



8-Week BLISS[™] Body Makeover Program

PHASE Three: Training Package



Weeks 6, 7 and 8
Your Defining Moment!
In-Gym Split Program



Karen McCoy
Creator of BLISS[™] Training Method
- building great bodies one rep at a time!



www.mccoyfitness.ca

© Copyright
All rights reserved 2010

PHASE Three: Your Defining Moment



OK. We've got a few hard weeks under our weight training belt, yes?

We've lifted a bunch and learned a whole lot about what to lift, how to lift, how our body responds, training principals and philosophies and more. And we've just scratched the surface, really. So let's take stock, shall we?

In Phase One of our **BLISS™ Training** we looked at ***Building our Foundation*** with basic moves we could do at home or in the gym. Our goal was to get you moving and back in touch with that awesome muscle machine of yours and help you feel more confident.

In Phase Two we stepped into a gym setting and upped the intensity with machines, dumbbells and barbells. Here, we began to learn the fine art of lifting with a variety of tools as we continued to build and tone with a split routine, working the upper and lower body on opposite days.

In Phase Three, we are continuing with the Upper / Lower body split but we're again expanding our exercise repertoire to hit our muscles from different angles and up the intensity of the moves. We drop the reps and up the weight...so we're training in the 'tone zone' of 10-12 reps, perfect for tightening and toning those awesome muscles of yours! In this phase, we add in a clean **supplement** regime too. Why not earlier? Because I wanted to make sure you made changes to your eating first, then we can follow with proper supplementation, especially supplements to enhance training. Now that your eating is cleaned up, the supplements can really do their work!

We're keeping up with the plyometrics (always) and we're upping the ante even more...we want some 'lift' in there! Feel free to sprinkle them into your workout or do them on a non-weight training day, 3 times around, for a great fat-burner in place of traditional cardio.

At the end of this Phase, it'll be time to re-take your **Body Measurements** and snap your **After Photos** and record them. Numbers can be powerful indicators of change!

Remember to use your **Tracking Sheet** to write everything down, or you can use your own system, whatever works. And as usual, sticking to a sound nutrition program is key, so follow your Phase 3 Nutrition and Lifestyle Package as we expand your eating and spiritual lessons even more.



www.mccoyfitness.ca

© Copyright
All rights reserved 2010

PHASE THREE

Training and YOU!



Training Days: 4-5 days a week at your local gym.

FOCUS: Before you begin, envision your training in your mind's eye. Lift with intention and purpose. Lift because you want to build health and vitality in every cell of your amazing body. Lift because you can.

Plyometrics: Keep 'em going! In this Phase, we up the intensity even more. By now, you need more of a challenge, so let those feet leave the ground and feel your heart and lungs strengthen, your glutes and legs tighten and your energy soar!

Upper Body and Lower Body workouts: In this Phase, we use the power of compound exercises and certain machines to increase the carving and shaping. Please watch your videos to make sure you use proper form. It's not just what you lift but how you lift.

Reps: we're dropping the reps to 10-12 which is the best rep range to best shape our lovely muscles, but now we naturally put up the weight. The last 2 reps should be hard...that's where all the toning comes in! And write your new weight down!

Abs / core will get worked every workout (so 3-4 times a week). I've added a new one, and we can apply the *slow and hold* principal here, rather than up the reps. It works! Watch the video! And don't forget your **stretching and supplements!**

Cardio: Aim for **1-2 hours a week** total if you still need to lose some weight. But remember, if you're stuck in your weight loss, look at your nutrition first, because that's likely the culprit. (Never go below 1200 calories). Do your cardio after your weight training for better fat loss, and try some HIIT when your energy allows (i.e. I can never do HIIT on leg day so make sure you're up for it! If your weight is good, then you can ease up on the cardio. Remember more is not better.

Weights: remember, put the weights *up* and write everything *down* on your tracking sheets. Most women stall in their toning efforts because they're afraid to up the weights. Remember our myth-busting tip: you will NOT get big by lifting heavy weights. It's virtually Impossible. Read my article entitled *Lifting Big to Get Small* (pg 10) and the stories of some of my clients' successes!

