



GUIDE TO SUCCESS

1. If you really want to burn fat successfully, remove grains, legumes, dairy, fast food and processed food entirely for 5 weeks.

DON'T WANT TO? DON'T. MAKE THE FAT BURNING PROCESS GO A LOT SLOWER.

2. Drink alcohol if you want. Your choice. Just know your results will be slower.
3. Remember to keep it simple. Our meal plan is based on the Protein- Carb- Fat template. That means, you are to eat 3-4 ounces of meat + 2 servings of colorful vegetables + a quality fat for every meal. Your meal plan week to week is designed this way
4. Don't compartmentalize foods as "breakfast foods" etc. Your body doesn't. You may want to eat your "lunch" for breakfast to jumpstart your metabolism and fuel your energy for a great day!
5. Each week gives you a specific type of exercise to try, so you create awareness of how your body responds. YES, you may do other types of exercise within one week but don't have to. Let your body respond to the exercises as prescribed.



If you're NOT READY to embrace the positive results of this program you will do the following (This is not recommended).

1. Keep eating your yogurt, granola and fruit for breakfast.
2. Keep allowing yourself sweets, alcohol, chips and processed food to undermine any real change to your metabolism.
3. Don't set goals.
4. Don't journal your food.
5. Don't clear out your pantry and fridge of junk.
6. Don't look at the meal plan, grocery shop or pack your own food for lunch or road trips.
7. Don't read carefully through the Fast Track manual.
8. Don't be willing to try new foods, vegetables.
9. Don't participate in our Livestream Q&A's, daily tips and other participant feedback.
10. Don't reach out for help.
11. Keep saying you "just can't do it"
12. Don't sign up or show up for your body assessment.
13. Don't look for ways to be creative with your meals or possible food substitutions.
14. Don't make time to assemble meals.
15. Keep trying to figure out the least you can do while expecting big results.
16. Keep reacting to every obstacle life throws at you.
17. Definitely don't create what you want with what you've got.
18. Definitely forget that you and you alone have the choice each day to transform your body and your life with each choice you make.
19. Blame your results on the program.
20. Stay stuck.



FAQ'S

1. WHAT CAN I EAT ON THIS PROGRAM?

PROTEIN + VEGGIE (& SOME FRUIT) CARBS + QUALITY FATS.

More specifically, protein primarily from meat, carbohydrates primarily from non-starchy veggies and limited fruit + unprocessed/ minimally processed fat sources



2. CAN I DRINK ALCOHOL?

IT'S NOT PART OF THE NUTRITION TEMPLATE AND DOES NOT SUPPORT YOUR FAT LOSS GOAL.

However it's up to you. This plan isn't about what you're taking away, but what you are focusing on taking in to burn fat.



3. IS THIS A CHALLENGE FOCUSED ON WEIGHT LOSS?

WEIGHT LOSS IS DEFINITELY ACHIEVED THROUGH THIS CHALLENGE.

But more importantly, that weight loss & subsequent health transformation is achieved through nutrition & exercise that stabilizes blood sugar levels, decreases inflammation in the body, increases metabolism and then allows the body to pull stored body fat for fuel. This approach to fat/weight loss is not only effective, but sustainable beyond the 5 week challenge.



We provide the structure for this process with:

- Specific meals/Meal Plan (and portion guidance) that provide a wide variety of nutrient dense, balanced and quality protein sources, vegetables, fruit, nuts, seeds and fats/oils. When in doubt, remember the mantra:
Protein + Fat + Veggie Carbs
- Workout options for each day of the challenge with a specific focus (Cardio, Strength training, stretch, etc.), amount of time and intensity recommendations.
- Specific pre or post workout snacks and portions from whole food sources.
- Daily practices/rituals to support and incorporate new, healthier habits for this five week program and beyond



