



MENOPAUSE BELLY MELTDOWN

*Lose Menopause Belly Fat. Boost
Energy. Kickstart Your Metabolism...
In Just One Day!*

A Quick Note from Master CTT Mike Whitfield...

Let's be honest...it's beyond frustrating. You're eating better, moving more, maybe even skipping dessert... yet that stubborn belly fat refuses to budge.

It's not that you've lost discipline, it's that your hormones have shifted the rules of the game.

For women in midlife, it's not just about calories anymore. Estrogen drops, cortisol rises, sleep goes haywire, and suddenly what used to work doesn't even make a dent.

But here's the good news... you can reset your body's "fat-burn switch" faster than you think.

This 24-hour guide was designed specifically to help women over 40 break that hormonal deadlock and jumpstart results in a single day.

It's not a magic pill or a starvation plan. It's a strategic combination of movement and nourishment that helps your body work with your hormones instead of fighting them.

It's challenging, yes... but the payoff is worth it.

My clients have used this exact method to flatten bloating, boost energy, and feel lighter (physically and mentally) in just one day.

So give me 24 hours.

Follow the plan.

Trust the process.

Then wake up tomorrow feeling like your metabolism just got a second wind.

The record – so far – has been 5lbs. Let me know if you beat it!

To you successful jumpstart,

Mike Whitfield, Master CTT

Disclaimer:

The recommendations in this and any other document are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this or any other program or if you have any medical condition or injury that can possibly worsen with physical activity. This program is designed for healthy individuals 18 years and older only. The information in this document is meant to supplement, not replace, proper exercise training and dieting. All forms of exercise pose some inherent risks. Mike Whitfield, or anyone associated with Chamkan LLC advises readers to take full responsibility for their safety and know their limits. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician. See your physician before starting any exercise or nutrition program. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use this or any other program, please follow your doctor's orders.

Note: You should do this ONCE per week MAX.

This is going to be a strategic combination of water intake, exercise, fasting (modified fasting if needed), protein, and fiber.

The exercise routine can be done at any time during the 24 hours. However, the EARLIER, the better.

Alright, let's do this! Simple follow these rules to experience your fastest fat loss in 24 hours...

Rule #1 Leverage the Power of Fasting (or Modified Fasting)



Let's say you had your last bite at 6pm Sunday night. You would then fast until Monday at 2pm. Don't worry, I'll show you what to eat once your fast is over.

Fasting includes AVOIDING:

- ☞ ANY type of food
- ☞ Any caloric drinks (sweet tea, juice, soda, etc.)

While fasting you CAN consume:

- ☞ ANY non-caloric drinks (water, coffee, unsweet tea, diet soda, seltzer, etc., etc.)
- ☞ If you absolutely can't have coffee without creamer, go ahead and have ONE tbsp.

Note: If you absolutely cannot fast, you can do what's called a "modified" fast, where you simply eat two servings of no more than 200 calories each (a total of 400 calories) within the 20-hour period. Ideally, this would be a protein source such as a protein bar, Greek yogurt, protein shake with water, etc. You won't get AS good results as doing a full fast, but I understand some people just don't do well with fasting and that's OK! Make this YOURS.

Rule #2 Drink a Minimum of 100oz of Water Throughout the Day



Water helps flush out toxins from your system and helps you stay full. However, there's more good news about this nearly free resource...

A study published in the Journal of Clinical Endocrinology and Metabolism found that drinking just 500mL of water **speeds up your metabolic rate by 30%**.

Plus, your hunger (especially when fasting) decreases. Quite simply, water fills up your stomach, alleviating that gnawing hunger feeling.

Get this...

Researchers discovered that middle-aged people who drank two 8-ounce glasses of water right before meals, **lost more weight over a 12- week period than those who didn't.**

Water drinkers lost about 15.5 pounds, while the non-water drinkers lost about 11 pounds. **That's 30% more fat lost!**

Rule #3 Your 2 Meals of the Day Will Be Protein + Fiber + Omega 3s



Protein: Digesting protein burns more calories than carbs/fats. It also allows you to preserve metabolism-boosting muscle tissue (especially in a calorie deficit). This, combined with strategic exercise, encourages your body to target fat cells for energy vs lean muscle tissue.

