



RESET SERIES  
R28

# IMPORTANT NOTICE

## TERMS AND CONDITIONS

All rights reserved. No portion of this program may be used, reproduced or transmitted in any form or by any means, electronic or mechanical, including fax, photocopy, recording or any information storage system by anyone but the purchaser for their own personal use. This program may not be reproduced in any form without written permission of the Colab Commune Limited (A New Zealand Registered Company), except where the reviewer wishes to cite brief passages in connection with a review written for inclusion in a magazine or newspaper and has written permission to do so from the Colab Commune Limited.

## DISCLAIMER

This program is not intended for the treatment or prevention of disease, nor as a substitute for medical treatment. Programs and guidelines, outlined herein should not be adopted without consultation with your medical professional. Use of this program is the sole choice and risk of the client. Colab Commune Limited, the author or any associated person(s) is neither responsible, nor liable for any harm or injury resulting from this program or the use of the modalities described herein.

## TABLE OF CONTENTS

IMPORTANT NOTICE	2
ABOUT RAPID FITNESS	4
THE RAPID RESET SERIES	5
WHAT'S INVOLVED?	6
GETTING STARTED	7
BEFORE AND AFTERS	7
TAKING YOUR MEASUREMENTS	8
THE R28 PLAN	9
A DAY IN YOUR LIFE ON R28	10
Format #1: The R28 fast	10
Format #2: The R28 FOOD & EXERCISE PART 1	10
Format #3: The R28 FOOD ONLY FORMAT	11
Format #4: The R28 FOOD & EXERCISE PART 2	11
Format #5: The R28 INTERMITTENT FASTING PLAN	11
THE RULES OF R28	12
THREE MEALS PER DAY	12
MINIMUM 5 HOURS BETWEEN MEALS	12
LAST MEAL BEFORE 9PM	12
HYDRATION IS KEY	12
NEVER SKIP MEALS	12
SLEEP	12
SERVING SIZE GUIDELINE	13
THE R28 ESSENTIALS	13
THE R28 MORNING ROUTINE	14
BREAKFAST	15
LUNCH & DINNER	16
MEAL ADDITIONS	17
THE R28 INTERMITTENT FASTING (I.F) PLAN	18
RAW JUICING	18
RAW JUICE MENU	19
SMOOTHIE MENU	20
CLEAN EATING BREAKFAST CONSTRUCTION	21
DINNER CONSTRUCTION	22
THE R28 EXERCISE PROGRAM	23
R28 PROGRAMS	24
PROGRAM NOTES	24
PROGRAM 1	24
PROGRAM 2	24
PROGRAM 3	25
PROGRAM 4	25
EXERCISE LIBRARY	26
THE R28 EMERGENCY BACK PLANS	30
'ALKALISING SUNDAY'	30
HEALTHY CHEAT OPTIONS	31
SEMI CHEAT OPTIONS FOR R28	31
FREQUENTLY ASKED QUESTIONS	32

# ABOUT RAPID FITNESS

## JAY HARRISON

Rapid Fitness founder Jay Harrison, is a Personal Trainer and Lifestyle Consultant and Strength & Conditioning Coach to some of New Zealand's leading sportspeople, including renowned golfers Lydia Ko and Michael Hendry.

Rapid Fitness has become a passion project for Jay and he's on a mission.

"Through the power of the internet and human connection we have an opportunity and an obligation to make a difference. We can do this on a scale we have never seen before and Rapid Fitness is our vehicle"

### EXPERIENCE

- Founder of Rapid Fitness
- Head Trainer for Rapid Fitness
- Founder of Rapid Athlete
- Director of Strength & Conditioning for Rapid Athlete
- Bachelor of Sport and Exercise Science

## CAM SMITH

Cam is the Co-Founder of Rapid Fitness and holds a Bachelor of Sport and Recreation Majoring in Exercise Science from AUT.

Cam's is a dedicated warrior to the cause of educating RF'ers toward a holistic and educated understanding of their health and nutrition.

His primary vision is to develop robust framework and community to support people on their journey to becoming fit and healthy.

Personally I have no desire to turn others or myself into ripped little nuggets. I want people to be fit, healthy and live a balanced lifestyle. Life is meant to be enjoyed and you should be able to live it to it's full potential.

"We are in a world where more people die of lifestyle related diseases more than any other cause. It's time we as people, start to become educated and empowered to make a change. I will do everything in my power to make sure Rapid Fitness becomes a vital tool in bringing people together and changing their lives for the good."

### EXPERIENCE

- Co-Founder of Rapid Fitness
- Specialist in Nutrition
- Bachelor of Sport and Recreation Majoring in Exercise Science



## THE RAPID RESET SERIES

Welcome to the Rapid Reset Series.

The series of programs are the result of our many years experience in health and sport science. If you follow our programs to the letter, you *will* get Rapid results that you couldn't imagine possible. We're really glad you're taking this important step towards healthier living and we're excited to help you reach your health and fitness goals on this life-changing journey.

Life doesn't wait and neither should you. If you're reading this, it's because you've already come to the conclusion that you need to make a positive change in your health. Perhaps you're sick of carrying extra weight, you get unwell often, or you're constantly tired and lethargic, or maybe you want to feel and look amazing – not just for a special occasion, but for life.

You know that you need to prioritise your health and there's no better time to start than right now. Take the first step to a new you on this Rapid Fitness journey and we will help create a better, healthier, more awesome you.

## WHAT'S INVOLVED?

Rapid Reset is a progressive three-stage program, designed to help you lose weight fast and keep it off. If you've led an inactive life and neglected your diet, the programs could be a challenge – but that's even more reason to stick with the series and make positive changes in your life. Remember, health is wealth.

### NO MUCKING AROUND – WE'RE TALKING RAPID RESULTS

You want results? You can get them. By utilizing the latest sport and exercise science, our programs are specifically designed to give you the fastest possible results. Individual results will vary with any program, but losses of 1% body-fat per week or more are common and some of our clients have lost between 7- 50+kg's of body-fat on this program series.

