

Stew Smith's Downloadable Workout Series

The 45 Day Beginner Program

Dedicated as "The Father Hoog Workout"

Daily Affirmations:

I am Strong

I am Fit

I am Determined

I will Succeed

Waiver of Liability

What you are about to undertake is an advanced fitness program. Injuries may occur in any workout program as with this specific program written by Stew Smith. By downloading the program, you are waiving any liability to Stew Smith or StewSmith.com. This is a recommended program that has worked for many others. It may not be right for you. It is recommended that you consult a physician before undertaking any new fitness regimen.

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About the Author



Former Navy Lieutenant (SEAL) Stew Smith graduated from the United States Naval Academy in 1991 and received orders to Basic Underwater Demolition/SEAL (BUD/S) training, (Class 182). He has written workouts that prepare future BUD/S students for BUD/S since 1991, which are still in use today by SEAL recruiters - **The BUD/S Warning Order** and the books "**The Complete Guide to Navy SEAL Fitness**" and "**Maximum Fitness**."

Stew Smith writes about fitness and acing physical fitness tests and is the founder of Heroes of Tomorrow Fitness – an online fitness resource for people seeking military or law enforcement professions.

He is certified by the National Strength and Conditioning Association as a strength and conditioning specialist (CSCS) These books and eBooks can take you from beginner to a combat conditioned veteran. Let these workouts assist you in becoming a better conditioned athlete.

The following list is the published books he has written and the eBooks to his credit as well. All books and eBooks are fitness related and are simply written accounts of his experience as a trainer and his own athletic history.

Stew Smith's Published Books

The Complete Guide to Navy SEAL Fitness

Maximum Fitness – The Complete Guide to Navy SEAL Cross-training

The SWAT Workout

Common Sense Self Defense

The Special Operations Workout

The TV Watchers Workout

General Fitness and Nutritional Guides for Everyone

[The 45 Day Beginner Guide to Fitness – FREE – this ebook](#)

[The 45 Day Intermediate Guide to Fitness](#)

[The Diabetic Prevention Workout / Diet](#)

[The Athlete Workout - Rugby, Soccer, Lacrosse & Football](#)

[The Busy Executive Workout Routine](#)

[The Six Week Advanced Weight Training / PT Guide](#)

The Military Physical Fitness eBook Workouts

[New - Combat Conditioning Workout](#)

[Navy SEAL Workout Phase 1 Beginner Weeks 1-6](#)

[Navy SEAL Workout Phase 2 - 3 - Intermediate Weeks 1-12](#)

[Navy SEAL Workout Phase 4 Grinder PT - Four weeks before Hell Week](#)

[Navy SWCC Workout](#)

[The Army Special Forces / Ranger Workout Phase 1 & 2](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[USMC RECON Workout Phase 1 & 2](#)

[Air Force PJ / CCT Workout](#)

[NEW - The Coast Guard Rescue Swimmer Workout - NEW](#)

[Navy, Air Force, and Coast Guard OCS Workout](#)

[USMC OCS / TBS Workout](#)

[The Service Academy Workout \(West Point, Navy, Air Force Academy\)](#)

[The Navy, Air Force, Marine Corp Bootcamp Workout](#)

[The Army OCS and PFT Workout](#)

[The Army Air Assault School Workout](#)

[The Army Airborne Workout](#)

[The Air Force OTS Workout](#)

The Law Enforcement Physical Fitness Ebook Workouts

[The FBI Academy Workout](#) | [The DEA Workout](#)

[The FLETC Workout - Ace the PEB \(Border Patrol, ATF etc\)](#)

[The PFT Bible: Pushups, Situps, 1.5 Mile Run](#)

[The Public Safety Diver Workout](#)

[The Fire Fighter Workout](#)

Stew Smith's eBooks are sold on the following sites:

www.stewsmith.com
www.heroesoftomorrow.org
www.military.com
www.navyseals.com
www.policelink.com

And his published books can be found at local book retailers as well as

[The NavySEAL.com – SOCOM Store](http://TheNavySEAL.com)
www.amazon.com
www.bn.com
www.getfitnow.com

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Introduction

Bad lower back – Check out another FREE ebook:

The Lower Back Plan at www.stewsmith.com/lowerbackplan.pdf

Ever told yourself, "This is the year I am going to get fit?" Many start on the road to fitness only to fail within the first month. Too many Americans either do not exercise or eat well regularly. Usually the top three reasons for not taking better care of yourself are the following:

- 1) Do not know how
- 2) Do not have time to exercise
- 3) Do not like gyms

Well, I am dedicated to teaching you how to exercise, show you how to fit it into your busy schedule, and show you how to exercise in your own home! Here are some basic tips to getting started on the road to better health.

Ten Tips for Lifetime Leanness By Mike Ramsey

<http://www.mikeramsey.net>

Food Is Fuel. Going without breakfast because you're planning a big dinner is as silly as filling up your car's gas tank after you finish the trip. There is no "calorie bank". You can't eat more dessert by skipping breakfast or lunch. Missing meals slows your metabolism. You will never eat your way to fitness. No magic eating plan, no exact ratio of carbs to protein to fat will ever be the end all.

Eat What You Want. Eat all you want of the things that you know to be good for you; all of the grains, vegetables, fruits, and lean proteins that you enjoy. Eat only when you are hungry, and eat only enough to be not hungry. Don't eat until you are full. Eat as often as you can. If you look back only as far as your grandparents, they ate things which would be considered "bad" now. Why were they lean? Because they worked their ____ off.

The Body Needs Hard Work. Your body needs to work hard to function properly. The only way to be fit is to exercise on a regular basis; daily if possible. It should

be difficult. Physical stress causes the body to adapt and get stronger. Think about the last time you exercised regularly; you didn't get sick as often, you had more energy, and you were probably "happier". Make all activity vigorous.

Make Exercise Fun. Exercise doesn't have to be structured. If it's something you enjoy doing, you'll look forward to it. My son Stephen and I ride bikes home from his school in the afternoon. Even though it may only be a couple of miles, it's something that he and I enjoy together. I can't rely on it for my total exercise plan, but it is a part of the overall plan. Walk with the family to the post office, the grocery store, heck, even the ice cream shop. Ride bikes or in-line skate to the neighbors' house. Don't try to "make up" missed workouts. Jump right back into the next one. If you aren't looking forward to your next workout, do something else.

Get Strong. Find a way to incorporate strength exercise into your program. Weights are the easiest way to do this, but there are other ways. Slow, controlled calisthenics at home (pushups, crunches, twists, etc.), martial arts, even yoga and tai chi have elements of muscles working against each other (resistance exercise). Walk the stairs whenever you can. Even mowing the lawn can be considered resistance exercise. I resist it like crazy.

Have Realistic Expectations. Don't expect your body to look like a model's. I was a model for nine years and I never looked like the other models. When I finally quit trying to diet down to their size, I actually started looking good for me. The people booking the models liked me as me, better than me as someone else. Everybody wants something they don't have; skinny people want muscles, stocky people want to be thin. Take a good, honest look at your body. If you are skinny, do endurance stuff. If you are stocky, do activities which demand strength. You will feel better, get more fit, and reach a higher level of satisfaction by letting your body do what it does best.

Don't Do The Same Thing Forever. Every six weeks, or so, plan a change in your routine. Not only will your mind be more challenged, your body will have to adapt more often. The body is an amazingly adaptable machine. It will get very good at what you ask it to do. It will get very efficient at what you ask it

to do. It will begin to use less fuel for the same activity.

Be Patient. If you focus on the activities, and the achievement of progressing with performance, you will be less likely to feel failure from not looking exactly as you envisioned. How do you want to look a year from now? Two years? Ten years? Think about those time frames, and a pound or two on the scale won't seem so important.

Learn To Enjoy Solitude. Exercise is the best way that I have found to learn about myself. Sure, it's fun to be in a group occasionally, but you need to be able to discipline yourself to working your body, even if no one else wants to.

Do Now, What You Would Do Then. Imagine that you are in exactly the shape that you ultimately want to be. You're lean, strong, fit. You're the envy of all of your friends. All of your hard work has paid off. Once you've reached your goal, what would you do each day to protect your investment? How would you eat? How would you exercise? What would you NOT do? Would you skip workouts? If you can think about what you would do to protect a great body once you had it, you know what to do to get there. Doing the things to keep that body, will make your body become what you want.

