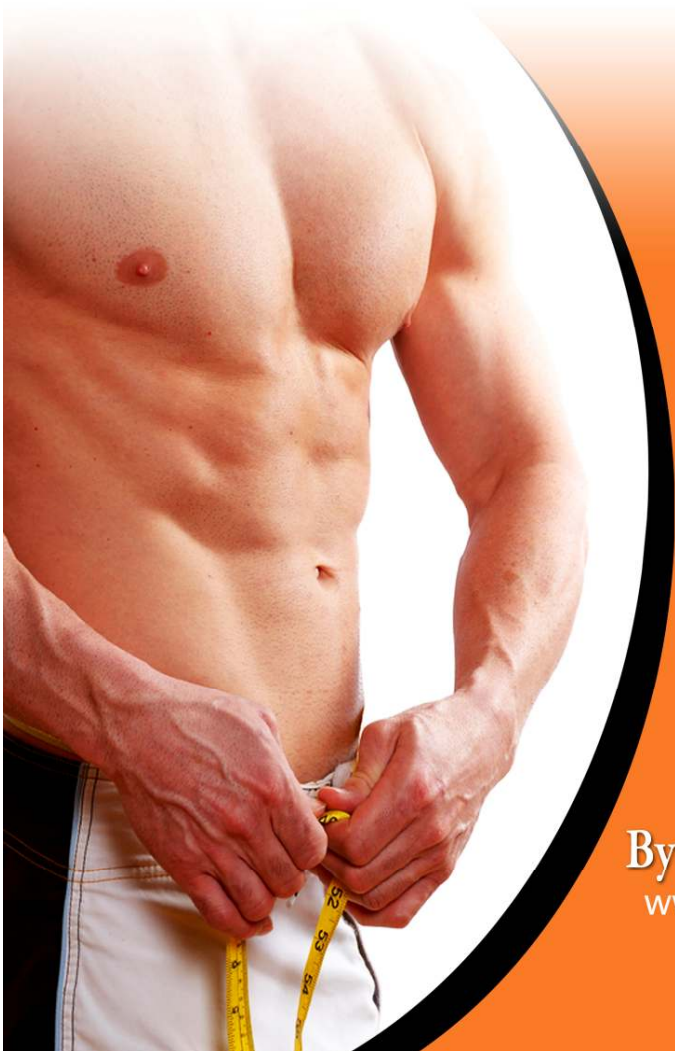


AUSSIE FATBLAST SECRETS REVEALED!

**Blast your way to a new body
with these 5 HOT secrets**



By Daniel Munday
www.aussiefatblast.com



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AUSSIE FATBLAST SECRET 1: MULTI-JOINT EXERCISES ARE KING

Yes, the multi-joint exercises reign king, and they will still have their throne long after you and I have departed from this earth.

To put it simply, flash equipment is actually a hindrance rather than a help to your overall fat loss goals.

For as long as resistance training has been around, there has been an argument over what exercises give you the biggest return on investment and which exercises are better left for those who just want to look pretty in their tight training outfits.

To make the list, the exercise must be a compound, or multi-joint movement. This means that the exercise uses more than 1 muscle group during the exercise. The more muscles used in each movement the better. Isolation exercises are a waste of time unless you are a body builder.

This may upset some people, but I am not here to sugar coat things. I am here to give you the truth about what works and what doesn't work.

Do you want to look pretty doing arm curls or do you want to maximise your fat loss results?

AUSSIE FATBLAST TOP 10 EXERCISES FOR MAXIMUM RESULTS!

1: Snatch – My all time favourite but not for people with bad backs or shoulders.

2: Chin Ups – Modify to a recline row with your feet on the ground if you can't support your body weight.

3: Swing – An easier version of the Snatch and doesn't go over your head.

#4: Front Squats – holding the weights in front of your shoulders is safer for your back and works your arms for double the value.

#5: Push Up Variations – T Push Ups, decline, incline, uneven, fitball you name it. Push Ups are the second best upper body exercise behind Chin Ups.

6: Clean High Pull – Combines a Deadlift with a Calf Raise and Upright Row for an exercise that packs a mean punch.

7: Clean and Press – Not if you have shoulder injuries. Cleaning means starting in a deadlift position and racking the weight on your shoulders before pressing overhead.

8: Deadlifts – Great for a tight butt and back of legs.

9: Box Jumps – Gets the heart rate up and works your legs big time.

10: Burpees – Although not a strength exercise, I had to throw this in. It is a killer and if this doesn't get your pulse up then you're not alive!

If you are unsure what any of these exercises are, your gym instructor should be able to help you. Otherwise a simple Google images search should do the trick.

