

Top Level Strong

Frequently Asked Questions

1. Will I get “big” from this program? I don’t want muscles...

Due to the fact that women do not, and cannot, naturally produce as much testosterone (one of the main hormones responsible for increasing muscle size) as males do, it is impossible for a woman to gain huge amounts of muscle mass by merely touching some weights.

2. Do I really need all that protein?

Protein is an important component of every cell in the body. Hair and nails are mostly made of protein. Your body uses protein to build and repair tissues. You also use protein to make enzymes, hormones, and other body chemicals. Protein is an important building block of bones, muscles, cartilage, skin, and blood.

In addition to this, one of the best methods to change your entire physique through building lean muscle and burning fat is by consuming protein for fat loss. Protein helps curb your appetite and speed up your metabolism, it also helps you maintain muscle while losing fat. Sculpted muscles are what gives you that “toned”, healthy, athletic look.

3. Is that a typo? 24 Fish oil caps a day...

Amongst others, here are just a few of the many benefits:

Less Pain and Inflammation. Fish Oil contains Omega 3 fatty acids, particularly EPA, have a very positive effect on your inflammatory response. During the beginning of the program, this is key to help with muscle soreness.

Cardiovascular Health. They help to lower cholesterol, triglycerides, LDLs and blood pressure, while at the same time increasing good HDL cholesterol. This adds years to your life expectancy.

Protection from Stroke and Heart Attack. Research shows omega 3 fatty acids break up clots before they can cause any damage.

4. Can I drink alcohol?

No. Seriously, Daily alcohol consumption will slow or stop your results. The drawbacks are probably going to far outweigh any health benefits. Your liver can't metabolize alcohol and fat at the same time. Drinking also dehydrates you, raises cortisol levels (goodbye muscles), raises estrogen levels (hello hips), lowers inhibitions (pizza anyone?). Combine that with the fact that alcohol promotes abdominal fat storage (of all places!) and it's really not worth it, not even on free day, not if you're serious about making a major transformation.

5. Can I drink juices?

No. Even with no sugar added, fruit juice contains about the same amount of sugar as the same amount of soft drink. "100 percent juice" or not is almost beside the point — both kinds are loaded with sugar and calories. If it's "100 percent juice" the sugar is from the fructose that's naturally present in fruit; if it's "10 percent juice" (or 20 percent, or whatever), most of the sugar is in the form of high fructose corn syrup. Snacking on sugary beverages all day long, whether they're soft drinks or fruit juice, is not a good thing, for kids or adults.

6. What are the benefits of intermittent fasting?

"Intermittent Fasting" is the fastest and easiest way to rapidly melt fat off your body and also delay the aging process significantly by naturally releasing a hormone in your body. To elevate metabolism you must exercise (resistance training) and get more lean body mass on your body (muscle). "Intermittent Fasting" increases insulin sensitivity and causes your body to respond more efficiently to the healthy foods you will be eating.

7. What are BCAA's? When should I take them?

The branched-chain amino acids (BCAAs) are L-leucine, L-isoleucine and L-valine. They comprise a very important group of amino acids for just about anyone, from world champion athletes to regular people. The body uses BCAAs to promote healing of injured tissues, speeding up recovery, and to protect against muscle tissue breakdown (catabolism) during exercise. You should take them before and after a workout.

8. Can I have sugar in my coffee? Cream?

NO Sugar and no cream. Switch to a sweetener and almond or skim milk.

9. When do I get a rest day?

Even on a rest day, you should try to fit in some form of activity. Steady state cardio as active recovery is recommended. Go for a hike, bike ride, something to remain active. WE want you to make the most of your program.

10. Am I allowed to have cheese?

Foods like cheese stand out as among the most fat-laden, with a great number of calories coming from fat. Unless it is specified in the meal plan, don't eat it.

11. What are 20/10's?

20/10 Cardio is broken down into four, 5 minute intervals and looks like this:

On the treadmill, for the first 5 minutes, you do a brisk walk on an incline. Once you hit the 5 minute mark, the next 5 minutes is broken into sprint intervals.

- For 20 seconds you SPRINT at as high an incline and fast a pace as possible. Once you hit 20 seconds, you step your feet to the side and stay there for 10 seconds. After the 10 seconds you sprint again for 20, rest for 10, etc. You repeat this for 5 minutes.

At this point you've been on the treadmill for 10 mins. REPEAT, and voila - 20/10 cardio.

AMAZING effects on weight loss!

