

FIT • TRANSFORMING • CONSISTENCY
HEALTHY DIET • EXERCISE • TARGET
FAITH • PERFECTION • STRONGER
SUPER-CONFIDENT • SUCCESS • STRIVE
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THE
NUFitTM
SYSTEM

This book is dedicated to all of our clients who have changed their lives with Exercise Coaching and the NuFit™ System and to those who are taking the next step to transforming their lives.

CONGRATULATIONS!

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As you follow the steps involved in the transformation process for your body, you will be fascinated by your newly improved, super-confident self that only existed previously in your dreams. You will uncover a positive self-image, as well as a refined body shape that is **confident, strong** and **sexy**. Your friends and family will begin to take notice, and the positive feedback that you receive will confirm that you have just invested in the most powerful tool ever created for a successful body transformation - the NuFit™ System.

www.hardexerciseworks.com

www.5weekbootcamp.com

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FOUR STEPS TO SUCCESS

- 1.) **NO EXCUSES** – We encourage you to see yourself succeeding! Once you begin to look at life through your eyes of faith, your actual physical appearance will fall in line with what you see!
- 2.) **EXERCISE** – We define exercise as constantly varied functional movements performed at high intensity on a daily basis.
- 3.) **STRIVE FOR CONSISTENCY**
 - Establish your goals & keep them at the top of your mind in everything that you do.
 - Plan your meals in advance.
 - Eat your meals at the same time each day.
 - Complete your food journal.
- 4.) **DRINK WATER** – Drink a minimum of ten 8 oz. glasses per day.

3 MANDATORY RULES YOU HAVE TO FOLLOW

- 1.) **ASSIGN A SPECIFIC TARGET DATE** and tell yourself that you are worthy of these goals and that they will be achieved by the assigned target date. Say to yourself, “No matter what challenges present themselves in my life (and there will be challenges), the burning desire to achieve my goals is more important than anything else.” “NOTHING will deter me from being successful.”
- 2.) **YOU HAVE AN OBLIGATION TO HELP OTHERS BY SHARING YOUR SUCCESS.** As we share these proven techniques that can permanently improve your quality of life and physical appearance, so must you. When The NuFit™ System begins working for you, share your fantastic results with your friends and family members. Be proud to tell them how you’ve achieved and/or are achieving your goals through this system. Tell them honestly how The NuFit™ System is working for you and how it can work for them too! Improving someone’s self-esteem, physical appearance and even their life is such a fantastic feeling and we encourage you to share in our joy by spreading that feeling to everyone!!
- 3.) **THE MOST IMPORTANT NATURAL LAW IS TO HAVE FAITH IN GOD.**
Every day you must acknowledge and thank God for helping you along on your journey and for your results.

GOALS TO ACHIEVE THIS YEAR

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ (home) _____ (work)

Goal	Target Date
1.	
2.	
3.	
4.	
5.	

