

Funk Robots
FITNESS

7 DAY EXPRESS FAT BURN

RIPPED
365



Learn My **7 RESEARCH PROVEN SECRETS** That Have
Kept Me Lean Muscular and Ripped 365 Days a Year

MEDICAL DISCLAIMER

This guide is for educational and informative purposes only and is not intended as medical or professional advice. Always consult your doctor before making any changes to your diet. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this guide.

The purpose of this guide is to help healthy people gain strength and lose weight by educating them in proper exercises, weight training and nutrition while using the Funk Roberts 7 Day Express Fat Burn Workout Program. No health claims are made for this guide.

The nutrition and exercise guide will not help cure, heal, or correct any illness, metabolic disorder, or medical condition. The author is not a medical doctor, registered dietician, or clinical nutritionist; the author is a fitness and nutrition consultant. If you have diabetes, chronic hypertension, high blood cholesterol, cardiovascular disease, or any other medical condition or metabolic disorder requiring special nutritional considerations, we suggest you consult a health care professional with a clinical nutrition background (MD, RD) for your special nutrition program.

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WHAT'S IN THIS BOOK

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DISCOVER FUNK'S 7 SCIENTIFICALLY PROVEN SECRETS TO GETTING RIPPED AND STAYING RIPPED!

ABOUT THE AUTHOR

Funk Roberts, President and Owner of Funk Roberts Fitness, is a former Professional Beach Volleyball player turned Fitness trainer. Funk is an online fat loss expert that helps thousands of people worldwide burn unwanted fat while building lean muscle through his website, videos, articles, media and fitness products.



Funk is a Certified Metabolic Training Expert, Kettlebell Specialist, Mixed Martial Arts Conditioning Coach, Celebrity Fat Loss Expert and Personal Trainer. He was just named one of America's Premiere Experts and will be seen on ABC, NBC, CBS and Fox TV Affiliates in the summer of 2013.



Funk has been a featured trainer in a few fitness training DVD's and has produced his own online products such as, [Elite Strength and Conditioning for Combat Athletes](#), [Funk's 6 Week Jump Training Program](#) and the newly launched [Spartan Training System 10 Week Fat Loss Program](#).

Funk is passionate about helping people transform their body and educate them on how to lead a healthy lifestyle. His mission is to help 500,000 people by 2014 change their life's using fitness, nutrition and motivation.



His over 30 years of training, expertise, research and experience has made the difference in helping others change their lives for the better.

Funk has a following of over 40,000 subscribers to his websites, along with 36,000 YouTube subscribers and over 40,000 fans on Facebook and communicates with them on a daily to weekly basis.

He continues to learn and improve his skills so that he can supply the best information and contribute to the fitness community and help people make a difference in their lives.

At a young 44 years old, Funk is married and has 2 older children. His passion is training men, women, teens and athletes, helping people transform their lives, travelling and spending time with his wife and family.



INTRODUCTION

Read, learn and live it. Herein lays my **seven secrets** to successful, rapid fat loss and I am living proof that it works. Read on, enjoy.

Remember when we were young and we could eat and drink anything we wanted and still stay lean? Or perhaps you knew someone, that no matter what he/she ate they would never put on a pound.

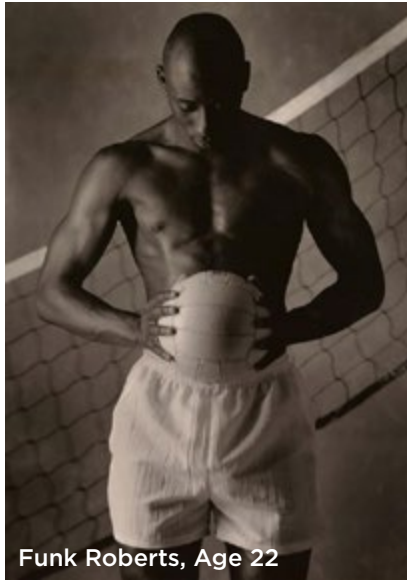
That used to be me. In my late teens and early 20's I could eat anything I wanted and still stay shredded. Why?

Well, at the time I was really active as a professional volleyball player. I was pretty muscular too which helped to keep my metabolism super high. I used to frustrate all my friends and family with the amount of food I could eat and beer I could drink and not look any different.

In my FREE 7-Day Express Fat Burn Package you'll be privy to much of my research used to develop my Seven Secrets that keep me lean and ripped 365-24-7. I transformed my body from a 215 lbs. puffy muscled body to a 185 lbs. lean, ripped, muscular machine. These proven workout and nutrition secrets have been my creed, and they will help you to ignite your metabolism and get you on your way to burning all that unnecessary and dangerous fat and build lean muscle resulting in an incredible transformation to a ripped, sculptured exceptionally fit physique that you strive for.

