



the

method

3-MINUTE FULL BODY TONING WORKOUT

By Nathan Hopkins: Fitness Expert

Introduction to the 3X Method

The 3X Method was built with freedom and flexibility in mind. In a perfect world we would all have 1 – 2 hours every day to spend in a gym with a personal trainer as he or she carefully sculpted our body into the form and figure we've always wanted.

This is how movie stars, professional athletes and even personal trainers are able to stay in shape...**it's literally THEIR JOB!**

But if you're reading this, I'm guessing your job doesn't involve working out. In fact, I'm guessing you have a full-time job (or maybe you're a full-time student) and your work commitments actually *prevent* you from taking time to stay in shape.

And if you're married and have kids, the time constraints are even greater!

I know all this because I've been there. **I'm NOT a personal trainer**, and I'm definitely NOT a movie star or a professional athlete. I'm a normal guy, just like you. I have a family and a job, and I definitely wasn't born skinny.

I tried everything I knew to get in shape, and when I FINALLY figured out what worked I knew I had to share it with other men like me. What you're now reading is the result of all my research and personal experimentation. I was literally my own guinea pig, but now I feel confident enough to share my discoveries with others.

My hope is that you'll experience the same life-altering gains that I have experienced, and that you'll literally be a happier, more successful, more fulfilled person because of it.

I know you don't have time to work out. Hell, *I know you probably don't want to work out!*

That's ok, I didn't either at first!

What's important is that you have the guts and desire to get started. If you do, then I invite you to read on...

3X Method Rules: 3 Movements – 3 Minutes – 3 Days

As I've already said, the 3X Method was built with “freedom and flexibility” in mind at all times. So as you're about to see, there are really only three rules that govern this entire program, and even they have a lot of “wiggle room” in them.

The 3X Method can be summed up as follows:

- **3 different movements, for...**
- **3 minutes each, on...**
- **3 different days each week**

Now, let's take a look at each rule and talk about how they're practically applied.

Rule #1: Three (3) Movements

3 movements per session are all that is required in the beginning to see consistent, satisfactory results. Each one of these movements is selected for a very specific purpose to strategically attack your body in a way that not only stimulates muscle growth but a calorie burn that can last up to 24 hours (unlike cardio that pretty much ends as soon as you stop).

The movements of each workout are grouped together to put your muscles into a constant state of disturbance which will keep the calories burning. 3X Method will also prevent your body from getting used to the workouts like it would with long cardio, because they will always be changing. It will also be distinct from those workouts that you could do with weights that you never even break a sweat doing.

Have you ever been in a gym and seen those individuals lifting heavy weights but they never break a sweat the entire time? You're not going to have this problem and I guarantee you're going to get a good sweat going.

Working out is meant to make you tired and the muscles are meant to burn. And even though you're going to be doing just 3 movements when you start out, you'll still feel one hell of a burn.

Rule #2: Three Minutes Per Movement

Each movement should only take you 3 minutes, total, so starting out you can literally do an entire workout in just 9 minutes if you do these exercises the way I show you.

Now you may be saying to yourself, *“How in the heck am I supposed to be able to get a good workout in just 9 minutes?”*

Well for starters, remember that almost everything you’ve learned about working out and losing weight up until this point was flat out WRONG. **Losing weight is all about INSTENSITY...not just duration.** So by cranking up your intensity for the full 9 minutes, you can actually get a better workout than if you train for 60 minutes with weights that don’t truly challenge you.

The “workout bursts” that make up the 3X Method are intense but quick, allowing you to get your workouts done fast but have your muscles in a state of caloric burn all day long. You may not have had time to get in 60 – 90 minutes in the gym 3 – 4 days a week, but I know with absolute certainty that you can carve out 9 minutes.

So sorry, but you can kiss that excuse goodbye...

You may be wondering, *“Do I get to rest at all during those 9 minutes?”*

Well, that’s **entirely up to you.** If you finish the first group of movements in 2 minutes, then you get to rest for a full minute. If it takes you longer than that to finish each movement, however, you’re going to get less rest.

It is very normal in the beginning to have little time for rest...and that’s a good thing. It means you’re working hard, and getting your heart rate up where it needs to be to burn the maximum amount of fat.

Also, if you’re one of the people who respond really well to this program and the workouts become easier for you, I have some optional movements that you can throw into the mix to make sure you get the greatest possible benefits.

Rule #3: At Least Three (3) Days a Week

Lots of people have asked me, *“What time of day should I work out? Does it really matter?”*

In the past I’ve always heard and taught that working out in the morning will help you burn the most fat. That may very well be true and there is sound science to back it up, but the more I think about it the more I realize that it **really doesn’t matter.**

The best time to workout is the time that YOU will actually workout. If you have a really hard time waking up in the morning to workout then *don't*. I know many people that try and force a morning workout routine but in the end they do it half-heartedly, and that's not what intensity is about...

...that's NOT what's going to get you results!

So if you're a morning person and want to do it in the morning, then by all means do it! That's a great way to ensure that you get it done before the challenges of the day creep in and steal your time.

However, if you're an afternoon or evening person, then knock it out then. The important thing is that it GETS DONE. In the long-run, the time of day pales in comparison to actually DOING IT versus NOT doing it.

Personally, I choose to workout in the morning because there's no better way to get yourself ready for the day. I've found that if I get my heart rate up, blood pumping, muscles raging and lot's of oxygen flowing through my body I'm ready to attack the day.

Then again, I AM a morning person. If you're not, then pick a time that works for you ~~and stick with it~~.

The key is that you workout at least 3 days a week...that's the only thing I'll really hold you to.

But Don't Over-Do It...

Having the appropriate amount of recovery is almost as important as the workout itself...

The reason you're doing this is to be in better shape, to be stronger, to feel better and to look better. In order to accomplish these things, you need to encourage muscle growth. *And muscles require REST if they're going to grow!*

During training, the body releases a protein called dystrophin which increases the amount of lactic acid in your body. This isn't a problem if your body has time to rest and repair itself, but if it isn't given adequate time to rest it can actually cause the complete opposite results you're setting out to achieve.

But it's not just about the muscles...

Your ligaments, tendons and bones are not heavily vascularized and therefore they do not recover as quickly as the more blood-rich muscles. So, if you want to prevent injury (which could completely derail your goals), you need to allow time for your WHOLE BODY – not just your muscles – to recover.

Depending on the intensity of your workout, your body needs approximately 36 hours to recover and grow muscle in response to working out. That's why I recommend spreading your workouts over every other day. Now you could do the workout 3 days in a row since different muscles are emphasized in each workout, but I do recommend that you space them out every other day. An example of this would be I like to do my workouts on Monday, Wednesday and Friday. But again, the important thing is that you just DO IT! Find the days that will work for you and stick with 'em.

Putting It All Together...

When you first get started, you will end up doing a total of 9 movements during the week for approximately 27 minutes. If you don't think you can find 27 minutes spread out over the course of a week you're kidding yourself.

Stop making excuses and start getting into action!

Our lives may be hectic but 9 minutes 3 different days a week is absolutely doable. **And I don't even care when or where you workout!**

You can workout at home, in the office, in a gym...wherever it's convenient. So again, you have no excuses!

The key is that you get started TODAY. At best, putting this off until tomorrow delays you achieving your goals another day. At worst, it gives you time to get distracted and move onto other, less important and less fulfilling things.

Please, don't let that happen!

I have inserted a form on the next page that I want you to fill out and fax back to me.

No, this isn't required and it won't void your warranty or anything crazy like that.

From my experience, the people who make a FORMAL COMMITMENT – in writing – have the best record of success. And I know that if you do this, the chance that you'll stick with the program and achieve the results you desire increase exponentially...

3X Method Action Plan and Commitment Form:

I _____, do commit to completing my 3X Method workouts on the following days:

Day 1:

Time:

Day 2:

Time:

Day 3:

Time:

If for whatever reason I cannot fit in a 9 minute workout on one these days my alternate day will be:

Alternate Day:

Time:

I also commit that:

I have put my 3X Method workouts in my calendar and am committed to doing them faithfully.

I will take care of my body and take the necessary time to rest and recovery to the extent I am capable of.

Signature: _____

Date: _____

Fax this into Nathan Hopkins at (512) 123-4567 once completed.

****NOTE:** The form above is in no way shape or form meant to make you feel like a child. I ask you to complete this because there's something very special that happens when you actually sign your name to a piece of paper and commit to a set of actions. You certainly don't have to do this, but in doing it you WILL increase your chances of success. I plan on making you a success and look forward to hearing your story. I look forward to getting your fax.

The Science Behind the 3X Method

In this section I wanted to briefly cover the science behind the 3X Method and why it works. If you honestly don't care and you're willing to just take me at my word that this does, in fact, work...you can feel free to skip this section.

If not (or if you're a health/fitness geek like me and you just want more information) then by all means read on...

Successful fat loss and body transformation depends on three things: intensity, variety and frequency. It does not hinge on long-boring cardio that your body is going to become desensitized to very quickly but rather strength training combined with circuit or anaerobic training.

Intensity is defined as the amount of force that is required to achieve the desired result. Specifically, here it is referring to the amount of resistance you will be putting your muscles under.

Variety is referring to the number of muscles you're working through the number of exercises as well as sets and reps during each session.

Frequency is referring to how often you will be doing these workouts for maximizing fat loss and functional muscle development.

This isn't just about burning fat, though that is a part of it. I am going to make sure that you're physically capable of handling whatever life throws at you. Life is too short to live with aches and pains. I'm not kidding when I say that you're going to be shocked at how much energy you're going to have as you go through this program.

Right Intensity, Right Movements, Right Frequency = Maximum Results

The 3X Method has found great success in identifying the right movement combinations at the right intensity and at the right frequency allowing you to train in a minimal amount of time with maximum results.

The movements emphasized in the 3X Method **triangulate optimal muscle growth** and fat burn through a hybrid of strength, circuit and anaerobic training. This program also takes advantage of something called progressive overload.

Progressive overload is considered the most important principle behind muscle growth. It involves the increasing and changing of weight, reps and sets to constantly shock the body into growing muscle and burning undesirable fat.

Most experts agree that anything below 8 repetitions per set achieves the result desired more by power lifters who are only concerned with lifting as much weight as possible. Also lifting weight more than 15 repetitions per set is too light to effectively stimulate growth and fat burn. This is why, as a 3Xer, you're going to mainly be doing variations that will have you doing between 8 – 15 repetitions.

I'm not trying to turn you into a waddling body builder, but muscle growth is a pivotal part of this program so hope you don't mind putting on enough muscle to really intensify fat burn.

Recap: Muscular growth and fat loss will be increased through a combination of short duration strength training and high intensity anaerobic exercises. Lower intensity, longer, slower aerobic exercise generally does not result in muscle growth and fat loss, and actually causes your body to store fat and carbohydrates within the muscles as well as the rest of your body and specifically the all too familiar trouble areas.

Metabolic Explosion Through Muscular Disruption

The 3X Method will constantly put your body in a state of “muscular disruption.” Your body will be never allowed to get completely comfortable with any specific movement or exercise. **You're always doing something different...** keeping your muscles constantly uncomfortable which means they will grow, creating a stronger and faster metabolism which ultimately equals less fat.

