

A REVOLUTIONARY GET-BACK-IN-SHAPE PROGRAM FROM

Men'sHealth & Women'sHealth

The Body Fat

BREAKTHROUGH

Tap the Muscle-Building Power of
Negative Training and

Lose Up to

30 in **30**

Pounds

Days

Ellington Darden, PhD

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Picture the Possibilities

Do for yourself what these people have achieved.

Built a Brand-New Body

“Dr. Darden’s program changed my life. I eat better, I drink more water, and I exercise harder. I’m a much healthier person with a brand-new body.”

—ERIKA GREENE (SEE [PHOTOS](#))

Dropped 80 Pounds in 80 Days

“I lost 80 pounds in the first 80 days. It was unbelievable, absolutely unbelievable!”

—BOB SMITH (SEE [PHOTOS](#))

Trimmed 12 Inches off Waist

“I burned multiple layers of fat from my waist and am stronger and more fit than ever.”

—MELISSA NORMAN (SEE [PHOTOS](#))

Created Best Shape Ever

“The Breakthrough program has given me the tools to get back to my high-school body weight and I’m now in the best shape of my life.”

—STORM ROBERTS (SEE [PHOTOS](#))

Added Curves in the Right Places

“Off came the pounds and inches. Dr. Darden’s unique negative training sharpened all my curves.”

—ASHLEY MEISNER (SEE [PHOTOS](#))

Recognized for Muscularity

“A muscular body—I’ve always wanted one for as long as I can remember. During the after-12-week measurements, Dr. Darden told me that my muscularity was the best of any man who finished his Breakthrough program. My self-confidence is now at an all-time high.”

—AUSTIN DEELY (SEE [PHOTOS](#))

Before-and-after photos of these participants in the Body Fat Breakthrough program, and many others, appear throughout this book.

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BODY FAT BREAKTHROUGH

ANGEL RODRIGUEZ

BEFORE & AFTER



AGE 48, HEIGHT 5' 8"

BEFORE BODY WEIGHT

281.5

POUNDS

AFTER BODY WEIGHT

181

POUNDS

AFTER 30 WEEKS

121

POUNDS OF FAT LOSS

20.125

INCHES OFF WAIST

20.5

POUNDS OF MUSCLE GAIN

INTRODUCTION

A New and Better Body

Your friends and family won't recognize you

WHEN Angel Rodriguez knocked on his mother's back door, she quickly retreated from the entrance and walked into the main part of the house. She didn't recognize her son of 48 years.

"Mom, it's me, Angel."

Rodriguez hadn't visited his mother, who was living in Miami, in 7 months. In that time, he had lost 121 pounds of fat, taken 20 inches off his waist, and put on 20.5 pounds of solid muscle. He looked nothing like her big-bellied son. She thought he might be an intruder, and a well-muscled one at that. For a moment, she considered calling the cops.

"I hesitated for a few seconds," says Rodriguez, "then I knocked louder and yelled, 'Mom, mom!' . . . and grinned at her in my special way."

Then it clicked and she responded in her Cuban accent, "*Angel, me parece mentira.* [I can't believe it.] What have you done to yourself?"

What Angel Rodriguez had done is nothing less than remarkable. He had lowered his body fat percentage from nearly 50 percent to just 11 percent in 30 weeks. Check out his before-and-after photos below. He looks like an entirely different man—a younger man, a healthier man. Most important, he probably saved his own life by losing the weight.



Rodriguez lost his belly and found muscle.

The Gainesville Project

Rodriguez is one of more than 118 men and women who have achieved body-transforming, life-altering results, some recording up to a pound a day of fat loss, on average, over the course of just 30 to 50 days, on a revolutionary new diet and exercise program that I call the Body Fat Breakthrough. I tested this weight-loss system at one of the largest fitness facilities in the nation, 28,000-member Gainesville Health & Fitness in Florida in 2012.

It took 3 years to put this project together. Throughout this book, you'll learn more about the specifics. But for now, let me mention the following men:

- **Joe Cirulli** is the owner Gainesville Health & Fitness. For 30 years, I've collaborated with Cirulli on numerous fat-loss and muscle-building projects and books involving test subjects from his club. Cirulli is a master at keeping his members motivated, active, and happy.
- **Mats Thulin** is the inventor and owner of X-Force, the new negative-accentuated strength-training equipment that is manufactured in Stockholm, Sweden. When I tried X-Force for the first time in 2008, I knew I had to have a full line of X-Force available to me in Florida. Cirulli's Gainesville Health & Fitness was my choice for setting up the equipment. Thulin, Cirulli, and I developed a plan, and the equipment arrived in Gainesville in January 2012.
- **Roger Schwab** is the owner of Main Line Health & Fitness in Philadelphia. Schwab is an experienced practitioner of strength training and bodybuilding, and I encouraged him to import a line of X-Force into his facility for testing and

application. He agreed, and his equipment arrived in Philadelphia also in January 2012.

