



NO BULLSHIT GUIDE DEFINE YOUR JAWLINE MURDER SOME FAT

Here at CHISELL we always say that the number one thing you can do to get that sexy jawline definition is actually by lowering your body fat percentage. We were already giving a lot of tips to our clients individually and at one point realised “hey, why don’t we just put it in the guide and give people for free?” and here we are. So we put on paper the program we are using to drop 3+ kilograms of fat a week when we want to.

We warn you, this guide is not for faint hearted. This program is hardcore and only around 10% of people will be able to complete it. You must follow every single step in order to get the result. Do that or you might as well delete this PDF right now.

WHAT? WHY? FREE?

During our road to better living I have distilled key actions we need to take to get ourselves back to our optimal weight. This is especially great for periods after intense deadlines like exams or projects during which it makes more sense to consume sweet caffeinated drinks to keep ourselves awake instead of opting for kale salad and 8 hours of sleep. This is the base - adjust it, drop stuff or add if you like, the main idea is simple and always has been a good no-brainer to start out with. If you are complicating it and thinking - "oh I don't have a blender to do this or oh I don't have proper running shoes to do that", you are completely missing the point. This is something any of you can do in any place of the world and in any weather conditions with at least few bucks in your wallet. Heck if you don't have few bucks you won't eat as much and maybe lose even more weight.

We have been developing this system for ourselves for around 4 years. It combines many different disciplines which we acquired at different periods. The combination of all of those disciplines is what makes this program so powerful. We want to warn you again, this program is hardcore and we expect that only around 10% of you would be able to complete it.

Why are giving it away for free? Simple, we are f**king tired of hearing people talk about how they take another 7-day diet, or sign up to a two-week weight loss dancing courses, or not eating after 8 o'clock in a hope to lose some weight fast. Well, we can with full assurance tell you, there is no shortcut to anything. If you want fast results, you have to have an insanely hardcore method. If all of those advertised things worked as they are marketed, we would be seeing a ton of slim fit people walking around. As you can clearly observe this is not the case. So if you are tired of this BULLSHIT and you want fast change, this guide is your best chance. If you will follow through not only will you get a more defined jawline, you will look better overall due to the drop in the unnecessary fat.

DAILY ROUTINE

List of things you will do every day for 7 days. Each element is important, if you think “oh I am not going to do this or going to do that” please delete the guide from your computer or close the tab. We want this guide to be used only by people who are serious about changing their look. If you are not - we do not want to work with you. Did you want no bullshit? Here you go!

1. **DRINK 1 GALLON OF WATER A DAY**
3.78 litres
2. **EAT 2 TIMES A DAY**
The 1st meal at 2pm, the 2nd meal between 6pm to 7pm
3. **EAT ONLY FOODS FROM PREP DAY SHOPPING**
Next page. No random snacks.
4. **CUT SUGAR ENTIRELY**
Not even in coffee or tea - no sugar, this is non-negotiable.
5. **CUT SALT ENTIRELY**
Yes, salt as well.
6. **10-MINUTE TRAINING EACH MORNING**
This is the easiest part of the whole program.
7. **STAY FOCUSED**
Mental state is the key to follow through.

PREPARATION DAY

Yes, you need a preparation day to get ready for the madness you are about to do. So here is how you prepare. First, you need to make it clear to the people you live with that you will be doing some crazy shit this week. This will drop some unnecessary questions and make all the awkwardness go away. Second, you need to go shopping. All in all, you would need around 50-70 bucks to buy your groceries for a week.

Here is the list of things you need to buy:

- 4-7 gallons of water (15 - 26 liters)
- 7 tomatoes
- 7 small cucumbers or 3 large ones
- Bag of spinach
- Bag of some other greens
- Green salad (key here is to have a total of 3 types of greens)
- 1 beet or other roots to your liking
- 1 zucchini or 1 squash
- 1 pepper (red, green, or yellow, I do not care)
- 3-4 avocados
- Chia seeds or sesame seeds, or flaxseeds (can buy all three as well)
- 7 bananas
- 7 apples
- 3 oranges
- 2 other fruit types to your liking, 7 of each
- Bag of nuts to your liking. (bag size should be enough to fit in a soup bowl)
- 3 cans of beans to your liking (red kidney beans, lentils, black beans, NO CORN)
- Box of quinoa, buckwheat, or brown rice (buy two of these)
- NO MEAT, NO DAIRY, NO FISH, NO EGGS - I think 70% of people will drop out already after reading that :) It is good, I only want the ones who really want to change to stay in the game.
- Big size plastic food box - if you already have one obviously do not buy an extra one

And that is it, this is going to be all of your food for the upcoming week. You will eat nothing except for what you have bought during this prep day.