By staying in a state of muscular disruption, the body never becomes accustomed and desensitized to the experience. Your body works very hard to return itself to normal. That's why whenever you've worked out in the past and hit a plateau you stopped seeing results. You're body got used to the workout routine and the muscles adjusted and became used to the movement. The result of the constant disturbance is what I like to call a **“Muscular Metabolic Explosion.”** Your body is quite an amazing machine and when you learn to manipulate it like a black smith you can shape the iron to look and perform however you want it to.

The 3X Method will enable people to bust through the plateaus experienced while trying to burn fat. I know because I whacked 85 lbs off and have kept it off even when I have not been training at the highest levels.

There are many programs out there that are high volume, low intensity and do not require you to press the limits that you're more than capable of. The 3X Method is the 17,000 volt jump start that will disintegrate stubborn fat that slow boring cardio workouts will never be able to touch.

Muscle Isolation Is For Meatheads

Now, if you've been around the weight lifting game or even the weight loss game for any length of time, you've probably heard someone say that in order to get big muscles you need to make a point of isolating the specific areas you want to work on. Perhaps you've even seen people only working on a particular area like their chest or back for an entire day.

This is great if you want to be a bench press champion. It's not so great if you want a strong, toned, muscular physique.

Isolation will make different areas stronger but it will also help you get bulky and not achieve your desired result. Another side to isolation is it makes it easier for you to miss areas and create weaknesses that lead to injuries. This is why I change up the routine frequently to prevent the muscles from getting used to the workout which slow or even stops growth.

Workouts Are Not One-Size Fits All, So Stop Doing The Same Cookie Cutter Routine as Everyone Else!

Suffice it to say there is a strong chance that the vast majority of what you've heard about getting into shape and burning fat is inaccurate at best.

And to prove it, I want to ask you a question...

When you think of burning fat what is the first thing that comes to mind?

Most likely you think of doing hours and hours of cardio training, am I right? You may think of spending hours running on a treadmill, riding on a bike or some other form of long cardio.

I know, because I used to do the same thing. I'd spend hours and hours on the treadmill and stationary bike, all the while believing it was going to help me burn fat.

But I couldn't have been more wrong!

I'm not saying there's anything inherently wrong with running and cycling, but when they're being done for extended durations it can actually discourage fat burn.

To this day, I still know people who spend more than 7 hours a week doing cardio training like this without achieving the results they desire and deserve. So what's the answer...do more cardio?

Maybe that's your problem...maybe you should do 10 hours of cardio a week. Does that sound like a viable option to you?

Hell no!

And not only is this kind of training unrealistic (unless you're a professional athlete who gets paid to workout), it may actually slow down your metabolism and cause your body to store more fat!

It's true...

Long Cardio + Less Muscle = More Fat

Part of the problem is that many people look at long distance runners and cyclists and think that's what they need to duplicate. But that just isn't the truth.

Have you ever looked at a sprinter compared to a marathon runner? Which one do you think has the lowest percentage of body fat? If you said the marathon runners STOP! ***You're 100% wrong!***

On average, sprinters actually have a lower percentage of body fat and higher percentage of muscle mass.

In fact, if you do too much extended cardio, your body will actually start converting MUSCLE – **not fat** but MUSCLE – into energy. And obviously that's the LAST THING any of us wants.

Less Cardio + More Muscle = Less Fat

Now I know what you're thinking...

"Hold on...so if I want to burn more fat I need more muscle, but if I do long cardio my body basically uses my muscles for energy?"

I know it sounds messed up, but the answer is YES. By doing long, slow cardio your body will turn your muscle into glucose which actually makes your metabolism weaker and slower since there is less muscle to feed on the fat.

Another big problem with cardio is the better you get at it, the longer you have to do it to continue seeing results. It's a bit like an alcoholic or drug addict who has to continue taking more and more drugs to get the same "high". Once your "**cardio tolerance**" gets built up you have to do more and more if you want the weight loss to continue.

If you're one of the few who actually enjoys cardio that may not seem like a problem at first glance, but even if you do enjoy it do you still want to try to carve 45 – 60 minutes out of every day?

I didn't think so...

So, if you're ok with having to continually lengthen your workouts to lose weight, then by all means start training for a marathon. Or you can train in short burst that are done in fractions of the time required for cardio and exponentially increase your results.

I'd go with Option #2 if I were you.

So, How Much Cardio Is “Too Much” Cardio?

I've said it once and I'll say it again, I'm not a doctor and I don't claim to be one, but according to William Kraemer Ph.D., from University of Connecticut's Human-performance Center, you can decrease muscle mass by running as little as 30 miles a week.

The good news, according to Dr. Kraemer, is there's a way of working out that can actually **increase** your muscle mass even if you decide to keep running:

Three sets of multi exercise resistance training is quite literally “what the doctor ordered.”

Huh, wonder where you can find a workout like that? ☺

Man Boob Mania (ladies, obviously you can skip this part).

On a side note, there's another major issue that many, many men are suffering from out there that I feel is worth mentioning. You may have even seen some of the advertisements and products for male breast reduction or even “man boobs.”

For some, they actually suffer from a medical condition known as Gynecomastia. However, for the majority of men out there it's really called...

...Not-off-my-ass-enoughia.

All too often people want to put their problems off on a medical condition when in reality they just need to move around a bit more and eat better.

If you have interest in this topic then I highly recommend that you go to “Area 3X” and see what you need to do to not only make sure this doesn't happen to you, but how to get it to go away. (And NO, just doing push-ups and incline bench is not going to make your “manlicious” breasts go away.) Just know that if this is a

problem for you, this program has been designed to take off all non-medical forms of “man boobs.”

Ok, so now that we have all the science stuff out of the way, let’s dive into the workouts themselves...

The 3X Method Workouts

Alright, now that you're familiar with the 3X principles and rules, let's get down to business and get you familiar with the workouts.

If you're an absolute beginner or if you haven't been active for a quite a while, know that these workouts WILL make you sore. There's just no avoiding it.

Also, you may find that Phase I is a little more than you want to "bite off" this early in the game, so we have a **Beginner Fast Start Program** that will get you ready for Phase I.

I still encourage you to start out with Phase I as instructed, but if you find it too difficult in the beginning feel free to decrease repetitions/weight make adjustments so that the exercise does not cause you to over strain. These workouts are meant to give you a good workout so they should be tough and get you sweating, but they're not meant to cause you to throw up or anything like that.

Only the Weak Make Excuses (And I'm Not Talking about Your Body)

Another thing that I want to mention is that in the beginning that you may find it tough to complete the number of repetitions per set that I have directed in the workouts. Don't let this discourage you, **the number of reps are meant to be goals**, but try to get as close to the number as you can and you'll be surprised how quickly you could actually do more.

That said, I don't want you to fall into the trap of, *"Nathan says it's fine if I only do some of the reps so it's fine if I slack off just a little"* and then not go all the way. The key is to push yourself until you can't go any further. Once you've done that, you can stop. If you didn't hit the rep goal that I put in place, that's ok.

Just make sure you can look yourself in the mirror afterwards and honestly say you gave it everything you had.

Also, it's possible that you may get a few weeks into the routines and find out that your body is responding really well and you develop muscles faster than most. It might also mean you could up the intensity level and exertion on your part. One thing is for sure, you're going to get good at reading and knowing when you can push yourself harder and adjust the intensity.

If you find that even after you up the intensity that you're still flying through the workouts with relative ease, don't worry about it. I have provided you with

optional movements to throw into the routine that will “up the ante” so to speak and help you fully maximize your workouts.

I highly recommend getting a timer to have with you whenever you do these workouts so you know exactly where you are and how hard you need to push. Whatever you do don't go crazy and push yourself harder than you should in the beginning. I'm all about pushing the envelope, but stick to the program and you will reap the fruits of your labor.

Also, I realize that the tendency is to think that more is better when it comes to working out, but when it's done right less is actually more (and you will see what I mean soon enough). I just ask that you trust me, and I promise we'll get there before you even realize it.

How To Read the Workout Charts

Here's how this works: You're going to do set “A” 3 times before you move on to set B. So for the sake of clarity you will do your first set of A and then rest for 30 seconds, then the second and rest thirty and then you will do it again one last time After you complete all 3 sets of A, you will then move onto to B, and then C. I realize this may be obvious to you, but I want to make sure that I've explained it fully so there's no confusion whatsoever. This is how you're going to do all the workouts in Phase I, Phase II will be done differently to change it up, shock your muscles and help you to take your fat burn and physique to the next level.

NOTE: The workout descriptions for each movement are included later on in this manual, so don't be concerned if you don't know how to do these different movements just by looking at the workout charts on the next page.

These workout charts have been created in this way so that you can easily print them out and take them with you to the gym, office, or wherever you choose to work out...

Beginner Fast-Start Program

NOTE: This routine should only be done if you find that you cannot finish "Phase I." Be sure you attempt Phase I before beginning the program below.

Warm-Up for this "Fast-Start Program" is 30 seconds of Speed Jacks.

These are performed before every workout and will get your body ready for the workout (to see this movement done properly, view video inside the "Area 3X" members area).

3X Method Beginner		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 1															
A) Incline Pushups	3x8-10														
**30 second rest between each set															
B) Wall squat	3x20-30 seconds														
30 second rest between each set															
C) Bird dog	3x8-10														
30 second rest between each set															
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 2															
A) Forward Lunges	3x8-12														
30 second rest between each set															
B) Pushups	3x8-12														
30 second rest between each set															
C) Side Bridge	3x20 - 30 each side														
30 second rest between each set															

3X Method: Phase I

Warm-up for all of Phase I and II will be 30 seconds of Speed Jacks. These are performed before every workout and will get your body ready for the workout (to see this movement done properly, view video inside the “Area 3X” members area).

3X Method Phase I		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 1															
A) Prisoner Squat	3x8-12														
**15-20 second rest between each set															
B) Pushups (do from knees if you need to)	3x8-12														
15-20 second rest between each set															
C) 45 Degree lat pull down	3x8-12														
15-20 second rest between each set															
D) Crunch (optional)	3x10-15														
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 2															
A) Jump squat	3x8-12														
15-20 second rest between each set															
B) T-pushups	3x8-12														
15-20 second rest between each set															
C) Band curl	3x8-12														
15-20 second rest between each set															
D) Isometric Ab curl (optional)	3x10 each side														
**Continue to take 15-20 second rest between every set for all workouts in Phase I as indicated above															
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	

[illegible]

B) Explosive pushup	3x8													
C) Seated Band Row	3x8													
D) Hip thrust (optional)	3x12-15													
		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3
Week 8														
A) Alligator crawl	3x10-12													
B) Flutter kicks	3x15-20													
C) Jump squat	3x10-12													
D) Seated row band (optional)	3x12-15													

3X Method 21-Day Shock Wave

If you didn't quite see the results you wanted to get from Phase I, I have designed a 21-Day program in addition to Phase I that will shock your system and help you achieve your goal for Phase I before starting Phase II.

Here is where you will start doing supersets, which is also known as circuit training. **Supersets** are a type of workout in which you do more than one movement back to back. For example, you may be doing movement A which is pushups and movement B which is prisoner squats, but rather than take a break between the two movements you would do them back-to-back as if they were one set.