Obviously, this list can't cover everything, but I hope that it will help you to remember that what you do today affects your health tomorrow. If you would like to find out how you can get help with your nutrition training, go to <http://www.mikeramsey.net>
Also see <http://snsonline.com>.

Let me help you be accountable for your own health and fitness level. I will be there with you through the peaks and the valleys and push you off a plateau. You will be surprised how I can help you online and over the telephone.

Kicking those bad habits and building GOOD habits!

This year I am getting healthy!

During your quest for longevity, try not to change too much in your life too quickly. Many people, in their annual search for health make broad resolutions that require several different life style changes. Quitting smoking, starting an exercise program and dieting all in the same week can be extremely challenging.

Tackling any ONE of the above is challenging enough. If you have any of the above vices or others, you may want to try one step at a time rather than trying "cold turkey - and all at once!" Here is a plan that will get you started on the right track.

Month 1 – Month 4:

Start exercising and drinking water NOW! You may find that you do not have to alter your diet at all as long as you are burning calories by exercise. By drinking anywhere from two quarts to a gallon of water a day and cutting back on soft drinks, you can lose up to 25-50 pounds this year!

The type of exercise you need to start doing is walking, biking or swimming for 20-30 minutes 4-5 times a week.

Months 5- 8:

Now you can pick up the physical fitness training a bit by lifting weights or starting a good calisthenics program. Exercises like pushups, pull-ups, crunches, and squats mixed with more walking or occasional running can boost your fitness level to new heights.

If your fitness program is not working for you at this time, you need to take a look at your diet and what you are consuming daily. If you are not losing weight by walking 4-5 times a week and drinking nearly a gallon of water a day, you need to consume fewer calories. This does not mean starve yourself - it simply means eating foods with fewer calories. More nutrients like fruits, vegetables, and lean meats cooked by methods other than frying would be a good start to changing your diet.

Month 9 - 12:

By this time, you should feel great about your physical progress and have more energy than you have had in years. Running, biking and swimming several times a week should be habit by now and feel refreshing and stress relieving after each workout. If you have not quit smoking cigarettes by now or at least tapered off, it is time to start trying a little more aggressively.

Usually, however, if you have maintained a fitness program this long, quitting has already occurred. But if you have not quit, now is the time to try either the "cold turkey" method or some type of patch method.

So in summary - start exercising now! Do not change your diet too much but with the addition of water and decrease of soda. Try to taper the smoking when you get into the groove of the exercising regularly - do not try all three at once!

The Five Phases of Fitness (Psychological)

1) Make a decision to get healthy...This takes 3-4 seconds but it takes about 2-3 weeks to make a habit - hang in there at least that long...and BUILD GOOD HABITS.

2) You doubt yourself. It is absolutely natural to have doubts about what you are undertaking. My advice is to start doubting yourself as quickly as possible and get over it. Realize self doubt is part of the process...Even SEAL trainees doubt themselves, but those who become SEALs conquer their doubt.

3) Conquer Doubt - You can do anything you set your mind to. That is what you just told yourself. This is where the mind and body connect. Use the workouts to be a catalyst in all areas of your life: work, relationships, school, etc...I am a firm believer that exercising your body will give you the stamina and energy to exercise your mind spirit and build better relationships with those around you...

4) Associate yourself with fit and healthy people. Now you are fit in mind and body. Your example will inspire others. Be a role model to another heavy person. People will be amazed by your new work ethic and work and play. Eating healthy is now a habit for you too...In fact eating crappy food makes you feel ill slightly..

5) Set and conquer a goal for yourself. Whatever you like - run, swim bike weight lift...Challenge yourself to run a 10k, lift 400 lbs etc...

The Father Hoog Story Motivation To Change Your Life – From Overweight to Healthy

Changing your life and deciding to do something different because you yearn to is something you read about, but I am here to tell you it can happen to you at any time in your life. Most of us all say to ourselves, "One day, I'd like to do that."

One day two men meet for the first time. One, a 52 year old Catholic priest and the other a 28 year old Navy SEAL Lieutenant. The two could never have foreseen the effect they would have on each others lives. I personally know first hand because I am Stew Smith, the Navy SEAL lieutenant.

The priest, Father Hoog, who was from St. Mary's in Annapolis, waited at his table at the Naval Academy Restaurant. I was stationed at the Naval Academy

and in charge of the remedial physical fitness program at the time, so I was accustomed to talking to people about fitness. But never had I undertaken such a project. Father Hoog's goal was to become a Navy Chaplain after almost 25 years as a civilian Catholic priest. I knew this was not going to be easy to accomplish and I figured I would put as much into his program as Father Hoog did.

Our first visit, was spent getting to know each other and I soon found myself talking about my choice to convert to Catholicism. The first meeting went well as we discovered we both could contribute to each other's lives. We decided that we would meet weekly to exercise and my job was to alter his weekly fitness program to meet the goals specified by the Navy. In turn Father Hoog helped me find faith in the Catholic Church and God. He was always willing to answer my basic questions about Catholicism and faith.

Father Hoog had to lose over eighty pounds, be able to do over 40 pushups, 60 situps and run a mile and a half under 13:00. The first week, we took a benchmark test to see where he should begin. Father Hoog could walk a mile, but not run at all. Pushups on his toes, which was the requirement, were nonexistent and his weak lower back was preventing him from being able to do situps. His high blood pressure was an issue as well and he was on medication for it.

Week one for Father Hoog was a week of walking, stretching, a few knee pushups and crunches. Everyday, I would see Father Hoog walking around the Naval Academy Campus. It was good to see he was determined to start, but would he keep up the vigor? We also realized that he had to watch the sweets, but decided not to start a rigorous diet the same week as an exercise routine. Exercise to a sedentary person is stressful enough, I did not want to add to the stress, so we decided to wait a month or so before we added a strict diet program. We tripled his water intake, for if there is such thing as a magic solution to losing weight it is WATER. He was drinking nearly a gallon a day and barely able to make it through an entire mass without rushing to the rest room. But the water helped flush his system, enabled the body to burn fat as an energy source more efficiently, and kept his body cool during exercise.

Within a few weeks, father Hoog showed no signs of weight loss and was getting frustrated. He was building muscle in areas that were inactive before, but he was losing fat at the same time. Father Hoog did not notice the change in body composition by the scale, but he did notice by the tape measure and the tighter notch on his belt. This was pleasing to both of us, but we still had 75 pounds to go.

Two months into the fitness program, we decided to start monitoring food intake. I made him write down everything he put into his mouth. This proved to

be the area where he needed the most help and the documentation of every piece of candy in between meals helped him realize that. Soon he had given up M&Ms, cookies and other sugary snacks for apples, oranges and other fruits. The water consumption helped out in this area as well, for most people confuse hunger with dehydration. A quart of water during the late morning and afternoon helped curb his appetite for lunch and afternoon snacking. It all made sense to him as I mentioned these tips, but changing dietary habits that are 50 years old is as challenging as beginning an exercise program. But Father Hoog was well on his way physically, so I started to have as much faith as he had determination. This was the month that his doctor reduced the high blood pressure medicine as well. So we were making progress. "You do not get out of shape overnight, you can't expect to get back into shape overnight either." I told him. So with that, he shifted into long term mode, which took off the stress on weigh in days.

At the sixth month, we had seen much progress. Father Hoog was now running with me for a few miles, then walking a bit in between. Father Hoog started running by just completing 50 yards at a time then walking 50 yards to catch his breath. We repeated this several time during the run / walk. This workout seemed to help rejuvenate the metabolism and melted nearly fifty pounds of Father Hoog away by Spring. It is not easy losing fifty pounds during the winter months, most people in the Northeast gain weight since it is colder outside and fewer activities available. But Father Hoog was now weighing just 230 pounds, could run the mile and a half in the prescribed time and pass the pushup and situps test. Our calisthenics program had paid off. Hundreds of repetitions of pushups, crunches, squats and even pullups and dips, helped Father Hoog add the strength he needed to pass the Navy Physical Fitness Standards for a fifty year old man. Now it was a battle with just thirty pounds. And of course, Father Hoog's own battle not to just pass the standards with the minimums, but he wanted to ace the standards and receive the highest score possible for his age group. This appealed to the Navy SEAL in me naturally, I always disregarded the minimum scores and only saw the maximums as goals.

I was amazed! He was still determined to keep on pressing. Accomplishing the physical fitness testing goals were a big relief for us both, but we had no idea how hard the next thirty pounds would be.

