

Change Your Body Challenge 4 Week Fat Loss



Jump Start Program

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Notice

This book is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs outlined herein should not be adopted without consulting with your health professional. Use of the programs herein is at the sole choice and risk of the reader. The author is neither responsible, nor liable for any harm or injury resulting from this program or the use of the exercises described herein.

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Introduction

The Equipment

The following workout is designed to promote fat loss while maintaining and possibly gaining lean muscle. It is a total body high intensity strength and conditioning routine (fat loss routine) using only your body weight and a pair of dumbbells. It is a workout that can be performed anywhere, anytime with most any object. The reason for using dumbbells is because it is a traditional piece of exercise equipment and it comes in various sizes; due to the different sizes, it can provide significant external resistance. You can also use a medicine ball, kettle bells, tubing, super bands, a tool box or a weighted back pack. Most any object can be used for resistance when training for fat loss.

The Big Fat Lie

The reason for a Change Your Body Challenge (CYBC) Fat Loss Workout is to begin educating America and the rest of the world on how to exercise for fat loss. You see, gyms across the globe are in the business of making money. They're afraid to lose you as a customer, so they give you all the tools to be successful, but then teach you the wrong way to do things. They enable and misinform you. On the surface everything makes sense: lots of equipment, an environment where people go to exercise and even paid staff available to answer your questions.

The problem is large club owners and chains are afraid to "lose business" if you're successful so they sabotage your efforts. They give you distractions in the form of televisions or slow paced music. They don't want to cut into their bottom line so they hire inexperienced and uninformed staff to answer your questions (if you pay peanuts, you get monkeys). Heck, they even advertise foods on their walls that will get you fat. C'mon. Any place that would advertise a "healthy" meal from McDonalds or give away "healthy" nutrition bars loaded with sugar is not about helping its members.

Look at the people who are serious about teaching fat loss. They're the busy trainers, who are paid solely on results. You don't see them letting their clients indulge in these bad enabling habits do you (or at least they shouldn't). They're not going to have clients exercise sitting down using machines when they could be exercising standing up and using their body weight or free weights. Rest periods? What's that?

What do gyms teach? They teach body building. If Arnold did it, that's what you should do. O.K. Maybe that's a bit of an exaggeration, but based on the staff they employ and the tools they give the staff to work with; it might not be too far from the truth. They do however, and this is no lie, instruct their staff to teach the food pyramid as a way to eat for fat loss, weight maintenance and muscle building. Hmmm. A one size fits all nutrition approach to transforming your body. So a petite mother of 3 should eat

the same things and servings as a college football player and a 60 year old senior. Righttttt! Well, these my friends are the lies and the Change Your Body Challenge is going to re-educate you, provide a mind shift and help to get you in the best shape of your life. You provide the effort and we'll provide the plan.

Fat Loss

Fat Loss occurs fastest when combined with 3 main factors. A healthy diet and/or reduced calorie healthy diet, resistance training and cardiovascular exercise. I'd like to say that you can lose fat by following any of these alone as long as there is a great enough stimuli, but the reality is, it is very, very difficult to do so and if you're looking to lose fat the fastest, you must combine all 3.

Diet

What specifically comprises a healthy diet exceeds the scope of this manual, but I will share this. Perishable foods along the perimeter of a grocery store that can be found in the produce section like vegetables, fruits and nuts which represent your carbohydrates and fats and protein sources from the seafood, meat department and dairy department are a good start. The above would serve as a solid foundation for a healthy diet because they are fresh, whole and free from processing. A fellow fitness professional, BJ Gaddour has a unique quote regarding how to select foods to eat. I'll paraphrase it for you now: if it had a face or had a mother and one time or another, swam, flew or walked is how to choose your protein sources and if it is green or comes from the ground and can be picked are your best choices for carbohydrates and fats ¹.

