

The 7 Day Fat Loss Inferno

Kettlebell and Body Weight Conditioning Workouts, High Intensity
Cardio and Super Clean Eating to Lose Fat Faster Than You Ever
Thought Possible

Forest Vance, MS, RKC II
KettlebellBasics.net

The 7 Day Fat Loss Inferno

Disclaimer

Strenuous physical exercise can be a dangerous activity. There are inherent risks in any physical activity, intense fitness training is no exception. The use of professional instruction is recommended before entering into any type of sport or physical exercise. You should become knowledgeable about the risks involved and assume personal responsibility for your actions. The information contained within this manual may or may not be accurate and is open to interpretation.

The 7 Day Fat Loss Inferno

Introduction

Slow, one-to-two-pound-per-week, “politically correct” fat loss is fine for some folks ...

In fact, losing weight in a “safe”, controlled, and methodical fashion is what most fitness experts would lead you to believe is the “best way”.

I whole-heartedly disagree.

My name is Forest Vance. I’m a personal trainer and boot camp instructor based out of Sacramento, CA. I have a master’s degree in Human Movement, multiple industry certifications, and nearly a decade of experience in the fitness industry. Most importantly though, I lost a ton of fat in a short period of time *myself* – and I've gone on to help hundreds of training clients do the same. *(You can read more about my personal story, if you're interested, at ForestVanceTraining.com)*

The 7 Day Fat Loss Inferno is a program I designed to help you do one thing, and one thing only: lose much fat as humanly possible in 7 days.

It's not something that you'll want to follow ALL the time ... but it's a great way to kick-start your fat loss efforts – whether you're getting back into it, or you're stuck at a fat loss plateau. And done for a short period, in the way I outline in this manual – you'll see that rapid fat loss can be totally safe – and totally awesome!

You'll use kettlebell and body weight – based metabolic conditioning workouts, high intensity cardio sessions, and super clean eating to shed body fat faster than you ever thought possible.

Let's get started. And good luck! You'll need it ;)

The 7 Day Fat Loss Inferno

Program Overview

Here's a SUPER quick overview of how this program is put together.

- You'll do two body weight and kettlebell – based, metabolic conditioning – style workouts over the course of the week. These workouts will burn tons of calories and ignite your metabolism.
- You'll do one kettlebell and body weight – based strength workout during the week – we don't want to neglect the maximal strength aspect of our programming, and this is a very important component that a lot of “experts” leave out.
- You'll do two interval-based cardio conditioning workouts. These workouts are shorter and more intense than the traditional cardio sessions you might be used to – and a lot more effective.
- You'll do one long, medium-intensity cardio session during the week. I'm still of the belief that this type of workout has a lot of benefit ... somewhat contrary to what I just said :) ... but ONLY when it is programmed correctly, as it is in this manual.
- You'll also eat SUPER clean during the week. This is at LEAST as important as the workout portion of the fat loss inferno plan – if not more. I know that there is not a lot of variety in this plan – and honestly, I don't really care. It works. Do it. And you will lose fat. Fast. :)
- I've also included some mindset stuff at the end – this is a huge part of the process, too – make sure to review it.

That's it in a nutshell! Let's rock it out -

The 7 Day Fat Loss Inferno

***If you find the info in this manual helpful, I've listed some additional resources I've created to help you reach your ultimate fitness goals at the end. Make sure to check 'em out. ***

Workout Plan

Overview

1. Pre – workout prep

foam rolling
joint mobility
dynamic warmup

(Here is an article on my KettlebellBasics blog that outlines this sequence in more detail: <http://kettlebellbasics.net/2012/06/16/kettlebell-warm-up/>)

2a. Body weight – only conditioning day (to be performed two times)

Sequence 1

- split squat (bw only or with kb) – 8 to 15 reps
- push-up – max reps -2

Perform exercises back-to-back without rest; rest 30 seconds and repeat sequence total of three times.

Sequence 2

- pull-up – max reps -2
- squat jump – 8 to 15 reps

Perform exercises back-to-back without rest; rest 30 seconds and repeat sequence total of three times.

The 7 Day Fat Loss Inferno

Conditioning finisher

- body weight squat – 20 reps
- plank – 30 to 90 second hold
- bw (or kb) SLDL – 8 to 10 reps each leg
- run in place – 60 seconds

Perform exercises back-to-back without rest; rest 30 seconds and repeat sequence total of three times.

2b. Strength day (to be performed one time)

- kettlebell press - 5-8 reps
- kettlebell squat - 5-8 reps
- pull up or body row - 5-8 reps

*Perform exercises as a circuit, but rest 30 to 90 seconds between each exercise; rest 60 seconds and **repeat sequence total of ten times.***

3. Conditioning work/ 'cardio'

- Perform **two days per week of high intensity interval training.**
 - For both interval days, you'll start with a five minute warm-up at an easy intensity. *Then you'll rotate between two different interval workouts on alternating days:*
 - Interval workout 1 - :60 @ high intensity, :60 @ low intensity, five rounds total
 - Interval workout 2 - :30 @ high intensity, :30 at low intensity, ten rounds total
 - Finish each interval cardio workout with a five minute easy cool-down period
- Perform **one day per week of long-slow-distance 'recovery' cardio** (easy heart rate, ~ 30 mins., something you *enjoy*)
- In total, you'll do three days of 'cardio'. Do these sessions on your non-strength training days. You'll work out a total of six times this week.