It was about Easter time now, eight months into Father Hoog's mission of becoming a Navy Chaplain and my mission of becoming Catholic. All along, Father Hoog helped straighten out the Catholics churches views on many controversial topics as well as explain the basics. I was able to do my first Confession with Father Hoog during the Easter week services and I soon was Catholic. My wife and I took the RCIA classes together, but she was born Catholic. It was good for both of us, especially since I surprised her one day almost a year earlier with the announcement I wanted to become Catholic.

The ninth month was depressing. It was the third month in a row on little or no weight loss. Father Hoog only lost five pounds in three months. With twenty five pounds to go, we had to change something to stimulate more weight loss. Father Hoog was stuck on a plateau, so I pushed him off with a course of weight training, more running, swimming and biking. This was the boost Father Hoog needed. Not only did these add challenges to his physical fitness program, it changed to tone of the workouts as well. The workouts were not easier, just different.

The change in pace seemed to work. After another two months, we were back on the road to losing weight steadily. Only fifteen more pounds to go. Now Father Hoog's running had skyrocketed to as many as ten miles nonstop. He could do ten pullups, over 60 pushups and 75 situps. Father Hoog well surpassed the maximum scores for his age group. He was now chasing the age group of Navy men ten years younger than him.

Then the day came! The day we stepped on the scales and he had lost all the weight he needed to lose. The scales tipped at a "lean, mean, preaching machine" of 200 pounds. We jumped, we hugged, we cried and thanked God. It was a moment I will never forget, in fact it has changed my life in many ways.

Two months later, the Navy came to St. Mary's in Annapolis. The church held a ceremony for Father Hoog and I was the Naval Officer who got to swear Father Hoog into the Naval Chaplain Corp. This was an especially happy month for me. My wife gave birth to a beautiful baby girl, Mary Elizabeth. Father Hoog was one of the first guests we had that day and Mary received her first blessing. Once again, Father Hoog impressed upon me that faith and love were as much a part of his life as hard nose determination. The Navy needed a man like Father Hoog and now has him.

I was addicted - addicted to that feeling of helping people reach their personal goals. I am now out of the Navy and started a fitness consultant business as well as freelance writing. I now have four fitness books published in the past three years. All using the same principles that I used with Father Hoog. In fact, my most recent book was dedicated to Father Hoog - Maximum Fitness. It features a 52 week workout program, nutritional chapter as well as hundreds of pictures to show beginners how to do the exercises properly. I also write a weekly fitness column for Military.com and have my own website - www.StewSmith.com , which is dedicated to helping people reach their fitness goals.

Want a new beginning? Try THIS Workout!!

Getting Started

The following stretching plan will assist you with getting started again safely and without as much post-exercise soreness.

Too many people above the age of 30 get injured no matter what they are doing. From shoveling snow, a pick-up basketball game and simply walking across a parking lot in winter, most injuries are strains or muscle pulls that can be prevented with a few simple stretching exercises done daily. The added flexibility will not only assist in injury prevention, but with speed workouts, better enable you to run faster. The following is a stretching routine that can be used whether you are a beginner or advanced athlete.

The Television Workout Option:

Did you know that there are 10 minutes of commercials for every 30 minute TV show? If you watch TV for an hour and exercise during the commercials, you can actually receive 20 minutes of metabolism charging exercise. See the TV Option Workout in the back or buy the TV Watcher's Workout for the complete Twelve Week plan.

The Stretching Program

Increasing one's flexibility should be the first goal before starting a fitness program. In fact, if you are thinking about beginning a fitness program and you have been idle for many years, you should stretch for an entire week prior to starting running, lifting weights, or doing any calisthenics exercise. It is OK to walk to warm up however. So, your first 1-2 weeks of starting a fitness program should consist of the following stretches 1-2 times a day, drinking 2-3 liters of water a day, and walking, biking or some other non-impact low intensity cardio activity for 10-15 minutes.

Follow the stretching chart after your workout. Hold these stretches or do these movements for at least 15-20 seconds each:

Shoulder Shrugs
Chest / Bicep Stretch
Arm/Shoulder Stretch
Tricep/Back Stretch (half moon)
Stomach Stretch
Lowerback Stretch
ITB / Hip
Calf Stretch
Hamstring Stretch
Thigh Stretch - standing or laying on floor

Stretch in this order to aid in major muscle group stretching. Stretching the connecting groups of the thighs and hamstrings first will assist in a more thorough stretch of the hams and thighs – the major muscle groups of the body.

Stretching and Warming Up

Holding these stretches for 15-20 seconds is the best way to end your workout. Do not bounce when performing these stretches and inhale deeply for three seconds, hold for three seconds and fully exhale. Do this twice per stretch. This will take you to the 15-20 second time minimum for holding these stretches for optimal results.

Explanations of the Stretches

Arm / Shoulder Circles - Rotate your shoulders slowly in big circles forward and reverse for 15 seconds each direction and as if you were swimming the backstroke and front crawl stroke.



Chest / Shoulder Stretch – Grab onto pole or wall and twist opposite of your arm until you feel the stretch in your chest and shoulder connection. Repeat with the other arm.



Arm Shoulder stretch – Grab arm with opposite arm and pull it across the body stretching the rear shoulder and upperback.



Triceps into Back Stretch - Place both arms over and behind your head. Grab your right elbow with your left hand and pull your elbow toward your opposite shoulder. Lean with the pull. Repeat with the other arm.



Abdominal Stretch - Lie on your stomach. Push yourself up to your elbows. Slowly lift your head and shoulders and look up at the sky or ceiling. Hold for 15 seconds and repeat two times.



Not pictured -

Lowerback Stretch #1 Sit on your knees in a fetal position. Try to take your head as close to your knees as possible. Put your chin to your chest and hold for 10 seconds. This helps stretch the upper back and base of the neck.

Lowerback Stretch #2 Lie on your right side. Place your top leg in front of you. Slowly twist your torso until your shoulders touch the floor. Hold for 15 seconds and repeat on the left side.



As you may know, the lower back is the most commonly injured area of the body. Many lower back problems stem from inactivity, lack of flexibility, and improper lifting of heavy objects. Stretching and exercising your lower back will help prevent some of those injuries.

Hip / outer thigh stretch – Sit down with your left leg crossed over your right leg. Grab the left leg with both hands around the thigh / shin (with leg bent) and pull toward your chest. Repeat with the other leg.



Calf Stretch into Achilles Tendon Stretch - Stand with one foot 2-3 feet in front of the other. With both feet pointing in the same direction as you are facing, put most of your body weight on your leg that is behind you - stretching the calf muscle.



Now, bend the rear knee slightly. You should now feel the stretch in your heel. This stretch helps prevent Achilles tendonitis, a severe injury that will sideline most people for about 4-6 weeks.

Hamstring Stretch - From the standing or sitting position, bend forward at the waist and touch your toes. Keep your back straight and slightly bend your knees. You should feel this stretching the back of your thighs.



Thigh Stretch Standing - Standing, bend your knee and grab your foot at the ankle. Pull your heel to your butt and push your hips forward. Squeeze your butt cheeks together keep your knees close together. Hold for 10-15 seconds and repeat with the other leg.(You can hold onto something for balance if you need to OR you can lie down on your hip and perform this stretch.



Descriptions and pictures of the exercises

Regular and knee Push-ups - Lie on the ground with your hands placed flat next to your chest. Your hands should be about shoulder width apart. Push yourself up by straightening your arms and keeping your back stiff. This exercise will build and firm your shoulders, arms, and chest.



Assisted Push-ups - Using a piece of furniture to place your hands 3-4 feet off the ground, lean into the furniture as shown. Straighten your arms, back, hips, and legs and push yourself off of the firmly placed piece of furniture. Bend your arms so that your chest touches the furniture. Repeat as required. **This is a great way to start out if you cannot do any push-ups at all.**



Bench Dips - Sit on a chair, bench or small table. Place your feet about three feet in front of you as you sit on the very edge of the seat. Now, grab the edge of the seat with your hands, lift your butt off the seat and lower yourself about 4-5 inches below the seat by bending your arms at the elbow.



Lower body Exercises

Squats - Keep your feet shoulder width apart. Drop your butt back as though sitting in a chair. Concentrate on squeezing your glutes in your upward motion. Keep your heels on the ground and keep your shins should be near vertical at all times. Extend your buttocks backward. Do not keep your buttocks over your feet and extend your knees over your feet.



