



TRANSFORMATIONS

7 DAY

THE ULTIMATE EBOOK

FAT LOSS

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# *Introduction*

*It is true when they say "you are what you eat". If you consume junk food and sugary soft drinks combined with an inactive lifestyle, only you are to blame when you become overweight.*

*This means you will be placing your health at the risk; increasing the chances developing conditions such as diabetes, heart disease, high blood pressure, stroke and cancer. There is a way of avoiding the above lifestyle pitfalls, however; the 7 day fat loss eBook.*

*What you need to know beforehand is that the fat loss journey ahead will not be quick and easy because nothing truly ever is. Just as weight and fat gain accumulate over time, so too will weight and fat loss.*

*If you stick with the program, and introduce healthy habits into your life, you will attain great results in the end. As you go through the program, you need to remind yourself that what you are doing is far more than 7 days –it's a lifetime journey.*

*These 7 days are just a stepping stone to achieving great, life changing results. Stay healthy!*

*THE*

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## *Fat Loss Tips*

Losing weight is no easy feat. It is a journey that is filled with temptations and rewards. On the way, you will be tempted to back track, to fall into what is comfortable. You will experience the rest of your family enjoying treats you once loved but are now forbidden to consume. You will also reward yourself

once a month especially after attaining an important goal on your weight loss journey.

The one tribulation that every person has to face is having that friend who keeps saying “been there, done that.” What you need to know is that very few can truly attest to the statement “been there, done that” when it comes to fat burning. The Keys to Fat Loss: No one said it is unattainable. Here are fat loss tips that will help you torch your fat.



# *1.1 Clean your kitchen of junk food*

Yes, the first step to fat loss is clearing your kitchen of junk food and sugary soft drinks/meals. Doing this means you have to summon all the courage you have: Clear your kitchen of all junk food, processed food, unhealthy snacks and sugary soft drinks. One thing you need to know is that in order to make the changes stick, do it in a dramatic way so that you don't slip and return to your old habits. The first thing you need to do is educate yourself.

Learn what healthy options are available to you.

Healthy foods chosen by you should replace the junk food you were used to without making you slip. With a large trash bag in hand, open your pantry and begin dropping boxes and other packages that host unhealthy foods. Have several trash bags where one bag will be used to drop in the perishables while the other will be used to store non-perishables.

Once you are done with the pantry, open your kitchen cabinets and finish with the refrigerator.

Make sure you don't hide a few snack bars or candy;



while no one will know that you are cheating, all you will end up doing is compromising your fat loss journey.

The perishable and non-perishable food and drinks

can be dropped at your local charity, and used to help those less fortunate. While the food is bad for you, it's a blessing for those who don't have the same opportunities or choices as yourself.

## *1.2 Stock your home with healthy foods*

Now you've thrown away the candy, cookies, sugar-laden fruit juices, soft drinks and chips, it's time to head out to the store.

When you step into the store, close your eyes partially – just joking.

Avoid the aisles close to the entrance and exit points. They are placed there to hoodwink you into purchasing the junk food composed of candy and



other unhealthy snacks.

Head out to the sides of the store where the refrigerated section is located. This is where you have to employ more wit than brawn.

When you pick a packet, can or box of healthy food, do not drop it quickly in the cart and proceed down the aisle.

Take your time to read the nutritional information printed on the pack. When it comes to nutritional facts, check the serving size. How much protein, vitamins, healthy carbs and minerals will you be consuming for every meal? Do not forget about the total calories per serving. You need to know about the serving size and total number of calories you will be consuming.

So, if you double your serving, how much calories will be contributed in your body.

When consulting the nutritional fact sheet, select healthy foods that list dietary fiber, protein and vitamins at the top of the list.

Foods that contain dietary fiber and are available in the refrigerated section of the store include fruits like apples and vegetables like spinach and kale.

Other healthy foods to shop include nuts, plain yoghurt, lean beef and chicken breast (skinless).

