

MILITARY FIT

# ***OPERATION: LEAN & MEAN***



***6-PHASE EDITION***

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## 6 Phase edition

### **Phase 1.**

Workouts-HIIT & Functional Fitness

### **HIIT**

HIIT is one of the best ways to get in shape and burn fat. High-intensity interval training is defined as your maximum effort to achieve muscle fatigue and maximum oxygen use in a quick burst of exercise, followed by low-intensity exercise.

In order to burn the fat continuously, we want to reach our V02 max, which is the highest amount of oxygen consumed by your body during exercise. It will also help boost metabolism for a longer duration and build lean muscle faster.

When Incorporating HIIT into your workouts, you will be able to increase metabolic rate, increase muscle building, muscle retention during fat loss, increase calorie burn during and after a workout.

This type of training is efficient and can give your body both anaerobic and aerobic exercise.

This means you will be building muscle and increasing your need for oxygen. It's the best of both worlds, giving you more endurance and strength. HIIT is also great because it produces more oxygen in the body, and when we have more oxygen in the body we burn extra fat. This will enable you to see great results with this type of training including your core workouts.



This type of training will also help boost HGH, which is a muscle-building hormone that can help with your strength, insulin sensitivity and increase muscle growth.

## **Functional Fitness**

Functional fitness, as the name suggests is at its core – training for functionality. To become superior in performing various functions. That can run the gamut from everyday work, to looking better in a suit (business or swim), to getting the edge in other types of training, physical sports, and just being in elite shape to take on the occasional home invader or terrorist in your neighborhood or travels, to being ready to epically survive and dominate in the zombie apocalypse.

### **It's about:**

- Training in a more natural and practical way
- Training to perform better in real life
- Achieving sustainable gains
- Boosting real health and preventing injury
- Longevity
- Looking like a badass, and being able to back it up
- Opening up an exciting new set of flexible workout choices and experiences

**Put simply;** it's about real fitness, unleashing the best that you can be, and feeling some serious adrenaline rushes as you carve an amazingly strong physique.

While functional fitness can and does certainly improve looks, is it differentiated from workout fads in that it is a practical way to train, that most often integrates multiple movements and muscle groups, for a superior end result.

## **The Benefits of Functional Fitness**

### **Health & Safety**

While missing a workout may seem like the end of the world to real fitness heads, what's far worse is an injury that can take you out of training or competition for weeks, months, or even more than one season.

Unfortunately, too many conventional workout concepts of the last 100 years have sacrificed health and safety, for artificially enhancing specific body parts and muscles, unnaturally. You swagger out of the gym swole and pumped like a badass from putting up 400lbs on the bench press, only to fumble your phone in the parking lot, bend over to pick it up, and throw your back out. Crazy, right. Or you feel that pop in your shoulder on an isolated weight machine, and just know you aren't going to be lifting much of anything for the next 6 weeks. This is where functional fitness really kicks ass. It trains you in natural and combined movements, that mimic real life, so that your core is strong, your joints and ligaments grow strong in alignment with your other muscles, and you can actually support yourself doing one legged squats, and lift, rather than barely being able to hold your balance when you are off the bench. It will keep you on track, and training longer and more consistently.

### **Pulverizing Plateaus**

Have you ever looked around the gym, and realized that everyone you've seen there, training daily for the last two years, just looks the same? Some may have even lost definition, and gained fat. Then you start to wonder

whether you are still getting any gains. Or maybe you've just been frustrated by not seeing more improvements in your physique, or breaking a personal record, even though you've been on a rigorous training regimens and diet. That's the plateau effect. You just top out, and get stuck there. You just stop getting a good return on your time spent training. Functional fitness is ideal for preventing and breaking through plateaus. It provides a strong foundation, on which you can build bigger gains, and shrink wrap your skin around for a more ripped look. It provides a variety of easy ways to keep stretching yourself. It's also a highly versatile way to add and integrate new workouts which support growth of other specific functional athletic needs.

