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Introduction

You're about to discover how to lose fat and gain muscle to achieve the physique of a porn star.

I'm going to teach you some of the secrets I've learned during all of the years I've spent in the adult film industry. Trust me when I tell you that it's no coincidence that so many porn stars are in phenomenal shape. We're all doing similar things, so it's no surprise that we're all very fit.

And guess what – by doing what we do, you can look like us as well. Getting in shape itself is not rocket science, and developing the physique of a porn star doesn't take sacrifice or incredible genetics. As you'll discover, all it takes are some lifestyle changes. If you're willing to do what's necessary, you'll find that you're able to achieve the type of body you've always dreamed of having.

It's clear that I can't do any of the work for you. All I can do is give you the tools to succeed, and hope that you make the most of them. Make no mistake, the advice I'm going to give you is proven to succeed.

Not only have I helped thousands of men improve their sexual performance with my sex advice, but I've also helped many men attain the physique of a

porn star. If you're willing to learn and put in the effort, I have no doubt that you'll also succeed.

If you do a search online on the subjects of how to get in shape, lose fat, or put on muscle, you're going to find an overwhelming amount of information on the topics. You'll likely find that much of it is redundant or contradictory in nature. The problem with seeking guidance through mainstream sources is that the feedback you'll receive will be incredibly general. In generalizing advice for the ordinary person, the message ends up diluted, which impairs its effectiveness.

This will not be the case here. I'm only going to teach you what works, by focusing on a very specific objective: helping you LOOK like a porn star. If you want the sculpted arms, the V-shape torso, and the defined abs of a porn star, look no further.

As long as you're willing to work and learn, I'll make sure that it's yours.

At the end of the day, you'll eventually have a very similar physique to mine if you do what I do. I've been fortunate to have the guidance of knowledgeable men in the industry, who've helped me get to where I am today. I'm going to teach you what they've taught me in terms of achieving an excellent physique, and everything that I currently do to maintain it.

I'm going to breakdown *The Adult Movie Star Abs Secret* into three main sections: mindset, nutrition, and exercise & training. It should go without saying that nutrition and exercise are the two most important components of developing a cut physique. Fortunately, your nutrition and exercise habits are entirely within your control, which means that it's in your power to attain the physique you desire as well.

But it's also important to have the right mindset. You may currently have some misconceptions, irrational beliefs, or your own objections and excuses that could make your goal more difficult to reach. You'll learn how to develop the mindset and perspective of a porn star to facilitate your efforts in the long run.

There's a lot to cover, so let's move on if you're ready to get started.

Mindset

Before I move on to the nutrition and exercise sections, I must briefly talk about mindset.

With a negative perspective of weight loss and muscle growth, you would be setting yourself up for failure. You may or may not understand just how important this is, but know that it's crucial to have your head in the right place.

There are many challenges to attaining the physique of a porn star. I'm not going to sugar coat it – it's far from easy to get lean and cut. I dealt with many struggles myself, and I still do. The work is never complete. I still have to go to the gym routinely and eat well. Otherwise, my abs start to disappear, and my muscles start to lose their shape.

But trust me that once you make it, you'll realize that it's truly worth it. There's simply nothing better than having a lean and shredded physique. Women are more attracted to a cut body – it's simply a fact that I'm reminded of every time I sleep with a new woman. It makes the sex better too, because if a woman's physical attraction to you is higher, her arousal will be elevated as well, making sex that much more enjoyable.

At the end of the day, it feels better to be lean and strong. Shirts fit better, smaller waist sizes fit comfortably, and you feel comfortable in your own skin. What's not to like about having the physique of a porn star?

I'm sure I don't need to convince you any more. But I really can't stress how important it is to be ready for what lies ahead. Losing fat and putting on muscle is hard work. But it CAN be done, regardless of your age.

Some men may feel that they have it rough because of their genetics. Maybe you feel as if it's harder for you to lose weight than the average

man, or that since many of your relatives are overweight, you're destined to be on the heavier side too.

Let me tell you this: fat loss is almost entirely determined by your diet. Regardless of how "poor" your genetics are, you can still have a great physique if your diet is taken care of. Especially when you factor in exercise and the metabolic benefits it provides you as well.

When it comes to the physique of a porn star, 80% of it is based on nutrition, while the remaining 20% is based on exercise and training. In other words, your nutrition and diet will either make or break your physique, as it's effectively your foundation to build on. And by pushing hard in the gym, you can make your weight loss efforts that much more efficient, while ensuring that you also put on some lean muscle mass.

You may have other misconceptions about fat loss in particular that could hinder your progress. Allow me to address two common ones below.

Misconception: you need to do high amounts of cardio to lose weight.

