

# **The 4 Week Body Transformation System**



**The Complete Body Transformation Plan That  
Will Help You Tighten and Tone The Whole  
Body And Lose As Much As 20lbs In 4 Weeks.**

## Copyright and Disclaimer Notice

You Do NOT Have Resale Or  
Giveaway Rights To This Ebook

© Copyright 2011 Health Station. All Rights Reserved.

The material in this electronic publication is protected under International and Federal Copyright Laws and Treaties, and as such, any unauthorized reprint or use of this material is strictly prohibited.

The material in this electronic publication can be stored only on one computer at one time. You may not copy, forward, or transfer this publication or any part of it, whether in electronic or printed form, to another person or entity.

Reproduction or translation of any part of this work without the permission of the copyright holder is against the law.

### DISCLAIMER

It is your responsibility to ensure you seek permission from your doctor or health practitioner before starting this or any other diet and fitness plan.

The author cannot be held responsible for any health, well being or physical injuries that may arise from the incorrect use of this system.

Users should wear adequate protective clothing such as proper exercise gear before beginning to workout.

**This plan is designed to be followed for 4 weeks only.** It is **NOT** intended to replace a proper structured diet, nor should it be used for more than the recommended time specified. The author will not be held responsible for users who abuse this and follow the plan for longer than 4 weeks.

Weight loss is achieved as a result of following meal plans and exercise plans properly. Individual results may vary.

## **Your 4 Week Body Transformation System Starts Here...**

### **Introduction**

Welcome to this special FREE report: The 4 Week Body Transformation System. In this special report, you'll learn how to shed up to 20lbs in weight in as little as 4 weeks. It's the perfect quick-fix for any special event you might have coming up, or if you're fed up of trying to lose weight and don't know where to start.

In this special report, you will learn simple secrets to boost your metabolism and lose weight for a slimmer and more confident you. The 4 Week Body Transformation System is designed to give you super-fast results in the least amount of time possible, WITHOUT being unhealthy. You're not going to be eating fad foods or special supplements. You'll be eating real food for real results.

It's the ideal plan for anyone wanting to get fit quickly and easily without having to sacrifice too much. And the best part of this plan is that we give you long term changes you can implement in your daily life so you not only stay fit and healthy, but you prevent the weight from piling back on.

The plan is designed to be EASY to follow – no complicated routines and no complicated meal plans. And best of all, the food you eat will taste great! How's that for a taste bud-friendly diet!

If you want to see drastic results in just 4 weeks, you need to stick to the plan carefully. And remember, if you cheat, you only cheat yourself and no one else! So without further ado...

### **...Let's Get Started!**

It's always a good idea to take your measurements and your weight so that you know just how far you've progressed with this plan. It's also a great incentive to carry on the good work you've been doing once you reach the end of the plan.

So first things first, write down the date and then weigh yourself. Take a tape measure and measure the following areas:

- Upper arms
- Bust/chest
- Waist
- Lower belly
- Hips
- Upper thighs

- Above the knee
- calves

Make a note of all of this information in your own little log book, so you can track your results easily. Weigh-ins will be weekly, but we aren't going to measure you each week, since if you haven't lost much, it can be de-motivating.

Your weight loss will be determined by how much you have to lose in the first place. So a person with less than a stone (14lbs) to lose will find they lose less than someone who has say 3 stones to lose.

It's vital that you don't get too hung up over pounds and figures – instead, you should concentrate on what you look like in the mirror and the definite changes you will see once you complete this program.

