

PILATES POWER GYM™

EAT SMART Nutritional Guide with
6 Week Step By Step Training Program

A Quality Thane Fitness Product

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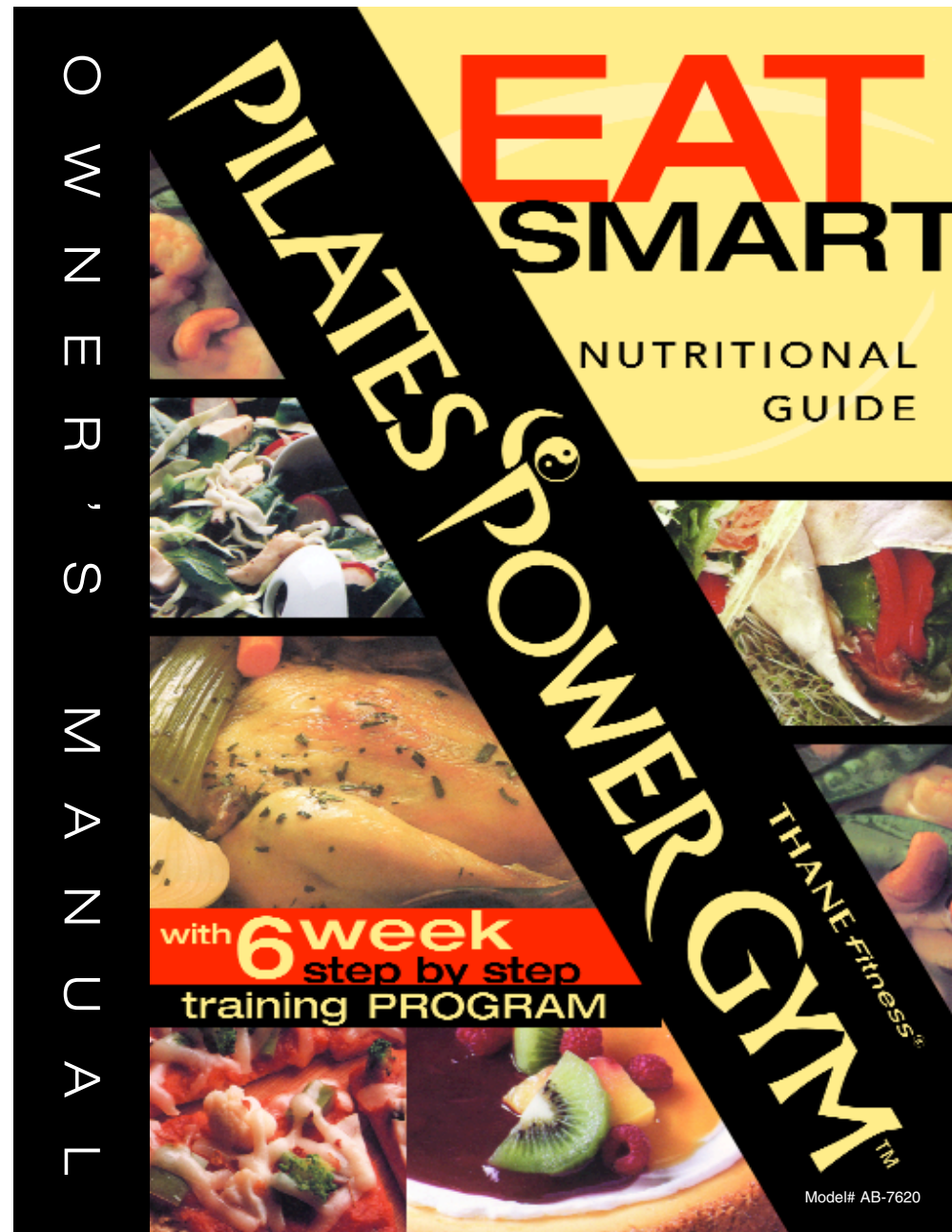


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IMPORTANT SAFETY NOTICE

1. The maximum weight capacity of the Pilates Power Gym™ is 275 pounds (125 kgs). Persons whose body weight exceeds this limit should not use this machine.
2. Keep children and pets away from the Pilates Power Gym™ at all times. Do not leave unattended children in the same room with the machine.
3. If the user experiences dizziness, nausea, chest pain, shortness of breath, or any other abnormal symptoms, stop the workout at once. Consult a physician immediately.
4. Position the Pilates Power Gym™ on a clear, level surface. Place a mat under the unit to help keep the machine stable and to protect flooring.
5. Always wear appropriate workout clothing when exercising. Do not wear loose fitting clothing that could become entangled in any moving parts. Running or aerobic shoes are also required.
6. Use the Pilates Power Gym™ only for its intended use as described in this manual. Do not use any other accessories not recommended by the manufacturer.
7. Do not place any sharp objects around the Pilates Power Gym™.
8. Handicapped or disabled persons should not use the Pilates Power Gym™ without the presence of a qualified health professional or physician.
9. Before exercising always do stretching first.
10. Never use the Pilates Power Gym™ if it is not functioning properly.
11. Do not exercise 45 minutes before eating or one hour after eating.
12. Other people must be at least one meter away from the unit while the Pilates Power Gym™ is being used.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or persons with pre-existing health problems. Read all instructions and watch instructional videotapes before using. The manufacturer and the marketing companies assume no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

Thank you and congratulations for making the Pilates Power Gym your choice in all-over body strength and aerobic training.

The Pilates Power gym was developed by Kevin Abelbeck, an exercise physiologist, body builder and designer of fitness equipment. He has dedicated his life to promoting a healthy lifestyle through fitness. His Pilates Power Gym is an amazing all-in-one exercise machine that not only combines 18 weight machines it also addresses the fitness needs of both men and women. All-in-all, you get over 40 exercises and 20 resistance levels with the Pilates Power Gym.

It gives women that long lean muscle look they want and provides the necessary weight training to give men that chiseled, bulked-up appearance.

The Pilates method of exercise is designed to stretch, strengthen, and balance the body while stimulating circulation, increasing lung capacity, creating heightened body awareness, and toning and firming muscles.

Its main goal of core training is to shape and strengthen the muscular areas of the abdominals (obliques), upper and lower back (deltoids, rhomboids), hips (gluteals, hip flexors), outer and inner thighs (abductors and adductors), hamstrings, triceps, and pectorals.

Before using your Pilates Power Gym it is recommended that you spend some time conditioning your body with stretching movements to allow you to become more flexible and to warm up your muscles. Just as important is to spend time cooling down after you've finished your Pilates workout. Warming up and cooling down prepares you for your workout while it helps to speed post workout recovery as well.

Well, the time has come for you to begin. Start today and imagine how great you'll look in only six weeks!

GETTING STARTED

What you need to know about your Pilates Power Gym.

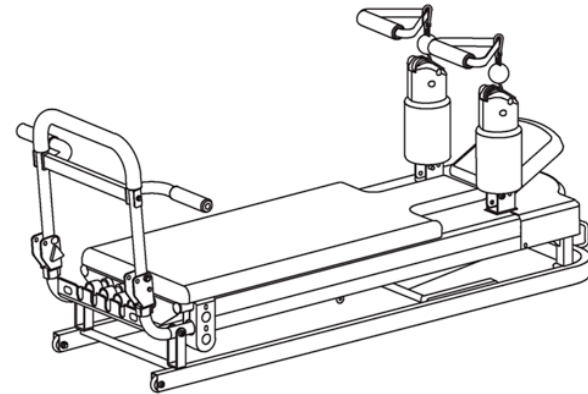
The Pilates Power Gym comes fully assembled. Simply fold up the foot grip bar and insert the locking pin (refer to photo). You are now ready to begin your workout routine.

