

# METABOLIC MAYHEM

## **TOP 13** **FAT LOSS** **PREDICTIONS FOR** **2013**

**Plus 33+ Bonus**  
**Predictions From**  
**Other Top Fitness**  
**Experts**

**by Ben Teal, CMT**



# **METABOLIC MAYHEM®**

## **TOP 13 FAT LOSS PREDICTIONS FOR 2013**

By

**Ben Teal, Certified Metabolic Trainer**  
**Metabolic Mayhem®**

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## About Ben Teal and Metabolic Mayhem®

Ben Teal is a Certified Metabolic Trainer and the creator of Metabolic Mayhem. Ben's programs help the busiest of moms and dads quickly lose their unwanted fat and keep it off in only 20 minutes per workout.

Ben's take on fitness comes from a unique perspective. He actually had to struggle with his weight, losing over 100 pounds while juggling career and family. He has a full-time job (not in fitness), a (beautiful) wife, two (amazing) little boys, and two dogs. Thanks in part to his background in process efficiency and advanced research skills (MS and BA in Economics and BA in Philosophy), he was able to design a simple method for melting maximum fat in minimum time.

He started his first fitness site in 2006 he grew tired of his friends and family to share his secrets on controlling his weight after he shed over 100 pounds. Since then, his work has appeared all over the web on sites such as Men's Health.

He's not a trainer, doctor or nutritionist. He doesn't spend the day in the gym. You can typically find him either behind his desk analyzing data or sitting in traffic somewhere in Charlotte, stuck between home and work and driving his two boys to seemingly endless activities.

Check out [Metabolic Mayhem®](#) now.

## The Best Fat Loss and Fitness Predictions for 2013

2012 was an amazing year for fat loss and fitness. Millions of men and women shed body fat thanks to breakthroughs in metabolic training with programs like [Metabolic Mayhem](#), [Metabolic Finishers](#), and the [Turbulence Training MRT](#) programs.

If I had to identify THE trend of 2012, it would be the rise of short, intense workouts.

Nutrition trends also continued in the direction of focusing less on weight loss and more of fat loss. By focusing on hormones (leptin and insulin in particular) with calorie and carbohydrate cycling and intermittent fasting, the fitness industry is finally admitting that it's more than the "deficit".

So that was 2012. What does 2013 hold? You're about to discover my top 13 predictions for 2013, as well as over 33 groundbreaking predictions and insights from top fitness, nutrition and sports experts. You'll be shocked to hear what they have to say about:

- **The Rise of Bodyweight Routines**
  - The Return of Cardio
- **How Online Is Changing the Industry (for Better and Worse)**
  - Quality versus Quantity in Your Workouts
- **The Evolution of Function Training**
  - The Dirt on Adventure Races (Are They Buried?)
- **The Fastest Growing Training Trend on the Planet**

... and much, MUCH more!

Don't be surprised to see your favorite experts contradicting each other; these are predictions. And if we could tell the future... ☺

And, for fun, I've thrown a workout or two in the mix for you. Check them out, and let me know what you think!



**Author and Creator of [Metabolic Mayhem](#)®**

# Ben Teal's Top 13 Fat Loss Predictions for 2013

## Online Personal Training/Coaching Goes Big

A lot of folks are predicting a boom in the number of fitness professionals. As more and more people enter the field, finding the best of the best will become harder and harder. As a result, one of the biggest trends for fitness in 2013 will be the explosion of online coaching.

More and more, people are becoming disappointed with their local trainers. As a result, they're seeking help from the best and the brightest in fitness. More often than not, those people live somewhere else.

Personal training will continue to be important to people, but the method of delivery will begin to change dramatically in the coming year.

## Adventure/Obstacle/Mud Races Continue to Explode in Popularity

I personally ran 5 of these races in 2012, and I expect to do at least that many in 2013. They are incredibly addicting. Each time I run one, I'm always amazed at how many first timers there are, and how, after getting beat up and dirty for an hour (or four), they always seem to say, "I can't wait for the next one" and "I bet <insert name here> would love one of these!"

The races themselves are long interval runs – with obstacles that show up about every half-mile on average. [Training for these types of races](#) is extremely metabolic in nature. It combines endurance, strength and functional fitness. Tack on a tangible, hard-deadline goal, and you have a perfect storm for those wanting to get into great overall shape.

## Hormones slide to the Metabolic Forefront

The fitness world will continue to wake up the fact that while calories in vs. calories out is all you need for weight loss, you need more to than just the deficit to make sure that weight loss is primarily from fat (and not muscle).

The calorie deficit is what's called a necessary but not sufficient requirement for fat loss. You need the deficit to lose weight, however, hormones play a significant role in where that weight comes from.



That leads to more programs following the Metabolic Mayhem lead in providing calorie and carbohydrate cycling plans that work with your workout plan to help keep hormones like insulin and leptin under control keep your body choosing fat as your primary fuel source.

## Providing Value will be More Important than Before

You're expecting more bang for your dollar. And you should. As science begins to reveal the real secrets of fat loss, you're going to expect more from your trainers and fitness experts in terms of innovation and variety. And the great ones will deliver with new and exciting workouts at least every month.

## Bodyweight Exercises

Bodyweight exercises will be making a strong comeback. As we become busier and busier, we are finding less and less time to make it to the gym. Bodyweight training is, to a large extent, getting back to the basics.

As a result, it's less intimidating to someone just venturing into the world of resistance training. At the same time, when incorporated into a solid volume training routine, it can be a potent metabolic force.

Bodyweight exercises make it easier to workout wherever you are and significantly reduce the time needed to make your workout plan work for you.

