

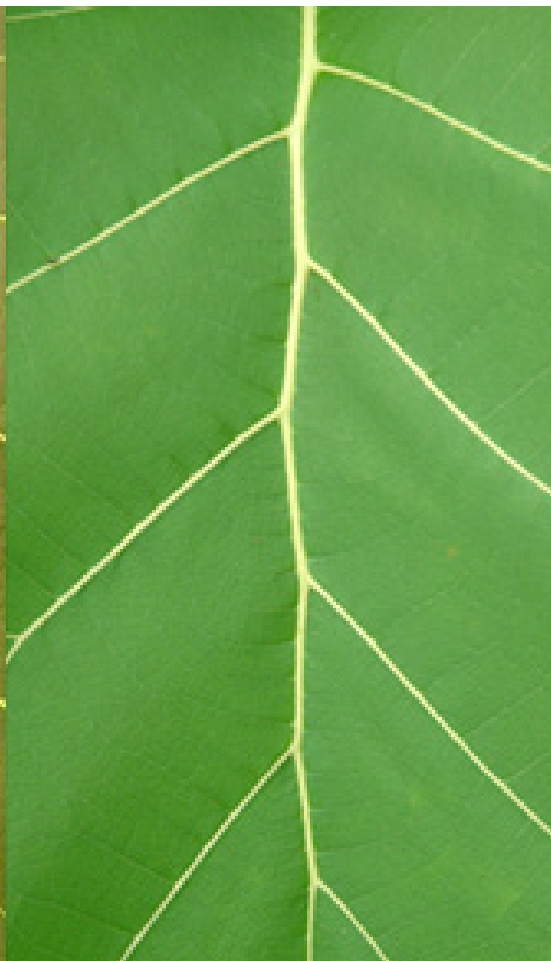
# THE THREE PILLARS

A BEGINNER'S GUIDE TO

**FAT LOSS**

**BECOMING HEALTHY**

**FEELING AWESOME**



**GUERRILLAZEN  
FITNESS**

# The Three Pillars

A Beginner's Guide to Fat Loss, Becoming Healthy,  
and Feeling Awesome

By: Blake Bowman, CPT, CES



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I am not a medical professional, nor do I claim to be one, and because of this I ask that you do not contact me for medical advice, as I am not qualified to answer those types of questions.

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# MEET THE AUTHOR

Hey there! I know I already told you that you are awesome, but...you really are **seriously awesome**.

I'm Blake, personal trainer and owner of GuerrillaZen Fitness. I help people transform their lives. Let me start off by thanking you for downloading this eBook, and allow me to tell you a little bit about myself and how I ended up here.

Growing up I was one of those kids that was involved in every sport imaginable. I played soccer, floor hockey, judo, wrestling, and I even dabbled in MMA (mixed martial arts) fighting near the end of high school. I was lucky to have a healthy body that allowed me to train hard and play harder. I was also lucky to have an ultra-health conscious mother. Throughout my childhood I could rely on a super nutritious breakfast every day. As a part of this awesome breakfast, my mom would always have apple sauce with some sort of supplement powder mixed in with it. I still remember the taste of flax meal and apple sauce mixed together ... I would not recommend it.



I'll be honest, life was pretty great for me until I reached my first year of college. In a short period of time, my father passed away, my mom moved away, and my sister and I were left by ourselves in the home we grew up in. Having an extensive background in fitness, I turned all of my confused, angry energy to training my body. I went crazy for a small period of time, and began spending 2-3 hours in the gym daily.

I became a certified personal trainer, and pursued a brief amateur body building career. I blasted my body with heavy weights for four years with improper form and bad body mechanics. Sure, it gave me an awesome

physique. However, it also gave me a torn labrum, degenerated cartilage in my knee, and some severe muscle imbalances.

After surgery for my torn labrum and several other less invasive medical procedures, I finally realized that what I was doing to myself was not sustainable, and my style of training was wrecking my body. In order to continue doing what I loved, and I loved living a super active life, I needed to take another look at myself from a fresh perspective.

Why am I doing this? What are my goals?

Why do I keep getting injured?

Why am I not happy?

I kept asking myself these things, and I discovered that, like many people, I was training to simply look sweet naked. I was not training or eating in a way that promoted vitality, pain free living, and happiness. I was training from a purely vain standpoint which is a very common reason people get gym memberships in the first place ... admit it :)

It is my goal with GuerrillaZen Fitness and this book to bring a holistic light to fitness and health. I want to promote an attitude towards fitness that transcends eating and training in a certain way to look good. Instead, I want to help people shift their focus to living a lifestyle that promotes optimal health, energy, and vitality. Of course a rockin' body full of glow and vigor will come as a result of this.

I truly hope you enjoy this book. Feel free to reach out to me and let me know exactly how it has helped you!

*Blake Bowman*

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# INTRODUCTION

In this eBook, I will be covering the 3 fundamentals, or **pillars**, to living a balanced and healthy lifestyle. When implemented properly, these tools will not only help you to lose body fat, they will also help you put on **lean muscle mass, detox your body**, and make you feel **awesome**.

I'm not talking anything brand new or shocking here. Aside from a few recent scientific findings, most of the material found in this eBook has been said by health practitioners for many years.

I'm gonna cover the importance and application of **proper nutrition** and **exercise**, two of the three pillars everyone knows are important for health. The third pillar, is something that is not often discussed, but its value and importance cannot be overlooked. This third pillar is **the mind**.

Keep in mind that I do not intend for you to read this document in one sitting. I am going to present you with a decent amount of information that is best digested in 2-3 sittings. I recommend you go back to the download page and right click the book (two-finger tap if on a mac) and hit "save file as". I would put it on your desktop or something like that so you have easy access to it.

This eBook will explore the holistic path towards optimal health and every day functioning. If you implement the techniques and tools offered here, I promise that you will be a completely changed person. Not only will you feel and look different, but the world will feel and look different to you. Things will taste a bit sweeter, and your days will be a bit brighter.

**Lastly, you are not in this alone.** I have created a Facebook group specifically for The Three Pillars. Here you can talk with other group members, support each other, and all get the results you are looking for **TOGETHER!**

CLICK THE LINK BELOW AND SEND A REQUEST TO JOIN THE GROUP:

<https://www.facebook.com/groups/663621620384725/>

I will accept your request as soon as I receive it and you will have exclusive access to The Three Pillars group.

This is also the best way to get into contact with me if it is in regard to the book. Remember, being a part of the team and doing this with other people will make it so much more fun and enjoyable for you!

Now, let's start with the first pillar, nutrition!

# NUTRITION

## YOU ARE WHAT YOU EAT

It's time to dive deep into the area of nutrition. If you've worked with a personal trainer, doctor, or health care practitioner in the area of nutrition before, there is a good chance you've heard the common metaphor, "Your body is like a high performance race car. The food you eat is your gasoline."

This analogy is simple for most people to understand. The food that we eat provides us with energy and vitality so that we can keep on living which is very similar to the role gasoline plays in an engine. Simple, right?

My problem with this type of thinking is that it oversimplifies the role that food plays in our bodies. It suggests that our food is just there to give us energy and power so that we can keep on keeping on. The reality of the situation is that the food we put into our mouths plays a far greater role. So let's examine that old adage "you are what you eat". You've probably heard someone say this at some point, but what does this mean?

