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28 DAY CHALLENGE TRANSFORMATION BOOK

LIVE THE CODE

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FAT LOSS TRAINING PLAN

3 Goals I will achieve over the next 28 days?

- 1.
- 2.
- 3.

Are there any lifestyle/nutritional changes I need to make?

- 1.
- 2.

What are 3 things I can do better to reach these goals

- 1.
- 2.
- 3.

How high in your priorities is your training and results?

The Reason it's important for me to achieve these goals.

What is one goal I would like to achieve in the next 6 months?

How many days will I train per week?

What is one goal I would like to reach in the next 12-24 months?

GOOD LUCK
LIVE THE CODE

¹ These tips on nutrition have been brought to you by Drew Mercer of www.thefatlossplan.com.au.
² These tips we brought to you by Julian Morels from Health Co Warringah Mall, He is offering up to **20% off storewide** to everybody who takes part in the 8-week challenge. Find them on Facebook.

ARE YOU READY TO WORK HARD AND GET SOME SERIOUS RESULTS?

WELCOME TO THE 28 DAY CHALLENGE. BE PREPARED TO TRANSFORM YOURSELF.

Before we get started, you'll do a weigh-in and take before photos of yourself (to be done during week 1). Hopefully you are getting the Inbody scans as well, they will give you accurate data on your body fat % and current muscle mass. This will inform you of improvements that may be less visible, but even more important.

Also make sure you are a part of the emailing list and private Facebook group. If you haven't been added or emailed, please contact us on team@code5.com.au Our private Facebook page for our members (www.facebook.com/groups/Bodylanguagept) is available to help you 'Live the Code'.



WHAT IS REQUIRED?

First and foremost, we need your commitment. You should attend your programmed sessions per week and stick to your meal plan throughout the challenge. That includes avoiding alcohol and soft drinks at all times, even on the weekends. We will ask you to complete a food diary and submit it to us during the first 14 days. If you find this helps you then be sure to continue over the 8 week challenge. You'll need to list everything with 100% honesty, including every single item of food you have eaten during the course of the first 2 weeks.

WHAT ARE THE OUTCOMES?

A brand new you, think significant fat loss, muscle gain, renewed energy levels, increased flexibility, a more trim and toned physique, reduced susceptibility to disease and a massive confidence boost. We will help you reach your goals and have fun along the way.

FOOD DIARY?

We recommend using *My Fitness Pal* by logging what you eat your trainer can give you live feedback of what you did well and also some areas to improve on. Our clients who have had the best results have always written a food diary. Many studies have also supported that those who write a food diary, lose more weight than those who do not. We have attached a food diary if you prefer to write things down then print off the diary and go for it.



37KG LOST IN 8 WEEKS

HOW TO EAT FOR FAT LOSS

For fat loss we recommend a natural style of eating. This will help keep your insulin levels low and make your body a fat burning machine. What you eat should be as natural as possible at all times.

To lose weight you need to run at a caloric deficit. You can calculate out how many calories you need to eat per day by using "MyFitnessPal". Once you enter your details it will calculate how much you need to eat per day using your basal metabolic rate. Once you have that you just need to enter how much weight you would like to lose per week and stick to the amount of calories.

TRANSFORMATION DIET: FATLOSS

MEAL 1 (PROTEIN & FATS):

(20-30gm protein approx.)

- 100-2500gm (raw measure) of smoked salmon, smoked trout, kangaroo or any type of red meat (lamb, veal, beef, pork or even leg ham) or a protein shake.
- 1/2 handful of nuts, so either brazil nuts, cashews, macadamia, almonds, walnuts - you can mix them all if you like.

MEAL 2 (PROTEIN & FATS):

(20-30gm protein approx.)

- Same type of meal as Meal 1, so protein and fats, can mix and match with eggs, ham, avocado etc. (note 2 whole eggs= 12.5gm protein approx.)

MEAL 3 (PROTEIN & PLANTS):

(20-30gm protein approx.)

