

Fab2Fit

SUMMER

BODY GUIDE



**A COMPLETE
GUIDE
FOR BUSY WOMEN**

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LiveLookFeelAwesome.com / PaoloBroccardo.com

INTRODUCTION

Where is a busy woman like yourself supposed to find the time for fitness?

You've got the willpower and you're determined to get into shape. But you have limited time and can't afford to spend all day in the gym. So how on earth do other women achieve these toned bodies and flat tummies while juggling family, friends and careers?

This is a common problem experienced by many working moms and women, including my very own sister. So I created this guide and detailed the basics to help her - and to help you - achieve that body you desire while taking into consideration your busy schedule.

Like many of you, my sister is already living reasonably healthily. She just needs a nudge in the right direction to achieve her goals. So let's find out how to sculpt a toned body and flat stomach with limited time.

NOTE

If you're overweight or you don't currently lead a healthy lifestyle, it might be better to first follow a simpler program like Flab2Fab to get back into shape first, before moving on to a more advanced program like this one.

[Click Here For More On Flab2Fab](#)



DISCLAIMER

This guide is written by Paolo Broccardo (certified by The National Exercise & Sports Trainers Association), and is based on the HEED guidelines set by the Cooper Institute. These guidelines are not formulated to suit any nutrient deficiencies, allergies or any other food related health problems. If you are an individual with such problems, you should consult an accredited practising dietitian or similar qualified health professional.

The information provided in this guide is provided "as is" and for general health improvement recommendations only to promote healthy eating and lifestyle habits. It is not intended as medical advice, and should not be used to diagnose, treat, cure or prevent any medical conditions. You should not use this book as a substitute for qualified professional health advice, diagnosis or treatment. Please consult your healthcare professional before beginning any exercise program. If you experience any pain or difficulty during exercise, stop and consult your healthcare provider.

Each individual will have their own specific needs and the information contained in this guide is designed as a set of "generic guidelines" only. This book does not consider any person's specific objectives, situations or requirements.

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ABOUT THE AUTHOR



Hi. My name is Paolo and I am a health and fitness coach. I thrive on seeing my clients fulfil their health and fitness goals, while being happy with their bodies and their lifestyle.

Over the course of the last 6 years I have immersed myself in the health and fitness industries. During this time I have learnt so much about food, nutrition, health and fitness. There is tons of information out there - and it can be a painstaking job trying to figure it all out. So I made it my mission to work through all the information and simplify it so that I could help other people reach their health and fitness goals with ease.

My main focus is health and fitness coaching for women. I chose this field due to the vast amount of conflicting information out there and seeing how so many female friends and family struggled with weight management issues. While there are lots of great resources and programs out there for men, the few resources I found for women were mostly vague, contradictory, or ineffective. So I made it my mission to concentrate on this area and do my best to create simple and easy-to-follow programs.

I have created two programs for helping women reach their fitness and lifestyle goals. My beginner program, called Flab2Fab, helps overweight women get back into shape through simple lifestyle changes. The second, more advanced program, is called Fab2Fit and is designed to help women reach their fitness goals.

I am currently certified as a Lifestyle and Weight Management Specialist by NESTA (National Exercise and Sports Trainers Association) and am also working on nutrition and personal training certification. You will also regularly find me with my nose buried in the latest research and books on food, nutrition, health, fitness and weight-lifting.

Healthy living and fitness is medicine for the body and the soul. It's a journey, not a destination. Enjoy the ride

Paolo

Before We Begin/Overview

Today's guide will provide an overview of how to get a toned body and flat stomach for someone like you that has limited time and has other priorities to juggle.

I understand that everyone has different circumstances and needs, so this guide is not cast in stone and you are free to adapt it to suit your lifestyle as needed. You are much more likely to succeed with a program that you can stick to and enjoy, than one that makes you miserable.



While this guide is concise, it still requires a fair amount of time to read. Achieving the body type you desire requires work and there are unfortunately no quick fixes or shortcuts. You need to understand the changes required and then implement them. The more dedicated you are to achieving your goals, the faster you will reach them.

The best way to ensure success is to have clearly defined goals and a strong, emotional reason for wanting to achieve them. The stronger your desire and determination, the better your chances are of success. Be patient and take your time to understand the concepts in this guide before implementing them. It will be worth it. Your goals are well within your reach - you just need to be dedicated and work at it consistently.

