

# BodyReboot

**Ignite Your Metabolism,  
Quickly Shed Weight &  
Eat Your Way To Health**

By Bill McIntosh



**STEP 2**

## **Step 2: Fire Up Your Metabolism**

### **Why Supplements Are VITAL**

When I created the BodyReboot™ system, I knew from personal experience how important vitamins, minerals and nutrition were to make sure the reboot was successful. Deficiencies in these things are partially responsible for why you may not be feeling your best or why you put on some of the extra weight that you have in the first place.

I also learned through my own reboot how you can sort of hack your body with these things to ramp up your metabolism. Then, after studying the science behind why this is, I realized how important these substances are as core building-blocks your body

uses to create hormones and regulate your metabolism.

I really can't stress enough how important these things are for getting the fastest, easiest and best results for your reboot. Most of the upcoming steps you'll be taking will not be as effective if you're not giving your body the vitamins minerals and nutrients it needs to reboot itself.

Because of the importance of these things, I developed a line of vitamins and nutritional supplements. I began taking them during my own reboot and continue to take them to this very day. Since you're a reader of my book, I'm happy to give you an additional discount on these products. However, they are available from other sources and as much as I'd like you to buy them from BodyReboot™ it is more important that you just get them and use them, no matter what the source. The bare minimum supplements are:

Keto Activator (regular MCT oil can also be used)

Chlorella

Omega-3

CLA (Use only when you want weight loss)

Instant CalMag

Your special discounted link to get these in the body reboot store is:

**[www.bodyreboot.com/reader](http://www.bodyreboot.com/reader)**

You can take additional vitamins and supplements if you choose, but be sure that you at least use these supplements, as a minimum.

By providing an abundance of these vitamins and minerals for your body, you'll get far quicker and easier results compared to those who don't. It's also important to know that being deficient in these things while on your reboot can cause negative effects. You may experience things like dizziness, constipation, headaches or even the "keto flu" (where you feel tired and rundown, sort of like you've caught the flu),

A surprisingly fun and tasty thing that can aid your reboot are snacks and sweets. That's right! In the next chapter, I'll show you how eating delicious snacks and desserts will actually help you lose weight and reboot your body. They are a lot tastier than vitamin supplements, but are powerful tools to use during your reboot.

## **Sweets & Snacks That Fuel Fat Loss**

During your reboot, it's important that you consume a large amount of fat. Mainstream thinking says this is blasphemy and that a high-fat diet is bad for you. We know otherwise, and the science shows it.

As you know, it's just as important to cut carbohydrates and consume little to no sugar in order for you to even start your reboot. A high carbohydrate diet and regular sugar consumption are

what harmed your health in the first place and it's impossible to reverse it, long-term, without completely cutting them out during your reboot. However, you can reintroduce them in a reasonable fashion after your reboot is over.

One of the things I sometimes hear people complain about is that they think they must give up snacks and sweets. This is not true! In fact, one of my favorite things to do is to eat high fat and delicious desserts that force my body into ketosis.

There are desserts that contain things like cream cheese and other high-fat ingredients that are a wonderful treat and can even help you lose weight. You're just going to make them with ingredients that taste like sugar but without impacting your blood sugar or hormones. Don't worry, these aren't those nasty-tasting sweeteners with an odd aftertaste.

In following my advice below, you shouldn't use artificial sweeteners like Sucralose, Splenda, Aspartame, Nutrasweet, Sweet N Low, Saccharin, and others. Many of these have been shown to spike your blood sugar and insulin levels which then tamper with a variety of the other hormones that you're trying to keep in balance. Avoid these as much as you can.

The secret ingredients to sweet and tasty ketogenic desserts are called sugar alcohols and Monk Fruit.

## **Sugar Alcohols**

The name sugar alcohol is actually a bit misleading, because they are not sugars and they are not alcohol, either. So you might be asking "then what the heck are they?". Sugar alcohols are a substance that actually come from sugars, either naturally or artificially, and maintain their sweetness, but are low in calories and have a much lower effect on blood sugar. The most common sugar alcohols used in food today are:

- Erythritol
- Xylitol
- Hydrogenated starch hydrolysates
- Isomalt
- Lactitol
- Mannitol
- Maltitol.
- Sorbitol.

When reading product labels that contain sugar alcohols like these, you can actually deduct them from the total carbohydrate count. So if total carbohydrates in a food are 25, but 20 of them come from sugar alcohol your true net carb count would only be five.

However, not all sugar alcohols are created equal. Some of them have an almost 0 effect on blood sugar, while others have a pretty significant effect on raising blood sugar. One sugar alcohol commonly used in food that actually has a pretty significant

impact on blood sugar is Maltitol. So, my advice is to not consume products that contain Maltitol.

My preferred sugar alcohol is erythritol. It has a zero impact on blood sugar and, in my opinion, has a taste very similar to regular sugar. You can buy erythritol on Amazon and use it as a one to one sugar-replacement in nearly any recipe. My favorite way to use this is to mix erythritol and Monk fruit together to sweeten my recipes. There are even a few brands selling sugar replacements that already blend Monk fruit and erythritol together. One of them is by a company called Lakanto.

If, for any reason, you don't like sugar alcohol, you can try pure Monk fruit, Stevia or sucralose in liquid form. The powdered form of sucralose can impact blood sugar and insulin, but the liquid form has a much lower effect on these things.

## **Monk Fruit**

Up until recently, most people have never heard of Monk fruit. This natural melon from Southeast Asia is actually sweeter than sugar. When dried and extracted, Monk fruit-based sweetener can be 400 times sweeter than sugar! It's been used as a sweetener for centuries and is only just now becoming popular in the West. It is also said to have several very positive medicinal qualities. Monk fruit sweetener has been called a revolutionary new way to sweeten foods and drinks without the negative effects of artificial sweeteners or sugar substitutes.

