

WRITTEN & CREATED BY GAVIN WALSH

LEAN IN 19 **EXTREME** **FAT LOSS PLAN**



STUBBORN FAT PROTOCOL

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Introduction

There are plenty of men and women across the World right now trying to lose the jelly from their belly.

Many of these people will hit the deck and bang out endless amount of sit-ups or crunches.

Unfortunately, these people are wasting their time.

You can't lose belly chub just by doing lots of sit-ups.

Just like you can't force your bingo wings to fly away by bobbing up and down with hundreds of tricep dips.

Our bodies and fat stores don't work this way, unfortunately.

If that were the case, my Lean in 19 exercise program would look VERY different.

Having said that, there is a way to give *stubborn* fat the old heave hoe.

Notice how I said *stubborn* fat, because most people that bang out sit-up after sit-up aren't usually trying to get rid of those last few pounds/*stubborn* fat.

What most of these people are trying to do is remove *general fat*.

You see, you've got general fat and then you've got *stubborn* fat.

What has worked to burn general fat won't necessarily work on *stubborn* fat.

First of all, you've got to tackle general fat with a sound nutrition and exercise program (like Lean in 19) and once this has been achieved you'll have a good idea (with the use of tracking their body measurements) if you have any *stubborn* areas.

From here a plan of action can be put together to help tackle these troublesome areas, which is exactly what we'll discuss in this manual.

How To Know If You've Got Stubborn Fat

There are two ways of knowing if you've got stubborn chub.

The first is known as the 'touch test'. Simply reach down and touch the fattest part of your body.

Okay, now touch a leaner part of your body.

What do you notice?

The fatty area should be much cooler to touch.

This is especially noticeable during exercise.

You might have noticed this with your partner?

Mrs W gets a cold butt, when other areas of her body are warm.

That's not because she's got a big booty, but because women's bodies prefer to store fat around the butt, hips and thighs.

Men on the other hand, our bodies prefer to store lard around the middle.

And if you touch one of your fatty areas most likely it'll be colder than other parts of your body.

There's a good reason for this too.

The guys in lab coats tell us that blood flow is crucial to send lard packing. (Frayne 1998, 1999)

Poor blood flow to certain areas of the body – love handles and lower abs for example – equals poor fat loss from those areas.

Another method to help gauge whether or not you're carrying stubborn chub is to simply keep tabs on your body measurements.

If you've finished my Lean in 19 exercise program you will have recorded your stats and noticed that several measurements have fallen.

If you are concerned that you have stubborn pockets of fat, then I suggest you keep plugging away with your diet and exercise routine

over the next 2-4 weeks (maybe longer) to see if these 'problem' areas reduce at all.

If they haven't reduced AND you have been on the ball (hand on heart), then there may well be an issue preventing you from burning through this lard.

Poor blood flow may be one of the reasons, but more than likely it's a hormonal balance issue.

Eating real food will, for the most part, correct these hormonal issues, but occasionally we have to look at other matters like stress, sleep, medications and supplementation to restore your hormonal mojo.

Spot Reduction

Most personal trainers and people in the know will tell you that spot reduction (aka targeted fat loss) can't be done.

However, they are wrong, as up to date science tells us otherwise.

Many fitness professionals have already jumped on this science, but is it all it's cracked up to be?

In short, to achieve spot reduction we need to:

1. Redirect blood flow to the fatty area
2. Contract the muscles next to the fatty area
3. Time our cardio and resistance exercise effectively

Let me breakdown this shiznit down for you.

Having done the touch test you'll know that stubborn fat is generally cold to touch.

The problem with this is that cold fat doesn't travel very well, so trying to use this fat as energy and sending it on its way is difficult.

In order to get this fat moving we need to warm it up, which we can do by increasing blood flow and contracting our muscles next to the troublesome site.

A study (Stallknecht 2007) based on this theory concluded that "an acute bout of exercise can induce spot lipolysis and increased blood flow in adipose tissue adjacent to contracting skeletal muscle."