Our food is us, and we are our food. Within minutes of eating something, our bodies go to work breaking down the food through various chemical and physical processes. After the food is fully digested, the cells from the food become integrated with our own and replace old, dying cells in our bodies. So, what you eat **literally** becomes you.

I remember learning about this process in science class when I was a child, and wondering whether or not people would still eat junk food if they had this type of knowledge. I remember thinking, why would someone eat that? Don't they know that their Crave Case from White Castle will literally be composing their nerves, muscles, bones, and organs?

Consider this, in 2012, the American people spent over **\$100 billion** on fast food. Just imagine all of these people walking around literally made



out of low quality meats, processed ingredients, cancer causing chemicals, pesticides, animal waste, and other carcinogenic agents that cause a decline in human health and function.



Photo Credit: sxc.hu / lockstockb

It is pretty alarming once you start looking at food this way, but it is an important, truthful step to take towards taking your health into your own hands.

The lesson to be learned here is that our food is much more than our energy source. It is us, and we are it. Chose very carefully the foods and drinks that you decide to put into your body and the bodies of your family. I believe it is healthiest and best to buy high quality, organic ingredients that are minimally processed whenever you are capable of doing so.

# ORGANIC FOODS

Now that we've spent some time on the importance of buying and eating high quality foods, let's talk specifically about organic foods. The most common objection I hear regarding organic foods is that they are expensive, and quite often that is true. However, it is important to remember that spending a little extra now on good food will save you A LOT of money on healthcare in the future. Take care of yourself now.



Photo Credit: sxc.hu / sumi

Organic foods are foods as mother nature intended them to be. They are healthier for you, and healthier for the environment in which we live. They are crops grown **without** the use of synthetic fertilizers, pesticides, fungicides, herbicides, and genetically modified organisms. They are healthier for you, and healthier for the environment in which we live.

Organic meats come from animals fed an organic diet and raised without the use of antibiotics, and growth hormones.

Basically, if we lived in the 1700s, these would be the pure, uncontaminated, healthy foods that we would be eating. They would not contain chemicals or other potentially dangerous man made innovations.

# ORGANIC VS. CONVENTIONALLY GROWN FOOD

So why is choosing organically grown food a big deal? Let's get into the basic differences between organically and conventionally grown foods, and I'll explain a bit more about why I am a strong advocate of a primarily organic diet.

**Organically grown food** has the following characteristics:

## LOWER TOXICITY

According to the research of Dr. Virginia Worthington, organic crops have 56% lower levels of toxins when compared to conventional crops that are frequently sprayed with poisonous chemicals.

## HIGHER SECONDARY NUTRIENT LEVELS

Typical research conducted on crops, specifically when comparing conventional with organic, looks at the macronutrient (fat, carbohydrate, and protein) content only. However, some of the most notable differences between organic and non-organic foods can be seen in the secondary nutrients of the crops. There are over 5,000 known secondary nutrients that are supposed to be in crops, but conventional farming practices often strip to soil of these nutrients.

According to the British Soil Association, organic farming helps to support increased levels of these secondary nutrients.

## HIGHER ANTIOXIDANT LEVELS

Research at Copenhagen University has suggested that organic crops actually have higher levels of an antioxidant group known as "phenolic compounds" that actually fight cancer causing free radical agents.

**Conventionally grown food** has the following characteristics:

## **TOXIC RESIDUE**

Many conventional crops, such as corn, are subjected to a lifetime of chemical spraying from the time they are a seedlings to the time they are harvested. These chemicals leave a toxic residue on the crops which can cause cancer, auto immune disorders, endocrine disruption, and a whole host of other health ailments.

## **GMOS MAY NOT BE SAFE**

Genetically Modified Organisms (GMOs) are plants and crops that have been modified on the genetic level by a scientist in a laboratory, and then brought to your dinner plate. Surprisingly, there is very little research proving the safety of these crops, and A LOT of research proving their potential for danger.

## **THEY DESTROY THE PLANET**

Conventional farming practices are destroying the Earth. The damaging effects of modern farming practices can be read about on the internet and most news stations. New research has linked the mass dying of bees with the use of commercial farming chemicals. This is a real bad situation because if the world's bees go extinct, then we will not be left with anything that can pollinate our crops and help plants grow.

By bringing up the issue of organic vs. conventionally farmed foods, I hope to shed some light on the issue, and give you some things to think about. If you want more information on this topic, there is plenty available online. I recommend the Environmental Working Group (EWG) as a reputable source. There are countless articles and differing view points that you can read about and inform yourself with online.

# WHY DIETING DOESN'T WORK IN THE LONG TERM

Usually, when people are in the mood to reboot their body or revolutionize their lifestyle, they go on a diet. Generally, these diets rely on calorie restriction and/or macronutrient deprivation, and typically these are not a good idea.

While there are certain benefits to dieting, the most obvious being quick weight loss, the drawbacks associated with them are far too great in relation. Let me lay out a few drawbacks to why *dieting* is NOT the way to achieve optimal health, fat loss, and your **desired body shape**:

- 1) Depriving your body of much needed calories and nourishment will not only burn fat, but **muscle mass** too.
- 2) Hardcore dieting will lower your metabolism and energy levels. After the diet is over, you will be predisposed to gaining **fat at a faster rate** because of your altered metabolic rate (how many calories you burn).
- 3) Crash diets will age you faster, lower your immune system, deplete your energy, and make you feel like shit.
- 4) They are not fun. Diets are never sustainable in the long term because they are not enjoyable. It is hard to be happy all day when you are depriving your body of food and nourishment.

By restricting the amount of calories you consume, your body simply runs out of energy and nourishment, and becomes incapable of keeping everything functioning properly. As a result, your body starts to destroy or cannibalize its own tissues (muscle and fat) in an attempt to nourish the more important organs like the brain and the heart. Through this process, people will definitely lose *weight*. HOWEVER, it is important to realize the devastating effects of losing muscle mass along with all the fat being lost.

The more muscle mass that a person has on their body, the higher their metabolic rate will be. In other words, the more muscle a person has, the more calories their body will burn on a daily basis.

If you take two people, one with high muscle mass, and the other with very little muscle mass and sit them down in chairs next to each other all day, the person with more muscle will have burned more calories just breathing.

Understandably then, if losing fat is a goal, losing muscle is a very bad thing. When someone crash diets and loses 30 pounds, it is likely that a large percentage of that lost *weight* is muscle mass. This person will now have a lowered metabolism, which means they will burn less calories throughout the day, and will have a much harder time maintaining their fat loss.

At the end of the diet when the individual goes back to eating normal again, their body will attempt to store all of the calories as fat because it does not want to be deprived of nutrition again.

Essentially, when someone goes on a hardcore diet they are bound to have low energy levels, a faster rate of aging, a compromised immune system, and a faster rate of fat gain after the diet is over. This is definitely not the path towards becoming healthy, and who wants to deal with all of that?

So you may be wondering, well if I am not supposed to diet to lose fat then **what am I supposed to do?**

The answer is simple. It doesn't involve any fad diets or crazy pills. Start with eating the highest quality foods you can get your hands. Get rid of processed junk, and stick to **earth grown nutrients** as much as possible. These are things that come from the earth (i.e.: pastured or wild game meat & veggies) and are unadulterated by humans.

