Unlocking Fat Loss

Shed Body Fat

Gain Lean Muscle

Increase Energy

LIVE LIFE to the FULLEST!!

Unlocking Fat Loss by Ignite Fitness

1. Drink water. Hydration will spark the metabolism and allow the body to perform at its best. Water is essential to life and makes up nearly 60% of our total body weight. If you want muscle, you want water. Hydrate BEFORE, DURING, and AFTER workouts. If you wait until you are thirsty, you are already behind. It is important to hydrate before water is lost. ***During exercise, fluid and electrolyte replacement is the goal.*** You should sip your water or electrolyte drink gradually. General rule of thumb: Take your body weight and divide in half; this is how many ounces of water you should drink daily.

2. Small portions on bread products. If you are looking to get lean you should limit breads and similar foods (tortillas, bagels, etc). You ordered a salad that comes with a side of bread? Easy, ask them politely to forego the bread. Preserved breads are high glycemic foods that are quickly absorbed into the body making it easy to be turned into fat. ***You want to eat high FIBER natural foods such as whole grains, beans, lentils, and fruits and vegetables.*** These take time to digest and breakdown. Capitalize on your workout sessions by burning through fat instead of that loaf of bread you had last week. If you cut out packaged and preserved breads you may very well see fat shedding results almost instantly!

3. Hit the weights. Weight training is a highly effective way to burn body fat. The more muscle you have, the more overall calories you will burn. That is why implementing 2-4 days per week of strength focused routines will speed up that metabolism and get you burning calories at rest, hence less body fat. So hit the weights hard (never sacrificing form) and create dense muscle tissue! Be strong and lean, not weak and skinny.

4. High intensity conditioning intervals. High intensity intervals are a proven way to burn more body fat. But remember, more is not better. Quality is what we are looking for. Interval training places tremendous demands on your both aerobic and anaerobic systems and requires a lot of muscles, which equals a lot of energy expenditure! Recovery rest in between exercise is the key. If you do not allow recovery time (let's say anywhere from 20-90 seconds) you're just driving yourself into the ground and your workout will be over sooner than you anticipated. Allow your muscles ample recovery time and you will be able to sustain a longer training session. And we know what that means? More calorie burning time! Forget hours of mind-numbing cardio. You can get better results in just 25-45 minutes with high intensity interval training.

5. Increase your vegetable and fruit intake. These foods are packed with nutrients and vitamins that your body knows what to do with. Once you begin exercising, your body will need these key nutrients. Not to mention, fruits and vegetables are a great source of water intake (see #1). Stick to 2 servings of fruit daily and unlimited amounts of veggies, truly, they are available in almost infinite variety. Eat a variety of colors each day: spinach, bell peppers, red tomatoes, purple cabbage, purple grapes, pink grapefruit, red onions, broccoli, pineapple etc. We suggest cutting up your fruits and veggies ahead of time and making these your quick convenient snacks. They are high in fiber, which helps fill you up, and are naturally low in calories. Fruits and vegetables are a key piece to the fitness puzzle.

6. Three strength training days and three conditioning days. Six workouts a week may sound time consuming but if you truly want to maximize your fat loss, you need to workout. Remember your conditioning days can be shorter in time (20-30 minutes) and higher in intensity. Your strength training can be 40-60 minute workouts making sure to hit the entire body. Wanting better results? Be honest with yourself and find the hole in the ship. Do you need to eat fewer calories? Eat more quality calories? Or do you need more physical activity? Something's got to give. If you sit at a desk all day, not expending much energy, then how many calories do you really need to eat? NOT VERY MANY! Train more, eat more. Train less, eat less. Find that balance.

7. Say no to refined sugars. Seriously, you need to really reduce the intake of these foods if you are looking to attain a physical result. These types of foods lack nutrients and quality and spike your blood sugar levels. Make sure the majority of your nutrition is coming from lean proteins, vegetables, fruits, nuts, seeds, beans, and lean dairy choices. Challenge yourself to go completely "refined sugar" free for 10 days. ***This will reset your taste buds*** and get you focused on eating more quality food choices. When you have a craving, do your best to choose a healthy alternative like a vanilla yogurt with cut up strawberries or a chocolate protein shake. Be disciplined and the results will come.

8. Consistent sleep. Good sleep habits will help you recover and prepare you for the next workout. ***Remember this, sleep is the most crucial component in getting results. There is a hierarchy of importance here: Sleep, Nutrition, Exercise. When you have a healthy dose of all three that is where the possibilities are endless.*** Give yourself a bedtime and allow yourself time each day to put your feet up and just relax. Listen to soothing music before falling asleep instead of staring at your bright phone screen. Calm your mind and body before bed with a hot shower or a cup of hot herbal tea. Find a consistent bedtime and consistent wake time and even a consistent naptime (even 10-20 minutes can do wonders). Sleeping is your body's chance to recover from the day, the workout, the kids, the job and the stress. If you do not get adequate sleep you will continue to wear down your body and mind until it retaliates and has no choice but to break down (sickness). Do not reward yourself with desserts. Reward yourself with more sleep. Now that is a reward worth having and life changing.

