Welcome to Full Throttle Fat Loss - Beginner Basics.

Getting started can either be an exciting or overwhelming experience, but exercise programs aren’t that complicated. They’re all based upon the same principles, and many exercises that may not look the same to you are actually based upon the same movements.

This guide was written to help bring you ‘up to speed’ with exercise lingo, understand how to look for common trends amongst movements, and re-assure you what to expect along the way if you’re new at this or haven’t seen results in the past.

I’ve purposely kept this short and to the point, as you have enough to read through in order to get started. Remember, the most important thing is to just skip ahead and start doing Workout 1A. You can always figure out how you could’ve improved later. Plus, once you get moving, you’ll get motivated to start reading.

In the beginning, just be careful and go slowly if you’re unsure of a particular movement. Don’t take on any risk; that’s not what this is about.

Most importantly, have fun. Exercise is about creating a positive experience, over and over again. That’s the most important thing. If you have fun, you’ll come back for more. It’s human nature :-)

FullThrottleFatLoss.com | support@drkareem.com
### Exercise Jargon That You’ll Need To Know:

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<thead>
<tr>
<th>Jargon:</th>
<th>Definition/Reference:</th>
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<tr>
<td>Exercise</td>
<td>An entire movement. Sometimes, we combine 2 movements into a single exercise. For example, Squat &amp; Press would be considered 2 movements, but 1 exercise.</td>
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<td>Reps</td>
<td>The # of times you should repeat an exercise before moving onto the next one.</td>
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<td>Time Period</td>
<td>The time for which you should perform an exercise, rather than a number of repetitions. Unless otherwise instructed, always aim for the highest number of reps possible.</td>
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<td>Sets</td>
<td>The # of times you should repeat all reps of an exercise. For example, 3 sets of 15 reps means that I want you to do a total of 45 reps, but you’ll rest after your first 15, second 15, etc.</td>
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<td>Rest Periods</td>
<td>Rest periods happen either after an exercise or after a full circuit, giant set, or series of exercises. You’ll see your rest period denoted at the right times. For example, I may ask you to complete 15 exercises, back to back, before resting and doing another set of all 15 exercises.</td>
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<td>Circuits</td>
<td>Generally speaking, more than 5 exercises, back to back, without a rest period until all reps of all 5 exercises have been performed. Rest periods for circuits are also what interrupt sets of an exercise within a circuit.</td>
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<td>Giant Sets</td>
<td>3-5 exercises, back to back, without rest. This is a really common way of building fat loss and muscle building sets, because it allows you to work all 3 energy systems in a minimal amount of time.</td>
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<td>Supersets</td>
<td>2 exercises, back to back. This is like a Giant Set, but shorter, and it’s very useful for “burning out” a muscle (taking it to fatigue) or working opposite muscle groups, back to back. In this case, we’re using what’s called ‘Reciprocal Inhibition’, meaning that we are turning off the nerve signal to one muscle when working the opposite. Bend your elbow, you’ll feel the muscle on the front of your arm (biceps) is tense, while the back of your arm (triceps) is loose and relaxed.</td>
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<td>Heart Rate Training</td>
<td>This refers to picking a desired intensity to exercise and then sticking to it, within whatever range you predetermine. For example, if you’re just starting out and you’re having a difficult time pushing yourself, you might want to start at 40% of your maximum age-predicted maximum heart rate. You’d exercise there for a week, and then move to 45%. Over time, you’d build your ability to exercise at 85-90% and that’s when you’ll see crazy fat loss results by doing intensity-alternation type exercises. If you’d like to check your Age-Predicted Max Heart Rate, you can do so right here: Target Heart Rate Calculator.</td>
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<td>% Heart Rate Max</td>
<td>This is based upon your maximum heart rate, which is calculated as a prediction based upon your age. When you want to train at a particular % of your Heart Rate max, you are aiming to build endurance at that range. This is really good for blood pressure reduction, cholesterol reduction, stress relief, and building intensity until you get into more intense fat loss training. To calculate your heart rate based upon a % max, be sure to check out the Target Heart Rate Calculator.</td>
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<td>VO2 Max</td>
<td>This is your exercise capacity. Essentially, once your body stops being able to absorb oxygen into muscles at a certain heart rate and blood pressure, your energy is quick to fall. By training both aerobically at high intensity (endurance) and Anaerobically (sprinting) at variable intensities, you will build a much higher VO2max. As a result, you’ll feel better and be in much better shape.</td>
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<td>Lactic Acid</td>
<td>This is the byproduct of energy use in your body. Basically, when your muscles ask for more energy and none is there, your body alters its pH to stay its time to stop. It’s theorized that lactic acid is why we get sore. Some people also think that it’s because of the micro-tears we do to our muscles every time we exercise.</td>
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<td>Afterburn Effect</td>