The next step? Drink more water. I told you this was going to be simple!

# HOW MUCH WATER DO I NEED?

The source of your water, and the amount of it you drink, has a dramatic effect on your overall health, well being, and fat loss. Not drinking enough water will seriously hinder your performance during exercise, at work, and in everyday life!



Photo Credit: [sxc.hu](https://www.shutterstock.com/user/sxc.hu) / nkzs

For optimal performance and to feel your very best, I recommend that you take your body weight in pounds, multiply it by .4 and drink that much water in fluid ounces everyday. For example, a 100 pound person would drink about 40 fluid ounces a day. Note that this is for active people. Inactive people can multiply by .3-.35.

Drinking extra water not only improves performance, it also improves cellular regeneration, digestion, muscle contractions, and it will also help to curb appetite.

# NOT ALL WATER IS CREATED EQUAL

Now that you have a very simple formula to follow for determining exactly how much water you should be drinking, let's talk about the quality of the water.

I recommend that my clients either buy a reverse osmosis water filtration system (they range from \$180-\$500 at Home Depot or Lowe's) for their home drinking water, or that they buy artisan spring water from a verified source (hopefully in a BPA free bottle).

I encourage my clients to avoid drinking tap water because it has a lot of bad things in it. The EPA estimates that tap water has over 60,000 chemicals in it, and most of them are potentially harmful.



Photo Credit: [sxc.hu](https://www.shutterstock.com/user/sxc.hu) / 96dpi

Water from the tap has been shown to contain a variety of prescription drugs, sediment, rust, pesticides, and toxic compounds. Some of these chemicals, such as chlorine, may be necessary to keep the water bacteria free, but they are most certainly not supposed to be ingested.



# WHAT IS IN TAP WATER?

We know that the water that comes out of our sinks is often contaminated with poisonous compounds and prescriptions drugs. Tap water in Michigan, where I live, has been proven to have, in substantial or trace amounts, the following drugs, chemicals, and other undesirables:

## CHLORINE

Many believe chlorine is necessary to kill the bacteria that might be living in the water, and this is true, but it is not healthy to consume. Chlorine gas was actually used as a chemical weapon back in World War One. This should be evidence alone that you should avoid drinking this substance. Proponents of tap water will tell you that there are just trace amounts of chlorine in the water so it is fine to consume. But that line of reasoning is like saying that drinking small amounts of poison over a lifetime is okay, because it is only in small amounts. I believe no amount of poison is good for you in small amounts.

## FLUORIDE

This is a very controversial subject, and one that gets a lot of attention from people when I talk about it. Fluoride, despite what you may have been told, is also a poison. It has been linked to lowered IQ, reproductive problems, brain damage, calcification of the bodies glands, causing early puberty, and much more. Most countries in Europe have actually banned the use of fluoride in tap water. So why haven't we?

## COPPER & LEAD

There are high amounts of copper, lead, and other metals also found in tap water. These most likely come from old, decomposing pipes.

## PHARMACEUTICALS

A vast array of pharmaceutical drugs have been found in tap water Including pain killers (opiates), birth control, anti-depressants & antibiotics.

This list is not exhaustive, and just includes some of the most alarming things found in tap water. Luckily, these things can be removed from your drinking water pretty easily by purchasing a filtration system at your home.

The first and, I believe, **best option** to drinking clean water is to buy a reverse osmosis unit (\$180-\$500 at Home Depot). This will remove fluoride, chlorine, pharmaceuticals, and a variety of other contaminants. These are the best option for removing everything from the water, but the water itself. It is important to know however, that reverse osmosis filters will also filter out all of the minerals you need from water, so if you buy one of these make sure to be eating foods high in minerals and supplementing with them.

The **second best option** would be to buy a cheaper carbon filter unit. These will remove most of the things that you don't want, and can be a more affordable option for people.

The **third best option** would be to buy water from an artisan well that is not around any manufacturing that uses chemicals or poisons. Fiji water is a good brand.

Drinking high quality water will make you feel awesome. Once you start eliminating these contaminants from your water, and once you start drinking more of it, I promise you will start to feel and function better!

# EATING THE RIGHT DIET FOR YOU

So far we've covered the importance of organic food and clean water, and we've gone over why dieting isn't a great idea if having a healthy and fit body is a goal of yours. There are a few more things, nutrition wise, that we can do to make you feel awesome. The last one will be eating the **right high quality foods**.

I am not a fan of cookie cutter diets and nutrition plans aimed at the masses, like the Atkins diet and the South Beach Diet, because not everyone responds well to them, and these are often calorie restricting. Just because someone you know got results and felt great with a particular eating style does not mean that you will too because **YOUR** body and its metabolic needs are different.

Think of your dietary needs as a finger print. What do they say about fingerprints? No one has the exact same ones, right? Much like fingerprints, our metabolism is unique, and may require different nutrients than those recommended by a run of the mill fad diet.



Photo Credit: sxc.hu / sumi

Luckily, there are several methods that will help you find the right foods for you. After you discover what eating style suits you best, you will be primed and ready to take further steps towards becoming healthy.

# LISTEN TO WHAT YOUR BODY IS TELLING YOU

Another phrase that's tossed around in the fitness industry is "Listen to what your body is telling you". However, when most personal trainers tell you to listen to your body, they are usually referring to the exercises that you are doing, and the effect they are having on you. I want you to take that piece of advice and apply it to nutrition. So, much like how a good trainer would tell you to monitor how certain exercises make you feel, you should also be doing this with foods.

Given the incredible advances in food storage and transportation technologies, humans are now able to obtain food from literally anywhere in the entire world. Our ancestors only had access to food that was in their immediate area. There was no way that Native Americans would have access to the juicy Star Fruit common to Asia.

Because of this, our ancestors evolved and their bodies adapted to the food sources that were nearest to them. This ancestral adaptation affects us



today by making us more or less tolerant to certain food types. Be aware of this, and be on the lookout for foods that don't sit well with you, because even foods that are generally healthy, may not be healthy for you.

Let's take almonds for example. These are a true super food loaded with all the healthy fatty acids and proteins that we need, right? They are totally

awesome to snack on, and are considered to be a healthy addition to most diets. This is great for lots of other people, but definitely not for me because I am sensitive to them! Minutes after eating them my stomach gets upset and I feel nauseous.

I have been tested for nut allergies multiple times, and all of the tests have come back negative. This tells me that instead of an allergy, what I have is a sensitivity to almonds. My body simply is not designed to eat them, yet many other people can thrive on them!

If a food makes your stomach upset, leaches energy from you, gives you bad gas, causes you to vomit, or gives you a headache, then this is your body's way of telling you that this particular food is not good for you and you should stay away from it. On the other hand, if you feel **energized, satisfied but not overly full, and good** after eating a food, then it is definitely something that you want more of because this is how food should make you feel.

This method of trial and error is very effective in determining your optimal diet. Once you find a diet that is no longer upsetting your stomach, your energy, or your mental focus, then these things will start to improve.

Just play around with this. Don't go on a quest to eradicate all of the "bad foods", just simply be aware of foods that don't make you feel good and try to avoid them as much as possible in the future.

