Old School New Body

The F4X Youth-Enhancing Bodyshaping System For Men and Women

Steve Holman
Becky Holman
With John Rowley

Only 90 Minutes Per Week!
Introduction.................................................................................................................4

Preface..........................................................................................................................8

Chapter 1—The F4X System: Turning Fat Into Muscle.............................................12

Chapter 2—The F4X LEAN Workout:
Your 20-Minute Bellyfat Blowtorch.........................................................................16

Chapter 3—Joint Rejuvenation: Pain-Free Sanity....................................................22

Chapter 4—Get Motivated: Promise, Commitment, Change.................................26

Chapter 5—F4X Automatic Cardio and the Forgotten Key to Leanness.................30

Chapter 6—Transformation Sensation:
Breaking Out of the Chub Club.................................................................................32

Chapter 7—The F4X SHAPE Workout: Lard-to-Hard Blast-Off............................36

Chapter 8—The F4X All-Dumbbell Workout
Instant At-Home, New-Body Solution...................................................................48

Chapter 9—Lean-Machine Diet Facts and Fallacies...............................................56

Chapter 10—Eat More, Lose Fat, Build Muscle......................................................60

Chapter 11—The Truth About Alcohol:
Not Too Bad After All...............................................................................................70

Chapter 12—Your Three Key Fat-to-Muscle Supplements....................................72

Chapter 13—Old School, New Body Q&A................................................................76

Chapter 14—Advanced Training:
The Full-Range BUILD Workout...........................................................................88
When you’ve been at this working out thing as long as we have, you begin to think you know it all—and that’s when you can get into trouble. You should never stop learning. That lesson hit us over the head hard a few years ago when we finally discovered key “secrets” to getting in ultimate shape quickly—but we’re getting ahead of ourselves.

Rewind even further to more than a decade ago. One of the most famous Hollywood trainers of the ‘60s, ’70s and ’80s used to come into the IRON MAN offices where we work—rumor has it that he even trained Marilyn Monroe (we never confirmed that, but we do know that she lifted weights, as the framed print by Philippe Halsman on Steve’s office wall confirms). Anyway, this trainer to the stars had closed his celebrated Hollywood gym, gone into semi-retirement in his 80s and come by every so often to regale us with stories, exercise techniques and his methods—which he said was the only right way to produce results.

His tirades—did we mention he was usually on the edge of berserk?—made some sense, but Steve, being somewhat of a workout authority as IRON MAN’s editor in chief, never really took the man’s so-called density method too seriously. It just didn’t sound intense enough to work.

Everything at that point in serious weight training had evolved to intensity—via heavy weights, training to failure on almost every set, etc.
That was due to three things: 1) a few successful training gurus touting its effectiveness, including a top bodybuilding title winner (who had to retire due to serious injuries, by the way) 2) steroids, which make that type of overstress and overtraining work, and 3) ego—only dweebs didn’t go superheavy at the gym to show everyone how strong they are.

As fate would have it, the legendary trainer passed away (we really miss his visits), and his wife asked if she could store much of his belongings at the IM warehouse. The publisher okayed it, and in came furniture, crates of trophies the trainer had won, pictures that hung in his gym and boxes of dusty, old documents and log books. That last item was most intriguing because here were the exact workouts and methods he had used to get those incredible results he always talked about.

While the training guru was alive we never tried his moderate-weight, high-fatigue method—that’s because, as we said, everyone "knew" real results were all about pushing more weight. And we had the chronic aches, pains and injuries to prove it, including bum shoulders, tweaked knees and backs that would go out for no reason. Funny that the old-school trainer had none of those problems, even in his 80s. That got Steve thinking....

He began pouring over the dusty notes and routines outlining the trainer’s transformation methods he used on Hollywood actors and star bodybuilders alike. A light bulb went off. Steve realized that the current science, like triggering fat-burning and muscle-building hormones via muscular fatigue, backed up the trainer’s methods. Steve began to experiment in the gym with some of what he found in the dusty notes,
revise the methods somewhat, do more research and fill in the gaps with recent science.

The eventual results were incredible. The pieces fell into place and Steve realized exactly how and why his slightly revised version of the trainer’s methods worked so quickly—it hit the muscles completely with cumulative stress to reach the growth threshold, and it produced a hormonal cascade that burned fat like a blowtorch.

Steve’s results were some of the best he’d ever had—staying leaner and getting more muscular with much shorter, less painful workouts. Becky began using it, and she too was shocked at her quick progress. It wasn’t a fluke. We had others try it, from 20-year-old college students to 50-year-old grandmothers—and each one reported stunning progress—all with no joint stress—in fact any residual joint pain disappeared. And workouts lasted 30 minutes to an hour, no longer. (The trainer insisted those short workouts were necessary so key hormones stayed at full-throttle and the metabolism would burn white hot.)