What to do if you can't find everything on the list? You do absolutely nothing. Because if you did not find something on the list, means you will eat less this week, which is good for your weight loss. The next thing you do is you print the last page, you fill in the "why am I doing this" section with a pen, and you put this page somewhere visible in your room. Stick it on the fridge or on a door, your choice. Cross out exercise days after you have completed the training.

DRINK 1 GALLON OF WATER PER DAY

(3.78 litres)

When you drink a lot of water here is what your body subconsciously thinks. "Oh, it seems like there is plenty of water available around me, I then do not need to keep this much water so I am going to start dropping it down." So your body starts dropping a part of your fat reserves for the simple purpose that it expects it will not need to keep them because of large water availability around you.

- Buy a water bottle you can refill. Measure how many of these bottles you need to drink a day for it to be 1 gallon as a sum.
- Drink not less than 10 big sips at one time
- Drink water 2-3 times an hour

EAT 2 TIMES A DAY

1st at 2pm, 2nd 6pm - 7pm.

Just give your body some time to start using that stored fat for energy. When you do big breaks between meals you start using the unnecessary bulk you are carrying around for its natural purpose, which is damn energy. It makes no sense to carry around tens of pounds of energy you are never going to use. Logical right?!

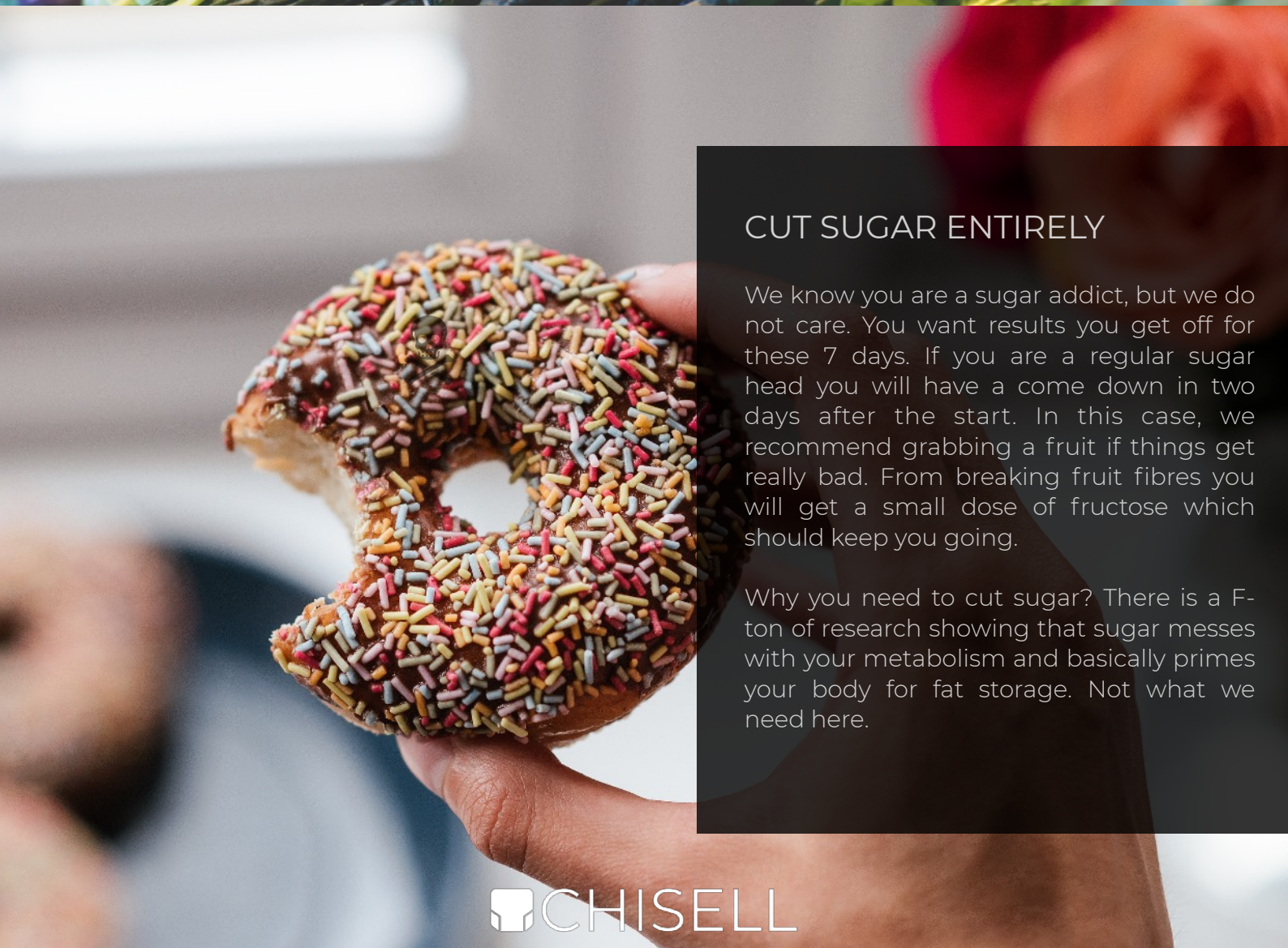
- When you feel hungry here is what to do. First do three full breaths in and out. Second, drink 10 big sips of water. This way you trick your stomach into thinking that food appeared and it will stop triggering special chemical which makes you feel hungry.
- Another tip for when you are hungry out of your mind – do something that takes your full attention. Go for a walk, read an interesting book, work on a project. Don't browse social media, because it is full of pictures of oil-guzzling, sugar-coated beef jerky ice cream sandwiches (or other things which are trendy).



