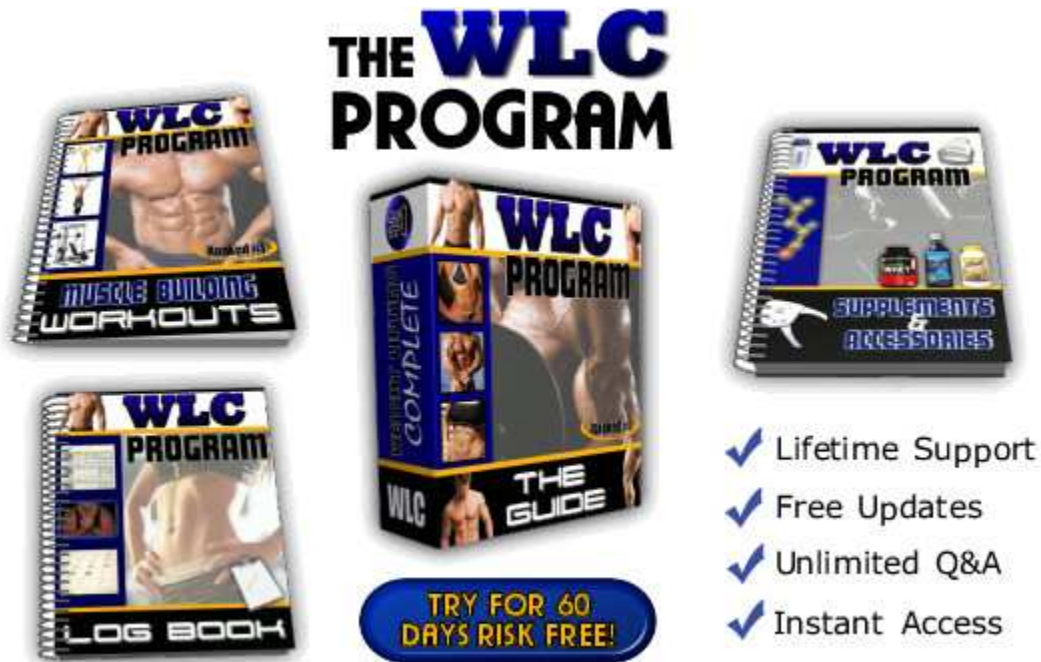


## Table of Contents

For the...

**THE WLC PROGRAM**



- ✓ Lifetime Support
- ✓ Free Updates
- ✓ Unlimited Q&A
- ✓ Instant Access

This document includes the Table of Contents for the WLC Program Package. Its purpose is to give you a better idea of the vast amount of information you're receiving with this package.

The information included in this package is information you need to make the best progress of your life. I have left nothing out. These manuals are not filled with fluff and useless information.

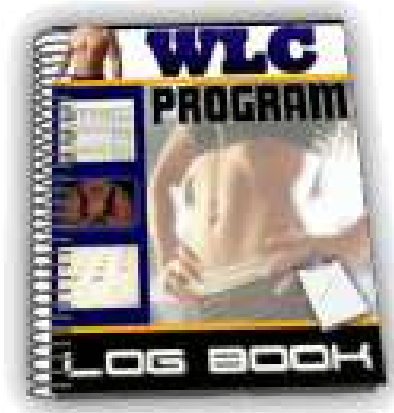
Everything in the manual is crucial to your success. And I mean everything. Take a look at all the information and tools you're getting to put you on the track to muscle building and fat burning success...

## The WLC Program includes 4 Manuals

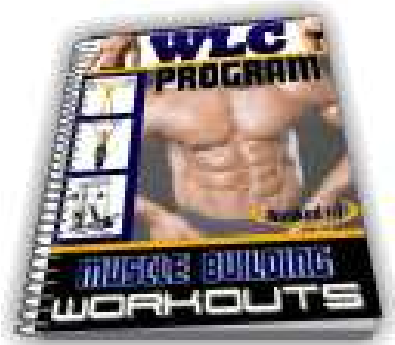
### WLC Program Guide



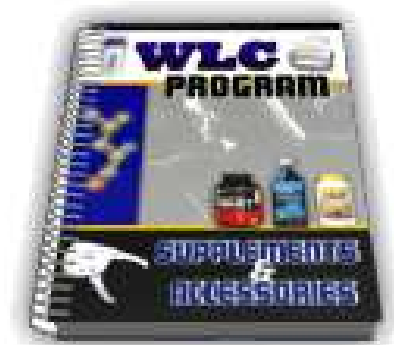
### WLC Log Book



### Workouts Manual



### Supplements and Accessories



### Quick Facts:

1. WLC Program Guide – Over 400 pages
2. Workouts Manual – Over 150 pages and 6 different workout programs
3. Supplements and Accessories Guide – 50 different product reviews
4. WLC Log Book – All the calculators and log sheets you need

