

# Abbie's 5-Minute Workout For Lean Muscular Abs

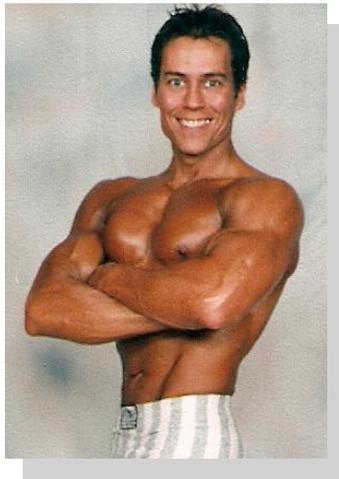


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This book has been written for the body you see in the mirror every morning – the body with the soft, flabby skin around the middle. It’s a fact that those ugly layers of fat add YEARS to your looks, and subtract precious time from your life. It could be that you added this fat from poor eating habits established early in your childhood, or a widening midsection that you might have noticed only a short time ago. Either way, nothing looks worse on a person than a “gut” – it’ll turn a beautiful man or woman OFF! When you get rid of that roll of fat, not only will you LOOK better, you’ll FEEL better. Your clothes won’t be stretching to hide that expanding fat like an over-stuffed plastic bag – instead, they’ll conform to your new, muscular-looking “V-SHAPE”!

For POWER HEALTH, A POWERFUL, TRIM ABDOMEN IS A MUST! Don’t neglect it – it’s the cornerstone of physical health and fitness. Your personal success may depend on your athletic or appealing appearance. People with excess fat on their bodies give the impression of being lazy and sluggish while a man or woman with a trim, muscular waist radiates energy – a person who looks like someone special – a person with vim, vigor and Sex Appeal!

It takes only a few minutes a day to follow the advice given in this course. This book is one of the most complete books on Waist-and Weight-Loss – a must for everyone interested in muscular appearance and physical health. Anyone who wants to trim down fast – by losing excess fat off the WAIST, HIPS, BUTTOCKS, LEGS and anywhere else you have added unnecessary fat – should follow the advice in this book. You’ll never be fat and out of shape again!



Daniel C. Przyojski

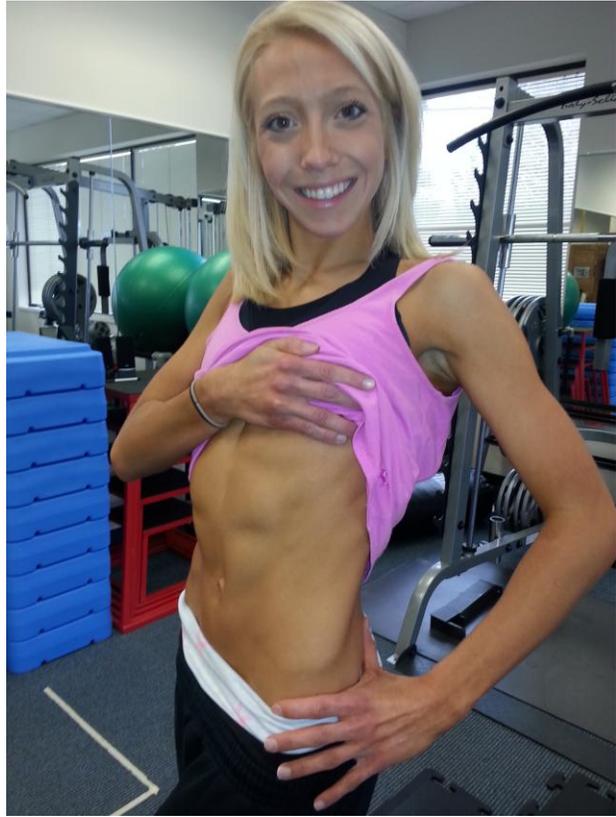
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# Abbie's Transformation



Abbie Before Picture - 2013



Abbie After Picture - 2014

Abdominal Exercises Are Performed By Abbie Soltis

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Dance Instructor

Professional Dancer

Fitness Competitor

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# Part 1

## What You Need To Know To Reach Your Goal

### Chapter 1

What Are The Perfect Abs?

### Chapter 2

You Are What You Eat

Foods to Stay Away From

What to Drink

How to Eat

### Chapter 3

Crunches for Abs

How to do Side Crunches

### Chapter 4

Leg Lifts for Abs

### Chapter 5

Levitating Lift for Abs

## **Chapter 6**

Cardiovascular Exercises for Abs

Stair Stepping Machine

Elliptical Machine

Rowing Machine

Treadmill

Exercise Bike

## **Chapter 7**

Weight Machines

## **Chapter 8**

Pilates for Abs

## **Chapter 9**

Change Your Routine

## **Chapter 10**

Using Enhancement Supplements

## **Chapter 11**

Keeping Your Firm Abs

## **Chapter 12**

The Psychological Factor

## Chapter 1 - What Are The Perfect Abs?

You have probably been heard about “six pack abs,” and know it is a good thing to have, but may be unsure of what exactly a six pack is. If you think that getting a six pack involves just beer, think again. And beer is the last thing that you need when you are trying to get the perfect six pack abs.

A perfect six pack is when your abdominal muscles are so defined that they are clearly identified. Anyone who looks at your stomach will see that the muscles are well defined and will be able to pick them out. There are six of them, three on each side of your abdomen and each one should look pronounced. The perfect abs are sought after more so by men than women who seek to get well defined muscle tone.

This is not to say that women should not try to achieve the perfect abs. To the contrary, women tend to worry more about having a flat stomach than men. Women can still have a soft look to their body and not a bulky, muscular look when they achieve the perfect abs using the methods described in this book. Women should not be afraid that they will bulk up if they practice these techniques. Instead, women who look for the perfect abs and follow exercise and diet to achieve this will look slimmer, will find that their clothes fit better and will have more confidence when wearing clothes or going to the beach. Six pack abs are for both men and women.

In order to get the perfect abs, you have to exercise and eat the right foods. There are a few short cuts that you can take to enhance your muscles and they will be discussed in this book. These short cuts, however, are not a magic pill that can get you the six pack abs overnight. There is no magic pill that you can take that can help you gain the abs of your dreams in a week. You have to be committed towards working hard to achieve this goal. The reality is that getting the perfect abs is all about hard work and dedication. If you are willing to work hard to have the body of your dreams, then you will be able to achieve it.

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So, now that you know what the perfect abs are all about, you probably want to know why anyone wants the perfect abs. They are desired mostly for cosmetic purposes. Those who want to look their best without a shirt or at the beach want the perfect abs.

Some celebrities pride themselves on achieving the perfect six pack. These include stars of the motion picture industry as well as those in the sports world. They pride themselves on getting the perfect abs because they know the hard work it takes to define these muscles.

While women often want to have less definition and, by nature, have more fat than men, most women still desire a flat stomach and abdominal area. The exercises for the perfect abs outlined in this book, as well as the diet that you need to eat to achieve the perfect abs will be for both men and women. While women may not want the same extreme definition, these techniques will do them good as they will achieve a flat stomach.

Not only are the perfect abs something to be proud of cosmetically. New medical studies indicate that those who carry excess weight around their middle have more of a risk for heart disease and stroke. This goes for both men and women. It is therefore desirable for both sexes to have flat abdomens and try to achieve the perfect abs and carry less weight around their middle sections.

If you think that you can get the perfect abs through sit ups and a crash diet, think again. Getting the perfect abs takes training - real training that will entail you sculpting your muscles to the way that you want them. If you are the type of person who sets out to do something and then eventually does it, you will have a much easier time achieving the perfect abs. If you are the type who gives up at the first sign of adversity, then you will have a difficult time. Look for hard work in order to achieve the perfect abs.

Now that you are aware of what the perfect abs are, what they can do for you and the fact that it will take hard work to get to the point where you can have the perfect six pack abs, then you can get started on your way towards achieving the perfect abs.

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## Chapter 2 - You Are What You Eat

The first thing that you need to do when you are trying to achieve the perfect abs or any type of muscle definition is to watch your diet. You need to bulk up on protein and cut out the carbohydrates if you want to attain the perfect abs. This does not mean that you have to lose a lot of weight, but it does mean that you have to lose belly fat, which will get seriously in the way of your perfect abs. If you are overweight, you should want to take the tips found in this book to get rid of the weight and work towards sculpting your body. You will not only look better, but will be doing your health a favor at the same time. The main thing is that you want to diet for muscle.

So how do you diet for muscle? You certainly do not want to starve yourself as this will not do anything to help muscle definition. You need to eat sensibly when you are seeking the perfect abs or any other type of body building. And make no mistake about it - you are body building when you are looking for a six pack. This is part of sculpting your body muscles so that they look attractive and are well defined.

Foods that are high in protein are good for bulking up muscle and also losing fat. These foods tend to trick the body into thinking that it is getting more fuel than it is actually receiving. You should embark on a high protein diet if you want to build up your abdominal muscles. You will notice that body builders and athletes drink raw eggs. While this may be disgusting to you, there is a lot of protein in those raw eggs that gives the athlete or body builder strength. The body builder will need this in order to bulk up. You need to remain strong if you are going to define your abdominal muscles so that you have a firm six pack.

Foods that are high in proteins consist of the following:

- Meats
- Fish
- Poultry
- Nuts
- Legumes
- Eggs

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All of these are very high in protein and will help you not only get energy, but will also help you bulk up. You can also eat foods that are fortified with protein. This includes foods that do not normally contain protein but have protein added.

One of the best foods to eat when you are trying to bulk up and create six pack abs is fish. Especially fish that is high in Omega 3 oils such as the fatty fish. These are not only an excellent source of protein, but are also good for the heart and digestive tract. There is even evidence that fatty fish can help you keep your brain healthier.

If you eat meats, skip the sauces and the breads. Just eat the protein when you are on a high protein diet. This will give the body energy and get the metabolism to start burning fat. Only it won't be getting fat from carbohydrates and foods that are processed quickly and turn to fat. So the body will start burning the proteins. You will lose weight in your belly this way that will help you to define your abdominal muscles.

Eggs are also a good form of protein, although you have to watch how you cook them. Hard boiled eggs are low in calorie and high in protein and are a good way to get started when you are trying to attain the look of the perfect six pack.

People who are not meat eaters can eat legumes and nuts as a form of protein. It is a good idea to take protein in the morning to get your metabolism going.

### **Foods to stay away from**

In addition to the foods that you should eat when you are trying to get six pack abs, there are also those that you need to stay away from. These include simple carbohydrates as well as complex carbohydrates. Dairy is also a product that is high in fat and should be limited. Take fiber by capsules instead of through breads or starches, as they tend to be high in sugars. You will want to eliminate all of the sugars from your diet when you are going for six pack abs.

Remember that it is important to eat all of the foods on the food pyramid. It is never a good idea to eliminate one type of food over another for a long period of time. When you are looking to build the perfect abs, you should concentrate on a high protein diet, but still eat vegetables as well as whole grains and dairy. But sweets have no place in your diet as they do not offer any nutritional value whatsoever. Simple carbohydrates are absorbed quickly and do not stick around long enough to give your body any sort of nutrition. Eliminate simple carbohydrates and starches from your diet if you want to have lean, rock hard perfect abs.

### **What to drink**

In addition to watching what you eat, you also need to watch what you drink when you are seeking the perfect abs. Water is your best friend when you are trying to attain the perfect abs. Stay away from energy drinks that are loaded with caffeine, from so-called health drinks that are loaded with sugar and from alcohol. Many drinks that people consume contain sugar. This especially includes alcohol. Alcoholic drinks should be avoided when you are dieting to have the perfect abs. All alcoholic beverages have sugar in them and offer nothing by way of nutrition. Avoid alcohol when you are looking to sculpt your body and abdominal region.

If you take coffee or tea, eliminate the sugar and cream from the drink. If you cannot tolerate it in this manner, then skip the drink altogether and have water instead. You will find that whether you are looking for the perfect abs, or just looking to lose weight, water can be a great benefit. It will not only hydrate you, but it will also give you a boost of energy that you need when you are trying to sculpt your body.

### **How to eat**

It is important that you eat more proteins in your diet in order to achieve the perfect abs, but when you eat is also very important as well as how you eat. You will want to consume most of your calories in the morning when you are eating to get the perfect abs. This is a good idea for

anyone who wants to stay healthy as you will end up burning off calories that you consume during the day if you are active. You do not want to eat anything late at night as this is hard to digest and will end up staying in your system longer.

Chew your food very well before swallowing. This is not just something that you heard from your mother, but is something that helps you maintain a proper weight and also helps your digestive system. By properly chewing your food, you will find that you eat less and have fewer digestive problems.

Drink a glass of water before each meal. This will curb your appetite so that you eat less. Drinking water is good for you, as outlined above. When you drink a glass before each meal, you find that you eat less.

By beginning to eat and drink right, you are on your way towards building abdominal muscles that others will admire. Most of all, you are on your way towards not only looking healthy, but being healthy as well!



## Chapter 3 - Crunches For Abs

Naturally, you will have to exercise if you want to tone your abdominal muscles. If you do not need to lose weight, you can use the toning exercises as outlined here in this book to help you get the sculpted abdominal muscles that you need. If you are overweight and want to lose weight to get the sculpted muscles, you still need to do toning exercises and will also want to work on some cardiovascular exercises that will be described later on in this book.

Crunches are the ideal way to tone your abs and are one of the many toning exercises that you should use on a daily basis to get the muscles in your abdomen taut. Crunches are the first exercise you want to incorporate into your daily routine so that you can have sexy abs.

If you are a woman who wants to have flat abs but does not want to have the defined muscles that you see on men, relax. Women can get sexy, washboard abs without looking like a man. Your abdominal area will be flat, but softer. And although the muscles will be defined, they will not be bulging like a man. Women and men both get different results from exercise routines. Using the tips and exercises here will get you the perfect abs, whether you are a man or a woman.

To do crunches, lay flat on your back and bring your knees up so that your feet are flat on the floor. You will then want to put your hands behind your head and pull up towards your knees, concentrating fully on the abdominal muscles. You should isolate the muscles as you are pulling up so that you feel the strain. You will want to do repetitions of 8 crunches. The first day, you might be only able to do two or three repetitions. Or you might only be able to do one. If it has been a while since you have worked out, it will be more difficult for you to use these muscles. But you will want to strive to do as many reps as you can without hurting yourself. If you feel as though you are in pain, you should stop.

The purpose of the crunches is to build abdominal muscle. The way that you build muscle is to tear it a little, let it heal and then tear it again. This is where the pain comes in when you are

doing crunches. You are actually building up the abdominal muscles so that you can have your six pack.

When you first start doing crunches, you will notice that it is quite a strain and that it is difficult. As you do this exercise every day, you will notice that it is easier to do and will start feeling the difference. You will not notice the strain any longer when you are exercising in this way.

The more you practice your crunches, the better toned your abs will become. Crunches will flatten and tone your abdominal muscles, but this is not the only exercise that you need to do in order to get the perfect abs. You also need to work on side to side crunches.

### **How to do side to side crunches**

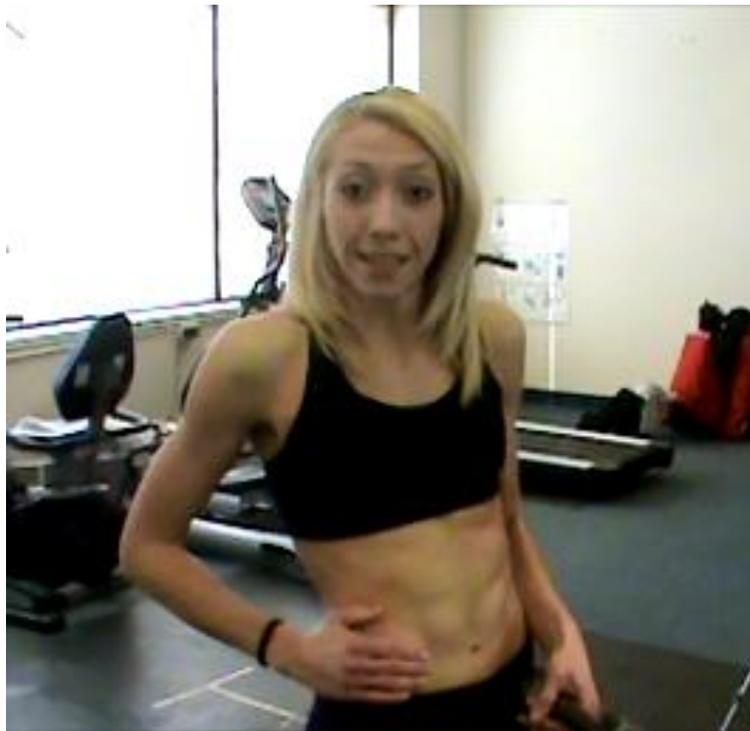
Side to side crunches will help to develop the sides of your abdominal muscles. Just as you move up straight, you will also want to move to the side. Start with one side and pull yourself up to lean towards that side. Do 8 reps, just as you would with the center crunches. After you are finished, work on the other side.

