

WOMEN'S edition

# MAX WORKOUTS LEAN BODY *KICK-START* GUIDE

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

## BANISH YOUR BELLY FAT!

THE FASTEST WAY TO KICK YOUR METABOLISM INTO HIGH GEAR

\$17.95  
**FREE!**

## GET LEAN & TONED *WITHOUT* ADDING BULK

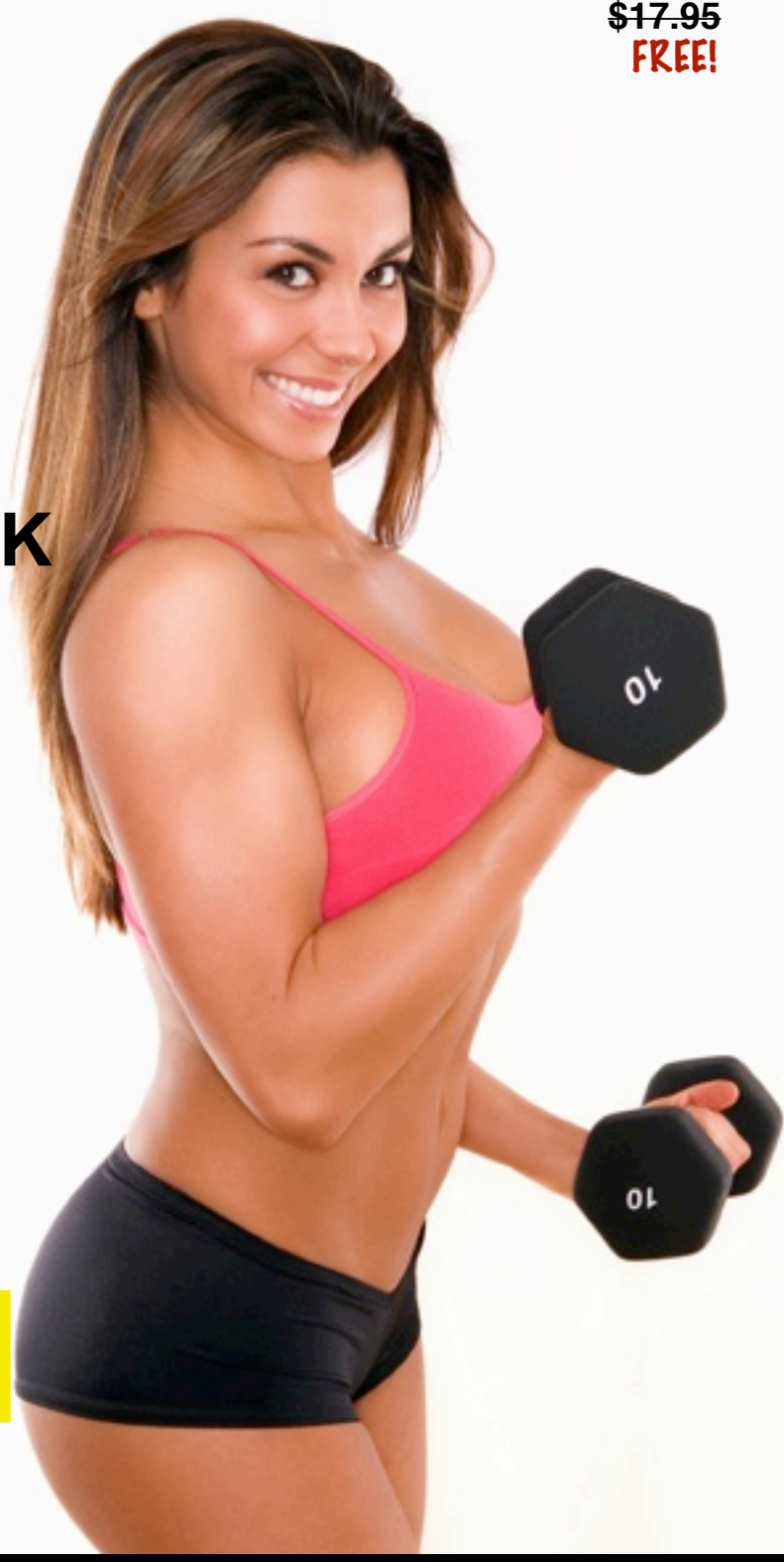
SCULPT SEXY ARMS, LEAN LEGS & A FIRM BUTT WITH THESE TOTAL BODY MOVES