The dietary fiber will help in heightening your metabolic rate and this will lead to fat burning. This is because your body will use stored fat as an energy source leading to fat loss and decreased weight.

## *1.3 Increase your protein intake*

Protein is an important nutrient not only when it comes to body building but also fat loss. Intake of protein especially during breakfast has been found to help with fat burning leading to weight loss.

Here is the deal:  
The hypothalamus, which is a vital part in the brain, helps to control and regulate your weight.

This area helps to process information fed to it from different parts of the body. This allows the brain to determine when and how much one should consume.

One thing you need to know is that a higher protein intake helps to increase the levels of satiety hormones.

These hormones include the GLP-1, cholecystokinin and the peptide YY. They help to reduce the hunger hormone, ghrelin. One way of reducing the hunger hormone is replacing carbs with protein.

This in turn helps to promote the satiety hormones. Thanks to this, your body experiences a major reduction in hunger preventing you from over eating.



Thanks to this, your body experiences a major reduction in hunger preventing you from over eating.

Due to the automatic reduction in calorie intake, the body turns to stored fat as an energy source leading to weight loss. Protein helps in fat burning through the thermo genesis process.

According to nutritionists, protein has a much higher thermic effect (between 20 to 30%) especially when compared to carbs that have between 5 to 10% and fat between 0 to 3%.

Due to the thermic effect, not only is your body metabolic rate increased, the number of calories burned are increased too.

This is how fat loss occurs in the body.

But here is the kicker:

Protein rich foods are readily available in the market and a store close to you. Foods rich in protein that you should shop for include whole eggs, lean beef (especially select and prime choices) and chicken breast (skinless).

## *1.4 Sweat it Out*

When it comes to fat loss, there are two categories of workouts – cardio and weight training. Both training sets help one lose fat but weight training also helps to prevent muscle loss.

This is important especially if you want to end up with a great physique.

One thing you need to know is that your body does not give a hoot when it comes to fat loss. All it will sense is a caloric deficit and that an alternative fuel source is needed.

This is why your body will end up burning fat and muscle at the same time to

power different body functions. Focus: The ideal body will come from a mixture of cardio training and a planned, strategic resistance (weights) program. Want to lose fat? Focus on intensity and improvement in both cardio AND resistance training. Many people train for hours every week, but get nowhere. You need a plan!

## *1.5 Getting a good Nights' Sleep*

Did you know that a good night sleep aids with fat loss? When you are short on sleep, your weight will be affected negatively.

This is because it's easier to consume junk food, coffee and lattes in order to get moving.

Poor sleeping patterns result in one waking up feeling tired which ends up heightening stress levels.

To keep awake, it is common for people to resort to eating junk food, over eating and consuming caffeine rich drinks.

If this were to happen very few times in a year, less negative consequences will occur.

Today, majority of people do not get enough sleep on a regular basis. This can be attributed to the hectic life both at home and work.

It can also be pinpointed towards hectic working hours and high noise levels as a result of traffic and night clubs.

Experts agree that getting a good nights sleep is important towards one's well being and your weight loss efforts.



The reason why people end up over-eating or consuming foods rich in sugar, fat and other unhealthy ingredients is because when you lack a good night sleep, your brain is unable to make good decisions.

Due to poor sleeping patterns, the brain's frontal lobe which is the area of decision making and impulse control is dulled. These results in the brain reward centers being revved up resulting in you looking for something that feels good for example junk food, a large latte and sugary soft drinks. This leads to fat gain, thus increasing your weight.

You might be wondering "how will getting a good nights sleep help me lose fat?" Sleeping well helps to heighten your insulin sensitivity.

This will help to shuttle glucose from your blood into the cells. It will prevent fat gain.

Instead, your body will turn stored fat as an energy source to power different body function.

## *1.6 Search for a Personal Motivator*

If you have undertaken the weight loss journey before and failed midway, then you probably did not have a helper to assist you along the way. It is important to commit yourself fully in order to realize the full benefits of losing weight.