It is important, when doing toning exercises, to allow your muscles to relax after each time you do your reps of crunches. You want to take a few deep breaths and relax the muscles after you are finished the toning. When you are performing the crunches, however, you want to tense up the muscles, effectively isolating them so that they will get toned.

Another way to perform crunches for perfect abs is to lean on one side and then lift yourself up, concentrating on the abdominal muscles. This will work the muscles on the sides. Remember that you want to work the entire abdominal area to achieve the look of a sculpted six pack. You need to do both front crunches as well as side crunches that are performed on your back as well as your side to achieve this look.

Crunches may seem difficult at first, but will soon become easier. You may want to increase your repetitions as you continue to work on your abs so that they will continue to be effective. The best aspect about using this type of toning exercise is that you will start to see the results of your efforts not long after you have worked on the abs. You can usually see a difference in your muscle tone after a week of performing these exercises.

Try to do these exercises every day. If you skip a day, for some reason, just pick up where you left off the next day. Do not get discouraged if you get out of the habit. It is more important to get back into the habit as soon as possible.



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## Chapter 4 - Leg Lifts For Abs

Crunches will work well to tone your abdominal muscles, but this is not the only exercise that you need when you are looking for the perfect six pack. In addition to the crunches, you will also want to use leg lifts to tone the abdominal muscles. Leg lifts can be done at the same time you do your crunches.

Lay flat on your back on the floor and put your hands to your side with your palms down on the floor. Lift both legs up as high as you can, even if it is less than an inch off of the ground. While you are doing this, you need to once again isolate the muscles in your abdomen and tighten them up.

It is always good to work in repetitions of 8 when you are performing toning exercises. The leg lifts will work well to tighten the muscles in your abdomen and define them. Like the crunches, you will notice the results from this type of exercise within a week.

After you have done the two leg lift, you can also do one leg lift at a time. This is often easier to do and will tighten the side abdominal muscles. Do one leg at a time and then the other, repeating the repetitions each time. As you continue to do leg lifts for abs, you will notice that the leg lifts get easier to do all of the time. You will be able to lift your legs higher and higher as you continue to practice this exercise.

As you continue working with leg lifts, you will not only notice a change in your abdominal muscles, but also your leg muscles as well. As you get better at this type of exercise, you can use leg weights on your ankles so that it will be more difficult for you to lift your legs. If you continue to use this toning exercise on a daily basis, you will notice that it becomes much easier to raise your legs each time. You can purchase leg weights at a sporting goods store.

Leg lifts and crunches are two of the toning exercises that you can use that will work towards tightening up your abs. These will work well in your effort to get the perfect abs, but must be

used every day. It is important to concentrate on the muscles that you are toning while you are performing the exercises in order for them to work. By isolating the muscles and giving them total concentration, while working on this activity, you will find that the exercises not only get easier, but they start to produce results right away. You will be able to feel the results from the leg lifts for abs as your abdominal muscles tighten.



Picture of Abbie doing an exercise  
from her video demonstration of the exercise course

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## Chapter 5 - Levitating Lift For Abs

Another toning exercise that you can use to flatten your abs as well as define the muscles is the levitating lift. Again, you will be laying flat on your back on the floor with your hands at your sides, palms down. You want to lift both your legs and your head up a few inches, while concentrating on your abdominal muscles.

This is similar to the leg lifts and the first time that you attempt this exercise, you will most likely not be able to get much off of the ground. This can seem impossible at first, but as you continue working at it, you will be able to lift up your head and your legs at the same time. While this is similar to the leg lift exercise, it exercises another part of the abdominal muscles and will further work towards sculpting the abdominals.

When you are exercising on the floor, toning your muscles so that you can have the perfect abs, you should have an exercise mat. This is not only more sanitary to use, but is also more comfortable for your head and neck. You should try to do these toning exercises in repetitions of 8 each and work on as many as you can at a time. Do not get discouraged. Although these exercises may seem to be hard at first, in time they will get to be much easier. And you will get satisfaction by seeing toned and healthy looking abs!

If you are overweight and need to lose weight before you can even see your abdominal muscles, you should still work on these toning exercises. They will help tone your muscles and make it easier for you to lose weight. Toning exercises work well in combination with lower body cardiovascular exercises to give you the perfect abs.



## Chapter 6 - Cardiovascular Exercises For Abs

In addition to toning exercises that isolate the muscles and give you the tone that you want in your abdominals, you also need to use cardiovascular exercises that will work on the lower half of your body, including your abs.

There are many cardiovascular exercises that you can use for the lower half of your body. If you are overweight and want to develop the perfect abs, the first thing that you need to do is to start to lose some of that excess weight. We have already talked about proper diet and nutrition, now we must talk about cardiovascular exercise.

Cardio exercises are those that get your heart pumping and will help you lose weight fast. Cardio exercises should be performed in the morning or as early as possible in the day so that you can get your metabolism going and also burn more calories during the day. You should never perform cardiovascular exercises right before bed as you will find it difficult to go to sleep. You should also never perform cardiovascular exercises after you have eaten or it can give you a cramp. If you cannot set your alarm early so that you can get up to work on cardio exercises, you should do them when you get home from work and before you eat. This will help you burn off calories and will also tone your lower body.

This is not to say that the cardio exercises that you do cannot work for your upper body, too. Some cardio machines will work both the lower and upper part of the body, while others will tone the lower half of the body. You want to make sure that whatever type of machine you use, you will be toning the lower half of your body.

You can purchase your own cardio machine or you can join a gym and give yourself the workout that you need to tone up your abs. Or you can join a gym and have access to several machines. You will find that the gym is comprised of many exercise machines that can help you get the abs that you want as well as help you lose weight.

Even if you are not overweight, you should still exercise using cardiovascular machines for your abs. This will give you an intense workout that will help sculpt your abs faster and easier. There are some gyms around that charge a low monthly fee for membership. Not only will you get access to the cardio machines that will help you burn calories as well as tone up your lower body half, but you can also get access to weight machines that we will talk about in the next chapter.

Some of the cardio exercise machines that you can use that will tone up your lower half and give you the abs that you want are the following:

- Stair stepping machine
- Elliptical machine
- Rowing Machine
- Treadmill
- Exercise Bike

All five of these cardiovascular machines will work to not only get you slimmer, but also to tone up your abdominal muscles. You can use some or all of them to get the abs that you want. Most people find a machine that they like and settle into a routine. You can do that to help you get your tummy flatter than ever and start to get that six pack that you have always wanted.

### **Stair Stepping Machine**

The stair stepping machine was the exercise machine of choice in the 1980s and works very well as a cardiovascular machine as well as a lower body toner. You can get your abdominal muscles toned easily when you are using the stair stepper.

When you first start working on the stair stepper, you will find that it is difficult to stay on this machine for long. There are several types of machines. Some of them actually have a rolling set of stairs that you have to climb while others simulate the climbing motion. Most stair stepping machines today will tell you how many stairs you have climbed as well as how many calories you have lost.

The first time on the stair stepping machine you will find it hard to stay on for more than five minutes, especially if it has been a while since you exercised. If you feel lightheaded or dizzy when you are using the stair stepping machine, or feel short of breath, you need to stop the exercise right away. Stair stepping is a high impact cardiovascular exercise. You should always discuss any new exercise routine with your physician before starting.

After you have used the stair stepper more often, you will notice that you can stay on the stair stepper for a longer period of time. You do not need more than 20 minutes on the stair stepper each day to get the results that you need. You can adjust the tension of the stair stepper to make it more difficult to use the machine and increase the tension.

As you get better and better on the stair stepper, you can also attach leg weights to your ankles so that you can increase the tension when you are climbing the stairs. You can continue with this exercise routine as you work to sculpt your abs.

As you are using the stair stepper, you need to concentrate on your abdominal muscles. Your abs should be first and foremost when you are using this machine to get the perfect abs. Pull your abs in as you are using the stair stepper and keep them taut while you are using the stair stepper for the maximum benefit.

In addition to exercising your abs, you will also notice that you can get firmer legs, buttocks and thighs when you use the stair stepper in this way. If you like the stair stepper, you may decide to purchase one of these machines for home. You will find that the more you use the stair stepper, the better toned you will be and the more calories you will burn. It will also get easier to stay on the stair stepper for the full 20 minutes as you continue.



## **Elliptical Machine**

The elliptical machine will not only get your abs in shape, but will also exercise the lower half of your body as well as your upper half. The elliptical machine performs the motions of cross country skiing. This is a machine that is low impact and is easy to use. It will allow you to move both your legs and your arms at the same time. It is one of the most effective ways to lose weight using a cardiovascular exercise machine and can do wonders when it comes to toning your abs.

The elliptical machine will be easier to use than the stair stepper as it is not as high impact, but it do the job. You will start to notice the results right away, but will not feel as out of breath or as much impact when you are using this machine as opposed to the stair stepper.

Many people like using the elliptical machine because they can do so without the impact to their knees and back that other machines give. The elliptical machine also allows you to move your arms back and forth, promoting more calorie burning energy.

Again, when you are using the elliptical machine, suck in your gut and tighten your abdominal muscles. You will feel the machine start to work on all of the muscles in your body. When you concentrate on a certain set of muscles and tighten them as you are working out, you can then expect to get better results in that area.

If you like using the elliptical machine to tighten and tone your abs, not to mention to lose weight, you may enjoy owning this machine. This is a fun machine to use and will work well to tone all of your body and work towards giving you the rock hard abs that you want.

## **Rowing Machine**

The rowing machine is one way that you can also get your abs tightened up. It will also work on your legs, buttocks and arms. This is a high impact machine and will require you to mimic the

motions of rowing a boat. It is an excellent way to lose weight and will help you burn calories. It is best used for someone who is reasonably good health and not severely overweight.

Some of the new rowing machines that you can use will tell you how much you have rowed and even allow you to race against other rowers. You can also learn how many calories you have lost and your heart rate with this type of cardiovascular exercise machine. The rowing machine can be hard on the knees, which is why it is best for someone who is not obese and having trouble with their knees.

Suck in your gut as you are rowing and you will feel the tension pulling on your abdominal muscles. As you continue to row, you will note that it gets easier and easier each time that you use the machine. While you may find it difficult to continue rowing for a long time when you first start out, after you get the hang of this machine, you will find that it is easy to use and even entertaining. You may decide to get one for your home to keep your abs as well as your other muscles in shape.

## **Treadmill**

The treadmill is one of the most popular of all cardiovascular exercise machines. It is used for walking as well as jogging and running. Anyone can use a treadmill. One of the best aspects about using the treadmill is that it can be used by anyone to tone up as well as lose weight.

You should start out by walking on the treadmill and sucking in your abdominal muscles as you are walking on the treadmill. Whenever you are exercising on the treadmill, you should concentrate on the muscles that you want to exercise and tone and then focus on them when you are working on the treadmill.

The treadmill will tell you how far you have walked as well as how many calories you have burned when you are walking. This will also tell you your heart rate. The treadmill can be used for running, although it is just as effective at toning up your abdominal muscles when used for walking.

The treadmills that you get today are much more advanced than those that were made many years ago. You may find that you like the treadmill so much that you decide to buy one for your home.

## **Exercise Bike**

The exercise bike is one way that you can tighten your abdominal muscles and also lose weight while toning the lower half of your body. You can get an exercise bike that allows you to sit straight up and down, or one in which you recline and have your legs in the air. Both of these exercise bikes are useful for toning up your abdominal muscles.

The new exercise bikes that are on the market today, as well as in the gym, are able to tell you how far you have ridden as well as how many calories you have burned.

The new exercise bikes will allow you to race against other riders that are depicted on the LCD screen. This can give you an added incentive if you need some motivation to keep pushing on when you are exercising. This can make using this piece of cardiovascular exercise equipment easy and fun.

Whenever you are using cardiovascular exercise machines, you should make sure that you are in good health before attempting the routine. You should talk it over with your doctor and see if you are healthy enough for an exercise routine.

If you feel any pain, dizziness or lightheadedness, you should stop exercising. This is something that can be a danger signal. Start out your cardiovascular exercising slowly so that you can gradually work your way up to the point that you can work with these machines to keep your body trim and healthy and also tone up your abdominal muscles.

## Chapter 7 - Weight Machines For Abs

You will notice, when you go to your gym, that there are weight machines that are made to exercise the abdominal muscles. These will work in addition to the other exercises and routines that were discussed in this book previously to help you keep your abdominal muscles in shape as well as tone and define the muscles.

When you are using the weight machines for your abs, you should use them every other day. You do not want to bulk up your abdominal muscles, but merely want to tighten them so that they look toned and defined.

There are several weight machines at the gym that you can use to strengthen your abs and tone them up so that you can have the perfect six pack. Two machines that work well will cause you to twist and tighten your abs and also to mimic the sit up routine. Because you can adjust the weights and tension on these machines, you can expect good results if you use them every other day to tone up your muscles.

Before you use any type of weight machine at the gym, you should be instructed on how to use the machine. Most gyms will have people who will help you figure out how to use a machine. They will instruct you on the right way to use the exercise machine so that you do so the right way. Using a weight machine incorrectly can end up causing you to hurt yourself.

Talk to a gym counselor before you start using the machine. Ask them how you can use the machine that will tighten up your abdominal muscles. The counselor may even have other machines that can be used for the same purpose.

When you start using the weight machines, you will want to use the lowest tension level or weight when you start out. Do repetitions of the motion as instructed and try to do 3 reps of 8.

This will most likely be easy for you to do when you are first starting out, especially if you are using the lowest weight or tension on the machine.

You may not think that the weight machine is doing any good, but chances are that you will feel tension in your abdominal muscles the day after you exercise. You will wait a day and then perform the same exercises again. You do not want to strain your muscles when you are using the weight machines for your abs or this can end up doing more harm than good. You just want to create a little tension.

After a week of using the weight machines for abs with success, you can then move up a level when it comes to weights. This may become a little bit more difficult, but you will want to use the same repetitions. Be sure to use both the twisting motion weight machines to exercise the side abdominal muscles as well as the front abdominal muscles when you are using the sit up machine.

Each week when you up your weight tension on the abdominal weight machines, you will notice a change in the abdominal muscles. You will start to notice a change in the tone right away as you continue on this path. If you belong to a gym, you will want to take advantage of all of the weights that they have available, including those that are used to tighten and tone abs.

Unless you have a home gym, it is unlikely that you will have these machines in your home. But they can be very beneficial when it comes to getting the six pack abs that you have always dreamed about. Just be sure to use them the right way so that you do not end up causing harm to your muscles and build them up.

By asking how to use the machines and using them in the right way, you can then begin to work on the abdominal machines to further sculpt your abdominal muscles.



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## Chapter 8 - Pilates For Abs

Pilates is a type of toning exercise that has been used by dancers for nearly 75 years. One way that you get involved in Pilates is to join a class. This is another way that your local gym can help you. Pilates are excellent when it comes to toning up muscle, especially the abs. If your gym offers a Pilates class, you can sign up for this class that can help you work on toning up your abs.

Pilates works well when it comes to teaching you how to isolate certain muscles and work on them to get them toned. More than likely, your Pilates class will not only work on the abs, but other muscles as well. Once you get the hang of the Pilates and how to use them, you can use this type of exercise routine to work on your abs when you are at home.

