

# SPECIAL REPORT

*Old School*  
New Body's

10

Ultimate  
Body

Transformation

Secrets



by **Becky & Steve  
Holman**

Authors of  
*Old School New Body*

*Old School New Body's 10 Ultimate Body Transformation Secrets* was written to help you achieve a lean, healthy muscular body, a more youthful appearance and a happier, sexier disposition with sensible tips and strategies. Proceed with the suggestions in this e-book at your own risk.

Cover models: Becky Holman and Jonathan Lawson

Before photos by Steve Holman

After photos by Michael Neveux

Photography by Michael Neveux

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**Homebody Productions, P.O. Box 2800, Ventura, CA 93002**

**[www.OldSchoolNewBody.com](http://www.OldSchoolNewBody.com)**

# INTRODUCTION

So many people want and need a physical makeover—a total-body transformation. And so many people have made resolutions to make it happen. But the usual result is that they fall flat, some after only a few weeks! Why is it so difficult for so many?

Is it lack of motivation? Is it weak will-power or lack of discipline? Those can contribute, but the real culprit is misinformation. People just don't know the fastest methods, or tactics, if you will, to make their body-transformation efforts a rousing success—and that's a darned shame!

But looking great is only part of it, as you'll see. We're convinced that if more people exercised correctly—it doesn't take as much as you think—and ate right *most of the time*, our health-care and obesity crisis in this country would be nonexistent. In fact, many doctors would have to get part-time jobs because there wouldn't be enough business.

But we're getting ahead of ourselves. Let's get to the "secrets" that can get you healthier and in fantastic shape, tips you can use to literally transform yourself!

—*Becky and Steve Holman*  
*authors of Old School New Body*



# 1

## Understand that carbs are energy

Carbohydrate foods include anything with sugar—cake, pasta, bread, pastries, candy, ice cream and even fruits and vegetables. Those all convert to glucose after you eat them.

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*You should indulge in vegetables, eat fruit in moderation and avoid simple sugars most of the time (infrequent splurges are fine).*

The glucose you get from carbs is an energy substrate. It's either burned for energy immediately or it goes to one of two storage spots:

**1)** Your fat cells

**2)** Your muscles and liver (more on how to get it to go here instead of your fat cells on the next page)

Luckily vegetables only have a few grams of carbs per serving, so the glucose load is inconsequential. You can eat as many vegetables as you want without fat storage.

Fruit is a bit more dangerous when it comes to adding body fat, but not much. And a serving or two a day has health benefits. Fruit has fiber, which slows its digestion. That's important because you get only a limited insulin response from a serving of fruit....

Insulin is what makes simple carbs, like desserts, bread and pasta—and even fruit juice and potatoes—so dangerous: insulin. That is a fat-storage hormone that surges when simple sugar hits your system.

The bottom line: You should indulge in vegetables, eat fruit in moderation and avoid simple sugar most of the time (infrequent splurges are fine).

You should also create a glycogen deficit in your muscle so most of the carbs you eat go there instead of your fat cells...

# 2

## Create a glycogen deficit in your muscles

Many people walk for exercise; however, that does *not* produce a glycogen deficit (remember, glycogen is energy stored from carbs). Not to get too technical, but walking uses slow-twitch fibers, which do not burn off a lot of carb energy. What are the numbers?

Walking a mile burns about 80 calories, which translates into 20 grams of carbs you burn from your bloodstream—if it's there to be used. If it's not, you can burn a smidgen of bodyfat for energy and even some muscle if your body is in starvation mode from not eating for hours.

Yes, 20 grams may sound like a decent amount, but is it really? Well, one medium cake muffin has 24 gram of carbs. Uh oh. How about a cup of cooked pasta? You're looking at about 40 grams, so you'd have to walk two miles to burn off that small amount.

That may sound discouraging. But a big part of the solution is weight training. By working your muscles with moderate-weight, high-muscle-fatigue lifting that we recommend in *Old School New Body*, you train fast-twitch muscle fibers and accomplish three fat-burning goals:

**1)** You deplete the muscles you work and your liver, to a degree, of glycogen. That means the carbs you eat after go to replenishing those stores. In other words, after a proper weight-training workout the carbs you eat go to your muscles and liver *instead of your fat cells*.

