

JORGE CRUISE

#1 *New York Times* Bestselling Author and *USA Weekend* Magazine FitSmart Editor

LOSE
WEIGHT,
NOT
MONEY

A SIMPLE PLAN TO DROP 10 POUNDS

BODY AT HOME

A 2-IN-1 GUIDE FOR MEN & WOMEN

PRAISE FOR
JORGE CRUISE

“Jorge’s program for men offers a breakthrough workout method focusing on the universal truth that quality trumps quantity. Use it and work smarter, not harder.”

—Tony Robbins, America’s Peak Performance Coach

“Here’s the big secret laid bare. In the long run, you can’t lose weight without building muscle, so follow Jorge’s recommendations.”

—Dr. Mehmet Oz, author of *YOU: Staying Young* and
coauthor with Michael F. Roizen of *YOU: On a Diet*

“Regular physical activity is crucial for weight control, and vital for health. But fitting it into our hectic daily routines can seem nearly impossible—until you get some guidance from Jorge Cruise! Jorge is the master of maximal benefit from exercise in minimal time. Read Jorge’s latest insights and empowering strategies, and you will discover there is time in your life for exercise and its powerful benefits—no heavy lifting required!”

—David L. Katz, M.D., Public Health Director, Prevention Research Center,
Yale University School of Medicine; Medical Consultant, ABC News

“Jorge knows what he’s talking about. Follow his book—lose the weight.”

—Chris Robinson, fitness expert and author of *The Core Connection*

“Jorge is the embodiment of his own program. This book tells you how to achieve the same results—really great!”

—Suzanne Somers, author of *New York Times* bestseller *AGELESS*

“Jorge Cruise’s new program will revolutionize how you work out and stay fit. His plan is amazing.”

—Cathleen Black, president, Hearst Magazines; author of *Basic Black*

“Like me, Jorge Cruise practices what he preaches.”

—Jack LaLanne, godfather of fitness and coauthor of *Fiscal Fitness*

“Jorge continues to inspire and make losing weight fun and part of your life forever.”

—Mariel Hemingway, author of *Healthy Living from the Inside Out*

“Jorge Cruise has done it again! Long at the forefront of teaching people how to live healthy lives, his new book shows you how to exercise effectively, safely, and efficiently. A great guide to a healthier you!”

—John Robbins, author of *Healthy at 100* and the internationally acclaimed bestseller *Diet for a New America*

“I agree with Jorge wholeheartedly. Along with a sound eating plan, strength training is the key to overall health improvement. And, as the saying goes, ‘Slow and steady wins the race!’”

—Frederick Hahn, celebrity trainer, author, and owner of Serious Strength NYC

“Jorge Cruise defines how to maximize results in a short amount of time—which is invaluable in this fast-paced world. With traditional strength training, there are reps. With Jorge’s program, there are *REPS*! With this technique, you can shape your body faster than you ever thought possible.”

—Kathy Smith, fitness expert and author of *Feed Muscle, Shrink Fat*

“You’ll love the results: boosting your metabolism, increasing your stamina, and easily fitting into your jeans again.”

—Lucy Beale, author of *The Complete Idiot’s Guide to Glycemic Index Weight Loss*

“In this chaotic world where dozens of new diet and exercise books seem to pop up every year, it’s all too easy to get confused and to give up hope. This book clearly details the ‘basics’ that should form the foundation to any healthy lifestyle. Read the first few pages and you’ll soon discover that you can have the body you’ve always dreamed of in half the usual time.”

—Christopher Guerriero, founder of MaximizeYourMetabolism.com and host of *The Energy Factor* health television show

BODY AT
HOME

OTHER BOOKS BY JORGE CRUISE

The 12-Second Sequence™

The 12-Second Sequence™ Journal

The 3-Hour Diet™

The 3-Hour Diet™ Cookbook

The 3-Hour Diet™ for Teens

The 3-Hour Diet™ On-the-Go

8 Minutes in the Morning®

8 Minutes in the Morning®: Extra-Easy Weight Loss

8 Minutes in the Morning®: Flat Belly

8 Minutes in the Morning®: Thinner Thighs and Hips

BODY AT HOME

A Simple Plan to Drop 10 pounds

JORGE CRUISE



CROWN PUBLISHERS
New York

Copyright © 2009 by Platinum View Properties, L.P., a Nevada limited partnership

All rights reserved.

Published in the United States by Crown Publishers, an imprint of the Crown Publishing Group,
a division of Random House, Inc., New York.

www.crownpublishing.com

CROWN and the Crown colophon are registered trademarks of Random House, Inc.

Library of Congress Cataloging-in-Publication Data

Cruise, Jorge.

Body at home / Jorge Cruise.

p. cm.

Includes bibliographical references and index.

ISBN 978-0-307-38333-4

1. Physical fitness. 2. Reducing exercises. 3. Reducing diets. I. Title.

RA781.C785 2009

613.7'1—dc22

2008050634

Printed in the U.S.A.

10 9 8 7 6 5 4 3 2 1

First Edition

Notice:

The information given here is designed to help you make informed decisions about your body and health. The suggestions for specific foods, nutritional supplements, and exercises in this program are not intended to replace appropriate or necessary medical care. Before starting any exercise program, always see your physician. If you have specific medical symptoms, consult your physician immediately. If any recommendations given in this program contradict your physician's advice, be sure to consult your doctor before proceeding. Mention of specific products, companies, organizations, or authorities in this book does not imply endorsement by the author or the publisher, nor does mention of specific companies, organizations, or authorities in the book imply that they endorse the book. The author and the publisher disclaim any liability or loss, personal or otherwise, resulting from the procedures in this program. Internet addresses and telephone numbers given in this book were accurate at the time the book went to press.

Product pictures, trademarks, and trademark names are used throughout this book to describe and inform the reader about various proprietary products that are owned by others. The presentation of such pictures and information is intended to benefit the owner of the products and trademarks and is not intended to infringe upon trademark, copyright, or other rights, or to imply any claim to the mark other than that made by the owner. No endorsement of the information contained in this book has been given by the owners of such products and trademarks, and no such endorsement is implied by the inclusion of product pictures or trademarks in this book.

Trademarks:

Body at Home

12-Second Sequence

12Second.com

3-Hour Diet

3HourDiet.com

8 Minutes in the Morning

Controlled Tension

Instant Health

Jorge Cruise

JorgeCruise.com

Time-Based Nutrition

Jorge's Packs

Priority Solution



To purchase a copy of

Body at Home

visit one of these online retailers:

[Amazon](#)

[Barnes & Noble](#)

[Borders](#)

[IndieBound](#)

[Powell's Books](#)

[Random House](#)



THIS BOOK IS DEDICATED TO YOU

Investing in your health *always* pays off. And in these difficult economic times, it is an absolute necessity. Your ability to be fit and healthy will give you the greatest advantage at home and at work.