The first thing most people do when they're trying to lose weight is endlessly run on a treadmill 5 times a week, and hope that it's the missing

ingredient they've been looking for. But not only is an excessive amount of cardio unnecessary for weight loss, but it's also incredibly exhausting. In fact, by doing so much cardio you'd be more likely to quit your weight loss journey before you make significant progress. It's just too taxing – physically and mentally.

Cardio should be done, but in sensible amounts. It should be one of the tools you use to lose weight, and not the main instrument. Besides, your nutrition is much more important than any exercise you do anyways, so it's counterintuitive to focus entirely on cardio.

Misconception: you need to go on a hard-core diet to lose fat.

Many people think that following a fad diet is what they need to finally lean out. Cutting carbohydrates, eating an overabundance of protein, avoiding fats... If you believe that any of the above or any ridiculous claims out there are what you need to lose weight, you're likely being misled.

The key to losing fat is to eat fewer calories than your body requires, by sensibly decreasing your current daily intake. While this point is widely known, many try to reinvent the wheel in an attempt to sell their diets to others. Unfortunately, this often works, and many are misled into following ineffective or potentially dangerous diets.

For instance, those that decide to drastically cut their carbohydrate intake often report experiencing headaches, mood swings, and low energy levels. While there are safe ways to follow a diet low in carbohydrates, it's not the norm, and many people suffer through these extreme measures.

In the end, there could be a price to pay. Your health could suffer and you could get sick. Carbohydrates are necessary for the body. What you may need isn't to cut them from your diet, but rather be sensible about their intake.

Decreasing your intake of carbohydrates will likely make a positive difference. On the other hand, completely removing them from your diet is likely to harm you in more ways than one.

I'd like to move on to the nutrition section because it's incredibly important for helping you achieve the physique of a porn star. But just before I do, allow me to leave you with the following advice.

You're fully capable of losing weight. Read that again. Your past weight loss experience is irrelevant. Regardless of how many times you've stumbled, you're going to succeed this time – **as long as you want to badly enough.** It's rare to get it right the first time anyways.

Lastly, I want you to get over your objections and irrational excuses. For instance, you may believe that you currently don't have the time to exercise 4 or 5 days a week. Are you ready to admit that this is an excuse? You could always wake up an hour earlier to make time for a workout. You could spend one less hour watching TV or surfing the web in the evenings. You could start being true to yourself and making time to do what you know is necessary.

Contrary to popular belief, you don't need to exercise for longer than an hour to lose weight or put on muscle. Oftentimes, a 40-minute workout at a moderate-high intensity is more than enough. Meaning that it doesn't take sacrifice to squeeze in a workout most days of the week.

If you're just getting started, I know that it's difficult. Creating a long-lasting habit from scratch really is easier than it sounds. But it can be done. I've done it, my friends in the industry have done it, and guess what: it's a necessary habit if you're to develop and maintain the physique of a porn star. There are no shortcuts to a star physique. But then again, nothing worth having comes easy. This is one of those examples where you can be proud of the work you put in, because the reward is truly worthwhile.

If it helps, start with 3 times a week in the gym. As long as you're doing *something*. It would be unrealistic to expect to achieve a porn star physique overnight, but you have to start somewhere. And trust me when I tell you that if you put in the work, you'll get there in no time. You'll be surprised at

how much of a night-and-day difference 6 months can make. If you're consistently in the gym and eating right, there are no limits to what you could achieve.

Now that I've covered some of the essential details regarding the mindset you need to succeed, let's move on to nutrition.

Nutrition

When it comes to nutrition, there are many different approaches you could take to achieve success. But to ensure that you're indeed successful requires you to be very specific with your goal, and even more specific with your chosen approach. As I mentioned before, being too general in this regard would increase your risk of failure. With weight loss, you must be very precise.

Fortunately, your goal is very specific: achieve the physique of a porn star. And because you've found this guide, your approach is tailored specifically for this objective. I'm going to make sure that you don't waste any of your valuable time and effort by teaching you only what works. But you must also follow the guidelines very closely if you're to succeed.

I'm going to be frank and to the point. I'll outline a few principles that you must follow to make the most of your weight loss efforts, and hopefully put on some muscle mass as well. Depending on your past history with weight training, it may or may not be possible to lose weight and add muscle at the same time. If you're not currently in a gym or if you're somewhat new to weight training, it's perfectly possible to do both. Since most readers are not veterans in the gym, I'm going to make the assumption that it's possible for you to do both to some extent.

Even though weight training will play a big role in helping you achieve a porn star physique, you must understand that your nutrition is of utmost importance. As far as your body goes, nothing is more important than what comes in to your body. You must optimize your food consumption, so that it's conducive to a leaner and stronger body.

