

# 30 Day Gut & Butt Fat Blasting Manual

by

**BODY TRANSFORMATIONS**



**By Trina**



# 30-Day Gut & Butt Fat Blasting System Manual

(Targeting Abs, Hips, Thighs and Butt)

The 30-Day Gut & Butt Fat Blasting system is designed to target the most stubborn body fat suffered by many woman and a few men in the; abs, hips, thighs and butt areas. Your participation in this 30-Day program requires dedication, commitment and a willingness to push past your comfort zone.

## What is the 30-Day Gut & Butt Fat Blasting System?

The 30-Day Gut & Butt Fat Blasting System is a combination of specialized workouts and dietary regimen designed to synergistically create the hormonal environment required to force your body to burn stubborn fat (*beta fat cells*) found on the hips, thighs, abs and butt over a 30-Day period. This program is not a lifestyle program, and not intended to be utilized in such manner. Lifestyle programs designed to discovery the dietary set-point of an individual's genetics and fitness goals are offered by Body Transformations by Trina through the coaching services. To book a consultation, go to [www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com) and click on "Services" and "Coaching". After completing the appointment form on the right, click the required "Consultation Form", and email or fax it prior to the set appointment date.

## Who is the 30-Day Gut & Butt Fat Blasting System for?

This program is designed for individual with the "Pear" body shape meaning most of their fat deposits are found predominantly in the abs, hips, butt, and thigh areas. Although this (pear-shape) condition is found predominantly in women, there are a few men with this body type inherited genetically. This program is also designed for women suffering from hypothyroidism, sluggish estrogen metabolism or anyone suffering from chronic stress resulting in excessive belly fat. Please consult your physician prior to beginning this program or any other exercise or dietary altering programs.

The exercises outlined in this program should not be attempted by anyone who has a history of health problems including but not limited to: heart, respiratory, knee, hips, spinal (back or neck) problems. The user assumes all risk of injuries in the use of this program.

Body Shape	Possible Hormones Involved	Affected Body Part
Pear	Adrenal and estrogen dominant	Abs, Hips, Thigh and Butt
Apple	Adrenal, Thyroid issues & estrogen dominant	Typically big all over
Banana	Possible thyroid imbalance (Hyper)	Thin/slim body

The chart above illustrates a correlation to body shape and hormonal imbalances. Many health coaches use this type of data to help clients overcome weight challenges tailored to their hormonal issues. Pear shape individuals have a tendency to suffer from sluggish estrogen metabolism and/or adrenal fatigue due to chronic stress. These hormonal imbalances (estrogen dominant and chronic cortisol released by the adrenals) prevent efficient fat metabolism. Apple shape individuals have a tendency to suffer from thyroid (Hypothyroidism) and/or adrenal fatigue resulting in massive body fat distributed evenly throughout the body. The thyroid is a major factor in regulating the rate in which fat is metabolized. Hypothyroidism is a condition where the thyroid has slowed or stopped functioning properly causing major fat gain. Coupling hypothyroidism with elevated levels of cortisol is a perfect hormonal environment conducive to massive fat gain. Individuals shaped like a banana may or may not have a hormonal imbalance, and just blessed with a naturally high metabolism. (*...and yes I'm jealous!*) On the other hand, it is possible they suffer from another thyroid condition called Hyperthyroidism. These individuals appear very thin and usually have an extremely high metabolism. Although that may sound like a great thing; in reality, this condition has the ability to comprise muscle or promote muscle loss if the diet is not sufficient to prevent it. These individuals are typically looking to gain weight, (*muscle that is*) and will need to eat more calories and eat more frequently to retain existing muscles and build new muscle tissue simultaneously depending upon their

workout intensity levels. In addition they may suffer sleep problems, anxiety, hand tremors, rapid heartbeats and excessive sweating.

### **What to Expect from the 30-Day Gut & Butt Fat Blasting System?**

You can expect to say, "Good bye!" to those twins (*Saddle & Bag*) and the "junk-in-your-truck" that's been hanging around for the past 5 to 15 years and turn back the hands of time by transforming and reshaping your butt. You can also expect to learn how to execute various squat moves efficiently to better isolate & target the glutes promoting faster results. You can also expect to learn how to reveal a more toned and ripped abdominals without crunches.

