

*Hot* at Home

SPECIAL REPORT

# **SIX PACK**

# **SINS**

*Six mistakes you  
need to correct to  
get a lean body  
and toned abs*



[www.HotAtHome.com](http://www.HotAtHome.com)

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**The Confession:**  
***I Didn't Have A Clue***

Mistakes.

Everyone makes them.

*Live and learn, right?*

Well, not necessarily.

I've lived a few mistakes and learned from them, but I'm going to share what those were with you in this report so you don't have to live them and learn from them like I did.

Just read about them now and then *DON'T DO 'EM!*

There was a time in my life when I first flirted with fitness hoping to get a lean, toned body with nice definition.

This was in my late 20s after I quit smoking but before I gained all my weight. Oh, and just in case you're curious, these two circumstances are completely unrelated to each other.

Quitting smoking was not the reason I gained weight. And it's the smartest thing I ever did (*the stupidest thing was starting in the first place*).

The reason I gained weight (*and how I lost it all and got ripped without ever stepping foot in a gym*) is something I discuss in detail in [Hot at Home](#), so I won't get into it here. That's not what this report is intended to discuss.

What we're discussing here is MISTAKES!! And how not to make the same mistakes I made.

When I first decided it was time to get healthy, I did what many people do, believing it was my only recourse:

I joined a gym!

That might actually have been my first mistake, since I found out pretty quickly that the gym scene just wasn't for me (and that's something else I discuss in [Hot at Home](#)).

But since I was now a non-smoker and a gym member, I figured I could just figure the rest out for myself. Seemed like a bit of a no-brainer. Move lots and sweat. Simple!

*Boy, did I make some mistakes.*

I exercised religiously and for hours daily for a few years but I never did get to that 'toned' look I was after.

Sure, I was SKINNY ... but TONED? Not a chance.

I couldn't figure out why, with all this exercising I did, that nothing ever seemed to change in my body.



I couldn't figure out why I still couldn't see sexy definition in my shoulders, my butt, my abs, my arms. I was sweating for it. I was paying for it. I was working for it. Constantly.

*I DESERVED IT.*

But still, nothing.

Eventually I gave up on the gym and exercise because it just didn't seem to be getting me any closer to where I'd hoped to be.

*What's the use, right?*

That's part of reason I started gaining weight.

And so, I did gain the weight. A lot.

This was around the time I turned 40. Being fat and unhappy and turning forty was a bit of a wake-up call for me.

After I realized that part of the reason I was gaining weight was because I actually hated the gym I started piecing together how to get in shape at home. I really wanted to lose all that fat I'd gained that was making me so miserable.

And that's when I realized what the things I'd been doing wrong were all those years ago in my 20s and early 30s.

And this time around I vowed to be smarter with my workouts and my eating. I found out what REALLY works and stopped wasting my time on things that so obviously didn't.

And like a miracle, within only months I was standing in front of a mirror flexing my shapely shoulders, admiring my toned abs and feeling absolutely amazed that I'd finally figured it out and gotten exactly what I'd wanted all those years ago.

## **THE SINS**

**SIN #1**

**"White Knuckling It "Through Mindset**

The first mistake I made was not to get my mindset turned around ... properly!

Sure, I went to the gym religiously ... but I was still a party-animal. I went out several nights each week and always had my fair share of 'refreshments'. I remember many times waking up with a hangover and either blowing my workout off completely, or dragging myself in there cuz friends were expecting me only to wind up putting in a half-hearted effort.

That's no way to get in shape.

First of all, I was more or less just drinking away all my efforts. All those empty calories and carbs during the fun. And all that inertia and apathy the next day.

And second of all, my head just wasn't in the game... really.

I didn't feel committed to getting in shape. I was doing all this exercising because I thought I SHOULD now that I'd quit smoking. I was doing it because it 'seemed like the right thing to do'.

I wasn't doing it because I was committed to living a healthy, fitness lifestyle.

I *WASN'T* committed to living a healthy fitness lifestyle. I was committed to partying, staying up late and doing really bad things to my body with alcohol and sleep deprivation.

Sure, I had a whole bunch of fun in the process, and that's what I REALLY wanted at the time. I didn't realize I had to choose one or the other.

