

Thermal-Kinetics

Extreme Weight Loss Program

Introduction

Thermal-Kinetics is a 60-day extreme weight loss program that the fitness professionals use. This program was designed to prepare fitness professionals for photo shoots and contests. This is what Hollywood stars do to get ready for that big blockbuster movie.

Does that mean regular people can't do the program? NO, anyone can do this. If you follow the program exactly how it was designed, you too can achieve the same results. The science is spelled out for you in the program. This is a challenge against yourself and your mind. This is about sacrifice and hard work...you have to want it. Average everyday people have done this program and have gotten dramatic results. But it's up to you. 60 days is small fraction of your life, so take advantage of tools and information in this program and do something amazing!

Supplements

These supplements were specifically designed for this program.

BURN AM

Thermogenic rises body temp for fat burning

PRE STEP-1 Pre-workout (not caffeine)

Supplies oxygen to working muscles to burn more fat during workout

INTRA

Branch Chain Amino Acid repairs muscle during workout

Bullet proof Vitality

Multi-Vitamin

FIBER Colon cleanse

(1) TBLS day in 8 oz water

KETO STIX *In the morning run stick through your urine and check stick to color chart on package. Stick should turn pink (trace). With this program you'll be draining your Glycogen (carb) storage. Glycogen stores in your liver and muscle cells. Once your storage is at its lowest you'll burn a higher percentage of fat. Periodically throughout the program test in the morning.*

Purchase Supplements here

Buy 3 get 1 free with CODE GL4E

<https://refer.prestigelabs.com/?af=dwixesaj>

Colon Cleanse

https://www.amazon.com/Health-Plus-Cleanse-9-Ounces-Servings/dp/B0001ZZO46/ref=sr_1_6?crd=3PE7C951Y6V4W&dchild=1&keywords=colon+cleans+stevia+orange&qid=1627600565&sprefix=colon+cleanse+stevia%2Caps%2C251&sr=8-6

High Days

What are “high days”? High days are a way for your body to reset. Continuous dieting will lead to plateau’s. By adding carbohydrates at specific intervals it allows the body to essentially relax. For non-competitors you may have a 200 calorie cheat in addition to your high day.

High days

Week	MON	TUE	WED	THUR	FRI	SA	SUN
1							
2				High			
3		High					High
4				High			
5		High					High
6					High		
7			High				
8	High						High

Your food program

Week 1-4 75oz water day

Eggs/lean meats and green vegetables only

Chicken breast, chicken thigh, Lean ground beef (96% fat free), flank steak, top sirloin, filet Magnon, lean beef, fish, tuna, shrimp, pork loin, pork chops

Vegetables like Broccoli, Asparagus, and spinach (green are best)

Day 4 you should turn KETO-STIX pink (trace)

Men-5 oz. protein every 3 hours (5 meals a day minimum)

Women- 4 oz. protein every 3 hours (5 meals a day minimum)

Men- Breakfast can be 2 whole eggs and 3 whites (Salsa or Parmesan cheese ok)

Women- Breakfast can be 1 whole egg and 3 whites (Salsa or Parmesan cheese ok)

Must have at least 2 servings of green vegetables a day (Spinach-Broccoli-Asparagus)

Week 5-8 Increase water to 128 oz. day

High days

Breakfast use whole eggs (Men)-3 (Women)-2 Whole eggs

Men will be adding 150 carbs for the day (IE. 1 cup rice=50 carbs) Women 100 carbs. If you are not a competitor you may also add a 200 calorie cheat every 3rd high day (anything goes)

For Competition Day

Week 6-7 increase water to 2 gallons day

7 days out from competition decrease sodium intake to less than 2000 mg/day

4 days out cut water intake to 50 oz. day

Night before and morning of competition drink 8 oz. orange juice (this will increase muscle volume)

DIET

MEN

2 EGGS / 3 WHITES

5 OZ PROTEIN

5 OZ PROTEIN 1 CUP SPINACH

5 OZ PROTEIN

5 OZ PROTEIN/ 1 CUP BROCCOLI

WOMEN

1 EGG / 3 WHITES

4 OZ PROTEIN

4 OZ PROTEIN 1 CUP SPINACH

4 OZ PROTEIN

4 OZ PROTEIN/ 1 CUP BROCCOLI

HIGH DAYS

MEN

Add 150 carbs

3 WHOLE EGGS

5 OZ PROTEIN 1 CUP RICE

5 OZ PROTEIN 1 CUP SPINACH

5 OZ PROTEIN 1 CUP RICE

5 OZ PROTEIN/ 1 CUP rice and broccoli

WOMEN

Add 100 Carbs

2 WHOLE EGGS

4 OZ PROTEIN 1 CUP RICE

4 OZ PROTEIN 1 CUP SPINACH

4 OZ PROTEIN 1 CUP RICE

4 OZ PROTEIN/ 1 CUP BROCCOLI

Cardio

Cardio can be done after weight training or on another day. Heart rate is very important when performing cardio. Your heart rate must be above 130 BPM (beats per minute) but under 145BPM and it must hit 130 on or before 8 minutes into your cardio. Interval training and boot camps are not considered cardio. In order for a muscle to burn fat there must be a continuous supply of oxygen to that working muscle. Starting and stopping during cardio switches fuel from fat to carbs. Cardio works on a week by week basis. If you miss a cardio one week you must make that cardio up at a later time.

