

Fit to Lean in 4 Weeks

My Case Study Part 2

In Part I examined how I went from Fat to Fit, in just 4 weeks. The next stage was going from fit to lean....and then...well you'll see. I'll begin with the review from last time – this is the new starting point. I have so far in just 4 weeks, lost 9.4% body fat (something that would take about 20 weeks on a conventional weight loss program), translating into a loss of over 20lbs of pure fat. I had also in this time dropped 4.8 inches from my waist. More importantly in this 4 week period I had also more than doubled my fitness levels, improved my cardiovascular (my heart and lungs) strength dramatically and was once again highly fit.

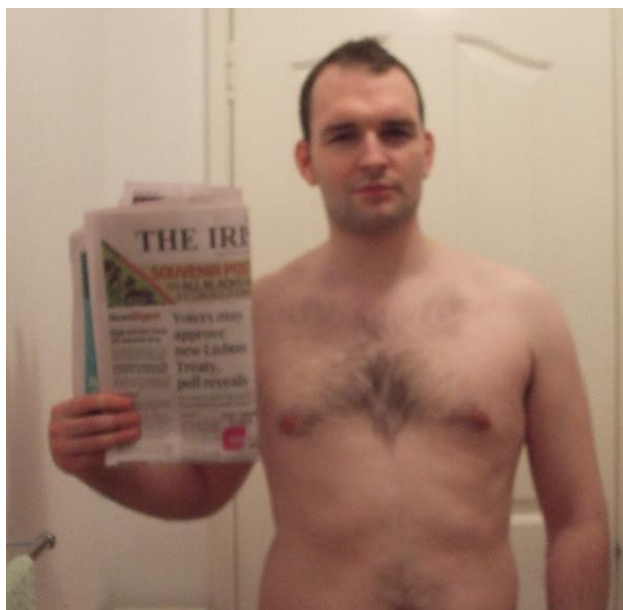
I had achieved about 18-20 weeks of weight loss in half that time. And I did not, by spending all my day in a gym, but in making some small changes to my nutritional habits and of course training using the principles of Project Dragon which took less than 15-20 minutes a week. Damn life is good. So what were the specific results?

I weighed in on week 4 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 callipers 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...



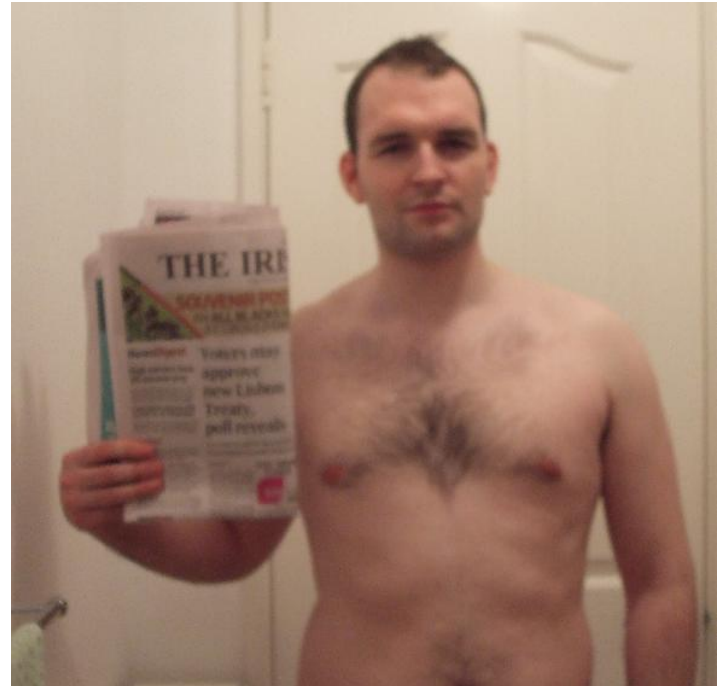
I was no longer, fat, just slightly overweight, bordering on healthy. I have the visible trace of my upper abs, and the slight definition on the chest, shoulders, traps, and have lost the weight on my chin. The direct comparison is below.....

