

LIVE HEALTHY

FREE

# 4 HOUR HEALTH

*Cheat Sheet*



BEGIN TODAY

6 DAYS A WEEK + 1 AMAZING CHEAT DAY

START YOUR LIFE TODAY

Welcome to the 4 Hour Health Cheat Sheet.  
Make sure you consult your physician before  
taking this program to see if it's right for you.

## FOUR HOUR HEALTH EXPLAINED

**W**e designed the four hour health cheat sheet in a simple and easy to understand method. We highly recommend you purchase [The 4-Hour Body](#) book (if you have not already) as its amazing read!

This cheat sheet is structured in a way to where we will guide and help you with doing the most **MINIMUM** amount of **work** which gives you **MAXIMUM** results.

I am personally doing this and have followed the book and took detailed notes along the way. One thing to remember is that results will not

happen right away. I say this because I do not want you to get discouraged and give up. For me, I actually gained weight for 3 weeks and then it started to melt away. Our bodies are different and so will the results. Just follow this guide and you will know and feel when your body starts to change.

I constructed the cheat sheet in easy one page sections:

Check List, Fat Loss, Eating Right, Muscle Gain, Exercising, Taking the right Pills and



## QUICK DAY TIPS

### Daily Meals

#### Waking Up

##### What do you do?

Right when you wake up, take a drink of COLD water and take your A.G.G. tablets. Do 3 sets of 10 reps of Air Squats, Wall Press & Chest Pulls. Shower with alternating hot / cold water.

#### Breakfast



##### 3 Minute Meal

Egg whites, spinach, black beans & salsa. Glass of Water.

#### Lunch

##### What do I eat?

Beef or Poultry or Fish / Asparagus or Broccoli. Take your A.G.G. pills. Drink lots of water.

#### Dinner



##### End of day

Beef or Poultry or Fish / Asparagus or Broccoli. Take your A.G.G. pills. Start taking in less water.

#### Before You Sleep

##### End of day almost done.

Do 3 sets of kettle ball exercise. Shower with alternating hot/cold water. Take your P.A.G.G. pills plus your magnesium/calcium chewable. 1 tablespoon of organic almond butter or organic peanut butter.

# Check List & Pre-Mental Setup

I suggest you start your program on Sunday morning. This means you will have Sunday through Friday to go on the program and on Saturday you can cheat and eat all the junk food you want! Yes, I am not kidding, part of the program is to **EAT JUNK FOOD!** So, whatever day you want as your cheat day, work back by 6 days and start on that day. For example purposes, we are going to start on Sunday as our start day and use Saturday as our cheat day.

**MENTAL SETUP:** Be prepared when you start, the first 3 days will be hard. I really wanted to eat junk food but I told myself that I needed to do this for my family and for my own health. After the 3rd day, it got easier. And on my cheat day, you have NO IDEA how amazing drinking soda, chewing gum and eating chips tasted. It also gave me that mental ability to push myself every day to get to my cheat day. The workouts were the easiest thing. Whatever you do, do not workout more than what I have outlined as it will do you no good. The “M.E.D” = **Minimum Effective Dose** is what is needed to have the maximum result with minimum work. This means to stay with my cheat sheet program and try not to do any more or less than what is outlined.

**TODAY:** Now, its easy. I lost a ton of weight and have created nice muscle mass. It did not happen overnight nor did it happen like the book said (around 30 days), however, it took a little longer (47 days). I am still working on my body, but I feel and look healthier than ever!

**WARNING:** Do not start the program until you get the items listed below. You can go to your local store or I just went on Amazon and received everything the next day. It was really easy and I made it even easier for you by making your own shopping list, click on the links below to purchase:

## Essentials

**4 Hour Body Book** - I purchased it locally for \$26 bucks when it first came out. It's not mandatory for this cheat sheet but if you want the methods to the madness, then I suggest you purchase this book.

