



FIT-LIFE

TRANSFORMATION'S

Metabolic Kickstart



NUTRITION - WORKOUTS- PRODUCTS

By FIT-LIFE NATION

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Intro & Welcome

Thank you so much for grabbing your **Metabolic Kickstart** containing this *Short Burst Workout, Metabolic Boost Meal Plan*, and your *Trusted Fitness Products Guide...* all from **Fit-Life Transformation by Fit-Life Nation!** We hope you enjoy this gift & benefit from putting it to use.

We are super excited to show you a little glimpse of what you can expect to receive when you team up with us at **Fit-Life Nation**. This sample complimentary guide is just the tip of the fitness & health iceberg that you'll find under the surface of our fitness & health community.

Remember, you can find out exactly which Exercise & Nutrition is Best for You, Your Life, Your Body Type, & Your Goals right now at [Fit-Life Transformation Coaching](#) by Fit-Life Nation!

If you appreciate what you received in this complimentary Gift Pack, then you'll love what you find on the other side when you **Click Here!** It doesn't have to be the way it used to be for you.

Now... Get ready to save time & get a phenomenal jumpstart on your fitness & health with extraordinary results from the Done-4-U Exercise, Nutrition, & Product recommendations built into this guide. And don't worry... it's OK... past fitness & health struggles are not your fault!

So... strike while the iron is hot! Now is your time! Click the link above to see all that we have to offer you to help progress your fitness & health journey. Enjoy this complimentary Gift Pack!

We welcome you to join us on Social Media for great motivational, connection, & discovery using the links Just Below... OR [Click Here to View Client Testimonials!](#)

Here's To Seeing You There,

Greg & Kristin

Founder & Co-founder of

Fit-Life Nation

Fit-Life Nation and Facebook



SHORT BURST WORKOUT



Part 1: SHORT BURST WORKOUT

Welcome to Part 1, which is the exercise section of your **Metabolic Kickstart** from **Fit-Life Nation**. As you know, exercise is one of the foundational pillars of a fit & healthy life getting you about 30% of your fit & healthy results.

So... we will start off this Sample Workout segment by providing you additional information on why & how the types of exercise we offer work. You benefit automatically when you simply follow the included workout templates.

After that, you will discover everything you need to know to receive all the fitness & health benefits from the *SHORT BURST Workout Sample*. Gain the same benefits & more to get fit & healthy with the many other workouts in our arsenal. Click through to [Fit-Life Transformation Coaching](#) by Fit-Life Nation to see how we are there for you in your fitness & health pursuit.

Then, in this Workout Section, you'll find a sampling of Movements for the workout & how to perform them, followed by our Perceived Exertion Scale to know how intensely to move. Next, check out the workout Instructions to get you started. Finally, find your 2 workout templates **(Both your Done-4-U & your Interactive-Fillable Workout Template versions)**.

The 8 movement examples you'll find here are in the sequence they are performed in the SHORT BURST Done-4-U Workout Example Template with Photo How-To & descriptions.

These same movements can be used in the included **Interactive-Fillable SHORT BURST WORKOUT TEMPLATE**, or in other workouts you do beyond this guide... like in our other Premium Plans found on the website above.

Of course, feel free to use other appropriate movements for this Workout Sample that you know & love, or select from the 100 Option Dropdown Menu in the digital, customizable, & interactive template. **Please always work to your Own Personal Current Fitness Level approved by your physician.** [Click Here to View Client Testimonials!](#)

Let's head to the next page for a little of the "Why" type benefits of the right exercise!

Why Should You Exercise? The 1st 40%

AND Exercise this way No Matter Your Age, Body Type, Gender, Condition, or Needed Adaptation

1 - So You Can BURN CARBS TO EARN CARBS TO EAT - Using Intense Exercise

Consume carbs in your post workout window (within 30 minutes - 2 hours) after your workout when possible & when in line with your Day Type or Meal Type... after making room in your glycogen (Carb) storage tank from intense exercise at your level.

TIP: Lean Protein with a side of Starches is a great choice Post-Workout... throw in some green veggies too for good health.

2 - Exercise for the Efficient / Effective Feel Good, Fat Burning, Strengthening, & Conditioning Benefits of Weight/Body Weight, M.R.T., & H.I.I.T. Types of Workouts

Efficient: You will learn to do more & better work in less time for Efficiency

Effective: Burns carbs, burns fat, conditions, strengthens, builds & causes EPOC

3 - Exercise to Enjoy Increased E.P.O.C. (Excess Post-Exercise Oxygen

Consumption) Cause a massive Afterburn Fat Torching Calorie Burning Effect... lasting from 24 to 48 hours. Even Standard Weight/Resistance training with minimal rest between sets... causes EPOC. Enhance all types of your health, appearance, and performance.

4 - Additionally, Exercise will Help You Feel Good from the Massive Positive Hormonal Release & Balance (Growth Hormone, Endorphins, Dopamine). While creating & maintaining your fit & healthy body plus adding attractive lean muscle...Bonus!

5 - Exercise to Strengthen Your Bones, Joints, & Muscles for Improved Functional Life Longevity, Fitness & Overall Health!

REMEMBER... Avoid Overtraining (especially when cutting calories): These Intense Strategies work extremely well for durations of weeks to months, but do require occasional breaks of weeks to months to a less intense regimen of weight & bodyweight training (read - more rest between sets and/or a shorter total workout duration, + slightly less intensity or load).

This helps you to avoid possible fatigue from pushing your body too hard for too long... Especially if you are exercising on a reduced calorie, and/or decreased carb nutrition plan.

This is the reason for the different F.L.N. Nutri-Cycles™, and for times with a bit higher quantity of healthy food from The Fit-Life Nation Food Shop & Swap List. Please listen to your body & observe any changes in your measured results to help make a judgement call.

THE TAKEAWAY: E.P.O.C. & AFTERBURN cause you to Burn Fat Off of your body for Hours After Your Workout... So you can Eat More Food & Stay Lean (*Standard Cardio does NOT do this nearly as much*).

SPECIAL WORKOUT NOTE: Look right after your sample Done-4-U Single Tabata Workout Template... When you are ready, then you can Keep it Fresh & Never Boring... Because you can create your own New Workout Template Version with your...

INTERACTIVE FILLABLE Single Tabata any time you want!

Have Fun! Go Make It Happen!

Discover your workout benefits to come in this next section!

H.I.I.T. HIGH INTENSITY INTERVAL TRAINING

We call our Quick, Efficient, Effective H.I.I.T. Versions & Templates...

REMINDER WORKOUTS™ - like The Single Tabata SHORT BURST

Because these workouts are quick, efficient, effective & enough to “**REMIND**” your body to Release & Burn Stubborn Fat, Tone, Maintain & Build Muscular Strength + Endurance, & Condition your cardiorespiratory system in about **15 minutes or less per workout** (not the long marathon type or over-done workouts you may have experienced elsewhere).

These workouts are very effective, especially when performed 1 to 3 X per week & potentially paired with some other types of workouts. All without overdoing it & without causing long term fatigue! Add an F.F.E.™, (*shown later in this guide*), for even more benefit! There are many ways of organizing H.I.I.T. workouts with various work/rest time ratios. We use simple & well rounded 1:1 ratios of time & also the scientifically proven Tabata method.

Use a Timer: There are many interval timers for FREE as smartphone, tablet, or computer apps. You can also use an electronic or “old school” egg timer, clock, or watch to time each Work Interval and Rest Interval. **Each Rest Interval should be Either No Movement or Light Movement Level 0-3 on the Perceived Exertion Scale**

NOTE: If you are either time limited, traveling, working out at home, and/or you have little or NO equipment, then... our H.I.I.T. based *REMINDER WORKOUTS™* plus optional *FREE FAT EXTINGUISHER™* moderate cardio afterwards... can be your Go-To Workouts... Simply [Click Here](#) to find out how to get more **REMINDER WORKOUTS™!**

They can even be the only simple, short, challenging Workouts you do... AND you still get great results! When you can, then mix in the other Workouts too!

REMEMBER To Always Warm Up 1st:

How Long? Warm Up: Minimum of 2-5 minutes - Low intensity cardio type movement like brisk walk, light jog, jog in place, cycle, row machine, even mix multiple movements like a few jumping jacks, then jog in place, then high knees. **Then post-workout cool down & stretch.**

H.I.I.T. REMINDER WORKOUT™ EXERCISE SELECTIONS:

Run Sprints (be careful if using a treadmill), Bicycle Sprints, Swimming Sprints, Overhead PVC Squats, Jump Squats, Jumping Lunges, Air Squats, Goblet Squats, Pull Downs, Pull Ups, Push Ups, Rows, Jumping Jacks, Planks, Superman, Thrusters, Burpees, Mountain Climbers, Uphill Sprints (walk back down), High Knees, Light Kettle Bell or DB Swings, Wall (Medicine) Ball Toss, Slam Ball, Run in Place, Floor to Ceilings or Light Clean & Press, Weightless or Light Deadlift, Jump Rope, Rowing, Skating, Skater Hops, Step Hops, Skate Skiing, Boxing or Kick Boxing the Heavy Bag, etc., or use other movements. *Additionally*, add all of The “BIG 5” Movements found in our Premium Plan... [Fit-Life Transformation Coaching](#) by Fit-Life Nation.

LOWER IMPACT EXERCISE CHOICES:

Good for Anyone & Everyone including all Levels & stages of exercisers, travelers, home or little to no equipment exercisers, Stage 1 Starters, & even recovering or aged folks.

Utilize: Any “Big 5” Weightless Moves (Weightless Deadlifts, Towel Rows, Wall Push Ups, Air Squats, Floor-to-Ceilings), Center & Side Planks, Superman Holds, & Alternating Leg Lunges

H.I.I.T. based REMINDER WORKOUTS™ 2-WAY VARIABLE FOCUS:

For best overall results - We recommend experimenting with both types & using a mix of both for the most benefit. You can even use a blend of type 1 & 2 below in a single workout.

- 1. Fat Loss & Toning Focus + Conditioning:** This focus is created by combining higher repetitions of bodyweight upper, lower & full body movements with main goals of fat loss & conditioning plus some muscle strengthening, toning, & sculpting.
- 2. Strength, Muscle & Fat Loss Focus + Conditioning:** This focus is created by using less repetitions, but with more resistance in weighted or bodyweight

resistance movements with the main goal of increasing or maintaining strength & muscle, or muscle toning, with added fat loss & conditioning.

REMINDER WORKOUT™ Movements Photo How-To

NOTE: This is a *Sample* visual demonstration of *some* of the H.I.I.T. based *REMINDER WORKOUT™* exercises from the full list we provided above covering the Done-4-U Moves.

You can mix in other weighted or more challenging bodyweight movements.