With our version, which we call the Focus-4 Exercise protocol, F4X for short, our metabolisms are stoked 24/7 and joint aches and pains are a fading memory—plus, we’re keeping lean, hard physiques all year long.

Weight training is a miracle activity, as you’ll see, and the F4X body-reshaping system is the ultimate way to get all of its fat-burning, muscle-building, anti-aging benefits in quick, safe, health-charged workouts—but we’re still learning and still refining it.

We owe a debt of gratitude to Vince Gironda, that cranky trainer to the stars, because his methods were the spark that may have saved us from giving up on weight training—or creating an orthopedic nightmare later in life with cumulative damage from heavy-weight training.

Everyone should be lifting weights—the right way—to soar through life with a lean, healthy, muscular body. F4X is your key to fast, incredible transformation success without joint stress.
F4X
The Youth-Enhancing Bodyshaping System For Men and Women
Look around. Why are so many people in terrible shape? The problem for most is time. The older we get, the faster time moves—or so it seems. There’s just not enough left to improve our bodies and health with exercise. (Don’t let that word scare you; it doesn’t take as much as you think—most people do it wrong and it takes too long.)

We’ll show you that there is time—in fact, you can turn back the clock—and the time is now! You need to ditch the misinformation and take action—using an efficient, on-target method. And that’s what the F4X system is; as you’ll see, it doesn’t require a lot of time in the gym or complicated diets (you can often eat what you want).

It’s about getting stronger, looking good—dare we say impressive—and staying independent throughout your life with a simple plan—some easy-to-apply diet alterations and hitting a few quick F4X workouts each week—at the gym or at home, take your pick. Soon you’ll be healthier and feel incredible with a body that will turn heads and raise eyebrows. And your age doesn’t matter.

We’re over 50 and usually the best-built people in the room at social gatherings. Again, your age doesn’t matter. Our goal is to show you the simplest, most efficient, safest way for you to do it too, whether you’re in your 20s, 30s, 40s or beyond. It does not take a lot of suffering or time—and the rewards are immense, especially in your prime. As we said, when you get that new body, you’ll not only look better but feel amazing. Life will become an exciting joyride.

A great example is one of our favorite role models, Jack LaLanne. He
recently passed away at 96, but he was an energetic dynamo till the very end—a truly amazing guy—doing commercials and making appearances. His longevity secret? Eating right and exercising—he was a true physical culturist—oh, and he had a passion for life thanks to his well-conditioned body and mind. It should be obvious that your passion for life will be large and supercharged when you look and feel absolutely fantastic. Jack would attest to that.

A passion for life is a direct link to happiness. And you can double or triple that happiness quotient by being healthy, fit and muscular. Muscular? Yes! Don’t let that word throw you, especially if you’re female—women need plenty of muscle—for feminine shape and health. (Becky is a prime example; she strives for it.)

So be you male or female, muscle will help you look and feel younger, have fewer health issues and stay independent for the duration. (No one wants to be a burden to their children later in life, so start taking care of yourself now!)

According to Henry Lodge, M.D., in Younger Next Year, “In the absence of signals to grow, your body and brain decay, and you ‘age.’ So how do we keep ourselves from decaying? By changing the signals we send to our bodies. The keys to overriding the decay code are daily exercise, emotional commitment, reasonable nutrition and a real engagement with living. But it starts with exercise.”

One key growth signal is stimulation to “build muscle,” and, as we said, that applies to women as well. Becky is proof that female trainees should train in the same way as men and strive to build up to burn fat. You’ll see her story in Chapter 6.

The key is muscle—no matter what your gender. The more you can build naturally, the healthier you’ll be. And you’ll look fantastic; no, not like a gigantic bodybuilder—unless you’re that one-in-a-million genetic anomaly.

The truth is that more than 99 percent of women simply don’t have the hormonal profile or muscle fiber density to build big, bulbous muscles—and most men are limited as well. So don’t be afraid you’ll “look like Arnold.” Yes, most men will be able to build “big” muscles—and some can take it toward being Arnold-esque, genetics willing and work ethic in
place (Chapter 14 is on advanced training if you’re interested); however, a woman’s physique will simply get more shapely and sleek—so don’t be afraid to push yourself to build a “physique.”

More muscle will give you a body you can be proud of—more self-confidence, extra drive in your daily life and business or school and never embarrassed to strip down at the beach or pool. You’ll have a feeling of "I can conquer anything." It will also help you burn more fat, one more reason muscle leads to a leaner, healthier you.

Muscle is live tissue and stokes your metabolism. It has been shown to lower insulin resistance—you’ll need less of that sugar-controlling, fat-storing hormone, which is a good thing. Better insulin sensitivity can fortify you against diabetes and other inflammatory illnesses, cancer included. That’s because, as Doctor Lodge would say, you’re counteracting “decay,” which is what disease is.

