



**2014**

**Official Training and Diet Guide**

# Congratulations!

---

You have just made one of the most important decisions of your life and we want to officially welcome you to the **Hynes Fitness Challenge 2014!**

This is an easy to follow, step-by-step plan that will help you get into the best shape of your life. We're all frustrated with diets and gimmicky exercise programs; this is your chance to try something that really works.

We want to help you obtain optimal health and get into the best shape of your life! The Hynes Fitness Challenge has helped many people to get do just that in the last couple of years and now we want to share it with you.

The key to your success with this program is to make healthy lifestyle changes and take small steps that will allow you to achieve the result you've been looking for. We recommend that you do this by eating 5 - 6 small meals spread throughout the day and that you begin a combination of cardiovascular and weight resistance training into your routine. Keep in mind it's important that you enjoy these activities and changes so that you'll stick with them in the long run.

There are two main reasons that people fail when they start new meal plan and exercise programs:

- **People simply start out with the wrong information**
- **People lose motivation**

When you have a program that's easy to follow and one that gives you the right tools to help you stay motivated your great results are right around the corner. One thing to remember is, it won't happen without work, hard work. But if you have the right road map and if you're motivated to follow it through to its finish, **YOU CAN** get into great shape.

Now, listen carefully...No matter what shape you are in now, you **CAN** improve your body, and by extension, your self-image! In many cases, you may improve so much that your family and friends won't believe your transformation.

Are you ready to get started? Well, read on and get after it and make 2014 the year of your body transformation!

Good Luck!

Randy & Kurt Hynes

# Getting Started

---

The important thing to remember as you get started is that if you don't "get started" you will never achieve your goals. By taking this small first step you are well on your way to a healthier, happier more confident you!

The HFC Program works because it shows you how to stimulate your metabolism while you reduce body fat and the best part of the program is you will never have to go hungry while on this program.

Before you start:

- Please, please, please set realistic written goals and pace yourself – remember this is a marathon, not a sprint!
- Take "before" pictures. Even though you may not like the way you look right now – a picture as you begin will show all you have achieved and how far you've come after 90-Days.
- Choose a method of measuring your success and stay with the same measuring system for the duration of the 90-Days (For Example: dropping weight on the scale, losing dress or clothes sizes, losing inches on your tape measurements, or reducing body fat percentage).

The HFC program is designed to be a 90 day program; you will definitely see positive results within that timeframe if you stick with your program. Once you finish the 90-Days and account for your success, you can keep the program going until you reach your long term goals. Remember - the goal isn't to get in shape just once...but to change your lifestyle and maintain a long term healthy body.

As you go about setting goals and timelines please note that we recommend eating 5-6 small meals each day; three main meals ( breakfast, lunch, and dinner) and two snacks or "mini" meals. When you are challenging your body with new eating regimes and in some cases extreme exercise it is very important to keep your body fed. By following our plan diligently, you will be able to lose up to 2 – 3 pounds of fat per week while building and maintaining lean muscle.

Lastly, before you begin any diet or exercise program please check with your physician.

# Let's Talk Turkey!

It all starts with getting the right information – you need to stoke the fire (increase your metabolism) before you can become a fat-burning machine, and stimulating muscle is the key. Muscle is a metabolically active tissue, which means that it actually burns a lot of calories (even while you sleep) and protein supports and builds muscle; which means you must consume a sufficient protein every day.

So, when you are planning your meals always start with a source of **lean protein**; some examples might be:

- Fat Free Cottage Cheese
- Egg Whites or Egg Substitutes
- Chicken Breast
- Lean Ground Turkey breast
- Turkey Breast
- Fish
- Whey protein powder

Reserve protein shakes or protein bars for your “mini” meals because they are a great source of protein.

So how much protein do you need at each meal? There are several methods but the easiest might be to eat a serving that equals the size of the palm of your hand. (Imagine a serving the size of your hand without your fingers or thumb.)

You have to include **complex carbohydrates** in each meal as well and even though carbs have been made out to be the enemy. The right amount and type of carbs are your friend!

Another key in burning fat is controlling your blood sugar. This is accomplished eating 5-6 small meals throughout the day, eating the right mix of complex carbs, lean proteins, and healthy fats, and greatly reducing sugar in your diet. Here is the thing to remember about sugar and simple carbs. They both will spike your blood sugar level that will activate your pancreas to secrete insulin, which means your body is in the fat storing mode. When you maintain blood sugar levels by eating correctly you keep your body in the FAT burning mode!

Ask yourself this question before you eat that next meal: will this food I'm about to eat help support the “Fat Burning” mode or the “Fat Storing” mode?