Every journey begins with one step. Through dedication and application there are no limits to the results you can achieve on this program series. We hope you will rise to the challenge of taking back your health. Enjoy the first step of the transformation as you watch a new you emerge.

### KICK START

'Kick Start' is the first program, a 14-day nutrition plan designed to kick-start the metabolic process and form the healthy habits required to make our second program more effective. The primary focus at this stage is detoxification and nutrition, so you will not be exercising in this section of the plan.

### R28

The second program in the Rapid Reset Series is 'R28'. A 28-day nutrition and exercise program with a unique multi-layered approach designed to force your body to use stored fat as energy. With some discipline, patience and persistence significant weight-loss can be achieved on this program.

### LIVING WELL

If you're tired of yo-yo dieting and falling back into bad habits, this series is for you. It's essentially a lifestyle plan – that's how you maintain your achievements. The third and final program is called 'LIVING WELL' and is designed to maintain the results you have achieved, on the first two programs.

### A NOTE ABOUT OUR PLANS

We recommend the use of wholesome nutritious food for all of our RF programs.

- Fresh fruit and vegetables – organic if possible
- Fresh meat and poultry – free range and organic if possible
- Fresh fish and seafood – non farmed if possible
- Organic oils

### NZ CUSTOMERS

See our friends at 'Ruby's List' [www.rubyslist.co.nz](http://www.rubyslist.co.nz) for free range and organic meats, you cant beat it! Check out their awesome "Kick Start" meat pack to help you get started.

# GETTING STARTED

We know you are taking this seriously!

We know you have got this, otherwise you wouldn't be here.

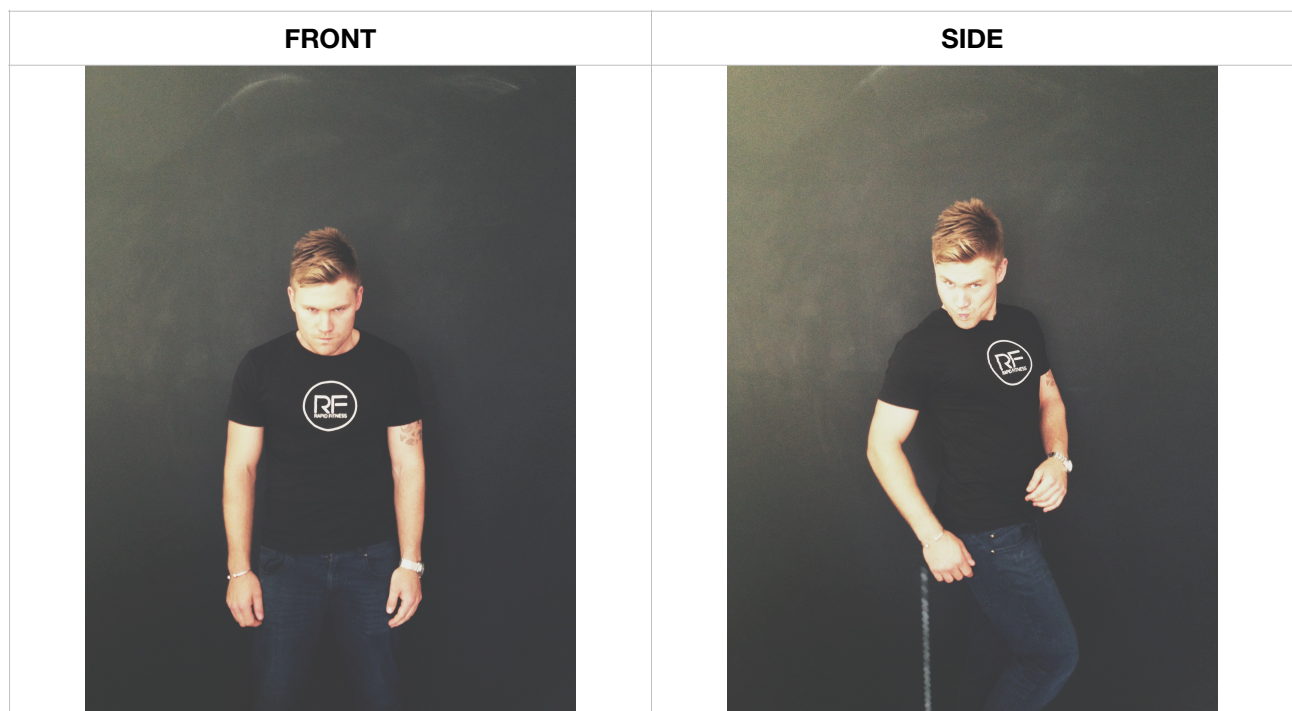
So, lets make sure you can look back on your progress and celebrate your transformation.

You can do this by taking Before and Afters and recording your measurements.

## BEFORE AND AFTERS

You **must** get some before and after shots. In a few weeks time you will be looking back at your success and celebrating your transformation.

We suggest taking personal shots so you can see all of your body changes. Then take some public shots you might like to share.



What do you think of Cam's before and after?

### Notes:

- Feel free to send them in to us, we love to celebrate the success of our RF'ers.
- Click [here](#) to check out some of the amazing transformations.

## TAKING YOUR MEASUREMENTS

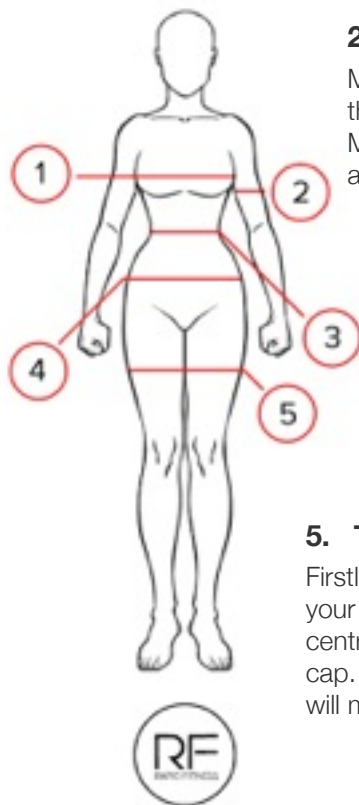
Take your baseline measurements before you begin R28 and every week there after.