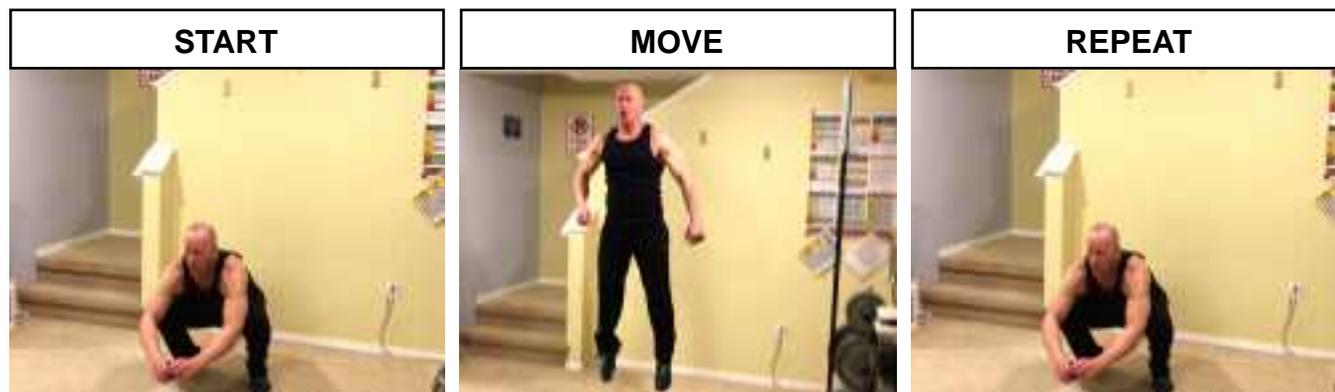
These could be movements such as weighted dips, muscle ups, & much, much, more. Do to your ability level as long as you can keeping the # of repetitions per interval high (at least 10 to 50 Reps/Interval dependent on the time to complete each repetition & the interval length in seconds).

Here we will demonstrate a Sample of Reminder Workout™ H.I.I.T. movements for you to utilize. Giving you a ton to start on in your extensive list of movement options!

Now, your Movements for The Single Tabata SHORT BURST Sample Workout!

MOVEMENT #1 = Jump Squats

JUMP SQUAT: From standing with your feet about shoulder distance apart, start movement by dropping into a squared position. Then explosively jump straight up as high as you can & land back into a squat position. Repeat for the duration of the interval.



MOVEMENT #2 = Push Ups

REGULAR PUSH UP, or modify to a WALL PUSH UP: the base of Chest Presses

How: Regular, do a standard push up on the ground, face down, on knees or toes, start arms straight, lower chest to ground & return by pressing up, elbows in line with your lower chest...

Or Wall, Stand with hands on wall or sides or doorway frame, then walk your feet backwards a few feet, then bend your arms allowing your chest forward, then press arms straight to return...

START



MOVE



REPEAT



START



MOVE



REPEAT



MOVEMENT #3 = Step Hops

STEP HOPS: Set start position by standing with your feet about shoulder distance apart & prepare to hop up & land with your right foot up onto a step, box, or stair. Now, hop up & land with your right foot on the step in front of you & left foot on the ground. Next quickly hop up again & change legs in the air landing with your left foot on the step in front, & your right foot on the ground. Rapidly repeat this alternating dynamic sequence for the interval duration.

START RIGHT	HOP TO (L)	LAND LEFT	HOP TO (R)	LAND & RPT.
-------------	------------	-----------	------------	-------------



MOVEMENT #4 = Mountain Climbers

MOUNTAIN CLIMBERS: Start in center plank-like position with the butt slightly higher to make room for the leg to pass under. Quickly alternate bringing one knee under the body, toward the chest, on the same side, then return that leg & bring the other knee under the body & toward the chest on that side. Repeat this method for the duration of the interval.



MOVEMENT #6 = Skater Hops

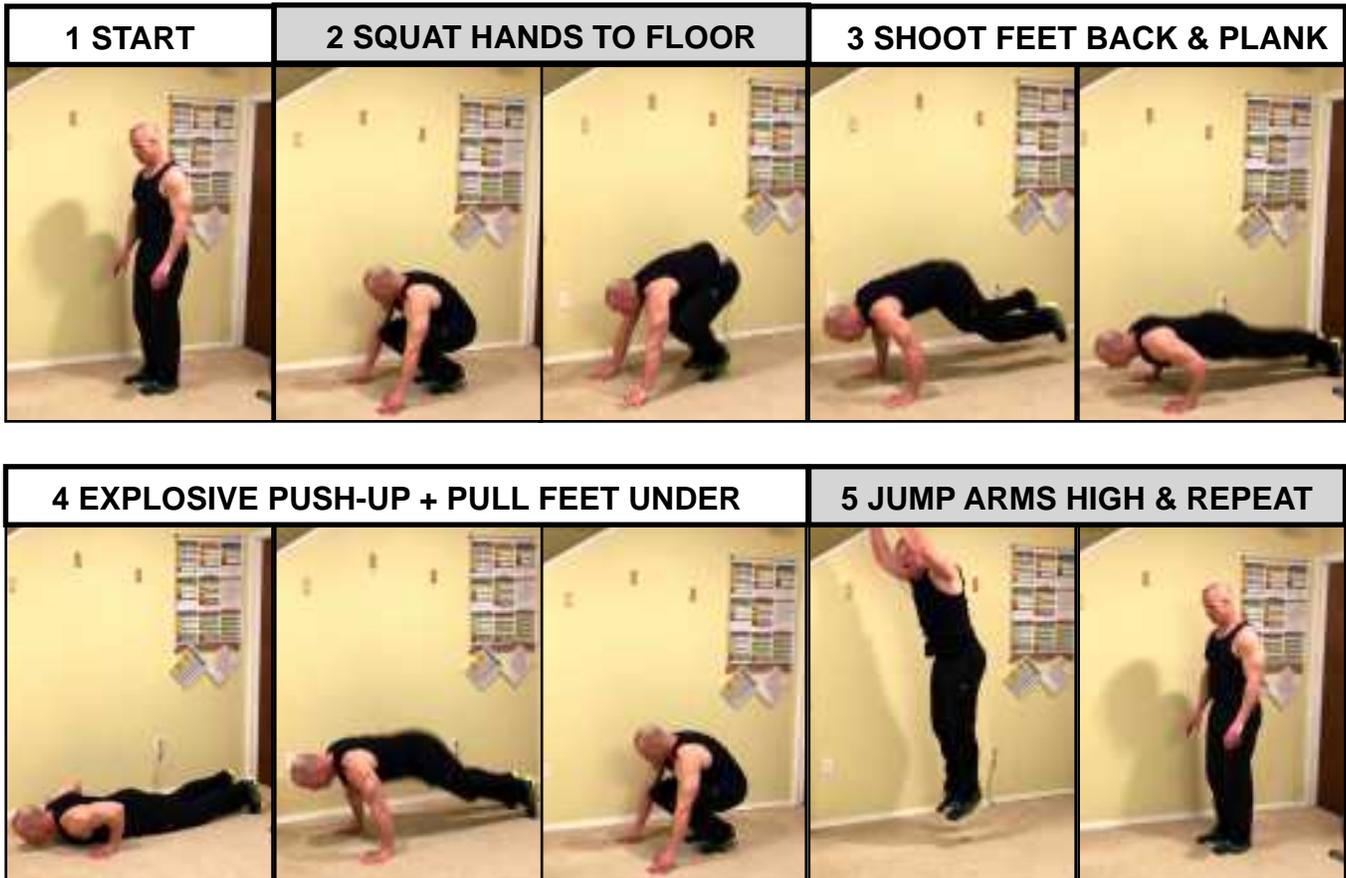
SKATER HOPS: 1st, imagine you are about to move like a winter olympic ice speed skater. Set start position by standing with your feet about shoulder distance apart & prepare to hop up & land to your right & onto your right foot, while allowing your left leg to swing passed & behind to your far right. Now, hop to your left from that position & land far to your left on your left foot while allowing your right leg to swing passed & behind to your far left. Rapidly repeat this alternating dynamic sequence from right side to left & back for the duration of the interval.



MOVEMENT #7 = Burpees

BURPEES (With Push Up):

1. Start by standing in an open space large enough for a plank & tall enough to jump with hands overhead without hitting the ceiling. Your feet are hip or shoulder width apart.
2. Squat down & place your palms on the floor either inside or just outside your feet
3. Next, shoot your feet backwards & land in an arms length plank position
4. Then, drop your chest to the floor & do a push up explosively while pulling your feet forward to return them under your chest
5. Finally, explode up vertically out of your squat throwing your arms forward & straight over head & land back in the standing start position. Repeat this method for the entire interval.



MOVEMENT #7 = Spiderman

SPIDERMAN: Start in center plank-like position. Quickly alternate bringing one knee out to the side of the body toward that side's shoulder, then return that leg & bring the other knee out to the side of the body toward that side's shoulder then return that leg. Repeat this method for the duration of the interval. To increase difficulty bend the elbows lowering chest towards the ground & hold there.



MOVEMENT #8 = Snowboarder 180 Jumps

SNOWBOARDER JUMPS: Set start position by standing with your feet about shoulder distance apart & move into a full squat (prepare to explosively jump & spin 180 degrees landing facing the opposite direction, also in a squat). Now jump & spin 180 degrees & land squatted facing the opposite direction. Next explosively jump up again & spin back 180 degrees to land facing the original start direction. Repeat this alternating dynamic sequence for the duration of the interval.



Perceived Exertion Scale (P.E.S.)

Exercise Intensity Regulation: The Perceived Exertion Scale (P.E.S.)

Rated From 0-10

0 = Laying, Sitting, Standing

1 = Strolling, Slow Walk

2-4 = Walk to Slowest Jog

4-5 = Speed Walk to Jog to Fast Jog (can maintain long duration minutes to hours)

6-7 = Long Sprint (can only maintain for a minute or two without rest)

8-10 = Short Sprint, Very Hard to Max Effort (can only maintain for a few seconds to a minute without rest) Sweating, Out of Breath, Lactic Acid Muscle Burn, All Out Effort

QUICK START - The SHORT BURST Workout

The Single Tabata - SHORT BURST 20:10 H.I.I.T. + F.F.E.TM Cardio (SUPER TIME EFFICIENT)

FIRST - We understand you may have heard of, seen, or even done a Tabata Interval Workout before. *BUT stay with me because you've never seen it quite like you will here.*

How is this one Different?

1. We provide both a Done-4-U version, PLUS a 2nd version to introduce you to our **Interactive-Fillables**. They uniquely allow you full control & the "On-the-Go" ability to customize your workout times & movements... right from your digital device... to always keep it fresh so you're never bored.
2. We also built-in a non-standard, more effective & progressive formula of:
Warm Up + Workout + F.F.E.TM = Efficient - Priming, Fat Release, & Additional Fat Burn
+ Bonus Growth Hormone Surge, Strength & Endurance Building... All in 1 Short Burst!

