



Curves, Abs and Upper Body Fat Burn Manual

8 Week Fat Burn Program



**By Mark Dilworth, BA, PES
Certified Personal Trainer**

Copyright, Her Fitness Hut, 2013. All rights reserved. No part of this book, except for brief credited quotations, may be reproduced without prior approval from the author or publisher.

Published by Mark Dilworth and Her Fitness Hut in the United States of America. www.herfitnesshut.com

Curves, Abs and Upper Body Fat Burn Manual

Table of Contents

About Mark Dilworth and Her Fitness Hut

| | |
|------------------------------------------------------|----|
| 1. The Myths About Fat Loss and Weight Loss | 1 |
| 2. Setting Fitness Goals | 4 |
| 3. Women's Body Types | 6 |
| 4. Weight Loss vs. Fat Loss | 8 |
| 5. Nutrition and Supplements | 11 |
| 6. Example Of A Fat-Burning Daily Menu For Women | 16 |
| 7. Fat Blaster Exercises For Your Body Type | 19 |
| 8. Fat Blasting Workouts and Interval Cardio Workout | 23 |
| 9. Exercise Illustrations | |

Conclusion

Your Food Journal

Your Weight and Body Fat Log

Your Fat Loss Menus

About Mark Dilworth and Her Fitness Hut

At Her Fitness Hut (includes Sports Fitness Hut and My 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, everyone is an athlete. Also, there are varying degrees of athletic training--- some techniques are more intense than others.
- 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 lean muscle mass will **burn the fat** and permanently **speed up your metabolism**. The weight loss will take care of itself. And you will be a better exerciser, runner or athlete. You could say Your Fitness Hut. It is about YOU and what YOU REALLY WANT! Don't let fear stop you from reaching your fitness goals!

INTRODUCTION

Slow, long, steady-state cardio has been shown to redistribute weight in women from the upper body to the lower body. ALMOST NO WOMAN WANTS THIS WEIGHT SHIFT! Read on to learn more! There is a flood of information about weight loss out there in the marketplace. Some of it is just garbage. A general rule for you to follow with regard to weight loss is this: Don't waste your money if the program offers a quick solution to your weight problem! Why? Because what you need is the permanent solution to your weight problem. A permanent solution takes hard, smart work and sacrifice on your part. Human nature always seeks the path of least resistance. So, you can see why commercial weight loss programs promote things such as "in 2 weeks...." The promotion may be partially true, but what they don't tell you is the most critical part of the fitness equation: fat loss is the key to permanent weight loss.

So, here is my Top 5 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 a lifetime of fitness.** 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. Since we must eat to survive, get ready to change!
3. **You must change your body composition!** You must increase lean muscle mass to become a "fat-burning machine."
4. **You must do more than cardio exercise** to change your body composition!
5. **Make a commitment to full-body strength training!** Among other things, it speeds up your metabolism and helps improve your bone density. And, you'll look great!

1. The Myths About Fat Loss and Weight Loss

Flip through a magazine, scan a newspaper, or channel surf and you see them everywhere: Ads that promise quick and easy weight loss without diet or exercise. Wouldn't it be nice if — as the ads claim — you could lose weight simply by taking a pill, wearing a patch, or rubbing in a cream? Too bad claims like that are almost always false. [Doctors, dieticians, and fitness experts agree that the best way to lose weight is to eat higher quality calories and increase your physical activity.](#) Here, then, according to the FTC (Federal Trade Commission) are the 7 most misleading claims made in Diet Ads:

"LOSE WEIGHT WITHOUT DIET OR EXERCISE!" Achieving a healthy weight takes work. Take a pass on any product that promises miraculous results without the effort. [Buy one and the only thing you'll lose is money.](#)

"LOSE WEIGHT NO MATTER HOW MUCH YOU EAT OF YOUR FAVORITE FOODS!" [Beware of any product that claims that you can eat all you want of high-calorie foods and still lose weight.](#) Losing weight requires sensible food choices. Filling up on healthy vegetables and fruits can make it easier to say no to fattening sweets and snacks.