Record your results in a dairy to keep track of your progress.

### MEASUREMENT GUIDE

#### 1. CHEST

Measure the circumference of your chest. Ensure the tape is level and is positioned mid bust.



#### 2. ARMS

Measure half way down the outside of your arm, from the top of your shoulder to the tip of your elbow. Mark this spot then measure the circumference of the arm, ensure the tape is level.

#### 3. WAIST

Evenly measure the circumference of your waist. The tape should start at the belly button and measure around your entire waist.

#### 4. HIP

Measure the circumference of the widest part of your hips. Ensure the tape is level.

#### 5. THIGH

Firstly sit down and mark the crease at the top of your thigh. Then measure half way between the centre of the crease to the top centre of the knee cap. You will mark halfway and this point is where you will measure the circumference of your thigh.

### MEASUREMENT TABLE

	END OF WEEK 1		END OF WEEK 2		END OF WEEK 3		END OF WEEK 4	
DATE								
WEIGHT								
CHEST								
ARMS								
WAIST								
HIPS								
THIGH								



# THE R28 PLAN

This is what your next 28-days will look like.

The table below is an example. We recommend you complete your fast on a Sunday and start your eating on the Monday, as below.

## THE R28 OVERVIEW

As above we recommend completing the R28 fast format #1 on the Sunday to allow for managing energy better.

MON	TUE	WED	THUR	FRI	SAT	SUN
R28 FOOD & EXERCISE FORMAT #2	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD ONLY FORMAT #3	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD ONLY FORMAT #3	R28 IF PLAN FORMAT #5
R28 FOOD & EXERCISE FORMAT #2	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD ONLY FORMAT #3	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD & EXERCISE FORMAT #2	R28 FOOD ONLY FORMAT #3	R28 IF PLAN FORMAT #5
R28 FOOD & EXERCISE FORMAT #4	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD ONLY FORMAT #3	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD ONLY FORMAT #3	R28 IF PLAN FORMAT #5
R28 FOOD & EXERCISE FORMAT #4	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD ONLY FORMAT #3	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD & EXERCISE FORMAT #4	R28 FOOD ONLY FORMAT #3	R28 IF PLAN FORMAT #5

**Note:** See the R28 formats in the 'A day in your life on R28' section below

# A DAY IN YOUR LIFE ON R28

Here is what daily routine will look like on R28.

There are five different formats utilized in R28

Format #1: The R28 fast

Format #2: The R28 Food and Exercise format part 1

Format #3: The R28 Food only format

Format #4: The R28 Food and Exercise format part 2

Format #5: The R28 Intermittent Fasting Plan

## FORMAT #1: THE R28 FAST

#	DETAIL
1	Upon rising complete your 'R28 Morning Routine'  Please note Taking the B vitamin complex, Magnesium and Chromium on an empty stomach may upset your stomach. If you have a sensitive stomach we recommend excluding these essentials for the fast day. Excluding them will not hinder your progress.
2	Commence your alkalizing water fast  Please note: <ul style="list-style-type: none"><li>• You can have coconut water up until 12:00pm on the fast day with a max of 2 x coconut water (no more then 800ml in total)</li><li>• You can have freshly squeezed lemon in your water all day.</li><li>• You can take up to three serves of coconut oil during your fast day.</li><li>• You can drink green and herbal tea as per your fluid guidelines</li></ul>

## FORMAT #2: THE R28 FOOD & EXERCISE PART 1

#	DETAIL
1	Upon rising complete your 'R28 Morning Routine'
2	Create your breakfast
3	5hr mini fast
4	Create your lunch
5	5hr mini fast
6	Create your dinner
7	We recommend you complete your exercise before breakfast, if this works in your schedule take your essentials just before breakfast (Post exercise) In this format you will follow programs 1 & 2

### FORMAT #3: THE R28 FOOD ONLY FORMAT

#	DETAIL
1	Upon rising complete your 'R28 Morning Routine'
2	Create your breakfast
3	5hr mini fast
4	Create your lunch
5	5hr mini fast
6	Create your dinner

### FORMAT #4: THE R28 FOOD & EXERCISE PART 2

#	DETAIL
1	Upon rising complete your 'R28 Morning Routine'
2	Create your breakfast
3	5hr mini fast
4	Create your lunch
5	5hr mini fast
6	Create your dinner
7	We recommend you complete your exercise before breakfast, if this works in your schedule take your essentials just before breakfast (Post exercise) In this format you will follow programs 3 & 4

### FORMAT #5: THE R28 INTERMITTENT FASTING PLAN

#	DETAIL
1	Upon rising complete your 'R28 Morning Routine'
2	Create your breakfast
3	9hr fast
4	Create your dinner

# THE RULES OF R28

## 1. THREE MEALS PER DAY

Breakfast, Lunch and Dinner. **No** snacking.

## 2. MINIMUM 5 HOURS BETWEEN MEALS

You must have at least five hours between meals. You can wait longer if you wish, but no less.

## 3. LAST MEAL BEFORE 9PM

This is important because HGH is released at night (during your REM Sleep Cycle) and eating too late will interfere with that process. However, even if you are running late, you **must not** skip this meal

**Note:** Do not go to sleep for 2.5hrs after your last meal, allow for adequate digestion of your meal before you sleep.

## 4. HYDRATION IS KEY

Your body will be dropping fat fast. Your energy may feel low, you may get headaches and feel rather lethargic. As your body metabolizes stored fat, toxins are released into your system to be excreted, Hydration helps with the cleansing process.

