



Becoming Better than Your Best – One Man’s Story of Overcoming Injury, Surgery and Middle Age to Become Fitter, Faster and Stronger than He Had Been During his Professional Sports Career

Early this year, (2010) in February, I launched Project Dragon – one of the most successful and revolutionary fitness programs ever devised. And those aren’t my words, they’re the words of those who followed the program and achieved the impossible.

In the run up to Project Dragon I published a series of real life Case Studies – everyday people that had faced the same problems you do, and overcame them using the Project Dragon system. But they didn’t just overcome their problems; they blew them out of the water and achieved results that shouldn’t be possible according to the current fitness community.

The current fitness community is wrong. Not only is it possible but with the right protocols applied – inevitable. Today I want to share with you another one of these remarkable case studies.

In this you’ll see not only answers to the questions many of you have asked, like....

- How to lose love handles/stomach gut?
- How does one successfully trim the tummy?
- What do I have to do to get results?
- What results over what time frames can I expect?
- How to gain Muscle Mass fast & without too much Fat gain.
- How to shed fat & also keep fit without losing muscle mass
- How can I quickly burn fat?

But this will answer questions on injury and what to do in those situations...

- How long and for how many days per week do I need to exercise?
- I have damaged my knees, what exercises can I safely do?
- I’ve had surgery to replace worn out joints, what can I do? Will I ever be like I was?
- How to know how to differentiate between misuse, over use and under use while exercising?
- How to adapt the program to structurally imbalanced musculature?

Well this case study will shed light on those questions. Of course the step by step stuff will be covered in Project Dragon, but this case study will show you the results of that program. Including:

- How to build more muscle than you ever thought possible in blinding fast time.



- What the most time efficient program is
- How often you need to train (there's a definite clue in here)
- What can you realistically expect to achieve after a joint replacement surgery
- How to improve the heart and lungs
- Recovery and rehab answered
- How to strip body fat at unbelievable rates
- Can you achieve better fitness than when you were in your prime?
- What of the over 50's
- How to lose weight from the belly
- And it's also a good example of the last question I mentioned – what happens with someone reconditioned and injured? Can they benefit from this program?
- And much more....

Most importantly this case study will touch on the importance of NUTRITION – a subject that is discussed on great detail in Project Dragon (including my drop 20lbs of fat in 30 days plan). In this case study I'll show you one clients diet, my comments and a brief insight in to the why's and how of awesome nutrition.

Let me share with you the amazing journey Steve¹ took, how **he regained his youth, recovered from injury and became slimmer and fitter than he was when he played professional rugby!**

¹ Name changed for privacy.



The Beginning...

Steve came to me aged 52, with **severe stiff aching knees, one had been replaced**, which made activity difficult, **low energy levels, bleeding gums, headaches, and low back pain**. His **blood sugar levels were unstable** and high and there was a **serious problem with his Liver enzymes**. Steve was 6 foot, and a former professional rugby player. He had been fit, slim, fast and confident.

Now at 52 he was overweight, his knees were shot and he was still in pain despite a knee replacement surgery. He had a slightly limp, and no longer resembled the fit athlete he once was. His waist had ballooned to over 44 inches – presenting an huge increase in the chances of a heart attack or stroke. Additionally due to the knee injury, his right hand side was significantly smaller and weaker than the left and was it was visibly obvious. He was **irritated and frustrated** by his **deteriorating physical condition**. Most importantly his wife and he recognized that he was in **serious danger of not being around to see their young daughter grow up**.

Let's take a look at Steve's stats when he first came to see me on the 23-11-2009

Body Measurements	
Date	23/11/2009
Neck	16.4
Shoulder	59.9
Chest	43.5
Upper Arm L	12.5
Upper Arm R	12.3
Waist	44.5
Thigh L	25
Thigh R	23.5
Calf L	17.5
Calf R	17

All of the above measurements are in inches.

Skin fold Measurements	
Date	23/11/2009
Suprilliac	31



Scale Readings	
Date	23/11/2009
Weight (lbs)	251
Body Fat %	32.7%
Hydration	47.3
Muscle	162
Bone	8.4
Kcals	2317

Despite having a 44 inch waist, Steve could carry his weight well thanks to his height and broad shoulders. This had made the situation worse over the years as the significant increase in body fat, now over 30%, was less noticeable.

With that said Steve was still carrying around 82 lbs of FAT!!! That's far too much and it was putting unneeded pressure on his knee and his organs. It was an 82 lbs death sentence tied right around his neck.

Worse was Christmas coming up and Steve had serious concerns about starting a weight loss program because the holiday season was right around the corner – and this is A HUGE ISSUE for many. So often I hear people saying well I'll start on X date cause this weekend, there's a party / christening / wedding / other lame excuse not to eat right. And that's all it is - an excuse.

