

THE
TRANSFORMER
SURVIVAL
HANDBOOK

S.T.T.F.P.

RESULTS
TRANSFORMATION CENTER

Name: _____

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RESULTS TRANSFORMATION CENTER



WELCOME to the BEGINNING OF YOUR NEW LIFE

*I can promise that none of you will EVER be the same. You will learn a lot about you, your resolve and your **DESIRE** to be a better, healthier YOU. You WILL have times that you want to cave...**DO NOT GIVE IN!** (That is unhealthy thoughts and misery wanting company...do not be their guest.)*

*Reach out to the community for guidance and support. WE ARE HERE! Take your opportunity seriously, yet have fun along the way. You are just 42-days away from receiving your 1st reward along your path to better health. Follow the directions, **STTFP (Stick to the F###ing Plan)** and give ALL of your effort!*

You have the power
to **TRANSFORM!**

– Tom Cepeda



RESULTS APP

RESULTS Application is a great tool during your transformation. You may find it on Google Play or from the Apple Store.

Search for:
**RESULTS
SACRAMENTO**

DOWNLOAD ME!!



*"Success is not final; failure not fatal; it is the courage to continue that counts."
– Winston Churchill*

TRANSFORMER MATT

WHY?

Many years back, while in Disneyland with my son, daughter and pregnant wife I thought I was going to die (the before picture is from this trip). While what I was experiencing felt like a heart attack, I quietly and secretly prayed to God that I would make it home to see the doctor. During that prayer, I secretly promised God that I would do anything required to get healthy. My prayer was answered and I made it home, so I knew I had to follow through!

The rest is a lot of hard work and answered prayers. Naturally, there were a lot of failures, I had a long road ahead of me, and no matter how many set backs or failures I never quit. The moral is simply this: My WHY kept my going. My WHY was huge. My WHY is what made it possible. My WHY is the reason I never quit. My WHY got me here today but at any point if I would have quit, given up or broken my promise I would have never gone on to lose over 160lbs and certainly we wouldn't have the Results Transformation Centers. My future would have been very dark, but instead my WHY was my light!

My fight against my own obesity is now a crusade to help others and it isn't over. It is just getting started. I have more after pictures to make and I want some with great grand kids one day. That is my new WHY!

This isn't about me. This about you and your WHY! Don't lose site of WHY you want to be fit and healthy and use that WHY as your motivation to do **WHATEVER IT TAKES**.

When you have a big WHY (your reason for doing the challenge) the WHAT (what you have to do to succeed in the challenge) isn't such a big deal.

How big is your WHY? What are your reasons WHY you want to succeed?

Let them be your shining light to guide you to the finish line. Let them be the reason on your toughest moments that you reflect and push on!

Take a few moments to reflect on WHY you are committed to eliminating 20lbs off of your body during your challenge and keeping it off forever!

-MATT WEAVER



WHY?

So why do you want to do this challenge??

List your top 3 reasons below. It's important you connect with them. This means more to you than getting your money back. Think short term and ongoing goals. Come back and revisit them as you go along, it will help you focus and give you the motivation to keep going!

Reason 1

Reason 2

Reason 3

Perseverance is the hard work you do after you get tired of doing the hard work you already did.

CHANGE YOUR MIND CHANGE YOUR BODY

Here are some favorite quotes from the Results Coaches!
Create your own lexicon of words that support your WHY!

*Your beliefs become your thoughts. Your thoughts become your words.
Your words become your actions. Your actions become your habits.
Your habits become your values. Your values become your destiny.*

-Mahatma Gandhi

Food for fuel, not for flavor.

Feeling good, feeling great!

Strong body, strong mind.

We always have calories to burn.

If it has a commercial, don't eat it.

Squeeze your butt, or no one will.

Make it work, make it hurt.

Everyday is a great day to be at RESULTS.

Don't wait for it to happen, make it happen.

No excuse zone!

If you're not moving you're not losing.

*Life isn't about finding yourself,
it's about creating yourself.*

Fitness is like marriage.

You can't cheat and expect it to work.

*Strength: A river cuts through rock not because
of its power but its persistence.*

Good things come to those who sweat.

*If you want change you have
to be willing to be uncomfortable.*

*Nothing happens until the pain
of staying the same outweighs the pain of change
Coach, I can do this all day, every day. No problem.*

GOLDEN RULES

OF A RESULTS TRANSFORMER

Even though we are here to remove 20 pounds in 6 short weeks, there are a few golden rules that every transformer needs to know to get the best results possible. Communicate with your coach early and often. WE ARE HERE TO GUIDE YOU, BUT CANNOT DO THE WORK FOR YOU!