Personally, I really enjoy the taste of Monk fruit. It has a sort of brown sugar or maple type flavor to it and is great in a lot of recipes. I'll sometimes use Lakanto and then add additional Monk fruit powder to give it that little extra sweetness or brown sugar flavor.

So the trick to delicious and sweet desserts is to make them with these ingredients and to combine them in high fat dessert recipes. For example, there are a great many different cheesecake recipes that are keto-friendly. We have at least one of them in our cookbook. I've also seen a variety of different kinds of desserts in all flavors and types that work great with the keto diet.

There are even some very creative ways to make high-fat desserts. I've even seen a few that use surprising ingredients like avocados that can be very tasty (avocados are loaded good, healthy fats).

## **Snacks**

The other surprising thing is that there are a variety of tasty snack foods that can be high fat or fiber. Both of which will help you during your body reboot.

Just a few delicious examples are:

- Macadamia nuts
- Almonds



- Cheese
- Chocolate
- Coffee or tea with Keto Activator (or MCT oil)
- Bacon

Check the [BodyReboot.com](http://BodyReboot.com) website for more information about sweeteners and delicious dessert and snack recipes you can use while on the ketogenic diet.

Now that you're loaded up with sweets and snacks you are ready for the next chapter where I'll explain why you do not want to do traditional exercise as part of your reboot. As odd as it sounds, cardio exercise can actually hurt both your short- and long-term results!

This is good news, because there is a much faster and more efficient alternative to long jogs or running endlessly on a treadmill. You'll discover the science behind why excessive cardio can work against you and what you should be doing instead.

The short exercises I'll be showing you later will actually further increase your metabolism over the short-term and the long-term. In addition to taking less time and being more effective, these exercises will also increase good hormone production (like human growth hormone), decrease stress hormone production (like fat building cortisol) and help you feel better, overall.

## Fitness Lies

### **Big Lie #1: You need to commit to a significant amount of cardio exercise to burn calories and lose weight.**

We've been told for years by established medical and fitness experts that physical fitness and fat loss require a specific type of exercise, and lots of it. Even the government insists that if you want to lose weight, diet is not enough; you must do plenty of cardio exercise. But it turns out that's not exactly true. An *effective* exercise program is important in losing unhealthy fat, keeping it off for the long term, and improving your overall health. But although it seems to go against popular belief, evidence shows that focus on a ton of cardiovascular exercise can actually harm your weight loss efforts! In addition to being an unhelpful waste of time, it is actually counter-productive over the long term.

Part of the confusion comes from the mistaken idea that burning calories through exercise is good because it leads to weight loss and losing weight – by any means – is necessarily a good thing. In fact, exercising simply to burn calories and to shed pounds at any cost will hurt your weight loss and health in four ways:

- It will cause your body to burn fewer calories throughout the day due to loss of muscle.
- Because it requires such a time and effort commitment, it sets you up to fail as you begin to skip workouts and eventually give up.

- It will cause your body to adjust and slow down it's metabolism overall.
- It harms your overall hormone levels as your body tries to adapt to you spending time burning a large excess of calories.

The various attempts to 'prove' cardio exercise is beneficial usually ignore a few facts. Cardio exercise has been shown to burn more calories than strength training, *minute per minute* **during the exercise**, BUT not only does cardio do a relatively poor job at building and strengthening your body's muscles compared to strength training, scientific studies show that pounds lost from typical cardio exercise include plenty of muscle shed along with the fat! That's right: cardio burns muscle as well as fat! That means that some of the weight you'll lose through cardio is actually mass you want to keep. If you think a few pounds of muscle are a small price to pay as long as you shed pounds of fat along the way, think again.

For every three pounds of muscle, your body will burn 120-150 calories per day, at rest, even before you burn more with exercise. That's just calories spent to maintain that healthy muscle tissue. Muscle tissue is always 'hungry' in metabolic terms. Cardio-focused exercises that result in lost muscle-mass reduce the calories you burn when you're NOT active. Less muscle mass also means your metabolism slows down, since it doesn't have to feed and maintain as much muscle tissue. That's why a cardio-focused exercise regime takes up a lot of time if you want it to be effective. Under a cardio-focused

exercise regime, your metabolism can slow down since it has less muscle to maintain. Also, since it's not required to burn much fat for energy when you're at rest, the only way to keep burning fat through this type of exercise is to devote a lot more time to it.

Investing a lot more time in exercise than you need to will produce another predictable effect. Setting aside the physiological factors for a moment (we'll come back to those), there's also a mental factor to consider. One important reason people fail when they try to lose weight is because a change in lifestyle to follow a different diet and exercise program is a challenge, but that challenge is much tougher if the exercise component takes up a lot of your most important resource: time! Long daily cardio sessions are a tough commitment to follow through on, and they set you up for failure. An alternative exercise plan, discussed in the next chapter, and detailed later in this book, is the answer.

A recent study of contestants on the TV show "The Biggest Loser" showed some surprising results: After contestants lost significant amounts of weight and left the show at the end of the season, their bodies actually slowed down and began burning an average of about 600 calories LESS per day! This is theorized to be the cause for the long term failure rates after they leave the show. Only 1 out of the 14 contestants studied had actually maintained their weight loss!

As the contestants spent more time doing cardio that burned large quantities of calories: it actually caused their bodies to adapt and respond by slowing down their metabolism. This leads to a vicious cycle of needing to cut more and more calories from their diet and burn more and more calories from exercise or the weight gain comes back.

Here are a few more reasons we'll be aiming to spend minimal time on the most efficient and sustainable, healthy, fat-burning exercises:

Along with the increased metabolic rate from building more muscle mass comes even more benefits. A peer-reviewed study published by the US National Library of Medicine National Institutes of Health shows that more lean muscle mass in women leads to improved estrogen balance and a reduction in breast cancer risk.