## EAT YOUR WAY TO FLATTER ABS

CHEAT YOUR WAY THIN *WITHOUT* ANY CRASH DIETING OR SUPPLEMENTS

### PLUS...

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



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**Enjoy!**

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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 Haven't Been Able To Shed Your Excess Belly Fat



First things first: It's **not** your fault you haven't been able to get the lean, slim body you deserve, despite all of your efforts. Just look at what we're surrounded with...celebrity endorsed infomercials touting that you can get a totally sculpted body with the latest and greatest "research-proven" exercise gadgets. Not to mention, all the so-called "health and fitness" magazines boasting the latest "one week fix to thinner thighs and your bikini body." *Gimme a break!* To add insult to injury, you're bombarded with crash diet solutions, bogus fat-burner pills, acai berry scams, and worthless colon cleanses. It's almost to the point you need to hire a private investigator just figure out what's legitimate and what's not!

### If I told you who did this, I'd get sued...

Look, I've been in the health and fitness industry for almost 20 years -- and I've seen it all. I want to take this opportunity to tell you a quick story about what really goes on behind the scenes of some of the most popular fitness products you see today and why you'll never get the results that are supposedly "guaranteed". This is just one of *many* stories...

I had a chance meeting with the women hired to appear as "before and after" testimonials in commercials for one of the most popular fitness programs being sold on T.V. today. Their job was to do the program for 8 weeks and get results to prove that it worked. What I'm about to tell you will not only blow your mind, *it will make you steaming mad.*

As it turns out, these hired women were on an **insanely calorie restricted diet for 8 full weeks**. When I say "insanely calorie restricted", I'm talking less than 1,200 calories per day. This crash diet would ensure that they would look thinner and more toned so that the program they were hired to promote would look like a fail-proof product.

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I was in the room while all the "before and after" women were sitting around complaining about being hungry (how awful!) -- meanwhile the star of the show was outside with the camera crew eating Krispy Kreme doughnuts and drinking Gatorade! That is NO exaggeration.

So it's no surprise as to why the fine print on this product and many others like it, almost always states, "These results are not typical". *Ouch.*

There's nothing I despise more than to see people with good intentions be taken advantage of so blatantly. Here you are, ready to do the work in order to get the results. And all you end up with is a mediocre program (at best) and the only thing it does effectively is **burn a hole in your wallet.**

**Think about it.** If these big companies told you the truth about fat-loss and gave you a solution that worked, how would they get you to keep spending more money on their products and information?

### **Firming Up & Slimming Down Is Easy... When All The RIGHT Information Is At Your Fingertips**

After realizing how many women are unknowingly being taken advantage of and are 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 *Lean Body Kick-Start Guide*.

My goal is to equip you with the information you need to kick-start your way to a leaner, sculpted, more toned body. I'll tell you what you **MUST** incorporate into your training program and your diet so you can start getting results right away. You'll learn how to put fat-burning on auto-pilot, workout to tighten your physique, and how to eat your way to a flatter stomach.

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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## Tightening and Toning Your Body Is More Than Just A Numbers Game.

### *Why Your Scale Isn't Telling You The Whole Story*

Maybe you're not satisfied with your body because you feel flabby, saggy, or too big in all the wrong places. Perhaps you want to lift your butt, flatten your tummy, shrink your thighs, or even get rid of loose arm flab. But getting a lean and fit body isn't *just* about losing pounds.



