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The advice and tips given in this course are meant for healthy adults only. You should consult your physician to insure the tips given in this course are appropriate for your individual circumstances.

If you have any health issues or pre-existing conditions, please consult with your physician before implementing any of the information provided in this course.

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Introduction

My name is Rusty Moore, the guy who runs Fitness Black Book. This free report outlines exact strategies I teach to go from being in decent shape to an elite level of conditioning...for times and events when you don't just want to look good...but want to look exceptional.

[Here is a good example of a young couple who got in great shape for a tropical beach vacation. It is simply more fun to travel when you feel you are looking your best. Makes for good photos too!]

So is this ebook just about getting ready for vacations?

To be honest, the principles in the report apply to getting ready for any special event. I just didn't want to title the book “Special Event Blueprint”, because this could be confusing. I didn't want people to think the “Special Event” was referring to a Dungeons & Dragons tournament and the “Blueprint” was to become the best Dungeon Master (not judging if that it what you are into).

So why look amazing for your vacation?
You paid good money to fly to another part of the world and most likely you are going to get your picture taken a few dozen times. If the pictures are good you can post them on your Facebook page...and make everyone else completely jealous (kidding)!

'Click'---->“You gotta put that up on Facebook”

Seriously...I'm beginning to think that some people like to go to beautiful places just to enhance their Facebook page. Obviously traveling isn't all about enhancing your profile on a social site.

[Your time on this beautiful planet is limited. You can only go on so many vacations in your lifetime. Why not strive to look your best?]

So getting in superb condition for a vacation isn't really about photos. In my opinion, when you look your best, you feel your best. When you are in top shape, you just feel more alive.

Also...part of the fun of going on vacation isn't just the vacation itself, but preparing for the vacation. I always like to research the area I'm traveling to, buy new clothes, purchase magazines or books to read
on the plane, etc. One part of the preparation that can be a blast is getting in the best shape of your life for a vacation.

**A one week vacation can actually be enjoyed for 2-3 months!**

Working out a bit harder than normal before your vacation actually extends it in some ways. Whenever you hit the gym or stick to your diet, it reminds you of that amazing place you are going to visit. You are actually living out the vacation in your mind, before you ever set foot on the plane. Half the fun is the journey leading up to the event...and I'm not just talking about vacations.

**So who is this course written for?**

I wanted to outline a game plan for people who are in decent shape, but wanted to take it to the next level and get in what I call “event shape”. This isn't aimed at people with a lot of weight to lose (but will come in handy once they are close to their target weight).

This would be a course for a guy who has a 4-pack, or a bit of a 6-pack...or a girl who is close to her goal weight but wants to lose just a little bit of flab to look stunning in a summer dress or swimsuit...people who are so close to their ideal goal, but just need to go the extra 10% to reach their peak.

I will use myself as an example. Most of the year I'm close to 8-9% body fat with decent abs. I don't really feel the need to be at 6% all year round, but if I was traveling to Costa Rica or somewhere exotic I would probably want to kick it up a notch and drop a little more body fat.

I can teach you how to lose that last little bit of stubborn body fat, but you need to remember one thing...
The rules change when you are 5-10 pounds out from your target weight

You need to remember one more thing...

You will have to drop more weight than you think to achieve the look you are after

I stay around 190 most of the year, but if I want to get ultra ripped I typically need to drop 10 pounds. If you were to look at me, you wouldn’t think I have 10 pounds to lose. The irony about all of this is that you will look bigger, by dropping those last 10 pounds. Your increased muscle definition creates a bit of an illusion and people will guess that you are 15-20 pounds heavier than you are (this isn't the case for women).

Women won't want to get as lean as guys, but typically this isn't an issue. It takes hard work to get in bikini shape and takes brutally hard work to overdo it. The benefit of a woman leaning out a little more than normal for a vacation is that she will look slim the whole trip, even when relaxing and eating a ton of high calorie foods, etc. Getting lean gives both men and women more “wiggle room” to eat drink and be merry! I'm picturing Corona's and Pina Colota's...yes please!

Warning...This Is NOT A Politically Correct Report!

I am not going to water down any of the tips in this report. I want to teach you what works. The techniques in this report work extremely well, but at times this stuff is slightly uncomfortable.

Your body can be pushed hard for short periods of time.

For periods of 3-5 weeks, you can push the limits of diet as well as working out like a mad-man (or mad-woman). The key is to go into this
period of 3-5 weeks in the right condition. I'll talk about that later in this report.

**Getting from “good” to “great” always requires an extra push.**

Did you ever see the movie Blade Trinity? Both Jessica Biel and Ryan Reynolds are in outstanding condition for that movie. They typically keep in decent shape year round, but it was this extra “push” that allowed them to achieve an extra high level of conditioning for that movie.

**You will never reach your highest potential without an intense push.**

Ever see the move “300”? Gerard Butler is an example of a guy who stays in decent shape most of the time, but was pushed hard to reach an amazing level of muscle definition. After reading his workout plan, I feel he was on the edge of overtraining, but you certainly can't argue with the results!

**Putting It All In Perspective**

In my opinion, there is no need to be “event ready” 365 days of a year. It takes quite a bit of extra effort to get ultra-lean and slim.

**...And please don't get fooled by men and women in Hollywood!**

These actors and actresses don't look this way year round either. They stay within striking distance (which is a point I'll cover later), but they aren't as über-sharp as they appear in films.

Don't get me wrong...many of the top stars in Hollywood such as Kate Beckinsale, Hugh Jackman, Will Smith, Halle Berry, Brad Pitt, etc look great year round...they just aren't at this elite level of fitness displayed in many of the movies we watch.
My recommendation is to stay within 5-10% of being event ready. You can do so while living a balanced life and enjoying food you like, etc. Even at this level you will look absolutely outstanding...

There is nothing wrong with looking outstanding year round!

On my site, I give tips and techniques to looking outstanding while improving your health. You don't have to be ultra lean to look amazing. For most guys a visible six pack and some muscle tone is enough. For women, nice flat abs and a lean and slim body with just a hint of tone is perfect.

This report is for people who want to get a bit leaner than they have been able to in the past...to look their best for important events...

[Most of the people reading this aren't going be in professional photos like this, but it is still fun to aim for this type of conditioning at least a few times in your life.]

So this report is for...
...a man and woman getting married, going on vacation (or “holiday” for my European readers), young people hitting spring break, a photo shoot (like the man and woman pictured above), a class reunion, etc...basically when you want to look even better than normal and aren't afraid to put in a bit of extra-effort to do so.

[I always assume people go on vacations to tropical beaches. I guess since I live in a cold area, this is where I like to go. Here is a picture of Cabo San Lucas. One place on my “must do” list. I love Mexico!]

