

How To Build

Building a Female Fitness Model Physique



THE
FEMALE
FITNESS MODEL
BODY

**Female Fitness Model Workout
And Training Regime!**

Ultimate Workout Routines

Diet Plan with Nutritional Values

M LAURENCE

How To Build The Female Fitness Model Body:

**Building A Female Fitness Model Physique, Female
Fitness Model Workout and Training Regime**

By

M Laurence

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Introduction

I want to thank you and congratulate you for purchasing the book “How To Build The Female Fitness Model Body: Building A Female Fitness Model Physique, Female Fitness Model Workout and Training Regime”

The business of Female Fitness Modelling is a highly lucrative industry - and competitive. However it's not all about catwalk modelling, it can cover a very wide arc from commercial modelling to just having a very large following on social media. Commercial modelling is probably the easiest to get into in that it covers anything from fitness model shoots to something like clothing or a lifestyle shoot for furniture and cars.

Once on the books of an agent you can easily earn hundreds or thousands of pounds/dollars for an hour or two's work. Not only that you can even work abroad in multiple countries with expenses fully covered.

This book contains proven steps and strategies on how to become a lean, mean, fitness machine. If you want a strong body, you'll have to be ready to follow the book day by day each week. Some routines and meals might look familiar, but a good part of exercise is repetition, staying the course and following the regime so the muscles will develop and the fat will decrease.

What is the key attribute of a female fitness model? They epitomize athleticism. In a word - it's all about aesthetics - visually pleasing physiques - strong legs, svelte arms, toned chest, lean back all tapering to and perhaps the most important - a tight taut flat stomach. It's leanness.

The great thing about a fitness model body is they are achievable, they aren't some freak of nature with ludicrous conditioning or starving yourself to the point of being a stick thin waif. You can achieve these physiques if you put the work

in. I'm going to give you a hard-as-nails workout routine to get this physique - the female fitness body.

Whether you want to actually get into this business, create a following on social media or just look great, this workout routine will help massively.

If you do want to get into the industry you will need an agent. But to get an agent you need a portfolio and that means a building a fantastic body first! I go into getting an agent in another chapter.

Here's an inescapable fact: you will need to rest sparingly between workouts, and go at a pace right for you. Working out isn't a race to get more muscles than the other person in the gym, but to pace yourself, move progressively forward. Yes it will feel hard, but that means it is working. Luckily every Sunday will give you a well-deserved break

1. Building The Body You Knew You Had

So this new health regime is designed to create the best body you already had - but we are going to reveal your amazing lines with hard work and diligence.

We want a visually pleasing physique – so how do we create strong legs, svelte arms, toned chest, lean back and tight taut flat stomach? Let's read on and see how.

To give you a quick overview of how we will achieve this I have broken the training program down into 4 areas:

1 - Training Frequency.

The training is split into 3 weeks, switching back and forth between plans. Week 1 is a full on weights workout - we train the body every other day in this week. We're sculpting your muscles. Week 2 is all about cardio and really burning up fat. These two combined hit the body and turn it into a lean fat blasting machine. This is simple, high impact, time friendly and results driven.

Following that, we then focus on keeping the body limber in week 3 with flexibility exercises and yoga. These exercises will help not only smooth your curves, but also coordinate your balance. After the half-way mark, we'll go over the same workouts but more intense.

2 - Body Fat

So this is the number one issue to deal with when beginning a new regime. A low body fat will reveal your body to its best potential. This is also why the weights workouts are supersets combined with cardio. We are ramping up your intensity and effort to burn additional calories.

3 - Nutrition

Nutrition is considered the most important part of building a lean athletic physique. If the nutrition is incorrect then it doesn't matter how impeccable your training routines are, you will not progress. I'm sure you have an idea about nutrition,

but I'm here to give your knowledge a little boost. You've heard of high protein, carbohydrates and healthy fats? But what is the most effective foods to eat to get those essential nutrients. So I list each day meal plans which are there for you to follow and create your own by branching off.

We also need to take care to stay hydrated - this cleans our systems, regulates body temperature and keeps the entire body hydrated. So with heavy exercise, 3 litres a day is an ideal figure to aim for.

2. Old Exercises New Tricks

Let's go into detail about what we'll be doing.

3 Weeks - Weights, Cardio and Flexibility Cycle

Week 1

So as I've already said to create our toned and sexy body we utilize a three-week workout and repeat. Week 1 you will train the whole body once with weights and rest Sunday. We will also incorporate lots of walking - every day in fact. Plus running and some cardio routines. And don't worry about the weights workouts turning you into some kind of hulk. It's all designed to tone and shape the muscles.

Week 2

The second week is all about cardio and toning the overall body. Again I urge you to walk every morning, sometimes we're going to run. Aim to increase walking where possible, it's one of the easiest exercises and safest exercises to do and it all counts. Again Sunday is a rest day and a cheat day, so you can relax and enjoy a cheat meal of your choice.

Week 3

For the third week, we'll be focusing on stretching and flexibility. Never stretch further than where your body aches, as this is about relaxing and working out your body. Each day try to extend yourself further and holding your stances longer, but as we won't be building muscles, we won't be taking as much protein in our diet.

Supersets to Size

If you're unfamiliar with Supersets- they are two exercises working opposite muscles. They are time-efficient method of training that we'll be using and also more intense. By doing sets back-to-back, you reduce your total workout time while still doing the same amount of total work.

