



## 3 Essentials To Fat Loss Forever

Hey everybody! Kareem Samhouri back with you today to talk about the three essential points to fat loss forever. Once you nail this, there's no going back because your body's going to change and you're going to be able to continue on this cycle for the rest of your life.

Now, before we get to it though, I just want to say I really hope, sincerely, that you enjoyed the Dr. K Fat Loss Story, How to Lose Weight Forever. If you haven't had a chance to watch it yet, that video is fantastic and I'd strongly encourage you to go back and check it out.

Now, when we're talking about the three essential points to fat loss forever, it's important that first, I sort of discuss with you what those are and then we'll get into greater detail about each one.

Typically, I like to start these sorts of video presentations by objectives or ideas of things that we're going to talk about. But, I decided to take it one step further to teach you one of the most important things you can learn when it comes to achieving any goal, and that is the practice of affirmations. So, today we're going to talk about objectives and affirmations as the beginning of this talk.

You see, affirmations are like positive self talk or believing things have already happened before they have. And whether or not you believe it, you can abandon disbelief and just go with it. All right? So, for a while I had to practice this and I couldn't get my subconscious mind to really register that something had happened. A lot of people maybe have seen *The Secret* or some of those movies. That's not where I'm going with this. All right? So, just hit pause on that point for a second and let's come back.

What I want you to do is practice statements of goal achievement as if they've already happened. So, for example, I'm so happy and grateful now that I've lost 12



pounds and I can fit into that bathing suit that I've been trying to wear for the longest time, or, you know it's the most amazing feeling to me, now that I was able to buy a pair of jeans that are four sizes smaller than anything I've ever fit in in my entire life before.

You see, that's an affirmation, that's positive self talk and it's going to make your goal that much more easy to realize. This is a trick that I have all of my clients and patients practicing and it works. It works exceptionally well. So, take my word for it.

Today what we're going to learn about is going to be multi planar movement. We're also going to learn about muscle balancing and we're going to learn about movement complexes. Those are the three key points, the three essential points to fat loss forever.

So, say it with me now. I'm so happy and grateful now that I understand motor learning and how to blow up my exercise program for the rest of my life so I get crazy results. I'm so happy and grateful now that I understand movement complexes and their ability to actually deliver me more rest and faster results when it comes to fat loss. And, I feel absolutely empowered now that I understand muscle balancing can protect my joints and get fat loss results for the rest of my life.

You see, that's the just the practice of affirmations, which is really kind of critical point four, which is goal achievement. None of this matters unless you hit your goal and that's why I specialize in teaching people about goal achievement.

So, let's get into multi planar movement. For example, we need to move forward, backwards in life. We need to move side to side; we need to move with rotation. We live in a 3D world and we have to train in a 3D way unless we want to get injured down the road. Plus, it just works better.

See, human bodies are made to run, jump, move, lunge, you get the idea. Without actually putting yourself through that kind of dynamic environment on an everyday basis, it's going to be that much harder for you to get stronger on an everyday basis. So, you might get really, really strong at a bench press, but is that going to help you lift up the couch when you go to move? You might get really, really strong at leg extensions, but that's not a functional exercise and that's not going to work unless you're a soccer player.



It comes down to squats. It comes down to pushups. So, let's talk about forward/backwards movements first. In multi planar movements we're talking about forward/backward, side to side and rotational, just as a reminder.

Forward/backwards for a lower body example would be like a squat. So, what we're doing....let's say arms across the chest, squat down and back, stand up through the cheeks and return to your starting position. Again, tummy tight on the way down, cheeks tight on the way up. That would be a forward/backwards movement.

An upper body example would simply be a pushup. Now, a lot of people do it this way or they round. That's not what we're looking for. I want you to come down nice, slowly, and controlled, push back up. That's a forward/backwards movement again. Pushups are actually all about your core, which is kind of cool.

The next things that I want to show you is side to side. So, how do we take those same to exercises and now apply side to side movement instead? Well, there's a such thing as side step squat where I'm actually lifting my leg at the bottom point of the movement and then standing, thereby translating all the force to my abductors and adductors. Abductors move my leg out to the side, to the outside, and adductors help me cross my legs. So, again, in a side step squat example, I'm hitting side to side movements or side to side plane. That same exercise, by using that variety, is going to deliver a better result every time.

