LEAN BODY® CHALLENGE

PRESENTED BY

LABRADA® NUTRITION

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12-WEEK FITNESS & NUTRITION PROGRAM

Welcome to the Lean Body Challenge Program!

This is an easy to follow, step-by-step plan that will help you get into the best shape of your life. If you're frustrated with diets and gimmicky exercise programs, here's your chance to try something that really works.

I can and want to help you get into shape! Since I created it in 2013, the Lean Body® Challenge has helped literally thousands of people all over the world to get into the best shape of their lives. Now I'd like to share it with you.

The key to your success with this program is to make healthy lifestyle changes in small steps to achieve the end result you've envisioned. I recommend that you do this by eating 5 small frequent meals throughout the day and that you integrate a combination of cardiovascular and resistance training into your program. The important thing is that you enjoy the activities and changes so you'll stick with them in the long run.

There are two main reasons that people fail in their plans to get into shape.

Reason one: People simply start out with the wrong information.
Reason two: People lose motivation.

Once you have the right program and the right tools to help you stay motivated, the "get in shape" equation is completed, and you can achieve your body shaping goals. Mind you, it won't happen without work, but if you have the right map and you are motivated to follow it through to its finish, YOU CAN get into great shape.

Now, I want you to listen to this carefully…

No matter what shape you are in now, you CAN improve your body, and by extension, your self-image! And in many cases, you can improve so much that your family and friends won't believe your transformation.

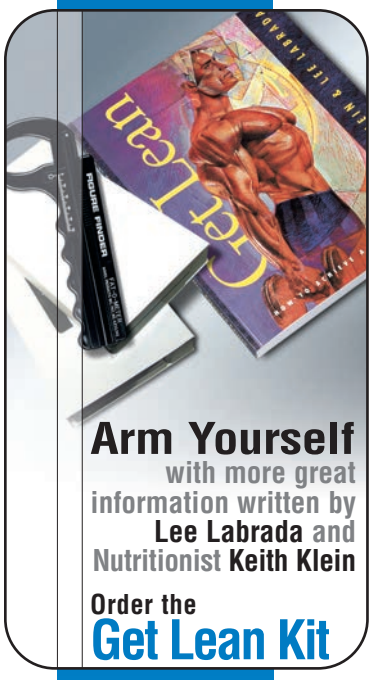
This program works for the following reasons:

- It stimulates your metabolism while you reduce body fat.
- You don't have to go hungry while on this program.

Before you get started, I recommend that you do the following:

- Take a "before" picture. This will demonstrate where you are at the beginning of your journey to obtain a more lean and healthy body. (Take one of the front, one of the back and one to the side. It also helps if you take your before pictures in a swimsuit so you can really see your progress when you take your "after" pictures at the end of the 12-week program.)
- Set realistic, but specific goals for the 12 weeks.
- Determine how you want to measure your personal success and stick with this system for the duration of the 12 weeks (i.e., dropping weight on the scale, losing dress or clothes sizes, losing inches on your tape measurements, or reducing body fat percentage by using fat calipers).

The Lean Body® Challenge program is designed to be a 12-week program. You will definitely see positive results within that timeframe if you stick with your program. Once you finish the 12 weeks and account for your success, you can keep the program going until you reach your goals. At that point, the program becomes a long-term maintenance program to keep you in shape for years to come. Remember – the goal isn't to get in shape just once...but to change your lifestyle.



Arm Yourself
with more great information written by **Lee Labrada** and Nutritionist **Keith Klein**

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One thing to keep in mind before you begin: I recommend that you eat about 5 – 6 small meals each day. This will consist of three main meals: a breakfast, lunch, and dinner, and two snacks or "mini" meals. It's very important that you keep your body fed on this program, so that you don't set yourself up to get hungry. By following this plan diligently for several weeks, you will be able to lose up to 2 – 3 pounds of fat per week while building lean muscle tissue.

