains slow the absorption of sugar into the blood stream, which keeps your insulin (a hormone) levels in check, which is important in helping prevent fat storage.

3. Simple sugars contain empty calories. Empty calories means that your body is getting almost no nutritional value from these, but you're consuming calories. As your body craves nutrients, you'll then eat more food on top of the empty calories, bringing your daily caloric intake to a level far from ideal for fat loss or a lean and healthy body!

4. Sugars actually steal nutrients from our bodies to get metabolized, so you are actually losing many nutrients when you eat this stuff. Forget about supporting lean muscle growth or fat loss if you have a diet too heavy in simple sugars.

Of course, many people are aware of the blood sugar and insulin connection with eating too many simple carbs. Our insulin regulates our blood sugar level and takes any excess sugars and stores them as fat. We then are stuck getting tired and hungry, making repeating this cycle far too easy. The best way to avoid this is eating sensible amounts of complex carbohydrates instead…and combine them

with a portion of healthy protein and/or fats. This will assure a slower blood sugar response and little chance of fat storage.

Lastly, be aware of high fructose corn syrup. This over processed garbage is in almost everything on the grocery store shelves these days and as studies have shown can actually promote fat storage. Stay away from products with this ingredient or limit it severely from your diet.

So look for the whole wheat/whole grain products loaded with fiber when choosing your energy sources and keep refined grains like white bread and white rice and simple sugars to a minimum. A good rule of thumb when picking carb sources is to look for those that contain about 1-2 grams of fiber for every 10 or so grams of carbohydrate.

THE (ANIMAL) PROTEIN OBSESSION

Proteins are the literal building blocks of your body. They are necessary for the building and maintenance of your body's tissue and cells, and also help build the new muscle you've stimulated in your workouts. Protein has gotten a lot of attention lately due to the low/no carb diet craze.

But, most people are overly obsessed with getting enough protein, especially from animal sources, and I can tell you that research suggests this is not only unnecessary for fat loss but can actually increase your risk of heart disease (due to increased cholesterol levels), various cancers including breast (due to increased reproductive hormones), kidney stones, and gout and bone problems.

Biochemical research done over the years has shown that 0.4 grams of protein per pound of bodyweight provides more than enough protein for growth and maintenance for most people. That's about 60 grams per day for a 150 pound person. But most people consume much more than this (often double and triple

the amount), and most of it from animal sources…especially those caught up in the fad and crash diet programs.

Because we're engaging in high intensity resistance training, we could do well to bump that number up a bit to 0.5-0.6 grams per pound of bodyweight, but I've not found much benefit to increasing it to the ridiculous amounts recommended in popular diet programs.

THE PLANTS VS. THE ANIMALS

But don't get too caught up in how many grams per pound…choosing how much and what type of protein to eat really should begin with the source: animal or plants.

If the protein is from animal sources, we then must look at the fat content. Generally we want to choose lean meats. Not because all fats are bad (they are just as important in keeping your fat burning hormones flowing), but because typical grain fed animal meats are produced with higher amounts of unhealthy fats. Your best bet in choosing your animal protein sources will come from grass fed or free range chicken, turkey, fish, eggs and egg whites, and occasionally lean beef.

On the other hand, animal proteins have virtually no fiber and other essential nutrients, and while protein does help to provide satiety, to get all of your protein from animal sources only is not only unhealthy as described earlier, but a mistake for fat loss in my experience.

Remember, you want to focus on those micronutrients first, so you'll want to get a load (half or more) of your daily protein from plant sources like beans, legumes, and nuts.

This doesn't mean you must become a vegetarian, but simply focusing more on natural plant foods as opposed to solely animal proteins. Remember, all protein comes from plants anyway, the grass fed animals just eat it, or eat another animal that did, and we end up eating them.

Also, it has been claimed by many that you can't build muscle or lose fat effectively on a vegetarian or vegan diet. This is hogwash. There are plenty of people who have done this and it is a little known fact that even when eating incomplete proteins only (plant sources), your body will manufacture the rest of the amino acids to fill out the complete protein profile.

THERMOGENESIS WITH PLANT PROTEINS

Yet another reason to focus on plant proteins versus animal proteins in regards to fat loss was discovered in the most comprehensive study of nutrition ever conducted: The China Study. The study measured 367 diet, lifestyle, and disease related variables by studying 6500 adults in 65 different counties around China.

What is most startling about the results of this study to me is that the least active people in this study consumed 30% more calories per pound of bodyweight than people in the United States, yet had a 20% lower body mass index than the average American. How is this possible?

Studies show that diets lower in animal proteins tend to encourage slower and more controlled weight gain. A big reason for this is that an overage of calories (above your RMR) is likely to be burned off as body heat (thermogenesis) rather than deposited as body fat as with animal proteins. Amazing…and just another reason why we need to focus more on plant proteins for fat loss.

All that being said, I like a tasty chicken breast or grass fed buffalo burger as much as the next guy…but that doesn't mean I have to eat these several times a day. Try using animal proteins just once or twice per day, with the rest of your daily protein coming from the plant sources mentioned above and in the food chart that follows.

(If you'd like to learn more about the China Study, you can learn the top 12 surprising findings at http://www.getnutrientrich.com)

FATS

There is perhaps no other subject surrounded by more confusion in the field of nutrition than that of dietary fats. A few years ago, a lot of the experts were pushing the "fat will make you fat" low fat diets. This really isn't true…what is true is that too many calories from fat will make you fat, but you do need a good amount of healthy fats in your diet. Fats protect your body, keep your cells functioning properly, help support the release of fat burning hormones, and are primarily responsible for the absorption of vitamins and minerals in your body.

The key to eating fats is to focus on nutrient rich foods where the fat content is naturally occurring. In other words, stay away from foods that are over processed…they contain too many unhealthy fats.

Also realize that you cannot escape saturated fats as they're always included with unsaturated fats, and that some of them (so long as they're natural) can actually be beneficial to your health. The healthy saturated and unsaturated fats are naturally occurring and haven't been damaged by food processing. These can be found in fish, fish oil, nuts, coconut oil, avocados, seeds, flax seed, flax oil, fish oil, natural peanut and almond butters, and extra virgin olive oil. Again, if you

are focusing on nutrient rich whole foods, eating healthy fats is rather easy (that whole “big picture” thing).

The real dangerous fats that kill are the highly processed and refined man-made trans fats and anything hydrogenated or partially hydrogenated. This also includes shortening, margarine (a little butter is actually a better choice!), and corn, cottonseed, and soybean oils. These little nasties have been shown to greatly increase risk for heart disease, even in tiny amounts, and will not help you lose body fat.

The good news is that manufacturers are now required to report the amount of trans fats on their products. But check the ingredients for anything hydrogenated too, and steer clear!

FRUITS AND VEGGIES

I should have listened to my mom on this one, especially regarding the veggies. As a kid, I really despised most veggies, especially the green ones. Hiding broccoli under my plate was a regular occurrence! But mom was right, you should eat your veggies, especially the green ones.

Okay, fruits and veggies are technically carbohydrates, but I had to include a separate section on them. Why? Bar none, vegetables are the best food you can eat on the planet, period. They are jacked up with the best micronutrients! And fruit is a close second. They are so loaded with various vitamins and minerals, will keep your energy up, and provide antioxidants to guard against disease, in addition to more of that hunger fighting fiber.

They are generally low in calories too, and because of the high fiber content, you shouldn’t have to worry about eating too much of these super foods. If fact, most

people don't eat enough fruits or vegetables, so get your fair share and you'll find it easier to get and stay lean.

And don't mistake fruit juices for fruit. Drinking even 100% fruit juice eliminates much of the fiber, so you'll typically end up getting too many calories from drinking fruit juice. A little bit is okay, but it is far easier to control your calorie intake if you get your fruit raw, with fiber included.

Get a wide variety of fruits, as each contains their own special mix of vitamins and minerals. Focus on fruits like apples, oranges, bananas, melons, and various berries. Apples, by the way, are my favorite fruit as they tend to curb hunger dramatically. Have you ever eaten a good sized apple and still felt hungry afterward?

Also go for a variety of veggies to ensure you taking full advantage of the various vitamin and mineral combinations. Typically, dark green and leafy veggies are best, they are full of fiber and low in calories. Focus on veggies like dark green leafy lettuce, broccoli, green beans, spinach, and asparagus.

Vegetables also provide digestive enzymes that assist the body in digesting your other food sources too, so make an effort to include vegetables with many of your meals.