- **Eat ONLY what is on your meal plan. Every 2 ½ to 3 hours.** Be sure to give a copy or e-mail of your specific meal plan to the program director of your home gym.
- Check in on your Facebook Profile using your RESULTS gym location
 - Must Change your Profile Picture to "Approved 6-Week Challenge Logo.
 - 30 check-ins to a RESULTS Transformation Center location.
 - 4 out of 5 of your class sessions should be at your home gym.
- **Must weigh in and record your weight weekly at your home gym on your scheduled day.**
- Keep Momentum on your Side. Do not quit what is working. Your challenge agreement is to continue with consecutive challenges to achieve a healthy BMI (25 or less) or a healthy body fat percentage (Women less than 31% and men less than 24%).
- Provide a written review within 10 days of program completion with honest feedback of the 6 week program including what you have learned and the obstacles overcome.
- A successful 6 week body transformation entails **no less than 20lbs of weight loss** on our official scale. You must make weight by the official weigh in date (42 days after official start) and **be at least 10lbs down by your 5th week weigh in**
- Must wear form fitting clothes for before and after picture sessions.
- Must have fun!

Strong Body. Strong Mind

ADVICE

FROM YOUR COACHES

"As you all will soon come to know, it takes more than 42 days to make a habit. We can surely accomplish great changes that prove our greatest potential. We are busy, involved, family and community contributors - when left to its own, the world will tend toward chaos amidst our daily duties. Hold firm to earn your dreams and potential far beyond the spot light of this challenge."

– Coach Keali'i

Things to plan on during your 1st week
and every step of the week:

ESTABLISH YOUR SUPPORT SYSTEM AND SET YOUR BOUNDARIES

Be prepared to make conscious healthy decisions that support your goals – even when the people around you don't.

MEAL PREP

Most people spend anywhere from 2-4 hours per week cooking and packing meals.

SET ALARMS FOR MEAL TIME

Meal timing is the key factor to establishing metabolism as we begin stoke metabolism and fuel that lean muscle with fat stored. Mess with the timing, and you mess with your results.

CHECK IN

Track your own workouts, enter the # of your workout on your Facebook check-in (i.e. 5/30). Only 1 workout per day counts to the 30 check-ins.

YOU WILL BE SORE

Schedule a Recovery and Corrective Exercise Team Training Session to address soreness and recovery techniques like foam rolling and resistance band stretching. There is no need to take anti-inflammatories or NSAID's Keep moving, stretching, and breathing. Stretch throughout the day. Walk to get blood flowing. Drink plenty of water to flush out toxins. Take your glutamine and enjoy Epsom salt baths!

YOU MAY FEEL DRAINED

Establish normal (or better) sleep patterns. Ideally, strive for 8 plus hours as we condition the body physically and mentally. Less sleep equals more stress and less fat loss.

YOU MAY HAVE HEADACHES

Keep up on your water, and drink as much as you can early in the day. Our bodies are busy processing and detoxifying from preservatives. We cannot afford to get behind on water to help transport nutrients and clear waste.

PLAN FOR CONTINGENCIES

No matter how well you think you've planned for pitfalls, things will come up – have protein powder with you at all times!

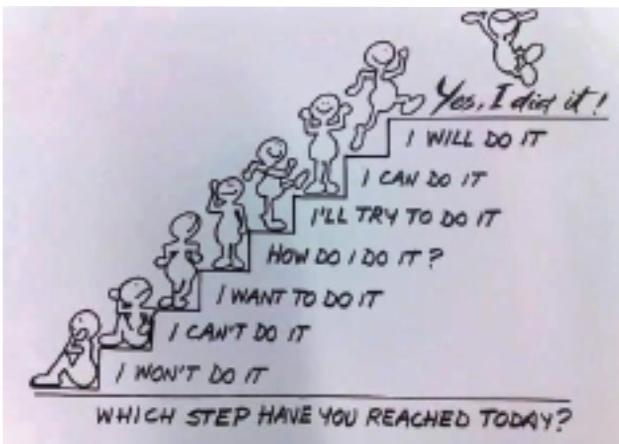
TECHNIQUE TAKES TIME

If these are totally new movements and workloads for you, take your time. Strive for quality over quantity. It is best not to load a movement that is incomplete or wobbly. Establish techniques during early rounds and get better as rounds progress. We strongly recommend that you take a movement screen session to understand your physical abilities and how to stay injury free.

SEEING IS BELIEVING

Take weekly pictures at home to gauge your own progress. Front, side, and back. This can be a huge motivator when you are struggling with the scale.

