DO YOU WANT TO UP YOUR GAME AND TAKE ON A CHALLENGE?

Forever’s F.I.T. programme will provide you with the foundation and inspiration needed to achieve your transformation goal. F15 Advanced forms part of this programme and this level is aimed at those who have already worked through the programme and built up a considerable level of fitness.

This hassle-free pack comes with all the products you need to complete a fifteen-day programme, and this booklet is designed to guide you through a routine that is both attainable and flexible. You’ll learn intensive exercise regimes and more about supplement support, and you’ll discover healthy recipes (P.42) and lifestyle tips. All this will push you to build a healthier, stronger and fitter you.

F15 Advanced has been split into two fifteen-day regimes so that you can choose the one that suits your lifestyle. They both follow the same supplement and meal schedule (P.7 and P.27), but the exercise regime does vary across the two plans. Before you begin, look closely at each plan’s suggested exercises (F15 Advanced 1: P.15, F15 Advanced 2: P.35) and consider which course would suit you before you begin. If you want to ease yourself in, we suggest you follow F15 Advanced 1.

Please note: if you want to complete both parts (F15 Advanced 1 and F15 Advanced 2) you will need to purchase additional products.

BE MINDFUL OF YOUR HEALTH

Please note that the F.I.T. programme (C9 and F15) should not be taken by anyone who has diabetes, kidney disease, epilepsy, heart disease or dementia. It should not be followed during pregnancy or when breastfeeding, and it is not suitable for children.

If you have any medical condition or are taking medication, please consult your doctor before starting the programme.

This programme may not be suitable if you are obese or underweight; check your BMI and consult your doctor before changing your diet and exercise regime.

Please refer to the foods supplement kit packaging for further information on usage.
LET’S GET STARTED.

FOLLOW THESE TIPS TO ACHIEVE YOUR BEST RESULTS.

1. WEIGH AND MEASURE YOURSELF BEFORE YOU BEGIN.
   Record your measurements in this booklet and calculate the difference at the end of the F15 programme.

2. RECORD YOUR DAILY EXERCISE, FOOD INTAKE, AND HOW YOU FEEL WHILE ON F15.
   Accountability will help prevent you from deviating from the programme.

3. DRINK PLENTY OF WATER.
   It is essential to keep yourself hydrated, particularly during high impact exercise. Approximately 3 litres a day for men and 2 – 2½ litres a day for women.

4. PUT DOWN THE SALTSHAKER.
   Salt contributes to fluid retention. Flavour foods with herbs and spices instead.

5. AVOID FIZZY DRINKS AND CARBONATED BEVERAGES.
   Carbonation promotes bloating. Drinking fizzy drinks also adds unwanted calories and sugar.

KNOW THAT YOU CAN DO THIS.
SET YOUR GOALS.

Set realistic goals for yourself during F15 ADVANCED and keep them in mind throughout the programme. They can be anything from bench-pressing a new personal best or beating your own record in a marathon.

CLEAR GOALS WILL HELP YOU STAY MOTIVATED AS YOU MOVE FORWARD.

BODY WEIGHT & MEASUREMENTS.

HOW TO MEASURE:
CHEST / Measure under your armpits around the front of your chest with your arms relaxed at your sides.
BICEPS / Measure half way between your armpit and elbow with your arm relaxed at your side.
WAIST / Measure your natural waist – approximately 2" above your hips.
HIPS / Measure around the widest part of the hips and buttocks.
THIGHS / Measure at the widest point of the thigh including the highest point on your inner thigh.
CALVES / Measure the thickest part of your calf, typically about half way between the knee and the ankle, while your calves are relaxed.

BEFORE F15 ADVANCED MEASUREMENTS:

<table>
<thead>
<tr>
<th></th>
<th>CHEST</th>
<th>HIPS</th>
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<tr>
<td>BICEPS</td>
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AFTER F15 ADVANCED 1 MEASUREMENTS:

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<th>CHEST</th>
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AFTER F15 ADVANCED 2 MEASUREMENTS:

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<tr>
<td>WEIGHT</td>
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### ADVANCED 1 SCHEDULE.

Follow this supplement schedule each day to achieve maximum results on the F15 ADVANCED 1 Fifteen-Day Programme.

#### Morning
- **2X Forever Garcinia Plus softgels**

#### Mid-morning
- **1X packet Forever Fiber**
  - Mixed with 240-300ml of water or other beverage.
  - This can be consumed at any time of the day.

#### Noon
- **2X Forever Garcinia Plus softgels**

#### Early evening
- **2X Forever Garcinia Plus softgels**

#### Night
- A minimum of 240ml of water

### Snack
- **120ml Forever Aloe Vera Gel**
  - With a minimum of 240ml of water.

### Lunch
- **1X Forever Therm tablet**
  - *Take with food.

### Dinner
- **2X Forever Garcinia Plus softgels**
  - Before having your meal.

### Night
- **A minimum of 240ml of water**

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**FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.**

Please note: If you are lactose intolerant or you want to spice up your shake, why not try the Cherry Ginger Zinger shake on P.11.

**FIT TIP**

A great way to drink your daily aloe is to mix it with Argi+ (sold separately). Argi+ provides 5g of L-Arginine per serving plus vitamin C, which contributes to the reduction of tiredness and fatigue. Give your body the energy boost it needs to keep going all day long!

Mix 120g of Forever Aloe Vera Gel, 1 scoop of Argi+ and water to taste. Shake with ice for a delicious way to enjoy the benefits of aloe.

