

TRAINING: DAY 16 (REST)

Day 16 is a recalibration day, as well as a rest day. You've now completed 4 of the mini-cycles on Riding the Redline, and you're more than halfway to the completion of this program, as I've laid it out. This means you'll once again assess your progress, and make adjustments as needed.

Today's bullet list is very similar to Day 8 and what you did before you began this program. Nevertheless, it's essential that you keep track of all the changes your body is undergoing on this program. Don't forget to record everything in your journal!

Here's what I want you to do today:

* Take photos of yourself

This is the best way to gauge your success on Riding the Redline up to this point. Remember to take these photos at the same time of day while wearing the same clothes as you did before you began this program and on Day 8. Also use the same photographer, location and lighting that you did previously. These photos will provide a lot of feedback for you at this point in the program, but they'll also provide guidance later in the program and beyond.

* Weigh yourself

You already know that I've de-emphasized body weight as an essential part of this program. You're not strictly trying to lose weight—your body composition goal is to reduce body fat while increasing muscle tissue. As I mentioned on Day 8 increasing lean mass will increase weight while losing body fat will decrease it. That means your bodyweight is a less valuable tool than other metrics. Still, total bodyweight taken in conjunction with these other measures does provide valuable information. Take it in stride and don't overemphasize body weight on its own.

* Record your body measurements

Again, you'll take these measurements using a tape measure: Mid-thigh—both sides; hips; waist; chest/bust; arms—both sides. Also shoulders—with arms relaxed at your sides.

Don't forget that you'll need someone to take some of these measurements for you. The tension on the tape should be moderate for every measurement. It's important that you use the same amount of tension, and level of flex or relaxation for subsequent measurements so you're comparing apples to apples. I also recommend that you have the same person take your measurements to remove yet another variable.

After 16 days on following Riding the Redline, you should be seeing some impressive shifts. For instance your hips and waist should have reduced, especially if you were carrying more bodyfat than you wanted before beginning this program. Remember that an increase in the size of your thighs indicates an improvement in terms of overall lean mass gain, as well as helping your waistline appear narrower. At this point, all of your measurements should be moving in the direction you desire.

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