



ULTIMATE
BODY
TRANSFORMATION

UBT

Presented By: Joe Arko



Who the Heck am I????



- Owner of the Elite Performance Center here in Burlington
- Strength Coach and Nutritionist for the Canadian National Kickboxing Team and Boxing Ontario
- Write for Inside Fitness and Strong Magazine
- Host of the TV Shows *Body Fuel* and *Training with Pros*
- Holistic belief and background

Joe opened my eyes to a whole new level of Fight Prep. His methods, supplement strategies, and understanding of the body has made cutting weight the easiest part of my camp.

- Jesse Ronson UFC Fighter



Joe Arko helped me with my last camp for my UFC fight. It was by far the easiest weight cut I ever had.

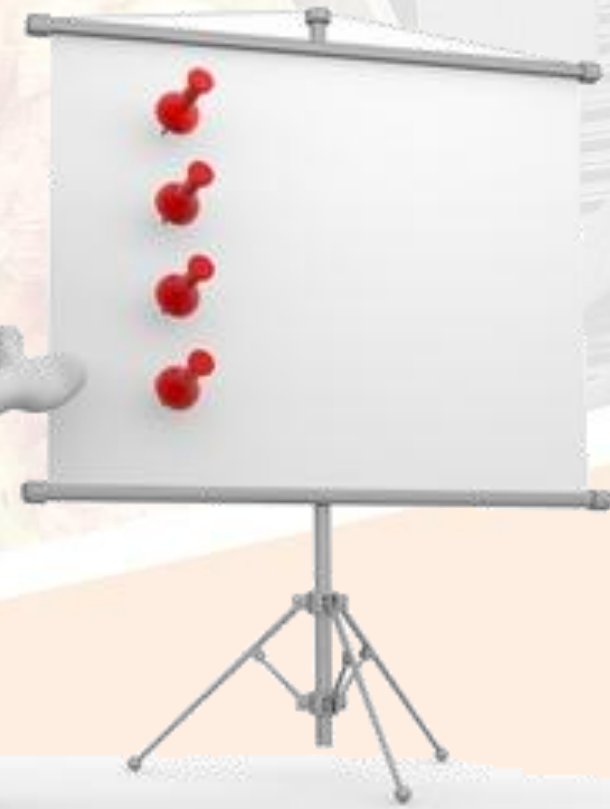
- Chris Clements UFC Fighter

www.joearko.com

Agenda Today



- Register for the 7 day challenge and receive your 10 Week Nutrition Plan and Educational Manual
 - www.joearko.com (scroll to bottom)
- 7 Day Quick Start Challenge
- Supplementation
- Fat Loss Training Secrets
- Q and A



7 Day Quick Start



The 7 Day Quick Start Challenge

1. Journaling
2. Water
3. Protein
4. Carbs
5. Fats
6. Breakfast
7. Meal Frequency

Day 1: Journaling



- One of the easiest ways to see your habits
- Starts to create accountability
- Log all liquids, supplements, time you ate, snacks and even those nibbles you steal off your kids food when they don't eat it!



Day 2: Water



- A 1% decrease in hydration can cause a 10% decrease in performance!
- Don't start your day with Coffee or Juice
- Hydration is ESSENTIAL
- Morning pee should be clear!
- Start your day with 500mL of your Morning Mojo
- Drink BETWEEN MEALS
- You should drink half your of bodyweight in ounces. Your morning urine should be clear and odorless.
 - 150lbs = 75 oz
 - 75oz / 8 = 9-10 cups



Day 2: Water



- Any kind of water is better than no water
- Alkaline, mineralized, filtered water is best.
- Tap water should be filtered to remove pollutants and chemicals and then remineralized with ionic minerals or *Himalayan* sea salt for best results
 - Alkalizing stick, Cell Therapy
- Carbonated Water:
 - $\text{H}_2\text{O} + \text{CO}_2 = \text{carbonic acid}$ ph of 4.2-4.7
- Distilled and RO
 - Removes chemicals and bacteria AND minerals
 - Acidic ph of 5.7-6.0
 - Water was not intended to be mineral free