**2)** You create small fissures in muscle fibers which require repair. That repair process takes place after your workout as you recover—and the process boosts your metabolism. Studies show that as your body "fixes" weight-trained muscles, it burns body fat for energy. Nice!

**3)** Proper weight training, such as the F4X system in *Old School New Body*, boosts growth hormone, which is a potent fat burner as well as an anti-aging compound.

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*After a proper weight-training workout, like F4X, the carbs you eat go to your muscles and liver instead of your fat cells.*

# 3

## Create an oxygen debt a few times a week

Weight training is great at depleting muscles of glycogen, giving the carbs you eat a better place to go instead of stuffing your fat cells. But to burn the most body fat possible during exercise you also must create an oxygen debt.

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*F4X workouts not only produce the important glycogen deficit, but they also provide a potent fat-burning aerobic effect as well.*

That means you need to huff and puff a bit because body fat is burned best in the presence of oxygen. That's where the term "aerobics" comes from—it means "with oxygen to the muscles."

It's why you see so many people on treadmills trying to burn fat. But if you use our method of weight training—F4X which requires moderate weights and short rests between sets—you will get breathless and raise your heart rate at every workout.

So F4X workouts not only produce the important glycogen deficit, but they also provide a potent fat-burning aerobic effect as well.

Yes, you can enhance fat burning by doing some extra cardio work, but many people find that it's not necessary with the F4X method. F4X gives you muscle stimulation as well as cardio, or aerobic, effects at three quick sessions a week.

If you choose to add straight cardio to your transformation strategy to speed up your leaning-out process, the best time to do it is right after a weight workout. Why? The weight training burns off all of the glycogen floating around in your bloodstream. That means moving to moderate cardio work right after weight training will have you tapping into your fat store almost immediately.

You can also do cardio work on your off days from the gym. While it doesn't burn off a lot of sugar, it can help tap some bodyfat and improve your heart health even more.

# 4

## **Eat often and get some protein at almost every meal**

Most people think they get enough protein—but they don't. The turnover of cells in your body is immense, and the building blocks of those cells is protein.

Even sedentary couch potatoes need protein to fuel that cell turnover. And if you exercise, your need for protein increases in order to repair muscles.

But there's more to getting protein than rebuilding. It's also been shown to relieve hunger quickly. Yep, protein at a meal will help quench your appetite faster and keep you satisfied longer so you don't have the urge to splurge.

What are acceptable protein foods? Plain greek yogurt is excellent. Also, nuts, cottage cheese, lowfat cheese, 2 percent organic milk, turkey, chicken, fish and eggs.

Getting more protein is especially important as you age because your ability to assimilate and use the amino acids in protein diminishes the older you get.

For building-block insurance we highly recommend a small protein shake midmorning and mid-afternoon when you can swing it. Blend it up the night before and pour it into a plastic quart container. Simply shake it up and drink half in the morning and the other half around 3 p.m. or so. You'll have more energy and no hunger.

Straight whey protein is fine, but we suggest getting a powder that contains a protein array—whey as well as micellar casein and egg protein. That mix will give you a variety of sources, which is best for health and well being, as well as rebuilding. [See our *Old School New Body* e-book for specific recommendations and daily diets.]

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*There's more to getting protein than rebuilding. It's also been shown to relieve hunger quickly.*

# 5

## Don't overdo exercise

When it comes to exercise, most people think more is better. No, no and no! Overdoing exercise—either too long or too hard—can have two detrimental effects...

