



A

B

C

The 12 Week Fat Burn Project

Disclaimer

Before beginning any exercise or nutritional programme, please consult with your doctor to make sure you are in good health. This manual is not meant to replace proper medical advice by a qualified health practitioner. No liability is assumed by ABC fit or Aaron Breckell for any of the information contained in this document.

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Red And White Lights

Take a walk onto a motorway bridge at night. You've got red lights whizzing one way and white lights whizzing the other. Every motorist is on a journey, minding their own business. Some are travelling to a destination, some are returning from a destination and some have no clue where they are going. This analogy is much like those who embark on a fat loss journey. The red lights are those who are heading swiftly towards their goals, the white lights are those who are going the opposite way to their goals. The problem is somewhere in the distance, out of eyesight, is an exit off the motorway. It could be a mile away, 50 miles away or 500 miles away. These exits make you do a U-turn and almost instantaneously turn you into a white light, travelling the opposite way to where you want to go.

This may or may not be the first time you've traveled on the metaphorical fat burn motorway. It's quite shocking to think that as many as two-thirds of fat loss dieters end up heavier than when they started. So why is this? Is it because there's so much contradicting information on losing weight available that people no longer know who to listen to? Is it because we just choose to see a healthy lifestyle as a means to an end? Is it because in an age of instant meals, instant communication and instant gratification people want instant results and therefore choose drastic, unsustainable behaviours? The honest answer is - all of the above.

My ethos with all things fitness has always been simplicity and sustainability. To be able to take an otherwise complicated topic such as fat loss and break it down into the facts you need to know, and combining that with measures that ensure you can sustain the behaviours forever, is important to me. This is why The 12 Week Fat Burn Project is different from other training programmes you may have come across before. The behaviours introduced over the 12 weeks are simple, effective and most importantly, sustainable. As far as I'm concerned, all exits off the fat burn motorway are closed for us.

So I think its time for me to introduce The 12 Week Fat Burn Project. This manual is divided into three main sections:

- A - Exercise
- B - Nutrition
- C - Recovery

Each section in the manual will give you a specific set of instructions. Follow them closely and you'll:

- Learn how to accelerate fat loss through the correct training protocols.
- Provide your body with the nutrients you need to burn fat, build lean tissue and sustain energy levels. No starvation needed!
- Uncover the various techniques that will speed up the recovery process and keep your tissues and joints healthy.

All the protocols outlined throughout this manual have been tried and tested out in the field countless times by myself and my extensive range of clientele. Each section of the manual is designed to work in harmony with the other, so ensure you're combining step A, B and C together to the best of your ability. Understand that you are the only person who can hold you back. So stop the excuses, work hard and you'll reap the rewards of success. It's time to make a big decision - are you ready to become a red light on the fat burn motorway, for good? OK then let's do this! Enjoy the next 12 weeks, it's going to be one hell of a journey.

Your coach,

Aaron Breckell

"The only impossible journey is the one you never begin."
Anthony Robbins



Before You Begin

Before you begin, it's important to set some goals for the next 12 weeks. Without a goal you can focus on and work towards, your progress will suffer. So grab a pen and paper and let's set some goals.

Goal Setting

SMART goal

A SMART goal is Specific, Measurable, Achievable, Realistic and Time-bound. Since this is a 12 week plan, let's set a 12 week goal. Healthy fat loss is around 1-2lb per week. Any more and you're probably stripping off lean muscle, which we don't want. So work out how much you want to lose and jot it down.

Benefits

Imagine yourself 12 weeks from now. You've achieved your goal, how is this going to benefit you? How are you going to look and feel?

Challenges

What challenges are you going to face over the next 12 weeks?

Solutions

What's your challenge? Let's have a think about potential solutions you could implement this week that will help eradicate them. Here's some of the most common challenges I hear with a corresponding solution.

Lack of time - better diary planning.

Wrong food choices - read section B and educate yourself on better food choices.

Alcohol - limit alcohol to weekends.

Tracking Progress

If your goal is SMART, it should be measurable. I would strongly urge you to pick two or more methods below to track your progress. Perform a re-test every 2-4 weeks to ensure the changes you're seeing are for the better. If they're not, that's fine. You just need to work out why and what you can do to change that.

Body Photos

Wear as little clothing as possible and take from front, side and back. When you come to take a second batch of progress photos, make sure you're in the same room with the same lighting.

Weight

Use an accurate set of scales in pounds or kilograms. When you come to do a progress check use the same scales on the same type of flooring. Bioelectrical Impedance Analysis (BIA) scales, such as those made by Tanita are also great for estimating your body composition.

Body Fat Calliper Test

This is a great way of determining your body fat percentage. Since the aims of this plan are to help you lose fat, this number should be dropping. Seek a trained fitness professional to perform the test.

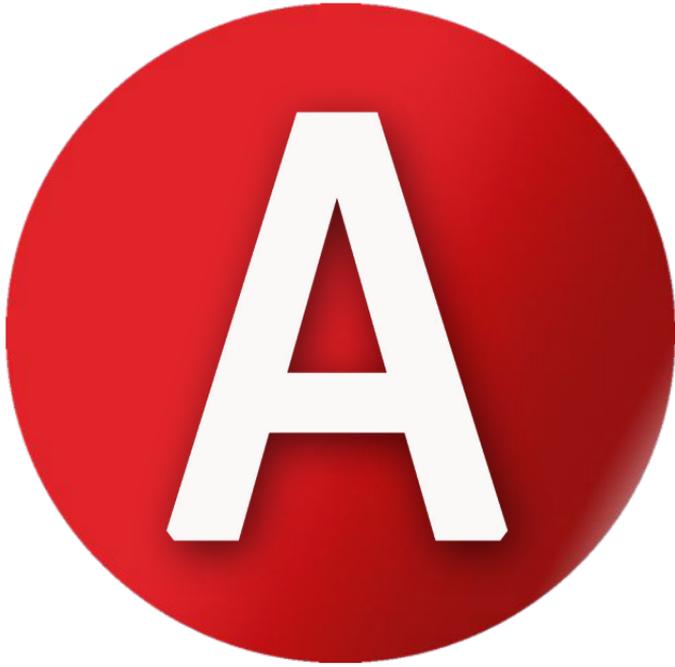
Circumference Measurements

Pick body parts including calves, thighs, waist, chest, arms and neck and take a circumference measurement in centimetres or inches. This is a great way to see where you're losing fat.

Record Your Workouts

It doesn't matter whether you use your mobile, a tablet or even just good old fashioned pen and paper, you need to be recording your workouts. To see optimal results from this training plan you need to be applying what's known as progressive overload. This is a gradual increase in training stress placed on the body. In other words, each consecutive workout you should be striving to lift a little more, decrease the rest periods or perform more reps. This is where recording your workouts comes in handy because you can see exactly what you did last time. Be sure to record the following:

- Date and time of workout
- Exercise/sets/reps completed
- Weights used
- Time taken to complete the session



A = EXERCISE

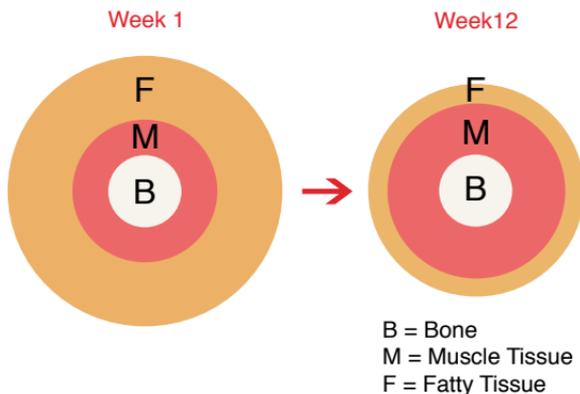
Activity requiring physical effort, carried out to sustain or improve health and fitness

Exercise Basics For Fast Fat Loss

What's the first image that comes to your mind when you hear "exercise for fat loss"? A packed-out gym, the humming of treadmills, people cycling on upright bikes thinking about something completely off-topic? Whilst these people may feel like red lights on the fat burn motorway heading in the right direction, chances are sooner or later they are going to become white lights. They might even give up all together. Do you want to know why? The answer is simple - steady state cardio isn't the most effective form of exercise for fat loss.

Resistance Exercise

Resistance exercise is any activity in which your body has to overcome a resistance. Barbells, dumbbells, kettlebells, bodyweight movements and weights machines are all great examples. Resistance exercise is the foundation of The 12 Week Fat Burn Project's exercise protocol. There's no need to be frightened of resistance training either. Many people confuse this type of exercise with becoming muscular and bulky, but that's not always the case. The diagram below shows what actually happens.



The image on the left shows a cross section through a limb before beginning the programme, whereas the image on the right shows an after cross section. As you can see after the programme has finished the trainee has lost subcutaneous fatty tissue and they've seen a slight increase in muscle tissue, but their limb circumference size is actually smaller. The body composition has been changed. The reason we want to promote or at least maintain lean body mass is because it's metabolically active, meaning it will burn calories even when at rest. To put this into perspective, a pound of muscle could burn up to an extra 50kcal per day.

