

THE SIXTY SECOND SOLUTION

ACHIEVE YOUR IDEAL BODY IN
ONLY MINUTES A DAY



**CLARK
BARTRAM**

**AMERICA'S MOST TRUSTED
FITNESS PROFESSIONAL**

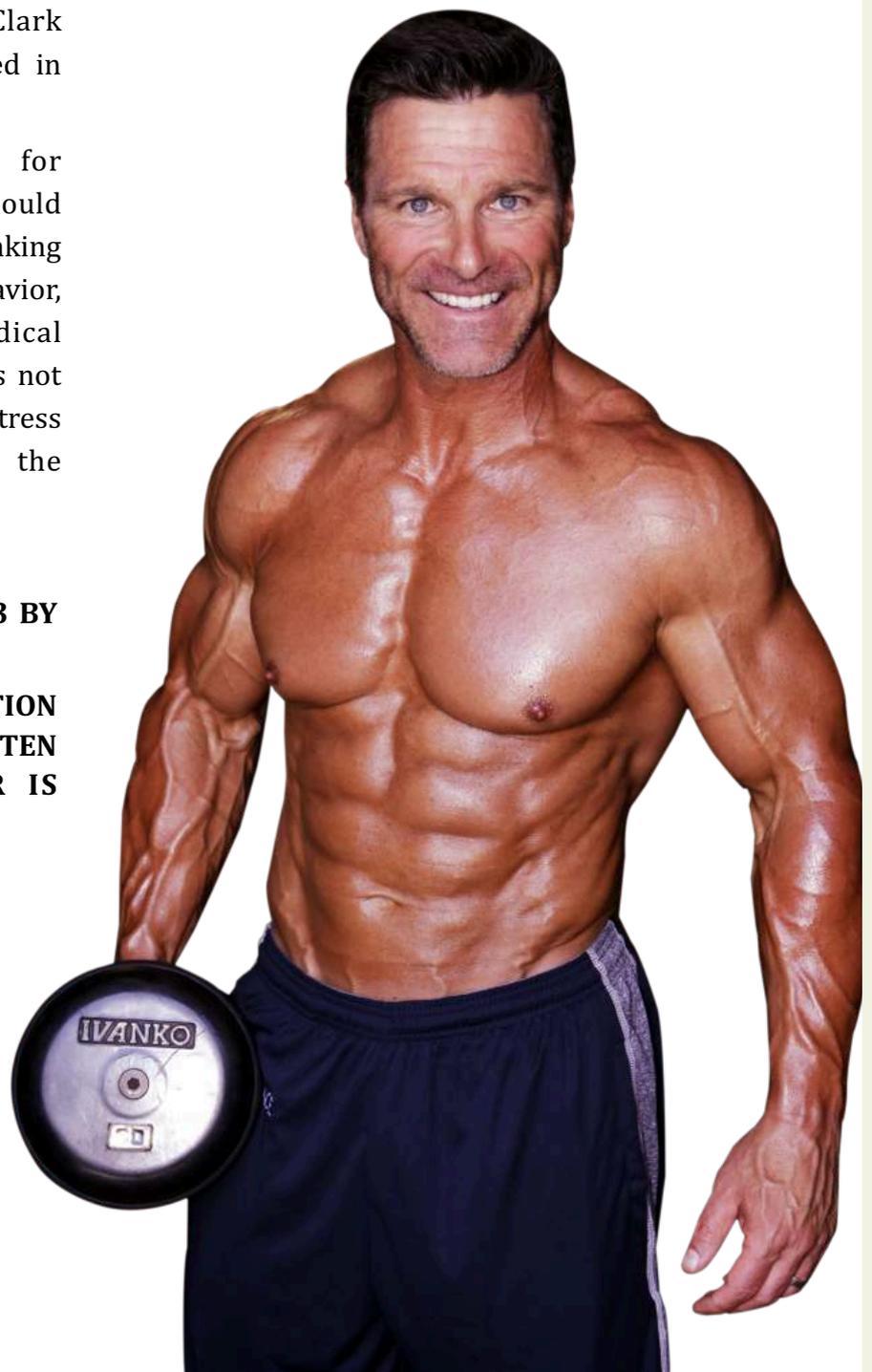
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The Sixty Second Solution

Achieve your ideal body-and life-in just minutes a day.

I know it sounds too good to be true, but you can absolutely change your body in just minutes a day. I've been helping people just like you get in shape for the last 25 years, and I've learned what it takes to live in your healthiest body in the shortest time possible.

With some consistent effort and a positive attitude - along with my well-thought-out meal plan and blazing fast exercise routines, I can guarantee that you'll be headed in the right direction immediately - even after your first sixty seconds!

How can I be so confident about all this? Well, like I said, I've been doing this for a long time. And I've come to the conclusion that most people over complicate things when it comes to getting fit.

Let me explain: We've got multi-million-dollar fitness facilities on nearly every street corner. Personal training centers are popping up everywhere. Bodybuilding supplements are readily available at stores like Wal-Mart and Costco, where everybody shops. The fitness revolution has clearly taken over America, but our country is still one of the most "unfit" nations in the world.

How is this possible? As a fitness insider, I believe that the fitness industry has a lot to do with it. The competition is fierce out there, and everyone's trying to get your attention with the latest gizmos, potions and exercise systems. We're so distracted by mixed messages and new claims about what works and what doesn't, that most of us have no idea what to do.

That's where I come in. The Sixty Second Solution is my attempt to bring you back to the basics. I'm going to take you back in time, when Jack La Lanne was the only fitness authority anyone knew about. He was getting America in shape with a simple protocol that included calisthenics and a great attitude — and a dog named Lucky!

I don't have a dog, but my Sixty Second Solution will work for you because it's based on sound fundamentals. It's appropriate for pretty much every ability and fitness level, and I highly recommend that you get your family involved— including your dog if you have one — so you can all get fit together. Discovering what real health feels like is even better when you share it with others.

The All-Important Mental Minute

Real health, in my opinion, starts in the mind. Without the right mind set and a clear focus, no program is ever going to work for you. So before we get into the diet and exercise part, we're going to spend some time tuning up that powerful machine between your ears — your brain.

If you can give me just sixty short seconds each and every day and do a simple mental exercise, you can absolutely transform not only your body, but also other important aspects of your life — your relationships, your career, your finances and more!

If you want this program to succeed beyond your wildest dreams, you'll have to trust me if and when things get a little weird. If you buy into the program 100 percent, the results will definitely amaze you — and everyone else in your social circle.

You probably didn't buy this book to get a lesson in how to think. But I'm here to tell you that your mind is your most powerful tool in your quest for a better body. So let's get started by putting you in the mental state to change your physical state forever.

The Perfect Body Starts in the Head

What did you do when you woke up this morning? Chances are you turned on the news and got bombarded with stories about crime, terrorism, celebrity gossip and political corruption. Or you shared a cup of coffee with your significant other and complained about your job, the kids, the bills, the weather or how tired you are. Or you just went through the motions of brushing your teeth, eating breakfast and getting dressed.

None of these are great ways to start your day. They put you in a foul mood and elevate your stress hormones, or they just make you numb to the magnificent world that you're a part of.

From now on, I want you to do something different with the first sixty seconds of each day. Right when you get up, I want you to look in the mirror and say something positive to yourself — about yourself, about the day ahead, about your life, about the food you're going to eat, about your spouse, your kids, your opportunities in life, about your clothes, about your current weight, about your ability to walk, talk, breathe and move — and anything else you're grateful for.

Why should you do this?

One of the most important reasons is because MOST PEOPLE DON'T!

It might seem uncomfortable at first, but I can promise you that the more you do it, the better you're going to feel. Your whole outlook is going to change, and all it takes is sixty seconds.

Here's an example of what I'm talking about:

"This is going to be an amazing day! I plan on eating a healthy breakfast, enjoying my ride to work and giving my best to earn a wage that will help me continue to live the life I have. I'm thankful for my spouse and kids and the health that I've been given. I choose today to exercise my body in an effort to remain healthy as I age. I enjoy eating food that's good for me, and if I happen to blow it and eat something bad I'll forgive myself for being human. I'll move forward and not stop my progress. I am beautiful just as I am; I'm a good person who gives back to the world by saying hello to people and being genuine. I'm a great parent and I love my kids, even when they act out. I'm grateful for the car that I drive, the clothes that I wear and the freedom that I have to live my life as I see fit. I'm a giving and caring person who can make a change in this world simply by making a change in myself. I'm excited to live THIS DAY to the fullest. I will not engage in negative self-talk or gossip, as I know it leads to a negative end. I will make it a great day!"

That statement is JAM-PACKED with positivity, and it only took me a minute to say out loud. Most people don't say that many positive things all day long, so you'll be way of everybody before you even leave your home in the morning. And over time, these little sixty second doses of gratitude and confidence will dramatically transform every single aspect of your life.

