



Mike Chang

The “No Excuse” Home Workout:
How to Maximize Fat Loss
& Core Strength

THE COMPLETE
HOLISTIC
WEIGHT LOSS
COLLECTION
TRANSCRIPTS

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THE “NO EXCUSE” HOME WORKOUT: HOW TO MAXIMIZE YOUR FAT LOSS AND CORE STRENGTH

Shelley: You’ve experienced a pretty amazing transformation with your own weight loss. Please share a little about your personal journey back to optimal health.

Mike: Thanks for the question, Shelley. I would say my journey has been pretty tough. Growing up I’ve always had a really large appetite, and I just loved food. I know a lot of people say the same thing.

I was taught growing up that you should finish everything on your plate because farmers in China worked really hard to provide the rice and supply the food and stuff like that. I was always taught to finish everything, and it’s been a mindset growing up.

When I eat I pretty much eat everything on my plate. Also, on top of that, I was deprived of a lot of junk foods as a kid. As an adult I developed this overeating habit and also splurging and just binge eating on junk foods, on ice creams and pizzas, to chips to candy bars - everything that you can think of that is not good for you.

It’s been a tough journey. I’m honestly saying that I can relate to the people that I’ve helped in the past and I’m currently helping now, because even now, even though I’m healthy and I feel great and I’ve finally got the body I wanted, these cravings are still there.

It’s still constant work to get rid of them. It’s all about building a structure in your life, understanding that you do have these challenges, accepting it and then building a structure in your life to overcome it.

It takes time. A lot of people think it’s something overnight. That’s why so many people fail when they try to lose weight. They go on diets, they go on very extreme weight loss programs two weeks, three weeks, and most people will gain the weight right back and a lot of times even more.

It has to be a gradual approach. If you follow the right instruction, the right program through gradual time, you will lose the weight and you’ll be able to keep it off for the rest of your life and actually have a healthy, fit lifestyle instead of a rollercoaster going up and down.

Shelley: How long would you say, for your own journey? When did you start inquiring this? What kind of timeframe?



Mike: I'd gotten interested in working out and building muscles in my teenage years.

Reading muscle magazines and following people's advice, I was able to gain muscles but I was never able to get rid of the body fat. I became one of those bulky ... a power lifter type of body. To be honest, it wasn't the type of body I wanted. Losing fat has always been the biggest challenge for me. It wasn't until I would say probably over four to five years now that I finally realized that losing fat and losing weight involves a different type of mindset.

There's a lot of mindsets that people develop just growing up, just traditional ways of thinking, and it doesn't allow people to do things correctly. One thing for example, Shelley, is a lot of people find that when you're hungry it's a bad thing and you need to eat right away. I've learned that it's actually okay to be able to be a little hungry. It's going back into the caveman days. It's going back into before we had grocery stores and refrigerators. You'd eat whenever you could, and lots of times you may not have food ready for you.

Back then nobody had weight loss problems back then and nobody had obesity back then, just because that's the natural way of things. Through the technology and through our modern days now, a lot of that is lost. There is so much bad food out there and there's so much advertising encouraging you to eat these things and so much misconceptions about what's exactly good and bad that it's really, really confusing for people.

Shelley: Thank you. Through this journey you've become somewhat of an internet celebrity with your health. It's often free health and fitness videos on YouTube. The two main things you specialize in are natural fat loss and toning the entire body. Please share why you feel it's important to develop tone and muscle while losing weight.

Mike: It's a tricky question in that a lot of times when people want to get rid of the weight their problem area is usually their midsection; the beer belly or just the abs, love handles, the rolls and the muffin tops. The natural thing to do is to go ahead and do lots of sit-ups, and to go ahead and target your problem areas. It's a very logical way of thinking.

What I found is in order to go ahead and get rid of your body fat you have to actually burn your body fat off. You just can't go ahead and work on the areas that you're trying to work on, because that doesn't burn enough calories. That's why I talk about toning your entire body.

Because toning your entire body not only makes you stronger, it makes you healthier. It makes you more fit. It increases your metabolism. Metabolism is the amount of calories that you burn without doing anything. You'd be sitting down at your desk in front of your computer for eight hours, and your metabolism is always on. It never turns off.



That means you're burning calories all the time, which is why if you sit at a desk for eight hours you're guaranteed to be hungry a couple of times. The more toned your body is and the more stronger your body is, the higher your metabolism is, which means the more calories you burn.

If you burn all your calories throughout the day and whatever other calories you need, your body can go ahead and tap into your fat stores, which is how you're able to burn the belly fat, burn those love handles or go back to the fat that you want to get rid of off your body. That's why it's so important to tone your entire body instead of just the areas that you want to change.

Shelley: What I'm hearing is it's accelerating your fat loss because even in your resting state, your muscles, your metabolism, everything's increasing because of this lean body mass that you have. One of the interesting things you also teach are workouts that people can do at home without gym equipment. In fact, the only piece of equipment that they can use is a bath towel. Please share a little about your home workouts and what inspired you to create them.