Turn to P.15 for the recommended workout schedule.
MEASURING YOUR AMR.

Everybody’s body is different, and for our bodies to function correctly on a daily basis (even while sleeping) we need to ‘fuel’ it. We do this by consuming calories, but first it is important to work out how many calories you require – you can do this by working out your BMR and AMR.

Basal metabolic rate (BMR) is the energy required to maintain the body’s normal function when at rest (this will vary depending on your gender, weight and age). It contributes to around 75% of the total energy expenditure and is determined in part by the amount of muscle in the body; this is why we aim to have a good amount of muscle to fat ratio. When muscle is lost, for example through extreme starvation diets, BMR will drop. This would ultimately mean that a lower calorie (kcal) requirement is needed.

Your AMR is your active metabolic rate, and the one you can influence the most; the more active you are, the more energy you will use.

STEP ONE:
You can calculate yours easily using the calculator in the top right of the screen on www.foreverfituk.co.uk

STEP TWO:
Click the top right purple hexagon that says ‘calculator’ then click the top right green hexagon that says ‘BMR & AMR’.

STEP THREE:
Put in your weight (in kilos), height (in cm), age and gender. This will give you your BMR.

MEASURING YOUR BMR.

MEASURING YOUR AMR.

This programme requires intense exercise and therefore you should select ‘Heavy’ when working out your AMR:

- To lose weight = eat less than your AMR but above your BMR
- To maintain weight = eat the same amount of calories as your AMR
- To gain weight = consume more calories than your AMR
These tasty recipes will add some variety to your Forever Lite Ultra shakes. Packed with protein, these shakes are specially formulated with antioxidant vitamin C to keep you feeling energised. Vitamin C helps to reduce tiredness and fatigue as well contributing to the protection of cells from oxidative damage. In the F15 Advanced programme, drink your shake after your workout or for a mid-day boost.

Remember to keep an eye on how many calories you’re consuming. If you choose a high-calorie shake, you will need to increase your exercise levels.

### Shake Recipes

<table>
<thead>
<tr>
<th>Shake Recipe</th>
<th>+ Women</th>
<th>+ Men</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Cherry Ginger Zinger</strong></td>
<td>1 scoop Forever Lite Ultra / 230ml unweetened coconut milk / 130g fat-free plain Greek yoghurt 77g cherries / 4g ginger 7g Forever Bee Honey / 4-6 ice cubes (Approx. 274kcal)</td>
<td>1 scoop Forever Lite Ultra / 230ml unweetened coconut milk / 165g plain Greek yoghurt 115g cherries / 4g ginger 10.5g Forever Bee Honey / 4-6 ice cubes (Approx. 447kcal)</td>
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<tr>
<td><strong>Peaches &amp; Cream</strong></td>
<td>1 scoop Forever Lite Ultra / 225ml unweetened almond milk / 250g peaches / 1/2 teaspoon cinnamon 4g walnut pieces / 4-6 ice cubes (Approx. 295kcal)</td>
<td>1 scoop Forever Lite Ultra / 225ml unweetened almond milk / 330g peaches / 1/2 teaspoon cinnamon 5g walnut pieces / 4-6 ice cubes (Approx. 452kcal)</td>
</tr>
<tr>
<td><strong>Green Goodness</strong></td>
<td>1 scoop Forever Lite Ultra / 108ml unweetened soy milk / 114g kale leaves / 115g spinach / 50g banana 7.5g flax seeds (Approx. 318kcal)</td>
<td>1 scoop Forever Lite Ultra / 108ml unweetened soy milk / 171g kale leaves / 225g spinach / 75g banana 11g flax seeds (Approx. 420kcal)</td>
</tr>
<tr>
<td><strong>Blueberry Muffin</strong></td>
<td>1 scoop Forever Lite Ultra / 177ml skimmed milk / 63g fat-free plain Greek yoghurt 50g blueberries / 15g old fashioned oats 1/2 teaspoon cinnamon / 0.6ml vanilla extract 10.5g granola for topping (Approx. 320kcal)</td>
<td>1 scoop Forever Lite Ultra / 177ml skimmed milk / 125g fat-free plain Greek yoghurt 75g blueberries / 21g old fashioned oats 1/2 teaspoon cinnamon / 0.6ml vanilla extract 12g granola for topping (Approx. 489kcal)</td>
</tr>
<tr>
<td><strong>Chocolate Raspberry Delight</strong></td>
<td>1 scoop Forever Lite Ultra / 230ml unweetened coconut milk / 130g fresh or frozen raspberries 3.7g cocoa powder / 15g almond butter 17g cacao nibs (optional topping) / 4-6 ice cubes (Approx. 305kcal)</td>
<td>1 scoop Forever Lite Ultra / 230ml unweetened coconut milk / 90g fresh or frozen raspberries 7.4g cocoa powder / 21g almond butter 17g cacao nibs (optional topping) / 4-6 ice cubes (Approx. 470kcal)</td>
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<tr>
<td><strong>Strawberry Shortcake</strong></td>
<td>1 scoop Forever Lite Ultra / 177ml unweetened soy milk / 133g strawberries / 15g old fashioned oats 0.6ml vanilla extract / 4-6 ice cubes (Approx. 278kcal)</td>
<td>1 scoop Forever Lite Ultra / 177ml unweetened soy milk / 166g strawberries / 21g old fashioned oats 0.6ml vanilla extract / 4-6 ice cubes (Approx. 440kcal)</td>
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<tr>
<td><strong>Apple Crisp</strong></td>
<td>1 scoop Forever Lite Ultra / 177ml unweetened soy milk / 87g unsweetened apple sauce / 113g apple, chopped pinch of cinnamon and nutmeg / 17g dates 3g chia seeds / 4-6 ice cubes (Approx. 300kcal)</td>
<td>1 scoop Forever Lite Ultra / 177ml unweetened soy milk / 113g unsweetened apple sauce / 133g apple, chopped pinch of cinnamon and nutmeg / 34g dates 6g chia seeds / 4-6 ice cubes (Approx. 461kcal)</td>
</tr>
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</table>

