

Fat to Fit in 6 Weeks

My Case Study

I was fat. I never thought I'd be in this place again, but it was so much worse. I was 20lbs fatter than I was at my previous corpulent level. How did this happen? What had happened to my muscle, what had happened to my fitness? I can't tell you how bad it felt being overweight, fat, heavy, weak and tired. I don't think I ever felt worse about myself than I did at that point. But I knew how this had happened....I'd done it to myself and I'd done it on purpose.

The sound was deafening. A loud snap, like a crack of thunder, followed by 2 more in quick succession. Then there was the scream. Like nothing I'd ever heard before and I was shocked to realize it had come from me. Then there were pounding steps, blackness and then nothing.

I awoke feeling the clammy, cold sweat on my skin. Confused I tried to figure out what was going on, why was my brother here, what was he staring at? Then it hit me, a wave of excruciating pain and the sound rushed in to the room, and I realized what had happened.

While attempting a test of my leg strength, pressing over 2,850 lbs, a safety mechanism on the equipment I was using failed. A chain snapped and flew in to my left shin, shattering my tibia in three places. A weight plate crashed into that same leg. My body, unable to cope with the excruciating agony did the only sensible thing it could – I passed out.

Unable to walk, unable to train this was a terribly frustrating period for a fitness instructor and personal trainer as I'm sure you can imagine, so I decided to take advantage of this accident and turn it to my advantage. For the last year I'd been working on refining my fitness programs. Spending countless hours researching medical journals, physiology texts and more in the quest for an even more efficient system of training than the incredible isometric system I was currently using.

I'm a big believer in Isometrics, in fact, that's the only way I train anymore. However, as I discovered while many people produced extremely impressive results using the Perfect Body Program I devised, there were some few who did not. This did not sit well with me. It took me over a year and a training session with a world record holder in the Bench Press, Squat and Deadlift for me to realize what the problem was. And in finding out the component missing from that led to those who did not great brilliant results with Perfect Body (they still built muscle, just not as quickly as I wanted), I discovered how to super charge the results for my advance trainees, and thus Project Dragon was born.

While training with this exceptionally strong athlete – I was explaining the nature of isometrics and decided to demonstrate this on a bench press. I racked up her personal best, her record lift

and placed it in my strongest range. Now, this kind of sounds like the Matrix but bear with me - I did not, when going to press this incredible weight think about pushing the bar up. Instead I focused on contracting the muscles of my chest, my pectorals. I simply isolated and contracted the muscle, and I focused on contracting and pulling my triceps tense. I focused on isometrically contracting the muscle and to get them to that position the muscles pulled the joints in to the right position, my arms strengthened thanks to the triceps and the chest muscles pulled the elbow closer to my chest. Viola, the impossible to move bar moved and shot up effortlessly.

This was a common thing for me and for my clients so I thought nothing of it. She on the other hand was shocked.

Moments later I was shocked when she attempted the same feat and could not move it. At all.

And it dawned on me – despite the fact that this woman can press enormous weight, she couldn't actually contract her muscles correctly. It's like being able to sing a beautiful ballad in Italian or Japanese without knowing a damn word of the language. You can learn and sing the song, but you can't say something as basic as hello.

And so it dawned on me – people don't know how to contract their muscles voluntarily. Those that can isolate and contract their muscles achieve excellent results – those that can't achieve only the standard.

The second problem I faced was that of my advanced trainees. Those that followed Perfect Body to the letter and had made dramatic changes to their physique and strength, but wanted to go beyond this, they wanted to test themselves and improve more.

I realized the solution was one and the same.

In the same way I developed a progressive cardiovascular system and achieved phenomenal results in terms of re-education of the body's energy systems, heart and lungs, I could apply the very same principal to the development of phenomenal strength and rapid muscle development.

But I needed a test subject first. So having shattered my leg, unable to exercise I made a decision. I would put this new system and my theories to the test and rebuild myself from the ground up. I would prove to everyone the system would work, by testing it on myself. To truly show the world exactly how powerful this system could be though, I'd need to do something I thought I would never do again. I was going to need to get fat.

