



Welcome to ROC Fit!

Get ready to be in the best shape of your life! In just 6 short weeks, ROC Fit will help you make permanent improvements to your strength, confidence, and health! Get ready to **CHANGE YOUR BODY AND YOUR LIFE!!** Now YOU are a part of **TEAM ROC FIT!**

WHAT IS ROC FIT?

ROC Fit is a 6 week program designed to train an individual of any age - male or female, regardless of athletic ability – transforming them into a high level athlete. O’Connell’s challenges you to ***TRAIN LIKE A CHAMPION*** every day! Our experienced coaches will push you to a high level of intensity, producing fantastic results, both physically and mentally. Team ROC FIT members become mentally tough and physically strong!

In just one hour per day, 4 days per week, our coaches will help you believe in yourself like you never have before. Unlock your inner champion and see serious results in your health, fitness and attitude!

ROC Fit was developed by Russ and Kristi O’Connell as a means to break the mold of the typical 10 to 12 week fitness weight-loss driven programs. While these programs may help an individual shed a few pounds through various cardio based exercises, the O’Connell’s recognized the importance of high intensity strength training and the need to develop and build long lean muscle tissue to not only lose weight, but to improve overall health and conditioning, and to maintain the physical changes on a long term basis. Further, ROC Fit utilizes experienced coaches to guide you through your physical transformation. These coaches are here to inspire you and to support you!

WHAT ROC FIT INCLUDES:

- VARIETY
 - You will NEVER repeat the same workout in 6 weeks! No more monotony! No more getting bored with your workout! We achieve total muscle confusion by utilizing:
 - Kickboxing
 - Boxing
 - Resistance Training
 - Plyometrics
- INTENSITY
 - We will challenge you to push yourself to a new level! Be ready to feel your muscles burn and your body sweat!
 - Strengthen your mind and your body by giving each workout every ounce of effort within you!
- NUTRITION
 - No need to worry about figuring out what to eat! We provide you with healthy eating tips and a nutrition plan to help you fuel your body in the most efficient and beneficial way possible!
- TRAINING PLAN
 - 6 week session
 - 1 hour class Monday through Thursday
 - Every muscle group is targeted throughout the week
 - Classes include:
 - Warm Up
 - 20-25 Minutes of Kickboxing
 - 30-35 Minutes of Resistance Training
 - Coaching
 - Our coaches are there to create a team-like atmosphere and to help each individual develop the proper forms and techniques that will allow you to build strength in a very intense yet safe and structured environment!

THE “ART” OF KICKBOXING

All kickboxing programs are NOT created equally! True martial art kickboxing can be some of the best cardio and abdominal conditioning that a person can do. However, many kickboxing programs do not focus on the martial art form and have become more aerobic driven and almost take the form of a step or dance-type exercise class, losing much of the core workout benefits of kickboxing.

ROC Fit is **as real as it gets!** Our coaches are trained by professional kickboxers and kickboxing coaches with years of experience! Russ O’Connell, co-founder of ROC Fit, is a 7th degree black belt in Taekwondo, is the current coach of Iowa’s Peak Performance Training Program, and has coached many national champions and medalists in Taekwondo and Kickboxing, as well as UFC, Strike Force and Iowa Challenge Mixed Martial Arts fighters. As a competitor, he achieved many honors, including earning the title of United States Taekwondo Union National Champion in 1993, and American Korean Taekwondo Association Champion in 1986, 1989, 1991, 1992 and 1993. Master O’Connell has been instructing martial arts since 1984, and brings this martial arts expertise into each and every workout of the O’Connell eXtreme Fitness program.

Our coaches will train you like a fighter! You will learn to throw punches and kick with proper form and technique, using both mitts and bags. We will teach you boxing and kickboxing combinations used by professional fighters during training and in the ring!