As an enhancement to bodyweight training, be on the lookout for an uptick in abdominal training using equipment like stability balls to put extra emphasis on strengthening and tightening the core.

## Home Based Exercise

Yes, there's a theme here. Saving time. There will be a much larger emphasis on workouts that you can do from home with minimal equipment. For a lot of people out there, the trip to the gym and back can take more time the workout itself. It's just faster to hit a Metabolic Muscle™ and Shred Circuit™ at home than it is to drive to the gym for an hour on the treadmill.

As a result, there will be a surge in the variety of workouts you're able to do from home. **Medicine ball workouts**, dumbbell workouts, resistance band workouts, strap workouts and, as I mentioned earlier, bodyweight workouts that can be done in the living room or basement will be huge in 2013.



## Volume Training Takes Off

Coinciding with the explosion of bodyweight training, volume training makes a big splash. Volume training is a great way to ramp up the intensity of a workout to really rev-up your metabolism and get the fat burning. You'll really be pushing yourself to the max with routines that challenge you to get as many reps of an exercise or rounds of a small circuit of exercises done in a set amount of time.

Check out this **home-based, bodyweight, volume training** example from [Metabolic Mayhem®](http://Metabolic Mayhem®).



**10-MINUTE  
METABOLIC MAYHEM®**

1. Reverse Lunges  
x 10 (per leg)
2. Spiderman Push Ups  
x 10 (per side)
3. Full Body  
Extensions x 10
4. Plank x 30 seconds

**Do as many rounds  
as possible in  
10 minutes.**



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## Shorter Workouts

From 20-minute [Metabolic Resistance Training](#) all the way down to one-minute [Metabolic Burst Training](#), short and sweet is the order of the day. Science continues to prove the benefits of short, Metabolic Mayhem style workouts. And people are finally starting to realize that you can get more done in less time and are flocking to programs that offer short, intense fat burning programs. Size matters, and in this case shorter is better.

Here's a 4-Minute Metabolic Mayhem routine to get the blood pumping. Yep, it's a bodyweight workout you can do from home!



**4-MINUTE  
METABOLIC MAYHEM®**

Perform each exercise  
below in order for  
20 seconds each.  
Rest for 10 seconds  
between exercises.  
Do 2 rounds.

1. Mountain Climbers
2. Body Weight Squats
3. Explosive Push Ups
4. Tuck Jumps



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## Bootcamp Training

All of that will roll up into Bootcamp style training routines. Smart trainers will use more and more bodyweight volume routines to enhance the effects of their bootcamps.

People love group training, and they love intense bodyweight workouts. This marriage continues to grow in 2013.

## Slower Cardio Makes a Comeback, But Not in the Way You Think

Slower Cardio will make a big comeback in 2013. But not as a primary form of fat loss.

Some (smart) trainers are finally starting to understand that fat loss isn't an "all-or-nothing" proposition. To optimize your metabolism for fat burning, you have to intelligently mix-and-match your approaches.

People will start to use it as an "off-day" supplement to speed up their fat loss by taking full effect of the "after-burn". It will become a component of most top-of-the line programs to speed up and enhance the fat burning initiated by short, intense, Metabolic Mayhem style workouts.

## Fitness Programs for Older Adults

The baby-boomers are booming. And with them are fitness programs that cater especially to them. In fact, a lot of the predictions you see here are due in part because of this growing demographic.

It's well known that as we get older, we lose muscle mass, which leads to a slower metabolism. Therefore, maintaining muscle and strength as we age is a key component of long-term health.

## Complete Solutions will Lead the Way

You're looking for a one-stop-shop for workouts and nutrition guidelines. Even more than that, you're looking for systems that are built to work together. And in 2013, you'll see a strong movement following the [Metabolic Mayhem®](#) lead toward providing you with complete programs.

## 3 Fitness Predictions

By [Anthony Alayon](#)

### Bodyweight Exercises will Explode

Do you find yourself too busy for a work out?

Would you like you could workout 20 minutes a day from the comfort of your home?

If so, then [bodyweight exercises](#) are exactly what you need. You can perform them any time, anywhere which is why they will be crowned as the go to exercises in 2013 for those who are too busy to get a workout in.

[Adam Steer](#) and [Craig Ballantyne](#) both have 2 of the best body weight programs online. To learn more about them and their programs, click on their names.

### Bio Trust Will Be a Top 5 Supplement Company in The World

While there are several companies out there with good products, I feel that the experience and expertise of Joel and Josh is unmatched when it comes to online marketing.

I feel they will outsell a majority of their competitors and 2013 is going to be a HUGE year for that company.

They have 5 great supplements out, and I will list them below:

**Leptiburn:** Are you looking to burn fat faster and easier? Would you like to use 1 supplement that can give you the unfair advantage at getting lean? Well, Leptiburn is by far one of the most advanced fat burners on the planet. To learn why, [click here now](#).

**Biotrust Low Carb Protein:** This is an all-natural protein supplement that allows you to build lean muscle while burning fat. It is also a great way to replace a meal. To learn why, [click here now](#).

**IC5:** This is a great resource to stabilize your blood sugar levels. To learn more, [click here now](#).

**BCAA Matrix:** If you are feeling sore after a workout, then I highly suggest you use this premium recovery agent so you can come back faster and stronger for your next workout. To learn more, [click here now](#).

**Absorbmax:** If you are looking to absorb the nutrients you eat on a daily basis for maximum fat loss? if so, then I suggest you watch this short video on Absorbmax to see how it can help you. To learn more, [click here now](#).