CONTENTS

	<i>Acknowledgments</i>	xi
Part 1 Body at Home™ for Women		
	<i>Foreword for Her</i>	3
1	<i>Drop 10 Pounds in Two Weeks at Home!</i>	5
2	<i>A Woman's Best Friend: The Priority Solution™</i>	9
3	<i>Eating Right</i>	21
4	<i>Get Ready to Start</i>	33
5	<i>Quick-Start Phase</i>	43
6	<i>Sculpting Phase</i>	65
7	<i>Making Your Results Last</i>	131
8	<i>Frequently Asked Questions</i>	135



<i>Resources for Her</i>	142
Eating Planner / Workout Logs /	
8-Week Workout Chart / 7-Day Menu Planner	
Body at Home™ Recipes / Weight-Free Routine	

Part 2 Body at Home™ for Men

	<i>Foreword for Him</i>	170
1	<i>Drop 10 Pounds in Two Weeks at Home</i>	173
2	<i>A Man's Edge: The Priority Solution™</i>	180
3	<i>Muscle-Building Foods</i>	192
4	<i>Getting Started</i>	205
5	<i>Quick-Start Phase</i>	215
6	<i>Power Phase</i>	237
7	<i>Gut-Free for Life</i>	303
8	<i>Frequently Asked Questions</i>	308
	<i>Resources for Him</i>	314
	Eating Planner / Workout Logs /	
	8-Week Workout Chart / 7-Day Menu Planner	
	Body at Home™ Recipes / Weight-Free Routine	
	<i>Body at Home™ Bonus Items</i>	341
	Ideal Foods List / Fast and Frozen Foods List /	
	Body at Home™ Approved Products	
	<i>About the Author</i>	348
	<i>Index</i>	349



ACKNOWLEDGMENTS

Without the support of my wife, Heather, I would not be the man I am today. Thank you, sweetheart, for bringing beauty, style, balance, and joy into my life, and for magnifying the magic of it all for me. Thank you for always believing in me. I love you with all my heart.

To my wonderful sons, Parker and Owen: You both are the light in my eyes. You keep me on my toes and full of wonder as I watch you grow.

To my dad, Mel, who over twenty years ago was diagnosed with prostate cancer and overcame it through a commitment to a healthy lifestyle. You are my original motivation to make health my mission. Thank you, Dad.

To Jade Beutler, James E. Williams, OMD, Dr. James Novak, and Dr. Mehmet Oz for showing me how to personally continue to be the best man I can be physically, no matter what my age: You are part of my family and true sources of inspiration for me. Thank you.

To Jared Davis and Gretchen Lees for being the creative force behind all my books. You guys are the best, and I am very grateful for all your effort and hard work on this book. Thank you, team. A special thank you as well to Oliver Stephenson and Chance Miles for helping me work with all the extraordinary people in this book each week as we ran our test groups; and



to Chance, for being one of our Body at Home™ Stars. Thank you to Auriana Albert for your culinary creations in this book.

A special thank you to Lacie Weddle, our cover model and a Body at Home™ Star mom. And to Miguel Garcia, our fitness model for the men's exercises.

My great appreciation also to Steve Hanselman, my literary adviser and invaluable support system. And, of course, to my amazing editor Heather Jackson and assistant editor Heather Proulx for their continued support and commitment to making this book truly extraordinary. I feel so very lucky for your belief in me. Also a very big special thank you to Jenny Frost, Tina Constable, Kristin Kiser, Christine Aronson, Carrie Thornton, Philip Patrick, Jill Flaxman, Amy Metsch, Linda Kaplan, Andrew Leibowitz, Donna Passannante, Shawn Nicholls, and Penny Simon.

Thank you to Jack Curry and TJ Walter at *USA WEEKEND Magazine* for your extraordinary efforts in helping me get my message out to America every week; I am so grateful for your support and friendship.

My special thanks to Dr. David Katz, Jane Friedman, Steve P. Murphy, Ardath Rodale, Bob Wietrak, Edward Ash-Milby, Richard Galanti, Terry Goodman, and Natalie Farage for their outstanding support and friendship throughout the years.

And thanks to Cathie Black, Cathy Chermol, Hilary Estey McLoughlin, Tyra Banks, John Redmann, Sheila Bouttier, Katie Couric, Lisa Gregorisch-Dempsey, Meredith Vieira, Amy Rosenblum, Marc Victor, Diane Sawyer, Chris Cuomo, Patty Neger, Monica Escobedo, Wendy Whitworth, Linda Evans, Karen Katz, Emeril Lagasse, Barbara Walters, Bill Geddie, Donald Berman, Dusty Cohen, Cherie Bank, Ivorie Anthony, Jennifer Austin, Kelli Gillespie, and Richard Dautre Jones for allowing me to share my message with the public.

And finally to our newest partners and friends who have provided essential support for this project. Thank you to Jack Hogan, Brian Hogan, Ron Caporale, and Laurie Berger at LifeScript®. To Reid Tracey, Stacey Smith, and Louise Hay at Hay House. To Charles Caswell, Richard Davis, and Paul Goldberg at GoFit™. To Brent Brookes, Jim Zahniser, and Daniel Schwerin at Precor®. To Bruce Barlean and Jade Beutler at Barlean's Organic Oils. To Richard Galanti, Sharron Rugh, Ginnie Roeglin, Anita Thompson, Tim Talevich, Pennie Clark Ianniello, David W. Fuller, and Pat Volchok at Costco.



BODY AT HOME™ FOR WOMEN

PART 1



FOREWORD FOR HER

*By Mariel Hemingway, author of Mariel Hemingway's
Healthy Living from the Inside Out and creator of Mariel's Kitchen*

I am dedicated to helping people—especially women—find the system that works for *them* individually. Because I think achieving health and fitness for us as women is so specific and unique, it is important to create the right environment to let your fitness flourish. This means it has to work in your life, not pull you out of your life. And let me tell you, Jorge gets it! He has nailed what it takes for you to get the most from the time and energy that you spend on your exercise and nutrition. With *Body at Home™* you can transform your life in a doable and sustainable way. *Trust me: This is a crash course on getting gorgeous that works.*

We all want to look good in our clothes and wear those skinny jeans, but there is a way to do it that lasts a lifetime. When you train your inner self as well as your body, you create lasting fitness habits. When you build your inner strength, you are creating the motivation that will drive you to enduring health and happiness.

What I love about this program is that you can do it anywhere and you can see results immediately. I also love that you are your own trainer. I am always telling people that they can be their own trainers, nutritionists, and healers. This is the fitness program that makes you the boss, yet you are totally guided through a system that works. So take your book to the gym or your personal workout room (even your living room!) and get busy. Feel great and have the body you are meant to have and love and enjoy this life with. Let Jorge Cruise be your guide. He won't fail you.



1

Drop 10 Pounds in Two Weeks at Home!

“Trust me: This is a crash course on getting gorgeous *that works*.”

—MARIEL HEMINGWAY

The most critical thing you can do over the next two weeks is drop 10 pounds—or about one jean size. This might sound simplistic, but whether you are a grandma, mom, single business professional, or college student—or any combination of these—*no matter what your age*, your life and health will dramatically transform when you lose 10 pounds from your belly, butt, thighs, and hips. How do I know this? I have worked with thousands of clients at my JorgeCruise.com website and hundreds of women in person in San Diego to develop this women’s at-home program, and their success stories, which are featured throughout this book, confirm it. My clients not only end up looking slimmer, but also feel their confidence soar by the end of their very first workout (and many times within the first 90 seconds). And when it comes to overall good health, my clients have used the plan to reduce stress and even start to reverse the effects of life-threatening diseases such as cancer, stroke, high blood pressure, and diabetes. Bottom line: The next two weeks will be one of the most important times for you; you’ll see some extraordinary transformations!

So my challenge to you right now is to make a decision that you and your health will come first for the next two weeks. Let’s get started.



My Story

I wrote this section for one reason—to help women at any age firm and flatten their trouble zones at home. I received countless e-mails from women, and they asked me to help them shrink and sculpt those biggest trouble zones *at home*: their belly, butt, hips, and thighs. They wanted to get into their stylish jeans—without ever stepping foot in the gym! I knew what I had to do.

This new plan can be done 100 percent at home and requires no costly equipment. Everything you will need, from the exercises to the eating plan, to an important method of connecting with your motivation is here. You will truly love it no matter how many pounds you need to burn or what age you are. Are you ready to get started right now? Well, if you are short on time and want to start immediately, then jump to Chapter 2 to read my Priority Solution™, a women's-only strategy to ensure your success on this plan. But if you can, I strongly recommend you read on for an essential overview of the program.