Success Factor One: The Right Information

You need to increase your metabolism before you can become a fat-burning machine, and stimulating muscle is the key. Muscle is very metabolically active tissue, which means that it burns a lot of calories even while you are at rest. Protein supports and builds muscle; therefore, consuming sufficient protein every day is extremely important.

Start with a protein source at every single meal.

Here are examples of protein sources - your 'Lean Body® Challenge Proteins': Scrambled egg whites or egg substitutes, chicken breast, turkey breast, lean ground turkey breast, fish, and fat free cottage cheese. You can also easily substitute Lean Body® Meal Replacement shakes or protein bars for your "mini" meals. They are a great source of high quality protein.

Q: How much protein do I need at each meal? A: A portion the size of the palm of your hand.

One easy way to roughly measure out your protein serving size is to select a portion that is the size of the palm of your hand. For example, a typical chicken breast or piece of fish that is the size of your palm. Picture your hand without your fingers and thumb. It's that easy.

Next, we address your carbohydrate needs.

Include complex carbohydrates with every meal. Most of your energy calories will come from "carbs." Contrary to popular belief, carbs are not your enemy. But, sugar can be detrimental to your success.

Here are examples of carbohydrate sources - your 'Lean Body® Challenge Carbs': Oatmeal (avoid instant or sweetened oatmeals), cream of wheat, brown rice, wild rice, baked potatoes, sweet potatoes (yams), beans, corn, peas, lentils, lima beans, barley, 100% whole grain breads and cereals, grits and corn tortillas.

Q: What should my carbohydrate intake be? A: Eat a portion the size of your fist.

A good rule is to have a serving of carbs that is approximately the size of your fist with each meal. For example, a baked yam the size of your closed fist would be adequate for a meal. Carbohydrate calories should not come from refined foods that are high in sugars. This is one of the biggest mistakes that you can make. **Foods that should be avoided** are processed foods such as cake, pie, ice cream, and other sugar-laden foods. Now, carbs have gotten a bad reputation recently, but I would like to point out that carbs are good for you. They are necessary. Can that be? Absolutely, but there is a distinct difference between "good" complex carbs and "bad" simple carbs. Simple carbs raise blood sugar levels quickly, converting to fat much more easily. As such, they should only be eaten sparingly. This chart highlights the difference:

Good Carbs (Complex)		Bad Carbs (Simple)	
Yams	Brown Rice	Pasta	Chips & Crackers
Corn	Baked Potato	French Fries	White Bread
Oatmeal	Lentils	Refined Cereal	Sugar/Candy
100% Whole-Grain Breads & Cereals		Flour Tortillas	Pastries/Baked Goods

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The last component to your balanced meal is your vegetables.

Here are a few to choose from – your 'Lean Body® Challenge Vegetables':
Lettuce, broccoli, green beans, spinach, asparagus, artichoke, peppers, tomatoes, cabbage, zucchini, cucumber, onions, cauliflower, carrots, squash, radishes, okra, bamboo shoots, brussel sprouts, celery, egg plant, leeks, shallots, sprouts, water chestnuts and mushrooms.

Q: What should my vegetable intake be? A: Again, eat a portion the size of your fist.

Now to bring it all together: You should combine your Lean Body® Challenge protein and carbs in roughly the same proportions at each "main" meal. Vegetables and salad are "free" – meaning you can have as much of them as you want, exceeding your "fist" size portion if you wish. But you shouldn't use any butter or condiments that are high in fat. For your two "mini" meals, you should include a protein shake or bar, and a piece of fruit (remember, I said you should eat about 5-6 meals each day consisting of a breakfast, lunch and dinner, plus two snacks or "mini" meals). Your body must be nourished throughout the day to keep your muscle tissue fed and to keep your metabolism burning calories efficiently.

A word about fruit: fibrous fruits like apples, strawberries, pears and melons are good ideas for your "mini-meals," but try to avoid more sugary fruits like bananas and citrus fruits.

