



**THE FITNESS
MAVERICK**

**11 LEAN
BODY SECRETS
TO SUCCESS**

WWW.THEFITNESSMAVERICK.COM

THE FITNESS MAVERICK

#1 Lets start with a pretty obvious, but overlooked one:

You **MUST** set goals, and be accountable for them (or pay someone else to be accountable)! You're probably already familiar or heard about SMART targets before, but do you use them when it comes to your own body goals???

Specific:

Set a specific goal related to how you want to look, feel, perform, what you want to achieve and so on.

Measurable:

Make it a measurable goal if possible. When it comes to fitness, numbers don't lie (e.g., body weight, body fat%, girth measurements), however how you SEE yourself in the mirror, in progress photos, exercise technique, and how you FEEL in your self and in clothes can also be a measurable goal. Just write down how you WANT to be feeling and describe how you WANT to be looking (or use pictures to describe) - Whatever it is just write it down!

Achievable:

Is what you've written down achievable for YOU? If it's not you'll always find you're chasing the carrot on the stick and eventually either get bored or burn-out!

Realistic:

Is it realistic for YOU? And don't use others, or so-called transformations, in the media as something to set your expectations against. Only you know you, how your body works, how successful or unsuccessful your past programmes have been and how strong your willpower is.

Time:

Set yourself a REALISTIC time scale. Or even better plan for an event to take place that will showcase the body goals you've achieved. It doesn't have to be something big like a holiday, photo shoot, or getting up on stage with some skimpy undies on if you don't want it to be, but a specific date or timescale that you can use to drive you forward.

"...write down how you WANT to be feeling and describe how you WANT to be looking - Whatever it is just write it down!"



THE FITNESS MAVERICK

#2 *Your workout plan needs to be sustainable, and fit snugly in to your daily routine.*

Your workout plan needs to be sustainable, and fit snugly in to your daily routine. The most successful body transformations happen with those people that see exercise and eating as part of their daily routine. Working out may seem a chore at times but that's when you just get-in get-out and continue with the rest of your daily routine because you know you're working towards a certain goal. Just remember, no one ever regrets going to the gym, you only regret NOT going.

#3 *You gotta learn how to cook!*

You gotta learn how to cook! Buy a few recipe books, watch cookery shows, take weekend cookery classes if needed; the ability to be able to create food that's both tasty and healthy is priceless. Not only can it help you achieve your end goal, without feeling bored or restricted in your eating habits, but your friends and family will benefit from your cooking skills too.

#4 *Following on from #2; The best workout programme in the world is the one that fits YOUR needs.*

Following on from #2; The best workout programme in the world is the one that fits YOUR needs. It should challenge you in a way that will get you the results that you want, but not so much that you dread having to do it. Exercises should be both fun and effective, and you should have a good understanding of what you're doing and why you're doing it. Just as an example I make it a habit to explain the benefits of every exercise I prescribe. That way you're sold on the process, on that exercise, and you'll know how it's helping you to achieve your final goal. A workout programme should feel right, challenge you at the right level, and make you look darn good at the end of it!

"The best workout programme in the world is the one that fits YOUR needs....A workout programme should feel right, challenge you at the right level, and make you look darn good at the end of it!"



