The Ultimate Get Lean Guide

Unleash the Amazing Body Hidden Inside You
The Ultimate Get Lean Guide

Compliments of
Belinda Benn
C Aussie Fitness Ltd. 2012

Want to know more about the Get Lean Program?

Click Here
Congratulations On Downloading This Powerful And Life-Changing Ultimate Get Lean Guide!

You’re about to discover how to unleash the amazing body hidden inside you.

Please read this carefully through to the end, you’ll be glad you did!

Questions? Please Post Here....

Belinda Benn’s Blog

Thank You!
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There are hundreds if not thousands of diet and exercise programs on the market. If you’re like a lot of women, you’ve probably tried a fair number of them over the years. Some of them seemed to work, at least at first. But then you hit a plateau that you couldn’t shake. Or you gained the weight back. Or the program just didn’t work for you… period.

If this sounds familiar, take comfort in knowing that you’re not alone. This is why you meet so many women both online and offline who’re struggling to reshape their bodies and lose the fat. And they’re confused, like you, because they’ve done everything they were told to do… but nothing has really changed.

Here’s why it’s not working...
You know what I’m talking about – diets that leave you with hunger pangs and intense cravings. Seems like you’re hungry all the time. Pretty soon all you can think about is food, which makes the hunger and cravings even worse. And since your stomach is never satisfied, you end up feeling tired and irritable.

You can follow this sort of diet for a while. Maybe a few days, maybe a week or two. But it’s not a long-term solution, because no one can stick to a diet that has you struggling with hunger pains and irritability. And you’ll probably just end up binging in the end.

The good news is that you should NOT eat in a way that leaves you hungry. Your body shouldn’t be starving. Because if it thinks it’s starving, it’s going to cling tenaciously to every bit of fat, making it all that much harder for you to lose weight.

Here’s the good news: just a bit later in this report you’ll find out how to eat in a way that leaves you feeling satisfied, since you get to eat every few hours all through the day. (You can even have your favorite treats!)
Traditional Diets Aren’t Sustainable

Yes, feeling hungry and irritable all the time is one reason that many traditional diets aren’t sustainable. Some of them are also so bland that you can’t stick to them because your taste buds get bored. And still other traditional diets aren’t sustainable because they’re unbalanced and even dangerous.

Your body needs a balanced diet, which includes a good source of proteins, essential fatty acids and carbohydrates at every meal. If you start cutting certain healthy foods out of your diet (such as fruits high in antioxidants or healthy fats), then you’re robbing your body of the nutrients it needs. In the long run, that’s unhealthy and it will take a toll.
Traditional Diets Cut Muscle (Not Fat)

Here’s a nasty little secret about the dieting industry...

Many diets are designed to have you lose a lot of weight, every quickly, so that you see some instant results.

Sounds good, right? In fact, a lot of women come to me desiring fast results. I’m sure you know what I’m talking about. When you hit rock-bottom in terms of your body, you just want to turn it around as fast as possible. And so that’s why a lot of traditional diets focus on giving you these sorts of fast results.

But there’s a catch...

When you see the scale sliding down fast, you can bet it is NOT fat that you’re losing. Instead, you’re losing water, muscle and other valuable tissue. So while your scale weight is going down, you’re not actually changing your body shape.

With traditional diets, the scale weight changes, but your body doesn’t. You still can’t comfortably wear a swimsuit or even shorts. You end up “skinny fat” and still with cellulite.

Skinny Fat With Cellulite
But that’s not the worst of it.

The worst part is that this sort of crash-dieting and starving actually slows your metabolism to a crawl. And when this happens, you need to starve yourself even more in order to see the scale budge. But remember, you’re not even losing fat, you’re losing muscle. So it becomes a vicious cycle of starving yourself to lose weight, followed by an even slower metabolism – ad nauseam!

Truth is, your body really does think it’s starving, so what it’s doing is conserving your energy in case there’s a long-term famine. If you were truly living through a period of famine, this would be a great survival mechanism for you. You’d be thanking your body for conserving its energy.

