



## FAQ

### About YYC

#### **What is Yes You Can?**

Yes You Can! is a complete healthy lifestyle system that will help you improve your health and achieve your goals.

Our exclusive program consists of our 4 fundamental pillars: Nutrition and Healthy Supplements, Hydration and Rest, Energy and Movement and Success Mindset. You always have the support of a specialist in our team and the entire Yes You Can!

With Yes You Can! you will learn healthy habits by learning WHAT, WHEN and HOW TO EAT with the nutrition guide. You can adapt this plan to your lifestyle, whether you are at home, eating out or traveling.

Yes You Can! succeeds where other programs fail because we incorporate healthy habits into everything we do. Today, the world is looking for quick solutions to lose weight, but we know that quick fixes don't work in the long run. YYC! is radically different. Our system will help you learn and embrace new changes we call microhabits, which can lead to lifelong transformation - one healthy habit at a time. Health Habits is an innovative lifestyle approach that makes your mind and body work together to achieve the result you want. It helps you replace unhealthy habits with healthy ones that can contribute to your continued success.

Yes You Can! works because it's simple and easy to follow. Our proven Healthy Lifestyle System.

#### **How many phases does YES YOU CAN! have?**

You will follow 3 phases:

- Detoxification Phase
- Transformation Phase
- Maintenance Phase

With our 2+2+1 formula, you enjoy 5 meals a day that you consume in intervals of approximately 3 hours. It is a system that helps your body enter an efficient fat burning state, speeding up your metabolism and burning even more calories while learning to eat 5 times a day. It is based on the consumption of 1200/1500 calories for women, 1500/1800 calories for men. With our system, you will have the support to help you reach your healthy weight by having a balance of protein macronutrients, carbohydrates, fats, vegetables, and the support of healthy nutritional supplements.

- Detoxification Phase: with our DETOX KIT PLUS
- Transformation Phase: with our TRANSFORMATION KIT
- Maintenance Phase: with our supplements that will support you to maintain your health and be FIT.

#### **What is the mission of Yes You Can!?**

"Transform the lives of millions of people around the world to achieve physical health and live their lives with a success mindset."



### **Where are YES YOU CAN! nutritional supplements made?**

In the U.S.A. under strict regulatory measures, in FDA approved and certified laboratories.

### **Are the nutritional supplements gluten free?**

It is Gluten Free.

### **Are the nutritional supplements based on natural ingredients?**

Yes, they are made from organic and natural ingredients, such as herbs, plants, fruits and vegetables.

### **What is the effectiveness of supplements?**

Each meal substitute, snack and healthy supplements contains high-quality, high-protein ingredients that help retain lean muscle mass, fiber and probiotic cultures, which support digestive health, as part of a balanced diet and healthy lifestyle.

Our [clinically proven](#), high-protein, gluten-free, added sugar-free shakes and healthy supplements have been used by more than 1 million customers and recommended by doctors, health and nutrition experts.

High quality natural ingredients

High-quality protein, fiber, vitamin and mineral blend, iron, potassium and magnesium plus over 20 essential vitamins and minerals to help your body work effectively. Gluten Free.

Delicious flavors that you will love

Classic flavors like chocolate, strawberry, and vanilla, plus specialty flavors like vegan vanilla, coffee, dulce de leche, cookies and cream, and piña colada.

Made in the USA

All Yes You Can meal replacements are produced and distributed in the United States. [Clinically Proven!](#)

"ON THE GO" Convenience!

The simplicity of a nutritious and instant substitute for a healthy meal with no added sugars anywhere, anytime. Just add water, ice and shake.

It has been [clinically proven](#) that Yes You Can! help you lose weight and improve other health goals related to weight loss, such as reducing your body mass index (BMI) and waist size. Use our products as part of your healthy lifestyle to help you lose weight and transform your body.

### **Why is YYC the best plan?**

We are proud of what we offer and the results people achieve using our Yes You Can! products. Millions of people have successfully lost weight, reached their ideal weight and improved their health. Our complete meal replacement gives you all the benefits of a healthy meal. It includes 20g of protein, healthy carbohydrates and over 20 essential vitamins and minerals to help you lose



weight, keep it off and eat healthy.



Also, we have our Nutrition System along with our supplements made from natural ingredients that will be with you every step of the way.

### **What does 2-2-1 mean?**

With our 2+2+1 formula, you enjoy 5 daily meals that you consume in intervals of approximately 3 hours. It is a system that helps your body enter a phase of fat burning, building and preserving muscle mass, as well as speeding up your metabolism. It is based on the consumption of 1200/1500 calories for women, 1500/1800 calories for men.

2-2-1

- 2 daily meal replacement shakes
- 2 healthy snacks or snacks
- 1 complete healthy meal following the nutrition guide.

### **What do you start with?**

It is recommended for 7 days to start with the DETOX process 7 days, with the DETOX PLUS KIT, and then start with the TRANSFORMATION KIT for weight loss.

### **How does the DETOX 7 days work?**

IN our 7-DAY DETOX Phase: It is essential that you first detoxify your body so that you can effectively absorb nutrients. We recommend using our Detox program for 7 days, which with natural and organic ingredients helps cleanse your body.

Download your FREE detox guide HERE: <https://www.yesyoucan.com/activetree/EN/seven-day-detox.html>

### **Benefits of the DETOX PLUS KIT?**

This 7-day Detoxification program is the phase to start before you lose weight with your Transformation phase or Maintenance Phase. This deep cleansing Detox supports you to improve optimal liver and kidney function\*. Cleansing your liver and body of toxins and impurities, improving your digestive system, your lymphatic system, purifying your blood and improving your energy, your skin and your health in general. It also provides antioxidant protection\*.

### **How often is detox done?**

We suggest doing the 7-day Detox every 30 days.

### **Ingredients of DETOX?**

Detox Capsules: Made from ingredients based on natural vegetables and herbs:

- Artichoke extract
- Broccoli extract
- N-acetyl L-cysteine
- Thistle seed extract

These organic ingredients will purify your body, liver and kidneys from the inside out.



The Aloe Vera diuretic hydrator

Supports the body's natural cleansing process\*

Supports healthy digestion and regularity\*

Provides antioxidants and supports immune health\*

It has a diuretic effect that will help you eliminate toxins through urine.

Meal Replacement:

Replace 2 of your 3 main meals (Breakfast, Lunch or Dinner) to achieve your goals, from your car, gym, school, home or office. Our food substitutes [clinically proven](#) to lose weight and reduce measures, 20g of protein, high in fiber, gluten-free, no added sugars.