It's pretty hard to be a hard-drinking party animal AND be in super great shape at the same time. The two just don't go together.

*So, I'd show up at that gym and go through the motions for all the wrong reasons, hating it every time I went.*

My mindset was a mess. And that's one of the biggest reasons I couldn't make exercise stick as part of my lifestyle the first time.

Once I did get my mindset turned around, knew my priorities, was truly committed to them and knew I was going to get to my goals come hell or high water, that's when everything clicked into place.

I no longer felt the need to binge drink every night. I no longer felt the need to be out partying til all hours. And it started to matter to me that I'd be sleepy and hungover the next day.

As a matter of fact, those things started to repel me. I didn't want anything to mess with my process. I didn't want anything to make me feel crappy the next day or make me miss my workout, or make me only want to pull out a half-assed workout at best.

*I wanted to feel good enough to really work hard.*

And, I wanted to eat more healthfully, too. I no longer wanted to dump crap into my body that wouldn't help me get to my goals. I only wanted to consume healthy, nutritious foods that would give me the energy I needed to have a great day and a great workout.

Get your priorities straight and commit to them. Stop white knuckling it through your meals and workouts. If you hate what you're doing or don't truly believe you can do it, you won't stick with it.



So, find something you love, or at least don't hate. And believe in yourself and your resolve.

Get your mindset in place and the rest follows.

**SIN #2**

**Trying To Out-Train A Bad Diet**

When I first joined that gym and started exercising, my diet was a mess.

And I firmly believed I really could just eat and drink whatever I wanted as long as I was working out.

So, I'd eat pizza and burgers and drink beer or rum 'n cokes whenever the mood would strike me.

*Salad? Never heard of it back then. Vegetables? What are those?*

I had absolutely no concept of 'healthy eating' nor did I have any inkling that it might be necessary for me to get where I wanted to go.

Or sometimes, after not bothering to eat all day, I'd make up a huge batch of Yorkshire pudding (my mom's awesome recipe) and eat the whole batch as my dinner.

I don't know if you know what's in Yorkshire pudding, but here, I'll tell you: white flour, eggs and milk stirred into a batter then baked in bacon drippings. Then I'd eat it with heaps of margarine melted on top. Super healthy, right? Umm... No.

Of course I didn't gain weight. I wasn't over-consuming my calories. But wow, was I getting NOWHERE trying to get the shape of body I wanted. My body wasn't getting any real nutrition to help me get there.

Then something else started to happen. Even though I could easily be classified as 'skinny', this style of eating along with my alcohol consumption habits helped me put on a little extra "belly" (*damn beer, anyway*).

So, I changed everything. Well, kinda.

I still drank too much beer. It didn't even occur to me to stop. It was too big a part of my party lifestyle.

But instead of having healthy meals or even 'meals' for that matter, I started doing weird fad-style dieting.

I'd wake up in the morning and head to the gym. Then I'd come home from the gym and head out for a bike ride and some tennis and follow that up with a run... *all before I ate anything.*

Then I'd have a huge meal at Mickey D's or order and eat an entire large double pepperoni pizza (*hell, I'd be completely famished by then, plus I had a bit of an addiction to fast food at the time*).

Or I'd eat a normal breakfast and lunch then eat nothing but air popped plain popcorn for dinner.



Or I'd eat grapefruit all day long but nothing else. Boy, did I learn to hate grapefruit back then.

Sometimes I'd starve all day and then have one of those over-sugared diet milkshakes for dinner and go to bed feeling starved and deprived and miserable.

*You can't sustain a healthy body on a diet like that.*

You can't even sustain a diet like that for very long. Eventually you'll throw in the towel just from sheer frustration and starvation.

No wonder I wasn't seeing any results from my workout regimes, right?

And is it any wonder I eventually tossed the entire thing, started overeating and quit working out?

## ***Hot at Home***

I couldn't see it at the time, because I was too deep in it, but looking back I can now see it all so clearly. I really had NO IDEA what I was doing.

*You can NOT out-train a bad diet. Take my word for it. I TRIED!*

If you want to lose weight, or get a toned body you MUST get your nutrition straightened out.

