52 PAGES ON HOW TO BUILD YOUR ULTIMATE PHYSIQUE

COMPLETE GUIDELINES & TIPS TO TRANSFORM YOUR BODY & ACHIEVE YOUR WEIGHT LOSS GOAL

» Complete Nutritional Information
» Goal-Specific Training Programmes
» Detailed Supplement Strategies

YOUR EASY TO FOLLOW, STEP-BY-STEP 12 WEEK BODY MAKEOVER GUIDE
12 WEEKS TO YOUR BEST BODY EVER!
Kick-start your journey with the USN Body Makeover Starter Pack.

YOU CAN DO IT, IT’S WITHIN YOUR REACH!
You’re ready to make the commitment!

GET TO GRIPS WITH FOOD TYPES, MENU IDEAS AND FOOD CHOICES.
Understanding food is an important part of your USN Body Makeover journey.

YOU ONLY GET OUT WHAT YOU PUT IN.
EAT FOR PROGRESS.
5 healthy and nourishing meals per day will ensure that you are energized all day long.

THE IMPORTANCE AND FUNCTION OF TRAINING.
Improve both your mental and physical performance levels.

GET READY FOR YOUR 12 WEEK BODY MAKEOVER.
Step-by-step guide and tips for your 12 week body transformation.

GETTING STARTED

NUTRITION

FOOD GROUPS

EATING PLANS

TRAINING

STAGES

HAVE YOUR SAY AND JOIN THE USN COMMUNITY: USN SA & USN BODY MAKEOVER
STAY UP TO DATE WITH THE LATEST NEWS: @USNSA
SEE WHAT’S UP AND SHARE YOUR GOALS @USN_BODYMAKEOVER & @USNSA

CHALLENGE YOURSELF
Because it works like nothing else!

Shelby Neves
2016/2017 USN FACE OF FITNESS WINNER

Shelby

READY TO BURN MORE?

SHREDDING STACK
MORE LEAN MUSCLE. LESS FAT

BURN MORE
ALL-IN-ONE THERMOGENIC
Maximum strength for rapid fat loss and all day energy

GET LeanER
ULTRA-LOW CARB DIET PROTEIN
Recover faster and maintain lean muscle

TONE More
L-CARNICUT LIQUID
Turn fat into fuel and burn more calories

BURN MORE FAT. FASTER.
WITH SA’S NO.1 FAT BURNING CAPSULE.
#BECAUSEITWORKS
Lasting weight loss requires a mental shift, a belief that you can commit and achieve the goals you have set out for yourself. You can have total control over the way you look by taking charge of the things that you do, and developing routine. Start as you mean to go on by introducing a plan into your lifestyle. Make time in your day to train and prepare healthy meals. This will slowly edge out those bad habits and irregular routines that form the foundation of an unhealthy lifestyle. Getting to grips with this concept will motivate you to continue and inspire you to achieve your goal, making your ultimate physique a reality!

NEED MORE MOTIVATION?
The USN Body Makeover Challenge has been the leading transformation programme of its kind for over a decade, with thousands of successful transformations. Remember that weight control is a marathon, not a sprint and this principle makes the USN Body Makeover Challenge your ideal partner!

"YOU ONLY GET OUT WHAT YOU PUT IN, THAT IS THE RULE TO LIVING TO YOUR FULL POTENTIAL!"

ALRIETA DE WET
FACE OF FITNESS 2015/2016 WINNER
**GETTING STARTED**

**12 WEEK BODY MAKEOVER**

**REAL RESULTS FROM REAL PEOPLE.**

**TARYN FLEMING**

- **WEIGHT** 48.5kg
- **BODY FAT** 24%

"This Challenge did so much more than I intended – I am fitter, stronger, and leaner than ever before! It changed every aspect of my life and all because my attitude to everything changed. I would best describe it as life changing!"

**SHAWN VAN DER MERWE**

- **WEIGHT** 97kg
- **BODY FAT** 19%

"This Challenge has changed my outlook on living healthy and to respect my body. Discipline, perseverance, determination and willpower are just a few qualities that I learned to master better. Living healthy is now a way of life to me."

**RAYNO BOOYSEN**

- **WEIGHT** 61.1kg
- **BODY FAT** 24.3%

"The fact that I could see my body change week by week just by changing my bad habits was great. The changes then motivated me to continue on my journey to a better lifestyle where I am more positive and motivated in my daily life."

**ALISHE VORSTER**

- **WEIGHT** 84.6kg
- **BODY FAT** 10%

"I accepted the challenge and started with an all-or-nothing and I can do this attitude. Now after 12 weeks I just feel stronger about the all-or-nothing attitude because I’m doing this for me."

**ENTER THE BODY MAKEOVER CHALLENGE**

It is possible to achieve the results you’ve only dreamt of!

You can register online at www.usn.co.za for the USN Body Makeover Challenge.

Be inspired by some of our previous Challenge winners’ results.
ENTER THE BODY MAKEOVER CHALLENGE COMPETITION

THE CHALLENGE ABOUT SELF-IMPROVEMENT.

The USN Body Makeover Challenge Winner status is awarded to the Challenger who has made the biggest lifestyle change, incorporated a regular training plan, focused on healthy eating, proper supplementation strategies and had an impressive physical change over the 12 week period.

The Challenge is unique in that it is built on three pillars of success, namely ‘BEFORE’ and ‘AFTER’ photos, reports describing your changed lifestyle and lastly, your body measurements. All of these factors will be taken into account in selecting the finalists.

You may enter as many times as you like, provided no 12 week programme overlaps with another. You will be judged based on the 12 weeks of your Challenge. Please take note that only the USN range of supplements may be used when competing in the USN Body Makeover Challenge. Proof of purchase of the USN products used (receipts) will be required from all finalists.

HOW TO ENTER

STEP 1
Purchase your USN Body Makeover Starter Pack and register online at www.usn.co.za

STEP 2
Take your “before” photo holding a newspaper of the day as proof of your start date (Please follow the guidelines on page 12).

STEP 3
Transform your body by following your USN products and diet plan on www.usn.co.za. Follow the guidelines on page 12.

STEP 4
Track your progress by submitting your weekly progress online at www.usn.co.za. Compulsory measurements will be body weight and body fat percentage at the start, after Week 6 and at the end of the programme.

STEP 5
Once you have completed the 12 week Body Makeover Challenge, take your “after” photo holding that day’s newspaper and complete the final step which is to write a report on how the Challenge changed your lifestyle.

STEP 6
Enter the Challenge by completing the process online at www.usn.co.za

STEP 7
USN will send a certificate of completion. You will stand a chance to become a finalist in the Body Makeover Challenge and win great prizes.
You can register for the USN Body Makeover Challenge online at www.usn.co.za.

Please remember to take a “BEFORE” photo with the day’s newspaper as proof of your Challenge start date. You should keep this photo in a safe place and upload the photo to your own profile on the USN website (www.usn.co.za).

If you have any queries regarding registration, please e-mail us on info@usnchallenge.co.za.

Remember to track your progress on a weekly basis, on your online profile. Once you’ve completed the Body Makeover Challenge, finalise your application online.