Nutrition comes first – whether or not you're technically overweight.

Of course you're not going to overlook physical training. You're going to improve your diet while you exercise for a better body. But know that even if you have the best exercise plan in the world, it will do you absolutely nothing if your nutrition is poor. This is why I emphasize the importance of quality nutrition.

You may be familiar with the following saying: “abs are made in the kitchen.” This is undeniably true. My nutritional advice will help you develop porn star abs, if you stay disciplined and see it through. While your efforts in the gym will help you build an admirable physique, provided that your diet is under control.

At the end of the day, the actions you take should be seen as a permanent lifestyle change. You’re not only committing to the goal of attaining a porn star physique – but also to living a healthy life and maintaining the physique you worked so hard to achieve.

You’ll get there, as long as you don’t quit.

Moreover, the best way for me to breakdown nutrition is to establish some essential principles. By following these principles you’ll ensure that the diet you follow is conducive to a leaner body and the physical appearance of a porn star.

You may believe that we have some “porn star diet” that we can thank for our physiques. This is not the case. But what is true is that many porn stars do follow the same nutritional guidelines. We know what it takes to get such physiques and how we have to eat to maintain it.

I'm going to share the guidelines that we follow so that you too can achieve the same physique yourself.

Just before I give you the principles, here's a quick summary of the conditions that need to be met for you to lose weight, with some additional pointers:

- Consume fewer calories than your body requires to establish a caloric deficit
- Any deficit you create will result in fat loss, because your body compensates by burning fat to supply itself with needed fuel
- Any form of physical activity burns calories, so exercising will assist your weight loss efforts
- Weight training in particular will increase your muscle mass, making weight loss easier, since having more lean muscle increases your caloric expenditure
- Eating a healthy diet & staying hydrated will help you prevent hunger pangs, making it easier to hold off until your next meal
- Blood sugar is also a factor in weight loss. Optimize your carbohydrate intake to prevent drastic fluctuations in your blood sugar

(eat predominantly complex carbohydrates, like vegetables and whole-grain products)

- *Temporary* hunger is a must if you're to lose weight. It's a sign that your body is relying on its fat stores for energy. If you're not allowing yourself to be intermittently hungry, you're not allowing your body to burn fat, either

Truthfully, when it comes to weight loss through nutrition it's more about willpower and discipline than any type of nutritional science. Technically, you could eat cheeseburgers and fries daily and still get porn star abs. It could take a while, you'd have to severely cut your intake elsewhere, but it truly could be done. While this would be unhealthy, not to mention a poor decision for many reasons, it's still worth pointing out that it's doable in the presence of enough willpower and discipline.

Do you have a BURNING desire to achieve a porn star physique? This is a critical question for you to answer before you could make full use of my nutritional advice. If you're willing to stop at nothing until you reach your goal, then I have good news for you: porn star abs *will* be yours. But if you're hoping that checking off a few nutritional changes will be enough to help you make a drastic change in your physique, you're likely in for some disappointment.

Remember, at the end of the day the best I can do is give you the tools that I used to succeed. Whether you use them or not is completely up to you. And if you hadn't guessed, willpower and discipline are also part of the equation. If you're not disciplined enough to follow the principles I'll set out for you, or if you lack the drive to resist your hunger pangs (because intermittent hunger helps you burn fat), you're going to struggle to make significant progress.

But if you believe that you DO have what it takes, then you're already halfway there. Let me help you to the finish line.

I'm going to briefly discuss 5 weight loss principles that you must follow if you're to get porn star abs. I've followed all of these very closely in the past to get my physique, and I still follow them to maintain it. While they may seem elementary in nature, I attribute my success to them. Sometimes the basics are all you need. It's a shame that they're so widely overlooked.

Let me start with weight loss principle #1.

Weight Loss Principle #1 – Control Your Hunger

If you're not able to control your hunger, you're simply not going to lose weight. This is the cold hard truth. You must endure your hunger pangs to

some extent if you're to succeed at maintaining the caloric deficit that allows you to lose your stubborn belly fat.

You must understand that your appetite primarily dictates your hunger. You must not trust your appetite – it's selfish and it doesn't care about your goals. You'll eat a satisfying meal, only to be "hungry" 3 hours later. So if you're able to control your appetite through logical reasoning, you'll be able to control your hunger and make progress.

For instance: if you just ate a hearty meal, there's no need to eat again for several hours. Most people snack throughout the day, elevating their blood sugar needlessly. It would do you wonders if you were able to keep to 2 meals a day, with a healthy snack as the only exception (yogurt or fruit works great).

Remember – hunger also acts as a signal that your body is using fat for energy. So resist it sensibly, so that you're able to burn some of your extra fat directly.