A scientific study of men who did strength training exercises showed an increase in growth hormone production and a 40% increase in testosterone and the test subjects experienced a 24% decrease in cortisol, the stress hormone responsible for building excess belly fat.

There are more benefits to building lean muscle to help you burn fat. Increased muscle strength also leads to better joint and bone health. That is important for people of all ages, but particularly so as we age. More lean muscle means a reduced risk of suffering from conditions such as osteoporosis. It's a

nice side effect of increased muscle strength that bone size, shape, density, strength and mineral mass all tend to improve as your muscles provide the right kind of mechanical strain on your skeleton. This helps improve resistance to fractures and breaks.

Think of it this way: losing unhealthy fat *right now* is a good thing, but keeping it off over the long term is the ultimate goal and that means establishing a sustainable pattern, a lifestyle you can maintain for years. So besides a solid keto-diet, you'll need an exercise plan that is sustainable, even when work and family responsibilities demand your time.

On your reboot, you'll be focusing on short workouts done on an easy schedule that you can maintain. These workouts will be designed to build strength and maintain lean muscle mass. This will boost your hormone levels and increase your overall metabolism.

Next, let's see what kind of exercise you can do in just a brief portion of your week that'll supplement your keto diet with activities that build muscle, crank up your metabolism, and avoid the muscle-burning effects common to cardio workout

**Big Lie #2: Strength training is for people who want to build big muscles.**

For most people, the opposite is true!

Muscle is much more dense than fat. Your body will squeeze the same amount of weight into far less space. This means the more strength training you do, the tighter your body will be. A poor diet and lack of the proper exercise routine create the appearance of being wide and bulky. Not strength training.

Powerlifting isn't the only way to get results with this type of workout. Strength training comes in much easier forms. Many don't even require gym membership and definitely don't require a personal trainer!

Strength training produces stronger, more efficient muscle fibers. In order to add to muscle bulk, you must consume a high amount of protein immediately before or after a specific type of workout routine. In women, it often also takes an artificial increase in hormones or steroids to build up bulky "bodybuilder muscles".

Most women report wanting to look "toned". The very method to achieve this is by training your muscles to become tighter and firmer. The right type of strength training is the true solution for being toned! No amount of cardio will get the results of strength training when it comes to toning your muscles.

On your reboot you'll be doing a specific type of exercise routine that is designed to burn fat and increase your metabolism while making you look

toned and fit. The best part is that it can be done in just 1-2 short workouts per week!

## **Burn Fat Without Cardio and Without Hours at The Gym**

Muscle-building through high-intensity resistance (strength) training causes a helpful effect sometimes called “afterburn,” in which your body burns substantial energy afterward, even at rest. There is much less of this helpful effect with traditional cardio-focused workouts. Traditional cardio exercise is also-called “continuous endurance”. Activities such as steady periods of walking, jogging, cycling, swimming, and other aerobic workouts, tend to create most of their benefit *during the exercise*, so, naturally it helps to continue these for quite awhile to burn more energy. That means that quicker but more intense strength training boosts your resting metabolic rate over the long term. While typical cardio tends to burn calories initially, but may result in your long term metabolism actually decreasing.

But how beneficial is this “afterburn” effect after the workout ends? Just like with cardio exercise, intensive strength training requires your body to burn calories during your workout, but unlike with cardio, the right strength training will boost your metabolism for 24-48 hours *after your workout!* That means that a correct strength workout, done two to



three times per week will continually keep your metabolism running fast. Soon, your body adapts to this pattern and improves hormone levels so it prefers to burn fat for energy and also is more resistant to storing body fat in the first place.

No matter what your fitness goals, having a fast metabolism makes those goals easier and quicker to achieve. The exercise and faster metabolism together create a demand for calories and once your body is in sustained ketosis, it won't be using high blood sugar from carbs; your metabolism uses fat for energy instead.

Continuous endurance training (cardio exercise) certainly has long-term effects on the body, but these are effects that tend to make long-term weight-loss and overall fitness more difficult, not easier.

While runners and bikers need to hit the road frequently to maintain a high volume of continuous endurance training, strength training just a few times per week helps you sustain a high metabolism. The best part of all is that it doesn't take long workouts for your body to remain at a high metabolic rate. A few brief, intense workouts are enough.

In the next chapter, I'll be laying out specific exercises and strategies, but the key to effective and efficient strength training to complement your keto diet is to focus on exercises that engage LOTS of muscle fiber. The more muscle mass you can involve in a workout, the more energy they'll need to burn

and the bigger improvement this will cause in terms of your hormone levels. Exercises that focus on a single area or isolate a single muscle are not optimal for this goal.

There are two strategies that work to work out large amounts of muscle fiber:

1. Use compound exercises that engage multiple muscles at once. Aim to work several muscle groups in the same action and include movement around two or more joints.
2. Use exercises that engage very large muscles. For example, legs, back muscles, glutes and your core (abdominals) are relatively large. Working these in preference to smaller muscles, such as the biceps, is a much more efficient way to focus your workout time.

You will be able to literally feel your body burning more fuel during a tough set of compound exercises. Since your careful diet keeps you in ketogenesis, it will quickly burn through any glycogen reserves (sugar stored in your tissues) and burn ketones as the primary fuel to power the exercise. That's fat burning success!

If I test my ketosis about an hour after one of these types of workouts, the test strip shows a big increase in more ketone by-products and it shows me being much more "in ketosis" than before the workout. You'll witness this same result in your own workouts

and all with a smaller time-commitment than if you spent many hours per week doing traditional cardio.

So, your workout will be a trifecta of efficiency:

1. Exercises will involve high intensity,
2. Engaging lots of muscle fiber,
3. Over a short amount of time.

Following these principles, with the right exercise plan, like the one described in the next chapter, you'll be able to spend a relatively short amount of time to build healthy, lean muscle, burn fat and stimulate your metabolism and hormone production so that your body keeps burning fat to generate energy needed to maintain that muscle. Your body adaptation to this exercise program will also blunt its tendency to store fat. As an extra bonus, workouts that involve large groups of muscles also build and strengthen a variety of smaller 'stabilizer' muscles in the process. These smaller incidental muscles are vital to keep in balance with your larger muscles and workouts that isolate specific muscles very well tend to skip over the stabilizers.