Fiber: Fiber helps you get rid of waste in your system (and even helps with your weekend “pooch” belly). By combining protein and fiber, you’ll also SLOW DOWN the digesting process, making you feel fuller longer.

Omega 3s: The omega-3 fatty acids affect leptin, a hormone that regulates your metabolism rate. Consuming Omega 3s have been shown to **boost metabolism by as much as 400 calories per day.**

There’s one concoction that includes all of this and it takes about 30 seconds to make, saving you time...

PROTEIN **POWER** SMOOTHIE

INGREDIENT #1 ONE SERVING OF PROTEIN POWDER

- ✓ Aim for a powder that has 20-25 grams of protein per serving
- ✓ No more than 5 grams of fat (because you'll be getting the omega 3 fats from a different source and don't want to add unnecessary calories)
- ✓ 10 grams or less of carbs

INGREDIENT #2 Choose ONE of the following (10-16oz):

- ✓ Water
- ✓ Unsweetened almond milk
- ✓ Unsweetened cashew milk
- ✓ Unsweetened coconut milk
- ✓ 1% or skim milk



**INGREDIENT #3 TWO
Tablespoons of Chia
Seeds**



You get nearly 11 grams of fiber per serving (2 tbsp).

According to the National Institutes of Health, chia seeds are a natural blood sugar “balancer” due to the powerful combination of high fiber and healthy fats (Omega 3s).

But wait, there’s more...

The rich fiber content in chia seeds also helps people feel more full quicker because it absorbs a considerable amount of water and immediately expands in the stomach when eaten. This may explain why clinical studies have proved that chia curbs hunger and suppresses appetite, which can also lead to weight loss. This is the PERFECT meal to end a fast with.

Studies show that the addition of chia seeds to your diet also reduces visceral adipose tissue, a “belly fat” tissue that affects the metabolism of the body and is a component of obesity.

PROTEIN **POWER** SMOOTHIE

Instructions:

- ✓ Take a shaker bottle or a tall glass and pour 10-16oz of liquid into it (water, milk, etc.), depending on how thick you want it (the less liquid, the thicker it will be)
- ✓ Put in ONE serving of protein powder (read the label, but most protein powders have one scoop as a serving)
- ✓ Put in 2 tbsp of chia seeds

Shake it up and enjoy. It's better blended if you have a blender. Worst case scenario, you simply stir it if you don't even have a shaker bottle (but you can typically get one for under \$5 at grocery stores).

You'll have this TWICE after your fast, preferably having your last one a minimum of 2 hours before bed.

If you don't want to use the simple smoothie method, I suggest this, spread over TWO meals:

40 – 50 grams of protein

14 – 18 grams of fat (preferably omega 3s from fish)

20 – 30 grams of fiber

Remember, it's only ONE day, so I encourage you to do the smoothie option for best results. Chia seeds are almost magical!

Rule #4 The Official 24-Hour Menopause Belly Meltdown Workout



I've designed this routine to not crank up your metabolism, but to make it **SOAR**. The earlier you do this, the better. Studies have shown this type of exercise can help you burn calories for up to 30+ hours as your body burns calories to return to a normal state (homeostasis).

It's longer than my traditional programming, but with good reason...

I want you to lose the most fat possible over the next 24 hours. We're going to put in ALL the "magical" ingredients that speed up your metabolism:

- 🔥 **METABOLIC RESISTANCE TRAINING (MRT)**
- 🔥 **METABOLIC CONDITIONING (MC)**
- 🔥 **METABOLIC FINISHER (MF)**

I won't dig too deep into the science behind each of these approaches, but they offer a mix of burning fat **DURING** exercise and **AFTER** you're done. It's a nice 1-2 punch.

The routine is based on density, where you do as much work as possible in the time given. This works really well because it caters to your fitness level. With that being said, remember this:

AMRAP = As many rounds as possible

What Resistance to Use

I'll have basic equipment, no equipment, and joint-friendly options built in.
Example:

Kettlebell Swings or Dumbbell Swings or Total Body Extensions (20)

You would then choose EITHER the KB Swings, DB Swings, OR the Total Body Extensions and do 20 reps.

