



GLAM
FITNESS

Ladies Health, Fitness & Diet Supplements

www.glam-fitness.co.uk



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GLAM
FITNESS

FOOD INFORMATION

Protein

Protein is a nutrient needed by the human body for growth and maintenance. Aside from water, proteins are the most abundant kind of molecules in the body. Protein can be found in all cells of the body (muscle, body organs, hair and skin). Protein is essential for muscle tone and body shape. Protein will not bulk you up or make you big. Excess carbohydrates will make you big. You need your muscles toned in order to have a good figure as lack of tone will cause a saggy, flat and shapeless appearance. Protein can be obtained from a wide variety of food sources such as:

- » Protein Powder
- » Eggs
- » Chicken
- » Cottage Cheese
- » Beef
- » Pork
- » Beans
- » Nuts & Seeds
- » Turkey
- » Fish
- » Cheese
- » Veal
- » Tofu
- » Lamb
- » Lentils

Complex Carbohydrates

Complex carbohydrates are made of sugar molecules strung together and the body has to digest them to break them down. They digest slowly, so they keep blood sugar levels more stable than simple carbohydrates do. They are often rich in starch or fibre. Any unused carbohydrates in the body will be excreted or stored as fat - so obviously you have to find the correct carb balance for your body to avoid gaining fat. Common sources of complex carbs include:

- » Whole Wheat Pasta (High starch – limit your intake)
- » Brown Or Basmati Rice (High starch – limit your intake)
- » Potatoes (High starch – limit your intake)
- » Sweet Potatoes (High starch – limit your intake)
- » Oats
- » Lentils
- » Chick Peas
- » Soy Beans
- » Kidney Beans
- » Pinto Beans
- » Broccoli
- » Cauliflower
- » Spinach
- » Turnip Greens
- » Yams
- » Corn
- » Carrots
- » Onion
- » Lettuce
- » Celery
- » Cucumber
- » Cabbage
- » Asparagus

Whilst Complex Carbs are in general better for you compared to simple carbs, not all Complex Carbs are healthy for you. Processed Complex Carbs will cause you to gain weight. In general, avoid eating the following:

- » Bread
- » Pasta
- » White Rice
- » Breakfast Cereals



Simple Carbohydrates

Simple carbohydrates are also known as sugars. They also exist in either a natural or refined form. Natural sugars are found in fruit, vegetables and milk. Refined sugar is the quickest to be processed by the body. If not digested at the right time (i.e. immediately after training) this can lead to unwanted weight gain. It is best to limit simple carb intake to the post workout period. Common sources of simple carbs include:

- » Bananas
- » Biscuits
- » Cakes
- » Pastries
- » Chocolate
- » Honey And Jams
- » Jellies
- » Brown & White Cane Sugar
- » Pizza
- » Prepared Microwave Meals
- » Sauces & Marinades
- » Sugar Based Soft Drinks
- » Sweets & Snack Bars
- » Fruit Juice
- » Smoothies
- » Ice Cream

Fat

Some fat is essential in everyone's diet. Fats provide a source of concentrated energy as well as the fat-soluble vitamins A, D, E and K. Fat transports these vital nutrients around the body.

We also need fat for hormone balance, metabolism, healthy skin and hair, tissue repair, protecting the internal organs and to prevent excessive loss of body heat.

There are two main types of fat: saturated (bad) and unsaturated (good). Do not be scared of unsaturated fat – it is good for you.

Saturated Fat (Bad)

Excess amounts of bad fat are found in saturated animal fats and trans-fatty acids. These types of fat increase your risk of many chronic diseases, such as heart disease, stroke and certain cancers. Limit these fats in your diet. Common sources of fat include:

- » Red Meat (Bacon, Sausages, Pork, Burgers)
- » Butter
- » Cream
- » Cheese
- » Eggs
- » Lard
- » Full Fat Milk
- » Suet And Dripping
- » Full Fat Yoghurt

Unsaturated Fat (Good)

Unsaturated fats come from vegetable sources and are also found in fish and some (but not all) margarines. Unsaturated fats contain essential fatty acids that cannot be manufactured by the body. This means you need to get them from your diet. Good sources of fat include:

- » Unsalted Nuts (Cashew, Brazil, Pecan, Walnut, Almonds)
- » Seeds (Pumpkin, Sunflower, Sesame)
- » Salmon
- » Tuna
- » Trout
- » Sardines
- » Mackerel
- » Pilchards
- » Herring
- » Corn Oil
- » Flaxseed Oil
- » Nut Oil
- » Safflower Oil
- » Sunflower Oil
- » Virgin Olive Oil
- » Avocados

Junk Food

You have to choose between the body of your dreams and junk food. To get the body you desire you cannot eat junk food! Junk food is addictive. The longer you go without junk food, the easier it becomes to avoid temptations. Do not sacrifice your long term goals for short term pleasures. Common types of junk food include:

- » Chips
- » Kebabs
- » Pizzas
- » Take Away Foods
- » Sweets
- » Burgers
- » Fried Breakfasts
- » Pastries

Calories

A calorie is a measure of energy expenditure. The calories referred to in diet and exercise is called kilocalories (kcal). Different food types (Protein, Fat & Carbs) have different calorific values.

