

4 WEEK HOME

FAT LOSS PROGRAM

human design

— AND —

FitRANX



4 Week Home Fat Loss Program

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Human Design Health & Fitness Pty Ltd. strongly recommends that you consult with your physician before beginning any exercise program.

You should be in good physical condition and be able to participate in the exercise.

Human Design Health & Fitness is not a licensed medical care provider and represents that it has no expertise in diagnosing, examining, or treating medical conditions of any kind, or in determining the effect of any specific exercise on a medical condition.

You should understand that when participating in any exercise or exercise program, there is the possibility of physical injury. If you engage in this exercise or exercise program, you agree that you do so at your own risk, are voluntarily participating in these activities, assume all risk of injury to yourself, and agree to release and discharge Human Design Health & Fitness Pty Ltd. from any and all claims or causes of action, known or unknown, arising out of Human Design Health & Fitness Pty Ltd. negligence.

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INSTRUCTION

First off I want to thank you for taking action and allowing me to help you through your weight loss journey.

There are a lot of options available to you, but I'm glad you decided to trust me to help you.

Now lets talk a little about this 4 week program.

You are first going to see that I have your workouts written out for you on pages 4 – 7 of this eBook.

I ONLY want you to be working out 3 times a week for the next 4 weeks.

Really, that is all you need and the workouts are only 30 minutes long. Yes....that is all you need to start shredding fat and dropping weight over the next 4 weeks.

Just in case you don't know what some of the exercises are, I have provided you a link next to each exercise that will take you to a YouTube video showing you exactly how it should be performed.

But working out 3 days a week is only half of the program. Your meal plan is the second half. You have to be eating healthier during this 4 week program for it to work.

I have provided a 4 week meal plan for you.

I have also provided a basic instructional guide teaching you how to build a healthy fat loss meal no matter where you are and how busy life gets.

I have kept it pretty simple. Choose the ideas in the meal plan or make your own up based on the healthy meal builder instructions.

Just remember...this isn't going to be easy, you are going to want to quit and go back to doing what you were doing and all I ask is that you focus and stay the course for just 4 weeks.

The first 4 weeks is the hardest but I promise you if you get through this, it gets a lot easier from here!



Week 1 Workout

Workout #1

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Overhead Squats
2. Jumping Jacks
3. Leg Thrusts
4. Kneeling Push Ups or Push Ups
5. Run In Place
6. Bowing Crunches

Workout #2

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Stationary Lunges
2. Mountain Climbers
3. Plank
4. Seal Jacks
5. Burpee
6. Leg Lifts

Workout #3

30 min TABATA (20 seconds exercise, 20 seconds rest) Do this 8 times, then switch to the next exercise.

1. Chair Step Up
2. Side to Side Jumps
3. Penguin Crunch
4. Bear Crawl
5. Split Shuffle
6. Bicycle Crunches

Week 2 Workout

Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Prisoner Squat
2. Total Body Extension
3. Side Plank on knees
4. Body Weight Dips
5. X-Mountain Climbers
6. Flutter Kicks

Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Knuckle Draggers
2. Jumping Jacks
3. Lying Knee Tucks
4. Fireflies
5. Jump Rope (imaginary)
6. Crunches w/Leg Lift

Workout #3

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Reaching Lunges
2. Line Jumps
3. Kneeling Heel Touch
4. Body Weight Tricep Extensions
5. Wall Sit
6. Leg Thrust

Week 3 Workout

Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. [Single Leg Bridge](#)
2. [Skater Hops](#)
3. [Side Plank](#)
4. [Mountain Climbers](#)
5. [Burpee](#)
6. [Cross Body Crunch](#)

Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. [Walking Lunges](#)
2. [Run in Place w/ High Knees](#)
3. [Flutter Kicks](#)
4. [Seal Jacks](#)
5. [Frog Leap](#)
6. [Plank Walk Up](#)

Workout #3

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. [Single Leg Deadlift](#)
2. [Bear Crawl](#)
3. [Crunch w/ Leg Lift](#)
4. [Spiderman Push Ups or Push Ups](#)
5. [Reverse Lunges](#)
6. [Body Saw](#)

Week 4 Workout

Workout #1

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Side Lunges
2. Inchworm
3. Sit-Ups
4. Sun Gods
5. Jump Squat
6. Russian Twist

Workout #2

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Sumo Squat
2. Single Leg Burpee
3. Supermans
4. Fireflies w/ Push-Ups
5. Skater Hops
6. V-Abs

Workout #3

30 min TABATA (20 seconds exercise, 10 seconds rest) Do this 8 times, then switch to the next exercise.