Each "main" meal should consist of the following:

- Protein the size of your palm
- Complex carbohydrate the size of your fist
- A serving of vegetables the size of your fist

Each "mini" meal should consist of the following:

- A small protein shake, protein bar, or a cup of low-fat cottage cheese
- A fist-sized serving of fruit

The Rule of Thirds

Think "PEACE." What do I mean by that? Another "visual" that may help you is this: divide your (main) meal plate into "thirds;" cover one-third of your plate with a Lean Body® Challenge protein, one-third of the plate with a Lean Body® Challenge Carbohydrate and one-third with a vegetable. If you drew it out on a piece of paper, it would look like a peace sign.

Make sure to eat three of these "main" meals per day. I can hear you groaning and moaning now, but it's not as difficult as it sounds. Look at it this way; that's just three meals, plus a snack mid-morning and mid-afternoon.

A word about breakfast…

If time is a problem with preparation, breakfast can be as simple as a small bowl of instant oatmeal or whole grain cereal (add grits and a cup of fruit on top and a Lean Body® Ready-to-Drink shake for extra protein). If you have a little more time, try scrambled Egg Beaters® or egg white veggie omelets with whole wheat toasted bread and low sugar jam. Breakfast fuels your body so that you experience more energy throughout the day.

The word breakfast means just that: "to break fast." After a lengthy rest, which is to say 8 hours of sleep, your body wants to refuel itself for the activities of the coming day. When you wake up, your heart rate accelerates, the metabolism gets stimulated, and you get hungry. A well-balanced

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program that consists of protein and complex carbohydrates with minimal fat is the key. **Studies show that people who eat breakfast have a higher level of energy in the mid-to-late afternoon and avoid the "energy crash" or feeling of sluggishness that is common for those who skip breakfast. Eating breakfast also helps to stimulate and maintain your metabolism.**

A word about sodium: Avoid luncheon and deli meats and red meat, especially pork, because deli meats are extremely high in sodium. For example: two ounces of pork lunchmeat is equal to 570 milligrams of sodium. The recommended daily value of sodium is less than 2400 milligrams. If you're going to have pork, opt for the pork tenderloin instead.

Watch Out for Saturated Fats…

Minimize and avoid the following whenever possible: cheese (use low fat or non fat cheese), butter (use a butter substitute), margarine, egg yolks, sour cream (use fat free), salad dressings (use fat-free Italian dressing or lemon juice instead), fries (try the fat-free baked fries), potato chips (try low fat, baked or fat free instead), ice cream (try nonfat ice cream, frozen yogurt or sorbet instead), mayonnaise (try fat free mayo), peanut butter, chocolate, desserts, and keep junk foods to occasional use.

How to Read Nutrition Labels:

Watch for hidden fats in packaged foods. Read the labels! Here is an easy formula to figure the percentage of fat in a labeled food: For every 100 calories, foods should contain 20 calories of fat or less, or 20% fat by calories. You can also take the listed fat calories per serving and divide by the total calories per serving. Avoid foods that are higher than 20% fat by calories.

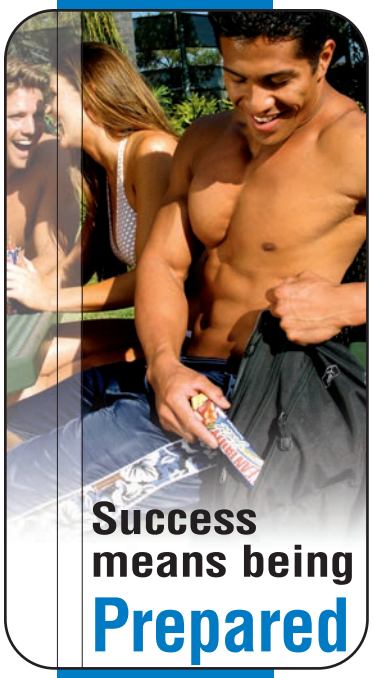
Here are some "Lean Body® Challenge success tips" for you:

1. Cook and store. Once a week, cook enough chicken breasts, vegetables and complex carbohydrates (rice, potatoes, yams, etc.) to last you throughout the week. Bag the individual portions in small baggies and refrigerate or freeze them. This makes it very easy for you to select your daily meals from the refrigerator and throw them into your cooler, so you can conveniently eat them during the day. I find that having a cooler with me keeps me on schedule and makes it very convenient for me to eat quickly and efficiently, especially when I don't have a lot of time. It only takes 10 – 15 minutes to eat. Everyone has a lunch break and a coffee break. With proper planning, this should punch a hole in your excuse of "I don't have time to eat!" Another simple solution is to cook enough dinner to have leftovers.

