

The image features a woman in a purple bikini on the left side, with her back to the camera. The background is a bright blue sky with a large, stylized sun graphic in the lower right quadrant. The sun is composed of concentric, hand-painted circles in shades of light blue and white. The text is centered in the middle of the image, overlaid on a light blue horizontal band.

THE
ULTIMATE
BEACH BODY
GUIDE FOR WOMEN

Ultimate Beach Body Guide for Women

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Chapter 1: Your Fantastic Body... Revealed!

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Welcome to the first day of your success story!

The book that you are currently reading will serve as your firm foundation in fitness and weight loss. The coveted “beach body” that many women want is actually the result of a combination of factors like your daily meals, how much exercise you’re getting and the nature of your daily activities.

While it is true that genetics does play a role in determining your general body shape and even to some extent, your appetite, it doesn’t mean that you are trapped by your genes.

You can get a beach body regardless of your genes.

Your genes only tell half of the story (or less): the real challenge lies in *what you are doing* to get the body that you want. Ask yourself: what am I eating daily? How often do I exercise? How much TV or Internet time do I get every day?

Often, our *lifestyle choices* are the biggest culprits. The “**couch potato lifestyle**” is probably one of the deadliest human inventions, right next to smoking and alcohol consumption.

What is the first logical step in weight loss?

Developing a beach body will require time, resources and effort. But the great thing about the whole process is that you will not only get a fitter body but also a healthier body.

The **first step** in your weight loss journey is setting realistic goals.

A **realistic weight loss goal** has the following characteristics:

- *It has a finite timeframe.*

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- *It has a definite beginning and end.*
- *It can be logically broken down into distinct milestones.*
- *The goal has measurable results.*
- *You have access to the resources needed to accomplish it.*

Why do you need to set realistic goals?

Often, people get overexcited about the prospect of losing weight and they end up having **unrealistic expectations**. If your expectations are a mile from what is achievable at the present time, you will end up being disappointed by the results.

Even if you have all the resources needed for weight loss at your disposal, if your expectations and goals are not aligned with the realities of weight loss, you will not be happy and satisfied in the end. You may even end up blaming yourself for imagined errors when in reality, you already gave it all your all.

How can you stay motivated in the beginning?

You can shield yourself from heartache and disappointments in the beginning by setting *small, achievable goals*. Here are some examples of these “baby steps” in weight loss:

- “I will limit my soda intake to one can a day instead of four”
- “I will exercise fifteen minutes a day”
- “I will reduce my TV time to 1 hour instead of 3”
- “I will cook my meals at home on most days instead of eating out every day”

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- “I aim to lose 10 pounds in 3 months”

- “I will drink pure water instead of coffee and soda from morning until early evening, on most days”

Why are goals vital to your weight loss efforts?

Focus is one of the hardest things to maintain when you are trying to lose weight. Your dream body can manifest in three, four or eight months, depending on how much *focus* you have on your goals and all of the things that you have to change to get the body that you want.

Goals keep us on our toes and remind us that we need to work hard for our dream bodies. It’s just one of the realities of life that you have to contend with.

Actively working (and succeeding) on goals will also help you stay motivated. Because let’s face it: we need to be rewarded for our efforts. In the beginning, people struggle with weight loss because it can feel like a reward-less, thankless ordeal.

Why is weight loss challenging?

Like I said before, weight loss is not just about what you eat, it involves multiple factors that all have a large impact on your weight. For example, did you know that people who don’t get enough sleep are more likely to put on weight?

This happens because our level of sleep every night affects our **metabolism**, or our body’s general ability to utilize energy. When you don’t get six to seven hours of sleep a day, your body’s natural ability to torch fat is winded down to a minimum.

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Lack of sleep also causes you to feel tired and fatigued all the time. A person who is sleepy most of the day will feel even more exhausted if he has to drag himself to the gym on a workout day. Without exercise, the fat stays in place and so does the weight.

Weight loss factors are interconnected.

One factor can have a negative impact on another big factor, which can then cause the whole system to lean sideways. It is important for you to understand *all* of the different factors involved in losing weight so you can make the right decisions 99% of the time.