Some examples of complex carbs (starch) you should include in your meals are:

- Oatmeal (Use the old fashioned variety – can cook it in the microwave)
- Cream of Wheat, Cream of Rice and Grits
- Potatoes
  - Sweet Potatoes
  - Yams
  - yellow, red, russets
- Rice
  - Brown rice

- Wild rice
- 100% Whole Wheat Breads and Corn Tortillas
- Barley
- Lentils
- Beans, Lima Beans
- Corn
- Peas, including dried peas
- 

Similar to the portion size for protein you should eat a serving the size of your closed fist, think of a serving size like a baked yam or sweet potato.

**IMPORTANT!** Carbohydrate calories should not come from refined foods that are high in sugars. This is one of the **biggest** mistakes that you can make.

Foods that should be avoided are processed foods – let’s just say anything not made in your own kitchen with fresh ingredients is a no-no! There is a distinct difference between “good” complex carbs and “bad” simple carbs. Simple carbs raise your blood sugar levels quickly and will convert to fat much more easily; so eat them sparingly. (See Below)

#### **Good Carbs (Complex)**

- |                    |               |
|--------------------|---------------|
| ● Yams             | ● Brown Rice  |
| ● Corn             | ● Baked Beans |
| ● Oatmeal          | ● Lentils     |
| ● 100% Whole-Grain |               |

#### **Bad Carbs (Simple)**

- |                                |                           |
|--------------------------------|---------------------------|
| ● Pasta                        | ● Pasteries / Baked Goods |
| ● Chips & Crackers             | ● White Bread             |
| ● Refined Cereal Sugar / Candy | ● Flour Tortillas         |
| ● White Sugar or White Flour   |                           |

The last component to your balanced meal is your vegetables. Here are a few to choose from - your ‘HFC Program Vegetables:

- |               |                   |
|---------------|-------------------|
| ● Lettuce     | ● Squash          |
| ● Broccoli    | ● Radishes        |
| ● Green Beans | ● Okra            |
| ● Spinach     | ● Bamboo Shoots   |
| ● Asparagus   | ● Brussel Sprouts |
| ● Artichoke   | ● Celery          |
| ● Peppers     | ● Egg Plant       |
| ● Tomatoes    | ● Leeks           |
| ● Cabbage     | ● Shallots        |
| ● Zucchini    | ● Sprouts         |
| ● Cucumber    | ● Water Chestnuts |
| ● Onions      | ● Mushrooms       |
| ● Cauliflower |                   |
| ● Carrots     |                   |

So how many vegetables should you eat with your meals? The size of your fist is a good measure but if you are going to over eat something, over eat vegetables! (not the complex carbs, or starchy vegetables i.e. potatoes, rice, etc.)

**Now to bring it all together:** You should combine your HFC Program protein and carbs in roughly the same proportions at each “main” meal. Vegetables and salad are “free” – meaning you can have as much of them as you want, exceeding your “fist” size portion if you wish. But you shouldn’t use any butter or condiments that are high in fat. For your two “mini” meals, you should include a protein shake or high protein bar (low sugar, low carb), and a piece of (low fructose) fruit (remember, we said you should eat about 5-6 meals each day consisting of a breakfast, lunch and dinner, plus two snacks or “mini” meals). Your body must be nourished throughout the day to keep your muscle tissue fed and to keep your metabolism burning calories efficiently.

**A word about fruit:** fibrous fruits like apples, strawberries, pears and melons are good ideas for your “mini-meals,” but try to avoid more sugary fruits like bananas and citrus fruits.

### **SUMMARY:**

Each “main” meal should consist of the following:

- Protein the size of your palm
- Complex carbohydrate the size of your fist
- A serving of vegetables the size of your fist

**Each “mini” meal should consist of the following:**

- A small protein shake, protein bar, or a cup of low-fat cottage cheese
- A fist-sized serving of fruit ( some protein is desirable)

### **The Rule of Thirds**

Think “PEACE.” What do I mean by that?

Another “visual” that may help you is this: divide your (main) meal plate into “thirds;” cover one-third of your plate with a HFC Program protein, one-third of the plate with a HFC Program Carbohydrate and one-third with a vegetable. If you drew it out on a piece of paper, it would look like a peace sign.

Make sure to eat three of these “main” meals per day. I can hear some of you groaning and moaning now, but it’s not as difficult as it sounds. Look at it this way; that’s just three meals, plus a snack midmorning and mid-afternoon.

