
SECRET DAILY SCHEDULE

FOR HEALTH, HAPPINESS, AND FAT LOSS

SHAWN STEVENSON

THE **MODEL** HEALTH SHOW

SHAWNS DAILY ROUTINE

HABIT, IF NOT RESISTED, SOON BECOMES NECESSITY. ~ST. AUGUSTINE

5:30 A.M. WAKE UP - Rise and shine!

5:35 A.M. MORNING WATER

- Approximately 30 ounces of high quality, structured water (see the Water & Hydration Masterclass [right here](#) for more information on this)
- Occasionally add a small pinch of [Himalayan Salt](#), [Ionic Trace Minerals](#), and/or fresh squeezed lemon juice.

I also cycle taking probiotics with my morning water. These are the probiotics I use: [ProFloraS - Clinical Strength Broad Spectrum Probiotic](#)

Typically I'm go through a 90 day cycle of using them 1 to 2 times per year.

5:45 A.M. DAILY READING (15 to 20 minutes)

Generally books involving personal development - Recent ones include:

- [The Talent Code](#) by Daniel Coyle
- [The Millionaire Messenger](#) by Brendan Burchard
- [The Miracle Morning](#) by Hal Elrod

I read while kneeling, doing a slight hip flexor stretch at my desk.

6:00 A.M. BATHROOM and appointment with [The Squatty Potty](#)

Find out how to optimize your digestion, assimilation, and elimination [right here](#).

6:10 A.M. MEDITATION (15 to 20 minutes)

- Breath of fire (90 reps) - 1 to 2 minutes
- Anapana sati (breathing exercises) - 3 to 5 minutes
- Gratitude practice (3 or more things I'm grateful for - smile, and feel the feelings of gratitude) - 3 to 5 minutes
- Visualization - I visualize my day or my life as I would like to see it unfold - 5 to 10 minutes

- Here’s what I say before I begin my visualization practice (Note: You can speak to your higher self or a higher power - whatever makes you feel in tune and really resonates with you as an individual.)
 - *I’m taking this time to create my day, and I’m affecting all of existence. Show me a sign that you paid attention to the things that I’ve created. And bring them in a way that I can understand with great clarity so that I have NO DOUBT that they came from you. And make it so that I am overjoyed at my ability to experience these things.*
- I often sit in silence during the meditation, but here’s the meditation music that I’ll typically listen to: [Meditation Music](#)

6:30 A.M. MORNING EXERCISE

Generally I’ll do one of two things:

1. Rebounding using the BEST rebounder I’ve ever found [right here](#).
2. Brisk walk (20 to 30 minute minutes)
 - Then I’ll do a few minutes of mobility work (3 to 5 minutes)
 - I will typically do all of these things while listening to a podcast or an audio book

6:55 A.M. CONTRAST SHOWER

5 minutes “regular” hot shower followed by this contrast shower:

- 10 second cold shower on the front (aimed at the collar bones)
- 10 seconds cold shower on the back (aimed at the back of the shoulders)
- 30 seconds hot shower (aimed at the collar bones)
- 30 seconds hot shower (aimed at the back of the shoulders)
- 10 second cold shower on the front (aimed at the collar bones)
- 10 seconds cold shower on the back (aimed at the back of the shoulders)
- Always end on cold!

[Here are some of the benefits:](#)

- Improves circulation and improves recovery time from training.
- Activates brown fat (good fat - generates heat and stokes your metabolism) that helps burn up white fat (“bad” fat - just plain old adipose tissue)
 - Brown fat is a heat-generating type of fat that burns energy instead of storing it, acting more like muscle than fat. Research has shown that brown fat can be activated to burn more fat by cooling your body.

- Brown fat is mostly located on the upper back and neck, and on your chest above your clavicle. - Aim so the water hits those parts of your body
- Improves immune system function, benefits testosterone, and more.