EAT ONLY FOOD FROM PREPARATION DAY

There is a reason you bought exactly those foods. The combination is specifically designed to give you all the good nutrients, keep you alive, and make you burn calories like a Ford F-250 truck burns dinosaur juice.

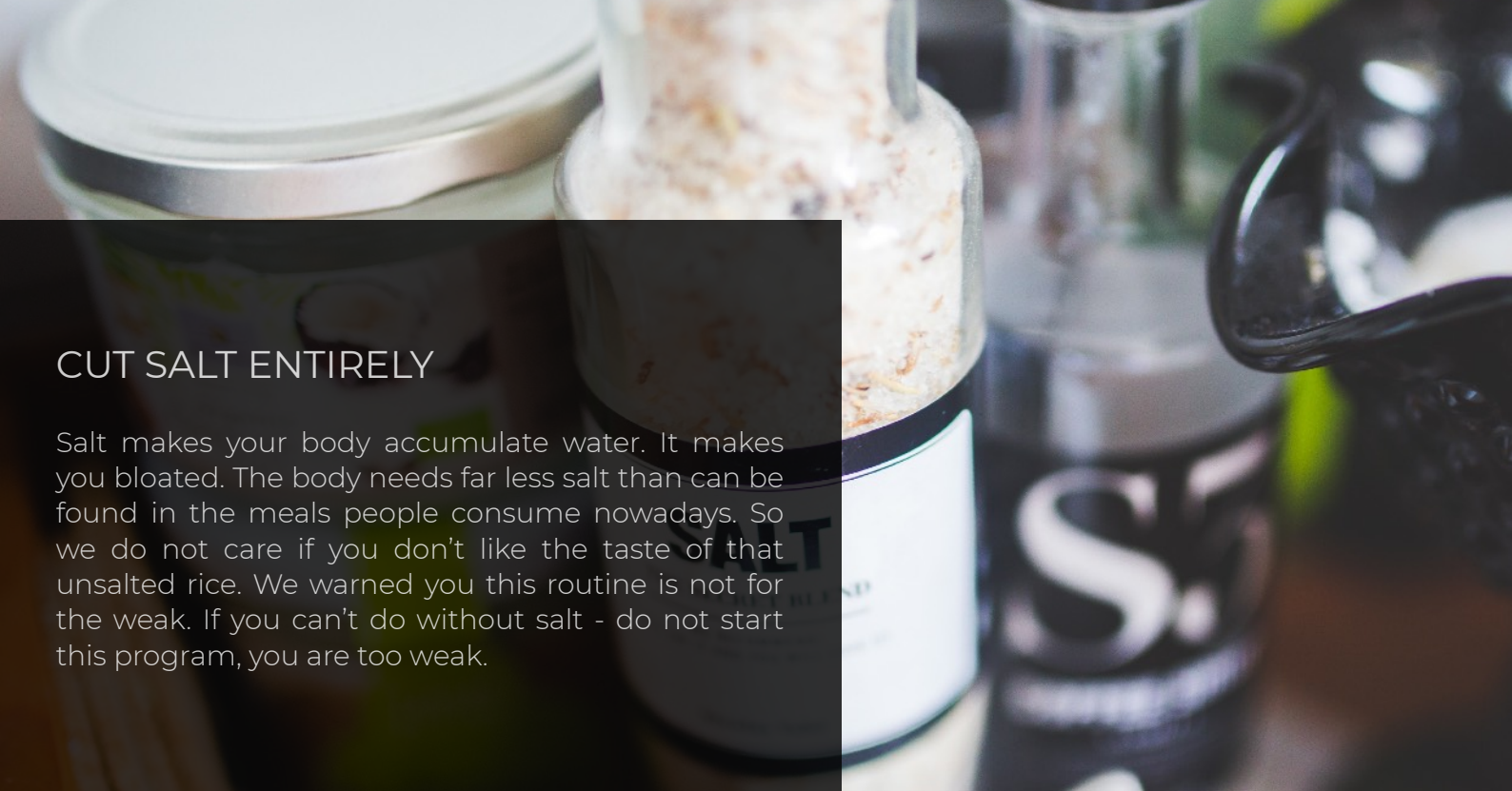
- For the 2pm meal cook the following. Cut all the veggies and greens into what we call “the everything salad”. Sprinkle with seeds. Boil rice or quinoa or buckwheat, and mix it with the beans of your choice. You can do it on the day before!
- Your second meal should be 3-5 fruits and a handful of nuts.
- People will not understand what you are doing, so you can always say that you are just not hungry.



CUT SUGAR ENTIRELY


We know you are a sugar addict, but we do not care. You want results you get off for these 7 days. If you are a regular sugar head you will have a come down in two days after the start. In this case, we recommend grabbing a fruit if things get really bad. From breaking fruit fibres you will get a small dose of fructose which should keep you going.

Why you need to cut sugar? There is a F-ton of research showing that sugar messes with your metabolism and basically primes your body for fat storage. Not what we need here.



