



Rip Toned Presents...

# The Incredible Benefits of a Weightlifting Belt



# IMPORTANT WARRANTY INFORMATION

Thank you for your purchase.

Please take a quick moment to register your product to enable the lifetime replacement warranty.

Registration is fast and easy.

1. Simply Text “rip toned” to 69922 from your mobile phone

OR

2. Visit [www.riptoned.com/warranty](http://www.riptoned.com/warranty)

NOTE: We do not sell or give away your contact or personal information.

4 Msgs/Month. Reply STOP to cancel, HELP for help.  
Standard messaging & data rates may apply. Terms: [slkt.io/mR0](http://slkt.io/mR0)

## Your New Leather Lever Rip

Congratulations on your purchase of the Rip Toned leather lever lifting belt. Due to the quality of this belt it could likely be the last leather lifting belt you ever have to buy.

This type of belt is designed to provide a rigid level of support. Although it can be used for lighter lifting or general strength activities it is probably overkill and for some would seem restrictive for these lighter exercises.

It is recommended to always carry a screwdriver with you and your belt as you may find you prefer different levels of tightness for different exercises or intensity of exercises. As well after a large meal or intake of fluids or during cutting weight your setting on the belly may fluctuate.



# Why Use a Rip Toned Weight Lifting Belt?

- ✓ Use a Rip Toned weight lifting belt to shift your progress into high gear, lift more weight, look more toned, feel more confident
- ✓ Belts for weight lifting provide much needed stability to the abdomen & muscles surrounding the spine allowing you to lift more weight while building your ideal body.
- ✓ Weightlifting belts support and strengthen an injured lower back during exercise allowing you to continue pursuing your fitness goals. Squats and deadlifts performed properly strengthen the lower back shielding the injured area which helps promote healing.
- ✓ The Rip Toned lifting belt is designed to better stabilize your entire core area which makes for a safer environment for the spine and can increase your ability to lift heavier weights... say Good-Bye to your "plateau"!
- ✓ Most of the strongest weightlifters wear lifting belts because it aids in strengthening the trunk and the abdominals, which results in a stronger lift and more quickly attained fitness goals.



## Proper Use of a Weightlifting Belt

Typically you want to wear your lifting belt relatively low on the small of your back with the buckle covering the lower abdominal area. If the belt interferes with the crease of your hips while performing squats or deadlifts then it is a bit too low.

Check out our YouTube video - How to Properly Use Your Lifting Belt

<https://youtu.be/58Rjw5bVCRI>

## One of the most common mistakes is making the belt too tight.

A good rule of thumb is once the belt is on you should be able to comfortably slide 4 fingers in between the belt and your abdominal area while relaxed.

It is helpful to understand the #1 performance benefit of a weight lifting belt is to increase abdominal pressure.



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

So if the belt is too tight you cannot inhale deeply enough to gain the abdominal pressure required to enhance your lifting performance.

In order to properly use the belt, take a deep breath of air into your belly and hold it through the exercise then exhale forcefully at the end of the movement.

This added pressure pushes your abs into the belt stabilizing your spinal region.

The increased pressure in your thoracic cavity combined with pressure from your flexed abs help balance and support your spine from the front while the back muscles apply force to support the spine from the backside... this combination provides ideal support, positioning and stability allowing you to lift more weight.

Bottom line... a lifting belt gives your abs something to push against translating into more anterior pressure for the spine which in turn allows for a more efficient transmission of force through your hips to the bar and a more stable platform for overhead lifting.

**More Pressure (from the belt) = More Stability = More Weight Lifted**

... It Really is That Simple

Since a lifting belt is primarily used to help lift more weight and to help prevent injury, in general you will want to use them during high weight lifts and max attempts.

Some like to wear a belt for all lifts while others put it on for their last warm up set and work sets, so some of this will be your own personal preference.

Please feel free to contact us with any questions or concerns at [support@riptoned.com](mailto:support@riptoned.com)

# Want to Safely Lift More Weight & Sculpt Your Ideal Physique?

Are you struggling to achieve fitness and the ideal body?

- ✓ Want to lift more weight and reach your goals quicker?
- ✓ Frustrated with a sore or injured back?
- ✓ Having difficulties overcoming a plateau?
- ✓ Not happy with your fitness progress?

## The Rip Toned Weight Lifting Belt Can Help You

- ✓ Using a weightlifting belt makes you feel safer giving you a much needed psychological edge.
- ✓ The Rip Toned weight lifting belt is not a magic pill but it is an effective tool you will want to have in your arsenal.