Cirulli, Thulin, Schwab, and others that you'll meet throughout this book worked with me tirelessly on the Gainesville project. The book you are holding in your hands and the program within it are the end result.

I have been a fitness researcher and writer for all my adult life. For 20 years, I was director of research at Nautilus Sports/Medical Industries, maker of the famed Nautilus fitness machines. I have a doctorate in exercise science and completed postdoctoral work in food and nutrition. I lecture on strength training and nutrition throughout the world and have been published in more than 75 research journals and magazines and have written 48 books. The President's Council on Physical Fitness and Sports elected me as one of the top 10 Healthy American Fitness Leaders in the United States. I list my professional background not to show off but to give you the confidence that the advice and techniques I recommend for you in this book are safe, effective, and based on both scientific research and real-world examples from my experiment at Gainesville Health & Fitness.

BODY TRANSFORMATIONS

In this manual, you'll meet 35 of my most successful trainees through dramatic before-and-after photos and measurements. Before you read any further, I want you to thumb through the book and take a close look at those body-transformation photos. It's likely that someone in these pages has a body shape that is similar if not identical to yours. Just like that person, you can lose fat, build muscle, and reshape your body quickly...usually in 50 to 100 days and sometimes in as few as 30 days. Best of all, you'll start feeling and seeing it working within the first week. That's important, because the positive feedback that this program is designed to deliver quickly and often will help you stick to this new way of healthy living for life.

So get ready. Your journey to a leaner, stronger body is beginning.



PART
I

Proof Positive in Negative Training

BODY FAT BREAKTHROUGH

DAVID DOMASH *BEFORE & AFTER*



AGE 49, HEIGHT 5' 8"

BEFORE BODY WEIGHT

208

POUNDS

AFTER BODY WEIGHT

174

POUNDS

AFTER 12 WEEKS

41.4

POUNDS OF FAT LOSS

9.75

INCHES OFF WAIST

7.4

POUNDS OF MUSCLE GAIN

CHAPTER

1

Fat Loss, Muscle Gain

How to drop up to 50 pounds of flab and 9 inches off your waist in 50 days!

IT'S safe to say that anyone who has dieted has been frustrated. Almost universally, when people attempt a diet program, they lose weight initially and sometimes quickly, only to have the weight come back. And often, they put on even more pounds after that initial tease of success.

Why does this happen? There's a simple reason, and it cuts to the core of what makes the Body Fat Breakthrough so different from every other weight-loss program: During your initial weight reduction on almost any other diet, you lost both fat and muscle. That's a key distinction, the muscle factor. You lose muscle while losing fat. Then, when you regain your lost weight—which almost always happens—you add back only fat because it's much, much easier to gain fat weight than it is to gain muscle weight. This is one reason why yo-yo dieting is such a bad idea. When you lose and regain weight repeatedly, you gradually get fatter and fatter because of the muscle loss that occurs each time you reduce your weight without doing proper exercise.

This is the dirty little secret of most popular diets: You will lose weight initially but gain back even more, and mostly fat, when you do not combine eating healthier (and consuming fewer calories) with muscle-maintaining exercise. Those programs that claim you can lose weight without doing a lick of exercise are lying to you. Sure, consuming more nutritious, less calorically dense foods is the key to weight loss, but your leaner body won't last unless you maintain it with muscle.

Your body has a “use it or lose it” mechanism for muscle. If you are sedentary, some of your muscle atrophies and is absorbed. Paradoxically, if your body senses famine (cutting calories), your body will hold on to its fat stores. These are survival mechanisms, and understanding them will help you see the light about how to achieve a leaner body for life.

The moral of the story is this: *Do not attempt to lose weight without training your muscles at the same time.* Prepare, plan, and persist...and get it right the first time. This book will show you exactly how to do it.

Understanding Important Concepts

Here are some fundamental ideas that you should familiarize yourself with before you embark on my Body Fat Breakthrough.

Body weight: Your body weight is simply what your entire body—which is composed of skin, hair, internal organs, bones, extracellular water, fat, and muscle—weighs. Body weight is measured on scales and is recorded in pounds or kilograms.

Weight loss: Comparing and subtracting two body weights taken over a certain period of time determines weight loss. Weight loss alone, because it includes at least seven different components, can be misleading. For example, it's possible over several days to become dehydrated and lose 5 to 10 pounds of body weight. Some diets seem to work wonders quickly because the pounds they shed come from your extracellular water and muscles—two components that you do not need to reduce. The vast majority of people need to lose fat specifically, more than they need to lose weight generally.

