

HOUR GLASS ELF 2

THE BEAR IS BACK



JUST WHEN YOU
THOUGHT IT WAS OVER

GET READY TO MOVE



**THE BEAR IS BACK... WITH
ANOTHER BABY BEAR
FITNESS PROGRAMME!**

**GET READY TO SWEAT
YOUR WAY THROUGH
EIGHT WEEKS OF
GRUELLING WORKOUTS,
AND TAKE YOUR FAT
LOSS TO THE NEXT LEVEL.**

**THIS IS NOT FOR THE
FAINT OF HEART.**

KEVIN STRONGLY RECOMMENDS YOU TRY HIS 'INTERMEDIATE CIRCUIT' (AKA HOURGLASS ELF) WORKOUTS FIRST.

KEVIN STRONGLY RECOMMENDS YOU WEAR FITTING SPORTS SHOES AND COMFY SPORTS CLOTHES.

KEVIN STRONGLY RECOMMENDS YOU WARM-UP BEFORE EVERY SESSION. RUN ON THE SPOT FOR 2 MINUTES AT LEAST. DO 5 BURPEES TO LIMBER UP.

KEVIN STRONGLY RECOMMENDS YOU FOLLOW HIS DIET STRICTLY.

KEVIN STRONGLY RECOMMENDS YOU STOP BEING A TUBBY POTATO AND GET YOUR BUTT IN GEAR!

KEVIN ALSO STRONGLY RECOMMENDS YOU GIVE HIM SOME CUDDLES, BECAUSE HE IS A GOOD BOY.



DIET

**DIET IS THE CORNERSTONE OF
REACHING YOUR FAT LOSS GOAL. YOU
CAN EXERCISE ALL YOU WANT, BUT IF
YOU'RE EATING JUNK FOOD, YOU'RE
NOT GOING TO LOSE ANY FAT.**

STAY DISCIPLINED.



MATCH YOUR WORKOUT DAYS TO YOUR DIET DAYS FOR BETTER RESULTS

	Workout	Diet
Monday	Workout A	Normal
Tuesday	Interval Workout 1	Low-carb day
Wednesday	Workout B	Normal
Thursday	REST	Fasting day
Friday	Workout C	Normal
Saturday	Interval Workout 2	Low-carb day
Sunday	REST	Low-carb day

YOU WILL EAT A WELL-BALANCED, HEALTHY MEAL ON FULL-BODY WORKOUT DAYS, SO YOU HAVE MORE ENERGY TO GET GOING WITH A TOUGHER WORKOUT.

YOU WILL EAT LOW-CARBOHYDRATE MEALS ON INTERVAL WORKOUT DAYS, TO HELP YOU BURN FAT OFF FASTER.

YOU WILL DO A 20-HOUR FAST ONCE A WEEK, ON A REST DAY. THIS IMPROVES YOUR INSULIN SENSITIVITY.

