



Hey,

Welcome to my brand new program, Maxx90: 2Week TurnAround. Something I hear all too often from many people is, “I just can’t get motivated to get started”. Christmas and the winter knocks us out of our healthy habits, and into a routine of comfort eating, low activity, often feeling unmotivated and lethargic. The 2Week TurnAround is simply a 2 week challenge, that has been designed to help you improve your life, energy levels, mood, sleep, general health, daily routines and so much more, through the power of healthy nutrition and training. We have combined a great training program with a healthy, balanced and enjoyable meal plan, finished off with 14 different daily challenges for you to complete through-out the 2 weeks.

### **Who Is This Program For?**

The 2Week TurnAround is for any person who wants a little challenge, designed to both, improve health and introduce them to the fantastic benefits of weight lifting for both women and men. It does not matter what your current starting level is. How long it has been since you last exercised, how fit or unfit you are, healthy or unhealthy you are. Completing this program to the best of your ability, will make you feel better in many ways.

### **What Is The Goal?**

The end goal is the same for everyone... to become a better version of you. To become healthier, fitter, and stronger. To improve your energy levels, hydration levels, mood, become more confident, increase self-esteem and self-belief in yourself. To have fun, make friends, learn how to train, learn about nutrition, and to maybe surprise yourself by discovering new capabilities, new potential that you never realised you had.

The 2Week TurnAround is not about comparing yourself to other women, instead finding inspiration from other women. It’s not about beating yourself up, over the things you

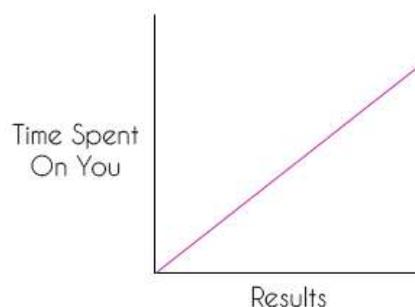
struggle with. Instead, it's about recognising what you can achieve. It's about seeking help when needed, and giving help when you can.

The goal is not to prove to others, but to prove to yourself, that you can do this. Not for anyone else, but for you.

### **The Challenge!**

The challenge, should you choose to accept it, is to devote the next 2 weeks, to working on YOU. The 2Week TurnAround is a self-development program. You can't develop yourself into a better person, without spending time working on Yourself. Everyone has 24 hours in a day, and we fill each of those hours up with our priorities. For many women, looking after kids and working are the main priorities. For many women, they place themselves way down the list of their priorities. Cleaning the house, getting the kids to school, washing and ironing the families clothes, doing the shopping, collecting the kids from school, having dinner ready, making lunches, doing errands, and all this while working a job, sometimes staying on late at work for the boss. Then at the end of the day, when all the chores are done, the house is quite, it's time to relax with a glass of wine, a bar of choc or something tasty, just to reward yourself for another successful day, keeping the whole thing running smoothly.

For the next 2 weeks, things are going to be different. YOU are going to be #1 priority in your life. The challenge is to make time for your workouts. Make time for buying the food you need. Make time for prepping food, going for walks, taking bathes and relaxing. Make time for learning, self-motivation, rest and recovery. The results you will achieve from this program, will be in direct relation to the amount of time you spend working on and developing yourself.



Are You willing to 'Obsess' over yourself for the next 2 weeks, to become the best version of You?

### **2Week TurnAround: The Program**

You've heard sayings like, "its 70% diet, 30% training". This certainly has bearing, as it is the food and drink that you consume during the next 2 weeks, that will have the greater effect on your final results, compared to the workouts. However, that's not our motto. The 2Week TurnAround is 50% Mindset, plus 50% (Nutrition + Weight Lifting + Cardio + Rest & Recovery + Adequate Hydration + Walking). Most people start with training, and that's fine. Training hard, quickly leads to making better food choices. Actually, one of the major benefits of training, is that it keeps you on track with nutrition. It gives you a reason to eat healthier foods. When training is absent, we often slip back into eating unhealthy choices. Simply staying on track with nutrition, is one of the main reasons to train. The other benefits are of course, to get stronger, increase metabolism, burn calories, change the shape of your body, improve your energy and mood and feel great.