Weeks 1 – 4

Before



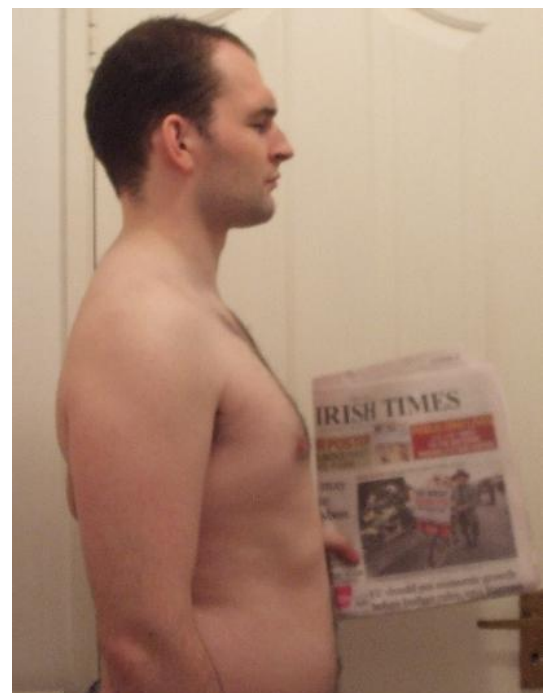
After



Before



After



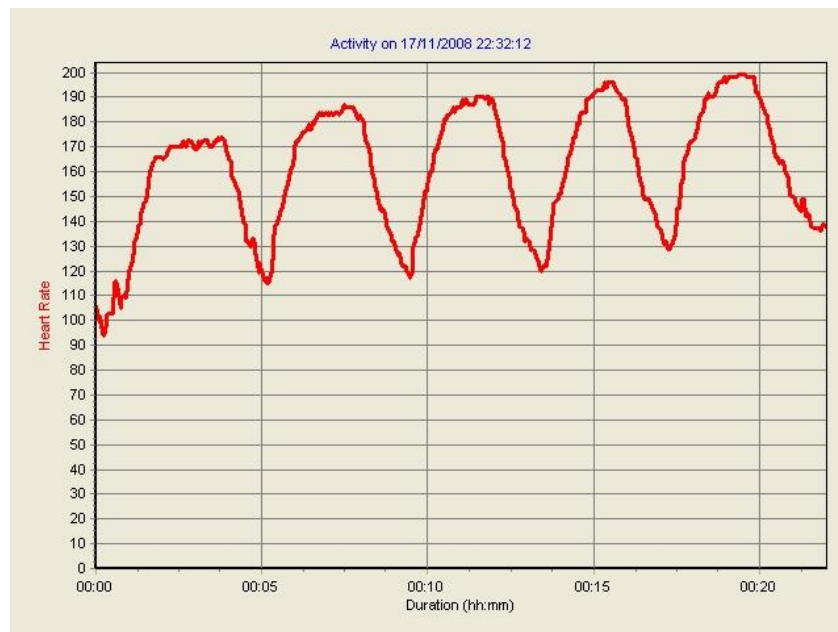
Week 5

After my first month I was feeling pretty great and even I was astonished by these results. The program was interrupted slightly by a training seminar I was attending in London England. This is an important point, because one of the MAJOR PROBLEMS of weight loss and body transformation and the quest for fitness is that people PUT IT OFF until the “RIGHT TIME”. Well there is no right time. Here never will be. Something will ALWAYS come up and get in the way. The people who achieve excellence start immediately, they don’t wait for the perfect moment, the cease opportunity and dive in. I knew this was going to come up before I began Project Dragon, but I didn’t delay things. I got stuck in and ad lost over a stone of body fat in just 4 weeks.

The same is true for you. There will never be a perfect time. Don’t wait. Make the decision do and stick with it. It is the consistent application of that intention that produces results. Old clichés abound, such as the “journey of a thousand miles begins with the first step”. The phrases are clichéd because they are true.