## **The WLC Program Guide**

### 1. Weight Lifting (pages 16 – 61)

- Starting With a Clean Slate
- The Struggle Against the Weights
- The True Purpose of Weight Lifting
- Building a Balanced Body
- The Best Muscle Building Exercises
- The Huge Debate: Free Weights vs Machines
- Maximizing Results with Proper Technique
- The Home Gym vs The Commercial Gym
- Weight Training Equipment for Your Home Gym
- The Mentality and Attitude You Need
- 10 Weight Lifting Tips and Tricks for Success
- The Proper Warm Up to Increase Your Performance

### 2. Diet and Nutrition (pages 62 – 157)

- The True Purpose of Food
- The Most Important Nutrient in the Body
- What Not to Drink
- Everything You Need to Know About Protein
- Everything You Need to Know About Carbohydrates
- Everything You Need to Know About Fat
- The Law of Energy Balance
- Counting Calories
- Temporary Weight Loss
- Macronutrient Manipulation
- Meal Frequency and Meal Timing
- Meal Plans for Building Muscle and Burning Fat
- Jump Starting the Muscle Building Process
- What do I mean when I say the word "diet?"
- Estimating the Amount of Calories You Need
- Calorie Cycling for Amazing Results
- To Cheat or Not to Cheat?
- Making Adjustments to Your Diet
- Sample Meal Plans
- Designing Your Diet Plan
- Quick Guide to the Best Food Sources

### 3. Cardiovascular Exercise (pages 158 – 212)

- Something You Must Do
- Basics of Cardiovascular Exercise
- Aerobic versus Anaerobic Exercise
- The Secret to Burning Fat
- Increasing Cardio versus Decreasing Calories
- The Types of Cardiovascular Exercise
- Measuring Heart Rate
- Heart Rate Devices
- Burning Calories and Creating a Deficit
- Approved Cardiovascular Activities
- High Intensity Interval Training
- Making Progress!
- Burn More Fat at the Right Time
- The Body Will Adapt
- Making Cardio Fun!
- Muscle Building Cardio Strategy
- Fat Burning Cardio Strategy
- Points to Remember

### 4. Tracking, Measuring, Adjusting (pages 213 – 255)

- The Key to Making Consistent Progress and Continuous Gains
- The Vital Pieces of Information
- The Importance of a Log Book
- The Weekly Assessment
- Making Adjustments to Your Program
- Taking Accurate and Precise Measurements
- What You Need to Take Measurements
- Measuring Your Body Weight
- Taking Body Part Measurements
- Taking Skinfold Measurements
- Using Other Skinfold Measurements
- Calculating Muscle Mass and Fat Mass
- Your Progress Sheet
- Taking Pictures and Using the Mirror

## 5. Rest and Recovery (pages 256 – 291)

- An Introduction to Rest and Recovery
- Intensity and Conditioning are Key
- The Myth of Full Muscle Recovery
- Are You Recovering?
- Factors Affecting Recovery
- Decreasing Stress Levels
- Getting Your Z's
- The Foam Roller and Self Massage
- The Hot Tub
- Weighted Stretching
- The Required Break

## 6. Muscle Building Principles (pages 292 – 325)

- Forcing the Body to Change
- Providing the Muscle Building Stimulus
- The Optimal Frequency of Muscle Building Workouts
- The Optimal Intensity for Building Muscle
- The Significance of the Burn
- Delayed Onset Muscle Soreness and its Significance
- The Correct Method for Performing Each Rep
- The Importance of Strength
- The Relationship Between Strength and Size
- 3 Factors for Building Muscle Consistently
- Creating the Optimal Muscle Building Environment