The steps in this guide are simple and well within your capability and grasp - so let's get out there and kick some ass!

Overview



Below is a summary of what we will be covering in today's guide:

- 1** Understanding your goals and setting realistic expectations based on the amount of time and effort you can dedicate to the program each week
- 2** Getting your nutrition and diet sorted, eating clean, whole foods 80-90% of the time and ensuring you get enough sleep, minimise stress and minimise alcohol
- 3** Ensuring that you eat less than your body needs (caloric deficit) so that your body uses your fat stores for energy
- 4** Eating a high-protein, high-fibre, low-fat diet. Split 30-40% protein, 20-30% fat, 30-40% carbohydrates
- 5** Adding weight training 3 times a week, with cardio and abs in between on the rest days
- 6** Using whey protein powder to supplement your protein when you can't get it from food
- 7** Tracking your progress and taking your measurements every 2-4 weeks
- 8** Making adjustments as necessary
- 9** Dealing with setbacks and slip ups appropriately and moving forward
- 10** Being consistent, staying committed, being patient and focusing on the end goal

Understanding Your Goals



In order to achieve your goal of a flat stomach and toned body, the best place to start is to figure out what's holding you back from achieving your target as a busy mom/woman.

In my sister's case, she is already in reasonably good shape thanks to regular cardio and eating healthily. Going to the gym consistently is a good habit to be in if you aren't already. So motivation and consistency don't seem to be a problem.

So it's easy to understand how one might get frustrated here - you seem to be doing everything right but just not progressing towards that final stage of a more toned body and flat stomach.

Understanding Your Goals



Why is this?

Well, toning and a flat stomach are two different processes and require different approaches to achieve. Toning, is in essence building muscle - which usually requires you to be eating slightly MORE than your body needs every day. These extra calories are used to repair and build your muscles. In order to gain muscle, you usually need to be in a caloric surplus, meaning you consume slightly more energy than is typically needed each day. This is usually done by eating a little more each day.

A flat stomach on the other hand, requires you to lose fat. To do this you need to eat LESS than your body needs every day. In order to lose belly fat, you need to be in a caloric deficit, meaning you need to use more energy than your body usually has. This is usually done by eating less and/or working out a bit more.

(** NOTE: For the sake of keeping things simple and easy to understand for most people, I am not going to go deep into the subject of calories and energy balance.)

As you can probably see, we have conflicting goals here - one requires you to eat slightly more, while the other requires less. Usually, you would focus on one or the other, but not both at the same time. However, don't despair because it is still possible to do both - you just have to be clever about it and be committed to the process.

Can You Lose Fat And Gain Muscle At The Same Time?

Losing fat and gaining muscle simultaneously is an “advanced” subject and is probably the holy grail of the fitness industry – everyone wants to know the secret.

However, once people find out what is necessary, most back out due to the amount of work involved – not the actual physical work, but rather the work required for the nutrition.

This includes calorie counting and tracking and balancing your carbohydrates, fat and protein in the right proportions. This can become overwhelming and discouraging.

So is it possible to achieve the results you're after without doing all of that?

Well, that depends on how dedicated you are. Tracking your food plays a huge role in fat loss and you would be doing yourself a service to follow this path.

But, let's get real – both you and my sister likely don't have the time for this and that is perfectly understandable as a busy career woman. So we'll keep things basic in the beginning and follow a simpler approach.



Setting Realistic Expectations



Before you even start on your fitness journey, you have to set yourself realistic expectations based on your own personal circumstances, such as time, money, physical condition etc.

Social media and fitness magazines brainwash you to believe that the perfect body is just within reach for you. This is simply not the case. The women that you see in these photos are mostly professionals and dedicate a huge part of their life and lifestyle to their training. Add to this the clever lighting and photo touch-ups and this contributes to unrealistic expectations and disappointment for many people.

But don't be discouraged!

This doesn't mean that your goals are out of reach it simply means that in order to achieve the results you want, you have to plan properly and be focused and consistent. If you're like my sister and are already in fairly decent shape, this is an easily achievable goal that simply requires patience and commitment.