Despite the interruption of this combat training seminar I still stuck to the principles of nutrition I outline in the program and performed one training session – take a look –

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	



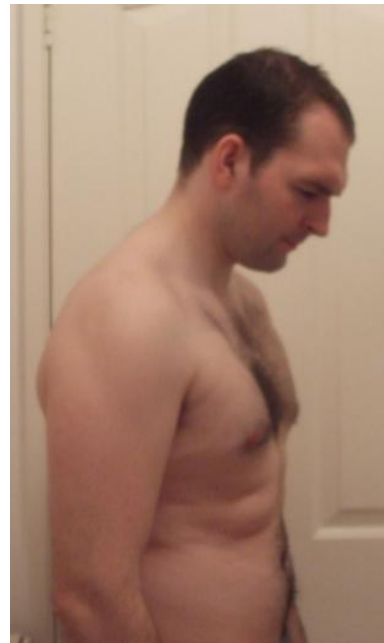
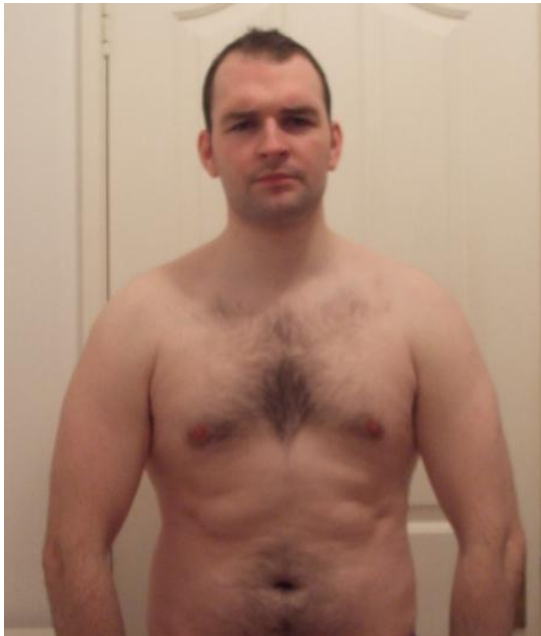
A nice, easy, simple session, on track with the previous workouts. Recovery rate continues to improve now averaging 1.42 minutes. Still only performing 5 minutes and 14 seconds of work.

Training took place that week over the 21st-23rd and was not physical strenuous despite being based in combat. I would not classify it as physical exertion though it was excellent recreational activity. Let’s see what the results show...

Week 5 - The RESULTS

As I expected with the interruption, there wasn't a HUGE difference this week. Things mostly stayed the same. This week I weighed in at 177.4 lbs with 18.8% body fat on the scales. I was up 3lbs, which isn't hugely significant as that was mostly water put on due to some dietary mishaps. ;-) (They happen get over it, move on. A BIG mistake people make when they slip up is they totally blow it out of proportion and then see no point going back into things. This is rubbish. The sooner you get back on track the quicker you can recover the lost ground). The scales from week 4 showed a body fat percentage of 18.2, so up 0.6% according to the scales, however the callipers remained the same at 15.63%. The waist measured 36 inches on the nose, so despite the increase in weight I was 0.2 inches slimmer on the waist.

Here's how I looked.



You can clearly see the increase in abdominal definition here, and Pecs now have a definitive underline and in the side profile you can make out the segmentation in the rear (posterior) and lateral (side) deltoids (shoulder).

Here are also some shots from the hotel in London. You can see how the different lighting picks up changes in the muscle definition.