Resistance Training

Resistance Training promotes fat loss by maintaining or increasing lean muscle mass, through direct caloric expenditure and increasing resting metabolic rate ²⁻⁵. Resting metabolic rate is the amount of energy required by your body to maintain its daily functions. The more lean mass an individual has the greater energy required to maintain it ^{2,4,6,7}. Resistance training for fat loss can help to both maintain lean mass and increase it.

Cardiovascular Exercise

Cardiovascular exercise for fat loss can be done with both high intensity and low intensity effort ⁸⁻¹⁰. An example of high intensity exercise would be running and low intensity exercise walking. A simple difference between the two is that it takes more time with walking (low intensity example) to achieve the same fat loss goals. This extra walking may decrease lean mass, which isn't so bad if you just want to lose weight. I would however, recommend combining the walking with resistance training so at the very least you maintain your lean mass. High intensity cardiovascular exercise on the other hand not only burns fat in less time, but also contributes to the maintenance and possible building of lean muscle mass ^{9,11}.

Interval Training

The last area of fat loss training to discuss is interval training. There are two main types of interval training. The first we'll call, regular or moderate intensity interval training, and the second, High Intensity Interval Training (HIIT). The difference is primarily in the rest periods. Regular interval training uses rest period 1-5 times longer than the work period ¹²⁻¹⁴ and HIIT uses rest periods that are usually half of the work period ¹⁴⁻¹⁵. The work period for both can be characterized or defined as short burst type efforts and/or maximal sprints, completed for time, distance or reps. Both forms of interval training can be used with resistance training and cardiovascular exercise. A way you can use interval training for resistance training is to complete an exercise for a set length of time and strive to accomplish as many repetitions as possible within stated time.

Interval Training for Performance

Regular interval training may be better suited and safer for sedentary populations not training under the supervision of a competent coach compared to HIIT. It is also better for individuals looking to improve maximal speed, strength, power and/or lean mass in addition to decreasing fat mass as the extended rest allows for greater recovery and return to baseline of energy stores ¹⁶⁻¹⁷. HIIT on the other hand may be safer for more fit populations or under a coach's supervision and is great for increasing anaerobic and aerobic performance and maximal oxygen consumption (VO2 max) ¹⁵. It is not so great for increasing maximum speed, strength or power due to the lack of full recovery of the Phosphagen Energy System ¹⁸, the system responsible for providing the "juice" for maximal short duration efforts.

What if your goals aren't speed, strength or power goals? That's o.k. Just know that by training for fat loss, you'll improve these qualities and vice versa. Just because your speed, strength or power improves, doesn't mean you're going to the Olympics or going to become a football player. We all need speed, strength and power in daily life for activities like rushing across a busy street (speed), lifting heavy grocery bags (strength) or getting out of a chair/ascending stairs (power).

Interval Training for Fat Loss

Therefore interval training may be better suited for fat loss because it reduces body fat in less time compared to steady state training ¹⁹⁻²⁰, depletes glycogen stores (stored carbohydrates) faster ²¹⁻²³, burns more calories at rest (fat) ¹², is time efficient and probably maintains and/or increases lean mass. It is also fun and makes the time go by quicker.

Tabata Intervals

A Japanese scientist, Dr. Izumi Tabata and his colleagues from the National Institute of Fitness and Sports, Kanoya City, Japan came up with a great formula for

interval training. It consisted of 7 or 8 rounds of “exhaustive intermittent training” lasting 20 seconds followed by a 10 second active recovery for a total of 4 minutes of exercise. He compared this to 60 minutes of moderate intensity work and his results showed that the intermittent training was superior for increasing both anaerobic and aerobic energy supplying systems ¹⁵.

