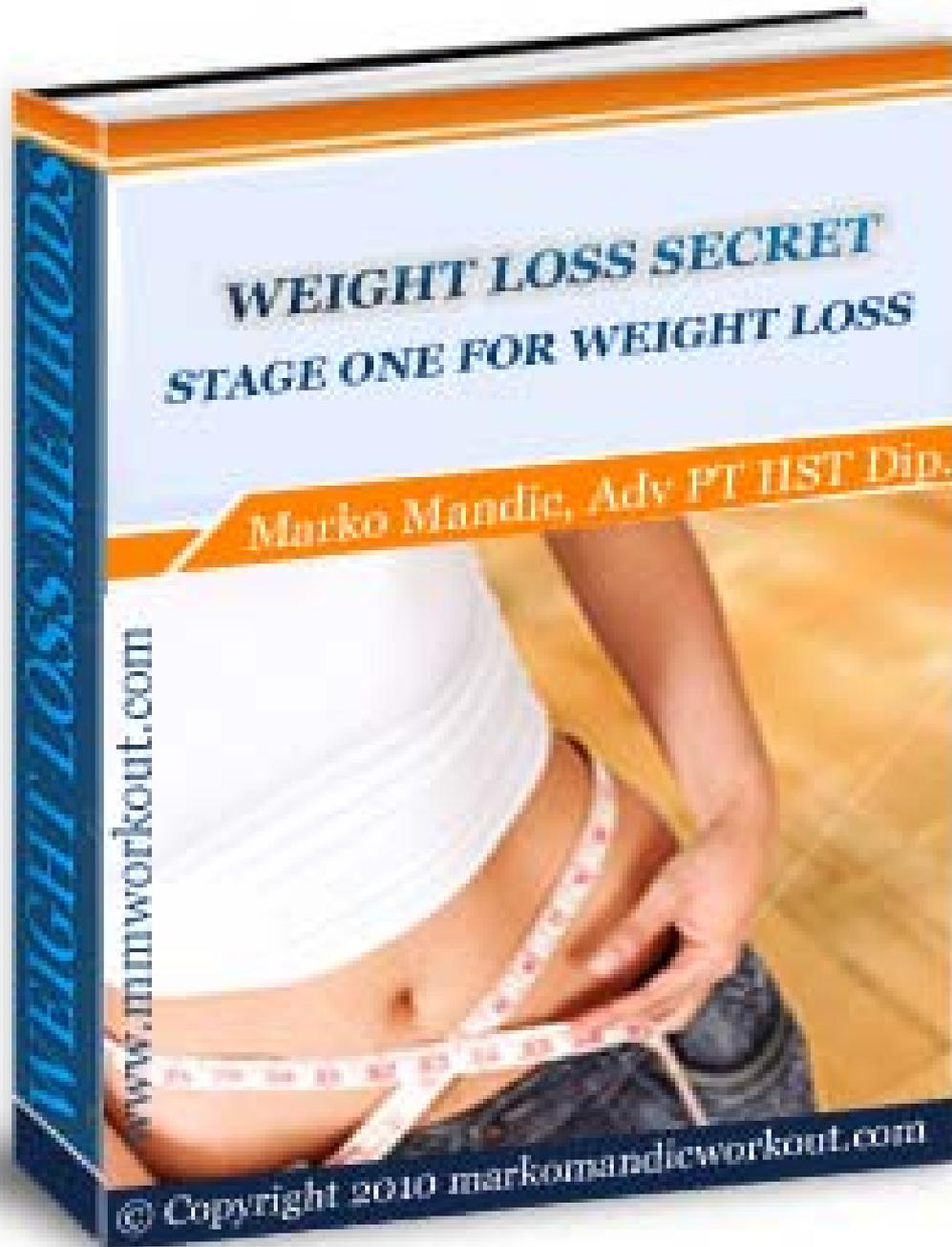


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# **Weight Loss Secrets**

## **Stage One For Weight Loss**

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## **Thanks very much for making the decision to give this programme a go.**

It will make you love not only how your body looks but also how much energy you have, how you feel about yourself and of course how confident you are as a person. Everything you need to know to lose weight and stay lean for life is right here in this book. I promise you no gimmicks, no faddy diets, no weird products and just a few healthy supplements to help support your programme. Some of what you will learn here might go against advice you have heard before so please read it with an open mind. Often so-called health and fitness experts truly know nothing about real health and fitness. They just want to sell you some supposedly quick fix product they're advertising. Well, here we're going to cut through all that rubbish and give you honest, open and proven to work techniques which will help you get that lean, healthy physique and keep it forever. Of course a nice side effect to that are those toned, strong muscles and those six-pack abs you always wanted. Everything you will read here is a result of years of intense research and well as countless hours of personal experience I've had with literally thousands of happy clients. These exercise programmes and nutritional strategies really work. I have proven them time and time again and I will prove them again with you. You just need to do what I tell you to! Remember to read this ebook from start to finish rather than skipping to the bits you're most interested in. It is that which will make sure you get that body you always wanted.

