



7 PROVEN STEPS

To Building Muscle, Burning Fat, and Eating Your Favorite Foods... Without Starving Yourself or Suffering through a "Diet"

BROOKS HAS BEEN FEATURED IN



STEP

1

Find Your Magic Weight Loss Number

- Do you know how many calories you need to be consuming for **WEIGHT LOSS**? Not knowing how many calories you are supposed to consume per day is like driving from Atlanta to Los Angeles without a GPS. The first time I started eating the right amount of calories I lost 33 lbs in 3 months.
- The key is to have the **RIGHT** combination of protein, carbs, and fats or macros that equals up to that magic number.
- Key thing to remember: The right number of proteins, carbs, and fats is the **#1 DRIVER** for torching the spare tire.
- Recommendation: Use a macro calculator to find your magic number. (They're more accurate than you think!)
- If you start tracking immediately you can lose up to 5lbs your first week. (More on that soon.)

Link to calculator: reubenbrooksfitness.com

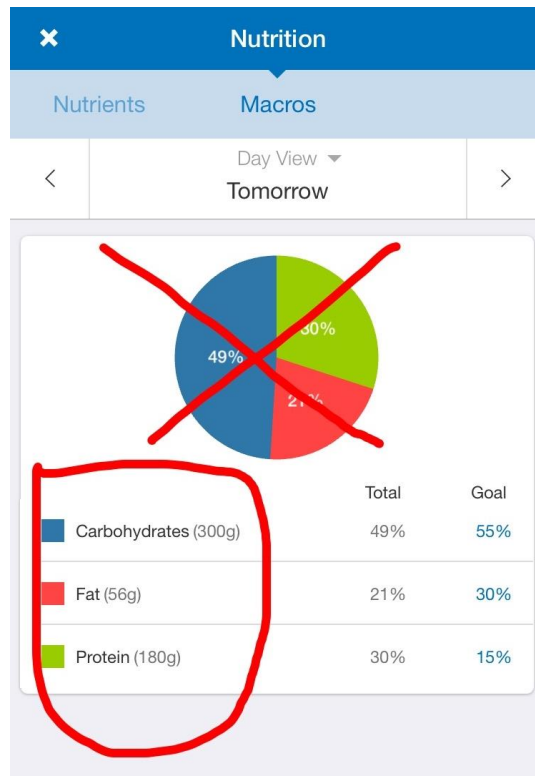
STEP

2

Track Your Magic Number

Key mistake here is not tracking your macros. Most people get their number and start guesstimating or eyeballing how much protein, carbs, or fats they consume through the day. However, there's an app that tracks everything for you taking out the guesswork of it.

- Download Myfitnesspal app on your smart phone.
- Start Tracking **EVERYTHING** you eat.
- Myfitnesspal even has a scanner where you can scan the package of lets say a protein bar. This saves you so much time rather than guessing and adding up your numbers.
- Pay attention to the macros not the ratios.



- Weigh all foods – a lot of nutrition information is available on food packaging; however, a scale will ensure you accurately track what you eat.
- **PRO TIP:** Weigh foods after being cooked for better accuracy.

STEP 3 | Eat Your Favorite Snacks While Staying On Track

- Macro counting gives you the flexibility to eat what you want and still stay on track with your goals. This is not a diet yet a lifestyle approach.
- For example: Say you wanted to have a blueberry muffin from Starbucks, all you have to do is track it and make sure you don't go over those magic macro numbers for the day. IT'S THAT EASY! However, what's easy to do is also easy not to do.
- Going over your number repeatedly could result in weight gain.
- This will take some discipline but with daily practice you can be on your way to your goals in no time.
- **PRO TIP:** Track foods before you eat to ensure they fit inside of your daily macro limit.
- **SUPER PRO TIP:** Stay in a plus or minus of 5 with your protein and carbs and a plus or minus 2 for your fats.
- Fats have twice as many calories than protein and carbs.

1 gram of Protein =	4 Calories
1 gram of Carbs =	4 Calories
1 gram of Fats =	9 Calories

STEP 4 Shock Your Metabolism

When you hit a plateau around week 3-4, which most people do you will need to shock your metabolism to continuously keep it in the fat burning state.

EVERYONE FALLS INTO TWO CATEGORIES WHEN IT COMES TO METABOLISM:

CATEGORY #1: YOU HAVE A FAST METABOLISM AND CAN EAT WHATEVER YOU WANT WITHOUT GAINING MUCH WEIGHT (GET DOWN WITH YOUR BAD SELF!)