- 100-150gm (raw measure) any type of meat so seafood, red or white meat.
- All you can eat fibrous vegetables (So brussell sprouts, green beans, broccoli, eggplant, cauliflower, bok choy, spanish onions etc.)

Or you can replace vegies with some sort of large leafy green salad instead (Balsamic vinegar ok with it but no feta). Seasoning on vegetables can use red onions, dill and lemon. Again, rotate. DO NOT USE THE SAME SEASONINGS EVERY DAY! Pick one for the day then change it the next.

MEAL 4 (PROTEIN & PLANTS):

(20-30gm protein approx.)

- 100-150gm (raw measure) any type of meat, maybe just a can of salmon or john west prawns with a serve of leafy greens.

MEAL 5 (PROTEIN & PLANTS):

(20-30gm protein approx.)

- 100-150gm (raw measure) any type of meat preferably white seafood source. So, similar to Meal 3.
- All you can eat fibrous vegetables (So brussels sprouts, green beans, broccoli, eggplant, cauliflower, bok choy, spanish onions etc.).

Or you can replace vegies with some sort of salad instead (Balsamic vinegar ok with it but no feta). Seasoning on vegetables can use red onions, dill and lemon. Again, rotate. DO NOT USE THE SAME SEASONINGS EVERY DAY! Pick one for the day then change it the next.



TOP 10 TIPS FOR FAT LOSS:

1. **Eat 5 different coloured plant foods every day.**
2. **Ensure you eat enough fibre every day.** One of the biggest advantages of a diet high in fibre is its positive effect on hunger. Women should consume at least 20 grams of fibre per day, while men should consume over 30 grams per day.
3. **Limit calorie-containing beverages.** When drinking tea and coffee, black is best.
4. **Exercise most days of the week.** Some kind of muscle contraction daily has a huge amount of metabolic benefits. Exercise doesn't always have to be gym-based, so ensure you include things that you enjoy.
5. **Make a record of what you eat.** Include everything; the good, the bad and the ugly. It helps keep you accountable and it makes it easier for your coach to identify problem areas. You can download a food journal from www.thefatlossplan.com.au
6. **Combine strength training, cardiovascular training and stretching and mobility work for the best result.**
7. **Regularly monitor your progress and set weekly goals.** You can monitor your progress by how your clothes fit, how you look in the mirror, by the scales, or by measurements. Again, you can download our food journal and use it to set your weekly goals.
8. **Learn to cook.** Trying different cuisines with different flavours keeps sticking to the plan more achievable and exciting.
9. **Write your goals down on paper.** Put them in at least 2 different locations that you frequent every day. The bathroom mirror, in the car, or at the desk at work are common.
10. **Enjoy the journey.** Enjoy the learning process, enjoy different foods, enjoy getting outdoors to exercise, and enjoy the results at the end of it.



HOW TO EAT FOR BUILDING MUSCLE

MUSCLE UP EATING PLAN

MEAL 1: 3 whole egg omelette,
100grams of greens,
1 slice of sourdough bread

MEAL 2: Handful of almonds and
100 grams of Chobani plain Greek yoghurt

MEAL 3: 200 grams of turkey mince,
1 cup of mixed vegetables and
1/2 cup of brown rice

MEAL 4: Whey protein, water and a banana

MEAL 5: 200 grams of chicken,
1 cup of salad and
1 cup of vegetables

MEAL 6: Whey protein and water

TOP TIPS FOR BUILDING MUSCLE¹:

- 1. Train at, or close to, contractile failure.** Researchers have studied muscle hypertrophy extensively and have found that training closer to failure recruits more muscle fibres and therefore leads to a greater hypertrophic response, with rep ranges not being so important.
- 2. Get enough protein.** I recommend a minimum of 1.8 grams of protein per kilo of body mass per day.
- 3. Ensure your post-workout nutrition consists of 0.4 grams per kilo of body mass of highly bioavailable protein.** Whey is my go-to source.
- 4. Eat more.** Laying down muscle tissue takes a surplus of energy. I recommend around 10%. Don't forget, the energy expended during training needs to be eaten back as well.
- 5. Get a program, and stick to it.** The importance of a well-balanced training regime is profound.