Introduction

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## Introduction

Congratulations on taking the first step towards that lean, fit body you always wanted.

This ebook can help you **lose 14 lbs in the first two weeks of training.** Due to the programme's massive success I've decided to offer Weight Loss Secrets **for free** to everyone who's struggling to lose fat. This is the only ebook on the planet that uses weight training for weight loss in this manner.

The ebook is in 5 sections.

The first tells you **the best way to lose body fat.** Typically people try to lose weight through aerobic exercise, however surprisingly you don't need to perform aerobic exercise to lose fat. In fact **aerobics can be the biggest problem as to why you're not achieving your weight loss goals.**

Chapter Two is about diet. **Like it or not to lose weight you will most likely need to make some adjustments to your diet.** I've developed several easy to prepare meal plans using proper fat burning food to help you feel better and burn fat without putting too much effort in.

The third section is about supplementation - **which supplements work and which are a waste of time.** And how much supplementation you should or shouldn't take.

For the Work Out part of the ebook I have designed training routines that will burn fat for everyone. You will enjoy these nicely presented, easily explained yet challenging workouts.

Finally there's a Q&A in which I answer the most common questions about weight loss and how to burn fat.

Here are just a few secrets you'll learn about in the ebook.

- **The best exercises to burn body fat**
- **How weight training can naturally stimulate fat burning hormones**
- **Why cardio won't give you the results you want**
- **Which supplements work and which are a waste of money**
- **How long you need to work out for – a major area of debate for which I can finally give you the answer**

**This ebook is guaranteed to change your shape and your life.** Follow the weight training tips, diet plan, supplementation advice and work out programmes and you cannot fail to get in the best shape you have ever been in. There are no gimmicks, no tricks, just proven-to-work techniques that are easy to follow. You'll be surprised at how easily weight comes off once you are doing the right things. Just read on and then go for it!

## Chapter 1 – Weight training for weight loss

Running is boring and can be even dangerous if you are overweight. Every time you run you put about three times your body weight of pressure on your knees. It particularly inhibits the work of your hamstrings and can therefore create serious imbalance for the body. As for cycling on a static bike, it's incredibly dull, you feel like a mouse in a cage. But, typical weight loss ideals seem to involve eating salad and doing a lot of boring cardio. Yes you will actually lose weight, but believe me it's not the kind of weight you want to lose. You will lose fluid, without properly rehydrating. The scales will show some weight loss but you will have lost muscle mass. Losing muscle means less calories are burned. Not the sort of weight you want to lose.

The art of weight loss is to burn and minimize fat - to lose fat around your waist, tone your waist, tone the stomach, arms, thighs and anything else you want to target. The art of weight loss is to change your body shape, not simply lose pounds on the scale. If you're losing weight but your body shape is still the same you're not doing the right thing. **Weight training can give you the body you always wanted.**

First of all, weight training is going to make you stronger. And that's what your body truly wants. You'll be healthier all around. People who perform a massive amount of cardio are putting tremendous pressure on their heart. Weight training doesn't do this. Weight training for both men and women stimulates hormones such as testosterone, which are essential to help you burn fat – particularly around your arms, legs and waist. The myth that women will get bulky if they do weights is just that, a myth. Weight training can sculpt women into lean, strong body shapes.

With the right exercises you will increase the capacity of the body to deliver nutrients and oxygen to the muscle and in that why through **using MM Workout techniques you will improve the capacity of the body to burn fat.**

To change your shape you also have to correct your posture. Correct posture can make you instantly taller, leaner and also address long-standing aches and pains. And it's essential to get those lines that you want. You can only correct your posture by carrying out correct weight training exercises.