THE FITNESS MAVERICK

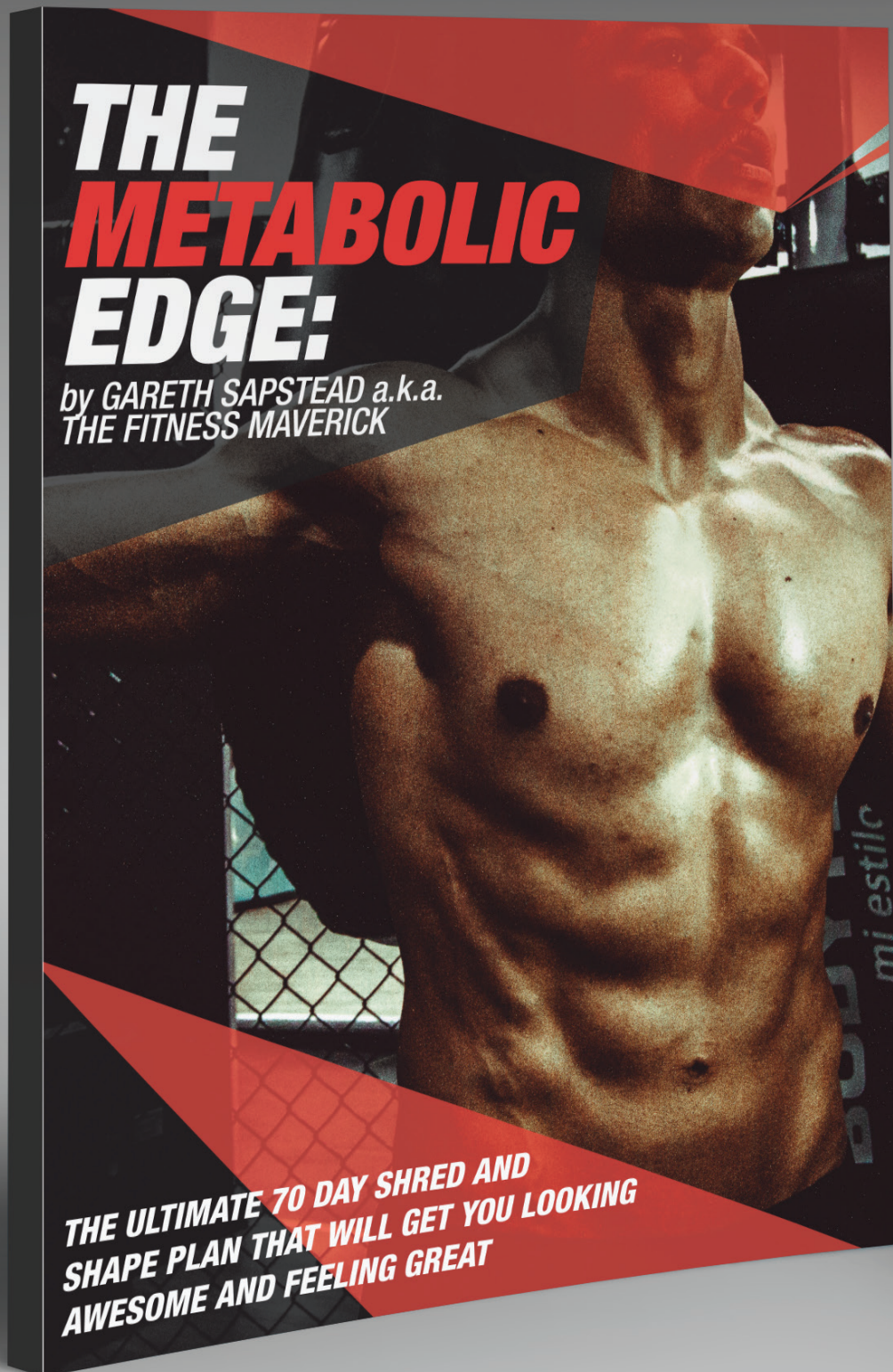
#5 Leverage technology. Technology is there to make our lives easier.

Leverage technology. Technology is there to make our lives easier. While some technology has made it so we are now less active than we've ever been, others can actually help us achieve our fitness and body goals quicker and more efficiently.

MyFitnessPal, Smart Watches and Fitness Trackers, Step Counters on your Smart Phone, YouTube Fitness Channels, Downloadable E-Programmes straight to your Phone or Tablet, they all make your fitness lifestyle that little bit easier. Use them!

I'd be silly if I didn't mention my METABOLIC EDGE E-Programme here as an example. You'll be able to download and access it straight to your phone or tablet every time you workout. I created this programme for just that reason. I've spend my time and expertise creating this highly effective programme so you don't have to. No more planning your own workouts, or even scheduling PT sessions with a trainer when you've got me guiding you. No biggie if the programme's not the right fit for you yet though, I'm always here to help and guide you in any way I can.

COMING SOON!



THE FITNESS MAVERICK

#7 *Have starchy carbs when you 'deserve' to have starchy carbs.*

Have starchy carbs when you 'deserve' to have starchy carbs. See carbohydrates as the body's most efficient source of energy. If you have fat to lose then your body has obviously stored a little more energy than it's managed to use in the form of fat (refer back to #6). You therefore want your body to begin to use it's current stores of body fat instead of the carbohydrate that your having. The best way I have found to do this without completely cutting carbohydrates out and entering the 'low carb/ketogenic' world is to limit starch carbohydrates to times when you 'deserve' them only. So that means no pasta, bread, rice, potatoes, and other starchy carbs EXCEPT after exercise. First thing in the morning can also be a good time to have your starchy carbs in the form of things such as oats or quinoa, but this won't be right for everyone. Manipulate this according to how your body responds. The majority of your daily carbohydrates should come from fruit and veggies. Green, and leafy veggies are best, and you can't go wrong with all sorts of varieties of berries as a starting point. In the METABOLIC EDGE Plan I show you how to calculate and adjust your daily calories and macros, according to how much exercise you're doing. Being able to know what you need and manipulate your food intake on a daily basis, without even having to think too much about it, is a common habit that's been formed in those that tend to get and stay lean year-round.

"Have starchy carbs when you 'deserve' to have starchy carbs....So that means no pasta, bread, rice, potatoes, and other starchy carbs EXCEPT after exercise."



THE FITNESS MAVERICK

#8 *If it's in your food store then it'll eventually get eaten! Think about that for a second...*

If it's in your food store then it'll eventually get eaten! Think about that for a second... It's much easier to get access to the foods that you crave; the bad stuff, if it's already in your home. Make sure it's not there. Get rid of it. Give it away. Don't buy it in the first place. Understandable, this could be difficult if you have a family to feed, but why would you feed them on the unhealthy stuff in the first place!? If you're not allowed it because it's not good for your health, fitness, or teeth, then why should they be!? Just food for thought (pun intended!).

#9 *Surround yourself with happy, healthy and positive people.*

Surround yourself with happy, healthy and positive people. Good habits as well as bad ones are infectious. It is said that you are the average of the 5 people closest to you, or that you spend the most time with. If your 5 closest people were made up of athletes, fitness enthusiasts, nutritionists, business leaders and people with good positive vibes; chances are you're not going to be too bad yourself, are you!? Realistically these people aren't available to all of us though, but the gym is often one place you can find people of like minded ness trying to pursue similar goals. Surround yourself with these people, maybe make a gym buddy, get on the same workout programme together, and there's your support system right there.

#10 *If your going to cheat on your nutritional plan then learn to CHEAT CLEAN!*

If your going to cheat on your nutritional plan then learn to CHEAT CLEAN! Now my aim is to write an entire book on this full of recipes and sneaky ways to cheat clean, I'm calling it "CHEAT CLEAN, CHEAT LEAN". It's in the planning phase right now so early doors, but until then here's a very simple recipe to demonstrate what I mean; it's about using super healthy ingredients, summoning your creativity and coming up with recipes that taste just like the real thing, and fit within your daily macros, just like this super nutritious Chocolate Melt-In-Middle Pot for example:

Chocolate Melt-In-Middle Pot

METHOD:

- Melt the coconut oil gently in a pan.
- Take off the heat and then add in all of the ingredients, except the eggs.
- Whisk together until a silky texture is formed.
- Whack in the 2 eggs and whisk until smooth and silky.
- Spoon in to 2 ramekins (or one big one!)
- Let the ramekins cool and refrigerate for around 30 minutes so the mixture sets. You can also store them like this for a few days if needed.
- Place in the oven at 180c for around 10-12 minutes, depending on how gooey you like it.
- Serve with a cashew cream for some extra yummy (and healthy) indulgence (equal parts cashew butter and almond milk, and a little vanilla extract whizzed together in a blender until creamy, add more almond milk for a thinner cream if desired).
- You can also add fresh fruit or a square of chocolate in to each ramekin before cooking for that extra treat.
- Enjoy the intense Chocolatey gooeyness.



INGREDIENTS: (MAKES 2)

- 50g Coconut oil, melted
- 2 Heaped TBS Coco Powder
- 2 TBS Agave Syrup or Date Syrup
- 1 TBS Vanilla Extract
- 1/2 TSP Bicarbonate of Soda
- 2 Medium Eggs kept at room temperature

***Bonus tip #11: Information
without action is
useless!!!***



THE FITNESS MAVERICK

AFTERTHOUGHTS

I'll repeat tip #11 again, because it's that important; information without action is useless!!! If I can share with you one truth about me it's that I have so many ideas, but have just never had enough time to take that actionable step and see them through to full fruition. As an example my recent e-programme the METABOLIC EDGE Plan has been something that I've had in my mind for a few years now. It's been requested for by so many people, but I never gave myself the time to see the project through. That's why I'm so proud of it, and why I'm so confident in the results it'll bring for many. To get it done I needed to make that commitment to myself, set time aside in my busy daily routine training one-on-one clients, and commit to seeing the project through to the end. It's finally done and I'm proud of it, and can't wait for its release. I now know what I can achieve, and that gives me both pride and confidence in myself. Your body is no different! The tips, tools, blog posts, this FREE E-Book, and the METABOLIC EDGE Plan are all useless if you don't take action and commit to making the change to achieving a healthier, leaner, fitter you! I hope this little guide helps to inspire your own fitness journey.

Yours in fitness,

Gareth Sapstead (a.k.a The Fitness Maverick)