

# GET YOUR BODY LEANER & HEALTHIER – A PRESCRIPTION FOR FITNESS SUCCESS THE TOTAL FITNESS WAY

**Note:** IF YOU HAVE NECK, SHOULDER, BACK, HIP, KNEE, ELBOW, WRIST, ANKLE OR MUSCLE PAIN THEN DO NOT DO EXERCISES RECOMMENDED ON OUR WEBSITE.

**Get your pain assessed, rest, and allow your body to heal first. Exercising with weights inappropriately may slow your body's healing process and cause further injury.**

## **Principle #1**

If you need to reduce body fat, lift weights for 8-12 reps and for no more than 60 seconds before resting.

## **Principle #2**

Keeping perfect technique should be your top priority – if your technique starts to deteriorate and you can't correct it on the next rep – stop & rest.  
Quality first, quantity second.

## **Principle #3**

Rest for 2-3 minutes per set until your heart rate drops below 90 beats per minute (BPM). Some whole body exercises may need 3-5 minutes rest.  
You can also stretch between sets providing it doesn't raise your heart rate >90BPM.

## **Principle #4**

Whatever muscles you exercise, rest them for at least 48 hours between workouts.

## **Principle #5**

When you're happy with the amount of body fat you have, and want more tone, increase your reps to 12-20.

## **Principle #6**

Once you can lift the maximum number of reps per set with excellent technique, increase the weight and aim to lift the minimum number of reps again with the new weight.  
i.e. Start at 8 reps, and once you reach 12, increase the weight and aim for 8 reps at the new weight.

## **Principle #7**

Increase the number of reps per set by a minimum of 1 each time you exercise.

## **Principle #8**

Choose between 1-3 sets per exercise. Fewer sets and more exercises work best when you've less time to train.

### **Principle #9**

Exercise with weights for no more than 45 minutes at a time.  
If you're stressed be smart – exercise for a shorter time or choose something more relaxing.

### **Principle #10**

Do as many whole body exercises as you can each time you train.  
This will build many muscles (over time) and those muscles want calories from your fat stores. The more muscle you have the faster you'll get leaner.

### **Principle #11**

Avoid continuous high-intensity cardiovascular exercise because it will destroy your muscle tissue and age and injure you rapidly.  
Walk – don't run, as we were told in school.

### **Principle #12**

Drink a minimum of ½ your body weight in ounces of non-tap water daily. Gradually increase the volume you're drinking, and add a tiny pinch of sea salt to each glass or bottle to help absorption.

### **Principle #13**

Eat a while before exercising - at least 30 minutes before. Preferably more. Ideally have at least breakfast and a mid-morning snack before training.

### **Principle #14**

Avoid exercising with weights after 7PM or it will disrupt your sleep and how your muscles repair themselves.

### **Principle #15**

Eat 5-6 times a day (every 2-3 hours): Breakfast, snack, Lunch, snack, Dinner and if needed, a small bed-time snack.

### **Principle #16**

Eat a healthy organic fat, protein, and carbohydrates from vegetables and fruits at every meal and snack – miss out one of these three and you'll overeat.

### **Principle #17**

Turn the lights out between 10 and 10:30PM daily. You can't party, drink alcohol and stay up late multiple times per week and be slim. The body doesn't work that way.

### **Principle #18**

Remain active, yet also take LOTS of time to relax. **Insufficient relaxation causes fat gain.**

### **Principle #19**

Give your body a chance! Getting slim, toned, and muscular takes months, if not years, of consistent effort. Start now and enjoy seeing and feeling your body change.