

Body Weight Fat Burning Mini Workout Routine

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By: Scott H. Mendelson And Dr. Eric Serrano MD
see info about Scott [HERE](#).

Day 1	Sets	Reps	Tempo	Rest
A1. Body Weight Squat	3	12-15	3-2-1-0	10
A2. BW semi stiff deadlift	3	6-8	3-2-1-0	20
B1. Split Squat Jumps	3	6-8	2-1-x-0	10
B2. Swiss Ball Hamstring curls	3	6-8	3-1-1-1	20
C1. Standing unilateral calf raise	3	8	4-1-1-0	10
C2. Squat Jumps	3	8	2-1-x-0	20
Day 2				
A1. Elevated crunch	3	6-8	3-0-1-2	30
A2. Lever crunch	3	6-8	4-0-1-0	20
B1. V up	3	6-8	3-0-1-2	10
B2. Floor back extensions (hands out in front like superman)	3	6-8	3-0-1-2	20
C1. Bicycle sit up	3	6-8	3-0-1-1	10
C2. Twisting Crunches	3	6-8	3-0-1-1	20
Day 3				
A1. Close grip push up	3	6-8	5-1-1-0	10
A2. Reg grip push up	3	6-8	5-1-1-0	20
B1. Neutral grip pull up	3	6-8	3-1-1-1	10
B2. Chin up	3	6-8	3-1-1-1	20
C1. King Drill Thumbs up	3	6-8	3-1-1-2	10
C2. King Drill Thumbs down	3	6-8	3-1-1-2	10

Exercise video clips- click on <http://www.infinityfitness.com/videos/exer.htm>

Dr. Serrano I took Scott's advice and in addition to the 100% MR and Muscle Synthesis pre/post workout I am also adding a scoop of each between meals twice each day. Since starting this 2 months ago my body fat has dropped 4% (12 lbs) and I feel like I can exercise all day if I wanted to. I do some endurance work on some days that I am not weight training and my personal best times at several distances have improved 15%! There is no soreness or next day energy hang over from any of my workouts- how is this happening? Sarah Los Angeles

Consistency is the key-I have been screaming about the benefits from the Mountain Tops and some people are listening- You can pick them out easily as they are the ones with great physiques with less fat than everyone else. We have conducted several trials comparing the benefits of Amino Loading around workouts vs. around workouts and the addition of Amino Loading between meals. The second group makes more progress every time.

Amino Acid Build Up Accelerates Muscle Recovery and Fat Burning.

Our research indicates that Amino Loading with **100 % MR** and **Muscle Synthesis** around workouts and between meals leads to Muscle Accretion which is a build up of Amino Levels in the blood stream and Muscle Bellies. **This increased availability of raw materials combined with an up tick in natural fat burning hormones is a powerful Muscle REPAIRING and Fat BURNING combination ensuring that food intake supports performance and not body fat accumulation. 100% MR spares muscle from being broken down during exercise through a complex process which tricks the body into making stored fat a preferred energy source. Take advantage of Amino Loading between meals in addition to the workout time to accelerate your fat loss time table.**

Building up the Strategic Amino Acid Reserve

Many of the recent experiments have been based on improving body comp, but the huge improvements in strength/performance were impossible to ignore. The groups using a higher **100 % MR** and **Muscle Synthesis** dosage experienced big increases in reps per set as well as 1 rep max and the participants were all seasoned trainees with 5 years or more of training experience. **We believe that a strategic build up of amino acids takes place within the muscle bellies when the right amounts of raw materials and ratios are consistently supplied to the muscles.** Ratios of aminos are vital to promote optimal utilization and this took years of research including examining muscle biopsies to determine the exact profile of ingredient ratios easily utilized by the muscles. The proof came to light during countless trials with my patients who range from professional athletes to fitness enthusiasts. **They all earned great progress- It was just a matter of tailoring the dosage protocols to their individual needs and goals.**