Before we begin this plan, there are some rules you will need to follow:

1. ***Eat a minimum of 6 times a day*** to keep your metabolism humming over and to prevent you over-eating and feeling deprived.
2. ***Drink 2-3 litres of water daily*** to keep yourself hydrated and to ensure that you don't confuse thirst for hunger. And throughout this plan, there is NO fizzy drinks, alcohol, squash or even diet drinks at all.
3. ***No caffeinated drinks like hot chocolate, tea or coffee***, although you can have herbal tea
4. ***No foods containing white flour*** or refined carbohydrates such as cakes and biscuits.
5. ***No starchy foods*** such as potatoes, bananas, rice, bread, pasta or other carbohydrates after midday
6. ***Work out for at least 20-30 minutes daily***
7. ***Ditch the dinner plate*** as you need to control your portion size. Instead, stick to a small side plate of no more than 7".
8. ***Eat as many vegetables as you want***, although avoid starchy veg such as potatoes and yam.
9. ***Do not eat more than 3 pieces of fruit daily*** as fruit contains fructose – a type of sugar that can hinder weight loss.
10. The only carbohydrates which are allowed are ***whole grains*** such as whole grain bread, whole wheat pasta and whole grain products. And, you do not consume ANY of these after midday.

As long as you stick to the above rules, you won't have a problem, and you should find that your weight falls off quite easily.

Instead of obsessing over calories, this plan will teach you how to gauge the correct portion sizes for everything. One of the 'failures' of modern day dieting is the myth that if it's low fat, you can eat as much as you like. Not so, since low fat doesn't mean low calorie!

The other great thing about this plan is that weight loss isn't dependent on you weighing things out and having to buy specialist foods. The meals are designed to be EASY, nutritious and filling.

The way you are taught on this plan is that you should concentrate on listening to your body and learning to eat the correct amounts of food. Once you master this, you shouldn't struggle long term; you will also have a good idea of how much you can eat and how much to eat when you are out and about.

### ***Portion Control – The Secret To Dropping A Dress Size With NO EFFORT!***

Possibly the single most important take away from this plan is how well you learn to gauge portion size. Get this right, and you'll enjoy a lifetime of good weight management. Get it wrong and you could be yo-yoing for the rest of your life.

Here's the easiest, no-measure way to work out correct portion sizes for you:

- One portion/serving is the roughly the size of your closed fist. You should measure carbs and protein this way
- One portion of oil or fat is equivalent to the size of a small dice
- A portion of cheese is the size of a small matchbox.
- A complete meal should be no more than what you can fit into both of your cupped hands – or roughly the amount on a small side plate. Do NOT pile your plate high – because that's cheating!

Prevent hunger pangs by drinking a large glass of water when you feel hungry and waiting ten minutes to see if the hunger pangs go away. If you drink a large glass of water before your meals, you will eat less overall.

The above rules aren't meant to restrict you, but rather guide you into making healthier and correctly sized choices when eating. Even if you never stick to any diet, these rules will ensure you never pile the weight on.

### ***Starting The Diet – What You Need To Know***

Because you are eating 6 times a day, here's what a sample day would look like:

- Breakfast
- Snack
- Lunch
- Snack
- Dinner

- snack

To complete your 'diet', you simply choose what you want from the choices mentioned below.

### **Your At-A-Glance Foods**

To start your plan, you simply pick from the list of items below. Choose one selection from breakfast, lunch and dinner. You get to pick any three snacks to eat between the meals as suggested.

Always choose a low fat cooking method to cook your meals such as grilling, boiling, baking, roasting, steaming, or dry frying using low calorie cooking spray. Grilled and baked food usually has the most flavour, while boiling tends to have the least. Using herbs and spices is a great way to add flavour without adding fat.

For your lunch and your dinner, you simply choose one protein portion and 2 other choices from the list. AVOID lamb, mutton, sheep and pork of any kind. Lamb and sheep are extremely fatty meats and you'll struggle to keep your weight down with these. Pork is (although you can get lean cuts) a highly toxic meat because pigs will tend to forage on anything, including their own waste.

The best protein choices are white meats like poultry and fish. And remember the portion size rules – so for cereals, you are eating no more than the size of your closed fist. For breakfast, use extra light cream cheese in place of butter or butter spread.

