

VELOCITY

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**V**DIET®

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**RESET YOUR BODY  
FOR LEANNESS  
IN 28-DAYS**

Optimize your metabolism and body chemistry for burning fat, building muscle, and craving healthier foods.

VERSION 4.0

CHRIS SHUGART

**THE  
VELOCITY  
DIET**

**The New Science of  
Rapid Body Transformation**

**Chris Shugart**

**VERSION 4.0**

This book is intended as a reference volume only, not as a medical manual.

The information given here is designed to help you make informed decisions about your health. It is not intended as a substitute for any treatment that may have been prescribed by your doctor. If you suspect that you have a medical problem, we urge you to seek competent medical help.

The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publisher advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness.

The exercise and dietary programs in this book are not intended substitute for any exercise routine or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

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**BIOTEST**

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# The Indisputable Secret to Rapid Body Transformation



**Gus Pancho Lost 40 Pounds and 9 Inches Off his Belly**

I'm going to tell you a secret.

It's a secret that took me years to fully grasp, a secret most people in the field of fitness don't want you to know. Here it is:

**The best way to make a jaw-dropping body transformation is through an intense, concentrated effort that forces your body to change.**

Wait, forget that I wrote "the best way." The real truth is, in all my years as a fitness professional, I've never seen a single person make a dramatic visual change in his or her body using the slow, steady, and "sensible" approach.

## THE INDISPUTABLE SECRET TO RAPID BODY TRANSFORMATION

Those "sensible" people are the ones you see in the gym every day who looked the same last year... and the year before that. You may also recognize that person as the man or woman staring back at you from the mirror.

Make no mistake, the human animal is a predator. He does not reach his goal (his "prey") with half-hearted efforts and "kinda sorta" wanting it. No, the achievement of a goal is not a marathon, but an aggressive sprint — short, but powerfully intense.

Bad habits must be broken. Sticking points in muscle and strength gains must be smashed. Plateaus in fat loss must be hammered to pieces. There's no question about it: Rapidly losing body fat, building muscle, and breaking negative behavioral habits are acts of violence.

The Velocity Diet is a science based, rapid body-transformation program that's so powerful and so effective that the results border on being unbelievable. But this system is not for everyone.

The Velocity Diet requires a level of commitment that many people simply aren't ready for. This burning commitment is sparked by frustration and even anger. The truth is, if you're not a little angry about your current level of progress, then you shouldn't even attempt the Velocity Diet.

On the other hand, if you're sick of spinning your wheels, if you're mad about the body you see in the mirror, and if you're more than willing to commit to 28 days of intense but highly effective body fat and bad habit removal, then the Velocity plan has unlocked the door. On the other side of that door is a lean, athletic body. Whether you open it or not is up to you.

# PART 1

## **RAPID BODY TRANSFORMATION**

# 1

## My Personal Velocity Experience

I looked in the mirror one day and didn't like what I saw. Sure, I was in okay shape. After all, I was a professional in the fitness industry, so I'd better have some muscle and look pretty lean, right?

I'd made progress over the years, going from 35% body fat in college to somewhere in the teens. The problem was, I'd never really achieved that super lean, athletic look with visible abs. I thought, "Man, I work hard in the gym, and my diet's pretty good too. So why do I still feel uncomfortable taking my shirt off at the pool?" It was frustrating and more than a little embarrassing.

I knew that my eating habits were okay, but they weren't perfect. I still struggled to choose the right foods and not overeat. Despite all I'd accomplished, all the weight I'd lost, I still had some residual "fat-guy cravings" for foods that kept me from getting as lean as I wanted.



## 1 MY PERSONAL VELOCITY EXPERIENCE

Sometimes I'd be "good" all week, then blow it all on the weekend with a cheat meal that turned into a 48-hour buffet binge. Again, as a fitness professional, I was embarrassed. Why couldn't I control myself? Why didn't the willpower I expressed in the gym transfer to my eating habits?

I trained hard too, but that last layer of fat hid the hard-earned muscle. I decided right then to make one last effort to uncover my abs. Since I was already working out several times a week, I knew I had to do something extreme with my diet to shed that stubborn layer of fat.

Being an "insider" in the fitness industry, I had access to many nutrition experts, research scientists, athletes, and bodybuilders: men and women who knew a lot about getting lean very fast without losing muscle. I picked their brains and eventually came up with a diet plan based loosely on Protein-Sparing Modified Fasts, which are dietary regimens overweight patients at hospitals are on before they undergo surgery.

I wrote an article about my idea with a "don't try this at home" warning. It was an experiment, and I didn't know how or if it would work.

### **The Shocking Results**

In 28 days, I lost sixteen pounds of fat and four inches off my waist. My body-fat percentage hit the single-digit mark for the first time in my life. I could see all of my abs. Finally!

I also noticed a peculiar side effect. During the diet, I'd somehow lost all my cravings for fattening foods, like sweets and fried stuff. I'd even developed new tastes for healthier foods I'd never liked before, like green vegetables. "Well," I thought, "that's weird. But I like it! And it'll sure make maintaining the fat loss easier."

## 1 MY PERSONAL VELOCITY EXPERIENCE

I now know the cravings switch has a science-based reason and resulted from increasing leptin and decreasing ghrelin, the body's two hormones that strongly influence appetite.

I also dusted off my psychology degree and dove into the research. I found that it only takes about 21 days to remove negative behavioral habits. My diet was 28 days long: long enough to break the bad habits *and* replace them with new, positive habits. The extra 7 days solidified those new behaviors.

What's more, I discovered that I'd developed new tastes for healthier foods I'd never liked before, like vegetables. Suddenly, foods I thought of as bland in my chubby days seemed to explode with flavor. It was like my taste buds had been renewed by the strict diet plan. It made sense.

In today's world of hyper-palatable foods, foods designed to addict us and make it all but impossible not to overeat, our taste buds have been overwhelmed and bombarded, leaving them desensitized to all but the most sugary, trans-fatty, and hyper-salty manufactured "foods." Since my experimental diet plan was very limited and contained none of those foods, my sense of taste and flavor perceptions had been re-awakened and revitalized. Suddenly, healthy foods tasted just as good as the unhealthy foods that had kept me on the fat side for far too many years.

"Well," I thought, "that's weird. But I like it! And it'll sure make maintaining the fat loss easier." I didn't know at the time that this accidental discovery would be a key part of helping thousands of people lose fat and keep it off for good.

I published another article about my results and the effect was immediate: A whole lot of people wanted to try the diet. And for the next several years, that's exactly what happened.

# 2

## Everyone Wanted In

The feedback is universal: People who've been struggling to lose fat for years are able to achieve great results in only 28 days. And the best part is, the positive changes in eating habits and taste preferences aren't a fluke: most people who closely followed the diet report the same experiences.

Other fitness experts and coaches contacted me wanting to do the diet. Christian Thibaudeau, Dan John, and others, all published experts, used the diet to break their lingering bad habits and shed body fat in record time.

Coach Dan John lost 23 pounds and 5 inches off his belly measurements in only 4 weeks. A short time after the Velocity Diet, Dan set a Master's State Record in the snatch lift, 105-kilo division.

Coach Christian Thibaudeau used the diet twice, once to get ready for a bodybuilding competition and once to modify his dietary habits. "The Velocity Diet really helped me to get back on track," he confessed.

I soon asked Chad Waterbury, strength & conditioning coach and

neurophysiologist, to write a custom training plan, specially designed just for those on this diet. To test it out, I put T Nation reader Gus Pancho on the refined plan.

Gus is 37 years old and lost 40 pounds and nine inches from his belly during and after his Velocity Diet experience.

The Velocity Diet itself helped Gus kick-start his transformation. He lost 21 pounds and five inches from his waist in 28 days. Gus says the taste and dietary habit changes he achieved with the system helped him during the last three months of his incredible transformation.

Today, thanks to the feedback of thousands of people, years of continued research, and improvements in the nutritional supplement field, I've been able to expand and improve the original plan. "V-Dieters," as they call themselves, have since formed a massive online community. There they log their progress, post their photos, and provide support to other people on the diet.