CHECKLIST

Please check the following before submitting your Challenge entry at the end of your transformation:

• Did you register your Challenge at www.usn.co.za?
• Did you complete your transformation report according to the five critical success factors as outlined in the registration pack?
• Did you take your “BEFORE” and “AFTER” photos holding a newspaper and upload them to the website?
• Did you keep all your USN product receipts? Please keep your receipts in a safe place as they will be required if you are a successful finalist.

RULES OF PARTICIPATION AND INDEMNITY

RELEASE, WAIVER AND INDEMNITY

Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the “USN Body Makeover Challenge” including the use of any information, advice, training tips or programmes, as well as the use of any and all products supplied by USN and/or any of its employees, agents or representatives. USN shall under no circumstances whatsoever be liable to any participant including, without limitation, as a result of or in connection with its negligent (including grossly negligent) acts or omissions or those of their employees, agents or designers or other persons for whom in law they may be liable (in whose favour this constitutes a contract or undertaking for their benefit) for any direct, indirect, incidental, special or consequential loss or damage of any kind whatsoever or however caused (whether arising under contract or otherwise and whether the loss was actually foreseen or otherwise) sustained by the participant or that of any family member, agent or representative acting on his/her behalf in connection with this Challenge.

Any changes made to these Rules will be published on the USN website at www.usn.co.za.

All scores and measurements of participants will be kept confidential and will not be disclosed. USN will be the sole interpreter of the Rules and may change it in the interest of the competition and/or whenever fairness so requires.

All decisions made by USN with regard to the participants and the announcement of the category finalists and winners are final and binding.

Failure to comply with any of the foregoing rules may result in disqualification.

These Rules are govern by the laws of the Republic of South Africa and constitute the whole agreement between the parties.

Any indulgence or extension of time granted by USN shall not be construed as a waiver or variation of any of its rights or remedies.

Only South African citizens may enter the SA Body Makeover Challenge.

USN product sponsorship prizes are only valid in South Africa and, as such, USN is not obliged to deliver or ship any of the prize products to any other country.

Should a finalist wish to have these products shipped or send to an international address, the finalist will be responsible to make arrangements to that effect and that will also be at the finalist’s own expense and risk.

JUDGING

The judges appointed by USN will select the Finalists. USN will decide on a panel to select the winner.

Terms and conditions apply.

ENTRANTS WILL BE JUDGED WITHIN THE FOLLOWING CATEGORIES:

• Best Male
• Best Female

None of the prizes are transferable and there will be no substitutions for any of the prizes.

FORBIDDEN PHOTOS

CLOTHING

Wear clothing that will emphasise your full body shape, e.g. swimsuit, hot pants or Speedos. Do not wear any watches or jewellery to distort the focus point of the photograph.

Anyone can take your photo. Colour must be sharp and well defined. Use a camera with high resolution (min 2MB in size). The photographs should be taken against a neutral background, preferably white.

The size of each photo should be approx 10cm x 15cm.

Stand with the current day’s newspaper in your right hand – it serves as proof of your starting date.

Full body photo, looking straight into the camera. Don’t pose, relax!

Copyrighted photos will not be accepted unless a signed ‘Release of use’ form is attached for use by USN (all photographs become the property of USN and will not be returned).

Preferably wear plain clothes/swimwear.

PHOTOGRAPHY TIPS

CLOTHING

Wear the same type of clothing as in the “BEFORE” photograph.

Remove any excess hair, as it allows for more definition of the muscle groups.

Brighten to promote more muscle definition – a tanned body will exhibit your transformation more clearly.

The lighting of the photograph is very important. Make sure that there is enough light when the photograph is taken.

Please follow the same guidelines as in the “BEFORE” photograph.

Remember to take photographs of both your front and back profiles.

Copyrighted photos will not be accepted unless a signed ‘Release of use’ form is attached for use by USN (all photographs become the property of USN and will not be returned).
KICK-START YOUR
BODY MAKEOVER

STARTER PACK WITH EVERYTHING YOU NEED.

The USN Body Makeover Starter Pack contains the following essential products and support to kick-start your journey to your ultimate physique in just 12 weeks.

- **Body Makeover Online Guide**
- **Tornado Shaker**
- **Diet Fuel Ultralean**
- **PhedraCut Lipo XT**
- **Cla Pure 1000**

**Getting Started**

**Body Makeover Starter Pack**

The USN Body Makeover Starter Pack is the kick-start to your Challenge, but it doesn’t end there. Visit www.usn.co.za for free online support.

The products included in the USN Body Makeover Challenge Starter Pack have been selected as their synergistic effects help to support and accelerate your weight loss goals.

Refer to www.usn.co.za for further product information.

**Track Your Progress**

An easy-to-follow online guide with tips from the pros, eating plans and exercise plans. Track your progress from Week 1 until Week 12 and record your amazing transformation.

**Mix Your Shakes Quickly and Easily**

USN’s 650ml shaker has been designed to mix easily without unwanted leaking. The measurements on the side make it easy to mix your shake precisely. Made with an extra screw-on section for powder or capsules/tablets.

**Low-GI, High Protein Shake with Whey**

This delicious formula provides you with a compact snack for any time of the day. It contains essential nutrients in adequate quantities as well as 25g High Biological Value Protein from various sources and high fibre levels.

**Multi-Source Protein for Optimal Muscle Recovery and Gains**

USN’s BlueLab™ 100% Whey Premium Protein features a fast digesting Whey Protein Isolate, Hydrolysate and Concentrate-based precision blend, offering 22.3g of highly bioavailable protein per serving to satisfy your protein demands at any time of day.

**Multi-Action Thermogenic**

USN’s PhedraCut Lipo XT consists of a blend of botanical ingredients that work in synergy to optimise system support.

**AA Grade Conjugated Linoleic Acid**

Conjugated linoleic acid is seen as a “wonder nutrient” that occurs naturally in a wide variety of foods such as beef, some dairy products and turkey. The USN CLA mainly provides the cis 9, Trans 11 and Trans 10, cis 12 isomers in a 50:50 ratio, as recommended.

**When**

- Mid-morning and/or mid-afternoon (in-between meals).
- Twice daily 30 min prior to breakfast and lunch.
- Upon waking, before workout, after workout, before bed time.
- With or directly after main meals.

The USN Body Makeover Intro-Pack contains the following:

- Phedra-Cut Lipo XT 40’s
- Diet Fuel Ultralean 454g
- CLA Pure 1000 90’s and the USN American Shaker.
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 Biokineticist's guide to body fat percentage measurement. Make sure that you have stocked 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.

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 stocked 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.

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.

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

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.

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. Make sure 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 p28 - 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 Fatburn, CLA Pure 1000 and BLUELAB™ 100% Whey Premium Protein over weekends. PhedraCut, LIPS XT should be cycled on a 5-day on, 2-day off protocol.
WHAT YOU PUT IN IS WHAT YOU GET OUT

UNDERSTANDING FOOD IS AN IMPORTANT PART OF YOUR BODY MAKEOVER JOURNEY.

Improving your basic knowledge of nutrition is perhaps the most important part of your Body Makeover Challenge. This will have a positive impact on your ability to stick to the food options and it will help you to select good food preparation methods.

Nutrition is the process of consuming and absorbing food sufficiently into the system, so that the body can use the necessary raw materials to stimulate growth, improve your energy levels and to enhance recovery. Vitamins and minerals keep your system healthy and enhance optimal functioning.