Below, I will tell you another way that can be used in conjunction with the trial and error method above to determine the best foods that are right for you.

# FIND YOUR METABOLIC TYPE

Way back in the 1930s, a dentist named Weston Price began a system of identifying and categorizing people based on their metabolism and the food that they required to function optimally. He discovered a link between modern eating and chronic degenerative disease.

Price also discovered that there was no singular diet or eating style that would fit all people, ethnicities, shapes, sizes, and ages. Basically, there was just too much variation in climate, local food sources, environmental conditions, heredity, genetics, and cultural values to make a cookie cutter diet effective. The world is simply too diverse for that to work in the long term.

Price's research was later carried on by Dr. Wolcott, George Watson, Roger William, William Kelly, and other modern researchers. They were able to further refine his system of categorization, and further develop the metabolic typing model.

There are several ways to find out what your metabolic type is. Some are way more advanced and expensive than others. I will offer you one of the most basic versions of this typing model below.

All you have to do is answer the questions as honestly as you can, record your answers, and see whether your optimal diet consists mostly of carbohydrates, proteins & fats, or a mix of the two.

Knowing what your metabolic type is will allow you to develop your own nutrition plan which will help you lose fat and perform at your very best!

See the questionnaire form below. Remember to answer as honestly as possible. Forget about what you think you are supposed to eat! Reevaluate yourself once a month for the first 3 months.

# METABOLIC TYPE QUESTIONNAIRE FORM

This questionnaire will help you determine the proper macronutrient (fats, carbohydrates, and proteins) ratio that you should consume in order to feel and look your best!

When answering these questions, circle or record somewhere the answer that best describes the way you feel, not what you think you are supposed to say in order to sound healthy. ***If you do not believe that any of the answers apply to you, then simply skip that question.***

1) I sleep best when:

- A. I eat something super high in protein 1-3 hours before bed.
- B. I eat something super high in carbohydrates 1-3 before bed.

2) I sleep best if:

- A. I eat a dinner that is mainly meats with a few vegetables and carbohydrates on the side like rice.
- B. I eat a dinner that is mostly carbohydrates and vegetables, like rice, with small side of light meat like chicken.

3) I sleep best and wake in the morning feeling rested when:

- A. I don't eat sweet desserts like cakes, candy or cookies.
- B. If I occasionally eat a dessert before I go to bed.

4) After an intense workout, I feel best when I eat:

- A. Foods or drinks with high protein, like a protein shake.
- B. Foods or drinks that are high in carbohydrates and sugar, like Gatorade.

5) I do best in terms of maintaining focus and feeling good for up to 4 hours after a meal when I eat:

- A. Mostly meats that are heavier and have more fat like chicken skin and legs, salmon, roast beef, ham, and prime rib with a small portion of carbohydrates like rice.
- B. Mostly carbohydrates made of things such as rice, breads, and quinoa with a lighter portion of meat like tilapia fish or a small piece of white chicken meat.

6) If I am tired and consume sugary foods such as soda or candy without significant amounts of fat or protein I:

- A. Get a surge of energy, but later on I will crash and feel tired.
- B. Feel good and my energy levels go up until I eat again.

7) Which statement best describes your disposition toward food in general:

- A. I love food and I live to eat everything that is delicious!
- B. I do not fuss too much over food. I eat to live and sustain myself.



8) I often:

- A. Add salt to the food I eat.
- B. Find that foods are too salty for my taste buds.

9) Naturally, I prefer to eat:

- A. Dark meat, such as the chicken and turkey legs over the lighter breast meat.
- B. Light meat such as the chicken or turkey breast over the dark leg and thigh meat.

10) Which list of seafood most appeals to you?

- A. Anchovies, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, oysters, scallops, shrimp, snail, squid , tuna (dark meat).
- B. White fish, catfish, tilapia, cod, flounder, haddock, perch, scrod, sole, trout, tuna (light meat), turbot.

11) When eating foods with dairy, I feel best after eating:

- A. Richer food with a lot of fat.
- B. Lighter lower in fats and higher in carbohydrates.

12) In regard to snacks:

- A. I do better when I eat small meals frequently all throughout the day.
- B. I tend to last between meals without snacking (eating 3-4 meals a day).

13) Which describes the way you naturally prefer to start your day in order to feel your best and to have the most energy?

- A. A large breakfast that includes protein and fat, such as eggs with sausage and bacon.
- B. A light breakfast such as cereal, fruit, yogurt, breads and possibly some eggs.

14) Which characteristics best describe you:

- A. In general, I digest food well, have an appetite for proteins, feel good when eating fats or fatty food, am more muscular or inclined to gain muscle more easily.
- B. I have a slim build, prefer light meats and lower fat foods, am more inclined toward endurance sports like cycling and running.

**Total A Answers**

**Total B Answers**

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# YOUR METABOLIC TYPE

To get your score and discover which metabolic type you are, add up the number of questions you answered A, and the number you answered B.

- If your number of **A** answers is three or more than **B** answers, you are a **Protein Type**.
- If your number of **A** and **B** answers are the same or within two of each other, you are a **Mixed Type**.
- If your number of **B** answers is three or more than **A** answers, you are a **Carbohydrate Type**.

Below are the macronutrient ratios (fats, proteins, and carbohydrates) that you should be consuming. If you are classified as a **Protein Type** then you should follow the macronutrient ratios for your type. This same rule applies to the **Mixed Type** and **Carbohydrate Type**.

Remember that this information will only provide you with the proper macronutrient ratios. This test does not take into account food source quality. Make sure that, when possible, you are buying organic food, grass fed meats, and pastured chicken meat and eggs.

With the information below you will be able to design your own diet that is perfect for you. Just be sure that you are eating in accordance with your metabolic type, and your energy levels should improve.

Also, be sure to retest yourself every month (for the first 3 months) because your body will start to react to the changes you are making and you will have different needs.

# MACRONUTRIENT RATIOS FOR METABOLIC TYPES

## **Optimal Ratios for Protein Types**

- 20% of your total calories should come from oils and fats
- 45% of your total calories should come from organic animal sources of protein such as organic, grass fed beef
- 35% of your total calories should come from carbohydrates such as organic rice and quinoa

## **Optimal Ratios for Mixed Types**

- 10% of your total calories should come from oils and fats
- 40% of your total calories should come from organic animal sources of protein such as organic, grass fed beef
- 50% of your total calories should come from carbohydrates such as organic rice and quinoa

## **Optimal Ratios for Carbohydrate Types**

- 10% of your total calories should come from oils and fats
- 20% of your total calories should come from organic animal sources of protein such as organic, grass fed beef
- 70% of your total calories should come from carbohydrates such as organic rice and quinoa

Again, I cannot stress enough the importance of food quality. Just because your metabolic type suggests that you should be getting 45% of your calories from protein does not mean that you should go to McDonalds and get a bunch of burgers for the day.

Remember, always buy organic produce when you can. Also, buy free range, grass fed meats. This is how nature wants you to eat!

Some good sources of **fats** for all metabolic types include: Fish oil, coconut oil, medium chain triglyceride (MCT) oil, nut butters (peanut, almond, cashew), avocados, flaxseed, and egg yolks.