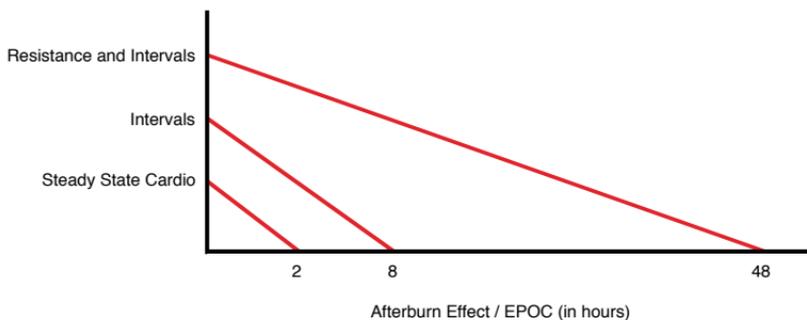
Intervals

Since the mid-1990's, a plethora of studies have shown the effectiveness of interval based workouts for fat loss. Intervals can be defined as alternating between a work and rest period. Each interval would be performed for a given amount of seconds depending on the training goals and skill level of the trainee. To make intervals count, you should give it your all and leave nothing on the table during your work periods. During the rest periods, perform your chosen activity at a slower pace or stop completely. If you're into using heart rate monitoring devices, you should aim for your heart rate to be at 90-95% of your HR max during the work periods and should see it fall to around 60-70% during the rests. Interval sessions compliment resistance training really well. Therefore you will be using them to your advantage over the next 12 weeks.

HR MAX
220 - Age = HR MAX

Exercise And The Afterburn Effect

Depending on which type of exercise protocol your workouts are based around, they will each have an elevated rate of Excess Post-exercise Oxygen Consumption or EPOC. Commonly referred to as "the afterburn effect", EPOC is a measurably increased rate of oxygen intake following a workout. In other words it's for how long after a workout are you burning calories at a higher rate. I would argue there is no such thing as a wasted workout, there are however workouts that will give you more bang for your buck. Take a look at the diagram below, you can see a steady state cardio session gives an afterburn effect of two hours. Switch that to intervals and you more than double the effect, receiving an eight hour afterburn. Lastly if we combine resistance work with intervals something magic happens. 48 hours later, you're still burning calories at an elevated rate. The 12 Week Fat Burn Project workouts require you to train four times per week. The reason being 4X48 hours = 192 hours. This then means EPOC is elevated for the entire week, and then some. Now that's effective fat loss training!



A Word On Warming-Up

Just like you can't hop in your car and expect it to be able to perform at it's best without first warming the engine, your body also needs to be warm for it to perform optimally. Many people arrive at the gym and just go straight into their first set, which is a big mistake. A good warm-up has many important purposes:

- Promotes blood flow to the muscles.
- Injury prevention.
- Lubricates the joints and tissues for better range of motion.
- Switches on the central nervous system for better muscle recruitment and a more effective workout.

The warm-up I recommend for The 12 Week Fat Burn Project workouts will take no more than ten minutes. It's split into two parts:

Part One

General CV - Choose from treadmill, cross trainer, rower or bike and perform at a steady pace for five minutes. Instead of just climbing on and aimlessly pedaling, get your mind in the zone. Think about what you want to achieve during the workout. Going in with a laser-guided focus like this will almost always result in a better quality session.

Part Two

Dynamic movements - The three dynamic movement patterns shown below are there to mobilise the shoulders, spine, hips and knees. All common areas that are at a high risk of injury during physical activity. Perform each one at a slow and steady pace and once completed you'll be ready to begin your workout.



Quadruped T-spine rotations
12 per side



Mountain climbers
20 reps



Cat camels
10 reps

Understanding The Programme Cards

The programme card is an extremely effective and simple way to prescribe exercise. This page guides you through the basics of using and reading the programme cards.

The workout name is displayed at the top.

Exercises are displayed down the left side.

Tempo - determines the speed at which you should perform an exercise. It is displayed using four digits.
-1st digit: seconds on the eccentric.
-2nd digit: seconds on the pause at the bottom.
-3rd digit: seconds on the concentric.
-4th digit: seconds on the pause at the top.

Workout A:

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1: barbell squat	4	8	4010	90 sec	1: warm up with 2-3 lighter sets 3A: add weight if needed
2A: walking dumbbell lunges	3	20	2010	5 sec	
2B: kb swing	3	40 sec	1010	60 sec	
3A: crunch	2	12	2010	5 sec	
3B: hanging leg raise	2	12	2010	5 sec	
3C: plank	2	60 sec	NA	60 sec	

Sets - how many blocks of reps you should perform.

Reps - how many times you perform the movement in a given set.

Rest - how long to rest between sets.

Numbers and letters indicate the order you should perform exercises. In this example, a walking lunge is performed followed by a leg extension with five seconds rest between exercises. After both exercises have been performed, you would then rest for 60 seconds and repeat for sets.

Notes - provide specific information you may need to know for various exercises.

Phase One

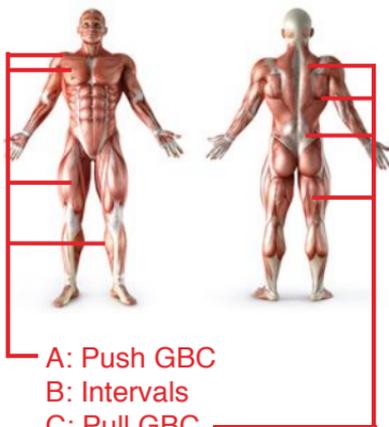
Phase Focus: Building A Foundation

Welcome to phase one of the 12 week plan. Here we are going to be alternating between a resistance and intervals based session. The two resistance sessions (workouts A/C) use a push/pull split with German Body Composition (GBC) training. Originally introduced by legendary strength coach Charles Poliquin, GBC is characterised by short rest periods and compound resistance exercises. This combination results in high blood lactic levels, which in turn sends a message to the brain to accelerate the production of Growth Hormone (GH). Elevated levels of GH results in faster fat loss.

Week 1,2,3,4

M workout A
T workout B
W
T workout C
F workout D
S
S

Workout Diary



A: Push GBC
B: Intervals
C: Pull GBC
D: Intervals

Each consecutive week you perform the resistance based sessions, you will be decreasing the reps performed, but increasing your weights. This is a fantastic way to progress your sessions. As the weights get heavier you will teach your central nervous system to recruit more motor units. This in turn will improve your strength. "Why do I need to get stronger?" I hear you ask. Well quite simply, if you can get stronger during this phase, you'll be able to lift and handle heavier loads throughout the rest of the training programme, giving a better training effect. That's what building the foundations are all about!

At the end of each resistance session, you will notice there is a metabolic finisher. In this case it's density training, which can be defined as a series of exercises performed in a circuit for a specified amount of time. The idea is to keep pushing through without resting, and squeeze as many rounds in as possible for your given amount of time. Density training makes for a great finisher to your weights sessions and will really get your metabolic rate firing on all cylinders. Your intervals sessions (workouts B/D) will make a nice break and allow ample recovery from the weights, yet still enable you to keep your metabolic rate up. There are a variety of protocols outlined on the next page, so be sure to start at a level that suits your ability. As the weeks go by during this first phase, you should be looking to move up onto a harder protocol.

Workout A: Push GBC

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: BB Back Squat	4	6-15	2020	10 sec	Resistance Progression Model Week 1: 15 reps Week 2: 12 reps Week 3: 8 reps Week 4: 6 reps Density Training Progression Model Week 1: 4 mins Week 2: 5 mins Week 3: 6 mins Week 4: 7 mins
1B: Flat DB Press	4	6-15	2020	60 sec	
2A: DB Static Lunge	4	6-15	2020	10 sec	
2B: BB Push Press	4	6-15	2020	60 sec	
3A: Reverse Cable Woodchop	3	6-15	2010	10 sec	
3B: Crunch	3	6-15	2020	60 sec	
Density Training Finisher					
4A: Burpees	AMAP	10			
4B: Paces	AMAP	10			
4C: Mountain Climbers	AMAP	20			
4D: Paces	AMAP	10			

Workout C: Pull GBC

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: DB Romanian Deadlift	4	6-15	3010	10 sec	Resistance Progression Model Week 1: 15 reps Week 2: 12 reps Week 3: 8 reps Week 4: 6 reps Density Training Progression Model Week 1: 4 mins Week 2: 5 mins Week 3: 6 mins Week 4: 7 mins
1B: Seated Lat Pulldown	4	6-15	2020	60 sec	
2A: Seated Leg Curl	4	6-15	2020	10 sec	
2B: Bent Over DB Row	4	6-15	2020	60 sec	
3A: 1 Arm DB Deadlift	3	6-15	2010	10 sec	
3B: Hanging Leg Raise	3	6-15	2020	60 sec	
Density Training Finisher					
4A: Boxing/Jabs	AMAP	20			
4B: Paces	AMAP	10			
4C: Jump Squats	AMAP	15			
4D: Paces	AMAP	10			

Please Note: Terms throughout the plan have been shortened to save space.

BB = Barbell
 DB = Dumbbell
 AMAP = As many as possible

Workout B&D: Intervals

Select an activity from the following list, then choose a suitable protocol:
 Outdoor sprints, treadmill sprints, boxing, exercise bike, jump rope, battle ropes or strongman activities (tyre flips, sledge hammer, prowler sled etc.).

