

# METABOLIC MASTERPIECE

## 12 Week Body Sculpting Program



By Scott Tousignant  
[www.MetabolicMasterpiece.com](http://www.MetabolicMasterpiece.com)

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## DISCLAIMER

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Metabolic Masterpiece shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional. The recipes and meal plan within this program are for informational purposes only. While every attempt has been made to verify the information provided in the Metabolic Masterpiece Meal Plan & Recipe book, neither the author or nor his affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The Metabolic Masterpiece Meal Plan & Recipe book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The meal plan and recipes outlined herein should not be adopted without consultation with a physician or your health professional. Use of the meal plan and nutrition recipes herein is at the sole choice and risk of the reader. The authors are neither responsible, nor liable, for any harm or injury resulting from the recipes and meal plan suggested.

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To everyone else who has played a role in my progression in fitness and business, I thank you from the bottom of my heart. You all know who you are and I hope that you realize just how much you have impacted my life.

# RESOURCES

## **Workout Videos**

You can find the workout videos and optional HIIT videos by visiting...

[Metabolic Masterpiece Workout Videos](#)

## **Metabolic Masterpiece Meal Plan and Nutrition Videos**

[Metabolic Masterpiece Meal Plan & Recipe Video Page](#)

## **Motivation Audios**

You can find the 21 Unstoppable Fat Loss motivational audios by visiting...

[Unstoppable Fat Loss Motivational Audio Page](#)

## **Scott's Metabolic Masterpiece Daily Journal**

[See how I ate every day](#)

# INTRODUCTION TO SCULPTING A MASTERPIECE

Congratulations! You should feel proud of the action that you have just taken toward sculpting a physique that is worthy of being displayed in an Art Gallery. You now possess an extraordinary 12 week workout and nutrition blueprint that will turn you into a physique artist and totally transform your body from “average” to absolutely chiseled and smoke’n HOT!

You will be doing much more than just burning calories and melting fat with the Metabolic Masterpiece 12 week Body Sculpting Program. You will be shaping your body by gaining lean and sexy muscle in the appropriate places, while you are chiseling away the unnecessary fat from your body and carving out all the fine details.

This is no longer just about health, fitness, and fat loss. This journey that you are about to embark on is the most beautiful form of art known to the human race. Every workout, every meal, every cardio session, is art in motion. These are the tools of a sculptor.

It’s time to take your physique to the next level. With the Metabolic Masterpiece 12 week Body Sculpting Program you will take the leap from simply looking good to looking absolutely jaw dropping GREAT!

The secret to making that leap from fitness enthusiast to physique artist is much more than a great diet and amazing workout program. Body sculpting is a mindset. It’s the ability to look at yourself in the mirror and see a masterpiece in the making. It’s taking the time to step back and admire the progress that you are experiencing with your work of art. It’s the conscious effort to look at your sculpture and see where you need to add some clay and where you need to bring out more detail.

Body sculpting is not just about using the tools of the trade; workouts, nutrition, cardio... **It’s how you WORK these tools** that will determine the level of success that you achieve.

...**80% of your success is determined by the level of focus, commitment, and attention to details** that you put forth during the next 12 weeks and beyond.

The great thing about thinking this way is that it places the power in your hands. **Success is largely within your control.** Embrace this power and responsibility. When you experience incredible success during the next 12 weeks on the Metabolic Masterpiece Body Sculpting Program it will be **a story of your personal success and triumph... Of your commitment and perseverance... Of your ability to make the absolute most out of the plan that's placed in front of you and live to your fullest potential.**

...When you put forth your very best effort toward the Metabolic Masterpiece program you can expect “**Earth Shattering**” results.

Developing and nourishing this UNSTOPPABLE mindset is all about revealing the REAL YOU and **allowing your greatness to shine.** You are about to become who you are meant to be. You are about to tap into **your limitless potential and exceed your expectations.** What you currently believe is your very best effort is absolutely nothing compared to what you are about to UNLEASH!



# THE STORY BEHIND THE METABOLIC MASTERPIECE 12 WEEK BODY SCULPTING PROGRAM

As you can see, the power to experience an incredible body and life transformation can be found inside of you. Unfortunately, the misleading information, hyped up advertising, and ridiculous claims that run rampant in the Billion Dollar Weight Loss Industry, have created more overwhelm and confusion. These supposed “secrets” have suppressed your power, wrapping it in chains before sealing the lock.

Although things may appear grim there is a ray of hope. I am about to hand you the key to “Unlock The Power Within You” and finally break free from the weight loss prison, which has been robbing you of the body and life that you deserve. Metabolic Masterpiece is a detailed documentation of what it takes to experience an incredible body transformation, while living life to the fullest.

Since the age of fourteen, I have had a deep fascination with the ability of the human body to **transform before our very eyes**. I love looking at before and after photos of people who have experienced an incredible body transformation. I love to listen to interviews that reveal the story behind these successful transformations and how their physical transformation positively impacts every area of their life.

It's time for me to pass this fascination on to you, in hopes that you too, will see the beauty, the joy, and the adventure in sculpting the body and life that you deserve!

I have always loved knowing that my own physical transformations as well as my daily words and actions, have inspired many people to embark on their own body sculpting journey and experience their own amazing successes.

It's this incredibly rewarding experience that inspired me to lay it all out there and reveal my exact step by step blueprint for sculpting an amazing body.

## Why I Created The Metabolic Masterpiece Program?

One of the reasons why I have dedicated myself to documenting my ongoing body sculpting journey in this format, is to bring some clarity as to what it takes to experience an amazing body transformation. I'm going to provide you with the necessary tools and strategies so that we can both experience a rewarding body transformation together... overcoming challenges together and celebrating our victories together.

Every great transformation begins with a seed that is planted as a thought in your mind. Metabolic Masterpiece has been brought to life in hopes to inspire you and many others to take immediate action today, dedicating yourself to living the best life possible, in the best body possible.

From my 13 years of experience as a fitness professional, I have realized that you can't force a person to make their health a top priority. No matter what I do or say, I will not be responsible for you making that final decision to sculpt your body and life. **It's your choice and your choice only.**

Metabolic Masterpiece is about planting that seed and providing you with the necessary tools so that when you are ready, whether that be today, or a year from now, you will have everything that you need to experience an amazing body transformation. The decision is yours for the making. Just know for certain that I will be here for you when you are ready to take that leap of faith in yourself and your abilities.

## What Does It Really Take To Sculpt Your Body?

The most important message that I wish to get across with the Metabolic Masterpiece program, is to enjoy the process of sculpting your body. This truly is a remarkable adventure. I encourage you to soak up every ounce of it's glory.

I believe that sculpting your body is not as complicated as some "Fitness Experts" make it out to be. But I also believe that there is a time and a place for some of the advanced fat loss techniques that you may have come across through reading fitness blogs or emails.

Metabolic Masterpiece is about helping you get back to the basics and master the fundamentals, before you move onto any kind of advanced fat

loss technique. With these strategies **you will experience an incredible transformation, while still “Living a little”** as some people like to call it ;)

The best way to ensure a successful body transformation is to ease into it. The first few weeks should be used to eliminate some of your bad habits that limit you, while replacing them with healthy habits that empower you.

One of the reasons that so many New Years Resolutions fail is because people tend to go all out and have **an all or none mentality** once they get a goal planted in their mind. That's why I am encouraging you to ease into this journey just as I am.

In my personal journal that you now have access to, you'll notice during the first few weeks I consumed some treats on a frequent basis. The reasoning behind this is to **avoid associating feelings of deprivation with your body transformation**. I don't want you stressing over food and striving for perfection.

Allow yourself to ease into this journey. Resist the temptation to go all out with the all or none mentality. Avoid the urge to try and release all of your fat in one week, or even 30 days. The initial goal is to **build momentum**. Even if your results are not spectacular in the beginning, understand that you are **building the foundation for great success**. You are setting yourself up for mini victories that can be built upon.

## Eat Smart, Move Smart, Live Smart

Throughout your successful body transformation journey, there is a motto that I encourage you to continually repeat to yourself. That motto is... Eat Smart, Move Smart, and Live Smart.

**Eat Smart:** The overall objective of eating smart with the goal of fat loss is to create a caloric deficit by the end of the week (eat less). But to truly eat smart, you should be increasing the quality of the food that you consume, while you decrease the quantity to ensure that your body is fueled with the nutrients that it needs to function at it's absolute best. It is possible to achieve a caloric deficit by eating nothing but Twinkies, but this would not do much to advance your performance throughout the day or your quality of life. I also encourage you to avoid prolonged periods of time where you maintain a caloric deficit. Every 3 to 5 days you should increase your calories to maintenance level or slightly above maintenance, in order to

replenish the energy stores within your muscles and body. Plus, this will give you a nice mental break from calorie restriction.

Increasing the quality of the food that you consume or “eating healthier” is going to mean something different to each individual. To me, it may mean reducing the amount of man made food that I consume, while adding more vegetables to my diet plan. To someone else, it may mean avoiding all animal products. Another person may view healthy eating as consuming nothing but raw foods. It’s important to note that there is no single answer as to what “Healthy Eating” truly is. Your definition of healthy eating will come about **based on your values, beliefs, lifestyle, and goals**.

Eating smart also means that your ‘diet’ will have to adapt based on your current circumstances. If you have 20 pounds or more body fat to release, beginning with the simply “eat less” approach is a great first step to take. As you get down to a very low body fat percentage, you will have to modify your “Eat Smart” plan. You may not be able to get away with having a treat every day. You may have to manipulate the amount of carbohydrates that you consume. You may have to avoid all processed foods. Eating smarter may mean that you need to include two back to back higher calorie days, if your goal is to add more muscle while burning fat. The only way to determine this is through your **feedback loop**. That’s why it’s so important to document the foods that you consume each day.

**Move Smart:** If you are just beginning your body transformation journey, moving smarter will simply mean “Move More!” Getting your butt off the couch and embracing the active lifestyle. But moving smart is not always about moving more. There may be circumstances where moving less is required in order to progress with your body transformation. If you continue to pound away at your body without allowing adequate rest and recovery, you will run yourself into the ground and run the risk of moving backward instead of forward.

Moving smart is also about selecting the type of movement that will bring you closer to achieving your desired goal. Number one on my list is resistance training. Resistance training burns calories and more important, it shapes your body. As you release fat from your body the goal should not simply be to become a skinnier version of your current self. Aim to look the absolute best that you can. Plus, resistance training builds strength. There is no greater thing that you can do to empower yourself and your life, than to increase your strength. It will serve you in everything that you do in life

now and it will enhance the quality of your life as you age. **It's your key to independence.**

My preferred method of resistance training is the use of dumbbells, barbells, and some machines. What will make resistance training the most effective for you, is the amount of focused intensity that you put into it as well as the enjoyment that you experience from the specific style of training. The more that you enjoy a form of movement, the more likely you will stick to this healthy lifestyle.

**Live Smart:** This plays a much bigger role than you can imagine. You could be eating smart and moving smart, but if you aren't living smart all of your efforts could go to waste.

One key to living smart is to ensure that you get adequate amounts of quality sleep (7-9 hours). For some of us that may mean hitting the sack at 9:00 pm. There are very few reasons to stay up late. The most common reason that I come across occurs when people stay up to watch the news or their favorite television programs. I say ditch the news. If it's important you'll hear people talking about it. As far as your favorite television programs go, I have some breaking news for you. There are devices that you can use to record the program and play it back at a more convenient time ;) You can even catch most of your favorite programs streaming on the Internet the very next day.

Use that time to connect with your significant other and cuddle in bed. Believe it or not, this simple act will enhance your results. The human touch causes wonderful emotional and physical responses that can wipe away any stress that you encountered throughout the day. It will put your mind in a happy and peaceful place. This brings me to the next point in living smart...

Do what you can to reduce the stress in your life. The last thing that I want is for you to stress over your transformation. If you stress over what you **MUST** eat, what you **MUST NOT** eat, or the workouts that you **MUST** do, you will have a more difficult time releasing fat from your body.

A few things that help me reduce stress are **a)** Going for a brisk walk, **b)** Listening to relaxing audios before I go to bed, **c)** Playing with my children, **d)** Petting my cat, **e)** Sitting in my backyard garden while observing the insects and birds dance around and listening to the trickling fountain






splashing in the pond, f) Parking my car at the marina while I listen to the water splash up against the break wall and hear the Seagulls squacking.

Living smart is all about embracing the gift of life and making the most out of the gifts that you have been given.



I want you to realize that the magic behind a successful body transformation comes from dedicating yourself to the journey, while enjoying a balanced and healthy lifestyle. Are you ready to make that commitment?

One more thing before we move on... I want it to be absolutely clear that I am no genetic freak. I gain fat just as fast as anyone else and it's just as hard for me to burn off the fat. It's also never been the easiest thing for me to gain muscle. Bottom line, I'm probably not very different than you. If I can do this, so can you!

### What you will NOT find within the Metabolic Masterpiece Program...

-  You will not find any fancy schmancy hormone talk, magic fat loss triggers, or forbidden foods.
-  You will not find any over-complicated fat loss procedures that will stress you out or overwhelm you.
-  You will not find any extreme guidelines, which supposedly trigger your fat cells to immediately evaporate from the stubborn areas of your body.
-  You will not hear me tell you that it's not your fault that you've gained weight.
-  You will not hear any hype or B.S.

### What you WILL find within the Metabolic Masterpiece Program...

-  You will hear me telling it like it is. If and when I reach a plateau, you will see exactly what I do to overcome it.
-  You will see exactly what I eat every day.

- ☑ You will hear my thoughts about how each day went... what challenges impacted me the most, what improvements I would like to make, and the proud moments that I enjoyed celebrating.
- ☑ You will hear my deepest thoughts about my weight, my body, and how it impacts my life.
- ☑ You will see daily pictures of my progress.
- ☑ You will see that I am capable of experiencing an incredible body transformation while enjoying my favorite treats.
- ☑ You will see when there are moments that I am required to tighten up my nutrition in order to take things to the next level.
- ☑ You will hear my reasons for doing what I do.

## The #1 Reason Why I Created the Metabolic Masterpiece Program...

The number one reason why I created the Metabolic Masterpiece Program is both selfish and selfless. Above all else, I'm doing this for me. I was stuck in a bit of a **"Procrastination Rutt"** for several months and I was counting on this program to dig me out of it. That's the selfish part. The selfless part is that I am sharing the exact strategy or strategies that dug me out of the depths of procrastination, igniting a fire under my butt and forcing me to stick to the plan all the way to the end.

Yes, I can procrastinate with the best of them. I found myself wanting to undergo this serious transformation for 6 months before I finally went ahead with it. Tell me if this sounds familiar to you...

I would make the lofty decision to start my serious transformation 'Today'...

...The day would go great and then at the end of the day I would catch myself snacking non-stop or indulging in too much junk. I would then say to myself, *"I'll start tomorrow"*... *"Tomorrow will be different."* Then the same thing would happen the very next day.



There were times when I would experience two good days in a row, but then some unexpected event would come up, or Angie would come home with a box of cookies or a tub of ice cream and I would lose all control.

Why was this happening to me? I've had great discipline before, why was I struggling so much now? The crazy thing is, prior to all this procrastinating I had experienced a pretty awesome transformation in a short period of time. I felt great and looked awesome. What happened?

As I reflect on this experience I realize that a few things had happened that set me up for this struggle...

The first thing was that I didn't set a new goal to strive for. I had achieved what I wanted to achieve, but there was no goal or plan for either maintaining my results or experiencing even better results. It was like I was aimlessly wondering around.

I could then hear my inner voice saying, *"You've achieved your goal, now you can go back to eating the way you used to"...*

...Even though my eating isn't all that bad to begin with, eating the way I used to, would surely lead to me going back to the shape that I used to be in. **It's amazing how we can talk ourselves into eating unhealthy ;)**

There was no guilt in the beginning. I could eat a bunch of junk, yet when I looked in the mirror I still looked awesome! But slowly I started putting on a bit of fat. Not much... just a bit.

I also caught myself in the social drinking and eating trap. I let loose too much. It's funny, because I caught myself thinking that I needed to drink to have fun and thinking that I was being judged if I didn't drink like everyone else. That kind of thinking is crazy because I had just gone through a transformation where I didn't drink and nobody said a thing. There were even a couple big parties where I didn't drink and it wasn't a big deal at all. Why was I now thinking that I had to drink to be social? I was simply justifying these actions, which were not bringing me closer to my goal. I was **lacking commitment and dedication** toward my nutrition and it was beginning to show.

Then something bizarre happened. I sneezed in the middle of a squat, which sent my back into spasms. For 6 weeks I couldn't workout, which



really sucked. That combined with a lack of focus on my nutrition caused me to add on a little bit more fat.

But then I got back into the gym and I came back better than ever. After the 6 week break from the gym I had come back with a new appreciation for working out. I had spent some time reflecting on my fitness goals and the next level that I wanted to take my physique. It was time to mix up my training. It was time to incorporate some strength training into my workouts once again. It had been way too long.

For the past few years I had been focused on quick workouts as a way to stay in shape while living a very busy life with two young kids, a business to run, and many responsibilities. These quick workouts served me well. They produced great results. But there was a trade off. In order to keep my workouts quick I was reducing or eliminating the rest periods, which meant that I needed to reduce the weight that I was lifting. Therefore, my strength decreased. This still gave me a nice lean and athletic look, but I prefer to have a bit more muscle on my frame and I love to feel strong. It wasn't until I began incorporating strength training into my workouts again, that I realized what I had been missing out on for the past few years.

For six months I busted my butt in the gym with a focused intensity that I've never experienced before. It was unbelievable! But at the same time I had proven that no matter how hard you workout... **you can't outwork a bad diet**. Although my workouts were amazing, I still wasn't getting my nutrition under control.

There was one positive outcome though. I definitely put on some great muscle mass! I plan on adding more muscle throughout this journey too.

So, as I began this body sculpting journey with great focus and drive, I had approximately 8-15 pounds of fat to release from my body. Most of it was in my lower belly and love handles. I couldn't wait to see my ripped six pack abs once again. I couldn't wait to rub my hands over my flat tummy. I couldn't wait to experience the amazing boost in confidence.

There was no doubt in my mind that I would achieve my goals. There was no stopping me!

## My Goals At The Beginning Of My 84 Day Body Transformation...

**Goal:** Destination RIPPED ABS!!!

**Primary Goal:** Fat Loss

**Secondary Goal:** Muscle Gain

The main goal for the 12 weeks is to get my body fat down as far as possible without being extreme in my nutrition or my workouts.

The secondary goal is to gain some muscle mass. Because I will be in a caloric deficit most of the time, I don't expect huge gains in muscle mass. But since my deficit will not be severe, I am expecting some muscle gain.

**Goal Date:** May 29th, 2011

Significance of goal date: The weekend after the Victoria Day holiday weekend in Canada. Otherwise known as May 2-4. In my late teens and early 20's this was a date that I always aimed to look my best while hanging out on the beach.

**The Look:** The look that I am currently going for is how Brad Pitt looked in the movie Troy (picture to the right). That's the most muscular that I've seen him look and we have a pretty similar frame, which makes him a good person for me to model. I'd say that my shoulders may be a little wider and my arms a little bigger, but I haven't seen him up close and personal :)

It's his level of leanness that I'm going to achieve. When I get my body fat down as low as his, I should look very similar. Actually, it would be very cool to have our body images side by side to compare at the end.



## My Motivation

To look HOT and feel sexy, confident, and strong! I want to be irresistible to Angie. I want to feel incredibly proud every time that I look in the mirror. I want to look amazing in dress shirts and even more amazing on the beach.

Of course, the better I look, the better my business performs. The better my business performs, the more I can provide for my family.

Your respect and the respect of my fitness colleagues means a great deal to me. I'm hoping that by the end of this transformation I will have earned even more respect and TRUST from you.

A huge motivation for transforming my body is to prove to you that although it requires hard work and dedication... an amazing transformation is within your grasp.

To keep my motivation high, I will frequently look at pictures of great physiques, specifically the picture of Brad that I have shared on the previous page. Every time that I look at a great physique, I am inspired to up my game and take my transformation to the next level.

I also find motivation in watching movies where the main characters are in amazing shape. Movies like Troy, 300, Gladiator, Matrix, Fight Club, and Snatch.

Another thing that keeps my motivation really high is to listen to audio interviews of people who have successfully transformed their body. I load these audios onto my mp3 player and listen to them while I go for my morning brisk walk. This makes the time fly by and it's a great way to "kill two birds with one stone"... I exercise while educating myself.

The biggest motivation that caused me to REALLY step up my game and kick things up a notch after 5 weeks of my transformation was booking a photo shoot with a professional photographer. The photo shoot is scheduled for my goal date of May 29th and Angie will be joining me in these photos. I guarantee that they will be quite sexy and HOT! :D

This ties an event to my deadline and really makes it as concrete as possible. There will be no putting things off until tomorrow.

## How I Measured My Progress

For this body transformation I ditched the scale and body fat measurements, replacing them with daily pictures instead. The main reason that I chose this method of measuring my progress is simply because I could care less about how much I weigh or what body fat percentage I am at. What really matters to me is the “Look” that I achieve.

Also, I find it very discouraging if I put in a significant amount of work and end up not seeing the scale number or body fat percentage move much. There have been times where those numbers don't move, yet when I look in the mirror I see definite progress and my cloths end up fitting better too.

I'm not expecting to see much of a change from day to day and picture to picture. The main reason that I am taking a daily picture is to put me in the right frame of mind as I begin my day. When I take my picture first thing in the morning I am reminding myself that I have a goal in mind and I am focused on continuous progress. Knowing that I am taking a picture first thing in the morning will prevent me from pigging out late at night in order to avoid looking bloated and full in the picture.

Although I may not see any changes from day to day, I do expect to see changes when I compare Monday's picture from this week to Monday's picture from last week. These changes may not be drastic, but I should see some improvement.

Weekly results are what really matters. How you do at the end of the week is more important than what happens from day to day. If you have one bad day you do not want that to through off your motivation and progress. You can still achieve fantastic results if you slip up once per week.

I am well aware that the pictures will not show everything. The changes may not be as obvious from week to week in the picture as they are live in person.

It's important for me to be consistent with these pictures... taking them under the same light and same stance, as well as the same time of day. I will take every picture first thing in the morning after I drink two cups of coffee. There's no significance to the coffee drinking, it's just what I am choosing to do.

## Why I Knew This Would Work!

One reason why I was certain that documenting my journey would lead to my success is due to the accountability factor. I am accountable to myself for taking the daily pictures and recording my actions throughout the day, plus I am accountable to you. I knew that many people would be expecting to see my progress from week to week and I didn't want to let them down. I also didn't want to look like a 'failure' if I didn't progress each week. That alone motivated the heck out of me.

Seeing my pictures and progress inspired me to continue along this journey. Once I began seeing results I certainly desired even better results.

I also knew from past experience that my workout programs kick butt and the kind of "Look" that they produce. When I combine those with smart eating and living smart, there was no stopping me.

I was certain that this process would work because of the frame of mind that I am in. I do not have an all or nothing mindset, yet I do have an UNSTOPPABLE mindset. I am certain that nothing will stop me from achieving my goals. There may be obstacles that slow me down, but nothing can stop me. My mindset is all about embracing this journey, enjoying it, and living life to the fullest.

## THE FIRST STEP TOWARD SCULPTING A MASTERPIECE

Before you begin your personal 12 week body sculpting journey you must ask yourself a very important question: **How serious am I about transforming my body and my life?** On a scale of 1-10 how would you rate your current level of seriousness as you begin this new stage in your fitness journey?

Why are you this serious about sculpting your body and life? Why did you decide to embark on this new stage in your fitness journey and follow this new program? Why even exercise at all? After all, it's hard work and it can be time consuming. It's so much easier to just sit on the couch. Plus, compared to the 'norm' you may not look too bad, so why not just settle for an average body and average life?

This is the very first step in your fitness journey. Do not continue without spending some quality time reflecting and responding to these questions. I couldn't be more serious! I do not want you to lift a single weight, prepare a single meal, or continue reading this book until you have answered the above question with all your purpose and passion.

Grab a journal or notepad and spend 10-20 minutes brainstorming just how serious you are about transforming your body and life. Once you complete your brainstorming session I would like you to create an EMPOWERING paragraph in response to the question...

I am so ridiculously serious about sculpting my body and life that I am willing to...

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Follow that paragraph up with...

I am this ridiculously serious about sculpting my body and life because...

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It always helps to see an example so please allow me to share my personal example:

**I am so serious about sculpting my body and life that I am willing to...**

- ☒ I am willing to workout 4 days per week
- ☒ I am willing to walk for 30 minutes 3-7 days per week
- ☒ I am willing to do 30 minutes of HIIT on my bike 2 to 3 days per week
- ☒ I am willing to eat healthy natural foods 95% of the time
- ☒ I am willing to plan my meals in advance
- ☒ I am willing to schedule in my treat meals and stick to the plan
- ☒ I am willing to write in my journal every day
- ☒ I am willing to dedicate 10 to 20 minutes for stretching each day
- ☒ I am willing to avoid distractions while working out and maintaining Ultra Intense Focus
- ☒ I am willing to put forth my complete concentration into every single rep for every single exercise
- ☒ I am willing to step outside of my comfort zone and challenge myself with heavier weights each week... Even if it's only 1/2 a pound more.
- ☒ I am willing to review my goal card at least 10 times each day
- ☒ I am willing to call upon family and friends for support
- ☒ I am willing to drink 8 to 12 glasses of water each day
- ☒ I am willing to get 7 to 9 hours of restful sleep each night
- ☒ I am willing to track my progress
- ☒ I am willing to continue to improve my body and health for as long as I live
- ☒ I am willing to give 100% of my effort to this body sculpting program
- ☒ I am willing to make my health the #1 priority in my life
- ☒ I am willing to face any setback or challenge and find a way to overcome it.



- ☒ I am willing to NEVER GIVE UP!
- ☒ I am willing to live to my true potential
- ☒ I am willing to turn any negative into a positive
- ☒ I am willing to encourage others to embrace the body sculpting lifestyle
- ☒ I am willing to spend at least 15 minutes per day listening to a self-help audio or reading a self-help book

### **I am this serious about sculpting my body and life because...**

I take great pride in my health and physical appearance. I believe that my body is a billboard. My physical health and appearance say a lot about my drive, character, dedication, values, and ability to achieve the goals that I set out to accomplish.

I believe that there is a direct correlation between my level of fitness and my family's freedom and happiness. When I am in great physical shape and health I have more energy to play with my kids and be ultra attentive to my wife's needs and concerns. When I am in great physical shape and health, my business experiences great success. The more successful I am in business, the more freedom I have to take my family on vacations. My family's freedom and happiness means more to me than anything in this world and I am willing to do whatever it takes to preserve it.

I am a role model to my children, to you, and to tens of thousands of people around the world. I refuse to let my children down, and I certainly refuse to let you down. I take great pride in the fact that my actions inspire others to become the best that they can be.

*Bottom line, I'm doing this for me. I experience the most joy and happiness out of life by living in an active, healthy, and vibrant body. I want, need, and **MUST** live life to the fullest. My life is a gift. As far as I know, I only get to live once. I **MUST** make the absolute most out of it!*



## “TRYING” IS NOT ALLOWED!

I’m going to get all Jedi Master on you and share the famous quote from Master Yoda after Luke Skywalker says, “I’ll give it a try”...

Yoda follows that up with ***“No! Try not! Do... or do not. There is no try.”***

When you say the words, “I’ll try”, how do they come out of your mouth? Typically in a ho-hum voice... correct? What’s your body language look like when you utter those words? Slouched, scrunched face, and shrugged shoulders. You look as if **you are already defeated** and you haven’t even “Tried” it yet.



Compare this to the times when you have been 100% certain that you will DO a specific task and achieve your goal. Were you full of excitement, confidence, and passion when you shared the goal that you were about to conquer? Did your face light the room, were you standing tall and proud, and did you have your fist pumping in the air?

These are defining moments in your journey. Saying that you are going to “TRY” this Metabolic Masterpiece 12 week Body Sculpting Program implies that you are going to give a half-assed effort. With this kind of effort you can expect half-assed results.

Right now you are at a fork in the road. To the left is the path where you can “TRY” the Metabolic Masterpiece Body Sculpting Program. To the right is the path where you “WILL DO” this Metabolic Masterpiece Program. Two different paths that will produce two different outcomes.

The “TRY” path is heavily worn down during the first 100 meters, but just beyond that there is a pebble in the middle of the road and you can see that a large majority of the previous travelers turned around at this point and went back to where they came from. A few people persevered and got around the pebble only to face a 5% incline in the road just ahead. All but one person turned around in the face of this new challenge. But moments later the lone person came across a fallen tree on the road, threw his hands in the air and said, “I give up!”

The “DO” path has not experienced the great level of traffic as the “TRY” path, but there is something peculiarly different about this path. All the footprints are moving forward. No one turned back. As we travel along the path we see the chunks of rock that once formed a giant boulder, but someone blasted through it in order to continue on their journey. We then notice that a bridge is out in front of us, but the first woman to approach it had decided to call upon the help of others to throw a couple of ropes across and build a temporary suspension bridge to help her get across and continue “DOING” what she set out to do. We come across many obstacles and challenges along this path and at every one of them, there are signs that the travelers had found a way to get around, go under, go over, or simply blast through them.

At the end of the road there are signs of celebration. Streamers and empty champagne glasses are everywhere. “We are the champions” is playing on the sound system. There are journals on the table, which tell the story of each traveler’s journey, their challenges and their triumphs. But there’s also something very strange going on. There is nobody here. Each traveler took their moment to soak in their achievement, celebrate their victory, and then moved onto a new path and a new goal. They approached this new path with great enthusiasm and a deep belief that they “WILL” get to the end of the road and reach their destination.

Now my question to you is... ***“Are you NOT going to do this Metabolic Masterpiece Body Sculpting Program or are you going to DO IT?”***

There is no question that it’s going to be hard work to achieve your fat loss goals. The Metabolic Masterpiece workouts are very intense. Making positive changes to your nutrition plan will be challenging in the beginning and you will be faced with temptations. There is also no question that **the**

**greater the effort that you put into your body transformation, the more rewarding this journey will be for you.**

## HOW TO EXPERIENCE THE VERY BEST RESULTS POSSIBLE

If greater effort equals greater results it's important that you apply some very key strategies to ensure that you are giving this program everything that you've got.

### Key Strategy #1: Commit To The Plan and Set Multiple Goals and Deadlines

The rush of excitement that often occurs when you begin a body transformation journey is absolutely awesome! You jump out of the starting blocks going all out and giving it everything that you've got. Unfortunately for some people, that rush of excitement fizzles out and they find it difficult to continue the journey. So how can you capture that rush of excitement and maintain it until you achieve your goal?

Simple... Commit to a master plan with multiple goals and multiple deadlines. Here's an example to illustrate my point...

**Let's say that your goal during this 12 week body transformation is to release 18 pounds of fat from your body and build 3 pounds of lean and sexy muscle.** That's your long term goal. Now you need to break it down into 1 week increments.

There are many different approaches that you can take during this transformation. You can choose to break it down into equal increments where you release 1.5 pounds of fat per week and gain .25 pounds of muscle...

...Or you can take a **progressive fat loss approach** where you experience 1 pound fat loss per week during the first six weeks and gain more muscle during that time. Then you can begin to shift more of your focus on fat loss between weeks six to eight with a little bit of focus on muscle building, and then completely shift your focus to strictly fat loss during the last four weeks.

This scenario would look something like:

Week 1: 1 lbs fat loss .5 lbs muscle gain

Week 2: 1 lbs fat loss .5 lbs muscle gain

Week 3: 1 lbs fat loss .5 lbs muscle gain

Week 4: 1 lbs fat loss .5 lbs muscle gain

Week 5: 1 lb fat loss .5 lbs muscle gain

Week 6: 1 lb fat loss .5 lbs muscle gain

So that first six weeks you would have shifted your body composition by releasing 6 lbs of fat and gaining 3 lbs of muscle. You have achieved your muscle building goal already during the first six weeks, so now it's time to shift your focus toward pure fat loss and releasing the remaining 12 pounds of fat from your body. Taking a more aggressive fat loss approach and releasing 2 lbs of fat per week will get you to your ultimate body sculpting goal.

I personally prefer the progressive approach. There's a great chance of gaining muscle when you are not in an aggressive deficit.

This approach is also great for maintaining the rush of excitement, because you focused most of your attention on achieving the smaller goals immediately in front of you. Sure the 18 pounds of fat loss was in the back of your mind, but you didn't feel overwhelmed with achieving this monumental task. Instead you focused on just releasing 1 to 2 pounds of fat per week. You broke it down further into daily tasks with your master plan all laid out before you. You knew exactly what needed to be done each and every day in order for you to achieve your ultimate goal... and you did it!

Of course this is just an example. You may have less than 18 pounds of fat to release from your body, or you may have more. No matter where you are at in your body sculpting journey, having a long term master plan and committing to following it, will keep your motivation high and keep you on target.

The Metabolic Masterpiece program is broken down into 4 week increments for a reason. First of all, no matter how effective a training program is, it loses it's effectiveness over time. Typically between 4 and 8 weeks. I like to train your body in a unique way each month in order to spark new change in your body. But it's much more than that. Changing your program every 4 weeks always gives you something new to look forward to. It's mentally stimulating. It keeps that rush of excitement high, because now you get to try a new training method and experience how it transforms your body. Still... it's much more than that...

Knowing that you only have 4 weeks to “WORK” this specific program will inspire you to give it everything that you’ve got before moving on to the next 4 week program. There are no do-overs.

Want to take this strategy to the next level? Schedule an event around each deadline. It can be a vacation, a reunion, or even a photo shoot. Picture yourself at that event having achieved the fitness goal that you set for yourself. How great does it feel in that moment? What kind of compliments are being dished out your way in that moment?

## Key Strategy # 2: Fully Know Why You MUST Give Your Very Best Effort?

You may have heard about the importance of finding your “Powerful Reason Why”, when it comes to achieving your fat loss goals. As I revealed earlier, one of my powerful reasons why I MUST continue to improve my health is because I believe with every ounce of my being that my family’s freedom and happiness depends upon it and their happiness and freedom means more to me than anything in this world. Another powerful why is that I experience the most joy and happiness out of life by living in an active, healthy, and vibrant body. I want, need, and **MUST** live life to the fullest. My life is a gift. As far as I know, I only get to live once. I **MUST** make the absolute most out of it!

Vanity plays a big role in why I workout, eat well, and strengthen my mindset every day. I love to look great! I love to feel sexy and attractive. I notice that I give more love and receive more love when I am in great shape and health. When I feel sexy I am more intimate with my wife and I embrace her in my arms much more often. It may seem silly to not give as much love when I’m in not so great of shape, but it’s true. When I don’t look great, I don’t feel great. My confidence shrinks and I close up a bit. I still give love and get love, but it’s nowhere near the level as when I am in fantastic shape.

You may notice that my powerful reasons why are tied into **freedom, happiness, love, and family**. These are the core values, which I cherish and treasure. It’s up to you to dig deep and reflect on what values you hold dearest to your heart.

I guarantee that the values that you list in your journal hold much more power than the value that comes from the temporary satisfaction of indulging in a bowl of ice cream.

Discovering your powerful why's will play a key role in your fat loss success, but, is finding your powerful reason why you **MUST achieve your fat loss goal** enough to help you push through the challenges and temptations that you face along the way?

I don't think it is. One of the reasons why a Powerful Why is not enough is because of what some people do after they have discovered it... Absolutely Nothing! These people simply do not take it seriously. Like goal setting, they give it a half-assed effort. **They don't invest enough emotion into it.**

If you really want to succeed in your fat loss journey, you must repeat your "powerful reason why" to yourself as frequently as possible. Especially before a workout, cardio session, or meal.

The biggest reason why I don't think that having a 'powerful why' is enough, is that you haven't taken it that step further and visualize it actually happening and you haven't replayed that vision in your head nearly as often as you should.

If you're a parent I'm sure that you share a common 'powerful why' as Angie and I. We want to be the best parents that we can be. We want to have the energy to keep up with them and participate in fun activities with them. We want to be around to see our kids grow up. We want to see them get married. We want to be around to see their children.

Let's say that you tell me one of your powerful reasons why you **MUST** sculpt a lean and healthy body is because you want to **be around to walk your daughter down the aisle at her wedding.**

That's a very powerful reason why you should do everything that you possibly can to achieve your fat loss goals. But I can't tell you how many times I've heard that exact statement and the very next day I see that person scarfing back a bunch of greasy fast food burgers and transfat soaked fries, while gulping down a super-sized soft drink.

What does that say about how much you really want to be around to walk your daughter down the aisle at her wedding?

**In that moment, the burger and fries are more important than your daughter.** How is it possible that satisfying your taste buds temporarily is of greater value than one of the greatest moments that any parent can experience?



You see... right there is where simply stating your powerful why is not enough.

**You need to play out that vision and start off with the negative.** If you continue to place more value on overindulging in unhealthy food choices and less value on the things that really matter most in life and as a result you deacease prematurely, what would your daughter's wedding be like?

**Picture the tears on her face** wishing that you were there to walk her down the aisle. Picture the conversations around the tables at the reception and how many people sympathetically state, *"It sure would have been nice if the bride's parent was still alive to see this."*

The choices that you make not only effect your life... they effect the lives of those whom you love and many other people around you.

**Now let's turn this into something positive.** You have set your goals. You have an action plan to follow. You're committed to Metabolic Masterpiece 12 week Body Transformation Program. You're committed to a healthy nutrition plan. You've aligned yourself with a great support group. You've committed to building an **Unstoppable Mindset**. And you've written out your powerful reasons why you are willing to do whatever it takes to follow through and achieve the body and life that you deserve.

**Let's take the next step and visualize the outcome and how these actions will impact your daughter's wedding day...**

Picture yourself dressed to the nines looking the best that you've ever looked in your life. Picture the look on your daughters face as she looks into your eyes with great admiration and respect. Picture her telling you how grateful she is that you were so actively involved in her life. Picture the wedding speeches and the wonderful stories about fun active vacations that you've had together and how she looks up to you as a role model. Picture the wedding guests commenting about how great your daughter looks and how great you look. You're a beautiful family and your daughter's wedding album is going to be filled with gorgeous pictures. Picture yourself reflecting on this very moment and all those times when you were tempted by unhealthy foods and rather than give into those temptations you chose to place a much greater value on this cherished memory that you will have with your daughter. Picture just how proud you are of yourself for making the choice to become the best you that you can be.



Do you see how great the impact that this practice of visualizing your powerful why in action can have?

It's not enough to simply state it. You must experience it before it actually happens. As I first learned from my friend **Tom Venuto**, ***"You live the outcome in advance."*** I love that!

**Go through that vision frequently.** Each time that you visualize the outcome of achieving your goal I want you to add more emotion, more color, more clarity.

This is meant to be a fun practice. You want to achieve your fat loss goals for a reason. You're going to experience a great deal of happiness and sense of accomplishment. Focus on that! Focus on the joy of this journey and how it will impact the people whom you love the most. You don't just deserve a lean and healthy body. The people that you love deserve to have you living in a lean and healthy body too.