My hope is that you can use this as a resource to look and feel at the top-of-your-game for life's important events.

Here's to hitting your goals!

Rusty Moore
Chapter 1
“The Perfect Storm”
Creating the Ideal Conditions for Getting in the Best Shape of Your Life

The ideal conditions for getting ultra lean is to gently get to the point where you are 5-10 pounds from being event ready.

If you have to bust your butt to get within striking distance of being event ready, you have lost the race before it ever began. You are going to have a hard time losing those last 5-10 pounds if you are already pushing hard...because where do you go from there? Additional intensity at this point is just going to break your body down.

I'd like to introduce a concept I call “Walking to the Starting Line”.

Who has a better chance of winning a race, someone who walks up to the starting line -or- someone who has just sprinted 800 meters?
Well, more often than not, the person who is well-rested is going to kick butt in the race. If someone goes into a race already winded, they are going to have a tough time competing.

**The biggest mistake I see people make when trying to get lean...is pushing hard when they are already “winded”**.

If you can find a way to “gently” work your way to within 5-10 pounds of being ripped with 3-5 weeks to go before your vacation...you will have the perfect conditions to getting as lean as you desire.

You don't want to go into this 3-5 week period already working out 5-6 times per week. **Most people begin working out too hard and with too many workouts per week when they are too far out from their ideal weight.**

**So how do you gently work your way to within striking distance?**

The key is to find a way to get lean with **3-4 workouts per week**. You can do more than this if you have a lot of weight to lose, but once you are a month or so away from “reaching the starting line”...you should back off.

**So what workouts should you do to get within striking distance?**

To be honest, there are so many workout strategies that work...body weight training, circuits, intervals, HIIT, Crossfit, etc. I outline much of this on my site. I certainly have some tweaks to make many of these methods much more effective, but the main tweak is diet.

The Perfect Storm is created when you have mastered the skill of staying lean without killing yourself in the gym...at that point you are just a 3-5 week “push” from achieving elite physical conditioning.
I am all for exercise! If anything, most people need to exercise quite a bit more than they do. The problem is when people make an attempt to lose weight.

Losing body fat is mainly about “eating less”.

I stole the concept of “eating less” from fitness expert, Brad Pilon. What this means is to lose weight, you have to eat less than you are currently eating.

Yeah...I know that sounds so simple it is almost stupid!

The reason I like to think along these lines of eating less...is it makes weight loss quite a bit simpler. Many people who struggle to lose weight often focus on how many calories to eat.

So how many calories... “whatever amount you are eating now, just eat less. If that doesn't work...eat a little less than that”.

I am NOT suggesting that people starve themselves!

If you are the sort of person who takes things to extremes, then ignore the previous advice. This is for the average person, who typically just eats more calories than what they need.

Why don't I suggest an exact calorie amount?
I can give you some calorie guidelines, but to be honest I don't count calories myself...neither do 90% of the men and women who write fitness books and teach courses, etc.

That is correct! Most of the time I just have a rough idea of the calories I consume. I have found a simple way to “eat less” that has worked wonders for me and countless other readers of my site.

**Brad Pilon's scientific approach to intermittent fasting**

There are many ways to eat less, but this has worked the best for me...fasting just twice per week until dinner to increase your fat burning hormones as well as reduce your total weekly calories by 10-15%.

Your metabolism won't slow down, your HGH levels increase...allowing you to drop body fat rapidly without massive amounts of exercise. This diet (Eat Stop Eat) is based upon Brad's groundbreaking graduate research.

[Click Here to visits Brad's site to see the diet I follow and recommend.]

[This is the same diet that I coached both Matt and Craig to follow to get lean...and get peak results as pictured.]

[Both of these guys reached their lowest body fat levels ever, without losing an ounce of muscle!]
Eating less (within reason) is a big part of getting event ready

Dieting isn't as fun and glamorous as exercising. When you watch one of the Rocky movies, they don't show a bunch of scenes of him eating chicken breasts and broccoli...they showed him working his butt off in the gym and sweating.

You have probably heard the next statement a million times.

“You can't out-exercise a bad diet”. For years I thought I knew the true meaning of this, but I didn't have as deep of an understanding of this concept as I do now.

The fastest approach to getting ripped is with diet...

...but you need to do at least a few sessions of resistance training to maintain muscle mass. If you do NOT do at least a little bit of resistance training, you will lose muscle along with body fat.

For health benefits and reaching peak levels of fitness, cardio helps...but it is less important than resistance training. I encourage people to do both, but don't skip resistance training...especially when following an aggressive diet.

When dieting hard, resistance training is more important than cardio.

Here's a study which backs up my claims...

Effects of Resistance vs. Aerobic Training Combined With an 800 Calorie Liquid Diet on Lean Body Mass and Resting Metabolic Rate

The study took 20 people and put them on an 800 calorie per day diet for 12 weeks. 10 people did the low calorie diet and resistance training only & 10 people did the low calorie diet with cardio only.
Results for the 10 dieters who did cardio only

The cardio only group lost more overall weight than the resistance only group, but unfortunately lost a significant amount of lean body mass. They also experienced a decrease in resting metabolic rate. So, obviously if someone is dieting hard they need to more than just cardio to maintain their lean muscle mass.

Results for the 10 dieters who did resistance training only

This group didn't lose any muscle mass whatsoever. In fact they lost more body fat than the cardio only group. Also, you have probably heard that "the metabolism slows down if calories are kept too low". Well…this group actually had a higher resting metabolic rate than when they started. So resistance training is key when you are dieting.

[There are a lot of variations of resistance training that work. I talk about a lot of different techniques on my site and I will get into specifics later in this report.]
So exercise serves as a way to make the diet more effective

You can create a much bigger calorie deficit through dieting than you can through exercise. The resistance training serves as a way to maintain muscle and it keeps your metabolism high, when aggressively dieting...but it is the diet that is actually doing most of the work when it comes to dropping body fat.

The resistance training does not need to be excessive either...

In the study cited above, the group did resistance training just 3 times per week and kept all of their muscle mass...despite being on a hardcore 800 calorie per day diet. It doesn't even need to be weight training. I spent this entire past winter doing nothing but this---> body weight routine in my apartment to stay ripped.

Calorie Restriction + Resistance Training = Fat Loss

I am not suggesting an 800 calorie diet or anything that aggressive, but I just wanted people to know their body can handle extremes for brief periods of time with zero negative effect.

The goal is to get lean without going to extremes

The idea is to stay lean year round as a lifestyle without breaking down or stressing out your body. I like to combine intermittent fasting twice per week along with 3 brief resistance training workouts...either with weights or body weight...followed by a strategic cardio routine (that I will outline later in this report).