I've been overweight before, I didn't like it. I felt tired, weak, lethargic, unmotivated, and slow and had a constant weariness in both mind and body. I'm not used to that anymore. I am used to feeling light fit, fast vital, youthful energized, motivated and pretty much bordering on the magnificent. Having a busted leg is bad enough but I knew eating crap food and not exercising would make me feel even worse.

I spent 6 months eating Pizzas, Chinese, Ice Cream, chocolate, donuts and other crap. The result was terrible. I felt terrible. Headaches, fuzziness, mouth ulcers, stomach upsets and a host of digestive complaints. I developed low back pain, and my knees started to ache. This totally sucked. What's worse was I was actually having a hard time putting on FAT. Many of you will be cursing me for this but it's an important point and I want to make this clear.

The isometric workouts I had been doing made my body run very efficiently – it did not want to store body fat.

As a result it took me 6 months to add 30lbs of fat on to my frame. (On the upside I retained most of my muscle mass, despite the fact I had done 0 training in 6 months).

On October 10th 2009 I couldn't hack it anymore. I couldn't keep poisoning myself with such poor food. I was 190lbs, the FATEST I had EVER BEEN at 25% body fat. I was sporting a HUGE GUT – at 41 inches, and had significantly increased my likelihood of having a heart attack or stroke. Here's what I looked like –



My starting point –

27 yrs

190lbs

25% Body Fat

47.5 lbs Fat Mass

41 inch waist

Week 1

Right, so, starting out at 190 lbs how did the first week go. I integrated the first 2 simple habits of my nutritional program, which was after all the crap I had been eating a blessed relief. Within a few days my energy levels had picked up, I was feeling better psychologically and it felt a weight had been lifted from my shoulders. It was the first time in weeks that I actually felt good about myself.

In terms of training I was desperately unfit at this stage - Horrendously so. Despite the fact that I was using my 4 week introductory program I was so out of shape that I had a hard time recovering from even brief exertion. Take a look at the cardio graph below.



Workout Date	27/10/2008	
	Time	HR
Warm Up	01:59.0	107
To Target Hr	00:53.0	139
Set 1	02:01.0	168
Rec 1	04:18.0	152
To Target Hr	00:49.0	145
Set 2	01:33.0	169
Rec 2	03:55.0	152
To Target Hr	00:32.0	147
Set 3	01:00.0	169
Rec 3	05:39.0	155
To Target Hr	00:45.0	45
Set 4	00:30.0	200
Rec4	03:47.0	134
To Target Hr	00:00.0	0
Set 5	00:00.0	0
Cool Down		
Total Training Time	27:41.0	
Total Exertion Time	05:04.0	
Time in 80-90% Hr	15 mins	
Avg Recovery Time	04:37.3	

Here's the training log for that session.

Now you can clearly see that I only perform 4 periods of exertion and in fact spend **just 5 minutes and 4 seconds training**. However I spent on average 4 minutes 37 seconds **RECOVERING** from those few minutes of exercise.

I had to sit down and just breathe to recover from a few minutes of light movement. I can't tell you how bad I felt about this. Don't get me wrong, I loved getting back to training, but I hadn't realized I had become so unfit.

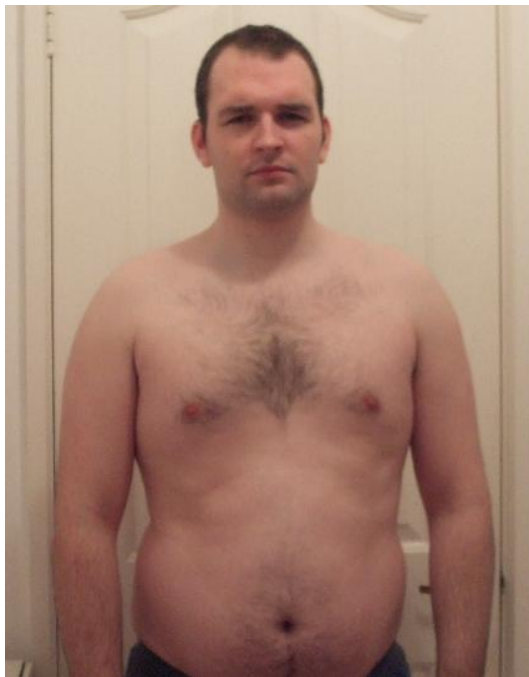
No wonder I was feeling tired and lethargic all the time. I was a walking disaster. I was carrying an extra 30lbs of crap under my skin and had lost my lung capacity and heart capacity. Every step I took was placing undue strain on my bodies systems. I did 2 more workouts that showed improvement.