Plus, while our F4X workout programs build muscle, they also enhance your cardiovascular system at the same time. And you can make it all happen with moderate weights—not bone-crushing, injury producing poundages—while working out a few times a week. Our F4X system builds joints rather than breaking them. Exciting stuff!

This is not one of those inefficient "insane" jump-around-till-you-torque-your-knees-then-flop-down-on-the-ground-and-contort-your-spine routines. F4X is controlled, safe, targeted muscle movements—a unique, almost miraculous system based on science and an efficient, lost training method of a past legendary Hollywood trainer. The benefits are through the roof, including all of the above and more growth hormone to boot. GH is a big part of the miracle results you will achieve workout after workout—and your joints will get stronger, not worn and torn.
GH is renowned as an anti-aging hormone that can boost your ability to build lean muscle and burn ugly bodyfat, amplify the potency of other hormones, like testosterone (it's important for women too); revitalize and heighten your sex drive; bulletproof your tendons and ligaments to prevent injuries, rejuvenate skin elasticity and hair thickness/sheen and fortify your immune system. In other words, you'll look and feel unreal.

Whew! Lots of good stuff to spark your get-up-and-go to let the GH flow. Are you ready? Let’s stop the decay and start to grow with F4X.

—Steve and Becky Holman

Steve and Becky Holman have been married for 27 years. Steve started weight training at 15 as a skinny 119-pounder and has been training ever since (more than 35 years). Becky has been working out on and off for more than 20 years, but she lapsed in her 30s while raising her two daughters. In her 40s she became fed up with her overweight appearance and made a radical physical transformation in only a few months. She is now a regular contributor of nutrition-based items to IRON MAN magazine, and Steve has been IM's Editor in Chief for more than 25 years. He has written more than 20 books on bodybuilding, weight training and nutrition and has also penned hundreds of articles on building muscle and burning fat. His blog, “Built for Life,” is at IronManMagazine.com. Steve has also interviewed many legendary physique stars, including Arnold Schwarzenegger, Cory Everson, Tom Platz and Lee Labrada. His bodybuilding e-books are available at X-Rep.com and X-traordinaryWorkouts.com.

So let’s not beat around the bush; just what is the F4X system? It’s a method of training based on one that has been lost and collecting dust. The reason it’s been "lost" is because of the emphasis on intensity, which most trainees equate to heavy, joint-jolting workouts.

Go to any gym, and you’ll see that most people are either using very light weights and resting too long or pounding their bodies with heavy weights, eventually getting injured. Contrary to popular belief, heavy bone-crushing poundages are not necessary for fast results. In fact, they can be detrimental. Those current heavy-training trends can overstress your body, jar your joints and actually damage your immune system because of excess stress hormone release (cortisol) and free-radical proliferation.

You do need to expend effort, but it should be cumulative. What does that mean? Here’s how it works.

Our F4X system calls for moderate poundages for less joint stress and relies on high muscle fatigue for intensity—which means short rests between sets. That results in growth hormone release. GH triggers a veritable muscle-building, fat-burning (and anti-aging) cascade. That hormone decreases significantly as you get older, but this type of training can provide a real resurgence.
F4X is simple to understand: Say you’re doing curls. You pick a weight with which you can get about 15 repetitions, but you only do 10. Simple. Rest 35 seconds, then do 10 more—and so on until you complete the designated number of sets—usually four. You go all out on the last one, until you can’t get another in good form.

Sounds easy—and the first couple of sets are—but as you continue, fatigue builds in the target muscles, in this case the biceps. On the last few sets you are struggling, your muscles are aching from lactic acid, and you’re breathing is rapid (cardio effect). Blood rushes to your biceps for a full muscle pump—enhanced circulation—after only the first few sets.

The number of exercises we prescribe for each muscle group varies, depending on your experience and goals, but you’ll get all the fat-to-muscle benefits in about 10 minutes per body part with total workouts lasting 30 to 45 minutes. That will get muscle growth and GH output churning and ugly bodyfat burning—fast!

With F4X you get at the majority of muscle fibers over four sets as fatigue accumulates. You also train both “sides” of those fibers for exceptional muscle-building and fat-burning effects—with GH release at full-throttle.

The muscle fibers you want to target have two primary constituents, or “sides”: myofibrils and sarcoplasm. The myofibrils are internal strands that grip onto one another to shorten the fiber and produce muscular contraction—like ropes gripping and pulling across one another.

The sarcoplasm is the fluid surrounding the myofibrils, and that “energy” juice contains mostly mitochondria, where fat is burned (your internal lean machines), glycogen (from the sugar in carb foods) and ATP (an energy source from creatine). Here’s the difference:

1) The myofibril strands respond, grow and multiply as a result of intense heavier-weight sets.