Super setting is fantastic for pummeling antagonistic muscles - Back/Biceps, Chest/Triceps, Back/Chest and Biceps/Triceps and legs Hams/Glutes. Supersets increase Lactic Acid production, which helps boost Growth Hormone (GH) levels in the body. The body responds to the reduced pH (increased acidity) in the body from the production of Lactic Acid by secreting GH. GH is a powerful fat loss hormone - which is exactly what we want!

Power and Intensity.

We will be building more explosive power which will therefore build strength faster. This is done using tempo. By this I mean a 1 second pull/push/ on a given move - POWERFUL and with FORCE - and then under perfect control a 4 second release. The muscles are still working all the way. We are working the tempo, the speed of either the concentric (shortening) or eccentric (lengthening) component of the lift. There is no 'resting' at the bottom of any move. As soon as you are as close to the bottom of the move - you POWER back up for the 1 second concentric and again release for 4 second eccentric under your complete control. This should give you a great pump and be a challenge to start with.

Why?

You must have heard of the term TUT - Time Under Tension - there are a number of variations on the term, but they all mean the same. A great many people workout by pulling or pushing a weight, letting it drop and releasing all tension and then doing the rep again. So the actual 'work' is only for a very small part of the rep. You may find that you're actually only working your muscles for 5 minutes in an hour workout! With the 1 second concentric and 4 second eccentric move with 'no rest' we work the muscle much harder for longer.

Many people will struggle with this at first as it's so common to do one arm curl, take a break/release all tension and do another. Even a split second rest is still a release of tension. Not good enough. You need to be working your muscles 100% of the time during a set. THEN you rest between sets.

So let's get to it!

3. Approaching Agents

If you want to get into commercial modelling then you will need an agent. An agent gets you either direct bookings and/or castings. The higher the job is worth the more likely you will be sent to a casting.

Direct bookings are based on your pictures on an agent's books/website. So getting your pictures done professionally when you're in great shape is key. Going to a casting is a great way to show off your great physique to casting agents. They may not cast you in that job but if you impress they'll remember you. So obviously you want more direct bookings than castings so we need to look our best.

Preparation:

Firstly you need a set of pictures, which can be relatively normal, they'll want to see what you look like without lots of effects and photoshop. But before you waste time setting up a shoot, you need to look you're very best. So schedule in a date for the shoot. For example 5 months from today. Arrange it with a friend, a photographer. Book it in. Mark it in the calendar. That's when you're going to do the shoot.

Now take a picture of yourself in normal lighting conditions. Ask a friend to take a picture with your phone. Take a close up of your face and get someone to take a full length. Now we have a starting point. We want to see the change in you in 5 months. It will be life changing in more ways than one.

Imagine that feeling you will feel when you take a picture of yourself in 5 months. How good is that going to feel when you put the pictures side by side? You will be leaner, sexier and look and feel amazing. And let's not beat around the bush here. That's why we're doing it, not for anyone else, but for us. We want it, we want the change and it starts today.

Getting more pictures

Once you are looking great you don't have to wait around to get an agent. A lot of modelling now is about you being proactive. Here are a list of good websites to join where you can represent yourself:

www.starnow.com

www.castingcallpro.com

www.castingcallpro.co.uk

www.purpleport.com

These are websites enable you to join, create a profile and apply for jobs and more importantly get new pictures. Purple port in particular is pretty good for getting Time For Print (TFP) work which means you work for free with a photographer but you'll come away with the images they take. There are many others, so begin looking around on facebook model pages.

A Word of Warning

There are a lot of wannabe photographers, frauds, and generally people who have no idea what they are doing or have ulterior motives - e.g meeting a hot girl. This should not put you off getting into the industry. But you have to make sure the jobs you are applying for look reputable, the photographers that are offering a shoot should look professional. A professional photographer will have a portfolio of what he has done and you should ask to see that. Even new photographer should put the effort in to shoot something before working with a model, and have images of landscapes etc If he hasn't done anything at all then I wouldn't work with him. He needs to learn his craft. If you know someone with a camera then get practicing. If you are approached out of the blue for a shoot - again ask to see what they have done. It's your right to ask. Many times I have been asked to act in shorts, I ask what they have done and don't hear back.

Lastly and obviously you don't go to their house for the shoot, you'd meet at the location (not their house!) or studio. I've heard of some horror stories.

Approaching Agents

It is a good idea to get some work from the above websites before approaching agents but not essential. Most applications are done via the agency's website. You'd fill in your bio and include a couple of your pictures. They may ask for 'normal' ones which are selfies or unaltered images. But I'd always include one 'best professional picture' at least. Then move on and approach more. They'll get back to you within around 2 weeks and ask for a meeting.

A word of warning. Some agencies will ask you to pay to join them or worse charge you to update your portfolio. This is a scam. No reputable agency would ask you for money. You are being taken on to make money so they should arrange a shoot if you need more pictures etc. So run the other way if they want to charge you no matter their excuses and reasons.

Social Media

Create a fan page on Facebook, an Instagram and Twitter account. Your phone can link all these together so when you post something on Instagram the picture gets posted to all the various accounts.

The # is your special weapon and lots of #model #photographer #modelling #fitness #getfit are all great and the variations.

But first we need the body right?

4. Week 1 Workout

Monday - Back and Biceps

Week one begins - let's go.

Walk: 30 Minutes of cardio before breakfast. We want to burn fat before anything else and get the body prepared for the day.

Weights: I would do this around 4-6 when you're strongest. Or straight after work before dinner.

Round 1

Increase the weight little by little with each set. 45 second between sets.