The glide board comes with 5 variable height elevations to intensify your workout. To raise the glide board, pull out the handle and raise the glide board to your desired position of elevation.

Resistance can be increased or decreased in two ways. By removing or inserting one, two, three, or four power cords and/or raising and lowering the glide board to any of its five positions of incline you can achieve 20 different resistance levels.

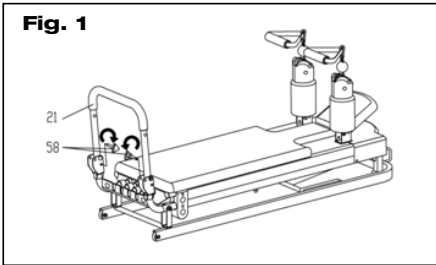
The Pilates Power Gym is light and easy to store. Lower the glide board to its flat position, remove the locking pin from the foot grip bar, and lower the foot grip bar. The Pilates Power Gym can now be rolled away for storage and can be conveniently stored under the bed. It is recommended that you store your Pilates Power Gym in a horizontal position only and NEVER vertically.

Owner's Manual



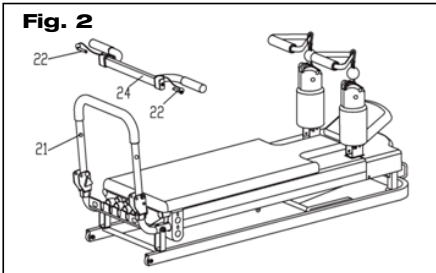
ASSEMBLY INSTRUCTION

Fig. 1



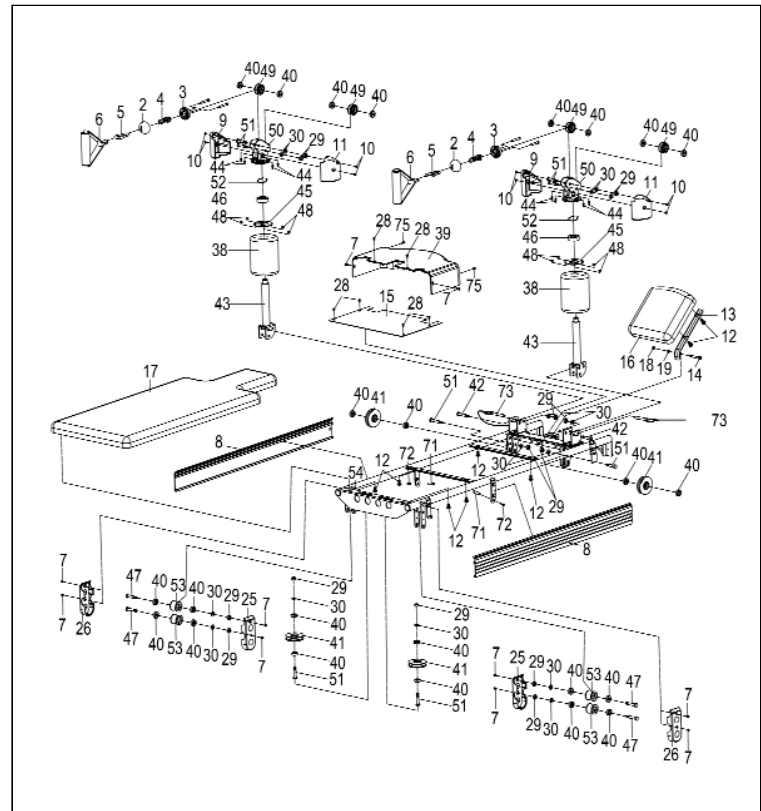
1. Remove the lock knobs (#58), turn the cross bar (#21) to the position as shown in the left drawing, and then lock it by the lock knobs (#58).

Fig. 2

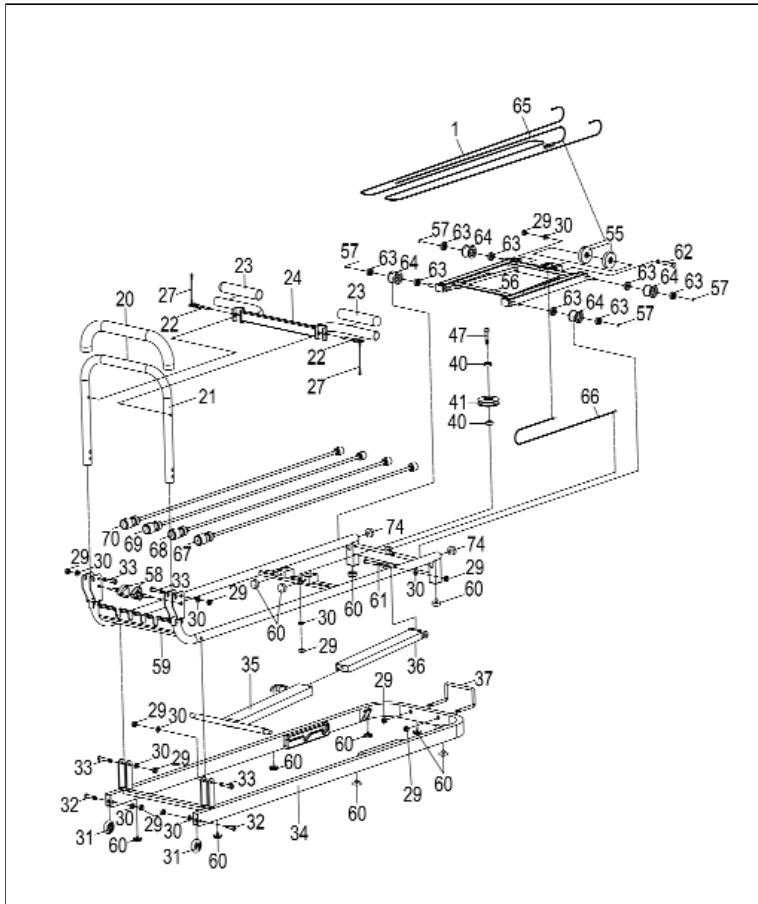


2. Insert the foot rest frame (#24) into the cross bar (#21) and fix it by the pins (#22).

EXPLODED DIAGRAM (1)



EXPLODED DIAGRAM (2)