### **A word about breakfast...**

If time is a problem with preparation, breakfast can be as simple as a small bowl of oatmeal or whole grain cereal (add grits and a cup of fruit on top and Ready-to- Drink shake for extra protein, I use EAS vanilla whey protein powder mixed with a little hot water and add it to my oatmeal) ). If you have a little more time, try scrambled Egg Beaters® or egg white veggie omelets with whole wheat toasted bread and low sugar jam. Breakfast fuels your body so that you experience more energy throughout the day.

The word breakfast means just that: “to break fast.” After a lengthy rest, which is to say 8 hours of sleep, your body wants to refuel itself for the activities of the coming day. When you wake up, your heart rate accelerates, the metabolism gets stimulated, and you get hungry. A well-balanced program that consists of protein and complex carbohydrates with minimal fat is the key.

Studies show that people who eat breakfast have a higher level of energy in the mid-to-late afternoon and avoid the “energy crash” or feeling of sluggishness that is common for those who skip breakfast. Eating breakfast also helps to stimulate and maintain your metabolism.

**A word about sodium:** Avoid luncheon and deli meats and red meat, especially pork, because deli meats are extremely high in sodium. For example: two ounces of pork lunchmeat is equal to 570 milligrams of sodium. The recommended daily value of sodium is less than 2400 milligrams. If you’re going to have pork, opt for the pork tenderloin instead.

### **Watch Out for Saturated Fats...**

Minimize and avoid the following whenever possible: cheese (use low fat or non fat cheese), butter (use a butter substitute), margarine, egg yolks, sour cream (use fat free), salad dressings (use fat-free Italian dressing or lemon juice instead), fries (try the fat-free baked fries), potato chips (try low fat, baked or fat free instead), ice cream (try nonfat ice cream, frozen yogurt or sorbet instead), mayonnaise (try fat free mayo), peanut butter, chocolate, desserts, and keep junk foods to occasional use.

### **How to Read Nutrition Labels:**

Watch for hidden fats in packaged foods. Read the labels! Here is an easy formula to figure the percentage of fat in a labeled food: For every 100 calories, foods should contain 20 calories of fat or less, or 20% fat by calories. You can also take the listed fat calories per serving and divide by the total calories per serving. Avoid foods that are higher than 20% fat by calories.

### **Here are some “HFC Program Success Tips” for you:**

1. **Cook and store.** Once a week, cook enough chicken breasts, vegetables and complex carbohydrates (rice, potatoes, yams, etc.) to last you throughout the week. Bag the individual portions in small baggies and refrigerate or freeze them. This makes it very easy for you to select your daily meals from the refrigerator and throw them into your cooler, so you can conveniently eat them during the day. We find that having a cooler with us keeps us on schedule and makes it very convenient for us to eat quickly and efficiently, especially when we don’t have a lot of time.

It only takes 10-15 minutes to eat. Everyone has a lunch break and a coffee break. With proper planning, this should punch a hole in your excuse of “I don’t have time to eat!” Another simple solution is to cook enough dinner to have leftovers

2. **Plan ahead.** This is essential if you’re going to succeed. Take a few minutes the night before to determine what foods you will consume throughout the next day. If you’re just starting out and don’t have some of the food items that we recommend, don’t panic. Just make yourself a short grocery list and pick up these items at your first available convenience. Your daily checklist can be a useful tool in planning the weekly grocery list for obvious reasons. Once you have carefully thought out the following day’s food plan, lay out the necessary food items, so you can easily pack them in a cooler the following day.

3. **Pack a cooler.** Always pack a cooler with food and carry it with you to work. We store our lunch in a six-pack sized Igloo cooler. We always bring plenty of snacks to work – things that are easily transportable, such as: canned tuna, apples, baked yams that we've cooked the night before, oatmeal, broiled chicken breasts, low-fat cottage cheese and fresh and frozen vegetables.
4. **When eating out, plan ahead.** Familiarize yourself with menus from various restaurants, and try to pick restaurants that serve menu items compatible with the HFC Program. This minimizes your risk of getting stuck making a bad food choice. If you have your meal planned out before you arrive, the rest of the menu won't be as tempting. Also, ask to have your meat cooked without any butter or oil, say "no thanks" to the chips or bread while you wait, and when ordering salad, ask for low-fat dressing and for it to come on the side.
5. **Drink plenty of water.** Keeping your body hydrated and refreshed is very important, and water is the purest source of hydration you have. Water can also help suppress your appetite. If you never seem to get filled up when eating your meals, drinking more water will make you feel full faster. ( I weigh 200 pounds and my goal is to drink about 4 liters of water everyday)
6. **Choose low fat foods.** Though there are scores of low-fat versions of many different kinds of packaged foods available today, many are still calorie-dense and full of artificial ingredients. Try to seek out foods that are naturally low in fat.
7. **Avoid sugary soft drinks and fruit juice.** Choose water and diet drinks instead. Believe it or not, this can make a big difference in your progress. For example, the average regular soda contains 39 grams of sugar! This gets transferred into fat very quickly in the body. Water, however, contains no sugar and no calories.
8. **Take a good multi-vitamin along with extra Vitamin E and Vitamin C.** Women should take extra calcium. There are a number of good wholesome vitamin brands on the market.