Your focus should be on selecting good food preparation methods.

Avoid processed foods, tinned goods, baked products and confectioneries, take-away’s and fried meals. Condiments should also be reviewed with a sceptical mindset as these often harbour hidden calories which are counterproductive to your goals.

WE ARE WHAT WE EAT

Food is not only there to fill you up, but rather to fuel your system. Make sure that you always make wise, healthy choices.

The importance of good nutrition and sound dietary habits cannot be underestimated. Proper planning and execution of a well-balanced, healthy eating plan will benefit you during the coming 12 weeks. The USN Body Makeover Challenge includes a very well-balanced, healthy eating plan that supports the ideals of a proper dietary balance, never neglecting or excluding any one food group.

You are a product of your food choices, and part of your USN Body Makeover Challenge is to self-educate on why you should be eating specific foods, supporting healthy cooking options and developing positive relationships with good food choices.

THE IMPORTANCE OF NUTRIENT TIMING

One of the important components of the USN Body Makeover Challenge is nutrient timing. We have been made accustomed to eating three large meals daily. Unfortunately due to time constraints on our busy lifestyles, the principle of three meals has become two large meals per day with the majority of people missing breakfast.

This cycle perpetuates weight-gain as it does not support a healthy metabolic rate or hormonal response, nor does it support calorie management in your meal planning.

The rule of eating 5-6 smaller, well-balanced meals per day is an essential component in helping you achieve lasting weight control. You do not necessarily eat more food than normal; you simply spread your calorie intake more effectively throughout the day.

This works in your favour, as you don’t overload your body with unnecessary calories at any one time. Your blood sugar levels are well maintained, you improve your metabolism and you fuel your body with exactly what it needs, when it needs it.

UNDERSTANDING YOUR METABOLIC RATE

Your metabolic rate is the process through which your body absorbs, stores and uses energy for survival.

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UNDERSTANDING YOUR METABOLIC RATE

Your metabolic rate is the process through which your body absorbs, stores and uses energy for survival.

Your metabolic rate is influenced by many factors of your lifestyle, and most of these factors are under your control. Generally speaking, if you have a slow or inefficient metabolic rate, you will tend to gain weight easily, storing additional fat mass in the process. The metabolic slowing occurs due to a compounded effect of long-term inactivity, poor food choices and irregular eating times. All of these factors are in your control. You can make significant improvements to how your metabolic rate functions by simply increasing your activity levels, selecting food from healthy sources, and eating at regular time intervals.

You will notice an improved energy level, improved sleep cycles, improved mental state and stress coping ability, as well as increased weight-loss and a potential reduction in the risks associated with obesity, such as diabetes, heart disease and high cholesterol levels.

FOOD IS AN ESSENTIAL PART OF OUR LIVES

Food fuels our system, optimises our performance and it plays an important role in our health status.

MISSING MEALS PERPETUATES WEIGHT-GAIN

The rule of eating 5-6 smaller, well-balanced meals per day is essential.

THE FUNCTION OF NUTRIENTS

CARBOHYDRATES

Carbs are broken down into individual glucose, fructose or galactose molecules through the digestion process. Glucose is your body’s preferred form of energy as it is rapidly utilisable during exercise. If you do not achieve your dietary requirements from carbohydrates, your body can synthesize glucose from your muscle tissue and fat stores. Conversely, if you take excessive quantities of carbohydrates, your body will quickly and efficiently store this energy in the fat cells.

PROTEINS

Proteins are broken down into individual amino acids and absorbed into the blood stream. Your system uses the available amino acids to build and repair damaged soft and hard tissue. Amino acids are the building blocks of muscle tissue, and you need to ensure that you meet your protein intake requirements to support your bone muscle tissue growth. Proteins play a vital role in the specific components of your immune system, hormones, enzymes, muscles, system, and organs.

FATS

Fats from the correct sources should be included in your diet. Ensure that you include healthy plant fats in your meal plans, including flaxseed oil, extra virgin olive oil, and avocados. Membranes that contain fats surround all the cells of your body. Maintaining good brain, nervous and endocrine health rely on fatty acids being made available through your diet.

NUTRITION AND FOOD

WHAT YOU PUT IN IS WHAT YOU GET OUT

UNDERSTANDING FOOD IS AN IMPORTANT PART OF YOUR BODY MAKEOVER JOURNEY.

Improving your basic knowledge of nutrition is perhaps the most important part of your Body Makeover Challenge. This will have a positive impact on your ability to stick to the food options and it will help you to select good food preparation methods.

Nutrition is the process of consuming and absorbing food sufficiently into the system, so that the body can use the necessary raw materials to stimulate growth, improve your energy levels and to enhance recovery. Vitamins and minerals keep your system healthy and enhance optimal functioning.

Your focus should be on selecting food groups that are as close to their most natural state and it plays an important role in our health status.

Food fuels our system, optimises our performance and it plays an important role in our health status.
UNDERSTANDING CALORIES & KILOJOULES

UNDERSTANDING THE ENERGY VALUE OF FOOD

Your body needs energy and nutrients to thrive. Your system’s energy requirements should be met by your daily food intake. Your body has the ability to store energy as fat, and this reserve can be utilised to supply energy to support life.

Your metabolic rate, the amount of energy you expend and basic requirements determine how much energy is needed to support and fuel your activity.

The energy value of food is important, but the source of the calories and your portion control takes priority. The more processed and refined a food option is, the lower the vitamin and mineral value of the food and the higher the Glycemic Index or added hydrolysed and trans fat values tend to be.

WHAT IS THE GLYCEMIC INDEX?

The Glycemic Index (GI) is a factor of measurement of the effect that a specific carbohydrate source has on your blood sugar level.

Processed and refined foods tend to have a drastic effect on blood sugar regulation and hormone responses, while increasing the likelihood of fat storage occurring, especially when these foods form a larger portion of your food choices. Unprocessed whole foods tend to have a lower GI level, with a lesser effect on blood sugar levels and an increased micronutrient load, while further stimulating improved metabolic efficiency.

HOW DO I MEASURE ENERGY?

The energy value of food is measured by the common universal measurements of Calories and Kilojoules.

They really represent two different values for the measurement of the same thing: ENERGY.

1g of carbohydrates = 4 calories/ 17 kJ
1g of protein = 4 calories/ 17 kJ
1g of fat = 9 calories/ 37 kJ
1g of alcohol = 7 calories/ 29 kJ

HOW CAN I BEST MANAGE MY ENERGY INTAKE?

You can manage the volume of calories you consume by changing the way you prepare your meals.

Rather opt to steam and grill foods instead of shallow frying and deep frying them. Sauces, dressings and condiments add large amounts of calories to an otherwise healthy meal, they should be avoided as far as possible.

Sticking to our recommended food and menu options will keep you on track, without complicating your process. Its important to understand the background on measuring energy values, but it should not be the defining factor.
A healthy approach to eating includes a variety of foods from all five food groups to provide the essential vitamins, minerals, healthy fats, fibre, proteins and carbohydrates needed to support optimal health. We’re making it easy for you to select healthy choices from a variety of foods, making sure that you limit ‘empty’ calories while maximizing the nutrient density in your meal plans.

