

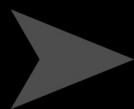
Personal Trainer Food™

RECON

MEN'S PROGRAM

**TACTICS
WITHOUT
STRATEGY IS
THE NOISE
BEFORE
DEFEAT.**

— SUN TZU



WEIGHT LOSS IS A WAR.

TO WIN IT YOU MUST HAVE A COMPLETE, EFFICIENT STRATEGY THAT FITS INTO YOUR DAILY BATTLE OF LIFE. RECON GIVES YOU THE PRECISE STRATEGY TO GET IN SHAPE AND FEEL GREAT...FAST!

real food & simple exercise

RECON will change the way you think about getting fit by giving you simple, sustainable routines geared to achieve your goals. This is your complete strategy for success.

YOUR KEYS TO SUCCESS WITH RECON:

-) Eat great-tasting meats, vegetables and eggs to fuel your body right.
-) Do the easy, progressive RECON exercise routine in just minutes a day.
-) Get long-term results by learning RECON's effective daily strategies.

Eating Tactics

FAST for 24-48 hours before you begin your program.

Fasting puts you in a targeted fat-burn mode faster while increasing your confidence. Start with a large breakfast of meats, eggs and vegetables. Drink only clear liquids with no calories: water, coffee, tea or diet drinks for the next 24-48 hours.

REMOVE the wrong foods from your house .

Get rid of: sugar, starches, fruits, yogurt, cereal, popcorn, chips, pasta, desserts, bread, protein bars/shakes, juices, low-fat foods and alcohol. Avoid these during your program, they will stall your progress.

STOCK your freezer with your convenient RECON meals.

Eating the right foods is 90% of the battle, that's why your RECON meals are ready in just 3 minutes in the microwave. You can also stock up on and add additional items if you choose; meats, eggs, cheeses, nuts, leafy greens, non-starchy vegetables, butter, oil, sauces and dressings with 2g or less of sugar, non-caloric sweeteners and non-caloric beverages are unlimited.



Fitness Tactics

GET a treadmill in your home and put it near a TV.

Putting a treadmill in your home near a TV means you can do your exercise routine every day without time-consuming trips to the gym. Having a TV nearby means that you can enjoy catching up on the news or sports while you get your workout in.

DO the easy, progressive RECON exercise routine.

Don't be deceived by how easy this routine is. It is designed to get you results in just a few minutes a day. By the end of 28 days, you will transition into the top 2% conditioning level of all men in the United States. See back panel for exercise routine.

KEEP it simple; focus on long-term results.

Successful warriors are patient and persistent. The progressive RECON routine is a strategy you can use for the rest of your life. It is simple enough to do anywhere, whether you at home, working or traveling you just need a few minutes each day.



RECON DAILY EXERCISE ROUTINE

WHAT YOU NEED:

Treadmill or a place to walk and clear space for push-ups or burpees

Option: Pair of dumbbells (5-10lbs) and sturdy chair or bench for incline push-ups

WEEK 1

5 push-ups › walk 5 minutes › 5 push-ups

OR

5 sets of 5 burpees, rest for 1 minute between each set.

Keep your first week simple. Your only goal this week is to get in the habit of exercising every day.

WEEK 2

10 push-ups › walk 10 minutes › 10 push-ups

OR

7 sets of 5 burpees, rest for 1 minute between each set.

Option: Carry a set of light dumbbells during the 10 minutes of walking.

WEEK 3

15 push-ups › walk 15 minutes › 15 push-ups

OR

10 sets of 5 burpees, rest for 1 minute between each set.

Option: Carry a set of light dumbbells during the 15 minutes of walking. You can add in movements like bicep curls with the dumbbells.

WEEK 4

20 push-ups › walk 20 minutes › 20 push-ups

OR

5 sets of 10 burpees, do 10 push-ups between each set

Option: Try inclined push-ups. If you're carrying dumbbells while walking, add in more movements such as shoulder shrugs, lateral raises, or military presses.

QUESTIONS?

Call **1.800.273.1686** or Email **RECON@PersonalTrainerFood.com**