Whether your goal is to lose that last 15 pounds of fat and finally see your abs, kick-start a healthier lifestyle, or squash your bad eating habits forever, the Velocity Diet may be just what you're looking for. Writer Arnold Glasgow put it this way:

"Success is not the result of spontaneous combustion. You have to set yourself on fire."

The question is, are you ready to ignite?



# 3

## Here's What You Need to Know

Rapid body transformation requires two things for success: a state-of-the-art diet and your commitment to stick with the program. The Velocity Diet is a complete 4-week program that's rock solid and requires nothing other than you doing it as outlined.

### **Here's what's involved in the diet:**

- 1) You consume four fortified fat-burning protein shakes each day as the core of the plan, one at breakfast, lunch, midday, and bedtime.
- 2) You have a whole-food evening meal on your daily menu.
- 3) The diet also includes two other supplements that provide omega-3 fatty acids and whole-food extracts of berries, fruits, vegetables, and greens.

- 4) There are no stimulants involved.

## **Exercise**

For optimal results, we suggest exercising, of course. We've included a training program for those who train in commercial gyms. Dr. Chad Waterbury has written a custom training plan specially designed for those on this diet.

His training program consists of three weightlifting workouts per week and one bodyweight exercise session, called The V-Burn Challenge, which you do on Saturday or Sunday.

You'll also do NEPA walks and NEPA activities each day. NEPA stands for Non-Exercise Physical Activity that further boosts metabolic rate, burns additional fat, and speeds recovery from training.

Multiple studies show that two things help you retain muscle during a diet: a high protein intake and resistance training. The Velocity Diet has you covered as far as protein goes. For those working out at home, bodyweight exercises and band workouts are fine.

## **Online Forum Support**

You aren't alone on your Velocity Diet journey. Your fellow V-Dieters are here on the Velocity Diet forums to help you when you need advice or encouragement. After all, it's hard to fall off the diet when thousands of people are cheering you on... or providing you with a kick in the pants if needed.

You're now armed with all the weapons you need in this war on body fat, bad habits, and soft muscles.

The rest is up to you.

Now, put your game face on, and prepare to transform your body!

# PART 2

## **VELOCITY DIET PROGRAM**

# 4

## Prepare to Win

Years of in-the-field testing with thousands of people has taught us two very important lessons about the Velocity Diet. Now, please pay close attention, because your success depends on you learning these lessons. Those who ignore them, or skip the section below, will very likely fail the diet and never achieve their body-transformation goals.

Ready? Here are the two lessons learned:

- 1. Use the exact supplements outlined in the program.**
- 2. Document, rate, and discuss your progress.**

V-Dieters who use the prescribed supplements, and document, rate, and discuss their progress — each and every week — have a success rate that's four times higher than those who don't.

It's true. We can predict who's going to have success on the Velocity Diet based solely on whether or not the person is using the supplements and logging his or her progress.



## Document. Rate. Discuss.

Periodically rating your progress, by using all four of the critically important tools below, will keep you accountable, motivated, and most importantly, on track to achieving a jaw-dropping, full-body makeover. In short, success leaves a trail. And successful V-Dieters evaluate and rate the trail they're on, so they can make the necessary course adjustments to reach their ultimate goal.

Don't just think about it — do it!

### 1) Weigh Yourself

First, keep this in mind: If you gain five pounds of muscle and lose five pounds of fat you'll look much better. Your clothes will fit better, you'll feel better, and you'll look better naked. People will notice. But the scale will show "no progress" because your weight will be the same. That makes the scale a pretty deceptive tool.

You can naturally fluctuate 5-8 pounds over the course of a single day too. Plus the average person defecates two pounds per day. Whether you "need to go" or you "just went" can alter scale readings. So scale weight can be very tricky, and it should never be used as the sole tool for tracking your progress. Still, it can help shed some light on what's happening over the long-term, if you follow the rules and take each weigh-in with a grain of salt.

To get an accurate, consistent body-weight measurement, weigh yourself first thing in the morning. Do it before you eat or drink and after you go to the bathroom. Always weigh wearing the same thing (or nothing), using the same scale. Record your starting weight. You'll be weighing in once per week on the Velocity Diet, always on the same day. We suggest Saturday or Sunday morning. Don't weigh yourself more often than that or those natural body-weight fluctuations will drive you nuts. And remember, the Velocity Diet training plan is probably helping you gain some muscle too, so again, don't put too much stock into the bathroom scale.

## **2) Tape Measurements**

Since scale weight really doesn't tell us that much about actual body composition, you must take some measurements. Using a fabric tape measure, record these sites, along with your weight. You may measure once per week when you weigh.

- Neck
- Shoulders
- Chest
- Waist\*
- Hips
- Upper Arm
- Upper Leg
- Calf

\*Take 3 waist measurements: one a few inches above the navel, one across the navel, and one a couple of inches below the navel.

## **3) Take Photos**

Standing normally, take three photos of yourself: one from the side, one from the front, and one from the back. No flexing, no sucking in, and no lighting manipulations. After the diet is over, take another set of pictures, wearing the same clothing you did in your before photos.

And here's another tip: Don't just look at your body; look at your face. Fat loss often occurs first, or at least it's noticed first, in the face, chin and neck area. You won't notice this yourself from day to day, but other people will, and regular progress photos will make it apparent to you as well. This is very motivating!

## **4) Participate on the Velocity Diet Forums**

Start a Diet log in the Velocity Diet forums. This will keep you on track and compliant. This will also give you a place to ask questions and get help during your Velocity Diet journey.

## Velocity Diet Forums

Here is a list of the Velocity Diet forum links:

[Diet Support](#)

[Diet Recipes](#)

[Before / After Photos](#)

[Diet Logs](#)

To create a Diet Log, click this link:

[Create Diet Log](#)

# 5

## Why Only Biotest Supplements?

When faced with a caloric deficit, your body is actually programmed to "eat up" its own muscle rather than burn its fat for fuel. So, if you use the wrong supplements for the Velocity Diet you'll end up looking pretty much like you do now, only smaller and, well, *baggier*.

But Biotest® supplements help you build a stronger and leaner body at the fastest rate possible, allowing you to strip off body fat while building an awesome physique. The supplements included in the Velocity Diet are designed specifically to help you lose fat instead of muscle. In fact, when you've completed the Velocity Diet, your body will look like it was *sculpted* — as opposed to just looking like a slightly less fat version of your former self.

Biotest® supplements are designed to help advanced athletes compete at their highest levels. Each formula simply has to be the best sci-

ence has to offer. Otherwise, under extreme physical stress, bodies will break down. It's true for high-level athletes and bodybuilders, and it's true for regular folks as well.

We also wanted to make this diet healthy. Who wants to lose weight if you have to sacrifice some aspect of your well-being in exchange? No one (we hope). Therefore, in addition to supplying supplement components that ensure physique goals, we added supplement components for your health, as well.

We fully believe that using the specific Biotest® supplements we recommend will provide you with nutrients that you're likely missing in your regular, everyday diet. Doing this plan, as mapped, will not only make you leaner, but also healthier.

Take a minute to read the following list of Biotest® supplements that are part of the Velocity Diet. We're sure you'll see that they're not only useful, but also *essential* to the success of the plan:

## **1) Metabolic Drive® Fat-Burning Protein**

The Metabolic Drive® formula is a delicious milkshake-like protein drink that contains micellar casein and whey isolate. It even received *Men's Health* magazine's award for "Best Protein."

The micellar casein in the formula boosts metabolism for fat loss and helps you feel full and satisfied longer than you will with other forms of protein. Due to its influence on nitrogen retention, micellar casein is also the best protein for stimulating protein synthesis aiding in muscle growth, and preventing muscle breakdown.

The whey-protein isolate in the formula is included to jumpstart protein synthesis with fast-acting essential amino acids.

And unlike most other protein drinks, Metabolic Drive® protein won't cause stomach upset. Put all this together and it makes Metabolic Drive® protein the only protein supplement recommended for the Velocity Diet.