With weight training you can work around injuries and back pain and at a pace you feel comfortable. What's more, weight training is very inexpensive – for a fraction of the cost of a stationary bike or a treadmill you can buy equipment for weight training with which you can train yourself properly for life. Using MM Workout weight training techniques you can and will create that look you always wanted.

## Chapter 2 – The Diet Plans

Like it or not, to lose weight you must change your eating habits. The good news is that for over ten years I've been intensely researching fat-burning foods for you and know *exactly* what will help you burn fat. My diets are not based on starving yourself or depriving yourself of food. **To encourage weight loss – that is fat loss –you need to eat frequently.** Food is very thermogenic, meaning it promotes fat burning, so it speeds up your metabolism to help you burn fat much more efficiently.

One really good way of getting a well-balanced, fat burning meal is basing it around 40% carbs, 30% protein and 30% fat. Remember it's not fat that makes you fat, what makes you fat is poor quality food, sugar and bad lifestyle habits.

A very efficient way of losing pounds quickly is knowing exactly how many calories you individually need for your own weight and then taking some away. To find out how many calories you need a day to maintain your current weight multiply your weight in pounds by 11. You then need to reduce your calorie intake by anything from 15-25% or more if you are very dedicated.

So that's:

Body weight in pounds x 11 minus 15 to 25 %.

For example a 150lb woman would need to eat 1650 calories a day to maintain her weight. Reducing this by 25% would bring this down to 1237calories a day needed to promote fat loss:

150lbs x 11 minus 25% = 1237 calories

or weight in lbs x 11 minus 25%.

1kg = 2.2lbs

1 stone = 14lbs

1stone = 6.33kg

### The Plans

Now you know how many calories you personally need to eat a day to lose weight you can follow a suitable diet plan. I have included four examples of around:

1000 calories a day

1400 calories a day

1800 calories a day

2200 calories a day

I don't expect you to restrict yourself exactly to these menus. They are only examples of what kind of food you should eat and when to eat it. Feel free to substitute one lean meat for another, one type of fish for another, or certain green vegetables for another. That's fine, as long as you follow these principles.

Notice in the diets I have included lots of green vegetables – especially broccoli, cauliflower, asparagus and green beans. **Green vegetables are packed with minerals, vitamins and enzymes which especially help women to release body fat around the hips and thighs.** I would strongly recommend women who are carrying body fat around this area to eat a lot of green veg as it's packed with this fat-releasing substance. It's harder to lose fat around the hips and thighs than around the arms and waist. Stay focussed. Stay disciplined and you will be rewarded in the end.

## **Water**

For all plans, remember to consume around an ounce of water per pound of weight a day. That's usually between 2 to 4 litres of water a day depending on your weight. So if you weigh 150lbs that's 150 ounces of water.

Usually people require anything from one and half to three litres of water a day to maximise the effects of weight loss and fat burning. Remember if you follow the game plan, in the end you will love the results. You have to be a little bit disciplined, but as I said in my diets you are not starving yourself.

## **Cooking methods and dressings**

As a dressing or cooking aid I would strongly recommended olive oil or good quality butter.

## **Snacks**

Have up to **two snacks** a day of one of the following: whey proteins, a handful of any kind of nuts or seeds, any kind of fresh green vegetable juice, apples, pears, a small handful of grapes, a serving of lean meat.

### **Lean Body Meal Plan 1000**

<b>8.00am Breakfast</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
6 almonds	42	1.53	1.42	3.65
½ cup cucumber slices	8	0.34	1.89	0.06
4 large scrambled egg whites	69	14.39	1	0.22
<b>Total</b>	<b>119</b>	<b>16.26</b>	<b>4.27</b>	<b>3.93</b>

<b>10.30am Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1 small handful Brazil nuts	184	4	3.44	18.6

<b>1.00pm Lunch</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
5oz salmon	207	30.65	0	8.41
Small sweet potato	112	2.04	26.16	0.06
<b>Total</b>	<b>319</b>	<b>32.69</b>	<b>26.16</b>	<b>8.47</b>

<b>3.30pm Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1/4 avocado	80	1	4.29	7.36

<b>6.00pm Dinner</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
One cup chopped peppers	30	1.28	6.91	0.25
6oz lean steak	258	41.14	0	9.15
<b>Total</b>	<b>288</b>	<b>42.42</b>	<b>6.91</b>	<b>9.4</b>

<b>Daily Total</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
<b>Total</b>	<b>1000</b>	<b>96.38</b>	<b>45</b>	<b>48</b>