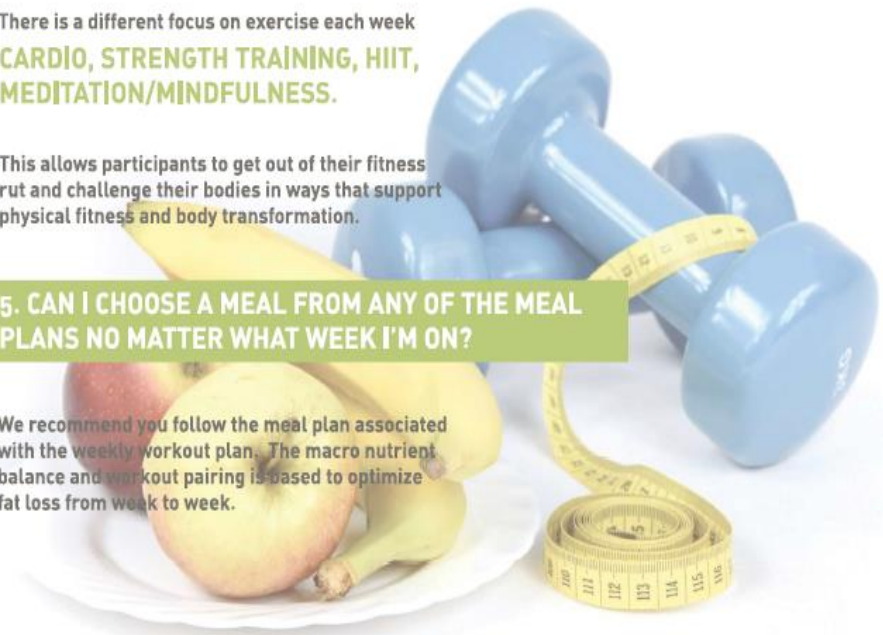
4. WHAT CHANGES WITH EXERCISE EACH WEEK?

There is a different focus on exercise each week
**CARDIO, STRENGTH TRAINING, HIIT,
MEDITATION/MINDFULNESS.**

This allows participants to get out of their fitness rut and challenge their bodies in ways that support physical fitness and body transformation.

5. CAN I CHOOSE A MEAL FROM ANY OF THE MEAL PLANS NO MATTER WHAT WEEK I'M ON?

We recommend you follow the meal plan associated with the weekly workout plan. The macro nutrient balance and workout pairing is based to optimize fat loss from week to week.



6. DO I HAVE TO EAT THE MEALS EXACTLY AS THEY ARE ON THE MEAL PLAN? OR CAN I ONLY CHOOSE A MEAL THAT IS ON THE MEAL PLAN?

YOU CAN DO IT THIS WAY, BUT NOT NECESSARY

You can use any of the suggested meals and menus that you like – substitute a protein that you prefer- or have the lunch suggestion for breakfast, etc. As long as you stick to the weekly meal plan, you have flexibility in how you structure your own meals.



7. WHAT DO I EAT/DO AFTER THE FIVE WEEKS?

USING THE GUIDANCE OF THIS PROGRAM, CHOOSE BALANCED, QUALITY WHOLE FOODS MEALS



VARIETY - Continue to choose a variety of exercises/workouts each week. Our bodies need variety to continue adapting and changing.



PLANNING - Continue to build on new habits around exercise, meal choices and your personal intentions/practice.



JOURNAL - to develop continued awareness of daily choices- This is **CRITICAL!**



ACCOUNTABILITY - Stay connected with your fellow participants; watch our FB posts Livestreams and participate in daily discussions. This is an invaluable resource for you. The more you participate and tune in, the easier it will be to stay on track.



HEALTH COACHING/SUPPORT - We all need support to reach our goals. Utilize the services and support of the expert health coaching at Pilates 1901. Food is where we begin, but real-life transformation requires discipline and practice. Life is a marathon, not a sprint. This is just the beginning.

WEEK #1: CARDIOVASCULAR FITNESS / NUTRITION

FACT

MYTH

The Myth: Cardio is the best and most efficient way to burn fat and calories.

This is only half true. While cardio is an important part of cardiorespiratory health, cardio alone is not the optimal method for burning calories for fat loss and improved body composition.

In fact, what most of us think of a cardio workout (long, slow sustained distance for 45 minutes or more) may actually be hindering, not helping your fat loss goals by increasing cortisol levels and reducing lean body mass. The most effective cardio workouts combine short duration, higher intensity training intervals... pushing hard for less time.

This not only increases our cardiovascular fitness but increases post exercise calorie burn for up to 24 hours after the workout. This is the most effective way to maintain muscle and stoke your metabolism for fat loss.

THE WORKOUTS

Choose to do any of these workouts a minimum of 3 days this week. Record your time and intensity and how you felt during and after the workouts.

TREADMILL INTERVAL TRAINING

CARDIO TREADMILL WORKOUT | 30 MINUTES HIGH-INTENSITY INTERVAL TRAINING (HIIT) WORKOUT

Warm up 4 minutes - Treadmill incline 1% grade

Speed Interval 7 minutes

Alternate your RPE speed between 5 and 7 - alternating one minute fast with one minute recovery

Strength Interval 7 minutes

Alternate your rate of perceived exertion (RPE) between 7 and 9 using incline % - alternating one minute higher and lower incline %

Endurance Interval 7 minutes

Alternate your RPE by using incline and speed - Alternating between one minute speed and incline with one minute recovery

Cool down 4 minutes - Treadmill at 0% grade

In just 30 minutes, this lineup of speed, strength and endurance work will leave you feeling spent! Once you get off the treadmill safely, spend a few minutes stretching your legs, hit the foam roller, chug some water and make sure you log your session.