The kickboxing portion of the program is a SUPER-CHARGED cardio and core strength workout! Every time you punch, you will be working your back, shoulders, chest and abs. Every time you kick, your abs and legs will be worked. Our method of kickboxing will *increase your stamina, burn a large amount of calories, increase the efficiency of your heart, lower your blood pressure and SHRED YOUR ABS!*

RESISTANCE TRAINING

ROC Fit is not your everyday, run-of-the-mill weight loss program. Our program is designed to build long lean muscles that will keep you burning calories around the clock! These workouts will not only allow you to shed unnecessary fat, but will allow you to chisel and sculpt your body into a healthier you! We encourage you to shift your focus away from the number on the scale, and to focus on your body fat percentage the way that you feel, and the way that you see yourself.

The resistance training portion of the ROC Fit can be tailored to YOU! The workouts can be used to gain muscle, lean out, or maximize your strength. We can help you determine the number of repetitions for the exercises, which will determine the size of the weights you will use. Each individual, regardless of the goal, should select a weight size that will allow them to reach muscle failure on the last repetition. We want you to **PUSH YOURSELF!** Pushing yourself to the point of muscle failure and exhaustion will provide you with the most gain and the quickest path to your desired results!

The resistance training includes the use of:

- Dumbbells
- Resistance Bands
- Exercise Balls
- Steps
- Pull and Dip Stations
- Gymnastic Rings
- And Much More!

Our resistance training focuses on MUSCLE CONFUSION! The great variety found in each workout will allow you to achieve better results. We avoid plateaus in your progress as your body will never have a chance to become accustomed to a particular routine. More lean muscle tissue equals more efficiency in burning calories and fat. Our resistance training will increase your metabolism, and who doesn't want a faster metabolism?

WHAT IS EXPECTED OF YOU?

Our coaches will motivate and guide you through this program providing you with an opportunity to change your body and your life, but YOU hold the keys to your own success! We never said it would be easy, only that it will be worth it!

- A POSITIVE ATTITUDE
 - You must keep your eye on the prize! Have faith that you will see the goals you desire! Come to class willing to learn and to push yourself.
 - Remove the phrase "I CAN'T" from your vocabulary. If you think "you can't", you certainly will not.
 - Instead, tell yourself "I CAN"! Conquer your weaknesses and turn them into strengths!
- USE YOUR MIND TO ACHIEVE GREAT RESULTS
 - Your mind is your most powerful tool you possess. You must stay strong and focused for this class. Nothing is impossible if you put your mind to it.
 - GET MENTALLY TOUGH: Mind over matter – many times you will come to a point during the workouts where you will find yourself wanting to give up, to stop the reps, to rest. This is the exact point at which you MUST tell yourself to continue, to push through, to get ONE MORE REP!
- COMMITMENT
 - You must set realistic goals for yourself and stay committed to them throughout the class.
 - Remember this is a journey. Results will not occur overnight. When you commit to this 6 weeks program, it will ensure your goals are achieved.
 - Our coaches are committed to you. Please show you are committed to them and YOURSELF!
 - We want you to achieve your goals, so we provide you with the BEST coaches. In order to achieve optimal results, you need to keep your eye on prize and always do your BEST!!
- INTENSITY
 - Your results will depend on the level of intensity with which you train. Do not cheat yourself!

- Higher intensity training will allow you to burn more calories. Imagine the results you will achieve by pushing yourself to the max!

MYTHS ABOUT FITNESS AND NUTRITION

Fitness and nutrition are topics about which there is much confusion and misinformation. Some of these include:

1. Simply cut your calorie intake.
2. "Non-fat" or "Fat Free" on a label means the product is healthy.
3. Skipping meals whenever possible is a good way to lose weight.
4. Running for hours will burn lots tons of calories.
5. Workouts count for 90% of your results.
6. The more hours you spend at the gym each day, the more results you will see.
7. You will have amazing abs if you do a million crunches!

