

# 30 DAY FAT LOSS PROGRAM

**Get Rid of Body Fat Using  
Nigerian Fat Burning Meals &  
Transform Your Body in 30 Days!**



**By Olu Aijotan**  
**[www.NaijaWeightLoss.com](http://www.NaijaWeightLoss.com)**

© Copyright Olu Aijotan. Tunity Publishing & Naijaweightloss.com

# **30-DAY FAT LOSS PROGRAM**

## **Fat Burning Work Out & Exercise GUIDE**

A Simple Work Out Guide that Will TRIGGER your body's  
Fat Burning Furnance!

**By Olu Aijotan**  
**(Nutrition and Fitness Coach)**

**Copyright: 2013 - NaijaweightLoss.Com**

All Right Reserved

**This Report is For the 30 Day Fat Loss Program Clients  
Only.**

You do NOT have the right to resell this product. No unauthorised reproduction or distribution is permitted. Copyright Violation & illegal distribution of this material will be prosecuted.

This report is only available for sale directly from the author: Olu Aijotan ([www.naijaweightloss.com](http://www.naijaweightloss.com)).

If you have purchased this report from any other source apart from the above, Kindly send an email to [naijaweightlosscoach@gmail.com](mailto:naijaweightlosscoach@gmail.com) to notify me.

Thank you.

**Dear Friend,**

I trust that so far, you are beginning to see the light at the end of the tunnel that it's achievable for you to transform your body into that figure that you've always wanted.

I want to welcome you to the third part of the 30 Day Fat Loss program. The fat burning work out guide.

In this guide, I am going to show you some REALLY effective and result getting fat burning work outs that will burn fat off your body rapidly over the next 30 days.

Over the years, quite a lot of people (both men & women) have sought methods to help them improve their physical appearance and well being.

I mean...gone are the days when being fat in Nigeria is regarded as a complement. If you are fat...the general notion nowadays is that you are eating too much...or you are not taking care of yourself.

Let's be realistic.

In Guide 2 - Fat Loss Nutrition, I explained that there are two factors that are critical to burning fat off your body and transforming it over the next thirty days....

→ Your Nutrition - That is..what you eat (we discussed this in the previous guide)

and

→ Your Work outs - That is...Your Exercise routines.

And in this guide, I am going to show you exactly how to work out your body in a way that will EFFECTIVELY burn fat off your body.

When it comes to work out, this is where most individuals loose motivation the most. And trust me, if you always lost motivation when it comes to work out, you are not alone.

Really...It's not your fault at all! (*I meant every word of that*)

Yes, I know...we've been told to always take responsibilities for our actions and not blame anybody else bla bla bla etc...

But let's be realistic....

Is it your fault if you hate all those difficult and hazardous work outs that the trainers in so many gyms and on the internet encourage you to try?

Ok...Ok....

**Let me give you an example.**

A news was trending on the internet a while back about a certain Nigerian On air personality ( A glorified name for radio presenters) called Toolz (Real name: Tolulope Oniru). She works at Beat FM, a radio station in Lagos Nigeria.

You see....Tolulope is a very beautiful lady. Yes, when I show you her pix, you'll see what I mean. But the major problem is that.....she is on the big side.

Ok...here's a picture to let you see what I mean.....



Recently, a picture of her was making rounds on the internet. BellaNaija.com, Linda Ikeji's Blog and even Ynaija & Nairaland carried the gist.

It was a picture of her trainer asking her to lift a tractor tyre.

No Kidding!

She was actually lifting a tractor tyre as part of her work out routine....

Just in case you were not aware of this...here's a screen-shot of it....



And if you care about reading the story....

Below are two links that will take you to those stories

[Toolz Extreme Work Out Session => http://goo.gl/VBNva](http://goo.gl/VBNva)

Anyway....the trainer was actually trying to get her to do what is known in the fitness world as a tractor tyre flip.

This type of work out is reserved for extremely fit athletes (the types that run in the olympics/lift weights in the olympics competition)

First of all, if you look in the picture I posted above, she is trying to lift that tyre the wrong way. She could seriously SNAP her lumbar spine with that position. This is because all the pressure lifting the tyre is directly on her back.

Your back is not a rigid long bone. Its a combination of small bones that are pieced together to form one long one.

Trust me, if you injure your lumbar spine while trying to lose weight, you most likely won't be able to work out properly again!

But can you really blame her?

No!

**You need to blame her trainer!**

The big tractor tyre weighs about 400 - 600 pounds! That is.....about 180 - 270 Kilograms!

And that is what she was trying to lift by arching her back the wrong way!

Now....imagine if you have to lift a tractor tyre as part of your work out routine to lose weight?

I am sure you'd only try it once or twice...and then you'd lose motivation.

But really.....the question is.....

Does lifting tyres help you burn fat rapidly?

Good question.....**the answer is Yes!**

Yes as in...you will burn calories when flipping it, you will build muscles as well.

Tyre flipping is an EXTREME strength training work out. That is...if you want to build enormous strength like the incredible hulk.

But do you think Toolz as she is fondly known, actually wants to build strength? DO you reckon she wants to compete in the world heavy weight championship?

No!

All she wants to do is burn those extra STUBBORN fat off her body and get her self esteem back!

But the trainer does not understand that! He is getting her to do EXTREME strength training and getting her to do it the wrong way!

*Can you see the bad advice?*

That is the mistake that most half baked Nigerian trainers you see in the gym make. Don't get me wrong...I am not on a fitness trainer bashing streak.

There are amazing and knowledgeable fitness trainers in Nigeria but they are very RARE and their prices are NOT cheap!

**What's my point?**

My point is that.....you can engage in fat burning exercise without flipping tyres and therefore putting yourself at risk of breaking your back.

There are lots of strength training workouts that will not put you at risk of hurting your back, but will help you build muscles that will burn fat off your body even 48 hours after the work out and I'll share them with you in this guide.