Follow these tips while running on the treadmill:

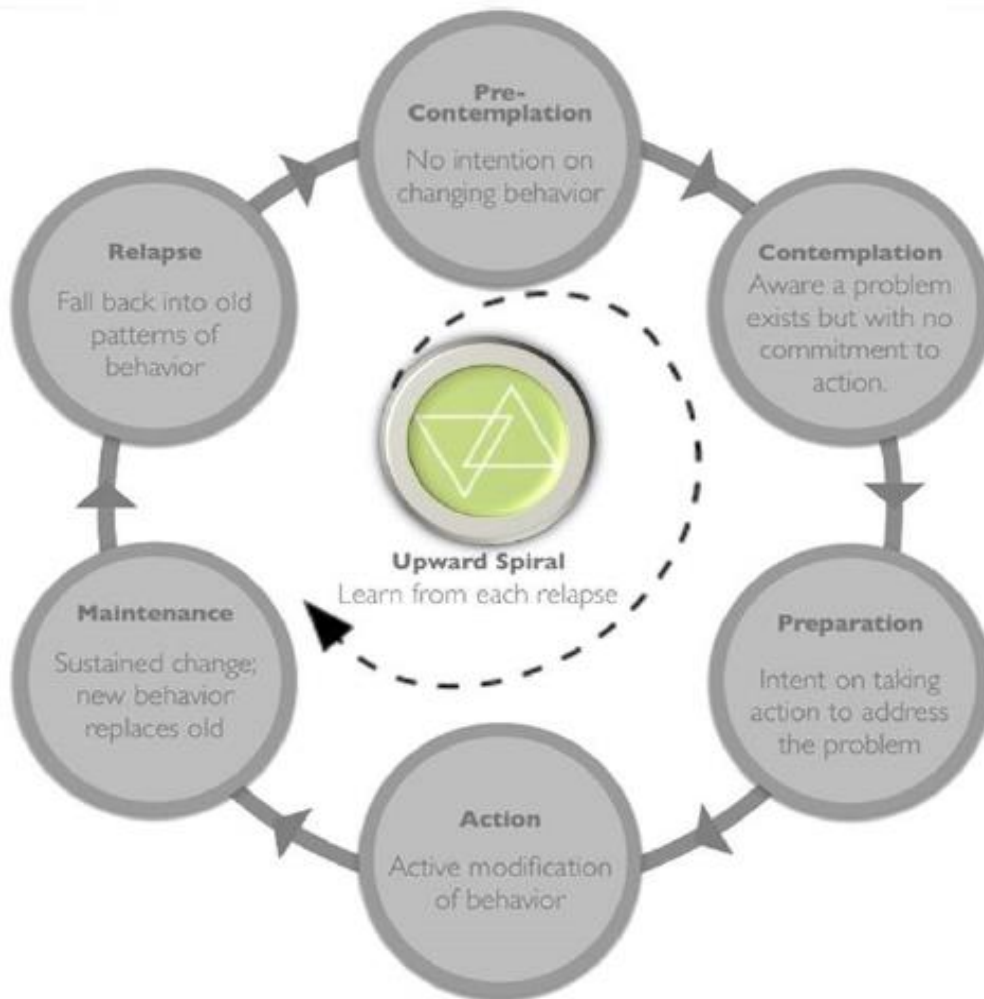
- Keep your chest up and eyes forward. Don't look down at your feet.
- Breathe! Try this pattern: In through your nose and out through your mouth.
- Use your arms. Keep your elbows at 90-degree angles, swinging behind the body.
- Do not hold onto the rails, even when the inclines get tough. Lean forward into the climb.
- Never jump your feet off the belt onto the rails. Always run your intervals down to a walk.





FIVE WEEK FAT LOSS PROGRAM

CHANGE IS A PROCESS NOT A DESTINATION



*Practice
MAKES
perfect
progress*

WEEKLY PLANNER

/ / TO / /

WEEKLY GOALS (SET ONE FOR EACH)

WORKOUT:

NUTRITION:

PRACTICE SELF CARE:

KEEPING IT REAL (ACTION STEPS)

1.

2.

3.

Reward:



Success Tip:

At first they'll ask why you're doing it. Then they'll ask you how.

DATE: / / SU M T W TH F S

FOOD JOURNAL

BREAKFAST:

SNACK:

LUNCH:

SNACK:

DINNER:

NUTRIENT TRACKER

NUMBER OF SERVINGS

VEGGIES (5-8)

FRUITS (2)

PROTEINS (3-4)

FATS (4)

STARCHY CARBS/ LEGUMES (2)

WATER

SLEEP

HOW DO YOU FEEL TODAY?