You can look amazing with just 3-4 hours total per week

The key of working out less, is that you just strive to stay more active outside of the gym. Do your best to walk places when you can.
A little known fact about walking

I used to think walking was just for people who weren't fit enough to do any “real” exercise...which was a BIG mistake on my part. Findings of a recent study about walking.

[Here is a picture of a woman speed walking outside. You don't even need to walk fast to get health benefits from walking. Simply get outside, get some fresh air and walk a few miles.]

Walking Reduces Inflammation - Intense Exercise Does Not

Basically intense exercise is not enough! “Walking, Vigorous Physical Activity, and Markers of Hemostasis and Inflammation in Healthy Men and Women” <---This study found that walking 30 minutes per day significantly reduces both inflammation (leading to hardening of the arteries) and hemostasis (sluggish blood flow). This leads to better cardio vascular health. Vigorous exercise was only shown to reduce hemostasis, but not lower inflammation.
Chapter 3
“Resistance Training Simplified”
How to Chose an Effective
Resistance Training Routine

This chapter is about helping you come up with a simple resistance training routine that will work while you are dieting. This will be more about guidelines to follow -vs- giving you an exact routine.

So why not give you an exact routine?

First of all, I don't know what everyone has access to. Someone with access to a gym is going to train much different than someone who works out at home. Some people simply avoid the gym altogether...

[This elite group of athletes called the Bar-Barians get fit with nothing but chin up bars and body weight exercises. You can get really creative with resistance training and get outstanding results.]
Whether it is body weight exercises, kettlebells, dumbbells, Nautilus, etc...the principles of effective resistance training are the same.

The two main approaches I teach that work well...

There are several ways to perform resistance training in a way that allows you to burn fat, while maintaining muscle. I am going to talk about two that are simple and work every time when done properly.

1) Low Volume Strength Training Followed by HIIT.
Maintaining or increasing your strength while dropping body fat is an easy way to transform your body quickly. This works exceptionally well for people aiming at increasing muscle density (hard defined muscles...the angular look instead of “pumped up” looking rounded muscles). The HIIT (or High Intensity Interval Training) is there to increase your natural fat burning hormone (HGH) and boost your metabolism to speed up the fat loss process.

2) Resistance Intervals With Weights or Bodyweight.
This is a great way to maintain muscle while dropping body fat at the same time. The great thing about this workout is that it doesn't take up much time and doesn't require a gym. This is geared towards people who aren't as concerned with muscle density...for people who just want to strip off the fat while maintaining muscle. This is kind of a “hybrid” type of workout...almost like doing a cardio workout while providing ample resistance to challenge the muscles.

You can get outstanding results with either approach

For years, I just did approach #1 and it worked wonders. When life gets busy and I don't want to invest as much time training, I like to do resistance intervals. I've seen many people get exceptional results.
with both approaches.

**Which approach should you take?**

A lot of this comes down to preference. A young guy who wants to increase his numbers in the bench or military press, would obviously want to stick with option 1. A man or woman who works 50+ hours a week and has kids would probably want to do option 2.

**Again...these are just 2 out of many options that work well.**

As a side note...most publications tell people to do high reps for muscle tone. If done in a circuit style method (like option 2), I agree with this philosophy...but it isn't the same as option 1.

Option 1 is based on low rep strength training while dieting down to get event ready. This will help people who normally don't display much muscle definition...even when they are at low body fat levels. If you like to lift in a gym, give this unique approach a try.

![Muscular Man Lifting Weights](image)

*[Here is what I mean by muscle density...displaying a high degree of muscle definition...a hard, compact look...not bloated and “pumped”]*

**The one approach that I recommend people avoid**
I'm not as big of a fan of the traditional high rep “pump” approach preached about in most magazines. A lot of publications recommend striving for a pump by doing multiple sets of 8-15 reps to failure. They claim that high reps increase muscle tone...and they are partially right.

**Aiming for the pump with high reps = “temporary” muscle tone**

When muscles are pumped up it does create the illusion of someone looking much leaner than normal. The muscles get bigger than normal which minimizes the appearance of body fat. The problem is that this is fool's gold...when the pump vanishes, so does the “muscle tone”.

**If you want to look great in the gym, aim for “the pump”!**

To be honest, it isn't that the pump harms the look of the muscle outside of the gym...it just doesn't give you a realistic view of where you stand. The pump just makes you look in better condition than you actually are (also people who strive for the pump all the time do tend to look a little softer when they haven't trained for a few days).

**Many people look great in the gym, but not as good on vacation**

When I was first training (over 20 years ago now) I used to follow the whole high-rep-for-muscle-definition approach. I felt like I was in great condition, but when I hit the beach I was always thrown off...I never looked as defined as I did when I was training.

**Nothing wrong with pumped muscles, just no need to aim for it**

There is a big push right now in the bodybuilding industry for Nitric Oxide Supplements. These are aimed at increasing “the pump”. I see no benefit at all for trying to increase the pump. **Stick to increasing strength while losing body fat to create a tighter, more defined look.**
Chapter 4
“Strength Training + HIIT”
Getting Stronger While Dropping Body Fat

I'll give an example of an exact routine I like to follow, but with room for customization. This is the first option that I outlined in chapter 3 and is done in the gym, focusing mainly on free-weights.

I follow a 2-day split (3 total workouts per week)

Day #1: Back, Chest, and Abs
Day #2: Shoulders, Triceps, and Biceps
* I pick 2-3 exercises per body part
* 3-5 sets of 3-5 reps per exercise
* I never train to failure
* I follow this with 15-20 minutes of intense HIIT

So who don't I do direct leg work?

I simply like the way my legs and lower half look without direct leg training. The intense interval training I do right after has given me much better leg definition than I ever had when I was squatting and deadlifting.

If you do feel the need for direct leg work...

I would recommend doing 3-5 sets of deadlifts on back and chest day. The nice thing about the deadlift is that it works your back well along with your legs. It fits in perfectly with back and chest day.

If you feel your legs are big enough
Then just work hard at intervals and sprinting and things of that nature. Just because someone says the squat or deadlift is the “king of exercises” doesn't mean you need to do these.

**If doing deadlifts or squats makes it hard to fit into normal pants**

...simply drop them from your routine! Back in the mid-90's I was squatting 405 for sets of 6 reps...which isn't bad for a guy of my height...but my body didn't fit right into dress pants or jeans. Plus I felt sluggish and sore on a regular basis.

**I dropped all direct leg lifts 10+ years ago and never looked back!**

I can fit into normal pants, I feel lighter on my feet, and much more athletic. The biggest benefit is that I have more energy for intense intervals (since my legs are never sore). Some people might say I'm committing a “fitness crime” for skipping direct leg work...and a sin for even suggesting you skip squats and deadlifts.

