

**This is a FREE excerpt from the  
full story...**

*The*  
**7** *Minute*  
*Workout*  
*Story*

*Your Final*  
*Fitness*  
*Solution!*

**By**  
**Jean Shaw**



**ISBN-10: 1470180464**

**Copyright © 2012 by Jean Shaw**

**Disclaimer and Terms of Use:** The Author and Publisher has strived to be as accurate and complete as possible in the creation of this book, notwithstanding the fact she does not warrant or represent at any time the contents within are accurate due to the rapidly changing nature of the Internet, and the advances in health, science and technology.

While all attempts have been made to verify information provided in this publication, the Author and Publisher assumes no responsibility for errors, omissions, or contrary interpretation of the subject matter herein.

Any perceived slights of specific persons, peoples, or organizations are unintentional. Readers are advised to seek the services of competent professionals in all health matters and the information within this book is for educational purposes only.

#### **Liability Disclaimer**

By reading this book, you assume all risks associated with using the advice given below, with a full understanding that you, solely, are responsible for anything that may occur as a result of putting this information into action in any way, and regardless of your interpretation of the advice.

Printed in the United States of America

**ISBN-10: 1470180464**

No part of this publication may be reproduced in any form or stored in a retrieval system by any means, including scanning, photocopying, or otherwise without prior written permission of the copyright holder. Reviewers may quote brief passages in a review to be printed in a newspaper, magazine, journal or online website.

## **Other Books By Jean Shaw**

**I'm Not Naughty, I'm Autistic - Jodi's Journey**

**ISBN-10: 184310105X**

**Autism, Amalgam And Me - Jodi's Journey Continues**

**ISBN-10: 0955773636**

**Mercury Poisoning It's Not In Our Heads Anymore - Jodi's Journey Goes On**

**ISBN-10: 0955773628**

**The GVO Story**

**ISBN-10: 1466363983**

## About the Author

Jean Shaw lives in UK and started writing because of peer pressure.

She writes poetry, articles, books and has several websites and blogs.

Jean also likes interviewing inspirational people and you can listen to some of her interviews at <http://JeanShawInterviews.com>

## REFLECTIONS

Sitting at the keyboard,  
Reflecting on my life,  
I'm sure I could be so much more  
Than just a mother and a wife.

I think in the great scheme of things  
As part of the Master Plan,  
Each one has a role to play  
To help his fellow man.

I don't know what my task is,  
What I'm supposed to do,  
But now I'm half way through my life,  
I hope to find a clue.

I know it won't be very much,

My star sign isn't right.

I'm Pisces, indecisive,

No opinions and no fight.

I'm very easy going,

Don't get angry, never fuss,

Won't argue, don't hold grudges

Hardly awe inspiring stuff.

But someday, somehow, somewhere,

I'll do something with my life,

So I won't just die as Jean Shaw

The mother and the wife!

## Table Of Contents

About the Author .....	
Table Of Contents .....	
Foreword.....	
Introduction .....	
The 7MinuteWorkout Poem .....	
What Is The 7MinuteWorkout .....	
Joel’s Story .....	
Chris’s Story .....	
The 7MinuteWorkout And Why Muscle Is Magic.....	
The 7MinuteWorkout And Why Muscle Is Magic.....	
Obesity .....	
Diabetes .....	
How Much Weight Do You Need To Lose? .....	
7MinuteWorkout Advice/Tips .....	
Eating The Right Foods.....	
Proteins.....	
<b>Carbohydrates</b> .....	
<b>Glycaemic Index</b> .....	
<b>Fats</b> .....	
<b>Fibre Is Your Friend</b> .....	
<b>The Wonder Of Water</b> .....	
How To Read Food Labels .....	
Member Support.....	
<b>Measurement And Activity Tracker</b> .....	
<b>Weight Tracker</b> .....	
Global Home Business Opportunity.....	

