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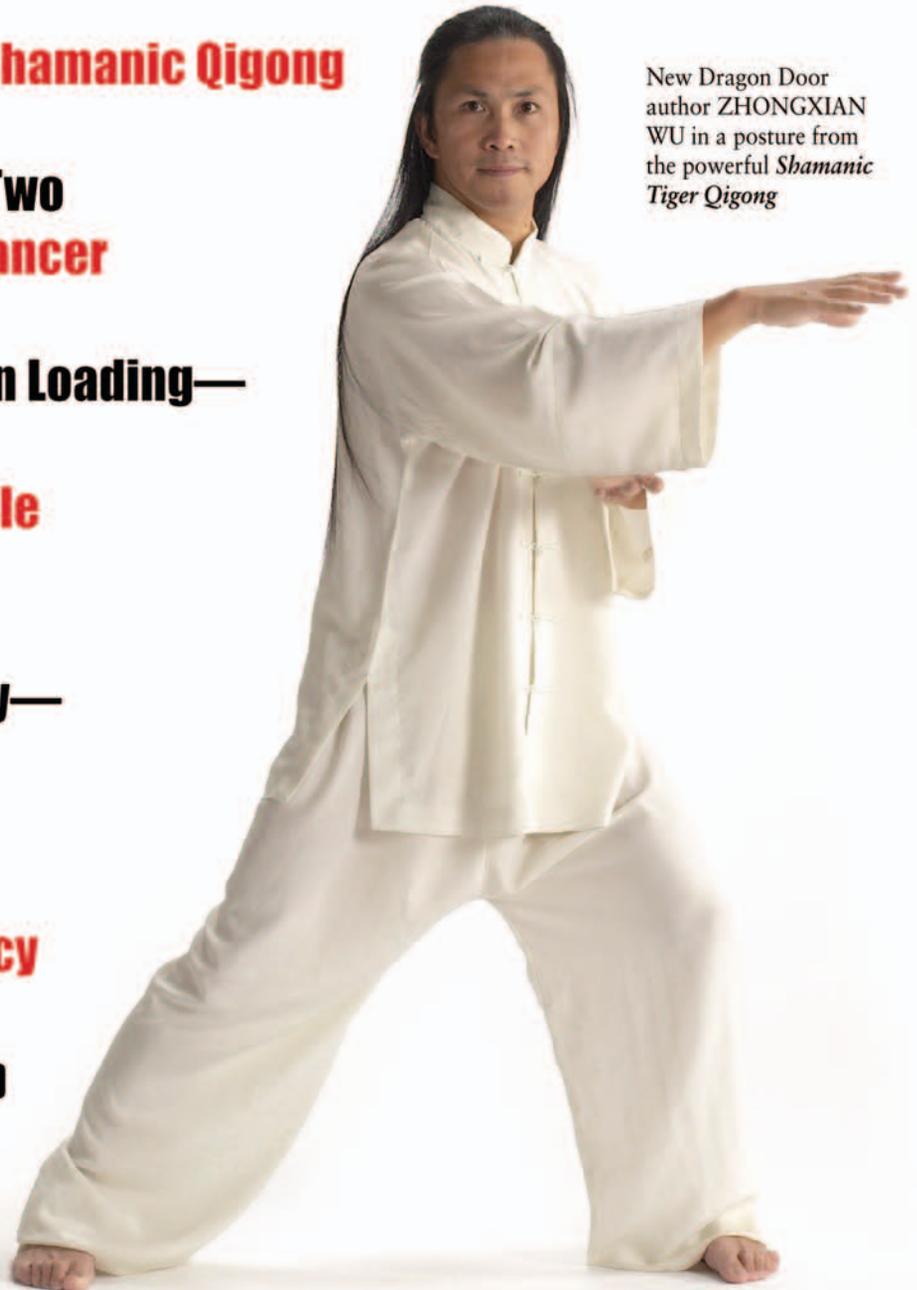
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How To Lose 100 Pounds With No Drugs Or Surgery In Less Than A Year

By Mark Reifkind, RKC

The Bet

It all started with a bet. Last December my wife, Tracy, had realized that it was time to get serious about losing the weight she had gained over the past eight years.