Tying it All Together

These are important for fat loss because the better your energy systems are at supplying energy during exercise, the more in shape you are. It's that simple. The more in shape you are, the harder you can work (intensity) ^{17, 24}, the longer you can work ¹³, the more muscle glycogen (stored carbs in muscle) you can burn ^{5, 12, 21, 23}, the more calories you can burn during exercise ¹¹, the more lean mass you can maintain or build ^{2-3, 6, 9, 11}, the higher you can elevate your resting metabolic rate ^{4, 6-7}, the more fat you can burn during rest ^{5, 12, 20, 25}, the more total calories you can burn the rest of the day ²⁶ and finally the faster you can lose fat ^{20, 27}. Powerful!

In Summary

The Change Your Body Challenge Fat Loss Workout #1 will teach you a routine you can do anywhere, anytime with most any object. The dumbbell is a traditional piece of exercise equipment and can be replaced by medicine balls, kettle bells, barbells, plates, super bands, exercise tubing, a tool box or even a weighted back pack. I recommend using objects weighing roughly 8-15lbs for women and 15-30lbs for men. Depending upon your current level of fitness, use less weight if you're out of shape and more weight if you're in better shape.

The CYBC Fat Loss Workout #1

Your workout consists of the following blocks of exercise in order of start to finish: a movement preparation warm up, core or lumbar stabilization exercises, 3 total body circuits, a finisher circuit and finally an active stretch cool down. Upon reading you will notice that instead of giving you a certain number of repetitions to perform you will do each exercise for time. There are many reasons for this:

- To allow people of different conditioning levels to train together.
- To present an opportunity to achieve maximal repetitions in a set period of time.
- To know precisely when your workout should finish.
- To let a stop watch serve as your coach.
- To achieve maximum fat loss in the shortest amount of time.
- To teach you a High Intensity Interval Training routine based on research.

I hope you enjoy it, you practice it frequently and for best results, you combine it with a healthy diet and cardiovascular exercise. The cardio intensity that is best should be interval training if you are short on time and both interval training and low intensity

training if you have more time. And now...The Change Your Body Challenge Fat Loss Workout #1!

CYBC Fat Loss Workout #1

Warm Up: 5 minutes

1. Side-Lying Thoracic Shoulder Rolls x20 seconds each, 5 sec switch, 10 sec rest
2. Alternating Lunge to Instep with Hip & Toe Raise x50 seconds, 10 sec rest
3. Inchworm x50 seconds, 10 sec rest
4. Alternating Lateral Lunge x50 seconds, 10 sec rest
5. Deep Squat x50 seconds, 10sec rest

Fat Loss Core Circuit- 6 minutes

1. Plank x 20seconds, 10sec active rest switch
 2. Side Plank Left x20 seconds, 10sec active rest switch
 3. Side Plank Right x20 seconds, 10sec active rest switch
 4. 1-Leg Glute Bridge-Left x20 seconds, 10sec active rest switch
 5. 1-Leg Glute Bridge-Right x20 seconds, 10sec active rest switch
- repeat circuit for a total of 2 rounds, rest 1min after completed

Total Body Circuits- 15 minutes

3 Different Circuits; complete all sets of circuit before moving on to next circuit. Each exercise consists of 20 seconds of work followed by 10 seconds of rest before starting the next exercise. Complete 2 rounds, and then rest 1 minute before starting next circuit.

TB Fat Loss Circuit #1: 5 minutes

1. Dumbbell on Left Shoulder Squat x20 seconds, Rest 10 sec
 2. Bent Over Dumbbell Row x20seconds, Rest 10 sec
 3. Dumbbell on Right Shoulder Squat x20 seconds, Rest 10sec
 4. Dumbbell Biceps Curl x20seconds, Rest 10 sec
- Repeat circuit for a total of 2 rounds; rest 1min seconds before starting circuit #2

TB Fat Loss Circuit #2: 5 minutes

1. Left Leg Forward Lunge with Dumbbell Twist to Left x20 seconds, Rest 10 sec
 2. Alternate Dumbbell Push Ups-Left Hand on Dumbbell x20 seconds, Rest 10 sec
 3. Right Leg Forward Lunge with Dumbbell Twist to Right x20 seconds, Rest 10 sec
 4. Alternate Dumbbell Push Ups-Right Hand on Dumbbell x20 seconds, Rest 10 sec
- Repeat circuit for a total of 2 rounds; rest 1min before starting circuit #3