MAKING YOUR WEEKLY SHOPPING LIST:

Stocking up on low fat, high-fibre healthy foods is key to any weight loss plan. When you have nutrient-rich food easily accessible to you, sticking to your meal plan becomes much easier.

So, if you don't have Doritos in your cupboard, you will probably go for the fresh fruit or nuts instead.

HEALTHY WHOLEGRAINS: Breads, Cereals and Grains.

When you choose healthy whole grains over refined products such as white rice and white flour, you get more:

- fiber
- folic acid
- magnesium
- vitamins E and B6
- copper
- zinc
- dozens of phytochemicals

These all help reduce the risk of heart disease, cancer and diabetes.

THE PRODUCE SECTION:

There are hundreds or thousands of phytochemicals found in fruits and vegetables, all of which help prevent cancer, heart disease, macular degeneration, neural-tube birth defects, diabetes and obesity. Research has shown that a diet rich in fruits and vegetables can help manage your weight.

THE PROTEIN SECTION:

A high protein diet is your key to healthy weight loss. As far as glowing skin, luscious locks of hair, and strong muscles, high protein diets can help in those areas as well, due to the fact, that protein is an essential building block to cell growth and regeneration. It also satiates you for longer, boosts energy, is good for heart health and is also inexpensive.

THE FISH COUNTER:

Fish are loaded with omega-3 fatty acids, a type of fat that fends off arterial blockages, helps relax narrowed arteries so blood can flow through, reduces blood levels of a very-low-density lipoprotein associated with heart disease, and promotes healing of arterial walls. The types with the most omega-3's include the rich, oily, dark-fleshed fish, such as salmon or trout.

BEST PICKS OF...

HEALTHY WHOLEGRAINS:

- Oats
- Cooking brown rice
- Quinoa
- Whole-wheat tortillas
- Whole-wheat pasta
- Whole-grain bread

HEALTHY FRUITS AND VEGETABLES:

- Apples
- Oranges
- Berries; strawberries, blueberries, raspberries
- Bananas
- Avocado
- Tomatoes
- Sweet potato
- Pumpkin
- Carrots
- Cucumber
- Baby pinach leaves
- Broccoli
- Lemons & Limes
- Onions
- Garlic
- Basil, parsley, coriander

HIGH PROTEIN FOODS:

- Grass fed lean beef
- Chicken breast
- Whey protein
- Turkey breast
- Tofu
- Lean pork cuts

FISH:

- Salmon fillet
- Blue or yellowfin tuna
- Mackerel or trout
- Canned tuna or salmon

MAKING YOUR WEEKLY SHOPPING LIST:

THE BEANS AND LEGUMES ISLE:

Beans and legumes are among the best sources of folic acid, a powerful B vitamin that promotes a healthy heart and the development of a healthy baby. Beans are also an excellent source of dietary fiber, important for a happy colon. Both canned and dried beans offer the same nutrition; just be sure to rinse canned beans to remove excess salt before using.

THE DAIRY AND SOY SECTION:

Low- and nonfat dairy products offer bone-strengthening calcium and vitamin D, a vitamin that helps calcium do its job. Soy products are rich in isoflavones, plant estrogens that may reduce the risk of some kinds of breast and ovarian cancer; they also may ease hot flashes and impede the growth of malignant tumors. Plus, the calcium in dairy and fortified soy products helps reduce blood pressure.

NUTS, SEEDS & OILS:

Nuts and seeds are rich in monounsaturated fat, the same fat found in olive oil that helps raise our good cholesterol (HDL) levels without raising our bad cholesterol (LDL) levels. Walnuts are especially rich in alpha-linolenic acid, which the body converts to heart-friendly omega-3 fatty acids and almonds are a good source of calcium – making them great snack choices.

THE FROZEN FOOD SECTION:

Frozen vegetable blends and “meal starters” make planning healthy meals easy for when you are short on time. Frozen fruits are great for smoothies, muffins and quick breads, and vegetables make great cooking bases or sides to accompany chicken, turkey and pork.