As a kid and young man I struggled with my weight. I had no confidence and felt hopeless. I was raised in a Mexican American family, and I was always taught that food was love—and my mom loved me a lot! As I got older I realized that food had become my best friend and I needed to find a way to change my lifestyle and develop a healthy relationship with food and fitness.

Today I run JorgeCruise.com, write my weekly column for *USA WEEKEND Magazine*, and have a super-busy personal life. My wife, Heather, and I are always on the go with our two small boys, Parker and Owen. I am almost 40 years old and I can tell you this: I have never been in better shape. Because of Body at Home™ I can see my abs and I feel proud to take my shirt off at the beach! Bottom line: This plan will prove to you the only thing that matters is the quality of the workout, not the number of reps. It will be a huge learning lesson that will keep you fit and in shape for the rest of your life!

HOW BODY AT HOME™ FOR WOMEN WORKS

With this program, you will use the resistance-training method from my *New York Times* best seller *The 12-Second Sequence*™. It's truly the most effective method I have ever created to burn fat *at rest*. This method is designed to rev your *resting* metabolism. Imagine burning fat at the computer, in the car, and even when you are watching TV. What's the secret? The secret lies in the *after-burn*. Almost every woman I have ever trained has not been aware of the after-burn and its power to shrink and sculpt her body. The after-burn is what happens when you restore lean muscle tissue—this muscle puts your body into a fat-burning state 24/7. You see, lean muscle tissue is the most metabolically active tissue on the body and burns calories all day (see sidebar, page 7). This is the secret that I use to keep my abs looking good and my workouts super effective.

What is the key to restoring lean muscle tissue on your body? The most effective way to restore it is through resistance training. That's it. The challenge is that most resistance-training programs are so time-consuming that you never commit to the program and, worst of all, you



end up never really seeing dramatic results. Another thing that can make other programs tough is that they often require you to go to a gym as well. Don't get me wrong: I love going to the gym, but sometimes it's not as practical if you've got kids or no time to travel there. Well, this book will solve that for you! You can do everything at home with just a few basic items.

With my Body at Home™ for Women program you will truly discover the most effective way to create lean muscle tissue—not big bulky muscles, but long lean shapely muscles, which consume calories and burn fat while you're doing absolutely nothing.

What makes it so effective is something I call Controlled Tension™. This method forces your muscles to fatigue in just four reps, by slowing each exercise to a 10-second count and a 2-second hold. This is critical because in order to restore lean muscle tissue, you must force it to the point of fatigue. With Controlled Tension™ you are using a unique and powerful combination of two resistance-training methods that are proven effective at restoring lean muscle tissue. By combining *slow cadence lifting* and *static contraction*, I created the ultimate body-sculpting, time-saving method available. Before the 12-Second Sequence™, these two techniques had never been combined. Now, I have built upon this core technique and created the ultimate in fitness customization for women with Body at Home™ for Women. If you want more on the science behind the original technique, make sure to pick up a copy of my *12-Second Sequence™* book.

The Cardio Myth

I love cardio because it's excellent for your health. But if you are like many women, I know you have relied on jogging or the elliptical machine or a step aerobics class to change your body—and I bet you've been disappointed. As wonderful as cardio is for your heart, it isn't the most efficient or effective way to sculpt your body. If the average woman did an entire hour of moderately paced walking, she would burn about 150 calories. If you consider that there are approximately 3,500 calories in just 1 pound, you can imagine all the walking you would have to do to burn the equivalent of 1 pound.

The other problem with doing only cardio is that once you stop exercising, your body essentially stops burning calories. This is not true with resistance training. When you strength-train, you take advantage of your body's natural ability to maintain an after-burn, the scientific term for which is *excess post-oxygen consumption (EPOC)*. Remember, the after-burn is the extra calories your body burns after you complete a workout.

Many studies have shown that strength training creates a significantly longer after-burn than aerobic activity. One study published in the *International Journal of Sport Nutrition and Exercise Metabolism* analyzed the EPOC of women who had completed a strength-training session. The study came up with amazing results. The researchers determined that the women experienced a 13 percent increase in their EPOC after exercising. Not only that, but their after-burn stayed elevated for *16 hours after they finished exercising*. Another study conducted at Colorado State University compared the EPOC effects of aerobic exercise to strength training. That research revealed that strength training generated a much longer-lasting EPOC compared to the aerobic activity: Strength training was still burning calories 14½ hours post-workout.



FOR WOMEN ONLY

This program is designed exclusively for women, and it incorporates my brand-new life strategy: the Priority Solution™. This strategy is so important that I've given it its own chapter (Chapter 2), and I want to tell you it will be a critical tool for sculpting your body. Be sure not to miss that chapter. It's truly vital to your success.

For now, I simply want to challenge you to make a commitment to yourself to see this program all the way through to the end. Remember, *in only two weeks you will drop 10 pounds*—mostly from your waist. I also recommend measuring your waist to track your success—a lot of my successful clients recorded amazing losses in inches and felt that was the most effective way to gauge their progress. Also remember, there's nothing more dangerous than extra fat in your abdominal area, so big losses there can be even more important than those made on the scale. By shrinking your waist to a healthy 32.5 inches or less, you'll reduce your risk for developing life-threatening diseases.

Are you ready to change your body? I know you are. Let's start together and move on to Chapter 2.

10 BODY AT HOME™ STAR Amber Grant

Height: 5'7" | **Age:** 29 | **Lost:** 10 pounds (Plus restored 1 pound of lean muscle)

"I've always been pretty active and into fitness, but as I got older it got harder to stay fit and trim. When I heard about Body at Home™, I was really excited to get started and see if it could really turn out the results that were promised. The program was pretty easy to incorporate into my lifestyle and wasn't too time-consuming. I dropped 4 pounds the first week and had consistent drops in weight every week thereafter. Needless to say, I'm happier with a firmer, healthier body. This is a program that I can use as a foundation for my life."

Amber's Secrets to Success

- Start a workout group to help keep you motivated and on track.
- Pick out motivational pictures and use them for inspiration—visualize the body you want and you're sure to get there.
- Make the full commitment to the program for eight weeks, knowing it's going to change your entire life!





Frequently Asked Questions

“I feel like I have my active lifestyle back. I can do fun, outdoor activities without worrying about how I look in athletic clothes. I look at my food choices and daily routine in such a balanced and maintainable manner now. There is no way that I will ever stray from the techniques and methods that I learned from Body at Home™.”

—MICHELA DIXON, BODY AT HOME™ STAR, LOST 13 POUNDS

EXERCISE

Will this program make me look big and bulky?

Unlike men, women don't produce the testosterone necessary to create big and bulky muscles. A lot of the professional body-building women you see in magazines and on TV use steroids or other hypertrophy enhancements to dramatically increase the size of their muscles. Moreover, they lift extremely heavy weights. With the Body at Home™ program, you'll lift weights heavy enough to shape and define your muscles but not heavy enough to make you big and bulky.

Will doing even more ab exercises help me flatten my tummy? Can I spot-reduce?

No. There's no such thing as spot reduction. You can't turn fat into muscle. What you can do is burn fat all over your body to uncover the shapely mus-



cle you're building with your strength moves. This plan offers the perfect number of ab moves to get your tummy muscles flat and toned. It also offers just the right amount of cardio to burn fat and reveal those muscles in the least amount of time. Doing additional ab exercises will only cut into your healing time and sabotage your progress.

Do I have to do all the exercises? Can't I just do the ones I like once a week?

