

THE  
TRANSFORMER  
SURVIVAL  
HANDBOOK

S.T.T.F.P.

**RESULTS**  
TRANSFORMATION CENTER

Name: \_\_\_\_\_

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YOUR **FUTURE** IS CREATED BY WHAT  
**YOU DO {TODAY}**  
NOT TOMORROW



# 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

*“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 185lbs 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**



BEFORE



AFTER

# WHY?

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## *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

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Reason 2

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Reason 3

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*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.*

*Fitness is like marriage.*

*You can't cheat and expect it to work.*

*Strength: A river cuts through rock not because  
of it's power but it's 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

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*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 submit your meal plan to the director of your home gym for review/approval.
- 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.
- Must weigh in and record your weight weekly in My Results U app by Saturday.
- Keep Momentum on your Side. Do not quit what is working.
- Provide a written review within 7 days of each 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.
- 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%).
- Must wear form fitting clothes for before and after picture sessions.
- Must have fun!

# ADVICE

## FROM YOUR COACHES

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*"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 towards the 30 check-ins.

### YOU WILL BE SORE

Schedule to learn Corrective Exercise 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 PhysX L-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 PhysX Whey Protein Isolate with you at all times!

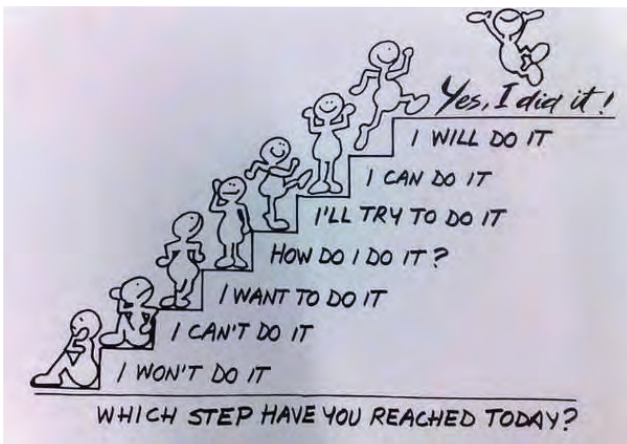
### TECHNIQUE TAKES TIME

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*



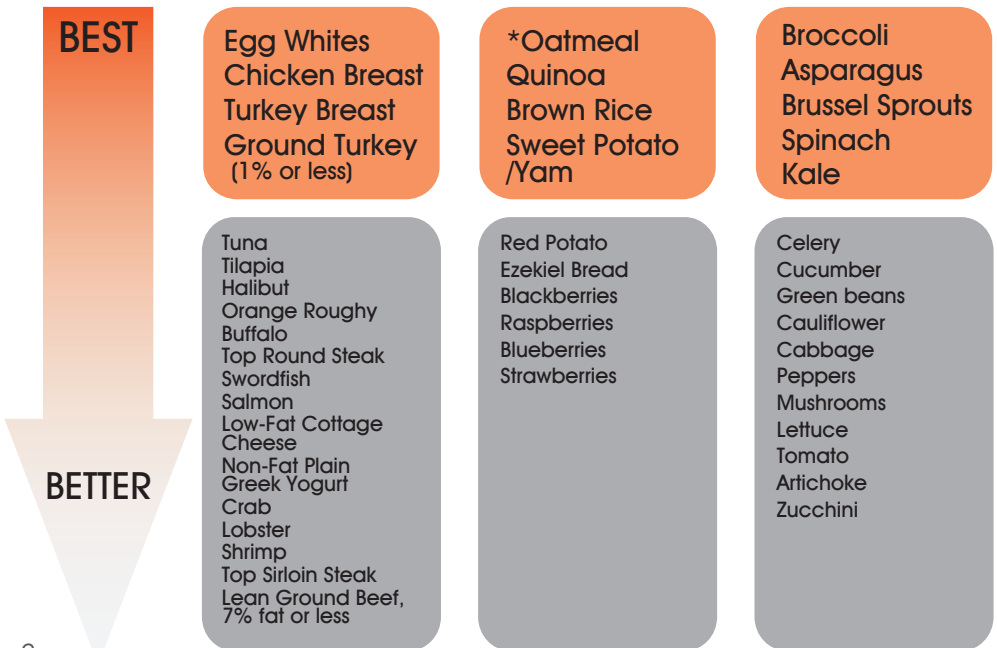
# FOOD PLAN

## GENERAL INFORMATION

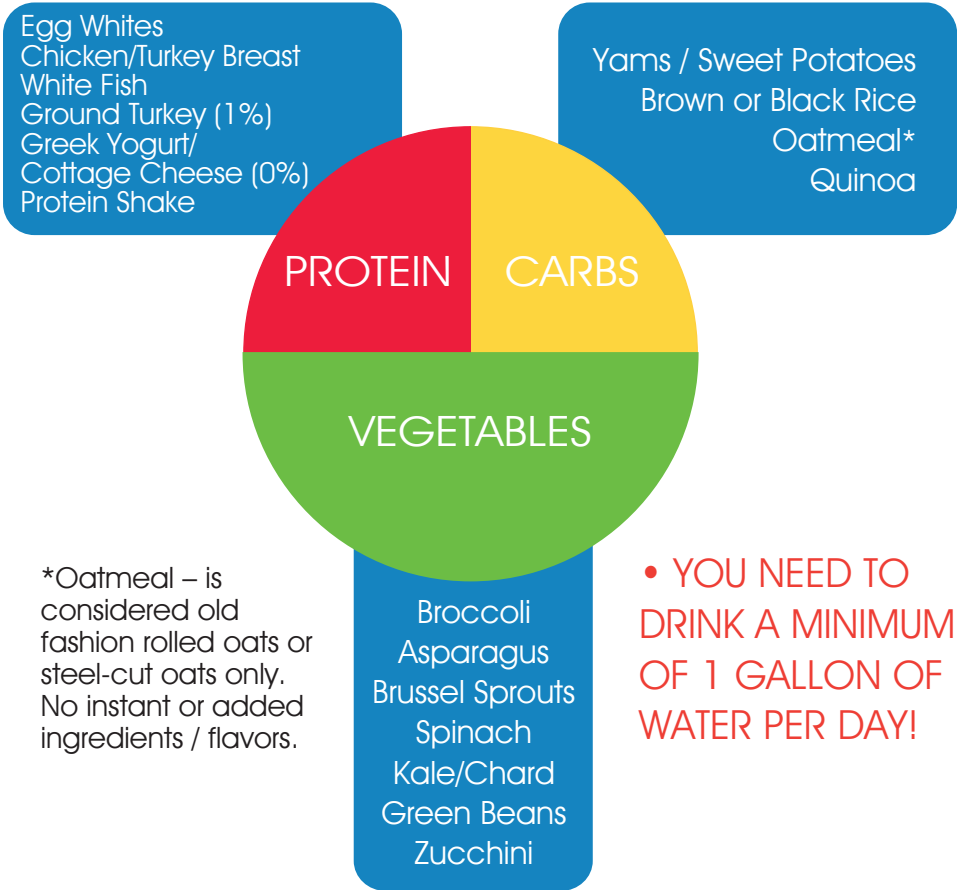
**THIS IS NOT A DIET!** Our goal is to teach you how to live a healthy and active lifestyle. Transforming your mind as well as your body. GIVE IT YOUR ALL and remember the big picture - for the next 42 days, there will be zero variability. This is not a plan for the rest of your life, it's a plan for 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 recommended 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 food plan (STTFP).

### TOP 4 WILL PROVIDE THE BEST RESULTS!



# ANATOMY OF A HEALTHY MEAL



*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. All food is measured **cooked** except oatmeal.