But when this adaptation and survival mechanism kicks in when you’re purposely trying to lose weight, it’s irritating. And you know what? Those who’re selling you the traditional diets really don’t care. That’s because they know they’re selling unsustainable diets that will give you poor results.

Face it: these sellers know you won’t be able to stick to their diets anyway (no one can). They know that when you stop following the diet, you’ll blame yourself. And so they can keep peddling these dangerous, metabolism-slowng diets, because no one is going to stop them.

That’s why I’ve developed a program that actually speeds up your metabolism.

Because in order for you to shed the weight, you need to work WITH your body… rather than fighting against it. And in just a little bit you’ll find out how to do exactly that.
Traditional Diets Leave You Exhausted

Sure, you feel fine when you’re eating. But an hour or two later, you crash. You know what I’m talking about -- you get the “afternoon sleepies” after lunch. You can hardly drag yourself through the rest of the work day. And never mind even trying to think about dragging yourself into the gym. Not gonna happen!

The above is pretty typical of crash diets. Simply put, the combination of low calories and eating the wrong kinds of food just wipes you out. It works against you. You don’t even have enough strength to exercise, which further hampers your efforts to lose weight. And this is yet one more reason why these traditional diets are completely unsustainable.
Traditional Diets Prescribe the Wrong Kinds of Exercise

Think about the last diet program you followed. Chances are, you did quite a bit of cardio, right? That’s common. And yet doing the wrong amounts or the wrong kind of exercise (especially too much cardio) can sabotage your efforts. Your body might start to shrink a bit, but you end up skinny fat.

This means that while overall you’re smaller, your body is still carrying a lot of fat. You look marginally better in clothes (as long as you’re wearing pants and shirts with long sleeves). But strip the clothes away, and your body is saggy, flabby and dimpled with cellulite.

Need proof? Just look at people who do a lot of long-distance running or cardio. They’re soft and flabby. Their skin sags unattractively. And if you get a close enough view, you’re going to see cellulite. Which brings us to our next point…
Traditional Diets Make Cellulite Worse

It’s true – traditional diets don’t address the problem of cellulite at all. In fact, many traditional diets actually make cellulite worse. This is especially true of those diets that slow your metabolism, strip your muscle and leave you skinny fat.

I’ve seen it on my own body. I’ve seen it on my clients’ bodies. In fact, I had one client, Pili, whose story really sticks with me.

Pili was 5’5”, a mere 108 pounds and just 21 years old. Yes, she was skinny. So you wouldn’t expect someone like her to come to me for help. But she did, and she was almost in tears because of her cellulite.

Really, I almost didn’t believe her. I mean a 21 year old skinny woman with fatty cellulite? She didn’t fit the “profile” of a middle aged, overweight woman. But it turns out that cellulite can affect anyone (especially women) of any age and any body condition. And so saying that Pili was “affected” was an understatement – her body, especially her legs, were riddled with dimples and pockets of fat.

The problem with Pili and many other women (including myself 10 years ago) is that we’re fed a lot of bad information about cellulite. We’re told:

- Cellulite is a buildup of toxins. And that certain wraps and supplements can “flush” these toxins. Not true!
- The only way to get rid of cellulite is through liposuction. Not true!
• Older women are the only ones to get cellulite. Not true!

• People who are or were overweight are the only ones who have to deal with cellulite. Not true!

And here’s one of the biggest lies of all: it’s impossible to get rid of cellulite, so you just need to live with it. Not true. Absolutely NOT true!

I’m living proof that you can get rid of cellulite. So is Pili. And so are dozens of other women I’ve coached and trained to help them get rid of their “cottage cheese” thighs and other unsightly fat deposits.

The reason I was able to get rid of my cellulite as well as my clients’ cellulite is because I spent some time studying it. I discovered that cellulite is actually composed of bumpy, irregular fat deposits that are protruding from your subcutaneous fat level up to the surface. Obviously, you have some fat underneath your skin. But when it protrudes irregularly, then you end up with cellulite – that unsightly, dimpled skin.