THINK - I'm doing exercise Bursts to Burst my fat cells open & use the fat (no literal bursting).

PURPOSE - to Release & Burn Stubborn Body Fat, Build Strength, Endurance, & Conditioning. This is about the shortest total workout available that can get you the incredible results the 4 Minute SHORT BURST Single Tabata *REMINDER WORKOUTTM* provides.

* **Tabatas are Fueled by Mostly Phosphocreatine & Lactic Acid, then Muscle Glycogen**

* **Standard Tabata 20:10** is 8 Work & 8 Rest Rounds ***ONLY Takes 4 Total Minutes***

(Japanese researcher Izumi Tabata first developed the system in 1996)

- 20 seconds of Work at Level 8-10 on P.E.S. Alternated with 10 seconds Rest Level 0-3
- Perform 8 Total Work Intervals Paired & Alternated with 8 Total Rest Intervals

* **Remember an Interval Timer is great to have on in the back ground to keep you on track with each timed 20 Second Work or 10 Second Rest Interval.**

INCLUDED WORKOUTS - You should find 2 Single Tabata Templates included here in your - *Fit-Life Nation: Metabolic Kickstart*. For more go to [Fit-Life Transformation by Fit-Life Nation](#).

Template #1 = A Done-4-U version with all the movements & times selected for you.

Template #2 = If you love digital simplicity & control, then you'll love this *Sample* of our **Interactive-Fillables**. In this template you will find lists of around 100 movements to choose from to create your own Custom *Single Tabata REMINDER WORKOUT™*. It's Easy!

1. **IMPORTANT:** For full Interactive-Fillable functionality please open this PDF with an **Abobe Brand PDF Reader** in your smart phone, tablet, or computer.
2. **Next**, click the dropdown menu arrow in the workout template.
3. **Then**, scroll & select the exercise movement you want in the 1st Dropdown Menu.
4. **To the Right** of the Movement Menu, there is another Dropdown Menu for the Method of any Resistance or Weight you might be adding.
5. **Once More to the Right** of the Resistance Method Dropdown is a Text Box where you can enter the Amount of Resistance in Pounds, Band Color or whatever meets your needs.
6. **Then, Move Downward** to the next Movement dropdown menu and repeat to build your custom workout with anywhere from 1 to 8 Total Movements to mix it up with your Tabata!

And Next... Your Two **SHORT BURST WORKOUT** Templates!

The Single Tabata - SHORT 20:10 H.I.I.T. + F.F.E.™ Cardio
 - Done-for-You - REMINDER WORKOUT™ - View or Print -

ACTIVITY TYPE	TIMING & LAYOUT	INTENSITY	MOVEMENT, METHOD, & ANY RESISTANCE
WARM UP & PREPARE TO BURN	5 2-5 MINUTES	LEVEL 2-4 (0 to 10)	Select Your Warm-Up Move(s): <input type="text" value="Jog in Place"/> <input type="text" value="Jumping Jacks"/>
Single TABATA SHORT H.I.I.T. 20:10	20:10 X 8 ROUNDS (4 Minutes) Alternate: 20 Seconds ON 10 Seconds OFF	LEVEL 8-10 (Out of 10)	Select or Type 1 or up to 8 Movements: <input type="text" value="Jump Squats"/> <input type="text" value="Push Ups"/> <input type="text" value="Step Hops"/> <input type="text" value="Mountain Climbers"/> <input type="text" value="Skater Hops"/> <input type="text" value="Burpees"/> <input type="text" value="Spidermans"/> <input type="text" value="Snowboarder Jumps"/>
REST	60 SEC. REST Before F.F.E.	LEVEL 0-3 (Out of 10)	Stand Or Slow Walk
F.F.E.™ CARDIO Optional: Burn Off Free Fat & Condition	15 10-30 MINUTES Moderate to Low Intensity & Steady State	LEVEL 4-5 (Out of 10)	CHOOSE 1 or Mix Multiple: <input type="text" value="Jogging"/> <input type="text" value="Cycling"/> <input type="text" value="Brisk Walking"/>
TIME	* WITH FFE™ Cardio = 18 Minutes ** WITHOUT FFE™ Cardio = 6 Minutes		

H.I.I.T. EXERCISE SELECTIONS:

Run Sprints (carefully if treadmill), Perform Bicycle Sprints, Swimming Sprints, Overhead PVC Squats, Jump Squats, Jumping Lunges, Air Squats, Goblet Squats, Pull Downs, Pull Ups, Push Ups, Rows, Jumping Jacks, Planks, Superman, Thrusters, Burpees, Mountain Climbers, Uphill Sprints (Walk back down), High Knees, Light Kettle Bell or DB Swings, Wall (Medicine) Ball Toss, Slam Ball, Run in Place, Floor to Ceilings or Light Clean & Press, Weightless or Light Deadlift, Jump Rope, Rowing, Skating, Skater Hops, Step Hops, Skate Skiing, Boxing or Kick Boxing the Heavy Bag, etc.

The Single Tabata - SHORT 20:10 H.I.I.T. + F.F.E.™ Cardio

- Interactive Fillable - **REMINDER WORKOUT™** - Fill, Print, Save -

ACTIVITY TYPE	TIMING & LAYOUT	INTENSITY	MOVEMENT, METHOD, & ANY RESISTANCE
WARM UP & PREPARE TO BURN	___ 2-5 MINUTES	LEVEL 2-4 (0 to 10)	Select Your Warm Up Move(s):
Single TABATA SHORT H.I.I.T. 20:10	0:10 / 8 ROUNDS (4 Minutes) Alternate: 20 Seconds ON 10 Seconds OFF	LEVEL 8-10 (Out of 10)	Select or Type 1 or up to 8 Movements:
REST	60 SECONDS Rest or F.F.E.	LEVEL 0-3 (Out of 10)	Rest or Slow Walk
F.F.E.™ CARDIO Optional: Burn Off Free Fat & Condition	___ 10-30 MINUTES Moderate Low Intensity & Steady State	LEVEL 1-5 (Out of 10)	CHOOSE 1 or Mix Multiple:
TIME	* WITH F.F.E.™ Cardio = 18 Minutes ** WITHOUT F.F.E.™ Cardio = 6 Minutes		

H.I.I.T. EXERCISE SELECTIONS:

(Clickable Dropdown Lists are in the Template)

All of The "BIG 5" Weightless OR Light Weight Movements, Run Sprints (carefully if treadmill), Perform Bicycle Sprints, Swimming Sprints, Overhead PVC Squats, Jump Squats, Jumping Lunges, Air Squats, Goblet Squats, Pull Downs, Pull Ups, Push Ups, Rows, Jumping Jacks, Planks, Superman, Thrusters, Burpees, Mountain Climbers, Uphill Sprints (Walk back down), High Knees, Light Kettle Bell or DB Swings, Wall (Medicine) Ball Toss, Slam Ball, Run in Place, Floor to Ceilings or Light Clean & Press, Weightless or Light Deadlift, Jump Rope, Rowing, Skating, Skater Hops, Step Hops, Skate Skiing, Boxing or Kick Boxing the Heavy Bag, etc.

Bonus Tip: Post-Workout Free Fat Extinguisher™ Cardio

We're glad you're still here because we know that means you'll capitalize on the information we have provided you in your complimentary...

METABOLIC KICKSTART

from

[Fit-Life Transformation Coaching by Fit-Life Nation](#)

After you finish this **Workout Section** please move on to your **Metabolic Boost Meal Plan**, then easily click & grab everything you need for fitness in the **Trusted Fitness Products Guide**.

In order to provide you a ton of value in this Kickstart we are also including a little surprise on the next page laying out a trick you can use to beat the bulge & keep up aerobic conditioning.

It's a trick you can use when you have finished your SHORT BURST WORKOUT.

See you on the next page to grab some simple & added positive results to increase your fitness & health... [Click Here to View Client Testimonials!](#)

"Bonus" FREE FAT EXTINGUISHER (F.F.E.)™ Cardio

TIP for Burning Up Your Free Fatty Acids Post Intense Exercise

DEFINITION: Extinguish (verb) - To put an end to; annihilate. **F.F.E.™ Cardio will Put An End To or Annihilate the Fat You have Released from your workout!**

- **How:** Cardio exercise performed at a **Moderate** Steady State Pace, at a 4-5 on the Perceived Exertion Scale (P.E.S.) for about 10-60 Minutes. Once in a while you can Kick the Pace Up to a 6-7 on the Perceived Exertion Scale (P.E.S.) for Your Steady State Cardio.
- **When:** F.F.E.™ Cardio is generally performed after Weight or Body Weight Training, Metabolic Resistance Training, H.I.I.T. or other Interval Training, **Or CAN** be a Stand Alone Workout (Performed at Moderate Pace most of the time... No Chronic Use).
- **Purpose & Explanation:** The purpose is to Burn Up then *Extinguish for Good*, the Body Fat released from Intense Exercise that is now in Your blood stream. The magic is that You **Avoid Your Body's "Fat Relocation Program"** (a.k.a. Fat Re-Esterfication). Otherwise the Free Fatty Acids in the blood stream that you worked hard to release can be Re-Stored elsewhere on your body as part of your survival mechanism to prevent death from famine. If you have this book, then I imagine Famine Is NOT a Problem for YOU.

Moderate Steady State Cardio Pace

Target Heart Rate Methods

- Use the **Talk Test** to gauge rate, should be able to speak about 5 or so words without a problem before needing a breath while performing Moderate Steady State Cardio.
- If you have good open sinus and nasal passages, then a favorite Technique of mine is that I gauge my Cardio pace by keeping the Intensity low enough that I can get enough Air in by breathing only through my nose Without opening my mouth. Give it a try!
- OR Calculate and Monitor Target Heart Rate: Keep your heart rate generally in the range of about 55-75% of Maximum Heart Rate for Your Age. This is typically a range starting from 100 Beats Per Minute (BPM) and up to the number that 180 Minus Your Age equals. **This is the Fat Burning Window and also the general aerobic conditioning range.**

The Upper Target Heart Rate Calculation:

180 - Your Age = Highest Fat Burning & Aerobic Conditioning Heart Rate

EXAMPLE:

Step 1: 180 - 40 Years of Age = 140 BPM Upper Fat Burning/Aerobic Heart Rate

Step 2: Keep your heart rate range from 100 BPM to your upper BPM # from Step 1.



METABOLIC BOOST MEAL PLAN



Part 2: METABOLIC BOOST MEAL PLAN

The Other 60%

4 to 5 Meals

“You can’t out-exercise poor nutrition!” - Unknown
Gaining 60% of Your Fitness & Health Results in an enjoyable way...
You do love to eat... right?

QUICK TIP: Keep your Carbs & Fats in separate meals most of the time... anchor all your meals with a healthy, relatively lean protein source... add some green veggies, plus a little healthy fat at the right times... & BOOM... Instant Fit & Healthy Body!