I am living proof these work. Now it's your turn!

Here's some background. I've have used this formula with many of my clients and subscribers both online and on-site the consistently similar results.



Funk Roberts, Age 22

When I retired from playing pro volleyball in my early thirties my life started to change with the typical 9 to 5 jobs, daily hustle and bustle and kids. I ballooned up from a ripped 185 lbs. to 215 lbs. of muscle. Unfortunately though I had what was called Male PMS (Puffy Muscle Syndrome) and I was never happy with my body.

Even though I was in the gym six days a week training for up to two hours in one session, it always upset me that I was big, soft, wasn't really ripped and NEVER HAD THE ABS I WANTED. This went on for over five years.

I trained with best friend and he used to always say to me, "doesn't it upset you that you invest so much time in the gym and your body really hasn't changed? You would think by now you'd be ripped".

But I wasn't...and that stuck with me for a long time.

In fact that was the turning point for me. I began my research to find more effective ways to workout, eat and finally get the lean, ripped and muscular physique I once had in my early twenties.

When I found and implemented the secrets I'm about to share with you, my body instantly changed. In fact within 6 months I was lean ripped and back down to 185lbs! I started to share this formula with my personal training clients and boot campers and those that stuck with the formula were amazed at their results. Both men and women, results, results, results! Years later, we're all still living by these secrets and reaping the rewards.



Your metabolism has a lot to do with your physical activity, what you eat and more importantly how much muscle you have. The more muscle a person has, the more calories it takes to maintain. Furthermore, the more muscle a person has, the more they can eat without storing it as fat, because muscle burns fat (one reason why men tend to lose fat faster than women).

As we get older our metabolism seems to slow down. But according to the Mayo Clinic, the illusion that your metabolism slows as you age actually occurs because as you get older, your muscle mass decreases and your amount of fat tends to increase. So technically speaking, if you

increase your lean muscle, fat will decrease. Of course it isn't that simple, but the seven secrets are. Keep reading.

As we age we lose muscle which slows down our metabolism and most of us become inactive. Our lives change significantly as we get older. We have much more responsibility and find ourselves spending more time on long commutes to work, hours in an office chair, busy with family or kids taking them to hockey or soccer practice, then gymnastics or Muay Thai class. The point is that we definitely move a lot less now than we did when we were younger - especially if you have kids.

But I have good news for you today! In fact, it's great news! Isn't it great to know that a person indeed has a lot of control over their metabolism? Aging is not a death sentence for metabolism. On the contrary, most of a person's metabolism can be controlled through these seven proven secrets that I'm about to share with you.

But most important, I have and continue to use my secrets that helped to take me from 215lbs of male PMS to 185lbs. of lean, ripped and muscular body in less than five months and stay that way 365 days a year.

Please read on to learn about my seven researched and proven secrets. I promise you that if you begin using these today and stick with it you will see your body take a major transformation as little as 3 months from now.

IT'S YOUR TURN! LET'S DO THIS!

SECRET NUMBER **ONE**

EAT A SOURCE OF PROTEIN WITH EACH MEAL AND SNACK.



Ensuring that you eat protein with each meal and snack will help you have that “full” feeling longer, build more muscle and even burn more fat because of its thermogenic-metabolic (TEF) properties. Based on my significant amount of research, protein is the key to muscle growth and fat loss, thereby making it my number one fuel source helping me stay lean and ripped 24-7.

My first secret to successfully staying lean and ripped year round is eating protein with each meal and snack. Sounds simple enough but when I was in my Male PMS frustrated phase I was not eating enough proteins.

MY PROBLEM

I thought I was getting plenty of protein. You know, eggs for breakfast, whey protein shake after training session and chicken breast for dinner. If you are anything like I was you can probably relate. The thing is though, it was not enough.

THE SOLUTION

Once I changed to eating protein with every meal and snack the results were incredible.

Muscles became harder and feeding them to grow burn more fat. The simple answer is to try and eat some protein with every meal of the day (including snacks).

For those of you that like numbers, aim to eat 1.4 – 2 grams of protein per kilogram of body weight (or roughly 0.6 – 0.9 grams per pound of bodyweight). For an 80 kg person, this would mean trying to eat around 112 – 160 grams per day.

PROVEN SCIENCE

Proteins are primarily used as our body's— building blocks. Protein is needed for muscle growth and repair. Basically, proteins are made up of long chains of amino acids. There are 22 different types of amino acids and the body needs all of them to function properly.

Amino acids provide the raw material for building proteins in the body. However, unlike carbohydrates and fats, amino acids are not stored in the body, therefore, requiring you to constantly replenish their supply in order to make new protein.

Proteins (along with resistance exercise) actually help your body change shape by adding muscle and increasing your metabolism. Remember, the point isn't just to lose weight. The point is to lose fat, and increase muscle.