I mean...what's fun about flipping tyres right? It's not like you can do that in your living room...or if you live in a house with a smaller compound.

By the way, there is a video on Youtube that shows exactly how to flip tyres the right way for strength training.....

Here's the link ==> <http://goo.gl/53aPX>

**NOTE** - I have put up that link because there is no point ranting over a problem without actually proffering solution to it. I am not encouraging you to tyre flip. If you want to be a club bouncer or go to the Olympics....fair enough you can, if not...don't even bother! I am going to show you work outs that will work for you instead.

Anyway.....moving on....

Apart from the bad advice that some trainers give that discourages when you want to lose weight, another thing is.....the gym!

Gosh.....

So...imagine you wake up one day, get out of the bed, say your prayers, put on your bath robe and then saunter into the bathroom, spend the next 5 - 10 minutes brushing your teeth...stepped into the shower and have the most refreshing morning bath.

So you stepped out, dried your body with a towel and you walk back into your bedroom while you sing a tune in your head loudly.

And...yes...you stood in front of the mirror...and then start taking a closer look at your body reflections in the mirror....an you thought to yourself.....

I am getting fatter, I really need to hit the gym!

That thought was in your head while you were at work, you just could not stop thinking about it.

And so....you remembered that gym in your area that most friends/colleagues, your partner has recommended to you long before now...which you've dragged your feet about!

And your brain keeps telling your heart....I must go to that gym today...I must do something about this fat!

Just as you finished from work...**you raced out of the work place and made the gym your first point of call.**

Met the trainer, took you through the process and gym induction and then you got your gym membership!

## **So what happened next....**

You attended the first time....(it was a Saturday). You were running on the treadmill...but then you noticed those super sexy gym enthusiasts. They are lean, fit and have the flat stomach you are always dreaming about.

And yes, they are crushing all the gym equipments and lifting them like toys. And for some reason...you start to believe they are showing off!

Then you start feeling very inadequate. For some reason, it started to feel like you are the only person there...with extra fat on.

All the others are lean & fit individuals....and then your motivation starts to decline!

And then you tell yourself.....

There is absolutely no way I would have a fit body like these “super people”!

So the next day...you finished at work..and contemplated about going to the gym...but you are really discouraged....and decide to go home instead.

And so your heart keeps telling you...I love my body the way it is.....

And then you keep on in this endless repeated cycle.

If you resonate with the above scenario...let me tell you a factual truth!

### **It is not your fault!**

You are only responding to the way your body has been programmed psychologically. The average human being needs a high self esteem to “take action”, take territories and have more success.

Environmental and social factors as well as education contributes to how much your self esteem will grow.

### **And let me tell you another secret....**

Different facets of our lives have different level of self esteem. See, you might have a huge self esteem at work.....but lack self esteem in your marriage if you have an abusive partner or if you are inadequate sexually.

Think about it...why do you think some people are bubbly at work...have a good work ethic but have a family life that has nothing to write home about.

Anyway...I digress...

### **My whole point is.....**

Apart from bad work out advice that some trainers give in the gym that is so difficult to achieve, seeing other people showing off, lifting with so much ease when you are struggling or spending 1 hour on the treadmill when you can barely do 10 minutes can be quite discouraging.

And...its ABSOLUTELY not your fault!

I am here to correct that!

That is why you are reading this guide.....

**Your number 1 Goal for reading this guide  
is to BURN fat off your body  
and transform it.**

And, I am going to clear all the nonsense, dispel the myth and guide you;

1. The exact simple but effective work outs you can start doing in your own home!
2. Work outs that will only take just 20 - 25 minutes of your time daily!
3. High Intensity work outs that rapidly burn fat off the body
4. Work outs you'll do without any of those fancy equipments that you see in the gym
5. Lastly, work outs that are fun to do, and you can even get your partner to join in.

I am going to give you a routine that you will start using from the first day you read this report. All I want you to do is follow that same exact routine for the next 30 days!

And...just before I continue, let me say this. All these routines I'll be sharing are exactly what I currently use alongside with my wife.

For example, last week, we (myself and wife) were on *Holiday in Algarve, Portugal*. We lodged at a really nice hotel about 200 metres overlooking the beach.

We could see the sea waves from our window....it's really nice...

**Here's a picture to let you know what I mean:**



Anyway....the morning after we arrived, I switched on my laptop and loaded the work out routines that I am going to share with you. And we worked out for about 25 minutes before going out to enjoy the sunshine and the beautiful Algarve.

All from the comfort of our hotel room, without going to the gym. Without flipping tyres...we burnt lots of calories...

And these types of work outs that we do regularly to stay fit is exactly same workouts that I am going to teach you in this guide.

No, you won't be flipping tyres...I promise you.

The good news is that the information I am providing you is easy to integrate into your current life. It will not require you to give up your life pursuit and career so that you can go to the gym six times a week.

.

Now, before we go on to the workouts...let me address some basic of how exercise and your body works. When you understand these basics, you will be able to effectively follow your work out routine and know exactly what benefit you'll get from it.

Ready?

Let's go!

### **Why DO We Need To Workout? What's The Point?**

When your undergoes a burst of physical activity that involves movement, your body has to fuel itself to give you ENERGY or ability to undergo such activities. This is when your body undergo what is called "Calorie Burning".

The calories is derived from the food we eat. Or the calories that is stored in our body in form of fat.

This means that, the more active you are, the more calories you burn. Exercise or working out speeds up your body metabolism (the rate at which your body burns calories) and helps you so that calories you consume in food will burn off quicker and will NOT become fat in the process.

With the various technological advances that we have currently in our world. We seem to do less activity on a daily basis. We now have tools that help us do virtually everything we want to do without lifting a finger.

Think about it, there are washing machines that do our washing, taps & boreholes that bring water into our homes, so we don't have to walk miles to fetch water, cars & road transport system that carry us places without having to walk long distances and even computers & internet.