## **2) Flameout® DHA/EPA Omega-3 Fish Oil**

The Flameout® omega-3 supplement is a softgel capsule containing the fatty acids DHA and EPA (the same ones found in wild salmon), in addition to a fat-burning fatty acid known as CLA. Flameout® contains the most potent and purest forms of DHA and EPA, purified by molecular distillation.

In addition to helping you burn fat, the fatty acids found in Flameout make your body more sensitive to the effects of insulin, which will help your body deposit protein where it's supposed to be deposited (muscle), and shuttle fat to where it can be used as energy. Flameout™ will also improve your blood profiles, improve cardiovascular health, and reduce inflammation throughout your body.

## **3) Biotest® Superfood**

Superfood is a blend of 18 non-GMO whole-food extracts of berries, fruits, vegetables, and greens. It'll fill in any nutritional gaps and provide a potent booster shot of healthy, life-extending nutrients. Biotest® took 18 of the most potent, nutrient-packed fruits and vegetables on the planet and simply removed the water to create a powdery mix that smells like berries and tastes like a mild herbal tea. Get this: One serving of Superfood is the antioxidant equivalent to eating between 10 and 12 average servings of fruits and vegetables.

# 6

## The Daily Menu

The Velocity Diet is easy to follow. There's very little calorie counting or food preparation required. For most of the day, you'll simply drink the special shakes in place of solid meals.

On the four days you lift weights or perform the V-Burn Challenge, you can add an optional workout drink (Plazma™). On the three days non-training day, you'll skip Plazma™ and just have the shakes and other supplements.

Everyday, for dinner, you'll have a healthy solid meal (HSM).

All V-Dieters follow the shake plan below. The only difference in individual plans is the healthy solid meal, which is detailed in the next chapter.

<b>VELOCITY DIET DAILY MENU</b>		<b>CAL</b>	<b>FAT</b>	<b>CHO</b>	<b>PRO</b>
<b>BREAKFAST</b>	<b>Serving / Nutrients</b>				
Metabolic Drive® Protein	2 scoops	220	4 g	8 g	42 g
Biotest® Superfood	2 scoops				
Cold water	16 oz				
Flameout™	1 softgel				
<b>LUNCH</b>	<b>Serving / Nutrients</b>				
Metabolic Drive® Protein	2 scoops	220	4 g	8 g	42 g
Cold water	16 oz				
Flameout™	1 softgel				
<b>MID-AFTERNOON</b>	<b>Serving / Nutrients</b>				
Metabolic Drive® Protein	2 scoops	220	4 g	8 g	42 g
Cold water	16 oz				
Flameout™	1 softgel				
<b>DINNER</b>	<b>Serving / Nutrients</b>				
Healthy Solid Meal - Men	400 - 700 calories				
Healthy Solid Meal - Women	300 - 600 calories				
Flameout™	1 softgel				
<b>BEDTIME</b>	<b>Serving / Nutrients</b>				
Metabolic Drive® Protein	2 scoops	220	4 g	8 g	42 g
Cold water	16 oz				
Flameout™	1 softgel				
<b>WORKOUT – Men</b>	<b>Serving / Nutrients</b>				
<a href="#">Plazma™</a> (optional)	2 servings	420	0 g	76 g	30 g
Cold water	1000 ml				
<b>WORKOUT – Women</b>	<b>Serving / Nutrients</b>				
<a href="#">Plazma™</a> (optional)	1 serving	210	0 g	38 g	15 g
Cold water	500 ml				



# 7

## One Healthy Solid Meal (HSM) Per Day

To recap, you'll have four shakes each day then a healthy solid meal at in the evening for 28 days. On workout days only, you can also include the specially formulated workout nutrition drink called Plazma.

Now, let's take a closer look at the solid meal guidelines.

### Healthy Solid Meal Guidelines

Once per day, preferably in the evening, you're allowed an HSM or healthy solid meal. This is not a "cheat" meal. It should consist of a lean protein source, vegetables, and a healthy carb. For the rest of the day, you'll consume only your shakes and supplements.

The HSM has several benefits. It allows you to remain social or have a meal with the family. It also provides a nice "break" from all the shakes. But the most important aspect of the HSM is that it will teach

you how to eat for the rest of your life. In the perfect world where everyone is healthy and lean, every meal would be an HSM: all healthy stuff, no junk. Think of this as a daily opportunity to "practice" lifelong healthy eating habits. And finally, the HSM will help to retrain your taste buds – reminding them what healthy, real food tastes like – and over the course of the diet helping you to get rid of unhealthy food-related habits and addictions to hyper-palatable junk foods that cause you to overeat, crave more, and be hungry again in an hour.

Most of the Velocity Diet is very regimented. You'll consume Metabolic Drive shakes, take your supportive supplements, and the optional Plazma on lifting days. The HSM is different. There are guidelines, but these are "rules within boundaries." It is with this solid daily meal that you'll adjust and fine-tune the Velocity Diet for your needs. It's here where you can tweak the diet to support your level of progress and keep the fat loss going strong.

First, let's go over the broad basics: Your healthy solid meal doesn't have to be complex. Here's a simple guideline:

- Protein:** lean steak, chicken breast, turkey breast, eggs, fish, lean pork (grilled or baked)
- Veggies:** most green and non-starchy vegetables: steamed broccoli, spinach, zucchini, squash, peppers
- Starch:** plain potato (any variety), rice, quinoa (avoid wheat)
- Supplements:** Flameout (one softgel)

## HSM Calorie Guidelines

	Training Day	Non-Training Day
Men	500 - 700*	400 - 600
Women	400 - 600*	300 - 500

\*Includes the calories from the optional workout nutrition.

Remember, based on your progress, you may adjust the calories in this meal up or down within the general ranges provided. If you find that this meal fills you up for the night, you may reduce your pre-bed Metabolic Drive shake by half. (More on this in the "Fine Tuning the

Velocity Diet" section.)

For those on the lower end of the calorie range, say a small female on a weight training day, the HSM may be half a chicken breast, a half a sweet potato or half a serving of rice, and a pile of grilled vegetables or small salad. For those on the high end of the spectrum, your HSM may be a lean steak, a medium-sized baked potato, and steamed vegetables of choice. Everyone will be a little different here. Experiment, keep an eye on your weekly tape measurements, and adjust as needed.

## **Don't Skip the HSM**

You may be tempted to skip this meal to "make the diet work faster." Don't. The solid meal is crucial to long-term success, especially when it comes to the taste and craving changes. Do not skip it.

## **Mindful Eating**

To best experience the food-preference changes, practice what's called "mindful eating." In other words, don't gobble down your HSM, thinking only of the next bite as you're chewing the previous forkful. That's what overweight people do.

Instead, eat mindfully. Turn off the TV. Put your utensil down between bites and savor the food. Smell it. Pay attention to the textures and subtle flavors. Spend some time eating this meal, at least 20 minutes from first bite to last. Relax and enjoy it.

All this will reinforce the food-preference changes, helping you kick negative eating habits and develop new, healthy food-related behaviors that last a lifetime.

# 8

## Fine-Tuning the Velocity Diet

While the number of shakes and the healthy solid meal calorie guidelines work very well for most people, we did leave some "wiggle room" in the Velocity Diet so that you may further customize and fine-tune the plan to meet your individual needs. We recommend following the Velocity Diet plan as written for at least one week, then making adjustments if needed. But here's where you can customize the plan to better fit your personal needs:

### **1. Plazma™ Adjustment (Men, Women)**

If you choose to include Plazma, know that males and females use different amounts. Men, drink one serving 15 minutes before training, and one serving during training. Women, drink one-half serving 15 minutes before weight training, and the other half serving during weight training.

## **2. One-Scoop Metabolic Drive® Adjustment**

If you feel too full on the Velocity Diet or you're not satisfied with your fat loss progress, subtract one scoop of Metabolic Drive from one shake for the day. This will slightly lower your calorie intake for the day but drop 770 calories for the week, just enough to decrease the feeling of fullness or get your fat loss moving in the right direction again. Do not lower calories more than that however or you risk losing muscle or slowing your metabolic rate.