Member Stories .....  
**Melissa Cohoe**.....  
**Michael Finlayson** .....  
**Alan Jenkin**.....  
**Suzanne Karreck** .....  
**Deb Lane**.....  
**Fred Larcombe** .....  
**Rita Pepper** .....  
**Donna Phillips**.....  
**Claire Poulton** .....  
**Mike Reid**.....  
**Gregory Schmidt** .....  
**Jimmy Wilson**.....  
Conclusion.....  
More Information .....  
Testimonials.....  
References and Recommended Reading.....  
Legal .....



## Foreword

*"When Jean Shaw asked if I would write the foreword for her book The 7MinuteWorkout Story, I was somewhat surprised.*

*I didn't even know she was writing it.*

*However, I'm really glad she did, because Jean has managed to explain exactly what the 7MinuteWorkout is, how it works, why it works and show real life examples of how it's changing lives, all in these few short, but detailed chapters.*

*Jean has an ability to simplify things and write in such a way you feel she is talking directly to you.*

*I know you'll enjoy this book.*

*I did."*

**Joel Therien**

**CEO - 7MinuteWorkout.com**

*"What a wonderful and thoughtful journey.*

*You have magnificently captured the essence of 7minuteworkout within these pages and most refreshing of all, they are from the perspective of one as thoughtful and insightful as you.*

*You are more than a member, you are a true to the core Maverick member.*

*Your dedication to the entire program makes me realize we may have started out as a program, but we have matured into a movement and this movement will be further perpetuated by members making lasting and significant contributions like you have made with this book.*

*Thankyou Jean"!*

**Chris Reid**

**President - 7MinuteWorkout.com**

## Introduction

There's absolutely no doubt in my mind if I hadn't met Joel Therien personally, I would never have joined the 7MinuteWorkout.

Why?

Well the first thing I saw at the top of the original landing page introducing the program was a picture of two perfectly groomed, very attractive, shapely, toned individuals sporting huge smiles and very little else.

They guaranteed I could get into the best shape of my life exercising just seven minutes a day, three times a week.

Well, you have to admit that's a pretty bold statement and does sound too good to be true, doesn't it?

Now, I hate hype and maybe it's my age, but I find myself more and more skeptical about most of what's promoted on the internet these days, so my first thought was, "What a load of rubbish", quickly followed by, "I'll bet they had to work out a lot more than 7 minutes a day, three times a week to get bodies like that".

Then I put my business head on and applied the S.M.A.R.T. principle, which stands for Specific, Measurable, Achievable, Realistic and Time.

That didn't help either, because looking at those photos I could never imagine it could be achievable or realistic ...

...for me.

However, as I say, I've met Joel personally, and whilst I've never seen him flashing off his six pack, I know him to be a really astute business man.

He's very transparent, marketing savvy and knows the most important part of any business is a good product.

He's also passionate about health, and claims to know more about that than online marketing, so I had no doubt if he was putting his name and reputation behind this system, it had to have something going for it.

Joel is the CEO of businesses bringing in millions of dollars, and clearly knows a lot about the online stuff, so I had no doubt when he announced at the 2010 GVO conference in San Antonio he would shortly be introducing a healthy lifestyle program, it would be something to look out for.

Naturally, I was intrigued, especially as it involved very little exercise and had the potential to reverse the increasing rates in obesity and diabetes.

When the 7MinuteWorkout was finally introduced in March, 2011, I became one of the first beta testers, or as we prefer to be called...

...Maverick Members!

Yes, as I write this, I've been involved in this program for a whole year and I've witnessed the change it has made to the lives of all those who've stuck to it.

Of course that hasn't been everyone, but as they say, you can lead a horse to water, but you can't make it drink.

I have to confess there have been times when I've fallen off the wagon, but the really nice thing about the 7MinuteWorkout is...

... it's very easy to get back on again... and again... and again!

Another nice thing about the program is it's not just for people who want to lose weight, or for the exercise lovers and gym rats who want to flash their six packs.

Indeed, there's something for everyone, because everyone wants to be healthy.

Without your health you have nothing, and it's your responsibility to look after it, not just for yourself, but for all those who love and depend on you.