A toned body and flat stomach is a much more realistic goal for a busy career woman / mother than a fitness competitor body with more definition and low body fat. However, anything is possible depending on the time and effort you have to dedicate to the process. Slow and steady wins the race. Keep your eyes on your goal, stay committed, don't give up and give it time.

That's all it takes.

A Quick Note About Fat Loss

Losing fat from the problem areas takes time and patience. For women, the problem areas are usually the hips, stomach and thighs. There is no way to target a specific body part like most people believe.

For example, you can't reduce fat around your stomach by doing sit-ups. You have to focus on reducing your overall body fat and then slowly but surely the fat will eventually start to melt of these problem areas as well.



This causes a lot of people to give up early, because they don't see immediate results on the body parts they want to improve. Don't be discouraged and don't give up – this is just how the body works.

When you get into a fat-burning state, your body will usually burn fat from all the other parts of your body first before it gets to the problem areas. This is why it is critical that you don't give up early and hang in there for the long run. If you do, your body will eventually start burning fat from the hips, thighs and stomach and you'll get the results you're after.

I have experienced this personally during my 16 week challenge to get a 6-pack. For the first 13 weeks I was dropping weight but saw what appeared to be no improvement in my stomach, even though my body fat percentage was going down consistently each week.

Then, like magic, from week 14 onwards, the abs started to get more and more visible and eventually I reached my goal of a 6-pack in the last 3 weeks.

This is why it is CRITICAL not to give up and get discouraged. The results you seek WILL appear – you just have to give it time and patience. Now that you have a clearer idea of what to expect, let's take a look at the nutrition, supplements and exercise required to achieve your goals.

FOOD

At this stage, my sister's diet and nutrition is already quite good, and yours should be too. It should consist primarily of healthy, whole foods with a good balance of protein, healthy fats, vegetables, fruit and wholegrain carbohydrates and starches. If your diet does not consist mainly of these food types, then I suggest you first work on getting your diet in check before you start a more advanced program like this.

For this program, it is best to follow a high protein, high fibre, low fat meal plan, which is ideal for burning fat.

I would recommend splitting your food/calories as follows:

- **Protein: 30%-40%**
- **Fat: 20-30%**
- **Carbohydrates: 30-40%** (higher on workout days, lower on rest/cardio days, mainly high-fibre foods)

If you are not sure what protein, fat and carbohydrates are, then I suggest you simply stick to a healthy diet that consists of mainly:

- Lean meat (chicken, fish, low-fat pork and beef), low-fat dairy, eggs
- Vegetables (as much as you like), Fruit (limit to not more than 2-3 pieces per day due to high sugar content)
- Legumes, Beans, Lentils, Soy and Nuts (Also great as a substitute for meat and animal products, if you're Vegan)
- Rice, Raw Oats, Potatoes, Sweet Potatoes and other wholegrain starches
- A small amount of healthy fats (avocado, olives and olive oil, coconut oil, nuts, etc)



Protein

Eating a high-protein diet is crucial for someone that wants to tone and sculpt a flat stomach. It plays a major role in the repair of muscle, boosting metabolism and increasing the fat burning process.

If you do not already eat a high-protein diet, this is the first change you need to make. Like we discussed in the section above, at least 30-40% of your food and calories should come from protein.

Another way to determine how much protein you should eat is to use 1g of protein per pound of body weight. So if you weigh 50Kg (which is 110 pounds), then you should aim for roughly 110g of protein every day. If this is a little too complicated to follow, simply stick to the 30-40% rule.

Other benefits of protein include:

- Protein Can Reduce Appetite and Hunger Levels
- Protein Can Increase Muscle Mass and Strength
- Protein Can Reduce Cravings and Desire for Late-Night Snacking
- Protein Can Help You Lose Weight and Keep it Off in The Long-Term
- Protein Can Help You Keep Fit as You Get Older

Examples of good sources of high protein foods are:

- Lean meat, such as chicken, fish, low-fat pork and beef. (Make sure the fat isn't more than 5-10g per 100g or 5-10%)
- Low-fat dairy, low-fat cheese
- Eggs
- Plain Greek Yogurt (this is great as a snack and a salad dressing)



Protein



“ I deliberately excluded other good sources of protein such as cheese and nuts from the list. While they are high in protein, they are also very high in fat and calories and most people tend to underestimate how quickly these calories add up. There is no need to exclude these foods, but it is probably best to limit the portion size while you’re trying to lose fat. Many people struggle to get enough protein in their diet. Some people don’t eat some meat, or meat at all. This can make it challenging to reach your protein targets. ”

In cases like this, I recommend whey protein powder. This is the only supplement you will need on this program. It is a great substitute for food, especially for women on the run. If you don’t have time to make a meal, or don’t have any protein sources on hand, simply have a protein shake and that will cover you.

