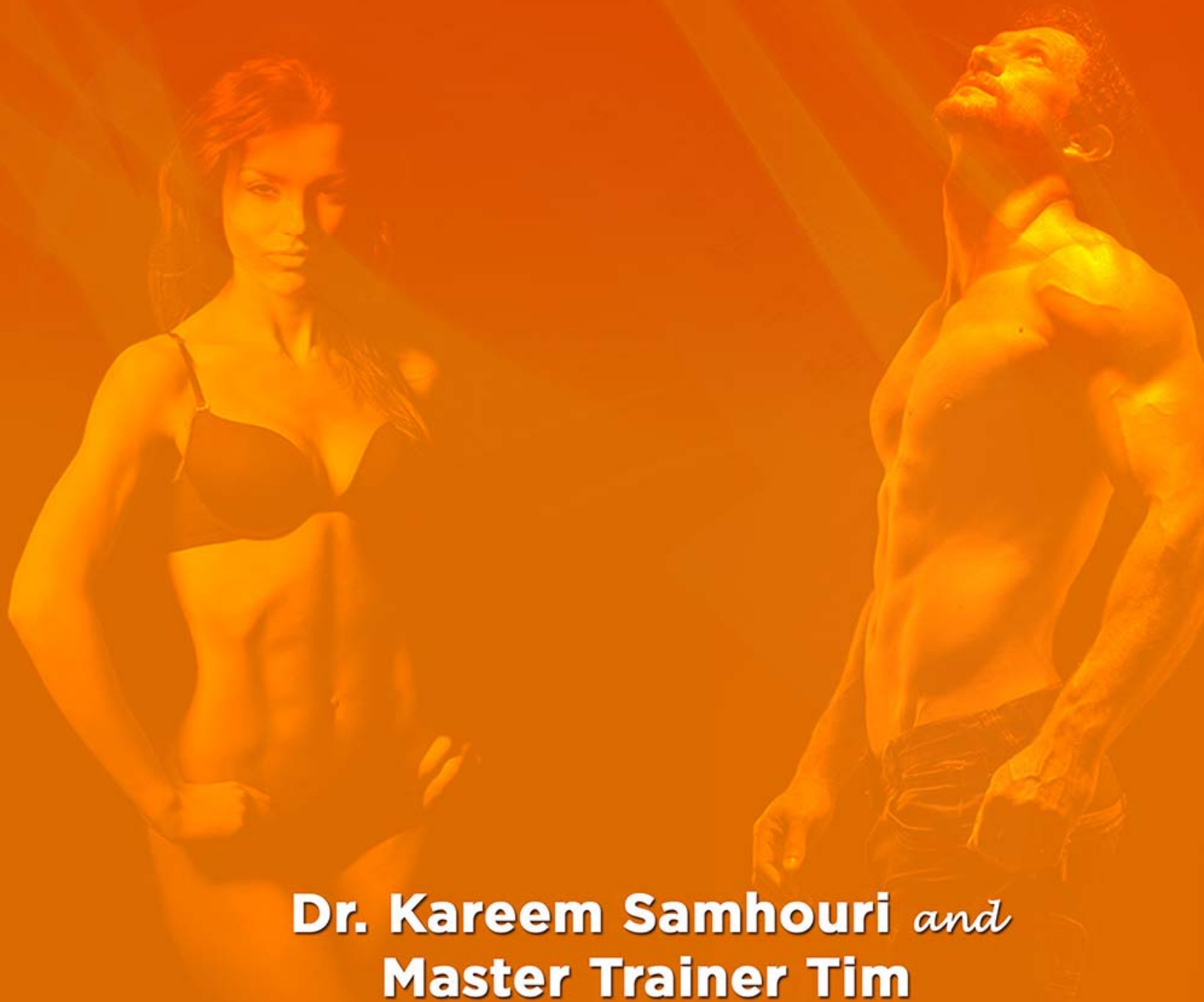


# 3 SIMPLE WAYS to **START LOSING FAT**



**Dr. Kareem Samhouri** *and*  
**Master Trainer Tim**

# 3 Simple Ways To Start Losing Fat

Dr. Kareem Samhoury and Master Trainer Tim

**TIM**

Hey, everybody. Master Trainer Tim here and I wanted to thank you all for listening-in tonight. We are so appreciative of the outpouring of support and we truly are humbled by the opportunity that we have to work with all of you to improve your health and fitness.

There's a couple of things that get asked through our support desk and a couple of different questions that we get on a regular basis. So Dr. K and I decided to put a little conference together with everybody, invite you in to let you kind of get the answers that we commonly give out, but they're some of the things that are the biggest stumbling blocks into helping people reach their goals as fast as possible.

So tonight's call, with the title "3 Simple Ways to Start Losing Fat", is some of the answers that we give to help people get a jump start in moving in the right direction towards improving their health. The three most common questions that I see as a trainer are: Where is the best place to start? What's the fastest way to lose fat? And if I lose this much fat this quickly and stop losing fat the next day, how do I get going again? (that's known as a plateau effect.) And there are a lot of different ways to get around them and with the thousands of clients that the two of us have worked with, we've found that there's a couple methods that help to improve your chances and improve your body in order to align yourself and get ready to go and continue down the path that you're looking for.

We're going to address the most common issues that we have first, but we want to let you know that you can feel free to chat-in your questions if you're listening online. There's a chat box, should be on the right hand side of your screen. Then if you're listening-in on the phone, you can feel free to send your questions in to our support desk. I'll be monitoring that during the call and the address for that is [support@drkareem.com](mailto:support@drkareem.com), and we'll get to your questions at the end. We'll have a little Q&A session after we go through the original presentation here.

This is something that Dr. K and I like to do on a regular basis. It gives us the in-person contact with our clients. Sometimes working in the online world can get a little bit difficult, but we want to let you know that we're here for you and we're always ready to answer your questions. We're here to support anything you have. This is the part that we enjoy the most about this business, is getting on the phone with people and explaining things.

Some of the things that we get to work with our clients in person on are some of the things that we miss-out when we're working with people online. And honestly,

getting a little bit of the answer from hearing someone's voice and getting someone to walk through your question with you can be the most important part about working with a trainer or deciding who you want to work with in order to help you reach your goals.

So like I said, if you have any questions, feel free to chat them in. We'll get to as many as we can tonight, and if we don't get to them now, we'll get an email out to you to answer your questions. Same thing, if you're not listening-in online and you don't have the chat box, feel free to email us at [support@drkareem.com](mailto:support@drkareem.com). So without any further delay, I wanted to introduce the man of the hour, Dr. Kareem Samhuri and get him rolling.

Sorry for the delay here. It seems like Dr. K's phone line cut out on us for a second. So while he's calling back in, let me run through a couple more things. Basically, what we do in these types of conferences is we're going to go through the presentation and answer some of the most common questions that we have. And most of the time, the most frustrating thing when you're talking about fat loss is where to start, how to get going and what are the best ways to go. Most people want to know, how can I lose fat the fastest?

Well, there's a couple of different ways that we generally subscribe to when it comes to rapid fat loss, but in general what we want to do is get you the right answers. Everybody's individual; everybody's needs are a little bit different from person to person and what we want you to do is be able to kind of interpret the answers that we're going to give and ask any questions that you have in order to kind of personalize this for yourself. That's the key here, exercise is individual.

The number one thing is if you don't like it, you're not going to do it. Number two is, if you're not getting results, you're not going to follow through. So we want you to get the results and we want you to get the answers to the questions that you have. So feel free to chime-in at any time and we'll get to your questions.

Looks like I see him here. Dr. K, is that you?

**DR. K**      Yep, I'm here.

**TIM**        There we go. I already gave you your introduction. I guess you missed it.

**DR. K**      Oh, okay. Yeah, I had a little trouble getting connected to you.

**TIM**        I've got you now, loud and clear.

**DR. K**      Cool. Well, welcome everybody. It is a pleasure to speak with you tonight. And I just want to first-off say how incredibly grateful I am to have you in my life. We really talk about this a lot behind the scenes, and you don't hear too much about

that, but our lives are totally different because of the work that we do together. And I think probably the best way to express that is, it seems to be that there's a positive correlation in this world between doing things to help people and having the world help you back, and that wasn't my intention getting started, but it's certainly been something enjoyable along the way. And the more you're referring people to us, and the more you're following the advice, the more you're getting results, the more inspired I become, the more I give, the more our whole team does it and the better our lives actually end up getting. For that reason alone, let alone everything else that we've been discussing with you. So from the bottom of my heart, I just want to say thank you very much for listening, for taking positive action on your health and for being a part of this whole journey.