Beginner Protocol

30 sec Work
 90 sec Rest
 X 10

Intermediate Protocol

30 sec Work
 60 sec Rest
 X 15

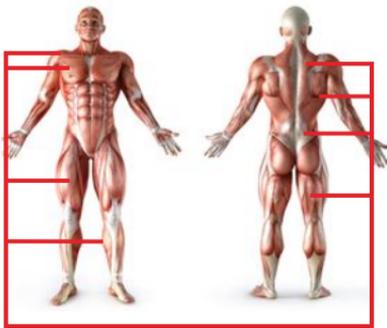
Advanced Protocol

30 sec Work
 30 sec Rest
 X 25

Phase Two

Phase Focus: Cranking Up The Volume

It's time to step it up a gear! Be prepared for some of the most challenging and rewarding sessions you may have ever done before. Each workout during this phase will be quick and punchy, and combines resistance/interval based work into one. This works the full body, meaning you'll be burning calories during and after the session like nothing you've ever known before. Workouts E and G are based around the timed sets principle. Five exercises are performed in circuit fashion and instead of counting reps, you perform the exercise for a given amount of time. You would then rest for the given time before moving onto the next exercise.



- E: Full Body Timed Sets
- F: Complexes + Intervals
- G: Full Body Timed Sets
- H: Complexes + Intervals

Complexes are a superior fat loss and body composition revamp tool. They offer the unique opportunity to combine resistance based work with cardio, causing a hefty amount of metabolic damage. Interval build-ups are a very challenging and effective interval protocol. Simply select an activity from the list and with each work phase the duration of the work increases in length. Don't worry though, the rest periods also increase to match that. Less than twenty minutes is all it takes for interval build-up training to create a stimulus for change.

Week 5,6,7,8

M workout E
T workout F
W
T workout G
F workout H
S
S

Workout Diary

Each week you perform the timed sets you will be building the volume by adding an extra set. You may initially find the first week of four sets fairly easy, but trust me when you get to six and seven sets you'll be crawling out of the gym! The sheer pace of these workouts will really get the heart rate pumping. Workouts F and H use a combination of barbell complexes and interval build-up training. Complexes are originally the brainchild of Romanian weightlifting coach Istavan Javorek. You simply load a barbell and perform two or more exercises back-to-back without putting your bar down.

Workout E: Full Body Timed Sets

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: Burpees 1B: Goblet Squat 1C: Suspension Strap Row 1D: BB Push Press 1E: Suspension strap Roll-Out	4-7 4-7 4-7 4-7 4-7	40 sec 40 sec 40 sec 40 sec 40 sec	NA 3010 3010 2010 2121	20 sec 20 sec 20 sec 20 sec 20 sec	Timed Set Progression Model Week 1: 4 sets Week 2: 5 sets Week 3: 6 sets Week 4: 7 sets

Workout F: Complexes + Intervals

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
Barbell Complex 1A: Hang High Pull 1B: Push Press 1C: Back Squat 1D: Good Morning Interval Build-ups (See Overleaf)	4	8	2010	90 sec	With your barbell complex, select a weight suitable for all four exercises. Remember - Don't put your bar down until eight reps on all four exercises have been completed.

Workout G: Full Body Timed Sets

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: Jump Rope 1B: DB Romanian Deadlift 1C: Pull-up 1D: Press-up 1E: Seated Medicine Ball Twist	4-7 4-7 4-7 4-7 4-7	40 sec 40 sec 40 sec 40 sec 40 sec	NA 3010 3010 2010 1010	20 sec 20 sec 20 sec 20 sec 20 sec	Timed Set Progression Model Week 1: 4 sets Week 2: 5 sets Week 3: 6 sets Week 4: 7 sets

Workout H: Complexes + Intervals

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
Barbell Complex 1A: Romanian Deadlift 1B: Bent Over Row 1C: Military Press 1D: Back Squat Interval Build-ups (See Overleaf)	4	8	2010	90 sec	With your barbell complex, select a weight suitable for all four exercises. Remember - Don't put your bar down until eight reps on all four exercises have been completed.

Interval Build-Ups

Interval build-ups work like any other interval protocol, in the respect that you alternate between a period of work and a period of rest. The main difference, however, is with each consecutive interval you perform, the duration of time increases. Don't worry though, each rest period will also increase to match that. This is a really exciting and effective protocol that I'm sure you will enjoy. I've seen clients lose pounds and inches in a matter of weeks by performing just this protocol alone! There's various options available, so pick a protocol that's suited to your ability. Over the next four weeks you should be looking to progress up a level.

Beginner Protocol

10 sec Work
30 sec Rest
20 sec Work
60 sec Rest
30 sec Work
90 sec Rest
40 sec Work
120 sec Rest
50 sec Work
150 sec Rest
60 sec Work
180 sec Rest

TOTAL TIME = 14 mins

Intermediate Protocol

20 sec Work
60 sec Rest
30 sec Work
90 sec Rest
40 sec Work
120 sec Rest
50 sec Work
150 sec Rest
60 sec Work
180 sec Rest
70 sec Work
210 sec Rest

TOTAL TIME = 18 mins

Advanced Protocol

20 sec Work
30 sec Rest
30 sec Work
60 sec Rest
40 sec Work
90 sec Rest
50 sec Work
120 sec Rest
60 sec Work
150 sec Rest
70 sec Work
180 sec Rest

TOTAL TIME = 15 mins

Insane Protocol

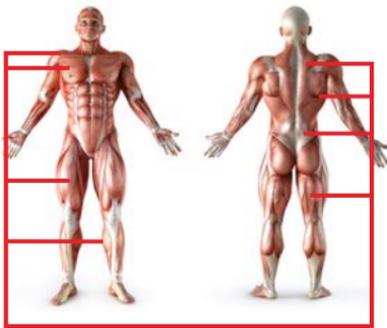
20 sec Work
20 sec Rest
30 sec Work
30 sec Rest
40 sec Work
40 sec Rest
50 sec Work
50 sec Rest
60 sec Work
60 sec Rest
70 sec Work
70 sec Rest
X2

TOTAL TIME = 18 mins

Phase Three

Phase Focus: Finishing Touches

Phase three welcomes back the German Body Composition protocol we explored during phase one of the plan. This time, however, it will be performed in a circuit fashion, as opposed to supersets like before. The circuits will be full-body based, working lots of muscle tissue and will therefore burn plenty of calories. Ensure you adhere to the strict rest periods given during this phase, as it can be very easy to get distracted mid-way through your circuits. Going off track and having longer rests than you should will negate the powerful training effect this protocol can have.



- I: GBC circuits + Tabata
- J: GBC circuits + Tabata
- K: GBC circuits + Tabata
- L: GBC circuits + Tabata

In conjunction with your GBC circuits you will also be tagging a Tabata interval drill onto the end of your main session. This is a great way to finish your session (and body) and really ramp up your metabolic rate for the hours and days that follow. So what is Tabata? It's quite simply four minutes worth of twenty second work intervals with ten second recovery periods. Nothing creates a metabolic disturbance and burns through calories quite like this protocol, but wait there's more. The 2006 six-week study by Tabata et al revealed something that shocked just about everyone in the fitness industry.

When comparing the four-minute Tabata protocol with 60 minute steady state sessions on an indoor bike, the steady state group showed no improvements in anaerobic capacity and a less than 10% increase in aerobic capacity. The Tabata interval group showed a 28% improvement in anaerobic capacity and a 14% improvement in aerobic capacity. Yes you read that correctly, intervals trump steady state work for improvements in anaerobic and aerobic capacity. The true key to this protocol is maximum intensity, so don't pace yourself. During the study some of the subjects never made it through the protocol's eight rounds or four minutes of work! Before starting your Tabata workout, simply pick two exercises from the list given and alternate between the two for the duration.

Week 9,10,11,12

M workout I
T workout J
W
T workout K
F workout L
S
S

Workout Diary

Workout I & K: GBC Circuits + Tabata

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: Goblet Squat	3	6-15	3010	10 sec	Resistance Progression Model Week 1: 15 reps Week 2: 12 reps Week 3: 8 reps Week 4: 6 reps
1B: BB Military Press	3	6-15	3010	10 sec	
1C: Walking DB Lunges	3	6-15	2010	10 sec	
1D: Incline DB Press	3	6-15	3010	90 sec	
2A: BB Romanian Deadlift	3	6-15	3010	10 sec	
2B: Bent Over BB Row	3	6-15	3010	10 sec	
2C: Gym Ball Leg Curl	3	6-15	3010	10 sec	
2D: Pull-Up	3	6-15	3010	90 sec	
Tabata					
				See below for Tabata instructions	

Workout J & L: GBC Circuits + Tabata

EXERCISE	SETS	REPS	TEMPO	REST	NOTES
1A: BB Back Squat	3	6-15	3010	10 sec	Resistance Progression Model Week 1: 15 reps Week 2: 12 reps Week 3: 8 reps Week 4: 6 reps
1B: Upright DB Row	3	6-15	3010	10 sec	
1C: DB Split Squats	3	6-15	3010	10 sec	
1D: Press-Up	3	6-15	3010	90 sec	
2A: Back Extension Bench	3	6-15	3010	10 sec	
2B: Rope Face Pull	3	6-15	3010	10 sec	
2C: Glute Bridges	3	6-15	3010	10 sec	
2D: Kneeling Lat Pulldown	3	6-15	3010	90 sec	
Tabata					
				See below for Tabata instructions	

The Tabata Interval Protocol

Select two activities from the following list and alternate for the entire protocol: Outdoor sprints, treadmill sprints, boxing, exercise bike, jump rope, jump squats, alternating jump lunges, burpees, mountain climbers, battle ropes or strongman activities (tyre flips, sledge hammer, prowler sled etc.).

The Protocol
20 sec Work
10 sec Rest
X 8

Don't feel you have to stick to the same two exercises every workout either! Mix it up each session to keep your body guessing.

Exercise Descriptions

Here you will find a description of the exercises used throughout the 12 week programme. Coaching cues are given for some exercises, these are important points you need to understand if you want to get the most out of the exercise.