The truth is THERE WILL ALWAYS be something going on. And if you go with that attitude guess what – you'll NEVER LOSE WEIGHT, NEVER GET FIT, NEVER GET HEALTHY. And it will be too late and the event will be your funeral. I suggested to Steve a different way of thinking about – get started NOW and be slimmer at Christmas and SLIMMER by the new year so you go in with a head start. That's something I want you to think about – the time is now.



So to summarize

Steve's starting point –

60 yrs

251 lbs

32.7% Body Fat

82 lbs Fat Mass

44.5 inch waist

Weeks 1 and 2

Homework was something Steve hadn't done since he was a school boy and he didn't much like the idea of keeping track of his food intake, nor his exercise. The fact is though that we forget and gloss over things like how much food and drink we take in – and it's shocking for many people to keep track of what they eat, when they eat and WHY they eat. Generally because it turns out people eat a lot of crap, and right now some of you will be thinking, that's not me – I eat healthy. If you don't have the body you want the answer is obvious, you're wrong and you're not eating to support your goals. Steve was in the same boat. So I had him right down exactly what he ate over Week 1. Here's an example –

Day 1

- Weetabix 2 bars with a 1/3 pint of skimmed milk
- 1 Apple
- Water 2 mugs
- Another Apple
- 1 Piece of bread crumb covered plaice
- Fried Chips
- Baked Beans
- Water
- 2 Mugs of coffee with skimmed milk and sweetener



- Water
- Whole meal Toast with butter and jam
- Tuna Sandwich (2 slices whole meal bread, butter salad cream)
- Coffee
- Latte

Day 2

- 3 Slices of White Toast with Butter and Marmalade
- Coffee with regular milk and sweetener
- Water
- Coffee with regular milk and sweetener
- 1 Large Boiled Egg
- 2 Slices whole meal bread with Butter
- Water x 2 cups
- Dinner of 4 Slices Chicken Breast, 1 Tbls of Peas, 1 Tbls of Parsnips, 2 large helpings of mashed Potatoes with Butter, ½ cup of gravy

Day 3

- Weetabix 2 bars with a 1/3 pint of skimmed milk
- Coffee with regular milk and sweetener
- Dinner – 3 Slices of Lamb, 1 Tbls of Peas, 1 Tbls of Mixed Vegetables, 2 large helpings of mashed Potatoes with Butter
- Coffee with regular milk and sweetener
- 2 Cups of Water
- Coffee with regular milk and sweetener
- Tomato Sandwich (2 Slices White bread with 2 tomatoes, butter and salad cream)
- Coffee with regular milk and sweetener

So what's so bad about that? It's a pretty regular diet, he's not over eating, there's no chocolate, junk food biscuits or crisp, no take aways? So what the problem?

THIS IS DIRE!!!!!!!!!!!!!!!!!!!!!! It's CRAP!!!!!!!!!!!!!!!!!!!!!! It's AWFUL!!!!!!!!!!!!!!!!!!!!!!



Why? Well in project Dragon I teach a modification of the Dr. John Berardi's habits of great nutrition, and this violates ALL OF THEM!

I'll give you an example – here's day 1 with my notes below –

Day 1

- | | |
|---|------------------------------|
| • Weetabix 2 bars with a 1/3 pint of skimmed milk | SUGAR s.Protein |
| • 1 Apple | SUGAR tolerable |
| • Water 2 mugs | GOOD |
| • Another Apple | SUGAR tolerable |
| • 1 Piece of bread crumb covered plaice | SUGAR, FAT, s.Protein |
| • Fried Chips | SUGAR AND FAT |
| • Baked Beans | SUGAR, s.Protein |
| • Water | GOOD |
| • 2 Mugs of coffee with skimmed milk and sweetener | hmmmm...tolerable |
| • Water | GOOD |
| • Whole meal Toast with butter and jam | SUGAR |
| • Tuna Sandwich (2 slices whole meal bread, butter salad cream) | SUGAR, s.Protein |
| • Coffee | hmmmm...tolerable |
| • Latte | SUGAR |

So what do all my notes mean? Basically Steve's diet here is made of sugar. What? Where? Weetabix, apples, breadcrumbs, chips, beans, toast, bread – all of these items are made from carbohydrates, a sugar that can be fast or slow releasing. In Steve's case it's mostly fast releasing. This leads to high energy followed by crashes, food cravings, and the storage of body fat due to elevated insulin in his blood. I explain all of this in detail in Project Dragon.

There's a very small amount of protein throughout the day. As a result he simply isn't getting enough nutrition from his food while totally overdosing on sugar – this means he's fatigued hence the reliance on stimulant like coffee. The only decent thing he's doing here is the water and the apples – the rest of it is AWFUL.

This is the typical diet of people that have a weight problem but don't know why. I made just 2 small changes to Steve's nutrition based on this information. I asked him to eat regularly, and to eat a certain amount of protein with each meal (why, how often and how much are found in Project Dragon) – no other changes, everything else stays as is.