In English, this means that targeted fat loss CAN indeed be achieved, but we need to take things a step further than simply knocking out hundreds of sit-ups.

The catch...

Yes, targeted fat loss can occur through exercise, but it's not going to make a huge difference.

In the study mentioned above, they measured fat loss between legs (exercised leg vs none exercised leg).

The exercising leg did indeed lose fat, proving that spot reduction does occur when performed correctly.

But the downside was that this fat loss wasn't anything to get overly excited about and your diet and overall lifestyle is perhaps more important when it comes to losing those last few pounds.

"Boo, Gavin!" I hear you say. ☺

Hold on.

This doesn't mean we dismiss this approach all together.

Oh no.

Instead the best plan of action is to combine this methodology with other workouts such as the ones you have completed on the Lean in 19 exercise plan.

As a popular supermarket says in Britain, 'every little helps!'

I've therefore created several workouts using this stubborn fat loss approach that you can use alongside your regular workouts to help target stubborn fat, without losing out on the benefits of a more rounded approach.

Hormonal Balance

To target stubborn fat effectively you've got to look at your diet, exercise plan, lifestyle and supplementation.

You've got to be able to combine all four of these components in such a way that balance your hormonal mojo and allow your body to release that pesky fat.

The first thing you've got to understand is that hormones never act in isolation, so if one of your hormones isn't playing ball then the chances that the others will be affected too.

Because hormones influence so many of our bodily functions, even the smallest change can have a detrimental effect on our health AND fat stores.

Keeping your hormonal mojo balanced, therefore, is vital.

I've already mentioned the importance of hormones in the main manual, so I won't go into too much detail here. But to recap our hormones become imbalanced for a number of reasons: poor nutrition, high levels of stress, lack of/poor sleep, inactivity/overtraining, medications and other environmental factors such as exposure to chemicals, use of plastic, etc.

Therefore, the first thing to do when tackling stubborn fat is to address these issues and aim to improve the balance of your hormones.

Keeping Your Hormones Happy

Sources of stress will vary from person to person. You won't be able to remove all the stress from your life, but you can at least minimise it.

Here are a few things you can work with:

1. **Identify the stressors.** This is the most important step of all, is identifying the things that cause stress in your life. This is the first step towards eliminating them. Take 10 minutes to think about what causes you stress during the day. What weekly occurrences have you pulling your hair out? What people, activities, things cause stress in your life? Make a 'Top 10' list, and see which of them can be eliminated or minimised and start to weed them out.

2. **Eliminate the unnecessary commitments.** Most of us have hundreds of commitments in our lives, relating to work, family, homes, hobbies,

property the list goes on. Consider each of them, the amount of stress they provide, and the value you get out of them. Edit brutally, and take steps today to remove the ones that stress you out the most.

3. **Simplify life.** Simplify your routines, your commitments, your information intake, your cluttered rooms, and the mass of stuff going on in your life. Move to Jamaica!

4. **Slow down.** Instead of rushing through life, learn to take things slow. Enjoy your food, enjoy the people around you, and enjoy nature.

5. **Relax throughout the day.** It's important to take mini-breaks during your working day. Stop what you're doing, get up and stretch, walk around, drink some water. Go outside and appreciate the fresh air. Talk to someone you like. Life doesn't have to be all about productivity. You should also avoid using online activity too much as your de-stressing activity. Get away from the computer/tablet to relax, especially before going to bed.

6. **Quit your job.** More than likely work is your biggest stressor. This might sound drastic, but when you consider the amount of time you spend at work, if it is truly stressing you out to the extent that you dread going then it's time to pack up and find something you really love and are passionate about. Take some time out to think about what you might like to do and plan a strategy of how you can make it happen.