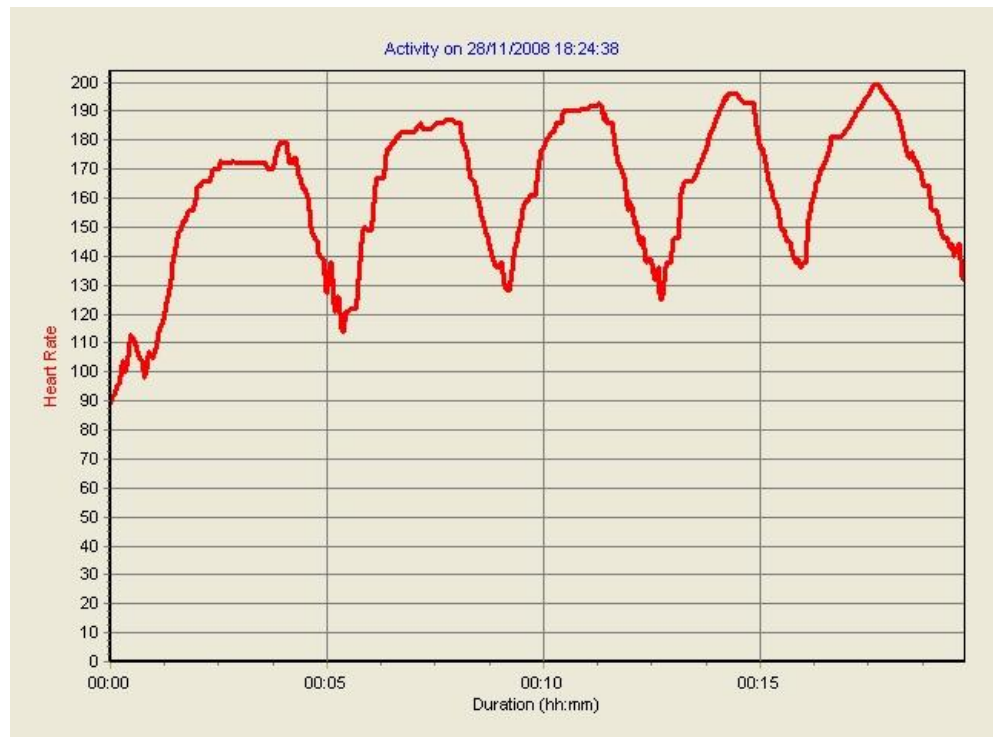


Week 6

This was a FUN week. I was back on form and kicking ass once again. I performed 3 scheduled Dragon Fitness Routines and 1 Dragon Strength routine. The total time spent doing these was less than 25 minutes over the whole week. Have I mentioned I love how brief this is?

Take a look at the last workout of that week.

28/11/2008	
Time	HR
01:00.0	102
00:59.0	136
02:06.0	171
01:21.0	145
00:56.0	144
01:33.0	183
01:12.0	156
00:55.0	156
01:03.0	187
01:37.0	161
01:01.0	156
00:34.0	177
01:30.0	169
01:16.0	167
00:24.0	181
02:01.0	172
15:47.0	
05:16.0	
13 mins	
01:23.3	



A small heart monitor glitch occurred in the first few minutes, which you can see on the graph as a straight line around 170 bpm. Again rather than say “Oh well it’s not working” I continued on regardless and it came back online very quickly.

The recovery rate has continued to drop and I am able to recover from exertion now within 1 minute 23 seconds.

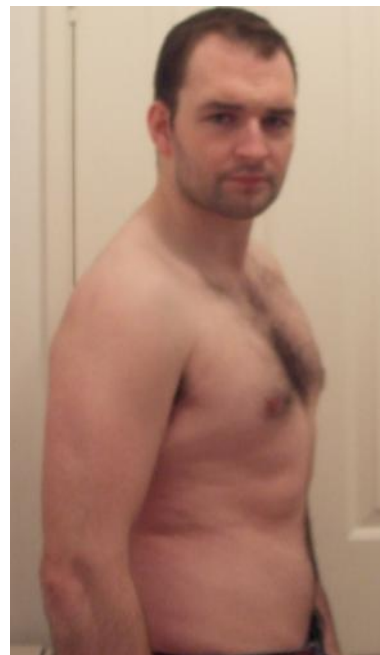
From a nutritional point of view I was glad to get back to the foods I enjoy and felt energetic, refreshed and invigorated after eating, which was a welcome return to form. I find that the longer I maintain healthy eating habits the worse the effect on my body when I come off them! Foods that don’t have nutritional value or support my physique goals cause me to feel bloated, tired, lethargic, unmotivated and even cause low level tension headaches. I develop a physical dislike of them these poor food choices. In fact everyone’s does. Unfortunately all too often we overeat and saturate our bodies with such unhealthy food that we become accustomed to feeling ill at ease and it becomes the new norm.