The 1/2 squat - Intensify your squat by doing 1/2 squats. While in the full squat position, hold the pose and push yourself up and down within a 6" range of motion....just like riding a horse.

Walking squats - This is a regular squat but you add a side hop to it. Squat down in a full squat position. When pushing yourself upward, shuffle your feet to the left or right. Each step, stop and do a full squat. You can alternate left and right steps if you do not have much room or you can do 10 side squats to the left across a room then 10 side squats to the right back to your starting place.

Walking Lunge - The lunge is a great leg exercise to develop shape and flexibility. Keep your chest up high and your stomach tight. Take a long step forward and drop your back knee toward the ground. Standup on your forward leg, bringing your feet together and repeat with the other leg. Make sure your knee never extends past your foot. Keep your shin vertical in other words. Muscles used: quadriceps, hams, and gluteus.



Stationary Lunge - Take a big stride forward. Bend both knee as you lower yourself so your front thigh is near parallel to the floor. Lift yourself up so your knees are straight but your feet have remained in the same position. If you have bad knees either avoid the lunge exercise or only go half way down.

Abdominals

When you exercise your stomach muscles, make sure to exercise and stretch your back also. The stomach and lower back muscles are opposing muscle groups and if one is much stronger than the other, then you can injure the weaker muscle group easily - usually the lower back.

Regular Crunch - Lie on your back with your feet and knees in the air with the knees bent. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach. Keep your feet on the floor if your lower back is weak or previously injured.



Reverse Crunch - In the same position as the regular crunch, lift your knees and butt toward your elbows. Leave your head and upper body flat on the ground. Only move your legs and butt.



Right Elbow to Left Knee - Cross your left leg over your right leg. Flex your stomach and twist to bring your right elbow to your left knee.



Left Elbow to Right Knee - Cross your right leg over your leg. Flex your stomach and twist to bring your left elbow to your right knee.



Double Crunch - (Legs up) - Lie on your back with your feet in the air. Cross your hands over your chest and bring your elbows to your knees by flexing your stomach AND lift your hips off the floor as if you were doing a reverse crunch. This is two crunches in one movement. (Do not do if you have previous lower back injury)



Side Oblique Crunches – (Lovehandles)- Lie on your right side. Lift your legs about three inches off the ground and keep them in the same place throughout this exercise. Now, lift your shoulder off the ground only about three inches and repeat for specified number of repetitions. Switch sides and work the other love handle.



LOWER BACK EXERCISES

These exercises are to be done immediately following any large set of abdominals in order to balance out the torso with the opposing muscle group of the abdominals / lower back. You will find that a strong lower back will assist you in completing long load bearing hikes.

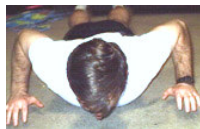
Prone Lower Back Exercise #1 - Lie on your stomach with your arms extended over your head. Lift your right arm and your left leg off the ground at the same time and repeat for specified number of repetitions. Switch arms/legs and repeat.



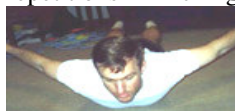
Lower Back Exercise #2 - Swimmers - Lie on your stomach and lift your feet and knees off the floor by flutter kicking repeatedly as if you were swimming freestyle.

Upperback exercise - (reverse pushups) - Lie on your stomach in the down pushup position. Lift your hands off the floor instead of pushing the floor.

This will strengthen your upperback muscles that oppose the chest muscles. Rear deltoids and rhomboids are the muscles used.



Upperback exercise #3 – (Birds) Lie on your stomach with your arms spread to the height of your shoulders. Lift both arms off the floor until your shoulder blades “pinch” and place them slowly in the down position. Repeat for 10-15 repetitions mimicking a bird flying.



The light weight shoulder workout – See Shoulder Workout in Workout chart...refer to these six exercises...

Do the follow sequence of exercises non-stop for ten reps each:

Lateral Raises – 10 (palms down)

Lateral Raises – 10 (thumbs up)

Lateral Raises – 10 (thumbs down)

Front Raises – 10 (thumbs up)

Cross overs – 10 (palms facing away from you)

Military press – 10

LATERAL RAISE

A safe and effective shoulder exercise with light weights. Over 5 pound dumbbells is not recommended for this exercise. Keep your knees slightly bent, shoulder back, and your chest high. Lift weights parallel to ground in a smooth controlled motion, keep your palms facing the ground. Follow the next 7 exercises without stopping.



THUMBS UP - After performing 10 regular lateral raises, do 10 lateral raises with your thumbs up, touching your hips with your palms facing away from you and raising your arms no higher than shoulder height.



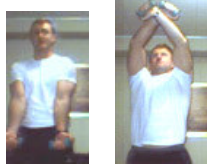
THUMBS UP / DOWN - Continue with side lateral raises. As you lift your arms upward, keep your thumbs up. Once your arms are shoulder height, turn

your hands and make your thumbs point toward the floor. Repeat for 10 times, always leading in the up and down direction with your thumbs.

FRONT RAISE (THUMBS UP) - Now, for 10 more repetitions, time to work your front deltoids. Lift the dumbbells from your waist to shoulder height keeping your thumbs up.

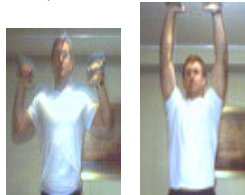


CROSS OVERS - With your palms facing away from you and arms relaxed in front of your hips, bring your arms up and over your head as if you were doing a jumping jack (without jumping). Cross your arms IN FRONT of your head and bring them back to your hips for 10 repetitions.



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Place one foot ahead of the other as shown and knees slightly bent to reduce strain on your lower back. Exhale as you push the weights over your head for 10 final repetitions in the mega-shoulder pump workout.. Slowly lower them to shoulder height and repeat. Muscles used are shoulders and triceps (back of arm).



Dumbbell Exercises

Biceps Curls

Place dumbbells or bar in hands with your palms facing upward. Use a complete range of motion and keep it smooth. Do not swing the weights. Nothing moves but your elbows. Muscles used: biceps (arms).



Hammer Curls

This is the same as a bicep curls except your palms are facing your hips. Alternate lifting each dumbbells like you were running - "hip to lip". Use a complete range of motion and keep it smooth. Do not swing the weights.



Tricep Extensions- (Back of the arm)

With weights in hands, bring your hands overhead and lower the weight toward the back of your neck. Make certain your elbows remain in one place through movement – next to your ears!. Repeat!



Weight Loss Help:

The following pages contain light reading concerning diet, nutrition, water intake and exercise. Over the next week, I recommend you to keep exercising and stretching. Also notice the caloric values charts attached and just how much exercise is required to “burn off” certain foods. The amount of exercise required to do this may deter you from eating that extra helping or midday snack during football games.

Enjoy – Stew Smith

Exercise and Healthy Eating the First Priority

The aim of an exercise program is to lose fat without losing muscle and without reducing metabolic rate. The exercise needs to be customized to fitness level and to specific goal of fat loss.

Together aerobic exercise and resistance training are the ideal combination of exercise to achieve fat loss and it should be part of your lifestyle.

Aerobic Exercise

Aerobic exercise metabolizes calories and raises the metabolic rate. The heart rate needs to be raised to a comfortable level for 20 - 30 minutes at least 3 times per week. By exercising aerobically, calories will be burnt at a rate of 300 + per hour depending on your weight and fitness level.

If you consider that just 1 pound of body fat has approx. 4,100 calories, then you can get a rough idea, of just how long it will take to shed those extra pounds permanently. Look again at how long it took to put them on, normally years or a complete lifetime of your own bodily abuse.

Personally, I recommend that you work at a level that you know that you can maintain for a minimum of 20 to 30 minutes. The debate comes in, when various fitness bodies suggest training at a high heart rate 75/90 % of max, for short periods or 55/80 % of maximum heart rate for easier longer periods.

In short try both methods, unless you are a complete beginner to fitness, in which case I would recommend training at a steady pace for as long as comfortably possible.

Aerobic exercise will also raise the metabolic rate for approx. 24 hours after you have finished training. This helps to burn up extra calories and prevents the metabolic rate declining.

Resistance (or weight) Training

Inactive people lose about 10 % of their muscle mass every 10 years after the age of 25. However with regular resistance training it is possible to regain this muscle mass.