Meal # + Optional Carb Serving: Add Meal 5 if you intensely exercise & add optional Meal 5 carb serving if you are either super active or have a hard time gaining or keeping weight on.

Alright! Well Done! You’ve made it this far... right into your **Metabolic Boost Meal Plan**. Here you’ll find out how we build the nutritional foundation found in our Premium Products. Remember, you can find out exactly which Nutrition & Exercise is Best for You, Your Life, Your Body Type, & Your Goals right now at [Fit-Life Transformation!](#)

There you will discover our customizable nutrition using our specific method of **Nutri-Cycling™**. Our full plans include all you’ll need for the right nutrition, the right mindset, & even *Perfectly-Paired Exercise* to get you right to your fitness goals fast! For Nutrition, we give you easy-to-follow templates with the Right Foods, Paired & Prepared the Right Way, in the Right Quantity for You, and a Built-In Meal Plan.

Now, let’s give you a Nutrition Jumpstart on the Next Page. You’ll now know all you need in order to put this complimentary Metabolic Boost Meal Plan to work for you right away!

Starting here is a great way to build the foundation for beginning...

Now the rest will be a breeze! Bon Appétit!

Adopting the Food Type Key for Meal Plans

FOOD TYPE KEY

P = Proteins

V = Vegetables

O = Oils & Fats

S = Starches

A = Fruits

OM = Open Meal

DA = Desserts/Alcohol

To help you memorize the **FOOD TYPE KEY**, you can use the representative Letters like (**P**) to create an Acronym. The letters of the Main 5 Food Types spell **P.V.O.S.A.** (say in your head, “Pee-Voh-Sah”). Make Sense?

Most of the **FOOD TYPE KEY Abbreviations** above are relatively simple and easy to correlate.

However, (A) is used for Fruit to avoid confusion of Fruit vs. Fat with the letter “F”.

Instead, memorize “A is for Apple! And an Apple is one of the most well known Fruits”.

FREEDOM PORTION TECHNIQUE™

Portion Control

P = Lean Protein

FP: Size & Thickness of the Palm Of Your Hand for Meat, Fish, Seafood, or Fowl

Measured (Weight): MEN 5-8 Ounces & WOMEN 3-6 Ounces

Label (Grams = g): MEN 35-50 g & WOMEN 20-35 g



V = Veggies

FP: The Size of Your Fist 1-2 X, or grab to fill your Hand - Some extra of green (V) Veggies is OK.

Measured (Volume): MEN 1 to 2 Cups & WOMEN .75 to 1.5 Cups

Label (Grams = g): MEN 5-10 g & WOMEN 4-8 g



O = Healthy Oil or Fat

FP: 1 to 2X Max the size of the 1st Segment of your Thumb

Measured (Volume): MEN 1-2 Tbsp & WOMEN .75-1.5 Tbsp

Label (Grams = gm): MEN 15-30 gm & WOMEN 12-25 gm



S = Starches

FP: Size of your Fist

Measured (Volume): MEN 1 to 1.5 Cups & WOMEN 1/2 to 1 Cup

Label (Grams = g): MEN 40-60 g & WOMEN 20-40 g



A = Fruit

FP: Size of your Fist

Measured (Volume): MEN 1 to 1.5 Cups & WOMEN 1/2 to 1 Cup

Label (Grams = g): MEN 40-60 g & WOMEN 20-40 g



Mixed Meal Portion Size = 2 Fists Use in a Pinch, when having Occasional Blended Food Type Meals like Protein / Meat Based & Hearty Soup / Stew / Chili / Casserole, etc., that have Protein, Fat, Veggies & Carbs Or for Open Meals (OM)

1-Day / 5-Meal Shopping List - All You Will Need

Kitchen Tools Shopping List

Meal 1

Apple Slicer or Sharp Knife
Cutting Board
Whisk, Fork or Spoon
Measuring Cup

Meal 2

Two 10-12" Non-Stick Pans are best & fastest
Two Lids for Pans
Spatula

Meal 3

Blender (we like the Magic Bullet or Vitamix)

Meal 4

Baking Pan
Spatula
Cast Iron or Thick-bottomed Pan if using Pan Sear Method

Meal 5

Baking Pan (if broiling)
Grilling Vegetable Tray (if grilling)
Sharp Kitchen Knife
Cutting Board
Small Container with Lid & a Fork to Mix Seasoning

1-Day / All 5 Meals: Food Items Shopping List

Meal 1

2% Plain Greek Yogurt (no added sugar)
Quality Low-Carb Protein Powder
Unsweetened Coconut / Almond Beverage
Fresh or Frozen Blueberries (organic if possible)
Apple (organic if possible)

Meal 2

Fresh or Frozen Wild-Caught Halibut or Cod
Coconut Oil Cooking Spray
Lime Juice (no sugar added & organic if possible)
Snow Pea Pods (organic if possible)
White Rice (non-GMO & organic if possible)
Your Choice - instant, frozen, dry, or pouch
Salt
Pepper (organic if possible)
Garlic Powder (organic if possible)

Meal 3

8-12 oz Coconut / Almond Beverage
Low-Carb Protein Powder
MEN: 1.5-2 servings: Usually 2.5 - 4 Scoops (30-40 grams of protein)
WOMEN: 1-1.5 servings: Usually 2-3 Scoops (20-30 grams of protein)

2 Tbsp of Almond Butter

1 Serving of Powdered Greens or 1 Cup Fresh Greens

Meal 4

Top Sirloin Steak (Grass-Fed if possible)
Avocado Oil Spray (organic & high-heat)
Bottle of High-Heat Avocado Oil (non-GMO, 1st cold expeller pressed, minimally refined)
Pre-cut Broccoli Florets
Garlic Powder (organic if possible)
Onion Powder (organic if possible)
Salt
Pepper (organic if possible)

Meal 5

Boneless Skinless Chicken Thighs (Free-Range & Organic if possible)
Avocado Oil Cooking Spray
Chili Powder (organic if possible)
Garlic Powder (organic if possible)
Onion Powder (organic if possible)
Salt
Pepper (organic if possible)
(Substitute Mrs. Dash Southwest Chipotle for chili, garlic & onion Powders. Or use your favorite no sugar BBQ rub for seasoning.)

The 5 Meals of the Day: What & How?

Meal 1: Vanilla Protein Greek Yogurt with Blueberries & Side of Apple

Meal Type - P/A

Total Prep & Cook Time: 5 minutes or less

Kitchen Tools Needed:

Apple Slicer or Sharp Knife

Cutting Board

Whisk, Fork or Spoon

Measuring Cup

Shopping List Items:

2% Plain Greek Yogurt (no added sugar)

Quality Low-Carb Protein Powder

Unsweetened Coconut / Almond Beverage

Fresh or Frozen Blueberries (organic if possible)

Apple (organic if possible)



Ingredients:

2% Plain Greek Yogurt

MEN - 1 to 1 1/2 cups

WOMEN - 3/4 to 1 1/4 cups

1/2 to 1 Cup Fresh or Frozen Blueberries

1 Scoop Quality Low-Carb Protein Powder

1 oz. Coconut / Almond Beverage or Water

Apple - Freedom Portioning = Your Fist Size

Prep & Instructions:

1. Add coconut / almond beverage or water to 1 scoop protein powder in bowl.
2. Use your whisk, fork or spoon to mix together.
3. Add your portion serving size of Plain Greek Yogurt to bowl and continue to mix together.
4. Add in blueberries and stir.
5. Slice up your Freedom Portioning (Fist Size) of an apple using a knife or apple slicer.

Serving Size: 1 serving

* **Portion Size:** For appropriate food items, please remember to follow *The Hand Method* shown previously for your portion size. Alternatively, measure or use label grams if appropriate per the other portion guidelines provided in this 1-Day Meal Plan.

Meal 2: Pan-Poached Lime Halibut with Sautéed Snow Pea Pods & Steamed White Rice (May substitute Wild Caught Cod for the Halibut)

Meal Type - P/V/S

Total Prep & Cook Time: 20 minutes or less

Kitchen Tools Needed:

Two 10-12" Non-Stick Pans are best & fastest
Two Lids for Pans
Spatula

Shopping List Items:

Fresh or Frozen Wild-Caught Halibut or Cod
Coconut Oil Cooking Spray
Lime Juice (no sugar added & organic if possible)
Snow Pea Pods (organic if possible)
White Rice (non-GMO & organic if possible) Your Choice - instant, frozen, dry, or pouch
Salt
Pepper (organic if possible)
Garlic Powder (organic if possible)



Ingredients:

Halibut or Cod - Freedom Portioning = Your Palm Size

1 oz. Lime Juice
Coconut Oil Cooking Spray
Dash of Salt
Dash of Pepper
Dash of Garlic Powder

Snow Pea Pods - Freedom Portioning = Fist or a little more

Coconut Oil Cooking Spray
Dash of Salt
Dash of Pepper
Dash of Garlic Powder

Steamed White Rice - Freedom Portioning = Your Fist Size (cooked rice)

Prep & Instructions:

Halibut or Cod

1. Pat fish filets dry and place on a plate.
2. Pour the lime juice over filets & add kosher salt & pepper to taste.
3. Let sit for 2 minutes so filets will absorb the lime flavor.

4. Lightly spray pan with coconut oil spray.
5. Heat one non-stick skillet with spray to medium high heat (keep spray from smoking).
6. Add fish including all of the lime juice to the skillet.
7. Cover pan with a lid and poach (cook) the fish for 4 minutes.
8. After 4 minutes flip the halibut fillets over in the pan & add salt & pepper to taste on the other side of the fish.
9. Place the lid back on the pan & turn off the heat. Let fillets cook for another 4 minutes.
10. *The USDA recommends an internal cooking temperature of 145° for fish.*

***Note:** If you start with your fish fillets frozen, cook for 2 minutes longer on each side.

Snow Pea Pods

1. Heat the 2nd non-stick pan to medium high heat.
2. Spray pan with coconut oil spray.
3. Add snow pea pods & 1 oz. of water to pan. Cover with lid & let steam for 2 minutes.
4. Stir pea pods once & replace lid.
5. Steam for 2 more minutes
6. Remove lid then add salt, pepper & garlic powder to taste.
7. Stir pea pods & serve hot.

Steamed White Rice

You can cook your rice in a variety of ways. This depends on the type of rice you have, your time, kitchen tools & cooking skill.

1. Use a rice cooker & bulk cook rice beforehand, then reheat for this meal
2. Use pre-cooked rice pouches & microwave
3. Use frozen rice & microwave
4. Use instant rice & follow directions on package

Serving Size: 1 serving - Times may slightly vary if cooking more than 1-2 portion sizes.

*** Portion Size:** For appropriate food items, please remember to follow *The Freedom Portion Technique* shown previously for your portion size. Alternatively, measure or use label grams if appropriate per the other portion guidelines provided in this 1-Day Meal Plan.