### **Lean Body Meal Plan 1400**

<b>8.00am Breakfast</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
2 kippers	260	32	0	16
Cup spinach	7	0.86	1.1	0.12
<b>Total</b>	<b>267</b>	<b>32.86</b>	<b>1.1</b>	<b>16.12</b>

<b>10.30am Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1/1 avocado	161	2	8.57	14.73

<b>1.00pm Lunch</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
¼ cup brown rice	171	3.67	35.72	1.35
Green salad	20	1	4	0
5 servings sardines	223	25	0.89	12.55
<b>Total</b>	<b>414</b>	<b>29.7</b>	<b>40.61</b>	<b>13.9</b>

<b>3.30pm Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
Small handful Brazil nuts	184	4	3.44	18.6

<b>6.00pm Dinner</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
5oz salmon	167	28.66	0	4.96
1 cup sliced radish	19	0.79	3.94	0.12
Small sweet potato	112	2	26.16	0.06
1 cup spring onions	32	1.83	7.34	0.19
<b>Total</b>	<b>330</b>	<b>33.32</b>	<b>37.44</b>	<b>5.33</b>

<b>Daily Total</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
<b>Total</b>	<b>1400</b>	<b>102</b>	<b>91.15</b>	<b>68.68</b>

### **Lean Body Meal Plan 1800**

<b>8.00am Breakfast</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1 cup of oats	147	6	25.27	2.34
3 large poached eggs	219	18.8	1.15	14.85
1 cup spinach	7	0.86	1.1	0.12
<b>Total</b>	<b>373</b>	<b>25.73</b>	<b>27.51</b>	<b>17.31</b>

<b>10.30am Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
½ avocado	161	2	8.57	14.73
2 cups blueberries	165	2.15	42	1

<b>1.00pm Lunch</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1 large grilled pork chop	314	35.5	0	18
1 cup peas	117	7.86	21	0.58
One small sweet potato	112	2	26.61	0.06
<b>Total</b>	<b>543</b>	<b>45.39</b>	<b>47.13</b>	<b>18.72</b>

<b>3.30pm Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
Small handful Brazil nuts	184	4	3.44	18.6

<b>6.00pm Dinner</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
Green salad with avocado	110	5	12	4.5
4 slices roast beef	280	44	8	6
<b>Total</b>	<b>390</b>	<b>49</b>	<b>20</b>	<b>10.5</b>

<b>Daily Total</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
<b>Total</b>	<b>1800</b>	<b>128.29</b>	<b>148.67</b>	<b>80.82</b>

### **Lean Body Meal Plan 2200**

<b>8.00am Breakfast</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1 cup mushrooms	15	2.16	2.3	0.24
1 cup oats	147	6	25.27	2.34
3 scrambled eggs	299	19.51	2.93	22.81
1 medium tomato	22	1	4.82	0.25
<b>Total</b>	<b>483</b>	<b>28.83</b>	<b>35.32</b>	<b>25.64</b>
<b>10.30am Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
½ avocado	161	2	8.57	14.73
Small handful Brazil nuts	184	4	3.4	18.6
4oz cottage cheese	116	14.11	3	5.1

<b>1.00pm Lunch</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
½ roast chicken	232	42.5	0	5.64
1 cup okra	31	2	7	0.1
1 cup peas	117	7.86	21	0.58
Small sweet potato	112	2	26.16	0.06
<b>Total</b>	<b>492</b>	<b>54.39</b>	<b>54.16</b>	<b>6.4</b>

<b>3.30pm Snack</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
250g raspberries	130	3	29.85	1.62
1 yoghurt	142	11.86	15.91	3.5
<b>6.00pm Dinner</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
1 cup green beans	34	2	7.84	0.13
1 chopped onion	67	1.47	16.18	0.13
7oz steak	406	43.94	0	24.17
<b>Total</b>	<b>507</b>	<b>47.41</b>	<b>24</b>	<b>24.43</b>

<b>Daily Total</b>	<b>Calories</b>	<b>Protein (grams)</b>	<b>Carbohydrate (grams)</b>	<b>Fat (grams)</b>
<b>Total</b>	<b>2200</b>	<b>165.62</b>	<b>174.3</b>	<b>100</b>

## Chapter 3 – Supplementation

Your progress with the Marko Mandic Work Out programmes can be accelerated even further with appropriate supplementation. Here I will tell you what supplements work, which are a waste of money and which ones you should take to optimise your weight loss.