Protein helps the body to build and maintain muscle mass, but what keeps me lean and muscular the most is the thermic effect of protein.

THERMIC EFFECT OF FEEDING

The amount of energy your body expends to chew, swallow and digest food is called Thermic Effect of Feeding. High protein foods and nutrient timing can maximize your TEF.

It takes more energy for your body to digest and use proteins than it does for simpler foods like sugars. In fact, the thermic effect of protein is the highest of all foods.

After eating protein, your metabolic rate will increase by approximately 30 percent. In other words, if you eat 100 calories of protein, 30 of those will be burned just digesting and using the protein. By comparison, the thermic effect of carbohydrates is typically around 10 percent, and fat is just 5 percent.

Protein has a high thermic effect of eating. This means your body uses more energy just to digest protein, so the more protein you eat, the more energy you burn (less food stored as fat). The body will actually expend a large number of calories just breaking that protein down, therefore increasing your total daily calorie burn.

CONCLUSION

High quality protein sources include fish, chicken, turkey, lean beef, eggs (and egg whites), Greek yogurt, cottage cheese, protein supplements (eg. whey protein powder).

The key notes from Secret Number One deals with nutrition, specifically ensuring that you are eating protein with each meal and snack as it will help you build more muscle, stay fuller longer, and even burn more fat because protein is more thermogenic - metabolic (TEF).

SECRET NUMBER **TWO**

STARCHY CARBS COME ONE TO TWO HOURS AFTER YOUR METABOLIC TRAINING SESSION.



You'll be able to take total control of your metabolism and maximize fat loss if you consume your carbs from starches and fruits in your post workout anabolic window of opportunity. Carbs from FRUIT are also good when you first wake in the morning. Simply stated, one to two hours after a high intensity, metabolic training session is the best time for your carbs or fruit carbs to start your day. Also remember the formula of MINIMUM two carbs to one protein after these training sessions.

MY PROBLEM

One of the most common things you'll hear in the fitness industry is that carbs make your fat.

Well, it's true - they CAN. I used to eat a lot of carbs throughout my day, (especially starchy ones like pasta) which contributed significantly to my Male PMS. I was eating my carbs at the wrong times and my stomach was more like a Buddha Belly than the lean, ripped washboard abs I so badly desired. Talk about frustrating!

But through a ton of research, I discovered that all you can eat all your favorite carbs, so long as you do it at the RIGHT times. If you practice this, you'll NEVER store them as fat.

THE SOLUTION

A good time to consume healthy, non-processed carbs like fruits is first thing in the morning or upon waking up. Why? Well, because your glycogen levels are depleted and carbs replenish the



lower glycogen stores. Also your metabolic rate is the highest in the morning and your body will use these carbs as energy. Finally because your insulin levels are higher in the morning your body will utilize them better.

For all other carbs, consume them one to two hours after your metabolic training session. I eat my starchy carbohydrates post workout. My post workout shake is AT LEAST 2:1 carbohydrates to protein, sometimes more. My post workout meal one to two hours after I train also contains starchy carbs.

Whether your goal is fat loss, strength, performance, energy, improved health, etc., it's critical for you to understand the process of carbohydrate ingestion and processing. Read the Proven Science section for further explanation behind this fact.

PROVEN SCIENCE

After a metabolic training session your body has depleted its glycogen stores. These stores need replenishing so your body doesn't hold fat as energy storage for later. Your body will use the carbs **IMMEDIATELY** for energy which will prevent it from dipping into your muscles for energy.

There have been multiple clinical studies by top universities proving this including: the University of Texas, Penn State College of Medicine, Colorado State University and California State University. All of these universities have proven that the most important 60 minutes of the day to make your body burn the most fat and calories than it otherwise would is within the first hour after finishing your workout!

They all concur that within this "Golden Hour", you should consume a shake with a minimum 2 to 1 mixture of fast-absorbing carbohydrates, high-concentration proteins and certain other nutrients. 4:1 is optimal if you are performing an extremely high metabolic workout, however 2:1 or 3:1 is acceptable. If your body does not get the nutrients it needs right after your workout, you are flushing a lot of your exercise efforts down the drain. In addition to this, without this practice you will weaken your fat-burning metabolism, lose muscle, suffer more pain, have more fatigue and your performance will suffer the next time you workout. WOW!

After the workout your body is in the state of catabolism and starving for the carbohydrates and protein that it needs to recover and repair. This meal will start the recovery process quicker and keeps your fat burning metabolism going. During this state your muscles will absorb nutrients much like a sponge would water since your glycogen stores are drastically diminished. The carbs will be used by your body to restore the glycogen. Imagine you didn't have the post workout carbs; what would your body do? It will look within to find energy and breakdown muscle tissue instead. Not a good thing.....so remember that post workout shake (with a minimal 2:1 carbs to protein ratio).