7:15 A.M. BREAKFAST

(Lower carb as mentioned in the podcast) See sample meal photo section

- Higher fat, moderate protein, carbs from non-starchy veggies
- Omegas - Here's the Omega 3 supplement I take: [Fx Omega](#)

8:30 A.M. - 12:30 P.M. WORK (may have tea in here somewhere)

12:30 P.M. LUNCH (See sample meal photo section)

- Lunch is usually a LARGE salad or a meal similar to breakfast
- I generally listen to a podcast, watch an inspiring video, or eat outside while having lunch

1:30 P.M. - 4:30 P.M. WORK

Note: Because I chunk certain tasks into certain days (like Tuesday is for writing only and Thursday is for doing interviews on shows, tv, magazines, etc only) I'm able to lock in and accomplish more in 7 hours than it used to take me in 10 (yes, many 10+ hour work days have past until I finally figured this out!)

5:00 P.M. - 6:00 P.M. TRAINING

See Current Exercise Program for a sample of what I'm doing

6:15 P.M. HEMPFORCE SHAKE

In a shaker bottle:

- 2 to 3 scoops of HempForce protein
- 14 ounces of ice water
- 1 tbsp of raw honey or coconut sugar (optional if you want to gain or maintain weight - but added sugar like this is not recommended otherwise)

6:15 P.M. - 7:15 P.M. WORK-RELATED TASKS OR BEGIN FAMILY TIME

7:15 P.M. DINNER - Family time

8:45 P.M. PUT MY YOUNGEST SON TO BED

9:00 P.M. READ OR HANG OUT WITH MY WIFE/BEST FRIEND

9:50 P.M.

Drink 6 ounces of water

Brush teeth

[Rub on Magnesium Infusion](#) - Learn why I ALWAYS do this right here.

Hop in bed

10 P.M. ASLEEP

CURRENT EXERCISE PROGRAM

MUSCLE GAIN / STRENGTH GAIN

NOTE:

* ___ x ___ is used to denote sets and reps. For example 3 x 10 is 3 sets of 10 repetitions.

*The reps, sets, and weights that I use vary from session to session because I use Periodization Training. The following is just a what a sample week looks like.

MONDAY

FOCUS: LEGS

- **5 MINUTE WARM UP**

(Consisting of walking or stationary bike + Body weight exercises like squats and lunges)

- **DEADLIFT**

(1 Warm up set at 135 lbs - Then 4 to 5 working sets) - 2 min rest between sets

Example:

135 lbs 1 x 10

225 lbs 1 x 8

315 4 x 5

The weight and reps that I use vary from week-to-week. I use Periodization Training (daily undulating periodization or linear periodization) where I lift low weight - high reps OR moderate weight - moderate reps OR high weight - low reps on one of my major lifts each week.

Today's example would be considered a moderate weight - moderate reps for me doing the deadlift. The following week I would do a high weight - low reps day on the deadlift on Monday. For more on Periodization Training and the benefits, be sure that you are a member of [The Fat Loss Code program](#) (advanced training on this is coming Spring of 2015 for all members!)

- **BOX JUMPS**

(Using a 36" to 42" platform) - 90 sec rest between sets

3 x 5

- **WEIGHTED WALKING LUNGES**

(Carrying two 40 lb dumbbells) - 60 sec rest between sets

3 x 20

- **LEG PRESS OR LOW WEIGHT BARBELL SQUATS** (Optional - this is added in every other week) - 60 sec rest between sets

3 x 10

- **SLED CALF RAISES**
60 seconds rest between sets
5 x 15
- **STABILITY BALL LEG CURLS**
2 x 20
- **STRETCH AND DONE!**

TUESDAY

FOCUS: CHEST & BACK

- ***5 MINUTE WARM UP**
(Consisting of walking or stationary bike + Body weight exercises like push ups)
- **DUMBBELL CHEST PRESS**
(1 warm up with 55's then 3 to 4 working sets) - 2 min rest between sets
55's 1 x 10
75's 1 x 10
85's 3 x 8
- **WEIGHTED PULL UPS**
2 min rest between sets
1 x 15 (No weights)
1 x 10 with 20 additional lbs
2 x 8 with 30 additional lbs
- **LATERAL PULLDOWN + PUSH UPS** (Supersets)
10 Lat pull downs + 20 push ups (3 sets - 90 sec rest between sets)
- **SEATED ROWS + DIPS** (Supersets)
10 rows + 15 to 20 bodyweight dips (2 sets - 90 sec rest between sets)
- **STRETCH AND DONE!**

WEDNESDAY

OFF

THURSDAY**FOCUS: SHOULDERS & ARMS**

- ***5 MINUTE WARM UP**

(Consisting of walking or stationary bike + Body weight exercises like inverted push ups)

- **BEHIND THE NECK MILITARY PRESS**

Be sure to have proper coaching on this exercise!

