
WARP SPEED FAT LOSS TRAINING 2.0
WARP SPEED FAT LOSS
TRAINING 2.0
CUTTING EDGE TRAINING
FOR SAFE RAPID FAT LOSS
By Mike Roussell and Alwyn Cosgrove
http://www.WarpSpeedFatLoss.com

Warp Speed Fat Loss 2.0: Training Manual

When Losing 2 lbs a Week Isn't Fast Enough

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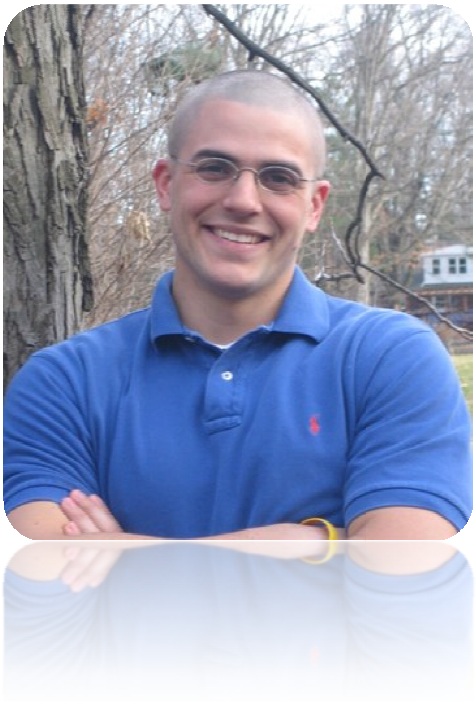

Mike Roussell is a consultant, author, freelance writer, and researcher. Mike received his bachelor of science in biochemistry graduating magna cum laude with high honors from Hobart and William Smith Colleges. From there he attended the University of Vermont Medical School before deciding to follow his passion of studying nutrition.

Currently, Mike is pursuing his doctorate in nutrition at Pennsylvania State University, studying the effects of diet and fatty acids on cardiovascular disease and emerging cardiovascular disease risk factors.

Mike's nutritional coaching is sought out by people from a variety of backgrounds ranging from collegiate athletes to business professionals to fitness enthusiasts. Mike's writings can be seen in magazines such as Men's Health, Men's Fitness and on the web at Testosterone Nation and Bodybuilding.com. Mike also served as the nutritional consultant for the Men's Health Book of Power Training and Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster.

- http://www.NakedNutritionNetwork.com – Massive FREE Fat Loss and Health Site. Articles, Podcasts, Videos, and More.
- http://www.NakedNutritionNetwork.com/blog - Mike's Personal Blog
- http://www.WarpSpeedFatLoss.com – Lose 10,15, or 20lbs in the next 28 days with the Complete Done-4-You Warp Speed Fat Loss Rapid Weight Loss Blueprint.
- http://www.NakedNutritionGuide.com – Mike's Complete Multimedia Fat Loss System for fast and permanent weight loss
- http://www.NakedNutritionInsider.com – Monthly Health & Fitness Newsletter, Private Forum Access, Access to Mike, Insider Discounts

About the Author:

Alwyn Cosgrove is one of the most in demand and exciting coaches, writers and speakers in the fitness industry today. He currently spends his time lecturing, teaching, training and writing and as the owner of Results Fitness in Santa Clarita, CA

For the past seventeen years Alwyn Cosgrove has been committed to achieving excellence in the field of fitness training and athletic preparation. Specializing in performance enhancement, Alwyn has helped countless individuals and athletes reach their goals through sound scientific training.

Alwyn has an honors degree in Sports Science from Chester College, the University of Liverpool, is a certified with distinction strength & conditioning specialist with the National Strength and Conditioning Association and has been recognized as a Master of Sports Sciences with the International Sports Sciences Association.

A former Taekwondo international champion, Alwyn has utilized his personal experience as an athlete and combined it with the advanced theories of European Sports Science and the principles of modern strength and conditioning systems.