NOTE: If you follow a vegan based diet, then you will obviously not eat any of the animal products listed, and use protein alternatives as recommended by the vegan community or your doctor. This guide is based on a typical Western diet, but can certainly be adapted to suit a Vegan lifestyle.

High Fibre Carbohydrates

The next step to optimising your diet is to ensure that you get your carbohydrates from high fibre foods, such as vegetables, salad, fruit and wholegrain starches. Carbohydrates should make up about 35-40% of your food and calories.

Carbohydrates have gotten a bad rap over the last few years due to the obesity epidemic caused by fast food and processed food. As someone that is in good shape and doing regular exercise, you do not need to worry about a low-carb diet as your body will require a fair amount of carbohydrates for energy – especially when you start burning fat and lower your fat intake.



For vegetables, pretty much anything is game. Green, leafy and colourful vegetables are great, but in general most vegetables are good as they are high in vitamins and minerals and low in calories. Veggies are great to snack on if you get peckish.

Fruit is another food type that is reasonably high in fibre. However, it is best not to go wild as they contain a lot of sugar and a fair amount more calories than vegetables, which can quickly add up. I recommend 2-3 pieces per day.

Finally, for your main starches, stick with wholegrain foods and plants, such as wild/brown rice, oats and potatoes. I especially prefer rice and potatoes as they contain a third of the carbs that other food like pasta does, which means you can have a little more, and are also more nutritious. Do your best to avoid white starchy foods, like white bread, white pasta etc as they can cause blood sugar spikes, which can cause you to feel hungry. The same applies to high-sugar snacks and foods such as cookies, cake, ready-made meals etc.

What About The Good Stuff? The 80/20 Rule



Nobody's perfect and nobody can follow a strict diet perfectly, nor should you have to. There will be times when you get tempted by a snack or are out for a special occasion and want to let loose a little. This is perfectly understandable. You simply need to learn how to manage these situations.

A practical rule of thumb is to try and eat healthily 80-90% of the time and allow yourself "to fail" the other 10-20% of the time. If you can stick to that ratio more or less, you should still be able to achieve your goals.

If you want to have a cookie, have a cookie or two. Just don't have the whole pack.

If you want a little ice cream, have a little ice cream. Just don't have the whole tub.

Feel like a glass of wine? One or two glasses now and then is fine. Just don't neck a bottle every night.

If you want to eat out once a week, do so. Just make sure you pick a healthier meal that isn't loaded with fat. Try and pick healthier options that contain protein. A chicken salad (without a high-fat dressing) or a steak, vegetables and baked potato are examples of good choices.

What About The Good Stuff? The 80/20 Rule

As you can probably tell, it's all about moderation. Try and keep things healthy as much as possible, but when you have a craving, don't torture yourself and have a little of what you crave. Don't go wild, just have enough to satisfy the craving.

There will be times when you get hungry as well, especially as you start to eat less. If you do get hungry, snack on vegetables or a basic salad. Or, have a cup of tea or coffee. This will help carry you through to your next meal and satisfy that craving.

Finally, it probably goes without saying, but do your best to avoid junk food at all times.

This includes fast food, snacks, processed food and ready-made meals and take-out. These foods are loaded with fat, sugar and calories and can quickly sabotage all the hard work you have put in.



It is easy to fall into the trap of saying:

“You know what?

I've worked hard all week and deserve to treat myself” and then go on a massive binge. Yes, it's only one night – but that binge can undo all the hard work you've put in. The difference between those that achieve their goals and those that don't is that those that do know how to say “NO”.

Stick with the 80/20 principal, or for faster results, 90/10, and you can still achieve the body you desire with a few little “cheats” here and there.