In case you hear any waves crashing in the background, I happen to be in Maui with my wife and doggy right now, and it is just gorgeous. I'm staring at palm trees and there are giant turtles that crawl up on the beach right in front of us and lay-out and sunbathe all day long. It's really cool. I've been pretty busy all year, which is ironic, but it's been a very, very nice tropical office location for me. So it's been really neat. We're taking a couple of months travel together right now, and it's a really great opportunity, but I do apologize for the background noise.

And without further ado, I want to start tonight's topic. So, Tim, thanks so much; I appreciate it. We're going to be taking questions at the end. I overheard you already saying that. So everybody, take out your pencils and pads or go ahead and take notes on the side. Try not to be distracted by other sites, by Facebook, by phone, by text message, by all these things, because I have a tendency to start speaking pretty quickly once I start going and the stuff that I'm going to be covering tonight are really the basics of how to make sure you're losing fat.

All right, so three ways to start losing fat immediately. Here's what it comes down to, find the starting point for better health. This is the number one mistake I see people make that are actually working hard and doing it and trying different diets, trying different food strategies, trying different exercise programs, they're simply not starting in the right place. So if you have a more critical issue going on in your body, for example, you have cardiovascular disease, you have diabetes, you have arthritis in an advanced form, osteoporosis, you have a reproductive system issue going on, digestive issue been going on, something like that, then you're actually in a position where your body is not prioritizing fat loss. In fact, it's probably layering on the fat so that if in the event you can't move, you become immobilized, your body has something to feed itself. So fat becomes useful in that situation. Instead, get yourself to the point where fat's no longer useful by finding a starting point, working on the highest priority health issue and starting there.

Now, if you're nine out of ten people that we end up seeing and working with, this all comes down to posture. And the reason that posture is going to be the first fix that I'm going to be talking about tonight is because, well, if you don't have a major disease situation going on, you don't have a traumatic injury, then you're probably subject to the world we live in, right? And in the world we live in, we live in a very forward-posture place, very forward-posture world. So we have rounded shoulders, we have extended necks. It's almost like if you have ever seen those t-shirts when you're walking by a t-shirt store and it shows evolution and it shows

ape all the way up to tall, erect man, all the way back down to crippled in an office chair, and sort of forward in that position. Well, it's not quite to that extent, but your body actually responds to the stress or demand you place upon it. So that's called Wolff's Law.

And Wolff's Law means that if you sit in a pre-shortened position all day long, where your hip flexors are pre-shortened because your knees are pretty close to your chest, or you're leaning a little bit forward and tilting your head up to see your computer monitor. Then what's going to happen is your body is going to adapt and try to help you stay there, because it becomes more and more efficient in that position. It's the position it's in all day long. So what you want to do is you want to correct for that through daily exercises. It only takes a couple of minutes. Your body is actually really miraculous. You just cue it and say, hey, that's not what I meant today. And it automatically corrects itself. It's pretty neat.

But because so many of us are in that situation, because we all go to school, we go through that period of our lives when we're sitting for way too much of the day when our bodies are growing. The muscles are supposed to be elongating and they're not. Then we go to work and we do the same darn thing. And for many people that have physical jobs, they have repetitive-nature, physical jobs, so the same movement over and over and over again.

Well, that creates a muscular imbalance. A muscular imbalance, let's talk about this as a continuum, and then we'll come back to the postural solution. But muscular imbalance, if you think about it, it creates torsion, right? So let's just say, for example, let's use an easier example to think about. Let's say that like with your pec, okay? My right pec is really big. Just get a graphical visual in your mind, because it makes it easier to process this information. So let's say that I have Arnold Schwarzenegger's right pec, right? And then I have the scrawniest-guy-you've-ever-seen's left pec. And now, let's say that with that, I actually have an enormous Arnold Schwarzenegger-like left lat, and small, tiny, scrawny right lat. So now I've got this diagonal pull taking place in my body, because those two muscles can work together as a pair. So my left lat and my right pec get huge; my right lat and my left pec stay really, really shrunken. So what ends up happening is I've got this rotational pull always taking place in my body.

If you can kind of envision the whole left side of my back is jacked, the right's not. The whole right side of my trunk is, and the front is jacked, but the left's not. It would be really awkward and weird looking.

Well, on a microscopic level, this is the same kind of trauma torsional pull asymmetry that's taking place in your body all day, every day just by being right-hand dominant or left-hand dominant and developing that side a little bit more and then using that side at work or in this physical job where there's repetitive tasks. If you're swinging a sledge hammer, you're probably better with your right arm than you are with your left, or vice versa. So you're going to use it more often.

And I've found in each one of these positions, whether I've worked in the labor-intensive job or whether I've worked in the office environment or whether I worked as a personal trainer, there's still one of two things taking place: postural imbalance as a result of prolonged positioning, setting for too long; or the other

thing is repetitive use and so muscular imbalance takes place, because you're using one side more than the other.

So here's what we do. We take five minutes a day and we fix your posture. You may or may not have received the email about the five-minute posture fix, but if you didn't, just go to [dailyposture.com](http://dailyposture.com). Again, that's [dailyposture.com](http://dailyposture.com). Write it down for now, because there's a video on the site. It's not worth looking at right now, but you should definitely look at it as soon as we're done tonight. And it's a five-minute routine that you do every single day to correct your posture, super simple, magnificent effect.

Now when you correct for posture, what happens is you realign muscles, you realign joints, your body stops sending these pain, sub-sensory pain signals to your brain that shutdown muscle and you get a better muscle contraction from every single rep of every exercise you do. So if we look at muscle balancing as a continuum, we say muscles are balanced what happens is, every time your brain sends a signal to your muscles to say contract, your muscle receives that signal, contracts the entire thing and you exponentially grow at that rate per muscle fiber, if you will.

On the other hand, as you become muscularly imbalanced, what happens is, the weaker side doesn't want to get hurt by trying to exert the same effort as the stronger side, so it shuts down. Now, the stronger side feels like it could be pulling something out of joint, maybe it's going to accidentally dislocate your shoulder or rotate your spine too much and herniate a disc. So it shuts down before maximal contraction, both sides atrophy. So you can build the muscular imbalance to a point that if you think of it as a bell curve, eventually, even the strong side is going to get weaker.

Now, what happens as a continuum of that is, first asymmetry occurs, muscle shutdown on the weaker side occurs, then over time, muscle shutdown on the stronger side occurs. Your performance increases and increases and increases, you see these great results and then you end up so imbalanced that it's the equivalent inside of your body of a traumatic injury over time that's taking place, but one day, it's the straw that breaks the camel's back.

Now you've got this nociceptive response, or pain receptor response, that actually communicates with your brain and says, hey, this isn't safe anymore; shut down my muscles and all of a sudden, your metabolism plummets. The same food that you've been eating for the longest time starts adding weight to your figure all the time. It's an amazing difference all from this muscular imbalance. So that's totally separate from the person who could be sedentary in an office or whatever, but it applies to both categories.

When it comes to starting to lose weight quickly, make sure that you go to [dailyposture.com](http://dailyposture.com). Go there every single day, do your five-minute routine. It's super-simple. You'll get the hang of it in a few days; you won't even need to reference it anymore. But you'll watch your body completely change.

From a cosmetic standpoint, what happens is you end up with a little bit more extension in the lower spine, or it balances-out if you already have extension. A lot

of people have flatter backs there or they're over-extended in one particular area, but it's not a nice balance and that of lumbar extension, okay, or low back extension.

A lot of people also end up thoracically flexed. So the mid back is just a little bit rounded. [Background noise]. Sorry, that was a little bit loud. So the mid back is just a little bit rounded and what the back does is it stops you from being able to kind of bend backwards at that segment, and it extends both your low back and your neck. So again, let me just go over this so it's more clear.

You have symmetrical curve, so your neck and your low back are symmetrical, right? So even though they're not the same size, they are symmetrical in nature. So in your neck curve, you have a "C" curve, right, and then your low back, you have a "C" curve as well. If what happens is you flatten the reverse "C" and your mid back out, then the other two curves balance-out to adjust for this and you end up with a flatter spine overall, or you end up spiking in one direction or another, depending on the direction that your mid back goes.

So what I'm explaining to you is, you end up losing the power and efficacy of all of the muscles in the surrounding area, from a metabolic standpoint, just by changing the posture and position of your middle back, your low back and your neck. Not only are you shutting down the nerve signals that way, but when you reverse it, you're opening up the space for each vertebra, the nerve root peeks out, sends a signal to the muscles; the muscles contract better, you have a better alignment, which actually increases your figure; the lower belly bulge goes away, because if you think about it, if you extend your back slowly and stand up straight, your belly doesn't look as good. If you can extend your mid back, your shoulder blades sit down and back and you have that tall, military posture, now your chest actually looks like it's sticking out in the right direction and you look like you have stronger shoulders or a more appealing figure, let's say.