## **Holistic Training & Return On Investment**

Functional fitness workouts generally incorporate most of the body in one session, and improve the body's ability to work together. Via WebMD, Kinesiologist, Paul Check, who has advised the US Air Force and Chicago Bulls adds that "Functional exercise is much more neurologically demanding than machine exercises." You gain improved balance, a stronger core, lean muscle, fat burning, and mental benefits all at once.

## **The Loss & Rediscovery of Fitness**

Somewhere between then and the early 2000s we lost our way. We got the Olympics, bodybuilders like Arnold Schwarzenegger, LA Fitness, and a whole bunch of other gym franchises and infomercial products, as well as Fitbits. We might be looking better than we have for a long time. Though, some might argue we aren't necessarily as healthy as we used to be. We aren't as functionally fit as we used to be.



Fortunately, this began changing a few years ago. We rediscovered the paleo diet, endurance and obstacle races, and found a new love for nature, vitality, and functional fitness.

## **Fighting Fit**

Functional fitness has always been, and will be a staple of military training. That's true for nations in peace times, times of internal oppression or invasion, as international deterrents, and for future and in the field combat readiness for active troops.

We have Tae Kwon Do and various styles of karate and other martial arts which have been methods of survival for civilizations for hundreds of years. Often they have proven vital in oppressive periods where they were forbidden from owning or possessing weapons. These are all examples of functional type exercise.

We have legends like the Spartans, the Roman legionaries, the gladiators, and David versus Goliath, which while they may have benefited from weaponry, certainly wouldn't have made it as far as they did, or still be remembered without a great amount of functional training.

If you want to be good in a fight, a race, a javelin throwing competition (where your life depends on it), or the UFC cage, you aren't just going to rely on having used a squat machine or chest press machine in the gym. You want to have trained specifically to be in shape for that competition, and to ensure those muscles are all working together for the desired results.

Although today's military victories may appear to rely more on mental fitness and agility than physical prowess, it can't be overlooked. Plus, we can't forget that functional fitness is crucial for health and mental strength and performance. Even if you are just sitting in a tank, or in a shipping

container in the Arizona desert, operating a drone on the other side of the world; your physical fitness will make a world of difference.

Military training protocols have changed and evolved over time. Yet, there is increasing awareness of the advantages and a return to essential functional fitness.

In the past the military was accused of relaxing fitness requirements during peacetimes, with expensive consequences. According to *The Art of Manliness*, when World War II started, 50% of the first 2 million troops called up, were found unfit to serve. 90% of those were due to health and fitness. In 2013, an army major at Fort Bragg had begun to institute a new training program for his soldiers. A functional fitness program which began to incorporate things like kettlebells. This wasn't just about improving fitness, but eliminating injuries. As many as 45% of non-deployable troops were found to fail because they were injured during old training routines. After this new military training, far fewer reported issues.

The US Marines began instituting a new HITT or HIFT (High Intensity Functional Training) in 2012. Scientific studies by the National Institutes of Health conclude that HIFT was highly recommended for the military. Among the findings were a need to spend 25% to 80% less time training, improved metabolic conditioning, muscular strength, and physical preparedness for the unpredictable demands of combat.

It's also highly efficient and effective to implement and stick to as well. The above mentioned study found functional training very scalable, and useful for all fitness levels, as well as rehabilitation. Then consider the equipment and time involved in preparing for and engaging in training. Outside of exercises themselves soldiers around the world can use these training techniques, without having to have a full gym worth of weights airdropped to them at foreign bases. They don't have to spend so much on equipment,

at the sacrifice of other essential supplies, like food and water. They can do it anywhere, anytime.

## **\*Details on Workout program>\***

-Make sure you start your workouts today. I highly suggest you don't miss a workout. The whole idea is to be consistent and constantly burning calories. Whether you're working out or not.

-The equipment suggested are optional. In no way do you need this equipment to succeed. Also if you don't have access to a pull up bar, No problem. I am going to be guiding you through this program and showing different variations to exercises so you guys can maximize results.

-Each exercise will be hosted on our youtube channel. We will have this up by wednesday morning at the latest. This gives you the ability to watch each exercise and try to master the movement.

-Each day make sure you are getting in your walk,run,ruck mile in. This is our whole concept of conditioning which you will see below.