If you have a white collar job, there is a high chance that you sit behind a computer/desk for at least 8 hours a day.

That is how long you spend without engaging in any physical activity (you do more of mental) that boost your metabolism.

This is called a ***Sedentary lifestyle***.

That is...a lifestyle of irregular or no physical activity. Unsurprisingly, a sedentary lifestyle can contribute to many to or be a risk factor to so many diseases such as *heart diseases, diabetes, depression and Obesity (getting fat)*.

So....in order to speed up our metabolism and burn off calories in our body, which in turn break down the fat in our body, we have to perform work out activities and exercises that ignites the fat burning.

There are two healthy balance classes of workout (activity that burn fat off our body), that we will use to burn fat off, and they are:

1. Cardiovascular Workouts
2. Strength Training Workouts

Let me explain...

**Cardiovascular Workouts:** Also known as aerobic exercise, are workouts that raises your heart rate (*that is, the rate at which your heart beat*).

Our body was designed to move. And in other to keep our muscles in shape, we need to move them. Your heart is a muscle. And the best way to make it stronger is for you to work it. Cardio workout uses large movement of the muscle over a sustained period of time to keep your heart rate up.

When you do cardio (as it is fondly called), your breathing gets deeper, and your pulse quickens. When this happens, your heart and lungs supply oxygen rich blood to the working muscle tissues in your body thereby burning more calories.



Sample cardio work outs would be *walking, running, swimming, rowing, bike riding etc.*

Cardio exercise categorized based on duration and intensity. Since our goal is to burn fat rapidly over the next 30 days, we will be doing what is referred to as **high intensity cardiovascular Interval training.(HIIT)**.

HIIT is performed by doing intervals of very high intensity work alternated with a period of rest or low intensity. A good example of this is the “*Jumping Jack*” workout which I am going to show you at some point later in this work out guide.

#### **Strength Training Workout:**

Strength training is a type of physical exercise that uses resistance to increase your physical strength and induce muscular contraction. i.e. Build muscles.

Strength training which is also known as anaerobic exercise helps you burn fat up to 38 hours after you've engaged in it.

This is because it speeds up your metabolic rate while doing strength training workout which in turn burns calories for hours and hours afterwards.

Strength training has what is known as high EPOC. EPOC stands for “Excess Post-Excercise Oxygen Consumption”. Its just a fancy term for saying how long your metabolism (the rate at which your body burns energy) is elevated after exercise.

Studies show that a well designed strength work out program can elevate your EPOC for up to 38 - 48 hours after the work out.

This means that you are still burning calories even while sitting down at work on your computer or when you are watching your favourite super story soap or AY Live Comedy on TV.

When you work out, your body gets the energy you need for sustained activity by burning your stored calories (i.e. Fat!). After that work out, your body then starts to undergo a muscle repair process by increasing your body supply of muscle tissues that builds stronger muscles.

And when you build stronger muscles, it ask for more calories to function, which in turn burn more calories off your body.

Your muscles helps you to burn more calories each day at rest thereby raising your RMR (resting metabolic rate) When you gain 1/2 kilo of muscle, it requires 38 - 50 calories per day to keep it alive....

After you conduct the strength training work out that i am going to show you, your body will use it's stored fat (that you do not want) to repair itself. And this will amount to burning more fat like crazy....even up to 48 hours after the work out.

Now..if you are a woman and you are currently reading this, I know you might express concerns when you heard the word "Muscles".

Isn't that for men? you might ask...

**Don't panic.**

First of all...its **ABSOLUTELY** true that you have muscles. **Both men & women have muscles in their body.**

Most people believe that muscles are what you see when a man put up their arm link in this picture below:



While that is true, there is much more to muscles than that. Muscles actually do various functions and one of them is that it produces movement.

For example, when you extend your elbow, the tendon in your elbow pull on the muscles to allow the movement of your arm to take place.

This means...if you are able to move your arms/legs etc....it means you have muscles as well. However, what we want to do is....build more of those muscles. When we do, the muscles burn more calories.

Also, as a result of working out, your body will want to repair itself...and for it to do that, it makes use of the fat in your body.

So you are burning fat in two ways, as a direct result of your body building muscles and your body repairing itself.

If you are a woman reading this guide and you are still afraid that getting muscles will make you look like a man or like one of those Nigerian female football players,

let me say that no matter how much work out you do, you can never build up big muscles like men.

**There are two MAJOR reasons for this...**

1. **You have more body fat cells:** Because of the way that women have been created by God, they have more body fat cells. This is especially important in the fulfilment of their assignment e.g. child birth, having round figures (figure 8), having the body to withstand pregnancy etc.

With more body fat cells, its nearly impossible for you to start seeing evident muscles like the one you'll see in a man.

2. **You Body CANNOT produce Large Quantity of Testosterone:** Men body secretes hormones called Testosterone that is responsible for increasing muscle sizes and fulfilling other special assignments like bigger Libido, Facial Hair (moustache/beards) etc.

Women naturally produce only 5% of testosterone that men have.

So if you work out, eat healthy...etc. You'll never gain muscle mass like that of men.

What you will get will be a transformed toned sexy body that will be good looking and can make the head of your partner or guys turn for a second look.



Those women you see that have bulky muscles like that of men etc....actually use what is called a synthetic testosterone in the form of steroids/drugs or pills.

They also spend enormous time weight lifting in the gym and dedicate a large chunk of their time to it.

That is how they came about that amount of muscle mass. Since you won't be using drugs to increase your muscle mass...don't worry, you won't get bulky muscles.

So please, don't worry about getting muscular if you are a lady/woman. *Your work outs will no doubt burn fat off your body.*

It will help you reduce your body mass & help you transform your body into an attractive one and increase your confidence level.

We will be using a combination of High Intensity Interval Training + Strength/Resistance Training Workout to burn fat off over the next 30 days.