## The 7MinuteWorkout Poem

If you're as weak as fluff  
And desire to look quite buff  
There's a program for your body  
That can make you look quite godly  
Whilst improving health and stuff

The 7MinuteWorkout  
Gets rid of fat and makes you lean,  
Makes you stronger, energetic  
A fit and healthy mean machine

And because it's done so quickly  
Is fun, gives you a high  
Great support and education  
Why not give the course a try?

You'll find videos on exercise  
Weekly expert training calls  
A really active forum  
Tips on straps and weights and balls

If you want to be more healthy

There's nutritional content too

Recipes suit your preference

Using food that's right for you

Yes, the 7MinuteWorkout

Could change your life for sure

This monthly online program

Creates fitness, health and more

Has a business opportunity

So as you lose you gain

Making money as you work out

What a way to train!

## What Is The 7MinuteWorkout

Although the 7MinuteWorkout was only launched in March 2011, the idea has been germinating for many years.

Ever since best friends, Joel Therien and Chris Reid saw the Karate Kid as very young boys, they've been heading towards this joint venture.

For Joel and Chris are the brains and brawn behind the program.

They provide the health and fitness training, education, motivation, inspiration, and if you wish, marketing ideas and strategies, because the program has an optional business opportunity attached to it.

The 7MinuteWorkout addresses the increasingly recognised fact most diets don't work in the long term, and the majority of fitness programs are designed to fail their clients.

Why?

Well, most aren't based on scientific principles, but the 7MinuteWorkout is. That's why it's a healthy lifestyle program people **choose** to follow, rather than feel they have to follow.

Let's now learn a bit more about the co-founders, Joel Therien and Chris Reid.

## Joel's Story

If you mention the name Joel Therien to anyone of consequence in the online field, they'll tell you he's synonymous with great hosting and affordable internet marketing tools every business owner wants and needs.

He's made things affordable to the masses on a global scale.

That's why his company is called GVO or Global Virtual Opportunities, and if you want to read his story you can check out *The GVO Story* by yours truly.

It's available on Amazon and Kindle, but there's more to Joel than being the approachable CEO of a few multi-million dollar companies.

Joel is a self-confessed "health nut", and had he not suffered aspartame poisoning when he was a highly successful natural body builder and personal trainer, I doubt this book would ever have been written.

It's funny how one door opens as another one closes though, isn't it, but it's just as well in this case as without Joel's phenomenal success as a hosting and online service provider, the 7MinuteWorkout would not be such an accessible and affordable global product.

However, this particular story really began when Joel was a young lad.

He and best friend Chris Reid (who is now President and co-founder of 7MinuteWorkout) watched with excitement as the Karate Kid trained under the supervision of wise Mr Miyagi, and his transformation inspired them to take up Tai Kwon Do.

It was the beginning of a lifelong love and understanding of exercise.

They spent hours working out with weights in the basements of their parents homes, and regularly took part in Tai Kwon Do competitions.

When, eventually they grew up and left for college, both shared a room, and continued their love of sports, but their competitive ambitions veered in different directions.

Joel's interest lay in natural body building and Chris continued with his martial arts, but both were intrigued by diet, nutrition and the reasons people struggle to keep up with training programs.

In college, Joel studied Exercise Physiology and specialised in Cardiac Rehabilitation. He was a top student, earned an internship with a highly respected cardiologist, and eventually a position at the Montfort Hospital in Ontario.

He felt he was on his way to the life he desired.

To supplement his already healthy salary, Joel competed in the top natural body building competitions, both at home in Canada, and in the USA.

He was extremely good, and as a natural body builder he obviously didn't bulk up his muscles with steroids. Instead he used the same system he's now revealed in the 7MinuteWorkout.

Joel had been obsessive in learning everything there was to know about how and why muscles grow and felt confident he knew the secret.

It wasn't the exercise, it was the recuperation.

Joel was successful, fit and healthy. He was also in demand, not just as a personal trainer but also by fitness magazines who wanted to feature him to boost their sales.

He needed to look good at all times.

Great muscles and a low amount of body fat were important, so he drank diet soft drinks and took various protein powder supplements.

What he didn't realise at the time was most "sugar free" and "diet" drinks contain aspartame, which is an intense artificial sweetener. This sugar replacement is also a very toxic substance, and one which should be avoided if at all possible.