# DAILY MEAL PLAN EXAMPLE

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

| MEALS   | FOOD EXAMPLES   | PHYSX SUPPLEMENTATION  | TIME     |
|---|---|--|----------|
| <b>BREAKFAST</b><br>Protein + Carb<br>+ Vegetable | Egg Whites<br>Oatmeal<br>Spinach  | Multi (1 capsule)<br><br>EFA (1 capsule)<br><br>21 Day Detox<br>(3 capsules) | 5:30 am  |
| <b>SNACK</b><br>Protein                           | 1 to 3 scoops<br>recommended<br>protein powder                                | Protein Shake<br>Glutamine<br>(1 Scoop)                                      | 8:30 am  |
| <b>LUNCH</b><br>Protein + Carb<br>+ Vegetable     | Chicken breast<br>Brown rice<br>Broccoli                                      | Multivitamins<br>(1 capsule)<br><br>EFA (1 capsule)                          | 11:30 am |
| <b>SNACK</b><br>Protein                           | 1 to 3 scoops<br>recommended<br>protein powder                                | Protein Shake<br>Glutamine (1<br>scoop)                                      | 2:30 pm  |
| <b>DINNER</b><br>Protein + Carb<br>+ Vegetable    | Tilapia<br>Quinoa<br>Asparagus  | EFA (1 capsule)  | 5:30 pm  |
| <b>PROTEIN</b>                                    | 6 oz of non-fat<br>greek yogurt, or<br>½ cup of non-<br>fat cottage<br>cheese | 21 Day Detox<br>(3 capsules)   | 8:30 pm  |
| <b>WORKOUT</b>                                    |   | BCAA's (1 Scoop)<br>during exercise.   |          |

# 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.

| MEALS   | FOODS CHOSEN | PHYSX SUPPLEMENTATION  | TIME |
|---|--------------|--|------|
| <b>BREAKFAST</b><br>Protein + Carb<br>+ Vegetable |              | Multi (1 capsule)<br><br>EFA (1 capsule)<br><br>21 Day Detox<br>(3 capsules) |      |
| <b>SNACK</b><br>Protein                           |              | Protein Shake<br>Glutamine<br>(1 Scoop)                                      |      |
| <b>LUNCH</b><br>Protein + Carb<br>+ Vegetable     |              | Multivitamins<br>(1 capsule)<br><br>EFA (1 capsule)                          |      |
| <b>SNACK</b><br>Protein                           |              | Protein Shake<br>Glutamine (1<br>scoop)                                      |      |
| <b>DINNER</b><br>Protein + Carb<br>+ Vegetable    |              | EFA (1 capsule)  |      |
| <b>PROTEIN</b>                                    |              | 21 Day Detox<br>(3 capsules)   |      |
| <b>WORKOUT</b>                                    |              | BCAA's (1 Scoop)<br>during exercise.   |      |

# 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

### (PER MEAL)

| 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    |

\*EGGS = egg whites only

# RECOMMENDED SUPPLEMENTS



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 WOMEN'S MULTI** delivers a high potency of 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.



**PHYSX SPORTS NUTRITION MEN'S MULTI** delivers a high potency of 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 made supplement protocol.



**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 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.



**21 DAY DETOX** This is an all natural fiber and herbal blend intended to clean out the digestive tract and optimize kidney and liver function. Poor eating habits can cause on average 3-7 pounds of waste to accumulate inside organ walls. This blend allows for body to eliminate such build ups so you can absorb and digest foods better, thereby speeding up your metabolism.



**"Success Fact: Challengers who STTFP and use suggested Physx supplementation have shown a 20-30% increase in overall results!"**



# CLASS REGISTRATION

## IT'S EASY TO REGISTER FOR YOUR CLASS

To register for classes, download the Results TC app, available in the App Store and Google Play.

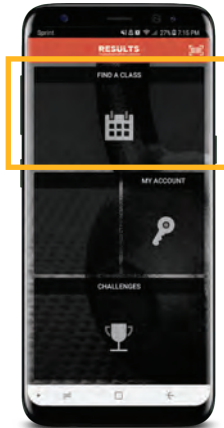
Register for at least a week's worth of sessions because they fill up quickly.