STOP WASTING YOUR TIME: AUSSIE FATBLAST'S 5 EXERCISE MISTAKES

If you are doing any of the following exercises, stop training like a princess, and watch as you bust through your training plateaus.

1: The Leg Extension Machine: For the front thigh (quadriceps). If it is dangerous to someone who has had a knee reconstruction because of the stress it places on the knee, what makes it safe for everyone else to do? This is the biggest waste of time exercise that gym goers do. Don't follow the crowd.

2: Anything on a Smith Machine: This is a machine where the bar is on a guided cable and it allows you to do Bench Press, Squats, Rows etc. It does the work for you so you don't have to stabilise the bar.

If you want to train heavy get a partner or a trainer. They will spot you and allow your body to actually work. The only good thing the Smith Machine is for is doing a Recline Row where you use the bar to do a modified chin up. Oh and I forgot, this makes for a pretty good towel rack!

#3: Adductor/Abductor Machine: This one is popular with the ladies. Work lunges in a multi directional movement if you want to train your inner and outer thighs. Like most machines, they create more muscle imbalances as your stabiliser muscles are not being used.

#4: Ab Machines: These can place unnecessary strain on your lower back. For best ab exercises use a fitball or hover/plank variations. The Ab Roller is included in this category, as is anything you will find on a television infomercial at 3am.

#5: Seated Shoulder Press Machine: I don't like the angle this places your shoulders at when you press overhead. For the best shoulder exercises use kettlebells, sandbags, dumbbells or barbells.

Make sure you also train your rotator cuff muscles (the little muscles in your shoulder joint) to ensure good shoulder health. Most people neglect these muscles because you can't see them. Strengthen these and watch your strength soar!

AUSSIE FATBLAST SECRET 2: NUTRITION AND YOUR SUCCESS PLAN

TOP PROTEIN SOURCES TO INCLUDE IN YOUR DIET

- White Meat like Turkey, Fish and Chicken
- Lean Red Meat
- Salmon/Tuna
- Beans like Red Kidney Beans
- Chick Peas
- Eggs (including the yolk)
- Unsalted Nuts like almonds, cashews etc.
- Tofu

OTHER FOODS TO GET PLENTY OF IN YOUR DIET

- Brown Rice – NOT the processed white rice
- Water
- Fruits
- Vegetables
- Avocado (although could technically be included above, I think it is a great source of healthy fats and is a must have in your diet)

FOODS TO MINIMISE OR AVOID IN YOUR DIET

- Excess alcohol
- Foods that contain artificial sweeteners such as Aspartame
- Wheat and Gluten containing products (basically most processed foods!)
- Grain fed animals – cows are supposed to eat grass not grains. These cows produce too many toxins in their meat.
- Foods containing trans fats (most processed foods) – except meats that contain it naturally.
- Soft drinks (or soda pop)
- Fruit juices and cordials
- Most simple carbohydrates

LOW FAT DIETS: WHAT'S THE DEAL?

For years now, everyone has been sold on the benefits of a low fat diet and the benefits of purchasing processed foods that are low fat this and diet that.

The theory was that saturated fats were making our waistlines increase, so the key was to replace these types of foods in your diet with the low fat variety.

The problem is, the substances (and I use that word purposely rather than nutrients) are artificial and man made.

A November 2004 report from the Journal of the American Medical Association found that diets that have a low glycemic load (low in sugars with moderate levels of carbohydrates, and not as low in fats and proteins) slow your metabolism LESS than low fat diets.

The report states "on a typical low-fat diet, the participants tended to experience more perceived hunger and a slower metabolic rate, which may make it more difficult to stay

on the diet, while those on the low-glycemic load diet did not feel as hungry and had a faster metabolic rate."

It went on to say that the difference between the two diet options "could amount to several pounds of weight change per year, given this effect would persist over a long term".

I don't know about you, but that makes interesting reading to me. Slowly the wheel is starting to turn. Putting on my Nostradamus hat for a minute, I think you will find a backlash against low fat diets and fads in the coming years.

If diet and low fat foods are better for us, why are people continuously getting fatter?

I know I can hear you screaming through your computer at me that they are eating high fat foods. Yes, this is true, I won't argue with you there.

What I will point out is that diet foods have been shown to make you hungrier.

Another point to remember is that artificial sweeteners (like in diet soft drinks and sugar substitutes) stimulate your appetite and tell your brain that you are still hungry. Chances are you will eat more when you think you are being good.

So called 'experts' will be forced to sit up and eat their words. When listening to an 'expert', make sure you read between the lines. There is often a lot of money going into the research that certain companies or organisations will publish.