In order to complete the journey, have a personal motivator by your side. You can select a family member or trusted friend who is also on the path towards losing weight. Getting someone who has “been there, done that” will be a great person to lean on.

Remember, your fat loss journey is a step by step

“safari” that will aid in diminishing risk factors and illnesses.

The key to selecting the best person for your buddy system is choosing someone who acts as a motivator, allowing you to stick to your guns even when the going gets very tough. You will be tempted from time to time to buy a box of chocolates, candy, pizza or other unhealthy snacks. The person you select should be there when you are faced with these temptations.

They should help you fight the food cravings and over eating tendencies.

Remember, you can always recruit more trusted friends and family members.

Their support will help you achieve your goals and objectives finally leading a healthy lifestyle from now on. This is a guarantee that you will not backtrack.

**Hire a Professional** Not

everyone can find a personal motivator or a supportive, motivating companion. The key to any transformation is

surrounding yourself with people who will both encourage you and hold you accountable.

**The 2 Tips for strength and muscle gain** When it comes to strength and muscle gain, no periodic table or fancy equations are required. Despite this, it is important to learn how muscles grow. This happens when stress is

applied on muscle fibers after lifting varying weights.

When stress is applied on muscle fiber, satellite body cells rush to the area in order to repair the muscles. These cells end up fusing with muscle fibers thus creating a new muscle protein called myofibrils. The result is bigger and stronger muscles. It gets better....

The key to achieving bigger and stronger muscles is performing the right workout and having a working schedule.

These workouts should provide stimulus to the muscles thus eliciting growth. Do you want your muscles to grow? Subject them to metabolic stress and tension. This is called progressive overload.



## *Training: Strength and Muscle Gain*

### *2.1 Warming Up*

A good warm up is a great way to increase your heart rate, improve circulation in the muscles, ligaments and tendons.

It also helps you to get mentally prepared for the forthcoming workout session.

When you think of warming up, imagine the preparations you have to

make when you want to drive your car during winter.

The first step you do is let your car warm for 5 minutes or so.

Once you warm the car, you can drive away for long distances without your car coming to a stop suddenly unless it's because of an empty gas tank.

## *2.2 Eat the Right Foods*

In order to build muscle and burn fat at the same time, you need to incorporate a variety of fruits, veggies, protein, carbs and healthy fats.

One thing you need to know is that eating protein helps to build and maintain your muscle. It also helps with fat loss since it promotes the thermo-genesis process as well as acting like an appetite suppressor.

Fruits and vegetables contain vitamins, minerals and traces of protein so they help with the absorption of fat, strengthening of bones and teeth.

Here are super foods that will fuel your muscles, adding more muscles finally improving your strength

A) Whole eggs are rich sources of protein especially the albumen. The yolk is vital too and contains healthy fat which acts a source of energy for the body. Other nutrients available in whole eggs include Vitamin A, D and E.

B) Wild salmon is a great source of omega 3 fats which also provides 20 g of protein per 100g of serving. This is why it is better than farm raised salmon because it is corn or grain fed.

C) Apples are not only rich in Vitamins and other vital minerals; they are rich in dietary fiber. Dietary fiber helps to improve the metabolic rate allowing for fat burning and improved energy levels.

D) Vegetables are available in two groups: cruciferous and verdant. Both are rich in Vitamins, dietary fiber and minerals. Traces of protein are found in some but not rich enough compared to animal protein.

E) Fruits like cranberries, raspberries, blackberries, blueberries and oranges are rich in Vitamin C and antioxidants. This helps to prevent cancer, heart and eye diseases. Buy fresh ones.

F) Extra virgin oil is great for preparing meals and as an additive on salads. It contains 70% monosaturated fats which protect against heart disease and cancer. Furthermore, it contains more polyphenols and tastes better.

