



# 2016 HEALTHIEST LOSER CHALLENGE

## “How To Become A Fat Burning Beast”

To genetically re-program your body to choose fat over sugar as its primary source of energy, follow these steps:

**1 Establish an aerobic base:** An aerobic base is required in order to start the fat-adapted metabolic process by building mitochondria in your system. If you have been exercising consistently (4 X/week for 2 years or more), this should take 2 months. For everyone else, it will take 3 months.

**2 Purchase a heart rate monitor:** A heart rate monitor will alert you when you have exceeded your aerobic threshold. (We recommend the Polar FT1)

**3 Calculate your aerobic threshold:**

- **Step 1:** Subtract your age from 180

- **Step 2:** Adjust for other factors:

- Subtract an additional 10 if you are recovering from illness, surgery, disease or taking regular medication.

- Subtract an additional 5 if you have had a recent injury or regression in training, get more than 2 colds/flu annually, allergies, asthma, inconsistent training or recently returning to training.

- *No adjustment needed* if training consistently (4x/week for 2 or more years), free from aforementioned problems.

- Add an additional 5 if you have been successfully training for 2 years or more, success in competition.



**4 Perform a Maximum Aerobic Fitness (MAF) Test:** On a treadmill, start off walking at 3.0mph for 5 minutes to warm up. Increase your speed by 0.5mph every minute until you reach your aerobic threshold. Record your speed at the point where you met or exceeded your aerobic threshold in a journal with the date and mph. (This will be important when you retest yourself next month).

**5 Take Inventory:** What types of exercise equipment do you have access to? What kind of activities do you enjoy? Decide which activities you are going to perform to reach a goal or maybe that you just enjoy. Your goal is to perform 16 metabolic equivalents (METs) per week to start, or the equivalent of 10 miles of jogging per week.

**6 Warm Up:** Whatever activity you pick, it's important to perform a 5 minute warm up before you begin to get your blood pumping through your muscles and reduce the risk of injury.

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### 7 Control your heart rate:

- a. Breathing through the nose releases nitric oxide into your body, causes vasodilation and lowers your heart rate. Diaphragmatic breathing allows for more oxygen to enter your body than chest breathing.
- b. Maintain a good posture. Poor posture requires a lot of energy and will steal oxygen from muscles that need it.

### 8 Maintain your lean body mass: Depending on how you feel, perform the following basic movements 2-3 times per week to maintain the muscle mass you already have.

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| <ol style="list-style-type: none"> <li>a. <b>Pushups:</b> 3 Progressions, Goal: 50 (Males), 20 (Females)           <ol style="list-style-type: none"> <li>i Progression 1: Wall Pushups</li> <li>ii Progression 2: Standard Pushups</li> <li>iii Progression 3: Decline or Weighted Vest Pushups</li> </ol> </li> <li>b. <b>Pullups:</b> 3 Progressions, Goal: 12 (Males), 5 (Females)           <ol style="list-style-type: none"> <li>i Progression 1: Negative Accentuated Pullup</li> <li>ii Progression 2: Standard Pullup</li> <li>iii Progression 3: Weighted Pullup</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>c. <b>Squats:</b> 3 Progressions, Goal: 50 (for both Males and Females)           <ol style="list-style-type: none"> <li>i Progression 1: Assisted Squat</li> <li>ii Progression 2: Standard Squat</li> <li>iii Progression 3: Weighted Squat</li> </ol> </li> <li>d. <b>Planks:</b> 3 Progressions, Goal: 2 minute hold (for both Males and Females)           <ol style="list-style-type: none"> <li>i Progression 1: Forearm Plank</li> <li>ii Progression 2: Hand Plank</li> <li>iii Progression 3: Spiderman Plank</li> </ol> </li> </ol> |
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### 9 Cooling down. Reduce your speed to where you were when warming up. When your heart rate is 122bpm or less, it is safe to discontinue exercise.

### 10 Retest your MAF. Perform the MAF test monthly. What should happen is the intensity needed to reach your aerobic threshold should increase compared to months prior (aka- the mph at which you reached your aerobic threshold should have increased compared to the last time you tested). This is a sign that you are generating more mitochondria to burn more fat.

### 11 Troubleshooting: If your MAF Test values are not increasing, your aerobic base timeline must shift to compensate for lack of progress. If you have been exercising more than 5 days per week, chances are you’ve been overtraining and kicking your body back into a sugar burning state. Reduce your workout schedule to only 4 days per week and retest in a month to get back on track.

If you’ve been exercising the appropriate number of days, and the value is still not increasing, subtract another 5 heart beats from your aerobic threshold and retest at the end of the month.

**Setbacks happen, and they’ll make you appreciate the end-result that much more!**