"LOSE WEIGHT PERMANENTLY! NEVER DIET AGAIN!" Even if you're successful in taking the weight off, permanent weight loss requires permanent lifestyle changes. Don't trust any product that promises once-and-for-all results without ongoing maintenance.

"LOSE 30 POUNDS IN 30 DAYS!" [Losing weight is really all about losing body-fat and learning how to keep it off.](#) At best, products promising lightning-fast weight loss are false. At worst, they can ruin your health.

1. The Myths About Fat Loss and Weight Loss

"BLOCK THE ABSORPTION OF FAT, CARBS, OR CALORIES!"
Doctors, dieticians, and other experts agree that there is simply no magic non-prescription pill that will allow you to block the absorption of fat, carbs, or calories. The key to curbing your craving for those "downfall foods" is portion control. Limit yourself to a smaller serving or a slimmer slice.

"EVERYBODY WILL LOSE WEIGHT!" Your habits and health concerns are unique. There is simply no one-size-fits-all product guaranteed to work for everyone. **Team up with your fitness professional to design a personalized nutrition and exercise program suited to your lifestyle and metabolism.**

"LOSE WEIGHT WITH OUR MIRACLE DIET PATCH OR CREAM!"
You've seen the ads for diet patches or creams that claim to melt away the pounds. Don't believe them. **There's nothing you can wear or apply to your skin that will cause you to lose weight.**

Make fitness a lifetime commitment and you will reap the health benefits! And, you will look your best!

Some Facts About The Body's Metabolism and Burning Fat

Fact #1 A slow or sluggish metabolism is not the major cause of weight gain!

A caloric imbalance is the cause of weight gain (taking in more calories than you burn in a day). If you have a slow or sluggish metabolism? A brisk, daily 30 minute walk each day would get you started in the right direction to speed it up.

1. The Myths About Fat Loss and Weight Loss

Fact #2 Lifting weights (or other resistance exercises) and cardio exercise will give you a higher metabolic rate.

Most aerobic exercises give you a calorie after-burn of 10% to 15% of calories used during a workout. So, if you burned 300 calories in a cardio session, you'll burn an additional 30 to 45 calories over several hours. You should do at least 20 minutes of interval cardio 4-5 times per week (with intensity at least 70% to 80% of your maximum heart rate). Combine your cardio with full-body circuit weight/resistance training (at least 3 days a week) and it will speed up your metabolism even more because muscle increases your body's capacity to burn calories during and after exercise.

Fact #3 Sweating is not a gauge of how many calories you are burning.

This will disappoint sauna and steam room lovers! Weight loss or gain is a product of calories consumed or burned. If you burn more calories than you consume, you will lose weight and vice-versa.

Fact #4 The best time to exercise is whenever you have the most energy.

Working out at any time of the day will increase metabolism for several hours, depending on the intensity of the exercise.

Fact #5 Your metabolism doesn't necessarily have to slow down as you get older.

Your metabolism may get sluggish because of fat gain and lost muscle mass. The easiest way to keep a healthy metabolic rate for life is to engage in consistent exercise (especially strength training).

2. Setting Fitness Goals

YOUR NUMBER ONE GOAL SHOULD BE TO MAKE HEALTH AND FITNESS A WAY OF LIFE. THIS GOAL TRUMPS ALL OTHER FITNESS GOALS. AND, THIS GOAL WILL HELP YOU ACHIEVE THE SMALLER FUTURE GOALS THAT YOU HAVE!

Having this as your number one goal will also keep you going through the frustrations and defeats that come along the way. To do this, you need to have the right motivation.

Take a look at the different types of motivation. Which one(s) do you fall under?

- 1) AMOTIVATION - You don't really have a reason to workout....like "whatever girl." Your workouts won't last long.
- 2) EXTERNAL REGULATION - You're motivated to workout because other people like the way you look when you're in shape, but no internal motivation exist. How long do you think you'll be able to please people? Then what will motivate you?
- 3)INTROJECTED REGULATION - You feel bad about yourself when you don't workout. This is a type of motivation, but it's based on negative motivations.
- 4) IDENTIFIED REGULATION - You workout because it's good for your health and lifestyle. This is a very positive behavior and will lead to permanent lifestyle changes.
- 5) INTRINSIC MOTIVATION - You workout because you enjoy it! This is probably the best motivation of all.