You can easily look the details up for yourself, but meanwhile it's enough for you to know aspartame is dangerous, and can have some very detrimental affects on your health.

It certainly affected Joel to the point he had to end his career, both as a natural body builder, and working in the hospital.

Joel was no longer successful, fit, healthy and in demand.

Instead, he was very ill.

He had extreme migraines and his liver and kidneys began to fail, but it now seems likely Joel also had lead poisoning as well as aspartame poisoning, possibly because the protein powder he was taking at the time had been contaminated.

Lead is a heavy metal, and can cause serious health issues if your body can't get rid of it.

Joel lost weight, became intolerant to many different things and for a while life became very debilitating.

Fortunately, he wasn't giving up without a fight and eventually discovered chelation. The word chelation actually means binding and he was able to carefully rid himself of the unwanted heavy metals and chemicals.



He used acupuncture, followed a sensible diet, and eventually found himself back on the road to recovery.

It took several years though before he finally felt well enough to combine his deep passion for health and his immense understanding of how the body works into the online health and fitness program known as the 7MinuteWorkout.

It finally launched in March, 2011.

## Chris's Story

As already mentioned Chris Reid and Joel Therien have been friends since they were knee high to a grasshopper.

Born within 3 weeks of each other, they attended the same schools and Chris was best man at Joel's wedding.

Despite following different activities during college, both Chris and Joel, who shared the same room, trained together when possible in the gym.

However, it wasn't always easy, because the system Joel was seeing such amazing results with didn't fit in with the rigorous, disciplined, repetitive movements demanded by traditional martial arts instructors.

As many of the movements in Tai Kwon Do are not natural to the body, they require many hours of practice and it was nothing to have to repeat the same exercise many hundreds of times.

This goes completely against the recommendations given in the 7MinuteWorkout, so Chris found he often had to skip the training sessions with his best pal, NOT because he felt his system was wrong, but because if he wanted his body to be able to move instinctively in his Tai Kwon Do competitions, Chris had to keep up the repetition training.

It clearly paid off because he eventually went on to become World Champion as well as open his own school.

Chris puts his success down to the fact by the time he achieved the result he'd been using the 7MinuteWorkout to strengthen his core.

Whilst he was working towards his dream, however, he supplemented his income by investigating and participating in various network and multi-level marketing opportunities.

At that time he had no car, there was no e-mail or mobile phones, and all the training and recruiting was done by word of mouth, and at expensive and time consuming hotel meetings.

It was a great educational experience for Chris, and he acquired many important communication and people skills, which have served him well over the years.

This was particularly true with his Tai Kwan Do classes, as not only did Chris become a popular and revered instructor, but also the trusted confidante, and person his students turned to in times of trouble.

He was always willing to lend an ear and over the years, Chris has been the Agony Uncle for many people, and always tries to support with motivation, inspiration and encouragement.

For many people, just having someone to listen to them was all they needed, and for others, having someone give them time and their undivided attention provided the crutch they so desperately needed.

Chris is very passionate about helping people to gain and keep their health, and become the best they can in all aspects.

He is very family orientated and has a great empathy with students, which is why he can easily, competently and professionally fit on various different hats in the leadership roles of 7Minute Workout.

Not only does he demonstrate the exercises, but educates on marketing and provides incredible motivation.

Whilst he comes across as very cool, calm and collected, he does occasionally have a “rant” about things he’s come across in society, and which in his opinion should be curtailed.

This is especially true when aimed at children, and he’s very persuasive with his arguments.

Chris is definitely one of the good guys.

## The 7MinuteWorkout And Why Muscle Is Magic

If you're like me, and indeed the majority of people, the thought of regular, scheduled exercise is less than appealing.

The prospect of spending hours working out, exhausting my body, getting hot, sweaty and tired, just doesn't rock my boat, as they say.

However, with the 7MinuteWorkout, I don't have to (and you don't either).

You see, for years we've been misled by the majority of people in the fitness industry. That's most likely why 98% of people who start an exercise program give up before they reach their goals.