**EAT FOR VARIETY**

Select your food options with a focus on variety. For optimum nutrition, eat more foods from the lean proteins, fresh vegetables, salads greens, fruit and grain groups to support your immune system and good health. Helping you to adapt to the new lifestyle choice you have made.

**EAT VEGETABLES**

Include salad greens or select fruit with every meal. Fruits and vegetables are packed with vitamins, minerals, and antioxidants, plus they provide high levels of fibre. It is recommended that you take in at least five servings of fruit and vegetables combined each day. Colour and crunch is important, and fruits and vegetables that are deep green, orange or red contain the most vitamins, minerals and health promoting phytochemical levels.

**DRINKS**

Diet, low-cal and zero sugar beverages are allowed to be consumed in moderation during your USN Body Makeover Challenge, with 2-3 cans per week, or during social functions being an acceptable volume.

Water is the most advantageous beverage of choice as it contains no calories, preservatives or additives, and it plays a core role of assisting in hydration, metabolism, recovery and waste removal. You can add sliced fruits or freshly squeezed lemon juice to add flavour variety and zest! Avoid all fruit juices as these contain a naturally high level of sugars (glucose and fructose), yielding a high calorie score. You may consume 2 to 3 cups of coffee/tea a day with skimmed milk or fat free milk, and make use of Xylitol as substitute for sugar, which is widely available in retail stores.

**GO FOR WHOLE GRAIN, UNPROCESSED CARBOHYDRATES**

Whole grains contain more nutrients and fibre than processed or refined grains. They also have a lower GI score, supporting your appetite control and improving blood sugar regulation while keeping you energized throughout the day.

**SELECT LEAN PROTEINS**

Proteins can come from both plant and animal sources, and it remains an important component of your eating plan. Protein is important for the growth and repair of your muscles, bones, skin, tendons, ligaments, hair, eyes and other tissues, while being largely thermogenic. Without it, you would lack the enzymes and hormones you need for metabolism, digestion and other important processes.

**DAIRY**

Dairy provides several important nutrients such as protein, vitamins and minerals, and may help to improve bone density and strength, as well as supplying nutrient demand for exercise adaptation. Dairy has also been shown to promote the weight loss process. Make sure that you consume 2-3 portions of low-fat dairy daily.

**YOUR FOOD GROUPS**

**MAKING HEALTHY CHOICES**

to lower LDL cholesterol and raise HDL cholesterol, benefitting our heart and vascular health. Around 10-15% of our diets total energy value should come from unsaturated fats. Saturated fats (animal fats), are beneficial to human health, particularly on a cellular and hormonal level, but they should be consumed at the correct volumes. Processed and modified fats (hydrogenated oils and trans fats) should be avoided. Processed/modified fats (trans fats) can damage arteries and lead to heart disease over time.

**SELECT YOUR OPTIONS TO CHOOSE FROM**

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<td>Pro Protein bar</td>
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EATING PLAN FOR MEN

MORNING

WAKE-UP: 2 large eggs, 4 tbsp. whole milk, 1 scoop USN 100% Premium Whey, 1 medium fruit

SNACK 1 (MEAL 2): ½ serving (1 scoop) of Diet Fuel Ultralean

SNACK 2 (MEAL 3):

DINNER OPTIONS (MEAL 5): ½ serving

BREATHBREAKER OPTIONS (MEAL 6): ½ serving

ALTERNATIVE (MEAL 6):

SNACK 1 (MEAL 2):

SNACK 2 (MEAL 3):

**MAX TWICE A WEEK**

BREAKFAST OPTIONS (MEAL 1): 1 scoop USN 100% Premium Whey, ½ serving (1 scoop) of Diet Fuel Ultralean

FIRST THING IN THE MORN: 1 scoop USN 100% Premium Whey, ½ serving (1 scoop) of Diet Fuel Ultralean

ACTIVITY: Aim to exercise first thing in the morning (can be moved to anytime of the day), fast for 1 hour on an empty stomach to stimulate all-day fat burning. For optimizers, train using a combination of moderate-resistance and cardiovascular exercises.

EATING PLAN GAIN

EATING PLAN FOR WOMEN

MORNING

WAKE-UP: 2 large eggs, 4 tbsp. whole milk, 1 scoop USN 100% Premium Whey, 1 medium fruit

SNACK 1 (MEAL 2): ½ serving (1 scoop) of Diet Fuel Ultralean

SNACK 2 (MEAL 3):

SUPPLEMENTATION (DIRECTLY AFTER MEAL 1):

LUNCH OPTIONS (MEAL 3):

SNACK 1 (MEAL 2):

SNACK 2 (MEAL 3):

DINNER OPTIONS (MEAL 5):

BREATHBREAKER OPTIONS (MEAL 6):

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YOUR TRAINING

THE IMPORTANCE AND FUNCTION OF EXERCISE

It is common knowledge that regular bouts of physical activity can improve both your mental and physical performance levels, as well as having positive effects on your health. Regular exercise is essential, and it remains an important part of your USN Body Makeover Challenge. The USN Body Makeover Challenge training plans allow you to train at your own pace in the early stages while you get accustomed to the routine. It is important that you take charge of your day’s training routine, and you address your training duration, intensity, training frequency and resistance weight. This ensures that you adapt faster, improve your fitness levels and progress positively throughout your 12 week journey.

A balanced but progressive approach to exercise is important. A programme that includes both cardiovascular and resistance (weight training) in equal time frames, 4-5 times per week, will considerably improve weight loss, increase lean muscle tissue, tone and conditioning while minimizing the potential risk of injury.

CARDIOVASCULAR EXERCISE

You will be taking part in cardiovascular (aerobic) exercise 4-5 times weekly for 30-45 minutes in order to get the benefits of such activity. You should immediately notice an improved energy level, improved sleep cycle and an increase in stored fat metabolism. As your fitness levels improve, you may increase both your intensity of training and your duration of activity.

You should take part in activities that suit your goal or level of fitness. You have a range of cardiovascular options available to you including cycling, jogging/running, swimming, planned group activities and outdoor fitness activities.

REST AND RECOVERY TRAINING

Rest and recovery training remains important to your ability to adapt to the USN Body Makeover Challenge, while getting the best out of the 12 weeks. In addition to your workouts, optimal nutrition, supplementation and rest are the remaining key components to a good lifestyle approach. Training hard every day with no break or decrease in intensity will actually limit your progress and you may increase your risk of injury.

Recovery training is simple – it is a short, low-intensity training session designed to help your body repair muscle damage and increase blood flow to ease inflammation in muscles, joints, tendons and ligaments. In most cases, recovery sessions are simply added in addition to your regular training sessions during the week. However, since they are rather short and not very intense, they can be done any time – before training, after training, or on an off day, e.g. a swimming session or a light super circuit.

Rest is downtime where you take a total break from activity. This downtime supports muscle tissue recovery and energy reload. It is further supported by a healthy diet and supplement strategy.

RESISTANCE EXERCISE

Regardless of gender, age or health status, you can take part in resistance exercise for 30-45 minutes 4-5 times per week. The USN training plan is specifically designed to target individual muscle groups during each session. This offers your system the ability to rest and recover for 72 hours before retraining that muscle group.