Now, before we dive into the heart of the book, I'd like you to consider the following statement:

“My body is a temple”

If you can always remember that your body is a temple and that it deserves care and respect, it will be easier for you to make even the toughest changes to your diet and lifestyle. Here's another one:

“Love your body now and it will take care of you later in life.”

People often spend a disproportionate amount of time on unhealthy activities like sleeping late, drinking alcohol or smoking.

If we can spend time and resources on such activities, then it logically follows that we can spend the same amount of time and resources *taking care* of our bodies.

If you take care of your body *now*, your reward will be given later in life when you're older.

If you exercise *now*, your cardiorespiratory system will be stronger and more resistant to disease when you are older. This is how the

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body thanks you – by making sure that diseases are kept at bay for as long as possible.

If you fail to take care of your body *at the present time* then... you probably already know what happens later in life. It's a simple "give and take" equation. The amount of care that you give to your body now will determine how much you can 'take' from it later in life.

Medical Disclaimer:

Always consult with your physician before beginning any physical fitness program or diet program.

If you experience pain at any point during the exercise, please stop and consult with your healthcare provider.

Assumptions

This eBook assumes the following:

1. It is assumed that you have consulted with your physician and have been given the 'green light' for weight loss and that you do not have any severe medical conditions that are sensitive to changes in diet and exercise.
2. It is assumed that you are of relatively healthy stature and that you are capable of performing physical movements and exercises without putting your health at risk.
3. It is assumed that any changes in your diet will be under the supervision of your physician and that any information that you learn from this book will be considered only as supplemental knowledge to any professional medical advice that has been given to you prior to your acquisition of this eBook.

Chapter 2: The Working Woman's Tip Sheet for Losing Extra Pounds

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The modern working woman has to juggle so many things in her schedule that it is often tough for her to get organized for weight loss. This chapter will focus on expert tips to get you started on the right track in this journey.

Knowing the *right steps* in weight loss is half the battle.

You can have all the time in the world but if you don't know how to use it wisely, the beach body you have been dreaming of will take longer to appear. Use the information in this chapter to get started on a *holistic, healthy process* of losing weight while building muscle.

I. Add High-Intensity Interval Training (HIIT) To Your Workouts

The core principles of high-intensity interval training or HIIT were first developed in Japan by Izumi Tabata. At that time, Tabata was using his methods to train professional, national skiers.

What is HIIT?

HIIT is really simple if you think about it: instead of working out steadily with just a single degree of intensity, you will be alternating high and low/steady intensities to boost your metabolism and improve your overall endurance level.

For example, if you are performing cardio like indoor cycling or running on a treadmill, you can add HIIT to the equation by setting a "high intensity" period (e.g. increasing your speed so you are comfortably challenged) followed by a "steady/resting" period (your normal intensity while working out).

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An HIIT formula for running would look something like this:

5 minutes – high intensity (increased speed –85% MHR limit)

2 minutes – low intensity (decrease speed – 50% MHR limit)

7 minutes – high intensity (increased speed –85% MHR limit)

3 minutes – low intensity (decreased speed – 50% MHR limit)

Just keep alternating the formula until you reach the end of your workout. Before trying this workout method, be sure to check with your doctor as it can be very taxing the first time you try it and we wouldn't want you to strain yourself. This word of caution applies most especially to those of you who have heart problems like high blood pressure.

What is MHR?

MHR means *maximum heart rate*. Every age group has an average, healthy maximum heart rate as determined by medical experts.

The lower value in an MHR range represents **50% effort**. Generally speaking, if your heart rate is at the 50% level, your workout is not very challenging.

That's why HIIT utilizes the lower range for 'resting phases' to give you enough time to recover so you can gear up once again for the 'high intensity' interval of the workout.

The following list features the MHR of common age groups:

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Maximum Heart Rate Chart

Age	Lower Range (50%)	Higher Range (85%)
20-29 years old	100 beats/minute	170 beats/minute
30 years old	95 beats/minute	162 beats/minute
35 years old	93 beats/minute	157 beats/minute
40 years old	90 beats/minute	153 beats/minute
45 years old	88 beats/minute	149 beats/minute
50 years old	85 beats/minute	145 beats/minute
55 years old	83 beats/minute	140 beats/minute
60 years old	80 beats/minute	136 beats/minute

Source: American Heart Association

II. Avoid the Calorie Trap

Counting calories may seem like an easy way out of the weight loss conundrum but in reality, it is not the most sustainable method of dieting.