Take for instance, a popular diet from the last couple of years in Australia. The CSIRO (Commonwealth Scientific and Industrial Research Organisation) Total Wellbeing Diet had a heavy leaning towards eating plenty of meat and dairy products.

There is an abundant amount of research, too much to go into depth here, that lists the negative side effects from dairy products (especially if you are lactose intolerant), and from too much meat consumption.

What I found interesting and detrimental to the credibility of the diet was a report at the time, which stated that the research was partly funded by the Meat and Livestock Industry and Dairy Australia.

And no, dairy products are not the only way to get calcium. That excuse doesn't wash with me. Eat your green leafy vegetables and plenty of beans to start with!

Isn't it interesting that a respected organisation, such as the CSIRO, can endorse a diet that is based on a high meat intake when they are receiving some of their research funding money from the same companies that are producing the products they are advocating?

So, the take away lesson should be don't always believe the hype. There can often be a hidden agenda. It pays to do your homework and check things out.

I encourage you to do the same here if you have the time. If you doubt some of my statements, do your homework and check them out yourself!

AUSSIE FATBLAST SECRET 3: AEROBIC TRAINING IS DEAD!

For years I, like most trainers, preached the benefits of training in your aerobic training zone, which is generally regarded as 65-85% of your maximum heart rate (220-your age). The old line of thinking was you're burning fat in this zone.

Now, it is time for me to eat my words. All of the latest research I have come across puts this theory to bed. Yes, you will lose some fat by doing the old school long distance aerobic training, but it will take a lot longer time frame and each session will be a lot longer.

The recognised method now is to perform high intensity interval training when it comes to your cardio training sessions.

This means getting your heart rate up high for short bursts of time – anywhere from 8,10 or 15 seconds up to 2 minutes, followed by a recovery period which will depend on your fitness level. The fitter you are, the less recovery time you need. It may be 30 seconds or it may be 2 minutes between sets. Some may even need longer initially.

Let's check some of the latest research. A recent (2007) Australian research study, conducted by Associate Professor Steve Boutcher at the University of New South Wales (one of Australia's most prominent Universities) backs up these claims.

The research finds that interval training burns three times the amount of energy (read calories) than traditional aerobic training methods.

The participants in this study did 20 minutes of interval training on an exercise bike, which comprised of 8 second sprint intervals, and 12 seconds of recovery – just turning your legs over.

This was conducted for 3 sessions a week over 15 weeks. The sprinters lost just under 3kg more fat than those who trained in the aerobic, or steady state cardio, training group.

This is pretty amazing considering that NO strength training was used during this study. Imagine what can happen when you combine a strength training program, like the one you will find at www.aussiefatblast.com, with the benefits of interval training that you will also find in the program.

Associate Professor Boutcher is quoted as saying "They often don't breathe during the eight-second sprints... and then doing the twelve-seconds they breathe extensively... We know that we need chemicals to go into our blood and tell the fat cells to liberate their fatty acids so the body can actually burn and oxidise fat and catecholamine are the most powerful hormones to get what we call fat burning."

Interval Training in the research has also shown to reduce insulin resistance by just over 30%. Insulin resistance will inhibit your body's ability to burn fat.

For mine, the two biggest reasons why interval training is the best form of results based fat loss training is because of EPOC and also the reduced strain placed on your joints and body.

EPOC stands for Excess Post Oxygen Consumption. In simple terms this means the amount of calories you burn AFTER you workout. Interval training methods have been shown to boost the calorie burn in people for up to 48 hours AFTER you do your session.

Yes, that is not a typo. You will continue to burn more calories than your mate who runs on a treadmill for 1 hour a day for up to 2 days after your interval workout! The interval training method is like firing a blowtorch to your metabolism.

Let's say you train in the mornings with an Aussie Fatblast workout, your metabolism gets blowtorched and fires up for not only that day but the next day as well, while your mate sitting next to you at work gets a little calorie burn from their treadmill run and nothing else after. Yes, NOTHING else after that 1 hour workout. Who would you rather be?

After reading all of that, some of you may be wondering whether or not to bother with long distance cardio anymore.

If you are strictly after fat loss results, then the answer is no. Although a walk on a recovery day is a good idea. Don't be fooled by thinking that you are getting your fat loss benefits from this session. It is simply a recovery session that will help get some of the soreness out of your body, if you have any, and to simply make you feel good for being in the great outdoors.

If running happens to be your thing to clear your head, proceed with caution. You don't have to totally give it up, but I'd recommend only once a week at the most. My favourite option is to run hill sprints!

Running long distances places great strain on your joints and creates a lot of stress within the body. How many long distance runners do you know who are constantly injured? You may be one of them. I know I was until I discovered the true Aussie Fatblast Secret method.