ORGANICS, GLYCEMIC INDEX, & PH

There is a lot of talk and controversy surrounding the value of eating organic foods, paying attention to the glycemic index value of foods, and watching your body's ph (acidic and alkaline states) as they relate to fat loss and health. I'd like to touch briefly on each, because I think they are valuable to know about, and I believe they do play a role in your fat loss and long-term health.

Let's start with organic food. Organics are basically not made or grown with the use of synthetic fertilizers, growth hormones, antibiotics, irradiation, or pesticides. This is a good thing. While there hasn't been enough research done to say eating organic can truly reduce risk for disease, you probably don't want this other junk in your body, especially over the long term. Yeah, I know organic food is more expensive as well, but when you're eating the Fat Burning Furnace way, and are choosing foods from the Fat Burning Furnace food chart that soon follows, you'll find your grocery bill goes down, even when eating mostly organic.

I don't know about you, but I can taste the difference in an organic versus non-organic product, especially in the fruits, vegetables, and animal products. Does this mean you have to eat 100% organic? No. Is one non-organic apple going to spoil the bunch? Not really. But, it's obviously best for your long-term health to eat less pesticides, growth hormone, antibiotics, and synthetic fertilizers. In addition, ridding your body of all of this junk by eating more organic foods is only going to help your body operate as intended…which leans to burning more fat.

On to the glycemic index concept. The idea here is that each food can be measured by its immediate effect on blood sugar levels. The larger the effect, the higher the glycemic index (GI) level. There are even entire diets developed around this single concept alone, with its proponents claiming everything from lower risk of disease to reduced risk of obesity. The issue I have with basing your entire eating style on the GI is that it doesn't take into account the combining of foods and what GI that will produce.

This being said, there is certainly some merit to keep foods that raise your blood sugar quickly to a minimum, and you'll find that the Fat Burning Furnace nutrition recommendations include mostly low GI foods. The reality is that whole nutrient rich foods are naturally low on the GI. And even some "high" GI foods like bananas and carrots will be fine when eaten in small amounts and/or in the context of a full meal. In the bigger picture, I've found it's not necessarily

all about eating foods low on the GI, it's about eating natural whole foods rich in nutrients.

Lastly, let's take a look at the pH diet. The basic idea here is that because our body's pH level is naturally alkaline (versus acidic), or diet should also be alkaline. Proponents of this type of eating plan claim lower risk of disease as well as weight loss. The problem I see here is most of these pH based diets are just that, diets. They are fairly restrictive and can be confusing, as one fruit is ok to eat while another one is too acidic and should be avoided or kept to a minimum.

That being said, it is probably a good idea to keep your body in a natural balance, or alkaline state, and some people swear by an alkaline diet, and have a lot of success using them. Again, the good news is that eating nutrient rich foods, as I recommend, is often going to keep you in a natural alkaline state.

Overall, I've found it far easier to take the broad approach of eating whole nutrient rich foods than focusing on one or two aspects as mentioned above. It doesn't require as much thought or time, and incorporates many of the touted benefits of the organic foods, GI foods, and alkaline foods.

THE MAGIC OF WATER

OK, you're probably thinking, wait a minute, water's not magic…in fact it's not even food, so what's it doing here? The reality is that water is the most important element to total health and fitness. After all, your body is around 65-70% water. Your muscles are over 70% water. And when you think of the many bodily systems and functions it supports, water really does seem magical. And it it's even more magical to those not getting enough of it. Here's just a sampling of what water does for you:

- Water aids in food digestion
- Water carries nutrients throughout your body
- Water increase body harmony
- Water help your muscles work during your intense exercise
- Water rids your body of waste
- Water lubricates your joints
- Water regulates and maintains your body temperature

But perhaps the best thing about water as it relates to a healthy lean body is its ability to curb your appetite and hunger, and eliminate heat energy (calories).

Many people I've come across have mentioned that they've tried to follow a well balanced diet, but they just end up eating too much food. What I usually discover is that they are drinking far too little water. Water fills the stomach up and washes the taste buds clean, keeping those cravings away.

Also, water keeps you from getting dehydrated. And when people get dehydrated, they eat. Often times, when you feel hungry, you're really just dehydrated. A nice glass of cold water will do the trick until your next meal. And let me tell you that getting dehydrated is far too easy.

Ever get thirsty? I mean just a little bit thirsty? Guess what, you're dehydrated. In fact, when you get thirsty, chances are you've been dehydrated for some time before that happens. If you are drinking enough consistently throughout the day, you should never get thirsty. Plus, you'll be less likely to suffer from strong food cravings between meals.

Another quick point regarding dehydration and getting and staying lean: When you are dehydrated, your kidneys have trouble doing their work. So they shift some of their duties over to your liver. This gives the liver fewer resources to do its main job of metabolizing fat stores for energy. When this happens, you end up storing unwanted body fat that could have been used for energy. So drink that water!

Water also eliminates heat energy, or calories in two ways. First, when you drink ample amounts of water, your body discharges some of it in the form of urine. When the urine leaves your body, you are expelling calories. The second way water reduces the amount of net calories, or heat energy, your body takes in, is in relation to the temperature of the water being consumed.

When you drink cold water, I mean ice-cold, you are forcing the body to warm up a liquid that is several degrees cooler than your body temperature. When your body has to do this it is burning off calories of heat energy. How much? For every ounce of ice-cold water you drink, you burn about 1 calorie. So not only is water calorie-free, ice-cold water has less than 0, or negative calories! Doesn't it make sense to drink as much of this stuff as you can get your hands on?

Also, add some lemon to your water…this will have positive effects in helping cleanse your liver. And this brings up another key to fat loss…the body needs to be working efficiently if you want fast weight loss…if your organs, especially the kidneys and liver, are working together in high efficiency, you will find it easier to lose fat! So keeping yourself hydrated will keep your kidneys operating at a good clip, and your liver will be allowed to do its job of metabolizing stored fat for energy.

So how much water should you be drinking? Most experts will tell you to get 6-8 8oz. glasses of water per day. This is fine for the average person, but if you are

trying to maximize body leanness and lose fat, you need to consider doubling this amount, and making that water ice-cold.

So as a guideline, drink about 96-128 ounces of ice-cold water each day. You'll get plenty of water to maintain bodily functions, curb your appetite and hunger, and expel heat energy from your body…96-128 calories per day! Now, this is easier said than done if you plan on drinking it glass by glass.

The best way I've found to get your water in is to get a 32 oz. water bottle. You can get a great thermal water bottle that keeps the water chilled for up to 12 hours and also fits nicely into a cup holder here:

http://www.fatburningfurnace.com/BubbaKeg

This is the one I personally use and highly recommend, as it doesn't give the water a plastic-y smell or taste.

Drink it twice before lunch and you're halfway there…drinking another two before bed will be easy! If you don't get 4 of these in each day, don't worry, the water you have at each of your meals can help make up for missing a few ounces from your water bottle.

Here's a powerful statement on water…if the average Joe on the street would only follow the water drinking recommendation above and did nothing else, he would stand to lose substantial fat with a few short weeks. Just by drinking a bunch of ice-cold water!

BE A GRAZER – MINI MEALS

The next component of proper nutrition that we want to address involves how to spread out your meals for optimum nutrient absorption and fat loss potential.

Let me give you an early hint (other than the one contained in the title of this chapter!):

If you wanted to get as fat as possible, you should eat one giant meal per day. Sounds ludicrous, but loads of people are following something very close to this type of eating schedule. The practice of skipping breakfast, eating a small lunch, and then eating an enormous dinner followed by dessert is far too common. This is an easy habit to fall into though, because of the nature of our lifestyles. With everything being so faced paced, who has time for breakfast?

Who has time for a healthy lunch? It's a lot easier to hit the drive thru. And by the time you're home from work you are starving! Now you're really in trouble. If you get to the point in the day where you're starving, it usually means you've waited too long before eating again.

When you wait too long between meals, you will overeat and crave the types of food you're trying to avoid. In addition, your body can go into starvation mode. Through years of evolution, our bodies have learned that in times of famine or lack of food supply, we should store our body fat for fuel, in case the famine continues. This is programmed into our bodies, and is a big reason why eating all of your food at one, two, or three meals is not a good idea for someone looking to get and stay lean.

Even if you stick with the standard 3 meals a day, your body will dip in and out of starvation mode periodically. Waiting 5-6 hours to eat again is too long. Our bodies perform much better on a more frequent feeding schedule. And eating large meals will provide large spikes in your blood sugar and insulin, which leads to more fat storage.

Instead of spreading our daily food intake over 3 meals, we should be shooting for 5-6 meals per day.

Now, this doesn't mean adding 2-3 same size meals to the ones you're already eating…that would be too many calories and a disaster! What is does mean is eating 5-6 smaller meals throughout the day, making sure you spread them about 3 hours apart. And they don't all have to be the same size, but keeping them relatively close keeps the body satisfied and less susceptible to cravings.