G) Drink lots of water. Yes, 8 to 10 cups of water to keep your muscles well hydrated.



## *2.3 Rest and Recovery*

These are key components when it comes to achieving more strength and muscles.

They are the least planned and underutilized form of resources.

Not engaging in adequate rest leads to you burning out too quickly especially during a workout.

If you take a lengthy rest time, your workouts will lose intensity.

When you think of rest and recovery, you have to think beyond the gym.

The few seconds or minutes you take between every workout are vital but so are the hours and weekends when you are not working out.

So, how do you go about undertaking rest and recovery in order to improve your strength and muscles?

## *2.4 Muscle gain*

According to experts, testosterone and growth hormones are generated at high levels when you rest between short to moderate periods.

In order to gain muscles, the amount of time should vary during a workout. It can be between 60 to 90 seconds.

This is the best rest period that gives your body enough time between sets to improve muscle growth.

It is important to note that rest and recovery goes beyond the gym.

At home, resting does not equal to sitting on the couch playing video games or tinkering with other electronic gadgets.

You need to keep your body active especially on weekends.

Take a long walk with your family and pets.

Being a couch potato on weekends will not impart the full benefits of your weekly workout.

## *2.5 Strength Gain*

If you are training for strength, both your muscles and the central nervous system need time to recover properly.

This is because the different workouts you engage in take a toll on your body.

Failing to rest long enough will eliminate the chances of you lifting any heavy weights during the next session.

This will also affect your recovery.

It is important to take three to five minutes of rest if you are training to attain more strength. This should be done before you begin the next set.



## *2.6 Effects of Inadequate Rest*

One thing you need to know is that inadequate sleep every night has a negative role when it comes to building muscles and strength.

The effects of inadequate rest are:

A) Decreased energy levels.

B) Decreased hormone growth levels.

C) Increased catabolic hormones.

D) Decreased testosterone levels.

When you sleep, your body undergoes the four phases of sleep which are vital to muscle growth and improved strength levels.

Sleep deprivation has been found to disrupt the sleep cycle leading to the above negative effects.

It is important to get much rest to prevent fat gain and muscle loss.

## *2.7 Train with Perfect form*

It is important to note that hoisting massive weights can be a benefit towards muscle building especially when done with strict form and high intensity.

Today, many people train with lots of ego especially to impress onlookers rather than intelligently tailor a workout in order to improve muscles and strength.

What you need to know is that generating momentum by swinging weights into a full contraction usually does not equal to muscle gain and strength.

Learning how to execute every movement properly instead of bouncing the bar on the chest will have better results.

With perfect form, you can prevent the occurrence of sore joints, muscle tears and little development of the pectoral muscles.

Start by selecting a weight that is 30% lighter and then slowly control the bar up and down.

This will allow you to achieve a full stretch and contraction resulting in true strength and muscle gain.

When you do this for all workouts, the principal form over maximal weights will result in big dividends especially towards muscle building.

If you opt for weights that allow you to squeeze every ounce of effort from your muscles against weights that only boost your ego, you will get to work each muscle group properly.

The vital key to maintaining this tension is a full range of motion during each set. Each set should be finished with a pumped feeling indicative of maximal blood flow to the tissues' and a lingering soreness.

“To gain massive muscles, you cannot train hard and long”. This is a quote from Nasser El Sonbaty, a Serbian-Egyptian IFBB professional body builder.

When maximal intensity is applied especially on a long term basis, no results will be achieved.

To work the muscles adequately and force new muscle growth, short and intense moves are the best.

**3 The 7 Day Workout Schedule** It is quite difficult to fit all workouts within a seven day period especially if you want to lose weight, gain muscle and strength too.



Fitting all workouts within a 7 day period may be too intense for your body to stay healthy especially given the tight rest and recovery periods.

Engaging in all manner of exercises without a plan will result in a plateau. This is the stage where your body is unable to attain further muscle growth and improved strength levels.

