



PHASE 2

PHASE 2 BREAKDOWN

NUTRITION

IN PHASE 2, WE WILL ADD CARBOHYDRATES POST-WORKOUT, WHEN YOUR BODY IS MOST PRIMED TO TRANSPORT GLUCOSE INTO MUSCLE CELLS WITH A REDUCED INSULIN RESPONSE. WHEN YOU EXERCISE, YOUR MUSCLES ACTIVATE GLUCOSE TRANSPORTERS INDEPENDENTLY OF INSULIN. THESE TRANSPORTERS HELP BRING GLUCOSE INTO THE CELL WITHOUT REQUIRING AS MUCH INSULIN, WHICH DRASTICALLY REDUCES THE NORMAL INSULIN RESPONSE TO CARBOHYDRATE CONSUMPTION.

HAVE YOU BEEN SUCCESSFUL HITTING YOUR MACROS MORE THAN 5 DAYS IN A ROW? IF SO YOU CAN PUSH YOUR PROGRESS A LITTLE FASTER BY DECREASING CARBOHYDRATES DURING THE DAY AND REPLACING THOSE GRAMS WITH PROTEIN. IDEALLY POSITION YOUR CARBS AROUND YOUR WORKOUTS.

WORKOUTS

NOW THAT YOUR BODY HAS ADJUSTED TO WORKING OUT THREE DAYS A WEEK, WE ARE GOING TO ADD A MINIMUM OF ONE ADDITIONAL CARDIO SESSION TO YOUR WORKOUT ROUTINE. BLAKELY WILL WORK WITH YOU TO DETERMINE THE BEST APPROACH FOR YOU. ADDITIONAL CARDIO WILL HELP YOU BURN MORE FAT AND WILL FURTHER SENSITIZE YOUR MUSCLE CELLS TO INSULIN.

PHASE 2 BREAKDOWN

MICRONUTRIENTS

PROBABLY THE MOST IMPORTANT THING WE NEED TO LOOK INTO RIGHT NOW IS MICRONUTRIENTS.

MICRONUTRIENTS ARE OUR VITAMINS AND MINERALS. THESE ARE IMPORTANT IN THE PROCESSES AND SYSTEMS OF THE BODY.

THIS MEANS;

MULTIVITAMIN

FISH OIL

GREENS POWDER

WHEN WE INCREASE OUR ACTIVITY AND MAKE CHANGES TO OUR DIET WE NEED TO MAKE SURE WE ARE FILLING THE GAPS (IF ANY) WITH SUPPLEMENTING MICRONUTRIENTS.



OPTIMIZING RESULTS

STEP 1: ARE YOU FOLLOWING THE PLAN?

- MEASURING YOUR FOOD?
- FOLLOWING YOUR MACROS 90% OR GREATER?
- ARE YOUR FLEXIBLE MEALS IN CONTROL OR ARE YOU BINGING? HOW OFTEN ARE YOU HAVING THEM?
- IS A FLEXIBLE MEAL TURNING INTO A RELAXED DAY OR WEEKEND?
- EATING OFF THE LIST ON A REGULAR BASIS?
- ARE YOU CONSUMING ALCOHOL?
- ARE YOU GETTING 7+ HOURS OF SLEEP EACH NIGHT?
- ARE YOU DRINKING HALF YOUR BODY WEIGHT IN OUNCES OF WATER?

STEP 2: LOOK AT YOUR FOOD CHOICES

- ARE YOU EATING A LOT OF FOODS WITH HIGHER AMOUNTS OF INDIRECT MACROS?
- RED MEAT (HIGH-FAT PROTEINS), GREEK YOGURT, CHEESE, PEANUT BUTTER, RTD PROTEIN DRINKS
- IF YOU ARE EATING MULTIPLE SOURCES A DAY, YOU CAN REDUCE CALORIES JUST BY PICKING SOURCES THAT AREN'T AS HIGH IN INDIRECT MACROS

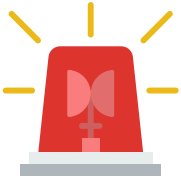
STEP 3: INCREASE ENERGY OUTPUT

- INCREASE DAILY ACTIVITY
- ADD AN ADDITIONAL WORKOUT PER WEEK
- INCREASE OVERALL STEPS BY 2,000 PER DAY = 60-120 EXTRA CALORIES A DAY

STEP 4: WORK ON YOUR HABITS

- FIND YOUR WHY
- ACCEPT THE SUCK
- ELIMINATE THE B.S.
- CREATE A REWARD SYSTEM
- BE MORE

PHASE 2: SUPPLEMENTATION



CONTINUE TO TAKE THE SUPPLEMENTS RECOMMENDED IN PHASE 1.