So in other words, you will do one set of pushups and then when you're done with one set of pushups you would immediately roll right into doing a set of prisoner squats or whatever the movement happens to be. Once you've done a set of both you will take approximately a 30 second break and then do the superset of both movements all over again for the number of sets indicated for the workout.

You will also notice that there is an optional 3rd superset that's not required for the 21-Day Shock Wave. It is included only if you decide that you need more movements beyond the two supersets that have two movements each.

Doing these "bonus movements" should be a goal that you shoot for, but know that it is NOT required to see results with the 3X Method.

3X Method 21-Day Shock Wave		Set 1	Set 2	Set 3			Set 1	Set 2	Set 3			Set 1	Set 2	Set 3	
Week 1															
A1) Decline pushups	3x10														
A2) Alternating split squat	3x15-20														
**30 second rest															
B1) Squat and press	3x10														
B2) Beginner Russian twist	3x20														
**30 second rest															
C1) Hip bridge w/stability ball (optional)	3x12-15														
C2) Bicep curl w/stability ball (optional)	3x10														

		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Week 2													
A1) Jump squat	3x10-12												
A2) T-pushups	3x10												
B1) Band curl	3x10-12												
B2) Isometric ab curl	3x20												
C1) Stationary Lunges (optional)	3x10-12												
C2) Rear delt raise (optional)	3x10-12												
		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3		Set 1	Set 2	Set 3	
Week 3													
A1) Spiderman pushup	3x10												
A2) Stick em' up squat with stability ball	3x10												
B1) Crunch w/resistance band	3x15-20												
B2) 45 degree lat pull down	3x10												
C1) Squat and press w/bands (optional)	3x10												
C2) Seated Row w/band (optional)	3x10												

3X Method Phase II

Phase II has not been included in this manual, mainly because I didn't want people to "read ahead" and start doing the more advanced program before they were ready for it. That said, once you have completed Phase I and the 21-Day Shock Wave I invite you to login to "Area 3X" and access Phase II:

<http://www.3xmethod.com/members>

Workout Descriptions

Chest

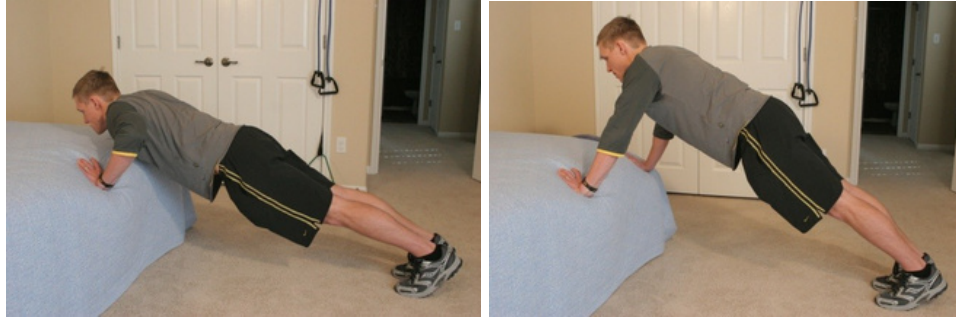
Pushups (can also kneel while doing these as well)

- Start by getting down on all fours and placing your hands directly below shoulders with legs extended straight behind you without touching the ground.
- As you begin, contract abs and make sure to keep back and body as straight as possible for the entire movement.
- Lower your body slowly towards the ground until your chest just barely touches the ground (or just before it touches).
- Return to start position by pushing through your chest, shoulders and triceps.



Incline Pushups

- Start by getting into pushup position with hands resting on bench or elevated surface directly below shoulders with legs extended straight behind you below your body.
- As you begin contract abs and make sure to keep back and body as straight as possible for the entire movement.
- Lower your body slowly towards the ground until your chest just barely touches the ground (or just before it touches).
- Return to start position by pushing through your chest, shoulders and triceps.



Decline Pushup

- Start by getting down on all fours and placing your hands directly below shoulders with legs extended straight behind you elevated on a bench, staircase or anything that will help achieve that desired position.
- As you begin contract abs and make sure to keep back and body as straight as possible for the entire movement.
- Lower your body slowly towards the ground until your chest just barely touches the ground (or just before it touches).
- Return to start position by pushing through your chest, shoulders and triceps

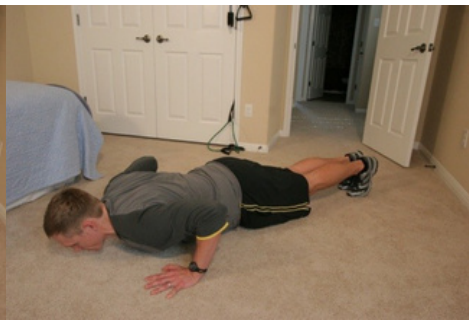


T-Pushup

- Begin movement as you would a traditional push up - arms extended, hands slightly wider than shoulder width on floor; Feet (or knees) on floor. Bend elbows to lower body toward floor while maintaining a neutral spine.
- As you extend your arms and are nearing the upper position, raise your right arm in a wide arc.
- Continue this movement while also rotating through your hips/trunk (your feet will pivot) so your hips/chest faces the wall and your arm is extended straight out from the left like a "T".
- This requires stabilization through the shoulder girdle and spine (like a side plank).
- Now reverse the motion, keeping a wide arc on the way down as you return to pushup position. Repeat with the other side.
- If this feels too difficult, I'd suggest doing all of your reps on one side then doing a set on the other side. Alternating from side-to-side can be challenging...especially if you're brand-new to this kind of movement.



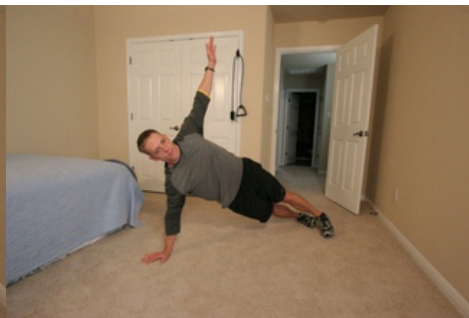
Position #1



Position #2



Position #3



Position #4

Spiderman Push-ups

- Start by bracing abs and getting body in straight line from toes to upper body/shoulders
- Set hands at about shoulder (slightly wider) width on the floor
- Then slowly lower yourself till chest is about to touch floor
- Simultaneously as you lower yourself bring one leg up parallel to the ground up to your elbow and don't let your knee or foot touch the ground as you do this.
- Return to original position by pushing through chest, shoulders and triceps and bring your leg back down to ground
- You will alternate sides
- Keep body as straight as possible at all times during this exercise. To do this you will want to brace your core section.



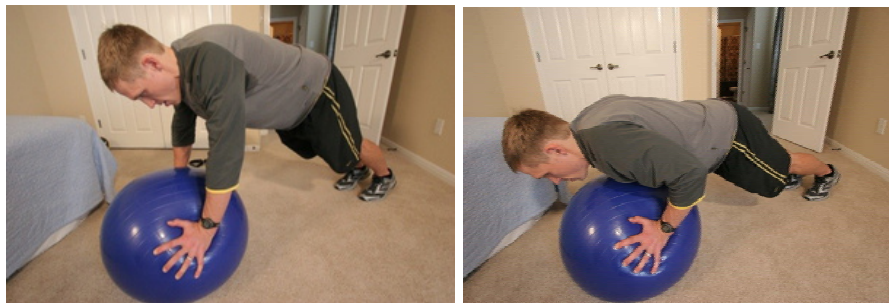
Standing Chest Press with Resistance Band

- Start by securing the band at chest level behind you and standing with your feet together. To have more stable stance you can bring one foot in front of the other in a staggered stance (lunge stance).
- Hold the band with your hands at chest level and your elbows back.
- Press the bands out away from your body until your arms are extended.
- Return to the starting position and repeat for the recommended repetitions.



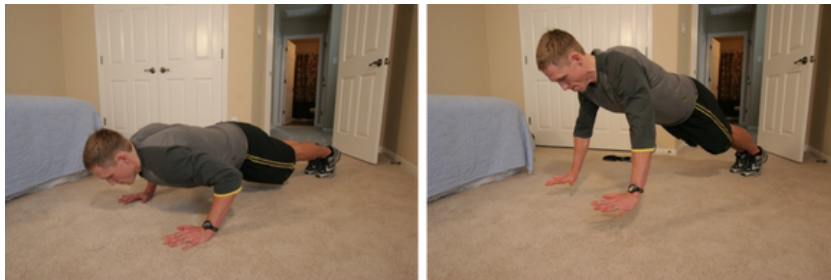
Stability Ball Push-up

- Lay with your chest on the stability ball
- Place your hands at the sides of your chest.
- Place your toes on the floor, legs straight.
- Push your body up until your arms are almost straight (do not lock your elbows).
- Hold and balance for two seconds.
- Slowly return to the starting position and repeat.



Explosive Pushups

- Place hands shoulder width apart, with the shoulders lined up with the wrists.
- Have your body in straight line during movement at all times.
- Lower the body to where elbows are in 90 degree angle, inhaling on the way down (this will make sure you are able to do all the movements and for proper breathing).
- As you exhale, explode up, fully extending the arms, lifting the hands off the ground
- As you come down, go directly into the next explosive push-up
- Make sure to keep the core muscles, glutes and legs as tight as possible for entire movement and return to starting position
- DO NOT lock out your elbows at any point.
- This is an advanced exercise. If at any time you feel discomfort in your shoulders, arms, or hands, discontinue immediately. If you have an injury this may also not be a good movement to attempt.



Alligator Crawl

- Set hands at about shoulder width (or slightly wider) on the floor
- Start by bracing abs and getting body in straight line from toes to upper body/shoulders
- Then slowly lower yourself till chest is about to touch floor
- Return to original position by pushing through chest, shoulders and triceps and bring your leg back down to ground
- While keeping abs braced and body straight move left hand about 5 inches above right hand while leaving right hand in place and repositioning feet like in normal pushups side by side.
- Hands will be in staggered position, now slowly lower yourself till chest is about to touch floor
- Return to original position by pushing through chest, shoulders and triceps and bring your leg back down to ground
- Repeat this process by alternating sides for the number of reps indicated in the workout.



Staggered Pushups

- Place each of your hands on the ground so that they do not run along the line of your shoulders. Place your left hand below your shoulder and your right hand above. You can also place them narrower or wider than shoulder width apart. Feel free to mix it up.
- Lower your body like you would with a normal pushup so your chest is about two inches or so off the ground.
- Explode up and while off ground alternate the positioning of your hands where your left hand is now slightly above your shoulder and your right hand is now slightly below.
- Make sure to keep your abs braced and body straight without arching your back.
- Repeat this process for the number of reps indicated in the workout



Legs

Prisoner Squat

- Stand with your feet positioned just a little wider than shoulder-width apart
- Clasp hands/interlock fingers behind head while keeping your elbows back and shoulder
- Begin the movement at your hip joint, pushing your hips backward like you're sitting in a chair. Make sure push your hips as far back as you possibly can.
- Go into the squat as deep as you can, but be sure to keep your lower back straight and in a tensed in a neutral position.
- You will then push from your glutes, hamstrings and quadriceps to return to your original position. For advanced Prisoner squat you will want to hold weighted object overhead while keeping arms straight.