If you *just* lose weight you're basically going to look like a smaller version of your current self.

While that may be an improvement, you'll *still* have all the things you want to fix. *And it can actually get worse!* For example, if you're a pear shape, your problem areas will become even more accentuated than ever before because oftentimes you will end up losing more weight up top rather than your lower half.

Or, maybe you're shaped more like an apple and no matter what you do or how much weight you lose, *The Battle of The Bulge* continues. Your belly just won't budge.

Now don't get me wrong here, your body transformation is going to result in weight loss. But if the number on the scale is your only focus, you're making a very common (and critical!) mistake that's likely to leave you feeling defeated.

The good news is that you can transform your entire body, making whatever shape you are now a distant memory. You can get back into your "skinny" jeans without worrying about spilling over or looking like they're painted on.

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In the end, the only number that matters is *inches*, not pounds. The truth is in the measuring tape. After all, it's the size of your beloved denims that's the number you want to lower, right?

## Replace Flab With Lean, Sexy Muscle So You Can Keep Your Metabolism Running on High & Torch Calories 24/7

Do you gravitate towards workouts that include excessive cardio, little pink dumbbells, or exercises you've been lead to believe will shrink you down and get you elongated muscles for a thinner look (pilates or yoga ring a bell?). I hate to be the bearer of bad news, but these methods are ineffective and time-consuming -- leaving you flabby and frustrated.

Here's the thing...If you've been avoiding the weight room for fear of bulking up, you're missing out on your body's most efficient fat-burner...***muscle***.

Now I want you to listen closely because I want to *finally* put one of the most common misconceptions to rest: Lifting weights, will NOT make you "get big or bulky" and look like one of those muscle-clad women on the cover of a bodybuilding magazine -- ***not even close!***

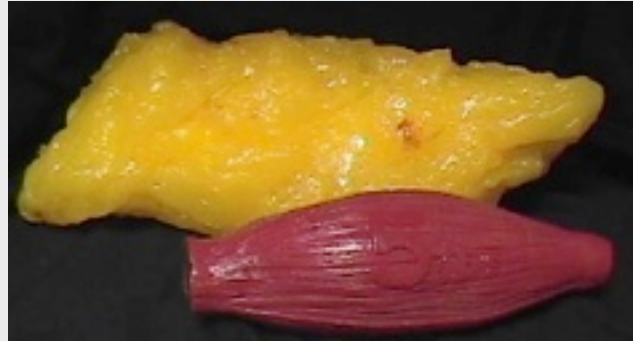
Unlike men, your body doesn't produce enough testosterone to stimulate large muscle growth. What you WILL get by lifting weights is a super lean, toned and tight body. And here's why: One pound of muscle can burn up to 20 calories a day. That means if you just replaced 5 pounds of fat with 5 pounds of lean muscle, you're essentially burning an additional 100 calories a day. How's *that* for efficient?

Not to mention, muscle takes up MUCH less space than fat. Take a look:

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## 5 Pounds of Fat vs. 5 Pounds of Muscle (Replica)



*Which would you rather have in your body?*

Additionally, muscle is *metabolically active* compared to fat which means it eats up more calories for fuel. By shedding unwanted fat and replacing it with lean muscle, you can increase your Basal Metabolic Rate (your metabolism) by up to **15%**! That means you have the potential of burning 15% more calories a day without lifting a finger.

### **Here are the top 3 ways you can tone up your muscles and put fat burning on auto pilot:**

If you want to slim down and tone up without adding “bulk”, you **MUST** workout and eat right to boost your metabolism -- making the fat burning process faster and more efficient.

#### **1. Crank Up Your Intensity to Ignite Your Metabolism**

If you want to reshape your body to burn more fat automatically, intensity is a concept you must understand. In terms of working out, intensity can be defined as exerting maximum physical effort during an exercise or a series of exercises. Intensity is **KEY** to reaching critical levels of metabolic demands, causing an influx of fat burning hormones -- something that'll **never** happen if you keep using those itty bitty pink dumbbells.