Resistance training should be carried out 2-3 times per week for approx. 30 minutes. Although not generally effective as aerobic training for burning calories, resistance training will still burn about 250-500 calories per hour and will raise metabolic rate.

Weight training will not develop your body to resemble a body builder, but it will create the ability to burn more calories in a 24 hour period.

Another important point is that muscle will not turn into fat, if you stop training. The muscle tissue will naturally break down and shrink in size.

Important point because lean muscle tissue weighs more than body fat, your actual body weight may stay the same, during the early stages of your new lifestyle regime.

Don't be alarmed, the weight will come off, however if it does not, your overall ratio of body fat compared to lean muscle tissue, will certainly be in a healthier ratio.

Try and avoid using the scales for this reason, unless they can monitor your body fat as well, instead measure your body at various points e.g. your hips, chest, stomach and thighs. Using an item of clothing is also a good way to measure yourself, as with a bit of time and dedication, you will find that the clothing fits you properly. You will at a point lose inches and stop losing weight for about a 2-4 week period typically.

Healthy Eating

Good nutrition is very important for fat loss, and focusing on health and health promoting foods is far more productive than focusing on fat loss and denial of favorite foods.

Adopting a whole food diet, avoiding salt, fat, sugar, additives, preservatives, processed and refined foods, needs to become part of a life style change.

By increasing natural foods with a high fiber and water content (fruit and vegetables) more food can be eaten to appease the appetite without gaining weight.

A whole food diet also has a much higher vitamin and mineral content than a typical diet containing processed and refined foods. Dieting is such a negative term – I like to think of it as “eating to lose weight.”

The following charts compare the caloric value and expenditure values of different foods and activities respectively. It is important to realize just how much work is required to burn off certain foods. For instance, to burn the amount of calories in a chocolate chip cookie, it requires a person to walk vigorously for over 20 minutes. A cookie has a caloric value of 110 calories. A person must walk for a 20 minute time period to burn off that one cookie.

Below are others foods and activities to better drive home the seriousness of watching your calories:

Nutrition Section

OVERALL DIET FOR BURNING FAT AND GETTING LEAN

Written by Jud Dean Nutrition/Dietetics University of Delaware

You have entered into a stage of “action” and now that you have spent the money you have committed yourself, at least financially, to starting a healthy lifestyle. Why waste your money to just have a book collect dust? Follow the programs in this book and you will have made a great investment. An investment that will pay dividends later on in life, when you have far fewer health problems than your peers who sit on the couch all day eating junk food. Now about your diet and how it can help you reach your goals.

The biggest problem most Americans have is lack of knowledge about nutrition. They are stuck in the past where 3 squares a day is the best way to eat. They are very wrong! And of those most Americans really only eat 2 meals a day, and they are massive meals. The smartest way to lose weight is to consume multiple meals. Ten percent of the total calories burned during a day come from consuming food, whether it is from chewing and swallowing or digesting. So the more OFTEN you eat the more your body has to work, this will increase your metabolism and help you burn off fat. You should try to eat 5 to 6 meals a day. Not large meals, LIKE WOW I AM STUFFED MEALS. The goal is to eat enough to get you to your next small meal, roughly 3 hours, since that is how long it takes for the stomach to completely empty.

To do this you must have an understanding of portion control, often times what restaurants serve is 3 to 4 times what an actual serving size is. For example, a serving of meat is about the palm of your hand or a deck of playing cards. So instead of clearing your plate, get a doggy bag and bring it home with you for two of your meals the following day. The other problem people have is that they eat too much food in the wrong food groups, and not enough in the right ones. When you are making your meals at home split your plate into three parts. First in half, and then take one of those halves and split that in half. So your plate will have three sections two smaller sections and one larger section. The food that will fill these sections should be split up accordingly: vegetables or fruits in the large area, meat and carbohydrates should fill the two smaller areas. By doing this, you will cut down dramatically on calories and fat.

The next topic I would like to discuss, are the three major areas of macronutrients: protein, carbohydrates, and fat. Proteins are the food for muscle. Your body takes the amino acids from digested proteins and uses them for muscle repair. There are two different categories of proteins—whey (the one found in most shakes and supplements) and casein (found in milks); it is

essential that you consume both types of protein. You want to consume the whey proteins, which are in egg whites, fish, and protein powders early in the morning or after a workout. Whey is the Ferrari of protein; it gets in the blood stream quickly after a workout. Your body needs this quick hit, so it can start repairing again. The same is true after you wake-up; your body has been sucking nutrients all night, and needs a quick fix to start muscle repair, growth, and activate your metabolism. The other type of protein, casein, is slowly digested. It takes a while but it gets the job done every time. This type of protein is going to be best consumed in the middle of the day, so that your body is getting a constant supply of protein all day long as it is slowly digested. It can be found in foods such as red meat, poultry, and whole eggs. Remember, even though protein is not as bad as fat, it can still make you fat. Excess anything can make you fat because it is going to cause excess calories.

Carbohydrates have been getting bad publicity over the past few years thanks to the Atkins diet and many other fad diets. Since Stew has you on a tough workout plan you better get your carbs or else you are not going to be performing at the best of your abilities. Natural carbs (like in fruits / vegetables) are the energy builder within the body. Without enough carbohydrates, you are going to feel very lazy and not have enough energy to complete the task given in the workouts. Carbohydrates are also essential in helping the body absorb protein, which in turn helps the muscles grow and repair. Now the amount of carbs that you consume is dependent on how hard you are training, but a good starting point is 2 grams per pound of body weight per day. So, if you weigh 200lbs you should consume 400 grams of carbohydrates. Remember, as weight loss progresses to change your carbohydrate intake accordingly, because excess calories are what are going to make you fat.

Now for the scary word, or the word everyone thinks is scary FAT!!! In my diet, I try to consume a smaller amount of fat than most do. The Dietary Guidelines suggest a diet between 20-35% fat. I am on the lower end of this scale; I do not think you should consume 35% of your diet from fat, even if it is "healthy" fat. The different types of fats are polyunsaturated fats, monounsaturated fats, saturated fats, and trans fats. Monounsaturated are the healthiest and our body needs a certain amount for survival, however the other types should be consumed in very small amounts. Monounsaturated fats are found in products such as olive oil, and nuts, while saturated fats are your cookies and chips. Polyunsaturated fats are found in salad dressings, and mayo, while trans fats are pastries and candy. The key to keeping a low fat diet is to find alternatives to the fat you are consuming. For example, instead of eating butter, use Smart Balance spray. Instead of mayo use honey mustard, or find no fat mayo. This is the key to all of the above macronutrients; you need to eat the healthiest ones you kind find.

Here is a list of some healthy and unhealthy foods in each of the categories discussed:

PROTEIN

UNHEALTHY

Fried Chicken
Hamburger
Cheese
Fatty Steak
2% milk
Tuna and mayo

HEALTHY

Chicken Breast – no skin
Ground Turkey Breast
non-fat Cheese
Deer Steak
skim milk
tuna and honey mustard

CARBOHYDRATES

White Bread
White Pasta
White Rice
White Potato
Boiled Vegetables

Wheat Bread
Wheat pasta
Brown Rice
Sweet Potato/Yam
Steamed Vegetables

FLUID INTAKE

Fluid intake is a major problem in the United States, as many people do not consume enough. Often people think that they are hungry when they are actually thirsty! Fluid, namely water intake is crucial as water is a key factor in almost every bodily function and reaction. By drinking enough water your body will burn stored fat for energy, and if the water is cold, your body will burn fat by trying to warm it up. I consume far more water than the recommended 8 glasses (64 oz.). With the Police officer and SWAT workout, I recommend one 32 ounce Gatorade half before workout and half after, along with four 32 ounce bottles of water sipped on throughout the day would be a good bench mark. If you feel dehydrated drink more. The rule of thumb is if your pee is not clear drink more. A good way to help curb your appetite is to consume two glasses of water prior to eating your dinner, 15 minutes before eating, drink water, it will help fill your stomach and cause you to eat less, if weight loss is your goal.

WHAT TO EAT PRE AND POST WORKOUT

Prior to your workout, you should consume carbohydrates, some fats and some protein. The key is to have enough carbohydrates and fat to make it through the workout. The carbohydrates should be both slow and fast digesting. Slow would be a yam, pancakes (whole wheat), or oatmeal, and fast would be fruits. A sample pre-workout meal would consist of whole-wheat toast with peanut butter and jelly, oatmeal (Kashi), a banana and apple or strawberries. This combination will give you the fast acting carbs in the fruit for immediate energy, the slow in the oatmeal for sustained energy and a little protein, and the peanut butter is fat for a little extra kick when you hit the wall and think you cannot go any further.