<i>Exercise</i>	<i>Sets/Reps</i>
CHIN-UP	1-2 sets of 8 reps (warm-up); 3 sets of 12, 10, 8 reps
<i>Superset</i>	
BARBELL CURL	3 sets of 10-12 reps

If you cannot do many (or any) Chin-Ups, then stand on a stool to support some of your body weight. Hang down, and do the Chin-Up, pulling as hard as you can to pull up to the bar, and supporting as little of your weight on one foot.

Superset the Chin-Ups with the Barbell Curls- do one Chin-Up set, then a Barbell set, then repeat until finished.

Round 2

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
WIDE-GRIP REAR PULL-UP	3 sets of 15, 12, 10 reps
<i>Superset</i>	
DUMBBELL ALTERNATE BICEP CURL	3 sets of 10-12 reps

Same as above if you cannot do many (or any) Pull-Ups.

Superset the Pull-Up sets with the Dumbbell Biceps Curls.

Round 3

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
T-BAR ROW	3 sets of 15, 12, 8 reps
<i>Superset</i>	
INCLINE DUMBBELL REVERSE CURL	3 sets of 10-12 rep

Superset the Rows with the Dumbbell Reverse Curls. Reverse Curl means that your hands are facing away as you flex your elbow.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 Whole Eggs Scrambled
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 20.6 g Protein: 16.3 g

Lunch - Meal Two

- Chicken Breast - With parsley, and bell peppers sliced up
- Vegetables - 1-2 cups

NUTRITION FACTS

Calories: 318 Fat: 15g Carbs: 15g Protein: 24g

Dinner - Meal Three

- Tuna Steak
- Rocket and sliced Red Peppers
- Medium Sweet Potato

NUTRITION FACTS

Calories: 456 Fat: 17g Carbs: 29g Protein: 28g

The Total Protein intake is 68.3 grams of protein. I would have 1 scoop of protein - 25grams - after your workout making a grand total of 93.3.

Notice how the carbs are minimal - except after your training. You can have carbs then, then stick with veg and fruit.

Tuesday - Abs/Cardio + Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Before Breakfast: These can be done later in the day

3 sets- 20 Crunches each set

3 sets- 25 Standing Twists each direction

3 sets- 20 Side-Lying Leg Lifts each direction

Run: Again, do this later in the day, at least after the first meal.

25-minute run (remember to warm up and down)

Try to walk as much as possible, later on to from work or to a further station etc.

Breakfast - Meal One

- 1 x multivitamin
- 1 x Whey Protein shake - with peanut butter and a banana
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 28 g

Lunch - Meal Two

- 1 x Medium sized Tuna Steak
- 1 x Cup Vegetables/salad

NUTRITION FACTS

Calories: 471 Fat: 33.2 g Carbs: 17 g Protein: 27 g

Dinner - Meal Three

- 2 Large Eggs Omelette with chopped green beans
- 2 Rice Cakes
- 1 x Peach

NUTRITION FACTS

Calories: 349 Fat: 14 g Carb: 25 g Protein: 16 g

The Total Protein intake is 71 grams of protein. I would have 1 scoops of protein plus after your workout making a grand total of 96.

Wednesday - Chest and Triceps

Walk: 30 Minute brisk walk before breakfast - again breakfast is ideal.

Weights- Mid-afternoon is best.

Round 1

Increase the weight little by little with each set. 45 second break between sets.

<i>Exercise</i>	<i>Sets/Reps</i>
BARBELL BENCH PRESS - MEDIUM GRIP	1-2 sets of 15 reps (warm-up); 3 sets of 12, 10, 8 reps
<i>Superset</i>	
LYING TRICEPS PRESS	3 sets of 15, 12, 10 reps

Superset the Bench Press and Triceps Press

Round 2

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
BARBELL INCLINE BENCH PRESS	3 sets of 12, 10, 8 reps
<i>Superset</i>	
TRICEPS PUSHDOWN	3 sets of 15, 12, 10 reps

Superset the Incline Bench Press and Triceps Pushdown

Round 3

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
DUMBBELL FLYS	3 sets of 12, 10, 8 reps
<i>Superset</i>	
CABLE ROPE OVERHEAD TRICEPS EXTENSION	3 sets of 15, 12, 8 reps

Superset the Flies and Triceps Overhead Pulls

You can add a set of Push Ups at the end

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 boiled eggs
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 35.6 g Protein: 20.3 g

Lunch - Meal Two

- Pork Chops 5 ounces- with cooked apple - cooked together
- Vegetables 1 cup

NUTRITION FACTS

Calories: 380 Fat: 18.2 g Carbs: 25 g Protein: 28 g

Dinner - Meal Three

- Full-Fat Cottage Cheese
- 1 cup Cashews
- 1 Apple
- 1 Banana

NUTRITION FACTS

Calories: 556 Fat: 17 g Carb: 59 g Protein: 28 g

The Total Protein intake is 76.3 grams of protein. I would have 1 scoop of protein after your workout making a grand total of 101.3.

Thursday - Abs/Cardio + Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Run: 30-minute run. I'd like you to get in a good 30-minute walk at the end of the day.

After work:

3 sets of 30 Twists each side

3 set of Side Bends each side- if too easy, add a 5-10 pound dumbbell

4 sets of Hold plank – 30 seconds each

Breakfast - Meal One

- 1 x multivitamin
- 2 Whole Eggs Scrambled
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 20.6 g Protein: 16.3 g

Lunch - Meal Two

- Chicken Breast - With parsley, and bell peppers sliced up
- Steamed Broccoli

NUTRITION FACTS

Calories: 318 Fat: 15g Carbs: 15g Protein: 24g

Dinner - Meal Three

- Tuna Steak
- Cucumber, tomatoes, Wild Rocket and Celery chunks

NUTRITION FACTS

Calories: 376 Fat: 17g Carbs: 9g Protein: 27g

The Total Protein intake is 67.3 grams of protein. I would have 1 scoop of protein - 25grams - after your workout making a grand total of 92.3.