### **How Does the 30-Day Gut & Butt Fat Blasting System Help Achieve Massive Fat Loss in the Hips, Butt, Thighs and Abs?**

The combination of workouts outlined in this program and the enclosed dietary guide create the hormonal environment required to force the body to metabolize beta fat cells more efficiently. The human body burns calories through movement and the primary fuel it use to accomplish it are carbohydrates. This system terminates access to carbohydrates; therefore, forcing the body to use fat for fuel. Unfortunately *alpha cells receptors* blocks fat metabolism unless lactic acid is present and insulin is absent in the blood stream. When this program is followed as designed, the beta cell receptors are activated resulting in efficient fat loss in the hips, thigh, butt and abdominal areas.

### **The 30-Day Gut & Butt Dietary Guide**

This guide was created and tailored to accompany the workouts within this program. The synergy of these two elements creates the hormonal environment conducive to target lower body fat. The foods listed are foods that promote fat loss when consumed in the right portions throughout a 24-hour period. This dietary guide is restrictive in order to eliminate foods that cause fat gain, including but not limited to: fried foods, preservatives, high fatty foods, "junk" food and sugar or any foods easily converted to sugar. This is not a balanced diet program tailored to the dietary set-point of an individual; therefore, it is NOT to be used as such. If the user decides to repeat the dietary guide after the initial 30 days, it is encouraged to exercise caution by: consulting your physician, pay attention to your energy level, number of bowel movements per day and overall feeling. Lifestyle programs designed to discovery the dietary set-point of an individual's genetics and fitness goals are offered by Body Transformations by Trina through the coaching services. To book a consultation, go to [www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com) and click on "Services" and "Coaching". After completing the appointment form on the right, click the required "Consultation Form", and email or fax it prior to the set appointment date.

### **Notes from the Coach, Trina Claiborne**

In preparation to start this program, I encourage you to inventory your refrigerator & freezer to remove all temptations, and use the dietary guide as a shopping list. If the dietary guide include food you absolutely don't like, then don't eat them. If you see a food you've never tried, I encourage you to try it. That's how I fell in love with hummus and smoked herring (*aka kipper*). As a matter of fact, I divorced sardines after tasting smoked herring; as it taste like ham☺.

For those suffering from sugar addiction, I encourage you to push past it with every cell in your body. After the first 2 weeks, the addiction should have subsided tremendously because of the amount of protein and vegetables consumed. In the process, start focusing on your end results and make that bigger than your addiction. Because this program predominantly eliminate carbohydrates, it's extremely important to achieve 3 to 4 bowel movements per day to prevent feeling bloated, and fatigue. In order to achieve 3 to 4 bowel movements per day during this program, you must:

- Drink over half your bodyweight in ounces of water in a 24 hour period; the more the better!
- Eat 10 to 12 servings of category 1 vegetables.
- Consume the allotted oil serving size each day.
- Move regularly– following the workout schedule will help achieve this requirement.

### **Workout Overview**

The workout plan is designed with a rest day, and highly recommended. It includes the options to work out 3x, 4x, 5x or 6x per week, and you get to choose. Your workout frequency is directly related to how fast you see results. Before starting the lactic acid producing exercises, it's important to heat your core by getting your heart rate up to about 80 to 85% of your maximum heart rate. If you are not accustomed to lactic acid type training, I encourage you to start with a rest period of 45 seconds to 1 minute between super-sets, and work your way up to 15 to 30 seconds between super-sets. In order to produce lactic acid, use a weight heavy enough to execute 20 to 25 reps for beginners and 25 to 50 reps for advance AND with perfect form. As you continue through the rounds, expect the number of reps to decrease due to fatigue. Never compromise form; if your form starts to fail, immediately take a rest. More details about the workout is provided with the 30-Day Gut & Butt Fat Blasting Workout Guide.