**Kettlebell 5, 10 & 15lb Set** - This is a great set which is versatile and gives you various weights. My wife uses both the 5 and 10lb and I generally use 15 to 30 lbs.

**Saigon Cinnamon** - Don't use any cinnamon as it won't be as effective as Saigon. This is essential for our cheat day to regulate our glucose levels.

**Organic Peanut Butter** - We need the organic peanut butter to level our blood sugar levels during our sleep. This is by far the BEST you can get. If you want to use regular peanut butter at home, that's fine but I have done my research...

## Essentials Continued...

**“P” Policosanol** - Its an extract of plant wax. The benefit is that it increases your HDL and lowers your LDL cholesterol. You will be taking one capsule at night before going to bed. Its the “P” in the P.A.G.G. pills.

**“A” Alpha Liponic Acid** Increases excretion of toxic heavy metals. It also recycles vitamin C & E for antioxidant protection. This is the “A” in the PAGG or AGG.

**“G” Green Tea Extract** EGCg Reduces oxidative stress (anti-aging) and increases fat loss. This is the “G” in the PAGG / AGG.

**“G” Garlic Extract** Is amazing and inhibits fat regain. This is the “G” in the PAGG / AGG.

**Magnesium** Gives better R.E.M. sleep.

**Potassium** Assists in preventing fatigue.

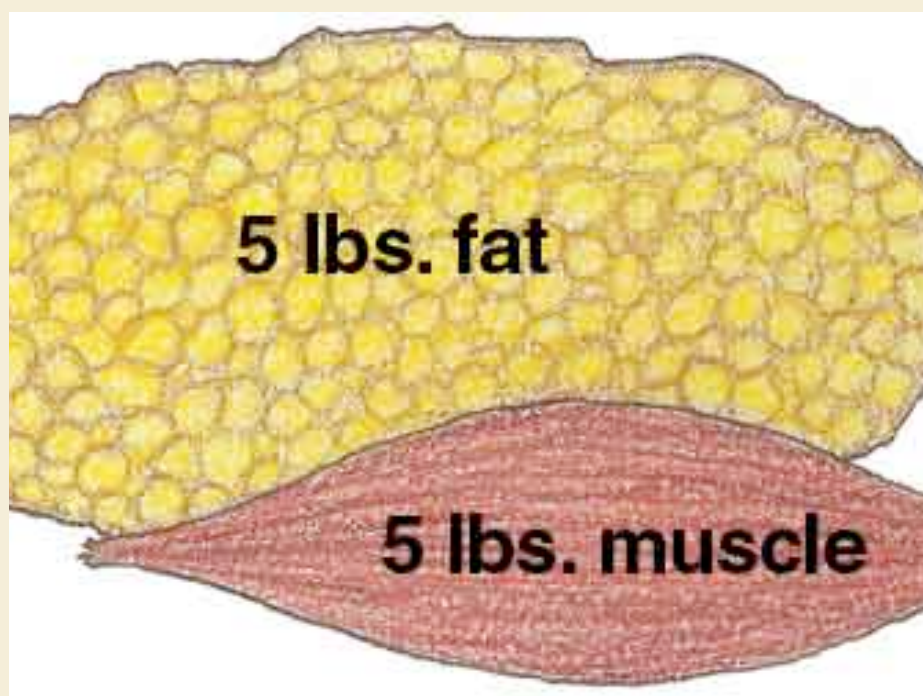
# General Rules & Tips

**W**e need to kickstart the fat burning process right away and I need to give you just the right amount of information in a short and concise way. Obviously, if you read the book there are more ways but I will give you the fastest way.

First of all, your breakfast, lunch and dinner meal plans will be the same. You can mix and match your meats and vegetables but that's it. So if I say have beef, you can replace it with Chicken or Fish (if you are a vegetarian, replace the meats with Black Beans, Lentils or Lima Beans). If I say eat broccoli, you can replace it with asparagus or spinach. Do not deviate from anything else. I have spent a lot of time on my and my friends' bodies and have refined the process. **DO NOT** eat any fruit during this process except for your cheat day.