The harder I train the faster the body fat comes off and doing it without over training has always been a challenge. Since starting the 100% MR and Muscle Synthesis my world has changed as I feel fresh every day and have finally conquered my cravings. So far 12 lbs of body fat in 4 weeks with 8 to go before I hit my goal!
L Matthews Los Angeles 9/22/09



One of the best compliments I have ever heard came from a local fitness enthusiast in her early forties who said soreness is an after thought now that she used the 100% MR and Muscle Synthesis **while cutting her body fat % from 22 to 12% in 4 months.**

Major Performance Benefits

Endurance athletes from all over the world have reported tremendous improvements in performance, breaking personal records, cycling, running and swimming. Experienced riders reported that their Century rides took less time to complete with a huge improvement in recovery time. **In many training circles the 100% MR and Muscle Synthesis Powder combo has replaced high sugar sports drinks.** The strategic accumulation of aminos within the muscles acting as reserve supply fuels maximal efforts under the toughest of circumstances separating winners from losers. Stress lowering attributes of amino loading relieves pre competition anxiety and can improve mental focus forming a powerful body/mind advantage.

The expanded ability to exercise at higher thresholds of volume, intensity and frequency is crucial for accelerating fat loss. Quite simply the more high quality work you can pack into a short window of time- the faster the body fat will melt off. The key is to do this without overtraining which elevates fat storage hormones. Amino Loading correctly not only prevents over training, but also forces the body to use more stored fat as fuel during exercise. **One of the best compliments I have ever heard came from a local fitness enthusiast in her early forties who said soreness is an after thought now that she used the 100% MR and Muscle Synthesis while cutting her body fat % from 22 to 12% in 4 months.**

The Hormonal Fat Loss Connection

The fat burning mechanisms of Amino Acid loading are a mystery to most, but not to us. **When taken before training 100 % MR and Muscle Synthesis forces the body to use more stored fat as fuel during exercise.** The post workout dosage does an excellent job of lowering stress hormones associated with fat storage. A rapid increase of societal stress for several reasons has led to chronically high stress hormones for many trainees which stimulate fat storage. Between meal dosages can not only keep stress hormones in check, but also reduce anxiety while improving mental focus. **Keep in mind that elevated stress levels is one of the most common catalysts for diet cheating and binging. Address this problem with pro active amino loading and you can eliminate the most common pit fall to fat loss success.**

Amino Loading Between Meals for Rapid Fat loss

Amino Loading with 100% MR and Muscle Synthesis provide the specific fuel the body seeks for optimal mental and physical function between meals. Why does Amino loading fool the body into burning body fat? The specific ingredients, ratios and proprietary technology found within 100% MR and Muscle Synthesis provides high impact nutrition with only a few calories signaling the body to believe massive amounts of food have been consumed. **Metabolism is revamped through the roof to handle the incoming nutrients, but there is no food to digest, leaving stored body fat as the only source available to burn.**

Shutting Off Fat Storage Receptors for Single Digit Body Fat %

Dr. Serrano so much of the information about nutrition is geared towards people with high body fat levels. I am trying to go from 16% to 8%, how do you structure a plan for someone who is already pretty lean with body fat centralized in the mid section?

You are correct different tactics must be used for someone trying to break into the single digits, similar principles apply for anyone trying to lose body fat, but we have protocols perfect for what you are aiming to do. As you get leaner both metabolic and hormonal conditions change, at first progress comes easy this is why you see obese people shed weight so quickly. We have not changed much genetically for 10,000 years and back then starvation was more prevalent. Your body responds to a consistent period of low food intake by jacking up cortisol and other fat storage hormones while lowering metabolism to keep fat as long as possible- preserving survival. **This fat storing hormonal cascade activates fat storage receptors which are focused in the mid section for men and legs for women. You can do everything “right” but if the fat storage receptors are activated by storage hormones- you will not succeed.**

Other factors including poor sleep, bad nutrition choices, combined with elevated stress levels negatively impact insulin sensitivity resulting in higher circulating levels of this powerful fat storage hormone. **The correct plan can shut off these receptors- two powerful tools are Alpha Omega and Fat Reduce.** Alpha Omega forces the fat cells to mobilize more stored fat as fuel instead of acting as vacuum cleaners for available material. The proprietary essential fatty acid matrix within the Alpha Omega along with proper diet and exercise can prevent highly problematic insulin surges.