Some of the other benefits of eating smaller meals more frequently include:

- **A faster metabolism (thermic effect).** Simply digesting your food burns calories, and by eating more frequently, you'll increase your resting metabolic rate.

- **A consistent energy level.** By eating more frequently, your blood sugar level (which can make you sluggish if too high) will be more stable, so you avoid those highs and lows experienced after eating large meals…and you'll also keep the fat storage machine turned off.

- **A diet with fewer calories.** Staying full every few hours reduces your chance of binging and loading up on high calorie food.

- **Support for lean muscle growth.** A constant and consistent supply of nutrients, especially protein for repair and growth, is essential for maximum results from your proper strength training.

The easiest way I know to follow the 5-6 meals a day plan is to eat a healthy breakfast, lunch, and dinner, and then eat a smaller snack type meal 2-3 times per day. Many people go for this approach as it allows them to work within the framework of the traditional meal schedule, which they have already incorporated into their and/or their families' lives. This type of schedule would look something like this:

- **Meal 1** – Breakfast (7am)
- **Meal 2** – Snack (10am)

- **Meal 3** – Lunch (1pm)
- **Meal 4** – Snack (4pm)
- **Meal 5** – Dinner (7pm)
- **Meal 6** – Snack (10pm)

Here you are basically eating every three hours or so, with your breakfast, lunch, and dinner meals being slightly larger than your snacks. You can also do well on a 5 meal a day schedule. This is the one I use as it suits my schedule a bit better:

- **Meal 1** – Breakfast (8:30am)
- **Meal 2**– Lunch (Noon)
- **Meal 3** – Snack (3:30pm)
- **Meal 4** – Dinner (6:30pm)
- **Meal 5** – Snack (10pm)

Whatever schedule you use, just make sure to eat 5-6 mini meals every 2 ½ to 3 ½ hours throughout the day. You'll keep your metabolism and energy up, provide a consistent flow of nutrients so your body can burn fat and build lean muscle, and keep your body from crazy blood sugar and insulin spikes and dropping into starvation mode while experiencing those uncontrollable cravings.

THE TWO MOST IMPORTANT MEALS

Here's another diet cliché for you…"breakfast is the most important meal of the day". True! Well, sort of. It's actually one of the two most important meals of the day, the other being your post workout meal. Let's tackle breakfast first.

Breakfast is so important because, quite simply, it is the first meal of the day. There is nothing magical about the word breakfast, but the first meal of the day is all important for kick-starting your metabolism into gear. Let's assume your last

meal from the previous day was eaten around 10pm. You go to bed around 11pm and then rise around 7am the following morning.

Do that math on that and your body hasn't been fed for 9 hours. That's a long time, and the only time you should go this long without eating. When you rise, your body is primed for nutrient absorption. And the nutrients you give it will set you up for the rest of the day.

Should you choose to skip or skimp on breakfast and wait until lunchtime to eat, 14 or so hours will have elapsed. At this point, the body starts breaking down its muscle to supply amino acids to other parts of the body…horrible for fat loss!

Also, did somebody say starvation mode? As you now know, you'll overeat at that lunch, and your energy level will drop as a result of your blood sugar rise from such a large amount of food. Then you won't be hungry for quite a while and will gorge on a huge dinner.

The cycle continues. Making sure you get a healthy breakfast is key in setting up a consistent eating pattern throughout the day, and you'll also tend to eat less throughout the day at your meals when you've had a good breakfast. So don't skip or skimp on the breakfast…it really is the most important meal of the day!

The other most important meal, as I mentioned earlier is your post workout meal, on your workout days only, of course. Depending on when you workout, this could be any meal or snack of the day. When we perform a workout involving proper high intensity weight training exercise, we deplete our body and muscles of valuable resources. In the first hour, about 15-30 minutes following your workout, your body is primed to absorb the maximum amount of nutrients you can feed it.

If you expect to have sustained progress with your exercise efforts, you must give the body the nutrients it needs, when it needs them. The most crucial time is almost immediately following the workout.

The makeup of this meal is a bit different than the rest of your daily meals. Here is the one time you'll want to intake fast acting simple carbs (sugars) as well as fast acting protein like whey. These helps the body to assimilate these nutrients to replenish your muscle glycogen stores, which leads to faster recovery and greater fat loss. Also, you'll want to keep this meal very low in fat as fat will slow the absorption of the nutrients into the bloodstream.

Also worth noting here is that your pre-workout meal should typically be eaten no closer than an hour before your workout. The best way to get your post workout nutrition is with fast acting carbs and protein in liquid form, which you can do easily with a great drink mix called "Workout" from Prograde. You can check it out here: http://www.getprogradenow.com

COOKING AND FOOD PREPARATION

Great food choices can be totally destroyed if they are prepared using unhealthy methods. Fried foods and foods cooked in the unhealthy oils previously mentioned or too much butter are obviously bad choices.

It's best to stick with grilling, boiling, broiling, baking, steaming, or stir frying your foods, and if you are using oils and butter in your cooking, keep them in small amounts…a little goes a very long way. Or use some of the healthy oil cooking sprays available.

The same goes for condiments and dressings (watch out for high fructose corn syrup, which is in loads of condiments)…keep these in small amounts and learn to enjoy the taste of nutrient rich, natural whole foods.

Once you've adjust to the taste of foods without the typical unhealthy cooking practices (usually after a couple weeks), you'll begin to crave them just as you might crave the taste of deep fried French Fries now. It's true! Your body is already craving these nutrient rich foods, your taste buds will soon enough.

NUTRIENT RATIOS

I believe nutrient ratios are a bit overblown by most fat loss experts. There are varying opinions on this subject, but what I've found is that so long as you eat your diet from a balance of the nutrient rich foods already described while keeping your calories in order, you'll do very well with your fat loss.

That being said, because we are engaging in high intensity exercise every week, I suggest a nutrient intake of approximately 60% of your calories from whole unrefined complex carbohydrates, 20-25% from lean proteins, and 15-20% from healthy fats. Don't stress out over these ratios…I'll show you an easy way to stay pretty close to these numbers shortly.

MEAL & SNACK CREATION – USE PORTIONS

Remember, by using the Fat Burning Furnace RMR Calculator, you now know the approximate number of calories you'll need to eat each day to lose fat consistently. And again, while we won't have to count every calorie, we should get an idea of how many calories are in each of our meals and snacks. Here's what I recommend you do:

Take your total daily calorie range for fat loss. For example, let's say it's 2000 calories. Then, divide it up into 5 or 6 meals/snacks. You now know that your

target calorie range for each meal is around 350-400. Now all you have to do is select the foods that make up these meals.

The easiest way I know how to keep your calories in check while sticking to ideal nutrient ratios mentioned previously is by counting portions. What is a portion? For my recommendations, it's roughly the size of your palm (and that includes the diameter and thickness of your hand). It doesn't have to be exact, a little bit over or under is fine.

This works so well because we're all different sizes, a portion for me might be slightly larger or smaller than a portion for you…which is usually just about right. For example, being 6'6" I have larger hands than my wife, who is 5'7". So my portions are going to be a bit larger than hers, and rightly so.

Another reason we can get away without counting and measuring exact calories is related to the new muscle we are adding to our bodies. As mentioned in the first part of this book, a pound of muscle requires 40-50 calories per day to keep it alive, and when you consider the fact that you'll be adding pounds and pounds of muscle to your body, the fat will melt off even if you continue to eat the amount of food that would otherwise maintain your existing bodyweight.

Because you are on an intense weight training program, you have a huge advantage and a bit more room for error in your eating. But don't take this advantage for granted, you still need to adhere to the proper nutrition guidelines I've outlined if you want to ignite that fat burning furnace to the max and develop lifelong health!

LEAN BODY SECRET

In addition, staying on the exact same level of calories for too long (which will happen with strict calorie restriction) can actually be detrimental to your

continued fat loss success. At some point, because of the consistently low caloric intake, your body can create a starvation response and try to lower your metabolic rate and increase your appetite due to decreased levels of a hormone called leptin.

This in turn increases production of cortisol (a stress related hormone) which feeds on your muscle and makes it much harder to continue to lose fat. So, to avoid this drop in leptin from occurring, it is best to fluctuate your caloric intake slightly from day to day. We're not trying to overload ourselves with thousands and thousands of extra calories, just keep the body guessing and unable to adjust.

If you follow the information and guidelines I've given you thus far, and combine it with portion control, you'll find that it is not that difficult to lose body fat and stay lean and healthy for the rest of your life.