Next time that you are about to overindulge at an unplanned time, quickly replay that powerful why vision in your head. Overindulging is not worth it when you are sacrificing so much. Being strong of mind is a skill that will pay huge dividends and reward you for a lifetime.

When I begin to think that I can't push out one more rep I repeat to myself, "My family's freedom and happiness depends upon this one last rep."

When I feel like slowing down the intensity of my cardio or stopping short of my destination I think, "My family's freedom and happiness depends on me putting forth my very best effort."

There is absolutely no obstacle that can prevent me from achieving my desired outcome when I am repeating that phrase in my head. Find your powerful reason why, write it down frequently, and read it every chance you get.

### **Key Strategy #3: Develop a Growth Mindset and Focus on "Personal Bests"**

I live by a goal of becoming better today than I was yesterday and better tomorrow than I am today. My life is a series of breaking my previous personal bests. Does that happen every day... No, but it's always my goal. This isn't some lofty goal either. My goal of continuous personal growth

affects me on a very deep level. It's so strong that when I go for more than two weeks without making some sort of progress in my life I become very uncomfortable, very agitated, and it actually feels painful to me.

There are limitless ways that you can grow as an individual. When it comes to your workouts you can improve upon your personal best by either pushing out one more rep beyond your previous workout, lifting 1 pound heavier than your previous workout, reducing your rest period between sets by 5 seconds, or a variety of other means to push just a little bit harder.

When it comes to cardio if you can run 5k in 40 minutes you can try to run it in a shorter period of time this week. You can run a little longer distance in that 40 minute time frame, you can run that 5k on an incline through a hilly terrain, or a variety of other methods to push harder.

When it comes to eating healthier you can reduce the amount of man made food in your diet by just a little bit each week.

You can try to stretch your muscles a little bit more each week, drink a little more water each week, devote an extra minute per day to reading your goals and re-writing them, and so many other healthy habits that you can improve just a teeny weeny bit each week.

I've spent my adult life studying Olympic athletes. They are always focused on achieving their personal bests. Not every athlete wins an Olympic gold, silver, or bronze medal, but if they achieve a personal best during the Olympics you may just mistake them for the person who won the gold because they are ecstatic and overjoyed by their accomplishments.

### Key Strategy #4: Build Your Support Team

Having a support group and some very key supportive people in your life can make all the difference in putting your very best effort forward.

To the right is a picture of my two friends Tishia Lee and Mary Lutz as they compete in their very first 5k run.

Tishia mentioned that there were times



during the race that she felt like quitting. She had shin splints and a side cramp. But Mary kept motivating her to push through to the end. It would have been easy for Tishia to give up had she been running the race on her own, but Mary helped Tishia put her very best effort toward completing the run.

Now that they have competed in their first 5k race they have a base point and their very first personal best, which they can set a goal of breaking in the near future.

It's this kind of support that will propel you forward and help you overcome the obstacles and challenges, which you may face along your fitness journey.

### Key Strategy #5: Prepare For Obstacles and Challenges

What's going through your mind as you look at this picture of a massive boulder blocking the road and preventing people from reaching their destination?

Did you begin to feel sorry for those people thinking that they'll never get to their destination because the path to get there has a giant obstacle in its way? Did you think that they'll just have to settle for where they are at and get use to the fact that they're just not meant to get to the place that they desire?



Seems kind of goofy doesn't it? Although this obstacle is massive it can easily be removed by breaking away at it small chunks at a time, or simply blasting it away. And in the meantime I'm sure that the people who were following that path won't just sit there and wait for something to happen... they'll find an alternate route to get them to where they want to be.

### **Is this really any different than the obstacles you face along the path toward a sexy and fit body?**

Like the boulder, many of your obstacles are very real. You may be on a medication that has a side effect of weight gain. You may have been diagnosed with an under-active thyroid. You may have arthritis. You may be a busy mother of six kids and very little time to yourself.

These are all legitimate obstacles that may make it **more challenging for you to burn fat** than some of your friends and role models. Although you may be faced with legitimate obstacles, there is no reason to use them as an **excuse for not sculpting the body that you desire and deserve.**

Rather than focus on these obstacles, I want you to shift your focus to the gifts and abilities that you do have, which you can make full use of and reach your fat loss destination.

This is a new beginning for you. Although obstacles and challenges may have caused you to throw in the towel and give up in the past, there is a lot to learn from these past failures. **What were some of the things that caused you to 'fail'?** What were some of your setbacks and challenges? Was it a night out with your friends that sabotaged you and caused you to throw in the towel? Did you come down with a cold? Did you get hurt? Did you have easy access to junk food in your home, which made it too tempting?

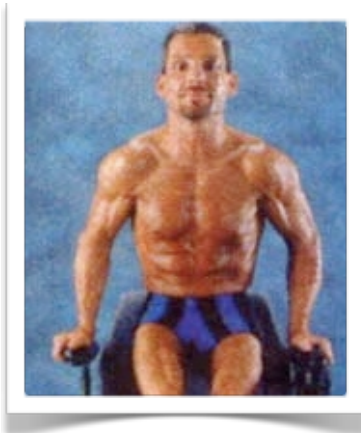
What can you learn from those experiences? Can you make sure not to have any junk in the house? Can you ask your friends for support before dining out with them? Can you set aside the feelings of guilt if you happen to slip up for a moment and rather than continue to binge, stop yourself and say, *"It's ok that I just had a small slip up, it won't kill me, but I can't allow myself to continue on this binge."* If you got injured would it be possible to train other body parts rather than becoming completely sedentary?

So now if you face these same challenges and obstacles you will be better prepared. This time is different. **You need to stop living in the past and**

**realize that this is an entirely new and unique experience.** Start with a clean slate. Focus on the future rather than the past.

## **Look To Others Who Have Overcome Greater Challenges Than You**

I thrive off of reading and listening to success stories and I've been inspired by countless people who have had a much tougher time sculpting their body and improving their health than I ever will... and when I feel like giving up I think of them.



Often times I will think of John Riccio and Nino Savona. They shared their wisdom and triumphs of overcoming some very serious obstacles during the Unstoppable Fat Loss interviews. Their success inspires the heck out of me! John has Cerebral Palsy and has undergone over 75 surgeries, yet he has been able to bounce back and achieve 4% body fat.

Nino can only walk with the use of crutches, yet he gets on the treadmill and holds on. He has fallen off the treadmill and immediately got back up and increased the speed and incline. Nothing is going to stop him.

No matter what your challenge is, I guarantee that there is at least a thousand people out there who have gone through a similar challenge and have faced even greater challenges than you are currently facing, yet they were able to blast through those obstacles to achieve great success. **If they can do it... So Can YOU!**

Be a role model. Face your challenges! **Achieve success in spite of those challenges.** Prove that you are capable of greatness and that if you can do it... anyone can do it.

This is your life and your body. Make the most of it. Live the best quality of life possible in the best body that you can possibly sculpt. You deserve this.





Each day you are faced with dozens of choices. The most important choice that you can make is to **become the best that you can be by choosing to live to your full potential.**

Temporarily step into the realm of discomfort in order to create a new level of comfort that you've never experienced before. **What may seem challenging for you today will not be challenging in the slightest during the months to come.**

Expand your world. Experience this life to the fullest. Cherish every second.

### Key Strategy #6: Develop Laser Focus While Working Out

This strategy, in my personal humble opinion, is **what differentiates the achievers from the non achievers**. It's critically important to block out all distractions while you are working out. This is YOUR TIME! It's a time for you to become completely in-tune with your body. It's a time to enhance your mind/body connection. It's a time to see what you are really made of.

**Going through the motions does not cut it!** As I mentioned earlier... If you give half-assed effort you better expect half-assed results... and that's not what you want right?

Your workout actually begins before you ever lift a weight. How you spend your time 15 minutes prior to your workout will have a significant impact on the quality of your training session and your overall results. It's also a great indication of how serious you are about transforming your body.

Put on your headphones and listen to some music that will pump you up. Open your workout journal and review today's workout. Take a look at how well you performed this same workout last week. What weight did you lift for each exercise? How many reps did you do? Did you follow the planned rest periods? What can you do in order to improve your results this week? How can you challenge yourself? Can you add a little weight to your lifts? Can you crank out one more rep? Can you hold the contraction a little tighter? Can you lower the weight with more control?

Your focus must be placed on progress if you want to experience great results. Now that you know what you are going to do in order to progress in your workout this week, it's time to get excited about it and convince yourself that you WILL succeed in taking this workout to the next level. You

are preparing for battle and you are not going to allow this workout to defeat you. You're going to show this workout who's the boss!

You know that if you dig deep and give your very best effort, there is nothing that can stop you. Your very best effort is capable of achieving incredible success. Your very best effort will produce mind blowing results. Your very best effort will show the world that you don't make excuses and that you're not a quitter... you are a CHAMPION!

As you walk into your gym or home workout room, you need to carry this excitement into your warm-up. See yourself giving your best effort and squeezing out that extra rep. See yourself achieving a personal best with each exercise. Feel victorious! Feel confident! Feel proud!

Now you mean business! It's time to give it your all. Get inside the muscle that you are working. Notice all the little details about the contraction. Feel the blood rushing to the muscle. Feel the stretch during the eccentric contraction as you lower the weight. Feel the burn. Feel the pump. Feel the excitement. Become lost in the moment as if nothing else matters.

***Each rep is bringing you one step closer to achieving your ultimate goal. How you perform each rep is an indication of just how bad you want to transform your body.***

When you complete the workout you should have nothing left in the tank if you've given it everything that you've got. Leave it all out there on the gym floor.

## Key Strategy #7: Track Your Progress and Become Fascinated With Your Body

The only way to truly know if you are moving forward, backward, or staying the same is if you are tracking your progress on a consistent basis. Once per week is ideal. There are many methods that can be used to track your progress. You can go by your scale weight, your body fat percentage, how well your jeans fit, or my favorite tracking method... Taking daily or weekly pictures of yourself. But your progress is measured by much more than just appearances... It's also measured in how you feel.

You spend 24 hours in your body, but how much do you really know about it? How much do you actually pay attention to it? Your body is communicating with you constantly, but are you listening to it?



Have you ever found yourself thinking, “**This extra 5-10 pounds of fat sure crept up on me.**” If this has happened to you, it’s a sure sign that you’ve been ignoring your body. You’re giving it the cold shoulder. Your dissing it. Your body is trying to tell you something, but all that you hear is “blah blah blah”.

## **It’s time to stop ignoring your body and start becoming fascinated with it!**

Your body is a gift. It’s the most prized possession that you have, and as far as I know, it’s the only body that you’ll ever get a chance to live in. It’s time to stop taking it for granted and start appreciating all of it’s greatness. Your body truly is an incredible precision machine and work of art. Now start giving it the attention that it deserves!

Here’s some tips on how to become fascinated with your body and become even more excited to continue your journey of self-growth and self-improvement...

### **1. The Mirror Is Your Friend**

I encourage you to “Check yourself out” when you look in the mirror after you get out of the shower in the morning. Give yourself a thorough look up and down. Take note of all the details... even the details that you’d rather not notice. If there is a crease between your love handles and your lower to mid back... make note of it. If you’re carrying some excess fat above your knees and you noticed that your skin is dimply around that area... make note of it. If you have a pocket of fat around your hip area... make note of it.

**IMPORTANT:** This is not a time to beat yourself up and wish that you didn’t have these problem areas. In fact, it’s the exact opposite of that. It’s a time to get excited about the body that you are crafting.

Consider yourself a “Physique Artist” specializing in sculpting. Now let’s travel back in time to the early 1500’s when Michelangelo was given a block of marble and commissioned to create the Statue of David. What do you think Michelangelo saw when he first set eyes on the block of marble? I’d like to think that what he saw at that moment was a masterpiece. For a moment I’m sure that he took time to appreciate the block of marble for what it was, but quickly **shifted his perspective** for what this block of marble was about to become.

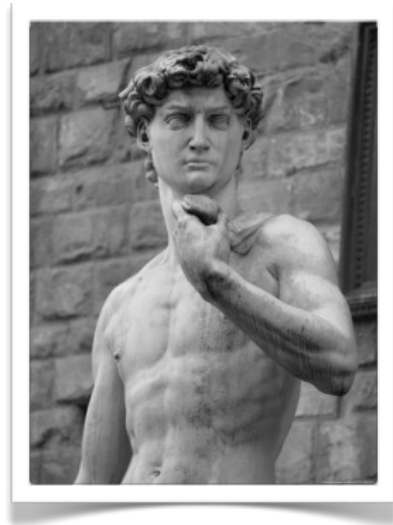
My point... appreciate the body that you have now and become excited about what your body is about to become. Your current physical state is your block of marble to sculpt. Appreciate what you have to work with.

As you examine yourself in the mirror take note of any changes that have taken place. Are you beginning to see the outline of your upper abs? Are you noticing more definition in your arms with clearer separation between your shoulders, biceps, and triceps? Are you noticing more definition in your legs? Are your love handles shrinking? Do you see a muscle that you've never seen before? Are your arms becoming more vascular?

Check out this video to see how I thoroughly examine myself in the mirror:

### **[Become Fascinated With Your Body Video](#)**

**Tip:** If you really want to take this process to the next level, paste your fat loss goal, the reasons why you **MUST** achieve that goal, how great you will feel when you achieve that goal, along with some positive affirmations and quotes around your mirror. I use sticky tack to put my goals and affirmation quotes on my mirror. I also recommend sticking up pictures of someone else's physique that looks just as you envision your body will look like when you achieve your goal.



Read your goal, check out the pictures, and visualize yourself living in the body that you desire and deserve. Get super excited in that moment and really enjoy this process!

## **2. Document Your Changes With Photos**

With time you will become very skilled at noticing even the smallest of changes in your physique and these small changes will begin to excite you more and more. But in the beginning, it's not always easy to notice changes in the mirror. This is where photo's can be of great assistance to you... plus they are a wonderful way to document your progress.

Try to take your pictures under the same light or outdoors in the natural light at the same time of day each time. Once per week would be great!

If you are taking your picture in a bathing suit, make note of how your body is fitting into it. Are you noticing that the shoulder strap is not making as much of an indentation around your upper back and armpit area? Are you noticing that there is less love handle and tummy flab hanging over your swim trunks? Are you beginning to feel more comfortable in your swimsuit now that it's becoming looser on you?

But don't just take pictures in a swimsuit... put on your favorite gown that you would love to fit into again and take some pictures. Are you noticing more definition in your shoulders and arms? Does this new definition make you look even more stunning in that gown?

Take pictures in your favorite jeans that may be feeling a little snug on you. As you progress, check out your butt... Is it looking even better in those jeans? Are you more comfortable around the waist area? Can you actually zip them up now?

All of these changes are coming about as a result of your hard work and efforts. It's evidence that you are doing the right thing. The workout that you did today may have added a bit of sexy muscle to your abs to help the pop out a bit more or to your shoulders to help shape them and create a noticeable difference between them and your arms. The cardio that you did today has helped chisel a bit of fat from your body and add to your definition. The healthy food choices that you have made today have provided you with the energy to perform the best workouts possible and you've created a slight caloric deficit, which is also chiseling away at your unwanted fat.

Your actions and your efforts are producing the results that you see in the mirror. You are in the drivers seat. You are the artist... the sculptor. No one else is responsible. You get full credit!

### **3. Observe How Your Body Responds To Food**

It's great to become fascinated with how your body is changing in appearance, but it's just as important to become fascinated with how your body reacts to the fuel that you are feeding it.

When you eat junk food or drink alcohol how do you feel? How does your body respond? Maybe your taste buds are happy temporarily, but how do you feel a few hours later? How do you feel the next day? Are you sluggish

or tired? This is your body's way of telling you that it doesn't enjoy what you are doing to it.

When I became fascinated with how my body responded to foods I was shocked at the feedback that it was providing me with when I drank milk or ate wheat products like bread. These things make me feel and look bloated and they make me feel sluggish. I had no idea until I really paid attention to it.

How do you feel after a day of eating mostly natural foods including a significant amount of veggies and some fruit? Do you feel full of energy? Do you feel lighter and thinner? Do you feel proud of yourself for making smart healthy choices that are improving your health and body? Did you experience better workouts after consuming healthy foods?

Become fascinated with how your body responds to drinking water. Do you feel more alert, attentive, and less fatigued when you begin to drink more water throughout the day? Do you have more strength during your workouts when you drink more water prior to working out?

#### **4. Become Fascinated With Your Potential**

Are you stopping short with reps that you are performing during your workouts? Have you been afraid to push out a few more reps because it's going to really "Burn"? Have you been staying in your comfort zone?

When you dig deep and apply a few mindset strategies such as visualization, mental rehearsal, or verbal and physical cues to snap you into a focused trance, does this help you push out extra reps that you had no idea that you could do? When you break out of that comfort zone are you even more eager to test your limits the following workout? Become fascinated with your body's ability to progress.

Become fascinated with how your body responds to certain songs. There was one workout recently where I was about to quit early while doing squats. I was exhausted and didn't think that I had any gas left in the tank. Then... "Eye Of The Tiger" started playing on my iPod. I immediately pictured Rocky taking the beating of his life and looking like the match was all over. Then out of nowhere he dug deep and unleashed a furry of strength and power. This was where I was at. It appeared that I was defeated by the squat, when out of nowhere I found the energy and strength to push out one of the best sets of squats I've ever done.

...There's always gas left in the tank!

These are just a few examples of how you can become fascinated with your body. You are presented with opportunities to become fascinated with your body all day long. Whether it's becoming more flexible in your hamstrings, running 5 miles 30 seconds faster than your previous best, performing an extra round of hill sprints, or even your subconscious ability to turn down junk food when everyone else around you is over-indulging.

You truly are a miracle in action every single day. You can't possibly ignore that.

### Bonus Tip: Become UNSTOPPABLE!

Adopt the belief and attitude that "I am Unstoppable!" No matter what obstacle or challenge you are faced with I want you to know with absolute certainty that you will overcome that challenge.

Walk around tall and proud while showing off your "Unstoppable Attitude". Exude confidence and absolutely **100% EXPECT SUCCESS!** You're not just hoping that this Fat Loss Quickie program will work for you... you **KNOW** that this program will work for you with absolute certainty, because you are going to work the program to the very best of your abilities.

# INTENSITY AND FOCUS ARE EVERYTHING!

The word INTENSITY has been echoed throughout the fitness industry as a major contributing factor for fat loss success, yet there is no clear definition of what intensity really means. Frankly, the way that some 'fitness experts' or trainers define intensity scares me and causes great concern to me as I fear for the health and safety for the individuals who may be following their guidance. However... this report is not about picking apart what I may view as 'wrong' in the fitness industry... it's about providing you with strategies to take your workout and body transformation to the next level.

Lets begin with my definition of intensity: ***"Intensity isn't necessarily about training so hard that you feel like puking. It's about giving each and every rep 100% of your focus and attention. Making each rep count as if it's the one that will lead to your ultimate goal."***

This kind of focused intensity is the difference between mindlessly going through the motions and hoping for success... Or completely embracing the moment, soaking it all in, enjoying the process, and expecting success!

Applying the strategies that I am about to reveal in this report will help you develop a deep appreciation for the body transformation process. Working out will no longer be about lifting weights... it will become a journey of self-discovery. These strategies will bring more joy into your training sessions because it's no longer just a workout... it's an experience.

So are you ready to take your workouts and transformation to the next level? I thought so! Now let's get started...

## FOCUSED INTENSITY FOR FASTER RESULTS

I've been having some amazing conversations with a few of my colleagues in the fitness biz about the mind-body connection that we regularly achieve during our workouts. This "Ultra-Focus" that we have been able to achieve during our workouts can be described as euphoric. We become so incredibly "In-Tune" with our body, feeling every movement and experiencing every breath, that we often forget that there are other people around us in the gym.

This kind of mind, body, and spiritual connection that we experience during our weight training session can be compared to the feelings that some people experience from fitness practices such as Yoga, Tai Chi, or Pilates.

It's this realization that lead me to believe that it's not necessarily the type of movement that is important to achieve an incredible mind-body connection... it's your ability to focus your attention, block out life's distractions, clear the clutter from your mind, and give your complete attention to the task at hand while experiencing the moment to the fullest.

I believe there's a direct correlation between focused-intensity during your workouts and the results that you achieve throughout your body transformation. Meaning... the more focused you are with your training, the better results that you can expect to achieve.

I recall hearing my friend Shawn Phillips talk about a conversation that he had with his brother Bill. I'm paraphrasing here, but it went something like...

**Shawn Phillips:** *Why do you think that I'm able to achieve extraordinary body transformation results compared to so many others?*

**Bill Phillips:** *I believe it's because there is nobody in the gym that is more focused than you are.*

Bill didn't say, "It's because of 'X' supplement that you took, or your great genetics, or because you have more time to dedicate to training than others." He said, "It's your level of focus."

Think about that for a moment. What if there was no magic workout program that burns fat 1000 times faster than any other program... and



there was no secret diet trick to burn fat more rapidly than once thought humanly possible? What if you had everything that you needed right in front of you, and all that you have to do is to kick your focus up several notches?

I say, “All that’s required”, but frankly, developing focused intensity takes a lot of practice and is hard work... in the beginning at least.

It took me years of working out before developing the intense focus that I experience today. I often wish that I would have harnessed this power much sooner, which is why I would love to share some of my strategies for focused intensity with you today.

## HOW TO ACHIEVE FOCUSED INTENSITY

### Harnessing The Power Of Focus Pre-Workout

Focused intensity begins before you ever step foot in the gym or walk into your home gym. It begins by reviewing your plan of action for today’s workout. What exercises will you be performing? How many sets and reps will you perform for each exercise? What is the goal that you are planning to achieve from today’s workout and how will you progress from the previous time that you performed this workout?

This is why it’s so important to follow a professionally designed workout program. It’s your blueprint for success. Consider any of the programs that Angie and I have produced, as your action plan for success. It’s not about how many calories you burn in this workout. It’s about putting forth your very best effort, which requires your complete focus and attention. It’s about taking this plan and progressing from week to week. Our workout programs are like a treasure map for you. Continue putting one foot in front of the other in the direction that we guide you and you can expect incredible rewards in the end.

After reviewing today’s workout and setting your goals for this training session, it’s time to flip the switch and mentally pump yourself up. For me, that means plugging in my headphones, cranking my pre-workout play list, and begin visualizing myself ROCK’n the workout and achieving the goals that I have set for today’s training session.

As I walk through the gym doors, the only thing on my mind is dominating the workout. My workout playlist is still cranked and I continue to listen to it

while I'm getting changed in the locker room. I don't allow anything to distract me from the task at hand.

I go through a great warm up and feel the blood rushing to my muscles and warming my body. I get comfortable with the way my body is moving, I calm my mind and prepare my muscles for the load that is about to be unleashed on them.

It's time for some serious focused-intensity! A time where every bit of focus and energy goes into each and every rep.

It's important to note that intensity isn't gut wrenching bursts of 'military like' abuse on your body where you are rapidly performing movements until you puke. You can experience great intensity from performing slower controlled movements too. It's all about making the most out of the moment.

### Harnessing The Power Of Focus During Your Workout

OK, now the workout is about to begin. I start every training session with the same song by Eminem - Till I Collapse. The opening lyrics fire me up every time...

***"Sometimes you just feel tired. You feel weak. And when you feel weak, you feel like you wanna just give up. But you've gotta search within you. You've gotta find that inner strength and pull that shit outta you... and get that motivation to not give up and not be a quitter, no matter how bad you wanna just fall flat on your face."***

This song is especially good on leg days :)

With each rep I do my best to 'get inside' the muscle being worked and feel every muscle fiber firing. With each breath I feel my muscles tense, contract, then relax. I feel the rush of blood pumping through my veins. I feel every ridge of the bar that I'm either lifting, pushing, or pulling. **For the moment, the bar and I are ONE!** We are connected. I'm absolutely oblivious to everything around me. In this moment the only thing that matters is making every rep count because this rep could be the difference maker between me having a mediocre physique and an outstanding physique.

There are moments when the mind-body connection, becomes so incredibly strong that the experience is euphoric. I'm guessing that it would be similar to a runners high. A moment where I feel like I could lift anything non-stop. A feeling of peace and harmony. It's kind of weird to see the words peace and harmony associated with weight training, but this is exactly what can happen when you embrace the moment.

When I finish the set I soak up every ounce of the moment. I feel a sense of victory. Then I prepare to dominate the next set.

### **Harnessing The Power Of Focus Between Sets**

The time between sets is a golden opportunity. It's one of the most important parts of your workout. It's a time to once again clear your mind and focus on your goal for the next set. Even if your rest period is only 30 seconds, you need to make the most out of this time. Keep your eye on the target. Keep your blinders on. You've made the effort to step foot into the gym, now it's up to you to make the most out of this time. Focus on your breath, your heartbeat, the blood rushing through your veins. This next set will bring you one step closer to achieving your body transformation goal.

### **Harnessing The Power Of Focus Post-Workout**

Once your workout is complete, it's important to maintain focus. Write some notes about how you felt throughout the workout and where you plan on improving the next time that you perform this specific workout. Congratulate yourself on a job well done and dedicate a few minutes to thinking about your body transformation goal, how great it's going to feel to achieve it, and how the effort that you just put forth in the gym brought you closer to achieving your ultimate goal.

I encourage you to discover the focused-intensity that you possess. Give every ounce of your being to the training session. Enjoy the process. This truly is a journey of self discovery. You get to see what you are really made of and capable of achieving.

This is one of the best practices for relieving stress. This is YOUR time. It's a time to block out the craziness from the day and focus on what matters most in life... YOU! This is the one time in life where it's great to be selfish, because this quality time that you have with yourself will help make you a better person. It will enhance your coping skills. It will boost your confidence. It will make you feel proud to be YOU.

Even though you'll still have work deadlines, errands to run, and a to-do list that's not complete after your workout, you will now have the **STRENGTH** to manage your day to the best of your abilities.

This is what focused-intensity means to me. This is why weight training is such an incredible mind, body, and spiritual connector for me. This is why I am so passionate about helping you achieve your goals... because I love what I do and I know the impact that it can have on your entire life.

Now go out there and train to the best of your abilities. Harness that power and focus within you. Make this an experience... not just a workout.

## WHO ARE YOU?

It's time to redefine who you are, what you value, and who you are about to become. For example, here's how I define myself...

I am Scott Tousignant. I thrive off of giving my very best effort to each task that I perform. I embrace challenge and welcome failure, because they are what make me stronger. I eat to live, not live to eat. I crave natural and healthy foods, because they become a part of each cell in my body and provide me with the energy to be the very best that I can be. My active lifestyle has a positive impact on everything in my life. Fitness helps me live life to the fullest. I recognize that my mind is a gateway to limitless possibilities and I choose to nourish it with healthy foods, empowering beliefs, and positive energy. I lead by example and care passionately about helping others live to their true potential. My goal is simple... EXCELLENCE! This is who I am... I AM UNSTOPPABLE!

Now that you know who I am, it's time to define who you are. What do you value the most in life? What do you want to get out of life?

## BE PROUD!

It's time to take pride in your body, take pride in your health, take pride in your efforts, and take pride in each and every achievement that you experience... No matter how big or how small. You are earning this incredible body, which you are sculpting. You are earning the vibrant health and energy that you are receiving. You are earning the confidence, which you are experiencing. Share it. Show it off. Tell the world just how proud you are of your actions and accomplishments. You deserve all the success that has come your way and all the success that is about to come your way!

The bar has been set and you are about to raise it. Exceed your expectations and unleash all the greatness that is within you. This is your defining moment. Step up to the plate and crank that ball out of the park!

## YOUR ACTION STEPS

Now it's time to take some serious action toward transforming your body. Before diving into this Fat Loss Quickie program I recommend that you following these action steps...

**Step #1:** Get yourself a 3 ring binder, which will become your journal, including the workout printouts, meal plan printouts, and your daily goal writing session.

**Step #2:** Become familiar with the workouts before you attempt them yourself.

**Step #3:** Shop ahead of time for the foods, which will make up your new healthy nutrition plan.

**Step #4:** Plan your meals in advance, along with your 'cheat' meals.

**Step #5:** Visit the Support Community and ask any questions that you may have about making the most out of this program.

**Step #6:** Fill out the Must Achieve Goal Sheet below and post it on your fridge, bathroom mirror, or both.

**Step #7:** Schedule the days and times for your weekly workouts. Once scheduled, there is no negotiating. This is your time and it's set in stone. Your health and fitness is the #1 priority in your life because everything else in your life will be positively impacted when you are living in optimal health.

**Step #8:** Have fun and enjoy the journey!

**Step #9:** Share your success story with us and the Support community.

# MY MUST ACHIEVE GOAL

Name: \_\_\_\_\_

**The current goal that I am passionately driven to achieve is...**

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**Goal Date:** \_\_\_\_\_

**“Fire under your butt” reasons why you want to reach your goal!  
(Use your emotions)**

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**In order to make this goal a reality I am committed to taking the following actions...**

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**Now that I have accomplished my goals I am so emotionally revved up, I feel...**

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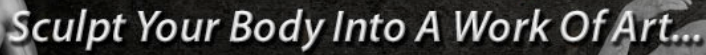
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# GOAL WRITING SESSION

Goal Date: \_\_\_\_\_

I WILL weigh: \_\_\_\_\_

My body fat % WILL be:\_\_\_\_\_

How will your life change once you achieve this goal? How will you feel? What will you look like? Will you shop for cloths? Write down as much as possible for 5 minutes.

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice or general writing. There are no margins, text, or other markings on the page.

# METABOLIC MASTERPIECE WORKOUT INTRODUCTION

These workouts are intense and they require your full focus and attention. Please do not simply go through the motions with our workouts. I want you to give your very best effort possible.

You will find a written description for each of the Metabolic Masterpiece workout programs as well as a print out for each workout and cardio session. We recommend that you print out the workouts and place them in a 3 ring binder along with your meal plan print outs and your goal setting print outs.

The Metabolic Masterpiece 12 week Body Sculpting Program is broken down into three 28 day phases. The three phases are; Metabolic Maverick, Pyramid Pandemonium, and ROCK That Body! Your goal should be to progress each week and make the absolute most out of each phase.

These workouts are designed strategically, in order to maximize your fat loss while gaining lean and sexy muscle, resulting in one incredibly sculpted physique.

What makes the Metabolic Masterpiece 12 week Body Sculpting Program so darn effective, is the strategic variety that is incorporated within each workout. With each workout you will be tapping into the maximum potential of your muscles, boosting your metabolism, and producing the greatest body sculpting results.

Here's a background on the philosophies and metabolic tricks behind the strategic variety that makes up the Metabolic Masterpiece Program...

## METABOLIC CYCLING TRICKS FOR FASTER FAT LOSS

The phrase, “**Variety is King!**” has been uttered by nearly every fitness trainer around the world, with the premise being that your body adapts to the stresses of a specific training protocol after four to six weeks, where the magnitude of the results that you have been achieving, begins to diminish. This is why you see Angie and I performing a new workout program each month.

There are many ways that you can incorporate variety in your training each month. Here are just a few:

- a) Keep the workout the same, but change the exercises.
- b) Keep the workout and the exercises the same, but change the reps, rest period, or tempo.
- c) Change the entire workout plan.

An example of the first scenario would be someone who prefers to perform supersets, because they find that their body responds really well to this protocol and it can be a time efficient way to workout. In order to add variety to their program and prevent their body from adapting to the workout, they switch the exercises from month to month. If their leg workout consisted of squats and deadlifts this month, they may switch it up to leg presses and lunges the following month.



An example of the second scenario would be to stick with the supersets using the squats and deadlifts on leg day performing 10-12 reps with 30 seconds rest between sets this month, then switching to 4-6 reps with 180 seconds rest the following month. This is a common form of **periodization**, where a trainee will go from a three month hypertrophy phase, focusing on muscle size to a three month strength building phase. The one downfall to this type of periodization is that during the hypertrophy phase you may lose strength.

Research has shown that **your body adapts to rep ranges faster than it will adapt to exercises**, which means that it's important to vary your rep range more frequently than it is to vary the exercises that you use.

An example of the third scenario would be switching from supersets this month to dropsets next month and mixing up the rep ranges. This is my preferred method for various reasons. Using the example of changing from supersets to dropsets, they both place a different type of stress on your muscles. Supersets can allow for more recovery time for a muscle group, whereas dropsets will bring you much closer to your true '**momentary muscular failure**' and recruit many more muscle fibers.

As great as the above methods are for adding variety to your workouts, I have discovered **Metabolic Cycling Tricks** that produce the "**Ultimate Body Sculpting Results**". With these Metabolic Cycling Tricks, you add variety within each workout.

Why go an entire month doing just supersets? Why go an entire month doing just 10-12 reps of every exercise? Why go an entire month allowing 60 seconds rest between exercises?

Why not add variety to the type of training, the rep range, and rest period within each workout in a structured way where you can progress from week to week for a 4 week time period?

An example would be to perform straightsets, super sets, and drop sets within a single workout, while varying the reps and rest period for each exercise.

## Benefits of Metabolic Cycling Tricks For Fat Loss

Incorporating **strength training** into your workout plan is incredibly important, even when your primary goal is fat loss. When you add a strength training component to your fat loss plan you are more likely to preserve your precious lean muscle and possibly gain some sexy and lean muscle while you burn fat at the same time.

Strength training hits your muscles on a neurological level, which increases your ability to recruit more muscle fibers. I like to think of this as adding more members to my team, in my effort to continuously transform my body.

The best way to increase your strength is to perform straightsets, meaning that you perform one exercise for a designated number of sets before moving onto the next exercise. The number of repetitions for each set should be between 4-6 reps. The rest period between these sets should be between 90 and 180 seconds to allow your body to recover from the previous set.

Incorporating **hypertrophy training** into your workout is also very important, especially when your goal is to improve your body composition. Hypertrophy training hits your muscles on more of a metabolic and cellular level, increasing the size of the muscle, which is temporarily visible during and immediately after the workout as a result of the 'Pump'. The more permanent and long term gain in muscle size is a result of your body adapting to hypertrophy training, increasing the size and numbers of your muscle filaments.

Not only is hypertrophy training associated with a '**Pump**', but it's also associated with the '**Burn**', which is a result of the lactic acid build up. With the increase in lactic acid being produced, you will also experience an increase in growth hormone, which is excellent for **muscle gains and for fat loss**. This is key for any successful body transformation!



A typical recommendation for hypertrophy training would be to aim for 8-12 repetitions, allowing for a rest period of 60 seconds or less between sets. I find supersets to be one of the best ways to incorporate hypertrophy training into your workout program, by not allowing any rest between exercises, but allowing 60 seconds rest between sets. An example of this would be to perform a Barbell Biceps Curl for 8-12 reps and move immediately to performing a Lying Triceps Extension for 8-12 reps, then resting for 60 seconds. Repeat two more times for a total of 3 sets.

Now you have two different training protocol within one workout...

...Straightsets with a lower rep range and longer rest periods to focus on strength, stimulating the nervous system and **recruiting more muscle fibers**, and supersets with a higher rep range and shorter rest to focus on hypertrophy to increase the size of the muscle.

**NOTE:** Ladies, please don't freak out about this. We're not talking about ginormous, bulky, freakish muscle. Adding muscle will shape and sculpt your body.

Now if you want to really ensure that you hit as many muscle fibers as possible and stimulate your body in every way possible, you can add my favorite finisher to any workout, which is dropsets.

Ideally with dropsets, you should keep the rest to a minimum. I prefer to only allow enough rest to change the weight. One of my favorite ways to perform a dropset at the end of a workout is to start off with a heavier weight, performing 4-6 reps. I then drop the weight to a point that allows me to perform 6-8 reps. I then drop the weight to a point where I can only do 8-10 reps. Finishing off with a lighter weight, performing 8-12 reps. Occasionally on that last set I'll perform a really light weight for 20 repetitions.

At the end of this dropset you should have nothing left in the tank. Your muscle should be totally fried and ready for some healthy nutrition and rest to help it recover and rebuild.

With three different training protocol within a single workout you would expect it to last for an hour or longer, but that's not the case, when the program is designed properly. When I follow this type of guideline my workouts last approximately 30 minutes. When you take into consideration that the dropsets require no rest and the supersets are minimal rest, that's a good chunk of your workout that fly's by.

This is the exact strategically designed layout that is used in the ROCK That Body program, which you will follow during the last 28 day phase of this body sculpting journey.

The Metabolic Maverick program, which you will follow in the first 28 day phase, applies these concepts, but with a slightly different methodology and twist. Some days are focused solely on strength while other days are focused on hypertrophy.



The Pyramid Pandemonium program applies the strength and hypertrophy principles within each set by following my version of pyramid training.

With each of these programs that you will be following during the next 84 days, your body seriously won't have a clue what hit it. This is one of the few and rare programs that will increase your fat burning potential, while increasing your strength, and gaining lean and sexy muscle to shape and sculpt your body. This program has been my body transformation secret for years, until now.

## CARDIO PROGRESSION

As I have mentioned previously, the key to my success has been taking a progressive approach to this 12 week body sculpting journey. Here's the plan that I followed...

### The First 28 Days

During the first 28 days the only kind of cardio (If you even want to call it cardio) was a 30-minute brisk walk first thing in the morning. I did this three to five days per week.

Although you may not burn an outrageous amount of calories while going on a brisk walk, and you certainly won't experience any kind of "Afterburn" effect, there are plenty of benefits and reasons for making this your preferred form of cardio early on during your body sculpting journey...

First of all, it's an excellent form of active recovery that will help your body rebuild itself and give your muscles a great opportunity to grow. If you push too hard in the beginning and do a lot of Interval Training, it will be more challenging for your muscles to grow and you'll run the risk of over-training.

Second of all, it's great stress relief. I love going for a morning walk to clear my mind, prepare for the day, and relax while being surrounded by nature. By keeping your stress levels low, your body will be primed to burn fat and gain muscle.

Third... it's all about progression baby! If you go all out in the beginning there will be a greater chance of you falling off the wagon. That's exactly what happens every New Year. You see the gyms packed with people who



choose to workout every day for hours at a time. They realize that they can't possibly keep it up and they quit.

Easing into this process will increase your compliance with the overall program and make the more challenging times ahead appear not as challenging as you thought they may be. Plus, you want to associate fun and enjoyment from this process and not make it seem so much like HARD work in the beginning.

## The Second 28 Days

During the second phase of the Metabolic Masterpiece 84 Day Body Sculpting journey I increased the amount of walking to 7 days per week. There were even some days where I would go for a walk in the evenings. Did I feel forced to do that second walk? Heck no! I love going for walks. Many times I would go with Angie during the second walk of the day.

The second walk was especially important on days when I trained legs. This really helped with the active recovery from the workout and reduced the amount of muscle soreness that I experienced.

There was also the odd time when I went for a bike ride. Spring was just arriving where I live and my preferred method of cardio is riding my bike outdoors.

## The Final 28 Days

During this final phase I knew that I would have to kick things up a notch. I walked for 30 minutes every morning. This had become a habit for me by now and doesn't feel so much like exercise as it does a great way to start my day on the right foot.

On most days I would do some form of cardio in the evenings. At the very least I would go for a walk. During the final 21 days, I spent most of those late afternoon/evening cardio sessions on my bike outdoors.