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### *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 -- 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.

To crank up your intensity try:

- Lifting heavier weights to add lean muscle tone (not bulk!)
- Moving quicker (increase the speed of exercises)
- Resting 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 women 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.



## Did You Know?

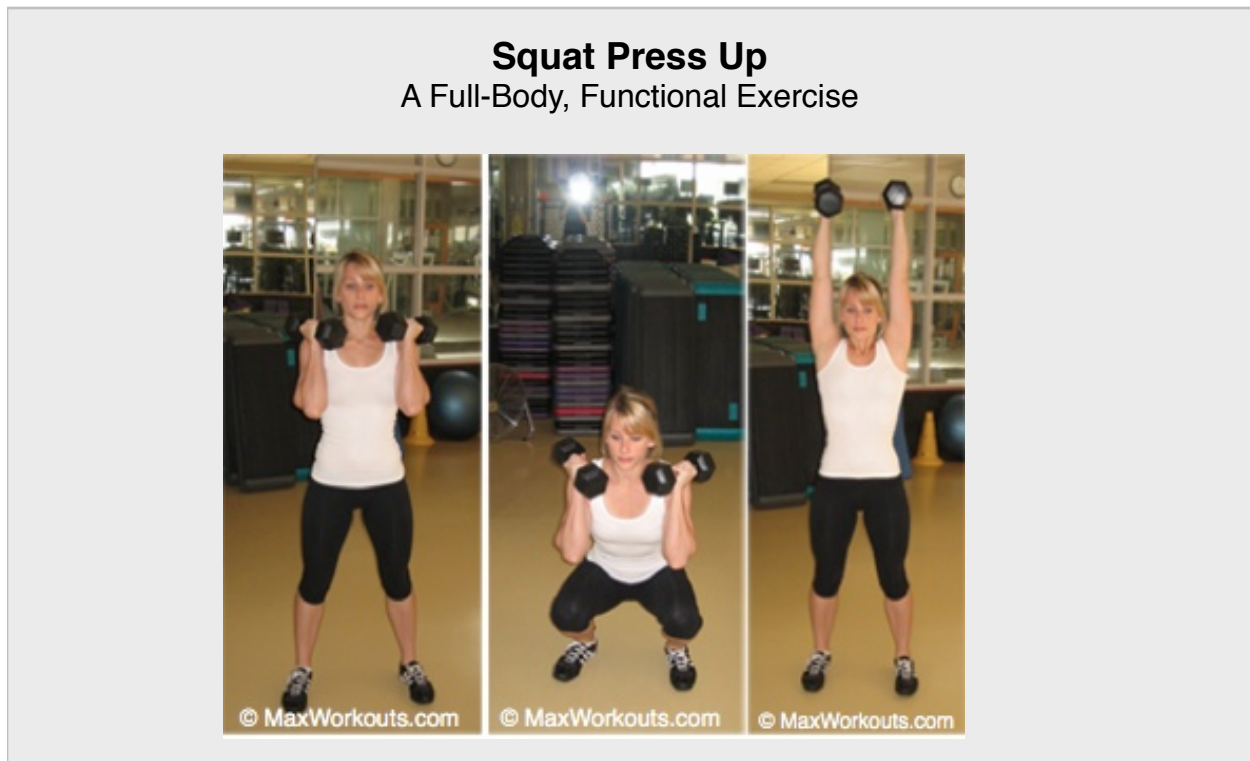
You can burn nearly **twice** as many calories by working out with heavier weights (up to 85% of your max) with a lower rep range (6-8 reps) than you can by using lighter weights and doing more reps. Not only will you save more time, you'll get even better results by ditching the barbie weights!