Eat whole, natural, nutritious foods and lots of them. Give your body the healthy fuel it NEEDS to build muscle and burn fat and watch the magic happen.

And leave the garbage food for a 'once a week cheat meal' if you absolutely MUST have it.

**SIN #3**  
**Cardio Overkill**

The next mistake I made wasn't about food or mindset. It was about my workouts.

I believed that, as a woman, I should not weight train. I mean who wants to get all bulky and muscular like a man? That's not feminine.

So, I didn't weight train at all. I just did cardio.

Hours and hours and hours of cardio.

Running.

Cycling.

Swimming.

Aerobics classes.

Tennis (even though I truly sucked at it).

I worked. I sweated. Daily.

*"Why the heck am I not getting toned?"* I wondered.

*"I must not be doing ENOUGH!"* I concluded.

So, I did even MORE cardio.

Like I mentioned in the last mistake, I used to get up in the morning, sometimes with a hangover, and go to the gym. To do an early aerobics class. Then I'd come home, hop on my bike and ride a half hour to the tennis court to play a couple of hours of tennis

with a friend. Then I'd ride my bike home for a half hour, change and head out for a 40 minute seawall run.

*Um. Phew! That's Saturday for ya.*

So why the hell wasn't I getting 'toned'? My frustration was tantamount to the amount of work I was doing.

Then, of course I'd have something awful for dinner, have a quick nap and head out partying again.

But my point is that I did no weight training whatsoever. And that's one huge reason why I wasn't getting toned.

*Skinny with a tiny beer gut. That was me. Yikes.*

No matter who you are, whether you're a man or a woman, if you want nicely shaped, toned and defined muscles, you'd better get yourself near a weight stack and start lifting. Otherwise, you can forget it.

Don't get me wrong. Cardio is important for fat loss and cardiovascular health and you should do it. Just don't OVER-do it. And don't do cardio to the exclusion of all else.

But, weight training is important for developing that great looking muscle definition. So DO IT.

**SIN #4**

**Fearing The Weight**

So, finally I forget who... but someone straightened me out that women should weight train if they want 'definition'.

So, I went for it.

Again, without direction. No one to guide me, no one to show me how it's done.

*And FULL of fear of that whole "bulking up" thing.*

So, off I toddled into the weight room, feeling very self-conscious and conspicuous and feeling like I was the only girl in the place. And I might have been, come to think of it. It would seem a lot of women out there share the belief I believed back then: that women shouldn't weight train.

How did I know what to do? I just watched the guys and copied them as best as I could.

Bicep curls. Right. Must do bicep curls if you want shapely arms.

Chest flyes. We must, we must, we must increase our bust.

Tricep kickbacks. Not sure why, but that guy over there is doing them.

*\*slaps head\**

**Seriously!**

I wish I'd asked someone at the gym to help me out a little.

I was doing all these exercises that MIGHT have been effective IF I'd been a) doing them right and b) doing them heavy enough.

## ***Hot at Home***

I was wailing away doing 20 or more reps with little teensy dumbbells that weighed less than my purse weighs.

And I probably wasn't even using correct form since no one was instructing me and I hadn't bothered to look anything up or ask anyone before I tried a new move. If I ever even engaged my back muscles during a row exercise I'd be shocked.

I figured as long as I was moving the equipment back and forth or up and down, that was equal to a 'good workout'.

*Spending hours on lifting, lifting, lifting.*

Lifting what? NOT MUCH, THAT'S WHAT!!

And accomplishing what? NOT MUCH, THAT'S WHAT!!



I didn't realize that if I didn't give my muscles a REASON to change, well ... they were never GOING to change.

And they didn't.

Just one more reason to quit the gym. *This crap doesn't work for me anyway.*

Once got back on track a few years later, smartened up, learned how to do the moves correctly and got the hell out of my own way, I started working with the heaviest weights I could manage with lower reps (8 - 12 or so).

Suddenly I started seeing definition and that 'toned' look started to make an appearance.

*Eureka!*

Don't fear the weight. Whether you're a man or a woman, in order to make strength training effective and get some definition you must build some actual STRENGTH. You must give your muscles REAL work. Work that forces them to build size.