NORMAL DIET DAY

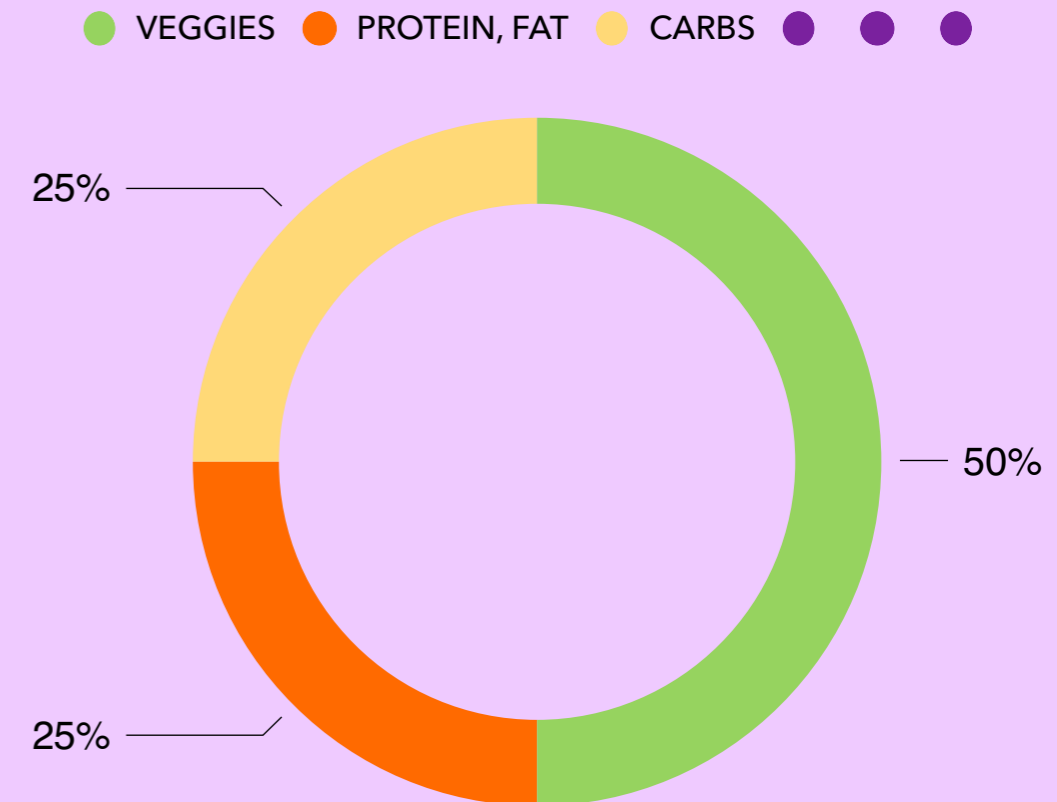
HALF YOUR PLATE MUST BE FULL OF VEGETABLES. NO ARGUMENT. BOIL OR STEAM THEM TO KEEP THIS PART OF THE DISH HEALTHY.

A QUARTER OF YOUR PLATE WILL BE MADE UP OF LEAN PROTEIN (LIKE MINCED CHICKEN, FISH FILLETS, EGG WHITES OR FLANK STEAK) COOKED IN EXTRA-VIRGIN OLIVE OIL TO ADD IN SOME HEALTHY FATS.

THE LAST QUARTER OF YOUR PLATE WILL CONSIST OF COMPLEX CARBOHYDRATES (BROWN RICE, PASTA, OATS, SWEET POTATO).

WASH IT DOWN WITH LOTS OF PLAIN WATER.

YUM YUM.