Joel and Chris decided it's finally time everyone learned the truth about how much exercise you really need.

Unquestionably, over the years we've discovered more and more labor saving devices, which has resulted in less physical activity on our part.

That's the good news.

The bad news is the lack of activity has triggered an increase in obesity and the health issues that go with it.

Before the introduction of automobiles, refrigerators, freezers and microwaves, very few people were overweight or obese.

Generally speaking, most people got all the exercise they needed just going about their daily activities. They grew their own crops or bought locally and if funds allowed, their diets consisted of fresh meat, fruit and vegetables.

There was no need for gyms and exercise classes and the word "diet" meant the food you actually ate, as opposed to something you go on to lose those extra pounds.

Irrespective of whether you believe in Darwin's Theory of Evolution or not, you'll undoubtedly have heard our distant ancestors were hunter gatherers. They existed on food either grown in the ground, or which they hunted and killed.

If they did neither, they starved.

It was a simple case of survival.

They certainly didn't have the luxury of automobiles, refrigerators, freezers and microwaves, and no processed food, chocolate bars or fizzy drinks to give them a quick energy fix.

Their lifestyle meant our ancestors moved in two very distinctive ways.

For the most part, they conserved their strength and moved very slowly, BUT when they needed to, they'd grab their weapons and surge forward with explosive energy to claim their meal.

It's very similar to the way big cats like lions and tigers hunt today.

Slowly and stealthily they creep up on their target, and then with incredible speed, they quickly pounce and go for the kill.

Once they've feasted and are full, they relax, rest and wait until they need to stalk more prey.

Whilst our lifestyle has changed dramatically over the years, our bodies haven't.

Physically, we are fundamentally the same, and are still naturally designed to move at a slow pace for long durations, and then have short bursts of more energetic activity.

Our bodies are designed to work LONG, or HARD.

They can't do both – at least not at the same time!

That's why most exercise regimes fail and what makes the 7MinuteWorkout different.

You see most exercise programs instruct you to exhaust yourself every day, or at least several times a week.

No pain, no gain - right?

Wrong!

That's precisely what you shouldn't do, and here's why.

Exercise is actually a catabolic process during which the body breaks itself down.

The recuperation period, when you rest after exercise is an anabolic process. It's when the body repairs itself, and if you've really pushed yourself during your exercise the body will adapt and make itself stronger because it doesn't want to hurt if you put it through the same routine again.

When you exercise the body releases catabolic hormones like cortisol, often described as the "stress" hormone, because more is released in a "fight or flight" situation.

Interestingly, small increases in cortisol can be very beneficial. Not only can it heighten your memory, increase your pain threshold, boost your immunity, and help maintain your body's internal balance, but also provide a quick burst of energy in a survival situation.

Actually, small amounts of cortisol make you feel really good, but too much has the opposite effect.

Since cortisol is released through exercise, you'll understand why over exercising is not such a good move, but it's not just because of the increased level of the stress hormone.

When you do too much exercise, your body also gets depleted of feel good hormones such as epinephrine and l-dopamine, as well as endorphins.

These are the body's natural feel good chemicals, and when they are depleted, your brain receives negative biochemical feedback.

That's why you often associate exercise with thoughts of, "I don't like this much", "I'm glad that's over", and more.

Is it any wonder most exercise programs fail?

Blame it on the hormones!

Too much exercise is certainly not a wise choice for the majority of people who just want to take positive steps towards their health and fitness goals.

Of course, not everyone who exercises wants to lose weight, but I don't know anyone who doesn't want to be healthy, do you?

Without your health you have nothing, and one of the best ways to ensure good health is to maintain your muscle strength, which unfortunately reduces naturally as we age.

It's been said at age thirty we have the most brain cells and muscle mass. After that it's all downhill UNLESS we take some form of positive intervention, and yes, your brain is a muscle so use it!

Amazingly, there are more than 600 muscles in your body. They perform a variety of jobs, moving different parts of your body, and together with your skeleton, help you stand, walk or run.

Muscles are made up of fibres.

There are two main types of muscle fibres - slow and fast, and their names relate to the size of the fibers, and the amount of time it takes them to contract after stimulation.