Your post workout meal should include the following macronutrient breakdown: if you are trying to get lean: protein .20 grams per pound of bodyweight, 30-45 grams of carbohydrates, and less than 5 grams of fat. So if you weigh around 200lbs you will consume around 40 grams of protein, 40 grams of carbohydrates, and 5 grams of fat. If you are not worried about weight gain, and are working out very hard you can up the amount of carbohydrates to as high as 80 grams. If you are very worried about weight gain lower the fat and the carbohydrates.

ONE WEEK BEFORE A PFT

The week before your goal date, I am sure Stew will have you tapering your workouts down, but this does not mean you taper your nutrition. There is a big difference between having an off day and a rest day. A rest day means you do not workout or you workout very lightly, but your diet is still going strong. An off day means you take off of everything, you don't workout and you eat poorly. You don't want to have off days, maybe once a week you give yourself a snack, I consume a regular size TCBY once a week with Snickers on top. Maybe you will want to have a small fry from McDonalds. During the PFT week you want to consume food that will give you the sustained energy to kick butt on test day. We have already discussed a pre-workout meal and that is the style of meal you should eat the morning of your PFT. You don't want your body to have to deal with anything new or different on test day, your body should think it is business as usual.

If your test day is Saturday morning, you should start consuming more liquid than usual on Tuesday and carry that through the test day.

On Wednesday night make a batch of pasta; I like to make angel hair, ground turkey breast, nonfat marinara sauce, and 3 bell peppers.

This will be your meals for Thursday afternoon, night, and Friday afternoon. This is the carb loading that will give you extra energy on Saturday when you

take your test. You may get tired of the pasta, but eat it until it is completely gone. It normally takes me about 5 meals to complete the batch, three meals on Thursday and two on Friday.

Remember to consume a lot of fluid this week; I like to drink a Gatorade prior to bed on these nights so that my body has extra fluid and electrolytes as I sleep. You will get tired of waking up to use the restroom, but it will all be worth it come Saturday afternoon when you are getting your best score ever. Lastly, I recommend trying this a few times before your test day, set aside a couple of Saturdays a few weeks out from your test to have a practice run and see how your body feels. This way you can make changes that personally fit your body type. Nutrition is very personalized so you may have to change a thing here or there to give yourself the best chance at success.

WEEKENDS!

Lastly do not think the weekends are free time to eat and act however you want. According to the *Journal of Obesity Research*, Americans consume an extra 115 calories per day on the weekends, this means that with 104 weekend days a year that the extra 115 calories will add up to an extra 3.5 lbs a year. Be smart and cheat smart, do not sabotage your weekday efforts with carefree weekends.

If you mix in one or two short workouts in the day you can make your mini-meals protein and carb enriched to replenish your energy level and give the body needed muscle building / fat burning fuel. The chart below will help you with ideas of how to use this diet in your day with a variety of foods. Each one of the blocks represents an idea of what to do for that meal. Do not think you can eat the entire column and still be on the diet – pick a block and eat and always drink water. For more ideas you can see my motivating diet plan page.

Overall, it is important to keep up the habit of moving more and eating better foods for you. These tips can help you prevent unneeded weight gain. See Fundamentals of Nutrition Chart below and on the next page:

The Fundamentals of Nutrition		
Morning Meal (Serving = fist size) Eat 2-3 servings of any *minimal fat - 1 qt water	Proteins – boiled egg whites, yogurt, milk, lean meats, protein shake, vege beef stew...	Carb/Protein mix – some fruits like grapes, bananas, blueberries – cereal with milk...
Mid Morning Meal Eat 1 serving	Slimfast meal bar, boiled egg, Go-Gurt, Tuna...	Fruit salad, apple, orange, banana etc...
Lunch 1 qt water	Chicken, tuna, fish, lean meat sandwich on wheat bread, no mayo – mix meat with salad →	Mixed salads with variety of vegetables – green leafy lettuce, broccoli, carrots, tomatoes, onion
Mid Afternoon Meal 1 qt water	Optional – peanuts, almonds = high calories	Optional – juice, fruit, vegetable – small salad
Evening Meal 1 qt water	Lean chicken, fish, meat, broiled NOT FRIED	Large Salad – above eggplant

Pre – Post Workout Meals	
Before Your Cardio Workout	Before Your Lifting or PT Workout
Carbohydrates – 75 – 100%	Carbohydrates 75% & Protein 25%
Prior to running, swimming, biking etc...at medium to high intensity levels for 30-40 minutes, it is best to eat a small snack to boost sugar levels in your body especially if your workout is before your morning meal. After a night of sleeping and not eating for over 10-12 hours, you need a boost to help you get through the workout. Fruit or fruit juice is fine 20	1-2 hours prior to lifting eat protein foods and carbohydrates so the protein is there for you after the workout. Lifting weights and doing high repetition calisthenics will break down your muscles and require protein immediately after your workout – within 30 minutes. Foods high in carbohydrates to replace the loss of glycogen stores are needed within this

minutes prior to workout and during is fine. Foods with small amounts of protein can be eaten pre-workout and will help post workout requirements of protein too. Sample Ideas for pre-workout snack are:	time too. For a great rule of thumb – after you workout eat protein, carbohydrates and minimize fatty foods. Foods that should be considered are:
<p>Bananas, apples, oranges, carrots, juice, Gatorade, (any fruit of choice really).</p> <p>Before workouts longer than 30-40 minute, add some protein to stabilize absorption rates so you can last longer:</p> <p>Eat the following about 1-2 hours prior to exercise: Yogurt, protein drink*, milk, boiled egg, slice of meat or cheese, Slimfast meal replacement bar Sip water and carbohydrate drink throughout the workout</p> <p>*Met-rx powder is highly recommended – I like to take ½ of recommended amount.</p>	<p>Pre-workout ideas for lifters / PTers: Bananas, berries, boiled eggs, tuna fish, Met-rx Drink / bar.</p> <p>Protein or carb replacement drinks are great if post workout occurs mid-day or early morning. See above meal options for protein and carbohydrates sources and these below:</p> <p>Tuna, chicken, boiled eggs, and green leafy salads with tomatoes, broccoli, cucumber, carrots, onions, and light dressing or oil.</p>

Post Workout Meals
<p>The key is to replace <u>carbohydrates and electrolytes</u> lost during the workout – drink Powerade / Gatorade immediately after workout</p> <p>Another important factor is to <u>add protein</u> to help rebuild muscles – see above meal / snack ideas within 30 minutes of workouts</p>

DEHYDRATION

It is easy to design a dehydration diet that results in losing 10 lb. of water within several days. Many people are encouraged by these rapid results. Dehydration of only 2-3 % of body weight can result in a drop in physical performance.

Your body is over 75% water and needs this percentage to remain close to that amount in order to function properly. Sweat is not only water, but salt and electrolytes. These compounds help regulate nerve and muscular function. Without them entire systems start to break down and this can be fatal. Also, once you stop sweating, there is no mechanism in your body to regulate body temperature and you could overheat and die from heat stroke.

Removing additional water from your digestive system by diuretics and laxatives causes the kidneys to overwork and eventually stop functioning. When this occurs the liver assists the body in excretion waste products (if it can) and it stops with its primary mission of metabolizing fat as an energy source. So in a nutshell, you shut down your entire metabolism and your body tries desperately to cling onto any remaining water and fat. This actually can cause the opposite desired affect – your body now is retaining water and fat just to survive. I call this camel mode.

This process is a vicious cycle. The true way to burn fat and lose weight for the long term is to actually drink water plus exercise. I usually drink over a gallon of water a day but I exercise for more than two hours a day usually. I would recommend 2-3 quarts for women and 3-4 quarts for men per day of water to see huge results in weight loss. The equation looks like this:

Fat loss = water + oxygen (from cardio vascular exercise)

Typical and safe weight loss amounts range from 2-3 pounds per week from using this formula. Any weight loss more than that and you are losing water weight – which will come back as quickly as it left.

