

FINLEY FIT CLUB'S
FASTER FAT LOSS
PLAYBOOK



**YOUR GAME-WINNING PLAN
IN DEFEATING FAT FOR GOOD!**

BY COACH RICK KARBOVIK
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GREETINGS, FELLOW WARRIOR!

JUST LIKE SPORTS TEAMS NEED A PLAYBOOK FOR SUCCESS, YOU ALSO NEED A PLAYBOOK TO HELP YOU FOLLOW YOUR GAME PLAN IN DEFEATING THE EVILS OF FAT, AS IT TRIES TO ATTACK YOUR HEALTH & FITNESS.

COACH RICK IS HERE TO HELP GET YOU STARTED...

WHATTA WAITIN' FOR?

LET'S BRING IT!

KEYS TO SUCCESS:

- 1. DIET NEEDS TO BE IN-CHECK!**
- 2. EXERCISE STRATEGY NEEDS TO BE IN PLACE!**
- 3. REST & RECOVERY NEEDS TO BE PLANNED!**
- 4. SUPPORT SYSTEM (YOUR TEAM!) NEEDS TO BE THERE FOR YOU AS WELL!**

#1: DIET NEEDS TO BE IN-CHECK!

YOU CAN'T WIN THE GAME AGAINST FAT UNLESS YOU SERIOUSLY TAKE A LOOK AT YOUR DIETING HABITS AND CHOICES. PERIOD. IT IS VERY HARD TO 'WORK OFF' A CRAPPY DIET, AND SOME SAY IT IS PRETTY MUCH IMPOSSIBLE.

THIS DOESN'T MEAN AN EXTREME FAST, OR EXTREME ELIMINATION OF THE FOODS YOU ENJOY & LOVE. (YOUR COACH IS A LOVER OF "D&D", DEW & DORITO'S. . .SO I SPEAK FROM THE REAL WORLD HERE!) YOU SIMPLY HAVE TO MAKE THE EFFORTS TO:

- REDUCE YOUR INTAKE OF PROCESSED FOODS THAT ARE HIGH IN SUGARS AND FATS**
- BE MORE CONSCIOUS OF YOUR CHOICES, ESPECIALLY WHEN AWAY FROM YOUR HOME. (THE ONLY EXCEPTION HERE IS YOUR MOTHER'S COOKING. THERE IS SOME LEEWAY THERE. ☺)**
- SAVE A DAY OR MEAL WHERE YOU 'EARN' YOUR INDULGENCE OF YOUR FAVORITE FOODS. LET'S SAY YOU MAKE ALL 6 WORKOUTS OF P90X WITHIN A WEEK, EARN YOURSELF A**

FREEBIE MEAL ON YOUR DAY OFF. JUST REMEMBER TO KEEP THAT MEAL IN CHECK, AND DON'T EAT AN ENTIRE PIZZA IN THE PROCESS.

- **DO YOU NEED DIET SHAKES AND SUPPLEMENTS? THE QUICK ANSWER HERE IS YES, AND NO. NO, NOT EVERYONE NEEDS A SHAKE OR SUPPLEMENT. NOT EVERYONE CAN AFFORD THEM, AND SOME PEOPLE CAN GET GREAT RESULTS BY JUST MAKING BETTER CHOICES. HOWEVER, YOU MIGHT FEEL A NEED FOR THEM IF YOU FEEL YOU FALL SHORT IN YOUR DIETING EFFORTS AND WANT A CONVENIENT SNACK, SUCH AS A MEAL REPLACEMENT SHAKE. BEACHBODY'S SHAKEOLOGY MEAL REPLACEMENT SHAKES ARE AN IDEAL SOLUTION FOR MANY. EVEN IF YOU WANT JUST A GOOD POST-WORKOUT MEAL OR SNACK, A RECOVERY DRINK LIKE P90X RESULTS & RECOVERY FORMULA, GOES WELL AND IS LESS THAN THE COST OF A BOTTLE OF MOST SPORTS DRINKS PER SERVING. FIND MORE ABOUT THESE & OTHER SUPPLEMENTAL SOLUTIONS FOR YOUR DIET NEEDS AT [HTTP://BEACHBODYCOACH.COM/ASAPTRAINER](http://beachbodycoach.com/asaptrainer) UNDER THE "SHOP" SECTION, AND LOOK FOR THE SIDEBAR SECTION OF "NUTRITION AND SUPPLEMENTS".**

#2: EXERCISE STRATEGY NEEDS TO BE IN PLACE!