*And, if you're a woman and still fear that weight, let me reassure you ...*

We women don't have enough testosterone in our bodies to build enough muscle to make us look like Arnold. It just won't happen. Well, not if you aren't indulging in illegal pharmaceuticals anyway. If you aren't 'on the juice' you won't build muscle like a man does. End of story.

What you WILL build is awesome, sexy, toned muscles that will make you look athletic and defined. Shapely shoulders, shapely butt, shapely arms, shapely back, shapely legs. And all that looks VERY feminine in a bikini or a slinky black dress.

And men: same goes for you. If you don't go heavy, how are you ever going to get those big, sexy shoulders, biceps and broad back you're working for? Give your muscles something to react to.

*Getting heavy is how you guys build that manly muscle.*

And don't forget your legs. No one wants to be 'that guy' on the beach with the perfectly shaped and muscular upper body but only little chicken legs.

You too, ladies. Work your legs just as hard as your upper body. If you don't, you're probably going to wind up with your proportion all out of whack.

**DON'T FEAR THE WEIGHT. GET HEAVY.**

**SIN #5**

**Believing In The Crunch**

Another huge mistake I made once I finally got my butt into that weight room at the gym, was believing in spot reduction.

*Want thinner thighs? Work those babies hard.*

*Want to melt the fat off that stomach? A million crunches is surely called for.*

I honestly thought that if I did tons of crunches eventually I'd see my abs. I'd have to, right? I mean I'm burning fat off my stomach with all these different crunching exercises, aren't I?

***GUFFAW! Damn, I was naïve back then!***

Spot reduction is a MYTH. It is just NOT possible. In order reduce fat from one specific area of your body, you must actually burn fat off your body OVERALL.

There is no way to force fat loss in only one specific area of your body through isolation exercises. All that does is work your muscles in a way that can make them BIGGER.

Doing a million crunches will not burn fat from your stomach. However, a million crunches could increase the size of the muscle in your abs. But, if you aren't getting the fat off with proper nutrition and the right fat burning exercises then you might actually be accomplishing the exact opposite of what you hope to accomplish. That belly might actually getting bigger instead of smaller.

I would hit the gym for two solid hours, and the whole 2<sup>nd</sup> hour was usually spent on my back on a mat doing every kind of crunch known to mankind.

Literally, HUNDREDS of crunches with every workout. I could FEEL that burn. I KNEW eventually it would work.

But it never did. *What the hell?*

So let's add this up:

An hour of doing way too many reps lifting tiny little weights on small muscle group exercises like bicep curls and tricep kickbacks, plus throw in some chest flyes cuz that'll maybe give me bigger boobs (it's always been a challenge for me to fill out a sweater), and add in that thigh toner machine that, let's face it, does NOTHING.

That's hour #1 in the gym.

Now, hit the mats and do an hour of crunches.

There. Slap hands and walk away. Good workout today, Jackie. Two hours of solid work. Great job!

*Whatever.*

I don't think I even used to break a sweat during my weight training routines back then.

*So, what am I missing here?*

Where's the squats? The lunges? The deadlifts? The two arm swings?

Where are the one arm snatches? What about the body dips? The renegade rows?

And where the HELL are the clean and presses, the push-ups, the squat cleans and the pull-ups?



One Arm Snatches

***FULL BODY MULTI-JOINT COMPOUND MOVES!***

THAT'S what I'm missing here.

I had no idea any of these moves even existed at that point in my life (*okay, except maybe lunges, pull-ups and push-ups, but I never did them, they were "too hard"*).

It wasn't until I got out of the gym and started doing some proper research and piecing together my home workout system "[Hot at Home](#)" did I discover the magic that is full-body compound moves.

Not only do these kinds of moves work your core like no crunch can but they're awesome muscle building AND fat burning exercises that save you time by working your whole body at the same time.

Consider this: in order to do any of these exercises properly you pretty much have to engage your core and work it in a pretty significant way.

If you aren't using your core muscles directly to get the weight up for exercises like two arm swings, clean and presses, one arm snatches or deadlifts, you're still working them hard for stability during renegade rows, push-ups, pull-ups, squats and lunges.

*Whammo. Instant ab workout.*

And that's a core workout that's about 100% more effective at working and defining your ab muscles than a million crunches could ever be.