CATEGORY #2: IF YOU LOOK AT FOOD YOU MIGHT GAIN A POUND & FOR SOME EVEN TWO. (I MAY BE A LITTLE DRAMATIC BUT NO WORRIES, HERE'S HOW WE FIX THAT PROBLEM)

- If you're in category #2, think: Is carb sensitivity the reason why I struggle with weight loss? How do I become less carb sensitive and make my metabolism faster?
- Shocking your metabolism can be done in various ways but the **BEST** way is directly through your diet.
- My favorite initial way of sparking the fire is to cycle carbohydrates.
- Cycling from high, moderate, to low carb keeps the body guessing and allows your body to work harder (which is ultimately what we want).
 - For example

Carb Cycle Example

Week 1-3	
Monday	Moderate
Tuesday	Low
Wednesday	Moderate
Thursday	Low
Friday	Low
Saturday	High
Sunday	Moderate

- If the body is working hard that means our metabolism is working in our favor even on the days where we are on a low carb or rest day thus resulting in more calories burned!

STEP 5 Change Your Weight Training Methods

- Have you ever just got finished with a workout and wasn't completely satisfied, as if you left a little bit in the tank? If so, then you probably did.
- Increasing the level of **INTENSITY** can come from a number of ways such as super setting your workouts (more to come on this).
- Lifting heavier weights with good form.
- Limiting your rest time to about 30 seconds.
- Adding more sets to your workouts (Instead of three sets try to kill five sets and continue to do this with each body group).
- Include compound movements I.E. deadlifts, barbell squats, and bench press. Including these movements work more than one muscle group and will burn more calories.
- Upping the intensity of your workouts can help you **BLAST THROUGH PLATEAUS** and ultimately burn more calories throughout the duration of the entire workout.

STEP

6

The Best Cardio For Fat Loss

TWO TYPES OF CARDIO:

1. STEADY STATE CARDIO: THIS SHOULD BE DONE AT A PACE WHERE YOU'RE STILL ABLE TO HAVE A CONVERSATION WITH A FRIEND AND REFER TO LOW OR MODERATE INTENSITY. THIS INCLUDES BUT IS NOT LIMITED JOGGING, WALKING, ELLIPTICAL WORK, AND BIKING.

2. HIGH INTENSITY INTERVAL TRAINING CARDIO (HIIT): THIS IS A FORM OF INTERVAL TRAINING, AN EXERCISE STRATEGY ALTERNATING SHORT PERIODS OF INTENSE ANAEROBIC EXERCISE WITH LESS-INTENSE RECOVERY PERIODS.

- Steady state cardio includes but is not limited to jogging, walking, elliptical work, and biking
- HIIT cardio includes sprints, ropes, rowing machine, burpees, and tire flips.
- **PRO TIP:** When doing HIIT make sure you're doing the exercise as fast as possible for 30 seconds then rest for 2 minutes. This allows you to recover and complete the next set at **MAXIMUM** effort (Aim for 10 rounds of HIIT).
- Complete 2 HIIT Trainings per week and 2-3 separate steady state cardio sessions per week
- Cardio combined with weight training should be done 3-5 times per week for best results.

- **SUPER SECRET ADVANCED TIP!** If possible do your cardio in the morning on an empty stomach. This is called **FASTED CARDIO**.
- Your body uses 3 energy sources and in the morning when you wake up without eating anything your body is using its fat energy source.
- Completing cardio in a fasted state allows you to burn energy at the fat source! (How cool is that?)
- HIIT training fasted is not recommended.

STEP

7

How To Stay Consistent Through Holidays, Birthdays & Anniversaries

- I want you to enjoy yourself on your special day but I also want you to understand that this isn't a diet but a lifestyle (Do I sound like a broken record yet? Just in case you didn't get it. This is not a diet!)
- You won't need to take breaks from it.
- **HERE IS MY RECCOMENDATION:** Calculate your "celebration" meal into your macros on your high carb days (as we talked about in Step 4).
- This will allow you to enjoy your day guilt-free.
- I have my clients schedule their high carb days on Saturday or days they are lifting heavy to replenish their muscles.
- I found Saturday to be a very common day that you're out with friends, celebrating, or tend to eat off the plan.



To Wrap It Up

HOPE YOU ENJOYED THIS OUTLINE-OF-FUN

This is meant to be super quick information (a review for some of you and new stuff for others) and a reference point.

If anything doesn't make sense or is confusing in any way...don't fret!

I'll be back soon with more great stuff to answer any questions and make it also-very-crystal-clear.