

MEN'S edition

# MAX WORKOUTS LEAN BODY *KICK-START* GUIDE

By: Shin Ohtake - Strength Coach, Fitness & Fat-Loss Expert

## LOSE YOUR GUT!

EASY WAYS TO CRANK UP YOUR METABOLISM TO BURN FAT 24/7

## PACK ON MORE MUSCLE IN MINUTES

HOW TO BUILD MORE MUSCLE WITHOUT SPENDING HOURS IN THE GYM

## EAT YOUR WAY TO A RIPPED BODY

CHEAT YOUR WAY TO 6-PACK ABS WITHOUT DIETING OR SUPPLEMENTS

## PLUS...

**BEAT THE FAT-LOSS PLATEAU**  
HOW TO TWEAK YOUR WORKOUTS FOR FASTER, BETTER RESULTS

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*Shin Ohtake, Author & Creator of the  
MAX WORKOUTS 90-Day Ultimate  
Lean Body Program*

## About The Author

With over 20 years of combined experience as a competitive athlete, coach, chiropractic soft-tissue therapist, and personal trainer, **Shin Ohtake** is widely recognized for his expertise in strength training and weight-loss.

Shin's extensive educational background in biochemistry, chiropractic medicine, and fitness has long made him the "go to" source for fitness enthusiasts, personal trainers, and coaches seeking advice.

Whether it's to lose fat, build muscle, or increase performance, he has been helping men and women at all different fitness levels transform their bodies and achieve their fitness and fat loss goals.

Shin is also the author and creator of [MAX WORKOUTS, The 90-Day Ultimate Lean Body Program](#) -- the scientifically proven fitness program to help *anyone* burn more fat and build lean muscle with short, high-intensity workouts. [Click here](#) to learn more.

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### CONTACTING SHIN

If you have a question or comment and would like to reach Shin via email, please [click here](#).

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## There's a Reason You Still Have a Gut

First things first: It's **not** your fault you haven't gotten the lean, chiseled body you deserve, despite all of your efforts. Just look at what we're surrounded with...Gym rats who spend 2 1/2 hours socializing while sitting on the pec-deck. So called "health and fitness" magazines touting the latest "one week fix to bigger biceps, 6 pack abs, and your beach body." Not to mention, the supplement industry pushing products at you right and left, promising you some kind of miracle. You can't get away from it, *literally*.



### Ever Wonder Why You're Not Lean -- Even Though You Do What the "Experts" Tell You To Do?

Problem is, many of the so-called experts are not experts at all! Let's take personal trainers for example. Although there are many highly qualified, educated, and experienced personal trainers out there, many are just your Average Joe that became "certified" in a weekend course. I don't know how you feel, but I don't think you can become an expert at anything in one weekend!

Then there's the biggest, most buffed dudes in the gym that everyone looks to for workout ideas. Let me tell you, looks can be deceiving. Just because these guys have 22 inch biceps, it doesn't make them experts. The vast majority of these guys are artificially pumped up -- and that's *exactly* why they can get away with doing such inefficient workouts. Simply put, that's why **you can't possibly** get the same results from the same workout routines.

Last but not least, there's your favorite fitness magazines. If it's written and published it's trustworthy, right? *Wrong!* As with any media outlet, advertising is what keeps these guys in business. Haven't you ever noticed that practically every other page is an ad for a supplement? It's no wonder the advice they are giving you is largely based on popping pills to keep those advertising dollars rolling in.

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## **Gaining Muscle & Losing Pounds Is Easy... When All The RIGHT Information Is At Your Fingertips**

After realizing how many guys are unknowingly sabotaging their workout efforts -- all due to the overwhelming amount of misinformation coming from all these so-called “experts” -- I **had** to do something about it. *That’s* why I wrote this guide.

My goal is to equip you with the information you need to kick-start your way to a stronger, leaner, more fit body. I'll tell you what you **MUST** incorporate into your training program so you can start getting results right away. You'll learn how to put fat-burning on auto-pilot, build more muscle faster, and learn what to eat to get a totally ripped physique.

In this guide, I’m going to be honest and blunt with you, even if the truth stings a little. But that’s my style...No fluff, no filler -- just cold, hard facts to help you reach your goals. Now let’s get started!