Notice how the carbs are minimal - except after your training. You can have carbs then, then stick with veg and fruit.

Friday - Legs and Calves

Walk: 25-minute walk early to work, or before work round the block - it's leg day and so don't need to do anything too hard.

Round 1

I would certainly do this work out after work, amongst your feeding time so you have energy to train and can replace energy. Warm up thoroughly. Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
BARBELL SQUAT	2 warm up light sets, 3 sets of 12, 10, 8 reps
STANDING LEG CURL	3 sets of 15, 12, 10 reps
SMITH MACHINE LEG PRESS	3 sets of 8 reps

Do the Barbell Squat separately, and Superset the Standing Leg Curl and Leg Press

Round 2

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
DEADLIFT	3 sets of 12, 10, 8 reps
LEG EXTENSIONS	3 sets of 15, 12, 10 reps
LEG CURLS	3 sets of 10 reps

Do the Deadlift separately, and Superset the Leg Extensions and Leg Curls

Round 3

Increase the weight little by little with each set.

<i>Exercise</i>	<i>Sets/Reps</i>
STANDING CALF RAISES	3 sets of 12, 10, 8 reps
SEATED CALF RAISE	3 sets of 12-15 reps

Superset the Calf Raises

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 1 x Whey Protein shake - with peanut butter and a banana
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 28 g

Lunch - Meal Two

- Greek Yogurt - High Protein
- 1 x Sliced Peach
- 2 cups Cashews

NUTRITION FACTS

Calories: 752 Fat: 34 g Carb: 18 g Protein: 52 g

Dinner - Meal Three

- 1 x Medium sized Tuna Steak
- 1 x Cup Vegetables/salad
- 1 Medium sized Baked Potato

NUTRITION FACTS

Calories: 571 Fat: 33.2 g Carbs: 80 g Protein: 33 g

I've given you a huge carb dinner here after the leg workout and this will replenish your energy. Add a dab of butter too. The Total Protein intake is 113 grams of protein. I would have 1 scoops of protein plus after your workout making a grand total of 138.

Saturday - Abs/Cardio + Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Before Breakfast: - Ab Blast

20 x Crunches

25 x Twists

15 x sit-ups

20 x Crunches

25 x Twists

15 x sit-ups

20 x Crunches

25 x Twists

15 x sit-ups

Run: 30 minute run - during the morning.

Breakfast - Meal One

- 1 x multivitamin
- 1 Whole Egg
- 1 piece of salmon
- Oats 1/4 cup with 1 tbsp. honey

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 20.2 g Protein: 26.1 g

Lunch - Meal Two

- High Protein Frozen Yogurt
- Cashews 2 ounces
- 1 Apple

NUTRITION FACTS

Calories: 356 Fat: 17 g Carb: 9 g Protein: 26 g

Dinner - Meal Four

- Pork Chops 5 ounces- with cooked apple - cooked together
- Vegetables 1 cup

NUTRITION FACTS

Calories: 380 Fat: 18.2 g Carbs: 25 g Protein: 28 g

The Total Protein intake is 80.1 grams of protein. I would have 1 scoop of protein after your workout making a grand total of 105.1.

Sunday - Rest

So we've made it to our rest day - well done for an epic week 1 of workouts! You should be feeling good, a little achy maybe, but you got through it. Did you miss any workouts? If so, it doesn't matter, let's go one better this coming week. It's about progression.

So today is all about chilling, eating well, having your cheat meal - which is anything of your choice. Also it's Sunday so you don't need to follow the strict eating times if you want a break. Not that it should ever feel a chore, we are making a change!

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 3 x scrambled eggs - with spinach
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 26 g

Lunch - Meal Two

CHEAT MEAL - whatever you fancy!

Dinner - Meal Three

- 1 Cup x Full-Fat Cottage Cheese
- 1 x blob of peanut butter mixed in

NUTRITION FACTS

Calories: 371 Fat: 27 g Carb: 9 g Protein: 24 g

For future cheat meals, I'm not going into your exact macros here. Eat well and enjoy yourself until tomorrow.

5. Week 2 Workout

Monday - Cardio

Week 2 is all about cardio. So we allow the body time to recover from the weight training and now we focus on burning fat. We want to rev up your metabolism so we will be doing cardio in the morning before breakfast and we will making use of a pedometer that almost every smart phone has.

I want you to be doing 6000 steps a day this week on top of your cardio. That roughly equates to 1 hour of walking. Just work this into getting to and from work and a walk on your lunch break and it'll be done without even trying.

To maximize the benefits of a cardio workout, you have to elevate your heart rate and keep it elevated for at least 20 consecutive minutes. You will want to monitor your heart rate during the workouts. You will also want to move quickly from one exercise to the next, and keep the breaks short so your heart rate stays elevated This will improve your heart and lung function, and actually begin to grow new blood vessels into your muscles.

IF YOU ARE OVER 40 YEARS OLD, OR HAVE A HISTORY OF HEART DISEASE, THEN YOU SHOULD BE MEDICALLY CLEARED BY YOUR PHYSICIAN BEFORE STARTING ANY CARDIO EXERCISE PROGRAM.

The formula for your target heart rate is based on your theoretical maximum heart rate. Subtract your age from 220. This is your maximum heart rate. Your target rate is 60-80% of the maximum.