Advance Prisoner Squat

- This is same the prior movement, but instead of clasping hands behind head, you will hold a weight (ball, rock, jug) above your head.



Forward Lunge

- Position yourself standing with your feet shoulder-width apart. Can also use weight by grabbing basically any weighted object like a rock, water jug, dumbbell or really anything.
- Step forward with either your right or left leg, while taking a larger than normal step.
- Keep the non-stepping toe on the ground and use it to help keep your balance. The knee of the rear leg should also be bent.
- Slowly lower your body until the thigh of the leading leg is parallel with the ground.
- Important: Keep your upper body straight and the lower back flat.
- Return to starting position by pushing upward with leading leg.
- Once this becomes easy begin to add weight to this exercise.



Wall Squat

- Stand against a wall, with your legs extended out. Your feet should be about 2' away from the wall. If you have knee pain or an injury, adjust your feet out so that when you bend and straighten, you feel no pain. You should not feel pain or discomfort in your knees at any time during this exercise.
- Inhale, then exhale and allow your abdomen to fall toward your back. Look straight in front of you, knees slightly bent and chin is slightly tucked. Try to keep the back of your head touching the wall.
- Bend your knees to slide your back down the wall. Ideally, you will come to a level almost as low as sitting, your legs should be about 90 degrees.
- Check to see that your knees do not come any more forward than your ankles. Try to line up your knees with the area between the big toe and the 2nd toe. This will protect your knees from injury.
- Hold the position for time indicated by workout. Breathe evenly.



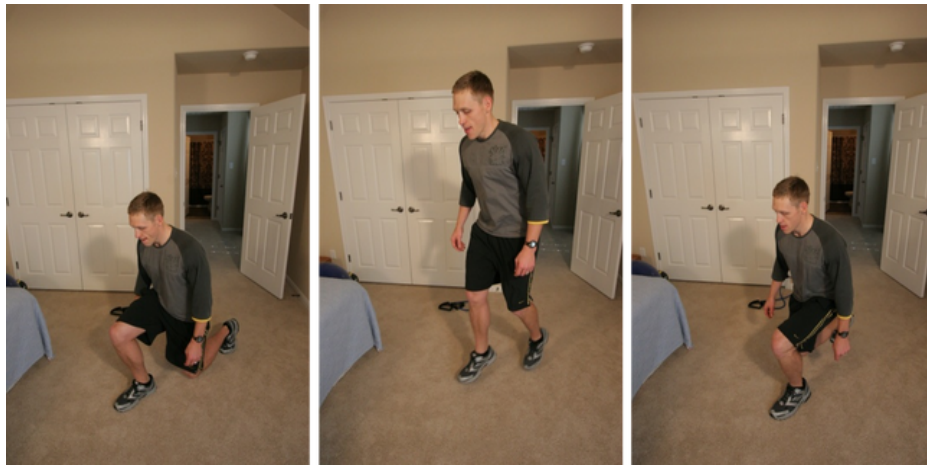
Stick Em' Up Stability Ball Squat

- Place feet just slightly wider than shoulder width apart and about 2-3 ft away from the wall depending on the size of the stability ball.
- Set stability at the small of your back between you and the wall, you want the ball to be pressed between you and the wall.
- Have your feet about even with your knees so that as you lower your body your knees do not go past your ankles.
- Put both arms up in the air in the stick up position and hold there for the duration of the entire exercise. This will help you keep your back straight and also work the shoulders.
- Start movement at the hip point. Sit down and let the ball roll up your back until you're in a seated position with upper leg is at approximately at 90 degrees. Keep abs tensed and back neutral for entire movement.
- Then push up with buttocks, quadriceps, hamstrings and return to your original position and repeat number of reps indicated by workout.



Alternating Split Squat Jump

- Stand with feet hip width apart. Take left leg and step back approximately 2 feet standing on the ball of back foot.
- Feet should be positioned at a staggered stance with head and back erect and straight in a neutral position. Place hands on waist.
- Lower body by bending at right hip and knee until thigh is parallel to floor then immediately explode up through buttocks, quadriceps and hamstring muscles.
- Switch feet in air so that the back foot lands forward and vice versa. Repeat for number of reps indicated in the workout.



Stationary Lunge

- Position yourself standing with your feet shoulder-width apart. Can also use weight by grabbing basically any weighted object like a rock, water jug, dumbbell or really anything.
- Step forward with either your right or left leg, while taking a larger than normal step.
- Keep the non-stepping toe on the ground and use it to help keep your balance. The knee of the rear leg should also be bent.
- Slowly lower your body until the thigh of the leading leg is parallel with the ground.
- Important: Keep your upper body straight and the lower back flat.
- Return to starting position by pushing upward with leading leg by using buttock muscle, hamstring and quadriceps of leading leg.
- Do all reps for one side before switching to other side.



Jump Squat

- Stand with your feet positioned just a little wider than shoulder-width apart
- Hands by your sides (you can use your arms to swing up for stability as you explode up for squat. If you do this do not go past your shoulder).
- Begin the movement at your hip joint, pushing your hips backward like you're sitting in a chair. Make sure push your hips as far back as you possibly can.
- Go into the squat as deep as you can, but be sure to keep your lower back tensed in a neutral position. Do not roll back over or round back, slumping forward.
- You will then explode up from your glutes, hamstrings, quadriceps and calves bringing your feet off the ground and knees up but not all the way quite up to your chest.
- Bring your feet back down with your knees bent returning to another squatting position to complete another rep.



Single Leg Romanian Dead Lift

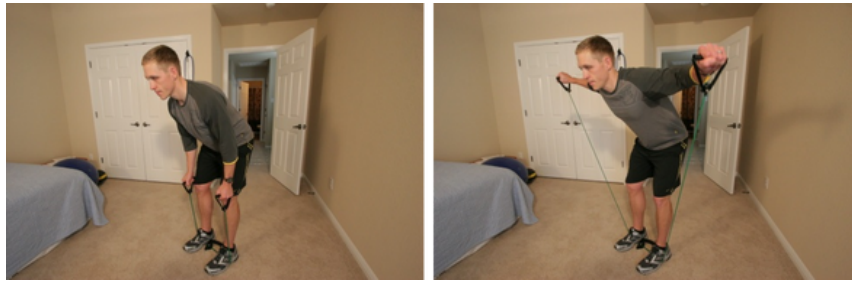
- Be conservative with this exercise. You will want to make sure that you're good and warmed up when you do it.
- Start in the standing position with feet facing forward spread apart at a distance that is comfortable for you.
- Raise one foot off ground and bend forward keeping back straight with knee of standing leg slightly bent. As your bending forward you will simultaneously bring non-standing leg backwards and up almost on the same line with your back but not as straight.
- When you begin the movement, tense your abdominal section and leg/hamstring area as well as buttocks.
- Reverse the movement before your back starts to round.
- Return to standing position with one foot still off ground and repeat.
- Do all repetitions on one side and then switch to other side.



Back

Rear-Deltoid Lateral Raise (with band)

- Make sure band is secure below feet and you have given yourself the proper amount of resistance.
- Bend forward from the waist and contract glutes and abs while keeping back straight with torso almost parallel to the floor.
- Arms should be beneath your shoulders.
- Pull shoulder blades back and then raise both arms out to the side.
- Lower to original position and then repeat.



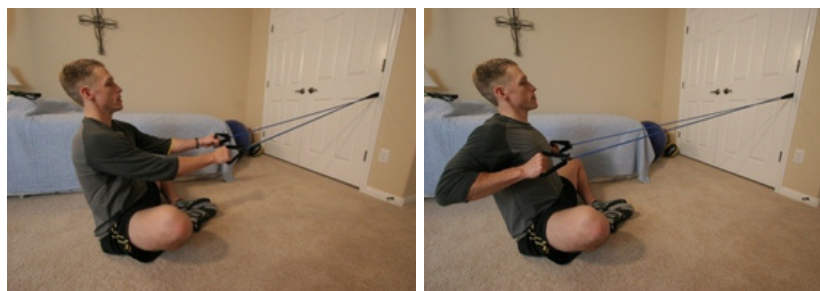
45 Degree Lat Pull-Down with Resistance Band

- You will want to start out by securing the band to a doorway or some other elevated area where you will be able to have the band at about 45 degree
- Move as far away from the wall as necessary to achieve the resistance needed for the number of reps indicated by workout.
- Have feet just shoulder width apart with knees bent and upper torso bent forward 45 degrees with back straight not arching back but not slumping forward either.
- Brace abdominal section and legs while pulling elbows down below shoulder until hands are just above shoulders.
- Keeps arms and movement consistent on the same 45 degree line as your body.
- Slowly come back up and then repeat movement.



Seated Row

- Take elastic band and attach to any fixed object that can be about same height as your lower chest
- Sit on ground and grab band with palms facing in towards each other.
- Pull the bands toward your midsection while keeping your back straight.
- Then slowly straighten your arms back out in front of you.
- Repeat this motion for the number of reps indicated in workout.



Combination Movements

Squat and Press with Resistance Band

- Stand with your feet positioned just a little wider than shoulder-width apart and place resistance band under feet with handle in each hand.
- Place hands while grasping resistance band just about even with your shoulders.
- Begin the movement at your hip joint, pushing your hips backward like you're sitting in a chair. Make sure push your hips as far back as you possibly can.
- Go into the squat as deep as you can, but be sure to keep your lower back tensed in a neutral position. Do not roll back over or round back, slumping forward.
- You will then push up from your glutes, hamstrings, quadriceps bring yourself up to original starting position.
- Once you've completed squat immediately do shoulder press like you would in standing shoulder press.
- Bring arms back to base of shoulder and then repeat for number of reps indicated in workout.



One Arm Squat Press with Band

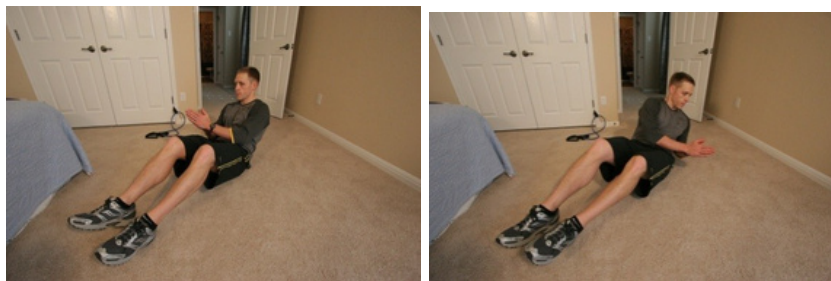
- Stand with your feet positioned just a little wider than shoulder-width apart and place resistance band under feet with handle in each hand.
- Place hands while grasping resistance band, palms out just about even with your shoulders.
- Begin the movement at your hip joint, pushing your hips backward like you're sitting in a chair. Make sure push your hips as far back as you possibly can.
- Go into the squat as deep as you can, but be sure to keep your lower back tensed in a neutral position. Do not roll back over or round back, slumping forward.
- You will then push up from your glutes, hamstrings, quadriceps bring yourself up to original starting position.
- Once you've completed squat immediately extend one arm directly above the shoulder. Keep the palms facing outward throughout the arm extension, avoiding a twist to the side.
- Return to the starting position, and repeat the exercise, extending the other arm.