## Death of The Desktop?

That is right. The desktop will soon be a thing of the past as tablets, mobile devices and other portable devices in addition to cloud technologies are allowing people to travel anywhere worldwide to access their information.

Heck...public school systems have announced they will be using tablets for reading books instead of traditional books.

I could go on and on...but the proof is in the pudding.

## Who is Anthony Alayon?

Anthony Alayon is the President of [The University of Abs](#) and creator of the [Fat Extinction Program](#). He has over 10 years of experience in the health and fitness industry.

He has appeared in Natural Muscle Magazine, About.com and several other media outlets. To learn more about him, [click here now](#).



## 3 Fitness Predictions

By [Shawna Kaminski](#), The Pull Up Queen

### Knowledge

My first fitness prediction for 2013 is that people will be more informed regarding fitness. There is massive use of the internet and I see the world getting smaller with more information readily available. It's my hope that many of the 'fitness myths' will be dispelled. Google is doing it's best to monitor information so that 'quacks' won't be easily found and people will be protected from 'scams'.

I know this doesn't sound much like a fitness prediction, but it actually is. Knowledge is power and with the power of the internet and the ability to self-educate, I feel that people will turn more and more to online fitness information and coaching.

People are extremely busy with tight schedules and they want 'do fitness' in their own time and space. I believe the internet is a powerful tool for people to tap into.

Folks will turn to forums, online videos, online coaching and programs to guide them.

The quality of online programming will continue to improve. Online fitness coaches will continue to find creative and innovative ways to reach their clients through a variety of mediums from iPhone apps, videos/audios to video coaching to simple PDF's.

### Fat Loss Figured Out

My second prediction is that more people will figure out the 'process' of successful fat loss. This comes from increased knowledge (see prediction #1 ;)

While the 'science' of fat loss isn't new, the ability to learn the process behind it is more available through better resources. Knowledge is literally at anyone's fingertips. Anyone with motivation can find an answer to his or her fitness and fat loss questions with a fair amount of ease through the internet.

I'd love to say that obesity levels will drop significantly, but this is too bold a statement. (Having the knowledge and consistent application of it are two different things.)

I see a trend towards the 'general public' knowing simple facts such as HIIT is more effective for fat loss than steady state cardio. This is a long time coming, since studies proved this decades ago.

Perhaps 2013 is a time where people get more informed and start to apply the principles toward lasting fat loss.

## More Simplified Training

With the use of the internet more and the need for more virtual training styles, I see more people simplifying their workout routines. A see a move towards more bodyweight training, more 'back to the basics' training, with less bells and whistle-gimmicks.

This goes hand in hand with the information age, the use of the internet and qualified trainers guiding folks.

When people are motivated to find answers for themselves through reputable and proven online coaches, they'll be less likely to fall prey to silly infomercial gimmicky props that only empty the wallet and do nothing for the waistline or fitness levels.

Whether a person is training in a commercial facility or at home, I see people relying more heavily on online personal trainers that can be available 24/7 than one on one trainers.

For those that need a 'live' trainer, I see an increase in small group training /boot camp style workouts. These will be short and sweet workouts with more intensity and less 'one on one' counseling that often happens with one on one training.

Those are my predictions for 2013.

I'm one of those reliable and proven online coaches that more and more people are turning to.

I help people with challenging workouts and back to basic type training with many body weight training moves.

You can find out more about my program at [ChallengeWorkouts.com](http://ChallengeWorkouts.com).

## Who is Shawna Kaminski?

Shawna Kaminski is a retired schoolteacher of 20 years who's found her passion in the fitness industry. She's been a competitive athlete all her life and has competed nationally in three sports.

She's parlayed her ability to teach and her love of training into programs that you can directly benefit from. Shawna is in her late forties, is a mother of two teenagers and understands how busy life can be. Her workouts are short and intense and often can be done anywhere.

She's [always up for a challenge](#) and shares her fitness challenges with you. Currently she runs her own fitness boot camps and coaches clients in person and online with her amazing result getting programs.





## 3 Nutrition Predictions

By [Lori Kennedy](#), RHN

### Focus on Functional Foods to Enhance Health

The days of popping supplements or choosing the pharmaceutical route to deal with health issues are coming to an end. Functional whole foods will make a dramatic impact within the health and wellness industry this year. Regular consumers of natural health products are widely turning to functional foods to improve health, prevent and/or treat disease. Functional whole foods are foods that contain elements, which are not found in regular every day foods that have been proven to enhance health and wellbeing beyond the body's basic nutritional requirements.

### The Home Cooking Comeback

With the hustle and bustle of everyday life, sit down dinners and home cooking left the kitchen and was replaced by grab and go processed foods, fast food, pre-made packaged frozen food that are full of sodium and preservatives known to detract from health and pack on the pounds. Parents are starting to understand the importance and role that quality whole foods makes in their own lives and for the growth and development of their children. We are seeing a positive shift demonstrating the desire from busy parents and even singles to return to the kitchen and prepare quick and easy, yet nutritious meals for themselves and their families.

### The Medical Community Promoting Nutrition and Exercise as the First Line of Therapy for Weight Loss and Disease Prevention

The current medical model of disease management isn't working. The rise of preventable diseases is proof of that. The average medical visit is 7 minutes and Doctors don't have the time or the knowledge to discuss nutrition, exercise and lifestyle changes. More and more Doctors are starting to refer their patients to alternative healthcare practitioners who specialize in nutrition and exercise programs that focus on habit and lifestyle changes as the first line of therapy before the prescription of medication. With the integration of alternative healthcare programs into the Westernized medical model the focus will move away from disease management towards one of health promotion and disease prevention.

