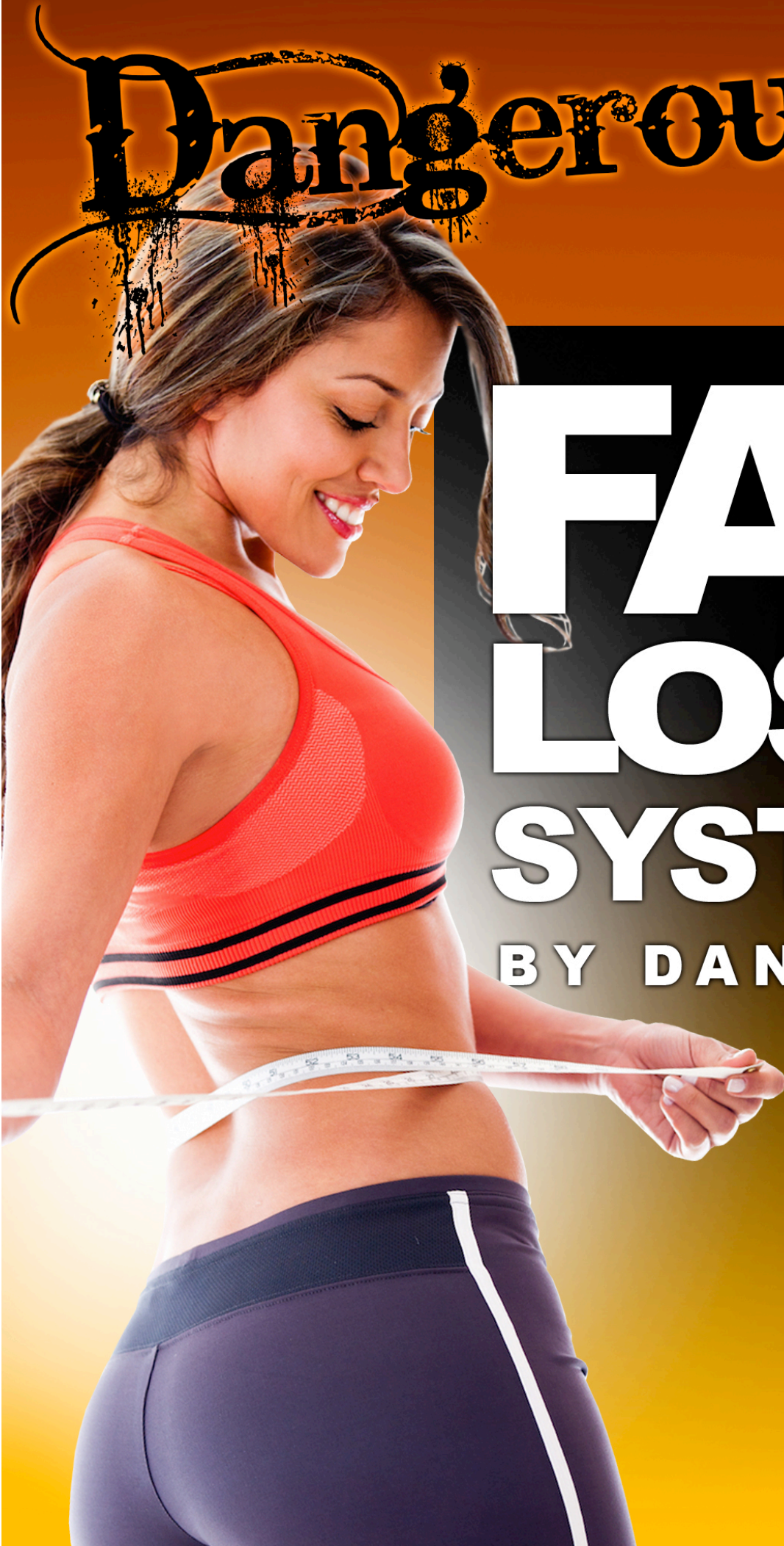


**Dangerously
Fit**



**FAT
LOSS
SYSTEM**
BY DAN CLAY

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Introduction

Congratulations on your decision to get fit and healthy.

I am thrilled you have chosen to purchase the Dangerously Fit 6 Week Body Challenge, and I know you will be too!

This is the first step to achieving your perfect body... that ideal beach body you've been dreaming about is now entirely within your grasp!

This program is designed so that ANYONE, at ANY fitness level can easily follow the program and get great results. You will not only learn what to eat and how to train... but why you should for optimum results.

I can say with complete confidence the time you spend reading this manual and watching the videos will be the most valuable investment in your health you'll ever make.

Since 2003 I've been working with people 1-1, in my boot camps, and in my 6-Week Body Challenges.

During this time I have perfected a fitness formula that consistently gets results time and time again, no matter what shape you're in now.

The Dangerously Fit 6 Week Body Challenge is the accumulation of over a decade of hands on, tried and tested knowledge of what works in the real world, with real people, leading real lives.

Until recently I have kept this system reserved for my private clients and members of my much sought after body transformation program.

But the profound life changing transformations of my clients, and calls from people from all over the world to share this program, has inspired me unleash this program online... so that you too can get into the best shape of your life!

So without further ado... let's get started!

Most programs like this are jam packed with filler content to fatten up the content, I have tried to keep this manual as short as possible.

This book is broken down into 5 main segments;

1. Introduction.

A breakdown of the program, how to get started, mindset and preparation tips.

2. Training Overview.

Learn the most effective cardio training and strength workouts for maximum fat loss.

3. Dangerously Fit Training System.

Your workouts, week-1 to week-6. You will also find a printable PDF in your downloads area.

4. Nutrition Overview.

Here we break down nutrition fundamentals and give you guidelines of the foods drinks you should consume.

5. Optimum Vitality Nutrition Plan. Follow this nutrition plan carefully and you will get results! Accompanying recipes and sample meal plans can be found in the downloads section.

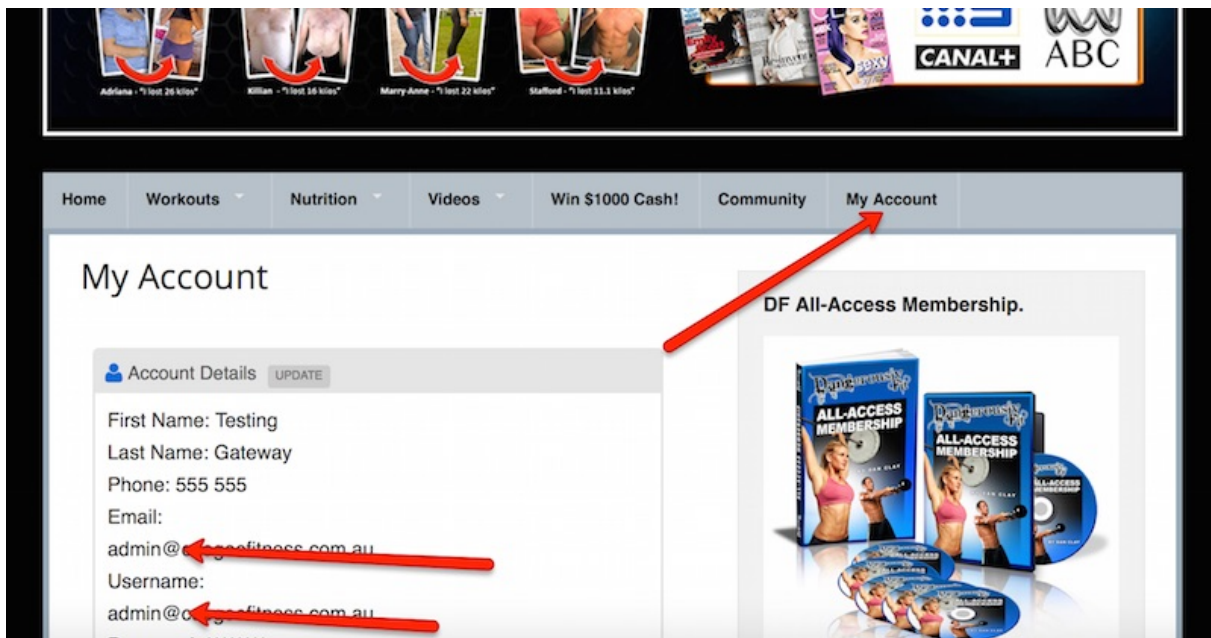
And the end of each segment you'll find a checklist of a set of actions you need to take, make sure you complete each action!

If you're new to the Dangerously Fit community there are few things I'd like to show you before we get started.

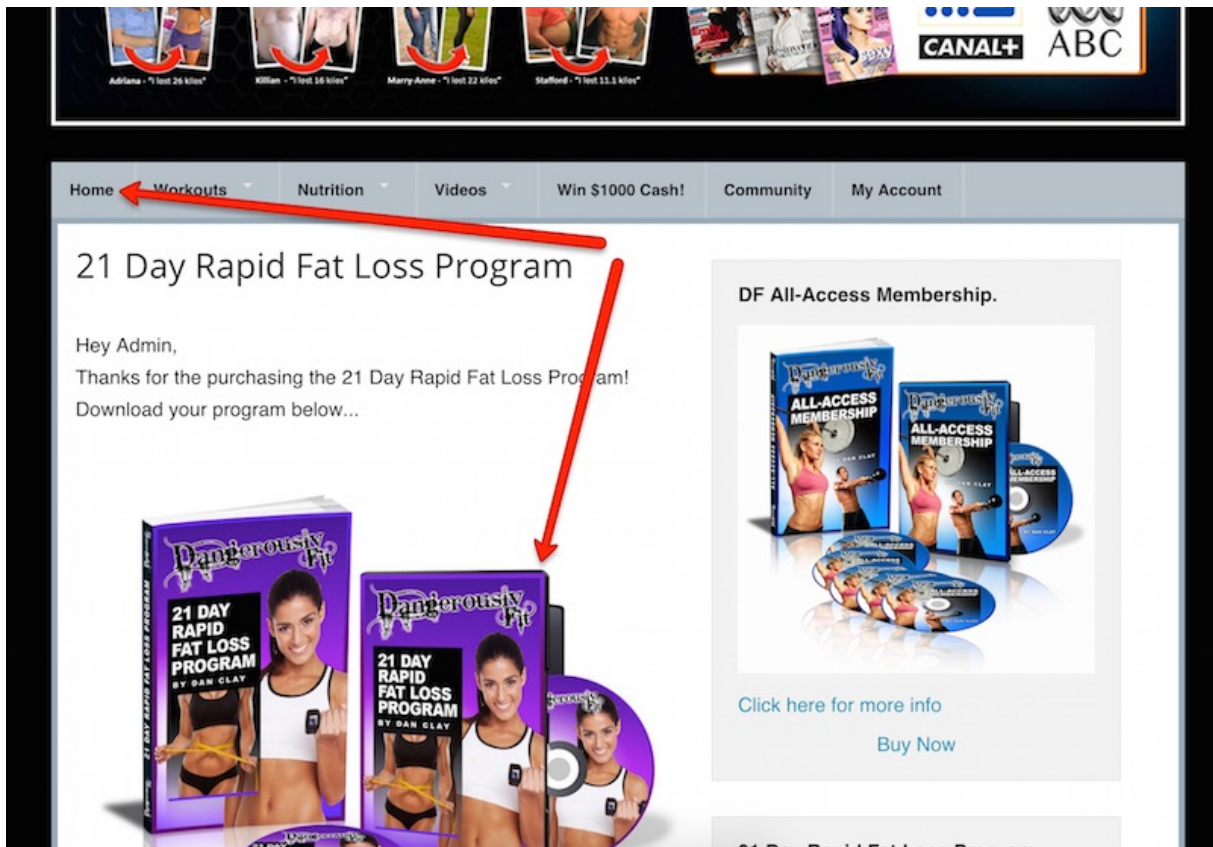
When you purchased this program you should have received an email from us with your username and password, keep this information in a safe place for future reference.

Also, be sure to white-list admin@dangerouslyfit.com.au so our emails don't end up in your spam filter.

You can access your account information at anytime by clicking on the 'My Account' tab.



Click on the 'Home' tab to access your products, this is where you'll find everything you need.



The Dangerously Fit membership site has been built from the ground up to be accessible 24/7. The site is fully mobile optimized so you can easily access the program from anywhere in the world.

Getting Started

First of all we need to figure out where you are now.

We use multiple methods of tracking your progress; photos, body girth measurements, scale weight and a fitness test. Throughout the program re-measure and track your progress, this will help you stay motivated and see how far you have come.