CUT SALT ENTIRELY

Salt makes your body accumulate water. It makes you bloated. The body needs far less salt than can be found in the meals people consume nowadays. So we do not care if you don't like the taste of that unsalted rice. We warned you this routine is not for the weak. If you can't do without salt - do not start this program, you are too weak.



10-MINUTE TRAINING EACH MORNING

Yes, just 10 minutes is enough. In an intense 10km run, you will burn a medium big mac menu – way too little for you to depend only on exercise to lose fat, thus your efforts are focused on more effective techniques. Much of the weight loss benefits from training come even after few minutes of the workout, but with a much smaller effort.

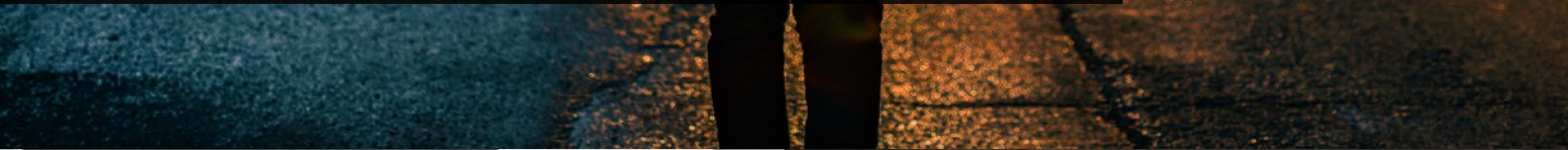
The type of workout you will be doing is called High-Intensity Interval Training. The idea is simple. You do exercises which keep your heart rate up on the max level for about 10 minutes. This state is most efficient for burning the max amount of calories. The key part is that you have NO BREAKS between exercises. You keep doing the whole program repetitively..

