



## 3 Week Home Fat-Loss Course Workouts – Week 1

### A Brief Introduction

I'd like to welcome you to the 3 Week Home Fat Loss Workouts. Before we get going a little back story.

As a fitness professional for over 9 years we've heard every excuse, reason or obstacle that holds people back from getting in great shape. Often one of the biggest obstacles for many of our clients is a lack of time, and I'm sure it's the same with you. It has never been a lack of desire. But with today's exceptionally busy and hectic schedules fitness, health & working out too often take a back seat.

Here is a summary of some recent studies on interval training. Interval training is simply alternating periods of work with periods of rest. These two landmark studies proved that interval training could be far superior to standard training and steady state cardio.

One study actually showed that when it came down to it, interval training proved 9 times more effective at burning fat than any other form of training.

One study in particular sparked attention. A 1996 study by Dr. **Izumi Tabata** showed that 4 minutes of specifically timed intervals substantially improved both aerobic and anaerobic capacity above and beyond what was seen in a group exercising for 60 minutes. This means both increased fat loss and muscle gain over traditional drawn out cardio. The challenge with Tabata training is it can be very grueling, without a high level of intensity the benefits begin to diminish.

That's why in the 3 Week Home Fat Loss course we're going to blend Tabata training with traditional steady state cardio to maximize your results in a home setting.

### The Game Plan

I've modeled my workout protocols around the study by Dr. Izumi Tabata. By this I mean the interval timing which I will describe below. But I felt I could improve on the fat loss achieved if I used principles of bodyweight & resistance interval training to maximize the amount of muscle activated in a given time frame and then maximize the afterburn (a brief period after interval training that your body burns massive amounts of calories even at rest) with a short 20 minutes of cooldown steady state cardio.

It's important to note that even though the 3 Week Home Fat Loss workout program and the whole idea of interval training might be revolutionary and very effective; it's still just one tool in the tool box. The true synergism will come when you use this tool with others like our on-site training, traditional cardio and of course individualized nutrition.



## How & Why the Exercises were Chosen

There is an endless supply of movements to choose from when designing a training program. Some work great with this style of interval training while others do not. I set out to choose movements that fit certain basic criteria:

1. Easy to do
2. Limited or no equipment
3. Minimal space required
4. Maximum muscle group involvement (compound moves)
5. Low injury risk

That was it. Some moves do not fit all the criteria, but for each exception I had my reasons.

To give you an idea of what I mean a bicep curl, for instance, covers requirements 1,2,3 & 5 but not 4. And the fact that it does not stimulate much muscle mass means that it doesn't work for our purposes. A power clean uses almost every muscle there is, but as it is a relatively difficult movement to teach it violates requirements 1 & 5 and thus is also not a great choice for us.

## Equipment You Need

One of the great things about this program is that you do not *\*need\** any equipment. You can achieve truly remarkable results with only your body weight. That said, workouts are included that use dumbbells, some that use a kettlebell and an occasional jump rope all of which can add to the program, but none of which are what I would call essential.

**EXCEPTION:** You will need a clock or other timing device. There are some very cool boxing timers that can be programmed for intervals and give you a buzzer to time you a good choice for an interval timer at a good price is available at [www.gymboss.com](http://www.gymboss.com). I just went to Wal-Mart and bought a \$3 wall clock. I like having a second hand to use as a timing reference. Some I have coached used a wrist watch but I find having to constantly look at your wrist detracts from the workout.

## Setting Up Your 3 Week Home Fat Loss Program Maximize Your Results

20 seconds on, 10 seconds off. That's the basis of the workout protocol. A total of 4 minutes for each exercise, or a only 8-12 minutes for a total workout. Sounds simple right? But let me be clear about this: As with most things in life you get out of it what you put in to it; 20 seconds on means you are **\*ON\*** 110% effort. Give that 20 seconds all that you have; It doesn't matter what your level is, do as much as you can in that time frame. The more you put in the more you will get *out*.

***As important as it is that you perform as much work as you can in the 20 seconds, it is even more important that you pay close attention to form.*** Proper form decreases your chances of injury, and you will live on to work out another day. Even in this program I value quality over quantity.



## A Note For Beginners

I wanted to make this program work for everyone from beginner to advanced trainees who needed to amp up their current program. But if you are an absolute beginner please take it slow and listen to your body. I recommend that you start with a pace that is uncomfortable on a scale of 1-10 for difficulty start with what feels like a 6-7 and over a couple weeks as your strength and endurance grows you can step up the pace closer to a 9. Another option is to flip flop the work to rest intervals. So you would rest for 20 seconds, then exercise for 10 seconds. The most important thing is to stick with it. Even if you cannot complete the whole workout the first few times keep at it and soon you will. And as always before starting any fitness and weight loss program consult your physician.

## The Workouts

You will have 3 resistance workouts per week. You should take a day rest in between each resistance workout. On your "off" days it's still recommended that you complete 20-30 minutes of steady state cardio at approximately 60% of your maximum heart rate. (Max HR=220-age) We generally use approximately 120 bpm for anyone under the age of 50, and 110 bpm for anyone over 50 years of age as a baseline.