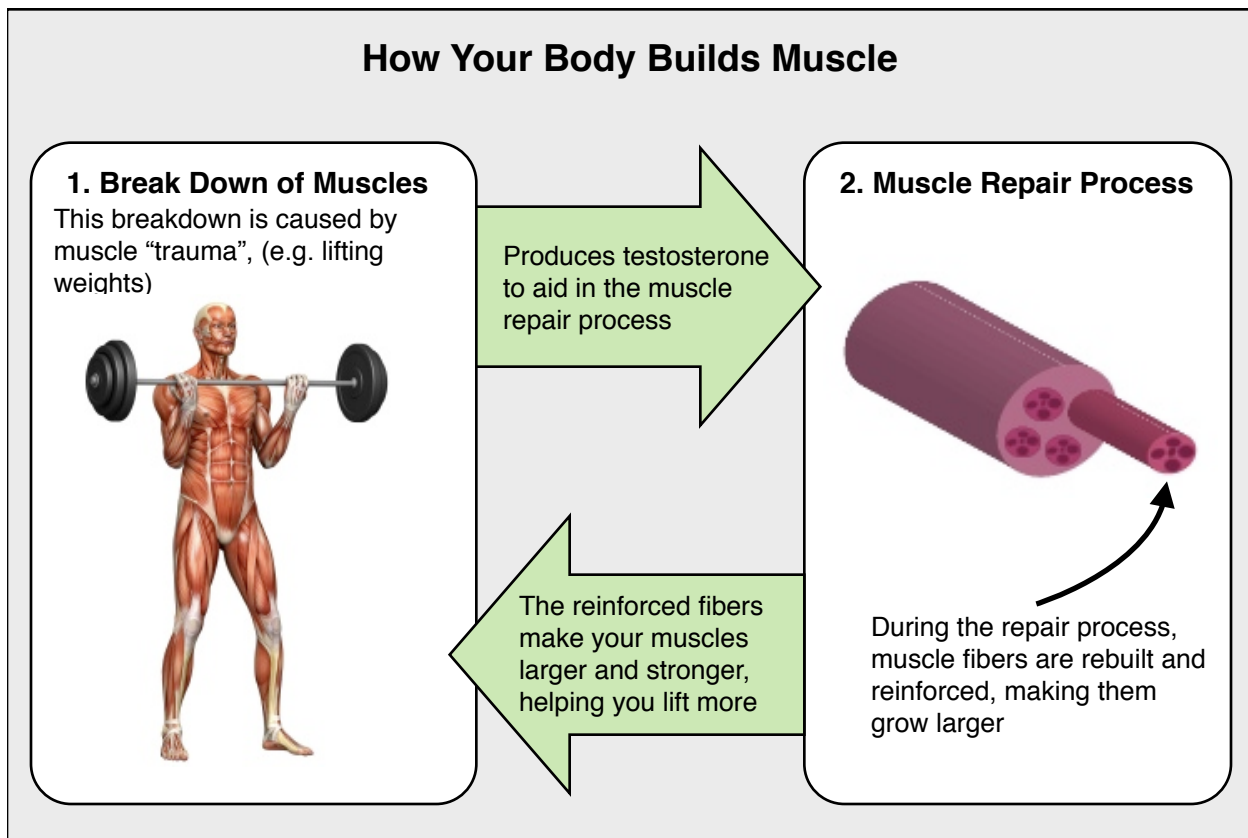
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## The Fast Way To Lean, Hard Muscle

Contrary to popular belief, building muscle isn't *just* about pumping iron. If that was the case, we'd all be walking around looking like Arnold Schwarzenegger. The truth is, building muscle is a science. If you want to maximize your muscle building potential, you need to first understand what triggers muscle growth.

Take a look at the example below:



As you can see from the figure above, stimulating your muscles with activities such as lifting weights causes “trauma”. Trauma is just another term for muscle damage, which is the breakdown of muscle tissues. This breakdown stimulates the release of testosterone, an anabolic “muscle building” hormone.

Testosterone plays a key role in the muscle repairing process, during which your muscle fibers are restructured and reinforced, making them grow larger and

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stronger. The process of muscle building is enhanced by the bioavailability of testosterone. Therefore, *the more testosterone you produce, the more muscle you build.*

So now the obvious question is...

**“How can I produce more testosterone to build muscle faster?”**

Since lifting weights is what stimulates the muscle building process and causes your body to produce testosterone, you just need to lift more weights, right? Well, it's not that simple...

Let me explain. Or better yet, let me ask you...

Are you working out by splitting up body parts? For example, chest and biceps on Monday, back and triceps on Wednesday, legs and shoulders on Friday, etc... Do you do a long cardio session on the days in between?

If this sort of routine sounds all too familiar, you're not alone. An overwhelming majority of men are still doing some variation of a split body workout routine trying to target specific muscle groups using isolated exercises. If this is the type of workout plan you've been doing (or were planning to do), listen up: This strategy is ineffective and will yield mediocre results at best. Unless you are planning to pump your body full of artificial supplements, this plan is doomed for failure.

**Here are my top 3 muscle building secrets that will skyrocket your testosterone levels, so you can gain lean muscle mass faster:**

If you want optimum results, you **MUST** train and eat the *right* way in order to boost your level of testosterone production *naturally* -- making the muscle building process faster and more efficient.

**1. Workout with More Intensity**

Intensity is a concept you must understand if you're serious about changing your physique. In terms of working out, intensity can be defined as exerting maximum

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physical effort during an exercise or a series of exercises. Intensity is KEY to reaching critical levels of metabolic demands, causing an influx of testosterone production.

### *Increased Intensity = Shorter Workouts*

What's more, when you increase your intensity you'll decrease your workout time. With the right intensity level, you can cut your workout time by half (if not more) compared with longer, more "traditional" style workouts.