If you do not have a Pilates class at your local gym, you may be able to sign up for one at your local parks department. There are many people who are glad to teach Pilates so that others can learn this type of toning exercise. Pilates will let you concentrate on your muscles that you want toned and exercise them to the maximum of your ability.

Throughout this book, we have been talking about isolating muscles and concentrating on them when exercising, either with a cardiovascular machine, toning exercise or with a weight machine. You might be wondering how you can learn to do this. Pilates can teach you how to focus in on your muscles and make the most of your workout.

Pilates is a much more concentrated type of exercise than any other toning exercise routine. One reason why many people like to use Pilates as a way to sculpt their abdominal muscles is because they can get the same results from a 15 minute workout when using Pilates as they can get from a 45 minute traditional workout. Pilates are made to concentrate on muscles and tone them so that they are strong as well as sculpted.

If you are at a loss as to how you can learn Pilates exercises, do not have a gym where you can be taught or a class offered by the parks department, you can also learn about how to perform Pilates from watching a DVD. Rent a DVD at your local video store so that you can learn how to perform these exercises that can help you get the flat and very toned abs that you can show off at the beach.

Once you learn Pilates, chances are that you will use them in other exercise routines. Pilates are low impact and you will most likely not only appreciate the way that your abs look, but also the rest of your body if you use Pilates on a regular basis.

If you want to have the best looking abs, try Pilates. Many models and others who exhibit perfect abs swear by this exercise routine that will start to work right away. You will notice a big change in your body when you begin practicing Pilates and will not only exhibit perfect abs, but also perfect toned muscles in other parts of your body. If you want to achieve the perfect abs, you owe it to yourself to try Pilates - one of the best forms of exercise for toning muscles - especially abs.



## Chapter 9 - Change your routine

As you are working on your abdominal muscles, you will notice that you reach a stalemate where it seems as if the abs are not getting any more defined. This often happens with dieters as well. Everyone who works on losing weight or trying to define their muscles will reach a point where they cannot get any further with their efforts, despite the fact that they are doing everything that they can do to achieve the results that they want. So what do you do when you are at a plateau and cannot lose any more weight or gain any improvement in your muscles?

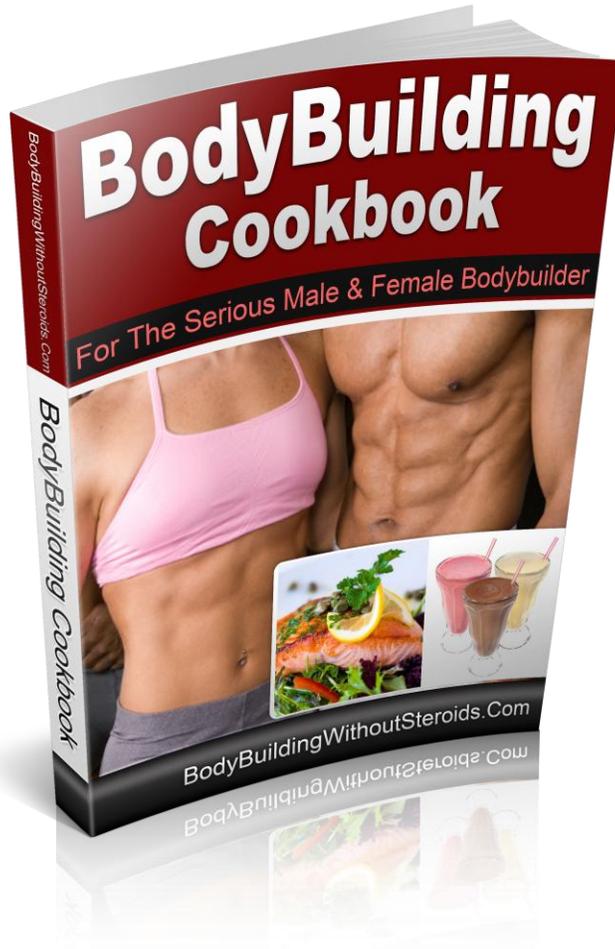
The best way that you can avoid this problem is to change the way that you are doing things. Sometimes, your body gets used to a certain routine to the point where you cannot get it to perform any more. When this occurs, the only thing you can do is to change your workout routine.

If you have been using Pilates instead of machine weights, begin using them. Start changing the toning exercises as well and begin using another cardiovascular machine. This jolt may be just what your body needs in order to get back into shape. You need to make some changes.

If you find that you have reached a plateau when it comes to your quest for the perfect abs, you should use a different method of exercise to break up the routine. This will cause you different results. The same concept holds true for dieting. If you are on a diet and reach a plateau, you should change the routine that you are using to get different results. This works with exercise as it does with dieting. Do not continue on a plan that is not working. Look for a plan that is slightly different to further your quest for the best looking abs.

You should also watch your diet at this time. You may want to start eating smaller meals more often in an effort to get more energy into your body. This is one change that you can make that will help you attain the goals you have for yourself.

If you reach a stalemate when you are trying to attain the perfect abs, try something new. Try performing a different exercise, change your workout routine or change your diet so that you can once again start getting the results that you want.



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## Chapter 10 - Using Enhancement Supplements

Enhancement supplements are used by body builders, including those who want to have perfectly well formed abs, as a way to bulk up muscle growth. The way that natural enhancement supplements work is to increase blood flow to the muscles and allow you to get more from your workout. You can often get a more intense workout when you use enhancement supplements than if you just workout without these supplements.

Natural enhancement supplements are made with herbal ingredients that have been used for hundreds of years as a way to increase energy levels in the body. Anyone who is looking for a way to increase blood flow to muscles can use these natural enhancement supplements. You should not confuse natural enhancement supplements with steroids, a product that is created from synthetic hormones and should only be taken under the supervision of a doctor.

Enhancement supplements are made from natural products whereas steroids that many body builders also take, are made from chemically created hormones.

Many people who workout and want to build muscle bulk enjoy using enhancement supplements as part of their workout routine. They can make it easier to work out harder for a longer period of time and give you better results from your workout routine.

Other people dislike the idea of using enhancement supplements because they do not give them the instant bulk or muscle growth that they expect. Many people who feel this way do so because they have confused natural enhancement supplements for working out with steroids.

Steroids are usually illegally obtained and should be avoided by anyone who wants to stay healthy. The side effects of taking steroids include increased aggression, organ damage and even mental instability. Men will notice their testicles shrinking from taking steroids and women will begin to grow hair on their face and chest. Steroids are an unnatural enhancement that many in the body building circuit use to get those large, unnatural looking muscles.

Six pack abs are not unnatural looking. They are a well defined muscle group in your abdominal region. You do not have to resort to any artificial means to achieve the perfect six pack when it comes to your abs. You can get these abs using the exercises and diet formulas demonstrated in this book without having to resort to any supplements.

If you want to feel as though you are helping your workout along, you can take natural supplements that contain herbal ingredients, no chemicals and are designed to allow for increased blood flow to the muscle areas. This will not do you any harm and may also give you a psychological boost as well. You can purchase natural enhancement supplements at health food store as well as some online outlets. Remember not to get anything other than a completely natural supplement and stay away from steroids.

There is no magic pill that you can take to get the perfect abs. They take hard work and dedication. If you are willing to put the time into exercising and working out for the perfect abs, and eat a proper diet that will also benefit you in this quest, you can have the perfect abs. But if you are looking for a way to get this look without any type of effort on your part, think again. No enhancement or magic pill is going to do it for you. Hard work and discipline will allow you to have the perfect abs of your dreams.



## Chapter 11- Keeping Your Firm Abs

It stands to reason that once you have achieved the perfect abs that you will want to keep them. Once you get to the point where you are happy with the way that your abdominal muscles look, you want them to stay that way. You should continue to eat the right way, lead a healthy lifestyle and workout regularly. This is a good lifestyle choice for anyone - regardless of whether or not they have the perfect abs.

Many people who achieve this type of feat feel that they cannot ever stray from their routine without their perfect abs collapsing and turning to fat. While you will want to stay on your routine as much as possible and eat healthy foods, if you stray from your diet or fail to show up for the gym, do not panic. This does not mean that you will lose the perfect abs that you worked so hard to attain.

Keeping the perfect abs is more of a mind set than anything else. You will want to continue to diet and exercise and be mindful of the way that you look. Chances are, that if you achieved the perfect abs of your dreams, you have already demonstrated a remarkable amount of determination and ability to achieve a goal. You might even feel a little bit let down, now that the goal has been completed. Or you might think that you do not have to do anything to maintain this new body.

You should never feel let down because you have completed a goal. While the initial quest to achieve the goal can be very inspiring for many people, and get them all revved up to complete the goal, you can still have other goals that you can set your mind to that can give you this feeling. You should still stay within your exercise routine as you are working out so that you can continue to keep the firm abs.

If you feel that you can let your body go and abandon your exercise routine because you have gotten to where you want to get, think again. You will have a more difficult time getting back into shape if you let your perfect abs go to waste. Or shall we say waist? This is because

muscle will turn to fat if not used. It is important that you continue exercising and maintaining your perfect abs that you have worked so hard to achieve.

It is not a good idea to fight hard to get the perfect abs for the summer so that you can look good in a bathing suit and then let yourself go during the cold months so that you can eat whatever you want and not exercise. This is not only not good for your body, but it will make things even more difficult for you when next summer, you once again want to attain the perfect abs. You need to maintain the perfect abs through the summer, through the fall and through the holiday season when you are eating and drinking things that you should avoid. While it is fine to indulge now and again, you do not want to break your routine to the point where you have to start all over again from scratch in achieving the perfect abs when you want to get in shape for swimsuit season.

Once you have achieved the perfect abs, you will feel good about yourself and will also want to stay that way. One way that you can do this is to take a picture of yourself with your perfect abs and how you feel. You can then post that picture on the refrigerator so that you are constantly reminded of how hard you worked to achieve what you have achieved, how good you feel that you have the abs that you have always wanted, and what you need to do, and not to do, to maintain the perfect abs.



## Chapter 12 - The Psychological Factor

Achieving the perfect abs can do more for your brain than any other part of your body. Sure, your body will look good and you will be healthy looking as well. You will feel good about your health and happy about the way that you look in clothes. But the way that you feel mentally will be even better than the way that you feel physically. This is because you will have a renewed sense of self confidence. Not only because you are happy with the way that you look, but because you have set a goal for yourself and achieved that goal.

Few things enhance the confidence level more than setting a goal and completing a goal. This will make you feel like a worthwhile person and give you a higher sense of self esteem. If you want to feel good about yourself, one way to do so is to set a goal and follow through with that goal. The psychological impact of attaining the perfect abs will be enormous.

There is also a psychological component to achieving the perfect abs that you need to explore when you are trying to achieve this goal. How bad do you want it? You need to ask yourself how bad you want to have the perfect abs and what you are willing to go through to get them.

In order to achieve this goal, you need to want it very badly. Many people will complain that they cannot lose weight or cannot quit smoking. They are usually defeating themselves when they say this. Of course they can lose weight and quit smoking as this is done by people all of the time. If it was impossible to lose weight, quit smoking or attain the perfect abs, then no one would do it. But people do this all the time. So it is not impossible unless you say that this is so.

While the psychological impact of achieving the perfect abs is very powerful, the psychological factor that enables you to achieve the perfect abs is very important in this goal. If you are geared up towards achieving the goal, believe that it is possible and behave accordingly, you will be able to have the perfect abs.

Knowing that you can do it and believing in yourself is just as important as eating right and exercising when you are trying to achieve this goal. The first thing that you will want to do is to recognize the goal for yourself. If you are overweight, find the right weight that you want to be and start to lose, based on the tips and secrets found in this book. Think of your perfect weight and make that your long term goal. You will have to reach the weight goal before you can attempt to define the abdominal muscles so that you have six pack abs. However, you can still continue with the same exercises and diet ideas described in this book.

After you have come up with the ultimate goal, you need to set little goals to get there. Each time you achieve a little goal, you will feel empowered and your self esteem will rise. This will make it easier to achieve the big, ultimate goal.

Instead of telling yourself that you want to lose 20 pounds, tell yourself that this is your ultimate goal, but your goal for the next week is to lose 2 pounds. Begin your regimen of diet and exercise and you will easily lose the 2 pounds. You will feel good about yourself as you have achieved a small goal that is on the way towards a larger goal.

The same way of thinking must be used when you are trying to achieve the perfect six pack abs. When you have reached your goal weight and are ready to define your abs so that you have the perfect six pack, start to break the goal down into smaller goals. It is often too overwhelming for someone to only focus on the large goal when they are trying to attain a big improvement in their life. And a perfectly sculpted body is a big improvement.

Instead of looking at the entire picture, break it down. Set your smaller goals so that you can achieve the large one by saying that your goal for this week is to make it to the gym every day and achieve a certain number of reps or maintain a certain amount of time on a machine. One of the best aspects about the cardiovascular exercise machines is that they can give you results right away as to how much time you have spent on them, the calories you have burned and the workout you achieved. If you try to attain a little bit more each time, you will be not only working towards your goals, but you will also feel good about yourself.

You will find that by exercising regularly and eating healthy foods you will start to develop a positive mindset as it is. Exercise is like a wonder drug and can rejuvenate you. You will notice that you have more energy and feel better about yourself when you are exercising your way towards the perfect six pack abs. Your entire body will feel and look healthier.

It may take a couple of months before you can achieve the six pack abs that you want, depending on your current weight and health. It may even take longer. But if you set small goals for yourself and work towards achieving those goals, you will continue to feel motivated about having the perfect six pack.

Occasionally, you might indulge in something that is not good for you or skip exercise. If this happens, do not let it deter you from your goal. One of the reasons why many people fail to achieve their goals is because they give up the first time they encounter adversity. They go off the wagon by eating something that they should not eat, or not exercising for a day or two and figure that they should just give up. People who diet and try to quit smoking also make this mistake. One of the biggest secrets to having the perfect abs is that you cannot give up. If you fall off the wagon, just jump back on it again. Do not beat yourself up over a failure because that is self defeating.

Hang a picture of the perfect six pack abs where you can see it every day so that you can continue to work towards your goal. Motivate yourself by small rewards for a job well done by giving yourself small gifts or treating yourself to something that you like each time you reach a goal. Have a motivation in mind for when you actually achieve the large goal, too, although having the perfect abs and achieving the goal of realizing this is reward enough for your endeavors.

Once you have taken the steps outlined in this book to achieve the perfect abs, you can use the same type of goal oriented motivation to achieve other areas of greatness in your life. As you see how you worked towards this goal, you will also see that it is possible to achieve other goals as well. Goals that, at one time, you might have deemed to be impossible.

Anything is possible if you have dreams, ambition and goals. If you are willing to do what it takes to move towards that big goal by accepting the challenges of smaller goals and overcoming them, then you have what it takes to do just about anything that you set your mind to in life. Including getting the perfectly sculptured body and gorgeous six pack abs!



### **LEAN ABS AND ENERGY FORMULA - ENERGY-FAST**

Energy-Fast is formulated for maximum weight loss while decreasing hunger and boosting energy levels. Energy-Fast combines a comprehensive array of nutrients and dietary ingredients that enhances the entire weight loss process. Weight loss can affect the body in many ways including lack of energy, hunger, depression, thinking and memory and lowered immunity to mention a few. Energy-Fast is the first of it's kind of weight loss product that has been specifically engineered to aid the human body in dealing with weight loss and it's affects. This formula does not contain Ephedra (Ma Huang). Instead, it utilizes ingredients such as Guarana, Yerba Mate and Green Tea to provide a natural source of caffeine and support for the thermogenic processes in the body to support more natural weight management.

- Advanced Thermogenic Formula
- Natural Source of Energy
- Increased Metabolic Rate and Adrenal Support
- Appetite and Hunger Suppressant
- Increases Lean Body Mass
- Fights Depression
- Enhances Immunity
- Improves Concentration and Memory
- Improves Exercise Performance
- Natural Weight Management

Don't wait to look and feel great!