2) The sarcoplasm increases with extended tension times on the muscle—keeping the muscle working for almost a minute—and/or short rests between sets. Muscle fatigue within a fast-twitch-fiber endurance threshold causes the energy constituents in the sarcoplasm to eventually adapt and increase, so you get a fat-to-muscle effect.
In simple terms, you target the myofibrils to emphasize strength and the sarcoplasm to emphasize muscle expansion, although both do contribute to making a muscle bigger and stronger. Also, both contribute to burning bodyfat so you get leaner. That means targeting both is important for fastest results.

As we mentioned above, the sarcoplasmic fluid contains the mitochondria where fat is burned—obviously very important for getting and staying lean. With shorter rests between sets, and each set lasting 40 seconds, you stress that "side" of the fiber and fortify those intra-cellular fat-burning furnaces. You’re revving those lean machines!

The 40 seconds of tension time and shorter rests between sets also produce more muscle burn, which is a key to growth hormone release. We’ve already discussed the miraculous fat-burning, anti-aging effects of GH; remember that muscle burn will get your GH to churn. (Can J Appl Physio. 22:244-255; 1997)

Now as far as the myofibrils are concerned, a weight heavy enough to inflict a bit of trauma on those power-generating strands is key. That trauma is microtears (soreness), and repair of those small tears requires energy. Your body fixes the slight "damage" over a period of days, and while it does that, your metabolism is stoked and you’re burning more calories, even at rest. That’s right, as you recover from your workouts, your body continues to burn fat 24/7. How great is that?

It’s precisely why F4X training can work so extremely well to build you a new muscular body and burn off fat in record time. It’s like turning fat into muscle!

We’ve found four sets per exercise to be optimal for getting at both the myofibrils and the sarcoplasm. What if you do more than four? The more sets you do, the lighter the weight must be to allow the extra sets—and that’s more of a sarcoplasmic stimulator, with less effect on the myofibrils.

Remember, you want a balance of myofibrillar and sarcoplasmic stimulation. Our F4X system gives you about a 50/50 mix of both myofibrillar and sarcoplasmic stimulation, so you get the best fat-to-muscle results....

Total muscle fiber activation, GH release and a mega fat-burning environment that transforms your body fast!
The F4X Method

Set 1: Pick a weight with which you can get 15 repetitions, but only do 10 (this set will not be taxing).
• Rest 30 to 40 seconds.

Set 2: Do 10 more repetitions with the same weight.
• Rest 30 to 40 seconds.

Set 3: Do 10 more repetitions with the same weight.
• Rest 30 to 40 seconds.

Set 4: Do as many repetitions as you can—until you can’t do another.

If you get 10 reps on your last set, slightly increase the weight at your next workout—or go for 11 reps on each set, denoted as 4 x 11.

Your tempo for all sets should be one second to lift and three seconds to lower. That will make every set last around 40 seconds, perfect for balanced stimulation of the muscle fibers and to fortify the fat-burning mitochondria as well as trigger a growth hormone release.

Note: Breathe in on the slower lowering phase—two to three in-and-out breaths is acceptable in the three seconds—then forcefully breathe out on the lifting, the one-second exertion.
If you’ve never lifted weights before—or it’s been a long while since you have, like high school—you need to break in easy. Don't let impatience and over-enthusiasm set you back. Getting too sore is no fun and has caused many people to quit before the magic happens—they never get that incredible buzz of spectacular body-transforming results.

We described the F4X method, but in the beginning you'll be doing a two-set sequence instead of four sets—in order to get your muscles used to the new stress of weight resistance.

You will take a light weight and do 10 repetitions; rest for 45 to 60 seconds—no longer than one minute—then do 10 more repetitions. That’s it.

Your repetition speed should be three seconds to lower the weight and one to two seconds to lift it—at least four seconds per rep, 40 seconds per set. That’s important, as we’ve explained, and you need to make a conscious effort to lower slower than you lift. That’s because the lowering, or negative, strokes have the most impact on muscle improvement—and so does the time of each set.

According to strength and muscle-building expert Jim Stoppani, Ph.D.: “The best TUT [time under tension, which is the length of a set] for strength is about four to 20 seconds per set and about 40 to 60 seconds per set for muscle growth.”
You want growth with strength as a secondary effect, so you need to make your sets last around 40 seconds. The one-second-up, three-seconds-down tempo for 10 reps will do it.

Still, none of your sets should be tough in the beginning. The 10th rep on the second set should be mildly difficult but not a struggle. If you feel it begin to get too difficult, stop.