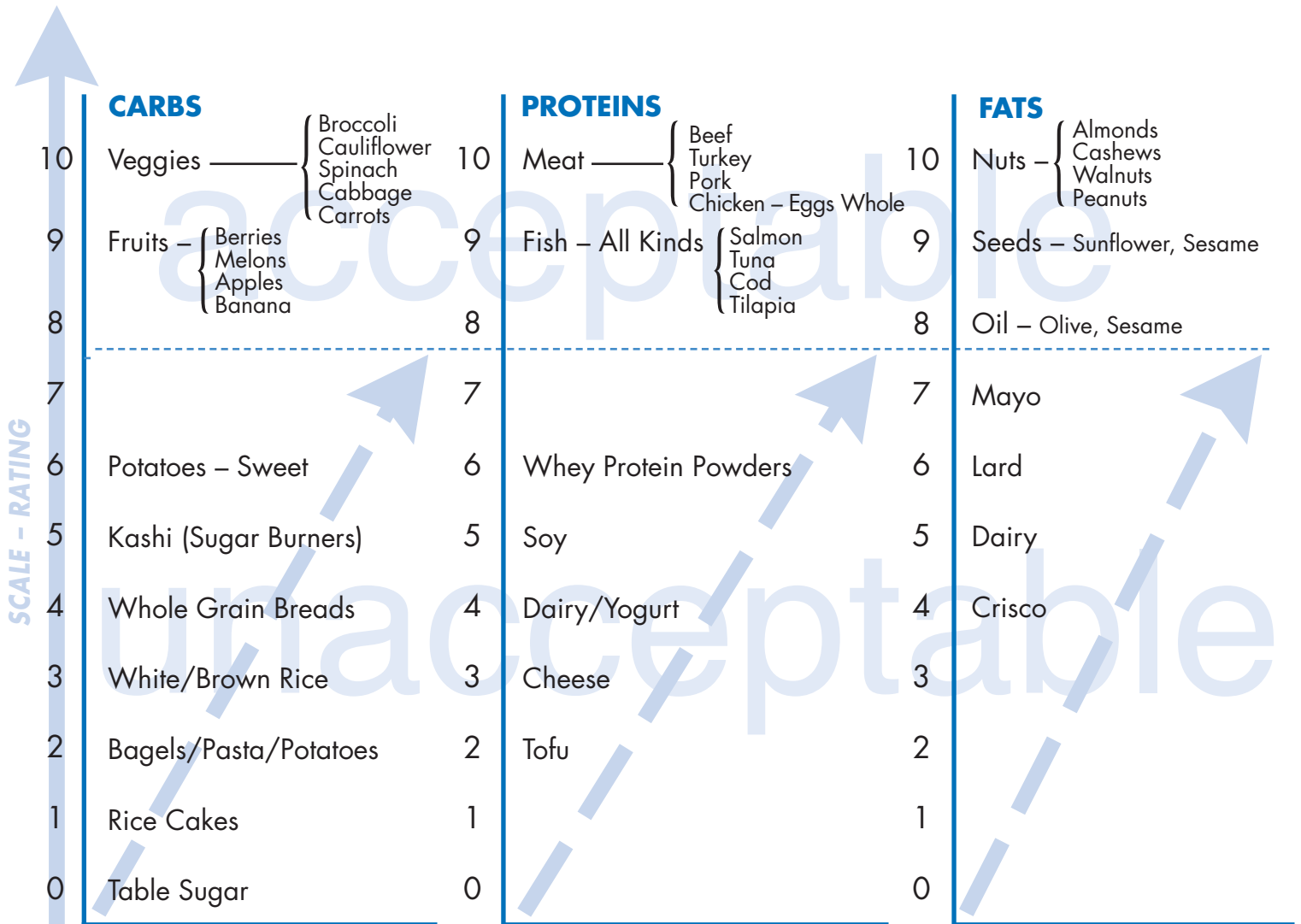
success

5 WEEKS TO LEAN - STRONG - ATHLETIC BODY

Athletes/Warriors view their diets from the standpoint of "Work Production," commonly referred to as Energy Expenditure. When you understand this fact, the following 3 charts help determine whether you fall in the category of a Fat Burner, or a Sugar-Burner.

Athletes are Fat Burners, the preferred source of fuel for the body. Most Americans are Sugar-Burners. They've bought into the high carbohydrate myth, consuming copious amounts of calorie dense, low production foods. Grains, Whole Grains, Kashi, Pasta, Breads, Rice, Potatoes, Beans, Bagels, Blended Fruits and Veggies, etc are the culprits. Converting to quick sugars, they offer little or no support for sustainable fat loss and health.

Eliminating these foods from your diet will not only decrease fat, but you'll increase strength, and increase work production (your ability to move weight fast and with speed and strength over time). In short, you'll be a better, butter, burner!



Work Production
(Energy Expenditure) →

*We only give you the best....meaning anything 8 or above.
 We won't accept any food (macronutrient) below 8.*



ZONE™ BLOCK GUIDE BY HARD EXERCISE WORKS

Breakfast	Snack	Lunch	Snack	Dinner	Total Daily Blocks	Body Type
2	2	2	2	2	10	Small Female
3	1	3	1	3	11	Medium Female
3	2	3	2	3	13	Large Female
4	1	4	1	4	14	Athletic well-musclcd Female
4	2	4	2	4	16	Small Male
5	1	5	1	5	17	Medium Male
5	2	5	2	5	19	Large Male
4	4	4	4	4	20	Extra Large Male
5	3	5	3	5	21	Hard-gainer
5	4	5	4	5	23	Large Hard-gainer
5	5	5	5	5	25	Athletic well-musclcd Male

succeed

Proteins

beef 1 oz	corned beef 1 oz	lamb 1 oz
beef, ground 1.5 oz	duck 1.5 oz	lamb, ground 1.5 oz
calamari 1.5 oz	egg, substitute .25 cup	pork 1 oz
canadian Bacon 1 oz	egg, whites 2 large	shellfish - all types 1.5 oz
canned Tuna 1 oz	egg, whole 1 large	turkey breast 1 oz
chicken Breast 1 oz	fish - all types 1.5 oz	turkey, ground 1.5 oz
clams 1.5 oz	ham 1 oz	veal 1 oz