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## 2. Total Body Moves for a Total Body Makeover

If you want to transform your body from head to toe, you've gotta workout using *full body exercises*, NOT isolated exercises (like bicep curls, tricep pull downs, or crunches). Why? Because full-body exercises demand greater amounts of muscles to be used *at the same time*. This places significant metabolic stress (the good kind of stress) on your body, which responds by producing more fat burning hormones. Isolated exercises just don't recruit enough muscle fibers to make this process even possible or get you any visible results.

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 lower body muscles (quads, hamstrings, and glutes) along with your upper body muscles (shoulders, arms, chest, and upper back) and your core stabilizer muscles.

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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.

In a nutshell, full-body exercises stimulate your body to produce more fat burning hormones -- optimizing your calorie burning potential.

### 3. Power Foods That Fight Fat

You need the right nutrition to maximize your lean muscle tone. Here are a few simple, yet highly effective dietary tips you can start using today to eat your way to a firmer physique.

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

- ✓ Adequate daily intake of protein is absolutely necessary to maintain lean muscle. Approximately 1 gram of protein for every pound of lean body mass is recommended. For example, if you weigh 130 pounds (59 kg) and have 30% body fat, you're lean body weight is 91 pounds (41 kg). So, you should be consuming approximately 91 grams of protein per day.
  - ✓ The majority of protein should come from animal meats, poultry, fish, eggs, and dairy products. Soy-based protein is okay, but should be consumed in moderation. Stick to organic or natural protein sources to make sure that you're getting the best quality.
  - ✓ Eat foods high in monounsaturated fats like avocados, nuts (almonds, walnuts, hazelnuts), flax seeds, olives and olive oils. Consuming enough monounsaturated fat helps decrease your LDL (bad cholesterol) and increase your HDL (good cholesterol) to promote cardiovascular health. What's more, these healthy fat sources make you feel fuller for a longer period of time, helping you curb your midday cravings.
  - ✓ Consume lots of vegetables, *especially* cruciferous vegetables such as broccoli, cauliflower, cabbage, and brussel sprouts. These vegetables contain disease fighting phytochemicals -- lowering your risk of cancer and fending off free radicals. Better yet, you can eat as much as you want since veggies are low in calories and are packed with nutrients.
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- ✓ Eliminate or cut down on your alcohol consumption. Here's why: Your liver metabolizes everything that goes in your mouth. But when you drink alcohol, your liver metabolizes the booze first, bypassing everything else. While your liver is busy breaking down the liquor, all the other stuff waiting to be metabolized gets stored as **fat** instead. So go easy on the bottle if you want to lose the love handles and get a flat tummy!

Now that you know how the weight-loss process *really* works and have strategies that you can incorporate into your workouts and your diet in order to effectively build a stronger, slimmer body, let's talk about proven workout methods you can use to burn even *more* calories while keeping your hard-earned muscle so you can lose more pounds.

## How To Burn Calories Even After Your Workout is Over

Do you ever find yourself on the cardio machine watching the calorie counter like a hawk? You know...the *I'll-stop-when-I-reach-400-calories-burned* workout.

But here's the problem: Defining your workout based on the number of calories you burn is a time-wasting formula doomed for certain failure. Despite what you may have been told, the *truth* is it's NOT how many calories you burn *during* your workout -- it's how many calories you can burn throughout the day long after your workout is over, that counts.

The most time-efficient and effective way to maximize your calorie burning potential is to keep your workouts short and intense. Short bursts of high intensity exercise triggers **your anaerobic metabolism**, which will skyrocket your heart rate and fry the fat -- without eating away your hard earned muscle tone.

Here's how it works: It's a physiological effect known as EPOC (Exercise Post-Oxygen Consumption). Simply put, EPOC is a scientific term used to measure your body's rate of oxygen intake following a high-intensity activity. The higher the intensity of the activity, the more oxygen and energy are needed to restore your body. **As a result, your body continues to burn calories for up to 48**

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**hours AFTER your workout is over.** That means you burn calories around the clock -- even while you sleep.