4. Post workout

- Finish each workout with a static stretch of tight muscle groups.

The 7 Day Fat Loss Inferno

Exercise Descriptions

Plank

Lay flat and lift the hips along with the stomach and chest off of the floor – you'll end up in a Push Up – type body position, but you'll be resting on your forearms. Remember, your abs should be braced like you're bracing for a punch in the stomach, your upper and lower body should be 'tight', and you should be able to breathe normally at the same time.



Push Up

The basic version of the Push-Up is performed from the toes. Starting from the ground, the body is nice and straight, our chest, hip and thighs all should be in the same plane. Our shoulders are pushed down and back, our abs are engaged, and our glutes squeezed.



The 7 Day Fat Loss Inferno

Pull Up/Body Row

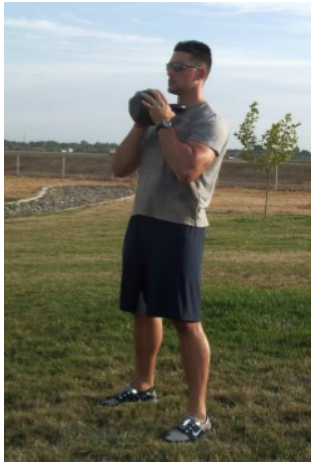
The Pull-Up is your basic upper body pull. You can perform this exercise with your palms facing away or palms facing towards you. Start with arms fully extended; drive the elbows towards the ground, lead with the chest, and keep the shoulders down and back through the top of the movement.



The 7 Day Fat Loss Inferno

Squat

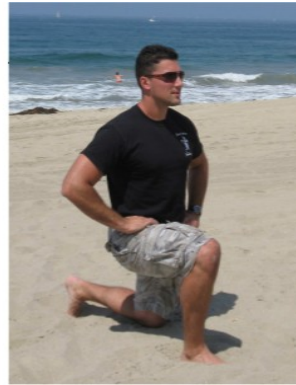
To perform the Squat, start with your feet between hip and shoulder width apart, and your toes pointed straight ahead or slightly out. Weight is back through the heels, chest is tall, and shoulder blades are pushed down and back. Sit back as if you're sitting on a chair. The lower legs should stay completely vertical. Imagine that you are stuck in cement up to your knees. Hold a weight in front of you if you'd like (as I am in the photos below) to increase the difficulty of the exercise. You could use a weight plate, a kettlebell, even a bag of dog food or potting soil – just something to add difficulty to the exercise.



The 7 Day Fat Loss Inferno

Split Squat

The easiest way to learn this exercise is by doing it in place without moving the feet. You can then progress to alternating feet, and then a walking lunge. To perform the Lunge, take a giant step out, weight should still be through the heel, and the knee should be tracking over the toe. Make sure the knee doesn't come out over the toe. The lower leg position is very similar to that of a Squat.



KB/DB Press

Start this exercise with either a barbell, two dumbbells, or two kettlebells at shoulder height. In a true Military Press, the heels are together, legs are straight, abs are engaged, glutes are tight and shoulders are pushed down and back. Push the weight straight up over your head so that you finish with your arms directly by your ears at the top.

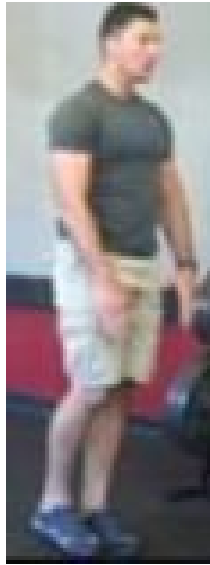


The 7 Day Fat Loss Inferno

Squat Jump (not pictured)

This exercise is just like a body weight squat – you'll just add a jump!

SLDL (Single Leg Deadlift)



The mechanics of a SLDL are just like a regular deadlift – the exercise is simply performed on one leg.

Begin the exercise by balancing on one leg. Keeping the back flat, the shoulders locked back and the abs braced, descend into a deadlift position. Think about leading with the back leg. Pause for a moment at the bottom of the move and then squeeze the glute of the down leg to return to the starting position of the exercise.

The 7 Day Fat Loss Inferno

If you find the info in this manual helpful, I've listed some additional resources I've created to help you reach your ultimate fitness goals at the end. Make sure to check 'em out.