Mike: I realized that there's so many different obstacles when it comes to working out and getting in shape. If something is simple, it's easier to do. If something's complicated, it's harder to do. It's a pretty simple theory. It's fact. When it comes to working out or going to the gym, a lot of people find it a little uncomfortable to go to a gym and work out with other people.

They find it pretty uncomfortable as it is to start an exercise program because it's new, you don't know what to expect, and if you tried and you failed in the past it really discourages you to try again.

What I've realized is number one, working out at home in the comfort of your own home you don't have to have people stare at you or look at you. You're able to really go and just come out of your shell and just be totally comfortable and not have to just worry about your surroundings, particularly other people.

Another thing I've realized while I started to lose this weight and lose this body fat is, like I said earlier Shelley, you have to tone your entire body. When you go to gyms, when you walk into an equipped gym you'll see a whole sea of different types of machines, from cardio equipment to muscle building machines to all your different abs gadgets.

Number one, it's tough to know which ones are good for you or right for your body type and right for your goals and which ones aren't. The truth and the fact of that is when it comes to toning your entire body the machines only isolate certain body parts at a time.



While when you do the body weight exercises, which is basically using your entire body, you're using multiple muscle groups. Using multiple muscles groups means you're going to tone more of your body at the same time, not one time. You'll also burn more calories, which will in turn burn more fat.

There's so many different advantages of working out at home. Another thing on that is you don't have to wait on other people sharing equipment. You don't have to worry about driving there, driving back or maybe fight the traffic because some people go straight after work. The workouts are faster, more effective and you can do it comfortably.

That's why I find that it's so much more beneficial to exercise at home when it comes to weight loss and fat loss.

Shelley: Yes, I appreciate this approach you have because I live a pretty busy lifestyle. On top of it, I'm a mom. I have a little two-year-old. If I can find a short period of time that I can use a towel or do some of these exercises that you've outlined, quickly and efficiently and I know I'm getting my entire body, I just love this approach. It works well with my lifestyle.

I have a feeling with a lot of our listeners there is a certain thing that can happen in a gym. You're either confused by the machines or you're just uncomfortable because of ... It can be an intimate...

Mike: That's a good point how you brought up how you're a mom and you have a child. There's a lot of mothers out there that have a hard time to make it to the gym because they're worried, "Are the childcare or the daycare in the fitness center, are they really going to go ahead and watch my child? There's 30 other children running around, when I walk in I see them all crying." It's not a comfortable thing to leave your child in there.

A lot of times, the timeframe. Believe it or not, when you're doing the right exercises you can actually get a workout in as short as 10 minutes. Imagine your child is right next to you playing or maybe just sleeping, happily thinking that, they tend to wake up all the time but you can have your eyes right there, watching your child while you're getting a workout in.

It could be 10 minutes, really short. To be honest with you, it is actually really, really effective. I have a lot of videos online that show really short workouts. Actually, even shortened though you can see that I'm sweating and out of breath.

I get a lot of comments going, "Mike, why are you always out of breath?" I'm thinking, "Man, you've got to try this and you'll see." It really is effective, and that's another really good point about having children right there.



Shelley: Yes. Also, what a great message. If your child could see mom working out it's going to imprint on them. "This is what mom did and I'm going to do it. It's exciting, it's fun and she's smiling." When you start working out, even though you might be sweating and you're out of breath, you are in your YouTube videos I see someone who's smiling, enjoying what you're doing. That's what's motivating is that feeling. Yes, if your children could see that that's amazing.

You also have a nutritional approach that you teach. You have five simple eating rules that you followed to get back in shape. What are these five simple rules and why are they so important?

Mike: They basically are guidelines for all the foods out there. When people are trying to pick the right foods to eat, a lot of times it gets really overwhelming because there's so much different health foods.

At the end you're just caught reading nutrition labels and adding up calories and weighing how much food you're eating. It gets to be such a chore to where a lot of people ask themselves, "I'm not a fitness model. I'm not a bodybuilder. I'm not a competitive anything at fitness. I'm just a normal person who wants to be healthy and in shape."

We find out that there's so much things that these nutritionists or these bodybuilder fitness people tell you that it's really just not ... it's just not really right for the normal person. It's just too extreme. I came up with five rules to make it very simple to follow. It creates the guidelines that this way you don't have to worry about so many different components every time you're trying to eat a new food or try something new.

Rule number one is really simple: Protein and carbs in every single meal. Proteins basically build the muscles. When you're working out and you're toning your body, your muscle needs the protein. That's why they recover and grow and get stronger. Carbohydrates is for energy. If you don't have carbohydrates then your energy level is a little low and you're not able to function and do the things you need to do throughout the day.