On days when I trained my legs I would simply go for an easy steady state bike ride at 65% of my max effort. The day after and the day before a leg training session I would pick up the pace to 70% max effort at a steady state. The remaining four days of the week I would perform Intervals on my

bike. Some days I would go as fast as I could for 1-minute and slow it down for 1-minute. Other days I would go at the fastest pace possible for 30 seconds followed by 30 seconds at a very slow pace.

Personally I find that my body responds to bike intervals better than anything else. I love the pump that I get in my legs and I work up a really great sweat. But this is also the very reason why I ride at a steady state the day before and after a leg workout as well as the day of the leg workout. If I push too hard all the time I would never give my legs the opportunity to recover, which would really hinder my leg workouts.

To me, having a killer leg workout is the most important part of this body sculpting journey. If you slack off on leg days it will show in your overall results.

If you want to mix things up when it comes to Intervals, I provide a variety of options on the [Metabolic Masterpiece Workout Video Page](#). Hill Sprints are a great option that you 'll find there, as well as some other fun stuff!

During this final phase, gaining muscle is an option that never pops in my head. At this point it's all about fat burning. With all this cardio and HIIT, it would be a great challenge to gain muscle during this time, especially when you are in an aggressive caloric deficit. I don't want to say that it would be impossible to gain muscle during this time, but the chances would be pretty slim.

So now that you have a basic understanding of the background and philosophies behind the Metabolic Masterpiece 12 week Body Sculpting Program and you are aware of the cardio progression that will take place during this journey, let's move onto Phase #1 and the Metabolic Maverick workouts...

# METABOLIC MAVERICK WORKOUT

The Metabolic Maverick workout program is designed to crank your metabolism and accelerate your fat loss while building muscle “at the same time”. This is achieved through a combination of strength training and hypertrophy training.

Metabolic Maverick is a two day split routine where you will workout your lower body one day followed by an upper body workout the next day. You will then take a day off to recover and rebuild. You will follow that up with a leg day then an upper body day.

The first Lower Body/Upper Body split will focus on strength. You will perform just one exercise per body part and work on increasing your strength by loading up the weight and performing 3-5 reps for each exercise. Strength training hit's your muscles on a neurological level, which increases your ability to recruit more muscle fibers. I like to think of this as adding more members to my team, in my effort to continuously transform my body.

The best way to increase your strength is to perform straightsets, meaning that you perform one exercise for a designated number of sets before moving onto the next exercise. The rest period between these sets should be between 90 and 180 seconds to allow your body to recover from the previous set.

The second Lower Body/Upper Body split will focus on hypertrophy training. One of my favorite ways to incorporate hypertrophy training into my workouts is with supersets. Hypertrophy training hits your muscles on more of a metabolic and cellular level, increasing the size of the muscle, which is temporarily visible during and immediately after the workout as a result of the 'Pump'. The more permanent and long term gain in muscle

size is a result of your body adapting to hypertrophy training, increasing the size and numbers of your muscle filaments.

Not only is hypertrophy training associated with a '**Pump**', but it's also associated with the '**Burn**', which is a result of the lactic acid build up. With the increase in lactic acid being produced, you will also experience an increase in growth hormone, which is excellent for **muscle gains and for fat loss**. This is key for any successful body transformation!

Be sure to make note of the "Target" reps column in your log book below. If the set calls for 8-10 reps, you should select a weight that you can do no more than 10 reps with proper form. If you feel that you can do 11 reps with proper form, go ahead and do 11 reps, but be sure to increase the weight the next workout. Also, make note of the rest period as it changes throughout the workout.

## Warm Up

I have included warm up videos on the [Metabolic Masterpiece workout video page](#). I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

Monday and Thursday you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm up sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep

At the end of this 28 day program you will be stronger, leaner, and become more sculpted.

Once again, here is the page where you will find the follow along videos for the [Metabolic Masterpiece Workouts](#).

# MONDAY WORKOUT DESCRIPTION

## Warm Up

Today you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm up sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep.

## The Workout

The focus of today's workout is on building strength and increasing your ability to recruit more muscle fibers with the squat. You will perform 5 sets of the squat with a target of 3-5 reps. Really challenge yourself here and aim for a personal best each week, even if it's just 5 pounds. Be sure to select a weight that you can do for at least 3 reps with proper form, but no more than 5 reps with proper form.

You will then move onto building strength in your calves and abs.

## Monday Workout: Legs, Calves & Abs

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Squat	1			150
Squat	2			150
Squat	3			150
Squat	4			150
Squat	5			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Standing Calve Raises	1			90
Standing Calve Raises	2			90
Standing Calve Raises	3			90
Standing Calve Raises	4			90

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Cable Crunch	1			0
1 Dumbbell Twist	1			60
Cable Crunch	2			0
1 Dumbbell Twist	2			60
Cable Crunch	3			0
1 Dumbbell Twist	3			60



## Monday Cardio

After a workout that was taxing on your leg muscles, the last thing that you want to do is fry them with a HIIT session. Your legs will require some time to recover, but that doesn't mean that you should sit still. Going for a 30 minute walk is a great way to help your legs recover from the intense workout. A walk will help remove the lactic acid build up in your leg muscles and get some fresh blood flowing to them so they can recover fast.

This is a great time to listen to one of the Unstoppable Fat Loss audios that came with the Metabolic Maverick program.

## TUESDAY WORKOUT DESCRIPTION

### Warm Up

I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

### The Workout

Today's workout will focus on building strength in your upper body as well as increase your body's ability to recruit more muscle fibers. You will perform one exercise for each body part, consisting of 3 sets each and only 3-5 reps per set.

Your goal for the next 4 weeks is to progress in strength from week to week with each exercise. Small improvements in strength can make a big difference in your physique.

## Tuesday Workout: Chest, Back, Shoulders, Biceps & Triceps

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Bench Press	1			150
Bench Press	2			150
Bench Press	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Pull-Ups	1			150
Pull-Ups	2			150
Pull-Ups	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Dumbbell Shoulder Press	1			120
Dumbbell Shoulder Press	2			120
Dumbbell Shoulder Press	3			120

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Barbell Biceps Curl	1			120
Barbell Biceps Curl	2			120
Barbell Biceps Curl	3			120

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Lying Triceps Ext.	1			120
Lying Triceps Ext.	2			120
Lying Triceps Ext.	3			120

## Tuesday Cardio

My preferred method of cardio is either going for a nice 30 minute brisk walk or a bike ride. If you enjoy HIIT style of cardio today would be a good day for that. Basically, I want you to do what you enjoy. If you enjoy using the Jacob's ladder at the gym, going for a jog, using the elliptical, or doing body weight HIIT... Go For It!

This is a great time to listen to one of the Unstoppable Fat Loss audios that came with the Metabolic Maverick program.

## Wednesday Cardio

Today is your day off from working out. It's a day of recovery. It's still important to move though, so I recommend that you go out for a bike ride at a moderate steady pace for 30 minutes, or a light 30 minute jog, or a brisk walk.

Once again, this is a great time to listen to an Unstoppable Fat Loss audio.

Take some time to really sit and focus on the goal that you are about to achieve during the next 4-8 weeks. Think of how great it will feel to achieve your goal. Picture how you look in certain situations after you reach your goal. Maybe you run into an old friend and they comment on how amazing you look.

Remember, nutrition plays a huge role in your success. If you need to prepare some meals in advance, today would be a great day for it.

## THURSDAY WORKOUT DESCRIPTION

### Warm Up

Today's warm up begins with the same warm up exercises as Monday's warm up.

### The Workout

It's time to really blast your legs and send your metabolic system into over-drive!

For today's workout you will perform two supersets for your legs at a higher rep range from Monday and with much shorter rest.

You will begin with a Hack Squat and Leg Curl Superset. Perform 10-15 reps of the Hack Squat then immediately perform 10-15 reps of the Leg Curl. Take a 60 second break and repeat two more times. I want you to feel the burn with the Hack Squat. Give it everything that you've got.

The second superset is with the Leg Press and Leg Extension. Your legs should already be burning and this superset will require you to dig deep. Once again, perform 10-15 reps of the Leg Press and immediately perform the Leg Extension for 10-15 reps. Rest for 60 seconds and repeat two more times. By now you should feel like you just ran an all out 400 meter dash and want to collapse on the floor.

If you need to take a 3 minute break before moving onto your calves that is totally fine. Regroup yourself and get ready.

For calves you will perform a dropset with the seated calve machine. The only rest that you will take during the dropset is the time that it takes to reduce the weight on the machine.

After you perform the 4 dropsets you will move onto a superset for your abs. You will perform knee or leg raises, then immediately perform a plank. Rest for 60 seconds, then repeat two more times.



## Thursday Workout: Legs, Calves & Abs

Superset	Set	Reps (Target = 10-15)	Weight Lifted	Rest
Hack Squat	1			0
Leg Curl	1			60
Hack Squat	2			0
Leg Curl	2			60
Hack Squat	3			0
Leg Curl	3			60

Superset	Set	Reps (Target = 10-15)	Weight Lifted	Rest
Leg Press	1			0
Leg Extension	1			60
Leg Press	2			0
Leg Extension	2			60
Leg Press	3			0
Leg Extension	3			60

Drop Set	Set	Reps (Target = 10-15)	Weight Lifted	Rest
Seated Calve Raises	1			0
Seated Calve Raises	2			0
Seated Calve Raises	3			0
Seated Calve Raises	4			0

Superset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Knee/Leg Raises	1			0
Plank	1			60
Knee/Leg Raises	2			0
Plank	2			60
Knee/Leg Raises	3			0
Plank	3			60

## Thursday Cardio

After a workout that was taxing on your leg muscles, the last thing that you want to do is fry them with a HIIT session. Your legs will require some time to recover, but that doesn't mean that you should sit still. Going for a 30 minute walk is a great way to help your legs recover from the intense workout. A walk will help remove the lactic acid build up in your leg muscles and get some fresh blood flowing to them so they can recover fast.

This is a great time to listen to one of the Unstoppable Fat Loss audios that came with the Metabolic Maverick program.

## FRIDAY WORKOUT DESCRIPTION

### Warm Up

Today's warm up begins with the same warm up exercises as Tuesday's warm up.

### The Workout

This workout will really pump up your upper body! This workout is entirely superset based. You will begin by performing a Dumbbell Chest Press and Push-Up superset. You will notice that because there is only 60 seconds rest between supersets, you will need to reduce the amount of weight that you push for the Dumbbell Chest Press for the second and third set. For Push-Ups, simply perform as many as you can.

Then you will move onto a Seated Row and Straight Arm Pulldown superset, which will really pump up your back.

The next superset is with Lateral Raises and Bent Over Raises. This is the only superset where you will be working the same muscle group, although the lateral raises focus more on the side of your shoulders and the bent over raises focus more on the rear of your shoulders.

You will finish off the workout with a superset between Preacher Curls and Rope Pressdowns. You're arms will be totally jacked after this superset.

All supersets have a rest period of just 60 seconds.

## Friday Workout: Chest, Back, Shoulders, Biceps & Triceps

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Dumbbell Chest Press	1			0
Push Ups	1	As Many As You Can		60
Dumbbell Chest Press	2			0
Push Ups	2	As Many As You Can		60
Dumbbell Chest Press	3			0
Push Ups	3	As Many As You Can		60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Seated Row	1			0
Straight Arm Pulldown	1			60
Seated Row	2			0
Straight Arm Pulldown	2			60
Seated Row	3			0
Straight Arm Pulldown	3			60

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Lateral Raises	1			0
Bent Over Raises	1			60
Lateral Raises	2			0
Bent Over Raises	2			60
Lateral Raises	3			0
Bent Over Raises	3			60

Friday's workout continued...

Superset	Set	Reps (Target = 8-12)	Weight Lifted	Rest
Preacher Curls	1			0
Rope Pressdown	1			60
Preacher Curls	2			0
Rope Pressdown	2			60
Preacher Curls	3			0
Rope Pressdown	3			60

## Friday Cardio

For today's cardio I would ideally like you to go for a 30 minute bike ride and perform 1 minute intervals while you are out there.

Begin with a 5 minute steady state ride at a moderate pace. Then for the next 20 minutes ride for 1 minute all out followed by 1 minute at a slower easy pace. Then wrap up the ride with 5 minutes at a steady moderate pace.

During the weekend be active by participating in fun activities. Do things that you really enjoy. Go hiking, play with your kids, go public skating, or go for a swim. Whatever your heart desires.

## CONCLUSION

This concludes the Metabolic Maverick workout program. Give your very best effort toward the program for the next 28 days and be sure to progress each week by adding a little extra resistance to the exercises.

We're really excited to hear all about your successes during this first phase of the Metabolic Masterpiece 84 Day Body Sculpting program. We'd absolutely love it if you shared your transformation pictures with us as well as the stories about how your success is impacting your confidence and life.

Let's ROCK This Program!

# PYRAMID PANDEMONIUM WORKOUT

The Pyramid Pandemonium workout program is designed to hit every muscle fiber in your body, increasing your strength, muscle, and your fat loss potential. This is a body part split routine where you will only work each body part once per week. This type of training allows you to really focus on the body part that you are working in each workout and allows you to put maximum effort toward that specific muscle group.

The reason that this style of workouts is called Pyramid Training, is because the weight will increase for the first few sets then decrease for the last couple. Here's an example...

For the first set of the squat you may lift 135 lbs. For the second set you may lift 155 lbs. The Third Set you may lift 185 lbs. The forth set you would drop the weight back down to 155 lbs and the last set back down to 135 lbs.

In addition to amount of weight that you lift, being in the shape of a pyramid, your reps will do the same. For example...

1st set: 10-12 reps

2nd set: 8-10 reps

3rd set: 6-8 reps

4th set: 8-10 reps

5th set: 10-12 reps

This isn't going to be the rep range for every exercise. Some exercises I will have you perform up to 15 reps for the 1st and 5th set and for some exercises your 3rd set will be 4-6 reps.

Be sure to make note of the "Target" reps column in your log book below. If the set calls for 8-10 reps, you should select a weight that you can do no



more than 10 reps with proper form. If you feel that you can do 11 reps with proper form, go ahead and do 11 reps, but be sure to increase the weight the next workout.

Also, make note of the rest period. The exercises that are focused on building strength have a rest period of 90 seconds. The exercises that are focused on hypertrophy have rest periods of either 60 or 30 seconds.

## Warm Up

I have included warm up videos on the [Metabolic Masterpiece workout video page](#). I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

Tuesday you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm up sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep

At the end of this 28 day program you will be stronger, leaner, add a bit of muscle, and become more sculpted.

Once again you can find the follow along workout videos by visiting the [Metabolic Masterpiece Workout Video Page](#)

Let's ROCK This Workout!!!

## Monday Workout: Chest & Abs

Exercise	Set	Reps	Weight Lifted	Rest
Bench Press	1	8-10		90
Bench Press	2	6-8		90
Bench Press	3	4-6		90
Bench Press	4	6-8		90
Bench Press	5	8-10		90
Exercise	Set	Reps	Weight Lifted	Rest
Dumbbell Chest Press	1	10-12		60
Dumbbell Chest Press	2	8-10		60
Dumbbell Chest Press	3	6-8		60
Dumbbell Chest Press	4	8-10		60
Dumbbell Chest Press	5	10-12		60
Exercise	Set	Reps	Weight Lifted	Rest
Wide Grip Dips	1	12-15		30
Wide Grip Dips	2	10-12		30
Wide Grip Dips	3	8-10		30
Wide Grip Dips	4	10-12		30
Wide Grip Dips	5	12-15		30
Exercise	Set	Reps	Weight Lifted	Rest
Cable Crunch	1	12-15		30
Cable Crunch	2	10-12		30
Cable Crunch	3	8-10		30
Cable Crunch	4	10-12		30
Cable Crunch	5	12-15		30

## Monday Cardio

My preferred method of cardio is either going for a nice 30 minute brisk walk or a bike ride. If you enjoy HIIT style of cardio today would be a good day for that. Basically, I want you to do what you enjoy. If you enjoy using the Jacob's ladder at the gym, going for a jog, using the elliptical, or doing body weight HIIT... Go For It!

## Tuesday Workout: Legs

Exercise	Set	Reps	Weight Lifted	Rest
Squat	1	8-10		90
Squat	2	6-8		90
Squat	3	4-6		90
Squat	4	6-8		90
Squat	5	8-10		90
Exercise	Set	Reps	Weight Lifted	Rest
Stiff Leg Deadlift	1	10-12		60
Stiff Leg Deadlift	2	8-10		60
Stiff Leg Deadlift	3	6-8		60
Stiff Leg Deadlift	4	8-10		60
Stiff Leg Deadlift	5	10-12		60
Exercise	Set	Reps	Weight Lifted	Rest
Barbell Dynamic Lunge	1	12-15		30
Barbell Dynamic Lunge	2	10-12		30
Barbell Dynamic Lunge	3	8-10		30
Barbell Dynamic Lunge	4	10-12		30
Barbell Dynamic Lunge	5	12-15		30
Exercise	Set	Reps	Weight Lifted	Rest
Seated Calve Raises	1	15-20		30
Seated Calve Raises	2	12-15		30
Seated Calve Raises	3	10-12		30
Seated Calve Raises	4	12-15		30
Seated Calve Raises	5	15-20		30

## Tuesday Cardio

After a workout that was taxing on your leg muscles, the last thing that you want to do is fry them with a HIIT session. Your legs will require some time to recover, but that doesn't mean that you should sit still. Going for a 30 minute walk is a great way to help your legs recover from the intense workout. A walk will help remove the lactic acid build up in your leg muscles and get some fresh blood flowing to them so they can recover fast.

This is a great time to listen to one of the Unstoppable Fat Loss audios that came with the Pyramid Pandemonium program.

## Wednesday Cardio

Today is your day off from working out. It's a day of recovery. Your legs should still be feeling it from yesterday's workout so you'll want to take it easy on them. It's still important to move though, so I recommend that you go out for a bike ride at a moderate steady pace for 30 minutes, or a light 30 minute jog, or a brisk walk.

Once again, this is a great time to listen to an Unstoppable Fat Loss audio.

Take some time to really sit and focus on the goal that you are about to achieve during the next 4-8 weeks. Think of how great it will feel to achieve your goal. Picture how you look in certain situations after you reach your goal. Maybe you run into an old friend and they comment on how amazing you look.

Remember, nutrition plays a huge role in your success. If you need to prepare some meals in advance, today would be a great day for it.



## Thursday Workout: Back and Abs

Exercise	Set	Reps	Weight Lifted	Rest
Pull Ups	1	8-10		90
Pull Ups	2	6-8		90
Pull Ups	3	4-6		90
Pull Ups	4	6-8		90
Pull Ups	5	8-10		90
Exercise	Set	Reps	Weight Lifted	Rest
Barbell Rows	1	10-12		60
Barbell Rows	2	8-10		60
Barbell Rows	3	6-8		60
Barbell Rows	4	8-10		60
Barbell Rows	5	10-12		60
Exercise	Set	Reps	Weight Lifted	Rest
Straight Arm Pulldowns	1	12-15		30
Straight Arm Pulldowns	2	10-12		30
Straight Arm Pulldowns	3	8-10		30
Straight Arm Pulldowns	4	10-12		30
Straight Arm Pulldowns	5	12-15		30
Exercise	Set	Reps	Weight Lifted	Rest
1 Dumbbell Twist	1	12-15		30
1 Dumbbell Twist	2	10-12		30
1 Dumbbell Twist	3	8-10		30
1 Dumbbell Twist	4	10-12		30
1 Dumbbell Twist	5	12-15		30

## Thursday Cardio

If you prefer to crank up the intensity of your cardio, today would be a great day to do so. You can perform any of the optional HIIT session that I included on the Pyramid Pandemonium Workout Video page as your cardio or perform any type of cardio that you really enjoy.

## Friday Workout: Shoulders, Biceps, and Triceps

Exercise	Set	Reps	Weight Lifted	Rest
Dumbbell Shoulder Press	1	8-10		90
Dumbbell Shoulder Press	2	6-8		90
Dumbbell Shoulder Press	3	4-6		90
Dumbbell Shoulder Press	4	6-8		90
Dumbbell Shoulder Press	5	8-10		90

Exercise	Set	Reps	Weight Lifted	Rest
Barbell Curls	1	10-12		90
Barbell Curls	2	8-10		90
Barbell Curls	3	6-8		90
Barbell Curls	4	8-10		90
Barbell Curls	5	10-12		90

Exercise	Set	Reps	Weight Lifted	Rest
Preacher Curls	1	12-15		30
Preacher Curls	2	10-12		30
Preacher Curls	3	8-10		30
Preacher Curls	4	10-12		30
Preacher Curls	5	12-15		30

Exercise	Set	Reps	Weight Lifted	Rest
Triceps Extension	1	10-12		90
Triceps Extension	2	8-10		90
Triceps Extension	3	6-8		90
Triceps Extension	4	8-10		90
Triceps Extension	5	10-12		90

Exercise	Set	Reps	Weight Lifted	Rest
Rope Pressdowns	1	12-15		30
Rope Pressdowns	2	10-12		30
Rope Pressdowns	3	8-10		30
Rope Pressdowns	4	10-12		30
Rope Pressdowns	5	12-15		30

## Friday Cardio

For today's cardio I would ideally like you to go for a 30 minute bike ride and perform 1 minute intervals while you are out there.

Begin with a 5 minute steady state ride at a moderate pace. Then for the next 20 minutes ride for 1 minute all out followed by 1 minute at a slower easy pace. Then wrap up the ride with 5 minutes at a steady moderate pace.

During the weekend be active by participating in fun activities. Do things that you really enjoy. Go hiking, play with your kids, go public skating, or go for a swim. Whatever your heart desires.

## CONCLUSION

This concludes the Pyramid Pandemonium workout program and phase #2 of the Metabolic Masterpiece 84 Day Body Transformation Program. Give your very best effort toward the program for the next 28 days and be sure to progress each week by adding a little extra resistance to the exercises.

We're really excited to hear all about your successes during phase #2 of the Metabolic Masterpiece 84 Day Body Sculpting Program. We'd absolutely love it if you shared your transformation pictures with us as well as the stories about how your success is impacting your confidence and life.

Let's ROCK This Program!

## ROCK THAT BODY WORKOUT

The ROCK That Body workout program is an all out assault on your body. Each workout includes Straight sets, Dropsets, and Supersets. You'll also perform some sets for strength and others for hypertrophy. At the end of this 28 day program you will have completed your masterpiece. You will be looking like a Greek sculpture and should be extremely proud of the accomplishments that you have achieved.

The program was designed to work most effectively in the gym, but it will also work at home. We provide alternative exercises for each workout if you choose to follow this program from your own home gym.

Once again, you can find the follow along workout videos by visiting the [Metabolic Masterpiece Workout Video Page](#)

# MONDAY WORKOUT DESCRIPTION

## Warm Up

I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

## The Workout

The workout begins with three straight sets of the bench press. You are focusing on strength for these sets and performing 4-6 reps, while resting 90 seconds between sets.

Next you'll move onto dropsets with the Dumbbell Chest Press. You are aiming for 8-10 reps for each of the 4 dropsets. The only rest that you will be taking during these 4 dropsets is the time that it takes to change the weight. You will be able to lift heavier weight for that first set, but you will need to drop the weight a fair amount for the second set if you are going to be able to perform 8-10 reps. The 4th set will be fairly light, but that light weight will feel very challenging for you since dropsets totally exhaust your muscles.

Now that your chest is exhausted you are going to perform a superset between the Incline Dumbbell Fly's and Push-Ups. There is no rest between the Incline Dumbbell Fly's and the Push-Ups, but you will take a 60 second break before performing those two exercises back to back again.

Do as many Push-Ups as you can for each of these sets. If your chest is completely exhausted and you need to do them from your knees, that is more than OK.

This completes the chest portion of your workout and now it's time to perform an intense superset for your abs.

The two exercises are the Cable Crunch and the Plank. Chose a challenging weight for the cable crunch that allows you to perform 8-12 reps. After you complete the cable crunch, move immediately to the plank and aim to hold it for 1-minute. Take a 60 second break and repeat two more times.

ROCK This Workout!!!



## Monday Workout: Chest & Abs

Straight Set	Set	Reps (Target = 4-6)	Weight Lifted	Rest
Bench Press	1			90
Bench Press	2			90
Bench Press	3			90
Drop Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Dumbbell Chest Press	1			0
Dumbbell Chest Press	2			0
Dumbbell Chest Press	3			0
Dumbbell Chest Press	4			0
Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Incline Dumbbell Fly's	1			0
Push Ups	1	(as many as possible)		60
Incline Dumbbell Fly's	2			0
Push Ups	2	(as many as possible)		60
Incline Dumbbell Fly's	3			0
Push Ups	3	(as many as possible)		60
Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Cable Crunch	1			0
Plank	1	(target = 1 min)		60
Cable Crunch	2			0
Plank	2	(target = 1 min)		60
Cable Crunch	3			0
Plank	3	(target = 1 min)		60

## Monday HIIT Cardio

Today you will be performing a 10 minute HIIT session as your cardio. It's pretty intense and will have your heart pounding, sweat pouring, and metabolism cranked!

If you are a beginner and need to extend your rest period that is fine. If this is the case, please try to reduce the rest period for each week that you are following the program. It's important that you progress from week to week.

### HIIT Cardio: Repeat Cycle 4 Times

Exercise	Time
Jump Squat	20 Seconds
Marching on the Spot	30 Seconds
Quick Steps	20 Seconds
Marching on the Spot	30 Seconds
Butt Kicks	20 Seconds
Marching on the Spot	30 Seconds

## TUESDAY WORKOUT DESCRIPTION

### Warm Up

Today you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm up sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep.

Note: The Deadlift is the second exercise in today's workout. Even though our legs are thoroughly warmed up and you have already performed the 3 straight sets for the squats, I still prefer to do a few warm up sets before doing the dead lift drop set. You'll see what I mean when you watch the workout video.

### The Workout

The workout begins with three straight sets of Squats. You are focusing on strength for these sets and performing 4-6 reps, while resting 90 seconds between sets.

Next you'll move onto dropsets with the DeadLift. You are aiming for 8-10 reps for each of the 4 dropsets. The only rest that you will be

taking during these 4 dropsets is the time that it takes to change the weight. You will be able to lift heavier weight for that first set, but you will need to drop the weight a fair amount for the second set if you are going to be able to perform 8-10 reps. The 4th set will be fairly light, but that light weight will feel very challenging for you since dropsets totally exhaust your muscles.

Now that your legs are exhausted you are going to perform a superset between the Leg Extension and the Leg Curl. There is no rest between the Leg Extension and Leg Curl, but you will take a 60 second break before performing those two exercises back to back again. The only problem that you may run into when doing this superset is if your gym is busy and other people are working their legs at the same time.

This completes the leg portion of your workout and now it's time to perform a dropset for your calves. There is no rest for this dropset.

## Tuesday Workout: Legs

Straight Set	Set	Reps (Target = 4-6)	Weight Lifted	Rest
Deep Squat	1			90
Deep Squat	2			90
Deep Squat	3			90
Drop Set	Set	Reps (Target = 6-8)	Weight Lifted	Rest
DeadLift	1			0
DeadLift	2			0
DeadLift	3			0
DeadLift	4			0
Superset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Leg Extension	1			0
Leg Curl	1			60
Leg Extension	2			0
Leg Curl	2			60
Leg Extension	3			0
Leg Curl	3			60
Drop Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Standing Calve Raises	1			0
Standing Calve Raises	2			0
Standing Calve Raises	3			0
Standing Calve Raises	4			0

## Tuesday Cardio

After a workout that was taxing on your leg muscles, the last thing that you want to do is fry them with a HIIT session. Your legs will require some time to recover, but that doesn't mean that you should sit still. Going for a 30 minute walk is a great way to help your legs recover from the intense workout. A walk will help remove the lactic acid build up in your leg muscles and get some fresh blood flowing to them so they can recover fast.

This is a great time to listen to one of the Unstoppable Fat Loss audios that came with the ROCK That Body program.

## Wednesday Cardio

Today is your day off from working out. It's a day of recovery. Your legs should still be feeling it from yesterday's workout so you'll want to take it easy on them. It's still important to move though, so I recommend that you go out for a bike ride at a moderate steady pace for 30 minutes, or a light 30 minute jog, or a brisk walk.

Once again, this is a great time to listen to an Unstoppable Fat Loss audio.

Take some time to really sit and focus on the goal that you are about to achieve during the next 4-8 weeks. Think of how great it will feel to achieve your goal. Picture how you look in certain situations after you reach your goal. Maybe you run into an old friend and they comment on how amazing you look.

Remember, nutrition plays a huge role in your success. If you need to prepare some meals in advance, today would be a great day for it.

## THURSDAY WORKOUT DESCRIPTION

### Warm Up

Today's warm up begins with the same warm up exercises as Monday's warm up. The only difference is that instead of doing a few warm up sets with the Bench Press, you should do a few warm ups with Lat Pulldowns, or do a couple sets of just one pull up each.

### The Workout

The workout begins with three straight sets of Pull Ups. You are focusing on strength for these sets and performing 4-6 reps, while resting 90 seconds between sets. If you are strong in the Pull Up, you will need to use a belt with some weight plates hooked onto it. If you are weak in the Pull Up you can use the Assisted Pull Up machine if your gym has one, or have a friend spot you, or follow my advice in the Pull Up video demonstration on the Workout Video Page.

Next you'll move onto dropsets with the Seated Row. You are aiming for 8-10 reps for each of the 4 dropsets. The only rest that you will be taking during these 4 dropsets is the time that it takes to change the weight.

Now that your back is exhausted you are going to perform a superset between Straight Arm Pulldowns and Explosive Rows. There is no rest between the Straight Arm Pulldowns and Explosive Rows, but you will take a 60 second break before performing those two exercises back to back again.

This completes the back portion of your workout and now it's time to perform an intense superset for your abs.



The two exercises are Leg/Knee Raises and the 2 Dumbbell Twist. Depending on how strong your abs are, you may be able to perform leg raises for the first two sets and the third set you can do knee raises instead. After you complete the Leg/Knee Raises, move immediately to the 2 Dumbbell Twist. Repeat this superset two more times.

## Thursday Workout: Back & Abs

Straight Set	Set	Reps (Target = 4-6)	Weight Lifted	Rest
Chin Ups	1			90
Chin Ups	2			90
Chin Ups	3			90
Drop Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Seated Row	1			0
Seated Row	2			0
Seated Row	3			0
Seated Row	4			0
Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Straight Arm Pulldown	1			0
Explosive Row	1			60
Straight Arm Pulldown	2			0
Explosive Row	2			60
Straight Arm Pulldown	3			0
Explosive Row	3			60
Superset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Leg Raises	1			0
2 Dumbbell Twist	1			60
Leg Raises	2			0
2 Dumbbell Twist	2			60
Leg Raises	3			0
2 Dumbbell Twist	3			60

## Thursday HIIT Cardio

Today you will be performing another 10 minute HIIT session as your cardio. It's pretty intense and will have your heart pounding, sweat pouring, and metabolism cranked!

If you are a beginner and need to extend your rest period that is fine. If this is the case, please try to reduce the rest period for each week that you are following the program. It's important that you progress from week to week.

### HIIT Cardio: Repeat Cycle 4 Times

Exercise	Time
Mountain Climbers	20 Seconds
Marching on the Spot	30 Seconds
Shuffle Step	20 Seconds
Marching on the Spot	30 Seconds
Skipping	20 Seconds
marching on the Spot	30 Seconds

## FRIDAY WORKOUT DESCRIPTION

### Warm Up

Today's warm up begins with the same warm up exercises as Monday and Thursday's warm up. The only difference is that you will do a few warm up sets with a Biceps Curl and Triceps Extension.

### The Workout

This workout is one my secrets for sculpting amazing arms. The key is to hit your biceps and triceps from different angles in order to work each head of the biceps and triceps muscles.

You see, the triceps include 3 heads, the long head, lateral head and medial head. The biceps is made up of a long head and short head. Plus there are several other muscles in your arms such as the brachialis muscle.

If you are not training your arms in a variety of ways and hitting all the angles, you will experience underdeveloped portions of your arms and will miss out on some serious body shaping and body sculpting benefits.

This program will take care of that for you and sculpt sexy arms that you will be proud of.

The workout begins a superset between the Standing Dumbbell Shoulder Press and Lateral Raises. You will use a neutral grip for the Shoulder Press and aim for 4-6 reps. For the lateral raises you will be aiming for 10-12 reps.

Next you will move onto working your biceps with three straight sets of Barbell Curls. You are focusing on strength for these sets and performing 4-6 reps, while resting 90 seconds between sets.

Next you are going to perform a superset between Preacher Curls and Reverse Curls. There is no rest between the Preacher Curls and Reverse Curls, but you will take a 60 second break before performing those two exercises back to back again.

Next you'll move onto dropsets with Hammer Curls. You are aiming for 8-10 reps for each of the 4 dropsets. The only rest that you will be taking during these 4 dropsets is the time that it takes to change the weight.

This completes the biceps portion of your workout and now it's time to work your triceps.

The triceps portion of the workout begins with three straight sets of Triceps Extensions. You are focusing on strength for these sets and performing 4-6 reps, while resting 90 seconds between sets.

Next you are going to perform a superset between Triceps Pressdowns and Rope Triceps Pressdowns. There is no rest between the Triceps Pressdowns and Rope Triceps Pressdowns, but you will take a 60 second break before performing those two exercises back to back again.

Next you'll move onto dropsets with 1 Arm Reverse Triceps Pressdown. You are aiming for 8-10 reps for each of the 4 dropsets. The only rest that you will be taking during these 4 dropsets is the time that it takes to change the weight.

## Friday Workout: Shoulders, Biceps & Triceps

Superset	Set	Reps	Weight Lifted	Rest
D.B. Shoulder Press	1	(target 6-8)		0
Lateral Raises	1	(target 10-12)		60
D.B. Shoulder Press	2	(target 6-8)		0
Lateral Raises	2	(target 10-12)		60
D.B. Shoulder Press	3	(target 6-8)		0
Lateral Raises	3	(target 10-12)		60

Straight Set	Set	Reps (Target = 4-6)	Weight Lifted	Rest
Barbell Curls	1			90
Barbell Curls	2			90
Barbell Curls	3			90

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Preacher Curl	1			0
Reverse Curl	1			60
Preacher Curl	2			0
Reverse Curl	2			60
Preacher Curl	3			0
Reverse Curl	3			60

Drop Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Hammer Curl	1			0
Hammer Curl	2			0
Hammer Curl	3			0
Hammer Curl	4			0

## Friday Workout: Shoulders, Biceps & Triceps

Straight Set	Set	Reps (Target = 4-6)	Weight Lifted	Rest
Triceps Extension	1			90
Triceps Extension	2			90
Triceps Extension	3			90

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Triceps Pressdown	1			0
Rope Pressdown	1			60
Triceps Pressdown	2			0
Rope Pressdown	2			60
Triceps Pressdown	3			0
Rope Pressdown	3			60

Drop Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
1 Arm Reverse Pressdown	1			0
1 Arm Reverse Pressdown	2			0
1 Arm Reverse Pressdown	3			0
1 Arm Reverse Pressdown	4			0

## Friday Cardio

For today's cardio I would ideally like you to go for a 30 minute bike ride and perform 1 minute intervals while you are out there.

Begin with a 5 minute steady state ride at a moderate pace. Then for the next 20 minutes ride for 1 minute all out followed by 1 minute at a slower easy pace. Then wrap up the ride with 5 minutes at a steady moderate pace.

During the weekend be active by participating in fun activities. Do things that you really enjoy. Go hiking, play with your kids, go public skating, or go for a swim. Whatever your heart desires.

## CONCLUSION

This concludes the ROCK That Body workout program. Give your very best effort toward the program for the next 28 days and be sure to progress each week by adding a little extra resistance to the exercises.

This also concludes all three phases of the Metabolic Masterpiece 84 Day Body Sculpting Program. At this point your physique will look like an incredibly sculpted piece of art. The image of your body could proudly be displayed in a museum.

You should be experiencing an incredible boost in confidence from your achievements. What you have just accomplished with your body transformation will carry over into all areas of your life. You are UNSTOPPABLE. Since you can achieve such an amazing body transformation, you can achieve anything that you desire in life. It's time



that you live life to the absolute fullest and show us what you are really made of.

Angie and I are really excited to hear all about your successes. We'd absolutely love it if you shared your transformation pictures with us as well as the stories about how your success is impacting your confidence and life.

Please do us a BIG favor and share your contagious enthusiasm for health and life with everyone that you come in contact with. You are now an incredible role model. The example that you have set with your actions and dedication will have a profound impact on the world. Do not hold back. The world needs to hear your story.

Thank you for allowing us to share in your journey and celebrate your successes with you. It means the world to us and we are incredibly proud of your achievements.

This does not mark the end of your transformation. The journey continues. Look for ways to improve upon your health, energy, and vitality. The greatest reward of transforming your body and life is the journey itself and it doesn't have to end here. This simply marks the beginning of something beautiful and inspiring.

Angie and I wish you continued success in all areas of your life.

# METABOLIC MASTERPIECE NUTRITION & MEAL PLAN INTRODUCTION

The meal plan and recipes within this book are meant to be used as a guideline. Although our nutrition plan is considered healthy by many standards, there is always room for improvement. As you follow Angie and I on our [FatLoss Quickie blog](#), our [Metabolic Masterpiece blog](#), and through our programs I am sure that you will clearly notice the gradual improvements and changes that we make along the way.

Our current nutrition plan is practical and easy to follow. Some changes that we are gradually working into our nutrition plan include adding more grass fed beef, free range chickens, eggs from free range chickens, almond milk, almond butter, and coconut oil.

Angie and I are not vegetarians or raw foodies, but we sure enjoy learning from and following our friends who have adopted these lifestyle changes and from time to time we will share their nutrition info with you. We are also planning on including some gluten free recipes in the very near future, so please be on the lookout for those changes.

In addition to the recipes and meal plan within this book, Angie and I have also recorded videos to demonstrate how we prepare the meals and how our kids also enjoy our healthy eating lifestyle.

**You can find your recipe videos by visiting...**  
**[Metabolic Masterpiece Recipe Videos](#)**

## NUTRITION DOES'T NEED TO BE ROCKET SCIENCE

There sure seems to be an endless supply of nutrition information available, whether it's in your local bookstore or on the Internet. With so many options, points of view, and beliefs about the "Healthiest" way to eat, it's no wonder that so many people are confused and overwhelmed about what the best choice is for their personal nutrition plan.

Angie and I aren't here to tell you what the best option is for you. That's for you to decide based on **your values, beliefs, and goals**. Much of it boils down to personal preference and what model resonates with you the most.

My friends who are vegetarians or raw foodists, have adopted that nutrition lifestyle because it resonated with who they are and was inline with their values. Choosing to buy organic often comes down to beliefs and values, as does choosing to consume only free range and grass fed meats.

As I have mentioned, we are gradually making changes to our nutrition habits and these changes have come about as we have experienced a shift in our values and beliefs. These changes are not happening over night and we recommend that you do the same.

The simplest of changes begins with **consuming more natural foods** in your diet, while reducing the amount of man made foods that you eat. A simple rule to know whether your food is natural is that it only contains one ingredient. For example; a bag of oatmeal contains one ingredient... oats! An apple is one ingredient, as is a sweet potato, red pepper, salmon, eggs, walnuts, and the list goes on.