Week 6 - The RESULTS

Once again we see the powerful combination of the right training and the right food produces a profound change in the human body. My nutrition was perfect, tasty and energising. My training was brief and enjoyable and the results amazing.

I weighed in at **171.0 at 17.9%** body fat on the scales. This represented a **loss of 6.4 lbs** on the scales (including the water weight gained during my stint abroad), and a drop of nearly **1% body fat** on the scales. Calliper testing showed a further loss to 14.3%. Best of all, I managed to **lose HALF an inch off my waist in just 7 days**, now measuring a comfy 35.5 inches. 6 weeks in that's pretty cool.

Take a look at the progress pics for week 6.



Again the changes are quite evident. There is a significant loss of mass around the hips and under the chest. Shoulders are also more defined. The side profile gives an indication of the mass of the chest and the triceps are becoming more visible.

Week 7

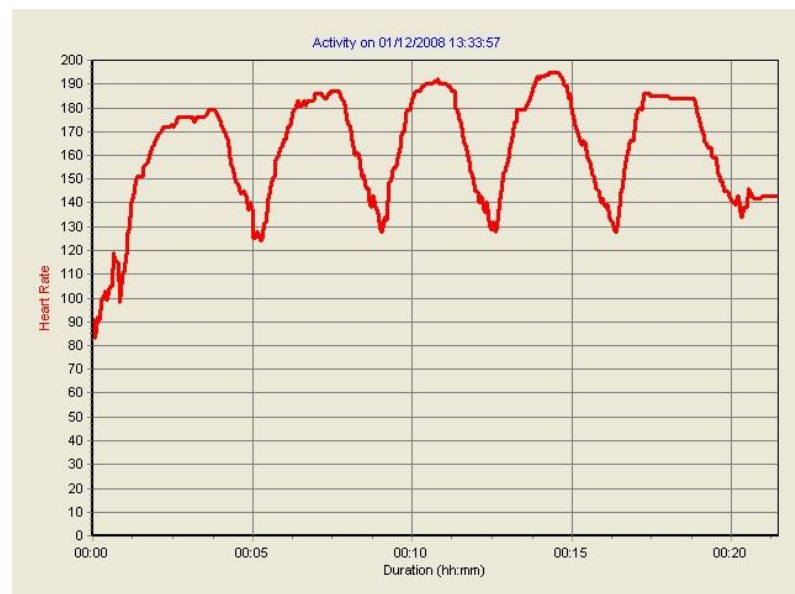
Following a great week of perfect compliance I made the mistake of complacency and became lax in my attention. I made few nutritional choices that weren't great. This is what I term a "Trigger Issue". Essentially this is something that "triggers" a response in me to break what I am doing – a mechanism of self sabotage that many people unconsciously use. I cover these in Project Dragon such as emotion, ignorance etc.

In this case I presented with 2 triggers, impending success (so reward yourself), and fear of ACTUALLY having to take responsibility for my success. If I honestly look at my behaviour during this week I can say that I deliberately made poor nutritional choices because I was scared by how well it was working. I was scared that at any minute it would stop and I'd look like an idiot. So I unconsciously sabotaged myself to make sure that what I was afraid of would happen.

There is a similar phenomenon in many other fields. For instance in Formula One driving if you lose control of the car you are advised NEVER to look at the wall. If you do then you will unconsciously steer into it. I was looking for a wall and I ran head first into it. It happens. I've since developed a number of mental skills to make sure those triggers are never pulled again, and have used them with my clients to great success.

I was also felt I was pushing myself to hard (Hard to believe right when you just do 5 minutes every few days) so I decided to cut back on my training a little. I performed only 2 Dragon Fitness Routines and 1 Dragon Strength Routine. Here's the workout where I began to feel I was overtraining.

