

The Quest of the Middle Aged House Wife, the Wedding and the Fountain of Youth

I've had hundreds of emails since my first case study was published last week. People have been volunteering to become case studies themselves, they want to share in the unbelievable results being produced by Project Dragon. I have something in mind for that, something equally incredible as the results that can be achieved. However, what I want to share with you know is another amazing case study. Many of you asked questions about muscle building, weight loss and so on...in fact here are some examples...

- How to become lean in muscle toning?
- 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?

Some of you also asked about injury and what to do in those situations...

- How long and for how many days per week do I need to exercise?
- I have some damaged discs in my back, what exercises can I safely do?
- How to know how to differentiate between misuse, over use and under use while exercising?
- How to adapt the program to structurally imbalanced musculature?

One question that particularly interested me was...

- Most programs are not geared for beginners or couch potatoes. Most programs will work for people who are already in shape. You need a program for a beginner that is demonstrated by a beginner who is out of shape as well as one for a person recovering from an injury, with the permission of their health care provider.

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)
- The importance of structural integrity
- How to improve the heart and lungs
- Recovery and rehab answered
- How to strip body fat at unbelievable rates (10% in 2 weeks?)
- Can a woman do this?
- 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....

Let me share with you the amazing journey Francine¹ took, how **she regained her youth, recovered from injury and became slimmer and fitter than she was in her 20's.**

The Beginning...

Francine came to me aged 51, with **severe stiff aching shoulders, pain in her right elbow and wrist,** which made activity difficult, and **low back pain.** She kept

Exercise made her pain worse, and although an avid tennis player in her youth, could no longer hold a racket.

On top of this she had **circulation problems** and suffered from **cold hands and feet,** despite feeling **flushed and too hot** at times. Occasionally she would see **black and white spots in the middle distance** of her vision, and have bouts of **anxiety.** Plagued by **headaches** and a **feeling of heaviness in the body,** **she woke continually un-refreshed,** which wasn't helped by the need to go to the **bathroom twice or more during the night.** Her **knees had become sore and tired,** and she was **irritated and frustrated** by her **deteriorating physical condition.** She felt **old, worn out, fat,** and worse still had a wedding in April, only 4 months away, that she wanted to look spectacular for.

In Francine's case a big problem for her and a core element of the Project Dragon program was **structural integrity.** Through wear and tear and misuse via sport in her youth, Francine had caused a number of small and **seemingly unimportant imbalances in her muscles and that resulted in**

“hearing crunching noises in the neck, shoulders and upper back, which are sore most of the time”.

cumulative damage to her spine. In fact, on close inspection, I diagnosed her as having fixations of the lateral occipital and upper cervical spine. This was responsible for the headaches, stiffness and pain she was constantly in. In turn this led to the discomfort in her arms that prevented her from exercising.

Further I found sub-luxations of the spine on T6, T7, L1 and L4. These contributed to a number of problems including the pain in her lower back, knees. This would also seriously impact her body's ability to process and digest food, leading to unwanted excess tissue, in other words – FAT. Speaking of which, let's take a look at Francine's stats when she first came to see me on the 14-01-2009

¹ Name changed for privacy.

Body Measurements	
Date	14/01/2009
Neck	13
Shoulder	39.2
Chest	35.2
Upper Arm L	12.8
Upper Arm R	12.9
Waist	37.6
Thigh L	22
Thigh R	21.5
Calf L	15.5
Calf R	16

All of the above measurements are in inches.

Skin fold Measurements	
Date	14/01/2009
Supriliac	38

Scale Readings	
Date	14/01/2009
Weight (lbs)	152.8
Body Fat %	39%
Hydration	42.3
Muscle	88
Bone	4.8
Kcals	1289

As you can see, this was going to be a challenge. Francine was in such pain she couldn't exercise, she was severely overweight with a **39% Body fat**, a **37.6 inch waist** and she only stood 5' 3". While she wasn't too worried about it (looking good for the wedding is the top priority), her **heart was a bit high at 76bpm**.

So to summarize

Francine's starting point –

53 yrs

152lbs

39% Body Fat

59.28 lbs Fat Mass

37.6 inch waist

Weeks 1 and 2

Appetite. Francine had a BIG appetite. And her food choices weren't great. Out of a possible 5 marks, she scored her appetite at a 4 in the first week. And this was perfectly okay, because we changed the composition and types of food she was eating – to support muscle growth.

Muscle is hugely important for woman as well as men in maintain a healthy physique. First, muscle is metabolically active tissue – it needs energy and if you added just 10 lbs of lean compact muscle to your frame, you'd burn an additional 5,250kcal a week, doing nothing. Not exercising, just sitting there. That's the equivalent of 1.5lbs of fat burnt off in your sleep, each and every week. Secondly muscle is VITAL for structural integrity.