***Combining these single ingredient foods into a meal will provide you with the energy to give your workouts the very best effort possible and live your life to the absolute fullest.***

Another one of the simple approaches to nutrition is to consume fewer calories as your day goes on. The easiest way to ensure that you follow this approach is to consume your starchy carbs such as oatmeal, potatoes, or breads earlier in the day, while consuming veggies with your afternoon and evening meals and avoiding the starchy carbs during these times.

## IS THERE A RIGHT WAY OR A WRONG WAY?

Angie and I share similar values and beliefs when it comes to nutrition and for the most part we eat the same foods, but we also have some different philosophies. Despite the differences in our approach to nutrition we have both been able to achieve a flat tummy and six pack abs.

The main difference is that I enjoy following a structured plan, which allows me to have 1-2 cheat meals per week. I will also pay close attention to my caloric intake from time to time with great detail and precision. Angie on the other hand enjoys a treat every day, such as a few cookies, a small bowl of ice cream, or maybe a small chocolate bar.

As you will hear in the behind the scenes video on the [Recipe Page](#), Angie has trained herself to have great control. In the 13 years that we've been together, I can count on one hand how many times that I've heard Angie say, "I'm Stuffed!" She almost never over eats. She eats to feel satisfied and then stops. Part of the reason she stops is to avoid the **guilty feeling that she would get if she over-indulged**, and the other part is because she really despises that over-stuffed and uncomfortable feeling in her tummy. Angie also treats herself everyday as her way of preventing an all out binge. Because she satisfies her sweet tooth each day, she rarely experiences major cravings.

When you compare our two eating styles where I have a cheat meal 2 times per week and Angie has a small treat each day, we are both eating extremely well 90-95% of the time. That's a big reason why we've both been able to achieve great fat loss results.

## 5 SIMPLE KEYS TO HEALTHY NUTRITION HABITS

### Nutrition Key #1: Use a Food Journal

The simple act of writing down what you eat and how much of those foods you eat is an incredible experience and education. When you think back to what you ate throughout the day it may not seem like much, but when you see the entire days worth of eating written down in front of you, it's easy to realize that you are consuming more than you had thought.

The important thing here is to be honest. If you sneak a scoop of ice cream while you are preparing dinner, you must write it down. A food journal is useless unless you are honest.

I have always had my personal training clients keep a food journal for at least 4 weeks. This was a great way for me to pick up on any trends with their eating habits, such as late night snacking. If my client didn't achieve the desired fat loss for the week I could always visit their journal and see where they could make improvements. There were times, however, when a client wouldn't achieve their desired fat loss goal and according to their journal their nutrition was near perfection. In these cases I would ask if they had been



completely honest and recorded everything that they ate. At this point their spouse would look over their journal and chime in, *“But what about those candy bars that you had yesterday?”* My client would reply, *“But it was only two of those mini candy bars... that doesn’t count.”* Really??? Just because they are mini they don’t count? Then the spouse would chime in again, *“Didn’t you have a handful of chips while you were waiting for dinner yesterday?”* The response, *“It was just a handful.”* You see, all these tiny things add up.

There have been times when I have witnessed a friend throw in the towel and give up on their new healthy lifestyle because they say they were following the plan and eating well, yet they weren’t getting results. It usually boils down to them not being 100% honest with the effort that they were putting in and how much food they were actually consuming.

On the following page I have included a printout that you can put in a 3 ring binder to record your food intake. This can be the same binder that you use to put your goal writing sheets in, as well as your workout sheets.

Simply enter the foods that you eat for each meal and how much of each food that you ate. If you want to go as far as recording the calories for each meal, all the power to you! That would be **an awesome education** to not only know what you are eating but how many calories you are consuming each day... after all, for the most part, fat loss really comes down to **calories in vs calories out**. Of course the **‘QUALITY’** of the calorie does matter, especially if you want to live in optimal health.

If you would rather not document the calories you could simply enter the portion size of each food and meal.

Day:\_\_\_\_\_ Date:\_\_\_\_\_

Meal 1	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 2	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 3	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 4	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 5	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

Meal 6	Food	Amount
Time:_____	_____	_____
	_____	_____
	_____	_____
	_____	_____

## Nutrition Key #2: Plan Your Meals In Advance

There's a famous quote that, ***"If you fail to plan, you plan to fail."*** I totally agree! If you are just going to 'wing it' when it comes to your meals, you are opening the door for sabotage. If you are waiting until the last minute to decide what you are going to have for dinner, there's a pretty good chance that you'll be picking at some unhealthy foods while you prepare dinner, or maybe you'll even end up ordering in pizza out of convenience.



Having a **master meal plan** will set you up for success and help you avoid any potential stumbling blocks. When I think back to why my family was so lean and fit growing up, there's one thing that really stands out to me. We ate exactly the same meals every single week. We had pasta on Monday's, steak and potatoes on Tuesdays, pork chops and veggies on Wednesday's, fish and veggies on Thursdays, and Friday's we left open for variety.

Our meals were pretty much set in stone. I'm sure that this helped my parents who both worked and were busy chauffeuring me around to my sports events, but it also kept things consistent. There was no way of over-indulging. When it came to snacks, we had a box of cookies to share evenly among us. As a family of four, we would each get our row of cookies from the box and that was what we got for the week. From time to time we would get an extra treat, but it was never over-board. It's almost as if we were rationing our treats. That's a big difference from what I'm seeing nowadays. Junk food is in limitless supply.

Here's one of the really great things about planning your meals in advance and having a master meal plan to follow... **You'll never have to count calories again!**



I take that back... You'll only have to count them ONCE. When you create your master meal plan for the week, simply record the amount of calories for each meal. That's it. You'll only have to do it this one time since you will continue to follow this master meal plan. Because you have recorded your caloric intake this one time, you will know with confidence exactly how many calories you are consuming each day. There's no more guessing.

If you're like me and prefer to schedule in your cheat meals, you'll definitely want to set them in stone on your master meal plan. For me, every Wednesday at lunch I go to the corner store and get myself a giant chocolate bar. On Saturdays we enjoy pizza and I'll have another chocolate bar or ice cream. Having my cheat meals scheduled, really helps keep me focused and on track.

### Nutrition Key #3: Prepare Extra For Left Overs

When you prepare dinner we recommend that you make extra so you can store it for tomorrow's lunch. For example, when I barbecue chicken breasts I will cook 6-12 at a time so I can use in a variety of meals the following day, and maybe even the day after tomorrow. When we make stuffed peppers, shepherd's pie, salmon, chili, roast, stew, or any meal for that matter, we can always count on left overs. It's no extra effort really. And when you have left overs it's one less meal for you to prepare the next day. That's a humongous perk when you have a busy schedule.



There have been times when I have been caught up in something and have gone an hour or two beyond when I was supposed to eat. At this point, I'm

“Starving!” My tummy is growling and I’m ready to grab any food in sight. If I have to spend 10-minutes preparing a meal and waiting for it to cook I would be in big trouble. But because I have left overs, which I can quickly warm up, I don’t have to wait and I don’t have to give into temptations.

When I used to go to my personal training clients homes to work them out, I would have my cooler packed with my lunch and snacks. I found myself eating cold left over salmon, sweet potatoes, stuffed peppers, and shepherd’s pie on a regular basis. My clients offered to warm my food up for me, but I had to quickly get from client to client as I only allowed a short break between each one. I really got comfortable with consuming cold left overs and even today I may just pull out a left over meal and not even warm it up.

### Nutrition Key #4: Make Healthy Foods Convenient

This simple little tip has produced radical change in my eating habits and the habits of my clients. I want you to think about a moment much like I described above. You’ve had a busy day at work, you skipped lunch, and it’s been 6 hours since you’ve had a bite to eat. Now you have to prepare dinner which will take 10-minutes and another 20-minutes for it to cook. The smell of food has you salivating and you can’t go another minute without eating. So what do you do? You go for the food, which is the most convenient. And if you live in a typical North American household, that convenient food most likely comes in a packaged form with ingredients that neither of us can pronounce. Because you have gone so long without eating, chances are that you aren’t going to stop at just one bite or one small portion. You’re going to keep snacking until dinner is ready and by that time you’ve consumed a typical dinners worth of calories before you’ve even eaten your dinner. Sound familiar?

Now if you make a simple change and have healthy food that’s convenient, the amount of calories that you would consume will be far less. For

example, you could have a fruit bowl out in the open, a container of almonds or walnuts on your counter, or a raw veggie platter in your fridge.

When you visit the Metabolic Masterpiece Recipe Page you will see a video where I'm sitting at my desk. On my desk I have a container of almonds and walnuts, a fruit bowl, and a big jug of water. If I'm going to snack it's going to be on healthy foods... not a box of M&M's that may be hiding in other people's desk drawers :)



When you make healthy food convenient and it's out in the open, you will find that healthy food is on your mind much more often. It's as if your mind is bombarded with the vision of healthy food. This reinforces your new healthy behaviors.

In addition to making healthy foods convenient, you should also make unhealthy foods inconvenient. Get all the junk food out of your house. When you have a cheat meal, you'll either order in or go out for dinner. Or if it's chocolate that you desire for your cheat meal, go to the corner store and get just the amount that you want to have for your cheat meal and no more. When it's gone, it's gone! That way you won't be faced with temptations the following day.

### Nutrition Key #5: Eat To Live, Not Live To Eat

Food is meant to be a source of energy to get us through the day. With a limitless supply of food available, there is no need to store enough fat to survive a famine. But this goes beyond simply consuming just the right amount of calories to meet the daily demands that you put on your body.

You need to fuel it with the nutrients that will allow you to live in optimal health. This is where the “QUALITY” of a calorie comes into play.

I’m assuming that you would like your body to work as effectively and efficiently as possible. If that’s the case, then surviving on Twinkies, candy bars, and soda pop is not the wisest choice... Even if you only consume the amount of calories to meet your daily requirement.

Eating to live... or living to eat, are behaviors that are a result of your relationship with food. Have you given much thought to the relationship that you have with food?

When you think about chocolate, do you associate great pleasure with consuming it? Have you ever said, *“I LOVE chocolate!”* Do you really love it? Seriously? Like you love your partner or parents? Is it really “LOVE” or do you simply enjoy that temporary satisfaction that you receive when you eat it?

Do you “LOVE” the feeling that you get after you over-indulge in chocolate, ice cream, or greasy fries? Or do you feel sluggish, tired, uncomfortable, and guilty?

When you feel the guilt of over-indulging in junk food, do you think to yourself, *“To heck with it! Since I’ve caved in, I may as well eat more and I’ll start eating well again tomorrow.”*

Are you over-indulging in junk food to try and fill a void in your life? Do you eat junk when you are bored, stressed, or depressed?

How about this... Do you eat junk or drink alcohol to “Live a Little”?

Ya, I’ve heard those words uttered on more than one occasion, that’s for sure! I typically hear that comment when I’m at a gathering where everyone else is drinking alcohol and pigging out on junk, while I’m eating the healthier options and drinking water.

*“Why don’t you live a little? Come on, have a drink. These chips are delicious.”*

My response is usually, *“I do enjoy the occasional drink and treat, but I choose to LIVE a LOT rather than just a LITTLE. I’m getting more pleasure from drinking this water and eating these healthy snacks, than I would if I had a few beers and chips.”*

There is nothing wrong with enjoying the occasional treat. In fact, I recommend it, and Angie recommends having a small treat each day. It can be an enjoyable experience when you have a small amount.

If I know that we have a party or gathering coming up on the weekend, I plan my cheat meal to occur at the party. That way I can taste some of the naughty treats that my friends or family have prepared and not feel guilty, because it is a scheduled cheat meal.

The key is to create an enjoyable and pleasurable experience with healthy food as well. Healthy food really does taste great! As you will see when you prepare the recipes from the Metabolic Masterpiece Meal Plan, these healthy foods can become just as addicting as junk food.

If you think of vegetables as being bland and boring we’ll definitely be waking up your taste buds with our quickie meals. Not only will you enjoy these meals, but you will also enjoy how you feel after you eat them.

Your relationship with food is greatly impacted by your beliefs. My buddy Tom Venuto provided a great example of this during our Unstoppable Fat Loss audio. He said...

***“If a certain behavior violates your beliefs or violates your values, which is a type of belief about what’s really important to you, you won’t have to stop yourself from doing that behavior using sheer willpower. You just won’t do it anymore. You won’t be able to do it.***

***For example, if you believe that eating large amounts of white flour and white sugar everyday is slowly poisoning you to death, you don’t have to use willpower to stay away from it. Eating them is violating your beliefs so you just won’t do it. It’s out of the question.***

***If you deeply believe on an unconscious level, not just giving lip service to it but subconsciously, that eating fruits and vegetables is***

***going to give you perfect health and perfect energy, you don't have to force yourself to eat fruits and vegetables."***

This is why it's so easy for me to turn down the booze or junk food. I really don't want it. I don't eat healthy foods because I "Have To" in order to lose weight. I eat healthy foods because I really want to and I really enjoy them. Have you ever thought to yourself, "Why am I eating this?" Not just when you're eating junk, but also when you are eating healthy foods. How did you answer that question?

When I ask myself that question prior to eating a healthy meal I respond with, *"Because I want to live the life that I deserve in the body that I deserve and I want to live my life to the absolute fullest!"*

When I ask myself that question prior to eating junk food I respond with, *"I have been eating extremely healthy throughout the week and I am going to allow myself to enjoy this small treat, **guilt free**, because my next meal and 90-95% of my future meals will be extremely healthy. The temporary satisfaction that my taste buds experience from this treat is nice, but I am well aware that over-indulging will turn this pleasurable experience into a negative one."*

If I ever answer, "I'm eating this because I'm bored or stressed", I take a moment to sit back and think of an alternate solution to deal with my boredom and stress, because consuming junk will only add to my stress. Often times in these situations I have found that a 30 minute bike ride or walk does a world of good. So instead of dealing with my stress or boredom in a negative way, it becomes an opportunity to be more active. When I feel re-energized, refreshed, and no longer bored after the bike ride or walk, it creates a positive association with exercise.

So... eat to live, don't live to eat. You'll be a happier and healthier person as a result of this shift in beliefs.

## WHY A PROGRESSIVE APPROACH WORKS BETTER THAN THE ALL-OR-NONE APPROACH

Right out of the gates I made the decision to take a progressive approach toward my nutrition. There were a couple reasons behind this decision. The first reason was that I wanted to prove that you can melt fat without following any strict or extreme guidelines. I wanted to prove that you could release fat from your body even if you eat the so-called forbidden foods that many fat loss experts pitch at you.

...There's no doubt that I proved my case in point within the first 21 days of the Metabolic Masterpiece 12 week Body Sculpting Program. During that time I consumed just about every forbidden food under the sun and my abs still began to pop out and reveal themselves.

I wanted to demonstrate the importance of focusing on **the fundamental principles of fat loss**... Burn more calories than you consume. I needed you to see the powerful impact that focusing on these fundamentals can have on your immediate success as well as your long term success. This is where the healthy habits are formed.

But I also wanted to illustrate the point that after you master the fundamentals there will come a time when you need to apply some advanced techniques.

The second reason why I decided to take a progressive approach is because I am typically an all-or-nothing kinda guy. When I set a goal I tend to go hard core. This has certainly worked well for me in the past, but my chances of relapsing have been great afterward if I do not have another goal set in place.



This all-or-none approach would also set me up for the occasional binge eating experience. I could go 3 days without eating junk and on the 4th day polish off an entire box of cookies, tub of ice cream, or bag of chips. I lacked control and discipline.

Prior to this Metabolic Masterpiece 12 week Body Sculpting Program I had been toying with an all-or-none approach I couldn't last more than two days. It wasn't working for me, so I needed to try something new.

I always admired my wife Angie who could have just 1 cookie or a teeny tiny bowl of ice cream and be satisfied. The reason that she could do this is because she allowed herself a small treat each day. I saw how well it worked for her so I thought it was high time that I give this approach a shot for myself.

There's no doubt that I could have experienced faster results if I had taken a more strict approach in the beginning, but the chances of me sticking with it for the full term would have been very slim.

## The First 28 Days

During the first 28 days of the Metabolic Masterpiece 12 week Body Sculpting Program I took a very relaxed approach to nutrition. I wasn't concerned so much with what I was eating as I was with how much. My goal was to never feel full and always satisfied, while maintaining a caloric deficit for the week.

I allowed myself a small treat every day and some days I allowed myself multiple treats. With all the treats that I ate during the first 28 days I certainly proved that **calories in verses calories out is what's most important when your goal is fat loss**. But as you will see throughout my progressive approach, there comes a time when calories in verses calories out will only take you so far with your transformation.



The only thing that wasn't relaxed about my approach during the first 28 days was a 24 hour fast which I did once per week. I would start the fast on Tuesday at 2pm and end the fast on Wednesday at 2pm. Although I am certain that most people may not enjoy fasting there is one powerful lesson that I learned from this experience... I discovered what hunger really felt like and I found ways to overcome the hunger by keeping myself occupied. I realized that if I can go 24 hours without eating there is no reason why I need to go ravaging through the cupboards or fridge for food at the slightest sign of hunger. I also realized that drinking plenty of water can significantly reduce hunger urges.

## The Second 28 Days

During the second 28 day phase of the Metabolic Masterpiece 12 week Body Sculpting Program I began to tighten my nutrition up a little bit. At first I reduced my treats from every day to every other day.

Because I was no longer including a 24 hour fast once per week I needed to find a way to make up for that little bit of caloric deficit that I had created from fasting. What I found worked very well for me was eating less as the day went on. Many days I would stop eating after dinner. It's not like I would go to bed starving. About an hour before bed time I would begin to feel just a little bit hungry, but I knew that I would be going to bed soon and have no problem sticking it out.

Toward the end of this second 28 day phase I began to slightly reduce my starchy carb intake and shifted my focus toward eating more protein and veggies. For the most part I would go 2 days consuming very little starchy carbs and no treats. On the third day I would consume the same amount of proteins and fats as normal, but increase my starchy carb intake a bit and maybe have a small treat.

When I began to reduce my starchy carb intake I made a point of consuming those starchy carbs immediately after my workout to refuel my body after a challenging workout and help replenish my glycogen stores so I would have energy for the next workout. This was especially important on leg days.

I also began to take 5 grams of BCAA's prior to and immediately after my leg workouts. The purpose of this was to ensure that I had some fuel to use during my workout and to prevent my body from using my muscle as fuel while I was in a caloric deficit. Remember, my goal during this 12 week Body Sculpting journey is to lose fat and GAIN muscle. The last thing that I want is to sacrifice my precious and priceless muscle mass for the sake of burning fat.

## The Third and Final 28 Days

Here's where it's time to get serious and apply some advanced techniques. These 28 days are far from easy, but achieving greatness typically requires great effort and focus.

One thing that I have learned about myself is that **I can do just about anything for 28 days when I have a concrete deadline and an event such as a photo shoot attached to that deadline.**

During this final phase I made a 28 Day Commitment To "Clean" Eating. I eliminated all junk food. This is no easy task, but it's certainly worth it and incredibly rewarding in more ways than you can imagine.

During this 28 day period I went 3 days in a row on low calories consuming mostly protein and veggies along with some healthy fats. On the 4th day I

would increase my calories to maintenance level by adding a bit of starchy carbs such as potatoes, yams, oatmeal, or rice.

My largest meal of the day was the meal immediately after my workout. Although I was in a caloric deficit for the day, consuming a large portion of your calories after your workout is a great way to create a “Temporary” surplus, giving your muscles the opportunity to recover, repair, and most important GROW!

I also consumed 5 grams of BCAA’s prior to and immediately after every workout. Previously I had just been taking them on leg days, now I’m taking them every workout to ensure that I not only preserve my muscle mass, but give my muscles every opportunity to grow.

The meals that I consumed toward the end of the day were the smallest. Just about every day during this 28 day period I would go to bed feeling hungry. Not starving, just hungry. That’s the not so easy part, but the 24 hour fasts that I experienced in the beginning sure helped me cope with this time of restricted calories.

Like I mentioned, it’s only 28 days. Although it was challenging I saw light at the end of the tunnel. I also knew that it was absolutely necessary if I wanted to see a complete six pack and get as ripped as I could for the photo shoot. I didn’t want to settle for mediocrity. I want to look my best! I was willing to pay the price to achieve this goal.

The weeks of progressing up to this point was crucial to my success. There’s no way that I could have gone from the way I was eating prior to this 12 week body sculpting journey and jump right into these “advanced” strategies.

## Follow-Up Plan

One of the biggest downfalls of many diet plans is that there is no guideline provided as to what you should do after you achieve your goal. Without a follow-up plan you will run the risk of relapsing and gaining back some of the fat that you worked incredibly hard to release from your body.

After 28 days of “clean” eating, you deserve a treat, but please do not make this an all out binge-fest. I had pizza and a chocolate bar. I didn’t pig out, but I sure enjoyed every morsel ;)

I recommend that you gradually increase your calories during the next two weeks. Start by following 2 low calorie days and 2 maintenance days. From this point where you move forward will depend on your goals.

If your goal is to simply maintain the body that you have, you can transition to 1 day low calorie and 2 days maintenance for a week or two, then everyday maintenance level. We know there are going to be days where you are above your maintenance level calories. Just be sure that at the end of the week your caloric intake has leveled out. Meaning, if you had a day of over eating, you’ll need to have a lower calorie day throughout the week or spread those lower calories throughout a couple days.

If your goal is to now add some muscle to your body without gaining fat you can begin to shift to 2 low calorie days followed by 2 days of just above maintenance calories.

The bottom line is to have a goal. Give yourself something to aim for even if it’s some form of maintenance. Although I believe that we can find ways to continuously improve our body and health. Staying stagnant is personally not an option for me.

## Do You Need To Count Calories?

During this 12 week Body Sculpting journey I did not count calories during the earlier portion, but I did buckle down and get precise with my calories during the final 28 days. One reason for not counting calories in the beginning is because I have had experience with counting calories in the past and I am pretty well aware of roughly how many calories are in the foods that I eat. Plus, many of my meals are the same each week.

The second reason why I didn't count calories in the beginning is because I was documenting the foods that I ate each week. If I didn't experience the progress that I desired I could go back to my food journal and see where I could make the changes the following week. This may not have been a precise way to measure my calories, but it was a fair guesstimation of what I was consuming.

I do recommend that you take 1-2 weeks and count the calories that you consume. It truly is an incredibly educational experience. You may be surprised at just how much you are consuming in a day. Some things may even catch you off guard. An average chocolate bar is around 400 calories and some of them are 800 calories, yet they are not filling whatsoever. The small chocolate bunny that I had on Easter was 800 calories, which blew me away. If you are into drinking fancy schmancy caffeinated drinks and lattes you could easily be up around 800 calories per drink and that's not satisfying at all. This is why I believe that it would be to your advantage to at least monitor your caloric intake for the short term.

Now it's time to determine how many calories you should be consuming in a day. Even if you are not going to count calories per se, it's still good to know these numbers. That way, when you do happen to treat yourself to a chocolate bar, bowl of ice cream or bag of chips and you read the label and realize that you just consumed 800 calories, you'll know that you don't have a lot of room for other foods through the day. At this point you will have to

select your foods of choice wisely for the remainder of the day and you may finish the day off feeling hungry because the junk food is calorie dense, but not filling. It may be satisfying to your taste buds, but it's not satisfying to your hunger.

We're going to use the Harris-Benedict Formula to calculate your caloric intake during this 84 day transformation. First we'll calculate your basal metabolic rate (BMR)...

Men:  $66 + (13.7 \times \text{wt in kg}) + (5 \times \text{ht in cm}) - (6.8 \times \text{age in years})$

Women:  $655 + (9.6 \times \text{wt in kg}) + (1.8 \times \text{ht in cm}) - (4.7 \times \text{age in years})$

Conversions:

1 inch = 2.54 cm

1 kg = 2.2 lbs

Here's an example of a male who is 5'8" tall, 35 years old, and weighs 165 pounds...

BMR:  $66 + 1027.5 + 863.6 - 238 = 1719.1$

1719.1 calories is what this particular male would burn if he was at rest all day. This does not take into account his activity level.

While following the Metabolic Masterpiece Body Sculpting Program, you will be weight training 4 days per week and performing some form of cardio, whether it be walking, jogging, biking, or HIIT, multiple days throughout the week. Based on this activity level I recommend that you multiply your BMR by 1.55.

For the example above, this male would multiply  $1719.1 \times 1.55 = 2664.61$

Therefore the average Total Daily Energy Expenditure (TDEE), that this male would experience while following the Metabolic Masterpiece Body Sculpting Program is 2664.61 calories per day.

**NOTE:** As you progress and release fat from your body you should recalculate your BMR and TDEE. Toward the end of your body sculpting journey your BMR and TDEE will be slightly lower because you weigh less. If you are still going by your original calculations even though you may be 10 or 15 pounds lighter, your caloric deficit may be 100 calories less than what you think it is or even worse. That could lead to stalled results during the home stretch.

## The Ideal Progression

The ideal progression for the Metabolic Masterpiece Body Sculpting Program is to follow a 15% caloric deficit during the first 28 day phase, a 20% caloric deficit during the second 28 day phase, and an aggressive 30% caloric deficit during the final 28 day phase.

For the example above it would look like this...

First 28 Days = 2264.92 calories per day  
Second 28 Days = 2131.69 calories per day  
Final 28 Days = 1865.23 calories per day

As I mentioned above, during the final 28 days of the Metabolic Masterpiece Body Sculpting journey I resorted back to my trusty carb/calorie cycling ways in order to keep my metabolism revved up and my motivation high. I recommend that you do the same. These are the methods that I have learned from my mentor and coach Tom Venuto. His books, [Burn The Fat Feed The Muscle](#) and [The Holy Grail Body Transformation Program](#) are what I base my nutrition lifestyle on.

I went 3 days in a 30% caloric deficit and raised my caloric intake up to my TDEE (maintenance level) on the 4th day. Continuing with the example of the male subject above, that would mean...

Day 1, 2, 3 = 1865.23 calories consisting of mostly lean protein, veggies, and healthy fats.

Day 4 = 2664.61 calories consisting of lean protein, veggies, healthy fats, and some starchy carbs. Ideally the starchy carbs should be consumed earlier in the day or immediately after your workout.

You would then continue to repeat this cycle of 3 days in a 30% caloric deficit and 1 day of TDDE caloric intake.

## Common Foods

If you followed along with my Transformation Fascination progress journal you will have noticed many common foods that I consumed on a weekly and daily basis.

Every morning I had a [Full Strength Shake](#) for breakfast. Nearly every lunch I had eggs with veggies. In fact, you could pretty much predict what the first 8 hours of my day would look like.

Some people may call that boring, but to me it's far from boring. Every time that I make eggs I do something different with the recipe. Eggs are my favorite food to eat and it's the easiest way to ensure that I meet my vegetable quota for the day.

I'm totally hooked on the shakes for breakfast. They are full of nutrients, skyrocket my energy, and quench my hunger better than anything else. Plus, I totally love the taste. It's like I'm drinking cake for breakfast ;)



I love the fact that I don't have to think about what I'm going to be eating during the first 8 hours of my day. It makes my life so much easier and it's a healthy habit that simply can not be broken.

Dinner is where I add some variety. Often times there is enough leftover so I may have the same dinner two days in a row. Common dinners that we have throughout the week are; Shepherd's Pie, Salmon and Veggies, Beef Barley Soup, and Chicken Stir Fry, Stuffed Peppers, Chicken and Veggies, Lean Burgers.

## Supplements

As I mentioned, I consume a [Full Strength](#) shake for breakfast every day and love it! This morning shake fills me with loads of energy to help me perform my absolute best, both in and out of the gym. With 40 grams of the best quality protein, 25 grams high quality carbs, 5 grams of healthy fats, 12 grams of glutamine, and much more, it's no wonder that Full Strength satisfies my hunger while providing my body with everything that it needs to transform. Plus, Shawn Phillips, the creator of Full Strength, is one heck of a stand up guy!

NOTE: I pride myself on being completely transparent. If you decide that you would love to experience the benefits of Full Strength also, and you make the wise investment by clicking through the Full Strength links in this book, I will earn \$5 per box. It's important to note that I was recommending Full Strength to my friends, family, and customers for several months prior to becoming an affiliate of their nutrition shake.

I also use [Prograde Protein Powder](#) in some of my meals from time to time. Progrades [EFA Icon](#) is an amazing healthy fats supplement as well.

During the final 28 days I used [BCAA's](#) to ensure that I was getting enough quality protein to preserve my muscle mass.

I am also a Prograde Partner and earn a percentage from each purchase that is made through the links within this book. Although I do have a monetary interest in recommending Prograde Supplements, I have also been a user of these supplements for the past 3 years. The quality is top notch and the Prograde company itself is based on the highest integrity.

# METABOLIC MASTERPIECE MEAL PLAN

Below, you will find samples of the meals that I consumed throughout this Metabolic Masterpiece 84 Day Body Sculpting journey. You will find more meal ideas and the recipes for these meals when you visit the [Metabolic Masterpiece Nutrition & Meal Plan Video Page](#).

I have broken the meals into Low Calorie/Carb Days and Maintenance Calorie/Carb Days. Review the meal options for breakfast lunch, and dinner and use them to create your own 7 Day Master Meal Plan. You can modify from week to week by making substitutions from the meals listed below. You will just have to modify the portion sizes to suit your daily caloric intake.

Here's what I recommend...

As you go through the recipes, think about how each meal would best suit your schedule. Are there certain days where your schedule is hectic after work and it would be tough to prepare a healthy dinner? Those would be great days to wake up 15-minutes early and prepare a slow cooker meal. It will be cooking all day and will be ready for you when you get home.

If there are days when you prefer an easy lunch it would be a great opportunity to have left overs from the previous night's dinner. Many of the lunch recipes are quick and easy to make. Plus you can make a bit extra and have it as a snack if you desire.

By mixing and matching the recipes and meals, you can create your own 7 day Master Meal Plan, which you can follow every week. This will totally take the guess work out of nutrition and set you up for fat loss success!

We are continuing to add more recipes and meal plans to the Metabolic Masterpiece program, so be sure to check back regularly and keep an eye on your inbox for any update announcements.

Enjoy these healthy and delicious meals!

## LOW CALORIE DAYS

### Breakfast

Option #1: [Full Strength Shake](#)

Option #2: Protein Smoothie “A”

1 cup Greek Yogurt  
1 cup blueberries  
1 tbsp ground flax seeds  
1 tsp cinnamon  
1 tsp nutmeg  
1/2 cup water

Option #3: Protein Smoothie “B”

1 cup Greek Yogurt  
1 cup strawberries  
1 tbsp ground flax seed  
1 tsp cinnamon  
1 tsp nutmeg  
1/2 cup water

Option #4: High Protein Smoothie

1 cup Greek Yogurt  
1 cup mixed frozen berries  
1 tbsp ground flax seed  
1 tsp cinnamon  
1 tsp nutmeg  
2 scoops [Prograde Protein Powder](#)

### Lunch

Option #1: Low Calorie Red, Green Scramble

Option #2: Sesame Chicken Fingers

Option #3: Eggs, Tuna, Tomato, and Mushroom Scramble

Option #4: Any egg dish that's listed on the Nutrition and Meal Plan Video Page

Option #5: Broccoli Soup

Option #6: Veggie and Tomato Soup

Option #7: Left overs from the previous nights low calorie/carb dinner

## Dinner

Option #1: Stuffed Peppers

Option #2: Salmon and Veggies

Option #3: Beef Barley Soup

Option #4: Chili

Option #5: Bean Chili

Option #6: Lentil Soup

Option #7: Chicken and Veggies

Option #8: Chicken Salads (There are several chicken salads listed on the Nutrition and Meal Plan Video page)

Option #9: Tuna Salad

Option #10: Two lean burgers on a bed of lettuce, veggies, and grated cheddar cheese.

Option #11: Breaded Chicken with diced tomato dressing

## Snack

Option #1: Roasted Red Pepper Dip

Option #2: Chicken Nibbles

Option #3: Prograde Popsicles

Option #4: Hummus with melba rounds

Option #5: Almonds and an apple

Option #6: Beef jerky

## MAINTENANCE LEVEL CALORIE DAYS

## Breakfast

Option #1: [Full Strength Shake](#)

Option #2: Protein/Carb Smoothie “A”

Option #3: Protein/Carb Smoothie “B”

Option #4: Protein/Carb Smoothie “C”

Option #5: High Protein/Carb Smoothie (Add Prograde Protein Powder to any of the above smoothies)

Option #6: Eggs and fruit bowl

Option #7: Healthy French Toast

Option #8: Oatmeal, berries, banana, and cinnamon

## Lunch

Option #1: Prograde Chicken Wrap

Option #2: Prograde Steak Wrap

Option #3: Prograde Tuna Pocket

Option #4: Turkey Veggie Wrap

Option #5: Egg Salad Sandwich

Option #6: Eggs with whole wheat toast

## Dinner

Option #1: Shepherd's Pie

Option #2: Chicken and Sweet Potatoes (slow cooker)

Option #3: Roast and Sweet Potatoes (slow cooker)

Option #4: Meatless Chili

Option #5: Chicken Enchiladas

Option #6: Chicken, brown rice, and cream of mushroom soup

Option #7: 2 lean burgers on a whole wheat bun

## Snack

Option #1: Peanut Butter Oat Bar

Option #2: Avocado Dip with melba rounds

Option #3: Apricot Oat Bars

Option #4: Date Oat Wedge

Option #5: Creamy fruit pudding

Option #6: Tropical fruit salad

Option #7: Healthy Fat Burning Chocolate Pudding

Option #8: Geary's Healthy Chocolate Chip Ricotta

Option #9: Geary's Peach Protein Ice Cream

Option #10: Geary's Lean Body Chocolate Peanut Butter "Super Food"  
Fudge



# SAMPLE MEAL PLANS

Here's a list of sample meal plans that you can also base your 7 Day Master Meal Plan on...

## Sample Meal Plan #1

### **Breakfast**

Oatmeal  
Blueberries  
Banana  
Cinnamon  
[Prograde Protein Powder](#) (optional)

If you choose not to add protein powder to your oatmeal substitute it with 1-2 scrambled eggs.

### **Snack**

Almonds  
Plum

### **Lunch**

Prograde Tuna Pocket

### **Dinner**

Stuffed Peppers

### **Snack**

Apple slices with Almond butter

## Sample Meal Plan #2

### **Breakfast**

Low Calorie Red Green Scramble

### **Snack**

Apple

Home made Snack Bar

### **Lunch**

Veggies With Tomato Soup

### **Dinner**

Shepherd's Pie

### **Snack**

Almonds

1-2 Hard Boiled Eggs

## Sample Meal Plan #3

### Breakfast

Oatmeal  
Strawberries  
Natural Peanut Butter (melted)  
Cinnamon  
Nutmeg  
Ground Flax Seed  
[Prograde Protein Powder](#) (optional)

### Snack

Apple  
Orange  
Walnuts

### Lunch

Prograde Chicken Avocado Wrap

### Dinner

Beef Barley Stew

### Snack

Authentic Greek Salad with Chicken

## Sample Meal Plan #4

### **Breakfast**

Fruit Bowl  
1-2 Scrambled eggs

### **Snack**

Sesame Chicken Fingers  
Apple

### **Lunch**

Prograde Santa Fe Chicken Salad

### **Dinner**

Salmon  
Broccoli with Tomatoes

### **Snack**

Roasted Red Pepper Dip  
Whole wheat pita or tortilla chips

## Sample Meal Plan #5

### **Breakfast**

Eggs and Veggies

### **Snack**

Avocado Dip

Whole Wheat Pita or Tortilla Chips

### **Lunch**

Turkey/Chicken Veggie Wrap

### **Dinner**

Roast in the Slow Cooker

### **Snack**

Prograde Protein Popsicle

## Sample Meal Plan #6

### **Breakfast**

Healthy French Toast

### **Snack**

Creamy Fruit Pudding

### **Lunch**

Prograde Steak Wrap

### **Dinner**

Breaded Rainbow Trout  
Mixed Veggies

### **Snack**

Hummus  
Whole Wheat Pita

## Sample Meal Plan #7

### **Breakfast**

Oatmeal  
Raisins  
Ground Flax Seed  
Cinnamon  
[Prograde Protein Powder](#) (optional)

### **Snack**

Apricot Oat Bar  
Apple

### **Lunch**

Loaded Chicken Salad

### **Dinner**

Bean Chili

### **Snack**

Geary's Lean-Body Chocolate Peanut Butter "SuperFood" Fudge

## CONCLUSION

There you have it! The complete Metabolic Masterpiece 12 week Body Sculpting Program. You are now armed with the mindset, the workouts, and the nutrition to sculpt a masterpiece out of your physique.

Give the Metabolic Masterpiece program everything that you've got. You owe it to yourself to prove what you are made of. Show the world what you are capable of achieving when you set your heart and mind to the task at hand.

Remember, the final results are very exciting, but it's the journey that is the most rewarding. Embrace each and every day. Take pride in your small victories. Celebrate all of your mini successes. Share your new passion for vitality with others. Live to your fullest potential.

Please do us a favor and be sure to share your progress and results. If you have a mini success that you are excited about, don't be shy about letting us know about it.

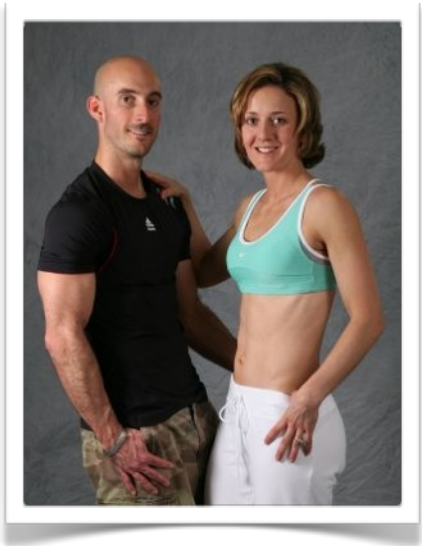
I look forward to witnessing your body, life, and overall mindset change during the next 12 weeks and beyond. You deserve the level of success that you are about to achieve.

Sculpt a Masterpiece,

Scott Tousignant



## GET TO KNOW SCOTT & ANGIE



Scott, and Angie have been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of Fat Loss Quickie, Angie is also the author of [Sizzlin' Circuits](#), [Core Plus More](#), [More Love, Less Fat](#), and [Girl Empowered](#).

Scott is a Certified Fitness Consultant with a degree in Human Kinetics. His education coupled with his years of experience, has allowed him to create [Metabolic Masterpiece](#) and [Fat Loss Quickie](#).

The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy most in life.

Angie and Scott recently celebrated their 11 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Metabolic Masterpiece blog](#) and the [Fat Loss Quickie Blog](#)

The Metabolic Masterpiece blog and Fat Loss Quickie blog are a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Metabolic friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

# METABOLIC MASTERPIECE

## Renaissance Phase



By Scott Tousignant  
[www.MetabolicMasterpiece.com](http://www.MetabolicMasterpiece.com)

## DISCLAIMER

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Metabolic Masterpiece shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional. The recipes and meal plan within this program are for informational purposes only. While every attempt has been made to verify the information provided in the Metabolic Masterpiece Meal Plan & Recipe book, neither the author or nor his affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The Metabolic Masterpiece Meal Plan & Recipe book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The meal plan and recipes outlined herein should not be adopted without consultation with a physician or your health professional. Use of the meal plan and nutrition recipes herein is at the sole choice and risk of the reader. The authors are neither responsible, nor liable, for any harm or injury resulting from the recipes and meal plan suggested.