- » 1 Gram Carbohydrate Contains 3.75 Calories
- » 1 Gram Protein Contains 4 Calories.
- » 1 Gram Fat Contains 9 Calories.
- » 1 Gram Alcohol Contains 7 Calories.

DIET INFORMATION

The average female who is lightly active with exercise 1-3 times a week will need 1900 calories per day approximately to maintain her weight. To reduce weight by 0.5 kg per week you will need to reduce calorie intake by 500 per day consuming 1400 calories. If you want to lose up to a kilo per week reduce calories by 1000 off your recommended daily maintainable allowance, So take approximately 1000 calories to achieve this.

If you are very active with exercise 3-5 times per week you will need approximately 2200 calories per day to maintain weight. Reduce by 500 to 1700 calories to achieve a 0.5 kg loss and reduce by 1000 to 1200 to achieve a 1kg loss per week.

If you do not exercise a calorie intake of 1500 will maintain your weight requiring you to reduce calories as above for weight loss. However it is not advised that you reduce your calories to less than 1000 calories per day. A steady increase in exercise to achieve steady weight loss alongside a calorie controlled diet is recommended.

The average 70 kg person burns 100 calories per mile walking.

Fat Burners, CLA and Green Tea Extract can increase the number of calories the body burns every day.

As with all diets, portion control is essential and weighing foods helps to assist in calories calculation. A good set of digital scales are good as they often tell you calories in foods as you weigh them, failing that most phones can upload a calorie counting app. Keeping a food diary is the best way of keeping your calorie and food intakes in check.

So to build muscle, the same food rules apply as above however you must increase calories to roughly between 2500 to 3500 depending on activity levels.

For simple toning if you are happy with your weight we would suggest increasing the amount of protein you consume to 0.8 grams per kg in body weight and increase resistance training in your exercise regime. Weights are an often feared element in the gym to many women but they are essential for toning and the health benefits are fantastic.

Diet & Training Plan – Lose Weight

Divide your daily calorie intake allowance by the number of meals to get your portion size. The food in the diet plan can be changed for items in the same food group only (Protein, Carbs and Fat). For example, instead of chicken you can have turkey. Instead of rice you can have potatoes. If you swap a food type (i.e. replacing turkey with pasta) you will not achieve your goal and you will be cheating yourself.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	SUPPER
Mon	Scrambled Eggs (3 Whites & 1 Yolk). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink	Small Salmon Salad (No Potatoes, No Rice, No Bread)	Diet Protein Drink	Chicken & Baked Potato. 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 35 Mins. Full Body Weight Session 25 Mins. Aerobic Session. Drink Protein Shake & Take Banana After Workout.	Greek Yoghurt. 1 CLA Cap.
Tue	Nuts (60 Gm). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill	Diet Protein Drink	Greek Yoghurt	Diet Protein Drink	Fish & Vegetables (No Potatoes, No Rice, No Bread). 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 30 Mins. High Intensity Cardio Session. Drink Protein Shake & Take Banana After Workout.	Cottage Cheese. 1 CLA Cap.
Wed	Scrambled Eggs (3 Whites and 1 Yolk). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink	Nuts	Diet Protein Drink	Steak & Potatoes. 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 20 Mins. Full Body Weight Session 30 Mins. Aerobic Session. Drink Protein Shake & Take Banana After Workout.	Cottage Cheese. 1 CLA Cap.
Thu	Cold Meat (100 Gm). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink	Small Tuna Salad (No Potatoes, No Rice, No Bread)	Diet Protein Drink	Chicken & Brown Rice. 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 30 Mins. High Intensity Cardio Session. Drink Protein Shake & Take Banana After Workout.	Nuts 1 CLA Cap.
Fri	Scrambled Eggs (3 Whites and 1 Yolk). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink	Nuts	Diet Protein Drink	Chicken & Whole Wheat Pasta (No Potatoes, No Rice, No Bread). 1 Fat Burner Cap & 1 CLA Cap.		Greek Yoghurt. 1 CLA Cap.
Sat	Cottage Cheese (200 Gm) 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink	Nuts	Diet Protein Drink	Turkey & Salad Drizzled with Olive Oil (No Potatoes, No Rice, No Bread). 1 Fat Burner Cap & 1 CLA Cap.		Mozzarella Salad (No Potatoes, No Rice, No Bread). 1 CLA Cap.
Sun	Bacon & Eggs. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	3 Caffeine Pills 45 Mins. Before Training. 30 Mins. High Intensity Cardio Session Or 60 Mins. Of Aerobic Exercises. Drink Protein Shake & Take Banana After Workout.	Cottage Cheese	Diet Protein Drink	Roast Beef & Vegetables. 1 Fat Burner Cap & 1 CLA Cap.		Greek Yoghurt. 1 CLA Cap.