2. Plan ahead. This is essential if you're going to succeed. Take a few minutes the night before to determine what foods you will consume throughout the next day. If you're just starting out and don't have some of the food items that I recommend, don't panic. Just make yourself a short grocery list and pick up these items at your first available convenience. Your daily checklist can be a useful tool in planning the weekly grocery list for obvious reasons. Once you have carefully thought out the following day's food plan, lay out the necessary food items, so you can easily pack them in a cooler the following day.

3. Pack a cooler. Always pack a cooler with food and carry it with you to work. I store my lunch in a six-pack sized Igloo cooler. I always bring plenty of snacks to work – things that are easily transportable, such as: canned tuna, apples, baked yams that I've cooked the night before, oatmeal, broiled chicken breasts, low-fat cottage cheese and fresh and frozen vegetables.

4. When eating out, plan ahead. Familiarize yourself with menus from various restaurants, and try to pick restaurants that serve menu items compatible with the Lean Body® Challenge



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program. This minimizes your risk of getting stuck making a bad food choice. If you have your meal planned out before you arrive, the rest of the menu won't be as tempting. Also, ask to have your meat cooked without any butter or oil, say "no thanks" to the chips or bread while you wait, and when ordering salad, ask for low-fat dressing and for it to come on the side.

5. Drink plenty of water. Keeping your body hydrated and refreshed is very important, and water is the purest source of hydration you have. Water can also help suppress your appetite. If you never seem to get filled up when eating your meals, drinking more water will make you feel full faster.

6. Choose low fat foods. Though there are scores of low-fat versions of many different kinds of packaged foods available today, many are still calorie-dense and full of artificial ingredients. Try to seek out foods that are naturally low in fat.

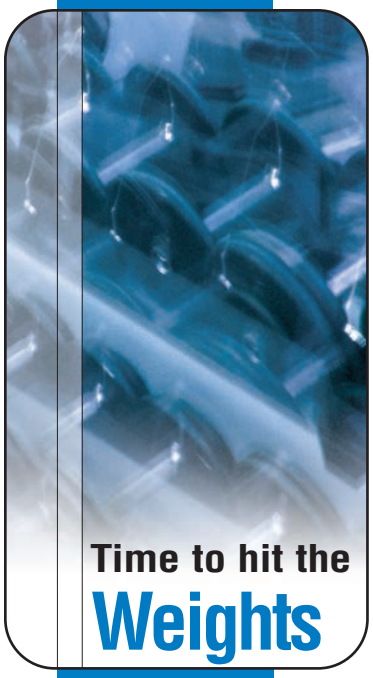
7. Avoid sugary soft drinks and too much fruit juice. Choose water and diet drinks instead. Believe it or not, this can make a big difference in your progress. For example, the average regular soda contains 39 grams of sugar! This gets transferred into fat very quickly in the body. Water, however, contains no sugar and no calories.

8. Take a good multi-vitamin along with extra Vitamin E and Vitamin C. Women should take extra calcium. There are a number of good wholesome vitamin brands on the market.

