

Ideal Workout Plan

ODD DAYS:

WAKE UP (AFTER 8 HOURS OF RESTED SLEEP):

Take L-Carnitine (3 grams or 3,000mg) with 24 oz of water.

EXERCISE DAY 1:

IDEALLY Workout on an empty stomach (fasted state, before eating “Break” Fast):

- Warm up 5 minutes
- Run or bike as fast as you can for 5 minutes
- Recover with slow jog or bike for 2 minutes
- Repeat 5 to 10 times (depending on level of fitness)
- Cool down walk for 5 minutes

15 MINUTES BEFORE BREAKFAST:

1 capsule probiotics

BREAKING YOUR FAST CAN START IN MORNING OR LATER IN THE DAY. Just make sure to keep your eating window to 6 hours or less and don't eat anything at least 3 hours before bed.

EVEN DAYS:

WAKE UP (AFTER 8 HOURS OF RESTED SLEEP):

Take L-Carnitine (3 grams) with 24 oz of water.

EXERCISE DAY 2:

IDEALLY Workout on an empty stomach (fasted state, before eating "Break"Fast):

- Warm-Up for 5 minutes, then Jog for 5 minutes
 - Do 10 push-ups, then 10 sit ups
 - 9 push-ups, 9 sit ups
 - 8 push-ups, 8 sit ups
 - Repeat with 7, 6, 5, all the way down to 1 push up and 1 sit up
- Jog for another 5 minutes
 - Do 10 triceps dips, then 10 bicep curls
 - 9 triceps dips, 9 bicep curls
 - Repeat with 8, 7, 6 all the way down to 1 push up and 1 sit up
- Jog for another 5 minutes
 - Do 10 squats (advanced hold weights in each hand), 10 jumping jacks
 - 9 squats, 9 jumping jacks
 - Repeat with 8, 7, 6 all the way down to 1 push up and 1 sit up (Repeat whole cycle if you are advanced)
- WALK for a cool down and stretch!

