

TRAINING: DAY 24 (REST)

Day 24 is the third recalibration day on Riding the Redline. You also made adjustments on Days 8 and 16. “Recalibration” doesn’t necessarily mean that you’ll make changes—but it does mean that you’ll take specific measurements to determine the changes you’ve made so far. You’ll make very few changes at this point since we’re only one mini-cycle — 4 days — from the end of this program.

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 Days 8 and 16. 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, and they’ll also provide guidance as you move beyond this program.

*** 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 earlier, adding 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 (I recommend the same person who is taking photos, if you’re not doing that yourself). 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.

After 24 days of 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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