

LOSE THE GUT

GUYS
GUIDE
TO FAT
LOSS



LOSE THE GUT

Hello!

Congratulations on signing up for our *Lose The Gut* program.

I first want to thank you for choosing me as your fat loss expert to help show you how to drop body fat using the two drugs of choice; exercise and nutrition.

I've been in the fitness industry for 14 years and I am a certified CHEK Practitioner and Personal Trainer. I know the only way to achieve body fat reduction is by training right and eating clean.

There are no quick fixes here but if you follow the program step by step and eat closely for your Metabolic Type then I am very confident you will achieve the body of your dreams.

Not only do I want you to be proud of your accomplishments as we proceed but I want you to enjoy the process as you build a better body and boost your energy.

While online coaching is a relatively new concept, I know that you'll enjoy it. We've had huge success with fat loss clients worldwide already and I am looking forward to seeing you transform yourself.

Before we begin, I'd like you to please read through this whole eBook. In it is all of the information about your *Lose The Gut* program and explains how this program will be structured over the next 4 weeks.

Thank you again for choosing me to help you lose the gut once and for all. I'm here for you every step of the way.

Let's smash it.



Colin Ayliffe
BSc (Hons) Sports Science
CHEK Practitioner
CHEK Golf Performance Specialist



Disclaimer

This manual is for educational purposes only and you must get a physician's approval before beginning this exercise program.

This educational manual and accompanying program is meant for healthy men and women age 18 and older. It is not meant to supplement or replace proper exercise training.

Please don't lift heavy weights if you are alone, fatigued, injured, or inexperienced and always ask for instruction and assistance when lifting.

Nothing in this manual are intended as a substitute to any dietary or exercise routine prescribed by your physician. If you experience any type of dizziness, shortness of breath, or lightheadedness, please stop the exercise and consult a physician.

This manual is for informational use only. Coconut Fitness will not assume any liability or be held responsible for any form of injury, personal loss or illness caused by the utilisation of this information.

**LOSE THE
GUT**

Lose The Gut

By: Colin Ayliffe, BSc (Hons) Sports Science, CHEK Practitioner, CHEK Holistic Lifestyle Coach, NASM CPT, FMS.

Guys Guide To Fat Loss

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The Program

Thank you for purchasing our *Lose The Gut* Program.

Within this program you will find everything you need to shed some serious body fat over the next 4 weeks. You'll be training 4 days per week. If you start on a Monday the regime looks like this:

Monday - Push, Squat, Lunge **Tuesday** - Pull, Bend, Twist **Wednesday** - Rest
Thursday - Push, Squat, Lunge **Friday** - Pull, Bend, Twist **Saturday** - Off **Sunday** - Off

Of course you don't have to start on a Monday, but the order of workouts and arrangement of rest days should stay consistent.

What I mean by this is that if you start on a Tuesday, then 'Push, Squat, Lunge' is on Tuesday, 'Pull, Bend, Twist' on Wednesday, Rest on Thursday, and so on. If you miss a day for whatever reason, simply push everything back.

So if you were to complete Monday-Thursdays workouts no problem but miss Friday's you'll do Friday's workout on Saturday and push the entire schedule back one day and continue on. While you shouldn't make it a habit, don't beat yourself up over missing a session. Life goes on!

Why This Programming is Effective

In order for your muscles to grow they require specific exposure to different elements included in the programming. Some examples are the time that a muscle is under tension, precisely measured rest, and controlled tempo throughout the list.

For maximal muscle gain 40-70second(s) is the optimal amount of time to have consistent tension on the muscle in order for it to grow. If you add up the reps and tempos for most of the exercises you'll find that that is the total. (Eg. 8 reps of 4-0-1 is 8 reps at 5 seconds per rep which equates to 40 seconds. I explain them in further detail in the description of variables section).

As the weeks progress you'll notice that the total time under tension will increase and rest decrease. This is the most notable type of overload that I've built into the programming (sorry, it's nasty!).

None of the above is to say that one would not grow from slightly more or less time under tension but you came to me for optimal, and that's what I've given you.

LOSE THE GUT

Rest intervals are the next important variable and in this program they'll be relatively short. Most in this program are slightly above or below 60 seconds. If you've never paid careful attention to rest before then start now. Use a stop watch or a timer like *Gym Boss*.

You *will* have to decrease the amount of weight that you lift. This is fine. This is good. Using slightly less weight with greater time under tension and shorter rest intervals will translate to more muscle development compared to more weight with less tension. You may need to put your ego aside for a bit. Leave your ego at the door when you enter the gym.

Trust me, the gains will be worth it.

The final variable that I want to make special mention of here is tempo. In the description of variables section a bit later in this manual I go over how it's denoted.

For now all that I want to say is that it's paramount to your success that you keep to the tempo allotted. When I say a 4 seconds controlled descent in a DB Chest Press I don't mean 3 or 5 seconds. I mean 4 and it's there for a reason.

When to Increase the Weight / Progress / Regress

For all exercises in the program I've included a progression and regression. Sometimes this is a similar exercise at a more biomechanically disadvantaged angle and other times it's a different exercise that hits the same muscle group.

Depending on what level you're starting at you may be able to start at the most advanced progression or not. The most important thing is that you choose the right variation and weight for you. That will guarantee the best results. The most difficult variation is not necessarily the best variation.

Common sense goes a long way in knowing which variation is the right one is the right variation. My best recommendation is that if you cannot adhere to all of the parameters that I listed above (Time Under Tension (TUT), rest, intervals, tempo) then regress. If you can adhere to all parameters then progress and once you progress, work on increasing load where appropriate.

For all exercises I outline a range of reps for you to work within (e.g. 6-8). If you can complete the top range of reps for all sets then it's time to make the exercise harder. You should fail because failure is what brings upon growth.

Supersets

A superset incorporates two different exercises whereas a normal set has only one exercise. This is a technique where you perform two exercises in a row with next to no rest in between. A Superset will be indicated by a letter and number combination e.g A1 and A2 exercises are performed in a superset. You will rest after you have completed the second exercise of the pair.

Supersets save time by reducing the rest interval between two exercises.

Shortening the rest period between sets will increase intensity by performing more work in less time. This is especially true if you are used to long periods of rest between sets.

Supersets also allow you to increase the intensity of your workout by overloading a muscle. This may be performed without the usual heavy weights since the muscle is destroyed by 2 exercises without rest.

Increasing the intensity in your workout will boost your metabolism so you'll burn more calories after the session. This all helps with fat loss.

Lastly, I'd be remised if I didn't mention that there are a number of common mistakes that lead to diminished results. Please make sure to read through the section later on in this manual entitled "12 Mistakes That Will Diminish Results" to avoid making them.

I've included everything that you need in this manual and accompanying video library. In order to keep it as cost effective as it is I am not able to offer any support in terms of answering questions via email, text message, or phone.

If you're looking for more personal support as you go through this program then feel free to email me at colin@CoconutFitness.com to discuss one of my online program management options starting at \$47/ month. It doesn't matter where you are in the World, we can make it work.

Now get out there, smash this program and enjoy the gains.



Colin Ayliffe

Workout Terminology

I wanted to quickly define some terms that will be used throughout this program. To give you the best workout possible, I give guidelines on a number of different factors beyond set and reps. Below, are definitions of some terms that I use in program design.

‘SETS’ – A group of reps performed without rest. Displayed will be the total number of sets, e.g. “3”. I can also specify a minimum and a maximum with a hyphen, e.g. “3-4”.

‘REPS’ – The number of repetitions performed in a single exercise. Displayed will be the number of reps in each set, e.g. “12”. I sometimes also specify the minimum and maximum with a hyphen, e.g. “10-15”.

‘TEMPO’ – Dictates the speed of movement of a repetition. It will be prescribed in seconds e.g. “4-0-1”. The first number represents the speed of the movement lowering the weight, the second is the pause and the third is the lifting phase of the movement. In the example of a DB Chest Press, the first number denotes the speed at which the weight is lowered, the second is the pause at the bottom, and the third is the speed at which the dumbbells are pressed up.

Tempo can also be prescribed in duration in the format of mm:ss, e.g. “1:00” equals one minute.

‘REST’ – The rest period to take between sets. This is entered in the format “mm:ss” for minutes and seconds.

‘INTENSITY’ – I use Reps in Reserve e.g. “12 RR”. This means you select a resistance so you could perform 2 more repetitions in the set but you don’t, you save yourself and leave them reps in reserve. For example, “15 RR” means choose a weight that you lift a maximum of 17 times. This takes a bit of trial and error in the beginning to find your true Reps in Reserve.

‘WEIGHT’ – Estimated absolute weight in KGs, LBS. e.g. “60kg” or “132LBS”. Please note: B/W stands for body weight. This section will be left blank on your workout sheet. Just fill them in once you know what weights you are lifting.

Notes on Gym Etiquette

Because I won't be with you in the gym, I feel that it's important to ensure that you follow the unwritten rules. You might notice others breaking these 'Laws of the iron' but I want you to get as comfortable in the gym as possible as quickly as possible. Here are the five most important rules to consider throughout your workout.

1. Respect the No-Lift Zone

Don't ever lift a weight within 5 feet of the dumbbell rack. It doesn't matter if you're doing shoulder press, split squat, biceps curls, or goblet squats or anything else.

Pick up your weights and take 5 giant steps back.

2. Avoid the "Ab Zone"

Most gyms have a designated area for mats, balls, BOSU balls etc. Don't bring heavy weights into that area. It's designated for stretching and ab work. By taking up their space you force them to take up your space (see the next point).

3. Keep Your Mats Out of the Way

Don't set up a mat in between two benches in the free weight zone and do crunches unless you want a weight dropped on your head.

Even if the gym is empty set up your mat out of the way. Either stick to the "ab zone" or place your mat in a corner out of the way. Think proactively. Where might somebody want to work out over the course of your set? Don't set up there.

4. Avoid Walking in Front of Somebody Else in the Middle of a Set

If somebody is in the middle of their set NEVER cross their field of vision. Take the long way around if you have to. If you can't take the long way around, wait for them to finish their set before walking in front.

5. Put Your Weights Away

If you're strong enough to lift the weights then you're strong enough to put them back! One of the biggest pet hates of a Fitness Professional is to be clearing up after everyone. You're also helping out your fellow gym members find the weights they need in the place they're supposed to be.

12 Mistakes That Will Diminish Results

I won't be in the gym with you but it's still important to me that you have as much success as possible with the program. Because of that, I wanted to lay out the 12 most common mistakes that will diminish your results if you do them.

1. Not Using a Training Log

Bring your workout sheets with you to the gym with a pen. It's hard to remember all of the specifics: weight, tempo, and repetitions of your workout.