If you prefer not to have a shake you can have a snack that will accomplish similar results, but remember the 2:1 carb to protein ratio. As for carbohydrate choices, try white bagels, rice cakes, juice, white pasta or rice, white spuds, or a carb-rich sports drink to get more bang from your workouts. Remember to include a protein with your snack.

Jim White is a Registered Dietician and a spokesman for the American Dietetic Association. He also is the owner of Jim White Fitness & Nutrition Studios in Virginia Beach, Va., (jimwhitefit.com). "Aim for 0.3 to 0.6 grams of fast-acting carbs per pound of bodyweight within the first hour after working out", White advises. "Hardgainers or those engaging in high-volume, exhaustive exercise on a regular basis should aim for the upper end of this range." But remember, you need to include protein in this snack. So if you are going with 0.6 grams of carbs per pound be sure to include 0.2 to 0.3 grams of protein as well. Eating anymore protein than what's recommended will have a negative impact because it slows rehydration and glycogen replenishment.



One study found that athletes who refueled with carbohydrate and protein had 100 percent greater muscle glycogen stores than those who only ate carbohydrate. Insulin was also highest in those who consumed a carbohydrate and protein drink.

CONCLUSION

Bottom line, if you are looking for the best way to refuel your body after a metabolic training session then make sure you eat your starchy carbs after (at least 2:1 or 3:1 ratio of carbohydrate to protein). Eat within one to two hours after your training session for optimal fat loss, lean muscle development and overall performance.

SECRET NUMBER **THREE**

TRIGGER THE “AFTER-BURN EFFECT” WITH METABOLIC HIIT CIRCUITS.



The use of metabolic HIIT circuits to trigger the after burn effect will help you burn fat for up to **36 hours after you're finished**. WOW! For real?

MY PROBLEM

I used to be like 95% of the people that hit the gym these days for their cardio sessions and spend 60 long, boring minutes on the treadmill or stationary bike. My goal was to use slow long bouts of cardio to help burn fat. The only problem was, I was not burning a lot of fat at all. Long slow sessions of cardio will burn calories during the session, but after you are done, your body stops and metabolism slows right down.

THE SOLUTION

The short definition of metabolic training is completing compound exercises with little rest in between exercises in an effort to maximize calorie burn and increase metabolic rate during and after the workout.

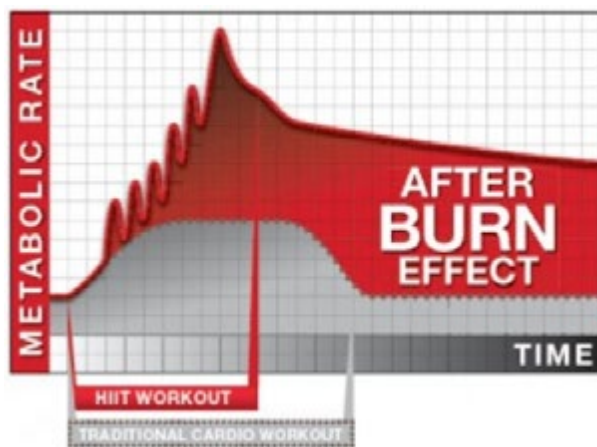
By compound I mean the exercises that target multiple joints and muscles. Traditional weight training routines use isolated exercises and split body parts which will not accomplish what you need. Get started with the METABOLIC circuit workouts if you want to raise your metabolism, burn fat, get ripped and develop lean dense muscle.

PROVEN SCIENCE

So why do metabolic workouts burn more fat than cardio at the gym?

After a metabolic workout, your body's metabolism is very high. Take a look at this diagram that illustrates EPOC which stands for Excess Post Exercise Oxygen Consumption.

Basically because you are resting at this time your body is tapping into the fat stores for energy through oxygen. Oxygen burns fat.



Your body takes a lot longer to recovery after metabolic workouts; therefore your body is burning fat for a longer period of time. Science shows that your body can burn fat up to 36 after a HIIT workout (metabolic or Spartan) - THAT'S GREAT!

On the flip side, after a long and boring 45-60 minutes on the elliptical or exercise machine at the gym, because you are not exercising at high intensity (per se) your EPOC or post workout metabolism is not that high nor does it last very long. - Uhhmmm, that's NOT so great.

CONCLUSION

Now that you have some sense of how powerful Metabolic Workouts can be, get out of the traditional weight training and cardio sessions that have been stunting your progress and start using Spartan/Spartacus workouts 4 days a week and get burning that fat while building lean muscle.

The bottom line, raising your metabolism allows you to burn more calories and more fat throughout the day. Get going on those HIIT Circuit workouts! You'll be in the best shape of your life.