Like many people, Tracy has struggled with her weight all her life. Long periods of serious training and dieting were too often punctuated with breaks of fast food and no workouts. She had become a gourmet cook in the interim and that didn't help. Typically she would become re-motivated after a break but this wasn't happening.

Naturally strong and athletic, even at her heaviest she could still move well. But now, at 41, and weighing 245 she realized her health was in serious jeopardy if she didn't get into gear. Cursed with perfectionism, if she can't do something 100 % or have a shot at being the best, it tends not to get done at all.

When a co-worker suggested she and six friends put up \$100 each to see who could lose the greatest percentage of bodyweight over the next 12 weeks the fuse was lit. \$700 was a great motivator to get back into action.

Tracy's weight loss regimens in the past revolved around the basic triumvirate of fitness: diet, cardio and bodybuilding weight training. Numerous long walks, low calories, low fat diets and isolation training had got the job done before but were time-intensive and boring.

The First Thirty Pounds

Once she was into it, the first thirty pounds fell off quickly. She started walking four times a week for 2.5 miles and went back to her basic diet plan she had used before. Just cutting out the fast food and sweets made a big difference by itself.

Her diet plan revolved around three basic meals and large amounts of vegetables and medium amounts of protein. Coffee with real cream started the day with a bowl of oatmeal mid morning after her walk. A large salad with egg whites and an oil-based dressing was lunch. She ate whatever dinner she made my son Gabriel and I and just added large amounts of greens to the dish.

Calories were controlled and she was taking in 1,500 per day. Ideally she stopped eating after 6 pm. This added up to a 5-pound loss per week and after a mere eight weeks she had lost 40 pounds. Of course she was feeling better with each pound lost and the fact that she was kicking everyone's butt in the Bet made her motivated to push even harder.

One trick she did borrow from my bodybuilder's bag of tricks was to have a cheat meal once a week, on Saturdays, our date night. She ate whatever she craved, including sweets. This allowed her to stay sane and disciplined during the week. Typically Sunday was a very low calorie day or a modified fruit fast if she ate too heavy Saturday night.

Enter the Kettlebell

At this point my training business, Giryā the Art of Strength, became Giryā Kettlebell Training as we added kettlebell classes. I had become an RKC and realized the huge potential KB training had for everybody. Little did I know how true this would be for Tracy as well.

With some momentum under her belt and the impetus to push the pace Tracy decided it was time to add some KB training into her regime. Normally she would have added DB bodybuilding type work but she realized it was important for her to understand

the KB for our business. She started with just two 15-20 minute KB sessions per week. Starting with just swings for sets of ten she couldn't believe how high her heart rate would get so quickly! Just a few minutes of training made her realize the potency this little bell had.

Still, she would ONLY do 20 minutes at the max and watched the clock like a hawk. She would not let me train her at all as "you make me work too hard". After a few weeks of just swings she did let me teach her transfers, cleans and presses. She still kept the workouts to only 20 minutes. She would keep the reps to ten each movement but started combining movements into combinations of her own design, trying to get as much done in a short a time as possible. Each circuit lasted 2-2.5 minutes with the same amount of rest. It took that long for her heart rate to come down! Typically she would do four five-minute circuits in the twenty minutes.

After twelve weeks she beat all her friends with a 45-pound loss in 12 weeks—18% of her starting bodyweight.

The others barely made a dent in their goals. \$700 was a great reward. Smelling blood and totally motivated now she put the money back on the table and tried to get them to go again for double or nothing for another three months but there was only one taker. They each had to lose 25 pounds in the next three months. Tracy knew the weight loss would slow down after the initial burst and this seemed like a reasonable goal.

Warrior Dieting

She also revamped her diet strategy. She knew that to get to the next level she had to clean up the diet more and drop some calories. Since she wasn't eating until mid morning anyway and had been listening to me extol the virtues of the Warrior Diet and not having carbs during the day, she decided to cut out the oatmeal and eat her first meal a bit later.

Breakfast was coffee with heavy cream. No carbs and the fats last a long time. Her next meal was between noon and 1 pm and consisted of a protein shake with one cup low fat vanilla yoghurt, one cup frozen blueberries, psyllium fiber and ice. Her next "meal" was an apple at 2:30 or 3 pm. And dinner stopped being gourmet presentations of pasta and grains with meat and became very precisely measured entrées of lots of green veggies, egg whites or any type of meat (2-3 oz) and seasoned rice. Again she tried to not eat after 6 pm and says she was successful 50 % of the time.