So from a postural standpoint, the first thing to start losing fat immediately is, yes, this will actually help you lose fat, A; B, it will affect your metabolism and then, C, from a cosmetic standpoint, you're going to instantly see a result, which is really nice. And by instantly, I mean one to two weeks, you'll notice a substantial difference in the way your body looks and feels and that will motivate you to continue onward in the future.

So I want you to really think about the affect of postural balancing and using daily posture to your advantage, as one of just the foundational points. But remember, this isn't the solution if you have a higher priority health issue; get that addressed first. Get your blood pressure regulated; get your blood sugar on point, and then go and try the fat loss program and you'll see a substantially different result.

If you're having trouble in your digestive system, straighten that out first. Your body is screaming at you to fix that first. It's like a domino effect, right? If all the dominos are falling down, you don't want to pick up a middle one to fix it, you want to pick up that first domino. So that's what we're dealing with there.

In terms of method number two, breathe. Dramatically change your stress level just by breathing. You have to learn how to diaphragmatically breathe. Here's

what I want you to do. I want you to sit up tall, or recline in a chair, either one, but I don't want you standing or laying or any of those other positions or sitting Indian style or whatever. And I want you to take a hard sniff breath in through your nose. And then I want you to breathe out slowly like you're breathing through a thin coffee straw with your mouth.

Do that a couple of more times with me. Each time you do that, I want you to work on not letting your shoulders come up, just a little bit better than the time before, okay? The first time, your shoulders probably raised up a good amount, but we really want this coming from your belly. As you breathe in, your belly should expand out; as you breathe out, your belly should go inward. Again, as you breathe in, your belly should come out, not in; and as you breathe out, your belly should go inward, because that's the way the muscles work to be able to help you breathe, and your diaphragm is the most important one.

So let's try it again. In for four seconds this time, okay? Really easy to do. Four seconds in; one second hold; four seconds out. However, for so many people, and you may have noticed this with yourself, keep it going now, okay? If you're sitting there at home and thinking about this. Are you finding it difficult to inhale? It could be that if you're having trouble taking a real deep breath that your cortisol's been high for a long time and your DHEA has been low.

Your cortisol is the hormone that gets released when you're stressed-out and your DHEA is your calming hormone, right? So it's what gets released to reduce your cortisol. But if you keep releasing cortisol, your body says, well, maybe I don't need this DHEA stuff and it drops that level down. This is most notable when somebody goes to take this deep, diaphragmatic breath. They have some sort of restriction in breathing. Some people even break down and start crying. They feel nervous or agitated. Some people just have trouble getting the breath.

But it shouldn't be difficult to breathe inward, right? Inhalation, when did that go away? This is the same thing as somewhere around age 45 or 50, people go to jump, or jump off of something that's two feet tall and they're like, whoa, my body, it doesn't do that anymore. It's just because you haven't done it in a while, right? So inhalation is the same thing. It's that forward posture position, it's where we spend our day, it's the way we raise our shoulders when we're stressed and all of a sudden it becomes harder and harder to take a deep breath. But that inhalation effect is going to be paramount to your success with fat loss, because you can't affect fat loss on a hormonal level until you can take a deep breath, right?

So let's just consider the importance of something so simple. Fifteen diaphragmatic breaths, four seconds in, one second hold, four seconds out, times one to three sets a day, ideally three, or after any stressful moment before your body gets caught in that tensed position can be the biggest game-changing difference you've ever experienced in your health if you're not already doing something to regulate your stress. This is so important. Calm down your nervous system, create balance between sympathetic and parasympathetic.

And to comment on that, the autonomic nervous system is really interesting, right: fight or flight; or rest and digest. Fight or flight is sympathetic; rest and digest is parasympathetic. And so when we're considering autonomic nervous system, we



have to say, well, if one is out of balance, overly stimulated, we're going to be affecting the other one in a negative way or exhausting one of them. So we actually want more like a 50/50 balance taking place there, where some of the time we're eating and digesting, processing food, and other times we're sympathetically stimulated to be able to perform for our days.

Well, it used to be recommended that it was a two-second breath in, a one-second hold and four seconds out so that you could de-stimulate yourself, if you will, if you go from a sympathetic state to a parasympathetic state. However, it's really interesting, because on the way out, that's when you're getting to the parasympathetic state. You're breathing out carbon dioxide, you're releasing that from your system and you start to go into the rest and digest state.

With that said, interesting enough, I ended up meeting one of the guys that were higher-up in the HeartMath Institute. So if you're finding that this is particularly relevant to you, you might want to look up HeartMath as well. They're the leaders that I know of for evaluating heart rhythm with respiratory rate and heart rate, and that's like emotional state with the way that your body is beyond just the heart rate itself and your respiratory rate itself.

So I think it's really valuable info. How does your body heal when you breathe and how does your body feel when your heart beats as opposed to just is it beating and are you breathing? With HeartMath they said, no, no, no. Do the same amount of time inhaling and exhaling because you want to create balance in the system, which is what it's missing, because we do go eat. And what happens is after you're really agitated, when you finally calm down from that hyper-sympathetic state, you're in that fight or flight state, you just binge, right, you gorge. You get home and you're like, ah, man. I had another stressed-out day and you just eat and eat and eat and eat.

So what you are doing is you are reciprocating from this hyper sympathetic response to this hyper parasympathetic response. They said when we do our breathing exercises we recommend you do four seconds in, one-second hold, four seconds out. And the reason we don't do two and two, we can do that in the beginning. We want to progress to four, because we found that our clients are actually having a much harder time breathing inward. And we think that this is related to, you have shallow breaths when your cortisol's high and you're in the fight or flight state, and this helps you breathe out all the carbon dioxide, get oxygen to the brain and be able to make quick decisions. So we say, get them to take a longer, deeper breath and then balance-out their autonomic nervous system.

I'll tell you, ever since I learned that lesson, I've been recommending that to various patients and clients of mine and on a mass scale, and I've seen it help person after person after person. Calm down the way your body responds on a hormonal level and watch the way you make decisions throughout the day change. Not only does cortisol have a negative feedback with effect on insulin and other hormones that are going to an effect on your body regardless of your sugar intake or anything else, but it's also going to change your attitude towards food, the emotional drive that's paired with food, and whether or not you're feeling too exhausted to get through your exercise program today. Because let's face it, if

you crushed it every day in your work out, and you just kept eating about the same, you'd be in pretty darn good shape. But the trouble is, that's not exactly what's going on, and if it is, it's not going on with perfect form or you were way over-eating to begin with or totally dehydrated.

So we want to be able to balance-out that situation to give your body the best possible chance by taking a look. Remember, endocrine system is going to come before musculoskeletal. It's more inside, right? So inside out is the way your body works to be able to create good health, right? Your body is a protective mechanism that protects life. This is what we were talking about with point one. So anything that's more intense or a higher priority, direct for your body, is going to be something that adversely affects you.

So we said, look, nine out of ten people who want to lose fat, they've got to fix their posture. Let's make sure, since so many people are stressed-out in today's environment, most of the time we're really just starting to catch-up to, or do ultraviolet lights really stress us out? Are there electromagnetic waves in our environment we don't understand? What is the effect of a cell phone on cortisol or DHEA? How about sugar and processed foods? Is it as big a deal as you think? What about grass fed? Does it lead you to more disease or is it actually producing the leaner steak that we hope it is, all of these different things. Mass production, what was the effect of that? Corn representing 70% of our diet instead of less than 10% of what it used to when we were hunters and gathers. What is the effect and the compounding effect, of all of these things in our body? Well, it's a more stressed-out body, right? It's not exactly the natural state that were seeking. We're correcting; we'll get it right, and there were a lot of benefits to getting to this point.

We've learned so much and we've been able to feed the world, or a lot of people anyways, and everything else. But one of the disadvantages is right now, we're in a state where we're seeing consequences of that behavior. And one of those consequences is hormonal imbalance, or is thought to be. So we want to consider from that level, from an endocrine system level, how to balance that out, separate from what's going on from the musculoskeletal, because that's kind of like the silent fat loss killer, right? It's like something hormonal.

But if you notice that your attitude isn't quite what it was at one point in time or you don't feel completely like yourself, it's a really good bet that there's something happening on a hormonal level and that can be effected by your sleep cycle as well. So none of this information matters unless you're getting eight hours of sleep.