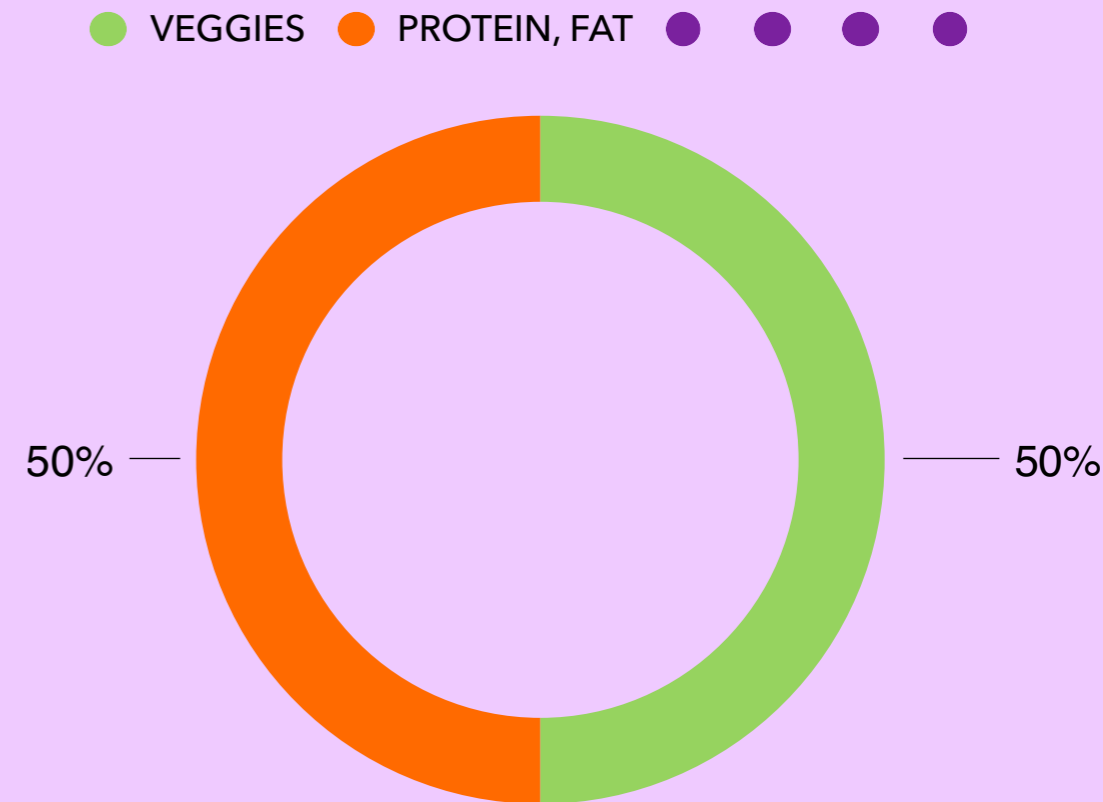


LOW CARB DAY

HALF YOUR PLATE MUST BE FULL OF VEGETABLES. NO ARGUMENT. BOIL OR STEAM THEM TO KEEP THIS PART OF THE DISH HEALTHY.

THE OTHER HALF OF YOUR PLATE WILL BE MADE UP OF LEAN PROTEIN (LIKE MINCED CHICKEN, FISH FILLETS, EGG WHITES OR FLANK STEAK) COOKED IN EXTRA-VIRGIN OLIVE OIL TO ADD IN SOME HEALTHY FATS.

YOU WILL BE OMITTING CARBOHYDRATES TODAY.



FASTING DAY

FAST FOR TWENTY HOURS. YOU CAN ONLY DRINK PLAIN WATER, GREEN TEA AND BLACK COFFEE WITHOUT SUGAR. MAKE SURE YOU DRINK HALF A LITRE OF WATER EVERY FEW HOURS TO KEEP YOURSELF WELL-HYDRATED.

BREAK YOUR FAST WITH A HEALTHY, WELL-BALANCED MEAL. EAT YOUR VEGGIES FIRST AND DRINK ONE TO TWO CUPS OF WATER BEFORE YOU MOVE ON TO YOUR CARBS, PROTEIN AND FAT.



WORKOUT

WARM-UP BEFORE EVERY WORKOUT. RUN ON THE SPOT FOR 2 MINUTES, THEN DO 5 BURPEES.

WEAR SPORTS SHOES AND SPORTS CLOTHING.

HYDRATE BEFORE AND AFTER.

KEEP YOUR EXERCISE FORM STRICT.

BE STRICT WITH THE REST TIMINGS.

YOU WILL BE WORKING OUT 5 DAYS A WEEK.

	Workout	Diet
Monday	Workout A	Normal
Tuesday	Interval Workout 1	Low-carb day
Wednesday	Workout B	Normal
Thursday	REST	Fasting day
Friday	Workout C	Normal
Saturday	Interval Workout 2	Low-carb day
Sunday	REST	Low-carb day



WEEK 1

WEEK 1 - WORKOUT A



Week 1, Workout A

Cardiovascular endurance	Mountain Climbers x 30 reps per leg Do these fast	I like to use push-up bars for this exercise as it feels more comfortable on my wrists.
Strength/ toning	Bent-over dumbbell rows x 15 to 20 reps	Remember to arch your back and look upwards to minimise the strain on your lower back.
	Barbell shoulder press x 15 to 20 reps	Grip the barbell with your hands shoulder-width apart.
	Jumping lunges x 15 reps per leg	Explode upwards and land with the other leg in front each time you jump up.
	Dumbbell curls x 15 to 20 reps	Keep your elbows tucked into your sides.
	Triceps band extensions x 15 to 20 reps	Keep your elbows tucked into your sides.
Core work	Crunches x 15 to 20 reps	Curl your upper body up, like a prawn, and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

WEEK 1 - INTERVAL WORKOUT 1



Week 1, Interval Workout 1

Circuit training	High-knees x 30 seconds	Go as fast as you can, you need to put in your maximum effort for these 30 seconds. Get your knees up to waist level each time you bring them up.
	Bench squats x 15 to 20 reps	Keep your low back arched, and look ahead and upwards. Sit down onto a weights bench or any chair/ platform that is at knee level, and stand back up, while holding your arms straight out in front of you.
	Sit-ups x 15 to 20 reps	Curl your upper body up, like a prawn, and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

Complete the above exercises one after the other in a circuit fashion.