With the F4X LEAN Workout you’ll work out three days a week, Monday, Wednesday and Friday, with only four basic exercises per workout. This handful of key moves will train all of your major muscle groups:

1) Squats (dumbbells at sides of thighs)
2) Incline presses or flat-bench presses or pushups (on knees or toes)
3) Bent-over rows (two-arm version or one arm at a time)
4) Dumbbell upright rows

After two weeks at two sets, progress to three sets on each, resting 40 seconds between sets. So at week 3, go to 3x10—and now push hard on the last set—to muscular failure.

After another two weeks, week five, up it again to four sets on each exercise if you can, still with 40-second rests, last set to failure. If four feels like too much, stick with only three for as long as you need to.

You can do all of these exercises in a commercial gym or at home with a selectorized dumbbell set and an adjustable bench (there’s another all-dumbbell workout in Chapter 8). And if you don’t have a bench, pushups work fine for exercise 2. Even with a full four-set sequence for each exercise, that’s only five minutes per move, so you’ll be done in less than 30 minutes.

You can stay with this workout for as long as you like. It’s the bare minimum we recommend for those who want to build some muscle and get an overall health effect from lifting. Some cardio on your off days or after your weight session is an excellent extra for fat burning, but keep in mind that this workout has built-in cardio—you will breathe rapidly.

The F4X LEAN Workout is also an excellent alternate if you’re using one of the more extensive F4X programs in this e-book and you’re short on time. It’s a perfect go-to abbreviated session that hits just about every muscle. Becky uses it a lot so she doesn’t feel guilty about missing a workout.
**F4X LEAN Workout**
**Monday, Wednesday & Friday**

1. **Squats.**

2. **Incline presses --> or bench presses (barbell or dumbbells).**

   OR you can do pushups, on toes or on knees.

3. **Bent-over rows, under grip—palms facing forward (use barbell or dumbbells).**

4. **Dumbbell upright rows.**

   OR if you have lower-back issues do one-arm rows...

---

**The F4X Method:** Pick a weight with which you can get 15 reps...

**Set 1:** Do 10 reps; rest 30 to 40 seconds

**Set 2:** Do 10 reps; rest 30 to 40 seconds

**Set 3:** Do 10 reps; rest 30 to 40 seconds

**Set 4:** Do as many reps as you can

*If you get 10 on set 4, slightly increase the weight at your next workout or go for four sets of 11 reps (4x11).
**F4X LEAN Workout Tips**

1) **Break-in progression...**

**Weeks 1 and 2:** Do two sets of each exercise—both sets should be fairly easy. Rest 45 to 60 seconds between sets.

**Weeks 3 and 4:** Move to three sets of each exercise, 40 seconds of rest between each, and push your last set in the sequence to muscular failure—until you can’t get another rep in perfect form.

**Week 5:** You can move to four sets per exercise, with set four to muscular failure. If four sets feels like too much, you can go back to three sets per exercise for as long as necessary.

2) **The ideal rep speed** is one-second to lift the weight (positive stroke) and three seconds to lower (negative stroke); always keep your form strict. Also, it’s best to exhale as you lift the weight, inhale as you lower. For example, for bench presses blow out as you press the weight off your chest, then inhale as you lower—you may take a few short breaths during the slower lowering phase.

3) **Progression:** When you can get 10 reps on your last set that you push to failure, add a small amount of weight to that exercise at your next workout—or try to get 11 reps on all sets.

---

**F4X LEAN Workout Q&A**

**Q:** Can I add exercises to the F4X LEAN Workout, like ab work?

**A:** Yes, absolutely. Coming up in Chapter 7 we have a more extensive workout you can graduate to, if you so desire. Or you can stick with the F4X LEAN Workout and add to it here and there. For example, if you want to add ab work, put kneeups and/or crunches on the end, using the F4X method.

Or you can add any of the joint-strengthening exercises in Chapter 3 to the end of the F4X LEAN Workout—such as wrist curls, dumbbell rotations for your shoulders, etc.

**Q:** For exercise 3 if I do the rows one arm at a time instead of two arms at once, should I rest after I do my second arm?
A: No, you should move back and forth from one arm to the other. As one side works, the other rests; however, that may make you more breathless than usual, but consider it extra cardiovascular benefit.

Q: I know I rest about 35 seconds between sets of an exercise, but how long do I rest between exercises—like after squats and before I start bench presses?

A: You can rest one to two minutes between exercises. It’s good to catch your breath before training different muscle groups. By the way, for F4X training, wear a watch with a second-hand so you can time your rests.

Q: Do I have to use four sets on each exercise? It feels like too much.

A: You can do as many sets as you like—two, three or four—but push the last set in the sequence to failure. Keep in mind that you should try to push yourself slightly to make it to the next level of fitness; however, if you stay at two sets for six months—or forever, for that matter—it is better than not lifting at all. You will get benefits even from doing only two sets, just make sure the weight is challenging and you push your last set until you can’t do another repetition.