9. Get out of your comfort zone. Performing bike sprints or a hard interval circuit is uncomfortable but it is imperative to getting leaner. Best advice in life, GET COMFORTABLE BEING UNCOMFORTABLE. Amazing results happen after pushing your threshold. This does not mean workout until you pass out. Be effective, stay safe, and get out of your comfort zone. Finish your strength workouts with high intensity conditioning that lasts 2-5 minutes. Instead of jogging, pick up a run. Instead of 20 pound weights, try the 25 pounds. Instead of 3 rounds of a circuit, do 4. Set your alarm for 4:50 am instead of 5:00 am and enjoy a cup of coffee with quiet time and a book, it is worth it. These can all be uncomfortable at first, but the results will be magnificent.

10. Eat breakfast. Your mother was right; breakfast is the most important meal of the day. Starting the day on a positive and healthy meal, not only supplies you with physical energy, but also gives you a sense of esteem so you can perform your daily tasks at higher levels. Pack your first meal with a nutritious fruit or vegetable (any and all; the more variety, the better), a lean protein (eggs, natural peanut or almond butter, lean meats, whey or vegan protein) and a small serving of healthy fat (avocado, olive oil, avocado oil, cheese, nuts). If you are planning a big training session in the morning, make sure you eat easily digestible carbohydrates (bagels, tortillas, apple sauce, power bars, cliff bars, eggo waffles, etc) to fuel your "glycogen tank". If you want to burn fat, your workouts must be intense enough for you to sweat and elevate your heart rate. That is why a quality pre-workout food is a must to attain high levels of performance. Moral of the story is that getting quality food consumed within 30 minutes of waking up will charge your metabolism and assist your fat loss journey.

11. Try something new. We are big believers in keeping things simple and effective in the gym. But with this philosophy, you also need variety to keep the edge in your fitness. If you get caught doing the same routine over and over, you will eventually plateau and fat loss will stall. What you do is implement all of the basic exercises you need to get in shape, like: farmer walks, birddogs, planks, jumping, landing, throwing, squatting, hinging, pulling, and pressing. At Ignite, we simply find creative ways to design these movements into your program. Make small changes in your routine. You can change the sets and repetitions. You can change the tempo and intensity. You can change the volume. You can lift heavier weights. There are many ways to add variety into your routine without being haphazard in the gym. So it's ok to try new things in the gym, just do not get out of hand.

12. Work the entire body. In your gym workouts, working the entire body in an organized way, is a sure fire way to burn more calories and shed body fat. A full body workout not only scorches your metabolism but also improves your physical movement. The body is one kinetic chain that cohesively works together. Having adequate mobility and range of motion combined with athleticism and strength is proven to improve your quality of life. At Ignite,

we start with a movement based warm up that targets every joint of the body. These movements will also elevate body temperature and prepare the brain and body for the work ahead. This makes for a more focused environment. The more focus, the better workout, the more calories you will burn, the more body fat you will rip away. After this warm up, we perform full body strength moves (just look at #11) that keeps you moving, assists with mobility, improves your strength and ultimately keeps you away from pain and injury.

13. Movement mastery. Burning fat takes a consistent approach to executing healthy habits in your lifestyle. That is why you want to stay injury free and consistent in your training. Moving well in the gym supports this philosophy. Please do not equate moving well with low intensity and stagnate exercise. We want you to burn calories and drop fat, gain lean muscle and get your results, but we also want you to attain more than just better body composition. We want you to feel great, have less pain (or none), be active and fit, and athletic and live life to the fullest! When you head to the gym, have a plan (use #12) and focus on your movement quality. Dan John, a nationally known strength coach says, "Regressions are the best corrections for exercise technique." If you are trying to perform a push-up on the ground and cannot do it perfectly, simply "regress" to an incline push-up (on a high bar or table). Continue with this step until you can "progress" to the next level. Many gym goers think volume and intensity are the priorities when working out. Just because an exercise routine makes you sore and tired, that doesn't mean it will help your performance. Train smart, move well, then add volume and intensity at the right times.

14. Be balanced. When you think of burning body fat, not many people think of creating balance and symmetry in the body. But when you are strong and balanced in every area of your body, not only will you become a more functional individual, but also your metabolism will improve because of this total body strength and stability. This is a simple strategy. Implement upper body push exercises (push-ups and bench press variations) and upper body pull exercises (pull-up variations, inverted rows, cable rows). For the lower body, add squat and lunge variations and deadlift variations (see #15 for tips). And work your core (farmer walks, planks, side planks, birddogs) and hips/glutes (mini-band walks, hip lift variations). This style of training will create a strong physical body that will allow you to push hard, burn more fat and achieve your goals.

