

FOREVERGREEN 



KETOPIA™

[ATHLETIC PROTOCOL]

KETOPIA ATHLETIC PROTOCOL

If you are an athlete or exercise heavily, here are some tips on how to maximize your results with the Ketopia program.

CARB CYCLING

We recommend that athletes “carb cycle” to achieve maximum success. This means that you spend a few days following ketogenic diet (high fat, moderate protein, low carbohydrates), followed by one day where you switch it up so you have a diet that is high carbohydrates, moderate protein, and low fat. When you cycle one day of high carbohydrates into your regimen, it helps your body restore glycogen so your muscles have something to pull from when training. The recommended cycle schedule is as follows:

3 DAYS: KETOGENIC DIET

(high fat, moderate protein,
low carbohydrates)

1 DAY: CARB DIET

(high carbohydrates,
moderate protein, and low fat)

2 DAYS: KETOGENIC DIET

(high fat, moderate protein,
low carbohydrates)

1 DAY: CARB DIET

(high carbohydrates,
moderate protein, and low fat)

3 DAYS: KETOGENIC DIET

(high fat, moderate protein,
low carbohydrates)

1 DAY: CARB DIET

(high carbohydrates,
moderate protein, and low fat)

2 DAYS: KETOGENIC DIET

(high fat, moderate protein,
low carbohydrates)



KETOPIA ATHLETIC PROTOCOL

HOW TO EAT WHEN CARB CYCLING

Add Ketopia products along with your food intake on ketogenic diet days. For instance, drink KetonX 20 minutes prior to your workout. Drink your FIXX shake right after your workout. Eat your Dough Bite later in the day. You can also add a second Dough Bite as a late-afternoon snack if you'd like. All other calories should come from food to meet your food intake for that day. On carb diet days, do not use any of the Ketopia products.

David Kimmerle, fitness model, athlete, actor and Ketopian shared with us his diet while he is carb cycling. Remember that he is a big man, and it may not be exactly what is right for you. The number of calories needed from fat, protein and carbohydrates varies from person to person.

DAVID'S DIET EXAMPLE

KETOGENIC DIET DAY

Meal 1: KetonX Drink

Meal 2: 1 oz. pepper jack cheese, 4 large eggs, 3 slices turkey bacon, 1 Tbsp. coconut oil

Meal 3: 2 c. spring mix, 1 oz. sharp cheddar cheese, 8 oz. ground beef, 1 Tbsp. ketchup

Meal 4: 1 Dough Bite

Meal 5: 1 oz. roasted almonds, 2 c. spring mix, 1 oz. blue cheese dressing, 4 oz. salmon filet

Meal 6 (post workout): 1 FIXX shake with 1 Tbsp. udos oil, and 1 Tbsp. organic heavy whipping cream

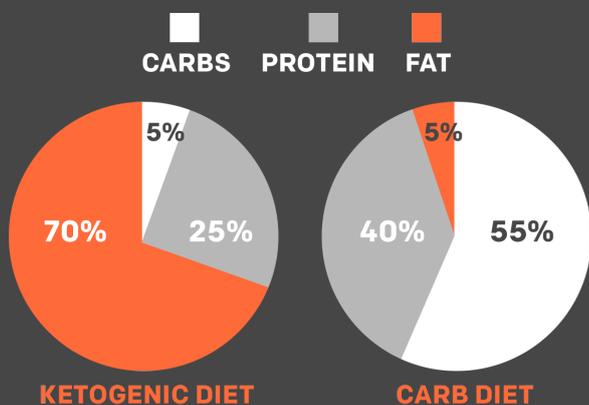
CARB DIET DAY

Meal 1: Thunder shake, Vitargo glucose load (add banana or other high-glycemic fruit)

Meal 2: 8 oz. chicken breast, 10 oz. yam

Meal 3: 8 oz. tilapia, 10 oz. yam, 5 oz. vanilla Greek yogurt

Meal 4 (post-workout): Thunder shake, Vitargo glucose load (add banana or other high-glycemic fruit)