Making just those 2 nutritional changes, and having done just 2 sessions of the Project Dragon training system this is what Steve’s stats looked like just over 2 weeks later...

Body Measurements	
Date	15/12/2009
Neck	16.4
Shoulder	49.5
Chest	42.3
Upper Arm L	12.2
Upper Arm R	12.0
Waist	40.5
Thigh L	26
Thigh R	24
Calf L	17.5
Calf R	17

All of the above measurements are in inches.

Skin fold Measurements	
Date	15/12/2009
Supriliac	27

Scale Readings	
Date	15/12/2009
Weight (lbs)	243.2
Body Fat %	28.3%
Hydration	48.6
Muscle	163.4
Bone	8.4



In a little over 2 weeks Steve had managed to

Drop 4.4% body fat

Drop 13.2 lbs of fat!!!

Drop 4 inches off his waist!

Drop 10.4 inches off his shoulder and back fat!

Drop 1.2 inches of chest fat and man boob!

Add an inch and half of leg muscle!

Added more than 5lbs of lean muscle!!!

That's in just 2 weeks with less than 20 minutes of training a week!!!!!



Weeks 3 and 4

Well this was the run up to Christmas – but like said earlier – you want the body and abilities of the Dragon now is the time to start and stick with it. Steve did just that. Sure he enjoyed Christmas with his family, had a few drinks, ate some Christmas cake, chocolate éclairs and chocolates, but for the rest of the time he kept up the first 2 changes we made to his nutrition and kept on track with the Dragon strength and fitness programs. It took less than 20 minutes a week to do ALL his training so it never interfered with the families Christmas preparations.

He stuck with it and came in even lighter after the Christmas break. Something he previously would have thought impossible.

Further friends and relatives had already noticed the dramatic drop in weight from the first 2 weeks and this spurred him on to work even harder. In the New Year biggest problem I had with Steve was trying to keep in check and NOT OVER EXERCISE. He was getting so pumped on the DFR's (Dragon Fitness Routines) that he wanted to do them daily!!!

Weeks 5 and 6

Damn he was getting impatient!!!! Taking on board the big changes to his nutrition we came to one that I thought may be the hardest for Steve, I asked him to reduce his alcohol intake. He surprised me somewhat – he and his wife decided that after the Christmas period that they no longer wanted to drink for a while – and besides Steve was getting more satisfaction and enjoyment from the DFR's!!!!

Weeks 7 to 20

Steve was trail blazing – the man's appetite for training was insatiable. He was sticking rigidly to the Dragon Habits of good food – Steve was so easy to work with – he saw firsthand the benefits of Project Dragon. By this stage Steve was in such good shape and so strong he was sprinting faster time than he had when he was in professional rugby. He was lighter and faster, fitter and stronger than he'd ever been before. In fact he was in such good shape that Steve took his family off for an extended adventure holiday in the states from weeks 12-15. Something he never would have been able to do before.

When I saw him next it was week 20 and we did his final weigh in – check out the stats – they're right beside his original.



Let's compare here results –

Body Measurements

Date	23/11/2009	13/04/2010
Neck	16.4	14.5
Shoulder	59.9	51.4
Chest	43.5	40
Upper Arm L	12.5	12
Upper Arm R	12.3	12.0
Waist	44.5	36
Thigh L	25	26
Thigh R	23.5	26
Calf L	17.5	16.5
Calf R	17	16

Skin fold Measurements		
Date	23/11/2009	13/04/2010
Supriliac	31	14

Scale Readings		
Date	23/11/2009	13/04/2010
Weight (lbs)	251	220.4
Body Fat %	32.7%	15.7%
Hydration	47.3	56.5
Muscle	162	169.0
Bone	8.4	8.4
Kcals	2317	1690



How goddamn awesome is this? When Steve came in to me **he was obese at 32.7% body fat with a 44.5 inch waist**. He was **fat, unfit**, uneven due to injury and **weak**. **Now he was fitter and faster** than he had been as a youth, **as a professional rugby player**. Easily able to hit and exceed his “maximal” heart rate. As importantly **he was now slim sleek and muscular with a 36 inch waist and 15.7% body fat**. And by god did he feel good. In fact his wife complained to me saying that he was too fit for her to handle – and she’s now enrolled in the program! ;-D

At the last weigh in Steve was 220.4 lbs over 30 lbs lighter on the scales, which is impressive in itself but even more so was **the drop in fat mass**. When he started he was at 82lbs of fat. On his last weight in with me he came in with **just 34.6lbs of fat**, meaning **he had lost 47.4 lbs of fat!!!!**

Since then Steve has continued Project Dragon and now maintain 9% body fat with 6 pack abs at 60!!!!

Project Dragon, Male, 60

RESULTS

A drop of 17% Body fat!

A Loss of 47.4 LBS OF FAT!

A Loss of 8.5 inches off the Waist

An increase of 16.8 lbs of muscle tissue!

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>