-Your workout does not need to fall in any window regarding fasting and not fasting. Don't worry about that right now. Just get your workout and focus on eating healthy whole foods during your window and the results will come.

It's up to you in the end. This program will be determined on your effort. Your effort to make a change and get the results you want. It's going to be a challenge but at the same time. What's two months of your life to get back in shape. Invest time in this program. Push yourself and hold yourself accountable.



## **Phase 2.**

Condition-Rucking- (Running-Walking- swimming)

Rucking is a near full body exercise that is challenging, but easy to do. The Rucking name comes from the name rucksack, with a term applied to the pack and load a soldier carries. Rucking is a bit more than just walking. It's the purposeful movement over terrain carrying a weighted load. The load itself varies based on the skill, experience, fitness level, and the size of the individual. Rucks vary in length and intensity as well, all based on the above factors. Rucking is different from hiking and backpacking because you are attempting to condition your body during a hike you are attempting to reach a destination.

### **Rucking 101**

Rucking is pretty big in the military. The goal is to prepare and accustom soldiers and Marines to carrying a heavy load over a long distance. A common challenge for combat troops is the day to day grind of loading up with ammo, weapons, food, body armor and more to go on patrol. Rucking prepares troops to move heavy loads over extended distances, and prepares the body to bear the load.

As a civilian rucking is going to improve your aerobic conditioning, and get your heart beating at about the same rate as jogging does. Even though you are wearing a heavy load the impact of rucking is much lower than jogging and running. It's also going to improve your lower body strength and endurance significantly. You'll get a significant workout going from the hips to the ankles, which will improve strength, as well as flexibility and endurance.

Wearing a heavy pack or weight vest is going to force you to exercise proper posture and form when moving. If you don't use proper posture you'll start to feel the pain of the load on your back and shoulders.

It's also relaxing, and the slow pace and being outdoors is always nice. Crank some music, and put one foot in front of the other.

## **How To Ruck**

You may be saying, what do you mean 'How to ruck?' You just explained it, put one foot in front of the other, over and over. While yes that is the core of rucking, there is a little more to it than that. When you ruck, you need to set a realistic distance and a realistic load. Based on the distance and load you should also set a time limit.

A good pace for fit beginners is 3 miles per hour. So, if it's humping 3 miles give yourself a drop-dead time of 1 hour. This will force to keep your pace, or you'll miss your goal. This is where you start sweating and get the heart pumping. This isn't a run, and running on a hike is a good way to twist an ankle so avoid that.

Choosing a load is also a big choice to make. 35 pounds is a pretty common go to for an

already fit, but new rucker. The U.S. Forest Service's Firefighter pack test calls for a 45 pound pack and that can be challenging. If you feel your rucksack is just too much drop ten pounds before the ruck. If at the end, you feel you could have carried more on the next ruck you'll know. It's better to go easy on the first ruck than hurt yourself and have to heal before you can hit the trails again.

What I like to do is to use a good sized plastic container, like a milk jug, and fill it with water. If I find the hump to be too difficult I can stop and dump that jug full of water and lighten my load. Pouring water out isn't going to harm the environment, and isn't something that's going to cost any real money.

## **What to Pack?**

In general, you want pack dense materials that are relatively balanced, and won't poke you in the back as you move and groove. Sandbags work well, and it's a cheap and effective method to make weight. You can easily squeeze 50 pounds of sandbags in a pack. I've also seen a lot of folks abandoning the pack in favor for a weight vest, which is premeasured and easy to wear.

## **Rucked Up**

Rucking is a fun, and even mentally relaxing means to condition your body in a functional way. The ability to move for long distances while carrying weight has long been a measurement of fitness. Rucking is going to strengthen you mentally too. That one foot in front of the other mentality will translate over into your real life. You'll know you can keep pushing, you can keep moving, and that it's not over, til it's over.

Or choose to run, walk, bike or even swim

## **\*Details on conditioning-Workout Program>\***

- I don't care if you do this in the morning or at night but the whole idea is to increase your daily activity. This is going to test your toughness and set you apart from others.
- You will be running, walking, biking or rucking for 1 mile everyday on top of your workout. (You can swim if you would as well)



- If your struggling looking for tie with this part. Do it whenever you can. Just do it!