2. Working Out Without a Goal or Vision

You want to put on muscle and drop body fat right? Well this program will help you but it's not easy. There will be times when you want to quit. Always remember why you're working so hard. Close your eyes and visualise where you want to be anytime that you think you might fall off of the program. Even cut out a picture of the body that you are working towards. The mind must see before it can create.

3. Program Hopping

Look, you hired me for a reason. There are a lot of people who will make a lot of fantastical promises pertaining to the results of their programs. As a result, you'll certainly feel a desire to change the current program that you're on because you think that another one you read about is better. Don't. Stay the course. Consistency is the key.

4. Blindly Following the Pack

You'll look around in the gym and people will be training differently than you. There's always a fad workout or exercise that everyone in the gym seems to be doing. Most people in the gym don't know what they're doing but many are good at pretending that they do.

5. Ignoring Progressive Overload

Simply put, progressive overload refers to making everything a little harder each workout. Ideally you're going to get a little bit better every time that you step foot in the gym on your path to packing on muscle. Progressive overload doesn't just refer to weight. Common ways to use progressive overload include: using a heavier load, using the same load for more repetitions, doing the same amount of work in less time, performing more sets with the same load, using the same load through an increase in range of motion. These are certainly not the only ways but some of the most common to ensure continued progress.

6. Resting Too Much (or Too Little)

I've spoken about the importance of rest periods already. Ignoring rest periods can be a limiting factor in your progress. Not only is it important to efficiently use your time but also to maximise a desired training response. Don't get distracted and never look at your phone. Facebook can wait.

7. Spending Too Much Time in the Gym

The total time of your program has been predetermined. Get in and get out. Don't think that more is better. It isn't. Just enough is better. Get in. Work hard. Get out. Rest. Do it again.

8. Always Going for a Record

We all know people who have been working out for years yet never seem to show any major improvements in body composition in strength. Often the reason is that these people are always going for a record. Training in the gym should be viewed as practice – a place where you continually work to improve. Dial in your technique and control the weight concentrating on feeling your muscle contract through each rep.

9. Not Using a Spotter

Some lifters feel like using a spotter demonstrates a lack of confidence. This could not be further from the truth. A spot can help build confidence and also allow you to push yourself further on certain sets whether it comes from verbal encouragement. Some movements, such as the DB Chest Press, often require a spotter to help lift the dumbbells off your chest in order to keep the lifter safe. Don't be afraid to ask for a spot especially during sets later on in the workout. A good spotter will help you keep to your prescribed tempo.

10. Sacrificing Technique for Weight

Sacrificing proper technique for more weight will hinder your progress. It's also a great way to get hurt. Common thinking is you need to add more weight to the bar if you want to put on more muscle but it isn't true. Proper technique often recruits more muscle in addition to being safe on the joints ensuring that you don't get hurt.

11. Focusing on Your Strengths

There's a trap that we all fall pray to where we like to do things that we're good at and avoid things that we aren't. It's a vicious cycle. Stick to the program. There will be things that you aren't good at. That's how you improve. Embrace it.

12. Not Giving Tempo the Respect That it Deserves

Bored of hearing me talk about the importance of tempo yet? In my opinion it's both the most important and most ignored variable of training. I've been very specific with my tempo guidelines. Stick to it.

Day 1 - Squat, Push, Lunge

Push, Squat, Lunge	Sets	Reps	Tempo	Rest	Intensity	Weight
A1: Alternating Dumbbell Chest Press						
Week 1	3	10-12 each	2-1-1	0	2 RR	
Week 2	3	10-12 each	3-1-1	0	2 RR	
Week 3	4	8-10 each	2-2-2	0	1 RR	
Week 4	4	6-8 each	5-3-4	0	RM	
A2: Barbell Back Squat						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
B1: Standing Dumbbell CHEK Press						
Week 1	3	10-12	2-1-1	0	2 RR	
Week 2	3	10-12	3-1-1	0	2 RR	
Week 3	4	8-10	4-1-3	0	1 RR	
Week 4	4	8-10	3-3-3	0	RM	
B2: Supine Hip Extension Back on Ball						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	10-12	2-2-2	70 sec	1 RR	
Week 4	4	10-12	3-2-3	60 sec	RM	
C: Bulgarian Split Squat with Barbell						
Week 1	3	8-10 each	4-0-1	90 sec	2 RR	
Week 2	3	8-10 each	4-2-1	80 sec	2 RR	
Week 3	4	6-8 each	4-2-4	70 sec	1 RR	
Week 4	4	6-8 each	5-3-4	60 sec	RM	
D: Dumbbell Lateral Lunge						
Week 1	3	8-10 each	4-0-1	90 sec	2 RR	
Week 2	3	8-10 each	3-1-1	80 sec	2 RR	
Week 3	4	6-8 each	4-2-4	70 sec	1 RR	
Week 4	4	6-8 each	5-3-4	60 sec	RM	
E: Lower Abdominal #2b						
Week 1	3	10-12 each	2-1-1	90 sec	2 RR	
Week 2	3	10-12 each	3-1-1	80 sec	2 RR	
Week 3	4	10-12 each	2-2-2	70 sec	2 RR	
Week 4	4	10-12 each	3-2-3	60 sec	2 RR	

Day 2 - Bend, Pull, Twist

Push, Squat, Lunge	Sets	Reps	Tempo	Rest	Intensity	Weight
A1: Barbell Romanian Deadlift						
Week 1	3	10-12	2-1-1	0	2 RR	
Week 2	3	10-12	3-1-1	0	2 RR	
Week 3	4	8-10	2-2-2	0	1 RR	
Week 4	4	6-8	5-3-4	0	RM	
A2: Bent Over Dumbbell Row						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
B1: Standing Medicine Ball Wood Chop						
Week 1	3	10-12 each	2-1-1	0	2 RR	
Week 2	3	10-12 each	3-1-1	0	2 RR	
Week 3	4	8-10 each	4-1-3	0	1 RR	
Week 4	4	8-10 each	3-3-3	0	RM	
B2: Standing Barbell Bicep Curl						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	4-1-3	70 sec	1 RR	
Week 4	4	8-10	4-1-3	60 sec	RM	
C: Side Plank off Foot and Forearm						
Week 1	3	1	> 60 sec	90 sec	2 RR	
Week 2	3	1	> 60 sec	80 sec	2 RR	
Week 3	4	1	> 60 sec	70 sec	1 RR	
Week 4	4	1	> 60 sec	60 sec	RM	
D: Prone Cobra						
Week 1	3	1	> 60 sec	90 sec	RM	
Week 2	3	1	> 60 sec	80 sec	RM	
Week 3	4	1	> 60 sec	70 sec	RM	
Week 4	4	1	> 60 sec	60 sec	RM	
E: Horse Stance Horizontal - Opposite						
Week 1	3	10-12 each	2-1-1	90 sec	2 RR	
Week 2	3	10-12 each	3-1-1	80 sec	2 RR	
Week 3	4	10-12 each	2-2-2	70 sec	1 RR	
Week 4	4	10-12 each	3-2-3	60 sec	1 RR	

Day 3 - Squat, Push, Lunge

Push, Squat, Lunge	Sets	Reps	Tempo	Rest	Intensity	Weight
A1: Push Up						
Week 1	3	10-12	2-1-1	0	2 RR	
Week 2	3	10-12	3-1-1	0	2 RR	
Week 3	4	8-10	2-2-2	0	1 RR	
Week 4	4	8-10	3-3-3	0	RM	
A2: Barbell Sumo Squat						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
B1: Dumbbell Box Step Up						
Week 1	3	10-12 each	2-1-1	0	2 RR	
Week 2	3	10-12 each	3-1-1	0	2 RR	
Week 3	4	8-10 each	4-1-3	0	1 RR	
Week 4	4	8-10 each	3-3-3	0	RM	
B2: Standing 2-Arm Dumbbell						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
C: Multi-Directional Lunge						
Week 1	3	8-10 each	4-0-1	90 sec	2 RR	
Week 2	3	8-10 each	4-2-1	80 sec	2 RR	
Week 3	4	6-8 each	4-2-4	70 sec	1 RR	
Week 4	4	6-8 each	5-3-4	60 sec	RM	
D: Swiss Ball Jackknife						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
E: Ab Crunch on Swiss Ball						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	10-12	2-2-2	70 sec	1 RR	
Week 4	4	10-12	3-2-3	60 sec	RM	

Day 4 - Bend, Pull, Twist

Push, Squat, Lunge	Sets	Reps	Tempo	Rest	Intensity	Weight
A1: Dumbbell Forward Bend and Row						
Week 1	3	8-10 each	4-0-1	0	2 RR	
Week 2	3	8-10 each	4-2-1	0	2 RR	
Week 3	4	6-8 each	4-2-4	0	1 RR	
Week 4	4	6-8 each	5-3-4	0	RM	
A2: Supine Hip Extension with Knee						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
B1: Swiss Ball Upper Body Russian						
Week 1	3	10-12 each	2-1-1	0	2 RR	
Week 2	3	10-12 each	3-1-1	0	2 RR	
Week 3	4	8-10 each	4-1-3	0	1 RR	
Week 4	4	8-10 each	3-3-3	0	RM	
B2: Swiss Ball Trunk Extension Arms						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	1 RR	
C: Standing Dumbbell Hammer Curls						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	8-10	2-2-2	70 sec	1 RR	
Week 4	4	8-10	3-2-3	60 sec	RM	
D: Swiss Ball Side Flexion Fingertips to						
Week 1	3	10-12 each	2-1-1	90 sec	2 RR	
Week 2	3	10-12 each	3-1-1	80 sec	2 RR	
Week 3	4	8-10 each	2-2-2	70 sec	1 RR	
Week 4	4	8-10 each	3-2-3	60 sec	1 RR	
E: Supine Inchworm Towards Head						
Week 1	3	10-12	2-1-1	90 sec	2 RR	
Week 2	3	10-12	3-1-1	80 sec	2 RR	
Week 3	4	10-12	2-2-2	70 sec	1 RR	
Week 4	4	10-12	3-2-3	60 sec	1 RR	

Exercise Descriptions

In this section you'll find all major form elements of each exercise described. In addition you'll find a video demonstrating each exercise. These videos are on our Coconut Fitness Vimeo channel (<https://vimeo.com/coconutfitness>). For the first couple of workouts, I encourage you to bring your phone with you and watch the video before performing the exercise.

For each primary exercise there's a progression and regression of each. Which you use will vary depending on your skill level. These are listed underneath the description of the exercise and there's a video demonstration linked beside as well.

The exercise list is compiled to correspond to the workout. For your convenience I've also included a spreadsheet with all video links in the section after the descriptions.