## The Meal Plan at a Glance

Here's a sample breakdown of your meals, Your food plan may be more or less depending on your goals, size, metabolism, etc.:

### BREAKFAST

- 4-6 egg whites
- 1 bowl high fiber/no sugar cereal or oatmeal
- 1 piece of fruit
- Skim milk or coffee
- **OR** -
- Lean Body Breakfast Meal Replacement shake,
- 2 slices of light toast (100% whole wheat, multi grain bread),
- Low sugar jam.

### MID-MORNING

- Meal Replacement shake (either blended or Ready-to-Drink)



- Fresh fruit (Remember, it should be a fist-sized amount - try an apple).

## **LUNCH**

- Palm-sized portion of chicken
- fist-sized complex carb veggies OR Sandwich (tuna, chicken, and turkey) on 100% whole wheat bread
- 1 piece of fruit.

## **Mid-Afternoon**

- Meal Replacement Bar or RTD (ready to drink) 11oz. Protein drink. (I like the ones made by Premier Nutrition at Cosco) or 1 Cup low fat cottage cheese, fist-sized serving of fruit.

## **DINNER**

- Palm-sized portion of chicken or fish,
- fist-sized complex carb,
- fist-sized (or more) veggies
- Salad with fat free dressing

## **LATE SNACK**

It is realistic that you may want to have that occasional snack. Here are some snack ideas for when your body is craving something (but be careful not to overdo it - moderation is the key): (I like decaffeinated green tea in the evenings)

- Rice cakes
- Fat-free cheese
- Fat-free low sugar yogurt
- Air-popped popcorn
- Protein shakes
- Protein bars.

## The HFC Program Exercise Program

How long does it take to break or change a habit? Typically it takes 21-30 days to establish a new habit. Can you stick with a program for 30 short days?

1. Weight training should be the foundation of your exercise program for both men and women.

- It builds muscle, which helps you burn more fat and calories, even when your body is at rest.
- It stimulates and drives your metabolism.
- It shapes and curves the body, creating a more attractive and “lean” look.
- It increases your body’s strength and endurance.

2. Don’t forget your cardio. The inclusion of cardiovascular exercise in your program will not only burn fat, increasing muscularity and leanness, but it will also result in increased energy levels and improved overall cardiovascular health.

During an intense workout, your body uses primarily muscle glycogen and carbohydrates as its energy source. But after the workout, it switches over to burning stored fat. Some studies have noted a 300% increase in fat burning after intense exercise! This demonstrates how you can change your metabolism with physical exercise. It also demonstrates that intense training - alternating weight training with cardiovascular exercise - really works.

### The Workouts

For the workout portion of the program, you can do this 4-day routine that repeats itself, or whatever program you want. (i.e. body for life, beachbody, P90X, Labrada). In order to stimulate your muscles and increase your metabolism, you will need to work various muscle groups. For example, your program could look something like this:

**Day 1 – Back and biceps (plus Cardio)**

**Day 2 – Chest, shoulders and triceps**

**Day 3 – Cardio (and rest)**

**Day 4 – Legs and abs**

Then repeat. we recommend that you integrate at least 20-30 minutes of cardio 3–4 times a week (jogging, cycling, spinning, aerobics, etc.), in addition to the resistance training. See the above list for how to accomplish this. Once you get started, it’s not as hard or as time-consuming as it might seem at first. Perform the exercises listed on the chart found on the next page.

Note: We recommend that you consult a physician before beginning any new exercise program

### How to make every workout count

**WEIGHT TRAINING:** - When working out with weights, perform 5 sets of each exercise (a set is 8 - 12 repetitions of a single exercise - for this program, strive for 10 reps per set). Perform at least 2 different exercises or “stations” for each muscle group. For example: when working your chest, do 5 sets of bench press, 5 sets of dumbbell flies, for a total of 10 sets per body part. Another way is to take 5 movements or exercises and do 2 sets per exercise again for a total of 10 sets per body part. It’s always a good idea to change your workouts every few weeks. This is because the body adapts and needs to be frequently challenged to grow!