Diet & Training Plan – Tone Up / Maintain

Divide your daily calorie intake allowance by the number of meals to get your portion size. The food in the diet plan can be changed for items in the same food group only (Protein, Carbs and Fat). For example, instead of chicken you can have turkey. Instead of rice you can have potatoes. If you swap a food type (i.e. replacing turkey with pasta) you will not achieve your goal and you will be cheating yourself.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	SUPPER
Mon	Porridge (Add Nuts Or Seeds For Good Fats. Add Berries For Flavour). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Nuts (25 Gm)	Turkey Salad (No Potatoes, No Rice, No Bread)	Diet Protein Drink	Salmon & Brown Rice & Salad. 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 40 Mins. Upper Body Weight Session. 20 Aerobic Session. Drink Protein Shake & Take Banana After Workout.	Greek Yoghurt & Berries. 1 CLA Cap.
Tue	Complex Carbohydrate Cereal (Not Sugar Based Cereal). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Nuts (25 Gm)	Greek Yoghurt	Diet Protein Drink	Macaroni & Tuna. 1 Fat Burner Cap & 1 CLA Cap.		Mozzarella Salad (No Potatoes, No Rice, No Bread). 1 CLA Cap.
Wed	Porridge (Add Nuts Or Seeds For Good Fats. Add Berries For Flavour). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Nuts (25 Gm)	Cottage Cheese & Rice Cakes	Diet Protein Drink	Roast Chicken & Potatoes. 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 30 Mins. Lower Body Weight Session. 15 Mins. High Intensity Cardio Session. Drink Protein Shake & Take Banana After Workout.	Cottage Cheese. 1 CLA Cap.
Thu	Yoghurt. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Nuts (25 Gm)	Baked Potato & Chicken	Diet Protein Drink	Steak & Vegetables (No Potatoes, No Rice, No Bread). 1 Fat Burner Cap & 1 CLA Cap.		Nuts 1 CLA Cap.
Fri	Scrambled Eggs (3 Whites And 1 Yolk). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Nuts (25 Gm)	Salmon Salad (No Potatoes, No Rice, No Bread)	Diet Protein Drink	Chicken & Whole Wheat Pasta. 1 Fat Burner Cap & 1 CLA Cap.	Take 3 Caffeine Pills 45 Mins. Before Training. 15 Mins. High Intensity Cardio Session Or 30 Mins. Endurance. Drink Protein Shake & Take Banana After Workout.	Greek Yoghurt. 1 CLA Cap.
Sat	Complex Carbohydrate Cereal (Not Sugar Based Cereal). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Porridge & Berries. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Wheat Tortilla & Mexican Chicken	Diet Protein Drink	Cheat Meal (See Cheat Day Page For Info). 1 Fat Burner Cap & 1 CLA Cap.		Diet Protein Drink. 1 CLA Cap.
Sun		Bacon & Eggs & Baked Beans. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.		Diet Protein Drink	Roast Beef & Potatoes. 1 Fat Burner Cap & 1 CLA Cap.		Greek Yoghurt & Almond Flakes. 1 CLA Cap.

Diet & Training Plan – Build Muscle

Divide your daily calorie intake allowance by the number of meals to get your portion size. The food in the diet plan can be changed for items in the same food group only (Protein, Carbs and Fat). For example, instead of chicken you can have turkey. Instead of rice you can have potatoes. If you swap a food type (i.e. replacing turkey with pasta) you will not achieve your goal and you will be cheating yourself.

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	SUPPER
Mon	3 Egg Whites & Complex Carbohydrate Cereal (Not Sugar Based Cereal). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Fruit	Salmon Salad & Baked Potato	Diet Protein Drink & Nuts (50 Gm)	Chicken & Whole Wheat Pasta. 1 Fat Burner Cap & 1 CLA Cap.	Take 3 Caffeine Pills 45 Mins. Before Training. 40 Mins. Upper Body Weight Session. Drink Protein Shake & Take Banana After Workout.	Greek Yoghurt & Fruit. 1 CLA Cap.
Tue	Diet Protein Drink & Porridge (Add Nuts Or Seeds For Good Fats. Add Berries For Flavour). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Fruit	Greek Yoghurt	Diet Protein Drink & Nuts (50 Gm)	Macaroni & Tuna. 1 Fat Burner Cap & 1 CLA Cap.		Mozzarella Salad. 1 CLA Cap.
Wed	3 Egg Whites & Complex Carbohydrate Cereal (Not Sugar Based Cereal). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Diet Protein Drink & Fruit	Cottage Cheese & Rice Cakes	Diet Protein Drink & Nuts (50 Gm)	Steak & Potatoes. 1 Fat Burner Cap & 1 CLA Cap.	Take 3 Caffeine Pills 45 Mins. Before Training. 30 Mins. Legs Weight Session. Drink Protein Shake & Take Banana After Workout.	Cottage Cheese. 1 CLA Cap.
Thu	Cold Meat & Toasted Whole Meal Brown Bread. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.		Chicken & Potatoes	Diet Protein Drink & Nuts (50 Gm)	Chicken & Whole Wheat Pasta With a Sauce. 1 Fat Burner Cap & 1 CLA Cap.		Nuts & Fruit. 1 CLA Cap.
Fri	3 Egg Whites & Complex Carbohydrate Cereal (Not Sugar Based Cereal). 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.		Tuna Pasta Salad	Diet Protein Drink & Nuts (50 Gm)	Fish & Brown Rice & Vegetables. Take 1 Fat Burner Cap & 1 CLA Cap.	3 Caffeine Pills 45 Mins. Before Training. 40 Mins. Upper Body Weight Session. Drink Protein Shake & Take Banana After Workout.	Greek Yoghurt & Fruit. 1 CLA Cap.
Sat		4 Eggs (4 Whites & 2 Yolk) & Baked Bean. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Wheat Tortilla & Mexican Chicken	Diet Protein Drink & Nuts (50 Gm)	Cheat Meal (See Cheat Day Page For Info). 1 Fat Burner Cap & 1 CLA Cap.		Diet Protein Drink. 1 CLA Cap.
Sun		4 Eggs (4 Whites & 2 Yolk) & Baked Bean. 1 Fat Burner Cap, 1 CLA Cap & 1 Green Tea Pill.	Beef Stew & Potatoes	Diet Protein Drink & Nuts (50 Gm)	Roast Beef & Potatoes & Vegetables. 1 Fat Burner Cap & 1 CLA Cap.		Greek Yoghurt & Almond Flakes. 1 CLA Cap.