PARTS LIST

NO.	DESCRIPTION	QTY.(PCS)	SPEC.(MM)
1	Long Cable	1	
2	Bottom Cover of Position Ball	2	
3	Top Cover of Position Ball	2	
4	Pulling Hook	2	
5	Hook	4	
6	Hand Grip	2	
7	Bolt	10	M4*9
8	Side Rail	2	
9	Left Protection Cover	2	
10	Screw	8	ST4.2X10
11	Right Protection Cover	2	
12	Bolt	8	M8*15
13	Fixing Plate of Head Rest	1	
14	Bolt	1	M6X35
15	Decoration Board	1	
16	Head Rest	1	
17	Cushion	1	
18	Lock Nut	1	M6
19	Washer	1	Φ6
20	Foam Tube	1	Φ33*Φ25*460
21	Cross Bar	1	
22	Pin	2	
23	Foam Tube of Handle Bar	2	Φ30*Φ24*150
24	Foot Rest Frame	1	
25	Left Protection Cover of Roller	2	
26	Right Protection Cover of Roller	2	
27	Elastic Cord for Pin	2	
28	Screw	6	ST4.2*10
29	Lock Nut	25	M8
30	Washer	23	Φ8
31	Roller	2	Φ40*16
32	Bolt	2	M8X30
33	Bolt	4	M8X45
34	Base Frame	1	
35	Adjustment Frame	1	
36	Adjustment Tube	1	
37	"U" Handle	1	Φ8
38	Foam Pad	2	Φ95*Φ23*135
39	Plastic Protection Cover	1	
40	Bearing	26	
41	Sliding Wheel	5	Φ64*16
42	Bolt	2	M8X50
43	Foam Tube Frame	2	
44	Bolt	8	M5*10
45	Bearing Cover	2	
46	Bearing	2	
47	Axis I	5	M8*45
48	Lock Nut	8	M5
49	Fixed Sliding Wheel	4	Φ37*17.5
50	"U" Bracket Set	2	
51	Axis II	8	M8X35
52	Elastic Clip 1	2	Φ17
53	Sliding Wheel	4	Φ35*28
54	Top Sliding Frame	1	
55	Roller	2	Φ50*12
56	Frame for Sliding Wheel	1	
57	Elastic Clip 2	4	Φ8
58	Lock Knob	2	
59	Bottom Sliding Frame	1	
60	Rubber Stopper	11	
61	Bolt	1	M8X85
62	Position Rubber Stopper	1	
63	Bearing	8	
64	Sliding Frame Roller	4	Φ38*28
65	Middle Cable	1	Φ3.5*895
66	Short Cable	1	Φ3.5*549
67	Elastic Cord 1	1	Φ8
68	Elastic Cord 2	1	Φ8
69	Elastic Cord 3	1	Φ8
70	Elastic Cord 4	1	Φ8
71	Bolt	2	Φ8*28
72	Screw	2	M4*16
73	Pin	2	M4*15
74	Rubber Stopper	2	
75	Screw	2	M4*15

WORKOUT GUIDE

Pilates

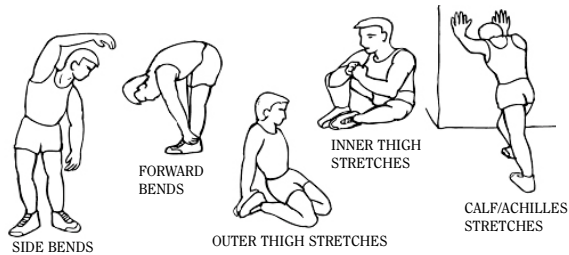
The following Pilates workouts are designed to strengthen your abs, lower back, thighs, and buttocks. When exercising, many people have a tendency to hold their breath. Please be aware of this and remember to breathe. Inhale deeply through your nose and exhale through your mouth. Expand your diaphragm as you inhale. Concentrate on your movements. Keep your back, neck, and shoulders relaxed.

As you work out, don't lock your knees. Locked knees can cause hyperextension and injury. Keep your spine in a "soft" curve and not arched.

All of the Pilates exercises will require the machine to be in the flat position and you should use all tension cords during the foot workout. The strength training exercises require that the glide board be used at an incline level that is comfortable for you and the power cords at a tension level which provide sufficient resistance.

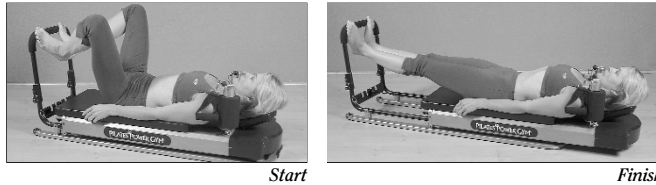
Warm-Up

This stage helps get the blood flowing around the body and the muscles working properly. It will also reduce the risk of cramp and muscle injury. It is advisable to do a few stretching exercises as shown below. Each stretch should be held for approximately 30 seconds. Do not force or jerk your muscles into a stretch. If it hurts, STOP.



Plié

Place your feet on the foot grip bar, about three inches apart, with your toes curled over the foot grip bar. Make a V shape with your heels touching. Lift your heels slightly and keep your toes flexed. Push your legs outward while keeping your heels touching. Slowly return to the beginning position. **For calves and inner thigh.**

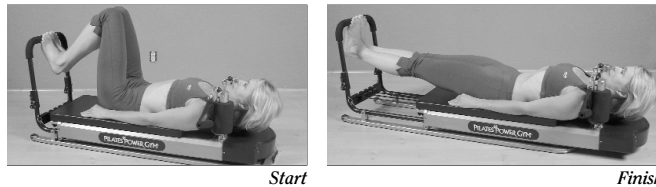


Arches

Keep your feet together and place the balls of your feet on the foot grip bar. Curl your toes around the foot grip bar. Keeping the arches of your feet on the bar and your legs together slowly extend your legs. Squeeze your thighs and buttocks in as you perform the exercise. Slowly return to the beginning position.

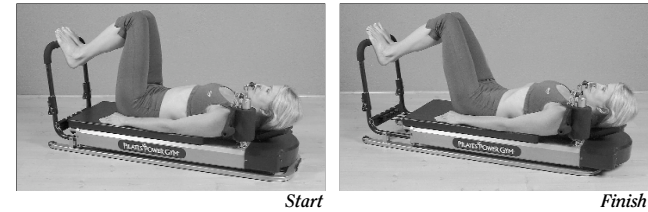
Do not lock your knees after extending your legs. Focus on working your entire thigh.

For calves and inner thigh.



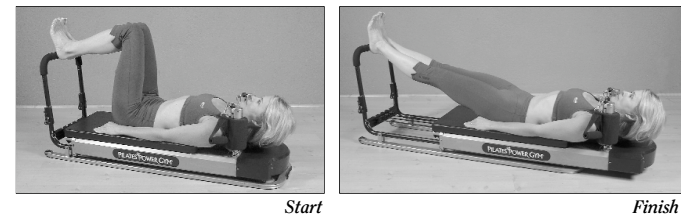
Arch Pulses

Assume the same workout position as for Arches. Instead of fully extending your legs as you did in Arches, push your legs out partially with short, brisk movements. Keep your knees bent throughout the exercise. Squeeze your thighs and buttocks as you push out. Relax them as you return to the starting position. This exercise will work your entire thigh muscle.



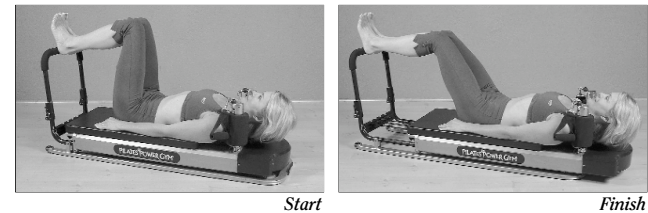
Heels

Place the heels of your feet on the foot grip bar and keep your feet flexed with your toes stretching upward throughout the exercise. Keep your legs together and fully extend and stretch your legs. Squeeze your inner thighs and buttocks as you push away from the foot grip bar. Relax them as you return to the starting position. Slowly return to the beginning position and repeat. Works your calves, quadriceps, and buttocks.



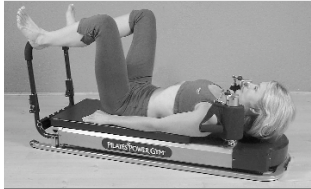
Heel Pulses

Assume the same position as for the Heels workout. Push out in the mid-range with short bursts. Keep your knees bent throughout the exercise. Works your entire thigh to tone and tighten your muscles.



Second Position Turnout

Place the heels of your feet on each corner of the foot grip bar. Keep your feet flexed with your toes stretching upward throughout the exercise. Inhale as you extend your legs, making sure not to lock your knees. Exhale and slowly return to the beginning position.