**HIIT + Strength workouts = Fat Loss in 30 Days!**

Now that we are done with bursting the myth that surrounds muscles....it's now time for us to go straight to the point and get access to the work outs that will help burn fat off your body....

.

.

**Lifestyle Work Outs -  
Working Outs With Your Daily Activity**

Just before I show you the work outs that you will use for RAPID fat burning over the first 30 days, The first step to working out is to first of all change your lifestyle.

That is...we are going to change exactly how you move your body on a daily basis. If you are reading this guide, you are most likely to be a working class individual and have a regular 9 - 5 job.

And...if you are, there is a regular pattern as to how your day goes. E.g. Wake up at 8.am, walk to the bus stop/get into your car, drive down to work, take the lift or climb the stairs to your work place, sit in your chair for 5 hours, take lunch break, sit for another 3 hours, finish work, go home, prepare meal, eat, watch TV, sleep, repeat the cycle again....etc

You'd surely identify with one or few of the above routines and they'll be part of your daily life.

But in other to burn fat, the first thing to do is make some little life style changes, and they'll act as fillers and help you burn more calories in conjunction with the work outs I'll show you at some point in this guide.

### Life style Change #1 - Rapid Stair Climbing

If you work in building that have floors e.g. Sky scrapers, Tall building etc and you happen to have stairs or STEPS, whatever you do, ditch the LIFTS.

Use the stairs instead. When you walk up the stairs, your body burn more calories as its in a state of constant movement.

Now, I know you've heard this before..."DITCH THE LIFT, TAKE THE STAIRS", but I cannot emphasis it enough. You SHOULD be doing it if you have stair cases at home or in the office.

There is a Method that enable you BURN more calories when you do this, and that is..."Running /Jogging Up The Stairs".

So basically, when you approach a stair case....and you are about to get on it, mentally calculate in your head to dash at it, then take a full speed run up the stair case WITHOUT stopping until you get to the top of it.

Now, by the time you are at the top, your heart beat rate will increase, if you feel tired afterwards, take few seconds of rest and proceed to do whatever you need to do in the course of your day.

Now, it might not seem like a lot to you, but I did a calculation recently, and discovered that....

1. An 80Kilogram Male Who run up a stairs for approximately 30 Seconds burns 12 Calories.

Now, that Might not seem like a lot, but if you happen to do that 4 times in a day during your daily work, you'll burn approximately 50 calories.

This type of work out is great for your cardio vascular system. Which means it will speed up your heart beat rate and will help your heart to pump more blood and stay in good condition, and be a filler for your life style change.

So, as from now on, Run up the stairs....don't take it step by step, Dash at it....DO NOT STOP until you get to the TOP!

### **Life style change #2 - Brisk Walking**

Taking a walk or strolling on its own will burn calories. Truth is, anyone can walk, and this exercise is truly excellent for people who are overweight, old or even pregnant. Walking is natural.

However, one problem with walking is that the fat burning potential is low/moderate. e.g. A casual stroll to a neighbours house does not count as real work out.

That is why when you walk, I want you to start doing what is called “ BRISK Walking”.

When you brisk walk, it means you are pushing your pace and walking REALLY quickly.

To brisk Walk, simply walk as you would normally

Then walk faster than you would on a good day

Ensure you fling your arms firmly...repetitively while walking fast....

You will notice your brisk walking when at some point it seems like you are about to run...but in actual sense, you are not running.

Do this for **5 minutes non stop**...*then slow down*...and do your normal stroll for another 5 minutes, then brisk walk fast again.....

While doing the above, breathe in and out heavily....

**Your Brisk walking pattern will  
look like the below:**

Brisk Walk(5 mins) → Slow Pace Walk (5 Mins) → Brisk Walk (5 mins) → Slow pace Walk (5 mins)

What I have just shown you is the 20 Minutes Brisk Walk Exercise. You can do this anywhere, any time....

While running errands, getting off the bus one stop before your work place, Walking to Church/Mosque, Visiting your neighbour down the other street etc.

## **INTRODUCING THE HIGH INTENSITY & STRENGTH TRAINING**

## FAT LOSS WORK OUTS

Finally, I am going to show you the Exact workout routines that you'll be using in this 30 Day Fat Loss Program.

These Fat burning work outs will ensure that heart rate is up and your body is burning off fat continuously and building muscles that also burn fat even after 48 hours of each exercise routine.

They are just 6 Work out routines. No more...No less.

The work outs are a combination of high intensity cardio vascular work outs (that keep your heart rate pumping) that burns fat as fuel and Strength training workouts (that build muscles) and keep your metabolism up to 38 hours after the workout)

### They are:

Routine # 1 - Jumping Jacks

Routine # 2 - Lunges

Routine # 3 - Reverse Lunges

Routine # 4 - Wide grip Push ups

Routine # 5 - narrow grip push ups

Routine # 6 - Jackknives

Now that I have shown you the core seven fat loss work outs, its show time.

Let's get into knowing exactly how to perform these 6 work out routines. I want you to pay attention and "TRY" to demonstrate the work outs individually as we go along.

If you are in your room, try to do it as we go along. If you are reading this while you are in your office or around many people, read/understand it, then go into a private office, clean bathroom/toilet and try to practice it or at most, wait till you get home.

### **Workout Routine # 1 - Jumping Jacks**

**Step 1** - To perform a jumping Jack, stand up straight with your feet and arms wide apart and let your arms hang down to your side.

**Step 2** - Jump up off the ground and spread your legs, while you quickly raise your arms high up above your head until your hands almost touch.

**Step 3** - Keep your hands open with your palms facing away from you during the first part of the movement.

**Step 4** - Bring your feet back to shoulder width while quickly lowering your arms back down to your side to finish the first jumping jack repetition.

Check the picture below for further explanation on how to perform jumping jack exercise.



Jumping Jacks will do two major things when you perform it as part of your work out routine.