This program is designed to help women achieve maximum results in the shortest amount of time. Not completing some of the exercises or missing workouts will slow your progress. In order to burn more calories, you need to increase your metabolism with new lean muscle tissue, and creating new lean muscle tissue requires that you work your entire body. Missing exercises or entire workouts will cause imbalances within your body and fail to create the results you desire.

Can I do cardio at any time of day or does it have to be done in the morning?

As I stated in Chapter 3, brisk walking for 20 minutes before breakfast in the morning will help you burn more calories in less time. Several research studies support the fact that morning cardio on an empty stomach burns more fat, especially belly fat, than cardio done after eating. Plus, you're more likely to take your walk in the morning rather than later in the day when everyday stresses pile up and distract you from your workouts. That's why it's so important to get it out of the way when you wake up.

However, if you live in a neighborhood that isn't conducive to walking, if you don't have access to a treadmill, or if you can't get up early enough, then get your cardio in later in the day. Just be aware that you won't burn as much fat as quickly as you would if you did it in the morning. Take your walk when it works for you. If the only time you can walk is in the evening, do it then. Don't let small details keep you from succeeding. Remember, walking in the morning is best, but if you can't, walk when you can.

Can I exercise more than three times a week and do more cardio to speed up my results?

You can do more cardio in the afternoons to help speed up your results, but you should only do 20 minutes of cardio in the morning before breakfast. Any other cardio should be done after you have nourished your body so you will have the proper energy to push yourself. Adding cardio later in the day will strengthen your heart and burn more calories. Doing more than



three workouts a week, however, could impede your results and slow your progress. Your muscles grow and become stronger while they are at rest, so too much resistance training can do more harm than good. If you feel the exercises are not hard enough, you may need to use heavier weights and increase your intensity.

What if I don't feel the burn?

If you're counting correctly throughout your 10-second motions and 2-second holds, you should feel a significant burn when you finish each set. If you aren't feeling that burn, your form or your intensity may not be at the ideal level. To make sure that you get the most out of your workout, make sure that you maintain proper form. You should feel the intensity of each move on the muscle you're working. Don't let surrounding muscles support your movements. When you do a biceps curl, for example, you should feel the full weight of the dumbbell or band on your biceps, not in your back or shoulders. Bad form not only cheats you out of an effective workout but also puts you at risk for debilitating injuries.

Intensity is just as important to getting maximum results as form. Since you're only doing four reps per exercise, it's important to make those reps count. This workout is 20 minutes, three times a week, so giving it your best effort is crucial. You should pick a weight that completely fatigues the muscle after four reps. If you can do only two or three reps, the weight is too heavy. If you can do five or six reps, the weight is too light. Remember, you can create new lean muscle tissue only when you completely fatigue muscles, so correct form and intensity are essential to your success.

EATING

Do I have to drink the whey shakes for my snacks or is there an alternative?

As I mentioned, whey protein shakes are your ideal snacks on the Body at Home™ plan. Whey protein shakes are the best way to feed your muscles what they need to build and repair themselves after your workouts—no other protein source is more bioavailable. However, I understand that you might want another option. So your next best choice is low-fat (2 percent) cottage cheese. One-half cup has only 100 calories, has only 2 grams of fat, and provides over 15 grams of good protein. But remember, you are here to create your best body ever . . . you need to keep it simple and effective. See page 342 for more possible alternatives to whey protein shakes. But try to use the whey shakes first!



Years of yo-yo dieting have wrecked my metabolism. Can this plan help me?

Actually, your metabolism isn't "wrecked." But years of yo-yo dieting probably have cost you lean muscle tissue, which would decrease your metabolism. You see, when you diet, especially when you drastically cut calories, you lose muscle tissue along with fat. That's exactly what the Body at Home™ plan is designed to recover—your lean muscle tissue! As we discussed earlier, muscle burns more calories than any other body tissue burns. So the more muscle you have, the more calories you will burn, and the higher your metabolism will be. That's why resistance training is so important. It is going to sculpt your muscles, burn fat, and increase your metabolism so you burn more calories every day even while you're doing absolutely nothing.

What if I slip up and have a bowl of ice cream or a bag of chips? Or what if I miss one of my workouts? Do I have to start over?

No. Don't beat yourself up when you slip. You're not going to be perfect, and that's okay. Changing your body and becoming a healthier person is a lifelong process. When you eat too much or miss a workout, accept it and vow to do better tomorrow. You don't have to start the program over, and the last thing you should do is call yourself names. These things are going to happen: Maybe it's your birthday and you want a piece of cake, or you're out for Mexican food and you eat too many tortilla chips. It's not the end of the world. It's most important to make this program work in your everyday life; this is the only way you'll sustain your new lifestyle for life.

Before my period, I get intense cravings for junk food and I'm tired and irritable, so I don't want to work out. How can I deal with this and stay on plan?

This plan is actually great for relieving some of the symptoms of PMS. Doctors believe that premenstrual syndrome (PMS) results from hormones—estrogen and progesterone—and the way they interact with some *neurotransmitters*—brain chemicals that regulate mood, appetite, and stress responses. Some of the symptoms of PMS, especially depression, fatigue, and junk-food cravings, can be relieved by consuming a healthy, balanced diet—like the plan I recommend! Also, exercise has been proven to help improve mood, reduce bloating, and increase energy. I know that it's hard to find motivation to work out when you're tired, irritable, and hungry, but remember that staying on the plan will help you feel better and get you through that time.



I cope with stress by eating. What are more positive ways for me to deal with stress?

Craving sugary or fatty foods is a natural response to stress. Comfort foods relieve anxiety and stimulate the release of feel-good hormones in the brain. Unfortunately, many of us are under chronic stress and therefore munch on chocolate, candy, or potato chips way too often. How do you overcome this common habit? One good solution is exercise. Even something as simple as a quick walk around the block can ease anxiety and minimize food cravings. Relaxation is another way to help you cope with stress without consuming calories. Try closing your eyes for 10 minutes, clearing your mind, and breathing slowly and deeply. Finally, if you just can't fight those cravings for junk food—give in. Have a little bit of whatever you're craving, like a square of dark chocolate or a small scoop of ice cream. You won't set your progress back, and you'll be more motivated to continue until the end.

GENERAL

I'm a nursing mother. Can I still do this program? Will it help me lose baby weight?

This program will definitely help you lose baby weight. In fact, I helped my wife return to her pre-baby shape using this program. The walking and strength-training moves are the perfect tools to help you reshape your muscles and burn off that excess fat. Plus, the time commitment is so small with this plan, and because you can do the moves in your own home, it's perfect for new mothers. However, check with your doctor before beginning the eating plan. Since you're nursing, you may need more calories than the plan requires.

I'm over 50, and I've been inactive for most of my life. Is it too late for me to do this program and get in shape?

No! It's never too late to improve your muscle tone and eliminate body fat. In fact, resistance training is particularly important for women as they get older, because it improves strength and bone density and reduces the risk of breaking bones.

I would advise that you talk to your doctor before starting the program to make sure that you're in good health and able to complete the Body at Home™ exercises. Once you get the go-ahead, you're on your way!



Is this program appropriate for my overweight teenage daughter?

Pediatric and adolescent obesity is a serious and growing problem in our culture. I certainly encourage you to help your child get in shape and eat more healthfully. A teenager can definitely do the exercises and the walking with you. However, check with your daughter's doctor before your teen starts the eating plan. The calorie suggestions are appropriate for a teenage girl, but this plan may have more protein than your daughter is used to consuming. Before your daughter starts the program, confirm that the suggested amount of protein would be healthy for your child to consume.

I gained 20 pounds when I went through menopause and it just won't come off. Will this program help me?