Below are step by step instructions on how to take your before and after pictures and body measurements. They may seem self-explanatory but use our guidelines so you get consistent results.

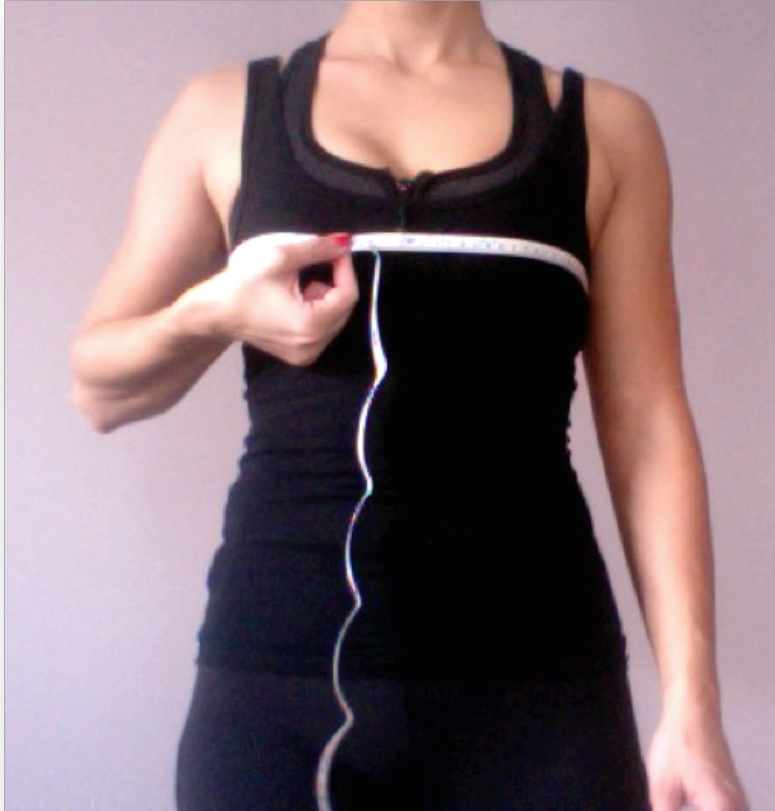
How to take your body measurements

All you need is a tape measure, a scale and the printable tracking sheet you'll find in the downloads area. You can do your measurements on your own or ask a friend to help you.

Here is what you need to do:

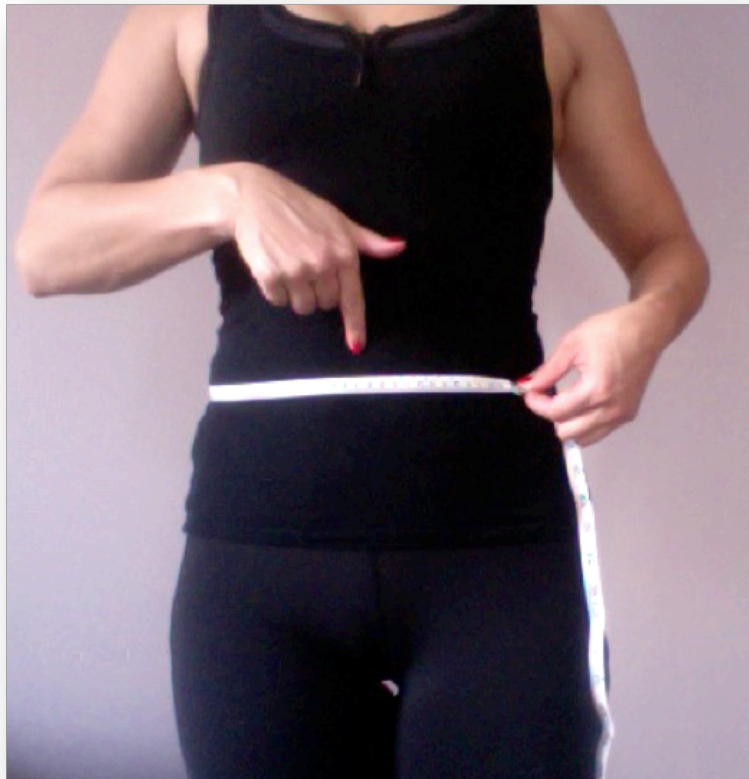
Chest

Place the tape measure along the nipple line.



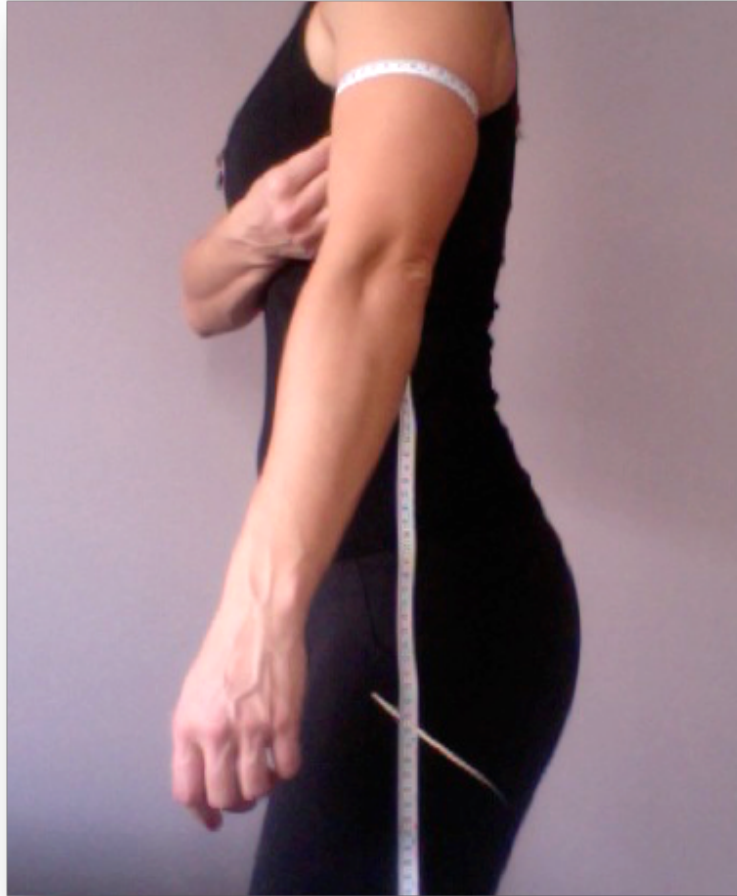
Waist

Place the tape measure along the belly button line.



Arms

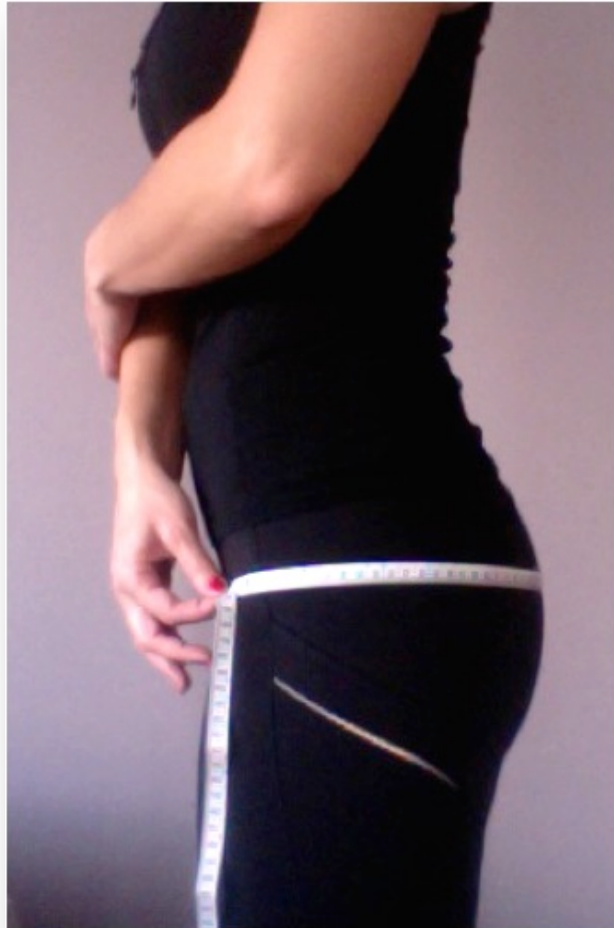
Mid-upper arm (thickest part), measure right & left arm.



Hips

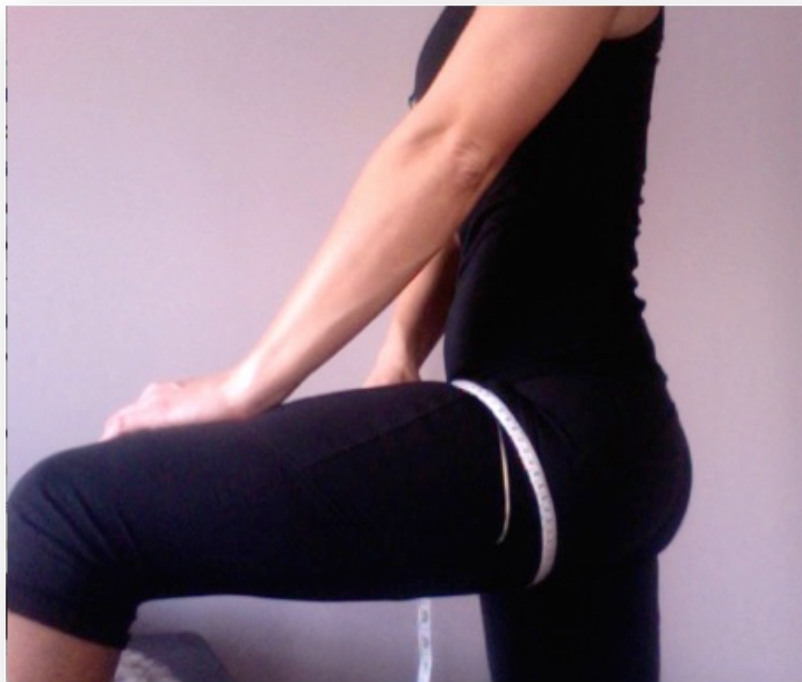
Place your tape measure on the hipbone line & the thickest part of the hip.





Thigh

Step up on a chair and place your tape measure tight into the groin line, measure right thigh and left thigh.



Weigh yourself

Now that you have done all your body girth measurements, it's time to weigh in. Try not to get too caught up on scale weight, there is a good element of strength training in this program so you'll likely add a couple of kilos of lean muscle.

As a general guide most of my clients lose between 1 kilo and 1.5 kilos per week following this program, it depends on how much weight you need to lose and how careful you follow the plan.

Ideally we want to keep your weight loss within this range, if you're consistently losing more than 2 kilos per week you might want increase your calories a little, it's possible your body is going into starvation mode and you're losing lean muscle.

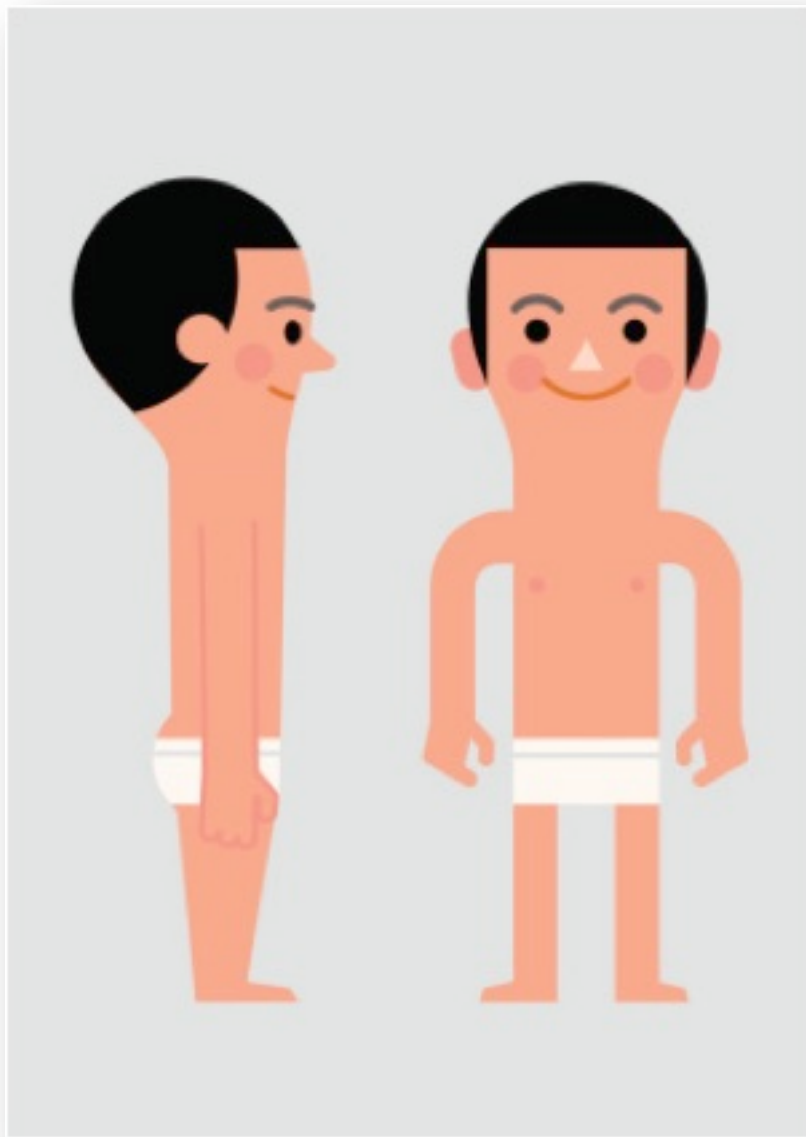
The best time to weigh yourself is first thing in the morning when you have an empty stomach. Always use the same scale and make sure you place them on a flat surface.