MEAL AND SNACK CREATION

To make one of your 3 meals per day, simply choose 1-2 portions of carbohydrates, 1-2 portions of vegetables, and 1 portion of protein. To make one of your 2-3 snacks each day, choose 1 portion of carbohydrate and 1 portion of protein. Remember to get your protein from plant sources too, not just animal sources.

You can also add another couple of servings of green veggies each day if you'd like…they are so low in calories and so rich in nutrients that it's hard to eat too many green veggies. Make sure to drink 1-2 8 oz. glasses of ice-cold water with each meal and snack. After a few weeks, if you find you are not losing fat as fast as you'd like, try cutting your carbohydrate portions at the 3 main meals back to 1 from 1-2. That's it…simple, huh?

Fat Burning Furnace Food Chart		
Complex Carbohydrates/Fruits	**Animal/Plant Proteins**	**Vegetables**
Brown/Wild Rice	Lean Ground Beef/Turkey	Broccoli
Whole Wheat Pasta	Skinless Chicken Breast	Romaine Lettuce/Salad Greens
Oatmeal/Whole Oats	Chicken Breast	Spinach
Whole Wheat/Grain Cereal	Lean Ham/Pork	Green Beans
Whole Wheat/Grain Crackers	Egg Whites/Egg Beaters	Green Peppers
Whole Wheat/Grain Bread/Buns	Sirloin/Round/Flank Steaks	Carrots
Whole Wheat Tortillas	Skim Milk/No Fat Yogurt	Asparagus
Sweet Potato	Salmon/Orange Roughy/Tuna	Bean Sprouts
Rye	Lobster/Shrimp/Swordfish/Crab	Brussels Sprouts
Quinoa	Low/No Fat Cheese/Cottage Cheese	Cauliflower
Corn	**Plant Proteins**	Celery
Fruits	Unprocessed Soy/Soybeans/Tofu	Cucumber
Apple	Black/Pinto/Kidney/Navy Beans	Mushrooms
Orange	Edamame	Onions
Papaya	Lentils/Peas	Tomatoes
Banana	Peanuts/Almonds/Cashews/Walnuts	Zucchini
Melons	Natural Peanut/Almond Butter	Artichoke
Berries	Sesame/Sunflower/Pumpkin Seeds	Kale

SAMPLE DAILY MEAL/SNACK PLAN

Here's a sample daily meal and snack plan (5 total feedings per day) based on using the portion guidelines and food chart on page 124. Remember to measure out your portions as the foods listed here will yield best fat loss results if eaten according to your personal portion size guidelines as described earlier...

FBF Daily Meal/Snack Plan		
Meal 1 8:30 AM Cereal	2 Portions Carbohydrate	High fiber whole grain cereal
	1 Portion Protein	Skim milk/Soy Milk
	1 Portion Vegetable	Mini cucumber
Meal 2 12:00 PM Chicken Sandwich w/Green Beans	2 Portions Carbohydrate	Whole grain bun, toasted
	1 Portion Protein	Grilled chicken breast & small amount of BBQ sauce
	2 Portions Vegetable	Green beans, tomato and lettuce
Snack 1 3:30 PM Apple & Nuts	1 Portion Carbohydrate	Apple
	1 Portion Protein	Raw unsalted nut mix
Meal 3 6:30 PM Healthy Stir Fry (non fat cooking spray) w/ light soy sauce	2 Portions Carbohydrate	Brown rice
	1 Portion Protein	Shelled edamame
	2 Portions Vegetable	Broccoli, peas, & carrot mix
Snack 2 9:30 PM Orange & Cottage Cheese	1 Portion Carbohydrate	Orange
	1 Portion Protein	Low fat cottage cheese

RECIPE IDEAS

I'm not a big fan of most cookbooks, as they do not formulate their meal ideas using the types of lean body foods that you should be focusing on. But, I have found a great resource that you can use to put together some delicious meals and snacks and they all incorporate the nutrient rich foods I recommend. The best part? It's totally free.

Just head over to http://www.getnutrientrich.com and click on the "Food & Recipe Database" link and you'll have access to hundreds of nutrient rich meal ideas. Every recipe may not be your cup of tea, but it is a great place to get ideas on how to use the world's best foods and keep your palate satisfied. Also, make sure to keep the Fat Burning Furnace meal portion guidelines in your mind when choosing which recipes to use.

TREATS, SODIUM, & ALCOHOL

You may have noticed the food chart does not contain cookies, ice cream, cakes, candy, etc. This is for obvious reasons, as these foods are not required to achieve and maintain a lean healthy body. But, you don't have to give up eating your favorite treats. In fact, if I told you that you had to give up this kind of stuff entirely, you probably wouldn't be very happy with me. Hey, we're all human and sometimes we like some sweet stuff, I included.

First off, know that if you follow the guidelines I've already discussed 90% of the time, you'll be very happy with the results. Not many are going to be able to completely avoid sweets or refined sugars entirely, so the secret to enjoying your favorite treats without going overboard is to treat them as special occasion foods and utilize portion control.

So it's your birthday, huh? Go ahead and have *one* piece of cake with *one* scoop of ice cream. The office is having a Cinco de Mayo party and you just knocked down the piñata! Congratulations…reward yourself with *a couple* of the tasty candy treats inside. You get the idea? Don't go for that second piece of cake or scoop of ice cream. Don't eat all of the candy that can fit in your pocket…moderation is the key to success here. You can still enjoy mom's apple pie at thanksgiving, but just one slice please.

Another trick I've used is to keep all of this stuff out of your house. This is a strategy I employed a few years back to rid myself of a terrible diet soda addiction. It's a lot easier to load up on junk food when you're alone where no one can see you eat it.

I have a friend who stocks his cupboard with all sorts of candy and other junk. Every time I'm over, I peek in there and there's even more. It's like his private little supermarket of junk food. If you are trying to change your lifestyle for the better and burn fat quickly, having your own private supermarket of junk food is a bad idea.

MY FAVORITE HEALTHY TREAT

The one treat I would say is permissible more often is a few ounces of organic dark chocolate. This actually has healthy antioxidant properties and can be part of tasty treat every few days. In fact, one of my favorite ways to indulge is with a healthy treat called "Cravers" from a great website here:

http://www.getprogradenow.com

I always stock these in my refrigerator as they are easily the best tasting healthy snack bar I've ever had. They are also a big hit with most of my readers.

So in general, reserve sweets for when you are out of the house, when you are less likely to control your access to them. And honestly, once you start to adopt the proper nutrition principles I've outlined here, and make them part of your lifestyle, being selective and moderate about the sweet stuff is easy to do…especially when you're giving the body the nutrient rich foods that it craves naturally.

Your body won't constantly crave all of that sugar and fat once you've been feeding it a steady dose of the good stuff! On top of that, treating yourself really can be a treat, when it's done infrequently and in moderation. I can't wait for Thanksgiving at mom's house.

THE WORD ON SODIUM

Often times you can lose fat but actually look worse in the mirror due to bloating. This is usually a symptom of too much sodium. An overabundance of sodium will also dilute your water drinking efforts, making it more difficult to stay hydrated throughout the day. The best way to avoid too much sodium is to eat nutrient rich foods as we have described already, but also to stay away from foods that are canned or pre-prepared. Limit table salt usage as well and try flavoring your food with cinnamon, pure pepper, or garlic instead.

FAT LOSS TIME…ONE LAST CALL FOR ALCOHOL

It amazes me that people think they can eat right for fat loss all week and then spend the weekend getting plastered while chugging down loads of beer and other alcoholic beverages.

Besides all of the extra empty calories you're consuming when you do this, studies have shown that excessive alcohol consumption will wreck your hormone balance…so if you do this you can really forget about fat loss.

My advice is that, if you must drink, try and keep it to one night per week. Also try some of the low calorie adult beverage alternatives. If you're a red wine fan, I'd suggest one glass per day max.

SUPPLEMENTS – A HELPING HAND

The nutritional supplement industry is a huge, I mean absolutely huge business. And most of the money being made is on products that are little more than hype. There is a new magic pill on the market seemingly every day, with all sorts of promises for the consumer. That being said, supplements should be treated as, well, supplements to proper diet and nutrition practices.

Supplements should only be considered after you're already following a proper exercise and nutrition program like the one listed in this book. Then, and only then, will they provide some benefit.

Let me say that I truly believe you do not need one single supplement to succeed with your fat loss and fitness goals. But, and that's a pretty big "but", the harsh reality of today's crummy food supply combined with our busy, busy lives almost cries for proper supplementation, if not for anything but an insurance policy of sorts.

