



14-Day Accelerated Fat Loss Program

by

Mark Dilworth, BA, PES
Performance Enhancement Specialist



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My Fitness Hut's 14-Day Accelerated Fat Loss Program

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Your Food Journal

Your Weight and Body Fat Log

Your Fat Burning Foods and Menus

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About Mark Dilworth and His Fat Blaster Athletic Training System

I am a Performance Enhancement Specialist and former NCAA Division I athlete. We all want that body! What body, you ask? That cut, ripped, lean, toned, etc. body! There are many different words for it and we want varying degrees of that body type. Bodybuilders are probably the most extreme when it comes to "getting cut" for competition. Athletes need the lean body type to compete at a high level. Others want the lean body type because it looks good. For everyone, the lean body type will bring good health which is the most important thing!

This 14-Day Accelerated Fat Loss Program will jumpstart you on the way to the body of your dreams! But, it doesn't end after 14 days. You have to continue to build your body for life. I have the programs for that as well.

At My Fitness Hut (includes Sports Fitness Hut and Her Fitness Hut), I have designed all of my exercise programs based on an Athletic Training System. Why? Here are the reasons:

- 1) There is not a better or faster way to sculpt your body. You also get superior heart health. Research and my personal experience backs this up. Just look at an athlete's body. Actually, we are all athletes. Train for the ripped body you want!
- 2) I am a former NCAA Division I athlete, so I'm not playing a guessing game when it comes to this type of training. I use research, empirical evidence and real-life experience to develop training programs.
- 3) Forget about weight loss and concentrate on **fat loss**. Building muscle mass will **burn the fat** and permanently **speed up your metabolism**. You could say Your Fitness Hut. It is about YOU and what YOU REALLY WANT! Don't let fear stop you from reaching your fat loss and fitness goals!

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About Mark Dilworth And His Fat Blaster Athletic Training System

4) It doesn't require marathon training sessions. We all have a tight schedule. No training session last longer than 1 hour and some sessions are as short as 30 minutes.

The information in this fitness program is for educational purposes only. This information is not intended to diagnose an illness or injury. You must get medical clearance before beginning this exercise and nutrition program. This program is intended for individuals age 18 or older.

The information in this fitness program is not intended to replace any fitness program that has been prescribed by your physician. If you are taking medications, you must get medical clearance before beginning this program.

You are responsible for performing the exercises in this program correctly and safely. Make sure that any equipment used is in safe working condition. Always warm up prior to a strength or cardio workout. You may need a fitness professional to show you correct exercise technique.

If you experience dizziness, nausea, shortness of breath or other medical problems, stop exercising immediately and consult your physician. You must get a complete physical exam and medical clearance to use this program if you are sedentary, have hypertension (high blood pressure), high cholesterol, diabetes, osteoporosis, coronary artery disease, peripheral arterial disease, arthritis, pregnant, obese or over 30 years old.

Mark Dilworth, BA, PES
Performance Enhancement Specialist

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1. Setting Fitness Goals and Getting Started

Here is my top 10 list to get you started on the way to Blasting The Fat and getting the **lean and toned body** that you want:

- 1) **Make a commitment to fitness training.** This commitment trumps all other fitness commitments. Without it, you will always fall prey to the inevitable obstacles and pitfalls along the way.
- 2) **Be willing to change your eating habits!** Sixty to 70% of your fitness goal success or failure will depend on good nutrition.
- 3) **You must change your body composition!** You must increase muscle mass to become a “fat-burning machine.”
- 4) **You must do more than cardio exercise** to burn body fat and change your body composition!
- 5) **Make a commitment to full-body strength training!** Among other things, it burns fat, builds muscle and speeds up your metabolism. **You may also need to change the way you workout. If you are used to working out at a slower pace, speed it up!**
- 6) Keep a food journal. This will help you keep track of your eating habits and help you make needed changes. Keeping a food journal is critical for helping you succeed.
- 7) Find out your basal metabolic rate (BMR). Your BMR is the amount of daily calories your body needs to maintain itself. You will eat this amount of daily calories. **You can calculate your BMR at my site:** <http://myfitnesshut.blogspot.com/p/basal-metabolic-rate.html#.Ugx0H9LVCul>

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1. Setting Fitness Goals and Getting Started

8) Do the workouts as they are laid out. I have designed these workouts to be very intense and burn major calories.