When you fail to plan, you plan to fail. - Benjamin Franklin



FOOD PLAN

GENERAL INFORMATION

THIS IS NOT A DIET! Our goal is to teach you how to live a healthy and active lifestyle. Transforming your mind as well as your body. GIVE IT YOUR ALL and remember the big picture – **for the next 42 days, there will be zero variability.** This is not a plan for the rest of your life, it's a plan for 20 pounds lost in 42 days. Once you reach your goal, then we discuss lifelong planning.

This section provides the blueprint and guidelines for the simple and straight forward meal plan. It is important that you follow the prescribed meal plan to ensure your results and success. Coaches cannot help you on the last day and they cannot help you get to your goal if you are not sticking to the plan (STTFP).

TOP 4 WILL PROVIDE THE BEST RESULTS!

BEST

Egg Whites
Chicken Breast
Turkey Breast
Ground Turkey
(1% or less)

*Oatmeal
Quinoa
Brown Rice
Sweet Potato
/Yam

Broccoli
Asparagus
Brussel Sprouts
Spinach
Kale

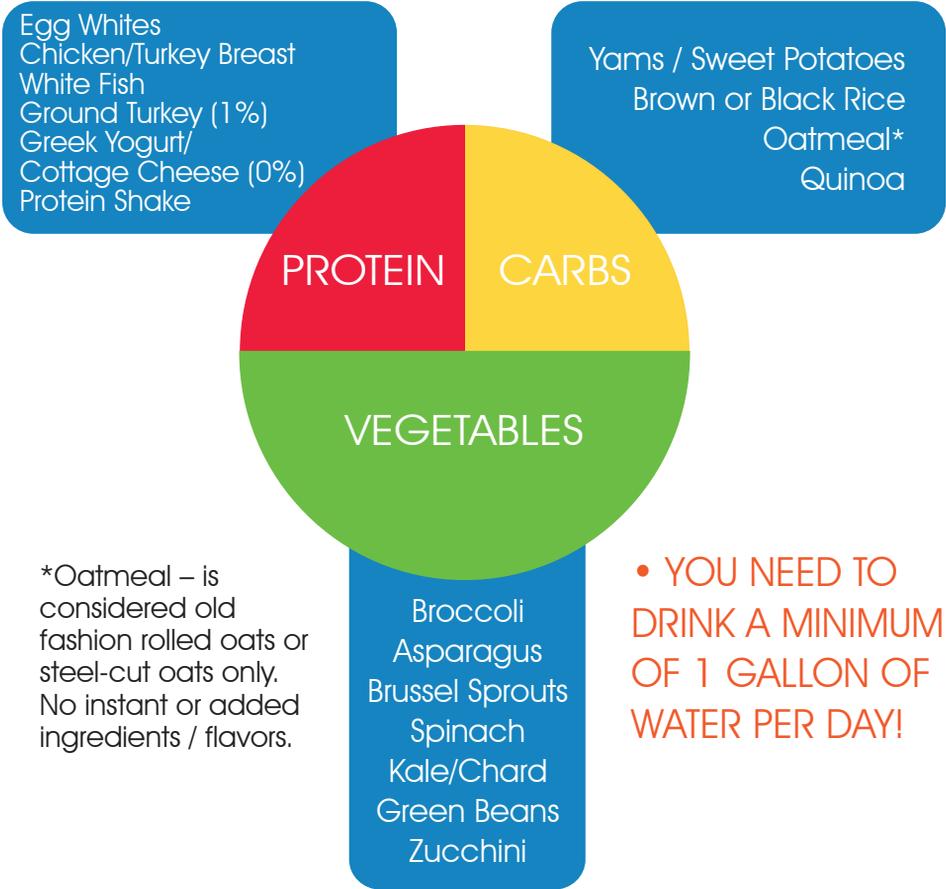
BETTER

Tuna
Tilapia
Halibut
Orange Roughy
Buffalo
Top Round Steak
Swordfish
Salmon
Low-Fat Cottage
Cheese
Non-Fat Plain
Greek Yogurt
Crab
Lobster
Shrimp
Top Sirloin Steak
Lean Ground Beef,
7% fat or less

Red Potato
Ezekiel Bread
Blackberries
Raspberries
Blueberries
Strawberries

Celery
Cucumber
Green beans
Cauliflower
Cabbage
Peppers
Mushrooms
Lettuce
Tomato
Artichoke
Zucchini

ANATOMY OF A HEALTHY MEAL



*Oatmeal – is considered old fashion rolled oats or steel-cut oats only. No instant or added ingredients / flavors.