Q: So people in their teens and 20s can use this workout with great results as well? My daughter would like to use it, and this sounds like something she could stick to.

A: Absolutely. Our 19-year-old daughter and her friends were planning a trip to Hawaii and wanted to get in shape quickly. They all used the F4X LEAN Workout, with a few additions—and it worked amazingly well. Here’s a photo of them in Hawaii—that’s our daughter in the middle, flanked by Haili and Matt Matsukawa—bodies by F4X.
By the way, you can even work out with your daughter. The F4X system is perfect for a tandem team because while one trainee does his or her set of 10 reps, the other rests about 40 seconds. When one is resting the other trainee is doing his or her set. It’s back and forth—no clock or timer needed.

**Q: What if I don't have access to dumbbells and an adjustable bench? Is there anything I can do at home without that equipment?**

**A:** If you’re a rank beginner, you can do freehand squats, holding the back of a chair for balance. Follow the F4X protocol, with 35 seconds between sets and the three-seconds-down-one-second-up cadence. Follow that with wall push-aways. That’s essentially pushups leaning against a wall. Once again, use the F4X method...

1) Freehand squats—hold the back of a chair for balance
2) Wall push-aways—pushups leaning against a wall

For push-aways you should gradually be able to move to pushups on the floor on your knees, and then standard pushups—eventually; don’t rush it.

For squats you will get stronger more quickly, and we suggest you get a couple of those small shopping bags they give out at boutiques—or at Starbucks—usually with twine handles. You can add canned good to those bags—and now you have a set of “weights.” Be sure you use identical items in each bag. Hold one in each hand at the sides of your thighs and squat.

Those makeshift weights will also work for the other two exercises in the F4X LEAN Workout as well—bent-over rows and upright rows. Once again, on all exercises *lift in one second and lower in three seconds.*

That makeshift home weight set will work for quite a while, maybe even forever if that’s as advanced as you want to get. We highly recommend you get selectorized dumbbells and an adjustable bench eventually. More on that, as well as a more extensive workout with that equipment, coming up.

If you only have time for one F4X sequence, choose squats. That exercise works the largest muscles on your body—thighs and glutes, or butt—so that move will make you more breathless and create the largest glycogen deficit, keys to fastest fat loss.
You may have heard—or read in one of our special reports—that herbs, like ginger, nutrients, including selenium and vitamin C, and foods, like cherries, can all have positive effects on your joints and help relieve pain. Did you know that food allergies can be the cause of inflammation that leads to joint pain, a biggie being intolerance to wheat products.

You may have heard of celiac disease, which affects one in every 100 Americans. It’s a severe aversion to gluten, a protein found in wheat, rye and barley. Anyone who has celiac and eats anything with gluten in it, including bread, pasta or even soups, has to run to the restroom for another type of run (Steve’s mom has it, and it’s not fun!).

Something less severe than celiac and more common is wheat intolerance. According to Jamison Starbuck, N.D., “Wheat-intolerance people have no symptoms when they eat barley or rye, but ingesting wheat often leads to such complaints as indigestion, bloating, canker sores, constipation, headache, sinusitis, respiratory problems, insomnia, joint pain and fatigue.”

Celiac disease stresses the immune system and drains energy; wheat intolerance produces symptoms only when someone eats a lot of wheat-laden food. If you experience any of those symptoms, you may want to try eliminating wheat products from your diet. Many nutritionists believe that wheat is a big player in numerous symptoms of ill health, including joint pain. (The book Wheat Belly by William Davis, M.D., has more on all of the above—a very interesting read.)
Also realize that exercise is key for blood flow to the joints and strengthening surrounding muscles for better stabilization. Use it or lose it rings especially true as you age.

For example, many older people complain of elbow pain. According to Joseph Horrigan, D.C., of the Soft Tissue Center in Marina del Rey, California, most elbow pain is caused by weakness and can be remedied by strengthening the wrist tendons and forearm muscles.

If the pain is on the inside of the joint, it’s called “golfer's elbow.” The exercise to help alleviate that is wrist curls with a barbell or a dumbbell.

Place the length of your forearm along your thigh with your palm facing up. Lower your hand holding the weight down below the plane of your forearm, and then bend, or curl, it up.

You can work both arms at once with dumbbells or one arm at a time. You can also use a barbell, placing the lengths of your forearms along the tops of your thighs or on a bench. Perform a three-set or four-set F4X sequence, striving for 12 reps per set.

Pain on the outer side of the joint is called “tennis elbow” and can be remedied with reverse wrist curls. That’s the same exercise as above, only your palm is facing downward and you will require much less weight.