You hit more than one major muscle group with most of these exercises, too. In some cases you hit ALL the major muscle groups with just one exercise. So, you can get more done in a shorter amount of time with just one of these multi-joint compound moves than with a string of those smaller isolation exercises that only work one part of your body at a time.

Plus, you'll stimulate your central nervous system unlike any of those isolation exercises do. This gets your heart rate way up and gets you breathing hard in the process, which gets you burning fat faster.

*So, what does all that accomplish?*

A seriously kick ass workout that you can get done in a fraction of the time that will burn fat fast and work your core and abs effectively and efficiently.

Don't believe in the crunch.

To see those abs, start doing effective, fat burning full body compound exercises that work your core while you burn fat and work your entire body.

And once that fat starts to come off, you'll see those ab muscles shine through.

**SIN #6**

**Believing That Clean Eating Is Enough**

And now we come to a huge mistake I made after I'd already gotten out of the gym and was working out at home in an attempt to lose all that fat I'd gained during the '*no exercise, serious eating*' phase of my life in my 30s.

I let myself be fooled that, as long as I 'ate clean' I wouldn't have to worry about counting calories.

I was led to believe that if all I ever ate was whole, natural, unprocessed, one ingredient foods that there was no way I could eat over my caloric limits because these foods would be more nutrient dense, have lower calories and keep me feeling fuller longer on less.

*'They' were wrong.*

Remember, I was just coming out of a period in my life where I used food as comfort and ate a LOT of it... enough to gain a significant amount of weight.

So, I was used to eating a lot. It didn't matter what kind of food I was eating. I wanted LOTS.

After only a few weeks of eating any kind of fruit, vegetable, leafy green, whole grain, brown rice, grass fed organic meat and dairy and wild seafood I wanted whenever I wanted and not losing an ounce of fat, I wised up fast.



The biggest thing you NEED to know about weight loss is that it boils down to one equation only:

*Calories In < Calories Out = Weight Loss*

Anything else will fail you.

Your calories consumed must be less than your calories burned in any given day or week in order to make fat loss a success.

It doesn't matter what kind of food you eat, really ... as evidenced by my Mistake #2. I ate really horrible foods back then but I spent a lot of time starving myself too, and my calories were never over my limits from week to week so I never actually gained weight even though my diet was a mess and I wasn't very healthy.

It's definitely HARDER to eat over your caloric limit if you eat nothing but whole, natural, unrefined foods. But it's still possible. I'm proof. I've tried it. I was still eating way too many calories every day.

However, one thing that is true is that these natural foods ARE more nutrient dense and less caloric and they WILL keep you feeling fuller longer on less. So you should still default to these kinds of foods if you're trying to lose weight.

Plus, there's also the added benefit that this healthier nutrition will give you better fuel to live your life and complete your workouts. You'll feel better and have more energy if you're eating natural and nutritious foods than if you're constantly putting garbage into your body.

But remember, if you're trying to lose weight, regardless of what you choose to eat, keep those calories within your 'weight loss' range if you want to be a success at it.

If you don't, you won't lose weight. Period.

**NO MORE SINS!**

**Get Ready To Meet A Whole New You**

If you're wondering why your fat loss or muscle building efforts are stalling, take a close look at what you're doing.

Are YOU making any of these common mistakes I just confessed to you that were holding ME back?

If so, don't take the information in this report lightly.

It's NOT too late to correct everything and get on the right track (*heck, it's never too late, come to think of it*).

***Don't be held back by mistakes that are easy to fix!***

If you correct yourself now and start working out properly and eating for better fat loss and muscle building, you will start to see results. Probably fairly quickly, too. It just can't be helped!

So, do what needs to be done and change what needs to be changed ... and get ready to introduce yourself to a whole new you!

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*Learn my whole story plus get all the tips, tricks, mindset strategies and nutrition tactics that I used to get me where I am now in "[Hot at Home](#)".*

*My Hot at Home System contains over 365 pages of valuable information just like this ... including real, proven and effective fat loss workouts that will help YOU get in the best shape of your life, all without ever having to step foot in a crowded, inconvenient, smelly gym again. Click here and you can get Hot at Home, too:*

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