• YOU NEED TO DRINK A MINIMUM OF 1 GALLON OF WATER PER DAY!



A portion of protein is approximately the size of the palm of your hand.

A portion of carb is approximately the size of your closed fist.

A portion of vegetables is approximately the amount you can stack in both of your cupped hands.

CAUTION!

Any deviation from the plan may result in unsatisfactory outcome.

DAILY MEAL PLAN EXAMPLE

- Meal times should be 2 ½ to 3 hours apart.
- Breakfast and Protein Shot can be swapped for those that do morning work-outs.
- Eat within 30 minutes of waking up.

MEAL	FOOD EXAMPLES	TIME
BREAKFAST Protein + Carb + Vegetable	Egg Whites Oatmeal Spinach	5:30 am
SNACK/PROTEIN Protein	1 to 3 scoops recommended protein powder	8:30 am
LUNCH Protein + Carb + Vegetable	Chicken breast Brown rice Broccoli	11:30 am
SNACK/PROTEIN Protein	1 to 3 scoops recommended protein powder	2:30 pm
DINNER Protein + Carb + Vegetable	Tilapia Quinoa Asparagus	5:30 pm
PROTEIN + Omega 3	6 oz of non-fat greek yogurt or ½ cup of non-fat cottage cheese Omega-3 fatty acid	8:30 pm

Customize your MEAL PLAN below

- Follow yours and only your meal plan.
- **IF IT'S NOT ON YOUR PLAN – DON'T EAT IT FOR THE NEXT 42 DAYS!**
- Meal plan must be submitted, reviewed and approved by the director / head coach at your RESULTS location.
- Use the Anatomy of a Healthy Meal, Daily Meal Map, and Recommended Food List to draft your meal plan.
- Meal times should be 2 ½ to 3 hours a part.

MEAL	FOODS CHOSEN	TIME
BREAKFAST Protein + Carb + Vegetable		
SNACK/PROTEIN Protein		
LUNCH Protein + Carb + Vegetable		
SNACK/PROTEIN Protein		
DINNER Protein + Carb + Vegetable		
PROTEIN + Omega 3		

CONDIMENTS & SPICES

SOME LIKE IT HOT!

Approved Condiments for the 6 week challenge include (but always check your meal plan first):

- Lime and lime juice
- Lemon and lemon juice
- Mustard (yellow)
- Zero-salt seasonings (Mrs. Dash)
- Zero sugar, zero calorie natural sweeteners – Stevia
- Garlic
- Vinegar (balsamic or red wine)
- Zero calorie Hot sauce (Tabasco®, Tapatio®, Franks Red Hot®)
- Calorie free herbs and spices (ex. Flavor/Spices All spice, Anise, Basil, Bay Leaf, Cayenne, Chili Pepper Cilantro, Cinnamon, Cumin Dill, Fennel, Garlic, Ginger Holy Basil, Horse Radish (Raw), Lavender, Lemon Lemon Zest, Lime, Marjoram Mint, Nutmeg, Oregano Paprika, Parsley, Pepper, Rosemary, Saffron, Stevia Tarragon, Thyme, Vanilla)

No sauces, creams, or added sugar and no fake sugar like Splenda, Truvia or Equal.

RECOMMENDED EQUIVALENTS

Weight	CARBS	MEAT	EGGS	PROTEIN
<160 lbs	1/4 cup	4 oz	3	25-30 gr
161-199 lbs	1/3 cup	5-6 oz	4-5	30-40 gr
200-250 lbs	1/2 cup	6-7 oz	5-6	40-50 gr
250+	1/2 cup	7-8 oz	6	50 gr

RECOMMENDED SUPPLEMENTS



Made in the USA

PhysX Sports Nutrition located in Sacramento, CA has been developed for those looking for the very BEST Sports Supplements available! Our team health & fitness professionals designed PhysX Sports Nutrition with our clients in mind, knowing that they are expecting great flavors, solid formulas and ingredients that actually work. PhysX is designed to be used in conjunction with a healthy diet and exercise to improve performance and achieve your BEST physique! All of PhysX Sports Nutrition products are manufactured in a GMP-certified manufacturing facility. The certification allows us to ensure quality at the highest level. In addition to this, all of our ingredients are tested by an independent 3rd party lab before they are even brought into the facility for manufacturing.

PHYSX WHEY PROTEIN ISOLATE is the cleanest non-hormonal whey protein isolate available and is certified NON-GMO. Whether you are looking to gain pure lean muscle mass, melt off the fat while maintaining muscle or just maintain a health balanced body there is no better choice than PhysX Whey Protein Isolate. Whey Isolate is superior to Whey Protein concentrate due to the removal of excess sugars & fats which leaves you with a more refined, easily digested protein!