1. It will help you warm up when starting your work out routine
2. It will help you work on your cardiovascular fitness

**NOTE** - Cardio vascular training helps speed up your heart rate and pumps blood in your blood vessels thereby strengthening the heart.

Also, If you watch the Work out routine Video, you'll get a video demonstration of how you can do the Jumping Jack exercise.

## Work out Routine # 2 - Lunges

Follow the below steps to perform lunges

**STEP 1** - Keep your upper body straight with your shoulders back and relaxed and your chin up. Ensure you are staring right in front of you (pick an object to stare at) so you

don't keep looking down.

**STEP 2** - Step forward with one leg, ensure you lower your hips until both knees are bent at about 90 degree angle. Ensure your front knee is directly above your ankle and do not push out too far.

**STEP 3** - Keep the weight in your heels as you push back up to the starting position

**STEP 4** - Repeat the process!

Look at the picture below to see a demonstration of how lunges are done.



### **Routine # 3 - Reverse Lunges**

This is the exact opposite of lunges. You do lunges forward, while you do reverse lunges backward.

Follow the steps below to do reverse lunges

**STEP 1** - Stand up straight and look ahead of you (stare at anything in front of you). Ensure you keep your shoulders back and your hands are resting at your sides.

**STEP 2** - Take a big step backwards with your left foot. You should now be standing with your feet apart.

**STEP 3** - Lower your hips to the floor until your front (right) knee forms a 90 degree angle

**STEP 4** - Push yourself up. Most of the strength should come from your front (right) foot. Return your back (left) foot to the starting position.

**STEP 5** - Repeat the exercise again

The picture below will also give show you exactly how to do this...



Lunges is a lower body resistance exercise. Both the lunges and reverse lunges are workouts that will work any stubborn fat in your thighs, your bottom (buttocks) and your calves (which is the back of your leg).

#### **Routine # 4 - Wide grip Push ups**

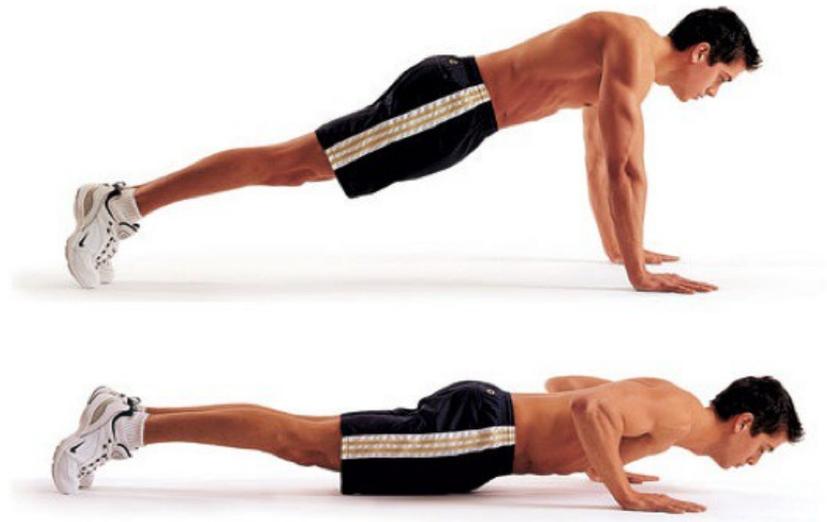
A wide grip push up is the same as the normal push up that you probably are familiar with. Just in case you are not, here's how to do a wide grip push up:

**STEP 1** - Begin in a plank position, lying straight on the floor with your arms straight and keeping your feet together.

**STEP 2** - Bend your elbows to lower your chest to the floor.

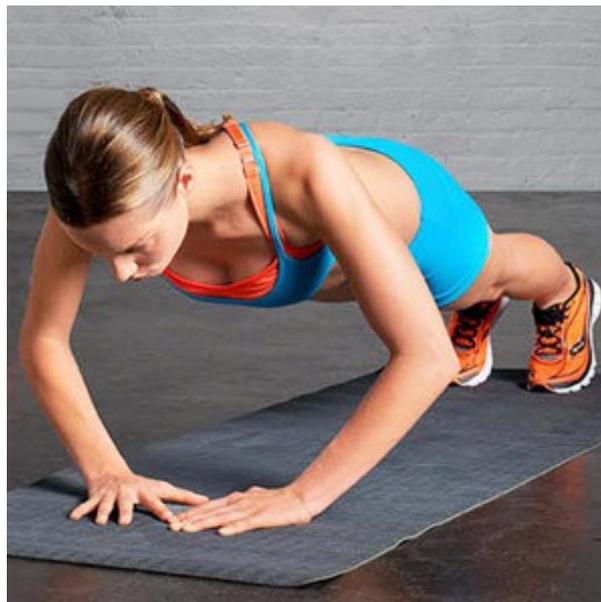
**STEP 3** - Push back to the start by raising your arms while keeping your body straight. At this point, your weight should be supported by your hands.

For a pictorial demonstration, see the photo below...



### **Routine # 5 - Narrow Grip Push Ups**

Your Narrow grip push up is nearly same as the wide grip push ups, except that you will keep your hands closer to the centre of your body, like in the picture below...



### **Do you hate/Despise push ups?**

Most people, especially some women hate push ups. If you do, doing your push up a little bit different will make it easier for you to start. Also, if you are a beginner this applies to you.

When doing your own push ups, you can bend your knees in a  $\frac{3}{4}$  position like below...



Both wide & narrow grip pushups will work out your chest, rear upper arms and your stomach. If you have what is called “Christian Mother Arms”, or flabby arms, this workout will help you shed fat and tone your arms.

### **Workout Routine # 6 - Jackknifes**

In order to perform the Jackknifes, follow the below demonstration...

**STEP 1** - Lie flat on the floor (or on an exercise mat) on your back with your arms right by your side.

**STEP 2** - As you exhale, bend at the waist while simultaneously raising your leg and arms to meet in a jackknife position. Your upper body should be off the floor.