I promise that doing this powerful mind exercise each day will help you follow the exercise regimen I'll get to very soon. When you become grateful for your ability to do the routines and change your body, you'll put more into them than those who don't invest in the mental stuff first. Through these daily affirmations, you'll build an incredible foundation for a fitness program that will bring you strength, health and vitality. The mental work you do will be mind-blowing!

"A mind is a terrible thing to waste™" has been the UNCF's rallying cry to help black youth go to college for decades, but it's a true statement for all of us. We really need to grasp that concept and run with it. If you don't have your head on straight, you'll suffer the consequences of being less than you could or should be. The choice is yours so don't waste it!

Take a deep breath

While you affirm the good in your life for one short minute each day, I also want you to breathe. Deeply. It's another thing that most people don't do, and it can add an additional boost to your day. You can also incorporate sixty seconds of deep breathing throughout your day whenever you need a lift, like when you get frustrated in traffic, when you're dealing with a problem at work or when you're feeling tired.

Breathe in deeply through your nose and exhale through your mouth like a big sigh until all the breath is expelled from your lungs. You may get dizzy the first few times you do this. If you do, just ease up until you get centered and then continue, slowly and fluidly.

We all breathe, but when you do it deliberately and with purpose - for just a minute - amazing things can happen.

How You Feel Affects How You Look

If what I'm saying seems weird or you don't understand what it has to do with getting a better body, just give it some time to sink into your heart and soul. If you do the mental and emotional work I'm suggesting, you'll eventually "get it." And I promise you that it'll be worth it.

I can't wait for you to have that Oprah-style "Aha!" moment that I've seen time and time again. It's that magic moment when you realize how much control you really do have over the way your life unfolds, and how far you can go with just a few simple changes. It's a beautiful thing, and you're so close to experiencing it!

What I'm attempting to do here is to "flip the script," as they say. There's a reason I'm not getting to the exercise and nutrition part of this program yet. Most exercise programs and diets fail miserably because people jump into them before they're ready. I want you to succeed so much that I'm willing to buck the trends and delve into something that too many people avoid because it's taboo in some circles.

Big marketing experts in the fitness industry have told me, "Clark, people don't want to change the way they think. That stuff doesn't sell!"

Well, that's EXACTLY THE PROBLEM I'm trying to deal with here. I don't want to sell any program that won't give you lasting results. My hope is that this book will be the last fitness book you'll ever buy, because it's the one that finally gets you to achieve your goals.

Mental exercises did wonders for me, and they'll do wonders for you if you give them a chance. I know I sound like a broken record, but I'm passionate about all this! I wrote this book because I needed a complete turnaround in how I spoke, thought and acted, and I saw firsthand how the changes I made in my mind manifested in my body in positive ways.

Some days I do great and other days I blow it. You'll probably have a similar experience, and that's okay. As long as you make an effort to move forward and keep yourself from stagnating, you're going to win big-time in the long run.

The mental exercise I described earlier is designed to help you focus on all the good things you already have. It's designed to take an inventory of where you're at, what's good in your life, and where things can get better. It starts with an emotional acceptance of the way things are now, with a deep knowledge that things can get even better when you put your mind to it.

We're sort of taking a journey from caterpillar to butterfly together. The caterpillar isn't ugly and gross: it's amazing in it's own right, and is a necessary step in the process of transformation.

Give yourself some time to make those deep internal changes that will effectively manifest themselves physically with consistent effort — just sixty seconds at a time.

Now Let's Work on the Rest of Your Body

Hopefully I've been able to show you that physical change begins with a little enlightened thinking. Please don't get freaked out by that term. All it means is that you're experiencing one or more of the following:

Insight	Understanding	Awareness	Wisdom
Education	Learning	Knowledge	Illumination
Awakening	Instruction	Development	Teaching
Sophistication	Advancement		

Nothing wrong with any of that! So, let's move on to the physical part because I think you're ready for it.

I don't care what condition your body is in right now, my intention is to deliver a simple exercise solution that can work effectively for everyone:

- | The gym goer
- | The stay-at-home mom
- | The busy, traveling salesperson
- | The young
- | The old
- | The motivated
- | The unmotivated

It seems impossible, but the beauty of my sixty Second Solution lies in it's elegant scalability. If you've never exercised a day in your life, you can use this program today. If you're toughest guy in the room, the workouts are still going to challenge you and make you better.

You're on Your Way to Becoming a Fitness Efficiency Expert

The routines are deceptively simple, but don't be fooled. The order of the exercises and the pace at which you'll be doing them make these routines incredibly effective. You'll strengthen your muscles and condition your cardiovascular system in the shortest amount of time possible.

Here's where the sixty seconds comes in. You'll perform each exercise for sixty seconds. That's it! No counting reps. No heavy weights. Just a fast, controlled rhythm designed to maximize each minute. The programs will consist of 8-10 total movements, and your total time invested will be no more than 10 minutes at the beginning level. And YES, you'll get a great workout!

The trick is to do the most that you're capable of in the prescribed amount of time. While the clock is ticking, some of you might have to stop and rest for a few seconds. That's fine. Others may only get through 10 seconds before stopping for the whole minute. That's okay, too. Just do the best you can in sixty seconds and watch your progress. Before you know it, you'll be getting through each minute and working more intensely as you go along.

Sixty seconds at a time is all I'm asking from you, and you'll constantly be moving forward. If you can do that, the program will give you lasting results.

All You Have to Do Is Make the Rounds

When you pick a routine for the day, I suggest 1 round for beginners, with sixty second rest intervals between exercises. If exercise isn't new to you, try two rounds of all the exercises with 30-second rest intervals between each exercise. Advanced exercisers can try three rounds of the whole circuit, with no rest between exercises.

Because it's impossible for me to know what's best for you, you should always err on the side of caution. You don't need to push yourself too hard at first. Get comfortable with the movements, and slowly progress as your physical prowess begins to come alive.

Please don't do the same routine every time you work out. It's important to keep the body guessing by switching things up. If you do the same routine all the time, your body will never improve because it can quickly figure out what demands you're placing on it. Growth occurs when the body has to do more than it's used to and adapt to new combinations of movements.

Let's say that Fred goes to the gym three days a week. He does chest, shoulders and triceps on Mondays, legs and abs on Wednesdays, and back and biceps on Fridays. He does the same exercises in the same order every time, and rarely uses different weights. He wonders why he's not making any progress. Even though it seems like he's putting in a lot of effort, he doesn't even realize that his body has adapted to his same old routine.

Fred's nervous system communicates with his muscles and says something like this: "Hey guys, no need to work too hard. I got this! He's gonna do 185 pounds on the bench for three sets of 10 like he always does."

While this sounds kind of silly, it's exactly what happens. The human body will only rise to the level of demand that's being placed on it and no more. It's that simple.

Now here's the beauty of it. Fred could do his same routine and simply change one variable — like tempo, grip placement, or bench angle — to get dramatic results. With those simple changes, his muscles would say, “Whoa guys, he changed things up on us! I need some additional nerve recruitment to overcome this new demand.”

BAM! That's how growth and improvement happen.

It's really that simple, and that's what we'll be doing in the sixty Second Solution. We'll be changing things up as often as possible, to keep your body guessing and activating new resources for growth.

Your exercise “routine” will be anything but! It won't be monotonous, dull, tedious, humdrum or predictable. It'll be purposeful and progressive, so let's call it that: Our Purposeful, Progressive Program — or Triple P for short.

Solo Routines

Great for home or travel, these sets of exercises require no accessories or partners. Pick one routine per session and do each movement for sixty seconds, followed by the appropriate amount of rest — sixty seconds, 30 seconds, or none — for your fitness level. Intermediate and advanced exercisers can do two or three rounds of each routine.

Routine One (Full-Body Burn)

1. Jumping Jacks
2. Running in Place
3. Mountain Climbers
4. Bend and Thrust
5. Push-Ups
6. Body Squats
7. Lunges
8. Horse Stance Punches
9. Butt Kickers
10. Jump Squats

Routine Two (Full-Body Burn)

1. Burpees
2. Tuck Jumps
3. Plyo Push-Ups
4. Wall Sit
5. Jumping Lunges
6. Superman Hold
7. Plank Hold
8. Arm Circles
9. Lateral Raises
10. Jump Twists

Routine Three (Lower-Body Intensive)

1. Body Squats
2. Jumping Lunges
3. Running in Place (Quick Feet)
4. Mountain Climbers
5. Squat Pulses
6. Donkey Kick Backs
7. Outer Thigh Lifts
8. Bridge Hold/Glute Squeeze
9. Squats with Side Leg Raises
10. Wide Sumo Squats

Routine Four (Upper-Body Intensive)

1. Plyometric Push-Ups
2. Walking Push-Ups
3. Triceps Push-Ups
4. Inch Worms
5. Air Boxing
6. Arm Circles
7. Lateral Raises
8. Biceps Curls
9. Triceps Kick Backs
10. Air Boxing

Routine Five (Ab Intensive)

1. Bicycle Abs
2. V-Ups
3. Russian Twists
4. Scissor Kicks
5. Row Boat Crunches
6. Plank Hold
7. Side Plank (Up and Down)
8. Lying Leg Raises
9. V-Up Hold
10. V-Up Claps under Legs

This next routine adds a jump rope and some dumbbells for extra intensity. Get some equipment for your home or do this routine at your local gym or health club.