Sleep, Stress And Alcohol



A good night's sleep is incredibly important for health. In fact, it is just as important as eating healthy and exercising. A lot of people with busy lifestyles sacrifice sleep to get things done and this comes at a cost to their health.

Sleep is even more important for those of you that exercise and work out, as it helps with recovery.

Even worse, poor sleep has been linked to weight gain.

If you are trying to lose weight, getting quality sleep is absolutely crucial.

Stress is another subtle factor that can affect your fat and weight loss progress. Constant stress can affect your hormones which in turn can have a negative impact on your weight-loss progress and cause you to store fat. Do your best to reduce the stress in your life and live as much of a stress-free life where possible.

Sleep, Stress And Alcohol

Finally, try and ensure that you keep your alcohol consumption under control and to a minimum.

Alcohol is one of the main barriers to fat loss mainly because most people underestimate how many additional calories they are consuming when they drink. Not only that, but alcohol is what you call “empty calories”, because it offers nothing in terms of protein, healthy carbohydrates or fat. Rather, it simply consists of empty calories and sugar which if unused, will simply turn to fat.

Alcohol also causes irresponsible and impulsive behaviour, especially regarding food. It can impair your judgement while you're under the influence and cause you to make poor decisions regarding food especially junk food.

For a fat loss program like this one, it is best not to tempt fate and keep alcohol consumption to a minimum. Two units per social event should be fine and you can also alternate with water in between to help pace yourself.



Working Out



Once you have your nutrition sorted, you can move on to your workout program.

The focus of your program should be to build muscle and tone, while losing fat. To do this, you need to incorporate weight training with some cardio. This will speed up your metabolism and help get you into a fat burning state.

Heavy cardio on its own is not good enough and is overkill – all that will accomplish is weight loss with minimal definition, which is not what you want. You want to lose fat while toning up the muscles.

I am going to outline a basic program for you that should be all you need to achieve your goals. However, feel free to consult a personal trainer for a more customised fat-loss and toning program if you have access to one.

Just make sure that the trainer you select is properly qualified and experienced, because you get a lot of time-wasters out there that don't know what they're doing and are only in it for the cash. A referral from someone you know personally that has achieved results would be best.

Getting Started

I recommend weight training three days a week, consisting of primarily compound exercises.

What are compound exercises? These are exercises that work multiple muscle groups, for example squats, deadlifts and the bench press. I recommend these types of exercises because you have limited time and thus working multiple muscle groups at one time maximises your use of time.

Try and use free weights (barbells, dumbbells) and not machines as much as possible. Aim to complete 3 sets of 8-12 reps per exercise with good form. This means that you should focus on keeping your core tight and your body stable during each lift. It is better to start with lower weight and get the exercise done properly, rather than to go too heavy or to rush it and have your body move all over the place as you perform the lift.



If you don't know what sets, reps (repetitions), barbells or anything else that I mentioned are, please consult a personal trainer or someone at the gym first. Compound exercises require good form and this needs to be learnt. You can also find videos on YouTube for these exercises, but I recommend you work with someone that can show you how to do the exercises properly, to avoid injury. Also, please consult your physician before starting any exercise program to ensure you are medically fit to do so.

Your Program



Ideally, you should try and do weight training two to three times per week. I recommend Monday, Wednesday and Friday. This gives you a day to recover in between each workout. I also like this split because it gets you in the gym first thing on a Monday, which is a great habit and leaves you feeling energised and motivated for the week ahead.

On your off days in between (for example Tuesday and Thursday), you can add some light cardiovascular exercise and ab work if you have the time. Yoga and Pilates are also great options.

My recommendation is on one day you do steady state cardio, for example jogging or cycling for 20-30 minutes at a medium intensity - enough to give you a light sweat and not make you out of breath.

Then, on the other day, you can do some HIIT (High Intensity Interval Training). This is just a fancy way of saying go intense for a short bit, then take it easy for a short bit. For example, sprint for a minute, then jog lightly for a minute. Then sprint for a minute, then jog lightly for a minute. Repeat for 20-25 minutes. You can follow the same approach for cycling or the elliptical machine.

On your cardio days, you can also add two stomach/ab exercises at the end of your workout. You do not need to do more than that. Like we discussed previously, the fat loss is done through nutrition and not sit-ups.