(1 warm up with then 3 to 4 working sets) - 2 min rest between sets

Just the bar 1 x 10

95 lbs 1 x 10

135 lbs 3 x 8

- **SEATED DUMBBELL SHOULDER PRESS**

2 min rest between sets

60's 3 x 10

- **LATERAL RAISES**

90 sec rest between sets

25's 5 x 10

- **REVERSE FLIES** (Optional)

3 x 10

- **TRICEPS EXTENSIONS + CABLE CURLS**

10 Triceps extensions with the rope) + 10 Cable curls with the rope (3 sets - 90 sec rest between sets)

- **SKULL CRUSHERS + BARBELL CURLS**

10 Skull crushers with angled barbell + 15 curls with angled barbell (2 sets - 90 sec rest between sets)

- **STRETCH AND DONE!**

FRIDAY

OFF

SATURDAY**FOCUS: ABS & HIIT**

- ***5 MINUTE WARM UP**

(Consisting of walking or stationary bike)

- **STABILITY BALL CRUNCHES**

(using PERFECT form) - 60 seconds rest between sets
4x20

- **PLANKS**

(Focused on pulling my navel in during the exercise) - 60 seconds rest between sets
3 sets of 60 second holds

- **REST 3 MINUTES BEFORE HIIT**

- **BATTLE ROPES**

20 seconds of all-out intensity with excellent form followed by 20 seconds of rest for 10 to 12 rounds.

Some of my favorite battle rope exercises include:

- The alternating wave
- The double wave
- In & out waves
- The power slam

You can pick up your own 40' or 50' Battle Rope [right here](#). (Go for the ones that are 2 or 2.5 inches thick!)

- **STRETCH AND DONE!**

SUNDAY

OFF

For more exercise programs designed for fat loss, gaining muscle mass and more, be sure to get your exclusive access to The Fat Loss Code [RIGHT HERE](#)

MY WIFE'S EXERCISE PROGRAM

FAT LOSS

MONDAY

- **LIGHT CONDITIONING**
(30 to 45 min)
Stair master, power walk, row machine, etc

TUESDAY

- **HYBRID TRAINING**
- (See the episode on Hybrid Training [right here](#) for more information on how it works)

- **BARBELL SQUATS**
3 x 10 (90 sec rest between sets)

After completing all sets of barbell squats, rest 2 minutes before heading into fat loss circuits

- **LUNGES + PUSH-UPS + SQUAT PRESS**
Use 15 pound dumbbells for the lunges and squat press

Do 10 reps of each exercise back-to-back (for the lunges 10 each leg - alternating)

Rest 90 seconds after completing the circuit and repeat 2 more times for a total of 3 rounds (If you can do a 4th round, go for it!)

- **STRETCH AND DONE!**

WEDNESDAY

- **LIGHT CONDITIONING**
(30 to 45 min)
Stair master, power walk, row machine, etc

THURSDAY

- **ABS, BACK, AND HIIT**
- **LATERAL PULL DOWN**
4 x 10 (90 sec rest between sets)

- **SEATED ROWS**
3 x 10 (90 sec rest between sets)
- **STABILITY BALL CRUNCHES**
3 x 20 (60 sec rest between sets)
- **LEG LIFTS**
3 x 20 (60 sec rest between sets)
- **HIIT - STATIONARY BIKE:**
30 second all-out sprint then 90 second slow pedal recovery
6 to 8 rounds
- **STRETCH AND DONE!**

FRIDAY

- OFF

SATURDAY

- **HYBRID TRAINING**
- **BARBELL SQUATS** (Heavy Day) 4 x 5 (2 min rest between sets)