Routine Six (Cardio and Compound Moves)

1. Jump Rope
2. Squat Push/Press
3. Jump Rope
4. Lunges/Curls
5. Jump Rope
6. Dead Lift Jumps
7. Jump Rope
8. Lunges/Lateral Raises
9. Jump Rope
10. Dead Lifts

Partner Routine

Sometimes you can be more motivated if you have someone to workout with. You can certainly do the solo routines with other people, or you can try the set of partner exercises below that allows you to help each other with a simple towel.

It's a great way to learn the power of communication and teamwork. The goal is to provide your partner with the right amount of resistance through either pulling or pushing (or both), depending on the exercise.

The person exercising should be able to effectively and safely complete as many repetitions as possible in sixty seconds, so the person providing the resistance will constantly be changing how hard he or she pulls.

This might take a little getting used to, but trust me; it's very effective when you connect with it.

You could also easily bring a partner into any of the other programs listed in the book.

Routine Seven (Full-Body Pump)

1. Air Squats Provide resistance by pushing down on your partner's shoulders
2. Towel Pulls
3. Push-Ups
4. Lateral Raises
5. Overhead Triceps Extensions
6. Biceps Curls
7. Toe Raises
8. Ab Crunches

Advanced Routines for Extreme Fat Loss

So maybe you've read this far and thought to yourself, "I need more than sixty seconds, Clark."

Okay. Like any good poker player, I'll see that sixty seconds and raise it with my 20-Minute Super Circuits!

It's really the same concept, but we just add about 10 minutes more to each workout. You can do it at home if you have a set of dumbbells, but I recommend going to the gym and taking advantage of different fitness machines. Remember, it's always good to mix things up.

I prefer home dumbbell sets such as Power-Blocks, which take up a lot less space than individual dumbbells. Other options include a barbell set and a weight bench, which can be purchased at any reputable sporting goods store.

Cardio + Weight Training = Maximum Benefits

Before we get to the routines, let's learn why this is such a powerful program for advanced trainees.

Science has shown that resistance exercises done in a specific manner can make you burn fat faster. And while the 20-Minute Super Circuit boosts your natural fat-burning hormones, it can also help balance your insulin levels and improve carbohydrate storage in muscle tissue. This can lead to greater energy levels and a better-looking body.

There's even more good news: Boosting these hormones can also increase your sex drive, deliver powerful anti-aging effects and improve neurological function.

Here's how it all works: Your body uses stored energy inside your muscles for fuel. This energy is made up of carbohydrates in a substance called glycogen. By depleting this fuel, you prime your body to replace the energy in each muscle from carbohydrates in your diet. In turn, when you eat carbohydrates at your next meal(s) your body has created a need to store them in your muscles as glycogen and not throughout your body as fat. That's a big deal!

The 20-Minute Super Circuit will decrease your body-fat levels by raising your resting metabolic rate through an increase in lean muscle mass. Don't be alarmed if you find yourself adding a few pounds in the form of lean muscle mass. A pound of fat takes up more space than a pound of muscle. So even though you may put on a little weight, you'll actually be leaner and more defined.

As you progress, you'll take shorter rest intervals in between exercises in the 20-Minute Super Circuit. This will elevate your heart rate throughout the routine, and improve your cardiovascular health and lung capacity.

The 20-Minute Super Circuit will also enhance your overall body strength, the integrity of your joints and the density of your supporting bone structure.

For maximum benefits and safety, it's important to lift your weights in a controlled manner, to the position where you can really FEEL your muscles contract and flex. This should take about two seconds. After you lift the weight, slowly lower it in a controlled manner for no less than four seconds.

Deciding How Much Weight to Use

Your goal is to use a weight that allows you to do about 15 repetitions on the first set, and a few less reps with each successive set. Go by the way your muscles feel. If a weight seems light go up a bit, and if it seems too heavy reduce it slightly. In the beginning, the easiest way to determine how much weight you should use on each exercise is to guess (not very scientific, but it works).

- | Pick up a light weight and do a warm up set of the exercise, aiming for about 12 to 20 repetitions.
- | For the second set, increase the weight slightly if you could easily get 20 repetitions in your warm-up, and reduce the weight slightly if you couldn't get 12 repetitions. Use 15 reps as your target for this second set.
- | Use the same weight for the third set and aim for 12 reps
- | Use the same weight for the fourth set and aim for 10 reps

Resting Between Sets

I believe that shorter rest periods between sets is the ONLY way to go if you want to boost your metabolic rate and get out of the gym fast. Keep in mind that you might need longer rest periods between sets when training larger body parts, because they require more energy and oxygen than smaller muscle groups. Work your way up to the point where you can rest 15–30 seconds when doing leg, back and chest exercises, and 10–20 seconds when working arms and shoulders.

Don't Work Out More than Three Times a Week!

Do the 20-Minute Super Circuit program no more than three times per week, with at least one day of rest between sessions. This easily fits into a M-W-F schedule with weekends off.

Choosing the Exercises

Choose one exercise per body part and alternate movements for large muscle groups with movements for smaller muscle groups. This will keep your heart rate elevated — and keep your body guessing!

It's real important to work all your muscle groups — chest, back, shoulders, biceps, triceps, quadriceps, hamstrings, calves and abdominals — proportionately. If you leave any muscle group out of your workouts, you might hurt yourself. For example, weak hamstrings can lead to lower back and knee problems.

Lastly, do the required number of sets of each exercise (usually two–four) before moving on to the next exercise. Have fun!

20-Minute Super Circuit: “Machines & Dumbbells”

QUADS

2 Sets 12-15 reps

(Choose one or both depending on your current fitness level)



Leg Press Machine



Dumbbell Squat

TRICEPS

2 Sets 12-15 reps

(Choose one or both depending on your current fitness level)



Bench Dips



Tricep Kickbacks with Dumbbell

BACK

2 Sets 12-15 reps



Seated Machine Row



One Arm Dumbbell Row

CALVES 2 Sets 15-20 reps



Standing Calf Raises on Machine



Seated Calf Raise Machine Plate Loaded

HAMSTRINGS 2 Sets 12-15 reps



Standing Stiff Legged Dumbbell Deadlift

CHEST

2 Sets 12-15 reps



Machine Chest Press



Dumbbell Pec Flye

BICEPS 2 Sets 12-15 reps



Standing Dumbbell Curl



Seated Machine Preacher Curl

SHOULDERS 2 Sets 12-15 reps



Seated Machine Military Press



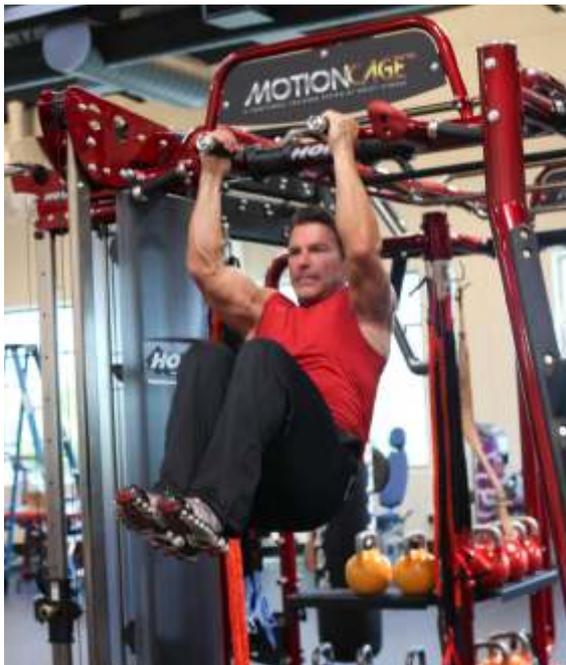
Seated Dumbbell Side Lateral Raise

ABS

2 Sets 25 reps



Crunches on Floor (SHOWN)



Hanging Leg Raises

20-Minute Super Circuit: “Machines & Cables”

