NEW 2.0 VERSION

Becky & Steve Holman's

10 Ultimate Body Transformation Tips & Tricks

From the Co-creators of Old School New Body
Old School New Body's 10 Ultimate Body Transformation Tips & Tricks version 2.0 was written to help you achieve a lean, healthy muscular body, a more youthful appearance and a happier, sexier disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Cover models: Becky Holman and Jonathan Lawson

Before photos by Steve Holman

After photos by Michael Neveux

Photography by Michael Neveux

Copyright © 2012, 2013 by Homebody Productions
All rights reserved.

www.SteveAndBeckyHolman.com
Do you need a physical makeover? Don’t feel bad; many people want and need a total-body transformation. It’s the most common New Year resolution, and loads of people hit they gym and go on diets every January 1 to make it happen.

But the usual result is that they fall flat, some after only a few weeks! Why is it so difficult for so many?

Is it that the motivation tank hits empty too fast? Is it weak will-power or lack of discipline? Those can contribute, but the real culprit is misinformation. People just don’t know the fastest, most efficient methods to make their body-transformation efforts a rousing success.

That’s a darned shame because it’s not that difficult—and you can make it happen fast! (Family members and friends will be shocked!)

But looking great is only part of it. We’re convinced that if more people exercised correctly—it doesn’t take as much as you think—and ate right most of the time, our healthcare and obesity crisis in this country would be nonexistent. We think many doctors would have to get part-time jobs because there wouldn’t be enough business.

But we’re getting ahead of ourselves. Let’s outline the specifics that can get you healthier, happier and in fantastic shape, tips you can use to literally transform yourself!

—Becky and Steve Holman
authors of Old School New Body
www.SteveAndBeckyHolman.com
You've heard of carbs. Those are foods that include sugar—cake, pasta, bread, pastries, candy, ice cream and even fruits and vegetables. Those all convert to glucose after you eat them.

**The glucose you get from carbs is an energy substrate, so you either burn it off or store it.** Once it’s in your bloodstream, your body uses the sugar to fuel immediate activity or it gets shuttled to one of two storage spots:

1) Your fat cells (you want to avoid this as much as possible)

2) Your muscles and liver (more on how to get it to go here instead of your fat cells on the next page)

Luckily vegetables only have a few grams of carbs per serving, so the glucose load is inconsequential. You can eat as many vegetables as you want without fat storage.

You need to be more cautious when it comes to fruit, but not much. We like a serving or two a day because it has health benefits, like anti-oxidants. Plus, fruit has fiber, which slows its digestion. That’s important because you get only a limited insulin response from a serving of fruit....

Insulin is what makes simple carbs, like desserts, bread and pasta—and even fruit juice and potatoes—so dangerous. Insulin is a fat-storage hormone that surges when simple sugar hits your system. Avoid foods that shoot up your insulin and you’ll be well on your way to leanness.

**Quick tip: Indulge in vegetables, eat fruit in moderation and avoid simple sugar (crap food) most of the time** (infrequent splurges are fine). And to speed your fat loss, create a glycogen deficit in your muscles with quick, efficient weight-training workouts. Proper weight training helps send most of the carbs you eat to replenish your muscles instead of your fat cells. More on that next...
Many people walk for exercise. That’s fine, but it does not tax your muscles enough to produce a glycogen deficit (remember, glycogen is energy stored from carbs). Not to get too technical, but walking uses slow-twitch fibers, which do not burn off a lot of carb energy. What are the numbers?

Walking a mile burns about 80 calories, which translates into 20 grams of carbs. Is 20 grams a lot?

Well, one small bagel has 30 grams of carbs. Uh oh—you just put all those carb calories back that you burned on your one-mile walk with one small bagel—plus 10 grams extra. Yikes! It gets worse: one measly cup of cooked pasta is about 40 grams. That’s not a lot, but you’d have to walk two miles to burn it off. Whoa!