Start



Finish

The Hundreds

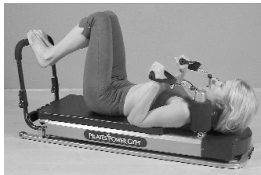
Step 1. Lie flat on the glide board and place your toes on the foot grip bar.

Step 2. Grab the handle holders.

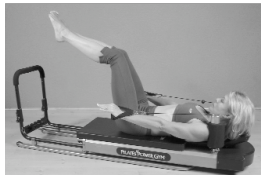
Step 3. Raise your arms vertically. With palms facing forward lower your arms to your sides. Inhale as you lower your arms while simultaneously raising your head as if doing a crunch and extending your legs to a 45 degree angle. Extend your feet while they are in the air.

Step 4. Exhale, raise your arms, lower your head, and return your feet to the foot grip bar.

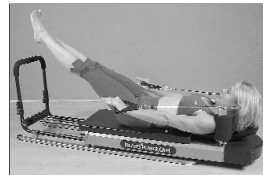
Suggestion: Inhale 5 counts and exhale 5 counts..



Start



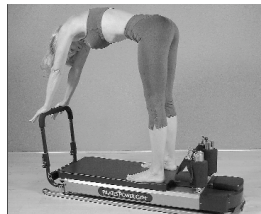
Middle



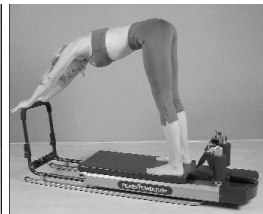
Finish

Cat

Place your feet on the glide board at the end furthest from the foot grip bar. Bend at the waist and place your hands on the foot grip bar. Drop your head between your arms and keep your neck and shoulders relaxed. Remember to keep your knees slightly bent. Push the glide board out backwards. Use your lower body and abdominals to return to the starting position.



Start



Finish

Arm Circles

Lie on the glide board and place the balls of your feet on the foot grip bar. Grab the handles, extend your arms vertically with the palms of your hands facing the foot grip bar. Make large circles with your arms moving them down to your sides, out from your body, over your head, and back to the starting position with the palms of your hands facing the foot grip bar. Keep your back flat. Do five in one direction then change directions.



Start



Middle



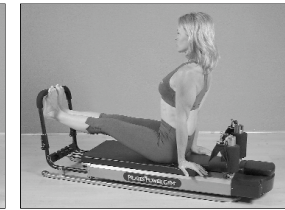
Finish

Heel Lowerers

Sit on the glide board. Support yourself with your arms extended slightly behind you and grab the handle holders. Place your feet, approximately four inches apart, on the foot grip bar and curl your toes around the bar. Bring your heels together so they are touching with your feet in a "V" position. Maintaining a perfectly straight back, extend your legs, remembering to keep your knees slightly flexed. Inhale as you push out and exhale as you return to the starting position.



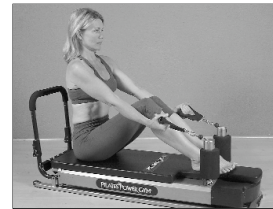
Start



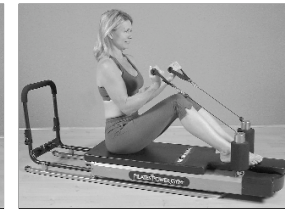
Finish

Bicep Curls

Sit on the glide board with your back near the foot grip bar, and your feet on the headrest. Grab the handles and lean back using your abdominal muscles for support. Keeping your elbows tight against your waist, bring your arms up towards your chest while inhaling and back down while exhaling.



Start



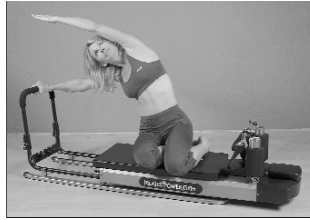
Finish

Mermaid

Sit sideways on the glide board and place and your right hand on the foot grip bar. Raise your left arm straight up keeping it close to your head. With your back straight, bend sideways at the waist toward the foot grip bar, push the glide board out fully with your lower body, stretching from your side. To stretch your right side, change your position on the glide board so that your left hand is on the foot grip bar.



Start



Finish

Pelvic Tilt

Position yourself flat on the glide board with your heels at each corner of the foot grip bar. Raise your buttocks 3 to 4 inches off the glide board. Extend your legs while keeping your buttocks raised. Do not lock your knees.



Start



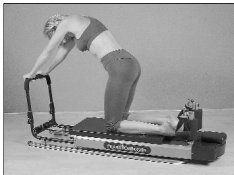
Finish

Knee Stretch

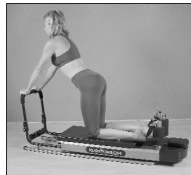
- Step 1. Kneel midway on the glide board and place both hands on the foot grip bar. Place your feet on the handle holders as support.
- Step 2. Arch your back slightly upward. Drop your head forward, and sit back slightly.
- Step 3. Inhale and push out using your lower body to move the glide board.
- Step 4. Exhale and pull forward. As you pull forward, straighten your back, pull your pelvic bone forward, raise your head, and stretch your body upwards.



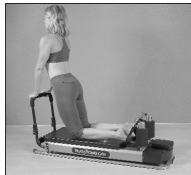
Start



Middle A



Middle B

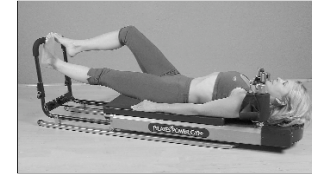


Finish

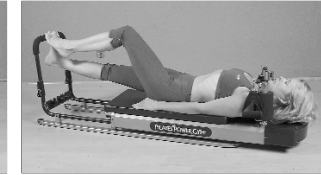
Prance

Lie flat on the glide board and place your toes on the foot grip bar. Inhale and push out with the muscles of the right leg. Exhale as your slowly return to the starting position. Now push with the muscles of the left leg. Exhale and return to the starting position. Alternate legs and emulate the running stride as much as possible.

Watch the "Pilates Body" video for many more Pilates moves.



Start



Finish

Exercises for Strength Training

Strength Training

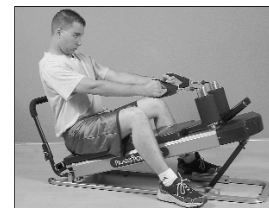
This machine was designed to allow you to add resistance to your workout to increase your lean muscle mass thereby toning and tightening your entire body. The glide board may be positioned at your desired resistance level throughout the strength-training program. One, two, three, or four power cords may be added giving you 20 levels of resistance.

For more resistance increase the angle of the glide board. The steeper the angle of the glide board, the greater the resistance will be. The power cords also offer additional resistance. You may use One, Two, Three, Four or any combination. There are 16 possible combinations for the power cords. There are 5 incline positions and flat. The power cord combinations may be used on each of the 6 levels for a total of 95 resistance settings (96 combinations minus zero power cords with no incline (96-1=95)).

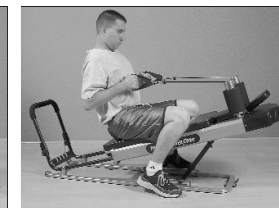
Seated Row

Sit, facing the headrest and straddle the glide board with your legs. Grab the handle holders and turn your palms so they are facing each other. Keeping you back and body stationary pull your arms in back towards your waist. Keep your arms shoulder width apart and tight against your body. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Muscle groups involved are the upper back, trapezius, and biceps.