[Time to talk about High Intensity Interval Training (HIIT)...jacking up your metabolism with quick bursts of speed and intensity.]
High Intensity Interval Training for fat burning efficiency

HIIT can be done in several different ways, but I will mainly just narrow it down to sprinting...either outside or on a treadmill or pushing hard on an exercise bike. The same principles can be applied to several different types of equipment.

[Here is a photo of a man and woman doing sprint intervals outdoors]

To be honest, I like to do the majority of my sprint interval training on a treadmill, but that is because of all the rain Seattle gets. If I lived somewhere that didn't rain as much, I would go outside for sure.

Here's My “Go to” High Intensity Interval Training Routine

1) Walk on a treadmill for 2-3 minutes at a moderate pace (between 3.5 and 4.0 on most treadmills)
2) After 2-3 minutes, speed up the treadmill to a jogging pace for 30 seconds (start at 7.0 or 8.0)
3) After 30 seconds of jogging, slow back down to your set moderate pace (somewhere between 3.5 to 4.0 as discussed before)
4) After one minute of moderate, speed up the treadmill to your previous jogging pace, but this time add .5 to the speed (so if you first
did 7.0…now you are going to set it at 7.5)  

5) After 30 seconds of jogging, you are going to go back to the same set moderate pace for one minute.  

6) Alternate between jogging (running at some point) and walking for 15-25 minutes…making sure that you use the same walking speed each time, but increase to jogging (at some point sprinting) speed by .5 until you can't jog (run) any faster for 30 seconds.  

You are walking for a minute alternated with running for 30 sec  

The reason I like this HIIT workout is that is starts out pretty tame and you speed up the running just a little bit at a time. The real work happens the second ½ of the routine, which is why it is okay to do this for 20+ minutes.  

For most HIIT routines 25 minutes is probably too much  

With this one it is fine because the first 10 minutes you are warming up and preparing your sprinting muscles...as well as practicing good form at a slower pace. By the time you get to the hard sprints, you are warmed up and in a groove to give it maximum effort.  

You can use the same principles on any cardio machine  

...This isn't an exact science either. You can do a minute of intense effort mixed with a minute of walking -or- 30 seconds of walking with 30 seconds of intense effort.  

The Rule of Thumb for Interval Length...  

The harder you diet, the shorter you should make the intense part of the intervals...and possibly extend the walking part of the interval a touch. This makes it so you are less likely to overtrain.
The “HGH Flush” - An indicator of a good HIIT workout

One of the big benefits of HIIT is the HGH response by your body. HGH is your body's natural fat burning hormone...it also helps maintain muscle mass.

When your skin feels hot and a bit red (for lighter skin folks) and you are short of breath, you have achieved the HGH flush.

Many people probably haven't experienced a good HGH flush since P.E. class in junior high. This is what you are aiming for when you do HIIT. This is also the same effect you are aiming for when you do “resistance intervals” with body weight or with weights (which will be addressed in the next chapter).

Remember...HIIT is really about increasing the effectiveness of your diet. The HGH allows the body to use fat for energy...because you are creating a calorie deficit with your diet.

Without this calorie deficit, your body has no need to use stored body fat for energy...even with a massive “HGH releasing” HIIT workout!
Chapter 5
“Resistance Interval Training”
Burning Body Fat and Challenging Your Muscles at the Same Time

I used to call this “circuit training”, but I think a more accurate description is resistance interval training.

**Basically doing HIIT, but with weights or body weight movements**

Resistance intervals gives you more “bang for the buck” than just about any other workout. It helps maintain muscle mass while dieting and boosts HGH levels to help your body use more fat for energy.

[Resistance Intervals can be done with weights, kettlebells, using your body weight, etc. I'll outline a great interval you can do with just one barbell using the same weight for the entire interval.]

**Most intervals require too many pieces of equipment**
The big challenge with most interval routines is that they require people to run from one piece of equipment to the next. This simply isn't possible in a busy gym...and is too expensive for a home gym.

A reader of Fitness Black Book came up with a great routine!

The nice thing about having an active blog is the comments from readers. A guy named Ron (don't know his last name) came up with a simple, yet effective resistance interval training routine.

Here is Ron's “Extra Deluxe Barbell Interval Routine”

Grab barbell with a 10 on each side (65 lbs total), perform exercises with no rest in between using the same weight for all exercises (adjust weight for strength levels, dumbbells will work too):

10 Romanian Deadlifts
10 Bent Over Rows
10 Hang Cleans
10 Front Squats
10 Push Presses
10 Lunges, each leg, with barbell on back

Rest 2-3 minutes, repeat 3 times.

Try to work up to doing this 6-8 times in a workout, by the time you can do this 8 times your body will be looking very lean!

"Here's a resistance routine to try, it won't build huge muscles, doesn't use heavy weights, but I guarantee it will have you breathing harder than any traditional cardio work. This routine will keep your metabolic rate up for hours and hours." (quote from Ron)

My comments about Ron's routine

Although I'm normally not big on various types of squats and deadlifts, these aren't overloading the muscles in a way that is going to contribute to excess muscle growth. The resistance provided here...
would be equivalent to running stairs or sprinting. A great way to achieve the “HGH Flush” with weights. Also...I don't think you need to work up to 8 sets of this. I think 3-5 is plenty...even for advanced athletes.

Don't underestimate body weight training!

I have been guilty in the past of discounting body weight training. I guess I always thought of it as an inferior way to train. Well I was sadly mistaken and completely wrong about that!

[Some of the best physiques are created with a mix of body weight training and weight training. These days many of the guys and girls in Hollywood are combining the two for a more complete look.]

When I became a believer in body weight resistance intervals

This past winter I was running a large men's suit store and was working ridiculous hours (60+). I was also spending 25-30 hours per week running Fitness Black Book. I honestly did not have enough time to workout in a gym.
I Found the “Crazy 8 Body Weight Circuit” on Youtube

This was just one of Craig Ballantyne's tough resistance training circuits. The idea was to be able to do a body weight circuit with very little space and zero equipment. I live in a small apartment in a nice area of the city. I enjoy where I live, but I have no room whatsoever for any workout equipment.

When I saw Craig's routine I was skeptical...

1. **60 Jumping Jacks**: Done as fast as possible, but make sure you do full jumping jacks.

2. **15-20 Spiderman Pushups**: I'm just doing normal pushups until they become too easy. Typically it is a breeze for me to do 40+ pushups, but it is much tougher when you do these with zero rest in between jumping jacks.

3. **Walking Lunges**: I take 20 steps total. This is the easiest part of the workout in my opinion.

4. **Spiderman Climb**: I do a total of 20 of these (10 per side) I really feel these in my abs and obliques.

5. **Wall Squat**: Do for 45-60 seconds. This hurts! Don't rest your hands upon your legs, since it makes it easier.