Photos

Take your pictures in a swimsuit or tight clothing. Photos are the most important measurement to have, and are a powerful motivational tool.

Stand with your arms down by your side and take a side and front picture of your full body.



Then click the link below and calculate your daily calorie range and water intake, more instructions on why we create a calorie deficit will be explained later.

Click here-> <https://clients.dangerouslyfit.com.au/nutrition/calorie-range-tool/>

Take some time to read through the training program and nutrition plan in this manual and watch the exercise videos, be sure to watch the videos before you workout.

And finally, make sure you introduce yourself to the Dangerously Fit community. This is a big part of the program and a way to connect with our team of coaches. We're here to help you so please feel free to ask us any questions while embarking on your Dangerously Fit journey.

Click here -> <https://www.facebook.com/groups/377694708936563/>

You will also find a wealth of information in here from the Dangerously Fit community, people that have completed the 6-week challenge and past winners sharing their experiences. This Facebook community is a closed group, so only active Dangerously Fit members can read and access the information posted.

Keep in mind everyone in here is just like you, embarking on the same journey, so please keep it positive. We want Dangerously Fit to be a place where people come together and help motivate one another.

How To Get Started with Dangerously Fit

Step 1. Read this manual.

Seems obvious right? Wrong. You'd be surprised how much you'll learn and how much the program makes sense once you have read the entire manual as apposed to reading parts as you go. Also, read the checklists at the end of each segment and take immediate action on each step.

Step 2. Follow the nutrition plan.

Pay close attention to the 'Daily Food Formula' and 'Meal Suggestions' (page 60 & 65). This is the nutrition plan you'll be following throughout the program, here we tell you what foods to eat and how much you should be eating. Read this section carefully, there is a great deal of freedom within this nutrition plan, we purposely designed it this way to so you can choose your own foods and create your own meals. All you need to do is select from the foods on our lists.

Step 3. Learn what to eat.

If you're still unsure of what to eat there are several sample meal plans for you in the downloads section. These meals plans were created by our nutritionist and fit right along with the '*Optimum Vitality Nutrition Plan*'. Use these sample meal plans as your guide to structuring your diet throughout Dangerously Fit 6 Week Challenge.

Step 4. Begin training.

For best results you will need to follow our training program 4-5 days per week. 4 is minimum, 5 is optimum. Understand this, make sure you workout at your own pace! Some of the workouts may seem challenging at first, especially if you're new to working out. Just do the best you can do and look to improve slightly everyday, you'll be surprised at how fit and strong you can become in just 6 weeks if you commit to the training program.

Mindset

Warning!

Make no mistake – this program is simple and super effective for those that choose to follow it. If you buy the program and do nothing – do not expect to see results, your body will remain the same.

However, if you follow this program CAREFULLY and use the information you have at your disposal - in just 42 days you will become the healthiest, happiest and sexiest version of yourself.

Remember, your body is a reflection of your lifestyle – if you want to change your body, first you must change your lifestyle.

It's easy to make excuses, believe me I've heard them all... "I have big bones", "I'm too busy", "I'm too old", "I have a slow metabolism" and "I have bad genetics".

These are all excuses stopping you from getting the body of your dreams, you must first take responsibility for yourself, because unless you accept responsibility you can't change your circumstances.

If you're reading this right now, it tells me you're an action taker and not someone that's going to make excuses – and I know this program will make a significant impact on your health and your body.

Over the years one thing that stood out more than anything else is this, you can have the best training program or nutrition plan in the world, but if your mindset isn't right, you won't get results.

Having the right mindset will keep you focused on your end goal so you'll be less likely to succumb to poor food/drink choices and will stay on track with your training.

So, how do you get the right mindset?

Well, essentially it's about re-programming your daily habits. You need to remove old destructive bad habits and replace them with new healthy disciplines.

Once these **new GOOD habits replace your old BAD habits**, your body and your health is guaranteed to change.

I'm a big believer that weight loss is simple, all you need to do is be consistent with your new daily GOOD habits, eliminate bad habits and your body will begin to change very quickly.

I call this '*Lifestyle Stacking*', stacking new habits on one another.

As you begin going through this program do not get overwhelmed with the amount of information. Changing your lifestyle habits isn't a one off event; it's a gradual process that you refine over time.

Simply refer back to this manual and use the daily calendar checklist in your downloads area to ensure you're hitting all your daily goals and implementing your new healthy habits.

Are You Up to Completing the Dangerously Fit 6-Week Body Challenge?

Great... let's get started!

**"Motivation is what get's you started.
Habit is what keeps you going."**

- Jim Rohn

To kick off the program I want you to grab a pen and piece of paper and write down your goals, now set yourself a timeframe you'd like to achieve them by.

Make sure their realistic enough for you to achieve but tough enough to make you work hard for them. Every time you reach your goals, set new goals and timeframes, this will help you stay motivated and maintain your results.

Having goals gives you a path to follow and something to strive for.

Now that you have your goals written down, go place them somewhere you will see everyday like on your refrigerator.

"If you fail to plan, you are planning to fail"

- Benjamin Franklin

Once you have downloaded and read the nutrition plan, the next step is take a few days to get yourself organized.

Start with clearing out the bad foods from your cupboards and refrigerator and begin replacing them with the new healthy foods outlined in the nutrition plan.

The majority of us are so busy with everyday life that we don't have time to cook nutritious rich foods everyday. Preparing your meals a week in advance is the key to good food choice.

Take time out to write a weekly shopping list, shop, and cook up a stack of nutrient dense food on the Sunday night or whenever you have the most time, put them in the freezer so that you don't get caught short later in the week.

**“The mind is everything.
What you think about you become.”**
- Buddha

You are what you think you are, visualize yourself walking round looking and feeling exactly how you would like to and then take the necessary action.

Every time you look in the mirror visualize what you want to look like and ask yourself what you're going to do today to become that person.

Things may not always go your way, you will have ups and downs, if you think it's too hard you've already lost the battle, stay positive and focused and you'll succeed.

Always remember, “the mind is a powerful tool when you fill it with powerful things”.

**“You are the average of the five people
you spend the most time with.”**
- Jim Rohn

Be around people that are going to give you the support you need. Research shows that people who have the support from friends and family stuck to their goals and those without support failed time and again.

If you're around overweight people that are not dieting what do you think going to happen?

That may seem a bit tough but how many millionaires do you see hanging around with people who are penniless. Surround yourself with what you want to become!

Get a minimum of 7 hours sleep a day

Sleep plays an important role in good health and well-being, it resets our hormones, allows your body to repair itself and can help protect your mental health, physical health and quality of life.

A good night sleep can make all the difference if you're trying to lose weight, researchers at Columbia University found people who slept less than 7 hours per night are heavier, are prone to gain more weight over time and find it tougher to lose weight.

Think about it, if you're feeling sleepy at work you're more likely to reach for that double shot latte and banana bread for a quick energy hit, then after work you skip training and grab a take away on your way home because you're too tired.

Why does sleep deprivation make you hungry?

It's because a lack of sleep impacts your hunger and fullness hormones, ghrelin and leptin.

Ghrelin sends signals to your brain that it's time to eat, when you're sleep-deprived your body produces more ghrelin.

Leptin on the other hand tells your brain when you have had enough to eat. If you're not getting enough sleep your leptin levels will plummet, signaling your brain it's time to eat.

Add these two hormones together and it's no wonder sleep deprivation leads to overeating and weight gain.

So how much sleep is enough?

You've probably heard you need 8 hours of sleep a night, but this isn't true.

You see the body goes through various cycles while you sleep, there are times when you sleep very light and it's easy to wake you up, and then there are times when you are in a deep sleep and nothing can wake you.

Usually a sleep cycle will last for around 90 minutes, so if you constantly aim for 8 hours you could be setting your alarm clock to go off as you're entering into a deep sleep. This doesn't make for a very productive morning!

So instead of always trying to hit 8 hours a night, aim for between 7 hours and 8 1/2 hours, you'll know you've hit the sweet spot when you wake up feeling energized and refreshed. From then on, aim on getting that amount of sleep every night and enjoy feeling great!

Preparation Checklist

- ✓ Download and read manuals.
- ✓ Clear out cupboards/refrigerator.
- ✓ Write down your goals and timeframes.
- ✓ Sleep a minimum of 7 hours per night.
- ✓ Go shopping and prepare your meals in advance.
- ✓ Take your before photos and body measurements.
- ✓ Join our closed Facebook group.

Dangerously Fit Training System Overview

To give you a better understanding of the basic principles of fat loss, I am going to break down the most common terms used in the fitness industry.

In general, there are two major ways the body converts nutrients into energy, they are;

1. Aerobic (with oxygen)
2. Anaerobic (without oxygen)

Aerobic Training

Oxygen-requiring. When you hear people talking about aerobic training they are generally referring to low intensity endurance activities such as jogging, swimming and cycling.

Anaerobic Training

Not requiring oxygen. An anaerobic environment lacks oxygen. This usually refers to high intensity training such as sprinting and weight training.

Cardiovascular Training

Referring to the heart (cardio), blood, and blood vessels (vascular). Also known as cardio, many people confuse aerobic training with cardio training, although aerobic training is cardio, cardio training can be either aerobic or anaerobic.

Metabolism

The whole range of biochemical processes that occur within us. The term is commonly used to refer specifically to the breakdown of food and its transformation into energy. Metabolism is largely to do with the amount of muscle you carry, the more muscle you carry the higher your metabolism. Creating a high metabolism is the key to fat loss!

Note: For the purposes of this program, your metabolism determines how many calories you burn each day, and how many calories you need to burn to lose weight or to maintain your current weight.

Cardio Training For Fat Loss

Until recently there had been a lot of confusion as to how to effectively train for fat loss. The main reason for this is largely to do with past scientific research that had been conducted on the effects of exercise on fat burning.

Research shows that when performing low intensity exercise (aerobic) the body will take its energy from burning stored body fat, whereas when performing high intensity exercise (anaerobic) the body will take its energy from stored carbohydrates.

So based on this research people have focused all their training around steady state aerobic training, believing this is the #1 training method for fat loss. This was a miss-interpretation of the research.

What the research didn't take into account was the total number of calories burnt during the course of the entire workout. Although when exercising at low intensities the primary fuel source is stored body fat, the actual total number of calories burnt in the workout isn't very much at all. Whereas when training at high intensities you'll burn significantly more calories in total, meaning you'll burn more stored body fat.

"The Fat Burning Zone"... Fact or Fiction?

"The fat burning zone" is where your heart rate stays between 50-70% of its estimated maximum rate.

The TRUTH is there is no "fat burning zone", the body's preferred source of energy is ALWAYS stored body fat unless you're exercising, so in theory you're ALWAYS in the "fat burning zone".

So if you're always in the "fat burning zone" why go to the gym and spend an hour walking on a treadmill with the misconception that you're training in the "fat burning zone"?

You could save yourself the bother and lay in bed and burn calories! What has happened is that people have been exercising at an intensity which is far too low for them, believing that they're training within the "fat burning zone" and not really burning many calories or elevating their metabolism.

