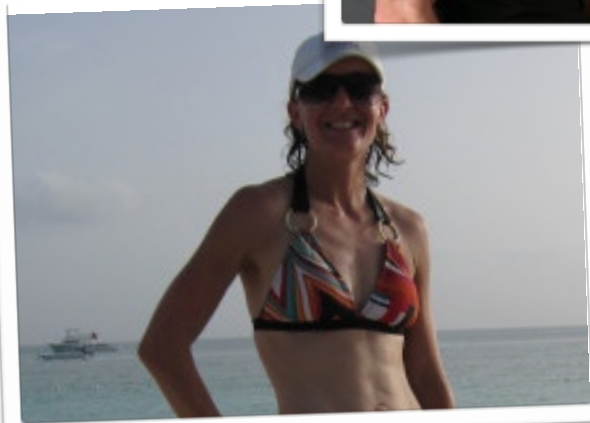


Within Workout Variety For The Ultimate Body Transformation!



By Scott Tousignant
www.FatLossQuickie.com

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Disclaimer

You should recognize that any exercise program involve some element of risk. You should consult with your physician or health care professional to see if this program is something you can do without endangering your health and for diagnosis and treatment of illness and injuries, and for advice regarding medications.

While exercise is normally very beneficial, it is important that you undertake this program knowing that you do not have any health conditions that may be aggravated or damaged by activities in this program. The author and Fat Loss Quickie shall have neither liability nor responsibility to any person or entity with respect to any damage or injury alleged to be caused directly or indirectly by the information contained in this book.

You should never discontinue taking medications prescribed by your doctor without specific consultation with your doctor. You should obtain clearance from your doctor before you undertake any program of exercise as the activities may be too strenuous or dangerous for some people.

Within Workout Variety For The Ultimate Body Transformation

The phrase, “**Variety is King!**” has been uttered by nearly every fitness trainer around the world, with the premise being that your body adapts to the stresses of a specific training protocol after four to six weeks, where the magnitude of the results that you have been achieving, begins to diminish. This is why you see Angie and I performing a new workout program each month.

There are many ways that you can incorporate variety in your training each month. Here are just a few:

- a) Keep the workout the same, but change the exercises.
- b) Keep the workout and the exercises the same, but change the reps, rest period, or tempo.
- c) Change the entire workout plan.

An example of the first scenario would be someone who prefers to perform supersets, because they find that their body responds really well to this protocol and it can be a time efficient way to workout. In order to add



variety to their program and prevent it from adapting to the workout, they switch the exercises from month to month. If their leg workout consisted of squats and deadlifts this month, they may switch it up to leg presses and lunges the following month.

An example of the second scenario would be to stick with the supersets using the squats and deadlifts on leg day performing 10-12 reps with 30 seconds rest between sets this month, then switching to 4-6 reps with

180 seconds rest the following month. This is a common form of **periodization**, where a trainee will go from a three month hypertrophy phase, focusing on muscle size to a three month strength building phase. The one downfall to this type of periodization is that during the hypertrophy phase you may lose strength.

Research has shown that **your body adapts to rep ranges faster than it will adapt to exercises**, which means that it's important to vary your rep range more frequently than it is to vary the exercises that you use.

An example of the third scenario would be switching from supersets this month to dropsets next month and mixing up the rep ranges. This is my preferred method for various reasons. Using the example of changing from supersets to dropsets, they both place a different type of stress on your muscles. Supersets can allow for more recovery time for a muscle group, whereas dropsets will bring you much closer to your true '**momentary muscular failure**' and recruit many more muscle fibers.

As great as the above methods are for adding variety to your workouts, there is one method that I have found to produce the "**Ultimate Body Transformation Results**"... and that is to add variety within each workout.

Why go an entire month doing just supersets? Why go an entire month doing just 10-12 reps of every exercise? Why go an entire month allowing 60 seconds rest between exercises?

Why not add variety to the type of training, the rep range, and rest period within each workout in a structured way where you can progress from week to week for a 4-8 week time period?

An example would be to perform straightsets, super sets, and drop sets within a single workout, while varying the reps and rest period for each exercise.

Benefits of Within Workout Variety

Incorporating **strength training** into your workout plan is incredibly important, even when your primary goal is fat loss. When you add a strength training component to your fat loss plan you are more likely to preserve your precious lean muscle and maybe even gain some sexy and lean muscle while you burn fat at the same time.

Strength training hit's your muscles on a neurological level, which increases your ability to recruit more muscle fibers. I like to think of this as adding more members to my team, in my effort to continuously transform my body.

The best way to increase your strength is to perform straightsets, meaning that you perform one exercise for a designated number of sets before moving onto the next exercise. The number of repetitions for each set should be between 4-6 reps. The rest period between these sets should be between 90 and 180 seconds to allow your body to recover from the previous set.

Incorporating **hypertrophy training** into your workout is also very important, especially when your goal is to improve your body composition. Hypertrophy training hits your muscles on more of a metabolic and cellular level, increasing the size of the muscle, which is temporarily visible during and immediately after the workout as a result of the 'Pump'. The more permanent and long term gain in muscle size is a result of your body adapting to hypertrophy training, increasing the size and numbers of your muscle filaments.



Not only is hypertrophy training associated with a '**Pump**', but it's also associated with the '**Burn**', which is a result of the lactic acid build up. With the increase in lactic acid being produced, you will also experience an increase in growth hormone, which is excellent for **muscle gains and for fat loss**. This is key for any successful body transformation!

A typical recommendation for hypertrophy training would be to aim for 8-12 repetitions, allowing for a rest period of 60 seconds or less between sets. I find supersets to be one of the best ways to incorporate hypertrophy training into your workout program, by not allowing any rest between exercises, but allowing 60 seconds rest between sets.

