

Early in 2011 (January), Training to be Balanced (T2BB) embarked upon a fat lost adventure called the “Transformation Challenge” Contest. It consisted of five person teams that trained for 6 and half weeks to lose the largest percentage of fat and gain the largest percentage of muscle to win \$2500! We called it Transformation because it models our mission statement of looking better, feeling better and performing better. T2BB have always succeeded at increased performance but other factors remain to feel and look better which corresponds to losing fat, gaining muscle and changing mindset towards training.

Our first annual contest brought 130 participants in 26 teams. The winning team that consisted of three males and two females, all in their 30’s *lost a combine* 28.3% body fat; *gained a combined* 8.82% muscle. Of that team, called Team America, one female lead her team by losing 13.7 pounds of fat and gaining 3.4 pounds of muscle! This is compared to men on her team!

Our leading male most valuable player (MVP) lost 28 pounds of fat at 42 years of age and our female MVP lost an outstanding 10.3 pounds of fat; gained 1.3 pounds of muscle; lost 6% body fat all at the age of 54 years old. So those pessimistic of losing fat or looking good after the age of 50, think again...our female MVP is only just one of many that have proven it!

As a group of 130 participants, 250% body fat & 586.2 pounds of fat was lost in six and half weeks. This is a great accomplishment and many learned the modern ways to losing fat. Results were not guaranteed, they were *earned*.

Muscle burns fat. Simple, researched based and a fact for decades. Most weight loss programs just give you bits and pieces of how to lose weight or how to exercise but not the whole package. We have strategies to keep the fat off, gain the muscle and feel and live better.

Along with years of T2BB experience, we are following the guidelines of two excellent books, *The Female Body Breakthrough* and *New Rules for Weight Lifting for Men*. Most women books are written by women who are genetically gifted and attempt to explain how to create eating habits or exercise without have living it themselves. The female breakthrough book is written by a women who has struggled with losing fat and is now has the perfect shape of her life. In additional, numerous testimonials that relate to losing fat, gaining muscle and keeping it off. This does not include world-class athlete who are paid to workout or the recreational athlete who has no responsibility but to workout and play all day. T2BB brings those real life situations to real life training.

An insert from the female breakthrough book read as follows: “Debunking the myths: Myth #1 - Women will get big and bulky if they lift heavy weights. Using strength training will build some muscle, so if you’re scared of looking firmer, toned, and fit, you shouldn’t touch a weight. But no women I have worked with has ever become big, huge, and bulky. Using the right program will give you definition and the right amount of muscle size as you’re losing fat, so you’ll be smaller, with toned arms and a hard butt and thighs. The only way to look fit is to build some muscle. You can’t be afraid of muscle. Most men have a hard time getting big and bulky, and they have 10 to 30 times more testosterone than we do. A women will not look like a man as result of lifting weights...”

Men who have trained for years for whatever reason are shocked when they discover the new types of training at T2BB. Some of the new training approaches come from the book *New Rules for Weight Lifting for Men* relate to outdoor activities, belly fat reduction, overall health, or competitive sport. Current information that trains the whole body to gain the necessary conditioning that a male needs to reach muscle gains and lose fat and perform in outdoor activities.

As an example, Mr. X is skiing fairly difficult terrain on the weekends (alpine and skinning/touring in the back country) and self works out two times a week, Tuesday and Thursday. Those two workout need to be beneficial but he does not want to over work the legs.

Mr. X needs to hit all directional movements, not isolation, movements of the body. Horizontal push & pull, vertical push and pull, quad dominant and hip dominate. He picks an exercise that predominantly using a horizontal pushes action. Simply put, a push up does work the core, engages the butt muscles but the action is a horizontal push action

with the arms. Hip dominant has do with action of the glutes and hamstrings working. An example is a roman Deadlift or Swiss ball hamstring curls.

If Mr. X hits all the directional movements of working out, he not only enhances his weekend outdoor activities, but also maintains health and overall preparation for his next seasonal outdoor activity.

In choosing a New Year's Resolution this year, don't make a goal now and once a month to take some effort and learn what it takes to look better, feel better and perform better. Our second annual Transformation Challenge begins Jan. 23, 2012 at T2BB. If you are going to lose fat and gain muscle, why not get paid \$2500 while doing it!