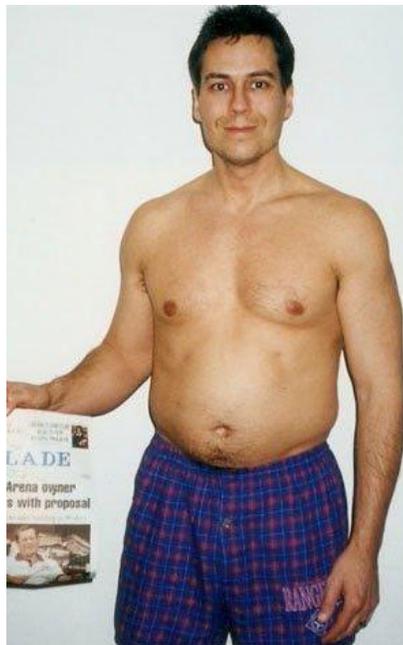
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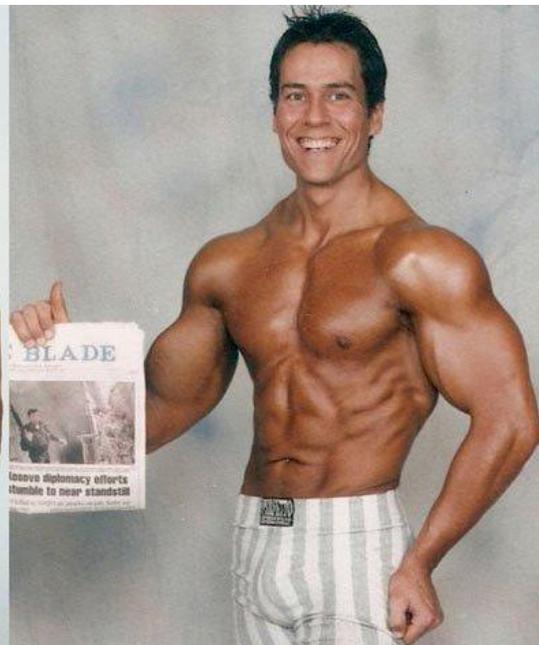
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Dan Before



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# Part 2

The Workout Schedule

What You Need To Do

To Reach Your Goal

## **HERE'S YOUR COMPLETE WAIST TRAINING PROGRAM**

### **REMEMBER THESE POINTS...**

**UTMOST IMPORTANCE – WATCH YOUR DIET!** You can do all the exercises in the world, but if you don't watch your diet, you'll lose little fat off your waist. Watching your diet is the BIG SECRET!!! It gives you almost instant results (week to week results that you can actually see and prove by your scales and measuring tape). You must eat plenty of salads, fruits, vegetables, lean meats, and whole grain products. Most important – stay away from junk foods (pop, beer, white bread, pastry, potatoes and rice). Study the rest of this book for diets that really work.

**YOU MUST STICK WITH YOUR TRAINING!** You'll find plenty of exercises for the waist. These exercises WILL WORK – if YOU DO! If you're on a regular training routine, do these waist exercises after you complete your regular routine.

**VARIETY! PICK 5 EXERCISES – DO THEM 5 TIMES A WEEK!** Pick any 5 exercises – do as many repetitions as you can. Simply take the first exercise, repeat as often as you are able (unless otherwise stated in the instructions). Rest a couple of minutes (until you get your breath back) and then go on to the next exercise...always doing as many repetitions as you can! Repeat this process until you have completed all 5 exercises. For variety, change exercises anytime you want – workout to workout, or week to week. Pick your favorites and then watch that fat melt away!

**YOUR ENTIRE BODY WILL FIRM & TONE UP!** The great thing about abdominal training (exercises for the waist and dieting), is that your entire body will lose its fat – forcing muscularity all over your body! As your waist trims down, the excess fat on your buttocks, hips, thighs, or other flabby areas of your body will disappear! It's a scientific fact that you cannot lose fat from just one area of the body – it has to come off equally throughout the entire body! Result: A FIT & MUSCULAR BODY!!!

**CAUTION:** During your first week of exercise, break in very easy (don't force the repetitions). There might be a little soreness, but it'll disappear in a week or so.

**SUPPLEMENT DIET.** At the end of the book I have a SPECIAL Supplement Diet. It's for the person with minimal time to prepare food. It is intended for use of 1 to 3 weeks for rapid fat weight loss WITHOUT losing precious muscle which is needed to burn calories and stay strong.

**IMPORTANT:** **Before starting any exercise program or special diets, consult a physician.** Explain to him what you want to do, and go ahead **only with his approval**

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# Straight Leg Sit-ups

“BENEFITS UPPER MIDDLE WAIST”

With knees straight and arms and hands in front, do as many sit-ups as possible in a smooth and controlled fashion. Do not “jerk” your body up or down. Work the abs!



# Bent Leg Raise

“BENEFITS LOWER ABDOMINAL AREA”

As you lay flat on the floor with knees bent and hands underneath and slightly to the sides of the buttocks, raise both feet off the floor until your feet are perpendicular to the floor. Lower and repeat as many times as you are able to. Use a controlled and smooth motion!



# LEGS ELEVATED ABDOMINAL SQUEEZE

“BENEFITS ENTIRE ABDOMINAL AREA”

Lay on the floor with arms crossed over chest and feet and lower legs resting on a chair. Curl your head down with your chin on your chest, keeping your shoulders rounded as you curl up as high as possible without having the lower back leave the floor and return to floor. Repeat as many times as possible. Great abdominal exercise!



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# TWISTING SIT-UP

“BENEFITS UPPER MIDDLE AND INTERCOSTAL ABDOMINAL AREA”

Lay flat on the floor with arms resting on thighs. Rise up from a laying position and “reach” your hand out as far as you can past the opposite thigh. Lie back, and then repeat with alternate hand. Remember to raise up as high as possible without having the lower back leave the floor. Repeat as many times as possible. Great side toning exercise!



# SIDE BENDS WITH DUMBBELL

“BENEFITS SIDES OF WAIST AND ABDOMINAL AREA”

In a standing position raise a “five pound” dumbbell above the head with elbow’s slightly bent. Bend as far as possible from side to side without moving the hips or thighs. Repeat 12-20 times. Remember to move only the upper torso. Great side toning exercise that works!



# TWISTING SIT-UP #2

“BENEFITS UPPER MIDDLE AND INTERCOSTAL ABDOMINAL AREA”

Lay flat on the floor with hands resting on the side of the head. Rise up from a laying position and “reach” your elbow out to the opposite knee or thigh. Lie back, and then repeat with alternate elbow. Remember to rise up as high as possible without having the lower back leave the floor. Repeat as many times as possible. Another great side toning exercise!



# ABDOMINAL SQUEEZE ON BENCH

**“BENEFITS ENTIRE ABDOMINAL AREA AND NECK”**

**Lay on the bench with your fingers touching your head and your head hanging over the end of the bench. Curl your head down with your chin on your chest, keeping your shoulders rounded as you curl up as high as possible without having the lower back leave the bench and then return to the starting position. Repeat as many times as possible. Great overall abdominal and neck exercise combined in one movement!**



# DUMBBELL BENT-KNEE DEADLIFT

**“BENEFITS LOWER BACK AND POSTURE OF ABDOMINAL AREA”**

**Hold a pair of 10-to 15-pound dumbbells with an overhand grip in your hands in front of your thighs. Slowly lower the dumbbells to the floor. Keeping your chest up, your arms should be straight and your lower back slightly arched, not rounded, contract your glutes and , straightening your legs, thrusting your hips forward, and pull your torso back and up as you return to the standing position. That's one rep. Repeat 12-20 times**

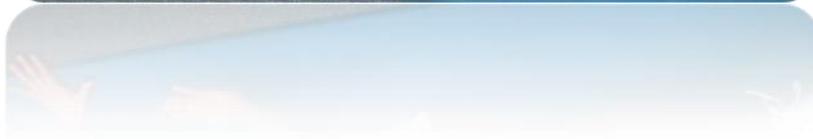
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# HIP AND THIGH TONERS

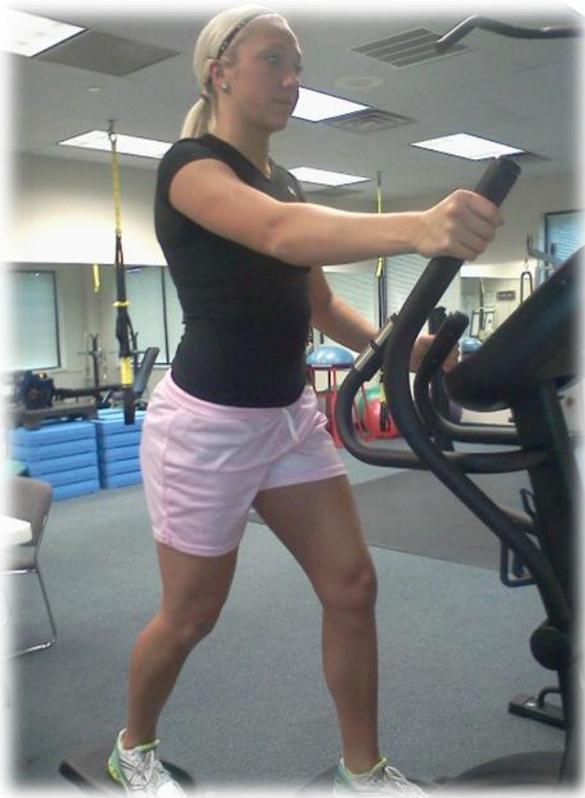
## “BENEFITS THIGHS AND HIPS”

Lay on your right side with legs and hip on the floor and elbow and hands supporting your body as pictured. In a slow and controlled motion raise your straightened left leg up as high as you can and slowly return to the starting position. That's one rep. Repeat 12-20 times. Now switch sides and do the same with the right leg. Do this exercise twice for each leg.



# MAKE THE WEIGHT COME OFF FASTER!!

If you really want to lose excess fat in a hurry you should perform cardio exercise at least 4 to 6 times a week for 20 minutes minimum. Clients of mine have lost as much as 40 pounds in 12 weeks doing these exercises, cardio work and the diets you are about to read about. It also keeps your heart and lungs in great condition. Just pick some sort of cardio work that is fun and enjoyable for YOU and go at it as often as you like!



# ***The Burn Fat - Build Muscle Workout***

**Perform some kind of cardio work 3 times a week for at least 30 minutes.**

These are all good cardio exercises.

1. Treadmill
2. Stair stepper
3. Rowing Machine
4. Elliptical Machine

**Weight Training should be two full-body workouts a week.**

1. Leg Press – 3 sets of 12-reps.
2. Bench Press – 3 sets of 12-reps
3. Shoulder Press – 3 sets of 12-reps.
4. Lat Pull Down – 3 sets of 12-reps.
5. Biceps Curl – 3 sets of 12-reps.
6. Triceps Cable Push Down – 3 sets of 12-reps.
7. Standing Calf Raise – 3 sets of 12-reps.

**The middle of this book** is devoted to several types of diets – probably the best, the most-tested, and most successful diets ever designed. I have provided a selection of seven diet plans for two main reasons: (1) I can offer you a variety for every day of the week, and (2) if you find that you favor several diets over the rest, you are free to choose and be comfortable with those you have chosen!

**I must repeat this FOR YOUR BENEFIT:** check with a physician before starting any diet in order to insure success. He may feel that your weight problem could be better handled with special medical treatment.

Most people, though (however cruel this may seem) suffer only from an “over-active mouth”. It’s your willpower that will be the key to successful weight loss. We have given you the tools and the instructions on how to use them – if you sincerely WANT to use them, you will succeed!

The Low-Calorie Diet offers you a large variety of foods while you diet. The secret is the wide assortment of foods with a low-caloric value. Combined into balanced meals, you’ll take in for fewer calories than before, and quite a few less than what a person of normal weight would consume in a day –forcing your body to give up that excess fat!

With the Eat-All-You-Want Diet, you count carbohydrates instead of calories. Carbohydrates are NECESSARY for good health – that’s why no diet should be completely free of them. However, restricting the amount of carbohydrates you take in will be a great aid in weight loss!

Not only does the Nutrition Builder Plan provide you with several good diets, it also gives you some hints on how to handle your diet at a party. You’ll enjoy the party and manage your diet at the same time!

The Grapefruit Diet combines this citrus fruit with high-protein foods to assure rapid weight loss. Some authorities believe that the grapefruit acids help to “burn away” the excess fat, giving you a trim body in no time!

The importance of vegetables is explored in the Salad Supplement Diet. A person could live his whole life and die a natural death without EVER eating meat, and suffer no nutritional deficiencies – that’s how valuable vegetables are to us! We offer you several suggestions for great-tasting and appealing vegetable combinations.

I’ve even included Crash Diet suggestions in the diet plans! As you probably know, Crash Diets should not be used regularly, and only for short periods of time. It’s the way to lose a few pounds FAST! No matter how severe you cut back, remember not to eliminate meat – important PROTEIN – from this diet!

The Organic Fruit Diet explains the benefits of fruit that has not been chemically treated or packed in sugary syrup. You are given diet suggestions incorporating many fruits, and also several good and quick recipes using fruit! [www.EatToLiveDiet.Com](http://www.EatToLiveDiet.Com)

**Failing To Prepare  
Is  
Preparing To Fail!**

[www.Women-Bodybuilding.Com](http://www.Women-Bodybuilding.Com)

# Abbie's 7-Day High Energy Muscle Building Lean Diet Plan

## Monday

**Breakfast:** 45g oats with 300ml skimmed milk and 1tsp honey; 200ml apple juice.

**Snack:** 120g low-fat yoghurt with blueberries and honey.

**Lunch:** Grilled chicken (1 chicken breast) salad sandwich on wholemeal bread.

**Snack:** Smoothie – blend 25g whey protein, 80g raspberries, 80g blueberries, 50g blackberries and water.

**Dinner:** 120g tuna steak with stir-fried broccoli, mushrooms, green beans, sesame seeds and oil; 70g brown rice.

**Snack:** 250ml skimmed milk.

**Daily total:** 1,835 calories, 136g protein, 229g carbs, 33g fat

## Tuesday

**Breakfast:** Smoothie – blend 25g whey protein, 300ml skimmed milk, 100g strawberries and a banana.

**Snack:** 120g low-fat yoghurt, blueberries and honey.

**Lunch:** Tuna sandwich on wholemeal bread; 200ml skimmed milk.

**Snack:** Mixed nuts, raisins and cranberries.

**Dinner:** 100g chicken, bacon and avocado salad.

**Snack:** 1 apple with 2tbsp natural peanut butter.

**Daily total:** 1,802 calories, 131g protein, 219g carbs, 37g fat

## Wednesday

**Breakfast:** Smoothie – blend 25g whey protein, 300ml skimmed milk, 100g strawberries and a banana.

**Snack:** 90g mackerel on 1 slice of wholemeal toast.

**Lunch:** 1 apple; chicken salad sandwich on wholemeal bread.

**Snack:** 1 banana.

**Dinner:** 120g fillet steak with spinach and 2 grilled tomatoes.

**Snack:** 100g low-fat cottage cheese and pineapple.

**Daily total:** 1,821 calories, 138g protein, 222g carbs, 35g fat

## Thursday

**Breakfast:** 4 scrambled egg whites on 2 slices of wholemeal toast.

**Snack:** 1 low-fat yoghurt with blueberries and a handful of oats and honey.

**Lunch:** Smoothie – blend 25g whey protein, 80g raspberries, 80g blueberries, 50g blackberries and water; 30g brazil nuts.