To ensure adequate absorption of nutrients from your meals we recommend **not** drinking water during meals. Water intake shall be restricted to 30min before meals and 30mins after meals.

We recommend a **minimum** water allowance of 2.5litres per day with an optimal goal of 3litres.

We recommend the following fluids **ONLY**

- Pure dew ultra-distilled mineral water
- Sparkling mineral water
- Filtered tap water
- Herbal teas
  - Green - up to 2 per day max (The caffeine in Green Tea can stimulate an insulin response, which can lower your glucose metabolic response, which does not aid with your weight loss.
  - Peppermint, chamomile and white tea.
- Coffee 1 x black coffee per day max (Coffee stimulates an insulin response)

(NB: If you're craving coffee consider drinking Dandelion Coffee, which has a similar taste to coffee, but is caffeine free and offers a myriad of health benefits and is a diuretic, which means it assists the body in detoxification.)

## 5. NEVER SKIP MEALS

Never skip meals! Without protein and fat in your system, your body cannot adequately burn fat.

## 6. SLEEP

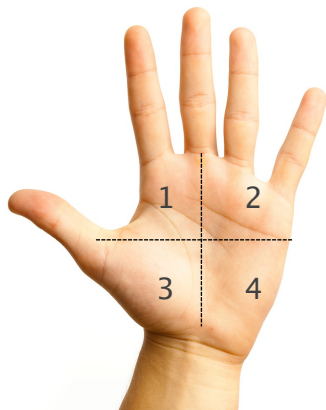
Ideally try and get 8hrs sleep each night. You also need to try and have lights out by 10:30pm.

Our body releases a hit of cortisol ( stress hormone) at 11:00pm, this is why some people can struggle to get to sleep if they are up late.

Cortisol can promote weight gain, particularly around the abdomen. Excess cortisol can also stall your progress on your weight loss journey.

## 7. SERVING SIZE GUIDELINE

To keep serving size guidelines simple we use the 'Palm' scale.



### THE PALM SCALE

A simple reference for serving size

- $\frac{1}{4}$  palm = 1
- $\frac{1}{2}$  palm = 1 + 2
- $\frac{3}{4}$  palm = 1 + 2 + 3
- Full palm = 1 + 2 + 3 + 4

## 8. THE R28 ESSENTIALS

These are the essential supplements we recommend for R28™

### LIFEFOODS COLD PRESSED VIRGIN COCONUT OIL ( NOT HIGH HEAT COOKING OIL)

- Boosts metabolism
- Controls weight
- Eases digestion
- Curbs sugar cravings
- Supports immunity

### NUZEST GOOD GREEN STUFF

- Alkalizing
- Super Food
- Nutrient rich
- High in antioxidants

### SOLGAR VITAMIN B-COMPLEX

- Increases energy and vitality
- Helps reduce stress and depression
- Helps regulate the nervous system

### SOLGAR MAGNESIUM

- Helps regulate blood glucose
- Helps with migraines, insomnia and depression
- Helps regulate blood pressure
- Helps prevent cardio vascular disease

### SOLGAR CHROMIUM PICOLINATE

- Aids metabolism
- Helps reduce food cravings
- Helps regulate fat and cholesterol
- Helps prevent cardio vascular disease

# THE R28 MORNING ROUTINE

Taking your daily essentials correctly is important, please follow our guide as closely as possible to get the most out of your essentials and to get the most from your R28 journey

## STEP 1: PRE BREAKFAST ROUTINE

This is the first phase of your R28 daily morning routine.

THE CLEANSE
Upon rising, scrub the tongue with a 'tongue scrub'. This removes a toxic film, which accumulates when we sleep.
ALKALIZE
Consume 1/2 a glass of water with the juice of a freshly squeezed grapefruit or lemon and ginger
Consume 1/2 a glass of water with 1 tsp of Spirulina or Barley Grass.
You may choose to consume 1 tsp of Good Green Stuff (GGS) instead of the Barley grass or Spirulina. But this must be consumed in your post Breakfast Routine as the lemon water may effect ingredients in GGS.
NOTE: SIT FOR 30min BEFORE CONSUMING BREAKFAST

## STEP 2: POST BREAKFAST ROUTINE

This is the second phase of your R28 daily morning routine.

ESSENTIALS INTAKE
Consume these at once with only enough water to assist in getting the essentials down. <ul style="list-style-type: none"><li>• 1-serve of vitamin B~complex</li><li>• 1-serve of magnesium</li><li>• 1-serve of chromium picolinate</li></ul> If if you have chosen to alkalise with Good Green Stuff (GGS) then consume <ul style="list-style-type: none"><li>• 1 tsp of GGS with 1/2 a cup of water.</li></ul>

## COCONUT OIL

Coconut oil is to be taken twenty minutes before your **lunch** and **dinner** only.

If you are struggling with sugar cravings between meals a serve of coconut oil can be used to help deal with your craving.

Coconut oil can also significantly reduce appetite and help you to feel full quickly.

You can either take it straight off the spoon or you can liquefy the coconut oil.

To liquefy, mix 1-2 tbsp. of coconut oil in a mug and add hot water or herbal tea, stir to melt and drink.