Use your **FOCUS CARDS**, envision, get excited and feel the shifts happening, both inside and out! All success starts inside your head—*health and wellness is an inside job*. So change your story change your life!

Remember, **you are what you focus on**, so focus on **success!**

Exercises: We're bringing it down to the 10-12 rep range for all weight exercises. But when the reps go down, the weight goes up! So put them up and write it down!

DB = dumbbell

BB = Barbell

10-12 rep range

Day 1— Upper Body

Warm-up: non-stop through all 5, take 1-2 minutes rest and repeat for 2-3 rounds Use a 5-8 lb med ball for these! Jump squat (15), jump lunges (15), side lunges (15), high kick steps front & back (15), full pushups (15)

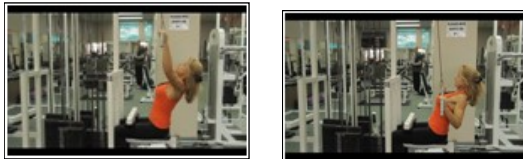
CHEST: Incline Dumbbell Press—2x 10-12



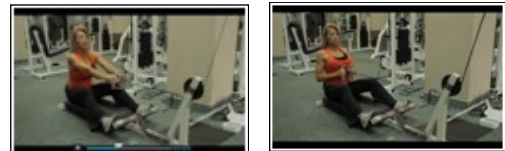
Incline Dumbbell Flies—2x 10-12



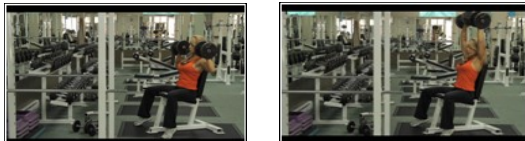
BACK: Wide Grip Lat Pulldown —2x 10-12



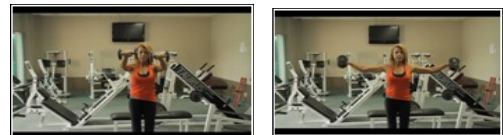
Seated Cable Rows—2x 10-12



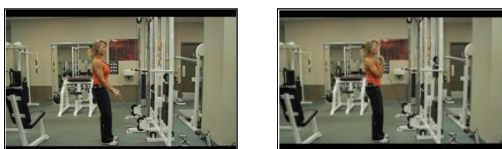
SHOULDERS: Seated DB Shoulder Press—2x 10-12



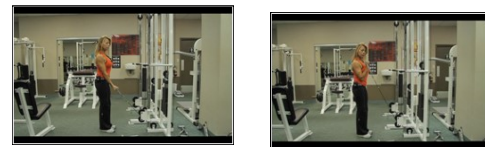
DB Laterals—front and side 2x 10-12



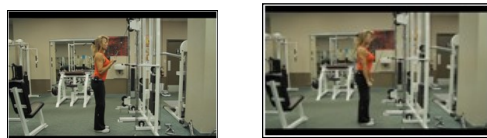
BICEPS: 2 hand Cable Curls— 2x 10-12



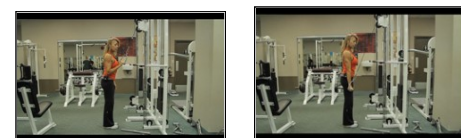
Single Bicep Cable Curls —2x 10-12



TRICEPS: 2 hand Cable Pushdown—2x 10-12



Single Tricep Cable Pushdowns— 2x 10-12



ABS / CORE: 2 sets of 20 reps using a med ball, 6-8 lbs or DB.

V-up



1 hand Crunch to ceiling



Side to Side



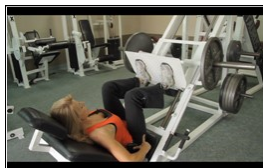
Push & hold 20 sec.



Day 2— Lower Body

Warm-up: non-stop through all 5, take 1-2 minutes rest and repeat for 2-3 rounds Use a 5-8 lb med ball for these! Jump squat (15), jump lunges (15), side lunges (15), high kick steps front & back (15), full pushups (15)

Leg Press—4 x 10-12 with 3 different foot positions....shake it up!