Still, most supplements are expensive garbage, so you have to be educated on what's best for you. I would like to tell you about a couple of products that I and many of my readers use to stay lean, strong, and healthy.

MEAL REPLACEMENT POWDERS/BARS

These products can help you because they are easy to use, relatively inexpensive, and take some of the thinking out of planning your daily meals. Plus, as we are always on the go these days, it makes it easier to say no to the fast food choices abound. These would be great substitutes for any of your daily meals or snacks.

Look for whey and/or soy protein in the list of ingredients, they are both high quality and ensure you get both animal and plant protein. As with those tasty "Cravers" I told you about earlier, Prograde Nutrition also has a fantastic meal replacement product called "Lean", and it is well suited to a fat loss eating plan. You can find out more at http://www.getprogradenow.com .

MULTIVITAMIN/MINERAL

No supplement is surrounded by more controversy than the multivitamin. You can get various forms of these at any grocery or drug store. You can also pay more to get them at a nutrition store or other outlets. Choosing a daily multivitamin/mineral can be daunting, with so many choices. But do we need them?
Well, if we eat according to the guidelines I've set forth previously, then nature should take care of our nutritional needs. On the other hand, food can lose its vitamin/mineral potency through cooking and storing, so it may be a good idea to take a multivitamin/mineral supplement for insurance.

If you'd like to give it a try, make sure your vitamins come from non-synthetic sources (they will typically say all-natural on the bottle or in the list of ingredients), and stay with the supplements that don't supply much more than the USDRA, as some vitamins can be toxic in large doses.

The best all natural and organic vitamin/mineral supplement I know of is "VGF 25+" produced by Prograde at http://www.getprogradenow.com . They have a special version for men and one just for women. This is the multi-vitamin I take every day.

11 SECRETS OF PROPER NUTRITION

For ease of use, I've summarized the principles and guidelines of proper nutrition below. Please refer to these 10 secrets of proper nutrition, should you ever lose your way...

1. A micronutrient focused diet with nutrient rich organic foods will provide the best fuel for your furnace, and give your body what it craves, and you'll lose weight the way nature intended.

2. Carbohydrates should be your primary source of fuel. Make sure to get 4-6 portions of fiber-rich whole grain products as your main source of carbohydrates. Watch for 1-2 grams of fiber for every 10 grams of carbohydrate. Cutting your carbs too low will reduce the effectiveness of your strength training workouts. Keep simple sugars to a bare minimum to avoid empty calories and the fat storing blood sugar and insulin response. Avoid high fructose corn syrup at all costs.

3. Proteins should be eaten for 4-6 portions per day, providing the building blocks of your strength training workouts. Avoid proteins that contain high amounts of fats and try to eat half or more of your protein from plant sources.

4. Healthy fats are a necessary part of your diet…and they should come from healthy oils, fish, fish oil, nuts, nut butters, and seeds. Avoid trans fats and partially hydrogenated or hydrogenated anything at all costs.

5. Eat 4-6 portions of dark green and leafy vegetables each day. Eat 2-3 portions of fiber rich fruits each day as well. Steer clear of fruit juices as they contain too many calories and not enough fiber. Fruits and Vegetables provide key digestive enzymes, vitamins, minerals, and antioxidants that will keep you lean and ward off disease.

6. Drink 96-128 ounces of ice-cold water each day. Make sure to drink 16 oz. at each meal, & use a 32 oz. water bottle and refill it 3 times throughout the day. Water is the most important thing you can put in your body…you'll burn more calories and more fat by drinking more water.

7. Be a grazer, eat 5-6 smaller meals throughout the day, every three hours or so. You'll have higher energy levels and burn more fat for energy. Don't skip breakfast and make sure you eat a good post-workout meal consisting of fast acting simple carbs and protein.

8. Have an idea of the total number of calories you'll need each day for fat loss. Divide it by 5 or 6 to get an idea of how many calories you'll need from each meal or snack, but don't obsess over it.

9. Count portions, not calories. Eat 1-2 portions of carbs, 1-2 portions of vegetables, 1 portion of protein at each meal, and 1 portion of carbs and protein at snacks. If you are not losing fat as fast as you'd like, try cutting your meal carb portions back to 1 per meal. Stick with grilling, boiling, broiling, baking, steaming, or stir frying your foods with fat free cooking sprays. Fluctuate calorie intake slightly to avoid the negative leptin response.

10. Keep sweets and refined sugars to a bare minimum…eating them in small portions only at holidays and large gatherings. Keep them out of your house to reduce cravings. Enjoy organic dark chocolate on occasion. Avoid high sodium foods and limit alcohol consumption.

11. Utilize a meal replacement drink or bar if you find it makes it easier for you to eat healthy more frequently. Try an all natural multivitamin/mineral for insurance and to help increase your energy/well-being. Stay clear of the magic pills that promise the moon overnight. Your wallet and your sanity will thank you for it!

In the last two chapters, we've successfully combined the spark (exercise) with the fuel (nutrition) to ignite your fat burning furnace 24/7 and get healthy for life. Get excited, because your new body is ready to be released!

As I'll explain next, in order for you to reap the maximum benefits from the above routines, or any of the exercise secrets in this book, you'll want to make sure you realize the importance of how to judge your progress, rest, sleep and a few other surprising techniques to boost your fat loss.

MAXIMIZE YOUR FURNACE

Beyond all of the secrets and techniques we've discussed thus far, there are a few additional elements of your life that you can control that will accelerate your fat loss and body transformation by leaps and bounds. In fact, if you neglect these last few secrets for igniting your fat burning furnace 24/7, you'll really be cutting your progress to a shell of what it could be.

Please read the following information with the utmost attention and make sure to adhere to these final guidelines and you will explode your metabolism into the next galaxy of fat burning!

MIRROR MIRROR ON THE WALL

When people express the need to get in shape they typically say they want to lose weight. If you dig deeper, you'll find that they really want to lose fat, not weight. Most people don't care about their weight as long as they are lean, and if they do, they need to get past the number on the scale!

In fact this is the biggest mistake people make in terms of judging their progress in getting lean and healthy. The scale is a useful tool, no doubt, but I've seen far too many people stop doing the right things (like proper weight training) just because they gained a pound on the scale.

Muscle weighs more than fat. Let's say you've been following a properly conducted weight training routine for the past few weeks, like the ones in this book. You've gotten stronger, which means you've also added muscle to your body. If you're adding pounds of lean muscle to your body, you might see an up tick in what the scale says. But assuming you're not overeating, it's a good thing.

Remember, more muscle means more calories devoted to building that muscle and keeping it alive. It also means your metabolism will get faster and become more efficient at burning fat. You'll see that number on the scale drop soon enough.

What we really should be looking at is body fat percentage, or how much your total weight is made up of body fat. Most men will be more than happy with their bodies when they get into the 15% range, and most women will be ecstatic with a fat percentage of around 18-20. I've included an easy to use body fat estimator with the Fat Burning Furnace system, so that you can get a good idea of where you are and track you progress!

In addition, you can measure your body fat fairly accurately with a skin caliper, which you can order online from a number of websites, or a high quality body fat measuring scale so you can keep track of your relative body fat percentage. If it's going down, keep doing what you're doing, and don't even look at that scale!

But perhaps the best tool to use when judging your progress, especially in the beginning of your fat loss period, is the tried and true mirror in your bathroom. It may sound simple, but use the mirror to judge your fat loss and muscle gain.

In honest lighting, a good mirror doesn't lie. Does your body look slimmer? Are you seeing new muscles poking through previously flabby areas on your arms, thighs, and chest? Are your abs coming in? Do your hips look slimmer? Combined with a good body fat measuring device, you'll get great motivation from seeing your body change right before your eyes in the mirror, and it will spur you on to even further progress!

YOU'RE GETTING SLEEPY

Along with water, sleep is one of the most overlooked secrets to igniting your fat burning furnace, and getting the most out of your efforts with strength training. If water is the most important thing you can put in your body, sleep is the most important thing you can do for your body. Sleep is nature's way of recharging us. In advertising circles it is known as the great eraser.

In other words, you could come into contact with thousands of advertising messages every day, but after a good night's sleep, you'll forget most of what you saw or heard. Sleep is that powerful in clearing our minds and recharging our body's energy reserves and ability to recover from exercise and stress.

Sleep is even more important when we are challenging our bodies with properly applied intense exercise and igniting our fat burning furnace. Understand that the high intensity exercise is very demanding on your body's recuperative powers, and unless you get adequate sleep and rest, you'll experience lackluster results.

The process of building strength and muscle and burning body fat doesn't happen so much during the workout…it happens after the workout is over. The workout serves as merely a stimulus. If we don't rest, this recovery and building process will not occur. It is for this reason that rest is just as important as the exercise and nutrition strategy.

