

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
3. 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 quick-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.