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## 1.0 INTRODUCTION

I hope you enjoy your copy of *Training & Nutrition Insider Secrets for a Lean-Body*. Please feel free to email this e-book to any of your friends, family, or co-workers that you think would enjoy these topics. They will surely be thrilled that you shared all of this information with them!

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become a crisis. In the US, experts estimate that approximately 70% of the adult population is currently overweight or obese. That means



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looking for. As thanks for signing up, I will give you instant access to **several free bonuses** that I think you'll like. First, I'll give you your own personalized metabolic



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function, causes muscle wasting, and can cause a pro-inflammatory response in the body that can potentially lead to chronic diseases. On the other hand, highly variable cyclic training has been linked to

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variable intensity training to really reduce body fat and bring out serious muscular definition is performing wind sprints or hill sprints. Also, most competitive sports such as football, basketball, racquetball, tennis, hockey, etc. are naturally comprised of highly variable stop-and-go mo







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2.4 Your Workouts Need Both Consistency and Variability for Max

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within the superset. If you are smart, I'm sure you are tracking your progress with a notepad (weights used, sets, and reps) to see how you are progressing over time. Let's say that after about 6 weeks, you find that you are no longer improving with that program. Well, now it is time to change up your variables, and start a new program.

This time you might choose a classic 5 sets of 5 reps routine, but you group your exercises in tri-sets (three exercises performed back to back to back, and then repeated for the number of sets). This time you decide to perform the exercises in the tri-set with no rest between them, and then recover for 2 minutes in between each tri-set to fully recoup your strength levels.

There you have it...a couple ex



## 2.5 The Ultimate Hard-Body Exercise

As you may have already discovered, the squat is at the top of the heap (along A



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the knees. Practice first with an un-weighted bar or a rela

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are. Now compare that to the emaciated weakling physiques of many marathoners, and you'll see that sprinting is where the action is at for a healthy, ripped, powerful body! Now I don't want to upset all of you distance runners out there. Hey, if

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alternating bodyweight squats, pushups

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endurance long distance swimming. For sprint style, swim as hard as you can to the other side of a 25-meter or 50-meter pool (or sprint swim similar distances in a lake or the ocean if you like to swim outdoors). Rest enough to catch your breath between sprint swims (about 20-40 seconds). Try to keep the rest intervals fairly short with swim sprints. You can also mix in

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8. Mountain Biking – As you may have figured out by now, I'm not a proponent of steady pace endurance exercise, but rather, highly variable intensity exercise that works with bursts of exertion followed by recovery intervals. Well, mountain biking fits this bill perfectly. You get the leg pumping exertion during the uphill climbs, while also getting the adrenaline rush of the downhill acting as your recovery intervals. Mix it all together and you get a

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just use a strong broomstick cut down to about 30-36 inches long and taped up with some athletic tape to prevent splinters. For your stick wrestling workout, stand on a soft mat or carpeted area (or grass if outdoors), match up with a friend or foe. You'll both grab the same stick toward the ends with







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digesting. Cottage cheese, on the other hand, is mostly casei 20d, c

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3.2 Don't be Afraid of Dietary Fat! Even Some Saturated Fats are

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leading fats and lipids resear

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make smart choices in what you feed your

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when we humans take natural food and put it through all kinds of chemical and physical processing (that it was never

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refrigerated container, and use it up withi



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refined oils...most of the time using cheap oils like cottonseed or soybean oil. All of this crap doesn't even pass as real food in my opinion! If you can actually find something that's deep fried in a non-hydrogenated tropical oil like palm or coconut (which are stable oils under heat), then that might be the only deep fried food that's acceptable. It's unlikely you'll find that these days though.

### 3.3 Healthy Trans Fats vs. Unhealthy Trans Fats Revealed

I'm going to talk about something in this section that most of you have probably never heard...that there is a distinction between good trans fats and bad trans fats. There is some evidence that the good trans can help you with fat loss, muscle building, and even cancer prevention, while the bad trans fats have been shown to cause heart disease, cancer, diabetes, and the general blubbering of your body.

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foods, and deep fried foods. These hydrogenated oils are highly processed using harsh chemical solvents like hexane (a component of gasoline), high heat,



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Back to the fridge, some other staples:

- Cottage cheese, ricotta cheese, and yogurt - I like to mix cottage or ricotta cheese and yogurt together with chopped nuts and berries for a great mid-morning or mid-afternoon meal.
- Chopped walnuts, pecans, almonds, macadamias, etc. - delicious and great sources of healthy fats.
- Whole flax seeds - I grind these in a mini coffee grinder and add to yogurt or salads. Always grind them fresh because the omega-3 polyunsaturated fats are highly unstable and prone to oxidation, potentially creating inflammation causing free radicals from pre-ground flax.
- Whole eggs - one of nature's richest sources of nutrients and

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glucose metabolism (how yoe rocess ca



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people don't choose a healthy bal

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of vitamins B and C. So, when you take a vitamin pill, most of the water soluble vitamins are simply flushed down the toilet. You might as well just eliminate the middleman and flush your m

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**3.6 Make Healthier Choices When Forced to Eat Fast-Food**



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on an english muffin (not on

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I just tell them, as I struggle to regain my breath, "I'm just mixing it up a bit" and then watch them as they go back and waste their time with bicep curls for the next half hour.

Now I'm trying to get my wife onboard using your program as well. Thank you so much for doing what you do and keep the emails coming. This is the best \$39 I have ever spent.  
Thanks,

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