

Last Week / Peak Week Tips to Maximize Results for After Pictures

Exercise

1. Lighten your weights by 10-20%
2. 15-20 reps for each set
3. Less rest between sets – around 1 min
4. Isometrically squeeze / pose each body part right after each set
3-4 seconds for each pose / squeeze
2-3 reps for each pose / squeeze
5. Add 2-3 reps of Interval Cardio after each weight lifting session
6. Add a couple reps of Interval Cardio on Cardio day

Food

1. No major changes on Food – Keep doing what you have been doing
2. 8,7,6 days before Photo's add ½ tsp. of salt onto 2-3 meals each day
3. 5,4,3 days before Photo's no salt added eat your normal unprocessed foods
4. 2 and 1 days before and up to Photo shoot pick foods that are naturally low in sodium. Rinse foods off. Drain cans of tuna with water etc...
5. The body reacts very quickly to sodium manipulation so only go 2-3 days' tops with very low sodium in food

Water

1. Increase water intake all week - aim for a gallon per week
2. The last 2 Days switch to sodium free distilled water and aim for 20-30 % more water than you drank earlier in the week. This phase is very important.

Skin

1. Darken up your skin slightly
2. Guys, shave some of your hair off your body

Supplements

1. Dandelion Root
2. Consume 300 mgs. Of Dandelion Root morning noon & night for last 3 day
3. Do not take Dandelion Root or any other diuretic for more than 3 days