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*Your workouts should be short yet challenging, leaving you wanting more—not drained to the point of exhaustion.*

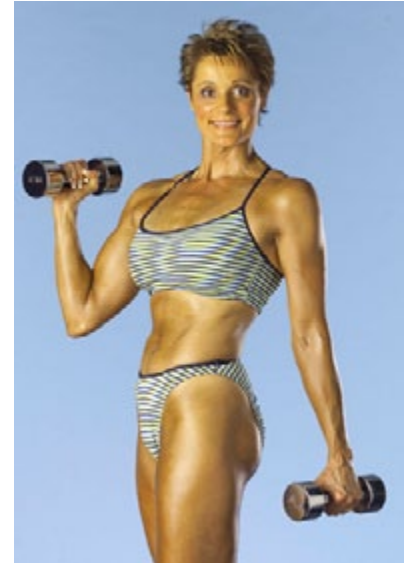
**1) Your cortisol skyrockets.** Cortisol is a stress hormone that encourages eating binges and body fat storage. It can also cause your body to burn muscle tissue for energy. Less muscle, more fat—not good! Working out too long and/or too hard—extreme weights overstress joints—causes cortisol release.

**2) Your motivation eventually plummets.** One of the biggest mistakes people make when beginning a body transformation is getting too gung-ho. They work out six days a week and drastically reduce their calories. That results in loss of motivation (not to mention a cortisol spike). It's why so many people quit before they see results.

The key is to gradually ramp up your training challenges. We provide a break-in protocol in *Old School New Body*, and then you cruise into full F4X training. As we said, it's short moderate-weight, high-muscle-fatigue workouts—so you don't shoot up your cortisol and shoot down your motivation.

Your workouts should be short yet challenging, leaving you wanting more. They should not be draining to the point of exhaustion. And they should be short enough with condensed F4X training to trigger a growth hormone surge. Remember, GH is the fat-burning, anti-aging hormone.

By the way, cortisol is the agonist to growth hormone. Cortisol smothers GH like a wet blanket on a camp fire. You want to minimize your cortisol and maximize growth hormone.





# 6

## Keep your metabolism stoked

We mentioned eating small, protein-charged meals often to keep your appetite under control and fuel recovery from exercise. We like four to six smaller meals, including protein shakes, a day spaced fairly evenly apart.

Eating small meals throughout the day also keeps your metabolism stoked, especially if you include protein. Protein has a higher energy cost, or greater thermogenic effect, than either carbs or fat. What does that mean?

As we explain in *Old School New Body*, it simply takes more energy to digest protein, so a bit more protein in place of carbs creates an almost instant fat-burning effect. Most Americans eat a diet that is more than 60 percent carbs—and most of those are bad insulin spikers.

Protein also helps you build muscle, and muscle has a higher energy cost than body fat. That means the more muscle you have on your body, the more you can eat without getting fat—because your muscles need fuel just to subsist.

Non-insulin-surging carbs are important too, and in *OSNB* we explain how slight manipulations in carb-to-protein ratios can increase fat burning significantly.

Remember, getting protein often will rev your metabolism, help repair your muscles and increase your fat burning.

Also, working out with the F4X method triggers slight trauma in the myofibril strands in the muscle fibers. You get that using the repetition cadence we recommend with a challenging, but not heavy, weight—one second to lift and three seconds to lower. Maintain that tempo on every repetition, and you'll get some microtrauma and increase your metabolism as your body repairs your muscles.

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*Eating small meals throughout the day keeps your metabolism stoked, especially if you include protein.*

# 7

## Never skip breakfast

In case you haven't heard, breakfast is the most important meal of the day—and that's especially true when you're trying to lean out and transform your physique.



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*if you don't eat breakfast, your body thinks it's starving. Starvation mode means a slower metabolism and throwing muscle into the energy furnace.*

One of the big reason relates back to #6—breakfast, with the right composition, increases your metabolism. After an eight-hour fast—if you didn't sleepwalk and raid your fridge—your body is primed for nutrients when you awaken. If you don't eat breakfast, your body thinks it's starving...

Starvation mode means a slower metabolism and throwing muscle into the energy furnace—which slows your metabolism even more (remember, more muscle on your frame equals metabolic momentum—more calories burned by your body every day, even at rest).

What you eat is also very important. Obviously a big bowl of Captain Crunch is a sugar-filled breakfast that shoots up your insulin, increases fat storage, lowers your blood sugar quickly and produce ravenous hunger within an hour or so. That's because insulin rapidly lowers your blood sugar so your hunger increases only an hour or so later.

A good breakfast should consist of slow-releasing carbs, like oatmeal, and some protein, such as eggs. The fat in the eggs is also important because studies show that it improves "metabolic flexibility."