What’s interesting about all of this is that you have a layer of muscle sitting directly beneath this layer of fat. And if you use some very special sculpting, lifting and toning exercises (which you’ll discover in my Get Lean Program), you can get that layer of muscle to push against the fat, thus creating a natural, even distribution of the fat layer.
End result – the dimples disappear, and you’re left with smooth skin and a beautifully toned body! Finally, you can wear shorts, short sleeves and even swimsuits again. And you’ll feel GOOD about doing so, because your body is drop-dead gorgeous.

Truth is, there are a lot of reasons that women use my Get Lean Program, such as for better health, to shed fat, to get more energy or to turn back the hands of time. But again and again, happy customers tell me that one of their favorite benefits is that their cellulite disappeared. That’s not by accident. My program is designed to get rid of your cellulite, for good!
Traditional Diets Aren’t Built on Science

As mentioned above, some fad diets get your scale weight sliding down fast in the first week or two, but all you’re doing is shedding water and your much-needed muscle tissue. That’s because those diets aren’t built on science. They’re just built on hype and theory and even dangerous trends.

Consider some of the dieting tricks you’ve heard. Some people will tell you to cut the fat from your diet. Problem is, your body NEEDS fat, which is why good sources of fat (like nuts, seeds and oils) are referred to as essential fatty acids. And when you eat the right fats in the right amounts, you can actually help your body accelerate its fat-burning processes.

Or here’s another one of the tricks you’ve heard about: cut the carbs out of your diet, including fruits and veggies. Again, this is dangerous. Your body prefers to use carbohydrates for energy (that’s a scientific fact). And if you supply your body with the fuel it needs with good sources of carbohydrates, then you’ll feel better. And you’ll have all the energy you need to get into the gym to do the resistance exercises that will help you blast away your cellulite.

Point is, many traditional diets are based on shaky theories. Some of these diets are unhealthy or even dangerous. That’s why my Get Lean Program is built on science – because you should NOT risk your life in order to get a beautiful body (and fortunately, you don’t need to).
Traditional Diets Don’t Include A Personal Touch

Have you ever tried anything like the Atkins diet? If so, did Dr. Atkins personally coach you? How about Dr. Phil’s diet? If you tried his diet, did you get a chance to personally interact with Dr. Phil?

Of course not. These diet sellers (and many others) are content to just toss a book your way and let you figure it out for yourself.

But you know what’s missing from a book?

Motivation, coaching and guidance.

Because no matter how good a diet program is, it’s not going to help you at all if you can’t get motivated to follow it. If you don’t have the ongoing support and guidance you need to succeed, then there’s a good chance that you’re going to stumble on your body-transformation journey.

That’s why my Get Lean Program includes coaching. When you join the Get Lean Program, you get 30 days of free access to my Aussie Transformation Coach private site, where I’ll give you the tools, support and extra guidance you need to succeed. And you always have the option of continuing to receive my personal coaching past the initial 30 days. I’m there for you if you need me!
Workout of the Month

September: The Optimizer Workout
This month I have a unique and powerfully effective workout for you! The “Optimizer” is a high intensity interval workout booster designed to accelerate fat burning while sculpting and shaping your body. This is

August: Sexy Legs Workout 1
This month I have an AWESOME sexy leg workout for you! I’ve been listening to your questions and comments in the forum and have put together this powerful workout. Sometimes, the most simplest of movements –

July: Power Core Workout
This month I’ve recorded a core workout that will hit your muscles from every angle to get a flatter and more defined mid section. This workout is time efficient but intense (you should feel sore the next day when you touch

June: Sexy Arms Workout!
Toned, beautifully shaped shoulder are….SEXY. Even if your delts have never seen the light of day…there is hope! Training your upper body requires a little bit of mental grunt for us girls…we are not as strong as guys in

May: Sexy Butt Workout 1
The “saggy butt syndrome” is something I hear about regularly from girls. The effects of gravity over time, loss of body fat with poor muscle tone, too much steady state cardio and not enough training focusing on muscle

April: The Bodyweight Timesaver Power Workout
Hello everyone! Here is April’s Workout Challenge :) Believe it or not, my life is hectic also and finding time to squeeze my workouts in isn’t always easy. The last few months

Recipe of the Month

November – Hot Body Chocolate Biscotti
Sinfully Healthy and delicious food is the theme this month! This extremely tasty & healthy biscotti has ‘super food’ ingredients that will help you boost your daily nutrition.