Week 1	No Cardio			
2	20	20	20	
3	20	20	30	
4	20	30	30	
5	30	30	30	
6	30	30	40	
7	30	40	40	40
8	40	40	40	40

Frequently asked question

Can I eat LESS than 5 oz. of protein?

NO!!! If you under eat this program will not work. There is not a fitness model around that eats 500 calories a day.

Can I eat MORE than 5 oz. of protein?

No you can't, it is best to stick with the program as it was designed but consuming larger portions occasionally (at a restaurant) should be limited but is allowed

Can I do extra cardio

NO!!!! Follow the program exactly as it was designed. Every facet of this program is designed with specific reason. Excessive cardio will result in a plateau

What if I don't want to meal prep?

DON'T DO THIS PROGRAM. Meal prep is essential for success.

What if I cheat?

One meal doesn't destroy a program. Get right back at it. Don't stop the program and start over just move on and pretend it didn't happen.

Can I drink alcohol?

Obviously if you don't drink you'll lose more weight. If you do drink make sure it's only hard liquor or red wine (Vodka soda, jack and diet coke, tequila) no calorie additives (O.J., cranberry or regular coke)

Do I have to eat plain chicken breast every meal?

NO....Get creative- shrimp over spinach, use any marinade when cooking chicken and beef. Use sauces but sparingly (BBQ, ketchup) Salsa can used with eggs. Cheese can be used but sparingly....USE ULTRA COMMON SENSE

What if I can't drink all that water?

Do the best you can. Start at 50 oz day and work your way up.

What if I miss a cardio?

You must make it up the next week

Can I go out to dinner?

Yes. Modify, Modify, Modify. Order a protein hold the starch (potato, rice) and ask for extra vegetables. Don't eat the rolls or chips and salsa.

Can I eat as much fat as I want as long as I'm low carb?

No. Common sense plays a big role here. Ordering a rib-eye steak over a lean filet is not common sense. Smothering butter all over your broccoli is not common sense. Using just a little butter or sauces is ok. To be specific less than 50 grams of fat a day is ok.

Can I skip the high day?

No! Again all parts of this program are designed for a reason. Follow it EXACTLY as it's designed.

How many meals should I eat a day?

5 minimum. But you should be eating every 3 hours from the time you wake up till the time you go to bed.

What Happens when it's over?

This part is very important. You have to normalize your body in order to maintain weight. Once the program is done and you are finished with your contest, photo shoot or just losing weight go ahead and have an epic CHEAT!! You deserve it. But the next day, you are right back on.

Normalizing the body takes about 10 days. Every 2 days you are going to add 1 fruit till you are at 3 fruits a day. Spread the fruit throughout the day. Once the 10 days are over you still have to eat good (Protein, fruits and vegetable) but once a week go ahead and have a cheat day.....a big one

For those of you who aren't at your ultimate goal. Normalize the body above. And repeat the whole program again.

For those who don't have a training program

Day 1: UPPER BODY

		REPS	WEIGHT	REST
SEATED CABLE ROWS	5 SETS	8--12		45 SEC
WIDE GRIP LAT PULLDOWN	5 SETS	8--12		45 SEC
INCLINE DUMBBELL CHEST PRESS	5 SETS	8--12		45 SEC
FLAT DUMBBELL CHEST PRESS	5 SETS	8--12		45 SEC
SEATED DUMBBELL SHOULDER PRESS	5 SETS	8--12		45 SEC
BARBELL CURLS	5 SETS	8--13		50 SEC
UPPER LOWER ABS	5 SETS	15--20		30 SEC

DAY 2: QUADS/HAMSTRINGS

		REPS	WEIGHT	REST
SQUATS	5 SETS	8--12		45 SEC
LYING HAMSTRING CURLS	5 SETS	8--12		45 SEC
DUMBBELL LUNGES	5 SETS	8--12		45 SEC
LEG EXTENTION	5 SETS	8--12		45 SEC
UPPER /LOWER ABS	5 SETS	15--20		30 SEC

DAY 3: REST

DAY 4: CHEST/SHOULDER/TRICEPTS

		REPS	WEIGHT	REST
DUMBBELL SHOULDER PRESS	5 SETS	8--12		45 SEC
STRAIT BAR PUSHDOWN	5 SETS	8--12		45 SEC
FLAT DUMBBELL CHEST PRESS	5 SETS	8--12		45 SEC
DUMBBELL SIDE RAISES	5 SETS	8--12		45 SEC
TRICEP ROPE PUSHDOWN	5 SETS	8--12		45 SEC
DIPS	5 SETS	8--12		45 SEC

DAY 5: LEGS

		REPS	WEIGHT	REST
DB SQUATS	5 SETS	8--12		45 SEC
SQUATS	5 SETS	8--12		45 SEC
LEG EXTENTION	5 SETS	8--12		45 SEC
LEG CURLS	5 SETS	8--12		45 SEC
LEG PRESS	5 SETS	8--12		45 SEC

UPPER LOWER ABS	5 SETS	15--20		30 SEC
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DAY 6/7 REST