Why is strict calorie counting not recommended anymore?

The reason is simple: strictly restricting yourself to an average number of calories per day will most likely result in a 'rebound' effect where you will end up overeating to compensate for the reduction in calories.

The better way to do it would be to take your average calorie intake per day and gradually cutting down your calories through **portion control**.

Portion control involves actively measuring how much food you are consuming in every meal, including snacks.

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How can you reduce food portions?

In order for you to succeed in **controlling your portions**, you need to be aware of the *average serving size* for common beverages and food items and the corresponding energy value or calories for each serving size.

This might sound like calorie counting, but it's not and here's why: after learning about serving sizes, you will be focusing on training yourself to eat smaller portions in every meal, with the exception of your occasional or weekly treat.

Portion control addresses the root cause of excessive calorie consumption which is actually **overeating**.

You will not be mechanically counting calories every time you eat. In the beginning, you may be inclined to check your food charts or your mobile nutrition app to learn about the food you eat.

This is perfectly normal and I expect many of you to experience a slight learning curve. If looking at calorie charts will help you make wiser choices at mealtimes, *do it!*

What is the goal of portion control?

The biggest goal of portion control is to change your relationship with food. Your satisfaction level when eating is tied closely to how you view a 'full meal' or a 'great snack.'

Portion control will train your mind and body to be satisfied with less food. Less food means fewer calories consumed within a day - this is the key to sustainable weight loss. You can monitor your progress by getting an *average calorie count* at the end of the day.

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Do not count calories every time you eat! This can be nerve-wracking and it will not support your long-term weight loss efforts. Instead of focusing on numbers, focus on how much food you are eating.

What can you do if you still feel hungry?

It takes an average of 20 minutes before the brain sends a signal that the stomach is full. Before the 20 minutes are up, you can feel like you haven't eaten at all, especially if your portions have been reduced. You can reduce your **hunger pangs** by following these tips:

1. **Drink a tall glass of water after a meal.** The water helps fill your stomach and will help expand the fiber in your food, which can help reduce the urge to overeat. There are also instances when you 'feel' hungry but you are actually just thirsty. Experiment with drinking water and see how your body responds.
2. **Eat foods that are rich in complex carbohydrates.** Complex carbohydrates are transformed into glucose more slowly and provide a steadier source of energy than simple sugars. The *best sources* of complex carbs are green, leafy vegetables like spinach and collard greens. Healthy salads with lots of greens can actually help tame a raging appetite!
3. **Add a dash of healthy oils to your diet.** Fat is a *necessary nutrient* and you should *never* cut out fat from your diet even if you are trying to lose weight.

However, you should be more selective about your fat sources to ensure that your body is benefitting even more from your food choices. Healthy sources of fat include nuts like almonds and natural vegetable oils like extra virgin olive oil.

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4. **Find your “go-to” food items and beverages.** A serving of yogurt (especially after dinner where people tend to overeat) can add a bit of sugar and fat to your last meal and improve your overall handling of hunger pangs. You may also try meal replacement products such as high protein shakes and cookies to avoid overeating any time of the day.

A word of warning about commercial foods and beverages...

All commercial food products come with nutrition information printed at the back or side.

Some manufacturers brand their products as “**low calorie**” and they back up the claim by printing really low numbers per serving.

Are nutritional labels deceptive?

Yes and here’s why: the nutrition information of these products might be technically correct *but* that doesn’t mean that you can consume as much as you want just because a product has been branded ‘low-cal.’

The serving sizes of common products such as cereals are really small. You have to visualize your average consumption of a product and compare it with the serving size printed on a food label.

For example, if you eat about 3 cups worth of cereal every day, a breakfast cereal that provides 250 calories per cup will provide a whopping 750 calories worth of energy in a single meal.