Start



Finish

Seated Upright Row

Elevate the glide board to your comfort level. Sit on the glide board, facing the headrest, and bend your knees. Reach out and grab the handle holders. With your palms facing down, pull your hands back towards your chest in a rowing motion. Inhale as you pull back. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Works the calves, legs, hips, abdominals, lower and upper back, and shoulders.



Start



Finish

Bench Press

Lie on the glide board. Place the balls of your feet, approximately 10 inches apart, on the foot bar. Grab the handle holders with your palms facing forward. Inhale slowly and extend the handles upward, keeping your palms facing forward. Inhale and slowly and extend your arms upward, being careful not to lock your elbows. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Works the chest, shoulders, triceps, and abdominals.



Start



Finish

Seated Curls

Sit on the glide board, facing the handle holders, with your legs straddling the glide board. Grab the handle holders with your palms up. Arms should be extended out in front of you. Keeping your elbows tight against your sides, inhale and bring your palms towards your shoulders. Keep your back straight at all times. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Focus on working your biceps, forearms, and shoulders.



Start



Finish

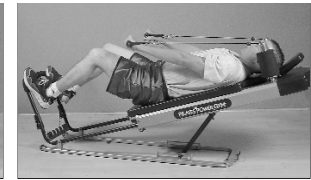
Arm Pullover

Lie flat on the glide board and place your feet approximately 6 inches apart on the foot grip bar. Grab the handle holders and with your palms facing upward fully extend your arms over your head. Inhale and pull your arms, in an arc-like motion to your side until they touch your thighs. Your palms will now be facing downwards. Lift your head and shoulders, using your abdominals, as you pull your arms over your head. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Great for strengthening your shoulders, upper back, triceps, upper abs, chest, and lats.



Start

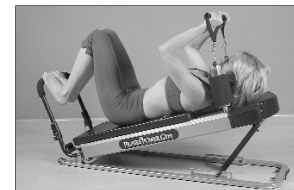


Finish

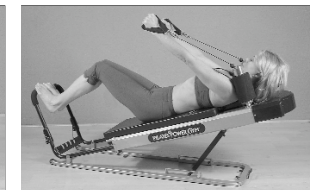
Tricep Extension

Lie flat on the glide board and place your feet approximately 3 inches apart on the foot grip bar. Grab the handle holders with your palms up, and extend them upward. Keep your upper arms in a stationary position, inhale, and extend the handles toward your knees. Your palms will now be facing downward and your arms will be fully extended. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.

Great workout for your triceps and forearms.



Start



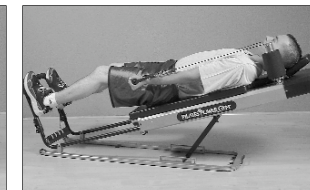
Finish

Lying Tricep Curls

Lie flat on the glide board and place your feet approximately 3 inches apart on the foot grip bar. Grab the handle holders, fully extend your arms, and bring them to your sides. Keep your upper arms stationary against your sides, inhale, and bend your elbows, bringing your arms down towards your shoulders. Exhale as you pull your arms back. Slowly bring your arms back to the beginning position as you inhale.



Start



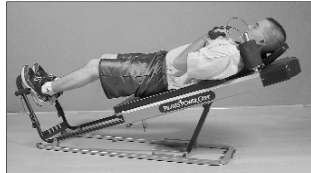
Finish

Decline Abdominal Crunch

Raise the glide board to a comfortable level. Place your feet on the foot grip bar, approximately 3 inches apart. Cross your arms across your chest. Inhale, contract your abdominal muscles, and as you push with your feet raise your head and shoulders. Exhale and slowly return to the starting position lowering your head and shoulders. Your upper and lower abdominals will really benefit from this exercise.



Start



Finish

Pulley Ab Crunch

Lie flat on the glide board and place your feet approximately 3 inches apart on the foot grip bar. Grab the handle holders and keeping your upper arms tight against your sides bring your lower arms to your shoulders with your palms facing down. Inhale and extend your arms downward against your sides, lifting your head and shoulders and contracting your abdominal muscles. Exhale and slowly return to the starting position. Be sure to let your arms and abdominal muscles do all the work.

This is a great exercise to work your upper and lower abs.



Start



Finish

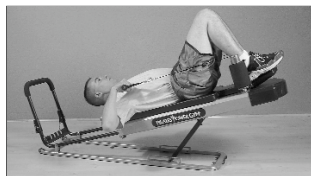
Lying High Pull

Lie flat on the glide board with your head at the foot grip bar end of the glide board and your feet at the head rest end. Bend your knees. Grab the handle holders and with your arms extended bring them to your sides, palms facing down. Inhale and pull the handles straight back toward your chest keeping them parallel with your body. Exhale and slowly return to the starting position.

Great exercise for working your upper body especially the shoulders, trapezius, and biceps.



Start



Finish

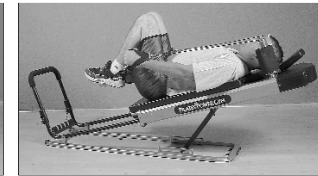
Side Deltoid Raises

Lie flat on the glide board and place your feet on the foot grip bar, approximately 3 inches apart. Grab the handle holders and bring them to your side. Your palms should be turned inward toward your body. As you inhale, extend your arms straight out, away from your sides, in an arc-like motion until they are parallel with your shoulders. Be sure to keep them straight with your elbows slightly bent. Exhale and slowly return your arms to the starting position.

Great exercise to add definition to your shoulders.



Start



Finish

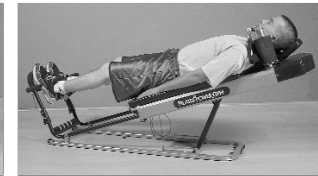
Squat

Lie on the glide board and place your feet on the foot grip bar, shoulder width apart. Bend your knees at a 90 degree angle. Inhale as you slowly push against the footboard until your legs are fully extended. Exhale as you slowly return to your starting position.

This is a great workout for the quadriceps, buttocks, and calves.



Start



Finish

One-Legged Squat

Lie on the glide board and place one foot on the foot grip bar and the other foot flat on the glide board. Inhale and push with the leg against the foot grip bar. Exhale as you slowly return to the starting position. Switch legs for an equally good workout.



Start



Finish

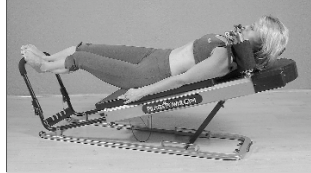
Twisting Squat

Lie on the glide board and place both feet on the foot grip bar approximately 3 inches apart. Exhale and slowly push back. Slightly drop your knees to one side as you extend them outward. This will create a slight twist to your legs. Keep your buttocks flat on the glide board and keep your upper body straight. Exhale and slowly return to the starting position. Alternate twisting to each side.

Great for toning and firming your thighs, calves, hips, buttocks, and quadriceps.



Start



Finish

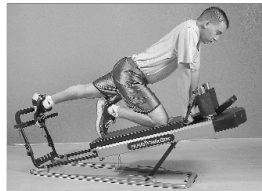
Gluteus Kickbacks

Facing the headrest, kneel midway on the glide board. Hold onto the side of the rail for support and place one foot on the foot grip bar. Inhale and slowly push against the foot grip bar until your leg is fully extended, do not lock your knee. Use your gluteus muscle as you push. Exhale and slowly return to the starting position. Alternate legs.

This is a great exercise for tightening and toning the buttocks.