1. Jumping Lunges
2. Split Shuffle
3. Lying Hip Raises
4. Gator Crawl
5. Frog Leap & Squat Thrust
6. Alternating Rolling T's

PORTION SIZES

HELPING HANDS

Use this "handy" chart to visualize approximately sized portions for meals, snacks and recipes (examples are provided for each corresponding measurement).

	Palm = 3-4 ounces (meat, fish, & poultry)
	Thumb = 1 Teaspoon (butter, margarine, mayonnaise, & oils)
	Fist = 1 cup (cereal, soup, cereals, fresh fruit, raw vegetables or salads)
	One cupped hand = 1/2 cup (pasta, rice, beans, potatoes, cooked vegetables, pudding, & ice cream)
	Two cupped hands = 1 ounce (chips, crackers & pretzels)

Try the leader in perfectly portioned meals created for healthy living.

Healthy Choice

* Includes approximate size of serving.



4 Week Healthy Weight Loss Meal Plan

Personally, I am not a fan of meal plans as peoples lives get so hectic that they are impossible to follow.

However, it is good to have some ideas as to how to eat healthy and try to improve your eating choices.

Here is a 4 week healthy meal plan that will help you:

- Lose weight
- Improve your energy
- Decrease your total calorie intake
- Get your healthy doses of daily protein, carbs and healthy fats

I have created week one and two and then copied them for weeks 3 and 4. I have created one snack per day. I believe 3-4 meals is plenty if you want to start shifting a bit of body fat.

I have created the meal plan this way because simplicity is best. If you have to start thinking about too many different foods the plan will fall into the 'too difficult' category and you will not follow it. Weeks 1 and 3 are the same and weeks 2 and 4 are the same.

I have also listed all the individual meals at the end if you want to make up your own weekly plan as I know everyone has different tastes and schedules.

I hope this works well for you and helps you to see that healthy eating does not have to be too complicated.

As for the drinks you can have:

- Coffee
- Herbal teas
- Teas
- Water (lots of it)
- Freshly squeezed juice (drink it straightaway and no bottled juices)
- Mineral water

Visit

www.humandesign.com.au for lots of fitness and nutrition tips to help you keep losing weight, get fit and healthy.

How To Build Your Own Healthy Meal:

Basically, at Human Design, we try to teach everyone how to make healthy choices by following simple meal structures.

So, in each of your main meals you will have:

- A lean source of protein (either chicken, lean beef, fish or veg source)
- A source of fibrous carbohydrate (either fruit or veg)
- A source of starchy carbohydrate (bread, rice or pasta etc)

This ensures that you never run out of ideas and you can still eat the healthiest versions of meals even if you are eating out.

Healthy eating should not be as complicated as everyone makes it out to be.

See the full meal plan in the pages below.

You can even pick your favourite ideas and use them each day.

