ULTIMATE TRAINING
ULTIMATE RESULTS.

TEN WEEK TRANSFORMATION

WWW.ULTIMATETRAINING.CO.NZ
This is the Ultimate Training 10 Week Transformation and you have taken the first step to a healthier and ultimately a much better lifestyle!

Our famous 10 week transformation is the fastest way to change your current body into the body you have always wanted. In as little as 10 weeks you can literally transform your physique to a level you never thought possible!

The program takes a proven approach to diet and exercise with dramatic results! We can all experience massive change when we harness our untapped potential.

Our 10 week transformation offers three different programs to cater for anybody and targets the exact result you want for your body.

**WEIGHT LOSS**

If you want to see the weight on the scales dramatically drop, whether its muscle or fat then this is the transformation for you.

**FAT LOSS AND TONE**

Our fat loss and tone option is our most popular transformation. The aim is to lose as much fat as possible while maintaining your current muscle giving your body better tone and definition.

**MUSCLE GAIN**

The aim of this transformation is purely to gain muscle mass without increasing your body fat percentage.

“It’s not what you have done in the past that counts; it’s what you do with your future”
ULTIMATE RESULTS

WWW.ULTIMATETRAINING.CO.NZ
Here is the weekly training guide for your chosen transformation. You must complete every session outlined if you want that Ultimate 10 week photo!

**WEIGHT LOSS**

- Two personal weight training sessions – Ultimate Training style
- Three cardio sessions – Ultimate Spinning or Ultimate Running style
- One Ultimate Conditioning session – Friday’s 7:15am or 7pm only
- One Les Mills Body Balance session

**FAT LOSS AND TONE**

- Two personal weight training sessions – Ultimate Training style
- Two cardio sessions – Ultimate Spinning or Ultimate Running style
- One Ultimate Conditioning session – Friday’s 7:15am or 7pm only
- Two Les Mills Body Balance sessions

**MUSCLE GAIN**

- Four personal weight training sessions – Ultimate Training style
- One cardio session – Ultimate Spinning or Ultimate Running style
- One Ultimate Conditioning session – Friday’s 7:15am or 7pm only
- One Les Mills Body Balance session
TRAINING TO LOSE BODY FAT

To burn off body fat, you've got to commit to a training program. That means lifting weights and cardio. A lot of people think they only need to do cardio in order to lose weight, but it's the combination of weight training and cardio that will forge your lean physique.

Training will be a major part of your transformation. Every time you get ready to demolish the weights, you need to stick to proper form and technique, but maintain your intensity and focus. Give 100% each and every workout and you'll burn that stubborn fat.

TRAINING TO BUILD MUSCLE

Training for muscle growth requires focus. It's all about consistency, form and intensity. We'll set you up with the best routine for maximum lean mass, and provide you with vital information for getting great results.

When you're in the gym, you should be working toward a very specific outcome: gaining more muscle mass. To do so, we will use a lot of compound lifts that can sculpt massive amounts of muscle.

FINAL WORD

You never know how far you've come until you stop and look back at where you started. With our help in charting your journey it is not only a great motivator, it's a perfect determinant of when and what adjustments should be made. Continued progression is the goal; we will check your progress every week during your transformation. A photo will be taken at the 5 week mark to show your progress and help motivate you through until the end.

“We’re not telling you it’s going to be an easy journey, we’re telling you it’s going to be worth it”
DETERMINATION
Nutrition is your key to success! 80-90% of your results will happen if you stick to the eating plan 100%. We will provide you with a 10 week nutrition plan with tasty options. This is not a diet; it is a way of eating that will become part of your new healthy lifestyle. The training side of the transformation is done for you, just turn up. The nutrition side of the transformation comes down to how bad you want to change your body. We cannot control what goes into your mouth – only you can, so don’t waste your money, make the right choices.

EATING TO LOSE BODY FAT

Why isn’t everyone who trains consistently shredded to the bone? The answer is nutrition. Only when you combine the right training program with proper nutrition will you lose fat and build muscle. Nutrition is an exercise in determination, which means you have to be consistent each and every day. But eating for fat loss doesn’t have to mean starvation diets of only chicken breasts and broccoli. Follow the tried and true strategies for meal plans and timing, and you too can be the proud owner of a truly lean physique.

