



Please note that if you are going to drastically alter your diet (by switching to a low carb, healthy fat way of eating), start gently with recovery day activities such as the Yoga for Detox and walking.

If you try and change too much all in one hit, **your body might not cope**. If you're well accustomed to exercise, be prepared for a slump in energy during workouts until your body adjusts. If you have not done either before, start with what you eat. If you are a clean eater – jump on into the training! Remember, fat loss is 85% what you eat!

THE WORKOUT

This plan takes about 20 minutes per week. **4 strength based exercises** performed for 10 minutes, once per week, plus **10 minutes of HiIT training** once per week. This is adapted from Jonathon Bailor's 'The Smarter Exercise Program' from 'The Calorie Myth' - a great book that I highly recommend.

DAY 1: 10 minutes of resistance training (follow exercise outlined below)

DAY 2: Recover

DAY 3: Recover

DAY 4: 10 minutes of HiIT cardio training (follow exercise as outlined below)

DAY 5: Recover

DAY 6: Recover

DAY 7: Recover

NOTE:

“Once you are able to exercise eccentrically with sufficient resistance, the bike workout is not only unnecessary, but will negatively impact the more important eccentric workout (as it prevents your type 2b muscle fibers from getting the 6 consecutive days of recovery needed).” -Jonathon Bailor, The Calorie Myth

SEE “RECOVERY DAY ACTIVITIES AND BONUS EXERCISE IDEAS” for more ideas

The idea of entire workouts based on eccentric only movements started back in the mid 70's and is a tried and tested technique. Not only do people who love training and exercise use it, physiotherapists and doctors use eccentric training as a rehabilitation tool. You must challenge your muscles for them to grow – do this by adding resistance, not by making things more complicated.

This program has been designed so you can do it at home using minimal equipment. It can be advanced into using gym machine use once you have progressed past this stage. Contact me for more information.

Eccentrically?

In a pushup, it's the 'lowering' phase, in a pull up, it's the 'lowering' phase, in a squat, it's the 'lowering' phase, in a shoulder press, it's the 'lowering' phase. Lowering slowly over 10 seconds is eccentric training.

IMPORTANT INFORMATION:

- Only do this type of exercise when little or no balance is needed.
- Be Careful. These exercises are SLOW and CONTROLLED.
- Ease into it and KEEP PERFECT FORM.
- Once you can do these exercises safely, you MUST push yourself as hard as you SAFELY can. Otherwise you won't see the benefits.

- Gradually add resistance as you can. Do this by:

- 1. Adding resistance until it 'lowers itself'.**

When you first start, you should lower moderate resistance for 10 seconds to get the hang of it. Once you feel you can do it safely, add weight. When you feel comfortable, add more weight until you can't stay still, but the weight is forcing you down over 10 seconds.

- 2. Squatting lower**

Work towards bending at the knee until thighs are parallel with the floor.

- 3. Hold the hardest part of the movement**

With squats, lower down at a normal speed, and then hold the bottom position before coming up slowly. With the pushup, hold the 'down' position.

- 4. Use resistance bands or a weighted vest**

How to know if you are going heavy enough/low enough etc.? When you know it's going to be a struggle to going to get out of bed in the morning, let alone climb stairs, sit on the toilet, blow dry your hair and so on!