Rule number two is low fat, low sugar and low calories. A lot of times when you look at something, if the fat content's a little high then you know this is probably not very good for you. When you look at the same thing you go ...

if the fat's high, that's what I call that one X or one thing that's not good on that particular food. The sugar's high, that's two and that's really not good. Then if the calories is high a lot of times you got three Xs. You just need to stay away from that all together.



If you look at it, pastries, cookies, ice cream, cakes, they are high in fat, high in sugar and high in calories. You want to stay away from those. You want to go for something that's just low in all three. This way it's safe to eat and you don't have to worry about how much of that food can I eat before it's too bad. When it's a good food you can have a lot more than if you're eating something that's bad for you.

The third rule is that the size of the meal should be about a fist and a half. If you look down at your food, this is a way to substitute the scale or weighing the foods, the third cup of rice, or a cup of this and that.

I've never weighed food in my entire life. I thought about doing it but I tell myself, "I'm not going to do this for the rest of my life. I'm not going to sit around and weigh things. It's just too much of a chore. I'd rather do other things I love than be in the kitchen weighing food."

If you look down at your fists, imagine if you ball your fists and you cut off your fists and you cut one of them in half. That volume, that mass amount of food, that should be the whole size of your entire meal.

That means it allows your body to be able to absorb the nutrients, break it down and not store it. If your meal is too big then your body can only absorb so much and the rest is stored as fat. If you keep your meal size good, you're going to be fine.

If you get hungry after two or three hours, great, you eat another meal that's the same size, which is rule number four: eating every two to three hours. Keep this in mind. I know everybody probably heard this before, you're supposed to eat four to six meals throughout the day, things like that.

A lot of people are confused on that. They think the key there is to eat four to six meals throughout the day. That's not really the case. The key is to actually eat small portions of meals throughout the day. Automatically that's going to add up to about four to six. A lot of times people would overeat every single meal and they would eat four to six larger meals and they wonder why it's so hard to lose weight. Yes, you got to keep that in mind.

The last rule pretty much makes it to where it balances everything out. That's the 80/20 rule. For our audience that haven't heard the 80/20, basically 80% of all your results comes from 20% of your effort. I really like that approach. That's really true for almost every aspect of life. When it comes to eating, basically 80% of your meals needs to be following all five rules and the 20% could be more lenient and it could be pretty much whatever you like. This way it creates a balance.



Nobody wants to be one of the persons who can't eat anything, can't hang out with your friends, can't go out and have a drink. You just order go out to nice restaurant. I feel that eating with a menu, it's just not a nice way to live. You can't really enjoy life. That 20% allows you to go have and do things you like while the 80% is followed on a more strict diet. If you're a good.

... Here's a tip, Shelley, what I like to do is throughout the week on the times that I'm going through any types of social eating, I eat very clean and I follow all five rules, unless someone is socially eating whatever social eating that means, going out and actually making eating a social event. Because a lot of times people go out to eat just to eat.

They're hungry. "I'm going to go grab something to eat." They just go out to whatever restaurant they like. "Let's buy something to eat." Actually, they're following the rules and creating their own meal structures like what we are going to be talking about where they're eating healthy.

Again, there's a social aspect to where, let's say, meeting you and a couple of friends who go out and have dinner. We're not going out there because we're hungry and having dinner. We're going out there because we want to socialize in this restaurant. We want sit there and maybe have a glass of wine, to chat and just enjoy ourselves.

In that case, that's a social aspect. In that case, you don't want to miss on that, you want to sit there, you want to drink a glass of wine, for example, you want to eat something that's good on the menu. That you don't want to avoid. It's when you're going out there to grab something to eat just because you're hungry and not for social gatherings to where you would follow all the rules.

The other parts, do what you like and you'll find that you're not missing out on anything. You're still getting every part of your life that you love. It's still going to be really fun and enjoyable.

Shelley: I know myself and my own life, how I approach the social aspect. I can remember doing extreme dieting or extreme approaches to vegetarianism in our community or a group of friends who didn't understand that.

I can remember I started to not enjoy the social aspect. I loved this because it allows you to bridge that part of yourself into your new routine. It's beautiful. Thank you.



Let's dive in a little deeper into your trainings where you outlined how to create cost-effective meals. It's based on fresh, whole foods that are inexpensive and they support your optimal health. Share with us an example of the type of meal that you would recommend to lose weight.

Mike: With the meal structure, our meal program is called Zero Willpower Eating System. My fitness partner Ben actually created the name. It allows you to have minimal willpower to be able to eat healthy and lose weight. A lot of people think healthy eating is expensive because they're buying maybe organic foods or maybe they're going out to eat and finding the healthier stuff are a lot of times more costly than going to a fast food place and grabbing a value meal for \$4.00.

I've found that when you actually go to the grocery store and you buy the foods you need to buy ... Again, there's only two types of foods: protein and carbs. The one that I left out is actually vegetables, which falls under the carbs category.

