

FIT BODY BLUEPRINT SEMINAR™

Energy

- You need it to perform work (to do stuff)
- Experience of the exact same events can be totally different when seen through the eyes of someone **tired and exhausted** and someone who is **flowing with energy**

Fueling Your Body Properly For Energy

- Whole, unprocessed foods are best and should be 1st choice
- Meats, vegetables, nuts & seeds, some fruit, and little starch
- Radically minimizing consumption of processed foods automatically lowers your **overall calorie intake** (arguably the biggest factor when you make the decision to “eat better” and notice positive changes in your body)
- Water – drink ½ your bodyweight in ounces (if you weigh 150lbs, drink 75 oz daily)

Exercise – CrossFit Methodology

- **Constantly Varied** (time/duration, weight/load, movements, terrain, temperature, fed/fasting state, etc.)
- **Functional** Exercises
- Performed at a relatively **high intensity**
- **Quantifiable/Measured**
- Bodyweight, weightlifting, metabolic conditioning (i.e. Cardio)
- Basic Exercises – squats, push-ups, rows, pull-ups, presses, jumping, etc

Supplementation

- 24 Day Lean Out Program
- Only when you're following a controlled exercise and nutrition protocol
- Bad nutrition (fuel) + supplementation = bad approach
- >>> <http://RichardRigor.com/24DayLeanOutProgram.pdf>
- Or get the program plus updates and more at <http://RigorousFIT.com>

How To Lose Fat – Simplified Overview of How It Happens and What You Need To Do

- Glycogen = storage form of carbs in muscles
- Muscles stay “filled” when no intense exercise/muscle contractions occur
- Continuing to eat more carbs without intense exercise causes “spillover” into fat cells
- Insulin - “Storage hormone” that pushes carbs/blood sugar into muscle cells first, and then fat cells when muscle cells are already filled

The Fit Body Blueprint

- CrossFit + eating mainly whole foods + supplementation = Accelerated Results
- Our 24 Day Lean Out Program includes 24 days of “home workouts,” sample nutrition meals plans, and supplement strategy