FACTS ABOUT FITNESS AND NUTRITION

For the sake of correction and enlightenment, here are some actual facts about fitness and nutrition:

1. You should eat 5 to 6 meals a day to rev up your metabolism.
 - a. DEPRIVATION does not work! Your body will go into starvation mode if you restrict your calories to low, resulting in your body storing food as FAT!
 - b. Small meals throughout the day will stabilize your blood sugar.
 - i. If your blood sugar gets high, your body will overproduce insulin, which also makes your body store fat.
2. Most non-fat products are pumped full of fast-digesting carbs to replace the fat! A lot of times if it says non-fat you are ingesting high amounts of sugar.
 - a. Typically, low-fat foods seem to be better, as you are able to avoid all of the sugar.
 - b. Learn to read the nutritional information on the label of food products to help avoid falling for misleading marketing information.
3. Long durations of cardio exercise are counter-productive.
 - a. Long, slow cardio exercise is the least effective and most boring way to burn calories.
 - b. It is not how long you go, but how strong and intense your workout is that counts.
 - c. To burn fat and speed up your metabolism, put maximum effort into your workout and stick with it. 20 to 25 minutes of intense cardio vascular training will get you the best results.
4. Intense weight training will help you get the results you are looking for.
 - a. Building lean muscle will increase your metabolism. Weight training will also help you change your body shape for the better.
 - b. The more intense your effort, the better and faster your results. Strength training involves the tearing down and building of muscle tissue, which allows you to burn calories around the clock, **EVEN IN YOUR SLEEP**

WHAT WILL ROC FIT WILL TEACH YOU?

- to train with *INTENSITY*
- to train to *ACHIEVE DESIRED RESULTS*
- to lift weights with proper form
- to kickbox like a *FIGHTER*
- to find the *CHAMPION* inside yourself
- to develop the *POWER* of your mind
- to have the will to *WIN*
- to have a *POSITIVE* attitude
- to *BELIEVE* in yourself

TRAINING WITH TEAM ROC FIT!!

In ROC Fit, you will have a coach and teammates. Each individual in the program is part of team ROC FIT and rooting for each other. At many times during the program, the workout will necessitate working with a partner. Feed off of each others' energy and push each other to new heights! Team ROC FIT always wins when we work together! Your coaches and classmates are here to motivate, inspire and support you on this physically and mentally challenging journey. TOGETHER EVERYONE ACHIEVES MORE!

ROC FIT NUTRITION PROGRAM

A very important part of this program is nutrition. You must eat a healthy and nutritionally balanced diet! Now, when we say diet, we don't necessarily mean "diet" the way you may be thinking...

People that go on a "diet" have to go off of a diet. Our nutrition plan, and more generally, our program, is not about looking good tomorrow, it is about **LOOKING AND FEELING FOOD FOR THE REST OF YOUR LIFE!** If you put the right food into your body during this program, you *will* see *results* that you never thought were possible!

NUTRITION TIPS FOR HEALTHY EATING

- Keep a Food Journal
 - A powerful way to successfully change your eating habits is to keep a daily journal. You can keep yourself accountable for each and every thing that you eat or drink!
- FOOD = FUEL
 - If you do not put the right fuel into a car, it wont run well. Think of your body as a car, and food as your fuel. You will want to make the proper food choices to fuel your body for maximum performance.
 - Eating the right food can reduce a lifetime of health risks and improve your quality of life!
- Drink WATER
 - Keep your body hydrated! Drinking water will help you flush unwanted toxins out of your body.
 - Drinking water helps you want to eat healthier.
 - Keeping your body hydrated helps optimize digestion and your body's ability to burn calories.
 - Try adding some lemon, lime or tangerine juice into your water for added taste.
- STAY AWAY from Soda
 - Soda is empty calories. The sugar in soda can increase your appetite. Caramel, an ingredient in soda, has been linked to insulin resistance (the first step to diabetes) and inflammation (a risk factor for heart disease and other illness).
 - Although diet soda has zero calories, many people tend to want to eat more calories from other places. Drinking diet soda will never let you lose your taste for super sweet foods.
 - It is healthier to stay away from diet soda, but if you cant kick the habit, try to limit yourself to no more than one per day.
- Go to Bed
 - Early to bed, early to rise. Take ROC FIT, become strong and wise!
 - You may be wondering what this has to do with nutrition...
 - Lack of sleep throws off your entire system. This can also increase your appetite. Not sleeping enough hours each night

can trigger a release of cortisol, a stress hormone that produces abdominal fat.

- Try to get 7 to 8 hours of sleep each night.
 - You'll need this time to recover from your workouts!
- Don't Challenge Your Will Power
 - Do not have junk food in your house. Have healthy food ready to eat.
 - It is a lot easier to grab something healthy when you do not have junk food in your house.
- Do Not Beat Yourself Up for a Mistake
 - Eating perfect all the time is unrealistic. Some times we may fall off our eating plan...if so, hop right back on and go back to eating healthy!
- You Must Be Organized
 - Creating a daily meal plan will help keep you on a healthy diet. Go shopping with a food list. NEVER GO GROCERY SHOPPING WHEN YOU ARE HUNGRY!
 - Prepare some foods on Sunday for the whole week.
 - For example, you can make six chicken breasts and a pot of brown rice. Then, prepare 6 different containers of the chicken and rice and you will have 6 meals ready for the week!
- You MUST Eat Breakfast
 - Your metabolism slows when you sleep. By eating breakfast, you give your metabolism a jolt. If you do not eat breakfast, you will be very hungry by midmorning, making you more likely to grab anything in sight.
- Stop Eating 2 Hours Before Bed
 - You will not burn as many calories when you are sleeping. It is much easier to burn the calories during the day when you are up and moving.
- Eliminate Emotional Eating
 - Listen to your body and eat because you are hungry. Do NOT eat because you are sad, bored or depressed. Emotional eating is self-destructive behavior. If you see an emotional eater, examine yourself. Try to resolve any problems you have with yourself. DO NOT USE FOOD TO RESOLVE YOUR PROBLEMS! Using food will only make you more unhappy in the long run.
- Stay Away From White
 - Switch to whole wheat grains.
 - This means no more white bread, pasta and rice.
 - Make sure the label reads "100% whole wheat" or "100% whole grains".
 - Also avoid anything with added sugars like high-fructose corn syrup.
- Avoid Alcohol
 - Alcohol depletes glycogen storage in the liver, causing an increase in blood sugar and fat storage. Only drink alcohol for your cheat meal.

ROC FIT EATING GUIDELINES

- Eat 5 to 6 Meals Per Day
 - If you feel like you are stuffing yourself with 6 meals, only eat 5 meals. Listen to your body and eat when you are hungry.
- Eat Every 3 Hours
 - Try to eat every 3 hours in order to maintain blood sugar levels and keep your metabolism rolling. It will also prevent energy crashes and appetite cravings.
- Have a Protein and a Carbohydrate at Every Meal
 - Make sure you pick a protein and a carbohydrate from the recommended food chart. At the end of each day you should have eaten 5-6 servings of protein and 5-6 servings of carbohydrates.
- Eat Lots of Vegetables
 - You can have as many servings of vegetables as you want, but you must have at least 2 servings per day.
 - You can also substitute a vegetable in the place of a carbohydrate.
- Portion Size
 - Your single portion size should be equal to one cup or 1 serving on a label. Further, if you are looking at a chicken breast, it should be about the size of a deck of cards
 - For example, you can have one cup of brown rice, 1 cup of chicken and 1 cup of cauliflower.
 - Listen to your body. If you weigh 115 lbs. you may only need $\frac{3}{4}$ of a cup, or if you weigh 225 lbs., you may need a little more to feel satisfied.
- Condiments
 - You may have 1 tablespoon at each meal, but if you don't need any, go without!
- Snacks
 - You may have 1 snack a day from the food chart.
 - You can also have 100 free calories per day
 - For instance, if you want to have 13 chips and they add up to 100 calories, go ahead.
- Water
 - You should drink 8-10 glasses of water every day
- Cheat Meal
 - You are allowed one "cheat meal" per week. For this meal, you can eat anything you want.
 - This is your play meal, which you will need both physically and mentally.
- Eating Out
 - You should NOT exceed one fast food meal per week. Stay away from anything breaded or dripping in butter. Avoid high-fat dressings, cheese and bacon on salads.