When you go grocery shopping, if you only buy the foods that you need to buy, if you go and create a meal and nothing else that actually helps you to really get fit. Whatever you buy or whatever's in your kitchen, you're going to eventually eat it. No matter if someone goes, "I'm not going to eat it. It's just sitting there."

If it's sitting there, you're eventually going to eat it because if you're not going to eat it you need to throw it away now. I did. I go to people's places and I clean out their kitchen, I just throw away stuff.

Going back to the meal program, it's really simple. It's a guide on how to go ahead and cook and buy the foods that they need to buy, the protein, the carbs, the broccoli for example, or the vegetable. For example, a really easy combination would be chicken breast, brown rice and broccoli.

They would buy a good amount of that, enough to go ahead and create about four to five meals per day times seven, so about 25 to about 28 meals for the week. I've showed them how to go ahead and cook it so you don't have to go and spend all day in the kitchen. It's really tough. It took me a long time to figure it out but with that amount of food, a normal person ... It will take them about seven hours or so to cook that amount because you don't know how to streamline things and they're doing it the hard way.

I've done that in the past, which is why I know. When you're doing it right and you're doing it as fast as you can in the most effective way, I can cook that amount of food in less than two hours, including washing the dishes.



There's a lot of different things that really helps people be able to streamline their eating and making it to where eating healthy become easier than eating bad. Imagine that you have a pre-made or prepared food in your fridge, and when you're hungry you can either drive, go out, get dressed, drive somewhere, order something, wait for the food to come, spend money and then grab it, eat it there and drive back. That could be an easy 45 minutes to an hour. Or you grab a meal out of your fridge, put it in the microwave for three minutes and within three minutes you have food.

In fact it's cheaper and it's 100 times more healthier for you. That's where the Zero Willpower comes in. It makes it so easy to where it doesn't make sense to go out of your way to find something unhealthy.

Shelley: Thank you, this is so good. It's good on so many levels, whether you're a busy mom or you're someone who works every day and goes to work. You can bring your own food. When you get home from work, you're not grabbing a bag of chips. You're going in the freezer and you're going, "Hey, I can make my meal right now." I just like how you break it down.

Mike: We actually incorporated the meal plan in the office with all of our guys.

Shelley: That's so good.

Mike: We actually have grown into a larger scale for some of [inaudible 00:24:38] cooking work for 25-28 meals a week. We cook currently right now about 250 meals per week.

Shelley: Wow.

Mike: We feed everybody. We found that everybody loves it. They don't have to drive anywhere to eat. We have multiple fridges. They're all filled. It makes it so simple.

It encourages our guys working with us to be able to eat healthy also. We've seen a huge difference with the people that are working with us, so much to where some of these guys are actually on the diet ad testimonials because they've personally transformed their body just by following the eating system and incorporating some of the home-based workouts.

Shelley: It is so healthy. You can even make the same comparison when you go out and have something that's been pre-packaged, pre-made. It's laden with sugars or hidden preservatives or who knows. When you know what your ingredients are and if you eat some fast food, you start to see, "My body is actually not happy after this meal."



Mike: They reject it. It really rejects the bad food. Your stomach doesn't feel ... it starts to hurt, it starts to growl, your mouth has this oily, nasty taste. Your body just feels really drained by it. Your body now demands all healthy foods. Here's an interesting fact. A lot of times people's biggest challenge is, "Well I tried but it's so hard to have these cravings. How can I get rid of these cravings?" If somebody actually will go ahead and just stick to the meal plan for two weeks, their cravings would actually disappear. Their taste buds are going to make a shift.

After that it's so easy to just stick to it, because they're not craving anymore. The bad food that people eat, it creates those cravings for more bad food. They eat the bad food and it creates the cravings for more bad food. It's a vicious cycle. All it takes is for somebody to go ahead and make that first change and to say, "I'm going to try this for two weeks. After that, I'll see how it goes."

After two weeks they're going to find the results to be astonishing and their cravings are gone. They feel great. They can really see that extra energy every single day. They don't crash right after lunch like a lot of people did, including myself. Every single day from work, I remember. None of those low-energy fields, none of those bad feelings are going to be there anymore.

Shelley: It's so good when you start to realize how simple it is. When you give the right foods your body is totally with you on it. It's going to start craving along with you the proper health options that you can present it with.

You helped tens of thousands of people lose weight and create their ideal body. Your success rates are impressive. If someone came to you to lose weight, where would you begin?

Mike: The first thing that I would say is to go ahead and just start to do the exercises. Simple exercises, they can go on my YouTube channel and check out the exercises, or they can look into our program to get that.

There are a couple of exercises that are very simple, that anybody could do, it doesn't take really any skillset at all. It's just a few of them. These are probably the most effective ones. That's the home-based workouts that are going to be built-in for variations of these basic ones.