For example- if you are 20, your maximum heart rate is 200. The target rate is 120-160. So you need to exercise at a level that raises your heart rate to this range and keeps it there for at least 20 minutes.

Here is a great routine for HIIT - High Intensity Interval Training. Let's ramp up the fat burning and get down to it!

Cardio

Do this 3 times. Go!

Three circuits: 10 reps per exercise. No rests.

Round One:

- **Burpees**
- **Press-ups**
- **Jumping Jacks**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 15 reps per exercise. No rest

Round Two:

- **Walking Lunges with kettlebell exchange underneath leg**
- **Star jumps**
- **High knees running on the spot**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 25 reps per exercise. No rest.

Round Three:

- **Pullups**
- **Box Jumps**
- **Star jumps**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 30 reps per move. No Rest

Round Four:

- **Alternate Side Lunges**
- **Dips**

- **Shadow boxing**

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 Whole Eggs Scrambled
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 20.6 g Protein: 16.3 g

Lunch - Meal Two

- 1 Can of Tuna Steak
- Red bell peppers, and low fat Coleslaw

NUTRITION FACTS

Calories: 386 Fat: 17g Carbs: 17g Protein: 27g

Dinner - Meal Three

- Chicken Breast - With parsley, and bell peppers sliced up
- Peas and Carrots

NUTRITION FACTS

Calories: 318 Fat: 15g Carbs: 15g Protein: 24g

The Total Protein intake is 67.3 grams of protein. I would have 1 scoop of protein - 25grams - after your workout making a grand total of 92.3.

Notice how the carbs are minimal - except after your training. You can have carbs then, then stick with veg and fruit.

Tuesday - Cardio

Before Breakfast:

Very simple, do about 5 minutes of stretches and then go for an early 30 minute run - outside or use the running machine in a gym.

Be sure to warm down.

Plus, remember your walking today - as much as you can.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 1 x Whey Protein shake - with peanut butter and a banana
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 28 g

Lunch - Meal Two

- 1 x Medium sized Tuna Steak
- 1 x Cup Vegetables/salad

NUTRITION FACTS

Calories: 471 Fat: 33.2 g Carbs: 17 g Protein: 27 g

Dinner - Meal Three

- Tuna Steak
- Rocket and sliced Red Peppers
- Medium Sweet Potato

NUTRITION FACTS

Calories: 456 Fat: 17g Carbs: 29g Protein: 28g

The Total Protein intake is 83 grams of protein. I would have 1 scoops of protein plus after your workout making a grand total

of 108.

Wednesday - Cardio

Cardio

Do this 3 times. Go!

Three circuits: 10 reps per exercise. No rests.

Round One:

- **Burpees**
- **Press-ups**
- **Jumping Jacks**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 15 reps per exercise. No rest

Round Two:

- **Walking Lunges with kettlebell exchange underneath leg**
- **Star jumps**
- **High knees running on the spot**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 25 reps per exercise. No rest.

Round Three:

- **Pullups**
- **Box Jumps**
- **Star jumps**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 30 reps per move. No Rest

Round Four:

- **Alternate Side Lunges**
- **Dips**
- **Shadow boxing**

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 boiled eggs
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 35.6 g Protein: 20.3 g

Lunch - Meal Two

- Full-Fat Cottage Cheese
- 1 cup Cashews
- 1 Pear
- 1 Banana

NUTRITION FACTS

Calories: 566 Fat: 17 g Carb: 59 g Protein: 28 g

Dinner - Meal Three

- Pork Chops 5 ounces- with cooked apple - cooked together
- Vegetables 1 cup

NUTRITION FACTS

Calories: 380 Fat: 18.2 g Carbs: 25 g Protein: 28 g

The Total Protein intake is 76.3 grams of protein. I would have 1 scoop of protein after your workout making a grand total of 101.3.

Thursday - Cardio

Before Breakfast:

Very simple, do about 5 minutes of stretches and then go for an early 25 minutes of spinning or a bike ride - outside or use the running machine in a gym.

Or just stick to the pavement and do a 30 minute run.

Be sure to warm down.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 1 x Whey Protein shake - with peanut butter and a banana
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 28 g

Lunch - Meal Two

- 1 x can of Tuna Steak
- Rocket and Beetroot

NUTRITION FACTS

Calories: 471 Fat: 33.2 g Carbs: 17 g Protein: 27 g

Dinner - Meal Three

- Chicken Breast - With parsley, and bell peppers sliced up
- Steamed Broccoli

NUTRITION FACTS

Calories: 318 Fat: 15g Carbs: 15g Protein: 24g

The Total Protein intake is 79 grams of protein. I would have 1 scoop of protein plus after your workout making a grand total of 104.

Friday - Cardio

Cardio

Do this 3 times. Go!

Three circuits: 10 reps per exercise. No rests.

Round One:

- **Burpees**
- **Press-ups**
- **Jumping Jacks**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 15 reps per exercise. No rest

Round Two:

- **Walking Lunges with kettlebell exchange underneath leg**
- **Star jumps**
- **High knees running on the spot**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 25 reps per exercise. No rest.