Very active people, those with a large amount of muscle mass, or those who initially feel hungry on the Velocity Diet may add one scoop of Metabolic Drive to their daily intake. Just have a large, 3-scoop shake or add a "snack shake" of one scoop of Metabolic Drive sometime during the day.

## **3. Play With The Calorie Range**

For your daily HSM, you're given a general calorie range. For example, a male on a non-weight training day can have 400 to 600 calories. If you're feeling very satisfied already or your fat loss progress is slowing, consume about 400 calories. If you're hungry or you think you're losing weight too quickly, adjust that up to 600. Since every individual is different, play with this calorie range and find out what works best for you. You may find that the lower end of the range is satisfactory on some days, but on other days you feel your body needs more calories. That's fine, and as the Velocity Diet progresses you'll find that you're more in tune with your body's needs for the day.

## **4. Adjust the Bedtime Shake**

If your evening HSM fills you up for the night, you may reduce your pre-bed Metabolic Drive shake by half. Only do this if you're feeling very full. Don't skip or reduce the volume of this shake just to "make the diet work faster." It won't do that and may lead to you consuming too few calories, which will backfire on you.

# PART 3

## **VELOCITY TRAINING**

# 9

## **Velocity Diet Training**

*Maximize Fat Loss, Retain and Build Muscle, Perform Like a Well-Oiled Machine*

The Velocity Diet exercise plan consists of three components:

- Weight Training
- V-Burn Challenge
- NEPA Walks and Activities

Here's an overview of each:

## Weight Training

Your metabolic rate is the key to maintaining good body composition — the ratio of fat to lean tissue. And muscle is the key to maintaining a good metabolic rate.

Many people using traditional diets lose weight indiscriminately, meaning they lose muscle along with fat. That's self-defeating, as the muscle they lose leads to metabolic disruptions, which in turn lead to yo-yo dieting — a dangerous cycle of weight loss followed by fat gain followed by more weight loss and then more fat gain. In the worst cases, the person ends up weighing more, but with less muscle tissue and a slower metabolism than they had before they started dieting.

Beyond the health dangers, losing muscle on a diet is disappointing. You may be smaller, but you don't necessarily look better. It's like a caterpillar coming out of its cocoon and realizing it's not a butterfly at all, but instead has become a smaller caterpillar.

With the Velocity Diet weight-training program, you'll lift three times a week on nonconsecutive days (Monday-Wednesday-Friday or Tuesday-Thursday-Saturday). By the end of the 28-day diet and training program, you won't just be smaller; you'll be leaner, stronger, and have more metabolism-fueling muscle as well.

### Tempo and Technique

With this plan, you want to lift and lower the weights as fast as possible with good form. If these exercises are new to you, mastering the form is more important than lifting fast. But as you get comfortable with the exercises, it's more important to lift faster than it is to use heavier weights. Once you reach what seems like your maximum speed for the designated number of repetitions, use a heavier weight.

As we said earlier, you need to stop a set once your speed slows down noticeably. But don't stop because you think you're about to slow down. Keep going until the weight actually moves slower or your form changes in an obvious way. Finish that last rep, put the weight down, rest, and then pick up again with the next set.



## Weightlifting Guidelines

### Weight Selection

Select a weight that allows you to hit the target repetitions on the first set of that exercise. You'll probably do fewer reps on subsequent sets. Keep going until you hit the designated number, no matter how many sets it takes. Keep the weight the same for all of the sets of an exercise.

### Exercise Sequence

Perform all sets of an exercise before moving on to the next exercise.

### Rest Between Sets

Rest the prescribed amount of time between all sets. For example, after you finish an exercise, limit your transition time to the next exercise to the prescribed rest interval. So if you're supposed to rest 45 seconds between sets, try to rest just 45 seconds between exercises as well.

## Example Sets and Reps for One Exercise

Let's say you're on the intermediate plan and that day's workout calls for you to do the barbell curl with these guidelines:

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

To choose the amount of weight (load) you'll use for the exercise, you'll find a weight that allows you to get 8-9 reps on the first set. If you can get more than 8-9 reps on the first set, add more weight to the bar. If you can't get 8-9 reps for the first set, lighten the load. Once you find that perfect weight, you'll use the same load for the rest of the exercise.

After resting for 45 seconds after the first set, you'll do set 2, rest 45 second, set 3, etc. Now, here's the crucial part to remember. As you fatigue, you will no longer be able to get 8-9 reps as you did with the first

set. That's okay. Your reps may fall to 6 for a set, then to 4 or 5, and even down to 1 or 2. (If can get 8-9 reps on every set, then you went too light or you're resting longer than 45 seconds.)

Now, note the number of total reps you're supposed to get for this exercise: it says 40. Keep doing sets until you reach 40 total reps for the exercise. So, your sets might look like this:

- Set 1 – 8 reps
- Set 2 – 8 reps
- Set 3 – 6 reps
- Set 4 – 5 reps
- Set 5 – 4 reps
- Set 6 – 4 reps
- Set 7 – 3 reps
- Set 8 – 2 reps

That's 40 total reps for the biceps curl. Remember, the number of sets doesn't matter. The key is to get your load right for that first set, then do as many sets as needed to hit the total reps called for in that exercise.

## V-Burn Challenge

Fat loss is the ultimate performance enhancer. With the possible exception of sumo wrestling, you'll improve at virtually anything you do when you drop excess body fat while maintaining your muscle mass and strength.

Not only will fat loss make you a better athlete, it'll make you a more "functional" human being; you'll move better, feel better, have more energy, and perform better in the gym. Your body will be more efficient at just about anything you ask it to do.

Imagine doing pull-ups, dips, or push-ups with 20 fewer pounds of lard on your body. Imagine playing your sport, performing your military or your law-enforcement duties, or even playing with your kids without that anchor of useless fat.

The V-Burn Challenge is a challenging circuit of eight different exercises done in rapid succession. It requires no special equipment; you can do it anywhere.

You'll do it once a week, on Saturday or Sunday. The goal is to complete the recommended number of circuits in less time each week.

## **The Goal**

The goal from workout to workout is to reduce the amount of time it takes you to complete the V-Burn Challenge. In other words, as you get in better shape, you should be able to do the same number of circuits in less time.

Don't make the mistake of turning the V-Burn Challenge into a grueling, train-until-you-drop event. These circuits should be challenging but not so draining that they interfere with your progress in the weight workouts.

Ultimately, the overall purpose of the V-Burn Challenge is to increase your general conditioning, help you recover from the weight workouts, improve your mobility and athleticism, and, of course, burn off a bit more body fat.

## **Reps and Tempo**

Perform 10 reps of each exercise. For the single-limb exercises, do five reps on each side, for a total of 10. As with the strength exercises, your goal is to perform the lifting and lowering phases as fast as possible while maintaining good form.

## **Non-Exercise Physical Activity (NEPA)**

The Velocity Diet plan has no traditional cardio or aerobics. It's not necessary, and can actually lead to muscle loss if pursued beyond your body's ability to refuel and recover. You'll get plenty of formal exercise with your three weight workouts and weekly V-Burn Challenge.

You'll add to that with Non-Exercise Physical Activity — NEPA.

NEPA is all the moving around you do outside the gym. A person with a desk job gets very little NEPA, while a guy who works construction or walks to work gets a lot. Studies show that simply walking more each day helps with long-term weight management and leads to improved health.

On the Velocity Diet, you'll go for a walk every day except Challenge Day, and also seek to increase NEPA in other ways.

The goal is to burn off a few extra calories, speeding the fat-loss process without taking away energy you'll need for your weight workouts, or impairing your ability to recover from those workouts. A good walk should speed up the recovery process while improving your overall physical conditioning.

## **Daily NEPA Walks**

### **Make a Commitment**

Walk every day except Challenge Day — rain or shine, busy or not.

### **Walk at the Right Pace**

The average person walks between 3 and 3.5 mph. (Men walk about 1/2 mile per hour faster than women.) For your NEPA walk, shoot for around 4 mph. For most of us, that means walking faster than your normal pace. It's not "speed walking," just moving faster than normal.