Yes! Most women gain weight after menopause, and they gain it in their bellies—you're not alone. This plan will work for you—it will make you stronger, leaner, and more defined—but it might take a little longer than it might have before menopause. Your best defense against middle-age spread is lean muscle tissue. Even if you've gone through menopause, your metabolism is largely regulated by how much muscle you have on your body. The more muscle you have, the more fat you burn. So don't get frustrated or impatient. You will see results.

I'm naturally skinny and don't need to lose fat. Will this program help me become stronger and more toned?

Absolutely! You've got an advantage: Since you don't need to lose fat, you'll see results much more quickly. This program will increase your muscle tone and make you stronger and more fit. It will give you a firm tummy, a rounded backside, knockout legs, and shapely arms. Check with your doctor to be sure you're eating enough calories, though. Since you already have a high metabolism, you may need to consume more than this program recommends.

I've hit a plateau. How can I lose more weight?

At some point in her weight-loss journey, every woman reaches a plateau. It's frustrating to work so hard and see no change on the scale. But don't get discouraged! All you need to do is change your program around a bit. Think about your eating plan. Are you now under 150 pounds? You need to start eating less protein, and therefore fewer calories, at every meal. Try increasing the intensity of your strength training or adding more walking to your routine. To burn more calories, try walking in a hilly neighborhood, if you've been walking on level ground. Also, if you are beyond your first 8-Week Challenge, turn to Chapter 7 and read about how to modify the program to create a new challenge for your body. If you mix up your routine a bit, I promise that you'll reach your goal.



Can my husband follow this plan with me?

Your husband can definitely start this plan with you. If he wants to lose weight, the eating plan is perfect for him. As for the strength training, he might need higher resistance bands—the bands may not provide enough resistance for him—or heavier dumbbells, and he may need to go to the gym. I suggest that he simply turn to the men's version of Body at Home™. The program offers exercises tailored specifically to men's unique fitness needs. In the meantime, he can do the walking and the same strength moves as you, but he may need heavier weights.

13

BODY AT HOME™ STAR Michela Dixon

Height: 5'6" | Age: 22 | Lost: 13 pounds

"Body at Home™ has given me back myself. I have been told that I again have the 'spark' that I was missing for a while. I feel strong, proud, and, most important, I feel in control of my life. I know that I will never again be stuck and helpless. I have been given the tools I need to stay healthy, in shape, and looking hot! I love looking at my body now and feel absolutely amazing in a bikini!"

Michela's Secrets to Success

- Once you have committed yourself to getting your dream body, don't cheat. If you do slip, jump right back in.
- Walk in the morning. This is an incredibly vital piece of the plan and it helped me feel great.
- Have milestones along the way. I picked things that weren't always related to the scale, such as fitting into my "skinny jeans."



BODY AT HOME™ FOR MEN

PART 2



FOREWORD FOR HIM

*By David Barton, fitness expert and owner of
David Barton Gyms (davidbartongym.com)*

I ran into a guy on the street the other day. His name is Jack and he was a client of mine when I was a trainer.

Jack was overweight then and still is. I asked how he had been and he recounted a number of enviable business conquests, as well as the recent addition of a wife and two daughters. Then I asked about his weight, still an obvious impediment to various important activities (like tying his shoes). He apparently had just gotten back from a famous retreat where, with the help of a prestigious staff and a ton of broccoli, 20 pounds of unwanted love handle had been temporarily eradicated.

Unfortunately, as anyone who diets without exercising will tell you, those 20 pounds were destined to return with a jiggly vengeance. I then asked Jack what I have asked so many people who are on the fence about exercising: “What would you give to be in great shape? Strong, lean, no gut, lots of energy. If tomorrow morning you could bounce out of bed and feel as good as I do every morning?”

He said “I’d give every cent I have.”

But I already knew that.

Whether you drive a Ferrari or a Chevy, your body is the greatest machine you’ll ever own. If you don’t take care of it, true happiness is almost impossible.



Now the good news: Your body can change. In fact, any image of your body you can dream up is within reach. The science is simple. Taking the first step is usually the hardest part, but if you're reading this book you are halfway there. Look at Jorge Cruise's "before" picture (page 177). He looked just like Jack. The only difference between the two of them is that Jorge made a decision one day to pick up a pair of dumbbells. And so have millions of other guys.

Now go to it. *Jorge's program works*. It's simple, foolproof, and you will see results in a couple of weeks.



Jorge and David Barton at his New York gym



1

Drop 10 Pounds in Two Weeks at Home

“Your waistline is your lifeline.”

—JACK LALANNE, GODFATHER OF FITNESS

With Body at Home™ you'll lose 10 pounds after just six workouts, and you'll lose them from the most important place: your gut. Nothing in a man's life is as important as getting rid of his gut. *Nothing*. Not money, relationships, kids, sex, the perfect house, or the fastest car. Nothing. Why? If you have a gut, then you have *belly fat*. And belly fat is the most dangerous kind of fat a man can have because it is directly connected to two of the biggest killers of men at any age: cardiovascular disease and type-2 diabetes. None of the great things life has to offer will mean anything if you aren't there to enjoy them, and you could lose them all. This book is for you, and it's going to ensure you lose your gut in two weeks at home—that means *no excuses!*

If you've been carrying around a gut that you can't stand, I know exactly where you're coming from. I used to have 36 pounds of belly fat. But I can personally tell you that once that gut is gone from using my new Body at



Home™ for Men program, you will feel outstanding. You will be able to take off your shirt with confidence. No more feeling embarrassed or dealing with beer-belly jokes from your buddies. And perhaps the best kind of confidence will come from within, knowing that you will not be at risk for heart disease, type-2 diabetes, and other serious health issues. That will be huge burden off your shoulders. It will ensure you live a long, quality life in which you feel good and look good and, I hope, experience years of great sex (keep reading and you'll understand what I'm talking about).

So let's get started right now.

WHY YOUR GUT'S GOTTA GO

Here's what you need to know right now. What I am about to share with you will motivate you for the next two weeks and, I hope, for the rest of your life: Not all fat is the same. Research has confirmed that *belly fat* is the most dangerous fat of all for men (and women) to have on their bodies. Research proves that having a beer belly can harm more than your confidence and self-esteem. It can kill you! That's right, it can kill you. It's not just weight that matters, it's the location of it. As my good friend Dr. Mehmet Oz says, "It's all about your waist." Think: location, location, location.

When you have belly fat, you have what is known as *visceral fat*. Visceral fat is sneaky stuff—it's the fat that dwells deep inside our guts, surrounding our organs and pushing our bellies out and causing the belly to protrude from the inside out. This means even if you're a skinny guy and you've got a belly, you too should listen up. Visceral fat lies inside the *omentum*, a fatty, apron-like organ that hangs down from the bottom of the stomach and is one of the main sites for depositing fat. Visceral fat also gets stored around vital organs, such as the liver and kidneys, which are located in this central cavity of the body. When you have this type of fat, you are at a high risk of premature death. Scary to think about, I know, but it's true—I can't tell you enough how risky this stuff is. Studies have shown that there is a direct link between visceral fat and dangerous diseases such as heart disease, diabetes, cancer, dementia, and Alzheimer's disease . . . the list keeps growing. Breakthrough research points to two reasons why visceral fat leads to these deadly diseases.

Until recently, most researchers thought that this fat was inactive and its sole function was to store energy. However, we now know that when visceral fat accumulates it begins to operate like an endocrine organ such as the pancreas. It actually comes "alive" inside you like some kind of monster lurking deep within your abdomen—think the creature in the movie *Alien*—spewing out toxins, fatty acids, and even hormones and cytokines such as leptin, adiponectin, interleukin-6, and tumor necrosis. Unless you're an endocrinologist, you've probably never heard of these things. But when these substances are released from visceral fat, they cause inflammation throughout your body. This inflammation can lead to cellular irritation, which



causes disruption in the function of your arteries and can cause heart disease, stroke, hypertension, high cholesterol, high blood pressure, and heart attack. Talk about a few uninvited guests you don't want crashing your body—these all appear on (or are related to) the list of leading causes of death for men. Heart disease is the number-one cause—nearly 30 percent of deaths in men each year are related to heart disease.