### ***Breakfast Choices – Choose One***

- Sugar-free high fibre cereal with skimmed milk and 1 handful berries
- Porridge made with skimmed milk and a sliced mango or banana
- 1 large toasted wholemeal crumpet with a poached or sliced boiled egg and 1tsp of extra light cream cheese
- 1 boiled or poached egg with 1 slice wholemeal toast spread with 1 tsp of extra light cream cheese OR 1tsp of sugar free marmalade
- Omelette made using 2 eggs, fresh vegetables and 1tbsp of very low fat cheddar cheese grated over it
- Breakfast pancake – 2 eggs beaten with 1 large tbsp of oatbran, a splash of water and cooked like a pancake on a non-stick pan with cooking spray. Fill with mixed cooked veg and a matchbox sized piece of chicken or turkey cut into strips
- 1 small tin of sardines in tomato sauce grilled and served with a slice of wholegrain toast and a grilled tomato

- 1 slice of wholegrain toast served with one portion of low sugar baked beans OR grilled mushrooms, tomatoes and garlic stir fry

***Snacks – Pick ONE Snack For Each Snack Break***

- 1 pot low fat, low sugar fruit tofu yogurt
- 1 apple
- 1 portion berries such as strawberries or raspberries
- 1 portion of grapes
- 2 plums
- 1 pear
- 2 tangerines/satsumas
- Handful of dried fruit, seeds and nut mix
- 1 orange
- 1 portion carrot sticks served with 1 tbsp of reduced fat hummus or reduced fat cottage cheese
- 1 large slice watermelon (avoid cantaloupe or honeydew melons as they contain too much sugar)
- 1 portion of chopped fruit salad (avoid bananas)
- 1 crispbread topped with low fat cottage cheese and sliced cucumber and tomatoes
- 1 reduced fat cheese string

***Lunch and Dinner Choices – Pick One Protein Choice***

- 1 boiled egg
- Fish
- Low fat cottage cheese
- Quorn or tofu
- Lentils or other pulses such as butter beans
- Tuna mixed with 1tsp of very low fat mayonnaise (optional)
- Tinned chickpeas
- Lean, skinless chicken
- Turkey
- Beef shin (this is very lean)

***Lunch and Dinner Choices – Select Any TWO Portions***

- Salad without dressing
- Roasted veg made with cooking oil spray and salt and pepper

- Steamed or boiled veg
- Stir fry vegetables using non-stick cooking spray and stock for flavour
- Stewed veg
- Vegetable or tomato soup made from scratch
- Quinoa, couscous or bulgar wheat cooked with stock and seasoned, no butter or oil
- 1 sliced avocado dressed with lemon juice, salt and black pepper
- 1 large beef tomato stuffed with cooked mixed grains and roasted
- One portion of hash made with sweet potato or squash and cooked, chopped chicken or turkey
- Salsa made with tomatoes, lemon juice, jalapeno, coriander, bell pepper and seasoned

You can be as inventive as you like with how you cook your food. Grilled in a health grill is perfect when you marinate fish and poultry in herbs, lemon juice and spices and a small amount of fat free yogurt. You can even BBQ or roast the meat like this – it's simply delicious!

And don't forget, you don't need fat to flavour your food. Some interesting ideas include a marinade made from finely chopped coriander, lemon juice, 1 tsp of extra virgin olive oil and lots of garlic and spices like salt, black pepper, cumin seeds and chilli flakes. Rub your chicken, fish or beef with this and let it sit for an hour before searing in a hot pan with cooking spray.

### **Fitness – The Key To a Slimmer, Fitter Body**

Fitness should never be taken for granted. Without keeping physically fit, your muscles would waste away, you'd pile on the pounds and you'd be at risk of heart disease, diabetes and stroke.