Day 1 - Push, Squat, Lunge

A1: Alternating Dumbbell Chest Press on Swiss Ball

Movement Patterns: Supine Press

Equipment Used: Dumbbell, Swiss Ball

Muscle Groups: Pec Major, Posterior Chain, Triceps

Instructions:

- Lying on a swiss ball so that your head shoulders and upper back are supported by the ball.
- With the hips up holding two dumbbells press one dumbbell to arms length above you.
- As you lower the weight down press the other dumbbell up in an alternating fashion

Progression – Single-Arm Dumbbell Chest Press on Swiss Ball

Regression – 2-Arm Dumbbell Chest Press on Swiss Ball

Demonstration Video:

<https://vimeo.com/coconutfitness/altdbchestpressonsb>

A2: Barbell Back Squat

Movement Patterns: Back, Squat

Equipment Used: Barbell

Muscle Groups: Gluteals, Hamstrings, Quadriceps

Instructions:

- Standing with a barbell resting on your upper back hands slightly wider than shoulders.
- Lift your chest up to activate your upper back muscles and drive the elbows forward. Take a comfortable stance wide enough that allows you squat down between your legs.
- Take a deep diaphragmatic breath then draw your belly button inward.
- Lower down into a half squat until your thighs are parallel to the ground keeping the natural arch in your low back.
- Exhale through pursed lips as you return to standing.

Progression – Barbell Front Squat

Regression – Dumbbell Goblet Squat

Demonstration Video:

<https://vimeo.com/coconutfitness/backssquat>

B1: Standing Dumbbell CHEK Press

Movement Patterns: Seated Vertical Push

Equipment Used: Dumbbells

Muscle Groups: Deltoid, Triceps

Instructions:

- Standing up holding two dumbbells parallel to each other at shoulder height turn the weights to face forward.
- Draw the belly button inwards press the weights to arms length above your head at the top turn the arms and dumbbells towards each other until they are parallel.
- Lower the weights back to shoulder height.
- Keep good posture throughout the movement.

Progression – 1-Arm Standing Dumbbell CHEK Press

Regression – Standing Dumbbell Shoulder Press

Demonstration Video:

<https://vimeo.com/coconutfitness/standingchekpress>

B2: Supine Hip Extension Back on Ball

Movement Patterns: Back/Hip Extension, Bend, Squat

Equipment Used: Swiss Ball

Muscle Groups: Gluteals, Hamstrings, Posterior Chain

Instructions:

- Sitting on a swiss ball roll back so that your head shoulders and upper back rest on the ball.
- Lift your hips up so your shoulders hips and knees are in a straight line.
- Slowly drop your pelvis back to the floor and repeat.
- Do not roll backwards and forwards on the ball it is ok for the ball to move slightly forward as you drop down however the knees should not move in front of your feet.

Progression – Supine Hip Extension Back on Ball - 1 Leg

Regression – Supine Hip Extension Back on Floor

Demonstration Video:

<https://vimeo.com/coconutfitness/shebob>

C: Bulgarian Split Squat with Barbell

Movement Patterns: Static, Squat

Equipment Used: Barbell, Bench, Step Box

Muscle Groups: Gluteals, Hamstrings, Quadriceps

Instructions:

- Standing in a lunge with your rear foot resting on a bench barbell on shoulders.
- Drawing your belly button in towards your spine bend your front knee to lower your rear knee to the floor whilst keeping your trunk vertical.
- Return to standing and repeat.

Progression – Bulgarian Split Squat with Barbell - Rear Foot on Swiss Ball

Regression – Barbell Static Lunge

Demonstration Video:

<https://vimeo.com/coconutfitness/bbsplitsquat>

D: Dumbbell Lateral Lunge

Movement Patterns: Lateral, Lunge

Equipment Used: Dumbbells

Muscle Groups: Gluteals, Hamstrings, Hip Abductors, Hip Adductors, Quadriceps

Instructions:

- Standing with feet together. Draw the belly button inwards.
- Step out to the side 3 or 9 o'clock depending on which leg you're using. Both feet should be facing forward bending the leg you step out with.
- Your upper body will bend forward slightly and your weight will shift over the foot you are stepping out with. Return to the start.

Progression – Dumbbell Curtsy Lunge

Regression – Dumbbell Front Lunge

Demonstration Video:

<https://vimeo.com/coconutfitness/dblaterallunge>

E: Lower Abdominal #2b

Movement Patterns: Lower Abdominal

Equipment Used: Bodyweight

Muscle Groups: Hip Flexors, Inner Unit, Lower Abdominal

Instructions:

- Lying on your back with your hands placed underneath your low back at belly button level.
- Bend your knees to 45° with your feet on the floor. Rotate your pelvis until you feel a light pressure on your hands.
- Maintaining pressure on the hands, lift one leg until the thigh is vertical then lower the leg back to the floor.
- Perform with the opposite leg and repeat for the prescribed number of repetitions.

Progression – Lower Abdominal #3

Regression – Lower Abdominal #2a

Demonstration Video:

<https://vimeo.com/coconutfitness/la2b>

Day 2 - Bend, Pull, Twist

A1: Barbell Romanian Deadlift

Movement Patterns: Back/Hip Extension

Equipment Used: Barbell

Muscle Groups: Gluteals, Hamstrings

Instructions:

- Standing upright with feet a comfortable distance apart knees bent holding a barbell in front of you.
- Lift your chest up to activate your upper back muscles.
- Drawing your belly button inward bend forward from the hips as far as you comfortably can keeping the natural arch in your low back.
- Exhale through pursed lips as you return to the top position.

Progression – Barbell Sumo Romanian Deadlift

Regression – Kneeling Barbell Deadlift

Demonstration Video:

<https://vimeo.com/coconutfitness/bbrdl>

A2: Bent Over Dumbbell Row

Movement Patterns: Bent Over Row

Equipment Used: Dumbbells

Muscle Groups: Biceps, Low Back/Erector Spinae, Posterior, Rhomboid/Mid Trap

Instructions:

- Standing bent forward at the hips with knees bent holding dumbbells in front of your legs palms facing your body.
- Maintain an arch in your low back.
- Drawing your belly button inwards bend your elbows to pull the dumbbells up to chest height.
- Lower under control and repeat.

Progression – Bent Over Alternating Dumbbell Row

Regression – Bent Over Barbell Row

Demonstration Video:

<https://vimeo.com/coconutfitness/dbbor>

B1: Standing Medicine Ball Wood Chop

Movement Patterns: Wood Chop

Equipment Used: Medicine Ball

Muscle Groups: Shoulders, Transverse

Instructions:

- Standing with feet a comfortable distance apart holding a medicine ball to one side of your body.
- Draw your belly button inwards rotating with the shoulders and arms perform a reverse chop diagonally above the opposite shoulder keeping the pelvis fixed.
- Lower and repeat. Complete all the repetitions on one side then change to the other side.

Progression – Standing Reverse Medicine Ball Wood Chop

Regression – Kneeling Medicine Ball Wood Chop

Demonstration Video:

<https://vimeo.com/coconutfitness/mbwoodchop>

B2: Standing Barbell Bicep Curl

Movement Patterns: Standing Pull

Equipment Used: Barbell

Muscle Groups: Biceps

Instructions:

- Standing upright with good posture holding a barbell just wider than shoulder width palms up.
- Drawing your belly button inwards bend your elbows to curl the bar to shoulder height.
- Lower under control and repeat.

Progression – Standing Alternating Dumbbell Bicep Curl

Regression – Seated Dumbbell Bicep Curl

Demonstration Video:

<https://vimeo.com/coconutfitness/standingbbcurl>

C: Side Plank off Foot and Forearm

Movement Patterns:

Equipment Used: Bodyweight

Muscle Groups: Frontal/Lateral Sling, Lateral

Instructions:

- Lying on your side with your body weight on one forearm and the side of your foot. Reach upward with the opposite arm.
- Drawing your belly button inwards lift your hips up to form a straight line with your neck sternum belly button and between your knees all aligned.
- Hold lower under control then repeat.

Progression – Side Plank off Foot and Hand

Regression – Side Plank off Knee and Forearm

Demonstration Video:

<https://vimeo.com/coconutfitness/sideplankfootandforearm>

D: Prone Cobra

Movement Patterns: Back/Hip Extension, Horizontal Pull

Equipment Used: Bodyweight

Muscle Groups: Low Back/Erector Spinae, Shoulders, Upper Back

Instructions:

- Lie face down with your arms at your sides.
- As you inhale pick your chest up off the floor with the neck in neutral alignment simultaneously squeezing your shoulder blades together and rotating your arms out so the palms face away from your body.
- You should feel the muscles between your shoulder blades doing the work. If you feel stress in your low back squeeze your butt cheeks together prior to lifting your torso.
- Hold until you need to breathe out and exhale as you lower.

Progression – Prone Cobra Decompression

Regression – Prone Cobra on Swiss Ball

Demonstration Video:

<https://vimeo.com/coconutfitness/pronecobra>

E: Horse Stance Horizontal - Opposite Arm and Leg

Movement Patterns: Horse Stance

Equipment Used: Bodyweight

Muscle Groups: Gluteals, Hamstrings, Inner Unit, Low Back/Erector Spinae, Outer Unit, Shoulders, Upper Back

Instructions:

- Kneeling on all fours with good spine alignment horizontal to floor dowel on back with elbows bent.
- Drawing your belly button in towards your spine raise one arm 45° in front to shoulder height with thumb upwards and the opposite leg straight back to hip height moving the rest of your body as little as possible.
- Hold for the prescribed time perform on the opposite side then repeat.

Progression – Horse Stance Vertical - Opposite Arm and Leg

Regression – Horse Stance Horizontal - Opposite Arm and Leg with Alphabet

Demonstration Video:

<https://vimeo.com/coconutfitness/hsh>

Day 3 - Push, Squat, Lunge

A1: Push Up

Movement Patterns: Push Up

Equipment Used: Bodyweight

Muscle Groups: Pec Major, Triceps

Instructions:

- Lie face down hands a comfortable width at shoulder height.
- Take a diaphragmatic breath and draw your belly button inwards. Exhale through pursed lips pushing yourself up to a plank position keeping your head and spine in alignment. The stick on the models back is used to demonstrate this alignment.
- Inhale as you lower back to the ground.

Progression – Clap Push Up

Regression – Kneeling Push Up

Demonstration Video:

<https://vimeo.com/coconutfitness/pushups>

A2: Barbell Sumo Squat

Movement Patterns: Back, Squat

Equipment Used: Barbell

Muscle Groups: Gluteals, Hamstrings, Quadriceps

Instructions:

- Standing with a barbell resting on your upper back hands slightly wider than shoulders.
- Lift your chest up to activate your upper back muscles and drive the elbows forward. Take a comfortable stance wide enough that allows you squat down between your legs.
- Take a deep diaphragmatic breath then draw your belly button inward.
- Lower down into a half squat until your thighs are parallel to the ground keeping the natural arch in your low back.
- Exhale through pursed lips as you return to standing.