EXERCISE

CARDIO:

STRENGTH:

FLEXIBILITY:

OTHER:

GRATITUDE & GIVING

"AM I AM" PRACTICE

RANDOM ACT OF KINDNESS

READING



Daily Inspiration:

"I don't work out because I hate my body, I work out because I love it."

Resources

RESOURCES

Weekly Meal Plans.....52
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 RPE Chart for HIIT.....73
 The Skinny on Your Assessment Results.....74
 The Power of Practice.....79
 Creating your own AM I AM Practice.....82
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RESOURCES | WEEKLY MEAL PLAN

Cardio Nutrition Template

	BREAKFAST	SNACK 1	LUNCH	SNACK 2	DINNER
MONDAY	Walnut & almond milk smoothie recipe		Romaine lettuce leaves w/ 3 oz turkey breast. 2 slices bacon, tomato slices & avocado slices	2 oz. deli turkey & 1 cup raw carrot sticks	4-6 oz. baked chicken, 1 cup roasted cauliflower & carrots and spinach/tomato/mushroom salad
TUESDAY	3 oz breakfast sausage, 2 tbsp guacamole & 1 cup sautéed green veggie of choice		Wild canned salmon w/ chopped avocado, olive slices & lemon juice	1 hard-boiled egg & 1 small orange	Zoodles & marinara beef sauce recipe
WEDNESDAY	2 hard-boiled eggs, 1/2 cup cherry tomato, 1/4 cup avocado, 1 slice bacon & 2 cups spinach		Zoodles & marinara beef sauce recipe	1/4 cup raw nuts & half of small sweet potato	Easy tacos recipe
THURSDAY	Egg frittata recipe served w/ 1/4 avocado, sliced & 2 tbsp salsa		Leftover easy tacos	2 oz. grilled chicken & half of small sweet potato	4 oz. pot roast, 1 cup carrots & cauliflower
FRIDAY	Scrambled eggs w onion, spinach, tomato & 2 tbsp salsa		Pot roast serving, 1-2 cups leftover roasted/steamed veggies	1 serving banana pancakes	4-6 oz. broiled salmon fillet, 1 cup steamed broccoli & carrots, 1/2 tbsp butter
SATURDAY	4 oz. grilled meat slices, 2 cups sautéed or fresh spinach & onion, 1/4 avocado sliced		Romaine lettuce slices w/ 3 oz turkey breast, 2 slices bacon, tomato slices & avocado slices	Smoothie made w/ unsweet almond milk, 1/2 frozen medium banana & 1 scoop vegan protein powder	4 oz. burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots
SUNDAY	2 oz. sausage scrambled with 2 eggs & 1-2 cups of sautéed veggies		4 oz burger in lettuce bun, w 1/3 cup avocado slices, tomato slices, onion slices, salsa, 1/2 cup raw carrots	1/2 cup roasted butternut squash & 1 hard-boiled egg	Broiled salmon fillet, 1 cup steamed broccoli & carrots

The screenshot shows a Facebook group post from 'T School'. The post features a large graphic with the text 'Save the Date!' in a cursive font. To the right of the graphic is a logo for 'FAST TRACK FIVE WEEK FAT LOSS PILATES 1901 | Tschool' and the text 'MORE INFO: www.pilates1901.com/five-week'. The post has 3,243 likes and a 'Book Now' button. The Facebook interface includes a search bar, navigation icons, and a sidebar with group details like 'Private group', 'About', and 'Discussion'.



Each week focuses on a different mode of Fitness Training and the Optimal Macronutrient template to get you results you want!

- Week 1: Cardio
- Week 2: Strength
- Week 3: High-Intensity Interval Training
- Week 4: Flexibility and Balance
- Week 5: Freestyle

Your Five Week Fast Track Program includes everything you need to succeed:

- Five-Week Program Manual
- Detailed Weekly Workouts, Menus and Goal Planning
- Daily Check Lists for Focus and Accountability
- Private Facebook Community
- Access to Health Coaching and Pilates 1901 training.
- Discounted New Decade New You 1901 Workshop Series (save \$40 as a T Schooler)

This program is portable so you can stay connected on the road:

- Tune into our Weekly FB Presentations and Q & A.
- Track your numbers with our monthly Fitness and Body Composition Assessments
- Sweat with our 12 Minute Do Anytime Do Anywhere Online Workouts
- Be part of a community of like-minded people with similar goals and commitment.



Register NOW and Save \$50 Just \$129! (Regularly \$179)

Early bird offer expires Feb 9, 2020.

www.pilates1901.com/five-week