This program should be more than enough to get you toned and get you into a fat-burning state. However, feel free to consult a personal trainer for a different or more detailed program if needed. Your main goal is to find a weight training program that works for you and that you can stick to and enjoy.

Supplements

Supplements can be very appealing to us due to the promises and expectations marketed to us by the supplement companies. Why would you want to put in the hard work when you could just pop a pill and get the same effects? If only it was that easy.

The supplement industry is a billion dollar industry and is mostly unregulated, which means they can get away with saying almost anything. Unless you do your homework, you don't know what you're getting and what the effect of that supplement is going to have on your health. It's not worth the risk.

Most supplements don't work or have little effect whatsoever. That's not to say that there aren't any that work, but here's the thing: Most supplements that actually DO work are best suited for those athletes that are already in top shape and doing everything they can to perform optimally.

These supplements or fat-burners help them to improve performance or reduce fat by a fraction more, for example 5-10%. In a situation like this, there is some merit in exploring supplements. But as someone that is not at an advanced level, supplements are not necessary and will just land up costing you tons of money and giving you little in return. Your time, money and effort is better spent in cleaning up your nutrition and diet and making sure you do everything you can to live healthily.

The ripped girls you see in adverts holding up a bottle of fat-burner pills are paid to do so. They didn't get ripped by munching down fistfuls of pills – they got that way through nutrition and hours in the gym.

That being said, there is one exception...



The Exception... Whey Protein Powder

Whey protein is the only supplement that you should invest in. Like we discussed in the Nutrition section, eating a high-protein diet is important for building muscle and fat loss.

It isn't always possible to get all your protein requirements from food, and in those situations, whey protein is your best friend. Just ensure that it contains minimal fat and carbs and is mostly pure whey protein.

A typical whey protein powder should contain roughly 20 grams of whey protein, 1 gram of fat and 1 gram of carbs per serving.

There are many brands available, but try to find a brand that is trusted and used or recommended by someone you know. For most of us, a company like MyProtein.com does the trick. If they don't deliver to your country, then find a brand/store in your country that comes recommended. Most companies deliver to your door and offer discount on higher volume protein, for example 5Kg tubs.

Personally, I love whey protein not only for the convenience, but for the taste. There are usually many different flavours to choose from and you can add this flavoured whey to many dishes to help them taste better and boost the protein in them.



For example:

- ***Your morning oats***
- ***Greek Yogurt***
- ***Green Vegetable and Fruit Smoothies***
- ***Protein pancakes and cookies***
- ***Just add water for a quick protein shake***

Where possible, try and get your protein from actual food. If you can't, simply use whey.

BONUS: Natural Fat Loss Supplement – Coffee



As a bonus, I would also like to recommend coffee as a supplement for those of you that like coffee and can handle it.

Coffee and caffeine are one of the few natural substances that have been proven to aid with burning fat. Coffee also boosts your metabolic rate. Studies have shown that caffeine can increase the burning of fat by as much as 10 - 30%.

I also like coffee because it can give you a nice kick before a workout, especially on those days that you feel a little sluggish and slow to start.

I recommend coffee from beans or ground coffee beans over the processed granule coffee. But find whatever works for you and stick with that.

Tracking Progress

Congratulations on making it this far. If you've made it to this point then I have no doubt that you have what it takes to reach your goals.

Once you have your nutrition and workout sorted, all that remains is to be consistent, track your progress and make adjustments when necessary.

Before you start your program, you will need to take your measurements so that you can track your progress.

This is what you do:

- Weigh yourself without clothes, first thing in the morning, and write down your weight.
- If you can, measure your body fat percentage using fat callipers, or by getting a trainer or assistant at the gym to measure your body fat percentage – and write it down.
- Take a before photo / selfie in a bikini or shorts so that you can see the problem areas where you want to lose fat (stomach and legs)