The funny thing is these basic ones that people have been doing for many, many years, they're nothing new, but over time people think that if something's new, that it's better. That's all marketing. "Hey, this is new or it's better." "They came up with a new—that must be better than the old one."



Our bodies have not changed so much in the last 50 years, 100 years. Whatever worked 100 years ago before they came out with all fancy stuff, it's still working now. These exercises, the first one would be a squat, just a basic squat using your body weight. That works on your quads or basically the front part of your legs, a little bit of your back part, your glutes. It works on your core, your lower back and your mid section.

If you do a squat, just lift your hands facing the ceiling, pointing at the ceiling. Put your hands up. That would also incorporate your upper back and your shoulders.

Imagine that many muscle groups. That's 1, 2, 3, 4, 5, 6, let's say about six to seven different muscle groups all done through just one exercise. Just imagine the amount of calories you burn doing that versus what most people do when they're trying to lose their belly fat.

They get on the ground and do 100 sit-ups. It doesn't matter how small your abs muscles is compared to your legs, compared to your glutes, compared to your shoulders and back. It just can't compare. Once we explain that to people they're like, "Okay, that makes a lot of sense." That would be one of the exercises someone would do.

Another one would just be pushups. Sometimes pushups are really challenging for people to start off with. I remember I couldn't even do a pushup when I first started. I had to do it off my father's desk, off his desk in his office because I was too weak to do regular push-ups and I was too weak to do the pushups on my knees like women push-ups. I couldn't do those either. I did them off the desk.

Whatever way you need to, incorporate pushups. Now you're working your chest, your shoulders and your triceps. Or a lot of women call it, "That flab underneath your arms." What do they call that? I don't know but I know that they're waving at people and go, "I'm going to get rid of this."

Shelley: Yes, I know.

Mike: It's fun. All three of those areas, between the squats and the pushups and if you want to do another one that one would be doing a plank. A plank is really popular. They put their arms and they're over on the ground. They just lift up their body so that their body is straight like a board. It creates a plank.

They're going to hold it for as long as you can. That works a lot of core, a lot of lower back, the entire core and also a little bit of the body. It's a very easy exercise. It's really hard to really mess up a plank. Just as long as you don't arch your lower back and keep your hips slightly raised, you're fine.



You've got those three exercises that anybody could start doing. They can do it at their homes. They can do it instantly. The moment they hear our conversation, they can pause it and go do some pushups and do some squats and instantly they're going to feel their body literally heat up. They're going to start feeling a sweat come on. If they start exercising right now, I guarantee if they just did let's say 20 to 30 of each exercises they're going to feel a difference tomorrow. It might not be a huge difference but they will feel different. That's a good starting point. It's all about just starting and just going for it and not over thinking it. It's working out.

Shelley: Thank you.

Mike: It's working out. It's really simple. It's not supposed to be over thought. It's not a math equation. You just start moving your body and you use it in the right way. Your body will respond by being healthy and firmer and toned.

Shelley: You're touching something that many people have a predisposed thought to. When they want to lose weight they're like, "It's going to be hard." What, in your experience, are some of the roadblocks that get in the way of losing weight, keeping it off for good and strategies that you use to get through that?

Mike: The biggest roadblock is basically for people to get started. They overthink it. I made a video talking about this, so if you were ... In my opinion it seems like the smarter and the more educated someone is, the harder it is for them to get in shape. The reason why behind that is because if somebody wasn't very smart and they're basically told what to do, someone goes, "Just do this. Trust me. Just do it and don't argue and don't take them off," and they just do it. Guess what? They do it, their body responds, they get in shape.

You tell that to somebody who's educated and smart, who can speak and reason and they'll go, "Why should I do this? I heard about this. What about this? What's your opinion on this type of food? You tell me that we should eat this, this, this and not that?" You know what I mean? It seems to overcomplicate things because they're smart enough to do that. It's sad. I don't want to say people shouldn't be educated in order to keep them healthy but I think people should really go ahead and realize that exercising is very simple.

It just involves doing the exercise. Exercises aren't supposed to be too complicated. They're not supposed to be very fancy. We just have to use our bodies in the right way. Honestly, there's a handful of exercises that are really, really good for you. To be honest, someone could just do those exercises and nothing else, they would automatically see some really good results.



At that point that they're consistent and they've got the ball rolling, then they can go in and do it again, all the little fancy stuff and how do I work this little part of my body and get very articulate and very specific on what they want to work on.

In the meantime, the biggest roadblock is overthinking it. Overthinking it because they make it complicated in their mind. When they do, it's really hard to start something. If they just have to simplify and just go, "The pushups, the squats and doing the plank is..." that's the way to start. I'm just going to start off with that.

They can start off the first week of just doing pushups, squats and the plank every single day. They can just do maybe 10 or 15 minutes of that, and do as many reps within a 10 or 15-minute period and that's it.