Weight Loss Principle #2 – Drink to Your Health

The second weight loss principle is to start drinking to your health.

Greatly limit your intake of caloric beverages like sodas and fruit juices. They're often needless calories that elevate your blood sugar causing an insulin spike, which inhibits fat breakdown in the body.

Make your own fruit juices instead. Blend fruits together, or juice fruits and vegetables if you have a juicer. This way you know there are no added sugars in your juice and that you're getting a natural source of vitamins and minerals.

In addition, drink plenty of water – especially before your meals. This will help you keep your hunger pangs at bay, not to mention eat a bit less.

Lastly, keep alcohol to a bare minimum. It's just empty calories. If you do drink on the weekend, limit yourself to 2 drinks at the max. Don't let your hard work during the week go to waste.

Weight Loss Principle #3 – Choose the Right Meals

It's incredibly important to eat the right meals if you're to shed fat and attain the physique of a porn star. You must learn to eat predominantly complex carbohydrates, plenty of protein, and healthy fats so that your body has all the nutrients it requires for optimal functioning.

The best way to help you choose the right meals is to give you a few quality examples. Here are some of the staples in my diet. I encourage you to give them a try:

Aaron's dinner meal

- Seasoned chicken breast (add a dash of olive oil)
- Sweet potatoes
- Mixed veggies (broccoli, carrots, and cauliflower are my go-to veggies)
- Fruits for desert (strawberries, grapes, or pineapple)
- Complex carbohydrates, a protein source, and healthy fats make this a quality meal, conducive to a fat loss program

Yogurt

- Greek or plain unsweetened yogurt
- Raisins or blueberries (no more than 50g)
- Honey, 1 tablespoon (optional)
- I like having this before bed sometimes, when I find it particularly difficult to sleep on an empty stomach

Morning oatmeal

- Oatmeal (large-flake oats)
- Diced apple
- A dash of cinnamon

- Milk (1/2 cup)
- Microwave for 60-90 seconds
- This is my favourite breakfast meal. It's healthy and filling; the perfect mixture to start off your day

These are just a few examples. I encourage you to actively improve the quality of your meals to facilitate your weight loss efforts.

Don't forget the importance of protein as well. Particularly because it helps you build muscle mass, which leads us to...

Weight Loss Principle #4 – Be Physically Active

While nutrition is #1 when it comes to burning fat, it doesn't hurt to factor in exercise. Especially when you consider that it helps you build muscle and truly achieve the physique of a porn star.

I'll go into more details behind physical activity in the next section. But know that if you're exercising at *least* 3 times a week while keeping your diet in check, you're all but guaranteed to succeed. Remember that weight loss isn't difficult in theory. As long as the basic requirements are met, you're going to make progress.

Weight Loss Principle #5 – Track Your Progress

The only way to know if you're on the right track is to frequently measure your progress. Keep a log of your efforts, so that you know if you should cut your food intake a bit further or if you're allowed a break every so often.

Make it a habit of weighing-in once a week, first thing in the morning and on an empty stomach. You should see consistent progress on a week-to-week basis. Don't worry if you stall for one week. But if you stall for two, it's a sign that you need to cut down your intake a bit further to continue shedding your extra weight.

Regardless of your starting weight, aim to lose 1-2 pounds per week. Anywhere within this range is a healthy goal for the vast majority of men. Keep in mind that if 4 pounds of fat loss in a month isn't truly significant for you, it has the potential to become 24 pounds in 6 months, which is a night-and-day difference.

48 pounds in a year could mean the difference between having an overweight physique and having the body of a porn star.

There are other ways of tracking your progress, such as taking pictures of your physique and paying attention to the fit of your pants. Use more than one method if you'd like.

This concludes the nutrition section of *The Adult Movie Star Abs Secret*. Follow the weight loss principles above and you'll be eating like a porn star to look like a porn star.

Now, allow me to talk about exercise and training.

Exercise & Training

Giving advice on exercise and training is complicated to say the least. I have to consider the fact that you've likely heard a bunch of different training concepts before, which could make it difficult for you to agree with anything I suggest. But that's because opinions vary, and what works for one man doesn't necessarily work for another.

What I can do however is give you the same training routine that I have personally followed. It's the same one that I've learned from other porn stars that have taught me what's worked for them. If you eat like we do while following our training routine, it goes without saying that you'll be on the right track to getting a porn star physique.

I'm going to assume that the fat loss component is taken care of, which should be the case if you follow all of the weight loss principles I outlined before. Now all that's left is for you to train hard to facilitate your weight loss efforts even further, as you build some muscle mass.