### **Distance or Time**

You can choose to walk for a certain distance or for a certain amount of time. Depending on your fitness level and the time you have, you can shoot for 30 to 60 minutes of fast walking, or two to four miles. Walking at 4 mph, you'll cover one mile in 15 minutes.

## **Outside or Inside Makes a Difference**

Walking indoors on a treadmill burns fewer calories than walking outside at the same speed, but you can make up the difference by setting the treadmill to a slight incline. Do whatever is most convenient for you, just keep that in mind.

## **Time of Day Makes a Difference, Too**

While you can take your walk any time of the day — before work in the morning, at lunch, or in the evening — many experts believe that walking in the morning before you eat leads to faster fat loss. While we'd never suggest performing strenuous cardio in a fasted state (which could lead to muscle loss), a brisk walk is fine.

But the key is to make sure you get your walk in whenever you can. Never miss a day because you can't walk at the ideal time.

## **Don't Run!**

You won't make the diet work better by going for long run or taking hour-long Spinning classes. Instead, you'll impede recovery from your weight workouts, have less energy, and possibly cause your body to lose muscle tissue.

## **Seek Movement**

Along with your daily NEPA walk, you need to "seek movement." In other words, try to increase your natural NEPA. How?

Park farther away from stores or your place of work. Not only will you get a little extra walking in every day, you'll free yourself from the stress of fighting for a parking space close to the front door.

Take the stairs. If you have to take an escalator, walk up instead of letting the machine do all the work.

Carry your luggage; don't roll it.

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Sounds simple, but these small daily actions can lead to additional fat loss, long-term weight-loss maintenance, and improved health. Make them a lifetime habit and your lifetime will be long and lean.

# 10

## **Beginner Workouts**

*If you're new to weight training, or you have been out of the gym for a few years, use the Beginner Program.*

## MONDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Dumbbell Squat
- B) Dumbbell Bench Press
- C) Bent-Over Row
- D) Plank Hold\*

\*Plank Hold is performed for time, not reps. Hold the position for as long as possible, rest 45 seconds, then repeat the hold for as long as possible.

## WEDNESDAY

Reps: 50 total per exercise  
Rest: 45 seconds between each set  
Load: Light (14-16 RM)

- A) Romanian Deadlift
- B) Lat Pulldown
- C) Shoulder Press
- D) Side Plank Hold\*

\*Side Plank Hold is performed for time, not reps. Hold each side position for as long as possible, with no rest between each side. Rest 45 seconds then repeat the each side hold for as long as possible.

## FRIDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Sumo Deadlift
- B) Incline Dumbbell Press
- C) Wide-Grip Lat Pulldown
- D) Plank Hold

## Progression from Week to Week

Each week you'll make the workout harder by decreasing the rest periods five seconds for each workout. This doesn't mean the workouts will get shorter. Since the rest periods are decreasing, it should take you more sets to reach the target number of reps for each exercise.



## BEGINNER TRAINING EXTENSION PLAN

After completing the Velocity Diet, you can continue the training portion of the program by following this two-week extension plan. All of the loading, tempo, and technique parameters remain the same.

When you begin the second week, make each workout harder by doing five more repetitions of each exercise.

### MONDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Romanian Deadlift
- B) Dumbbell Bench Press
- C) Lat Pulldown
- D) Hand Walkout from Knees

### WEDNESDAY

Reps: 50 total per exercise  
Rest: 45 seconds between each set  
Load: Light (14-16 RM)

- A) Shoulder Press
- B) Push-Up
- C) Reverse Lunge
- D) Plank Hold, One-Arm Reach

\*Plank Hold, One-Arm Reach is performed for time, not reps. Hold each arm position for as long as possible, with no rest between each arm. Rest 45 seconds then repeat the each arm hold for as long as possible.

### FRIDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Deadlift
- B) Push Press
- C) Bent-Over Row
- D) Hand Walkout from Knees

# 11

## **Intermediate Workouts**

*If you've been weight training consistently for the last two or three years, the Intermediate program is for you.*

## MONDAY

Reps: 20 total per exercise  
Rest: 30 seconds between each set  
Load: Heavy (4-5 RM)

- A) Front squat
- B) Chin-Up / Pull-Up
- C) Dumbbell Bench Press
- D) Ab-Wheel Rollout

## WEDNESDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Reverse Lunge
- B) Bent-Over Row
- C) Push Press
- D) Barbell Curl
- E) Reverse Crunch

## FRIDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Deadlift
- B) Incline Dumbbell Press
- C) Chin-Up / Pull-Up
- D) Hand Walkout from Knees or Toes

## Progression from Week to Week

Each week you'll make the workout harder by decreasing the rest periods five seconds for each workout. This doesn't mean the workouts will get shorter. Since the rest periods are decreasing, it should take you more sets to reach the target number of reps for each exercise.

## INTERMEDIATE EXTENSION PLAN

After completing the Velocity Diet, you can continue the training portion of the program by following this two-week extension plan. All of the tempo and technique parameters remain the same. You'll use a new rep range: "light," which is the most weight you can lift 14 to 16 times on the first set.

When you begin the second week, make each workout harder by doing five more repetitions of each exercise.

### MONDAY

Reps: 20 total per exercise  
Rest: 30 seconds between each set  
Load: Heavy (4-5 RM)

- A) Romanian Deadlift
- B) Dip
- C) Chin-Up / Pull-Up
- D) Hanging Knee Raise

### WEDNESDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Shoulder Press
- B) Push-Up
- C) Reverse Lunge
- D) Woodchop

### FRIDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Sumo Deadlift
- B) Push Press
- C) Chin-Up / Pull-Up

# 12

## **Advanced Workouts**

*If you've been weight training seriously for the last three years, and made significant gains in strength and mass, do the Advanced program.*

## MONDAY

Reps: 20 total per exercise  
Rest: 30 seconds between each set  
Load: Heavy (4-5 RM)

- A) Bent-Over Row
- B) Overhead Squat
- C) Dip
- D) Ab-wheel rollout

## WEDNESDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Chin-Up / Pull-Up
- B) Incline Dumbbell Press
- C) Romanian Deadlift
- D) Barbell Curl
- E) Hanging Leg or Knee Raise

## FRIDAY

Reps: 25 total per exercise  
Rest: 30 seconds between each set  
Load: Heavy (4-5 RM)

- A) Front Squat
- B) Close-Grip Bench Press
- C) Chin-Up / Pull-Up
- D) Push Press

## Progression from Week to Week

Each week you'll make the workout harder by decreasing the rest periods five seconds for each workout. This doesn't mean the workouts will get shorter. Since the rest periods are decreasing, it should take you more sets to reach the target number of reps for each exercise.

## ADVANCED EXTENSION PLAN

After completing the Velocity Diet, you can continue the training portion of the program by following this two-week extension plan. All of the tempo and technique parameters remain the same. You'll use a new rep range: "light," which is the most weight you can lift 14 to 16 times on the first set.

When you begin the second week, make each workout harder by doing five more repetitions of each exercise.

### MONDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Squat
- B) Dip
- C) Chin-Up / Pull-up
- D) Hand Walkout from Toes

### WEDNESDAY

Reps: 50 total per exercise  
Rest: 45 seconds between each set  
Load: Light (14-16 RM)

- A) Shoulder Press
- B) Chin-Up / Push-Up
- C) Reverse Lunge
- D) Woodchop

### FRIDAY

Reps: 40 total per exercise  
Rest: 45 seconds between each set  
Load: Medium (8-9 RM)

- A) Deadlift
- B) Push Press
- C) Chin-Up / Pull-Up
- D) Hand Walkout from Toes

# 13

## V-Burn Challenges

You've read about the V-Burn Challenge already, so you know it's a circuit of eight exercises that you'll do on Saturday or Sunday. You probably guessed that it has three different levels — Beginner, Intermediate, Advanced — that correspond to the Velocity Weight Training program you're about to begin.

The goal is to increase your general conditioning, help you recover from the weight workouts, improve your mobility and athleticism, and, of course, burn off a bit more body fat. These circuits should be challenging but not so draining that they interfere with your progress in the weight workouts. The goal is to get better at them as you get into better shape, so you're doing the same number of circuits in less time in subsequent weeks.

