

The Adventure of the Older Gentleman and the Failing Heart, Bulging Waist and Limp Libido

A Project Dragon Case Study

I originally wrote this case study a number over 6 months ago, however I didn't publish it. And that was just as well because I recently sent out a survey to which I had an overwhelming response. There were many questions on building muscle, losing body fat, which I expected but there was a HUGE number of questions on how those over 50 should approach their training. What should they do to get lean fit and strong? Here are some of the questions I received...

- How to improve strength as a senior citizen--including cardio-vascular health?
- How to keep fit over 70 Of age? What is the best training program?
- Can I redevelop abs at age 69?
- For the huge population over 50 in the world....How do you get very lean and very strong without having a gym membership and spending lots of money on weight lifting equipment...for those who want to be exceptional an extreme level of leanness and strength?

This case study will answer those questions.

Essentially what it boils down to is this – many above 50 believe that in order to develop a strong healthy heart, reduce body fat, develop their lungs, immune system and become physically fit and strong that they have to do something different to those below 50.

The truth is the principals of fitness DON'T CHANGE. Proper training can be done if you are 15, 25, 55, or a 105. The same principals apply. At no time should it present a problem to get the results and the body you want, regardless of your age or current condition. A program, applying the TRUE principals of proper training transcends age, sex, whether you are beginner or an advanced athlete.

And here's an example of just that.

I'm going to share with a story of a man who started was fat when he came to mean at the age of 62, and by the time he was done with me, just 16 weeks later, sported a 4 pack, had built more muscle than he had in years and rebuilt his heart and lungs achieving incredible cardio vascular health and what is more did it in less than 20 minutes of exertion a week.

In the next few pages I'll share with you his exact statistics and body measurements over the course of those weeks and you'll see exactly how he progressed, his own thoughts and comments about what he went through, and of course the incredible results he achieved, and that you too can have with Project Dragon.

The Beginning...

In this case study, you'll read about John¹. John started the Project Dragon program on the 15th January 2009. When he came to me John was **overweight, tired** and **suffering from chronic lower back pain**. More so, he was **constantly stiff** and **achy** and suffered from **Gastritis and Irritable Bowel**. A wine enthusiast and a busy successful man, he was losing his enjoyment of both work and his hobbies and social life.

Many of his symptoms may be familiar to you, particularly if you're in your 60's as John was. Each morning **he woke un-refreshed**, snoring or **needing to go to the bathroom at night regularly**. He had been plagued by a **stiff neck** and constant **blocked sinus** for many years, a condition he found no relief through Western medicine. He was also **concerned about his hearts health, cholesterol and blood pressure**.

His stomach was prone to gurgling, **heartburn and gas**, and he often became tired and lethargic after eating and worse still suffered from a **constantly low libido**. And he was fed up. He had started to become **increasingly irritable** because he was **uncomfortable in his own body**, and with his health, and he was frustrated because he didn't know what to do about it.

All this changed when he began Project Dragon.

Before I explain what John did, let's look at where he was in detail.

At 6 foot JOHN came into me a tired old man of 62, feeling every year of his age. Here are his vital stats..

Girth Measurements

Date	15/01/2009
Neck	17.5
Shoulder	48.5
Chest	46.5
Upper Arm L	12.7
Upper Arm R	12.5
Waist	42.5
Thigh L	22.5
Thigh R	21
Calf L	16
Calf R	16.1

All of the above measurements are in inches.

¹ John changed for privacy.

Skin fold Measurements	
Date	15/01/2009
Supriliac	30

Scale Readings	
Date	15/01/2009
Weight (lbs)	235.9
Body Fat %	31%
Hydration	46.7
Muscle (lbs)	152.6
Bone	8
Kcals	2394

To summarize the key points, John began the program with a **31% Body Fat, 152.6 lbs** of muscle, and **73.1 lbs of FAT**, with a **42.5 inch waist**. This was our starting point.