Before you start any workout, it is important to select the right gym.

It should be well equipped to allow you access to different weights which aid with muscle growth, strength gain and fat loss.

It is commonly known that strength training is key to both weight loss and a great body physique.

One is able to burn fat as a result of increased basal metabolic rate which means your body gets to burn more calories when active and when resting.

The best gym should be equipped with barbells, incline benches, flat benches, dumb bells, thick bars, E-Z barbell for curls, skipping rope, exercise mats and changing rooms for both genders.

## *Routine*

# *Monday, Monday*

it is important to begin with a bang. Make a habit of getting up, getting to the gym, and WORKING HARD!

Plan your workout days ahead of time, so you are accountable. If you leave it until the day, you will find a way or an excuse to get out of it.

# I

# Mondays!

## *3.1 Perform the Big four Exercises*

Have you ever noticed how newbies at the gym begin lifting heavy weights thinking the rest of the way will be easy?

One thing you need to understand is that working out without properly understanding which muscles you are targeting will ultimately lead to injury. This is not what you want.

If you want to gain strength and muscle size: You need to focus on the four main exercises which include squats, bench press, deadlift and overhead press.

According to trainers, making big moves has been found to help with increasing one's strength and lean muscle.

When you make compound moves for example squats, you are able to work multiple muscle groups around the legs, thighs, lower back, shoulder and neck area.

This helps to elicit a larger hormonal response thus triggering effective muscle mass and strength building. This is much more effective than isolated movements like leg extension.

When it comes to performing the number of reps, it is highly recommended to stick with fewer for strength. For example 5 reps and below will help to improve strength while 6 to 12 reps will help with gaining size.



## *4.1 The Power of Positive Thinking*

Did you know that positive thinking is beneficial to your health?

For starters it helps you cope better with stress. This eliminates the chances of you engaging in emotional eating that contributes to weight gain.

When stressed, your brain is unable to make the right decisions. This means you will end up craving for junk food, lattes filled with sugar and soda too.

This will lead to fat being deposited in the body since your body is unable to utilize it completely as an energy source.

Thanks to positive thinking, you can avoid health conditions like cardiovascular problems and depression. It also increases your lifespan.

Next time you encounter any challenge in life, take time and think positively. Not only will you be able to overcome the challenge but you will ensure your health is upheld.

Everyone who is out of shape wants to lead a healthy lifestyle. This is fuelled by the knowledge of health conditions and risks that may occur as a result of being overweight.

Some of the risks include cancer, stroke, diabetes and heart disease.

The risks have been found to take a toll on one's health and may lead to death.

Losing weight is not an easy feat and you have to undergo different workout programs coupled with workout and yoga in order to lose weight and lead a healthy life.

There are several benefits of losing weight. They include decreased risk of cancer, decreased levels of LDL; lower your blood pressure, increased mood and mobility. Other benefits include making your skin look younger, lower blood sugar levels, improved sleeping patterns, decreased sleep apnea and a lean healthy body.

As said earlier, to gain the above benefits, you need to lose weight through healthy eating and proper workout intervals. Foods to consume include fruits, vegetables, lean beef, chicken breast (skinless), legumes, wild salmon and whole eggs among others.

Do not forget about water. Drinking 8 to 10 glasses of water every day helps with your fat loss efforts and keeps your muscles hydrated.

For an effective 7 day workout schedule, refer to the timetable highlighted in section 3. It includes workouts that allow you to exercise the shoulders, biceps, triceps, back, thighs and chest among others.

Remember to seek the help of a professional trainer who will not only act as your spotter but as your advisor too.

In conclusion, leading a healthy lifestyle is an endless journey.

Even after attaining a healthy weight, the journey does not end there.

You need to keep working out and eating healthy as a way of maintaining your body physique.

This also helps to ensure that your health is maintained eliminating risks brought about by being overweight.

**HAVE A GREAT  
DAY, AND  
STAY HEALTHY!**



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