Pure Fiber Enhancer:

Helps improve digestion\*

Helps maintain regularity\*

Helps support weight loss when combined with a healthy diet and exercise\*

### **How to use the DETOX PLUS KIT?**

Detox:

Take 3 capsules daily for 7 days. For best results, take one (1) capsule in the morning and two (2) in the evening for 7 days.

Aloe Vera:

Add one (1) tablespoon to 16 ounces of water. Shake and enjoy! It can be used all day and night as it does not contain caffeine or sugar. You can also use it to flavor your green juices or favorite recipes. You can use it in desserts or in your green juice. You can also drink it cold or hot. It is a product for the whole family.

Complete meal replacement:

Use your full meal replacement to replace 2 of your 3 main meals: (if you want to lose weight) 1 of your 3 main meals if you want to stay at your ideal weight, you can replace breakfast, lunch or dinner.

Pure Fiber Enhancer:

Add one (1) tablespoon to a Meal Replacement Shake or Protein Shake. You can add more if you want. You can mix two types of Shake Boosters into your smoothie! You can add it to both daily smoothies.

### **What does the Detox Kit Plus include?**

21 Detox Capsules

Aloe Vera Diuretic Hydrator 40 servings

One meal replacement 15-serving (Choose your favorite flavor)

One Pure Fiber enhancer



One Shaker  
One FREE detox guide

### **How does the TRANSFORMATION KIT work?**

Introducing our Kit #1 designed exclusively for weight loss and used in accordance with our 2-2-1 nutrition system.

After completing your 7-day Detox Program. Start your transformation process with this kit until you reach your ideal goal or weight, then move on to the maintenance phase.

### **What does the Transformation Kit include?**

Meal replacement shakes with 20g of protein, fiber, vitamins, and minerals, sugar-free, gluten-free, to replace 2 of the 3 main meals.

Delicious flavors [Clinically proven](#) to help you lose weight and reduce measures.

Supplements to support the transformation process and help optimize your body's performance.

Fat Burner/Slim Down, Appetite Suppressant, Probiotic Colon Optimizer, Collagen.

Complete guide to achieving a healthy lifestyle that includes our Traffic Light Diet, where you will learn what to eat, how much to eat, when to eat and much more.

### **What are the Benefits of the 2-2-1 Transformation Kit?**

Replace 2 of your 3 main meals (Breakfast, Lunch or Dinner) to achieve your goals, from your car, gym, school, home or office.

Our food substitutes [clinically proven](#) to lose weight and reduce measures, 20g of protein, high in fiber, gluten-free, no added sugars.

Take 1 capsule of each natural supplement (Fat Burning/Slim Down, Appetite Suppressant, Probiotic Colon Optimizer, Collagen) with your first meal of the day (within 1 hour of waking up)

Replace your mid-morning and mid-afternoon snacks with your gluten-free Protein Bars.

Use your Nutrition Guide so you know what, when, and how much to eat by following your traffic light diet.

Use your heart band to love focus.

### **What does the 2-2-1 Transformation Kit include?**

2 meal replacements 30 servings each (choose your favorite flavor)

30 capsules of Fat Burning/Slim Down

30 capsules Appetite Suppressant

30 capsules Probiotic Colon Optimizer

30 capsules of Collagen

8 boxes of Protein Bars (56 units in total; you can choose the flavor)

1 Shaker

1 Nutrition Guide

1 heart band

### **Benefits of the transformation supplement kit**



A kit with our Transformation nutritional supplements, designed to support your health during your process. Made with high quality herbs, fruit extracts, botanical plants and vegetables.

This Transformation Supplements kit includes:

**Fat Burner / Slim Down (30 capsules)** A supplement that helps you speed up your metabolism naturally, supporting you to eliminate more fat with the thermogenesis effect, thus burning more calories during the day.\*.

**Appetite Suppressant (30 capsules)** Helps control anxiety and calm your appetite throughout the day, promoting satiety to help reduce food intake. May provide you with a sense of calm, good mood and happiness to support your transformation.

**Probiotic Colon Optimizer (30 capsules)** A supplement specifically designed to regulate your daily trips to the bathroom, promote healthy digestive function thanks to the benefit of probiotics known as *Bacillus coagulans*. Improve your stress. It also helps you improve healthy colon function.

**Collagen (30 capsules)** A supplement that helps you tone and strengthen your skin, firms the elasticity of the skin during its transformation process. It also helps promote healthy growth and strength of hair, nails and support bone health.

How to use supplements?

Take 1 capsule of each natural supplement (Fat Burner/Slim Down, Appetite Suppressant, Probiotic Colon Optimizer, Collagen) with your first meal of the day (within 1 hour of waking up).

### **Benefits of Meal Replacement?**

Complete Meal Replacement is designed especially for people like you who value convenience and prefer the simplicity of a healthy, instant meal anywhere, anytime.

[Clinically proven](#) to help you lose weight, reduce measurements, and your body mass index (BMI).

Our complete meal replacement gives you all the benefits of a healthy meal.

It includes 20g of protein, healthy carbs, and over 20 essential vitamins and minerals to help you lose weight in a healthy way.

An excellent source of fiber.

No added sugar.

Gluten Free.

### **How to use?**

Add two (2) measures to 16 ounces of cold water, or hot shake vigorously and enjoy!

### **How does the FAT BURNER-SLIM DOWN work?**

**Fat Burner / Slim Down (30 capsules)** A supplement that helps you accelerate your metabolism naturally, supporting you to eliminate more fats with the effect of thermogenesis, thus burning more calories during the day. \*

Key ingredients

African Mango

L-Carnitine

Apple cider vinegar

Green tea extract

Caffeine (from guarana seed extract)



**How to use?**

Take 1 capsule with your first meal of the day (within 1 hour of waking up).

**How does the COLON CLEANSING PROBIOTIC work?**

Probiotic Colon Optimizer (30 capsules) A supplement specifically designed to regulate your daily trips to the bathroom, promote healthy digestive function thanks to the benefit of probiotics known as Bacillus coagulants. It also helps you improve healthy colon function. \*

Key ingredients

Mint extract

Ginger extract

Sources of Gum Arabic Fiber and Psyllium Seed Husk

Bacillus probiotic coagulants

How to use?

Take 1 capsule with your first meal of the day (within 1 hour of waking up).