Let me ask you -- if you can workout for 45 minutes to an hour, do you really think you're working at a high intensity? You see, if you're able to workout longer than 20-30 minutes on your main set -- you are most definitely NOT working out with enough intensity. No way, no how. If there's one major point I want you learn here, it's this: **fitness is intensity dependent**, *not time dependent*. The age old belief that working out longer gets you better results is well...*old!*

Once you grasp this concept and experience the benefits of high-intensity training yourself, you'll never go back to the way you used to workout.

Here are the top 3 ways to rev up your intensity:

- Lift heavier weights to pack on more muscle
- Move quicker (increase the speed of exercises)
- Rest less between exercises and sets

These simple changes may appear minor, but I assure you *nothing* could be further from the truth. The fact of the matter is that most men aren't working out with enough intensity -- and chances are that you aren't either. Incorporate these essential elements into your next workout and I *guarantee* you'll see and feel the difference immediately.

## **2. Use Full-Body Exercises**

The most effective way to build lean muscle mass while promoting overall muscular balance is to workout using *full-body exercises*, NOT isolated exercises (e.g. bicep curls). Why? Because full-body exercises demand greater amounts

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of muscles to be used *at the same time*. This places significant metabolic stress on the body (the good kind of stress), which responds by producing more testosterone. Isolated exercises, on the other hand, simply don't recruit enough muscle fibers to stimulate any notable testosterone production.

Let's look at an example of a full body exercise:



The exercise shown above is the Squat Press Up. This movement involves the use of all of your large lower body muscle groups (quads, hamstrings, and glutes) along with your upper body muscles (shoulders, arms, chest, and upper back) and your core stabilizer muscles.

As you can see, this full body exercise demands the use of your *entire* body. Isolated exercises simply can't accomplish the same level of results (no matter how many of them you do!) because they only work one muscle group at a time.

So don't be fooled by the "pump" you feel from doing countless reps of isolated moves like biceps curls, tricep pull downs, leg extensions, etc... In actuality, that pumped feeling you're getting is very temporary -- with no lasting results.

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In a nutshell, the more muscles you put under stress *at the same time*, the better. This will stimulate your body to produce more testosterone -- optimizing your muscle gaining potential.

### 3. Feed Your Muscle

You need the right nutrition to maximize your lean muscle mass. Here are a few simple, yet highly effective dietary tips you can start using today to increase your muscle size.

\*This list is just one component of a healthy and balanced diet.

- ✓ Adequate daily intake of protein is absolutely necessary for muscle growth. Approximately 1 gram of protein for every pound of lean body mass is recommended. For example, if you weigh 160 pounds (73 kg) and have 25% body fat, you're lean body weight is 120 pounds (54 kg). So, you should be consuming 120 grams of protein per day.
  - ✓ The majority of protein should come from animal meats, poultry, fish, eggs, and dairy products. Studies show that vegetarian diets with plant and soy based proteins do **not** effectively increase testosterone levels compared to diets that include animal proteins. Red meat in particular is great for increasing testosterone since it's zinc mineral content is high. Stick to organic grass fed red meat to make sure that you're getting the best quality. Chicken, fish, and eggs are also great protein sources that have many other health benefits, such as the Omega-3's in fish that help reduce inflammation.
  - ✓ Eat foods high in monounsaturated fats like avocados, nuts (almonds, walnuts, hazelnuts), flax seeds, olives and olive oils. Consuming enough monounsaturated fat helps increase your testosterone levels and makes you feel fuller for a longer period of time, helping you curb your midday cravings.
  - ✓ Consume plenty of "good" cholesterol from foods like red meat and egg yolks. Research shows that consuming egg yolk does not increase "bad" cholesterol (LDL). In fact, good cholesterol (HDL) helps increase the production of testosterone to build muscle more effectively.
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- ✓ Consume lots of vegetables, *especially* cruciferous vegetables such as broccoli, cauliflower, cabbage, and brussel sprouts. These vegetables help lower estrogen, a female reproductive hormone that inhibits testosterone production. I know you're probably having a flashback of your mother ordering you to finish the veggies on your dinner plate -- and she was right! Eat these vegetables and you'll be sure to fight off any testosterone inhibitors.
- ✓ Eliminate or cut down on your alcohol consumption. Here's something you probably don't want hear: **Alcohol converts testosterone into estrogen (a female reproductive hormone)**. So go easy on the bottle if you don't want to be a girlie man!

Now that you know how the muscle building process *really* works and have strategies you can incorporate into your workouts and your diet in order to effectively build a stronger body, let's talk about how you can use your hard-earned muscle to lose more pounds.

## Reprogram Your Body To Burn Fat 24/7

Spare tires, man boobs, love handles...you can call it whatever you want, but it's all the same thing...it's **FAT**. It kills your confidence, it's unattractive, and to put it mildly, women don't dig it. To make matters worse, *visceral fat* (fat that surrounds your organs) is dangerous to your health, leaving you prone to heart attack and diabetes.