### **50% Mindset**

I thought eating good healthy food and training a few times a week would get me results? What is this mindset thingy you speak about and why the hell is it so important? Your 'Mindset' is your attitudes towards different things. There are two different types of mindset. 'Fixed mindset' and 'Growth' mindset. A fixed mindset, is believing something about yourself and that it can't be changed. A growth mindset is the attitude that you can get better at something. For example, a fixed mindset could be, "I never stick to anything", whereas the growth mindset would be "I have struggled with programs/challenges before in the past, but I'm going to do everything I can to succeed at this one." Pay careful attention to your mindset on different things, and work towards changing all your mindsets to growth orientated. If you possess the mindset that you will do whatever it takes to complete the 2Week TurnAround challenge, to the best of your ability, then you're not going to be sending me too many excuses by texts. Your mindset can be full of ambition, fear, self-belief or lack of. Your mindset can be very positive, or very negative. Optimistic or pessimistic. The attitude you approach the 2Week TurnAround program with, will ultimately be the make or break of it for you. Work every day on improving your mindset, becoming more positive, gaining more self-belief. Develop the attitude that you can achieve

anything. The attitude that your health, really is your wealth. Develop the mindset, that you can achieve the body of your dreams. Once you have the right set of attitudes and beliefs, absolutely anything is possible for you.

### **The Other Elements of the Health Equation**

As well as a healthy positive mindset, to improve your health requires several other important elements to the equation. Proper healthy nutrition, adequate protein, optimal hydration, exercise, both resistance training and cardio, adequate sleep, rest, recovery and walking. Without any one, of the different elements, of the 2Week TurnAround program, the results simply aren't as effective. You could do everything right, except not drink much water, and you will struggle to achieve much improvements. Hydration levels play a key role in health. Also, our body practically stops burning body fat when hydration levels fall to only 7-10% dehydrated. Alcohol and coffee have negative effects on our hydration levels. Imagine where your hydration levels are after a good drinking session, with your skin dry and shrivelled up like a dried out orange peel.

On the other hand, your nutrition could be perfect, you could train hard, drink plenty of water, but if your sleep deprived, you'll also struggle to get the results you want. Our energy levels, stress levels, mood, muscle recovery, immune system and much more, all rely on us getting adequate rest, sleep and relaxation.

### **We're Near Ready to Begin**

I bet you haven't completed an exercise program locally, where the trainer has gave you an introduction letter like this. Where there trainer has given you access to pages upon pages of info that they have written on mindset, about training and about nutrition. Where the trainer will sit down with you, 1 to 1, on a regular basis to discuss your progress, teach you about nutrition to achieve your goals. Why do I do all this? There are 2 reasons; Firstly, I love body transformation, transforming my own body and helping others transform theirs. Seeing people change for the better, right in front of my eyes, and know that you played a role in helping that person, move closer towards the person they want to be. Secondly, because this is what it takes. For you to get results, it takes you knowing all this stuff. Knowing how hard it's going to be. Knowing proper, healthy and sustainable nutrition. Knowing that the correct mindset is key. Knowing that adequate hydration, rest and recovery, weight training and cardio all play a vital role. My job is to teach you everything

you need to know, and help you stay the course and learn to become your best. It saddens me, when I see women going religiously to cardio classes, spin classes, running the roads etc. with no further direction on all the rest of the elements required. Trainers will happily make someone sweat for an hour, then forget about them until next time. This program is different. This is the complete package. I am here for you the whole way. Ask me any questions you have, anytime, and I'll answer to the best of my knowledge. Do not apologies for asking questions. I love questions. It shows the person is interested, and wants to do well. If you give me excuses, expect me to fire back quickly with solutions. There is a solution to every problem.

Reading this introduction, is the first step of this new journey, that you are about to embark on. As the saying goes, I wish you the very best of luck. However, luck, hope and prayer do not play a part in this challenge. Only sheer determination, effort, hard work, and an attitude that says "YES, I CAN!"

Anto Maxx

The 2Week TurnAround 03.03.17

## **The 2Week TurnAround Nutritional Plan**

There are many different ways that one can approach nutrition to achieve changes. No matter what your ultimate end goal is, the first part of the process is always to get your body into great health. That's exactly what the nutritional plan on the 2Week TurnAround is about. Providing you with simple healthy food. The right types of food, in the correct quantities, that will get your body operating at peak condition. Once your body is in good health, you can then alter your approach to achieve new goals, such as fat loss, muscle strengthening, improved fitness, lean and defined physique. These goals can only be achieved from a healthy vessel. Through-out this program, I will teach you the methods, not only to achieve increased health and well-being, but also how to proceed after to achieve body composition changes.

