



SRAC 12 WEEK FITNESS CHALLENGE

FALL 2009

HOW TO BE A LOSER

BY
LARRY
THE LOSER

THE LOSER DIET PLAN

THE BEST PLAN FOR SUCCESS IS A SIMPLE ONE; THEREFORE, THE FOUNDATION OF THE LOSER DIET IS **CALORIES IN, CALORIES OUT**.

IF YOU BURN MORE CALORIES THAN YOU CONSUME, YOU LOSE WEIGHT!!!

HOWEVER, WHEN MULTPLYING THE FACTOR OF “LIFE” INTO THE EQUATION, THINGS GET A BIT COMPLEX:

CALORIES CONSUMED – CALORIES BURNED x LIFE = WEIGHT

THAT’S WHY WE’VE DEVELOPED LOSER STRATEGIES SO YOU CAN KEEP IT SIMPLE AND STAY FOCUSED.

THE RULES

GET EDUCATED AND LEAVE THE EXCUSES BEHIND. IF YOU FIND YOURSELF SAYING, “YEAH, BUT....” YOU’RE USING EXCUSES.

MEET WITH A SNOQUALMIE RIDGE ATHLETIC CLUB PERSONAL TRAINER. THEY ARE AVAILABLE FOR FREE FITNESS ASSESSMENTS AND ADVICE ON HOW TO STUCTURE A SUCCESSFUL WORKOUT ROUTINE. SEE THE FRONT DESK FOR EXCLUSIVE TWELVE WEEK CHALLENGE TRAINING DISCOUNTS! **(ONLY \$39/SESSION!!!!)**

KEEP A LOG OF CALORIE INTAKE AND EXCERCISE.

GET RID OF “RIP-ITS AND STICK-ITS.” IF YOU CAN RIP OPEN A PACKAGE OF FOOD AND STICK IT IN YOUR MOUTH, GET IT OUT OF YOUR HOUSE.

BECOME A DAILY SHOPPER FOR PRE-MADE FOODS. FOR EXAMPLE, BUY ONE COOKIE FOR YOUR CHILD AS OPPOSED TO A BAG OF COOKIES.

ONLY STORE FOODS IN YOUR HOUSE THAT HAVE TO BE COOKED FOR CONSUMPTION.

ONLY EAT “CLEAN” FOODS; LOW FAT, LOW GLYCEMIC INDEX. <http://www.southbeach-diet-plan.com/lowglycemicfoodlist.htm>

IF YOU’RE NOT SEEING RESULTS, MEET WITH A PERSONHAL TRAINER AND VISIT THE DISCUSSION FORUM ON FACEBOOK. YOU MUST **BRING YOUR LOG WITH YOU.** THE ANSWER IS IN IT!

BUILD IN A CHEAT DAY, BUT EARN IT.

REMEMBER, THIS IS BOOT CAMP; IT WON’T BE LIKE THIS FOREVER. ONCE YOU’VE ACHIEVED YOUR GOAL WEIGHT, YOU ENTER A MAINTENANCE LIFESTYLE.

CALORIE WORKSHEET

SO THERE IS NO GUESS WORK, YOU MUST DO THE FOLLOWING CALCULATIONS; THEY MUST BE RE-CALCULATED AFTER EACH 10 POUND LOSS.

BASAL METABOLIC RATE (BMR):
CALCULATED AT A SEDENTARY LIFESTYLE LEVEL (YOU WILL ADD IN THE CALORIE BURN CALCULATIONS DAILY)

BMR of 2500 Calories a day to maintain weight (calculate BMR at sedentary lifestyle)

Want to lose 30 lbs in 84 days

3500 calories per lb

$30 \times 3500 = 105,000$

$105,000/84 = 1,250$ calories you must deduct from your daily intake either by exercise or diet

$2500 - 1250 = 1250$ net calories a day.

The plan is to deduct 500 by diet and 750 by exercise & daily active lifestyle (take stairs instead of elevator).

THE PLAN

LARRY THE LOSER LOST 30LBS LAST CHALLENGE BY CUTTING HIS CALORIE INTAKE TO 2000 CALORIES A DAY, CAREFULLY MEASURING AND DOCUMENTING HIS FOOD.

HE PLANNED TO BURN 800 CALORIES PER WORKOUT; HE ASSURED THIS THROUGH HIS HEART RATE MONITOR.

THROUGH DIET AND EXERCISE HIS GROSS WAS DOWN TO 1200 CALORIES A DAY.