6. **Planks**: Do for 60 seconds. Tough after doing all these other exercises without rest.

7. **Burpees**: Make sure and do a full pushup at the bottom and explode as high as possible at the top into a jump. I'm still kind of uncoordinated with these…probably because I'm "smoked" at this point!

8. **High Knees**: Done as fast as possible. Do 50 total. I just count when my right leg hits the ground for 25. It is hard to count both legs for 50 since you are going fast. You will be dying about 1/2 way through.
Note: Each exercise is done back-to-back with zero rest in between. You will want to rest, but immediately hit the next exercise. After this 8 exercise circuit is done, rest exactly 60 seconds. I usually run over to the microwave and set the timer. Those 60 seconds will feel like 15-20 seconds. Do this circuit 1 more time. Don't add in the 3rd one until you are ready.

I did nothing but this workout 3 times per week from November of 2008 until mid-January of 2009. If you want to see the Youtube video of Craig demonstrating it and a better explanation. Here's the post I wrote about that ----> Body Weight Circuits Are Kickin' My Butt!

Again...aim for that same "HGH Flush" effect you get from HIIT.

You are trying to boost HGH levels, jack up your metabolism and challenge your muscles at the same time. This is a great way to burn off body fat without doing traditional cardio.

[Aim for intensity to help your body release more HGH. You should be breathing a bit harder and sweating at least a little. This will help burn off additional body fat around the clock.]
Chapter 6
“Getting Event Ready”
How the Rules Change When You Want to Get in Peak Condition

Let's summarize what we have discussed so far.

I realize that I quickly discussed diet and exercise. I do plan on coming out with a full-blown 120+ page course at some point. In this report, it is more important that you just understand the concept of maintaining muscle while losing body fat.

Here is a Quick Summary...

1) No need to worry about muscle loss, if you are performing some form of resistance training a few times per week (remember the 800 calorie per day study).
2) Diet is the catalyst for fat loss...exercise just makes your diet a bit more effective (and ensures you maintain muscle while dropping body fat instead of losing it).
3) Resistance training does not necessarily mean “lifting weights”. It includes body weight training, kettlebells, machines, etc.
4) Increasing HGH through HIIT, Resistance Intervals, or Intermittent Fasting (Eat Stop Eat)...is a way to burn more body fat than a restricted calorie diet alone.
5) None of this is to be taken to extremes.

So how much exercise do you need most of the year?

In order to understand how much exercise is needed to get ready for a
vacation, you need to figure out how much is needed most of the year.

**In order to get in “peak condition” you have to work backwards**

Here is what I mean by that...going from good condition to peak condition requires both an increase in exercise and a stricter diet. You can't increase intensity and get good fat loss results if you are already killing yourself in the gym.

A “Vacation Ready” workout might include 6 workouts per week

These 5-6 workouts per week would only last 3-5 weeks before the vacation (max)...and is certainly above and beyond your normal workout.

**So if 5-6 workout per week is above the norm...**

The normal year-round workout needs to be less than that. The idea is to stay lean and fit all year without breaking your body down. The way to accomplish that is to do as few “official workouts” per week as
possible while still remaining lean, fit, and strong.

**One of the fittest guys I know, works out just 2-3 times per week**

My friend, Mark Sisson, used to be a workout junkie. In fact he placed as high as 4th place in the Ironman Triathlon. These days Mark only does a few official gym workouts per week and has an outstanding physique. At the age of 55, he has the physique of an Abercrombie Model...it is ridiculous!

**I have dropped my year round workout down to 3 days per week**

I used to workout 4-5 days per week for 20+ years. I now allow myself just 3 “official” workouts per week. The key is I'm trying my best to stay active instead of spending time in front of the TV. I also try to walk as often as possible (please remember the health benefits of walking I discussed earlier...it is vital to your long-term health).

**What if you can't get lean off 3 workouts per week?**

Here's the deal...I'm not saying that you have to only do 3 workouts per week like me. If you are new to training, there is something to be said for training more than that to build a base amount of muscle and strength.

**If you are new, you still have to develop the “skill” of intensity**

I believe intensity is a bit of skill that gets developed over time. When you are new, you are still learning the movements or are not in good enough shape to push as hard as needed. Once training becomes second nature, you can push yourself pretty darn hard.

**Here is the biggest reason people train more than needed**
...they are simply eating too many calories. They just need a simple way to reduce their weekly calorie intake without having to count calories. I've found intermittent fasting twice per week as my ticket to staying lean without having to avoid regular food (Italian, Mexican, Thai, Greek, etc). Many of the readers of my site do the same thing.

Find a simple way to eat less

My dad has lost a lot of weight eating a normal breakfast and lunch, but then would eat a chicken salad at night. Quite a few years ago, I would have a protein shake for breakfast and lunch which allowed me a decent sized dinner.

[I am a big fan of fine beer and enjoy it on a regular basis. Here is a picture of a great Greek beer with Santorini as the backdrop.]

Just like exercising, for most of the year you want to eat in a way that is comfortable and allows you to eat good food, drink beer, etc. This will give you room to get a bit more strict, when you are going to begin
your 4-5 week “push” to getting in exceptional shape.

**If following a strict diet all the time, where do you go from there?**

If you are already eating ultra-low calories going into the 3-5 weeks of getting event ready, you will probably fail at getting any leaner than the level you are at. Your system just can't handle a super aggressive diet for extended periods of time. Any further calorie decrease will not be effective.

**So some people believe in cheat days to raise leptin levels**

You certainly want your leptin levels to be high when you are about to begin your vacation prep, but I don't think things like carb-cycling and scheduling cheat ways are the way to go (I used to think like this).

**These days I'm against obsessive compulsive eating**

I do schedule 2 days per week where I fast until dinner (Eat Stop Eat style intermittent fasting)...but the rest of the time I simply eat a tiny bit less of my favorite foods. I also make healthy choices when possible.

**I didn't want to be a hypocrite...**

I eat all the same delicious foods that most people eat, just a little less often than most people...and I reduce portion sizes. Sometimes I eat huge portions. The bottom line is that I don't count calories. If I gain a little fat, I know I just need to make a small tweak.

The things you read above apply to the majority of the year to stay lean and healthy. When it is time to reach an elite level of conditioning...the 3-5 weeks before a special event or vacation...the rules change!
Chapter 7
“A Time to Be Obsessive-Compulsive”
It Pays to Be Imbalanced for 3-5 Weeks If You Want to Look Better Than Ever for an Important Event

Many people would argue that 3-5 weeks isn't enough time to get in “vacation shape”. If someone is out of shape, I would agree. To reach your highest level of conditioning it pays to start from a good position.

Aim to be in great shape year round

I don't believe in “bulking up”...adding weight then cutting down, etc. This is what many people (guys especially) have been taught...adding size in the off season...and then cut down before summer...not ideal!