October: Prawns (or Chicken) with Lemongrass and Green Vegetables
This month I have been inspired by my trip back to Australia and New Zealand. I love Thai food and there are sooooo many awesome restaurants there. And I love

September: Simple Quinoa Salad with Lemon Dressing
I’ve got the most delicious super simple salad for you! This keeps for days in the fridge and is ideal for a quick and scrumptious Get Lean lunch (portion guidelines: 1 1/2 to 2

August: Moroccan Beef (Buffalo or Kangaroo) & Chickpea Chilli
Check out this recipe I made over the weekend…it is simply DELICIOUS! Even if you don’t like chilli – or hot foods, you can omit the cayenne pepper and it’s still very

July: Breakfast Quinoa Sweet Potato Bake
Here is a fabulous substitute breakfast for those of you who are getting a little bored with oats! Quinoa (pronounced ‘keen-wah’) has been labelled a superfood by

June: Get Lean Waldorf Chicken Salad
The Waldorf Salad was first created in the late 1800’s at the Waldorf Hotel in New York City. If you’re like me, memories of this salad in my past eating lives are not great (think salad bars)…but recently I discovered that this
I’m going to take a wild stab in the dark here – I bet some of the diets you’ve tried were created by people who were nothing like you. I know I’ve looked around the internet, and I’ve seen an awful lot of diets created by young, 20-something men. These are guys who:

- Already have fast metabolisms.
- Haven’t struggled with yo-yo dieting.
- Haven’t dealt with “skinny fat” bodies.
- Haven’t dealt with cellulite.
- Have no idea about how hormones affect women and our bodies.
- Have no idea how age affects women’s bodies.
- Have no idea about how pregnancies and even menopause affect us.
- Don’t understand the psychological aspects of dieting (like cravings) that women know all too well.
- Don’t understand how women’s calorie and exercise requirements differ from men’s requirements.

Point is, just because a particular diet program works for a 20-something year old male does NOT mean that it’s going to work for you. We women have special bodies and special issues (hormones, cellulite, etc). And that’s why it’s important for you to work with a program like the Get Lean Program – designed by a female who thoroughly understands these issues. Because as I said before, you need to learn to work WITH your body, rather than fighting against it.

Ready to learn how? Then read on...
Sometimes women think that once they leave their 20’s, that they’re also leaving behind the potential to get the best bodies of their lives. It’s simply not true – not when you know the diet and exercise secrets that seem to turn back the hands of time. Not when you know how to combine the right diet and exercise to fight sag, cellulite and the signs of aging. Not when you know how to unlock your full genetic potential.

Let me explain...
Stop Starving and Start Eating Well

You’ve probably seen the diet programs that either drastically cut your calories (which is NOT a good idea) or create such an unbalanced diet that it puts your health and well-being at risk. The Get Lean Program doesn’t do anything like that. Instead, you’re going to learn how to eat enough of the best sources of proteins, carbs and fats.

Let me explain...
You Need to Eat!

The thing that surprises a lot of women about the Get Lean Program is that they end up eating more calories than they expected to. Maybe even more calories than they were eating BEFORE they started the program. There are three reasons for this:

1. **Not all calories are created equal.** Sometimes those who’ve been eating sugary diets don’t even need to cut calories in order to lose weight. All they have to do is start eating clean (more on that in a moment), and the body happily responds.

2. **You need energy.** In order to have a good workout, you need plenty of energy. And the only way to get this energy is by eating enough calories.