Some good sources of **proteins** for all metabolic types include: lamb, grass fed beef, grass fed buffalo, Alaskan fish, veal, cheese (sheep or goat), chicken, whole eggs, duck, goose, and venison.

Some good sources of **carbohydrates** for all metabolic types include: bananas, brown rice, grapes, guava, oranges, carrots, beets, oats, figs, broccoli, collard greens, kale, mushrooms, cantaloupe, watermelon, pumpkin, rhubarb, honeydew beans, asparagus, pineapple.

You may use the ingredients above, in the proper ratios for your metabolic type, to create delicious dishes, or just eat them plain. A half cup of raw pineapple is just as tasty as a dish that has it in it. Just be creative and remember to stick to your ratios!

Remember to stick with high quality sources for your food. If you know a farmer near you that does not use pesticides, antibiotics, or other dangerous chemicals, then this is an excellent person to get your food from. Your second best option is buying organic.

Armed with your metabolic type, you will now have an idea of what foods to eat in order to help you lose fat, put on muscle mass, and function at your best.

# NUTRITION CONCLUSION

So there you have it people. You are now armed with some serious knowledge and tools needed to start losing fat, performing better, and feeling awesome.

You now know the importance of eating organic, wholesome foods. You now know what proportion of foods to eat according to your own metabolic type. You now know about some of the risks associated with drinking tap water, and how to get clean water.

I don't advise cutting calories when starting a new weight loss program. This sets you up for an un-fun experience and more fat down the road. Instead, focus on cleaning up your diet. Focus on eating green, leafy vegetables. Focus on eating in accordance with your metabolic type. Focus on getting rid of all of the chemicals that are slowing you down and making you sick. Follow these guidelines and the completion of your goal will be right around the corner.

Nutrition is perhaps the most important step in fat loss and optimal performance. Take control now, and change your life.

95% of people reading this eBook will simply gloss over this information and likely forget about it within a few days. Don't be one of those people...

Below is a list of action steps that I want you to phase in over the next two to three weeks. You can continue to progress through this book, but make sure you are also sticking to your action steps.

## Nutritional Action Steps (phase in over 2-3 weeks)

1) Eat some **green veggies with every meal** (baby kale & spinach, brocolli, etc). I didn't talk a lot about the importance of dark, green leafy veggies, but these will be a huge friend of yours for fat loss. You don't have to eat a lot, just 1 serving size (about a fistful) with every meal.

I promise you that this will be one of your most powerful body transformational tools. Start slow, and work up so that by the end of 2-3 weeks you are eating them with every meal even if in small quantities.

2) Gradually **increase your water consumption** to you body weight (in pounds) x .4. This is how many fluid ounces of water you should be drinking daily by the end of your 2-3 weeks. Phase this one in slowly just like the veggies.

Pro tip: Get a bigger container in order to drink more water. It is my experience that you are simply not likely to actually fill up a smaller water bottle enough times to get the right amount of water. Besides, you have better things to do than filling up water bottles.

3) Start taking notice of **which foods make you feel good and which foods make you feel bad**. Awareness is key here. All that I want you to do is simply be aware of which foods are going to be best for you.

4) **Fill out the metabolic typing form and identify your type.**

5) Start **implementing foods into your diet** that are **within your metabolic type** and THEN gradually **start taking foods out that are not in your metabolic type**.

The key is to start slow here. Don't get overwhelmed by all the information. This is going to be a gradual process that I want you to implement slowly over time.

Start with action step #1.

If eating greens with every meal sounds crazy to you then start with greens once a day (with dinner or something) and gradually move up to twice a day, then three times a day, etc...

Once your greens consumption is under control, then slowly start to implement the other action steps.

This is going to be the key to your success here. If it takes more than 2-3 weeks for you to implement the action steps then that is fine. Whatever you need to do.

Let's move onto the next section :)

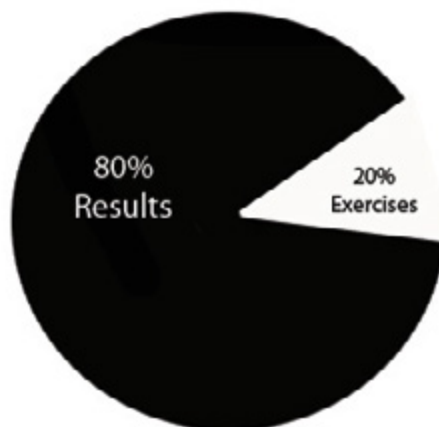


# EXERCISE

## THE PARETO PRINCIPLE: 80/20 RULE

Ahh my good friend Vilfredo Pareto. Who is he you ask? Mr. Pareto was an Italian born economist that noticed an interesting trend in regard to inputs and outputs. He noticed that 80% of the land owned in Italy was controlled by only 20% of the population. This seemingly random ratio of 80/20 shows up all over the place in science, statistics, and every day life.

Basically, the 80/20 rule means that 80% of the results come from only 20% of the causes. There is a lot of research on this ratio as it occurs almost everywhere in life. For example, businesses usually make 80% of profits from only 20% of the services or products they sell. I could go on and on giving examples of the 80/20 in life, but I will let you google that if your interested.



The 80/20 principle allows us to keep things simple. Instead of giving you a super long list of exercises, program plans, and ridiculously complicated workouts with fancy equipment, I will give you 4 simple movements (the 20% of work) that you can do to reap about 80% of the benefits of exercise. With this knowledge, you can design your training routines and eradicate any excess body fat.

Sounds crazy right? Only 4 movements?

That's it? That's right!

I will show you which 4 movements are the most important to do. These 4 movements, when done properly and with the right amount of weight and rest time between sets, will give you about 80% of the strength & fat loss results you are looking for. Anything else you do on top of this will simply be the icing on the cake to fill the remaining 20%.

Before I tell you what the 4 movements are, I want to tell you why they are so effective in getting you the results you're looking for.

The exercises below are known as "compound" exercises which basically means that they activate and work multiple muscle groups and joints all at once.

There has been a lot of research proving that doing compound resistance exercises cause the body to naturally release the sex hormone **testosterone** and **human growth hormone**. Both of these hormones help to increase confidence, boost metabolism, build muscle, improve skin, hair, and nails, and of course **burn body fat**.

After I show you what the 4 movements are, and some variations of them so you can mix things up, I will tell you how much weight to use along with how much rest to take and how many repetitions to perform.

With this knowledge you will be completely armed to create your own routine. I am really excited to tell you about this so let's get on to it!

# THE 4 MOVEMENTS

## Forward Pushing

This exercise is characterized by using your arms to push weight in front of your body and then returning it to the chest. This movement will work the forearm muscles, chest muscles, shoulder muscles, back muscles, abdominal muscles, and arm muscles.



The exercise being performed in the above picture is a dumbbell bench press. Some other very similar, and just as effective exercises include, barbell bench press, push-ups, chest presses, fitness ball chest presses, and single arm dumbbell bench press. Basically, any exercise that requires you to push something in front of you.

## Pulling

Pulling exercises are characterized by using your arms to pull something heavy, or something with resistance, into your chest. This movement will work the grip muscles, biceps, plus the upper, middle, and lower back muscles.