## Who is Lori Kennedy?

As a Whole Foods and Weight Loss Expert and the Co-Founder of WOW! Weight Loss Inc., Lori has had the honor of speaking at a number of public events including 2 appearances on Global TV and spots alongside nutrition experts such as Brendan Brazier, founder of Vega, as well as Brad King.

Additionally, she has published articles in Canadian Living, Today's Parent and Fitness Professionals Online. She currently holds the position of Vice President of Sales and Marketing on the Board of Directors for the Canadian Association of Nutrition Professionals (CANH-Pro).



After receiving positive accolades for the WOW! Programs and mentoring over 250 nutritionists, dietitians and personal trainers across Canada, Lori [is excited to be moving on to her newest venture Nutrizyme](#). Most importantly, Lori encourages you to learn how to live the positive lifestyle you deserve...it's easier than you think!

## 3 Predictions for Elite Athletes

By [Maria Mountain](#), MSc

My predictions are coming from a sport conditioning perspective, so I am not talking so much about what the latest trends in fat loss will be, but I bet there will be some parallels for sure. Here is what I see the elite athlete to the weekend warrior working on over the next 365 days.

### High Intensity Interval Training

In an odd twist, this concept was discovered by fat loss researchers before filtering down to the athlete training realm. More and more athletes will banish the long duration cardio training that they currently do in favor of shorter duration interval training.

I am going to take it one step further and predict that instead of simply running sprints on the track or doing intervals on the bike, more and more athletes (and aspiring athletes) will incorporate agility drills and even some of their functional strength exercises into their *High Intensity Interval* training.

Consider this interval workout:

- Agility Ladder Foot Work Drill x 20 seconds
- Battling Rope Wave x 20 seconds
- Core Plank x 20 seconds
- Rest 60 seconds

The athlete can work on movement patterns with their ladder drill, then follow it up with some dynamic core stabilization and upper body muscular endurance then top it off by requiring core stabilization while under a heavy breathing stress.

### Quality will trump quantity

With so much in the popular fitness press about 'extreme' workouts that have athletes and fitness enthusiasts alike doing high rep sets of 'explosive' exercises (90-seconds of plyometrics anyone?), I predict that logical progression will prevail in 2013.

Explosive exercises like plyometrics or Olympic lifts are to build power – not muscular endurance. If a participant is not moving explosively, then why bother.

## Program design focused on outcome

This may sound like a no brainer, but I see it every week – trainers designing programs based on making it hard. Exercises are not selected because it is what the athlete needs or progressive overload, but because it will be hard!

Why is there a back squat, squat jump, dumbbell lunge superset in this workout? Well, duh, it is hard! Why does this program include 30-minutes of ab exercises back to back to back? Um – it is killer on my abs, duh!

This may be wishful thinking, but **I predict that more trainers will decide to stop injuring their clients by designing programs based on how much their participants squeal and start designing programs based on getting results in a safe and effective manner.**

Would you want to go to a surgeon who makes your surgery so painful that you could not walk for 7 days? Or would you rather go see the doc who gets you the results with minimal pain? I know which one I want to see.

Here is one final prediction – if you don't do something to make 2013 a better year for your fitness, then you will end up one year older and still wishing you were stronger or looked better or had fewer injuries. **Whatever strategy you choose – start now, be consistent, make yourself better.**

## Who is Maria Mountain?

Maria Mountain, MSc, is the owner of Revolution Sport Conditioning, based in Ontario, Canada. She provides sport conditioning services to athletes of all ages and abilities. From Stanley cup champions to athletes who have pitched in the World Series, from Olympians to athletes working toward college scholarships and those who just have a love of sport and being active. Maria excels at helping individuals exceed their expectations and perform at levels they had only imagined. Her goal is to do this efficiently and effectively while keeping them injury free.



Check out Maria's blog at [HockeyTrainingPro.com](http://HockeyTrainingPro.com).

## Workout Performance Predictions

By [Jason Phillips](#)

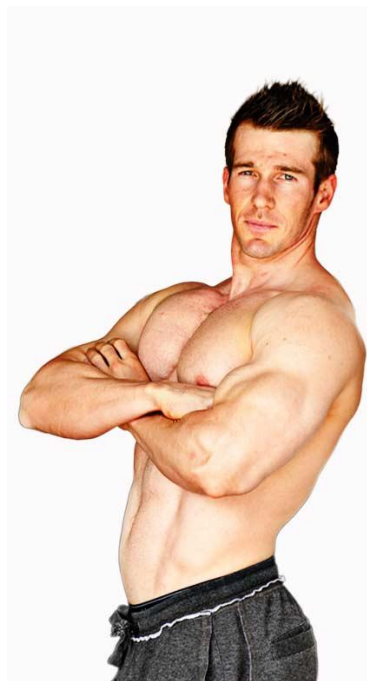
### Workouts Will Become About Performance

For several years, common workout splits have revolved around training individual or groups of body parts. This will change in 2013.

With the rise of CrossFit and other athletic events like the [Tough Mudder and Warrior Dash](#), people are beginning to realize that training performance actually yields the physique goals they were initially looking for.

Functional training will continue to evolve, leaving people to not only look better but move better.

Last, cardio will finally die. It has been dying a slow death for years now, but I believe 2013 will finally see the final nail put in the coffin.



### Who is Jason Phillips?

Jason Phillips is a fitness professional and fitness model currently living in Florida. His route there has many stops, and many adventures but through all of his life experiences he's been privileged enough to find myself in a role helping others to achieve their fitness goals.