The scientific study of focused high-intensity strength training has a long history, but has only gained the attention and recognition it deserves recently from the fitness industry and health sciences.

- Studies as far back as 1912 demonstrated the benefits of intervals of high-intensity strength training. More recent research work

demonstrates benefits from interval strength training that are significant enough that some cardiac rehabilitation centers are beginning to include such training sessions for their heart disease patients!

- More recently, researchers showed that a program of three days per week of brief, intense exercise involving short bursts of activity produced similar benefits to 5 days per week involving 40-60 minutes of continuous, but moderate-intensity cardio exercise. The subjects showed similar muscle adaptations and *mitochondrial density increase*. Increased mitochondrial density means that the capacity of the body's cells to break down carbohydrates and fat to produce energy for muscles to use rises. Higher mitochondrial density means more energy is available to the muscles and for a longer period. The important takeaway is that a program of a few brief surges of intense activity with a few minutes recovery, three times per week, produced comparable benefits in these areas to *40-60 minutes* of continuous cardio exercise done *five times per week*!
- A Laval University study discovered that subjects' muscle fibers ended up with much higher levels of markers for fat oxidation (fat-burning) than the subjects in another group in the study doing a program of longer, high-volume steady-state exercise. That result supports the idea that a high-intensity interval

strength workout drives and sustains a faster, fat-burning metabolism.

What about support for the notion that high-intensity strength workouts also help limit production of body fat in the first place? There's good evidence that steady-state, high-volume cardio workouts lead to body adaptations that make fat storage easier and more efficient.

- On the other hand, researchers from the Norwegian University of Science and Technology (Trondheim) found that study subjects with *metabolic syndrome*\* who followed a 16-week program of high-intensity training had a *100% greater decrease* in the fat-producing enzyme fatty acid synthase than subjects who had followed a regime of continuous moderate-intensity exercise.

\*Metabolic syndrome is the name for a combination of disorders that increases a patient's risk of heart disease and diabetes.

The convenience of briefer workouts, done only a few times per week, is obvious, but it's *still real work*. In fact, at times, the intensity of these briefer workouts is far higher than more traditional, cardio-based programs. Continuous endurance (cardio) training typically requires you work at moderate intensity, about 60-70% of your maximum capacity, but for long periods. Instead, you'll be doing brief high-intensity exercise at closer to 90% of your maximum, followed by low-intensity recovery.

## Getting Your Own Quick Fitness Results

I call this exercise strategy “Optimized HIIT”. HIIT stands for High Intensity Interval Training. The concept is pretty simple, really: Get the absolute maximum amount of long-term benefit in the shortest amount of time. We not only want to burn calories and get benefits from the immediate exercise, but we also want to have long-lasting gains in the form of an increased metabolism and an overall balancing of hormones.

As we’ve discussed in previous chapters, some forms of exercise can have short-term caloric burn, but actually harm your long-term health and weight loss results. Here, we’re doing the opposite and we do that by a combination of compound strength training exercises designed to maximize your results in a 5-minute time window for each exercise.

An added bonus is that your body will respond to this form of exercise by releasing a variety of hormones (like human growth hormone). This reinforces the entire BodyReboot plan and further resets your body’s hormones and restores the proper hormone balance.

I’ll be discussing 7 different types of exercises here in this chapter, but for more detailed explanations of

the exercises and demo videos, please refer to our website at:

**[www.bodyreboot.com/bookfitness](http://www.bodyreboot.com/bookfitness)**

In that section of the website I'll list images, detailed instructions and more alternatives if you have difficulty with any of these exercises.

You'll be doing each exercise in 3 sets of 10 repetitions. You'll start routine 1 by selecting a weight that you feel you'll be able to do 10 times. You'll perform the exercise and repeat it 10 times. Rest 20 seconds, increase the weight at least 20% and do a second set of 10 repetitions. This set should feel like it was difficult to complete the final few repetitions. Then rest 20 seconds again. Then, for the third and final set, you'll increase the weight again approximately 20% more and do another set of 10 repetitions. However, you're targeting to fail on this final set. Ideally, if you've selected the amount of weight you're lifting properly, the third and final set you will need to quit before hitting your 10<sup>th</sup> repetition. Your muscles will actually fail, and you'll physically feel as if you cannot do another repetition.

As an example, your first exercise might look a little something like this:

1. Start routine 1 with 10 pounds of weight and perform the exercise 10 times.
2. Rest 20 seconds

3. Increase the weight to at least a minimum of 12 pounds and perform the exercise 10 times. (this one should feel difficult to complete)
4. Rest 20 seconds.
5. Increase the weight to a minimum of 15 pounds and perform the exercise 10 times. (this time you should fail and be unable to complete the exercise somewhere between reps 7-10)

Your first few times performing these exercises it's more important to get your body used to doing them. Don't go crazy and overdo the amount of weight right out of the gate. Also, be sensible and don't overexert yourself the first few times you exercise. It always goes without saying, if you're currently under treatment for any illness or disease, consult your doctor to verify that you're healthy enough for exercise.

You'll want to finish your workout session tired and feeling generally "worn out" your first few times, but you don't want to come away from your exercises wiped out and sore for a week. So ease into how aggressively you work out and the amount of weight you might lift.

As you get used to this strategy and these routines, definitely increase your weights and work harder. The whole point of this type of workout strategy is to push yourself hard. Choosing weights that let you hit your limit in the third set is a key part of the strategy. I often feel very tired after a workout and



do get muscle soreness the next day, but that's after using this workout routine for a while. I didn't go crazy my first week and exhaust myself.