8. **Go to bed early.** Good quality sleep is, as you know, very important. Sleep deprivation has been linked with poor blood sugar regulation, inflammation, muscle-wasting and low levels of growth hormone whilst increasing cortisol at the same time. Even if your diet is reasonably clean a lack of sleep can, even in the short term, because impaired fat metabolism and reduced hunger control. So to get some quality sleep your bedroom ideally should be pitch black. Blackout blinds come in very handy if your curtains aren't doing the job. But don't stop there. Get rid of any alarm clocks with flashing LED lights, don't sleep next to your mobile phone, and turn off your Wi-Fi. If you struggle to sleep you can always try a magnesium and zinc supplement to aid recovery and improve your sleep pattern, which should help you nod off more easily.

Stubborn Fat & The Problem

Hormones

The areas in which you store body fat actually gives us a big clue as to what's happening with your hormones.

Below I'll give you the connection between WHERE you store body fat and the potential hormonal imbalance that may be causing it.

Women

Arm Fat: High insulin, low DHEA.

Chest Fat: High estrogen, low testosterone.

Belly Fat: High insulin/low growth hormone/low or high estrogen/high testosterone/high cortisol.

Love Handle Fat: High insulin and blood sugar imbalance

Hips, Butt and Thigh Fat: High estrogen, low progesterone, low growth hormone.

Men

Arm Fat: High insulin, low DHEA

Chest Fat: High estrogen, low testosterone

Belly Fat: High insulin/low growth hormone/high estrogen/low testosterone/high cortisol.

Love Handle Fat High insulin and blood sugar imbalance

Hips, Butt and Thigh Fat: High estrogen, low growth hormone.

Now, you might look at this list above and think "I've got fat in all those places!", but remember, first you should target the general lard by following my nutrition guidelines inside the main Lean in 19 program.

This will deal with many of the issues listed above and once you've finished the main program you can then look to tackle the stubborn areas of fat.

You might also look at the hormones mentioned and wonder what the bloody hell they are! 😊

So, let me explain in a wee bit more detail.

DHEA

DHEA, dehydroepiandrosterone, is an adrenal steroid hormone in the body. It is made by the adrenal glands and is then converted to androgens, estrogens and other hormones. Therefore, if we have low DHEA in our bodies we will also have low levels of these hormones too.

Remember, what I said about many of our hormones being connected? Well, if your DHEA is out of whack then that's going to have a knock on effect on androgens, estrogen and other hormones.

Cortisol

Cortisol is a stress hormone that is important for the body's day-to-day function. Typically, cortisol is at its highest level in the morning and lowest in the evening. Small increases actually have positive effects on the body, such as quick bursts of energy for survival situations, heightened memory function, increased immunity, reduced pain sensitivity and maintenance of homeostasis.

Unfortunately many of us produce far too much cortisol as a result of chronic stress which, you guessed it, has negative consequences for our bodies, including poor cognitive function, suppressed thyroid function, blood sugar imbalance, higher blood pressure, sleeping difficulties and to add insult to injury, more belly fat. Ouch!

Obviously stress can come in an almost infinite number of forms; it depends on the person feeling the stress: poor food choices, lack of exercise or even too much exercise, arguments with family or friends, troubles at work, etc. The body's response to these stresses is to release cortisol to cope with the trauma, which leads to the individual temporarily feeling much better and once again ready to take on the world. But the longer term effects of persistently high cortisol levels are troublesome.

Sleep is crucial in the production of many of our hormones and cortisol is one of those affected by sleep. Increased cortisol levels lead to a lack of sleep and a lack of sleep leads to increase cortisol. It's a vicious cycle the long term effects of which are an inability to process glucose, slowing

of metabolism and creation of imbalances in two other important weight related hormones, ghrelin and leptin.

Ghrelin is an appetite stimulating hormone which is predominantly released from the stomach. When ghrelin levels are raised, we feel hungry. On the flipside is leptin, the 'fullness' hormone. It is released by our fat cells and gives the brain a heads up on the energy balance of the body. When leptin levels are high, a signal is sent to the brain telling it that the body has had enough food and that it's full.