Many of Francine's structural problems were a result of muscular weakness. (I talk about this at length in Project Dragon). As a result the vertebrae of her spine fell out of alignment and were pulled out by other inappropriately trained muscles. The first step then in Francine's program then was to re-align the spine, using simple methods (and yes, they'll be covered in project Dragon too) and start a proper training program. I gave her 5 exercises, the 5 core exercises of Project Dragon – you see the full results on the chart at the end, but here's the summary after just 2 training sessions.

- **Loss of 0.8** inches off the back and shoulders
- **Loss of 3.7** inches off the under bust – a key fat area for women
- **Loss of 0.6** inches off the waist.

Francine was looking and feeling better after just 2 training sessions, each lasting less than 8 minutes.

Oh and get this – **lean muscle mass up 3.6 lbs**. Yep, a **51 year old woman added 3.6 lbs of muscle in a 2 week period having only performed two 8 minute workouts**. And her **body fat dropped 2%** down to 37%. Meanwhile, Francine's heart had also become healthier, avg. 60bpm. Yep that went down 16bpm in a 2 week period. I decided at this stage she was ready for the cardiovascular training of Project Dragon.

On a side note, there was no back or shoulder pain. No discomfort in the wrist or elbow, no headaches, a substantial improvement in energy and a feeling of positivity she hadn't felt since she was a school girl. All that in 2 weeks – and it's NOTHING compared to what happened next.

Weeks 3 and 4

This was probably the **MOST EXCITING WEEK OF MY CAREER**, and definitely the most exciting two weeks of Francine's life. What I am about to share with you may seem unbelievable to many of you reading this, but I have the original record sheets. What Francine accomplished here is nothing short of remarkable.

During this period, she applied herself completely. She was 100% compliant to the food guidelines I laid out, she did her training exactly as I told her and the results speak for themselves. Here's what she did in this 2 week period –

- Lost 3.5 inches off the waist
- Dropped 10% Body Fat
- Added 13.2lbs of muscle

YES YOU READ THAT CORRECTLY SHE DROPPED 10% BODY FAT and GAINED 13.2lbs of MUSCLE in 2 WEEKS.

(That would take at least 20 weeks on a conventional program)

By this stage Francine's appetite had reduced significantly, she rated in now at a 2, her sleep quality was a 5, energy was consistent and stable, and she was excited with her very brief training.

So how on earth did she put on 13.2lbs of muscle and drop 10% body fat in 2 weeks.

This requires a little bit of explanation as it's not as clear cut as it seems. Firstly she had completely integrated the cardio training and resistance training aspects of Project Dragon. Secondly, while she had lost fat mass, the big change was the increase in muscle tissue. Because of the increase in muscle the entire body fat ratio changed. Let's explore the figures in more detail and you'll see what I mean.

Okay, weeks 1 and 2, she weighed in at 153.8 at 37%. This means she had 56.9lbs of fat. 2 weeks later, she weighed in at 151.8lbs at 27% body fat, meaning a fat mass 40.9lbs. As such she dropped a whopping 16lbs of fat in 2 weeks. This occurred because of an increase of muscle mass, 13.2lbs of muscle mass. She would have burned extra calories as result of this, even while at rest, between 660kcal and 990 a day. That's up to 6,390 kcal a week. That's an extra 2 lbs of fat all by itself.

Now combine that with the massive cellular change caused by the training Dragon training program (your body stops storing fat) and is accelerating your body's metabolism up to 3 times its normal rate and diet that encourages muscle growth and fat burning and there you have it.

But there was a problem....

Francine no longer fit into any of her clothes; the dress she had planned to wear to the wedding was now too big! Time to go shopping!

At this point Francine was delighted with her physique and decided to slow things down and maintain her results. She was four weeks in and had already superseded her goals.

Weeks 5 and 6

True to her plan, Francine maintained here results more or less. She continued to lose a little bit from the waist and chest, but also lost a little muscle tissue and more importantly a little more fat. This raises an interesting point – there is no such thing as maintenance. You either gain or you lose, you may gain and lose slowly, but it's still one of the other. The minute you stop applying gradual progression, you will lose small amounts. Think of it like erosion. The whole coast won't sink in to the sea overnight, but the lapping waves will slowly steal away the landscape. This applies to the human body also. There should always be contestant progress, even if you just want to keep what you have, push yourself ever so little beyond what you did last time. Explaining this to Francine was a light bulb moment for her. As she said she shouldn't rest on her laurels. I replied with a favorite quote of mine by Bruce Lee;

Weeks 7 and 8

Two weeks of stable and slight progression. Body fat continues to drop, now hitting a new low of 24.8%, and the muscle that was briefly lost last week has been regained. Francine's compliance toe the program and training was flawless and in her words, easy. What's more, she was enjoying shopping for

If you always put limit on everything you do, physical or anything else, it will spread into your work and into your life. There are no limits. There are only plateaus, and you must not stay there, you must go beyond them.

- Bruce Lee

the new outfit for the impending wedding.