Round Three:

- **Pullups**
- **Box Jumps**
- **Star jumps**
- **Skipping rope: 3 minutes**

Rest 1 minute

Three circuits: 30 reps per move. No Rest

Round Four:

- **Alternate Side Lunges**
- **Dips**
- **Shadow boxing**

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 Whole Eggs Scrambled
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 20.6 g Protein: 16.3 g

Lunch - Meal Two

- 1 x Medium sized Tuna Steak
- 1 x Cup Vegetables/salad
- 1 Medium sized Baked Potato

NUTRITION FACTS

Calories: 571 Fat: 33.2 g Carbs: 80 g Protein: 33 g

Dinner - Meal Three

- Chicken Breast - With parsley, and bell peppers sliced up
- Sprouts - cooked and mashed - add pepper and soft cheese - mash up

NUTRITION FACTS

Calories: 418 Fat: 15g Carbs: 28g Protein: 29g

The Total Protein intake is 78.3 grams of protein. I would have 1 scoop of protein - 25grams - after your workout making a grand total of 103.3.

Saturday - Cardio

Before Breakfast

1 hour of swimming - or 1 x 45 minute insanity workout.

In terms of swimming I want to mix it up, this is also very low impact, your muscles could probably do with something relaxing. Try to put in lengths and keep moving.

Again warming up and cooling down is very important.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 2 boiled eggs
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 409 Fat: 17.6 g Carbs: 35.6 g Protein: 20.3 g

Lunch - Meal Two

- Full-Fat Cottage Cheese

- 1 cups Cashews
- 1 Apple

NUTRITION FACTS

Calories: 356 Fat: 17 g Carb: 9 g Protein: 26 g

Dinner - Meal Three

- Pork Chops 5 ounces- with cooked apple - cooked together
- Vegetables 1 cup

NUTRITION FACTS

Calories: 380 Fat: 18.2 g Carbs: 25 g Protein: 28 g

The Total Protein intake is 74.3 grams of protein. I would have 1 scoop of protein after your workout making a grand total of 99.3.

Sunday - Rest and Nutrition

We've reached Week 2 of the workout! You're probably starting to notice the changes on your stomach becoming a set of abs, and the muscles on your arms and legs stating to form. But for now, let's give them a much needed breather, for today is your break day. After all those cardio workouts, your heart certainly needs it.

Like last week, you're free to have your cheat meal.

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 3 x scrambled eggs - with spinach
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 30.4 g Carbs: 26.2 g Protein: 26 g

Lunch - Meal Two

CHEAT MEAL - whatever you fancy!

Dinner - Meal Three

- 1 Cup x Full-Fat Cottage Cheese
- 1 x blob of peanut butter mixed in

NUTRITION FACTS

Calories: 371 Fat: 27 g Carb: 9 g Protein: 24 g

6. Week 3 Workout

Monday

Warm-up, or meditate, by sitting cross-legged on the floor. Make sure your back is straight and your hands are relaxed on your lap. Relax, close your eyes, and slowly breath in and out as you bend your body left and right for 15 breaths. Do this after your wake-up water but before breakfast.

Yoga

Every day this week is a yoga day, and will be focused on comfortable stretches. Make sure these movements flow, and hold the positions for at least three breaths for each. Once you are done, switch back to the warm-up cross-leg position to rest. Also, be sure to get a Yoga mat, or at least do this on a comfortable floor.

I'll explain how to do the poses first time around. Breather is like a Rep but it lasts as long as you can hold an inhale and exhale. If you're still having trouble or are not sure if you're doing the stretches right, try a Google search.

Cow and Cat pose – Stand on all fours. Cow pose arcs your back down, press shoulders away from head. Cat pose rounds your back, lowers your head, lifts belly and you try to see your thighs. Switch from Cow to Cat 5 times.

Downward Dog pose – Still on all fours, arc your back up to form a triangle or inverted V. Try to push your knees down and then back up. Hold, then rise and repeat 5 times.

Extended Side Angle – Lead with your right leg in a lunge, turn heel 45 degrees. With your right hand loose, reach and extend with your right over your head, making a straight line from heel to fingers. Hold for the usual 3 breaths, and then switch once to lean on your left leg.

Child's Pose – kneel down, lay back and face down as your hands stretch out. Keep your chest as close to your legs as possible. Simply relax and breath.

Rest break of 1 minute

Downward Dog pose – repeat 5 times

Extended Side Angle – start left, then right. Hold for 3 breathers each.

Cow and Cat pose – switch 5 times

Child Pose – hold for 5 breathers.

Rest for 5 minutes, end session.

Nutrition

For the duration of this week, we'll be eating less protein. That means no meats unless it's a cheat meal, and that you'll have to eat a lot more fruits and veggies.

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast – Meal One

- 1 x multivitamin
- An Orange
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 289 Fat: 4.4 g Carbs: 34 g Protein: 5.3 g

Lunch – Meal Two

- Fruit Salad Cup (Peach, Pear, Apricot, Pineapple, Cherry)
- Frozen Yogurt

NUTRITION FACTS

Calories: 275 Fat: 2.1g Carbs: 49.5g Protein: 21.3g

Dinner – Meal Three

- Smooth Peanut-Butter Sandwich (2 cups, 2 slices of bread)
- Apple

NUTRITION FACTS

Calories: 442 Fat: 18.3g Carbs: 60.3g Protein: 15.8

Total protein gain is 42.4 g. However, this week is about stretching muscles then building them. You need more protein when you work out because it converts to muscle. If you earn too much protein and don't work it off, you'll instead get fat, which is not what we want. That's why for your diet this week, abstain on eating meat and cups of protein.

Tuesday

Meditate cross-legged style for 15 breaths. Do this after the wake-up water but before breakfast.

Yoga

Mountain Pose – stand tall, feet together, shoulders relaxed. Each one of your 3 breathers, try to extend higher.

Tree Pose – arms raised then prayer, balance on one leg. Switch to next leg after 15 breathers.