QUADS 2 Sets 12-15 reps



Smith Machine Squat



Leg Extension Machine

TRICEPS 2 Sets 12-15 reps



Seated Tricep Press Machine



Standing Cable Tricep Pushdown

BACK

2 Sets 12-15 reps

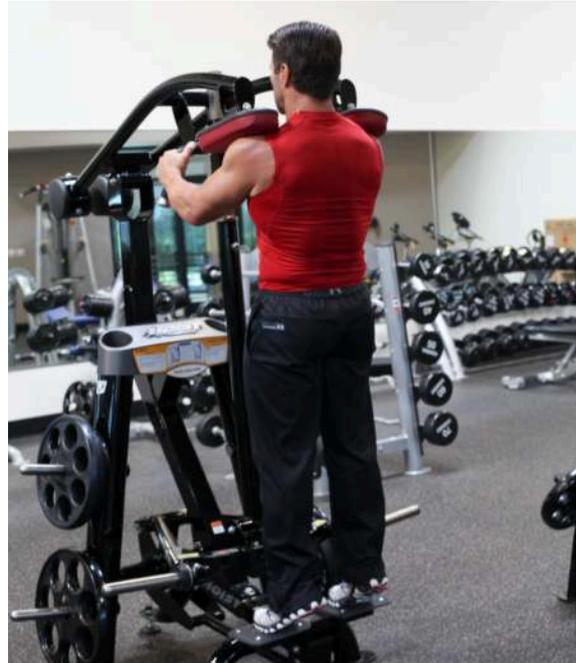


Seated Lat Pulldown to Front



Seated Low Pulley Row with V-Bar

CALVES 2 Sets 12-15 reps



Standing Calf Raise Machine



Seated Calf Raise Machine Plate Loaded

HAMSTRINGS 2 Sets 12-15 reps



Leg Curl Machine

CHEST

2 Sets 12-15 reps



Bench Press

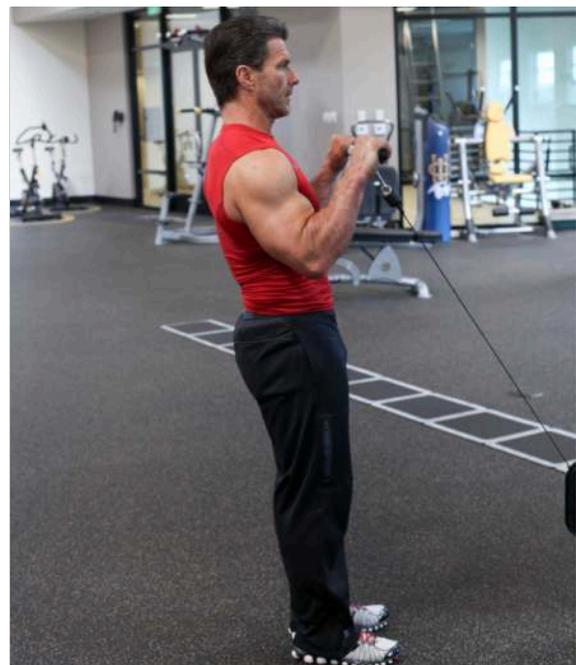


Cable Crossovers

BICEPS 2 Sets 12-15 reps



Standing Cable Curls



Reverse Grip Standing Cable Curl

SHOULDERS 2 Sets 12-15 reps



Seated Machine Military Press



Seated Dumbbell Side Lateral Raise

ABS

2 Sets 25 reps



Lying Leg Raises (lower abs)



Seated Jack-Knives (mid/upper abs)

The Ultimate 20-Minute Workout

This super, “functional fitness” circuit is perfect for anyone looking to burn calories, increase strength, and improve agility and athletic performance. In these workouts, you'll alternate strength movements with high-intensity, plyometric cardio movements. And rather than RESTING between sets, you'll JUMP ROPE for 60 seconds before moving on to the next exercise. After each set, you can rest a minute to catch your breath.

LOWER-BODY WORKOUT

Here's a workout that'll help your overall leg development and cardiovascular conditioning. These exercises will target your quads, glutes, hamstrings and calves. The best part is that the routine keeps you burning calories long after your workout ends. This might be a 20-minute workout on the clock, but the real benefits of strength, size, speed and fat loss will last much longer!

Set One

Front Barbell Squats: 3 Sets of 15, 12 and 10 reps
Jump rope for 1 minute between sets. No rest!

Set Two

Freehand Jump Squats: 20 reps
Jumping Jacks: 50 reps
Burpees with a Jump: 20 reps
Dumbbell Lunges: 3 sets of 10 reps per leg
Jump rope for 1 minute between sets. No rest!

Set Three

Freehand Jump Squats: 20 reps
Running in Place (High Knees): 50 reps
Burpees with a Jump: 20 reps
Stiff-Legged Romanian Deadlifts with 45-lb Bar: 15 reps
Jump rope for 1 minute between sets. No rest!

Set Four

Freehand Jump Squats: 20 Reps
Running in Place (Butt Kicks): 50 Reps
Burpees with a Jump: 20 reps
Jump rope for 1 minute between sets. No rest!Z

UPPER-BODY WORKOUT

Here's a great workout to get you pumped super quick. Jumping rope between strength-training exercises elevates your heart rate and burns more calories. You'll leave the gym feeling great!

Set One

Barbell Bench Press, Medium Grip: 3 sets of 15, 12 & 10 reps

Jump rope for 1 minute between sets. No rest!

Set Two

Burpees: 20 reps

Push-Ups with Narrow Hand Position: 20 reps

Crunches: 20 reps

Jumping Jacks: 20 reps

Jump rope for 1 minute between sets. No rest!

Set Three

Parallel Bar Dips: 3 sets to failure

Jump rope for 1 minute between sets. No rest!

Set Four

Burpees: 20 reps

Push-Ups with Wide Hand Position: 20 reps

Crunches: 25 reps

Jumping Jacks: 20 reps

Jump rope for 1 minute between sets. No rest!

TOTAL-BODY WORKOUT

This 20-minute circuit follows a dual-action cardio and strength protocol just like the others, but the timing is a little different. Each segment of the workout requires 30 seconds of high-intensity cardio followed by 10 seconds of rest; 20 seconds of high-intensity strength moves followed by 10 seconds of rest; and then 30 seconds of jumping rope.

This workout burns fat and builds muscle. It will kick your butt in minimal time and you'll be covered in sweat by the end!

Set One

Repeat four times with 10 seconds of rest between exercises.

Running in Place (Butt Kicks): 30 seconds

Dumbbell Squats to Dumbbell Presses: 20 seconds

(Use 5–20-lb. dumbbells based on condition and strength)

Jump Rope: 30 seconds

1-Minute Rest

Set Two

Repeat four times with 10 seconds of rest between exercises.

Running in Place (High Knees): 30 seconds

Slow Push-Ups: 20 seconds

Jump Rope: 30 seconds

1-Minute Rest

Set Three

Repeat four times with 10 seconds of rest between exercises.

Burpees: 30 seconds

Jumping Jacks: 20 seconds

Jump Rope: 30 seconds



Front Barbell Squat



Freehand Jump Squat



Jumping Jacks



Burpees with a Jump



High Knees Running in Place



Butt Kicks Running in Place



Dumbbell Lunges



Stiff Legged Romanian Deadlift with 45lb Bar



Rope Jumping 1 Minute Between Sets



Barbell Bench Press, Medium Grip



Push-Ups Narrow Position Hands Less Than Shoulder Width



Crunches on Floor



Push-Ups Wide Position Hands Outside of Shoulder Width



Dumbbell Squat to Dumbbell Press



Slow Push Ups

Fuel Your Workouts with Great Food

"The food you eat can be the safest form of medicine or the slowest form of poison."

— Anne Wigmore

You'll need quality fuel to perform and respond to the workouts I've just given you. Here are some complete nutrition programs that have all been tested on real people — myself included — and have been proven to get amazing results.

Let's start with some basic information about the components of food and their effects in the body. This may be common knowledge to some of you, but it's definitely worth reviewing:

Calorie

A calorie is a unit of energy-producing potential supplied by food. The energy is released through the process of oxidation.

Protein

One of the essential macronutrients, protein is the building block of muscle. It provides four calories per gram. Many studies indicate that exercising individuals have higher daily protein requirements than sedentary individuals. Since protein builds lean muscle tissue, a diet high in protein and a consistent exercise program can increase your metabolic rate and encourage steady fat loss.

Amino acids are the building blocks of protein. There are two kinds of amino acids, essential and non-essential. Essential amino acids must be consumed through food or supplements, because your body can't produce them. Various combinations of amino acids create enzymes, peptide hormones like insulin, structural proteins and transport protein.

Carbohydrates

Carbohydrates are the major source of energy for most humans. Like protein, this macronutrient category also provides four calories per gram. There are various types of carbohydrates, such as simple sugars, complex carbohydrates and dietary fiber.

When it comes to choosing carbohydrates, you need to know about the Glycemic Index (GI). This is a rating of carbohydrates and their effect on blood sugar. Higher GI carbohydrates create a greater blood sugar response, which can increase fat storage, cause "yo-yo" energy levels and make you crave more carbohydrates. Choose low GI carbohydrates (see approved carb lists on page XX) whenever possible, or combine higher GI carbs with lean protein and natural fiber

Carbohydrates are stored in the body as glycogen, mainly in muscle and in the liver. The benefit of eating lower GI carbohydrates is that they can help keep your blood sugar and energy levels stable.

Be careful with fruit. Fructose is a low GI carbohydrate, but since it's metabolized primarily in the liver it can slow down your metabolism and may cause fat storage to occur if you eat too much of it.