TB Fat Loss Circuit #3: (5 minutes)

1. Dumbbell Swings x20 seconds, Rest 10 sec

2. Right to Left Dumbbell Diagonal Chops, x20 seconds, Rest 10 sec
3. Dumbbell Sumo Squats x20 seconds, Rest 10 sec
4. Left to Right Dumbbell Diagonal Chops x20 seconds, Rest 10 sec
- Repeat circuit for a total of 2 rounds; rest 1min before moving on to today's finisher.

Energy System Development- 5 minutes

The Finisher

The finisher is any type of exercise completed at the end of a workout that finishes you off, saving nothing for later. (A finisher does not have to be a Tabata Interval. This is only an example.)

*You will complete 4 exercises in a circuit, while holding the Dumbbell and perform 2 continuous rounds. Your work to rest ratio is 20 seconds of work: 10 seconds of rest.

1. 5 Yard Shuffle (hold Dumbbell at Chest Height) x20 seconds, Rest 10 sec
2. 5 Yard Turn & Run Shuttle (touch Dumbbell down at each end) x20 seconds, Rest 10 sec
3. Linear Down & Back Shuttle (hold Dumbbell at chest height) x20 seconds, Rest 10 sec
4. Burpees (Hold Dumbbell at Chest, Squat down & put Dumbbell on ground, Jump Back & In while hands are resting on Dumbbell, Pick Up Dumbbell and Stand Up Fast) x20 seconds, Rest 10 sec
- Repeat circuit for a total of 2 rounds; rest 1 minute and begin active stretching cool down.

Active Stretching- 7-8 ¾ minutes

Hold each stretch for 15 seconds at a point of moderate discomfort. Complete all stretches 1 time in a continuous manner.

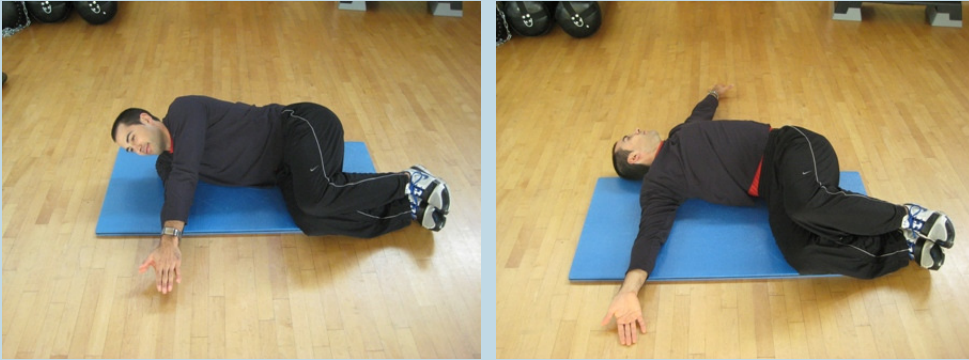
1. Side-Lying Thoracic Shoulder Hold x15 sec each side, 5-10 sec active rest switch
2. Side-Lying Internal Shoulder Rotation x15 sec each side, 5-10 sec active rest switch
3. Downward Dog x15 sec, 5-10sec active rest switch
4. Cobra Push x15 sec, 5-10 sec active rest switch
5. Childs Pose: straight, reach right and reach left x15 sec each, 5-10 sec active rest switch
6. ½ Kneeling Triceps Pull x15 seconds each arm, 5-10 sec active rest switch
7. Lunge to Instep x15 seconds each leg, 5-10 sec active rest switch
8. Lunge with a Hip & Toe Raise x15 seconds each leg, 5-10 sec active rest switch
9. Lateral Lunge x15 seconds each leg, 5-10 sec active rest switch
10. Deep Squat x15 seconds, 5-10 sec active rest switch
11. Behind Back Overhead Shoulder Reach x15 seconds, 5-10 sec active rest switch

12. 1-Arm Latissimus Dorsi Pull x15 seconds each arm, 5-10 sec active rest switch

Has the program above got the juices flowing and your interest piqued. Are you ready to see what it looks like? Below is the CYBC Fat Loss Workout #1 in its entirety with pictures and videos to show you how to perform the workout properly.