On training days be sure to complete about 5-7 minutes of warm-up activity. A proper warm-up is critical to preventing injury. Warm-up activities should be fast walking, or any form of cardio that allows your heart rate and body temperature to increase gradually. A good indication that you are warmed up is that you are beginning to sweat without feeling like you are gasping for air.

Good luck and remember we are with you every step of the way!

### Week 1:

Workout 1	Exercise	Number of Rounds	Cardio
<b>Week 1 Day 1</b>	A1: Body Weight Squat (or variation)	8	20 min Steady State
	A2: Push Up	8	

### Day 2: Rest day 20-30 min cardio only.

Workout 2	Exercise	Number of Rounds	Cardio
<b>Week 1 Day 3</b>	A1: Wall Sit –lean against wall bend knees till parallel to ground.	8	20 min Steady State
	A2: Mountain Climber	8	



**Day 4: Rest day 20-30 min cardio only.**

Workout 3	Exercise	Number of Rounds	Cardio
<b>Week 1 Day 5</b>	A1: Plank Row - plank position with hand weights slowly take weight in right hand and row then row with left hand alternate.	8	20 min Steady State
	A2: Reverse Crunch	8	

**Day 6: Rest day 20-30 min cardio only.**

**Day 7: Total rest day, you've earned it! 😊**

**Full Disclosure**

If you follow the guidance in this 3 Week Home Fat Loss course and really commit yourself to following the nutritional plan it's absolutely guaranteed you will achieve results. Sometimes the scale may not seem to move much but you'll be surprised how inches can change in spite of the scale no moving.

When you begin make sure you take your weight first thing in the morning and then have someone assist you with the following 3 measures.

- 1) Measure the waist at the smallest circumference. Typically this is high just below the rib cage, honestly it doesn't matter if you measure the smallest point you will be generally consistent.
- 2) Measure the waist at the navel. Place the tape measure directly on top of the navel, this will be your most consistent measure.
- 3) Measure the hips at the largest circumference.

Many people always start with the best of intentions...then life happens...

In truth it's not the magic of the program that creates the results but rather the consistency of habit, so much of what we do is the accountability and support of having a coach in your corner. I'd love to hear how you're doing you can email me anytime at [scott@skinsport.com](mailto:scott@skinsport.com) If at any time you're finding it difficult to stay on track please contact us at 623-229-8975 we'd be happy to schedule you a no-charge consultation to help with tips, tricks, exercise technique and more.



## Sample Eating Plan for Women

*This Meal Plan was prepared by a Nutritionist, not by a Registered Dietitian, Nurse or Doctor. Any health and nutrition information provided by One to 1 Fitness Inc. is designed to support, not replace, information provided by a Registered Dietitian, Doctor or other health care provider.*

Nutrition For: 3 Week Home Fat Loss  
 Date: Monday, June 25, 2012  
 Description: DailyNutrition

### Breakfast for Monday, June 25, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Blueberries, frozen	0.5 cup(s)	39	0.36	0.5	9.44	1.64	0	0	0.5	0
Egg white	4 large	64	13.2	0	1.6	0	0	0	200	0
Ground Flax Seed	0.5 tablespoon (s)	19.5	0.5	1.5	1	0	0	0	0	0
Oatmeal hot cereal w/o salt	1.5 ounce (s)	165	7.5	3	27	2.4	0	0	15	0
Meal Total		287.5	21.56	5	39.04	4.04	0	0	215.5	0

### Snack 1 for Monday, June 25, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Whey Protein	1 serving(s)	130	28	1	1.5	0	0	0	0	0
Oatmeal hot cereal w/o salt	1.25 ounce (s)	137.5	6.25	2.5	22.5	2	0	0	12.5	0
Meal Total		267.5	34.25	3.5	24	6.04	0	0	228	0

### Lunch for Monday, June 25, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Tuna canned, water	3 ounce(s)	116	22.7	2.1	0	0	0	0	333	48
Rice brown-long grain cooked	0.75 cup(s)	163.5	3.75	1.32	33.75	2.55	0	0	414	0
Celery raw	3 spear(s)	18	0.9	0.3	4.5	1.5	0	0	105	0
Meal Total		297.5	27.35	3.72	38.25	10.09	0	0	1080	48

### Snack 2 for Monday, June 25, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Cottage Cheese, 1% B.F.	0.5 cup(s)	91.5	15.65	1.29	3.4	0	0.81	0	513	5.5
Pecans dry roasted	0.5 ounce (s)	92.5	1.1	9	3.15	1	0	0	109	0
Raisins seedless	0.25 cup(s)	108.5	1.15	0.15	28.5	0.46	0	0	4.25	0
Meal Total		292.5	17.9	10.44	35.05	11.55	0.81	0	1706.25	53.5