Fats

Fat provides nine calories per gram, making it the most calorie dense of the three macronutrients. After being indoctrinated by nutritionists and so-called diet gurus for most of the 70s and 80s about the evils of dietary fat, we're now learning about its many benefits — especially for exercising individuals and athletes.

While it's important not to overdo saturated and trans fats, essential fatty acids (EFAs) like Omega-3 (alpha-linolenic, DHA and EPA) and Omega-6 (Linolenic) are vital for good health, muscle building and fat loss. Since your body can't make EFAs, you've got to get them from food or supplements.

Now that you have an understanding of the basic nutritional components necessary for your health and performance, let's explore how to use this information to create a better body.

Key Concept #1: Forget Willpower

Create good eating habits by having the right foods available.

Most fit people are able to grab a healthy meal or snack no matter how busy their day becomes. These people avoid eating junk because they plan in advance to have access to foods their bodies need to perform at their best. This means they don't have a stockpile of junk food sitting around that tempts them! As a result, they don't need to rely on superhuman willpower to avoid bad choices.

Get Your House in Order

Get rid of all the junk in your pantry and refrigerator, and re-stock your kitchen with foods you need to build a better body. If this seems like tough love, it is. Taking away the main obstacles that make other fat-loss programs fail will make this program easier in the long run.

Remove all the foods in your house that contain the following:

- | White flour
- | High-fructose corn syrup (hiding in baked goods, fruit juices and sodas)
- | Hydrogenated cooking oils

Also pitch the following in the trash:

- | Sugar-loaded cereals and yogurt
- | Chips
- | High-fat salad dressings and dips
- | Butter and high-fat margarines
- | Cookies, pastries and crackers
- | Processed meats (sausage, bologna, etc.)

After you free yourself from all the junk, fill your kitchen with your favorite foods from the following approved lists. These foods will be the building blocks used to create your daily meals.

Approved Proteins

- | Egg Whites or Egg Beaters
- | Skinless Chicken Breasts
- | Sirloin Steak
- | Top Round Steak
- | Turkey Breasts
- | Lean Ground Turkey
- | Tuna
- | Halibut
- | Salmon
- | Cod
- | Beef Jerky
- | Orange Roughy
- | Skim Milk
- | Non-Fat, Low-Sugar Greek Yogurt
- | Non-Fat Cottage Cheese



Approved Complex Carbohydrates

- | Oatmeal
- | Yams
- | Sweet Potatoes
- | Brown Rice
- | Whole Wheat Pasta
- | High-Fiber Bread
- | High-Fiber Cereal
- | Beans (Red, Kidney, Pinto, Black)
- | Frozen Vegetables



Approved Fibrous Carbohydrates

- | Asparagus
- | Broccoli
- | Cabbage
- | Cauliflower
- | Corn
- | Green Beans
- | Peas
- | Cucumbers
- | Spinach
- | Lettuce



Approved Simple Carbohydrates

Use in moderation and no juice!

- | Pears
- | Bananas
- | Grapefruit
- | Apples
- | Grapes
- | Plums
- | Apricots
- | Strawberries
- | Oranges
- | Peaches



Approved Fats

- | Olives
- | Sunflower Seeds (unsalted)
- | Walnuts
- | Almonds
- | Olive Oil
- | Sunflower Oil
- | Flaxseed Oil
- | Flax Seed
- | Hemp Hearts
- | Avocado
- | Fatty Fish
- | Safflower Oil
- | Peanut Butter
- | Peanut Oil
- | Coconut Oil



Key Concept #2 :

Forget Calorie Counting

Use the 60-Second Solution eating plan to naturally consume fewer calories.

The Sixty Second Solution eating plan is a long-term approach to looking and feeling great. It consists of simple food combinations that are designed to keep your blood sugar stable and your appetite in check.

Each meal is a combination of the right foods, in the right amounts, so you can avoid overeating on single items such as sweets or salty snacks. Your Sixty Second Solution meals should each contain a portion of lean protein, complex, slow-digesting carbohydrates* (*not if your goal is rapid fat loss) fiber and small amounts of essential fats. You may include small amounts of simple carbohydrates (whole fruit slices are best) with each meal as your dessert.

You do NOT need to meticulously measure your foods. However, each meal should consist of approximately 1/3 lean protein, 1/3 complex carbohydrates and 1/3 fibrous carbohydrates. Don't go out of your way to avoid the natural fats that are contained in these foods, but don't add unnecessary calories from fats that are contained in salad dressings, sauces, butter or margarine.

Over time, this practice will become a habit that will keep you from binge eating and snacking on foods that contain little or no nutritional value. Making sure that a good portion of each meal comes from lean protein and fiber will minimize hunger, overeating and binging in the future.

Spread your calories over five or six smaller meals.

Eating smaller meals more frequently throughout the day (every few hours) can help increase your metabolic rate so you burn more fat, stabilize your blood sugar and improve your nutrient absorption.

Eat more in the morning and decrease carb intake as the day progresses.

Your metabolism slows down as the day goes on, so eating smaller meals and slightly reducing your carbohydrate intake at night can be a very positive step toward fat loss.

Try to have your biggest meals earlier in the day, and/or after periods of physical activity. It's at these times when calories are more likely to be used for energy or repairing lean tissue, as opposed to being stored as fat.

Eating a slightly larger meal after an evening workout is acceptable, since your body is ready to use this meal to recover from your exertion. Not eating after an evening workout can hinder your ability to recover from exercise, may slow your progress toward a better body in the long run.

If you train in the morning, you don't necessarily need to avoid eating beforehand. If you force yourself to workout on an empty stomach, you may feel tired and sluggish and not put your all into your workout. A better approach is to eat a small meal before your workout so you feel energized.

General Tips to Remember on the Sixty Second Solution Eating Program:

Be consistent

True fat loss takes time and will allow you to maintain lean muscle.

Set realistic goals

Small, achievable goals over time yield the best results. This positive pressure can help you achieve fitness success your entire life.

Drink plenty of water

Try consuming 3/4 to a gallon of water daily, especially if strenuously exercising. Seventy percent of your body is water, and drinking water helps flush toxins from your body, transport nutrients, keep your skin healthy and keep your organs functioning at their peak.

Plan your meals ahead of time

If you fail to plan then plan to fail!

Make better "bad" choices

If you're going to cheat, minimize the damage. Instead of regular potato chips, for example, have baked ones. Or instead of regular ice cream, have some non-fat yogurt. Try the low- or non-fat versions of salad dressings and dairy products instead of the full-fat versions.

Take action

All the planning in the world is useless without motivation and ACTION. Only YOU can determine your own success.

See the sample meal plans for your individual goals later in this guide

Advanced Diet Strategies

“There's a difference between interest and commitment. When you're interested in doing something, you do it only when it's convenient. When you're committed to something you accept no excuses, only results.”

— *Kenneth Blanchard*

In this chapter, I'll provide you with dietary guidelines to help you achieve specific goals. Your daily diet will alternate between main meals and snack meals, and you'll get three of each every day.

DIVA DIET for Women

The DIVA DIET is designed specifically for women who are slightly over their ideal body weight. The DIVA DIET is ideal for women who wish to lose a few pounds while tightening and toning their bodies.

MEGA MASS BUILDING DIET for Men

The MEGA MASS BUILDING DIET is designed for “skinny guys” who want to pack on pounds of lean, rock hard muscle mass in record time! It's great for younger guys and those who claim to “eat everything but can't gain weight”.

ATHLETIC PERFORMANCE DIET for Athletes

The ATHLETIC PERFORMANCE DIET is a diet structured to support overall athletic performance. This diet is ideal for men and women who are already “in shape,” but desire to take their performance and recovery to a higher level.

GAIN MUSCLE/LOSE FAT DIET for Men & Women

The GAIN MUSCLE/LOSE FAT DIET is a high-protein diet designed for those who already have at least one or more years of experience in the weight room. This diet is perfect if you used to be in shape but have fallen off and want to bounce back to your old form fast!

RAPID WEIGHT LOSS DIET for Men & Women

The RAPID WEIGHT LOSS DIET is designed for anyone who's “far beyond” their ideal body weight and needs to lose fat fast. These individuals are not as concerned about building muscle and improving athletic performance as they are about simply losing unwanted pounds and keeping them off!

QUICK ABS DIET for Men & Women

The QUICK ABS DIET is for anyone who's in pretty good shape but wants to get into his or her “best shape” in less than four weeks for a wedding, reunion, beach party or photo shoot. This diet works best for those who are already lean and want to put the “finishing touches” on the body they've worked so hard for!

GET HEALTHY DIET for Men & Women

The GET HEALTHY DIET is a health-oriented program for anyone who's at or has achieved their ideal body weight and wants to experience the exhilarating physical and psychological benefits of a truly healthy eating regimen. This diet is ideal for anyone who wants to kick fast foods, snacks and processed foods and get on the higher road to healthy living.

DIVA DIET for Women

Main Meal #1: Breakfast

1 whole egg and 2 egg whites, scrambled
1 small grapefruit or orange, or 3 large strawberries
1 vitamin/mineral supplement
3 fish-oil capsules

On-the-Go Option: Replace any main meal with your favorite protein shake. See recipes on page X.