After completing all sets of barbell squats, rest 2 minutes before heading into fat loss circuits
- **PUSH-UPS + SQUAT PRESS + BENT OVER ROWS**
Use 15 pound dumbbells for the squat press and bentover rows

Do 10 reps of each exercise back-to-back (for the lunges 10 each leg - alternating)

Rest 90 seconds after completing the circuit and repeat 2 more times for a total of 3 rounds (If you can do a 4th round, go for it!)
- **STABILITY BALL CRUNCHES + MOUNTAIN CLIMBERS**
20 crunches + 40 Mountain climbers
- **STRETCH AND DONE!**

SUNDAY

- YOGA

SAMPLE MEAL PHOTO SECTION

Here's what a typical week of meals will look like. The the content of the meal choices tend to line up with what type of training I'm doing that day.

For recipes of all of these meals and more, be sure that you are a member of [The Fat Loss Code Program!](#)

MONDAY

BREAKFAST



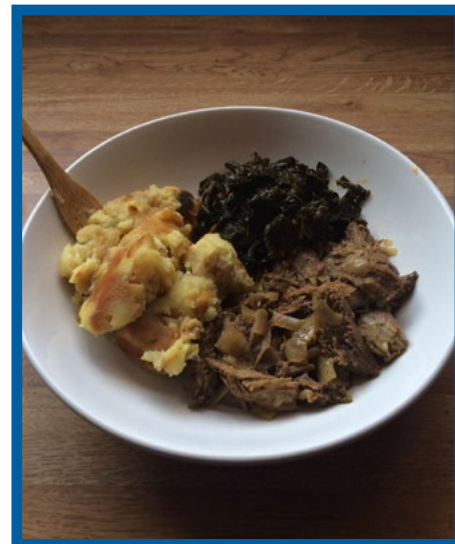
Grass fed ground beef, sauteed green, avocado

LUNCH



Large salad- Spinach, spring mix, grilled chicken, egg, olives, honey mustard, olive oil

DINNER



Post workout meal- Roast, purple cabbage, sweet potato, sauteed zucchini

TUESDAY

BREAKFAST



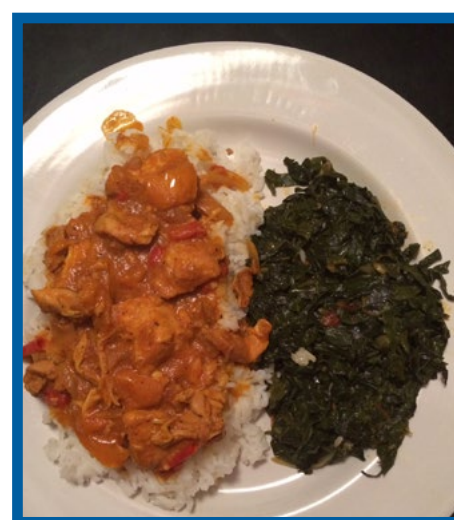
Leftover roast, garlicky spinach, avocado topped with dulce, sauerkraut

LUNCH



Chicken fajitas, avocado, organic corn chips

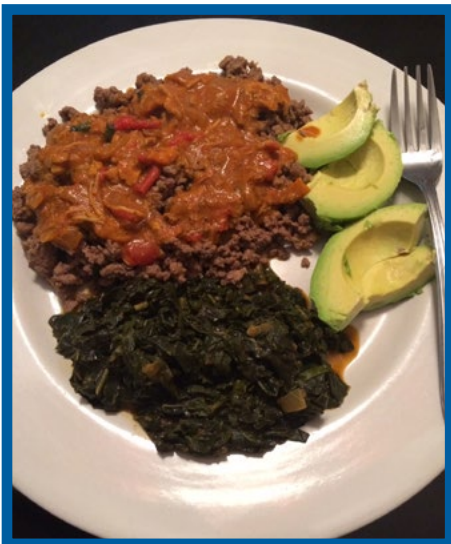
DINNER



Post-workout meal- Curry chicken, rice, sauteed greens

WEDNESDAY

BREAKFAST



Grass fed ground beef, curry sauce, sauteed greens, avocado

LUNCH



LARGE salad - spinach, spring mix, grilled chicken, eggs, avocado, honey mustard, olive oil