15. Do not ignore your lower body. Your lower body incorporates your calves, quadriceps, hamstrings, glutes, and hips and when strong, you are guaranteed to increase your metabolism, burn more body fat and get leaner. Most exercises that attack your lower body ask for a lot of demand and energy output. You are working your big muscles and by doing this, you will burn more fat throughout your entire body. There are many ways to strengthen and improve your lower body: 1 leg and 2 leg squat variations, 1 leg and 2 leg deadlift variations, lunge variations, jumping, sled pushing,

hoping, sprinting and bounding. With these exercises remember to go back to #13 and make sure your exercise technique is proficient and fluid.

16. Rest and recover when needed. This is an important strategy that many gym goers (and elite athletes) abuse. They train hard day in and day out but disregard the recovery protocols. If your body is always in a constant state of stress/stimulation, or overtraining, you increase your chances of injury, which forces you to stop or modify training. If you stop or modify training, you will not be consistent and fat loss will halt. It's also important to pay attention to recovery outside of your workouts so you can come back feeling 100%, ready to push hard in your training. Be aware of overtraining symptoms: pain/injury, lack of quality sleep, unusual fatigue, lack of motivation to train, plateau in results and/or decrease in appetite. The more in tune you are with your body's signs and feelings, the better you will be able to rearrange your training. If unusual fatigue sets in, either lighten up the workout or take the day off. Be smart and you will get your results.

17. Soda and alcohol in moderation. Ok, here is a big one! If you are looking for a lean and sculpted body, you should limit your intake of these liquid calories. These are empty calories that will stagnate your fat loss results. Remember we said limit, not eliminate. If you are aspiring to achieve a specific goal like fat loss, you do not need perfection but you do need consistency. Instead of 7 sodas a week, cut back to 3. Instead of 3 glasses a wine a night, cut it back to 1. Go after your results and put in the action needed to achieve them.

18. Eat to lose fat. Knowing your individual calorie needs is very important to your fat loss goal. You need food to fuel your workouts, give you energy and supply the body nutrients to be strong and vital. ***Low calorie diets may not support your fat loss goals.*** To figure out your base metabolic rate (BMR) first go to this website: http://www.bmrcalculator.org/. This simple formula will give you an estimate of how many calories you need on high activity days versus low activity days. Once you have your individual calorie needs, manipulating how you get your calories in, is the next step. Someone looking to attain a pure fat loss goal should approximately be at 40% carbohydrates, 40% protein, and 20% healthy fats (general rule of thumb). You will need to adjust these percentages a bit depending on your genetics and how active you are. Just make sure that you understand that the food entering the body plays a huge role in how you burn body fat. If you truly want results, you need to focus on your nutrition plan so that it supports your goals.

19. Food log. For our fat loss clients, this is the first step to improving one's nutrition plan. We must see what each individual is putting in their body first before we can adjust and make changes. We do not encourage a complete overhaul in lifestyle. This is called "dieting" and we would rather help people make long lasting healthy changes. This food log needs to be very detailed. Use the myfitnesspal app on your phone for a great food logging tool. Measure and calculate your servings so you can have a good estimate of the calories entering your body. Start by logging everything that you eat for 5-7 straight

days. Once this food log is complete, look at your calorie consumption first. Do any adjustments need to be made? Are you eating close to your recommended numbers (see #18)? If you are dialed in on calories, next look at the macronutrient breakdown. Remember, we talked about it above, what's the percentage of protein, carbohydrates and fat that make up your calories? Now make the necessary adjustments to clean things up. Maybe you need to add 20 more grams of protein. Maybe it's dropping 75 grams of carbohydrates. Whatever the strategy, start with 1-2 areas to work on. Again, do not try to change your entire diet tomorrow. Make 1 or 2 adjustments and work to make them habits.

20. Focus on fat loss not weight loss. This fat loss manual comes down to this major point. ***Getting leaner is about changing your body composition***, not necessarily changing your weight. Do not be so focused on the scale; be focused on how your clothes fit, how you feel, and cementing the habits needed to reach your goals. You must be willing to put in the work and be consistent with the above strategies. This process will take time so be patient and endure the journey. Use working out to relieve stress, gain strength and improve your confidence. Eat healthy foods (most of the time) to stay healthy, increase your energy and help you lose body fat. The physical results will be a byproduct of the lifestyle you are creating. So keep going. Take quitting off the table. And keep pursuing your ultimate self.

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Thank you for taking the time to read our manual. At Ignite Fitness and Performance we use fitness as a vehicle to drive healthy and positive living into our members' lifestyles. Our workouts are precise, motivating, relationship driven and cutting edge. We would love to show you our facility. Please contact HERE to set up an appointment to learn more about our programs. If you have any questions, do not hesitate to send us an email at chad@ignitejcmo.com