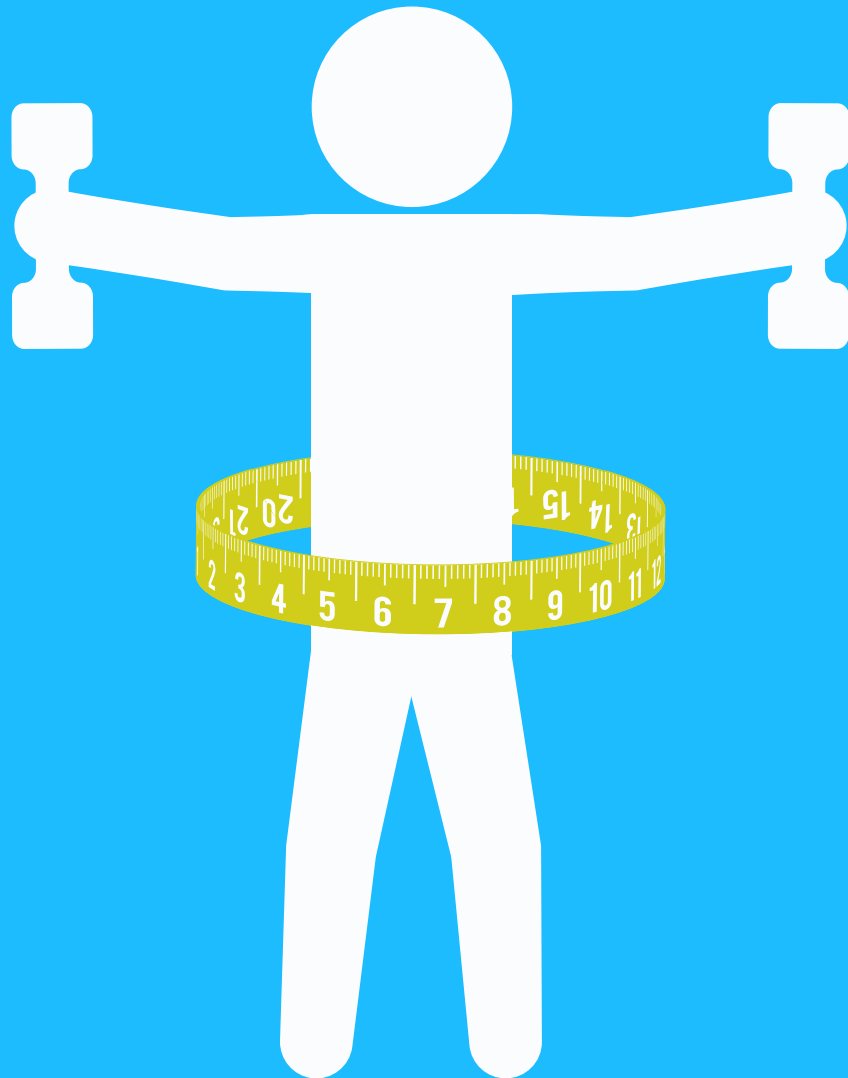


THE ULTIMATE
WEIGHT LOSS
TRAINING GUIDE



CREATED BY MATT CAMA

Disclaimer

This (Book) is written by Total Body Transformation Camp Ltd. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems.

If you are an individual with such problems, you should consult an Accredited Practising Dietitian or similar qualified health professional. The information provided in this Book is provided “as is” and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this Book as a substitute for qualified professional health advice, diagnosis or treatment. Each individual will have their own specific needs and the information contained in this Book is designed as a set of “generic guidelines” only. Total Body Transformation Camp makes no warranties or representations, express or implied, as to the currency, accuracy, completeness, reliability or suitability of the information contained or referenced in this Book. The information is subject to professional differences of opinion, human error in preparing this information and unique differences in individuals’ situations. Total Body Transformation Camp is not liable for any loss resulting from any action taken or reliance made by you on any of the information or material contained in the Book. If you use, or otherwise rely on, any of the information in the Book you are responsible for ensuring, by independent verification, its currency, accuracy, completeness, reliability and relevance to your own personal and individual circumstances. You should always obtain any appropriate professional health advice relevant to your particular circumstances.