During his career as a strength and conditioning coach, Alwyn has worked with a wide variety of clientele, including several Olympic and national level athletes, five World Champions and professionals in a multitude of sports including boxing, martial arts,

soccer, ice skating, football, fencing, triathlon, rugby, bodybuilding, dance and fitness competition.

Alwyn has co-authored the book The New Rules of Lifting with Lou Schuler and is currently a writer with Men's Health magazine.

In July 2004 Alwyn was diagnosed with Stage IV Cancer. After a long battle, and intensive chemotherapy, Alwyn was pronounced in full clinical remission as of March 2005. However, the cancer later returned in March 2006. Alwyn was again was treated with very aggressive chemotherapy and this time underwent a successful autologous stem cell transplant.

Alwyn is currently living in Stevenson Ranch, California with his wife Rachel.

- http://www.AlwynCosgrove.com
- http://www.Results-Fitness.com

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Warp Speed Fat Loss Training

By Alwyn Cosgrove

The Big Fear: "Losing Muscle" and How to Prevent It

The fear whenever we are in the midst of an accelerated fat loss plan is muscle loss.

Well guess what? **It's a myth.** I've never seen it when the program contains weight-training. But just in case my personal experience is not good enough for you, let's look at two interesting studies that support this point.

The first is a 1999 study published in the *Journal of the American College of Nutrition*. To spare you from going to your local university and looking up the study, I'll summarize the results for you (notice how everything in *Warp Speed Fat Loss* is "done for you").

Study authors split the subjects into two groups: an aerobic training group and a resistance training group. The aerobic group performed four hours per week of aerobic exercise. The resistance training group performed ten basic resistance exercises, 2-4 sets of 8-15 reps, three times per week.

The findings showed that V02 max increased equally in both groups, and both groups lost weight. However, the resistance training group lost significantly more fat and did not lose ANY lean body mass, even while restricting their caloric intake to only 800 calories per day. This is a significant finding, as one would assume this type of extreme diet would result in a loss of lean tissue.

Additionally, the resistance training group actually *increased* their resting metabolism compared to the aerobic group, which decreased their metabolism!

A second study, published in 1993 in the top nutrition journal in the world, the *American Journal of Clinical Nutrition*, also supports this finding. The study authors put their participants on an 800 calorie per day liquid diet for 90 days. The average weight loss over the 90-day period was 35lbs. Yet all subjects *increased the cross-sectional area of their muscle fibers* significantly.

It appears that weight training can produce hypertrophy in skeletal muscle (and therefore increases in metabolism) during severe energy restriction and large-scale weight loss.

Okay, one more study to really hammer home my point. This one was published in 2000 in the *Annals of Nutrition and Metabolism*. It compared three groups of overweight police officers following a low-calorie diet for 12 weeks.

Group one was a diet-only group. Group two was diet, plus resistance exercise, plus a whey protein supplement. Group three was identical to group two, but they used a casein protein supplement.

After 12 weeks the diet-only group had an average loss of 5.5lbs of fat per person, with no change in lean mass. The resistance-plus-whey group had an average fat loss of 9.2lbs and lean mass gain of 4.4lbs. The resistance-plus casein group showed an average fat loss of 15.4lbs and lean muscle gain of 8.8lbs!

Read that again **– they lost more fat, and actually *gained* muscle, despite only consuming *800 calories* per day**.

Granted, all of these studies were conducted either with beginners, or with overweight individuals. And I don't recommend eating only 800 calories per day. But I have to say – I just haven't seen *anything* in my years as a trainer to support the idea that a large amount of muscle is lost during fat loss phases when decent training programs are involved.

I think the "muscle loss" myth came from this type of scenario:

Take a typical bodybuilder. He eats 3000 calories per day with moderate carbs, fats and protein. His weight training consists of working in the 6-8 rep range doing 12-18 work sets per workout. Our typical bodybuilder then starts his pre-contest diet.

He goes to 1500 calories with very little carbs or fat.

He starts taking thyroid meds, ephedrine, clenbuterol, etc.

He starts doing an hour or more of cardio each day.

He switches training to supersets of 15-20 reps and does 36 sets per workout.