The exercise being performed above is a single arm dumbbell row. Some other very similar exercises include the bent over barbell row and lat pull-down. Any exercise that requires you to pull things into your body. You can get really innovative with cable machines and bands here.

## Squatting

Squats are characterized by bending your knees and lowering your body down. Your bottom should go down to about the height of a chair before you return to standing position. This movement will work the glutes, calves, thighs, lower back, hamstrings, core muscles, and upper back muscles.



The exercise being performed above is a body weight squat. When doing squats make sure that your butt goes back as you squat down so that your knees are over your ankles. This is to protect the tissues of the knee joint. Some great variations of squats include barbell back squats, barbell front squats, squat jumps, and dumbbell squats. Basically, any exercise that requires you to squat down!

## Overhead Pressing

This movement is characterized by pressing with resistance over the head. A secondary option for this exercise would be raising something up to shoulder height. If you have had shoulder pain or have been diagnosed with a shoulder injury then always consult a doctor before performing these. This exercise works the shoulder, trapezius, arm, and neck muscles.



The exercise being performed above is a standing dumbbell shoulder press. A few variations that are just as effective are a shoulder press machine, standing dumbbell lateral raise, single arm lateral raise, barbell shoulder press, smith machine shoulder press, Arnold press, and shoulder press on a fitness ball.

# HOW MANY SETS AND REPS YOU SHOULD DO AND HOW MUCH WEIGHT YOU SHOULD USE

Okay, so now we are getting into the technical stuff. Believe it or not, but any body adaptation or goal whether it be **fat loss, muscle gain, or endurance can be achieved by doing the above exercises**. In order to get differing results, the only things that you need to change are other factors which include the amount of time you take in between sets, how much weight you use, and how many repetitions you perform

## Amount of Repetitions

Let's start by looking at the amount of repetitions you should do. There are distinct results and body adaptations that occur when training at certain repetition ranges. These include:

- 12+ Repetitions will increase **endurance and stamina**
- 10-12 Repetitions will result in the most **muscle gain**
- 6-10 Repetitions will increase your **power (how explosive you are)**
- 1-6 Performing an exercise below 6 repetitions will improve **raw strength**

Now when I say 10-12 reps, or 6-10 reps, I mean that you should be able to perform that many reps with perfect form, and no more. You should not be trying your hardest and completely fatigue and fail at 4 repetitions if your goal is to do 10-12. On the other hand, you should not be able to perform an exercise for 20+ repetitions if you are training in the 10-12 repetition range.

Ideally, your muscles should completely fatigue right at the end of your set. So, if you are performing a set for 10-12 repetitions then the ideal situation would be you performing 10-12 perfect repetitions and no more.

If you cannot get to your targeted repetition range with the weight you are using, then you need to lighten the weight load or resistance because it

is too heavy for you. Conversely, if you can go way past your targeted rep range then you should increase the weight because it is too light for you.

In order to get the most out of any given exercise, I recommend performing no less than 3 sets of it (although 4-5 is best). This is the MED (minimum effective dose) required to stress the body enough to adapt, get stronger, and get into shape.

This is the method I tell my clients to follow when they are training alone and wondering how much weight they should be using, how many sets they should be performing, and how many repetitions they should be performing.

There are many other factors that you can manipulate for different results such as rest times, supersets, etc.

In an effort to keep this eBook short, we will be focusing on training styles that are most effective at **burning body fat and increasing strength**.

The number one way to do this is through High Intensity Circuit Training (HICT)....



# HIGH INTENSITY CIRCUIT TRAINING

Using the movements I covered above, I will now show you how to plug those into workouts in order to get the most fat burning and muscle building effects!

Circuit training is essentially performing multiple exercises, with proper form, in consecutive order, without rest. For example, a very basic circuit workout would be:

- Bench press for 12 repetitions
- Close grip cable row for 12 repetitions
- Squats for 12 repetitions

All of these exercises would be performed in a circuit without any rest. Once you perform one set of bench press, cable row, and squats, then you may take a 30 sec-1 min rest. However, during the set there will be no rest periods.

It is as simple as that! Circuit training really encompasses the best of both worlds. You get your cardio and resistance training in one workout. After just one set of a 3 station circuit, your muscles should be fatigued and your heart should be beating fast and this is where you would take your short rest of 30 sec-1 min before performing another circuit rotation.

Remember that you don't have to rigidly follow any sort of program. When you are designing or thinking about your own circuit training workouts simply make sure that you have multi-joint, multi-muscle, compound movements built into your circuits. If you are doing a full body workout session you will always want to have pulling, forward pressing, squatting, and overhead pressing exercises built into the workout. These exercises will recruit the most muscle groups, burn the most fat, and release the most hormones. They are the meat and potatoes of your workout.

I recommend starting with only 3 station circuits (3 exercises in one rotation), and gradually progressing to 4 station circuits and more all the way up to 10 stations (although this is pretty advanced).

A pretty sweet cardiovascular/strength training circuit for moderate level fitness enthusiasts is below:

**Circuit #1:**

4 Sets of the following exercises (1 min rest after all exercises have been completed)

Pushups x 12  
Burpees x 12  
Mountain Climbers x 12  
Abdominal Plank x 1 min

**Circuit #2:**

Body-weight Squats x 12  
Squat Jumps x 12  
Jumping Jacks x 12  
Running in place x 20 seconds

**Circuit #3:**

TRX Row x 12  
Squat to press x 12  
Kettle Bell Swing x 12  
Frogger x 12

**I recommend that you stick to the 10-12 repetition** range when designing your own circuit training sessions. This will help maximize your muscle gains while also maximizing your fat loss.

If you happen to be a female, DO NOT think that training at the 10-12 rep range will “make you bulky”.

I literally spend around 10% of my time convincing my new personal training clients that lifting weights won't make them bulky. I don't know what kind of propaganda there is floating around out there making women think that weight lifting = female body building (although I am almost sure it is magazines and “fitness” celebrities on TV), but nothing can be further from the truth.

In order to actually put on muscle mass, you would need to be lifting very heavy weights, eating a crap load of protein and carbohydrates, and you would also have to have to **hormone levels** to support it.

Professional female body builders often take A TON of male sex hormones to achieve their hyper masculine and muscular look. If you are not taking testosterone then don't worry about being “bulky” because it simply won't happen if you are a female.

What you will achieve instead is a sleek, athletic, and healthy looking physique that is not only lean, but very functional.

# BENEFITS OF CIRCUIT TRAINING

To provide you with further information in regard to why you should implement circuit training into your workouts, I want to shed light on some interesting things that the **Cooper Institute** has to say about it, and some additional benefits of it.

The very well respected **Cooper Institute**, in Dallas Texas has been quoted saying that circuit training “is the most scientifically proven exercise system. It’s time efficient and incorporates strength, flexibility, and cardio in the same workout”.

Basically, if you are pressed on time, or just seeking to have the most results driven workouts possible, then circuit training is your answer. I am about to wrap this section up, but I really quickly wanted to discuss some of the major benefits of this type of training.

