

*The Secrets of Martial Arts Masters &
Ancient Chinese Medicine - A 6 Week
Solution to SQUEEZE out the Fat!*

Slim in Seconds

Slim Down in 7 Days!

By

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Disclaimer - Paul J.O'Brien, Boru Fitness or Isometric-Training.com do not take responsibility for any injury or accidents that may occur following this program. Participation in this fitness program or those performing the exercises described herein do so at their own risk. The Exercises described in this guide are to be done only under the supervision of a qualified trainer. Seek permission from your doctor prior to taking up any form of exercise.

Welcome to Slim Down in 7 Days

Slim Down in 7 Days is a simple 7 Day Quick Start Guide to accelerate your progress on my Slim in Seconds program.

Slim in Seconds is a weight loss and body re-composition program like no other. That's not marketing hype...there literally is no other program like this in the world and you're welcome to check. Go ahead...I'll wait...

And to help you create a fair comparison I'm going to tell you WHY this program is so unique...

The Slim in Seconds program works by targeting weight loss using 4 unique and highly effective methods:

Slimming Key No.1

The Secrets of the Martial Arts Masters and Cutting Edge Western Training Methodology

I'll teach you all about a method of exercise called Isometrics in detail in the program, but let me give you a brief preview.

- Isometrics **require NO MOVEMENT.**
- They **take less than 7-12 SECONDS** to perform and they are one of the KEY secrets of the incredible legendary strength of the martial art masters.

These ancient strength training and muscle building methods have created legendary warriors.

Several studies, including one by *Dr. Wayne Westcott* show that there is a fairly sizeable increase in calories used by the muscle to maintain and grow them when exposed to highly intense forms of muscular effort. And, the single most intense form of muscular effort is...that's right - Isometrics!

In other words, the exercise I teach in [Slim in Seconds](#) increase protein turnover in the muscle mass, and thus the metabolic cost and energy demand of the muscles can hit as high as 50 kcals per pound of muscle per day.

Let me put that in context.

Let's say you are an average guy, with 140lbs of muscle and with 30lbs of fat on that too, for a total weight of 170lbs.

Let's say you follow the [Slim in Seconds](#) workout and use a LOT of your body's available muscle, say 120lbs of it.

If you REALLY push yourself hard (and these techniques will make you), you could be looking at a top end of 6,000 kcal burnt in 24hrs. That's equivalent energy of 1.7lbs of fat. (each lbs of fat roughly equals 3,500 kcals).

Here's a real world example.

I weighed 190lbs at the start of my own Slim in Seconds experiment. 165lbs of lean muscle. I used close to all of that (including my cardiac muscles during the interval training sections;-D), but for argument sake let's say 140lbs. I pushed myself to the absolute maximum level possible so roughly increased the calorie consumption of my muscles to about 40 kcal per pound, per day.

That's a 7,000 kcal demand of my body in 24 hours.

I did 4 of these workouts during the week. - resulting in a total calorie demand of 28,000 kcals.

Ultimately in just 7 days I lost 17lbs of fat...and yes there's video to prove it. You can watch my results video here - [Slim in Seconds Results Video](#)

That's the power of Isometric Training for Weight Loss. ;-)

In this quick start guide I'm going to give you the 2 most powerful exercises...you'll do these daily for 7 days.

Slimming Key No.2

The Slimming Secrets of Ancient Chinese Medicine



See...I told you this program was unique...

As you've seen briefly the physical exercises I teach can produce staggering calorie usage in a matter of minutes.....but as promised this program goes FAR BEYOND anything else out there....

Let me show you how to heal your body and rebuild your natural fat burning furnace from the inside out.... with

The Secrets of Ancient Chinese Medical Knowledge

Outside of being an expert on Western physical training methods, I

am also a consultant of **Kinesiology, Tuina** (traditional Chinese Physical Therapy) and one of the foremost experts here in Ireland in **Traditional Chinese Medicine** including **Acupuncture** and **Chinese Herbal Medicine**.

I specialise in a number of areas; reproductive health and fertility issues to chronic neurological disorders such as Multiple Sclerosis. **I also specialize in the treatment of obesity and excess body fat** - something that Traditional Chinese Medicine has long recognized as **a disease state** within the body.