9) Find an accountability partner such as a friend or personal trainer. This is also a critical step to help you succeed. Don't try to do this program alone!

10) Get a fitness assessment performed by a certified personal trainer to identify your postural deficiencies, muscle imbalances, etc. The trainer can also tailor this program to your individual needs.

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2. Basic Nutritional Guidelines

Once you find out your BMR, you are on your way! If you eat more calories than you burn (caloric surplus), you will gain weight. **You will maintain a daily caloric deficit, except cheat day.** Daily exercise can help you burn calories and achieve your caloric deficit!

If you only eat 1000 daily calories (starvation mode), your body will store fat to survive (i.e., that is not enough food) . The daily caloric deficit you will maintain of 400-600 calories will help you burn fat and maintain your energy during the day.

Don't depend on supplements to burn fat! **During this 14-Day Accelerated Fat Loss Program, you must adjust your eating habits!**

You may also need to change your basic nutritional habits! Here are some examples:

- 1) **DON'T SKIP BREAKFAST (or any other meal).** It keeps your metabolism ramped up. Eat meals every 3-4 hours to keep your energy level during the day.
- 2) Eat your food on a plate, not in a bag or jar. It helps you eat healthier.
- 3) **Eat with a purpose---the purpose of health and fitness!**
- 4) Eat servings of a fruit or veggie at every meal.
- 5) Eat "heart-healthy" unsaturated fats.
- 6) Eat fast food as little as possible.
- 7) **If it's fried, let it slide!**
- 8) Eat lean meats like skinless chicken breast, white turkey and lean beef.
- 9) **Eat healthy snacks like almonds, walnuts and low-fat yogurt.**
- 10) Eat until you are full, not stuffed (take a doggy bag).

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2. Basic Nutritional Guidelines

Cut out these type foods: sodas, sugary fruit juice drinks, candy, cookies, donuts, fried meats and fried foods, fast foods, ketchup, mayonnaise

Add these type foods: oatmeal, almonds, pistachios, walnuts, low-fat dairy products, low-fat yogurt, fruits, veggies, unsweetened tea, water, lean meats (baked, broiled or grilled), olive oil, cinnamon, mustard. You get the idea!

Try your best to get the nutrition you need from the food you eat!
Save your money! Many people take supplements because their diets are lacking certain nutrients or they are trying to reach some exercise goal. When choosing supplements, always look at the active ingredients on the label. Also, some herbal supplements have side effects. So, what's a good plan to follow regarding consumption of supplements?

--Discuss the supplements with your doctor. Don't try to treat serious medical conditions with supplements.

--Look at the GRAS (Generally Regarded As Safe) supplement list published by The U.S. Food and Drug Administration.

The supplements that I take and recommend to clients are multivitamins, fish oil and green tea. Notice that these supplements are great for health benefits and have nothing to do with weight loss!

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3. Your Nutrition Strategy For 14-Day Accelerated Fat Loss

A. What you MUST do every day:

--Record what you eat in your food journal (provided in this book) to hold yourself accountable.

--**Drink half your weight in water every day. So, if you weigh 140 pounds, drink at least 70 ounces of water every day (Critical)!**

--You must eat at least your basal metabolic rate (BMR) calories every day (except cheat day).

--Don't drink sodas or sugary drinks like fruit juices.

--Sleep 7-8 hours every night so your body will operate as it should!

--eat within 30-45 minutes after a strength workout (meal replacement protein/carb shake works)

B. Find out your BMR daily calories. You will eat this amount of calories every day. You can calculate your BMR calorie needs at my site: <http://myfitnesshut.blogspot.com/p/basal-metabolic-rate.html#.Ugx0H9LVCul>

--Check your body fat percentage once a week to monitor your progress.