Do you ever feel despite your hard work that the fat is not burning off fast enough? You may be doing everything you believe to be right and working very hard, but actually supporting conditions that increase body fat accumulation. High stress levels arising from a lack of progress and related frustrations increases the depth of the problem. We get the tough cases and have built many protocols to tackle these problems, if you are not satisfied with your results it is time for a change in strategy- the Rapid Abs Nutrition Plan.



The Alpha Omega have helped me get rid of at least 10 lbs of flab that was left on my stomach and hips. I finally look good enough to wear all of my clothes including some two piece bathing suits. Vacation is approaching and unlike last year I will be good about the way I look! My Hair, Skin and Nails have never looked better since starting the AO. I used 6 other EFA brands and none have come close to the Alpha Omega. Karen S San Diego 11/18/2009

Deactivating Fat Storage Receptors

I became interested in hormones many years ago as they govern all body comp and performance progress. Following the evaluation of tens of thousands of blood test results I was able to determine the optimal ratios of hormones to support maximum fat burning, and that was the easy part. Developing a formula to create these optimal hormonal changes was the big challenge. Along with proper nutrition, exercise and life style management **Fat Reduce** has consistently improved the fat loss fortunes of trainees wanting to get to single digit body fat with a great set of abs. **We conducted a 30 day trial a few years ago which demonstrated an average increase of over 400 calories in daily expenditure and follow up blood work revealed great improvements. Most**

importantly the participants lost a tremendous amount of body fat and some of these trial participants had been struggling for years.

Fat Reduce PM was designed to lower stress levels in the evening to support an easy transition into a deep level of sleep and to accelerate fat burning. Do not underestimate the importance of restful sleep which is vital for hormonal recuperation. Clients tell us within a week they wake up feeling well rested with greatly improved daily energy.

Stoking The Metabolic Fire

The Rapid Abs Nutrition plan makes use of several cutting edge techniques and is the perfect solution for anyone trying to get lean- FAST. **A recent trial resulted in an average loss of 10lbs of body fat and 5 lbs increase in muscle over 30 days!** The positive impact of macronutrient cycling is well documented from prior articles and trials. Manipulating food choices to force the body into burning more stored fat as fuel was established early on; however we were very surprised to see big increases in new muscle mass from the trial participants. We learned that manipulating the macronutrient profiles enables the body to use protein more efficiently as building blocks for new muscle while shifting to stored fat as a primary fuel source. **Adding Metabolic Fire Days to the mix stepped up progress by another 10% when done once every 14 days. This single relatively low calorie day enables the body to greatly accelerate fat burning without triggering a negative hormonal response.** A high dosage of Amino Loading with **100% MR** and **Muscle Synthesis** on this day protects muscle while enhancing fat burning through other pathways. Amino Loading around workouts and through the day accelerates fat burning by consistently sending message to the brain that large amounts of food have been consumed; forcing metabolic rate to accelerate through the worth with nothing to burn except stored fat.