Start



Finish

Lunges

Place one foot firmly on the floor near the foot grip bar and the other foot in the center of the glide rail. Keeping both feet flat, inhale, and slowly push the glide board forward. Bend the knee, on the glide board, to 90 degrees. Take care not to lock your knee. Switch legs.

Great for toning and strengthening your legs while focusing on the quadriceps, hips, buttocks, and hamstrings.



Start



Finish

6 WEEK TRAINING PROGRAM

GET FIT FAST AND HEALTHFULLY.

Before you begin we recommend taking a photo of yourself in a bikini or your bra and panties. Put this photo somewhere that you can see it every morning to remind yourself why you have made the decision to get in shape!

Eat Right

Follow the twelve day "Super Slim Nutritional Diet Plan" for six weeks. You can substitute one "lunch" for another "lunch" or one "dinner" for another "dinner". Allow yourself to cheat just a little (up to 400 additional calories) once a week. This will help avoid overindulging or binging on a favorite food.

Water

Helps flush fat. You MUST DRINK at least 64 ounces of pure water (not coffee, tea or cola) every day.

Exercise

Alternate the TrimFlex™ "Body Sculpting" workout and the "Pilates Body" workout every other day for best results. Do this at least five times per week for the first four weeks. During the last two weeks of your program, pick two days to do both workouts and then do the "Body Sculpting" workout alone for the other three days.

Mental Attitude

Stay positive; stay focused on your goal. After six weeks take a photo of yourself in the same bikini or bra and panties that you wore at the beginning of your training. You will be amazed.

If you are comfortable sharing your photos and your success story, please contact us at www.thanefitness.com

12-DAY SUPER SLIM DIET PLAN

If weight loss is your goal, in addition to becoming fit with the Pilates Power Gym™, you will find the following guidelines indispensable in helping you shed unwanted pounds. As a general rule you should always pay attention to your diet by making healthy food choices. This means decreasing your fat intake, increasing the amount of high fiber foods you eat, and keeping an eye on the number of calories consumed in a day. And, you need to make this a regular part of your life.

Sounds like a big order doesn't it? Well, it's really not... not if you become aware of your eating habits and make a few changes in the way you think about dieting.

- Upon rising in the morning drink 16 oz. of water with squeezed lemon.
- 2 hours after breakfast and lunch drink 24 oz. of water.
- 2 hours after dinner drink 8 oz. of water or herbal tea.

(Limit fluids to 6-8 oz. with meals)

DAY 1

(1650 calories / 45 gr. fat)

BREAKFAST

- ✓ ½ cup calcium-fortified orange juice
- ✓ 2 slices whole-wheat toast or 1 bagel with 2 tbs. jam

SNACK

- ✓ 2 apples
- #### LUNCH
- ✓ Tuna Sandwich:
 - 2 slices 7-grain bread with
 - ½ cup water-packed tuna (rinsed well)
 - 1 tbs. reduced-calorie mayonnaise and chopped celery, lettuce and tomato slices
 - ✓ ½ red pepper cut in strips

SNACK

- ✓ 1 orange and ¾ cup pineapple chunks

DINNER

- ✓ 4 oz. skinless chicken breast, grilled
- ✓ 1 small baked potato with 1 tbs. butter
- ✓ ½ cup carrots, steamed
- ✓ ½ cup green beans or broccoli, steamed
- ✓ 1 cup green salad with 1 tomato
- ✓ 2 tbs. low-fat dressing
- ✓ add shredded red cabbage, carrots, and chopped cucumber

DAY 2

(1600 calories / 38 gr. fat)

BREAKFAST

- ✓ 1 whole banana
- ✓ 1 cup oatmeal with 1 tbs. honey

SNACK

- ✓ 1 cup nonfat yogurt

LUNCH

- ✓ 1 cup vegetable soup
- ✓ 1 whole-wheat bagel with 2 oz. cheese
- ✓ 1 raw carrot, cut into sticks
- ✓ ¼ red pepper cut into strips
- ✓ 1 cup nonfat yogurt

SNACK

- ✓ 1 apple
- ✓ 1 pear

DINNER

- ✓ 4 oz. broiled fish with lemon
- ✓ ¾ cup broccoli or Brussels sprouts, steamed
- ✓ 2 cups Romaine salad with 1 tomato, sliced, 2 tbs. dressing

DAY 3

(1650 calories / 50.3 gr. fat)

BREAKFAST

- ✓ ½ banana
- ✓ 1 cup bran flakes
- ✓ 1 cup low fat milk or milk alternative

SNACK

- ✓ 1 apple
- ✓ 1 pear

LUNCH

- ✓ Sandwich:
 - 2 slices 7-grain bread
 - 3 oz. turkey or chicken breast
 - 2 tbs. reduced-calorie mayonnaise
 - lettuce, tomato slices
- ✓ 1 med. cucumber sliced
- ✓ 1 carrot cut into strips

SNACK

- ✓ 1 cup nonfat yogurt

DINNER

- ✓ 4 oz. lean beef tenderloin
- ✓ ½ cup brown basmati rice, cooked in water or broth
- ✓ ¾ cup zucchini, steamed
- ✓ ¾ cup yellow squash, steamed
- ✓ 1 spinach salad with
 - 1 small tomato
 - 2 tbs. low-fat dressing

DAY 4

(1650 calories / 46 gr. fat)

BREAKFAST

- ✓ ½ grapefruit
- ✓ 1 cup low fat cottage cheese

SNACK

- ✓ 1 handful almonds

LUNCH

- ✓ 1 grilled chicken breast
- ✓ ½ cup brown basmati rice
- ✓ 1 large romaine salad with shredded red cabbage, carrots, and tomatoes
 - 2 tbs. low-fat dressing
- ✓ ½ cup steamed veggies, your choice

SNACK

- ✓ 1 ½ cup strawberries

DINNER

- ✓ 1 ½ cups spaghetti or other pasta:
 - 3 oz. 90% lean ground beef, cooked and drained
 - ½ cup spaghetti sauce
- ✓ 2 tbs. parmesan cheese
- ✓ sautéed mushrooms, onions, and ¾ cup zucchini
- ✓ ½ cup spinach, steamed or 1 small Caesar salad

DAY 5

(1525 calories / 35 gr. fat)

BREAKFAST

- ✓ 1 apple
- ✓ 1 cup oatmeal with 1 tbs. honey

SNACK

- ✓ 1 peach
- ✓ ½ cup blueberries

LUNCH

- ✓ Pita Sandwich:
 - 1 pita pocket
 - 3 oz. turkey
 - lettuce, tomato slices
 - 1 tbs. reduced-calorie mayonnaise
- ✓ ¾ cup raw cauliflower
- ✓ ½ cup V-8 or tomato juice

SNACK

- ✓ 1 cup low fat yogurt

DINNER

- ✓ 6 oz. baked seafood
- ✓ 2 cups broccoli, carrots, or other veggies
- Stir-fried with 1 tbs. olive oil until just tender
- ✓ Mixed green salad with
 - 1 tbs. low-fat Italian dressing

DAY 6

(1350 calories / 37 gr. fat)

BREAKFAST

- ✓ 1 cup low fat cottage cheese mixed with ½ banana and ½ cup blueberries

SNACK

- ✓ 1 handful of almonds

LUNCH

- ✓ Turkey Salad:
 - 4 oz. deli turkey cut into strips
 - 2 cups mixed green salad with
 - ¾ cup raw broccoli and cauliflower
 - 1 tomato, sliced
 - ¼ cup chopped onion
 - 2-3 tbs. low fat dressing