Don't overthink about anything else. After doing that straight for a week, they do. They will see the change in their body. They're going to feel a lot better. At that point they're like, "Wow. Okay, I've done this for a week and I feel great. Let me see what else I can incorporate." Before you know it, they've incorporated maybe six to eight exercises.

Now they've passed the first and hardest roadblock, which is being consistent. I'll say keep it simple, keep it really easy in the beginning just so they can get started. Once they're going to start they can get consistent, so by the week up about two weeks then slowly start incorporating more of new exercises and different ways of doing the same thing to give it variety. That's not going to be important for anybody in the beginning. They just need to go ahead and get started.

Shelley: You've also created a comprehensive home study program for losing weight called Insane Home Fat Loss. How does the Insane Home Fat Loss Program work on a step-by-step basis?

Mike: The thing with Fat Loss Program, it's a 30-minute program. We made the Insane Home Fat Loss to basically really show people that people think if they work out at home it's going to be really easy because it's just aerobics or just jump around doing this and that. Actually, these workouts are ... they are tough.

A good thing about it is understand that some people are going to be pretty athletic and in shape and they want to do this program to challenge themselves, and some people want to do this program just to go ahead and lose weight. A good thing about this program is it's going to work for both people.



The way it's structured is when you work out, most of the time you're counting how many repetitions you're doing. Fat Loss, you're not counting repetitions at all. A lot of times if people who work out, sometimes they're like, "What rep am I on now, the eighth rep or the twelfth rep? I lost track. My mind just floated off."

With the program, you don't count your reps. You just follow the time. You work out for 30 seconds on a particular exercise. Let's say some type of squat variation of exercise. You just do it for 30 seconds at your own pace. You rest for 15 seconds and then you do the next exercise.

That's why if you're in shape already you can do a lot of reps. If you're just starting out you just do as many as you can comfortably. There's no pressure. Because I talk about it in the program that you do whatever's comfortable. You will find as the week goes by you will automatically be able to do more reps. That's how you can gradually get better, get stronger and get leaner without having to change up a lot of things. That's how you're doing it, doing a lot more volume because you're now able to. It makes it really easy for people to get started. You don't have to feel bad because I can't do 10 reps or you can't do 15 reps. That makes it really easy. They just basically hit play and just follow along the video.

Shelley: Those kind of programs you're looking at is something that will change our lives forever. You created something in 30 minutes.

Mike: Thirty minutes is actually pretty intense. For people starting off, they can actually do about 10 minutes of it. They're going to get a hell of a workout. You can actually build up to 30 minutes. I remember you mentioned how we use a bath towel. You use it like a workout towel.

Or bath towels or any type of towel or something for you to grab on. That has been really surprising for people, especially for a lot of muscle guys to go, "Workout towel? I lift iron." Then I give them a towel, "Okay. What's up with the small towel? Do you work your way up to a big towel?" This messes with their ego. It really, really kicks their butt.

If you're just only seeing the exercises that they're doing, the moment they're doing the fifth and sixth rep you can see the look on their face. They're going, "Oh, crap. What did I get myself into? This is a lot tougher than I thought." You're going to get your own strength. It's like putting your hands together and grabbing onto your hands right in front of you and then trying to pull on each end.

If you're stronger, that means you're going to pull harder. There's no advantage to someone being stronger. It's really, really effective. You don't need any weight. We incorporate the towels in a lot of the exercises in the program.



Shelley: Going past to your own ego using your own strength to better yourself. It's really beautiful. If someone got started today with your program, what would their lives look like the first week and what could they expect to follow?

Mike: Within the first week they're going to feel a major difference in their energy levels. They're going to feel a strength like five to six cups of coffee. They're alert. Their body feels really light. They feel really light on their feet. Also, when they look at their bodies, physically their body is more toned. Their waistline has started to shrink down already. It's not a huge change but it's definitely noticeable.

It's a great feeling for them to be able to see results that fast. Again, that's because you're using your entire body and not just using one little body part at a time. That allows you to tone up more muscle groups a lot faster and burn a lot more calories than if somebody was going to be on a treadmill or on a stationary bike and ride for 30 minutes. It's a totally good feeling.

Shelley: Just so our listeners could start making some shifts and changes that will lead to their weight loss, what would you recommend in terms of a food or beverage to avoid to lose weight?

Mike: A food or beverage to avoid? Okay, this one is really not one to avoid at all costs but when someone is trying to reach their goal of losing the weight this is one of the ones that is really common and are actually commonly mistaken as a healthy food. Everybody knows that you're not supposed to eat burgers, fries, cakes, things like that. It's more common sense nowadays. But the first one is very counterintuitive. It's actually juice, fruit juice. The reason why, it's not that juice is bad for you because it's fruit, fruit is good for you.