2. Setting Fitness Goals

In my opinion, a combination of the motivations listed in numbers 3 through 5 lead to permanent lifestyle changes (with heavier weight attached to numbers 4 and 5). And, the motivation listed in number 2 will probably be mixed in somehow.

I'll answer this question before you ask. What motivates you Mark? I have worked out seriously since I was in high school. Back then, I worked out because I enjoyed it and I wanted to look good for the girls. I didn't really think about the health benefits of exercise. Now, as a personal trainer, the health benefits of exercise are a priority, but the enjoyment is probably what still motivates me to exercise. On those days when I say to myself, "I don't want to exercise," I still do it because I enjoy it. And, my appearance is the fringe benefit of a healthy lifestyle.

ALSO, DON'T LET FEAR OF FAILURE STOP YOU FROM PURSUING YOUR HEALTH AND FITNESS GOALS (OR ANY OTHER GOAL FOR THAT MATTER)!

So, what motivates you to exercise? Get your motivation right, and a lifetime of health and fitness will surely follow!

3. Women's Body Types

When you talk about toning up your body, you need to know your body type. Because of your genetic makeup, you are predisposed to respond to exercise in a particular way. **Among other things, genetics determines your ratio of testosterone to estrogen, types and distribution of muscle fibers, where body fat is stored and body type.**

There are three basic body types. You will fall under one or a combination of these body types. I will also discuss 4 other sub-body types that are specific to women. The three basic body types are:

Mesomorphs - Mesomorphs tend to be muscular with large bones and thick joints. Due to more muscle mass, mesomorphs usually don't have weight problems unless they overeat and undertrain.

Endomorphs - Endomorphs are more rounded, voluptuous or sometimes chubby. Their bones and joints are not as large as mesomorphs but larger than ectomorphs. Endomorphs tend to have more body fat and need regular weight and cardio training and good nutrition.

Ectomorphs - Ectomorphs are slim or linear in shape. They often lack muscle tone and sometimes have postural problems of the vertebrae (scoliosis is an example). Therefore, weight training is very important. Ectomorphs often have to eat more just to maintain weight (we all should have that problem)!

Mesomorphs respond to weight training by building muscle mass much faster than ectomorphs, even though they are following identical programs. And endomorphs generally need to lose body fat to see changes in shape as a result of strength training. **As you can see, it is critical to have your training program tailored to your individual needs and goals.**

3. Women's Body Types

Body types for women can be further broken down into 4 types:

Type 1 – A woman with a thin, linear shape. Muscle mass needs to be built on the entire body.

Type 2 – You have thin arms and legs with excess fat in the mid-section of your body. You need to burn abdominal fat and build muscle mass in the other parts of your body.

Type 3 – You are petite in your upper body and heavy in your lower body. Build muscle mass in your upper body and burn fat in your hips, thighs and butt.

Type 4 – A woman with wide shoulders and a narrow waist. This body type tends to gain weight evenly throughout the body. A full body “fat blaster” program is needed.

You probably know where your body stores the most fat. When you train, don't neglect the other areas of your body. For instance, it is critical to stabilize and strengthen your body's core first. This will aid you when you train other areas of your body.

It is a good idea to start your training program with **3 days-a-week of full body circuit weight training tailored to your body type**. This type of training has been proven to effectively burn fat and improve heart function. **Combine circuit weight training with 4-5 days-a-week of sprint interval cardio exercise and you will burn even more fat. Slow, steady-state cardio has been shown to redistribute weight in women from the upper body to the lower body. ALMOST NO WOMAN WANTS THIS WEIGHT SHIFT!**

****See “Fat Blaster” Exercises For Your Body Type In Chapter 7**

4. Weight Loss vs. Fat Loss

Men and women store and burn fat differently. It is important for you to know this difference. Men have more testosterone than women (no big surprise!). This allows men to produce more human growth hormone as well as stimulate more muscle and bone growth. **And, other factors combine to allow men's cells to take in more oxygen than women's cells. This means that when a man is working at 50% of his physical capacity, a woman would need to work at 70% of her physical capacity to stay even.** Don't shoot me! I'm just the messenger! The important thing to know is that I take this into account when I design fitness programs.