--**Try not to weigh yourself 5 times a day (don't be a scale junkie!). If you want to weigh yourself once a day, do so first thing in the morning before you eat.**

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3. Your Nutrition Strategy For 14-Day Accelerated Fat Loss

C. Pick Your Menu

--Menus are at the end of this book. If your BMR calories are 1580, choose the 1600-calorie menu, etc.

Example: Sue's BMR calories are 1570, so she will use the 1600-calorie meal plan (make sure you do just BMR calories and NOT BMR plus calorie needs):

Week 1:

Monday, 1600 calories
Tuesday, 1600 calories
Wednesday, 1600 calories
Thursday, 1600 calories
Friday, 1600 calories
Saturday, 1600 calories
Sunday, Cheat day, eat what you want!

Week 2:

Do the same as week one.

--If there are food items on the menus you don't like, find comparable replacements

--If you don't like coffee, replace with water or brewed green tea.

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4. My Fitness Hut's Accelerated Fat Loss Workout Guidelines

- 1) A strength training workout should not exceed 1 hour. An interval cardio workout should not exceed 20-30 minutes. **Doing one 20-minute cardio session, resting, and then another 20-minute session will give you even more fat-burning benefits!** Always do the prescribed warm up on the workout program.
- 2) Do strength training workouts 3 days a week, M-W-F.
- 3) Do interval cardio workouts 3 days a week, T-Th-Sat. **Do the sprint interval cardio workout on Tuesday and Saturday. Do the bodyweight interval cardio workout on Thursday.**
- 4) Don't do strength training and interval cardio workouts on the same day. You should have at least 1 day of active rest (such as walking for 30-45 minutes on Sunday).
- 5) Follow the exercise programs as they are laid out. This includes taking the prescribed rest periods and doing the repetitions at the prescribed tempo. A 1-1-1 tempo means that you lower the weight or body for 1 second (eccentric contraction or force reduction), hold the weight or body static for 1 second (isometric contraction, or force stabilization) and lift the weight or body for 1 second (concentric contraction or force production). Many core exercises just require that you hold the body position for 10-20 seconds. **If the prescribed tempo is "FAST" then do the exercise at full speed.**
- 6) **The Monday and Friday strength workouts will be with lighter weights and higher repetitions (10-12). The Wednesday strength workout will be with heavy weights and lower repetitions (6).**

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4. My Fitness Hut's Accelerated Fat Loss Workout Guidelines

Do static stretches after your workout to return your muscles to their normal length.

SMFR means Self Myofascial Release with foam rolls.

You will basically be your own massage therapist. **Listed below is a summary of the benefits of SMFR:**

1. SMFR releases tension in your muscles due to overuse, tightness and aging.
2. The SMFR process restructures and realigns your skeletal system.
3. The SMFR process improves balance and body awareness.
4. SMFR can be used in the rehabilitation process and massage therapy.
5. SMFR can be used for Pilates exercises.

Here is an example of a SMFR hamstring exercise:



1. Place hamstrings on the roll with your hips unsupported.
2. Crossed your feet to increase leverage.
3. Roll from knee toward posterior hip.
4. If a "tender point" is located, stop rolling, and rest on the tender point until pain decreases by 75%.

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5. My Fitness Hut's Accelerated Fat Loss Workouts

Monday and Friday Workout, High Intensity Circuit (use weights that challenge you for 10-12 repetitions)

Dynamic Warm Up

Jog, 3-5 minutes

Workout – 50 minutes, circuit-style. Do each exercise one after the other with little or no rest between exercises. Rest 2 minutes between circuits. Do the circuit 4 times.

1. Dumbbell Squat-to Bicep Curl-to DB Shoulder Press, 1/1/1, 10 repetitions
2. Bulgarian Split Squats (with or without DB), 1/1/1, 10 repetitions each leg
3. Pushups, 1/1/1, 12 repetitions
4. Step Ups with Knee Lift (knee high platform), 1/1/1, 10 repetitions each leg
5. Bentover Dumbbell 1-Arm Alternating Rows, 1/1/1, 12 repetitions
6. Dumbbell Clock Lunges, 1/1/1, 5 repetitions each leg
7. Standing Dumbbell Shoulder Press, 1/1/1, 12 repetitions
8. Squat Jumps, 10 repetitions, Full Speed
9. Plank with Leg Lift, 10 repetitions each leg

Repeat circuit 3 more times.