## 7. Fat Loss Principles (pages 326 – 352)

- The Body's Ability to Adapt to Fat Loss Programs
- Low Calorie Diets and Why they Do Not Work
- The Difference in Weight Loss and Fat Loss
- Creating a Calorie Deficit for Fat Loss
- Disguising the Calorie Deficit with Calorie Cycling
- The Secret to Burning Fat
- The Importance of Muscle for Fat Loss
- Six Pack Abs and Reducing Fat Around Your Waist
- Increased Number of Meals and Meal Frequency
- Only the Best Sources of Food
- The Importance of Water Intake for Fat Loss

8. Planning Your Program (pages 353 – 410)

- Setting Your Mind To Do Something
- Working Hard
- The Importance of Self Confidence
- It's Time to Set Goals
- Setting Final Overall Goals
- Muscle Building and Fat Loss Expectations
- How to Write Goals Correctly
- The Importance of Visualization
- The Power of Repetition
- Reaching Your Goals

## The WLC Weight Lifting Workouts

You get 6 different workout programs in the workouts manual. Most programs only give you 1 workout program. You get 6 different ones that keep your workouts fun and interesting. You'll look forward to your workouts!

Phase 1 Workout Program

Phase 2 Workout Program

Phase 3 Workout Program

Phase 4 Workout Program

Phase 5 Workout Program

Phase 6 Workout Program

### **Each of the workout programs includes the following information:**

- What's the purpose of this phase?
- Why do I need to perform this phase?
- The Phase X Workout Schedule
- The Phase X Workouts
- Choosing a starting weight for each exercise
- Increasing the amount of weight you lift
- When you can't increase the weight...
- When to stop and when to continue
- Get the Phase X printable workout log

I explain, in detail, how to perform each workout program. I answer typical questions, tell you the purpose of each phase, give you the schedule for each phase, and teach you everything you need to get started.

I explain the workouts for each phase. I not only spent the time designing and experimenting with these programs, but I spent the time explaining these programs and their purpose. You don't get that with other programs. You'll know why you're doing something, and you'll know why it works.

You not only get mind boggling results from this program, but you also learn why you're getting results. You become an expert on building muscle and building strength by following these workout programs.

## **FAQ for the WLC Program Workouts**

- What kind of results can I expect?
- What's the best time of day to workout?
- Changing the workout schedule for convenience
- How do I warm up for these workouts?
- How do I learn how to do these exercises?
- Why are there no abdominal exercises?
- What do I do if I can't perform a chin up or dip?
- What equipment do I need to perform these workouts?
- How to perform a rep properly
- What's this required break I hear you talking about?
- How long does each workout phase last?
- Why am I lifting with bad form?
- Adding or Changing the Program
- Addressing weaknesses in muscle groups
- Reaching failure during a set
- A simple trick for decreasing workout time
- Adding weighted stretching to each workout program

I then give you an entire section of frequently asked questions. I attempt to answer every question that you might be thinking as you read through the workouts manual.

I even teach you how to address weaknesses in your major muscle groups. Is your chest lagging behind? I teach you how to solve this problem. Can't do a chin up? I teach you how to easily increase the number of chin ups you can do.

I also teach you why you don't have to waste so much time working your abdominals. You'll want to see this because you'll save so much time. Stop wasting your time doing crunches.

And that's not all either...

I give you printable workout logs for each and every workout phase. It's very important to record all of your workouts. And these logs make it easy for you. Simply print and take with you to the gym.

## **Printable Workout Logs**

- Phase 1 Printable Workout Log
- Phase 2 Printable Workout Log
- Phase 3 Printable Workout Log
- Phase 4 Printable Workout Log
- Phase 5 Printable Workout Log
- Phase 6 Printable Workout Log

Remember, you get 6 different workout programs that give very fast results! You get 1 year's worth of unique workout programs. And these can be changed or re-done an infinite number of times.

Actually, I've been using these same workout programs for several years and will never change. That's how great they work! Why change when you get great results?

Just so you know...

All workout programs require only 3 to 4 days each week. Some programs require 3 days per week while others require 4 days per week.

You will never be required to workout longer than an hour. Some workouts will be much shorter. Some will be on the verge of an hour long.

On average, though, you will only be required to lift weights 3 to 4 hours each week. That's it! You don't need any more than that.

When you average it all out, you'll only be spending about 25 minutes per day. If you have 25 minutes per day to devote to getting the body you've always wanted, this is the program for you. Change your life. Build muscle, burn fat, and become healthier and stronger.