Look, it's important to be comfortable with who you are as a person, but let's face it... nobody wants to be fat. It's the #1 reason we all diet and exercise. But despite your efforts, why does dropping those excess pounds always seem like an uphill battle? If only there was a yellow brick road to the Land of Lean and Defined. Well, my goal is to show you to the yellow brick road, so you can take a direct route to a better body -- without any detours.

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The short answer is this: You need to reprogram your body to increase your metabolism. Your metabolism works 24 hours a day, so you're burning calories around the clock. Even if you worked over an hour a day, no matter how many calories burned in that time, you're *never* going to burn as many calories as the person with the higher metabolism -- even though that person might only workout half that amount.

So how do you increase your metabolism?

## **Burn Calories In Your Sleep With The “EPOC” Effect**

No that's not a typo!

“EPOC” stands for Excess Post Exercise Oxygen Consumption. It occurs after an intense bout of exercise that forces your body to go into oxygen debt. This oxygen debt causes a metabolic deficit, which forces your body to expend *more* energy to make up for it. That extra energy comes from your body's stored fat! In essence, you're using your own body fat as the fuel to increase your BMR (Basal Metabolic Rate, i.e. your metabolism) to make up for the metabolic deficit created by the intense workout.

Remember the keyword here is “intensity”. The higher the intensity of the workout, the higher the oxygen debt and greater the metabolic deficit. The bigger the metabolic deficit, the more energy is required to make up for it, which means **more fat burning**. And depending on the intensity of the workout, it can take anywhere from a couple of hours to a couple of *days* to fully make up for the deficit created, which means you can burn mounds of fat while you sit at your desk, watch T.V. and yes...even while you sleep.

**Let's take a look at 2 proven ways to increase your body's EPOC effect to crank up your metabolism:**

### **1. Circuit Training**

If you're looking to burn fat and get lean (and who isn't?), one of the most effective and time-efficient ways to workout is circuit training. Circuit training consists of several different exercises performed in a row with little to no rest in between. You'll repeat this “circuit” for a given number of rounds.

With “traditional” workouts, you'll spend more than half of your time resting -- especially when doing weight training. The idea of resting between exercises is

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to let your muscles recover before repeating the same exercise again, but this method is totally inefficient at burning fat.

Circuit training, on the other hand, enables you to set up multiple exercises that emphasize different muscle groups so you won't be limited by muscle fatigue. This allows you to perform back to back exercises with little to no rest. Circuit training not only saves you time, but more importantly, it increases the intensity of your workouts, which is the most important element if you want to burn fat faster.

But ***don't*** make the common mistake of choosing isolated exercises or gym machines for your circuits! Remember, isolated exercises and gym machines simply don't require enough muscle involvement to really get your intensity soaring. Choose full-body, functional exercises instead. You'll get more done in less time with minimal equipment -- even if all you have are a set of dumbbells, you're good to go.

## 2. Interval Training

When we talk about burning fat what's the first things that comes to mind? Cardio, right? Yes, cardio does burn fat, but excessive cardio activates catabolic (destructive) hormones, which **NEGATES** the production of your testosterone. All the work you put into building your muscle...GONE. And as if that wasn't bad enough, *decreasing* your testosterone increases fat deposition around your belly.

Plainly put, **longer cardio makes you "skinny fat" with a gut**. So if you want to get lean while keeping your hard earned muscle, it's imperative to keep your testosterone levels as high as possible. The best way to do that and burn fat at the same time is -- ***interval cardio***.

Interval cardio can be described as doing *short* bursts of super *intense* cardio followed by rest or lower intensity cardio, repeated a number of times. It's insanely effective because it allows you to *cumulatively* work at high intensities longer, which produces a dual effect: 1) the EPOC effect, which burns fat even after your workout is over and 2) an increase in testosterone production that maximizes your muscle building potential.

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## Beating the Fitness Plateau: Keep Your Body Guessing To Accelerate Your Results

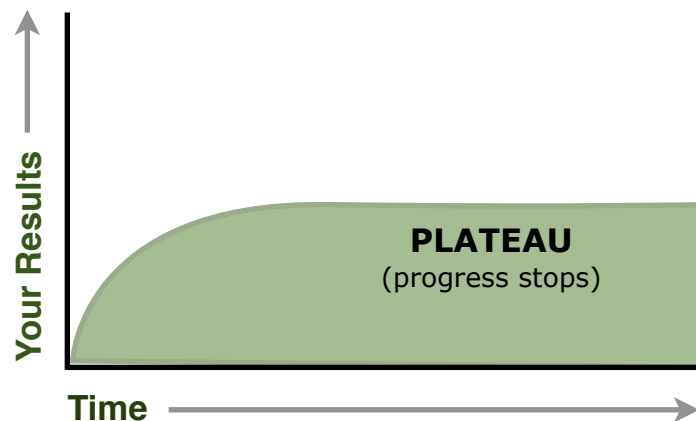
When you repeat the same activities over and over again, eventually you get bored -- and so does your body. *Ah, the dreaded fitness plateau.*

Have your results come to a complete stand still -- even though you've been working out? Let's dig a little deeper here...Do you tend to repeat the same exercises or workouts with no real plan in mind? *Be honest.* Most men that come to me are doing the same (or very similar) workouts *much* too often.

