

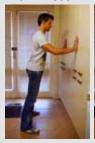
# INFO SHEET

# **MODULE 2 - AFTERNOON OFF GUIDE**

#### **'GLUT4 Exercises'**

These help more food energy go into your muscles, not your fat. 120 sec of each, 5 min and 90 mins after a meal.

#### Wall Press





- 1. Stand 3 feet from a wall
- 2. Place hands wider than shoulders, shoulder height
- 3. Lower your body towards the wall
- 4. Push back up to standing

#### Air Squat





- 1. Feet a bit wider than shoulder width, feet turned outwards 10-15 degrees.
- 2. Strong ab muscles, pull your shoulders back
- Push your hips and back backwards as if sitting down, allow knees to bend as needed
- 4. Push hands out in front of you as you lower
- 5. Keep knees turning outward, not narrow. Go down as far as comfortable (around thighs parallel to the floor)

#### **PAGG**

Mentioned in 'Module 5: Supplement Control'

AGG taken before lunch, afternoon, dinner meals, PAG before bed.

## The day before

- Review your cravings list from the week
- Buy anything needed for craving cooking
- Set 3-4 simple goals ie "2 kinds of favourite candy", "one meal cooked from the 'special' pantry", "eat a 3 course meal of anything I feel like at favorite restaurant"
- Write out your guick-guide/print this and add, then cross things off.

#### Water is important! Cross off each glass as you drink (aim for 8-10 cups):



## **Morning**

- Morning meal within 30 mins of waking standard breakfast you normally eat (minimum 30g protein, legumes), glass of water/tea
- Coffee and grapefruit juice 2-3 hours after breakfast, glass of water

## Lunch

- Air squats, wall presses x50 lemon water. Now eat!
- Note the time somehow set a mental reminder for eating in another 3/4 hours at the most (even if you're doing something really fun!).

#### **Afternoon**

- Enjoy snack(s) if you want, more water too!
- Air squats, wall presses or a gym workout
- Check in on your list/plan
- Coffee/yerba mate (a South American tea)

## **Dinner**

- Air squats, wall presses
- Lemon water before you eat
- Dessert with cinnamon
- Check in with your list can you get through it? Earlier is better than later.

## **Evening**

- Don't be hungry!
- Cal/Mag supplement before bed, loads of water think hangover-prevention.