**Snack:** 100g low-fat cottage cheese and pineapple.

**Dinner:** Tuna niçoise salad (100g tuna, mixed salad leaves, plum tomatoes, a red pepper and 4 new potatoes).

**Snack:** 250ml skimmed milk.

**Daily total:** 1,835 calories, 136g protein, 229g carbs, 33g fat

## Friday

**Breakfast:** 45g oats with 300ml skimmed milk and 1tsp honey.

**Snack:** 10 radishes with balsamic vinaigrette.

**Lunch:** 1 can of tuna with beetroot; 1 low-fat yoghurt.

**Snack:** Smoothie – blend 25g whey protein, 80g raspberries, 80g blueberries and 50g blackberries with water.

**Dinner:** 120g barbecue chicken kebab with peppers and 70g brown rice.

**Snack:** 100g cottage cheese; grapes.

**Daily total:** 1,808 calories, 133g protein, 219g carbs, 34g fat

## Saturday

**Breakfast:** 2-egg omelette with cheese.

**Snack:** Smoothie: blend 25g protein, 1 apple, 50g blueberries, 50g blackberries and a banana with water.

**Lunch:** 90g sardines on 1 slice of wholemeal toast.

**Snack:** 150g raw carrots and hummus.

**Dinner:** 100g grilled salmon with green beans, asparagus and 70g brown rice.

**Snack:** 200ml skimmed milk.

**Daily total:** 1,822 calories, 135g protein, 221g carbs, 36g fat

## Sunday

**Breakfast:** 4 scrambled egg whites on 2 slices of wholemeal toast; 1 grapefruit.

**Snack:** Smoothie – blend 25g protein, 300ml skimmed milk, 50g blueberries, 50g blackberries and a banana.

**Lunch:** Tuna sandwich on wholemeal bread; 1 pear.

**Snack:** Mixed nuts and fruit bar.

**Dinner:** 120g fillet steak with 1 small jacket potato, spinach and 1 grilled tomato.

**Snack:** 1 apple with 2tbsp natural peanut butter.

**Daily total:** 1,840 calories, 140g protein, 228g carbs, 39g fat



# Abbie's Easy To Get Lean Diet Plan

Meal 1 (upon waking):

-1/2 cup oatmeal: (contains Carbs: 28 grams, Protein: 5 grams, Fat: 3 grams)

-7 large egg whites: (contains Protein: 28 grams, Fat: 0, Carbs: 0)

-1 large whole egg: (contains: Protein: 6 grams, Fat: 5 grams, Carbs: 0)

Total Protein: 39 grams

Total Carbs: 28 grams

Total Fats: 8 grams

Total Calories: 340

Meal 2 (3 hours later):

-5 ounces chicken breast (5 ounces after being cooked)

(Contains: Protein: 42 grams, Fat: 5 grams, Carbs: 0)

-1 medium apple (contains: Carbs: 19 grams, Fat: 0, Protein: 0)

Total Protein: 42 grams

Total Fat: 5 grams

Carbs: 19 grams

Total Calories: 289

Meal 3 (prior to workout)

-Whey protein shake (contains: Protein 20 grams, trace carbs and fats)

Total Protein: 20 grams

Total Fat: 0 to trace

Total Carbs: 0 to trace

Total Calories: 80

Meal 4 (post workout)

-50 grams Fast Digesting Carbs (contains: Carbs: 50 grams, Protein: 0, Fat: 0)

-good sources include Dextrose (best), Gatorade, fruit (make sure it is pure sugar without the fat), table sugar, etc.

-2 scoops Whey Protein shake (contains: Protein: 40 grams, trace carbs and fat)

Total Protein: 40 Grams

Total Carbs: 50 grams

Total Fat: 0

Total Calories: 360

Meal 5 (1-2 hours later)

-Flank steak 5 ounces (5 ounces after being cooked)

(contains: Protein: 40 grams, Fat: 9 grams, Carbs: 0)

-1/4 cup whole grain rice (contains: Carbs: 35 grams, Protein: 4 grams, Fat: 1grams)

Total Protein: 44 grams

Total Carbs: 35 grams

Total Fat: 10 grams

Total Calories: 406

Meal 6 (2-3 hours later)

-Ground Beef 5 ounces (90-95% fat free)

(contains: Protein: 36 grams, Fat: 11 grams, Carbs: 0)

-Broccoli 1 cup (contains: Carbs: 12 grams, Protein: 4 grams, Fat: 0)

Total Protein: 40 grams

Total Fat: 11 grams

Total Carbs: 12 grams

Total Calories: 307

Meal 7 (before bed)

-Peanut Butter 2 tablespoons (contains: Protein: 8 grams, Fat: 16 grams, Carbs: 6 grams)

-Cottage Cheese Lowfat – ½ cup (contains: Protein: 14 grams, Carbs: 3 grams, Fat: 2 grams)

Total Carbs: 9 grams

Total Fat: 18 grams

Total Protein: 22 grams

Total Calories: 286

Total Macronutrient Ratios:

Carbs: 153 grams

Protein: 247 grams

Fats: 52 grams

Total Calories: Roughly 2068 per day

Important:

(Every person's body is different, feel free to adjust the portions slightly up or down depending on your energy levels and progress.)

The diet listed above is only a sample diet. Please feel free to substitute other healthy foods in place of some of the ones listed. Just make sure to keep the protein, carbohydrate, and fat levels somewhat similar.



# Abbie's Easy To Follow Competition Diet Plan

**Total Calories 1209**

## Breakfast

- Fruit smoothie - blend:
  - 1 cup nonfat/low fat milk (90)
  - 1/4 cup blueberries (21)
  - 1/4 cup strawberries (12)
  - 1/2 cup orange juice (56)
  - 1/2 cup ice (0)
  - Protein powder 1/2 scoop (50)
- 1/2 English muffin with 1 tablespoon apple butter (156)

## Morning Snack

- 20 shelled pistachio kernels (88)

## Lunch

- Avocado wrap:
  - 1/4 avocado, sliced (80)
  - 1 whole wheat low fat tortilla (130)
  - 1 medium size tomato, sliced (22)
  - 1 cup lettuce & alfalfa sprouts (7)
  - 1 slice (1 oz.) low fat cheddar cheese (48)
- 6 oz. V-8 or tomato juice (low sodium) (36)

## Afternoon Snack

- Celery filled with cottage cheese:
  - 3 or 4 stalks celery (4)
  - 1/2 cup (4.4 oz) nonfat/low fat cottage cheese (80)
    - 1/4 cup salsa to season (17)

## Dinner

- Burger (turkey):
  - 3 oz. ground lean patty (seasoned with salt, pepper & minced garlic, cooked on nonstick skillet or grill. (128)
  - 1 whole-wheat burger bun (120)
  - 1 cup lettuce & tomatoes garnish (with pickles, ketchup & mustard to taste) (20)
  - 
  -

## Meal Plan 2

**Total Calories 1209**

## Breakfast

- Oatmeal with cinnamon
  - 1/2 cup cooked oatmeal with 1/2 cup nonfat/low fat milk (120)
- 1/2 Cup sliced strawberries (24)
- 2 tablespoons walnuts chopped (96)

- Coffee or tea with 1/2 cup nonfat/low fat milk (45)

## **Morning Snack**

- 1/2 cup nonfat/low fat plain yogurt with 2 tsp. 100% fruit spread (102)

## **Lunch**

- Hummus & vegetable pita sandwich
  - 1/2 piece whole-wheat pita bread (80)
  - 1/4 cup hummus (46)
  - 1 cup lettuce, tomato, sprouts (add red peppers, lemon juice, salt/pepper to taste) (20)
  - 3/4 oz. Feta cheese (56)
- Handful (1 oz.) Mixed Nuts (Almonds, Walnuts, Brazil nuts)(168)
- 1 Medium Fruit (Apple, Peach, Plum, Pear, etc) (59)
- 

## **Afternoon Snack**

- 1 medium orange (62)

## **Dinner**

- Broiled chicken with rice & green beans
  - 3 oz. broiled chicken breast (spray with olive oil, season with minced garlic, rosemary, salt & pepper, remove skin before eating) (162)
  - 1 cup green string beans (boiled in slightly salted water 3 minutes, drained, drizzled with 1 tsp. olive oil, seasoned with salt & pepper) (61)
  - 1/2 cup brown rice (108)

## **Meal Plan 3**

**Total Calories 1197**

### **Breakfast**

- 1 large egg poached or boiled (78)
- 1 slice whole-wheat toast with 1 tablespoon apple butter (129)
- Coffee or tea (0)

### **Morning Snack**

- 1 almond nut, 1 tangerine (48)

### **Lunch**

- Greek salad with chicken
  - 2 cups Romaine (16)
  - 1 oz. Red Onion (9)
  - 1 tablespoon olive oil and balsamic vinaigrette (30)
  - 1 oz. cubed, broiled chicken (47)
  - 3/4 oz. Feta cheese (56)
- 1 whole piece whole-wheat pita bread (160)
- 5 Kalamata olives (optional) (45)

### **Afternoon Snack**

- 1 cup nonfat/low fat plain yogurt (144)
- 1/2 cup blueberries (fresh or frozen) (42)

## Dinner

- Black bean burritos (1 cup filling) (210)
- 1 whole-wheat tortilla (130)
- Served with 1 tablespoon fat free sour cream and 1/4 cup fresh salsa (17)
- 6 oz. V-8 juice (low sodium) (36)



***Most Successful Weight Loss Diets***  
***For Men And Women***  
***That Are All***  
***Calorie Counted***



## **LOW CALORIE DIET**

**A LOW CALORIE DIET OFFERS A LARGE VARIETY OF FOODS – WHILE DIETING! PROPERLY FOLLOWED, THIS DIET CAN LITERALLY FORCE YOUR BODY TO LOSE WEIGHT, QUICKLY AND EFFICIENTLY!**

Just what is a calorie? Simply, it is a unit of measurement that tells you how much energy you get from the foods you eat. Every food provides some of the energy that enables you to do the things you do every day. Of course, different foods provide different amounts.

To control your weight, you will need to control the amount of energy (number of calories) you get from food and the amount of energy you use up in exercise and normal activity.

Whether you gain weight or lose weight, or stay the same depends on how well you balance the calories furnished by the foods you eat against the calories your body uses. If your body consumes too many calories, your body quickly gains weight.

For every 3,500 extra calories you get and do not use, you gain about 1 pound of weight. This pound represents stored food energy in the form of fat.

To lose excess fat you have to somehow use up stored energy. These are the **THREE** methods you can use to lose excess fat:

1. Eat less food, (fewer calories), to force your body to draw energy from its stored fat.
2. Increase your activity to use up more energy.
3. **DO BOTH** – which is always the best – diet and exercise.

Consult the last page of your CALORIE, CARBOHYDRATE, PROTERIN GUIDE for the amount of calories you should consume. Remember, the “rule of thumb” for losing weight, is to eat 800 to 1,000 calories less than the amount needed to maintain your perfect weight! This should result in a loss of 2 pounds a week. Should you decide to lower your calories more than the 1,200 level – then you should do it under a doctor’s supervision.

For “health’s sake” you should always have food from the basic food groups each day: MILK, MEAT, VEGETABLE-FRUITS, and LENTILS GROUP. Plan your meals from these four food groups and you will be sure that your meals are nutritious!

TIPS...

Take small servings and omit seconds. No matter how many calories there are in a serving of food, a smaller serving – or fewer servings, means fewer calories. Chew all your food slowly (good for digestion even if your weight is normal).

Substitute low-calorie foods for high-calorie ones. But you do not have to completely omit your favorite high-calorie foods...just eat them less often and have smaller servings.

Budget your calories to allow for special occasions, such as parties. Save on calories at other meals, so you can afford extra calories for these events.

Never skip meals; skipping a meal often leads to unplanned snacking, which can lead to more calories than you want – and less of some of the nutrients you need.

It's okay to change the suggested diet around, to fit your particular needs – but make sure the foods you substitute have the same number of calories. Also, make sure that the substitute is within the same food group.

Once you have reached the weight that is best for you, you will be able to eat a little more food. Continue to choose foods with an eye to calorie values, so you will not go back to the old eating habits that resulted in unwanted pounds.

Between meals (snacks), have all the beverages you care to drink: Green Tea or coffee. Use stevia for sweetening.

First thing in the morning, weigh your-self after urination and before eating and drinking. It's the most encouraging time, since you've slept off an ounce or two during the night.

Drink an 8 ounce glass of water five minutes before each meal.

Take a ½ hour walk after each meal.

Eat to live; don't live to eat!

Decide what your biggest weakness is and avoid it completely!

Put away your large dinner plates and eat off salad plates. This way, if you tend to fill your plate, it won't hurt as much!

Don't shop for food when you're hungry! Remember, dieting starts in the grocery store so don't bring those calories home in the first place!

[www.EatToLiveDiet.Com](http://www.EatToLiveDiet.Com)

# **1,000 CALORIE DIET**

## **SUGGESTED MEAL PLANS**

### **Menu One**

#### **BREAKFAST**

½ grapefruit  
1 egg, boiled or poached  
1 thin slice bread  
Beverage

#### **LUNCH**

1 cup low-fat cottage cheese  
Lettuce, tomato, celery (any amount)  
Watercress  
1 cup skim milk

#### **DINNER**

½ cup tomato juice  
6 oz roast beef  
½ cup beets  
½ cup coleslaw  
1 pear  
Beverage

#### **BEDTIME**

1 cup skim milk

## **Menu Two**

### **BREAKFAST**

½ cup orange juice  
1 cup cottage cheese  
2 pieces Melba toast  
Beverage

### **LUNCH**

1 hard-cooked egg, sliced, with celery,  
tomato and lettuce  
1 cup skim milk

### **DINNER**

6 oz hamburger, broiled  
½ cup beans  
½ cup brussels sprout  
Grated carrot salad  
1 orange  
Beverage

### **BEDTIME**

1 cup skim milk

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## **Menu Three**

### **BREAKFAST**

1 orange  
2/3 cup oatmeal  
1 cup skim milk  
1 egg, boiled or poached  
Beverage

### **LUNCH**

Diced celery  
8 oz chicken  
1 cup peas  
6 asparagus tips  
Beverage

### **DINNER**

6 oz broiled perch  
Salad-escarole, endive, celery, green  
pepper  
1 cup strawberries  
Beverage

### **BEDTIME**

1 cup skim milk

**\*\*\*SUGGESTED BEVERAGES – COFFEE, GREEN TEA, WATER WITH LEMON\*\*\***

**\*\*\*USE STEVIA FOR SWEETENING\*\*\***

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# **SLENDER-U-FAST**

## **Body Fat Cleansing Diet**

**6 To 15 Pounds**  
**Rapid Weight Loss Of Intestinal Waste**



**BEFORE**

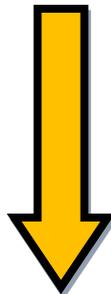


**AFTER**

**Pam Followed This**

**12-WEEK DIET AND EXERCISE PROGRAM**

**40 Pounds and 40 Inches GONE!!!!**



**FOLLOW PROGRAM FOR 7 DAYS START OVER ON THE 8th DAY  
ALWAYS CONSULT A DOCTOR BEFORE STARTING THIS OR ANY  
WEIGHT LOSS DIET OR EXERCISE PROGRAM.**

**DAY ONE** - DRINK UP TO ONE GALLON OF WATER AND EAT AS MANY FRUIT AND VEGETABLES AS POSSIBLE. **TAKE TWO ENERGY-FAST METABOLISM BOOSTER TABLETS IN THE MORNING, ONE IN THE AFTERNOON, WITH 8 OUNCES OF WATER.** APPLES, ORANGES, BANANAS, PEARS, WHITE AND DARK GRAPES, KIWI, AND PINEAPPLE ARE GOOD FRUIT CHOICES. FRESH OR FRESH FROZEN GREEN BEANS, CARROTS, SPINACH, CORN, MIXED VEGETABLES AND SALADS WITH A VARIETY OF FRESH GREENS SHOULD BE YOUR VEGETABLE MEALS.

**DAY TWO** - SAME AS DAY ONE BUT ADD 1/2 CUP OATMEAL WITH 1/4 CUP RAISINS OR 1/2 CUP BLUEBERRIES FOR FLAVOR.

**DAY THREE** - FOLLOW THE SAME AS DAY ONE AND TWO BUT ADD A BAKED POTATO IN THE AFTERNOON. ADD LOW TO NO SODIUM VEGETABLE SOUPS.

**DAY FOUR** - EAT THE SAME AS MENTIONED ABOVE AND ADD ONE BOILED OR BROILED OR BAKED BONELESS, SKINLESS CHICKEN BREASTS TO YOUR LUNCH OR SUPPER..

**DAYS FIVE** - EAT ALL THE FOODS MENTIONED ABOVE PLUS ONE PIECE OF STONE GROUND WHOLE WHEAT BREAD. WITH LUNCH OR AS A SNACK BETWEEN MEALS.