Standing with your feet a bit wider than shoulder width with toes slightly turned out.

Progression – Renegade Squat

Regression – Swiss Ball Squat

Demonstration Video:

<https://vimeo.com/coconutfitness/sumosquat>

B1: Dumbbell Box Step Up

Movement Patterns: Step Up

Equipment Used: Bodyweight, Step Box

Muscle Groups: Gluteals, Hamstrings, Quadriceps

Instructions:

- Standing with good posture and holding dumbbells by your side, place one foot on a step box. The higher the step, the harder the exercise will be.
- Maintaining an upright trunk step up onto the box keeping your knee tracking over your second toe.
- Slowly return to the start and repeat on each side.

Progression – Box Jumps

Regression – Peterson Step Up

Demonstration Video:

<https://vimeo.com/coconutfitness/dbboxstepup>

B2: Standing 2-Arm Dumbbell Overhead Tricep Extension

Movement Patterns: Standing Vertical Push

Equipment Used: Dumbbell

Muscle Groups: Triceps

Instructions:

- Standing upright with good posture holding dumbbells overhead palms facing inward.
- Drawing your belly button inwards bend your elbows to lower the dumbbells behind your head.
- Straighten your elbows to return the dumbbells to the start position and repeat.

Standing with your feet a bit wider than shoulder width with toes slightly turned out.

Progression – Standing 1 -Arm Dumbbell Overhead Tricep Extension

Regression – Standing 2 -Arm Barbell Overhead Tricep Extension

Demonstration Video:

<https://vimeo.com/coconutfitness/standingtwoarmtricepextension>

C: Multi-Directional Lunge

Movement Patterns: Multi-directional

Equipment Used: Bodyweight

Muscle Groups: Gluteals, Hamstrings, Quadriceps

Instructions:

- Begin each step with good posture and facing the same direction.
- Each leg will be lunging in 5 different directions.
- Front lunge step forward to 12 o'clock at the bottom your back knee should just touch the ground.
- Front 45° lunge step half way between 12 and 3 o'clock or 12 and 9 depending on which leg you're stepping with. The head and eyes should face forward and your pelvis and shoulders should be square to the front allow the back leg to pivot naturally as you lower into the lunge.
- Do not turn the whole body 45° as that would not be any different than the front lunge.
- Lateral lunge step out to the side 3 or 9 o'clock depending on which leg you're using. Both feet should be facing forward bending the leg you step out with.
- Back 45° lunge step back between 3 and 6 o'clock or 6 and 9 depending on which leg you're stepping with. Keep your body facing forward as you step back with the back foot facing about 45° inwards.
- Lower the back knee until it just touches the ground.
- Back lunge step backwards to 6 o'clock at the bottom your back knee should just touch the ground.

Progression – Multi-Directional Lunge Jumps

Regression – Reverse Lunge

Demonstration Video:

<https://vimeo.com/coconutfitness/mdl>

D: Swiss Ball Jackknife

Movement Patterns:

Equipment Used: Swiss Ball

Muscle Groups: Hip Flexors, Sagittal

Instructions:

- In a push up position with your feet on a swiss ball.
- Draw your belly button inwards draw your knees towards your chest without letting your hips drop and maintaining good postural alignment. Keep the natural arch in your low back.
- Slowly return and repeat..

Progression – Swiss Ball 1-Leg Jackknife

Regression – Swiss Ball Jackknife Swiss Ball Supported Under Chest

Demonstration Video:

<https://vimeo.com/coconutfitness/sbjackknife>

E: Ab Crunch on Swiss Ball

Movement Patterns:

Equipment Used: Swiss Ball

Muscle Groups: Anterior, Upper Abdominal

Instructions:

- Lying over a swiss ball with your tailbone and head touching the ball with your fingertips to your ears and your tongue on the roof of your mouth.
- Draw your belly button inwards slowly crunch up imagine rolling from your head to your spine like rolling up carpet.
- Slowly unwind from the low back to your head and repeat.
- Exhale on the way up and inhale on the way down

Progression – Ab Crunch on Floor

Regression – Ab Crunch on Swiss Ball - Long Lever

Demonstration Video:

<https://vimeo.com/coconutfitness/abcrunchsb>

Day 4 - Bend, Pull, Twist

A1: Dumbbell Multi Directional Bend

Movement Patterns: Back/Hip Extension, Bent Over Row, Multi-directional

Equipment Used: Dumbbell

Muscle Groups: Biceps, Quadriceps, Upper Back

Instructions:

- As you step out you will bend forward with the upper body approximately 50° keeping the natural arch in your low back.
- Perform a row with palms facing inwards at the bottom point of the movement.
- Step back into an upright standing position.
- Repeat desired number of repetitions on one leg then switch legs.

Progression – Dumbbell Multi Directional Bend and Row

Regression – Dumbbell Static Bend

Demonstration Video:

<https://vimeo.com/coconutfitness/bendandrow>

A2: Supine Hip Extension with Knee Flexion

Movement Patterns: Back/Hip Extension

Equipment Used: Swiss Ball

Muscle Groups: Gluteals, Hamstrings

Instructions:

- Lying on the ground with your calves on the ball.
- Slowly lift your hips until they are in line with your shoulder and ankle. Bending both knees draw the ball towards you without letting your hips drop at all.
- Straighten your legs and repeat from the start position.

Progression – Supine Hip Extension with Knee Flexion - 1 Leg

Regression – Supine Hip Extension - Feet on Ball

Demonstration Video:

<https://vimeo.com/coconutfitness/shekf>

B1: Swiss Ball Upper Body Russian Twist with Dumbbell

Movement Patterns: Twist

Equipment Used:

Muscle Groups: Posterior Chain, Transverse

Instructions:

- Lying on a Swiss Ball in a bridge position with your feet on the floor and upper back on the ball holding a dumbbell at arms length over your chest
- Drawing your belly button inwards twist your upper body to the side rolling across your shoulder keeping the dumbbell in front of your chest.
- Pause and twist to the other side
- Repeat alternating to each side

Progression – Swiss Ball Upper Body Russian Twist with Medicine Ball

Regression – Swiss Ball Upper Body Russian Twist with Clasped Hands

Demonstration Video:

<https://vimeo.com/coconutfitness/dbrussiantwist>

B2: Swiss Ball Trunk Extension Arms By Side

Movement Patterns: Back/Hip Extension, Horizontal Pull

Equipment Used: Swiss Ball

Muscle Groups: Gluteals, Hamstrings, Low Back/Erector Spinae, Lower Trap, Rhomboid/Mid Trap

Instructions:

- Lie over a swiss ball face down with your arms by your side.
- Lift your torso up while squeezing your shoulder blades together.
- Hold lower and repeat.
- Keep your head and neck in good alignment.

Progression – Swiss Ball Trunk Extension with Arm Movement

Regression – Trunk Extension Arms By Side on Floor

Demonstration Video:

<https://vimeo.com/coconutfitness/trunkextarmsbyside>

C: Standing Dumbbell Hammer Curls

Movement Patterns: Standing Pull

Equipment Used: Dumbbell

Muscle Groups: Biceps, Forearms

Instructions:

- Standing upright with good posture holding dumbbells by your sides palms facing your body.
- Drawing your belly button inwards bend your elbows to curl the dumbbells to shoulder height.
- Lower under control and repeat.

Progression – Standing Alternating Dumbbell Hammer Curls

Regression – Seated Dumbbell Hammer Curls

Demonstration Video:

<https://vimeo.com/coconutfitness/standingdbhammercurl>

D: Swiss Ball Side Flexion Fingertips to Temples

Movement Patterns:

Equipment Used: Swiss Ball

Muscle Groups: Frontal/Lateral Sling, Lateral

Instructions:

- Lying side on with your hip on a Swiss ball and your feet on the floor leg anchored against a wall or support and your finger tips touching your temples.
- Drawing your belly button inwards side bend your trunk to bend over the ball then raise yourself up again to the start by taking your ear towards your shoulder and shoulder towards your hip.
- Pause then lower under control and repeat.
- Perform on the opposite side.

Progression – Swiss Ball Side Flexion Fingertips to Temples

Regression – Swiss Ball Side Flexion Static Lean

Demonstration Video:

<https://vimeo.com/coconutfitness/sideflexionfingersbytemples>

E: Supine Inchworm Towards Head

Movement Patterns: Bend

Equipment Used:

Muscle Groups: Core, Hip Flexors, Low Back/Erector Spinae, Neck, Upper Back

Instructions:

- Lying on your back, using only your spinal muscles propel yourself backwards using your head to brace off while arching your back, then rounding your back as your hips move forwards and back.

Progression – Supine Inchworm Towards Tail

Regression – Reverse Crunch on Floor

Demonstration Video:

<https://vimeo.com/coconutfitness/inchwormtowardshead>

Video Library

On the following pages you'll find listings of all 84 videos. They are arranged in order of where they appear in the workouts.

Simply click on the link to view the video on the Coconut Fitness Vimeo channel.

Videos of the progressions and regressions have been added to all the exercises from the main program.