One of the most controversial subjects in weight loss programmes is nutritional supplementation. On one side of the debate some body builders and nutritional gurus recommend dozens of supplements to be taken with every meal. I've been experimenting with supplements for over 15 years and every single one of my clients has progressed with the supplementation I have advised them to take. However why some people don't get results with supplements is that they can only do what they are supposed to do - *supplement*.

They supplement a good lifestyle  
They supplement a good diet  
They supplement a good training programme

If these three fundamental things are not done properly these supplements cannot work. And that's why you can't solely rely on supplements. Supplementing is like adding good oil to the engine – giving that extra little kick to help speed up your goals.

### **What supplements to take:**

Before taking any supplementation I strongly recommended you consult your doctor or GP.

### **Fish Oils**

Fish oils are the most important supplementation to help you achieve your goals. In addition the medical and health benefits of taking this are immense. Fish oils have been known to help with asthma, cancer, chronic fatigue syndrome, coronary heart disease, lung disease, dyslexia, painful periods, Raynaud's Syndrome, strokes and many other conditions. Fish oils regulate the blood supply to the brain which is essential in maintaining focus in a weight training session.

I recommend fish oils to every one of my clients and I strongly recommended you start taking these. As a minimum daily dosage I would recommended 3-6 grams, gradually increasing this to 10 grams a day.

### **CLA (Conjugated Linoleic Acid)**

CLA is a natural component in proteins such as beef and turkey and dairy products. Many people do not have enough CLA intake. If you're trying to get this naturally, research has shown that Australian cows have three to four more times CLA than UK or US cows. We have to strive to eat organic food,

it's hormone free and packed with substances like CLA which can help with fat burning.

CLA has a positive effect on glucose tolerance so deficiency of CLA can inhibit fat from entering muscle cells, therefore inhibiting its use for energy production which can in turn result in unnecessary accumulation of body fat. It has also been shown to be also affective in helping to prevent prostate, breast, stomach and skin cancers. Research has also shown that 2-4 grams a day is an optimum dosage for most individuals.

### **Digestive enzymes**

There is no point in having a high protein intake and eating frequently if you can't properly digest what you're eating. Supplementation with digestive enzymes will enable you to get the most from your nutrition and help you absorb the nutrients you need to aid fat burning. Many trainees report overcoming plateaus, once they incorporate digestive enzymes into their supplementation plans.

For optimum digestive enzyme dosage HCL and Pepsine are critical. Usually two tablets with every meal are recommended.

If our appetite is low you should also take fennel seeds – a great choice of supplementation.

### **Fenugreek**

Fenugreek is great for insulin management. The seeds contain certain amino acids that are easily decomposed and used by compounds to drive creatine in cells. There appears to be another unknown compound in Fenugreek that promotes the use and uptake of glucose in muscle tissues. I prefer to use a concentrated source of fenugreek in my practice.

Fenugreek helps to regulate blood glucose because it has a high content of soluble fibre which slows down the rate of gastric acid into your body

You might notice that your urine smells a bit unusual, but this is a harmless side effect.

An optimal dose of fenugreek is one or two tablets twice a day. It's a great supplement to help you get rid of extra fat around your waist.

### **Vitamin C**

Vitamin C is such an important supplement because it helps you to reduce the fat around your waist. Stomach fat usually accumulates due to poor management of insulin and the stress hormone cortisol. High levels of cortisol lead to increased belly fat. Vitamin C helps lower levels of cortisol.

1-2 grams a day of Vitamin C should be taken, I like to do this spread over two dosages. Straight away upon waking and also after a work out will help you lower your levels of cortisol which will help you feel better upon waking and help you recover quicker from your workouts.

## Chapter 4 – the Work Outs

**All MM Workout routines can be performed at home.**

Marko Mandic training routines are designed to **burn fat quickly**, without sacrificing too much time. Whilst I enjoy discussing the theories behind my workouts, most people want to cut to the chase and start training. The workouts use training principles that increase your body's natural production of key hormones and as such they are designed to be terrific calorie burners. It is this that is integral to boosting your fat loss.

First of all however I recommend that you follow a few important guidelines before beginning the workouts:

### Exercise order

All workouts are performed in a **circuit – first one exercise, then the second, then the third and so on.** Once you have finished the circuit once you go back and then perform them again. The circuit length will depend on the number of sets, usually there will be about 6 exercises in total per workout.