A theory that scientists have named *portal vein theory* provides another explanation of why visceral fat leads to disease. The *portal vein* is the vein that carries blood from the abdominal organs to the liver. When there is an abundance of visceral fat stored in the omentum, the blood begins to dump fatty acids and hormones directly into the liver, causing it to produce too much glucose. As a result, the body produces more and more insulin to try to manage the glucose. This chain of events causes the body to become insulin resistant, which leads to type-2 diabetes. If you think you can live a functional life with diabetes, you're right. But it can have a serious impact on your health. In fact, from the time you become diabetic, you cut every year of your life in half. Diabetes is nothing to mess around with.

Now I've got some great news for you, and it's really the reason why I created the Body at Home™ program: Breakthrough research has shown without question that *resistance training* is one of the most effective solutions to burning visceral belly fat. In my *12-Second Sequence™* book, I go into great detail about the various studies (be sure to pick that book up for more info). But bottom line: You need to know that strength training will help you lose your gut—period. The American Heart Association confirms the power of resistance training to burn belly fat.

Why is resistance training so powerful at burning visceral belly fat? It's the most effective way to create *lean muscle tissue*, which is what gives you the ability to burn fat at rest. Resistance training is the core secret to a revved-up *resting metabolism*, which means how many calories you burn even when you are doing nothing—when you are sleeping, standing, or sitting. Strength training also has the amazing power to create what's called the “after-burn effect.” When you do any kind of workout, your body has to do a little extra work after you're done to recover to *homeostasis*, or its resting state. This extra work—or *after-burn*—continues to keep your body burning calories. The problem with most types of exercise is they don't produce enough after-burn to make much of a difference. Strength training, in contrast, has been shown to have an after-burn of *over 16 hours*. It's incredibly effective at keeping your body running hot and burning calories for hours and hours after you finish your workout.

WHY THE BODY AT HOME™ PLAN WORKS

If resistance training is so effective, why doesn't everyone just do it? Here's what has been the main obstacle for almost all people: time. Traditional resistance training has a lot of requirements—hours of gym time, spotters, and so on—a lot of effort, and a lot of time that none of



The Cardio Myth

A lot of guys think that cardio is the best exercise for burning fat. And I tell them it's great for a healthy heart. But if you relied on jogging, the elliptical machine, or running to change your body, I bet you ended up stashing your running shoes in the closet because cardio didn't produce the results you wanted. As wonderful as cardio is for your heart, it isn't the most efficient or effective way to burn belly fat. If the average man did an entire hour of moderately paced walking, he would burn about 240 calories. There are approximately 3,500 calories in just 1 pound. You needn't be a math whiz to figure out that you've got to do a lot of walking to burn the caloric equivalent of only 1 pound.

The other problem with doing only cardio is that once you stop exercising, your body essentially stops burning calories. Remember the after-burn effect I just mentioned? Cardio really doesn't compare to strength training when it comes to after-burn. Many studies have shown that strength training creates a significantly longer after-burn—otherwise known as *excess post-oxygen consumption (EPOC)*—than aerobic activity. One study published in the *International Journal of Sport Nutrition and Exercise Metabolism* tracked the after-burn of people who had recently completed a strength-training session. This is the group I mentioned whose after-burn stayed elevated for 16 hours after they finished exercising. In another study, conducted at Colorado State University, researchers compared the two types of exercise and the length of after-burn they created. Their results revealed that strength training generated a much longer-lasting EPOC compared to the aerobic activity.

us have! In years of working with clients online and face-to-face, I've discovered that most people don't have an hour to put in every day, and they really don't have the time to go to a gym.

So for the past three years, finding a solution to this time problem has been my team's full focus. How could time be compressed? Could I find a way to push a muscle past what is known as the *failure point*—the point at which the muscle changes? And could I do this in less time and let people do it from anywhere, even at home? I became obsessed with finding answers.

I am happy to say that I found a solution: a new way to resistance-train that got rid of my belly fat and helped me get some great-looking abs for a 38-year-old man. Yep, for the first time ever, I am really confident taking off my shirt. The answer is my strength-training technique called the 12-Second Sequence™, on which Body at Home™ is based. The day my book *The 12-Second Sequence™* launched on *The Today Show*, it became a *New York Times* best seller. It became the number-one fitness book in the country. What I revealed was that by slowing down a movement to 10 seconds and holding for 2 seconds, you could fatigue a muscle in just four reps. If

you've ever spent time working out, you know that four reps is less than half of the number of reps usually required. Keep reading and I'll tell you how it's possible.

Why did I create this men's-only program? I started to get bombarded by e-mails from men who wanted a specialty book just for them. They wrote telling me they literally hated their guts. Their doctors had told them to lose at least 10 pounds or they would be at risk for heart disease



and other serious health issues. Some shared with me that their significant others were no longer attracted to them—and had told them to get to the gym. But here was the big request: The men I heard from wanted to be able to *work out at home and not in the gym*. They felt they didn't have time for the gym. I love going to the gym, but I could completely understand their predicament—they want results but can't get to the gym. I knew what I had to do.

In your hands right now is my brand-new, customized home plan for men. *This new plan is done 100 percent at home and requires no expensive equipment.* Everything you will need—from the exercises to the eating plan, to an important method for staying motivated—is here. You will see extraordinary results no matter how much belly fat you have or what your age is. If you are short on time and want to start immediately, jump to Chapter 2 to read my men's-only strategy to ensure your success on this plan. But if you can, I strongly recommend you read on for an essential overview of my strength-training method.

A BREAKTHROUGH COMBINATION

The Body at Home™ program is about simplicity and efficiency. In my opinion, it's the most efficient method to build muscle tissue. Its secret to compressing time is a method I call Controlled Tension™. This unique method forces your muscles to fatigue in just four reps by slowing down each exercise to a 10-second count and a 2-second hold. Remember, fatigue is the critical point your muscles have to get to

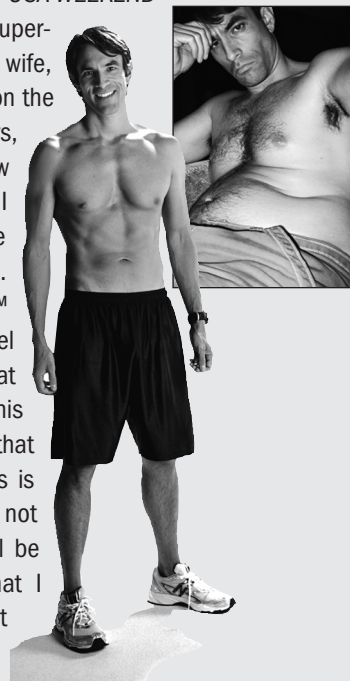
My Story

As a kid and young man I struggled with my weight. I had no confidence and felt hopeless. I was raised in a Mexican American family, and I was always taught that food was love—and my mom loved me a lot, and it showed in my body. I skipped out on sports as a kid and I never really felt as if I belonged. As I got older, I realized that food had become my best friend and I really needed to change my lifestyle, or I was headed toward a long life of poor health and lousy habits.