In addition, when performing low intensity exercises you're only burning calories whilst you're performing the exercise, as soon as you finish your workout you stop burning calories.

Aerobic training causes the body to reduce its release of the fat burning hormones and enzymes, this is not good if you're trying to lose fat!

Another problem with aerobic training is that it encourages the body to adapt by becoming more energy efficient, so the more you do, the better your body adapts to it. This means that it takes less energy to perform the same workout.

Although this sounds like a good thing, if you're trying to lose body fat, it's not.

A body that is energy efficient will make it harder for you to lose fat, because for you to get the same training response you'll need to keep increasing the distance, you can only increase the speed so much because you'll get to a point where your aerobic system will no longer be able to keep up, so your body will switch to the anaerobic system, therefore you'll be doing anaerobic training anyway!

Why not just start off training in the anaerobic system if you're going to end up there anyway?

For fat loss, you must seek ways to waste energy and train as inefficiently as possible, I call this 'metabolic confusion'.

So what is high intensity training?

HIIT – (High Intensity Interval Training). Interval training is short bouts (10-60 seconds) of high intensity exercise broken up with periods of low intense exercise. The good thing with this is that you can burn more calories in a shorter amount of time, so there's no need to spend 45-60 mins pounding away on a treadmill, you can be done in 20-25 mins and that's including your warm up and cool down.

When performing high intensity exercise you're not only burning considerably more calories whilst exercising, but you'll also burn heaps of calories after. Interval training will keep your metabolism elevated for up to 24 hours after your workout has finished, through what is known as EPOC (excess post-exercise oxygen consumption). So the total number of calories burnt from that workout will be much higher.

Also as you become better at this form of training you can just keep increasing the speed/time of the work interval or decrease the amount of time of the rest interval.

Here is the original interval training and weight loss study from the mid-90's. This study included a group of people doing 15 weeks of interval training and another group doing 20 weeks of aerobic training.

The study showed the energy expended from the aerobic group was 28661 calories. The total calories burned for the interval training was less than half at 13614.

Although the interval training group burnt fewer calories they had three times greater fat loss. This demonstrates that interval training is the best way to increase the metabolism. That creating a high metabolism is the most important factor when training for fat loss.

Tremblay A, Simoneau JA, Bouchard C. Impact of exercise intensity on body fatness and skeletal muscle metabolism. Metabolism. 1994 Jul;43(7):814-8.

This type of training can be done anywhere, running/cycling in the park, kettlebell training, swimming in the pool, jumping rope, on any type of cardio equipment, on a boxing bag or even roller blading if that's your thing. Personally I prefer metabolic conditioning workouts, sprints, stairs and hills.

If you want to make things interesting, try accelerating/decelerating and cutting and turning in different directions, this will really crank the intensity up and hit your legs hard. Interval training will only aid in fat loss though if it is accompanied by a suitable weight training program and a well balanced diet.

Strength Training For Fat Loss

Muscle is the only tissue that is metabolically expensive. Therefore increasing muscle mass will elevate your metabolism at rest, you'll burn more calories sitting behind your desk and whilst you're asleep, you will also burn a considerable more amount of energy whilst you're exercising through greater energy demand from the increase in lean muscle.

If fat loss is your goal you need to train the whole body every workout. Why train each muscle only once a week? Would you do cardio once a week and expect results? The more exposure each muscle has to exercise the bigger the adaptation it makes.

Perform exercises that will give you the biggest return, compound exercises such as deadlifts, squats, pushing and pulling exercises and use a variety of combination lifts and circuits. Use drop-sets and supersets and keep the rest period in between exercises to a minimum.

Use large compound exercises which use more than one muscle group. These include squats, deadlifts, pushing and pulling exercises (i.e push ups and chin ups), rotational movements and combination lifts. These Big Bang exercises recruit a great deal more muscle than machine weights and isolation exercises, which will in turn ignite your metabolism. Isolation exercises such as bicep curls and leg extensions only use one muscle group at a time.

At Dangerously Fit we do not focus on training muscles, we train movement patterns.

The movement patterns we use are;

- Horizontal push (i.e push ups and bench press)
- Horizontal pull (i.e bodyweight row and bent over row)
- Vertical push (i.e military press and arnie press)
- Vertical pull (i.e chin ups and lat pull down)
- Quad dominant exercises (i.e squat and forward lunge)
- Hip dominant exercises (i.e deadlift and step ups)
- Core (all core movements including flexion, extension, static hold, rotation)

To get even more fat burning benefits and to send your heart rate sky high we'll often combine multiple movement patterns all into one exercise;

i.e. Dumbbell push up renegade row, squat thrust, squat, bicep curl into overhead press.

One thing you must always remember is to train your body in perfect balance otherwise you'll end up with muscle imbalances.

We've all seen that guy in the gym that does bench press 5 days a week, his chest his so tight it's pulling his shoulders forward.

Whatever you push, you must pull for the equal amount of reps and total weight.

It's been scientifically proven that short rest periods between 30-60 seconds produce the most amounts of testosterone and growth hormone. Growth hormone will help your muscles grow and helps your body use fat for energy.

Ladies don't worry about getting "bulky" from weight training, this is a myth, you will become lean and toned. Women only have about 1/10th the amount of testosterone men have, testosterone is the hormone responsible for building muscle. In addition men's weight training routines and nutritional programs are usually designed specifically for gaining muscle.

Superset means performing two different exercises in sequence rather than doing all the sets of a particular exercise one after another, e.g. squats then chin up's. The good thing about using supersets is that you are using different muscles in succession.

Each muscle gets a chance to recover while you work another muscle, therefore you can decrease the rest periods which will keep your heart rate high and supercharge your metabolism. Another benefit of supersets is that your recovery rate will increase and you can perform the same workout in a shorter amount of time.

Every minute you spend working out needs to be efficient, so don't waste your time, stay away from machine weights. Machine weights create muscle imbalances, do little to create a metabolic response and require you to use few motor skills. Bodyweight exercises, free weights and cables will allow your muscles to move through a greater range of motion and activate the stabilizing muscles. More muscles trained equals more calories burned through increased lean muscle mass.

The bottom line is the more lean muscle mass you develop, the more calories you burn, the leaner you become and the easier it becomes to stay lean.

Metabolic Conditioning

What is Metabolic conditioning?

Metabolic conditioning, also known as MetCon, is a type of workout designed to challenge the two major energy systems at the same time.

Manipulating different variables including exercise selection, intensity, reps, sets, rest and time under tension, we're able to target both energy systems.

And by switching up exercises from upper body to lower body, core work and cardio exercises - we can keep the heart rate elevated for the entire workout.

These short high intensity workouts will fire up your metabolism, increase the volume and intensity of the workout leading to a greater EPOC and build lean muscle mass.

One other thing, metabolic conditioning will challenge you and take you outside of your comfort zone, it teaches a person the mental strength needed to push past physical discomfort and achieve the perfect body.

Nutrition Overview

The nutrition plan is a nutritionally balanced eating plan with an emphasis on whole, healthy, unprocessed, low Glycemic Index foods and includes plenty of nutrient rich fruit and vegetables, nuts and lean meats.

This is NOT a diet, diet's do not work and are completely unnecessary if you make a habit of eating the right foods. The reason diets do not work is because they are only a short-term fix, you might lose some weight whilst on the diet, but as soon as you stop you'll put the weight straight back on... and more because you would have lost some lean muscle mass.

At Dangerously Fit we teach our clients to eat and train... and not to diet and exercise.

Eating and training is part of living a healthy lifestyle and something you do everyday.

Dieting and exercise is something you do when you've packed on some extra weight and need a short term fix.

Hopefully by the end of the 6-Week Challenge you'll be eating and training and will make good habits you've learned in this program a part of your everyday life.

This nutrition plan is simple and easy to use follow, you will maintain or increase your muscle mass while you lose weight, leading to more muscle definition and tone.

The benefits of this program are:

- This is not a diet, but rather a nutritionally balanced program to address the underlying reasons behind weight gain and increased fat mass.
- You will not feel hungry on this program.
- You can have 3 main meals a day.
- You can have 2 snacks a day.
- You do not have to buy any special 'diet' foods.
- You do not have to stop socializing as you can easily make the right food choices when eating out.
- You will notice increased energy levels, better quality sleep, better concentration and improvements to your general wellbeing.

Below are some simple definitions of the basic macronutrients in your diet, this should help dispel some of the myths surrounding these essential components of a healthy diet.

Carbohydrates

Carbohydrates are a vital part of a balanced diet as they provide energy and a variety of vitamins and minerals. There are two types of carbohydrates; simple and complex.

Simple carbohydrates include the sugars glucose and fructose, found in many foods. They are digested quickly and provide a quick burst of energy, but overconsumption can also lead to rapid rises in blood sugar levels and other associated problems.

Complex carbohydrates including starches and fiber are digested slowly and are found in whole, unprocessed grains, legumes and starchy vegetables.

A diet that is high in fiber will aid in fat loss whether you're eating less calories or not. Fiber assists weight loss by releasing sugar into the bloodstream slowly. High levels of sugar in the bloodstream cause an insulin spike, which will slow fat burning.



It is important to consume most of your carbohydrates in the form of whole, unprocessed foods. Processed foods often contain high amounts of simple carbohydrates, salt, saturated fats and can be nutritional poor.

Any energy from carbohydrates that is not used is stored in your body as fat, which can lead to weight gain and increased fat mass. A diet high in simple carbohydrates is associated with an increased risk of the metabolic syndrome, type 2-diabetes and cardiovascular disease.

Eliminate processed foods and get the majority of your carbohydrates from fruits and vegetables. Limit pasta, bread, couscous, rice and cereals to only one meal per day.

Fat

For the last three decades fats have been promoted as 'bad' for our health and we should avoid consuming them. But, not all fats are bad for you.

The right kind of fats are essential for optimal health and help reduce the risk cancer, heart disease, Alzheimer's and a host of other illnesses.

The effect that fat has on our health is determined by the type of fat it is. There are three basic types of fat; saturated, monounsaturated and polyunsaturated.

1. Saturated fat is considered the worst type of fat as it increases cholesterol in your body, however a small amount is still required for the production of hormones, it is found in animal products and dairy foods.
2. Monounsaturated fat is found predominantly in plant oils such as olive oil as well as nuts and seeds, they have many beneficial effects on cardiovascular health.
3. Polyunsaturated fats are found in nuts and seeds as well as in oily fish, they play a role in regulating inflammation and your immune system and also have many beneficial effects on your skin and cardiovascular system.

Trans-unsaturated fat is another type of fat, uncommon in nature but became commonly produced industrially from vegetable fats for use in margarine, snack food, packaged baked goods and frying fast food starting in the 1950s. Trans fat has been shown to consistently be associated, in an intake-dependent way, with risk of coronary heart disease, the worldwide leading cause of death.

Foods that are high in saturated fat, which are found in animal based foods and trans fats which are in processed foods should be kept to minimum.
Totally

eliminate fatty meats from your diet (bacon, sausages etc). If you do eat meat, make sure it's a lean cut. Eat plenty of seeds, nuts, avocado's and fish and be sure to take an omega 3 supplement.

Protein

Protein is made up of amino acids, which are the building block of your body's cells. Sufficient protein intake is required for the production of lean, healthy muscles.

Eating protein will keep you fuller for longer, meaning you'll consume less overall calories in a day. Eating protein also makes your digestive system work twice as hard as eating carbohydrates and fat, so by eating more protein you'll be burning more calories through digestion (this is known as the thermic effect).

One of the biggest mistakes people make when dieting is that they lose muscle as well as fat, which will in turn slows down their metabolism. Eating plenty of protein and following a suitable weight-training program will ensure you maintain your muscle tissue and only lose fat.