Core

Beginner Russian Twist

- Sit on the floor with knees bent, feet and knees together, heels pressed to floor, and toes pointed upward.
- Clasp the hands together and place in front of the stomach.
- Lean back until the abdominals "are tensed." (If you don't feel the abs tense, you might need to adjust your angle.)
- Begin by rotating the torso (shoulders and chest) to the right as far as possible. Focus on rotating the entire upper body, not just the arms, allowing the head to track behind the arms and shoulders. Pause at the farthest point of rotation and then return to the center. Keep abs tensed for entire movement.
- Next rotate to the left, following the same guidelines. Return to the starting position and repeat to the right.
- Repeat. Perform number of reps per workout.



Advanced Russian Twist

- Is the same exact movement with the exception that you will have your feet lifted off the ground balancing on our seat.



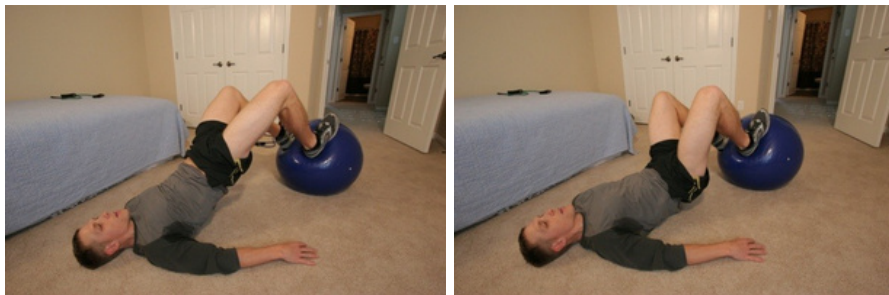
Hip Thrust

- Lie flat on your back with your hands palms-down underneath your glutes to cradle your pelvis during the movement.
- Your upper back, arms, and hands will be all that is in contact with the floor throughout
- Keeping your legs stiff and straight, raise them up off the floor until vertical. Brace abdominals. They will remain tense for the entire exercise.
- Thrust your legs upward/lower torso up as though trying to put footprints on the ceiling.
- Keep your legs slightly bent throughout the movement
- Lower your legs and lower body until your lower back is about to touch the floor and then extend back up and repeat upwards movement with lower torso.



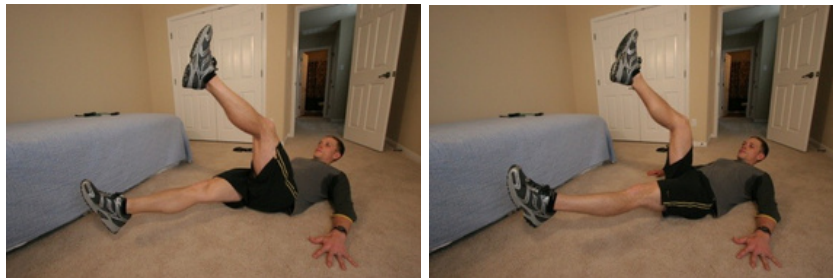
Hip Bridge

- Assume a starting bridge position with your shoulders and head on the ground and with positioned on stability ball or some kind of elevated surface.
- Your hips and knees will be below your feet in the starting position shoulders should be flat on ground.
- Slowly push hips toward ceiling until the knees over even with ankles.
- Lower hips towards ground until they are back below knees and feet.



Flutter Kicks

- Lay flat on your back on a mat with your arms by your sides and your palms down.
- Extend your legs fully with a slight bend in your knees.
- Lift your heels about 6 inches off the floor.
- Make small, rapid up and down scissor-like motions with your legs.
- Focus on having your midsection do the work and to keep your abs constantly contracted throughout the exercise.



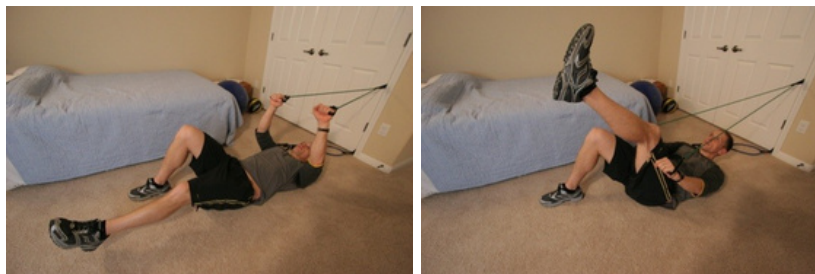
Side Wiggle

- Secure band to wall, door jam or any object that is secure.
- Ly flat on back with arms at side head and both band handles in one hand with palm facing in.
- Contract abdominal muscles on right crunching side and bring lower torso sideways and down towards your lower torso which is stationary.
- As you crunch make sure to keep back straight and against the ground as you contract abdominal muscles.
- Once you have completed all the reps on one side simply switch band to other hand/side and repeat process. Make sure to keep back straight without rolling back forward.



One Leg Band Crunch (can also be done without the band)

- Secure band to wall, door jam or any object that is secure.
- Ly flat on back with arm straight in front of you towards your knees which are bent with feet flat on floor.
- Raise left leg up in the air and with knee slightly bent and calf almost parallel with the floor.
- Keep arms straight with tension in bands consistent and do number of crunches directed by workout.
- Lower left leg, raise the right and repeat.



Arms

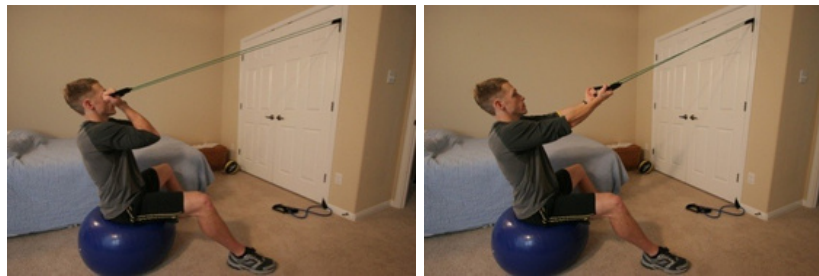
Standing Band Bicep Curls

- Stand with feet about shoulders width apart with band secure under feet.
- Stand erect with knees slightly bent and back straight.
- Both hands at rest should be at your sides with firm grip on band.
- Contract your biceps as you bring both hands up together as the upper arm remains stationery. Hands should come up approximately to chin level and then slowly return to original position.



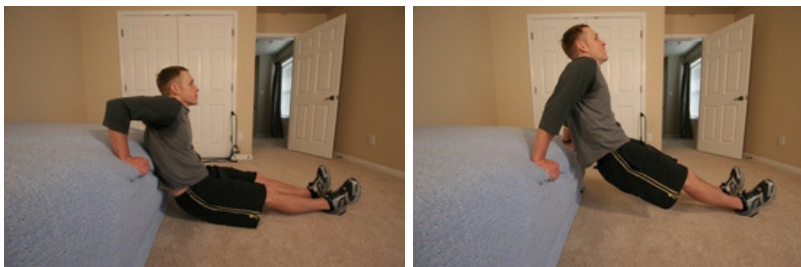
Bicep curl with stability ball

- Start by securing resistance band to door jam or fixed object that will be at about a 45 degree angle for this movement.
- Place stability ball on ground at the distance that will allow the amount of resistance desired to complete number of reps required by workout.
- Sit on stability ball and extend arms slightly upward in line with the angle of the band connected to fixed object.
- Keep arms in elevated position and contract biceps bringing both hands simultaneously towards head till about even with your ears. Make sure to keep arms at elevated angle the entire exercise.
- Slowly bring back and to original position and repeat.



Incline Dip

- Begin with back against bed/ledge and your legs straight out in front of you with your feet together.
- Reach your arms behind your body and place hands on ledge and lift body straight up
- Lower body down, stopping just before touching the floor and repeat motion.



Shoulders

Bird Dog

- For this exercise you should be on all fours like a dog or cat. Kneel down on the floor and place your hands even/under your shoulders.
- Contract your abdominal area.
- Simultaneously raise your right arm and left leg while keeping abs contracted.
- Point leg straight out from hip with toes straight and your arm should also be pointing straight out from shoulder.
- Do not rotate pelvis and do your best to keep your back as flat as the surface of a table.
- Hold for approximately 3-5 seconds and then rotate to the other side.



Abs

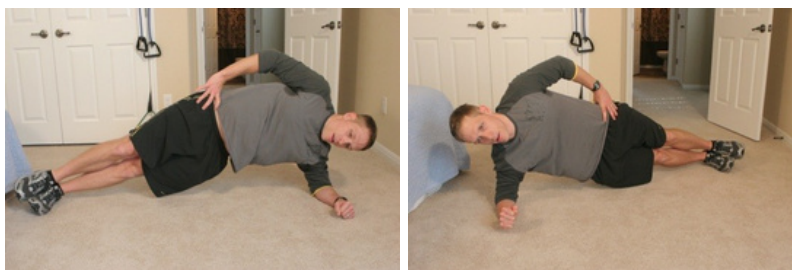
Isometric Ab Curl

- Lie flat on back on ground with left knee raised, place foot about even with right knee and be sure to keep right leg straight and extended.
- Place hands at sides and curl up by contracting abdominal muscles.
- You will only want to curl up as far as your shoulder blades coming off the ground.
- Be mindful of pivoting around the midsection/ribcage rather than the lower back.
- Switch to opposite side and repeat.



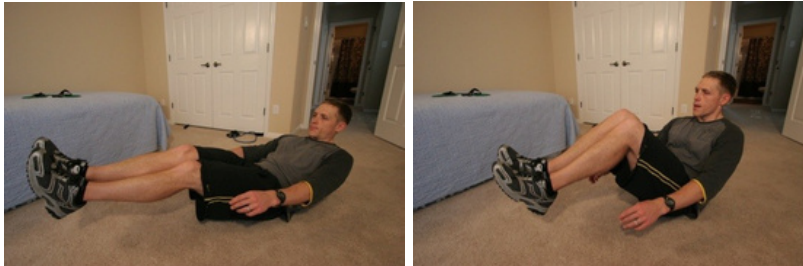
Side Bridge

- Begin by laying on your side with your forearm flat on the floor directly under your shoulder to prop yourself up
- Stack your feet on top of one another.
- Contract your abdominal and core section while pressing forearm against the floor.
- Raise your hips until your body is straight from your ankles all the way to your shoulders.
- Hold for the amount of time that is indicated in your workout.
- Then repeat on the opposite side.



Double Crunch

- Begin lying flat on your back with your arms to your side
- Simultaneously lift your legs and body, bringing your knees and chin towards each other
- Lower body down, stopping just before feet and shoulders touch the ground.



Alternating Crunch

- Begin by lying flat on your back with your hands behind your head and your feet brought in half-way towards your body
- Thrust right elbow towards your left knee, hold, and lower your body
- Alternate sides and repeat.



Plank

- Begin by lying face down on the floor with feet together and arms to your side
- Bring your arms in and lift your body up, with your forearms as your base
- Your arms should be at a 90 degree angle and the only thing touching the ground should be your toes and your forearms.
- Hold form for recommended time.