Snack Meal #1: Mid-Morning

2 organic celery stalks or 1 sliced green pepper
1 low-fat cheese stick

Main Meal #2: Lunch

4–6oz. albacore tuna or chicken breast
1 cup steamed broccoli or 3 cups romaine lettuce with 1 tablespoon light dressing

Snack Meal #2: Mid-Afternoon

1/2 small apple
1/4-cup almonds or pecans, or 1 hard-boiled egg

Main Meal #3: Dinner

6–8oz. lean beef, chicken breast or fish
1–2 cups steamed green vegetables or 4 cups romaine lettuce with 1 tablespoon low-calorie dressing

Snack Meal #3: Late-Night(optional)

1 container of 0% fat, 100-calorie Greek yogurt
2 teaspoons agave nectar
1/4-cup Fiber One cereal

MEGA MASS BUILDING DIET for Men

Main Meal #1: Breakfast

4 whole eggs and 6-oz. beef patty
1 cup oatmeal (measured dry)
1 small grapefruit or orange
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Mass Building Shake (see page X)

Main Meal #2: Lunch

8–10oz. chicken or turkey breast
1 cup steamed vegetables (broccoli, green beans, asparagus, cauliflower)
6-oz. yam or sweet potato, or 1 cup brown rice

Snack Meal #2: Mid-Afternoon

3 hard-boiled eggs
1 Granny Smith apple

Main Meal #3: Dinner

12–16 oz. lean beef, round steak, sirloin steak or top round
2 cups steamed green vegetables (broccoli, spinach, asparagus)
4 cups large romaine salad with 1 tablespoon low-calorie dressing
6–8oz. yam or sweet potato, or 1/2-cup brown rice

Snack Meal #3: Late-Night(optional)

1 cup 1% cottage cheese
4 teaspoons agave nectar
1 tablespoon natural peanut or almond butter
1/4-cup Fiber One cereal

ATHLETIC PERFORMANCE DIET for Athletes

Main Meal #1: Breakfast

2 whole organic, free-range eggs
1/2-cup oatmeal (measured dry)
1 small grapefruit, orange or banana
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Meal Replacement Shake (see page X) or 1 small apple&1 low-fat cheese stick

Main Meal #2: Lunch

6–8 oz. chicken or turkey breast, or 1 can albacore tuna
1 cup steamed vegetables (broccoli, green beans or cauliflower)
3-oz. yam or sweet potato, or 1/2-cup brown rice

Snack Meal #2: Mid-Afternoon

1 hard-boiled egg or 1 low-fat cheese stick
1 Granny Smith apple, 1 green pepper or 1 cucumber

Main Meal #3: Dinner

6–8 oz. lean beef, chicken breast or fish
2 cups steamed green vegetables (broccoli, spinach, asparagus, spinach) or
4 cups large romaine salad with 1 tablespoon low-calorie dressing
1 4-oz. yam or sweet potato, or 1/2-cup brown rice

Snack Meal #3: Late-Night(optional)

1/2-cup 1% cottage cheese
2 teaspoons agave nectar
1 tablespoon natural peanut or almond butter
1/4-cup Fiber One cereal

or

1 container of 0%, 100-calorie Greek yogurt
2 teaspoons agave nectar
1/4-cup Fiber One cereal

GAIN MUSCLE/LOSE FAT DIET for Men & Women

Main Meal #1: Breakfast

1 whole egg and 3 egg whites, scrambled
3-oz. chicken breast
1 small grapefruit or orange
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Meal Replacement Shake (see page X)
or
1/2 small apple
1 low-fat cheese stick or 2 hard-boiled egg whites

Main Meal #2: Lunch

6–8oz. chicken or turkey breast, or 1 can albacore tuna
1 cup steamed vegetables (broccoli, green beans or cauliflower)
1 tablespoon flaxseed or olive oil (drizzle on protein and/or vegetables)

Snack Meal #2: Mid-Afternoon

3 hard-boiled egg whites
3-oz. chicken breast
1 green pepper or 2 celery stalks

Main Meal #3: Dinner

6–8-oz. lean beef, chicken breast or fish
2 cups steamed green vegetables (broccoli, spinach, asparagus) or 4 cups large romaine salad

Snack Meal #3: Late-Night(optional)

1/2-cup 1% cottage cheese
2 teaspoons agave nectar
1/4-cup Fiber One cereal
or
1 container of 0% 100-calorie Greek Yogurt
2 teaspoons agave nectar
1/4-cup Fiber One cereal

RAPID WEIGHT LOSS DIET for Men & Women

Main Meal #1: Breakfast

3 egg whites
1 small grapefruit or orange
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Meal Replacement Shake (see page X)
or
1/2 small apple
1 low-fat cheese stick or 1 hard-boiled egg

Main Meal #2: Lunch

6-oz. chicken breast or 1 can albacore tuna
1 cup raw vegetables (broccoli, cauliflower, green pepper or cucumber)

Snack Meal #2: Mid-Afternoon

1 hard-boiled egg
1 green pepper or 1 cucumber

Main Meal #3: Dinner

6-oz. chicken breast, turkey breast or fish
2 cups steamed green vegetables (broccoli, spinach, asparagus) or
4 cups large romaine salad with 1 tablespoon low-calorie dressing

Snack Meal #3: Late-Night(optional)

1 container of 0% 100-calorie Greek Yogurt
2 teaspoons agave nectar
1/4-cup Fiber One cereal

QUICK ABS DIET for Men & Women

Main Meal #1: Breakfast

1 whole egg and 2 egg whites, scrambled
1/4-cup oatmeal (measured dry)
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Meal Replacement Shake (see page X)
or
1 small apple
1 low-fat cheese stick

Main Meal #2: Lunch

6-oz. chicken or turkey breast, or 1 can albacore tuna
1 cup raw vegetables (broccoli or cauliflower)

Snack Meal #2: Mid-Afternoon

1 hard-boiled egg
1/2 Granny Smith apple

Main Meal #3: Dinner

6-oz lean beef, chicken breast or fish
2 cups steamed green vegetables (broccoli, spinach, asparagus) or
4 cups large romaine salad with 1 tablespoon low-calorie dressing
3-4-oz. yam or potato

Snack Meal #3: Late-Night(optional)

1/2-cup 1% cottage cheese
2 teaspoons agave nectar
1/4-cup Fiber One cereal
or
1 container of 0% 100-calorie Greek Yogurt
2 teaspoons agave nectar
1/4-cup Fiber One cereal

GET HEALTHY DIET for Men & Women

Main Meal #1: Breakfast

2 whole organic eggs
1/4-cup steel-cut oatmeal (measured dry)
1/4-cup organic blueberries, raspberries or blackberries
1 vitamin/mineral supplement
3 fish-oil capsules

Snack Meal #1: Mid-Morning

Meal Replacement Shake (see page X)
or
1 small organic apple
1 low-fat cheese stick

Main Meal #2: Lunch

6-oz. wild-caught salmon or fresh grouper
1 cup steamed organic vegetables (broccoli, green beans, kale or cauliflower)
1/2-cup organic quinoa

Snack Meal #2: Mid-Afternoon

3-oz. goat cheese on 3 whole-grain, high-fiber crackers
1/2 organic apple

Main Meal #3: Dinner

6–8 oz. lean organic bison, wild-caught salmon, or other fish
2 cups steamed organic green vegetables (broccoli, spinach, asparagus)
1/2-cup organic quinoa or whole-grain wild rice

Snack Meal #3: Late-Night(optional)

1 container of 0% 100-calorie Greek yogurt
2 teaspoons organic agave nectar
1/4-cup organic raspberries
6 organic roasted almonds

Protein Power

Recipes For Success

These delicious, high-protein recipes are simple, easy and only require a few ingredients. Prep time might be a little longer than sixty seconds, but I promise you'll be in and out of the kitchen enjoying your protein concoction in minutes.

So grab your blender (or a blender bottle with a wire ball) and kick-start your day with a protein latté, wind down after a workout with a protein milkshake, or snack on some high-protein pancakes as an anytime snack!

Mass Building Shake

2 scoops of your favorite protein (at least 20–25 grams)
6 strawberries
2 cups almond milk
2 tablespoons natural peanut or almond butter
Blend with ice and sip slowly over the course of 30–60 minutes.

Meal Replacement Shake

1 scoop of your favorite protein (at least 20 grams)
3 strawberries or 1 small banana
1 cup almond milk or water

Mixed Berry Blend

1 scoop vanilla whey protein powder
1/2 banana
1/4-cup strawberries
1 cup water
8 ice cubes
1 package Lemon Berry Squeeze Sugar-Free Hawaiian Punch
Add the water first, followed by the other ingredients. Blend until thoroughly mixed.