**Let's take a look at 2 proven ways to switch on the EPOC effect and turn your body into a fat burning furnace:**

### 1. Circuit Training

Circuit training consists of several different exercises performed in a row with little to no rest in between, then you'll repeat this "circuit" for a given number of rounds. Not only does circuit training save you time, but more importantly, it increases the intensity of your workouts, which is the most important element if you want to burn fat all day long.

The trick to effective circuit training is choosing the right exercises. Don't make the common mistake of choosing isolated exercises or fancy gym machines for your circuits! Remember, those types of exercises simply don't require enough muscle involvement to really turn on the EPOC effect and kick your metabolism into high gear. Accelerate your results by choosing full-body, functional exercises instead (more on that in a minute). 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

Slaving away on the treadmill, bike, or elliptical day after day is a surefire way to **stay fat**. Yes, you read that correctly! Too much long, moderate, **boring cardio** eats away your muscle tone, making **you soft and flabby**. Remember, your *muscle* increases your metabolism, so the less muscle you have, the less calories you will burn -- keeping you cellulite-bound for good.

The best way to keep your lean muscle tone and burn fat at the same time is by doing **interval cardio**.

Interval cardio can be described as doing *short* bursts of super *intense* cardio (like sprinting) followed by rest or lower intensity cardio (like walking), repeated a number of times. It's insanely effective because it allows you to *cumulatively* work at higher intensities for longer periods of time. This optimizes all of your body's natural metabolic and hormonal processes to maximize calorie expenditure from fat, while maintaining your lean muscle.

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## Target Every Inch Of Your Body With Total Body Moves

Are you doing countless crunches to flatten your tummy, yet the Battle of The Bulge continues on? Or, have you ever taken a fitness class where the instructor had you do so many side leg raises even your dog would be impressed?!

If you're trying to target your trouble spots by doing isolated exercises like side bends, donkey kicks, or thigh squeezers hoping to flatten your tummy, lift your butt, and firm up your thighs, you're in for a big disappointment. You can keep doing these exercises until the cows come home, but it won't make a bit of difference.

Unlike trying to zap a blemish on your face, there is **no such thing as a spot treatment**. Isolated exercises like sit-ups and leg raises simply don't burn enough calories -- which is why your waistline never seems to get any smaller or tighter, *no matter how many repetitions you do*.

Simply put, these *one-muscle-at-a-time* movements just don't stimulate enough muscle fibers to make any noticeable difference. What you need to do is focus on the only types of exercises that will not only make you lose more weight, but will *actually change the shape of your body...*

### Optimized Exercises for a Complete Body Makeover

The fastest way to reveal your fab abs, cinched waist, and lean legs is to blast away the excess fat by performing full-body, *functional* exercises.

So what is a "functional" exercise anyway?

Functional exercises are movements that carry over to the way you move in 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 increase your strength so you can perform daily activities with ease, gain more energy, and lose more pounds.

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

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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: **back squats, lunges with press ups, and push ups** -- just to name a few (there are literally dozens upon dozens).

Here are a few fat burning and muscle toning facts you need to know if you ever want to shrink your middle and sculpt a sexy backside:

- ◆ **Fact:** Your body works as a whole, the sum of its parts -- never in isolation. Functional, full-body exercises strengthen your body for everyday life activities and efficiently dissolve fat in the process.
- ◆ **Fact:** Performing isolated exercises is inefficient and can actually make you weaker at doing everyday functional activities like walking, running, picking things up and carrying groceries, thereby making you more prone to muscular imbalance and injuries.
- ◆ **Fact:** Functionally training your whole body activates more muscles, burns more fat, and accelerates your transformation to a lean and tight physique.

Whether you're trying to increase your strength, lose more weight, or just gain enough energy to play with your kids, functional training should be an essential part of your workout. You'll be able to cut your workout time in half while reaping all the benefits of a stronger, more youthful, energized you.