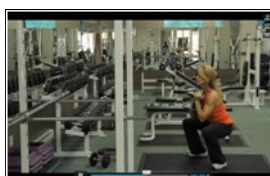
Leg Extension—4 x 10-12. Don't lock out at the top. Slow and controlled!



Leg Curl—4 x 10-12. Keep your head down and your hips on the bench. Control!



DB Goblet Squats—3 x 10-12. Go deep and wide!



CALVES: Standing Calf Raises with DB—3 x 10-12.



ABS / CORE: 2 sets of 20 reps using a medicine ball, 6-8 lbs or DB. 'Hold' to intensify!

V-up

1 hand Crunch to ceiling

Side to Side

Push & hold 20 sec.



Notes

Notes to self:

Supplements and YOU – The Truth.

OK. So you've been hitting the gym pretty regularly and you're starting to see results. All's well, you say to yourself. Just stay the course, right?

Wrong. If you're not supplementing with quality supplements, then you're doing your body a huge disservice! Now I know many people tend to think if they eat right their vitamin and mineral regime is taken care of. Well....you could have said that maybe 100 years ago when our food was high quality and our environment was clean. Nowadays, our foods are degraded and our environment is flooded with over 80,000 chemicals that we didn't have a century ago. And our poor soils are often lifeless and void of all nutrients, even if it is 'certified organic' because even those soils have to be propped up with additives to make it plant-worthy.

OK, so you eat organic. That's great, and keep doing it, but unfortunately it's not going to ward off the build up of toxins from our air, water, clothing, bedding, homes etc. that seep into our bodies on a regular basis. Add in your increased needs due to stress and exercise, and our poor cells are crying for nutrients that they just can't get met in today's world. Now that you're taking care of your outside with quality training, we need to take care of your insides.

So many people look at supplements as filling in the gaps. I say we view it another way. I say we eat great *and* we supplement supplements to take us to the highest level possible....they become a healthy lifestyle strategy rather than an after-the-fact fill-in because our nutrition is lacking. We want our supplements to make our cells rock! **Here's my personal favourites broken down into 2 groups.**

Level One: The Bare Necessities

The following are a must-have for everyone, and they are inexpensive and plentiful.



Multi-Vitamin with mineral complex: Look for a food-based multi that is created as nature intended (try New Chapter or Whole Foods) and take them 2-3 times a day spaced out with meals. The 'one-a-day' is a misnomer...if you tried to get everything in one pill it would need to be the size of a golf ball!

Greens – one serving first thing in the morning, by itself, in water or juice will alkaline your body, level blood sugars, and give you 5-10 servings of 'greens' a day. **Amount:** 1 tsp or as directed, first am.

Probiotics – Necessary for a healthy immune system and to keep your bacterial cultures healthy and functioning. **Amount:** 1 cup organic yogurt / 1-2 capsules / 1 tsp bio-K

Vitamin D – the forgotten vitamin. **Amount:** Take at least 1000 mg a day, especially in winter, given our dark days and nights. It also builds the immune system.

Calcium – to aid in muscle recovery, remove lactic acid and build strong bones and a well-functioning immune system. **Amount:** aim for 500 mg of *elemental* calcium a day.

B vitamins – necessary for proper digestion and it's the classic anti-stress vitamin. They usually come in a blend as the B's like to be taken with each other. **Amount:** Take them 2-3 times a day.

Vitamin C – the most overlooked vitamin of all! It's inexpensive and helps the body in sooooo many ways! Aim to start with 1000 mg and work your way (slowly) up to 2000-5000 mg a day.

The Secret Seven – The Athlete's blend

I've been using these supplements for years and they truly help me stay lean, toned and energized! They are a must for women and men, but they must be quality and they must be clean (take note you purchasers off the Internet...you don't know what you're getting!).

I always recommend the big 5 for all my clients, and amounts will vary depending on your age, gender, level of activity and weight. My favourite brand of choice is [PVL Essentials](http://www.pvlessentials.com) - no nonsense, clean, and geared for anyone who is interested in creating a toned, lean physique!