**STEP 3** - While inhaling, lower your arms and legs back to the starting position.

**STEP 4** - Repeat the process all over again as recommended.

For visual demonstration, see the picture below.



The Jack Knife exercise will work out your abdomen area and help you burn off flabby belly fat.

**NOTE** - Please avoid this exercise if you have a back problem and see your doctor before

you do Jack Knife work out routine.

That is it. Just 6 exciting workouts. No more, no less. All designed to help you burn fat off your body and transform it into that toned, sexy body that you've always wanted.

Now that we know the 6 fat burning workouts that we will be using to transform our body over the next 30 days, lets go over how we will use those work outs everyday and exactly what routine you have to follow to use the work outs.

### The 30 Day Fat Loss Workout Time Table

I have divided the below table into Monday - Sunday. This means, you have to repeat the timetable for Week 1, Week 2, Week 3 and Week 4.

SO..basically, In week 1, you start from Monday...all through to Sunday, and then repeat same work out routine for Week 2 and so on and so forth.

The 30 Day Fat Loss Workout Time Table		
Day 1	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 2	Jumping Jacks, Lunges & Jacknifes	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 3	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 4	Jumping Jacks, Lunges & Jacknifes	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 5	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 6	Jumping Jacks, Lunges, Jacknifes, Reverse Lunges, Wide Grip Pushup	10 Reps of each routine at 2 sets (Follow the video Instructions)
Day 7	Rest Day!	Rest Day

Below is exactly how the Work out routine are in terms of times you will complete this in 20 minutes every single day. That is all you need:

Jumping jacks - 3 minutes	Rest - 10 Seconds
Rest - 20 Seconds	Jumping Jacks - 30 Seconds
Jumping jack - 30 seconds)	Jacknifes - 20 Seconds
Jacknifes - 20 seconds	Rest - 7 seconds
Rest = 5 seconds	Jumping jack - 30 Seconds
Jumping jacks - 30 Seconds	Narrow Grip pushup - 20 Seconds
Widegrip pushup - 20 Seconds	Rest - 7 seconds
Rest - 7 Seconds	Jumpung Jack - 30 Seconds
Jumping jack (30 sec)	Reverse Lunges - 20 Seconds
Lunges - 18 Seconds	Rest - 1 minute

The workout Video show you exactly step by ste how to do these routines everyday. Just follow the video and do the work out routine. It takes just 20 minutes in you day.

Once you master the routines in the first week, it will easier to repeat them over week 2, 3 and 4.

And to encourage you to actually take this serious, I have included the work out video that shows you exactly how to do the individual exercise work outs I have explained in the guide above.

Download it (if you not already have)...and when you are ready to do your daily exercise routine as I have stipulated in the above timetable, simply play the video on your laptop, tablet or computer and just follow the work out routines as its showing on the screen.

Please note that you will need **3G internet** (e.g. MTN 3G, Etisalat 3G, Swift Broadband, Starcomms Broadband etc) to actually download this work out routine to your computer.

If you DO NOT have a computer, You can download and copy it into your flash drive and access it at work or a friend/family laptop.

The video's size is about 60MB. Depending on how fast your computer is, it can take between 10 minutes - 60 minutes to complete download to your computer.

If you are unable to download it, you can also watch it live on Youtube by clicking the link:

**30 Day Fat Loss Work Out routine** ==> <http://goo.gl/vSnyG>

Once you follow the on screen instructions, you are basically doing the same exact routine that I have detailed in the time table too.

The work out video that comes with this guide will enable you to do the work out within 20 - 25 minutes every single time of the day that you work out.

## PREPARING YOUR WORKOUT TRAINING ENVIRONMENT & EQUIPMENTS

The good thing about the work out routines that I have shown you is that, you do NOT need any exercise equipments to start working out. This is because the workouts that we do are called Bodyweight workouts and you are working out with your body weight resistance.

The only thing you might need are:

1. **Exercise Mat** - This is a soft foam mat that you lay on the floor and can do your work out routine on it. You can get one from Shoprite if you have any in your area.

If you do not, don't panic, you don't ABSOLUTELY need it. If your work out space has a rug carpet, you can do your workout on your floor rug. Alternatively, find yourself a large towel, and lay it on the floor and you are good to go.

It's not the mat that will burn fat off your body. It's your workout, so don't fret if you don't have one.

2. **Exercise Clothing** - Make sure you wear clothing that will give you comfort and fit your body perfectly when doing your work out. Don't wear Jeans or Work trousers etc.. If you have the extra money, buy exercise sports wear, if you don't, don't stress it.

A T-shirt with a fitted cotton joggers trousers will do. If you can get a sport shoe, wear it, if not, do it with your bare legs. But whatever you do, ensure you wear clothing that is designated as a workout clothing.

The fact that you are doing your workout at home does not mean you should do it in your underwear or baggy jeans or skirt etc. When you change into your workout clothing, your brain will mentally prepare you for your workout. By creating a mind shift that will get you focused on your workout.

Another important thing you really need is the right environment to do your work outs. Creating the right environments will vary with each individual person, depending on your home space, family dynamics etc.

However, I am going to give you some few idea's that will help you create your work out space where you'll find it easy to do your own workouts.

**Living Room** - If you have ample space in your living room, you can utilize it as your work out space. Most Nigerian homes usually have a "Center Table" in the middle of the living room, and if you have this, you can shift the table to a corner of the living room, to give you enough space to do your work outs.

If your have a large family and your living room is communal, for example, kids running around, children watching TV etc, then you can make use of other rooms in the house.....like

**The Bedroom** - Your bedroom will be personal to you, if your bedroom has enough space, you can experiment by creating a special section of it as your work out space. If you have your bed in the centre of your bedroom, you can move it into a corner (If you are married..or have a partner, Please...ensure you discuss this first...to avoid argument).