# Introduction

Welcome to the Metabolic Masterpiece Renaissance Phase workout program. This is your next step after completing the first 84 Day Metabolic Masterpiece Body Sculpting program. It's time to kick things up a notch and challenge your body with a new set of body sculpting workouts.

The Renaissance Phase is a new 84 Day Body Sculpting Program designed to build upon the results that you experienced from the original program. If you achieved your fat loss goals during the original 84 day program, you can use the Renaissance Phase to build lean muscle mass. If you still have some fat to release from your body before you get the totally shredded look, you can use this program to continue burning fat while gaining some lean muscle mass.

The Renaissance Phase includes three different workout programs that were inspired by the work of some of the greatest physique artists of all time... Vince Gironda, Steve Reeves, and Arnold Schwarzenegger. These physique artists paid great attention to the finer details of body sculpting. They didn't focus on how many calories they were burning during the workouts. They focused on sculpting the most aesthetically pleasing physique possible.

I'm looking forward to seeing how these classic physique strategies impact your body and continue sculpting it into a work of art.

Let's move onto the Metabolic Masterpiece Renaissance Phase workouts...

# Vince Gironda Inspired Workouts

The first 4 weeks of the Metabolic Masterpiece Renaissance Phase workouts have some inspiration from Vince Gironda inserted in them. Specifically, the 8 sets of 8 protocol that he was known for popularizing. But this 4 week program is much more than just 8 sets of 8.

This program has a bit of a unique split routine to it. You will start off with a lower body/upper body split for the first 2 days and focus on strength, utilizing straightsets in the lower rep range, while lifting heavy weight. After taking a day off you will then go to a 3 day body part split routine where you focus on hypertrophy training, utilizing the 8 sets of 8 protocol and supersets.

This is a step up from the original 84 day Metabolic Masterpiece program where we trained 4 days per week. Bumping it up to 5 days during the next 4 weeks will be a nice shock to your system.

Be sure to make note of the “Target” reps column in your log book below. If the set calls for 8-10 reps, you should select a weight that you can do no more than 10 reps with proper form. If you feel that you can do 11 reps with proper form, go ahead and do 11 reps, but be sure to increase the weight the next workout. Also, make note of the rest period as it changes throughout the workout.

## Warm Up

I have included warm up videos on the [Metabolic Masterpiece workout video page](#). I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.



Workout #1 and workout #3 you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm ups sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep

At the end of this 4 week program you will be stronger, leaner, and become more sculpted.

## **Cardio**

Select a form of cardio that you enjoy performing that will not interfere with your goals. Often times it's a combination of long duration cardio and HIIT cardio that works best.

Personally, I haven't performed any cardio other than a 40 minute brisk walk nearly every day during this Renaissance Phase. I find that walking is the best form of active recovery for my body and reduces my stress. I believe that it puts my body in an optimal state to burn fat and build muscle.

I don't get totally wrapped up in the amount of calories being burned from walking because I have found that walking suppresses my appetite while other forms of cardio and HIIT increase my appetite... therefore the calorie difference ends up being the same and I enjoy walking more.

# Workout #1 Description

## Warm Up

Today you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm ups sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep.

## The Workout

The focus of today's workout is on building strength and increasing your ability to recruit more muscle fibers with the Hack Squat and Deadlift. You will perform 3 straightsets of the Hack Squat with a target of 3-5 reps. Then you'll move onto the Deadlift and do the same thing. Really challenge yourself here and aim for a personal best each week, even if it's just 5 pounds. Be sure to select a weight that you can do for at least 3 reps with proper form, but no more than 5 reps with proper form.

You will then move onto building strength in your calves and abs.



## Workout #1: Legs, Calves & Abs

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Hack Squat	1			150
Hack Squat	2			150
Hack Squat	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Deadlift	1			150
Deadlift	2			150
Deadlift	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Standing Calve Raises	1			90
Standing Calve Raises	2			90
Standing Calve Raises	3			90

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Seated Calve Raises	1			90
Seated Calve Raises	2			90
Seated Calve Raises	3			90

Straight Set	Set	Reps (Target = 8-10)	Weight Lifted	Rest
2 Dumbbell Twist	1			60
2 Dumbbell Twist	2			60
2 Dumbbell Twist	3			60

# Workout #2 Description

## Warm Up

I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

## The Workout

Today's workout will focus on building strength in your upper body as well as increase your body's ability to recruit more muscle fibers. You will perform one exercise for each body part, consisting of 3 sets each and only 3-5 reps per set.

Your goal for the next 4 weeks is to progress in strength from week to week with each exercise. Small improvements in strength can make a big difference in your physique.

**Workout #2: Chest, Back, Shoulders, Biceps & Triceps**

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Decline Bench Press	1			150
Decline Bench Press	2			150
Decline Bench Press	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Pull-Ups	1			150
Pull-Ups	2			150
Pull-Ups	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Military Press	1			150
Military Press	2			150
Military Press	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Preacher Curl	1			150
Preacher Curl	2			150
Preacher Curl	3			150

Straight Set	Set	Reps (Target = 3-5)	Weight Lifted	Rest
Lying Triceps Ext.	1			150
Lying Triceps Ext.	2			150
Lying Triceps Ext.	3			150

# Workout #3 Description

## Warm Up

Today's warm up begins with the same warm up exercises as Workout #1's warm up.

## The Workout

It's time to really blast your legs and send your metabolic system into over-drive!

For today's workout you will perform a combination of 8 sets of 8 and superstes with much shorter rest.

You will begin with 8 sets of 8 on the Leg Press. Selecting an appropriate weight will be a bit of a trial and error for the first week. You will need to reduce the weight a fair amount in order to get through all 8 sets.

You will use the same weight for every set. The first 4 sets will feel pretty easy. By the 5th and 6th reps you should be starting to feel fatigued. The 7th and 8th set should be killer.

The goal is to stick with the same weight and same 15 second rest period throughout the entire 8 sets. You should be able to complete the 8th rep of the 8th set and have nothing left in the tank to perform a 9th rep. If you can perform more than 8 reps on the 8th set, you'll need to increase the weight for the next workout. If you fall just short of the 8th rep on the 8th set, you can keep the same weight, but try to progress and complete all 8 reps of the 8 sets during the next workout. If you are completely fried before starting the 8th set and need a longer rest, you'll need to reduce the weight for the next workout.

Like I said, it's a bit of trial and error this first week.

Next you will move onto two killer supersets. The first superset will blast your quads by performing Front Squats and Leg Extensions with no rest between the two. After completing both exercises you can then take a 60 second break before repeating for 2 more sets. You are aiming for 15 reps for each exercise in each set.

After you complete all 3 supersets take a 2 - 3 minute break and allow your legs to recover a bit.

The second superset will blast your hammies with the Stiff Leg Deadlift and Leg Curl. Once again you will follow the same protocol as the previous supersets pair and perform 15 reps. By now you should feel like you just ran an all out 400 meter dash and want to collapse on the floor.

If you need to take a 3 minute break before moving onto your calves that is totally fine. Regroup yourself and get ready.

For calves you will perform a superset with the seated calve machine and the standing calve machine. Do not rest between the exercises. After completing both of them, take a 60 second break and repeat for 3 sets.

Now it's time to refuel your body and help it recover from the punishment ;)

### Workout #3: Legs & Calves

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Leg Press	1			15
Leg Press	2			15
Leg Press	3			15
Leg Press	4			15
Leg Press	5			15
Leg Press	6			15
Leg Press	7			15
Leg Press	8			15
Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Front Squat	1			0
Leg Extension	1			60
Front Squat	2			0
Leg Extension	2			60
Front Squat	3			0
Leg Extension	3			60
Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Stiff Leg Deadlift	1			0
Leg Curl	1			60
Stiff Leg Deadlift	2			0
Leg Curl	2			60
Stiff Leg Deadlift	3			0
Leg Curl	3			60

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Standing Calve Raises	1			0
Seated Calve Raises	1			60
Standing Calve Raises	2			0
Seated Calve Raises	2			60
Standing Calve Raises	3			0
Seated Calve Raises	3			60

# Workout #4 Description

## Warm Up

Today's warm up begins with the same warm up exercises as Tuesday's warm up.

## The Workout

You will begin with 8 sets of 8 on the Incline Dumbbell Chest Press. Selecting an appropriate weight will be a bit of a trial and error for the first week. You will need to reduce the weight a fair amount in order to get through all 8 sets.

You will use the same weight for every set. The first 4 sets will feel pretty easy. By the 5th and 6th reps you should be starting to feel fatigued. The 7th and 8th set should be killer.

The goal is to stick with the same weight and same 15 second rest period throughout the entire 8 sets. You should be able to complete the 8th rep of the 8th set and have nothing left in the tank to perform a 9th rep. If you can perform more than 8 reps on the 8th set, you'll need to increase the weight for the next workout. If you fall just short of the 8th rep on the 8th set, you can keep the same weight, but try to progress and complete all 8 reps of the 8 sets during the next workout. If you are completely fried before starting the 8th set and need a longer rest, you'll need to reduce the weight for the next workout.

Like I said, it's a bit of trial and error this first week.

Next you will move onto a killer superset between dips and push-ups. This will pump up your chest like crazy!



For the dips you will want to lean your body forward and flare your elbows out to the side in order to hit your pecs more than your triceps.

The goal is to hit 15 reps. If you are strong in dips you should use a belt to add some weight. If you are weak in the dips you may use the assisted dip machine.

There is no rest between the two exercises. After completing both exercises you can then take a 60 second break before repeating for 2 more sets.

Next you'll move onto working your shoulders and perform 8 sets of 8 with the dumbbell shoulder press. I prefer a neutral grip where my palms face each other.

After completing the 8 sets of 8 for the Dumbbell Shoulder Press you will perform a superset between Lateral Raises and Upright Rows. Once again you will follow the same protocol as the previous supersets and perform 15 reps.

You will finish off the workout by blasting your triceps. You will follow the 8 sets of 8 protocol for the Lying Dumbbell Triceps Extension and the Supersets for the Triceps Pressdown and Reverse Triceps Pressdown.

## Workout #4: Chest, Shoulders, & Triceps

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Incline Dumbbell Chest	1			15
Incline Dumbbell Chest	2			15
Incline Dumbbell Chest	3			15
Incline Dumbbell Chest	4			15
Incline Dumbbell Chest	5			15
Incline Dumbbell Chest	6			15
Incline Dumbbell Chest	7			15
Incline Dumbbell Chest	8			15

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Dips	1			0
Push-Ups	1			60
Dips	2			0
Push-Ups	2			60
Dips	3			0
Push-Ups	3			60

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Dumbbell Shoulders	1			15
Dumbbell Shoulders	2			15
Dumbbell Shoulders	3			15
Dumbbell Shoulders	4			15
Dumbbell Shoulders	5			15
Dumbbell Shoulders	6			15
Dumbbell Shoulders	7			15
Dumbbell Shoulders	8			15

workout #4 continued...

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Lateral Raises	1			0
Upright Row	1			60
Lateral Raises	2			0
Upright Row	2			60
Lateral Raises	3			0
Upright Row	3			60

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Dumbbell Triceps Extens.	1			15
Dumbbell Triceps Extens.	2			15
Dumbbell Triceps Extens.	3			15
Dumbbell Triceps Extens.	4			15
Dumbbell Triceps Extens.	5			15
Dumbbell Triceps Extens.	6			15
Dumbbell Triceps Extens.	7			15
Dumbbell Triceps Extens.	8			15

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Triceps Pressdown	1			0
Rev. Triceps Pressdown	1			60
Triceps Pressdown	2			0
Rev. Triceps Pressdown	2			60
Triceps Pressdown	3			0
Rev. Triceps Pressdown	3			60

# Workout #5 Description

## Warm Up

Today's warm up begins with the same warm up exercises as Tuesday's warm up.

## The Workout

You will begin with 8 sets of 8 on the Barbell Row. Selecting an appropriate weight will be a bit of a trial and error for the first week. You will need to reduce the weight a fair amount in order to get through all 8 sets.

You will use the same weight for every set. The first 4 sets will feel pretty easy. By the 5th and 6th reps you should be starting to feel fatigued. The 7th and 8th set should be killer.

The goal is to stick with the same weight and same 15 second rest period throughout the entire 8 sets. You should be able to complete the 8th rep of the 8th set and have nothing left in the tank to perform a 9th rep. If you can perform more than 8 reps on the 8th set, you'll need to increase the weight for the next workout. If you fall just short of the 8th rep on the 8th set, you can keep the same weight, but try to progress and complete all 8 reps of the 8 sets during the next workout. If you are completely fried before starting the 8th set and need a longer rest, you'll need to reduce the weight for the next workout.

Like I said, it's a bit of trial and error this first week.

Next you will move onto a killer superset between Wide Grip Pulldowns and Seated Rows. This will really get your back muscles burning!

There is no rest between the two exercises. After completing both exercises you can then take a 60 second break before repeating for 2 more sets.

Next you'll move onto working your biceps and perform 8 sets of 8 with the Barbell Curl.

After completing the 8 sets of 8 for the Barbell Curl you will perform a superset between Incline Dumbbell Biceps Curls and Hammer Curls. Once again you will follow the same protocol as the previous supersets and perform 15 reps.

You will finish off the workout by blasting your abs. You will follow the 8 sets of 8 protocol for the Cable Crunch and the Supersets for the Jackknife and 1 Dumbbell Twist.

## Workout #5: Back, Biceps, & Abs

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Barbell Row	1			15
Barbell Row	2			15
Barbell Row	3			15
Barbell Row	4			15
Barbell Row	5			15
Barbell Row	6			15
Barbell Row	7			15
Barbell Row	8			15

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Wide Grip Pulldown	1			0
Seated Row	1			60
Wide Grip Pulldown	2			0
Seated Row	2			60
Wide Grip Pulldown	3			0
Seated Row	3			60

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Barbell Curls	1			15
Barbell Curls	2			15
Barbell Curls	3			15
Barbell Curls	4			15
Barbell Curls	5			15
Barbell Curls	6			15
Barbell Curls	7			15
Barbell Curls	8			15

## Workout #5 continued...

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Inc. Dumbbell Biceps Curl	1			0
Hammer Curl	1			60
Inc. Dumbbell Biceps Curl	2			0
Hammer Curl	2			60
Inc. Dumbbell Biceps Curl	3			0
Hammer Curl	3			60

8 Sets Of 8	Set	Reps (Target = 8)	Weight Lifted	Rest
Cable Crunch	1			15
Cable Crunch	2			15
Cable Crunch	3			15
Cable Crunch	4			15
Cable Crunch	5			15
Cable Crunch	6			15
Cable Crunch	7			15
Cable Crunch	8			15

Superset	Set	Reps (Target = 15)	Weight Lifted	Rest
Jackknife	1			0
1 Dumbbell Twist	1			60
Jackknife	2			0
1 Dumbbell Twist	2			60
Jackknife	3			0
1 Dumbbell Twist	3			60

# Conclusion

This concludes the 4 week Vince Gironda inspired Metabolic Masterpiece Renaissance Phase workout program. Give your very best effort toward the program for the next 4 weeks and be sure to progress each week by adding a little extra resistance to the exercises.

We're really excited to hear all about your successes. We'd absolutely love it if you shared your transformation pictures with us as well as the stories about how your success is impacting your confidence and life.

Let's ROCK This Program!



# Steve Reeves Inspired Workouts

This 4 week workout program from the Metabolic Masterpiece Renaissance Phase is inspired by the great Steve Reeves who preferred to perform full body workouts 3 days per week. Do not be fooled by routine. Just because it's only 3 days per week does not mean that it's any less challenging than the 4 or 5 day routines that we have been following. Working every body part 3 days per week is very challenging indeed.

Monday's workout focuses on strength training with straightsets while Wednesday and Saturday's workouts focus on hypertrophy training with supersets and straightsets.

Be sure to make note of the "Target" reps column in your log book below. If the set calls for 8-10 reps, you should select a weight that you can do no more than 10 reps with proper form. If you feel that you can do 11 reps with proper form, go ahead and do 11 reps, but be sure to increase the weight the next workout. Also, make note of the rest period as it changes throughout the workout.

## Warm Up

I have included warm up videos on the [Metabolic Masterpiece workout video page](#). I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

## Cardio

Select a form of cardio that you enjoy performing that will not interfere with your goals. Often times it's a combination of long duration cardio and HIIT cardio that works best.

Personally, I haven't performed any cardio other than a 40 minute brisk walk nearly every day during this Renaissance Phase. I find that walking is the best form of active recovery for my body and reduces my stress. I believe that it puts my body in an optimal state to burn fat and build muscle.

I don't get totally wrapped up in the amount of calories being burned from walking because I have found that walking suppresses my appetite while other forms of cardio and HIIT increase my appetite... therefore the calorie difference ends up being the same and I enjoy walking more.

# Monday Workout Description

Monday's workout is focused on strength training where you will only hit the 3 major muscle groups; Chest, Back, and Legs. Aim for 5-6 reps in each set and take 2 1/2 minutes rest between each set.

If you are pressed for time and 4 sets seems to be too much for you, feel free to reduce it to 3 sets per exercise.

## Monday Workout:

Straightset	Set	Reps (Target = 5-6)	Weight Lifted	Rest
Incline Dumbbell Chest Press	1			150
Incline Dumbbell Chest Press	2			150
Incline Dumbbell Chest Press	3			150
Incline Dumbbell Chest Press	4			150
Straightset	Set	Reps (Target = 5-6)	Weight Lifted	Rest
Pull-Ups	1			150
Pull-Ups	2			150
Pull-Ups	3			150
Pull-Ups	4			150
Straightset	Set	Reps (Target = 5-6)	Weight Lifted	Rest
Squats	1			150
Squats	2			150
Squats	3			150
Squats	4			150
Straightset	Set	Reps (Target = 5-6)	Weight Lifted	Rest
Standing Calve Raises	1			90
Standing Calve Raises	2			90
Standing Calve Raises	3			90
Straightset	Set	Reps (Target = 5-6)	Weight Lifted	Rest
Cable Crunch	1			90
Cable Crunch	2			90
Cable Crunch	3			90

## Wednesday Workout Description

Today's workout is focused on medium rep range of 8-10 and we'll be using supersets to really get your muscles pumping. For the most part, the supersets will involve opposing muscle groups such as chest & back, bi's & tris, quads & hammies. This will give your muscles a little more time to recover even though you aren't taking any rest between exercises.

For supersets you will perform the two exercises back to back with no rest. Then you can rest for 60 seconds before repeating that superset two more times. Then move onto the next superset with two different exercises.

## Wednesday Workout

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Incline Bench Press	1			60
Barbell Rows	1			60
Incline Bench Press	2			60
Barbell Rows	2			60
Incline Bench Press	3			60
Barbell Rows	3			60

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Lying Triceps Extension	1			60
Barbell Curls	1			60
Lying Triceps Extension	2			60
Barbell Curls	2			60

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Front Squat	1			60
Stiff Leg Deadlift	1			60
Front Squat	2			60
Stiff Leg Deadlift	2			60
Front Squat	3			60
Stiff Leg Deadlift	3			60

Wednesday Workout Continued on the Next Page....

### Wednesday Workout continued...

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Military Press	1			60
Knee Raises	1			60
Military Press	2			60
Knee Raises	2			60
Military Press	3			60
Knee Raises	3			60

Superset	Set	Reps (Target = 8-10)	Weight Lifted	Rest
Standing Calve Raises	1			60
Seated Calve Raises	1			60
Standing Calve Raises	2			60
Seated Calve Raises	2			60
Standing Calve Raises	3			60
Seated Calve Raises	3			60

# Saturday Workout Description

Today's workout is all about hypertrophy by applying a shorter rest period (45 seconds) and higher reps (10-12), while using straightsets.

The workout is pretty straight forward.



## Saturday Workout

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Wide Grip Dips	1			45
Wide Grip Dips	2			45
Wide Grip Dips	3			45

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Wide Grip Pulldown	1			45
Wide Grip Pulldown	2			45
Wide Grip Pulldown	3			45

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Dumbbell Shoulder Press	1			45
Dumbbell Shoulder Press	2			45
Dumbbell Shoulder Press	3			45

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Preacher Curl	1			45
Preacher Curl	2			45
Preacher Curl	3			45

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Triceps Pressdown	1			45
Triceps Pressdown	2			45
Triceps Pressdown	3			45

Saturday Workout Continued on the Next Page...

## Saturday Workout Continued...

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
Dynamic Barbell Lunge	1			45
Dynamic Barbell Lunge	2			45
Dynamic Barbell Lunge	3			45

Straightset	Set	Reps (Target = 10-12)	Weight Lifted	Rest
1 Dumbbell Twist	1			45
1 Dumbbell Twist	2			45
1 Dumbbell Twist	3			45

# Conclusion

This concludes the 4 week Steve Reeves inspired workout program from the Metabolic Masterpiece Renaissance Phase. Give your very best effort toward the program for the next 4 weeks and be sure to progress each week by adding a little extra resistance to the exercises.

We're really excited to hear all about your successes. We'd absolutely love it if you shared your transformation pictures with us as well as the stories about how your success is impacting your confidence and life.

Let's ROCK This Program!

# Arnold Schwarzenegger Inspired Workouts

The final 4 week workout program from the Metabolic Masterpiece Renaissance Phase is inspired by Arnold Schwarzenegger and focuses on shorter rest periods, while producing a massive pump!

To achieve this massive pump, we will utilize straightsets, supersets, dropsets, and a finisher exercise where you hold the contraction for a 10 count. This will really bring out the definition in your muscles.

This 4 week program is a four day body part split routine and is very high in volume.

Be sure to make note of the “Target” reps column in your log book below. If the set calls for 8-10 reps, you should select a weight that you can do no more than 10 reps with proper form. If you feel that you can do 11 reps with proper form, go ahead and do 11 reps, but be sure to increase the weight the next workout. Also, make note of the rest period as it changes throughout the workout.

## Warm Up

I have included warm up videos on the [Metabolic Masterpiece workout video page](#). I like to warm up my body with a few simple dumbbell movements combined with various arm circles to help loosen up my shoulders and get the blood flowing to them. I follow up those exercises by performing lighter weight reps for an exercise or two, which I will be performing during the workout.

For workout #1 you will be working your legs so you really want to get the blood pumping to them and loosen them up before you start cranking out the working sets.

Spending 5 minutes on a stationary bike is one of the best ways to warm up before a leg workout. Then you will want to proceed by performing some light warm ups sets for the squat.

Start with a body weight prisoner squat, followed by squatting the bar, and then gradually add weight to the bar until you get to the weight that you will be lifting for the working set. Ideally you want to do 5 warm up sets including the body weight squat. You should perform this sets at 50-60 percent of your effort. Do not go all out on these warm up sets. For the last warm up set you should only do 1 rep

At the end of this 4 week program you will be stronger, leaner, and become more sculpted.

## **Cardio**

Select a form of cardio that you enjoy performing that will not interfere with your goals. Often times it's a combination of long duration cardio and HIIT cardio that works best.

Personally, I haven't performed any cardio other than a 40 minute brisk walk nearly every day during this Renaissance Phase. I find that walking is the best form of active recovery for my body and reduces my stress. I believe that it puts my body in an optimal state to burn fat and build muscle.

I don't get totally wrapped up in the amount of calories being burned from walking because I have found that walking suppresses my appetite while other forms of cardio and HIIT increase my appetite... therefore the calorie difference ends up being the same and I enjoy walking more.

# Workout #1 Description

Today you will be working your chest, biceps, and abs beginning with the Incline Bench Press. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those chest muscles by performing a few strip sets with the Incline Bench Press. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the Dumbbell Chest Press.

You will finish off your chest by performing 3 sets of the Lower Cable Pulleys. For this exercise you will hold the contraction for a 10 count. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your chest muscles on this exercise. Perform 5 reps for each set.

Now it's time to blast your biceps with the Barbell Curl. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those biceps muscles by performing a few strip sets with the Barbell Curl. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip

the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the Preacher Curl.

You will finish off your biceps by performing 3 sets of Hammer Curls. For this exercise you will hold the contraction for a 10 count. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your biceps muscles on this exercise. Perform 5 reps for each set.

Now it's time to finish off your workout with some Cable Crunches for your abs. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those abs muscles by performing a few strip sets with the Cable Crunch. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

## Workout #1: Chest, Biceps, and Abs

Straightset	Set	Reps	Weight Lifted	Rest
Incline Bench Press	1	12		30
Incline Bench Press	2	10		30
Incline Bench Press	3	8		30
Incline Bench Press (strip the weight)	4	8-12		30
Incline Bench Press (strip the weight)	5	8-12		30
Incline Bench Press (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Dumbbell Chest Press	1	12		30
Dumbbell Chest Press	2	10		30
Dumbbell Chest Press	3	8		30
Dumbbell Chest Press (strip the weight)	4	8-12		30
Dumbbell Chest Press (strip the weight)	5	8-12		30
Dumbbell Chest Press (strip the weight)	6	8-12		30

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Lower Cable Pulley (squeeze for 10 count)	1			30
Lower Cable Pulley (squeeze for 10 count)	2			30
Lower Cable Pulley (squeeze for 10 count)	3			30

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### Workout #1 Continued....

Straightset	Set	Reps	Weight Lifted	Rest
Barbell Biceps Curl	1	12		30
Barbell Biceps Curl	2	10		30
Barbell Biceps Curl	3	8		30
Barbell Biceps Curl (strip the weight)	4	8-12		30
Barbell Biceps Curl (strip the weight)	5	8-12		30
Barbell Biceps Curl (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Preacher Curl	1	12		30
Preacher Curl	2	10		30
Preacher Curl	3	8		30
Preacher Curl (strip the weight)	4	8-12		30
Preacher Curl (strip the weight)	5	8-12		30
Preacher Curl (strip the weight)	6	8-12		30

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Hammer Curl (squeeze for a 10 count)	1			30
Hammer Curl (squeeze for a 10 count)	2			30
Hammer Curl (squeeze for a 10 count)	3			30

Straightset	Set	Reps	Weight Lifted	Rest
Cable Crunch	1	12		30
Cable Crunch	2	10		30
Cable Crunch	3	8		30
Cable Crunch (strip the weight)	4	8-12		30
Cable Crunch (strip the weight)	5	8-12		30
Cable Crunch (strip the weight)	6	8-12		30

## Workout #2 Description

Today you will be working your quads, hammies, and calves beginning with the Front Squat. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those quad muscles by performing a few strip sets with the Front Squat. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the T-Bar Deadlift.

Your quads and hammies should be fairly shot at this point and we're going to wake them up with 3 straightsets of Alternating Lunges. This will get your heart pumping and blood rushing to quads, hammies, and glutes!

Now we're going to come back to those quads of yours and perform the Leg Extension as a finisher by utilizing that 10 second hold and squeeze. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your quad muscles on this exercise. Perform 5 reps for all 3 sets.

Now let's get back to those hammies and perform the Leg Curl as a finisher by utilizing that 10 second hold and squeeze. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your hammies on this exercise. Perform 5 reps for all 3 sets.

Now it's time to finish off your workout with some Calves, starting with the Standing Calve Raises. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those calve muscles by performing a few strip sets with the Standing Calve Raises. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Finish off by doing the same thing with the Seated Calve Raises.

## Workout #2: Quads, Hammies, and Calves

Straightset	Set	Reps	Weight Lifted	Rest
Front Squat	1	12		30
Front Squat	2	10		30
Front Squat	3	8		30
Front Squat (strip the weight)	4	8-12		30
Front Squat (strip the weight)	5	8-12		30
Front Squat (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
T-Bar Deadlift	1	12		30
T-Bar Deadlift	2	10		30
T-Bar Deadlift	3	8		30
T-Bar Deadlift (strip the weight)	4	8-12		30
T-Bar Deadlift (strip the weight)	5	8-12		30
T-Bar Deadlift (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Alternating Dumbbell Lunges	1	12		30
Alternating Dumbbell Lunges	2	10		30
Alternating Dumbbell Lunges	3	8		30

Continued on the next page....

## Workout #2 Continued....

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Leg Extension (squeeze for a 10 count)	1			30
Leg Extension (squeeze for a 10 count)	2			30
Leg Extension (squeeze for a 10 count)	3			30

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Seated Leg Curl (squeeze for a 10 count)	1			30
Seated Leg Curl (squeeze for a 10 count)	2			30
Seated Leg Curl (squeeze for a 10 count)	3			30

Straightset	Set	Reps	Weight Lifted	Rest
Standing Calve Raises	1	12		30
Standing Calve Raises	2	10		30
Standing Calve Raises	3	8		30
Standing Calve Raises (strip the weight)	4	8-12		30
Standing Calve Raises (strip the weight)	5	8-12		30
Standing Calve Raises (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Seated Calve Raises	1	12		30
Seated Calve Raises	2	10		30
Seated Calve Raises	3	8		30
Seated Calve Raises (strip the weight)	4	8-12		30
Seated Calve Raises (strip the weight)	5	8-12		30
Seated Calve Raises (strip the weight)	6	8-12		30

## Workout #3 Description

Today you will be working your shoulders, triceps, and abs beginning with the Arnold Press (This program is inspired by Arnold after all, so it only makes sense to include the Arnold Press :D ). Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those shoulder muscles by performing a few strip sets with the Arnold Press. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the Lateral Raises.

You will finish off your shoulders by performing 3 sets of Bent Over Raises. For this exercise you will hold the contraction for a 10 count. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your rear delts on this exercise. Perform 5 reps for each set.

Now it's time to blast your triceps with the Lying Triceps Extension. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those triceps muscles by performing a few strip sets with the Lying Triceps Extension. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30

seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the Triceps Pressdown.

You will finish off your triceps by performing 3 sets of Reverse Triceps Pressdown. For this exercise you will hold the contraction for a 10 count. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your triceps muscles on this exercise. Perform 5 reps for each set.

Now it's time to finish off your workout with some Leg/Knee Raises for your abs. You will perform 3 straightsets for this exercise and aim for 10-15 reps.

### Workout #3: Shoulders, Triceps, and Abs

Straightset	Set	Reps	Weight Lifted	Rest
Arnold Press	1	12		30
Arnold Press	2	10		30
Arnold Press	3	8		30
Arnold Press (strip the weight)	4	8-12		30
Arnold Press (strip the weight)	5	8-12		30
Arnold Press (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Lateral Raise	1	12		30
Lateral Raise	2	10		30
Lateral Raise	3	8		30
Lateral Raise (strip the weight)	4	8-12		30
Lateral Raise (strip the weight)	5	8-12		30
Lateral Raise (strip the weight)	6	8-12		30

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Bent Over Raise (squeeze for 10 count)	1			30
Bent Over Raise (squeeze for 10 count)	2			30
Bent Over Raise (squeeze for 10 count)	3			30

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### Workout #3 Continued....

Straightset	Set	Reps	Weight Lifted	Rest
Lying Triceps Extension	1	12		30
Lying Triceps Extension	2	10		30
Lying Triceps Extension	3	8		30
Lying Triceps Extension (strip the weight)	4	8-12		30
Lying Triceps Extension (strip the weight)	5	8-12		30
Lying Triceps Extension (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Triceps Pressdown	1	12		30
Triceps Pressdown	2	10		30
Triceps Pressdown	3	8		30
Triceps Pressdown (strip the weight)	4	8-12		30
Triceps Pressdown (strip the weight)	5	8-12		30
Triceps Pressdown (strip the weight)	6	8-12		30

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Reverse Triceps Ext. (squeeze for a 10 count)	1			30
Reverse Triceps Ext. (squeeze for a 10 count)	2			30
Reverse Triceps Ext. (squeeze for a 10 count)	3			30

Straightset	Set	Reps	Weight Lifted	Rest
Leg Raises	1	10-15		30
Leg Raises	2	10-15		30
Leg Raises	3	10-15		30

## Workout #4 Description

Today you will be working your back and abs beginning with Pull-ups. This exercise is just to get your back muscle warmed up and blood pumping to them. Do not go heavy on this and stop short of failure. Perform 3 sets.

Next you will move onto a Barbell Row. Select a weight that you can perform for 12 reps with good form. You will be using the same weight for the first 3 sets. Because there is only 30 seconds rest between sets, you should only be able to perform approximately 10 reps for the second set and 8 reps for the third set.

Now you're going to burn those back muscles by performing a few strip sets with the Barbell Rows. When you strip the weight select an amount that will allow you to perform between 8-12 reps. Rest for 30 seconds and strip the weight again and perform 8-12 reps. Strip the weight one more time and perform 8-12 reps. You should be totally fried at the end of this set.

Next you will do the same thing for the Seated Rows.

You will finish off your back by performing 3 sets of the Wide Grip Pulldowns. For this exercise you will hold the contraction for a 10 count. You'll need to go lighter on this exercise in order to really feel that squeeze. I really want you to squeeze the heck out of your back muscles on this exercise. Perform 5 reps for each set.

Now it's time to finish off your workout with some 1 Dumbbell Twists for your obliques. Select a weight that you can perform for 10-15 reps with good form.

## Workout #4: Back, and Abs

Straightset	Set	Reps	Weight Lifted	Rest
Pull-Ups	1	12		30
Pull-Ups	2	10		30
Pull-Ups	3	8		30

Straightset	Set	Reps	Weight Lifted	Rest
Barbell Row	1	12		30
Barbell Row	2	10		30
Barbell Row	3	8		30
Barbell Row (strip the weight)	4	8-12		30
Barbell Row (strip the weight)	5	8-12		30
Barbell Row (strip the weight)	6	8-12		30

Straightset	Set	Reps	Weight Lifted	Rest
Seated Row	1	12		30
Seated Row	2	10		30
Seated Row	3	8		30
Seated Row (strip the weight)	4	8-12		30
Seated Row (strip the weight)	5	8-12		30
Seated Row (strip the weight)	6	8-12		30

Continued on the next page....

### Workout #4 Continued....

Straightset	Set	Reps (Target = 5)	Weight Lifted	Rest
Wide Grip Pulldown (squeeze for a 10 count)	1			30
Wide Grip Pulldown (squeeze for a 10 count)	2			30
Wide Grip Pulldown (squeeze for a 10 count)	3			30

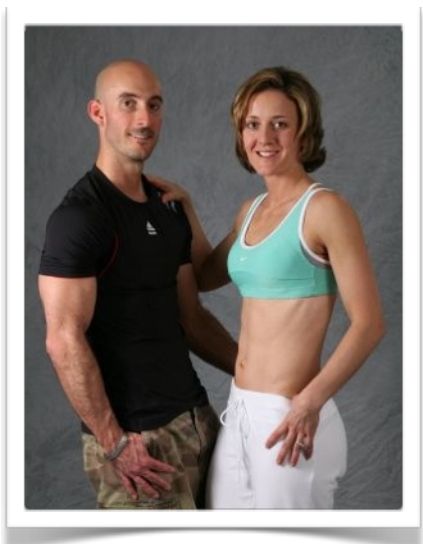
Straightset	Set	Reps	Weight Lifted	Rest
1 Dumbbell Twist	1	10-15		30
1 Dumbbell Twist	2	10-15		30
1 Dumbbell Twist	3	10-15		30

## CONCLUSION

This concludes the 4 week Arnold Schwarzenegger inspired Metabolic Masterpiece Renaissance Phase workout program. Give your very best effort toward the program for the next 28 days and be sure to progress each week by adding a little extra resistance to the exercises.

Let's ROCK This Program!

## GET TO KNOW SCOTT & ANGIE



Scott, and Angie have been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of Fat Loss Quickie, Angie is also the author of [Sizzlin' Circuits](#), [Core Plus More](#), [More Love, Less Fat](#), and [Girl Empowered](#).

Scott is a Certified Fitness Consultant with a degree in Human Kinetics. His education coupled with his years of experience, has allowed him to create [Metabolic Masterpiece](#) and [Fat Loss Quickie](#).

The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy most in life.

Angie and Scott recently celebrated their 11 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



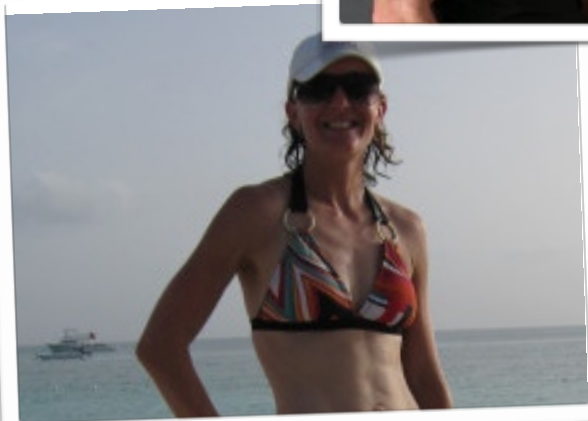
Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

# SCOTT'S METABOLIC MASTERPIECE DAILY JOURNAL



By Scott Tousignant  
[www.MetabolicMasterpiece.com](http://www.MetabolicMasterpiece.com)



## DISCLAIMER

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Fat Loss Quickie shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Before making any changes to your personal diet and nutrition habits it is recommended that you consult with your physician or health care professional. The recipes and meal plan within this program are for informational purposes only. While every attempt has been made to verify the information provided in the Metabolic Masterpiece Meal Plan & Recipe book, neither the author or nor his affiliates/partners assume any responsibility for errors, inaccuracies, or omissions. The Metabolic Masterpiece Meal Plan & Recipe book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. The meal plan and recipes outlined herein should not be adopted without consultation with a physician or your health professional. Use of the meal plan and nutrition recipes herein is at the sole choice and risk of the reader. The authors are neither responsible, nor liable, for any harm or injury resulting from the recipes and meal plan suggested.

## Day 1



**6:45 am** - Woke up after a rough 6 hour sleep. For some reason I was tossing and turning and just couldn't get comfortable.

Go through the morning routine of getting the kids ready for school and on the bus.

**6:45 to 8:30** - Drank 3 cups of coffee with a tiny bit of 2% milk

**8:45** - Went for a 30 minute brisk walk

**9:30** - Breakfast consisting of 2 eggs, mushrooms, tomato, cheddar cheese, a couple small pieces of left over diced steak, ground black pepper.



**12:30 pm** - **Workout:** Leg, calves, and abs workout from Metabolic Maverick

**1:30** - 2/3 cup oatmeal, 1 cup frozen blueberries, cinnamon, [Prograde Protein Powder](#).

**2:30** - small handful of natural almonds and 2 clementines.

**5:30** - beef barley soup and a home made brownie for desert

**8:00** - beef barley soup and a home made brownie for desert

**9:00** - 14 Melba Rounds

**9:30** - Went to bed and fell asleep immediately



### **Thoughts For The Day**

I prefer to start my day with a walk, but because I tossed and turned all night I knew that I wouldn't be able to get up in time and I thought that the extra sleep would do my body better. This through my day off a bit, but I made sure that I got my walk in after the kids were on the bus. My morning walk is incredibly important to me. It clears my head and allows me to gain focus and clarity for my day.