<td>Afterburn, so to speak, is based upon EPOC. Excess Post Oxygen Consumption. After a period of very intense exercise, a lot of lactic acid is produced, which takes energy to reabsorb into your bloodstream. Also, blood is needed at the site of all micro-muscle tears that take place, and your body is enriched with nutrition... all of this costs energy. This energy usage can go on for 2-3 days after a workout, thereby helping your burn more energy, or calories for days in the process.</td>
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<td>Metabolism</td>
<td>The easiest way to understand your metabolism is to think about when you’ve done an activity before and then been starving afterward. This means that the ‘metabolic process’ that’s been going on inside your body for awhile now has been temporarily raised, or excited, as a result of this activity. You’re burning more energy. Your ‘metabolism’ is like your ‘calorie-burning meter,’ and it’s directly related to your muscle:fat (muscle to fat ratio). The more muscle, or less fat, relative to one another you have, the faster your metabolism will be.</td>
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<td>Unstable Surface</td>
<td>Exercise balls, dyna discs, Bosu balls, vertically-oriented dumbbells, foam pads, and many other surfaces can all create an unbalanced environment for exercise. By having an unbalanced environment, you are naturally going to challenge your core more and stabilize your joints. While this may appear unsafe, so long as you’re careful, it’s the other way around. You’re building joint stability and a strong core, so you’re more protected. To hear an interview I did on Unstable Surface Training, just click here.</td>
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<td>Neuro Fitness</td>
<td>Instead of thinking about training your muscles, think about where a muscle contraction starts - your nerve. Neuro fitness works to balance out joints and enhance communication between your Central Nervous System (CNS) and your bodyparts. In doing so, you gain better muscle contractions, improved coordination, and faster fat loss results. You can read more about Neuro Fitness right here.</td>
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<td>Nocioceptor</td>
<td>Pain receptor. These guys are buried deep in your joints and they respond to pressure, temperature, or stretch. When nocioceptors fire, your muscles turn off to prevent you from hurting yourself. Out of balanced posture and muscles create a lot of subconscious nociceptive activity, preventing you from getting what you should be able to from your exercise program.</td>
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<td>Proprioceptor</td>
<td>Position sensor. These are also deep in your joints, and they respond to any change of position. Over time, when we sit for too many hours a day, have an old injury that made us limp for awhile, or get tight in certain areas, our bodies become fooled and think we’re in good posture when we’re not. That’s why you keep going back there. Train proprioception at every joint and watch your coordination, posture, and strength explode.</td>
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<td>Reciprocal Inhibition</td>
<td>Fancy ‘neuro’ term that means you have opposite muscle groups in your body. When you work one side, the other side stops receiving signal and gets to rest. For example, straighten your knee while sitting. The muscles on the back of your leg will be relaxed, while the muscles on the front will be active. We can use this to calm over-excited areas and muscle groups down, cut down rest periods by working opposite muscle groups, and stimulate a more direct signal in the area we want during our workouts.</td>
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<td>Plasticity</td>
<td>After 6 weeks of being able to perform a movement with proper form, a “plastic” change takes place in your nervous system, and you have a permanent representation of this movement engrained into you. This is where “muscle memory” comes from.</td>
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<td>Metabolic Shift</td>
<td>After 4-6 months of maintaining a higher daily metabolism, which is done through Neuro Fat Loss Workouts and the Afterburn effect that lasts in between your workouts, you can actually teach your body it requires more energy for its day. This is when a ‘Metabolic Shift’ takes place and your body starts to lose weight more easily. It’s re-establishing ‘normal’ for your body, but in a more desirable place.</td>
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<td>Electrolytes</td>
<td>When trying to hydrate, it’s important to consider: Potassium, Calcium, Sodium, and Magnesium. In general, people are low on everything besides Sodium. Without hydrated cells, your metabolism slows, and so do your results. Eat papaya, bananas, oranges, and take Athletic Greens…. at least that’s what I do.</td>
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<tr>
<td>Muscle Balancing</td>
<td>Body symmetry is what keeps you healthy and free from pain. If your right arm is much stronger than your left, it’s only a matter of time until you develop a rotator cuff problem in one of your shoulders. The same is true top to bottom with your body (trunk vs legs) and front to back. Body balance is key for pain reduction, joint stability, and fat loss. Turn your muscles ‘on’ at their full potential by balancing them outfirst. A quick and easy solution for this is your 5 Day Fat Loss Accelerator Program.</td>
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<tr>
<td>Energy Systems</td>
<td>Energy System Training refers to training all 3 energy systems in your body. These are your: ATP-PC (quick energy - 0 to 2 seconds) Anaerobic (sprint energy - 2 to 60 seconds) Aerobic (endurance energy - 60 seconds and beyond.) For a detailed description of Energy System Training, go here.</td>
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Movement Basics - What You Need To Know:

There are 5 basic movements, and then a ton of variations of every movement, that you’ll find in Full Throttle Fat Loss, or just about any program for that matter. Once you learn to see a movement as one of these five categories, it becomes way easier to learn a new exercise, know which muscles to contract, and realize better results, sooner.

Here are the five most important movements in fat loss:

1. **Squat** - any movement that simulates sitting down and back, like you would into a chair.
2. **Push** - any movement that requires you forcefully press something above your head or chest; also, any movement requiring you straighten your elbow.
3. **Lunge** - any movement that requires you use your hamstrings more than your quads, in the application of Full Throttle Fat Loss, although it truly is any movement that simulates kneeling on one knee.
4. **Pull** - any movement that requires you use the back of your trunk to accomplish. Common movements include: rowing, tug of war, and rope climbs; also, any movement requiring you bend your elbow.
5. **Plank** - stability exercise that requires you withstand the force of gravity downward on your spine by using your ‘core’ to resist. All kinds of plank variations exist, and often times, your arms or legs are taking turns moving while the rest of your body tries to remain stable.

And here are the 5 most important speeds:

1. **Superslow** - 10 seconds concentric, 10 seconds eccentric
2. **Normal** - 2 seconds concentric, 1 second isometric, 4 seconds eccentric
3. **Fast** - 1 second concentric, 2 seconds eccentric
4. **Sprint** - as fast as you can go, both directions
5. **Power Speed** - slow eccentric (4 seconds), rapid concentric (1 second or less)

**Concentric** - A muscle contraction while the muscle is shortening. This is considered the “positive” phase of an exercise. Breathe out on this phase.

**Isometric** - A muscle contraction without any lengthening or shortening of a muscle. A common example of this would be “flexing,” like you were making a muscle. Your body is no longer moving, but there is muscular effort. There is a slight breath-hold at this phase.

**Eccentric** - A lengthening muscle contraction. This is considered the “negative” phase of an exercise. Breathe in on this phase.
For example, in a Biceps Curl:

- Concentric phase = bending elbow on way up.
- Isometric phase = top of movement before you start extending your elbow again.
- Eccentric phase = extending elbow on way down.

Importance of Breathing With Exercise

Breathing while you workout is essential for the following reasons:

1. **Endurance** - When your breathing is off, or you are holding your breath repeatedly, you are depriving your body of the oxygen it needs. When you suffocate a muscle, it fatigues out and you end up getting tired before you truly reach your muscular potential for the exercise.

2. **Muscle shaping** - It is commonly accepted amongst bodybuilders that breathing is the piece that takes a muscle from bulky to shapely. I’ve never read any proof on this, but I do believe it makes sense. It’s the healthiest state for you body while exercising.