When we don't get enough sleep, our bodies perceive this as a form of stress. This stress causes the body difficulty in performing its regular functions like metabolizing body fat for energy, among other things. Sleep also keeps your immune system strong, protecting you from illness, and regenerates your recovery ability (your ability to recover from intense exercise). You will have a tough time progressing in your workouts if you don't get enough quality sleep

each night. So you can see that a lack of quality sleep can cut short the maximum fat burning, muscle and strength building results you're after!

On top of that, a recent study found that adults who sleep less than 7 hours per night and children who slept less than 10 hours each night faced an increased risk of obesity. The study suggests that the increase risk of obesity was related to an increase of appetite through hormonal changes due to the lack of sleep. So how much sleep is enough, and is there such thing as too much sleep?

Most sleep experts agree that 7-8 hours per night is ideal for the average adult. Now, you are not the average adult anymore. You are undergoing an intense body transformation, and would do well to get a bit more than the minimum recommended 7 hours per night of sleep.

The intense weight training exercise, combined with your body's accelerated fat loss, require the help of your body's recovery ability. Your recovery ability is used up throughout the day, and if you don't get enough quality sleep, you can forget about maximum results from your fat burning efforts during the day.

Some people find that they can do well with a bit less than 8 hours, and some need a bit more. I would not recommend less than 7 hours or more than 9 hours of sleep though, as studies have shown both extremes can be detrimental to a person's health and even cause an increase in propensity to develop diabetes and other health problems.

SEVEN AND A HALF HOURS TO A LEAN BODY

In fact, seven and half hours per night might be the perfect amount! Research on sleep has shown that we sleep in cycles of 90 minutes or so. It has been suggested that if you wake up too far before or after one of these 90 minute

cycles, you will probably feel groggy for a good part of the day. The key here, then, is timing your sleep around the cycle.

This would mean ideal sleep times would be every 90 minutes…or an hour and a half, three hours, four and a half hours, six hours, seven and half hours, and nine hours. I've personally been using the seven and half hour overnight sleep number for a while with great results, so you may want to give that a try.

Interestingly, if you miss out on sleep one night, you can make it up the next night. In fact, your body will almost force you to sleep extra that next night. This is not recommended, but it is evidence enough for me that your body wants and needs its sleep! You'll also want to try and stick with a regular rising and bed time each day…this will make it easier to be consistent with your sleep goals.

Now, the other thing your body needs besides sleep is what I call active rest. I eluded to this a bit earlier in this book, but what I mean by that is time spent when you're not performing your workouts should include a lot of active rest. This is where you are awake but not engaging in activities with high levels of physical, mental, or emotional stress. This could be gardening, household chores, reading, or just relaxing with your friends or family.

Just as most people are exercising too much yet not hard enough, eating too much of the wrong foods, people are not sleeping enough. If you are have trouble waking up in the morning, concentrating at work or school, dozing off in the middle of the day, or experiencing feelings of moodiness and irritability, you are not getting enough sleep!

Do yourself a favor and commit to getting 7-9 hours of quality uninterrupted sleep each night. And give the sleep cycle idea a try too. You'll be amazed at how much better you feel, how much easier it will be to burn fat, and how much better you'll look because of it!

SQUASH STRESS OUT OF YOUR LIFE

I mentioned stress earlier in the discussion about the importance of sleep as they are interrelated. Not enough sleep will cause your body undue stress, reducing its ability to recover from exercise and burn fat. And it stands to reason that any type of external stress will affect your ability to ignite your fat burning furnace. Stress at work, school, or with family.

Stress with finances, relationships, etc. These are all forms of external mental anguish that will transmit physical stress to your body. And as with a lack of sleep, you can forget about maximum results from your efforts in the gym and at the dinner table if your life revolves around too much stress.

Stress also increases your cortisol levels (the stress hormone). Increased cortisol on a regular basis can spell disaster for long term health, causing increased blood pressure and a decreased immune system. High cortisol levels can even inhibit food digestion and make it harder for you to get that all important quality sleep.

The good news is that the stress I'm referring to is all self-imposed. You create the stress. Now, you might be thinking, hey wait a minute, it was my boss or my spouse, or my friends that caused this undue stress. While it's true that these people mentioned are involved, or as my dad used to say it takes two to tango, what's also true is that how you interpret your dealings with people and occurrences in your life ultimately determines how much stress you'll experience.

Sure, there can be some major issues that happen in one's lifetime, but the majority of the day to day issues that arise are insignificant in the grand scope of things. And it is these little everyday occurrences that pile on top of each other, day after day, until you are overloaded and have trouble getting back to a healthy balance.

If you really want to make the most of your efforts in igniting your fat burning furnace, make it a point to eliminate silly stress from your life, everyday. It really is up to you. It's all in your mind and how you respond to those people and situations around you. Take control of your state of mind and squash the stress right out of your life and you'll reap the benefits of a lean and healthy body faster than you would have otherwise.

THINK AND BURN FAT

For those of you who may have read Napoleon Hill's famous book, this title will sound very familiar to you…I couldn't resist! This classic motivational book details Andrew Carnegie's secrets to attaining anything he desired. The principles in this book have been taught for years to millions of people, yet millions of people still wonder why they can't get what they really want out of life.

The book mentioned that Carnegie had a secret that he used throughout his life to achieve his greatest desires, and that the author would include the secret throughout the book without ever directly mentioning it. I am here to tell you that Andrew Carnegie did indeed have a secret, and it's a secret many others have used throughout history to get what they wanted. And the exciting part of this as it relates to this book is that you can use this secret to help you achieve the lean and healthy body you desire. What is this secret?

This secret I'm referring to is known to a fortunate and successful few as The Law of Attraction. This is a law of the universe, just as the law of gravity says what goes up must come down, The Law of Attraction states that you get what you think about, whether you want it or not.

Unfortunately, you were probably not taught this law in science class! While knowledge of gravity has certainly helped me in life, I would have preferred some

instruction on the law of attraction too! The law of attraction is stating that whatever you focus on and put your energy toward is what you're going to attract more of.

You may have heard the cliché "what goes around comes around". This is true, but more than you may know. There are plenty of people in your life that are happy to tell you that you can't lose weight, and you can't reshape your body, and you can't do this or that. Guess what? They can't. And if you hang out with these people and listen to them, you won't be able to either. You will attract this negative result, whether you want to or not.

Now that's powerful, and a bit scary, so look carefully at who you're hanging out with. If they're not positive and supportive of your goals, either stop associating with them or keep your goals to yourself when around these negative people.

The Law of Attraction goes beyond positive thinking…if you really want to ignite your fat burning furnace 24/7 and get the body and health you desire, you have to behave as if it has already happened. I know this sounds a little crazy, but bear with me. You have to visualize it in your mind. Imagine what your "new body" looks like and how you feel having it.

Close your eyes and imagine that you're on vacation with friends on a tropical location. You step onto the beach and reveal your new body to the fellow vacationers. Imagine their shock as they are astounded at the progress you've made, and how much they admire the new you. Imagine how great it feels and how you know you'll look and feel this great for the rest of your life.

This type of visualization and belief that it has already happened will turn you into a magnet for what you desire. You will attract to you that what you need to make your goals a reality. People, money, ideas, plans will all go to work for you to help you get what you want. This all may sound a little strange, I know, but the law of attraction is at work in your life right now. Your job, your friends, the

people you associate with, etc. These were all attracted to you accidentally, as you have not been aware of this powerful law.

PUT THE LAW OF ATTRACTION INTO ACTION

Now that you know it exists, harness its power and start attracting the things you want to be part of your life, including your new body. How? There are 5 basic steps:

- Decide what you want…get specific and very clear (in this case, your new body!)

- Visualize already having it and what that feels like (use my beach example if you'd like)

- Allow it…eliminate any doubt…say yes, yes, yes when thinking about the desire in any form or fashion

- Release it…you don't want something you already have, so after saying yes to it, you must consciously allow yourself to let it go and release the wanting of it

- Take inspired action…if something pops in your head or presents itself in relation to your desires, do it now! Make it happen! Say Yes!

Now, I want to also point out that step #4, the releasing of the want, is the most important element of this whole process. Here's why:

We only want things we don't already have. Think about it. And once we get them, we don't want them anymore. You can't stand up and sit down at the same time, can you? Of course not, just as you can't have something and want it at the

same time. This is essentially what you're trying to do when wanting something so badly without letting go of the hold you have on the desire.