Fat loss: The average middle-aged American has layers of fat around the waist, hips, thighs, and torso and inside the abdomen. Not only is it ugly, but one type of fat—visceral fat that surrounds the internal organs—is dangerous, because it secretes unhealthy chemicals into our most important body parts. No wonder fat loss is the most sought-after goal in the entire fitness industry. If your goal is to lose fat, it's critical to know how much you have on your body right now so you can measure your progress. I measure a person's fat with the help of a Lange Skinfold Caliper. I record skin-fold measurements at three positions on the body and plug the total into a scientific formula that, according to age and gender, calculates the percentage of body fat. I multiply that by body weight to determine fat pounds. Subtracting a person's "after" fat pounds from his or her "before" fat pounds supplies me with a person's fat loss. And fat loss is a far superior body-composition guide than weight loss.

Muscle gain: Both men and women need more muscle. More muscle allows you to look better, perform better, and live longer stronger. Muscle also burns more calories, even at rest. You certainly don't need to decrease muscle from dieting or exercising—which is what happens in numerous programs. Almost everyone who progresses through my program loses significantly more fat pounds than weight pounds. That difference—fat loss minus weight loss—is the amount of muscle a person has built. The specific amount a trainee has built is what I call muscle gain.

The Lose Up to 30 Pounds in 30 Days concept: Fat loss and muscle gain are two benefits of my Breakthrough program. Equally important is to achieve both of them simultaneously. Doing so creates a synergistic action that allows some people to lose an incredible pound of fat a day for many consecutive days—indeed, weeks and months.

For example, my first and second research groups at Gainesville Health & Fitness involved 44 subjects (20 men and 24 women) and continued for 12 weeks. My most successful subject lost 80 pounds of fat over 80 days; 2 people lost 60 pounds in 60 days; 4 subjects lost 50 pounds in 50 days; 6 trainees lost 40 pounds in 40 days; and 7 participants lost 30 pounds in 30 days. In addition, my 3 top losers of fat in 50 days shrunk an average of 9.13 inches off their waistline circumference.

On the muscle-building side, each member of that initial 44-person test panel added, on average, 9.94 pounds of muscle—that's 9.94 pounds of muscle in 12 weeks, or 0.83 pound of muscle a week, which is an amazing group achievement.

If you are ever near Gainesville, Florida, you are invited to visit Gainesville Health & Fitness. It has earned a reputation throughout the United States for innovative fitness programs and high-quality service. If you pop in, keep your eyes open. You just may see some of the people featured in this book and even work out with them. They are wonderful people and eager to share what they've learned and experienced.

Make a Promise to Yourself

The before-and-after photographs in this book are proof positive of what you can achieve, too, if you make a strong commitment and join my Body Fat Breakthrough program.

It starts with commitment, a promise that you make to yourself to finally get into the best shape of your life. This is an important decision, because you are doing it not only for yourself but also for your family, the people who love you. And aren't they worth it?

Be aware that the Body Fat Breakthrough program, and losing up to a pound of fat per day, is not easy. It takes effort—but it's highly achievable. I mean, just look at all the people in this book who have done it. If they can do it, you can, too, by committing time and effort. Think about it: Have you ever done anything in your life that was meaningful, that you achieved without really trying? I seriously doubt it. Nothing worthwhile comes from luck or a secret, magic, effortless formula. Sit on a couch, watch TV, drink a delicious smoothie, lose weight. That's not realistic. If that's what you want, you won't find it here. Because it doesn't work.

What does work is regular effort and a disciplined approach. The Body Fat Breakthrough program is challenging and demanding, especially at first. But once you get the hang of what's required, it becomes *not easy* but what many participants call simple. There's a difference. *Easy* means little effort. *Simple* means it's not hard to understand or follow.

The Body Fat Breakthrough is simple because what you need to do to achieve success is outlined step-by-baby-step. That's right. You'll be introduced to 10 simple guidelines, which I call Fat Bombs. These are innovative techniques for losing fat. Add in some motivation and discipline on your part and you'll be able to reach your body-transformation goal by successfully applying my collection of tried-and-proven Fat Bombs to your daily life.

In the next chapter, I'll introduce you to one of the most efficient and effective Fat Bombs in the program. It's called negative-accentuated exercise. It's an amazing technique and the key reason why *breakthrough* is in the title of this book.

Soon you'll find out why.



Storm Roberts was one of the participants who lost 30 pounds of fat in the first 30 days of the Breakthrough program. More details are presented on [this page](#). Roberts is a well-known morning show host on 98.5 KTK in the Gainesville area.

BODY FAT BREAKTHROUGH

ERIK A GREENE

BEFORE & AFTER



AGE 33, HEIGHT 5' 6"

BEFORE BODY WEIGHT

146.5

POUNDS

AFTER BODY WEIGHT

133.75

POUNDS

AFTER 12 WEEKS

20.71

POUNDS OF FAT LOSS

5

INCHES OFF WAIST

7.96

POUNDS OF MUSCLE GAIN