Circuit training is:

- The most effective training style for fat loss because it combines strength training with cardio training
- Your body will never fully get used to this exercise style allowing it to continually give you results in fat loss and strength gain
- More fun and interesting than traditional cardio or weight training

Well, there you have it. You are now armed with the knowledge and tools required to design your own rock solid diet plan & exercise routine. By eating the highest quality foods you can get your hands on, staying hydrated with quality, contamination-free water, and eating according to your metabolic type, your body will be feeling and performing optimally. Once you implement a circuit training exercise program into your routine, you will start to notice that your endurance is going up, you are putting on muscle mass, and you are losing fat all within a few short weeks. Intensity, proper form, and proper exercise selection is the key to your success in exercise. And remember to stick to the compound exercises that involve multiple joints and muscles at once and you will be golden.

Below you are going to find some more action steps to incorporate into your routine. **If you have not yet incorporated all of the action steps from the nutrition section, then make sure you do so by the end of the week.**

Quality nutrition is going to be where most of your fat loss comes from, so that area needs to be taken care of first. After you have made the appropriate adjustments to your diet, you will then be ready for the action steps below.

## Exercise Action Steps (phase in over 2-3 weeks)

Again, if you have not yet integrated the action steps from the nutrition section, do not try to integrate these. If you haven't integrated the nutrition action steps, go back to page 30 and start with those...

1) **Get a gym or personal training membership.** While you can do a lot of body weight exercises at home, they are only a second best option. A fitness facility will have more equipment to help facilitate your fat loss. Not to mention, the financial commitment will help to keep you motivated.

2) **Get a partner to train with.** Studies have shown that training in a group or with a partner helps not only with training consistency, but also with training intensity. Basically, having a partner or group to train with will increase your results especially if they are following the nutrition action steps with you!

Pro tip: Make sure that your chosen partner / partners are as dedicated as you are in regard to your fitness goals. I have seen it time and time again where one of the partners will fall off the wagon and screw up the rest of the group. Choose your training partners wisely and make SURE that they are serious.

3) **Start with small 2-3 station circuits.** Do not go overboard with your first circuit station that you design for yourself. It is important that the experience is fun/enjoyable for you in order for you to stay consistent.

Listen to your body. When you first start training, your workouts can be quite a shock to the body. Starting off slow and gradually increasing the intensity will give your body time to adapt to the training. This will make the process much easier and more rewarding. When I worked at a big box gym I used to see people come in after New Year's with a ton of body transformation goals. These people would go from living a sedentary lifestyle, to training 7 days a week. Of course they would burn themselves out and quit by the second or third week. Don't be that person. It is a marathon, not a sprint.

4) **Be consistent with your training times.** In order to form a habit, it takes roughly 2.5 weeks of repetition to become ingrained in your nervous system. Setting a specific time to train every week will help exercise to become a part of your routine which will aid in your long term success.

I cannot stress enough how important it is to start slow!

Do not get over zealous and try to destroy yourself every time you go to the gym. Fat loss is a gradual process. If you try to force the fat off of you with super intense training sessions 5-7 times per week then you are bound for burnout and failure.

Start with something really slow. If the circuits are too hard or intimidating for you then start with a simple cardio machine like an elliptical. However, only use this as a stepping stone and progress to beginner's circuit training as soon as possible.

I am super excited for you to start burning off that body fat.

Once you have implemented the action steps from the nutrition section and from this section, you are well on your way!

Now, let's talk about the final piece of the puzzle: the mind!

# THE MIND

## THE POWER OF THE SUBCONSCIOUS MIND

This third and final pillar is probably the most important because it is a prerequisite to change. In order to make an intentional change, whether it is to lose fat or start a business, there is a mandatory shift in mindset that must occur if you are to be successful. Using the subconscious mind to your advantage can really help with this.

The subconscious mind is a very interesting thing. You know how they say that humans only use 10% of their brain's total capacity? Well the remaining 90% lies in the subconscious.

The subconscious level of the brain cannot be controlled through will power and thought, hence the wording "sub" and "conscious". Essentially, it is below conscious control.

Have you ever went to bed with a problem on your mind only to wake up in the middle of the night with the answer to it? That is the subconscious mind blending in with the conscious mind to help you out. The potential of the subconscious mind is unbelievable and almost limitless.

Modern science is only now beginning to grasp its potential...

Although you cannot consciously control the subconscious, you can give it "suggestions". Through the use of psychological tools you can manipulate your own subconscious mind in your favor.

I will discuss this a bit more below...

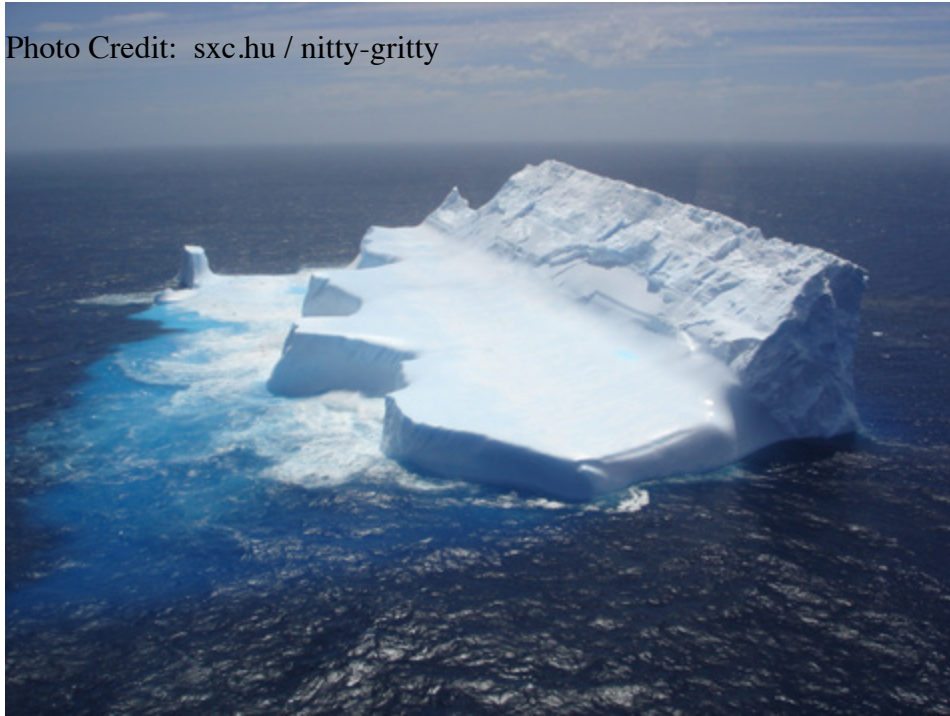
It's helpful to look at your conscious mind that you usually think with as the tip of an iceberg. As you may know, the part of the iceberg that you see sticking out of the water is only the top.



# AUTO SUGGESTION AND AFFIRMATIONS

It's helpful to look at your conscious mind that you usually think with as the tip of an iceberg. As you may know, the part of the iceberg that you see sticking out of the water is only the very top.

Photo Credit: [sxc.hu](http://sxc.hu) / nitty-gritty



The rest of the iceberg, just like the subconscious, is deep below the surface and out of view.

Whatever goes on in the conscious mind travels its way down to the subconscious once we relax enough (usually during sleep). It is then that the subconscious really goes to work.

Whatever you expose your conscious mind to earlier in the day, including your thoughts, the books you read, the people you listen to, and the music you play, will all have an effect on your subconscious mind.