Copyright and all other intellectual property rights in materials contained in the Book are owned by, or licensed to, Total Body Transformation Camp Ltd. No intellectual property rights or other rights in, and to, the information and materials in the Book are transferred to any person who acquires, or may use, the Book. Except as permitted under the Copyright Act 1968 (Cth), or any other applicable law in your location, you may not adapt, reproduce, publish or distribute copies of any materials contained in the Book (including, but not limited to text, logos, graphics, photographs, video clips, trademarks, garment graphics, sounds or images) in any form (including by e-mail or other electronic means).

INTRODUCTION

INTRODUCTION

You want to lose weight but probably don't know what is the most effective way to do it right?

If you're thinking it's going to be from walking, running, cardio machines at the gym and a ton of ab exercises then it's time to change your perspective.

Don't get me wrong, those type of exercises have its benefits, but if I was to show you how to lose 3 times more body fat in half the time, would you be interested?

The way to do it is from doing HIIT training.

"What is HIIT training and how do I do it?" I hear you asking...

Let me break it down for you in a simple way...

HOW TO LOSE 3 TIMES MORE FAT

High-intensity interval training, also known as 'HIIT' is when you alternate between intense bursts of exercise and fixed periods of less-intense exercise or even complete rest.

For example, running for 30 seconds and then walking for a minute and repeating that process for a fixed period of time.

Another example is doing push-ups for 20 seconds, having a 10 seconds rest and repeating that process for a fixed period of time.

Research from the University of New South Wales Medical Sciences found that HIIT burns three times more body fat than moderate cardio.

The researchers split two groups up and had group A sprint on a bike for 8 seconds, followed by 12 seconds of exercising lightly for 20 minutes.

Then they had the group B ride on the stationary bike for 40 minutes at a steady pace...

At the end of the study, they found group A lost THREE TIMES more body fat even though they exercised half the duration compared to group B...

On the next page I'm going to break down why it's so effective...

Source of study: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2991639/>

Here's a couple of reasons why HIIT training is so effective to losing fat:

1. Increased resting metabolic rate for upward of 24 hours after exercise.

Your metabolic rate is the amount of calories you burn at rest. After you complete a HIIT training session, you continue to burn calories after you're done.

Think of it like cloning yourself and letting your clone do an extra workout for you to burn more calories while you sit back and relax.

2. Significant spikes in the hormone 'catecholamine'.

Catecholamine is one big word, but it's simple to understand.

It's basically a hormone that is produced in your body when you do HIIT training that drives the release of fat from fat stores so it can be burned when you exercise.

Think of having a car with a full tank of fuel but doesn't drive because of motor problems. Catecholamine is like a mechanic that fixes your motor (body) so your car can start using the fuel (fat) it has to drive..

I hope I made it clear, if your outcome is to burn fat in minimal time, HIIT is your answer...

Now that you know **WHAT** high intensity interval training is and **WHY** it's so important, let me break down **HOW** to do it...

The Fat Burning Quadrant

There's 4 points you should take into consideration when creating your own HIIT workout plan. I call it 'The Fat Burning Quadrant'.

Lets dive into each point separately:



TYPE



DURATION



FREQUENCY



INTENSITY

TYPE

You can do HIIT with any type of cardio, but some are more effective than others.

Here's The Big 3:

1. Rowing
2. Sprinting
3. Cycling

I recommend you pick something that you feel you will enjoy, the reason is because if you're attaching pleasure to doing the exercise, you're more likely to stick to it and put more effort into the session.

You can also combine 'The Big 3' with weight and body weight exercises.

Stay tuned because I'll be giving you an exercise training plan in a second that combines rowing with body weight exercises that helps you burn body fat.

DURATION

When it comes to HIIT, **less is more.**

As mentioned in previous pages, HIIT helps you burn 3 times more fat in half the time compared to steady state cardio.

HIIT is great because you get major results from minimum duration.

The downside, however, is it can be quite stressful on the body, which means you can't do it daily.

Here's a simple workout duration structure you can follow:

Warm up & dynamic stretching: 5-10 minutes

HIIT: 20-30 minutes.



Cool down & static stretching: 5-10 minutes.

FREQUENCY

The frequency of your HIIT sessions per week should be based upon your goals, but as a general rule of thumb, you should be doing it 3 times per week.

