



QUICKSTART GUIDE

1

Go to the drop down **Menu** (upper left hand corner of membership site page) and click on **No BS 6-Pack Training**. Watch the **No BS 6-Pack Formula Welcome!** video. Once you have watched the video click "Back to No BS 6-Pack Training" directly above the video.

2

Download your **No BS 6-Pack Phase I Workout Blueprint** PDF found under **No BS 6-Pack Workout Blueprints** (Under No BS 6-Pack Training). Click "Back to No BS 6-Pack Training" at the top of the page to return to the main menu.

3

Watch all the **No BS Foundational Exercises** and **No BS Anabolic Triggering Exercises** videos (Under No BS 6-Pack Training). (Reference the Phase I Workout Blueprint while watching the training videos)

4

Following the instructions on your **No BS 6-Pack Phase I Workout Blueprint** complete your first No BS Foundational Workout. Tomorrow you will complete your first **No BS Anabolic Triggering Workout**.

5

Download your **No BS Diet** PDF found under the No BS 6-Pack Training tab on the navigation bar and follow the instructions to lower your body fat and begin exposing impressive abs.

6

Once you have completed **Phase I** (2-3 weeks) download the **No BS 6-Pack Phase II Workout Blueprint** and begin **Phase II**. Once you complete **Phase II** cycle back once again to **Phase I** and repeat the program.

7

SPECIAL NOTE: All pertinent training and support documentation is easily accessible from the drop down **Menu** in the upper left hand corner of the No BS 6-Pack Membership Portal. There is also a **Search** field at the top right of the page to quickly access specific training or training videos. Please address your technical (not training) questions to support@mapsanabolic.com. For help with your specific training questions it is highly recommended that you become a Mind Pump Mastermind Member.

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Apple Training Series Arek Dreyer, Ben Greisler, 2009-10-21 The only Apple certified book on Mac OS X Server v10.6 this comprehensive reference takes support technicians and ardent Mac users deep inside this server operating system covering everything from networking technologies to service administration customizing users and groups command line service equivalents and more Keyed to the learning objectives of the Apple Certified Technical Coordinator certification exam the lessons in this self paced volume serve as a perfect supplement to Apple's own training class and a first rate primer for computer support personnel who need to support and maintain Mac OS X Server as part of their jobs Self quizzes reinforce lessons The Apple Training Series serves as both a self paced learning tool and the official curriculum for the Mac OS X and Mac OS X Server certification programs

Racing Weight Matt Fitzgerald, 2015-11-04 Racing Weight is a proven weight management program designed specifically for endurance athletes Revealing new research and drawing from the best practices of elite athletes coach and nutritionist Matt Fitzgerald lays out six easy steps to help cyclists triathletes and runners lose weight without harming their training This comprehensive and science based program shows athletes the best ways to lose weight and avoid the common lifestyle and training hang ups that keep new PRs out of reach The updated Racing Weight program helps athletes Improve diet quality Manage appetite Balance energy sources Easily monitor weight and performance Time nutrition throughout the day Train to get and stay lean Racing Weight offers practical tools to make weight management easy Fitzgerald's no nonsense Diet Quality Score improves diet without counting calories Racing Weight superfoods are diet foods high in the nutrients athletes need for training Supplemental strength training workouts can accelerate changes in body composition Daily food diaries from 18 pro athletes reveal how the elites maintain an athletic diet while managing appetite Athletes know that every extra pound wastes energy and hurts performance With Racing Weight cyclists triathletes and runners have a simple program and practical tools to hit their target numbers on both the race course and the scale

Instant Notes On: Sports Training Dr. A. K. Uppal, *Instant Notes On Sports Training* is a compact and easy to digest guide designed to help students athletes coaches and fitness enthusiasts quickly grasp the essential concepts of modern sports training Whether you're preparing for exams coaching sessions or just want a fast refresher this book delivers concise organized and practical insights into the science and art of athletic performance Covering everything from training principles and physical conditioning to psychological preparation and injury prevention this guide breaks down complex concepts into bullet points definitions and simple explanations ideal for quick reference and last minute revision

Administrative Topics in Athletic Training Gary L. Harrelson, Greg Gardner, Andrew P. Winterstein, 2009 Administrative Topics in Athletic Training Concepts to Practice is a dynamic text that addresses important administrative issues and procedures as well as fundamental concepts strategies and techniques related to the management of all aspects of an athletic training health care delivery system Unlike traditional organization and administration textbooks this text delivers a multitude of content focused on classical management theory Drs Gary Harrelson Greg Gardner and Andrew Winterstein have presented a balance of theory and application in Administrative Topics in Athletic Training Concepts to Practice including case studies and scenarios in each chapter to help students realize immediate application of the content Content areas covered include Leadership and management theory and concepts Risk management and legal issues Finance Human Resources Ethical issues Athletic Training Administration Medical records and documentation Insurance and reimbursement Organizational skills Improving organizational performance Employment issues Case studies Unique benefits and features include Extensive discussion of management theory Chapters on ethics and risk management Strong focus on professional development issues Presentation of unique reimbursement models Discussion of issues in the educational setting With its valuable information insightful theoretical concepts helpful models and practical case studies Administrative Topics in Athletic Training Concepts to Practice is a valuable text for any undergraduate entry level or graduate education program in athletic training

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