### Supper for Monday, June 25, 2012

Food	Amount	Cals	Protein	Fat	Carbs	Fiber	Saturated	Sugar	Sodium	Cholesterol
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			(g)	(g)	(g)	(g)	Fats (g)	(g)	(mg)	(mg)
Pasta wheat cooked	0.5 cup(s)	115	4	0.4	24	2.7	0	0	5	0
Ground Beef-90%,lean	2 ounce(s)	144.58	14.39	9.33	0	0	0	0	39.31	47.31
Sauce tomato (Hunts)	0.5 cup(s)	70	2	2	12	0.31	0	0	530	0
<b>Meal Total</b>		<b>329.58</b>	<b>20.39</b>	<b>11.73</b>	<b>36</b>	<b>14.56</b>	<b>0.81</b>	<b>0</b>	<b>2280.56</b>	<b>100.81</b>

**Snack 3 for Monday, June 25, 2012**

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Almonds blanched	0.5 ounce (s)	83	2.9	7.46	2.63	0.32	0	0	1.5	0
Carrots raw slices	1.5 cup(s)	72	1.68	0.3	16.74	1.71	0	0	57	0
<b>Meal Total</b>		<b>155</b>	<b>4.58</b>	<b>7.76</b>	<b>19.37</b>	<b>16.59</b>	<b>0.81</b>	<b>0</b>	<b>2339.06</b>	<b>100.81</b>

**Report Total**

	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Report Total	1629.58	126.03	42.15	191.71	16.59	0.81	0	2339.06	100.81



## Sample Eating Plan Men

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Nutrition For: 3 Week Home Fat Loss  
 Date: Tuesday, June 26, 2012  
 Description: DailyNutrition

### Breakfast for Tuesday, June 26, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Egg white	6 large	96	19.8	0	2.4	0	0	0	300	0
Blueberries, frozen	0.5 cup(s)	39	0.36	0.5	9.44	1.64	0	0	0.5	0
Oatmeal hot cereal w/o salt	2 ounce(s)	220	10	4	36	3.2	0	0	20	0
<b>Meal Total</b>		<b>355</b>	<b>30.16</b>	<b>4.5</b>	<b>47.84</b>	<b>4.84</b>	<b>0</b>	<b>0</b>	<b>320.5</b>	<b>0</b>

### Snack 1 for Tuesday, June 26, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Peanut Butter, creamy (Sippy)	2 tablespoon (s)	190	9.4	16.5	4.6	0.6	0	0	150	0
Rice Cakes	4 piece(s)	140	4	0	28	4	0	0	140	0
<b>Meal Total</b>		<b>330</b>	<b>13.4</b>	<b>16.5</b>	<b>32.6</b>	<b>9.44</b>	<b>0</b>	<b>0</b>	<b>610.5</b>	<b>0</b>

### Lunch for Tuesday, June 26, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Sauce tomato (Hunts)	0.5 cup(s)	70	2	2	12	0.31	0	0	530	0
Turkey breast, ground	3 ounce(s)	180	20.97	11.97	0	0	2.1	0	105	69
Brown Rice Pasta	1.5 cup(s)	327	7.5	3	67.5	0	0	0	0	0
Peppers raw	0.5 medium	9	0.3	0.15	1.95	0.8	0	0	1	0
<b>Meal Total</b>		<b>586</b>	<b>30.77</b>	<b>17.12</b>	<b>81.45</b>	<b>10.55</b>	<b>2.1</b>	<b>0</b>	<b>1246.5</b>	<b>69</b>

### Snack 2 for Tuesday, June 26, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Snow peas raw	1.5 cup(s)	90	6.06	0.42	16.32	5.4	0	0	9	0
Banana	1 medium	105	1.2	0.6	26.7	3	0	0	1	0
Whey Protein	1 serving (s)	130	28	1	1.5	0	0	0	0	0
<b>Meal Total</b>		<b>325</b>	<b>35.26</b>	<b>2.02</b>	<b>44.52</b>	<b>18.95</b>	<b>2.1</b>	<b>0</b>	<b>1256.5</b>	<b>69</b>

### Supper for Tuesday, June 26, 2012

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)



Asparagus cooked	1.5 cup(s)	66	6.9	0	11.88	2.25	0	0	12	0
potato	8 ounce(s)	226.75	5.44	0	56.24	0	0	0	0	0
Salmon broiled	3 ounce(s)	157	23.3	6.4	0	0	0	0	50	42
Meal Total		449.75	35.64	6.4	68.12	21.2	2.1	0	1318.5	111

**Snack 3 for Tuesday, June 26, 2012**

Food	Amount	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Tomato raw	0.5 medium	12	0.55	0.15	2.65	0.7	0	0	5	0
Cottage Cheese, 1% B.F.	0.75 cup(s)	137.25	23.48	1.94	5.1	0	1.22	0	769.5	8.25
Meal Total		149.25	24.03	2.09	7.75	21.9	3.32	0	2093	119.25

**Report Total**

	Cals	Protein (g)	Fat (g)	Carbs (g)	Fiber (g)	Saturated Fats (g)	Sugar (g)	Sodium (mg)	Cholesterol (mg)
Report Total	2195	169.26	48.63	282.28	21.9	3.32	0	2093	119.25