**DAYS SIX, AND SEVEN** - EAT ALL THE FOODS MENTIONED ABOVE PLUS OATMEAL, OR CREAM OF WHEAT. YOU CAN ALSO HAVE BROILED FISH AND VERY LEAN CUTS OF MEAT SUCH AS FLANK STEAK FOR LUNCH OR SUPPER

IF FOLLOWED CORRECTLY, THE **7-DAY BODY-FAT CLEANSING DIET** WILL SAFELY HELP YOU TO LOSE UNWANTED WEIGHT FAST! YOU WILL HAVE MORE ENERGY, FEEL STRONGER, AND LOSE THE CRAVINGS FOR SUGAR AND PROCESSED FOODS.

**You Do Not Need The  
SLENDER-U-FAST Tablets  
For This Diet**

**But If You Choose To Use Them They Are 100% Natural  
No Caffeine / No Stimulants**

Slender-U-Fast Tablets are a new product which, when taken as directed, helps the body to excrete instead of absorb fat. When taken while on the diet it is much easier to rid the body of unwanted toxins and waste products that may cause intestinal build-up.

**Suggested use:** Take 1 to 2 tablets three times a day as a dietary supplement. For optimum results take with a full glass of water one half hour before each meal. This bottle has 90 tablets and is a one month supply.

**Caution:** Before considering any weight control program, it is advisable to consult with a physician. Do not exceed recommended usage. This product should not be used when diarrhea or abdominal pain exist.

**SLENDER-U-FAST**  
**BODY FAT CLEANSING DIET**  
**ALL NATURAL**  
**NO STIMULANTS / NO CAFFEINE**

**POWER HEALTH  
PRODUCTS**

Slender - U - Fast is a new product which, when taken as directed, helps the body to excrete instead of absorb fat.

**Each Tablet Contains:** Sodium Choleate 10 mg., natural fiber from Barley, Rice, Pectin, Carrot, Acerola and Cellulose.

Distributed by:

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1223 Borg Ave.  
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# ***The Simple Training Program Pam Followed***

Perform some kind of cardio work 3 times a week for at least 30 minutes.

These are all good cardio exercises.

1. Treadmill
2. Stair stepper
3. Rowing Machine
4. Elliptical Machine

Weight Training should be two full-body workouts a week.

1. Leg Press – 3 sets of 12-reps.
2. Bench Press – 3 sets of 12-reps
3. Shoulder Press – 3 sets of 12-reps.
4. Lat Pull Down – 3 sets of 12-reps.< U>
5. Biceps Curl – 3 sets of 12-reps.
6. Triceps Cable Push Down – 3 sets of 12-reps.
7. Standing Calf Raise – 3 sets of 12-reps.

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**EAT ALL YOU WANT DIET**  
**(low-carbohydrate)**

Reducers are advised not to consume very much salt...if any!

Studies show that common table salt can cause the body to retain water in the tissues – up to 70%!

If you don't have fattening foods in the house – you can't eat them!

The temptation is simply too great, and before you know it, on your mind...moments later you're off that diet. If the food isn't available to you, the temptation isn't there; instead, your appetite will be satisfied with protein foods (meats, fish, cheese).

Here's a great drink for between meals (high in protein – low in calories)...Pour 1 package of Knox Gelatin in one cup of hot water, mix in a bouillon cube. An excellent energy drink!

Exercising will help reach those fatty deposits that are slow to dissolve while dieting...dieters who have never exercised are amazed when they begin a program of diet and exercise. Results are amazing!! Remember that deep breathing (created by exercising) is one of Nature's best fat-trimming devices.

Try this favorite snack: Go to a health store and buy some sunflower seeds. You'll find that takes quite a while to crack the seeds open, so you're getting your snack – keeping your fingers busy – while not eating too much! They are good for you – give it a try!!

Here it is...THE EAT ALL YOU WANT DIET (low carbohydrate diet):

With this diet you can stuff yourself (with the right foods, of course; no limit) and you will still lose weight. Millions have done it and so can you! Without a doubt, it is a fast and effective way to trim down!

There are several theories as to why the low-carbohydrate diet works: (1) Carbohydrates enter your bloodstream quickly and are often stored as fat. (2) Most of the carbohydrates you may now be eating are from “junk” foods, many of which may be refined sugar products. These are the foods which most often cause fat to accumulate. (3) Some experts seem to think that all carbohydrates are more dangerous than fats or proteins when it comes to weight gains. Meat (which contains no carbohydrates) usually travels slowly through the digestive system and has a greater chance of being used for energy, rather than fat storage. (4) Low carbohydrate foods tend to satisfy your hunger pains better than high carbohydrate foods.

Eat all the low-carbohydrate foods you want – just keep the carbohydrates down to 60 grams a day! You'll lose weight – and fast! Check your Calorie, Carbohydrate, Protein Guide!

Eat plenty of meat, fish, cheese, poultry and eggs! Stay away from grain products, cereals, potatoes, rice, beer, liqueurs, and wines and stick with foods high in protein! Take a look at the suggested foods in our diet menu; you'll quickly get an idea of what you can consume.

Drink plenty of liquids on this diet! Have six or more glasses of water daily. Have plenty of coffee, tea and low-cal pop (all you want). Be sure you take saccharin for sweetening! When you want something sweet, have low-cal pop!

Try to balance your meal – have a serving of fruit and vegetables (don't eat as much as you usually do) daily – for those important vitamins and minerals.

Take as multiple-vitamin every day! This is your assurance you get all the vitamins your body needs.

Don't count calories on this diet. Calories simply don't matter when you're on this diet. Count the carbohydrates and keep them under 60 grams, daily.

Start off on a protein-rich breakfast. This will help you off to a good start! This will keep your energy up all day – you'll find yourself not wanting to snack.

Study your Calorie, Carbohydrate, Protein Guide....it won't take long before you understand what foods you can eat --- a low-carbohydrate diet is very easy to follow – much easier than a low-calorie diet, since it's easy to count carbohydrates, whereas calories require much research into your Guide Book! Most meats do not contain carbohydrates – so there is no counting there – same goes for fish.



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**Sample low-carbohydrate menu:**

**TOTAL 60 GRAMS OF CARBOHYDRATES**

**Breakfast:**

Omelet, 3 eggs with cheese (3 grams)  
Beef patty (0 grams)  
¼ Cantaloupe (4 grams)  
5 oz. tomato juice (5 grams)  
Coffee

**Lunch:**

Chicken breast (all you want) (1 gram)  
asparagus – 4 spears (2 grams)  
Salad – lettuce (4 grams)  
1 beverage (0 grams)

**Dinner:**

Large salad (7 grams)  
Large steak (all you want) (0 grams)  
1/3 cup broccoli (2 grams)  
Slice of wheat bread, butter (7 grams)  
1 tangerine (10 grams)

**Snack:**

All you can eat of any kind of meat, fish,  
or eggs. Liquids – coffee, green tea –  
all you can drink!

**Make up your own diets!** The above diet is just a suggestion. It'll give you a good idea on the type of foods you can eat. Keep your carbohydrates below 60 grams!

**Weight losses usually follow a pattern!** At first you may lose weight quickly for a couple of weeks – then nothing happens – for a week or two, but this is a period of metabolic readjustment. Once you begin to lose weight again, it may be slow but you will be losing more fat than just a water loss. Too many people have spent years accumulating fat and want it to disappear overnight. Patience over all wins out.

**Every time you start a new diet – consult with your physician!** He's the expert when it comes to your body! He'll quickly tell you if a diet is safe for you!

**[www.PowerHealthProducts.Com](http://www.PowerHealthProducts.Com)**

## **NUTRITION BUILDER DIET**

If your job requires to visit and socialize, or if you are just a party-goer by nature, your dieting habits are going to be put to the test quite often. It's hard to refuse drinks and snacks, but we have some "party-aids" that we think will help you out!

You probably won't even have to let anyone know you're dieting unless they become really insistent. If you are accustomed to cocktails or beer, you need not cut yourself off completely, but at the most, limit your alcoholic consumption to not more than one drink a day, party or not. A drink a day, if you need to be a drinker, might even lift your spirit somewhat.

If possible, stick to low-cal, non-alcoholic drinks, if any are offered. Otherwise, steer clear of sweet liqueurs such as Crème de Menthe, Burgundy, Sauterne and similar white table wines are okay but avoid the sweet wines such as Sherry, Port and Tokay. One shot of the following are allowed: Bourbon, Scotch, Rye, Gin or Vodka. ONE shot! And, if possible, ignore the club soda and quinine water. Nurse those drinks – make 'em last!

Try to resist the urge to nibble during a drink, especially pretzels – they're an absolute NO! Hor d'oeuvres? Concentrate on the fish. How about cheese without the crackers? Those tiny meatballs, fish-balls and cocktail hotdogs on toothpicks are alright, and a few nuts (dry-roasted with no salt) won't hurt ---remember--- they're protein. Avoid the fancy canapés that are mostly bread and dips that you'll need potato chips or crackers to scoop up. But, don't eat everything! Keep a small cache of Hor d'oeuvres beside you, and no one will force refills on you.

Here are a couple brief ideas for low calorie drinks that are simple to make:

- 1) Pour just 2 oz. of dry vermouth (about 50 calories) over plenty of ice. Add a twist of lemon, or for added variety, combine 4 oz. of tomato juice (235 calories) with this drink.
- 2) How about 1 oz. of brandy over lots of ice with a little soda?
- 3) Make a Scotch, Bourbon, Vodka or Gin drink with ½ oz. of spirits, soda and ice. Keep in mind that 100 proof alcohol has 100 calories per ounce, 86 proof spirits, 86 calories, and so on.

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Throwing your own Bash? Your dieting friends will love you for these:

### **CHEDDAR SPREAD**

Cube 8 oz of sharp Cheddar cheese at room temperature and add ½ cup skim milk and 1 tsp. prepared mustard. Beat with electric mixer until almost smooth and serve with unpared apple wedges on diet wafers.

### **COCKTAIL WEINERS-LO-CAL**

1 lb. frankfurters	1 tbs. vinegar
1-12oz. bottle extra hot catsup	1 clove garlic, halved
2 tsp. celery seed	

Diagonally slice each frank into 6 pieces; combine remaining ingredients with the franks, cover and refrigerate 4 hours; to serve, remove garlic, heat sauce and franks and serve with cocktail picks.

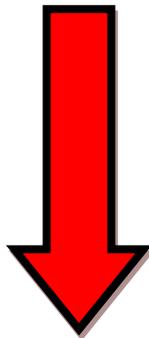
### **SEAFOOD COCKTAIL SAUCE**

¾ cup chili sauce	2 tsp. Worcestershire sauce
2-4 tbs. lemon juice	½ tsp. grated onion
1 tbs. prepared horseradish	few drops bottled hot pepper sauce

Combine all ingredients and salt to taste. Chill and serve as a sauce for clams, shrimp or oysters. Makes 1 ½ cups.

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### **NUTRITION-BUILDER DIET SUGGESTED DIET PLANS**



**NUTRITION-BUILDER DIET**

## **SUGGESTED DIET PLANS**

### **Menu One**

#### **BREAKFAST**

1 medium orange  
1 slice light rye toast with 1 tsp cream  
cheese  
Beverage

#### **SNACK**

½ cup tomato juice  
1 deviled egg

#### **LUNCH**

1 cup bouillon on-the-rocks  
1 large frankfurter (all beef)  
1 cup sauerkraut  
Beverage

#### **SNACK**

½ cup diced cantaloupe  
2 sugar wafer cookies

#### **DINNER**

5 oz. bass, baked  
½ cup cooked fresh peas  
1 cup diced celery braised in ½ cup  
tomato juice  
½ cup yogurt and ½ cup raspberries  
with honey  
Beverage

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## **Menu Two**

### **BREAKFAST**

½ cup grapefruit sections  
½ Whole Wheat English muffin, toasted with 1 tsp  
strawberry jam  
Beverage

### **SNACK**

2 medium plums, fresh

### **LUNCH**

3 oz. ground round steak, broiled with 6  
large mushrooms  
1 cup cooked wax beans  
Beverage

### **SNACK**

½ cup carrot juice  
3 rye thins

### **DINNER**

2 lean loin lamb chops, broiled  
½ cup cooked egg noodles  
1 green pepper, sliced  
1 slice fried eggplant ½” thick  
Beverage

## **Menu Three**

### **BREAKFAST**

3 tbs. corned beef hash, topped with 1  
medium egg, poached  
½ Ry-Krisp  
Beverage

### **SNACK**

½ cup strawberries with 2 tbs. skim milk  
and stevia sweetener

### **LUNCH**

1 cup diced fresh pineapple on 5 tbs. creamed  
cottage cheese  
4 Ritz crackers with 2 tsp guava butter  
Beverage

### **SNACK**

½ cup unsweetened applesauce  
2 slices Zwieback toast

### **DINNER**

1 medium deviled crab  
½ cup cooked brown rice  
½ cup coleslaw  
1 cup cooked spinach  
½ cup fresh blueberries  
Beverage

**\*\*\*REMEMBER, BEVERAGES INCLUDE BLACK COFFEE AND TEA, SKIM MILK  
AND WATER WITH LEMON JUICE\*\*\***

## GRAPEFRUIT DIET

You would never have to diet, if you could stay away from these foods: Bread, potatoes, rice and whole milk. These are the big enemies of people who have a tendency to gain weight. The following foods are naturally in the same bad category: crackers, candy, cookies, most cereal, gravy, jam, sugar, macaroni, noodles, pizza, pastry, potato chips, soft drinks, alcohol...and so forth!

“Foodless” food is a good name for bread! Almost all bread has little nutritional value, yet it has plenty of calories. It certainly is not the fault of the wheat it is made of, but it’s because of the way the wheat is processed, which renders it inedible. If you should ever eat bread – make sure it is “whole wheat” – it’s the only bread that still has some nutrition left in it!

Here is a way to have all the sandwiches you want – yet you’ll cut your calories drastically! As you know, bread is really fattening, and if you can cut the bread from your diet, you will eliminate many calories. Instead of using bread for sandwiches, use lettuce. Naturally, the lettuce will have to be real crisp, but it can be done! Between the lettuce leaves put all the meat, tomatoes, or tuna you want. You’ll have a sandwich that is filling, but LOW, LOW in calories. Give it a try! You’ll like it!

Eat foods that are high in nutritional value and as close to their natural state as possible! Eat plenty of the following: Lean meats, poultry, fish, seafood, eggs, milk, cheese, vegetables, fruits, whole grain cereals (very few are any good; read the side of the box for the nutritional value) and juices.

Don’t fall for those expensive “pills & powders” that are supposed to make you lose weight! The “gimmick” with most pills and powders is that you’re supposed to follow a low-calorie diet if they are to be effective (so while you are spending all your money on pills, the diet alone would make you lose weight). Should any pills be taken, they should be taken only with medical supervision!

The majority of people refuse to believe the hard but simple truth: Overweight comes from eating more food than the body requires in the terms of energy spent! As you grow older - you need less calories, as much as 21% less from the age of 25 to 65. As you become less active, you need fewer calories.

Here’s the NEW method that burns the fat off...

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Try the new sensational “Grapefruit Diet” and watch that fat melt off! Many have been astonished by the quick weight losses made possible by the grapefruit diet – as many as 10 pounds in 10 days!

There has been much controversy concerning how the diet works. Some authorities cannot see how the grapefruit can cause weight loss while others claim the magic combination of the grapefruit acids and high protein foods result in the fat burning off – at a lightning fast speed.

This diet consists of heart meals – no starvation! The diet begins working within 24 hours (actually while you are sleeping) and the results are fast. Without question, the Grapefruit Diet has spread across the land with almost everyone being pleased with the results.

Remember, weight losses always differ with each person. Many report that within the second day the scale reports a weight loss, while others report that nothing happens within the first 7 or 10 days – then, suddenly, a BIG weight loss within the next couple of days. Each person’s body reacts differently to diets.

Don’t forget to do your abdominal exercises while following this unique diet...you’ll get better results!

You can drink all the liquids you want (to your heart’s content): 1 cal-pop, coffee or tea...use no cream or sugar, but you can use saccharin for sweetening. Drink plenty of water daily.