The Meal Plan at a Glance

Here's a sample breakdown of your meals…

Breakfast 7:00am	4-6 egg whites, 1 bowl high fiber/no sugar cereal or oatmeal, 1 piece of fruit, skim milk or coffee, OR Lean Body Breakfast Meal Replacement shake, 2 slices of light toast (100% whole wheat, multi grain bread), low sugar jam
Mid-Morning 10:00am	Lean Body Meal Replacement shake (either blended or Ready-to-Drink), fresh fruit (Remember, it should be a fist-sized amount - try an apple)
Lunch 12:30pm	Palm-sized portion of chicken, fist-sized complex carb, and veggies OR Sandwich (tuna, chicken, turkey) on 100% whole wheat bread, 1 piece of fruit
Mid-Afternoon 3:00pm	Lean Body® Meal Replacement Bar OR 1 Cup low fat cottage cheese, fist-sized serving of fruit
Dinner 6:00pm	Palm-sized portion of chicken or fish, fist-sized complex carb, fist-sized (or more) veggies and salad with fat free dressing
Late Snack (optional)	It is realistic that you will want to snack. Here are some snack ideas for when your body is craving something (but be careful not to overdo it – moderation is the key): rice cakes, fat-free cheese, fat-free yogurt, air-popped popcorn, and Lean Body shakes and protein bars



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The Lean Body® Challenge Exercise Program

How long does it take to break or change a habit? Typically it takes 30 days to establish a new habit. Can you stick with a program for 30 short days?

1. Weight training should be the foundation of your exercise program.

- It builds muscle, which helps you burn more fat and calories, even when your body is at rest.
- It stimulates and drives your metabolism.
- It shapes and curves the body, creating a more attractive and "lean" look.
- It increases your body's strength and endurance.

2. Don't forget your cardio. The inclusion of cardiovascular exercise in your program will not only burn fat, increasing muscularity and leanness, but it will also result in increased energy levels and improved overall cardiovascular health.

During an intense workout, your body uses primarily muscle glycogen and carbohydrates as its energy source. But after the workout, it switches over to burning stored fat. Some studies have noted a 300% increase in fat burning after intense exercise! This demonstrates how you can change your metabolism with physical exercise. It also demonstrates that intense training - alternating weight training with cardiovascular exercise – really works.

The Workout

For the workout portion of the program, you will do 4-day routine that repeats itself. In order to stimulate your muscles and increase your metabolism, you will need to work various muscle groups. Your program will look like this:

Day 1 – Back and biceps (plus Cardio)
Day 2 – Chest, shoulders and triceps
Day 3 – Cardio (and rest)
Day 4 – Legs and abs

Then repeat. I recommend that you integrate at least 30 minutes of cardio 3 – 4 times a week (jogging, cycling, spinning, aerobics, etc.), in addition to the resistance training. See the above list for how to accomplish this. Once you get started, it's not as hard or as time-consuming as it might seem at first. Perform the exercises listed on the chart found on the next page.

Note: We recommend that you consult a physician before beginning any new exercise program.

How to make every workout count

Weight Training: When working out with weights, perform 5 sets of each exercise (a set is 8 – 12 repetitions of a single exercise – for this program, do 10 reps per set). Perform at least 2 different exercises or "stations" for each muscle group. For example: when working your chest, do 5 sets of bench press, 5 sets of dumbell flys, etc.

Cardio: Perform 30 – 45 minutes of cardio at a moderate pace. After a few weeks, try increasing endurance by adding periodic 2-minute high-intensity bursts. For example: Jog for 8 minutes, sprint for 2 minutes, repeat.

Stretching: Don't forget to stretch before, after, and even during your workout. The important thing to accomplish is making sure your muscles are loose and warm before you begin working them. This is helps prevent injury – especially for beginners.

Resting: Rest between sets only long enough to catch your breath. This allows the body to properly replenish its oxygen deficit.

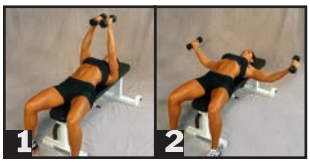
The Workout Plan at a Glance

Here's a sample breakdown of recommended exercises...

The exercises listed here can be safely performed by both men and women. Remember not to lift more weight than is comfortable, but always lift enough weight to make your muscles have to work hard. Perform 5 sets of 10 reps for each of the 2 exercises pictured. After several weeks, try alternating other exercises (right).