We can use this understanding to either our advantage or our disadvantage.

We can expose our subconscious to negative thoughts, music, and people, and then experience the negative effects of these things.

**OR** we can control our conscious mind and have primarily positive thoughts, we can listen to mainly positive music, and we can only surround ourselves with positive, healthy people in order for our subconscious to magnify positivity! I know which one sounds best to me.

I spend a lot of time helping my clients get rid of their negative self talk. Often times they will repeat the following phrases in their heads or they will express them verbally to me:

“I can’t do this”

“I am so out of shape”

“I am really weak”

“I don’t have any energy today”

“I am so fat”

These are all extremely negative phrases that seriously impact performance and eventually the outcome of your training and health efforts.

Some of these things may even be true, however you should never repeat these things internally or through speaking them, because your attitude shapes your reality. Negative self talk becomes negative results because you are telling your subconscious mind what to do.

If you are feeling tired then tell yourself “I am full of energy!”. If you are feeling weak then tell yourself “I am feeling strong”.

It is really important to affirm the feelings, moods, and outcomes that you **WANT** to experience. The more you think about the things you want, the more likely it is that those things will come to you.

If you are constantly worrying about bad things happening or constantly ruminating on how bad your current situation is, then you are using the power of your subconscious mind to keep you stuck where you are or make things worse.

I often recommend to my clients that they make affirmation cards.

Affirmations cards are short, **positive** statements written on an index card or something small that you can easily carry in your pocket.

People usually remember the Saturday Night Live skit where these were used. Looking in objectively it can seem sort of silly, but let me tell you that they are seriously powerful.

An few examples of some affirmations include:

“I am strong and full of energy”

“I am lean and in shape”

“I am focused and sharp when in the gym”

The key is to stay away from any negative words. Even if your sentence is overall positive, you still want to stay away from the negative words at all costs.

An example of a sentence that seems positive but contains negative words is:

“I will not be fat anymore”

This is pretty negative. The “not” and “fat” make it negative.

A better alternative to this would be:

“I am now lean and healthy!”

What we are trying to do is influence your subconscious mind to make positive changes. The more positivity you can surround yourself with, even if they are your own words, then the better chance of success you will have.

Some words to stay away from on your affirmation cards and in your mind are the following.

I can't

I won't

I'll try

I am weak

I am fat

I am out of shape

In fact, I don't even allow my clients to say these things in my studio because I know how damaging they can be.

So bust out those note cards and start making some affirmations about your health and fitness goals!

# VISUALIZATION

Another pretty awesome psychological tool that you can use on yourself *or against yourself* is visualization. When you visualize yourself doing something whether it be a business meeting or a set of squats. Your nervous system experiences the visualization as though it were happening in reality.

Essentially, your brain and your nervous system cannot tell the between what you are imagining and what you are actually experiencing. This is a technique that athletes are taught almost universally.

They are taught to visualize, and see in their mind's eye the outcome of the event that they are participating in. In fact, they are taught to visualize every single part of the event in accordance with what they want to happen.

For example, a baseball player might visualize himself approaching home base, knocking the dirt of his shoes, swinging the bat a couple of times as a warm up and then slamming out a home run.

The more times he visualizes this, the more his nervous system gets used to this outcome. After already hitting a home run in his head several times, when he actually steps up to plate his mind and body will be ready to do what it has done several times before– hit a home run and listen to the crowd cheer.

It is important that you also use this technique when you are training yourself at the gym. Before getting out of the car to walk in, take a few minutes and focus on you walking in, getting an awesome warm-up in, and then busting out each and every circuit that you had planned for the day with vigour, perfect form, and concentration.

By the time you walk into the gym, you will already be prepared to rock out a solid training session. You will have already been here in your mind and because of that nothing will surprise your are catch you off guard.

It will be like second nature for you.

This is an awesome way to use the power of visualization to your advantage, but if you are not careful you could just as easily use it to your disadvantage.

If you are really pushing yourself in the gym and you are about to lift a weight that you have never lifted before you must pay very close attention to your thoughts and mental imagery.

It is easy in these types of situations to become overwhelmed and start thinking negative. You might freak yourself out a little but and see yourself failing at your new heavy squat attempt.

If you see yourself failing in your mind's eye, then your body will have experienced what it feels like to fail already and you will be more likely to fail on your lift.

**NEVER** visualize a negative outcome on an exercise, ESPECIALLY if it is a new personal record attempt. If you have doubts then simply put them in the back of your mind, calm yourself down, and visualize what you want to happen.

This technique is incredibly powerful when used properly. You will be astounded by what your body is really capable of doing when you are prepared.

## Mind Action Steps (implement these now!)

These are some steps that take no preparation and can be implemented now. The sooner you can get your mind right, the sooner your fitness goals will come to fruition. Use the tools below to keep negativity out of your life and bring you the results you are looking for.

1) **Get rid of the energy vampires.** Your friends, family, and the people you associate with on a daily basis should bring energy and positivity into your life. They should nourish and support you, much like your food should. They should not try to sabotage you, complain about you, or direct any negative energy towards you. You become the average of the 5 people you are exposed to the most (be it friends, coworkers, or your spouse). If any of these people are energy vampires then cut them out of your life. Life is too short to put up with that kind of bullshit.

2) **Make affirmation cards.** I know it seems silly, but buy two index cards, cut them in half, and write some positive affirmations on them that are congruent with your goals. Then put a paperclip on them, carry them around in your pocket, and look at them several times a day really trying to internalize their meaning.

Some examples are:

“I am super vital and healthy!”

“I feel amazing and lean!”

This type of chronic, repetitious auto-suggestion in your mind will really bring a lot of positivity and results in your life. Couple these internal affirmations with visualizations and you will be well on your way to becoming a new, positive, results oriented person. Trust me.

3) **Start visualizing.** Start visualizing the body that you want now. Start thinking about and seeing in your mind's eye you moving around, feeling healthy, and being vital.

The more these types of thoughts dominate your mind, the more likely they are to become your reality (assuming you are also taking the action steps from the first two sections).

That's about it.

You know what to do now.

Slowly start implementing the action steps from the first two sections while also implementing the action steps from this chapter. These next 2 months are gonna be awesome for you. I am so excited!

**Get exclusive access to The Three Pillars Facebook group by going to the link below and requesting to join the group.**

<https://www.facebook.com/groups/663621620384725/>

Here you can talk with me, and others in the group to get advice and see how the other group members are doing. Remember, you are not in this alone.

I also recommend you subscribe to my Youtube channel (I spend a lot of time there):

[www.youtube.com/guerrillazenfitness](http://www.youtube.com/guerrillazenfitness)

and also my facebook page:

[www.facebook.com/guerrillazenfitness](http://www.facebook.com/guerrillazenfitness)

If you need a little help with your training then you may be a good candidate for my online coaching program. Simply visit this link and fill out the form to start the process:

<http://guerrillazen.trainerize.com/contact.aspx?ref=newuser>

You can also always contact me directly at [Blake@guerrillazen.com](mailto:Blake@guerrillazen.com) and I will send you more information.



I really hoped you enjoyed this ebook and it was helpful to you. I will talk to you soon!

*Blake Bowman*

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