Meal Planning

This is a *super quick start plan*; it's not intended to be long-term, but followed closely, it **will help you lose tons of fat in the next 7 days.**

Breakfast

1-2 whole egg(s)
.5-1 cup black beans
1-2 cups spinach/broccoli/other green veggie

AM Snack

1-2 scoops protein powder
1-2 tbsp all natural peanut butter
(mix w/ water and ice)

Lunch

3-5 oz chicken/fish/steak/etc. (lean cut)
1-2 cups spinach leaves, tomato, cucumber, bean sprouts, etc.
1-2 tsp olive oil/vinegar dressing

PM Snack

1-2 scoops protein powder
1-2 tbsp all natural peanut butter
(mix w/ water and ice)

The 7 Day Fat Loss Inferno

Dinner

3-5 oz chicken/fish/steak/etc. (lean cut)
1-2 cups spinach/broccoli/other green veggie
1-2 tsp olive oil

Also, make sure you're drinking half of your weight in ounces of water per day at the *very least* during this 7 day rapid fat loss period.

The 7 Day Fat Loss Inferno

Mindset

Mindset is likely the most overlooked – and possibly the most important – factor in busting through your fitness plateau, shedding body fat and reaching your ultimate fitness goals. Here are a few things to get you going:

Goal Setting

It's *so critical* that you have a goal you're working towards; of the dozen or so clients I've personally coached to make a *dramatic change* in their physiques and lives – weight loss of 50 pounds or more, for example – all have had their fitness goals crystal clear to them and as one of their life's top priorities.

Sit down and decide exactly where you want to be – what are you working towards? Fat loss? Muscle gain? What areas of your body do you want to focus on? Do you want to run a 5k or 10k? Do a triathlon?

Be specific. Paint a picture in your mind. Put your goals up in your house, your car – everywhere you can see them and know you'll stop at *nothing* to achieve them.

On Intensity

Intensity and results are directly proportional. That is, if you want results, you have to work hard. Plain and simple.

For these next seven days, get laser focused, follow the instructions in this guide to a 'T', give the workouts all you've got, and you're guaranteed to make some awesome progress.

Let's be honest – hard workouts are going to be uncomfortable. However, if you can learn to link the short-term pain of discomfort with the long-term pleasure of reaching your goals, you're in the money. This is many times the final piece of the puzzle that's missing and keeping you from getting the results you should be.

The 7 Day Fat Loss Inferno

Taking Action

This is, quite obviously, *the most important part* :) Planning out what you're going to do is critical – but you gotta go out and get moving to make some progress! So go and get started asap!

The 7 Day Fat Loss Inferno

Conclusion

Some folks question if rapid fat loss is really possible. It is! And the simple plan outlined in this manual is your answer.

Thanks for reading, and look forward to hearing your success story -

Forest Vance, MS, RKC II

The 7 Day Fat Loss Inferno

Additional Resources

If you found this program helpful, here is a list of some additional resources I have created that can help you reach your ultimate fitness goals:

[The 30 Day Rapid Fat Loss Kettlebell Solution](#) - The 30 Day Rapid Fat Loss Kettlebell Solution is the ultimate guide to losing weight, leaning down and "getting it back" – with kettlebells! Get a tough, fun, efficient, effective, and complete 30 day workout based on my special kettlebell combo method.

=> [Http://30daykettlebellfatloss.com](http://30daykettlebellfatloss.com)

[The 10×10 Kettlebell Solution](#) - 10 weeks. 10 exercises. 10 workouts to transform your body, blast body fat, gain lean muscle and get your old body back – using just kettlebells and your own body weight.

=> [Http://10x10kettlebells.com](http://10x10kettlebells.com)

[No Gym? No Excuse!](#) - This complete body weight – based workout system details 12 weeks worth of workouts, detailed descriptions of flexibility exercises, core strengthening moves, bodyweight, dumbbell, and kettlebell exercises, cardio programming, meal planning basics, and much more!

=> [Http://nogymnoexcuse.com](http://nogymnoexcuse.com)

[21 Fat Burning Kettlebell Cardio Workouts](#) - Not for the faint of heart – but if rapid fat loss and extreme cardio conditioning are what you're after, you'll **love** this one ... includes main manual, video series, bonus content and much more.

=> [Http://kettlebell-circuits.com](http://kettlebell-circuits.com)

The 7 Day Fat Loss Inferno

[The Kettlebell Basics Premium Workout Series](#) - The Kettlebell Basics Premium Workout Series is designed to help you take your kettlebell training to the next level; it's the progressive plan you need to make continued progress with your training.

=> [Http://kettlebellswingsforfatloss.net/premiumworkouts](http://kettlebellswingsforfatloss.net/premiumworkouts)=

[The 30 Day Rapid Fat Loss Challenge Home Study Program](#) - At a recent 30 Day Rapid Fat Loss Challenge at my Sacramento personal training studio, our average challenger ended up losing 6.5 pounds, 5.2 total inches and 2.3% body fat ...**in just 30 days**. The winner of our challenge lost **over 17 lbs.!!** So - now I've packaged up the workout and meal plan from the challenge, added some bonus written/video/audio materials, and made it available for home study, wherever in the world you are.

=> [Http://rapid-fat-loss-secrets.com](http://rapid-fat-loss-secrets.com)

[The FVT Coaching Club](#) - Get ALL of these programs, and much more, at a great discount.

=> [Http://fvtcoachingclub.com](http://fvtcoachingclub.com)