Multiple studies have concluded that sleep deprivation leads to at least a 15 per cent increase in ghrelin and a 15 per cent decrease in leptin. Columbia University, New York studied the link between sleep patterns and obesity in a sample of over 6000 people. The study found that those who obtained less sleep were more likely to be obese in the following patterns:

- 2-4 hours/night were 73% more likely to be obese
- 5hours/night were 50% more likely to be obese
- 6 hours/night were 23% more likely to be obese

You could be forgiven for thinking that with the extra hours awake a person would burn off a few extra calories. Unfortunately, the changes in hormones resulting from the lack of sleep outweigh any extra energy required to stay awake, causing subjects to eat far more than could ever be burned off in the normal course of their day

So, my message to you is that if you want to be slimmer and feel better, get your stress levels under control!

Insulin

The second vital hormone we need to consider is insulin. Insulin can be your best friend or your worst enemy. It's responsible for transporting energy to the cells when food is broken down after eating and without it your cells would shut up shop. Insulin is at its highest level after you eat and lowest when you are fasting. Carbohydrate has the greatest effect on insulin levels, followed by protein and fat has little to no impact on insulin secretion.

On the most basic analysis, the higher the level of insulin in your body the more fat you will store and vice-versa. So, if you want to gain a lot of body fat then keep your insulin levels high all day long. When you eat lots of sugary foods, for example, you cause your blood sugar level to

spike and as a response your body releases a ton of insulin, which results in this excess energy being stored as extra chub.

The best option would be to keep your insulin levels low. This will give you a better chance of losing any excess fat as your body won't be trying to store energy as fat and will then be open to the idea of using excess fat as energy. Even if you're exercising and doing everything else right, if your insulin levels are through the roof then you will have a hard time shifting that spare tyre.

The best way to bring your insulin levels down is to cut down on the carbs or at least eat carbs that are low on the glycaemic index (GI). The GI ranks carb based foods according to their overall effect on blood sugar levels. Slowly absorbed foods have a low GI rating, whilst foods that are more quickly absorbed will have a higher rating. Low ratings are good, high ratings not so good.

The problem is that many westerners eat far too much of the fast energy releasing carbs such as bread, pasta, rice, potatoes, chips, crisps and cereal. Oh and don't forget the sweets and chocolate! Unless you're some sort of endurance athlete then burning this lot off is going to be virtually impossible, which means that your insulin levels and your fat cells are going to be having one hell of a party. To put the kybosh on this party, replace high GI foods with green vegetables and meat or fish. This is the simplest way to use nutrition to fast track your way to a leaner body then, once you have achieved your target weight/shape, you can reintroduce the high GI foods to your diet as long as they don't form the basis of it.

Growth Hormone

When insulin is on a high, growth hormone (an important weight loss control), will be sitting on the floor sulking. It's a yin and yang relationship that has a big impact on your fat loss.

Growth hormone is primarily responsible for growth (no surprises there then), repair and rejuvenation of all cells. When we have elevated levels of growth hormone we are able to burn more fat as energy. Good times!

If we get a grip on our insulin levels then we can give growth hormone a *natural* boost, unlike those naughty Hollywood celebrities who cheat with illegal supplements, so that we can encourage our fat cells to release fat as energy, naturally. Once again, good times!

There are two other powerful wake up calls for growth hormone: the first is sleep and the second is exercise. Are you starting to see how all these hormones interlink?

To increase your levels of growth hormone and encourage your body to burn more fat naturally, make sure that you are getting a good night's sleep. Then, in terms of exercise, it needs to be intense and involve some form of resistance training to give our levels of growth hormone a boost. Sounds like metabolic conditioning to me!

Testosterone

Testosterone and growth hormone are buddies and the two almost go hand in hand. If growth hormone goes up it's likely that testosterone will also.

But why do we care? What role does testosterone play? Well, the most important from our perspective are increasing muscle tone, increasing energy and vitality and chipping in with a spot of fat loss.