Day 1 - Push, Squat, Lunge

Exercise Name	Progression/Regression	Video Link
Alternating Dumbbell Chest Press on Swiss Ball		https://vimeo.com/coconutfitness/altdbchestpressonsb
	Single-Arm Dumbbell Chest Press on Swiss Ball	https://vimeo.com/coconutfitness/sadbchestessonsb
	2-Arm Dumbbell Chest Press on Swiss Ball	https://vimeo.com/coconutfitness/2arndbchestpressonsb
Barbell Back Squat		https://vimeo.com/coconutfitness/backquat
	Barbell Front Squat	https://vimeo.com/coconutfitness/frontquat
	Dumbbell Goblet Squat	https://vimeo.com/coconutfitness/gobletsquat
Standing Dumbbell CHEK Press		https://vimeo.com/coconutfitness/standingchekpress
	1-Arm Standing Dumbbell CHEK Press	https://vimeo.com/coconutfitness/sachekpress
	Standing Dumbbell Shoulder Press	https://vimeo.com/coconutfitness/dbshoulderpress
Supine Hip Extension Back on Ball		https://vimeo.com/coconutfitness/shebob
	Supine Hip Extension Back on Ball - 1 Leg	https://vimeo.com/coconutfitness/shebob1leg
	Supine Hip Extension Back on Floor	https://vimeo.com/coconutfitness/shebof
Bulgarian Split Squat with Barbell		https://vimeo.com/coconutfitness/bbsplitsquat
	Bulgarian Split Squat with Barbell - Rear Foot on Swiss Ball	https://vimeo.com/coconutfitness/bbsplitsquatonsb
	Barbell Static Lunge	https://vimeo.com/coconutfitness/bbstaticlunge
Dumbbell Lateral Lunge		https://vimeo.com/coconutfitness/dblaterallunge
	Dumbbell Curtsy Lunge	https://vimeo.com/coconutfitness/dbcurtsylunge
	Dumbbell Front Lunge	https://vimeo.com/coconutfitness/dbfrontlunge
Lower Abdominal #2b		https://vimeo.com/coconutfitness/la2b
	Lower Abdominal #3	https://vimeo.com/coconutfitness/la3
	Lower Abdominal #2a	https://vimeo.com/coconutfitness/la2a

Day 2 - Bend, Pull, Twist

Exercise Name	Progression/Regression	Video Link
Barbell Romanian Deadlift		https://vimeo.com/coconutfitness/bbrdl
	Barbell Sumo Romanian Deadlift	https://vimeo.com/coconutfitness/sumordl
	Kneeling Barbell Deadlift	https://vimeo.com/coconutfitness/kneelingdeadlift
Bent Over Dumbbell Row		https://vimeo.com/coconutfitness/dbbor
	Bent Over Alternating Dumbbell Row	https://vimeo.com/coconutfitness/altdbbor
	Bent Over Barbell Row	https://vimeo.com/coconutfitness/bbbor
Standing Medicine Ball Wood Chop		https://vimeo.com/coconutfitness/mbwoodchop
	Standing Reverse Medicine Ball Wood Chop	https://vimeo.com/coconutfitness/mbreversewoodchop
	Kneeling Medicine Ball Wood Chop	https://vimeo.com/coconutfitness/kneelingmbwoodchop
Standing Barbell Bicep Curl		https://vimeo.com/coconutfitness/standingbbcurl
	Standing Alternating Dumbbell Bicep Curl	https://vimeo.com/coconutfitness/standingaltdbcurl
	Seated Dumbbell Bicep Curl	https://vimeo.com/coconutfitness/seateddbcurl
Side Plank off Foot and Forearm		https://vimeo.com/coconutfitness/sideplankfootandforearm
	Side Plank off Foot and Hand	https://vimeo.com/coconutfitness/sideplankfootandhand
	Side Plank off Knee and Forearm	https://vimeo.com/coconutfitness/sideplankkneeandforearm
Prone Cobra		https://vimeo.com/coconutfitness/pronecobra
	Prone Cobra Decompression	https://vimeo.com/coconutfitness/pronecobradecompression
	Prone Cobra on Swiss Ball	https://vimeo.com/coconutfitness/sbpronecobra
Horse Stance Horizontal - Opposite Arm and Leg		https://vimeo.com/coconutfitness/hsh
	Horse Stance Vertical - Opposite Arm and Leg	https://vimeo.com/coconutfitness/hsv
	Horse Stance Horizontal - Opposite Arm and Leg with Alphabet	https://vimeo.com/coconutfitness/hshalphabet

Day 3 - Push, Squat, Lunge

Exercise Name	Progression/Regression	Video Link
Push Up		https://vimeo.com/coconutfitness/pushups
	Clap Push Up	https://vimeo.com/coconutfitness/clappushup
	Kneeling Push Up	https://vimeo.com/coconutfitness/kneelingpushups
Barbell Sumo Squat		https://vimeo.com/coconutfitness/sumosquat
	Renegade Squat	https://vimeo.com/coconutfitness/renegadesquat
	Swiss Ball Squat	https://vimeo.com/coconutfitness/sbwallssquat
Dumbbell Box Step Up		https://vimeo.com/coconutfitness/dbboxstepup
	Box Jumps	https://vimeo.com/coconutfitness/boxjumps
	Peterson Step Up	https://vimeo.com/coconutfitness/petersonstepup
Standing 2 -Arm Dumbbell Overhead Tricep Extension		https://vimeo.com/coconutfitness/standingtwoarmtricepextension
	Standing 1 -Arm Dumbbell Overhead Tricep Extension	https://vimeo.com/coconutfitness/standingonearmtricepextension
	Standing 2 -Arm Barbell Overhead Tricep Extension	https://vimeo.com/coconutfitness/standingbbtricepextension
Multi-Directional Lunge		https://vimeo.com/coconutfitness/mdl
	Multi-Directional Lunge Jumps	https://vimeo.com/coconutfitness/mdljumps
	Reverse Lunge	https://vimeo.com/coconutfitness/reverselunge
Swiss Ball Jackknife		https://vimeo.com/coconutfitness/sbjackknife
	Swiss Ball 1-Leg Jackknife	https://vimeo.com/coconutfitness/sbjackknifeoneleg
	Swiss Ball Jackknife Swiss Ball Supported Under Chest	https://vimeo.com/coconutfitness/sbjackknifesupported
Ab Crunch on Swiss Ball		https://vimeo.com/coconutfitness/abcrunchsb
	Ab Crunch on Floor	https://vimeo.com/coconutfitness/abcrunchfloor
	Ab Crunch on Swiss Ball - Long Lever	https://vimeo.com/coconutfitness/abcrunchlonglever

LOSE THE GUT

Day 4 - Bend, Pull, Twist

Exercise Name	Progression/Regression	Video Link
Dumbbell Forward Bend and Row		https://vimeo.com/coconutfitness/bendandrow
	Dumbbell Multi Directional Bend and Row	https://vimeo.com/coconutfitness/mdbendandrow
	Dumbbell Static Bend	https://vimeo.com/coconutfitness/staticbendandrow
Supine Hip Extension with Knee Flexion		https://vimeo.com/coconutfitness/shekf
	Supine Hip Extension with Knee Flexion - 1 Leg	https://vimeo.com/coconutfitness/shekfoneleg
	Supine Hip Extension - Feet on Ball	https://vimeo.com/coconutfitness/supinesbbridge
Swiss Ball Upper Body Russian Twist with Dumbbell		https://vimeo.com/coconutfitness/dbrussiantwist
	Swiss Ball Upper Body Russian Twist with Medicine Ball	https://vimeo.com/coconutfitness/mbrussiantwist
	Swiss Ball Upper Body Russian Twist with Clasped Hands	https://vimeo.com/coconutfitness/bwrussiantwist
Swiss Ball Trunk Extension Arms By Side		https://vimeo.com/coconutfitness/trunkextarmsbyside
	Swiss Ball Trunk Extension with Arm Movement	https://vimeo.com/coconutfitness/trunkextarmmovement
	Trunk Extension Arms By Side on Floor	https://vimeo.com/coconutfitness/trunkextonfloor
Standing Dumbbell Hammer Curls		https://vimeo.com/coconutfitness/standingdbhammercurl
	Standing Alternating Dumbbell Hammer Curls	https://vimeo.com/coconutfitness/standingaltdbhammercurl
	Seated Dumbbell Hammer Curls	https://vimeo.com/coconutfitness/seateddbhammercurl
Swiss Ball Side Flexion Fingertips to Temples		https://vimeo.com/coconutfitness/sideflexionfingersbytemples
	Swiss Ball Side Flexion with Long Lever	https://vimeo.com/coconutfitness/sideflexionlonglever
	Swiss Ball Side Flexion Static Lean	https://vimeo.com/coconutfitness/sideflexionstaticlean
Supine Inchworm Towards Head		https://vimeo.com/coconutfitness/inchwormtowardshead
	Supine Inchworm Towards Tail	https://vimeo.com/coconutfitness/inchwormtowardstail
	Reverse Crunch on Floor	https://vimeo.com/coconutfitness/reversecrunch

Nutrition

Food is the most powerful drug on Earth. You eat it all day, every day of your life. And the right foods at the right times can make you feel euphoric. But the opposite can have untold negative effects on your health!

One man's food is another man's poison.

As part of the *Lose The Gut* program you are going to follow the Metabolic Typing Plan®

How Does the Metabolic Typing Plan® Work?

It all starts when you complete your questionnaire. This will give you the information needed to develop your personalised plan, which you can tailor specifically to your individual needs. From here, you can refer to your Recommended Food Chart and Sample Menus to start putting your meals together.

All you need to do is stick to your recommended foods as closely as possible. It's not about weighing out your foods, counting calories, or measuring out serving sizes which leave you hungry and cranky. Eat according to your appetite!

In this program, you have a full detailed description of the eating pattern you should follow, but it's mostly pretty simple.

Eat 3 meals a day or more, keep some protein in each meal, snack if you need to, and eat before you get hungry to stabilise your blood sugar.

Follow These 3 Easy Steps...

The Metabolic Typing® Plan contains precise, practical information which makes it very easy to follow. You'll discover how to:

- Eat the right foods for your Metabolic Type® and stay away from the wrong foods by following the recommendations in your Metabolic Typing® Plan.
- Customise your proteins, healthy fats and carbs ratio at each meal and snack by using your Fine-Tuning guidelines.

The Science Behind It All

Ok, now is the time to get comfortable on the sofa, grab a large glass of water and get ready for a simplified (we have tried to keep this as easy to digest as possible!) science class in why we should all follow the Metabolic Typing® plan!

Here we go...

Understanding your Metabolic Type®

Think of your body like a large shopping mall that has thousands of employees, various different departments, a network of communication requirements, multiple walkways etc. However the day to day running of the mall all falls under the direction and control of only a handful of management staff.

Your metabolism works in a similar way. The meaning of metabolism is:

"The chemical processes that occur within a living organism in order to maintain life." (Oxford dictionary)

Thousands of biomechanical reactions take place throughout the body on a daily basis; they are all regulated by only a few fundamental homeostatic controls (FHC's). Two of these have a very specific influence on our dietary requirements. These FHC'S are known as the ANS (autonomic nervous system) and the OS (oxidative system).

Autonomic Nervous System

The autonomic nervous system is the master regulator of metabolism and is made up of two divisions, sympathetic and parasympathetic. Each system works in opposition to the other, yet they work together in order to maintain homeostasis.

The meaning of homeostasis is:

"The tendency towards a relatively stable equilibrium between interdependent elements, especially as maintained by physiological processes." (Oxford dictionary)

For example, the sympathetic nervous system speeds up the heart rate, while the parasympathetic system slows down the heart rate. The sympathetic and the parasympathetic elements of the autonomic nervous system work together to control the heart rate, along with maintaining the functioning of all the various organs and glands of the body.

Certain organs are switched on by the sympathetic and switched off by the parasympathetic systems, while other organs are switched on by the parasympathetic and switched off by the sympathetic. It works a bit like the accelerator and brake pedals in your car!