- Set your timer for 10 minutes. Even if the program is not finished in 10 min it does not matter. Just stop and pat yourself on the back!
- No breaks between exercises
- Breath fully to keep your body oxygenated

STAY FOCUSED

Your brain will try to stop you every single day. Seriously, the brain is designed to be lazy and to do the least work possible to survive. We are machines of optimization! It will give you quitting thoughts and it will produce resistant emotions. It is fine, just keep in mind that it is supposed to be like that. You need to remind yourself every day of what you need to do, and why you are doing it.

- Read the to-do list every day
- Say why you are doing this out loud every day. We can't f**king emphasize enough how important this one is. Neuro-linguistic programming is a whole discussion of itself, all you need to know is that this works.
- Do the above steps every morning and every evening.



OUR TEAM MEMBER 3KG DIFFERENCE AFTER COMPLETING THE PROGRAM

"This is me and what it looks like when you add or subtract 3kg of fat. Quite a significant difference right? Minus 3kg also automatically gives you a new phone. HAHA :) Currently I can at will go from left picture state to right picture state within 7-9 days. I would expect that those who are slightly more overweight than average would be able to drop more than 3kg a week with this program. The more shredded you are the harder it is to lose additional kilos and vice versa." Dmitrii.

WHY AM I DOING THIS MADNESS?

Write your main internal driver for going through this program. What is that you seek?

MY CURRENT WEIGHT

MY WEIGHT ON DAY 7

1. DRINK 1 GALLON OF WATER
2. EAT 2 TIMES A DAY.
3. ONLY PREP DAY FOODS
4. CUT SUGAR ENTIRELY.
5. CUT SALT ENTIRELY
6. 10-MINUTE TRAINING
7. STAY FOCUSED

EXERCISE SCHEDULE

Before you begin your exercise, put a timer for 10 minutes. Do everything from the exercise list for the day, once you finish the list - start it all over again, and again, and again, and again, until 10 minutes pass. Remember, NO BREAKS BETWEEN EXERCISES. I will say it again NO F**KING BREAKS BETWEEN THE DAMN EXERCISES.

I don't care if you can't do 5 push-ups or you are out of your breath after the 1st round. The point is that you should just keep going even if you can't. Please - it's just 10 minutes...Do your goddamn best for f-ing 10 minutes, that's all you need to do!

When your 10-minute timer rings, stop everything and put carve a big cross on the page you printed out. You can't replace the feeling of stacking these X's to the edge of the page!

Day 1	Day 3	Day 5	Day 7
<ol style="list-style-type: none"> 1. 5 push-ups 2. 5 squats 3. 10 ab crunches 4. 15 jumps (like rope jumping) 	<ol style="list-style-type: none"> 1. 6 push-ups 2. 6 squats 3. 12 ab crunches 4. 17 jumps (like rope jumping) 	<ol style="list-style-type: none"> 1. 7 push-ups 2. 7 squats 3. 14 ab crunches 4. 19 jumps (like rope jumping) 	<ol style="list-style-type: none"> 1. 8 push-ups 2. 8 squats 3. 16 ab crunches 4. 20 jumps (like rope jumping)
Day 2	Day 4	Day 6	Day 8
<ol style="list-style-type: none"> 1. 10 knee raises (run in place knees up high) 2. 5 squats 3. 10 lying leg raises 4. 10 jumping jacks 	<ol style="list-style-type: none"> 1. 12 knee raises (run in place knees up high) 2. 7 squats 3. 12 lying leg raises 4. 12 jumping jacks 	<ol style="list-style-type: none"> 1. 14 knee raises (run in place knees up high) 2. 9 squats 3. 14 lying leg raises 4. 14 jumping jacks 	<p>Drop your results to dmitrii@chisell.eu, we want to see how much you were able to progress.</p>