



**Body Fat Annihilator
Program**

**31 Day Training Schedules
For Beginner & Intermediate
Trainees**

**N. E. N.
(No Equipment Needed)**

Vic Magary

THE WORKOUTS

Back To Basics: Squat, Up Down, Push Up, Mountain Climber, Plank. Three repetitions each exercise. Repeat three times.

3, 2, 1, Go!: 3 Squats, 2 Lunge Jumps, 1 Pull Up. Repeat 10 times.

Four On The Floor: Divebomer, Mountain Climber, Side Plank, and Up Down. 4 repetitions each movement (or 4 count). Repeat 4 times.

Frog Legs: 8 count Squat Lunge combo, Frog Leap, Burpee. One repetition each exercise. Repeat ten times.

The Conditioner: Squat, Lateral Jump, Push Up, Lateral Jump, Knees To Chest, Lateral Jump. Six repetitions each exercise. Repeat three times.

Frog Legs 2: 5 Single Leg Floor Touches, 5 Lunges each leg, 5 Frog Leaps, 10 Squats, 10 Lunge Jumps. Repeat three times.

Crazy Eights: Dive Bombers, Lunge, Lying Leg Thruster, Up Downs, Push Ups, Squat, Knees To Chest, Lunge Jumps. Eight repetitions each. Repeat two times.

Push & Burp: Opposing ladders of Push Ups and Burpees. 9 – 1 Push Ups supersetted with 1 – 9 Burpees.

The 31 Day Training Schedule: Beginners

1. Back To Basics
2. OFF
3. Frog Legs
4. The Conditioner
5. OFF
6. Max Test
7. OFF
8. Four on the Floor
9. OFF
10. Crazy Eights
11. 3, 2, 1 Go!
12. OFF
13. Max Test
14. OFF
15. Back To Basics
16. OFF
17. Frog Legs
18. The Conditioner
19. OFF
20. Max Test
21. OFF
22. Four on the Floor
23. OFF
24. Crazy Eights
25. 3, 2, 1 Go!
26. OFF
27. Max Test
28. OFF
29. Back To Basics
30. OFF

31. Max Test

MAX TEST: For the MAX TEST workout, complete one set of as many strict push ups you can do until failure. Rest one minute. Complete one set of as many strict squats you can do until failure or 100 reps, which ever comes first. Rest two minutes. Complete as many burpees as possible in 5 minutes.

The 31 Day Training Schedule: Intermediate

1. The Conditioner
2. Frog Legs
3. OFF
4. Frog Legs 2
5. Push & Burp
6. OFF
7. Push Up Test
8. Crazy Eights
9. Frog Legs 2
10. OFF
11. Four on the Floor
12. Push & Burp
13. OFF
14. Squat Test
15. The Conditioner
16. Frog Legs
17. OFF
18. Frog Legs 2
19. Push & Burp
20. OFF
21. Burpee Test
22. Crazy Eights
23. Frog Legs 2
24. OFF
25. Four on the Floor

- 26. Push & Burp
- 27. OFF
- 28. Push Up and Squat Tests
- 29. The Conditioner
- 30. OFF
- 31. Max Test

For the Push Up and Squat Tests, set a clock for three minutes and complete as many of each movement that you can with proper technique. Rest where needed. For the Burpee Test, set a clock for five minute and complete as many burpees as possible. Again, rest where needed but the object is to complete as many burpees as possible in the five minutes. For the Day 31 Max test, complete as described under the Beginner Training Schedule.

THE DIET

Weight loss, in the most basic sense, comes down to simple arithmetic. You must eat less calories than you burn. Period. And the best way to go about creating this caloric deficit is a combination of diet and exercise. But you already knew that. Let's get to the meal plan. . .

I can sum the meal plan up in six simple words: Eat small well balanced frequent meals. But you want more specifics than that right? Ok, here we go.

Eat 3 meals and 2 snacks each day. And if you must, you can add a third snack. Space each meal or snack about 3 hours from the previous meal or snack.

Eat and drink the following with reckless abandon:

- * Spinach
- * Broccoli
- * Green, Red, or Yellow Pepper
- * Cucumber
- * Apples
- * Asparagus
- * Cauliflower
- * Green Beans
- * Kale
- * Celery
- * Pretty much any green leafy vegetable with the exception of iceberg lettuce
- * Water

Eat 2 - 4 servings of the following throughout the day:

- * Carrots
- * Bananas
- * Berries
- * Peaches
- * Plums
- * Oranges
- * Pretty much any fresh fruit you like

Eat one 4 - 6 ounce lean serving of the following with each meal. Preparation should be grilled, steamed, baked, or stir fried - no breaded and fried foods!:

- * Turkey breast
- * Chicken breast
- * Steak
- * Pork
- * Fish

- * Also consider eggs (2 or 3)

Eat one serving of the following with each snack. Truth be told, I recommend you avoid dairy during your weight loss quest, but if you feel you need it, eat it with you snacks:

- * Almonds
- * Walnuts
- * Cashews
- * Natural peanut butter (no sugar, no salt added)
- * Yogurt
- * Low-fat cottage cheese
- * Low-fat milk

Eat these only with your meal that follows your fitness training and only in limited portion:

- * Oatmeal
- * Brown rice
- * Legumes
- * Potatoes
- * Whole wheat bread
- * Whole wheat pasta
- * Other whole grain food items

Use the following in extremely limited portions or not at all:

- * Salad dressing
- * Butter
- * Cheese
- * Other condiments

Foods and Drinks you MUST stay away from to lose weight

- * Soda + Diet Soda (lots of empty calories)
- * Alcohol (empty calories and usually leads to bad food choices when drinking)
- * Sugar
- * Fast Food
- * Creamy salad dressings (Ranch, 1000 Island, etc.)

Example of weight loss meals

Ok, so what does a day's worth of meals and snacks look like? Check out the sample below:

6:00am Fitness Training

7:30am 2 eggs scrambled in non-stick pan with chopped green pepper and onion, 1 piece of wheat toast dry, small fruit cup of berries, melon, and pineapple, 1 cup of coffee black.

10:30am 5-8 almonds, 1 apple.

1:00pm Large spinach salad with cucumber, celery, grilled chicken breast, and 1/2 table spoon of Italian dressing.

4:00pm Handful of walnuts, 1 orange.

6:30pm 6 oz Grilled flank steak, large portion of steamed asparagus, small side salad with Romaine lettuce, tomato, and small amount of vinegrette dressing.

(OPTIONAL) 9:00pm 4 celery sticks with small amount of natural peanut butter.

Some other final tips:

- * Drink a large glass of water with each meal and snack.
- * Pre-cook and prepackage your meals and snacks on one day for the rest of the week. I usually do this on Sunday. This is MUCH easier if you eat the same meals each day.
- * Keep a food journal and track your weight loss progress. You should be losing about 2 pounds per week. If you're losing less than that, you probably need to tighten it up.
- * If it comes in a wrapper or other packaging, don't eat it.