Crunch

- Begin by lying flat on your back with your legs bent at the knee and feet resting at a shoulder's width apart.
- Clasp your hand behind your head and tense your core to lift your shoulders off the floor.
- Make sure your face points towards the ceiling without bending your neck.
- Lower your body back down, while keep core tense, and repeat motion.



Reverse Crunch

- Begin by lying flat on the floor with feet together and your arms out from your side to establish balance.
- Bring your legs up to where they are bent at the knee at a 90 degree angle
- Thrust legs upward while bringing your knees towards your chin
- Lower back down the starting point and repeat.



Reverse Crunch w/Ball

- Same as prior movement except you will hold a stability ball under your legs by squeezing it between your heels and your buttocks.



3X Method Lifestyle/Eating Guide

Obviously losing weight and getting in shape isn't just about working out...you also need to keep a close on what goes in your body and how you treat it overall.

So rather than devise a restrictive diet that I know most people won't stick with, what I've done instead is create a list of 19 "Ground Rules" that, if followed, will exponentially increase the results you get from the 3X Method.

NOTE: Keep in mind that there are a number of healthy recipes and other lifestyle advice inside Area 3X. So, if you haven't logged in yet you probably should: <http://www.3xMethod.com/members/>

Ground Rule #1: Eat Less, But More Often

What I found that works best is having 5-6 meals (smaller portions of course) a day, 2 1/2 to 3 hours apart that are high in protein and low in sugar. By giving your body a continuous, steady amount of fuel it will operate off this fuel and signal your body that there is no need to store fat in your tissue. Instead, it burns it because it knows there's more fuel coming. (The, by the way, is why starvation dieting never works in the long-run...your body actually thinks it's starving so it begins storing fat rather than burning it.)

Just make sure you don't overeat. You just want to eat enough to where it takes the edge off of the hunger, but not so much that you're stuffed after every meal.

This one change in my diet made my metabolism go crazy, and it has also helped many other people I have worked with get great results.

Stick to the low sugar, lower fat (doesn't have to be no fat because your body needs some) and high protein for 10-12 days and then splurge within reason at least one day out of that cycle, then repeat the process. I would be shocked if your metabolism doesn't kick it up big time.

Remember I'm not a physician, so if you are going to make drastic changes, always check with your doctor or nutritionist first – but in my experience this flat out works. I have seen it time and time again.

You're probably saying yeah, yeah, Nathan, tell me something I didn't already know. Well, the reason you keep hearing it is because it really works. If you can train yourself to do this you will be absolutely amazed at the results.

Ground Rule #2: Start Every Day Right

Always start out the day with some kind of protein. This can be tough at breakfast because we like to eat oatmeal, cereal, and other types of carbohydrates, but here's an example of how I work breakfast around protein...

I mix whey protein into my oatmeal. If you try this make sure to add enough liquid or else it can be pretty dry. Sometimes I will even mix egg whites into my protein before cooking and that is a great way to get protein first thing.

It may sound disgusting, but it's actually pretty tasty!

Ground Rule #3: Consume Enough Protein

Lean Protein

Eating lean protein probably doesn't need much explanation, but here we go. Protein is a classic muscle building nutrient that just never goes out of style and needs to be the concrete foundation that you're going to build your new masterpiece on.

In the past, protein has gotten a bad rap because it was often associated with meats heavy in bad fats. But lean protein is absolutely essential if you want to burn fat or build muscle, and there are plenty of great lean protein choices that will give you the protein you need without adding to any tire around the waist.

Here are a few of my favorite sources of lean proteins:

Eat Eggs

You've probably heard mixed reviews on eggs and whether or not you should eat them. This is what I call the triple threat. Eggs are packed full of protein, B12 (necessary for fat breakdown) and vitamin A. Now this is fat burning fuel all the way. The protein found in eggs is some of the highest quality muscle building fat frying protein around.

Some people are worried about the cholesterol so they will eat just the egg whites. There is plenty of research though to support eating 1-2 eggs a day with the yokes still in play.

In fact, some studies say that eggs are excellent diet food, and this isn't just from some questionable blog, but studies from sites like WebMD! In fact, one study showed that eggs satisfied obese patients more than bagels or other food with similar amount of calories. And a Harvard study surprised everyone when it revealed that nurses (who were followed around for 8-14 years) who ate one egg almost every day actually had the same cholesterol levels as nurses who only ate one a week!

So there is basically no difference, as long as you don't go overboard. What more do you want? I hope this convinced you that eggs are a great addition to the 3X diet!

Consume Whey Protein

Whey Protein is another type of animal protein that is going to assist you in getting you to your goals. Whey protein is a key ingredient in many weight loss and meal replacement products, and for good reason. Studies have found that individuals who combine diets with leucine rich protein foods, like whey protein, and exercise have more lean muscle tissue and they lose more body fat.

Some of that info bears repeating...

Whey protein is considered to be THE most effective protein in building and fueling muscle growth, and you can easily obtain it. Remember how I want you to eat 5-6 small meals a day? Well a whey protein shake is a fantastic way to really rev up the metabolism during one of those meals and filling you up without putting on a lot of calories.

In my opinion, whey protein is definitely a winner, and should be part of any body sculpting program whether it's losing weight, building muscle, or both.

Sources of Lean Protein:

Fowl

- Turkey
- Chicken

Beef (lean, not regular)

- Ground beef (can be bought extra lean)
- Lean Steak (meat from the hind quarters has the lowest fat percentage and highest protein)
- Bison meat (served at more and more restaurants every day – maybe the best red meat you can eat health wise, and the taste is great, too)
- Flank Steak
- Roast Beef
- Tender loin

Fish

- Tuna
- Tilapia
- Salmon
- Grouper
- Cod
- Swordfish

- Mahi-Mahi
- Halibut

Shellfish (avoid the butter that restaurants love to douse them in)

- Shrimp
- Crab
- Lobster

Ground Rule #4: Consume Enough of the Right Carbohydrates (25-35 grams of fiber per day)

Oatmeal:

Oatmeal is one of the good carbohydrates when done right – that means with no sugar (so sorry, no Instant Peaches and Cream Oatmeal). However, feel free to add milk, fruit, or even low sugar yogurt if you need the extra flavor. Cooking it with milk or soy milk does tend to give the oatmeal a fuller flavor than if you just use plain water.

There are a couple of reasons why this is a key element of the 3X Eating Code. Oatmeal contains soluble fiber, which means that it attracts fluid and takes longer to digest. Longer to digest means you stay fuller while the body burns more calories to process it. Oatmeal has also been researched and proven to maintain your blood sugar levels longer, which keeps fat from storing, and keeps you from bingeing later in the day.

So start the day out right with a bowl of oatmeal and you'll be amazed at the results it can help you achieve.

Beans and Legumes:

From a pure overall health standpoint beans are great for your heart. Beans are also jam packed with protein, iron, and fiber. You can call these nature's magic gift to man. Eating beans makes for a healthier body in several areas, not the least of which include: circulation system, digestion system, cancer, diabetes, osteoporosis, and controlling weight.

Beans provide an amazing amount of vitamins, and they take longer to digest. Once again, this is great for two reasons:

- 1. You stay full longer***
- 2. Your body burns more calories to process them***

There are many types of beans that are extremely good for you, but there are some that don't make the cut. Watch out for baked beans that add sugar and other outside ingredients. Once again, look at the list to see what types of beans are fantastic to add to 3X diet:

- Soybeans
- Navy beans
- Garbanzo
- Pinto Beans
- Chickpeas
- Lentils
- Lima Beans
- Black Beans
- Kidney Beans
- White Beans
- NOT – Baked Beans (loaded with refined sugar) and refried beans which are more saturated fat than anything else (this one is really tough on me, as I love Tex-Mex).

Green Vegetables

These are the warriors of the vegetable world that wreak havoc on free radicals which are responsible for speeding up the aging process. Parts of their arsenal are vitamins A, C, K, and folate, which protect the heart from heart disease.

Basically, this is a cancer fighting super food that ramps up your metabolism and keeps you healthy. As it gets later in the day you will want to eat more of these rather than things like baked or mashed potatoes, corn and other starchy carbs. Nothing beats the ratio of low calories to your stomach feeling full than green veggies.

Make sure you get as many of these into your diet as possible:

- Spinach
- Bok Choy
- Broccoli
- Mustard greens
- Green Beans
- Kohlrabi
- Brussel Sprouts
- Asparagus
- Edamame
- Romaine
- Arugula
- Watercress
- Endive

Other Fibrous Carbs:

- Onion

- Cauliflower
- Red and Yellow Peppers
- Celery

Whole Grain Breads

Can you hear the collective gasp of air coming from the no-carb faithful? Eating no-carb is one of the craziest things I have ever heard. Several people close to me tried this diet 3 different times and every single one of them gained the weight back faster than they lost it.

Balance is the key to feeling and looking great. Anytime someone is telling you to do anything in major excess you should be skeptical. Anyone that tells you to avoid these kinds of carbs is off their rocker, especially when whole grain breads actually keep your body from storing fat!

This 3Xer super food goes to battle for your body with fiber, pyridoxine, vitamin E, calcium, protein, riboflavin, niacin, thiamin, potassium, and zinc, just to name a few.

It will help you defend against the usual suspects: heart disease, cancer, high-blood-pressure and obesity. I suggest that you consume these more towards the beginning of the day, and decrease the closer you get towards evening. I generally consume whole grain breads up until a little after lunch time and then switch to carbs like green vegetables.

Ground Rule #5: Consume Enough of the Good Fats.

Forget “no fat” diets. This is an out of date diet that is a short-term solution and to be honest, not healthy. The right kind of fats, like those found in extra-virgin olive oil, avocados, almonds, and omega-3 oils, in the right amounts, are not only good for your health but vital to your weight loss.

Now it’s time to challenge some of the commonly held beliefs on how you should eat not only for weight loss but to be a healthy guy in general.

Did you realize the majority of these “fad diets” being pawned off on you that are low fat, low carb are actually decreasing not only your chances of putting on lean muscle but also burning Public Enemy Number 1 (FAT)?

William Kraemer, Ph.D., a kinesiology researcher at the University of Connecticut’s human performance laboratory says, *“Despite the anti-fat message we’re bombarded with, it turns out that diets too low in dietary fat are actually harmful...”*

So if you’re sick of the diets that demand major calorie restriction, lots of roughage, no animal flesh like hamburgers, steak, and pretty guaranteeing

decreased lean muscle mass then you're going to be glad you found the 3X Method.

Next question, **so how much fat should you consume?**

Bottom line, keep your calorie intake from good fats like the omega 3's and monounsaturated in the range of 35 – 40%. Research has shown this to be the sweet spot for burning fat.

Again let me emphasize to not go to extremes like the Atkins diet...BALANCE!

Eat Peanut Butter

The right kind of peanut butter in the right moderation is going to help you burn the mushy stuff around the waist and build muscle. For you to benefit from peanut butter, you're going to want to stay away from the mass produced stuff that is high in sugar and trans-fatty acids (bad fat) which seems to be in almost everything these days.

NOTE: Always look to see if trans-fatty acids are present in the food you're eating and avoid it like your life depends on it...because it does.