### **Preventing Injuries**

If you've never worked with weights, introducing weight training to your fitness program increases the risk of getting injuries. With that in mind, it's important to take measure to reduce your chances of injuries such as: connecting with a local trainer, warming up before stretching a cold muscle, using correct form when executing ALL moves and working out at an intensity level according to your fitness level. This program, as should any training program, is designed to take you out of your comfort zone, I encourage you to train smart and establish that mind-to-muscle mind-set when executing the moves, and pay attention to your form.

### **Getting Started:**

Take Before & After Measurements

Take Before Photos & take the After Photos at the end of 30 days

Dr. Visit for clearance

### **Included:**

30-Day Gut & Butt Fat Blasting Dietary Guide

30-Day Daily Meal/Activity Journal

30-Day Gut & Butt Fat Blasting Workout Guide

Workout Journal

4-Week Transformation Tracking Chart

Hidden Sugar Names - Exposure List

Body Fat Composition Chart

Access to certain supporting documents, exercise photos demonstrations, and videos demonstrating un-traditional exercises targeting the glutes and abs. *(Password protected, see your welcome email)*

### **Not Included:**

**Smart Scale** – If you already have a smart scale, continue to use it to track your starting weight in addition to: muscle, fat, bone and water percentages. If you don't own a smart scale or your smart scale does not track all these elements, you can order one by pasting this link in your browser: <http://amzn.to/2cdIbdx>.

## 30-Day Gut & Butt - Dietary Guide

Food Category	Week 1	Week 2	Week 3	Week 4
Protein	4 Servings/day	4 Servings/day	5 Servings/day	5 Servings/day
Legumes	1 Serving/day	1 Serving/day	1 Serving/day	1 Serving/day
Category 1 Veggies	Unlimited	Unlimited	Unlimited	Unlimited
Category 2 Veggies	None	None	None	None
Dairy	None	None	None	1 Serving/day
Fruits	None	None	1 Serving/day	1 Serving/day
Nuts	1 Serving/day	1 Serving/day	1 Serving/day	1 Serving/day
Oils	3 Servings/day	3 Servings/day	3 Servings/day	3 Servings/day
Grains	None	None	None	None

### What is a serving size?

Food Category	Serving Size	Exclusive & Approved Food List
Protein	4 to 5 oz. (palm of your hand) See list →	Meat, poultry and fish should be grilled, baked or roasted; fish can also be poached. Keep cheese intake low due to saturated fat: Greek Yogurt ¾ cup, Cottage Cheese nonfat or low fat, ¾ cup. -Ricotta part skim or nonfat ½ cup. -Mozzarella part skim or nonfat 2oz or ½ cup shredded. -Parmesan cheese (grated) 4 tbsp. -TVP (soy protein concentrate) 2/3 cup Egg: 2 whole, or 3 egg whites + 1 whole egg Egg substitute: 2/3 cup. Fish, shellfish, 3-7oz fresh or ¾ cup canned in water. -Poultry: Chicken or Cornish hen (breast only) turkey, Leg of Lamb, Lean Roast, Beef very lean -Tofu 8oz or 1 cup (fresh), or 3.5oz cube baked. -Tempeh 3oz or ½ cup. -Soy or veggie burger 4oz
Legumes	½ Cup Cook or see list →	-Beans – garbanzo, pinto, kidney, black, lima, cannellini, navy, mung beans, fat-free refried, green soy beans. -Bean soups ¾ cup, Hummus ¼ cup. -Split peas, sweet green peas, lentils
Category 1 Veggies	½ Cup <b>Eat as much of this category as possible (10 to 12 daily servings recommended)</b>	Fresh juices made from these are allowed. -Artichokes, Asparagus, Bamboo Shoots, Bean sprouts, Bell pepper, other peppers, Broccoli, Broccoli flower, Brussel sprouts, cabbage, cauliflower, celery, chives, onion, leeks, garlic, cucumber, Dill pickles, eggplant, green beans. -Greens: bok choy, escarole, Swiss chard, kale, collard greens, spinach, dandelion mustard or beet greens, lettuce/mixed greens, romaine, red and green leaf, endive, arugula, radicchio, watercress, chicory. Mushrooms, Okra, Radishes, Salsa (Sugar Free), Sea vegetables (kelp etc.), Snow peas, sprouts. Tomatoes or mixed vegetable juice. Water chestnuts (5 whole). Zucchini, yellow, summer or spaghetti squash.
Category 2 Veggies	N/A on this program	N/A
Dairy	4 to 6oz	-Buttermilk, fat-free plain yogurt, Low fat plain yogurt 4oz. Nonfat: 1% or 2% milk, Plain Soy milk
Fruits <b>Consumed at night 2+ hours before bed</b>	As indicated on list →	Apple & Pear: 1 Med, Nectarines, tangerines, Peaches & Plums: 2 small. Apricots 3 Med., black & blue berries 1 cup. Raspberries & strawberries: 1.5 cups. Cantaloupe & Mango: ½ Med, 15 grapes & Cherries, 2 Fresh figs, 1 whole grapefruit, 1 Lg orange, ¼ Sm Honeydew melon, & 2 cups of watermelon
Nuts	As indicated on list →	Almonds or hazelnuts: 10-12 whole -Walnuts or Pecan halves: 7-8 -Peanuts: 18 nuts or 2 tbsp. -Pistachios, sunflower, pumpkin, or sesame seeds 2 tbsp. Nut butter: 1tbsp made from nuts
Oils	1 tablespoon or see list →	Oils should be cold pressed. Avocado: 1/8, Flaxseed oil (refrigerated) Walnut oil. Extra Virgin Olive Oil (Preferable) & canola oil for cooking. Mayonnaise (from Olive oil) Olives: 8-10 medium.
Grains	N/A on this program	N/A