Diet & Training Diary

	BREAKFAST	SNACK	LUNCH	SNACK	DINNER	SNACK	SUPPER
Mon							
Exercise							
Tue							
Exercise							
Wed							
Exercise							
Thu							
Exercise							
Fri							
Exercise							
Sat							
Exercise							
Sun							
Exercise							
Weekly Weight							



Training Advice

Pre-Workout

Do you lack motivation and energy to go to the gym? If so, take 3 caffeine pills 45 minutes before training. This will be sufficient to perk up your energy levels.

If you are going to be doing a hard training session, take a portion of complex carbohydrates 1- 2 hours before training and take 3 Caffeine Pills 45 minutes before training to perk up your energy levels.

Post-Workout

Always have a protein drink and a piece of fruit after training. The fruit is to replenish your glycogen cells. The protein is to repair your muscles.

Never train without a post workout protein drink as you will risk catabolism. When the body is in a catabolic state it will break down healthy muscles and consume them to repair the damaged muscle.

Cheat Days Vs Cheat Meals

There is a big difference between a cheat meal and a cheat day. Cheat days are a myth. A cheat meal once per week can have psychological and metabolic benefits. A cheat meal can psychologically stop you from eating junk food during the week as you can look forward to having your treat at the weekend. The metabolic benefit of a cheat meal is that it can increase the body's metabolism as it will sense a huge calorie influx and compensate by burning the calories faster.

If you are having a cheat meal, it is best to have one with a nutritional value. For example, eating a half pound beef burger and chips has more benefits than a pizza.

Cheat days do not work however. They only exist because people want to believe in them. Overloading on calories / carbs / fats for one full day will take you three days to get you back on track. The first day (cheat day) you will lose gains. The second day will get you back to where you were before the cheat day. The third day will make the gains that you should have made on the cheat day. Do not have a cheat day – you are only cheating yourself! A cheat meal is acceptable to your goals though.



DIARY

Keep a daily diary. Record what and when you eat it. Record your physical activity. Weigh yourself once per week (morning time is the most accurate). When you plateau and stop making gains, you will be able to look at the diary and work out what you need to do to start making gains again. If you have stopped losing weight you will be able to see where you can reduce calories further or increase exercise to speed up your metabolic rate.

HYDRATION

You should try to drink three litres of water per day. This keeps the body hydrated and helps flush out toxins. Green Tea is one of the best antioxidants around. If you don't like green tea you can substitute it with Green Tea Extract pills.

HEALTHY FOODS

Take caution when eating healthy foods. People presume that fruits, potatoes and rice are healthy as they are natural and not processed. As they think they are healthy, they think it is okay to over consume these products. Fruit can be high in sugar. Potatoes and rice are high in starch. If you eat excess fruit, potatoes or rice you will most certainly gain weight - probably fat. Limit your portions of fruit with excess sugar (Bananas, Tangerines). Reduce potato and rice portions and replace with green leafy vegetables (Spinach, Lettuce, Asparagus, Cucumber, Radish, Cabbage, Celery, Broccoli, Cauliflower, Mushrooms).

DIET

A diet is for life. You will only be in the condition that you want whilst you are eating and training properly. If you spend three months getting into shape (via dieting and training), you will only keep that figure if you maintain your diet and training regime. Once you come off your healthy diet and training regime you can expect to lose your results and you usually lose them faster than you gained them.



Cardio Workouts

Beginners Cardio

If you are out of shape and lack fitness do not start off with intense cardio sessions as you will quickly burn yourself out and then you will give up. Take it one step at a time and build up your fitness level every week. Suggested beginners cardio sessions are:

- » Walking (Leave the car and walk to where you are going. Use the stairs instead of the lift.)
- » Fast Walking
- » Jogging

Aerobic Training

Aerobic training is cardio exercise at a low to moderate pace up to a point at which you can still carry on a conversation, even if you are breathing a little heavily. You should be able to keep this up for 30 minutes or more. Low to moderate intensity aerobic exercise is at a heart rate of approximately 50 to 70% of your maximum heart rate. At this intensity, and with reasonable fitness, you should be able to supply the exercising muscles with sufficient oxygen to keep them contracting and performing for some time. Aerobic means "with oxygen." Examples of aerobic exercises are:

- » Cycling
- » Swimming
- » Jogging
- » Aerobics Class
- » Rowing Machine
- » Cross Trainer

High Intensity Training (HIT)

High Intensity Training involves Anaerobic exercise. Anaerobic means without oxygen. It is at an intensity at which your muscles requirements for oxygen exceed the amount you can supply by breathing. At this exercise intensity, you will stop sooner rather than later because the muscles will fail to function. At this level of intensity, your heart rate may be at 90 to 100% of your maximum heart rate. High Intensity Training burns more calories during workouts compared to aerobic workouts and continues to burn more calories after the workout has finished. High Intensity Training takes less time in the gym compared to aerobic workouts. Examples of anaerobic exercises are:

- » Sprints (Hill sprints are better. Run for 1 minute. Walk for 2 minutes. Repeat between 6-12 times depending on fitness level.)
- » Circuit Training (30 push ups, 1 min rest, 30 lunge jumps, 1 min rest, 30 squats, 1 min rest, 30 burpees, 1 min rest, 30 lunges each leg, 1 min rest, 30 knee up jumps, 1 min rest, 30 star jumps, 1 min rest, 30 squat thrusts, 3 min rest, repeat the circuit doing sets of 15 instead of 30.)
- » Cycling (Cycle fast for 1 minute. Cycle slow for 2 minutes. Repeat between 6-12 times depending on fitness level.)
- » Rowing (Row fast for 1 minute. Row slow for 2 minutes. Repeat between 6 - 12 times depending on fitness level.)
- » Boxercise Session
- » Body Pump Session
- » Spin Classes



Weight Workouts

A lot of women are scared to lift weights. Lifting weights is the fastest way to change your body shape. Women do not have enough natural hormones to build enormous amounts of muscle mass. You will lose fat with cardio but you won't change your body proportions - you will just be slimmer but remain the same shape. To get nice curves and better proportions on your physique, you have to do weight training. Apart from the cosmetic benefits, lifting weights combats osteoporosis and strengthens bones.

You should vary your exercise style and technique every training session.

UPPER BODY

- » Bench Press
- » Pec Flies
- » Shoulder Press
- » Delt Side Raise
- » Lat Pull Down
- » Bent Over Rows
- » Tricep Pull Downs
- » Bicep Curls
- » Abdominal Sit Ups


LEGS

- » Squats
- » Knee Extensions
- » Dumbbell Lunges
- » Dumbbell Side Lunges
- » Hamstring Curls
- » Calf Presses


Glam Fitness Six Week Intense Weight Loss Training Plan

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Legs Weight Training	20 Min Cardio	10 Min Cardio 10 Min HIT	Upper Body Weight Training	10 Min Cardio 15 Min HIT	Rest Day	20 Min Fasted Morning Cardio
Week 2	Legs Weight Training	30 Min Cardio	15 Min Cardio 10 Min HIT	Upper Body Weight Training	15 Min Cardio 20 Min HIT	30 Min Fasted Morning Cardio	Rest Day
Week 3	Legs Weight Training	40 Min Cardio	10 Min Cardio 20 Min HIT	Upper Body Weight Training	20 Min Cardio 20 Min HIT	Rest Day	40 Min Fasted Morning Cardio
Week 4	Legs Weight Training	40 Min Cardio	20 Min Cardio 20 Min HIT	Upper Body Weight Training	25 Min Cardio 25 Min HIT	40 Min Fasted Morning Cardio	Rest Day
Week 5	Legs Weight Training	50 Min Cardio	25 Min Cardio 25 Min HIT	Upper Body Weight Training	30 Min Cardio 30 Min HIT	Rest Day	50 Min Fasted Morning Cardio
Week 6	Legs Weight Training	60 Min Cardio	30 Min Cardio 30 Min HIT	Upper Body Weight Training	30 Min Cardio 30 Min HIT	60 Min Fasted Morning Cardio	Rest Day

Testimonials



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LloydsPharmacy

LloydsPharmacy

Don't forget! Be sure to treat your home too!

£12.89

LloydsPharmacy

£5 OFF

FRONTLINE® Spot On

Don't forget! Be sure to treat your home too!

Amy Macaskill

Amy is a twenty four year old from Inverness. During her childhood and teens she always maintained a slim figure without following a particular diet or exercise program. In her early twenties her metabolism slowed down and weight started to creep on. Although not fat, she had allowed herself to become a little bit chubby. Hardly surprising as she was eating a normal modern diet of processed foods and high carbs. This was particularly stressful for Amy as she is a part time Glamour Model and the extra pounds were becoming noticeable and there is only so much a photographer can do to hide them. The turning point for Amy was when she showed up for a photoshoot and the photographer said "Oooh, I don't know if these outfits will fit you as I thought you were smaller". This is when she contacted Glam Fitness and changed her lifestyle. She started following the Glam Fitness Training and Diet Plan. Within three months she had her teenage figure back. She regained her confidence and glow and now continues to model with a toned physique. She has since been published in national newspapers for her modelling work with Glam Fitness.