Week 1 - The RESULTS

As you'll see in the weigh in videos I came in at 184.4 lbs - **A loss of 5.6lbs in a 7 day period!** What was more incredible though was my body fat percentage. According to both the scales and caliper tests performed my body fat had dropped in 7 days from 24.8% to 19.5%, a **MASSIVE LOSS OF 5.3% Body Fat in 7 Days.** Why is that so impressive you may ask – very simply, a conventional weight loss program takes about 0.5% body fat off a week. **In just 7 days I achieved the equivalent of 10.6 weeks weight loss.** What is more this was achieved spending less than 21 minutes exercising and only adopting 2 of my dietary protocols.

But it gets even better.

When measuring my waist **I had gone from 41 inches to 39, losing 2 inches off my waist in 7 days** and with just a few minutes of exercise. Here's how I looked after just 7 days.



You'll note that the stomach is far less round and protruding. In fact from the side profile it is much flatter. However the abhorrent back fat is still clearly visible. There's still fat under the chin and on the face and the arms still lack definition. But it's a VAST improvement.

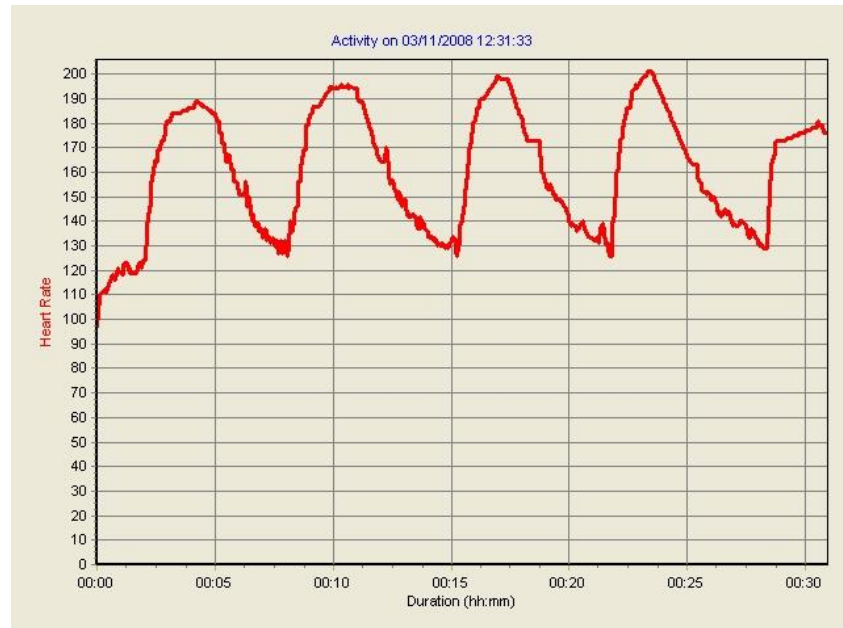
I was looking forward to Week 2.

Week 2

Over Week 1 I performed a total of three workouts. I spent a total of 15.58 minutes working out over the entire week. By the end of that week I had already cut my recover time in half and was beginning to see the return of my fitness levels. Take a look at the 3rd workout of week 2. This wasn't as good as the previous weeks and I began to suspect that I was pushing too hard and my body needed time to recover.