REPEAT



KETOPIA ATHLETIC PROTOCOL

STRENGTH TRAINING

Ketogenic Diet Day

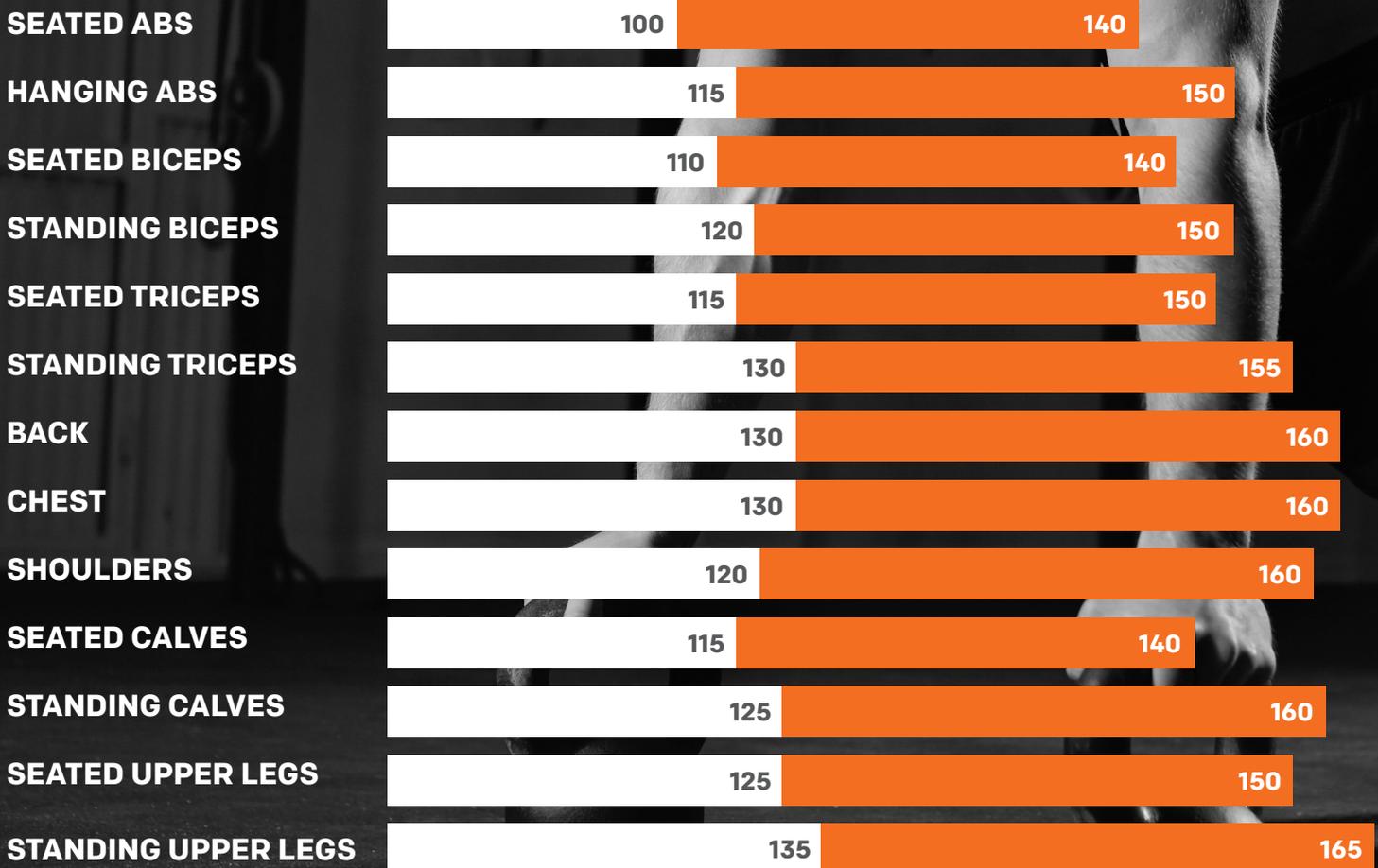
When you train, let your heart rate go high with effort, but only for sets of under 15. Your heart rate must drop to 100 or 110 bpm before you start again for your next set.