Knee pain can be caused by a variety of odd stresses and positionings during activity. One of the best ways to strengthen your knee joints is by cycling. Riding a stationary bike safely strengthens the muscles on the inside of your knees and keeps your kneecaps centered. Weighted squats, pictured at right, also fortify the knee joints as well as build the leg muscles. It’s included in all of our workouts in this e-book. [Note: Becky has had knee surgery, so sometimes accidents happen and even strong knees won't prevent damage.]
Back pain is the most common problem. According to Bottom Line Health, most of it is caused by “prolonged sitting (get up every 45 minutes) or by lifting heavy objects the wrong way, but other factors contribute to back pain, including excess body weight, stress and depression.... Most important are exercises that strengthen the muscles in the back, chest, abdomen, hips and sides.”

Get on a weight-training program. It’s the best way to strengthen your entire body, including your core muscles. The programs in this e-book are designed with that in mind. Key exercises include dumbbell squats, semi-stiff-legged deadlifts (top right) and abdominal crunches (top left).

Speaking of abdominals, a bloated belly is often the cause of lower-back aches and pains. The excess weight on the front of your torso pulls the spine forward, putting damaging stress on your vertebrae. The best thing you can do for your back is eat better, exercise and reduce that gut!

In the meantime you can use a Rumble Roller to get some relief. It’s a knobby cylinder on which you roll your lower back. The principle behind it is myofascial release, a type of massage that focuses on correcting restrictions of movement. You can use it on your legs, hips and even torso. Just assume the correct position and roll away your pain.
Shoulder pain is another common complaint, and it’s usually a problem with the rotator cuff, the muscles that surround and stabilize your shoulder joint. An excellent exercise to shore up your rotator cuff is the forward rotation with one dumbbell.

You must use very light weight on these—in fact, if you do them at home, you could start out with a novel or some other fairly large book—but not too large. Simply sit on the floor next to a chair or ottoman, prop up your elbow so your upper arm is perpendicular to your torso and your forearm is vertical. Then rotate your forearm forward until your arm is parallel to the floor, pause, then raise it back to vertical. (See the photos above.)

There are other exercises you can do from various angles, as the rotator cuff complex is a number of small muscles that support the shoulder joint. For more information see the excellent book 7-Minute Rotator Cuff Solution by Joseph Horrigan, D.C., and Jerry Robinson.

Adding On to Your F4X LEAN Workout

You can use any of the exercises in this chapter to help remedy specific joint pain. The best strategy is to add the ancillary exercise to the end of your F4X LEAN Workout. For example, if you’re having shoulder pain, add the forward rotation exercise pictured above once you’ve completed your four F4X moves shown on page 18.

Squats are already included, but you can add any of the other exercises in this chapter, depending on what joint you need to strengthen. You could add wrist curls and/or reverse wrist curls for your elbows or semi-stiff-legged deadlifts for your lower back, etc.
Okay, time out. Before we give you the next level of weight training, we want to give your motivation a boost. After all, weight training can be intimidating, but make no mistake: Lifting weights is very, very important as you age—in fact, it’s crucial. Don’t take our words for it. Here’s a quote from "Barbell Training is Big Medicine" by Jonathon Sullivan, M.D., Ph.D., an emergency physician (full article published at StartingStrength.com) that you should read if your drive ever begins to subside:

“Aging in America and other industrialized nations [is] a living hell of progressive weakness, obesity, inactivity, shrinking horizons, sexual impotence, decreased expectations, mounting despair, a growing list of expensive drugs, learned helplessness, sickness, and pain. It’s being ‘All Done At 60’...or 50. It’s a life of waiting to die from a skin infection or a broken hip or a clot, of needing a stupid little f#%ing go-cart to get from here to there, of not being able to reach your own ass to wipe it, of narcotizing yourself with alcohol, cigarettes, ‘American Idol’ and Doritos so you don’t have to face your own grim existence as a slowly rotting Jabba The Hut. I see it every day. We call
it ‘old-itis.’ A joke, I guess, but an obscene one. This gruesome avatar of aging offends the eye, the mind, and the spirit, and it cries out for both compassion and correction.

“Strength training is a macroscopic growth factor, countering all of this evil shit. This is not my wishful extrapolation of cellular phenomena to the human sphere. It’s a medical observation, supported by study after study. Research with elderly subjects indicates that resistance training improves overall function and strength, enhances bone density and balance adaptations, and improves the metabolic profiles and glycemic control of patients with type 2 diabetes. A landmark 2008 study of nearly 9000 men followed for an average of nearly 20 years showed that muscular strength is inversely associated with death from all causes, even when adjusting for fitness and cardiovascular health.

“Instead of slowly getting weaker and sicker and circling the drain in a protracted, painful descent that can take hellish years or even decades, we can squeeze our dying into a tiny sliver of our life cycle. Instead of slowly dwindling into an atrophic puddle of sick fat, our death can be like a failed last rep at the end of a final set of heavy squats. We can remain strong and vital well into our last years, before succumbing rapidly to whatever kills us. Strong to the end.”