*That*, my friend, is like being a hamster on a spinning wheel running feverishly yet getting nowhere. All that work and not much to show for it.

Problem is, even the *best* workouts stop getting you results when you keep repeating them for a prolonged period of time. Believe it or not, it only takes **as little as 3 weeks** for your body to adapt to a routine -- *and that's if you did it only once a week!*

This is why you **MUST** keep mixing things up to keep your body guessing so you never plateau. By keeping things fresh, you'll fast-track your way to better results *without stagnation.*



*Repeating the same workouts will get you some results at first, but over time your body adapts and your progress starts tapering off, eventually leading you to a plateau.*

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## 5 Ways To Tweak Your Workouts So You Can Get Off the Fat-Loss Plateau & **STAY** Off

- 1. Increase the speed of each exercise.** What I mean is, instead of doing exercises slowly, increase your tempo and perform more reps in a shorter amount of time. Doing this will increase your work effort and burn off those extra calories you ate during lunch.
- 2. Change up your technique *slightly*.** For instance, if you're doing back squats, spread your feet apart for a wider stance. This small change will stimulate different areas of the muscles. A small change can go a long way in keeping your body slightly off kilter -- ensuring that you keep progressing by stimulating different muscle fibers.
- 3. Keep loading up.** If you're used to doing the same weights for the same exercise, it's time to increase the load you're lifting. Challenge yourself by increasing the weights (even as little as 2-5 pounds), which is enough to force your body to recruit more muscles and keep you from stagnating.
- 4. Change up your rep range.** If you've been doing 5 sets of 8 reps, it's time to change it up. Go lighter and increase your reps up to 20-25 reps or go heavier and decrease your reps down to 3-5 reps. Changing the rep range will keep your muscles "confused" -- making sure that they keep growing bigger and that you continue to burn more fat.
- 5. Train your whole body.** Not just for muscle building, *full-body* exercises are also the most effective fat-burning moves. Try compound, multi-jointed movements such as squats, deadlifts, and pull ups (just to name a few) and watch your intensity (and metabolism!) shoot through the roof.

## Eat Your Way To a Ripped Body

You can exercise 'till the cows come home, but unless your diet supports your weight-loss goals, that last bit of stubborn fat is here to stay. But you don't have to give your diet a complete overhaul to start seeing some significant results. Many of my clients have dropped 10+ pounds in less than 2 weeks by changing just a few key things -- and you can do it too.

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Before I get into the nitty gritty of what to eat and what not to eat, let's back up for a minute and discuss the basic building blocks of food to help you better understand their functions and how they affect your body.

In general, the foods we eat can be categorized into 3 classes of macronutrients:

1. **Protein** breaks down to amino acids which are the building blocks of muscle. Consuming ample amounts of protein is important to feed your muscle in order to make them grow bigger and stronger.
2. **Carbohydrates** break down into sugar, which is used for fuel (energy). Since carbs break down rather quickly, they're readily available for immediate energy use, which is why athletes increase their consumption before or during an event.
3. **Fats** break down to fatty acids, which are required for all sorts of metabolic processes. The fatty acids can also be broken down into sugar to be used as energy when needed.

All of the macronutrients should be consumed in a balanced ratio to optimally fuel your body, but that's often not the case. Most of our diets have a huge imbalance...

### What's *Really* Sabotaging Your Diet

*Too many carbs!* The problem is that carbs are cheap, convenient, and abundant. Not to mention, they taste so darn good! Imagine, you're at your local convenient store. What do you see? One look around and almost every snack, drink, or ready-made food is jam-packed with sugar and carbs. And yes, many are high in fat as well, but it's the *sugar and carbs* that are ruining your physique! Remember the saying "a moment on your lips, forever on the hips"? Well, it's actually not far from the truth and I'll tell you why...

As I mentioned earlier, all carbs break down into sugar. When sugar enters your bloodstream it triggers a hormone called "insulin". The main job of insulin is to keep your blood sugar level in check. So whenever sugar enters your bloodstream, insulin quickly delivers it to all areas of your body that need it for energy.

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Any excess sugar that's not immediately utilized is stored as glycogen in your muscles for future energy use. The great thing about glycogen is that it keeps sugar readily available for use when needed, but the flip side is that the storage is limited. When all of the glycogen storage is filled up, the rest is stored as **fat**.



### ***But it gets even worse...***

Overexposure to sugar causes a lack of insulin sensitivity. It's a like being in the perfume section of a department store. At first you're overwhelmed by the smell, but after a few minutes you don't even notice it. Insulin *insensitivity* causes less sugar to be taken up and leaves more sugar in your bloodstream to

be stored as fat. So, if you've been overindulging in carbs and sweets, chances are you may have developed insulin *insensitivity*, which means that even small amounts of sugar that would normally get used up as energy will get stored as fat instead.

This is *bad* news. What's a hungry guy to do?

