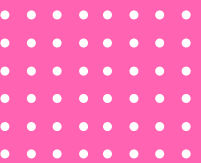


SUMMER
BODY
MODEL

5 TIPS
TO A
SUMMER RIG



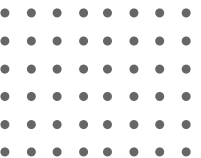


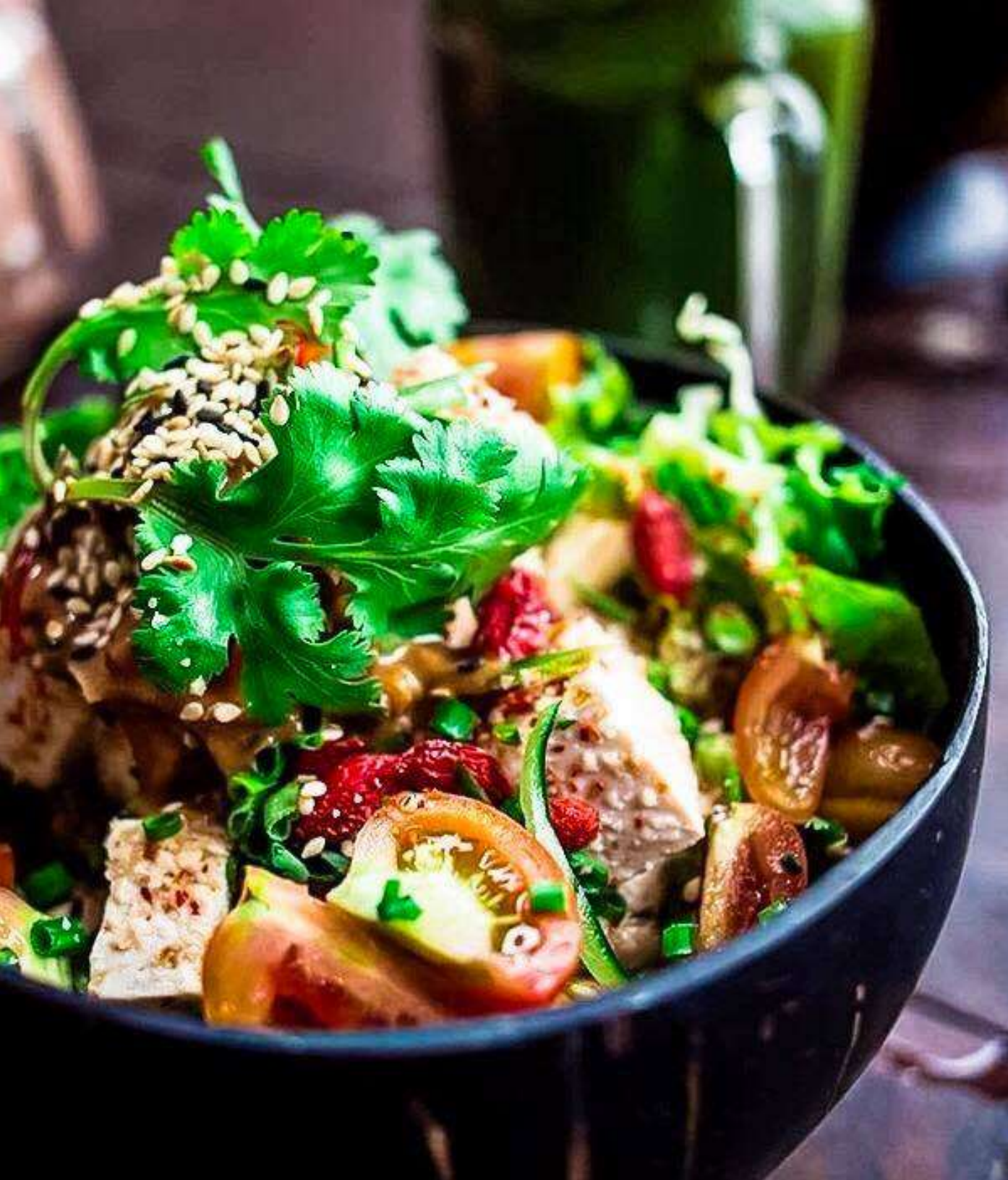
1. BODY FAT BURNER

Fasted Cardio on an empty stomach in the morning is the perfect way to burn fat and kick start your metabolism.

It's important to ensure your heart rate and intensity is increased to produce a slight sweat. This is key for optimal fat burning.

To increase the fat burning and toning process add 10-15 explosive plyometric exercises every 5 mins to your routine. Including Box Jumps, Step Ups, Squat and Lunge Jumps and Burpees.





2. FLAT STOMACH TIPS



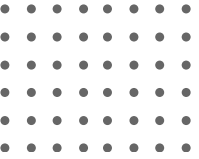
Changing when you eat is an important way to place your body in a fasted state. During a fasted state, your body will burn body fat for fuel, as well as many other health and physical benefits.

Choosing an eating window of 6-8 hours a day that best suits your lifestyle will initiate this process.

We recommend eating between 11am - 7pm daily.

Breaking your fast with some Apple Cider Vinegar and some Lemon Water will reduce bloating and improve digestion.

3. CELLULITE REDUCTION



Resistance weights training combined with explosive plyometrics are key to reducing cellulite.

We recommend large compound exercises including Squats, Deadlifts, Walking Lunges , Olympic Lifts, Pull Ups etc with a rep range of 8-12 reps @ 85% of your max. Focus on technique and squeezing the areas you want to target during the movement.

Follow the compound exercise with explosive plyometrics, including Box Jumps, Squat or Lunge Jumps, Burpees, Leap Frogs, Ball Slams etc with a rep range of 6-12 reps done as powerfully as you can.





4. SECRET FOR FAT LOSS

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. High Fat and Protein diet, minimising carbohydrates to around training time will increase your bodies fat burning process.

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





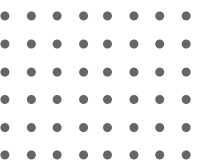
5. WEEKEND SOCIAL PLAN

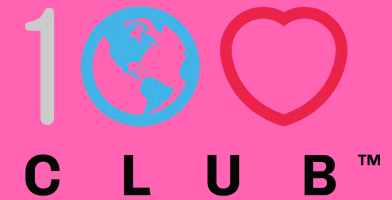
Socialising on the weekends should be fun and guilt free. We notice many people feel guilty about eating "junk" food over the weekend, and it negatively affects mindset and training the following week.

Make sure you choose a specific 6 - 8 hour window to eat or drink alcohol. This will ensure your meal or drinks will fit into your Feeding Window, and the remaining hours of the day you will be FASTING or burning body fat for fuel.

Start your weekend off with a quality training session to boost your metabolism and get that body ready to show off!

CLEAR SKIN BOOSTER - Lemon water daily, Minimal night sugar, Cleanse face pre ad post workout





Congratulations on taking the initiative to explore our 5 tips for a Summer Rig.

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/