Week 2, Workout 2

03/11/2008	
Time	HR
02:00.0	115
00:33.0	135
02:04.0	180
03:38.0	153
01:02.0	158
01:33.0	191
04:32.0	154
00:44.0	152
01:02.0	189
04:37.0	157
00:58.0	164
00:40.0	196
04:52.0	164
01:10.0	161
00:23.0	197
01:30.0	174
28:15.0	
05:19.0	
13 mins	
04:15.7	Unrecove



However, my body's reaction from these brief periods of exertion was tremendous in combination with only 2 dietary principals. I had already lost 5% body fat in the first week and 2 inches from my abs.

With the start of week 2 I continued to increase the intensity of these workouts and adopted 2 more of my ten dietary habits for rapid body transformation.

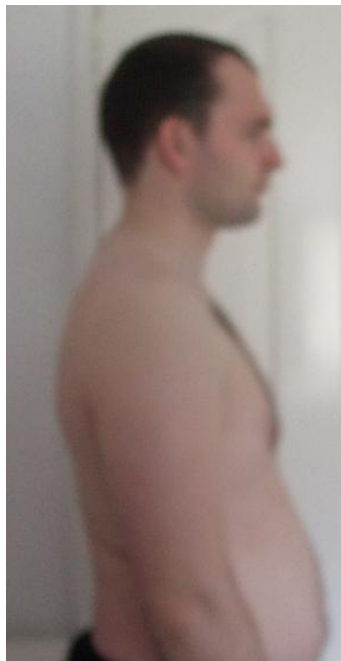
I also performed a high intense and brief 6 minute isometric based resistance routine. This was designed to increase my muscle mass and retain and increase my strength.

Overall I was quite pleased with how the week was going and looked forward to my training. My energy levels continued to improve and my sleep became deeper and more productive. Let's take a look at the results of Week 2.

Week 2 - The RESULTS

I weighed in at **180.8 lbs**. This represented a **loss of 3.6lbs, over week 1** and a **total loss of 9.2lbs in just 2 weeks**. To say I was happy was an understatement. My body fat also continued to drop and I measured in at 18.8%. This represented a further loss of 0.7% body fat according to the scales, the calipers indicating closer to 1.5%. Regardless I was still moving in the right direction and was still increasing my strength and muscular output, while reducing my cardiovascular recovery time.

My waist measurement was equally welcome, **the waist measurement coming in at 38 inches** on the nose. This means I had lost another inch off my waist in just 7 days and a total of **3 inches gone in 14 days**. Here's how I looked –



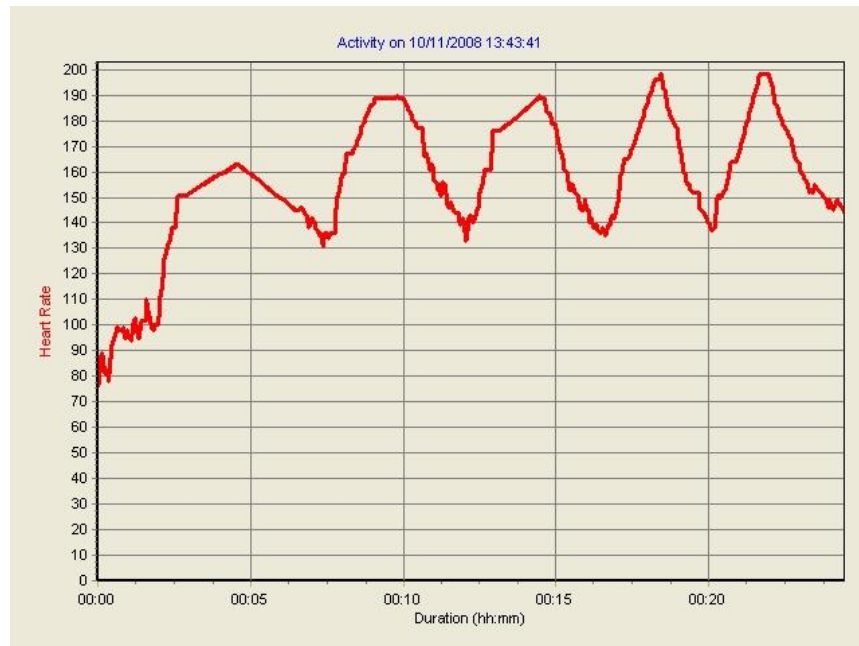
As you can see, the bulge of the waist is reducing more and the outline of the abdominal wall is taking shape. From the side profile you can see the increasing reduction of the waist still further despite the blur. Sorry about that.