The Glycemic Index

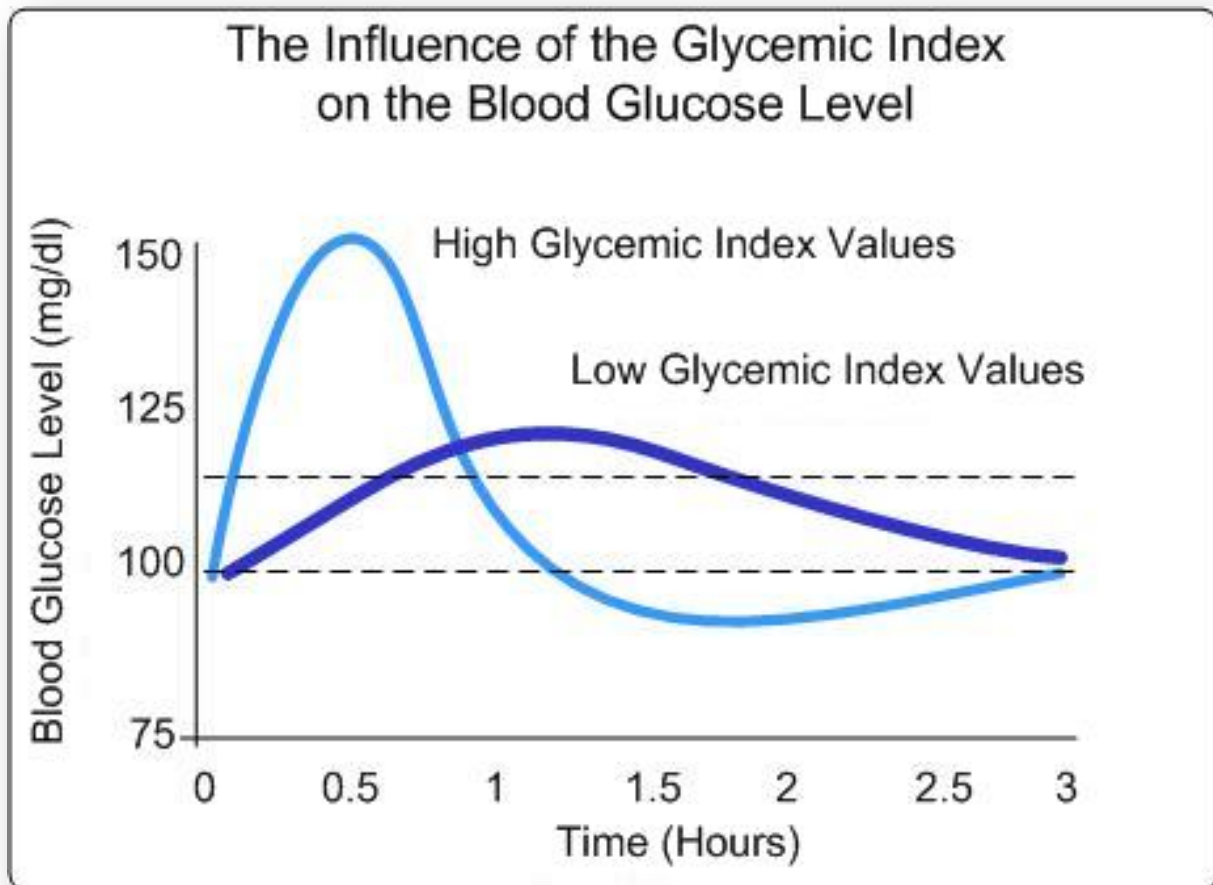
The Glycemic Index (GI) is a numerical measure from 1-100 of the effect foods have on your blood sugar levels after eating. It is a measure of carbohydrate quality.

High GI carbohydrates break down quickly during digestion and therefore cause a rapid increase in blood sugar levels. Low GI carbohydrates breakdown and release sugar into the bloodstream slowly.

The carbohydrate content of a meal is the main factor that determines the blood sugar response to that meal. The rise in blood sugar is determined by both the quality and quantity of carbohydrate in the food.

Meals that contain the same amount of carbohydrate can produce either high or low effects on blood glucose, depending on the GI, that is the type or quality of carbohydrate.

The graph below clearly shows the response of blood sugar levels to two different types of carbohydrates.



Eat foods that are low on the GI index. Put Simply, The Glycemic Impact Index (GI) of a food tells you whether the carbohydrate in the food is fast or slow releasing. Eating foods that have a high GI rating causes your insulin levels to rise, it's a known scientific fact that your body has trouble burning fat when your insulin levels are elevated.

Foods that are low GI will give you longer lasting energy whereas high GI foods will give you a short burst of energy, leaving you feeling hungry shortly afterwards. Avoid simple sugars which are found in sweets, soft drinks, cakes, bread, bagels, white pasta/rice and juices. Limit alcohol consumption. Instead get the majority of your carbohydrates from fruits, vegetables, beans and brown rice.

Drink plenty of water

60% of the human body consists of water, which makes it our most vital nutrient. Water is necessary for the transportation of essential vitamins and minerals as well as carbohydrates. If your water intake is low you lose the ability to transport nutrients through your body and substances such as urea, uric acid, ammonia and other nasty matter begin to accumulate, leaving you feeling lethargic.

If you don't drink enough water your body will actually store more water because it's not sure how long it will have to wait for you to drink again. So by drinking more water it's actually possible to lose 1-2 kg of bodyweight of stored fluid. Drinking a glass of water before your meal can also help

control your appetite and stop you from overeating. Our online tool will tell you how much water you should be drinking each day. Each morning fill up a jug or bottle of water and try to finish it by the end of each day.

Click here -> <https://clients.dangerouslyfit.com.au/nutrition/calorie-range-tool/>

Eat 5-6 meals times a day.

Eating at regular intervals will keep your metabolism burning strong throughout the day. You're also less likely to binge eat, will have stable energy levels and will burn more calories through increased meal consumption (digestion burns calories). If you have trouble eating 5-6 meals a day, try adding a meal replacement to your diet, make sure its 'whole food based' so it has genuine nutritional value.

Calorie deficit

Through proper diet and regular exercise create a calorie deficit. This simply means burning more calories than you're consuming. Keep a journal and use an online calorie counter like www.fitday.com or www.myfitnesspal.com. How are you supposed to know how many calories you're putting into your body if you're not keeping track of what you're eating and drinking?

By creating a calorie deficit you'll be using energy from your energy stores (body fat).

The trick is not to create a calorie deficit that's too high or your body will think its starving and will begin to slow your metabolism down, your focus should be on losing fat, not necessarily weight. A too high calorie deficit can also cause a reduction in lean muscle mass making it harder for you to lose weight. Use our calorie tool to determine how many calories you should be eating each day to lose weight.

Click here -> <https://clients.dangerouslyfit.com.au/nutrition/calorie-range-tool/>

Please note: This tool takes into account the exercise you'll be doing and will put you at a 20% calorie deficit. Once you reach your ideal weight and no longer need a calorie deficit, calculate your daily calorie maintenance range to maintain your current weight.

Your daily calorie maintenance range is simply the amount of calories you need to consume each day to maintain the weight that you are now.

Once you have reached your ideal body weight, work out your new daily calorie maintenance range, here is the formula;

28 calories x per kg of bodyweight.

i.e. For a 60kg person.

$28 \times 60 = 1680$ calories per day.

If you are restricting calories try to eat some protein at every meal, you will need to supply your body with enough protein to prevent your body from breaking down lean muscle to use as energy.

Include a cheat meal once a week!

Keep your body guessing and have a cheat day once a week. This will prevent your body from hitting a plateau and stop your metabolism from slowing down. A cheat meal is a good time to eat the foods you've been craving throughout the week. No-one can eat perfectly 100% of the time without cracking, so hold off any foods that aren't in your nutrition plan until this day. Having a cheat meal will allow you to be good for the other 6 day's of the week, (just don't go too mad)!

Eat whole foods.

Whole foods have formed the basis of the human diet for millions of years. In the last hundred or so years we have been subjected to countless foods that are totally foreign to us. Much of what we call food today (McDonalds, potato chips, sugar coated cereals, French fries) are highly processed and have no nutritional value, these foods will be stored as fat by your body.

You are what you eat, if you eat wholesome foods that are full of nutrients, your body has all the raw materials it needs to keep you nourished and maintain a weight that is ideal for you. Whole foods are foods such as fruits, vegetables, nuts, seeds, beans and whole grains, all of which are full of vitality. It is also a good idea to take a 'whole food based' multivitamin supplement everyday.

Click here -> <http://www.6weekbody.com.au/protein>

Eat slower, smaller portions.

Research shows that if you eat slowly you'll eat less. There is a signal that goes off in the brain after about 20 minutes of eating that tells you you're full. Be sure to chew your food completely and take breaks in between bites.

Reduce the size of your portions, even if your eating quality food, too much of a good thing can make you put on weight, remember you need to create a calorie deficit. Eating more than your body needs will cause you to store fat.

O.k. now that we have broken down the fundamentals and philosophy of the system it's time to get into the actual training program and nutrition plan.

Dangerously Fit Training System

This training program is the exact system I've been using at Dangerously Fit for well over a decade... and the results we've been getting our clients are unrivalled by any other fitness program in Australia... so I know it works!

I understand you do not have hours to spend exercising which is why the workouts are only 20-25 minutes long, and that's all you need if you train at the right intensity!

You can do these workouts at home or in your local park so you don't have to spend time and money going to the gym.

Some of the workouts might seem challenging at first, that's o.k.... what doesn't challenge you doesn't change you.

Just do the best you can do, if you can't get through the entire workout – don't worry... do as much as you can today and tomorrow will be that little bit easier.

Throughout the 6-week body challenge I recommend training 5 days per week for optimum results, 4 days per week is the minimum.

After the 6 weeks you can drop down to 3-4 workouts per week to maintain your results.

On your rest days is an active recovery day, this will include a 30-minute walk, bike ride, swimming or some other kind of low intensity exercise you enjoy.

Wherever possible I have given a beginner and an advanced variation of each exercise. You might find yourself performing the beginner variation at first and then work up to the advance variation once your strength and endurance improves.

Or may begin each workout performing the advance variation but find yourself struggling with form as you fatigue, in this case regress to the beginner variation. It's important to always use good form, never compromise quality for quantity.

Here are some guidelines before we get started;

- Always perform a thorough warm up of all the major muscle groups.
- Stretch at the end of every workout.
- Each workout we vary rest, reps and sets. Do your best to stick the variables given in each workout.
- Watch the video of each workout before you commence training for proper technique and form. Use the printable workout sheets in your download area to follow along as you train.
- Never sacrifice technique for speed, quality beats quantity and regress the exercise if needed.
- Always give 100% in every workout!

At the end of each workout you'll see a blue link, click the link to watch a video demonstration of that workout. The videos have been designed to watch before you workout, not while you workout.

If you're new to exercise there are some common fitness terms that you might not be familiar with, they provide structure and organization to the workout.

Reps: Reps is short for repetitions. Reps defines the number of times to perform that exercise. For example you do 10 push-ups, then move onto another exercise, those 10 push-ups you just did were called reps.

Sets: Sets means how many times you repeat that exercise for the set number of repetitions. For example, you do 10 push-ups and then do 10 squats. Then you do another 10 push-ups and 10 squats. You have just performed 2 sets of push-ups and 2 sets of squats.

AMRAP: Is short for 'As Many Reps as Possible', you'll be doing AMRAP during time-based sets.

AMSAP: Is short for 'As Many Sets as Possible', you'll be doing AMSAP during time-based workouts.

Tempo: Tempo refers to the speed at which each repetition is performed. Usually you'll see 3 numbers, the first number is the lowering phase, the second number is the pause, the third number is lifting the weight.

For example a 5.0.1 tempo doing push-ups would mean; 5 seconds lowering your body to the floor, 0 seconds at the bottom, 1 second pushing your body away from the floor.

Equipment

I have kept the use of equipment down to the bare minimum and have only included two pieces of kit, kettlebells and dumbbells.

The advantage of using kettlebells and dumbbells for metabolic conditioning is the ability to change between exercises quickly, this allows you to keep the heart rate elevated when moving through the workout.

There are also some workouts that involve skipping, jumping rope is a great low impact alternative to running and can quickly elevate the heart rate. It's also a convenient exercise if you don't have the outdoor space to perform sprints.

You can buy kettlebells, dumbbells and skipping ropes very cheaply at;

<http://www.ebay.com>

<http://www.amazon.com>

<https://www.gumtree.com>

<http://www.craigslist.com>.

Recommended weights;

Ladies

Kettlebells: Beginners 6kg, intermediate 8kg, advanced 12kg.

Dumbbells: Beginners 2kg, intermediate 4kg, advanced 6kg.

Men

Kettlebells: Beginners 8kg, intermediate 12kg, advanced 16kg.

Dumbbells: Beginners 4kg, intermediate 8kg, advanced 10kg.

Training Checklist:

- ✓ Download the workouts
- ✓ Watch the exercise videos
- ✓ Buy a kettlebell and a set of dumbbells
- ✓ Put 100% effort into every workout!

Workout #1: The Workout Challenge

We start the training program with a fitness test, don't worry it's not a beep test 😊. It's a timed workout, you do this on day 1 and day 42 of the program to measure your progress.