Peanut butter contains protein (always good), magnesium, niacin, Vitamin E, and monounsaturated fat (there's that good-fat again), basically all sorts of fat burning goodness. It's almost too good for Peanut Butter to be part of the eating guide since it is high calorie but when it whacks fat, the aging process, cardiovascular disease and muscle loss it has earned its place as a 3X staple.

The thing I love about peanut butter is you can slap it on almost anything from whole grain bread to apples, and bananas (recommended after a workout). However, please do it in moderation since it is very rich and calorie dense. For an advanced technique, put tablespoon of peanut butter in your protein shakes. Remember to **look for organic peanut butter**, and not the sugar added mass produced crap that most people buy for sandwiches.

Olive Oil

Olive oil is loaded with vitamin E and monounsaturated fats (the good-fat). As a nice side benefit, olive oil also beats the snot out of high blood pressure, cancer, obesity, and heart disease.

But as with all things...*don't overdo it* – maybe two tablespoons worth in your cooking. The monounsaturated fats (the kind of fat in olive oil) actually burn bad fat, raise your metabolism, clear out cholesterol, and provide the fats your body needs to run at full health.

This amazing oil is a staple of the Mediterranean diet, which is why despite being a “high fat” diet, these are some of the healthiest people in the world, with not only long lives, but a high quality of living right into their eighties or even longer! Olive oil has a lot to do with that.

Big picture, this incredibly oil is going to help you lower your cholesterol levels and will boost that fat furnace we know as the metabolism. You know when people are accused of having a high metabolism? Are you ready for that to be you? Darn right you are!

Flax Seed Oil

Most of the stuff in fat burning pills is garbage, but there’s one substance that you see over and over again that is totally legit: flax seed oil. Flax seed really is one of the most important substances to ingest to starting tearing the weight off now and increase your overall health.

As I mentioned previously Omega 3 fatty acids are very necessary for you to maintain optimal health, and stay alive as long as possible. The richest source of Omega-3 fatty acids is Flaxseed Oil.

This is not speculation, but researched fact. If your diet is higher in Omega-3 fatty acids you will have more lean muscle, lower bodyfat, and better health. In fact, the Omega-3's are so important, that they have been found to be all of the following:

- Anti-lipogenic (fat storage blocker)
- Anti-catabolic (prevents muscle breakdown)
- Increase lipolysis and beta oxidation (Fat burning)
- Improve insulin sensitivity (Keeping blood sugar levels down and metabolism high)
- Increase thermogenesis (Slightly elevated body temperature)
- promotes faster fat burning
- Cholesterol reducing (the perfect fat to include in any diet)

Adding flax seed to your meal, whether straight or mixed into vegetables, shakes, oatmeal or really anything, creates a feeling of satiation (fullness and satisfaction) following a meal.

The essential fats in flax seed oil cause the stomach to digest food for a longer period of time, benefiting fat oxidation. This results in a more gradual release of nutrients into the small intestine, which creates a slow, sustained rise in blood sugar level as opposed to the sharp spikes that encourage fat storage and make you feel hungry.

Ground Rule #6: Consume enough dairy

Here is yet another Metabolic Fat Frying 3X Method Staple. We've all heard the saying, "Milk does the body good" and our parents have told us since we were knee high that if we wanted to be big and strong we need to drink our milk.

How right they were...

Not only does it make the bones strong, but thanks to the presence of Vitamins A, phosphorus, potassium and B12, it will help you build a strong defense against osteoporosis, high-blood pressure, obesity and cancer. Researchers believe that calcium helps your body break down fat, preventing weight gain, as several recent studies have shown that people eating low fat yogurt tended to burn more fat than those who didn't have low fat calcium in their diet.

Consuming calcium in the forms of Non/Low Fat Milk, Low-Fat Yogurt, hard cheese like Cheddar slices, and low fat Cottage Cheese will help you burn fat. Studies have been conducted where participants who consumed more calcium lost a noticeable amount of weight, so make sure you get all your full servings in.

I always keep a tub of plain low-fat yogurt in the fridge so I can have a bowl for one of my meals and I throw in some pecans and berries (if I have them) for a fat ripping power meal. I've gotten to point where I even crave these. They're pretty dang good and when you can really enjoy something that actually helps you rip up that aint' bad my friend.

Ground Rule #7: Always Keep the Right Kind of Snack on Hand

Almonds, Pecans and Other Nuts

You never know when you're going to be unable to eat for longer than the 2½-3 hour gap between meals. Having a bag of non-salted almonds or another kind of nut will help you keep the metabolism up and prevent you from eating too much when you sit down for the next meal. Strategies like this will also keep you from stopping at a fast-food restaurant and consuming something that you'll regret later.

Eat Plenty of Berries

Raspberries and Blueberries are jam packed with fat blasting goodness. They have high levels of vitamin c, antioxidants, and of course, fiber. They combat our common enemies: obesity, cancer, and heart disease.

Berries also help prevent cravings, short-term memory loss and even improve balance which is very important for the type of workouts you're going to be doing. All this, and there are even many studies that suggest that these berries are so well broken down by the body that very few calories remain to go to fat—meaning you can often eat and eat and eat these berries without fear of putting on weight.

Ground Rule #8: Avoid Refined Sugars and Grains Like the Plague

Refined sugars and grains are fast digesting and will cause your body to release higher levels of insulin which surprise, surprise signal your body to store fat.

When food manufacturers process a lot of the things we eat like white bread, pasta, or anything with white flour, they basically remove the bran which has the fiber and all the valuable nutrients that our bodies need to run at their top capacity. Whole grains are good carbs, white flour are the simple carbs that you want to avoid—they're nothing but empty calories just waiting to be made into fat around your midsection.

Food made out of processed white flour are simple carbs that your body doesn't know how to process. When your body doesn't know how to process the food, it turns the calories straight into fat. *Enough of that!*

More grains and fiber makes sure your metabolism is running full tilt, and these complex carbs are where you get energy from, so enjoy the oat bread, but put the white in the trash can or even better don't buy it at all. On a side note, if you have kids it's time to stop feeding them enriched white bread because it causes their insulin to spike just as it does yours, and has been proven to increase chances of diabetes as well as weight gain. Watch out for food manufactures, they're sneaky and like to call certain breads wheat when all they do is color it brown.

Ground Rule #9: Don't Skip Meals

How many people do you know that skip breakfast or even breakfast and lunch?

Eating like this actually has the opposite effect, and will cause your body to go into starvation mode as it actually tries to store fat. Aside from this, your body needs fuel to run. Skipping meals will cause your metabolism to drop as your body conserves all the energy it can to avoid starvation—meaning you will gain weight off of less calories.

This is why I recommend the 5 to 6 smaller portion meals per day. If you don't eat breakfast, you're going to start getting cravings a little bit before lunch and you will eat whatever you can get your hands on like chocolate/cookies sitting around the office or at home since these are easily accessible.

Then, if your body is in starvation mode, guess what happens? That's right, **fat storage**.

Also, if you're able to resist the cravings and you do make it to lunch or beyond, when you do finally get a chance to eat you are more likely to gorge yourself.

Remember I talked about constantly fueling the metabolic flame to ramp your metabolism up? Well, if you throw too much wood on the fire you're going to suffocate the flame and the reverse will happen.

Big picture: **DON'T SKIP MEALS**

Ground Rule #10: Stop Counting Calories

I suggest you have a journal of what you're eating for the purpose of evaluation and tracking, but I do not want you counting calories. This is border line obsessive-compulsive, and it requires a lot of time as well. It's not bad, but your focus is best applied on other areas. If you're eating the right food in proper portions, it doesn't matter if you ate 330 calories or 350... your energy is better spent on other things.

This doesn't mean ignore calories—you should want a general idea of where you are calorie-wise so you don't over eat, but knowing exact numbers doesn't really do you any good and it keeps your focus off the main points, which is keeping your metabolism revved up and sculpting your body.

One trap calorie counting can make you fall into is thinking, *"Hey I can have a Cherry Coke, I'm still 500 calories down."* NO! You want the right type of calories, and this type of excuse will have you under the "calorie line," but it'll stop your metabolism cold.

Focus on eating the right types of food and the rest will fall into place.

Ground Rule #11: Determine Goals, Chart Success and Celebrate Achievements

Let me share a quick story with you that exemplifies why setting goals is so powerful and so important for success.

I had never written a goal down in my entire life and the idea of it was just kind of weird. I mean I knew what I wanted to do, so what's the point in writing it down?

Well, I had a college professor that had us go through the exercise of writing the 3 main things we wanted to accomplish the next year, put those goals in a self addressed envelope and give it to him so he could send it to us a year later.

The main goal that I wrote down was that I was going to lose weight, specifically I was going to go from 270 lbs of mushy unmanliness to 190 lbs of pure, ripped muscle. At the time the goal seemed **impossible...almost laughable**. In fact, when my buddies asked what I had written down I lied and told them it was career-related.

I still remember the day the letter showed up. I had completely forgotten what it was, but when I opened it up I literally had to sit down. **I sat there in amazement as every single thing that I had written down had been not only accomplished but exceeded.**

There is serious power in writing down your goals, and I strongly encourage you to do this and do it sooner rather than later. After all, how can you hit a target if you don't even know where it is? *Ever see marksmen aim at a target that isn't there?* Think about it...same rule applies here.

When it comes to setting your goals there are some easy rules to follow that will make this one of your most powerful tools for success.

First, we're looking for a breakthrough weight loss results. So what is a breakthrough result?

A breakthrough result is a result that you're 100% committed to...you may not know how to do it but you're committed anyway. It's a goal that is also not predictable, meaning that there's nothing in the past that would indicate that you can accomplish it.

A good barometer for choosing this goal is if it makes you feel just a little bit uncomfortable about achieving it. You think it's possible but just don't know exactly how it's going to happen. Regardless you're committed. Just like 3X Method, this needs to be a disturbance to how you normally think and approach your goals.

Your goals will need to:

.....

- **Have strong reason/purpose**
- **Be clear and measurable**
- **Have milestones - Beginning, Middle and End**
- **Be celebrated when you achieve them**

Start out by writing your personal charter...

Your Personal Charter

Step 1: Write Your Purpose (this needs to be real and have an emotional connection to compel you)

Examples:

Have the energy not to sit in front of the TV, zoning out and disappointing my children when they want to play with me. When I think about how sad they were later it almost brought tears to my eyes.

Be able to play a full court basketball game without collapsing in front of friends and colleagues. I never want to be the guy that can't compete anymore, the guy that no one really wishes was on their team.

Have the energy to make love to my spouse when I've been working and stressed all day long. Every time I see her disappointment it tears me apart.

These are things that would piss me off enough to fight in spite of myself. I really go after myself where it hurts. You may not need to use this strategy but it has worked for me.

Step 2: List the Specific Goal You Have In Mind

Example: *"I will lose 70 lbs and weigh 180 lbs by 07/03/2008."*

Step 3: List the Milestones To Measure Beginning, Middle and End

Examples:

I will weigh 235 and have lost 19 lbs by 03/03/2008.

I will lose 5 lbs by 01/03/2008.

I will lose 6 lbs by 02/03/2008.

I will lose 8 lbs by 03/03/2008.