I'm going to outline a 2-month training program, based on what I currently do. The first month will be the conditioning period to get your body used to the exercises. The second month will be a slight progression from the first. By month two you'll be doing the exact same workout routine that I currently do.

I'm going to split up the program into 3 different workouts when it comes to weight training: push, pull, and lower body & core.

Just before I outline the exercises, here's how you should approach the weights: lift heavy enough to challenge your muscles, but NOT heavy enough that you can't complete the intended number of reps. You'll see that most exercises follow a 3 set, 8-12 rep scheme, as this is the hypertrophy zone. So pick a weight for each exercise that you can do 12 reps on the first set. After resting for 40-60 seconds, you should struggle to do 12 again. It's perfect when you can push 12 reps on the first set, 10 on the second, and anything close to 8 on the third.

If you could only push 11 reps on the first set and you struggle to get 6 on the second – the weight is too heavy. In contrast, if you're getting 12 reps on sets 1 and 2, the weight is too light.

In addition, I recommend one or two sessions with a personal trainer if you're not familiar with any of the exercises below. Just tell him that you want to know how to do the following exercises properly. He should help you with the proper technique.

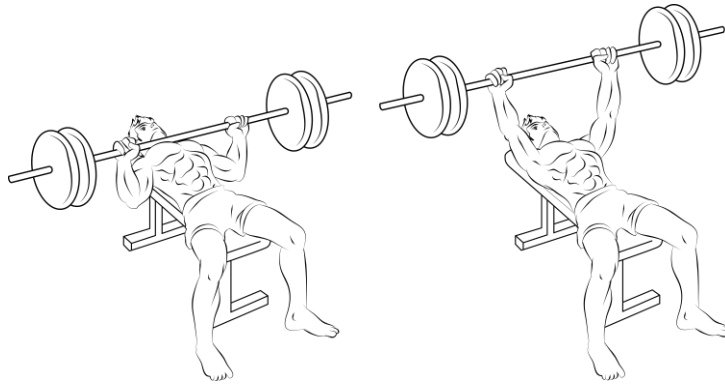
Lastly, safety comes first. Always be extra-careful in the gym, especially if you're new to weight training. This is a reminder that you're responsible for all of your actions and behaviours. Always warm-up before your workouts: jogging 5-10 minutes on the treadmill, or cycling on a stationary bike *will* make a difference.

Now, let's move on to the first workout, push day.

Push Day

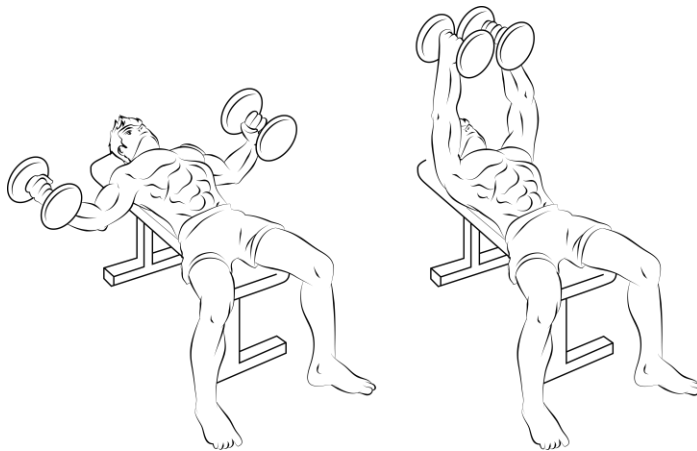
Flat Bench Press or Incline Bench Press (barbell or dumbbell)