### Tips to Maximize Fat Loss

1. Drink ½ your body weight in ounces/day: more on workout days. Example: 120lbs person need 60oz of water.
2. Eat every 2.5 to 3 hours (5 to 6 small meals per day)
3. Because of 0 to low carbs during this program, eat 10 to 12 servings of category 1 veggies to have 3 to 4 bowel movements per day.
4. Get at least 7 to 8 hours of sleep per night

Note: This dietary guide is customized solely for the 30-Day Gut & Butt Fat Blasting System. It is not intended as a dietary set point for life. If you desire to discover your unique dietary set-point to force your body to burn fat permanently, go to my site below for coaching service.

# 4-Week Transformation Tracking Chart

Transformer Name: \_\_\_\_\_ Start Date: \_\_\_\_\_

Category	Start Stats	Week 1	Week 2	Week 3	Week 4	Results
Weight						
Ab Measurement						
Hip Measurement						
Right Thigh Measurement						
Left Thigh Measurement						
Fat%						
Muscle%						
Bone%						
Water%						

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FYI – If you have not purchased the smart scale from my site to track fat, muscle, bone and water measurements, I highly encourage you to do so. It's the best investment you can do for yourself. It's a great tool to determine which of these elements were involved in your weight loss. It will also help you make the right adjustments that will lead to divine health.

Before Photo

After Photo

Body transformation is possible if you have the right tools and the mindset to make it happen. If I can do this, I know you can.

[www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com)