EATING TO BUILD MUSCLE

If putting on lean mass was easy, you’d see a lot more hulking people walking around. Putting on quality muscle requires consistency, dedication, and a lot of nutrient dense food. Working hard in the gym is not enough; you must also work hard in the kitchen. Meal planning and preparation is essential for forging a muscular physique. The old adage “you are what you eat”, holds true when building lean muscle. To pack on serious muscle, you need to consume more calories than you burn throughout the day. Consuming healthy calories, eaten at the right frequency is also crucial.

THE BASICS

Realise that you must start putting high quality fuel in your body. You wouldn't put low-grade gas in a luxury car, and you shouldn't give it to your body, either. Your taste buds may be satisfied with the cheese burger you get at the drive-thru, but your muscles won't. If you want to perform in the gym, you better get the right fuel.
We want to get you eating small meals often. This keeps your body burning fat and makes sure you use more calories for energy, rather than storage. The mission is to keep your metabolic rate as high as possible, which is the rate at which your body burns off calories. The faster it's running, the leaner you'll be.

Make sure you eat every 2-3 hours, consuming 5-6 high quality meals throughout the day. To accomplish this goal, be sure you do some advanced planning. Plan your meals ahead of time so you know exactly what and when you'll eat. Strategy is key.

Lean protein should be eaten with each and every meal you consume, as it’s responsible for tissue growth and repair. Every meal should include a palm-size portion of protein. Good choices include grilled chicken or turkey, lean beef, egg whites, tuna fish or salmon, and protein shakes. Carbohydrates are also important, but the type is critical. You want to have a palm-sized serving of carbohydrates with each meal, which should come from complex sources like whole grains, wheat bread, oats, sweet potatoes and vegetables. Carbohydrates are important to fuel your muscles and shouldn't be cut out entirely. Carefully chosen and lowered at night, yes. Stay away from refined sources like white bread, vending machine treats, or candy bars that will only give you a quick-me-up, not lasting energy. Finally, you have your fats. Fat’s are important for growth and will keep your muscle-building hormones at a healthy level. Make sure you take in good fats daily, which are crucial for great health and best results. Not all fats are created equal, and to lose fat you need healthy fat in your diet. These include olive oil, avocado, almonds, fish, or peanut butter. Avoid foods with a ton of saturated or trans-fats. They're packed with calories, yet provide few nutrients.

While making the commitment to the gym will require about six hours a week from your life, when it comes to nutrition, you're on 24/7. There's no real end-point to healthy eating: it's an all day effort. Make sure you avoid skipping meals. A skipped meal is a quick way to overeat at a later one, which can pack on calories and fat quickly. Not only that, but it's going to slow your metabolism down if you consume too few calories, which kills your lean muscle mass and makes further fat loss difficult.

Hydration is also essential for getting a lean physique. Without enough water, you'll feel fatigued, bloated, and may turn to food when you don't need it. 3.5L of water a day will keep your body primed for results and will help regulate your cooling system.

**FINAL WORD**

Remember, taking the time to plan, prepare, and consume your meals is going to put you on top of the game. To take it to the next level you need to win the nutritional game. There’s no way around it.

“You won’t get 100% results if you aren’t 100% committed”
Ultimate Conditioning is high intensity functional training with power bags; it is the fastest way to shred fat from your body.
The benefit of functional training is that your body gets stronger in the areas it was naturally designed for and also gives the body more resistance to injury.

By performing natural movement under added resistance the body must work harder to achieve a given task. When the resistance is then removed the body (you) will find it easier to conduct that task.

This is how we add functional strength in a short amount of time. Because the workouts incorporate non-stop repetitions with the bags and high intensity spinning or running stints the heart is working at a high but steady state and therefore the benefits of cardio are second to none. You will have higher energy levels throughout the day as the heart and lungs will become more efficient at using oxygen. With that increases your mental alertness.

Ultimate conditioning will make you fitter, faster and stronger whilst simultaneously stripping fat from your body!

With Ultimate Conditioning you’re also part of a “fitness family” so you no longer feel alone in overcoming obstacles. Push beyond your perceived limits and achieve your goal in a supportive group environment. Bring your friends along to try the class out so they get a taste of what it takes to transform your body in 10 weeks!
ULTIMATE SUCCESS

Be the next success story......
Dene Flude
Founder and Trainer

M 021 066 9173
E dene@ultimatetraining.co.nz

W www.ultimatetraining.co.nz