Discouraging? **If you rely on walking as your ONLY exercise, yes it is discouraging. A big part of the solution is to do some weight training—and it doesn't take a lot.** By working your muscles with moderate-weight, high-fatigue lifting in the quick, efficient sessions we outline in *Old School New Body*, you train fast-twitch muscle fibers and accomplish three significant fat-burning goals:

1) F4X weight workouts deplete your muscles and your liver of glycogen. With that *glycogen deficit* created, the carbs you eat after go to replenishing those stores rather than turning to fat. In other words, after an *Old School New Body* weight workout the carbs you eat go to your muscles and liver *instead of your fat cells*.

2) F4X weight workouts create small fissures in muscle fibers. As your body repairs your muscles after your workout, your metabolism is revved—and that *fired-up metabolism* can last for days. Studies show that as your body "fixes" weight-trained muscles, it burns body fat for energy. Nice! You burn body fat 24/7.

3) F4X weight workouts boost *growth hormone*, which is a potent FAT BURNER as well as an ANTI-AGING compound.
As we said, weight training is great at depleting muscles of glycogen, giving the carbs you eat a better place to go instead of stuffing your fat cells. But to burn the most body fat possible during exercise you also must create an oxygen debt.

That means you need to huff and puff a bit because body fat is burned best in the presence of oxygen. That’s where the term "aerobics" comes from—it means "with oxygen to the muscles."

It’s why you see so many people on treadmills trying to burn fat. But if you use the Old School New Body method of weight training—F4X which requires moderate weights and short rests between sets—you will get breathless and raise your heart rate at every workout.

So F4X workouts not only produce the important glycogen deficit to reroute carbs to muscles instead of fat, those weight workouts also provide a potent fat-burning aerobic effect as well.

Now you can enhance fat burning by doing some extra cardio work, but many people find that it’s not necessary with the F4X method. F4X gives you muscle stimulation as well as cardio, or aerobic, effects at three quick sessions a week.

Quick tip: If you choose to add straight cardio to your transformation strategy to speed up your leaning-out process, the best time to do it is right after a weight workout. Why? The weight training burns off all of the glycogen in your bloodstream. That means moving to moderate cardio work, like walking, right after weight training will have you tapping into your fat stores almost immediately. You can also do cardio work on your off days from the gym. While it doesn’t burn off a lot of sugar, it can help tap some body fat and improve your heart health even more. Every little bit of blubber busting and health boosting helps!
Do you eat enough protein? Most people think they do—but it’s not true. You see, the turnover of cells in your body is immense, and the building blocks of those cells are amino acids from protein.

Even sedentary couch potatoes need protein to fuel that cell turnover. And if you exercise, your need for protein increases in order to repair muscles (and burn more fat, as you’ll see).

But there’s more to getting protein than rebuilding. It’s also been shown to relieve hunger quickly. **Yep, protein at a meal will help quench your appetite faster and keep you satisfied longer so you don’t have the urge to splurge.**

What are acceptable protein foods? Plain Greek yogurt is excellent. Also, nuts, cottage cheese, low fat organic cheese, 2 percent organic milk, turkey, chicken, fish and eggs. Grass-fed beef is also excellent.

Getting more protein is especially important as you age because your ability to assimilate and use the amino acids in protein diminishes the older you get. So the older you get, the more protein you need.

**Quick tip:** For building-block insurance drink a small protein shake midmorning and mid-afternoon when you can swing it. Blend it up the night before, pour it into a plastic quart container and refrigerate. Simply shake it up and drink half in the morning and the other half around 3 p.m. or so. You’ll have more energy and no hunger. Straight whey protein is fine, but we suggest getting a powder that contains a protein array—whey as well as micellar casein and egg protein. A variety of sources is best for health and well being, as well as rebuilding. [See our Old School New Body e-book for specific protein-charged-meal recommendations and our daily diets.]
When it comes to exercise, most people think more is better. No, no and no! Overdoing exercise—either too long or too hard—can have two detrimental effects...

1) **Your cortisol skyrockets.** Cortisol is a stress hormone that encourages eating binges and body fat storage. It can also cause your body to burn muscle tissue for energy. Less muscle, more fat—not good! Working out too long and/or too hard—extreme weights overstress joints—causes cortisol release.