When it comes to resistance exercises, select a weight you can lift for 2-3 more reps than prescribed since we're doing a density style of workout, unless otherwise noted.

How to Customize This Routine

The great thing about density training is you simply rest when you need to. The idea is rest just enough to catch your breath and recover so you can do each set with precision and with your best effort.

Remember – I'll have beginner-friendly options built right in as well. Exercise photos are at the bottom of this guide.

Let's do this!...

The Workout

Step 1: Warm-up

Do the following circuit TWICE, resting for 1 minute between circuits.

- Leg Swings (15/side)
- T Push-ups or Kneeling Offset Push-ups (4/side)
- Bodyweight Squat or Lying Hip Extension (6)
- Push-up Plank (20 – 30 secs)

Step 2: Metabolic Resistance Training (MRT)

20 Minutes

Do the following circuit as many times as you can in 20 minutes, resting when needed. When the 20 minutes are up, rest 1 minute and move into the MC circuit.

- 1-Arm Dumbbell Push Press (6/side) (if you don't have dumbbells for this exercise, simply skip this one)
- Goblet or Bodyweight Bulgarian Split Squat or Bodyweight Split Squat or 1-Leg Lying Hip Extension (8/side)
- Dumbbell 2-Arm Row (10) or Bodyweight Row (12)
- Dumbbell Squeeze Press, Triple Stop Push-ups or Kneeling Push-ups (10)

The Workout

Step 3: Warm-up Metabolic Conditioning Circuit (MC)

15 Minutes

Do the following circuit as many times as you can in 15 minutes, resting when needed. When the 15 minutes are up, rest 1 minute and move into the finisher.

- Kettlebell or Dumbbell Swings or Total Body Extensions (20)
- T Push-ups or Kneeling Offset Push-ups (5/side)
- Jumping Jacks (20-40) or Walk Briskly in Place (20 secs)
- X-Body Mountain Climbers (10/side)

Step 4: Metabolic Finisher Circuit (MF)

8 Minutes

Do the following circuit as many times as you can in 8 minutes, resting when needed.

Burpee (5) or Bodyweight Squat or Lying Hip Extension (8)

Bodysaw (5)

Skater Hops (10/side) or Walk Briskly in Place (20 secs)

Exercise Photos (Warm-up)

Leg Swings

- Stand with your feet hip width apart and hold on to something for balance.
- Take the inside leg and swing it back behind you and then swing it straight out in front of you.
- This will stretch your hamstring so do it gently.
- Continue to swing your leg faster and higher with each repetition.
- Do all reps for one side then switch.



Exercise Photos (Warm-up)

T-Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Exercise Photos (Warm-up)

Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do all reps for one side and then change hand positions and complete all other reps.
- You can also do these kneeling.



Exercise Photos (Warm-up)

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don't let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Photos (Warm-up)

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Exercise Photos (Warm-up)

Pushup Plank

- Start in the top of a pushup position. Hold your body in a straight line.
- Keep your back straight and your hips up. Hold (brace) your abs tight. Contract them as if someone was about to punch you in the stomach, but breath normally.
- The lower you are, the more difficult it will be



Exercise Photos

(Metabolic Resistance Training Circuit)

1-Arm DB Push Press

- Hold one dumbbell at shoulder level and stand with a slight bend in your knees.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Start the movement with a rapid, yet small, dip at the knees.
- Explode up and press the dumbbell overhead until your arm is fully extended.
- Slowly lower the dumbbell back to shoulder level.
- Do all reps for one side and then switch.