SECRET NUMBER **FOUR**

METABOLIC RESISTANCE WORKOUTS TO INCREASE HGH FOR MUSCLE GROWTH.



Metabolic Resistance Workout will increase HGH which is a critical component in muscle growth. Human Growth Hormone is a peptide hormone that stimulates growth, cell reproduction and regeneration.

MY PROBLEM

For most of my life I used traditional weight training methods, splitting my workouts into different body parts and used isolation exercises. You know the drills, chest and back one day, triceps and another day, legs shoulders and abs the next day then repeat the cycle. I would perform these isolated weight lifting exercises for over an hour per session.

Although I was getting bigger (up to 215 lbs) and stronger, I didn't have nice lean muscles, just puffy ones. And those washboard abs, I just couldn't get those lean ripped abs no matter how hard I tried.

If this routine sounds familiar, don't feel bad. Nearly all men are still doing some variation of a split body workout routine trying to target specific muscle groups using isolation exercises. However, unless you're planning to spend hours in the gym every day and pump your body full of artificial supplements (which I strongly discourage, by the way), this strategy is ineffective and will get you mediocre results at best.

THE SOLUTION

Metabolic Resistance Workouts are a combination of compound exercises with resistance. These

workouts will improve your power and your HGH production will be explosive. This is imperative for muscle growth and fat loss.

As in secret formula #3 you have to change your workouts to more metabolic training, but you don't have to give up the weights.

To refresh your memory, metabolic training is high intensity anaerobic exercise that makes you breathless. If you are completing a metabolic workout and you are not breathing hard and sweating, you are not performing the exercises properly.

During metabolic resistance workouts, you should ideally be lifting heavier weights (as heavy as you can) or performing as many reps as possible in the interval with very few rests in between. Implementing these workouts into your overall training regime will help you build hard, lean muscle and continue your fat burning process.

PROVEN SCIENCE

Power or work capacity is the ability to perform an amount of work in a specified amount of time. The more work you can do in a shorter amount of time, the more power you will produce and power is a key element to achieving a lean, fit body. The more power you produce the more you trigger the natural release of Human Growth Hormone (HGH).

HGH activates fat metabolism for energy used in muscle growth, which means you lose fat while gaining dense muscle. HGH also enhanced protein synthesis in your muscles, making them stronger and larger (not to worry ladies you will NEVER BULK UP, unless you plan on using STEROIDS).

If you want to maximize your results, you've have to workout in a way that boosts your level of HGH production naturally—making the muscle building process faster and more efficient. The most effective way for you to increase HGH production is to workout using full-body exercises, NOT isolated exercises (examples of isolated exercises would be things like bicep curls, calf raises, hamstring curls, etc.). Why? Simply because full-body exercises demand the use of more muscles simultaneously. This places significant metabolic stress on the body, which responds by producing more HGH. Isolation exercises on the other hand simply don't recruit enough muscle fibres to stimulate any significant HGH or even testosterone production. According to the NSCA shorter rest periods lasting 60 - 30 - 15 seconds or less resulted in the greatest growth hormone response.

In 1994, Research Tabata performed and study and discovered that only 4 minutes of a 20-10 interval protocol provided greater fat loss and conditioning (both aerobic and anaerobic) than 60 minutes of steady cardio.

The short and incomplete rest period produce and sustain high levels of HGH allowing you to burn more fat while at rest.

When I was training sometimes my rest periods were 3-5 minutes in between sets. This was mostly due to me chatting, watching the TV or not keeping track of time. Wow, was I ever off track!

In a recent study at the University of Alabama, researchers had two groups of men perform two different strength training programs with the same total training volume (sets and reps) for each muscle group. One group split the workout across three total body workouts while the other group trained each muscle group separately, one time per week for each.

Results: the researchers discovered that the total body workout group gained five additional pounds of lean muscle mass compared to their body part-training counterparts. This again proves that splitting my workouts into isolated body parts was not allowing me to maximize my muscle gains.

These examples, my own real-life results in addition to the amazing results thousands are getting from using my workouts, Metabolic Resistance workouts reigns supreme if you want to burn fat while building lean muscle.

CONCLUSION

The switch from traditional isolated muscle group workouts to my metabolic resistance workouts made an immediate impact on amplifying my HGH production. This enhanced my overall strength, increased my lean dense muscle which boosted my fat burn allowing me to get ripped beyond belief. Research and real world results continue to deliver evidence of its efficacy, so now it's time you give it a go.

Funk's Recommended Weekly Training Split Breakdown:

- 80% Full Body Metabolic Workouts (includes Bodyweight, Resistance and HIIT Cardio)
- 10% Upper/Lower Body Split
- 10% Targeted Body Zone Training - arms, abs, legs butt, shoulders, cardio using Finishers Workouts

SECRET NUMBER **FIVE**

SLEEP AND REST IS CRITICAL FOR TESTOSTERONE INCREASE. EVEN YOU NEED TESTOSTERONE LADIES....BUT DON'T FLIP OUT!