- 3 sets of 8-12 reps



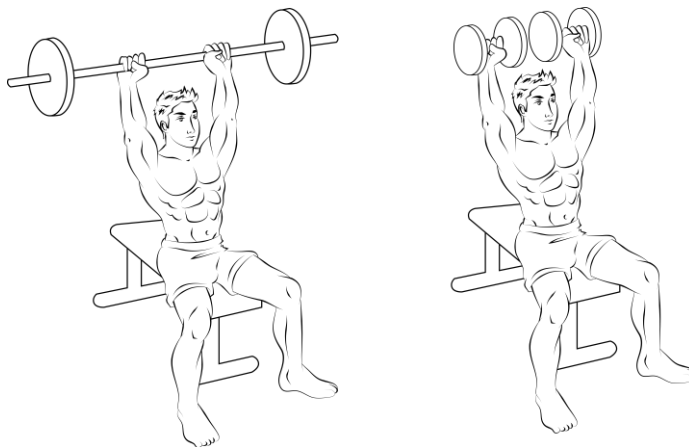
Chest Flies

- 3 sets of 8-12 reps



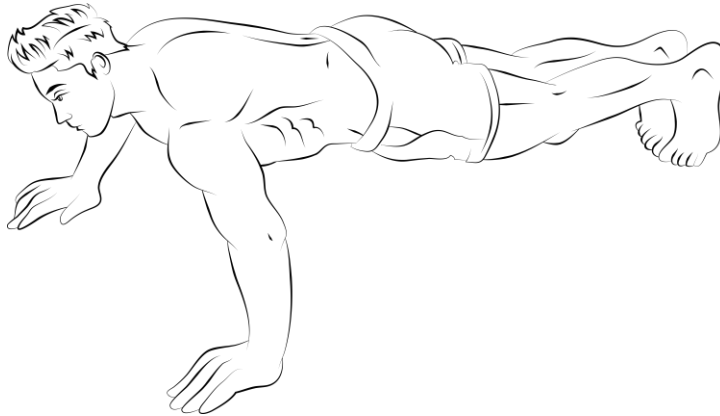
Shoulder Press (barbell or dumbbell)

- 3 sets of 8-12 reps



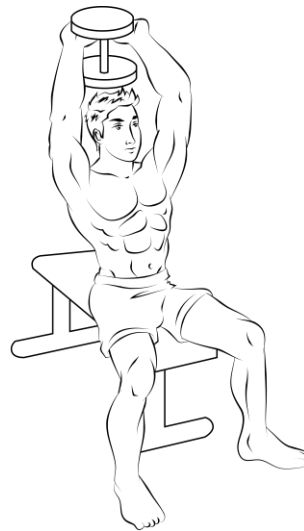
Bodyweight Push-ups

- 3 sets until failure



Tricep extensions

- 3 sets of 8-12 reps

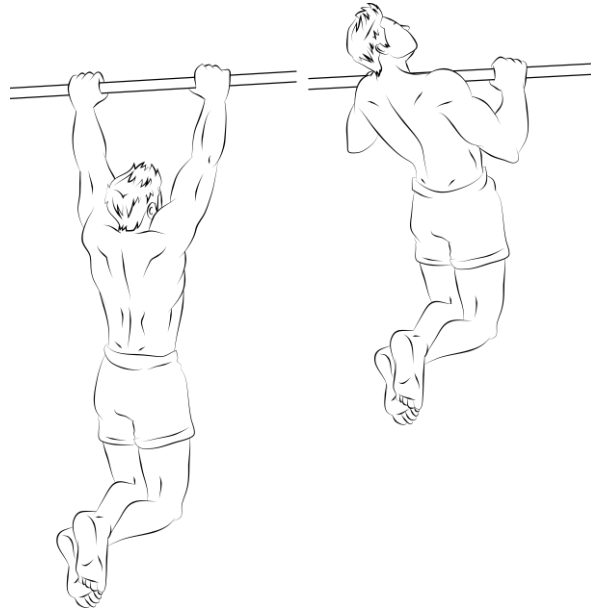


Rest 40-60 seconds between sets. And whenever I give you a choice between exercises, it's up to you to decide.

Pull Day

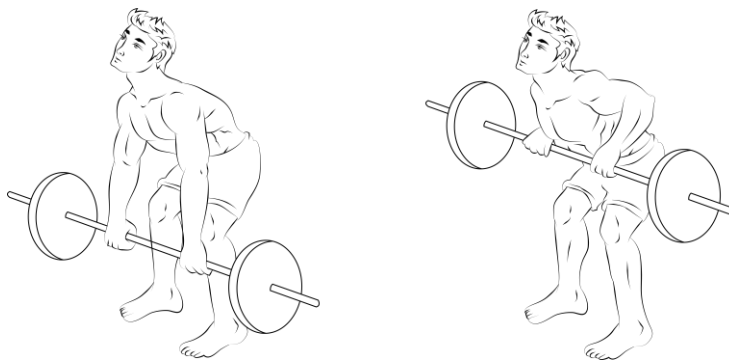
Pull-ups (assisted if necessary)

- 2 sets until failure



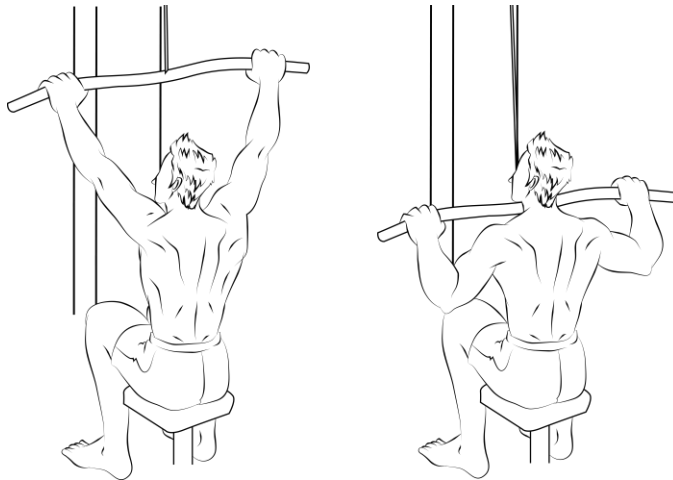
Rows (barbell or seated)