Meanwhile her friends and family had been commentating that she looked incredibly young and vibrant. She'd also returned to Tennis and won a regional championship. She was fitter, faster and slimmer than she had been in her 20's! It was as she phrased it one day –

“like finding the fountain of youth!”

At this point and just prior to the wedding, Francine decided she wanted to enjoy a holiday in the sun, and why not! Gone were the one piece swim suits, and for the first time in 30 years she bought a bikini. Oh...and she sent her husband into work with me! ;-)

Weeks 11 and 12

Having returned from vacation refreshed and tanned, Francine was now 1 week away from the wedding that had been her motivation. Along the way she had shifted her thinking from making this a simple weight loss diet to a completely new lifestyle change. Even after 2 weeks in the sun, she had continued to lose weight, and body fat.

She came into me at 141.09lbs at 23.4%, a further drop of 1.4%, and better still **she lost 1.6 inches off the waist**. There aren't many that can say that after a holiday. This was a direct result of the adaptations her body had made as a result of Project Dragon. Not matter, where, when or what was happening, her body was now fine tuned to burn fat automatically. It was time to head to a wedding.

Week 14

My final session with Francine took place on the 20/04/2009. She went to her wedding and looked amazing. She came into me the **lowest she had been in her 20's**, with a **teeny tiny 26.5 inch waist**. Her **body fat was down to 22.4%** and she was incredibly happy. In a moment I'll show you here before and after results and let you compare, but first what did Francine think about the whole process....

I first started the “Program” on 7/01/09, to lose weight, a stone I hoped if not more. I have benefitted greatly.... I lost a stone in weight with such ease it amazes me. I have learnt a great deal from program and am still learning.

Paul's professionalism, friendliness guidance and humor made it easy to adhere to the program, and I looked forward each week to it. I would certainly recommend Paul and his nutrition and training program to others, not just those wishing to lose weight but to anyone who wants to feel good.

Let's compare here results –

Body Measurements

Date	14/01/2009	22/04/2009
Neck	13	12.5
Shoulder	39.2	38
Chest	35.2	27.6
Upper Arm L	12.8	11.5
Upper Arm R	12.9	11.4
Waist	37.6	26.3
Thigh L	22	24.2
Thigh R	21.5	24.9
Calf L	15.5	15.3
Calf R	16	15.4

Skin fold Measurements		
Date	14/01/2009	22/04/2009
Supriliac	38	20

Scale Readings		
Date	14/01/2009	22/04/2009
Weight (lbs)	152.8	140
Body Fat %	39.4%	22.4%
Hydration	42.3	54.00%
Muscle	88	103.2
Bone	4.8	5.4
Kcals	1289	1399

Project Dragon, Female, 51

RESULTS

A drop of 17% Body fat!

A Loss of 28.9 LBS OF FAT!

Improvement of resting heart rate by 16bpm!

An increase of 15.2 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>

Complete Measurement Log

Body Measurements								
Date	14/01/2009	28/01/2009	11/02/2009	25/02/2009	11/03/2009	26/03/2009	08/04/2009	22/04/2009
Neck	13	12.8	12.8	12.5	12.5	12.5	12.5	12.5
Shoulder	39.2	38.4	38.5	37.9	38.5	38.1	39.1	38
Chest	35.2	31.5	31.6	30	28.2	28.3	27.5	27.6
Upper Arm L	12.8	12.2	12	11.5	11	11.2	11.2	11.5
Upper Arm R	12.9	12	11.8	11.6	11.5	11.5	11.1	11.4
Waist	37.6	37	33.5	28.5	28.2	28.1	26.5	26.3
Thigh L	22	24.2	25	25	24.5	25	25.5	24.2
Thigh R	21.5	24.2	25	24	24	24.5	24.5	24.9
Calf L	15.5	16	16.1	15.5	15.5	15.5	15.5	15.3
Calf R	16	16.2	16.2	16	15.5	15.5	15.5	15.4

Skin fold Measurements								
Date	14/01/2009	28/01/2009	11/02/2009	25/02/2009	11/03/2009	26/03/2009	08/04/2009	22/04/2009
Supriliac	38	36	28	26	25	23	21	20

Scale Readings								
Date	14/01/2009	28/01/2009	11/02/2009	25/02/2009	11/03/2009	26/03/2009	08/04/2009	22/04/2009
Weight (lbs)	152.8	153.8	151.8	147.8	147	145.2	141.9	140
Body Fat %	39.4%	37.3%	27.3%	26.2%	26.1%	24.8%	23.4%	22.4%
Hydration	42.3	43.9	52.7	53.20%	53.30%	54.00%	53.90%	54.00%
Muscle	88	91.6	104.8	103.6	103.2	103.6	103.1	103.2
Bone	4.8	4.8	5.6	5.6	5.6	5.6	5.4	5.4
Kcals	1289	1328	1466	1446	1440	1441	1408	1399