Here's what you probably don't want to hear: Cut down on starches like pasta, bread, and rice *as well as* baked goods like muffins, doughnuts, and scones. I know how good they taste, but they trigger a rush of insulin too quickly, sabotaging your fat-loss goals.

Instead, consume carbohydrates with lower sugar content like vegetables, fruits, and legumes (i.e. beans) that are packed with beneficial nutrients and are much easier on your insulin. Plus, you can overindulge on these "good" carbs as much as you'd like since they're low in calories.

The other thing you must eliminate or severely limit, is refined sugar. By that I mean any type of drinks or foods that have sugar added to them (i.e. soft drinks, sport drinks, smoothies, candy, cake, muffins, and even most health bars, which are packed with sugar).

You also want to really be careful with sugar-free drinks and foods. You've probably already heard about the controversies surrounding aspartame and Splenda, but the latest studies show that drinking or eating foods with artificial

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sweeteners trigger your brain into wanting *more* sugar. If you already have a sweet tooth, artificial sweeteners are definitely something you want to avoid to curb your cravings.

### **Cheat Your Way To 6-Pack Abs**

So here's the best solution: Cut down on your starch intake and **cut out all refined sugars** for 6 days of the week and on the seventh day, go ahead and indulge. Take advantage of your cheat day and eat all of the starches and sugars your heart desires.

This way you don't feel that you've been completely deprived of all the good stuff and you'll still be doing your insulin a huge favor by giving it time to re-sensitize so it can do its job. The other major benefit of having a "cheat day" is that it actually helps melt away fat faster by triggering other fat burning hormones -- so you can say "sayonara" to your spare tire for good. Now you'll be able to chow down on your favorite treats while sportin' six pack abs.

## **Looking Strong and Actually *Being* Strong Are Two Different Things. Here's How to Get Both...**

What do you consider to be strength? Is it doing bicep curls with 80 pound dumbbells or doing 300 pound seated calve raises? Sure, those are big weights, but what does that accomplish if you can't even pick up a box off the floor and place it overhead without tweaking your back out? Bottom line is this: if you're doing exercises that are only good for flexing and admiring yourself in the mirror, you're wasting your time. Unless your goal is to walk across a stage with a spray tan and a pair of bikini trunks, it's all just for show.

Are you still with me? Good!

We all want to look good, right? Of course! But real strength isn't *just* about looking buff -- it's about having *functional* strength - strength that carries over to your real life. We perform all kinds of "functional" movements in our daily lives, like pushing, pulling, picking things up, lifting, twisting and bending. Doing "functional" exercises will build lean muscle and increase your strength so you

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can perform daily activities with ease, step up your game, *and* get a totally ripped body.

So what is a “functional” exercise anyway?

In order for an exercise to become functional, **it must incorporate at least one of these 6 primary compound movements:**

1. Push (horizontal / vertical)
2. Pull (horizontal / vertical)
3. Squat (sitting down and getting up)
4. Deadlift (picking things up)
5. Rotation (walking, running, throwing, hitting, swinging etc.)
6. Flexion/Extension of the Torso (bending forward, bending backward)

Some examples of functional exercises would be: the **back squat, deadlift, pull up, and push up** -- just to name a few (there are literally dozens upon dozens).

Isolated exercises are **not functional** -- meaning there's little to no crossover to any real life activities. Worse yet, they don't recruit enough muscles to effectively build muscle or burn fat. In addition, men tend to focus on building specific body parts with isolation exercises (i.e. biceps, chest, etc...) and what they end up doing is creating a muscular imbalance, which often leads to injury.

**Think about it.** Your body works as a whole - the sum of it's parts - *never* in isolation. When's the last time you participated in *any* activity that required you to use only one muscle at a time? So why would you train any different?

You want bigger and stronger biceps? Do some chin ups instead of bicep curls. Want legs of steel? Stop doing leg extensions and leg curls and start doing squats and deadlifts. Not only will you gain real functional strength and build lean, strong muscles, but you'll also gain a strong core and burn off your belly fat in the process. Now that's what I call a win-win!

Whether you're trying to improve your game, improve your performance on the job, or just gain enough strength and energy to play with your kids, functional

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strength training should be an essential part of your workout. You'll look great, feel energized, and move better.

## How To Boost Your Power, Energy, and Stamina with Shorter Workouts

Ever feel like you're running out of gas or like you just don't have enough energy or stamina to push through your workouts? It's not because you're getting too old or lack endurance -- it's because you lack **power**.

Power is the ability to perform a given amount work in a specified amount of time. The more you can perform within that time period, the more powerful you are. It's kind of like beefing up your car with a V8 engine. The bigger the engine, the more powerful the car.

In the industrial world, machines are rated according to their power. Take horsepower for example. A truck with a big engine would be used to move a heavy load. You wouldn't want to use a truck with a smaller engine, thus having to transport the load in multiple trips would you?

Like the truck, you can accomplish more work in less time if you have a bigger engine, thus making you more *powerful*.