The workout was killer today. I felt it immediately. It was focused more on strength, so it produced a different kind of wonderful muscle soreness compared to a workout consisting of higher reps and volume.

I felt great all day long. I was never hungry or full. Always satisfied. At the end of the day I found myself looking for something crunchy. That's when I ate 14 Melba Rounds. I could have stopped at 4, but then the head games began ;)

I found myself thinking, "If you don't eat anything now you will wake up too hungry and won't have energy to get through your workout." That's one lie that I said to myself and I was totally aware of it. Then I thought, "Tomorrow you do a 24 hour fast beginning at 2pm, these Melba Rounds won't hurt you now."

You see, I totally convinced myself that it would be ok to eat food, when really, I wasn't hungry... I was just looking for something crunchy to munch on. It's these head games that will make or break your success. I learned from this experience and am in the works of coming up with a plan to conquer it when it happens again.

The good news is that the 14 Melba Rounds only add up to 160 calories. I'm certainly not going to use that to justify eating them, because 160 calories here and there will always add up and have an impact on your overall results.

It felt great to crash at 9:30 and fall asleep immediately.

It wasn't easy taking those pictures first thing in the morning. Although I do not have a significant amount of fat to release from my body, my physique is certainly not up to the standards that I hold for myself. Yes, I am pretty tough on myself when it comes to my body. I'm definitely very self conscious with my weight. I would actually have a very difficult time taking my shirt off on the beach looking like this. It's a healthy kind of toughness that I have with myself. Like I said, it's just my standards. Yet it's those standards that keep me in check and do not allow me to go too overboard with my weight, so for that I am grateful.

## Day 2



**5:45am** - Woke up after an awesome night of high quality sleep. I don't think that I woke up once during the night. This is the best way to start your day. Many people think that your day begins when you wake up. **I like to think that my day begins when I go to sleep** at night because it has such an impact on tomorrow.

**6:10** - Go for a 30 minute brisk walk

**6:45 to 8:30** - Drank 2 cups of coffee with a tiny bit of 2% milk

**6:45 - 8:30** Go through the morning routine of getting the kids ready for school and on the bus.

**8:45** - Ate two clementines

**9:45** - **Workout:** Upper body workout from Metabolic Maverick

**10:45** - 1 cup oatmeal, 1 cup blueberries, 1 tsp cinnamon 1 banana, 2 scoops [Prograde Protein](#)





**1:00 pm** - Large Tim Horton's coffee with half hot chocolate

**2:15** - 2 eggs sprinkled heavily with ground black pepper. 2 slices of toast. 1 home made brownie



**2:30** - Begin a 24 hour fast. This is not a form of punishment or deprivation. It's an experience that I enjoy and it's been a fun experiment on myself, although I am certain that fasting will not resonate with most people.

**9:30** - Fell asleep instantly

### **Thoughts For The Day**

Today was a great day! The workout was awesome. I experienced some more strength gains in the pull-ups and shoulder presses. It was great to start my day listening to a transformation success story from Tom Venuto's Inner Circle. It really got me pumped up.

As I look at today's picture I am making a mental note of the spare tire around my lower belly and love handles. I'm looking forward to melting it all away.

Because I went to bed early, I really didn't feel hungry from fasting at all.

## Day 3



**6:00 am** - Woke up after another amazing nights sleep.

**6:10** - Go for a 30 minute brisk walk

**6:45 to 8:30** - 2 cups of black coffee

**9:30** - Quick, light calve workout. 2 sets of 50 reps with just body weight. (One of my “problem areas” are smaller calve muscles. I am determined to get these puppies to grow by increasing the frequency of my calve training as well as different training styles.)

**9:45** - Went for a 10 minute tan. I’ve been tanning once per week for the past month. It’s been a long winter and tanning helps boost my mood.

**2:30** - 2 eggs sprinkled heavily with ground black pepper. 2 slices of toast.

1 cup of homemade vanilla pudding.

**3:00** - 1 clementine and a handful of grapes

**4:00** - medium Tim Horton’s coffee with half



hot chocolate. If you haven't noticed, this is one of my more frequent daily treats ;)

**5:00** - 1 bowl of Shepherd's pie

**6:30** - 1 clementine, handful of almonds

**7:30** - 5 homemade peanut butter cookies

**8:30 to 9:30** - Play hockey

**9:30** - 1 light beer

**11:00** - Go to bed

### **Thoughts For The Day**

It felt great to complete another 24 hour fast. It's important to note that I do not pig out once the fast is done.

My lower belly is looking a bit flatter, but this is in the middle of a 24 hour fast. It's important to note that I am drinking plenty of water and even more so on days that I fast.

**PS** Are you noticing the treats that I've been eating ;)





## Day 4



**6:45 am** - Wake up after a decent sleep

**6:45 to 7:30** - 2 cups of coffee with a little bit of 2% milk

**8:30** - 2 eggs, spinach, tomato, red pepper, ground black pepper, and celery omelet.

**10:30** - **Workout:** Legs, calves, and abs workout from Metabolic Maverick program



**11:15** - Went for a 30 minute brisk walk. I almost skipped the walk today because I woke up late, but I knew after an intense leg workout, that a brisk walk is exactly what I needed.

**12:00 pm** - 1 cup oatmeal, 1 cup blueberries, 1 tsp cinnamon 1 banana, 2 scoops [Prograde Protein](#)

**1:00** - 3 homemade peanut butter cookies

**2:00** - Large coffee with half hot chocolate

**3:30** - Bowl of chili

**5:00** - Bowl of chili, 1 hard shelled taco

**8:30** - Bowl of chili

**11:00** - Go to bed



### **Thoughts For The Day**

The leg workout was incredibly intense today. I was beginning to feel a sinus cold come on and I almost brushed off the workout, but decided to go in and at least put in some effort. But something happened once I did the first warm up set. My head began to clear and I started feeling great. This ended up being one of my best leg workouts ever! I really dug deep and it was worth every ounce of effort.

## Day 5



**6:45 am** - Wake up after a decent sleep

**6:45 to 7:30** - 2 cups of coffee with a little bit of 2% milk

**8:30** - **Workout:** Upper body hypertrophy workout from Metabolic Maverick

**9:15** - 1 cup oatmeal, 1 cup blueberries, 1 tsp cinnamon 1 banana, 2 scoops [Prograde Protein](#)

**10:30** - Massage... Yay! Getting a massage once per month has done wonders for my body. After 4 weeks of beating up on myself (In a good way of course), I always end up with some knots or muscle soreness. The massage works it all out and ends up having a very positive impact on my workouts.

**1:15** - (2) egg, bacon, and cheese on an English Muffin

**2:00** - Large coffee half hot chocolate

**5:30** - 2 bowls of chili (I'm always grateful for leftovers)

**6:30** - 5 homemade peanut butter cookies

**7:30** - 8 Melba Rounds

12:00 am - go to bed

### **Thoughts For The Day**

After a great week of workouts I'm looking forward to a few days of rest and relaxation. This will allow my body to heal from the massage as well. I'm still battling this sinus infection, but it hasn't appeared to be holding me back in any way. It's not severe, it's just there.

It's been very convenient having leftover chili on hand. There's still some left and I'll be freezing it to use in a few days.

I ate the Melba Rounds at night because I felt like I needed something to crunch on. I definitely wasn't hungry though. I could have gone without them for sure.

## Day 6



**8:00 am** - Wake Up

**8:15** - 2 cups of coffee with a little bit of 2% milk

**9:30** - 1 cup oatmeal, 1 cup blueberries, cinnamon

**11:30** - Large coffee with half hot chocolate

**2:00 pm** - 2 eggs sprinkled with black pepper, 2 slices of whole wheat toast, 1 bowl of chili

**3:00** - handful of almonds and two handfuls of honey roasted peanuts

**5:30** - chicken breast, beef barley soup

**8:00** - small bowl of ice cream

**12:00** - go to bed

## Thoughts For The Day

It's been a great day. Every Saturday I train my 90 year old client who inspires the heck out of me. Just watching him workout and hearing about his adventures and quality of life just makes me want to improve my health and body even more.

Angie came home with some honey roasted peanuts for our vacation. If I'm not careful these could be trouble because they are very high in calories.

Looking at today's pictures, I don't think I look as good as I did yesterday. I woke up feeling a little bloated and full from having those unnecessary Melba Rounds.



## Day 7



**6:30 am** - wake up

**6:45** - 2 cups of coffee with a little bit of 2% milk

**7:15** - 1 cup oatmeal, 1 cup blueberries, cinnamon

**11:00** - Bob Evans Border Scramble

**3:00 pm** - Double shot of Canadian Club whisky in a glass of Pepsi Max

**3:30** - 2 handfuls of honey roasted peanuts

**6:00** - Taco salad, piece of salmon, mashed potatoes, small slice of cherry cheese cake

**8:00** - handful of honey roasted peanuts

**11:00** - Go to bed

## Thoughts For The Day and Week 1 Recap

Today marked the beginning of our family March Break trip to Kalahari Resort in Sandusky Ohio. I have no intention of being perfect on this trip and I will indulge in a few alcohol beverages. We are on this trip with friends and a little social drinking is expected ;)

All in all I'm pretty darn happy with how I ate today. I didn't pig out and I limited my alcohol consumption to one large drink.

It felt great to be active with the kids, enjoying the water slides and wave pool, and relaxing with Angie. It's exactly what I needed right now.

One thing that I have taken note of is that I haven't consumed nearly enough vegetables. It's a priority for me to increase the amount of vegetables that I eat this upcoming week.

Let's take a look at the treats that I've been able to indulge in while still releasing fat...

Cherry Cheese Cake, honey roasted peanuts, rye and pepsi, 1 light beer, ice cream, Melba Rounds, coffee with half hot chocolate, homemade peanut butter cookies, homemade vanilla pudding.

The results from this week have not been rapid by any means, but that has been my intention. As I have mentioned, my goal has been to ease into this transformation and begin forming positive habits while eliminating bad habits.

Although progress has been slow, it's still progress. I feel lighter, my cloths are beginning to fit better, and I'm seeing a difference in the mirror. Any little progress gives me something to build upon and puts momentum in my favor.

I do not want to feel deprived. I don't want this to be a torturous experience. I'm willing to trade slightly slower results in the beginning for the ability to indulge in a few treats and "live a little" as some people like to call it.

As I progress I will tighten up my nutrition, but that will only be after I have built up some great momentum and it will be slight and gradual improvements.

My motivation is high!



## Day 8

No photos for today because I'm away on vacation

**8:00 am** - Wake up

**8:15** - 2 cups of coffee

**9:30** - Buffet breakfast consisting of cheesy home fries, scrambled eggs with broccoli, 4 slices of bacon, pineapple, musk melon, honey dew, 2 slices of french toast, cup of coffee

**1:00 pm** - 2 handfuls of honey roasted peanuts

**4:00** - Double shot of Canadian Club Whisky in a glass of Pepsi Max

**6:00** - 3 slices of pizza

**7:00** - Nachos with the works, Double shot of Canadian Club Whisky in a glass of Pepsi Max

**9:00** - a few handfuls of dill pickle chips

**11:00** - went to bed

### Thoughts For The Day

The buffet breakfast wasn't too bad. This is the only time that I ever have bacon, and it was nice to treat myself to some french toast. I love having fruit with my breakfast. Rarely do I have pineapple and musk mellon with breakfast, which is why this was a nice treat.

I probably didn't need that mixed drink at night and I could have done without the dill pickle chips, but I'm not going to beat myself up over it.

I wasn't planning on working out during this vacation. I wanted to give my body a break and a chance to recover from the challenging workouts that I've been following. I did however take a walk to the resort gym, which reaffirmed my decision to not workout. There were two crazy machines and only very light dumbbells. So I went back on the water slides with the kids ;)

## Day 9

No photos for today because I'm away on vacation

**8:00 am** - Wake up

**8:15** - 2 cups of coffee

**9:00** - Buffet breakfast consisting of cheesy home fries, scrambled eggs with red peppers green peppers tomatoes and mushrooms, 4 slices of bacon, pineapple, musk melon, honey dew, 2 slices of french toast, small bowl of blueberry yogurt, cup of coffee

**3:00 pm** - 3 handfuls of honey roasted peanuts and an apple

**5:30** - Large chicken burrito and a small soft taco

**7:00** - Bowl of Oatmeal Crisp Almond cereal

**11:00** - Go to bed

### Thoughts For The Day

Once again I enjoyed the buffet breakfast :D

I'm sure that I consumed more calories than I needed during this trip, but it wasn't crazy excessive or anything that I can't quickly work off. I'm actually pretty proud of how I handled this trip. I felt like I let loose and enjoyed myself. I wasn't strict with my eating, but I never went overboard.

It will be interesting to see my pictures tomorrow, since I haven't taken any while we have been away, because I want to keep all the pictures under the same conditions. I'm sure that this trip will have slowed my progress a bit, but I am totally willing to accept that. As I mentioned, I'm not going all or none here. I'm easing into this journey and will be stepping up my game as I continue.

I typically do a chest workout on Tuesday's, but this trip I am taking it easy and allowing my body to recover from the challenging workouts that I've been following.

## Day 10



**9:00 am** - wake up

**11:00** - 1 cup oatmeal, 1 cup blueberries, cinnamon, 1 banana

**12:00 pm** - handful of grapes

**1:15** - **Workout:** Leg, calves, and abs workout from Metabolic Maverick

**2:15** - Bowl of chili (from frozen leftovers)

**2:30** - Begin 24 hour fast

**5:00** - went for a brisk walk with Angie

**11:00** - go to bed

### Thoughts For The Day

Today at 2:30 pm marked the beginning of another 24 hour fast for me. I typically do my fast from Tuesday at 2 pm to Wednesday at 2pm, but since we were traveling I decided to put it off a day.

This fast is not meant to be some sort of make-up for the excessive eating that I ate while we were on vacation.

Today's workout was absolutely unbelievable! The extra rest did my body a world of good. I broke a personal best with the squat and felt totally amazing!

## Day 11



**7:00 am** - Wake up

**7:15** - 2 cups of black coffee

**7:45** - Go for a 30 minute brisk walk

**9:30** - 1 cup of black coffee

**3:00 pm** - 2 eggs sprinkled heavily with ground black pepper, 2 slices of whole wheat toast

**6:00** - Broccoli Soup

**8:00** - Small bowl of Breyer's Vanilla ice cream

**10:15** - Listen to 3 Day Addiction Cure audio in bed (33 mins)

**11:00** - Fast asleep by now ;)



## Thoughts For The Day

Absolutely awesome day today. I didn't feel hungry at all and I really enjoyed the small bowl of ice cream too ;) It's great to know that I can have a small treat, not over indulge and still release fat.

I absolutely love the broccoli soup that Angie made for dinner. Vegetables are not particularly my favorite thing to eat, but the way that Angie prepares them, totally makes me crave them.

I have begun listening to the 3 Day Addiction Cure from my friend and hypnotherapist, Scott Lewis. I don't have any "addictions" per se, but I have found that these audios really help me relax before going to bed.

One thing that the 3 Day Addiction Cure audios have done for me is make me aware of some of the unproductive habits that I have developed and I'm working on eliminating.

It's a pretty cool experience listening to the audios and I've had the best nights sleeps after listening to them.



## Day 12



**6:30 am** - Wake up after a restful sleep

**6:45** - 2 cups of coffee with a little bit of 2% milk

**7:45** - Go for a 30 minute brisk walk

**9:30** - 3 eggs, loads of spinach, 1 red pepper, 1 very large tomato, ground black pepper, crushed chillies

**11:30** - **Workout:** Upper body workout from Metabolic Maverick, plus some extra calve work

**1:00 pm** - Smoothie... 1 1/2 cups Greek Yogurt, 1 cup blueberries, 2 scoops [Prograde Protein](http://www.ProgradeProtein.com) powder.

**2:30** - Large coffee with half hot chocolate



**5:00** - Bowl of Broccoli soup and a large salad consisting of spinach, avocado, chicken, and red peppers

**6:30** - Went for a 30 minute brisk walk with Angie

**8:00** - small bowl of Breyer's Double Chocolate Extra Creamy ice cream

**9:00** - air popped popcorn with All Dressed seasoning sprinkled on top.

**11:00** - Listen to 3 Day Addiction Cure

**11:30** - Fast asleep

### **Thoughts For The Day**

I experienced a personal best in the dumbbell chest press today, which is very exciting to me. It was great to get out for a walk with Angie. We haven't done that in a little while. That made it two 30-minute walks today, which felt great. It sure helped loosen up my legs and is helping them recover.

My cloths are beginning to feel much looser, my tummy is feeling flatter, and it's beginning to appear flatter. My motivation is really beginning to rise!

I'm enjoying the 3 Day Addiction Cure audios before bed. It's been a great way for me to clear my head of any distracting or busy thoughts and focus on a wonderful calmness.



## Day 13



**8:00 am** - wake up after a great sleep

**9:15** - 1 cup oatmeal, 1 cup blueberries, 1 banana, cinnamon

**11:15** - large coffee with half hot chocolate

**1:30 pm** - regular Chicken Carbonara sub from Quizno's

**6:00** - Chicken breast, lots of brussels sprouts, 3 handfuls of honey roasted peanuts.

**8:00** - small bowl of Breyer's Double Chocolate Extra Creamy ice cream

**12:15** - Listen to 3 Day Addiction Cure

**1:00 am** - Go to bed



## Thoughts For The Day

I haven't had a Quizno's sub in a little while. It was very tasty. The reason that I had it was because I was doing a lot of running around after training my 90 year old client.

You may have noticed that I'm having a bit of ice cream each of the past few days. I'm really proud that I've been able to just eat a small amount and not pig out ;) Angie's tricks are working ;)

I'm beginning to see a noticeable difference with my pictures... particularly the forward facing ones. I'm noticing that my love handles are shrinking, which is AWESOME!

I'm also noticing a reduction in fat around my shoulders and arms. This is creating more separation between those two muscle groups. Some fat is also melting from my chest and back.

Since I'm not weighing myself I have no idea how much I have lost. It's been a nice slow and steady process where fat is melting from all areas of my body.

## Day 14



**9:15 am** - Wake Up

**9:30** - 2 cups of coffee with a little bit of 2% milk

**11:00** - 2 eggs sprinkled with black pepper, 2 slices of whole wheat toast

**2:30 pm** - large coffee with half hot chocolate

**4:30** - home made peanut butter granola bars... delicious! The kids love them too!

**6:00** - Chicken breast, brussels sprouts, large salad

**9:15** - Listen to 3 Day Addiction Cure

**10:00** - Fast asleep



## Thoughts For The Day and a Weekly Recap

As I compare my pictures from today to the day I began this journey 14 days ago, I do see progress. I can tell that my lower belly fat is reduced and my love handles are shrinking. More than anything I see it in the mirror myself and I can really feel it in my cloths. I feel it when I rub my hands over my tummy. I know that I have released a fair amount of fat from my lower belly, even if it's not completely obvious in the pictures just yet.

It's actually pretty awesome to see that I've made some great progress considering that I was away on vacation for 3 days, where I ate more than normal and drank some alcohol, as well as consuming some treats just about every day.

Let's take a look at some of the treats that I've been able to indulge in this week and still release fat from my body...

French toast, pizza, rye and pepsi, cheesy home fries, honey roasted peanuts, dill pickle chips, Breyer's Vanilla ice cream, Breyer's double chocolate extra creamy ice cream, popcorn, Quizno's sub, and homemade peanut butter bars.

Although I'm in an overall caloric deficit for the week, it doesn't feel like it. I'm never hungry and always satisfied. I've become very comfortable with eating less. In fact I crave the feeling of eating less and want to avoid feeling full at all costs because it's so uncomfortable.

Being in a caloric deficit does not mean that you have to feel deprived! It can still be a very pleasurable experience.

Isn't it great to see that you can release fat without following any strict rules or guidelines? I sure think it is.

I'm revved up and ready to go for another successful week. I feel the momentum building up in my favor. I am totally feeling UNSTOPPABLE!

## Day 15



**5:45 am** - wake up after a great sleep

**6:00** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - 1 cup oatmeal, 1 cup blueberries, 1 banana, cinnamon

**12:00 pm** - **Workout:** Legs, calves, and abs workout from Metabolic Maverick

**1:15** - 3 eggs and spinach

**3:30** - Angie's very hot and spicy homemade salsa with some whole grain Tostitos rounds.

**6:00** - Chicken breast, large plate of homemade Mac'n Cheese

**9:00** - Listened to an audio from the 3 Day Addiction Cure

**9:30** - went to bed



## Thoughts For The Day

It felt great to get back on track with my sleeping schedule and waking up earlier after the kids March Break. Routine really helps me.

The day went very well until dinner. I ate more Mac'n Cheese than I should have and I know that I'll pay the price for that. Too much grain product usually bloats me and makes me feel sluggish.

I was wiped out by the end of the day and glad to fall asleep by 9:30. This week will KICK BUTT for me.

My first order of Shawn Phillips Full Strength nutrition shake arrived today. I'm so excited to get started drinking a shake a day tomorrow. I got the 14 day trial to see how I like it and how it impacts my energy and body.



## Day 16



**5:30 am** - Wake Up

**6:00** - Go for 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - 12 oz Full Strength Vanilla Shake

**9:30** - 1 cup of coffee with a little bit of 2% milk

**11:15** - **Workout:** Upper body workout from Metabolic Maverick

**12:45 pm** - Shake consisting of 1 cup Greek yogurt, 1 cup blueberries, 2 scoops Prograde Protein powder

**1:45** - half a chicken breast with homemade salsa spread on top. Medium coffee with half hot chocolate from Tim Horton's

**2:00** - begin a 24 hour fast

**10:00** - go to bed

## Thoughts For The Day

I woke up feeling a little full and bloated from the homemade Mac'n Cheese that I ate last night. I hate that feeling and will try to avoid it in the future.

It felt great to wake up early after a very restful quality sleep. My morning walk was totally awesome! Spring is definitely in the air. I listened to an Adonis Index podcast while I walked, which kept me focused on my goals.

I also enjoyed my first ever Full Strength shake. The box comes with vanilla and chocolate flavor. I had the vanilla flavor this morning and it tasted like I was drinking a yummy cake ;)

3 hours later I was in the gym and I achieved a personal best in every exercise that I performed. Could it be a coincidence that I had my first ever Full Strength shake today... or could it simply be a placebo effect?

Note: I do not earn any money by recommend Full Strength. It's simply a product that I believe in and support as well as it's creator Shawn Phillips.

It makes a great compliment to the Prograde Protein powder that I consume on a somewhat frequent basis.

I'm really excited to start another 24 hour fast. I'm finding that I enjoy them more and more. Once per week seems to be more than enough for me. I've tried twice per week just one time and it made fasting seem like work. Right now I don't even think about it.



## Day 17



**5:30 am** - wake up

**6:00** - go for a 30 minute brisk walk

**6:30** - drink 2 cups of black coffee

**9:30** - **Workout:** 2 sets of 50 calve raises using only body weight. (This is to help combat my genetics which predispose me to smaller calves.

**12:00 pm** - 1 cup black coffee

**2:00** - large homemade peanut butter bar

**3:00** Full Strength Chocolate shake

**7:00** Salmon sprinkled with homemade salsa, veggies, mashed white and sweet potatoes

**9:30** - Play hockey

**10:30** - 1 light beer



**12:30** - go to bed

## **Peanut Butter Oat Bar recipe**

### **Ingredients:**

1 cup natural peanut butter  
1/2 cup natural honey  
1/4 cup extra virgin olive oil  
2 cups large flake rolled oats  
1/4 cup ground flax seed  
1/4 cup wheat germ  
1/2 cup raisins  
1/2 cup chocolate chips



Next time we will try this recipe with almond butter instead of peanut butter and dried apricots instead of raisins. I may even add some [Prograde](#) vanilla protein powder to this recipe next time.

### **Directions:**

Preheat oven to 350 degrees F

Mix the natural peanut butter, natural honey, and extra virgin olive oil in a large bowl until blended. Stir in the rolled oats, ground flax seed, wheat germ, raisins, and chocolate chips.

Spread into a 9×6 inch cooking dish.

Bake for 25 minutes or until golden brown.

Allow to cool.

### **Thoughts For The Day**

I was feeling very lean all day long. There's no doubt that I'm beginning to make some great progress. I just need to keep the momentum rolling. It felt great to complete another 24 hour fast. I look forward to this feeling every week.

It was the last game of the season for hockey and I stuck around the arena to watch the last game, which determined whether or not we play in the

finals next week. Turns out we do and it will be an incredibly exciting game and fierce battle ;)

Unfortunately that meant that I stayed up way later than I had hoped for. I was really getting comfortable with the amount of sleep that I've been experiencing, so I'm sure that this will hit me hard.

## Day 18



**6:00 am** - wake up after way too short of a sleep. Feeling tired and have a headache.

**6:15** - 2 cups of coffee with a little bit of 2% milk

**8:00** - Full Strength Vanilla shake

**11:30** - Went out for breakfast with my grandparents. Egg, spinach, and feta cheese omelet with home fries and 2 cups of coffee.

**4:15 pm** - peanut butter Kashi bar and a small bowl of Breyer's dark chocolate velvet extra creamy ice cream

**5:30** - homemade pizza

**8:00** - small bowl of Breyer's dark chocolate velvet extra creamy ice cream

**8:30** - air popped popcorn sprinkled with all-dressed seasoning

**10:15** - go to bed

## Thoughts For The Day

I was exhausted today. I definitely did not feel like working out and really didn't feel like I had the strength for it. I could have forced myself to the gym, but, thanks to the research that Brad Pilon has been putting out at his Inflammation Theory website I realize that I'm better off taking this day of rest. There was no way that I was going to force myself to get up at 5:30am when I didn't go to bed until 12:30 last night. It was tough enough to get up at 6:00.

Today really made me realize the incredibly important role that sleep plays in fat loss and muscle building. I've been feeling on top of the world because I have been averaging 8 hours of quality sleep every night. My workouts have been killer and I'm recovering faster. After last night I feel awful. I don't have any energy and I have no desire to exercise. I also find it more difficult to stay on track with eating healthy after a night of little sleep. This caused me to snack more today than I would have otherwise.

I'm also more irritable when I don't get adequate sleep. I'm not focused at all, and my day can easily become a write off. This creates more stress in my life, which creates an environment in my body that makes it more difficult to lose fat and gain muscle.

On a positive note, it sure was great to visit my grandparents. They always put me in a great mood. That was exactly what I needed.

## Day 19



**6:30 am** - wake up

**8:00** - Full Strength chocolate shake

**9:30** - **Workout:** Killer leg, calves, and abs workout from Metabolic Maverick

**10:30** - 3 extra large whole eggs, 1 large green pepper, fresh cilantro, homemade salsa.

**12:00 pm** - 2 handfuls of cashews

**1:30** - 1 cup of coffee with a little bit of 2% milk

**2:00** - chicken breast with barbeque sauce

**4:30** - 1 handful of cashews

**5:00** - 3 lean burgers on a whole wheat bun with Ketchup, mustard, and relish.

**7:00** - 2 handfuls of chocolate covered almonds



**11:00** - go to bed

### **Thoughts For The Day**

It was a killer leg workout today. It felt like I had run an all out 400 meter sprint and collapsed at the end of the race with my legs full of lactic acid. I LOVE THAT FEELING! :D

I would have been fine with the 2 lean burgers on a whole wheat bun, but both my kids had half a burger left over and these fresh burgers were so darn good that I couldn't resist.

Then Angie and I went shopping at a bulk food store and treated ourselves to some chocolate covered almonds. If I was to add up all the calories from the nuts that I ate today I'm sure it would be close to 1000 calories. Nuts are very healthy for you, but you have to be careful with how much you eat.

I do have a weakness for cashews. They are so darn tasty. I have to make sure that Angie hides them next time. We had a small container out in the open and it was too tempting every time that I walked by.

## Day 20



**8:00 am** - wake up

**8:15** - 2 cups of coffee with a little bit of 2% milk

**9:15** - Full Strength vanilla shake

**11:30** - large coffee half hot chocolate

**1:00 pm** - handful of cashews

**2:30** - Veggie Stix

**3:15** - **Workout:** Killer Upper body workout from Metabolic Maverick

**4:10** - Shake: 1 1/2 cups Greek yogurt, 1 cup blueberries, 1 tbsp peanut butter

**6:00** - Chicken with tomato and bread crumb toppings, veggies, and mashed white and sweet potatoes.

**6:30** - 4 Girl Guide mint cookies





**7:30 to 2:00 am** - got together with neighbors, drank too much red wine, too many Spinach & Artichoke snacks, too many roasted almonds, some crackers and cheese.



### **Thoughts For The Day**

I felt absolutely amazing today. The upper body workout was killer and felt totally “Jacked” and “Ripped” after it. I can see things really progressing.

...But then I really let loose at night. Our friends invited us over to play cards and I way over indulged in wine and the very tasty Spinach & Artichoke snacks that Angie made, along with a lot of roasted almonds.

I did however, really enjoy myself. Although I am certain that this night set my progress back a couple steps, I’m not going to feel guilty. I feel a little bit of disappointment, because I have been doing really well, but I set out to transform my body while enjoying myself, or “Living a Little” as some people like to call it.

A little more self control would have been better and I have certainly learned from this experience.

## Day 21



**10:30 am** - Wake up, feeling full, bloated, and have a slight headache :P

**10:45** - 2 cups of coffee with a little bit of 2% milk

**11:30** - Full Strength chocolate shake

**1:30 pm** - large coffee half hot chocolate

**3:00** - chicken breast with bread crumb and salsa topping

**5:00** - handful of cashews and some Veggie Stix

**5:30** - large salad

**8:00** - air popped popcorn with All Dressed seasoning.

**10:00** - go to bed

## Thoughts For The Day and a Weekly Recap

I definitely felt a little rough for the first part of the day. When you play hard you pay hard. This is a VERY rare occurrence so I'm not going to beat myself up over it. I woke up feeling very full and bloated. I almost didn't want to take my picture. Although I felt full, I still ate as I normally would today. It felt great to get some healthy food in me and lots of water.

As I mentioned yesterday, I know that my evening binge and partying have set me back a bit and I totally accept that. It is what it is and now it's time to move forward.

As I reflect on the week, I sure learned a lot. More than anything, I learned the power of sleep. It plays a bigger role than many of us give it credit for. We may understand that sleep helps our body recover, repair, and rebuild itself after our workouts, but how much attention do you give toward getting the best quality sleep possible.

After the lack of sleep that I experienced Wednesday night I immediately started my buddy Jim Katsoulis' [Sleep At Will](#) program. I am absolutely LOVING IT! The audios are fantastic and I've never felt more rested (other than the night I drank too much).

I am determined to create the optimal environment within my body to help me gain muscle and lose fat. It's essential that I experience quality sleep and keep my stress levels very low.

This week I also started drinking one [Full Strength](#) shake per day. These shakes are delicious! They are also jam packed with nutrients. It's not just a meal replacement... it's a complete meal that is totally satisfying. I'm on the 14 day trial and am ready to get myself signed up for the monthly auto shipments. I also think that it makes for a great addition to the [Prograde Protein](#) that I consume throughout the week.

I have experienced some great personal bests this week during my workouts. It does have me wondering if the nutrition that I'm consuming in the Full Strength shakes have anything to do with it. More updates on that soon!

## Day 22



**6:30 am** - wake up

**6:45** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**9:30** - **Workout:** Legs, calves, and abs workout. The leg workout involved using resistance bands for the squat. After a proper warm up I did 5 sets of heavy squats, performing just 2 reps per set. You can find a video demonstration of how I perform the resistance band squats by visiting this link: [Resistance Band Squats](#).

I do this workout once per month, which helps me blast through plateaus BIG TIME!

**11:00** - 3 extra large eggs, 1 can tuna, cheddar cheese, ground black pepper, ground chillies, salsa

**3:30 pm** - medium coffee with half hot chocolate



**5:30** - roast beef, sweet potatoes, white potatoes, and carrots.

**9:30** - Listen to the [Sleep At Will](#) program

**10:00** - go to bed



### **Thoughts For The Day**

I actually woke up feeling more bloated than I did yesterday. I'm thinking that the night of over indulging in wine and snacks is catching up with my body. I'm not disappointed. I can't let one day set me back. I am determined to achieve amazing results this week. I'm more motivated than ever and ready to really push forward.

It felt incredible to demolish my previous best in the squat using resistance bands. This is something that I do once per month. This time I beat my PB by 50 lbs. It floored me! I guarantee that my squat workout next week will include a PB without the resistance bands. It happens every time.

It also feels great to get back into a good sleep routine.

I'm loving life and loving this journey.



## Day 23



**5:30 am** - Wake up

**6:00** - Go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:30** - Killer upper body workout from Metabolic Maverick

**12:00 pm** - roast, sweet potatoes, white potatoes, and carrots with a little bit of gravy.

**1:00** - 2 Spinach & Artichoke snacks

**1:30** - 3 Presidents Choice Decadent Chocolate Chip cookies.

**1:45** - large coffee half hot chocolate

**2:00** - Begin a 24 hour fast

**9:30** - go to bed

## Thoughts For The Day

I had the most amazing and restful sleep last night, thanks to Jim Katsoulis' [Sleep At Will](#) audios. This program could be life changing for me. What it's helped me do more than anything is to completely relax my body and calm my mind before bed. This is a really big deal to me. I am falling in love with the deep relaxing state that my body is in before I fall asleep. My body feels like it's sinking right into my bed. It's been awesome to totally relax my face muscles. This has truly been an awesome experience... and I wasn't really expecting it.

For the past few mornings I've been waking up looking and feeling bloated. This certainly doesn't make me too happy when I'm taking my picture first thing in the morning, but I don't get discouraged, because I often times look better at the end of the day.

What's important to me is not so much the day to day progress that I may or may not see... it's the progress that I see at the end of the week. It can be very discouraging if you have a bad day and look bloated as I have experienced. But you can't let it bother you. You have to trust in what you are doing and focus on the end of the week results.

I continue to break some "Personal Bests" in the gym. I am starting to think that the quality of nutrition that I am getting in the [Full Strength](#) shakes is really making a difference. It could be a placebo effect, because I really believe in this product, but I highly doubt it.

I look forward to the start of my weekly 24 hour fast. It's a combination of looking forward to that feeling of "Lightness" and looking forward to that feeling of victory when I complete the fast. Because the fast begins mid-day for me and ends mid-day the following day, I never go a day without food and I never feel deprived. Sometimes I have to remind myself that I'm fasting ;)

## Day 24



**5:30 am** - wake up

**6:00** - go for a 30 minute brisk walk

**6:30** - 2 cups of black coffee

**9:30** - 10 minute tan in a stand-up bed.

**11:00** - 1 cup of black coffee

**2:15 pm** - [Full Strength](#) vanilla shake

**2:30** - small bowl of spaghetti with tomato sauce

**3:30** - handful of Veggie Stix

**5:30** - 2 bean burritos

**10:30** - 2 light beers, 4 slices of pizza, 20 chicken wings, a little bit of pasta  
(This was a hockey party following our championship game.)

**12:30** - Go to bed



## Thoughts For The Day

Finally, I woke up not feeling bloated for the first time since Sunday morning. Obviously the 24 hour fast helped with this, but I also found myself realizing that it typically takes 3 days for my body to recover after a day of overeating. I really don't like that and it does make you think about the consequences of over-indulging. I can 'make up' for that day of over-indulging, which is always good to know, because I do want to continue having my treats. I just think that I will be more aware next time and not quite indulge as much as I did on Saturday evening.

I sure indulged a bit tonight though. Pizza, wings, beer, and pasta is certainly a nice indulgence ;) I can't remember the last time that I had wings. It was probably a year ago when we had our last hockey party.

I've been doing some serious reflecting about why I am so motivated right now and why it is so easy for me to stick with my body transformation goals. I'm going to jot down my reasons in a blog post tomorrow and share some of the things that I believe are keeping my motivation high and continuing to build upon the momentum that propelling me forward.

It's always nice to take a break from working out too. My body needed a nice day of rest and recovery.

## Day 25



**6:30 am** - wake up

**6:45** - 2 cups of coffee with a little bit of 2% milk

**8:30** - [Full Strength](#) chocolate shake

**11:00** - **Workout:** Killer leg, calves, and abs workout from Metabolic Maverick

**12:30 pm** - 2 eggs sprinkled with lots of ground black pepper with 2 slices of whole wheat toast.

**2:00** - large coffee with half hot chocolate

**5:30** - BLT on whole wheat toast, along with extra tomatoes on the side.

**6:30** - Went for a 30 minute brisk walk

**8:00** - air popped popcorn with All dressed seasoning

**9:30** - go to bed

## Thoughts For The Day

I was pleasantly surprised to wake up with energy after only 6 hours of sleep. Considering what I ate last night I actually don't feel bloated at all, which was another unexpected pleasant surprise.

I'm becoming more and more fascinated with my body and with my growing momentum I have been feeling like I'm ready to kick it up a notch. I'll hold off until the end of the week and decide exactly what I plan to do in order to accelerate my results a little bit. I don't want to or plan to do anything drastic. Just small changes to keep my progress rolling along.

I spent some time in Tom Venuto's [Burn The Fat Inner Circle](#) today, interacting with like-minded people who are successfully transforming their body. This added to my motivation and it felt great to share my thoughts about my current transformation.

Because I missed my morning walk (by choice because I needed the extra sleep), I did it after dinner, which was a really great time. The weather is starting to warm up a bit here and the streets were packed with walkers and joggers. It was really nice to see. I had Bob Marley playing on my iPod so it really felt like Summer was on it's way ;)

## Day 26



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:30** - **Workout:** Upper body workout from Metabolic Maverick

**11:30** - 2 eggs sprinkled with generous amounts of ground black pepper, with 2 slices of whole wheat toast.

**2:00 pm** - medium coffee with half hot chocolate

**3:30** - 2 handfuls of natural almonds

**5:00** - chicken breast, white potato

**6:30** - French Vanilla Cappuccino

**8:00** - Cinnamon Raisin Thin Bagel

**8:30** - air popped popcorn with All Dressed Seasoning

**11:00** - go to bed

### **Thoughts For The Day**

I'm feeling absolutely amazing! As I was checking myself out in the mirror this morning I was noticing signs of my lower abs when I twisted or just flexed the right way. I have a strong feeling that it won't be long before they begin to reveal themselves. I'm expecting to begin seeing them within the next two weeks. This only provides me with more and more motivation and determination.

### **IMPORTANT UPDATE!**

I have been receiving emails from people who were wondering if I'd still be able to achieve the results that I have without doing a 24 hour fast once per week. The reason for the question was that they had no desire to ever fast, but they still wanted to follow along with me and wanted to know if they could get great results without fasting.

I have personally enjoyed incorporating a fast into my week, but I realize that many people do not want to fast. So, after spending some quality time reflecting on this, I have decided not to fast for a little while.

The main reason is that I really want to show you that achieving an amazing body transformation is not as complicated as some people make it out to be. Adding a fast, may complicate things for many people, so, it's time for me to make this journey even less complicated for you ;)

So, it will be interesting to see my results after next week when I don't go through a 24 hour fast. I love experimenting on myself ;)

I spent even more time in Tom Venuto's Burn The Fat Inner Circle today. The more serious that I get about transforming my body, the more important it is to surround myself with like-minded people. There was a very interesting discussion about stating your positive affirmations in the form of a question, such as, "Why am I continuing to make healthier food choices?" Why am I continuing to increase my focused intensity during my workouts?"