Lower Body

Barbell Back Squat

Target Areas: Quads, Glutes, Hamstrings

With a bar across the top of your shoulders and a firm grip on the bar, keep your back flat and push your hamstrings and glutes back. As you sit down into the squat keep your shins as vertical as possible. When you reach end-range, drive through your heels and stand back up.

Coaching Cue - Screw your feet into the ground.



Dumbbell Split Squat

Target Areas: Quads, Glutes

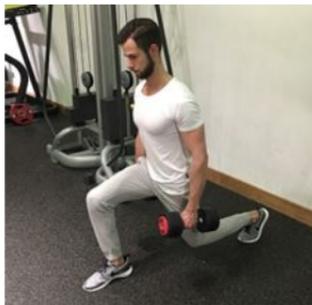
Performed like a regular squat, with a staggered stance. Hold a pair of dumbbells at your side and keep most of your weight centred over the front leg. Keep your back leg on your toes. Perform all reps on one leg before switching to the other.



Dumbbell Lunges (Static/Walking)

Target Areas: Quads, Hamstrings, Glutes

Holding a pair of dumbbells at your sides stand up tall and take a step forward into the lunge. The front knee should be bent at 90 degrees in the bottom position. Be sure not to let your back knee smash into the ground in the bottom position. Step back up to finish the lunge (if static) or travel forward (if walking). Alternate legs.



Barbell Romanian Deadlift

Target Areas: Hamstrings, Glutes, Erectors

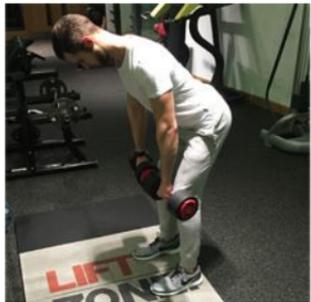
This is a great exercise for hitting everything along the posterior chain. It works lots of muscles and therefore burns lots of calories. Holding a bar at arms length, hinge at the hip until you feel a stretch in the hamstrings. Reverse this motion and stand back up to finish the rep. Ensure you keep your back flat and core engaged with this one.



Dumbbell Romanian Deadlift

Target Areas: Hamstrings, Glutes, Erectors

This is a great exercise for hitting everything along the posterior chain. Holding a pair of dumbbells at arms length, hinge at the hip until you feel a stretch in the hamstrings. Reverse this motion and stand back up to finish the rep. Ensure you keep your back flat and core engaged with this one.



One Arm Dumbbell Deadlift

Target Areas: Quads, Glutes, Hamstrings

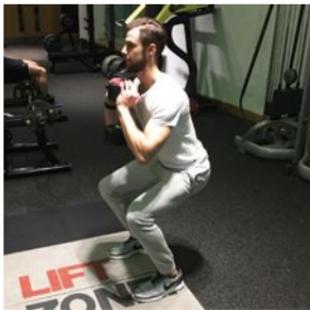
Holding a dumbbell on one side perform a squat movement until the thighs are parallel with the ground. Keep the core engaged and don't let the weight pull you off centre. This is a great lower body movement and as a bonus the offset weight will really challenge the core.



Goblet Squat

Target Areas: Quads, Hamstrings, Glutes

Holding a dumbbell at chest height, keep your back flat and push your hamstrings and glutes back. As you sit down into the squat keep your shins as vertical as possible. When you reach end-range, drive through your heels and stand back up. Due to the placement of the dumbbell the torso remains more upright during this squat variation. This places more emphasis on the quads.



Barbell Good Morning

Target Areas: Hamstrings, Glutes, Erectors

Place a bar across the top of your shoulders and hinge at the hip until you feel a stretch in the hamstrings. Reverse this motion and stand back up to finish the rep. Ensure you keep your back flat, knees slightly soft and core engaged with this one.

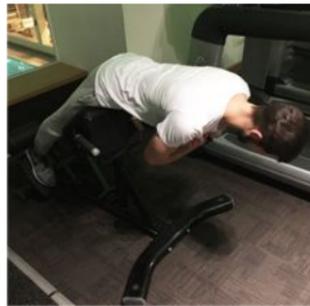


Back Extension

Target Areas: Hamstrings, Glutes, Erectors

Using a 45 degree back extension bench, keep your back flat and hinge at the hip until you can feel a stretch in your hamstrings. Once you reach end-range, return back up to the start to finish the rep. Please note the body is straight at the starting position, not hyperextended.

Coaching Cue - To get the most out of this exercise, aim for a stretch in the bottom position and a squeeze of the glutes at the top.



Seated Leg Curl

Target Areas: Hamstrings

Get yourself set up on seated leg curl machine. Flex your knee to at least 90 degrees and squeeze your hamstrings before lowering the weight back to the starting position. This is a great exercise to isolate the hamstrings.

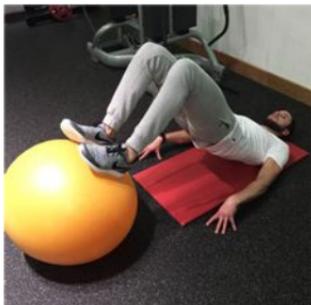
Coaching Cue - Be careful not to point your toes when performing this exercise, or else you'll just feel it on your calves as you contract them.



Gym Ball Leg Curl

Target Areas: Hamstrings

Lie on the floor and keep your hands by your sides. Place your heels up onto a gym ball and raise your bum off the ground. Keep your core engaged and initiate the movement by curling your heels to your bum. Squeeze the hamstrings in the top position, before slowly lowering to the start.



Glute Bridges

Target Areas: Hamstrings, Glutes

Lie on the floor, with your knees bent and your feet flat on the ground. Drive through the heels whilst squeezing the glutes to raise the hips off the ground. Hold for a brief second in the top position, before returning to the start. Remember you can hold a dumbbell across your thighs should you wish to increase the difficulty of this exercise.



Upper Body

Flat Dumbbell Press

Target Areas: Pecs, Delts, Triceps

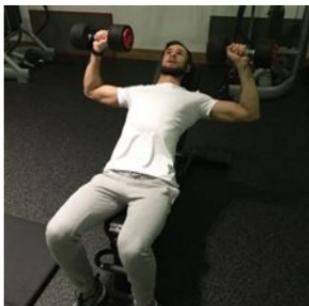
Lying on a flat bench grab a pair of dumbbells. Lower the dumbbells under control to the sides of your chest before pressing them back up to the starting position. Keep your elbows slightly off lock to keep constant tension on the muscles and don't smash the dumbbells together in the top position.



Incline Dumbbell Press

Target Areas: Pecs, Delts, Triceps

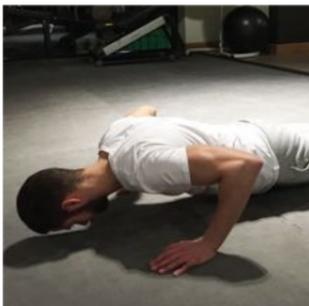
Lie on a 45 degree inclined bench and pick up a pair of dumbbells. Lower the dumbbells under control to the sides of your chest before pressing them back up to the starting position. Keep your elbows slightly off lock to keep constant tension on the muscles and don't smash the dumbbells together in the top position.



Press Up

Target Areas: Pecs, Delts, Triceps

With your feet around hip width and arms slightly wider than shoulder width, lying face down press yourself up until your elbows are slightly off lock in the top position. Slowly lower yourself back to the starting position. Keep your body in a straight line all throughout this movement. If you struggle, you can perform the same movement on your knees.



Coaching Cue - Keep your glutes and core switched on at all times to prevent your hips from sagging.

Barbell Push Press

Target Areas: Delts, Triceps

Start by holding a barbell slightly wider than shoulder width grip at chest height. Perform a quarter squat and use a powerful leg drive to press the bar up directly above your head. Carefully lower it to the starting position. Keep your glutes and core squeezed throughout this one to keep your spine safe and posture correct.

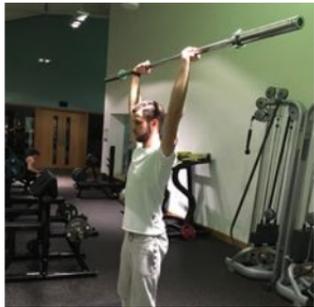


Barbell Military Press

Target Areas: Delts, Triceps

Start by holding a barbell slightly wider than shoulder width grip at chest height. Press the bar up directly above your head. Carefully lower it to the starting position. Keep your glutes and core squeezed throughout this one to keep your spine safe and posture correct.

Coaching Cue - If you struggle with getting your arms directly above the head, you may need to pay some extra attention to mobility work (C).



Upright Dumbbell Row

Target Areas: Delts, Traps, Biceps

Stand with tall posture and hold a pair of dumbbells at arms length around the front of your body. Pull them up until they're in line with your lower chest. Ensure your elbows finish higher than the shoulders in the top position. This is a great exercise to work the shoulders, traps and arms.



Hang High Pull

Target Areas: Delts, Traps, Biceps

Stand tall holding a barbell at arms length. Squat down until the bar reaches knee height and in one quick, explosive motion, stand back up and pull the bar up to chin height. The elbows should finish in line with the ear. Don't pause in the top position, just control the bar down to the starting position and repeat for reps.



Pull-Up

Target Areas: Lats, Biceps

Grab a chin-up bar with a wide overhand grip. Hang out at arms length and pull your chest to the bar, squeezing your shoulder blades together at the top. Slowly lower yourself back to a dead hang. That's one rep. If you can't do pull-ups use a heavy duty resistance band to help you.