Let's move on to Week 3.

Week 3

Week 3 was an interesting week. I suspected that from my results in week 2 I was overtraining and this was confirmed in a reduction in my training capacity and recovery during my cardio work. I also keep a close eye on my resting heart rate, an objective recovery measure I discuss in Project Dragon and this too indicated that my body needed more training time. As a result I didn't perform the first 2 scheduled cardio sessions for that week. Instead I simply did the one session

10/11/2008	
Time	HR
02:00.0	93
01:22.0	135
02:03.0	169
02:07.0	153
01:01.0	151
01:31.0	181
02:07.0	163
01:02.0	152
01:02.0	186
02:32.0	160
01:00.0	155
00:32.0	166
01:56.0	165
00:59.0	157
00:29.0	197
02:01.0	172
20:15.0	
05:08.0	
13 mins	
02:15.3	Recovered!



You can see that the extra time off was EXACTLY what was needed. You can see from this workout that I've added an extra workout set for 29 seconds. The total workout time was 5 minutes and 8 seconds. What is important to note is that my average recovery time was within 2 minutes 13 seconds - half the time of last week.

I was hitting my stride with the changes to my nutrition and thoroughly enjoying. I was had integrated 6 of my ten habits, none of which had posed a problem. There is nothing more satisfying at times than a cheeseburger. At this point I was regularly enjoying the delicacies of Japanese cuisine, and the occasional Hagen Das Cookies and Cream Sundae. I was finally beginning to feel like my old self again.

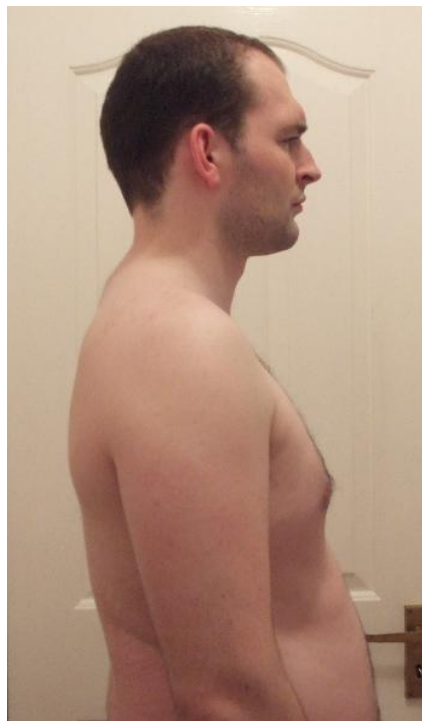
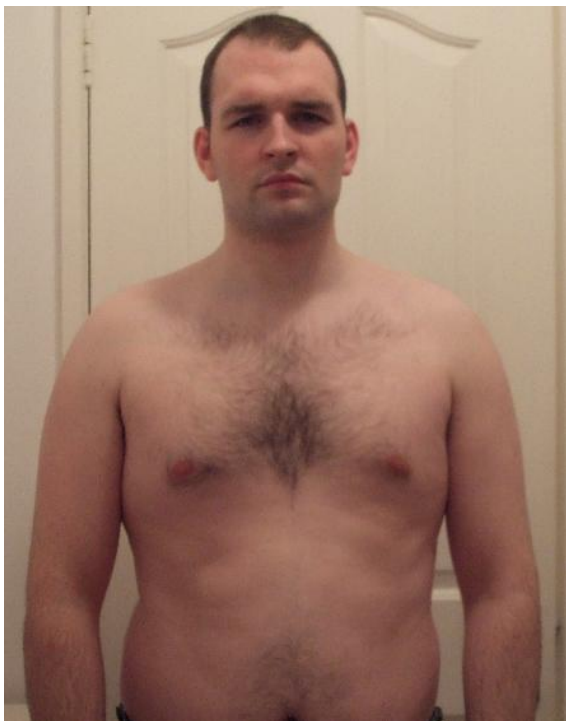
Before I get to carried away, here's the results achieved –