Testimonials



Simone Evelyn

Simone is a thirty year old mother of one. She was always slim and had a good figure, but she dreamed of a toned fitness physique. Simone done amazing turning her dream to reality. With our personalised diet, supplement & fitness plan - this busy mum achieved a fantastic toned look and started to do fitness modelling. She now confidently struts her stuff as a ring girl at professional boxing events in Scotland.

Testimonials



Zoe Maree Murchison

Zoe Maree is a twenty three year old busy professional from Edinburgh. Zoe went to the gym from time to time and was fit enough during training however her diet was stopping her from having a tighter figure. Then she was introduced to one of Glam Fitness personal trainers through a friend and decided to change her lifestyle. With our diet and supplement plan Zoe started getting great results and her confidence grew. Other people noticed her improvements. She got into modelling and now enjoys working at boxing shows, motorsport races and promotional events. She has modelled for salons and clothing companies.

Frequently Asked Questions

PROTEIN

Q What do I mix the powder with?

A Water or milk. Water has fewer calories and is better for dieting. Milk tastes better but has extra calories and carbohydrates in them. If using milk, we recommend semi-skimmed milk.

Q How much powder do I use?

A One level scoop using the scoop supplied in the tub.

Q Are protein shakes suitable for vegetarians?

A Yes

Q Are all protein shakes the same?

A No. You get different types of protein. Some protein powders are designed for bulking and some are designed for dieting. Manufacturers have different qualities and ingredients and may bulk out their product with sugar. Our high quality protein is designed for dieting and contains low carbs.

Q What is Whey Protein?

A Whey Protein is derived from milk protein. Whey protein does not contain fat or lactose sugar. Whey protein is the best form of protein to take when using a supplement as it doesn't include any unnecessary calories.

Q Will protein make me bulky?

A No. Excess calories will make you bulky.



Frequently Asked Questions

DIET & TRAINING

Q Will weight training make me bulky?

A No. Excess calories will make you bulky.

Q What are the benefits of weight training?

A Lifting weights is the fastest way to change your body shape. Women do not have enough natural hormones to build enormous amounts of muscles mass. Bulky women are usually carrying too much body fat. You will lose fat with cardio but you won't change your shape – you will just be slimmer but remain the same shape. To get nice curves and better proportions on your physique, you have to do weight training. Apart from the cosmetic benefits, lifting weights combats osteoporosis and strengthens bones.

Q What are the best exercises to lose weight?

A High Intensity Training (HIT) is the best way to lose weight as it burns more calories during workouts compared to aerobic workouts and continues to burn more calories after the workout has finished. HIT takes less time in the gym compared to aerobic workouts. Examples of HIT exercises are:

Hill Sprints

Circuit Training

Cycling

Rowing

Boxercise Session

Body Pump Session

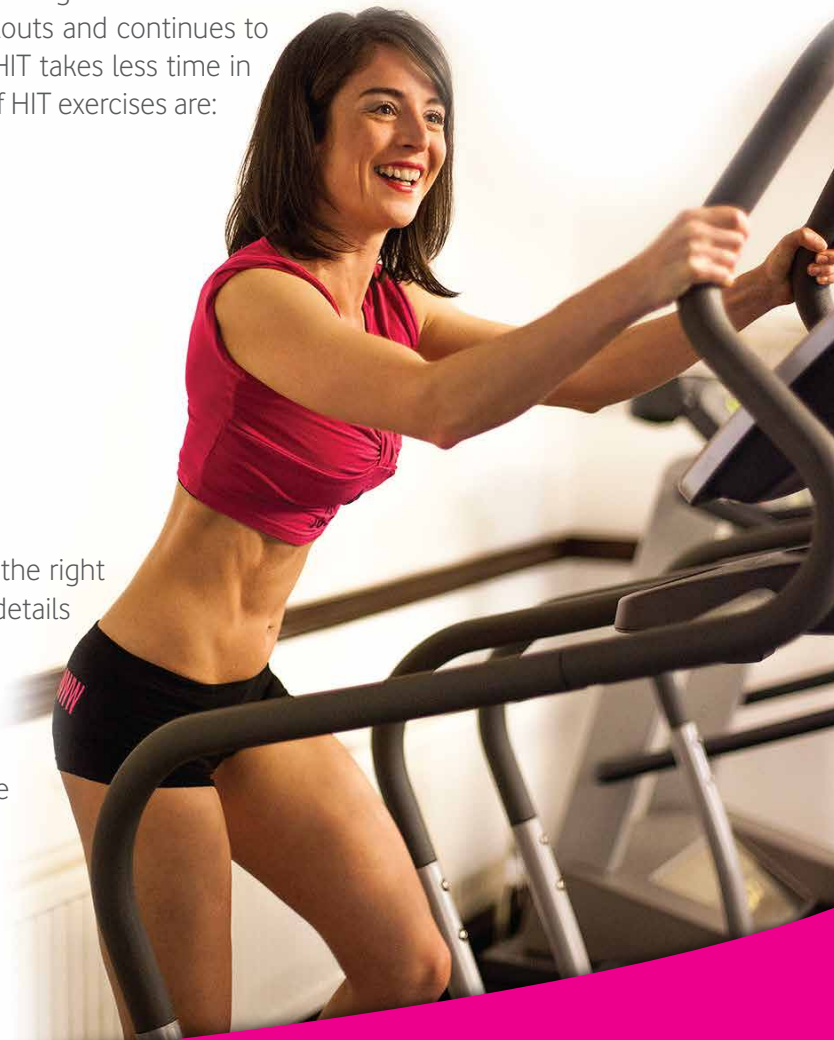
Spin Classes

Q What are the best foods for losing weight?