**Visitors Room** - If you have a visitors room and it's vacant, consider using it for your work out routine too. It is usually the least used room in the house and can be a great work out space for your routine. More so, you can keep it out of bounds from Kids, other family members etc.

**The Hallway** - This should be your last resort, especially if you live in smaller apartment and therefore have little space. You can do your workouts in your hallway if your house has one.

Whatever you do, find a place in your house for your workout and stick with that space. Have a word with your family members, and make them aware that you'll be using that space for your workout. They will eventually all learn to respect it and allow you to that space as your own work out space.

### **How to create time for your work outs Even If Your JOB is Highly Demanding Or If You are a Busy Mom, Career Woman, Bachelor or Married Man.**

The major complain that most people have why they've are not able to work out is Lack of time. I recently did a survey for about 200 people who want to burn their body fat and one of the questions in the survey was for the respondents to give 3 major problems they have with losing fat.

....over 60% of them stress a lack of time as their job is demanding, they work 9 hours, They have kids, they find it difficult to create time for their work outs.

Let's be realistic, time is the most difficult thing we are unable to create for things that are the MOST important in our lives.

We are all exhausted, overwhelmed, overworked...and just plain too busy.

Let me ask you, have you ever met anyone who is not too busy? Someone...who have abundant time left over to use as they please?

Whether you are Mike Adenuga or Aliko Dangote, or you are Patience Jonathan, or an “Oga at the top”, a stay at home mum, student etc...we all have 24 hours in a day.

Nobody has more hours in a day than another person. No matter what you do, there is absolutely no way you'll get extra hours to do more.

But why is it that you really don't have time to do things that you really want to do?

To understand why...we need to dig a bit deeper. We need to get to the root of the problem, and that is exactly what I am going to show you.

What makes us too busy is something referred to as “time thieves”.

They are things you do that practically steal your time and prevent you from doing what you really MUST DO...which in this case is....burning off fat from your body.

Now, here's are two methods that you should use to actually create time for yourself to workout and burn fat off your body.

### **METHOD 1 - The SEARCH & ELIMINATE METHOD**

I want you to pick up a pen and worksheet right now and do the little exercise below:

#### **STEP 1 - Create a Time Inventory**

I want you to think back the past two days (starting now!) and list down exactly how you spend your time. Use the format below

Activities	Time Spent
e.g. Commuting to Work	6.30 - 7.45 (45 Mins)
Daily Job (Work)	8.am - 4pm (8hours)
Commute Back Home	4pm - 4.45 (45 mins)
Dinner Prep & Eating	5.pm - 6pm (1 hr)
Use the Internet/Computer (Facebook, blogs etc)	6pm - 10pm (4 hours) etc

Take the next 5 minutes to deep think what you did, how much time you spent doing it , then write it down using the example above.

#### **STEP 2 - Highlight Non Essential & Eliminate Them.**

There are things that currently fill your time, that are non critical or non essential to your life...no matter what you think they are. Highlight them from your time inventory and eliminate them.

When I did mine, I discovered that I spent about 3 hours on the internet and another 1 hours 30 minutes on my mobile phone per day checking facebook!

At the time of writing this guide, I have deleted my personal facebook account, and have my internet connection disconnected.

### **STEP 3 - Use the time for the eliminated task to do your work outs**

Do you spend 30 minutes watching TV once you get home from work daily? Eliminate that time and use it to do your work out routines instead.

Trust me, the world will not come to an end if you turn off your TV set for 30 mins.

As a matter of fact, you can even utilize that time and do your work outs right in front of the TV set. Who says, you can't do your lunges or jumping jacks while watching your favourite NTA network news or your episode of Tinsel or that Nollywood movie etc.

For example, It was after I deleted my facebook account that I was able to use the block of time (I normally waste on facebook) to finish writing this guide. I had over 700 friends when I deleted it.

And you might be shocked to know that, now I enjoy an abundance of time. I feel a lot of freedom and a sense of achievement too. The world did not end when I closed my account. And neither did my friends get angry.

Infact, I now receive more personal emails from families and friends asking how I am doing...instead of being stalked on facebook.

### **METHOD 2 - WAKE UP EARLY METHOD!**

...Go to bed 30 minutes earlier, wake up 30 minutes earlier

If you are an early riser, sleep early, wake up early to do your workout routines. The workout routines for this fat loss program can be completed in just 25 minutes straight up!

**STEP 1** - Most people need at least 7 - 8.5 hours to sleep. Decide that you are going wake up early. Set a bedtime of 7 - 8.5 hours before you want to wake up. So, if you are waking up 6.am, go to bed between 9.30 - 11pm.

**STEP 2** - Get everything prepared the night before. Lay your work out clothing laid out close by, prepare breakfast the night before e.g. put food in one place ready to go & fill up water bottle for drink etc.

**STEP 3** - Put your Alarm at least few meters away from you. If it is right next to you,

you'll hit the snooze button. If you put it on the other side of the room, you'll have to get up or jump up to turn it off. Then get into the habit of going to the bathroom to pee once you've turned it off.

You are less likely to go back to bed once you've been to the rest room.

**STEP 4** - DO your toiletries (brushing, cleaning up etc) and then drink half a glass of water!

**STEP 5** - Start Your Workout Right away. Do not stop until you have completed your workout routine for the day. Remember, it will only take just 20 - 25 minutes.

When you are done, you can hit the bathroom and take your shower and get ready for the day!

When you work out in the morning before you go to work, you will feel a lot fulfilled that you've done something worthwhile that will get you closer to that amazing body that you've always wanted.

It will take a little bit of getting used to. The most difficult day is the first day when you start. but you WILL achieve it. Remember, all you need is 20 - 25 minutes earlier wake up time you need. That is all you need to transform your body!

Use the two methods I have shown you above, if you are always too busy and you can't seem to get time to do your workouts.

And whatever you do, know that your health and most importantly, your confidence is more important than any "busyness" that you can possibly have.