3. **Your body needs to know it’s not starving.** As you discovered earlier, your metabolism will slow to a crawl if your body think it’s starving. That’s why you need to eat enough calories. Because as soon as your body realizes it’s going to get enough food, it happily starts letting the fat melt off.

Now, we could go through all sorts of calculations to determine exactly how much you need to eat. However, these calculations are just guidelines. So what you can do is start out by just eating cleaner, by choosing good sources of fats, proteins and carbohydrates.

Don’t worry about cutting or counting calories – at least not in the beginning. Just change your diet and see if the fat doesn’t start coming off all on its own. Use a measuring tape, the mirror or the fit of your clothes to measure your progress. If you don’t see any visible changes, then you can start lowering your calories, slowly, such as shaving a couple hundred calories off your daily intake.

So, what do I mean by good sources of fats, carbs and proteins? Read on...
Get Good Sources of Fats, Carbs & Proteins

As I told you before, you need to make sure your diet is balanced. And that means that you should eat a good source of fat, carbohydrates and protein at EVERY meal.

Here are good sources of each of these macronutrients...

**Good Sources of Essential Fatty Acids**

- Almonds
- Natural nut butters (e.g., natural peanut butter)
- Nut oils
- Coconut oil
- Sunflower seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Hempseed
- Seed oils
- Avocados
- Olive oil
- Fish oil

**TIP:** Essential fatty acids tend to slow down the absorption of your food. That’s why you should skip the fats in your after-workout protein shake, because you want to absorb the whey as quickly as possible. But you should certainly add a good source of fat to the next regular meal you have (which is generally an hour or two after you work out).
Good Sources of Carbohydrates

- Steel cut oats
- Quinoa
- Wild rice
- Sweet potatoes
- Beans
- Leafy greens
- Broccoli
- Beetroots
- Tomatoes
- Apples
- Oranges
- Bananas
- Strawberries
- Raspberries
- Pumpkins
- Squash

**TIP:** Fruits tend to convert to sugar quickly. That’s why fruits are good sources of carbohydrates immediately following a workout, when your body is starving for nutrients and energy. You can add some fruit to a whey protein shake to make a delicious after-workout smoothie.
Good Sources of Complete Proteins

- Egg whites
- Milk
- Low-fat cheese
- Cottage cheese
- Yogurt
- Tuna
- Chicken breast
- Turkey breast
- Duck breast
- Lean Pork
- Lean cuts of beef (e.g., round steak)
- Lean Lamb
- Organic Soy products

**TIP:** If you’re a vegetarian or vegan, then you’ll need to eat multiple sources of incomplete proteins (like rice and beans) in order to get your required protein intake.

As you’ll notice, all the above foods are unprocessed, whole foods. That’s why you see things on the list like:

- Whole fruit (rather than concentrated juice)
- Steel cut oats (rather than processed, sugary cereals or even instant oatmeal)
- Natural peanut butter (rather than processed peanut butter which includes sugar, additives and preservatives)
- Chicken breast (rather than processed meats)

**The idea is that you need to eat as close to nature as possible.**

Steer clear of the processed, packaged foods and choose whole “clean” foods whenever possible.
Keep Your Body Fueled

A lot of people skimp on or even entirely skip breakfast. Still others have three big meals during the day. But neither of these are good ideas. That’s because your body needs a steady supply of fuel (food) to give you energy. Plus as an added bonus, every time you eat your metabolism gets a boost.

So what this means is that you need to divide your daily food intake into about six small, balanced meals of roughly equal size. Then you eat these meals every two to three hours.

For example:

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<thead>
<tr>
<th>Meal 1</th>
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<td>Meal 2</td>
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<td>Meal 3</td>
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<td>Meal 4</td>
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<td>Meal 5</td>
<td>6:00pm</td>
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<tr>
<td>Meal 6</td>
<td>9:00pm</td>
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As mentioned before, the key is for you to eat a good carb, protein and fat in just about every meal. For example:

- In the morning, you might enjoy steel cut oats (carb), egg whites (protein) and flax seed (fat).