### F.I.T. Tip

Create your own shake by combining 1 scoop of Forever Lite Ultra with 240-300ml of skimmed, almond, coconut, soy or rice milk, 90g-180g of fruits and vegetables, 1 tablespoon of healthy fats like chia seeds, flax seeds, nut butter, avocado or coconut oil, and ice, water or green tea. Blend together and serve.

Creating your own shake can be fun but it is important to keep an eye on the calories that you’re putting in. We recommend 300kcal for women and 450kcal for men so keep this in mind when combining ingredients.

### Have a Great Recipe?

Share it with us at facebook.com/foreveruk
It’s important to support all parts of a healthy lifestyle to help you look better and feel better. You can follow the workout schedule exactly and not recognise that your less than perfect diet can actually be keeping you from seeing a change.

Make sure that you are supporting your lifestyle with healthy nutrition, challenging yourself to get stronger and following the F15 ADVANCED supplement schedule on P.7 to see maximum results.

Mindful eating becomes a lifelong habit when you recognise healthy behaviours and make them part of an ongoing routine. Instead of counting calories, the F15 ADVANCED programme will teach you how to measure your portions based on the size of your hand, ensuring you get the correct nutrition for the size of your body.

Please note that the above is a guide only.

Please turn to P.10 and work out your BMR and AMR before preparing your meals.
LET’S GET MOVING.

Lasting change comes from pairing optimal nutrition and supplements designed to fuel your body with exercise that can help you burn calories and build lean muscle.

The F15 ADVANCED programme combines three targeted bodyweight workouts with two cardio workouts to get you moving.

CRANK UP THE CARDIO.

By this point in your fitness journey, you understand the importance of cardiovascular exercise as part of your healthy weight management strategy. Cardio exercises can help boost metabolism, support a healthy heart and help you recover more quickly after strenuous exercise.

During the F15 ADVANCED programme, commit to doing three days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they’re too easy, you’re not working hard enough.

F.I.T. TIP

Ensure you eat 30 minutes to 2 hours before a workout. Why don’t you enjoy a small snack that includes protein and carbohydrates before you hit the gym for optimal results? For snack recipes visit P42.

RECOMMENDED CARDIO EXERCISES INCLUDE:

Walking, jogging, climbing stairs, elliptical, rowing, swimming, yoga, biking, hiking, aerobics, dancing and kickboxing.
WARM UP.

YOUR BODY IS A MACHINE.
It’s important to prep before you throw yourself into a workout. Warming up allows your joints to move through their full range of motion and can help to improve the quality of your workout while reducing your chances of injury. Think of it as a dress rehearsal for the main event. Use this warm up before each exercise in the F15 ADVANCED programme.

COOL DOWN.

Save a few minutes at the end of each workout to cool down. This allows your heart rate to transition easily into recovery while breathing and blood pressure come back to normal. It also helps improve flexibility and helps prevent injury. The cool down should be performed fluidly as a series of movements rather than individual exercises.

TO SEE VIDEOS OF ALL WARM UPS AND EXERCISES, VISIT: FOREVERFIT15.COM
**F15 TABATA CARDIO ONE**

This cardio challenge introduces Tabata-style exercises. Tabata-style exercises pair short, high-intensity intervals of activity with quick rest periods. For this workout, these exercises will be performed in a circuit format.

Perform each exercise for 20 seconds at maximum intensity and rest for 10 seconds. Once you have finished all eight exercises, recover for 60 seconds and start again with a goal of completing eight rounds total.

- Air squats
- Pushups
- Skaters
- Plank with jack legs
- Front kick to reverse lunges left
- Tricep pushups
- Front kick to reverse lunges right
- Plank to squat thrust

**F1.T. TIP**

High-intensity exercises like the F15 ADVANCED cardio workouts allow you to maximise your results in less time than a traditional cardio workout.

**F15 TREADMILL CARDIO ONE**

This cardio workout allows you to build endurance, power and speed by leveraging intervals of walking, jogging and running.

Walk at a 1% treadmill incline for 60 seconds before increasing your speed to a comfortable jog at a 2% treadmill incline for 60 seconds. Finally, increase the speed to a fast run for 60 seconds. Repeat six-to-ten times with no rest in between to complete the workout.

**F.I.T. TIP**

This workout can be completed without a treadmill if you don’t have access to one. Determine a route that you can complete in one 3-minute round, then challenge yourself to finish each round faster than the one before it while increasing your intensity.

**CHOICE CARDIO.**

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga. Looking for something new? Try a Zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be 30-60 minutes and ideally performed without interruption.
**F.I.T. TIP**

Start with weights that begin to make your muscles feel fatigued at the end of the exercise repetitions in each round. Can’t complete a round of exercise? Try again with lighter weights. Completing each round with ease? It’s time to challenge yourself with heavier weights.

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**BACK, BICEPS & GLUTES WORKOUT ONE**

**EQUIPMENT REQUIRED: DUMBBELLS**

This workout offers a series of ten targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. Perform two exercises back-to-back. Repeat this for two-to-three sets before recovering for 30-60 seconds and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for 30-60 seconds and begin your cool down.