Rest for 30 seconds.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

The rest period is deliberately short. Keep going to get your heart rate up.

WEEK 1 - WORKOUT B



Week 1, Workout B		
Cardiovascular endurance	Jumping jacks x 50 reps	
Strength/ toning	Weighted bag or barbell deadlift x 15 to 20 reps	Remember to arch your back and look upwards to minimise the strain on your lower back.
	Lower the bag to the ground and rest it on the ground for 1 second each time you go back down.	
	Twisting shoulder raise x 10 per side	Watch the video to have a better idea of how to do this exercise.
	Step-ups x 15 to 20 reps per leg	Hold some dumbbells while doing this exercise to make it tougher.
	Use a box/ platform that is between your knee to waist level.	
	Band biceps curls x 15 to 20 reps	Keep your elbows tucked into your sides.
Standing triceps push-aways x 15 to 20 reps	Keep your elbows stationary as you do the exercise.	

Core work	Plank circuit:	Keep your body as rigid and straight as you can throughout the circuit.
	Plank on your elbows x 1 minute	
	Side plank x 1 minute on each side	

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

After you have finished the Cardiovascular endurance and Strength/ toning portion of the workout for 5 rounds, then move on to do 3 rounds of the plank circuit. Rest for 30 seconds between each round of the plank circuit.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

REST

WEEK 1 - WORKOUT C



Week 1, Workout C - Challenge workout	
Mountain Climbers x 30 reps per leg Do these fast	I like to use push-up bars for this exercise as it feels more comfortable on my wrists.
Upper body side-to-side shuffles x 3 each way	
Dumbbell punches with light dumbbells x 20 per arm	Use light dumbbells, and maintain good form. Bring your elbows in to your sides each time, and extend and push the dumbbell out in front, to an end position with it above shoulder level.
Do the above exercises in a circuit fashion with no rest between each exercise. At the end of the workout, rest for 1 minute. Repeat for 5 rounds. After you are done with the circuit, end off with the Core work.	
Leg raises x 15 to 20 reps Do 4 sets	Try to keep your legs straight as you lift them.

WEEK 1 - INTERVAL WORKOUT 2



Week 1, Interval Workout 2

Outdoors training

Suicide runs!

Set 3 marks 5m, 10m and 20m away from your start point. Get ready at the start point.

1. Sprint to the 5m mark and back.
2. Sprint to the 10m mark and back.
3. Sprint to the 20m mark and back.
4. Rest 20 seconds.
5. Repeat for 5 rounds!
6. Rest 5 minutes.
7. Then repeat again, for a grand total of 10 rounds.

Go all out as you sprint down the track.

REST

WEEK 2

WEEK 2 - WORKOUT A



Week 2, Workout A

Cardiovascular endurance	Jumping jacks x 50 reps Do these fast	
Strength/ toning	Dumbbell deadlifts x 15 to 20 reps Lower the dumbbells down to touch the floor lightly each time.	Remember to arch your back and look upwards to minimise the strain on your lower back.
	Shoulder plate swings x 10 reps per side Do one side first, then turn your body the other way and do another 10 reps.	Watch the video online to see how to do these!
	Bear crawls x 10 reps back and forth	Wear exercise gloves and sports shoes to make sure you don't slip and fall.
	Barbell curls x 15 to 20 reps	Keep your elbows tucked into your sides.
	Overhead dumbbell extensions x 15 to 20 reps	Don't pick a weight that is too heavy.
Core work	Reverse crunches x 15 to 20 reps	Keep your upper body straight on the mat, then bring your knees to your chest and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

WEEK 2 - INTERVAL WORKOUT 1



Week 2, Interval Workout 1

Circuit training

High-knees x 30 seconds

Go as fast as you can, you need to put in your maximum effort for these 30 seconds. Get your knees up to waist level each time you bring them up.

Burpees x 3 reps

Be explosive when you jump up from the rep.

Complete both of above exercises one after the other as fast as you can.

Rest for the remainder of the minute. If you complete your burpees faster, you have more time to rest.