2) **Your motivation eventually plummets.** One of the biggest mistakes people make when beginning a body transformation is getting too gung-ho. They work out six days a week and drastically reduce their calories. That results in loss of motivation (not to mention a cortisol spike). It’s why so many people quit before they see results.

The key is to gradually ramp up your training challenges. We provide a break-in protocol in *Old School New Body*, and then you cruise into full F4X training. **Use short moderate-weight, high-muscle-fatigue workouts—so you don't shoot up your cortisol and shoot down your motivation.**

---

Quick tip: Keep your workouts short—35 minutes or less if you're not advanced—but keep them challenging. That will leave you wanting more. Your weight-training workouts should not be draining to the point of exhaustion. Short, condensed F4X training creates a glycogen deficit and also triggers a surge in growth hormone, the fat-burning, anti-aging hormone. Long, draining workouts do the opposite because they trigger the stress hormone cortisol, the agonist to growth hormone. Cortisol smothers GH like a wet blanket on a camp fire and can boost fat gain. You want to minimize your cortisol and maximize growth hormone.
We mentioned eating small, *protein-charged* meals often to keep your appetite under control and fuel recovery from exercise. We like four to six smaller meals, including protein shakes, a day spaced fairly evenly apart.

Eating small meals throughout the day also keeps your metabolism stoked, especially if you include protein. Protein has a higher energy cost, or greater thermic effect, than either carbs or fat. What does that mean?

**It takes more energy to digest protein, so a bit more protein in place of carbs creates an almost instant fat-burning effect.** Most Americans eat a diet that is more than 60 percent carbs—and most of those are bad insulin spikers that convert to body fat almost instantly.

Protein also helps you build muscle, and muscle has a higher energy cost than body fat. That means the more muscle you have on your body, the more you can eat without getting fat—because your muscles need fuel just to subsist.

Non-insulin-surging carbs are important too, and in *OSNB* we explain how slight manipulations in carb-to-protein ratios can increase fat burning significantly.

Remember, getting protein often will rev your metabolism, help repair your muscles and increase your fat burning.

---

**Quick tip:** To stoke your metabolism even more, control your lifting cadence during your *Old School New Body* workouts—lift in one second and lower in three. The slower lowering triggers slight fissures in the myofibril strands in the muscle fibers—and you do not have to use heavy weight. Maintain that slower-to-lower tempo on every repetition, and you'll trigger those fissures that will rev your metabolism as your body repairs your muscles—you burn more fat 24/7!
Breakfast sets the stage for your daily fat burning, so it’s very important when you’re transforming your physique.

One of the big reason relates back to #6—breakfast, with the right composition, increases your metabolism. After an eight-hour fast—if you didn’t sleepwalk and raid your fridge—your body is primed for nutrients when you awaken.

If you don’t eat breakfast, your body thinks it’s starving, which means a slower metabolism and throwing muscle into the energy furnace. (Remember, more muscle on your frame equals metabolic momentum—more calories burned by your body every day, even at rest).

What you eat is also very important. Obviously a big bowl of Captain Crunch is a sugar-filled breakfast that shoots up your insulin and increases fat storage. Then, within an hour you are ravenously hungry. That’s because insulin rapidly sweeps blood sugar out of your blood stream to your liver for fat conversion, and your hunger is back an hour or so later.

A good breakfast should consist of slow-releasing carbs, like oatmeal, and some protein, such as eggs. The fat in the eggs is also important because studies show that it improves “metabolic flexibility” as explained here...

Quick tip: Eat some fat at breakfast—an egg for example. Jacob Wilson, Ph.D. and Gabriel Wilson, Ph.D., found that when you get some fat in your first meal of the day, you’re better able to burn both fats and carbs throughout the day. A high-carb breakfast with zero fat, on the other hand, produces “metabolic inflexibility as well as more fat gain and insulin resistance.” (See Old School New Body for our sample breakfast meals that can help you blast off more body fat.)
"I drink plenty of water!" Do you really? Becky carries around a bottle of water in her purse everywhere she goes. She is constantly sipping from it and refilling it.