- **Deadlifts** 16x
- **Mid-back rows** 16x
- **Rest** 30-60 seconds
- **Swings** 16x
- **Bicep scoop and squeeze** 16x
- **Rest** 30-60 seconds
- **Deep lunges** 16x per side
- **Lawn mower pulls** 16x per side
- **Rest** 30-60 seconds
- **Goblet squats** 16x
- **Lateral bicep curls** 16x
- **Rest** 30-60 seconds
- **Superman** 16x
- **Renegade rows** 16x
- Rest 30-60 seconds

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**FRONT & SIDELINE WORKOUT ONE**

**EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR**

This workout offers a series of twelve targeted exercises that support the front and sides of your body including your chest, shoulders, triceps and obliques. Perform three exercises back-to-back for two-to-three sets before recovering for 60 seconds and moving on to the next exercise trio.

Once you have finished all twelve exercises, recover for 60 seconds and begin your cool down.

- **Chest press** 16x
- **Core at 45** 16x per side
- **Skull crushers** 16x
- **Rest** 60 seconds
- **Pushups** 16x
- **Triangle abs** 16x
- **French press** 16x per side
- **Rest** 60 seconds
- **Lateral deltoid lifts** 16x
- **Hip drops** 16x
- **Kickbacks** 16x
- **Rest** 60 seconds
- **Military press** 16x
- **Woodchops** 16x per side
- **Dips** 16x

Rest 30-60 seconds

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**EXERCISING AWAY FROM HOME?**

Get creative. A park bench or anything that’s steady and a few feet off the ground can substitute when doing dips and other exercises that call for a chair.
F15 QUADS & CORE WORKOUT ONE

EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR

This workout offers a series of ten targeted exercises that support your quads and core. Perform two exercises back-to-back for two-to-three sets before recovering for 30-60 seconds and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for 30-60 seconds and begin your cool down.

+ Banded lunge step ups 16x per side
+ Boat 16x
+ Rest
+ Prisoner squats 30-60 seconds
+ Roll-ups 16x
+ Rest
+ Banded 180 squats 30-60 seconds
+ Standing alternating toe touches 16x
+ Rest
+ Static slow lunges 30-60 seconds
+ Spiderman mountain climbers 6x per side
+ Rest
+ Pulsing squats 32x
+ Standing oblique crunches 16x per side

Rest 30-60 seconds

CONGRATULATIONS ON COMPLETING FOREVER F15 ADVANCED 1!

KEEP MOVING! F15 ADVANCED 2 IS THE NEXT STEP ON YOUR JOURNEY TO LOOKING AND FEELING BETTER.

Don’t forget to record your weight and measurements on P.6 to track your progress. This is always a great time to re-evaluate your goals and make sure you’re pushing for what you want.

ALREADY MET ONE OF YOUR GOALS? AMAZING WORK!

Consider the progress you’re making and the changes you’re seeing in your body and set a new goal to challenge yourself!
F15
ADVANCED 2
TAKE
THE NEXT
STEP.

In *F15 ADVANCED 1*, we introduced new ways to measure portions and new, targeted workouts. Take that knowledge to the next level with *F15 ADVANCED 2*.

If you haven’t already, make sure you record your weight and measurements on P.6 and take progress photos to track your results. Review your goals and focus on what you’ll need to do during the *F15 ADVANCED 2* programme to get there.
**ADVANCED 2 SCHEDULE.**

**FOLLOW THIS SUPPLEMENT SCHEDULE EACH DAY TO ACHIEVE MAXIMUM RESULTS ON THE F15 ADVANCED 2 FIFTEEN-DAY PROGRAMME.**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Morning</td>
<td><strong>2X Forever Garcinia Plus softgels</strong></td>
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<tr>
<td></td>
<td>Wait 30 minutes</td>
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<tr>
<td></td>
<td>Before taking Forever Aloe Vera Gel</td>
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<td></td>
<td>120ml Forever Aloe Vera Gel</td>
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<td></td>
<td>With a minimum of 240ml of water.</td>
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<tr>
<td></td>
<td>1X Forever Therm tablet*</td>
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<td></td>
<td>*Take with food.</td>
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<tr>
<td></td>
<td>Breakfast</td>
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<tr>
<td>Mid-morning</td>
<td><strong>1X packet Forever Fiber</strong></td>
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<td></td>
<td>*Mixed with 240-300ml of water or other beverage.</td>
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<tr>
<td></td>
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<tr>
<td></td>
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<td>Wait 30 minutes</td>
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<td></td>
<td>Before having your meal.</td>
</tr>
<tr>
<td>Night</td>
<td>A minimum of 240ml of water</td>
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</tbody>
</table>

**FOOD SUPPLEMENTS ARE NOT FOODS; THEY ARE DESIGNED TO SUPPORT YOU IN REACHING YOUR LIFESTYLE GOALS. THEY DO NOT CONTRIBUTE TO WEIGHT LOSS IN ISOLATION WITHOUT BEING PART OF A CALORIE-CONTROLLED DIET AND EXERCISE REGIME.**

Please note: If you are lactose intolerant or you want to spice up your shake, why not try the Cherry Ginger Zinger shake on P.11.

Turn to P.35 for the recommended workout schedule.
As much as you plan for your healthy lifestyle by preparing menus or meals in advance and making time to work out, there are times when planning becomes more difficult like meals out, parties or other social engagements. The good news is, a bit of planning can make sure these fun outings don’t derail your progress.