If testosterone levels in our bodies fall we can start to feel less energetic, body fat starts to creep up and muscle mass starts to dwindle. This is not ideal if we are looking to tone up and trim down. What causes these drops? How can you stop it? The culprits overlap those that send our growth hormone levels down: poor sleep, stress, chronic illness and drug use.

We want big T to keep on top of things and we can do this simply by getting a decent night's sleep, training hard and avoiding long slow boring cardio. Oh, didn't I mention that traditional cardio also has a negative effect on testosterone levels? You've got to feel for those treadmill plodders.

Estrogen

Estrogen actually refers to a collection of hormones that affect sexual function and reproduction, metabolism, mood, development growth and tissue health and development.

Researchers have found a correlation between estrogen and weight, particularly during menopause, when estrogen levels drop, but weight tends to rise. But since fat cells can produce estrogen, the issue facing researchers is how to target the estrogen receptors that will boost

energy and manage hunger and not contribute to menopause-related weight gain.

Changes in estrogen receptors in the hypothalamus, a sign of menopause, means it can be harder to lose weight. In turn there is a greater burden on women to eat a healthy diet and exercise more to help their metabolism make up for the loss of estrogen, which helped regulate weight gain and appetite.

Interestingly, fat cells produce estrogen, along with other hormones and proteins. But estrogen produced in fat cells will not help regulate obesity and metabolism. Instead, estrogen that accompanies weight gain, especially in abdominal fat, puts women at a higher risk for breast cancer, because estrogen stimulates cell growth. That growth can include cancer cells, making the spread of the disease even more dangerous.

Supplements

You've gotta remember that supplements are not a magic wand.

Not even the best supplements will work overnight, and in all honesty, it will take at least a week or two for you to notice any difference in how you feel and perhaps longer to see changes in your body shape.

Now, remember that it's no good taking supplements one day and then not the other. You need to get into what I call 'OCD mode'; be religious about taking them every day.

If you can't do this, then I DO NOT want you buy any supplements. You will waste your money and the containers will sit in your cupboards for the next 12 months until you throw them out. As well as this, I DO NOT want you to buy any supplement if you haven't cleaned up your diet first. Once again, not even the best supplements will work if you have a shoddy diet.

Now, there isn't a one size fits all approach to using supplements and so I have given you an outline of the supplements I use with my own clients when trying to deal with stubborn fat.

Here comes the health and safety bit! Before using any of these supplements I have to say that I don't know your medical background or your current state of health and if you have any issues or potential issues you should seek medical advice before using them.

Righto, let's look at my recommended supplements for stubborn chub and why you should consider taking them now.

Phosphatidylserine/Holy Basil

Goal: Reduce belly fat through cortisol reduction.

Belly fat is a major problem for many and even after training hard and eating clean this area can still cause some people problems. If we are stressed out, physically or emotionally, our body will produce a hormone called cortisol. This is completely normal but too much cortisol is linked to increased abdominal fat, which is associated with a greater number of health problems than fat deposited in other areas of the body.

If you're unable to reduce the amount of stress in your life (to reduce the trigger for cortisol production) and are having a tough time removing belly fat it might be worthwhile supplementing with phosphatidylserine.

Phosphatidylserine reduces the release of cortisol and gives you a better chance at burning that stubborn spare tyre, once and for all. However, it isn't suitable for vegetarians and if you prefer a more natural remedy/supplement shoot for Holy Basil.

Berberine

Goal: Improve insulin resistance and overall fat loss.

Berberine is a natural herb that improves insulin resistance in fat cells—a must for anyone with diabetes. Also, it slows down the release of fatty acids, which cause lipid levels to decrease. Lower lipid levels help prevent harmful fat formation. And all that equals a healthy heart along with other vital organs. You won't find those health properties in an over-the-counter diet pill. Or any fad diet.

