



BODY SHAPING SYSTEM

SAMPLE SCHEDULE

For best results, please follow the specific sequence provided.

Adjust the start time, as needed, to best fit your lifestyle.

* Please refer to the WinFit Training Videos for specific exercises.

** Follow the eight-hour eating window a minimum of 4 days/week: for best results, follow it every day. No calorie restrictions, but avoid sugar, refined carbohydrates and fried food. Healthy snacks are allowed any time in the 8-hour window. You should never feel hungry during this period. Any calorie-free, decaffeinated beverage is okay to drink throughout the day.



TIME		ACTION	NOTES AND TIPS
7:00 AM		Hydration	<ul style="list-style-type: none"> • Drink 16 oz (500 ml) of water, right after waking up.
7:15 AM		Exercise Window*	<ul style="list-style-type: none"> • Do 10 minutes of isometric training on Mondays and Thursdays. • Do 10 minutes of HIIT/ Tabata training on Tuesdays and Fridays. • Those just starting may walk for 10-30 min.
8:00 AM		WinFit Patch	<ul style="list-style-type: none"> • Remove the Y-Age Carnosine patch from previous night. • Place WinFit patch on back of the neck, middle of the chest or below the belly button.
EATING WINDOW** (11AM-7PM)	11:00 AM	First meal	<ul style="list-style-type: none"> • To improve muscle gain, drink a 20-50g protein shake.
	1:00 PM	Second meal	<ul style="list-style-type: none"> • Grilled Chicken, broccoli and brown rice.
	4:00 PM	Snack	<ul style="list-style-type: none"> • Protein shake, berries or nuts.
	6:00 PM	Third meal	<ul style="list-style-type: none"> • Make this your biggest meal of the day and always include protein for best results. • Grilled salmon or steak, cauliflower, potato with butter.
30 minutes - 1 hour before bed		Theta Nutrition	<ul style="list-style-type: none"> • Mix two sticks of Theta One and two droppers of Theta Activate in 16 oz of water and drink.
Right before bed		Y-Age Carnosine Patch	<ul style="list-style-type: none"> • Remove the WinFit patch. • Place the Y-Age Carnosine patch on back of neck or inside right wrist crease.