Warrior Pose – stand 3-4 feet apart, bend forward leg 90 degrees, stay for 1 minute or 15 breathers before switching.

Pidgeon Pose – from a push-up position, kneel your left knee near shoulder. Lower down to forearms, allow right foot to be placed perfectly against the floor. Hold for 15 breathers and then switch legs.

Rest for 1 minute.

Pidgeon Pose – 15 breathers for each leg.

Tree Pose – 15 breathers for each leg.

Mountain Pose – 3 breathers, reach higher each time

Warrior Pose – 15 breathers for each leg.

Rest for 5 minutes, end session.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast – Meal One

- 1 x multivitamin
- An Orange
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 289 Fat: 4.4 g Carbs: 34 g Protein: 5.3 g

Lunch – Meal Two

- Fruit Salad Cup (Peach, Pear, Apricot, Pineapple, Cherry)
- Frozen Yogurt

NUTRITION FACTS

Calories: 275 Fat: 2.1g Carbs: 49.5g Protein: 21.3g

Dinner – Meal Three

- Smooth Peanut-Butter Sandwich (2 cups, 2 slices of bread)
- Apple

NUTRITION FACTS

Calories: 442 Fat: 18.3g Carbs: 60.3g Protein: 15.8

Total protein gain is 42.4 g.

Wednesday

Meditate cross-legged style for 15 breaths. Do this after wake-up water but before breakfast.

Yoga

Bridge Pose – lie on floor on your back with bent knees and arms flat on floor. Lift hips with feet in place as you exhale. Hold for 1 minute or 15 breathers.

Cobra Pose – lie face first on the floor, thumbs under shoulders and top of the feet on the floor slide. Push your body through thumb and index finger to rise upper body. Rinse and repeat 5 times.

Crow Pose – From Downward Dog position, move feet forward until the knees are touching the arms. Bend your elbows, stand on your toes, and rest knees against arms. Hold position for 10 breathers.

Seated Twist – Sit down with legs extended. Cross right foot over outside of left thigh and bend right knee with it pointed to ceiling. Place left elbow outside of right knee and right hand behind you on the floor. Twist your abdomen as far as you can, with your butt firm on the floor. Hold for a minute or 15 breathers before switching to the other side.

Rest for 1 minute.

Seated Twist – 15 breathers for each side.

Cobra Pose – Rise and fall 5 times.

Bridge Pose – Hold for 15 breathers.

Crow Pose – Hold for 10 breathers.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast – Meal One

- 1 x multivitamin
- An Orange
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 427 Fat: 8.2g Carbs: 50.2 g Protein: 8.9 g

Lunch - Meal Two

- Full-Fat Cottage Cheese
- 1 cups Cashews

- 1 Apple

NUTRITION FACTS

Calories: 356 Fat: 17 g Carb: 9 g Protein: 26 g

Dinner – Meal Three

- Canned Tomato Soup
- Full-Fat Cottage Cheese
- Saltine Crackers

NUTRITION FACTS

Calories: 292 Fat: 7.2g Carb: 41g Protein: 18.7g

Total protein gain is 53.6g. Remember not to eat any protein cups this week.

Thursday

Meditate cross-legged style for 15 breaths. Do this after wake-up water but before breakfast.

Yoga

Again, flow and hold the positions for three breaths for each. Once you are done, switch back to the warm-up cross-leg position to rest.

Cow and Cat pose – Switch from Cow to Cat 5 times.

Downward Dog pose – Hold and then switch 5 times

Extended Side Angle – switch legs after 3 breathers

Child's Pose – hold for 5 breaths

Rest break of 1 minute

Downward Dog pose – repeat 5 times

Extended Side Angle – switch legs after 3 breathers

Cow and Cat pose – switch 5 times

Child Pose – hold for 5 breathers.

Rest for 5 minutes, end session.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast – Meal One

- 1 x multivitamin
- An Orange
- Mixed with Green beans cut up

NUTRITION FACTS

Calories: 289 Fat: 4.4 g Carbs: 34 g Protein: 5.3 g

Lunch – Meal Two

- Fruit Salad Cup (Peach, Pear, Apricot, Pineapple, Cherry)
- Frozen Yogurt

NUTRITION FACTS

Calories: 275 Fat: 2.1 g Carbs: 49.5g Protein: 21.3g

Dinner – Meal Three

- Smooth Peanut-Butter Sandwich (2 cups, 2 slices of bread)
- Apple

NUTRITION FACTS

Calories: 442 Fat: 18.3g Carbs: 60.3g Protein: 15.8

Total protein gain is 42.4g.

Friday

Meditate cross-legged style for 15 breaths. Do this after wake-up water but before breakfast.

Seated Twist – 15 breathers for each side.

Pidgeon Pose – 15 breathers per leg.

Downward Dog – repeat 5 times.

Child Pose – hold for 5 breathers.

Rest for 1 minute.

Pidgeon Pose – 15 breathers per leg.

Downward Dog – repeat 5 times.

Seated Twist – 15 breathers for each side.

Child Pose – hold for 5 breathers.

Rest for 5 minutes. End session.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast – Meal One

- 1 x multivitamin
- An Orange
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 427 Fat: 8.2 g Carbs: 50.2 g Protein: 8.9 g

Lunch – Meal Two

- Full-Fat Cottage Cheese
- 1 cups Cashews
- 1 Apple

NUTRITION FACTS

Calories: 356 Fat: 17 g Carb: 9 g Protein: 26 g

Dinner – Meal Three

- Smooth Peanut-Butter Sandwich (2 cups, 2 slices of bread)

- Apple

NUTRITION FACTS

Calories: 442 Fat: 18.3g Carbs: 60.3g Protein: 15.8

Total protein gain is 50.7g

Saturday

Tree Pose – 15 breathers for each leg.