The usage of berberine in reducing blood glucose, according to the most recent meta-analysis, is comparable to the powerful oral hypoglycemic drugs Metformin or Glibenclamide; this suggests berberine is one of the more effective supplements for blood sugar reductions and if you've been struggling to lose weight for some time, this is certainly a good option.

Glutamine

Goal: Increase growth hormone.

If you're struggling to get a decent night's sleep then the amount of human growth hormone your body produces will crash and, if you remember, we want to keep human growth hormone production running on high to aid fat loss and prevent fat storage. I recommend a minimum of 8 hours sleep in a pitch black room to all my clients but, let's face it, most people struggle to get even 7 hours' kip most nights. This is where glutamine can help you.

Glutamine helps to stimulate production of human growth hormone and is also used by athletes to prevent muscle breakdown. I actually took this supplement for several months after my daughter was born. I wasn't getting much sleep and so I used a little glutamine an hour before training to help ramp up the level of human growth hormone produced by my body.

Magnesium/Zinc

Goal: Improve recovery and quality of sleep.

If you're having trouble sleeping then a nice, relaxing hot bath can help. But if, like me, you don't have time for a lovely, long, bath-salt-infused soak every night it might be useful to supplement with magnesium and zinc. Both have been proven to improve sleep quality and recovery in athletes through psychological relaxing effects and nervous system calming.

Consistently training hard can lead to a decrease in testosterone, which can halt improvement in strength and lean muscle mass gains. It's also important to have adequate rest in between tough training sessions to prevent our immune system from crashing. Studies have found that, while gentle to moderate exercise has beneficial effects on our immune system, overtraining and not allowing our bodies' sufficient recovery time actually has a detrimental effect on the immune system. During intense physical activity the body produces the hormones cortisol and adrenaline (stress hormones) which suppress the immune system. As well as resting sufficiently between training sessions many athletes use zinc to provide an additional boost to the immune system.

Fenugreek

Goal: Reduce fat storage in the love handle area.

Fenugreek is a traditional culinary herb which has been used throughout history for its health promoting properties. It has become more popular in the health and fitness world over recent years due to its testosterone-boosting properties. But did you know that it can also accelerate fat loss?

It's not fully understood why fenugreek works so well. Some studies have noted that fenugreek is somehow able to reduce blood sugar and improve insulin sensitivity, which consequently results in less fat being stored. More recently, one study suggested that fenugreek could also stimulate the production of growth hormone, a potent fat burning hormone. Whatever the process, it is clear that fenugreek does indeed aid fat loss, especially for those who are carb intolerant and have a tendency to store fat around the waist (stomach and love handles).

Green Tea Extract

Goal: Improve insulin sensitivity and overall fat loss

I stick to calorie free beverages most of the time and this happens to be my drink of choice. Green tea has been used for centuries in Chinese medicine and in recent years westerners have begun to understand the many health benefits that this herbal tea can provide. While green tea does contain a small amount of caffeine the level is minimal and the health benefits far outweigh any negatives in this instance. In terms of fat loss, green tea encourages our fat cells to release more fat as fuel during exercise. The consumption of green tea can also improve insulin sensitivity and increase carbohydrate tolerance, both of which are very beneficial if you are looking to lose fat.

The question is whether you would be able to drink enough green tea each day to see the full benefits? Perhaps not, especially as most people are not a fan of the taste and in which case a green tea extract supplement might be a better option.

Optional Blood Work

If you're struggling to lose the lard, especially after cleaning up your diet and following my workouts for several weeks then I strongly recommend you get your blood work checked.

If your regular doctor/physician is unable to supply this service you will need to see either an endocrinologist or a functional medicine doctor who will have your bloods checked and more often than not provide you with a solution.

The blood markers to check include:

- Testosterone
- IGF-1
- Growth Hormone
- DHEA
- Estradiol
- SHBG
- Cholesterol (LDL, HDL)
- C reactive protein
- Triglycerides
- Homocysteine
- Thyroid Panel
- TSH
- T3
- T4

In addition to the above you may want to have these further tests carried out:

- Cortisol/Adrenal Stress Profile
- Insulin Resistance Profile

Once you've received your results your doctor/physician/practitioner should be able to give you a better understanding as to whether there is a problem with your hormonal mojo.