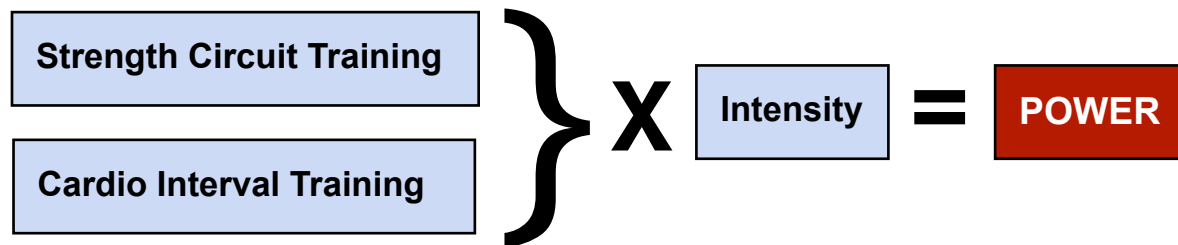
### So how do you get more powerful?

In order to gain power you must train to increase your work capacity. **This is where everything you've learned so far in this guide comes together.** We've talked about why circuit training and interval training are the most efficient methods of working out. You've learned which exercises are the most effective at building muscle and burning fat. And you've discovered why **intensity** is the key factor to accelerating your results.

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Here's a visual representation:



As you can see, the right combination of training formats multiplied by intensity gives you more power. Gaining more power not only increases your work capacity so that you can get more done in less time, it:

- Increases your metabolism (for more fat burning)
- Increases your strength
- Increases your lean muscle mass
- Increases your cardiovascular health

What makes this combination so effective at torching fat, building muscle, and increasing your power?

Physiologically, working out at a higher intensity to produce more power causes your body to release a favorable neuroendocrine response -- the release of ***growth hormones and testosterone!***

We've already discussed the positive effects that testosterone has on your ability to build muscle and burn fat, but check out the proven benefits that an increase in growth hormones has on your body:

- ◆ **Scientific Fact:** Growth hormones *trigger fat metabolism* for energy use in muscle growth, which means you lose pounds faster.
- ◆ **Scientific Fact:** Growth hormones enhance protein synthesis in skeletal muscles, building stronger, larger muscles.
- ◆ **Scientific Fact:** Growth hormone release is **dependent on the intensity** of the exercise being performed.

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As you can see, there's no denying that growth hormones and testosterone are key to developing lean muscle, stripping away fat, and boosting your strength and performance. **But neither of them has to come in a bottle.**

When you start working out smarter by using the right mix of exercises and training formats that I've shown you in this guide, you'll be teaching your body how to most effectively produce growth hormones and testosterone naturally -- getting you the best possible results. *If everyone knew this, the supplement industry would be out of business!*

## The Formula For Building a Better Body Is Simple: **You Need a Smart Workout Plan.**

By implementing the tips and strategies I've given you in this guide *and* by staying consistent with your workouts, you WILL see results. **However**, if you want to get the best possible results, it's going to come down to **how well your workout program is designed**. But, not everyone has the time or know-how to do this or wants to dish out mega-bucks to hire a quality personal trainer.

That's why I created the **MAX Workouts 90-Day Ultimate Lean Body Program**. It's my cutting-edge, step-by-step, *done-for-you* workout program that's *proven* to get you results. You'll be amazed at how fast you'll build a lean, defined, muscular physique all while gaining strength, power, and endurance with short, intense, *full-body* workouts. I've literally done all the planning for you, but it's up to you to take action. Grab your copy now and start building your *best body ever*. Learn more at [www.maxworkouts.com](http://www.maxworkouts.com).

**Don't just take my word for it! Read what other have to say...**

***"...I am no longer taking any creatine..."***

*...I love the workouts, I have been working out a long time, and for the first time I feel like I am actually getting the most out of my workouts. I am no longer taking any creatine, or Nitric oxide boosters. In a way I felt like I was addicted to the products, because I felt I would not be strong without taking them. I feel better, and my body is*

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*transforming the way I envisioned. I can't wait to start the next level. Once again thanks for everything Shin.*

*-- Michael Aughinbaugh, Ohio*

***“...I see definition that I haven't had before...”***

*I just want to say how great your workouts are. I started in January and each one has been very challenging. I have been working out most of my life and have tried different routines but this one has shown the most results. I'm in my early 40's and these workouts remind me of my days in the Marines. I got bored with my usual routine of the 35 to 40 minute jogs and the isolating weight lifting. I enjoy these because of the intensity and compound exercises. Also I'm not in the gym for an hour at a time.*

*I have shed body fat and increased my strength (power). I see definition that I haven't had before. I'm in the construction field and it sure helps with my work as I'm doing physical activities all day and makes you feel good also.*

*Thank you.*

*-- Karl Rajala, MI*

***“...my body is getting back in shape at shocking speed doing your workouts, in fact I have lost 20 kg...”***

*...Since xmas I have been doing your program and also an hours low intensity cardio before it. As an ex pro rugby player my body is getting back in shape at shocking speed doing your workouts, in fact I have lost 20 kg and I am going to give it another month before i go out a buy a whole new range of clothes as everything is too big now.*