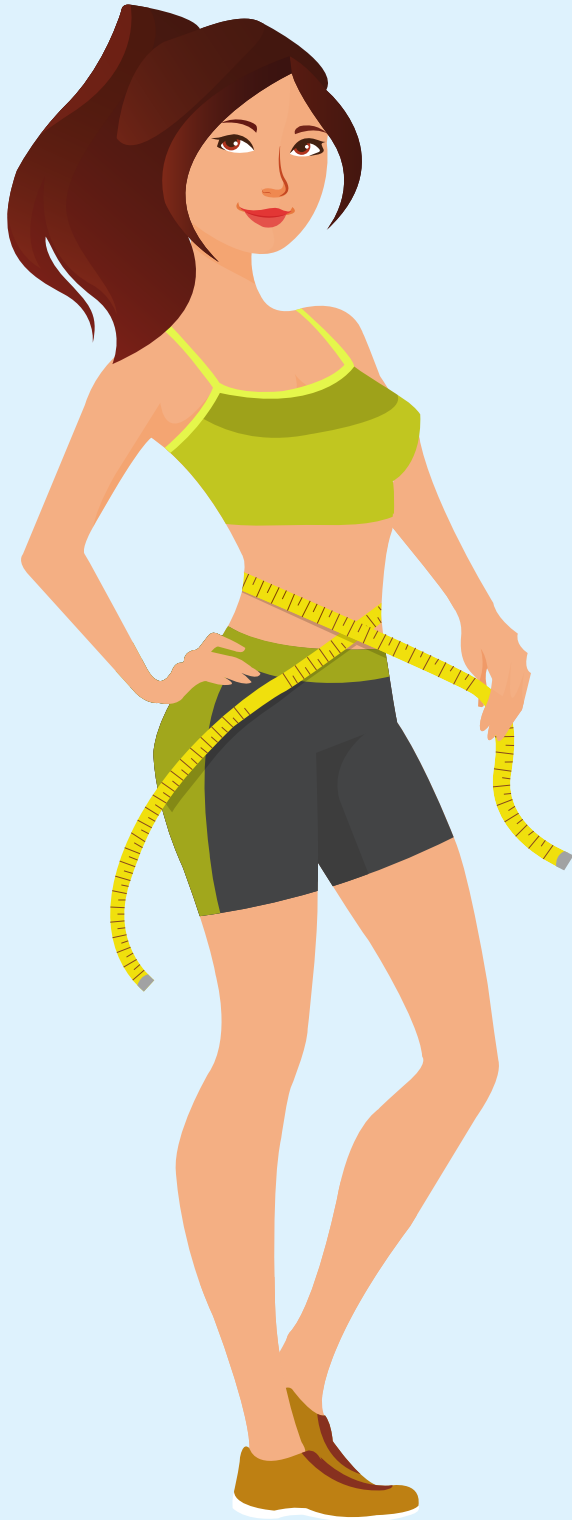
You now have a base to compare to and from this point onwards, you will repeat the process every 2-4 weeks. Keep a journal of these measurements and photos. If you have the time, I also recommend tracking your workouts and writing down the exercises, sets, reps and weights that you used for each workout. Ideally, over time, you want to see the weights increase gradually. All you do now is stick to the program and monitor your progress, taking measurements every 2-4 weeks. The more often, the better.

A quick word of warning:

Don't become obsessed with the numbers and check them every day and then get stressed if on some days your weight goes up, rather than down. This is natural due to many reasons such as hormones, bloating, water retention etc. It happens to everyone. Your focus should be on a consistent improvement over time.



Making Adjustments



Once you have been on the program for at least a month, and recorded your progress, you should have enough feedback and data to determine how things are going. You can now do an analysis of how things are progressing and make adjustments if necessary. Ideally, you should aim to do this every 2-4 weeks.

The best way to determine how you are doing is to check your body fat percentage. Ideally it should be going down. Body fat percentage is a much more accurate method of measuring fat loss than the scale. The scale measures weight loss, which can help but is not a fair representation of what is going on. It is very possible to gain weight, especially when you're toning, but still lose fat. In cases like that, if you rely solely on what the scale says, you can land up getting disappointed for no reason at all.

if you are unable to measure your body fat percentage, then the next best method is to use your eyes and clothes. Look at your progress pics - does it look like you are improving? Progress pics make an awesome record and timeline of how you progress.

Making Adjustments

How about your clothes, are they starting to feel a little looser?

Do you see any improvement if you look in the mirror?

Based on this analysis, you will be able to determine how you are progressing and can then decide how to proceed.