Coaching Cue - Keep your legs straight, ankles together and glutes switched on. This will help keep your spine in proper neutral alignment.



Rope Face Pull

Target Areas: Lats, Rhomboids, Traps

Set an adjustable cable column to around head height and attach a rope. Grab the rope and take a few steps back. Pull the rope to your face and squeeze your upper back muscles together, before returning to the starting position.

Coaching Cue - Try and pull the rope apart to really switch on the upper back muscles.



Bent Over Barbell Row

Target Areas: Lats, Rhomboids, Biceps

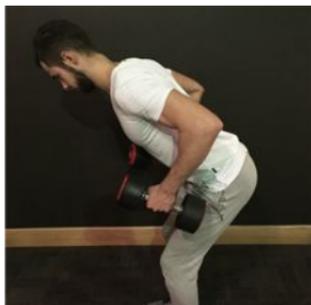
Grab a barbell with a slightly wider than shoulder width, overhand grip. Hold the bar at arms length and tip forward at the waist, keeping your knees slightly bent and your back flat. Keep your torso stable and pull the bar up to your lower chest. Briefly squeeze your shoulder blades together before lowering the bar to the starting position.



Bent over Dumbbell Row

Target Areas: Lats, Rhomboids, Biceps

Grab a pair of dumbbells with a neutral, palms facing each other grip. Hold the dumbbells at arms length and tip forward at the waist, keeping your knees slightly bent and your back flat. Keep your torso stable and pull the dumbbells up to the sides of your chest. Briefly squeeze your shoulder blades together before lowering them to the starting position.



Seated Lat Pulldown

Target Areas: Lats, Biceps

Take a seat on a lat pulldown machine and grab the handles with a slightly wider than shoulder width grip. Pull them down to the top of your chest, squeezing your shoulder blades together, before returning to the start.



Kneeling Lat Pulldown

Target Areas: Lats, Biceps

Attach a straight bar to a high cable pulley. Grab the bar with an underhand grip and kneel down. Pull the bar down to the upper chest, squeezing your shoulder blades together, before returning to the start position.



Suspension Strap Row

Target Areas: Lats, Rhomboids, Biceps

Grab the handles of a suspension strap and take a brief step forward. Keep your core and glutes switched on whilst you pull yourself up. Squeeze the shoulder blades together at the top, before returning to the starting position under control.

Coaching Cue - The further you step forward, the harder the exercise becomes.



Core

Suspension Strap Roll-Out

Target Areas: Abdominals, Obliques, Glutes

Set your straps to around knee height before beginning the exercise. From a kneeling position, firmly grip the handles and push your bum down so you're in line from knee, hip and shoulder. This is your starting position. Keep your glutes and core tight whilst extending your arms out in front of you. Ultimately what we're looking for is a straight line from knee, hip, shoulder, elbow and wrist in the bottom position. Reverse the movement so you end in the starting position. This exercise also works well with a loaded barbell or traditional ab wheel.



Reverse Cable Wood Chop

Target Areas: Quads, Obliques

Attach a rope to a low pulley. Stand side on to the cable station and squat down. Grab the rope with both hands and stand back up, whilst pulling the rope diagonally across the body and above your head. Reverse the motion and lower the rope under control to the start position. Make sure you keep your spine neutral at all times with this one.



Crunch

Target Areas: Abdominals

Lie supine with your knees slightly bent and feet flat on the ground. Cross your arms over your chest and flex the torso to raise your shoulder blades off the ground. Squeeze the abs at the top of the movement before lowering to the start position. Repeat for reps.



Seated Medicine Ball Twist

Target Areas: Obliques

Sit with your knees slightly bent and lean back to a 45 degree angle. Hold a medicine ball and twist side to side. Lift your feet off the ground if you want to make the exercise more challenging.

Coaching Cue - Emphasise the twist. Imagine your chest is following the ball all the way around as you twist, this will switch on the target areas.



Hanging Leg Raise

Target Areas: Abdominals

Hang from a pull-up bar and raise your legs up towards the bar. Lower the legs under control to the start position. If you can't complete the set, perform with bent knees.

Coaching Cue - Can't hold your body weight?
Use a captain's chair or perform lying leg raises.

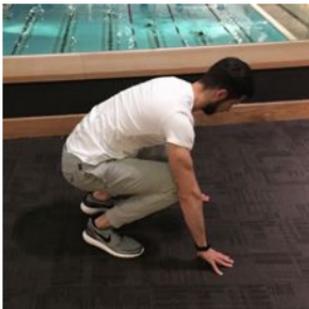


Cardio Exercises

All cardio exercises included within the programme will work the whole body and really challenge the heart and lungs.

Burpees

Assume a standing position and drop down whilst kicking your legs back into a strong press-up starting position. Immediately thrust your legs towards your chest and jump back up into a tall posture. Repeat for reps or time as instructed. For an easier alternative perform the movement in front of a raised platform.



Paces

As simple as walking a desired number of paces, whilst maintaining good posture.



Mountain Climbers

From a press-up position, keep the spine in neutral and core engaged. Rapidly drive a knee towards your chest, before returning it to the start and changing legs. Alternate in this fashion for the desired number of reps or seconds.

Coaching Cue - The faster you alternate between legs the harder this exercise becomes.



Boxing/Jabs

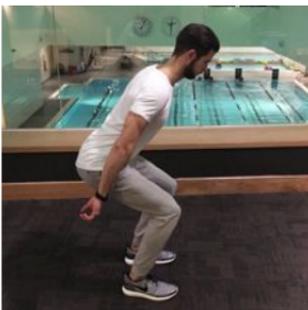
With a pair of gloves and a punch bag simply alternate punching. Assume an orthodox stance, with your weaker side closer to the punch bag. If you know any fancy combinations, feel free to drop them in here, but for the sake of this manual alternating jabs will work just fine.



Jump Squats

Start with your core engaged and feet slightly wider than hip width apart. Squat down no more than a quarter of the way and draw your arms behind your body. In one explosive motion jump as high as you can and throw your arms above your head. Land soft and bend the knees to absorb the impact.

Coaching Cue - Using the arms, by throwing them up above your head as you explode out of the bottom can contribute to as much as 10% of jumping power.



Jump Rope

If possible opt for a speed rope as opposed to a standard skipping rope. With your feet together, glutes switched on and core braced, hop over the rope as you turn the rope. Only the balls of your feet should come into contact with the floor.

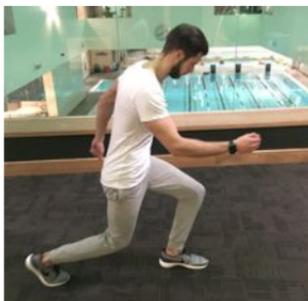
Coaching Cue - Think of the movement coming from the wrists and forearms, not the shoulders.



Alternating Jump Lunge

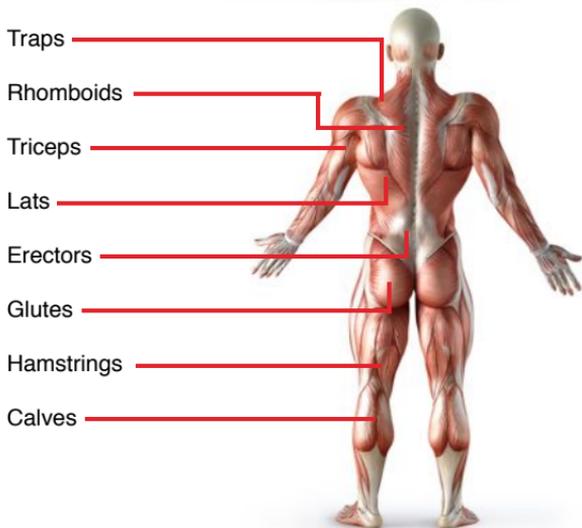
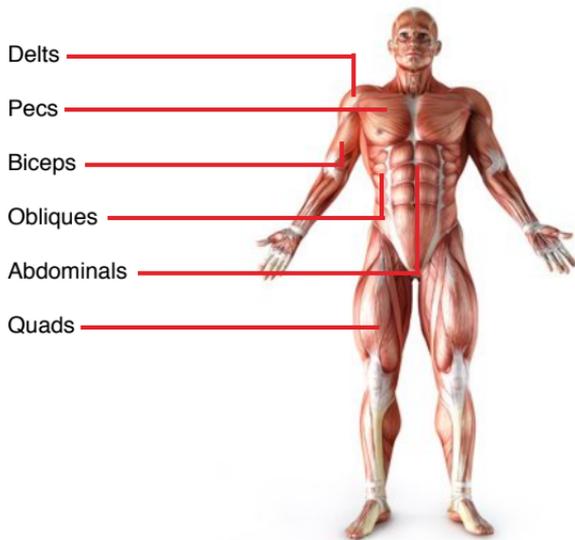
From a shallow, split lunge position rapidly hop and alternate sides. The faster you go, the harder this exercise becomes.

Coaching Cue - Keep this movement quite reactive. As soon as you hit the ground, don't pause, just change legs immediately.



Basic Anatomy

Brush up on your basic anatomy. It's important to understand which muscle groups each exercise is targeting, so cross reference the target areas of each exercise with this chart should you need to.





B = NUTRITION

The process of providing or obtaining the food necessary
for health and growth

The Seven Principles Of Nutrition

You don't need a meal plan. For long term change and superior results, you need to be educated on the seven principles it takes to burn fat and keep it off! Don't get too caught up counting calories either. The macronutrient balance is more important than just cutting out calories. If you use the principles below correctly, you'll take advantage of the hormonal effects of food and never go hungry. Ensure you're abiding by the following principles.