This really peaked my interest and gave me more food for thought.

I find myself looking at the picture of Brad Pitt more often now, as I continue to progress and realize that I am getting closer to achieving that goal. The thought of being ripped for the Summer is totally exciting the heck out of me.

I have been doing a lot of reflecting lately about my motivation. I'm trying to nail down my motivation strategies so that I can pass them on to you. I shared some of my insights in this blog post...

[When You Are Honestly READY, Fat Loss Can Be Effortless](#)

I'm looking forward to tomorrow and I'm totally loving life!



## Day 27



**8:00 am** - wake up

**8:15** - 2 cups of coffee with a little bit of 2% milk

**9:30** - [Full Strength](#) chocolate protein shake

**11:30** - medium coffee with half hot chocolate

**1:30 pm** - 1 cup oatmeal, 1 cup blueberries, 1 banana, cinnamon

**2:30** - Drumstick ice cream cone

**3:00** - 30 minute brisk walk

**6:30** - 6 Manicotti rolls

**11:30** - go to bed



## Thoughts For The Day

It's been another awesome day! I'm feeling great, I see the visual improvements, and I can feel the improvements.

The drumstick sure was a nice treat today. I haven't had one of those in a long time. It got me thinking about the Summer and how we enjoy going to the ice cream shop as a family once per week. I look forward to that weekly treat when the kids are out of school.

Angie came home with some Presidents Choice decadent chocolate chip cookies along with the Drumsticks. I have been amazed that I have no problem avoiding them. It's no longer about will power. I just have no urge to pig out on them. I'm sure that I'll have some in the next couple days, but typically I will polish off half the box. Angie bought a box last week and I only had 3 out of the entire box. I'm feeling pretty darn proud of myself. I think that it's easier to control my urges of binge eating because I am allowing myself to have frequent treats. I'm not restricting myself in what I can eat, just the quantity that I eat.

I would have been more than fine with just 3 or 4 Manicotti rolls at dinner time, but they were just so darn good. Because I ate more at dinner I didn't feel like having a snack later on at night, so it all kind of worked itself out.

One thing that I noticed after eating the 6 Manicotti rolls was that my tummy still felt flat. I didn't feel bloated like I would have in the past. This is very interesting to me. I didn't have a lot of food in my tummy from earlier in the day, so I'm sure that made a difference.



## Day 28



**9:00 am** - wake up

**9:15** - 2 cups of coffee with a little bit of 2% milk

**11:00** - [Full Strength](#) vanilla shake

**3:00** - Medium coffee half hot chocolate

**3:30** - 2 Manicotti Rolls

**5:30** - Sushi

**6:30** - Go for a 30 minute walk with Angie

**9:30** - Go to bed



## Thoughts For The Day and a Weekly Recap

It's been a really fun day and I feel great! We went swimming as a family today and I felt very confident in my swimsuit. Definitely proud of my achievements during the first 28 days and I had a great talk with Angie about this.

Sushi was a REALLY nice treat tonight and it was unexpected. Angie was in the area and asked if I would like to have Sushi for dinner. Well, she didn't have to twist my arm :) We ordered just enough to satisfy ourselves and were nowhere near feeling over full or stuffed. What you see on my plate is what I ate.

All in all it's been a very good week. I'm happy with my progress up to this point. My pants are really feeling loose now and I'm noticing more definition in my abs. It won't be long before I begin seeing the next section of my abs. My top abs are getting more definition, but it sure is going to be great to see definition in my lower abs.

Most of my belly fat was concentrated in my lower belly and love handles. It's been great to see both those areas shrinking. It's a little difficult to see some of the progress from day 21 to day 28 in the pictures, but it's definitely obvious to me as I look in the mirror and as I put on my cloths. This only makes me want to push forward even more.

## Moving Forward

As I have wrapped up 28 days of my transformation journey it's time for some changes. The first change is with my workouts. I prefer to change my workouts every 4 weeks. I could probably continue for another 2 weeks on Metabolic Maverick and get even better results, but mentally, I like the boost that I get from changing up my program after 4 weeks. It keeps my motivation high and my interest in working out even higher!

Next up on my workout list is Pyramid Pandemonium. To be honest, I'm a little scared :) This is a program that has worked very well for me in the past, but it can feel very intense... especially the leg days.

I'm ready to crank up my nutrition a little bit as well. This will be easier now that my hockey season is over. I typically have 1-2 light beers after hockey on Wednesday evenings. It will be interesting to see how my body

responds by consuming less alcohol. As I reflect back on the past 28 days I've consumed more alcohol than in a typical month.

Another area that I will cut back on is my afternoon coffee with half hot chocolate. In Canada, the coffee shop Tim Horton's runs a promotion called Roll up the Rim to Win. During this time I usually buy more coffee than normal. Goes to show that their promotion works :)

That may be enough for me to see an improvement, but I also notice that there were several times when I ate too much during the first 28 days. I'll be monitoring that during the next 28 days.

One change that I'm making is no longer doing a 24 hour fast. I mentioned a couple days ago that I would be doing this because the majority of people following me are not interested in fasting. Therefore I would like to provide a solution that is more in-line with their lifestyle.

When it comes to exercise I will increase my walks to 6 days per week and see how that goes.

So, there won't be any drastic changes, just slight modifications. I can't wait to see the results that I experience in the next 7 days. It will be awesome!

## Day 29



**5:30 am** - wake up

**5:45** - Go for a 30-minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:00** - **Workout:** Chest & Abs workout from Pyramid Pandemonium

**11:30** - 3 whole eggs, 1 large tomato, lots of broccoli, ground black pepper, crushed chillies.

**2:00 pm** - large coffee half hot chocolate

**3:00** - Homemade Peanut Butter Oat Bar

**5:15** - Bowl of Shepherd's Pie



**9:30** - go to bed

### **Thoughts For The Day**

Another fantastic day! Things are really rolling along. Each day I am beginning to see more improvement in the mirror. The lower my body fat gets, the easier it's starting to get to see improvements around my lower belly and love handles.

I'm getting hooked on Angie's homemade Peanut Butter Oat Bars. She's been making them once per week, and although I typically only get two bars out of the batch (thanks kids!), it's a nice treat and very satisfying.

One of the easiest ways to get my veggies in for the day is to add them to an egg dish. For some reason, adding eggs, tomatoes, and spices to veggies sure makes them more appetizing ;)

Although I only had one bowl of Shepherd's by for dinner, it filled me up for a long time. I didn't feel an urge to eat until just before bed, but by that time I was ready to go to sleep, so I didn't eat anything.

It really felt great to mix up my workouts and go from a two day upper/lower body split routine to a 4 day body part split routine. As I mentioned, I'm certain that my body would have continued to improve if I kept following the Metabolic Maverick program, but it's the motivation boost that I get from switching my program every 4 weeks that makes changing programs exciting. I can't wait to see the results that I get from Pyramid Pandemonium this time around.

I'm expecting big results over the next few weeks and I've never been more excited for beach season!!!



## Day 30



**5:30 am** - wake up

**6:00** - go for a 30-minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - 3 whole eggs, 1 large tomato, lots of broccoli, ground black pepper, crushed chillies, salsa

**10:00** - **Workout:** Absolutely killer legs and calve workout from Pyramid Pandemonium

**11:30** - Shepherd's Pie (left over from last night)

**12:00 pm** - 1 cup of coffee with a little bit of 2% milk

**3:00** - [Full Strength](#) vanilla shake and a Homemade Peanut Butter Oat Bar

**5:00** - Went for a 30 minute walk to loosen up my legs and help them recover.

**6:00** - large salad with 1 can of tuna, 1 large tomato, cucumber, avocado, a little bit of ranch dressing, and some ground black pepper.

**9:30** - go to bed

### **Thoughts For The Day**

Momentum, momentum, momentum!!! It's all on my side. I feel absolutely awesome and am seeing improvements every day. It's becoming easier and easier to eat healthy. I've really learned to listen to my body and eat only when I'm actually hungry. I love that feeling of satisfaction throughout the day and never feeling full.

Today's leg workout was absolutely killer! It's definitely an intense routine that really burns your legs out. It felt absolutely awesome to complete such a challenging workout. I reviewed my notes from the last time that I followed the Pyramid Pandemonium program and my strength and endurance is way up for my legs. That's the big benefit of recording your workouts. You get to see how far along you have come and celebrate it!

I devoured the Shepherd's pie after the workout. I needed that nutrition in me immediately after all that hard work.

After sitting at the computer for much of the afternoon I needed to get up and loosen up my legs so I went for a light walk. It felt great! Then I went in the jacuzzi.

The salad was incredibly filling. I'm surprised that I haven't made more salads during this first 30 days. They are always very satisfying and delicious.

I was getting worried that my [Full Strength](#) order wouldn't come into and I would go a day without having a shake. I'm really getting hooked on these shakes. They are delicious, loaded with incredible nutrition, and they fill me up like a meal. As I have mentioned, I do not make any money from recommending Full Strength. It's simply a product that I believe in.

## Day 31



**5:30 am** - Wake up

**5:45** - go for a 30-minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:30** - 3 President's Choice Decadent Chocolate Chip Cookies

**11:00** - 1 cup of coffee with a little bit of 2% milk

**1:00 pm** - 3 whole eggs, 1 large red pepper, 6 mushrooms, 1 tomato, ground black pepper, crushed chillies.

**3:30** - 5 Triscuits, handful of almonds, 2 clementines

**5:30** - Salmon and asparagus (Sorry, I started eating before I remembered to take the picture.)

**8:00** - air popped popcorn with All Dressed seasoning



**9:30** - go to bed

### **Thoughts For The Day**

You may notice that I look a little bit different in the pictures because I trimmed the hair on my chest and stomach. I love my body hair, don't get me wrong, but sometimes it's a bit easier to see my definition when I trim it down a bit. Although, in these pictures I see that having a bit more chest hair was giving a bit of a shadowed effect to my chest, making it look fuller.

Today was the first day this week that I have eaten anything after dinner. Although it was just popcorn, I preferred how I felt the previous couple days, going to bed with a somewhat empty stomach.

It sure was nice to have those chocolate chip cookies. I haven't really been craving much junk this week, but I decided it was time to treat myself for a job well done. It still blows my mind that I can now have just 3 cookies and be satisfied. I have no desire to over indulge.

## Day 32



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**9:30** - **Workout:** Back and Abs workout from Pyramid Pandemonium

**11:00** - egg, bacon, and cheese on an English muffin

**2:00** - 2 whole eggs, 1 can of tuna, spinach, mushrooms, tomato, ground black pepper, crushed chillies

**3:30** - 3 homemade chocolate chip cookies

**5:30** - quiche: eggs, broccoli, mushrooms

**10:00** - go to bed



## Thoughts For The Day

It's been a very exciting day for me. I have decided to book a photo shoot. After looking at my pictures this morning and being incredibly excited about my progress, I wanted to capture my transformation in a more professional atmosphere than my bathroom ;)

The date for the photo shoot is May 28th, which is T-51 days from today.

My motivation has been incredibly high. Sticking to this lifestyle has been effortless. But the moment I decided to book the photo shoot and I made the call, it became a whole new ball game. There was now a BIGGER event tied into my transformation. My goal date has been May 20th, so this will cap off an awesome journey for me and mark the beginning of a new journey.

I highly recommend scheduling a photo shoot for yourself. It's more than just a deadline. It's a way to celebrate your achievements and capture the moment.

Looking back on what I ate today it sure seems like eggs was the theme of the day. It wasn't planned that way. I met a friend at a local cafe after my workout and had the breakfast sandwich, then I couldn't wait to have my scrambled egg dish at home, and then I realized that Angie had Quiche on the menu for dinner ;)

One thing about eating eggs is that it's one of my favorite ways to get in some veggies throughout the day.

## Day 33



**5:30 am** - wake up

**5:45** - go for a 30-minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**11:00** - **Workout:** Shoulder and Arm workout from Pyramid Pandemonium

**12:30 pm** - 3 Presidents Choice Decadent Chocolate Chip Cookies

**1:00** - 3 whole eggs, spinach, 1 large orange pepper, 1 tomato, ground black pepper, crushed chillies.

**5:00** - Quiche

**5:30** - 3 homemade chocolate chip cookies

**8:00** - bag of jalapeno beef jerky

**9:00** - large bowl of All Dressed Ruffles chips

**10:30** - go to bed

### **Thoughts For The Day**

It's been great to hear the feedback on Facebook about my progress and the vote of confidence for the photo shoot. It really helps when you are surrounded by like-minded people who support you.

After having 6 chocolate chip cookies today I probably could have done without the chips. This was one of those moments where I didn't resist the temptation when Angie came home with some treats after grocery shopping. I didn't beat myself up over this, although I did not enjoy the full feeling in my tummy.

## Day 34



**7:30 am** - wake up

**7:45** - go for a 30 minute brisk walk

**8:30** - 2 cups of coffee with a little bit of 2% milk

**9:30** - [Full Strength](#) chocolate shake

**11:30** - coffee with a little bit of 2% milk

**2:00** - Smoothie: 1 cup Greek Yogurt, blueberries, strawberries, raspberries, 1 banana, peanut butter

**6:30** - 8 slices of pizza

**11:00** - Go To Bed

## Thoughts For The Day

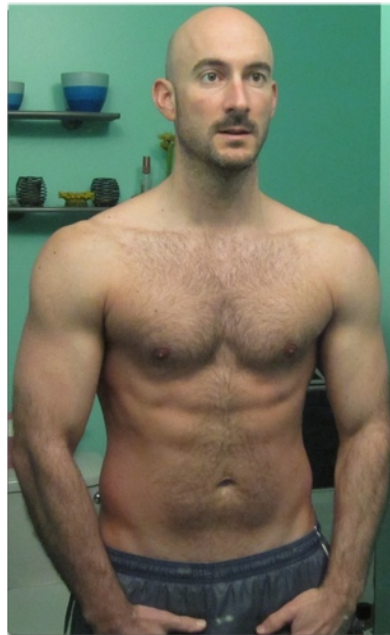
I had an awesome day today. It felt nice to take a break from the weight training and my morning walk was fantastic. Saturdays I train a 90 year old gentleman, which is one of the highlights of my week. He inspires me and is my role model for what's possible when you continue to exercise during your later years.

I had a great time at the show with my son. We saw Diary of a Wimpy Kid. It just felt great to share that time together followed by a fun family night.

The pizza was delicious, but I should have stopped at 6 slices instead of 8. Those last two pieces really made me feel bloated. I wasn't stuffed, but I was more full than I wished that I had felt.



## Day 35



**7:30 am** - wake up

**7:45** - go for a 30 minute brisk walk

**8:30** - 2 cups of coffee with a little bit of 2% milk

**9:30** - [Full Strength](#) vanilla shake

**12:30 pm** - 3 whole eggs, spinach, 1 red pepper, 1 tomato, ground black pepper, crushed chillies.

**1:30 to 6:00** - snacked on nachos and salsa as well as cheese and Kielbasa

**7:00** - 2 chicken enchiladas and 2 pieces of garlic bread

**8:00** - Very large bowl of Corn Pops cereal.

**10:00** - go to bed





## **Chicken Enchilada Recipe**

1/2 an onion chopped  
1 red pepper chopped  
3 cloves minced garlic  
2 small chicken breasts diced  
1 cup salsa  
1/4 package light cream cheese  
1 Tbsp fresh cilantro  
1 tsp ground cumin  
1 Tbsp crushed chilles  
1/2 cup grated cheddar cheese  
4 whole wheat tortillas

### **Directions:**

Cook all ingredients except the cheddar cheese, salsa and tortillas, in a large skillet over medium heat.

Preheat oven to 350 degrees. Spray a 9x6 baking dish with a low calorie cooking spray.

Fill the 4 tortillas with the cooked mixtures and half the salsa. Place the rolls with the seamed side down, onto the baking dish. Smother the tortillas with the remaining salsa and cheddar cheese. Bake for 15-20 minutes.

### **Thoughts For The Day**

I had a great start to the day. The morning went exactly as planned, but then I went over to my brother-in-laws house for an afternoon of dart playing. My brother-in-laws like to drink and eat when we play darts and I often join in that fun, but today I knew that I didn't want to drink and pig out because I had indulged in chips and cookies on Friday and pizza yesterday. I arrived with my bottle of water, which is not out of the ordinary. They are used to seeing me not drink during many of our family gatherings and I don't always drink alcohol when we get together.

Everything went pretty well, except that I kept snacking. I didn't pig out, but I'm sure that the calories were adding up. I could have gone the rest of the day without eating once I got home, but then I smelled the chicken enchiladas that Angie made and I had to have two of them along with some garlic bread.

I was feeling full at this point, but then I saw my kids pouring a bowl of Corn Pops cereal as a treat and I couldn't resist. Well that put me over the edge and I felt like crap. My stomach hurt and I was very uncomfortable.

It wasn't like I ate way above what I normally do, but it seems as though my stomach must have shrunk lately and it couldn't handle that much food. I went to bed with a very full and sore stomach. I won't be doing that again. There's nothing like the feeling of overeating to prevent you from doing it again any time soon.

## Day 36



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:30** - **Workout:** Killer Chest workout from Pyramid Pandemonium

**12:00 pm** - 2 chicken enchiladas

**1:30** - medium coffee with half hot chocolate

**5:30** - 2 Chicken enchiladas and a large salad

**7:30** - piece of homemade Banana Bread

**9:30** - go to bed

## Thoughts For The Day

I woke up still feeling full, bloated, and crappy. I'm not beating myself up over this, but I know that I have to pick my game up this week. Actually, that little bit of a binge may have been what I needed to get me through the next few weeks while I tighten up my nutrition.

Although I'm not impressed with my photos this morning (lower belly isn't looking that great), I know that at the end of this week I will be seeing some big changes. This keeps my motivation high and my drive to push forward.

The photo shoot is now at the top of my mind. I really want to look outstanding for these pictures.

## Day 37



**5:30 am** - wake up

**5:45** - go for a 30-minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:30** - **Workout:** Killer leg workout from Pyramid Pandemonium

**12:00 pm** - Egg Salad sandwich. 3 eggs, a little mayo, 2 slices of whole wheat bread

**1:00** - slice of homemade Banana Bread

**2:30** - 2 handfuls of almonds

**3:30** - slice of homemade Banana Bread

**5:30** - Lentil Soup



**9:30** - go to bed

### **Thoughts For The Day**

I'm feeling kind of fat today. I know, sounds weird considering how lean I am, but I feel that this past weekend really stalled me and when I look at my pictures my lower belly almost looks a little bigger than it was last week. I know that this usually happens when I eat bigger cheat meals... It takes a few days for the bloat to go away. I've got to remind myself that what is important is that I look better at the end of the week, which I know I will. I'm 100% certain that I will.

One thing that I do realize is that I have to step up my game with nutrition. It was way too easy to eat 2 slices of banana bread today. Frankly, I feel that the pizza, chips, cookies, and other junk that I ate this past weekend, kind of peaked my appetite up a bit. As I mentioned the other day, my tummy felt sore after I over ate and I have a feeling that it was shrinking a bit and didn't require as much food to feel satisfied. That day of eating lots of pizza and boxed cereal must have expanded my tummy a bit, therefore making me a little more hungry this week.

I'll get back on track, I know it!

The lentil soup was delicious. The cheddar cheese sprinkled on top sure made it even more appetizing ;)



## Day 39



**5:30 am** - wake up

**5:45** - go for a walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:45** - **Workout:** Back & Abs workout from Pyramid Pandemonium

**12:30 pm** - 3 whole eggs, broccoli, carrots, green beans, baby corn, onions, sugar snap peas, red bell peppers, mushrooms, ground black pepper, crushed chillies

**1:30** - medium coffee half hot chocolate

**3:00** - 3 handfuls of trailmix

**4:00** - went for a 30 minute bike ride (moderate pace)



**6:00** - lentil soup

**9:30** - go to bed

### **Thoughts For The Day**

It's been an awesome day! I'm definitely firing on all cylinders. One of the greatest things happened before my workout today. I was wearing a tight form fitting shirt and when one of the trainers saw me, she commented on how much my physique has improved over the past year. She mentioned how the added muscle really shaped my body and that I'm beginning to look more chiseled than ever. This totally made my day and made me realize that I'm on the right track. It was a moment of celebration. I soaked it in and acknowledged the hard work that I've put in.

It is so awesome to know that Angie is totally on board with me now and that she too is going to participate in the photo shoot with me. These are going to be some mighty HOT pictures! I can't wait. It's always easier to achieve a goal when you are working toward a similar goal with a partner. Sharing this journey with Angie means the world to me.

One of the steps that I am taking to improve upon my nutrition is focusing on slightly reducing my carbs and increasing my vegetable consumption. I'm keeping my protein levels moderately high, which is normal for me.

That little bit of hot chocolate in my coffee sure kicks any cravings, although I know that it's not the best for me. At least I've cut down significantly from the past month.

As much as I enjoy leftovers and the lentil soup, 3 days in a row was a bit much, but, we had the food there and it was one less meal that Angie and I had to prepare, which makes things a heck of a lot easier on us.



## Day 40



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**9:00** - **Workout:** Shoulders & Arms workout from Pyramid Pandemonium

**11:30** - Chai Tea Latte

**12:30 pm** - 3 whole eggs, broccoli, carrots, green beans, baby corn, onions, sugar snap peas, red bell peppers, mushrooms, ground black pepper, crushed chillies

**1:30** - 3 President's Choice Decadent Chocolate Chip Cookies

**2:30** - 3 handfuls of trailmix

**5:00** - 2 lean burgers on a whole wheat bun and half of my sons burger ;)

**8:30** - 1 scoop of Breyer's Mint Chocolate Chip ice cream

**11:00** - go to bed

### **Thoughts For The Day**

After going a few days of exceptionally 'clean' eating it was nice to have a few treats. The Chai Tea latte was a nice treat, and the decadent chocolate cookies are always a favorite of mine. I'm still soooooo impressed with myself that I no longer feel the desire to polish off the entire box. Also, I can't believe that I could have one small scoop of ice cream. I'm no beginning to see how Angie has been able to do this all these years. I'm really grateful to have her influence.

A really proud moment occurred at dinner time. After having my double decker burger and half of Shayne's burger I was very tempted to grab one more. These are fresh burgers from the butcher and taste absolutely amazing. I looked at Angie and said, "I feel like I could have one more burger, but I'll rest my tummy for a second and see how I feel." Sure enough 2 minutes later I realized that if I had one more I would be really stuffed and I didn't want to experience those feelings. That's a really big breakthrough and a valuable lesson learned.

The same thing happened earlier in the day. After I had the 3 handfuls of trail mix I thought that I was still hungry. I drank a large glass of water and no longer felt hungry. Water is an incredible asset! The more I drink the more satisfied I am.

## Day 41



**8:00 am** - wake up

**8:15** - 2 cups of coffee with a little bit of 2% milk

**8:45** - went for a 30 minute brisk walk

**9:30** - [Full Strength](#) vanilla shake

**11:30** - Chai Tea Latte

**12:00 pm** - half a left over hamburger and bun from last night and half a slice of garlic bread

**2:30** - handful of grapes

**3:00** - 2 eggs, can of light flaked tuna, 5 mushrooms, 1 tomato, ground black pepper

**4:00** - large bowl of Breyer's mint chocolate chip ice cream

**6:45** - chicken breast

**7:30** - 3 handfuls of trailmix and 2 handfuls of Triscuit crackers

**8:30** - popcorn

**11:30** - go to bed

### **Thoughts For The Day**

The first half of the day went very well today. I felt awesome, but for some reason I couldn't stop eating at night. I have found that it's much easier to eat well during the week than it is on the weekend. It's probably because I'm busier during the week and I go to bed earlier. I did catch myself eating out of boredom at the end of the day too. I should have gone for a walk instead ;)

I typically go for a walk first thing in the morning, but when I woke up it was cold and raining. So I had a couple cups of coffee and talked with Angie. I was excited to see a break in the rain at 8:30, so I rushed out the door and got in my walk. It really is one of my favorite parts of the day. I loaded up Bob Marley on the iPod and felt like I was on a tropical beach ;)

My body is feeling amazing. I'm loving the change of pace with the Pyramid training and I'm not quite as sore as I was from the initial shock in week 1 of the Pyramid Pandemonium program.

I totally feel like I'm going to have an amazing week coming up!

## Day 42



**7:30 am** - wake up

**7:45** - 2 cups of coffee with a little bit of 2% milk

**8:45** - go for a 30 minute brisk walk

**9:45** - [Full Strength](#) chocolate shake

**12:30 pm** - 3 whole eggs scrambled with salsa

**3:00** - snacked on red peppers, strawberries, watermelon, celery, and cheese

**5:00** - 1 chicken kabob, 1 beef kabob, large salad

**9:30** - go to bed

## Thoughts For The Day

Consuming some extra calories yesterday may not have been a bad thing. I have excellent control today and am more motivated than ever. We attended a birthday party today where there was lots of alcohol, chips, and cake. The great news was that there was even more healthy snacks such as the red peppers, celery and fruit.

The end of today marks the halfway point for my transformation. I'm very pleased with the results that I have experienced up to this point. As the lower belly fat continues to melt away I can tell that I'm very close to seeing my lower abs. I'm expecting to see more signs of that by the end of this coming week.

I feel that although I had some extra treats yesterday, this weekend has been a much better weekend than I've had out of any weekend during this transformation. I'm going to need to continue to improve upon that during the next 6 weeks as I prepare to look my best for this photo shoot.

This week I will consume slightly fewer treats, a little less carbs, and eat more veggies. I will walk 7 days this week, as I did this past week, go for 2 bike rides, as I did last week, and may add in a short HIIT session.

One thing that has worked very well for me this past week has been not eating after dinner. I'm typically not very hungry between dinner and bed time, so it's not a problem. I go to bed feeling like I'm a tiny bit hungry, but far from 'starving'. I enjoy that feeling of waking up and feeling 'light'.



## Day 43



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:45** - Workout: Chest & Abs workout from Pyramid Pandemonium

**12:00 pm** - 2 whole eggs with mixed veggies and ground black pepper.

**5:00** - Shepherd's Pie

**6:30** - go for a 30 minute walk

**7:15** - 3 handfuls of trail mix

**8:00** - small chicken breast

**11:00** - go to bed

## Thoughts For The Day

I feel like a man on fire! I feel totally Unstoppable! I'm beginning this second half of my transformation journey with intense focus and overwhelming desire to achieve my goals.

I really want to start seeing some of my lower abs this week and I realize that it's going to take a little more focused effort to keep my progress rolling along. That's why I went for a second 30 minute walk today after dinner. I really needed to get my head even more clearer on the vision that I'm aiming to achieve. I'm looking pretty darn good right now and it's easy to become satisfied with where I am at. I'm definitely happy with how I look. I'm proud of myself. But I also know that I have this deep down burning desire to look absolutely incredibly hot and sexy and totally ripped to shreds with even more muscle.

I would have preferred to go to bed with an empty stomach tonight, but once I grabbed a handful of trail mix I had a hard time stopping. It's not like I ate a lot, plus the food choices were good, plus I really hadn't consumed a lot of calories throughout the day... so all in all it's all good ;) Tomorrow I will have to be a little more focused on why I enjoy going to bed with a slightly empty stomach.



## Day 44



**5:30 am** - wake up

**5:45** - go for a 30 minute brisk walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**9:30** - 5 grams BCAA's (capsules)

**10:30** - **Workout:** Killer Leg Workout from Pyramid Pandemonium

**11:45** - 5 grams BCAA's (capsules)

**12:00 pm** - 1 scoop of Shepherd's Pie, 2 eggs with loads of mixed veggies, ground black pepper, and crushed chillies, topped with salsa.

**1:00** - medium coffee with half hot chocolate

**5:30** - large salad with Tuna, chicken, Romaine lettuce, cherry tomatoes, cucumber, red pepper, ranch dressing, ground black pepper.

**6:30** - go for a 30 minute walk to loosen up my legs

**9:30** - go to bed

### **Thoughts For The Day**

I have kind of gotten out of my early to bed routine and I need to get back into it. Two nights in a row with a little less sleep definitely impacts my energy levels and focus.

Despite having a little lower energy level from the lack of sleep I achieved a personal best in every exercise during today's workout. Once I stepped into the gym I had an overwhelming feeling of focus. Prior to the workout I was going through a little self talk where I thought, "I'll just get through this workout". Once I stepped foot in the gym I knew that I was going to dominate the program. The feeling of accomplishment and satisfaction that I experienced after the workout was extraordinary! This workout set the tone for the rest of my day and the rest of the week.

I've been checking out pictures of Vince and Flavia DelMonte from their recent photo shoots. They are both totally ripped right now and in the absolute best shape of their lives. Seeing what they achieved inspires the heck out of me and gives me something to drive toward.

The extra walk today was absolutely necessary to help me recover from today's leg workout. I needed to keep my legs moving and blood flowing.

Although I'm getting loads of BCAA's from the Full Strength Shake and the protein in all my meals, I want to ensure that I preserve my muscle mass and even gain muscle while I'm in a caloric deficit. This is why I am adding some pre-workout and post-workout BCAA's to my nutrition plan. I get my BCAA's in 1 gram capsules and only take them on workout days.

I love eggs and have them every day. I'm cool with that because I add different veggies and ingredients to my eggs each day. One thing that I want to do is add a little bit more variety to my meals, so I will be going through Dave Ruel's [Metabolic Cooking](#) and [Anabolic Cooking](#) books and picking out my favorite recipes to add to my nutrition plan for taste and variety.

## Day 45



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) Vanilla Shake

**12:00 pm** - 2 eggs with mixed veggies and ground black pepper

**2:30** - Homemade Peanut Butter Oat Bar

**5:30** - Salad: Romaine lettuce, red pepper, tomato, chicken breast

**6:30** - homemade Peanut Butter Oat Bar

**7:00** - go for a 30 minute walk

**10:30** - go to bed

**Thoughts For The Day**

It was nice to have a day off from weight training. My legs are really feeling the workout from yesterday. I was feeling too bad yesterday, but when I woke up my legs were very tight.

It was great to get in the two walks today. It really helped loosen up my legs, and it helped clear my head. I spent a good chunk of time getting all my tax information together today, so the 2nd walk in the evening really helped me de-stress and relax.

This was two nights in a row that I've had a large salad for dinner. I really enjoy my salads when they have lean protein and veggies in them. They are very filling, yet they don't make me feel stuffed.

The homemade Peanut Butter Oat Bars sure are an awesome treat! They curb any craving that I may have.

## Day 46



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:30** - **Workout:** Back & Abs Workout from Pyramid Pandemonium

**12:30 pm** - homemade Peanut Butter Oat Bar, 2 eggs with mixed veggies and ground black pepper.

**2:30** - medium coffee with half hot chocolate

**4:30** - go for a 30 minute bike ride (Intervals)

**5:30** - chicken, rice, cream of mushroom soup

**11:30** - go to bed

## Thoughts For The Day

Excellent day! I'm feeling in the zone! My motivation is super high even though I've been a little tired this week from lack of sleep. My energy hasn't impacted my workouts yet, but I know that I need to focus on getting a quality night sleep once again.



## Day 47



**8:30 am** - wake up

**8:45** - drink 2 cups of coffee with a little 2% milk

**9:00** - go for a 30 minute walk

**10:00** - [Full Strength](#) vanilla shake

**12:00 pm** - Workout: Shoulders & Arms workout from Pyramid Pandemonium

**1:30** - chicken, brown rice, cream of mushroom soup, and peas

**4:30** - 10 Melba Rounds

**5:30** - Salmon and garlic bread

**6:30** - 2 bowls of air popped popcorn sprinkled with All Dressed Seasoning

**7:30** - tiny bowl of Breyer's Mint Chocolate ice cream

**8:30** - 3 handfuls of Dill Pickle Chips

**9:30** - chocolate bar

**11:30** - go to bed

### **Thoughts For The Day**

What started out as a great day turned into an all out junk fest. I'm not sure if was carbs I was craving or that I didn't drink enough water. It could be that my sleeping has sucked this week. I find that when I don't get enough sleep I tend to eat more junk. Same thing if I'm not drinking enough water.



## Day 48



**8:45 am** - wake up

**9:00** - 2 cups of coffee with a little bit of 2% milk

**9:30** - [Full Strength](#) chocolate shake

**11:30** - 1 cup of coffee with a little bit of 2% milk

**1:00 pm** - 2 eggs, 1 orange pepper, 1 tomato, ground black pepper, crushed chillies.

**4:00** - handful of chocolate covered almonds

**4:30** - 30 minute bike ride (intervals)

**6:00** - Salmon and veggies.

**12:30** - go to bed

## Thoughts For The Day

It was a great day for eating other than the chocolate covered almonds. Someone came door to door raising money for a charity and Angie scooped them up. At least we split the small box among the 4 of us ;)

Knowing that tomorrow is Easter sure has me buckling down today.

Sleep has been a big problem for me this week. I'm not getting nearly enough and I feel it impacting my performance and energy. If this keeps up I'm going to have to start listening to the Sleep At Will audios again.

Part of it has to do with the hockey playoffs. I get all wound up watching the games and have a hard time falling to sleep afterward.

## Day 49 - Easter



**7:00 am** - wake up

**7:30** - 2 cups of coffee with a little bit of 2% milk

**9:30** - [Full Strength](#) vanilla shake

**10:00** - half chocolate bunny (400 cal)

**12:00 pm** - half chocolate bunny (400 cal)

**2:00 to 5:00** - chips and dip 3 glasses of red wine

**5:00** - Too much turkey, ham, stuffing, corn, veggies, potatoes with gravy

**6:00** - Drumstick ice cream cake (sinful!!!)

**6:00 to 8:00** - 2 glasses of rye with Pepsi Max

**9:30** - small piece of Drumstick ice cream cake

**11:00** - go to bed

## Thoughts For The Day

Started off the day feeling exhausted. It's been a crappy week for sleeping and last night capped it off. I struggled to fall asleep and once I did I kept waking up. Then it was up early for Easter ;)

I had all intentions of letting loose today. I knew that this would be the last big occasion prior to the photo shoot and I know that letting loose today will trigger me to be extra good afterward. It always seems that after a day of not eating the greatest or having a 'cheat meal' I don't want to have junk for a while.

I did eat a bit more than I had hoped for, but less than I would have in the past. Part of it is because I swear my stomach has shrunk since embarking on this transformation. I simply can not eat as much or it hurts.

Although I ate the entire chocolate bunny at least I don't have any left ;)

## Day 50



**9:30 am** - wake up

**9:45** - 2 cups of coffee with a little bit of 2% milk

**11:30** - [Full Strength](#) chocolate shake

**2:30 pm** - Workout: Chest & Abs workout from Pyramid Pandemonium

**3:30** - Turkey and mashed potatoes

**5:30** - 30 minute bike ride. Moderate steady state pace

**7:00** - Turkey with veggies

**9:30** - go to bed

**Thoughts For The Day**



I had a killer chest workout today setting a bunch of personal bests. This kinda surprised me considering that I felt a little tired early in the day. Knowing that this is my last week of Pyramid Pandemonium before moving onto ROCK That Body, has me totally motivated to give my workouts my absolute best this week and show myself what I'm made of!

Having turkey, potatoes, and veggies as leftovers has been a great treat. No prep time for cooking and it's delicious. Kind of a nice break from eggs too I guess ;)

After all the eating and drinking that I did yesterday I was expecting to look and feel more full and bloated. It was a pleasant surprise to feel normal ;)



## Day 51



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:00** - 5 grams BCAA's

**12:15 pm** - **Workout:** Legs & Calves Workout from Pyramid Pandemonium

**1:30** - 5 grams BCAA's, Turkey, mashed potatoes

**5:30** - Salmon, 2 hard boiled eggs

**6:30** - go for a 30 minute walk

**7:15** - large bowl of mixed veggies.

**8:00** - handful of almonds

**10:30** - go to bed

### **Thoughts For The Day**

I'm realizing that's it's time to get ultra serious about my results. For nutrition it's time to focus on eating mostly protein, veggies, and nuts. For cardio it's time to crank it up.

One thing that I do need to be cautious with is avoiding HIIT or strenuous cardio around my leg training. I went for a bike ride yesterday and I'm pretty sure that it had a negative impact on my leg training... BUT... that could have had something to do with going too long between meals before my workout. I should have worked out 2 hours earlier, but got distracted with work and my son got sent home from school because he was sick.

So, right now I'm thinking that I will just walk the day before, day of, and day after leg training. The other 4 days I can ride my bike and incorporate HIIT.

I definitely needed that second walk today to help loosen up my legs and aid in their recovery after a killer leg workout.

I see the Drumstick ice cream cake in the freezer, yet I'm not tempted to eat any of it. It's incredibly delicious, but the thought of being absolutely ripped for my photo shoot is way more appealing to me.



## Day 52



**5:30 am** - wake up

**6:00** - go for a 30 minute walk

**6:40** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) vanilla shake

**11:00** - 1 cup of coffee with a little bit of 2% milk

**12:30 pm** - 2 whole eggs, 1 can tuna, 1 tomato, red pepper, mushroom, onion, garlic, green beans, baby corn, carrots, ground black pepper, crushed chillies.



**5:00** - large chicken salad

**6:00** - go for 30 minute walk

**10:30** - go to bed

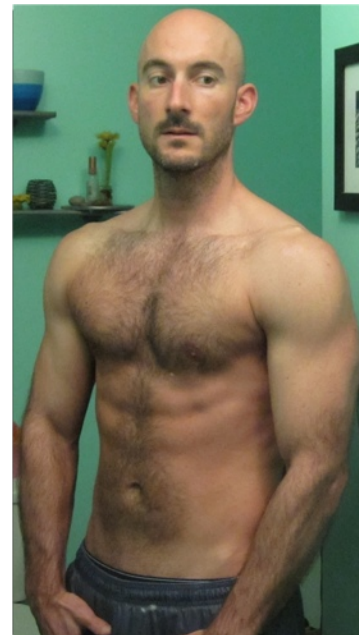
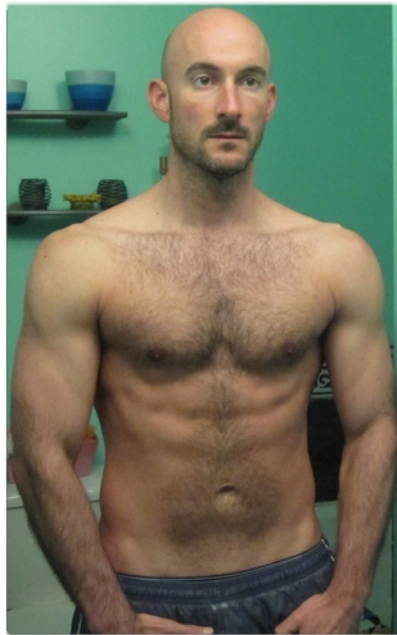
## Thoughts For The Day

I woke up with stiff legs and tight glutes. I knew that the best thing would be to keep my legs moving by walking to help them recover and I also knew that I would need to do a fair amount of stretching and making full use of the foam roller.

I basically sat on a tennis ball and placed all my weight on my right glute in all the trigger points where I was knotted up. I felt a lot of pulsating that shot down my leg. It was definitely painful at first, but afterward it was instant relief and the knots were gone.