# BREAKFAST

- Create your breakfast from the following ingredients.
- Weigh ingredients before cooking
- CHO = Carbohydrate
- PRO = Protein

FAT OPTIONS – CHOOSE 2 OPTIONS		SERVE
Flaxseed oil		2tbsp
Fish oil		2tbsp
Avocado		½
Coconut cream		4tbsp
Butter (Full fat ~ no margarine)		2tbsp
Hemp Oil		2tbsp
PRO OPTIONS – CHOOSE 1 OPTION		SERVE
Eggs	2-3	2 eggs
Cured salmon	¾ palm or 100g	1/3 palm
Lean bacon	2 Rashers or 4 streaks	1 Rashers or 2 streaks
Fresh fish	¾ palm or 100g	1/3 palm or 50g
Full fat sausage (i.e. Chorizo)	1 Sausage or 100g	1/2 sausage or 50 grams
Clean Lean Protein	2 Scoops	1 Scoops
CHO OPTIONS – CHOOSE 1 OPTION		SERVE
Full cream Greek Yoghurt		150ml
Full fat lactose free milk		150ml
Full fat raw organic milk		150ml
Unsweetened Almond milk		150ml
A COMBINED 1.5 CUPS - MAX		SERVE
Kale		N/A
Spinach		N/A
Blue berries		N/A
Red or white onion		N/A
Capsicum – Green or Red		N/A
Mushrooms		N/A
Zucchini		N/A
Tomato	Limited to 1/2 a Cup or 1 whole medium size tomato	
FREE ADDITIONS		SERVE
Rash of bacon		2
Avocado		1/4
Cacao		1tbsp
Macca Powder		1tbsp
Good Green Stuff		1tsp
Chia seeds		1tsp
LSA		2tbsp

# LUNCH & DINNER

- Create your lunch and dinner from the following ingredients.
- Weigh ingredients before cooking
- CHO = Carbohydrate
- PRO = Protein

FAT OPTIONS – CHOOSE 2 OPTIONS		SERVE
Flaxseed oil		2tbsp
Avocado		1/2
Olive Oil		2tbsp
Butter (Full fat ~ no margarine)		2tbsp
Hemp Oil		2tbsp
Coconut Cream		4tbsp
PRO OPTIONS – CHOOSE 1 OPTION		SERVE
Chicken		3/4 palm
Fresh fish		3/4 palm
Beef		3/4 palm
Turkey		3/4 palm
Lamb		3/4 palm
Venison		3/4 palm
Tuna		3/4 palm
Eggs		1-2
Salmon		3/4 palm
A COMBINED 2 CUPS		SERVE
Asparagus	Watercress	
Bok Choy	Capsicum - Green, red and yellow	
Cabbage – Red or white	Kale	
Beet Greens	Lettuce (any kind)	
Broccoli	Fresh herbs – basil, thyme, coriander	
Cauliflower	Rocket	
Celery	Mushrooms	
Cucumber	Red, white and spring onion	
Chick weed	Spinach	
Chicory	Silver beet	
Mung beans	Garlic	
Bean sprouts	Ginger	
Tomato - Limited to 1/2 a Cup or 1 whole medium size tomato		
FREE ADDITIONS		SERVE
Chopped rasher of bacon		2
Avocado		1/4
Tamari seeds		4 tbsp
Goats Feta		4 tbsp
Crushed nuts (Walnuts, almonds & cashews)		4 tbsp



# MEAL ADDITIONS

Here are additions to your R28 plan

CONDIMENTS, SAUCES, OILS AND NUTS
CONDIMENTS
Salt (We recommend Himalayan rock salt)
Black pepper
All dried herbs (basil, rosemary, oregano etc.)
Chili powder or dried flakes (limited amounts)
Curry or mustard powders only (limited amounts)
Pure spices (paprika, turmeric, cinnamon)
Parmesan (2tbsp max)
SAUCES
Up to 2tbsp of high fat, no carb mayonnaise per day
Vinegar (limited) – including balsamic, apple cider vinegar
Up to 2tbsp of Oyster sauce
Up to 2tbsp of Fish sauce
Up to 2tbsp of Tamari sauce
Up to 2tbsp of Soy sauce
OILS
Up to 3tbsp of Olive Oil
Up to 3tbsp of Coconut Oil
Up to 3tbsp of Sesame Oil
Up to 3tbsp of Flaxseed Oil
Up to 3tbsp of Hemp Oil
Up to 3tbsp of Fish Oil
NUTS (TO BE USED AS GARNISH ON MEALS ONLY)
<ul style="list-style-type: none"><li>• Macadamia</li><li>• Almonds</li><li>• Walnuts</li><li>• Brazil</li><li>• Pecans</li><li>• Pine Nuts</li><li>• Pumpkin seeds</li></ul>

# THE R28 INTERMITTENT FASTING (I.F) PLAN

In R28 we use an intermittent fasting formula to help assist your metabolic regulation.

During bouts of fasting or intermittent fasting your bodies metabolic system becomes more efficient.

We utilize a clean eating formula here to give your body the essential nutrients it needs and restrict caloric intake to allow your body to utilize stored energy (fat) as fuel.

On the intermittent fasting days you can choose from one of three options.

OPTION 1	OPTION 2	OPTION 3
The R28 essentials routine	The R28 essentials routine	The R28 essentials routine
Raw Juice from selection	Dream Smoothie	Cooked Paleo Brekkie
9hr fast	9hr fast	9hr fast
Clean Eating Selection	Clean Eating Selection	Clean Eating Selection

## RAW JUICING

Make your own raw juice using our raw Juice selection menu. Try printing this out and putting it on your fridge for convenience.

If you don't have access to a juicer you can blend your juices.



## PREPARATION GUIDELINES FOR JUICING USING A BLENDER

In a blender, combine ingredients and water (or choice of liquid); blend, scraping down sides occasionally, until smooth. Strain juice and if desired, thin with additional water.

Refrigerate for up to 2 days (Shake before serving).