Repeat for a total of 10 rounds.

Go scold Kevin for coming up with such a tiring workout.

WEEK 2 - WORKOUT B



Week 2, Workout B		
Cardiovascular endurance	Mountain climbers x 30 per leg Do these fast.	
Strength/ toning	Dumbbell front raise x 10 to 15 reps	Stand upright and lift your arms up in front in a slow, controlled manner.
	Rear lunges x 15 per leg	Go down until your knee is just above the floor.
	Barbell curl x 15 to 20 reps	Keep your elbows tucked into your sides.
	Overhead dumbbell extensions x 15 to 20 reps	Be careful, don't use too much weight.
Core work	Reverse crunches x 15 to 20 reps	Do these slowly to increase the strain on your core muscles.
<p>Complete the above exercises one after the other in a circuit fashion. Rest for 1 minute. Repeat for a total of 5 rounds.</p> <p>Remember to do the exercises with good form. Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.</p>		

REST

WEEK 2 - WORKOUT C



Week 2, Workout C - Challenge workout

50 mountain climbers

40 jump squats

Keep your back arched, and look ahead and up. Squat down until your thighs are parallel to the ground.

30 lunges

20 leg raises

Keep your legs straight.

10 step-ups per leg

Use a block that is approximately knee height.

Do the above exercises one after another until all the reps are done.

You can rest in the middle of the set, but you cannot take more than 3 rest periods per exercise.

Try to minimise the duration of rest each time.

WEEK 2 - INTERVAL WORKOUT 2



Week 2, Interval Workout 2

Outdoors training

Sprints!

Find an open area with 50 to 100m of clear ground ahead of you.

Sprint as fast as you can down that distance.

Then walk back to your start point.

Repeat for 20 sprints.

Go all out as you sprint down the track.

REST

WEEK 3

WEEK 3 - WORKOUT A



Week 3, Workout A		
Cardiovascular endurance	Flutter kicks x 50 reps	Keep your legs straight
Strength/ toning	Weight plate squat and swing x 15 to 20 reps	Remember to arch your back and look upwards to minimise the strain on your lower back.
	Bent-over dumbbell rows x 15 to 20 reps.	Remember to arch your back and look upwards to minimise the strain on your lower back.
	Inchworms x 10 reps back and forth	Wear exercise gloves and sports shoes to make sure you don't slip and fall.
	Dumbbell hammer curls x 15 to 20 reps	Keep your elbows tucked into your sides.
	Lying dumbbell extensions x 15 to 20 reps	Try and keep your elbows stationary.
Core work	Sit-ups x 15 to 20 reps	Curl your upper body up, like a prawn, and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

WEEK 3 - INTERVAL WORKOUT 1



Week 3, Interval Workout 1

Circuit training

High knees x 30 seconds

Go as fast as you can, you need to put in your maximum effort for these 30 seconds. Get your knees up to waist level each time you bring them up.

Dumbbell punches x 15 per arm

Bring your elbow in to your side after each rep.

Tuck jumps x 10

Be explosive when you jump up from the rep.

**Complete both of above exercises one after the other as fast as you can.
Rest for 30 seconds after each round.
Repeat for a total of 6 rounds.**

WEEK 3 - WORKOUT B



Week 3, Workout B		
Cardiovascular endurance	Mountain climbers x 30 reps per leg Do these fast.	
Strength/ toning	Lat pulldowns/ pull-ups x 10 to 15 reps	Maintain good posture and arch your back slightly.
	Shoulder Arnold press x 10 to 15 reps	Watch the video online to see how to do these!
	Jump squats x 15 to 20 reps	Squat all the way down until your thighs are parallel with the floor before exploding upwards again.
	Hammer curls x 15 to 20 reps Use either dumbbells or a hammer curl bar	Keep your elbows tucked into your sides.
	Lying triceps dumbbell extensions x 15 to 20 reps	Try and hold your elbows stationary while you extend your arms.
Core work	One-legged Plank x 1 minute on each leg	Keep your body straight, and your core tight.

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

REST

WEEK 3 - WORKOUT C



Week 3, Workout C - Challenge workout

High knees x 45 seconds

20 squats

Look ahead and up. Squat down until your thighs are parallel to the ground.