3. **Prevention of hernias and other injuries** - this is extremely important. If you hold your breath while exercising, especially with heavier weights, you are definitely risking a hernia. I see this a lot. Be careful. Even if your breathing phase is off, just keep breathing.

4. **Power** - In power-based movements, it’s required that you build intra-abdominal pressure by holding your breath until the top of a movement to increase stability of your spine in explosive Olympic movements, such as cleans, snatches, presses, and jerks. However, there is inherent risk with this approach; as with most sports, there is controlled risk and a lot of benefit.

5. **Core support** - When you’re forcefully holding your breath for a prolonged period (i.e. greater than 1 second), there is a tendency to use the wrong ‘core’ muscles, or your rectus abdominus to do most of the work. When you relax your breath and forcefully breathe out during the concentric phase of a movement, you naturally engage an alternation of your obliques with your diaphragm. This helps keep all the ‘right’ core muscles on.

6. **Sympathetic/Parasympathetic Nervous System regulation** - When you take a sniff breath in, your diaphragm automatically contracts. Since this is innervated by your parasympathetic (rest and digest) nervous system, your body is in a state of relative relaxation. Having this alternated state of relaxation is very useful since you are so stimulated while working out.
What To Expect Along The Way:

Fitness is a constant discovery, in all four quadrants:

1. Physical
2. Emotional
3. Spiritual
4. Psychological

You should get sore. It’s important, at least in the beginning and then every once in awhile afterward. This is different from joint pain:

- Muscle pain tends to be very dull and achy, and it responds to movement by increasing/decreasing proportional to the amount of movement we’re doing.
- Joint pain tends to be sharper and feel like something’s wrong when you move. You may feel unstable or just a sharp, achy feeling, rather than dull.

Most of the time, people know the difference. Your body has a way of telling you when you’re doing the wrong thing, and a way of telling you when you have pain. The important thing is that you always qualify the pain.

If it’s muscle pain between 5 and 7 on a scale of 0 to 10*, you’re doing great and progressing. If it’s less, you might want to push a bit harder. If it’s more, you might want to back off a bit to prevent overtraining and/or injury.

*How intense is your pain, on a scale of 0 to 10, where:

0 = no pain whatsoever
10 = worst pain imaginable

When joint pain is greater than 3/10, it’s a good bet that you’re brining on new inflammation and are causing damage. When muscle pain is 5 to 7 out of 10, you’re stimulating a massive metabolic response to heal and repair. When you exceed this level, inflammatory levels in your body work against you and affect hormone release, such as insulin and leptin.

Emotionally, get ready. Everyone has a different reaction. I’ve seen a whole variety, from:

1. Gaining confidence, daily. Felt like a superhero within 4-6 weeks.... to
2. Emotional wreck. Cried 20 minutes of every workout and 6 months later overcame a childhood rape she had forgotten about. Crying finally made sense, and movement is what brought this back, but what also allowed her to lose weight for the first time in her adult life.

I can’t say what this is going to do for you, but I can tell you that if you’re like #2, you should concurrently see a psychologist, or at least get evaluated, so you can pass through this in the most reasonable way possible.
When you balance the body, you release fascia. Fascia is a protective web of tissue that goes across your entire body and gives it shape or form. It runs in your arteries, veins, bones, around your organs, through your skin, and in all of your muscles. If you ever cut yourself deeply, it’s the white stuff.

Fascia stores all sorts of memory, from physical to emotional trauma, and when it releases, it lets them out. We still don’t fully understand this, but we know it happens. So, many times, there are actual physical restrictions in your body that are held in fascia through emotional memory of the tissue. If you have a lot of knots, you have a lot of fascial restrictions.

For a targeted approach to myofascial release exercises, be sure to check out the special offer I put together for you on Mission Unbreakable. This program has been a hit for everyone that’s gotten it so far. (fingers crossed, but I haven’t even had one refund on it, ever - it’s that popular.)