READ ON FOR MORE DETAILS.



Testosterone is a vital hormone found in most vertebrates, both male and female. Testosterone is responsible for many functions within the human body and given that the levels in males are generally 7 to 8 times higher than in females, the effects are proportionately more pronounced.

MY PROBLEM

I was a nocturnal creature and habitually did not get a lot of sleep. Couple my night owl tendencies with staying out many nights you are destined to have poor sleep patterns. The challenge is that as we age we produce less testosterone so we have to find natural ways to help raise our levels.

THE SOLUTION

Do you have any ideas on how best to increase testosterone levels? You know I'm not a drug user so injections are not part of this equation (save and except those that may require hormone replacement therapy for medical reasons as prescribed by a registered physician). The coolest thing is that this method doesn't require a huge amount of effort or expense. It's really simple. All you need to do is sleep, sleep, sleep. Assuming you have good quality sleep for an appropriate duration (preferably eight hours in a 24 hour cycle), your body will ramp up

testosterone production. Your testosterone levels are at a daily peak at about 8 a.m. and then decreases to a daily low at about 8 p.m. This is based on a normal circadian rhythm; those that work night shift would be opposite.

If you are not getting enough sleep the body is not recuperating well, which causes less testosterone and more corticosteroids to be released.

Corticosteroids (like cortisol for example) are in fact catabolic hormones meaning they use up muscle tissue to provide the brain and the heart with energy. Sleep has a tremendous impact on testosterone levels. If you have poor quality sleep or not enough, your testosterone levels can plummet down by 40%!

Make sure to get a quality mattress that fits your comfort level, keep your room a little cooler than average, try to ensure it's dark (emulating night time, especially if you work shift work) and use the bathroom before going to bed to avoid disruption in sleep. Focus on getting 8-9 hours of sleep per night for optimal rest and recuperation.

PROVEN SCIENCE

As we get older our body produces less testosterone however we need it to build muscle, melt fat and sustain bone mass (Osteoporosis ladies! This is another important reason you need testosterone too!).

The more testosterone you have available in your body, the greater your lean muscle building potential. And since muscle is metabolically active (meaning it burns calories just by existing), the more muscle you have, the more calories you burn automatically. Pretty good huh.

Lucky for us there has been many scientific studies conducted proving the association of testosterone levels and sleep. Cutting back on sleep drastically reduces a healthy young man's testosterone levels, according to a study published in the June 1 issue of the Journal of the American Medical Association (JAMA).

According to the article:

"Sleep Loss Dramatically Lowers Testosterone in Healthy Young Men" by Eve Van Cauter, PhD, professor in medicine and director of the study, men who slept less than five hours in a 24 hour cycle for a controlled period of one week in a laboratory had significantly lower levels of testosterone than when they had a full night's sleep. Low testosterone has several negative consequences for young men from sexual activity and reproduction to personality and behaviour. Additionally, it's critical in building strength, muscle mass and bone density.

As mentioned earlier cortisol is a catabolic stress hormone that increases abdominal fat storage and stimulates the breakdown of muscle tissue for use as energy. We definitely don't want our muscle tissue used for energy. Use our fat and those carbs we ingest one to two hours after our

metabolic workouts! Testosterone lowers your body's level of cortisol and helps to build your muscles....a double bonus!

As a side note, insulin is also a key hormone that is affected by sleep. Insulin reduces your body's uptake of important nutrients into your cells. If you don't sleep enough your body becomes more insulin resistant meaning your body will produce even MORE insulin than it needs since it thinks it's not producing enough to get those nutrients to your cells. So what happens in this case? Your body will start to store fat so it has it for later since it's not getting what it needs when it needs it. This leads to problems such as heart disease and diabetes which comes with a whole host of potential health risks.

During fragmented sleep, nocturnal testosterone rise was observed only in subjects who showed REM episodes (exit from REM sleep is the definition of a REM episode). The findings indicated that the sleep-related rise in serum testosterone levels is linked with the appearance of first REM sleep. In order to understand REM sleep I would have to produce a separate document with all the studies that have been completed.

Besides Wikipedia, you can read any of these publications to learn more about the connection between testosterone levels and REM sleep.

- **Disruption of the Nocturnal Testosterone Rhythm by Sleep Fragmentation in Normal Men**

(Rafael Luboshitzky, Ziva Zabari, Zilla Shen-Orr, Paula Herer and Peretz Lavie: The Journal of Clinical Endocrinology & Metabolism.)

- **Relationship Between Rapid Eye Movement Sleep and Testosterone Secretion in Normal Men**

(Rafael Luboshitzky Professor^{1,*}, Paula Herer, Michal Levi, Zila Shen-Orr, Peretz Lavie: Journal of Andrology)

Many studies had similarly concluded that in young adult men, testosterone levels begin to rise on falling asleep, peak at about the time of first REM, and remain at the same levels until awakening.

CONCLUSION

You see, what most people don't tell you is that fat burning and muscle building has everything to do with your hormones; particularly your testosterone. Let me simplify. The process of building muscle occurs when you breakdown your muscle fibres by putting stress on them (like when you lift weights). In an attempt to self-repair, these fibres are reinforced and restructured making your muscles stronger and bigger. The entire repair process hinges on the bio-availability of...you guessed it...testosterone.

SECRET NUMBER **SIX**

WATER. NEED I SAY MORE?



Seriously, this can't be the first time you've heard that one of the most important components for fat loss is water consumption. Has it been thoroughly explained to you WHY it's so critical? Hopefully this secret will help you understand the reasons that water is so important not only for fat loss, but for your overall health.

MY PROBLEM

When I was 215 lbs. I drank a lot of sports drinks, energy drinks and went to a lot of weekend parties with alcohol. I noticed that I just couldn't lose the fat, especially around the belly.

THE SOLUTION

Then I changed completely and drank water and eliminated everything else during my transformation. I have scrapped all other beverages like pop, soda, juices, sport drinks, energy drinks, alcohol etc. I have basically eliminated the sugar intake and as a result, the excess calories. I still enjoy the occasional coffee or tea (not included as water consumption) and of course I also drink breakfast and post workout shakes so it's not as difficult (or extreme) as it may sound.

PROVEN SCIENCE

While not everyone agrees or is thrilled about its flavour (or lack thereof), water remains essential for life. Approximately 62% of your body weight is water and water composes roughly 80% of your blood and 90% of your brain! YOUR BRAIN...YOUR ENGINE....Let's examine an automobile for a moment. Let's pretend your body is an automobile (whether you are built like a Ferrari, a classic Bentley or a somewhat used VW Beetle), they all have an engine, or a BRAIN if you will. In order to function, gasoline must flow through the engine and combust to create motion. No gas, no motion-- USELESS chunk of metal. Same for the human body; no water, no motion. Of course this is somewhat oversimplified, but it illustrates the necessity of water for us mere mortals. Because of its nutritional content and its direct availability into your bloodstream, water can significantly boost health while increasing weight loss.

People who make excuses for their inability to maintain a healthy weight can often be heard saying that they “retain water” so drinking it is not great for them. In fact, it is the consumption of soft drinks, fruit juices and sports drinks, high in sodium that helps to retain this fluid. Sodium, found in salty foods and preservatives also triggers cells to retain excess liquid for use in bodily functions. Water helps to flush additional sodium from the kidneys, lowering the amount of fluid in the body and leading to weight loss.

Read how drinking water further assists with:

- Reduction of sugar intake
- Waste removal
- Speeding up metabolism
- Exercise performance

In a WebMD article by Kathleen M. Zelman, MPH, RD, LD which was reviewed by Louise Chang, MD called, “6 Reasons to Drink Water”, she indicates that the 8 glass minimum per day is not scientifically proven but rather a guideline. OF COURSE!

We aren’t all built the same and we have different environmental factors, ages and activity levels that impact this “guideline”. She states, “When your water intake does not equal your output, you can become dehydrated. Fluid losses are accentuated in warmer climates, during strenuous exercise, in high altitudes, and in older adults, whose sense of thirst may not be as sharp.” Do you live in a fluctuating climate, i.e. four seasons like we do in Canada and travel some place warm during your colder winter months?

Did you ever notice that you just can’t seem to get enough water when you are in that heat? Case in point; the environmental factor is different for different people. Here are 6 good reasons to drink water according to Kathleen M. Zelman MPH, RD, LD:

- Drinking Water Helps Maintain the Balance of Body Fluids
- Water Can Help Control Calories
- Water Helps Energize Muscles
- Water Helps Keep Skin Looking Good
- Water Helps Your Kidneys
- Water Helps Maintain Normal Bowel Function

She supplies justification for each of these reasons. This is an excellent article and I encourage you to read it thoroughly.

Go to: <http://www.webmd.com/diet/features/6-reasons-to-drink-water>

CONCLUSION

Just like we started....WATER! Need I say more?

SECRET NUMBER **SEVEN**

SAVE THE BEST FOR LAST...CONSISTENCY.



One of the most effective ways to continually burn fat and build lean muscle is to be consistent and follow through. You can have the best program on the planet (which of course is the selection of Funk Roberts Spartacus Programs), you can have a sure fire nutrition plan (like our Fit to Eat Nutrition Plan) and you can have a gut wrenching determination but if you are not consistent, your results will always be sub-par at best. In fact it is so important that I will tell you right now without reservation that your success will depend almost completely on how consistent you are.