I will teach you how to continue eating a healthy balanced diet, without needing to always follow the meal plans. How to make up your own meal plans, choosing the foods you prefer, while still getting a healthy balance of nutrients. Welcome to 'Flexible Dieting'. Flexible Dieting is a method where the amount of energy in calories, that you require each day, is calculated, then broken down into a certain amount of grams, of protein, carbs and fats (macro-nutrients) to consume each day. You are then able to choose the foods you want to consume, as long as you stay within your allocated amounts of macros (proteins, carbs and fats). The way you know if you are within, or have exceeded your daily allowance for a particular macro, is by counting up the macros you consume at each meal. This is easily done using an app called MyFitnessPal, on your phone. You will learn to use MyFitnessPal through-out the 2Week TurnAround program. However, to get you off to a flying start, I have included a balanced and structured meal plan, designed to boost your metabolism, flood your system with vitamins and minerals, improve your energy levels, immune system, possibly even cause you to burn fat, and all while feeling like you've never ate this much food before in your life.

Up until now, on my 12 week Maxx90 program, I usually let clients spend the first 2-4 weeks learning about healthy nutrition, getting to grips with MyFitnessPal, while helping them tweak things along the way. This then leads them into 8 solid weeks of body changing results. With the 2Week TurnAround program though, since it is only 2 weeks long, instead

of letting you learn flexible dieting and MyFitnessPal through trial and error, you're going to complete the program with a meal plan, designed to get you results from the start.

There are a few pros and cons for using meal plans. Firstly, you may not like some of the foods on the meal plan. Secondly, you need to be well prepared, to follow a meal plan. Social events can make sticking to a meal plan very difficult. Some women's employment can also make adhering to meal plans a testing task. It's certainly not a sustainable way of eating, only following a meal plan.

There are several advantages to following a meal plan, and for the purpose of this program, starting with a meal plan takes away some of the flexibility, however, it speeds up both the learning process and the results. It won't take you too long to discover which foods are healthy, the meal plan is full of them. It won't take you too long to learn which foods don't get results, they're simply not on the meal plan.

### **How To Use The Meal Plan**

Through-out the next 2 weeks, I will teach you how to move from following the meal plan, to flexible dieting. However, for the duration of this challenge, please adhere strictly to the meal plans, especially if you want the best results.

The timing of each meal is not as important as consuming all the food, so you are more than welcome to mix the order of the meals and snacks around. I have labelled lunch and dinner as Meal 1 and Meal 2, as these can be easily swapped around. Also, I have structured the meals in such a way, that you can choose any 3 meals and any snacks, from any of the days. This does allow a significant element of flexibility with the meal plan. For example, you could choose the breakfast from day 1, the Meal 1 from day 2 for lunch and Meal 2 from day 3 for dinner, as well as the snacks from day 4. Each meal has been carefully structured to allow you to do this.

It is important that you try and consume all the food for a particular day, during that day. There is a chance you may struggle with this sometimes, as we thrive on food quality, not quantity, and the food in the meal plan is all high quality. You may feel full a lot, while your body adapts to the nutrition. Eat what you can, but don't make yourself sick.

Every item on the meal plan, is there for a reason. However, if there are certain foods you don't like, they can be replaced with something similar. Simply let me know which foods you don't like and I'll suggest alternatives, or you can find your own alternatives using the 'Macro Cheat Sheet' provided and MyFitnessPal. If you tell me that you don't like fish, expect me to reply with "do you not like salmon, mackerel, cod, hake, monkfish, plaice, trout, fresh tuna, tinned tuna, whiting, crab, prawns as they are all different, different textures and different tastes. If you don't like the smell of fish, buy fresh fish from the fish man in Market Street on a Friday morning and freeze it. Fresh fish has no fishy smell. If there are particular foods that you don't like, I urge you to at least try them again, before dismissing them. Usually it is a bad memory of food, engrained in our minds, that is responsible for us not liking them.

Some of the snacks are labelled "Post Workout snacks". These are snacks that are high in protein or sugars, which are more beneficial when taken after training. You do not have to take them after training, but doing so can seriously reduce muscle soreness and help with recovery.