Thank you, Dr. Sullivan! That’s powerful stuff right there. Remember, you must make training and eating right a habit—it’s critically important! We have discovered that success in every area of your life becomes almost effortless once it becomes part of your lifestyle.

That means programming your subconscious to believe you have already attained it. As the philosopher Neville said, “Make your future dream a present fact, by assuming the feeling of the wish fulfilled.” Visualize and feel your new, healthy, transformed body. That will program your subconscious mind.

Remember, at one point in time tying your shoes was an effort—that eventually became automatic thanks to your subconscious. Later in life, getting to work without directions would have been impossible. At work you had a learning curve while you were introduced to your new duties. Once you learn these things and do them on a consistent basis, you do them without much effort. When was the last time you had to concentrate while tying your shoes? Have you ever driven home from work and you were supposed to stop by the grocery store but forgot until you were in
your driveway and had to face your spouse? Of course, we all do that. We are on auto pilot. How about your responsibilities at work? You can do a lot of them now without thinking, can’t you?

Here’s how to do that with healthful diet and exercise:

4 Simple Steps to Create a Lifestyle Habit
1) Find your “why,” which is your purpose.
2) Put a plan together (which is what this e-book is about).
3) Identify disempowering habits.
4) Replace disempowering habits with empowering habits on a regular basis to close the loop.

Basically, habits are the foundry of your success. If you need help, there is something that can simplify and automate the process called Habit Foundry. You can find it here: http://habitfoundry.com.

A foundry is a factory that produces metal castings. Metals are cast into shapes by melting them into a liquid, pouring the metal in a mold, and removing the mold material or casting after the metal has solidified as it cools.

- Habits are the foundries that “cast” your life!
- Empowering habits lift your life to incredible heights.
- Disempowering habits can destroy your life.

Rachel McLish, the first Ms. Olympia, on the cover of IM at age 47. She is one of Becky's inspirations.
Many have said it takes 21 days to form a habit. That's true for smaller habits, but to make permanent lifestyle changes that really transform your life, it can take a bit longer—21 days, 30 days, or 60 days—no one really knows because it's an individual thing.

We do know that it takes consistency—and your imagination and visualization can help you maintain that consistency, cultivate that positive habit—working toward a healthy, fit body. Neville also said these powerful words:

“A change of feeling is a change of destiny.... If this assumption is persisted in until it becomes your dominant feeling, the attainment of your ideal is inevitable.”

Dr. Wayne Dyer, in his Wishes Fulfilled, uses “I am (blank)” as a mantra to program the subconscious. Before bed you can repeat things like "I am fit," “I am healthy and happy,” “I am consistent in my eating and workouts,” etc.

If you’ve never lifted weights before, make a promise to yourself to follow the F4X LEAN Workout in the previous chapter and eat fairly cleanly for 30 days, no excuses (sample diets are coming up). You will start feeling terrific, begin seeing physical changes, and we are positive that your life will change forever! Imagine it!

“Start by deciding that health, fitness and physicality are going to be your lifestyle—not your hobby, not your eight-week deal before a vacation, not some transient thing. Look at it logically. You have a finite number of years on this planet, no matter what you decide. You can decide to live them with the greatest amount of energy and the highest chances of survival well into your later years by making fitness and nutrition a lifestyle rather than a hobby—or you can dabble at it and waste your time, perhaps even taking years from your life.”

—Jon Benson, author Fit Over 40
Most people think that lifting weights is only for building muscle; however, it’s also one of the best ways to burn fat. Let's go back to Dr. Lodge (from *Younger Next Year*):

“The wave of repair and regeneration goes on for hours after [muscle-taxing] exercise, and your body runs in high gear the whole time, burning extra fat to replenish the energy in your muscles, to rebuild glucose stores and the tissue.... You burn far more fat recovering from [this type of] exercise than you ever will on the treadmill. It’s the great hidden trick to weight loss—stepping out of the gym, but still running your metabolism hard for the rest of the day.”

That’s some fantastic stuff right there. Lifting builds your body and at the same time keeps you burning fat for hours and/or days after your workout. Sure, some cardio can help you get leaner, but weight training is the big key. If you just use cardio, it’s like trying to win a football game only kicking field goals. Touchdowns give you more than twice the points—just as lifting weights can double or triple your fat-loss efforts.

If you feel you need cardio, in addition to what your F4X weight workout gives you, it’s a good idea to continue keeping your heart rate up right after your lifting session or you can do extra cardio on your off days. Right after a workout is when your blood is clear of sugar—you burned it all off lifting. That means your cardio will tap into bodyfat stores almost immediately.