

Trinity Fitness

7 Day Metabolic Jump Start

The basics of movement and nutrition for weight loss, muscle building, healing and peak performance living

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This publication is presented for information purposes, to increase the public knowledge of developments in the field of physical fitness, nutrition and empowerment.

The program outlined herein should not be adopted without a consultation with your health professional. It's highly recommended to get your physician's approval before beginning this or any other exercise program.

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Introduction

I want to personally congratulate and welcome you to the beginning of your journey into the philosophy that will change your life forever. As of this writing (2017) Professional Training Systems, Inc. and Trinity Fitness has helped thousands of training clients, group exercise members and seminar participants achieve extraordinary results through our exclusive “Body Response System.”

I’m excited that you’ve chosen to take action to your better future and health. This program is really simple. It’s a complete 7-day jumpstart into my philosophy and principles for training, eating and thinking.

Yes, thinking. I’ve been saying it for years, “In order to change the body, you must first start with the mind!” I truly believe as Napoleon Hill once said, “If you can conceive it and believe it, you will achieve it.”

It’s okay to have doubts. We all do from time to time. Whether it’s the doubts of not following through the program or whether or not the program will work, it’s okay. If you’re like most of the clients we see, many came in with the same doubts and frustrations too. But, I’m here to tell you that you can rest assured we are going to get through this program together and accomplish what we started. This program will work, but only if you do.

Remember, it’s only 7 days. Commit to yourself that for the next 7 days you will follow the program laid out in this manual. If you can do that, I can guarantee you you’ll come out on day eight with more energy, more confidence and yes more room in your pants because of the inches you’ve lost.

I’ve broken up the program by day. There are seven modules to the program and seven days to cover each module. Now, you can either read this all the way through and start implementing everything on day one or you can take each day to add in that day’s techniques.

You will see significant changes in your body, mind and spirit over the next 7 days. Remember, it’s up to you how you go through the program. If you follow the entire program from day one, you’ll see much more in terms of physical changes and if you choose to take each module one day at a time you’ll see more in terms of increases in energy, motivation and confidence instead of physical changes.

However, if you keep following these techniques, the physical changes will come!

Are you ready? Let’s get started!

Day: 1

Nutrition

In the beginning, there was nutrition. Long gone are the days of old where nutrition consisted of fresh fruits, vegetables, nuts and meats from local sources. A long, long time ago there was no such thing as international flights, food delivery services and the internet. Everything was made, produced and harvested locally.

Over time, we've become a fast food, quick weight loss, "gotta have it now" society. Industries and companies have answered the call with instant access to ready to eat meals in the grocery store to fast food chains across the globe. At what cost has this immediate access to food come to our health?

If you stop to look at ingredients in prepackaged foods and fast foods in general most of what's in there is far from "real food." I think it's safe to say that if the label says, "food product" it's probably not a real food. As the rise of fast food increases so does the escalation of health issues and diseases. We can't really be mad at the companies who make the foods. As a society, we asked for it and they delivered.

Tracking your Nutrition

The first tracking your daily nutrition. I don't care if it's old school in a journal or if you choose to use an app on your phone, but I do care whether or not you do it.

Whether you believe it right now or not, you can only see progress from things you track. PERIOD! I'm telling you from experience, if you track it, it will be easier to see where you're going right and where you are off track and can make adjustments to get back on course.

I recommend my Myfitnesspal to my clients and workshop participants. It's easy to set up and easy to use.

Green Power Smoothie

The second is drinking what I call, the "Green Power Smoothie" every morning.

This may seem like an unnecessary step, but again, I'm telling you from experience, this is a game changer for your nutrition. (and your body will thank you!) Packed with greens, fiber, protein and more, this smoothie is a great way to get things moving through your digestive system while supplying your body with nutrients to start off your day with maximum amounts of energy.

Here's the recipe of the green power smoothie Stefanie and I drink every morning.

“Green Power Smoothie”

8oz. Almond, Coconut or Cashew Milk
4 ice cubes
1 medium Russet potato (raw)
2.5 cups Kale
1 serving Grass-fed Protein Powder
1 serving Inulin Fiber
-blend and serve

Day 2:

Rest

Stress can kill you! I'm serious. Hypertension, high blood pressure, blood sugar spikes, increased resting heart rate are all caused by stress. Lots and lots of stress. We encounter stress in every aspect of life. Driving, business/ work, personal/ family, financial, political to name a few. Stress sends the body into sympathetic dominance mode. Causing shortness of breath, poor digestion, increases in adrenaline and cortisol (increasing stored body fat) and more.