Most people underestimate how long it takes to get lean

I rarely see the guys who follow the bulking approach getting very lean for summer. Typically the only people that this works for are those who live in the gym for 3-5 months before summer. Even then, they won't get as lean as someone who kept “within range”.

You can be pretty darn aggressive for short periods of time

You can accomplish dramatic results with brief periods of intensity. What I'm talking about is very low calorie diets, intense exercise, and less rest than normal.
Boxers are a good example of athletes who display incredible muscle tone. They do so by staying within their weight range year round and then working out like mad a few weeks out to “make weight.”

I Think it is okay to be Out-of-Balance for Important Events

The key is to be balanced 90+% of the time. Take college for example. When I was in school I kept a pretty balanced schedule of studying and learning...but when finals came around, I lived in the library with my head buried in books for 12-16 hours per day!

Working out on an aggressive schedule is fine for brief periods

Some people get way too far out from their target weight, so a brief period of aggressive workout and dieting, won't do the trick. The key is to slowly and systematically get to within “striking distance” of being in event shape...then turn up the heat in a big way!

The reason I put this report out in the fall, instead of Spring is to give you plenty of time to get within striking distance...to gently work you way to get within range.
Chapter 8
“9 Aggressive Tips”
To Give Your Body No Choice
But to Drop Fat Like Crazy!

I don't like to leave things like fat loss up to chance. To reach your peak condition, you need to stack every facet of workout and diet in your favor. I am going to list 9 crucial tips and then give you an outline of what an aggressive diet and workout plan would look like.

**Tip #1...Go Into Every Workout in a Fasted State**

Don't ingest any type of calorie whatsoever 3-4 hours before training. This will do two things. It will boost HGH levels and it will give your body no choice, but to use fat for fuel (since you have very little “food energy” in your system).

**Tip #2...Wait 1-2 Hours After Your Workout Before Eating**

Again...this is another way to get more of an HGH boost from your workout. Remember, you need every advantage possible to reach ultra high levels of conditioning. Don't worry about muscle loss...the resulting HGH boost will ensure muscle gets spared while fat gets burned!

**Tip #3...Limit Carbs, Especially Around Dinner Time**

I'm not anti-carb at all, but it does help to restrict these a bit when getting in “event shape”. Carbs tend to raise insulin levels and your body cannot burn fat when insulin levels are too high. So every time you experience a spike in insulin, your body cannot use fat for energy.
Tip #4...Try to Work in a Couple of Fasts Each Week

I like to do this year round as a simple way to boost HGH levels and reduce weekly calories, but this is especially helpful when trying to get ultra-lean. Here is a link to Youtube of Brad Pilon explaining how short term fasting has similar fat burning effects as exercising (except the HGH response last longer when fasting) --->

Fasting and Exercise

Tip #5...Do Some Type of Exercise Each Day During This Time

I recommend at least one hour of training each and every day during this 3-5 week push (now you know why it is necessary to limit this to a short time period). At least 4-5 workouts per week need to be intense, the other 2-3 can be moderate calorie burning sessions. Yes...I know this sounds excessive...but remember, this is just a short term aggressive strategy (not to be followed more than 1-2 times per year max).

[This is the time to get obsessed & stick to nothing but healthy food. You can eat quite a bit of vegetables during this time as well as fruit. With fruit you just need to account for the added calories.]
Tip #6...Strictly Limit Your Calories and Mainly Eat “Diet Foods”

Things like chicken breasts, salads, vinaigrette salad dressing are going to become staples. For this period of time, food is more of a tool to get lean. Your diet will probably be bland, but just picture all of the good food you will eat on vacation. Also avoid beer and cocktails during this time (I know that stings)...as a side benefit you will have a lower tolerance once you hit the beach and order that Corona & lime.

Tip #7...Make Full Use of Supplements During This Time

Most of the year I prefer to get my nutrition from real foods, but this is a great time to begin using protein shakes. The nice thing about a good protein shake is that you know exactly how many calories you are getting and many provide your daily allowance of vitamins. You can substitute 1-2 meals per day with a good protein shake. In the past, I have gone as low as 5% body fat by drinking a Myoplex® shake in the morning, one for lunch, and then a chicken breast salad for dinner...for two weeks straight leading up to a vacation.

Tip #8...Increase Water Consumption

If you are retaining a lot of water under your skin, it will blur any muscle definition. Some people think that drinking less water is the solution, but that is not the case. Simply put, water retention is caused by water binding to sodium under your skin. You want to flush out this excess sodium by drinking more water. A good strategy before leaving for a trip is to increase water consumption and “sweat out” the sodium in a sauna or with intense training. You can tell if you have achieved the desired effect when your sweat doesn't taste salty anymore.
I am not one to exaggerate the benefits of drinking water. I make reference to several studies on my site that show that we probably don't need as much water as suggested by the media.

Tip #9...Follow an HGH Flush Workout With Steady State Cardio

When insulin levels are low and HGH levels are high, your body release Free Fatty Acids into the blood stream (from your stored body fat). The reason you want to do HIIT or Interval Resistance Training is to insure the release of HGH. Doing it in a fasted state just makes sure insulin levels are low enough for HGH to release these fatty acids (remember the first tip).

(I'll split this tip into 2 paragraphs). Lower intensity exercise is not good for increasing HGH and releasing fatty acids into the blood stream, but is good at burning those fatty acids once they are released. So with these free fatty acids floating around in the bloodstream, you have a “window of opportunity” where slower, less intense cardio can work well. So now is the time to walk quickly on a treadmill for 20-30 minutes use a stair climber, exercise bike, etc. This is one of the few times where this lower intensity exercise will really help you burn off additional body fat.
Chapter 9

“An Example of An Aggressive Routine”

A Specific Plan I Have Followed to Get As Lean As Desired

Before I start this section, I want to let people know that there is a lot of flexibility here. To be honest, just following those 9 tips from the previous chapter will get you where you need to be.

...but I know people like to see specific routines

I will outline an exact routine that I have followed many times to get from 8-9% body fat, down to 4-6% body fat.

I start 3-4 weeks out from a trip and become strict with diet

The 3-4 weeks leading up to a trip I get rid of all temptations in my apartment. If there is any candy, chips, ice cream, etc...I give it away or throw it away. Going forward it is going to be a lot of chicken breasts and vegetables.

I buy boneless and skinless chicken breasts in bulk

I also buy a few big things of rice vinegar and a bit of vegetables and 1-2 heads of lettuce. I don't buy too many vegetables, because I like to get fresh veggies every 2-3 days. I will also pick up big block of cheese and a few Fuji apples (these are my cheat foods during this period of time). I pick up eggs and a huge thing of salsa as well.