In other words, his caloric deficit goes to more than 2500 per day! Now that's a recipe for disaster and I can *definitely* see muscle loss under that type of scenario.

But as long as you are *sensible*, I don't really see it as a concern. Sure, there is some water loss, which could be recorded as a loss in lean mass, but I've seen too many clients over the years drop significant amounts of fat without losing significant amounts of muscle. However…

I'm a "real world" practitioner. Although I've never seen muscle loss when weight training was included – and the science supports me on this – too many people have mentioned it for me to completely ignore it.

So rather than avoid the issue, we decided that we would take a proactive approach in *Warp Speed Fat Loss* to ensure that there is **no muscle loss whatsoever.**

How do we do it?

I asked myself: What's the absolute minimum level of work needed to try to build muscle (so at the very least we wouldn't lose muscle)?

The science (and experience) suggests that one set of heavy loading in the 6-8 rep range, every 8-10 days, will maintain strength and muscle for at least six weeks.

Research aside, let's look at this from one more angle. As mentioned in the nutritional component, your body functions much of the time from an evolutionary/survival perspective. We used to build muscle for survival reasons – moving stones, carrying trees, snapping necks of wild boars, etc. If your body needed muscle to do those things then it wouldn't even consider breaking it down – right?

So, the question that I was wrestling with was how can we mimic that experience for your body? The obvious answer is heavy lifting when dieting. While sets of 8, 12, 15, and even 20 reps are perfect for eliciting a calorie burning metabolic stimulus, heavier sets of 4-6 reps give your body the message that if it doesn't keep the muscle around it'll be crushed.

So to overcompensate for the *extremeness* of the Warp Speed plan, I added THREE sets per muscle group every seven days and decreased the rep range to 4-6 reps; since the program is only four weeks long, we are well within the “safe zone.”

I admit, I was concerned that the added heavy sets would detract from the metabolic or “fat burning” part of the workout. Well, we have run hundreds of people through this protocol and I needn’t have worried. The addition of the heavy sets actually *increases* the results and people lose more body fat.

In the Warp Speed Fat Loss Nutrition Manual, Mike will go into more detail about how you can use diet to further guarantee that you do not lose one ounce of muscle while on the Warp Speed Fat Loss program.

Your "Secret Weapon" – Metabolic Circuits

In the Warp Speed Fat Loss training program you will complete two metabolic circuits during each workout. These are designed to really ramp up your metabolism, body fat burning, and excess post exercise oxygen consumption (EPOC).

The idea behind the metabolic circuits came from understanding the science behind interval training and resistance training in regards to fat loss. Interval training seemed to work because the hard work periods, followed by the rest periods caused a level of 'metabolic disturbance' – in other words it seemed to result in an upregulation of metabolism and calorie burning outside of the workout session.

Years ago we would just use supersets or tri-sets (2 or 3 sets of different exercises completed back to back with no rest in between). But I started to further experiment with a type of resistance training that took the best of what weight training had to offer in terms of muscular work and metabolic demands, and combined it simultaneously with interval training – so that the work interval was actually a weight training exercise.

The result was an enhanced fat loss effect and a profound increase in the "afterburn" effect – the post workout caloric burn.

One of the most powerful studies demonstrating the real power of EPOC and metabolic resistance training was published in the European Journal of Applied Physiology in 2002. These researchers set out to look at the effects of circuit weight training on EPOC. The exercise routine consisted of three exercises (the bench press, the power clean and the squat), performed with 10RM loads as a circuit. The circuit was performed four times (i.e. twelve total sets) and took 31 minutes.

EPOC was elevated for 38 hours post-workout (maybe even longer, as this was when the researchers stopped measuring). The duration and magnitude of the EPOC observed in this study shows the importance of high-intensity resistance training in a fat loss program.

So not only do we ramp up fat burning DURING the training session, we also increase caloric burn for at least 38 hours between training sessions!

And bear in mind this was with a simple weight training protocol, where the participants performed 12 total sets of 10 reps in a 31 minute period. With a few adjustments in exercise selection to activate more muscle mass, and a few more tweaks to the volume and work density, we can truly take these workouts to a new level and that is what we have done with Warp Speed Fat Loss.