Rest as simple as it sounds can reverse all of this and keep us on track to healthy living.

For the next 7 days get 8 hours of sleep every night. Go to bed earlier or sleep in a little later. You will notice a huge difference when you implement this technique.

Day 3:

Fitness

Today's module cover fitness. I know, it's day 3 and I'm just getting to this. Most programs start with movement to overcompensate for the short comings of the other parts of the program.

This will set you up for failure if you don't get your nutrition dialed in and allow the body to recover from the daily stresses of life.

Think about it, if you're stressing periodically throughout the day and have a poor nutrition plan (I use the term plan loosely) It doesn't matter how much you move, the additional stress will only make your body hold onto fat keeping you frustrated.

Over the next 7 days we're going to focus on 2 types of movement. The first is moving the body through space more frequently and the second is moving the body while under load or resistance.

Here's a basic plan for setting up your week.

- Move more; move often
- Lift something really heavy

- Move really, really fast, i.e. Sprint
- Lift something moderately heavy frequently

The 7 Day Workout Program

Guide to Terms:

DB = Dumbbells

BW = Body Weight

SB = Stability Ball

RB = Resistance Band

MB = Medicine Ball

Monday

After a **10 Minute Warmup** complete each exercise on the list, then repeat for 4 sets.

15 DB Squats

15 DB Straight Leg Deadlift

15 DB One Arm Row

15 DB SB Chest Press

15 DB Shoulder Press

15 Hanging Leg Raises

2 minute Jump Rope

notes:

choose a weight light enough for 15 reps, however 12-15 should be a challenge. If you can do 20 reps with the weight, it's too light.

Move from one exercise to the next without a rest in between. Rest 30 seconds after the 2 minute jump rope phase.

Tuesday

After a **10 Minute Warmup** complete each exercise on the list, then repeat for 5 sets.

30 Walking Lunges (15 each leg)

25 Crunches

20 MB Push ups (10 each arm)

10 Pull ups

45 second Elbow Plank

notes:

Walking Lunges – (do not touch knee to the floor)



Crunches –



(make sure the lower back stays on the ground, squeeze abs and press the lower back into the floor, breathe out while coming up)

MB Pushups –



Wednesday

After a **10 Minute Warmup** complete **10 Sprint Intervals**

Find a flat area 25-30 yards or track straight away to complete the following W.O.

Sprint 25 yards, jog back to the start and begin again.

Or

On a track, sprint the straight aways and jog the turns

Thursday

After a **10 Minute Warmup** complete each exercise on the list, then repeat for 4 sets.

50 Jumping Jacks

25 BW Squats

25 Push ups

25 BW Straight Leg Toe Touches aka Straight leg deadlift without weight

25 Rowers

notes: picture of a rower



Friday

After a **10 Minute Warmup** complete each exercise on the list, then repeat for 4 sets.

15 DB Squats

15 DB Straight Leg Deadlift

15 DB One Arm Row

15 DB SB Chest Press

15 DB Shoulder Press

15 Hanging Leg Raises

2 minute Jump Rope

notes:

choose a weight light enough for 15 reps, however 12-15 should be a challenge. If you can do 20 reps with the weight, it's too light.

Move from one exercise to the next without a rest in between. Rest 30 seconds after the 2 minute jump rope phase.

Saturday

REST DAY!

Sunday

After a **10 Minute Warmup** complete a 3 Mile Run!

notes: record time

Day 4:

Visual

Visualization is often used by world class athletes to help with their performances. When interviewed, many of them contribute their success to the

visualization techniques they used prior to competition. Visualization is also used by physicians to assist patients with healing their bodies.

There's big controversy about visualization and whether or not it really works. But, if visualization can help athletes, patients, and inventors, why can't it work for the rest of us?

It can.

So, how do we put visualization to use? There are many different programs that can help you with a plan to achieve what you want out of life, and all of these programs can be summed up into a basic formula. Figure out what you want, create a plan for its obtainment, focus all your efforts on that plan, feel the feelings as if you already accomplished it and don't stop until you get what you've seen in your imagination.