Once you've said yes to this want, you must then release any attachment to it in your mind. Visualize it literally floating out of your body into the universe. Again, I know this may sound a little weird, but believe me that this works…especially for those who have tried so hard to lose fat and want it so badly. The wanting doesn't help you get it…it's only once you release it fully do you start to attract the having back to you.

THE 5 MINUTE SUPER STRESS BUSTER

Here's a little exercise that incorporates the law of attraction steps above that you can do every night before you go to bed that I guarantee will dramatically reduce your stress and improve your mindset, attitude, and your fat loss results:

1. As you lie in bed ready to sleep, close your eyes and focus on the good things and emotions you experience that day. Relive them in your mind…and then open yourself up and let them go out of you…picture them releasing out of your mind and body.

2. Next, focus on the bad things or negative emotions you experienced that day…relive them in your mind…accept them, and then open yourself up and let them go out of you again…out of your mind and body.

3. Lastly, focus on what you have planned tomorrow. Your larger goals, your smaller ones too. Picture them in your mind as if they've already happened, as if you no longer desire them because they're already yours. Then, release this feeling of wanting them and imagine it flowing out of your mind and out of your body.

That's it. This should take only 5 minutes or less, and you might not even get through it some nights as it is also a great way to put yourself to sleep.

It seems simple, but these concepts and techniques are on the short list of the most powerful things you can do for yourself. It can take a little practice if you've already got a bit of mental resistance to these ideas and also depending on how much doubt those around you are creating, and how much self imposed doubt you are retaining.

Maximize your ability to get the body you want by putting the law of attraction and power of releasing your stress to work for you. I guarantee that an ignited fat burning furnace will find you!

FBF FOR SENIORS

How To Slow Down And Almost Reverse The Aging Process, And Live Leaner & Stronger, Longer

If you are over the age of 60, you might think that the techniques and strategies in this book are beyond you. You might think you're too old for this kind of stuff. Am I right?

Well, first you need to forget all of that 'stinkin' thinkin" because you are about to learn why that kind of logic is dead wrong, and how you must use this Fat Burning Furnace blueprint to slow down the aging process and live out your life full of strength and energy at almost any age. Sound good? Great! Let's get started...

For many years, it was believed that the senior adult should stay away from any type of demanding exercise out of a fear of injury. What we know now is that this

type of thinking is actually one of the main causes for so many seniors ending up in injury-ridden health in their later years!

Let's take a look at the two major types of aging and why proper exercise is the most important thing a senior person can do for themselves.

2 Types Of Aging:

1. Natural Aging: This is the normal aging that we cannot control, and occurs in all of us, including graying hair, drying skin, etc.

2. Environmental Aging: This is aging that is brought on almost entirely by what you choose to do or not do. Smoking, poor nutrition, lack of proper exercise, etc. are all causes of environmental aging.

Natural aging starts around the age of 30, and includes a decrease in our ability to perform simple and vigorous tasks by about 30% or more by the time we reach our senior years. This includes a decrease in our muscle strength, endurance and function, and well as bone loss and a decrease in our joint flexibility.

This can lead to a variety of injuries that make getting older very uncomfortable. For example, a far too common occurrence with seniors is an injury resulting from a fall. It has been shown that these falls are often a direct result of weakened bones and muscles and lack of flexibility in the legs and hip structure.

But what's important to know is that most of this decrease in our functional abilities is directly due to a lack of activity. So, get excited, because you can effectively cut the amount of function loss by 50% or more with the proper strength training exercise and nutrition detailed in this book!

We also begin to lose muscle mass around the age of 30, and continue to do so until our metabolism becomes very slow and inefficient at burning fat for energy.

On top of that, our fat burning hormones (including testosterone levels in males) also decrease. These are just more reasons why FBF style exercise, which slows this deterioration and can actually reverse it to some degree, is so important as we age.

The type of strength training detailed in this book will help with all of these problems. You'll increase your muscle and bone strength, as well as your joint and muscle flexibility…all in just a few minutes a couple times a week! Yes, it's that important (and often that simple) if you want to live out your life as strong and injury free as possible.

Now that you know it's even more important for seniors to exercise properly to live leaner and stronger, let's take a look at some adjustments you should make to the regular FBF routine guidelines:

1. Regulating volume, frequency and intensity: Since seniors don't recover as well or as fast as their younger counterparts, it is best to exercise at a slightly reduced volume, frequency and intensity to allow proper recovery. This can be done by cutting back on these elements as follows:
    a. Skip the Beginner FBF workouts and schedules and start with the Intermediate routines. These routines include fewer exercises and more days of rest, and are typically more appropriate for the senior exerciser.
    b. If you still feel tired from a previous workout, even though it may be 2 days later, take another day of rest so the recovery process can be completed.
    c. If you find you still don't feel recovered after 3 days of rest, try performing one of your 2-3 weekly workouts in a 'sub-failure' mode, that is, stopping 2 or 3 reps short of muscular failure.

2. Adjusting your workout speed and goals to suit your situation: It may be unrealistic to increase your weight or repetitions (or both) on each exercise during each subsequent workout, since the older adult responds to strength training at a slower pace than younger people. In addition, taking just 30

seconds or less between exercises may be too little for seniors due to a reduced capacity for work. Make these adjustments if necessary:

a. Try increasing your numbers every other workout, or even every third workout instead. And only do so when you feel at your most energetic and motivated.
b. You can still get great results taking more time between exercises, so if this is a problem for you, try 60-90 seconds between exercises.
c. On this last point, take care not to work beyond your capacity. Stop any exercise that causes any internal pains or shortness of breath and consult your doctor.

3. The slow repetition speed used in FBF works for most everyone. However, some seniors with ailments such as arthritis may find a more comfortable (still hugely productive) workout includes repetitions performed in a 'Super Slow' fashion:
    a. Instead of taking 5-7 seconds per repetition, try anywhere from 15-60 seconds per repetition. You will need to use a reduced resistance to accommodate for the slower speed of movement.
    b. One example would be a body weight squat. Here you would take 10-30 seconds to lower yourself into a squatting position, pause briefly, then take another 10-30 seconds to raise back up to standing. You would then repeat this for as many reps as possible until muscular failure. It's the same as a weighted squat, but worked at a much slower pace. Because of the reduced resistance, seniors may find this 'Super Slow' exercise to better suit their situation.
    c. You will find that you will most likely be performing fewer repetitions doing the exercises this way, but that is fine as the amount of seconds spent under tension is about the same.
    d. Complete an entire FBF routine in this fashion, using the same exercises just with a reduced resistance level and speed of movement.

OK, so now you know just how important proper exercise can be in determining what kind of life you live into your senior years. That's one of the main reasons I designed FBF to be so easy and simple…it's truly something you can make part of your long, lean and healthy life!

MY PROMISE TO YOU

You've spent countless hours, months, and maybe years trying to get the body you've always wanted. You've tried just about everything under the sun and you are tired of being duped, misled, overworked, and under-appreciated by the so-called fitness experts. You've doubted that there really is something that works out there and you have been wondering when you'll find it. That's over now.

That something is this book you hold in your hand. That when is now! I've provided to you invaluable secrets that will ignite your fat burning furnace 24 hours a day, seven days a week. I and many others have found the information contained within this book is the fastest and most efficient route to getting lean, strong, and healthy. And you're next. That is my promise to you.

What's possible? It's not unusual for a beginner to lose an average of 1-3 pounds of fat per week, and add 1-2 pounds of muscle per week over the first 12 weeks or so using the principles in the Fat Burning Furnace system. And most can come close to their genetic potential for fat loss and muscle/strength gain in under a year.

Of course individual results can vary, but I personally shed 42 pounds of unwanted body fat and lost 10 inches off my waist all while building lean muscle, strength, and endurance. And the success stories from my readers pour in every week from around the globe.

The roadmap has been laid out in front of you…all you have to do is follow it and arrive at your desired destination…faster than you may have thought possible.

By the way, if you have any questions about the FBF methods, feel free to contact me at my support desk at http://www.zerotoherofitnesssupport.com . I'd love to hear about your success…so once you've put these methods into practice for a few

weeks and experienced great results, go ahead and shoot me a message and tell me all about it. This kind of success inspires those to do just as you will have done, and that's a beautiful thing!