Week 3 - The RESULTS

I weighed in at a glorious 178.2 lbs. Utterly delighted with myself considering that I spent only 5 minutes and 8 seconds training that week. This was a further drop of 2.6lbs, still above the average but notably slower than previous weeks. Also of note was that I had an apparent increase in body fat from the scales coming in on them at 19.8%. I wasn't concerned with this as both the calipers and tape confirmed I was closer to 16% body fat.

Speaking of which, my waist was continuing to drop hitting an even 37 inches. I had dropped another inch in 7 days, and in total had **dropped 4 inches in just 3 weeks**.

Here's how I looked –



You can quickly see the face is losing the round chubbiness and becoming leaner, and the beginning of abdominal definition is creeping in the front view. From the side profile you can faintly see the definition in the shoulders beginning to reappear, and the abs are becoming increasingly flatter and tighter thank god.

Let's move on to week 4, the half way point.

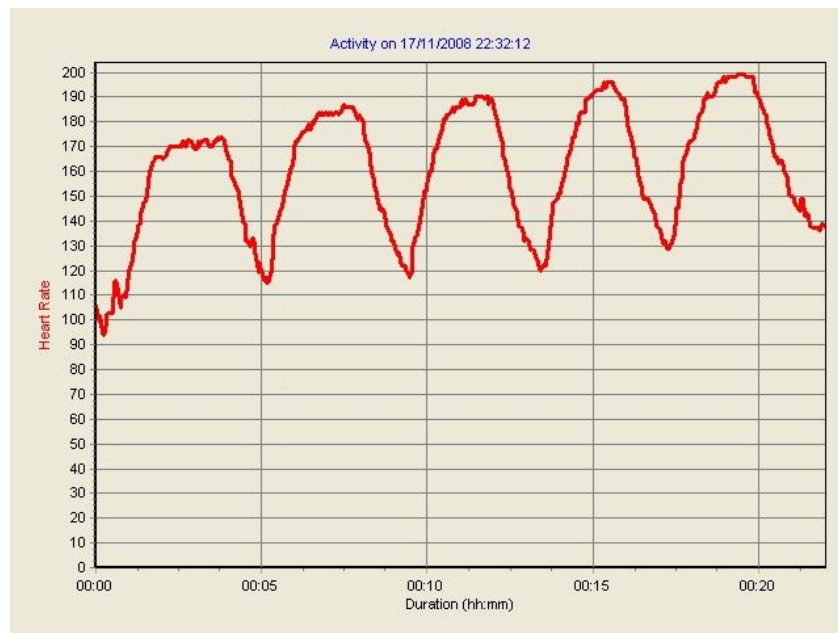
Week 4

Week 4 was the week I finally got my fitness back! God was I happy. Granted my physique hadn't quite achieved the level it once had, but the heart and lungs I had previously enjoyed were back again at full capacity.

You'll remember that in the first week I was spending a deplorable amount of time trying to recover from brief exertion. In fact I spent on average a shocking 4 minutes 37 seconds RECOVERING.

Week 4 changed all that.

17/11/2008	
Time	HR
00:58.0	105
00:51.0	133
02:04.0	169
01:28.0	143
00:57.0	147
01:33.0	181
01:45.0	149
01:05.0	153
01:04.0	186
01:55.0	154
01:21.0	162
00:33.0	193
02:22.0	159
01:04.0	185
00:29.0	197
02:14.0	168
17:56.0	
05:14.0	
13 mins	
01:42.7	



Doesn't that just look awesome? But what does it mean. Well, as you can see from the heart rate graph and the workout log I was able to recover from high intense physical exertion in just minutes. In fact my average had dropped to just 1 minute and 42 seconds. It felt amazing to push myself like that again.

