



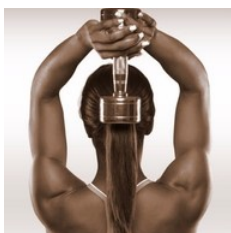
**McCOY**  
*FITNESS & HEALTH*

## **12-Week Best Shape of Your Life Challenge**

### **PHASE Four:** Nutrition & Lifestyle Package



**The Final Touches!**  
Weeks 10 to 12  
~ Assess, prioritize DO!



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## Where are you NOW?

*- Athlete, assess thyself.*

**You've heard the phrase**—physician, heal thyself. Well, we can take it a step further in the world of fitness—**Athlete, assess thyself!**

**As we head into Phase 4**, we're shifting our focus onto the physicality of our own bodies and our individual structure. As we look at learning and applying advanced training techniques and increasing the intensity while we work at our 80-85% max lifting potential, it's a good a time as any to take stock.



**Let's get naked.** No I mean it, really, or if that doesn't jive with you, pull out your pre-Challenge photos and take a good, hard look at your physique.

**This is NOT a time to get critical with yourself.** Rather, it's a time to be objective and really look at your structure.

**What do you see?** What would you like to change (never mind the fat and the lack of tone...look further...)want you to learn to look beyond the fat you may still be carrying and look underneath to your bone structure and your muscular structure.

**Take a look in mags...**what do you see? What do you like? Small waist? Extra wide, well-capped shoulders or just wider ones? What did you see when you viewed the linked sites last week that I gave you? Do you like streamlined legs or ones that have more of an outer sweep? Do you like big calves or are you wanting to keep yours on the trimmer side?

**OK, now look to your mother.** No really. You may look like your dad in body structure too, but a lot comes from mom: my high waist came from my dad, my extra hard-to-grow legs and slightly blocky hips came from my mom. But my full biceps also came from my mom too, so thanks mom! And my nicely shaped hams came from my dad (thanks dad). There's always a mixed bag of good and bad!

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**It's true that while we are limited by our genetics**, in my opinion, too many people stop short and blame it on mom or dad. I always say that if I can build a decent physique, anyone can. I am not a natural at it...I'm high waisted, long-legged which makes building legs very tough, and I don't gain muscle easily. My small joints also hamper my efforts to lift heavy, so I have to work extra hard at trying to lift heavy carefully! But I do know this.....I'm one of the hardest and most consistent workers in the gym. And at contest time, I made sure I was razor sharp and ready, and I played on my strengths (biceps, back, chest, leanness) and down-played my weaknesses.

**What do you want to change?** What do you think is practical and workable? What would you like to try to work on? Know that while genetics play a part, sweat, determination and a winning attitude will almost always outshine any short-comings. Go for the gusto!



### **Remember our Training Rules for your lagging bodypart:**

Devote at least 9-12 sets on a separate day for that lagging bodypart. If you can't do an extra day, then add on 4-8 sets on another day you're already training (this isn't as ideal as—believe it or not—training extra long on one day will likely wear you out more than if you add on another full day). There's a place for you to track it in your Training Package.

Do your lagging bodypart first, when your energy is highest. It's lagging, so you need to be able to focus all you've got on it.

Write it out so you do big compound movements first, then smaller isolation movements next.

What's a compound movement? Think multi-joint exercises like the squat or bench press—more than one joint has to be moved, whereas isolation movements like the leg extension or bicep curl uses only one joint, hence it better isolates the muscle. So squat (big) before leg extensions (small), and bench press (big) before flies (small).

## Remember, to stay lean and energized day in and day out...

- **DO NOT cut calories too fast**, too soon, at the start of this journey...and never cut more than 20% at a time to ease your body into fat burning. Then, when you find your approximate maintenance level, carb cycle.
- The best thing to manipulate for fat loss is always carbs..do some *carb cycling*!.
- Choose **whole foods**
- Go to bed un-full!
- Nix the **artificials**...they'll keep you craving sugar and keeps the fat on the body longer, not to mention changes your body's metabolism and fat-loss mechanisms
- Drink your **water**—2-3 liters a day. It helps with fat loss.
- Have at least some **raw foods** in 2-3 meals...even if it means 1/2 an apple.
- Do your **cardio** at the end of your weight training if you're trying to lose weight
- **Envision your day**: start with the end in mind!
- Train at **70-85%** effort for maximum shaping and immune recovery, most workouts (8-12 reps).
- Don't neglect your **squats** and **deadlifts**...they'll shape your entire body like nothing else and they are one of the best fat-burners out there..
- Remember your **post workout meal** is the most important...don't neglect this one! Protein, protein, protein!
- If you're mystified by lack of fat loss, **always look to nutrition first**. Therein lies the answer.
- **Journal**, ladies...know thyself!
- **Put some ZEN into your training**, train with inner focus, gratitude and awe. This is NOT just a physical experience!
- **Consistency is key** here...especially if you're fairly new to consistent weight training (under 12 months). You gotta stay consistent to build your recuperative, fat loss and immune system abilities.
- **Love yourself into health**....love the process and the journey!





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