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C L U B <sup>TM</sup>

IRON BODY  
BLUEPRINT



5 TIPS FOR  
CREATING AN IRON  
BODY





# 1. CHANGE WHEN YOU EAT

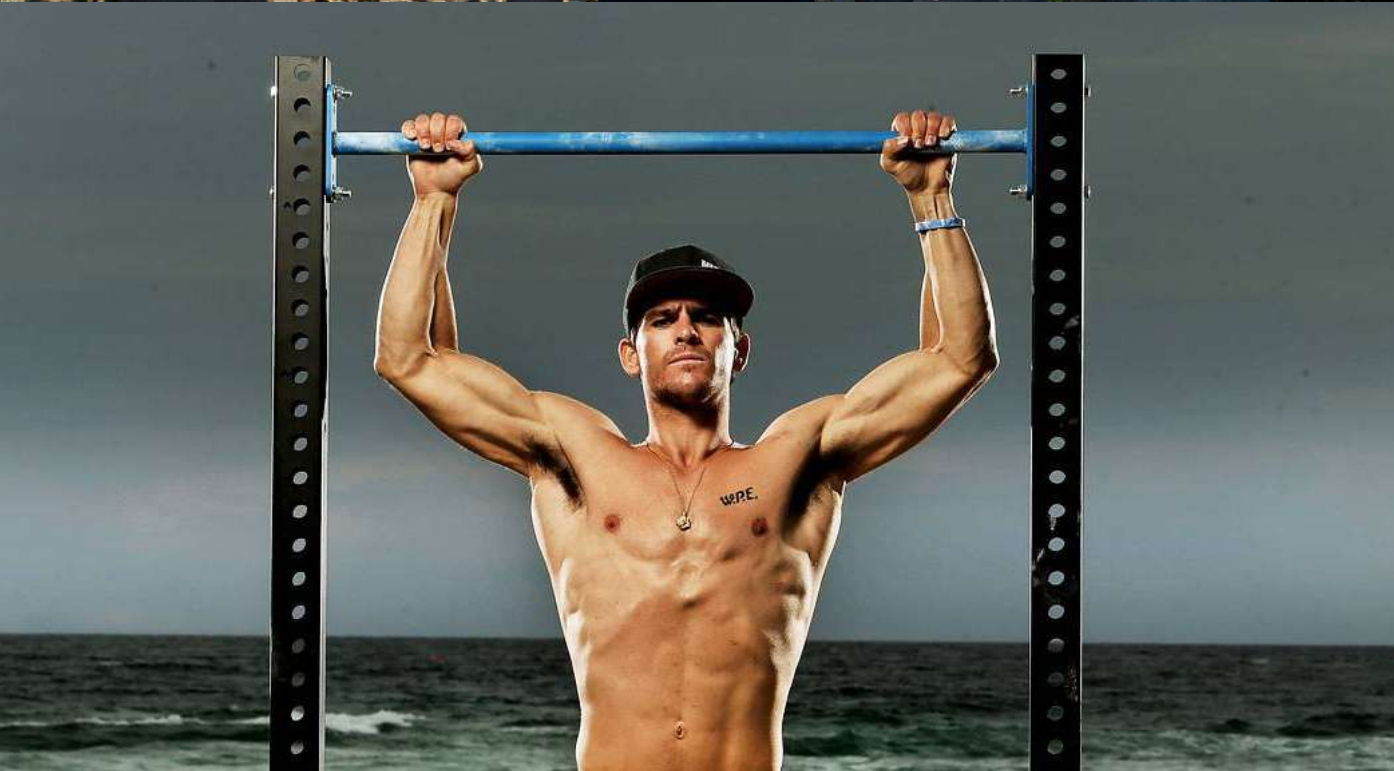
Chose an eating window of 8 hours a day to consume your food.

Changing when you eat can make all the difference in losing unwated fat and increasing lean muscle.

Fasting for the remaining 16 hours a day will place your body in a fasted state, which will help utilise your body fat for fuel.

Ensure you drink at least 2 L of water per day

COFFEE - Black coffee is perfect for boosting energy and burning fat  
Add a teaspoon of honey to the coffee for extra boost and taste



## 2. NATURALLY INCREASE YOUR TESTOSTERONE

- Exercise and lift weights
- Don't under eat. High Protein Fat and Carbohydrates only around resistance training
  - Minimise Stress
- Get some sun or take a Vitamin D supplement
  - Get plenty of rest
- Aim for 7 hours of quality sleep per night
  - Regular Sex
  - Limit Alcohol intake

**Testosterone will help build lean muscle and burn body fat**



### 3. Functional Training

Implement bodyweight exercises in your warm up that produce a slight sweat and get your whole body moving.

Implement large compound strength sets aiming at 2-4 consecutive exercises completing 8-12 reps each. Minimise rest periods and keep your body moving.

Finish your session with High Intensity Interval sets such as 20 sec max effort, 10 sec rest for approx 4 mins.

## 4. Mind Set and Morning Routine

Iron Mind = Iron Body

Your body won't go where your mind doesn't think it can.

Fear and doubt are the two biggest roadblocks in achieving results.

Train your mind to see yourself every day as the person you want to be 12-24 months in advance.

Every morning wake up with a positive routine. Example. Shot of Apple Cider Vinegar and a 30 min jog followed by dip in the ocean.



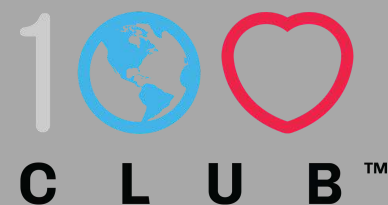


## 5. Fats for Fuel

Fuelling your body with healthy fats will ensure you burn more fat throughout the day.

Fats will help you lose unwanted, stubborn body fat and increase lean muscle. Caine Eckstein lost 4 kilograms of body fat and increased strength to help break the 24 hour World Pull Up Record.

OUR FAVOURITE FATS - Avocado, Salmon, Eggs, Peanut Butter, Almonds, Dark Chocolate



Congratulations on taking the initiative to explore our 5 tips for creating an Iron Body.

You are the only one standing in the way of your goals. Set backs, obstacles, fear and uncertainty will always be there, its up to you to take the next step.

If you want to change how you feel today

**Book in for our FREE 7 day  
100 Club Iron Challenge**

Click the link below

[www.100clubapp.com/100-club-iron-challenge/](http://www.100clubapp.com/100-club-iron-challenge/)