# RAW JUICE MENU

Create your juice. Customise your juice by selecting from your favourites below

1. CHOOSE 1 X GREEN
2 CUPS OF KALE, COS LETTUCE, SPINACH OR 2 CELERY STALKS
2. CHOOSE 2 X FRUIT OR VEGE
1 x APPLE
1 x ORANGE
1 x CUP OF GRAPES
1 x KIWI FRUIT
1 x CUP OF MIXED BERRIES
JUICE FROM 1/2 A LIME OR LEMON
1 x CUP OF PINEAPPLE
1/2 A GRAPEFRUIT
1/2 FENNEL BULB OR STEMS
1 x CARROT
2 x TOMATOES
1 x BEET
1/2 CUP OF CUCUMBER
3. CHOOSE 1 X FATS
2 x TBSP OF HEMP OIL
2 x TBSP OF OLIVE OIL
4. CHOOSE 1 X LIQUID
1 CUP OF ULTRA DISTILLED WATER
1 CUP OF COCONUT WATER
5. CHOOSE 2 X EXTRAS
2 TBS OF CHIA POWDER
1 SHOT WHEATGRASS
1 TSP GOOD GREEN STUFF
PINCH OF CAYENNE PEPPER
1 TSP TURMERIC
1/4 CUP CORIANDER
1/4 CUP PARSLEY
1 TBS GRATED GINGER
SEE JUICING INSTRUCTIONS ABOVE

# SMOOTHIE MENU

Create your smoothie. Customize your smoothie by selecting from your favorites below

1. CHOOSE 1 X FRUIT
1 x APPLE, 1 x ORANGE, 1 x CUP OF GRAPES, 1 x KIWIFRUIT, 1 x CUP BERRIES
2. CHOOSE 1 X FATS
2 TBS HEMP SEED OIL
1 x EGG
1/4 CUP OF COCONUT CREAM
2 TBS OLIVE OIL
3. CHOOSE 1 X LIQUID
1 CUP OF ULTRA DISTILLED WATER
1 CUP OF COCONUT WATER
1 CUP OF ALMOND MILK
1 CUP OF COCONUT MILK
1 CUP OF LACTOSE FREE MILK
5. CHOOSE 2 X EXTRAS
2 TBS OF CHIA POWDER
1/4 VANILLA BEAN
1 TSP GOOD GREEN STUFF
1 TSP CACAO
1/4 TSP CINNAMON
1 SHOT OF WHEAT GRASS
6. OPTIONAL
1 CUP OF SPINACH
1 CUP OF KALE
PLACE ALL IN BLENDER, BLEND AND ENJOY!

# CLEAN EATING BREAKFAST CONSTRUCTION

Create your breakfast from the following selection

RECOMMENDED PROTEIN SOURCES (1)	
SALMON	HEMP PROTEIN
FRESH FISH	CLEAN LEAN PROTEIN
EGG	FRESH FISH
RECOMMENDED VEGETABLE SOURCES (2)	
KALE	SPINACH
COS LETTUCE	BEETROOT
CARROT	CELERY
ZUCCHINI	GINGER
CUCUMBER	MUSHROOMS
AVOCADO	WHITE ONION
GARLIC	RED ONION
RECOMMENDED FAT SOURCES (3)	
HEMP OIL / FLAXSEED OIL	BUTTER
CHIA SEED OIL	COCONUT OIL / CREAM
MIXED RAW & ACTIVATED NUTS*	LSA
RECOMMENDED CARBOHYDRATE OPTIONS (4)	
ALMOND MILK	LACTOSE FREE MILK
OATS	FULL CREAM GREEK YOGHURT
COCONUT MILK	CHIA SEEDS
RECOMMENDED FRUIT OPTIONS (5)	
COCONUT	BANANA
LIME	LEMON
APPLE	MIXED BERRIES
ORANGE	KIWIFRUIT

## Construction:

1. Choose 3/4 palm from this selection (1)
2. A combined total of up to 2.5 cups from this selection (2)
3. Choose 3tbsp from this selection (3)
4. Choose up to 200ml from this selection (4)
5. A combined total of up to 1 cup from this selection (5)

\* Raw activated nut selection = almonds, walnuts, brazil nuts, macadamia, flaxseed, pine nuts and pumpkin seeds

# DINNER CONSTRUCTION

Create your meal. Customize your meal by selecting from your favorites below

RECOMMENDED PROTEIN SOURCES (1)		
FRESH WHITE FISH	SALMON	TOFU
FREE RANGE ORGANIC CHICKEN	FREE RANGE PORK	TEMPEH
ORGANIC BEEF	ORGANIC VENISON	ORGANIC LAMB
RECOMMENDED VEGETABLE SOURCES (2)		
KALE	EGG PLANT	CUCUMBER
SPINACH	RED CABBAGE	MUSHROOMS
BROCCOLI	GREEN CABBAGE	GINGER
BROCCOLINI	LEEK	CELERY
COS LETTUCE	PEPPERS	FENNEL
ASPARAGUS	BEETROOT	TOMATO
BOK CHOY	RED ONION	GARLIC
CAULIFLOWER	WHITE ONION	SNOW PEAS
ZUCCHINI	SPROUTS	SILVER BEET
RECOMMENDED FAT SOURCES (3)		
HEMP OIL	BUTTER	COCONUT OIL
AVOCADO	OLIVE OIL	AVOCADO OIL
FLAXSEED OIL	SESAME OIL	GHEE
RECOMMENDED ADDITIONS (4)		
KUMARA	BROWN, BASMATI & JASMINE RICE	GRAIN FREE GLUTEN FREE WRAPS
QUINOA	SQUASH	YAMS
RECOMMENDED ADDITIVES (5)		
SPICES	HERBS ~ DRIED OR FRESH	LEMON / LIME JUICE
FULL FAT MAYONNAISE	BALSAMIC VINEGAR	TAMARI / SOY SAUCE
HIMALAYAN ROCK SALT & BLACK PEPPER FOR SEASONING (6)		
CREATE YOUR HEALTHY MASTERPIECE AND ENJOY		

## Construction:

1. Choose 3/4 palm from this selection (1)
2. A combined total of up to 2.5 cups from this selection (2)
3. Choose 3tbsp from this selection (3)
4. Choose up to 3/4-cup from this selection (4)
5. Use as taste requires from this selection (5)

# THE R28 EXERCISE PROGRAM

To enhance your rapid weight loss we have created a unique program format.