Perform 10 reps of each exercise. For the single-limb exercises, do five reps on each side, for a total of 10. (The single-limb exercises are listed in yellow.) As with the strength exercises, your goal is to perform the lifting and lowering phases as fast as possible while maintaining good form.



## **BEGINNER**

- A1 Body Weight Squat
- A2 Hand Walkout from Knees
- A3 Single-Leg Deadlift, Lateral Reach
- A4 Push-Up
- A5 Jumping jack
- A6 Reverse Lunge, Overhead Reach
- A7 Pike Push-Up
- A8 Mountain Climber

Perform a total of five circuits.

## **INTERMEDIATE**

- A1 Jump Split Squat
- A2 Hand Walkout from Knees or Toes
- A3 Single-Leg Deadlift, Lateral Reach
- A4 Push-Up, Clap
- A5 Rope Jump or Jumping Jack
- A6 Reverse Lunge, Twist
- A7 Pike Push-Up
- A8 Squat Thrust

Perform a total of six circuits.

## **ADVANCED**

- A1 Jump Split Squat
- A2 Hand walkout, from Toes
- A3 Single-Leg Deadlift, Lateral Reach
- A4 Push-Up, Torso Rotation
- A5 Rope Jump or Jumping Jack
- A6 Side Lunge, Overhead Reach
- A7 Handstand Push-Up
- A8 Squat Thrust Jump and Reach

Perform a total of six circuits.

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# Exercise Descriptions

## Ab-Wheel Rollout

From your knees, hold the ab wheel with both hands directly below your chest. Roll the wheel out as far as you can while keeping your back flat. Pull it back to the starting position and repeat. If it's too easy for this rep range, you can try rollouts from your toes, with your body starting in the push-up position.



## Barbell Curl

With a barbell, take an underhand, shoulder-width grip. Stand holding the bar at arm's length in front of your thighs. Curl the bar up toward your shoulders. Lower the bar to the starting position and repeat.

## Bent-Over Row

With a barbell, use an overhand grip with hands shoulder-width apart. Stand with your feet shoulder-width apart. Keeping your back flat, push your hips back as you bend forward to about 45 degrees. Start with your arms straight toward the ground. Pull the bar to your abdomen. Lower the bar and repeat. Keep your torso at the same angle throughout the movement.





## Chin-Up / Pull-Up

For chin-up, use an underhand grip that's shoulder-width or less. For pull-up, use an overhand grip that's 4-6 inches wider than shoulders. Pull your chin up over the bar from a dead hang. If you can do more than five on your first set, add weight using a dipping belt or backpack. If you can't do sets of four to five chin-ups, do lat pulldowns instead.

## Close-Grip Bench Press

Grab the bar overhand, your thumbs about 10 to 15 inches apart. Lift the bar off the supports and hold it over your chest with straight arms. Lower it to your chest and then push back to the starting position and repeat.



## Deadlift

Place your feet shoulder-width apart and grab the bar overhand, your hands just outside your legs. Start with your arms straight, hips back, back flat, and knees bent slightly. Push your hips forward as you pull the bar off the floor and straighten your torso. Lower it to the floor and repeat. The bar should touch or nearly touch your legs throughout the movement.

## Dip

Position yourself on the dip bars with your arms straight, torso leaning forward slightly, knees bent somewhat, and feet crossed behind you. Lower yourself until your upper arms are parallel to the floor, push back up to the starting position, and repeat.



## Dumbbell Bench Press

With two dumbbells and lie on your back on a flat bench. Start with your arms straight, holding the weights straight up over your chest with a palms-out grip. Lower the weights to the outsides of your shoulders, then push them back to the starting position and repeat.

## Dumbbell Squat

Grab a dumbbell and hold it with both hands between your legs as you stand with your feet shoulder-width apart, toes pointed forward. Push your hips back and squat down until your thighs are parallel to the floor. Rise to the starting position and repeat. Keep your arms straight throughout the movement.





## Front Squat

Set the barbell in the squat rack at about shoulder-height. Rest the bar on your front shoulders as you lift it off the supports. Set your feet shoulder-width apart. Squat down until your upper thighs are parallel to the floor, keeping your torso upright and your back in its natural arch. Push down through your feet to drive your body back up to the starting position, and repeat.

## Hand Walkout From Knees

Get down on all fours, your weight resting on your knees and hands and your back flat. Walk your hands out as far as you can while keeping your back straight. Walk your hands back to complete your first rep.



## Hand Walkout From Toes

From the push-up position, with your weight on your toes and hands, walk your hands out as far as you can while keeping your back straight. Walk your hands back and repeat.



## Handstand Push-Up

Bracing your feet up on a wall with your body nearly vertical. Go down as far as you can without banging the top of your head against the floor, and push back up. You can substitute shoulder press for handstand push-ups.



## Hanging Knee Raise

Grab the chin-up bar with an overhand grip, and hang from the bar with your body straight. Roll your hips up, bending your knees as you pull them toward your chest. Return to the starting position and repeat.

## Hanging Leg Raise

Grab the chin-up bar with an overhand grip, and hang from the bar with your body straight. Roll your hips up as you lift your feet toward your head, keeping your legs somewhat straight. Return to the starting position and repeat.





## **Incline Dumbbell Press**

Set the bench to a 45-degree incline. Grab a pair of dumbbells and lie on your back on the bench, holding the weights at the sides of your shoulders with your palms facing each other. Push the weights straight up over your shoulders, lower them to the starting position, and repeat.

## **Jump Split Squat**

Stand with your legs split – right foot in front of left, with about 36 inches from front heel to rear toe – and your hands on your hips, out to the sides, or behind your head. Squat down, jump, and switch legs in midair, landing with your left foot forward. Immediately start the next jump, alternating legs until you do a total of 10 jumps.



## **Jumping Jack**

Just like in gym class or football practice – feet out/hands up, feet in/hands down.



## Lat Pulldown

Use an underhand grip that's just inside shoulder width. Pull the bar to your upper chest, return to the starting position, and repeat.



## Mountain Climber

From the push-up position, bring your left knee up to your chest, then kick it back as you bring your right knee up. Continue until you've done five reps with each leg.

## Overhead Squat

With a snatch grip load the bar on your traps like the squat and push press the bar overhead. Keeping your arms straight and the bar slightly behind the head, step into a wide stance, with your feet angled out somewhat. Push your hips back as you squat down, keeping your torso as upright as possible. Go down as far as you can, then push back up to the starting position and repeat.





## Pike Push-Up

Get into a position with your weight on your toes and hands, and hips up in the air. Now do push-ups, descending as far as you can without squashing your face into the floor.

## Plank Hold

Support your body weight on your forearms and toes so that your body forms a straight line from neck to ankles. Hold that position as long as possible. Rest 45 seconds, then repeat the plank hold as long as possible.



## Plank Hold One-Arm Reach

In a plank position, shift your weight to the left and tighten your abs and hips so your core is fully braced. Reach your right arm out in front of you, lifting it as high as you can without straining. Hold that position as long as possible, then repeat with your left arm raised. Rest 45 seconds, then repeat. It's important to keep your core tight so your hips don't shift to the side as you reach your arm out.



## Push Press

Hands slightly wider than shoulders, stand holding the bar in front of your shoulders. Take a slight dip, bending the knees, and use the legs to generate momentum for each rep. With that extra boost, you should be able to use heavier weights.



## Push-Up

Do all the reps from the classic push-up position – weight on your hands and toes, arms straight below your shoulders, body in a straight line from neck to ankles.

## Push-Up, Clap

Exactly like it sounds – an explosive push-up in which you clap your hands as you come up on each rep.





## **Push-Up Torso Rotation**

Get into push-up position. Go down as you would for a normal push-up, but on the way up twist to your left and extend your left hand overhead, so your arms form a T with your neck and torso. Rotate back to the push-up position, go down, and as you push back up twist to the right. Continue to alternate until you've done five T-rotation push-ups in each direction.

## **Reverse Crunch**

Lie on your back on the floor or on a slant board with your legs straight. Pull your knees in toward your chest and roll your hips up. Return to the starting position and repeat. For extra resistance, you can attach ankle weights, use ankle straps on the low pulley of a cable machine, or hold a dumbbell between your feet.