The Warm Up: 5 min

1. Side-Lying Thoracic Shoulder Rolls x20 sec each, 5 sec switch, rest 10 sec



2. Lunge to Instep with Hip & Toe Raise x50 seconds, rest 10 sec



3. Inchworm Walkout & Back x 50seconds, rest 10 sec



4. Lateral Lunge x50 seconds, rest 10 sec



5. Deep Squat x50 seconds, rest 10 sec



To see a video of the CYBC Fat Loss Workout #1, Warm Up; please [CLICK HERE](http://www.youtube.com/watch?v=5gaYOWI5I7Y) (<http://www.youtube.com/watch?v=5gaYOWI5I7Y>).

CYBC FLW#1 Core Circuit: 6 minutes

1. Plank x 20seconds, rest 10 sec



2. Side Plank Left x20 sec, rest 10sec



3. Side Plank Right x20 sec, rest 10 sec



4. & 5. 1-Leg Glute Bridge-Left & 1-Leg Glute Bridge-Right x20 sec, rest 10sec



- repeat circuit for a total of 2 rounds, rest 1min after completed

To see a video of the CYBC Fat Loss Workout #1 Core Circuit, [CLICK HERE](http://www.youtube.com/watch?v=87yMGBZV9aA)
(<http://www.youtube.com/watch?v=87yMGBZV9aA>).

Total Body Circuits- 15 minutes:

3 Different Circuits; complete all sets of circuit before moving on to next circuit. Each exercise consists of 20 seconds of work followed by 10 seconds of rest before starting the next exercise. Complete 2 rounds, and then rest 1 minute before starting next circuit.

TB Fat Loss Circuit #1

1. Dumbbell on Left Shoulder Squat x20seconds, 10 sec active rest switch



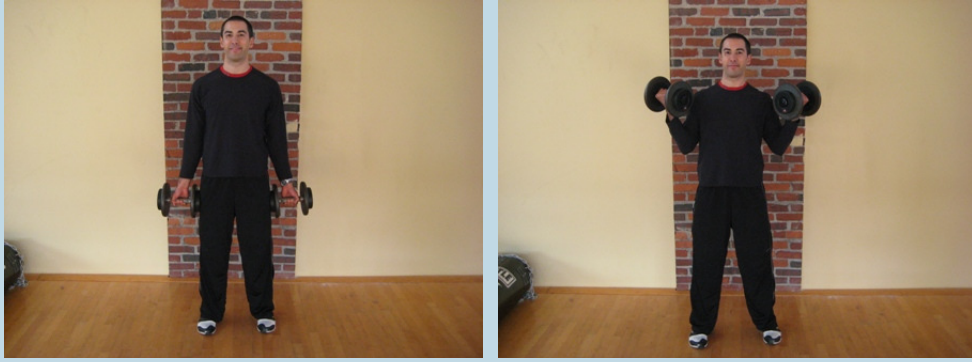
2. Bent Over Dumbbell Row x20seconds, 10 sec active rest switch



3. Dumbbell on Right Shoulder Squat x20 seconds, 10 sec active rest switch



4. Dumbbell Biceps Curl x20seconds, 10 sec active rest switch



- Repeat circuit for a total of 2 rounds; rest 1 minute before starting circuit #2

To see a video of CYBC Fat Loss Workout #1, Total Body Circuit #1, **[CLICK HERE](http://www.youtube.com/watch?v=NuHB84Qza6g)** (<http://www.youtube.com/watch?v=NuHB84Qza6g>).