When you're drinking let's say a glass of orange juice, just imagine how many oranges it took to squeeze into one glass of orange juice. Someone actually did it before. We did an average size orange and you squeezed all the juice out, you're probably going to get about an inch of juice in a regular 16-ounce glass.

It's not too much. Imagine if you get an actual, regular tall glass of orange juice. That's probably at least six oranges. Can you imagine how many people sit down and would eat six oranges? Not too many. It's like overeating, right?

Every time you drink a glass of orange juice, a whole glass of orange juice, you're overeating. You're overeating the calories. It's not intuitive. It's a really good tip when it comes to losing weight because nobody thinks about the amount of extra calories that's in that juice but also the amount of sugars.



When you eat an orange it's not bad because the calories are not too high and there's not that much sugar in just one orange, but if you times it by six now these oranges are not that good for you anymore because you're just eating too much of it. It's what's equivalent to a glass of juice is.

Another thing is you're not getting the fiber in the juice that you do when you're eating an orange. You're not getting amount of that component of the fruits, for the fiber. You're only getting hand on that part.

That I would say would be something to avoid. When you reach your goal or when you're having you're quote-unquote cheat meal or when you're going out, it's okay. Drink juice, have a glass of wine like I do all the time.

Just that, people should understand that something like that is not going to help you when it comes to weight loss, that they need to be wary about just understanding. Once they do, they'll know. "Hey, next time if I drink this juice I know that this going to be a little extra calories and have more sugar than what I need.

If I do decide to drink it I may need to make some adjustments later on throughout the day because I'm drinking something that's not the best for you."

Shelley: With your 80/20 approach that makes sense. It's not about avoiding it. It's about knowing what's optimal for the most of the time. Yes, you are attracted to having a glass, do it on one of those days and then you'll know how it feels. If you could recommend a food or even a supplement to add to someone's diet to lose weight, what would that be?

Mike: The number one food I think that would help people lose weight would be vegetables. I got to be honest, Shelley, I didn't eat vegetables for a long time. Periodically, but I'd never bought it at the grocery store until ... Here's a funny thing. Once I felt I'm losing the weight, I realized that's because I started incorporating vegetables. It's funny because when you're building up muscle, you talk to an average guy, they don't really like vegetables. "I just like meat and potatoes, steak and potatoes." They don't really eat a lot of vegetables. I grew up with that mentality.

Looking back, that was a major turning point for me when I started incorporating vegetables. I got to thank my business partner Dan. He ate vegetables like crazy. When we first met he was much leaner than I was. I couldn't really figure out why, because we did very similar workouts. When I looked at what he eats, wow. About 50% of his meals was vegetables. I realized that's because there's so much nutrients, so much fiber in vegetables.



Also, it's so low in calories. There's really not much sugar in it at all. The fact that it's just so low it's not going to hurt you. The vegetables, I would say, is the only food that you can eat as much as you want and not worry about weight gain. Everything else you would have to really proportionalize, but vegetables you can really eat as much as you want. If somebody would incorporate that, let's say, incorporate a cup of vegetables in every single meal, that alone is going to help them lose the weight plus get them all the nutrients and fiber they need.

It helps fill up that one-half fifth size of new portions because a good amount of that could be vegetables a day. I would say that would be one of the best things to eat and to have that in every single meal.

If I only knew that years ago I would have dropped the weight so much faster. Now I know, which is why I make sure everybody else knows that. That has really been a huge change for me. Some of my old buddies back in the days are still ... don't eat any vegetables. Now look at their bodies. They got big muscles and they're all bulky, but they also have a big belly to go with it. They always complain about what to eat to lose weight. I'm like, "Just eat some more vegetables." "I don't like vegetables." You actually learn to like it. I've actually grown to liking that. Now I really enjoy eating my vegetables.

Shelley: That's one step. You can be shown how to prepare the vegetables in a delicious-looking way that you'd be surprised that you might like it.

Mike: Honestly, Shelley, as far as the food goes there's a lot of tricks that I've learned that make healthy food taste really, really good. I didn't know it back then, which is why I don't want to eat healthy food. Honestly, it tastes like crap. It's dry, it's tasteless. Every meal, "I don't want to swallow this. I don't want to chew this anymore."

Once you realize how to prepare it the right way and you have a couple of tricks to make it taste good and actually use some good fats to make the food taste juicy but yet it's good for you, before you know it it's like, "Wow. It's actually ... our healthy meals taste really, really good." I don't really have an urge to go out to eat anywhere because I'd rather eat my meals because they taste that good. I talk about it in the eating program. That's really helped a lot.

Shelley: We've talked a lot about physical exercises. If you could recommend one physical exercise to our listeners to help them lose weight and they can start today, what would it be, Mike?

Mike: If I could take just one exercise to help them lose weight, I would go with the burpee. The burpee is basically a combination of your basic standing in place.