The R28 Exercise Program is a unique format designed to assist in accelerating weight loss whilst improving muscle tone, fitness and functional strength.

There are FOUR separate RF programs as part of R28.

Each routine is 30min in total and is a combination of high intensity interval training (HIIT) and low intensity cardio training.

Once you have completed the strength routine of the program you then finish with a 15 minute power walk.

You will cycle through these programs as per the R28 Overview in the earlier section.

This program structure helps:

- Accelerate fat loss
- Improve metabolic health
- Improve fitness
- Improve cardiovascular health
- Improve muscle tone
- Improve functional strength

We also recommend the following activities for overall physical well-being.

## FLEXIBILITY:

We strongly advise you to complete one or two 20-minute stretching sessions a week (On your rest days ideally) or even attend a yoga class. Keeping mobile will benefit your body by decreasing chance of injury and improve body alignment whilst still burning through calories.

## WALKING:

Walking and low intensity physical activity on your days off will help with your energy. It will revitalize and energize you.

# R28 PROGRAMS

We highly recommend you use our exercise formula, if not ours, one with a similar format.

As stated earlier the first part of the program is a 15 minute metabolic conditioning format. This helps accelerate ketosis to optimize your results.

## PROGRAM NOTES

- BEG = Beginner level, INT = Intermediate level, ADV = advanced exerciser
- Reps & sets are referenced as follows 12, 12, 12, which is set 1, 12 reps, set 2, 12 reps etc
- Exercises are performed sequentially i.e.
  - Complete 1<sup>st</sup> set with exercise order 1, 2, 3, 4...
  - Complete 2<sup>nd</sup> set with exercise order 1, 2, 3, 4...
  - Complete 3<sup>rd</sup> set with exercise order 1, 2, 3, 4...

## PROGRAM 1

The primary objective is intensity, however good form is **key**

**GOAL: COMPLETE AS FAST AS POSSIBLE**

#	EXERCISE	BEG	INT	ADV
1	BENT OVER ROW	12, 10, 10	15, 15, 10	20, 15, 15
2	MED BALL or DB PUSH PRESS	12, 10, 10	15, 15, 10	20, 15, 15
3	PUSH UPS	12, 10, 10	15, 15, 10	20, 15, 15
4	DIPS	12, 10, 10	15, 15, 10	20, 15, 15
5	FULL CRUNCH	12, 10, 10	15, 15, 10	20, 15, 15
6	ALTERNATING CRUNCH	12, 10, 10	15, 15, 10	20, 15, 15

## PROGRAM 2

The primary objective is intensity, however good form is **key**

**GOAL: COMPLETE AS FAST AS POSSIBLE**

#	EXERCISE	BEG	INT	ADV
1	SQUATS	12, 10, 10	15, 15, 10	20, 15, 15
2	HIP HINGE	12, 10, 10	15, 15, 10	20, 15, 15
3	HIP LIFT	12, 10, 10	15, 15, 10	20, 15, 15
4	STEP UPS	12, 10, 10	15, 15, 10	20, 15, 15
5	LUNGES	12, 10, 10	15, 15, 10	20, 15, 15
6	FULL CRUNCH	12, 10, 10	15, 15, 10	20, 15, 15
7	ALTERNATING CRUNCH	12, 10, 10	15, 15, 10	20, 15, 15



### PROGRAM 3

The primary objective is intensity, however good form is **key**

**GOAL: COMPLETE AS FAST AS POSSIBLE**

#	EXERCISE	BEG	INT	ADV
1	BENT OVER ROW	15, 15	20, 15	20, 20
2	MED BALL or DB PUSH PRESS	15, 15	20, 15	20, 20
3	PUSH UPS	15, 15	20, 15	20, 20
4	DIPS	15, 15	20, 15	20, 20
5	SQUATS	15, 15	20, 15	20, 20
6	HIP HINGE	15, 15	20, 15	20, 20
7	LUNGES	15, 15	20, 15	20, 20
8	FULL CRUNCH	15, 15	20, 15	20, 20
9	ALTERNATING CRUNCH	15, 15	20, 15	20, 20

### PROGRAM 4

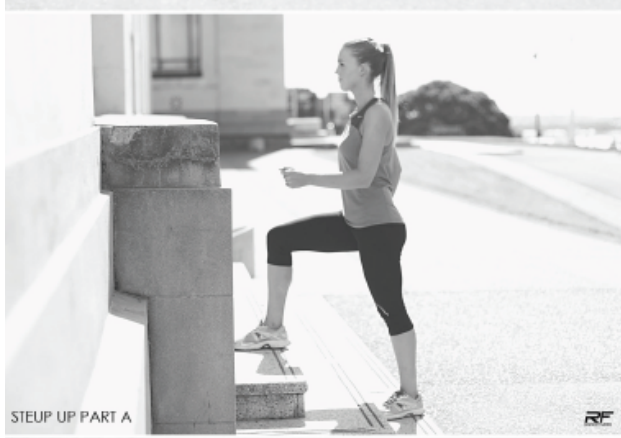
The primary objective is intensity, however good form is **key**

**GOAL: COMPLETE AS FAST AS POSSIBLE**

#	EXERCISE	BEG	INT	ADV
1	BENT OVER ROW	20, 15	20, 20	30, 20
2	MED BALL or DB PUSH PRESS	20, 15	20, 20	30, 20
3	PUSH UPS	20, 15	20, 20	30, 20
4	DIPS	20, 15	20, 20	30, 20
5	SQUATS	20, 15	20, 20	30, 20
6	LUNGES	20, 15	20, 20	30, 20
7	FULL CRUNCH	20, 15	20, 20	30, 20
8	ALTERNATING CRUNCH	20, 15	20, 20	30, 20

## EXERCISE LIBRARY

Here are the exercises for the above programs. Enjoy!









