WHY ISOWHEY?

Choose your IsoWhey Program

DEPENDING ON YOUR GOAL OR EXPERIENCE LEVEL THERE ARE THREE ISOWHEY WEIGHT MANAGEMENT PROGRAMS TO CHOOSE FROM. EACH HAS ITS OWN SPECIALLY FORMULATED NUTRITION & TRAINING PLAN THAT IS DESIGNED TO GET YOU RESULTS.

Go to isowhey.com.au to access exercise instruction videos + delicious recipes!

THE RAPID KICK START
(7 DAYS)

Regardless of whether you want to shape up in a hurry for that upcoming party or you simply want to jumpstart your weight loss journey, this program is a fantastic way to create momentum.

This intensive program is a starting point which will give you the boost you need to get short-term results and give you the confidence to continue on. Since it is only designed to create short-term momentum, it is advised that you transition into the next program – Transform – after the seven days.

TRANSFORM
(21 OR 28 DAYS)

You may be familiar with the concept of 'breaking bad habits' in order to create new ones, however it isn't always that simple. In fact it is far harder to break an old habit then it is to transform one. The goal of Transform is to help you upgrade your current habits into fresh, improved versions which, with some consistent effort, will help you transform your waistline and wellbeing.

SUSTAIN & MAINTAIN
(28 DAYS OR MORE)

The key to long-term success is sustainability. In order to maintain your ideal weight healthily it is important to follow a plan that you feel confident adhering to for the long term. The Sustain & Maintain program shows you how to integrate realistic nutrition and exercise so that you may keep the weight off and optimise your wellness whilst still enjoying the finer things in life.

RAPID KICK START PROGRAM

Meal plan

	Breakfast	Midday meal	Evening meal	Snacks if hungry
MON	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Roast salmon fillet with zucchini ribbons	Choose 1 piece of fruit from the "Foods to enjoy" list
TUE	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Chicken tikka	Small handful of raw almonds (12)
WED	Choose 1 shake from any of our great flavours	White fish parcels with watercress, peppers & green beans	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list
THU	Choose 1 shake from any of our great flavours	Stir-fried beef with shiitake and Asian greens	Choose 1 shake from any of our great flavours	Small handful of raw almonds (12)
FRI	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Spicy tofu & vegetable soup	Choose 1 piece of fruit from the "Foods to enjoy" list
SAT	Choose 1 shake from any of our great flavours	Choose 1 shake from any of our great flavours	Chicken teriyaki patties with steamed Chinese vegetables	100g natural yoghurt with berries
SUN	Choose 1 shake from any of our great flavours	Grilled beef & Mediterranean vegetable skewers	Choose 1 shake from any of our great flavours	Choose 1 piece of fruit from the "Foods to enjoy" list

2 shakes a day

Low calorie eating plan

Fat burning exercise routine

USE OUR MEAL PLAN AS A GUIDE.

WHETHER YOU CHOOSE OUR RECIPES, YOUR OWN OR A PROTEIN SHAKE, REMEMBER TO STICK TO HIGH PROTEIN, LOW CARB OPTIONS.

RAPID KICK START PROGRAM

Fitness

DUE TO THE SHORT-TERM, QUICK-PACE NATURE OF THIS PROGRAM, THE EXERCISE REGIME IS RELATIVELY INTENSE AND REQUIRES YOU TO EXERCISE EVERY DAY OF THE WEEK.

WEEKLY OVERVIEW:

MON	TUE	WED	THU	FRI	SAT	SUN
Metabolic Circuit	HIIT	Metabolic Circuit	HIIT	Metabolic Circuit	HIIT	Extra Long Walk

In addition to this training plan, aim to complete 10,000 steps every day and increase the amount of incidental activity you do.

INSTRUCTIONS:

If you are a beginner and are just starting out then choose Option 1. Body Weight Metabolic Circuit. If you are familiar with resistance training and have been doing some form of regular movement then you may choose to do either circuit.