I found my way to a life invigorated by a new love of health and fitness, and today I run JorgeCruise.com, write a weekly fitness column for *USA WEEKEND Magazine*, and have a super-

busy personal life. My wife, Heather, and I are always on the go with our two small boys, Parker and Owen. I am now almost 40 years old and I can tell you this: I have never been in better shape. Because of Body at Home™

I can see my abs and I feel proud to take my shirt off at the beach! Bottom line: This program will prove to you that the only thing that matters is the quality of the workout, not the number of reps. It will be an eye-opening lesson that I hope will help keep you fit and in shape for the rest of your life!



in order to build new muscle tissue. With Controlled Tension™, you are using the powerful combination of two resistance-training methods that are proven effective at restoring lean muscle tissue. By combining *slow cadence lifting* and *static contraction*, I created a super-powerful and intense method to fatigue your muscles faster than any other technique out there, and I created the ultimate body-sculpting, time-saving method available. Before the 12-Second Sequence™, these two techniques had never been combined. Now, I have built upon this core technique and created the ultimate in fitness customization for men with Body at Home™ for Men. Normally you might need 12 to 14 reps and up to 4 or 5 sets to create fatigue and see results. With this program, all you need is 4 reps and 2 sets. *You will compress a two-hour workout to just a little over half an hour.* With less than a two-hour commitment each week—all done from home—you are going to see phenomenal results (remember to read the success stories throughout the book for proof).

FOR MEN ONLY

This program is designed exclusively for men. Whether you are a student, a business professional, a busy dad, or you're retired, it will help you drop 10 pounds in just two weeks. It incorporates my brand-new life strategy: the Priority Solution™. This strategy is so important that I've given it its own chapter (Chapter 2), and I want to tell you it will be a critical tool for burning your belly fat and ensuring your success with this program. Be sure not to miss that chapter. It lays out the fundamental groundwork that will help you achieve the best results possible with Body at Home™.

For now, I want to challenge you to make a commitment to yourself to see this program all the way through to the end. Remember, *in only two weeks you will drop 10 pounds!* As you go through the book, you may notice that some of my Body at Home™ Stars lost slightly less than 10 pounds. Depending on your body type and how quickly you add muscle, your scale, like theirs, may tip more slowly. That's why I also recommend measuring your waist to track your success—a lot of my successful clients recorded amazing losses in inches but didn't always register a big loss on the scale. Also remember, there's nothing more dangerous than extra fat in your abdominal area, so making big losses there can be even more important than those made on the scale. By shrinking your waist to a healthy 35 inches or less, you'll reduce your risk for developing life-threatening diseases.

Are you ready to lift some weights, lose your gut, and be on your way to a better life? I know you are. Let's start together and move on to Chapter 2.



13

BODY AT HOME™ STAR Justin Kroupa

Height: 6'2" | Age: 30 | Lost: 13 pounds

"After battling cancer for a year and a half, my fitness level was not where it was previously. With the Body at Home™ style of lifting, I could feel a difference quickly—within just a few weeks I felt better and looked better. This was confirmed when my friends started commenting on how much leaner I looked and how defined I was becoming—this was the fuel I needed to keep going!

"One thing I really like about the program is how easy it is to get back into the groove if you have a bad weekend or day; it is not hard jump right back in. Another motivating factor is how good you feel and how much time is saved. The diet gives you plenty of energy for the day and the workouts are short and effective, freeing up time normally spent in the gym."

Do This

- Set small goals for yourself so you can see steady progress.
- Sign up for events, such as a race to add a motivational focus.
- Let your friends and family know what you're doing so they can help hold you accountable.





Frequently Asked Questions

“I have so much more energy and stamina that my activity level after work has picked up and I require less sleep than I did previously. I haven’t felt this good or been this fit since my 30s.”

—RON COURTOIS, BODY AT HOME™ STAR, LOST 14 POUNDS

Will I really lose 10 pounds in two weeks?

Absolutely! Following the Body at Home™ program will not only help you lose 10 pounds from your gut, but help you build your chest, add inches to your arms, and develop a strong and powerful V-Shape. The key is consistency with the exercise program and the diet. Really take the first two weeks to push yourself and let your body become adjusted to the program. You will be amazed at the results you see. And remember, be sure to measure your waist as well track your results off the scale.

Do I really have to follow the eating plan, or can I just do the strength training to lose my gut?

Although the strength training is critical to building lean muscle on your entire body, without proper nutrition your body will not have the ingredients to build muscle. Think of the food you eat as the materials to build the



house, and think of strength training as the work that adds shape and definition. Each is essential to the other, and doing one without the other will not create the best results. By combining strength training and proper eating, you are going to ensure your results and maximum success!

Do I have to do morning cardio?

Although the Body at Home™ plan is based solely on strength training three times a week, some of my most successful clients have used cardio in the morning to achieve even better results. The amount of morning cardio you do depends on your body type. Refer to Chapter 4 for information on body types, and follow what's recommended based on whether you are an endomorph, a mesomorph, or an ectomorph. Because of your body type, you might not need any cardio, or you may have to do cardio every day. I recommend morning cardio because research studies have revealed that morning cardio on an empty stomach burns more fat, especially belly fat, than cardio done after eating. Plus, you're more likely to take your walk in the morning before the stress of work piles on or other distractions start to pop up.

Will these exercises make me sore, and if so, how do I deal with it?

There are a number of reasons why you could become sore from resistance training, including your previous level of fitness and activity, your age, and the intensity of your workouts. If this is the first time you have exercised or it has been a while since you last hit the weights, there's a good chance that these exercises will cause your muscles to become sore. The soreness occurs because you are causing microscopic tears in your muscle fibers when you strength-train. The pain you feel on the days following intense exercise is from these minute tears and is called *delayed onset muscle soreness*. It is normal and can last between one and seven days following your workout. As these tears heal, your muscles will become stronger; and as your muscles adapt over time, the soreness will lessen after your workouts.

Here are some things you can do to help lessen soreness. Be sure you are allowing time to warm up, cool down, and stretch properly before and after your workouts. Be sure you are drinking enough water throughout the day, and stay active. Keeping your blood flowing by doing some light cardio, getting a massage, or doing any light physical activity on the days following your workout will help. Even doing some of those unwanted house chores can help relieve a little of the pain!

What if I don't feel my muscles burning?

If you're counting correctly throughout your 10-second motions and 2-second holds, you should feel a significant burn when you finish each set. If you aren't feeling that burn, your



form or your intensity may not be at the ideal level. To make sure that you get the most out of your workouts, make sure that you maintain proper form. You should feel the intensity of each move on the muscle you're working. Don't let surrounding muscles support your movements. When you do a biceps curl, for example, you should feel the full weight of the dumbbell on your biceps, not in your back or shoulders. Bad form not only cheats you out of an effective workout but also puts you at risk for debilitating injuries.

Will the supplements and exercises make me more aggressive or be harmful to me?

No. None of the supplements is going to make you more aggressive or be harmful. In particular, creatine, L-glutamine, and nitric oxide do not alter your hormones and do not have any mood-altering side effects. Each of these supplements is naturally produced by the body in various quantities. You are pushing your body, and supplementing helps your body recover properly and more efficiently. Remember, check with your doctor if you want to be sure about what you can take.

I want rock-hard abs and big arms! Can I just do exercises for those specific muscles and skip the others in the workouts?

No. You cannot exercise only those muscles and achieve 100 percent results. In order to build muscle mass and burn fat so those muscles pop, including your abs and arms, you have to work *your entire body*. Missing exercises or entire workouts will cause imbalances within your body and fail to create the results you desire. Lifting your entire body will release more testosterone and growth hormone, which help you to build muscle while your body rests and repairs itself. If you are lifting only your abs and arms, your body releases less of these hormones, and although you might build some muscle, the results will be less effective than they will be if you complete the full Body at Home™ program.