**The 1/3 Effect:** This program is broken down into 1/3 chunks.



The best way to lose fat and look slimmer is to build muscle. Here's 5 pounds of muscle, versus fat of the same weight. Notice 5 lbs of fat is three times bigger!

- 1/3 Eating Right / Chewing
- 1/3 Exercising
- 1/3 Pills / Showering / Sleeping

If you do 1 of the 3 or 2 of the 3, it will not work properly. You must do all three and stick with the regimen.

**Chew Your Food:** It's very important that you chew everything that goes in your mouth 15-20 times. It's all the little things that will add up to a major change in your life, your body and your physical health.



## **Cold Pack or Cold**

**Showers:** You can do either the Cold Pack or Hot/Cold shower. If you do the shower start with hot water, lather up with soap and immediately turn your hot off and go **all COLD water** for 3-5 mins. with cold water hitting the back of your neck. For Cold Pack, place a cold pack on the back of your neck for 30 minutes. Watch TV and do this. You will start to hyperventilate but guess what? That's good because **we kick started your body's metabolism!**

## **Sleeping** [Click to Watch Video](#)

Sleep is one of the most important things your body needs. I won't tell you what time to sleep, but when I do, you will need to make sure you have started to drink less water during dinner and that you take 1 tablespoon of Organic Almond Butter or Peanut Butter and also your chewable Magnesium pill. Now you know why I put chewable on the Check List on page 2. It's because you need to not take too much water before you sleep otherwise you will wake up in the middle of the night to go pee. Make sure you get at least 8 to 9 hours sleep. The goal is to BURN FAT while you sleep and in order to do it, every step must be taken seriously. Make sure you cold pack or cold shower before you sleep so that your metabolism kicks into gear while you take





# Program 1 - Fat Loss Cheat Sheet Program

SUN	MON	TUE	WED	THU	FRI	SAT
Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	Wake up & Drink 16oz Cold Water & take A.G.G. pills.	Wake up & Drink 16oz Cold Water & take A.G.G. & Potassium pills.	<p>Eat whatever you want. If you have a specific craving, eat or drink it.</p> <p>You have done a good job to this point, so your body deserves the spoiling of rich foods &amp; drinks. This is why its important to pick your cheat day on the same day that you are with your friends/family.</p> <p>One thing you need to know:</p> <p><b><u>Before each meal</u></b>, make sure you take a 1/2 teaspoon of Cinnamon. <b><u>DO NOT TAKE MORE</u></b> as it will thin your blood! And follow each meal with 1 12oz or 16oz glass of grapefruit juice.</p> <p>Do 30 Air Squats between each meal.</p>
3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	3 sets of 15 reps of Air Squats, Wall Press & Chest Pulls.	
Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	Hot/Cold Shower or Ice Pack later	
<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	<b>Breakfast</b> Egg whites, spinach, black beans & salsa. Start drinking lots of water.	
<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	<b>Lunch</b> Organic beef, pinto beans, mixed veggies & extra guacamole. Drink lots of water. Take A.G.G. pills.	
<b>Kettlebell</b> exercise for 3 sets with 10 reps.		<b>Kettlebell</b> exercise for 3 sets with 10 reps.	<b>Rest</b>	<b>Kettlebell</b> exercise for 3 sets with 10 reps.	<b>Rest</b>	
<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	<b>Dinner</b> Organic beef, lentils & mixed veggies. Take P.A.G.G. pills.	
<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	<b>Cold Pack</b> Place a cold pack on your neck for about 30 minutes.	
Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter.	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	Take Chewable Magnesium pill & 1 Tablespoon of Almond or Peanut butter	
Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8 hours	Sleep at least 8-10 hours	