PHYSX SPORTS NUTRITION MEN'S MULTI delivers a high potency multiple vitamins with an added herbal complex scientifically formulated for men. The herbal complex powered by Saw Palmetto, ZMA and Tribulus which are key ingredients with proven health benefits for men. Keeping your body in balance is essential for optimal performance and you accomplish this by supplying it with vast array of essential vitamins and minerals. Any deficiency in even 1 of these key vitamins or minerals could impact physical performance. PhysX Sports Nutrition's Men's Multi should be a staple in any healthy males supplement protocol.



PHYSX L-GLUTAMINE will give you that additional boost for recovery. L-Glutamine is the most abundant amino acid in the body. More than 70% of your muscle is made of L-Glutamine which is why this is one of the most important amino acids you can take.



PhysX BCAA has been scientifically formulated to speed up recovery following your workout! BCAA's are great to take during your workout because of it's muscle sparing capability. What does this mean for you? All that muscle that you have worked hard to gain won't be lost. PhysX BCAA will aid in increasing lean muscle mass while decreasing body fat! L-Glutamine added for increased recovery. Zero Carbs. Zero Sugar. Zero Calories.



PHYSX EFAS are polyunsaturated fatty acids (PUFA) that are also essential nutrients. This means that they cannot be manufactured in the body and, therefore, must be obtained through diet. They are the starting point - or the mortar and brick - for manufacturing all other fatty acids and hormone precursors necessary to support and build strong lean muscle while increasing stamina required for fitness and bodybuilding. They are considered the "good" fat that are also key components of many other physiological processes in the body.



PHYSX SPORTS NUTRITION WOMEN'S MULTI delivers a high potency multiple vitamins with an added herbal complex scientifically formulated for Women. The Women's Multi is enhanced with Calcium and Magnesium to strengthen bones. Keeping a women's body in balance is essential for optimal performance and you accomplish this by supplying it with vast array of essential vitamins and minerals. Any deficiency in even 1 of these key vitamins or minerals could impact physical performance.



FAQS

Q: HOW DO I REGISTER FOR CLASSES?

A: Your log-in info will be sent to you with your welcome e-mail. From there you will be able to see your home gym schedule. Register for at least a week's worth of sessions because they fill up quickly. The Results Sacramento application also allows for very user-friendly booking. Use the CONTACT US in your member portal for making booking requests or changes.

Q: CAN WE HAVE _____

A: Read your food plan and eat only the foods that you chose in the meal planning session. The path to lose 20 pounds in 6 weeks is a very narrow one. That path includes eating only what is agreed upon during your meal planning consultation. The plan does not accommodate for anyone who becomes bored or uncomfortable with the unvarying food choices over the course of 42 days. We said the process was simple, never easy. Not everyone has the same plan. CONSISTENCY with your plan is the key to success.

Q: I AM NOT HUNGRY AT THE SCHEDULED MEAL TIMES. DOES THIS HAPPEN TO ANYONE ELSE?

A: Yes! You're retraining your brain to eat what your body needs at an appropriate time for its level of activity. In the beginning of the program, this might mean you aren't hungry as often. Your body is adjusting to the new schedule of increased exercise, water intake and scheduled meals and snacks. Continue to eat as scheduled. Just wait.... very soon you will be hungry. Your metabolism will be constantly working which will make you hungry because you are burning the fuel. Don't skip meals because you don't feel hungry!

Q: CAN I SNACK ON VEGGIES IF I GET HUNGRY BETWEEN MEALS?

A. No. We are working to get rid of the grazer mind set. No mindless snacking! Increase veggies during designated meal times and water to stretch out the remaining time until next meal. Fill up on some water and jumping jacks in the meantime.

Q: HOW WILL I KNOW IF MY FOOD PORTION SIZES ARE CORRECT?

A: Go to the Results 6 Week Transformation Group on Facebook and meal pics with fist for scale. You can also get ideas for meal prep and presentation from fellow TRANSFORMERS and feedback from Coaches for best RESULTS. Remember not everyone has the exact same plan, please don't ask, "Well, how come 'so and so' gets sweet potatoes?" If it wasn't on your original meal plan don't waste your energy asking. FEED for FUEL!

Q: IS COFFEE OR TEA ALLOWED ON THIS PLAN?

