



HOW TO START

THE KEY TO SUCCESS IN YOUR 12 WEEK USN BODY MAKEOVER

The USN Body Makeover Challenge is your reference, teaching you how to make small changes to improve your lifestyle and end result. The way in which you approach the Challenge plays a huge role in how you adapt to and embrace those changes.

Follow the essential points below in preparation for the next 12 weeks:

01 BE PREPARED

The best way to be prepared is to use your USN FitFood Bag with BPA-free microwave safe containers to carry your prepared meals in. Use a USN BPA-free water bottle to keep you hydrated when you are on the go.

Make sure that your gym wear and training gear is ready. Training clothes, shoes and a kit bag are essential to make sure that you don't compromise and find excuses to skip your training sessions.

02 PLAN, SHOP AND COOK IN ADVANCE

Before you start the USN Body Makeover Challenge, make sure that you have stock-piled your fridge and cupboards with the important, healthy foods needed to stick to your eating plan of 5-6 smaller meals daily.

Try to avoid shopping on a daily basis as this leaves less time for preparation, exercise and recovery. Do a weekly shop on your rest days, and plan your meals for the week ahead.

03 UNDERSTAND YOUR TRAINING

New training routines can be overwhelming, especially if you are inexperienced. Make time to research what is expected of you, or search out one of the well qualified Personal Trainers in your gym. It is very important that you train at the correct weight, with good form and function to improve your results and minimise the risk of injury.

During the 12 weeks, make sure that you monitor your adaptation to exercise and adjust your training intensity accordingly. Refer to the "Training Plans" in the Guide for a demonstration of the required exercises.

04 BE CONSISTENT

Make time to ensure that you are consistent with your lifestyle approach to training, meals, supplements, recovery and hydration. The only way to compound results is to continually do the right things during your Body Makeover Challenge.

05 WATER INTAKE IS KEY

Remember to stay hydrated. Consume at least 8-10 glasses of water during the course of the day. If you are increasing your training in hot or humid environments, or you are training multiple times daily, consider increasing your water intake, or mix in your USN AMINO-LEAN for added flavour.

06 MEASURE YOUR PROGRESS

Don't only focus on the scale - the best way to keep track of your weight-loss progression is to have your body fat % measured on a regular basis. Remember to use the team at USN as a valuable information hub if you feel that your progress is slowing. Only the BEFORE, end of Week 6 & AFTER measurements are compulsory though.



YOUR WEEK AT A GLANCE:

YOUR TRAINING

Refer to p26 - 41 for advice and guidance around training, and for an insight to your ideal 5-day training plan. Use your weekends for active recovery and light training sessions.

YOUR DIET

Stick to your basic eating plan Monday through to Sunday. Refer to p18 - 25 for food options, added variety and more detail on foods.

YOUR SUPPLEMENTS

Make use of your basic supplementary approach Monday-Friday. Continue with the use of PhedraCut SF, Diet Fuel Ultralean, CLA Pure 1000 and BLUELAB™ 100% Whey Premium Protein over weekends. PhedraCut LIPO XT should be cycled on a 5-day on, 2-day off protocol.

MEASURE-UP

How to measure your body and your progress.

Your body fat percentage (BF %) can be measured by means of skin fold measurements by using a body fat calliper. Most personal trainers and biokineticists are equipped with the skills to measure one's body fat percentage.

Weekly girth measurements of key body parts will give you valuable information to assess your results. They offer an indication of fat mass loss and muscle growth while giving you the ability to reassess your training plan.



UPPER ARM

Measure at its largest girth, can be taken relaxed with arms at side, relaxed with arm bent, flexed with arm bent or all three.



CHEST

Standing, measure with breath out and arm across the chest.



WAIST

Standing, measure at the narrowest point or at the midway point between the top of the hip bone and the bottom of the rib cage.



HIPS

Measure at the largest girth, where the glutes are protruding the most.



UPPER THIGH

Standing, measure at the largest girth, just below the glutes.