While I still recover relatively fast, within 1 minute 23 seconds as last week, it was taking me longer to reach the point where my heart rate became elevated. As a result I concluded that my body had not yet sufficient time to recover from the strain I had placed on it in previous weeks. As such I skipped the remaining two workouts I had scheduled for later that week.



It is this close scrutiny that allows me to avoid overtraining, injury fatigue and a lack of motivation. It is always better to ease off than to push and drive yourself into the ground. Recovery from over training is always a slower process than reducing training volume and intensity - PARTICULARLY if the workouts are as intense as those in Project Dragon.

Let's take a look at the results.

Week 7 - The RESULTS

I weigh in at 169.8, about 2 lbs lighter than the previous excellent result. That's about the most you'd lose during a conventional program but in terms of Project Dragon not great. Nor is there significant movement on the waist. In fact on the day the measurements are taken I'm actually up 0.2 on the waist coming in at 35.2 inches. I screwed up this week. Does that mean I scrap the whole thing? No. Of course not. It means I start trying harder. I decide to increase the intensity of my Dragon Strength routine for the following week.

Still, check out the pics....



Not much difference, however in the front pic you can begin to see the trace of the biceps, the v-taper of the oblique's and in the side profile the increasing definition of the shoulders and triceps.

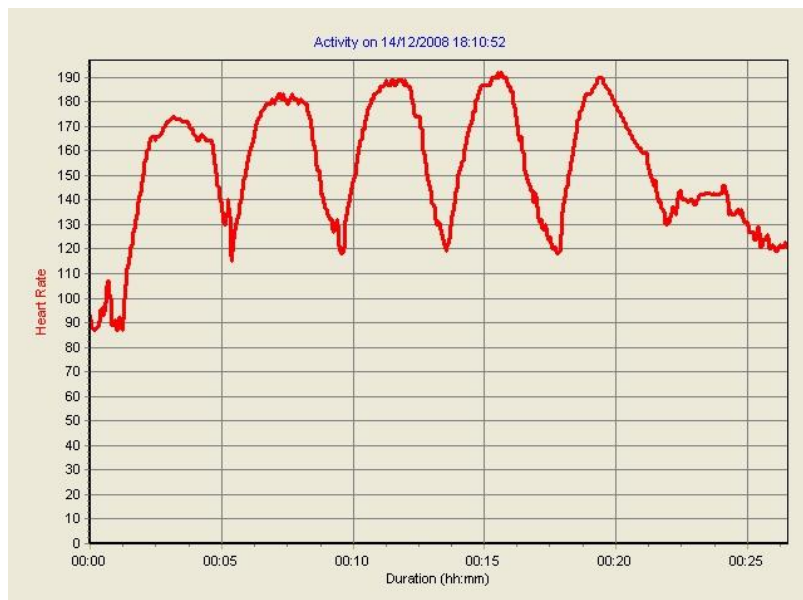
Week 8

Determined to improve I realise I was right about the overtraining and shouldn't have let last week's slow improvement affect my judgement in regard to my training schedule. For my impetuosity I am landed with a minor cold. With that said I know exactly how to treat this and employ a mix of lymphatic drainage massage, tuina, acupuncture and my own blend of herbal teas to clear it and restore balance to my system allowing me to keep up with my training.

Stepping up my Dragon Strength training routine pays definitive dividends as we'll see later and my cardio training continues to show improvement even with my body fighting off a cold. It's interesting to note that although everyone around me was sick as a dog with this my body had recovered and strengthened itself to such an extent that this cold did no impact my training in any significant manner.

Let's take a look...

14/12/2008	
Time	HR
01:00.0	92
01:04.0	124
02:09.0	168
01:02.0	147
00:52.0	146
01:37.0	179
01:34.0	150
01:09.0	153
01:10.0	186
01:39.0	157
01:29.0	160
00:34.0	189
02:04.0	153
01:27.0	157
00:39.0	188
02:00.0	171
17:23.0	
05:30.0	
13 mins	
01:25.0	



The workout is really enjoyable at this level. I'm interspersing my exertion periods with reading passages from the Hagakure (Hidden Book of Leaves), a text on samurai conduct and principles. Every time you see the hills coming down, that's me reading and sipping green tea. ;-)

Personally I like to read, others like to listen to music, some meditate and focus on breathing and total body relaxation.