**CARDIO:** - Perform 20 - 30 minutes of cardio at a moderate pace. After a few weeks, try increasing endurance by adding more time and periodic 2-minute high-intensity interval training (HIT) bursts. For example: Jog for 8 minutes, sprint for 2 minutes, repeat. Again mix it up and change your workout often!

**STRETCHING:** - Don't forget to stretch before, after, and even during your workout. The important thing to accomplish is making sure your muscles are loose and warm before you begin working them. This helps prevent injury - especially for beginners and as body matures (gets older!)

**RESTING:** - Rest between sets only long enough to catch your breath (one minute or less) This allows the body to properly replenish its oxygen deficit.

## Time to hit the **WEIGHTS**

### The Workout Plan at a Glance

Here's a sample breakdown of recommended exercises:

- **CHEST:** Bench Press and Dumbbell Flys
- **SHOULDERS:** Seated Dumbbell Press and Side Lateral Flys
- **TRICEPS:** Overhead Tricep Extension and Bench Dip
- **BACK:** Bent-Over Dumbbell Row and Lat Pull-downs
- **BICEPS:** Hammer Curl and Standing Barbell Curl
- **LEGS:** Leg Press and Leg Curl
- **ABS:** Ab Crunch and Bench Leg Raise

### Also Recommended for CHEST:

- Incline Bench Press
- Incline Flys
- Pec-Deck
- Cable-Crossovers

### Also Recommended for SHOULDERS:

- Seated Barbell (Military) Press
- Bent-over Side Raises

### Also Recommended for TRICEPS:

- Lying Tricep Extensions
- Close Grip Bench Press
- Standing Cable Pushdowns
- Dip Machine

### Also Recommended for BACK:

- Assisted Pull-ups
- Wide Grip Pull-ups
- Dead Lifts
- Shrugs

Also Recommended for BICEPS:

- Alternating Curls
- Concentration Curls
- Preacher Curls

Also Recommended for LEGS:

- Leg Extensions
- Straight Leg Deadlifts
- Seated/Standing Calf Raise
- Squats

Also Recommended for ABS:

- Reverse Crunches
- Standing Oblique Curls
- Hanging Leg Lift
- Swiss Ball Crunches

A Word of Caution... If you are a relative newcomer to weight training or aren't 100% sure how to properly perform these exercises, visit your local gym and have a professional trainer show you the proper technique. This will help you avoid ineffective workouts, or worse...injury.

The exercises listed here can be safely performed by both men and women. Remember not to lift more weight than is comfortable, but always lift enough weight to make your muscles have to work hard. Perform 5 sets of 10 reps for each of the 2 exercises listed or others. After several weeks, try alternating other exercises.

### **Exercise Summary**

- During your resistance (weight) training sets, do 5 sets of 10 reps per set for each exercise we have listed on the previous page.(Or more exercises for a total of 10 sets per body part)
- To determine what your beginning weight should be, start with a weight you think you'll be comfortable with, and perform 1 set (10 reps). The last three reps of that set should be difficult, but not impossible. You should feel the muscle getting fatigued. If it's too easy, go up 5 to 10 pounds until you find the appropriate weight. If it's too heavy, go down 5 to 10 pounds. You will get stronger with time, so gradually increase the weight you lift as your program progresses.
- Rest long enough to catch your breath in between sets.
- Work in a 20-30 minute cardio session 3 – 4 times a week. (Gradually increase over time as needed)

### **Success Factor Two: Motivation**

If you will recall, we mentioned early on in this program that the two main reasons people fail are:

Reason one: People simply start out with the wrong information.

Reason two: People lose motivation.

Here are some of our favorite motivational techniques:

**Buddy System.** Get a workout buddy or partner to help you stay accountable. Having a partner, you can encourage and push each other to reach the goals you've set.

**Pictures.** Pick out pictures of fit people or of yourself when you were more fit and put them in places where you will see them constantly (bath room mirror, refrigerator, etc.). Choose images of those who have physiques you aspire to, but who also have similar body types as you do.

**Keep a journal.** It's important that you track your progress so that you keep going. A training journal is a good way to mark off your exercises as you do them. You can look back at them later and see what you've accomplished. This will help motivate you on days that you don't feel like working out. Likewise, a food journal is equally as helpful for tracking your diet.