Chocolate Peanut Butter Banana Shake

1 scoop chocolate whey protein powder
1 scoop Chocolate Peanut Butter “Just Great Stuff” or PB2
1/2 banana
Five ice cubes
7–9 oz. cold water

Lemon Drop

1 cup cold water
1/2-teaspoon lemon extract
1 packet True Lemon
Squirt of lemon juice
1 scoop vanilla whey protein
1 tablespoon Sugar-free Jell-O Brand Lemon Pudding Powder
4 ice cubes

Blend all the wet ingredients first. Add the protein powder, pudding mix and ice and blend again. This shake is one of my favorites. It's so refreshing, filling, and delicious!

Mocha Madness

8 oz. of your favorite brewed coffee, chilled
1 teaspoon sugar-free caramel syrup
1 scoop chocolate whey protein powder
1 rounded teaspoon Jell-O Sugar-Free Butterscotch Pudding mix

Blend the ice and coffee. In the following order, add the syrup, protein powder, pudding mix, and ice. Blend together and enjoy.

Peanut Butter & Jelly Time

1/2-cup low-fat milk
1 container, light strawberry yogurt
1 scoop vanilla whey protein powder
2 tablespoons PB2 powdered peanut butter
1 tablespoon Hershey's Sugar-free Chocolate Syrup
Ice

Put the milk in your blender first and then add the other ingredients. Add ice last and blend until the ice is crushed.

Cake Batter Shake

1/2-cup low-fat cottage cheese (makes the shake thicker and you can't even taste it!)
1 scoop vanilla whey protein powder
3–5 drops almond extract
1 tablespoon Sugar-free Instant Jell-O Pudding Mix
1 cup water
4–5 ice cubes

Put the water in the blender, followed by all the other ingredients. Blend until smooth and creamy. Top with a candle if it's your birthday!

Root Beer Float

1 cup vanilla almond milk, unsweetened
12–15 ice cubes
1/4-cup cottage cheese (makes the shake thicker and you can't even taste it!)
1 tablespoon root beer extract
1 teaspoon Truvia (or other sweetener of choice)
1 scoop vanilla whey protein powder

Caramel Apple Shake

1 scoop vanilla whey protein powder
1 cup unsweetened almond milk
1 small apple, skinned and diced
1/4-teaspoon ground cinnamon
2–3 ice cubes
2 tablespoons sugar-free butterscotch pudding mix
1 pinch of xanthan gum (optional)

Combine all the ingredients, except the xanthan gum, and blend until smooth. Add the pinch of xanthan gum if you want an even thicker shake and blend again.

Orange Creamsicle

1 serving vanilla whey protein powder
1 cup unsweetened almond or coconut milk (or similar product)
1/2 frozen banana
1/2-teaspoon orange extract
Orange slices for garnish

Put the milk in your blender first, followed by the other ingredients. Blend and top off with orange slices.

Cinnamon Mocha Shake

1 scoop whey protein powder
1 cup milk (1%, skim, Lactaid, rice, or unsweetened almond or soy)
1/4-packet of No Sugar Added Chocolate Carnation Instant Breakfast or sugar-free cocoa
1/2-teaspoon cinnamon
1 teaspoon decaffeinated instant coffee

Banana Split Shake

1–2 scoops whey protein powder
1/4-packet No Sugar Added Vanilla or Chocolate Carnation Instant Breakfast
1/3 banana
1 cup milk (1%, skim, Lactaid, rice, or unsweetened almond or soy)
2 cubes fresh pineapple or 1 slice canned pineapple
1–2 strawberries, fresh or frozen
2–3 ice cubes

Key Lime Pie Shake

1–2 scoops whey protein powder
1/4-packet No Sugar Added Vanilla or Chocolate Carnation Instant Breakfast
1–2 teaspoons lime juice
1 graham cracker
2–3 ice cubes
1 cup milk (1%, skim, Lactaid, rice, or unsweetened almond or soy)

Tropical Fruit Breeze

1–2 scoops whey protein powder
1/4 packet No Sugar Added Strawberry Carnation Instant Breakfast
2 slices frozen peaches
2 chunks fresh pineapple
2–3 ice cubes
1 cup milk (1%, skim, Lactaid, rice, or unsweetened almond or soy)

Chocolate Cherry Shake

1–2 scoops whey protein powder
1 teaspoon Sugar-free Hershey Syrup or cocoa powder
1 cup milk (1%, skim, Lactaid, rice, or unsweetened almond or soy)
1/4-cup frozen black cherries

Bikini Booty Protein Smoothie

1 scoop vanilla whey protein
1 cup light or unsweetened almond milk
3/4-cup raspberries, strawberries and/or blueberries
2 cups raw spinach
1 tablespoon chia or flax seed

Straw-Choc-Anana Breakfast Shake

1 scoop chocolate whey protein
1 small banana
2 strawberries
1 cup light or unsweetened almond milk
3 oz. nonfat plain Greek yogurt

Chocolate Peanut Butter Shake

1 scoop chocolate whey protein
2 tablespoons peanut butter
1 cup unsweetened or light almond milk
3 oz. nonfat or 2% plain Greek yogurt

High-Protein Vanilla Latte

1 scoop vanilla whey protein powder
1/2-cup unsweetened light almond milk
1 cup coffee, brewed

In a coffee mug, mix the protein powder and almond milk. Pour hot coffee into the mug and continue to stir until thoroughly blended.

Berries and Vanilla Protein Pancakes

1 scoop vanilla whey protein
1/4-cup blueberries
1/3-cup oats
1 tablespoon light or unsweetened almond milk
4 egg whites

Mix all the ingredients together in a bowl. Spray a medium-sized skillet with nonstick cooking spray, then place on medium heat. Spoon out the batter to make individual pancakes. Once you see tiny bubbles on top, flip each pancake over. Heat until each side is golden brown. Serve with a small amount of sugar-free syrup.

Cinnamon Swirl Pumpkin Pie Pancakes

1 scoop vanilla whey protein
1/3-cup old-fashioned oats
1/4-cup unsweetened pumpkin purée
1/2-cup egg whites
1/2-teaspoon cinnamon

Mix all the ingredients together in a bowl. Spray a medium-sized skillet with nonstick cooking spray, then place on medium heat. Spoon out the batter to make individual pancakes. Once you see tiny bubbles on top, flip each pancake over. Heat until each side is golden brown. Serve with a small amount of sugar-free syrup.

Whipped Vanilla & Berry Sorbet

1 scoop vanilla whey protein powder
3/4-cup frozen berries
4 oz. 2% or nonfat plain Greek yogurt
1 tablespoon unsweetened almond milk

Blend all the ingredients until they reach a whipped, thick consistency. If desired, place blended mixture in the freezer for 15–20 minutes to increase sorbet-like texture.

Your Fitness Glossary

"Education is what remains after one has forgotten everything they've learned in school."

— Albert Einstein

Now that you're on the road to health and fitness, you're going to have to start talking the talk while walking the walk. Here's a little glossary to clue you in on the terminology of a healthy lifestyle.

Aerobic : This means "requiring oxygen." Aerobic metabolism occurs during low-intensity, long-duration exercises, like jogging.

Amino Acids : A group of nitrogen-containing, carbon-based organic compounds that serve as the building blocks from which protein (and muscle) is made.

Anabolic : This term refers to the building process of bodily tissue, mainly muscle. Anabolism occurs by taking substances from the blood that are essential for growth and repair and using them to stimulate reactions to muscular work and proper nutrition.

Anaerobic : This means "without oxygen." Anaerobic metabolism in muscle tissue occurs during explosive activities like weightlifting and sprinting.

Assimilation : The process by which foods are absorbed and utilized by the body.

Bio availability : The ease with which nutrients can be absorbed.

Body Composition : The percentage of your body that's composed of fat versus lean mass, like bones and muscle tissue. Very sensitive methods of body composition measurement, including DEXA, can actually subdivide body composition into more specific categories, such as percentage of bone mineral, water, hair, etc.

Calorie : A unit of energy-producing potential supplied by food, that's released upon oxidation by the body.

Carbohydrates : One of the three macro nutrients we need to survive, carbohydrates are organic compounds containing carbon, hydrogen and oxygen. Effective fuel sources for the body, different types of carbohydrates include starches, sugars, and fibers and are classified into three groups: monosaccharides, disaccharides and polysaccharides. Carbohydrates contain four calories per gram. Glucose, or blood sugar, is a carbohydrate used by every cell in the body as fuel.

Energy : The capacity to do work. The energy in food is chemical energy that can be converted into mechanical energy, electrical energy or heat. Energy is sometimes measured in "calories."

Enzyme : A protein molecule that acts as a "helper" in thousands of chemical reactions in the body, including digestion, hormone production and muscle-cell repair.

Essential Fatty Acids (EFAs) : These fats (which include linoleic and linolenic acid) are very important to hormone production, as well as cellular synthesis and integrity. Since our bodies can't make these fats, we must obtain them in our diets. Good sources include flaxseed oil and safflower oil.