Resistance training has been shown to improve bone density, increasing both tendon and ligament strength, improving muscle tissue strength, as well as increasing lean muscle tissue development while stimulating a higher metabolic rate.

JACQUES FAGAN
WBFF PROFESSIONAL

“REGARDLESS OF GENDER, AGE OR HEALTH STATUS, YOU SHOULD INCLUDE RESISTANCE EXERCISE IN YOUR TRAINING PLAN FOR 30-45 MINUTES, 4-5 TIMES PER WEEK.”
FREQUENCY

If you train too soon after a previous session, you will not fully recover. Wait too long before your next training session, and you'll lose some of the training benefits. You will have to increase the frequency of your physical activity as you progress throughout the USN Body Makeover Challenge. As you adapt to physical stress, you can exert more power or increase your fitness levels, and eventually deliver on your goal of a balanced lifestyle approach.

FORM AND FUNCTION

The critical importance of correct form and function remain high during all types of physical activity. This correct approach to activity will help you to isolate the muscle tissue that you are training, improving your result of exercise while limiting the risk of injury related to a bad technique. Following the correct form and function will help you to achieve the maximum effect while performing the exercise.

EXERCISE PRINCIPLES

Exercising at a sufficient intensity, duration and frequency causes physical adaptations to occur. In order for you to see consistent and regular improvements, you need to assess your own physical adaptations to exercise, and then you can progress and avoid training plateaus. Tracking your weekly results gives you an indication of fat mass loss and muscle growth while giving you the ability to adapt your training plan.

BASIC RECOVERY METHODS

There are two commonly used recovery methods that can be done as often as needed - static stretching and dynamic stretching. Each method has its own place, and it should be used throughout the 12 week USN Body Makeover Challenge.

STATIC STRETCHING

Static stretching is simply holding a muscle in a gently stretched position for a period of time, usually 5-30 seconds. It’s critical that you do not overstretch a muscle, as it can result in strains and tears. The focus should be on getting a “gentle stretch”, so that you can feel the stretch in the muscle, but it should never be painful or unbearable. One other caution is to be careful of hyper-extending certain joints, specifically the knee and elbow. The knee should stay unlocked when doing hamstring stretches (hurdler stretches, toe touches, etc.), as should the elbow during bicep and pec stretches (doorway stretches, etc.).

Also, because muscles are more pliable when they are warm, static stretching is best done once the body temperature has already been elevated, so make sure you do it either after a warm-up or post-workout for maximum safety and effectiveness.

DYNAMIC STRETCHING

Dynamic stretching serves two purposes – increased circulation through a muscle and the surrounding connective tissue and, it increases the range of motion beyond that achieved through static stretching. Dynamic stretches are not held in place for any length of time, instead, they return to the original position as soon as they have gone through the full range of motion. Examples of dynamic stretching include arm windmills, high knees, and straight-leg swings.

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YOUR TRAINING

TRAINING
Follow this 5-day training programme for the next 12 weeks. You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. If you can’t do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

**Training Programme for Women**

**Monday**

- **Box Jump / 30s Jump Rope**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **Prisoner Squat**
  - Sets: 3
  - Reps: 15
  - Rest: 0

- **Tuck Jump / 30s Jump Rope**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **Burpees**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **Walking Lunge**
  - Sets: 3
  - Reps: 10 per leg
  - Rest: 0

**Circuit**

- Complete each exercise directly after the previous with no rest in between until all exercises have been completed. This is one set. Rest 1-2 minutes between each set.

**SuperSet**

- Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed that counts as one set of the SuperSet.

**Tri Set**

- Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

**HIIT (High Intensity Interval Training)**

- HIIT Cardio:
  - 4 min Warm Up
  - 15 min HIIT in 1 min intervals
  - 2 min Cool Down

**Rapid Fat Loss Training Program for Women**

- **SuperSet**: Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed that counts as one set of the SuperSet.

- **Tri Set**: Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

- **HIIT**: High Intensity Interval Training is a style of cardiovascular training whereby repeated bouts of short duration, high intensity exercise is combined with periods of low intensity intervals used as active recovery.

“STRIVE FOR PROGRESS, NOT PERFECTION.”

#CHALLENGEYOURSELF
**Tuesday**

- **Lat Pull Down Wide Grip**
  - Sets: 3
  - Reps: 10
  - Rest: 0

- **Tricep Pushdown**
  - Sets: 3
  - Reps: 10-12
  - Rest: 60s-120s

- **Seated Row**
  - Sets: 3
  - Reps: 10-12
  - Rest: 0

- **Tricep Kickback**
  - Sets: 3
  - Reps: 10-12
  - Rest: 60s-120s

- **Barbell Bentover Row**
  - Sets: 3
  - Reps: 8-12
  - Rest: 0

- **Bench Dips**
  - Sets: 3
  - Reps: Failure
  - Rest: 60s-120s

- **Seated Calf Raise**
  - Sets: 3
  - Reps: 10-12
  - Rest: 0

- **Standing Calf Raise**
  - (Body Weight)
  - Sets: 3
  - Reps: 25
  - Rest: 60s-90s

- **Hiit Cardio**
  4 min warm up
  15 min hiit in 1 min intervals
  2 min cool down

- **Hiit**

**Wednesday**

- **Dumbbell Bench Press**
  - Sets: 3
  - Reps: 8-12
  - Rest: 0

- **Dumbbell Hammer Curls**
  - Sets: 3
  - Reps: 8-12
  - Rest: 60s-120s

- **Wide Push Ups**
  - Sets: 3
  - Reps: Failure
  - Rest: 0

- **Concentration Curls**
  - Sets: 3
  - Reps: 6-8
  - Rest: 60s-120s

- **Hiit Cardio**
  4 min warm up
  15 min hiit in 1 min intervals
  2 min cool down

- **Hiit**

**Workouts**

- **Leg Raises**
  - Sets: 5
  - Reps: 25
  - Rest: 30s-60s

**“Excuses don’t burn calories!”**
THURSDAY

ARNOLD PRESS
SETS: 3  |  REPS: 8-10  |  REST: 0

PLANK
SETS: 3  |  REPS: 60s  |  REST: 60s-120s

LATERAL RAISES
SETS: 3  |  REPS: 10-12  |  REST: 0

REVERSE FLYES
SETS: 3  |  REPS: 10-12  |  REST: 60s-120s

FRONT RAISES
SETS: 3  |  REPS: 10-12  |  REST: 0

DUMBBELL SHOULDER PRESS
SETS: 3  |  REPS: 6-8  |  REST: 0

BARBELL UPRIGHT ROW
SETS: 3  |  REPS: 10-12  |  REST: 120s

RUSSIAN TWIST
SETS: 5  |  REPS: 25  |  REST: 30s-60s

DEADLIFT
SETS: 3  |  REPS: 8-12  |  REST: 0

LEG EXTENSION
SETS: 3  |  REPS: 10 PER LEG  |  REST: 0

LEG CURL
SETS: 3  |  REPS: 10-15  |  REST: 60s-120s

STIFF LEG DEADLIFT
SETS: 3  |  REPS: 10-12  |  REST: 60s-120s

FRIDAY

WALKING LUNGE
SETS: 3  |  REPS: 8-12  |  REST: 0

BARBELL SQUAT
SETS: 3  |  REPS: 6-10  |  REST: 60s-120s

DEADLIFT
SETS: 3  |  REPS: 8-12  |  REST: 0

LEG EXTENSION
SETS: 3  |  REPS: 10  |  REST: 0

LEG CURL
SETS: 3  |  REPS: 10-15  |  REST: 60s-120s

STIFF LEG DEADLIFT
SETS: 3  |  REPS: 10-12  |  REST: 60s-120s

HIIT

HIIT CARDIO:
4 min WARM UP
15 min HIIT in 1 min INTERVALS
2 min COOL DOWN

“IF IT DOESN’T CHALLENGE YOU, IT DOESN’T CHANGE YOU.”