He's been fortunate enough to grace the pages and covers of Maximum Fitness, Muscle and Fitness, Men's Health, and several other publications.

He's contributed to Optimum Nutrition's Hardline magazine and was a sponsored athlete with them for 4 years. Currently, he is a featured athlete with Nutrabolics. His workouts have helped thousands of people transform not only their physiques, but their lives! To be a part of that is a humbling, but an insanely rewarding experience!

## 3 Pilates Predictions

By [Sylvia Flavela](#)

### Pilates Will Be Known As Functional Training

Right now Pilates is only regarded as a dancers or women's only workout to stretch the body. It is not thought of as real full body functional workout. I predict Pilates will be known and adapted as a full body fitness routine as the basis of a functional workout. Pilates addresses every single muscle in the body and doesn't separate the body parts as an independent exercise. Full body movements gets the heart rate up, improves metabolism and makes for a fun workout instead of boring cardio or crunches.

Mobility and strength requires the body to work as a whole and awareness of how the body moves together to execute a movement. Pilates functional training targets the muscles in all at once, a full body workout is achieved in less time with more efficient results than traditional workouts.

Pilates movements requires body awareness to initiate an exercise with mindful control. There is no faking it with Pilates; your body is the direct indicator of muscle weakness and or fatigue. There is no unnecessary strain or abuse to the body, as the body matures changes in workouts are deemed necessary due to the immobility of the body, Pilates is opposite of this action. Pilates movements strengthens the body and allows for full mobility of the body at all ages and fitness levels.

Both Pilates online programs, 45 Day Pilates Program [PilatesWorkoutSolution.com](http://PilatesWorkoutSolution.com) which are follow along tutorial videos, and the Body Weight Pilates program, [BodyWeightPilates.com](http://BodyWeightPilates.com) are illustrated manuals, are two very necessary programs to achieve functional fitness training.

### Core Strength Via Pilates Will Be Incorporated Into Daily Training

There has been and continues to be an alarming amount of injuries suffered each day by millions of people. Injuries stemming from low back, shoulder, knee, and hip, the list continues. When examined by family doctors, orthopedics and physical therapist the major cause of these injuries is lack of core strength.

However, core strength does not mean hundreds of repetitions of sit-ups. Pilates is the leading resource and the go to work out to strengthen the core. A strong core will more readily know Pilates as the key practice. The deep transverse abdominals are almost always forgotten in every abdominal exercise performed. It's easy to mistaken a six-pack for a strong core. I've coached athletes with finely toned physiques with chiseled six packs but all lack the deep core strength and muscle endurance.

The roots of many injuries are from overuse of the hip flexors causing the low back to tighten up and resulting in a stiff back. In addition to improper positioning of the neck and shoulders while doing hundreds of wasted traditional sit-ups. Pilates will be known not just as a female workout but the missing element to a perfectly rounded fitness routine that can be added to any fitness or sport activity.

The Body Weight Pilates program, [BodyWeightPilates.com](http://BodyWeightPilates.com) are illustrated manuals that provides 53 different core Pilates exercises designed to strengthen the core, improve physical performance and endurance.

## Busy Life And Work Schedule Will Hinder People's Ability To Get To A Workout

People will be doing more online workouts specifically Pilates.

With the continued boom of technology and it being readily available, millions of people will search the Internet for online programs. Pilates will be one of the main resources online as a needed functional workout.

Follow along tutorial videos for Pilates will captivate many to get fit and help to reduce unnecessary injuries in turn provides for a healthier lifestyle and body.

More and more people sit behind a computer for over 8 hours a day, low back pain sufferers will find Pilates as the main resource to alleviate the pain and be practiced at home through online Pilates coaching.

Pilates isn't just for women, this is found to be true since most men feel it's too easy. Not so. In addition, most men find it uneasy and embarrassing to walk into a Pilates class when they know it's good for them to do.

Some Pilates equipment and classes can be intimidating and a bit scary and has deterred people from experiencing the workout.

Online Pilates programs will remove the intimidation and fear of starting a program. It will give both men and women the needed exercises to strengthen their bodies in the comfort of their own home without the embarrassment, intimidation or high priced sessions of a Pilates Studio.

Online Pilates programs such as the 45 Day Pilates program, [PilatesWorkoutSolution.com](http://PilatesWorkoutSolution.com), is a 6-week follow along video series. Each series divided into beginner and advanced workouts. All workouts are easily accessible on the membership site quick reference to each workout and Pilates fundamentals.

Each series can easily be done at your own pace, each phase can be repeated more than once to gain full benefit and knowledge of the movements.





## Who is Sylvia Favela?

My name is Sylvia Favela, "The Pilates Chick", the Pilates expert on core strengthening and overall functional training. For over a decade I've helped hundreds of people, trainers and professional athletes improve core strengthen, lean, tone and strengthen their physique with Pilates. My specialized Pilates systems provides for a stronger core, improved physical performance, increased muscle endurance, stamina, reduce injuries and a toned defined midsection through dynamic Pilates exercises.

Whether you are a novice to Pilates, advanced or a top fitness athlete, these Pilates systems are geared to challenge any fitness level by incorporating them to any fitness routine. A sit-up isn't just a sit-up. You will find these specific moves will target the deep abdominal muscles and not only strengthen the core but give the midsection a

sleek defined appearance.