CHEST

Bench Press



Dumbell Flys

Also Recommended for CHEST:
- Incline Bench Press
- Incline Flys
- Pec-Deck
- Cable-Crossovers

SHOULDERS

Seated Dumbell Press

Side Lateral Flys

Also Recommended for SHOULDERS:
- Seated Barbell (Military) Press
- Bent-over Side Raises

TRICEPS

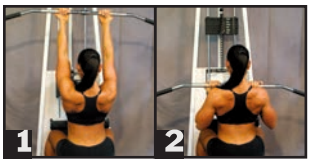
Overhead Tricep Extension

Bench Dip

Also Recommended for TRICEPS:
- Lying Tricep Extensions
- Close Grip Bench Press
- Standing Cable Pushdowns
- Dip Machine

BACK

Bent-Over Dumbell Row

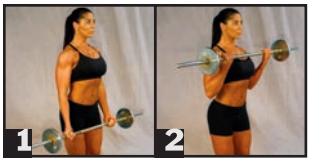


Lat Pull-downs

Also Recommended for BACK:
- Assisted Pull-ups
- Wide Grip Pull-ups
- Deadlifts
- Shrugs

BICEPS

Hammer Curl



Standing Barbell Curl

Also Recommended for BICEPS:
- Alternating Curls
- Concentration Curls
- Preacher Curls

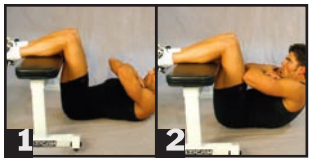
LEGS

Leg Press

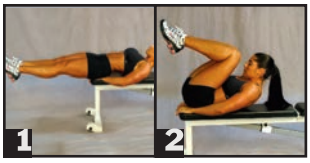
Leg Curl

Also Recommended for LEGS:
- Leg Extensions
- Straight Leg Deadlifts
- Seated/Standing Calf Raise
- Squats

ABS



Ab Crunch



Bench Leg Raise

Also Recommended for ABS:
- Reverse Crunches
- Standing Oblique Curls
- Hanging Leg Lifts
- Swiss Ball Crunches

A Word of Caution... If you are a relative newcomer to weight training or aren't 100% sure how to properly perform these exercises, visit your local gym and have a professional trainer show you the proper technique. This will help you avoid ineffective workouts, or worse...injury.

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Exercise Summary

• During your resistance (weight) training sets, do 5 sets of 10 reps per set for each exercise we have shown on the previous page.
• To determine what your beginning weight should be, start with a weight you think you'll be comfortable with, and perform 1 set. The last three reps of that set should be difficult, but not impossible. You should feel the muscle getting fatigued. If it's too easy, go up 5 to 10 pounds until you find the appropriate weight. If it's too heavy, go down 5 to 10 pounds. You will get stronger with time, so gradually increase the weight you lift as your program progresses.
• Rest long enough to catch your breath in between sets.
• Work in a 30-minute cardio session 3 – 4 times a week.

Success Factor Two: Motivation

If you will recall, I mentioned early on in this program that the two main reasons people fail are:

Reason one: People simply start out with the wrong information.
Reason two: People lose motivation.

Here are some of my favorite motivational techniques:

1. The Buddy System. Get a workout buddy or partner to help you stay accountable. Having a partner, you can encourage and push each other to reach the goals you've set.

2. Pictures. Pick out pictures of fit people and put them in places where you will see them constantly. Choose images of those who have physiques you aspire to, but who also have similar body types as you do.

3. Keep a journal. It's important that you track your progress so that you keep going. A training journal is a good way to mark off your exercises as you do them. You can look back at them later and see what you've accomplished. This will help motivate you on days that you don't feel like working out. Likewise, a food journal is equally as helpful for tracking your diet.

4. Small rewards. Every week you should reward yourself with what I call a "cheat meal." Note that I said cheat meal, not cheat day. The idea is that once a week you get to use one meal to eat anything you want. This way you won't feel as though you are depriving yourself. But be careful that you get right back on track, so that you don't set yourself back from all the progress you just made. Keep in mind that in the next week, you can look forward to another cheat meal.