Instructions:

The goal of 'The Workout Challenge' is to complete 100 reps of each exercise in 15 minutes. You don't have to complete all 100 reps of one exercise before moving onto the next exercise, just complete 100 reps in total of each exercise in any order you like.

For example you might choose to do 10 sets of 10 reps, so you would do 10 push ups, 10 squats, 10 sit ups, 10 burpees. You would repeat this for another 9 sets to reach your goal of 100 reps in total.

The main thing here is to not grind out your reps, if you start to slow down or your form begins to suffer, move onto the next exercise. Power through the workout as fast as you can, but always keep good form.

If you manage to complete the workout in under 15 minutes, congratulations mark down your time here _____ and try to beat it in 6 weeks time. If you don't complete all 100 reps of each exercise, not to worry, mark down your reps in the table below and try to beat it in 6 weeks time.

Exercise	Reps
Push ups	
Squats	
Sit ups	
Burpees	

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/workout-challenge/>

Workout #2: Full Body Blaster

Instructions:

There are 3 circuits within this workout, upper body, lower body and core. Perform each exercise for 30 seconds with no rest, each circuit begins with a 200-meter sprint or 100 jumps of a skipping rope. Complete 2 sets in total.

Upper body;

1. Hindu push ups
2. Bent over row
3. Bear crawl
4. Hindu push ups
5. Bent over row
6. Bear crawl

200-meter sprint or 100 jumps of a skipping rope.

Core;

1. Pocket knives
2. Plank
3. Russian twist
4. Pocket knives
5. Plank
6. Russian twist

200-meter sprint or 100 jumps of a skipping rope.

Lower body;

1. Pulse squats
2. Reverse lunges
3. Jump squats
4. Pulse squats
5. Reverse lunges
6. Jump squats

Total workout time: 25-minutes.

Progressions:

Beginners can do basic squat & push up variations, advanced people can add extra weight, ie dumbbells, kettlebells etc.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/full-body-blaster/>

Workout #3: Jocks Workout

Instructions:

Perform each exercise for 1, 2, 3, 4, 5, 6, 7, 8, 9 and 10 reps, power through each exercise. Time yourself to see how long it takes to finish the workout.

1. Spiderman push ups
2. Toe squat
3. Sit up and twist
4. Mountain climbers
5. Kettlebell burpee

Total workout time: 15-20 minutes.

Progressions:

Beginners can regress the workout by performing the basic push up and squat variations. Advanced people progress the workout by using heavier weights and trying to finish the workout as fast as possible.

Notes:

<https://clients.dangerouslyfit.com.au/videos/jocks-workout/>

Workout #4: Freestyle Tabata

Instructions:

Perform each exercise for 20 seconds with a 10 second rest between each exercise, do 8 sets for a total of 4 minutes per set. Complete four sets with a 60 second rest between rounds.

1. Swings
2. Alternating pocket knives
3. Kettlebell squat and upright row
4. Pop squats
5. T rotation push ups
6. Kettlebell thrusters
7. Burpees
8. Parachute heel taps

Rest 60 seconds.

Perform round two.

Rest 60 seconds.

Perform round three.

Rest 60 seconds.

Perform round four.

Total workout time: 20-minutes.

Progressions:

Beginners can perform basic push up and squat variation as and use lighter weights or bodyweight where applicable. Advanced can increase the weight or try to push out more reps in each set.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/freestyle-tabata/>

Workout #5: 20-Minute Madness

Instructions:

Perform 3 sets of the following 8 exercises, starting with 5 reps then 10, then 15 reps. If you have the room perform each exercise 10 meters apart, sprinting between each exercise.

1. Skipping (50, 100, 150 jumps)
2. Staggered push ups
3. Surfie squat
4. Sit up and reach
5. Travelling burpee
6. Renegade row
7. Dumbbell curl, squat and press
8. Side plank knee tuck (left)
9. Side plank knee tuck (right)

Total workout time: 20-minutes.

Progressions:

Beginners to use basic push up and squat variations. Advanced can go heavier on the weights and power through the workout as quick as possible (maintaining good form).

Notes:

<https://clients.dangerouslyfit.com.au/videos/20-minute-madness/>

Workout #6: Old School Workout

Instructions:

Perform each exercise for 50 seconds with a 10 second rest between exercises. Perform three sets with a 60 second rest between sets.

1. Curl and press
2. Squat thrust into bent over row
3. Bicycle crunch
4. Power climbers
5. Squat-tuck jumps
6. Bulgarian split squat (left leg)
7. Goblet squat
8. Bulgarian split squat (right leg)

Total workout time: 25-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people use heavier weights or try to perform more reps each set.

Notes:

<https://clients.dangerouslyfit.com.au/videos/old-school-workout/>

Workout #7: Double Trouble!

Instructions:

Perform 12 reps of two exercises as many times as possible in two minutes with 20 seconds rest between stations.

Station 1;
Floor press
Pullovers

Station 2;
Leg-unders
Crab toe touches

Station 3;
Scissors
Flutterers

Station 4;
Swings
Pulse squat n squat

Station 5;
Jumping jacks
Foot fire

Station 6;
Plank shuffle x 3
Sit up chops

Station 7;
Duck walk
Walk outs

Total workout time: 18-minutes.

Progressions:

Beginners use a lighter weight or bodyweight where applicable. Advanced increase the weight and power through as many sets as possible in each round.

Notes:

<https://clients.dangerouslyfit.com.au/videos/double-trouble/>

Workout #8: Bodyweight Blitz

Instructions:

Set 1: Perform 90 seconds of each exercise with a 10 second rest between exercises.

Set 2: Perform 45 seconds of each exercise with a 5 second rest between exercises.

1. Push-ups with shoulder tap
2. Barrier jumps
3. Renegade row
4. Crabwalk
5. Bear crawl
6. Lateral plank walk
7. Dynamic lunges
8. Jump squats
9. Alternating lunges

Total workout time: 27-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people use heavier weights or try to perform more reps each set.

Notes:

<https://clients.dangerouslyfit.com.au/videos/bodyweight-blitz/>

Workout #9: 3x3x3x3 Workout

Instructions:

This workout is split into two rounds, round one you will perform 3 reps of 3 exercises, completing AMSAP in 3 minutes. There are 3 stations in total (9 minutes work). Rest 60 seconds, start round 2.

Station 1.

3 x Lateral lunges
3 x Three Stop push-up
3 x One leg hip raises

Station 2.

3 x Parachute Burpee
3 x Pendulum lunge
3 x Front press

Station 3.

3 x Push up renegade row and squat overhead press
3 x Mountain climber into deadlift
3 x Prisoner get up into squat jump

Round 2: Freestyle round. Power through every exercise, performing 10 reps of each, do AMSAP in 9 minutes.

10 x Lateral lunges
10 x 3 Stop push-up
10 x One leg hip raises
10 x Parachute Burpee
10 x Pendulum lunge
10 x Front press
10 x Push up renegade row and squat overhead press
10 x Mountain climber into deadlift
10 x Prisoner get up into squat jump

Total workout time: 19-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people use heavier weights or try to perform more sets on round 2.

Notes:

<https://clients.dangerouslyfit.com.au/videos/3x3x3x3-workout/>

Workout #10: The 10 and 2 Workout

Instructions:

This workout is best if you have an area of 50 meters to sprint, however it can be done without the sprint. Each round lasts for 3-minutes. Perform 10 reps of exercise A, sprint 50 meters & perform 2 reps of exercise B. Then sprint back to the start and perform 8 reps of exercise A, and 4 reps of exercise B. The goal is to finish the 3-minute round with 2 reps of exercise A and 10 reps of exercise B. Rest 20 seconds between stations.

Station 1:

Exercise A - Dumbbell snatch and press

Exercise B - Tuck jumps

Station 2:

Exercise A - Lunge to row

Exercise B - Body counters

Station 3:

Exercise A - Triceps dip

Exercise B - Spiderman burpee

Station 4:

Exercise A - Jackknife sit-ups

Exercise B - Broad jumps

Station 5:

Exercise A - Squat thrust push up

Exercise B - Bunny hops

Station 6:

Exercise A - Alternating swings

Exercise B - Diamond push-ups

Total workout time: 20-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people use heavier weights and try to finish 10 reps on exercise B.

Notes:

<https://clients.dangerouslyfit.com.au/videos/the-10-and-2-workout/>

Workout #11: Standard Tabata

Instructions:

Perform each exercise for 20 seconds with a 10 second rest, do 8 sets for a total of 4 minutes. Complete all four Tabata's with a 60 second rest between each Tabata.

Tabata 1;
Push up into squat

Tabata 2;
V-sit up

Tabata 3;
Mountain climber

Tabata 4;
Dynamic lunge

Total workout time: 20-minutes.

Progressions:

Beginners can do push ups from the knees, advanced can add external weight to Tabata's 1, 2 and 4.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/standard-tabata/>

Workout #12: Lions Den

Instructions:

Perform 15 reps of each exercise.

After each exercise sprint 100 meters or 100 jumps on the skipping rope.

Do as many sets as possible in 20-minutes.

1. Wide push-ups
2. Ninja tuck jumps
3. Oblique crunches
4. Jump lunge burpee
5. Chop and lift
6. Forward lunge and shoulder press
7. Alternating dumbbell row
8. Lateral squat

Total workout time: 20-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people can use heavier weights and power through as many sets as possible.

Notes:

<https://clients.dangerouslyfit.com.au/videos/lions-den/>

Workout #13: Tempo Terror

Instructions:

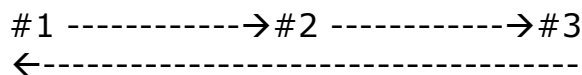
Perform each of the exercises for 12 reps with a 501 tempo, this means; 5 seconds lowering the weight, stop the weight at the bottom of the exercise and then 1 second lifting the weight. Do 2 sets of each exercise with a 10 second rest between exercises. Really focus on isolating the working muscle.

1. Kettlebell front raise
2. Side to side push-up
3. Sit ups
4. Split squat (right leg)
5. Dumbbell reverse fly
6. Split squat (left leg)
7. Butt to heels squat
8. Dumbbell floor fly

Finisher:

Because today's workout is so strength orientated, I've added a cardio finisher to really get the heart pumping.

Set out three markers each 10 meters apart, sprint to marker #2 and drop down into the parachute position, then immediately sprint to marker #3 and again drop down into the parachute position, then sprint back to marker #1. Repeat as many sets as possible in 3 minutes. Perform 3 sets in total with a 60 second rest between sets.



Total workout time: 20-minutes.

Progressions:

Beginners use basic push up and squat variations. Advanced people can use heavier weights.

Notes:

<https://clients.dangerouslyfit.com.au/videos/tempo-terror/>

Workout #14: Kettlebell Kombo

Instructions:

Perform each exercise for 50 seconds with a 10 second rest between exercises, try not to drop the weight for the entire 10-minute round. Complete 2 sets in total with a 60 second rest between sets.

1. Swings
2. Halo
3. Figure of 8
4. Two handed clean squat and press
5. High pull (left)
6. Goblet squats
7. High pull (right)
8. Round the world
9. Forward lunge and pass
10. Sit ups

60 Seconds rest.

Repeat.

Total workout time: 20-minutes.

Progressions:

Beginners use a lighter weight or just bodyweight for exercises that do not require a kettlebell, i.e. sit ups, lunges and goblet squats. Advanced people use a heavier weight, and try to perform as many reps as possible during the each exercise.

Notes:

<https://clients.dangerouslyfit.com.au/videos/kettlebell-kombo/>

Workout #15: Supaset Supaworkout

Instructions:

Round 1. Stay on each station for 3-minutes. Perform 1 rep of Exercise A, then 1 rep of Exercise B. Then 2, 3, 4, 5 reps etc..

Station 1:

Exercise A - Military push-ups

Exercise B - Renegade row

Station 2:

Exercise A - Forward lunge and twist

Exercise B - Plie squats

Station 3:

Exercise A - Lateral burpee jump

Exercise B - Reverse plank

Round 2. Is a 9 minute freestyle round, perform 1 rep of Military push-ups, Renegade row, Forward lunge and twist, Plie squats, Lateral burpee jump and Reverse plank. Then 2, 3,4 ,5 reps etc.

Total workout time: 20-minutes

Progressions:

Beginners use basic push up and squat variations. Advanced people use heavier weights and try to get to as many reps on each set.