Cool-down with Static stretches: calves, piriformis, pectorals, hamstrings, quadriceps, lats, neck, triceps, shoulders, erector spinae, etc.

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5. My Fitness Hut's Accelerated Fat Loss Workouts

Wednesday, Heavy Weights Workout (use weights you can only lift 6 times)

Dynamic Warm Up – 5 minutes

Jog, 3-5 minutes

Workout – 50 minutes. Rest 30 seconds between exercise sets. Rest 2 minutes between circuits. Do the circuit 4 times.

1. Dumbbell Squat-to Bicep Curl-to DB Shoulder Press, 1/1/1, 6 repetitions
2. Dumbbell or Barbell Squats, 1/1/1, 6 repetitions
3. Dumbbell Chest Press on Ball or Bench Press, 1/1/1, 6 repetitions
4. Dumbbell Side Lunges, 1/1/1, 6 repetitions each leg
5. Standing Dumbbell Shoulder Press, 1/1/1, 6 repetitions
6. Bentover Dumbbell 1-Arm Alternating Rows, 1/1/1, 6 repetitions
7. Dumbbell or Barbell Romanian Deadlift, 1/1/1, 6 repetitions
8. Pushup Plank, 30 second hold, 6 repetitions

Repeat circuit 3 more times.

Cool-down with Static stretches: calves, piriformis, pectorals, hamstrings, quadriceps, lats, neck, triceps, shoulders, erector spinae, etc.

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6. My Fitness Hut's Accelerated Fat Loss Interval Cardio Sprint Interval Cardio Workout

Sprinting outside on grass is the most effective for body fat burn. Treadmill would also be a good choice. Your maximum training heart rate is figured by subtracting your age from 220. So, if you are 30 years old, your maximum training heart rate is 190 (220 – 30). **Do cardio workouts on a separate day from your weight training workout.**

Minute	Speed	Intensity
1	Warm Up	30%
2	Warm Up	40%
3	Warm Up	50%
4	Warm Up	60%
5	Warm Up	60%
6	Run Fast	95%
7	Walk Slow	30%
8	Walk Slow	30%
9	Run Fast	95%
10	Walk Slow	30%
11	Walk Slow	30%
12	Run Fast	95%
13	Walk Slow	30%
14	Walk Slow	30%
15	Run Fast	95%
16	Walk Slow	30%
17	Walk Slow	30%
18	Run Fast	95%
19	Walk Slow	30%
20	Walk Slow	30%
21	Run Fast	95%
22	Walk Slow	30%
23	Walk Slow	30%
24	Run Fast	95%
25	Walk Slow	50%
26	Walk Slow	30%
27	Walk Slow	30%
28	Walk Slow	30%
29	Walk Slow	30%
30	Walk Slow	30%

Rest 5 minutes and do another 10-20 minute session if you can!

6. My Fitness Hut's Accelerated Fat Loss Interval Cardio

Bodyweight Interval Cardio

Bodyweight cardio is one of the best ways to tone and shape your body! You don't need any machines---just get your body ready for some very intense exercise. If you have knee or low back problems, replace jump exercises with an exercise of your choice.

1. Run, 30 seconds full speed
2. Walk, 1 minute
3. Squat Jumps, 20 seconds, full speed
4. Walk, 1 minute
5. Step Ups (knee high platform), 10 each leg
6. Walk, 1 minute
7. Run, 30 seconds full speed
8. Walk, 1 minute
9. Jumping jacks, 1 minute, full speed
10. Walk, 1 minute
11. Mountain climbers, 30 seconds, full speed
12. Walk, 1 minute
13. Run, 30 seconds, full speed
14. Walk, 1 minute
15. Side-to-Side Hops, 1 minute, full speed
16. Walk, 1 minute
17. Walking lunges, 10 steps each leg, moderate pace

Rest 5 minutes and do another 10-20 minute session if you can!

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7. Exercise Illustrations

Bulgarian Split Squats--Start



Stand with your left foot resting on the bench, hands on hips.

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