You may eliminate the snacks from your suggested diet plans – if you wish to! Either way, you’ll lose weight – fast! The snacks are all high in protein and low in carbohydrates (if any), which creates a fast weight loss.

It’s always a good idea to take a multiple-vitamin, daily! It’s your assurance your body is getting all the vital vitamins it needs.

Before starting any diet and exercise program –n consult your physician. Tell him of the exercises and diet you want to go on and if he thinks you’re physically fit, he’ll give you his okay!

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# **GRAPEFRUIT DIET**

## **SUGGESTED MENU PLANS**

### **Menu One**

#### **BREAKFAST**

½ cup grapefruit  
5 oz orange juice  
1 poached egg  
1 slice whole wheat toast  
1 pat butter

#### **SNACK**

1 cal pop (or tea or coffee)  
1 chicken breast

#### **LUNCH**

½ cup grapefruit  
Broiled hamburger patty  
Tossed salad  
Skim milk

#### **SNACK**

1 cal pop (or tea or coffee)  
Couple slices of quality luncheon meat

#### **DINNER**

½ cup grapefruit  
Broiled sirloin steak  
Fresh mushrooms, broiled  
½ cup green peas  
Coffee or tea

#### **SNACK**

1 cal pop (or tea or coffee)  
½ cup grapefruit

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## **Menu Two**

### **BREAKFAST**

½ cup grapefruit  
Broiled bacon  
1 egg fried, in non-stick pan  
1 slice whole wheat toast  
1 pat butter  
Skim milk (or tea or coffee)

### **SNACK**

Lemon Water (or tea or coffee)  
Cottage cheese

### **LUNCH**

½ cup grapefruit  
2 sliced hard-cooked eggs  
Tossed salad  
Tea

### **SNACK**

**Lemon Water (or tea or coffee)**  
**1 cube of cheese, 1 inch**

### **DINNER**

½ cup grapefruit  
Lean meat – any kind  
Broccoli, 3 spears  
Mixed vegetable salad  
Coffee

### **SNACK**

Tea  
2 slices turkey

**Menu Three**

**BREAKFAST**

½ cup grapefruit  
½ cup cottage cheese  
Broiled or heated ham  
1/2 cup Orange juice

**SNACK**

Lemon & honey water (or tea or coffee)  
2 slices of cheese (or sliced meat)

**LUNCH**

½ cup grapefruit  
1 egg, hard cooked  
½ cup chopped celery  
2 slices of tomato  
½ cup lettuce  
1 cup skim milk

**SNACK**

1 broiled hamburger patty  
Lemon & honey water (or tea or coffee)

**DINNER**

½ cup grapefruit  
Lobster (or any fish)  
Tossed salad  
1 slice whole wheat breast  
Tea

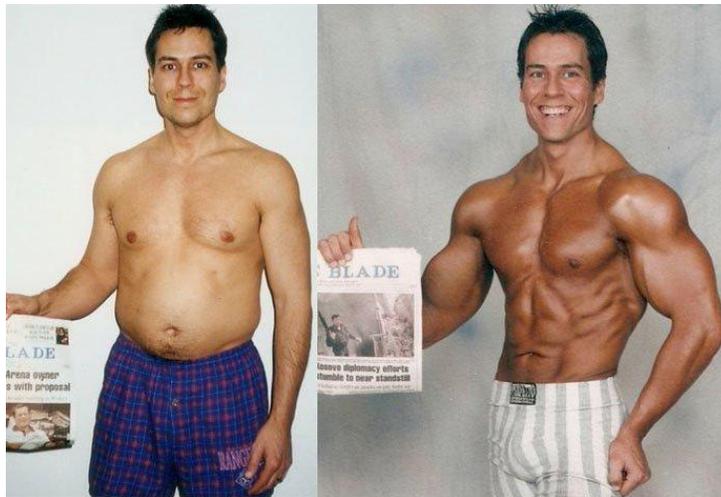
**SNACK**

Lemon & honey water (or green tea or coffee)  
Hard-boiled egg

**\*\*\*REMEMBER, BEVERAGES INCLUDE BLACK COFFEE AND TEA, SKIM MILK  
AND WATER WITH LEMON JUICE\*\*\***

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# SUCCESS



**It's not what a person can do but what a person WILL do!**

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## SALAD SUPPLEMENT DIET

Salads are a good idea for everyone! And it's about time someone said something good about those valuable vegetables. Greens have really got it – everything, that is, for good health. They're loaded with vitamins, minerals, and proteins – yes, PROTEINS, too! After all, protein-rich milk and beef used to be grass!

Green vegetables give us almost everything we need to build strong nerves, healthy tissues and a clean bloodstream. And the greener the vegetable, the more nourishing it is! Your folks knew what they were talking about when they encouraged you to eat your spinach!

If you're not a vegetable lover, you should get acquainted and find out that this relationship is one of the most important in your lifetime concerning good health! Raw vegetables contain the enzymes necessary for good digestion and assimilation, and although more people now are using raw vegetables in salads than before, many still don't realize just how important they are to our well-being. But you can bet those folks are none the worse off for their preference!

Here are a few tips concerning the preparation of salads:

- 1) Always wash vegetables carefully, and for those really leafy varieties—soak them a few minutes in salt water to draw out any little insects that might be hiding in the leaves and buds, and then rinse them a second time to remove the salt.
- 2) Salads can be served with the vegetables; chopped, cut, cubed, shredded, grated—any way you prefer. Keep your vegetables cool and whole almost right up until you plan to convert them into a salad. In other words—make that salad as close to mealtime as time allows, then cover the salad and store in your refrigerator. There's no sense in letting dinner wither! Both flavor and nourishment drain from vegetables that are cut up and left too long in the refrigerator.
- 3) Like variety? Add raisins or nuts (raw and unsalted) to your salad. Dry raisins can be softened up by steaming over boiling water for a few minutes.

If you're willing to try a little change of menu, why not eat a salad for your main course at, say, lunchtime! Remember: You won't have to worry about deficiencies; the valuable elements contained in vegetables make sure we are well-nourished.

Here are recipes for three salads you may want to try:

- 1) Set out one small head of fresh green lettuce, four ripe tomatoes, one green pepper, one large onion, one medium cucumber, one cup of fresh spinach, and a few sprigs of fresh watercress or parsley. Cut the lettuce into quarters. Cut up the rest of the ingredients and mix. Serve on beet leaves with a sprig of watercress or parsley. You can season this with fresh lime or lemon juice or your favorite dressing (making sure it's lo-cal, of course). Makes four servings.
- 2) Shred one small green cabbage and two cups worth of carrots. Dice one green pepper and one cucumber. Prepare a dressing of one cup of equal portions of lemon juice, oil and honey, and pour it over the salad. Cover the salad and place it in the refrigerator for one hour before serving so as to let it marinate. Serves two.
- 3) Here's one with a little variety you're sure to enjoy: Four carrots, four sweet apples, two stalks celery, one cup of seedless raisins, and a half cup of chopped or grated nuts. Shred the carrots and apples. Cut or dice the celery fine, then add the raisins and mix. Sprinkle the chopped or grated nuts on top and serve on lettuce leaves. Serves four.

If you'd like to dress up a side dish of lettuce, try one of these low-cal but tasty dressings:

- 1)  $\frac{3}{4}$  cup tomato juice, 1 or 2 tbsp. soy oil, juice of  $\frac{1}{3}$  lemon, half clove of garlic or a little grated onion. Shake well before using.
- 2) Soy oil and lemon juice, well blended, or whipped with a fork.

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**What The Mind Can Conceive  
And Believe It Can Achieve!**

**SALAD SUPPLEMENT DIET  
SUGGESTED MENU PLANS**

**Menu One**

**BREAKFAST**

½ cup diced cantaloupe  
1 medium egg, poached on 1 slice whole wheat toast

**SNACK**

1 cup bouillon, hot or on-the-rocks  
2 wheat thins

**LUNCH**

½ hard-cooked egg  
3 rye thins  
Salad #1

**SNACK**

½ cup fresh sliced peaches  
2 wheat thins

**DINNER**

1 medium lean veal chop, braised  
½ cup stewed tomatoes  
½ cup medium potato, baked, topped with  
2 tsp sour cream and 1 tsp chopped chives  
8 small lettuce leaves with oregano and 1 tsp  
Vinegar  
2/3 cup fresh blackberries

## **Menu Two**

### **BREAKFAST**

½ small grapefruit  
1 medium bran or corn muffin with 1 tsp  
butter

### **SNACK**

½ cup tomato juice  
10 tiny cheese tidbit crackers

### **LUNCH**

4 Wheat Ritz crackers  
Salad #2

### **SNACK**

½ cup onion soup  
2 stalks celery

### **DINNER**

5 oz. lean pot roast  
2 halves medium tomato, broiled with 2 tsp  
Grated Parmesan cheese  
½ cup cooked spinach with garlic salt and  
Lemon wedge  
1 medium cucumber, sliced with 2 tsp lo-cal  
French dressing  
1 medium fresh peach

## **Menu Three**

### **BREAKFAST**

½ cup orange juice  
2/3 cup bran flakes with 1 tsp sugar and ½ cup  
Skim milk

### **SNACK**

Coffee or green tea or water  
½ peach

### **LUNCH**

½ average chicken breast  
Salad #3

### **SNACK**

½ medium cucumber, sliced  
2 slices turkey

### **DINNER**

½ cup noodle soup  
1 green pepper, baked, stuffed with 4 oz  
Ground round  
½ cup cooked beets  
½ cup skim milk

**\*\*\*REMEMBER TO SWEETEN WITH STEVIA IF DRINKING TEA OR  
COFFEE\*\*\***

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## CRASH DIETS

Before beginning a crash diet, be on the safe side! This is going to be a drastic change from the normal routine, and unless you're in good health, it could be harmful! Pay a visit to your doctor to get his O.K. Ask him to recommend a multi-vitamin tablet to supplement your meals. Crash diets are not very nutritious because they call for dramatic cut-downs on your usual intake whether that intake is pure junk or pure nutrition!

If you get your doctor's O.K., and decide that this diet is the one for you, don't stay on it any longer than 10n days. The food suggestions we've provided for you won't leave you feeling hungry, but are intended to keep you going on the barest essentials for as long as your diet lasts. You can lose up to 10 pounds! And who knows – maybe the loss of a few extra pounds will encourage you to watch your weight more carefully than before. Just think how great your body will look!

You might find crash – dieting harder than you thought at first. You've been used to consuming hearty meals that left you feeling full and satisfied. Well, there are all types of useful tricks you can try to curb your appetite. The first and probably most helpful is drinking a lot. No—not the hard stuff. We mean water—gallons of it. Often, an eight ounce glass of water before any meal, whether you're dieting or not, will leave you feeling much less hungry. Although water contains the fewest calories, skim milk and low-cal pop work just as well in curtailing your hunger pangs. And low-cal pop will serve to satisfy your sweet tooth at the same time.

The crash-diet plan offers five or six snacks in a day rather than anything resembling a meal. And if those five or six snacks are high calorie foods, you may as well not try to diet at all. The best thing to do is substitute low calorie foods for all your former favorites!

You'll be eating a lot of salads in the next week, so learn to enjoy lettuce without dressing! If you have to dribble something on it, combine some mustard and lemon juice. You can and should eat lots of seeds—sesame and sunflower, for example. You can really spruce up a small salad with a sprinkling of these!

Many crash diets don't list any meat at all. Well, they should! Meat contains useful protein. When eating meat, it's best to stick to the high protein fish and lean meat. Meat, fish, cheese, and yogurt speed up your chemical body processes and help burn off fat while giving you nutrition and energy. The high energy level will help to limit your craving for sweets too!

At the bottom of this page you'll find a long list of snacks. Eating one snack suggestion every 3 ½ to 4 hours is one method of crash dieting. If you find you must have one snack more per day

to prevent you from totally destroying the refrigerator, go ahead, but be extra careful and make sure that all of your snacks are on the skimpy side.

Finally, you'll find some unusual diet combinations. Nobody likes "blah" food. Try some of these and watch those pounds and bulges disappear.

What about those extra hours between "meals"? Take up a hobby, quick!

### **BEVERAGES:**

Black coffee or green tea (plain or spiced) without cream and sweetened with a stevia.

Water with a squeeze of lemon and one Tbs. of honey

Skim milk

### **SNACK IDEAS:**

½ inch slice cheese and two diet crackers

½ cup flavored diet gelatin

3 small sticks of raw carrots, celery

½ cup cottage cheese with

one slice tomato, or

Half peach (fresh), or

Small amount of crushed pineapple, or

Any seasoning or herbs

one cup hot bouillon, any flavor

two diet cookies

one slice whole wheat toast, lightly spread with margarine and any whole citrus fruit (only ½ grapefruit, however)

small slice cantaloupe or honeydew melon

one cup apple, orange, grapefruit, or carrot juice

one whole fruit (avoid grapes, bananas) (make sure you're eating fresh fruit or water-packed fruit with no additives)

one egg, fixed any way you wish – but without butter or fat!

one cup yogurt, plain or mixed with a small amount of fresh berries or sliced fruit; sweeten with honey

fresh fruit salad – no dressing – small

fresh green vegetable salad – no dressing – small

2 hard boiled eggs

1 deviled egg (2 halves); yolk mixed with low-cal mayonnaise, mustard and spices

Several pieces boiled shrimp with low-cal shrimp sauce

One piece steamed fish with lemon

3 ounces lean meat (any kind except pork) [www.Women-Bodybuilding.Com](http://www.Women-Bodybuilding.Com)

## **CRASH – DIET IDEAS**

### **DELICIOUS FRUIT AND VEGETABLE DIET**

#### **BREAKFAST**

½ Grapefruit sprinkled with powdered sugar substitute and cinnamon, or

½ cup cottage cheese with pineapple bits or ½ peach cubed (fresh fruits!)

#### **LUNCH**

5 sticks cold asparagus with 1 tbs. lo-cal mayonnaise (seasoned, if you prefer), or

1 cup cooked green beans, spinach or beets, or

Single serving of chilled melon balls (7-10), (honeydew or cantaloupe) topped with drained pineapple bits

#### **DINNER**

3 ounces grilled hamburger with ½ cup cooked spinach, or

Grilled mushrooms and lettuce wedge with vinegar and oil; one slice tomato, or

1 broiled breast of chicken and a salad of sliced pears and apples in a small wedge of cantaloupe or honey dew melon

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## **EXTRA-SPECIAL EGG DIET**

### **BREAKFAST**

Citrus drink with

1 egg scrambled with cream cheese (seasoned) (use no fat), or

1 fried egg (use no fat) atop small minute steak

### **LUNCH**

Small salad of sliced egg (one), lettuce, tomato and radishes, or

1 egg and cheese omelet, or

Chopped egg salad with mustard and lo-cal mayonnaise, seasoning atop lettuce, or

1 egg omelet with mushrooms

### **DINNER**

Small steak broiled with mushrooms and one hard-boiled egg, or

1 grilled lamb chop with 1 deviled egg (when mixing yolk, use lo-cal mayonnaise, mustard and your choice of seasoning); ½ cup unsweetened applesauce

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## **“HIGH-IN-PROTEIN” FISH DIET**

### **BREAKFAST**

Clamato Juice

### **LUNCH**

Small salad of chopped salmon or water-packed tuna with diced celery and onions, green beans and green pepper on lettuce – 1 tbs. lo-cal mayonnaise, or

### **DINNER**

Smoked salmon with wedge of Brie Chablis, Mosels or Rhine Wine, or

3 clams on the half shell with small lettuce salad (vinegar and oil) and 4 ounces of wine as mentioned above, or

Broiled fresh fish (seasoned) with lemon slices on a bed of spinach

**\*\*\*BEVERAGES INCLUDE BLACK COFFEE OR TEA WITH SUGAR  
SUBSTITUTE STEVIA, SKIM MILK OR WATER WITH LEMON  
JUICE\*\*\***

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## ORGANIC FRUIT DIET

Now we're going to deal solely with one of the more pleasant parts of any diet: fruits. Many researchers have found that the most good can be reaped out of organically-grown fruit. This is because one of the benefits of fruit is a cleansing action which rids the body of toxic wastes. And chemical insecticides have been proven to leave harmful toxins in the body.