You should ideally strive to do this routine twice a week. If you can do it three times, even better, but the magic of this workout is that you can get great results with just two workouts a week.

I actually logged every workout I've done over the past year. It turns out I only worked out an average of once every five days! Which is surprising because I've had some pretty amazing results. This includes breaks for work trips, holidays, vacations and the like.

*Disclaimer:* I do not recommend you target working out once every five days, but it does go to show that, as long as you stay consistent, you can get great results with very little time investment.

### **Some general work out tips:**

- Performing slow controlled motions is far more beneficial than jerky, aggressive motion. If you have to move around, arch your back, leverage your body weight, or swing yourself around in order to perform the exercise: you're lifting too much weight. Slow, even movements get you far more gains for your efforts and your time. I find it amusing when I see someone at the gym grunting and groaning and moving all around so that they

can lift a big impressive stack of weights. That's because they're getting very little benefit from the exercise, and worse, they're far more likely to injure themselves.

- Focus on your posture and how you hold your body while doing your exercises. I found that if you force yourself to maintain good posture while exercising it will naturally extend to your day-to-day life. So a great way to improve your posture is to simply force yourself to have good posture while exercising. Plus, this engages more muscles and causes you to get more benefits from your workout.
- Focus attention on your abs and your core muscles while performing these exercises. You want to tighten them and sort of pull them together while you're doing the exercise. If you can hold your core tight while also holding your posture straight this really while doing your work out, it increases the benefits you'll get from the exercise. Plus, it also carries through to day-to-day life and you'll find you have a more toned and flatter belly.
- Stay hydrated. I know it sounds like common sense, but it's easy to forget just how much you need extra water while performing these exercises. Even if you don't find yourself sweating profusely, you still need much more water than normal.

- Use vitamin and mineral supplements. When performing these exercises as I've laid out below, you're really exerting your body and it needs more vitamins and minerals compared to when you're not active. So be sure to take your BodyReboot supplements and a good multivitamin.

For each of the exercises below I'll give you two variations of the exercise: one you can perform at the gym and one you can perform at home.

## **Exercise 1: Core and Abdominals**

Hanging Knee Lifts:

1. On the vertical leg raise bench, position your body with your forearms resting on the pads next to your torso and your hands holding the handles. Your arms will be bent at a 90-degree angle.
2. Keep your torso straight with your lower back pressed against the pad of the machine and your legs extended, pointing at the floor. This is the starting position.
3. As you breathe out, raise your legs, keeping them extended. Continue this movement until your legs are straight out and roughly parallel to the floor. Hold the contraction for a second. This is meant to be a controlled motion, not using any swinging action to

develop momentum to lift your legs quickly; force the muscles to do all the work.

4. Slowly lower your legs back to the starting position as you breathe in. Again, this is a controlled motion motivated by your muscles. Resist the temptation to just let your legs drop.
5. Repeat for the recommended amount of repetitions.

### Leg Raises:

This alternative exercise can be performed almost anywhere and doesn't require gym equipment.

1. Lie on your back with your legs straight and together.
2. Rotating at the hip, but with your legs straight, raise your feet toward the ceiling until your legs are pointing straight up and your butt comes off the floor.
3. With a steady, controlled motion, lower your legs slowly back down till they're just above the floor. Resist the urge to let your legs just swing back down. Hold this position with your legs just above the floor for a moment.
4. Repeat.

Alternatives: Sit ups, crunches, crunch machines, prone plank, ab wheel roll-up

## Exercise 2: Horizontal Pull

### Seated Cable Row:

For this exercise you will need access to a low pulley-row machine with a v-bar. The v-bar option enables you to maintain a neutral grip with your palms facing each other.

1. Begin seated on the machine and place your feet on the front platform or crossbar, ensuring your knees are slightly bent and not locked.
2. Lean forward, maintaining the natural alignment of your back and grab the v-bar handles.
3. To move into the starting position, pull back, keeping your arms extended until your torso reaches a 90-degree angle from your legs. Your back should be slightly arched, and your chest should be sticking out. You'll feel a nice stretch on your lats as you hold the bar in front of you.
4. With your torso stationary, pull the handles smoothly back towards yourself, keeping your arms close to you until you touch your abdominals at the end of the stroke. Exhale as you perform that movement. At that point you should be squeezing your back muscles hard. Hold the muscle contraction for a second and inhale as you slowly return to the original position.
5. Repeat for the recommended amount of repetitions.

**Caution:** Avoid swaying your torso back and forth during repetitions, or you can cause lower back injury by doing so.

#### Dumbbell Row:

This alternative exercise works similar muscles, but requires just dumbbells to perform, so you don't necessarily need to go to the gym.

1. With a dumbbell in each hand, bend forward at your hips and bend your knees, lowering your torso until it's almost parallel to the floor. Let the weights hang at arm's length from your shoulders.
2. First, pull your shoulders down and back and hold that position. Then bring the weights up to the sides of your ribs by squeezing your shoulder blades toward your spine. Pause.
3. Smoothly lower the weights to the starting position and repeat. Don't just let your arms down too quickly, the motion should be steady and controlled.

Alternatives: single arm dumbbell bent row, inverted row

### Exercise 3: Hips and Glutes

#### Deadlift:

The "dead" in Deadlift stands for dead weight. That means every rep starts with the weight on the floor, from a dead stop. You don't deadlift top-down like

on the squat or bench press. Instead, start at the bottom, pull the weight up and then return it to the floor. Here are the steps:

1. Start at the bar. Stand with your feet about mid-way under the bar. Your shins shouldn't touch it yet. With your heels positioned hip-width apart, point your toes out 15°.
2. Grab the bar. Bend over without bending your legs. Your grip should be relatively narrow, with your hands about shoulder-width apart. Your arms must be vertical when looking from the front.
3. Bend your knees. Drop into position by bending your knees until your shins are touching the bar. The bar should not roll or move out of line with your mid-foot. If the bar moves, realign and start from scratch with step one.
4. Lift your chest. Straighten your back by raising your chest. Do not change your position – keep the bar over your mid-foot. Keep your shins against the bar, and your hips where they are.
5. Pull. Inhale a big breath, hold it and stand up with the weight. Keep the bar in contact with your legs while you pull. Don't shrug or lean back at the top. Lock your hips and knees.
6. Return the weight to the floor by unlocking your hips and knees first. Then lower the bar in a controlled fashion by moving your hips back while keeping your legs almost straight. Once the bar is past your knees, bend your

legs more. The bar will land over your mid-foot, ready for your next rep.