Can I strength-train more than three times a week?

No. Doing more than three workouts a week could impede your results and slow your progress. Your muscles grow while they are at rest, so too much resistance training can do more harm than good. If you feel the exercises are not hard enough, you might need to use heavier weights and increase your intensity. If you really want to do something more, cardio can be the option, depending on your body type. You can do more cardio in the afternoons to help speed up your results. Remember, you should do only 20 minutes of cardio in the morning before breakfast. Any other cardio should be done after you have nourished your body so you will have the proper energy to push yourself. Adding cardio later in the day will be good



for your heart and burn more calories. Be sure to refer to Chapter 4 to find your body type and the proper amount of cardio for you.

Can I go to the gym and do these workouts there if I want to?

Yes. Although the program has been designed to be done entirely at home, you can go to the gym to do the exercises. You can even substitute exercises with different machines, benches, and weights, but make sure you are working the body part indicated in the plan. If you are supposed to be working your chest, be sure to do a chest exercise. If you are supposed to be working your legs, be sure you are doing a leg exercise to replace the move. The gym can be an extra motivator because you are changing your environment. Sometimes it is easy to sabotage yourself and not do the exercises at home, perhaps because you are tired or your favorite show is on. Leaving your house and going to the gym every once in a while could keep you on track and focused. Two gyms I recommend and trust are Bally Total Fitness and David Barton gyms. For more information and to find one of these gyms near you, go to ballyfitness.com or davidbartongym.com.

How can I avoid overeating at night?

Most of the time, especially if we're eating every three hours all day, eating late at night is less about hunger and more about some other stuff we might be going through. Sometimes we're stressed or just plain bored and entertain ourselves with a big bowl of popcorn or a few beers. I've learned that nighttime is when most of my clients are likely to sabotage all their hard work. You can log on to BodyatHome.com and chat with any buddies you've made. Maybe go for a walk with your spouse or hit that punching bag a few times until the cravings pass. Focus on your commitment and you will be successful.

Do I have to drink the whey shakes for my snacks?

As I mentioned, whey protein shakes are your ideal snacks on this plan. Whey protein shakes are the best way to feed your muscles what they need to build and repair themselves after your workouts. The next best option is low-fat (2 percent) cottage cheese. One-half cup has only 100 calories, has only 2 grams of fat, and provides over 15 grams of good protein. But remember, you are here to lose your gut in just two weeks . . . you need to keep it simple and effective and whey protein is truly the best.

Will this program promote a healthy digestive system?

If your digestive system is working properly, you probably are having two or three bowel movements a day; but dehydration, the types of foods you eat, and even when you eat all play



a role in digestive health. The Body at Home™ program will help keep you “regular” for the following reasons: Eating portioned meals every three hours will prevent your digestive system from being overloaded. Your diet will be high in fiber from your whole grains and vegetables. Because you will be eating less toxic food, your digestive track will work less. Also, you will be more “regular” because you are drinking half your body weight in ounces of water a day. Plus, exercise and physical activity will ensure your digestive system is moving food properly along with better blood flow.

I’ve heard steroids can accelerate muscle growth and recovery. Would taking steroids accelerate my progress?

Steroids are not the answer! Too many people are looking for a fast and easy fix. Steroids could help you add muscle, but at a serious cost to your health. Steroids are extremely harmful to your body and the risks outweigh the benefits tenfold. Side effects of steroids include liver failure, cardiovascular disease, depression, increased body fat, aggression, gynecomastia (development of breast-like tissue), acne, oily skin, hypertension, reduction of testosterone, prostate hypertrophy, and thyroid disease. Short-term gains from the use of steroids are dwarfed by the possible health problems steroids bring about. Good old-fashioned hard work, dedication, and commitment are the only healthy and safe ways to increase muscle mass safely and effectively.

I’m naturally slim and don’t need to lose fat. Will this program help me become stronger and more toned?

Absolutely! Since you don’t need to lose weight, you’ll see results much more quickly. This program will increase your muscle definition and make you stronger and more fit. It will give you ripped abs, a bigger chest, toned legs, and defined arms. Check with your doctor to be sure you’re eating enough calories, though. Since you already have a high metabolism, you may need to consume more than this program recommends.

I’ve hit a plateau. How can I lose more weight or build more muscle?

Plain and simple, plateaus are frustrating. You work so hard and see no change on the scale or in your measurements. But don’t get discouraged! All you need to do is change your program around a bit. Think about your eating plan. Are you writing down everything you eat? It is very likely that you are consuming more than you think you are. Make sure you are getting the right portions. Many times we have too many carbs at one sitting and not enough protein. Try increasing the intensity of your strength training or add more walking to your routine. To burn more calories, try walking up some hills if you’ve been walking on level ground. Mixing up your routine will help you break through a plateau in no time.



What if I fall off the eating plan and eat a bag of chips or have a few beers? Or what if I miss one of my workouts? Do I have to start over?

No. When you eat too much or miss a workout, accept it and get back on track tomorrow. If it's your friend's birthday and you have a few drinks, or if you're out for Mexican food and you eat too many tortilla chips, you're not going to undo all your hard work. Regroup and look forward, not back.

I'm over 50, and I've been inactive for most my life. Is it too late for me to do this program and get in shape?

No! It's never too late to improve muscle tone and eliminate body fat. In fact, resistance training is particularly important for men as they get older, because it improves strength and helps combat the wear and tear of age.

I advise you to talk to your doctor before starting the program, to make sure that you're in good health and able to complete the Body at Home™ exercises. Once you get the go-ahead, you're on your way!

15

BODY AT HOME™ STAR Chris Matthews

Height: 5'10" | **Age:** 37 | **Lost:** 15 pounds

"I have been an active individual most of my life. While I'm in great aerobic shape, I've always trained under the work harder not smarter method, which produced roller-coaster results in my weight and fitness. I've tried several diets, but I was not able to sustain the results I wanted. Body at Home™ finally convinced me that I could make a lifestyle change.

"This plan provides the right balance between diet and exercise and fits right into my active lifestyle. I have seen a significant increase in my strength and aerobic fitness. This plan left me feeling more energized on a regular basis—I was even much sharper at work and at home. Body at Home™ has raised my overall quality of life and given me a fitness foundation."

Do This

- Take the workouts seriously.
- Spend some quality time in front of your mirror. Muscles you never thought existed will start popping up in a few short weeks and that is a great confidence booster!
- Make a weekly meal plan and shopping list; incorporate some new food choices to spice things up a little.



ABOUT THE AUTHOR

JORGE CRUISE used to be 40 pounds overweight. He constantly felt tired, old, and insecure about his weight. Today he is the author of three *New York Times* best-selling book series. More than 5 million copies of his books are in print, including *8 Minutes in the Morning*, *The 3-Hour Diet*, and his most recent, *The 12-Second Sequence*. He is recognized as America's leading health expert for busy people. Each Sunday his *USA WEEKEND Magazine* column is read by more than 50 million people in 600 newspapers nationwide. He has appeared on *The Oprah Winfrey Show*, CNN, *Good Morning America*, *The Today Show*, *Dateline NBC*, *The View*, *The Tyra Banks Show*, and VH1.

Jorge received his bachelor's degree from the University of California, San Diego (UCSD). He has fitness credentials from the Cooper Institute for Aerobics Research, the American College of Sports Medicine (ACSM), and the American Council on Exercise (ACE).

Jorge lives in San Diego with his wife and two sons.

You can contact Jorge at JorgeCruise.com.



To purchase a copy of

Body at Home

visit one of these online retailers:

[Amazon](#)

[Barnes & Noble](#)

[Borders](#)

[IndieBound](#)

[Powell's Books](#)

[Random House](#)