Exercise Photos

(Metabolic Resistance Training Circuit)

Goblet Bulgarian Split Squat

- Stand with your feet shoulder-width apart. Hold a dumbbell in front of you at chest height.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Photos

(Metabolic Resistance Training Circuit)

Bodyweight Bulgarian Split Squat

- Stand with your feet shoulder-width apart.
- Place the instep of one foot on a bench. Step forward with the other foot, taking a slightly larger than normal step.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Photos

(Metabolic Resistance Training Circuit)

Bodyweight Split Squat

- Stand with your feet shoulder-width apart.
- Step forward with your one leg, taking a slightly larger than normal step.
- Press the front of your back foot into the ground and use it to help keep your balance. The back knee should also be bent.
- Contract your glutes, brace your abs and keep your spine in a neutral position.
- Lower your body until your front thigh is parallel to the ground.
- Keep your upper body upright and your lower back flat.
- Push up to the upright position, but don't step back. Stay in a split-squat stance.
- Perform all reps for one leg and then switch.



Exercise Photos

(Metabolic Resistance Training Circuit)

1-Leg Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your right glute (butt muscle) while you take your left leg, lift it off the floor and hold it in the position shown.
- Using the right glute, bridge your hips up.
- Keep your abs braced. Do not use your low back to do this exercise.
- Slowly lower your hips down until they are an inch above the ground.
- Perform all reps for one leg and then switch sides.



Exercise Photos

(Metabolic Resistance Training Circuit)

2-Arm DB Row

- Hold a dumbbell in each hand with an a neutral or overhand grip
- Stand with your knees slightly bent. Push your hips back
- Squeeze your shoulder blades together as you bring the dumbbells up to your sides.
- Slowly lower to the start position.



Exercise Photos

(Metabolic Resistance Training Circuit)

Bodyweight Row

- Stand with your feet shoulder width apart and your arms extended in front of you as if you are performing a standing row.
- Bring your arms in while keeping a 90 degree bend with your elbows
- Squeeze your shoulder blades HARD
- Return to the starting position



Exercise Photos

(Metabolic Resistance Training Circuit)

DB Squeeze Press

- Lie on a bench holding a pair of dumbbells in front of your chest with your palms facing each other.
- While squeezing together the dumbbells, push the dumbbells up by performing a chest press
- Slowly return to the starting position.



Exercise Photos

(Metabolic Resistance Training Circuit)

Triple Stop Pushup

- Keep abs braced and body in a straight line from knees to shoulders. Hands should be slightly wider than shoulder width apart.
- Lower into a pushup position, but halfway down pause for one second.
- Then continue to lower yourself until you are 2 inches off the ground. Pause for one second.
- Return to the starting position. That's one rep.



Kneeling Close-Grip Pushup

- Keep the abs braced and your upper body in a straight line.
- Place your hands right at shoulder width or slightly wider.
- Slowly lower yourself down until you are an inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your upper body in a straight line at all times, keeping your knees on the ground (use a mat if needed)



Exercise Photos (Metabolic Conditioning Circuit)

KB or DB Swings

- Stand with your feet wider than shoulder-width apart. Hold a single Kettlebell or dumbbell in both hands in front of your body at arm's length.
- Push your hips back and swing the Kettlebell or dumbbell between your legs.
- Drive back up to the start position and swing the Kettlebell or dumbbell up to chest height. Move at a quick pace.



Exercise Photos (Metabolic Conditioning Circuit)

Total Body Extension

- Start in the standing position as if you were going to do a bodyweight squat.
- Dip down quickly into a quarter squat and swing your arms behind you by your sides.
- Explode up and extend your body onto your toes, raising your arms overhead.
- Control the descent back and in one movement return to the dip before exploding back up again.
- This is a non-impact replacement for jumping.



Exercise Photos (Metabolic Conditioning Circuit)

T-Pushup

- Keep the abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart.
- Slowly lower yourself down until you are 2 inches off the ground.
- Push off to return to the start position.
- As you come up, rotate to one side and point that arm towards the ceiling.
- Alternate sides with each rep.



Exercise Photos (Metabolic Conditioning Circuit)

Offset Pushup

- Keep your abs braced and body in a straight line from toes to shoulders.
- Place the hands on the floor slightly wider than shoulder-width apart, BUT place one hand in front of shoulder level and the other hand behind shoulder level.
- Slowly lower yourself down until you are 1 inch off the ground.
- Push through your chest, shoulders and triceps to return to the start position.
- Keep your body in a straight line at all times.
- Do all reps for one side and then change hand positions and complete all other reps.
- You can also do these kneeling.