CONDIMENTS TO KEEP ON HAND:

Try to refrain from using premade sauces which can be high in sugar and salt. Instead stock your pantry with spices and condiments that can help you make your meals from scratch.

BEST PICKS OF...

BEANS AND LEGUMES:

- Black Beans (high in protein)
- Red Kidney Beans
- White Beans
- Cut Green Beans
- Chickpeas
- Lentils (high in protein)
- Reduced-fat peanut butter (peanuts are a great source of fiber and Vitamin E)

DAIRY AND SOY:

- Non fat milk (almond milk makes a great alternative)
- Low fat yoghurt
- Frozen soybeans (edamame)
- Eggs or refridgerated eggwhites

NUTS, SEEDS & OILS:

- Almonds
- Walnuts
- Sunflower seeds
- Olive oil (coconut oil is a great alternative)
- Tahini (sesame paste)

FROZEN FOODS:

- Frozen fruit such as berries
- Frozen vegetables such as green peas or mixed veggies for stir fry

CONDIMENTS:

- Salt and pepper
- Ground cumin
- Ground cinnamon
- Dijon or honey mustard
- Chicken or vegetable broth
- Chili flakes
- Vinegar (red wine & balsamic)

HOW ALCOHOL AFFECTS FATLOSS

1. ALCOHOL SUPPLIES TWICE AS MANY CALORIES AS PROTEIN AND CARBS.

The calories found in the average alcoholic drink are quite concentrated compared to many foods.

Alcoholic drinks also contain calories from other sources, which add to overall intake. For example, certain cocktails contain fats. Wine and beer have high carb contents. Carbohydrates release insulin, which accelerates fat storage, while fats will be directly stored in fat cells – the overall result is an increase in body fat.

2. ALCOHOL LOOSENS THE INHIBITIONS

The result can mean more drinks and therefore calories consumed – leading to extra body fat gains. It might also have an appetite stimulating effect and lead you to eat more of the wrong foods, without thinking of the consequences.

3. ALCOHOL CAN DAMAGE THE STOMACH, KIDNEYS AND LIVER

Alcohol can have an irritating effect on the lining of the stomach and gradually weaken the kidneys and liver, leading to serious health problems. Weakening of the stomach will lessen the efficiency at which food is digested, interfering with a healthy metabolism and the weight loss process.

The liver - which processes toxins and breaks down fats for fuel - is crucial when it comes to maintaining a healthy body composition. Alcohol is at its most destructive during the liver's detoxification process.

MYZONE

WHAT IS MYZONE?

MYZONE is a physical activity monitor that is used to motivate, accurately monitor and track your fitness progress through a personalized online logbook!

While you train at group or during PT, you'll receive instant feedback on our TV monitor that will automatically be sent to your online logbook as you finish exercising. While exercising outdoors, your activity will be logged and stored until the next time you return to Code 5. When you do return to our hotspot, your exercise away from the gym is then sent to your logbook and will begin logging your next workout. This process is effortless, as the belt sends the data wirelessly, giving you unlimited access to your online progress reports.

What this means to you is that you'll have the feedback and information needed to ensure you have the motivation to reach the fitness goal you are seeking!

5 REASONS TO USE MYZONE:

1. It monitors your heart rate, calories and time exercising.
2. Converts data into MYZONE Effort Points (MEPS), focusing on rewarding effort rather than my level of fitness.
3. You can achieve my goals via utilizing heart rate intensity feedback.
4. You can view my progress in my personal account anytime and anywhere, monitoring all physical activity in real time.
5. It can be used inside or outside of the gym.



SUPPLEMENTS FOR THE TRANSFORMATION²

MULTIVITAMIN OR GREEN SUPPLEMENT

We recommend that you take this product with your breakfast to provide the essential vitamins and minerals throughout the day. A time released formula can usually last throughout the day, others require that you take morning and night. Use as bottle recommends.