THE LOSER WORKS IN A 14 STORY OFFICE BUILDING, TO MAKE UP THE DIFFERENCE HE WILL WALK THE STAIRS THREE TIMES A DAY; WHEN HE ARRIVES, JUST BEFORE LUNCH AND JUST BEFORE HE LEAVES FOR THE DAY, THIS CALCULATES TO 300 CALORIES.

THIS PUT LARRY THE LOSER AT 900 GROSS CALORIES FOR THE DAY, 60 CALORIES UNDER HIS TARGET GROSS.

THE LOSER FIT PLAN

If you're reading this, you have most likely decided to become a loser. Welcome! It's not easy being a loser, so we have developed the following to help you:

For the 12 weeks of the challenge you need to focus your energy and effort, but at the same time you must **keep it simple**.

For the duration of the 12 weeks it is recommended that you **workout five-six days a week**; two upper body circuits, one lower body circuit, three light cardio sessions and three intense cardio sessions. The light cardio sessions fall on your circuit days. Again, **IT IS HIGHLY RECOMMENDED THAT YOU MEET WITH A PERSONAL TRAINER BEFORE ENGAGING IN THESE EXERCISES.**

Because you must live your life at the same time you try to change it, we have designed the program so that **you will only be in the gym for one hour each workout.**

The following is a sample week. Mix and match as you like to develop something that works for you. **You can also wear a heart rate monitor to compute average heart rate.**

Monday:

Upper- Body circuit (30 minutes)
30 minutes cardio

Tuesday:

60 minute cardio or group exercise class

Wednesday:

Lower Body circuit (30 minutes)
30 minutes cardio

Thursday:

60 minute cardio or group exercise class

Friday:

Upper Body circuit (30 minutes)
30 minutes cardio

Saturday:

60 minute cardio or group exercise class

This is a great day to take your cardio out of the gym as well.

Sunday:

Rest/ cheat on your diet, you earned it, but remember the Monday weigh-in.

LARRY THE LOSER'S UPPER-BODY WEIGHT CIRCUIT

Before engaging in any exercise program, it is highly recommended to meet with a Personal Trainer in order to ensure the proper form, technique, and execution of the exercises. Safety is our primary concern and it will benefit those involved in a vigorous workout routine to seek the guidance of an SRAC trainer.... That being said, here is how Larry does it:

Each exercise builds on the other so do it in order.
One warm up set plus three working sets.
For working sets choose a weight you fail at eight.
Do it twice a week, no more than 60 seconds rest between sets.

PULL UPS/PULL DOWNS, if you're a pull up loser stud, add weights to your body.

CURLS

BENCHPRESS

SEATED TRICEP PRESS

SEATED SHOULDER PRESS

ABS (LOSER'S CHOICE, MIX IT UP)

Substitute machines if needed, this workout should take you no more than 30 minutes; combine with 30 minutes cardio at 80% max heart rate for a 60 minute workout.

LARRY THE LOSER'S LOWER-BODY WEIGHT CIRCUIT

Each exercise builds on the other so do it in order.
One warm up set plus three working sets.
For working sets, choose a weight you fail at eight.
Do it once a week, no more than 60 seconds rest between sets.

LEG EXTENTIONS

LEG CURLS

STATIONARY LUNGES (use a bar or dumbbells to add weight)

SQUATS/LEG PRESS

ABS (LOSER'S CHOICE, MIX IT UP)

Substitute machines if needed, this workout should take you no more than 30 minutes; combine with 30 minutes cardio at 80% max heart rate for a 60 minute workout.

WEB SITES FOR CALCULATING BODY DATA AND DIET PLANS

DETERMINE GOAL WEIGHT

<http://www.halls.md/ideal-weight/body.htm>

ESTIMATE BODYFAT

<http://www.healthcentral.com/cholesterol/home-body-fat-test-2774-143.html>

DETERMINE BMR

<http://health.drgily.com/basal-metabolic-rate-calculator.php>

CALULATE CALORIE COUNT

http://www.caloriesperhour.com/index_food.php

CALCULATE CALORIE BURN

http://www.caloriesperhour.com/index_burn.php

DETERMINE WAIST TO HIP RATIO

FEMALE IDEAL 0.67

<http://www.healthstatus.com/calculate/whr>

MALE IDEAL PROPORTIONS

http://www.fitness.com/tools/greek_proportions/