### Credibility:

The Rip Toned lifting belt and lifting straps are endorsed by Kevin Weiss, professional bodybuilder, powerlifter and personal trainer.

### Specifications:

- ❖ Solid top end metal lever clasp
- ❖ High quality genuine leather
- ❖ Superior stitching and assembly craftsmanship

### Product Guarantee:

The ONLY Weightlifting Belts Backed by a Lifetime No-Hassle Free Replacement Guarantee



## Buy a Rip Toned Weightlifting Belt and Receive the Following

- ❖ Kevin Weiss Rockin' Abs Guide
- ❖ Kevin Weiss Low Carb Diet Guide

### ❖ Rockin' Abs Routine

It is probably the question I get asked the most. "What can I do to see my abs?" The fact is everybody has them. A rippling six pack that they have always dreamed of is only a few inches away.

Unfortunately those few inches are the thickness of the fat on your abdomen and getting rid of that is a whole different book. So to answer the question "What can I do to see my abs?"

I usually smile and prescribe 3 to 6 sets of push ups a day.

This usually is met with a puzzled look, much to my delight. My explanation goes something like this. When you are eating and are no longer hungry (notice I did not say when you are full) push you away from the table and go do something useful.

Then I giggle like a smart ass. I heard this joke a long time ago and don't remember where but it always amuses me, too bad I can't say the same for the people I use it on. But as I said this book is about abs training not diet so let's get to the topic at hand.

The abdominal region is often referred to as the "core".

The "core" is more than just the rectus abdominis ("six-pack" muscle).

The definition of the core varies greatly within the scientific community but according to many exercise specialists, the core can be defined as the lower trunk musculature.

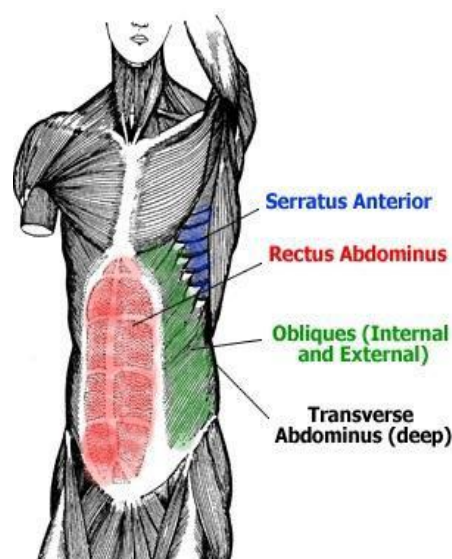
The major muscles of the lower trunk musculature are the rectus abdominis, external oblique, internal oblique, transversus abdominis (deep abdominal muscle) and erector spinae (lower back muscle).

This muscular system does 3 things.

The rectus abdominis flex the spine (bring the pelvis and ribcage closer together) as seen in crunching type exercises and also in leg raises. It also acts to decelerate extension of the trunk.

The internal and external oblique rotates and stabilizes the abdomen as well as decelerates rotation.

The transverse abdominus acts as a corset on the torso. This muscle main action is to stabilize the torso.



So if we want to have an effective program we should include exercises that involve all of these actions.

In the above diagram you can see that the muscle do not run and attach in straight lines. So it does not make much sense to train the abdominals with primarily straight line movements like standard crunches and leg raises. Traditional exercises like this do not target the transversus abdominis (deep abdominal muscle), which plays an important role in stabilizing the entire trunk. We should perform movements that work the core musculature the way it is designed to work. To stabilize the spine, pelvis and trunk in various positions and planes of motion. I think the following exercise combinations accomplish this quite well.

This program is 3 circuits of 3 exercises. Each exercise works at least one of the actions of the core musculature. Each circuit is done with minimal rest between exercises.

### Circuit 1

Side to side V up  
Over the shoulder  
MB throw  
SB pike ups

### Circuit 2

Ab wheel or SB roll  
outs  
Rotational SB knee  
drives  
10 and 2 with band or  
cable

### Circuit 3

Alternating knee in  
on SB  
SB step offs  
T stability turns on  
MB

Each exercise is done for 10-15 reps. That is per side if applicable. Go through each circuit 4-6 times resting in between each circuit as needed. Best if done as a separate workout away from your weight training but can be done in the same session if time is a factor. You can do one circuit per workout and go through it 4-6 times or you can rotate through all 3 circuits in the same workout.



Start in the straight out position and raise the legs up to 90 degrees. Alternate reaching from one side to the other. Add resistance with a med ball if required.

## Over the shoulder MB throw



You obviously do not actually throw the ball but make a motion like you are going to throw it over your shoulder, like you were tossing a bucket of water. Alternate sides or do one side at a time.