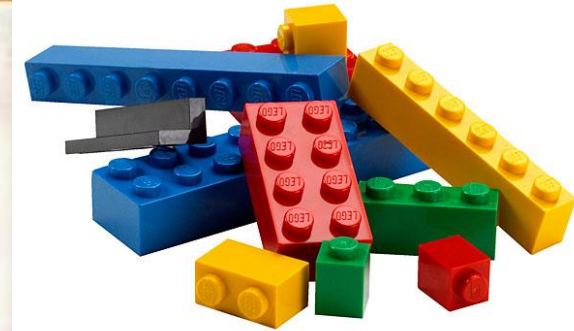
Day 2: Water TIPS



- ❖ Morning Mojo: Upon rising consume 500ml of water with ½ squeezed lemon, Himalayan Pink Sea Salt and squeezed grated ginger
- ❖ Drink water BETWEEN MEALS and NOT with them
 - ❖ This dilutes the hydrochloric acid needed to aid in digestion
- ❖ Add Himalayan Sea Salt to water to help re-mineralize it
- ❖ Filtered and alkalized water is best.
- ❖ When buying water, Natural Spring Water
- ❖ DRINK MORE WATER!!!!

Day 3: Protein 101

- Building blocks of the body
- Made up of 22 Amino Acids
- Repair and rebuild muscle that is broken down during exercise
- Can NOT be stored in the body
- Not an ideal source of fuel for exercise but can be used when the diet lacks adequate carbs
- Should be eaten at least every 3-4 hours to ensure adequate supply during the day.
- Should consume .75g - 1g of protein for every lb of body weight
- 150lbs: 112-150g per day divided over 5-6 meals



Day 3: Protein Content



Table 1 – Protein content in common foods

Protein Source	Amount	Protein Content (grams)
Sirloin Steak	4 oz	34.2
Chicken Breast	3 oz	26.7
Cooked Ground Turkey	3 oz	22.4
Cooked Ground Beef	3 oz	22.0
Tuna, Drained	3 oz	21.7
Salmon	3 oz	18.8
Cottage Cheese	4 oz	14.0
Tofu	3 oz	12.8
Milk, Skim	8 fl oz	8.7
Milk, 1%	8 fl oz	8.5
Lima Bean	½ cup	7.3
Cheddar Cheese	1 oz	7.0
String Cheese	1 each	7.0
Kidney Bean	½ cup	6.7
Large Egg	1 each	6.3
Low-fat Yogurt	4 oz	4.9

Day 4: Carbs 101



4 Basic Types of Carbs

- 1.
- 2.
- 3.
- 4.

Day 4: Carbs 101



4 Basic Types of Carbs

1. Fibrous (Veggies)- throughout the day
2. Simple (fruit)- breakfast, snacks and after workout
3. Complex (sweet potato, quinoa, millet, wild rice)- lunch/dinner
4. CRAP (bagels, bread, cereal, sweets, pasta, pop)

Day 4: Carbs 101



- Main fuel source for the body
- Stored in two places
 - Muscle
 - Liver
- Once these storage tanks are full.....overflow goes to FAT
- Insulin and Fat Loss
 - Insulin VS Glucagon

What to choose?

1. Majority fibrous carbs
2. Thin skin fruit and berries
3. Stick to healthy complex carbs based on your caloric needs

Glycemic Index



Low Glycemic Index Foods

FRUITS

Apple
Apricot
Avocado
Berries (all)
Cherries
Grapefruit
Kiwi
Lemon
Lime
Nectarine
Orange
Peach
Pear
Plum
Pomegranate
Tangerine
Tomato

LEGUMES

Chickpeas
Kidney beans
Lentils
Navy beans
Soy beans

GRAINS

Bulgar
Brown rice
Pumpernickel bread (whole grain)
Stone ground whole wheat bread

VEGETABLES

Alfalfa Sprouts
Asparagus
Bok Choy
Broccoli
Cauliflower
Cabbage
Celery
Cucumber
Kale
Lettuce
Mushrooms
Onion
Radish
Spinach
Squash-green and yellow
String beans
Watercress
Sweet Potato
Yam

Wendy Crump, R.D. Nutritionally-fit.com

Day 5:



the



word

Day 5: The F Word



- Fats and cholesterol are very important for our bodies:
- **60 % of brain made up of fat**
- They are a key source of energy
- They make up the **cell membranes of every cell in our body**
- Energy stores for our body
- They carry the fat soluble vitamins (A,D,E,K)
- Responsible for the **production of hormones** such as estrogen, testosterone, and cortisol etc.
- Only cook with coconut oil
- Incorporate fish oil, nuts (unroasted, unsalted and no peanuts), hemp oil, avocado and seeds