+ **CHECK OUT THE MENU**

Most restaurants post their menu online allowing you to preview the menu offerings. Find menu items that appeal to you and are within your portions and food types. When you plan what you’re eating before you arrive, you’re more likely to stick to healthy choices rather than picking something unhealthy because it sounds good in the moment.

+ **DON’T BE AFRAID TO ASK**

Your server should be able to tell you how any menu item is prepared. If they are unsure, have them check with the chef to ensure those delicious grilled vegetables aren't sautéed in butter or other surprises that you may not be expecting. Don't be afraid to ask for a side salad instead of a fattening side dish. Many restaurants will do this at no additional charge.

+ **OFFER TO BRING SOMETHING**

Are you going to a gathering at a friend’s or family member’s house and worried about what will be on the menu? Offer to bring a healthy dish yourself. This ensures that there will be something you can fill up on and then you can enjoy other options in moderation.

---

**HEALTHY EATING ON THE GO.**

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**DEBUNKING LABEL MYTHS.**

By now you’ve learned how to navigate many of the common pitfalls of weight management, but did you know that there are also some common misconceptions that could be holding you back?

+ **LOW-FAT AND FAT-FREE FOODS**

You may think that reaching for fat-free or low-fat foods can help keep your progress on the right track. The truth is that hidden ingredients in these foods such as added sugar, thickeners, salt, etc. (typically added to improve taste) can actually work against the progress you’ve been making.

Your body needs fat. Choose foods with healthy fats and enjoy in moderation as part of your regular meals and snacks.

+ **THE IMPORTANCE OF CALORIE-COUNTING**

In *F15 ADVANCED 1*, we introduced a new way to measure your portions. While paying attention to portions is important, counting calories is just as important: not all calories are created equal.

Besides just counting calories, be sure to choose whole foods, proteins, whole grains, fruits and vegetables, as well as healthy fats and carbohydrates to ensure you’re getting the nutrients you need.

+ **CUT THE CARBS**

There is a lot of information available about the negative effects carbohydrates can have on a healthy diet. In fact, there are some diets that advocate eliminating carbohydrates all together. Make sure you are choosing healthy, filling carbohydrates that will support muscle recovery, energy and be part of your balanced diet.

For a list of healthy fats and carbohydrates, visit P.44-45.
BODY TYPE NUTRITION.

In *F15 ADVANCED 1*, we talked about using your hand to determine the right portion sizes for you. In *F15 ADVANCED 2*, we’re going to take that to the next level to help you maximise eating for your body type.

Identifying your body type can help you fine-tune your diet in order to take that last step in your health and fitness goals. Your body type reveals more than just what physical category your body falls into. It can also reveal what fitness activities will be best for improving your body composition.

**IT’S IMPORTANT TO RECOGNISE THAT MOST PEOPLE DON’T FIT PERFECTLY INTO ONE BODY TYPE, BUT MAKE UP DIFFERENT ASPECTS OF EACH. THERE ARE THREE BODY TYPES: ECTOMORPHS, ENDOMORPHS AND MESOMORPHS.**

*ECTOMORPHS*

Ectomorphs typically have a thin appearance, small joints and a fast metabolism. They can get full easily and often have a hard time putting on weight or muscle.

**TRAINING TIPS**

Ectomorphs can benefit by training with less repetitions of an exercise but heavier weights, longer recovery time between sets (to compensate for the heavier weight), and short intervals of high-intensity training instead of lengthy cardio workouts.

**DIET RECOMMENDATIONS**

Ectomorphs can benefit from moderate protein, higher carbohydrates and lower fat. Here are the portion recommendations for ectomorphs:

**Meals:**

**MEN**

- 2 palms lean protein
- 2 fists vegetables
- 3 cupped hands carbohydrates
- 1 thumb fat

**WOMEN**

- 1 palm lean protein
- 1 fist vegetables
- 2 cupped hands carbohydrates
- ½ thumb fat

**Snacks:**

**MEN**

- 1 cupped hand carbohydrates
- 1 palm protein or
- 1 thumb fat

**WOMEN**

- ½ cupped hand carbohydrates
- ½ palm protein or
- ½ thumb fat

Alternatively use the snack recipes listed on P.42-43.

Use the portion guide on P.13 with the foods listed on P.44-45.

Choose proteins, produce, carbohydrates and fats from the tables on P.44-45.
**MESOMORPHS**

Mesomorphs typically have a symmetrical appearance, low body fat and seem to burn fat easily. They have an athletic frame, often a flat stomach and can put on muscle easily.

**DIET RECOMMENDATIONS**

Mesomorphs can benefit from a mixed diet with a good balance of protein, carbohydrates and fats. Here are the portion recommendations for mesomorphs:

**Meals:**
- **MEN**
  - 2 palms lean protein
  - 2 fists vegetables
  - 1 cupped hand carbohydrates
  - 3 thumbs fat
- **WOMEN**
  - 1 palm lean protein
  - 1 fist vegetables
  - ½ cupped hand carbohydrates
  - 2 thumbs fat

**Snacks:**
- **MEN**
  - 1 palm protein or 2 thumbs fat
- **WOMEN**
  - 1 palm protein or 1 thumb fat

*Use the portion guide on P.13 with the foods listed on P.44-45.*

**TRAINING TIPS**

Mesomorphs can benefit by training with a moderate amount of repetitions and recovery time in addition to a healthy mix of cardiovascular exercises.