- Later in the day you might enjoy foods such as marinated chicken breast (protein) with quinoa (carbohydrate & protein) and baby greens salad (fibrous carbohydrate) with extra virgin olive oil (fat).

- During the afternoon or evening meals you might enjoy salmon (protein and a good source of fats too) and green vegetables (fibrous carbohydrates).

**TIP:** *Skip the sugary or processed beverages and instead drink water, black, white or green tea (which is full of antioxidants) or even almond milk (which is a good source of protein).*

Just remember that each of these meals is small, since you’re spreading your food intake out over the entire day.
You’ll see that I don’t include sugary foods, alcohol or processed foods in the diet. However, that doesn’t mean that the diet is bland or boring. Far from it. That’s because:

1. I’ll provide you with delicious meal ideas and recipes. When you join the Get Lean Program, you’ll discover exactly why it’s so easy to stick to the program. Simply put, you won’t be eating things like dry rice cakes. Instead, you’ll enjoy some surprisingly delicious and rich foods – perhaps even healthier versions of what you’re already eating!

![Breakfast Quinoa Recipe](image)

![Breakfast Quinoa Nutrition](image)

2. You can enjoy one or two weekly treat meals. I know, sometimes you just get a craving for certain foods. If you deprive yourself, you’ll be unhappy – and you’re likely to binge later. That’s why I prescribe a weekly treat meal, where you can enjoy all your favorite foods (even chocolate) without any of the guilt!

The above is a good overview of how to eat in a way that supports your body in its fat-burning process. That’s part of the equation. Here’s the other part...
Exercise Your Way to a Better Body

Generally I find that the women I meet are doing too much exercise, or they’re doing the wrong kinds of exercise. So their body is burning muscle rather than fat, which results in the “skinny fat” body or the cellulite-ridden, saggy body that I was telling you about earlier.

• Point is, you may be pleased to hear that you’re probably going to decrease your time in the gym while achieving better results. And you’ll do this in two ways:

• Using bodyweight and resistance training to sculpt, tone and lift. These exercises were created with female-specific issues in mind. And yes, these are the same exercises I used to get rid of my cellulite.

Doing cardio. Tired of spending hours on the treadmill? Wouldn’t you rather get your workout done in about 15-20 minutes? That’s exactly what I’ll teach you how to do with the Get Lean Program.

Let’s take a closer look at these two components...
When you use the Get Lean Program, you can choose whether to do bodyweight exercises, resistance training or a combo of both. And we’ll start at the level that’s right for you (beginner, intermediate or advanced), so you can ease into the program to get great results.

Yes, I said resistance training. And yes, resistance training requires you to lift weights. But don’t get scared off. And don’t think for a moment that you’re going to “bulk up” or get bigger.

Guess what?

That’s not going to happen to you. I PROMISE. Because you simply don’t have enough testosterone in your body to develop a physique like that naturally. You’d need to take steroids. And you’d need to eat many thousands of calories per day in order to give your body the fuel it needs to build muscle. And it wouldn’t hurt to be genetically blessed to boot.

So, maybe you’re wondering what WILL happen if you do resistance training and bodyweight exercises? The good news is that you’ll burn fat while developing sleek, shapely muscle. You know all those actresses, singers and other celebrity women whose sleek physiques you admire? They got those bodies using bodyweight and resistance training exercises – the same kinds of exercises you’ll do when you use the Get Lean Program.
What you’re going to do is target your main muscle groups. This includes your legs, butt, abs (core) chest, arms, shoulder and back. You’ll do full body, compound moves that incorporate many of these muscles. And you’re not going to do endless repetitions. Instead, you’re going to do a small number of focused, effective repetitions for each exercise you perform.

**What do I mean by focused and effective?**

Well, that’s where my program is a bit different than others. That’s because I’ll teach something that very few people know about, and even fewer are talking about. And that’s mind-muscle activation.

Thing is, I don’t want you to just go into your basement or to the gym and start mindlessly flying through your workout. Instead, you’re going to very carefully pay attention to each move you make. You’re going to make sure you’re activating the correct muscles.