Whey Isolate Powder: increases lean mass, enhances immune function, increases detoxification, aids recovery. Try it in a shake or mixed in yogurt. It detoxifies and alkalines the body, reduces cravings, increases metabolism, levels hormones and keeps your bones strong. **Amount:** 80-100 grams/day or .8-1 gram of protein per pound of lean body mass. Check out www.edgeprotein.com

Creatine: A single-amino acid naturally found in salmon, beef, cod, tuna, milk, in too-small quantities for those in training. Usually lost in the cooking process. It increases recovery, decreases fatigue, increases lean muscle mass, increases strength, power and decreases lactic acid build-up in muscles.

L-Glutamine: most abundant amino acid in the body. Levels blood sugars, enhances immune function, decreases fatigue, strengthens mucosal lining of the intestines, stimulates growth hormone. Levels out blood sugars. *Do not use if you have liver disease or renal failure.*

EFA's (Essential fatty Acids): Fish, flax, hemp or seed oil. Good for everything! Especially key for women – lowers blood pressure, cholesterol, balances hormones, makes healthy hair, skin, nails, levels blood sugars, keeps joints healthy, and helps us to lose fat! That's right! **Amount:** 1-2 TBSP a day (or 2000-4000 mg/day in capsule form).

D-Ribose: 5-carbon sugar, part of riboflavin (B2). Helps cells use oxygen efficiently. Increases energy (ATP in cells), enhances heart function (used in cardiology). Very little found in food – cooking destroys it. Only of benefit on training days.

HMB: metabolites of 3 branch chain amino acids – leucine, isoleucine and valine. Naturally occurring in breast milk, plants and animals. Suppresses breakdown of muscles and organs. Strengthens immune system by increasing white blood cells, improves fat loss, decreases HDL (bad cholesterol), and increases LDL (good cholesterol).

BCAA's: the "Building Blocks" of the body. They make up 35% of your muscle mass and must be present for molecular growth and development to take place. build cells and repair tissue, form antibodies, they are part of the enzyme & hormonal system; they build RNA and DNA and they carry oxygen throughout the body. Promotes and encourages greater protein uptake in the body.



The Kumon[™] Approach to Fitness

A few years ago, my son started Kumon[™], a special educational program that helps children improve their math and reading skills.

During the orientation session, the instructor went over the principals of the system, and how this system has led to success for thousands of children over the years. Their secret – ensuring both parent and child understand and apply an unwavering commitment to consist homework. The instructor explained that children are expected to do their math homework through vacations, weekends and holidays, and that the success of the program, and each child, was based on the groups' philosophy of consistency of work.

It was this philosophy that got my attention and respect. It is the same approach I take with all my clients – I teach each client about the importance of consistency in their workout programs and diet plans. In fact, I've given the same lecture to hundreds of clients over the years, and the successful clients were those that adopted the '*consistency is key*' approach to training and eating.



In order to be successful, your training, like Kumon[™], cannot be viewed as the exception to the rule, rather, *it must become the rule*, with everything else scheduled around it. If you have a hair appointment, re-schedule it. If there's a dentist appointment to make, schedule it around your training. If you have a doctor's appointment - same thing. That's why a set training schedule is so important – you automatically know the times and days you train, so you can easily say no to events that would cause you to give up that time. Don't barter with your training.

In other words, the success of any fitness regime is *making it a lifestyle*: you work through weekends, holidays and special events as you would other lifestyle habits. You would never give up your daily shower or forget to brush your teeth during the holidays, so why give up your training and healthy on certain days? What kind of a message are you telling your inner world?

I learned this point early on in my training career. To make sure I would train regularly, my training became *my first priority*, with everything else scheduled around it. At the beginning of each week, I would pencil in my training times in my Daytimer, without fail. If clients or friends wanted to meet me in that time-slot, I politely told them that I had a previous appointment. (I didn't tell people that appointment was with myself - it's amazing how many people view this as selfish or odd, so I quickly learned not to explain myself).

I still follow this practice today: at the beginning of every week, I block out my training times in my Day Timer, and all other appointments get scheduled around these times. No exceptions. It's the only way I can remain consistent in my training, day after day, year after year. And it works! It's been 30+ years, and I hardly ever miss a training day!