In the pushup example, now is a better opportunity to sort of reinforce the concept of butterfly. Do you see how this is side to side as opposed to this, like bench press would be forward/backward?

And then finally, let's talk about with rotation. The squat just turns into a sumo walk, just like a sumo wrestler. We're going to get you down, 90 degree knee bending, keep your weight shifting posteriorly, or onto your heels, and simple walk back and forth. Now we're allowing the weight shift to squat movement, but we're adding rotation as we go. If you get really advanced, you can start really turning as you go through this exercise.

Again, in the pushup example, what we're going to do is instead, we're going to come down, pushup into rotation, like a T pushup, and come back down and repeat.



This would be called rotational pushups and it's a phenomenal way to build scapular strength, scapular stability, shoulder blade stability, protect your rotator cuff and deliver abnormally fast fat loss results. So, that's multi planar movement in a nutshell.

Now, let's go ahead and talk about movement complexes. See, movement complexes is really cool. Well, there's two contrary definitions, but they're not totally contrary. Let's take a peek at this. One idea would be using things like super sets, giant sets, circuits to be able to use movement complexes to deliver better results by adding exercises together.

Now, as a second definition, and this is one that I think you'll see the application more often, would be choosing one exercise modality, like a dumbbell for example, and going through squat, push, lunge, pull, plank, all with a dumbbell, then take your prolonged rest before you ever set it down, and repeat it.

Again, in my professional opinion, I think you can trade the dumbbell out for a curling bar or a medicine ball or anything else. But, in Double Edged Fat Loss, I showed you how to use or I will be showing you how to use just one exercise modality for the entire workout program.

So, workout 1A, for example, is all one dumbbell. Workout 1B is one medicine ball. Stuff like that really is going to show you how to make the most of your exercise program, plus, what do we say? Multi planar movement's important, right? But, variety is, too. We're going to get into muscle balancing in a moment and you'll see exactly what I'm talking about.

So, again, in a movement complex, we're taking one exercise modality like a dumbbell and applying a scenario of multiple exercises to it. Regardless of which definition you subscribe to, the bottom line is, you're not doing one exercise and then resting. You're putting a lot of them together, different body parts, different areas and then you're taking your prolonged rest. This is much better for faster fat loss.

Finally, I want to talk to you about muscle balancing. Muscle balancing is not just important left to right, front to back in your body. It's not just biceps to triceps, but it's also, do you have chicken legs and a big upper body. Nobody really wants that anyways and you have to balance that out, otherwise you're not speaking neural to your



system. It all comes down to speaking a language your system understands the best, and that's electricity. We're going to get into that in the next video in greater detail, but I just thought I'd get you itchy for it right now.

So, in a muscle balancing perspective, what we really want to do is work agonist to antagonist. So, that's biceps/triceps, right? So, while we're working just the biceps, now that could be a strength set, we'll go to triceps as an endurance set and that produces what's called an active rest period and referred to in neuroscience as reciprocal inhibition.

Reciprocal inhibition is just a fancy way of saying, when I go to contract my biceps, my triceps turn off, otherwise, I'd be stuck in this cartwheel rigidity type movement where I'd be getting caught in between. So, that's the agonist/antagonist.

We also said top to bottom, right? So, that's just going to be the example of, am I always lifting abs and chest and back and I'm never, ever doing anything in terms of squats and dead lifts and that kind of thing, because that's not going to produce results either. Sure, I'll get far enough and then I'll get a low back injury or a shoulder injury, or I'll just look funny and get discouraged and move out of my exercise program.

Lastly, I want to talk about left to right. I can't have a really jacked right arm and a really weak left. That's not going to work and eventually it's going to cause rotation in my spine. If I'm constantly pulling harder on this side, whether it's on my back or front, it's always going to result in some sort of rotation in my body, in my exoskeleton or my central point.

So, again, our three main points for today are going to be multi planar movement, movement complexes and muscle balancing. When you put all these together you're sure to see a lot of success. These are the three essential components to losing fat forever.

So, I want to thank you, my friends, for joining me. We're in beautiful La Jolla here today, and this is just such a special experience for me and I sure hope it is for you, too. Have a great day.