Ultimately it's up to you, but do make it a point to enjoy something that helps you relax. Training your body to relax after exertion is a crucial skill, not only in terms of life management but in survival.

Let's check out the results.

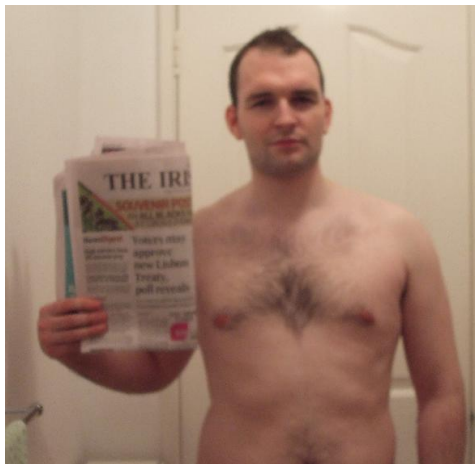
Week 8 - The RESULTS

On the day I weighed in at 169.2 lbs, another small decrease in weight, but all from body fat. This is deceptive small, caused by the increase in muscle tissue as is reflected by the waist measurements and body fat. According to the scales I only lost 4 lbs over this 4 week period. Some would be disappointed with that, however in terms of body fat the scales now registered it as 15.3% a loss of nearly 3%. The callipers also reflected this with a body fat of 13.1%. This means I am now classified as lean and have dropped over 10% body fat in just 10 weeks. This is made all the sweeter by drop in waist measurements – coming in at 34.3 inches, nearly an inch down from the previous week and a total loss of 6.7 inches from when I began. You'll see the impact VERY CLEARLY in the photos.

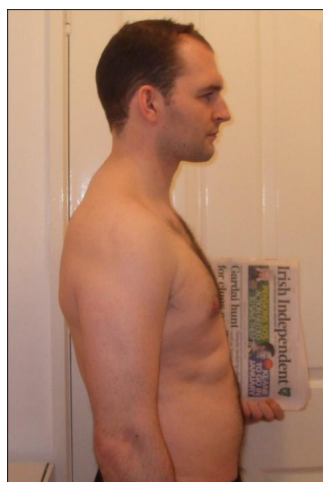
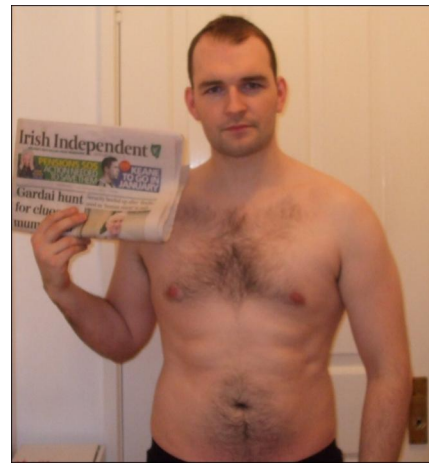
Here's a before and after of Week 4 and Week 8

Weeks 4 – 8

Before



After



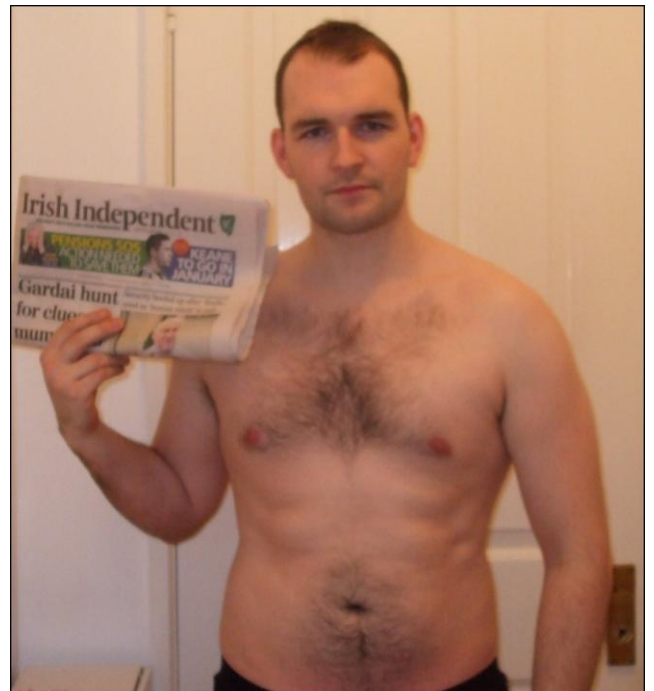
You can clearly see the defined visible abs in Week 8 a dramatic improvement despite a small scale loss. Surprisingly you can also clearly see it in the jaw. Compared to just 8 weeks ago this is a STUNNING transformation.