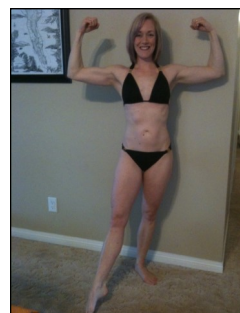
Lifting Big to Get Small

—Two success stories!

I remember when **Lesley Arnold** first came to me about 5 years ago. Lesley is a dance instructor, so she was no stranger to exercise, but her diet was something to be desired. A busy mom who worked nights, Lesley rarely packed any food with her, and often grabbed something on the run. And her nighttime teaching schedule saw her nibbling into the late hours as she tried to keep her energy up.



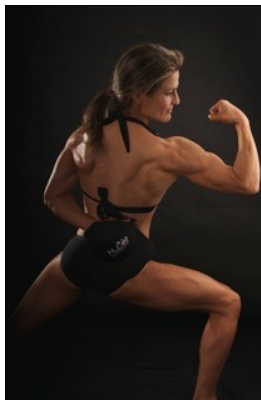
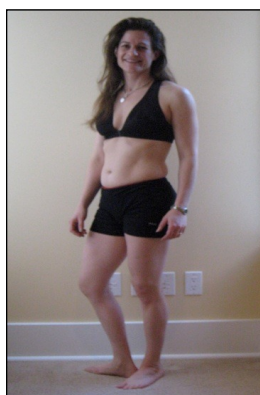
Lesley admits that the clean eating thing was a struggle at first: “There was so much information and I couldn’t grasp it all at once, but with repetition and continually hearing Karen teaching us about clean eating, after awhile it finally sunk in. Now I can honestly say it’s a lifestyle, and I look at my old way of eating and wonder how I ever did it.”



Lesley also admits to being afraid to lift heavy weights, thinking that doing so would make her bigger, but after much prodding from me, she finally started to lift big. And guess what...she got smaller and tighter. In fact, she went from over 130 pounds (above left) and 26% bodyfat to 117 pounds and 17% bodyfat (left), and she’s stayed there ever since. Today, she keeps on track with her training and clean eating through the Healthy Living Program, and she looks awesome!

In fact, I often refer to her as my walking billboard! Awesome job Lesley!

And then there’s **Leanne La Prairie** from Victoria! Leanne didn’t really have weight issues, but her body was, well, average. After a year of training and applying the BLISS principals, look at her now! She went from training 2-3 days a week and being 133 pounds (bottom left) to 117 pounds and a lean 18% bodyfat and training HARD 5 days a week (bottom middle, right). She won my first-ever [10-Week Best Shape of Your Life Challenge](#) in 2010. Watch for Leanne on the competitive trail as she tries her hand at her first Figure Contest in 2012! Good luck Leanne. You’ll do great!



These 2 women are just a sampling of the hundreds of women that have reclaimed their lives and their bodies and done an amazing job. Both currently train on my [Healthy Living Program](#)—my popular monthly on-line training, nutrition and lifestyle program based on the **BLISS principals**. Looks like it’s working!

Activity vs Exercise – There *is* a difference

When I work with people to construct an exercise routine, I ask them what their current exercise routine consists of. They then begin to rattle off all the daily activities they do – hiking, biking, walking and golfing, to name a few. “That’s great as far as activities go, but what do you do for structured exercise?” “Is there a difference,” they ask? Yes there is, and you need both.

When we enjoy daily activities, these help our bodies in many ways – they aid circulation and breathing, they keep us active, and they’re fun, but they are activities that we should be doing on a daily basis. They don’t add in to our sum of exercise minutes, as they are different in many ways. Let’s take a look at two examples to help us clarify – the active versus athletic woman.

The active woman (we’ll call her Jane) is the average woman – she works, runs errands, tends to her home and children, and has a social life. If she has time, Jane tries to fit in an aerobics class a few times a week. Activities like hiking, walking and biking are her main form of movement, and she does them several times a week. To her, this is considered her exercise regime.