You're going to squat down so your hands touch the ground and then you extend your legs out like it's in a plank position, almost like you're about to do pushups. You can do a burpee with the pushups. If you don't want to or if it's a little tough for you, then you jump your legs back in. You stand up and jump up just a little bit. That's a full burpee.

The reason why I'm recommending this one exercise as pretty much one of the best exercises, it's because it burns ... It uses the most amount of your body parts all at one time and it's not very fancy to do. They use burpees all the time in the military, in the Navy, things like that. The reason why is because they understand when they're trying to get in shape they're not worried about how do their chests look, how their biceps look or how toned are their legs. They just want them to be in physical shape, to be lean and healthy, so they do a lot of burpees.

Honestly, burpees are probably one of the most amount of exercise that I do for body weight. I'll always incorporate burpees in almost every type of body weight exercise that I do. For the fat, it would be the most effective. Burpees alone, if someone just did let's say 50 burpees a day, I guarantee they would drop weight faster than probably any other stuff they've done in the past. Fifty burpees a day.

Burpees are a little tough. It takes a little while to get really good at them but they can start off really slow and just take their time. They can modify it to make it easy to where they don't have to jump up high, or when they come down they can come down one step at a time. It doesn't have to be explosive. It could be really slow. I have that in a lot of my videos too. That is a really, really a great exercise.

Shelley: It's the second time I've heard about burpees. I'm just going to be honest, I didn't know anything about them. They are on my list of researching. I'm sure you have a video probably that would show it, or do you?

Mike: Many.

Shelley: Okay, good. I'm going to your channel and I'm going to be watching this then. Are there any other techniques or practices you'd advise to help further support the holistic weight loss process?

Mike: The major advice is when it comes to losing weight it's a shift in mindset. Somebody has to be able to look at weight loss and go, "Am I losing weight because I'm trying to get ready for this cool party or get ready for this wedding or get ready for some events? Or am I losing weight because I want to do it for myself and not for any other person?"



Because when people are doing it for events, they're doing it for special occasions, they're not losing weight for themselves. They're losing weight because they want to look good for other people. If they weren't going to go on a vacation or they weren't going to take off their shirt at the pool or be in a bikini for other people to see, they wouldn't do it.

That's what a lot of people's mentality is, which is why people fail when it comes to losing weight. They'll do it for somebody else. The moment they've been in the event they're like "Whew! Great. Now I can go ahead and splurge, eat all the foods that I wasn't able to eat earlier because I just finished the event and now it's over."

If someone really looked down deep inside and they go, "I'm tired of being this weight. I want to be fit. I want to be healthy because that's how I imagine and that's how I envision my future to be, being this healthy, fit person." When they do that, they'll never stop. They'll continue to exercise, they'll continue to eat healthy.

At that point, after they've been doing it long enough they don't have to be so extreme and not be able to eat this and that. I had like six doughnuts the other week. I loved it. It tastes great and it's okay. Once you're in this healthy, fit lifestyle, you'll find that you can really push that 20% limit and eat the foods you like.

That's really encouraging for a lot of people starting off, because it's so tough for people to think, "Wow, I'm not going to be able to eat this food that I've liked for the rest of my life if I decide to do this." It's totally untrue. If someone just goes and sticks to it for this short period with minimum cheating and they reached their goal, once they're at their goal and they're happy with the way they look, happy at the way they feel, then they can slowly start to introduce all of the foods that they're eating before that were maybe a little bad. They introduce things slowly and they balance it out with a new healthy, fitness lifestyle. Now they have the best of both worlds. They eat the foods to enjoy and they look and feel great.

Shelley: Wow. Thank you. That's so incredibly valuable. I just think it's been an amazing interview, Mike. I know you're a busy guy. I trust the many people who are listening to this will feel inspired with what you've shared and take the next step towards their weight loss and health goals. Will you please let our listeners...

Mike: Thanks for having me on the call.

Shelley: Yes. Please, before you go, let our listeners know how they can find out more about you and your work.



Mike: They can go to Six Pack Shortcuts at youtube.com/sixpackshortcuts or they can go to the Insane Home Fat Loss YouTube channel, which is youtube.com/insanehomefatloss. They'll find all the workouts that we talked about here. It could really help them out either way.

Shelley: Excellent. Anything else you want to share?

Mike: It has been a great conversation. I'm really happy to share what I know to the people that's listening. I really hope they take this to heart and just take that first step. Take that first step and just know that if you take that first step, the next step is going to be easier. Before you know it, the results are going to be so much, so fast that you're going to keep yourself from not doing it in weeks and months and years to go. It's really that easy. I'm really glad that I had this opportunity, Shelley, thank you.

Shelley: Thank you. You're doing amazing work reaching so many people. We're just honored that you're here, Mike. Thank you.

Mike: You're welcome.

Shelley: Okay. Have a beautiful day down there in Texas.

Mike: Okay, cool. You too, Shelley.

Shelley: Okay. Bye now.

Mike: Bye-bye.



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