Meal 3: Chocolate Almond Protein & Greens Smoothie

Meal Type - P/V/O

Total Prep & Cook Time: 5 minutes or less

Kitchen Tools Needed:

Blender (we like the Magic Bullet or Vitamix)

Shopping List Items:

Unsweetened Almond / Coconut Beverage

Quality Low-Carb Protein Powder

Powdered Greens or Fresh Greens

No Sugar Added Almond Butter



Ingredients for Smoothie:

8-12 oz Coconut / Almond Beverage

Low-Carb Protein Powder

MEN: 1.5-2 servings: Usually 2.5 - 4 Scoops (30-40 grams of protein)

WOMEN: 1-1.5 servings: Usually 2-3 Scoops (20-30 grams of protein)

2 Tbsp of Almond Butter

1 Serving of Powdered Greens or 1 Cup Fresh Greens

Prep & Instructions for Smoothie:

1. Add coconut / almond beverage
2. Then add the protein powder
3. Next, add the almond butter
4. Now, the powdered greens or fresh greens go into your blender
5. Blend for 30 seconds or until fully blended. Enjoy!

Serving Size: 1 serving

* **Portion Size:** For appropriate food items, please remember to follow *The Hand Method* shown previously for your portion size. Alternatively, measure or use label grams if appropriate per the other portion guidelines provided in this 1-Day Meal Plan.

Meal 4: Grilled or Pan-Seared Top Sirloin Beef Steak with Broiled Seasoned Broccoli in Avocado Oil

Meal Type - P/V/O

Total Prep & Cook Time: 20 minutes or less

Kitchen Tools Needed:

Baking Pan

Spatula

Cast Iron or Thick-bottomed Pan if using Pan Sear Method



Shopping List Items:

Top Sirloin Steak (Grass-Fed if possible)

Avocado Oil Spray (organic & high-heat)

Bottle of High-Heat Avocado Oil (non-GMO, 1st cold expeller pressed, minimally refined)

Pre-cut Broccoli Florets

Garlic Powder (organic if possible)

Onion Powder (organic if possible)

Salt

Pepper (organic if possible)

Ingredients:

Top Sirloin Steak - Freedom Portioning = Your Palm Size

MEN: 5-6 oz.

WOMEN: 3-4 oz.

Salt

Pepper

Broccoli Florets - Freedom Portioning = Fist or a little more

Avocado Oil Cooking Spray

Avocado Oil Bottle - Freedom Portioning = 1/2 Thumb Size or about 1 Tbsp. for 1 serving

Dash Garlic Powder

Dash Onion Powder

Dash of Salt

Dash of Pepper

Prep & Instructions:

Top Sirloin Steak

GRILL METHOD

1. Turn grill on High.
2. Prepare steak by seasoning with salt & pepper on both sides.
3. Grill steak on 1st side for 5 minutes.

4. Check steak, flip to other side & grill for 3 1/2 more minutes. This timing produces a medium rare steak. If you would prefer more or less doneness decrease or increase cooking time.
5. Pull steak from grill & let rest for 5 minutes.
6. Internal temperature for a medium rare steak is 135°.

The USDA recommends an internal cooking temperature of 145° for beef.

PAN-SEAR METHOD

1. Preheat pan on high heat.
2. Drizzle small amount of Avocado Oil in pan to coat bottom.
3. Sear steak over high heat until a brown crust forms, about 1-2 minutes per side.
4. Then reduce heat to medium and cook to desired doneness, about 3 minutes per side for medium rare.
5. Internal temperature for a medium rare steak is 135°.

The USDA recommends an internal cooking temperature of 145° for beef.

Broccoli

BROIL METHOD

1. Turn on the broiler function of your oven. Set to 550°. Place rack 4-6" from heating element or flame.
TIP: Make sure you keep an eye on your broiler and check every couple of minutes so your food doesn't burn.
2. Lightly spray Baking Pan with Avocado Oil cooking spray.
3. Place broccoli on Baking Pan & spread evenly in pan.
4. Spray broccoli with Avocado Oil cooking spray & season with garlic powder, onion powder, salt & pepper.
5. Broil broccoli for 8 minutes checking every 2-3 minutes so that broccoli doesn't become overdone. If you prefer more char on your broccoli broil for 2-4 more minutes.
6. Pull broccoli from oven.
7. Drizzle with liquid Avocado Oil (Freedom Portioning = Thumb Size or about 1 Tbsp. for 1 serving)
8. Add more seasoning if desired.

ROAST METHOD

If you prefer to roast your broccoli instead of broiling it, simply follow the same prep directions but set the oven temperature to 425° & bake broccoli for 12-15 minutes.

Serving Size: 1 serving - Times may slightly vary if cooking more than 1-2 portion sizes.

* **Portion Size:** For appropriate food items, please remember to follow *The Hand Method* shown previously for your portion size. Alternatively, measure or use label grams if appropriate per the other portion guidelines provided in this 1-Day Meal Plan.

Meal 5 (Optional Snack): Broiled or Grilled BBQ Rubbed Boneless Skinless Chicken Thighs (Option: add Broiled or Grilled & Sweet Potato Wedges)

Meal Type - P or P/S

Total Prep & Cook Time: 20 minutes or less

Kitchen Tools Needed:

Baking Pan (if broiling)
Grilling Vegetable Tray (if grilling)
Sharp Kitchen Knife
Cutting Board
Small Container with Lid & a Fork to Mix Seasoning



Shopping List Items:

Boneless Skinless Chicken Thighs (Free-Range & Organic if possible)
Avocado Oil Cooking Spray
Chili Powder (organic if possible)
Garlic Powder (organic if possible)
Onion Powder (organic if possible)
Salt
Pepper (organic if possible)
(Substitute Mrs. Dash Southwest Chipotle for chili, garlic & onion Powders. Or use your favorite no sugar BBQ rub for seasoning.)

Ingredients:

Boneless Skinless Chicken Thighs - Freedom Portioning = Your Palm Size

MEN: 5-6 oz.

WOMEN: 3-4 oz.

Avocado Oil Cooking Spray
Chili Powder 1 1/2 tbsp
Garlic Powder 1 tsp
Onion Powder 1/2 tsp
Salt 1/4 tsp
Pepper 1/4 tsp

Sweet Potato Wedges

Sweet Potato - Freedom Portioning = Your Fist Size
Avocado Oil Cooking Spray
Dash of Salt
Dash of Pepper

Prep & Instructions:

BROILING - Turn on the broiler function of your oven. Set to 550°. Place rack 4-6" from heating element or flame.

TIP: Make sure you keep an eye broiler & check every couple of minutes so you food doesn't burn.

If you like a little more char/doneness make sure all food is placed directly under the broiler burner. Prefer less char? Place the food out from under the burner to the sides.

For maximum efficiency, use same Baking Pan for chicken & sweet potatoes & cook at the same time, but remove each food upon their individual cooking completion.

GRILLING - Turn on your grill to Medium High Heat

Boneless Skinless Chicken Thighs

BROIL METHOD

1. Prepare spice mixture by combining chili powder, garlic powder, onion powder, salt & pepper. Mix together thoroughly by stirring or shaking in container with lid.
2. Lightly spray Baking Pan with Avocado Oil cooking spray.
3. Place chicken on Baking Pan & spray top with cooking spray.
4. Season top of chicken with 1/2 the spice mix.
5. Flip chicken over, spray with cooking spray & season top with other 1/2 of spice mix.
6. Place Baking Pan in oven.
7. Broil for 5 minutes. Then pull pan and flip chicken to other side and broil for 5 more minutes. Or cook to your preferred doneness (we like 'em crisp with light char).
8. Chicken is done when the juices run clear and internal temperature is 165° per the USDA.

GRILL METHOD

1. Turn grill on Medium High.
2. Prepare spice mixture by combining chili powder, garlic powder, onion powder, salt & pepper. Mix together thoroughly by stirring or shaking in container with lid.
3. Place chicken on Baking Pan or plate & spray top with cooking spray.
4. Season top of chicken with 1/2 the spice mix.
5. Flip chicken over, spray with cooking spray & season top with other 1/2 of spice mix.
6. Place Baking Pan in oven.
7. Grill for 6-8 minutes. Then pull pan & flip chicken to other side & grill for 6-8 more minutes. Or cook to your preferred doneness (we like 'em crisp with light char).
8. Chicken is done when the juices run clear & internal temperature is 165° per the USDA.

Sweet Potato Wedges

BROIL METHOD

1. Use your kitchen knife & cutting board to cut your sweet potato into wedges.
2. Place wedges on a Baking Pan that has been lightly coated with Avocado Oil cooking spray.

3. Spray sweet potato wedges with Avocado Oil cooking spray and season with salt & pepper.
4. Broil potatoes for 9 minutes checking every 2-3 minutes so that potatoes don't burn. If you prefer your potatoes a little softer, when done broiling, turn off the oven and let potato wedges sit in oven for 2-3 more minutes. Or cook to your preferred doneness (we like 'em crisp with light char).
5. Pull potatoes from oven.
6. Season to taste & put on a plate.

GRILL METHOD

1. Use your kitchen knife & cutting board to cut your sweet potato into wedges.
2. Place wedges on a grilling vegetable tray that has been lightly coated with Avocado Oil cooking spray.
3. Spray sweet potato wedges with Avocado Oil cooking spray & season with salt & pepper.
4. Grill potatoes for 14-17 minutes or preferred doneness while checking every 2-3 minutes so that potatoes don't burn. If you prefer your potatoes a little softer, cook for 2-3 more minutes. Or cook to your preferred doneness (we like 'em crisp with light char).
5. Pull potatoes from grill.
6. Season to taste & put on a plate.

Serving Size: 1 serving - Times may slightly vary if cooking more than 1-2 portion sizes.

* **Portion Size:** For appropriate food items, please remember to follow *The Hand Method* shown previously for your portion size. Alternatively, measure or use label grams if appropriate per the other portion guidelines provided in this 1-Day Meal Plan.



TRUSTED FITNESS PRODUCTS GUIDE



SAVE TIME, MONEY, ENERGY & EFFORT

**A SHORTCUT TO PRODUCTS
THAT HAVE WORKED FOR US
& WE BELIEVE WILL WORK FOR YOU**

Part 3: TRUSTED FITNESS PRODUCTS GUIDE

Trusted Products We Use & Recommend for You to Get Your Fit, Lean, Strong, Healthy, & Enduring Body!

The purpose here is to save you time, avoid wasting your money, conserve your energy for the important things, skip “the brain pain” of searching for, researching, & testing the products you may want or need that can help get you to your fitness & health goals just that much faster. You can easily click through below to what you want & need.

Wouldn't you rather spend time on the more important things like fun with friends & family instead of on the hunt for what you need? Simplify your journey below!

To that end, we have put together this Trusted Products Pages of items that have helped us stay on track consistently & help us avoid the pitfalls & obstacles out there... they can help you as well. These are either the exact or very similar products that we have researched or used... through companies we trust.