## **The Guide to Supplements and Accessories**

In this guide, I'll show you which supplements work and which supplements you should save your money on. And I'll tell you why.

I will recommend a few of the absolute best supplements. Some of these supplements will improve your results, and a few will even save you money! Take a look at the supplements I discuss in the guide:

### **Supplements**

- Whey Protein
- Fish Oil
- Green Foods
- Vitamins
- Creatine
- Green Tea
- Glutamine
- Beta Alanine
- Waxy Maize
- Dextrose
- BCAA
- Flax Oil
- Liver Tablets
- Casein Protein
- Fat Burners
- Digestive Aid
- Fiber
- Meal Replacement

I don't stop there with supplements as most programs do. Many programs will tell you about supplements and then try to sell them to you. I'm not trying to sell you anything. I tell you the truth about these supplements.

You find out which supplements truly work. I continue to spend my hard-earned money on some of these supplements. Find out which ones I trust in.

As I said, I don't stop with just supplements. I tell you about the best accessories to help make your life easier. You'll find over 30 different weight lifting accessories that can help you build more muscle and burn more fat indirectly.

Some of these accessories have worked wonders for me, and I want to share them with you. Most people don't know about these accessories, and they will help you get an edge over other people.

### **Accessories**

- Weight Lifting Gloves
- Shaker Bottle
- Wrist Straps
- Weight Lifting Shoes
- Fractional Plates
- Dip/Chin Up Belt
- Body Fat Calipers
- Body Tape Measure
- Precision Bathroom Scale
- Wrist Wraps
- TK Bands
- Foam Roller
- Thera Cane
- Swiss Ball
- Starting Strength

I had to split this list up for you just to make it easier on your eyes. There's just so many accessories here that may be just the thing you need to improve your results. I'll tell you which ones you might want to try...

- Calf Block
- Balance Pad
- Manta Ray
- Audio Books
- Heart Rate Watch
- Pull Up Bands
- Coffee Grinder
- Rocket Grill

And look...

The list just keeps going and going. This is the best list of accessories you'll ever find.

I've actually used all of these so I have first hand experience using everything you see here. And I'll let you know if it's worth the money. I'll never recommend something to you unless I've used it myself.

- Recipe Book
- Crock Pot
- Stretching Bands
- Goal Pro
- Goal Sync
- Knee Wraps
- Workout Clothing
- Food Scale
- Water Bottle

There you go. That's a vast list of supplements and accessories that I personally review in this guide. You can stop wasting your money on useless supplements and accessories.

This guide alone will save you thousands of dollars!

## **The Official WLC Program Log Book**

I can't tell you how much users of the WLC Program love this log book. This log book makes your life easy.

It includes easy-to-use calculators that you'll need. It includes log sheets that you'll need. Do you want to see everything this amazing log book includes? I can guarantee that no other program out there includes anything like this:

- Goal Planning Sheet
- Goal Picture Sheet
- Best Food Sources
- Calorie Level Calculator
- Calorie Cycling Calculator
- Pre/Post Workout Meal Calculator
- Meal Planning Sheet
- Your Food Database
- Diet and Weekly Assessment
- Weekly Planner
- Body Fat Tables
- Measurements Log
- Cardio Calculator
- Rep Calculator
- Carb Cycling Calculator
- Phase 1 Workout Log
- Phase 2 Workout Log
- Phase 3 Workout Log
- Phase 4 Workout Log
- Phase 5 Workout Log
- Phase 6 Workout Log

Make sure you look at each of the bullets above. Did you notice you get your own customized food database? This food database that you populate with your favorite foods makes calorie counting easy. You'll only spend a few minutes each night entering the amount of food you ate.

The food database automatically calculates your total calories, protein, carbs, and fat. It also calculates their percentages for you! And that's just the food

database in the WLC Log Book. Each and every feature included in the log book is amazing. It really does make everything easy for you!

Here's a list of things the WLC Log Book can do for you:

1. Tells you how long it will take you to get your dream body
2. Helps you visualize your dream body
3. Quick guide to the best food sources
4. Tells you how many calories you should be eating to build muscle or burn fat
5. Teaches you how to shift calories in your diet to vastly improve your results.
6. Tells you exactly what you should have in your pre and post workout meals.
7. Gives you an easy to use meal planning sheet that calculates everything for you.
8. Customized food database