Reference the training chart below to know where your range should be, but remember, the point is to get your heart rate up high and then rest until it is low enough to go again. This should help your average heart rate stay down while enabling you to train for strength instead of total calories burned.

Carb Diet Day

On a high carbohydrate day you are restoring glycogen, so this is a good day to work your large muscle groups like legs, chest and back. On this day you can push yourself harder and do more sets.

TRAINING HEART RATE ZONE



GET YOUR HEART RATE OUT OF THE WHITE AND INTO THE **ORANGE**

KETOPIA ATHLETIC PROTOCOL

CARDIO TRAINING

Ketogenic Diet Day

On days when your carbohydrate intake is low, you MUST keep your heart rate in the fat-burning zone or below the entire time. This is not debatable. Your weight training will act as your High-intensity Interval Training (HIIT), so do not worry if you're not getting your heart rate up while you're on the Ketopia program.

We recommend doing an hour or more of cardio in your fat-burning heart rate zone while on your ketogenic diet days, because the after burn you get will be greater if you do an hour versus if you only do 30 or 45 minutes of cardio. If you prefer getting your cardio exercise through running, biking, etc., it is important to ensure you keep your heart rate in the fat-burning zone for your body.

Carb Diet Day

This is a great day to do intense resistance training with weights, or go as hard as you can in your sport, etc. On days where your carbohydrate intake is high, you should push yourself really hard because your body will have glycogen to help fuel the additional effort.

HOW TO LOSE TWO POUNDS OR MORE A WEEK WITH THE HELP OF A HEART RATE MONITOR

Step 1. Wear a heart rate monitor (preferably one that takes a reading from your heart using a strap and also estimates your calories burned for the day) for 24 hours and do not work out or do any cardio. The number of calories you burn is known as your Resting Metabolic Rate (RMR). Take the total number of calories burned in that 24 hours and subtract 500 from it. This is the total number of calories you should eat each day.

Step 2. Use a program like My Fitness Pal (www.myfitnesspal.com) to help you figure out how many calories you are eating and/or to plan your calorie intake for the day. We recommend you use it to plan out your calories for the day, because this makes it easier to meet your goals.

Step 3. When you perform strength or cardio training, you will be burning extra calories. To ensure you lose two pounds per week, you need to make sure you're burning about 4,500 calories a week in less than 10 sessions. The heart rate monitor helps keep track of this so you can hold yourself and the plan accountable to ensure you burn two or more pounds per week.

For example, if you burn 500 calories in one hour during your strength training and you burn 500 calories during your cardio training, you would need to get in four workouts and five cardio sessions per week.

TIP: Do not worry too much about your total calories burned. They are what they are. If you train in your zones, whatever caloric burn you see is what it is supposed to be. To burn two pounds of fat per week, you need to be negative 7,000 – 8,000 calories. One pound of fat is equal to about 3,500 calories. You also need to remember that you are burning calories even when you are not working out, at a rate of 70-100 calories per hour or more, depending on the person. Therefore, it is recommended that you eat 500 fewer calories a day than your RMR and work out to burn 4,500 calories per week to lose two or more pounds per week in a healthy way.

EXERCISE ZONES

	AGE	20	25	30	35	40	45	50	55	65	70	
E F F O R T	100%	200	195	190	185	180	175	170	165	155	150	
	90%	180	176	171	167	162	158	153	149	140	135	HIIT TRAINING
	80%	160	156	152	148	144	140	136	132	124	120	HARD CORE TRAINING
	70%	140	137	133	130	126	123	119	116	100	105	CARIO ENDURANCE
	** EXTENDED CARDIO **											
	60%	120	117	114	111	108	105	102	99	93	90	
50%	100	98	95	93	90	88	85	83	78	57	WARM UP	

The numbers above are heart beats per minute, the percentages are the percent of effort you give. Find your age then drop down to find your zones. Knowing these numbers enables you to train educated. When strength training, try to get your heart rate up to 80% or more. For HIIT, get it up to 90%, and for extended cardio keep it at the black line, 70%.