Exercise Photos (Metabolic Conditioning Circuit)

Jumping Jacks

- Stand on the balls of your feet with your feet shoulder width-apart and arms by side.
- Jump your feet out to your sides and raise your hands overhead at the same time.
- Return to the starting position



X-Body Mountain Climber

- Brace your abs. Start in the top of the push-up position.
- Keep your abs braced, pick one foot up off the floor, and slowly bring your knee up to your opposite shoulder. Do not let your hips sag.
- Keep your abs braced and slowly return your leg to the start position.
- Alternate sides until you complete all of the required repetitions.



Exercise Photos (Metabolic Finisher Circuit)

Burpee

- Stand with your feet shoulder-width apart.
- Drop down onto your hands and feet, then thrust your feet back so you are in a pushup position.
- Perform a pushup (or you can modify this and remove the pushup)
- Thrust your feet back in and then stand up.
- You can add a vertical jump at the end as well.



Exercise Photos (Metabolic Finisher Circuit)

Bodyweight Squat

- Stand with your feet just greater than shoulder-width apart.
- Start the movement at the hip joint. Push your hips backward and “sit back into a chair”. Make your hips go back as far as possible.
- Squat as deep as possible, but keep your low back tensed in a neutral position.
- Don’t let your lower back become rounded.
- Push with your glutes, hamstrings, and quadriceps to return to the start position.



Exercise Photos (Metabolic Finisher Circuit)

Lying Hip Extension

- Lie on your back with your knees bent and feet flat on the floor.
- Brace your abs, and contract your glutes (butt muscles) as if you were squeezing something between your cheeks.
- Bridge your hips up by contracting your glutes. Don't use your lower back.
- Hold your hips elevated for a 1-count. Keep your abs braced and squeeze the glutes.
- Slowly lower your hips down until they are an inch above the ground. Then repeat.



Exercise Photos (Metabolic Finisher Circuit)

Bodysaw

- Support your weight on your forearms and your toes. Put your toes on a towel if you are on a wood floor. If you are on carpet, put your toes on a weight plate.
- Keep your abs braced and breathe normally.
- Slide your feet out behind you 6 inches and then slide them back in.
- It's tough to see in the photos, but you'll feel it when you try it!



Exercise Photos (Metabolic Finisher Circuit)

Skater Hops

- Start with your feet shoulder width apart
- Jump to one side on one foot, shifting all your weight to the leg you jumped out with
- Now jump to the other side with the other leg and repeat.



**Don't forget your 24-Hour
Menopause Belly Meltdown
Cheat Sheet Below!...**

24-Hour Menopause Belly Meltdown Cheat Sheet

Nutrition

- 20-hour fast or modified fast
- 100oz of water throughout the day
- 2 meals of protein/fiber/Omega 3s

Exercise

Warm-up (2X)

- Leg Swings (15/side)
- T Push-ups or Kneeling Offset Push-ups (4/side)
- Bodyweight Squat or Lying Hip Extension (6)
- Push-up Plank (20 – 30 secs)

Metabolic Resistance Training Circuit (Repeat for 20 Mins)

- 1-Arm Dumbbell Push Press (6/side) (if you don't have dumbbells for this exercise, simply skip this one)
- Goblet or Bodyweight Bulgarian Split Squat or Bodyweight Split Squat or 1-Leg Lying Hip Extension (8/side)
- Dumbbell 2-Arm Row (10) or Bodyweight Row (12)
- Dumbbell Squeeze Press, Triple Stop Push-ups or Kneeling Push-ups (10)

Metabolic Conditioning Circuit (Repeat for 15 Mins)

- Kettlebell or Dumbbell Swings or Total Body Extensions (20)
- T Push-ups or Kneeling Offset Push-ups (5/side)
- Jumping Jacks (20-40) or Walk Briskly in Place (20 secs)
- X-Body Mountain Climbers (10/side)

Metabolic Finisher (Repeat for 8 Minutes)

- Burpee (5) or Bodyweight Squat or Lying Hip Extension (8)
- Bodysaw (5)
- Skater Hops (10/side) or Walk Briskly in Place (20 secs)