OKAY, YOU WANT TO GET IN SHAPE AND LOSE SOME BODY FAT, FIRST & FOREMOST. BUT WHAT IS YOUR EXERCISE PLAN? WHICH PLAN DO I CHOOSE? THERE ARE A LOT OF QUESTIONS HERE TO ANSWER, I'LL TRY TO BULLET-POINT THEM OUT IN QUICK ANSWERS.

- HOW MUCH TIME DO YOU HAVE? OR, HOW MUCH ARE YOU TOTALLY WILLING TO COMMIT? SOME PEOPLE MIGHT HAVE ONLY 30 MINUTES TO WORKOUT EACH DAY. OTHERS MIGHT FIND 60-75 MINUTES. REGARDLESS OF TIME, YOU HAVE TO MAKE SOME SMALL SACRIFICES HERE. MAYBE IT'S LESS TIME WATCHING TV, OR ON THE COMPUTER. MAKE SURE YOUR OVERALL PLAN FITS YOUR TIME FRAME, BECAUSE ITS NOT JUST THE PLAN, IT'S THE TIME YOU HAVE TO PUT INTO THE PLAN THAT IS QUITE POSSIBLY THE #1 CONSTRAINT AND ROADBLOCK TO PEOPLE AND THEIR STRUGGLES WITH EXERCISE PLANS.**
- WHICH PLAN DO YOU CHOOSE? WITH MY PERSONAL TRAINING PROGRAMS, I ASK THIS OFTEN BECAUSE OF THE FREQUENCY OF VISITS. I OFFER 12 SESSION PACKAGES BECAUSE GOING 3X/WEEK WOULD TAKE 4 WEEKS, AND 2X/WEEK TAKES 6 WEEKS. WITH PROGRAMS LIKE P90X, SLIM IN 6, TURBO JAM AND INSANITY, THERE ARE DAILY WORKOUTS TO PERFORM FOR DIFFERENT NEEDS OF THE WORKOUT'S PLAN. PICK A PLAN THAT WILL IDEALLY FIT INTO YOUR**

OVERALL PICTURE. AS AN EXAMPLE, I'VE DISCOVERED THAT P90X FITS IN GREATLY TO MY GOALS AS A RUNNER, AND I HAVE THE TIME TO GET IN A LOT OF THE WORKOUTS. I CAN STILL GET IN MY RUNNING DAYS AND FIT P90X INTO MY EQUATION. YOU CAN MAKE IT HAPPEN WHEN YOU PICK THE RIGHT PLAN FOR YOUR TIME & NEEDS!

- **WHAT PROGRAMS ARE IDEAL FOR MY NEEDS?**
 - **PERSONAL TRAINING:** IDEAL FOR THOSE WHO ARE TOTALLY NEW TO WORKING OUT AND NEED PERSONAL, ONE ON ONE TIPS AND TEACHING TO GET OPTIMUM RESULTS.
 - **AT-HOME WORKOUTS BY BEACHBODY:**
 - **POWER 90:** AN IDEAL START AND BEGINNING TO A FULL BODY, STRENGTH & CARDIO IN-HOME FITNESS CAMP! THIS IS THE PROGRAM THAT IGNITED THE P90X PHENOMENON. P90 IS ALSO RECOMMENDED FOR THOSE WHO CAN'T PASS THE P90X FITNESS TESTS. IT'S A GREAT PLAN TO FOLLOW IF YOU WANT A SOLID STARTING POINT. WORKOUTS LAST 35-45 MINUTES.
 - **10-MINUTE TRAINER:** THE PERFECT WORKOUT FOR THOSE WHO ARE SHORT ON TIME, AND ALSO NEW TO FITNESS. AND YES, WORKOUTS LAST JUST 10 MINUTES!

- **P90X**: AN IDEAL PROGRAM FOR THOSE WHO ARE MORE EXPERIENCED WITH WORKING OUT AND NEED TO CRANK IT UP! THIS IS MEANT FOR SERIOUS EFFORTS IN THE BATTLE AGAINST FAT. YOU WILL BE ASKED TO WORK, AND WORK HARD FOR YOUR EFFORTS. NOT MUCH HAND-HOLDING GOING ON HERE. LIKE TONY HORTON SAYS, YOU HAVE TO “BRING IT!” ON THIS PLAN. MOST WORKOUTS ARE 45-60 MINUTES IN LENGTH.
- **INSANITY!** : I HAVE YET TO DO THIS PLAN, BUT FROM ALL I’VE HEARD, IT’S VERY INTENSE LIKE P90X IS, AND DEMANDS A LOT FROM YOU. IT’S ANOTHER PLAN FOR THE HIGHLY EXPERIENCED AND HIGHLY MOTIVATED. NOT FOR THE WEAK AT HEART! WORKOUTS ARE 30-60 MINUTES.
- **TURBO JAM**: A TOTAL BODY SCULPTING WORKOUT THAT FOCUSES ON THIGHS & ABS. WORKOUTS GO FROM 20-45 MINUTES IN LENGTH.
- **SLIM IN 6**: 25 TO 50 MINUTE WORKOUTS THAT ARE FOCUSED ON SLIMMING & TONING ABS, HIPS, THIGHS AND BUNS. A 6 WEEK PLAN TO REALLY HELP YOU PROPEL YOUR PLAN FORWARD!
- **TURBOFIRE!** : 10-55 MINUTE WORKOUT PLANS OF HIGH INTENSITY