Top of Form

**How does the Collagen work?**

Collagen (30 capsules) A supplement that helps you tone and strengthen your skin, reaffirms the elasticity of the skin during its transformation process. It also helps promote healthy growth and strength of hair, nails and support bone health. \*

Key ingredients

Bovine collagen

Five

Vitamin A

vitamin D3

Silica, bamboo extract

Copper

**How to use?**

Take 1 capsule with your first meal of the day (within 1 hour of waking up).

**How does the APPETITE SUPPRESSANT work?**

Appetite Suppressant (30 capsules) Helps control anxiety and calm your appetite during the day, promoting satiety to help reduce food intake. It can give you a sense of calm, good humor, and happiness to support your transformation. \*

Key ingredients

Lemon balm extract

Chamomile extract

5-HTP





Chromium (as picolinate)  
Ashwagandha's Summary

**How to use?**

Take 1 capsule with your first meal of the day (within 1 hour of waking up).

**How does the Pre-WORKOUT Energizer work before exercise?**

Our PRE WOKOUT -Energizing before Exercise is an amazing product to help you unlock your full potential! This product can help you have more energy and endurance during your workouts! (25 servings)

Benefits

Helps improve exercise performance and endurance. \*

Delicious dragon fruit flavor with no calories or sugar! \*

Key ingredients

creatine

beta-alanine

Beetroot

Grenade

Magnesium

Potassium

Raw coconut water

**How to use?**

Use 1 tablespoon in 8-10 ounces of cold water.

Drink 20-30 minutes before your workout.

**How does PROTEIN SHAKES work?**

Replace your mid-morning and mid-afternoon snacks and snacks with our Protein shakes. With 15 grams of protein and no added sugars, they help you control your appetite between meals. Gluten Free. They are nutritious, delicious, and you can even prepare recipes with them. Cold or Hot.

Benefits

Protein Shakes is ideal for active people who want to promote weight loss, stay fit and maintain lean body mass.

Use it as a healthy, nutritious snack between your main meals.

Helps control appetite between meals.

Helps maintain lean muscle mass.

Less than 100 calories per serving.

It can be used by the whole family.

(30 servings)

**How to use?**



Add a measure of protein to 8 oz of water and enjoy one mid-morning and one mid-afternoon. Prepare it with desserts and recipes for the whole family. Enjoy them before or after your exercise routine.

### **How does the PURE FIBER SHAKE BOOSTER work?**

Benefits:

Pure Fiber Shake Booster

Helps improve digestion\*

Helps maintain regularity\*

Helps support weight loss when combined with a healthy diet and exercise\*

Key ingredients

Orafti FIBER HIS Inulin

Rubber fiber B

Nutrim® Oat Bran Fiber

### **How to use?**

Add one (1) tablespoon to a Meal Replacement Shake or Protein Shake. You can add more if you want. You can mix two types of reinforcements to your smoothie! You can add it to both daily smoothies. (30 servings).

### **How does the Shake Booster - High Energy work?**

The High Energy Booster is designed for people who need an extra energy boost throughout the day.

Benefits

Provides greater natural energy\*

Helps reduce fatigue and roughness\*

Helps speed up your metabolism\*

Helps promote healthy weight loss thanks to the ingredient guarana\*

It is an antioxidant\*

Helps increase your ability to burn fat\*

Key ingredients

Vitamin B12

Concentrated coconut water

Natural caffeine from tea

Guarana seed

Phosphatidylserine

### **How to use?**



Add one (1) tablespoon to a Meal Replacement Shake or Protein Shake. You can add more if you want. You can mix two types of reinforcement to your smoothie! You can add it to both daily smoothies. (30 servings).

### **How does the Shake Booster – Cellufit work?**

It is designed as a body Botox for people who want to maximize their collagen intake, tone and strengthen their skin, improve the appearance of cellulite and stretch marks.

#### Benefits

Helps maximize collagen levels and supports supple, smooth skin\*

Supports the health of skin, hair and nails\*

Supports skin regeneration and tonicity thanks to the ingredient biotin\*

#### Key ingredients

vitamin C

vitamin E

Biotin

collagen

Hyaluronic acid

### **How to use?**

Add one (1) tablespoon to a Meal Replacement Shake or Protein Shake. You can add more if you want. You can mix two types of reinforcement to your smoothie! You can add it to both daily smoothies. (30 servings).

### **How does Multivitamin's work?**

#### Benefits:

Multivitamins (30 tablets) A nutritional supplement that can help you cover nutritional deficiencies and supports overall health and well-being. Our multivitamin contains 29 key nutrients for your body.\*

Helps promote overall health.\*

It contains 29 key nutrients for your body to fill in nutritional gaps.\*

Key ingredients to help promote energy and immunity.\*

Contains B vitamins to help maintain energy levels.\*

Contains antioxidants such as vitamin A, C, and E to help promote normal immune functions.\*

#### Ingredients: 29 nutrients including vitamins and minerals:

Vitamin A (such as beta-carotene and acetate), vitamin C, vitamin D3, vitamin E, vitamin K, vitamin B1, vitamin B2, vitamin B3, vitamin B6, folate, vitamin B12, biotin, pantothenic acid, calcium, iron, iodine, magnesium, zinc, selenium, copper, manganese, chromium, molybdenum, chloride, potassium, boron, choline, inositol powder.

### **How to use?**

I minimum one tablet a day with your food.



### **How does JOINT HEALTH work?**

Fatness, excess weight on your knees and joints, over the years, excess physical activity, lack of use of your bones and muscles, lack of collagen, the natural aging process can cause discomfort in the joints. This natural product was created to strengthen your bones, cartilage, muscles and support the mobility of your joints.\*

#### Benefits

Helps reduce cartilage deterioration\*

Supports overall bone health\*

May reduce joint inflammation.\*

Helps maintain an active lifestyle\*

#### Key ingredients

Boswellia Extract

Glucosamine

vitamin C

collagen

### **How to use?**

Take two (2) tablets daily with water at any of your meals.

### **How does the Immunity Power work?**

Designed to help strengthen the immune system. With a delicious lemon lime flavor, our Immunity Power is formulated with Resist Aid®, a proprietary formula that has been proven in [clinical trials](#) to help build your natural defenses and help you stay healthy.\*\* Plus, it contains vitamin C and vitamin D to help support your immune system.\* Gluten-free.

Dairy-free

Soy-free

No added sugars

Made in the USA

ResistAid®, is a registered trademark of LonzaLtda, Switzerland.

