



My Fitness Hut's 20-Minute Fat Blasting Workouts

by

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

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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!

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. You don't have to be an athlete to train like one. Also, there are varying degrees of athletic training---some techniques are more intense than others. I tailor the program to your fitness level and/or limitations.
- 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**. And you will be a 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 sports fitness goals!

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About Mark Dilworth And His Strength and Power 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 exercise 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, CPT
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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 lean 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.
- 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 use this amount to set your daily menu. **You can calculate your BMR and caloric needs at my site**
<http://www.yourfitnessuniversity.com/medicalissues.html>

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1. Setting Fitness Goals and Getting Started

8) Track your exercise activity for the first week to get an idea of how many calories you are burning and [how many calories you need to consume each day to reach your fat loss goals.](#)

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. Nutrition and Supplements

Once you find out your basal metabolic rate, you can then determine how many daily calories you need to reach your goals. If you eat more calories than you burn, you will gain weight. Daily exercise can help you burn calories!

Don't depend on supplements! Get the nutrition you need from food as much as possible!

You may also need to change your 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 at least 2 servings of a fruit or veggie at every meal.
- 5) Eat mainly "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 meat 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. Nutrition and Supplements

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: whole grain breads, whole grain cereals, oatmeal, almonds, nuts, 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. My Fitness Hut's Workout Guidelines

- 1) A strength training workout should not exceed 1 hour. An interval cardio workout should not exceed 20-30 minutes. Always do the prescribed warm up on the workout program.
- 2) Each "Strength and Power" Level lasts 4 weeks. Start at the level you are physically capable of handling (some are ready for level 3 right away).
- 3) Do strength training workouts 3 days a week such as M-W-F.
- 4) Do interval cardio workouts 3 days a week such as T-Th-Sat.
- 5) You can do strength training and interval cardio workouts on the same days. You should have at least 1 day of rest.
- 6) After 12 consecutive weeks of "Strength and Power" training, rest for one week. You may do "active rest" such as league basketball or softball games or light, low-intensity workouts.
- 7) 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 3-5 seconds. **If the prescribed tempo is "FAST" then do the exercise at full speed.**

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3. My Fitness Hut's Workout Guidelines

- 9) 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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