Unfortunately for me, I have been genetically blessed with a set of dodgy knees that have given me grief since I was a teenager. Every time I went for a long distance run, my knees used to give me some degree of pain.

Since I started following the interval training method of doing hill sprints, I have not experienced one little bit of knee pain running uphill during the exercise set.

Sound hard to believe when the intervals are of a higher intensity? Not really, when you look at the biomechanics of hill sprinting, or any sprinting for that matter.

When you sprint, there is less contact time between your feet and the ground. Add in a hill and there is even less contact time as you move up the hill. Less contact time means less time to place strain on the knees or ankles for that matter.

Now the ball is in your court. You can continue to stick with your 1 hour mind numbing runs in your quest to lose the gut, or you can step out of your comfort zone and bust your butt for 20 minutes of high intensity intervals until you are dripping with sweat and feeling like you are about to collapse. I know what I'd rather be doing!

If that doesn't get you ready to switch sides than nothing will!

AUSSIE FATBLAST SECRET 4: MOTIVATION = PERFORMANCE

Without motivation, you will get nowhere in life. My business name, DPM Performance, is a play on words of my initials, but more importantly it is an acronym for Determination + Perspiration + Motivation = Performance.

This is how important the topic of motivation is to your success and ultimate fatblast goals.

To help you along, here are my top 5 motivational quotes of all time. If you like these, feel free to visit www.dpmperformance.com.au and download my popular, and free, eBook – Get Motivated!

You will find these quotes plus many more inspirational words to help fire you up and pump up your tyres when you need it most.

THE ULTIMATE TOP 5 MOTIVATIONAL QUOTES

These are my favourite all time quotes. I've spent endless hours over the years since my early childhood reading books and finding out what makes people tick. Now you can enjoy the fruits of my labour!

1. "Time is limited, so I better wake up every morning fresh and know that I have just one chance to live this particular day right, and to string my days together into a life of action, and purpose"

- [Lance Armstrong, 7 time Tour de France winner](#)

2. "Stop stewing and start doing! Take action TNT. Today Not Tomorrow"

- [Dr Denis Waitley, Author and Motivational Speaker](#)

3. "There aren't many clearly marked, signpost moments in your life, but occasionally they come along, and you have a choice. You can either do something the same old way, or you can make a better decision.

You have to be able to recognise the moment, and to act on it, at risk of saying later, 'That's when it all could have been different'. If you're willing to make a harder choice, you can redesign your life"

- [Lance Armstrong](#)

4. "We suffer the pain of discipline or the pain of regret. Discipline weighs ounces, regret weighs tons"

- [Jim Rohn](#)

5. "You can have everything in life you want if you will just help enough other people get what they want"

- [Zig Ziglar, Platform Speaker](#)

Another thing that will take you to where you want to be is your desire to improve your knowledge. What are you doing in your industry to make you better each week?

Do you read the industry journals or magazines in your field? Do you attend seminars and conferences to boost your knowledge? Do you subscribe to membership sites on the internet that will boost your knowledge and your professional network?

So, are there any e-zines or newsletters that you have heard of, or have been sent in the past from a friend that you can subscribe to?

If you don't know where to start, try visiting these sites and subscribe to their free e-zines each week:

www.deniswaitley.com

www.chriswidener.com

www.zigziglar.com

www.jimrohn.com

www.dpmperformance.com.au

See. Believe. Achieve

RECOMMENDED READING: TOP 5 BOOKS TO READ

Another key to success is boosting your knowledge and brain power through reading a great book.

The following books are some of the most amazing and insightful books that I have come across and will help provide you with the motivation to do something with your life.

If you are going through a rough patch, are demotivated with where your life is going or for anyone who needs to have their tyres pumped up every now and then, why don't you try these:

1. **It's Not About The Bike - Lance Armstrong:** This book got me interested in cycling after reading about Lance's amazing comeback from cancer when most people had written him off (and that's just to survive).
2. **Every Second Counts - Lance Armstrong:** Takes the story up from where the above mentioned book left off.
3. **Think And Grow Rich - Napoleon Hill:** This is the one of the classics. Written in 1937, this guide to success is a must read. Anyone who has made something of themselves has used this book as the basis for their success. It is not just about making money. Yes, it will cover this, but only when you have practiced everything else mentioned in the book.
4. **The Power of Passion - Justin Langer:** This book is a really inspirational read. I first came across this years ago when Langer was just starting to get a regular start as an opening batsman (think lead off hitter in baseball) in the Australian Cricket Team. This bloke is so passionate and driven that his enthusiasm can only rub off

on you. It deals with disappointment and then building the foundations to success.