### **Supplementation**

Supplements are a very important part of any good program. The main advantages of taking supplements are;

- ✓ It's much easier to get higher doses from supplements than food
- ✓ They are more convenient
- ✓ They can provide the exact nutrient you require for better results (whey protein for fast digesting instead of just any protein from food)
- ✓ They can add some taste and variety to your nutrition

Quality supplements certainly aren't cheap. 'Quality' is the important word here, as the market is flooded with crappy products too. I always tell all my clients, support a quality workout with a quality supplement. You can easily spend a small fortune per month on quality supplements, however, spending £60 per month for your health and body, is money far better spent, than £60 on drink on a night out.

I have added the basic supplements I recommend to the meal plans, however, if you would prefer not to take any of the supplements, feel free to omit them.

### **Omega-3 Fish Oils**

Omega-3 fatty acids are found in natural sources such as oily fish (salmon, mackerel, herring, sardines, anchovies), nuts, seeds, avocados, flaxseed, olives and more. It is uncommon for women to get enough omega-3 fatty acids into their diet from food sources alone, and many women are deficient in them. The American Heart Association therefore stresses the importance of eating fatty fish at least twice a week or taking fish oil supplements to get the required amount of omega-3 fatty acids.

Omega-3 fatty acids have evidence to show that they increase lean muscle mass and decrease fat mass. They also decrease inflammation, which is a major factor that leads to decreased risk of heart, vascular disease and even cancers. The anti-inflammatory effect also helps with sore joints, arthritis and recovery from exercise and injury. If that weren't enough, omega-3's can improve mental function and development, mood and support better visual health. The RDA of omega-3's is around 2,000mg of EPA/DHA per day. Please take this into consideration when purchasing and taking an Omega-3 supplement.

### **Vitamin D**

Your body must have vitamin D to absorb calcium and promote bone growth. Vitamin D helps regulate the immune system and neuromuscular system. It is also strongly linked to the protection and recovery of muscles. Vitamin D also plays an important role in the life cycle of human cells. One of the main sources of Vitamin D is sunlight, something most of us are lacking in this country. Therefore, I highly recommend a quality vitamin D supplement, at least 2000UI or higher. Vitamin D is a relatively cheap supplement.

### **ZMA**

ZMA is a Zinc and Magnesium with added vitamin B6 supplement. I have not included this supplement on the meal plan, as I'm leaving it as optional, for you to decide, however I highly recommend it. ZMA is strongly supported by clinical research to be an effective supplement for enhancing muscle recovery, boosting muscle strength and even aiding fat loss.

Zinc has been found to be critical for protein synthesis, the molecular mechanism that leads to muscle recovery and growth. Zinc is also critical for maintaining thyroid hormone production. This is important for keeping your metabolic rate (the amount of calories you burn each day) and fat-burning capabilities up.

Magnesium is also an essential mineral involved in numerous reactions in the body. It's important for healthy function of the cardiovascular system, metabolic rate, and of course bone health. Together, zinc and magnesium offer a wide assortment of physique and performance benefits.

A great side effect to taking a ZMA supplement is that it helps you get a better, deeper sleep at night.

### **Super Greens Drink**

Greens are ultimate. Broccoli, asparagus, spinach, kale. Packed full of goodness, vitamins and minerals, lots of fibre and very little calories. Greens with every meal is ideal. But asparagus spears sticking out of your morning porridge doesn't really cut it. That's where a Super Greens drink comes in. Super Greens are a specially formulated mega-concentration of grasses, green vegetables and natural fibres. They are some of the lowest calorie, lowest sugar and most nutrient rich foods on the planet. They are completely natural. Contain no chemicals. A great source of varied vitamins, minerals, chlorophyll, micro-nutrients and anti-oxidants. They infuse your body with easily absorbed vitamins, minerals, enzymes and amino acids.

Being highly alkaline, they also help to boost your body's energy levels and remove toxins from the lymph system whilst encouraging new cell growth.

What can be improved by taking a daily Super Greens drink?