Fat : One of the three macronutrients we need to survive. At nine calories per gram, fat has the most calories of all the macronutrients. Dietary fats may also be referred to as lipids or triglycerides. Fats serve a variety of functions in the body. They act as structural components for all cell membranes and supply necessary chemical substrates for hormone production. There are two types of fat — saturated (bad) and unsaturated (good).

Fructose : The main type of sugar found in fruit. It's sweeter than sucrose (table sugar) and has a lower Glycemic Index (GI) than glucose. In other words, eating fructose won't cause nearly as dramatic a release of insulin as glucose. Eating a high-fructose diet may increase blood fats. Because of its low glycemic index and because it's metabolized mostly in the liver, fructose is often used as a sugar substitute for diabetics.

Glucose : The simplest sugar molecule is the main sugar found in blood and is used as a basic fuel for the body. When you eat complex carbohydrates, your body breaks them down into glucose. Due to its quick absorption by the body, glucose is often used as an invigorating and strengthening agent in many medicinal formulations. It will cause your body to release a rapid and large amount of insulin to counteract the large influx of sugar. When you eat too much glucose, it's converted into fatty acids and triglycerides by the liver and adipose (fatty) tissue.

Glycemic Index (GI) : A measure of the extent to which a food raises the blood sugar (glucose) level as compared with white bread, which has a GI of 100. Glucose (dextrose) scores 138, brown rice is 81 and fructose (fruit sugar) is all the way down at 31.

Glycogen : The principal storage form of carbohydrate energy (glucose), which is reserved in muscles and in the liver. When your muscles are full of glycogen, they feel full and look pumped up.

Growth Hormone (GH) : An anabolic hormone that's naturally released by the pituitary gland. GH promotes muscle growth and the breakdown of body fat for energy. GH levels are high in children and teens, but diminish greatly after age 20.

Hormones : Substances in the body that regulate various biological processes — such as muscle growth, blood sugar control and energy storage — through their ability to activate or deactivate enzymes. Two important hormone-producing organs are the pituitary gland and the testes.

Insulin : An anabolic hormone, secreted by the pancreas, that helps the body maintain proper blood sugar levels and promotes glycogen storage. Insulin secretion speeds the movement of nutrients through the bloodstream and into the muscles for growth. When chronically elevated, as with a high-carbohydrate diet, insulin can cause you to gain fat. However, short bursts of insulin, caused by consuming high-glycemic carbs, may help enhance the uptake of nutrients like creatine and glutamine by muscle cells.

Linoleic Acid : An essential, Omega-6 polyunsaturated fatty acid. Good sources include safflower oil and soybean oil.

Lipid : Another name for dietary fat or triglycerides.

Lipolysis : This term refers to the chemical breakdown of body fat by enzymes, which results in stored bodyfat being used as fuel by the body.

Macronutrients : Nutrients we ingest in large (macro means "big") quantities on a regular basis. These include proteins, carbohydrates and fats. All of these macronutrients are necessary to sustain life.

Meal-Replacement Powders (MRPs) : A category of supplements that contains protein, carbohydrates, vitamins, minerals and other key nutrients which are used to replace regular-food meals for purposes of weight loss, weight gain or nutrient intake. These supplements may also be referred to as "total-nutrition products" or "engineered foods."

Metabolic Rate : The rate at which stored energy is converted into working energy in the body. It's basically how fast your "whole system" runs. The metabolic rate is determined by a number of factors, including muscle mass (the greater your muscle mass, the faster your metabolic rate), caloric intake, exercise, and the use of stimulants or depressants.

Minerals : Naturally occurring substances that play a role in many vital metabolic processes.

Monosaccharide : A simple carbohydrate made up of one sugar molecule. Examples are glucose and fructose.

Neurotransmitter : A substance released at the end of a nerve cell when a nerve impulse arrives there. Neurotransmitters alter the membranes of surrounding nerve cells in order to regulate response. Adrenaline, for example, is an excitatory neurotransmitter that's responsible for the "fight-or-flight" response in emergency situations.

Nutrients : Components of food that provide energy or "building" materials to the body. Nutrients include carbohydrates, fats, proteins, vitamins, minerals, water, etc.

Omega-3 : Omega-3 is the name of a certain type of fatty acid. The "3" designates where the first double-bond is located in the fatty acid carbon chain. Linolenic acid, EPA, and DHA are examples of Omega-3 fatty acids.

Omega-6 : This is another type of fatty acid. Omega-6 refers to the first double bond on a fatty acid chain, which is located at the sixth carbon acid. Linoleic acid is an example of an Omega-6 fatty acid.

Peptide : A compound made up of two or more amino acids. Protein molecules are broken down into peptides in the gut and absorbed in that form.

Phytochemical : This term means "plant chemical." It's used to refer to a broad spectrum of bioactive plant compounds that are typically used in herbal preparations and a variety of other nutrition supplements.

Polypeptides : Proteins formed by the union of three or more amino acids.

Polysaccharides : Carbohydrates containing a large number of sugar groups. Starch, glycogen, dextrin and cellulose are examples.

Proteins : Highly complex, nitrogen-containing macronutrient compounds found in all animal and vegetable tissues. Proteins are made up of amino acids and are essential for growth and repair in the body. A gram of protein contains four calories. Animal proteins contain all the essential amino acids. Vegetable proteins contain only some of the essential amino acids.

Saturated Fats : Fats to stay away from! These bad fats, which have been shown to raise cholesterol levels, are saturated because they contain no open spots on their carbon skeletons. Saturated fats include myristic acid, palmitic acid, stearic acid, arachidic acid, and lignoceric acid. Sources include animal foods and hydrogenated vegetable oils, such as margarine. These fats serve no biological function in the body, other than to supply calories.

Sucrose : Most commonly known as table sugar, sucrose is derived from sugar cane or sugar beets. When you eat it, the body breaks it down into fructose and glucose. Eating it will elicit a rapid insulin response but not as high as that caused by glucose alone.

Unsaturated Fats : This category of fats, which includes the essential fatty acids, is found in plant oils and have been shown to help reduce cholesterol and triglyceride levels in the blood. They're divided into two categories: polyunsaturated and monounsaturated. They're called unsaturated fats because they have one or more open carbon spots.

Vitamins: Organic compounds required in tiny amounts to sustain life. These non-caloric, essential nutrients often function as coenzymes, supporting a multitude of biological functions.

There's a Great Reason to Take Action Now, but Only You Know What it Is

Life, to me, is all about progress. It's about always giving your best, falling forward and dusting yourself off when times get tough. We all need some encouragement, direction and tough love now and then, as well as some guided, easy-to-follow suggestions if we want to become a healthier version of our current selves.

In this day and age, we're all looking to critique things, pass judgment and point out how things could be better. While some of this is necessary to get through life, I think our whole society is glorifying negativity at the expense of the real power that can be found with a more positive outlook.

So please don't ignore the short, daily mental exercise I prescribed for you in the beginning of this book. It's so easy to do and it will literally transform your life, as well as your body.

Don't get me wrong: the efficient workouts and nutritional guidelines I've provided will also deliver on the promise of a healthy lifestyle. Working together, all the information in this book will change how you look and feel under one condition:

YOU MUST TAKE ACTION NOW!

There isn't a fitness book on the planet that can do the work for you. There isn't a coach in the world who can do what only you can do. And there isn't a nutritional program worth the paper it's printed on until you start actively working to accomplish the goals you've set for yourself.

If you're struggling with motivation, try this proven method for determining what will spur you on. I call it discovering your WHY.

Start by answering these questions:

Why do you want to get in shape?

Why is it important to you to start a fitness and nutrition program?

Why did you buy this book?

Why did you let yourself get to where you are today?

Why do you feel less than great?

What did you come up with? If you're like most people, your answers were probably along the lines of these:

- | I want to fit into a bikini this summer
- | I want to look good at my reunion to get back at those girls
- | I want to feel sexy

WRONG! Those are surface-level answers that will never give you a strong enough WHY to stick with a program when things get tough.

You need to DIG DEEP! Get way into those places in your heart that you've hidden away from people and only you know about. Get emotional about this process and keep asking why until you find your true motivation.

Here's an example using the first question from the list above:

Why do you want to get in shape?

I want to look good for my husband.

Why?

Because I feel like he doesn't look at me the same any more.

Why?

Because I act real bitchy sometimes.

Why?

Because I feel ugly.

Why?

Because I think he treats me bad.

Why?

Because I think he may be attracted to a girl he works with.

Why?

Because I haven't had sex with him in years.

Why?

Because my uncle abused me when I was a little girl.

BAM! Now we're getting somewhere. Maybe eating comfort foods is your way to make yourself unattractive to others to protect yourself.

This may be a far-fetched example, but maybe not. The point is to get to some deep, emotional places so you can find the strength you need to persevere, as opposed to some lame goal like fitting into a size 6 dress.

I'll lighten the mood for you as I wind this whole thing down to a close.

The Sixty Second Solution was created for busy people who want to live the best life possible. In short, it was created for you!

All you have to do is use the tools I've given you to achieve your ideal body — and life — in just minutes a day. I know you can do it, and I want to hear all about your success.