Jumping jacks x 50 reps

20 bent-over dumbbell rows

Keep your low back arched and your knees nearly straight.

Mountain climbers x 30 per leg

20 dumbbell shoulder presses

Do the above exercises one after another until all the reps are done.

Rest for 1 minute or less after each round. See if you can complete 3 rounds in less than 15 minutes.

WEEK 3 - INTERVAL WORKOUT 2



Week 3, Interval Workout 2

Outdoors training

Sprints and jumps!
Find an open area with 50m ahead of you.

Sprint 50m, then do 10 jump squats.
Rest 30 seconds.

Repeat for a total of 10 rounds.

Go all out as you
sprint down the
track.

Do your box jumps
onto a platform that
is approximately
knee to waist high.

REST

WEEK 4

WEEK 4 - WORKOUT A



Week 4, Workout A

Cardiovascular endurance	Jumping jacks x 50 reps Do these fast	
Strength/ toning	Burpees x 10 reps	End each Burpee off with a jump squat.
	Dumbbell side raises x 15 to 20 reps	Do these in a slow, controlled manner to work your shoulders more.
	Cable rows x 15 to 20 reps	You can replace these with a barbell if you don't have a cable machine, but cables are more fun.
	Alternate shoulder dumbbell press x 15 reps per arm	
	Dumbbell curls x 15 to 20 reps	Keep your elbows tucked in.
Core work	Sit-ups x 15 to 20 reps	Curl your upper body up, like a prawn, and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

Complete the above exercises one after the other in a circuit fashion.

Rest for 1 minute.

Repeat for a total of 5 rounds.

Remember to do the exercises with good form.

Try to do them in a slow, stable manner and perform each part of the rep (bringing the weight up and lowering it down) over 3 to 4 seconds. This helps you to work the muscle adequately to tone it up nicely.

WEEK 4 - INTERVAL WORKOUT 1



Week 4, Interval Workout 1

High knees x 30 seconds	Bring your knees up to waist level each time. Aim to do these fast.
Inchworms x 5 reps back and forth	Each rep forwards and backwards is 1 rep.
Sit-ups x 15 reps	Curl your upper body up, like a prawn, and feel the muscle contraction in your abdominal muscles. Do this exercise slowly to work your abs better.

**Do the above exercises one after another, then rest 30 seconds.
Repeat for 6 rounds.**

WEEK 4 - WORKOUT B



Week 4, Workout B

Strength/ toning

Squats x 10 reps

Look up and ahead, and squat down until your thighs are parallel with the floor.

Dumbbell shoulder press x 10 reps

Bent-over dumbbell row x 10 reps

Keep your low back arched, and your knees nearly straight.

Complete the above exercises one after the other in a circuit fashion. Aim to complete all 3 exercises in 1 minute. Your rest period is whatever time remains at the end of the minute. Repeat for 8 rounds.

REST

WEEK 4 - WORKOUT C



Week 4, Workout C - Challenge workout

Burpees x 10

End each Burpee with an explosive jump squat.

Bent-over dumbbell rows x 15 reps

Keep your low back arched, and your knees nearly straight.

Do the above exercises one after another, without rest, until you complete 6 rounds (Burpees, rows, burpees, rows, etc until 6 rounds of each are done).

WEEK 4 - INTERVAL WORKOUT 2



Week 4, Interval Workout 2

Outdoors training

Suicide runs! (Again)

Set 3 marks 5m, 10m and 20-30m away from your start point. Get ready at the start point.

1. Sprint to the 5m mark and back.
2. Sprint to the 10m mark and back.
3. Sprint to the 20m mark and back.
4. Rest 15 seconds.
5. Repeat for 10 rounds!
6. Rest 5 minutes.
7. Then repeat again, for a grand total of 20 rounds.

Go all out as you sprint down the track.

REST

REPEAT
TOTAL 8 WEEKS

KEEP TRACK

KEEPING TRACK

DATE	DAY	DIET	EXERCISE
1		○○○	○
2		○○○	○
3		○○○	○
4		○○○	○
5		○○○	○
6		○○○	○
7		○○○	○
8		○○○	○
9		○○○	○
10		○○○	○
11		○○○	○
12		○○○	○
13		○○○	○
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15		○○○	○
16		○○○	○
17		○○○	○
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25		○○○	○
26		○○○	○
27		○○○	○
28		○○○	○
29		○○○	○
30		○○○	○
31		○○○	○

YOU NEED TO KEEP TRACK TO STAY ON TARGET. THIS IS NOT OPTIONAL.