**INTERVAL TRAINING WORKOUTS,
DESIGNED AS YOUR CARDIO
WORKOUTS AND PUTTING YOUR
BODY INTO A FAT-BURNING ZONE
THAT HELPS YOU BURN 9X MORE FAT
THAN TRADITIONAL CARDIO DOES!
THIS IS A MORE UPSCALE, ADVANCED
WORKOUT PLAN.**

**IF YOU HAVE ANY QUESTIONS ABOUT THESE OR
OTHER FITNESS PROGRAMS, DON'T BE AFRAID TO
CONTACT YOUR COACH, COACH RICK, AT
Rick@ASAPWorkouts.com.**

**MORE INFORMATION ONLINE ABOUT THESE
PROGRAMS CAN BE FOUND AT
[HTTP://BEACHBODYCOACH.COM/ASAPTRAINER](http://beachbodycoach.com/asaptrainer),
UNDER THE "SHOP" SECTION AND IN "FITNESS
PROGRAMS".**

#3: REST & RECOVERY NEEDS TO BE PLANNED!

JUST AS YOUR DIET AND EXERCISE NEEDS TO BE PLANNED OUT, PEOPLE LARGELY FORGET ABOUT THE REST & RECOVERY EQUATION. IT'S LIKE GOING THROUGH A GAME AND KICKIN' BUTT IN THE 1ST, 2ND, AND 3RD QUARTERS, AND THEN LETTING THINGS GO IN THE 4TH QUARTER BECAUSE OF COMPLACENCY, AND WATCHING YOUR TEAM LOSE THE GAME.

PREVENT THAT FROM HAPPENING BY INCORPORATING A REST & RECOVERY PLAN AFTER YOUR WORKOUTS ARE DONE. REST IS SIMPLY THAT: RESTING WHEN YOUR BODY TELLS YOU TO. IF THAT MEANS A SHORT NAP HERE OR THERE, TAKE ONE. IF IT MEANS GETTING AN EXTRA 30-60 MINUTES OF SLEEP A NIGHT, DO IT. YOUR BODY REPAIRS AS IT RESTS! REPAIRING MUSCLE TISSUE, REBUILDING & STRENGTHENING BONE CELLS, PLUS CLEANING OUT EXCESS GARBAGE ALL TAKES PLACE DURING YOUR RESTING TIME. THIS ALSO AIDS IN THE RECOVERY PICTURE OF IT. RECOVERY WORK CAN BE DEFINED AS DOING SOME STRETCHING AND MASSAGING OF SORE MUSCLES FROM STRENUOUS WORKOUTS. LIGHT STRETCHING IN THE EVENINGS CAN HELP OUT TREMENDOUSLY IN SPEEDING UP RECOVERY. IT HELPS GET THE BLOOD FLOWING TO THE MUSCLES IN A GENTLE MANNER AND HELPS THE BODY DO ITS REPAIR WORK. I'VE USED A DEVICE CALLED "THE STICK", AS WELL AS A NEW AID CALLED A FOAM ROLLER, TO AID MY RECOVERY EFFORTS. ASK ME PERSONALLY ABOUT THESE ITEMS IF YOU ARE INTERESTED.

#4: SUPPORT SYSTEM (YOUR TEAM!) NEEDS TO BE THERE FOR YOU AS WELL!

IF YOU WANT TO BE SUCCESSFUL, YOU NEED A TEAM TO SUPPORT YOU. HIGH LEVEL ATHLETES HAVE A TEAM TO SUPPORT THEM, FROM NUTRITION EXPERTS TO STRENGTH COACHES. MOST PEOPLE CAN'T AFFORD INDIVIDUAL COACHES & EXPERTS FOR EVERY AREA OF THEIR NEEDS, BUT, YOU HAVE THE NEXT BEST THING: TEAM BEACHBODY CLUB!