Here are step by step instructions using your phone app:



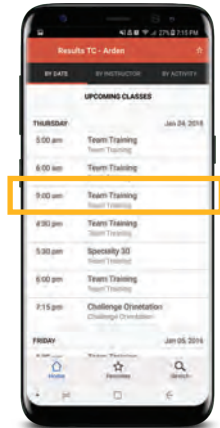
### STEP 1

Launch the Results TC app, then tap 'FIND A CLASS'



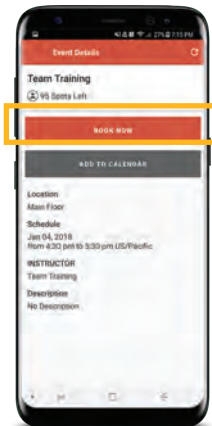
### STEP 2

Tap to select an upcoming class



### STEP 3

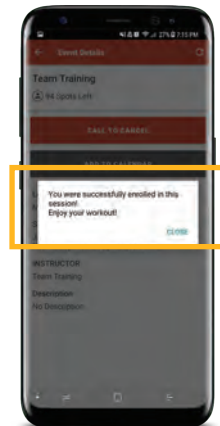
Tap 'BOOK NOW' to register for a class



### STEP 4

Receive your confirmation

Enjoy your workout!



# WEEKLY ACCOUNTABILITY

Weekly Weigh In's, Sweaty Selfies, Meal Pics, Educational Lessons, Message with Coaches, and More- EXPLORE!

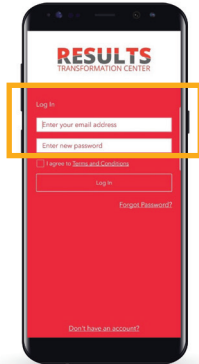
Download your accountability app, My Results U, available in the App Store and Google Play Store

Here are step by step instructions using your phone app:



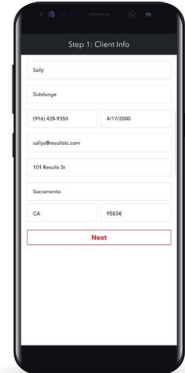
## STEP 1

Launch the MRU app, then input Email Address and Password; 12345



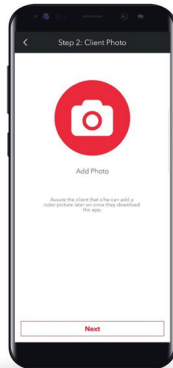
## STEP 2

Complete Profile Set Up Info



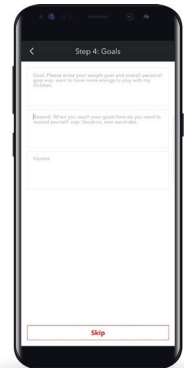
## STEP 3

Add Profile Picture



## STEP 4

Set Goals



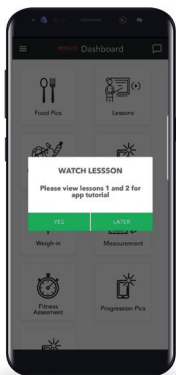
Instructions continue on the following page

# WEEKLY ACCOUNTABILITY



## STEP 5

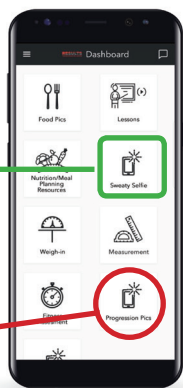
Review Lessons



## STEP 6

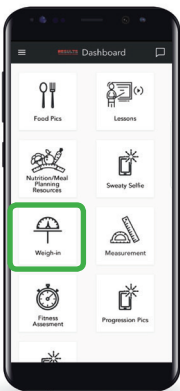
Use  
Sweaty  
Selfies  
ONLY

Results  
use only



## STEP 7

Weigh in weekly here



Don't forget to take some time and explore all the cool things you can do with your new App!

# RESULTS 6 WEEK TRANSFORMATION - NEW FACEBOOK FORUM

For all things Facebook  
visit: <http://resultstc.com/6weekfb/>

- Link up to the Facebook Forum:



- Access Challenge Profile Pics
- Watch Tutorial Video for Facebook Check-in's
- Learn How to Confirm Check-ins (End of challenge)
- Download Challenge Survival Handbook



# MYZONE



## WHAT IS MYZONE?

### PHYSICAL ACTIVITY BELT

Unlike other activity trackers that only count steps and estimate calories burned, the MYZONE belt monitors your heart rate to determine effort exerted during exercise. The technology guarantees accurate and personalized results that will help you make the most of your workouts. MYZONE also features a unique point system that levels the playing field no matter how fit you are, and rewards effort, not fitness.