A: Eliminating coffee and tea while on the plan is recommended. If you must have it, drink your coffee black. For each cup of black coffee add 4 cups of water. Coffee will increase your body's acidity, suppress your appetite, break your sleep rest cycles and throw adrenal fatigue in the mix from time to time (All bad). So with that said, STTFP but without additives. Teas won't add any calories or chemicals and should not be a deal breaker.

Q: IS IT NORMAL NOT TO POOP EVERY DAY?

A: No. This is very common though. We recommend you either add psyllium husk probiotic to your protein shake, or drink some Smooth Move tea as necessary. Increase your veggies and water to get back to regular.

Q: AM I ON TRACK FOR GOAL?

A: Remember weight loss is not linear, but here are some very definitive markers to strive for the best chance at achieving 20 pounds in 6 weeks. With 1 week of STTFP we expect your first recorded weight loss to be 4 or more pounds. Each week the pace should ideally total 7, 10, 14, 17, and 20 pounds respectively. That's an average of just over 3 lbs of weight loss per week.

Q: COACH I AM BEHIND ON PROGRESS THIS WEEK. SHOULD I WORKOUT TWICE IN A DAY?

A: It is not recommended. Overexerting yourself on back to back sessions will have the opposite effect and cause your body to store fat. Get in your points from the accountability list. No more than an additional 30 minutes of High Intensity Interval Training (HIIT). Work hard to make every rep of your workouts count. We always recommend using a MyZone Heart Rate monitor for additional feedback.

Q: HOW DO I GET THE MOST OUT OF THE FACEBOOK GROUP (RESULTS 6 WEEK TRANSFORMATION GROUP)?

A: Use the forum for conversations, motivation and discussion regarding the challenge. Do not use the forum to report that you are not making a workout or want to switch a session, or are frustrated and complaining by a weigh in. Nutritional advice should come from your coaches.

Q: AS A WOMAN, IF I LIFT HEAVY WEIGHTS, WILL I DEVELOP A MANLY PHYSIQUE?

A: This is a myth. Cupcakes make women huge. Lifting heavy weight will not cause women to look masculine. The stronger muscle fibers of women will increase in density, not in size. Gaining mass is not possible in a caloric deficit. Read more about the truth here: <http://www.muscledandstrength.com/articles/female-myth-lifting-makes-you-look-like-a-man>



Q: IS THERE ANYTHING ELSE I CAN DO TO MAKE WEIGHT MY FINAL WEEK?

A: To promote healthy habits you must not be more than 10lb away from your targeted 20lb one week away from the final weigh in. There are no safe quick fixes. Losing more than 10lb in a week is extremely dangerous and we do not condone that type of behavior. If you are more than 10lbs away we have another incentive for the final week. Keep it healthy! Restricting calories and over exerting for hours on end will actually put the body in a survival, fat storage mode.

Q: COACH SHOULD I DO ANOTHER ROUND EVEN IF I'M NOT LOOKING TO LOSE ANOTHER 20 POUNDS?

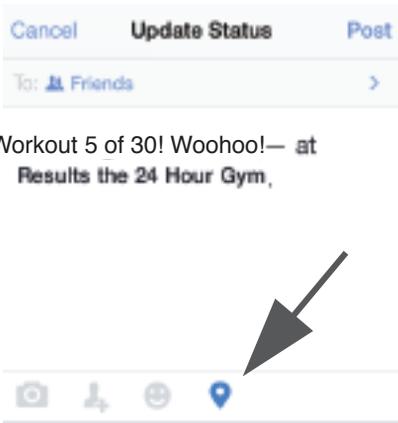
A: Even if you only have another 10lbs to lose you may want to do the consecutive challenge just to be sure you get all the way to goal and don't miss the finish line by 10lbs. Many struggle to keep the same weight loss pace outside of challenge parameters.

Q: HOW IMPORTANT ARE FACEBOOK CHECK-INS?

A: As part of your agreement, you must check in at the gym on every visit, on your own page. It must be using the location check in and it must be available for all of your friends to see! Please be sure you are checking in every time you visit the gym. Results Movement Screen and Corrective style classes do not count toward your 30 check-ins, however are highly encouraged to achieve best results (see Recovery section).

Q: HOW DO I CHECK-IN AT RESULTS USING MY SMARTPHONE?

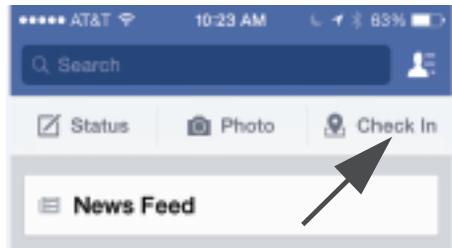
A: Start by going to Facebook from your phone (most users have a Facebook application installed). Use the check-in button on your Facebook newsfeed. Don't check in on the Results forum group page. This should be done on your profile page. You can also check-in when you post a status message on Facebook. Update your status and click the location icon. A list of nearby locations will be displayed. Choose Results!