## Phase 3

### Nutrition Program (Intermittent Fasting)

#### **What is intermittent fasting?**

It is an eating pattern that actually cycles between eating and fasting.

We don't like to use the word diet here. The word diet has a negative aspect to it.

Diet- "a special course of food to which one restricts oneself, either to lose weight or for medical reasons."

We are all about being positive. We are men.

Men don't go on diets. We eat man meals. We focus on healthy eating regimes. lose that word "diet" from your vocabulary.

Fasting has been practiced throughout human evolution. Ancient hunter-gatherers didn't have supermarkets, refrigerators or food available year-round. Sometimes they couldn't find anything to eat.

As a result, humans evolved to be able to function without food for extended periods of time.

In fact, fasting from time to time is more natural than always eating 3–4 (or more) meals per day.

## **Intermittent Fasting 16/8 Method**

There are a number of ways to follow intermittent fasting programs— which involve splitting the day or week into eating and fasting periods.

Here at Military Fit, we believe everyone is different. One healthy eating regime will not fit all. It's important to figure out exactly what you want to accomplish and then try these eating regimes. You have to figure out what's the best one for you and your situation.

It also depends on your schedule and your lifestyle. That's why we incorporated different nutrition programs into our membership platform. We are going to focus on the 16/8 method for the Lean And Mean program. We have personally seen great results from this and believe it is the best way to burn fat and gain all benefits from fasting. It is also the most popular and easiest to follow and stay committed to.

So let's get into it.

Military Fit Trainer: Chris

“ I am a big proponent of IF. The benefits and the results I've seen are amazing. I actually do an 8 HOUR window where I eat food. During My fasting periods, I am usually training. There are many ways to do this. I

honestly have more energy throughout the day, certain cravings have gone away and got back to a more natural eating pattern in my eyes. It also helps regulate those insulin spikes and really resets your hormones to work for you not against you.”

### **The 16/8 Method...**

- **The 16/8 method: This involves restricting your daily eating period to 8 hours, such as 8AM–4PM or 12-8PM. Then you fast for 16 hours. This means your next meal won't be until the 8 hour window starts again.**

The basic structure is 2 meals a day and each meal must be 4 hours apart. We wanted to give you an option for the 3rd meal.

By reducing your caloric intake, this method should cause weight loss.

We are a big proponent of the law of thermodynamics.. You have to burn more calories than you take in. It's as simple as that.

Now when you combine this with our training programs. You will sustain a lean body figure.

Many people find the 16/8 method to be the simplest, most sustainable and easiest to stick to. It's also the most popular.



## **Your Cells and Hormones Will Thank You!**

When you fast, a number of things will happen in your body on the cellular and molecular level.

For example, your body adjusts hormone levels to make stored body fat more accessible.

Your cells also initiate important repair processes and change the expression of genes.

Here are some changes that occur in your body when you fast:

- Human Growth Hormone (HGH): The levels of growth hormone skyrocket, increasing as much as 5-fold. This has benefits for fat loss and muscle gain, to name a few.
- Insulin: Insulin sensitivity improves and levels of insulin drop dramatically. Lower insulin levels make stored body fat more accessible
- Cellular repair: When fasted, your cells initiate cellular repair processes. This includes autophagy, where cells digest and remove old and dysfunctional proteins that build up inside cells
- Gene expression: It ultimately changes the function of genes related to longevity and protection against disease.

## **BENEFITS For Men!**

These changes in hormone levels, cell function, and gene expression are responsible for the health benefits of intermittent fasting.

Many studies have been done on intermittent fasting, in both animals and humans.

These studies have shown that it can have powerful benefits for weight control and the health of your body and brain. It may even help you live longer.