She really wants to emphasize the importance vegetables played in the diet strategy for her: "Eating a large amount of a variety of veggies really made a difference for me. It really fills you up and you can really feel its nutritional value."

Also, true to the Warrior Diet philosophy Tracy made all her own food for the last year. "I think it's absolutely critical that I didn't eat out at all for the last year."

She would give herself a treat after dinner. 100-200 calories of chips, ice cream or some chocolate to say sane. But she was eating very clean.

She was now losing about 2 pounds per week, a more healthy weight loss number and one she could sustain.

The Kettlebell Efficiency Revelation

Things were in full swing, she had lost about 60 pounds now in 18 weeks and it's the summer.

She no longer has to drive my son to school, which is close to the walking trails she loves. She now has to make an extra trip and has the realization that the travel time to go for a low intensity walk is just not worth the time compared to how much she gets out of her kettlebell workouts.

She has let me teach her to snatch the KB and her fitness and recovery is much, much better. More work is getting done in the sessions, which now have become 35 minutes, but still just twice a week. The 15 minutes extra per session is much more efficient than a 30 minute drive for a 45 minute walk! Not to mention tons more work.

"Since I am so busy, taking an hour out of my day to walk didn't make sense when I could swing the KB for half an hour and get way more out of it. I noticed that every time I hit a bump in my dieting if I just pushed

my KBs a little harder I went right through it. It really seems to up my metabolism in a way walking just doesn't.

Walking turned into a meditation, very soothing. Kettlebells were the REAL workout; it's what made the difference. A HUGE difference." She was still walking two to three times per week but more as active recovery than the main workout.

Tone and Definition: The KB 'What the Heck Effect'

Of course, now she had no clothes that would fit her so she had plenty of shopping to do. A tough job of course but she was up for it!

One day two months ago she was trying on clothes and realized she had LOTS more tone than she thought, especially in her arms and shoulders. She didn't understand where this came from, as she was doing NO conventional weight training.

Even when she was doing her heaviest power bodybuilding she had not realized this level of muscle tone and definition.

She also ONLY used the 26-pound KB for her entire workout now. Not that heavy, by anyone's standards.

But that is the magic of the KB and here is my belief on why it works so well. Although only 26 pounds was used for the workouts, the speed of the movements is such that the forces are much higher than 26 pounds. Perhaps two and a half to three times the actual weight of the bell. Since force equals mass time acceleration; the 'virtual' force she was throwing through her upper body was much, much greater than she realized.

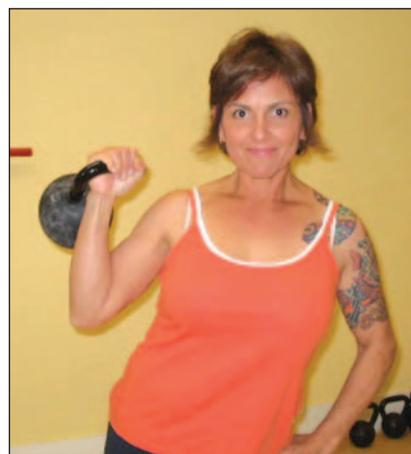
Your body doesn't distinguish between force that comes from heavier weights (more mass) or more speed (acceleration). Force is force. Producing, reducing and re-directing that force totally transformed her body, especially her arms, shoulders and back.

One must use the right tool for the job and if one uses too heavy a bell the forces are actually lower than if the right size bell is used. Swings, snatches and cleans must be done crisply and with power or the bell is too

Tracey Before...



...And After Dropping 100 lbs.



heavy. Kettlebells are truly a force magnifier if there ever was one.

Now she was really motivated. "I thought, if I can get this type of definition and tone from two workouts a week what will an extra workout day bring me"? So she added a third workout in for the last two months and the day before Thanksgiving she hit her goal: 100 pounds of weight loss in only eleven months.

She now weighed 145 pounds with a totally revamped body.

Tracy continued to push hard as the 100-pound loss was just one step on route to her real goal: to weigh 140 pounds. This had been her real goal weight and the number she wanted as maintenance. What she hadn't counted on was how different her body would look and feel at this weight.

continued next page...