Targeted Fat Loss Cardio – A New Spin on 'Real' Fat Loss Cardio

If you ask most people why they do cardio, they would tell you that they are trying to "burn" fat. What do we actually mean when we talk about "burning" body fat? We mean that the fat stored in the fat cells is removed and "burned" as energy. Most tissue in the body can use fat for fuel, but the main tissue for our purposes is muscle tissue. So to really "burn" fat we need to get it out of your fat cells, into the blood stream, and to your muscles.

The intricacies of fat metabolism can be found at your local library in any nutritional biochemistry book. We will leave it up to you whether or not you would like to seek that information out. I'm guessing that you don't care as much about the metabolic pathways and such, you just want to burn it - correct?

That's what I thought. So let's cover the key things you need to have in place to truly do **fat burning** cardio.

Fat burning is dependent upon a few factors:

There has to be a caloric deficit and a low level of insulin. The diet takes care of that (See the Warp Speed Fat Loss Nutrition Manual).

There has to be high levels of certain chemicals in the body so that the fat is released, transported to the muscle and burned as fuel.

The good news is that the second factor mentioned here is easily achieved through high intensity exercise. Interval and NOT aerobic training is by far the best form of exercise for this purpose.

- Compared to aerobic training, Interval training:
- Releases more of the fat burning chemicals
- Burns more calories minute for minute than aerobic exercise and
- Elevates metabolism outside of the exercise session (aerobic work has a negligible post exercise metabolism elevating effect).

You may be wondering - “Well, why don’t I just do interval work? Is there any point in doing aerobic work?”

Actually yes there is a point to doing some aerobic exercise.

Interval training is extremely demanding – at some point the body simply cannot handle more of this high intensity work. This is where aerobic work comes in. Aerobic work does burn fat – and actually it burns more fat as a percentage of calories during the activity than interval training does.

Don’t get too excited however – it still burns fewer overall calories. So how can we get the best of both worlds? By using aerobic training directly AFTER the end of an interval training session; it is at this moment that there is a spike of fat levels in the blood, released from the cells and ready to be burned off.

So after your interval cardio session we have two choices:

1. Do nothing, and allow the body to burn off the fat with its daily activities – which it will to some extent. Or…
2. If we are in a period of aggressive fat loss, add in some moderate intensity aerobic exercise to provide a period of increased caloric burning and “burn off” the circulating fat in your system do to the interval training. This is what we call Targeted Fat Loss Cardio.

The Death of Intervals - Interview

A note from Mike - This is the full length version of an interview I conducted with Alwyn Cosgrove regarding the fundamental flaw in most fat loss programs and how he no longer uses traditional interval training with his fat loss clients (unless in extreme examples).

Thanks for taking the time to do this interview. First so we all have some perspective, how long have you been a trainer?

I started training people in 1989. Actually 1987 if you count teaching martial arts classes. In 1995 (after college) I went full time. Since day one I've been anal about what I do. I track and tweak everything.

When we opened Results Fitness in 2000, we really started to gather a lot of data. We currently have 250 members and we track all their workouts and body comp changes.

Mike: So it is like you run your own fat loss studies at your gym?

Exactly, we had read all the studies showing interval training to be superior for fat loss than steady state training. This confirmed what we were seeing with our clients. But we don't rest on that - we constantly tweak and track as I've said earlier.

Mike: What has been one of your biggest breakthroughs lately?

One day it hit me -- cardiovascular programming is an ass-backwards concept.

I don’t know when I first thought this – but it was confirmed to me when viewing Lance Armstrong’s performance in the New York Marathon.

I'd been taught through my college education and countless training certifications and seminars that cardio vascular exercise was necessary to improve the cardio vascular system and subsequently aerobic performance.

But there seemed an inherent flaw in that argument….

Let's say I tested your aerobic fitness through a treadmill test.

Then – for sixteen weeks – we developed a five-day per week aerobic training program that involved you running at various heart rates and for various lengths of times – progressively increasing in difficulty and duration – and this resulted in a very significant improvement in your aerobic fitness.