I felt free, invigorated, energetic, constantly bounding up and down on my feet, and ready to jump for joy at a moment's notice. I finally felt alive again for the first time in months. I trained for just 5 minutes and 14 seconds, but they were the most beautiful 5 minutes of my life. I was back. And my body loved me for it. Check out the results achieved in Week 4!

Week 4 - The RESULTS

HAHAHAHAHAHAHA!!!!!! A STONE GONE IN JUST 4 WEEKS!!!!!! BOOYAH!!!!!!

Sorry about that. Just remembered how awesome that felt. Again, let's put this in to context. I achieved about 8 to 10 weeks of weight loss in half that time. And I did not, by spending all my day in a gym, but in making some small changes to my nutritional habits and of course training using the principles of Project Dragon which took less than 15-20 minutes a week. Damn life is good. So what were the specific results?

I weighed in at 174.6 lbs. I was down another 3.6 lbs and feeling pretty goddamn great, because in total **I had now lost 15.4lbs on the scales and was over a stone down**. Oh but it was much sweeter than that. Let's take a look at the body fat scores here and work out the fat mass. The body fat percentage was again around 18.2% on the scales but calipers showed a further drop to 15.6%.

As you may recall my fat mass at this point was a whopping 47.5lbs. At the 4 week point I was coming in at 31.7 lbs (taken at 18.2%) or 27.2 lbs (taken at 15.6%). This means I had lost up to 20.3 lbs of fat in just 4 weeks. Goddamn is that cool or what.

Again this is not from spending hours in the gym, this is 5 minutes every 2nd day or so. That's it.

Oh and before I forget **my waist measured 36.2 inches**.

In 4 weeks I had lost 4.8 inches off my waist. Take a look...



I was no longer, fat, just slightly overweight, bordering on healthy. I have the visible trace of my upper abs, and the slight definition on the chest, shoulders, traps, and have lost the weight on my chin. The direct comparison is below.....

Weeks 1 – 4

Before



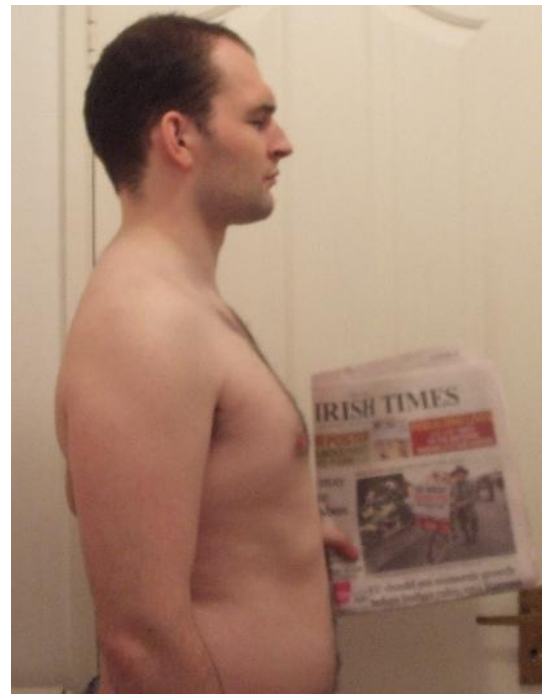
After



Before



After



Project Dragon, Male, 27

Weeks 1-4 Results

A drop of 9.4% Body fat!

A Loss of 20.3 LBS OF FAT!

Improvement of recovery time by over 3 minutes

Stay tuned for Part 2 of this incredible case study –
weeks 4-8...and what happened next

over one year later.....

You can do the same – keep a close eye on www.isometric-training.com and sign up to the **Project Dragon Advance Notice** list here - <http://www.strong-in-7-seconds.com/advanced-notification.html>