- ✓ Digestion
- ✓ Increased energy
- ✓ Immune system
- ✓ Cardiovascular and endocrine health
- ✓ Circularity system
- ✓ Training recovery

- ✓ Stress
- ✓ Fat burning
- ✓ Mental Acuity
- ✓ Joint health

## **Protein Shake**

There are many different types of proteins that we get from food. Whey and casein from milk, pea protein, hemp, beef, egg protein and lots more. The two types of protein that we are most concerned with for this program, is whey and casein. Whey, produced from milk, is the fastest digesting protein available. It's perfect for immediately after a workout, when our body needs the nutrients fast. Casein, also produced from milk, on the other hand, is the slowest digesting protein available. Perfect in the morning, as a snack or before bed, as it drip feeds the muscles protein for hours. Casein is also more creamier protein, making it ideal to cook with, for the likes of protein porridge or protein pancakes.

The nutrient protein, is the building block of every cell in the body, including muscle tissue. It's a nutrient that many of us do not consume enough of, in our carbs and fats heavy world. The main sources of protein are meat, fish and egg whites, all which require cooking, and aren't very convenient. That's where protein shakes come in. Super quick, convenient, fast digesting and offering some great tastes to our nutrition.

Muscles begin repairing themselves immediately after you have finished working out. The repair window is small, approximately 45 minutes. This is why the speed at which the nutrient is delivered to the muscle is essential. Muscle soreness is greatly decreased with the consumption of a quality protein supplement after every workout.

## **Weighing Food**

The meal plans have been carefully created and structured to get you results. There is an exact amount of proteins, carbs and fats for each day. Therefore, weighing out the foods is vitally important, at least for the first 2 weeks, until you get a good idea of what 200g of potatoes looks like etc. Weighing food is very simple, a lot easier than women think. Firstly, digital scales are a must, and they must be able to 'minus weigh'. Minus weighing is calculating how much weight is lifted off the scales, opposed to set onto them. You can purchase decent Salter digital scales from Argos relatively cheap.

When weighing out food, I very rarely put my plate on the scales. Instead, I minus weight almost everything. To minus weight, you simply put the food container onto the scales and reset to zero, then remove the container, put the food onto your plate, replace the container back onto the scales and read the number. Here's a few examples;

Protein pancakes: Set the Nutribullet container onto the digital scales and press zero. Pour in 150g of egg whites. Reset. Add 67g of oats. Reset. Add 2 scoops of Hydra6. Add half a banana. Add some cinnamon powder. Cook and remove pancake to plate. Place Nutella jar on scales, lid removed, and press zero. Remove jar, scoop out some chocolate spread, place jar back onto scales and read how much has been removed. It will display something like, -11g. You've taken 11g. Place Fage Greek yogurt pot onto scales. Reset. Remove and add some Greek yogurt to pancake. Set pot back onto scales and read display. It will say something like. -70g. You've taken 70g. Set blueberry container on scales and reset. Lift out blueberries and the display will show how much you are taking. Place honey jar onto scales and reset. Squeeze honey onto pancake, then replace jar back onto scales and it will display how much honey you have taken. This is the process I go through every time I make protein pancakes. The difference in time between weighing food and not weighing food is practically none, however the accuracy of your nutrition will be 100 times greater.

Being accurate with the meal plan is quick and easy, and the difference it will make towards your results is crazy.

### **Water Consumption**

Water is life. Without it, nothing living on this earth, exists. That alone should tell you how important it is. It plays a vital role in your survival as a human. Your health and functioning of your body. And your results on this program. The chemical process of burning body fat, requires water. As already explained, if you are only 7-10% dehydrated, the speed at which your body burns fat, drastically decreases. Your body has to perform hundreds of *essential* processes to keep you alive, and burning body fat isn't one of them. Therefore, if there is a slight shortage in water levels, fat burning is one of the first non-essential processes to be ceased. Muscle repair is another.

There are countless more reasons to staying fully hydrated, but this one reason should be enough to get you to drink plenty of water every day. For most women, about 2.5 litres of

water per day is sufficient. I will tell you how much water you should consume daily, during your consultations. From my experience, women generally drink a lot less water than men. I have measured far more dehydrated women than men, some at seriously dangerous levels. I know that some women cut back on drinking water, purely to cut back on the number of toilet breaks. Don't let 2-3 extra toilet breaks per day, hold you back from an amazing body. Find a way that you can measure your water consumption each day, like drinking 5 x 500ml bottles, or using a 2.2lt gym jug and work your way through it.

Do not under estimate the value of this powerful substance.