Weeks 1-2 Progress

Physically, John had dropped 5.1lbs on the scales, but a deeper look reveals he had actually lost nearly 8 lbs in FAT! He'd also **gained 3lbs** of **muscle**, and had in fact **dropped 2% body fat!** This resulted in a loss of half an inch from his waist, and fat losses off his shoulders, neck and legs.

By the second week ne had already noticed..

“A tighter tummy, less tummy bulge, losing the fat flabby look and it shows in my face and neck”

Not bad for just 2 weeks in? And John had only begun to apply the first 2 of the dietary principals. His **resting heart rate**, an important objective recovery measurement, was also showing signs of improvement, going from **66 to 62**. He also noted about his training that he had,

“A tighter tummy, less tummy bulge, losing the fat flabby look and it shows in my face and neck”

In addition John's sinus problem had completely cleared, he was enjoying increased energy and his libido had returned.

Weeks 3-4 Progress

This fortnight proved to be even more successful as John integrated 2 more of the key principals we teach in Project Dragon. Things were shaping up, coming in at 224.8 **down another 6.4lbs, meaning he had lost just under a stone, 11.5 lbs in total**, and had only applied 4 simple principals.

His resting heart rate continued to improve and peaked in this period at a new low of 54, avg. over the course of the 2 weeks at 58.

There some small challenges creeping up however, such as cravings for cake and biscuits with a cup of tea, and his consistency in eating according to our 4 principals to date was only 72%. We worked on this and developed some specific tactics to eliminate these triggers.

Weeks 5-6 Progress

This was a big week for John. He dropped down to a **new low of 209.6 LBS!** However, on the day I took his weight a few days later, it was back up to 220.8. This represented a loss of **a further loss of 4lbs**, BUT it could have been MUCH HIGHER had he not slipped while away on holidays after the low weight of 209.6 (a drop of 15.2 lbs! AGh!!!! It's amazing how much weight we put on when we don't apply ourselves properly!). Still it was another respectable 4 lbs down and a drop now, over a stone, **with 2 inches off the waist line.**

After this slip, John said he

" I want to change my relationship with food PERMENANTLY".

Despite the slip he also said,

"I have a flatter tummy than before, more defined muscles, a slimmer waist, all of which I want!"

Seeing his results motivated JOHN to focus on the minor details and clean up the inconsistencies. The best part for JOHN was in fact taking that holiday. As he himself said,

“I have improved my overall level of fitness and after almost a full weeks break; I was delighted at both my weight loss and my recovery following my gym sessions!”

In fact, while I was a little irritated that he broke such a great steak, John himself was happy. As he put it,

“It’s easy to eat this way with proper planning and shopping. The menus are great, I feel full and satisfied. At my family’s home during my holiday I did find it difficult over a few days to keep to my plan BUT I still lost weight!”

Weeks 7-8

John stayed true to his commitment to really get the principals of the program down and it was at this stage that **I introduced the unique exercise protocols we use in Project Dragon**. This cut the training time down to **less than 20 minutes a week**. What became interesting though was his apparent weight on the scales slowed, and stayed relatively the same, however, this is deceptive as **his measurements and body fat continued to drop**. The reason, the scale weight dropped only by 2 lbs during this period was because of the increases in muscle tissue.

As a result John became leaner and more muscular while the fat covering his muscles continued to drop. His waist continued to drop, while his chest and shoulders became broader and his legs became thicker and more muscular.

Based on these results and the dramatic changes in his physique, John, said,

“I plan to make this a life change...I seem to be more muscular, and leaner, especially around my legs..”

His heart health also continued to improve and averaged a **resting heart rate of 54bpm**.

In fact, John’s results were **the lowest he had been in YEARS** – here is what he wrote in his training log –

“Since Tuesday 7th April, I have been very strict on myself and on Friday 10th, my weight was 94.5kg (207lbs), **my lowest weight in 7 YEARS!**”

As an additional bonus, by this time, John's had consistently high energy levels and was even spending half of what he used to on his grocery bill!