With the number of participants in the forum it isn't easy to navigate a forum with off topic requests and posts. Off-topic posts will be deleted so that the active Transformers can be encouraged to research, read and contribute to the Transformer Community.

**KEEP
CALM
AND
STTFP**

(stick to the f-ing plan)



MEASUREMENTS

Measure your progress at home,
we recommend you track it once a month.

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

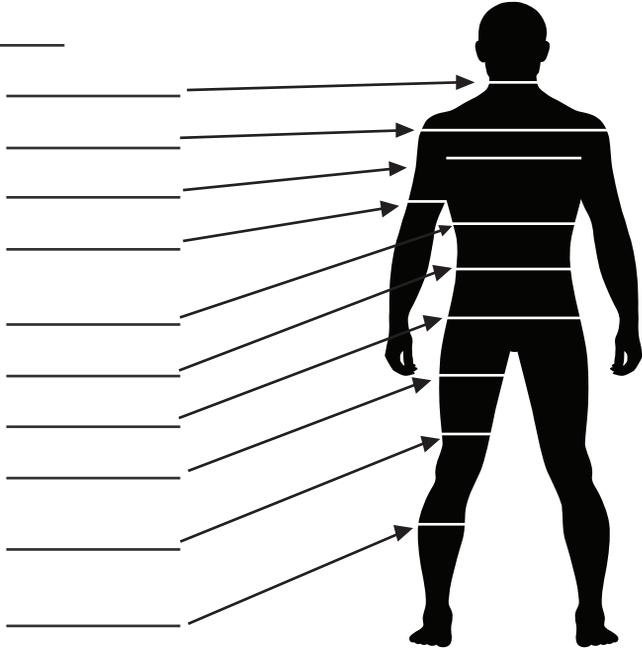
Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____



Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____

Date: _____

Neck _____

Shoulder _____

Chest _____

Arm
(6" above elbow) _____

Ribs _____

Belly Button _____

Hips _____

Upper Leg
(10" above knee) _____

Lower Leg
(4" above knee) _____

Calf _____

ACCOUNTABILITY LIST

WHAT HAPPENED?? YOU...

- WERE LATE TO CLASS - 1 POINT PER MINUTE
(TO BE FULFILLED PRIOR TO GRANTED ENTRY INTO CLASS SESSION)
- YOU LEFT EQUIPMENT OUT OF PLACE - 1 POINT PER TOOL
- DIDN'T SIGN UP FOR A CLASS (CRASHING A CLASS) - 5 POINTS
- USED THE WORD CAN'T - 5 POINTS
- BEHIND ON A WEEKLY GOAL - 7 POINTS A DAY
- MISSED YOUR SESSION - 10 POINTS

REDEEM YOURSELF...

- 1 SLED PUSH (DOWN AND BACK)
- 1 MINUTE OF MOUNTAIN CLIMB
- 1 MINUTE OF HIGH KNEES
- 1 MINUTE HANG TIME ON MONKEY BARS
- 1 LAP SKIP AROUND THE BUILDING
- 2 LAPS RUN AROUND THE BUILDING
- 2 MINUTES PLANK HOLD
- 10 TURKISH GET UPS
(HALF PER SIDE) 10% BW
- 20 GLADIATOR GET UPS
(HALF PER SIDE) 10% BW
- 25 BURPEES
- 25 ROPE SLAMS
- 25 BALL SLAMS
- 30 KETTLE BELL SWINGS
- 30 WALL BALL OUTSIDE
- 50 ICE SKATERS (PER SIDE)
- BEAR/BALL CRAWL
(LENGTH OF GYM DOWN AND BACK)
- 100 JUMPING JACKS
- 100 BODY WEIGHT SQUATS
- TABATA BIKE SPRINTS
20 ON 10 OFF X8

RESOURCES

ALL THINGS FOAM ROLLING – SELF MYOFASCIAL RELEASE

- **How to Foam Roll like a Pro:** <http://www.results24gym.com/video-howtos>

STRENGTH AND FLEXIBILITY TRAINING

When talking about the benefits of exercise, keeping the heart and blood vessels healthy usually gets most of the attention. For many individuals, though, stretching and strength training exercises that barely raise the heart rate— and so aren't considered moderate at all—may be just as important. Read more: <http://www.hsph.harvard.edu/nutritionsource/strength-and-flexibility-training/>