- 3 sets of 8-12 reps



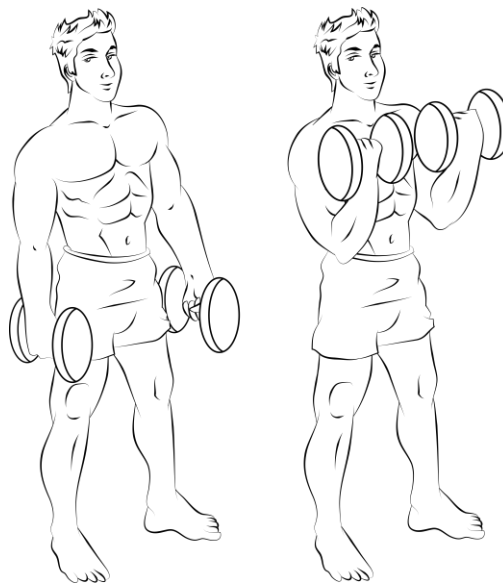
Lat Pulldown

- 3 sets of 8-12 reps



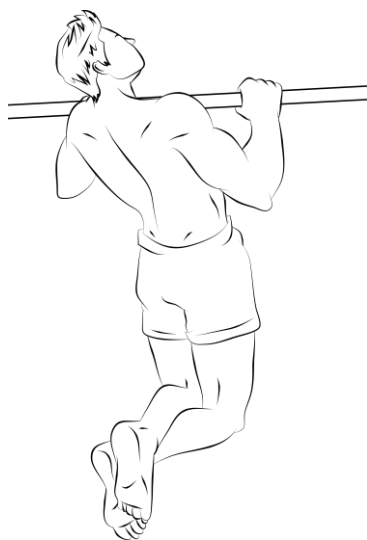
Bicep Curl

- 3 sets of 8-12 reps



Isometric Pull-up

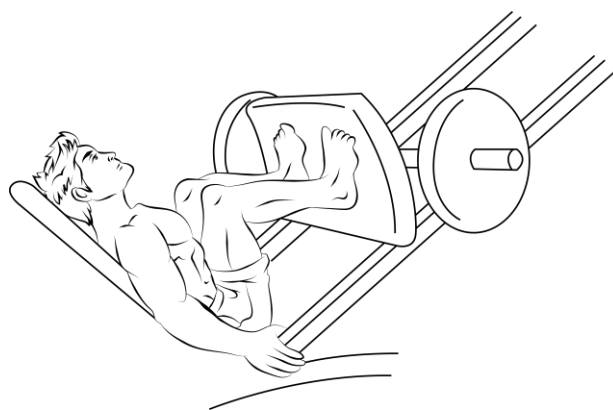
- 1 set, 1 rep
- Hold a pull-up for as long as you possibly can until muscular failure