TEAM BEACHBODY CLUB IS BEACHBODY'S OWN ONLINE SUPPORT SYSTEM. THROUGH TBC, I'M ABLE TO HELP YOU AS YOUR OWN COACH ALONG THE WAY. TBC ALSO HAS FORUMS ONLINE FOR HELP IN NUTRITION, WORKOUTS, AND MOTIVATION. YOU CAN TALK WITH OTHERS AROUND THE COUNTRY, AND THE WORLD, AND SEE HOW BEACHBODY'S WORKOUTS ARE MAKING A DIFFERENCE IN THEIR LIVES. YOU CAN ALSO SHARE YOUR OWN EXPERIENCES WITH OTHERS. FOR LESS THAN \$3 A WEEK, YOU CAN USE THIS ONLINE SUPPORT SYSTEM TO HELP YOU SUCCEED! WHERE ELSE CAN YOU GET PERSONAL COACHING AND SUPPORT FOR UNDER \$3/WEEK? GIVE UP TWO 20 OUNCE BOTTLES OF POP PER WEEK, AND YOU HAVE SAVED ENOUGH FOR YOUR OWN SUPPORT TEAM! CHECK IT OUT AT [HTTP://BEACHBODYCOACH.COM/ASAPTRAINER](http://beachbodycoach.com/asaptrainer) UNDER THE "JOIN" SECTION AND GET STARTED ASAP!

I HOPE YOU HAVE ENJOYED GOING THROUGH YOUR OWN PERSONAL PLAYBOOK ON HOW TO ATTACK BODY FAT AND THE EVIL ONSLAUGHT OF EXERCISE-PROGRAM ADHERING EXCUSES.

YOU HAVE THE TOOLS AT YOUR DISPOSAL:

**DIETING STRATEGIES,
EXERCISE PLAN STRATEGIES,
REST & RECOVERY STRATEGIES, & A
SUPPORT SYSTEM IN PLACE!**

YOUR NEXT STEP IS TO CONTACT YOUR COACH TO GET GOING, ASAP, ON YOUR PLAN OF ATTACK!

CONTACT ME AT:

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WEBSITES:

[HTTP://ASAPWorkouts.com](http://ASAPWorkouts.com)

[HTTP://BeachBodyCoach.com/ASAPTrainer](http://BeachBodyCoach.com/ASAPTrainer)

[HTTP://Shakeology.com/ASAPTrainer](http://Shakeology.com/ASAPTrainer)

**DON'T FORGET TO ASK ME ABOUT THE
FINLEY FASTER FAT LOSS FIT CLUB MEETINGS!**

ADD ME AS YOUR FRIEND ON FACEBOOK, AT

[HTTP://FACEBOOK.COM/ASAPTRAINER](http://Facebook.com/ASAPTrainer)

***ONE MORE THING. . .THE LAST PAGE HAS A VERY
IMPORTANT OFFER FOR YOU!***

**DO YOU WANT A FREE BEACHBODY DVD
WORKOUT PROGRAM, ONE THAT'S WORTH \$60?**

**ASK COACH RICK NOW ABOUT HOSTING A
BEACHBODY HOME PARTY, AT YOUR HOME OR
BUSINESS!**

**BY REQUESTING HIM TO BE A GUEST HOST IN HOSTING A
BEACHBODY PARTY, YOU CAN EARN YOUR CHOICE OF A
COMPLIMENTARY DVD WORKOUT SET, AS HIS GENEROUS
GIFT TO YOU FOR LETTING HIM HOST THE PARTY!**

CHOOSE ONE FROM THE FOLLOWING:

**POWER 90,
TURBO JAM,
HIP-HOP ABS,
OR SLIM IN 6!**

**A BEACHBODY PARTY IS LIKE A TRADITIONAL HOME PARTY
FOR OTHER GOODS, SUCH AS STORAGE CONTAINERS,
CANDLES, MAKE-UP, ETC.**

**EXCEPT A BEACHBODY PARTY IS. . .A LOT MORE FUN!
LET'S FACE IT: CANDLES & MAKE-UP CAN'T GET YOU IN
SHAPE, THE WAY A BEACHBODY PARTY CAN!**

**CONTACT COACH RICK NOW SO YOU DON'T MISS OUT ON
YOUR FREE DVD WORKOUT PROGRAM!**

Disclaimer: You should not begin an exercise program without first consulting with a physician to determine your condition, and finding parameters, in starting an exercise program. The author is not responsible for any injury, stress, or death incurred on individuals from performing the physical activity mentioned in this e-book. Participants should seek medical clearance before performing any physical activity described.