## SB pike ups



Start in the plank position and pull your feet toward your head while driving the hips up. Keep your legs as straight as possible.

# The Basics of Low Carb Diets

## 4 Considerations before Adopting a Low Carb Diet

1. You should have your health assessed by your doctor. Make sure you have no conditions that would make a low carb diet unadvisable, dangerous or counterproductive.
2. Define what you are trying to achieve and make sure it is realistic. “Losing a little weight” is too vague and “becoming a fitness cover model” is unrealistic for most people. Think hard about where you are going and how you will get there. An experienced coach can go a long way in helping you with this.
3. For your diet plan to work you need motivation to follow through with your plan even when faced with temptations. You need to find a way to remind yourself of your goal and to stay positive and believe you can achieve your objective.
4. Lastly, after all has been said and done you will have to be patient and be consistent in your dieting.

Maintaining a low carb diet is not always easy. However, you will be successful if you maintain your plan and make it a habit.

With time, it will become a lifestyle and part of you.

Like any dieting plan, you may fall off track occasionally. When this happens, forget about yesterday and move on. A stumble does not mean the end of the race.

In my opinion a properly implemented low carb diet is one of the most flexible and maintainable ways of eating you can choose.

We often hear about low carb diets and how successful they prove to be in losing weight, but what is a low Carb diet exactly?

It is a rather loose term that varies according to the person who uses it.

Any diet that contains less than the recommended 45%-65% can be considered low carb in theory. Some common features though, include consuming foods that are low in starch and sugar. The premise behind this practice is that the consumption of carbohydrates cause the pancreas to excrete higher amounts of insulin.

As carbohydrates get digested, they are broken down to glucose in the body. Insulin is released to deal with the glucose in the blood.

Glucose either gets stored as glycogen to be burned by our body for energy or, if glycogen stores are full, gets stored as fat. Not really a problem provided glycogen levels are not full when carbohydrates are consumed.

More problematic is, after consuming a meal that consists mainly of processed carbohydrates, the blood sugar level in our body goes suddenly up, causing a release of insulin and after a short time suddenly down.

This effect causes us to be hungry after only a short time from our last meal, leading us to a vicious circle of being hungry, then eating (more processed carbs), causing insulin release and finally storing fat because glycogen levels are already topped off.

The reduction of carbohydrate intake has been known to cause rapid initial weight loss. This is largely due to glycogen and water loss with a small percentage being fat. It is during this initial phase where the body begins to utilize more energy from body fat instead of glucose. This leads the body into what can be called fat adaptation or key to adaptation. This process can take between 7-14 days depending on the individual.

A common misconception about low carb diets is that people who follow this kind of eating plan are actually striving to consume a zero amount of carbs. A diet low in carbs, as the name itself demonstrates, tries to reduce the carbohydrates to a low level, not eliminate them completely. The only carbs we want to eliminate completely are the highly processed ones.

Another common myth is that a low carb diet forbids you from eating fruits and vegetables. Although fruits and vegetables do contain some carbohydrates that does not mean one should eliminate them completely. The fibre and nutrients found in these foods make them an essential part of the diet, not the opposite.

# A Low Carb Sample Meal Plan

While there is an endless supply of different variations to a low carb diet plan, you have to start somewhere. While the following meal plan ideas are enough to start off with, it is important to note that this is not an individualized plan and is only a basic guideline. Make sure to learn about and expand your low carb dieting meal variations with help from an experienced, reputable source.

## Breakfast

2-3 egg omelette

1 cup veggies of your choice (Mushrooms, peppers, onion, etc.)

1/2 grapefruit

## Lunch

3-4 oz chicken

A large green leaf salad with mixed veggies of your choice

Olive oil, vinegar, and spice to desired taste as dressing

## Afternoon Snack

### **Option 1:**

1 oz string cheese  
apple

### **Option 2:**

1oz raw nuts  
(cashews, almonds or walnuts)  
1 cup berries

## Dinner

3-5oz grilled sirloin or salmon

2 cup coleslaw

1 cup green beans

## Contact Info

Thank you for choosing Rip Toned. We truly take pride in providing quality items to give users the best experience.

If you have any questions, please do not hesitate to get in touch with us through:

Email: [support@RipToned.com](mailto:support@RipToned.com)

Website: [www.RipToned.com](http://www.RipToned.com)

Twitter: @RipToned

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Youtube: [www.youtube.com/user/RipToned](http://www.youtube.com/user/RipToned)

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Pair



Elbow Sleeve  
Single



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