## **THE EFFECT OF SLEEP!**

There is a saying that " You don't burn fat by working out, you burn fat by recovering from working out"

That saying is extremely true.

Sleep is one of the most overlooked secrets to igniting your body fat loss and getting the most out of your efforts with working out.

If water is the most important thing you can put into your body, sleep is the most important thing you can do for your body.

I CANNOT stress it enough that you must get adequate rests when undergoing your fat loss program. People who sleep for at least 7 - 9 hours a day are known to have better fat loss results.

This is because when you work out your body, your body undergo what is called "stress", once this has happened, your body will need time to recover from the stress. It is when

your body is recovering (while sleeping) that the building process of muscles occurs.

That is where sleep comes in. When you sleep, you are putting your body in a rest period that helps your body recharge and recover.

Sleep also keeps your immune system strong, protecting you from illness and regenerates your recovery ability.

All in all, you will have a tough time progressing in your workouts if you don't get enough quality sleep every night.

Most sleep experts agree that 7 - 8 hours per night is ideal for an average adult. So whatever you do, ensure you get a minimum of 8 hours sleep.

If you look at it really, its very easy to get 8 hour sleep per night. If you happen to work in a bank (I was told bankers always leave work very late) or you have a demanding job, what you really need is the "search and eliminate" method I showed earlier on.

There are things eating your time that you can identify and eliminate. Use the block of time to workout, sleep, recharge...and before you know it, your body will start to transform before you know it.

### **How To Attract A Super Slim figure to yourself.**

If you did sciences in high school (secondary school) like me, you'd remember being taught something called "Law of Gravity.

That is....whatever goes up must definitely come down (due to a force of gravitational pull that pulls it back to the earth core).

There is also a law of universe, which is similar to it. This law is known to fortunate and successful people as The Law Of Attraction.

Law Of Attraction states that whatever you think about, focus on and put your energy towards is what you are going to attract more of.

So, why am I saying this?

There are plenty of people in your life that get pleasure from telling you that you can't lose weight, and you can't reshape your body and you can't do this or you can't do that.

Guess what? They can't!

If you hang out with these people and listen to them, you won't be able to either.

You will attract this negative result, whether you want to or not.

It's a bit scary. But true. When undergoing your fat loss program over this next 30 days as I have detailed in this guide, look carefully at who you are hanging out with.

If they are not positive and supportive of your goals, I beg you in the name of God, stop associating with them.

If you CANNOT avoid them, then keep your goals to yourself when you are around these negative people.

If you REALLY want to ignite your fat burning, and get the transformed body and health that you desire, you have to behave as if it has already happened.

You have to visualize it in your mind. Imagine what your “new body” looks like and how you'll feel having it.

If you have a picture of someone who has the perfect figure or who has lost weight and their story motivates you, e.g. Jennifer Hudson. Print the picture of that person, put it on your mirror frame, use it as a desktop background on your computer, have a small size copy in your purse/wallet etc.

By using the power of visualization and belief that it has already happened, you are turning yourself into a magnet for what you desire.

You will be able to attract to yourself what you need to make your goals a reality. People, money, ideas, plan will all go to work for you to help you get what you want.

What I explain above may sound a bit strange. I know it does. But trust me, law of attraction is currently at work in your life as we speak

Your job, your friends, people you associate with etc. They were all attracted to you accidentally because you are not fully aware of this law.

When you harness the power, it will start manifesting and attracting the things you want including your new hot body.

Here's what you can do to put the law of attraction into action in your life. I can GUARANTEE that it will dramatically help you improve your fat loss results:

**STEP 1** - Decide what you want....get specific and very clear (e.g. I want to burn 10 pounds of fat in 30 days & get a new hot body)

**STEP 2** - Visualize already having it and what it feels like (Use the picture example I gave above if you'd like).

**STEP 3** - Take inspired action....if something pops in your head....in relation to your desires, do it now! Make it happen! Do it!

Again, the above may sound a bit weird, but believe me that this actually works. Especially if you've tried so hard to lose fat and you want it so badly.

Maximize your ability to get the body you want by putting the law of attraction to work for you. I guarantee that a transformed body will find you!

### MY PROMISE TO YOU

You've spent countless hours, months, and maybe even years trying to get the body you've always wanted.

You've tried just about everything you've come across under the sun and you are tired of being duped, misled, overworked. You've even doubted that there really is SOMETHING that works out there and you've been wondering WHEN you'll find it.

I can PROUDLY say that's over now.

That SOMETHING is this book you are reading right now. That WHEN is now.

I have provided to you invaluable secrets that will kick start your body fat loss 24 hours a day, seven days a week.

I and many others have found the information contained within this book as the fastest and most efficient route to burning fat off, transforming your body and getting lean.

And...you are next. That is my promise to you.

You can lose an average of **1 - 3 Kg of fat per week** depending on your current body mass if you dedicate yourself to this program over the next four weeks using the principles in the 30 Day fat loss program.

Of course, individual result will vary. But when you start seeing result in your body, you'll be surprised and shock at how much confidence you have and how much your body has transformed.

I have laid the roadmap in front of you....all you have to do is follow it and you'll arrive at your desired destination....faster than you may have thought possible.

If you have any questions, do feel free to contact me at my support desk at [naijaweightlosscoach@gmail.com](mailto:naijaweightlosscoach@gmail.com)

I'd love to hear about your success....so once you've put these methods into practice for a few weeks and experience great results, kindly send me an email and tell me about it.

This is because that kind of success will inspire others to do just as you will have done and that's a really beautiful thing!

To your amazing **TRANSFORMED** BODY

*Olu Aijotan*

*Nutrition and Fitness Coach*

*Author - 30 Day Fat Loss Program*

[www.naijaweightloss.com](http://www.naijaweightloss.com)

**P.S** - The next guide to read after this is the food preparation & recipe guide. In it, I show you exactly how to prepare fat burning Nigerian foods. Read it, make adjustments to your meals. I wish you the very best of luck!