#### Benefits

Maintains a healthy immune response.\*

Patented immune-backing formula containing Minnesota larch extract.\*

Provides natural compounds with antioxidant activity.\*

Year-round triple-acting immune support.\*

#### Key ingredients

ResistAid® Arabinogalactan larch

ResistAid® Arabinogalactan Larch \_

vitamin C

vitamin D3



Add one (1) tablespoon to an 8-ounce glass of water. Cold or hot. (30 servings)

### **How does Aloe Vera Diuretic Hydration work?**

Our aloe vera diuretic Hydration is designed for people who want to stay hydrated in a delicious and healthy way throughout the day without added sugars or caffeine.

#### Benefits

- Promotes adequate hydration with vitamins\*
- Natural Diuretic that Supports the body's natural cleansing process\*
- Supports healthy digestion and regularity\*
- Provides antioxidants and supports immune health\*

Contains Plant-Based Ingredients: Natural Ingredient of Organic Aloe Leaf Powder

- Naturally gluten-free
- Naturally soy-free
- Sugar-free
- Naturally caffeine-free
- Naturally dairy-free
- Free of artificial preservatives
- Vegan
- Made in the USA

### **How to use?**

Add one (1) tablespoon to 16 ounces of water. Shake vigorously and enjoy! It can be used all day and night as it does not contain caffeine or sugar. Cold, Hot or adding it to your green juices or favorite recipes. Available in delicious flavors: pineapple, mango, and Jamaican flower. It can be enjoyed by the whole family. (40 servings).

### **How does Meal Replacement: Plant-Based Work?**

It contains pea protein which is considered a complete protein because it contains all the essential amino acids. With its rich vanilla flavor, it's the ideal complement to your vegan lifestyle and dairy-free for those who are lactose intolerant.

Complete Meal Replacement is designed especially for people like you who value convenience and prefer the simplicity of a healthy, instant meal anywhere, anytime.

[Clinically proven](#) to help you lose weight, reduce measurements, and your body mass index (BMI).

#### Benefits

Our complete meal replacement gives you all the benefits of a healthy meal.

It includes 20g of protein, healthy carbs, and over 20 essential vitamins and minerals to help you lose weight in a healthy way.



An excellent source of fiber.

No added sugar.

Gluten Free.

Lactose-free.

**How to use?**

Add two (2) tablespoons to 16 ounces of cold water, or hot mix and enjoy!



## Order process

### **How can I place an order?**

To order you can click here <https://shop.yesyoucan.com/collections>, you can also order it through Amazon, Walmart or by calling 1.888.988.5515

### **Can I have a payment plan?**

Yes, you can join our wonderful VIP program and have the 10% discount and you also have the possibility to buy it in installments through Shopify

### **How does the VIP program work?**

With our VIP program you will be focused on reaching your goal without worrying about your products, since you can receive it automatically every month. You also have 10% DISCOUNT and FREE shipping on all your monthly orders (No minimum purchase amount).

### **What I need to be a VIP Customer?**

You only need your desire to start, being a VIP member has no cost and you will receive your products monthly at your door automatically with FREE SHIPPING AND 10% DISCOUNT (NO MINIMUM AMOUNT). To become a VIP member and enjoy all member benefits, you must enroll in the monthly auto-renewal program to follow its transformation or maintenance process. CALL US TODAY AT 1-888-988-5515.

### **I want to remain a VIP but I no longer want to receive automatic shipments; What can I do?**

In order to make changes to your order, you must notify us at least 2 business days before the scheduled date for the shipment of your order. Click here to learn more about how to make changes to your VIP Membership. (ADD LINK) dial us at 1-888-988-5515

### **How far in advance should I notify you of any changes to my order if I am a VIP member?**

In order to make changes to your order, you must notify us at least 2 business days before the scheduled date for the shipment of your order.

Click here to learn more about how to make changes to your VIP Membership. (ADD LINK) dial us at 1-888-988-5515

### **What happens if I decide not to sign up for the VIP Membership? Can I make one-time purchases every month?**

You have the option to make one-time purchases of your product every month, without becoming a VIP Member, and enjoy free shipping on orders over \$50

### **Once I place my order, how long will it take to receive my package? How is it sent?**

All our orders are delivered between 2 to 5 business days from the date the order is processed. within the 48 contiguous states, and up to 10 business days in Alaska.



Orders are shipped with a verified tracking number for online tracking on FedEx or USPS. Orders received over the weekend may not be processed for shipment until Monday morning, except on domestic holidays.

### Warranty, Returns, and Cancellations

#### **What is the Platinum guarantee?**

We are sure that you will love our products, but for any reason you want to return any Yes You Can! within 45 days after the day you received your shipment, you are eligible to receive a 100% refund (except for shipping and handling costs). For more information click (add RETURN policy link)

#### **What is the return process like?**

Follow these steps to make your return quick and easy:

**Step 1** Call our Yes You Can! Customer Care Team at (888) 381-0992 or email [Returns@yesyoucan.com](mailto>Returns@yesyoucan.com) to confirm that your purchase is covered by our Satisfaction Guarantee. Once confirmed, you will be provided with a return label to send back.

**Step 2** Secure all products you are returning in a box. If you are handling the return shipping cost independently, you will need to provide the Return Merchandise Authorization number and write it on the side of the return shipping label.

**Step 3** Ship the package to the appropriate address below. Be sure to save your tracking number. If there are any problems with the carrier, we will use this information to process your refund. The package must be postmarked within 45 days of receipt of shipment.

Yes You Can Return Address:

2001 Midway Rd #200,  
Lewisville, TX 75056

#### **How can I cancel my VIP Program?**

If you would like to cancel your membership, please call 1-888-381-0992. One of our customer support representatives will help you through this simple process.

- Please note that to receive all membership benefits, including free shipping, you must remain in the program for at least three (3) months.

- If you need to cancel your Membership before your third consecutive monthly shipment, your payment method will be charged a cancellation fee of 24.99





## Products and Nutrition

### **When will I see results?**

Weight loss is an individual process that depends on your age, fitness, health, activity level, and the discipline you have to follow the plan. Every person is different, so every process and outcome will also be different. Results depend on the individual and may vary by person based on their metabolic and genetic makeup. Your success and the time it takes for you to reach your goal will depend on a variety of factors, including your original weight, physical condition, focus, commitment, and responsibility. The process is individual; so don't compare yourself to others!

### **How many pounds can you guarantee I'll lose in a month?**

Every person is different, so every process and outcome will also be different. Based on our customers' experience, on average, a person can lose 5 to 15 pounds in the 7-day detox program or 5 to 25 pounds in 30 days with the Transformation Kit. There are people who have lost more, others who have lost less. It all depends on the whole variety of factors mentioned above. Each result is different and varies by person.