So be careful with your food choices and don’t be lulled into a false sense of security by foods and beverages that are supposedly ‘low-cal.’ In the end, your *personal serving sizes* should determine how much of a food/beverage you can consume so you can lose weight.

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III. Be Active As Often As You Can

We can't all work out at the gym as much as we'd like – that's a hard fact that keeps many women guessing as to how they can become more active.

You can burn calories and become fitter by *choosing* to be more active anyway possible. Here are some (surprising) things that you can do to add several “calorie furnaces” throughout your day:

8 Easy Ways to Torch Fat

1. Wake up an hour earlier in the morning and go jogging, running or walking.
2. Forget the elevator at work – take the stairs and enjoy the instant cardio especially when you need to climb a few flights of stairs.
3. Park a bit further than usual when you arrive at work and enjoy the stroll.
4. Take the kids to the park a few days a week and play with them – you can burn more calories when you are outdoors than indoors.
5. Purchase an indoor rowing machine or indoor cycling machine and spend 10 to 15 minutes a day exercising.
6. Does your garden look like a weed plot? Perform gardening and landscaping more frequently. Gardening can be a great whole-body exercise!
7. Join an after-work sports club and play a few times a week. Choose a sport that is easy to learn and is personally enjoyable.

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8. Performing house chores like vacuuming can also torch extra calories. Take your time and sweat it out!

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Chapter 3: Fast Workouts That Pack a Punch

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Are you ready to take your workouts to the next level?

In this chapter, I will be sharing with you some excellent workouts that will challenge *most* (if not all) of your larger muscle groups. This will ensure that your metabolism will be steadily increased and your overall strength, stamina, and endurance will also be improved.

Dumbbell incline press

1. Lay on a bench and adjust the incline so that your back is at a 45-degree angle.
2. Pick up two dumbbells and place them on your chest.
3. When ready, press the dumbbells upward slowly.
4. Hold for a few seconds at the top before lowering slowly, using your chest muscles more than your arm muscles.

HIIT Factor: Increase the weight of your dumbbells after each set. When lifting weights, *do not* speed up! You can increase the intensity of a resistance training exercise by increasing the resistance itself, not the pace of the exercise.

Lunge to dumbbell press

1. Pick up two dumbbells and stand straight with your arms at your sides. Your legs should be shoulder-width apart.
2. When ready, lunge forward with your right leg first and as you do so, press the two dumbbells overhead.
3. When your hip is parallel to the floor, your weights should already be at their topmost positions.

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4. Lunge back to your original position and as you move back, lower the dumbbells to your sides.
5. Repeat steps 2-4 with your other leg. A single lunge constitutes a single repetition. Try to finish 2 sets with 12 repetitions per set.

HIIT Factor: Increase the weight of your dumbbells while increasing the number of repetitions per set for an extra challenging workout.

Bosu agility workout

You can perform this workout if you have access to a Bosu ball at home or at the gym. A Bosu ball looks like a halved stability ball with a stabilizing base.

1. Place your Bosu ball in front of you, about a foot away.
2. Lower your body into a half squatting position and while bringing your hands in front of you.
3. Spring upward and land on the Bosu ball. Stabilize your body weight for a few seconds before springing back and landing on your feet.

HIIT Factor: You can increase your MHR with this workout by increasing the pace or by performing longer sets with more repetitions.

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Double-handed cable rows with squats

You can perform this workout if you have access to a *cable weight machine* at home or at the gym. Specialized workout equipment with built-in cable weights may also be used.

1. Stand up straight with your back against the cable weight machine.
2. Slowly lower your back while keeping it straight. Grab the handles of the cables and pull the weights toward your 'pocket' area.
3. After each successful row, perform a single squat.

HIIT Factor: As this is a resistance training movement, you can either increase the number of squats or increase the resistance of the cable machine.

Jack-knives on stability ball

For this workout, you will need a medium or large stability ball. Larger stability balls are often tougher to manage but they are excellent for challenging your core/abdominal muscles.

1. Place the stability ball in front of you.
2. Place your forearms on the stability ball, as if preparing for a front plank workout.
3. Roll forward and use your arms to support your weight as you do so.
4. Continue rolling forward until your shins or your feet are on top of the stability ball.
5. Straighten your body and stabilize your weight.