A You need to eat the right foods at the right time in the right quantities. See our Training & Diet Plan section for details on this.

Q How long does it take to lose weight on the Glam Fitness diet plan?

A You will notice results after two weeks. The results are sustainable and ongoing.



GLAM FITNESS PRODUCTS



GREEN TEA

Green Tea is a powerful natural antioxidant and helps to maintain a healthy metabolism.

Evidence suggests that green tea may lower the chances of heart disease and of developing certain types of cancer. Green Tea has also been claimed useful for weight loss management.

Powerful Natural Antioxidant

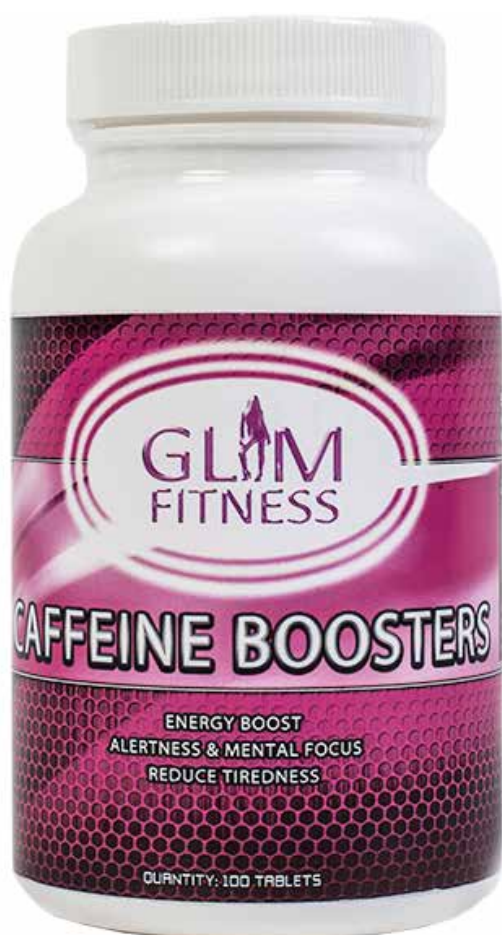
Help Maintain Healthy Metabolism

Serving Size: 1 Tablet

Contains 120 Tablets

Active Ingredients: Green Tea (750mg Per Tablet)

Inactive Ingredients: Micro Crystalline Cellulose, Silicone Dioxide, Magnesium Stearate.



CAFFEINE BOOSTERS

Caffeine is a central nervous system stimulant that can help improve alertness and allow a more intense mental focus. It is ideal to take 30 minutes prior to exercise, or when an extra boost is required.

Consumption of caffeine does not eliminate the need for sleep, but will temporarily reduce the sensation of being tired throughout the day. As an occasional supplement, it can be very useful for a healthy adult.

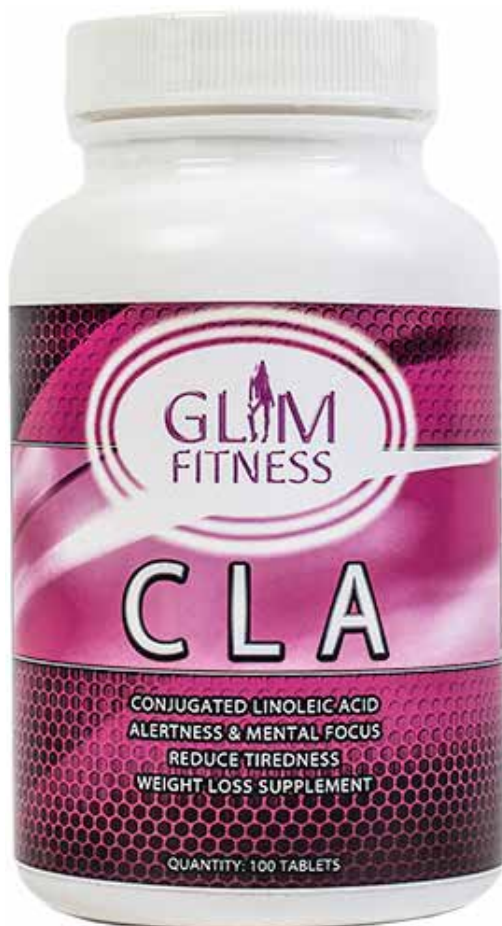
Enhance Alertness and Mental Focus

Reduce Tiredness

Serving Size: 1 Tablet

Contains 100 Tablets

Active Ingredients: Caffeine (200mg Per Tablet)



CLA (CONJUGATED LINOLEIC ACID)

Research suggests that Conjugated Linoleic Acid (CLA) together with a sensible diet and moderate exercise, may help reduce body fat, help maintain weight loss and retain lean muscle mass for both men and women.