7. Rest a second between reps. Stay in the setup position with your hands on the bar. Take another big breath, tighten up, and pull again. Every rep must start from a dead stop. Don't bounce the weight off the floor or you'll pull with bad form. Likewise, don't just drop the weight; this can be dangerous and will also rob you of part of the value of the workout.

### Lunges:

This alternative exercise uses just dumbbells, so it can be done without necessarily being in a gym.

1. Begin by standing with your torso upright. Hold one dumbbell in each hand, by your sides. This will be your starting position.
2. Step forward with your right leg about 2 feet or so, leaving your left foot in place. Lower your upper body, as you lunge, keeping your torso upright and maintaining balance. Inhale as you descend.

**Note:** Do not allow your knee to go forward beyond your toes as you come down, as this will put undue stress on the knee joint. Make sure that you keep your forward shin perpendicular to the ground.

3. Using mainly the heel of your front foot, push up and go back to the starting position as you exhale.
4. Repeat the movement for the recommended amount of repetitions and then switch legs to



work your left leg, leaving the right foot behind.

**Caution:** This is a movement that requires a great deal of balance, so if you suffer from balance problems you may wish to either avoid it or just use your own bodyweight while holding on to a fixed object.

Alternatives: step-ups, reverse lunges

## **Exercise 4: Vertical Pull**

Lat Pull-Downs:

Your lats are very large muscles that run down each side of your back, connecting from just below your shoulders down to the middle of your back. A lat pull-down machine is usually a long bar hanging by a cable from the center.

1. Keep your chest tall. Move your chest to the bar.
2. Keep your elbows pointed straight down.
3. Squeeze your lats. Think of pulling from your armpits.
4. Lower the bar to your chin or just below.
5. Grab just outside your shoulders or a little wider.

Pull Ups:

An alternative to the lat pull-down is the pull up. Since you're using your bodyweight as the resistance, this exercise is not as simple to fine-tune as adjusting weights on a lat pull-down machine, but it is an

exercise you can do at home if you have a simple, but solid pull-up bar that can take your weight.

1. Grip the pull-up bar with your palms facing whichever direction you prefer.
2. Pull your body up until your chin is just barely above the bar.
3. Lower yourself slowly, until your arms are fully-extended.
4. Do another pull-up.

Alternatives: straight-arm lat pull-down, resistance band pull-down

## Exercise 5: Vertical Push

Military Press:

1. Sit on a Military Press Bench with a bar behind your head and either have a spotter give you the bar (this method is easier on your rotator cuff) or pick the bar up yourself carefully with a pronated grip (palms facing forward).  
**Tip:** Your grip should be wider than shoulder width. It should create a 90-degree angle between the forearm and the upper arm as the barbell goes down.
2. Once you pick up the barbell with the correct grip length, raise the bar over your head by locking your arms. Hold it at about shoulder level and slightly in front of your head. This is your starting position.

3. Inhale as you lower the bar down to the collarbone.
4. Exhale as you lift the bar back up to the starting position.
5. Repeat for the recommended number of repetitions.

**Variations:**

- This exercise can also be performed standing but those with lower back problems are better off performing the seated variation because it is easier to maintain balance under strain.

**Dumbbell Military Press:**

This exercise is like the ordinary military press, but uses just dumbbells.

1. Sit or stand being sure to keep your back straight and grasp a dumbbell in each hand. If you are seated, carefully rest them on your knees.
2. From the seated position, if the weight is heavy, you may have to use your knees to help lift the weights into position.
3. Move the weight to shoulder level with your palms facing forward.
4. Press the weight vertically until your arms are extended in line with your shoulders, exhaling throughout the movement.
5. Slowly lower the weight to near the start position (horizontal with the floor), inhaling throughout the movement.
6. Repeat steps 4-5 until your reps are complete for the set.

Alternatives: upright rows, Bradford press

## **Exercise 6: Horizontal Push**

Bench Press:

1. Begin by lying flat on the bench, with your body in a natural and relaxed position.
2. Be sure to have a spotter to help you whenever you lift a heavy weight. Pay particular attention on your final set, when your muscles will be tired and taxed the most.
3. Put your arms straight out to either side of you, then bend your elbows, bringing your hands up to touch the bar.
4. Lift the bar up, then slowly bring it down to just above your sternum.
5. Explode upward for one rep.

Dumbbell Press:

This exercise is similar to the bench press, but can be done with only a pair of dumbbells, so it can potentially be done at home.

1. Lie on the bench with a dumbbell in each hand and your feet flat on the floor. A bench makes this exercise easier, but if you don't have a bench to lie on, you can also perform this on the floor.
2. You can rest your feet up on the bench if it's more comfortable.

3. Push the dumbbells up so that your arms are directly over your shoulders and your palms are up.
4. Pull your abdominals in, and tilt your chin toward your chest.
5. Lower the dumbbells steadily down and a little to the side until your elbows are slightly below your shoulders.
6. Roll your shoulder blades back and down, like you're pinching them together and accentuating your chest.
7. Push the weights steadily back up, taking care not to lock your elbows or allow your shoulder blades to rise off the bench.