The author of "Pilates Workout Solution" including programs such as the 45 Day Pilates Melt Down, [PilatesWorkoutSolution.com](http://PilatesWorkoutSolution.com), Pilates Fat Loss Program, [PilatesWorkoutSolution.com/pfl](http://PilatesWorkoutSolution.com/pfl) and Body Weight Pilates, [BodyWeightPilates.com](http://BodyWeightPilates.com)

For daily tips and resources visit my blog at [360PilatesWorkout.com](http://360PilatesWorkout.com)

## 3 Aggressive Strength Predictions

By Travis Stoetzel

My first prediction is **that functional, high intensity based training or what most people now know as "Crossfit" will continue to rise in popularity and become even more mainstream.** I predict that you'll start seeing Crossfit style programs pop up and become available in more corporate, big box style gyms sooner or later.

There's good and bad in this. It's a good thing as people will start to realize that functional, athletic based training is the way to go and that old school, bodybuilding, machine based training isn't the best training there is to build strength, gain muscle and get lean.

However, this could be bad as well as I've already seen the amount of dumb sh\*t people are starting to do in the gym trying to be "intense" and doing Crossfit based workouts.

I'm all for Crossfit as I've competed within the Regionals trying to make it to the games and still to this day continue to be a competitor. I also implement a lot of what Crossfit is made up of within my workouts as I implement in things like Olympic Lifting, and Gymnastics, Kettlebells, ect into my programs.

But, with this there's a lot more to your workouts then just throwing a bunch of functional, Crossfit type movements together and just beating the crap out of yourself every time you train. There still needs to be a "method behind the madness". It's been scary to watch people do high rep Olympic Lifts with terrible form thinking their doing good to their bodies.

This brings me into my next prediction which is that **you'll start to see even more and more Crossfit / "garage" style gyms open up.** They seem to be popping up on every street corner now almost like you see with chiropractic clinics. People are slowly learning that you can get in a great workout in at home within your own garage or in a garage style gym that isn't all fancy and full of machines like most corporate gyms are. The atmosphere and community feel that a lot of these garage style gyms supply are second to none and the results they help produce are awesome. The gym I own is a garage style gym and the atmosphere we create in there supplies a place for people to come a train hard. They know from the time they step in the door it's "go time". There's no TV's, smoothie bars, or any other distractions. It's all business in there which is the way it needs to be in my opinion.

With that, it rolls into my last prediction which is **that there will be an increase with the number of bone-head, clueless trainers out there messing people up.** This stems from the steady gains in popularity that Crossfit and the INTENSE, hardcore style programs are receiving. I've already seen this taking place as we speak, but I feel it will become even more common in 2013. With the amount of gyms I've seen pop up in my area and at such a fast pace, I'd say for every 5 gyms that open, one of those gym's is an actual respectable, high quality gym with highly qualified and knowledgeable trainers.

Most people that get into this type of training have no formula or any type of consistent programming. It's all just random stuff thrown together. If you're looking to get into this type of high intensity training or if you're currently doing it without a plan, you'll want to make sure you're doing it in the most effective way possible. Just "winging it" everyday isn't going to cut it.

The best ways to make sure of this are to first, make sure to join a gym that has a proven track record. Check out the community it supplies and how the trainers treat their members.

If you're someone that like to train on their own, I would suggest you follow a plan VS. just throwing a bunch of stuff together hoping it will get you the results you want. If you want to get leaner, stronger, and more athletic while feeling good, you'll want to check out my [Aggressive Strength Method](#) Programs. There's a volume I and a volume II and each supplies you with a progressively built program that will guide you in the direction that you want to go.

In order to get the best results possible, you've got to have a plan. [The Aggressive Strength Method](#), while INTENSE, is a smart way to train and that's the key to getting best results possible: to train hard, but train SMART.

## Who is Travis Stoetzel?



Travis Stoetzel invites you to join him in your journey for building lean, athletic muscle, insane strength, and getting into phenomenal shape by going over to [LeanandMeanBlueprint.com](#) right now and downloading his FREE strength and athletic muscle building system "The Lean and Mean Blueprint".

You'll also be able to join his Aggressive, Hardcore Strength, and Conditioning Newsletter where you'll be kept up to date on his latest articles, videos, and workouts to keep you progressing towards your strength, muscle, and performance goals! Don't be left out on this opportunity to get stronger, leaner, and meaner! You can also see his blog at [TravisStoetzel.com](#).

## 3 Wellness Predictions

By [J.R. Burgess](#), MSc

**With The Obesity Epidemic On The Rise The Government Will Look For An Opportunity Through Government Ran Health Care To Incentivize Individuals Who Have Healthy BMI's.**

Those who are deemed unhealthy, insurance based opportunities will focus on healthy weight loss treatments. This will lead to several opportunities for medically certified facilities to grow through government sponsored programs.

**As Most Of The Financial Burden Will Be Placed On Corporations To Sponsor Health Care Benefits, A Large Shift In Corporate Wellness Programs Will Be Housed Internally By Hired Health And Fitness Specialists.** The days of an accountant running wellness programs are limited. Due to all the costs associated with obesity, companies will seek to make and keep employees healthy.

**Programs Like CrossFit And Extreme Obstacle Courses Will Continue To Grow.** A large, growing part of the population has focused more on the new idea of health. Strong, sexy and empowered are the new desires of the fit. The days of long bouts of cardio and circuit training has passed it's time.

## Who is J.R. Burgess?

J.R. Burgess joined the [Rejuv Medical](#) Team in September of 2009 to assist with the development of the Weight Loss and Performance Center. Born and raised in Keewatin, Minnesota, J.R. started his career in the medical fitness industry after his successful career as an athlete lead him to a passion for personal training.

At Rejuv, J.R. [helps get people started on their journey of a healthier lifestyle](#). He finds what program and time frame would be best for each patient. As the Fitness Director, he holds the personal trainers accountable to seeing success with each patient. He also loves to help any patient work through any struggle they may have.