HALF PUSHUP PART A

RE



HALF PUSHUP PART B

RE



TRICEP DIPS PART A

RE



TRICEP DIPS PART B

RE



LUNGE PART A

RE



LUNGE PART B

RE



SQUAT PART A

RE



SQUAT PART B

RE



ALTERNATING KNEE-TO-ELBOW CRUNCH



ALTERNATING TOE-TOUCH CRUNCH



FULL CRUNCH PART A



FULL CRUNCH PART B



# THE R28 EMERGENCY BACK PLANS

## 'ALKALISING SUNDAY'

### THE R28 POST ALCOHOL PLAN

There will be occasions where a celebration **MAY** be unavoidable and a few drinks will be consumed. Understanding that this not the end of the world for your new healthy self we came up with a plan.

So, here is more about 'Alkalising Sunday'.

Most pre-mix/RTD drink's and beer are very high in carbohydrate, it is important that you avoid these as much as possible.

There are **better** options for those on a weight-loss journey.

Below are the '**better**' options we recommend to keep you on track and still allow you to have a good night.

### ALCOHOL OPTIONS

A nip of spirits with low calorie soda – i.e. vodka with soda and lime

Low carbohydrate beer i.e. nothing over 4g carbohydrates

Red wine by itself or mixed with soda water (optional). Not recommended in high amounts as this still has a high caloric value.

**ALKALISING SUNDAY** is the name of the day following your big night.

This day is about full body recovery and restoring optimal health – RAPIDLY!

Follow steps below:

**STEP 1:** Before bed drink 2 large glasses of water with half a squeezed lemon in each glass.

**STEP 2:** Upon rising drink 1 large glasses of water with half a squeezed lemon

**STEP 3: Breakfast: ALKALISING SMOOTHIE**

- 200ml of almond milk
- 1/2 a ripe banana
- ¼ cup of blue berries
- ½ cup of coconut cream
- 1-tsp of 'GOOD GREEN STUFF'
- Blend for 60sec and enjoy

**STEP 4:** HYDRATE: Try to consume 2litres of water infused with fresh lemon before midday.

**STEP 5:** TRY to do at least 30min of low to moderate exercise.

# HEALTHY CHEAT OPTIONS

## SEMI CHEAT OPTIONS FOR R28

Throughout the program you may experience the dreaded sugar craving! Welcome to your sugar addiction! You may feel like diving into something sweet like ice cream, chocolate or biscuits etc.

Here are some alternative options you may play with to battle your sugar addiction and keep you on track.

You have the option of **two** of these cheat options **per week MAX!**

So make sure they are for an emergency!

### 1. The RF Berry Cream Dream

Whip 200ml full fat cream

Heat 50gms of raspberries, blue berries and roll into cream and enjoy!

### 2. Good Balls

A limit of 2 at any one time

Find the recipe [here](#)

### 3. The RF Lemon & Lime Coconut Biscuits

A limit of 2 at any one time

Find the recipe [here](#)

### 4. The RF Nut Butters

A limit of 2 at any one time

Find the recipe [here](#)

PLEASE NOTE: AT RF WE STRONGLY ADVISE AGAINST ANY CONSUMPTION OF ARTIFICIAL SWEETENERS!

# FREQUENTLY ASKED QUESTIONS

## What is Ketosis?

- Ketosis is a state of elevated levels of ketone bodies in the body
- Ketone bodies are derived from fatty acids when carbohydrate intake is low
- A ketogenic diet is a macro nutrient profile high in fat, with moderate protein and low carbohydrate.
- This macronutrient profile provides, perfect conditions for achieving ketosis.

## The benefits of Ketosis

- Rapid fat loss (Of course)
- Ketosis has been scientifically proven to be more beneficial at improving body composition than low fat, calorie restricted diets
- Ketosis has been scientifically proven to improve certain metabolic markers such as HBA1C, HDL and lower triglyceride levels
- Studies show ketogenic diets improve type two diabetes and also reduce the risk of high risk heart disease patients
- Improved mental alertness
- Reduced inflammatory response
- Improved energy

## Low Energy

My energy is low and I am getting occasional headaches. Is this normal?

Yes, this is completely normal. As ketosis kicks in, headaches can be a common experience in the first 1-3 days. Your body will release waste and toxins (which are stored in fat cells and organs) into the bloodstream which can contribute to headaches, low energy and irritability in the transition phases of these processes. Don't give up! We recommend drinking lots of water, doing some gentle exercise such as yoga or a walk. Rest assured – the will pass and your energy levels will come back better than ever.

Also, add Himalayan rock salts to your food for additional mineral intake.

## Why does the program include fasting days?

We utilize fasting in Reset to initiate Ketosis.

The outcomes listed below are some of the benefits of fasting

- Promotes cleansing and detoxification
- Metabolic resetting
- Fasting rests the digestive system
- Improves fat metabolism
- Resolves inflammatory diseases and allergies
- Boosts immunity
- Improved appetite control
- Improved blood glucose regulation
- Decreases blood pressure



## MEDICAL NOTICE ABOUT FASTING

Please consult with your medical doctor if you are unsure if fasting is right for you.

Although most people can fast, there are a few who should not;

- People with eating disorders such as anorexia or bulimia
- Pregnant women
- Children and adolescents
- Elderly
- Type I & II Diabetes (Please discuss with your Doctor before fasting)
- Kidney dysfunction
- Coronary heart disease
- Gout

## Do we count calories in Reset?

No, the unique formula we utilise in Reset does not require the counting of calories.

However, it is important to exercise portion control. On page 12 you will find our serving size 'guide'.

## SIGNING OFF

Ok, so that is R28 our flagship program for extremely effective and rapid weight loss!

We are 100% confident, if you follow our program completely, you will get **exactly** what you set out to achieve! Its science and it works!

Wishing you every success and amazing health!

ENJOY THE JOURNEY!

Jay & Cam

**TEAM RF**