*I can't believe I let myself go the way I did but hey I'm on the right path now. Thanks for your work it really is as we say in the UK, “the dogs bollocks”.*

*-- Andy Kershaw, London, UK*

***“If you are on the fence about this program,***

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***pull the trigger and try it, IT WORKS!!!”***

*Shin, I can't say enough about your program. In five weeks I have lost 5lbs, and 2" on my waist. I just received my lipid panel back from my physician, and after just 5 weeks on the program and adhering to a lean protein, balanced diet I have cut my total cholesterol from 204 to 149 and dropped my LDL by 25%. If you are on the fence about this program, pull the trigger and try it, IT WORKS!!!*

*-- Todd Lueke, Pennsylvania*

***“3 months ago I weighed 315lbs and today I am 230lbs and it is thanks to this program”***

*MAX Workouts has changed my life drastically. Three months ago I weighed 315lbs and today I am 230lbs and it is thanks to this program. I am in the best shape of my life and have never felt better. I am confident that by the end of the program I will have reached my goal weight of 199lbs. Thanks for everything and I will be back at the end of my program so I can get in on the daily workouts. Thanks for helping me be healthy again.*

*-- Steve Bentley, Canada*

***“I have been lifting for the last 14 years and have never found something that has made me so fit”***

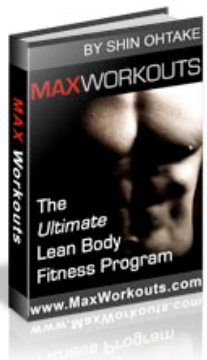
*I do want to tell you that this is the first workout program that has really fit me! I have been lifting for the last 14 years and have never found something that has made me so fit in a whole body sense. I am now able to do any sport with ease because your workouts have trained all of my muscles to work together. Even though I have been working at it for the last 7 months, the workouts still continue to kick my butt if I push it hard - and they seem so adaptable to my body. Anyway, thanks for designing them! I plan to continue these workouts for many years to come!*

*-- Jon Jore, MN*

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# No Shirt. No Gut. No Problem.

## You're Just 90 Days Away From Your Best Body Ever!

With **MAX WORKOUTS**, The Ultimate Lean-Body Fitness Program, you get a step-by-step 90-day, no-plateau workout plan that's guaranteed to take your fitness to the next level. Simply put, MAX WORKOUTS is your definitive guide to getting lean and ripped *fast!*

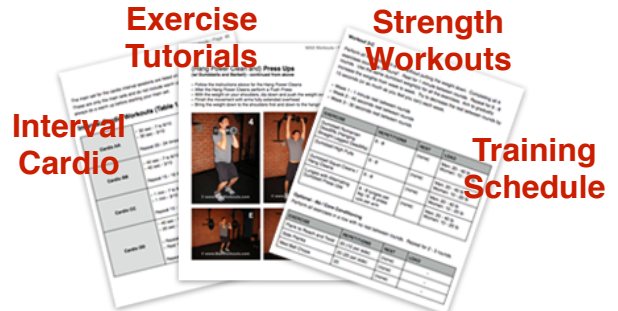
- ▶ **BUILD MUSCLE, LOSE POUNDS** with 90 days of heart-pumping workouts using all my cutting-edge training techniques to get you a rock-solid body and put fat burning on auto-pilot so you can torch calories 24/7.
- ▶ **SCULPT YOUR SIX-PACK** with quick, fat-blasting interval cardio routines that are short on time and BIG on results. You'll skyrocket your metabolism and strip away that stubborn "ab flab", finally bringing your six-pack out of hiding.
- ▶ **PACK ON MUSCLE LIKE A PRO** with step-by-step photos and instructions on how to perfectly perform over 40 exercises from start to finish. Tweak your technique to target all the right muscles and maximize muscle recruitment.
- ▶ **AVOID PLATEAUS** with my easy-to-follow training schedule that's guaranteed to keep your body guessing for lightening fast results. Boost your strength and power, and sculpt your year-round beach body *without* stagnation.
- ▶ **TURN FAT INTO MUSCLE** with high intensity, full-body routines that get you lean and mean in less than 30 minutes per workout. You'll transform your body into a strong, well-defined, *totally ripped* physique.

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- ✓ Interval Training
- ✓ Circuit Training
- ✓ Strength Training
- ✓ Cardio Training
- ✓ Ab / Core Training
- ✓ Body Weight Training
- ✓ Total Body Conditioning

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- **101 Energy-Boosting Smoothie Recipes \$19.95 FREE**
- **NEW! 30-Day Online Fitness Club Membership \$27 FREE**  
Get access to the daily workouts, exercise video library, discussion forums, fitness diary & more!

Learn more at: [www.MaxWorkouts.com](http://www.MaxWorkouts.com)



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"My guarantee is simple -- you assume zero risk. If you don't start seeing results right away, or if, for any reason, you're not completely satisfied, let me know within 90 days and I'll *courteously* refund your entire purchase price. **No hassle and no questions asked.**"

Shin Ohtake  
Author & Creator of MAX WORKOUTS