At the end of this sixteen week period, how much do you expect your swimming times to have improved? Marginally, if at all.

Seems dumb to ask right? However – if we have one cardiovascular system – why doesn't your cardiovascular system improve across the board regardless of the activity?

Why didn't Lance Armstrong – with perhaps one of the highest recorded VO2 max levels in history – win the New York Marathon? Or beat people with lesser aerobic levels than himself?

The greatest endurance cyclist (and possibly endurance athlete) of all time – the seven time Tour De France winner – finished 868th and described the event as the "hardest physical thing" he had ever done.

Runners World Magazine actually examined Lance's physiology (and VO2 max which

was tested at 83) and compared them to the numbers of Paul Tergat (the World Record holder and defending NYC Marathon Champion at the time).

They concluded:

" This figure wouldn't mean much if it weren't for the pioneering research of famed running coach Jack Daniels, Ph.D., who first published his Oxygen Power tables in 1979-- According to Daniels, who's rarely off by more than a smidgen or two, a max VO2 of 83 is roughly equivalent to a 2:06 marathon"

Based on his other physical qualities the magazine suggested that Lance was capable of running 2:01:11.

The world record at the time was 2:04:55

Lance ran 2:59:36 (and don't misinterpret me - that's still a great time). But it's clear that the physiology didn't transfer the way the running community expected.

The flaw in this thinking was looking solely at aerobic capacity -- VO2 max - the "engine" as it were. And it's fair to say that Lance had a "Formula One" engine.

But he didn't have the structural development for running. Lance was a cyclist - his body had adapted to the demands of cycling. But NOT to the specific demands of running (in fact Lance had only ran 16 miles at once EVER prior to running the marathon). Lance had developed strength, postural endurance and flexibility in the correct "cycling muscles" - but it didn't transfer to running the way his VO2 max did.

The muscles don't move because of cardiovascular demand. It's the reverse. The cardio system is elevated because of muscular demand. We need to program the body based on the movements it's going to perform – not based on the cardiovascular system.

Basically, if that muscular system cannot handle the stress of thousands of repetitions (which is what running, cycling etc is) then we have to condition that muscular system first. And by doing so, we automatically improve cardiovascular conditioning.

The only reason that there is any demand on the cardiovascular system is because the muscular system places that demand – the muscles require oxygen in order to continue to work. In fact cardiovascular exercise is impossible without moving the muscle first.

I've seen this across various sports. The cardio conditioning required to run a 10K won't transfer to motocross or jiu-jitsu.

Conclusion - If cardio training doesn't transfer well from one activity to another – and it only 'kicks' in because of muscular demand – why don't we program muscular activity first – in order to create a cardiovascular response. Makes total sense.

But then what about if the goal was cardio training for fat loss? Then maybe it didn't matter what we did as long as we got the calories burned and the metabolism up.

Mike: Wow. So is this the death of intervals and cardio? How to you put this into action with clients?

What we have found that's so great about this approach is that you burn more calories, lose more weight, while putting a lot less stress on your joints.

Here's how I like to think about it. Let's look at traditional interval training which uses running.

Depending on stride length - walking a mile takes about 2000 repetitions and running takes 1000-1500 and will burn on average 100 calories or so.
So if we use an interval training model of running and walking - we're looking at around 1500 reps to burn 100 calories.

If we take traditional models of caloric burn - this means we'd need to do 35 miles to lose one pound of fat from our interval training efforts (discounting the metabolic afterburn for now).

So we have a problem. It's a very poor "rate of return" on our "rep investment". Additionally - running applies a vertical force of 2-2.5x bodyweight on the joints of the lower body.

So now we have a dilemma.

Let's choose a 180lb deconditioned overweight client.

1500 reps x 360lbs = 540,000lbs of force to burn 100 calories.

That's a lot of stress on the joints. Now no one was getting injured, but it seemed like there had to be a better way. So -- we started to think of how we could use different interval training methods other than running to get the same metabolic effect.