Some people's organs and glands are more strongly stimulated by the sympathetic division due to their genetics. These people are classified as the sympathetic dominant metabolic types. Other people have inherited greater strength overall in the parasympathetic division and are therefore classified as a parasympathetic dominant metabolic type.

In those whose organs and glands are relatively balanced between sympathetic and parasympathetic strength, the term balanced dominants is used to describe their metabolic type.

Dependent upon the individual's metabolic type, different food groups have positive and negative effects on the functioning of these systems, that's where the Metabolic Typing® plan comes into action!

Oxidative system

Whilst the autonomic nervous system is in charge of the maintenance and regulation of energy, the oxidative system controls the rate at which nutrients are converted to energy within all of the bodies 100 trillion cells. This is made up with 3 special processes known as glycolysis, beta-oxidation and the citric acid cycle.

About 20% of our energy that is created from food, comes from the combustion of carbohydrates in glycolysis, this produces oxaloacetate. The other potential 80% comes from the citric acid cycle.

Acid Cycle

The energy produced in the citric acid cycle is from a combination of the right amount of oxaloacetate (produced from the combustion of carbohydrates in glycolysis) and the right amount of acetyl coenzyme-A (from metabolism of protein and fats in beta oxidation) think of this process as a recipe, without the right ingredients the cake will be a flop!

If there should be too much oxaloacetate and insufficient acetyl co-A, or if there should be too much acetyl co-A and not enough oxaloacetate, then energy production is deficient. Provide the right kind of ingredients for your recipe and the cake is baked properly. The wrong kind of ingredients results in a sloppy mess!

Energy production in your body depends on the same principle. Keep calm and carry on reading...

But as we human beings are all completely unique to one another, we each have a different metabolic rate. Some people are fast oxidisers, which means that they're slower at metabolising fats and producing acetyl co-A from beta-oxidations and therefore mainly rely on the combustion of carbohydrates in glycolysis for energy production. Because of this fast oxidisers generally burn carbohydrates too quickly as they overcompensate for the lack of acetyl co-A and therefore produce too much oxaloacetate.

A high carbohydrate diet for these people only worsens the problem, but an increased amount of fats and proteins (dietary sources of acetyl co-A) and specific nutrients to help activate and support beta-oxidation, help to balance out the chemistry and regulate their energy production. Eskimos are an example of extreme fast oxidisers – genetically designed to thrive on a high protein, high fat and nearly zero carbohydrate diet.

Slow oxidisers have the same problem as fast oxidisers with depleted energy production but for opposite reasons. Slow oxidisers rely on fat metabolism in beta-oxidation for energy production resulting in excess acetyl-co A, but they're inefficient at carbohydrate combustion in glycolysis, resulting in a lack of oxaloacetate. Unlike fast oxidisers who must eat high amounts of protein and fats in order to be healthy, slow oxidisers require a totally different combination of foods, doing well on a diet higher in carbohydrates (dietary sources for oxaloacetate) with less protein and fat in their diet (source of acetyl co-A).

LOSE THE GUT

Deep breath we are almost there...

In short, both the kinds of foods and the proportions of the proteins, fats, and carbohydrates needed are completely different for each metabolic type. Different metabolic types require different foods in different quantities in order to properly convert nutrients to energy. Likewise, each unique human being requires different nutritional supplements to help support their very different bodies chemical design.

For example, slow oxidisers require certain nutrients and nutrient balances to activate and support glycolysis, the weak side of their energy production system. But fast oxidisers need a completely different set of nutrients and nutrient balances to address their weaknesses in beta-oxidation. Similarly, sympathetic types need certain nutrients in order to stimulate and strengthen their weaker parasympathetic side, while parasympathetic types need an opposite set of nutrients to strengthen and support their weaker sympathetic side.

There we go! A brief explanation into how our metabolic types function, it wasn't too bad was it? ;)

Now you understand Metabolic Typing it's time to complete the questionnaire!

Metabolic Typing® Questionnaire

This questionnaire is designed to help us discover your own metabolic type and determine what kind of diet will work best for you.

Temporarily suspend everything you ever learned about nutrition from the media or a university. Preconceived notions may inhibit you from giving natural, honest responses. This is also important since many University nutrition programs have been started and heavily funded by the processed food industry.

Answer the questions as though you were living in the jungle and you simply ate on natural instinct; there is no one there to judge your choices and you simply want to eat to have the energy to do your hunting and gathering!

Exaggerate any tendency that may result in an inability to answer a question. You will get the most accurate answer by exaggerating your natural urge.

If none of the answers suit you with regard to a particular question, simply don't answer that question. If the answer A suits you some of the time (in the morning, but not the evening for example), and answer B suits you other times, you may circle both provided that the answers refer to how you may feel on any given day, not within a period of over 24 hours.

From this perspective, you can get the correct answer.

Good luck!

1. I sleep best:

- A. When I eat 1-2 hours before going to sleep.
- B. When I eat as much as 3 or 4 hours before going to sleep.

2. I sleep best if:

- A. My dinner is composed of mainly meat with some vegetables or other carbohydrates.
- B. My dinner is composed mainly of vegetables or other carbohydrates and a comparatively small serving of meat.

3. I sleep best and wake up feeling most rested if I:

- A. Don't eat sweet desserts like cakes, candy or cookies. If I eat a rich dessert that is not overly sweet, such as high quality full fat ice cream, I tend to sleep okay.
- B. Even if I should eat a sweet dessert now and then.

4. After vigorous exercise, I tend to crave:

- A. Foods or drinks with higher protein and/or fat content such as a bodybuilder's high-protein shake.
- B. Foods or drinks higher in carbohydrate (sweeter), such as Gatorade, soda, or fruit juice.

5. In order to last 4 hours between meals and maintain mental clarity and a sense of well-being, I prefer to eat:

- A. A meal predominantly meat based, high in protein and fat (such as roast beef, pork, salmon...) with carbohydrate as a supplement to the meal.
- B. A meal predominantly carbohydrate based, such as a salad or vegetables with some bread, and a small amount of protein.

6. Which best describes your reaction to sugar or sweet foods such as jelly donuts, candy or sweetened drinks:

- A. I get a rush of energy, may get the jitters or may feel good for a short time but then I am likely to have a blood sugar crash, resulting in the need for more of the same or having to eat some real food to normalise myself.
- B. I can do quite well on sweet things and I don't seem to be negatively affected, even though I know that too much is not good for me.

7. My body shape is closest to:

- A. Mesomorphic or 'V' shaped, like a typical wrestler, gymnast or weight lifter type or Endomorphic or more naturally round shaped but I am naturally quite strong and respond very well to anaerobic sports or strength training type exercises.
- B. Ectomorphic or long and lean like a rower or triathlete or Endomorphic or more naturally round shaped but I respond better to endurance athletics than to strength training or anaerobic sports.

8. Which statement best describes your disposition toward food in general:

- A. I love food and live to eat!
- B. I am not fussed over food in general and I eat to live in general.

9. In general, I prefer:

- A. To salt my foods most of the time.
- B. To taste my foods and apply salt once in a while, but am not particularly attracted to salty foods.

10. Instinctually, I prefer to eat:

- A. Dark meat, such as the chicken or turkey legs and thighs over the white breast meat.
- B. Light meat such as the chicken or turkey breast over the dark leg and thigh meat.

11. Which list of fish most appeals to your taste without concern for calories or fat content:

- A. Anchovy, caviar, herring, mussels, sardines, abalone, clams, crab, crayfish, lobster, mackerel, octopus, oyster, salmon, scallops, shrimp, snail, squid, tuna (dark meat).
- B. Light fish, catfish, cod, flounder, haddock, perch, scrod, sole, trout, tuna (white), turbot.

12. When eating dairy products, do you feel best after eating:

- A. Richer full fat yogurts and cheeses or desserts.
- B. Lighter low fat yogurts and cheeses or desserts.

13. With regard to snacking, do you:

- A. Tend to do better with snacks between.
- B. Tend to last between meals easily in general.

14. Which characteristics best describe you:

- A. Creative, digest food well in general, have a strong immune system and don't get sick often, have an appetite for proteins, feel good when eating fats or fatty foods, more muscular or inclined to gain muscle and/or strength easily.
- B. Logical, of lighter build, tend to be sensitive to temperature changes and flu season and wouldn't really consider your immune system one of your stronger attributes, prefer light meats and lower fat foods, are more inclined toward endurance athletics.

To score your test, add up the questions you answered **A** and **B**.

- > If you answered *A three more* than you answered B, you are a **Protein Type**.
- > If you answered *B three more* than you answered A, you are a **Carb Type**.
- > If your A and B answers are *tied or within two of each other*, you are a **Mixed Type**.

What Should I Eat Then?

But what should I eat I hear you say?

Probably the most important question in nutrition is "What should I eat?"

There is no greater or more powerful influence on your health and wellbeing than the food you eat throughout every day of your life, even from as early as in the womb!

Every time you eat is an opportunity to nourish your body, the food you eat can either be the safest and most powerful form of medicine or the slowest form of poison. It's your body and you have to live in it for your whole life! Choose wisely!

When choosing your ideal foods the most important thing to consider is not only what types of food are right for your metabolic type but also the quantities of the foods you eat.

Your metabolic type was determined from the questionnaire you filled out and the foods that are suitable for your type are shown in the list of allowable foods. These foods help to support and balance your unique body chemistry.

You can eat these foods as much as you like, however if a certain food is not on your list you should try to avoid it, or only eat it once in a while. Following this list as much as you can, will assure that your food remains your medicine and not your poison.

Carb Types should choose food from the Diet Plan #1 Recommended Food Chart.

Protein Types should choose food from the Diet Plan #2 Recommended Food Chart.

Mixed Types can choose food from both Diet Plan #1 and Diet Plan #2 Recommended Food Charts.