Slow twitch fibers are ideally suited to endurance exercises and are the ones which long distance runners concentrate on. They are about half the size of the fast ones, have a high oxygen supply and take much longer to contract than the fast twitch ones.

Fast twitch fibers are large in diameter and because they are easy to develop both in power and endurance, are the ones sprinters and body builders prefer to stimulate. They are also

the ones on which the 7MinuteWorkout focuses, because they contract very rapidly after stimulation.

However, they also tire easily because the contractions are so powerful.

They need to be exercised in quick bursts.

Our bodies were designed to move and I'm sure you've come across the expression, "*use it or lose it*", haven't you?

Well, it's the same with muscles.

If you don't use your muscles they will become smaller, weaker and your body will lose tone, so it's really important to keep your body fit and strong by doing resistance exercises.

These promote muscle hypertrophy, i.e. muscle growth because of repeated, exhaustive stimulation, and whilst that may sound a bit daunting, it doesn't have to be time consuming.

In the 7MinuteWorkout, this is attained when you achieve Positive Momentary Muscular Failure. (PMMF), which simply means the point in your exercise routine where you exhaust your muscles so much, you simply can't do any more.

You only have to do this **ONCE per exercise** though, and as soon as you reach PMMF then you move on to the next routine.

It happens very quickly with the 7MinuteWorkout, and you can reach Positive Momentary Muscular Failure for all the exercises in your daily routine in just seven minutes, hence the name of the program.

Joel and Chris associate PMMF to lighting a stick of dynamite.

In order to get the explosion, you only need to light the fuse once. Any more would be a waste of matches and it's the same with PMMF.

You only need to achieve it once per muscle group for your body to create an adaptive response to grow and get stronger.

It will too unless...

...you over exercise!

Remember, over exercising is counter-productive, not just because of the hormone levels, but because if you don't give your body time to rest, it's always in a catabolic state and your muscles never have a chance to grow.

The adaptive response to the stimulus of exercise just never happens.

Your body never recovers and improves, because it's during the recuperation period the growth phase kicks in and the muscles build themselves back up again, bigger and stronger.

Recuperation not only strengthens your muscles, but also releases anabolic hormones like testosterone, as well as feel good neurotransmitters like l-dopamine, so it makes sense to rest your body after exercise, doesn't it?.

Right, now you know a bit about the science behind the 7MinuteWorkout, let me ask you the same question Joel and Chris ask, which is,

***“If exercise is catabolic, and time off is anabolic, isn't it best to do the least amount of exercise necessary to get an adaptive response to get your body to rebuild itself and improve?”***

Hopefully, you answered, “YES”.

Just like a stick of dynamite only requires to be lit once to create an explosion, you only have to create an adaptive response once per training exercise to build muscle.

The best way to do that is not to reinvent the wheel, but to follow the path set down by our hunter gatherer forebears all those years ago.

That's what the 7MinuteWorkout does.

It focuses on the Fast Twitch muscles because they have the best potential for growth. They contract quickly, have explosive power, and the best way to train them is the way they were designed way back in the hunter-gatherer days...

.... Fast and with High Intensity!

There's just no need to exercise for hours every day until exhaustion. All that does is make you miserable and your muscles ache.

It's usually only genetically superior athletes who get a “high” from intense exercise, The majority of us much prefer short duration exercises, which leave us feeling much more alert and energised, plus the knock-on effects of sensible, productive, short duration exercises can be phenomenal.

As our strength improves, our posture improves. We get more oxygen circulating around our bodies and see improvements in hair and skin conditions, which in turn makes us feel more confident, regardless of our age.

However, age is one of the factors affecting the ability for the body to benefit after exercise because after the age of about 35 - 40 years, your testosterone levels will decline. This is the anabolic hormone associated with muscle size and strength.



Strength is a factor in the recuperation period because someone who is bigger, stronger and can lift more weights will put more stress on his or her body than someone who is not so strong.

That means they'll need more time to recover.

The 7MinuteWorkout is a total body exercise program. It covers a period of ten days, during which you work on five different muscle groups on alternate days and take a day off in between.