MYZONE HEART RATE MONITOR:

Our exclusive **activity** and exertion tracker is a great tool to be sure you are working hard enough to make goal. Every location is equipped with live monitor **displays** of your working **heart rate**, **calories burned**, and comparative metabolic equivalent **activity points** as you work. With purchase you will receive the tracking device hardware and web portal access to detail every minute of your workouts in the gym and outside. **Leave nothing to chance!**

ACRONYMS

AMRAP	As many rounds as possible in a given work period of time.
EMOM	A certain number of a movement repeated. Every Minute On the Minute.
NSV	Non-Scale Victory. NSVs are fitting into a pair of jeans you haven't worn in years or receiving an unexpected comment on your new physique. Share your NSV's openly within the Facebook group!
RMS	Results Movement Screen. Formal evaluation and grading of basic movement patterns including mobility, stabilization, and the overall coordination needed for fully functional activity.
STTFP	Stick to the F__ Plan (sometimes its Food, sometimes it's another 4 letter F word).
RDL	Romanian Deadlift/ Straight leg deadlift hinging pattern.
Red Light	Any screened movement pattern showing compensation for or restriction- should not be loaded.

RESULTS TRANSFORMATION CENTER - ARDEN - Phone: 916-929-2732

Member LogIn: www.transformsac.clubready.com

Club Director: Janell Pewitt

Address: 1512-B Howe Avenue, Sacramento CA 95825

Website: www.transformsac.com - **Facebook:** www.facebook.com/transformsac

RESULTS TRANSFORMATION CENTER - SUNRISE - Phone: 916-631-6393

Member LogIn: www.resultstransformationcenter.clubready.com

Club Director: Will Piona

Address: 2951 Sunrise Blvd. Ste 155, Rancho Cordova CA, 95742

Website: www.resultstransform.com

Facebook: www.facebook.com/resultstransformationcenter

RESULTS TRANSFORMATION CENTER - FOLSOM - Phone: 916-383-0123

Member LogIn: www.fitu.clubready.com

Club Director: Catherine Graham - **Fitness Director:** Keall'i Forsberg

Address: 8345 Folsom Blvd Suite 101, Sacramento CA 95826

Website: www.results24gym.com - **Facebook:** www.facebook.com/results24

RESULTS TRANSFORMATION CENTER - WEST SAC - Phone: 916-371-2496

Member LogIn: www.resultstraininggym.clubready.com

Club Director: Kami Hoverson

Address: 109 15th Street, West Sacramento CA 95691

Website: www.westsacgym.com - **Facebook:** www.facebook.com/westsacgym

RESULTS TRANSFORMATION CENTER - ELK GROVE - Phone: 916 683-0995

Member LogIn: www.transformelkgrove.clubready.com

Club Director: Thomas Cepeda - **Fitness Director:** Jabie Brown

Address: 2521 W Taron Ct, Elk Grove CA 95757

Website: www.resultselkgrove.com - **Facebook:** www.facebook.com/resultselkgrove

RESULTS TRANSFORMATION CENTER - NATOMAS - Phone: 916-928-4200

Club Director: Janell Pewitt

Address: 1101 W. National Drive, Sacramento, CA 95834

Website: <http://www.resultsnatomas.com>

RESULTS TRANSFORMATION CENTER - WEST SAC - Phone: 916-371-2496

Member LogIn: www.resultstraininggym.clubready.com

Club Director: Kami Hoverson

Address: 109 15th Street, West Sacramento CA 95691

Website: www.westsacgym.com - **Facebook:** www.facebook.com/westsacgym

RESULTS TRANSFORMATION CENTER- ROCKLIN - Phone: 916-771-2412

Member LogIn: www.resultsrocklin.clubready.com

Club Director: Will Piona

Address: 6823 Lonetree Blvd. Ste. 101 Rocklin, CA 95765

Facebook: www.facebook.com/resultsrocklin

RESULTS TRANSFORMATION CENTER- SOUTH RENO - Phone: 775-870-1691

Member LogIn: www.rtcsouthreno.clubready.com

Club Director: Jessica Collins

Address: 4960 Longley Ln. Ste. 3 Reno, NV 89502

Facebook: www.facebook.com/resultssouthreno

NV TRANSFORMATION CENTER - Phone: 775-360-5776

Member LogIn: <http://www.transformnv.clubready.com>

Club Director: Jessica Collins - **Fitness Director:** Chad Lemus

Address: 670 Greenbrae Drive, Sparks, NV 89431

Website: <http://www.nvtransformationcenter.com>

Facebook: <https://m.facebook.com/transformnv>