**Small rewards.** Every week you should reward yourself with what I call a "cheat meal." Note that we said cheat meal, not cheat day. The idea is that once a week you get to use one meal to eat anything you want. This way you won't feel as though you are depriving yourself. But be careful that you get right back on track, so that you don't set yourself back from all the progress you just made. Keep in mind that in the next week, you can look forward to another cheat meal.

**Progress, not perfection.** Many times when someone messes up on his or her diet or program, he or she will have the mentality that the entire program is blown. The thought goes something like this, "Well, I just messed up, so I might as well eat whatever I want and start over next week." Keep in mind that your program is about progress, not perfection. You want to maintain a diet and program that can become lifestyle. Just get right back on track and keep going. And if and when you find yourself in the middle of an eating binge, remember that control is only a moment away!

**Set specific goals and target dates.** It is important that you not only set realistic goals for yourself, but that you also set a specific target date in which you want to have it accomplished. "I want to lose 30 pounds this year" is not specific enough. Try something like, "By May 7, I am going to lose 15 pounds and fit into a size 6 dress." Pull out your training journal and keep marking off the days you work out, write down what you eat, and keep visualizing your goal. You can expect to lose 2 – 3 pounds per week safely. Any more than that is not considered healthy.

**Measure your progress.** It's important to measure your progress as you go along to give yourself true and unbiased feedback. Measurement can be an incredible motivator because it cannot lie to you. When you notice that your waistline has reduced by a couple of inches, that is true measurement! When you notice that your body fat has decreased, that is true measurement! And when you notice that your physique looks more toned and sculpted based on your progress report (photography), that too is true measurement! And all can be motivating and help keep you on track.

#### **Measurement techniques include:**

- Measuring body fat, using body fat calipers
- Weighing on a scale
- Using a tape measure
- Using photography by taking before and after photos
- Clothes becoming too big – having to "down size" All forms of measurement can be beneficial and true indicators of your progress. For the most accurate indication of your body composition, you may want to consider visiting a physician or nutritionist and having them give you a complete body composition analysis.

#### **When Motivation Fails: How to Avoid Pitfalls**

So how do you deal with bumps in the road, and better yet, how do you avoid them in the first place when motivation fails you? Here are some suggestions:

- Be true to yourself. If you know you've messed up, acknowledge it and get back on track.
- If you blow your diet, don't get desperate; don't throw in the towel or continue to binge. Admit to yourself that what you are doing isn't conducive to achieving your goals, and cut your losses. Think of a car with a flat tire. You don't want to slash out the other three tires, just because you had one flat, do you? Slow down, think it through and "fix your flat." Get back on course.
- Maintain stable blood sugar levels by following the HFC Challenge Exercise and Nutrition Program. Stabilizing blood sugar levels reduces food cravings. Reducing food cravings reduces the potential for "diet blowouts."
- Schedule "cheat meals." I'm not saying that pizza, ice cream, burgers and the like are good for you. What I'm saying is that if you feel the need to have these foods occasionally to maintain your sanity and stay in compliance with your program the rest of the time, plan them. Pick one day every week, and on that day have one meal where you consume a small portion of your favorite foods. Just don't overdo it! Again - moderation is the key, especially here.
- Remember that not feeling deprived is an important aspect of dieting. The perception that we can eat whatever we want, but are choosing to postpone its consumption to a specific time of our choosing, is a lot better than thinking we can never have the desired foods that are "off limits." If you consistently eat 5-6 meals each day, you are less likely to allow yourself to get hungry. Getting hungry makes it much more difficult to control what foods you eat. At the same time, if you are truly craving something bad, go ahead and have a little piece of it, but get right back on your program.
- Remember, you will hit plateaus, The body adapts and you will need to change your program to keep those improvements coming. I find myself making changes to my meal plan and work outs every 3 or 4 weeks!

### **A Final Word of Encouragement**

Remember, this program is all about progress, not perfection. The goal is for you to make gradual lifestyle changes that will help you get into better physical shape and health. Day by day, week-by-week, one "step" at a time, keep making progress.

### **Take action by starting your HFC Challenge today! We'll Be With You Every Step of the Way**

Don't hesitate to contact us if you have any questions regarding the training program, or the dates or rules and regulations of the Hynes Fitness Challenge (competition). Weight No More! ...start **TODAY!**

**Questions? Contact Us @ [info@hynesfitnesschallenge.com](mailto:info@hynesfitnesschallenge.com)**

# Sample Weight Training Plan

---

We recommend you weight train intensely, three times per week on alternating days with aerobic exercise three times per week. Make sure to hit your "high points" during your workout. Ideally you should alternate training the major muscles of the upper and lower body. Perform two exercises for each major muscle group of the upper body. Select one exercise and conduct five sets with it, starting with a set of 12 reps, then increasing the weight and doing 10 reps, adding more weight and doing 8 reps, adding more weight for 6 reps. Then reduce the weight and do 12 reps. Immediately perform another set of 12 reps for that muscle group using the second selected exercise. For each muscle group, rest for one minute between the first four sets. Then complete the final two sets with no rest in between, wait two minutes before moving on to your next muscle group, complete this pattern five times for the upper body training experience and four times for the lower body training experience.