This will give you the ability to review your goals when you get to a deadline and see how you're measuring up:

If you accomplished your milestone/goal then it's time celebrate your success. Treat yourself to an activity that you really enjoy and don't get to do all that often. Really make an effort to provide your subconscious with positive reinforcement.

If you didn't quite get there you can then re-evaluate the steps you were taking to get there and see where you need to make the adjustments. Perhaps you will need to make an adjustment in your diet or pick up the intensity of your workouts. Minus tracking yourself like this you

will have no way of evaluating your goals and performance and making adjustments along the way that guarantee your success.

There's nothing wrong with missing a milestone from time to time. In fact it can be good, as it will teach what you can expect and also let you know where to push harder

It's not easy to work your way from overweight and frustrated to a ripped, calorie burning machine. So as you set short term goals on your route to the long term goals, celebrate! Enjoy the congratulations of your support group, and let that pride motivate you even more to do your very best.

Having fun can be a huge motivator, and relieve stress that you don't even know is there. When you have a chance to really revel in your accomplishments, do it, and let it be a motivation for you to push yourself that much harder.

Ground Rule #12: Establish Accountability Structure (very important)

It's always far harder to go it alone than to achieve your goals with a great support group. The encouragement when you're doing well is just as important as the accountability when you feel yourself begin to falter.

So don't go it alone.

Encourage a close friend, or maybe even a spouse to go through this training with you. Share your personal charter with them and ask them to hold you accountable to your milestones and goals.

Human beings are very adept liars, but we're especially good at lying to ourselves. Take yourself out of the equation, and your results will improve because of it.

Ground Rule #13: Avoid Mindless Eating

DO NOT eat in front of the television. People tend to zone out when they get in front of the boob tube and consume considerable amounts of food. Carbs like a bag of chips or a bunch of cookies will create a huge spike in insulin release which results in fat storage...not good. *And people wonder why diabetes is at epidemic levels!*

In addition, there are studies that show that "couch potato" may not be just a figure of speech. Some tests showed that when a person lounged on the couch and watched TV for an extended period of time, their resting metabolism slowed even more than someone who was just sitting down to read. So if you're

munching away at donuts and junk food while watching TV, that's a double whammy!

Ground Rule #14: Eat Carbohydrates Earlier in the Day

It has been proven by researchers that, as the day drags on, your body's ability to effectively metabolize carbs decreases which means more of it gets stored (as fat) in your body.

That's why **front-loading carbs** first thing in the day is a great idea, as this will give you plenty of time burn those calories and also provide your body with energy. That is one of the main reason why I have oatmeal at breakfast and then possibly whole grain breads at lunch but after that I start pulling back. You're not as active at night so you're not going to need to have as much carb intake. At dinner you will benefit greatly from dining on protein rich meat and vegetables which are low carb but still filling and healthy.

Ground Rule #15: Drink Less Bad Stuff

There are some things that you should drink a lot of (like water), but there are a number of other liquids that not only make it harder to burn fat...they actually inhibit the natural growth of lean muscle.

First, the consumption of sodas, soft drinks, pop or whatever you're calling it needs to come to a grinding halt. Some experts/gurus compromise with their people about not drinking soft drinks by saying it's cool to drink all the diet drinks you want.

Not me, and here's why: Soft drinks have a very strong PH (acid) levels, which in turn can raise the blood-acid levels in your body and can have a profound effect on energy levels. On a side note this is one of the reasons why I find it hilarious that the food manufacturing companies make these "energy" drinks that give you a perk that doesn't even compare to the energy drop experienced shortly after drinking.

Not to mention increased blood-acid levels also negatively impact joint pain as well as fat loss. Guess where excess acid in the body is stored? That's right in your fat cells...fun stuff.

Obese people are not just overweight but actually are **over-acidic** which has been linked to a number of health problems including CANCER. Now for the other part of the drinking story as it pertains to your testosterone levels...

What About Alcohol?

The best way to just absolutely wreck your ability to burn fat is to drink too much alcohol. Here's the issue, alcohol, whenever consumed is the fuel to burn first. Now, while that going on your body will not burn fat. It will not totally prevent you from losing weight but will postpone it. Alcohol does not store as glycogen so you immediately go back into ketosis/lipolysis after your body uses up the alcohol.

I have a "weekend only" policy where I will have 2 – 4 drinks over the course of the weekend. By limiting it to the weekend, I'm giving my body time to flush the alcohol from my system so it doesn't negatively affect my fat burning efforts.

Obviously there are a lot of personal issues at play here that I don't want to deal with. Just suffice it to say that in all ways, alcohol should only be consumed in moderation.

Ground Rule #16: Drink More Good Stuff

I'm sure you've heard this before, but more than 50% of your body is made up of water. Drinking the right amount is not only vital to getting into shape and burning unwanted fat, but it's also important if you just want to stay healthy and alert.

Did you know that 90% of the cases where people experience some level of "low or decreased energy," the cause is actually dehydration (i.e. a lack of water)? I know I was a little shocked the first time I heard that.

Here are some signs to determine if you have the dehydration:

- Headache
- Sunken eyes
- Muscle cramps
- Dry mouth
- Skin elasticity (if you pinch it and it doesn't immediately return to previous position your most likely dehydrated)
- Cotton mouth
- Dark circles under eyes

So how do you know when you've had enough?

Really the best way for you to tell whether you've had enough water is by the clarity of your urine. **The clearer your urine the better.**

Typically, when you first start drinking the appropriate amount of water you're going to be making more trips to the bathroom than you're used to. But once your body normalizes, that will decrease and you won't have the urge to go to the bathroom every 30 minutes.

But whatever you do...

DO NOT gauge need for hydration by thirst. Thirst is always a lagging indicator and at that point you're already dehydrated. As I mentioned above, clear urine is the best way to know for sure.

Big picture: When it comes to burning fat, your body just doesn't isn't as effective when you have high levels of acid in your blood. The best way to decrease the acid level is to put your body in the best position possible to get rid of waste. In order for your blood to be able to carry the waste materials away in your body you need to be properly hydrated. You may be asking saying to yourself, *"What in the heck does acid levels have to do with proper hydration and fat loss?"*

Your body is constantly rebuilding itself, cell by cell. In fact, your body almost completely rebuilds itself once every six months. During this rebuilding process, waste is created much like when your house was built or any kind of construction where excess material and waste is left strewn about. Having excess waste increases the acidity level in the blood which increases your chances of storing fat.

So if you want to not have that late afternoon energy bonk and increase fat percentage, drink plenty of water and get rid of the waste.

Ground Rule #17: Assess Your Current Level of Health

It's a good idea to visit your physician for a check up and make sure that everything is good to go, especially if you haven't been active in a while. Also, in regards to this program and measuring your current ability to complete I suggest you try some of the movements either from the Beginner section or Week 1 of Phase I.

If the Beginner movements are relatively easy then I suggest you go ahead and start with Phase I. However, if you're not able to complete those then I suggest that you start out with Beginner and work your way up.

Ground Rule #18: Get Plenty of Rest

The amount of sleep that you get is another very important part of the weight loss equation. Did you know that your health and weight loss goals can be sabotaged by not getting enough sleep? Recent research has been done that supports **lack of sufficient sleep can actually increase your chances of being obese.**

Also, let it be known that if you're not getting enough exercise your REM sleep quality is just one of the things that will decrease in quality.

But it gets even worse...

It turns out that lack of sleep can actually increase your chances of over-eating. Researchers from several different studies have found a link between sleep and the hormones that influence our eating behavior. There are two specific hormones are involved.:

- **Ghrelin is responsible for feelings of hunger**
- **Leptin tells the brain when it's time to stop**

When you're sleep deprived, your ghrelin levels increase at the same time that your leptin levels decrease. The result is an intensified craving for food and decreased feeling of fullness. Also, it's been proven that sleep deprived people tend to choose different foods to snack on—unfortunately that choice more often than not is high calorie sweets and salty and starchy foods—and it's easy to see how these small changes can lead to increased fat storage.

In one of the studies referenced above 1,024 people aged 30-60, Body Mass Index (BMI) levels were recorded. Those who slept only three hours a night had a 5% increase in body weight over 15 years. Researchers say that the number may well be an underestimate of the real life impact.

Optimal Sleep for Weight Loss

Most people need between seven and nine hours of sleep a night...some more, some less. Very few of us actually get the minimum of seven. How do you know how much sleep *you* really need? Experts say to sleep as long as you want for several days (best done on vacation). Then, your sleep should stabilize and you'll find yourself waking up after the same number of hours every day, within 15 minutes or so.

Once you know about how much sleep you need, start getting into a steady routine. Set a regular time for sleep. Start getting ready ahead of time. And experts say, avoid using the bed for watching TV or doing work. The light emitted by television and computer screens has been proven to affect the brain in a way that will make it more difficult for you to sleep.

Sleep + Exercise + The Right Diet = Weight Loss

If you think snoozing a few hours longer each night will solve your weight problems ... think again. Consistent exercise and eating health and nutritious food is still the way to go.

But that said, lack of optimal sleep may soon be considered another risk factor for obesity. Especially since 65 percent of Americans are overweight and 63 percent of people don't get eight hours of sleep a night.

Interestingly...many of those who are overweight also don't sleep enough.

Hmmmm, I wonder if they're linked? You do the math.

Ground Rule #19: Make Your Results Tangible

This is important especially in the beginning because you will not notice the changes with your appearance as much. If it's something that you can literally see it will help you stay focused and motivated.

When I was in the process of losing weight I actually did two things to make results more real:

- 1. First, I tracked all my progress on a poster board graph that I created so I could literally see it on paper, and...**
- 2. Second, I bought a pair of jeans in the size that I was planning on wearing and would put them on at least once a week.**

I still remember the feeling I had the first time I put them on and they fit. Now I'll admit, this last one is a bit girly. Still, it worked with me, because it allowed me to see that progress was being made even when my own eyes (and the scale) seemed to suggest otherwise.

Conclusion: Health Is a Lifestyle Choice

There are a lot of people out there saying a lot of different things about how people should be eating for health and weight loss. I've been finding as of lately the majority of information seems to be contradictory. I could name a few, but no reason to draw attention to something that doesn't deserve it.

I realize that the phrase "Health is a lifestyle choice" may be overused and possibly even annoying, but the fact is it's the truth.

You really do have a choice, but not only that, you have the power to choose however you want to. Unfortunately it's much easier to choose the things more often that are not in your best interest.

Here's another overused phrase, *"The best offense is a good defense."*

First, make the decision to stop buying the things at the store that you no longer plan to eat except maybe on cheat days. It becomes a whole heck of a lot easier to not indulge on the things that cause the bulge if they can't be found in your house.

What I will say is that many of these diets out there do a great job of complicating the simple. Seriously, if you just do what I outline for you below you would lose weight without exercise but obviously exercise speeds up the entire process. I find it quite humorous that something so simple can appear to be so difficult. I say that but I still remember how difficult it was when I first gave up fast food and soft drinks. Honestly that was all I really ate at the time so I didn't know what to do when I made that decision. I read everything I could get my hands on, tried it, if it worked I kept doing it and if it didn't I dropped it immediately. What I've outline in this manual are things that I know work.

Working with your body not against it is a major key to succeeding. Your body has a fat burning sweet spot and 3X Method will help you find it if you operate within the model provided.