**The tempo of execution is usually 'slow'** meaning the lifting part of the exercise should take around two seconds and the bringing down of the movement takes another two sections. Make sure you don't pause at the top or bottom of the movement, keep it nice, slow and smooth flowing.

**Perform the workout 3-4 times a week.**

### Weight selection

You need to select a **challenging weight**, but one that allows you to perform all the reps.

### Warm up

Five minutes of steady exercise is all you need. You should always warm up by walking or, jogging or skipping on the spot or a steady five minutes on a treadmill or bike at the gym.

## Weight Loss Week 1

[Download](http://www.mmworkout.com) this workout from [www.mmworkout.com](http://www.mmworkout.com) on to your **PC, iPhone, iPod, or any Mobile Device.**

It takes seconds. Play the workout first. Then watch the video demonstration by Marko, perform the exercise, as Marko shows you the proper technique to ensure optimum results and benefit from the full **personal training experience.**

BRIDGE	SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC					
			DATE							
			REPS							
			WEIGHT							
			DATE							
			REPS							
			WEIGHT							
SQUAT	SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC					
			DATE							
			REPS							
			WEIGHT							
			DATE							
			REPS							
			WEIGHT							
PUSH UP	SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC					
			DATE							
			REPS							
			WEIGHT							
			DATE							
			REPS							
			WEIGHT							

COBRA		SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC			
				DATE					
				REPS					
				WEIGHT					
				DATE					
				REPS					
				WEIGHT					
LOWER ABD		SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC			
				DATE					
				REPS					
				WEIGHT					
				DATE					
				REPS					
				WEIGHT					
ANGEL FLY		SET: 3 CIRCUIT	REPS: 15	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 60 SEC			
				DATE					
				REPS					
				WEIGHT					
				DATE					
				REPS					
				WEIGHT					

NB: These training logs are printable so you can record your own personal workouts.

## Weight Loss Week 2

[Download](http://www.mmworkout.com) this workout from [www.mmworkout.com](http://www.mmworkout.com) on to your **PC, iPhone, iPod, or any Mobile Device.**

It takes seconds. Play the workout first. Then watch the video demonstration by Marko, perform the exercise, as Marko shows you the proper technique to ensure optimum results and benefit from the full **personal training experience.**

BRIDGE		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						
SQUAT		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						
CHEST PRESS		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						

COBRA		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						
LOWER ABD		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						
LATERAL RISES		SET: 3 CIRCUIT	REPS: 25	TEMPO: SLOW	INTENSITY: CHALLENGING	REST: 45 SEC				
				DATE						
				REPS						
				WEIGHT						
				DATE						
				REPS						
				WEIGHT						

NB: These training logs are printable so you can record your own personal workouts.

## **Chapter 5 – Marko Mandic FAQs**

**Q: Do you use the MM weight loss programmes with your elite athletes?**

MM: Absolutely, in this ebook it's not about which exercises you're performing – of course with elite athletes maybe I use high performance exercises however the principles are the same. I've had great experience in using these workouts with sprinters and rugby players who need their body fat as low as possible and need to be as powerful and as fast as they can.

**Q I am not an athlete, will it still work for me?**

MM: The beauty about these workouts is that they work quickly for everyone at every level, no matter how much fat you lose. I have had clients lose several stone in just a few months and emerge in the fittest, leanest shape of their lives and also people who have just had a stone or a few pounds to lose achieve a shape they never thought would be possible.

**Q: What would you say to those people who think you can't actually lose fat without losing muscle at the same time?**

MM: Look at my results. Many of my male athletes have actually gained up to 15-20lbs of muscle and lost about 10-12% body fat in 16 weeks of training.

**Q: Why should someone pick your ebook over any of the other popular ebooks including those by celebrity trainers? Is there anything they do that you don't?**

MM: First of all you have to bear in mind that being in the public eye doesn't necessarily mean it's good. One bestseller has been known to have around the first 50,000 copies bought by the author himself, just to get it into the bestseller charts. Also, although this is not something they publicise, a lot of well-known celebrities do actually have surgery. My workouts are designed to work for real people who don't have as much time as, say, someone who is training for a role or a workout DVD has on their hands and lead to excellent and quick results.

**Q: Is there any difference between the results men see from MM Weight Loss Secrets compared to women?**

MM: It actually works well for both men and women, however many women prefer to do this type of training because they like to train the whole body, they don't necessarily want to concentrate on single parts of the body like men do.