Diet Plan #1 Recommended Foods Chart

PROTEINS			CARBOHYDRATES				OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE		FRUIT	NUT/SEED	OIL/FAT
<i>light meats</i>	<i>light fish</i>	<i>non/low fat</i>	<i>whole grains only</i>	<i>high starch</i>	<i>low starch</i>	<i>all are okay</i>	<i>use sparingly</i>	<i>use sparingly</i>
chicken breast	catfish	cheese		potato	beet green	apple	walnut	butter
Cornish game hen	cod	cottage cheese	<i>high starch</i>	pumpkin	broccoli	apricot	pumpkin	cream
turkey breast	flounder	kefir	amaranth	rutabaga	Brussels sprout	<i>berry</i>	peanut	ghee
pork, lean	haddock	milk	barley	sweet potato	cabbage	cherry	sunflower	<i>oils:</i>
ham	halibut	yogurt	brown rice	yam	chard	citrus	sesame	almond oil
<i>Only occasional lean red meat or restrict entirely</i>	perch	eggs	buckwheat	<i>moderate starch</i>	collard	grape	almond	flax oil
	scrod	LEGUMES	corn	beet	cucumber	melon	cashew	olive oil
	sole	<i>use sparingly</i>	couscous	corn	garlic	peach	Brazil	peanut oil
	trout	<i>high starch</i>	kamut	eggplant	kale	pear	filbert	sesame oil
	tuna, white	dried beans	kasha	jicama	leafy greens	pineapple	pecan	sunflower oil
	turbot	lentils	millet	okra	onion	plum	chestnut	walnut oil
		<i>low starch</i>	oat	parsnip	parsley	tomato	pistachio	
		tempeh	quinoa	radish	peppers	<i>tropical</i>	coconut	
		tofu	rice	spaghetti squash	scallion	LEGUMES	hickory	
		NUTS	rye	summer squash	sprouts	<i>high starch</i>	macadamia	
	<i>sparingly</i>	spelt	yellow squash	tomato	dried beans			
		Triticale	turnip	watercress	dried peas			
		Wheat	zucchini		lentils			

Every meal should contain a protein from these sources

* Note: nuts are listed from highest to lowest protein content.

Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods if you have blood sugar problems.

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Diet Plan #2 Recommended Foods Chart

PROTEINS			CARBOHYDRATES			OILS / FATS	
MEAT/FOWL	SEAFOOD	DAIRY	GRAIN	VEGETABLE	FRUIT	NUT/SEED*	OIL/FAT
<i>high purine</i>	<i>high purine</i>	<i>whole fat</i>	<i>whole grains only</i>	<i>non-starch</i>	avocado	<i>all are okay</i>	<i>all are okay</i>
organ meats	anchovy	<i>low purine</i>		asparagus	olive	walnut	butter
paté	caviar	cheese	<i>high starch</i>	beans, fresh		pumpkin	cream
beef liver	herring	cottage cheese	amaranth	cauliflower	<i>not fully ripe -</i>	peanut	ghee
chicken liver	mussel	cream	barley	celery	apple (some)	sunflower	<i>oils:</i>
<i>medium purine</i>	sardine	eggs	brown rice	mushroom	pear (some)	sesame	almond oil
beef	<i>medium purine</i>	kefir	buckwheat	spinach	<i>high starch</i>	almond	flax oil
bacon	abalone	milk	corn	<i>high starch</i>	banana	cashew	olive oil
chicken*	clam	yogurt	couscous	artichoke		Brazil	peanut oil
duck	crab	LEGUMES	kamut	carrot		filbert	sesame oil
fowl	crayfish	<i>low purine</i>	kasha	pea		pecan	sunflower oil
goose	lobster	tempeh	millet	potatoes, fried in butter, only		chestnut	walnut oil
kidney	mackerel	tofu	Oat	squash, winter		pistachio	
lamb	octopus	<i>medium purine</i>	quinoa	LEGUMES		coconut	
pork chop	oyster	beans, dried	Rye	<i>non-starch</i>		hickory	
spare rib	salmon	lentils	spelt	tempeh		macadamia	
turkey*	scallop	NUTS	triticale	tofu			
veal	shrimp	<i>all are okay</i>	<i>sprouted grain bread is the only bread allowed *</i>	tofu			
wild game	snail			<i>high starch</i>			
* dark meat is best	squid			beans, dried			
	tuna, dark			peas, dried			
				lentils			

Every meal should contain a protein from these sources, but dairy, legumes or nuts are not a substitute for meats at main meals

* Sprouted grain breads such as Ezekiel or Manna breads

* Note: nuts are listed from highest to lowest protein content. Higher protein is preferable.

Note: High starch foods are high glycemic foods (convert quickly to sugar) and thus are your caution foods

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Eyes and No Eyes

Along with following these lists of allowable foods, you must stick to the guideline of proportions outlined for each specific metabolic type. This is the amount of protein, fat and carbohydrate that should aim to be eaten at each meal.

However, as we are all so biomechanically unique, this does require a small amount of adjusting to ensure that you are getting the perfect blend of fuels to keep your fire burning.

The body needs the correct blend of foods to enable it to function correctly. If the body is unable to function efficiently due to lack of the correct quantities of fuel then energy production is diminished and the food is stored as fat!

As mentioned earlier, different metabolic types require different combinations of food. A carbohydrate type has a very different fuel requirement from a protein type. Your metabolic meal plan guides you towards the appropriate ratio of proteins, fats and carbohydrates for your metabolic type.

If you are unsure how to figure out what proteins, fats and carbohydrates are then here is a really easy way for you to remember.

Proteins and fats usually come from anything that had EYES. For example, beef comes from a cow, along with dairy products, pork from pigs, poultry from birds and chickens, and not forgetting the eggs that come from these! Even fish and shrimps have eyes! The only other foods that are added to the EYES list are avocado, seeds and nuts. This is due to their high good fat content.

Carbohydrates come from sources with NO EYES. These are foods such as fruits, vegetables, legumes and grains. Remembering this will help you when making decisions on what proportions of food should be on your plate at each meal.

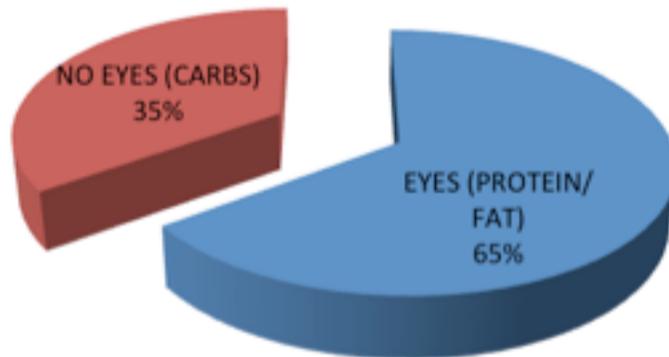
You'll be able to see with the pie charts on the next page that each one is different. Carbohydrate types will need a higher carbohydrate, lower protein, and lower fat diet the majority of the time. Protein types in general do better on lower carbohydrate, high protein, and higher fat meals. Mixed types thrive on a balanced diet which is somewhere in between the protein and carbohydrate types.

In everyday life it is difficult to eat exactly this way, you won't have the time to eat precise percentages of the foods every single time you eat, especially for the rest of your life. Luckily it's also not necessary to the exact percentages. Use it as just a guideline.

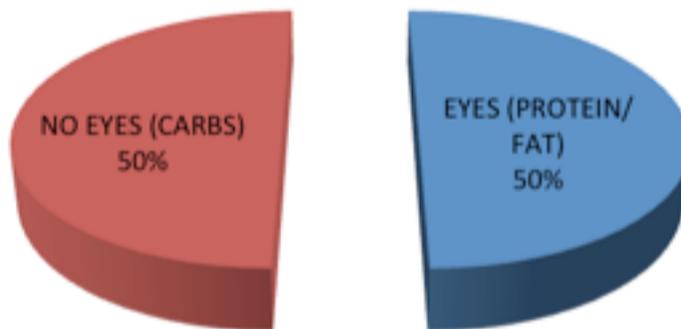
Macronutrient Ratios

Simply use these ratios as a general guideline every time you eat a meal or snack. Refer to the Sample Menus on the next page to gain an insight into how you can eat for your Metabolic Type.

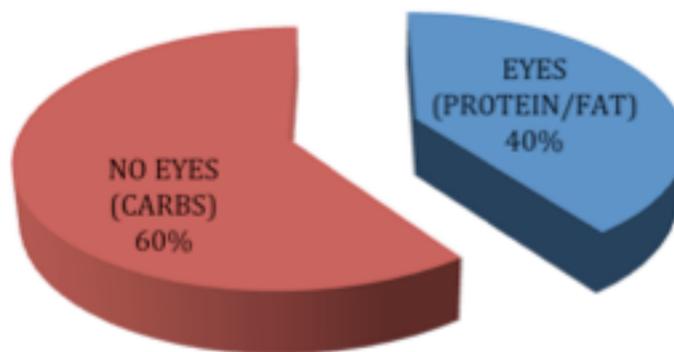
Protein Type



Mixed Type



Carbohydrate Type



Sample Menu for Carb Types



The Carbo Type Diet – SAMPLE DIET

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	Soft boiled eggs, whole wheat toast, teaspoon butter, apple	Sandwich with white tuna on wholegrain bread tomato, sprouts, celery, onions and mayo, small vegetable soup	Pineapple and low fat cottage cheese, manna bread	Chicken breast. Baked potato with low fat yogurt, steamed broccoli and beets, green salad with olive oil and vinegar
2	Hot wholegrain cereal, low fat milk, grapes	Soup made with chicken, broccoli, cabbage, potato, onion and rice	Apple and almonds	Baked cod, romaine lettuce, tomato, parsley onion with fresh lemon juice and olive oil dressing, millet, steamed zucchini
3	Shake in almond or coconut milk with fresh or frozen fruit, raw egg, crushed nuts. Wholegrain toast teaspoon butter	Tossed green salad with lettuce, tomato, onion, radish, peppers, olive oil and lemon juice, grilled chicken, turkey or ham and wholegrain bread	Plain low fat yogurt with fresh fruit	Broiled pork chops with rice, corn on the cob, green leafy salad with green peppers, cucumbers and scallions with vinaigrette dressing
4	Poached eggs hot wholegrain cereal with low fat milk, fruit	Ham and wholegrain bread with tomato, sprouts, onions and mayo or mustard, small vegetable soup	Low fat swiss or mozzarella cheese on rye krisp crackers	Broiled trout with lemon, steamed broccoli, baked yam with teaspoon butter, sliced cucumber with chopped onion and vinegar
5	Low fat cottage cheese or plain low fat yogurt with fruit, wholegrain toast	Vegetable soup made with turkey and barley	Wheat thins with cashew butter	Baked Cornish game hen with stuffing, Brussels sprouts, coleslaw, chopped scallion, green pepper and vinaigrette dressing