“IHIT CARDIO:
4 min WARM UP
15 min HIIT in 1 min INTERVALS
2 min COOL DOWN

“YOU’RE ONE WORKOUT AWAY FROM A GOOD MOOD.”
TRAINING PROGRAMME FOR MEN

LEAN MUSCLE GAIN

Follow this 5-day training programme for the next 12 weeks. You can do these exercises at home or at your gym, depending on your circumstances. Refer to the Training Tips of each stage to adapt the training slightly. If you can’t do the weight and cardio training in one session, you can split it into two sessions - preferably cardio in the morning and weight training in the evening.

**MONDAY**

**BARBELL BENCH PRESS**
- Sets: 3
- Reps: 6-10
- Rest: 60s-90s

**SEATED CHEST PRESS**
- Sets: 3
- Reps: 8-12
- Rest: 0

**PUSH UPS**
- Sets: 3
- Reps: Failure
- Rest: 60s-90s

**SEATED DUMBELL CURL**
- Sets: 3
- Reps: 8-12
- Rest: 0

**STANDING EZ BAR CURL**
- Sets: 3
- Reps: 8-12
- Rest: 0

**INCLINE DUMBBELL CURLS**
- Sets: 3
- Reps: 8-12
- Rest: 60s-90s

**SWISS BALL CRUNCHES**
- Sets: 5
- Reps: 25
- Rest: 30s-60s

**HIIT CARDIO**
- 4 min Warm up
- 15 min HIIT in 1 min intervals
- 2 min Cool Down

**Training Tips**

- **SuperSet:** Completing 2 exercises directly after each other with no rest in between. After both exercises have been completed, that counts as one set of the SuperSet.

- **Tri Set:** Completing 3 exercises directly after one another with no rest in between. After all 3 exercises have been completed, that counts as one set of the Tri Set.

- **High Intensity Interval Training (HIIT):** A style of cardiovascular training whereby repeated bouts of short duration, high intensity exercise is combined with periods of low intensity intervals used as active recovery.

- **TS:**

- **SS:**

- **“GREAT ACHIEVEMENT ALWAYS REQUIRES GREAT SACRIFICE.”**
TUESDAY

**BARBELL SQUAT**
- Sets: 3
- Reps: 6-10
- Rest: 60s-90s

**DUMBBELL LUNGEs**
- Sets: 3
- Reps: 8-12
- Rest: 0

**LEG EXTENSIONS**
- Sets: 3
- Reps: 8-12
- Rest: 0

**LEG CURL**
- Sets: 3
- Reps: 8-12
- Rest: 60s-90s

**BARBELL DEADLIFT**
- Sets: 3
- Reps: 6-10
- Rest: 60s-90s

**SEATED CALF RAISE**
- Sets: 3
- Reps: 8-12
- Rest: 0

**STANDING CALF RAISE (BODY WEIGHT)**
- Sets: 3
- Reps: 25
- Rest: 60s-90s

**BOX JUMPS/TUCK JUMPS**
- Sets: 3
- Reps: 10
- Rest: 60s-90s

**CARDIO:**
- 45 - 60 Min Steady Pace
- Easy Paced Cardio (Run, Cycle, Row)

**CARDIO:**
- 4 Min Warm Up
- 15 Min HIIT in 1 Min Intervals
- 2 Min Cool Down

WEDNESDAY

**HIIT CARDIO:**
- “Rest and recovery training are important aspects in the muscle development process.”
- Jacques Fagan, Fitness Model

CARDIO:
- 45 - 60 Min Steady Pace
- Easy Paced Cardio (Run, Cycle, Row)
LAT PULL DOWN BACK
SETS: 3 | REPS: 6-10 | REST: 60s-90s

CLOSE GRIP PULL DOWN
SETS: 3 | REPS: 8-12 | REST: 0

OVERHAND PULL UPS
SETS: 3 | REPS: FAILURE | REST: 60s-90s

SEATED ROW
SETS: 3 | REPS: 8-12 | REST: 0

BENT OVER BARBELL ROW
SETS: 3 | REPS: 8-12 | REST: 60s-90s

RUSSIAN TWIST
SETS: 5 | REPS: 25 PER SIDE | REST: 30s-60s

DIPS
SETS: 3 | REPS: FAILURE | REST: 60s-90s

SEATED TRICEP EXTENSION
SETS: 3 | REPS: 8-12 | REST: 0

TRICEP PUSH DOWN
SETS: 3 | REPS: 8-12 | REST: 0

HIIT CARDIO:
4 min WARM UP
15 sec HIIT IN 1 min INTERVALS
2 min COOL DOWN

HIIT CARDIO:
4 min WARM UP
15 sec HIIT IN 1 min INTERVALS
2 min COOL DOWN

“When you feel like quitting, think about why you started.”

“I can and I will.”
12 WEEKS

GET READY FOR YOUR 12 WEEK BODY MAKEOVER

STEP-BY-STEP GUIDE AND TIPS FOR YOUR 12 WEEK BODY TRANSFORMATION

01 RELEARNING: WEEK 1-4
02 ACCELERATION: WEEK 5-9
03 DEFINING: WEEK 10-12
STAGE 01: RELEARNING

WEEK 1–4

WHAT TO EXPECT DURING THIS STAGE:

1. INITIAL DROP IN TOTAL BODY WEIGHT

You may experience an initial drop in total bodyweight, which may gradually slow down as your body composition changes throughout the USN Body Makeover Challenge. The initial loss can be due to an increase in physical activity, optimising hydration levels and the improvement of system homeostasis.

2. DISCOMFORT AND STIFFNESS

In the onset, you may experience initial discomfort and stiffness as a result of exercise. It’s totally normal, and your recovery will improve with time. The training plans have been developed to allow you to train at your own pace to ensure that you allow enough time for recovery to occur. Consider including USN Microized Glutamine into your supplement strategy as this is well known to support recovery.

3. DIFFICULTY FINISHING YOUR MEALS

Your metabolic rate is an indication of how well your system adapts to your meal choices, meal frequency, activity level, sleep cycles and stress management. You can expect a total shift in the first 4 weeks of the USN Body Makeover Challenge. Your system has to adapt and relearn how to process, use and store the energy that you provide it with, through the good food choices and supplementation. You will initially find that the meals are difficult to finish, purely because they are spaced out every 3 hours, something you’ve never been used to. As you progress, you will start to crave these meals, and your meal frequency will start to become a good dietary habit. If you find that you struggle to hit those meal times, aim to consume your protein and vegetables as a priority, and leave your starch options out. In the long run, aim to eat your full meal.