Once you've targeted all five muscle groups you've completed a "cycle".

Some people choose to work their cycle over a ten day period, and others exercise on Mondays, Wednesdays and Fridays and take every weekend off.

That means their cycle takes more than ten days to complete, but it really doesn't matter.

The important thing is to take a day off in between each series of exercises and, depending on how you choose to do your cycle, you only target the same muscle group again after a minimum of ten days, because that allows the optimum time for your body to recuperate and benefit.

If, you want a visual representation of how this routine benefits your body, you could draw a horizontal line across a blank piece of paper.

This represents your current muscle strength and endurance, and is your base line.

The vertical space above the baseline represents a state of anabolism (improvement) and the space below the baseline is when your muscles have been broken down and your body is catabolic.

Next you need to number 1 – 10 in evenly spaced proportions horizontally to indicate the ten days it takes your muscles to ideally go from a catabolic to an anabolic state.

Here is a rough example.

### State of Anabolism

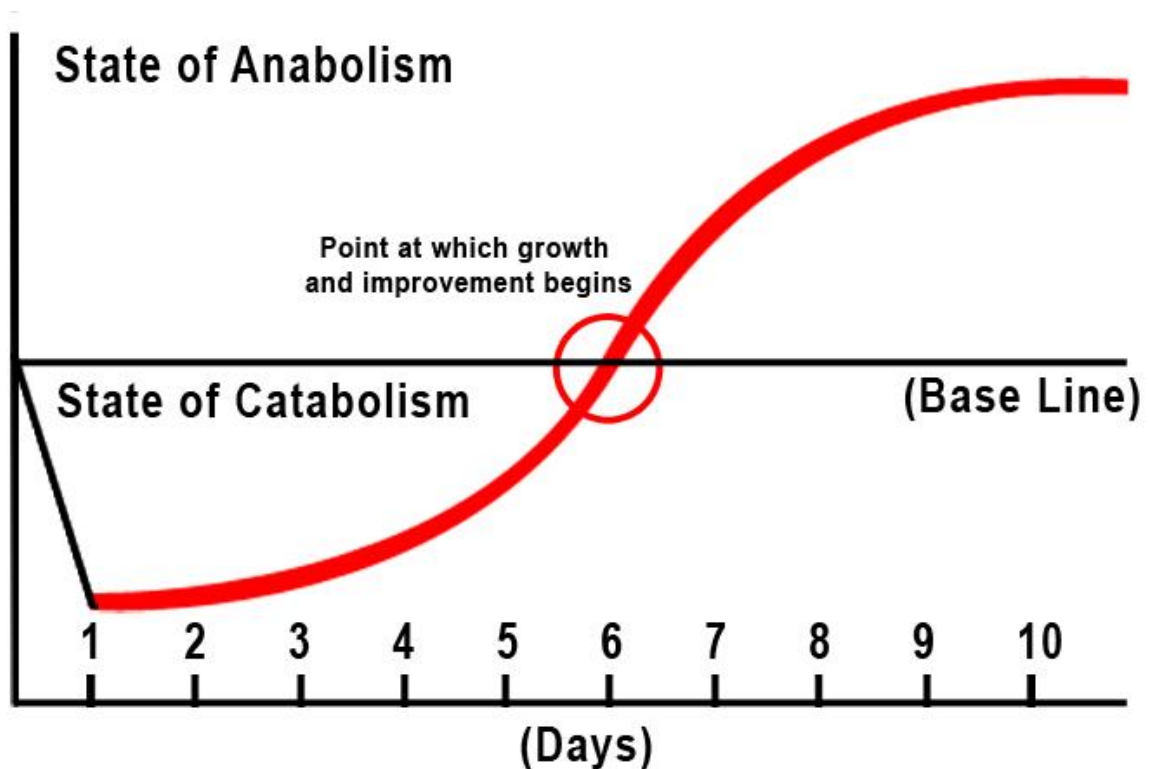
\_\_\_\_\_ (BaseLine)

### State of Catabolism

1    2    3    4    5    6    7    8    9    10    (Days)

On day one, when you exercise the muscle groups for a specific area of your body, your target muscles will be at baseline, but for the next day or two, your body will be in a huge catabolic state.