Always plan your training before hand. Record all your weightlifting exercised in a journal indicating the exercise selected and weight lifted.

## Suggested Daily Training Guide

[Download the Exercise Guide](#)

Day 1 Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 2 Cardiovascular Workout	
Day 3 Lower Body and Abs Training	Quads/Hamstrings/Calves/Abdominals
Day 4 Cardiovascular Workout	
Day 5 Upper Body Training	Chest/Shoulders/Triceps/Back/Biceps
Day 6 Cardiovascular Workout	
Day 7 Rest	
Choose Exercise from List	Choose Exercise from List
Barbell Bench Presses	Barbell Squats
Barbell Incline Presses	Leg Presses
Dumbbell Bench Presses	Leg Extensions
Dumbbell Incline Presses	Repetitions: x12, 10, x8, x6, x12, x12
Dumbbell Flyes	
Cable Crossovers	Choose Exercise from List
Repetitions: x12, 10, x8, x6, x12, x12	Dumbbell Lunges
	Straight-Leg Deadlifts
Choose Exercise from List	Lying Leg Curls
Pull-Ups	Repetitions: x12, 10, x8, x6, x12, x12
Wide-Grip Lat Pulldowns	
One-Arm Dumbbell Rows	Choose Exercise from List
Seated Cable Rows	Seated Calf Raises
Back Extensions	Standing Heel Raises
Straight Arm Pulldowns	Repetitions: x12, 10, x8, x6, x12, x12

Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List

Seated Dumbbell Presses

Front Raises

Lateral Raises

Reverse Flyes

Upright Cable Rows

Upright Barbell Rows

Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List

Alternate Dumbbell Curls

Barbell Curls

Preacher Curls

Concentration Curls

Cable Curls

Hammer Curls

Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List

Floor Crunches

Oblique Floor Crunches

Decline Crunches

Decline Oblique

Hanging Knee Raises

Reverse Crunches

Cable Crunches

Cable Oblique Crunches

Repetitions: x12, 10, x8, x6, x12, x12

Choose Exercise from List

Seated Triceps Presses

Lying Triceps Presses

Triceps Kickbacks

Triceps Pushdowns

Cable Extensions

Bench Dips

Repetitions: x12, 10, x8, x6, x12, x12



# Sample –Meal Plans

DAY	7:00am	10:00am	1:00pm	4:00pm	7:00pm	10:00pm
1	Six egg-white omelet, 1/2 cup (dry measure) oatmeal, prepared with water	Nutrition Shake	Grilled fresh tuna with broccoli and roasted new potatoes	Nutrition bar	Eye of round steak with sweet potato and green beans	Cottage cheese with blueberries
2	Breakfast wrap (low-fat sausage, scrambled egg whites, low-fat cheese, salsa, whole wheat tortilla)	Ready-to-Drink	Teriyaki salmon with cooked spinach and brown rice	Nutrition Shake	Pork tenderloin with asparagus and baked potato	Cottage cheese with strawberries
3	Egg-white pancakes (six egg whites, 1/2 cup oatmeal, 1/2 T pancake mix, mix in blender), serve with sugarless fruit spread	Nutrition Shake	Chicken fajita wraps (grilled chicken breast, grilled vegetables and a whole wheat wrap)	Ready-to-Drink	Sushi made with brown rice, seaweed salad	Green salad with cottage cheese
4	Scrambled egg whites, one slice whole wheat toast	Ready-to-Drink	Southwest chicken salad (chicken, lettuce, brown rice, black beans, tomatoes, onions, avocado)	Nutrition bar	Tofu-vegetable stir fry with brown rice	Cottage cheese and grapes
5	Six egg-white omelet, oatmeal	Nutrition Bar	Turkey burger on whole wheat bun with lettuce and tomato	Ready-to-Drink	Grilled salmon with cucumber-dill dressing, green salad and baked potato	Cottage cheese with an apple
6	Egg-white pancakes (see Day 3); sugarless fruit spread	Nutrition Shake	Chili (made with lean ground turkey, kidney beans, salsa), green salad	Nutrition Bar	Rosemary chicken with mushroom gravy, snap peas and whole wheat pasta	Cottage cheese and yogurt
7	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>	<b>FREE DAY</b>