---

**ENDOMORPHS**

Endomorphs typically have a higher fat accumulation, larger joints and a slower metabolism. They are frequently hungry, have low muscle definition, fatigue easily and have a hard time losing weight.

**DIET RECOMMENDATIONS**

Endomorphs can benefit from higher protein and fat with smaller amounts of controlled carbohydrates. Here are the portion recommendations for endomorphs:

**Meals:**
- **MEN**
  - 2 palms lean protein
  - 2 fists vegetables
  - 1 cupped hand carbohydrates
  - 3 thumbs fat
- **WOMEN**
  - 1 palm lean protein
  - 1 fist vegetables
  - ½ cupped hand carbohydrates
  - 2 thumbs fat

**Snacks:**
- **MEN**
  - 1 palm protein or 2 thumbs fat
- **WOMEN**
  - 1 palm protein or 1 thumb fat

*Use the portion guide on P.13 with the foods listed on P.44-45.*

**TRAINING TIPS**

Endomorphs can benefit by training with the recommended repetitions of an exercise but heavier weights, shorter recovery time between sets and short intervals of high-intensity training in addition to full cardio workouts.

Alternatively use the snack recipes listed on P.42-43.

**Choose proteins, produce, carbohydrates and fats from the tables on P.44-45.**

---
TAKE YOUR FITNESS TO THE NEXT LEVEL.

The F15 ADVANCED 2 programme builds on the targeted bodyweight workouts, Tabata-style exercises and treadmill cardio workouts to get you moving.

WARM UP.

In F15 ADVANCED 1, we reviewed the importance of warming up to give you the best quality workout and lowest possible risk for injury. Use these foundational moves before each F15 ADVANCED 2 workout to get started. Need a refresher? Review the warm up exercises on P.17 or watch the video at foreverfit15.com.

NEXT LEVEL CARDIO.

The F15 ADVANCED 2 programme builds on the Tabata and treadmill cardio workouts you learned in F15 ADVANCED 1. During the F15 ADVANCED 2 programme, commit to doing three days of cardio activity per week. These sessions should be spent challenging yourself to get the most out of your workout. If they’re too easy, you’re not working hard enough.
This cardio challenge builds on the Tabata-style exercises from F15 ADVANCED 1. For this workout, these exercises will be performed in a traditional repeated Tabata format.

Perform each exercise for 20 seconds at maximum intensity and rest for 10 seconds. Repeat each exercise eight times. Once you have finished all eight rounds, recover for 60 seconds and move on to the next exercise.

**F.I.T. TIP**
If you are struggling to complete eight rounds of an exercise in a row before moving on to the next, try switching to a lighter weight and building up your resistance.

+ Air squats 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Pushups 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Skaters 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Plank with jack legs 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Front kick to reverse lunges left 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Tricep pushups 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Front kick to reverse lunges right 20 seconds max/10 second rest  8x
+ Rest 60 seconds
+ Plank to squat thrust 20 seconds max/10 second rest  8x

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**TREADMILL CARDIO TWO**

This cardio workout uses a climbing sequence on a treadmill to build endurance, power and muscle by leveraging intervals of walking and running at different inclines.

Choose a speed that challenges you and work to increase your speed throughout the workout.

+ Walk 2% incline 2 minutes
+ Run 1% incline 2 minutes
+ Walk 0% incline 1 minute
+ Run 4% incline 2 minutes
+ Walk 1% incline 2 minutes
+ Run 0% incline 1 minute
+ Walk 6% incline 2 minutes
+ Run 1% incline 2 minutes
+ Walk 0% incline 1 minute
+ Run 8% incline 2 minutes
+ Walk 1% incline 2 minutes
+ Walk 0% incline 1 minute
+ Run 10% incline 2 minutes
+ Walk 1% incline 2 minutes
+ Walk 0% incline 1 minute

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**CHOICE CARDIO.**

Your final cardio workout each week is your choice. If you feel like your muscles are tight, try restorative yoga. Looking for something new? Try a Zumba or kickboxing class. The options for cardio are endless. Create and discover a cardio routine you enjoy to build lifelong habits.

Each choice cardio workout should be 30-60 minutes and ideally performed without interruption.
BACK, BICEPS & GLUTES WORKOUT

EQUIPMENT REQUIRED: KETTLEBELL

This workout offers a series of ten targeted exercises that support the backside of your body like your glutes, hamstrings and back, but also includes biceps. This workout contains both counted reps and timed reps. Perform two exercises back-to-back before recovering for 30-60 seconds and moving on to the next exercise combo.

Once you have finished all ten exercises, recover for 30-60 seconds and begin your cool down.

- Deadlifts 16x
- Upright rows 30 seconds
- Rest 30-60 seconds
- Bicep curls 16x
- Swings 30 seconds
- Rest 30-60 seconds
- Deep lunge with lawn mower pulls left 16x
- Thread the lunge left 30 seconds
- Rest 30-60 seconds
- Deep lunge with lawn mower pulls right 16x
- Thread the lunge right 30 seconds
- Rest 30-60 seconds
- Goblet squats to press 16x
- Alternating swings 30 seconds

Front & Sideline Workout

EQUIPMENT REQUIRED: DUMBBELLS, RESISTANCE BANDS, CHAIR, STABILITY BALL

This workout builds on the F15 ADVANCED 1 workout with slight modifications and the addition of a stability ball to engage the core. Challenge yourself with a series of twelve targeted exercises that support the front and sides of your body, including your chest, shoulders, triceps and obliques. Perform three exercises back-to-back before recovering for 60 seconds and moving on to the next exercise trio.