Carbohydrate* (raw)

alfalfa sprouts 7.5 cup	grapefruit 0.5 ea
broccoli 2 cup	honeydew 0.5 cup
cabbage 2.25 cup	kiwi 1 ea
cauliflower 2 cup	lemon 1 ea
celery 2 cup	nectarine 0.5 ea
cucumber 1 (9 in)	orange 0.5 ea
lettuce, iceberg 1 head	peach 1 ea
lettuce, romaine 6 cup	pear 0.5 ea
mushrooms 3 cup	pineapple 0.5 cup
onions 0.66 cup	plum 1 ea
peppers 1.25 cup	raspberries 0.66 cup
radishes 2 cup	strawberries 1 cup
spinach 4 cup	tangerine 1 ea
tomato 1 cup	watermelon 0.5 cup
apple (40) 0.5 ea	banana 0.33 (9in)
apricots 3 small	dates 2 ea
blackberries 0.5 cup	figs 0.75 ea
cantaloupe 0.25 cup	guava 0.5 cup
cherries 7 ea	kumquat 3 ea
blueberries 0.5 cup	mango 0.33 cup
grapes 0.5 cup	papaya 0.66 ea

Carbohydrate (cooked)

artichoke 1 small
asparagus 12 spears
broccoli 1.25 cup
brussel sprouts 0.75 cup
cabbage 1.33 cup
cauliflower 1.25 cup
eggplant 1.5 cup
leeks 1 cup
onions 0.5 cup
spaghetti squash 1 cup
spinach 1.33 cup
tomato sauce 0.5 cup
tomatoes 0.75 cup
yellow squash 1.25 cup
zucchini 1.33 cup

*Or just purchase
Steam Fresh
Frozen Veggies
from Birdseye

Fats

almonds 3 ea	olive oil 0.33 tsp	sunflower seeds 0.25 tsp
avocado 1 tbsp	peanut butter .50 tsp	pistachio (kernel) 6 ea
bacon bits 2.5 tsp	peanuts - 6 ea	walnuts 1 ea
macadamia nuts 1 ea	guacamole 0.5 tbsp	
olives 5 ea	sesame oil 0.33 tsp	

3 CATEGORIES FOR SUCCESS

1. Eating Consistently

	PROTEIN	CARBS	FATS
6:00am	Meat	Veggies	Nuts/Seeds/Oils
9:00am	Meat	Fruits	Nuts/Seeds/Oils
12:00pm	Meat	Veggies	Nuts/Seeds/Oils
3:00pm	Meat	Fruits	Nuts/Seeds/Oils
6:00pm	Meat	Veggies	Nuts/Seeds/Oils

2. After you grasp these concepts, we focus on quantity (portion) sizes at each meal.

Foods to avoid:

- * Dairy
- * Breads
- * Grains
- * Sugar
- * Potatos/Tubers
- * Pasta
- * Rice
- * Foods in boxes, cans, bags

↓
Normally 3 to 5 ounces
depending on your
weight/strength

3. Sample Daily 11 block Meal Plan

Breakfast	Snack	Lunch	Snack	Dinner	
3	1	3	1	3	(11 total blocks)

So your breakfast would look like the following:

- 3 Blocks Protein: 3 Ounces of chicken breast
- 3 Blocks Carbs: 3.75 cups of cooked broccoli
- 3 Blocks Fat: 9 almonds

Your snack like this:

- 1 Block Protein: 1.5 ounces of salmon
- 1 Block Carbs: 1 cup strawberries
- 1 Block Fat: 3 almonds

....and so on throughout the day....

PROGRAM GUIDELINES

- Drink 10 - 12 glasses of water per day
- Eat your 5 meals at the same time every day
- Breakfast: no later than 5 minutes after awakening or morning workout
- Minimize or avoid caffeine
- No alcohol consumption during initial five weeks
- Avoid chewing gum, even sugarless
- Prepare meals for work the night before
- Complete all food charts
- Eat your last meal 4 hours before bedtime

YOU CAN DO IT!

Name: _____

Date: _____

Day: _____

JOURNAL					
BLOCK COUNT					
	BREAKFAST	A.M. SNACK	LUNCH	P.M. SNACK	DINNER
TIME					
PROTEIN					
FATS					
CARBS					
HUNGER Scale 1 - 10 10 + Hungriest					
WHERE?					
FEELINGS Before/After Meal					
WATER 8 oz = one serving	YOU MUST DRINK AT LEAST 10 SERVINGS OF WATER PER DAY (80 OZ. TOTAL)				
Mark each box as you drink water throughout the day					
MISC.					