4. DO NOT USE THE SCALE

A healthy lifestyle should not be about weight loss. The goal should be all about managing your body composition, keeping your total body fat levels in check. Do not use the scale as a primary measurement tool. This will give you the false idea that your success is only about your weight loss, when it’s actually all about your conditioning. Remember that regular exercise will enhance lean muscle tissue growth, and this equals a nett weight gain. Focus on the skin fold measurement on a weekly basis, and use this as your primary measurement tool.

TRAIN REGULARLY

You need to plan your day so that you make time for regular training, regardless of where this fits into your lifestyle. Make sure that you have a sound understanding of your training plan, and that you take charge to make the programming changes where necessary. If you need further guidance or advice, contact the team at USN.

TRAIN INTELLIGENTLY

In the onset, training smart will always win. Depending on your level of proficiency, the chosen resistance weight should always be heavy enough to feel, but light enough to ensure a proper form. Your progression will always guide your training, and you can adapt the workouts to include machine and free-weight sections. Remember that muscle tissue growth and physical adaptations take time. As a result, it’s important that you monitor your workouts, increasing your training efforts, training weight, duration and intensity of your workouts.

MEET YOUR MINIMUM CARDIO TRAINING TIME

Your cardiovascular training will help to increase your basal fitness levels, further supporting a higher metabolic rate and an improved recovery cycle. Make sure that you are meeting your minimum cardiovascular training time of 30 minutes daily, and increase this gradually as your fitness levels improve.

If you are struggling to get enough training time allocated, consider performing your cardio training early in the morning, with your resistance work being your afternoon/evening sessions.

TRAINING TIPS:

1. TRAIN REGULARLY

2. TRAIN INTELLIGENTLY

3. MEET YOUR MINIMUM CARDIO TRAINING TIME

ENHANCE YOUR RECOVERY

Your core products are vitally important to help you support your metabolic rate, recovery and physical adaptation to training.

You can benefit from the addition of specific products to enhance your recovery, especially if you are prone to localised pain and stiffness related to exercise.

1. PURE GLUTAMINE

A free-form amino acid that has been shown to improve muscle tissue recovery levels by buffering lactate, acid and other metabolic waste and increasing your natural growth hormone response. Continue to use throughout your USN Body Makeover Challenge.

2. BCAA AMINO

To be used as an intra-workout drink to elevate your performance by preventing exercise induced fatigue, increasing fat utilisation and further protecting and enhancing muscle tissue recovery. Continue to use throughout your USN Body Makeover Challenge.

3. PURE PROTEIN GF1

USN’s Pure Protein GF1 is a complete engineered 5-stage release protein blend consisting of a precise mixture of whey protein isolate, whey protein hydrolysate, whey protein concentrate, calcium caseinate and milk protein concentrate.

USN PURE PROTEIN GF1 is great when used: Upon waking or before bed to help efficient protein intake during sleep.
STAGE 02: ACCELERATION

WEEK 5 - 9

WHAT TO EXPECT DURING THIS STAGE:

1. START TO MAKE STRATEGIC CHANGES

The ACCELERATION Phase of your USN Body Makeover Challenge is adaptive, and you can start to make strategic changes to your food, supplementation and training.

One of the most important changes you can make to your food is the methods of preparation. Make sure that you put into question how you make food. Opt to steam and grill foods as no additional calories are added to the foods. Limit your intake of table salt, sauces and condiments because of the potential negative effects and hidden calories that potentially enter your system. You may have already noticed that your taste buds are far more sensitive to foods and flavours as you no longer rely on poor food choices.

2. CONSISTENT & POSITIVE WEEKLY RESULTS

You will start to see consistent positive results at your weekly assessment sessions, where your body fat levels show a small, but regular downward trend and your lean muscle tissue conditioning shows improvements. By now, you should understand the impact that your efforts offer significant reward, and these are compounded on a daily, weekly and monthly basis. The more effort that you put in now, the greater your end results will be.

3. REMAIN CAUTIOUS

By now, you will start to feel motivated to do more, to push your limits and achieve greater rewards. A word of caution is necessary as over training or a very low calorie approach can result in fatigue and a slipper slope back to your old, bad habits. You may start to experience cravings for foods, especially additional simple, high-GI carbohydrates. This is an indication that you are not eating enough to support recovery, and it’s easily remedied through the proper choice of supplementation or a shift in your eating habits, without the addition of increased body fat. It’s a win-win situation for you!

RETRAIN YOUR TRAINING SESSIONS

You have built up an exceptional base fitness level, so you can now start to split your training sessions if you can find time to do so. Try to get your cardiovascular training done first thing in the morning so that you can elevate your metabolic rate for the day ahead, priming your system to burn more energy throughout the day. You should be able to complete 60 minutes of intense cardiovascular activity, so be aware that you have the control over how hard you push your limits!

INTRODUCE NEW TRAINING METHODS

Continue to perform your resistance training sessions in the evening, and take the opportunity to stretch post-workout so that you can recover in a shorter period of time. You can start to introduce additional and new training methods into your programme. Remember to pay special attention to your weak points, and train intelligently and according to your goal.

Make time to use other facilities in the gym like the sauna and steam room, which can aid in recovery and the removal of toxins and metabolic waste from your system.

ENHANCE YOUR PROGRESS

Since you are training at a higher intensity and not consuming any more calories, you may start to feel fatigued early on in your training sessions.

This is a normal sensation. A few supplementation changes are recommended from week 5 onwards to help you maintain consistent weight loss, improve your energy levels, enhance recovery and to offer convenience.

SUPPLEMENTATION:

B4-BURN (RECOMMENDED FOR FEMALES)

An extreme, micro-concentrate pre-workout formula with zero carbs. Scientifically developed, and grounded in the most up-to-date research, B4-BURN significantly increases energy production and retention, increases explosive energy while warding off fatigue. Rapid retraining recovery ensures that you get the best out of each session. It can be used throughout your USN Body Makeover Challenge.

BARDING (RECOMMENDED FOR MALES)

USN’s B4-Barding is a revolutionary next generation extreme BLUELAB™ pre-workout.

It contains potent levels of scientifically researched patented ingredients to transform your workout and get you to your goals quicker. Continue to use throughout your USN Body Makeover Challenge.

PHEDRACUT SF

A stimulant free weight management aid that can be used in the evenings, as well as over weekends (your off-days) to support your goal and dietary management needs. Continue to use throughout your USN Body Makeover Challenge.
STAGE 03: DEFINING

WEEK 10 - 12

WHAT TO EXPECT DURING THIS STAGE:

10 THINGS ARE ALL COMING TOGETHER

Your energy levels and motivation will be high as you enter the last phase of the USN Body Makeover Challenge. You will start to see things coming together as you gain consistent results from your dietary and training efforts.

DON’T SKIP MEALS AND FACTOR IN YOUR TRAINING TIME

The last 3 weeks of your Challenge offers you time to reflect on the small changes that need to be made to get the best results. It’s time to focus on your final photo shoot, and take into account time required for hair removal, tanning, hair and makeup requirements in the last few days leading up to your photo shoot. Don’t get overwhelmed by the small things, just plan your time properly, don’t skip meals and get your required training time in!