In this quick start guide I'm going to teach just one habit from the entire volume on Chinese Medicine - It's a recipe for a simple soup that I want you to have for lunch each day for 7 days.

Slimming Key No.3

The Slimming Secrets of Nutrition Revealed

So far I've briefly introduced you to 2 key factors in rapid, lasting weight loss; super easy, fast, efficient exercises and ancient Chinese medicine to accelerate your metabolism. But if you really want to [Slim in Seconds](#) we need to be honest and address our nutrition.

I do a huge amount of work with my patients from a nutritional background, combining the latest scientific research and understanding of food to balance out the nutrients, chemicals, minerals, proteins, sugars, fats, vitamins and more of our food to fully support a person's health, be it for growth, weight loss or both from a Western Medical point of view.

And in my [Slim in Seconds](#) program I teach you some simple life hacks that will instantly sort out your nutrition for good. You'll never need to count another calorie so long as you live, and better still will still be able to eat all the foods you enjoy.

To highlight the simple solutions I'll teach I've selected one of the most effective principles I teach with food to get you quickly started building a leaner, slimmer, sexy version of you.

So...that's the plan -

For 7 days you'll;

- Do 2 exercises each day...
- Enjoy my special body fat blasting soup...and
- Apply this Secret of Slim People Eating Habit.

Let's get started!!!! :-D

Exercise 1

- Free Standing Iso Squat-

This exercise is based on *Kiba Dachi* – or the Horse Stance from *Shotokan Karate*. I've spent a long time simply sitting in Kiba Dachi, every muscle straining and quivering, the sweat pouring down my face until, BOOM, a perfectly placed side kick is launched. A favourite test my old sensei used to put me through. ;-)

Set Up for Success

1. Get a sturdy box or step, that comes to roughly the height of your knees.
2. Sit on the **very edge** of a box or step.
3. Feet are shoulder width apart, angled at approx 45 degrees or less and stacked under (or just behind) your knees).
4. This is the **FIRST** and **ONLY** time you'll actually sit on the box.
5. Select a light weight for counterbalance (a dumbbell, kettlebell or even a 2 ltr bottle of water will do). We aren't using the weight as resistance, just to help you balance until you develop free standing strength.
6. Sit as far forward as you can on the box without falling off.
7. Now, without adjusting your feet, stand up.
8. This is the starting position.

Technique

1. Sit back toward the box, beginning by moving your butt backwards (hinging from the hips).
2. From the midway point, slowly push the weight away from your body as a counterbalance.
3. Use this to maintain a neutral spine.
4. Make **extremely light contact** with the box (without resting your weight on it).
5. From here, dig in your heels, powerfully contract your quads, hams and squeeze your glutes as hard as you can while breathing out in a "SSSS" sound for 7-12 seconds.
6. Slowly relax and stand up, keeping spine in neutral
7. Breathe in gently for 3-4 seconds.
8. Repeat 15 times.

Additional Tips

- This builds rock solid legs like nothing else. Strong, enormously powerful and they look and feel as if they were carved from marble
- The box serves only as a marker of depth and hip movement. If you are falling backwards – even an inch – raise the height of the box.
- Drive your chest forward – particularly during the last few inches toward the bottom. If you're rounding your lower back– even a little – raise the height of the box.
- Your weight should remain in your heels throughout the movement.

- Squeeze your shoulder blades together throughout the movement.



The Isometric Squat Set-up
(Note the angle of the shin)



The Free Standing Isometric Squat
(Note the depth of 90 degrees)

Exercise 2

- The Plank -

An old time favourite of yoga practitioners, this is an incredible isometric exercise for developing not just tight abs and a good back but staggering whole body strength.

Set Up for Success

1. Get a nice solid floor.

Technique

1. Lie face down on the floor
2. Create a triangular base with the hands at the centre point, palm down index finger and thumbs touching in a triangle.
3. Place this triangle directly beneath your face
4. From this position your elbows should extend from the hands roughly 45 degree down and create a stable base directly beneath the shoulders.
5. From here we are going to elevate the abdomen and bring the spine into a neutral position. If in doubt go slightly higher. Whatever you do DO NOT SAG.
6. Once in this position breathe in 3-4 seconds, breath out 7-12 seconds, squeezing the muscle of the body.
7. Breathe in 3-4 seconds, breath out 7-12 while squeezing.
8. Repeat this process for 45 seconds.
9. When you're done, bring you knees in, and come up. That's the plank.



Additional Tips

- Excellent, so now we're going to move on to one of our core stretching exercises in the lower body series. And this is an old favourite of many, and it is known as "the plank". This is a tough, isometric exercise, folks, very, very tough. And it's going to be a long hold.
- The reason why we increase the length of this hold is simply because the abdominal muscles have a different percentage and amount of fibres in it, as opposed to other muscles. So the abdominal muscles have many slow, endurance-based fibres. As such you need to hold the isometric contraction for a little bit longer. In this first one through, we're going to be holding for about 45 seconds.
- You can get a timer on your phone to do this, if you wish. I generally recommend that; that's a good idea.

**PERFORM BOTH OF THESE EXERCISES
EACH DAY FOR THE NEXT 7 DAYS**

My Special Body Fat Blasting Soup

- Chicken Soup for Your Spleen? -

One of the best ways to instantly reduce your waistline and start burning body fat, is with a delicious, highly nutritious, easy to make soup. It's packed with protein and a special secret ingredient proven to accelerate your metabolism and burn fat!

You've probably heard of chicken soup for the soul, so here the Traditional Chinese Medical equivalent – Chicken Soup with Chinese Herbs - a great recipe I want you to enjoy for lunch or your evening meal for the next days.

Chicken Soup With Chinese Herbs Recipe

Ingredients:

- 1 whole organic chicken, small-to medium-sized
- short-grain, sticky or Japanese sushi rice, enough to fill the chicken cavity
- 5 to 7 cloves of garlic, chopped
- 1/2 inch piece of ginger, chopped finely
- 1 bay leaf
- sea salt, to taste
- dark roasted sesame oil, to taste (garnish)
- green onion, sliced into fine threads (garnish)
- small Thai chili peppers, chopped very finely (garnish)
- 2 medium sticks of dried astragals root (omit if you can't find it)

How to Prepare:

1. Rinse the chicken thoroughly and trim any excess skin and fat.
2. Fill the entire chicken cavity with rice. Place the chicken inside a covered stockpot and fill the pot with water so that the waterline is approximately 2 inches above the top of the chicken.
3. Place the bay leaf and sea salt in the stockpot. Bring to a boil, then turn down to medium - low so that the water is boiling gently.
4. Add the astragals, ginger, and garlic and continue cooking for 2 hours or until the chicken and rice are well-cooked.

Serving:

To serve, cut a piece of chicken, palm sized and place it in a bowl with a small amount of the rice and a cup worth of the soup.

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Garnish with green onion threads, Thai chillies (extremely spicy! And really good for you if you have a muscle injury or cold/flu), and a few drops of dark sesame oil. Enjoy!

The Eating Secret of Slim People!

- How to Gain Weight As Quickly As Possible -

Did you know that you won't feel full, or satisfied, regardless of WHAT you eat for at least 20 minutes? It's true. It takes that long for the first signals of food hitting your stomach to get to your brain and trigger cessation response. Knowing this we can figure out 2 strategies pretty quickly.

1 - if you want to gain weight, eat as MUCH as you can possibly stuff into yourself in 20 minutes. Sure one that 20 minutes hit and those signals hit your brain you'll feel stuffed, bloated over feed and guilty, but damn you'll have packed away 2 days worth of calories! ;-)

2 - If you want to LOSE weight, take LONGER than 20 minutes to eat your food.

SLOW DOWN!!!!

Seriously.

This is one of **THE SECRETS OF SLIM PEOPLE!!!!** They do not, EVER wolf down their food. They eat it slowly. So slowly that we fat impatient people who are gorging themselves may even accuse such slim controlled people of "picking" at their food. Now I don't advocate that. I advocate eating nutritious delicious food, but I recommend savouring every bite, tasting every morsel and prolonging the meal for as long as you can.

So **for the first day of this program and the next 7 days** all I want you to do is slow down. Just eat a tad slower than you normally do at every meal.

In the [*Joy of Eating \(Phase 1, Chapter 3\)*](#) I teach you why we need to slow down and be mindful of our food - this is the Western Nutritional application of that SAME PRINCIPLE!

In Ireland we have a meal time habit...it's called **loading your fork**. Basically nearly every Irish guy eats like this. Shovel food in mouth - and BEFORE you even start chewing quickly, load the fork up with the next chunk of food you're going to eat! It's a race! See which happens first can you swallow your barley chewed food before your fork reaches your mouth with the next load! Who knows! Oh the excitement!!! And quick load up that fork again we might have another famine tomorrow. Honestly. That's how we think subconsciously. That's why we have such a problem with obesity in this country; Ingrained fear of food scarcity. So we pack food in mouths like squirrels.

But sadly this attitude is not confined to the Irish.

Day 1-7

So here's **my first tip on how to eat slowly**.

1. Put you knife and fork down between bites.

2. Then chew and finish swallow your food. Take a deep breath or 3. Chill out, relax, and check in with yourself. Did you enjoy that? What did it taste like? Any lingering flavours? Still hungry? Okay...have another bite.
3. And repeat.

Even if you're busy I want you to add in an extra 5-10 minutes today for each meal. Trust me this will be worth it and will in fact make you MORE productive.

I Can't Get No...Satisfaction

I want you to think back to the last meal you rushed and wolfed down. How did you feel after?

Likely you experienced a bit of reflux, some burping, belching, bloating and discomfort. Or else you won't even have felt you ate at all. You'll be unfulfilled.

I can pretty much guarantee that you didn't feel satisfied, nourished, energised, light and delighted. But there is a way you can feel that. Every time you eat, just eat slowly. It seems too simple, but it really works. Here's why.

When people guzzle and inhale their food they'll over eat. We know that from the 20 minute effect above. Yet even with more food, they don't feel satisfied. As a result 5 minutes or so later they're on a snack hunt. However when you do the opposite of this, eat slowly, **THOUGHTFULLY - MINDFULLY** (sounding familiar...Traditional Chinese Medical Wisdom ...*cough*...*cough*.....) a strange thing happens. You get a different result, one where you feel satiated, satisfied. You're no longer hungry. You don't need a snack to fill the gnawing hole of disappointment in your gut. You'll be calmer, happier, content...and you'll have eaten less.

From a Western Medical point of view this is born out in biochemical gastrointestinal fact.

You see the moment you see food your body begins the digestive process - it's really that efficient. With the sight and smell of delicious food you'll salivate...literally you'll start producing more saliva, a necessary digestive enzyme to break down your food. But more than that you'll start producing other enzymes and hormones to effectively break down your food...but your body **NEEDS TIME** to build up the necessary levels of these digestive chemicals.

It's a slow burn process. But it's one that works.

If you give yourself enough time for the body to produce it's digestive enzymes and hormones, and eat slowly allowing those chemicals to accurately break down your food and extract the nutrition it needs you will be rewarded...not only with great nutritional resources...but with a slim physique?

You will feel full and satisfied. Your body will tell you it has had enough, it's gotten what it needs, you can stop.

Pay attention to that signal - stop when you've had enough. Your body "knows" how much it needs. All you have to do is help it do its job by eating slowly and mindfully. Then let your body handle its business.

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For many of you this will take time and practice to rebalance and reconnect with your natural - "I'm done feeling. " But take these first 2 weeks to really practice that and get a feel for it. It slowly...pay attention.

Conclusion

So there you have it - the easiest and fastest way to Slim Down in 7 Days and get a head start on the Slim in Seconds program.

If you follow and apply even these short quick tips, a small fraction of my entire 145 page plus [Slim in Seconds](#) program you could drop 3-7 pounds of fat in just days. Try it and see for yourself - or better still don't waste time and get [the complete Slim in Seconds Program](#) now! :-D