SNACK

- ✓ 2 cups watermelon

DINNER

- ✓ 2 slices of a medium cheese pizza
- ✓ 1 ½ cups cucumber, onion and tomato slices with
 - 1 tbs. low-fat Italian dressing
- ✓ ½ cup V-8 or tomato juice

DAY 7

(1480 calories / 44 gr. fat)

BREAKFAST

- ✓ ½ cup V-8 or tomato juice
- ✓ 1 or 2 scrambled eggs
- ✓ 1 slice toasted 7-grain bread

SNACK

- ✓ 1 cup fresh strawberries
- ✓ 1 peach

LUNCH

- ✓ 4 oz. roasted, skinless chicken breast
- ✓ ¾ cup coleslaw
 - combine shredded carrot, ½ cup red cabbage,
 - ½ cup green cabbage,
 - 1 tbs. reduced-calorie mayonnaise
 - 1 tbs. plain yogurt, ¼ tbs. dill, and ½ tbs. salt

SNACK

- ✓ 1 cup yogurt
- ✓ ¾ cup fresh pineapple chunks

DINNER

- ✓ Taco Salad:
 - 3 oz. ground turkey breast or ground beef, cooked
 - ¼ cup pinto or kidney beans
 - 1 oz. grated cheese
 - 3 tbs. picante sauce
 - 1 tomato, sliced,
 - 1 cup lettuce
 - 1 cup raw (or quickly steamed) veggies (green pepper, carrots, red onions, mushrooms)

DAY 8

(1525 calories / 40 gr. fat)

BREAKFAST

- ✓ ½ cup calcium-fortified orange juice
- ✓ 2 slices 7-grain bread toasted with 1 tbs. butter each

SNACK

- ✓ 1 apple
- ✓ ½ cup low-fat cottage cheese

LUNCH

- ✓ Sandwich:
 - 2 slices 7-grain bread
 - 2 oz. turkey or chicken breast
 - 1 tbs. reduced-calorie mayonnaise
 - lettuce, tomato slices
- ✓ ¾ cup coleslaw

SNACK

- ✓ 1 ½ cups grapes

DINNER

- ✓ 6 oz. baked seafood
- ✓ 2 cups broccoli, carrots, or other veggies
 - Stir-fried with 1 tbs. olive oil
- ✓ Mixed green salad with 1 tbs. low-fat Italian dressing

DAY 9

(1750 calories / 42 gr. fat)

BREAKFAST

- ✓ 1 banana
- ✓ 1 cup oatmeal with 1 tbs. honey
- ✓ ½ cup low fat milk or milk alternative

SNACK

- ✓ 1 ½ cups fresh strawberries

LUNCH

- ✓ Tuna Sandwich:
 - 2 slices 7-grain bread with
 - ½ cup water-packed tuna
 - 1 tbs. reduced-calorie mayonnaise and chopped celery, onion, lettuce and tomato slices

- ✓ ¾ cup broccoli
- ✓ 1 carrot cut into strips

SNACK

- ✓ 1 cup low-fat yogurt

DINNER

- ✓ 1 ½ cups spaghetti or other pasta:
 - 3 oz. 90% lean ground beef, cooked and drained
 - ½ cup spaghetti sauce
 - 2 tbs. Parmesan cheese
 - sautéed mushrooms, onion, and ¾ cup zucchini
- ✓ ½ cup spinach, steamed
- ✓ 1 small green salad with low-fat dressing

DAY 10

(1650 calories / 48 gr. fat)

BREAKFAST

- ✓ 1 apple, sliced
- ✓ 1 whole-wheat English muffin with 2 tbs. honey

SNACK

- ✓ 1 handful almonds

LUNCH

- ✓ 1 cup vegetable soup
- ✓ 1 whole-wheat bagel with 2 oz. cheese
- ✓ 1 raw carrot cut into sticks

SNACK

- ✓ 2 cups melon of choice

DINNER

- ✓ 4 oz. lean beef tenderloin
- ✓ ¾ cup zucchini, steamed
- ✓ ¾ cup yellow squash, steamed
- ✓ 1 lg. spinach salad with
 - 1 small tomato, shredded cabbage, carrots, beets, and cucumber and 2 tbs. low-fat dressing

DAY 11

(1590 calories / 48 gr. fat)

BREAKFAST

- ✓ ½ grapefruit
- ✓ 1 whole-wheat bagel

SNACK

- ✓ 1 apple
- ✓ 2 oz. almonds

LUNCH

- ✓ 1 small baked potato topped with
 - ½ cup low-fat cottage cheese
- ✓ 1 large romaine salad with
 - 1 tomato, sliced
 - 2 tbs. low-fat dressing
- ✓ 1 cup steamed veggies, your choice

SNACK

- ✓ 1 apple
- ✓ 1 pear

DINNER

- ✓ 4 oz. broiled fish with lemon
- ✓ ¾ cup broccoli or brussel sprouts, steamed
- ✓ 1 ½ cups green salad with shredded red cabbage, carrots, cucumber, 1 small sliced tomato
- ✓ 2 tbs. low-fat dressing

DAY 12

(1490 calories / 45 gr. fat)

BREAKFAST

- ✓ ½ cup calcium fortified orange juice
- ✓ 1 or 2 scrambled eggs
- ✓ 1 slice 7-grain bread toast

SNACK

- ✓ 1 fresh peach
- ✓ 1 pear

LUNCH

- ✓ Turkey Salad:
 - 2 cups mixed green salad with
 - ¾ cup raw broccoli and cauliflower
 - 1 tomato, sliced
 - 4 oz. turkey, sliced
 - 2 oz. ham, sliced
 - ¼ cup onion, chopped
 - 2-3 tbs. low-fat dressing

SNACK

- ✓ 1 cup low-fat yogurt

DINNER

- ✓ 4 oz. skinless chicken breast, grilled
- ✓ ½ cup carrots, steamed
- ✓ ½ cup green beans or broccoli, steamed
- ✓ 1 small baked sweet potato
- ✓ 1 sliced tomato,
- ✓ 1 tbs. low-fat dressing

SUPER SLIM DIET PLAN

Don'ts

It is very important to avoid added fats, not just because they'll make you fat, but because they'll also make you *sick*, linked as they are to such disorders as breast and colon cancers, heart disease, and other serious illnesses.

Eliminating added fats and oils means avoiding:

- Margarine,
- Mayonnaise,
- Butter,
- Oily salad dressings,
- Chips of all kinds (unless they're baked),
- Fried foods,
- French fries,
- Cream cheese,
- Ice cream,
- Lard

Note that if you don't like salads without dressing — try lemon juice and seasoning salt. It's delicious! Or... try any of the oil-free salad dressings now widely available.

All the above-listed items are *horrible* for you. But the *hydrogenated* products such as margarine, mayonnaise, and all *heated* fats and oils are the worst, as they are high in *trans* fats, substances that form when fat or oil is heated or heavily processed. *Trans* fats are directly implicated in the onset and/or exacerbation of obesity, cardiovascular disease and cancer. Avoid these "foods" at all costs.

Try to avoid *processed* foods high in sugar and white flour. Check your labels and do not eat anything that has too much of these items in the ingredient list, as they too contribute to obesity and ill health.