Now I'm somebody that can survive very well on four to six hours of sleep, but I'm telling you, eight is when I end up balanced-out, it's when I grow muscle more easily, it's when I lose fat more easily. It's when I just get a better result, when I feel more energetic at the end of the day. There is a difference and I've noticed it and I've had the same conversation with lots of people who would swear by four hours of sleep or half-an-hour of sleep a night or whatever. They all kind of say the same thing after they do it for a few weeks, but it takes a little while to catch-up.

And then finally, point number three, or the third way to lose fat immediately is to

work every energy system in your body. You have three. You have your ATP-PC system, or adenosine-triphosphate phosphocarbonate. That's your zero-to-two-second, quick, explosive energy system. So how high can you jump once, okay? Then you have your anaerobic energy system, which is zero to—or two seconds to 60 seconds, if you were continuing. It's not exactly like this, but it's the system that works without oxygen. It's power, strength, but not endurance. So it's your ability to perform your first several seconds of exercise with—with extreme intensity and without necessarily having to recover or to oxygenate your body as you go through it. Sixty seconds and beyond would be your aerobic energy system. So that's the energy system that is going to build muscular endurance and the cardiovascular endurance as well.

So when we're saying to do your exercise routine on a daily basis, what we're really saying, though, is work all three energy systems. Make your first rep of your first exercise explosive in nature, provided that you're warm enough to do so and you're in a healthy enough state, and if you really make that rep count, you just worked your ATP-PC system. Now, burn out, right, burn out fast, get that anaerobic system and then just finish. Keep the motions going, and that's how you get to your aerobic as you go above 60 seconds.

So in that first exercise of the day, that's your chance to get your first two energy systems. And if your pace isn't right, if your intensity isn't right, you just missed out on those because you immediately transfer into aerobic and you're kind of stuck there for the rest of your workout, because you're not going to get enough rest time to recover and actually challenge your other systems. So it all comes down to your first few reps. Every rep needs to count, but your first three reps are going to count the most.

So, ladies and gentlemen, I just want to say that this is the kind of information, as simple as it sounds, that makes all the difference in the world. Now, the reason we're here today is because of you. So I want to make it abundantly clear what we're talking about. I want to show you precisely how to do it and I want to answer any questions you have so we can customize this around your needs.

In summary of today's call, here are the things that we discussed. Number one, the three ways to lose fat and begin immediately, please, fix your posture, right? Work on the highest priority health concern. For most people out there, to fix your posture, go to [dailyposture.com](http://dailyposture.com). You'll see the squat-push-lunge-pull-plank format, and lunge in this case I think, is substituted with bridge, but they both work. Bridge is nice because it's a symmetrical bias for extension.

Number two is to make sure that you're balancing your hormones simply by breathing. The most magnificent difference you can make in your day on a hormonal level is breathing appropriately. It will change the way you eat, it will change the way you approach your day, it will change the energy level and the focus that you put into everything and it will change the way your body loses fat.

And then finally, number three, work all three energy systems every time you work out, very important, okay? So the first rep of the first exercise should be explosive in nature, and you should really move quickly, sprint, right? Get that anaerobic system through 60 seconds, and then keep your pace going, right? Now it's time

to transitions into your aerobic energy system and finish-out your set.

With all of this in mind, you can get absolutely fantastic results. If you apply just one of these things, you'll see an unbelievable outcome. Apply all three and watch the combination become more powerful. It's often times the simple things that help us lose fat for the first 90% that we need to, and for most of us that think we have to lose 10 or 15 pounds, once we do we often find out there's another 10 or 15 to lose. Well, these kinds of tips will get you most of the way through not just the first 10 or 15 pounds, but the 10 or 15 to come after that.

So with all of this in mind, I want to say thank you so much for joining us tonight. If you're interested in other people's questions, or you have questions of your own, please stay on the line. And with that, Tim, I'm going to turn it back to you and let's find out how we can help.

**TIM** All righty. Let me just run through these questions and we'll go at it like that. So first question that came in was how fast should I be looking to lose fat? In other words, how many pounds a week should I look to lose if I follow a program like this?

**DR. K** That's a great question. So this is difficult to say. In my own personal weight loss journey, when I went from my heaviest state to really being in good shape or in great shape, and committing to that for the rest of my life, I lost a couple of pounds per week. That was the first time that I ended up actually going on a transformation mission, and I did that over basically six months with a couple of weeks of plateau.

And that did really, really well for me. I think there was 34 pounds and 17% body fat. And the main reasons I did it a little bit slower at that time was because I had tremendous joint pain all over my body. So going back to that whole fix your posture comment, that's where this comes into play. What's the highest priority health concern? I had to balance-out my muscles. I had to get out of pain and then the fat actually went away ridiculously fast. It's just I lost a little bit of weight along the way because my focus was weight loss, right? I didn't really understand what I was doing. I was trying to balance my muscles and stuff like that, but I was also trying to lose weight and those two were disconnected goals in my mind at that time, but in actuality, they were quite linked, because once I balanced my muscles, the weight came off very, very quickly and it was a lot easier.

So dissimilar from other weight loss programs, where you lose a pound or two a week or three or four a week or whatever, and then over time less and less and less and you plateau and then sometimes you gain the weight back, I had the opposite effect, right? So I was losing half a pound and then I was losing a pound and then I was losing two pounds and then I stayed around there for a long time. And then I had a couple of weeks were it was hiccups and I didn't lose anything. And then all of a sudden I was losing four or five pounds a week because my metabolism kicked into overdrive because I was balanced.

So I would say find out what your highest priority health concern is, work on that first and then worry about rapid fat loss after that. In the beginning, just think about eating healthy and healing your injury, right, or healing whatever health challenge there is. So devoting your nutritional habits to that, doing exercises that best correspond to that, getting a hold of your stress levels, doing things that make you feel good as a higher priority health concern, even if it only lasts for a few days before you kick into fat loss gear.

Now, on the other hand, assuming that everything's in alignment and everything's working really well, this is where I've come to the philosophy of interval training weight loss. I don't believe that it's good to lose 10 pounds a week for 20 weeks straight, or whatever. I know that's an exaggeration, but I think that actually could do a lot of harm to your body. That kind of drastic change in your weight can do a lot of damage to your heart and you have to be really, really careful. It has a hard time keeping up with rebound weight gain or rebound weight loss, in either direction, so that huge fluctuation.

On the other hand, taking two weeks, right, 14-Day Fat Loss Plan is an example, taking two weeks and saying, what can I get out of these two weeks? And then balancing-out for six and letting your metabolism sort of stabilize without losing too much weight. Now you can try it again for two weeks. So it's eight weeks later you're doing it again, kind of thing, from your first day. So in that situation, I think, go for it, right? Because I feel motivated when I see results and then I'm willing to hold on to it and keep those habits. And I think it's the habits that need to change, above all else.

So in my second transformation, once I felt that my health was in alignment, I think it was 23 pounds and 7% or 8% body fat in, I don't know, it was, don't quote me on this exactly, but 23 days or 21 days, something like that. It was insane and that was completely a different story. It was 14-Day Fat Loss Plan style, right? So it was the, let me clear my gut of all of the extra gook and stuff that's stopping nutrient absorption with increasing my fiber intake, really super hydrate so that cellular metabolism is at its peak, and let me do that first thing in the morning every day. Let me avoid carbohydrates completely and follow the 7-1-7 rule all the way through and then have a cheat day so I could reset my hormones and go at it again.

And the results were really just kind of shocking along the way, but I was doing two-a-day workouts and I was really putting my time in. And the most important thing is the intensity and focus of my effort.

So in that situation, I think you can lose quite a bit really quickly, but I do think that whenever you're going for a lot of weight loss really quickly, you're subjecting yourself to a slightly more dangerous environment, but a more motivating environment. So there's danger on both sides of this equation. Danger on one side is if you don't get results fast enough, you might just quit. Danger on the other side of this is, if you push too hard, instead of trying to lose six pounds, you try and lose... Instead of trying to lose 10 pounds you try and lose 20 in 14 days, which I've seen people lose more than that, right? But if you push that hard, you're taking a chance, right? You might get injured or you might quit because it's too

intense. But it is doable.

So I really like the territory of shooting for five to 10 pounds in a two-week period, no more than 15. Stabilize that for six weeks. Reevaluate your needs and go for it again as needed. But this way you're always sort of figuring out how to hold onto your results. So does that answer your question, Tim?

**TIM** Yep, that answers the question, but there's another question here that's kind of a follow-up to the question you just answered. And it's, how much exercise is too much and can this program, the posture program, be combined with the other programs that we're currently doing?