Jacob Wilson, Ph.D. and Gabriel Wilson, Ph.D., found that when you get some fat in your first meal of the day, you are better able to burn fats and carbs throughout the day. A high-carb breakfast, on the other hand, produces "metabolic inflexibility as well as more fat gain and insulin resistance." (See *Old School New Body* for our sample breakfast meals that can help you blast off more body fat.)

# 8

## Drink more water throughout the day

"I drink plenty of water!" Do you? Becky carries around a bottle of water in her purse everywhere she goes. She is constantly sipping from it and refilling it.

Steve has a huge glass filled with water at his desk and is sipping and refilling it throughout the day. Plus, all the water means he is up heading to the bathroom often, which is good for stoking the metabolism (new studies show it's detrimental on metabolism as well as posture and blood pressure to sit for extended periods without getting up, so frequent pee breaks are good).

The water itself also can increase your metabolism, especially if it's cold water. Throw a couple of ice cubes in if you can because the colder it is, the more energy it takes your body to heat it to body temperature so it can do its hydrating duties.

One of those duties is flushing your body of toxins. Did you know that your body stores a lot of toxins in body fat? When your body is burning off fat, toxins are released into your system. Drinking water will help dilute it and carry it through your filtering system efficiently so no complications occur.



How much water do you need? That can depend on the room or outside temperature, how much you sweat, if you perspired a lot during a workout or worked in the yard, etc. A good rule of thumb is to drink close to a gallon of water a day, as often as possible.

Carry water with you always—even when you go to the grocery store. Oh, and hydrated skin makes you look much better with fewer "laugh lines" (wrinkles).

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*Water itself can increase your metabolism, especially if it's cold water. Throw a couple of ice cubes in if you can.*

# 9

## Sleep and Caffeine can get you lean

The research has been pouring in: Disrupted sleep can make you gain body fat, impair your immune system and cause hormonal imbalances that can throw your body out of whack.

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*The first few hours of sleep is when your body releases growth hormone, which speeds fat loss, boosts your immune system and has multiple anti-aging benefits.*

Sound sleep every night is so very important to your transformation goals that if you have sleep problems, you must remedy them immediately. The first few hours of sleep is also when your body releases growth hormone. As we said, GH speeds fat loss, boosts your immune system and also has multiple anti-aging benefits.

If you have trouble sleeping, you may want to try a calcium-magnesium supplement before you hit the hay.

We also encourage the use of a small amount of caffeine before workouts—unless it disrupts your sleep at night (caffeine usually takes about six hours to move completely out of your system, so don't get it too late in the afternoon).

What's so great about caffeine? Well, it obviously gives you an energy boost, and studies show that it can help your muscles contract harder for better stimulation at your workouts, but that's not the best part....

Studies also show that it helps your body mobilize fat for fuel at a faster, more efficient rate.

One reason our *Old Shcool New Body* F4X training works so well at getting you lean is that its short rests between sets fortify the mitochondria, the energy powerhouses of cells where fat is burned.

Caffeine can supercharge that mitochondrial activity so you burn fat fast. (As we said, if you have an aversion to it or it disrupts your sleep, do not use it). We like one cup of coffee before our workouts.

# 10

## Stick with it—patience and consistency are key

“I don't eat that.” That simple phrase may be one way to stay on track with your clean eating.

In a recent study 80 percent of women who used those words stayed on track with their good eating habits. That's compared to only 10 percent who used “I can't...”

The reason may be that “can't” indicates you're giving up something you're craving. “I don't” gives you more of a sense of empowerment. It's one more trick to help you stay on the *Old School New Body* eating plan.

What about sticking to your workouts? Well, while many people start working out to look better, that one goal may be the reason they quit. A better way to look at exercise is from a *health* perspective.

