

Week 1

eStim

Set-up your Contour CoreBelt™. Watch the Instructional DVD or follow the guide on page 6 of the [Use and Care Manual](#).

- Place the CoreBelt around your waist and click the buckle closed.
- The belt should fit snugly but not be uncomfortable.
- Make sure the Black side of the Gel Pad electrode is directly against your skin.
- Set the Contour M2 device to the Resistance program on Level 1, Upper Body. This is the **ONLY** Program you'll use for the first 30 days.
- Press the "+" toggle buttons to reach an adequate contraction, usually around 15-20% intensity.
- Use the Contour CoreBelt daily to achieve best results.

eat

- This week you will be getting the day started with a healthy breakfast.

exercise

- 30 minutes of cardio exercise (walking, biking, swimming, jogging, etc).

Week 2

eStim

If you've been using the Contour daily as directed you should be noticing a tightening of your core. You may also start to notice less low back muscle strain and a better posture.

- Continue to use your Contour CoreBelt daily to achieve best results.
- You can skip the warm-up and cool down phases of the program if you want a quicker session. See manual for instructions.
- Increase your maximum intensity by 5%.
- If your gel pads are losing their stickiness smear a few drops of water on them before use. This will reconstitute the gel.

eat

- This week you will be continuing your healthy breakfast habit and adding a healthy lunch.

exercise

- Continue getting 30 minutes of cardio exercise per day. Start Phase 1 of the Total Body Workout inside the [Diet and Exercise Guide](#).

Week 3

eStim

Congratulations. If you've been using the Contour Corebelt for the last 14 days you've done over 2,100 perfect ab contractions. Your core is getting strong and as a result you should be carrying yourself better. Good posture, achieve by a strong core, takes tension off the whole body and everything starts to flow better.

- Continue to use your Contour CoreBelt daily to achieve best results.
- Increase the intensity of your contractions by 5%.
- Try doing 2 sessions a day.

eat

- This week you will be continuing your healthy breakfast and lunch and adding a healthy dinner.

exercise

- 30 minutes of cardio per day and follow the Total Body Workout.

*for more information go to www.thecontour.com under the Resources tab

Week 4

eStim

You're doing great and you're on your way to getting great abs. You may even notice some definition and tone in your ab muscles. Keep up the good work and remember even if you're too tired to exercise you're never too tired to eStim with Contour.

- Continue to use your Contour CoreBelt daily to achieve best results.
- Increase your maximum intensity by 5%.

eat

- Now that you're eating a healthy breakfast, lunch and dinner let's focus on in between meal choices. A Whey Isolate Cold Filtered Protein shake is a good mid-morning and mid-day snack as the body will go into a catabolic state* if it goes without protein for greater than 2 or 3 hours during the day.

exercise

- 30 minutes of cardio per day and follow the Total Body Workout. *Next week you'll be moving to Phase 2 of your exercise program.*



For the next 30 days, make the commitment to follow the entire Contour e³ system, which includes; eating sensibly, exercising regularly and using Contour CoreBelt eStim system. Post this chart somewhere you'll see it everyday, like your refrigerator or bathroom mirror. Check off the boxes that you have accomplished everyday and keep a journal to help track your progress. Download a larger version of this chart on www.thecontour.com

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Notes: Day 3. I did the Contour at work and again while making dinner. I can really feel my abs getting stronger. Went for a walk after a light dinner of 5 oz. chicken breast and a 1/2 cup of steamed peas.



Meet Your Contour Coach.

I'm Ben Williams. As the Head of Health and Fitness for Contour Technology it's my job to see that you get the best results from your Contour eStim System. We've developed this 30 Day Success Guide to help you get back on the road to a fit and healthy life without spending hours in the gym exercising or on a restrictive diet. **Got a question? email: askben@thecontour.com**

eStim

With the Contour Core Sculpting™ System you always have time for a great ab workout and you never have to get down on the floor and do hundreds of back-breaking crunches and sit-ups. Simply wrap the Contour CoreBelt around your waist, select the program and press start! That's it. There's no other effort needed to get a great ab workout.

eat

The 4 week plan is designed to help you slowly but effectively ease your way into new eating habits. During the first week we will only be concerned with the intake of a healthy breakfast. The remainder of the day you can eat exactly as you have in the past. During week two, we will continue eating a healthy breakfast and also start on a healthy lunch. During week three your body will be getting used to some of these changes and we will focus on a healthy dinner while also continuing the healthy breakfast and lunch.

For the next four weeks we will eat only food from the Ben Williams Power Fuel list. This plan is designed to put your body into a fat incineration zone by:

- resetting your body's systems for maximum fat burning
- ridding your body of built up toxins and waste
- boosting your metabolism by correcting insulin sensitivity
- Improving your blood circulation

exercise

Begin by doing 30 minutes of some sort of cardiovascular exercise (walking, biking, swimming, jogging, etc.) everyday. We've also included an easy to follow 12-week strength training program.

Ben's Power Fuel List

If you don't see it here you can't eat it.

PROTEINS

- Skinless Chicken Breast
- Tuna (water packed)
- Fish (salmon, sea bass, halibut)
- Shrimp
- Extra Lean Ground Beef or Ground Round (92-96%)
- Venison
- Buffalo
- Ostrich
- Protein Powder (Whey or egg white)
- Egg Whites or Eggs
- Ribeye Steaks or Roast
- Top Round Steaks or Roast
- Top Sirloin
- Beef Tenderloin
- Top Loin (NY Strip Steak)
- Flank Steak (Sir Fry, Fajita)
- Eye of Round (Cube Meat, Stew Meat, Bottom Round, 96% Lean Ground Round)
- Ground Turkey, Turkey Breast Slices or Cutlets (fresh meat, not deli cuts)

COMPLEX CARBS

- Oatmeal (Old Fashioned or Quick Oats)
- Sweet Potatoes
- Yams
- Beans (pinto, black, kidney)
- Oat Bran Cereal
- Rye Cereal
- Brown Rice / multi gain rice
- Farina (Cream of Wheat)
- Multigrain Hot Cereal
- Whole wheat or Spinach Pasta
- Rice (jasmine, basmati, Arborio, wild)

FIBROUS CARBS (not canned)

- Green Leafy Lettuce (Green Leaf, Red, Leaf, Romaine)
- Broccoli
- Asparagus
- String Beans
- Spinach
- Bell Peppers
- Brussels Sprouts
- Cauliflower
- Cabbage
- Celery
- Cucumber
- Eggplant
- Green or Red Pepper
- Green beans
- Onions
- Pumpkin
- Garlic
- Tomatoes
- Zucchini

FRUIT

- Bananas, Apples, Grapefruit, Peaches, Strawberries, Blueberries, Raspberries, Lemons or Limes

HEALTHY FATS

- Natural Style Peanut Butter
- Olive Oil or Safflower Oil
- Nuts (peanuts, almonds)
- Flaxseed Oil
- Fish oil

DAIRY AND EGGS

- Low-fat cottage cheese
- Eggs
- Low or Non-Fat Milk

Got a question? email: askben@thecontour.com

www.thecontour.com

Consult your doctor before starting this or any other diet/exercise program.

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30 Day Success Plan

contour®

Core Sculpting System