Alternatives: dumbbell squeeze press, upright resistance band chest press, chest dips

### **Exercise 7: Quads**

Quads is an abbreviation for *quadriceps femoris* (Latin for 'four-headed' muscle of the femur), also called *quadriceps* and *quadriceps extensor*. They are large muscles on top of the legs located in the thigh region.

Leg Press:

1. Sit down on a leg press machine with your legs on the platform directly in front of you at a medium (shoulder width) foot stance.
2. Lower the safety bars holding the weighted platform in place and press the platform all

the way up until your legs are fully extended in front of you.

**Tip:** Do not lock your knees. Your torso and legs should make a perfect 90-degree angle. This will be your starting position.

3. Inhale as you slowly lower the platform until your upper and lower legs make a 90-degree angle.
4. Exhale as you push the platform back to the starting position, using mainly the heels of your feet and using the quadriceps.
5. Repeat for the recommended amount of repetitions and ensure to lock the safety pins properly when complete.

#### Dumbbell Squats:

1. Stand up straight while holding a dumbbell in each hand (palms facing inward).
2. Position your legs in a shoulder-width medium stance with your toes slightly pointed outward. Keep your head up at all times to help you maintain balance. Also maintain a straight back. This will be the starting position.
3. Slowly lower your torso by bending your knees as you maintain a straight posture with your head up. Continue lowering until your thighs are parallel to the floor.

**Tip:** If you performed the exercise correctly, the front of your knees should make an imaginary vertical line with your toes. If your knees are past that imaginary line (if they are

ahead of your toes) then you are placing undue stress on your knees and the exercise has been performed incorrectly.

4. Next, exhale as you raise your torso by pushing the floor with the heel of your foot mainly. Straighten your legs again and return to the starting position.
5. Repeat for the recommended number of repetitions.

**Caution:** Be careful with the weight used. If in doubt, use less weight rather than more. The squat is a very safe exercise if performed properly.

Alternatives: goblet squat

In the next chapter, you'll discover how this powerful combination of nutritional changes in effective short exercise are a multiplier of your weight loss, fitness and health results. When you add in the proper supplements and the remaining steps in future chapters, I think you'll see that this is the most powerful form of weight loss and health improvement.

## **Switch on Your Body's Fat Burning Hormones**

Before you started your reboot it's probably likely that you are consuming a high carbohydrate diet. Maybe you regularly consumed sugar whether intentionally or not. It's probably also likely that you weren't consistently doing an effective exercise

routine. Odds are that you were short on things like magnesium, calcium, Omega-3 and Omega-7 fatty acids along with a whole host of other important nutrients.

Combine these factors and you have the recipe for a health disaster. It's likely these things caused your metabolism to slow down and run much slower than it should have been. It's likely your body was releasing too many stress hormones like cortisol. Probably your body had gotten other important hormones, like testosterone and estrogen, out of balance. Your body was probably manufacturing less human growth hormone. And all these things add up to you feeling tired, stressed, mentally foggy and probably putting on excess weight,

One thing we haven't talked a lot about is your mental state and the impact all of these things have on it. They do have a profound impact on your mood and how you feel. Studies have tied high carbohydrate intake with changes to things like serotonin, melatonin and other neurotransmitters (These are all chemicals that influence your brain, your sleep and your mood). Other studies have shown a diet like the one we've discussed here has shown improvement in things like anxiety and depression. Another shocking statistic is that people who are overweight are less successful. As surprising as that might sound the statistics show it to be true. Healthier people tend to be more successful and tend to make more money. I personally attribute this surprising fact to people's emotional state and mood.



If they're overweight its likely their hormones are out of whack and it's influencing how they feel, which in turn makes it harder to be successful.

Luckily you are reversing all this with your reboot. It's likely you'll see an improvement in your energy level, your mental focus and your mood. This in turn helps you lead a much more successful and happier life. So stick with your reboot, because it's worth it!

After being in ketosis while doing your reboot exercise routine twice a week for at least two weeks: your fat burning furnace will be activated. The nutrition, diet and exercise will have multiplied your results and you'll definitely notice it in a big way. You should be finding it's becoming easier to maintain a ketogenic state and weight should be starting to fall off.

But there's much more to be gained coming up! In future chapters I'll be showing you how a couple small lifestyle changes can improve your health, your hormones and your weight loss even more. By the time you're done with your reboot it's my goal that all the wins you're having become permanent. So stick with it and keep reading because I think we both want you to have a longer healthier life.

In the very next chapter, we'll talk about sticking points. Sticking points when you have rapid weight loss and improvement, but then suddenly it just stops. It seemed like no matter what you do you hit a plateau and it feels like you're not moving forward.

There are some easy fixes to this and you will continue to get progress as you stick with it. Just follow my advice in the next chapter, because there are many more improvements and winds to come.

## **Breaking Through Sticking Points**

Inevitably, after you have lost substantial weight, you'll hit a point where the weight loss slows down and maybe even stops. You might have 10, 20, maybe even 50 pounds left that you'd like to lose, but you feel stuck. Some people call these plateaus; you go up, up, up and then it flattens out and stays the same. I call these “sticking points” and they are temporary. The big question you want to know the answer to is: "How do you break through sticking points and continue making improvements?"

Ask, read on and you shall receive the answer.

Sticking points can happen for a variety of reasons. The common one is that your body is really improving, but it's hiding it from you. It may still be burning fat, but masking the weight loss or hiding the lost inches. This can happen for a few reasons. The two most common reasons are:

- Your body is retaining water
- Your body is building lean muscle mass

### **Hiding results in water**

I've seen this many times: You're steadily losing weight and it feels like the weight loss just stops, but then, almost as if by magic, you drop five or more pounds in what seems like overnight. The body sometimes retains water as it's burning fat tissue and then suddenly purges itself and you undergo a rapid weight loss. Then things seem to go back to normal. The only real solution to this is to ensure you're providing your body with enough hydration each day and enough nutrients through your food and your supplements. As long as you do take these steps and be patient, you'll probably find the weight loss returns. If, after 7 days you're still stuck on a plateau, use one of the remedies I'll tell you about later in this chapter.