MY PROBLEM

Even I was very guilty of inconsistency. Just going to the gym five or six days a week is not enough. I was not at all consistent with my nutrition so I was continually sabotaging my own fitness results. I would eat clean for a couple of weeks determined to lose the fat and weight only to find myself eating junk a couple weeks later because I was frustrated that I was not seeing results fast enough.

THE SOLUTION

Staying consistent is the only way to reap the rewards of your hard work. Results in weight loss don't come in the blink of an eye, they take time but they do come. Did you put the excess weight on in two weeks? Of course you didn't! What makes you think you can take it off in two weeks? Most people give up after a couple of weeks because they are impatient and expect too much too soon. **STAY THE COURSE!!!** Once you get past the first two months you will begin to see significant results, and after that the results will come quicker and quicker. The longest wait is in the beginning but don't give up. Maintain your consistent drive to succeed and **FOLLOW THE PROGRAM** every step of the way...the workouts, the rests, the nutrition, the water consumption, etc. It's all laid out for you, you just have to commit and follow it without exception. Wait until you see what you look like six months from now!

PROVEN SCIENCE

The perception of the general public is that no one ever succeeds at long-term weight loss which stems from a 1959 study of 100 obese individuals performed by Stunkard and McLaren-Hume. The study concluded that two years after treatment completed, only 2% of the subjects (that's only 2 out of 100) maintained a weight loss of 9.1 kg (20 lbs.) or more. More recently, a New England Journal of Medicine editorial (Losing Weight: An Ill-Fated New Year's Resolution) had the same pessimistic message. Yikes!

So the American Journal of Clinical Nutrition took it upon themselves to review the data. The purpose of this paper is to review the data on the prevalence of successful weight loss maintenance and then present some of the major findings from the National Weight Control Registry (NWCR), a database of more than 4000 individuals who have indeed been successful at long-term weight loss maintenance. Their findings were interesting and their conclusions were consistent with the messages that have been delivered throughout this eBook. To read the entire study including the data, please go here:

<http://ajcn.nutrition.org/content/82/1/222S.full>

Findings from the National Weight Control Registry suggest six key strategies for long-term success at weight loss (based on 4000 obese individuals):

- engaging in high levels of physical activity
- eating a diet that is low in calories and fat
- eating breakfast
- self-monitoring weight on a regular basis
- maintaining a consistent eating pattern
- catching "slips" before they turn into larger regains

You may not be obese so "low calorie" would not apply but everything else screams success. Additional studies are needed to determine the factors responsible for registry participants' ability to adhere to these strategies for a long period of time in the context of a "toxic" environment that strongly encourages passive overeating and sedentary lifestyles. It all centres on **CONSISTENCY!**

CONCLUSION

I love using the example of two guys and their nutritional choices. One of these guys is on the most powerful diet in the world. The second is using some basic healthy eating tips he found online.

The first guy only follows his **POWERFUL** diet about three days per week whereas the second guy **CONSISTENTLY** follows his basic diet principles every single day. Who do you think will

achieve the best results? You guessed it, that second guy. How do I know? I know because that second guy was me!

When I did my body transformation I did not have a book like this. I just followed some basic healthy principles and it worked very well for me, hence why I'm sharing these researched, tried, tested and true principles with you.

So, if you want results fast, be consistent. You don't have to do anything amazing, you just need to do the basics right, every single day. Don't look so far ahead, just go at the pace that life dictates, one day at a time. Setting these reasonable goals will increase your chance of success.


- Today, here are my **activities**
- Today, here is my **nutrition plan**
- Today, I am going to **succeed!**

Be consistent with your workout program and your nutrition plan and your body will respond. Be patient too. You will achieve that body you always wanted! I hope it is going well and remember, I am here for you so if you need a to ask a question or just want some help, pop into the website and go to the support tab and ask away!

HOW TO REACH FUNK ROBERTS



SOCIAL MEDIA

-  Funk Roberts Fitness Blog : <http://www.funkrobertsfitness.com>
-  MMA Strength & Conditioning Workouts : <http://www.funkmma.com>
-  YouTube : <http://www.youtube.com/user/marcoops?feature=mhee>
-  Facebook : <https://www.facebook.com/funkrobertsfitness>
-  Twitter : @FunkMMA

OTHER PROGRAMS

Funk Roberts Spartan Training System 10 Week Program: <http://www.10weekfatloss.com>



Funk Flex Elite Strength and Conditioning for Combat Athletes: <http://www.funkflexmma workouts.com>



Funk Flex Heavy Bag Conditioning Program: <http://www.funkflexheavybag.com>



Funk 6-Week Jump Training Program: <http://www.funkjumpraining.com>

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