### LIVE FEEDBACK INSIDE THE FITNESS CLUB

When you wear your physical activity belt within a MYZONE enabled section of your club, your information will be streamed to display in the form of a color-coded, easy-to-read tile, which motivates you to put in the effort required to get the results you want.

### SYNCS WITH RESULTS TC APP

The free Results TC App makes it easy for you to stream your activity, upload your MYZONE data, and review your results from your smartphone. The app allows you to monitor your activity calendar, workout graphs, and challenges. You can also upload personal before and after photos and keep a picture food diary.

### LIVE FEEDBACK OUTSIDE THE CLUB

The MYZONE MZ-3 Belt provides all the MYZONE benefits outside your club by pairing with the MYZONE app to serve as your portable tile. Users of the MZ-50 Watch may also view their data on the go.

# WHY IS CORRECTIVE EXERCISE SO IMPORTANT?

If you drive a car, sit for more than an hour, or own a smart phone- your body has long been compromised in posture. You **NEED** Corrective Exercise **DAILY**. Learn more on how the body is designed to move and the best restorative techniques to optimize your efforts long term.

## REDUCE INCIDENCE OF INJURY.

Map out pre-existing Injury and Safe Functioning Thereof. Asymmetry is the #1 cause of injury. We naturally have dominant sides and preferences. This will offset opposing muscle groups with excessive force on structures simply not design for that kind of undue stress- often leading to injury.

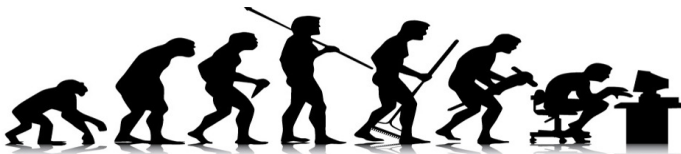
## EXPEDITE RECOVERY AND RELIEVE MUSCLE SORENESS:

Coaches will help familiarize you with tools and strategies to improve blood flow and increase range of motion (ROM) for proper nutrient and waste exchange to muscle sites.

## IMPROVE PHYSICAL PERFORMANCE AND LONG TERM RESULTS:

½ squats will get ½ results. ½ push ups will get ½ results. Cheat just an inch with every rep, every day- and you will end up a mile short at the end. Movement quality for complete range of motion BEFORE adding external workloads will always last longer, stronger, and yield better results ongoing.

Check out [resultstc.com/correctiveexercise](http://resultstc.com/correctiveexercise) for a sneak peak, book a Corrective Exercise Session on your app today!



# FAQS

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## Q: HOW DO I REGISTER FOR CLASSES?

A: To register for classes, download the Results TC app, available on the App Store and Google Play. Launch the app. Tap FIND A CLASS. Tap on an Upcoming Class. Tap BOOK NOW. That's it, your class is booked! We recommend registering for at least a week's worth of classes as they fill up fast!

## 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. (Refer to page 20 for more information)

### 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.



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

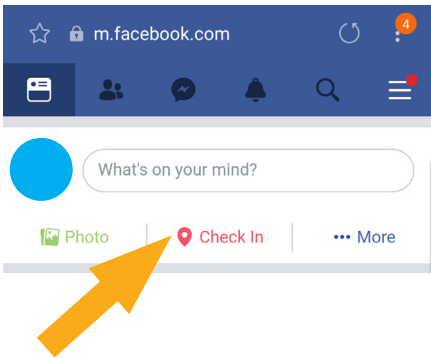
A: Use the forum for conversations, motivation and discussion regarding the challenge. Do not use the forum to report that you are not making a workout or want to switch a session, or are frustrated and complaining about a weigh in. Nutritional advice should come from your coaches.

### 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. You must use 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 Corrective style classes do not count toward your 30 check-ins, however are highly encouraged to achieve best results.