This is the time where I order a big box of Myoplex® shakes

I like getting the box of 42 packets of the original formula. I think
strawberry is the best flavor. It winds up being around $90 with shipping, which sounds like a lot, but that is about $2 per meal. Each serving is 42 grams of protein, with only 280 calories. Each serving gives you about ½ of your Recommended Daily Allowance of vitamins...which is a good thing to get when you are on a calorie restricted diet. Any good protein powder works, I just like this best.

**Here is the exciting diet that I follow**

A strawberry shake after my morning workout, one strawberry shake a few hours later, and most of the time a chicken salad with rice vinegar dressing for dinner. I now have added in fasting (“Eat Stop Eat” style) twice per week. I make a veggie omelette with salsa about twice per week for dinner. On occasion I will add cheese to either the omelette or the salad, but not one week before the trip. I will also keep Fuji apples handy and eat them as a dessert 3-4 times per week.

**Here is what my workout looks like**

The 2 day split I outlined in chapter 4, but done 5 times per week instead of just 3 times per week. After 3-4 of those workouts I will do HIIT for 15-20 minutes followed by 20-30 minutes of moderate steady state cardio. If I feel worn down, I will skip the HIIT and just walk on the treadmill after the lifting. On the two days of the week I don't go to the gym, I will do a body weight fat loss circuit (recently added this).

**Make no mistake about it, this routine is aggressive and brutal!**

I just want to remind people...following any program that resembles this for more than a few weeks at a time, is NOT a good idea. This is the equivalent of a boxer working his butt off to make weight. It is a way to get quite a bit leaner than normal. Remember how defined the guys in the movie “300” were? It was because they pushed much harder than normal. This is what it takes to reach this level.
The previous chapters covered a lot of what I taught Craig and Matt to follow to reach peak condition. I will outline a few specific sticking points that both of these guys hit and how I assisted them (they did the work).

**Matt was stuck at 8% body fat and wanted to go lower**

Matt is a guy who found my blog and followed it for 7 months to go from what he calls “slightly chubby” down to about 8% body fat. His goal was to get the lean and angular physique similar to Cam Gigandet in the movie “Never Back Down” or the physique Brad Pitt has in “Fight Club”.

**He wanted to get extra lean for summer so I decided to help him**

My goal was to help a few people directly, so I would have a few testimonials for this ebook you are reading right now. I wanted people to see actual photo proof that these methods work. At this point, I began to communicate with Matt directly and answer every question he had about getting extra lean.

**Matt's questions (and Craig's) assisted me in writing this book**

Everything you have read so far are things I suggested that Matt and Craig do, to get extra lean. Some of this is info they followed from my site, but quite a bit of this book was written as a direct result of answering their questions.
So Back to Matt's Case Study...

Matt followed the Warrior Diet to get down to 8% body fat. He was also fasting before training and keeping his calories down. He was following all of the training advice I gave on my site, but wasn't able to shake that last little bit of fat.

I suggested to Matt to just fast twice per week

The Warrior Diet is a type of intermittent fasting where you fast every day until dinner time. You are allowed to eat fruit on days you are particularly hungry, but the majority of your calories are to be eaten at night. The idea is to eat one big meal at night. Matt's problem was that he was eating too many calories in that one big meal.

Matt switched from the Warrior Diet to Eat Stop Eat

I explained to him that I felt Eat Stop Eat worked better to get extra lean, because you only fast until dinner twice per week...but that dinner is a small healthy meal...not a bunch of calories before bed like the Warrior Diet. Eat Stop Eat was a better way for Matt to reduce overall calories consumed throughout the week and made sure that there wasn't a bunch of food in his stomach when going to bed.

He began getting lean again, but got to another sticking point

I wasn't sure why Matt was stuck until he gave me a detailed explanation of what he was eating. On his non-fasting days, he was eating a bowl of Raisin Bran cereal before going to the gym.

I explained to Matt the concept of working out in a fasted state

Instead of eating his cereal before his workout, I suggested that he eat it after his workout. I told him to give it a try for a few workouts and get
back to me. He began training before eating his first meal and like clockwork began getting a bit leaner day by day. He was worried about not having enough energy to train, so I suggested a cup of black coffee before working out as well.

**He was almost there, but just needed one more small tweak...**

A week later, I suggested that he drop the cereal and go for a lower carb meal after his workouts and if possible wait an hour before eating that meal. These small tweaks made all the difference in the world and Matt was able to get ripped for summer!

**So now on to Craig's Case Study**

Craig is a young business owner and aspiring actor who lives in Southern California. He was reading and following the advice on my blog to go from 172 down to 155 in 6 weeks. He was following a pretty aggressive plan outlined on my site when I decided to contact him.

**Craig got lean, but just wanted to lose that last bit of fat**

Perfect! I knew that helping him get from well-defined to extremely ripped would help in constructing this book. It isn't very difficult to get in decent shape, but very few people know what it takes to get the level Craig was aiming for. Just like in Matt's case...I wanted to leverage Craig's experience to shape this book.

**What Craig did to get lean and go from 172 to 155**

Craig followed that 2 day strength training split I outlined in chapter #4, but was doing it 6 times per week. He was doing less sets per muscle group, so this 6 day per week training didn't kill him. After his strength training he would do 1-2 sets of [Craig's Ballantyne's Crazy 8 Body Weight Circuits](#) followed by 10 minutes of HIIT.
I Told Craig to Back off a Bit...

He had the right idea for an event ready routine, but was doing it for too long and too far out from his target goal. I wanted Craig to learn how to maintain his current 155 pound physique with less effort. Once he accomplished that, he could press hard again.

What his diet looked like at that time

Craig was following a Paleo diet most of the time, which meant he was eating non-processed natural foods while limiting grains and excess carbs. When possible, I like to eat this way as well. It stabilizes insulin levels which means you are burning body fat more hours throughout the day.

A wanted him to tighten up the diet to allow him to workout less

I recommended to Craig to continue eating paleo, but follow the Eat Stop Eat pattern of fasting twice per week until dinner. This would be an easy way to reduce the weekly calories by 10-15% while continuing to eat the type of natural foods he enjoyed.

Fasting twice per week was did the trick

He began fasting while backing off a bit on his workouts (still pretty intense...I think he was pushing the envelope a bit)...but within 2 weeks he got leaner than ever. He tested at 4% body fat, but still felt he didn't look as lean as Cam Gigandet.

He had to be holding a bit of water...

I explained to him that to he probably just had a bit of subcutaneous water under his skin and had him increase his water intake to flush out any excess sodium. This helped him achieve the look he was after!
Chapter 11
“Vacation Body Blueprint Summary”
Wrapping it Up

My hope I that this report will help you get as lean as you desire. The tips and techniques work just as well for women as they do for men.