**DR. K** Great question. So over-training is an interesting animal. First, there's understanding the science of over-training. One is, more frequent injuries. Another is that your heart rate gets out of control where it needs to stay in control. So let's say you wear a heart rate monitor and typically when you're working out you're beating at 150 beats per minutes, let's say, and you're just kind of holding there for most of the time, or fluctuating between that and 165. But now, all of a sudden, you do one set, it's 10 minutes in or it could be 20 minutes in, whatever the time period is, and your heart rate just jumps up 15 to 20 beats and that's not particularly typical and you have to stop and rest. Or, it comes back down, but it's an unusual regulation of your heart rate. That's another sign; that's an earlier sign of over-training. Another thing is a loss in flexibility. That's a sign of over-training. So you want to avoid over-training and then in terms of minimal effective dose for results versus how much is over-doing it.

You want to test your body, right? So there's two different things. There's one, exercising for great health, and there's another, exercising for fat loss. And the second one comes first, right? So first is to produce the leanest state of your body by doing the minimum effective dose of exercise you possibly can so that you're at decreased risk as you increase the amount of exercise time and duration. Let me say that again, because that can be a little bit confusing, but it's a really important point.

The first thing is to optimize your body so that it has less chance of injury before you increase the duration of your exercise program, which is why we talk about minimum effective dose training in fat loss. So what I would say is, the first thing is, do the posture program. See what happens with just the posture program, right? And then make sure that you're not gaining weight, sure, but give it a few days, figure out what's going on; give it a week, if you haven't been exercising, that is, right? See if you're getting results. Don't add more if you are. But the minute you stop getting results, add a little bit more. Always keep your body guessing; always push to just a little bit further in the next level.

And don't worry about exercising too much, instead, worry about what's the minimum effective dose. Once you're in optimal shape or form, now the game begins, right? Now you get to exercise all you want and it's great. And now you're just looking for the signs of over-training. You do things; you're much more

physically active. I mean, for me, I prefer to be exercising three to eight hours every single day. That's just what I like to do. But I know if I do that and I'm out of shape, I'm at increased risk of injury, not safe. And here's the funny thing about it, it actually would stop me from losing fat as fast. So the minimum effective dose until you optimize your body, and once you optimize your body, gradually increase the amount of exercise you do by about 10% a week until you start to see other signs.

**TIM** Perfect. So now, allow me to kind of mash a couple of these questions together, because there's a fair amount of questions here about exercising with low back injury and low back soreness, ranging from compression fractures in the low back to what most people would consider normal low back soreness. So what are your recommendations on how much is too much as far as low back pain goes when you're starting an exercise program and the easiest ways to kind of correct for it and diagnose whether it's something that you should get checked-out as opposed to something that you should work through?

**DR. K** Awesome question. So first, I want to tell you, you're just ridiculously normal; this is incredibly normal. Over 50% of the U.S. adult population suffers from low back pain, okay, or has a herniated disc if you were to take an MRI of your low back. Over 80% of the U.S. adult population will suffer from low back pain while they're adults and they report it to a medical practitioner. So that probably means everybody is suffering from it at some point or another.

So what do you do about back pain? First, you have to rule out the most serious of situations. Tim, you mentioned compression fractures. So I'm going to start with that and then we'll get to the other signs and symptoms. With a compression fracture, it depends on the position of the fracture, whether the fracture has moved, what the recommendations are from the physician and then also, they tend to offer something in a prescription. First, you need to go to physical therapy, get an evaluation. You need to see a physician before you can do your exercise program safely, because that back is affected by basically every movement, and you need to find out what movements you're forbidden from doing, if any. And then, they can see how stable you are in your core and everything else, physical therapy and diagnose and evaluate you that way.

But basically, a lot of times extension is forbidden in there beyond a certain point. So bending backwards beyond a certain point can be forbidden because that could actually slide the fracture forward and result in all kinds of nasty things that we don't want to talk about. And then, let's say that you're prevented from bending forward too far. Now, that's a situation where if you bend forward too far, the fracture could actually shift a little bit and more and it could be pressing on the nerve root or something else, creating a more serious problem. And neither of those is necessarily true, but one of them could be. It also depends on the level of the fracture. At L1/2 for example, it's much more serious, than at L5 in a lot of ways, but it's serious in anybody that feels the fracture.

The next thing about exercising with low back pain is properly screening for what would I call them? I would call them the red flags or the classic signs and symptoms that you have to be aware of. So is there shooting pain, numbness, tingling, throbbing, pulsating, and this could be down the leg as well. Are you losing your balance? Is there nausea? Are you seeing a difference or change in your bowel habits or urinary habits? Are you experiencing incontinence? Is there blood in your stool? Is there an open wound? Are there any of these other things? Assuming that it's not any of those things, which would be contrary indications for exercise, then you just have to rule-out whether or not there's precautions, right?

So if you don't have a herniated disc that's getting aggravated by exercise, if you don't have stenosis, but positioning issues exist, you just need to change the position a little bit. If you don't have a stuck facet, like throwing out your back that makes you lay in your bed all day, but you just have an achy, sore back, you probably need to strengthen your core. You probably need to get your ligaments moving a little bit. You probably need to strengthen your glutes substantially, start using your diaphragm, which the muscle paired to your transversus abdominis, and most importantly, just kind of warm-up your back by doing some cardiovascular activity, going for a light walk for 20 minutes before you start your exercise program.

By balancing-out your muscles, it takes a lot of strain off your low back. By losing a little fat, you take a lot of strain of your lower back. So if you're cleared by your physician, the best thing to do is not do anything that increases pain, and that may sound incredibly intuitive; it should be, but it's not just increases pain immediately. Depending on why the low back pain is there, it could be increases pain 24 or 48 hours later. And if that's the case, take a note of it, understand what the movements are, take one of them away and then see whether or not the pain is there. So you eliminate the movement that's creating the pain and then you find a substitute, which you're welcome to email us at [support@drkareem.com](mailto:atsupport@drkareem.com). We'd be happy to provide a substitute, and substitutes, if you say, for example, the bridge is painful. The other thing is, find out if bending forwards or backwards is creating more of the pain or side-bending, and try to avoid those movements. I always say separate out rehabilitation and fat loss, right?

So one thing is restoring movement or restoring a joint or restoring the health of an area, and the other thing is actually hitting maximal intensity and causing the repair process to take place because you're purposely causing injury in a sense, right? Fat loss and muscle building is, to a certain extent, injuring the body over and over again. It's sort of like taking your body just past its level that it can hold onto and deal with, and then asking it to recover enough to be able to handle it the next time. Rehabilitation or recovering from an injury or warming-up the low back before you go to exercise is the other side of the spectrum, right? It's making sure something moves properly before you put a whole lot of strain on it. So it's trying to get it to heal as fast as possible by slowly and calmly delivering blood flow and oxygen and nutrient to that area so it can heal.

So you always want to move slowly and cautiously in non-resistive ways and non-explosive ways for the area next to an injury. Warm it up; get the whole area feeling good and then exercise more intensely in the posture you want to stay in,



doing exercises that don't aggravate your injury, not just now, but up to 48 or 72 hours later. And again, that's different than muscle soreness; it's joint soreness. It's more about staying in pain. It's not like all of a sudden your quads are sore because you exercised, so you think it's your low back and you shouldn't have done it. It's specifically where your low back is achy or bothers you. That's the pain that increases, when I'm saying you have to look out for it. So is that more clear, Tim? Any follow-up questions there? I'm happy to address them.

**TIM** I don't see any coming in yet. So we'll just keep moving along. The next question is, how important is mindset and mental training concerning fat loss?

**DR. K** How important is mindset and mental training? I think a couple of things. One, ridiculously important, especially for the person that asks the question, okay? I think a lot of us—this is that same highest priority health issue going on. People, for some reason, shun away the human brain and mind and consider it a body part that's not allowed to be discussed. It means you're nuts or something there's something wrong with it or something that can be improved upon, for that matter.

However, like the psyche, the motivation, the level of excitement to challenge your day and grab it, it's highly relevant, right? If you're not feeling like you want to attack every day and by attack, love, enjoy, be lived very day, and love your life, that's pretty freaking important. Yeah, you're going to feel better when you lose weight, that's huge, but chicken and the egg here, right? Which one has been going on longer? Were you bummed-out before you gained the weight? Because maybe that's the chicken and that's something that you need to think about.

As far as motivation goes for the rest of it, though, kind of just getting started is the best place and creating a morning routine that forces that habit to occur. So maybe in the beginning it's setting your alarm clock five minutes earlier and doing a five-minute posture fix first thing in the morning. And you saying, you know what? That's all I'm going to care about for the next week. But I think what you'll find is positive habit reinforces positive habit. And as far as mindset training goes, and stuff like that, it doesn't just apply to fat loss. So that's why I say it's ridiculously important.