TB Fat Loss Circuit #2

1. Left Leg Forward Lunge to Dumbbell Twist towards Left Leg x20 seconds, 10 sec active rest switch



2. Left Hand on Dumbbell Push Ups x20 seconds, 10 sec active rest switch



3. Right Leg Forward Lunge to Dumbbell Twist towards Right Leg x20 seconds, 10 sec active rest switch



4. Right Hand on Dumbbell Push Ups x20 seconds, 10 sec active rest switch



- Repeat circuit for a total of 2 rounds; rest 1 minutes before starting circuit #3

To see a video of CYBC Fat Loss Workout #1, Total Body Circuit #2, **[CLICK HERE](http://www.youtube.com/watch?v=VwWY4k4Ktis)** (<http://www.youtube.com/watch?v=VwWY4k4Ktis>).

TB Fat Loss Circuit #3

1. Dumbbell Swings x20 seconds, 10 sec active rest switch



2. Left to Right Dumbbell Wood Chops x20seconds, 10 sec active rest switch



3. Dumbbell Sumo Squats x20 seconds, 10 sec active rest switch



4. Right to Left Dumbbell Wood Chops x20 seconds, 10 sec active rest switch



- Repeat circuit for a total of 2 rounds; rest 1min before moving on to today's finisher.

To see a video of CYBC Fat Loss Workout #1, Total Body Circuit #3, **[CLICK HERE](http://www.youtube.com/watch?v=P0XXPnwQVZs)** (<http://www.youtube.com/watch?v=P0XXPnwQVZs>).

Energy System Development- 5 minutes

The Finisher

The finisher is any type of exercise completed at the end of a workout that finishes you off, saving nothing for later. (A finisher does not have to be a Tabata Interval. This is only an example.)

*You will complete 4 exercises in a circuit, while holding a Dumbbell and perform 2 continuous rounds. Your work to rest ratio is 20 seconds of work: 10 seconds of rest.

1. 5 Yard Shuffle (hold Dumbbell at Chest Height) x20 seconds
2. Rest 10 seconds
3. 5 Yard Turn & Run Shuttle (touch Dumbbell down at each end line) x20 seconds
4. Rest 10 seconds
5. Linear Down & Back Shuttle (hold Dumbbell at Chest Height, run forwards and backwards) x20 seconds
6. Rest 10 seconds
7. Burpees (Hold Dumbbell at Chest, Squat down & put Dumbbell on ground, Jump Back & In while hands are resting on Dumbbell, Pick Up Dumbbell and Stand Up Fast) x20 seconds
8. Rest 10 seconds
9. Repeat circuit for a total of 2 rounds; rest 1 minute and begin active stretching cool down.

To see a video of the CYBC Fat Loss Workout #1, Dumbbell Finisher, **[CLICK HERE](http://www.youtube.com/watch?v=j9-jAsjtkUc)** (<http://www.youtube.com/watch?v=j9-jAsjtkUc>).

Active Stretching- 7-8 $\frac{3}{4}$ minutes

Hold each stretch for 15 seconds at a point of moderate discomfort. Complete all stretches 1 time in a continuous manner.