Notes:

<https://clients.dangerouslyfit.com.au/videos/supaset-supaworkout/>

Workout #16: The Double Dip

Instructions: Power through 2 rounds, as soon as you finish round 1 go straight to round 2. Perform 2 sets in total with a 60 second rest between sets.

Round 1:

100 x Jumps on the skipping rope
80 x Mountain climbers
60 x Squat with dumbbell front raise
40 x Triceps dips
20 x Push ups
10 x Jump lunge to jump squat

Round 2:

10 x Swings
10 x Chop and lift (5 each side)
10 x Thrusters
10 x Goblet Squats

Total workout time: 20-25 minutes.

Progressions:

Beginners can drop the number of reps on the 2nd set by 50%. Advance people can progress the workout by lifting heavier weights.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/the-double-dip/>

Workout #17: 5 x 5 Workout

Instructions:

Round 1:

Perform 5 reps of Exercise A and then immediately perform 5 reps of Exercise B. Stay on each station for 2-minutes, do as many sets as possible in that time. Then move onto the next station with a 20 second rest. Rest 90 seconds and complete set 2.

Station 1;

Exercise A - 5 x Push-up shredder

Exercise B - 5 x Sprawls

Station 2;

Exercise A - 5 x Squat & Arnie press

Exercise B - 5 x Cross body mountain climber

Station 3;

Exercise A - 5 x Squat to squat jump

Exercise B - 5 x Woodchop (5 each side)

Station 4;

Exercise A - 5 x Jacknife

Exercise B - 5 x Sit-up punch

Station 5;

Exercise A - 5 x Kettlebell high pull into squat

Exercise B - 5 x Tuck jump burpee

Total workout time: 20-25 minutes.

Progressions:

Beginners can regress the workout by doing the basic variation of each exercise or use lighter weights. Advanced people can use heavier weights and try to do as many sets as possible.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/5-x-5-workout/>

Workout #18: The Magic Ten

Instructions:

Perform 10 reps of each exercise in the following order, power through as many sets as possible in 20-minutes.

- 10 x Dumbbell jump squats
- 10 x Dumbbell bicep curls
- 10 x Dumbbell shoulder press
- 10 x Dumbbell pull through plank
- 10 x Dive-bomber push-up
- 10 x Dumbbell split squat jump
- 10 x Dumbbell around the world (front of body)
- 10 x Pendulums
- 10 x Leg circles (5 each direction)
- 10 x Dumbbell bear crawl

Total workout time: 20-minutes

Progressions:

Beginners can use lighter weights or just bodyweight if needed. Advanced people can use heavier weights and try to perform AMSAP.

Notes:

<https://clients.dangerouslyfit.com.au/videos/the-magic-ten/>

Workout #19: Mixed Tabata

Instructions:

This workout is a variation of the standard Tabata. There are 2 exercises per station, perform Exercise A for 20 seconds, take a 10 second rest, then perform Exercise B for 20 seconds. Repeat this 4 times for a total of 4 minutes. Take a 60 second rest then move onto the next station.

Station 1;

Exercise A – Push-ups into triceps dips

Exercise B - Dumbbell floor fly's

Station 2;

Exercise A - 3 x Dumbbell Forward/Backward broad jump

Exercise B - 3 x Dumbbell low side steps with weight

Station 3;

Exercise A - V-ups E/S

Exercise B - Side plank knee tuck

Station 4;

Exercise A - Body counter burpee

Exercise B - Touchdowns

Total workout time: 20-minutes

Progressions:

Beginners do basic push up and squat variations. Advanced people try to power through AMRAP!

Notes:

<https://clients.dangerouslyfit.com.au/videos/mixed-tabata/>

Workout #20: Back to Basics

Instructions:

There are 3 rounds, each round last for 6 minutes. Perform each exercise for 50 seconds with a 10 second rest between exercises, complete 2 sets of each exercise before moving onto the next round.

Round 1;

1. Walking kettlebell swing
2. Kettlebell halo
3. Scorpion push-ups

Round 2;

1. Dumbbell clean and press
2. Elevated knee tucks
3. Jugglers

Round 3;

1. Push-up into power climber
2. Step up into depth jump
3. Kettlebell lateral lunge with knee raise

Total workout time: 20-minutes

Progressions:

Beginners use basic push up and squat variations and bodyweight where needed. Advanced people lift heavier & power through AMRAP.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/back-to-basics/>

Workout #21: Drop Sets

Instructions:

Power through AMSAP in 20-minutes, perform 12 reps of each exercise with no rest in between.

- 12 x Dumbbell floor fly's
- 12 x Dumbbell floor press
- 12 x Push-up power climber with tuck jump
- 12 x Jugglers
- 12 x Pivot planks
- 12 x Dumbbell reverse fly's
- 12 x Dumbbell bent over row's
- 12 x Dumbbell standing raises
- 12 x Heel clicks
- 12 x Single leg deadlift jump (left)
- 12 x Single leg deadlift jump (right)
- 12 x Spiderman burpee

Total workout time: 20-minutes

Progressions:

Beginners use a lighter weight. Advanced people use a heavier weight and power through AMSAP.

Notes:

<https://clients.dangerouslyfit.com.au/videos/drop-sets/>

Workout #22: The Countdown

Instructions:

Each set drop down in reps, sprint 100 meters between each set. Power through the full workout, try not to rest if possible.

Round 1;

Set 1:

5 x Jump squats

10 x Mountain climbers (each side)

10 x Dynamic lunges (each side)

Sprint 100 meters or 100 jumps on the skipping rope

Set 2:

4 x Jump squats

8 x Mountain climbers (each side)

8 x Dynamic lunges (each side)

Sprint 100 meters or 100 jumps on the skipping rope

Set 3 = 3 x Jump squats & 6 x mountain climbers/dynamic lunges

Set 4 = 2 x Jump squats & 4 x mountain climbers/dynamic lunges

Set 5 = 1 x Jump squat & 2 x mountain climbers/dynamic lunges

Round 2;

5 x Push-up step over's

10 x Oblique squat thrusts

10 x Shoulder taps

Sprint 100 meters or 100 jumps on the skipping rope

Drop down the reps on each set as per round 1, i.e. 4 and 8, 3 and 6 etc.

Total workout time: 20-minutes

Progressions:

Beginners use the basic variation of each exercise.

Notes:

<https://clients.dangerouslyfit.com.au/videos/the-countdown/>

Workout #23: 2 by 2

Instructions:

Each round lasts 5 minutes, power through AMSAP during the 5 minutes with no rest. Take a 60-second rest between rounds. Perform 2 sets of Round 1 and 2 sets of Round 2.

Round 1;

20 x Push-up on one foot
15 x Kettlebell pulse squat
10 x Kettlebell Russian twists
5 x Candlestick burpee

Round 2;

20 x Single leg hip raises
15 x Kettlebell sprawl with upright row
10 x Kettlebell straight arm sit-up
5 x Speed skaters

Repeat round 1 and round 2.

Total workout time: 24-minutes

Progressions:

Beginners use lighter weights and basic variations of each exercise. Advanced people power through AMSAP.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/4-by-4/>

Workout #24: Full Body Blitz

Instructions:

Perform AMSAP in 7-minutes. Complete 3 sets with a 60 second rest between each set. Start each new set where you left off.

- 8 x Dumbbell rotational push-ups
- 8 x Plank jack with shoulder tap
- 8 x Dumbbell forward lunge with 2 x pulses
- 8 x Dumbbell squat into reverse lunge
- 8 x Body counter with barrier jump
- 8 x Dumbbell alternating toe touches (each side)
- 8 x Plank pikes
- 8 x Dumbbell iron cross

Total workout time: 25-minutes

Progressions:

Beginners can use bodyweight and the basic push up, squat and lunge variations of each exercise. Advanced people can use slightly heavier weights, always keep good form.

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/full-body-blitz/>

Workout #25: Where are The Weights?

Instructions:

Start at 10 reps and drop down by 1 rep on each set; 9, 7, 6, 5 etc until you finish on 1 rep.

1. Power thrusts into high pull
2. Single leg Romanian deadlift walk-out to push-up
3. Sit up and twist
4. Surfies into jump lunge
5. Plank jack with shoulder tap
6. Candlestick burpee

Total workout time: 20-25 minutes

Progressions:

This is a mostly bodyweight workout, but quite challenging due to the high reps and single leg exercises. Beginners and advanced try to power through the workout as quick as possible, remember to keep good form!

Notes:

<https://clients.dangerouslyfit.com.au/videos/where-are-the-weights>

Workout #26: Dropping 10

Instructions:

Set 1 perform 30 reps with a 400 meter sprint after the set.
Set 2 perform 20 reps with a 400 meter sprint after the set.
Set 3 perform 10 reps with a 400 meter sprint after the set.

1. Kettlebell lateral lunge with knee raise (15, 10, 5 each side)
2. Plank walk into mountain climber
3. Kettlebell explosive sumo squat
4. Rolling push-ups
5. Kettlebell 2-handed clean
6. Deadman burpee

400 meter sprint or 200 jumps on the skipping rope.

Total workout time: 20-25 minutes

Progressions:

Beginners can just use body weight for some of these tougher exercises.
Advanced people left heavier and try to finish the workout quicker.

Notes:

<https://clients.dangerouslyfit.com.au/videos/dropping-10/>

Workout #27: Fat Furnace

Instructions:

Power through each round performing AMRAP.

Set 1: 60 seconds work 15 seconds rest

Set 2: 50 seconds work 10 seconds rest

Set 3: 40 seconds work 5 seconds rest

1. Kettlebell goblet squat and overhead press
2. Body counter with close grip push-up
3. Dumbbell low lunge walk
4. Side plank leg raises (left)
5. Box jumps
6. Side plank leg raises (right)
7. Divebomber burpee

Total workout time: 25-minutes

Progressions:

Beginners do basic variation of push-up, squat and lunge variations.

Advanced people can increase the weight and power through AMSAP.

Notes:

<https://clients.dangerouslyfit.com.au/videos/fat-furnace/>

Workout #28: DF WOD

Instructions:

Perform the exercises in the following order, power through AMSAP in 20-minutes.

15 x Renegade row
15 x Military push up
15 x Renegade row
15 x Military push up
15 x Kettlebell swings
15 x Kettlebell squats
15 x Kettlebell swings
15 x Kettlebell squats
15 x Pocket knives
15 x Squirms
15 x Pocket knives
15 x Squirms
15 x Double thruster burpee
15 x Touchdowns
15 x Double thruster burpee
15 x Touchdowns

Total workout time: 20-minutes

Progressions:

Beginners use lighter weights and basic exercises variations. Advanced people try to power through AMSAP!

Notes:

<https://clients.dangerouslyfit.com.au/videos/df-wod/>

Workout #29: The Byron Beast

Instructions:

Perform each exercise for 50 seconds with a 10 seconds rest between each exercise, each set lasts for 8-minutes. Rest 60 seconds before moving onto the next station.

Station 1.

Kettlebell swings
Kettlebell figure of 8
Kettlebell plie squat to overhead press
Kettlebell Power climber to upright row
Kettlebell swings
Kettlebell figure of 8
Kettlebell plie squat to overhead press
Kettlebell Power climber to upright row

Station 2.

Flutter
Hip raises
Scissors
Butterfly sit-ups
Flutter
Hip raises
Scissors
Butterfly sit-ups

Station 3.

Dumbbell thrusters
Dumbbell crucifix holds
Dumbbell reverse bear crawl
Plank jack with shoulder tap
Dumbbell thrusters
Dumbbell crucifix holds
Dumbbell reverse bear crawl
Plank jack with shoulder tap

Total workout time: 26-minutes

Progressions:

Beginners use lighter weights or no weights.

Notes:

<https://clients.dangerouslyfit.com.au/videos/the-byron-beast/>

Workout #30: The Workout Challenge

Congratulations... this is the last workout of the program. We end the training program with the 2nd fitness test. Check your results against day 1 to see how far you've come over the last 6 weeks!

Instructions:

The goal of 'The Workout Challenge' is to complete 100 reps of each exercise in 15 minutes. You don't have to complete all 100 reps of one exercise before moving on the next exercise, just complete 100 reps in total of each exercise in any order you like.

For example you might choose to do 10 sets of 10 reps, so you would do 10 push ups, 10 squats, 10 sit ups, 10 burpees. You would repeat this for another 9 sets to reach you goal of 100 reps in total.

The main thing here is to not grind out your reps, if you start to slow down or your form begins to suffer, move onto the next exercise. Power through the workout as fast as you can, but always keep good form.