Ironically J.R.'s First Job was at McDonald's.



### 3 "Progressive" Predictions

By [Tyler Bramlett](#)

#### All inclusive fitness boot camps will continue to grow in popularity.

Ask yourself this question, do you know anyone who goes to a typical commercial gym and gets awesome results?

Of course not!

That's because they are being spoon-fed false information by the "mainstream" fitness marketing machine. Boot Camp's will continue to grow and become more successful because people are getting stellar results for an outstanding price. As more and more people realize the benefits that you get from small group training they will flock from their big box commercial gyms to high-quality all-inclusive boot camp programs that actually deliver results. Mark my words boot camps are in for 2013!

#### Functional training will continue to grow in popularity.

All of the "mainstream" fitness magazines tell us to do endless sets of isolated muscle pumping. I know that this does not work. Why?

Not only have I done it myself but I've experimented with other clients. The bottom line is functional training works it always has it always will. If you're not currently doing functional training then you need to step up your game and try some functional training routines. Things Like squats, deadlifts, Olympic lifting, running, Kettlebells and gymnastic rings are what build strength, conditioning, power and a sexy body looks as good as it performs. Functional training is in, lame isolated bodybuilding training is out!

#### The little-known science of movement progressions will become a force in the fitness industry.

Even though I really enjoy functional training, most trainers don't understand how to properly coach functional movements. Just like a baby has to roll over before it can press up and press up before can crawl and crawl before can stand and stand before can walk we need to understand that throwing ourselves into high intensity functional training is NOT the smart way to do things. The [awesome science of movement progressions](#) will show people how to go from where they're at and build up safely to extremely advanced exercises in the fastest and safest manner. My community of Workout Warrior's will be a leading community in the [movement progression method](#).

Mark my words!

## Who is Tyler Bramlett?

Tyler Bramlett is a functional training expert located in Santa Cruz California. He is extremely well versed in a coaching plethora of different skills including Olympic weightlifting, kettlebell training, gymnastics, corrective exercise and more.

He teaches hard hitting home workouts and living what he calls "The Warrior Lifestyle" at his website

[GarageWarrior.com](http://GarageWarrior.com).



## 3 Strong and Flexible Predictions

By [Chris Henning](#), CTT

### The World Will Not End And We Will Have To Still Workout

The good news is that the World is not going to end. For years we have been told that the World would end in 2012 because the Mayan calendar ended. Anyone remember Y2K? I think they Mayans just screwed up or didn't think they would be around in 2012... which they are not.

Now the bad news... you still have to work out to maintain your health. Even though the Mayans stunk at calendars... your smart phone does not. It has a perfect calendar built in to it. Why not use it to remind yourself when you should be exercising? Sometimes we forget and setting a reminder may keep you on track.

### Flexibility And Stretching Will Become More Integral To All Workout Programs

Neglected and ignored for too long, the real value of stretching and range of motion will come to the forefront of exercise. I can't tell you how many people complain about shoulder pain, low back pain, hip pain, and all sorts of other pain.

Most of the time, it's usually a combination of overly tight muscles and weak muscles that bring the body out of balance. Working out is fantastic, but stretching should be the cornerstone of any exercise program. If you want to feel better, do 20 minutes of stretching, foam rolling, and range of motion drills each day.

### Strength Training Will Be Recognized As The Best Way To Lose Fat

And finally... I truly believe that weight training is going to catch on as the perfect way to increase metabolism and burn more fat. Long, steady, boring cardio wears you out mentally and physically. You can get overuse injuries from those elliptical machines and should be limiting your time.

Lecture aside, weight training helps you maintain muscle mass if you are trying to lose fat. Weight training also creates a metabolic disturbance that lasts well after your workout. Steady state cardio just doesn't.. when you hop off your body goes back to a normal state.



## Who is Chris Henning?

Chris Henning has been an avid golfer and fitness buff all of his life. Eventually becoming an Assistant at one of the most prestigious country clubs in the United States.

Chris began golfing at a young age under the guidance of his dad and grandfather. In addition to a love for golf, Chris has been involved in fitness since he was 15 years old when he got his first weight set.



Chris played sports at the collegiate level and then became a certified personal trainer through the National Academy of Sports Medicine. He did not stop his education there and also became certified in Nutrition through Precision Nutrition – a fat loss and sport specific nutrition company whose founder John Berardi has been summoned upon by the NFL and professional athletes worldwide.

Check out Chris's blog at [GetGolfFit.com](http://GetGolfFit.com) and his ultimate guide for golfers - [30 Yards in 30 Days](#).

## 3 High Intensity Predictions

By [Mike Whitfield](#), CTT

### Metabolic Finishers Will Become Mainstream and More Popular Than Ever

Oh c'mon... like you didn't see this coming. [Metabolic finishers](#), which are short bursts of high intensity work with short rest periods, will become more and more popular in the upcoming year. In the late 80's and early 90's, it was all about long, boring cardio. Then in the late 90's well into the 2000's, it was about interval training. In the last few years, metabolic finishers (which typically last 10 minutes or less) are becoming more of a staple, yet yielding the same (if not better) results. Intervals are so 2010. [Hello finishers for 2013.](#)

### Shorter, High Intensity Workouts Will Dominate 2013

60-90 minute workouts are slowly dying, although some still choose to stay in the gym for that long, which is fine. Then came along 30-minute workouts, and you can still get results with the right program design. However, in 2013, workouts lasting 10-20 minutes will dominate due to busy schedules and studies proving that you can still get great results with these high intensity workouts. The secret? – Big, compound movements, short rest periods, and metabolic resistance training combined with metabolic conditioning... and a metabolic finisher for extra awesome sauce.