Extended Side Angle – switch legs between 3 breathers

Mountain Pose – 3 breathers, reach higher each time

Warrior Pose – 15 breathers for each leg.

Rest for 1 minute.

Mountain Pose – 3 breathers, reach higher each time.

Warrior Pose – 15 breathers for each leg.

Extended Side Angle – switch legs between 3 breathers.

Tree Pose – 15 breathers for each leg

Rest for 5 minutes. End session.

Nutrition

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- An Orange
- Porridge Oats 30gram serving with 1 tbsp. honey

NUTRITION FACTS

Calories: 427 Fat: 8.2 g Carbs: 50.2 g Protein: 8.9 g

Lunch - Meal Two

- Full-Fat Cottage Cheese
- 1 cups Cashews
- 1 Apple

NUTRITION FACTS

Calories: 356 Fat: 17 g Carb: 9 g Protein: 26 g

Dinner

- Canned Tomato Soup
- Full-Fat Cottage Cheese
- Saltine Crackers

NUTRITION FACTS

Calories: 292 Fat: 7.2g Carb: 41g Protein: 18.7g

Total protein gain is 53.6g

Sunday - Rest and Nutrition

So we have reached the end of week 3. I hope you feel tired, and achy but more importantly feel like you're making progress, slimming down, looking great and feeling great. You are now half-way there, now!

For being so dedicated I've given you two cheat meals today, they can actually be wherever you want - Breakfast/Dinner, Breakfast/Lunch etc. It's important for us to kick back and enjoy our hard work and to indulge in the odd cake.

Today is all about chilling, eating well, having your cheat meal - which is anything of your choice. I've also added a sneaky scoop of ice cream with your protein shake for doing so well.

Of course, come tomorrow of this workout you'll need to step up and work just as hard as the first three weeks. But for now, you earned yourself a reward to relax.

Upon Waking:

Have a long glass of warm water with lemon - either fresh lemon or pure lemon dripped in.

Breakfast - Meal One

- 1 x multivitamin
- 1 x Whey Protein shake - with peanut butter, a banana and a scoop of ice cream
- 1 30gram x Bowl of Granola

NUTRITION FACTS

Calories: 561 Fat: 35.4 g Carbs: 26.2 g Protein: 30 g

Lunch - Meal Two

CHEAT MEAL - whatever you fancy!

Dinner - Meal

CHEAT MEAL - whatever you fancy!

Conclusion: Final Notes, Cheats and the Number 1 thing to do!

CONGRATULATIONS!

Thank for you purchasing this book, and congratulations on finishing all 3 weeks!

I hope this book helped you reached the fitness you are striving for, even if it left your muscles aching. If you deviated or missed the odd day, don't worry, in the scheme of things you have taken steps to improve yourself. In fact in the first few weeks I expect you to take the odd day off. It's tough and is designed that way. The important thing is not to overdo it. Learn about your body. Now we recover and rest and go again with a renewed determination to do better than before. We can now re-do the 3 weeks again.

Fitness isn't about one workout or one meal. It's about you committing to the long term to improve yourself. That's all, and by saying I'm going to do this, you have made the first step.

Strive to improve your form for your weights workouts, feel the muscles contract, and feel the burn. Make sure you complete your cardio - this is the real fat burner. I keep checking my pedometer on my phone to see how many steps I've taken, I always strive for more than 6000 every day. So that's around 1 hour of walking. I always park further away than I need too, and I try to walk every morning. This adds to your cardio goals - so go for it - every little extra counts.

Try to keep to your nutrition. Make my plan work for you. You are in control and this is a guide that you should use to your advantage. You may need to adjust your nutrition adding more protein, adding more carbs after training. You need to get to know how your body responds. If you feel hungry or lethargic increase your healthy food intake a little. You may feel like you're not leaning up, in which case have smaller

meals. Reduce your calories. Remember to drink plenty of water after your workouts.

There'll be hard times when you're tired or just want to chill, it's up to you to know when to push on and do that workout or just take a break. Even a 30 minute walk in the evening is better than nothing.

As I said in terms of training you may struggle at first. I would reduce sets - not workouts. Keep to the schedule, keep working the muscles regularly and you will get results.

Number 1 thing to do:

Remember I said take a picture at the start? Good. Now take a picture again right now after 3 weeks. You should see a difference. It may be a big difference, it may be small. But you are in control as to how big or small it will be depending on how much you want the change. Then take a picture every 3 weeks to see how you're progressing.

This is fun, it's taking up a portion of your life for the good, so it should never feel like a chore!

There are a number of cheats I use to maximize muscle gain in terms of supplements.

- A weights Post workout shake with 25grams of Whey Isolate will help you recover.
- A scoop of BCAA's in 500ml of water pre-workout and something to sip. Again have this post workout. This is great for recovery and getting you back to feeling normal.
- If you have sweated a lot, try a glass of Coconut water. It's an acquired taste but is incredible for restoring lost electrolytes – and has more potassium than 4 bananas. So you feel back to normal fast and it is completely natural.

Remember fitness modelling and staying fit is about getting to know your body and only you can become the ultimate expert on that front.

Finally, if you found this book useful please rate it on Amazon. I have written other fitness books and books on

foods to improve skin which you can find by clicking on my name on Amazon.

So there we have it - you will be on your way to getting that amazing body - have a go, enjoy the workouts and be the change! Good luck and I hope to see you modelling in the near future!