Let me give you an example...

Imagine if you bent over to pick something heavy off the floor. There are different ways to do this:

1. Using your arms, shoulder and back muscles. (Bend over so your body is parallel to the floor, grasp object, and pull object towards your body.)

   OR...

2. Using your leg and butt muscles. (Squat down keeping your shoulders back and head up, grasp the object, and then push slowly back up with your legs, pushing your heels into the ground and keeping your back straight.)

**Feel the difference?**

The same is true of the exercises you do in the gym or at home. It’s quite likely you’re not using the muscles you should be in order to effectively re-shape your body. You think you’re doing all the right “exercises” but nothings working. And you wonder why you’re not getting great results.

That’s why the Get Lean Program teaches you mind-muscle activation so every moment you spend doing bodyweight or resistance training delivers awesome results.

**You can start using mind-muscle activation immediately.**

For example, get down on the floor and do a couple crunches right now. Do them slowly, while paying attention to how your ab muscles feel. As you crunch push your lower back to
the floor and pull your tummy in towards your spine. Pause at the top of the crunch for a moment and hold it. Then lower back down very slowly. Repeat 10 times and feel the difference for yourself!

You need to make sure the muscle group you’re targeting is the one doing all the work. Sounds simple, right? And yet it’s going to make a huge difference in your results. Try it for yourself and you’ll see what I mean.

Here are the types of basic exercises you can do at home or in the gym:

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<tr>
<td>Lunges</td>
<td>Squats</td>
<td>Jumping Jacks</td>
<td>Isometric squat</td>
</tr>
<tr>
<td>Core super set</td>
<td>Crunches</td>
<td>Yoga push up</td>
<td>Floor hip extension</td>
</tr>
<tr>
<td>Tricep dips</td>
<td>Russian twist</td>
<td>Planks</td>
<td>Hamstring curls</td>
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You’ll do these exercises in a circuit; gradually increasing the number of seconds you perform each exercise while decreasing the rest periods between exercises and circuits. It’s both a cardio workout and a sculpting/toning/lifting workout in one 20-30 minute session.

The other thing I want you to know about this workout is that it’s specially designed for women.

One of our biggest problems is the cellulite on our butt and legs (especially our thighs). And exercises like the variations on the lunge and the squat are designed to build the muscle, which pushes up the fat layer and thus smoothes out the dimples… effectively ridding you of cellulite! Just stick with it for a couple months and you’ll see what I mean.
To give you an idea of what’s possible in the real world, here’s just one of my Get Leaners untouched photos, before and after 3 just weeks on the program.

Suzanne, Before & 3 Weeks After Starting Get Lean

Take a moment and let this sink in: the cellulite you’ve struggled with for years can smooth out and disappear within two months from now. And all you have to do is follow my Get Lean Program. Pretty amazing, right?

Now, even though the bodyweight and resistance training gives you a pretty good cardio workout, you’ll burn fat even faster if you incorporate extra cardio into your weekly routine.

Which brings me to the next point...
Do the Right Kind of Cardio

Most women I know who’re struggling with their weight are doing too much cardio. That’s no typo. That’s right, they’re doing TOO MUCH cardio.

Remember earlier when I was talking about how your body is remarkably good at adapting? It not only adapts to the calories you take in, but it also adapts to the exercise you’re doing. So when you do slow, steady-state cardio (like walking or jogging on a treadmill), your body eventually gets very good at doing this exercise by using as little fuel (calories) as possible.

This means you may hit a plateau.

Or worse yet, your body will start burning muscle for fuel, which means you’ll end up with the unshapely “skinny fat” body that’s riddled with cellulite.

Of course when this happens, most people automatically start doing more cardio. And a vicious cycle ensues where the body keeps burning muscle and the person keeps upping her cardio.

Good news – you can quit doing those hour-long walks on the treadmill. Instead, you can be done with your workout in about 20 minutes. And better still, your body will be so revved up it will burn calories for up to 36 hours AFTER your workout is over. You’ll burn calories even when you’re sleeping?

