

# BODY-COMP CHALLENGE: 8 WEEKS TO A MORE TONED AND HEALTHIER YOU!

## TABLE OF CONTENTS

### **Low-Carb Body-Comp Challenge Nutrition**

∞ Introduction .....	1
∞ Cave-Man Diet .....	2
∞ Day 22 .....	3
∞ Subsequent Days .....	3
∞ Goal Setting Tips .....	5
∞ Preparation .....	8

<b>Body-Comp Challenge Training .....</b>	<b>9</b>
---	----------

<b>Summary .....</b>	<b>13</b>
----------------------	-----------

### **Appendices**

- ∞ Beginner Programs
- ∞ Intermediate Programs
- ∞ Advanced Programs
- ∞ Training Exercises Pictures
- ∞ Sample Day Meal Plans

*“Losers make promises they often break. Winners make commitments they always keep.”*  
∞ *Denis Waitley*

## Goal Setting (and Achieving) Tips

*"The tragedy of life doesn't lie in not reaching your goal.  
The tragedy lies in having no goal to reach." ∞ Benjamin Mays*

Having goals, or even labelling as challenges, is a critical step for your success not only in improving your health and body composition, but throughout all aspects of your life. Over the years I have gathered and implemented several goal setting strategies in several aspects of my life – academic, professional, physical, and financial areas have all benefited. Use the below and you may or may not make the cover of Forbes Magazine, but you will soar to new heights!

Top Ten Tips for Effective Goal Setting (and Achieving):

### 1. **Write your goals on paper - every week!**

This list is not necessarily in order, except for this first point. Writing your goals down (typing does not work nearly as well) is shown to increase the likelihood of achieving them. This keeps you focused on the task at hand.

Write down 2 or 3 things you are going to focus at the start of each week. Write them using *present tense*: "I perform the training program on Monday, Wednesday, and Friday" instead of "I will perform..."

Writing your goals for the week in this manner also puts your mind at ease and helps remove anxiety and stress. You will succeed, that is, you succeed, so there is nothing to worry about.

The next steps will really highlight some more good ways to articulate your goals.

### 2. **Have a long-term goal and short-term goals**

Thinking about the long-term can be discouraging because it is far away. Have this at the back of your mind and keep on track with short-term goals. Determine what to focus on now to get your ultimate result. When you complete these sub-goals along the way you'll be proud to check them off. This will reinforce each success and set you up for more success!

### 3. **Use Goals that are Meaningful to YOU**

This may seem like a simple tip, but it is worth the emphasis. A goal that **you** really want will be achieved. Ensure that you will enjoy the results and that you are doing something for you, not for someone else.

**BEGINNER A: DAY 2**

#	Exercise	Date	Start Time	Finish Time	Total Time	Sets x Reps	Actual (rep, rep...)	Weight	Rest	Tempo	Notes
A1	DB Split Squat Front foot elevated (on Reebok step)					Wk1: 2 x12-15			75 s	3110	
						Wk2: 3 x12-15			60 s		
						Wk3: 3 x12-15			60 s		
						Wk4: 3 x10-12			75 s		
						Wk5: 3 x10-12			60 s		
						Wk6: 3 x10-12			60 s		
A2	High Cable Woodchopper					Wk1: 2 x15-20			75 s	2011	
						Wk2: 3 x15-20			60 s		
						Wk3: 3 x15-20			60 s		
						Wk4: 3 x12-15			75 s		
						Wk5: 3 x12-15			60 s		
						Wk6: 3 x12-15			60 s		
B1	Seated DB Shoulder Press					Wk1: 2 x10-12			75 s	3011	
						Wk2: 3 x10-12			60 s		
						Wk3: 3 x10-12			60 s		
						Wk4: 3 x 8-10			75 s		
						Wk5: 3 x 8-10			60 s		
						Wk6: 3 x 8-10			60 s		
B2	Underhand Grip Lat Pulldown (shoulder width grip)					Wk1: 2 x10-12			75 s	3011	
						Wk2: 3 x10-12			60 s		
						Wk3: 3 x10-12			60 s		
						Wk4: 3 x 8-10			75 s		
						Wk5: 3 x 8-10			60 s		
						Wk6: 3 x 8-10			60 s		
C1	45° Back Extension					Wk1: 2 x10-12			75 s	3011	
						Wk2: 3 x10-12			60 s		
						Wk3: 3 x10-12			60 s		
						Wk4: 3 x 8-10			75 s		
						Wk5: 3 x 8-10			60 s		
						Wk6: 3 x 8-10			60 s		
C2	Seated Calf Raise					Wk1: 2 x15-20			75 s	1112	
						Wk2: 3 x15-20			60 s		
						Wk3: 3 x15-20			60 s		
						Wk4: 3 x12-15			75 s		
						Wk5: 3 x12-15			60 s		
						Wk6: 3 x12-15			60 s		
D1	Standing DB "L" Lateral Raise (arms are bent to form an "L" during the exercise)					Wk1: 2 x12-15			75 s	2011	
						Wk2: 3 x12-15			60 s		
						Wk3: 3 x12-15			60 s		
						Wk4: 3 x10-12			75 s		
						Wk5: 3 x10-12			60 s		
						Wk6: 3 x10-12			60 s		
D2	Plank					Wk1: 2 x ALAP			75 s	ALAP	ALAP = As Long As Possible; record times
						Wk2: 3 x ALAP			60 s		
						Wk3: 3 x ALAP			60 s		
						Wk4: 3 x ALAP			75 s		
						Wk5: 3 x ALAP			60 s		
						Wk6: 3 x ALAP			60 s		