Scott I have not exercised much lately and have put on 10 lbs, I fear it will be another 15 due to the holidays if I do not take action. I met a client of yours at my gym who showed me before and after pictures that were amazing. Sheila went from very overweight to one of the fittest people in a very competitive gym and swears by your advice. I feel like I am at the same starting point as her, what do I do now? Cheryl T Long Island NY

Take Action on Pack on the Holiday Pounds

Cheryl- yes take action right now- Let's turn December into a productive month instead of packing on 15 more pounds of unwanted body fat. **The attitude of putting off corrective action until January 1 is a self destructive guilt removal tactic people use to excuse an entire month of bad eating.** 100% of the time the putting off goals until Jan 1 mind set results in a disastrous December. With all of the holiday parties, meals etc the opportunities to expand your waist line are plentiful. It is ok to indulge a couple times, but frequent haphazard eating will make you pay a price especially if you are not exercising.

Building the right habits for a Successful Transformation Effort

One of the points I always try to make with clients is that there is never a perfect time to start a plan which requires changes in habits. There is always a potential excuse or obstacle- make these issues challenges that you can overcome with the right strategies instead of road blocks to success. **You may have high hopes for January which is great, but you need to start building the right nutrition and exercise habits now so that you can hit the ground running Jan 1.**

How to get Success Started

Take action today- how about exercising right now!!! Frequent exercise is absolutely crucial for increasing metabolic rate; however these sessions should favor intensity over length. **Even those pressed for time can find 10-15 minutes to do a productive exercise session at home.** Email scott@infinityfitness.com for your complementary copy of a fat burning body weight exercise routine that can be your starting point for an exercise plan or a routine to supplement your weight training to get in some extra work.

Making Time to Train

A point of difficulty for many is not only finding time to train but also transit to the gym for various reasons. The right body weight routine can provide adequate challenge without much by way of equipment so eliminate that excuse right now! Over the years I have also found the body weight routines to be a great way to take someone with little experience or in low level of shape to building a strong base for success.

Strategies for Accelerating Progress.

There is a limitation to how much work can be done in a given session due to several hormonal factors. **Sessions over 45-50 minutes begin to be counter productive. As a result I have developed many strategies using short workouts that can be done in addition to weight training sessions to help consultation clients reach their goals in shorter time periods.** Customizing the entire training and nutrition plan yields fantastic results. Short Burst workout sessions serve as an opportunity to address weaknesses, flexibility and to increase the number of metabolic activations per week. The more times a client can activate metabolism without over taxing recovery the better for fat loss!

Here is an example lower body Short Burst Fat Burning routine that takes 15 min or less! Anyone on this earth can find 15 minutes to exercise if they really want to help themselves!

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C1. Standing unilateral calf raise	3	8	4-1-1-0	10
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Exercise Destroys Cravings and Improves Energy

Through years of research surveying clients the top two reasons behind bingeing are low energy levels and junk food cravings. Both problems can be eliminated with exercise. Many clients have been surprised by the energizing impact of a brief workout and find that they have much less interest in junk food for many hours following.

Adapting 10 minute Fat Loss Interval Sessions for Cold Weather

Do not let cold weather cut down your activity levels. **A Great time saving exercise method is interval sprints which are proven to be far more effective for fat loss in comparison to steady state cardio.** Cold weather taking hold of most of the country may make running and other outdoor activities more difficult. Interval sprints that I have promoted in a series of newsletters for rapid fat loss can be done with many modes of exercise in doors such as stationary bikes, elliptical, jump ropes and more. Do not let the weather deter you from doing intervals a couple times per week! **Clients performing 3 interval sessions per week 15-20 minutes in length can earn body fat losses of 2-4 lbs per week with the correct customized nutrition changes.**

Email Scott@infinityfitness.com for your complementary copy of avoiding body fat accumulation during the holidays and the 10 minute fat loss interval workout.

In conclusion- Knowledge is not power, only knowledge properly applied is powerful. Work hard and smart utilizing a customized plan appropriate for your needs; Fat loss is rarely a one size fits all matter which is why you should contact scott@infinityfitness.com to discuss your individual needs. The three most common traits that we see amongst those who are most successful are a sense of urgency to reach a set of goals, the ability to get right back on track when life knocks you off course and finally the ability to consistently execute a well designed routine with no room for excuses. See you at the beach!

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