If you feel like things are progressing well and you're seeing an improvement, simply stick with what you're doing for another 2-4 weeks.

If however, you feel like things are not moving forward, or possibly even getting worse, then I want you to adjust your diet and reduce the amount of food you eat by 5-10%. Ideally this reduction would come mainly from your fats and carbs.

From there, you simply repeat and measure again in another 2-4 weeks.

That's all there is to it. The rest is consistency, discipline and patience.



Dealing with Setbacks and Slip-ups

Eventually life is going to get in the way of progress at some point. Maybe it's a personal problem or a family emergency. Or maybe you simply had a weak moment and had a binge. No matter what the situation, the most important thing is how you react to the situation and not the situation itself.

Many people will use a slip up or setback as a reason to quit, delay, or start the program again. This is obviously the wrong way to deal with the situation and is a huge overreaction due to guilt and bad feelings. Even worse, reacting this way will set you back a great deal or even result in you quitting, which is what you want to avoid.



The best way to react to a situation like this is to accept it for what it is without any guilt. Accept it as a part of life. No one ever has a perfect program – we all have setbacks and slipups. The only difference between those that succeed and those that don't is the way you handle the setbacks.

If you slip up, accept that it happened, learn from it and use that experience to prevent it happening again. Then move on as if nothing happened.

If you have a setback, do whatever you can to minimise the impact of that setback – that is all you can. Don't feel guilty and don't stress about it – that will only compound the problem and may lead to you slipping even further. As soon as you can, get back into your routine and program and continue making progress.

Enlisting the help of family and friends as a support system can also help greatly in dealing with setbacks and can help motivate you to stay on track. There are also great online

Let's Summarise



We've covered a lot in this guide which was necessary to provide context and background to what you need to do and why. However, the process is actually quite simple, so let's have a look at a quick summary of this program:

- 1** Understand your goals and set realistic expectations based on the amount of time and effort you can dedicate to the program each week
- 2** Get your nutrition and diet sorted, eating clean, whole foods 80-90% of the time and ensuring you get enough sleep, minimise stress and minimise alcohol
- 3** Ensure that you eat less than your body needs (caloric deficit) so that your body uses your fat stores for energy
- 4** Eating a high-protein, high-fibre, low-fat diet. Split 30-40% protein, 20-30% fat, 30-40% carbohydrates
- 5** Do weight training 3 times a week, with cardio and abs in between on the rest days
- 6** Use whey protein powder to supplement your protein when you can't get it from food
- 7** Track your progress and take your measurements every 2-4 weeks
- 8** Make adjustments as necessary
- 9** Deal with setbacks and slip ups appropriately and move forward
- 10** Be consistent, stay committed, be patient and focus on the end goal

Thanks And Congratulations!



Congratulations on completing the guide. I want to personally thank you for reading my guide.

I'm sure the upcoming weeks and months will be exciting for those of you reading and implementing this guide. I commend you on sticking with the program and implementing the changes necessary to achieve your goals. I hope that I can bring you the same level of success and life-changing experience that I do my clients.

Moving forward, all you have to do is maintain your healthy lifestyle to keep your body looking great and yourself feeling great.

It won't be long before you have reached your goal of a flat stomach and toned body! Pat yourself on the back for a job well done!

Like a lot of women, you might want to continue taking things to the next level. If that's the case, simply enlist the help of personal trainer or a lifestyle coach to help you reach the next stage of your journey. Fitness usually become a lifestyle for those that enjoy the feeling and positive effects of healthy living, so don't be surprised if this becomes a lifelong passion.

Thank you for taking the time to read this guide and I wish you all the best with your health and fitness success.

Premium 1-on-1 Coaching

ARE YOU STRUGGLING TO REACH YOUR GOALS?

**CHELSEA, BEFORE AND AFTER**

Let me help you, like I do Chelsea and others.

Whether your goal is to reach a certain weight, get bikini-body ready for the summer, or simply implement a healthy lifestyle where you look and feel awesome, I can help you.

We'll work together on a custom meal plan, workout and exercises, motivation and support and more. Everything is customised around your lifestyle and schedule.

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If you have any questions regarding this guide or you need help with
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Fab2Fit

SUMMER BODY GUIDE

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