

Getting Started Is Easy!

1. Take 'before pics'
2. Choose nutrition recommendations according to your goals
3. Get familiar with Week 1 Workouts
4. Watch the first fat loss webinar
5. Wait for an email for the next step...

Detailed QuickStart Checklist:

- Take before pictures (even if not for me, you'll be glad you have them)
- Download [The DEFL Nutrition Guide](#)
- Choose nutrition recommendations based upon your goals
- [Order the Dr. K recommended supplement package](#) appropriate to Your goals before 20% OFF coupon expires (coupon code = DEFL2)
- Go to [Week 1 Workouts](#)
- Download the [workout PDF](#) + any Giant Sets you'd like to have on your computer or iPod/iPhone/Smartphone/PDA device
- Watch the videos online if you prefer, but study the exercises and try a 'dry-round' with bodyweight only while you watch for the first time. You don't have to do all the repetitions, but it helps to familiarize yourself. Don't worry if it doesn't look exactly as it does when I do the exercise, so long as you're safe.
- Begin watching your first 'Fat Loss Webinar' called '[Building The Ideal Fat Loss Workout](#)' (feel free to reference the transcripts too)
- Wait for an email from me. I'll tell you the next step.
- Communicate your goals to the world. Accountability is #1 in your plan for success.

A Couple Of Quick Notes Before You Get Started With DEFL:

I appreciate you. Seriously. Don't take this for granted. I won't.

Be kind. That is important. I do this for you because I care. Things can go wrong from time to time. It's important that you realize I am a real person with real feelings, even though this over the internet. You can only be uncool ONCE. After that, it's over. (we all have bad days)

This IS going to change your life. Sounds hokey? Watch!

Some of the exercises may seem extremely challenging - that's intentional. Be safe, but intense results come from doing things that aren't always comfortable. You need to make a decision to conquer this program. Nothing will ever stop you again!

If this is too hard, please go through the basics of each motion without any extra surfaces (body weight only + arm/leg movements - no unstable surface)

I have created a Workout Modifications Guide for different scenarios. I'll continue to add to this as circumstances arise to best meet your needs. It's important to realize that any exercise can be modified or substituted by another exercise that works the same muscle group from your Exercise Video Database.

If at any you need a substitute due to orthopedic concerns and you have your doctors' clearance to exercise, **here are some good exercise substitution examples:**

Squat - Do a plank instead - choose any plank that is challenging and perform for 60 seconds with abdominal tremble

Push - Try a push up on a bench, or couch, or something else that puts you on an incline. Some weight of gravity is better than none, so best not to be done against a wall, but they are most difficult on the floor. Partial range is also ok if need be, and should be done with 10 second isometric holds at the bottom of the range of motion. This is a GREAT trick to build push up strength.

Lunge - A bridge or bent leg deadlift is the best substitute here. Be sure to reference the Exercise Video Database for a large variety of bridges.

Pull - Often times, if this is not doable for you, it's wise to just use Therabands Rows or some other form of row on a machine. Be sure to keep your movements slow and controlled and lead from your shoulder blades.

Plank - If you're unable to do this on straight arms, you may want to consider forearms instead or vice versa. Also, feel free to substitute easy squats, but fast, as they require quite a bit of core stability as well.

Here Is An Explanation Of Warm-Up:

Please note, these are only suggestions. If you have a preferred method of warm up and are willing to do intervals on that particular machine, or what have you, feel free. You can also go for an interval-based walk outside, if that's more appealing. Or go for a swim... same method, same concept. Just be sure to challenge yourself!

First 6 Minutes:

Gradually build intensity. If doing as described in DEFL, alternate dynamic exercises every 30 seconds, such as:

1. [Jumping Jacks](#)
2. [Side Step On Hands](#)
3. [High Knees](#)
4. [Karaoke Step](#)
5. [Butt Kicks](#)
6. [Mountain Jumpers](#)
7. [Mountain Climbers](#)
8. Jumping Rope
9. [Alternating Reverse Spider Lunges](#) (go easy!)
10. [Chop/Reverse Chop Pattern](#)

After 6 minutes of warm-up, begin interval training for 14 minutes as follows:

30 seconds at 9.5/10 intensity

30 seconds at 2.5-3/10 intensity

where....