She overshot a bit and on December 7th she weighed in at 137 pounds, the lightest she has been in ten years plus. Maintenance will mean she can add 4-500 calories back into the diet and Gabriel and I will be eating some gourmet meals again, as will Tracy. Portion control will be her guide for the evening meal and the rest of the eating will stay the same. She will still include an evening off from the diet for a cheat meal of goodies.

“Now that I am, ahem, more mature, I realize it’s not just about looks and clothes size but my health. So many serious and chronic health problems occur in older people because of obesity. I don’t want that for me and being able to grow old and be with my family for a long time, in good health and fitness, is enough of a motivator for me to stick with this system. Plus, it’s not that hard!”

Tracy has developed some very interesting movement combinations of her own design than I am very impressed with. In her desire to get her workout over with as fast as possible and deal with the boredom of very high reps she has created combinations that have the end result of much more work than she had planned.

Just as the perceived exertion of KB swings is not evident while one is doing them, the routines she has put together are much harder than she thought, although this is not as noticeable while they are being done.

Her next goals include maintaining this weight and training for the RKC! I really want her to teach classes at Girya as I know she will be an incredible inspiration to so many women and men who face the same weight and body issues she has lived with. A trainer’s job is to guide students through the rough terrain of training and dieting to their goal. This is only possible, in my opinion, if the trainer has been there themselves and found the path through the jungle. The best trainers know all the routes, including the shortest ones. Will she make it? I wouldn’t bet against her!

PS

One thing I have to add is how incredibly proud I am of my beautiful and incredible wife. What she has accomplished in so short a time is truly inspirational to me and reconfirms my belief in what can be accomplished physically when one is fully committed to the goal mentally, spiritually and emotionally. The KB has truly brought out the athlete in her, something I saw in her the first day we met but is only being fully realized now, twenty years later. It is never too late. She is shining now and it’s beautiful to see. AND, it’s just the beginning. Well done, Honey.



Tracy’s 100-Pound weight loss workout routine

The Kettlebell Circuit (all done with 26# kb)

Set one:

20 swings left, Transfer 20 swings right
20 transfers (DARCs)

Set two: 10 swings left, Transfer 10 swings right

1 swing, one transfer, 40 times

Set three:

One swing, one transfer 30 times

Set Four:

One swing, Clean, Press: 10 reps per arm then transfer to opposite arm

Set Five:

One swing, Clean, Press: one rep per arm then transfer 10 times then 10 Transfers (DARCs)

Set Six:

One swing, one snatch, 10 reps per arm then transfer to opposite arm then 10 Transfers (DARCs)

Set Seven:

One swing, one snatch per arm then transfer ten times Then 10 transfers (DARCs)

That’s it. Seven total sets and one hell of a lot of work. Tracy rests between sets until her HR has dropped. Usually 2 minutes or so. 30-35 minutes total training time

Mark Reiffkind, RKC has been a competitive athlete, coach and student of physical culture for the last 34 years. A former national level gymnast, he has trained Olympian gymnasts, was the head coach for Team USA in Powerlifting and has written for *Ironman*, *Milo* and *Muscle Mag International*. A masters level rated powerlifter, he now focuses his training on the kettlebell and the depth of its applications.

Rif is the owner operator of Girya Kettlebell Training in Palo Alto California, the first training center in California to use the kettlebell as its primary method of conditioning. Girya offers semi private KB classes, KB boot camps, and personal training in the art of the kettlebell. All Girya instructors are RKC certified.

Mark is available for seminars, speaking engagements and online consultations. Contact him at (650) 273-2637 or www.GiryaStrength.com.

Tracy’s 100-Pound weight loss Warrior Diet

Meal One: 6 am

Two cups coffee with 2 tablespoons heavy cream

Meal Two: 12:30-1 pm

Protein Shake:
One cup low fat vanilla yoghurt
One cup frozen blueberries
Two teaspoons psyllium fiber
Crushed ice, blended.

Or

Large mixed green Salad with tablespoon olive oil and 2 oz protein

Meal Three: 3:30-4 pm

One large apple

Main Meal: 6 pm

6-8 oz of green starchless vegetables (spinach, broccoli or equivalents)
2-3 oz of protein (egg whites, salmon, red meat)
1.5-2 cups of seasoned brown rice

Dessert

100-150 calories: chips, cookie whatever she wants.