So for the person who wants to lose fat, ridiculously important if you're asking in that sort of relevance or topic category, because it probably means that the psyche could be something that makes every other effort you're making so much easier. The bad foods or the foods that cause your body harm, easier to resist. Exercise that nourishes your body, easier to motivate you to want to do and draws you towards it.

On the other hand, though, I think mindset training performs a lot of functions that go well beyond physical health, but perhaps mental health or perhaps financial health or perhaps religious health or spiritual health or anything else. And mindset training, for me, it performs a function in life that makes my whole life better, right? I wake up and I make it a point to feel grateful for 15 minutes, because I was taught this by a friend, and I think the Dalai Lama is actually the person that

taught him, which is really neat.

You spend five minutes integrating all five senses into feeling that. So see it in my mind's eye, right? Taste it; taste the air, smell it, touch it, feel it. Let's really embrace it, fully feel grateful for my life, every single day. Totally feel like I want to be a healthy person; I want to be alive. And if I want to be alive, I want to be healthy. I want to do something positive for my health and start my day asking myself that question. If I'm unsure of the answer, it's really funny. If you ask yourself that question, you're probably going to find out you don't have an answer in the beginning, and then you have to think about it.

You're thinking, well, do I want to be healthy today? Ahh, I don't know. I kind of don't feel like it. You know, I'll probably sit around today. And then I'm like, well, do I actually want to be healthy? And you're like, well, yeah, of course I want to be healthy, but do I want to do what it takes? I don't know. Aww, man. Yeah, of course I want to do what it takes. And then you kind of sit there and battle with that and then you're like, whoa. I'm actually pretty grateful that I'm healthy. This is pretty neat. And actually, if I woke up the way I used to where I was in a lot of pain or the way that my friend does, who's had that issue or whatever it is. And then, I start to wrap my head around just how great it is to just live a very normal day. And that kind of mindset training, of appreciating everything in your environment, I find, super-charges me more than any other exercise I've ever done for motivation and mindset training.

Having said that, there's the other side of the spectrum, which isn't getting started, it's finishing the job. And so that's going from where you are to maximal performance. So in a sports psychology standpoint, for example, envisioning an entire game or that winning moment, or seeing your body move through a movement or seeing your growth take place if you're looking to build muscle or watching that physical form come down to what you expect to see. Once you're close you can see what your body would look like that way, and spending time exercising that image in your mind's eye, all of those things. So the final stretch, I find mindset training to really kick into high gear. Again. I don't even know if it's possible to get there without the mindset training at that stage. I think you really have to be not only super dedicated and motivated, but I think you actually have to believe it somewhere really deep inside of yourself that this is the way it already exists, and then I think your body figures out a way to get there. So that's my best answer. I hope it's helpful. I don't know, but feel free to ask a follow-up question.

**TIM**

All right, so keeping along the mindset kind of avenue here, the next question has to do with diaphragmatic breathing and do you suggest any thought patterns while doing the breathing or just counting to ensure the inhale/exhale ratio?

**DR. K**

Yeah, a great question. So, again, I'll refer to HeartMath for this. They taught me a lot, and it's [HearthMath.org](http://HearthMath.org) if you want to check it out. That's mathematics, heart, as in the human heart, mathematics, math, dot org. But they do relate positive state and emotions to diaphragmatic breathing for improved results. And I haven't

personally reviewed the outcomes of their studies, but I have spoken to them about it and it seems to have a very strong correlation. And I believe the change in the way that I feel and I believe that it produces an effect more quickly. But it might be sensory overload for you, so just working on breathing in the beginning is cool, but after that, take yourself to your favorite place, the place that you're the most relaxed and find that place in your mind's eye and hold it there as you go through the exercise and really see it. Use all five senses to wrap your head around it and really feel it with everything you've got, and then try the exercise that way and I think you'll find a much better result.

In fact, HeartMath links it to reduced incidents of heart disease, I think they told me, by over 20% or something, just by doing that for 15 minutes a day. There's plenty of other things that it's done, take people completely out of depression, relieve anxiety disorders. There's some people that claim they've even beat cancer, et cetera. I'm not quite sure, again, on the validity of the claims, but it seems to have a pretty powerful result on the human body.

**TIM**

Well spoken. All right, so moving along, what is the importance of being able to do all of the exercises in these programs? For instance, when I do squats, it hurts my knees.

**DR. K**

Okay, so it's not the exercise itself that matters the most, because if you can find a variation or a partial range of motion in the beginning, that's cool, but it is the number of joints moving, the compound effect, the size of the muscle groups involved and the direction of pull. So for the muscle balancing effect, you wouldn't want to be able to do squats, but not be able to do bridges or vice versa, because you'd want to be balancing-out both sides. On the other hand, though, for a couple of weeks, if you just did bridges, maybe squats feel better. So that's one suggestion.

The other thing is to say, well, what part of exercise can you do without pain? So let's say squats, for example, feel really bad just as you're getting to the top. Well, can you do it all the way down to the bottom of the squat, right at 90 degrees until just before the pain and go up and down there, pain free? And then you only have to stand up just once, or you could even sit back down? Maybe that's a possibility. And then over time, what will happen is if you add an isometric hold just before the point of pain, whether it's on the way down or the way up, or whatever, if you add isometric hold just before you get to that point, you hold for 10 seconds, your body starts to develop strength and also get more familiarity with the motion. It might just take the pain away.

And then the third thing to consider is weight bearing. So a lot of people want to put the weight in the front of their knees or the front of their feet and then what ends up happening is, all the weight translates to the front of the knee. Instead, get the weight back into your heels, so squat through your heels and stand through your glutes, okay? So squat down and back through your heels, almost like you want to pick your toes up, but not so much that you lose your balance,

and then stand up again through your heels, squeezing your glutes and pushing your pelvis forward. See if that relieves the pain. For a lot of people, it does.

And then, I guess, there's one more thing and that would be tissue release, for example. Could be a massive quad restriction going on or your hip flexor is locked-down. Is there something from the muscular balancing standpoint that could be left to be desired? So I don't know if you've had a chance to check out Mission Unbreakable yet, that's certainly a possibility if you find those routines to be useful. But getting on a foam roll, getting your hips flexor going, doing the psoas release, maybe ART with a super-talented physical therapist, a manual therapist, that can really get in there and find it, because that muscle's on the front of your spine, so most people never even make it there.

Or, for example, maybe your distal hamstring, your hamstring behind your knee is fine, you've got plenty of flexibility there, but maybe you don't have any flexibility in your proximal hamstring, up near your buttocks. And so that area of your hamstring just needs to be balanced-out a little bit and all of a sudden the squat pain goes away.

So in order, I would say really try and adjust your weight bearing, find a pain-free range of motion, add isometric holds if you need to, and make sure that you don't have tissue restrictions that are causing weird pulls in different areas. That's how I would say to adjust an exercise as much as possible to get it done; they are chosen for a reason. And then if you can't get them done for some reason, just start worrying about starting to train yourself with, what's the purpose of this exercise?

So in a squat, I'm going to be working a lot of different areas, but predominantly I'm going to be working quad-soleus, so quad from the thigh, soleus is going to be back of the calf. I'm going to be working glutes, hamstrings, low back and core/trunk. So then you start to say, well, what other exercises can I substitute for that? And I know a lot of Double Edged Fat Loss members and Full Throttle Fat Loss members really benefit from the Exercise Video Database, which you can look and you could say, squats, right, and they'll show you 30 different variations of squats or something. There are probably much more than 30, actually, because there's, I think, over 1,000 exercise videos in there. And you can choose any one of them to substitute in for squats to keep your exercise routine moving all the time.

So it's more categorical exercise selection and then finding a way to get through the exercise than it is trying to get rid of it. Because, oh, it hurts to squat. That means that's something you really want to carry with you for the rest of your life. Oh, I can't squat because it hurts. That sucks, right? Why would we accept that? That sucks. That means you can't get down on the ground. That's just going to get worse. I don't want that for you. I know you don't want that for yourself.

And if we take a moment and we stop and we think for a second, when did we consider that an acceptable solution? When we were a kid, we wouldn't have been like, oh, I can't bend down. But at a certain point we say, I can't bend down. Okay. If it's true, absolutely, we should accept it and do the best things and adapt and find the movements that are better for us. But if it doesn't have to be true, let's

not cut ourselves too short and reduce the quality of our lives in the process.

**TIM**

You actually made a really good segue into my next question without even knowing it. Got a couple of questions here from Lift Hard Play Hard and Double Edged Fat Loss members, and they're having trouble sticking with a four-day-a-week schedule due to time constraints and work constraints. A couple of them mentioned that they do other workouts during the week and they want to know the importance of sticking with the schedule with the four-day-a-week schedule and the importance of that.