"How much you eat matters, but the quality of the food we put into our bodies matters more because it drives our gene function, metabolism and health."

Mark Hyman, MD

Principle #1

Eat Four Medium Meals/Snacks A Day

The evidence surrounding eating little and often is somewhat sketchy, but for whatever reason it seems to work for most people. The theory behind this principle makes sense. Digestion uses calories, so if you're regularly giving your digestive system work to do, you will keep your metabolic rate elevated. Eating often is also important for sustained energy levels as it helps keep blood sugar levels stable, as well as potentially helping to preserve lean muscle mass.

Principle #2

Drink 0.033L Of Water Per KG Of Bodyweight Per Day

You're a wet, moving organism made up of around 70% water. The body's ability to digest, transport and absorb nutrients is directly related to your fluid intake. If your tissues become dehydrated they will dry up like desert sand, become sticky and prevent your body from moving in an optimal range. With dehydration comes a decrease in work capacity by up to 30%. Prevent this by consuming 0.033L of water per KG of bodyweight per day.

For a 75kg individual this would be:

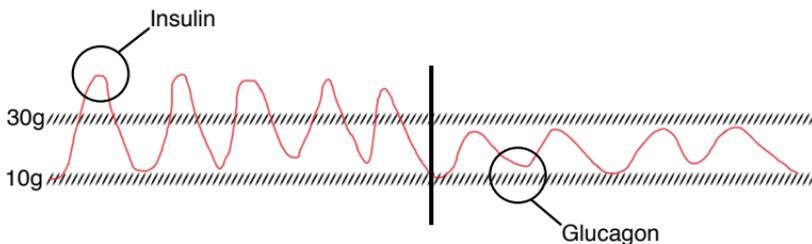
$$0.033L \times 75 = 2.4L \text{ per day}$$

When you're not drinking water with food, it should be spiked with electrolytes to expedite absorption.

Principle #3

Remove Sugar/Processed Foods From The Diet

A good question to ask yourself before you put something in your mouth is "would this have existed 5000 years ago?" If the answer is no, you probably shouldn't eat it (excluding the supplements that we'll get onto later). Processed foods often contain high amounts of trans-fats, salt, sugar and preservatives. None of which are going to be a major contributor to your fat loss goals. High sugar foods give a steep rise in blood sugar levels and a surge of insulin, followed by an energy crash. Constant crashes in blood sugar and excess insulin will lead to weight gain, chronically raised levels of the stress hormone cortisol and insulin resistance. For aggressive fat loss we need to use nutrition to our advantage and become sensitive to insulin. The diagram below shows two possible scenarios. If 10-30g of carbohydrates is optimal for blood sugar levels, on the left we can see what happens when a high sugar diet is consumed. Blood sugar levels are sent on a roller coaster ride. The right hand side shows an ideal scenario - blood sugar levels are much more controlled and glucagon is stimulated when blood sugar is at a low point. By following the seven principles laid out in this manual you will achieve this.



What Is Insulin?

Insulin is a hormone made by the pancreas and is often described as the key that unlocks a cell to allow glucose (blood sugar) to enter. In the diagram above, insulin is being released to clear up all of the excess blood sugar. When it's cleared up it usually gets stored away in adipocytes/fat cells. Controlling carbohydrates and choosing the correct types will help us develop insulin sensitivity. This means the body won't have to produce as much insulin for it to have an efficient effect.

What Is Glucagon?

Glucagon is stimulated by protein. It works in an opposite way to insulin, in the respect that it can elevate the levels of glucose in the blood for sustained energy levels and help the body to burn fat.

Principle #4

Consume A Hand Sized Portion Of Greens At Every Meal

Vegetables and leafy greens should be consumed in abundance throughout the day. With every meal at least half of your plate should be covered with greens. They're high in fibre, low in calories and are an important source of many nutrients, including potassium, folic acid, vitamin A and vitamin C.

Greens have their highest nutrient content right after they're picked. So always opt for fresh, organic produce where you can. When it comes to cooking your greens, you can steam, boil or wilt. Whichever method you choose be careful not to overcook them. Overcooked greens will be robbed of all nutrients.



Ensure your diet regularly contains the following:

- Broccoli
- Spinach
- Kale
- Garden peas
- Asparagus
- Cabbage
- Lettuce
- Collards
- Green beans

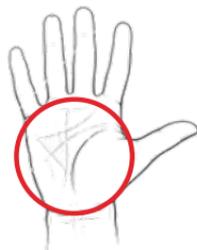


Principle #5

Consume 1-2 Palm Size Portions Of Protein Per Meal

Protein plays a vital role in the body, especially when it comes to burning fat and maintaining lean body mass. Proteins are complex substances, that are broken down into amino acids and rearranged into new proteins that your body needs. Protein is quite hard for the body to digest, meaning you'll feel fuller for longer. It also stimulates glucagon, a hormone that raises the levels of glucose in the bloodstream and helps you burn fat for fuel.

A palm sized portion of protein will roughly contain 20-30g of protein. Based on four meals per day, a female should consume one palm sized portion of protein with each meal, whereas a male should aim for two.



Choose your protein sources from the following list:

- Chicken
- Eggs
- Turkey
- Salmon
- Tuna
- Swordfish
- Mackerel
- Sea bass
- Sardines
- Trout
- Prawns
- Crab
- Lobster
- Cod
- Beef
- Venison
- Buffalo
- Ostrich
- Zebra
- Whey protein shake



Principle #6

Earn Your Carbohydrates

Carbohydrates are your body's most important source of energy. We need energy for movement, growth, repair and fat loss! Cutting all carbs out of your diet for fat loss is a bad idea. You may strip weight initially, but it's probably lean muscle as well as fat you're losing. Most importantly, this approach is not sustainable long term. You've already learned that simple sugars are bad news for blood sugar level control, so you should be looking to consume complex carbohydrates.

You are going to be taking this a step further, and abiding by principle six - earn your carbs. By this I mean consume a fist sized portion of carbs in the meal after your workout. All other meals should be based around greens, proteins and fats. By doing this you can develop insulin sensitivity very fast. It's also important to remember that carbs stored within the muscles, known as glycogen, are used as energy during resistance training. Due to the majority of The 12 Week Fat Burn Project workouts being resistance based, your muscles will be depleted of glycogen in the post-workout period, meaning the glycogen from the carbs you consume will be shuttled into the muscle's cells as replenishment as opposed to the fat cells for storage.



Always Skip Carbs At Breakfast - The problem with most common breakfasts is they are all carb based - cereals, oats and toasts etc. As well as increasing blood sugar levels and spiking insulin, carbs also release serotonin, a calming neurotransmitter. Not a great way to start the day I'm sure you'll agree. Does the phrase "carb coma" ring any bells? Instead opt for a combination of protein and healthy fats at breakfast for a gradual rise in blood sugar.

Once you've had a workout and earned your carbs, ensure your carb source comes from the following list:

- Sweet potato
- Yam
- Quinoa
- Brown rice
- Brown pasta
- White potato
- Blueberries
- Strawberries
- Raspberries

Principle #7

Consume A Thumb Sized Portion Of Fat With Every Meal

Don't fear fat! Fats are needed in the body to help absorb various nutrients, nourish the nervous system, maintain cell structures and regulate hormone levels. Fats are also fairly hard for the body to break down meaning they can keep you feeling fuller for longer. Trans-fats should be avoided at all costs.

Aim for a thumb sized portion of fat with every meal. This equates to around 10-15g of fat. Breaking this down further it could be something like a tablespoon of coconut oil to cook with, a tablespoon of olive oil as a dressing on your greens or a small portion of nuts.



Ensure your healthy fat sources include the following:

- Coconut oil
- Avocados
- Plain nuts
- Seeds
- Olive oil
- Hazelnut oil
- Avocado oil
- Flax oil



If you can hand on heart say you're abiding by the seven principles above and still not getting anywhere, either you're not training hard enough, or you're consuming too many calories. Have you ever heard the expression "too much of a good thing?" You may need to re-evaluate that you are properly abiding by the portion size guidelines of the principles.

Supplements

Once the seven principles of nutrition are understood and put into practice, you then have the option to incorporate supplements. Remember a supplement is only as good as your nutrition, but with that said the correct supplement protocol can produce exceedingly good quality sessions, assist with fat loss and promote a rapid recovery. The fat loss supplement market is a minefield of false advertising and fads. All of the supplements mentioned below are backed by science and produce results.

Caffeine

How Much:

5-10mg per KG of body weight (experiment depending on tolerance).

Function:

Caffeine fires up the adrenal glands, helps you burn fat for fuel and increases energy and focus. Take your caffeine dose around 30-60 minutes before your workout. A caffeine supplement or black coffee will both work just fine and if possible try to eliminate caffeine after 3pm as it could interfere with your natural sleep cycle.

Omega 3s

How Much:

2-6g a day

Function:

Omega 3s contain the fatty acids EPA and DHA. Split your daily dose into two and take half with breakfast and half with your evening meal. They deliver some amazing health benefits such as heart health, joint health, brain function, bone health, regulation of your cholesterol triglyceride levels, helping to reduce post-exercise inflammation, lowering of the stress hormone cortisol, improving insulin sensitivity, speeding up metabolism, improving digestion and promoting healthy skin and hair.

Whey Protein

How Much:

20-30g

Function:

If you're struggling to achieve your goal of 1-2 palm sized portions of protein with each meal, try adding in whey protein powder as a supplement. It's great way to deliver some amino acids to your repairing muscles and conveniently top-up your protein intake levels.