John Donaghey

Meal Plan Week 1

Meal	Breakfast	lunch	Snack	Dinner
Monday	Porridge in water wither chopped apple and banana and 1 tsp honey	Grilled chicken breast with salad of choice	1 small pear and handful of cashew nuts	Grilled rump steak with herbs and a small sweet potato
Tuesday	1-2 Poached eggs on a slice of rye or bills organic bread - avocado	Grilled fish with steamed vegs and small portion of brown rice	1 medium apple and handful of macadamias	Roast chicken with seasonal vegetables of choice
Wednesday	Small tin of baked beans and toast	Bowl of soup and wholegrain roll	1 mandarin and 10 almonds	Salmon and steamed greens
Thursday	Porridge in water wither chopped apple and banana and 1 tsp honey	Salad of spinach, cucumbers, salad greens and thinly sliced beef	1 small pear and handful of cashew nuts	Beef stir fry with veg of choice - use garlic, peppers, onions etc.
Friday	Small Bowl of fruit and seeds and full fat yoghurt	1 Wholemeal pita stuffed with chicken/turkey, hummus, grated carrot and chopped peppers.	1 medium apple and handful of macadamias	Steak, marinated with herbs, sweet potato mash and green veg
Saturday	1-2 Poached eggs on a slice of rye or bills organic bread - avocado	Burger and large salad	1 mandarin and 10 almonds	Treat meal
Sunday	Scambled eggs on toast with grilled tomato and one slice bacon	Treat	Sliced watermelon, rockmelon.	Prawn stir fry - use rainbow coloured veg.

Meal Plan Week 2

Meal	Breakfast	lunch	Snack	Dinner
Monday	1-2 Soft Boiled eggs with toast soldiers	Bowl of veg soup with wholegrain roll	1 banana with cinnamon sprinkled on top	Chicken stir fry (no rice)
Tuesday	Bowl of fruit, seeds and yoghurt (plain - no flavouring)	Greek salad and grilled white fish	Handful of blueberries and almonds	Grilled pork chop - 2 cups of steamed veg - 1/2 cup of brown rice
Wednesday	2-3 weetbix and full fat milk - 2 slices of rye toast	Wholemeal pita with chicken, veg of choice	Handful of Strawberries and 5 walnuts	Oven roast lamb with pumpkin, zucchini, mushroom.
Thursday	1 Slice of sourdough toast with poached egg and grilled mushroom	Bowl of lentil soup	Carrot Sticks with hummus dip	Grilled organic Steak with green beans, grilled mushroom and green salad
Friday	1 Slice of sourdough with tomato and avocado - fresh juice	Grilled chicken wrap and salad (no dressing) get avocado	Chopped peppers with avocado dip	Salmon with asparagus and green salad
Saturday	2 scrambled eggs with half an avocado - fresh juice	Tuna Salad	Small tub of plain yoghurt with blueberries	Treat Meal
Sunday	Bowl of yoghurt with blueberries and chopped banana, almonds and seeds	Treat Meal	1 orange and some almonds	2 organic lamb sausages, steamed veg, pumpkin and sweet potato mash

Meal Plan Week 3

Meal	Breakfast	lunch	Snack	Dinner
Monday	Porridge in water wither chopped apple and banana and 1 tsp honey	Grilled chicken breast with salad of choice	1 small pear and handful of cashew nuts	Grilled rump steak with herbs and sweet potato
Tuesday	1-2 Poached eggs on a slice of rye or bills organic bread - avocado	Grilled fish with steamed vegs and small portion of brown rice	1 medium apple and handful of macadamias	Roast chicken with seasonal vegetables of choice
Wednesday	Small tin of baked beans and toast	Bowl of soup and wholegrain roll	1 mandarin and 10 almonds	Salmon and steamed greens
Thursday	Porridge in water wither chopped apple and banana and 1 tsp honey	Salad of spinach, cucumbers, salad greens and thinly sliced beef	1 small pear and handful of cashew nuts	Beef stir fry with veg of choice - use garlic, peppers, onions etc.
Friday	Small Bowl of fruit and seeds and full fat yoghurt	1 Wholemeal pita stuffed with chicken/turkey, hummus, grated carrot and chopped peppers.	1 medium apple and handful of macadamias	Steak, marinated with herbs, sweet potato mash and green veg
Saturday	1-2 Poached eggs on a slice of rye or bills organic bread - avocado	Burger and large salad	1 mandarin and 10 almonds	Treat meal
Sunday	Scambled eggs on toast with grilled tomato and one slice bacon	Treat	Sliced watermelon, rockmelon.	Prawn stir fry - use rainbow coloured veg.