Steve has a huge glass of water at his desk and is sipping and refilling it throughout the day. Plus, all the water means he is up heading to the bathroom often, which is good for stoking the metabolism (new studies show it’s detrimental on metabolism as well as posture and blood pressure to sit for extended periods without getting up, so frequent pee breaks are good).

We also like to drink a full glass of water as soon as we wake up to get our metabolisms rolling and our bodies rehydrated.

**Water keeps your body functioning optimally and can increase your metabolism, especially if it's cold water.** Throw a couple of ice cubes in if you can because the colder it is, the more energy it takes your body to heat it to body temperature so it can do its hydrating duties.

How much water do you need? That can depend on the room or outside temperature, how much you sweat, if you perspired a lot during a workout or worked in the yard, etc. A good rule of thumb is to drink close to a gallon of water a day, as often as possible. Oh, and hydrated skin makes you look much better with fewer "laugh lines" (wrinkles).

**Quick tip:** Did you know that your body stores a lot of toxins in body fat? When your body is burning off fat, toxins are released into your system. Drinking water will help dilute it and carry it through your filtering system efficiently so no complications occur and fat comes off faster—no toxin re-storage in fat cells. **So carry water with you always**—when possible—even when you go to the grocery store.
The research has been pouring in: Disrupted sleep can make you gain body fat, impair your immune system and cause hormonal havoc that can throw your body out of whack.

Sound sleep every night is so very important to your transformation goals that if you have sleep problems, you must remedy them immediately. **The first few hours of sound sleep is when your body releases growth hormone—GH speeds fat loss, boosts your immune system and has multiple anti-aging benefits.**

If you have trouble sleeping, you may want to try a calcium-magnesium supplement before you hit the hay.

We also encourage the use of a small amount of caffeine before workouts—unless it disrupts your sleep at night (caffeine usually takes about six hours to move completely out of your system, so don’t get it too late in the afternoon).

What’s so great about caffeine? Well, it obviously gives you an energy boost. Plus, studies show that it can enhance muscle contraction for better workouts, but that’s not the best part....

**Studies also show that caffeine helps your body mobilize fat for fuel at a faster, more efficient rate** because it stimulates the mitochondria, the fat-burning powerhouses in your cells. That means you burn fat fast. (As we said, if you have an aversion to it or it disrupts your sleep, do not use it). We like one cup of coffee before our workouts—that’s about 70 milligrams of caffeine.

---

**Quick tip: Keep your rests between weight-training sets short—about 40 seconds.** That’s another reason our *Old Shcool New Body* F4X training works so well at getting you lean—you breathe harder, which stimulates the mitochondria where fat is burned. Plus, the deep breathing and your taxed muscles will help you sleep more soundly than ever.
“I don't eat that.” That simple phrase may be one way to keep you on the clean-eating track.

In a recent study 80 percent of women who used those words stuck with their good eating habits. That’s compared to only 10 percent who used “I can’t....”

The reason may be that “can’t” indicates you’re giving up something you’re craving. “I don’t” gives you more of a sense of empowerment. It’s one more trick to help you stay on the Old School New Body eating plan.

What about sticking to your workouts? Well, while many people start working out to look better, that one goal may be the reason they quit. A better way to look at exercise is from a health perspective.

In Old School New Body we have a chapter on motivation and goals. A study we discuss found that a simple shift to thinking of exercise as more for well being than looks or fat loss had a tremendous positive effect on consistency. Yes, you will look better, but focus on how uplifted, energetic and healthy you feel. (Of course, you're looking better and better too.) It's time. Let’s do it!

Quick tip: You may need a reality check to set your motivation in motion, so take a before photo of yourself straight on in a bathing suit. Post it so you see it every day. We also recommend reading motivational transformation stories to inspire and fire you up. Becky’s is in Chapter 6 of Old School New Body. By the way, one of her big motivators was taking the before photo that’s at the right. Once she saw reality, her drive to transform herself kicked into high gear—and, boy, did it work!
The Program That Will Change Your Body—and Your Life—Old School New Body

Click on the Cover to Get Your E-book Today (And, for a Limited Time, Lots of FREE Gifts!)