How?

By doing high intensity interval training (HIIT). You do intervals for about 10-15 minutes, during which time you alternate between doing a period of high-intensity work and doing “active recovery” periods.

Here are examples of some basic intervals. In each example, your workout would consist of about 7-15 intervals (depending on your fitness level):

<table>
<thead>
<tr>
<th>High Intensity</th>
<th>Active Recovery</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jog one minute</td>
<td>Walk for two minutes</td>
</tr>
<tr>
<td>Sprint for 30 seconds</td>
<td>Jog for 45-60 seconds</td>
</tr>
<tr>
<td>Bike hard, uphill, for 30 seconds</td>
<td>Bike at a normal pace for 30 seconds</td>
</tr>
<tr>
<td>Row hard for one minute</td>
<td>Row more slowly one minute</td>
</tr>
<tr>
<td>Jump rope fast for 45 seconds</td>
<td>Jump slower for 45 seconds</td>
</tr>
</tbody>
</table>
As you can see, you can use a variety of exercises. As long as it’s an exercise where you can switch from high intensity to lower intensity, you can use it for your HIIT workout.

You’ll also see that each of the examples I give different interval lengths. Your fitness level is going to shape the length of your intervals.

For example, if you’re just starting out then you may do something like jogging for one minute followed by walking for two minutes. As your fitness level increases, you can increase the intensity of your exercise (e.g., from jogging to sprinting to running). And you can also increase the length of your high intensity periods while decreasing your active recovery periods.

To summarize, your workout program should be strategically structured to optimize fat burning and sculpt through building muscle.

This is a delicate balance. You need to get lean by reducing body fat, while at the same time, tone and sculpt through increasing muscle density. With the right weekly sequence and frequency of bodyweight, resistance and HIIT workouts, you can achieve your true potential.
PART 3

Your Ultimate Transformation

Today you’ve just discovered the nine reasons why traditional diets haven’t worked for you.

And you also discovered the keys to creating a program that not only works, it’s specially designed for women to create a shapely body and help you get rid of cellulite.
Let’s recap the key components:

- **Good Nutrition.** Here you learned about eating the right kinds of foods in the right amounts. Kiss those hunger pangs goodbye!

- **Bodyweight and Resistance Exercises** for toning, sculpting, lifting and getting rid of cellulite. Just when you thought you’d never be able to comfortably wear bathing suits or shorts again!

- **A Cardio Program** that requires just 20 minutes... yet it boosts your metabolism for up to 36 hours later. You’ll burn calories even when you’re sleeping!

So far, I’ve given you a good overview of the Get Lean Program. And at this point, you know enough to get going and start seeing some good results. But if you’re truly serious about transforming your body – if you can already imagine what it will feel like to have the best body of your life – then you need to join hundreds of other women from around the globe who’re doing the Get Lean Program.

When you join Get Lean, you’ll discover every last strategy, tip and secret trick I know for safely and effectively getting rid of fat for good. You’ll feel better. You’ll look better.

**Your confidence will go through the roof.**

Because changing your body doesn’t just put you in a smaller dress size or give you a body that looks great in a bathing suit. It also turns back the hands of time. It makes you feel sexy. You get a sense of confidence that spills over into every other area of your life, from the boardroom to the bedroom.

That’s why I’m asking you to take the first step in changing your life today. And when you join the Get Lean Program, I’ll be right beside you every step of the way. You get free coaching for the first 30 days. That’s free guidance, free ongoing support, and free motivation to make sure you get the body you’ve always wanted.

**You simply cannot fail when I’m in your corner.**

Maybe you never thought you’d be able to lose the weight, get rid of the cellulite and get the lean, strong body you’ve always dreamed of. I know you can, because I did it. I’ve helped countless other women do it. And I’m going to help you do it today.

You’ve earned this. You deserve this. So take the first step right now by going to:
Click Here For Your Get Lean Program

Join the Get Lean Program – do it now and you will never look back!

Belinda Benn
Your Aussie Transformation Coach