The athletic woman (we’ll call her Judy) knows the difference between activity and physical exercise, and she does both. Walking, hiking, biking, and golfing are activities that Judy does on a regular basis, but she knows their benefits can’t rival structured weight training, which she does five times a week. And her body shows it – it’s toned, lean, and flexible. Building muscle increases her metabolism, levels out her blood sugars, reduces cravings, and wards off disease.



Judy knows that lack of structured weight-bearing exercise allow her muscle stores to naturally drop off the body as she ages. In fact, studies show that after the age of 50, we’ve lost 35% or more of our precious muscle without specific weight training. Activities like hiking and biking don’t build muscle fibre (think about all the miles you’ve walked in your life – are your legs the size of tree trunks?). And remember, your metabolism is in your muscle. With more muscle, you naturally have a higher metabolism. Even adding 5 pounds of muscle onto your frame will help you burn 250 calories a day, even at rest. (Women, take note!)

The difference between Jane and Judy is obvious – it’s about perception. Jane doesn’t differentiate between activity and exercise: she thinks all movement is equal, but it is not. Look at high performance athletes. Despite their rigorous schedule, they still get into the gym to build up their muscle reserves (Gretzky and skating, Beckham and soccer). Because that’s where they make quantum leaps in their physicality and metabolism, by building up their bodies with weight training. Activities just don’t have the same impact. Period. As well, studies show that high intensity weight training causes a release of human growth hormone (HGH), the most powerful fat-burning hormone in the body. Sports and daily activities provide little (or no) release of HGH because they are lower impact, and have a stop-start (non-continuous) quality to them.

So know the difference between physical activity and structured exercise and do both, in order to make real strides in your health and your physique. It’s what true health is all about!

Staying Motivated in Your Training

Sticking with a new habit can be hard. Ask anyone who has ever fallen off the healthy bandwagon.

Remember when you started a new exercise or healthy eating plan? The new habit began, you felt great, you were motivated, and you saw change happening in your body. Then slowly those old habits began creeping back in – you started snacking on unhealthy foods, you missed a few gym workouts - and before you knew it, you were right back to where you started. What happened?

Change is easy. Lasting change is hard.

The real downfall is not lack of time, the kids, too much work or lack of finances. While most people cite these reasons, we need to go deeper. We all have those constraints, but why do some of us rise above it, while others don't?

That new exercise regime, or new eating plan, must become an *intrinsic* part of our everyday life. It must be viewed as a natural part of living, as innate and as important as brushing our teeth. It needs to be put first on our list of priorities, every day. How can we do this? **By shifting our mindset.**

Throw away convention – Learn to live outside the box, where the majority doesn't rule. Living from this place is easy for some (those who naturally buck the system and are rebellious by nature) and not so easy for others (those who are conformists, who want to play it safe, or who buckle to outside peer pressure). Whatever your make-up, know it can change. Besides, it's freeing (and more fun!) to go against the grain.

Stand an idea on its head – Just because something is traditional, doesn't mean it's best. But many people are afraid to question the norm. Why don't we eat tuna for breakfast? Why is dinner traditionally the largest meal? Why don't we schedule our training first, scheduling all other responsibilities around it? Looking at something from a different angle - and questioning it - opens us up to the possibility of real change.

Know that it's lonely at the top – If you train regularly and eat clean, you are in the minority (sad, but true). And some people will try to knock you off your healthy pedestal. Why? Because you are a threat to them, and they feel challenged to change. Don't buckle to the pressure. Remember, the best way to help people is not to preach to them, but to live your best life. This will inspire them to do the same!

Keep a hold of the reins – Now that you've shifted your exercise and eating routine, you're feeling great! But now you need to *stay there*. Remember you always have to hold onto the reins and remain disciplined. Eventually those reins will become familiar, and you'll naturally hold things in check because you know the rewards. This is what every successful athlete, entrepreneur, leader and teacher knows to be true – discipline and focus are a natural and intrinsic key to success.

In the words of one of my favourite poets, Robert Frost – 'I took the road less traveled, and it has made all the difference.'

So take the road less traveled. Dare to be different. Go outside the box. Create lasting change by shifting your inner perspective about what it means to live and eat healthy. Only in this way can you turn your new, healthy habit into a daily life-style practice, one that you won't waver from, no matter what the circumstances. It's really all up to you!