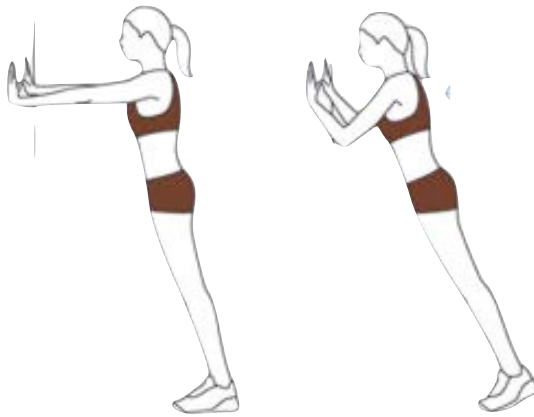
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# Program I - *Air Squats, Wall Press & Chest Pulls*

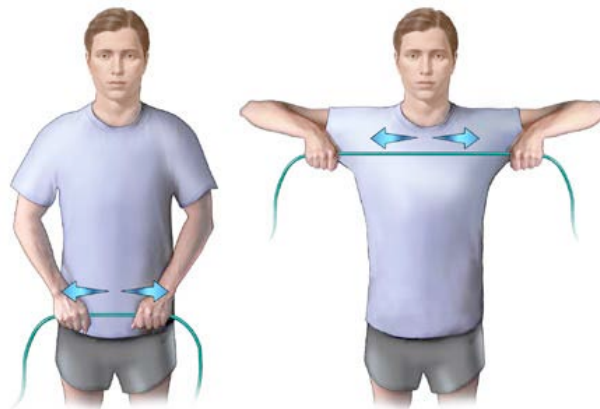
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*Air Squats*

















*Wall Press*



*Chest Pulls*

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# Program 2 - Muscle Gain & Exercising Program

JANUARY						
SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 	4	5 	6	7	8
9 	10	11 	12	13 	14	15
16 	17	18 	19 	20	21 	22
23	24 	25 	26 	27 	28 	29
30	31					

Now that you have lost the fat in Program 1, you will want to build muscle. By building muscle, you will need to alter your diet and eat high carbs. You **must work out** even more during the process otherwise everything you did in Program 1 will be wasted. There is no time frame to as to when to start Program 2 other than if you are happy with the results from Program 1. If you need to keep going and losing fat, then take your time and when you are ready, jump right into Program 2.



**Follow the videos and perform the routine for the day marked.**

[Cardio](#)  
[Abs](#)



**Follow the videos and perform the routine for the day marked.**

[Cardio 2](#)  
[Men Kettlebell](#) or  
[Women Kettlebell](#)



[WATCH VIDEO](#)

## BREAKFAST

### Egg Whites

1 Pour As much Egg Whites into a heated pan (if you want for added taste, put a very small dab of butter)

Mix frozen spinach into the egg whites

Add Baked Black Beans and mix everything together

Serve and Pour Salsa to taste



In 3 minutes you will have a very healthy and tasty breakfast to start your day.



[WATCH VIDEO](#)

## LUNCH

### Spinach Salad

2 Cups of Spinach

1/2 Cup Pinto Beans

1/2 Avocado

1 Hardboiled Egg

1 Tsp Balsamic Vinegar

1 Tsp Olive Oil

Mix & Enjoy!



You will get 17 grams of protein and if you want more, EAT as much as you like!



[WATCH VIDEO](#)

## DINNER

### Ground Beef

1/4 Onion

1/2 Poblano Pepper (optional)

8oz of 96% Lean Beef

Minced Garlic (to taste)

Chili Sauce

Mix and serve.



In a few minutes you have a very healthy, high protein, low carb dinner which will keep you going till the next morning.



[WATCH VIDEO](#)

## SNACK - PEANUT BUTTER OATMEAL

### Protein Bars

Whey Protein (Chocolate or Vanilla - your personal taste)

Instant Oatmeal (Quaker Oats)

Skim Milk

Organic or Natural Peanut Butter



When you have that snacking urge, make some Protein Bars and you will be fulfilled of your cravings.

[Donate](#)