### **Can I buy the products individually (protein shakes, meal replacements, aloe, bars, booster)?**

All our products can be purchased in kits or individually. You can receive it month by month at the door of your house with FREE SHIPPING and 10% discount.

### **Can you take Meal Replacement and Whey Protein at the same time?**

Yes, of course you can combine them and support your entire weight loss process, we even have a kit that allows you to have all the tools such as snacks and meals together, click here <https://shop.yesyoucan.com/collections/weight-loss-program-1/products/transformation-2-2-1-kit>

### **If I work overnight or early in the morning, which kit would be best for me?**

You can choose the one that best suits your lifestyle, so that your convenience would be ideal to have meal replacements along with your healthy snack. You will follow everything the same, your first meal of the day, it will be when you get up. That is: if you sleep from 7 am to 1 pm. At that time, it will be your first meal of the day (your breakfast).

### **How soon can you guarantee that I will see results with the Transformation Kit?**

Every person is different, so every process and outcome will also be different. Results depend on the individual and may vary by person based on their metabolic and genetic makeup. Your success and the time it takes you to reach your goal will depend on a variety of factors, including your original weight, physical condition, focus, commitment, and responsibility. Their process is individual; don't compare yourself to others!

### **Can I gain muscle mass with Yes You Can?**

You can take our Whey protein which are 15 gr of high-quality protein that will help you tone your skin and muscles. If you want to gain muscle mass, you must complement it with strength exercises that help you achieve that goal.



**What makes the meal replacements of the Yes You Can! are they a healthy and satisfying meal?**

Yes You Can! Diet Plan Meal Replacements have all the protein, carbohydrates, fiber and fat your body needs to function properly, as well as over 21 essential vitamins and minerals that help your entire body system work more effectively, allowing you to lose weight effectively and healthily, while enjoying delicious flavors without after-taste.

**What is the difference between Protein Shakes and Meal Substitutes?**

Protein Shakes have 15g of protein: This is why protein shakes are intended to be snacks. Meal replacements in the Yes You Can!™ plan have all the essential nutrients, vitamins, and minerals to replace a meal (such as breakfast, lunch, or dinner). They also have 20g of protein.

**Can I have meal replacements more than twice a day?**

You can substitute 2 of your 3 main daily meals with a meal replacement from Yes You Can!™

**What kind of protein is in the protein shakes and meal replacements of the Yes You Can!™ plan?**

Yes You Can! protein shakes and meal replacements are made with whey protein, which is extracted from cow's milk, the good news is that we have our Meal Replacement Vanilla Vegan made from Plant-based pea protein: lactose-free and vegan friendly for lactose intolerant people.

**Can I add fruit to my protein shakes as a snack?**

While you are in your process of losing weight, we recommend mixing your protein with water. If you are in maintenance or want to build muscle mass if you can add fruits following your nutrition plan.

**What is the benefit of substituting a meal for a Meal Replacement?**

Our Meal Replacements are designed to give you instant, healthy food whenever you want and wherever you are. This will make it much easier to reach or maintain your ideal weight. 20g of protein, fiber, vitamins, and minerals. Tea saves calories, time and money, because each meal replacement costs \$2.40.

**Are protein shakes and meal replacements the same serving?**

No. Protein Shakes are for snacks only, 15 grams of protein, so they are smaller serving size than the Meal replacement. 20 grams of protein. In addition, they have the right amount of carbohydrates and proteins that you need to consume in each of your daily snacks.

Meal Replacements are only to replace your main meals (breakfast, lunch, or dinner) and have all the nutrients, vitamins and minerals you need to meet the needs of a full meal. These should NOT be taken as a snack.

**What is Detox and how does it work?**



The Yes You Can!™ Detox is a cleansing product that will help you get rid of excess toxins and impurities accumulated in your digestive system so that it works properly. The Yes You Can!™ Detox Plan is used for 7 consecutive days, taking 1 pill in the morning and 2 in the evening.

**Is it important to have a fixed schedule for taking detox pills?**

1 in the AM with your first meal  
2 with your last meal of the day

**Is it important to have a fixed schedule for taking the transformation kit pills?**

We encourage you to take the supplements in the morning, right after your first meal of the day.

**Can I have carbs in the evening for dinner?**

Carbohydrates are not recommended at dinner following our nutrition guide.

Consume them during the day before 4 pm so you have time to burn those calories and use that energy. You can have a replacement meal for dinner, they provide you with a moderate and adequate amount following the guidelines of our plan.

**Will I experience mood swings during my process?**

You might experience some anxiety at first. This is normal and happens to everyone when they are making changes to their nutrition. Fortunately, the Appetite Suppressant will help calm your anxiety and improve your mood and, together with the nutrition guide that allows you to eat more often and healthily, you will be able to overcome this period quickly. Remember that you should always consult your doctor before starting this or any diet program and consuming supplements.

**What kind of foods can I eat in the Yes You Can!™ plan?**

The food provided in the green column in the Traffic Light Guide. You can eat them frequently, but don't forget about the right portion sizes. YES you can eat corn tortillas, rice, whole grain pasta, sweet potato, potatoes, oatmeal, wheat bread, fruits, banana and all good carbohydrates.

**Can I take protein shakes or meal replacements if I suffer from diabetes?**

One of the main benefits of our protein shakes is that they have no added sugar, which could make them suitable for people with diabetes. However, we recommend that you consult with your doctor before starting this or any other diet program and taking any nutritional supplements.

**Is the sodium content in protein shakes and meal replacements appropriate for someone suffering from hypertension?**

The recommended daily intake of sodium is 2000 mg per day. Our Protein Shakes as well as our Meal Substitutes have an adequate amount of sodium that takes into account this recommendation. Remember that you should always consult with your doctor before starting this or any diet program and/or taking nutritional supplements.

**Can I use the Yes You Can!™ diet plan if I suffer from any medical condition?**

You should always consult with your doctor before starting this or any diet program and/or taking nutritional supplements.



### **Will I have to quit alcohol?**

We recommend avoiding alcohol at first, with the Yes You Can!™ diet plan you will learn the right portions and the best options for alcohol consumption.

### **Should I avoid carbohydrates?**

Absolutely not! We want you to eat good carbohydrates from the green list of the traffic light diet (Oatmeal, Corn tortillas, sweet potato, banana, brown rice, cassava, whole wheat pasta, rye bread)! While advertising and media have focused a lot of attention on low-carb diets and products, when it comes to successful long-term weight loss, the key is not to limit carbs or fats, but to know how much and when to eat. By focusing on quality and quantity, you don't need to avoid entire food groups, buy special low-carb products, or give up the foods you like.