## **Reverse Lunge**

Holding a pair of dumbbells stand, with your feet hip-width apart. Start with your non-dominant leg (probably your left if you're right-handed), step back until your knee nearly touches the floor and your forward knee is bent at least 90 degrees. Step back to the starting position, finish all your reps with that leg, then do the same number of reps with your dominant leg. That's one set.

## Reverse Lunge Overhead Reach

Starting with your weaker or non-dominant leg, step back until your knee nearly touches the floor and your forward knee is bent at least 90 degrees. Reach overhead as you do this. Then step back to the starting position. Now repeat with your other leg. Alternate until you do five with each leg.



## Reverse Lunge Twist

Starting with your weaker or non-dominant leg, step back until your knee nearly touches the floor and your forward knee is bent at least 90 degrees. In this position, twist your torso in the direction of the forward knee. So if you're stepping back with your left leg, you'll twist to the right. Alternate sides until you've done five each direction.

## Romanian Deadlift

Stand with your feet shoulder-width apart, holding the bar at arm's length in front of your thighs. Push your hips back so your torso bends forward at the hips and the bar slides down until it's just below your knees. Keep your back flat. Push your hips forward to return to the starting position, and repeat.





## Rope Jump

Rope jumping is what you learned in gym class, if you happened to have class at a gym that trains fighters. If you've never jumped rope before, rest assured that you only have to struggle through 10 jumps before you can move on to the next exercise.

## Shoulder Press

With a shoulder-width grip, stand holding the bar in front of your shoulders. Push the bar straight up overhead, return to the starting position, and repeat.



## Side Lunge Overhead Reach

Feet hip-width apart, hands at your sides, take a wide step left, keeping toes pointed forward, and drop into a lunge. Bend the left knee at least 90 degrees and keep the right leg straight. Raise your arms overhead as you descend, with the chest up and shoulders back. Push back up to the starting position, and repeat to the right. Continue to alternate until you've done five to each side.



## Side Plank Hold

Get into the side-plank position – your weight resting on your left forearm and the outside of your left foot, your body forming a straight line from neck to ankles – and hold that position as long as possible. Switch and repeat on your right side. Rest 45 seconds, then repeat the plank hold on both sides.



## Single-Leg Deadlift, Lateral Reach

Stand up straight, with head up, shoulders back, and arms out to your sides with thumbs up. Now do the single-leg deadlift as described above, but keep your arms out to the sides, perpendicular to your torso.

## Squat

Set a bar in the squat rack at about upper-chest level. Duck under the bar and rest it across your upper traps. Use a wide, overhand grip, lift it off the supports, and step back. Set your feet shoulder-width apart or slightly wider. Push your hips back and lower yourself until your upper thighs are parallel to the floor. Push back up to the starting position and repeat.





## Squat Thrust

Stand with your arms at your sides, feet hip-width apart. Squat down and set your hands at the sides of your feet. Shoot your feet back until you're in push-up position. Jump back, then stand up. That's one rep.

## Squat Thrust Jump and Reach

Stand with your arms at your sides, feet hip-width apart. Squat down and set your hands at the sides of your feet. Shoot your feet back until you're in push-up position. Jump back, then jump off the floor and reach overhead before you return to the starting position. That's one rep.



## Sumo Deadlift

Use an overhand grip with your hands 12 to 18 inches apart. Set your legs wide apart, toes angled out. Start with your arms straight, hips back, back flat, and knees bent slightly. Push your hips forward as you pull the bar off the floor and straighten your torso. Lower it to the floor and repeat. The bar should touch or nearly touch your legs throughout the movement.



## Wide-Grip Lat Pulldown

Use an overhand grip that's 4-6 inches wider than shoulder width. Pull the bar to your upper chest, return to the starting position, and repeat.



## Woodchop

Attach a rope handle to the high pulley of a cable machine. Grab the rope with both hands, and kneel with your right side toward the pulley. (Do the opposite if you're left-handed.) Start with the rope just outside your right shoulder. Pull the rope across your body in a diagonal line, ending just outside your left knee. Do all your reps, then switch sides and repeat the same number of reps. That's one set.

# PART 4

## FAQ & TIPS

# 15

## Answering Your Questions

### **What about coffee, tea, diet soda?**

If you're sensitive to stimulants you may want to go easy on the caffeine-containing beverages. But for most people, a cup of coffee or green tea in the morning is fine. Just remember, no sugar and no cream.

If you feel that drinking diet soda will help you adhere to the Velocity Diet, then do it. Otherwise, stick to pure, ice-cold water, which is what your body wants anyway.

### **Isn't this just a crazy starvation diet?**

That's a common question from those who haven't read much about the Velocity Diet, and V-Dieters themselves are sometimes faced with this question from coworkers and family members. Here's the scoop:

## **The Velocity Diet:**

- Provides five to six feedings per day. You're consuming a few hundred calories every few hours or so. That's hardly "starving."
- Has more healthy calories than most popular and widely accepted diet plans, ranging from those based on clinical weight-loss to the canned-drink and frozen meal plans advertised on TV.
- Provides more than ample protein, one gram per pound of body weight for most people.
- Provides more healthy fats, especially omega-3s, than the average non-dieter consumes.
- Provides the nutrients that are equivalent to eating between 10 and 12 average servings of organic fruits and vegetables a day. (These come largely from the Superfood component of the diet.)

## **Won't I be just a little hungry?**

Maybe. It's a fat-loss diet, and you need some willpower at first as your body rids itself of unnatural cravings. But there is no "starving" or malnourishment. In fact, the Velocity Diet provides hyper-nourishment.

## **Isn't the Velocity Diet expensive?**

Not really. While you have to buy a lot of supplements to start the diet, remember that your grocery bill will drastically get smaller. You won't have to buy breakfast, lunch, or snacks.

Many people note that the 28 days on the Velocity Diet is often less expensive than eating all solid food for four weeks, especially if your normal diet contains a lot of fast food or restaurant meals. There's also no alcohol allowed on the Velocity Diet, so depending on your drinking habits, you may be saving money there as well.

Also, keep in mind that the typical Velocity Diet shake costs less than a fancy coffee drink.

## **Can I Skip the HSM for Faster Results?**

No. This healthy solid meal is vital to the success of the diet for two main reasons:

1) It helps you stick to the diet. If you have a weak moment during the day, you'll know you have a great meal to look forward to in the evening. Likewise, this healthy meal will help "steel your will" and make the next day that much easier to tackle. The daily solid meal also makes social occasions easier to deal with: dates, business meeting, and holidays can be counted as your solid meal.

2) The solid meal is crucial in helping re-train your body and brain. By looking forward to the solid meals, you'll teach yourself to prefer healthier foods like grilled chicken, steamed veggies, and "clean" carbs. This will balance the "cold turkey" effects of avoiding unhealthy foods, and you'll come off the diet with a newly revamped and desensitized set of taste buds, making everything taste better. This meal also teaches you what many experts call "mindful eating," which is key to long-term leanness.

Those who eat unhealthy foods during their HSM, or who skip the HSM altogether, get less spectacular results. They also won't experience the long-term taste-preference changes that make the Velocity Diet so powerful.

## **Can I do the Velocity Diet for more than four weeks?**

Yes. There is nothing nutritionally lacking from the Velocity Diet. Many Velocity Dieters also simply find the plan convenient. You don't have to worry about food until the evening, reducing your time spent grocery shopping, planning meals, cooking, and cleaning up.

## **Can I have Superfood by itself instead of with shakes?**

Sure, no problem. Superfood tastes like an unsweetened herbal or berry tea when used alone and stirred into water. Feel free to add non-caloric

sweetener of your choice if you prefer it that way.

## What other supplements can I take on the Velocity Diet?

Here's a list of some approved, but optional, supplements:

### [Plazma™ Brutal Workout Formula](#)

Plazma is an elite-level powdered workout mix that you add to water and drink before and during your weight training workouts. Plazma fuels your workouts, enabling you to train at sustained elevated levels, facilitate rapid recovery, and fuel body-composition changes.