Now you have two different training protocol within one workout...

...Straightsets with a lower rep range and longer rest periods to focus on strength, stimulating the nervous system and **recruiting more muscle fibers**, and supersets with a higher rep range and shorter rest to focus on hypertrophy to increase the size of the muscle.

NOTE: Ladies, please don't freak out about this. We're not talking about ginormous, bulky, freakish muscle. Adding muscle will shape and sculpt your body.

Now if you want to really ensure that you hit as many muscle fibers as possible and stimulate your body in every way possible, you can add my favorite finisher to any workout, which is dropsets.

Ideally with dropsets, you should keep the rest to a minimum. I prefer to only allow enough rest to change the weight. One of my favorite ways to perform a dropset at the end of a workout is to start off with a heavier weight, performing 4-6 reps. I then drop the weight to a point that allows me to perform 6-8 reps. I then drop the weight to a point where I can only do 8-10 reps. Finishing off with a lighter weight, performing 8-12 reps. Occasionally on that last set I'll perform a really light weight for 20 repetitions.

At the end of this dropset you should have nothing left in the tank. Your muscle should be totally fried and ready for some healthy nutrition and rest to help it recover and rebuild.

With three different training protocols within a single workout you would expect it to last for an hour or longer, but that's not the case, when the program is designed properly. When I follow this type of guideline my workouts last approximately 30 minutes. When you take into consideration that the dropsets require no rest and the supersets are minimal rest, that's a good chunk of your workout that fly's by.

So there you have it! A training protocol that includes within workout variety for the Ultimate Body Transformation.

You could easily take this information and run with it, by designing a workout program on your own. Or you could take a much easier route, eliminating all the guesswork, and follow a strategically designed program that uses the above protocol and has been proven to work over and over again.

That strategically designed program is called [ROCK That Body!](#) Your body seriously won't have a clue what hit it, when you follow the ROCK That Body program. This is one of the few and rare programs that will increase your fat burning potential, while increasing your strength, and gaining lean

and sexy muscle to shape and sculpt your body. This program has been my body transformation secret for years, until now.

One of the greatest benefits of releasing this program to the public has been seeing people get even better results than I have, when following the ROCK That Body program.



Did I mention that ROCK That Body is ONLY \$9.95? It includes a workout journal to record your progress (pdf format), videos of each workout to ensure that you are performing the workouts with the best form possible (digitally downloadable), a 7 day meal plan and nutrition book with behind the scenes videos of the exact meals that I eat every week, the Fat Loss Quickie Mindset Bootcamp, and 3 Unstoppable Fat Loss audios (mp3 format) to totally skyrocket your motivation!

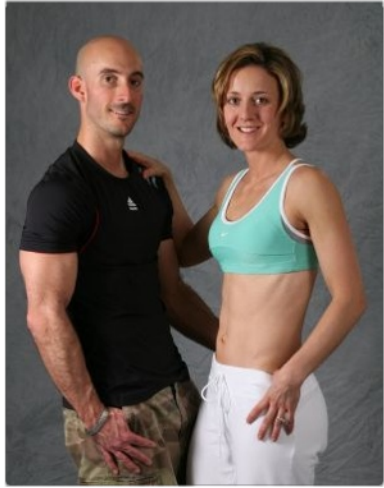
And with a 60 day money back guarantee, your wise investment of only \$9.95 is a risk free no-brainer!

So what are you waiting for? Download your copy of [ROCK That Body](#) and experience the Ultimate Body Transformation today!

To achieving your limitless potential,

Scott Tousignant

Get To Know Scott & Angie



Scott, along with his intelligent, supportive and loving wife Angie, has been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of *Fat Loss Quickie*, Angie is also the author of [Sizzlin' Circuits](#) and [More Love, Less Fat](#), a couple's guide to transforming your body and relationship. The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy

most in life.

Scott's education, coupled with his years of experience, has allowed him to create [ROCK That Body](#) and [Fat Loss Quickie](#) - the fast, fun, at home workout program that quickly transforms you into the **confident, energetic, beautiful person you really are!**

YES! You are ALL of those things and more!
- It no longer matters how busy you are...
You'll never have to neglect your health again!

Angie and Scott recently celebrated their 10 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.



Sizzlin' Circuits: Fat Loss Program For Women

Sizzlin' Circuits is Angie's most recent program that she has created. Sizzlin' Circuits is a challenging, fun, and engaging workout program designed for women and gives a little extra attention to many of the problem areas that women would love to firm and tighten up.

To learn more and see everything that is included in this workout program designed for women, please visit [Sizzlin' Circuits](#) ...Only \$9.95



ROCK That Body!

ROCK That Body has been Scott's go to program for the past several years whenever he wants to experience the best results possible. Rock That Body is for the more intermediate to advanced trainee who wants to take their workouts to the next level.

To learn more and see everything included in this workout program, please visit [ROCK That Body!](#) ...Only \$9.95



Fat Loss Quickie 10-Minute Home Workouts

Fat Loss Quickie is a 6 month fast, fun home workout program designed for busy people. It includes 30 home workout videos, 30 home cardio videos, 42 motivational audios, meal plans, and more.

To learn more about this fat loss program please visit [Fat Loss Quickie](#)



More Love Less Fat

More Love Less Fat is a workout program designed for couples. It includes strategies to help couples transform their body and relationship, along with quick workouts to sculpt your body and quick cardio sessions to enhance your bond and bring you closer together with your partner than ever before.

To learn more about this workout program designed for couples, please visit [More Love Less Fat](#) ...Only \$19.95