### **What emotional support is offered in the Yes You Can!™ plan?**

Since the Yes You Can!™ plan is based on Alejandro Chabán's own personal experience to overcome obesity, anorexia, and bulimia, we have a deep understanding of the emotional roller coaster that can overwhelm us while losing weight. Therefore, this is the only plan created to help you have a balance between your diet, your physical activity, and your emotional health. We want to help you nourish your body and mind with the right ingredients that will support your successful transformation.

### **How many flavors of Aloe Vera do you have?**

3 different flavors: hibiscus flower, pineapple, mango

### **What are Aloes made of?**

All of our aloe vera powders are made from an organic aloe leaf powder with natural flavorings with no added sugar or caffeine. They are also vegan and free of artificial preservatives.

### **Does aloe vera contain sugar?**

No, it has no sugar! Aloe powders are naturally free of gluten, soy, sugar, dairy, and caffeine. They are also vegan and free of artificial preservatives.

### **Can I use more than one tablespoon of aloe in my drink?**

You can use as much or less depending on the taste you want.

### **Can I drink aloe vera all day?**

All day and night. The more you hydrate the better.

### **What are some of the benefits?**

Diuretic

Promotes proper hydration, and with its continuous use also provides the following:

Supports the body's natural cleansing process.

Supports healthy digestion and regularity

Provides antioxidants and supports the immune system



**How many types of Boosters or Enhancers are there?**

3 types: CelluFit, High Energy and Pure Fiber

How are Shake Boosters used?

Just add a tablespoon to your Yes You Can! Protein Shake or your Yes You Can! Meal Replacement. It can also be used in green juices

**Will it make my shake taste different?**

All shake boosters are neutral and odorless in color and flavor so as not to change the look and flavors of your favorite Yes You Can! Shakes.

**Can I use more than one in my shake?**

You can mix 2, 3 or even all if you want

**How many times a day can I use it in my shake?**

As many times as you want.

**Is it sugar-free?**

All our shake boosters are sugar-free

**What are some of the benefits?**

With continuous use:

CelluFit

Increasing collagen levels can help maintain smooth skin

Supports hair and nail growth.

Biotin is important for supporting energy levels.

High energy

Helps increase metabolism

Antioxidant

May help increase your ability to burn fat

Pure fiber

Helps improve digestion

Helps maintain regularity.

Helps support weight loss (when combined with a healthy diet and exercise)

**How much caffeine is allowed per day?**

According to the latest Dietary Guidelines for Americans from the Department of Agriculture, up to 400 mg of caffeine a day — the amount contained in two or four 8-ounce cups of coffee — can be part of a healthy diet for adults.

Up to 400 milligrams (mg) of caffeine a day appears to be safe for most healthy adults. That's about the amount of caffeine contained in four cups of coffee, 10 cans of cola, or two energy



drinks. Keep in mind that the actual caffeine content in beverages varies greatly, especially among energy drinks.

**How much caffeine does HighEnergy have?**

One scoop of High Energy contains 150 milligrams of caffeine (mg)

**How much caffeine does Slim Down have?**

One capsule of Slim Down contains 100 milligrams of caffeine (mg)

**How much caffeine does the Pre Workout have?**

A measure of PRE WORKOUT contains 150 milligrams of caffeine (mg)

**Can I add milk to my Meal Replacement? Or Whey protein?**

If you are losing weight only add water, if you are in maintenance, you can add almond milk without sugar. With milk you would add more cost to your smoothie, more calories, and more time. Our smoothie is designed to be mixed with water and has the delicious taste and nutrients necessary to reach your goal.

**Can I add fruits to my Meal Substitute? Or Whey protein?**

You can, only add more cost to your smoothie, more calories, and more time. Our smoothie is designed to be mixed with water and has the delicious taste and nutrients needed to reach your goal.

**What is the difference between high energy and pre workout?**

The high energy of a prolonged energy throughout the day, the preworkout gives you a boost of energy during the training time (2 hours approx)

**Can I consume YES YOU CAN! if I suffer from cholesterol?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume YES YOU CAN! if I suffer from blood pressure?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume YES YOU CAN! if I suffer from thyroid?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I have bariatric surgery?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I have stress?**



100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I have type 2 diabetes?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I have hypertension?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I have bariatric surgery?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**Can I consume it if I am breastfeeding?**

100% you can consume our natural supplements. They are made from natural ingredients and without added sugar. Gluten Free. We recommend always consulting with your doctor.

**How many bars can I eat per day?**

We suggest 2 protein bars following your 2-2-1 nutrition plan. Whether you are in DETOX PHASE, in TRANSFORMATION PHASE losing weight or in the MAINTENANCE PHASE.

**What allergens and ingredients of YYC products!?**

If you are aware that you have a food allergy or intolerance, keep in mind when selecting your snacks and smoothies and check the ingredients to avoid products that contain something you may be sensitive to.

**What are Probiotics Colon Optimizer?**

The probiotics found in our Colon Cleanser is BACILUS COAGULANS. Bacillus coagulans is a type of bacteria. It is used as "beneficial" bacteria similarly to Lactobacillus and other probiotics. Some people use Bacillus coagulans to treat irritable bowel syndrome (IBS), diarrhea, gas, respiratory infections, and many other conditions; although there is no good scientific evidence to support these uses.

Bacillus coagulans produces lactic acid and because of this, it is often misclassified and called lactic acid bacteria just like Lactobacillus. In fact, some commercial products containing Bacillus coagulans are marketed as Lactobacillus sporogenes or "lactic acid bacteria that form spores." Unlike lactic acid bacteria such as lactobacilli or bifidobacteria, Bacillus coagulans forms reproductive structures called spores. Spores are actually an important factor in being able to differentiate Bacillus coagulans from lactic acid bacteria.

**Should I take a multivitamin?**



A minimum daily one is always recommended. The main function of a multivitamin is to provide the body with the nutrients it needs each day. Ideally, you should consume all the necessary nutrients through the diet, but a vitamin and mineral supplement helps to make up for any possible deficiency in the diet.

**What other products does YYC offer! to complement my Program?**

YYC! offers a variety of products to enhance your program, meal replacements, YYC! Snacks, Shake boosters, supplement capsules, hydration alocs.

**Is it okay to consume shakes or snacks after the expiration date?**

It is better to consume YYC products! before the expiration date for optimal nutrient quality, taste and overall food safety. The vitamins and minerals in the products can lose potency over time. Call us and we can help (1-888-988-5515)

**Which products do not contain gluten?**

Gluten is a protein found in some cereals such as wheat, barley and rye that can cause adverse health effects in people with celiac disease or gluten intolerance. YYC! offers Shakes, bars and snacks that are certified gluten-free with the Gluten Free Certificate.

**Can I skip snacks?**

It is important to eat all of your meals and snacks and full servings. Each meal is scientifically formulated with the right balance of carbohydrates, proteins and fats that helps promote a balanced and successful diet.





## DIET MEALS and SUPPLEMENTS FAQS

### **What is the best meal replacement?**

Yes You Can! Gluten-free, no added sugar, and [clinically proven](#) meal replacement.

### **What is the difference between YYC protein shakes! and YYC meal replacements!**

Protein shakes have 15g of protein. They replace a snack.

Meal replacements have a higher amount of healthy carbohydrates and 20g of protein. They replace a full meal.

### **If I add oatmeal to my protein powder, is it considered a meal replacement? Can I do that?**

Yes, you can. You can also add fruits to the protein shake.

### **Can I substitute a meal for a shake?**

Yes, you can. If you are reaching your healthy weight, you can replace 2 meals daily by following the 2-2-1. If you are in the maintenance phase you can replace 1 meal daily following the 1-2-2.

### **Can I add fruits to my protein shakes?**

It depends. If you want to replace a meal, yes. If you want to lose weight and take it as a healthy snack, you do not need to add fruits or almond milk.

However, if you are building muscle mass, you can.

### **When should I take my pre-workout?**

Take it for weight training and cardio. Follow the directions on the package.

### **Can I consume more protein per day than indicated in my diet plan?**

Yes, but only an additional serving, no more than 6 ounces.

### **Is it better to eat after training or have a protein shake?**

Shakes or protein bars are convenient. It is your choice. Follow your meal plan based on your goals.

How long after my workout should I take my meal or shake or protein bar?

You can eat immediately after your workout, no later than one hour later.

### **What can I drink for energy?**

Drink your pre-workout drink. Apart from that, you can also add our high energy shake booster to our YYC! Meal Replacement or YYC! Protein shake.

### **Do I have to have a protein shake after training?**

It depends on your goals. It depends on when you last ate. The rule of thumb is to eat 5 times a day. Eat every two and a half hours/three hours (2.5 hours/3 hours).



**What do I do if I have a craving for chocolate?**

You can try our amazing protein bars, protein shakes. You can try chewing the chocolate protein powder until it turns into a thick paste (like a tootsie roll).

**In relation to the previous question, what else can I eat to satisfy my cravings?**

Try taking our protein snacks. Drink water and hydrate with the Aloe Vera drink mix.

**Can I eat peanut butter?**

You can only eat peanut butter as part of your healthy fats (thumb) by following our nutrition guide. Or you can eat peanut butter in your maintenance phase.

**Can I eat quinoa? How much?**

Yes, you can substitute quinoa for a carbohydrate serving of the same amount indicated in your plan.

**Can I eat frozen or canned vegetables?**

Yes, frozen vegetables are fine. Canned vegetables are not, as they are full of sodium.

**Does it matter what time I take my supplements?**

Follow the instructions for each supplement.

**Should I take creatine?**

You can, but it's not necessary.

**Can I add the Aloe Vera drink mixture to my water?**

Yes, the hydration aloe vera, without calories and without sugar, is fine to add it to your water to give flavor to your green juice and sparkling water. You can also make gelatin, popsicles and include it in your desserts for the whole family.

**Can I add milk, almond milk or soy milk to my YYC smoothies!**

Use only water.

**Is there any kind of cereal I can eat?**

Oatmeal following your plan and your nutrition guide.

**Can I eat fruits/nuts?**

Yes, as part of your meals when the plan recommends it. Remember, depending on your goals, and the right quantity and quality (no salty) sometimes fruits are too high in sugar, and nuts are too rich in fat.

\*You can take a minimum of fruits and nuts only if it is indicated in your plan.

**Does it matter if my meat is cooked poorly made or well done?**



It makes no difference.

**What can I cook/marinate my chicken/fish/meat breast with?**

You can use black pepper, red pepper, cayenne pepper, sea salt in small quantities, garlic powder, lime or low-sodium hot sauce.

**Is a cheat meal a replacement for one of my meals?**

Yes, you can replace one of your meals (whether it's breakfast, lunch, or dinner, no matter which one) for a single cheat meal (lunch or dinner, no matter which) with only one cheat meal per week as stated in your plan. A cheat meal is NOT an additional meal. Remember to take your carbohydrate blocker 20 minutes before.

**Do I have to make cheat meals?**

No. However, we suggest that you satisfy your cravings during the times you cheat meals because towards the end of your program you will not have the opportunity to eat cheat meals.

**Can I have a dessert with my cheat meal?**

Your cheat meal should not exceed 600 calories.

**Can I take the Carb Blocker with the cheat meal?**

Of course, excellent idea

**Can I eat anything on my cheat meal?**

No, a cheat meal is a meal within your diet plan, not an additional meal to the plan.

You can eat the foods you want, in a single session, anything less than 600 calories. Do not exceed 600 calories. Absolutely no alcohol.

Fast foods of less than 500 calories (Examples of cheat meals):

**Breakfast**

McDonald's: McMu%n egg with Canadian bacon + 1 McDonald's Hash Brown + Small black coffee = 455 calories, 21g fat, 6g saturated fat

Wendy's: Artisan Egg and Cheese Sandwich + Large Vanilla Ice Cream Coffee Without Sugar = 380 calories, 22g of fat, 11g of saturated fat.