5. Progress, not perfection. Many times when someone messes up on his or her diet or program, he or she will have the mentality that the entire program is blown. The thought goes something like this, "Well, I just messed up, so I might as well eat whatever I want and start over next week." Keep in mind that your program is about progress, not perfection. You want to maintain a diet and program that can become lifestyle. Just get right back on track and keep going.

6. Set specific goals and target dates. It is important that you not only set realistic goals for yourself, but that you also set a specific target date in which you want to have it accomplished. "I want to lose 30 pounds this year" is not specific enough. Try something like, "By June 30, I am going to lose 15 pounds and fit into a size 6 dress." Pull out your training journal and keep marking off the days you work out, write down what you eat, and keep visualizing your goal. You can expect to lose 2 – 3 pounds per week safely. Any more than that is not considered healthy.

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7. Measure your progress. It's important to measure your progress as you go along to give yourself true and unbiased feedback. Measurement can be an incredible motivator because it cannot lie to you. When you notice that your waistline has reduced by a couple of inches, that is true measurement! When you notice that your body fat has decreased, that is true measurement! And when you notice that your physique looks more toned and sculpted based on your progress report (photography), that too is true measurement! And all can be motivating and help keep you on track.

A Word About Measurement

Measurement techniques include:

- Measuring body fat, using body fat calipers
- Weighing on a scale
- Using a tape measure
- Using photography by taking before and after photos
- Clothes becoming too big – having to "downsize"

All forms of measurement can be beneficial and true indicators of your progress. For the most accurate indication of your body composition, you may want to consider visiting a physician or nutritionist and having them give you a complete body composition analysis.

When Motivation Fails: How to Avoid Pitfalls

So how do you deal with bumps in the road, and better yet, how do you avoid them in the first place when motivation fails you? Here are some suggestions:

- **Be true to yourself.** If you know you've messed up, acknowledge it and get back on track.

- **If you blow your diet, don't get desperate;** don't throw in the towel or continue to binge. Admit to yourself that what you are doing isn't conducive to achieving your goals, and cut your losses. Think of a car with a flat tire. You don't want to slash out the other three tires, just because you had one flat, do you? Slow down, think it through and "fix your flat." Get back on course.

- **Maintain stable blood sugar levels** by following the Lean Body® Challenge Exercise and Nutrition Program. Stabilizing blood sugar levels reduces food cravings. Reducing food cravings reduces the potential for "diet blowouts."

- **Schedule "cheat meals."** I'm not saying that pizza, ice cream, burgers and the like are good for you. What I'm saying is that if you feel the need to have these foods occasionally to maintain your sanity and stay in compliance with your program the rest of the time, plan them. Pick one day every week, and on that day have one meal where you consume a small portion of your favorite foods. Just don't overdo it! Again – moderation is the key, especially here.

- **Remember that not feeling deprived is an important aspect of dieting.**
The perception that we can eat whatever we want, but are choosing to postpone its consumption to a specific time of our choosing, is a lot better than thinking we can never have the desired foods that are "off limits." If you consistently eat 5 – 6 meals each day, you are less likely to allow yourself to get hungry. Getting hungry makes it much more difficult to control what foods you eat. At the same time, if you are truly craving something bad, go ahead and have a little piece of it, but get right back on your program.

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A Final Word of Encouragement

Remember, this program is all about progress, not perfection. The goal is for you to make gradual lifestyle changes that will help you get into better physical shape and health. Day by day, week-by-week, one "step" at a time, keep making progress.

Take action by starting your Lean Body® Challenge today!

Good Luck!

Yours in health,

Lee Labrada

We'll Be With You Every Step of the Way

Don't hesitate to contact us if you have any questions regarding the training program, or the dates or rules and regulations of the Lean Body Challenge (competition).

For Latest Contest Dates, Prizes & Resources: **leanbodychallenge.com**
E-mail training/nutrition/program questions to: **leanbodychallenge@labrada.com**
or call us: **1.800.832.9948**

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