Working out is an important part of this program, and without it, you'll see few results such as your body changing shape. Your workouts **MUST** include three elements:

- Cardio work (any activity which gets you hot, sweaty and out of breath to really work your heart)
- Strength training to help condition your body and tighten and tone your muscles
- Flexibility to increase suppleness, so this means taking time to stretch before and after workouts, taking dedicated classes like yoga and pilates or vibration training which initiates the stretch reflex to increase flexibility (and also strengthens muscles, so you get a two-in-one workout)

We recommend the following activities for cardio:

- Aerobics
- Workout videos
- Dancing
- Stair climbing
- Fast paced ball sports like squash, football etc
- Trampolining
- Circuit training
- Interval training
- Jogging
- Power walking using inclines such as hills
- trekking
- Swimming
- Martial arts like kick boxing
- Skipping

You should aim to really work up a sweat and should be working out hard enough that you are slightly out of breath. If you are gasping for air, take a breather as you are pushing yourself too much.

Always drink plenty of water to stay hydrated and wear appropriate sports clothing such as the correct training shoes and a well-fitted sports bra for women. Aim to work out for a minimum of 20-30 minutes daily.

A good way to workout is to do what is called a split workout – so 4 days a week, think cardio and three days a week think strength training mixed with cardio.

Workouts like circuit training, interval training, swimming and martial arts don't require that you do additional strength training, as these are what you would consider '2 for 1' workouts. They combine resistance/strength training with cardio, making your body work harder for faster results. They also work your entire body – another bonus.

New mothers can include their baby in their workouts by getting them in their pram/pushchair and going for a power walk. Add hills for a challenge and to really get your heart rate going.

Always stretch carefully before and after workouts to prevent injury and muscle tightness. You should warm up by jogging on the spot or doing jumping jacks for two minutes followed by full body stretching. Visit your local gym for personal instruction if you aren't sure how to stretch properly.

Always drink lots of water during and after your workouts to ensure you never become dehydrated.

In addition to your workout, make the effort to move more during the day. For example, taking the stairs instead of the elevator when shopping, or walking wherever you can. In particular, look at increasing your activity after a meal – even if that means going for a 5 minute walk.

The reasoning behind this is that you are encouraging your metabolism to stay boosted with small and regular bursts of activity. Sometimes, it's this small change that can mean the difference between shifting 10lbs and shifting much more.

### ***Strength Training Rules***

Strength training isn't going to make you big and bulky if that's not what you want. Strength training is about providing your body with a form of resistance in the form of force or weight to prevent your bones from going brittle and to keep your body tight, toned, lean and strong.

Strength training is the magic bullet in weight loss. Why? Because fat tissue burns less calories than muscle tissue which is more metabolically active. This means that your body burns more energy when resting due to an increase in muscle mass.

Even putting on a few pounds of muscle makes a huge difference to the way you look. A great way to strength train is to use a vibration trainer – a super-efficient machine which consists of a vibrating platform that you perform exercises on.

The vibrational movement creates something known as a G force or gravitational force which forces your muscles to work harder. It's like creating an invisible resistance to your body, boosting weight loss and metabolism and increasing strength and flexibility.

If you don't have one, get to your local gym and try one out. They are a fantastic way to get a full body workout in only 10 minutes – so ideal to slot into a busy day. And the best part is that you can see good results in a very short space of time.

Below is an outline of two circuit style workouts – one utilizing just hand weights and the other using a vibration trainer. If you are unsure how to perform these exercises, ask your local gym or sports center to show you how to do them correctly. And ALWAYS ask your doctor's permission first before embarking on any type of fitness program.

### ***Traditional Circuit Style Workout...***

Regular workouts are essential for good health and a strong body. However, if you're time crunched, forget the gym – a simple 20 minute routine can be slotted into your day without too much effort. Here's how:

1) Jog on the spot for 3 minutes to get warmed up.