5. **Sucking The Marrow Out Of Life - John Maclean:** This man is an absolute Australian Legend. Paralysed after getting hit on his bike, he was the first wheelchair athlete to finish the Hawaiian Ironman within the able-bodied cut off time, swam the English Channel, competed in the Sydney Olympics and Paralympics, kayaked around the Hawaiian Islands, and that's just to name a few amazing feats he has completed. Meeting this bloke was a great moment for me.

Notable Mentions - The Angel Inside by Chris Widener, After Bali by Jason McCartney, Success Through A Positive Mental Attitude by Napoleon Hill and W.C Clement Stone.

Get out and find these books - they are worth the read. They can all be found on either Amazon: www.amazon.com, Ebay Australia for the Australian book titles: www.ebay.com.au, Angus and Robertson (an Australian book chain) www.angusrobertson.com.au or try your local book store.

AUSSIE FATBLAST SECRET 5: SLEEP – THE FORGOTTEN SECRET

Let me ask you some questions:

- Are you guilty of burning the midnight oil in front of the TV each night?
- Do you get home late from work and are up early the next day to do it all over again?
- Are you working two jobs or double shifts just to pay the bills?
- Do you wake up every morning and feel like your head just hit the pillow?

If you answered yes to any of these questions, then there is a good chance that you are not getting enough sleep in your life.

A 2007 Australian study says that out of 1200 people, half of them are sleeping less than seven hours a night. Sleep experts recommend people get between seven to eight hours a night.

Teenagers need even more and are advised to aim for up to 10 hours sleep a night. Now you know why you can't get your teenager out of bed!

The million dollar question for you to answer is: Are you getting enough?

Excuses for not getting enough sleep ranged from working too many hours, job insecurity, watching TV or playing computer games to having "too much to do".

So, are some people just not aware of what amount of sleep is required for optimal performance? In talking about optimal performance it is just not about training performance. I include job performance and more importantly family performance. That is how much quality time you spend with your partner or children if applicable.

Let's now take a few minutes to brainstorm and it is your turn to answer some questions. For you to get the most out of this manual, you need to be brutally honest with yourself when answering these questions.

1. How much sleep do you get on a regular nightly basis?
3-4 hours 4-6 hours 6-7 hours 7-8 hours 8+ hours
2. Do you try and make up for lost sleep during the week on the weekend?
YES / NO
3. How would you rate your quality of sleep? (this can range from do you get to sleep easily each night, how many times you wake during the night)
Poor Good Excellent
4. How would you rate your energy levels after waking up each morning?
Low Average High

Now that you've answered these questions, you should have a better idea of your sleeping habits.

If you have realised that you now need to address any aspect of your sleeping habits, please take a few minutes and brainstorm how you could make this happen.

Could you watch less TV each night? Could you minimise time wasted during your day at the office (wasted office time might range from spending less time gossiping with colleagues, coffee breaks etc)?

BRAIN STORM IDEAS

Some of the side effects of not getting enough sleep each night include chronic sleepiness, impaired judgment, poor performance, obesity, diabetes and high blood pressure.

Hopefully by now you have realised the important role that sleep plays in your quest for optimal fat loss. You are fighting a losing war if you think you can get by on minimal sleep and still see fat loss results.



FINAL WORDS

I hope you found the knowledge contained in these pages well worth your time.

I am confident that by following the tips contained within, you will be on your way to the life, and ultimately, the body that you desire.

Be sure to stop by <http://aussiefatblast.blogspot.com> for the latest fitness information, exercise routines and video footage of the latest exercises.

These videos feature me doing exercise routines and giving you the latest fat blasting tips from some of Sydney's most famous icons, so what are you waiting for?

Stay tuned for the big Aussie Fatblast Launch in late 2008. I'll be getting some of the biggest names in the Fitness, and other, industries on board.

This is one launch you do not want to miss!

You will be one of the first people to benefit from this exciting and ground breaking program that will take the fat loss world by storm.

If you feel this report may benefit a friend or colleague, please encourage them to visit www.aussiefatblast.com so they can download their own personal copy.

AUTHOR BIO

I am a recognised Australian Fitness Expert with a regular fitness column in a Sydney paper, and owner of the successful DPM Performance Fitness Conditioning Business, based in Sydney CBD and Sydney's Inner West.

My role as a group training specialist has seen me transform the lives and shapes of corporate Sydneysiders for the best part of 8 years. My fat blasting routines are successful, motivating and popular.

Dedicated to you optimising your fat blasting performance,

Daniel Munday
SYDNEY, AUSTRALIA