### Bodyweight Workouts Will Blow Up

Due to new and improved bodyweight exercises from fitness experts and the popularity of bootcamps, bodyweight workouts are destined to blow up next year. Bodyweight workout programs also give you the lean, athletic look you're looking for. With the right program design, you can even build muscle and burn fat at the same time using properly structured bodyweight workouts.

### Who is Mike Whitfield?

Mike Whitfield, CTT, has lost 105 pounds, propelling his passion into the fitness industry. His effective approach of using unique metabolic workout finishers has helped thousands of people lose fat and improve their conditioning through his online and offline programs, while getting addicted to working out. He is known across the fitness industry for his "metabolic finishers" and his work has been seen on the blogs of Men's Health, Turbulence Training, the AJC and more. His blog is at [TrainWithFinishers.com](http://TrainWithFinishers.com).



## 3 Bodyshaping Predictions

By [Cameron Makarchuk](#)

### People Will Seek Out Smaller, More Specialized Solutions For Their Problems

I've already begun to see this at my private fitness studio, BOOM Bodyshaping Studio in Winnipeg, Manitoba. As gym-goers are becoming more educated, they are continuing to see that going to a big chain gym isn't going to get them where they want to be.

This has been popular in sports development for a number of years and will continue to pick up speed in 2013 as people opt for more specialized solutions and a more personalized experience even if it's a larger investment.

An example of this would be a fitness studio that specializes in 50-100 pound weight loss like we do, or a smaller facility that works primarily with hockey or football athletes, or a gym that specializes in getting people ready for figure competitions. Whatever your goal is, there will be more private, specialized options available and consumers will continue to seek them out.

In 2013 and beyond I really believe the big chain, commercial gyms are going to be in a lot of trouble if they don't change how they do things.

### Intermittent Fasting Will Continue to Become a Mainstream Dieting Technique

First off, I'm not going to get into my personal opinions of intermittent fasting because it's somewhat of a controversial topic in the industry, which is probably why it's gaining more media attention.

Intermittent fasting has been around for a very long time, but just recently it's really been picking up speed. I said last year it would take 3-5 years before we start seeing it pop up in "celebrity diet tricks" or in the mainstream media, but it looks like it's going to happen sooner than that.

I've already seen it in some mainstream magazines and I believe in 2013 this nutrition technique will gain more popularity in the media and more people will be attempting to incorporate it into their diets.

### Monitoring Heart Rate And Heart Rate Variability During Conditioning Workouts Will Gain Popularity

This is kind of my "wild card" that I'm going to throw out there. It might take longer than 2013 for this to really hit, but I do believe these concepts will be explored and tested more with coaches in 2013.

I believe that during conditioning, or “metabolic training”, sessions you’ll begin to see people monitoring their heart rates and instead of people trying to complete a certain amount of reps (i.e. 3 sets of 10 reps with 45 seconds rest between sets) or a set amount of time (i.e. 30 seconds WORK 30 seconds REST for 10 rounds). Then the training session will be structured around a person's individual heart rate. Maintaining a certain max heart rate percentage for a set amount of time and then resting until your heart rate comes to down to a certain max heart rate percentage and then repeating.

This is still a relatively new concept but I think in 2013 we should see this type of training picking up more momentum in the specialized facilities and studios I mentioned in #1 above.

## Who is Cameron Makarchuk?

Cameron Makarchuk is a bodyshaping specialist, metabolic training expert and founder of BOOM BodyShaping Studio in Winnipeg, Manitoba where him and his team are “*changing people’s lives, one pound at a time.*” He has worked with thousands of clients throughout his career and has helped them change their lives through sound nutrition, mindset techniques and scientifically proven training strategies.

Acclaimed as “the most comprehensive fat loss solution in Winnipeg”, BOOM BodyShaping Studio is just that, having all the bases covered and giving their driven, dedicated clients all the tools and coaching they need to reach their goals and beyond!

On a mission of helping 100,000 men and women change their bodies and transform their lives, Cameron has put his entire transformation system together into an easy to follow, comprehensive coaching program called “[Bodyshaping Blueprint](#)” that will be available for anyone, anywhere, extending his reach to helping people not just in Winnipeg, but all around the world. You can find out more at [BodyshapingBlueprint.com/Transform](#)



To stay up to date on Cameron’s mission, visit [BodyshapingBlueprint.com](#)

To learn more about how BOOM BodyShaping Studio is changing people’s lives in Winnipeg, Manitoba visit [BOOMBodyshapingStudio.com](#)

Ben here again...

Alright! That's always a lot of fun. I'm sure you found some trends and predictions in this list that get your juices flowing and leave you ready to tackle the coming new year. I know that I'm personally working on some cool ways to take advantage of these emerging trends and I hope you are too.

How?

Listen, if you want to get into the best shape of your life, I sincerely recommend you take advantage of the resources provided by the experts featured in this special predictions issue. I sought out experts that I believe are the top thinking minds in the industry – and I'm sure you noticed that as you read what each had to say.

Additionally, I recommend you check out the Metabolic Mayhem Blog and the Metabolic Mayhem Facebook Page for free workouts, contests and cutting edge news in fat loss research.

Please let me know if you have any questions about maximizing fat loss in minimum time by posting comments on the blog or on my Facebook page.

Stay focused on your success!

**Ben "2013 is Your Year to Dominate" Teal**

Author and Creator, [Metabolic Mayhem®](#)