One more thing. If you're not already subscribed to my free weekly Fat Burning, Health & Fitness Tips eNewsletter, you should subscribe right now here:

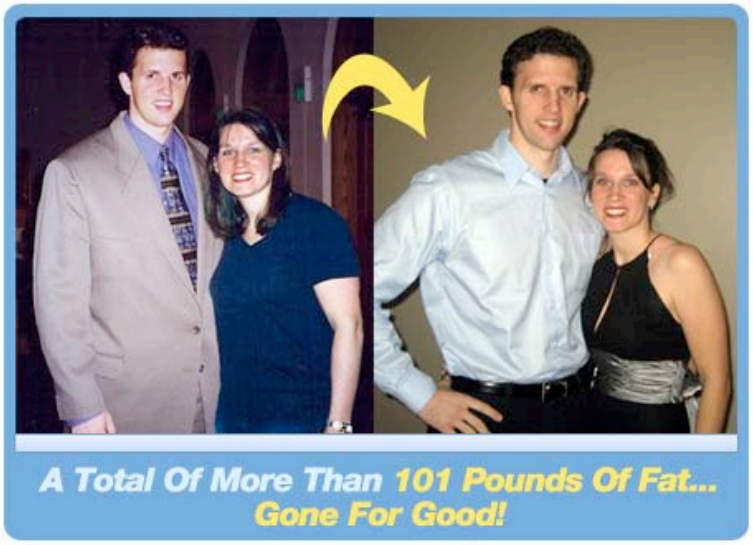
http://www.fatburningfurnace.com/free-booklet-newsletter.php

There is a free eBook there for you once you subscribe, plus you'll get loads of even more fat loss and fitness knowledge and tips each week in your inbox...all for free.

Here's to getting lean, strong, and healthy for life,

Rob Poulos
Zero to Hero Fitness

ABOUT THE AUTHOR



Rob Poulos is a fitness enthusiast and expert, and the founder and CEO of Zero to Hero Fitness. Rob spent the majority of the last decade searching for the most effective and efficient ways to get and stay lean, strong, and healthy with minimal time investment.

After over a decade of personal failures with various exercise and diet strategies, Rob became increasingly frustrated with the loads of misinformation on the market and personally committed to finding the secrets to permanent fat loss and fitness that were hidden in all of the hype and sensationalism all to prevalent in the industry.

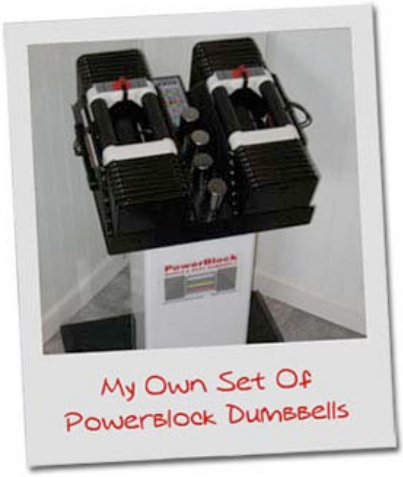
Rob founded Zero to Hero Fitness and created the Fat Burning Furnace fitness principles so he could spread the word to others interested in seeking out life-long fitness and health. Now everyone, regardless of their current or past failures with fitness, can enjoy a lean and healthy lifestyle with simple but proven methods in just minutes per week. Rob continues to help friends, family, and his students get in the best shape of their lives...and stay that way.

RECOMMENDED RESOURCES

As you know now, I've been through the fat burning, health, and fitness trenches and I've been battle tested by various pieces of exercise equipment, nutritional supplements, and countless other health and fitness products. What I present to you here are my top recommended resources for assisting your fat burning and fitness efforts.

These products have helped increase the rate of my and many of my readers and students results, and come from some of the best and most trustworthy companies in health and fitness today. It is for these reasons that I am making my personal recommendation that you use these products in conjunction with the powerful secrets in this book.

POWERBLOCK DUMBBELLS



If there is one tool in my home gym that I absolutely cannot do without, it is these little strength training marvels. The Powerblock Dumbbells. In my opinion, the best in the world, and one of the most efficient ways to get and stay in your best shape possible. You could say that my Fat Burning Furnace method and these babies are a match made in fitness heaven.

I know that for many of my students, getting to a gym can be a hassle, and setting up a home gym is tough due to space limitations. Getting your brief intense workouts in is a breeze, and makes using regular dumbbells seem 'uncivilized' at best. Here are just some of the top reasons why the Power Block Dumbbells should be in your home:

- They're perfectly balanced and feel great when using
- They have a comfortable handle that doesn't grind your skin like most dumbbells
- They look great and take very little space
- They are easy to use and allow you to change the resistance in just a few seconds
- They allow you to move from one exercise to the next with little difficulty
- They allow you to perform a ridiculous amount of exercises and variations of those exercises
- They are completely expandable, allowing you to add on as you get stronger

Simply put, when you combine the Power Block Dumbbells (also known as SportBlock) with my Fat Burning Furnace system, you've got perhaps the most effective and versatile exercise combination ever developed.

Make lifelong health and fitness even easier on yourself, go ahead and click on the link below for detailed info on how you can get a set of Power Block Dumbbells in your home today...

www.fatburningfurnace.com/pblock

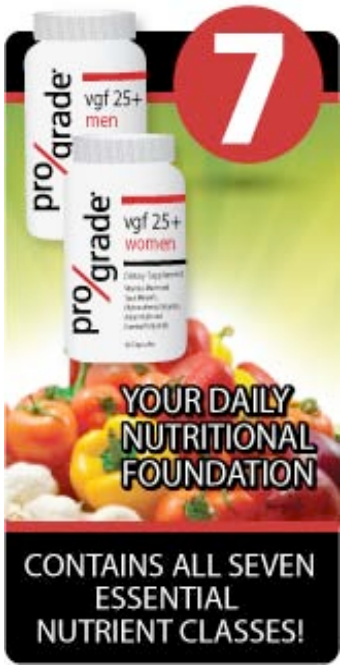
PROGRADE NUTRITION

As I mentioned earlier in this book, there is no subject in health and fitness that has more mystery surrounding it than that of nutritional supplements. While it's true that you can succeed with your fat loss and fitness goals without any supplementation, the realities of today's shelf life focused food supply and our fast paced society make this prospect increasingly difficult.

Consistency is a huge part of staying lean, strong, and healthy for life, and you can't have that if your body is missing nutrients. Having a good basic nutrient supplement is like having health and fitness life insurance…not a bad thing at all.

The problem is finding a product that really is that good, and finding a company that really is that reputable and trustworthy. Well, I discovered this fantastic company a while back, Prograde Nutrition, and found that they have by far the single best all natural multi-vitamin and mineral supplement I've ever seen. I use it every day and so do many of my readers and students.

Here's a quick breakdown on that product (VGF 25+) as well a few other of Prograde's products I recommend highly:



VGF 25+ (my favorite): The 25 Vegetables, Greens and Fruits nutrient rich concentrates found in VGF 25 +, which are derived from Nature's own whole foods, are more easily absorbed and used by your body than any synthetic blend on the market.

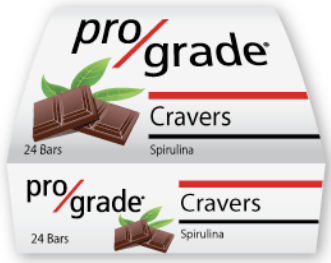
Plus, it contains all seven essential nutrient classes (phytonutrients, enzymes, amino acids, essential fatty acids, vitamins, and minerals.)

What's more, there is a separate formula for Men and Women, targeting each group's specific needs on top of the all of the other good stuff I've already mentioned.

Prograde Lean: My favorite and absolutely delicious chocolate flavor meal replacement shake for those with fat loss in mind. This makes quality fat loss nutrition so much easier for those with busy schedules, which is pretty much everyone! Highly recommended.

Prograde Workout: I teach my FBF students the importance of seizing the opportunity window that occurs after your FBF workouts. If you don't, your results will be considerably less than what they could have been. With Varsity, you get a precise protein/carb mixture, rapid absorption designed for maximum muscle recovery and optimum fat burning and lean muscle building results. The benefits of proper post workout nutrition will prime your metabolism to burn fat 24 hours a day, 7 days a week and dramatically improve your recovery time.

EFA Icon: Essential fatty acids are really just that, essential to life-long health and fitness. With EFA Icon, you'll not only get best absorbing omega 3's, you'll also receive 47 times the antioxidant protection that the standard fish oil pills that you've probably seen or even tried before.



Prograde Cravers: Flat out, the best tasting nutrition bar on the planet. The perfect snack or healthy dessert...composed of 100% organic ingredients and topping out at just 180 calories. I've tried literally hundreds of so called nutrition bars over the years and was either disappointed with the taste, ingredients, or both. Not with the Cravers...my whole family loves them, and so do my Fat Burning Furnace students and readers. Available in chocolate peanut butter, spirulina, and almond butter flavors.

Again, go ahead and make your healthy lifestyle even easier to maintain, check out Prograde Nutrition here: **www.getprogradenow.com**