Here are the main health benefits of intermittent fasting:

- **Weight loss:** Intermittent fasting can help you lose weight and belly fat, without having to restrict calories all day every day. It also helps reduce belly fat which can cause serious problems with vital organs.
- **Insulin resistance:** Intermittent fasting can reduce insulin resistance, lowering blood sugar by 3–6% and fasting insulin levels by 20–31%
- **In some studies**
- **Inflammation:** Some studies show reductions in inflammation, a key component of many chronic diseases. (Four R's of Recovery)
- **Heart Support:** Intermittent fasting may reduce “bad” LDL cholesterol, blood triglycerides, inflammatory markers, blood sugar and insulin resistance — all risk factors for heart disease
- **Brain Support:** Intermittent fasting increases the brain hormone BDNF and may aid the growth of new nerve cells.

- Anti-aging: Intermittent fasting can extend lifespan in rats. Studies showed that fasted rats lived 36–83% longer.

## **Frequently Asked Questions**

Here are answers to the most common questions about intermittent fasting.

### **1. Can I Drink Liquids During the Fast?**

Yes. Water, coffee, tea, and other non-caloric beverages are fine. Do not add sugar or cream to your coffee.

Coffee can be particularly beneficial during a fast, as it can blunt hunger.

### **2. Isn't It Unhealthy to Skip Breakfast?**

No. The problem is that most stereotypical breakfast skippers have unhealthy lifestyles. If you make sure to eat healthy food for the rest of the day then the practice is perfectly healthy.

### **3. Can I Take Supplements While Fasting?**

Yes. However, keep in mind that some supplements like fat-soluble vitamins may work better when taken with meals.

### **4. Can I Work out While Fasted?**

Yes, fasted workouts are fine. Some people recommend taking branched-chain amino acids(BCAAs) before a fasted workout.

You can find our BCAA products through our shop!

## **5. Will Fasting Cause Muscle Loss?**

All weight loss methods can cause muscle loss, which is why it's important to induce strength exercises and keep your protein intake high. One study showed that intermittent fasting causes less muscle loss than regular calorie restriction.

## **6. Will Fasting Slow Down My Metabolism?**

No. Studies show that short-term fasts actually boost metabolism

However, longer fasts of 3 or more days can suppress metabolism.

## **Phase 4.**

Mobility-Work-Daily

### **What is mobility?**

Mobility refers to our ability to move freely without stress on the body. With a main focus on range of motion with our joints and muscles.

**Mobility** training can improve the range of motion of our joints and muscles. It can assist in improving our posture. **Mobility** training can

alleviate 'everyday' aches and pains as well as improve our body awareness.

### **Is mobility more important as we get older?**

It's important to increase your range of motion and strengthen your joints. As we get older our flexibility can decrease and activity can decrease. Which can cause mobility to decrease.

### **What are the main benefits of mobility training?**

Mobility training can improve the range of motion of our joints and muscles. It can assist in improving our posture. Mobility training can alleviate 'everyday' aches and pains as well as improve our body awareness.

### **Is it ever too late to start mobility training? How soon could you begin to see results?**

It is never too late to start mobility training. Your mobility is always something you can improve. In terms of results, this will initially be something you feel rather than see. You might feel a little less stiff after one or two sessions - but the key is to be consistent with your mobility training. Which will ultimately increase performance.

### **Can mobility training be incorporated alongside other forms of training?**

Mobility training can be used as part of your warm-up for your workout. This can even be applied during your resting periods. The exercises can also be used to recover from other forms of training.

## **Phase 5.**

### Combat-New Fighting technique

In the second month of Operation: Lean And Mean, We encourage to take part in a new journey. We encourage you to learn a new fighting technique. Whether that's karate, jiu jitsu, brazilian jiu jitsu, or even hand to hand combat. There are so many different classes out there and meet ups that involve learning a self defense technique.

This fits with our mission. Encouraging individuals to stay fit and always stay ready. You never know when one must protect themselves or family. It's about encouraging men to be protectors and setting an example of toughness. So join a class. This can take place for one of your workouts for the day. Even if that class is only once a week.

Stay Fit. Stay Ready.

## **Phase 6.**

### Weekly Challenges

We will be dropping a weekly challenge in the group every thursday! You will have until Sunday to get this challenge done! We also will pop in daily challenges as well to help push you and

Week 1: Drop Every thursday

Week 2:

Week 3:

Week 4:

Week 5:

Week 6:

Week 7:

Week 8: