

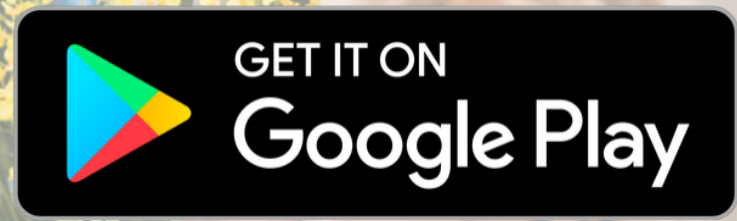
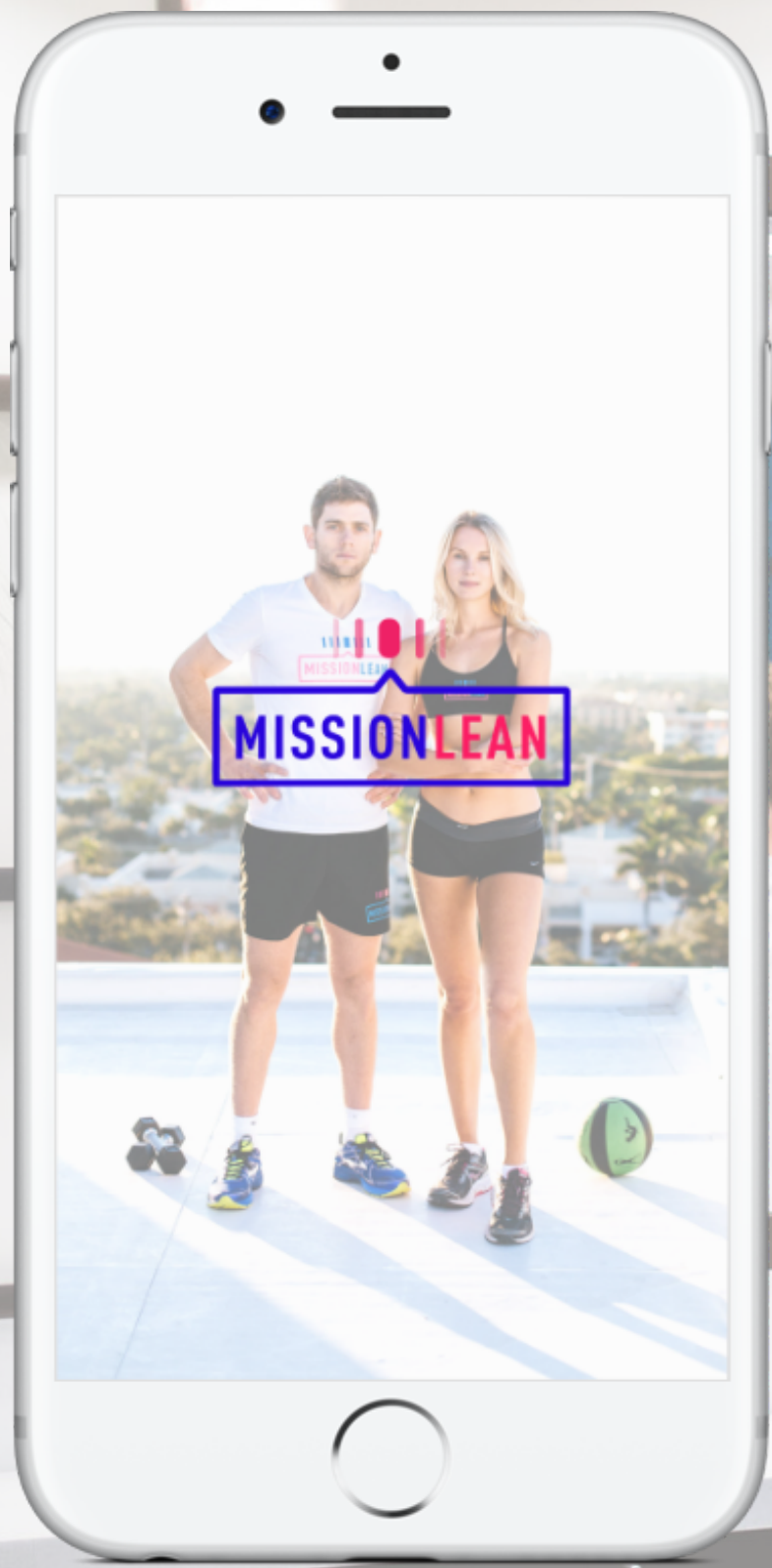


# FITNESS

WORK OUT FOR THE LEAN BODY



# Get the App



Welcome to Mission Lean! The only program that gets you lean and helps you stay lean for life.

Mission Lean was developed by Lyuda, a former Wilhelmina model, and Jon, a top athlete at Harvard University and professional tennis player with the philosophy that you should feel amazing inside of your body every single day in order to perform at your peak levels and achieve all of your goals. They are both ACE certified personal trainers and fitness nutrition specialists.

Mission Lean combines fitness, nutrition, and lifestyle components for a holistic way to transform your life.

MISSION LEAN

# LEAN FITNESS

WORK OUT FOR THE LEAN BODY



START  
RUNNING



BUILD  
FUNCTIONAL  
MUSCLE



BECOME  
AN  
ATHLETE



LIVE  
LEAN

[WWW.MISSIONLEAN.COM](http://WWW.MISSIONLEAN.COM)

THE LEAN BODY

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# START RUNNING

Running is the only way you can shed the fat you want to and build functional and toned muscles. Running will also speed up your metabolism, improve your digestion, and give you a better gauge on your appetite.

# THE MOST IMPORTANT THING YOU CAN DO FOR YOUR HEALTH IS BUILD YOUR CARDIOVASCULAR ENDURANCE.

Cardiovascular based fitness is the best way you can stay fit, lean, toned, and healthy – while eating to satiety and living a hunger-free life. And what is the best cardio workout? Running.

## **STOP FALLING FOR FITNESS GIMMICKS & START RUNNING**

Running burns calories like no other workout, blasts fat all over and works the most important muscle of all... your heart. If you're running every day, you don't need to worry about your fitness – you can be sure it will be moving in the right direction.

Unfortunately, most people hate running and, thus, try every new fitness fad but never achieve the results they're looking for. It's time to put a stop to the madness.

## **DO CARDIO THE RIGHT WAY TO ENSURE SUCCESS**

Running and cardio can be truly enjoyable when done correctly for the proper amount of time and at the right intensity for your current fitness level.

THE LEAN BODY

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# BUILD FUNCTIONAL MUSCLE

Functional muscles are created by using your body in the way it was intended to be used: As an entire, unified whole (such as going for a run or playing a sport). An enduring body is one that is healthy, strong, and robust. You want to build muscles that will last for your entire life.

# THE PROBLEM WITH LIFTING HEAVY

The problem with lifting heavy weights is that big, bulky muscles aren't enduring. They aren't functional either. Your goal should be to build a lean and toned physique.

## **STOP LOSING & GAINING THE SAME WEIGHT OVER AND OVER AND OVER**

Most programs are created by bodybuilders, not athletes and therein lies the problem. Bodybuilders are always either bulking or shredding. It works... but why would a non-bodybuilder ever want to spend months eating exclusively cabbage (or something else ridiculous?) You want to maintain the mindset of an athlete who doesn't go up and down in weight. They are ONLY GETTING FITTER.

## **STAY MOTIVATED, FIT & HEALTHY FOR THE REST OF YOUR LIFE**

These weight-based programs only focus on aesthetics and that's why the results never last. Athletes focus on continually improving their performance and because of that their bodies are ALWAYS FIT. An athlete NEVER QUILTS his sport until retirement or an injury. There's nothing more motivating than continual progress.

## THE LEAN BODY

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# BECOME AN ATHLETE

Sports promote a functional and enduring body. Whatever sport you enjoy, pursue it. Play it on the weekends. Find a local league to join. You should aim to use sports as a vehicle for working out and getting fitter. Sports are valuable and should be a part of your daily exercise routine. Don't underestimate what being an athlete can do for your life.



# BUILD A STRONG, AGILE, QUICK BODY

Can you imagine a bodybuilder moving around on a basketball court, soccer field, or dance stage? Their bulky bodies would not be able to move, let alone turn, dribble, kick, or score! What is the point of that? Build a championship body, not one that can lift a truck.

## **WORK OUT IN THE RIGHT WAY**

To get your body to the NEXT LEVEL of fitness you must perform the right moves at the right time in the right way. Athletes train with top notch coaches in order to be at the top of their game. Their whole fitness program is scheduled including what and when they must eat, how and when they must train, as well as when and for how long they must rest.

## **GETTING LEAN WILL KEEP YOU HEALTHY FOR THE REST OF YOUR LIFE**

Working out in the right way means always thinking about how you can best preserve your body, how you can stay injury free and secure that your muscles, joints, and tendons will endure over the long haul. Getting fit is a life-long pursuit, and if you exercise smartly, there's no reason why a daily workout shouldn't be part of your life when you hit the 100-year mark.

[Mission Lean.com](https://MissionLean.com)

# UPGRADE YOUR WORKOUT

**TRANSFORM YOUR LIFE**



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Getting lean will be the most important & transformative journey you take in your life.

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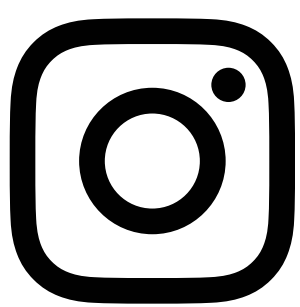
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Disclaimer:

You should consult your physician or other health care professional before starting this or any other fitness and/or nutrition program to determine if it is right for your needs.

This ebook offers health, fitness and nutritional information and is designed for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

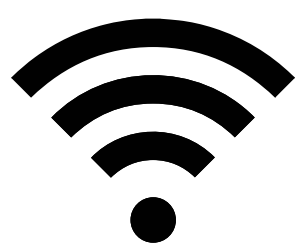
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