The Workouts

The premise is simple: go back and forth between your trouble spot and a high intensity exercise, then throw in some extra cardio to help prevent those fatty deposits being re-stored.

So, let's get stuck in!

Belly Basher #1

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here you're straight into the boiler with 5 rounds of these 2 core exercises and burpee mash-up. (7.30)

- **Bicycle Crunches x 30 secs**
- **Russian Twists x 30 secs**
- **Burpees x 30 secs**

And to finish crack on with 5 rounds of interval training. (10.00)

- Lateral Slides x 60s work/60s rest

Belly Basher #2

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here you're straight into the boiler with 5 rounds of these 2 core exercises and some high knee fun. (7.30)

- **Flutter Kicks x 30 secs**
- **Bunny Hops x 30 secs**
- **High Knees x 30 secs**

And to finish crack on with 10 rounds of interval training. (10.00)

- Jumping Jacks x 30s work/30s rest

Belly Basher #3

Perform 3 rounds of these warm-up exercises. (3.00)

- Warrior Jacks x 30 secs
- Heel Kicks x 30 secs

From here you're straight into the boiler with 5 rounds of these 2 core exercises and some high knee fun. (7.30)

- **Bicycles x 30 secs**
- **Flutter Kicks x 30 secs**
- **Mountain climbers x 30 secs**

And to finish get your running shoes on. (15.00)

- Run, jog or walk.

Booty Buster #1

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Walking Plank x 30 secs

From here you're straight into 5 rounds of these 2 butt exercises and burpee mash-up. (7.30)

- **Bridge x 30 secs**
- **Step-ups x 30 secs**
- **Burpees x 30 secs**

And to finish crack on with 5 rounds of interval training. (10.00)

- Lateral Slides x 60s work/60s rest

Booty Buster #2

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here bang out 5 rounds of these 2 leg exercises and some high knee fun. (7.30)

- **Squats x 30 secs**
- **Pistol Squats x 30 secs**
- **High Knees x 30 secs**

And to finish crack on with 10 rounds of interval training. (10.00)

- Jumping Jacks x 30s work/30s rest

Booty Buster #3

Perform 3 rounds of these warm-up exercises. (3.00)

- Warrior Jacks x 30 secs
- High Knees x 30 secs

Then get those legs moving with 5 rounds of this leg burner. (7.30)

- **Bulgarian Squats x 30 secs**
- **Alternating Lunges x 30 secs**
- **Mountain climbers x 30 secs**

And to finish get your running shoes on. (15.00)

- Run, jog or walk.

Bingo Burner #1

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here you're straight into the hot the room with 5 rounds of these 2 arm exercises and burpee mash-up. (7.30)

- **Tricep Dips x 30 secs**
- **Push-ups x 30 secs**
- **Burpees x 30 secs**

And to finish crack on with 5 rounds of interval training. (10.00)

- Lateral Slides x 60s work/60s rest

Bingo Burner #2

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

Then it's time for some arm action and high knee fun for 5 rounds. (7.30)

- **Tricep Extension x 30 secs**
- **Close Grip Push-Ups x 30 secs**
- **High Knees x 30 secs**

And to finish crack on with 10 rounds of interval training. (10.00)

- Jumping Jacks x 30s work/30s rest

Note: for tricep extensions hold a bag behind your head with your elbows pointing forward and lift it up so that your arms are extended.

For the close grip push-ups you might have to put your hands on a high platform like a table or chair. Keep your hands at shoulder width and lower your body, so that your elbows almost touch your body.