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

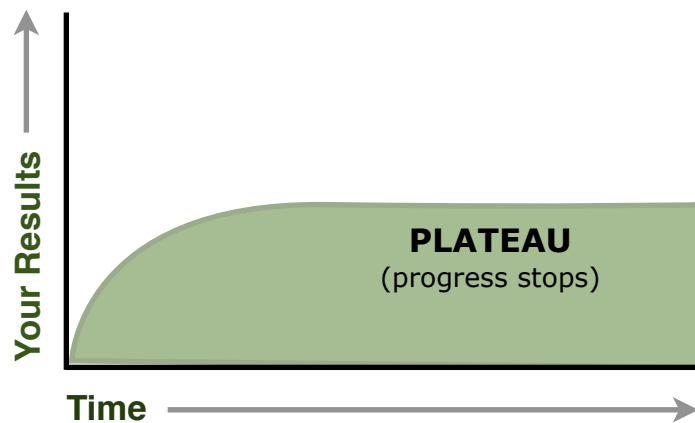
When you repeat the same activities over and over again, eventually you get bored -- and so does your body. *Ah, the dreaded fitness plateau.*

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 women 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 tempo of each exercise.** What I mean is, instead of doing exercises slowly, increase your speed 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 little change will stimulate different areas of the muscles. Even 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 a little bit lighter and increase your reps up to 10-12 reps or go even heavier and decrease your reps down to 6 reps. Changing the rep range will keep your muscles "confused" -- keeping you lean and ensuring that you continue to burn more fat.
- 5. Change up your exercises often.** You already know that full-body exercises are the most effective fat-burning moves, but it's just as important to change the exercises and change them often. For instance, if you've been doing movements such as back squats, try doing front squats or overhead squats instead. Switching up these total body moves will keep your body working hard to get you slimmer, stronger, and sexier...sooner!

## Eat Your Way Thin

You can exercise 'till you're blue in the face, 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.

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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.

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 keep them lean and strong.
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 of macronutrients...

### **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 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 gal 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 their 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 sweeteners trigger your brain into wanting *more* sugar. If you already have a

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sweet tooth, artificial sweeteners are definitely something you want to avoid to curb your cravings.

### ***Cheat Your Way Thin***

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 love handles for good! Now you'll be able to chow down on your favorite treats while sportin' a rock-solid core.

## **The Formula For Sculpting 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 working out smarter by using the right mix of exercises and training formats, you'll be teaching your body how to most effectively produce fat burning hormones naturally -- getting you fit and trim in no time. **However**, if you want the best possible results, it's going to come down to **how well your workout program is designed to keep you on the fitness fast-track**. But not everyone has the time, the know-how, 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, tone, and sculpted body -- all while gaining strength, energy, and endurance with short, intense, *full-body* workouts, without any gimmicks. I've literally done all the

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planning for you, but it's up to you to take action. Grab your copy now and start sculpting 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...**

***“In the last 4 weeks I have lost a total of 14cm across my whole body!”***

*In the last 4 weeks I have lost a total of 14cm across my whole body! I have been seeing a friends PT to get measured every few weeks. Since I started though, I have gone from 63 and 64 cm on each thigh to 59.5cm on each. (My biggest area that I wanted results.) Plus my hips in the last four weeks I have lost 2cm. I am seeing the results and wanted to let you know!*

-- Kelly Camilleri, Australia

***“...my arms and abs look better than ever before...”***

*...I'm just now finishing up my second week of the Level 3 workouts, and I'm truly amazed. I was in good shape before, but my overall power and tone were a little weak. In just this short amount of time, I've gotten HUGE results. I can actually see my strength increasing from week to week, and my arms and abs look better than ever before. (And I'm not even doing any of the optional ab workouts!)*

*I really believe that anyone can have success with this program, but you have to be ready to work for it. When you talk about high intensity, that's exactly where it's at. My husband and friends have commented on how my body has changed, and I've told them that it can all happen in less than 30 minutes a day, but it's a pretty hard-core thirty minutes!*