2) 25 Jumping jacks to elevate your heart rate

(Tip: When landing, bend your knees slightly to reduce the impact on knee joints. )

3) 15 ab Crunches for a firm stomach

Lie flat on your back with your knees bent. Place your hands behind your head with elbows pointing outwards. Support your neck with your hands. Keep your neck in a straight line with your spine. Flex your waist to raise the upper torso from the mat. Lower yourself until the back of your shoulders touches the mat.

4) 10 Hip Bridges for lower body strength

Lie on your back. With your hands at a 90 degree angle to the floor, lift your body off the floor to form a straight line, a sort of a bridge, from the shoulders to the knee. The position should resemble a table ... your hands and legs as the legs of the table and your upper body to your knees as the surface. Hold this position for two seconds. Squeeze your gluteus (butt muscles) and then lower yourself.

5) 1 minute of Step – up's which can be done on stairs or on a stepper to work the lower body.

6) 15 Reverse crunches for your lower belly 'pooch'

Lie on your back with your hands on your sides. Keep your knees bent. Bring your knees towards your head, till your hips come slightly off the floor. Hold this position for a second, and then lower your knees.

7) 1 minute of Mountain climbers to really challenge your whole body – especially arms and legs

Get your hands and knees and raise your knees like a starting block sprinter. Run in that position, supporting your upper body with the palms of your hands. Keep your back straight.

8) 15 Push-ups to work your upper body

Either balance on your feet or use your knees and maintain a flat back and hands just wider than your shoulder for best results. Starting from your knees is so much easier than your feet!

9) 1 minute of Squat thrusts for your whole body

Stand straight. Now, drop to a crouch position. Immediately thrust your legs out straight behind on your toes, in push up position, now jump to pull legs back to the chest, in crouching position, then stand up straight,

Cool down by walking around, till your heart rate starts getting back to normal and then stretch.

Move through this entire workout quickly and without rest. This workout targets the whole body, improves cardiovascular efficiency and tones and strengthens the body. If you are in any way unsure how to perform the exercises, get advice from a fitness instructor.

### ***Circuit Training Using A Vibration Trainer***

A vibration trainer can give you a full body workout in record-quick time, making it perfect for those who are seriously time-crunched. Using a vibration trainer will really help amp up the results and make your workout far more efficient.

Warning: Only attempt this workout if you are familiar with the exercises. Ask your gym instructor to show you how to perform these correctly using a vibration trainer. This workout will take just 20 minutes... Here's how:

1) Jog on the spot for 2 minutes to get warmed up.

2) One minute of Jumping jacks to elevate your heart rate

3) One minute of ab Crunches performed on your vibration trainer

Lie flat on your back with your knees bent. Place your hands behind your head with elbows pointing outwards. Support your neck with your hands. Keep your neck in a straight line with your spine. Flex your waist to raise the upper torso from the platform. Lower yourself until the back of your shoulders touches the mat.

4) One minute Horse stance for lower body strength performed using your vibration trainer

Stand hip-width apart on your vibration trainer with your tail-bone tucked under and stomach muscles tight. Slowly lower yourself down (keeping your back straight) into a half-squat position and hold this position for one minute.

5) Two minutes of Step – up’s which can be performed on your trainer. Do one minute per leg keeping your back straight and tummy tucked in.

6) One minute in the plank position using the trainer.

Place feet on the trainer with your body face down on the floor (so only your toes are on the trainer) and tightening your tummy muscles; hold your body horizontal to the floor leaning on your forearms. There should be a big gap between you and the floor. Hold this position with tight abs for one minute.

7) One minute of Mountain climbers to really challenge your whole body – especially arms and legs

Get your hands and knees and raise your knees like a starting block sprinter. Run in that position, supporting your upper body with the palms of your hands. Keep your back straight.

8) Static Push-up to work your upper body for one minute

Either balance on your feet or use your knees and maintain a flat back and hands just wider than your shoulder for best results. Hold the classic push-up position with hands on your trainer for one minute.

9) One minute of jumping jacks.