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6. Curl your legs so that your core muscles will contract. The ball should roll forward a few inches as you do so.

7. Hold for a few seconds before releasing/straightening your legs.

HIIT Factor: This is a very intense workout that should be tried at least once a week to make sure that your core muscles are developing well alongside your other muscle groups. You can increase the intensity of this workout by increasing the repetitions per set.

Don't forget to breathe deeply through your nose during your workout. *Never* hold your breath no matter how tough the movement as this will reduce the total available oxygen available to your muscles and more importantly, your brain.

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Chapter 4: Staying Motivated

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How can you stay motivated and on-track with your weight loss goals?

Motivation is a state of mind and that puts you in a prime spot to keep it going. There are several ways to keep yourself motivated through the ups and downs of weight loss. Here are some of the more powerful techniques to keep yourself powered up and ready to go:

I. The Social Network Connection

In our day and age where people put pictures of sandwiches and soups on Instagram, it's no surprise that people feel more motivated when they can *share* their personal fitness exploits online.

Current studies show that people become more motivated when they feel part of a network of like-minded individuals who are engaged in the same fitness or weight loss pursuits.

Hash-tagging can help you get discovered and can connect you with even more individuals who have their own quests to lose weight.

If you really want to show the world your fitness or diet accomplishments, why not start a Twitter account or Facebook Page so you can have a platform where you can freely share your thoughts and ideas about losing weight?

II. The Fitness Partner

Losing weight doesn't have to be a lonely enterprise... So start looking for the perfect fitness partner! Having a fitness partner or fitness buddy can help you stay focused on what you have to do.

We are naturally inclined to stay the path if someone else is sharing the challenges with you. People also have more fun working out if they have some company.

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If you know someone who is hesitant to work out in the gym for the first time, you can offer the same help by being that person's fitness partner. Who knows? Having a fitness partner may just be what the doctor ordered.

III. Mental Motivation

You are an ideal person to *motivate yourself* especially during those times when you feel like giving up on a particular exercise or diet plan. Telling yourself that you can keep pushing or that you can outlast the challenge has been shown to improve weight loss success rates.

Remember: the mental challenge of losing weight is much more difficult than the physical challenge involved. Before giving up on a tough workout day, cheer yourself onward and push hard!

IV. Reward Yourself

Having a modest reward system in place can boost your self-confidence and improve your overall satisfaction level during your weight loss journey. Be careful of 'food rewards' though, as these can spiral out of control.

Do not be tempted to chow down on a whole pizza after a week of working out as this can easily bring back all the hundreds of calories you have worked so hard to burn off. If food can become a problem when rewarding yourself, try some other form of rewards like getting a massage or shopping.

V. Write a Journal

Journaling is recommended to help improve your overall state of mind regarding weight loss. Write down anything that comes to mind so you can look back and examine your personal evolution as a

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fitness enthusiast. Write the results of exercises and log how you felt during and after workouts.

Celebrate milestones and log your weight if you have accomplished shedding a few pounds. Let your fitness journal express your happiness in finally starting on the path to the perfect beach body.

Why losing weight (and keeping it off) is so much harder for women and the scientific breakthrough that the can transform your body in days from now!

Until now, losing weight has felt like climbing a mountain with a boulder on your back.

But what if things were different?

What if I told you that one of the biggest secrets to women's weight loss is being completely ignored by the mainstream media?

There's a single fat burning hormone present in the female body that, once activated, could rapidly transform the way you look and feel forever.

And the good news is, the female body has twice as much of this fat burning hormone than men!

When you switch this fat burning hormone on, it's possible to drop as much as 3 dress sizes inside a week...

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... without cardio, diet pills or restrictive diets.

It's a secret that the diet industry doesn't want you to know.

A secret that a small number of scientists, doctors, and health experts are finally discovering about weight loss for women.

And now, for the first time, this secret is being shared with women all around the world.

You won't find it in popular diets, books or magazines, but it could unlock the keys to lasting weight loss, sooner than you think.

So forget the past. Now you really can have the body you dream of and deserve.

Discover the real secret to rapid, lasting weight loss that most women will never know:

[CLICK HERE!!](#)