Day 5: Fat Sources



Source:	Serving Size
Raw Walnuts	16
Raw Macadamia	16
Raw Pecans	16
Raw Cashews	16
Almond Butter	15g
Raw Almonds	16
Fresh Ground Flaxseed	15g
Chia Seeds	15g
Avocado	30g
EVOO	1tbsp
Coconut Oil	1tbsp
Flax Seed Oil	1tbsp

Day 6: Breakfast



- Is it the most important meal of the day?
- How are you starting your day
- Nutrient Density vs Caloric Density
- Starting off the day with a huge breakfast is NOT a good idea
 - Focus on easily absorbed food
 - FUEL the Body
 - Don't dehydrate the body
 - Don't slow down the engine

Day 7: Meal Frequency



- Important to spread out our meals through the day
- Smaller foods to digest much easier than bigger portions
- NOT saying to double up your food!
 - Take your daily caloric intake and divide it into 5 or 6 meals instead of 3 meals
- Long periods of time without eating cause drops in our sugar levels.....this will cause cravings
 - This is when we make BAD choices
 - Avoid this by slowing fuelling the body

BONUS: Supplementation



Supplements I Recommend

- Protein powder (whey Isolate, Hemp or rice – No soy)
- Probiotics
- Fish oils
- Multivitamin
- Digestive Enzymes
- Magnesium
- Rhodiola
- Greens

Fat Loss Training Secrets #1



What to eat pre/peri/post training for optimal fat loss

- Low GI foods no closer than 90 minutes pre workout
 - Protein /Fat combo is best
- BCAA's pre/peri and post
 - Metabolized in the muscle, signals recovery and prevents muscle breakdown
 - Signals the body to use fat as fuel
- Avoid sugar (gatorade/juice etc) post workout if fat loss is your goal
- You can consume a protein/veg/fat meal 60 minutes post workout (complex low GI foods are fine at this point)

Fat loss Training Secrets #2



What is the most effective Cardio for Fat Loss?

- Lot of myths surrounding the “fat loss zone”
- LSD alone is NOT Effective
- HIIT is a great tool....but NOT used alone! (re-esterfication)
- Your 3 Step Hybrid HIIT Protocol
 1. HIGH level of intervals for 10-15 minutes
 - Follow the cardio protocol provided
 2. Step off the machine and rest completely for 5 minutes
 - This step is CRUCIAL for your body to collect and pooling free fatty acids into the blood stream
 3. Perform 30 minutes of LSD (long slow duration) cardio at a HR of 130-140BPM.
 - This step is CRUCIAL for USING the free fatty acids in the blood

Fat loss Training Secrets #3



What's the best weight training for weight loss?

- If you want to shed fat FAST, then the key is using a proper Metabolic System to maximize fat loss.
- The goal of the fat torching workouts is to:
- Force free fatty acids into the blood stream to be used as a source of fuel instead of using stored sugars.
- Burn calories far after your workout is done aka EPOC (Excess Post-Oxygen Consumption). This turns your body into a fat burning furnace for hours after your workout.
- Enhance post workout nutrient uptake. This will enable you to store food post workout inside your muscle and liver instead of storing fat.
- Release fat burning chemicals like growth hormone and something called "catecholamines"

Catecholamines



- **Catecholamines** are "fight-or-flight" hormones released by the adrenal glands in response to stress like high intensity intervals. They are part of the sympathetic nervous system and they force the release of free fatty acids into the bloodstream. In order for us to "burn off stored fat", the stored fat needs to be converted into free fatty acids and sent into the blood stream to be used for energy. In other words, these catecholamines break apart stubborn body fat and allow us to use this fat as fuel!

4 Part Fat Torching Workout



- 4 Part Metabolic Circuits
 - Most effective way of releasing catecholamines
 - Stimulate Fat Burning
 - The 4 Parts are
 1. Lower Body exercise
 2. Upper Body exercise
 3. Core exercise
 4. “systemic exercise
 - Perform 20-30 seconds of each exercise in a row
 - Rest for 90 seconds after you’re done all 4 exercises then repeat 3-4 times.
 - Do 3-4 different circuits of exercises
 - The key is INTENSITY...think Sprinting not jogging

Questions?



www.joearko.com