0 = laying in bed

10 = passing out fatigue

The goal is to get so heated in warm up that you'll exercise more intensely the rest of the time. For many of you, this will be the hardest part. Do something that is low-impact on your joints, but challenge yourself to really hit some great intensity here!

Workout Schedule - 4 days per week - Please see example below:

Workout	Day
Workout 1A	Monday
Workout 1B	Tuesday
Rest	Wednesday
Workout 1A	Thursday
Workout 1B	Friday

This is only an example. You are free to workout on days you think are convenient for you. It is smart, however, to allow a day of rest after 2 workouts.

Many people ask me about not working out 2 days in a row. This is important if you are specifically 'strength training' and you worked a particular muscle to fatigue on that day with 6 reps or less. Then it is important that 48-72 hours go by before repeating this muscle group. However, you can exercise all other body parts and actually speed up recovery.

Likewise, when you are exercising like this, you can actually cause a temporary shift in your metabolic demand across your body while exercising at this intensity day after day, ultimately leading to a more permanent metabolic shift.

Good news, huh?!

Stretching:

Stretching/mobility work can be great. This type of exercise program has that built into it already with the dynamic exercises involved. However, if you feel the need for more, be sure to reference the Flexibility/Mobility exercise section of the Exercise Video Database. I think you'll find some really helpful exercises. This can be done on the off days.

Webinars/Class Schedule - 3 days/week for 4 weeks:

Watch one webinar at a time, on Monday, Wednesday, and Friday. All webinars were prerecorded so that I could have transcripts and printouts made for you. This class schedule is merely a suggestion. The important thing is that you make time to really emphasize your learning through each module. Here is a suggested schedule:

Module	Day
Module 1	Monday, Week 1
Module 2	Wednesday, Week 1
Module 3	Friday, Week 1
Module 4	Monday, Week 2
Module 5	Wednesday, Week 2
Module 6	Friday, Week 2
Module 7	Monday, Week 3
Module 8	Wednesday, Week 3
Module 9	Friday, Week 3
Module 10	Monday, Week 4
Module 11	Wednesday, Week 4
Module 12	Friday, Week 4
Bonus Module	Within 4 Weeks Of Completion Of 30 Day Meltdown

Audios - Suggested Frequency - Will Be Delivered By Email:

Goal Setting For Real Results - There's no reason to wait on this one. Setting foundational goals is essential in this process, but no rush either. I'll be in touch in a couple of days when it's time to check out this section of the site.

Psychology of Dieting - This is a great audio that really helps put diet vs. nutrition in perspective. Plus, it gives you some great strategies for avoiding cravings, permanently.

Mindset Training - This, while it seems simple, may be the most powerful part of DEFL. I recommend you listen to it daily.

Rapid Fire Checklist Of Things To Do Before Starting DEFL:

- 1) **Check login information** - page: <http://DoubleEdgedFatLoss.com/amember/login.php>
- 2) **Check username and password** - if having difficulties, email me here: doubeedgedfatloss@gmail.com
- 3) **Watch exercise videos and download them if you want them on your computer.**
You can save the file and watch it in Quicktime (free download) by right-clicking the 'iPod' link and 'save as' or 'save target as'
- 4) Once you have downloaded them to your computer, it's easy to **transfer the files into your iPod.** All you have to do is the following:
 - Open iTunes
 - Choose 'File' menu, 'New Playlist'
 - Name the new playlist something like 'Week 1 Workouts'
 - Open this playlist and drag and drop the files you've downloaded here
 - Connect iPod or iPhone to computer and sync all playlists

Send questions here:

DoubleEdgedFatLossQuestions@Gmail.com

Send comments here:

DoubleEdgedFatLoss@Gmail.com

Send tech issues here:

DoubleEdgedFatLossTech@Gmail.com

Send Testimonials here:

DoubleEdgedFatLossTestimonials@Gmail.com

I'm really looking forward to working with you! Stay in touch...
~Kareem