*I couldn't be happier with your program. You provide so much variety that I never get bored, and my body is constantly working hard to adapt. Because the work out times are short, I'm able to easily fit the six days into my regular schedule. The only thing I regret is not starting your program earlier! Thanks a million!*

-- Sarah Rich, California

***“My clothes are actually falling off of me...”***

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*...Towards the end of 2008 I felt that even though I was training & for sure adopting a healthier diet in general I really wasn't noticing that much difference in my body. So, I purchased your MAX Workouts high intensity program.....well!! On the 9th January I decided to start your workout. I printed off the 8 daily programs & stuck it onto my cross trainer, WOW. So, 5 weeks later.....my body has totally changed. I would say I've got my body back to how it was when I was in my 20's. My clothes are actually falling off of me. ( I can take pictures if you would like). I am totally amazed.*

*Recently I met up with some friends who hadn't seen me for more than 15 years, their comments were great "wow, you don't look any different, you are so lucky to not put on weight"!!! there is no luck involved it's all down to Shin Ohtake is my answer...It has been a breath of fresh air & can't wait to see the results in another 1 year, bearing in mind have only been doing this for 7 weeks!! Thanks very much, I love the workouts, exercises & all the diet tips, it really is exceptional.*

*-- Shelley, Cyprus*

***"...I am really starting to see that true dream body developing in front of my eyes..."***

*I have now tried the Max Workout program for only about a month, and even though I have been a very active and healthy person all my life - I have never been able to see such amazing results in such a short time! Time spent in the Gym has gone from at least 90 minutes per day down to just half an hour (sometimes even less). Yet, I have never looked and felt better with myself then I do now. I am really starting to see that true dream body developing in front of my eyes and I almost cannot believe the fast transformation myself. Less can definitely be more and here its all about quality before quantity.*

*Added to that, I simply feel better overall. I feel different when I walk, run, stand, sit.. My whole posture has changed into a stronger and prouder appearance, much thanks to the physical self awareness the simple but so effective exercises with the MAX Workout Program has given me. I am sticking to this! I feel great!*

*-- Niki Krechnek, Sweden*

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# TONE UP & TORCH FAT 24/7

**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 get you lean and defined while cranking up your metabolism so you can burn fat all day long. You'll get head-turning results *in no time*.

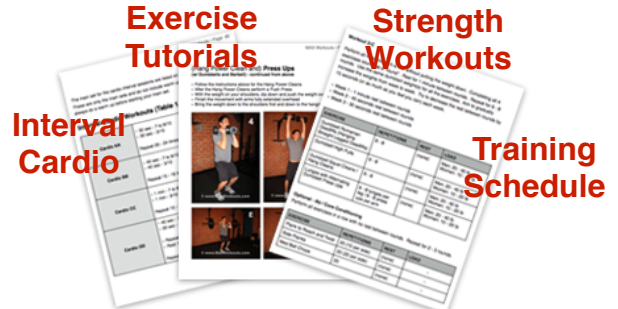
- ▶ **TONE UP & SLIM DOWN** with 90 days of cutting-edge workouts using all my proven training techniques. You'll literally turn your body into a fat-burning furnace so you can burn more calories -- even while you sleep!
- ▶ **FLATTEN YOUR BELLY** with fat-blasting interval cardio routines that are short on time and BIG on results. You'll skyrocket your metabolism and strip away stubborn "ab flab", finally getting you a rock-solid core.
- ▶ **SCULPT YOUR ENTIRE BODY** with step-by-step photos and instructions on how to perfectly perform over 40 full-body exercises from start to finish -- getting you thinner thighs, a firm butt, toned arms, and a smokin' hot middle.
- ▶ **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 endurance and sculpt your year-round bikini body *without* any hiccups.
- ▶ **BURN FAT, NOT TIME** with high intensity, total body conditioning routines that power you up and slim you down in less than 30 minutes per workout. You'll transform your body into a stronger, tighter you *without* spending hours in the gym.

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*Shin Ohtake*  
Author & Creator of MAX WORKOUTS