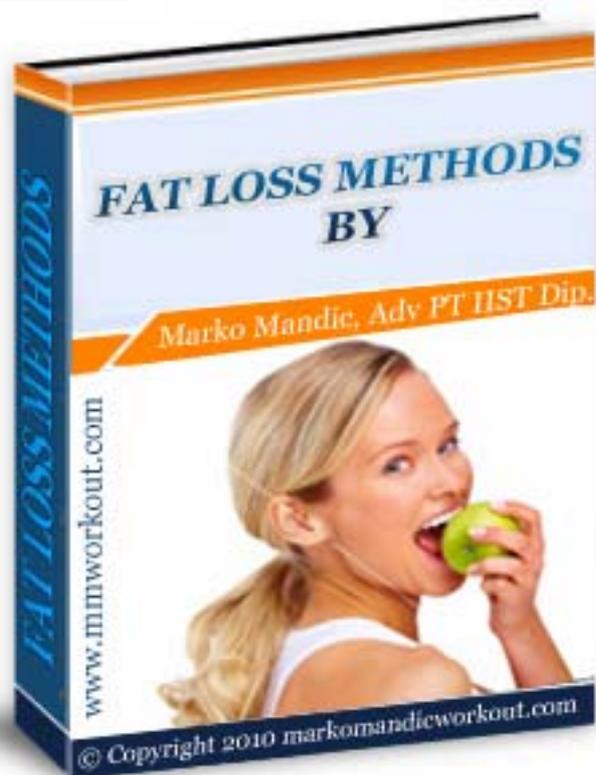
**Q: Many weight loss programmes are actually meal replacement drinks or shakes but your book actually encourages us to eat food – what's the advantage, if any, of meal replacement shakes?**

MM: The reality is there are very few good meal replacements or shakes on the market that are not loaded with sugars and carbs. Proper food is much more thermogenic, meaning it promotes fat burning much, much better than a shake would do. But if it comes to a choice between skipping a meal and having a shake I would say have the shake. Skipping meals does not ultimately help you lose weight and keep it off. You need food to keep your metabolism revved.

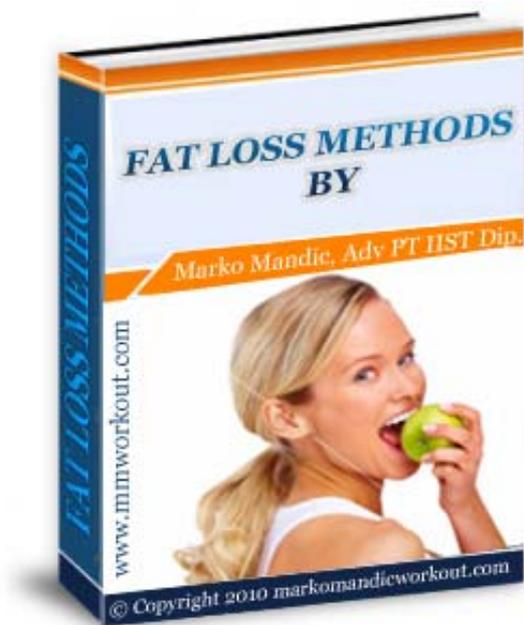
**This ebook is just to get you started on the first two weeks of your weight loss.**

**For the next stage and to continue to see these amazing results [download](#)**

**Fat Loss Methods by Marko Mandic**  
**Stage two for weight loss**  
[www.mmworkout.com](http://www.mmworkout.com)



## **Fat Loss Methods** by Marko Mandic Stage two for weight loss



This is the **first book ever**, on the internet or otherwise, that shows you in detail how to successfully **burn fat permanently from specific areas** such as the **hips, legs, arms and the belly**.

**There is no book around like this** – I'm not just saying this to sell it to you – you won't find any other book that lays out the proper **differences of how to train specific body parts for fat loss**.

### **The ebook consists of 5 sections.**

Chapter 1 - Fat Loss Methods

**Women need to train differently than men.** In this section you'll find out exactly how you should train and what adjustments need to be made for successful results.

In chapters 2, 3 and 4, I explain **successful methodologies on how to burn fat from these different body parts** – hips, legs, arms and belly. You'll learn the correct way to train, diet and supplement each of these body parts.

Chapter 5 is the **12 weeks training workouts** – nice and easy exercises to execute but challenging, fat burning workouts which will give you results like you've never seen before and the fat-loss answers you've been looking for.