Sample Menu for Mixed Types



The Mixed Type Diet – SAMPLE DIET

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	Hot whole grain cereal with whole milk and berries (optional eggs or cottage cheese)	Cheese sandwich made with 2 pieces wholegrain bread, tomato, lettuce, pickle and mayo	Cottage cheese with olives and rye cracker	Roast beef, steamed beets with butter, spinach salad with onions, croutons, olive oil and vinegar
2	Oatmeal with half/half, banana, protein shake with whey or egg white protein powder, fruit	Dark/light tuna salad made with tomato, artichoke hearts, celery, scallions, lettuce, olive oil, lemon juice and toasted spelt bread	Nuts and raisins	Cornish game hen with wild rice, steamed asparagus and butter, lettuce, tomato, radish and onion salad with olive oil and vinegar
3	Bacon and eggs wheat toast with butter ½ grapefruit or apple	Turkey sandwich on wholegrain bread, salad with vinaigrette dressing	Fruit salad and whole milk yogurt	Broiled pork chops, steamed zucchini, sweet potato with butter
4	Sausages and wholegrain cereal with full fat milk	Chicken salad sandwich on rye, mayo, chopped tomato, onion, celery and sprouts	Whole wheat toast or apple with almond butter	Leg of lamb with roast potatoes, broccoli, mixed green salad
5	Vegetable omelette with potatoes fried in butter	Hamburger on sprouted grain bun, coleslaw and pickle	Chicken with carrot and celery sticks	Broiled halibut steak, baked spaghetti squash and steamed swiss chard

Sample Menu for Protein Types



The Protein Type Diet – SAMPLE DIET

DAY	BREAKFAST	LUNCH	SNACK	DINNER
1	Bacon, scrambled eggs, small serving potatoes fried in butter	Dark meat chicken, raw carrots, celery and cauliflower with olive spread or mayo/yogurt dip	Full fat cottage cheese mixed with flax oil and ½ sliced apple	Broiled salmon, steamed green beans, quinoa and butter, spinach salad with sliced olives and vinaigrette dressing
2	2 poached eggs, Canadian bacon, 1 slice spelt toast with butter	Tunafish salad with celery and natural mayo, 1 piece spelt bread small lentil soup	Peanut butter or almond butter with celery sticks	Broiled lamb chops, steamed asparagus and baked winter squash with butter
3	Pork, turkey or chicken sausages, buckwheat (whole grain) with butter	Hamburger patty, steamed corn with butter, spinach salad with artichokes and mushrooms, olive oil and lemon juice	Full fat cheese with either ½ pear or rye-crisp crackers	Broiled steak, buttered peas and corn, sliced avocado marinated in olive oil and vinegar
4	Vegetable omelette, smoked salmon, sprouted rye bread with butter	Shrimp salad with celery and mayonnaise, avocado with olive oil and lemon, small serving of wild and brown rice	½ banana with almonds	Chicken thigh and drumstick, steamed artichoke with butter or mayo, buttered string beans and slivered almonds
5	2 fried eggs, 3 mini sausages, small serving of oatmeal with cream	Pot roast with small serving of potatoes and carrots	Full fat yogurt with sunflower seeds and cashews	Roast beef, steamed cauliflower, barley, spinach salad with bacon, mushrooms and vinaigrette dressing

23 Tips To Clean Eating

1. If you can't pronounce a word on the label, don't eat it! If you can't pronounce a word on a food label, chances are very good it is a chemical that your liver will have to work to detoxify, and most likely, your liver won't like it! Dr. Price found in his research of healthy people that they ate mostly unprocessed whole-foods and some minimally processed foods. They lived in accordance with nature and if you want to have a beautiful, healthy body, you should too!
2. If it's a non-food, don't eat it! The more non-foods you eat, the more likely your body is to go bankrupt! Remember, food manufacturers are NOT required to prove that their products sustain life. Pretty much every research dollar they spend is to determine how to make foods cheaper, increase shelf life and how to trick you into buying them. Just remember this Paul Chek rule – "The more money they spend to market any food, the worse it is likely to be for you"! Good healthy food requires little marketing because people know it's good for you. They need to convince you to eat their garbage, so they need to spend a lot in marketing to ensure you do.
3. The longer it lasts on the shelf, the worse it is for you! Most things in nature will not last more than a few days once picked or killed for consumption. Increasing a product's shelf life means stripping it of anything that can eventually go bad or rancid out of it, such as enzymes, vitamins, minerals and ultimately it's life force! Many of the foods you eat today are so full of chemicals and pesticide residues you can leave them sitting on the kitchen counter for days on end and the ants won't even touch them! The bugs are smarter than we are!
4. Never eat anything with "hydrogenated" or "partially hydrogenated oils/fats" in it! These are cooked fats that have been altered in a way that make them very hard to digest, as well as being damaging to the body. This form of fat does not occur naturally in nature and in fact, chemists say the molecular structure of hydrogenated fats more closely resembles plastic than food! Read your food labels and you will likely be surprised at how much hydrogenate fats and oils you are eating!
5. Never eat any food product that has been "enriched" The only reason food manufacturers "enrich" foods is because they have completely killed and stripped them in processing, leaving the foods so void of nutrition and life-force that they must add things back to them so they don't kill off all their customers! If you read "Beating The Food Giants" by food scientist Paul A. Stitt, he tells you that the food manufacturers purchase the cheapest possible synthetic vitamins possible and they often apply them to foods (i.e. cereals) on the way in the oven! Any nutrition expert will tell you that most vitamins can't withstand high heat and most of the rigors of processing. There is also plenty of literature suggesting that some synthetic vitamins may be toxic to the body!
6. Avoid eating anything that has been genetically modified or genetically engineered! Currently, almost ALL processed foods contain genetically modified organisms. This is an entire topic unto itself, but eating any genetically modified food is a risk that you may want to seriously consider if you value your health.
7. Before entertaining consumption of grain foods, always exclude all grains except corn, rice, buckwheat and millet for two weeks. If you feel a noticeable improvement in your health and well-being, you are probably gluten intolerant. When you start eating grain foods again after two weeks off, start slowly and eat only one grain food to minimise the possibility of a potentially uncomfortable reaction by the body; diarrhea and stomach pain is common among those that are gluten intolerant!
8. MINIMISE all consumption of commercial, processed grains and grain-based products.
9. If you plan to eat any grains at all, restrict yourself to organic, unprocessed corn, rice, buckwheat or millet, rotating them on a four-day cycle. Only eat them after they have been pre-soaked for at least 12 hours to break down the phytic acid.
10. If you enjoy grain based breakfast cereals, purchase only whole organic grains, soak or sprout and make your own breakfast cereals. There are a few companies that make reasonable boxed breakfast cereals, although my suggestion is to stay away from any processed, cooked grain products what so ever!
11. If you enjoy bread, buy only sprouted whole-grain breads that contain no additives or preservatives. Use the above cereal guidelines to choose your breads and determine if you are gluten intolerant.

LOSE THE GUT

12. Avoid any conventionally prepared pasta. Purchase only organic rice pasta or gluten-free pasta if you are gluten intolerant. Pasta is considered to be one of the foods most heavily laden with pesticide residues!
13. Apply the soaking principle to all seeds and nuts. Pour the water off the nuts and replace it each day. Keep refrigerated while storing once soaked.
14. Never eat more grain-based foods than ideal for your metabolic type with regard to how much carbohydrate you should be eating.
15. ALWAYS go out of your way to purchase organic, free range meats, including bird meats. They are far more nutritious, pesticide, hormone and antibiotic free!
16. If organic meats are not available, the next best choice is “grass fed - free range” animal meats. At least they were free to roam, getting exercise and eating what they were designed to eat!
17. Always go out of your way to eat organic, free-range eggs. The fatty acid ratio and quality is far superior in them! I recommend minimising all commercially farmed eggs because they are really just another form of processed food, as is the case with meats raised commercially.
18. Avoid farmed fish. They suffer the same fate as the factory farmed cow, pig, chicken, yet may be even more toxic depending on the location of the fish farm and the drugs and antibiotics used in this relatively unregulated industry.
19. Read all labels, eliminating, or at least minimising the consumption of processed meats. If there are words you don't understand on the label, chances are good your body probably won't like what ever it is either! Be sure to look to see what fillers are used in sausage type meats, as wheat and other grain-based products are commonly used, triggering uncomfortable and unwanted responses in those that are gluten intolerant. Avoid meats with nitrates and nitrites, as they are carcinogenic. Most butchers have the same meats without such additives and they are often kept in the freezer section.
20. Minimise the consumption of smoked meats and fish. While they often taste great, they do increase the risk of cancer in most cases. Occasionally enjoying them as a delicacy is probably fine, but eating them as a meal on a regular basis may be asking for trouble.
21. It is always best to rotate proteins that come from anything that has a set of eyes on a four-day cycle. I suggest rotating in this order, Beef/sheep, bird meats, swine (pork) and
22. finally fish. This insures variety and minimises exposure to anything your body may find toxic.
23. Do NOT fear the fat in the meat, or on the body of any protein source that has eyes if it is from an organic source. That is the fat that got us here!

What To Do Next

Some are wondering what to do next once this program is completed. Well first, don't stop now. Keep on training!

And if you are interested in continuing on training remotely with me that can be arranged. I have a few different packages depending on the level of support you desire.

If you're looking to continue progressing towards your goals, please contact me at colin@CoconutFitness.com to discuss what your options are moving forward.

About The Trainer



Colin Ayliffe

I'm Colin, the Movement and Lifestyle Coach here at Coconut Fitness. I've spent time with many different clients from diverse backgrounds all over the world, but I find no matter where I go everyone has one thing in common. We all want to live happy, healthy lives. And if you're ready to take the plunge into developing a happier, healthier lifestyle, you've come to the right place!

When I was in university, I studied sports science and English. This helped fuel my passion for two of my favourite things in life: fitness and writing. I'm a bit of a lifelong learner, having completed many different certifications, and I want to share that knowledge with you. I maintain a blog here on this site where you can discover more about your health, how your body works, and practical ways you can make a difference in your everyday life.

While I've had more than a decade in the personal training industry, I realised that it's only part of the puzzle. It was frustrating to see people going to the gym and performing the same exercise routine over and over, and not get anywhere with it. Wasn't it Einstein who defined insanity as doing the same thing over and over again and expecting different results?

Nutrition is a huge part of your health which a lot of gyms and personal trainers don't take into account. And the mind-body connection is ignored almost completely! As a result, you often won't get the results you're looking for with traditional gyms.

No, there's more to your health than just lifting dumbbells and doing some cardio on a rowing machine. And that's why I quit my job as an in-demand personal trainer working in a tropical paradise. I started Coconut Fitness, to help people like you achieve real results with your physical health and fitness.

In the traditional gym environment, I'm always limited in how many people I can reach that way. But with Coconut Fitness, it doesn't matter if you're living in New York, London, Dubai, Toronto, Bermuda, or anywhere else. You can still use the techniques here to improve your life, health, and well being!

So go ahead, take a look around our website, read a few blog articles, and see what it is we have to offer. Our methods have been rigorously tested and are proven to make a difference in the lives of those who are committed enough to try it.

Simply put, I know Coconut Fitness can help you achieve your health and fitness goals in your life!

For more information about Colin please refer to www.CoconutFitness.com