Weeks 1 – 8

Before



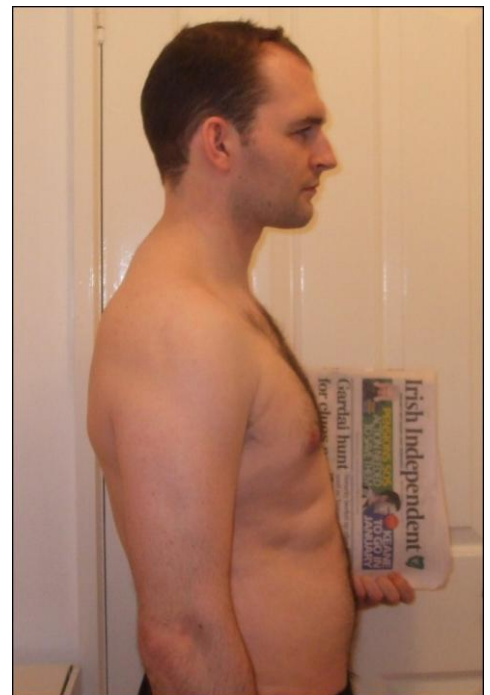
After



Before



After



In total then, over the 8 week period I dropped a total of 22.8 lbs on the scales. My body fat percentage had dropped from 25% to 13.1% (callipers) a total loss of 11.9% body fat in just 8 weeks. 23 weeks of weight loss achieved in just under over a third of that time.

My waist had dropped from 41 inches to a lean 34.3 inches; I had dropped a total of 6.7 inches in just 8 weeks.

In terms of actual lbs of fat the result was even more impressive. I began with a Fat Mass of 47.5 lbs. I ended 8 weeks later with a Fat Mass of 22.1lbs.

I lost 25.4 lbs of fat in 8 weeks and went from being obese to fit and lean.

At this point I was getting complaints from my family and my girlfriend that I had lost too much weight and was looking just fine. They urged me not to drop anymore weight and I decided I too was comfortable at this point...for now. So at this point I called a halt to Project Dragon and switched to a maintenance version. (And as you'll see in Project Dragon I don't believe in maintenance, just slower progression).

It was also a great time to highlight the next HUGE PROBLEM with weight loss –

KEEPING THE WEIGHT OFF!

I decided then to spend the next year at this weight and show that without any effort (one 5 minute Dragon Fitness Routine every 2 weeks and one 3 minute Dragon Strength Routine every 2 weeks) that I could “maintain” those results indefinitely. I would then come back to Project Dragon a year later and drop below 10% body fat to VERY lean levels. My hope then to show that you can use the methods outlined in Project Dragon to take you to ANY physique level you wish.

Here's the summary....

Project Dragon, Male, 27

Weeks 1-8 Results

A drop of 11.9% Body Fat!

A Loss of 25.4 LBS OF FAT!

A Loss of 6.7 inches off the Waist!

From Obese to Lean in Just 8 Weeks

And all done in less
than 3.5 hours spent training over those 8 weeks

Stay tuned for Part 3 of this incredible case study
.....One Year Later.....

You can do the same

Keep a close eye on

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Project Dragon Advance Notice list here -
[http://www.strong-in-7-seconds.com/advanced-
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