Once you have finished all twelve exercises, recover for 60 seconds and begin your cool down.

- Chest press 16x
- Core at 45 16x
- Skull crushers 16x
- Rest 60 seconds
- Pushups 16x
- Triangle abs 8x per side
- Core roll outs 16x
- Rest 60 seconds
- Side planks with shoulder raise 16x per side
- Ball pass 16x
- Side lying tricep press 16x per side
- Rest 60 seconds
- Clean and press 16x per side
- Side plank with ball 16x per side
- Dips to reverse plank 16x

Rest 30-60 seconds
Quads & Core Workout Two

**Equipment Required:**
- Dumbbells, Resistance Bands, Chair

This workout offers a series of fifteen targeted exercises that support your quads and core with added 45-second plyometric intervals. This workout contains both counted reps and timed reps. Perform three exercises with an interval back-to-back before recovering for 30-60 seconds and moving on to the next exercise trio.

Once you have finished all fifteen exercises, recover for 30-60 seconds and begin your cool down.

**Moves:**
- Banded lunge step ups
- Plyometric lunges
- Boat
- Rest
- Prisoner squats
- Tuck jumps or high knees
- Roll ups
- Rest
- Banded 180 squats
- 180 Jumps
- Standing alternating toe touches
- Rest
- Static slow lunges
- Sprinter starts
- Spiderman mountain climbers
- Rest
- Pulsing squats
- Jack stars
- Rest
- Standing oblique crunches

**SNACK.**
A well-balanced snack can help you feel full, fight cravings and keep you energised throughout the day. Make sure your snack includes at least two food items and pairs a carbohydrate with a protein and/or a healthy fat to promote balance.

**SOUP**
- **Women** – (Approx. 220 kcal)
- **Men** – (Approx. 330 kcal)
- 180g tomato soup
- 1 small wholemeal roll

**DIP**
- **Women** – (Approx. 204 kcal)
- **Men** – (Approx. 306 kcal)
- 60g houmous
- Selection of raw veg

**OATCAKES**
- **Women** – (Approx. 187 kcal)
- **Men** – (Approx. 281 kcal)
- 1 tablespoon peanut butter
- 2 oatcakes

**FOREVER PRO X² DESSERT**
- **Women** – (Approx. 186 kcal)
- **Men** – (Approx. 283 kcal)
- 150g low-fat Greek or soya yoghurt
- ½ Forever PRO X² bar
- Crumble the bar into the yoghurt, mix well and enjoy!

**FRUIT AND NUT MIX**
- **Women** – (Approx. 204 kcal)
- **Men** – (Approx. 325 kcal)
- 1 tablespoon raisins
- 5 walnut halves
- 7 almonds

**VEGETABLE SUSHI**
- **Women** – (Approx. 198 kcal)
- **Men** – (Approx. 283 kcal)
- 4 pieces of sushi
- 1 oatcake

**AVOCADO AND EGG TOAST**
- **Women** – (Approx. 234 kcal)
- **Men** – (Approx. 310 kcal)
- 1 slice whole grain bread
- ⅛ avocado, smashed
- 1 hard-boiled egg

Toast whole grain bread. Spread smashed avocado on top. Hard-boiled eggs can be chopped up and added on top or enjoyed on the side.
### PROTEIN.

**For women,** choose a palm-sized portion of any of the following proteins. **For men,** choose two palm-sized portions.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>FISH</td>
<td>Salmon, halibut, cod, tuna</td>
</tr>
<tr>
<td>SHELLFISH</td>
<td>Prawn, crab, lobster</td>
</tr>
<tr>
<td>TURKEY</td>
<td>Turkey bacon</td>
</tr>
<tr>
<td></td>
<td>Turkey filet</td>
</tr>
<tr>
<td></td>
<td>Turkey mince</td>
</tr>
<tr>
<td></td>
<td>Sandwich meat</td>
</tr>
<tr>
<td>CHICKEN</td>
<td>Chicken breast</td>
</tr>
<tr>
<td>BEEF</td>
<td>Sirloin</td>
</tr>
<tr>
<td>WILD GAME</td>
<td>Venison</td>
</tr>
<tr>
<td>EGGS</td>
<td>Egg</td>
</tr>
<tr>
<td>DAIRY</td>
<td>Egg substitute</td>
</tr>
<tr>
<td>VEGETARIAN</td>
<td>Lentils</td>
</tr>
<tr>
<td></td>
<td>Truffle</td>
</tr>
<tr>
<td></td>
<td>Meat-Free alternatives</td>
</tr>
<tr>
<td></td>
<td>Veggie burger</td>
</tr>
<tr>
<td></td>
<td>Forever Life Ultra</td>
</tr>
<tr>
<td></td>
<td>Soy</td>
</tr>
<tr>
<td></td>
<td>Quinoa</td>
</tr>
</tbody>
</table>