Always commence the session with the Functional Warm Up, which is demonstrated in our exercise media library on isowhey.com.au along with the exercises that follow your warm up. When you've completed your warm up, move onto your circuit of choice. To perform the circuit you complete the first six exercises consecutively with no rest between exercises. Perform each exercise for 45 seconds. The aim is to execute each movement with control in order for the exercise to be safe and effective.

If you are choosing Option 2. Equipment Based Metabolic Circuit then select weights that are heavy enough to slow you down such that you are only able to 'get out' about 8-12 repetitions per 45 second period (if you are unsure how to select your weight please refer to www.isowhey.com.au for more information.)

BEGINNER:

Repeat your chosen circuit 3-4 times with two minutes rest period between each circuit.

INTERMEDIATE/ ADVANCED:

Repeat your chosen circuit 4-5 times with 60-90 seconds rest period between each circuit.

Online video library: access Nardia Norman's exercise videos at isowhey.com.au

METABOLIC CIRCUIT

FUNCTIONAL WARM UP: 5 – 10 MINS

OPTION 1. BODY WEIGHT METABOLIC CIRCUIT:	OR	OPTION 2. EQUIPMENT BASED METABOLIC CIRCUIT:
Bodyweight Squat		Dumbbell Squat Press
Bodyweight Lunge		Lunge with Dumbbell Curl
Kneeling Plank or Full Plank with Arm Row		Renegade Row
Sumo Squats		Sumo Squat with Dumbbell (or Barbell) High Pull
Incline Push Ups		Push Ups
Step Ups		Dumbell Step Ups

FOLLOW WITH

CORE CONDITIONING:

RKC Plank 3–4 x 30 seconds	Prone Cobra Holds 3–4 x 30 seconds

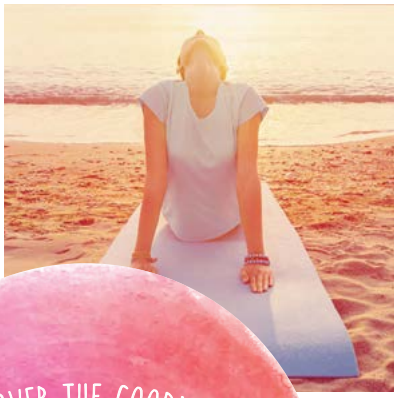
Fitness

HIIT

HIIT stands for High Intensity Interval Training and is a quick and effective way to get fit and accelerate the fat burning process. HIIT can be performed outdoors or indoors using conventional 'cardio' equipment. There are both indoor and outdoor options for you.

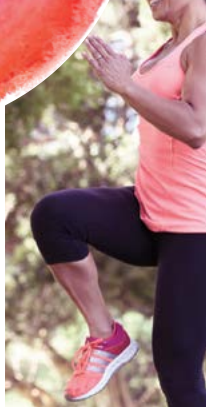
As per the Metabolic Circuit, before commencing a HIIT session spend 10-15 minutes doing a Functional Warm Up and then 10 minutes stretching at the end of the session. Go to our video library on www.isowhey.com.au to view the Functional Warm Up instruction video.

	INDOORS	OUTDOORS
Beginner (30 minutes maximum)	**Treadmill or Rower:** 5 x 200m as fast as possible. Rest for as long as you need between each set.	**Hills:** Find a steep hill about 70m long. Walk as fast as possible (or jog) up the hill, then walk down slowly. Repeat this 5-7 times.
Intermediate	**Treadmill or Rower:** 8 x 200m as fast as possible with a 200m active recovery	**Hills/Stairs:** Find a steep 70m hill or long set of stairs. Jog or sprint up and slowly walk down. Repeat this 8 times
Advanced	**Treadmill or Rower:** 10 x 200m sprints with a 200m active recovery. Try and hit the same distance in each sprint for all 10 repetitions.	**Hills/Stairs:** Find a steep 70m hill or a long set of stairs. sprint up as many times in a 15 minute period (resting when needed).



DISCOVER THE GOODNESS

· of healthy living ·

ISOWHEY®

WEIGHT MANAGEMENT