DINNER



Grass fed beef meatballs, raw kale salad, and avocado

THURSDAY

BREAKFAST



Roasted Brussels Sprouts, Eggs over easy, & Bacon

LUNCH



LARGE salad - Spinach, spring mix, grilled chicken, egg, olives, honey mustard, olive oil copy

DINNER



Post workout meal Slow cooker BBQ, rice, sauteed cabbage

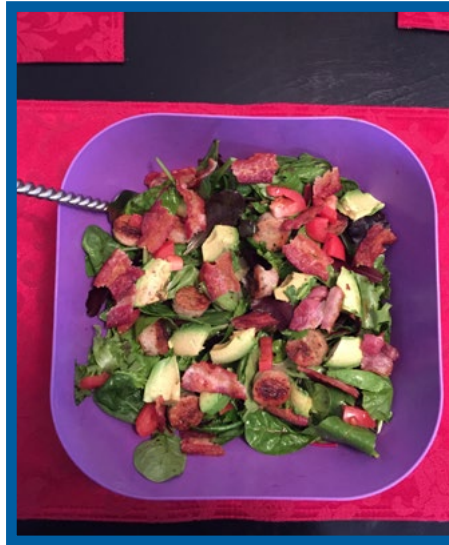
FRIDAY

BREAKFAST



Pasture raised italian sausage, sauteed greens, avocado

LUNCH



BIG Salad - Pasture-raised sausage, avocado, bacon, tomato, vinaigrette

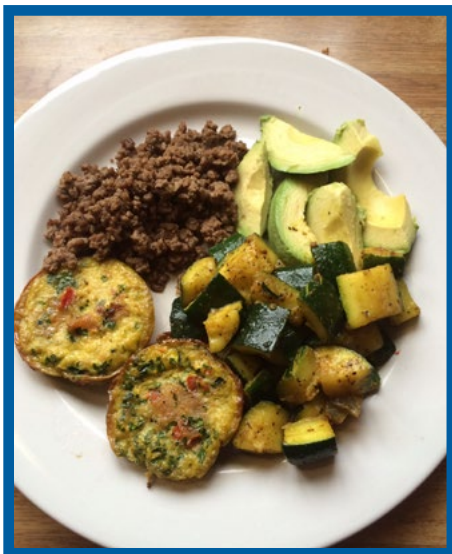
DINNER



Chipotle burrito bowl (extra lettuce), guacamole, spirulina, homeade cashew cheese

SATURDAY

BREAKFAST



Egg muffins, sauteed zucchini, grass fed ground beef, avocado

LUNCH



Slow cooker BBQ, rice, sauteed cabbage

DINNER



Roast, purple cabbage, sweet potato, sauteed zucchini

SUNDAY

BREAKFAST



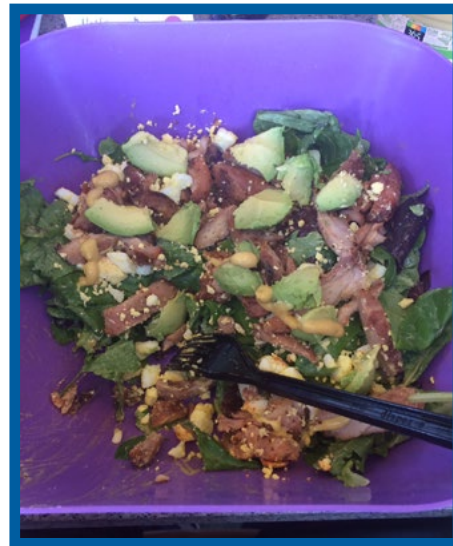
Eggs over easy, sauteed zucchini, sausage, bacon, avocado

LUNCH



Leftover roast, olives, rice, sauteed zucchini, Omegas

DINNER



LARGE salad - spinach, spring mix, grilled chicken, eggs, avocado, honey mustard, olive oil