Bingo Burner #3

Perform 3 rounds of these warm-up exercises. (3.00)

- Warrior Jacks x 30 secs
- Heel Kicks x 30 secs

More dips and wobbly push-ups followed by mountain climbers for 5 rounds. (7.30)

- **Tricep Dips x 30 secs**
- **Walking Push-Ups x 30 secs**
- **Mountain climbers x 30 secs**

And to finish get your running shoes on. (15.00)

- Run, jog or walk.

Chest Chiseller #1

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- High Plank x 30 secs

From here you're straight into the boiler with 5 rounds of these 2 chest exercises and burpee mash-up. (7.30)

- **Push-Ups x 30 secs**
- **Push-Up Jacks x 30 secs**
- **Burpees x 30 secs**

And to finish crack on with 5 rounds of interval training. (10.00)

- Lateral Slides x 60s work/60s rest

Chest Chiseller #2

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here you're straight into some walking push-ups. Towel flys and more high knees fun for 5 rounds. (7.30)

- **Walking Push-Ups x 30 secs**
- **Towel Flys x 30 secs**
- **High Knees x 30 secs**

And to finish crack on with 10 rounds of interval training. (10.00)

- Jumping Jacks x 30s work/30s rest

Note: For the towel flys you'll need a wooden floor and two old towels/pieces of old clothing. Start in a high plank position and slide your hands out to the sides and bring them back in again whilst squeezing your chest.

Chest Chiseller #3

Perform 3 rounds of these warm-up exercises. (3.00)

- Warrior Jacks x 30 secs
- Stance Jacks x 30 secs

From here you'll jump into these 2 chest exercises and some high mountain climbers for 5 rounds. (7.30)

- **Push-Ups x 30 secs**
- **T Push-Ups x 30 secs**
- **Mountain climbers x 30 secs**

And to finish get your running shoes on. (15.00)

- Run, jog or walk.

Back Blaster #1

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

Start by powering those arms like a car engine and then hit the burpees for a total of 5 rounds. (7.30)

- **Piston Rows x 60 secs**
- **Burpees x 30 secs**

And to finish crack on with 5 rounds of interval training. (10.00)

- Lateral Slides x 60s work/60s rest

Back Blaster #2

Perform 3 rounds of these warm-up exercises. (3.00)

- Seal Jacks x 30 secs
- Low Plank x 30 secs

From here jump straight into 5 rounds of these 2 exercises. (7.30)

- **Suspension Trainer Row x 60 secs**
- **High Knees x 30 secs**

And to finish crack on with 10 rounds of interval training. (10.00)

- Jumping Jacks x 30s work/30s rest

Back Blaster #3

Perform 3 rounds of these warm-up exercises. (3.00)

- Warrior Jacks x 30 secs
- Heel Kicks x 30 secs

From here you can get stuck into this resourceful exercise and some mountain climber fun. (7.30)

- Table Row x 60 secs
- **Mountain climbers x 30 secs**

And to finish get your running shoes on. (15.00)

- Run, jog or walk.

Final Thoughts

Banishing stubborn chub takes diet, exercise, lifestyle changes and supplementation.

First off, make sure you've tackled your *general fat* and keep an eye on your measurements over several weeks to see which areas are slow to move or haven't budged at all.

Then, if the stats suggest you have got stubborn fat it's time to put what you've learnt here into action.

Just remember that exercising an area hoping to burn fat from that area doesn't work particularly well.

Make sure your diet is on top form, get some extra beauty sleep, spend time away from the stressors in your life and you can certainly chip away at the stubborn stuff.

Targeted supplementation can speed fat loss in your stubborn areas, but only if you're religious about taking supplements and your diet is on the ball.

Finally, stubborn fat is an arrogant assimus. You tell it to do a runner and it looks up at you with a smirk on its face and says "I'm going nowhere, Sonny Jim!"

You've got to be patient with this little blighter and keep doing everything right (exercise, diet, sleep and supplements), until it realises that you're the boss and what you say goes.

And if you have been doing everything right for several weeks, with no improvements, then it's time to visit the doc for further investigation.