A Day In The Life

Now you have a better understanding of the seven principles of nutrition and supplements for fat loss, here's how they come together. This is what a typical day might look like for an individual training in the evening. Click on the meal titles to see full recipe and nutritional information on the ABC fit website.



7.00am Smoked salmon and scrambled eggs
2g Omega 3



11.30am Chicken and goats cheese salad



2.30pm Spicy prawn salad
Black coffee

WORKOUT



7.30pm Lean beef casserole
2g Omega 3

(Remember to sip water during the day to meet your daily intake goal)



C = RECOVERY

A return to a normal state of health, mind or strength

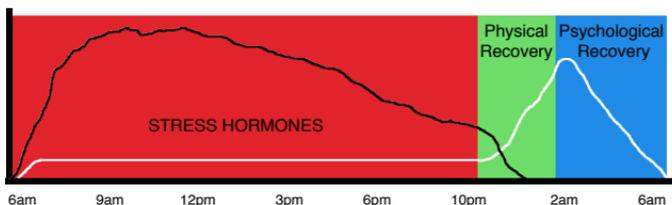
Sleeping For Fat Loss

A good night's sleep of 8-9 hours is paramount for optimal recovery, not only from exercise, but from everyday life as well. Accumulating evidence from epidemiological studies and well-controlled lab studies indicate lack of sleep may increase weight gain and the risk of obesity. Since your goals include stripping body fat and increasing lean body mass, you need to be taking sleep seriously. Lack of sleep also results in metabolic and endocrine alterations such as decreased insulin sensitivity, raised levels of the stress hormone cortisol during the evening, increased levels of ghrelin (a hunger hormone), decreased levels of leptin (a satiety hormone) and lowered release of human Growth Hormone (GH).

Turning your bedroom into a batcave, by keeping it cool, dark and free of all electronic distractions such as phones, TV's and radios etc. will really improve your sleep quality. Having a curfew of 10.30pm is also wise as a good night's sleep is essentially a good habit and this curfew will reinforce it. Once you're in bed take a moment to be thankful for everyone and everything you have in your life. It's much easier to fall asleep being at peace. A final word of advice is to avoid stimulants in the evenings. Nothing upsets your natural sleep cycle like a big dose of caffeine in the evening. Eliminate all teas, coffees and other stimulant/high caffeinated drinks after 3pm.

The Sleep/Wake Cycle

Many of our hormones are produced in tune with the cycle of the sun. Stress hormones (such as cortisol) and growth/repair hormones (such as GH) will work in opposition to each other. For the majority, a typical day involves highly elevated stress levels. You might be late for work, you forget to eat breakfast, you've just remembered it's your partner's birthday next week, your boss wanted that report finished last week and your kids want help with their homework! All of this can result in increased levels of stress hormones during the day, resulting in decreased levels of growth/repair hormones. This will have a huge impact on your recovery rate. Notice how on the diagram below stress hormone (black line) levels stay elevated for a long duration of time, not leaving much time for the growth/repair hormones (white line) to do their thing. Follow the tips above and you'll lower stress hormones, and increase the growth/repair hormones.



Active Recovery

With the correct exercise and nutritional protocol in place, there's one last thing you need to get in check to see maximal results. Your ability to recover is largely dependant on your nutritional status and hours of sleep you've had. So at the very least you should be abiding by the seven principles of nutrition and getting 8-9 hours of sleep per night.

Types Of Recovery

Tissue Repair - Microscopic tissue damage from exercise is repaired. Explaining how this process happens is beyond the scope of this manual, but you should know that it is through this process the muscle tissues grow back bigger and stronger (hypertrophy).

Function Restoration - Joints and tissues return to a state of optimal function. Healthy tissues should slide and glide over each other (known as sliding surface function). This keeps the body moving in an optimal range.

Muscle Recovery - Muscles return to normal length and state.

Psychological Recovery - Head is strong, focused and motivation to train remains on a high.

CNS Recovery - Central Nervous System makes a full recovery. Heavy, intense weight training sessions can be quite fatiguing for the CNS.

In order to maximise recovery I've put together The Active Recovery Session. It's a 20 minute maximum session that should be performed one or two times per week. Your returns on investment from that 20 minutes will be huge. Perform session whenever you can - pre-workout, post-workout, in the garden, at work, at home in the evening in front of the TV etc. The tasks are designed to speed up all of the main types of recovery, not only from exercise, but from everyday life as well. The session will address all of the common areas of the body that tend to get glued up. Before we look at the session, lets take a look at the mobility work guidelines you need to understand and follow.

“All human beings should be able to perform basic maintenance on themselves.”

Dr. Kelly Starrett

Mobility Work Guidelines

What Is SMR And How Does It Work?

Self myofascial release (SMR) is the process of applying pressure with a various mobility tool to a selected area of soft tissue. To newcomers this may seem slightly odd, but it's one of the most effective ways of improving and restoring muscle range and function. It's successful due to a number of reasons:

Alleviates Trigger Points - A tender area of tissue, or trigger point as it's sometimes referred to, is a micro-spasm caused by over stimulation to the muscle spindle in that area. When you apply external pressure to the area it stimulates a number of receptors throughout the muscle, fascia and connective tissues. When these receptors are stimulated, they communicate with the central nervous system which provides an 'overriding' message to the trigger point that signals it to release.

Improves Sliding Surface Function - Your muscles should slide and glide over each other. Over time they can become glued up preventing your body from moving effectively. SMR drills will help iron out this matted up tissue.

Corrects Muscle Imbalances - As well as helping our muscles to relax and move better, SMR also helps provide optimal length-tension relationships.

Blood Flow - SMR drills will encourage fresh blood flow to the area of tissue you're working on. This will help flush out post-exercise waste products and bring a wide range of nutrients for a faster recovery.

Spend At Least Two Minutes On Each Drill

To see change from a mobility drill, spend at least two minutes performing the movement. Take your time exploring your target zone, moving through the tissue at around one inch per second. If you come across any hotspots, focus your attention on that area.

Learn To Distinguish Between Discomfort And Pain

The majority of the drills presented in this section are going to be uncomfortable. Even more so if it's a particular hotspot for you. The good news is over time they will become easier. With that said it's important that you learn to distinguish between discomfort and pain. These drills are meant to be releasing tissue, not breaking it down and causing more damage.

Breathe Deep

Breathing deeply will help your muscles relax into the mobility drill. It will also oxygenate the blood that's rushing to the area you're mobilising.

Get Creative

If you're unable to get hold of any of the tools recommended in this section, feel free to improvise. A tennis ball works well as a massage ball. Or how about a rolling pin for a foam roller. There's plenty of household objects that can become effective mobility tools. It's also worth remembering the smaller and harder your tool the more focused pressure you will experience. Whereas a larger, softer tool will be a little more forgiving.

Practice Good Positions

When performing a mobility drill, pay attention to your posture. Ensure you keep the spine in neutral, core braced and head in line. The more you make good posture a habit whilst training, the more likely it'll stick during everyday life.

Make It A Habit

It doesn't matter what time of the day or location you perform the mobility drills laid out in this manual, just make sure it becomes a regular habit. Before you know it you'll be recovering faster, moving easier and standing with improved posture. Like with all things fitness related, consistency is key.

Active Recovery Tools

Before you begin, you'll need the following recovery tools (or creative substitutes) available:

- A: Foam Roller
- B: Massage Ball
- C: Epsom Salts



A



B



C

The Active Recovery Session

Without further ado, allow me to introduce The Active Recovery Session. It consists of four mobility drills, which as already established will take around 15-20 minutes to complete. If time is really an issue for you, simply pick one or two drills to complete, then finish the rest later on in the day. Progressions and regressions are also stated, which will allow you to start at a suitable level. And remember, don't give up too soon. Spend at least two minutes on each drill to see a benefit!

Wall Hip Opener

This drill captures the tissues of the anterior hip and quads. Sitting for extended periods will result in a tight hip flexor complex that will rock the pelvis forward, moving it into an anterior tilt. This changes our posture and places a great deal of pressure on the lumbar spine. Start in a kneeling position, your goal is to get your knee as close to the corner of the wall as you can before sitting up into the stretch. It also works great up against a sofa.



Progressions

- Knee as close to the wall as possible

Regressions

- Knee further away from the wall
- Performed on a sofa
- No rear leg elevation

Massage Ball Hamstring SMR

The hamstrings are responsible for two very important jobs - knee flexion and hip extension. Tightness in the hamstrings, if not taken care of, can cause knee pain and lower back pain. Begin with keeping one leg straight and one leg flexed. Place your massage ball on the hamstring of the straight leg and apply pressure. Instead of just working up and down the length of the muscle, try working across the tissues laterally to really shear the fibres apart. Pay particular attention to the high hamstring/glute tie in.



Progressions

- More bodyweight placed onto ball
- Smaller massage ball
- Harder massage ball

Regressions

- Less bodyweight placed onto ball
- Larger massage ball
- Softer massage ball

T-Spine Global Extension With Reach

The thoracic spine is a pretty common area to get stiff. If you spend your day bolted to an office chair at work or driving your spine slowly rounds forward into a kyphotic C shape. This drill will create a large global extension through the T-spine and as a result will improve posture, thoracic mobility and shoulder positioning. The overhead reach will help improve arm and shoulder positioning on vertical push exercises. To begin, place the roller at the base of the ribcage. With your feet and bum firmly on the ground reach all the way over your head and relax into it. Holding on to an anchor point such as a table leg or heavy kettlebell can help keep your arms in position.