If you were to represent this on your sheet of paper you would need to create a line that dipped way below the horizontal baseline, and if you've exercised correctly you should feel sore for several days.



Gradually the line will start to rise again, but your body most likely won't start to recover even to the point of baseline until about day 5, 6 or even 7.

Only when you allow the line to go above baseline and into the anabolic state will you get growth and improvement, so you need to rest the same muscles until at least day 10.

They need time to grow stronger, but most people never allow them that opportunity.

Instead, they exercise every day, or start to exercise as soon as they feel slightly less uncomfortable, and that means their bodies are ALWAYS in a catabolic state.

They'll never improve, but sadly that's the way it is with most exercise programs.

Unfortunately, this lack of education means not only do people not see any improvement in their fitness goals but they come to associate exercise with feelings of, "I hate this", "I don't want to do this", and subsequently give up.

It's those hormones – high cortisol and low feel good hormones are not a good mix if you plan on sticking to any exercise regime.

It's why people give up and quit, and also why a lot of people have very short athletic careers. As a result of constant overtraining, they become susceptible to injury and burn out.

The recuperation or growth phase occurs about 5 - 10 days after you've trained that body part, or about 5 days after you are no longer sore.

Most people who exercise regularly NEVER gets out of the state of catabolism, because they exercise too much, too soon and NEVER move on.

However, with the 7MinuteWorkout you train each body part once every TEN days, which allows plenty of time for muscle hypertrophy (growth), and it's vital you have one day off between the exercises.

This is because exercise taxes not just your muscles, but your glycogen levels, and your nervous system as well, so you must give your body a rest.

The difference between 7MinuteWorkout and other exercise programs is it's short, effective and makes you feel good.

Many people are so energised, they want to do more exercise, and provided it's not weight training, that's fine, but it's not necessary.

You can do more if you WANT to, not because you have to!

The 7MinuteWorkout provides the right amount and proper duration of exercise to bring out feelings of high energy and wellbeing, and it's a fact of life, when people like something, they tend to stick to it.

That means this particular program is a true, sustainable lifestyle change, which enables you to take control of your body and actually enjoy doing so, but naturally there will be many skeptics.

After all, if it were that simple, why don't more exercise programs make it easier, instead of telling us to train long and hard?

Good question, but you now know the body was never designed to operate in that fashion, so even if that were the case, why would you want to?

If you could get the same result by exercising seven minutes a day, three times a week that you could get by running on a treadmill for one and a half hours EVERY day, which would you choose?

Hmm - thought so!

Over his athletic career, (and frequently since), Joel has been asked how he is able to build muscle working out so little.

He always tells them the same thing, and that is it's impossible not to when he gives his muscles so much recuperation it allows them time to grow.

Joel goes on to explain,

***"The reason most people quit their exercise program is because they keep stimulating, stimulating, overtraining their bodies and actually go catabolic.***

***In other words, the body starts to eat itself and it doesn't improve. You can actually get fatter and skinnier that way".***

So you see, when it comes to working out, sometimes it's a case of less is more.

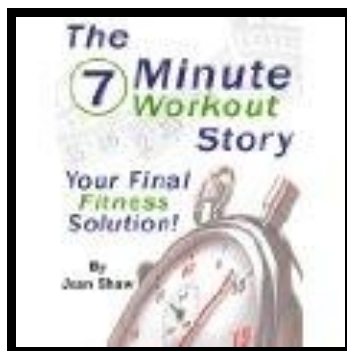
Thankfully!

I hope you've enjoyed this brief excerpt.

You can read the rest of The 7MinuteWorkout Story in either the paperback or the Kindle version at [Amazon.com](http://Amazon.com)



**[Paperback - ISBN-10: 1470180464](#)**



**[Kindle - ASIN: B007IVVJC2](#)**

To see my other books visit [my books page at JeanShaw.com](http://www.jeanshaw.com/mybooks.html)  
<http://www.jeanshaw.com/mybooks.html>