We have established affiliations with many of these companies to supply direct links below to simplify your life! In turn, in some cases, your purchase will also help us keep making progress on our mission of helping ordinary people live extraordinary lives!

We thank you for supporting your greater health & fitness lifestyle network & culture!

Next, you'll find a wide range of fitness products from on-the-go & travel solutions to supplements, apps, trackers, food, plus fitness & health equipment!

QUICK TIP: You only need a small space to exercise... a living room, bedroom, hotel room, basement, or garage! Much can be done in just an 8 X 4 Foot Space. You can even create the functionality of a full gym in a 10 X 10 Foot Space with what we have for you below! And the equipment can be out of the way when not in use... leaving the space mostly open!

[Click Here to See How Our Clients Got Their Results](#)

Nutrition - Foods & Products We Use

- ◆ **Healthy Full-Meal Delivery** - *if you don't have the time for or interest cooking, then choose to pay someone to do it for your in a healthy way like this...*

<http://blsfit.link/MealDelivery>

- ◆ **Healthy Meat-Only Delivery** - *because sometimes our stores don't stock healthy meat & your may not have a meat freezer for a whole animal at once*

Option #1

<http://blsfit.link/Butcherbox>

Option #2

<http://blsfit.link/USWellness>

Option #3 - Most Economical + Many other Great Products

<http://blsfit.link/Thrive>

- ◆ **Macadamia Nut Oil** - *a great tasting healthy oil option for cooking or smoothies & shakes*

<http://blsfit.link/MacNut>



- ◆ **Coconut Oil: Certified Organic • Cold-Pressed and Unrefined** - *tons of health benefits, from anti-fungal to body fat releasing, brain fueling MCTs*

<http://blsfit.link/CoconutOil>

- ◆ **Avocado Oil (High-Heat, Non-GMO, 1st Cold Expeller Pressed, Minimally Refined)** - *a great everyday staple for cooking with healthy fats/oils*

Option #1 http://blsfit.link/PrimalKit_AvocadoOil

Option #2 http://blsfit.link/Chosen_AvocadoOil

- ◆ **Sauces & Ketchup (Low or No Sugar Added)** - *clean up your condiments so you can enjoy your food more*

BBQ and Steak Sauces <http://blsfit.link/BBQSauce>

Organic and Unsweetened Ketchup <http://blsfit.link/Ketchup>

- ◆ **Mayonnaise (Avocado Oil Mayo)** - *a great indulgence the healthy way*

<http://blsfit.link/Mayo>

- ◆ **Salad Dressing** - *escape the treacherous, rancid, contaminated, processed, standard oils & ingredients from the average grocery store dressing... insist on better for you*

Avocado Oil Vinaigrette Dressing & Marinade <http://blsfit.link/SaladDressing>

High Oleic Sunflower Oil Salad Dressings http://blsfit.link/Tessemaes_SaladDressing

- ◆ **ACV (Organic Raw Apple Cider Vinegar)** - *the healthy old school elixir or health*
<http://blsfit.link/ACV>

- ◆ **Healthy Versions of Cooking Spray**
- great healthy way to make lean meals without the sticky, messy clean up after

Organic Avocado Oil Cooking Spray
http://blsfit.link/CookSpray_Avocado

Coconut Oil Cooking Spray
http://blsfit.link/CookSpray_Coconut

- ◆ **Organic Coffee** - *get this 1 so you Avoid ingesting the standard versions which can be one of the most contaminated, toxin filled food products. Choose a better & healthier option*
<http://blsfit.link/Coffee>



- ◆ **Decaf Organic Coffee: Swiss-Water Processed** - *get this 1 so you Avoid ingesting the standard versions which can be one of the most contaminated, toxin filled food products. Choose a better & healthier option here & avoid the standard chemical decaf process for this more healthy way*
http://blsfit.link/Decaf_Coffee

- ◆ **Green Tea** - *get your Nootropic caffeine & L-Theanine here for your brain boost, & polyphenols/antioxidants to prevent cell damage too*
<http://blsfit.link/GreenTea>

- ◆ **Organic Spices & Spice Blends** - *get rid of the unhealthy toxic non-organic spices to improve your health with these better versions*

Organic Option #1
http://blsfit.link/Spices_Frontier

Organic Option #2
http://blsfit.link/Spices_SimplyOrganic

Non-Organic Option #3 (lower cost than organic, but not as healthy, is lower in Sodium)
http://blsfit.link/Spices_MrsDash

- ◆ **Lemon & Lime Juice** - *add a little for great taste to make mock-tails to stave off your booze cravings with this & seltzer, or enjoy with your tea, ACV, or other morning ritual elixir while helping your body alkalinize for a healthier you*

Organic 100% Lime Juice

<http://blsfit.link/LimeJuice>

Organic 100% Lemon Juice

<http://blsfit.link/LemonJuice>

- ◆ **Healthy Zero Calorie Soda** - *for those times when you want a great tasting soda without the sugar to keep you on track with your health & fitness goals*

http://blsfit.link/ZeroCal_Soda

- ◆ **85-90% Dark Chocolate Bar** - *have a square or 2 for a healthy way to feel like you can indulge*

<http://blsfit.link/DarkChocolate>



Nutrition Post Workout

- ◆ **Nutrition Bars** - *a better than a cookie option to indulge a little, an occasional On-the-Go snack, food during activity like biking/hiking, etc., or a quick occasional post workout fuel up*

Real Food Protein Bars

<http://blsfit.link/RxBar>

Real Food Gluten Free & Dairy Free

<http://blsfit.link/Larabar>

Protein Bars

<https://blsfit.link/ProteinBars>

- ◆ **Protein Shake** - *tastes great, healthy, muscle building/preserving, On-the-Go option*

Low Carb Protein Powder Blend

http://blsfit.link/LowCarb_ProteinPowder

Collagen Peptide Drink Mix

http://blsfit.link/Collagen_Protein

Low Carb Whey Protein Powder Meal Replacement

http://blsfit.link/PrimalFuel_ProteinPowder

Vegan/Vegetable Protein Powder

http://blsfit.link/Veg_ProteinPowder



Kitchen - On-the-Go - Easy & Time Saving

- ◆ **Multi-Cooker & Pressure Cooker** - *make great tasting healthy meals, that use to take hours in a slow cooker, much faster in a hands-off fashion so you save time...*
https://blsfit.link/Zavor_MultiCooker
- ◆ **Rice Cooker/Vegetable Steamer** - *save time & get it right the 1st time with no hassle cooking here... just follow the simple guidelines, put the food in, push a button, & come back a little later to enjoy*
<http://blsfit.link/RiceCooker>
- ◆ **Small Drink/Shake/Smoothie Blender** - *an inexpensive time saver for smoothies (30 seconds to blend then the mixing container is your cup, or quick grinding, chopping in small amounts without taking the space of a larger appliance*
<http://blsfit.link/MagicBullet>

◆ **Slow Cooker** - *throw in the food in the morning, go do your thing for the day, & come home to enjoy a meal, with less hassle & clean up which leaves you time for you & for those important to you*

<http://blsfit.link/SlowCooker>

◆ **Blender - Larger Do All** - *want to quickly make & enjoy frothy coffees, perfect smoothies, or even make your own nut butters to enjoy right now... then this invention will change your life & make your day like it did ours with so many fast capabilities to have fun with food & drink... did I mention fast frozen adult beverages?*

<http://blsfit.link/Blender>

◆ **Food Storage Containers** - *so you can actually stick to your plan this time as you save time, energy & effort by bulk cooking, portioning, storing & enjoying meals at your leisure*

Glass Storage Containers - *glass dish is multi purpose, pre-portion your meals*

<http://blsfit.link/GlassStorage>

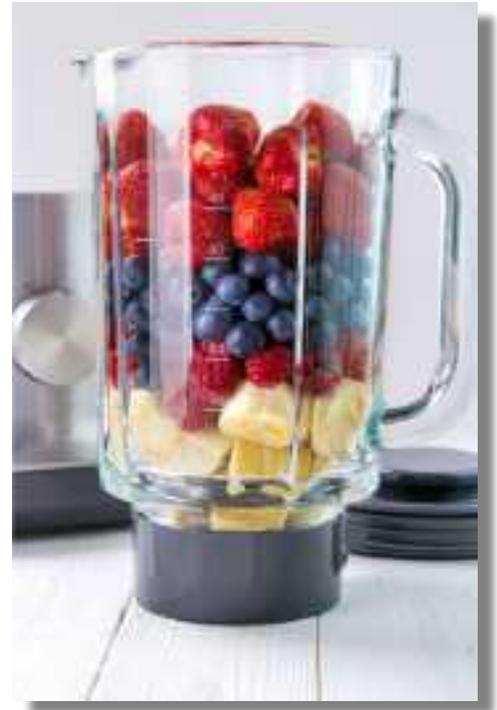
Large Round Plastic Containers - *actually get dressing on all your salad by putting on the lid & shaking the ingredients in the dressing for a bit*

<http://blsfit.link/RoundPlasticStorage>

Easy to Find Lids Food Storage Containers

- *great to keep your On-the-Go Veggies or other food fresh & ready plus easy to eat anytime*

http://blsfit.link/Rubbermaid_FoodStorage



◆ **Large Versatile Baking Pan** - *great for baking any meats, veggies, or treats... makes perfect bacon (my favorite) & renders the fat that you can save to cook with (save \$ on oils)*

<http://blsfit.link/SheetPan>

◆ **Indoor Searing Grill** - *another tool in the tool box for easy cooking especially if you don't have or can't have a grill where you are*

<http://blsfit.link/IndoorGrill>

◆ **12 Inch Cast Iron Grill Pan** - *get a little extra iron in your diet with these bullet proof pans that will last you for life... barring some pretty extreme unforeseen cooking habits LOL*

<http://blsfit.link/GrillPan>

◆ **Shaker Bottle for Protein Shakes & Supplement Drinks** - *in case you missed it this little tool will save to time while keeping you on track with nutrition so you hit your goals & gain your prize*

<http://blsfit.link/ShakerBottle>

Body Transformation Assessment

- ◆ **Body Tape Measure & Fat Caliper Combo** - *Enjoy Knowing You Have Improved with Proof*
http://blsfit.link/MyoTape_AccuMeasure
- ◆ **Body Weight Bathroom Scale** - *Enjoy Knowing You Have Improved with Proof*
http://blsfit.link/Body_Weight_Scale



Workout/Exercise - On-the-Go

- ◆ **Phone/Tablet App Timer for HIIT REMINDER WORKOUTS™** - *Helps with Allowing Fun Workouts You Can Program & Repeat to Save Time & Increase Your Accountability & Capability for Getting the Workouts Done*

iPhone <http://blsfit.link/ReminderWorkoutTimerIOS>

Android <http://blsfit.link/ReminderWorkoutTimerAndroid>

- ◆ **Stand Alone Interval Timer & Stopwatch**
- So you can ignore your phone for a mental break while you do your Time Based Workouts
http://blsfit.link/IntervalTimer_Stopwatch