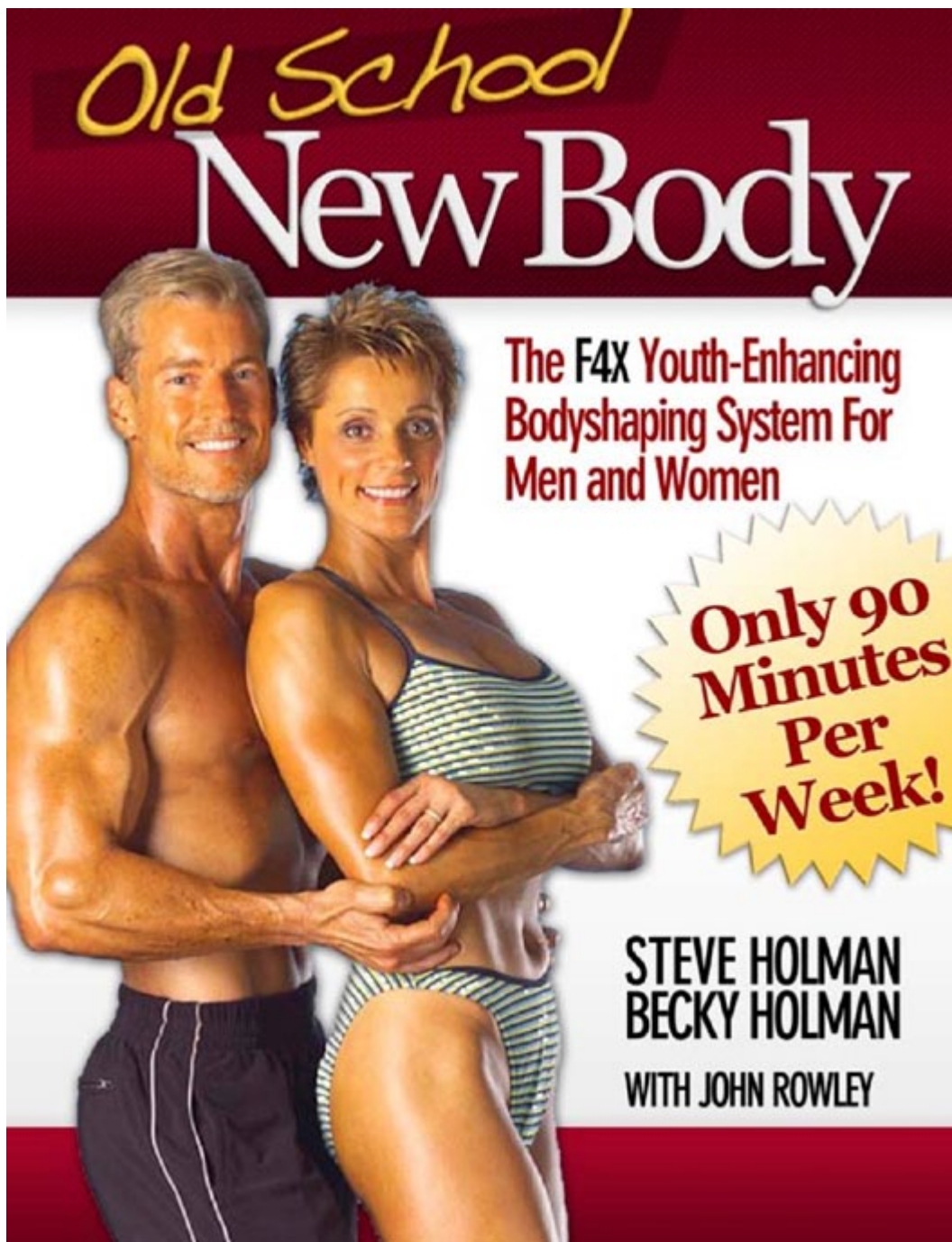
In *Old School New Body* we have an entire chapter on motivation and goals. A study we discuss found that a simple paradigm shift to thinking of exercise as more for well being than looks or fat loss had a tremendous positive effect on consistency.

We also recommend reading motivational transformation stories to inspire and fire you up. Becky's is in Chapter 6 of *Old School New Body*, and one of her big motivators was taking the before photo that's on the cover of this special report. Once she saw reality, her drive to transform herself kicking into high gear—and, boty, did it work...

You may need a reality check, so take a before photo of yourself straight on in a bathing suit. Now you're ready to make it happen!



**The Program That Will Change Your Body—  
and Your Life—Old School New Body**



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