10) One minute of bicep curls performed sitting on the trainer

11) One minute of chest flies with bridge performed on the trainer

Lie on the trainer with your buttocks and legs off the trainer, feet firmly on floor. Keep tummy tight as you straighten back and arms out in front of you holding light weights. Squeeze buttock muscles and open arms out to the sides, elbows slightly bent and then bring the arms back to the front, squeezing chest muscles together. Do this with control and repeat for one minute keeping abs and buttocks tight.

12) Two minutes static lunges on trainer.

Place one foot out in front of you as if you’re taking a big stride and place foot on trainer. Knee should be bent at 90 degrees. Other leg should be straight out behind you. Sink into the lunge with a straight back and tight tummy. Go as low as you comfortably can and hold for one minute. Repeat other side.

Cool down by walking around, till your heart rate starts getting back to normal and then stretch for a few minutes.

Move through this entire workout quickly and without rest. This workout targets the whole body, improves cardiovascular efficiency and tones and strengthens the body. If you are in any way unsure how to perform the exercises, get advice from a fitness instructor.

Incorporating a vibration trainer into the routine means you are getting some serious strength into your muscles.

Using a vibration trainer such as the Health Station Sport or the Health Station Platinum is perfect for those who are short on time, but want big results.

## Conclusion

The last 4 weeks have probably been tough going for you, and if you're really determined, this should have resulted in lots of weight loss. Measure and weigh yourself carefully so you have a record of how well you have done.

If you did the diet and workout plan properly, you should have lost anywhere between 10-20lbs depending on how much weight you had to lose. Hopefully this should have given you the incentive to stick to a healthy diet for the rest of your life.

You're probably wondering where you should go from here. The good news is that you can introduce carbohydrates into one more meal during the day. It's usually best to eat your carbs earlier in the day, so having a portion of carbs at lunch time is sufficient. Always ensure your final meal is carb free and that you still eat lots of vegetables and salads.

If you're serious about your overall health and well being, stick to your new healthy lifestyle at least 6 days a week and give yourself one day a week where you can eat your favourite foods (always observing the portion rule) so you don't feel deprived.

And no matter what, stick to your workouts so you stay fit and healthy and to prevent diabetes, heart disease and stroke.

Here's to your weight loss success,

Liam Miller

[www.healthstation.tv](http://www.healthstation.tv)

## Vibration Training Is THE Future Of Fitness

In this short report, you learnt how to eat well and workout for maximum weight loss success. Weight loss and health are both deeply linked to one another. If you're unfit, the chances are you're unhealthy too.

In this report, we mentioned the use of vibration training to help maintain your health and fitness levels. Vibration training uses Whole Body Vibration (WBV) to train your body by standing and working out on an intensely vibrating platform, for a workout so intense that **your entire body benefits in just 10 minutes.**

Vibration training is perfect for all levels of fitness and for all ages. Vibration training contracts and relaxes muscles hundreds of times a minute to increase strength and blood circulation and aid weight loss.

Space has no gravity and doesn't provide any resistance for your muscles, essentially wasting muscles away. NASA and the Russian Space program use WBV to train their astronauts for space missions to prevent muscle wastage and increase bone density. It also helps their bodies recover faster after space missions.

In particular, vibration training has the following benefits:

- Strengthens muscles and bones and great for the elderly
- Gentle on joints – perfect for all ages
- Stretches and flexes muscles for an intense workout
- Improves lymphatic drainage and reduces puffiness
- Increases circulation
- Reduces stress levels and induces wellbeing
- Stimulates collagen and elastin to prevent aging
- Increases flexibility
- Tightens and tones your entire body
- Increases fat loss and boosts metabolism

If you haven't already, try one of our vibration trainers and **FEEL THE DIFFERENCE!**

To find out more, please go to [www.healthstation.tv](http://www.healthstation.tv) or call us on +61 29310 1136 and ask about our range. You'll be glad you did.

Health Station– Light Years ahead of the competition.