- ◆ **Fitness Watch/Activity Tracker** - *More Help with Motivation & Tracking both your Short & Long Term Progress, a Feel Good Dopamine Boost for Getting It Done*
http://blsfit.link/Fitness_Tracker_Watch

- ◆ **Resistance Bands Set (Exercise Bands with Door Anchor, Handles, Legs Ankle Straps for Resistance Training & Home or Travel Workouts)**
- Workout out anywhere, anytime with resistance Or simply enhance & freshen up your workout regimen
<http://blsfit.link/ResistanceBandsSet>



◆ **Assistance Bands (Pull Up Assistance Bands - Stretch Resistance Band - Mobility Band - Powerlifting Bands - Single Band or Set)** - *Finally you Can do those exercises like pull-ups & dips that you never could before*
<http://blsfit.link/AssistanceBands>

◆ **Workout Suspension Straps (For Home Gym Indoor & Outdoor Travel Workouts Exercise)** - *Another portable, do anywhere, anytime fun way to mix up your workout progressions, great for travelers*
<http://blsfit.link/SuspensionStraps>

◆ **Wall/Ceiling Exercise Anchor Mounts (For Suspension Straps, Resistance Bands, Spud Cable System, Gymnastic Rings, Boxing Equipment & Heavy Bag)** - *a more permanent strong way to anchor your, resistance bands, Spud Cables, or suspension strap, & even rings to make it that much easier to work out at home*
<http://blsfit.link/AnchorMounts>



◆ **Doorway Pull Up Bar**

Foldable, Travel-Friendly Pull Up Bar Fits in Doors & Doorways, No Screws, Portable, & Easy to Store - *Another way to make it easy & portable to get your workout done anytime, anywhere whether home or away, or even in smaller spaces*
http://blsfit.link/Folding_PullUpBar

Multi-Grip Chin-Up/Pull-Up Bar, Heavy Duty Doorway Bar for Home Gym - *so you can put your workout station out of sight when for a tidy home when you're finished*
http://blsfit.link/Doorway_PullUpBar

◆ **Stability Ball (Exercise Ball (55cm-95cm) Extra Thick Professional Grade Balance & Stability Ball, Anti Burst - Includes Hand Pump)** - *such a versatile way to mix up every aspect of your workout at home, & you can deflate to take it with you then re-inflate once you arrive for use*
http://blsfit.link/Stability_Ball

◆ **Standard Dumbbell Pairs (Set of 2) Choose Weight - from 5lb. increments up to 120lb.** - *have your own set of the real deal... start with one set, then build your collection from there*
<http://blsfit.link/DumbbellPairs>

◆ **Weight Vest** - *easy resistance that you can hide from sight when you're finished with your workout, add to your bodyweight for most of The "Big 5" Functional Life Movements to take your workout performance progress to the next level*

Men's (Weight Vest) http://blsfit.link/WeightVest_Men

Women's (Women's Adjustable Weighted Vest) http://blsfit.link/WeightVest_Women

- ◆ **Fitness Ab Mat & Exercise Mat with Tailbone Protecting Pad - Great Ab Sit Up Mat for a Full Range of Motion Ab Workout Fitness Mat** - *work your abs in comfort while protecting your spine, plus get the benefit of stretching your abs while you work them*
http://blsfit.link/Ab_Mat
 - ◆ **Yoga Mat** - *increase grip, cushion, & comfort from that hard slick floor while you workout, stretch, do mobility work, roll out, or enjoy some mind/body/spirit improvement from yoga*
http://blsfit.link/Yoga_Mat
 - ◆ **Yoga Strap & Block Combo Set** - *great for new comers & experts to aid in stretching or yoga in a way that meets you where you are now & takes you where you want to go*
http://blsfit.link/YogaBlock_Strap
 - ◆ **Curl Bar - Only about 4 Feet Long, Can be used with weight plates for full body movements as a smaller lighter Alternative to a full size longer heavier 7 Foot Olympic Bar EZ Curl Bar** - *can be a great way to build on your home gym resistance training options to either get started from scratch more easily or enhance your full size olympic bar program by improving the weak links in the chain of your body*
http://blsfit.link/Curl_Bar
- (* Olympic Plates for the Curl Bar are in the next section below)
- ◆ **Exercise Rings - for Rows, Dips, Pull Ups, Push Ups & more for Home Gym Full Body Workout** - *a great way to improve your strength at any level by not only working the major muscles, but providing the instability to also strengthen the small supporting muscles that you need for functional longevity*
http://blsfit.link/Gym_Rings



Workout - Next Level Equipment for Your Goals

- ◆ **Spud Cables - SAVE \$\$\$ Thousands less than a machine** - with 1-3 installed anchor points & 1-3 of these pulley systems, Plus some weight plates, you can create an entire inexpensive & portable cable movement gym set up - Power Racks or Heavy Duty Pull Up Bars can be anchors - take it further by adding metal attachment handles in the next bullet

1st Purchase = Spud Econo Lat Pull Down/ Push Down

http://blsfit.link/Pull_PushDown_Cable

2nd Purchase = Spud Econo Low Row

http://blsfit.link/Low_Row_Cable

OR Save with 2-In-1 Combo Lat Pull Down & Low Row

http://blsfit.link/Combo_Cables

- ◆ **Cable Pulley System Metal Handles** - Make your Cable System even better & more versatile with better handles. Increase your strength & instant ability to move more weight

Combo Handle Pack (Combo Tricep Press Down Cable Attachment, Double D Handle, V-Shaped Bar, Tricep Rope, Rotating Straight Bar)

<http://blsfit.link/ComboMetalHandles>

ADD: 48" Wide Lat Pull Down/Press Down/Row Bar

<http://blsfit.link/WideLatBar>

- ◆ **Olympic Steel Weight Plates** - for Olympic Curl Bar, Full Olympic Bar, or Spud Cable Pulley System - Choose the weights you need - Round out your home gym equipment while you move to the next level of the Stage-ATA-Time workouts using The "Big 5" Weighted Functional Life Movements & more weight you now need while you raise the bar

<http://blsfit.link/SteelWeightPlates>

- ◆ **Hanging Ab Straps** - for Leg Raises - a fun way to exercise your core, just clip to your pull up bar or ceiling anchor points for a challenging ab and/or oblique workout

http://blsfit.link/Ab_Straps

- ◆ **Selectable Weight All-In-One Dumbbells** - this is what I use to save cost & save space - in 5 to 50 Pound + Expandable to 70 or 90 Pound Each Dumbbell - save time, save space, & save overall \$\$\$ by buying one built to last selectable weight dumbbell set up while easily changing the weight on the fly

http://blsfit.link/Power_Block_DB



- ◆ **Kettlebell: Adjustable** - *save time, save space, & save overall \$\$\$ by buying one sturdy selectable weight kettlebell* http://blsfit.link/Power_Block_KB
- ◆ **Weight Bench (Flat - Incline - Decline)** - *if you want to work out with weights this is such a cornerstone for your home gym fitness program, even use it for unweighted moves like bench step ups, decline push ups & much more* <http://blsfit.link/WeightBench>

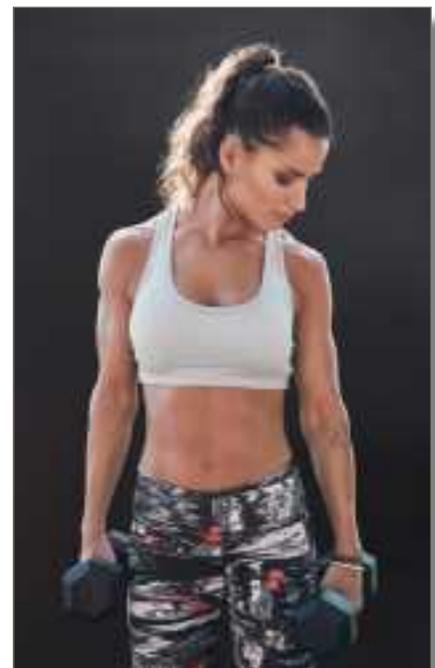
Add-On: Leg Attachment for Leg Extension & Leg Curl
http://blsfit.link/Bench_LegAttachment

- ◆ **Full Size 7 Foot Olympic Barbell - Good for Steel & Bumper Plate Use (for Weightlifting & Power Lifting)** - *take your at home fitness program to the next level just like your at the gym or working out at "the box" for all The "Big 5" Weighted Functional Life Movements & then learn & use the hundreds of other movements to increase your strength & overall fitness* http://blsfit.link/Olympic_BB
- ◆ **Power Rack w/ Built-in Pull Up Bar - Adjustable Bar Catch Height & Safety Catch - Can Provide a Full Body Workout When Used with Olympic Bar & Weights that are sold separately** - *now that you have an olympic barbell & plates, you will love the versatility of a power rack to create the enjoyment of a full gym in even only about a 10' X 10' room or garage space* http://blsfit.link/Power_Rack
- ◆ **Dumbbell Stand / Rack - For Standard Dumbbells, NOT for Adjustable Dumbbells** - *keep your dumbbells organized, easy to grab, & off the floor in a small organized space*

Space Saving Vertical Rack - Have Up to 8 Pairs of Dumbbells for about 5# thru 35# to your preference (2 Sided)
http://blsfit.link/Vertical_DB_Rack

For Larger Dumbbells: Rack for Up to 10 Pair, Less with Larger/Heavier Dumbbells
http://blsfit.link/Large_DB_Rack

- ◆ **Olympic Weight Plate Rack (Olympic Plate Tree Bar Holder)** - *get organized easily in your home gym space without shuffling the plates around to get the one you need* http://blsfit.link/OlympicPlate_Rack
- ◆ **Olympic Bumper Plates - can be dropped (Bumper Plates for Strength and Conditioning Workouts and Weightlifting) Choose a Set or Pairs of Bumper Plates** - *to go with your proper droppable olympic bar so that you don't have to worry if you need to bail & let the weight drop in your strength & power pursuits (a proper sturdy floor with no neighbors below is recommended too)* http://blsfit.link/Olympic_BumperPlates



◆ **Wall Mounted Pull Up Bar (Heavy Duty Wall Mounted Pull Up Chin Up Bar Gym Workout Fitness Home Mount Fitness)**

- a super flexible addition to beef up your home gym with a strong pull up bar to allow for kipping bar pull ups or muscle ups when you're ready, or as a mount for Spud Cables, rings, resistance bands, or suspension straps
http://blsfit.link/WallMounted_PullUpBar

◆ **Wall Mount Folding Dip Station** - another great way to increase your upper body fitness & attractive appearance with either body weight or body weight plus movements
http://blsfit.link/Folding_DipStation