Keep in mind that you should be doing more weight training sessions than HIIT sessions per week for optimal fat loss results.

Here's a sample preview of how you can structure your workout frequency for the week.

TYPE	MON	TUE	WED	THU	FRI	SAT	SUN
WEIGHTS 	✓		✓	✓	✓		
HIIT 	✓	✓		✓			

INTENSITY

The foundation of HIIT is to go fast and hard, not slow and hard.

If you're using a bike for example, you want enough resistance to pedal fast and hard, but not too much resistance that you're pedaling extremely slow.

You also want to reach a 70% - 90% of your VO2max during you high intensity intervals...

Your body's VO2 max is a measurement of the maximum volume of oxygen that it can use.

Stay with me if that confused you because I'll make it simple for you in a second.

Keep in mind that it's hard to accurately measure your VO2 max while exercising without professional testing...

BUT, there's a test you can do yourself while exercising that helps you identify where you're at with your VO2 max.

Keep in mind that this test is completely subjective and won't accurately define where you're at with your VO2 max compared to professional testing, but it will help you reap all the fat loss benefits of HIIT.

I call it 'The Awareness Test'.

The awareness test is simply bringing awareness to how your fatigued you are while exercising.

You've reached between 70% - 90% of your VO2 max when you feel you can't bring in as much air as your body wants.

Another easy way to know you're exercising in the right place is if you can't comfortably hold a conversation. If you can't talk, you're exercising in the right VO2 max zone.

BODY FAT MELTDOWN

Guidelines

This type of HIIT workout will be highly beneficial to your weight loss goals. As soon as you finish the exercise you're on, move to the next exercise as fast as you can. Don't waste time. Remember, this workout is meant to be done at a high intensity so go as hard as you can. This workout is 100% scalable to your fitness levels. If you feel like you can do more than 5 rounds, do more. If you feel like you can't do 5 rounds, do less. Also you change the rower for a 200m run around the block if you have no access to a rower

ROWER



200M ROW

PUSHUPS



20 REPS

SQUAT JUMP



10 REPS

BURPEE



5 REPS

 **REPEAT 5 TIMES**

BURPEE

EXERCISE INSTRUCTIONS:

1. First, begin by standing up with your feet slightly wider than shoulder width apart.
2. Bring both feet backwards into the push up position and keeping a neutral straight back.
3. Transfer your body weight onto your hands and bring your feet back into the starting position.
4. From this position, launch your body upwards and when you land, ensure that you land on the balls of your feet first before rolling through the flat and heel.
5. Maintain 'soft' knees throughout this workout to prevent any injuries from occurring.
6. Repeat process.



SQUAT JUMPS

EXERCISE INSTRUCTIONS:

1. First, begin by placing feet shoulder width apart – point feet slightly outward.
2. Bend at both your knees and hips, ensuring that your knees point toward your toes.
3. Bend your knees to a 90 degree angle.
4. Push up through your heels and jump in the air and then return to the neutral starting position.



PUSHUPS

EXERCISE INSTRUCTIONS:

1. Start with both hands on the floor slightly further than shoulder width apart and feet hip width apart behind you resting on the balls of your feet.
2. While keeping a neutral spine and stabilizing through your core, bend your arms and lower your torso to the floor until your arms form a 90 degree angle.
3. Push yourself back up into the starting position.



ROWER

EXERCISE INSTRUCTIONS:

1. Set your resistance. This is usually located on the side of the rower.
2. Strap your feet into the foot straps and make sure they're secure.
3. Get into the starting position. The starting position for rowing is known as "the catch." To get into the catch, bend your knees until your body is near the handle at the front of the machine.
4. Push off the foot plate with your legs and lean back into a 45 degree angle. Once your legs are straightened out, use your core and hamstrings to lean back to a roughly 45 degree angle, keeping your spine straight.
5. Repeat process.



THANK YOU!

Thank you so much for downloading The Ultimate Weight Loss Training Guide.

Lastly, if you want further help, you can grab the 21 Day Belly Fat Meltdown program.

The difference between this program and the 21 Day Belly Fat Meltdown is you'll receive a much more in depth and effective HIIT training program along with a breakdown on the exact steps to lose belly fat.

If you want to find out more information, [click here](#) to check out more about the program.

Talk soon,

- Matt