We recommend alkalising greens ph 7.3 by more life, it Has unique blend of potent alkalising foods that had been scientifically measured to offer all the nutritional benefits you would expect from a green blend.

It contains a wide range of nutrient dense foods, plus specific alkalising minerals and L – Glutamine to facilitate alkalising and herbs beneficial for promoting balance.

PROTEIN POWDER

For a female 20gms of protein is usually enough, for a male we would recommend somewhere in the vicinity of 30gms of protein.



By mixing the powder in water and shaking several times is usually enough to dissolve into a shake consistency.

Whey protein isolate works best, as its bioavailability has been shown to be superior than other types of protein, plus it is generally 99% lactose which make it easier on the stomach.

GLUTAMINE

This supplement is most beneficial taken at times when the body is at its most catabolic, such as in the morning before workout, post workout and before bed. 5gms is recommended at all of these times to prevent your body feeding off its muscle to repair the damaged and sore muscles due to strenuous exercise.

- Cottage Cheese and Fruit
- Lentils
- Low Fat/Sugar Yogurt with fruit and flax seed oil
- Soy Nuts
- Roasted Chick Peas

MAGNESIUM

Sleep better, improve brain function. Enhance your overall health are just some of the benefits of taking magnesium. Follow the directions of the container.



FAT LOSS TRAINING PLAN

Our fat loss recommendation is 3 Weight training sessions, 2 High Intensity Interval sessions and 2 steady state cardio sessions. A total of 7 sessions per week.

WEIGHT TRAINING EXPLAINED

Weight training is very important to have a lean and strong body. By doing weights you will increase your muscle mass, which means you, burn more calories at rest. Men and women react different to weight training because of hormones. Neither should worry though because weight training will help you reach your goals quickly and improve the shape and size of your muscles too. We recommend doing your weight training sessions with a Code 5 trainer to make sure you have correct technique and support to ensure you push yourself.

STEADY STATE EXPLAINED

Steady state cardio is simply a cardio workout that is a continuous, steady effort. A steady state workout usually lasts from 45-120minutes. You can walk, jog, cycling, row or ski. A steady state session burns a high amount of fat in comparison to other styles of training. When using your My Zone Heart Rate monitor you will be aiming for your heart rate to be between 55% and 80%.

INTERVAL TRAINING EXPLAINED

Interval training will turn your body into a fat burning furnace whilst increasing your fitness at the same time. Interval training is about getting your heart rate as high as you can (Over 80% using my zone, ideally over 90%) and then dropping your heart rate back down (To around 50-70%). By doing this continually using a timer you will burn a high amount of calories and burn fat. All of the Code 5 Leaner-Fitter-Stronger group training sessions are the perfect interval sessions for your goals.



FAQs

How do I book in for my sessions?

You can use our website or mindbody online to book your sessions. Please make sure you book into all sessions. If they do get over booked we can write you a workout to do by yourself.

Who do I contact about my account?

For any changes in your account whether it be suspension, change of package, cancellation or change in payment details please email team@code5.com.au

What should I do if I am not losing weight/bodyfat?

Contact your coach straight away if you are worried about your progress. We do have higher levels of accountability and your coach is there to make sure you get your desired results.

I am getting really sore after my sessions is that normal?

It is not uncommon that you might feel sore after your first few sessions. This is because your body isn't used to the style of training you have taken up. This will get better after 2 weeks. To help you recover faster you can use these 5 tips:

1. Stretch after your sessions
2. Get a weekly massage
3. Use the Cryogenic chamber at *Synergy Recovery Centre*
4. Swim in the ocean
5. Foam roll and stretch before bed

How much weight should I lose per week?

Any progress is good progress. The more you train and better you eat the more weight you will lose. A good aim is 500g per week.

In what ways can I get extra support during my challenge?

Personal training is the best way to increase your support. You will see your trainer once per week. They will give you a personalized gym program to do outside of the groups you are currently attending.

Can I use the gym outside of my sessions?

Yes, you can, we do recommend you do 3 sessions with a personal trainer first so they can give you a program to follow.