Replace this...	with this
whole milk	skim (0%), low-fat (1%), reduced fat (2%)
ice cream	low-fat/fat-free yogurt or ice milk or sorbet
Cheese	reduced fat cheese
pasta with white (cheese) sauce	pasta with marinara (vegetable) sauce
bacon or sausage	Canadian bacon or lean ham
Eggs	egg whites or egg substitutes
Croissants, brioches	hard French rolls or soft "brown-n-serve"
white bread	whole-wheat
cake (pound, chocolate, yellow)	angel food or gingerbread
Cookies	reduced fat, ginger snaps, fig bars
Mayonnaise	reduce calorie, fat-free or mustard
regular salad dressings	reduced fat/calorie dressings
Guacamole	salsa
Creamed soups	broth-based soups
butter, oil or shortening	non-stick cooking spray, applesauce or prune puree

Reference Link: <http://bodyforlife.com/nutrition/foodlist.asp>

<p><b>Proteins</b>  Chicken breast  Turkey breast  Lean ground turkey  Swordfish  Orange roughy  Haddock  Salmon  Tuna  Crab  Lobster  Shrimp  Top round steak  Top sirloin steak  Lean ground beef  Buffalo  Lean ham  Egg whites or substitutes  Trout  Low-fat cottage cheese  Wild-game meat</p> <p><b>Vegetables</b>  Broccoli  Asparagus  Lettuce  Carrots  Cauliflower  Green beans  Green peppers  Mushrooms  Spinach  Tomato  Peas  Brussels sprouts  Artichoke  Cabbage  Celery  Zucchini  Cucumber  Onion</p> <p><b>Fats to Avoid</b>  Butter  Fried foods  Mayonnaise  Sweets  Whole-fat dairy products</p>	<p><b>Carbohydrates</b>  Baked potato  Sweet potato  Yams  Squash  Pumpkin  Steamed brown rice  Steamed wild rice  Pasta  Oatmeal  Barley  Beans  Kidney beans  Corn  Strawberries  Melon  Apple  Orange  Fat-free yogurt  Whole-wheat bread  High-fiber cereal  Whole-wheat Tortilla  Whole grains</p> <p><b>Vegetarian Proteins</b>  Tempeh  Seitan  Tofu  Texturized vegetable protein  Soy foods  Veggie burgers</p> <p><b>Good Fats</b>  Avocado  Sunflower seeds  Pumpkin seeds  Cold-water fish  Natural peanut butter  Low-sodium nuts  Olives and olive oil    Safflower oil  Canola oil  Sunflower oil  Flax seed oil</p>
---	---

Exercise Demos:

<http://bodyforlife.com/exercise/animations.asp>

Dieting/Food:

<http://bodyforlife.com/nutrition/index.asp>

Work outs/Training Advice

<http://www.bodybuilding.com/fun/workout.htm>

# Measurement Tracking

Starting/ Weigh In – Day 1 (1-21-12)	
Weight:	Body Fat:
Chest (expanded):	Pull Ups:
Waist:	Push Ups/min:
Hips:	Sit Ups/min:
Right Thigh:	
Left Thigh:	
Right Bicep:	
Left Bicep:	
Left Calf:	
Right Calf:	

Day 30 (2-21-12)	Day 60 (3-21-12)	Day 90 (4-21-12)
Weight:	Weight:	Weight:
Chest:	Chest:	Chest:
Waist:	Waist:	Waist:
Hips:	Hips:	Hips:
Right Thigh:	Right Thigh:	Right Thigh:
Left Thigh:	Left Thigh:	Left Thigh:
Right Bicep:	Right Bicep:	Right Bicep:
Left Bicep:	Left Bicep:	Left Bicep:
Left Calf:	Left Calf:	Left Calf:
Right Calf:	Right Calf:	Right Calf:
Body Fat:	Body Fat:	Body Fat:
Pull Ups:	Pull Ups:	Pull Ups:
Push Ups/min:	Push Ups/min:	Push Ups/min:
Sit Ups/min:	Sit Ups/min:	Sit Ups/min:

- Bicep** Measure at its largest girth, taken flexed.
- Chest** Standing, measurement taken around then nipples with chest expanded.
- Waist** Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.
- Hips** Measure at the largest girth, where the butt is protruding the greatest.
- Thigh** Standing, measure at the largest girth, just below the butt.
- Calf** Seated if you are measuring yourself or standing if you have a partner, measure at its largest girth.