Most people don't realize that the wrong foods also leave toxins in the system, and these aren't easy to throw off. Overweight people who cut down on all their food, but yet make no effort to eat more of the nourishing types of foods will often display this toxic waste material in the form of swelling – a distended abdomen, swollen feet and puffy eyelids – all of which can show up in skinny people too, just because they happen to eat the wrong foods.

When trying to lose weight, simply cutting down won't help! Many people feel that the less food they take in, overall, the less they will eventually weigh. This will work if the food that is eaten is good and nourishing, because it will be converted almost entirely into energy.

Fresh fruit has many secrets! As we already know, it painlessly and deliciously removes waste accumulations. Whole, or in liquefied form, fruit helps improve the circulation of the blood and lymph in the blood vessels. Fruits are rich in vitamins and minerals, which form fat-fighting enzymes. The following is a list of common, if not popular, fruits which supply these enzymes: apples, apricots, blackberries, blueberries, cantaloupe, coconuts, crabapples, cranberries, currants, figs, grapefruit, honeydew melon, lemons, limes, mangoes, nectarines, peaches, pears, pineapple, damson plums, raspberries, strawberries, oranges and tangerines.

Oranges, grapefruit, strawberries and cantaloupe are especially rich in ascorbic acid, containing vitamin C, which can't be stored in the body and thus must be supplied daily. Ascorbic acid prevents scurvy and is presently the topic of a debate about being a preventative or possibly a cure for the common cold. Much ascorbic acid is lost from fruit when it is cooked. The commercial canning or concentrating of fruit juice also results in a loss of ascorbic acid, but most or all of it is replaced before offering the product to the consumer.

Plums are also a prime source of vitamin C and hesperidins, silicon and sulfur. All of the berries are rich in iron and calcium. Coconuts contain minerals that ease stomach and liver ailments. Fig seeds work on the intestines to help elimination. Pineapples are a wonderful digestive aid; the bromelin in pineapples acts upon the pancreas, a most important organ of digestion. Apples are extremely rich in potassium, a mineral that neutralizes the harmful effects of mouth toxins and waste substances that hide in the nooks and crevices of the teeth and gums and which cause tooth decay.

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It is also important to note here that frozen fruits have the same caloric content as fresh fruit, provided, of course, that they have not been artificially sweetened or packed in a syrup.

Following are several simple recipes which have been incorporated into the “Organic Fruit Diet”. Try some of these tasty suggestions, and happy dieting!

### MOLDED APPLE CIDER SALAD

2 tbs. lemon juice	1 ½ cups hot cider
2 tbs. water	½ cup red apples (diced, not peeled)
1 tbs. unflavored gelatin	½ cup celery, diced
3 tbs. No-cal cherry syrup	lettuce

Combine lemon juice, water and soften gelatin in this. Add sweetener and softened gelatin to cider and stir until dissolved. Chill in refrigerator until begins to thicken. Add diced apples and celery. And pour into one cup molds. Chill thoroughly and serve on lettuce.

### BAKED APPLE

10 Rome apples  
8 oz. black cherry diet soda  
Cinnamon  
½ cup buttermilk

Core apples and peel a small crown of skin off the top. Sprinkle with cinnamon. Turn apples upside down and pour soda into deep fry pan. Cover pan and cook on top of stove until done. Top with ½ cup buttermilk, combined with artificial sweetener and juice from pan.  
Serves 10

### INSTANT APPLESAUCE

1 pound apples  
½ cup black cherry diet soda  
Pinch of cinnamon

Wash and slice apples and put through blender with cherry soda and cinnamon. Presto!

# **ORGANIC FRUIT DIET**

## **SUGGESTED MEAL PLANS**

### **Menu One**

#### **BREAKFAST**

½ cup cantaloupe  
1 medium egg, soft cooked  
2 wheat thins  
Beverage

#### **SNACK**

1 cup hot or iced tea, flavored with juice of ½  
Tangerine and stevia sweetener

#### **LUNCH**

3 roasted chicken wings  
Molded Apple Cider Salad  
Beverage

#### **SNACK**

½ cup strawberries with 2 tbs. skim milk  
stevia sweetener

#### **DINNER**

2 slices baked ham  
¾ cup cooked beets  
½ cup creamed potatoes  
Baked apple  
Beverage

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## **Menu Two**

### **BREAKFAST**

½ medium orange  
¾ cup puffed wheat (unsweetened) with 1/3 cup  
Skim milk and Stevia sweetener

### **SNACK**

½ cup raspberries and yogurt, mixed and  
Sweetened with honey

### **LUNCH**

1 medium egg, poached and 1 slice bacon atop  
1 slice toast  
Fruit salad  
Beverage

### **SNACK**

1 cup hot apple juice with 1 tsp lemon juice,  
1 clove and sprinkle with cinnamon

### **DINNER**

½ cup chicken rice soup  
2 lean loin lamb chops, broiled  
Small salad with lo-cal dressing  
Instant applesauce  
Beverage

## **Menu Three**

### **BREAKFAST**

½ cup fresh grapefruit sections  
1 slice whole wheat toast with 4 tsp creamed  
cottage cheese  
Beverage

### **SNACK**

Mix ½ cup each of orange juice and  
carbonated water with 2 leaves, finely  
chopped mint

### **LUNCH**

2 slices turkey (white meat)  
½ cup baked winter squash  
Beverage

### **SNACK**

½ cup fresh or unsweetened sliced peaches  
with 2 tbs. skim milk, with stevia  
sweetener

### **DINNER**

2 egg omelet (plain or with chives), cooked  
in ½ tbs. butter  
2 slices bacon  
½ medium tomato, sliced  
Beverage

**\*\*\*USE STEVIA FOR SWEETENING\*\*\***

**\*\*\*BEVERAGES INCLUDE BLACK COFFEE, GREEN TEA OR WATER WITH  
LEMON JUICE\*\*\***

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# **SUPPLEMENT DIET**

This diet is for the person with minimal time to prepare food. It is intended for use of 1 to 3 weeks for rapid fat weight loss WITHOUT losing precious muscle which is needed to burn calories and stay strong. Here it is!

<b>Breakfast</b>	One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water.  Multi Vitamin & Mineral Tablet / 2 Desiccated Liver Tablets
<b>Snack</b>	1 Banana - 2 Desiccated Liver Tablet
<b>Lunch</b>	One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water or in 8 ounces of water and NO milk.  1 Piece Stone Ground Whole Wheat Bread.
<b>Snack</b>	1 Orange - 1 Apple - 2 Desiccated Liver Tablets
<b>Dinner</b>	4 to 6 ounces of lean meat (turkey, fish, beef) Large Salad (you can put the meat in the salad if you want) 1 small baked potato or yam.
<b>Snack</b>	1 cup cottage cheese with 2 tablespoons sunflower seeds <b>or</b> One (1) scoop Vanilla or Chocolate P.H.P. Whey Protein in 4 ounces of skim milk and 4 ounces of water <b>or</b> two hard-boiled eggs and 5 wheat thins. 2 Desiccated Liver Tablets
<b>Beverages to drink</b>	Water / 16 ounces Water With Lemon Juice and 1 Tablespoon Honey / Green Tea / Water with a sprinkle of Stevia and Raw Apple Cider Vinegar / Coffee
<b>Safe Snacks</b>	Air Popped Popcorn, not the microwave junk! / Hard-boiled egg / No-fat Cottage Cheese / Rice Cakes

[Power Health Products Healthy Supplements](#)

# Why Should I Use Desiccated Liver Tablets?

Desiccated liver is extracted from the liver of beef cattle. It is rich in B vitamins and is a natural source of iron and folic acid.

What does it do and what scientific studies give evidence to support this?

Desiccated liver helps to support a healthy red blood cell count and stimulate appetite. Anabolic steroids also stimulate appetite and support a healthy red blood cell count.

Desiccated liver is a natural source of iron. Supplementing with too much synthetic iron can result in an iron overdose. Overdosing with synthetic iron can result in death. With natural sources of iron, overdose is almost never likely to occur, even in individuals who consume large quantities of red meat.

The Iron and B vitamins in desiccated liver tablets contribute to bone health, muscle building and immune functioning.

Who needs it and what are some symptoms of deficiency?

Everyone can benefit from supplementing with desiccated liver tablets. Populations that may benefit most from the supplementation of desiccated liver include: Bodybuilders, people on a diet and athletes and individuals deficient in folic acid.

People on a diet, bodybuilders and athletes may benefit from supplementing with desiccated liver due to its ability to stimulate appetite, support blood health and contribute to the edition of lean body mass to one's frame. In the 1960s and '70s bodybuilders like Arnold, Lou Ferrigno and Tom Platz would supplement with liver tablets to maximize muscle gains.

How much should be taken? Are there any side effects?

Although there are no known side effects from supplementing with desiccated liver tablets, it is recommended that label directions be followed at all times. Individuals with iron related disorders should consult with a physician prior to the supplementation of desiccated liver.

Don't take if you:

Are pregnant, think you may be pregnant or plan pregnancy in the near future.

Consult your doctor if you:

Take any medicinal drugs or herbs including aspirin, laxatives, cold and cough remedies, antacids, vitamins, minerals, amino acids, supplements, other prescription or non-prescription drugs.

Pregnancy:

Problems in pregnant women taking small or usual amounts have not been proved. But the chance of problems does exist. Don't use unless prescribed by your doctor.

Breast-feeding:

Problems in breast-fed infants of lactating mothers taking small or usual amounts have not been proved. But the chance of problems does exist. Don't use unless prescribed by your doctor.

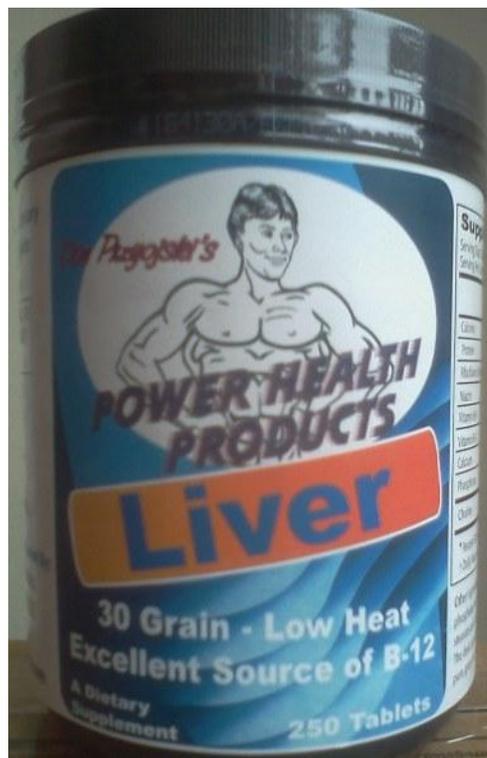
Infants and children:

Treating infants and children under 2 with any supplement is hazardous.

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By using this book, you will have at your fingertips the information necessary to aid you in attaining and retaining a trim, fat-free body!

You will find that this book has many purposes: Regardless whether you want to go on a low-carbohydrate diet, low calories diet or simply for comparing foods for their nutritive value. Decide what diet you want to go on and you will find that this guide is absolutely indispensable.

The CARBOHYDRATE DIET has been extremely effective for many people. Rather than counting calories, carbohydrates are counted. You can eat all the food you want, as long as you don't go over 60 grams of carbohydrates a day.

You can have plenty of meat, both fatty and lean, but you must stay away from foods that are made from grain, flour, potatoes and root vegetables, such as carrots and beets. You can drink to your heart's content: One-cal pop, black coffee (sweetened with saccharine) and tea. Also, drink plenty of water daily!

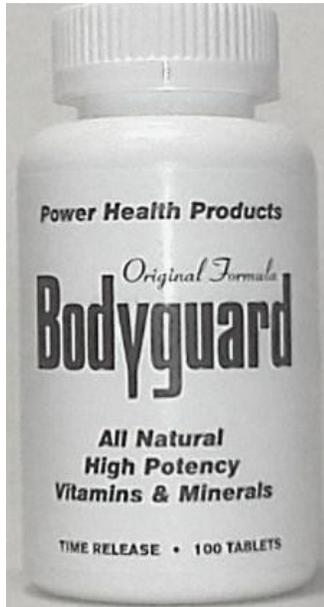
The CALORIE DIET has been a favorite with many people because of the variety of foods the diet has to offer. All you have to do is count the calories you consume – being careful not to go over the amount of calories you have allotted for yourself.

TIPS: When you're on a diet, always take a daily, multiple-vitamin. This is your assurance that you're getting the vitamins your body requires. Also, drink plenty of water...8 or more glasses daily. This will help your body eliminate body waste, plus keep your stomach full (you'll eat less).

VERY IMPORTANT: Before starting any diet and exercise program, always consult with your physician. Have a very thorough check-up, then, with your doctor's approval and advice, start your diet. Should any physical problem still arise, consult him immediately!

# Bodyguard - Order Today!

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Order our special 100 day supply (100 Tablets) Bodyguard . The **SAFE** and all **NATURAL** Vitamins & Minerals supplement you should use with Diet! **Bodyguard does NOT contain artificial vitamins or any caffeine or stimulants!!**

Each Tablet Contains		RDA
Vitamin A ( Fish Liver Oil )	10,000 IU	200%
Vitamin D ( Fish Liver Oil )	400 IU	200%
Vitamin B-1 ( Thiamine HCl )	50 mg	3333%
Vitamin B-6 ( Pyridoxine HCl )	50 mg	2500%
Vitamin B-12 ( Cobalamin )	50 mcg	884%
Vitamin B-2 ( Riboflavin )	50 mg	2941%
Niacinamide	50 mg	250%
Paba ( Para AminoBenzoic Acid )	50 mg	
Pantothenic Acid	50 mg	500%
Choline ( Bitartrate )	25 mg	
Inositol	25 mg	
Folic Acid	400 mcg	100%
Biotin	25 mcg	
Methionine	10 mg	
Vitamin C ( with Rose Hips )	60 mg	100%
Vitamin E ( d-alpha tocopheryl )	30 IU	100%
Iodine ( from kelp )	150 mcg	100%
Citrus Bioflavonoid Complex	10 mg	
Acerola	10 mg	
Betaine ( HCl from Wheat )	10 mg	
Beta Carotene ( from Carrots )	10,000 IU	
Liver ( Desiccated )	10 mg	
Safflower Oil	10 mg	
Octococsonal	10 mcg	
Bee Pollen	10 mg	
Propolis	5 mg	
Wheat Germ Oil	10 mg	
RNA / DNA	10 mg	
Lecithin	10 mg	
High Amino Acid Concentrate	40 mg	
Chlorophyllins	10 mcg	
Calcium ( from D-Cal Phos )	30 mg	
Iron ( Chelate )	18 mg	
Magnesium ( Natural Oxide )	20 mg	
Manganese ( Chelate )	5 mg	
Zinc ( Chelate )	15 mg	
Potassium ( Chelate )	10 mg	
Selenium	5 mcg	
Copper ( Chelate )	2 mg	
Chromium ( Chelate )	5 mcg	
Phosphorus ( Di-Cal Phos )	20 mg	
Cruciferous Greens	45 mg	
Sodium Caseinate	60 mg	

#### Supplies the Amino Acids:

Arginine, Aspartic Acid, Alanine, Cystine, Glutamic Acid, Glycine, Histidine, Isoleucine, Leucine, Lysine, Methionine, Ornithine, Phenylalanine, Proline, Serine, Threonine, Tyrosine, Tryptophan and Valine in all natural base of Alfalfa, Parsley, Golden Seal Root, Buckthorn Root, Rosemary, Watercress, Mandrake Root, Spinach, Lovage, Kelp, Kale, Ginseng and Rhubarb Root

**RDA is the Recommended Daily Allowance** for adults and children over 4 years of age. Store in a cool dry place out of children's reach. PLEASE NOTE - Since this is an all natural product, there may be a color and / or size variance between different batches.

**Directions:** One tablet daily as a dietary supplement. Tablets are coated with vegetable protein and are made to allow for the slow release of the active ingredients.

Contains no sugar, starch, salt, wheat, corn or soy derivatives and no artificial flavors, colors or preservatives.

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