## Body Fat Composition Chart

AGE	BODY FAT % CHART FOR MEN																	
18-20	2.0	3.9	6.2	8.5	10.5	12.5	14.3	16.0	17.5	18.9	20.2	21.3	22.3	23.1	23.8	24.3	24.9	
21-25	2.5	4.9	7.3	9.5	11.6	13.6	15.4	17.0	18.6	20.0	21.2	22.3	23.3	24.2	24.9	25.4	25.8	
26-30	3.5	6.0	8.4	10.6	12.7	14.6	16.4	18.1	19.6	21.0	22.3	23.4	24.4	25.2	25.9	26.5	26.9	
31-35	4.5	7.1	9.4	11.7	13.7	15.7	17.5	19.2	20.7	22.1	23.4	24.5	25.5	26.3	27.0	27.5	28.0	
36-40	5.6	8.1	10.5	12.7	14.8	16.8	18.6	20.2	21.8	23.2	24.4	25.6	26.5	27.4	28.1	28.6	29.0	
41-45	6.7	9.2	11.5	13.8	15.9	17.8	19.6	21.3	22.8	24.7	25.5	26.6	27.6	28.4	29.1	29.7	30.1	
46-50	7.7	10.2	12.6	14.8	16.9	18.9	20.7	22.4	23.9	25.3	26.6	27.7	28.7	29.5	30.2	30.7	31.2	
51-55	8.8	11.3	13.7	15.9	18.0	20.0	21.8	23.4	25.0	26.4	27.6	28.7	29.7	30.6	31.2	31.8	32.2	
56 +	9.9	12.4	14.7	17.0	19.1	21.0	22.8	24.5	26.0	27.4	28.7	29.8	30.8	31.6	32.3	32.9	33.3	
	LEAN				HEALTHY				AVERAGE				HEALTH RISK					

AGE	BODY FAT % CHART FOR WOMEN																	
18-20	11.3	13.5	15.7	17.7	19.7	21.5	23.2	24.8	26.3	27.7	29.0	30.2	31.3	32.3	33.1	33.9	34.6	
21-25	11.9	14.2	16.3	18.4	20.3	22.1	23.8	25.5	27.0	28.4	29.6	30.8	31.9	32.9	33.8	34.5	35.2	
26-30	12.5	14.8	16.9	19.0	20.9	22.7	24.5	26.1	27.6	29.0	30.3	31.5	32.5	33.5	34.4	35.2	35.8	
31-35	13.2	15.4	17.6	19.6	21.5	23.4	25.1	26.7	28.2	28.6	30.9	32.1	33.2	34.1	35.0	35.8	36.4	
36-40	13.8	16.0	18.2	20.2	22.2	24.0	25.7	27.3	28.8	30.2	31.5	32.7	33.8	34.8	35.6	36.4	37.0	
41-45	14.4	16.7	18.8	20.8	22.8	24.6	26.3	27.9	29.4	30.8	32.1	33.3	34.4	35.4	36.3	37.0	37.7	
46-50	15.0	17.3	19.4	21.5	23.4	25.2	26.9	28.6	30.1	31.5	32.8	34.0	35.0	36.0	36.9	37.6	38.3	
51-55	15.6	17.9	20.0	22.1	24.0	25.9	27.6	29.2	30.7	32.1	33.4	34.6	35.6	36.6	37.5	38.3	38.9	
56 +	16.3	18.5	20.7	22.7	24.6	26.5	28.2	29.8	31.3	32.7	34.0	35.2	36.3	37.2	38.1	38.9	39.5	
	LEAN				HEALTHY				AVERAGE				HEALTH RISK					

These body fat charts are based on research by Jackson and Pollock; which has become the industry standard. Once you've determined your body fat percentage and, using the appropriate gender chart; find your age to determine which category you fall under. If you are not satisfied with the results, this is the time to set your body fat percentage goal. Obtaining your body fat percentage before starting your lifestyle program is important to determine if your program is working. Checking your body fat percentage every two weeks **or** every five pound change in weight is ideal. Please note, it is to be checked when there is a 5 pound change in weight, not just weight loss. In the event you've gained weight, before you break out the tissue, find out which of the three elements was the culprit: fat, muscle or water. *(If it was fat, then you can break out the tissue, and give me a call immediately before you give up.)* ☺

It's also important to understand the difference in each category. The **LEAN** category typically involves three types of people: 1. Individuals with naturally high metabolism. 2. Individuals suffering with anorexia. 3. Certain athletics like bodybuilders; which may be temporary during competition season. The **HEALTHY** category is the ideal to eliminate health risks related to obesity. Remember, being in this category does not mean a person is disease free. It simply means the likely of having a disease related to excessive fat is minimized. The **AVERAGE** category is where the body may start producing warning signs like; feeling fatigue, getting out of breath easily, difficult sleeping, headaches, bloating, fogginess just to name a few. The **HEALTH RISK** category is where the onset of metabolic conditions are possible like: cancer, diabetes, stroke, heart attacks, organ failure and death.