Exercise and Healthy Eating is the First Priority

The aim of an exercise program is to lose fat without losing muscle and without reducing your metabolism – the ability to burn fuel / calories for energy. Good nutrition is very important for fat loss, and focusing on health and health promoting foods is far more productive than focusing on fat loss and denial of favorite foods.

Adopting a whole food diet, avoiding salt, fat, sugar, additives, preservatives, processed and refined foods, needs to become part of a life style change. By increasing natural foods with a high fiber and water content (fruit and vegetables) more food can be eaten to appease the appetite without gaining weight.

A whole food diet also has a much higher vitamin and mineral content than a typical diet containing processed and refined foods. Dieting is such a negative term – I like to think of it as “eating to lose weight.” Together aerobic exercise

and resistance training are the ideal combination of exercise to achieve fat loss and it should be part of your lifestyle.

Here are a few examples of common foods, a typical portion size and their approximate caloric values. (These caloric values are measurements for a basic serving size. Check the nutrition information on the labels of your foods, or measure your servings, to determine caloric value.)

As you can see, to burn off these common foods requires a significant amount of time and exercise. The most important thing to remember is:

CALORIES IN < CALORIES OUT = WEIGHT LOSS

Food	Serving Size	Calories
American Cheese	one slice	70
Apple	one medium	80
Apple juice	8 fluid ounces	120
Bacon	2 slices	80
Bologna	1 ounce	90
Caesar salad	10 ounces, with dressing	520
Cheesecake, plain	1/4 of 19-ounce cake	330
Chicken breast	6 oz	280
Chicken egg, hard boiled	1	77
Cola	8 fluid ounces	100
Frozen waffles	2 waffles	220
Ham, sliced	9 oz	100
Hamburger roll	1 roll	130
Macaroni and cheese, packaged dinner	7.5 ounces	260
Milk	8 fluid ounces	160
Pasta	2 cups	300
Potato, baked	7 oz	200
Potato Chips	1 ounce	150
Salad, tossed various	12 oz	50
Tuna fish, canned	4.5 oz	120
Tortilla chips, baked	4 oz	200
Yogurt, Fruit	6 oz	80

A good caloric intake for women seeking to lose a few pounds with moderate exercise is 1500-1800 calories a day. Any less than 1500 calories should be approved by a registered dietician / nutritionist.

For men with the same goal: 1800-2000 calories a day

NOTE: - In the 45 Day Chart workout below, you will see Repeat 5-10 times - Basically, repeat the events under the above phrase until you reach another line. Exercises like Bike 20:00 or ab routine, fullbody stretch, or shoulder workout ARE NOT to be repeated several times – JUST ONCE.

Usually this repeat has to do with jumping jacks and pushups and some dumbbell exercises.

The 45 Day Chart is the daily minimal amount of recommended exercise you need to do in this workout plan. The next page after the chart is the supplemental program and is additional exercise to assist with fat burning and abdominal toning IF you feel like you want to continue working out in addition to the 45 Day workout chart.

<u>Day 1</u> *Walk / run /bike - 15:00 Fullbody stretch	<u>Day 2 Repeat 5 times</u> Pushups - 10 / Crunches – 10 <u>Shoulder workout</u> Fullbody stretch	<u>Day 3</u> Walk / run / bike - 15:00 Fullbody stretch	<u>Day 4 Repeat 5 times</u> Bicep curls / triceps ext – 10 <u>Shoulder workout</u> Fullbody stretch	<u>Day 5</u> Walk / run / bike - 15:00 Fullbody stretch
<u>Day 6 Repeat 5 times</u> Walk / run / bike - 3:00 squats - 20 Fullbody stretch	<u>Day 7</u> Walk / run / bike - 15:00 <u>Shoulder workout</u> Fullbody stretch	<u>Day 8</u> Repeat 5 times Jumping jacks - 10 Pushups - 10 (no rest) Fullbody stretch	<u>Day 9 Repeat 3 times</u> Walk or bike 5:00 squats - 20 lunges - 10/leg Fullbody stretch	<u>Day 10</u> walk / run / bike - 15:00 <u>Shoulder workout</u> Fullbody stretch
<u>Day 11</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch	<u>Day 12 Repeat 5 times</u> Jumping jacks - 10 <u>Pushups - 10</u> Fullbody stretch	<u>Day 13</u> Walk / run / bike - 15:00 crunches -50 Fullbody stretch	<u>Day 14 Repeat 5 times</u> jumping jacks - 10 <u>Pushups - 10</u> Fullbody stretch	<u>Day 15</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch
<u>Day 16 Repeat 5 times</u> Bicep curls / tricep ext - 10 <u>squats - 20 / lunges - 10</u> Fullbody stretch	<u>Day 17</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch	<u>Day 18 Repeat 5 times</u> Pushups - 10 Squats - 20 Fullbody stretch	<u>Day 19</u> walk / run / bike - 15:00 crunches - 50 Fullbody stretch	<u>Day 20 Repeat 5 times</u> Pushups - 10 Squats - 20 / crunches - 20 Fullbody stretch
<u>Day 21</u> Walk / run / bike - 15:00 <u>Shoulder workout</u> Fullbody stretch	<u>Day 22 Repeat 8 times</u> jumping jacks - 10 <u>pushups - 10</u> Fullbody stretch	<u>Day 23</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch	<u>Day 24 Repeat 5 times</u> Pushups - 10-15 <u>Squats - 20 / Crunches - 20</u> Fullbody stretch	<u>Day 25</u> walk / run / bike - 15:00 crunches - 50 Fullbody stretch

<p><u>Day 26 Repeat 5 times</u> Walk / Run / Bike 3:00 <u>squats - 20 / lunges - 10 / leg</u> Fullbody stretch</p>	<p><u>Day 27 Repeat 5 times</u> Bicep curls / tricep ext - 10 <u>Crunches - 20</u> Fullbody stretch</p>	<p><u>Day 28</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch</p>	<p><u>Day 29 Repeat 8 times</u> Jumping Jacks - 10 <u>Pushups - 10</u> Fullbody stretch</p>	<p><u>Day 30</u> Walk / run / bike - 15:00 crunches - 50 Fullbody stretch</p>
<p><u>Day 31 Repeat 4 times</u> military press - 10 Tricep ext - 10 / pushups 10 Crunches - 25 Fullbody stretch</p>	<p><u>Day 32</u> Walk / run / bike - 15:00 crunches – 50 <u>Shoulder workout</u> Fullbody stretch</p>	<p><u>Day 33 Repeat 5 times</u> walk / run / bike - 3:00 squats - 20 lunges - 10 / leg Fullbody stretch</p>	<p><u>Day 34</u> Walk / run / bike - 15:00 crunches – 50 <u>Shoulder workout</u> Fullbody stretch</p>	<p><u>Day 35 Repeat 10 times</u> jumping jacks - 10 pushups 5-10 crunches - 20 Fullbody stretch</p>
<p><u>Day 36</u> Walk / run / bike - 15:00 crunches - 75 Fullbody stretch</p>	<p><u>Day 37 Repeat 5 times</u> military press - 10 <u>tricep ext - 10 / pushups- 10</u> Fullbody stretch</p>	<p><u>Day 38</u> Walk / run / bike - 15:00 crunches - 75 Fullbody stretch</p>	<p><u>Day 39 Repeat 5 times</u> Squats - 20 lunges - 10 / leg Fullbody stretch</p>	<p><u>Day 40</u> Walk / run / bike - 15:00 crunches 75 Fullbody stretch</p>
<p><u>Day 41 Repeat 5 times</u> military press - 10 Tricep ext - 10 / pushups- 10 Crunches - 25</p>	<p><u>Day 42</u> Walk / run / bike - 15:00 <u>Shoulder workout</u> Fullbody stretch</p>	<p><u>Day 43 Repeat 10 times</u> jumping jacks - 10 squats - 20 crunches - 20</p>	<p><u>Day 44</u> Walk / run / bike - 15:00 <u>Shoulder workout</u> Fullbody stretch</p>	<p><u>Day 45 Repeat 10 times</u> jumping jacks - 10 pushups - 10 crunches - 20</p>

Below - Supplemental Fitness Chart – Add only if you feel like increasing your cardio / abdominal exercises from above chart.