CLA helps you achieve your weight loss goals:

Reduces the amount of fat you store by interfering the lipoprotein lipase enzyme that the body uses to move fat from the blood into fat cells.

Enhances the body's ability to break down fat from fat cells.

Reduces the total number of fat cells.

CLA can also help support a healthy immune system, help maintain healthy cholesterol levels as well as help support cardiovascular health.

Supports Weight Loss

Maintain Lean Muscle Mass

Serving Size: 1 Capsule

Contains 100 Soft Gel Capsules

Active ingredients: Conjugated Linoleic Acid 1000mg (Per Capsule)

Other Ingredients: Gelatine, Glycerin, Purified Water



FAT BURNERS

Fat Burners is the combination of the strongest and the most effective weight loss and energy boosting ingredients available on the market today. When taken in combination with a well balanced diet and regular exercise the results can be remarkable!

Fat Burners can dramatically improve the rate in which body fat is burnt as well as providing a huge increase in explosive energy levels.

Supports Weight Loss

Increases Metabolism

Explosive Energy Levels

Serving Size: 1 to 2 Caps

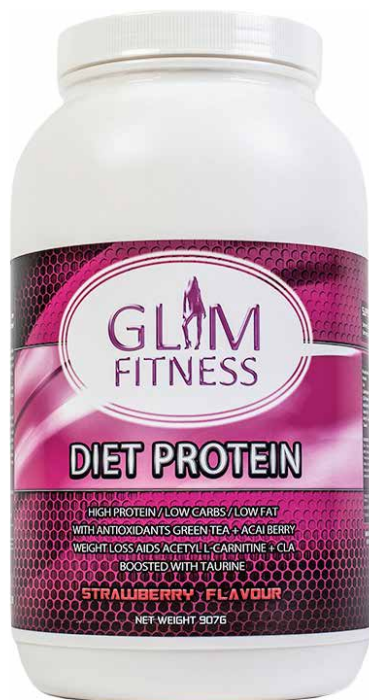
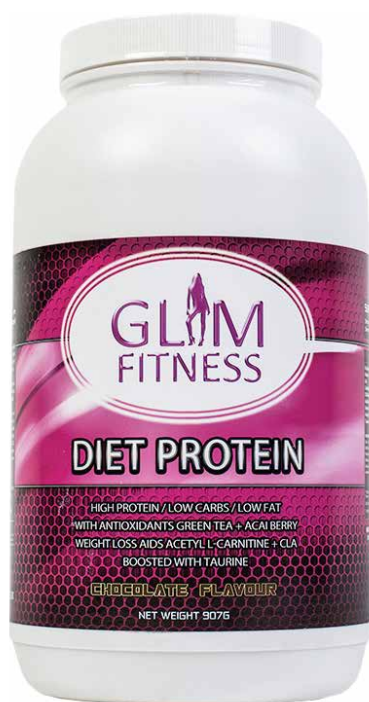
Contains 60 Capsules

Active Ingredients (Per Capsule): Citrus Aurantium 215mg
Caffeine Anhydrous 200mg, Niacin 13mg, Green Tea 40% Extract 10mg,
Guarana 10mg, N-Acetyl-L-Carnitine 2mg

Inactive Ingredients: Maize Starch, Silicone Dioxide, Magnesium Stearate

Suggested Use: Take 1 capsule 2 times per day 4 to 6 hours apart

Allergen Warning: Product manufactured on equipment containing traces of nuts



DIET PROTEIN SHAKE

Diet Protein is a premium shake formula for those looking to shed those unwanted pounds and achieve the lean, toned physique of their dreams while maintaining lean muscle mass.

Get an awesome hit of top quality protein with over 30 grams in each serving while each delicious tasting shake is unbelievably low in carbs and fat.

Diet Protein is further boosted with the addition of a range of tried and trusted compounds with a variety of potent fat-loss aiding, antioxidant and metabolism boosting properties. Why take separate supplements to feel the benefits of Green Tea, CLA, Acai Berry Extract, Acetyl L-Carnitine and Taurine when you can get them all in one easy-to-mix shake?

Suggested Use: Mix one scoop of 39g with 250ml of Water or Skimmed Milk in a shaker or blender. Take two servings per day and one after training.

Servings per 907g container: 23

Typical Analysis* Per Serving Per 100g

K cal/serving 381, Protein 79g, Fat 2.8g, Carbohydrates 10.1g, CLA Powder 1500mg, Acai Berry 4:1 Extract 1360mg, Green Tea 400mg, Acetyl L-Carnitine 500mg, Taurine 3000mg

Ingredients: Whey Protein Concentrate WPC80, Milk Protein Concentrate MPC85 (High in Micellar Casein), Soy Protein Isolate SPI90, Natural Colourings, Stabilisers (Citric acid, Malic acid), Sweetener: Sucralose. CLA Powder, Acai Berry 4:1 Extract, Green Tea, Acetyl L-Carnitine, Taurine. Natural and Nature identical flavouring

*Note: Nutritional values may vary slightly between flavours

ALLERGEN WARNING:

This product is manufactured on equipment which processes products containing nuts, dairy products, lactose, food colourings and flavours.



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