We used the airdyne bike, and other bikes in order to create a training effect with less load. But whenever you take the bodyweight out of the equation in cardio - you have to work harder to burn the same calories. So this usually means more reps.

At this point we started using metabolic training with weight training implements/kettlebells and bodyweight movements (i.e. jumping jack, burpees, etc.) in the same interval format. So a circuit of five exercises, performed three times round (15 total sets) would actually burn more calories than the same time spent doing traditional cardio. That was a plus.

But we could also do sets of 10-15 reps. So we're looking at 225 total reps at LESS than bodyweight as opposed to 1500+ reps at double bodyweight. We gave it a try. Clients loved it (which was a plus), and actually started to get better results than we were getting with intervals.

As of 2009 we don't program traditional interval training for our fat loss clients anymore.

The key with rapid fat loss training is to burn a lot of calories and avoid muscle loss. As you know from reading this manual, muscle is the key component to maintaining metabolism so losing muscle is a not an option. But hard dieting tends to rob the body of muscle. So we need to come up with a strategy to avoid that. Training wise we need to send the body two signals – get strong and get big. This is where the first 2 zones come into play.

Strength Zone: The body needs to be challenged from a strength perspective. The Strength Zone tells the body that it needs to keep the muscle because it is going to be required to lift heavy.

Transition Zone: This is our transition to the metabolic work; moving from lifting heavy 4-6 rep sets to lactic acid producing 12-15 rep sets. We are sending the body a signal to BUILD muscle - we use hypertrophy strategies combined with feeding your system with protein to ramp up protein synthesis.

Will we build muscle? Science points to a 'yes'. But overall - our goal is just not to lose muscle. With the protein feeding and diet strategies that Mike came up with - muscle loss is flat out impossible here.

Burn Zone: This is designed to burn calories and ramp up metabolism by using primal movements in a density format.

Metabolic Zone: Think of this as "new school" post-workout interval training. We are trying to burn calories and ramp up metabolism and create massive metabolic disturbance. The exercises we choose are designed for maximal metabolic impact with minimal muscular impact - so we don't have to worry about soreness interfering with our other workouts.

Spot Reduction - Is It Really Possible?

For the longest time the “spot reduction” theory has been circulating the world of exercise and weight loss. Infomercials touting the latest ’ab solution’ bank (literally) on the fact that people believe if they do a lot of crunches then they will have rock solid abs - this is the theory of spot reduction.

While just about any trainer worth his/her salt will tell you that spot reduction is just a myth, I have some contrary evidence to share with you (please keep in mind that this is anecdotal).

Over time in our facility we have used the Targeted Fat Loss Method to “smart bomb” certain fat stores. The technique as I described previously and have assigned you to do as part of the program seems to result not only in more fat being released and burned off – but **in addition** we have noticed that there does seem to be a preferential loss of fat in the abdominal and suprailiac (e.g. ‘love handle’) regions when a person performs running based cardio (e.g. treadmill, running on a track, etc) , and a preferential loss in the gluteal and lower body when using cycling based cardio work (e.g. stationary bike or recumbent bike)

Even though this is purely anecdotal and there have been not scientific studies published to corroborate our finding, we have enough **real world data** at this point to assign certain activities over others depending on where the client stores fat.

Warp Speed Fat Loss 2.0 Training Explained

The Warp Speed Fat Loss 2.0 System is much more comprehensive than the original version. You will find the following training programs as part of the Warp Speed Fat Loss System.

Warp Speed Fat Loss Training 2.0 – An updated and revamped version of the original Warp Speed Fat Loss Training Program.

Warp Speed Fat Loss Training: Home Edition – This version of the Warp Speed Fat Loss System can be completed with only free weights (and a resistance band). No cables or expensive equipment is required. However, you do need enough weight in order to achieve the prescribed loading parameters (i.e. if you need to do a set of 6-8 reps then you need to have enough weight in order to perform 6-8 reps almost to muscular failure).

Warp Speed Fat Loss Extreme – This is NOT a training program for everyone. The Extreme Training program contains significantly more training volume and intensity than any of the other training programs and is for advanced users only.