**DR. K**

Okay. So I guess I've got two sides here, right? One that's subbing in other workouts, and by the way, these are both great questions, and the other is saying I'm not finding enough time to get in all the workouts. So let's address first the ones that are subbing in other workouts. This is the hardest one to control because it's not necessarily bad. It actually can be one of the best workouts in the world, still might not be good for you in terms of the results of your program because maybe they're not combining in the right direction. You may be working on the same muscles in the same way, two days in a row, and that's actually accounted for in Lift Hard Play Hard and in Double Edged Fat Loss, so that's something that could interfere.

Maybe one of your energy systems isn't being rested enough. Maybe you worked in your transverse plane, so the rotational plane yesterday, and you shouldn't be doing it quite as much today or you're not following the same number of reps or rest periods. And so that's where it could become a little bit difficult because I can't have insight into what you're doing on the other days and how that affects your routine, and it's not as well tested for.

Having said that, if it produces satisfaction and you're lean enough that your body is not at a higher risk of injury, by all means, go for it. Because only part of the reason we're doing this is to get in better physical shape from a cosmetic standpoint, but much of the reason to truly do this is to form exercise habits that we love to do. So if you're in, for example, Zumba class that makes your week happy, and you're in good enough shape, go for it. If you're not in good enough shape, I would say pull out that class, normalize for the program so that we don't add all these confounding variables of saying, what happens if I have this workout or this workout that I do, half yours and half that? Well, it's not that it couldn't work, it's just I can't predict whether it will or it won't. So let's eliminate those variables, hone-in, get you in great shape and then add-in all your favorite classes again once your body can handle it and there's not a risk of injury. So that's the way I would say to handle that side.

On the other side, is to say I don't have enough time for the workouts, what do I do? Well, you have a couple of choices. One, do you have time for shorter workouts on, for example, two of the days? So instead of four days a week, you could do workout A and you could do workout B, that would be two of the days of the week, and then on the other two days, can you do your five-minute posture

fix? Can you figure out a way to get something done on those days? Can you just be a little bit more active outside?

Or, can you just be a little bit real with yourself that the results shouldn't come quite as quickly and you build up to it when you have time, but that's where I think really great programs come into play, like Ab Strength Guide, for example. And again, a little pitch here, because you can go to my YouTube channel. It's got tons and tons of exercises. It's just [YouTube.com/doctorkareem](https://www.youtube.com/doctorkareem) spelled-out; D-O-C-T-O-R-K-A-R-E-E-M. I think more than 500 exercise videos or something up there, so plenty for you right there.

But that's where I find a workout like Ab Strength Guide comes into play and works out really well. Because let's say you love your Lift Hard Play Hard workouts, you hit them 40, 50, 60 minute workouts. Double Edged Fat Loss, you're doing 35 to 45 minute workouts and you're doing four days a week, but you don't have time to do it four days a week anymore, and you also really do like the idea of a longer workout when you can do it, and now you're looking for something you can do for one, two or three other days per week. Well, that's when the 10-minute workout comes into play, right? And so that 10 minutes can be your hyper-focused, let me just get at this 10 minutes. It might be how you start your day on those days. You don't have to find nearly as much time. You can do everything at home and you just go nuts, right? And then in your Lift Hard Play Hard workouts, you've got a little bit more time to chill-out, you warm-up just right, you go about it the way that you want to and so that's how I would recommend you handle that.

So again, if you're mixing-in other programs, if you're in a great shape, go for it; if you're not in great shape, I'd eliminate that and ask more questions. You can customize your every need. If you just aren't finding enough time for your workout, see whether or not there's something you can find time for, whether it's Create My Workout, you can build your own workout for five to 10 minutes if you want to go for it. Ab Strength Guide, same thing, if your workout's going that way, or just drop down to two days a week and be realistic about your results coming a little bit slower, watch your diet more on the days that you're not exercising and handle it that way.

**TIM** This is actually amazing, because you just segued into the next question again. You've got to stop doing that. The next question is, I hate dieting. What's the importance of dramatically changing your diet for fat loss?

**DR. K** What's the importance of dramatically changing your diet for fat loss? I hate dieting, too. I hate it. There, I said it. I freaking' hate it. It's terrible. It's just not something I think any of us should ever do. So then, where does something like 7-1-7 come into play with dieting? Can it be considered a diet or can it be considered a way to live? I would recommend that what you do is you find a way to get to your leanest body possible, I found a way that it works the best and I'm sharing it with you, and continue to do that, right? And find a way that the foods are

delicious and you crave them and you want them and you don't feel temptation or withdraw by not having foods that you love, and re-cultivate your relationship with food.

It's a perspective thing. Philosophically speaking, is food something that we gain pleasure from or is food something that we gain energy from? It could be both, right? Everybody's going to have this answer in a different place if you see that as a continuum, from pleasure to energy. Just draw that out. Where do you rank it? Is it closer to pleasure; is it closer to energy? And then where do you think you should rank it? The more you see food as energy, the more you're naturally going to correct your diet, find foods that are delicious, but also good for you and actually resent foods that aren't good for you because they're going to plummet your energy and they're not serving the desired purpose.

On the other hand, the more you see food as pleasure... And I have a really good friend, one of my best friends I grew up with, one of my earliest childhood friends, his name is James. He lives in San Francisco; he owns a restaurant. It's fantastic. If you are ever in town, it's called Rickybobby. It's just unbelievable. I go there on every cheat day I possibly can when I'm in San Francisco.

He sees food in a completely different way, because we grew up in opposite directions in a lot of senses, but he's not wrong, right? He sees it completely on the pleasure side and he has no association with food and energy at all. In fact, he expects to sleep after he eats and he's not concerned at with his body image and he doesn't care if he loses weight or gains weight. He has a nice, big belly and a thinner frame and he never had a belly growing up. He was the guy who was impossible to have. But he had a life experience... Well, he watched his mom suffer from cancer. She got stomach cancer and she couldn't eat any of her favorite foods any more, but she'd been restricting herself for a very long time.

And he's like, you know what? Screw that. This is in my genes and I might end up with that. I love food and I don't want to restrict myself in any way. It doesn't rank as high as health to him. Health to me is enjoying my day and I enjoy my day more when I eat food that's delicious.

So you've got to find that place for yourself. But if we're on this call and we're having this conversation, it's likely because you've decided that health ranks higher. And then I would say, push that along the line until you start seeing food as energy and then only eat foods that are delicious. Otherwise, it's just laziness of the mind, right? It's not thinking long enough of an option that's going to be good and good for you, delicious and also good for energy.

And that really takes correcting it a couple of times and noticing after a meal, how do I feel? What did that do for my body? And that mental association, it's incredible what that can do. I always relate this to an amusement park when you're growing up, right? So if I think Six Flags in my mind, I instantly think funnel cake. It's just amazing how fast I create that association, right? If I think Philadelphia, I think cheese steak. If I think candy, I think Skittles and I think fun and I'm instantly in this little kid mood, right? If I think little kid birthday party, I think McDonalds. And I have this association between bad food and pleasure for some reason, because it's just super pleasurable activity like going to the

amusement park and this is the food that gets introduced to me and it's a treat and I don't always get it, so it's special.

But psychologically speaking, that's engrained in me, but none of that makes any sense, right, because it could actually ruin my day. I'm going to have this sugar crash. I'm not going to feel the same. I'm not going to have the same level of energy, standing in line is going to feel exhausting. I'm going to wish I was sitting down. If I have stomach pain, that's going to suck, so on and so forth. So it's actually just a reverse of what's true. What would make my day better is eating something that makes me feel vibrant, that makes my eyes wide open, that makes me enjoy every bit of energy. It doesn't make my stomach upset or nauseous when I go around the loops on the roller coasters.

Does that make sense? This is just something we've burned into ourselves that isn't actually, from a survivalistic standpoint, making any sense, and it's not necessarily more delicious either. Now when I look at those foods I've found a lot of the things are enhanced too much. Sugar tastes too sweet. I still love some candy, but not as much. My cheat days look quite differently than they did before. So I don't recommend dieting at all. That's the worst thing in the world because that just means you can't wait to eat a different way. But I do recommend that you find your place in that continuum, give yourself a really honest answer where you are on there and then expect your body image to correlate.

**TIM**

All right, so moving along. I'm combining a couple people's questions here again, because they'll all along the same lines. And that is, how important is weight training when it comes to fat loss versus body weight exercise?