### **Hiding results in toned muscles**

Lean muscle tissue is much heavier than fat. Your new eating habits and your exercise routine will cause your body to tone up, strengthen and build lean muscle tissue. The end result of this is that your weight on the scale may stay the same, you could even get a pound or two heavier, but you are getting results. Your results may be showing up in a slimmer waist or a tighter posterior, but the scale seems to show no improvement. So, the other thing to look out for when the scale stops moving are results that you might not have initially noticed. Have you lost inches from your waist? Are some of your clothes not quite fitting you the same?

During my reboot, I had a sticking point that really frustrated me. I got so focused on my scale and worried about why I wasn't losing more weight that I hadn't noticed many of my clothes weren't really fitting me anymore. It finally dawned on me when I had to go into my teenage son's closet to find a pair of shorts that actually fit me! I had been losing fat the whole time, but I was also toning up and improving my lean muscles. The heavier muscles were hiding my weight loss from the scale.

So before you set out trying to "fix" a sticking point, be sure that you're really stuck. Verify that you're not making improvements you just haven't noticed and give it enough time to be sure your body's just not hanging on to water. Once you are sure you really are at a sticking point, there are a few easy remedies that will get the scale moving again.

Often, a reason for a sticking point is that your body is adapting to your new eating habits and exercise routines. It's busy trying to guess what you're likely to feed it and how much energy you're going to demand from it in terms of exercise. You've actually caused it to reset and it's trying to establish a new "set point". Remember when we talked about that earlier in the book? A set point is your body trying to decide where to maintain your metabolism and how much fat it wants to keep permanently stored. One trick is to sort of fool your body by giving it some surprises to keep it guessing.

There are basically three surprises you can throw at your body:

- Suddenly give it carbs for one day (yay, a "cheat day"!)
- Drastically change up your workout routine by doing completely new exercises
- Do what's called "intermittent fasting" (not eating for a short time) over the course of a day or two

You can also combine these into a two- or three-day surprise session. Just be sure you don't fast and then go work out extra hard right after without eating first.

Now I'll cover these three methods in more detail, so you can better understand how to use them.

## **The fasting surprise**

Intermittent fasting has become a bit of fad in the fitness and weight loss community lately. There are a lot of opinions about the best way to do intermittent fasting. I have found that you can get great results simply by adjusting the time of day that you consume your meals. If I'm doing a fast, I'll eat dinner earlier than usual and then eat breakfast much later than usual. The goal is to put a 10 to 14 hour gap when you don't eat at all. You can drink things that don't have calories like coffee, water or tea, but you don't eat. Luckily, if you do your fast as I described here, you'll sleep through most of it. You can do this for a

few days in a row to try and break through a sticking point.

I'll be covering intermittent fasting more in depth in a future chapter. It's a phenomenal tool that we are going to use later as part of your reboot. So, stay tuned for more information on this topic, but, for now, you can use it as a tool to keep your weight loss going when you hit a sticking point.

### **The workout surprise**

For this surprise, all you really have to do is spend a little time researching alternative exercises. Then, for the next two or three workouts, change up your routine. In an earlier chapter I gave you 14 different exercises and suggested some alternatives. So, try out one of the exercises you're not normally doing. Over on the BodyReboot website, we will also be posting more alternative exercises and videos. So, head on over to:

**[www.bodyreboot.com/bookfitness](http://www.bodyreboot.com/bookfitness)**

And look for new and different exercises for your next few workouts. Or, fire up Google and ask it for some alternative exercises by typing in a search like "leg press alternative exercises".

### **The cheating surprise**

This one is probably the most fun. For just a single day, reward yourself! If you've hit a sticking point, that means you've made some improvement. That's because, in order to have a sticking point, you've had to have lost weight in the first place. So make the decision that for 24 hours, or less, you're going to treat yourself and celebrate. As long as you set a time at which you're going to strictly go back to your ketogenic diet, this will be a good thing. I've used this one myself to break through a sticking point.

What's important here is that you enjoy yourself and have some carbs or sugar. Eat something that you've been craving, but don't make the mistake of going absolutely crazy and eating an entire box of doughnuts. I only say this, because I made that mistake, myself.

Be prepared, because when you go back to the ketogenic diet, it probably will increase your cravings for carbs for a couple of days after. Then the cravings go away again. Monitor whether you're in ketosis or not by using ketone test strips and work a little harder at cutting carbs as low as possible. Also, a good workout immediately after a cheat day can help a lot too.

The vital thing here is to knowingly and willingly make the decision that it is a good thing to have a single cheat day and then take it. It's also very important you decide exactly when you're returning to keto and stick to it. Don't feel guilty, reward

yourself and immediately return to your healthy habits.

You'll find that by doing one or more of the surprises you can often get unstuck from a sticking point. If you do a cheat day, you might see a slight weight gain in the short-term and then the scale starts moving in the right direction again.

Since you've probably had some success with your reboot so far, head on over to our BodyReboot Challenge Facebook group and be sure to share your tips, challenges, wins and results. By participating there you'll not only motivate others during their reboots, but you have a chance to win cash and prizes! All just for sharing the results of your reboot. Find out more about the challenge, go to:

**[www.bodyreboot.com/bookchallenge](http://www.bodyreboot.com/bookchallenge)**

Congratulations! You made it through step two of your BodyReboot.

In the upcoming chapters, you'll begin step three and learn about four small lifestyle tweaks that will further amplify your results and improve your health. You can go from the good results you've seen so far to amazing results and then make them permanent. It's during step three when my big flabby belly finally transformed into visible abs. I've never had a six pack in my entire life and I achieved it during step three of my reboot.



**Stay tuned for step 3!**