1. Side-Lying Thoracic Shoulder Hold x15 sec each side, 5-10 sec active rest switch



2. Side-Lying Internal Shoulder Rotation x15 sec each side, 5-10 sec active rest switch



3. Downward Dog x15 sec, 5-10sec active rest switch



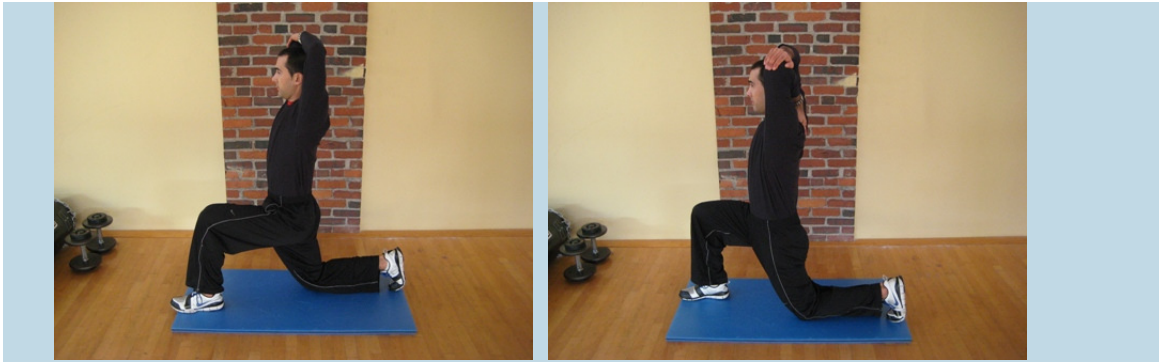
4. Cobra Push x15 sec, 5-10 sec active rest switch



5. Childs Pose: straight, reach right and reach left x15 sec each, 5-10 sec active rest switch



6. ½ Kneeling Triceps Pull x15 seconds each arm, 5-10 sec active rest switch



7. Lunge to Instep x15 seconds each leg, 5-10 sec active rest switch



8. Lunge with a Hip & Toe Raise x15 seconds each leg, 5-10 sec active rest switch



9. Lateral Lunge x15 seconds each leg, 5-10 sec active rest switch



10. Deep Squat x15 seconds, 5-10 sec active rest switch



11. Behind Back Overhead Shoulder Reach x15 seconds, 5-10 sec active rest switch



12. 1-Arm Latissimus Dorsi Pull x15 seconds each arm, 5-10 sec active rest switch



To see a video of the CYBC Fat Loss Workout #1, Active Cool Down Stretches,
[CLICK HERE \(http://www.youtube.com/watch?v=VYANuGn0uNU\)](http://www.youtube.com/watch?v=VYANuGn0uNU).

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Appendix 1 - About the authors

Mike Alves is the owner and founder of Athletes by Alves a performance training company and a co-founder of Change Your Body Boot Camps. He is a Licensed and Certified Athletic Trainer with the National Athletic Trainers Association and a Certified Strength and Conditioning Specialist with the National Strength and Conditioning Association. As a coach and trainer he has helped hundreds of people return to health, improve their shape and achieve personal bests through performance training.

Mike offers a variety of services to his clientele like:

Client consultation services, including: private and public workshops, private and public coaching, private and semi-private training, online training, phone coaching, boot camps, mentorships and fundraisers.

And with this CYBC Fat Loss Workout Manual he has now created his first e-book.

Coach Alves' professional background includes experiences, successes and honors with athletes, clients and coaches from:

- *Springfield College
- *Boston Red Sox Minor League Affiliates
- *UMASS/Amherst
- *Mike Boyle Strength & Conditioning
- *Health South
- *Chicopee High School
- *WMASS Pioneers Professional Soccer Club
- *Fitness Together and
- *Boston Sports Clubs
- *Mixed Martial Arts
- *Triathlons

Coach Alves' educational background began at Springfield College where he earned his B.S. in Athletic Training, his Strength and Conditioning Certification from the NSCA and his Athletic Training Certification from the NATA. He is also licensed by the state of Massachusetts as an Athletic Trainer.

Coach Alves like most coaches and trainers is very active and regularly practices what he preaches. He has competed or competes in the following sports:

- *Sprint & Olympic Triathlons, Road Races
- *Men's Basketball Leagues
- *Men's Softball Leagues
- *Mixed Martial Arts: Krav Maga, No Gi Brazilian Jiu-Jitsu

you can learn more about Mike by visiting his website, www.mikealves.com.