How does this affect fat loss and weight loss? The differences in how hormones and fat cells work in men and women determine the effects on fat loss and weight loss. **Because of genetics, women's fat cells are 5 times larger than men's fat cells.** Women need more body fat to be healthy. Take a look at this body fat table:

Necessary Body Fat: Women 10-13%, Men 2-5%

Athletes: Women 14-20%, Men 6-13%

Fit: Women 21-24%, Men 14-17%

Acceptable: Women 25-31%, Men 18-25%

Unhealthy: Women 32%+, Men 26%+

Also, women's bodies (because of necessary genetics) have twice the amount lipogenic (fat storing) enzymes and half the amount of lipolytic (fat releasing) enzymes as men's bodies. This has to be taken into account when exercise programs are designed.

4. Weight Loss vs. Fat Loss

Women tend to store stubborn fat in the buttocks, hips (saddle bags), thighs and the back of the upper arms (grandmother arms). Men tend to store stubborn fat in the abdominal area (pot belly and spare tire) and back area. **Excess abdominal fat has been shown to be a pre-cursor to diseases such as cancer.**

Subcutaneous Fat - Subcutaneous fat is found just underneath the skin and may cause dimpling and cellulite.

Visceral Fat - Visceral fat is located in the abdomen and vital organs (such as the liver). It can also infiltrate your muscles and heart. Even if you are skinny, you can have visceral fat. A “skinny fat” person is one who is skinny with high body fat. **Studies have shown that frequent yo-yo dieting increases visceral fat.** Yo-yo dieters also regain the lost weight (and even more) because yo-yo diets slow down your metabolism.

So, what is the best way to burn both types of fat? You guessed right! Exercise! **Research and my personal experience as an exerciser and personal trainer proves that a combination of full-body circuit weight training (including bodyweight training) and high intensity sprint interval cardio training is best for optimal fat-burning, muscle strength/endurance, cardio-respiratory health and bone density benefits.** Circuit weight training is performed by doing one exercise after the other with no rest between exercises. It will definitely change your body composition (less body fat, more lean muscle mass). **More lean muscle mass will permanently speed up your metabolism and turn your body into a “fat burning machine!”** All it takes is 3 days-a-week of circuit weight training (30-45 minutes per session) and 4-5 days-a-week of high intensity sprint interval cardio exercise (20 minutes per session).

4. Weight Loss vs. Fat Loss

If you only do cardio exercise, it will not give you the lean body that you need and want! You will end up losing muscle mass as you lose weight (that tired, gaunt look!). You need weight training also. And, ladies, don't worry about getting too bulky. You would have to lift very heavy weights for "bulkiness" to happen. Remember this also: your fat cells only shrink when you lose fat. In other words, the fat cells are still there! Consistent exercise keeps the fat cells in check.

Fat loss is more important than weight loss!

Thirty-five to 50 daily calories are burned by one pound of muscle. If you lose major poundage without strength training, most of your weight loss will be muscle mass. Again, that is why you see some people who are "skinny-fat" (skinny with high body fat). The goal should be to have a lean and toned body.

This woman weighed 150 pounds, with 30% body fat (lean mass = 105 lbs. and fat mass = 45 lbs.)

Exercise program results:

Weight: 130 pounds, 20% body fat (lean mass = 104 lbs. and fat mass = 26 lbs.)

This woman's exercise program was very successful! She lost 20 total pounds with only 1 lost pound of muscle. That means the other 19 pounds lost was fat! She was able to do this because she combined good nutrition with strength training and cardio exercise.

The final part of the fat loss equation is nutrition, which is discussed in the chapter 6. Remember, 60%-70% of your exercise goal success or failure will depend on good nutrition. The foods we eat also affect our hormones and stubborn fat storage!

5. Nutrition and Supplements

You must burn more calories than you consume (caloric deficit over time) in order to lose weight and burn body fat. This is the law of thermodynamics. Even if you are a "workout warrior," the law of thermodynamics still apply. You cannot eat as much as you want (or maintain a caloric surplus) and still lose weight.