- Here are some healthy options from restaurants
 - Subway – Turkey or Chicken Breast on whole-wheat. Use mustard instead of mayo. Fill up on vegetables.
 - Wendy's – Grilled chicken sandwich without the mayo, plain baked potato, small chili, garden salad or jr. hamburger.
 - Applebee's – Anything off of their weight watcher's menu
 - McDonald's – Grilled chicken sandwich, grilled chicken Caesar salad, hamburger, Fruit 'n yogurt parfait.

MEASUREMENTS

Measurements	WEEK 1 The Starting Point	WEEK 6 The Results
Bicep		
Abdomen		
Hip		
Chest		
Thighs		
Weight		
Height		
Body Fat %		
1 Minute Push Ups		
1 Minute Sit Ups		

ROC FIT FOOD CHART

<u>PROTEINS</u> (6/Day)	<u>CARBOHYDRATES</u> (6/Day)	<u>VEGETABLES</u> (at least 2/day)	<u>CONDIMENTS</u>
Skinless chicken breast	Whole Wheat Bread	Celery	Fat-free Mayo
Egg Beaters	Whole Wheat Pasta	Green Peppers	Salsa
Egg Whites	Bran Muffins	Lettuce	Mustard
Lean Ham	Whole Wheat English Muffin	Tomato	Fat-free Sauces
Pork Chops	Whole wheat waffles	Spinach	Mrs. Dash
Veggie Dog	Oatmeal	Cauliflower	Fat-free cream cheese
Veggie Burger	Brown or wild rice	Green Beans	Fat-free sour cream
String Cheese	Sweet potato	Cabbage	Butter buds
Tofu	Squash	Onion	Smuckers sugar-free jam
Soy or fat free cheese	Yogurt	Asparagus	Pam
Tuna	Whole grain crackers	Peas	Balsalmic vinegar
Cottage Cheese 1%	Kashi Go Lean cereal	Mushrooms	Pepper
Peanut Butter	Health Valley 8 grain cereal	Brussell Sprouts	
Soy Nuts	All-Bran cereal	Cucumber	<u>SNACKS</u>
Turkey Breast	Post Bran Flakes	Artichoke	Air-popped popcorn
Lean Ground Turkey	Cheerios	Zucchini	Sugar-free fudgsicles
Shrimp	Orange	Watercress	Sugar-free jello
Hummus	Berries	Turnip	Diet Hot Chocolate
Lobster	Melon	Eggplant	
Crab	Bananas		
Skim Milk	Corn		
Turkey Bacon	Beans		
Protein Shake	Pineapple		
Sunflower Seeds	Whole Wheat Pita		
Turkey Jerky	Whole Wheat tortillas		

NOTES:

- ⇒ Please choose a portion of protein and carbohydrates to make a meal.
- ⇒ You can have as many servings of vegetables per day as you want.
- ⇒ Remember, you can replace a carbohydrate with a vegetable.
- ⇒ You can have up to 1 tablespoon of condiments with each meal.
- ⇒ You may choose 1 snack option per day.
- ⇒ You have 100 free calories per day.

EATING FROM THIS FOOD CHART WILL HELP YOU ACHIEVE WEIGHT-LOSS SUCCESS AND WILL PROVIDE PROPER "FUEL" FOR YOUR BODY!

DAILY FOOD JOURNAL
WEEK 1

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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DAILY FOOD JOURNAL
WEEK 2

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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DAILY FOOD JOURNAL
WEEK 3

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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DAILY FOOD JOURNAL
WEEK 4

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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DAILY FOOD JOURNAL
WEEK 5

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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DAILY FOOD JOURNAL
WEEK 6

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	WATER
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							

Sunday							
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