## 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 app installed). Use the check-in button on your Facebook news-feed. 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.



# ACRONYMS

|           |  |
|-----------|--|
| AMRAP     | As many rounds as possible in a given work period of time.   |
| EMOM      | A certain number of a movement repeated.<br>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! |
| STTFP     | Stick to the F___ Plan (sometimes its Food, sometimes it's another 4 letter F word).   |
| Red Light | A movement pattern showing asymmetry, compensation, or restriction- should not be loaded (MODIFY)  |



# ACCOUNTABILITY LIST

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## WHAT HAPPENED?? YOU...

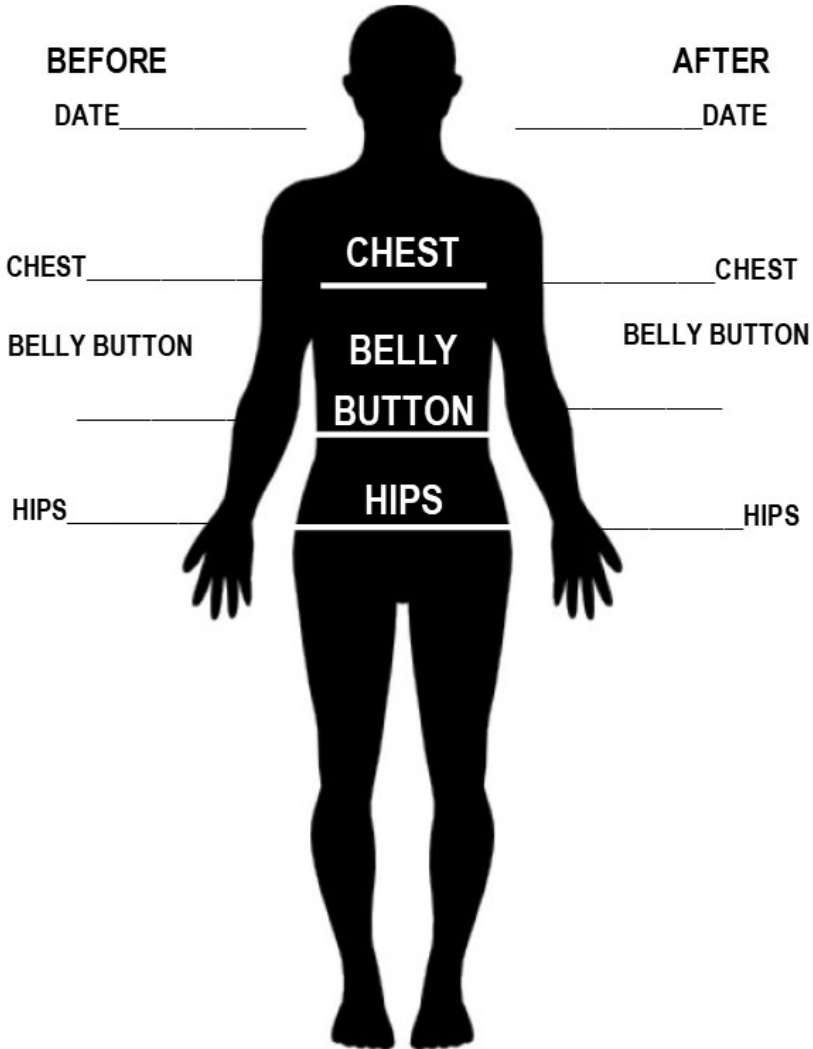
- WERE LATE TO CLASS - 1 POINT PER MINUTE  
(TO BE FULFILLED PRIOR TO GRANTED ENTRY INTO CLASS SESSION)
- YOU LEFT EQUIPMENT OUT OF PLACE - 1 POINT PER TOOL
- DIDN'T SIGN UP FOR A CLASS (CRASHING A CLASS) - 5 POINTS
- USED THE WORD CAN'T - 5 POINTS
- BEHIND ON A WEEKLY GOAL - 7 POINTS A DAY
- MISSED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

# MEASUREMENTS

Measure your progress at home,



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



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