FIRST PRINT THIS TABLE OUT.

THE COLUMN ON THE LEFT IS FOR DATES. FILL OUT THE DAYS IN THE SECOND MONTH BASED ON THE MONTH YOU ARE TRACKING.

CROSS OUT ANY EMPTY DAYS AT THE BOTTOM.

GET A GREEN HIGHLIGHTER AND A RED MARKER.

DIET

3 MEALS IN THE DAY (BREAKFAST LUNCH DINNER) = 3 CIRCLES.

IF YOU'VE BEEN DISCIPLINED AND EATEN HEALTHILY, COLOUR A CIRCLE GREEN. OTHERWISE, IT'S RED.

EXERCISE

IF YOU'VE WORKED OUT AND FEEL YOU'VE DONE A GOOD JOB, COLOUR A CIRCLE FOR THAT DAY GREEN. IF YOU SKIPPED THE WORKOUT OR DIDN'T DO WELL, COLOUR IT RED. IF YOU'RE NOT SCHEDULED TO EXERCISE ON A PARTICULAR DAY, JUST LEAVE THE CIRCLE BLANK.

SAMPLE

DATE	DAY	DIET	EXERCISE
1	SAT	●●●	●
2	SUN	●●●	●
3	MON	●●●	●
4	TUE	○ ○ ○	○
5	WED	○ ○ ○	○
6	THUR	○ ○ ○	○
7	FRI	○ ○ ○	○
8	SAT	○ ○ ○	○
9	SUN	○ ○ ○	○
10	MON	○ ○ ○	○
11	TUE	○ ○ ○	○
12	WED	○ ○ ○	○
13	THUR	○ ○ ○	○
14	FRI	○ ○ ○	○
15	SAT	○ ○ ○	○
16	SUN	○ ○ ○	○
17	MON	○ ○ ○	○
18	TUE	○ ○ ○	○
19	WED	○ ○ ○	○
20	THUR	○ ○ ○	○
21	FRI	○ ○ ○	○
22	SAT	○ ○ ○	○
23	SUN	○ ○ ○	○
24	MON	○ ○ ○	○
25	TUE	○ ○ ○	○
26	WED	○ ○ ○	○
27	THUR	○ ○ ○	○
28	FRI	○ ○ ○	○
29	SAT	○ ○ ○	○
30	SUN	○ ○ ○	○
31	MON	○ ○ ○	○

THIS IS MY SAMPLE FOR FEBRUARY 2020.

I STARTED BY LABELLING THE MONTH, AND THEN FILLING IN THE DAYS IN THE SECOND COLUMN. I CROSSED THE LAST 2 ROWS OFF AS FEBRUARY HAS 29 DAYS THIS YEAR.

ON 1ST FEB, I ATE HEALTHY MEALS FOR BREAKFAST AND DINNER BUT NOT LUNCH, SO THE BREAKFAST AND DINNER CIRCLES ON EITHER SIDE ARE GREEN BUT THE LUNCH CIRCLE IN THE MIDDLE IS RED. I EXERCISED, SO MY EXERCISE CIRCLE IS GREEN.

ON 2ND FEB, I ATE HEALTHY FOR ALL 3 MEALS, SO ALL MY DIET CIRCLES ARE GREEN. I SKIPPED A WORKOUT BECAUSE I WAS A LAZY POTATO, SO MY EXERCISE CIRCLE IS RED.

KEEP LOGGING ON A DAILY BASIS. YOU CAN KEEP TRACK OF YOUR PROGRESS WITH A GLANCE. AIM TO HAVE AS FEW RED CIRCLES AS POSSIBLE.

THAT'S ALL FOLKS

TRAIN SAFELY.

STAY DISCIPLINED WITH YOUR DIET.

DON'T MISS WORKOUT DAYS.

LOVE YOUR POM.

**I PROMISE YOU, YOU WILL GET
LEANER.**



**THANK YOU FOR
JOINING US.**