Weeks 9-11

This was an extraordinary period of improvement, with **a further 6lbs of FAT LOST**, and an increase of 1 lbs in the muscle mass. In a little over 2 weeks! Better still, John's **waist hit 38 inches, a LOSS OF 1.5 INCHES off his belly fat!** I was delighted to see he'd **shaved off close to 4% BODY FAT in this period!**

The physical transformation was incredible. John's arms were muscular and defined and when relaxed **the first traces of a 4 pack were visible.** On a now 63 year old man, that was impressive to say the least.

Weeks 12-16

Having taken a short break due to the tragic loss of a close friend, John came back more determined than ever. His weight had increased slightly and his body fat was up by 1%, but his dedication over the next 3 weeks blew me away. On his final weigh in he came in at an astounding –

207 lbs (a total lbs loss of 28.8)

17% Body FAT!!!! (A LOSS OF 12%)

His muscle weight had also increased to 166.2 lbs. The man looked and felt fantastic.

To compare his results

Girth Measurements

Date	15/01/2009	18/05/2009
Neck	17.5	16
Shoulder	48.5	46.2
Chest	46.5	42.7
Upper Arm L	12.7	11.7
Upper Arm R	12.5	11.8
Waist	42.5	37.9
Thigh L	22.5	21.5
Thigh R	21	21.5
Calf L	16	15.2
Calf R	16.1	15.2

A loss of 4.6 inches off the waist!

Skin fold Measurements		
Date	15/01/2009	18/05/2009
Supriliac	30	17.3

Scale Readings		
Date	15/01/2009	18/05/2009
Weight (lbs)	235.9	207.1
Body Fat %	31%	17%
Hydration	46.7	49.2
Muscle (lbs)	152.6	166.2
Bone	8	7.8
Kcals	2394	2082

Project Dragon, Male, 63

RESULTS

A drop of 12.7% Body fat!

A Loss of 37.9 LBS OF FAT!

Improvement of resting heart rate by 12bpm!

An increase of 13.6 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	15/01/2009	02/02/2009	16/02/2009	02/03/2009	16/03/2009	08/04/2009	20/04/2009	18/05/2009
Neck	17.5	17.4	17	16.5	16.4	16.3	16.3	16
Shoulder	48.5	47.5	47.5	46.2	46	46.6	47.1	46.2
Chest	46.5	47.6	45.5	44	43.5	44.5	45	42.7
Upper Arm L	12.7	13	12	11.5	11.5	11.5	12	11.7
Upper Arm R	12.5	12.5	12	12	11.7	11.6	11.8	11.8
Waist	42.5	42	41.2	40.6	40	39.5	38	37.9
Thigh L	22.5	20	21	20	20	22.1	22.1	21.5
Thigh R	21	19	19	19	20	21.5	21.5	21.5
Calf L	16	16	15.9	16	15.5	15.5	15.5	15.2
Calf R	16.1	16.1	16	16	15.5	15.5	15.5	15.2

Skin fold Measurements								
Date	15/01/2009	02/02/2009	02/02/2009	02/03/2009	16/03/2009	08/04/2009	20/04/2009	18/05/2009
Suprilliac	30	29	27.5	26	24	23	19.2	17.3

Scale Readings								
Date	15/01/2009	02/02/2009	02/02/2009	02/03/2009	16/03/2009	08/04/2009	20/04/2009	18/05/2009
Weight (lbs)	235.9	230.8	224.4	220.8	217.8	214.6	209.8	207.1
Body Fat %	31%	29%	28%	27%	25%	24%	19%	17%
Hydration	46.7	48.7	49.2	49.10%	49.80%	49.80%	49.20%	49.20%
Muscle	152.6 lbs	155.6 lbs	153.6	154.6	158.6	159.2	162.3	166.2
Bone	8	8	8	7.8	7.8	7.8	7.8	7.8
Kcals	2394	2194	2158	2114	2079	2044	2082	2082