**DR. K**

So the first 90% of fat loss, let's say for men through about 10% body fat, most of the time, and for women, let's say through 14% or 15% body fat, easily can be body weight alone instead of weights, easily can be that, just through the explosive nature of the first rep, just based off of your intension for every muscle contraction, just based off of the challenging position of resisting gravity or the strength of the muscles that you're working, the sequence of exercises and how they're stacked. That's what can get you the first 90% to 95% of your way to your fat loss goals.

Now, if you get sub-10% body fat or sub-15% body fat for a woman, and you've got to get down to those lower numbers, four, five, six, seven, eight, nine, you're going to increase your risk of injury the lower you go and illness, however you're also going to get more shredded. That's when weights really become handy.

Before that, can they speed it up? Maybe, if you're doing just the right things, but they can really slow it down by having them get injured, too. So weights can be really great. I do like working out with weights. It's more fun and entertaining and diverse in terms of exercises a lot of times, and so I think it's great to do that. But I also think it's not completely necessary and for a lot of people, maybe it's not the best starting point, necessarily speaking, because if they get hurt, if they drop a weight on their foot, even something that simple, it could stop them from working



out for a couple of weeks. Versus body weight at a lot lower risk and there's more convenience. So there wasn't this resistance to get to the gym and there wasn't this increased opportunity for injury.

Now, if you get to those single-digit body fat percentages and stuff like that, that's where I think weights become really important, because there's just a certain point where you can move your body really, really well and it's not resisting you enough anymore. But for most people, if their body fat ratio isn't quite right yet, that's when your fat is resisting you about as much as you need anything to.

In fact, one of the funniest training programs I've seen that actually works quite well. It's not the one I'd recommend for you, because I don't think it actually balances your whole body and achieves weight loss in the best, most sustainable way. But something that I've seen work time and time again is the person, let's say they weigh 270 pounds and they start exercising. Well, every time they lose five or ten pounds, they go out and get a weight vest and they add five or ten pounds to it. So they're always going for a run at 270 pounds. That can be very hard on your knees in time and stuff, but that really shows you what you were carrying before. And it's funny, if you just kind of keep working with that same body weight or close to where you were to begin with, your body will get super, super lean.

So it doesn't take as much weight as you think, but when you are going to lift heavy, I mean lift heavy, right? Make sure your breathing is down, make sure your form is down, really lift heavy, move around some really heavy weight and watch your metabolism just blow up, because your muscle mass is going to increase substantially.

Now, all the recommendations that I just gave about body weight are suggested that if your body fat percentage is too high, you do need to increase muscle mass. But that doesn't mean you can't do that with body weight exercise, okay? So that's the qualifier I wanted to give.

**TIM**

Yep. So I know we're running a little short on time here, but I think there's an added point to that last question that is super important and it comes in the form of intensity. And what's your recommendation if you have to do exercises slower because you're adding weight, is it more beneficial to lose the weight and go high intensity for fat loss as opposed to slowing things down and using weights?

**DR. K**

I like this question on so many levels. The first reason I like it is because intensity is being correlated to the amount of weight that you use, but that's only one way of increasing intensity, or excuse me, to the speed of the movement. But the amount of weight being used is another way of increasing intensity. So you can increase intensity by going faster; you can increase intensity by going harder; you can increase intensity by lifting heavier. So the idea is, preference intensity to work your energy system properly, preference intensity to make sure every rep fatigues-out and preference speed to make sure you're working the right energy

system.

So here's the way that kind of fits together. If you're going too slow that your heart rate is not getting high and you're not taking super-long rest breaks after your sets, then you're working against your muscle building efforts, right? So let's say you're getting six really good reps, but they're kind of slow. You're getting them within your 60 seconds or whatever and you're totally fatiguing-out, but you did them with perfect form. Now you wait two to five minutes and you do your next set on that muscle group, even though you might be working something else in between. You rested that muscle group long enough to be able to challenge it again, and it will grow. So the slow reps perform the function.

Now, the other side of the muscle, moving quickly. Muscle fibers are predominantly type II A and B muscle fibers, which are faster twitch muscle fibers. So slow reps are really what grow your muscle, because it balances-out the muscle fibers that don't typically get built. However, the super-fast movements are great, too, and that's when you're really challenging the ATP-PC system and anaerobic and you're doing faster reps, but you're still burning out really quickly, you're still at that six-rep range and you're still going to take a long rest break before challenging the muscle again.

On the other hand, let's talk about endurance, slow and fast, because again, you can do endurance super slow, light weight, or just body weight and that would be endurance over time, right? Or you could do it with just enough weight to be able to get 20 reps or 15 reps, let's say, and you're well over your 60 seconds and you could be doing that. Or maybe you get 50 reps, right, and you're doing it super fast, but it's a really light weight. You're in your aerobic zone again. So that kind of the speed of movement was the determinant there and it's the muscle balancing thing again. Again, aerobic is by definition, it's going to be your type I muscle fibers. Those are your oxygenating muscle fibers. Anaerobic, by definition, are your type II A and B. But II A have oxygen and glycogen as its energy source, so it kind of allows for endurance and for strength, and that's what a lot of people have that are going for the strength.

So basically, this is a long-winded way of saying that speed isn't the only determinant of your exercise intensity. It's going to be your reps and your rest periods and the duration of each set. So when you're going for strength, your sets need to be shorter and you want to work both slow and fast movements and you want to take prolonged rest breaks. When you're going for fat loss, your rest breaks are going to be shorter, typically. So not above four minutes, very often less than 60 seconds, depending on what you're doing. Every program has different designs in it. And your speed of movement can be at various different speeds for that, but your heart rate has to get high enough, because you need the heart rate fluctuation for your energy system training. Does that answer the question?

**TIM**

Yeah, that was perfect. That was perfect. I think that's all of the time that we have, and honestly, I think that there's more information there than I can even process in a single sitting. But to a certain degree, all of these parts play into what could

work for an individual, what could work for a group and the biggest thing that I'm going to take away from this is that you have to figure out what works best for you. You said it best when you were talking about the diet portion. And that's something that you and I are along the same lines when it comes to dieting. I hate it. I can't stand it. I don't ever want to do it, and that's the furthest thing from my mind.

But as far as exercise goes, it's the same way with dieting. If you don't find what works best for you and don't find where you fit in, you're not going to enjoy doing it. And if you don't enjoy exercise and if it just becomes another job, so to say, it's something that you're not going to be able to stick with. So whether it's one of our programs or whether it's you take some exercise videos and build your own program, the key to enjoying your journey in fat loss is learning what you like to do the best and learning how you can make yourself happy with it. Because just losing fat isn't the thing that's going to change your attitude and isn't the thing that's going to make you happy. It can contribute to it if you have a better self body image and things like that, but it's not going to be the thing that is going to correct everything.

But before I let you sign-off, Doc, I wanted to thank everybody for listening in and we appreciate all the support that we get and this is something that we enjoy doing. It's one of my favorite parts of working with clients, is answering questions and going through this and trying to figure out the puzzle for each individual person.

So I want to thank everybody for listening in an, Doc, I'll throw it over to you.

#### **DR. K**

Well, thanks so much, Tim. I really appreciate everybody spending the time and I appreciate you spending the time as well. I think you said it perfectly, in essence what it's all about. We care about you, okay? We care about you. Listen closely; we care about you. You're what, we wake up every day and charge forward for. So ask your questions. Develop a relationship with us. Get to know us. Make sure that you're talking to support. Everything does reach me, okay? It really does. You're never, ever seeing something that doesn't get to me that's a unique problem, challenge or situation. We always take the time to try and learn about what's going on with you as our clients, even as things grow and we reach more and more people. Sometimes it can be intimidating the amount of work that gets thrown at us or sometimes things could get missed for one reason or another, but we care about you in ways that we can't even fully explain.

Take the time and care back. Get to know us, get your questions answered. Follow-up, be patient with us, we'll get back to you any way we can. We really want to help you get there. But whatever you do, never ever, ever freaking give up on your health, because there's no point in living that way. That doesn't make any sense. Always prioritize your health and always feel happy because you did, because you're just making tomorrow feel better and you're living the reflection of the life you want everybody following in your image to do, right? So lead by example. Live that life you want your family to live also, and do it because it's important to you. Find that happy spot and the balance that exists in your life

where everything fits together and works, but you don't feel too much stress or demand by just one thing.

Losing fat is not that hard; it's about strategy and honoring the plan, right? Create the right plan; follow ours. It's great. That's why we put it out for you, okay? I mean, we were just trying to think about it for you. Ask the questions that don't make sense along the way, get them answered and then stick to the plan, whatever emotional impulse you have along the way to change it or think it's not working, well it's not true. Honor your original plan.

On any note, thank you so much for spending the time today and I really appreciate you more than you know. Have a great day.