Meal Plan Week 4

Meal	Breakfast	lunch	Snack	Dinner
Monday	1-2 Soft Boiled eggs with toast soldiers	Bowl of veg soup with wholegrain roll	1 banana with cinnamon sprinkled on top	Chicken stir fry (no rice)
Tuesday	Bowl of fruit, seeds and yoghurt (plain - no flavouring)	Greek salad and grilled white fish	Handful of blueberries and almonds	Grilled pork chop - 2 cups of steamed veg - 1/2 cup of brown rice
Wednesday	2-3 weetbix and full fat milk - 2 slices of rye toast	Wholemeal pita with chicken, veg of choice	Handful of Strawberries and 5 walnuts	Oven roast lamb with pumpkin, zucchini, mushroom.
Thursday	1 Slice of sourdough toast with poached egg and grilled mushroom	Bowl of lentil soup	Carrot Sticks with hummus dip	Grilled organic Steak with green beans, grilled mushroom and green salad
Friday	1 Slice of sourdough with tomato and avocado - fresh juice	Grilled chicken wrap and salad (no dressing) get avocado	Chopped peppers with avocado dip	Salmon with asparagus and green salad
Saturday	2 scrambled eggs with half an avocado - fresh juice	Tuna Salad	Small tub of plain yoghurt with blueberries	Treat Meal
Sunday	Bowl of yoghurt with blueberries and chopped banana, almonds and seeds	Treat Meal	1 orange and some almonds	2 organic lamb sausages, steamed veg, pumpkin and sweet potato mash

Individual Meals

Breakfasts:

- Porridge in water wither chopped apple and banana and 1 tsp honey
- 1-2 Poached eggs on a slice of rye or bills organic bread - avocado
- Small tin of baked beans and toast
- Porridge in water wither chopped apple and banana and 1 tsp honey
- Small Bowl of fruit and seeds and full fat yoghurt
- 1-2 Poached eggs on a slice of rye or bills organic bread - avocado
- Scambled eggs on toast with grilled tomato and one slice bacon
- 1-2 Soft Boiled eggs with toast soldiers
- Bowl of fruit, seeds and yoghurt (plain - no flavouring)
- 2-3 weetbix and full fat milk - 1-2 slices of rye toast
- 1 Slice of sourdough toast with poached egg and grilled mushroom
- 1 Slice of sourdough with tomato and avocado - fresh juice
- 2 scrambled eggs with half an avocado - fresh juice
- Bowl of yoghurt with blueberries and chopped banana, almonds and seeds

Snacks:

- 1 small pear and handful of cashew nuts
- 1 medium apple and handful of macadamia nuts
- 1 mandarin and 10 almonds
- Sliced watermelon, rockmelon.
- 1 banana with cinnamon sprinkled on top
- Handful of blueberries and almonds
- Handful of Strawberries and 5 walnuts
- Carrot Sticks with hummus dip
- Chopped peppers with avocado dip
- Small tub of plain yoghurt with blueberries
- 1 apple and some cashews

Lunches:

- Grilled chicken breast with salad of choice
- Grilled fish with steamed vegs and small portion of brown rice
- Bowl of soup and wholegrain roll
- Salad of spinach, cucumbers, salad greens and thinly sliced beef
- 1 Wholemeal pita stuffed with chicken/turkey, hummus, grated carrot and chopped peppers.

- Burger and large salad
- Bowl of veg soup with wholegrain roll
- Greek salad and grilled white fish
- Wholemeal pita with chicken, veg of choice
- Bowl of lentil soup
- Grilled chicken wrap and salad (no dressing) get avocado
- Tuna Salad

Dinners:

- Chicken stir fry (no rice)
- Grilled pork chop - 2 cups of steamed veg - 1/2 cup of brown rice
- Oven roast lamb with pumpkin, zucchini, mushroom.
- Grilled organic Steak with green beans, grilled mushroom and green salad
- Salmon with asparagus and green salad
- 2 organic lamb sausages, steamed veg, pumpkin and sweet potato mash

John Donaghey

Human Design Health And Fitness
Fitness Australia Registered Personal Trainer
Precision Nutrition Lean Eating Coach
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