My Top 10 Tips to a Healthy, Happy, Life!

1. Start and stick with a training routine: It goes without saying, you've got to exercise on a regular basis to feel energized, lessen the chance of disease, and detoxify your cells. But you've got to stick with it. So commit to creating a weekly exercise schedule, and deliver.

2. Take Your Supplements: Science is overwhelming in its support of supplements as a necessary part of a healthy life. With over 4,000 toxins in our environment, a degraded food supply, and the many stressors in our world, we need the boost! Get educated about what supplements best support your individual needs, genetics and lifestyle. Ask a qualified sports nutritionist.



Me and my amazing husband, Neil.

3. Shift how you think about food: When we eat the wrong foods, it's because we're eating for emotional reasons (anger, guilt, stress). Think about what you're putting in your mouth. Is that cinnamon bun going to clean your cells and build shapely muscle, or will it clog your intestines and weaken your immune system? Now, is it really worth it? Respect yourself enough to want to fill your body with energizing, whole foods because you want to build your cellular health!

4. Eat closer to home: Get out of the 'mainstream large box-store' grocery stores and experience healthy eating at the local level. Learn what local markets and stores are open in your community, and shop there. Shopping locally on a smaller scale is not only healthier, it creates strong communities and a healthy environment.

5. Eat more local / organic foods: Never mind the excuse it's more expensive. That's about as logical as saying you can't stop for gas because you're running out of time. Put down that designer coffee and munch on a local apple, or purchase a piece of free-range meat from your local market and feed it to your family.

6. Give to a local charity or cause: When you give, you receive. And you are not only helping others, science shows you are building cellular health in your entire body by the very act of giving! Get out of yourself and your problems and create solutions. No man is an island.

7. Read uplifting text every evening: Turn off the TV and computer, and unplug your Blackberry (nothing is that immediate that you have to tend to it NOW!). We're getting progressively further from our divine selves and all things important with such self-serving time-wasters. If you finish your day by reading something uplifting, it sets the tone, and steers your brain toward more positive rewards!

8. Lean into the sharp points: When you are hit with adversity (ill health, job loss, family strife), don't fight it. Go into the pain, befriend it and listen to it. Challenges happen to everyone. The wise person sees challenge as a journey. Open up to the lessons. They're there anyway, so you might as well grow from the experience!

9. Practice quiet conviction: If you've *turned vegan, don't believe in wearing fur, or only eat organic*, be quiet about it and get on with it. Truly great people know that all change comes from within. They change themselves, not others. Live a good life, lead by example, and others will naturally gravitate toward you and want what you have: increased energy / conscience / joy etc. Now *that's* creating change in a *positive* way.

10. Take responsibility: Stop blaming your spouse, your parents, your thyroid, your lot in life etc. for where you are. You are where you are because of your decisions, period. Many of us play victims in our own lives, but that leaves us angry, without choice, drained of energy, and stuck in our own stories. Own it so you can change it, and then watch how your life can *really* unfold!

The Party's Over. Now what?

We've come to the end of our **8-Week BLISS Body Makeover Program**, and what an amazing time it was!

I hope you enjoyed using the BLISS program as much as I enjoyed creating it. It's inspiring to see women from all over the world partake in BLISS. We are all truly works of art!

If you haven't already checked out my other programs, please do so. Most clients progress over to the [Monthly Healthy Living Program](#), hand crafted by me and only me, recipes, videos, interviews, tips and tidbits, nutritional support and of course, emotional and spiritual teachings as well.

Or try your hand at my [10-Week Best Shape of Your Life Challenge](#) that I run two times a year....intense, challenging and fun! And if you're really up for a Challenge, try my [Advanced 12-Week Best Shape of your Life Challenge](#)...for those elite few that want to go even further with their training and clean eating (please note, this is open to 10-week graduates only).

Whatever you do, don't stop moving that precious body of yours. And don't stop growing and opening that awesome mind and spirit of yours.

And most of all, always believe in yourself.

And never, ever give up!



Much love,

A stylized, handwritten signature in black ink that reads "Ka".



www.mccoyfitness.ca