Progressions

- Hold on to an anchor point
- Moving the foam roller higher up the T-spine

Regressions

- No overhead reach

Massage Ball Chest SMR

Tightness across the chest and anterior shoulder complex will drag the scapula forward to create poor posture and pain. Once again this area tends to get pretty glued up from extended periods of sitting. Lying prone on the floor place one arm behind your back and get your massage ball stuck into the upper pec. Starting from the inside of the chest, peel away the fibres, working laterally until you reach the chest/shoulder.



Progressions

- More bodyweight placed into the ball
- Smaller massage ball
- Harder massage ball

Regressions

- Standing up against a wall
- Less bodyweight placed into the ball
- Larger massage ball
- Softer massage ball

Going The Extra Mile

If you really want to take your active recovery game to the next level, try incorporating these extra techniques into your lifestyle.

Take A Weekly Epsom Salt Bath

Get ready to relax and recharge by taking a hot bath with 300-400 grams of Epsom salts. The salts are made from a combination of magnesium and sulphate. Being high in magnesium, a mineral that can become depleted through hard training, makes it a great way to get a boost if you're deficient. Amongst many other processes, magnesium is necessary for the body to bind serotonin, a mood enhancing chemical within the brain creating a relaxed feeling of well-being. Epsom salt baths can help flush out toxins, easing muscle aches and pains and help to reduce the stress hormone cortisol. If too much of this hormone is secreted it can actually halt the fat burning process and hold fat around your middle. It would be wise to take your bath in the evening, which will help calm you down and give you a better night's sleep. It's amazing benefits have made it popular with everyone from doctors to athletes to personal trainers.

Creative Visualisations

The subconscious mind can't differentiate between what is perceived and what is real. Therefore if you can imagine something so vividly the body will react as if it actually experiencing it. Creative visualisation will help you de-stress, ease anxiety and lower blood pressure. I know, this all sounds rather spiritual, but honestly give it a go. Follow the guidelines below to take advantage of the power of visualisation:

- Find a quiet, dark room. Choose a place where you know you will not be disturbed. Close your eyes, take deep breaths and you'll start to feel your muscles relax. Imagine you're in beautiful surroundings. It could be a holiday you've been on in the past, or you can conjure up something from your imagination.
- Use your senses of sight, sound, taste and smell, put yourself in the scene and allow it to come to life. You could experiment with iPhone apps that contain sound samples of different scenes such as the beach or a tropical rainforest. By playing them with your headphones on, you'll be able to block the rest of the world out and make the scene more realistic.
- Stay in the scene for as long as possible, soaking up all the details. Then slowly bring yourself back into the room.
- To maximise this technique, try it in an Epsom salt-filled hot bath.

I can't train on the days suggested on the workout diary, does it matter?

No. In an ideal world you would, as the sessions have been placed to allow enough recovery time between sessions. They also give you the weekends off, but if you can't just do what you can. As long as you get all of your four sessions in for that week.

What time of the day should I train?

Don't overthink this, train whenever you can/feel best. I would however, strongly urge you don't exercise first thing in the morning on an empty stomach. Contrary to popular belief, training in a fasted state won't guarantee you'll burn more fat. It will mean you'll have a rubbish workout and be more likely to tap into lean body mass for fuel.

Why am I finding the workouts too easy?

The sets, reps, times, rests and tempos have all been programmed to support the goals of the training phase you're in. If you're finding the sessions too easy, make sure you're lifting a heavy enough weight that allows you to complete the desired number of reps, but no more, and be super strict with the tempos and rest periods between sets.

I noticed you recommend a warm-up before the workouts, but what about a cool-down after?

Your cool-down for these programs is to hit the shower and then eat your meal with the carbs you've earned. The active recovery drills outlined in section C will speed up recovery and take care of keeping your tissues flexible and healthy. This is even more reason to give the recovery section as much attention as the exercise and nutrition.

Should I add in a couple of steady state cardio sessions a week to maximise my fat burning?

In all honesty you shouldn't have to. The four workouts per week, combining resistance and intervals will be enough to maximise your resting metabolic rate and tip you into a calorie deficit to keep you burning fat all week. Just make sure you give each and every sessions an honest effort. However, living a more active lifestyle will go a long way in maximising your results, improving your overall life and keeping your body healthy. Take the stairs instead of the lift, walk instead of drive if possible, never sit down for longer than an hour etc. Little things like this can all add up to make a big difference.

You stated in the manual that healthy weight loss is 1-2lbs per week, but sometimes I lose five, sometimes I lose none. Is this ok?

Yes. This is absolutley fine and is often the way. Losing body fat is a process that is never linear. However as long as things are heading in the right direction over a period of four to eight weeks, you're on the right track.

Chocolate is my vice, so I'm going to ban myself from eating it for the 12 week plan. Is this a wise idea?

Probably not. I'd never actively encourage someone to ban foods. Just simply focus on the seven principles of nutrition presented in this manual. If you do this your blood sugar levels will be more stable, you'll feel fuller and you'll be less likley to crave your vice. A better option would be to keep bad foods hidden away and prehaps not buy them, so as to keep them out of the house. Whilst placing a ban on certain foods may seem like a good idea in the short term, long term it's a road to disaster. Tell anyone they're not allowed to eat something, and sooner or later the urge to consume it blows up. This is often followed by an all out binge of that certain food. It's psychology, we all crave what we can't have!

I'm really struggling with the nutrition side of things, any words of advice?

Proper planning and meal prep is everything. Go food shopping once a week and prep meals the night before to take to work, or school etc. Buy yourself a cooler bag to conveniently transport your meals. In my experience, the most successful clients also keep a food diary. You can use one of these fancy apps that works out your macro values for you, or just use a good old pen and paper. Anything that will make you more accountable.

Where can I buy the recommended supplements from?

Myprotein will have all products you need. For an exclusive discount click the link below:

MYPROTEIN

Then use the following codes at the checkout:

15% off for new customers: ABCFIT3

8% off for existing customers: ABCFIT

My friend has seen good results in six weeks with fasting. Is fasting any good for fat loss?

There's numerous fasting diets out there, which many people swear by and have probably seen some sort of result from. The bad news is long periods of fasting could alter normal hormone function including a decrease in leptin (a satiety hormone) and a down regulation of the thyroid. This could be related to reduced insulin concentrations. The thyroid has a huge influence over metabolism, therefore if it's being down regulated, this could result in a slow metabolic rate and increased weight gain. However the biggest issue for me is - is it sustainable? Probably not! Who wants to spend the rest of their life going through periods of fasting? The seven principles presented in this manual combined with the hand portion size guidelines are habits that can be easily used and sustained.

Can I add salt to my meals?

It's not an absolute essential, but you can if you wish. While many have downplayed the need for salt within the diet it has a few key roles within the body including absorption of food particles, prevention of muscle cramps, acting as a natural antihistamine and aiding in the balancing of blood sugar levels. However, there's a big difference between refined and natural salt. You should always salt your food after tasting to avoid adding too much and always opt for unprocessed sea salt. Celtic, French or New Zealand sea salt would all be better choices. It's also worth adding a pinch of electrolyte salts to your drinking water to help expedite its absorption.

Can you pinpoint areas for fat reduction?

If what you mean by this is "can I do hundreds of sit-ups and expect to lose fat from around my middle?" the answer is no. Body fat is usually distributed around the body as a result of certain hormone imbalances. For example, chronically elevated levels of cortisol (the stress hormone) tends to encourage fat to be stored around the middle. By following the principles outlined throughout sections A, B and C, you can encourage more favourable hormone ratios for fat loss, particularly in the stubborn areas such as the legs, bum and abdominal area.

I've finished the programme, what now?

You can start it over. Start again with the goal setting activity and work through phases one, two and three like before. As a means of progression, look to lift more than your first cycle or choose a harder interval protocol. Also be sure to keep your eyes open for more workouts and workout manuals on the ABC fit website.

Enjoyed The Programme?

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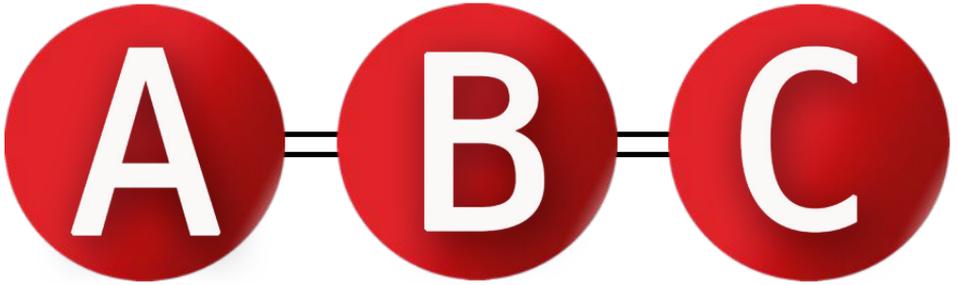


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The 3-Step Fitness Solutions Project

ABC fit was created by Aaron Breckell. Aaron's passion for health and fitness was first ignited at the age of 18, when he entered the gym at 6ft and 54kg. Exercise, nutrition and recovery not only changed his body, his entire life changed for the better too. Since it all started he has modelled for various supplement and underwear companies and was successfully shortlisted down to the final six in the Maximuscle Body of the Year contest 2010. With over five years fitness industry experience, Aaron has successfully worked with a wide array of clientele including CEO's, doctors and competitive athletes. This is his way of easily sharing with you the information it takes to achieve the fitness success you truly deserve.