### CARBOHYDRATES.

**For women,** choose a cupped handful-sized portion of any of the following carbohydrates. **For men,** choose two cupped handful-sized portions.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>GRAINS</td>
<td>Oats</td>
</tr>
<tr>
<td></td>
<td>Rice (wild or brown)</td>
</tr>
<tr>
<td></td>
<td>Couscous</td>
</tr>
<tr>
<td></td>
<td>Bulgur wheat</td>
</tr>
<tr>
<td></td>
<td>Barley</td>
</tr>
<tr>
<td></td>
<td>Quinoa</td>
</tr>
<tr>
<td>BREAD</td>
<td>Whole grain bread</td>
</tr>
<tr>
<td></td>
<td>Whole grain tortilla</td>
</tr>
<tr>
<td></td>
<td>Corn tortilla</td>
</tr>
<tr>
<td>PASTA</td>
<td>Whole wheat pasta</td>
</tr>
<tr>
<td></td>
<td>Pasta (quinoa, brown, rice)</td>
</tr>
<tr>
<td>LEGUMES</td>
<td>Black beans, chickpeas, pinto</td>
</tr>
<tr>
<td>FRUIT</td>
<td>Apple</td>
</tr>
<tr>
<td></td>
<td>Apricot</td>
</tr>
<tr>
<td></td>
<td>Berries</td>
</tr>
<tr>
<td></td>
<td>Citrus</td>
</tr>
<tr>
<td></td>
<td>Grapes</td>
</tr>
<tr>
<td></td>
<td>Melons</td>
</tr>
<tr>
<td></td>
<td>Peach</td>
</tr>
<tr>
<td></td>
<td>Plum</td>
</tr>
<tr>
<td></td>
<td>Tropical fruits</td>
</tr>
<tr>
<td>STARCHY VEG</td>
<td>Potatoes</td>
</tr>
<tr>
<td></td>
<td>Corn</td>
</tr>
<tr>
<td></td>
<td>Peas</td>
</tr>
<tr>
<td></td>
<td>Butternut squash, sweet potatoes, pumpkin</td>
</tr>
</tbody>
</table>

### Please turn to R10 and work out your BMR and AMR before preparing your meals.
CONGRATULATIONS ON COMPLETING FOREVER F15 ADVANCED 2!
YOU DID IT!

WHAT’S NEXT?
Vita5 combines five amazing Forever products that work together to bridge nutritional gaps and provide key nutrients your body needs. Vita5 continues the healthy supplementation habits you learned in F15 to keep you looking and feeling better!

Ask the Forever Business Owner who gave you this booklet about Vita5 today.

Not ready to move on?
Repeat the F15 ADVANCED programme until you achieve your maximum results.

Don’t forget to record your weight and measurements on P.6 to track your progress.

Share your success with F15 on social using the hashtag #IAMForeverFIT. We can’t wait to hear about your transformation and the goals you reached.

PRODUCE.
For women, choose a fist-sized portion of any of the following vegetables. For men, choose two fist-sized portions.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>VEGETABLES</td>
<td>Artichokes</td>
</tr>
<tr>
<td></td>
<td>Carrots</td>
</tr>
<tr>
<td></td>
<td>Asparagus</td>
</tr>
<tr>
<td></td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td></td>
<td>Courgette</td>
</tr>
<tr>
<td></td>
<td>Peppers</td>
</tr>
<tr>
<td></td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td>Cabbage</td>
</tr>
<tr>
<td></td>
<td>Celery</td>
</tr>
<tr>
<td></td>
<td>Cucumber</td>
</tr>
<tr>
<td></td>
<td>Green beans</td>
</tr>
<tr>
<td></td>
<td>Kale</td>
</tr>
<tr>
<td></td>
<td>Lettuce (all types)</td>
</tr>
<tr>
<td></td>
<td>Spinach</td>
</tr>
<tr>
<td></td>
<td>Cauliflower</td>
</tr>
</tbody>
</table>

FATS.
For women, choose a thumb-sized portion of any of the following fats. For men, choose two thumb-sized portions.

<table>
<thead>
<tr>
<th>CATEGORY</th>
<th>TYPE</th>
</tr>
</thead>
<tbody>
<tr>
<td>NUT</td>
<td>Nut butter (peanut, almond, cashew)</td>
</tr>
<tr>
<td></td>
<td>Almond (whole and unsalted)</td>
</tr>
<tr>
<td></td>
<td>Walnut (halves)</td>
</tr>
<tr>
<td></td>
<td>Cashew (whole and unsalted)</td>
</tr>
<tr>
<td></td>
<td>Pistachio</td>
</tr>
<tr>
<td>FRUIT</td>
<td>Avocado</td>
</tr>
<tr>
<td></td>
<td>Coconut flakes (unsweetened)</td>
</tr>
<tr>
<td></td>
<td>Olives</td>
</tr>
<tr>
<td>SEED</td>
<td>Pumpkin seeds</td>
</tr>
<tr>
<td></td>
<td>Sunflower seeds</td>
</tr>
<tr>
<td></td>
<td>Chia seeds</td>
</tr>
<tr>
<td></td>
<td>Flax seeds</td>
</tr>
<tr>
<td>OIL</td>
<td>Olive oil</td>
</tr>
<tr>
<td></td>
<td>Coconut oil</td>
</tr>
<tr>
<td></td>
<td>Flax seed oil</td>
</tr>
<tr>
<td></td>
<td>Sunflower oil</td>
</tr>
<tr>
<td>DAIRY</td>
<td>Cheese</td>
</tr>
<tr>
<td></td>
<td>Dark chocolate (at least 70% cacao)</td>
</tr>
</tbody>
</table>

Please turn to P.10 and work out your BMR and AMR before preparing your meals.
Ensuring the highest quality.

We own numerous patents for the stabilisation of aloe vera, which assures you of the highest quality aloe vera-based health and beauty products. Our aloe vera products were the first to receive the International Aloe Science Council Seal of Approval for consistency and purity. Many of the products also feature the Kosher, Halal and Islamic Seals of Approval. Forever does not test its products on animals.

foreverliving.com
foreverknowledge.info

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