Lower Body & Core Day

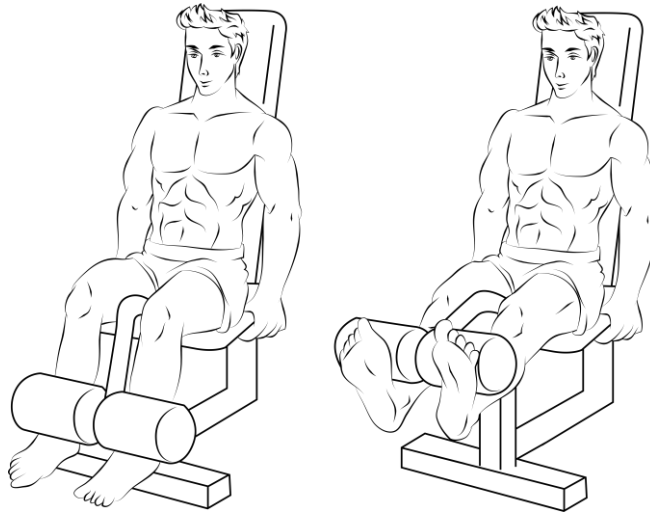
Barbell Squat or Leg Press

- 3 sets of 10-15 reps
- Take a 2 minute break in between sets if needed



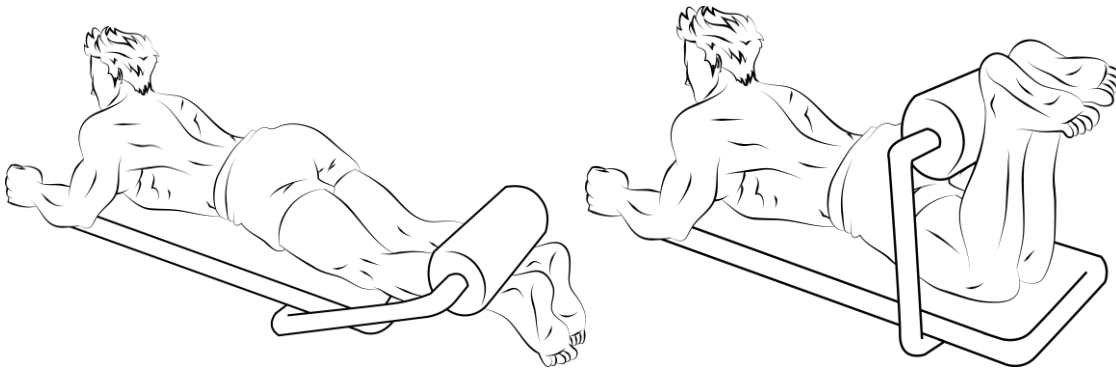
Leg Extensions

- 3 sets of 8-12 reps



Leg Curls

- 3 sets of 8-12 reps



Calf Raises

- 3 sets of 10-15 reps



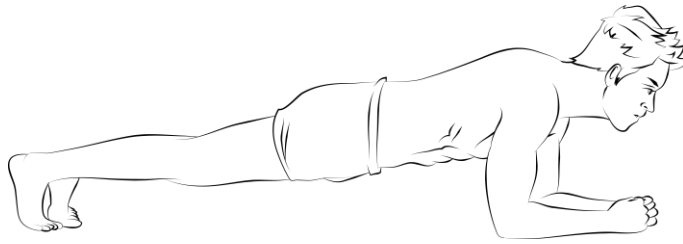
Crunches

- 3 sets until failure
- Keep tension on your core at all times – don't relax until the set is complete. Crunches to the side will target your obliques.



Planks

- 3 sets until failure
- Rest your weight on your forearms – keep your core tight and your lower back straight



The Routine

Now that you know the workouts and the exercises, all that's left is the routine.

You're going to be alternating between the different workouts each week. For month two, you're going to be doing more cardio. On your cardio days, a 30-minute jog on a treadmill, or a 30-minute session on a spinning bike will be enough. I'm not going to stress cardio too much because you should already be in a caloric deficit through your diet. But it's still important as far as fitness goes.

After month 2, you're free to continue the program as you see fit. You can make your own changes if you'd like. If you stay consistent in the gym, you'll know what's best for you at the 2-month mark. Provided your diet is also taken care of, you'll have seen significant changes in your physique, so all you'll have to do is continue to build on your progress.

For month one, you'll do your weight training on a Mon-Wed-Fri schedule, with one day of cardio a week. For month two, the weight training will remain the same, but you'll do two days of cardio each week. Feel free to play around a bit with the days that you do cardio, but you shouldn't have to change the structure of the program too much.

If you ever miss a day, don't fret. Just look forward to the next workout. Life gets in the way sometimes. But be very careful – you don't want to make skipping workouts a habit.

I've included a workout guide along with a tracking sheet that you can print out for your convenience. To see how the workout program is structured, refer to the tracking sheet. Simply mark an X over the box once the day is complete, and move along each week as you progress through months 1 and 2.

By the end of month 2, you'll be training exactly like me. Always look for new ways to challenge yourself, to make sure that your progress doesn't stagnate. Lift heavier weights once what you regularly lift becomes too light. Try different exercises or variations. But don't change the core focus of the workouts – you should still have a push, a pull, and a lower body & core day. This will ensure that you're building a proportionate physique.

And don't forget the importance of making training a habit. If you're able to commit to the gym, a better physique WILL be yours. And if your nutrition is on point, it's just a matter of time until you have the physique of a porn star.

Conclusion

If you've made it this far, then I'm proud to say that you now understand *The Adult Movie Star Abs Secret*. You're now familiar with the nutrition and training plan used by porn stars to develop and maintain their incredible physiques.

Don't forget the weight loss principles. Make training a habit and a permanent part of your lifestyle. As long as you cultivate some willpower and discipline, I have no doubt that you'll achieve a porn star physique.

I've given you my tools to succeed, and now all that's left is for you to use them.

I want to thank you for reading *The Adult Movie Star Abs Secret*, and I wish you the very best. I hope to see you again soon.

Aaron Wilcoxxx

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