The main thing is to follow a realistic and comfortable workout schedule that you can live with most of the year. There is a bit of skill and mastery to staying lean without living in the gym. The first ½ of this report outlined some methods, but there are a lot of approaches that work. It will take a bit of trial and error to find what works for you.

[While most of us aren't going to be in a swimsuit runway show like these True Religion models...most of want to look good on the beach. You live once, so why not aim to look exceptional from time to time?]
A favor to ask of you...

Just don't go too extreme with any of this stuff. Some people tend to overdo things. I certainly don't want to encourage any types of eating disorders or anything like that.

Thanks for taking the time to read this!

I know this is a free report, but your time isn't free. I did my best to provide a free report that wasn't a typical “cookie cutter” free fitness ebook (I have plenty of those on my hard drive). My hope is that you got a lot out of this report!

If you like this report, check out my full-blown premium courses:

- **Visual Impact Muscle Building** (for Men...click to watch videos)
- **Visual Impact for Women** (for Women...click to watch the video)

![Rusty Moore](image)

Follow me on Facebook [link]
Frequently Asked Questions

Q: If I have a lot of weight to lose, can I follow an aggressive plan and workout more than 3-4 times per week?

A: You can workout more than 3 times per week to lose fat at a more rapid pace if you have a lot of weight to lose. I have advised people to follow routines where they hit the gym 5 times per week. The key is to get to a point where you are lean...and then back off a bit to a more realistic diet and exercise program to maintain that weight. Gently maintain that weight with a moderate diet and exercise plan for a few months...and then get aggressive 3-5 weeks out from the planned event.

Q: Do I have to fast until dinner twice per week to get lean?

A: Absolutely not. I have reached low body fat levels without following the Eat Stop Eat method of fasting. The key is to maintain a prolonged calorie deficit in a way that is comfortable for you. That being said...I do think these short term fasts make it easier to get really lean. Brad explains that fasting has very similar HGH and fat burning effects as exercise. The two weekly fasts have the HGH boosting effect of adding in 2 more exercise sessions per week. It is actually quite amazing how it works. Brad explains it really well in this Youtube video---> Fasting & Exercise - Similar Fat Burning Effects

Q: So how many calories per day?

A: This is extremely hard to answer, because there are so many variables. When following a short term aggressive plan, you could start somewhere in the neighborhood of 8-10 calories per pound of
your target body weight. So a guy who is 165 and wants to get down to 160...he could start at somewhere between 1,280-1,600. After a week he could adjust it up or down. Remember this is an aggressive short-term diet.

**Q: Won't my metabolism slow down with so few calories?**

**A:** Not if you are doing some form of resistance training a few time per week and challenging your muscles. Muscle loss is more of a function of not using the muscle. The supplement companies would like you to think that you are always on the verge of muscle loss...research has proven quite the opposite. It is tough to lose muscle if you are providing resistance to that muscle on a regular basis.

**Q: Can I eat more calories and then just do more cardio?**

**A:** There are problems with this strategy. It is easy to consume an extra 1,000-2,000 per day...but takes an unreal amount of cardio to burn off those calories. All of that extra cardio is just going to break your body down and lead to overtraining. There is a very real chance that you will put on more fat, instead of losing fat following this approach...despite spending countless hours in the gym. Gyms across the world are full of these people...I just don't want you to be one of them!

**Q: Won't my muscles waste away if I don't give them a lot of protein?**

**A:** You need much less protein than what most fitness publications preach. There has been a lot of recent research done on this subject. Anyway, I get about 70-100 grams per day on an average day and closer to 40 on my two fasting days each week. I haven't lost an ounce of muscle and I've been eating this way for a long time. [Here is an the most up-to-date course on the subject.](#) According to this
course, I could easily do fine with an average of 70 grams per day.

**Q: Are body weight fat loss circuits as effective as sprint intervals for fat loss?**

A: In many ways these are more effective than HIIT. When I was doing nothing but that Crazy 8 Body Weight circuit I was as lean as ever. The great thing was my abs looked slightly better than normal. If you want to further increase the fat loss effects during the 3-5 weeks before a trip, add in 20 minutes of slow and steady cardio right after the circuit. To be honest, it will take you a couple weeks of doing these to be able to get the courage to add in the extra cardio. These are tough!

**Q: Won't training for strength and low reps build muscle, instead of making the muscle more defined?**

A: I am suggesting that you do low rep, low volume training and limit your sets. Also...don't go to failure. A high volume of lifting and pushing to failure is what tears down muscle. Avoid the traditional bodybuilding techniques, like “aiming for the pump”, forced reps, training to failure, etc. Also...you are going to be doing this strength training under calorie restriction, so need to worry about bulking up. Here is a post talking about where I learned this---> [Muscle Tone Philosophies of Former "Soviet Special Forces" Instructor](#)

**Q: Won't lifting heavy for strength hurt my joints over time?**

A: I have a really interesting post about how to get strong without lifting heavy weights. I wanted to throw this in here because it will be a paradigm shift for many people when it comes to strength training. One of the better posts on my site if I do say so myself---> [Lift Light Weights for Low Reps to Gain Strength and Muscle Definition](#)

**Q: How can I guarantee that I reach peak condition for a specific**
time, like a photo shoot?
A: For models and others who need to get in peak condition for important events on a regular basis, I recommend to keep a journal. The goal is to track everything you eat and what workouts you performed to get ready for the event...and track how you look day-to-day. What you will find after doing this a few times, is that you will look exceptionally good one of those times. To duplicate that exact look, you will simply look in your journal and follow what has proven to work for you. Create your own blueprint to follow. It works very well!

Q: What if I only have one shot at looking my best?

A: About a year and a half ago I was coaching a male model in New York to prepare for an extremely important fashion shoot for a magazine. The shoot was about 3-4 months away and if his photos got picked for the magazine, it would be a huge break for him. What I had him do was create a journal (like mentioned above), but do 2 “trial runs” before the shoot. So we wanted him to get in event shape 2 months out and again 1 month out. By the time the photo shoot came around, he had an exact blueprint to follow and looked outstanding. His photos made the magazine by the way!

Q: I'm at a low body fat percentage, but still not as sharp as I'd like to be. What can I do?

A: You most likely are just carrying extra water. Drink 1-2 gallons of water per day a week before your event. Take a multi-vitamin to make up for any mineral loss due to excess water excretion. Limit your sodium to less than normal (don't eliminate sodium) 3-4 days before the event. Take Dandelion Root 3-4 days before the event (a natural diuretic). Make sure and work up a heavy sweat at least once per day leading up to the event. Drink a lot of water and sweat until your sweat no longer tastes salty. Sodium ions trapped under the skin are what cause subcutaneous water retention...which blurs your definition a bit.