Subway's: Sunrise Subway Melt + Peach Pizazz Fruizle Express small = 330 calories, 8g fat, 3g of saturated fat

Panera Bread Strawberry Granola Parfait + Small Latte w/ 2% Milk = 430 Calories, 16g of fat, 7g of saturated fat

**Lunch**



KFC: Barbecue sandwich with honey + mashed potatoes with KFC sauce + large water = 420 calories, 10.5 g fat, 2.5 g saturated fat

McDonald's Burger + McDonald's Small Fry + Large Water = 490 Calories, 20g Fat, 5g of saturated fat

Taco Bell: Fresh Chicken Soft Tacos + 16 Oz Classic Limeade Sparkler = 460 Calories, 7g Fat 2.5 saturated fat

Wendy's: Jr. Burger + Mandarin Oranges + Jr. Vanilla Frosty = 470 Calories, 12g fat, 6g of saturated fat

Subway: 6 Sandwich Roast Beef Sandwich + Apple Slices + Natural Strawberry Yogurt = 465 calories, 6g fat, 1.5g saturated fat

Panda Express: 2-piece dish with mixed vegetables, chicken with green beans + egg roll with chicken = 470 calories, 21 g fat, 5.5 g saturated fat

#### Dinner

KFC: Original Recipe Chopsticks + KFC Potato Salad + Big Water = 460 Calories, 25g Fat 5.5g saturated fat

Taco Bell: Fresco Chicken Burrito Supreme w/ Chicken + Mexican Rice + Water = 460 calories, 11 g fat, 3 g saturated fat

Panda Express: Panda Bowl w/ mixed vegetables and orange chicken = 470 calories, 20.5 g fat, 3.5 g saturated fat

Panera: Half Chicken Salad with Fuji Apple + Low Fat Vegetable Soup with Pesto + Pepsi Normal Light = 420 calories, 19 g fat, 4 g saturated fat



## GENERAL/MISC, CARDIO, WORKOUTS, MEALS AND NUTRITION PLAN

### **Can I post my nutrition plans, workout plans, and cardio plans on Facebook, Instagram, Twitter, or any other social media website or app?**

You can take photos and post photos of your food, products, movement routine and share it with everyone. Remember that each person has a different process depending on their current phase. Don't compare yourself to others.

### **Am I on the YES YOU CAN! Team?**

Yes. You're on the Yes You Can! team and you belong to the YYC Community! You can advertise it all you want. You can find our family group YES YOU CAN! FAMILY GROUP on Facebook and follow our social media accounts.

### **Can I drink alcohol?**

No, not at any time during your program. Alcohol is in the red column and will affect your progress.

### **Can I smoke?**

Not recommended.

### **Should I take steroids?**

We do not recommend it

### **What if I get sick during the plan?**

Do your best to complete diet, cardio, and workout plans to the best of your ability. Resume the plan once you have recovered. Talk to your personal doctor.

### **If I stop following the plan for a month, can I pick up where I left off?**

Well... it depends on how you feel about your progress.

### **Will I get cranky with this program?**

You may experience variations in mood due to dieting throughout the plan. Use your training time to relax mentally. In addition, our appetite suppressant contains 5HTP that will help your mood with serotonin levels and natural ingredients.

### **When will I get cranky? At the beginning, in the middle or at the end of the program?**

Every person is different. I suggest you surround yourself with positive people. Eat your 5 meals a day and follow the 7 steps to emotional health.

### **Where can I buy a heart rate monitor?**

You can try at Walmart, Amazon or Target.

### **Where can I buy a food scale?**

You can try at Target, Walmart or Bed Bath & Beyond. Amazon.



Why have I experienced an increase in flatulence since I started my healthy diet?

Some people may experience an excess of "wind" due to their new diet. Complex carbohydrates, fibrous carbohydrates, and substitute sugars can cause this.

**What can I do to avoid excess "wind"?**

We suggest taking a product like Beano, take it as directed on the label. Also pure fiber and colon optimizer will help. Starting detoxification will help cleanse your body.

**Why do I feel bloated?**

Foods in your new diet like complex carbohydrates (they contain high fiber), vegetables like broccoli (they contain sugars and starches), and artificial sweeteners can lead to gas and bloating. A second cause of temporary bloating is gas in the abdomen. About half of the gases in the digestive system is swallowed air. The rest is produced by bacteria in the gut that help digest food.

If the gastrointestinal tract does not move it efficiently, gas builds up in the intestines, causing bloating and discomfort.

**How can I avoid being bloated?**

"All the fiber absorbs water." Drinking fluids helps fiber move through the digestive system and prevents bloating and constipation. Also, limit the amount of artificial sweeteners you consume. The pure fiber and hydration of aloe will help you.

If you frequently experience bloating caused by gas, avoid these habits that increase the amount of air you swallow:

- inhale by mouth when exercising/cardio
- eating (inhaling) food too quickly
- drink with straw
- chew gum
- avoid carbonated beverages



## CARDIO FAQs

**Can I jump rope/boxing with kicks/dance class/cross fit/swim as a cardiovascular exercise?**

Yes, but you can't count your rest times as part of the time elapsed during your cardio session.

**Does yoga, zumba or pilates count as cardiovascular exercise?**

It counts as part of your movement routine.

**Is it okay for me to do extra cardio if I have completed my day/week cardio session?**

Yes, that's fine, but we don't want you to burn out before you finish the program.

**If I do the treadmill instead of the stairs, will I still get the same results if I stay within the heart rate range?**

Yes

**Would it be okay to do all the cardio in the morning and then the weights for At night? Or is it better to split it, do some cardio and weights in the morning, and finish cardio and weights in the evening? Or all in one sitting?**

It doesn't matter.



## WORKOUT FAQS

**For triceps extensions, can I use the rope?**

Yes.

**When I do barbell, do the palms of my hands face towards me or away from me?**

Do both.

**How much weight should I use for each exercise?**

Enough so that you can finish all repetitions as indicated in your plan.

**My knee hurts when I do leg extensions. Should I do less weight?**

Yes, you just have to make the motions. Do not aggravate your previous injury.

**Can I train twice in the same day?**

Yes, but don't overdo it in training. The body needs to heal.

**On leg day, can I do cardio in the morning and leg training in the evening?**

Yes.

**My training is five days a week, could I train five days in a row and two days in a row?**

Yes. Eventually, you will go seven days a week. I go from Monday to Thursday and then on Saturday.

**For abdominal workouts, what kind of number of repetitions should I look for to get to the thirty-second rest before rest? I'm trying to decide how much weight is needed for endurance.**

1.5 seconds

**What kind of stretching do you want me to do between sets?**

We prefer that you do static stretches.

**What do you think of the sauna after training?**

Studies have shown that 20 minutes in the sauna after a strenuous workout relieves sore muscles. Be sure to drink plenty of water to keep you hydrated both before and after using the sauna.

**What is a good exercise to replace squats?**

Squats on Smith machine.

**Instead of the standing military press can I do it sitting?**

Yes

**When I do the closed grip pull-ups, does it matter if I use the V-bar or should I stick with the narrow grip? or should I continue with the narrow grip of the normal bar?**





V-bar. Lean back about five centimeters.

When I lunge, do you want my kneecap to touch the ground?  
One centimeter from the ground.

**For the military press, do I wear the bar to my chin or chest?**  
To the chin.