APPLE CIDER VINEGAR: APPLE CIDER VINEGAR WHEN TAKEN AFTER A CARBOHYDRATE RICH MEAL IS SHOWN TO HELP BLUNT THE BLOOD GLUCOSE RESPONSE.



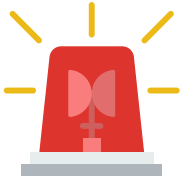
OUR RECOMMENDATION

TAKE 1-2 TABLESPOONS AFTER YOUR FIRST MEAL. DON'T FORGET TO HOLD YOUR NOSE!

DO NOT TAKE THIS AFTER YOUR IGNITION ONLY AFTER MEALS THAT HAVE CARBOHYDRATES.

AVAILABLE AT MOST GROCERY STORES.

PHASE 2: SUPPLEMENTATION



CONTINUE TO TAKE THE SUPPLEMENTS RECOMMENDED IN PHASE 1.

IGNITION: UNLIKE OTHER SIMPLE OR FAST-ABSORBING CARBOHYDRATE SOURCES SUCH AS SUCROSE, FRUCTOSE, AND EVEN WAXY MAIZE STARCH THAT OFFER LITTLE TO NO INSULIN RESPONSE, IGNITION ACTUALLY DELIVERS PURE DEXTROSE MONOHYDRATE TO THE CELL WHICH OFFERS A HIGH INSULIN SPIKE WHICH IS BENEFICIAL POST-WORKOUT. IGNITION IS ALSO DESIGNED TO BYPASS LIVER STORAGE IN ORDER TO HIT YOUR MUSCLES IMMEDIATELY. OTHER SUGARS MUST BE COLLECTED IN THE LIVER FIRST AND THEN BE DISTRIBUTED SLOWLY THROUGHOUT THE BODY FROM THERE, THIS CAN TAKE SEVERAL HOURS. IGNITION SAVES VALUABLE TIME AND GETS THE BODY IN RECOVERY MODE INSTANTLY!



OUR RECOMMENDATION

MALES SHOULD:

PRE-WORKOUT: USE 1/2 SCOOP OF IGNITION™ WITH ONE (1) SCOOP OF PHORMULA-1® IN SIX (6) OZ OF WATER.

POST-WORKOUT: USE ONE (1) SCOOP OF IGNITION™ WITH TWO (2) SCOOPS OF PHORMULA-1® IN TWELVE (12) OZ OF WATER.

FEMALES SHOULD:

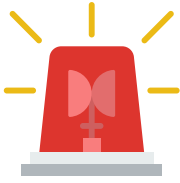
PRE-WORKOUT: USE 1/4 SCOOP OF IGNITION™ WITH 1/2 SCOOP OF PHORMULA-1® IN FOUR (4) OZ OF WATER.

POST-WORKOUT: USE 1/2 SCOOP IGNITION™ WITH ONE (1) SCOOP OF PHORMULA-1® IN SIX (6) OZ OF WATER.

[CLICK HERE](#)



PHASE 2: SUPPLEMENTATION



CONTINUE TO TAKE THE SUPPLEMENTS RECOMMENDED IN PHASE 1.

ESSENTIAL STACK:

MICRO FACTOR, FULL MEGA, AND OPTI-GREENS. ALL YOUR MICRONUTRIENTS IN ONE BUNDLE

OUR RECOMMENDATION

MICRO FACTOR

TAKE 1 PACKET WITH WATER ONCE A DAY PREFERABLY WITH A MEAL.

OPTI-GREENS 50

ADD 2 SCOOPS TO 8 OUNCES COLD WATER OR JUICE AND MIX WELL.

FULL-MEGA

TAKE 2 SOFT GELS DAILY WITH A MEAL.



[CLICK HERE](#)



WE ARE NOT DOCTORS

As with any diet and exercise program, you should consult with your primary care physician (PCP) before starting the program. The program is intended to supplement - not replace - medical care or advice as part of a healthy lifestyle. The information you receive from your coach and within this guide should be used in conjunction with the guidance and care of your PCP. We are not medical professionals and the challenge is not designed to treat or cure any health conditions. If you do not feel well at any point during the challenge, STOP and contact your PCP immediately.