Follow the above chart for the minimum daily amount of exercise recommended – this is supplemental workout ideas...	Standard abdominal routine Do almost daily Days 1-10	Standard abdominal routine Do almost daily – Days 11-20	Standard abdominal routine Do almost daily – Days 21-35	Standard abdominal routine Do almost daily – Days 36-45
*walk/bike/run = walk, bike or run for time given...	walk /bike – 20-30:00	walk /bike – 20-30:00	walk /bike – 20-30:00	walk /bike – 20-30:00
Add one column on this page as the workout progresses as an optional portion to the program.	Shoulder workout Standard crunch routine on floor Reg crunch – 20 Rev crunch – 20 Double crunch 20 Left crunch – 20 Right crunch – 20 Side crunches – 10 each side (love handles) Lowerback R arm / L legs lifts L arm / R leg lifts ::30 each way swimmers – ::30 rev pushups 10-20 birds – 20	Shoulder workout Standard crunch routine on floor Reg crunch – 30 Rev crunch – 30 Double crunch 30 Left crunch – 30 Right crunch – 30 Side crunches – 30 each side (love handles) Lowerback R arm / L legs lifts L arm / R leg lifts ::30 each way swimmers – ::30 rev pushups 20 birds – 20	Shoulder workout Standard crunch routine on floor Reg crunch – 40 Rev crunch – 40 Double crunch 40 Left crunch – 40 Right crunch – 40 Side crunches – 40 each side (love handles) Lowerback R arm / L legs lifts L arm / R leg lifts ::30 each way swimmers – ::30 rev pushups 20-30 birds – 20-30	Shoulder workout Standard crunch routine on floor Reg crunch – 50 Rev crunch – 50 Double crunch 50 Left crunch – 50 Right crunch – 50 Side crunches – 50 each side (love handles) Lowerback R arm / L legs lifts L arm / R leg lifts ::30 each way swimmers – ::30 rev pushups 30+ birds – 20-30

This creates some flexibility and a minimum standard for you go by on a daily basis...

Appendix – Diet Plan Article / Chart

For this diet, the goal will be 5-6 meals a day, spaced out every three hours. The stomach takes about three hours to empty, so try to keep it full but never stuffed. The small meals are just enough to keep you satisfied until your next meal. Remember, when you skip meals your metabolism slows down and you will not burn calories as well. Eating and exercise actually boost your metabolism. The base of the diet will be high protein, enough complex carbohydrates for the workouts, and low fat. If you have your exercise routine all figured out – great. If not, one of the eBooks from the Military.com Fitness Store, you will now have the tools to really get lean this summer. Here are the diet recommendations:

6:00 AM Meal 1 (this meal can have more fat because you have all day to burn it off)

5 egg white omelet, you can throw one whole egg in for flavor (Use a little cheese and pepper for taste) if you want add some ground turkey breast, or vegetables)
2 slices of wheat toast or small multi grain bagel (I put low fat peanut butter and sugar free jelly)
(The more grains in your bread the better – Nine Grain bread is a great toast in this case)
Avoid all white breads, pasta, flour etc...

Work out! – DO cardio in the AM.

9AM Meal 2 Post workout (eat carbs now after the workout - it helps with insulin transport and recovery)

Skim milk with banana or Oatmeal with raisins in it. (You could even go with small portions of both if you want.

NO Fat Yogurt

(Still have a piece of fruit if you have oatmeal.)

12:00 Noon Meal 3

Ground Turkey Breast with a little cheese (NO MAYO – Mustard, A1 sauce, low fast salad dressing) in a Whole wheat wrap. I often have 2 of these! (If you like peppers or vegetables like that you can throw them in since they add no fat)

Baked Lays chips regular

Broccoli (light butter you can use the spray if you truly want to avoid all fat)

Piece of fruit

3:00PM Meal 4

1 can of Tuna fish or egg whites here again with a multi-grain, whole-wheat bagel / bread.

However; since most people are at work and have to have food that is easy, settle for another wrap, yogurt, and cold carrots.

5:00 workout - Lift or calisthenics in the early evening.

Post workout Meal #5

I recommend a protein shake or bar right after workout like a myoplex or slim fast meal replacement bar just be sure the one you get is low in fat. If you don't want to drink supplement drinks, have a can of tuna with little to no mayo, or a piece of chicken on top of a salad and a few wheat crackers and pickles mixed in.

Dinner! Again you can have GOOD carbs here to give you energy back, but avoid fat since you are about to lay down and go to bed in the next few hours. The last thing you want is fat before you go to bed because then it is simply going to be stored.

Try the Barilla Multigrain pasta. It is THE pasta to eat since it has 10 grams of protein in a serving and almost no fat. I would have this with turkey breast in it, or lean steak, fish, or chicken breast with a sauce of your choice, just avoid fat sauces. This way post

workout you are getting good carbs and protein. Use wheat bread and just use garlic on it so you have healthy garlic bread.

Now your day is done – good eating mixed with 1-2 workouts. The workouts can be as simple as walking 20-30 minutes or as tough as triathlon training. It is up to you and your fitness level and goals. The diet is great for any person trying to lose body fat.

Do not forget to drink WATER! See The Importance of Water article for more details. Water is the key. Drink it before you eat - it fills you up. Remember it takes the human body about 15-20 minutes to realize it is full so give yourself time with small portions and you will be full. Know that you just will not feel that way right away. I always tell myself to eat when the clock says to eat not when my body says to eat. This way I am never full and I am never hungry. This is a rough idea of how I eat listed below are some other meals I would try:

Salad-chicken- no fat dressing

chicken broccoli

Multi-grain Pasta-turkey sausage-peppers (red yellow & orange)

fat free Italian dressing (a cold dish)

Turkey breast burger on wheat bread

Egg whites are always a good meal! (Egg whites are just so healthy)

Subway roasted chicken breast avoid mayo use the honey mustard or nothing

Tuna

Snacks: Fruits no fat yogurt vegetables.

Just check food labels and keep the fat down. I would say below 50 grams or so. The goal is eat fruits and vegetables, multi-grain pasta and breads with chicken, lean meats, fish and avoid processed foods as much as you can.

Like most people, I eat the same things a lot over and over and over! It is boring but you get use to it like anything. Just get out

of the bad habits of junk food, fast food, and sugary sweets and you will like the results. If you are diabetic or have other medical issues, contact a doctor or registered dietician before changing your eating habits.

Good luck to you all – if you have questions feel free to email me at Stew@stewsmith.com – place “45 Day Beginner” in the subject line for my organizational needs. I will answer your emails as soon as possible.

630am Meal Options	930am meal Options	1230 Meal Options	330pm Meal Options	630pm Meal Options	Evening Snack Options
egg whites, boiled egg whites , whole wheat bread, jam or peanut butter	Slimfast meal bar or post workout protein shake	Green leafy lettuce Salad with roasted chicken or tuna fish,	Fruit Salad- variety	Chicken, tuna, or fish, lean meat sandwich on wheat bread, no mayo –	Water - make up for missing glasses at end of the day
Yogurt, milk, cereal (whole wheat grain cereals – multi grains only	Yogurt Smoothie or yogurt with granola / fruit	SubWay Sandwich	Two Ham and cheese rolls	Mixed salads with variety of veges – green leafy lettuce, broccoli, carrots, tomatoes, onion	Whole wheat bagel
Lean Meat on whole wheat bagel or bread / toast	Celery sticks with ranch dressing (low or no fat)	Vegetable beef stew	Can of tuna with water	Chicken, asparagus or broccoli, brown rice, wheat bread – fruit dessert	Whole wheat toast
Protein shake or yogurt smoothie	Assorted Nuts and berries mix – 1 cup	Whole wheat Pasta and marina sauce	Milkshake or protein shake	Veggie or Turkey burger with lettuce, tomato	Italian Ice
Slimfast meal replacement bar	Beans and brown rice / celery sticks and peanut butter & milk	Sushi roll (2)	Chopped Chicken with hard boiled egg and lettuce or rice	Lean sirloin, green or lima beans, salad, whole grain bread, sherbet	Low / no fat popcorn
Banana, apple, small carrots, pears or orange	Fruit options – 1-2 cups of honeydew / watermelon, and/or cantaloupe	Spinach Salad with almonds, strawberries, lean meat	Yogurt smoothie with myoplex protein powder	Broiled Fish, steamed brown rice, salad	Remember the GOAL is to limit fat grams to under 50gms a day and lower carbs to as needed for pre – post workouts
Water – ½ - 1 qt	Water – 1 qt / or green tea (hot or cold)	Water – 1 qt / or green tea (hot or cold)	Water ½ - 1 qt	Water – 1 qt	