The reason most of us fail to get what we want or achieve the success we've dreamed of is because we lose site of what we want, have our dreams crushed by other people, or give up the long term goal for the pleasures of right now.

That's the difference between a gold medal winner and everyone else.

Do you want a better life than what you have right now?

Start by taking action today, and don't wait for tomorrow.

Day 5:

Flexibility

After a light mobility warm up, i.e. Head, shoulder, neck and arm rolls. Use the Magnificent 7 Stretches every morning to stretch and provide mobility and blood flow to your hips and lower extremities.

Stretch 1

Lying on your back, pull your knee into your chest. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x before repeating on the opposite leg.



Stretch 2

Lying on your back, pull both knees into your chest. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x.



Stretch 3

Lying on your back, holding behind your leg, bring your knee up to a 90 degree position. Slowly raise the leg to a straight position. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x before repeating on the opposite leg.



Stretch 4

Lyinh on your back with your foot crossed over your supporting leg, Bring both legs up. Hold behind the supporting leg. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x before repeating on the opposite leg.



Stretch 5

Start with your knees bent, feet flat on the floor. Slowly lower your knees to the outside. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x



Stretch 6

After completing Stretch 6, straighten one leg out. While the stretching leg is begins with knee bent, foot flat on the ground. Take the bent leg to the outside of the mat, slowly lowering the knee to the center. Hold for 7 seconds, then relax for 7 seconds and repeat 5-7x before repeating on the opposite leg.



Stretch 7

Lying face down on the mat. Start by pressing yourself up to an upward dog position. Making sure your shoulders are away from your ears. (No hunching) After holding this position, slowly and gently rotate over one shoulder looking back then repeating the same motion over the opposite shoulder. Complete this rotation 5-7x on each side before returning to the center. Finish with lowering yourself upper body back down to the mat.



Day 6:

Breathing

Seems simple enough, right?

But most people don't do it correctly or efficiently enough to feel and reap the

benefits. Breathing is a crucial part of overall health because it can help bring us from sympathetic (fight or flight) to parasympathetic (rest and healing) nervous system. Breathing, when done correctly, can also provide an increase in oxygen.

This helps the body's systems perform at an optimal level.

Here is one of my favorite breathing techniques I learned while learning Pranic Healing. It's called the 6-3-6-3 technique.

6-3-6-3 Breathing Technique

- Find a comfortable seated position – Back straight Gently place your tongue on the roof of your mouth.
- Inhale through your nose for six counts. Hold your breath for three counts.
- Exhale through your nose for six counts. Hold your breath for three counts.

- This 6-3-6-3 breathing completes one cycle. Complete 10-15 cycles per session.

Day 7:

Putting it all together

7 Day Recap

Over the last 7 days we've covered a lot of information. Here's a recap of the different modules.

Day 1 Nutrition

Day 2 Rest

Day 3 Fitness

Day 4 Visualize

Day 5 Flexibility

Day 6 Breathing

Day 7 Putting it all together!

If you continue to follow what we've covered over the last 7 days, you'll continue to see progress. You'll feel more energy, you'll lose body fat, you'll enjoy better sleep and have an overall increase in productivity in your business and personal life.

But, guess what?

There's more! A lot more... As a matter of fact, these last 7 days don't even touch the tip of the iceberg of health and performance hacks I've been using and sharing with clients.

So, What's Next?

I know you've just started this new path to living at a higher level and now is the perfect time to keep moving forward and build on the progress you've made over the last week.

Check out my [**24 Day Rapid Fat Loss System**](#)

This is a complete lifestyle system guaranteed to accelerate your life goals and help you create the life you've always dreamed of having. It not only covers fitness and nutrition, the 24 day program covers goal setting, visualization, meditation, healing and more.

Just imagine what your life would look like after implementing these easy to learn and use strategies we'll cover over the next 24 days.

Weight loss and health goals accomplished!
Increased Confidence!
Business Success!
Rich and Fulfilling Relationships!
and much more!

It's time for you to be, have and do more of what you want out of life!

Let's Go Get It!

Start Strong, Finish Stronger,
Nathan

P.S. If you have any questions, please feel free to email me at
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