From a spiritual perspective, people go through all sorts of thought process from self-determination of esteem based upon fitness level and recognition this happens, to learning to cherish your body as your most sacred thing. Others find that they are able to reflect during their workouts on their lives and gain perspective. One way or another, don’t ignore this part. Evaluate how you’re changing along the way, both in thought process and heart.

Psychologically, there is an alteration in the chemical balance of your body with all of this new endorphin release taking place. Feelings of depression and sadness begin to become overtaken by feelings of excitement and euphoria. This part is great!

As you can see, you’re bound to experience quite a bit along the way, and it’s going to be a lot of stress for your body. There is a such thing as both ‘good stress’ and ‘bad stress,’ but it all counts as stress as far as your body can see. Understand this ahead of time: you are placing good stress on your body, so keep going, but be aware that you may get cranky, impatient, or overwhelmed at times as you progress.
What To Do If You Feel Overwhelmed:

Feeling overwhelmed is good and bad, depending on just how overwhelmed you may feel. On a scale of 0 to 10, where:

- 0 = no stress whatsoever
- 10 = pulling your hair out

where do you stand?

If you’re feeling anything above a 3 out of 10, it’s time to make a life adjustment. It’s not normal for your stress level to be this high, and it’s likely producing increased levels of cortisol in your body. You have to do something about this, as it’s destroying your fat loss success and increasing your risk of cardiac disease: a double whammy.

There are several things you can do to affect your stress level in a positive way, but I’ve found that this 3 Step Stress Relief Plan works better than anything else with the people I treat. I highly recommend you give this a try, and you learn to recognize signs of increased stress with the activities you do.

Exercise and fat loss is about positive change. All stress is stress, good and bad, but there has to be a way for you to live the life you truly aspire to have. You deserve it, and it all starts with forming a plan and creating stepping stones. If you don’t recognize you’re marching in the right direction with your life as you do it, how will you ever get there?
How To Properly Track Your Progress:

This is a hot topic of debate between my fitness friends and I. I think they’re right, even though I have another point of view that I want to present:

Their point of view and recommendations:

- Track the weight you lift with every exercise of every workout. Print out every workout and write down the weight you lifted next to each exercise in the workout. Review this before your next workout.

My point of view and recommendations:

- Pay closer attention to what creates a positive exercise experience. Reflect on each workout and discuss how you ‘feel’ about it, and where you’re going next. Document anything positive you do, and reflect upon this in your Victory Journal on a daily basis. Success is a matter of repetitive positive memory.

Obviously, there’s merit in both sides. If you’re just starting out with exercise, and you lack the motivation to automatically go on a daily basis, I recommend you follow my recommendations most closely. This creates motivation.

However, if the weight you lift, and your performance, is what motivates you, then I recommend you take their viewpoint and recommendations more closely. Whatever motivates you is what you need to document. And you should do this on every workout, only ever documenting the positive.

This is the most reliable and effective method of tracking progress. You need to understand the change that is going on in your body, and the best way to monitor gradual change is by taking time to reflect upon your thought process or the weight you lifted on a near daily basis.
The Easiest and Fastest Way To Get Started:

• Download the QuickStart Guide and read through it page for page.
• Login to members’ area and immediately start Week 1 workouts. The best way to get started is... well, to get started. Exercise is natural. Go at it and learn while you do.
• Don’t worry about completing an exercise or workout in the beginning. Instead, be much more concerned with learning about the movements and doing your best. If you have to do partial range of motion until you get the form or strength, just do it. It’s no big deal... you’re marching quickly in the right direction. Give it your best, and have confidence in that.
• Try to do a tad bit better every time you workout. Progress is progress, and that’s the only important piece.
• Plan this as your first priority in your schedule from now on. There’s a way to do this, no matter how busy you are, but without making this first priority, it will surely fade away. This is about your health, so it affects all of your other priorities. Nothing else is that powerful.
• If you’re feeling overwhelmed and want a super-simplified solution for streamlining this whole process, you may have missed the opportunity to grab the Full Throttle Fat Loss Acceleration Package, which you can do right here:

Full Throttle Fat Loss Acceleration Package <--- Upgrade Opportunity For Done-For-You Version of the Entire Program.