Here is an example: 1) your daily maintenance calories are 2500 (this includes your basal metabolic rate which is the amount of calories you would burn if you did nothing), 2) your caloric intake on day 1 is 2000 and 3) your caloric intake on day 2 is 3000. Over a 2-day period, you have not achieved a caloric deficit. Instead, you are in caloric balance. You will not lose weight over the 2-day period. If you exercise regularly, it will be easier for you to maintain your caloric deficit. Calculate your Metabolic Rate and Calorie Needs: <http://myfitnesshut.blogspot.com/p/basal-metabolic-rate.html#.UgIZvdLqmuI>

About 60%-70% of your exercise goal success or failure will depend on your eating habits. **Many times, little changes in nutritional habits will lead to total behavioral changes. Here are some examples:**

- 1) DON'T SKIP BREAKFAST--IT HELPS YOU EAT LESS Later.
- 2) Eat your food on a plate, not in a bag or jar. It helps you eat less.
- 3) Eat with a purpose---DON'T JUST GRAZE.
- 4) Eat at least 2 servings of a fruit or veggie at every meal.
- 5) Don't assume that LOW-FAT means LOW-CAL---Read the Label.
- 6) Speaking of fats, eat mainly "heart-healthy" fats.
- 7) DON'T SUPER-SIZE YOUR FAST-FOOD ORDER!!
- 8) Eat protein with every meal to stay full longer and eat less.
- 9) If it's fried, let it slide!
- 10) Skip the meal appetizers unless they are low calorie.

5. Nutrition and Supplements

- 11) Skip dessert, eat a small portion or split it with someone.
- 12) Eat until you are full, not stuffed (take a doggy bag).

I'm sure you could come up with dozens of these nutrition examples yourself. The little things do add up fast and they become nutritional habits---good or bad!

Eat A Wet Diet

A way to eat more with fewer calories is to “eat wet food” (or food with a high water content) as much as possible. You will feel full longer (satiety) which will help control hunger and binge eating. The basics of volume eating is to eat as many foods with high water content/low calories. Foods such as fresh fruits and vegetables are examples. These types of foods help you to feel full longer while eating fewer calories. For instance, grapes with the same caloric amount as raisins will provide more satiety and theoretically help you eat less the rest of the day.

Energy density of food is a key component when trying to add volume to your diet. Energy density (ED) is defined as the amount of calories of a food divided by its weight in grams.

You would basically focus on foods rich in fiber and/or high water content (or low ED value). Fresh fruits (apples, etc.) and vegetables (such as tomatoes and broccoli) whole grain pastas, rice, whole grain breads and cereals, soups, salads and skinless white chicken/turkey are some examples.

Other dryer foods could be added to your diet on a limited basis. Dryer foods would be starchy fruits and vegetables, pizza, salad dressings, crackers, etc.

5. Nutrition and Supplements

The old rule still applies: A caloric surplus (consume more calories than you burn) will cause you to gain weight! Hopefully a diet high in water content and fiber will cause you to consume fewer calories while providing all the nutrition you need.

Eat A Balanced Diet

Forget about low carbohydrate diets, high protein diets and any other fad diet out there on the market! Your body needs all three macronutrients (fat, carbohydrates, protein)! Also, forget about severe calorie restriction diets. These restricted diets put your body into “starvation mode.” When your body senses that you are starving, it will store fat in order to survive. The last thing you want to do is store body fat! It is better to eat 4-6 small meals a day (about every 3-4 hours). This will allow your body to remain adequately fueled throughout the day.

Calories are Not Your Enemy

Calories are just units of energy in the form of food and drink. Consider these facts:

- one gram of protein provides 4 calories
- one gram of carbohydrates provides 4 calories
- one gram of fat provides 9 calories
- one gram of alcohol provides 7 calories
- water, vitamins and minerals don't provide any calories

If you take in more calories than you burn, your body stores it in fat cells. If you burn more calories than you take in, you will lose weight.

Depending on your goals, you may want to gain weight (such as athletes) or lose weight.

Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