If you manage to complete the workout in under 15 minutes, congratulations mark down your time here _____ and try to beat it in 6 weeks time. If you don't complete all 100 reps of each exercise, not to worry, mark down your reps in the table below and try to beat it in 6 weeks time.

Exercise	Reps
Push ups	
Squats	
Sit ups	
Hurpees	

Notes: _____

<https://clients.dangerouslyfit.com.au/videos/workout-challenge/>

Optimum Vitality Nutrition Plan

Daily Food Formula

Each day you must eat the following;

- 3 x protein serves (4 for men); breakfast, lunch and dinner
- 3 x cups of allowed vegetables (see list)
- 2 x serves of recommended fruit
- 1 x serve of wholegrains (wholegrain cereal, brown or basmati rice, wholegrain pasta, 2 slices of wholegrain bread)
- 2 x tablespoons of oil for cooking or as a dressing Optional (You may have each day if you wish)
- 2 x serves of dairy foods (from the list)
- 2 x snacks (from snacks list)
- 1 x additional fat serve
- 3 x Treats allowed each week (from the treats list)

Protein

Men: 4 serves per day

Women: 3 serves per day

- One serve equals:
- 1 Piece of lean meat, chicken or fish the size of a deck of playing cards
- 2 eggs plus one extra egg white
- 2 scoops of protein powder, preferably made with whole foods
- 200g of tofu or tempeh
- 200g of cooked beans, chickpeas or lentils

Meat choices: Chicken breast, kangaroo, lean lamb, pork or beef, ham shaved off the bone, sliced roast turkey breast.

Fish and seafood: 80-90g drained tinned fish such as salmon, tuna or sardines, 8 large prawns, 8 muscles or oysters.

Whole Grains

One serve per day only, one serve equals:

- 1/3 cup of muesli ("Carmen's" toasted fruit-free muesli recommended, green and black box, in the supermarket)
- 1/2 cup of raw oats for porridge
- 2 slices of wholegrain bread (Burgen recommended)
- 4 wholegrain crackers such as "Vitawheat"
- Basmati or brown rice 3/4 cup cooked
- 5 Rough Oat crackers/biscuits, Walkers or Pattersons brand (available from Norton Street Grocer and some supermarkets)
- 1 cup of cooked wholegrain pasta

Vegetables

Unlimited amounts of the following vegetables;

Minimum of 3 cups per day, either raw or cooked.

- Asparagus
- Artichoke
- Bean sprouts
- Beetroot
- Beans
- Broccoli
- Capsicum
- Cauliflower
- Cucumber
- Cabbage
- Carrot
- Chinese vegetables
- Chilli
- Celery
- Eggplant
- Fresh herbs
- Green beans
- Garlic
- Ginger
- Leafy greens
- Lettuce
- Leeks
- Lentils
- Mushrooms
- Onion
- Peas
- Pulses/Legumes
- Radish
- Rocket
- Spring onion
- Snow peas
- Spinach
- Sprouts
- Turnip
- Tomato
- Watercress
- Zucchini

Avoid the following vegetables:

- Sweet potatoes
- Pumpkin
- Potatoes

Fruits

Two pieces per day;

Choose the following fruits:

- Apples
- Apricots
- Berries
- Cherries
- Grapefruit
- Kiwi fruit
- Lemon/Limes
- Mango
- Mandarins
- Nectarines
- Oranges
- Paw paw
- Pears
- Peaches
- Plums
- Rock melon
- Rhubarb
- Strawberries

Avoid all dried, tinned and preserved fruit.

Fats

You must have 2 tablespoons of oil per day. Ideally 1 Tbs of extra virgin olive oil and 1 Tbs of flaxseed oil for use in salad dressings.

In addition you may also have the following:

- 1/4 - 1/2 avocado each day
- Olive oil: 1 tsp
- Lite coconut milk: 1/2 cup once per week for use in cooking

Dairy foods

2 serves per day (only if you wish) 1 serve equals:

- 110g (1/4 – 1/2 cup) of low fat cottage cheese, ricotta or cream cheese
- 2 tablespoons of plain, natural yoghurt
- 1/2 cup skim cows milk or low fat soy milk

Snacks

2 snacks allowed each day, mid morning and mid afternoon. One of these should include one serve of raw, unsalted nuts and seeds.

Nuts and seeds

1 serve of nuts = 25g of nuts, approximately 15 nuts, less for brazils and more for seeds.

Nuts to choose: Almonds, walnuts, brazil nuts, pecans, pine nuts.

Seeds to choose: Sunflower, sesame, pumpkin, linseed.

Other snacks

- A smoothie made with half a serve (1 scoop) of protein powder and water, with one serve of fruit (eg. Rock melon, berries, mango) added for flavour.
- Carrot, capsicum and cucumber sticks with 1 Tbs of Hummus.
- 1/2 cup plain yoghurt (remember to count this in your dairy serves) with fresh berries or fruit.
- Miso soup; made with fresh paste or "Spiral Foods" instant miso soup from the supermarket.
- 80g of lean ham or turkey breast shaved off the bone with tomato and rocket.
- A piece of fruit and 10 almonds.
- A small protein bar containing very little carbohydrates and providing 15g of protein.
- A "protein cookie" available from health shops.
- Celery or carrot sticks with 1 Tbs of peanut butter or other nut butter.

Treats

3 serves per week allowed;

- 1 tablespoon light sour cream
- 1 glass (125ml) of wine
- 2 tablespoons of coconut cream
- 1 tablespoons nut butters
- 1 tablespoon hummus
- 2 tablespoons tzaziki dip

Drinks

Unlimited;

- Water
- Coffee (try and have black and only 1 cup per day)
- Green tea, black tea and herbal tea
- 1 cup of miso soup or vegetable soup (only from allowed vegetables such as tomato or mushroom soup)

Flavourings

- Spices
- Fish sauce
- Stock
- Worcestershire sauce
- Fresh herbs
- Vinegar
- Salt and pepper
- Tabasco and chilli sauce
- Soy sauce and miso paste
- Vanilla essence

Cooking methods

- Bake, stir fry, steam, grill, bbq, boil, poach and microwave
- Use non-stick pans
- Soups and stews combining protein and vegetables
- Marinate meat for extra flavour

Protein powder

The protein powder I recommend is a whole food based protein blend by 180 Nutrition. Click here -> <http://www.6weekbody.com.au/protein>

Tips for eating out

You may be monitoring your diet, but you can still eat out! Follow these simple guidelines to ensure that eating out remains a pleasurable experience and not too much of a challenge.

- Ask for meat and fish in particular to be grilled or roasted rather than fried or cooked in a rich sauce.
- Avoid rich, creamy and buttery sauces-they are high in calories and saturated fat.
- Choose boiled new potatoes over fried, mashed and even jacket potatoes, as they have a lower glycaemic index rating.
- Order a starter and main course rather than am main course and desert.
- Aim for steamed, baked or grilled foods rather than fried or foods cooked in a rich sauce.
- Avoid creamy and buttery sauces.
- Avoid the breadbasket.
- Eat red meat very occasionally (If you want to go for red meat, chose kangaroo as it's high in protein and low in fat).
- Choose fruit salad for desert.

Meal suggestions

Combine these healthy food choices and follow the guidelines above, remember to plan your meals ahead!

Breakfast

The most important meal of the day.

- Fresh fruit salad with natural yogurt (unsweetened)
- Breakfast cereal (natural oats porridge) with skimmed milk. When choosing your cereals, be careful to check the label first, make sure sugar is no more than 8g. You will be surprised that most of the cereals claiming 99% fat free are full of sugar, often going up to 20g or more of sugar!!
- 2 poached eggs with tomato, mushrooms and spinach.
- Omelette (2 eggs) with mushroom and peppers.

Morning Snack

Snacking is important, avoid foods high in processed sugar. Your meals should sustain you through the day, but healthy snacking can keep your body satisfied during the day:

- Apples, pears, grapes, kiwis, berries and bananas (before work out only for bananas).
- Almonds, brazil nuts (one handful).
- Sunflower seeds (one handful).
- Pumpkin seeds (one handful).
- Whole food based protein shake.
- Tuna (be wary of tuna in oil - many of the oils are vegetable oils (high in omega-6 rather than omega-3 EFA's).
- Dried peas.
- Baby carrots. Note: Convenient - can buy pre-washed and pre-bagged.
- Celery and hummus (Note: Buy celery pre-cut and pre-washed. Goes well with many other dips).
- Cherry tomatoes.
- Whole-grain Crisp bread with Cottage Cheese. Note: Aim for crisp breads or crackers that are completely whole grain and have a minimal amount of oil.
- Bean salad.

Lunch

Your body needs nutrients and energy food at lunchtime. Eat your main carbohydrate (starch) meal now, combined with plenty of raw salad vegetables to maximize vitamin and mineral intake:

- Wholemeal or wild rice salad with mixed beans.
- Mixed bean salad with tuna (or other oily fish-salmon, swordfish, etc).
- Wholemeal pasta salad with pesto or sun dried tomato dressing.
- Avocado and salad sandwich on wholemeal bread.
- Couscous or quinoa salad with chicken or tofu.

- Bean salad with olive oil, lemon and chilli.

Afternoon Snack (See morning snack for guidelines)

Dinner

The later that you eat, the more important it is that the meal should be easily digested, therefore aim to eat plenty of salad and vegetables and an alkaline-based meal. Try to limit fats-oils, spreads, butter, for flavor and try marinades, spices and herbs instead:

- Steamed vegetables with grilled or baked fish.
- Curried lentils with grilled vegetables.
- Seafood kebabs with grilled vegetables.
- Stir-fried vegetables with grilled chicken.
- Spinach and lentil salad.

Nutrition Checklist

- ✓ Aim to eat 5/6 meals a day.
 - ✓ Eat clean, whole natural foods (grown or killed).
 - ✓ Drink plenty of water, use our tool.
 - ✓ Work out your daily calorie goal, use our tool.
 - ✓ Take a whole food based multivitamin and omega 3.
 - ✓ Cut out sugary foods/drinks/alcohol/fruit juice.
 - ✓ Eat breakfast every day.
 - ✓ Try to eat a carbohydrate and protein at every meal.
 - ✓ Get your carbs from fruits and vegetables. Limit pasta, bread, couscous, and cereals to only one meal per day.
 - ✓ Eat at least 2 portions of fresh fruit a day and 3 portions of vegetables.
 - ✓ Eat plenty of oily fish such as salmon, tuna, mackerel and sardines as they contain healthy oils that provide the body with energy.
 - ✓ YOU MUST keep a journal and track how many calories you're eating. Use a calorie like www.fitday.com or myfitnesspal (it's free). Please note: Some of these tools will give you a default calorie range, ignore this number - you are just using these tools to count calories. Stick with the daily calorie range our tool uses.
- TIP:** When calculating calories remember 1g of carbohydrate = 4 calories, 1g of protein = 4 calories and 1g of fat = 9 calories.
- ✓ Re-calculate your new calorie range every week as your weight starts to decrease.
 - ✓ Don't reduce the amount you eat too drastically, try to fill up on vegetables.
 - ✓ Snack on handfuls of almonds and Brazil nuts and pumpkin, sesame and sunflower seeds.

Conclusion

Congratulations... you made it!

At your disposal you now have the tools you need to get into the best shape of your life.

You know how to eat and train to live a healthier life and can use this knowledge whenever you need it.

Once you reach your ideal weight you can maintain your results by training 3-4 times per week, and staying within your maintenance daily calorie range.

Thanks again for purchasing this program and I look forward to meeting you in the Facebook group soon.

Dan Clay
Dangerously Fit
www.dangerouslyfit.com.au

About Dan

In 2003 Dan created Dangerously Fit, with the belief that everyone can become 'Dangerously Fit' if they followed the correct training program, ate the right foods and had a positive optimistic mindset.

For the last 13 years Dan has been committed to achieving excellent results for his clients at Dangerously Fit.

Specializing in weight loss, Dan has helped countless people reach their health and fitness goals with a simple but very effective fat loss system.

Dan has a certificate 3 in fitness instruction, a certificate 4 in personal training, a diploma in Sports Coaching, a certified TRX instructor, boxing instructor, Martial Arts instructor and Kettlebell Instructor.

He is also the co-founder of <http://epti.co.uk>, a personal trainer certification company focused on raising the skills and knowledge of personal trainers in Europe to a superior standard.

Dan is regularly featured on national T.V, Radio and health and fitness magazines.