### **Rest & Recovery**

Another vitally important element for body transformation. Training hard is almost pointless if you do not follow it up with adequate rest and recovery. Rest includes adequate sleep, somewhere around 6 – 8 hours quality sleep per night, depending on your own requirements. I highly recommend at least 7 hours quality sleep per night for most women. During deep sleep is the time when your body gets to repairing and rebuilding itself. The majority of muscle repair happens during deep sleep.

Rest also involves taking time off from training, to give your body the chance to rebuild itself. The 2Week TurnAround program contains 4 weight lifting workouts per week, as well as 2-3 extra cardio workouts. Weight lifting is very taxing on the body, and so 4 workouts is the maximum you should do in any one week. Also, the most workouts you should do on consecutive days is 2, then take a rest day. On the odd occasion, you can make an exception to this rule, if you need to work around an upcoming event. The ideal training split is, workout for 2 days, rest for a day, workout for another 2 days, then rest for the remaining 2 days. If you can only manage 3 workouts per week, then Monday, Wednesday, Friday is a good workout split. With training, there is an optimal level, which I have found to be 4 tough workouts per week. More than this, often leads to less in this game, and trying to workout hard, more than 4 times per week, can easily lead to negatives effects, such as exhaustion, improper muscle repair and muscle tissue scaring, sub-par workouts, fatigue, as well as losing love for the gym.

Recovery involves several different approaches to get your body repaired quickly and ready for action again. Recovery begins as soon as your workout has finished. Consume the right

supplements, then have a post-workout meal. The meal immediately after your workout is possibly the most important meal that day. All too often, women train hard, then go about their day, not feeding their body the nutrients it requires at the times it need them. Then they experience heighten muscle soreness for the next few days. Your body can only rebuild and repair itself with nutrients, nothing else.

After your workout, stretching is the next part of proper recovery. The role of stretching is to develop the muscles. They have been contracted (shortened) during training, and now require to be elongated (stretched out). Stretching improves muscle repair, strength and growth, as well as flexibility. Not many women stretch after a workout, as they generally don't see the benefits of it. Yet most professional bodybuilders spent 1-2 hours after a workout, stretching. As ugly as they can look, these guys are the pros when it comes to improving muscles, and they highly value the importance of stretching the muscles after a workout. Yoga is excellent for improving the muscles and I highly recommend attending a yoga class at least once per week.

Light cardio, particularly walking, is great for recovery. It promotes blood flow, which helps bring essential nutrients and oxygen to the muscles.

Have some relax time on a weekly basis. A hot bath, with candles and relaxing music can certainly work wonders on the body, improving mood, blood flow and reduce stress levels. You can find hours of relaxing music on YouTube. Book in for a relaxing massage or spa day. It's a far better way to reward yourself for all our hard efforts, compared to a rotten Chinese take-away or bar or chocolate etc.

### **Walking & Mindset Training**

This is the part that has changed my life the most. Walking while listening to motivating audio, self-development audio books and podcasts. Firstly, walking is a fantastic fat-burning activity, much better than running. Walking is exclusively fat burning, while running also burns muscle. Walking is good for the body and joints, while running causes more injuries than any other sport in the world.

You can go walking with friends and chat, or by yourself and listen to music. However, for the duration of this program, I'm going to ask you to listen to a series of audio programs, that I will either make available on Maxx90.com or ask you to purchase from Audible.co.uk.

Listening to these audios will begin to change your current mindset, your attitudes towards life, and most importantly, your belief in yourself. This is what I call, 'Mindset Training'.

### **Coffee & Tea**

Green tea is excellent and has been shown to increase metabolism, leading to increased fat loss. 3 cups of green tea per day will have some great benefits for you. Drink more if you wish, it all adds to your daily water intake.

Coffee on the other hand, has some pros and also some cons. A small amount of caffeine, about 2 cups of coffee per day, has shown to have fat loss properties. Larger quantities of coffee and caffeine have negative effects on the body, especially the brain. Coffee is a diuretic, meaning it flushes water out of the body, instead of hydrating it as green tea does. Contrary to what many women believe, coffee doesn't waken you up or give you energy. It contains 7 calories of energy, about the same as 1g of nuts. What coffee does is make your brain feel alert, but without adequate nutrition, if your blood sugars are low, the rest of your body is essentially asleep.

If you take milk with coffee, for the next 2 weeks, consider trying unsweetened almond milk, as it has 20% of the calories of semi-skimmed milk.