## 30-Day Gut & Butt - Daily Dietary/Activity Journal

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Day No. \_\_\_\_\_ Wk. No: \_\_\_\_

Food Serving Size Chart	
_____ Protein	_____ Servings/Day
_____ Legumes	_____ Servings/Day
_____ Cat. 1 Veggies	_____ Servings/Day
_____ Nuts & Seeds	_____ Servings/Day
_____ Oils	_____ Servings/Day
_____ Fruits	_____ Servings/Day
_____ Dairy	_____ Servings/Day

### How to complete the Food Serving Size Chart:

1. Please make 30 copies of this form; one for each day.
2. Pre-code the servings/day (*right column*) according to the week you're on from the Dietary Guide.
3. As you consume the food category, place a check mark in the appropriate food category in the left column. At the end of the day, the number of check marks in the left column should match the pre-coded number in the right column.

### How to complete the Meal/Activity Log:

1. Enter the Time, Meal Details, and place a check mark in the Food Serving Chart **AS IT HAPPENS**, and not at the end of the day.
2. Water - Code the size of your container (16oz or 24oz etc.) and place a check mark each time you consumed the full amount. (*½ bodyweight in ounces/day*)
3. Activity/Exercise - In addition to boot camp class: Tennis, Zumba etc.
4. Bowel Movement (BM) - tracking the number of bowel movements are very important; 3 to 4 per day promotes ultimate health.

**MAKE 30 Copies for each day!**

Meal/Activity Log	
<b>Wake Up:</b> Time: _____	
<b>Breakfast:</b>  Time: _____	
<b>Snack</b> Time: _____	
<b>Lunch</b> Time: _____	
<b>Snack</b> Time: _____	
<b>Dinner</b> Time: _____	
<b>Snack</b> Time: _____	
<b>Water Oz.</b> _____	
<b>(BM)</b> (3 -4 Goal)	
<b>Activity - Exercise</b>  <b>Duration:</b>	
<b>Bedtime</b> Time: _____	

For questions contact Trina Claiborne at:  
706-383-7222 or visit:

[www.BodyTransformationsByTrina.com](http://www.BodyTransformationsByTrina.com)







Yes, and in every sense of the word. Below are a few camouflaged names used to disguise sugar!

1. Barley malt
  2. Barbados sugar
  3. Beet sugar
  4. Brown sugar
  5. Buttered syrup
  6. Cane juice
  7. Cane sugar
  8. Caramel
  9. Corn syrup
  10. Corn syrup solids
  11. Confectioner's sugar
  12. Carob syrup
  13. Castor sugar
  14. Date sugar
  15. Dehydrated cane juice
  16. Demerara sugar
  17. Dextran
  18. Dextrose
  19. Diastatic malt
  20. Diatase
  21. Ethyl maltol
  22. Free Flowing Brown Sugars
  23. Fructose
  24. Fruit juice
  25. Fruit juice concentrate
  26. Galactose
  27. Glucose
  28. Glucose solids
  29. Golden sugar
  30. Golden syrup
  31. Grape sugar
  32. HFCS (High Fructose Corn Syrup...  
Very Bad!)
  33. Honey
  34. Icing sugar
  35. Invert sugar
  36. Lactose
  37. Malt
  38. Malt dextrin
  39. Maltose
  40. Malt syrup
  41. Mannitol
  42. Maple syrup
  43. Molasses
  44. Muscovado
  45. Panocha
  46. Powdered Sugar
  47. Raw sugar
  48. Refiner's syrup
  49. Rice syrup
  50. Sorbitol
  51. Sorghum syrup
  52. Sucrose
  53. Sugar (granulated)
  54. Treacle
  55. Turbinado sugar
  56. Yellow sugar
- Bonus (Fake Sugars):**  
Splenda  
Aspartame