### [Indigo-3G® Nutrient Partitioning Agent](#)

This selective nutrient partitioning agent maximizes nutrient uptake in muscle, releases and burns body fat, and prevents the storage of fat. In simple terms, Indigo-3G partitions nutrients so that what you eat turns into muscle and not fat, assuming you're exercising of course. It may even permanently repair the underlying problems that lead to easy fat gain, such as dysfunctional fat cells and "broken" nutrient uptake mechanisms. If you've always had a problem getting and staying lean, or if it seems like every carb you eat gets stored as body fat, then you're a good candidate for Indigo-3G.

If you choose to use Indigo-3G during the Velocity Diet, take a serving 30 minutes before your daily solid meal or right before you drink your Plazma.

Another popular option is to finish the Velocity Diet, then use Indigo-3G to further your progress and repair the underlying problems that caused you to gain weight in the first place. Indigo-3G is the best supplement to continue using once the Velocity Diet is complete.

### [Hot-Rox® Extreme Fat Loss](#)

This supplement accelerates the fat-loss process through various mechanisms, while also helping you retain lean muscle tissue. It targets fat burning in the stubborn areas found in the lower body, abdominal, and

love-handle area, and it also increases thyroid-hormone levels (T3), the body's thermogenic backbone. Hot-Rox® Extreme provides a sweet energy boost too.

### **ElitePro™ Mineral Support**

Athletes and those who train very hard in and out of the gym often suffer from key mineral deficiencies. ElitePro Mineral Support ensures that serious trainers have what they need for high-level performance.

### **Alpha Male® Testosterone Support**

For men only, Alpha Male is the highest quality, most potent testosterone booster on the market. When your T levels are optimized and enhanced, you'll find fat loss and muscle gain easier, and mood is elevated.

### **Z-12™ Deep, Restful Sleep Formula**

Whenever you change your diet, sleep can become more difficult, at least at first. Z-12 is a non-addictive sleep aide that allows you to get deep, restorative sleep with no "hangover" effects. Works quickly and you'll wake up feeling like a million bucks.

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## Cool Tips

### **Just Follow the Diet**

Most people who get disappointing results on the diet, or who quit out of frustration before completing it, change the diet in some way. They use different supplements, ignore the workout recommendations, or try to make the diet "better" or "faster" by changing some aspect of it.

The Velocity Diet is like a machine. Every part of it is dependent on the other parts. Change one thing and the machine can fall apart. If you're going to do the Velocity Diet, do the Velocity Diet, not your own version of it. Success leaves a trail. Follow it. Most successful V-Dieters don't change a thing.

### **Wait 20 Minutes**

Because of a series of complex biological mechanisms, it takes about 20 minutes for your stomach to "know" it's full. This is why you can eat until you're full, then feel miserably stuffed 20 minutes later.



If you've ever been interrupted in the middle of a big dinner by a phone call, you've probably noticed that you're full when you come back to your half-eaten plate. Your satiety mechanisms had time to kick in. Dr. Janet Polivy, professor of psychology at the University of Toronto, explains it best: "We don't have immediate feedback from our bodies telling us we've eaten enough. It takes about 20 minutes for food to be digested enough that glucose gets into the bloodstream and the hormones start working." Those hormones – insulin, leptin, cortisol, and ghrelin – act as chemical messengers that run signals related to hunger and satiety between the stomach and the brain.

So if you drink a shake or eat an HSM and think, "Hmm, I'm still hungry," simply occupy yourself with something else and wait 20 minutes. After that, you'll feel very satisfied.

## Flavor Your Shakes... With Caution

Metabolic Drive tastes great. But after a couple of weeks on the Velocity Diet you may want to experiment with new flavoring. Experiment away. The only rule is this: You cannot add anything to the shakes that adds calories, especially milk. (Use water only.)

Here are some ideas for new tastes and textures:

- **Try Different Thicknesses.** For the best flavor and consistency, follow the label directions when blending your shakes. But feel free to experiment too. Some V-Dieters use extra water because they prefer thinner shakes. Others prefer their shakes thick and icy.
- **Add Non-Caloric Flavoring.** Good choices include sugar-free Davinci syrups and baking extracts, such as pure peppermint and almond. If you think you'll like making new flavors, then purchase mostly vanilla Metabolic Drive, as it's the most versatile.
- **Spice It Up.** Spices such as cinnamon, nutmeg, or pre-made apple or pumpkin pie blends work well.
- **Add instant coffee.** Stir in one serving of instant coffee or espresso

into your breakfast shake. A serving of quality instant coffee and a little hazelnut or caramel flavored sugar-free syrup will rival anything you get at your favorite pricey coffee shop!

- **Make hot chocolate.** Simply add your chocolate Metabolic Drive to some water that's already hot (but not boiling), and stir or blend.

## Make Pudding or Ice Cream

For variety, many V-Dieters enjoy making their Metabolic Drive shakes into pudding or even ice cream. It's easy. Simply add a very small amount of ice-cold water to your protein powder, just enough to make a thick, rich pudding, then eat it with a spoon. To make it into an ice cream, partially freeze the pudding mixture and enjoy.

## Blend Your Shakes

Despite the fact that Metabolic Drive mixes well with just a spoon or shaker bottle, you want to use a blender for most of your daily shakes. Blending them with a little ice gives you a true milkshake-like texture. This also forces you to drink the shake slower, allowing you to experience satiety faster. If you need to drink a shake or two at work, purchase a small single-serving blender. These are very inexpensive (under \$20) and portable.

Stirring or using a shaker bottle is fine in a pinch, but you'll enjoy the diet more if you make each shake a treat.

## Increase HSM Satisfaction

Remember, one of the reasons the Velocity Diet is so successful for long-term leanness is that "re-sensitizes" your taste buds and percep-

tions of flavor. During and after the Velocity Diet, you'll notice that foods, especially healthy foods that support your goals, simply taste better. By avoiding hyper-palatable junk foods and boxed foods for 28 days, you'll "rehab" your taste buds. To make this work even better, follow these tips when eating your HSM:

- **Mindful Eating.** We mentioned "mindful eating" earlier. It's very simple: pay attention to your food. Savor it. Chew slowly. People who have disordered eating don't do this. They don't think about the wonderful flavors and textures of the food in their mouths; they only focus on the next bite. Put down your fork between bites. Close your eyes. Enjoy every bite. This is what "foodies" and professional chefs do. It's not what lifelong overweight people do! There's a lesson there.
- **Make a plate and sit at a table.** No eating from containers while standing up in the kitchen. And definitely avoid eating in front of the TV or computer, which leads to distracted mindless eating. If you eat in front of the TV, you'll notice that your food will be gone and you won't even remember eating it. This causes you to be less satisfied with your meal and you'll be looking for something else to eat.
- **Eat all your HSMs from a small plate.** If you've had issues with overeating or binge eating, at the beginning of the Velocity Diet eat all your HSMs from a small plate. Researchers at the University of Illinois conducted a study where participants ate from soup bowls equipped with hidden refilling devices. Subjects who ate from these never-ending bowls consumed 73% more than those who ate from regular bowls. But here's the kicker: They didn't rate their feelings of satiety any higher than those who consumed less! A good-sized HSM eaten from a large plate will make you feel less satiated than the same meal eaten from a small plate. Those who have really struggled with overeating also find it helpful to eat with a small salad fork or even chopsticks. This reprograms their eating habits, forces them to slow it down, and they not only enjoy the meal more, they even feel more satisfied afterwards.

- **Cook your own HSM.** Whenever you can, prepare your own healthy solid meals. Studies have shown that the act of prepping and cooking your own meal leads to more satisfaction and fullness. "Investing" in the meal will make you enjoy it more, even when it's comprised of healthy foods you may not have liked all that much before. As a bonus, you'll learn more about food. Ironically, overweight people know very little about food because they so often rely on restaurants and convenience meals. But the fact remains: the more you cook, the better you'll look. And we've never seen a recipe call for trans fats, high fructose corn syrup, MSG, or any of the questionable ingredients that may wreck our health and disrupt our natural satiety mechanisms.