◆ **Weight Belt** - lift more weight by using a belt to stabilize your back & abdomen
<http://blsfit.link/WeightBelt>

◆ **Dip & Pull-Up Belt with Chain** - for Added Weight on top of Body Weight Movements (For Men & Women, Dip, Pull Up Belt, Weight Lifting)
<http://blsfit.link/DipBelt>

◆ **Punching/Kicking Heavy Bag** - Great for HIIT type **REMINDER WORKOUTS™**
- change up your workout with some HIIT type **REMINDER WORKOUTS™** using boxing or kickboxing moves... I haven't seen too many unfit, fat, or out of shape fighters... have you?
http://blsfit.link/Punching_Kicking_Bag

◆ **Boxing or MMA Gloves** - for HIIT w/ Punch Bag - train like a fit fighter, lean, strong, ripped
Grappling, Sparring, Martial Arts, Punching Bag
http://blsfit.link/MMA_Gloves

Anti-Abrasion LIner for MMA Gloves
http://blsfit.link/Liner_MMA_Gloves

◆ **Fitness Step** - for Step Hops, Calf Raises, DB Chest Press, or Stiff Legged Dead Lifts or HIIT Exercises - another fun way to workout at home that you can hide from sight after... perform step moves, push ups, or even dumbbell presses with this versatile small platform
<http://blsfit.link/FitnessStep>

Recovery/Mobility/Flexibility/Stability/Rest

- ◆ **PVC Pipe 1” Diameter** - for stretching shoulders, overhead PVC squats, & learning barbell movement for for the **Weighted “Big 5” Movements** - *painful shoulders? Try this to do mobility & stretching work to loosen them up & feel better or use for balance & increasing the stretch for others body parts too*
http://blsfit.link/PVC_Pipe
- ◆ **Mobility Roll Out Tennis Ball** - *a great way to start & gently roll out those point tender spots & knots in your muscles so they release & stop hurting you while your ease of movement & performance also increase*
<http://blsfit.link/TennisBall>
- ◆ **Massage Ball** - *the next level to roll out those point tender spots & knots in your muscles so they release & decrease pain while your ease of movement & performance also increase*
http://blsfit.link/Massage_Ball
- ◆ **LaCrosse Ball (Massage Lacrosse Ball for Myofascial Release, Foot, Back, Trigger Point Treatment Ball, Muscle Knot)** - *tennis ball “knot” cutting it anymore, LOL... then try this more firm method to untie your knots so your muscles can perform at peak*
http://blsfit.link/LaCrosse_Ball
- ◆ **Massage Stick Roller** - *a smooth move to increase your performance & decrease your pain through myo-fascial release, your muscles with thank you while you experience the euphoria from some natural endorphins*
http://blsfit.link/Massage_Stick
- ◆ **Foam Roller** - *Speaking of taking some time for you & euphoria this is Perfect for positioning, balance, postural & muscle re-education, spinal stabilization, body awareness & coordination, ranging & strengthening activities... really just keeping you loose & relaxed to perform*

Collapsible Foam Roller

http://blsfit.link/Collapsible_FoamRoller

Textured Muscle Foam Roller

http://blsfit.link/Textured_FoamRoller

Smooth Foam Roller

http://blsfit.link/Smooth_FoamRoller

Greg’s Favorite Mobility Roller

http://blsfit.link/Honeycomb_FoamRoller



- ◆ **Recovery Sandals** - *alright I am just gonna say it... these are like sex for your feet by just walking or standing in them... relax & feel the cushion*
<http://blsfit.link/RecoverySandals>
- ◆ **Compression Sleeves - Variety: Calf, Socks, Wrist, Ankle, Arm, Shirt, or Leg Tights to Meet Your Needs** - *believed to aid in healing, repair, & recovery from better circulation*
http://blsfit.link/Compression_Wear
- ◆ **Sleep Mask that Actually Works - Home, Shift Work, Travel, Jet Lag: Experience Real Darkness to Let Your Body Really Sleep** - *life changing for any sleeper who has difficulty sleeping with much ambient light, darkness is better!*
<http://blsfit.link/sleepmask>

Recovery/Mobility - Next Level Items for Your Goals

- ◆ **Gravity Boots for Inverted Spinal Stretch on Pull Up Bar or Ab Strength Work** - *when your back is tired just "hang out"... inverted with these & a pull up bar... just use a spotter at first to make sure you can get back down... enjoy the relief*
http://blsfit.link/Gravity_Boots
- ◆ **Yoga Mat** - *again hard or slick floor? ... enjoy some padding & grip if needed for stretching, workouts, or yoga*
http://blsfit.link/Yoga_Mat
- ◆ **Yoga Strap & Block Combo Set** - *aiding to more easily stretch or even to hold a movement in yoga*
http://blsfit.link/YogaBlock_Strap

- ◆ **Portable Pull Up Bar - for Workouts or The Passive Hanging Stretch - super versatile**

Foldable, Travel-Friendly Pull Up Bar Fits in Doors & Doorways, No Screws, Portable, & Easy to Store
http://blsfit.link/Folding_PullUpBar

Multi-Grip Chin-Up/Pull-Up Bar, Heavy Duty Doorway Trainer for Home Gym
http://blsfit.link/Doorway_PullUpBar



Supplements - Real Ones That Work

Food-Type Supplements

- ◆ **Protein Powder** - *actually finally stay on track with your nutrition with a little easy On-the-Go help here while you save time, save \$\$\$, & help you lean up or build your muscles for life & longevity*

Low Carb Protein Powder Blend

http://blsfit.link/LowCarb_ProteinPowder

Collagen Peptide Drink Mix

http://blsfit.link/Collagen_Protein

Whey Protein Low Carb Meal Replacement

http://blsfit.link/PrimalFuel_ProteinPowder

Vegan/Vegetable Protein Powder

http://blsfit.link/Veg_ProteinPowder



- ◆ **Powdered Greens** - *“Eat Your Vegetables” I know i used to here it too until I got help this easy, healthy, On-the-Go way... actually finally stay on track with your nutrition with a little help here while you save time, save \$\$\$, & help you increase your health for life & longevity*

Powdered Greens Superfood

<http://blsfit.link/AmazingGrass>

Powdered Greens & Berry Blend (a few more carbs, but more nutrient dense)

<http://blsfit.link/MetaboGreens>

- ◆ **Unflavored Collagen Peptides** - *support your joints, skin, gut, & immune health all in one fell “scoop”... I know, the dad jokes, they’re what I’ve got LOL*

<http://blsfit.link/CollagenPeptides>

- ◆ **Organic Raw Apple Cider Vinegar** - *old school tonic that works with so many health benefits... can be a part of your daily health routine*

<http://blsfit.link/ACV>

- ◆ **Shaker Bottle for Supplemental Drinks** - *a core staple tool for all the time saving, On-the-Go methods like the protein powders, powdered greens to get your veggies easily, & other supplements... just shake, drink, & go on about your life*

<http://blsfit.link/ShakerBottle>

Supplement Staples - Morning

- ◆ **Multivitamin** - *to make up for the lack in our food these days of many vitamins & minerals we need for basic health*

Whole Food Multivitamin for Men

http://blsfit.link/Multivitamin_Men

Whole Food Multivitamin for Women

http://blsfit.link/Multivitamin_Women

- ◆ **Vitamin D3** - *can't live optimally without it & most of us don't produce enough from natural sun exposure, especially during winter or in our fear of cancer from sun exposure... get some small doses of sun too... it's good for your health, hormones, sleep cycle, Circadian rhythm & more*
<http://blsfit.link/D3>
- ◆ **Calcium Citrate** - *staying away from milk to avoid the sugar or allergy, most all of us could use stronger bones & teeth to stave off osteoporosis with a little calcium help*
<http://blsfit.link/CalciumCitrate>
- ◆ **Methyl B-12** - *unless you eat liver weekly, then you are likely to be deficient in this energy gem... & nasty chemical energy drinks are probably not the best way*
<http://blsfit.link/B12>
- ◆ **Probiotic/Prebiotic** - *Promotes a healthy balance of gut bacteria Supports a healthy digestive tract a& bowel regularity Supports a healthy immune system... nuff said*
<http://blsfit.link/Probiotic>



Supplement Staples - Evening

- ◆ **Magnesium Drink Powder** - *data shows most of us are deficient of this nutrient that aids in most all bodily functions... even helps with sleep, calm, & can decrease anxiety*
<http://blsfit.link/Magnesium>
- ◆ **ZMA or ZMO** - *believed to help you sleep, rest, & recover better... plus optimize your health & fitness hormones while you sleep & do nothing*
<http://blsfit.link/ZMO>
- ◆ **Melatonin** - *a natural hormone that often declines as we age & the lack prevents us from getting to sleep & staying asleep with a healthy rhythm... gets worse for those of us getting up in the night for work or family*
<http://blsfit.link/Melatonin>

- ◆ **AM/PM Weekly Vitamin Organizer** - *save time & effort, while easily remembering to take your vitamins, supplements, or medication by setting it up once a week instead of multiple times per day... it's, changed & simplified our lives for sure*
http://blsfit.link/Vitamin_Organizer

Workout/Recovery Supplements

Pre Workout

- ◆ **Creatine Monohydrate** - *keeps your muscles stocked of this energy source for heavy or short intense bursts of activity to perform better & get more fit*
<http://blsfit.link/Creatine>
- ◆ **Pre Workout Supplements** - *a great way to prime yourself for the workout, once you take it you tend to stick to doing the workout, then perform & recover better which allow the adaptation & improvement you see from the workouts*

Pre-Workout with Caffeine

<http://blsfit.link/PreWorkout>

Pre-Workout - No Caffeine

http://blsfit.link/PreWorkout_NoCaffeine

Post Workout

- ◆ **Creatine Monohydrate** - *refilling/refueling your muscles for next time*
<http://blsfit.link/Creatine>
- ◆ **Electrolytes** - *replenish what you use to be ready for more & stay off any issues such as cramping later*
<http://blsfit.link/Electrolytes>



We hope you found some items in The Trusted Products Pages to help get you & keep you on track with your health & fitness lifestyle!

As with anything in our Plans, it is our hope to provide you some short-cuts while saving you time, energy, money, & effort by sharing the things that have helped us along the way!
Thanks again & Enjoy!

Want more info on Fit-Life Transformation Coaching and Sign Up for a Free Consultation Call at [Fit-Life Transformation!](#)

[Proof from Our Clients that... We Deliver Results!](#)



Thank You!

And...

Please let us know how we can be of further service to you!

We want you to succeed with all of Your Goals.

If you want to see exactly how we can help you take your results to the next level...

Then please check us out at...

[Fit-Life Transformation Coaching](#)

WE ARE AT YOUR SERVICE!

Please remember, your referral of us to others is the highest compliment we can receive!

Please share this
METABOLIC KICKSTART
from

[Fit-Life Nation](#)

with anyone you think will benefit
from our valuable suggestions.