It's always nice to take a break from the gym on Wednesday's, focus on recovery, work on strengthening my mind, reflecting on my progress, and getting excited about the finish line.

## Day 53



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - [Full Strength](#) chocolate shake and the oh so sinful homemade Drumstick Frozen Cake. This was leftover from Easter and I saved a small piece in my freezer for the past 3 days ;)



**11:00** - **Workout:** Back & Abs workout from Pyramid Pandemonium

**12:00 pm** - 2 eggs with 2 slices of 12 grain toast.

**2:00** - 1 cup of coffee with 2% milk

**5:30** - whole wheat spaghetti noodles with meat sauce

**6:00** - Another piece of Drumstick Frozen cake

**6:30** - go for a 30 minute walk

**10:00** - go to bed

### **Thoughts For The Day**

Using the foam roller and tennis ball to workout the knots in my legs yesterday was a huge help. I'm still a bit stiff which is why I opted to go for two 30 minute walks today rather than a bike ride.

Yes, you read it correct when you saw that I had that drumstick frozen cake for breakfast ;) It was sitting in my freezer for 3 days waiting for me ;) I wanted to eat it for breakfast so I could burn the calories throughout the day rather than eat it at night and have it sitting in my tummy all night. It's a pretty heavy dessert so I'm glad that I had it early in the day.

I really had no problem going 3 days without a treat and eating extremely clean. I almost didn't even feel like increasing my calories or having a treat today, but I know that my metabolism and my body will really benefit from this slight increase in calories today. It's a nice break from being in a deficit.

I've been doing a lot for my mindset lately... Watching lots of movies with ripped guys in it, such as, Troy, Snatch, 300, Fighter, Gladiator, and Pumping Iron. This always inspires the heck out of me.

I've also been watching some YouTube videos of fitness models and reading some blogs by fitness models.

...And I also began to re-read Arnold: Education of a Bodybuilder.

All the above, plus checking out pictures in magazines, and checking myself out in the mirror, have all given me some extra "SWAGGER" this week ;)

Nothing will stop me!

## Day 54



**5:30 am** - wake up

**5:45** - go for a 30 minute walk in the cold rain

**6:30** - warmed myself up with 2 cups of coffee and 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:30** - Workout: Shoulders & Arms workout from Pyramid Pandemonium

**12:00 pm** - 2 whole eggs, ground beef, 1 tomato, onion, red pepper, green beans, broccoli, baby corn, carrots, mushroom, cheddar cheese, ground black pepper, crushed chillies

**2:00** - coffee with half hot chocolate

**4:00** - handful of almonds

**5:00** - Large Chicken salad

**10:00** - go to bed

## Thoughts For The Day

Today's workout completes the 2nd phase of workouts. Pyramid Pandemonium was an awesome 28 day challenge that shocked my body. I'm really happy with how I progressed throughout the 4 weeks and really proud of how I pushed through many of the workouts... Especially the leg workout ;)

Now it's time to move on to ROCK That Body!



## Day 55



**8:00** - wake up

**8:15** - two cups of coffee with 2% milk

**8:30** - go for a 30 minute walk

**9:15** - [Full Strength](#) chocolate shake

**11:30** - coffee with half hot chocolate

**1:00** - 2 eggs with mixed veggies

**3:00** - handful of almonds

**3:30 to 6:00** - about 30 mini chocolate Easter eggs

**4:00** - 30 minute steady state bike ride at moderate intensity

**6:00** - 2 chicken thighs

**8:00** - green tea latte

**8:30** - 1 hour walk with Angie along a beautiful trail.

**10:30** - small bowl of dill pickle chips

**1:00** - go to bed

### **Thoughts For The Day**

Great day with lots of activity. The evening walk with Angie was totally unexpected and it was a fantastic time. It doesn't feel like exercise when you are having fun and carrying on a great conversation with your spouse or friend.

I'm really kicking my butt for eating those chips so late at night. I wasn't really hungry, but they were sitting out on the table where our babysitter and kids had left them. I should have had better control, but in the back of my head I was thinking, This is the last day that I will be having junk food for 28 days. That's the same thing that was going through my head when I was eating all those chocolate eggs too ;)

Another downfall for the day was going to bed much too late. I got wrapped up in watching a Stanley cup hockey game, which went to overtime. I'm really going to have to keep my sleep schedule in check for the next 28 days.



## Day 56



**9:30 am** - wake up

**9:45** - 2 cups of coffee with 2% milk

**10:30** - 30 minute walk

**11:30** - [Full Strength](#) vanilla shake

**2:00** - 30 minute bike ride (Intervals)

**2:45** - 2 eggs with mixed veggies... plus 5 large strawberries

**5:30** - 30 minute walk with Angie

**6:30** - homemade quiche

**9:30** - go to bed

## Thoughts For The Day

T-minus 28 days until the photo shoot. It's really time to crank things up several notches!!!

It's been great going for a walk with Angie the past two days. They were unplanned walks and it doesn't seem like scheduled exercise. It's a fun way to keep active and enjoy the outdoors.

Now it's time to begin applying some advanced techniques. This is where it pays to become more precise with my calories consumed.

I will be following 3 days in a row of low calorie (30% deficit) and low carbs. The vast majority, if not all, of the carbs will come from vegetables and a little bit of fruit on some days.

Then I will have 1 day where I increase my calories to maintenance level by increasing the carbs in my diet. Typically this will be in the form of potatoes or oatmeal.

As I look at my pictures I'm beginning to worry if I waited a little bit too long to kick things up to this level. Only time will tell during this next 28 days. Let's see what kind of greatness I can experience and achieve!

## Day 57



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:00** - **Workout:** Chest & Abs Workout from ROCK That Body

**11:30** - quiche (eggs, cheese, spinach, bacon)

**3:30 pm** - cup of coffee with a little bit of 2% milk

**4:30** - 30 minute bike ride

**5:00** - 2 cans of light flake tuna mixed with 1 tbs ranch dressing, 2 tbs salsa, ground black pepper, crushed chillies, cucumber, tomato, green pepper, and shaved carrots on a bed of Romaine lettuce



**11:30** - go to bed

### **Thoughts For The Day**

I have never felt more passionate about transforming and improving my body. I'm totally fired up and loving every minute of it. I am certain that this photo shoot is only the beginning of what I am about to achieve.

I will continue to improve my physique each and every month so that every 3 months you will notice a significant improvement... every 6 months will be an incredible improvement... and every year will be jaw dropping improvements.

My goal is to look light years better at the age of 40 than I do right now as I approach 36 years of age. Who knows... maybe I'll throw a huge 40th birthday party and invite you to be a guest.

Lots of great thoughts going through my mind at the moment. I'm hooked on this journey and enjoying the process more than I could have ever imagined.

## Day 58



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:00** - Smoothie: 1 cup Greek yogurt, 1 cup blueberries, cinnamon, 1 cup water, Plus 5 grams of BCAA's

**9:30** - 1 cup of coffee with 2% milk

**11:45** - Workout: Killer leg workout from ROCK That Body

**12:00** - quiche (eggs, cheese, spinach, and bacon), 2 chicken thighs

**2:30** - 5 grams BCAA's

**5:00** - salmon and asparagus



**8:00** - nibbled on a little salmon

**10:00** go to bed

### **Thoughts For The Day**

First day without a Full Strength shake...

My intensity and drive is through the roof. I'm focusing on the prize and nothing is going to stop me!

I watched an episode of Vince DelMonte's Live Large today, which took us behind the scenes of a Fitness Model competition that he participated in. Vinny has been a huge inspiration to me.

I'm really enjoying the low carb days and I love how it makes me look. As I've increased my precision with the nutrition and paying more attention to the details I have noticed dramatic differences.

I love the structure of having 3 days of low calorie/low carbs followed by a day of maintenance level calories with increased carbs. This has always worked for me in the past.



## Day 59



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:15** - Shake: 1 cup Greek yogurt, 2/3 cup oatmeal, 1 tbsp raw honey, cinnamon

**10:30** - 1 cup of coffee with 2% milk

**11:30** - Tan

**12:30 pm** - 2 eggs, tuna, tomato, cucumber, cheddar cheese

**4:00** - 30 minute steady state bike ride

**4:45** - 2 handful's of almonds

**6:00** - Shepherd's Pie

**8:00** - couple spoonful's of Shepherd's pie (mostly the meat)

**10:30** - go to bed

### **Thoughts For The Day**

Definitely missing the Full Strength shakes. It's kinda interrupting my habits and routine, but I'm managing. I decided to trim my chest hair last night to see if it's something that I will want to do prior to the photo shoot. I'm not one to completely shave my chest, but I don't mind the trimmed look.

It was nice to increase my carbs today. Shepherd's pie is one of my favorite meals. Today we made it with a lot of ground turkey and lean ground beef, so there was plenty of protein in this meal too.



## Day 60



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:00** - Smoothie: 1 cup Greek yogurt, 1 cup blueberries, 1 tbsp ground flaxseed, cinnamon, nutmeg, 1/2 cup water

**10:00** - Workout: Back & Abs workout from ROCK That Body

**11:00** - Shepherd's Pie (I mostly ate the lean ground beef and turkey, with just a little bit of the potatoes.)

**12:00 pm** - [Full Strength](#) vanilla shake

**2:30** - 1 cup of coffee with 2% milk

**4:15** - 30 minute bike ride (Intervals)

**5:00** - salmon and mixed veggies



**9:00** - 2 handfuls of almonds

**9:30** - go to bed

### **Thoughts For The Day**

Yay, my order of Full Strength arrived today. It was a challenge without it. I'm totally hooked on the taste and how it makes me feel.

It was kinda fun playing around with some different smoothie recipes during the week. I did enjoy them.

Today's abs workout really hit my obliques. I'm certain that I will be sore for a few days ;)

## Day 61



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:15** - Workout: Shoulder & Arm workout from ROCK That Body

**12:00 pm** - 2 eggs, 1 can of light tuna, cheddar cheese, green pepper, tomato, garlic, ground black pepper, crushed chillies. Supper yummy!

**3:30** - go for a 30 minute bike ride (Intervals)

**4:15** - handful of almonds

**5:00** - 3 chicken kabobs and a large salad

**8:30** - one chicken kabob and a handful of almonds



**11:30** - go to bed

### **Thoughts For The Day**

Super pumped after today's workout! Holy moly my arms and shoulders were completely jacked! This arm workout from ROCK That Body is definitely one of my secret weapons. Angie was commenting on how much my arms have grown during the past 5 months.

The chicken kabobs were delicious. We get them from the butcher and they are already marinated. Some were honey garlic and some were southwest. I started with 2 on my plate and ended up grabbing a 3rd to put on my salad.

I've really been pushing myself with the bike intervals. Every time that I think I'm pushing as hard as I can, I end up finding that I can push even harder.

## Day 62



**8:00 am** - wake up

**8:15** - 2 cups of coffee with 2% milk

**9:30** - [Full Strength](#) chocolate shake

**12:30 pm** - 2 handfuls of almonds and an apple

**2:30** - 30 minute bike ride (Intervals)

**4:00** - 1 package of beef jerky (240 cals)

**5:00** - nacho's and salsa and some with guacamole (more than I should have had)

**7:00** - Beef tenderloin wrapped in bacon (OMG this was heavenly!)

**9:00 to 11:00** - a little bit more nachos and guacamole

**12:00** - go to bed

## Thoughts For The Day

All in all, I'm pretty happy with how the day went. I knew ahead of time that I was going over to my brother-in-laws to play darts. That usually involves drinking alcohol and munching on junk food. There's always peanuts and chips out on the table and I have a habit of grabbing something to nibble on between shots.

I brought over some beef tenderloin wrapped in bacon, which was incredibly delicious and a nice treat. I also brought over some beef jerky, which I was hoping would replace the chips, but, when I got over there I was already hungry and devoured the bag right away.

Nachos and salsa were out on the table and I found myself eating a bit too many nachos. They were a little too irresistible sitting in front of me. Then, when the salsa ran out he brought out a guacamole dip.

I learned some valuable lessons and will be better prepared next time.



## Day 63



**8:00 am** - wake up

**8:15** - 2 cups of coffee with 2% milk

**10:30** - [Full Strength](#) vanilla shake with 1 tbsp peanut butter and 1 tbsp strawberry jam.

**1:00** - lots of raw veggies and fruit.

**2:30** - 2 large salads with pork

**4:00** - lots of strawberries.

**5:00** - 3 handfuls of almonds

**5:30** - Green Tea Latte

**7:30** - strawberries and 1 handful of almonds

**9:30** - go to bed

## Thoughts For The Day

We enjoyed an amazing Mother's Day today! Nothing but blue skies, so we were outdoors all day, playing games and having fun.

There were plenty of tempting treats around all day, yet I had no problem turning them down. It all started with the Lindor chocolates that I gave Angie for Mother's Day. Those are our favorites ;) She asked if I wanted one and I turned it down. Then at her moms, there was one of my favorite desserts, which I had no problem turning down and I didn't drink any alcohol like everyone else.

What made it even easier for me was that I was talking about my fascination with body sculpting and how I'm really enjoying this journey and plan on looking absolutely incredible on my 40th birthday. One of my brother-in-laws was expressing interest in my nutrition as he is in the process of releasing fat.

It was also nice to take a complete day off from any kind of planned exercise, although I did really miss going for a bike ride today.



## Day 64



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:45** - **Workout:** Chest & Abs workout from Rock That Body

**12:30 pm** - 3 eggs with mixed veggies, ground black pepper and crushed chillies.

**1:30** - 1 cup of coffee with a little milk

**4:45** - go for a 30 minute bike ride (steady state 70%)

**5:30** - homemade broccoli & cauliflower soup

**8:00** - small bowl of broccoli & cauliflower soup with a small handful of almonds

**9:30** - go to bed

### **Thoughts For The Day**

I have really been enjoying the bike riding. It's one of my favorite things to do. Although today was a steady state ride, I have really been pushing myself with the intervals.

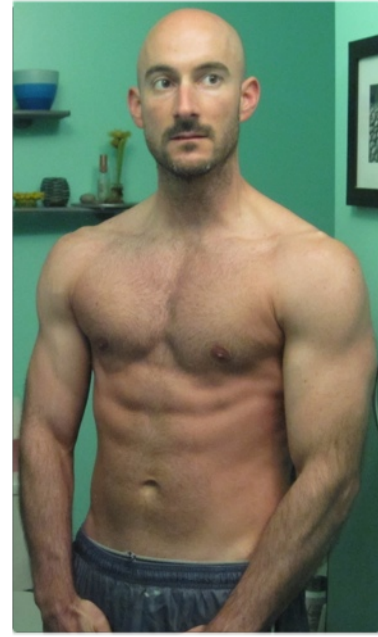
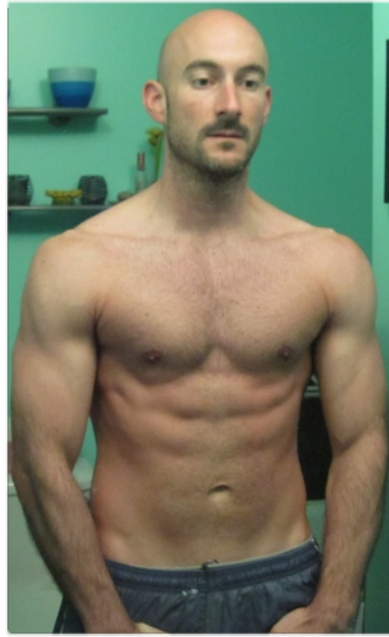
I had a great chest workout today with a couple personal bests, which surprises me since I'm in a pretty significant caloric deficit right now. It's nice to see that my energy is still high considering that I'm not eating a great deal.

I was also surprised at how long my tummy felt satisfied after having broccoli and cauliflower soup for dinner. I probably didn't even need to have the late night serving.

Angie made a comment to me that she hadn't noticed that my calves have been growing, even though they have ;) That really fired me up and caused me to double my efforts in building my calves.

On a positive note, Angie noticed me sitting down with my feet up, legs slightly bent, and I was wearing shorter shorts. She said, "Holy Cow, you're legs are really growing. She asked me to stand up and hike up my shorts, which turned into a fun flexing contest with my kids ;)

## Day 65



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with 2% milk

**8:00** - [Full Strength](#) chocolate shake

**10:00** - 5 grams of BCAA's

**10:30** - **Workout:** Leg & calves workout from ROCK That Body

**12:00 pm** - Smoothie: 1 cup Greek yogurt, 1 cup blueberries, cinnamon, nutmeg, and 1/2 cup water plus 5 grams BCAA's

**2:00** - 1 cup of coffee with milk

**4:15** - 30 minute bike ride (steady state at 65% for active recovery from today's leg workout)

**6:00** - homemade broccoli & cauliflower soup, chicken breast, homemade white potato french fries

**9:00** - go to bed

### **Thoughts For The Day**

Wow! Killer freakin leg workout today. I was super focused. There were moments when I felt like I had given enough to the set and managed to squeeze out 2 more reps. I also spent some extra time on my calves since Angie mentioned that she didn't think they were growing lately. That was a kick in the butt to up my performance ;)

Today was a lower carb day and I ended up eating a few too many homemade potato french fries that I would have liked, which really, was just over a handful, but still, I would have rather not eaten that many.

I'm seeing some great progress in the mirror, but I'm starting to get nervous about whether I will be lean enough for the photo shoot. I need to get a little more strict with my eating. I have been going to bed feeling not quite as light as I would like to and not as hungry as I should be. If I pick things up I know that I will look phenomenal for the photo shoot.

## Day 66



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little 2% milk

**8:00** - [Full Strength](#) vanilla shake

**10:30** - tan

**11:00** - 1 cup of coffee with a little milk

**12:30** - filling from stuffed peppers (see below)

**4:00** - handful of almonds

**4:30** - 30 minute bike ride (steady state 70%)

**5:30** - Stuffed Peppers (ground turkey, brown rice, diced tomatoes, kidney beans, lentils, corn, garlic, ground black pepper, crushed chillies, basil.)

**7:30** - 1 small stuffed pepper

**9:00** - go to bed

### **Thoughts For The Day**

Woke up feeling very refreshed. I'm so glad that I went to bed at 9:00 last night. It makes me wonder why I have been staying up a little later. When I was in the routine of falling asleep before 9:30 I felt amazing!

I really enjoyed the stuffed peppers today. It's been a while since we've had them. I may make them with more ground turkey the next time.

I've really been enjoying this process and I am fascinated when I look in the mirror. I walked outside with my shirt off for the first time this Spring as I went to move my car and I felt a rush of confidence come over me. Although I am not at my goal, I feel great with how I look and I am certain that my confidence will skyrocket when I see my lower abs.



## Day 67



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with a little bit of 2% milk

**8:30** - [Full Strength](#) chocolate shake

**9:30** - 1 cup of coffee with milk

**10:15** - 5 grams BCAA's

**11:00** - **Workout:** Back & Abs workout from ROCK That Body

**12:00 pm** - 5 grams BCAA's

**12:30** - 2 eggs, 1 can of light flaked tuna, tomato, orange pepper, spinach, ground black pepper, crushed chillies

**2:00** - 1 cup of coffee with milk

**3:30** - 30 minute bike ride (Intervals)

**4:30** - handful of almonds

**5:00** - Stuffed Pepper and a few homemade white potato french fries

**8:00** - 2 handfuls of mixed nuts

**10:00** - go to bed

### **Thoughts For The Day**

I haven't been able to keep my eyes open past 9:00 pm. Although I am thoroughly enjoying a great night sleep, it doesn't give Angie and I much time to talk at night.

I am feeling lighter in my tummy and starting to see some progress. Time to buckle down some more in order to get this last remaining bit of lower belly fat and love handle fat off my body.

I've been feeling a little hungry before bed, but not too hungry. I could probably do away with some of the late night snacking, but it doesn't appear to be slowing my progress.

The bike ride was awesome today. I continue to push myself harder during the intervals.

My workouts are going better and better as my level of focus continues to heighten.

The vision that I have for my physique continues to improve. There's no doubt that I want to be absolutely ripped and I can't wait to add on more muscle in the process.

This journey is absolutely incredible. It's all about living to my potential and with each passing day my confidence grows!



## Day 68



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:30** - [Full Strength](#) vanilla shake

**10:00** - 5 grams BCAA's

**11:00** - **Workout:** Shoulders & Arms workout from Rock That Body

**12:30 pm** - 2 eggs, 1 can of light flaked tuna, cheddar cheese, ground black pepper, crushed chillies

**3:30** - 2 handfuls of mixed nuts

**4:00** - 30 minute bike ride (steady state 70%)

**5:00** - 2 lean burgers on a whole wheat bun plus 1 lean burger on a whole wheat bun

**11:00** - go to bed

### **Thoughts For The Day**

I'm seeing some awesome improvements in the mirror this morning! I know that if I continue on this pace I will see my lower abs before the photo shoot.

## Day 69



**8:00 am** - wake up

**8:15** - 2 cups of coffee with a little milk

**9:30** - [Full Strength](#) chocolate shake

**11:30** - 1 coffee with milk

**2:30 pm** - 30 minute bike ride

**3:15** - 2 eggs, tuna, cheddar cheese, mushrooms

**6:00** - lots of penne and ceasar salad

**8:30** - large bowl of popcorn with all dressed seasoning

**12:00** - go to bed

Thoughts For The Day

Ate way too much penne and went to bed feeling full and bloated

## Day 70



**9:00 am** - wake up

**9:30** - 2 cups of coffee with milk

**11:00** - [Full Strength](#) vanilla shake

**1:00 pm** - 2 eggs with 2 slices of whole wheat toast

**1:30** - small bowl of penne

**3:00** - 2 handfuls of mixed nuts

**5:00** - homemade peanut butter oat bars

**7:00** - 2 veggie wraps

**9:30** - go to bed

**Thoughts For The Day**

Ended up eating more than I wanted today. Maybe it's a good thing. Maybe it's exactly what I needed in order to make it down this home stretch.

It was a little scary though. I had planned on making this an incredibly great eating day after overeating a bit yesterday, but I kept talking myself into eating a little more and a little more. It felt like it did before this journey began when I was procrastinating all the time. Tomorrow I will have to do what needs to be done in order to get my eating back on track.

## Day 71



**5:30 am** - wake up

**6:00** - 2 cups of coffee with milk

**8:00** - go for 30 minute walk

**8:45** - [Full Strength](#) chocolate shake

**11:00** - Workout: Chest & Abs workout from ROCK That Body

**12:30 pm** - 2 eggs with mixed veggies

**2:30** - 1 coffee with milk

**3:45** - 30 minute bike ride (steady state 70%)

**6:00** - salmon, cauliflower, brussel's sprouts, and carrots

**11:00** - go to bed

## Thoughts For The Day

Had a very refreshing and restful sleep last night and woke up feeling great! After having a lazy Sunday it was great to write in my journal and re-energize myself.

When I woke up it was cold and rainy so I didn't go for a walk. I knew that I had to drop my car off at the body shop at 8 am so I planned on going for a walk at that time.



## Day 72



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) chocolate shake

**10:15** - 5 grams of BCAA's

**11:00** - Workout: Legs & Calves workout from Rock That Body

**12:30 pm** - 5 grams of BCAA's 2 eggs with mixed veggies and salsa

**2:00** - 1 coffee with milk

**3:45** - 30 minute walk

**4:30** - salmon with cauliflower, brussel's spouts, and carrots, 2 handfuls of mixed nuts



**5:30** - 1 can of light flaked tuna with hot sauce

**9:00** - go to bed

### **Thoughts For The Day**

Major victory for me today! Angie came home with pizza for dinner to support the school (our kids school received \$5 for every pizza purchase today). It smelled so good when she walked in the door. But remember, I made a commitment to avoid junk food during this last remaining 28 days, and by the looks of what I'm seeing in the mirror I really need to stick to my guns with this if I want to have a great photo shoot.

I found myself thinking that "I'll just have one piece, it won't kill me." Then I thought, "OK, I'll eat my dinner first and if I'm still hungry I'll have a slice of pizza."

As I was halfway through my dinner (while listening to my families lip smacking with every bite), I realized that I didn't need the pizza. My dinner was very tasty. My hunger was becoming satisfied. Then my confidence grew stronger... "I don't need pizza" I thought to myself.

I'm very proud of my ability to turn down the pizza and block out those initial voices in my head. My family didn't find it odd at all that I wasn't eating pizza with them. They simply enjoyed the pizza and could care less what I was eating ;)

Lesson... pay attention to those voices in your head. You can overcome them with positive and empowering voices.

## Day 73



**5:30 am** - wake up

**5:45** - go for a walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) vanilla shake

**10:00** - 1 cup of coffee with milk

**12:00 pm** - 2 handfuls of mixed nuts, 2 eggs, mixed veggies, cheddar cheese

**2:00** - 1 cup of coffee with milk

**4:00** - go for 30 minute bike ride (steady state)

**5:00** - lean ground turkey with pasta sauce on a little bit of brown rice and lots of cauliflower, broccoli, and carrots

**10:30** - go to bed

## Thoughts For The Day

I had an absolutely amazing day! My role models, Tom Venuto, Shawn Phillips, and Tom Terwilliger really made my day by commenting on my writing and body transformation. Tom TOTALLY made my day by giving me the nickname Scott “anatomy chart” Tousignant. I promise to live up to that name. Just typing it and saying it, stirs up all kinds of positive emotions and drives me even more to become the best that I can be. The power of words and associations.

For dinner today I came up with my own little creation. I cooked up some ground turkey and added garlic and tomato sauce to it. I then put a small amount of brown rice at the bottom of a bowl. Loaded it with veggies, then topped it with the ground turkey. It was delicious and very satisfying.

## Day 74



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) chocolate shake

**10:15** - 5 grams of BCAA's

**11:00** - Workout: Back & Abs workout from Rock That Body

**12:30** - 5 grams of BCAA's and 2 eggs and lots of veggies with salsa

**2:00** - coffee with milk

**5:00** - 2 chicken breasts and potatoes

**7:30** - 2 handfuls of honey roasted almonds (lots of cals), popcorn, 1 large Mr. Freeze

**9:00** - go to bed

### **Thoughts For The Day**

I'm upset with myself for eating so much at night. I was having an awesome day, doing great, and committed to going to bed feeling hungry, but I got a little out of control. It wasn't excessive by any means. Probably just barely over maintenance, but being this close to the photo shoot, I need to be in a deficit.

Other than that, it was a great day! I've never been more excited to continue on this journey and really chisel myself out. Even though the photo shoot is next Sunday and that marks the end of this journey, I have so much growth that I plan on experiencing and those thoughts are beginning to pop in my head.

## Day 75



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) vanilla shake

**8:30** - 5 grams BCAA's

**9:15** - Workout: Shoulders & Arms workout from ROCK That Body

**10:30** - 5 grams BCAA's

**1:00** - Full Strength chocolate shake

**6:00** - Chicken and potatoes

**8:00** - 2 Large Mr. Freeze and 2 handfuls of honey roasted peanuts

**9:00** - lots of corn nuts

**10:00** - go to bed

### **Thoughts For The Day**

I didn't do any cardio today because I spent 4 hours in the garden adding lots of pea stone and mulch. That in itself was a killer workout.

I ate too many corn nuts and those evil honey roasted peanuts are taunting me ;) 1/3 cup is 300 calories so I need to do my best to stay away from this tempting treat.



## Day 76



**8:00 am** - wake up

**8:15** - 2 cups of coffee with milk

**9:30** - [Full Strength](#) vanilla shake

**11:30** - 1 cup of coffee with milk

**3:00** - 2 Large Mr. Freeze and lots of corn nuts

**5:00** - 2 large veggie wraps and a handful of honey roasted peanuts.

**8:00** - popcorn

**11:00** - go to bed

### Thoughts For The Day

I spent another 6 hours in the garden today, shoveling pea stone. It was a load of exercise for sure. My body is definitely feeling it, but I'm not as sore



as I typically would be after doing this kind of work and I don't have any knots in my muscles, which has been a big surprise.

One interesting thing to note is that when I'm out in the warm weather and doing yard work I tend not to get very hungry. My dad has the same experience. We both find it easier to eat healthy and burn fat in the Summer because we are more active and crave healthier foods, such as fresh fruit and veggies from the local stands.

## Day 77



**8:00 am** - wake up

**8:15** - 2 cups of coffee

**10:30** - 1 cup of coffee

**12:00** - [Full Strength](#) chocolate shake

**4:00** - large salad

**6:00** - 2 lean burgers on a whole wheat bun, large salad, hashbrowns, chickpea and bean salad

**9:00** - salad

**11:00** - go to bed

### Thoughts For The Day

Spent another 5 hours out in the yard moving pea stone. This is by far the most active weekend that I've ever had, yet I didn't do any 'scheduled'

workouts or cardio. It felt amazing to be outside in the sunshine with my shirt off and doing yard work. My body felt great. I felt strong and sexy!

I'm really proud of the control that I had during our party. We had 2 families over for an evening barbeque and gathering. There was lots of alcohol being drank, which didn't really phase me. There was cake, chips, and roasted marshmallows... all of them did not phase me.

The great thing is that nobody said a thing about me not drinking or eating junk. I don't even know if they noticed. If they did notice, it wasn't like a big deal to them. They know that I'm health conscious and eat well most of the time anyway, and I've been known to just drink water when out at parties too, so it's really not out of the ordinary for me.

It sure felt great to kick back and relax with friends.

## Day 78



**8:00 am** - wake up

**8:15** - 2 cups of coffee

**10:00** - 1 cup of coffee

**12:00** - [Full Strength](#) chocolate shake

**2:15** - 5 grams BCAA's

**3:00** - Workout: Chest & Abs workout from Rock That Body

**4:00** - lean burger (no bun) 5 grams BCAA's

**4:30** - go for a 30 minute walk with Angie

**5:45** - 2 lean burgers (no bun) salad, cauliflower and salsa

**10:00** - go to bed

## Thoughts For The Day

I am still blown away that I can consistently achieve personal bests in the gym while I'm in a caloric deficit. My workouts have been going absolutely amazing!

Yesterday I cooked up extra burgers, knowing that I would have them today. I love preparing left overs. They make healthy eating seem mindless. These lean burgers come from the local butcher and are super delicious!

It was awesome going for a walk with Angie. It's definitely one of my favorite things to do and it doesn't feel like "exercise time". It's more like, "Fun, bonding time"

Today is also the first day in a little while where I am going to bed feeling a little bit hungry. That was a goal of mine, but I haven't really been following through with it.

## Day 79



**5:30 am** - wake up

**5:45** - go for a 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) vanilla shake

**10:15** - 5 grams BCAA's and a few honey roasted peanuts

**11:00** - Workout: Killer Leg & calves workout from Rock That Body

**12:30** - 2 eggs, mixed veggies, salsa, plus 5 grams BCAA's

**3:30** - 30 minute bike ride

**5:00** - Large salad with hard boiled eggs

**9:00** - popcorn and a few honey roasted peanuts

**10:00** - go to bed

## Thoughts For The Day

Absolutely killer leg workout today! I'm still blown away that I'm able to set a personal best week after week even though I'm in a caloric deficit. My focus during these workouts has been incredible and I have really enjoyed pushing myself rather than listen to my inner voice that's saying, "That's enough, you can stop now." Or, "You don't need to add more weight, just push it really hard at the same weight you lifted last week." Boy am I ever glad that I didn't listen to that inner voice today. I crushed it with the squats!

I'm wishing that I didn't have to popcorn and peanuts at night, even though it wasn't much. I wasn't really very hungry at all, but they were sitting out in front of me and I couldn't resist :P

The salad at dinner was super yummy and totally satisfying!



## Day 80



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with milk

**9:00** - [Full Strength](#) chocolate shake

**1:00 pm** - 2 eggs and veggies

**5:00** - salmon and home made white potato french fries

**7:30** - large Mr. Freeze

**10:00** - go to bed

### Thoughts For The Day

I was feeling a little tired during my morning walk, but it sure felt great to loosen up my legs after a killer leg workout yesterday.



## Day 81



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - [Full Strength](#) Vanilla shake

**10:15** - 5 grams BCAA's

**11:00** - Workout: Back & Abs workout from ROCK That Body

**12:30** - 5 grams BCAA's

**1:00** - Full Strength chocolate shake

**5:00** - lots of sushi!!!!

**6:00** - Noelle's Birthday cake, ice cream, cookies, and honey roasted peanuts (stuffed)

**10:00** - go to bed

## Thoughts For The Day

I definitely ate in excess tonight, but I am feeling no guilt at all. It was planned, I kept my calories low for the rest of the day, and I will be right back to my caloric deficit and healthy eating tomorrow.

The workout was absolutely killer. When I got home and checked myself out in the mirror I was blown away at how big and ripped I looked with the pump. That was a huge boost to my confidence and really fired me up to keep pushing forward.

## Day 82



**5:30 am** - wake up

**5:45** - go for 30 minute walk

**6:30** - 2 cups of coffee with milk

**8:00** - 5 grams BCAA's

**9:00** - workout: Shoulders & Arms workout from ROCK That Body

**10:00** - [Full Strength](#) vanilla shake

**2:00** - strawberries and honey roasted peanuts

**5:00** - spaghetti with ground turkey and tomato sauce

**8:00** - popcorn and a chocolate bar

**12:00** - go to bed

## Thoughts For The Day

I wasn't very hungry earlier in the day because of how much I ate yesterday. I was able to experience an amazing workout, including personal bests even though I didn't eat breakfast and only had some BCAA's prior to the workout.

The chocolate bar was definitely not necessary. I found myself thinking, "You have a couple weeks until the photo shoot. Give yourself a break for a few days."

I just hope that I can snap back into my focused mindset soon.

## Day 83



**8:00 am** - wake up

**8:15** - 2 cups of coffee with milk

**9:00** - [Full Strength](#) vanilla shake

**11:00** - 30 minute bike ride

**1:00** - lots of bruschetta, honey roasted peanuts, plus nacho chips and avocado dip

**2:00** - ice cream cake

**6:00** - 6 slices of pizza

**7:00** - ice cream cake

**8:00** - chips

**11:30** - go to bed

## Thoughts For The Day

Definitely ate too much today. But I am absolutely certain that this was the end of my little 3 day junk food experience. All in all I wouldn't say that my calories have been way overboard during the past 3 days. I'm definitely above maintenance, but it hasn't been ridiculously excessive. I know that I'll be right back to normal tomorrow.

No guilt. Just looking forward.

## Day 84



**9:00 am** - wake up

**9:15** - 2 cups of coffee with milk

**11:00** - 1 cup of coffee

**11:30** - 30 minute bike ride

**12:00** - [Full Strength](#) chocolate shake

**5:00** - Salad topped with tuna, salsa, and ranch dressing

**5:30** - 30 minute walk with Angie

**9:30** - go to bed

### Thoughts For The Day

Yay! Right back at it. Today I was focused right back toward my goal of getting absolutely crazy ripped for the photo shoot in a couple weeks. It's amazing how my mindset took a temporary shift once the photo shoot was postponed. The urgency temporarily disappeared. I still don't have a firm



date on the photo shoot, but my plan from this point on is to get myself to the point where if the photographer was to call me up and say, do you have time today to do the photo shoot, I would be totally ready and ripped!

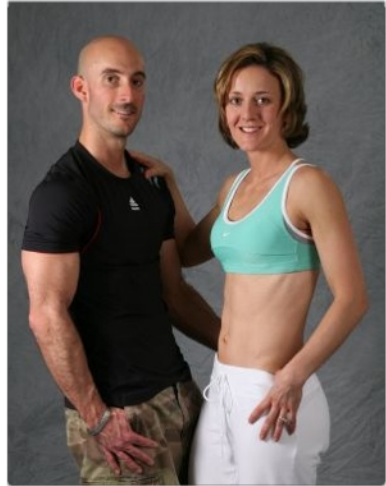
This wraps up my Metabolic Masterpiece 84 Day Body Sculpting journey. It's been absolutely awesome! I've burned a great deal of fat while building some lean and sexy muscle. I couldn't be more proud of myself and how I approached this journey in a progressive manner, focusing on continuous growth.

This 84 day journey is just the first phase of my Metabolic Masterpiece journey. Tomorrow I begin the "Renaissance Phase", another 84 day journey that incorporates some of the elements of the classic physique artists.

I can't wait to see what my physique looks like at the end of this next 84 day journey. I've never been more pumped and fascinated with my ability to transform my body. I hope that you too, will join me on this next adventure.



# Get To Know Scott & Angie



Scott, and Angie have been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of Fat Loss Quickie, Angie is also the author of [Sizzlin' Circuits](#), [Core Plus More](#), [More Love, Less Fat](#), and [Girl Empowered](#).

Scott is a Certified Fitness Consultant with a degree in Human Kinetics. His education coupled with his years of experience, has allowed him to create [Metabolic Masterpiece](#) and [Fat Loss Quickie](#).

The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy most in life.

Angie and Scott recently celebrated their 11 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

# Scott & Angie's Body Transformation Programs



## Sizzlin' Circuits

Sizzlin' Circuits is a challenging, fun, and engaging workout program designed for women and gives a little extra attention to many of the problem areas that women would love to firm and tighten up... specifically, your butt and thighs.

To learn more and see everything that is included in this workout program designed for women, please visit [Sizzlin' Circuits](#) ...Only \$9.95



## ROCK That Body!

ROCK That Body has been Scott's go to program for the past several years whenever he wants to experience the best results possible.

To learn more and see everything included in this workout program, please visit [ROCK That Body!](#) ...Only \$9.95



## Core Plus More

Core Plus More is an invigorating home workout program designed for women. Core Plus More emphasizes movements that develop a strong, tight, and sexy waistline, while shaping your entire body.

To learn more and see everything that is included in this workout program designed for women, please visit [Core Plus More](#)...Only \$9.95



## Pyramid Pandemonium

Pyramid Pandemonium is an intense gym workout program designed for the more intermediate to advanced trainee. Pyramid Pandemonium takes pyramid training to a whole new level, increasing your strength while burning fat and sculpting your body!

To learn more and see everything included in this workout program, please visit [Pyramid Pandemonium](#) ...Only \$9.95



## **Fat Loss Quickie 10-Minute Metabolism Blaster**

Fat Loss Quickie is a 6 month fast, fun home workout program designed for busy people. It includes 30 home workout videos, 30 home cardio videos, 42 motivational audios, meal plans, and more.

To learn more about this fat loss program please visit [Fat Loss Quickie](#)



A Couple's Guide To Transforming Your Body and Relationship

## **More Love Less Fat**

More Love Less Fat is a workout program designed for couples. It includes strategies to help couples transform their body and relationship, along with quick workouts to sculpt your body.

To learn more about this workout program designed for couples, please visit [More Love Less Fat](#) ...Only \$19.95



## **Girl Empowered**

Girl Empowered is a gym workout for women designed to boost your metabolism, increase your strength, burn fat, and skyrocket your confidence.

To learn more and see everything that is included in this workout program designed for women, please visit [Girl Empowered](#) ...Only \$9.95



## **Metabolic Maverick**

Metabolic Maverick is an intense gym workout program designed specifically for a maximum metabolic boost. With this program you can expect to burn fat, gain strength, and sculpt your body.

To learn more and see everything included in this workout program, please visit [Metabolic Maverick](#) ...Coming Soon!