DOs

- 1) ALWAYS BALANCE YOUR FOOD INTAKE -- so that your intake of **carbohydrates** (all flour products such as bread, pasta, etc., and all sweet foods) approximately matches your intake of protein (e.g., meat, fish, fowl, egg, milk products, soy products). You may do this by simply eyeballing the foods you are eating. Example: if you have a dish full of pasta in front of you (high carbs) then you need to balance it with what you approximate to be an equal amount (by volume or better, by weight) of high protein food. The best high protein foods are those **fat-free turkey or chicken breast deli slices** found in the deli section of your supermarket. They are inexpensive, and they are pure protein, with NO fat, NO carbs. Note that **egg whites** are also pure protein, and may be eaten in just about any (reasonable) quantity.
- 2) DRINK PLENTY OF WATER! Try to drink eight 8 ounce glasses of water each day, or more. It is usually best to use bottled spring or distilled water, since the water in most areas today is heavily treated with chlorine and other unhealthful chemicals.
- 3) The BEST possible foods to eat are **green vegetables**: eat all you want of them (within reason, of course). And remember not to ruin things for yourself by adding oily salad dressings!

There are several vegetables that actually use up more energy getting digested than they bring to your

body. The digestion of any food requires an expenditure of energy by the body. Once the food is digested, it releases its own stored energy in the form of calories, which are then either used ("burned") or stored, mostly as fat. Sometimes, the number of calories in a food is lower than the number of calories it takes to chew and digest it. The act of eating, for example, celery or cucumber, can be a weight losing proposition all by itself — without exercise or anything! Now isn't that interesting...?

Vegetables whose digestion can use more calories than they contain include:

- | | |
|--------------------------------|----------------------------|
| • Alfalfa sprouts | • Garlic |
| • Beet greens | • Lettuce |
| • Broccoli - (a close call) | • Mushrooms |
| • Cabbage | • Peppers - (a close call) |
| • Cauliflower - (a close call) | • Radishes |
| • Celery | • Seaweeds of all kinds |
| • Chard, Swiss | • Spinach |
| • Chives | • Tomato - (a close call) |
| • Cucumber | • Turnip greens |
| • Eggplant - (a close call) | • Water chestnuts |
| • Endive | • Watercress |

Food Preparation

This subject could fill a book all by itself. The essential point to remember is, once again, to *avoid added fats and oils!* Do not fry with oil. Use non-stick pans and fry with water. A little experimentation and you'll see how easy this is. Also remember that any menu that contains oil, butter or margarine can easily be made as well or nearly as well *without* those ingredients. You must experiment to apply this concept to every one of your favorite recipes, but the reward for doing so is very high. It will mean better and better health as well as greater and greater success.

Food Timing

The best way to arrange your food day is to *spread* out your daily intake into several meals, as opposed to eating, say, one large meal per day. Studies have shown that when two comparable groups of people eat the same number of calories but on different schedules, the group that eats one large meal per day gains weight and feels worse, while the group that spreads its calories out during the day feels better and gains no weight.

Other studies indicate that when food is eaten late in the day, closer to bedtime, weight is gained as compared to no weight gain when the *same food* is eaten earlier in the day.

Therefore, LARGEST MEAL=Lunch, SMALLEST MEAL=Dinner, MODERATE MEAL=Breakfast.

This is the optimal way to arrange your days. The typical large dinner with which most people are familiar is problematic because the natural daily rhythms of the body are such that evening is when it is preparing for rest, not a large meal. More importantly, food eaten late in the day is much more likely to be converted to stored body fat. So eat a very light meal for dinner — salad, perhaps soup and a small side dish. Not much more. Remember: food eaten this late will almost certainly be converted to body fat; and body fat, once accumulated, comes off much slower, and with much greater difficulty, than it goes on - a fact with which many people are already familiar.

Breakfast can go either way. If you're hungry in the morning, by all means, eat away. If not, eat lightly. Follow your body's signals.

Lunch is the perfect time to eat your largest meal of the day, if you have one. There's plenty of time left to burn it off, and the satiety will probably last well into dinnertime, thereby helping to keep dinner small.

When to Eat, When to Stop

Naturally thin people typically follow both of these two simple patterns:

- 1) Eat only when hungry; and
- 2) Stop eating when no longer hungry.

This is how primitive man ate, a good indication that it is the way nature intended. Most of us have been conditioned to eat when it's time to eat: lunchtime, dinnertime, breakfast. But the truth is that it is far more natural to *eat when you're hungry*. That means *truly* hungry, not just craving food. As much as possible, try to follow this simple but powerful principle of eating.

The second timing principle - to stop eating when you're no longer hungry - is also very powerful, but may contradict some childhood training. Remember "*Eat! Children are starving in India/ Somalia, wherever...?*"

That may be true, but it is certainly no reason to stuff yourself. Childhood lessons are not always good ones. The most natural time to stop eating is when you're full, which is, surprisingly, not what most of us do. This principle means that you should stop even if 95% of the food is still left on your plate or if only 5% is left. It doesn't matter. The amount of food on the plate is of no importance; it is completely arbitrary and irrelevant to your body's needs. What is important is only how you feel. If you're satisfied... if the hunger is gone... STOP.

If you can master these two basic eating concepts, you will, to a large extent, master your nutritional and weight situation forever.

Restaurant Eating

This is a particularly troublesome area. Restaurants, for some unknown reason, love oil. Even simple salads are drowned in truly *ridiculous* amounts of oil. This abuse of oil is the single biggest problem with eating in restaurants.

Food freshness is also an area of concern. Fish, poultry and meat, in descending order, are most likely to be problematic. Be careful. Ask plenty of questions, particularly about freshness. If there is any reason to believe your food is not fresh, order something else, or leave.

When ordering in a restaurant follow these simple rules:

- Always ask how much oil is in the dish(es) you wish to order.
- Insist that the dish(es) you want be made with *no* oil, or at worst, a very small amount.
- Refuse any offer of sprinkled cheese to go over your food.
- Order salads with vinegar dressing only, or lemon wedges that you can squeeze onto the salad. If you must order dressing from the house, get one that *separates*, like vinaigrette, so that you can pour off the oil that floats on top, using only the tasty part below the oil. Or bring your own, healthful salad dressing.
- Never order anything that is deep fried! Remember to ask about this, because there are many more foods that are deep fried than is obvious from most menus. For example, Italian restaurants often deep fry their "eggplant parmigiana". You must *ask*, and avoid all foods that are so prepared.

- Avoid creamy foods. Many dishes that are normally prepared with cream are just as tasty without it. Ask the kitchen to prepare it the way you want it.
- Order a salad first, the larger the better, and ask that it be brought out immediately. Avoid the oily/creamy dressings, and eat the salad as soon as it comes out. This will help "take the edge off" your hunger, help you resist the temptation to eat those unhealthy white flour rolls and butter, and get you started in the right direction.
- Resist the temptation to order dessert. If you must do so, get one that is as close to "real recognizable food" as you can get. A cup of fruit, or a fruit tart may do. In any event, avoid the creamy cakes and pies.
- In general, do not be afraid to ask for what you want. If they say "no", say "good-bye". There are plenty of restaurants that will be only too happy to accommodate you, so don't put up with anything less than what you know is right for your body.

Cheating (Indulging)

OK, we all know you're going to do it. Nobody's perfect.

That's why we use that well-worn euphemism... "indulging", instead of "cheating".

The secrets of success are:

- Don't "indulge" too often, and
- If you *do* cheat, choose ways that are not so bad for you; i.e., *minimize the damage*.

There is no quota for "cheating". We urge you to strive for perfection. If you find yourself succumbing once in a while, *consider it cheating*, not your "quota of bad stuff for the week". You should always strive to reject your old, bad ways — to renew your dedication to yourself and to the new body and health you are determined to achieve.

But if you are going to cheat, at least don't eat *all* of whatever you're cheating with. Leave some to throw out. That way you'll get in the habit, and someday you may find yourself throwing it out *before you eat it!*