FUNCTION:

WHAT IS THE FUNCTION OF THIS STAGE:

Your focus and commitment over the past 9 weeks prepares you for your last 3 weeks of intense dieting and training. You are well on your way to successfully completing your USN Body Makeover Challenge, and your dedication over the next 3 weeks will deliver on your end-phase of improved body composition, toning and conditioning.

TRAINING TIPS:

TRAINING SESSIONS WILL BECOME MORE IMPORTANT

Your training sessions will become more important as you aim to tone and condition your physique to prepare for the final photo shoot.

CARDIO MUST INCREASE

It is important that your training intensity, from a cardiovascular perspective, increases so that you increase fat utilisation as an energy source. Aim for 45-60 minutes daily, 5-6 times per week to improve your result.

LOWER THE TRAINING WEIGHT

You should lower the training weight used during your resistance sessions, rather opting to increase the amount of reps that you perform. You would ideally want to achieve total fatigue this way, further enhancing conditioning and tone.

ENHANCE YOUR TONING

A supplement strategy change is required as your conditioning improves in the last 3 weeks.

You will start to slightly drop your intake of carbohydrates, keeping your diet focused on proteins, vegetables, salads and fruits. Use your 100% PREMIUM WHEY as a pre-workout shake, and continue with the use of PhedraCut Lipo XT CLA Pure 1000, and AMINO-LEAN to help you perform and achieve your goals. At this stage, you can benefit from the addition of the following products to enhance your conditioning and tone, to lower your calorie intake requirements, control your appetite and increase your strength and power for an improved workout potential:

SUPPLEMENTATION:

L-CARNITINE

L-CARNITINE is essential for transporting long chain fats into the cell (mitochondria). L-Carnitine taps into your fat supply and may provide support to burn it as fuel, resulting in increased energy. Without L-Carnitine, these fats cannot be burned for energy and are instead shunted to stored body fat. L-Carnitine can be used throughout the Challenge.

WATER SLIM PACKS

A natural diuretic and potent antioxidant designed to assist you in dropping excess water stores so that you can achieve improvements in your conditioning levels, perfect for use with your PhedraCut Lipo XT.

ZMA

Scientifically developed to stabilise the primary anabolic hormone levels naturally, resulting in increased muscle mass, strength, recovery and endurance performance.

“This is your final stage! Keep focused for the last 3 weeks of intense dieting and training.”
CONCLUSION:

WHAT NOW?

This is not the end of a journey, it’s simply the beginning of a whole new lifestyle for you.

It’s important for you to understand why you started the USN Body Makeover Challenge, what you learned out of it, what you have achieved and the final result.

Remind yourself of your goal, which was most likely a ‘better you’. You’re now in the situation where you can reassess where you are, plan your next goal and start your new Challenge.

HERE ARE A FEW TIPS ON HOW YOU SHOULD MANAGE YOUR POST-CHALLENGE MAINTENANCE:

MAINTAINING YOUR PHYSIQUE

Maintenance of your new physique will not require the intense approach to dieting and training that you have become accustomed to over the last 12 weeks. Your adaptation to exercise will not have to occur at such a fast rate, and this gives you the ability to focus on improving your technique to isolate specific muscle groups and further improve your conditioning. It is important to realise at this stage that you have paid your dues, so you have the advantage of time on your side.

The maintenance phase is more about physique progression. It is not about standing still. You have to have a goal big enough to keep you motivated to further refine your physique. You no longer have to plan specific meals diligently, although you will be expected to continue with a healthy approach to eating, and you can slow your training down to 3-5 times weekly. Your main focus is now on the improved sense of well-being and overall health.

Maintaining your physique is not difficult, but it does require the understanding that there is a need to focus on food, supplementation and training diligently. You will simply make the small adjustments to how you do these things to support maintenance.

NUTRITION

It remains essential to continue with the total balanced approach to food, as the Body Makeover Challenge teaches you. Regular eating may now be the norm for you, so if you find that it is a habit, continue with the 5-6 meals per day approach, allowing yourself a little more variety. Why change a winning formula?

You should still aim to eat healthy most of the time because you want to avoid a calorie surplus. The nutrition aspect of physique maintenance is the most important, because even with an infrequent or less intense workout regimen, if you are still flooding your body with calories, it will respond by utilising them to either build muscle or increase fat storage. Just make sure not to eat too few calories because the one thing you don’t want to do is lose muscle. This will take a bit of practice, but you will get confident about your system’s ability to manage food types and portion sizes, and you have total control over your diet.

Training during the maintenance phase is much like your approach to eating. It does not have to be regimented, and you do not have to be purist about it. You will not lose muscle tissue overnight, so you can train 3-5 times per week to maintain fitness and not compromise conditioning. You can manage your intensity and you can use this time to work on areas that you wish to improve on.

You can now start to include different types of training methodology into your routine. Include cross-fit, high intensity own body weight training and circuit training to give your system a break from the standard routine. You can also incorporate another option for your resistance sessions: Lower the weight of choice and increase the reps to the 12-20 range to improve conditioning.

The basic approach and philosophy of training for maintenance would be to:

• Opt for lighter weights at higher reps (keep rep ranges between 12-20).
• Don’t utilise any intensity tactics (drop sets, super sets, etc.).
• Reduce the volume and frequency of your workouts.

By still lifting weights, but not as often, or as intense, or as heavy as you used to, you will effectively keep the muscle you currently have while improving conditioning.

SUPPLEMENTS

You can now start to strategise your supplementation more effectively, using the products only when required. In essence, you can simplify your use, and use products out of convenience and to support your health.

We recommend the use of CLA Pure 1000, BCAA Amino +, BLUELAB™ 100% Whey Premium Protein on a continual basis. If you find that you are picking up body fat levels, adjust your diet and training first and then include PhenFat ELX 1 to 3 times per week to maintain fitness and not compromise conditioning. The maintenance phase allows you to use products to your advantage and get results in very short periods of time. If you struggle with water retention, use Water Slim Packs.

PLANNING

Your maintenance phase gives you the opportunity to plan your next goal without compromising the achievements that you have made in the last 12 weeks. Take a break from the intensity of the last few months and establish a new target.

YOU HAVE SUCCESSFULLY TRANSFORMED YOUR BODY.

You will have learnt the real value of good eating, regular exercise and effective supplementation, as well as the benefit of time and goal setting.

CONGRATULATIONS!

YOU NOW HAVE ALL OF THE SKILLS THAT YOU REQUIRE TO SUCCESSFULLY MANAGE YOUR WEIGHT, ACHIEVE YOUR GOALS AND KEEP AN OUTSTANDING PHYSIQUE.
100% QUALITY
0% COMPROMISE

THE 1ST USN BLUELAB™ WHEY PROTEIN

BEST TASTING WHEY, GUARANTEED
SOY FREE
LOW TEMPERATURE CROSS FLOW, ULTRA-FILTRATED WHEY PROTEIN
THE BEST QUALITY GUARANTEED
BLUELAB™ DESIGNED & FORMULATED
IMPORTED, SUPERIOR QUALITY WHEY
QUALITY CONTROLLED AND TESTED
DEVELOPED BY CONSUMERS FOR CONSUMERS

ULTRA PREMIUM WHEY PROTEIN CONCENTRATE, HYDROLYSATE & ISOLATE BLEND