



Xyngular®

Body Transformation

Getting Started Guide

WHAT IS THE XYNGULAR BODY TRANSFORMATION?†

Studies have shown that it takes **21 days to create a habit**, and with that in mind, we have created the Xyngular Body Transformation—a step-by-step, 29-Day program designed to help you achieve your weight loss and health goals. It starts with Xyngular’s proven 8-day IGNITE System, and is followed by a 21-day optimal eating and exercise plan.

There are many programs out there that require 60, 90, or even 120 days or longer to complete. **We chose to create a program that is shorter in length, achievable, and can be repeated (if desired) for continued weight loss or weight maintenance.**

To achieve ideal results, we recommend combining healthy eating with exercise, but even those that exercise occasionally (or not all) can still succeed and have fantastic, life-changing results. The Xyngular Body Transformation is designed to help you reach your goals by taking a practical approach to losing weight and is intended to help you keep those excess pounds off forever!

WHAT YOU NEED TO GET STARTED

- 1.) **A willingness to improve your health!**
- 2.) **Xyngular Ultimate Transformation Pack:** [Wholesale \\$489.90 USD/382PV](#)

The Ultimate Transformation Pack includes the following Xyngular products (enough to fully complete a 29-day Body Transformation Cycle):

- (4) **Lean**
- (2) **Cheat+**
- (2) **XypStix**
- (1) **Axion**
- (1) **XYNG**
- (1) **Flush**
- (1) **Accelerate**
- (1) **Global Blend**
- (1) **Shaker Cup**



- 3.) **Xyngular Body Transformation Support Materials**
 - IGNITE Brochure (included in your Ultimate Transformation Pack). This is your meal plan and guide for days 1–8.
 - Full IGNITE PDF. In-depth resource for the IGNITE System (PDF Download)
 - 21-Day Meal Plan. Day 9–29 Meal Plan (PDF Download)
 - 21-Day Exercise Plan. Day 9–29 Exercise Plan (PDF Download)
 - Additional Protein Options and Shopping Guide (PDF Download)

TIPS TO MAXIMIZE YOUR RESULTS

To set yourself up for BIG success with the Xyngular Body Transformation, make sure to do the following:

- 1.) Completely read this “Getting Started Guide” as well as all of the support materials prior to beginning.
- 2.) Prepare your meal plan and make a shopping list.
- 3.) Purchase and prepare the right foods.
- 4.) Create a Body Transformation support group (or partnership), and rely on each other to stay on track!
- 5.) Drink lots of water! We recommend drinking half of your body’s weight in ounces of water, up to a maximum of 120 ounces. For example, if you weigh 200 pounds, drink 100 ounces.

BEFORE YOU START THE BODY TRANSFORMATION PROGRAM

- 1.) **Read the support materials!** We want to make sure you are prepared as this will give you the greatest chance to succeed.
- 2.) **Take your measurements.** This includes chest, waist, hips, thighs, arms, legs, etc...If you are unsure of how to do this, there are great online resources to help you out.
- 3.) **Take your “before” pictures.** Take at least one front and one side view, and others if it is helpful for you. These should be taken in attire that you are willing to share later (you definitely don’t have to share, this is primarily for you to see the change in yourself, but your success can help others that are struggling!)
- 4.) **Indulge...just a little.** Eat something you love a day or two before you start so you won’t be craving it from the start.
- 5.) **Shop!** Go to the grocery store and purchase the items you will need for your meal plan. Being prepared with all of your protein options will set you up for success. On all 4-6 oz protein snacks (on shake days and eating days) and unlimited oz protein dinners, you may have any of the following alone or together the amount allowed...ALSO choose hearty proteins not just lunchmeat or nuts all the time (even though the plan says just turkey, fish, steak or jerky...those are just examples):
- 6.) **You’re ready to go now!** Remember to weigh in on morning one and record the results. This is for YOU to track your success!

ADDITIONAL TIPS AND IDEAS

- **Cook before you need to.** Cook snacks and meals ahead of time so they are ready to go when you need to eat. This will cut down on “undesirable” snacking and help you stay on track. Make sure whatever you buy has low carbs and no sugars.
- **Be creative.** You cannot survive on lunch meat alone! Mix it up by trying turkey burgers with a cheese slice (no bun), chicken and black beans with some spices and shredded cheese, cottage cheese/yogurt mix, chicken

breast with cheese, and grilled steaks. Remember, variety is the spice of life!

- **Eat when you should eat!** It is very important to make sure you eat the recommended amount of protein and calories during the Xyngular Body Transformation. If you don't eat you are destined to get hungry, which can lead to failure. If you do get hungry during the first 8 days and just can't make it, try eating a small all-protein snack or an extra shake at night. Proteins are essential to the body and weight loss.
- **Limit exercise during the first 8 days.** Exercise is very important for your life and health, just hold-off or limit your exercise during the detox/cleanse stage.
- **Other key factors.** There are other key factors that will play a role in your success....some people are more sensitive than others....so watch for these things:

EVEN MORE TIPS, KEY FACTORS AND HELP

- **Drink water!** Again, we recommend drinking half your body weight in ounces of water up to a maximum of 120 ounces. For example, if you weigh 180 pounds, drink 90 ounces. This helps flush toxins and calories.
- **Watch the salt/sodium.** Sodium can cause you to retain that water and hold more weight.
- **Watch your carbs.** Some people are very sensitive to carbs and might not even know it. If you are gaining weight and "yo-yoing" on your eating days, try reducing your carbs even further. Remember though, you must maintain high fiber content. This means salads, greens, celery, spinach, black beans, almonds, peas, and broccoli. Avoid things like breads, rice, etc.
- **Milk issues?** Milk sensitivity or allergies are not uncommon. So when mixing your shakes, consider alternatives like soy milk, almond milk or water.
- **Diet drinks.** Diet drinks like Crystal Light, diet sodas, etc...are "allowed" in the Body Transformation program, but if you are having difficulty with weight loss while consuming these, try cutting them out. For some, it causes the body to hold on to fat stores, making it more difficult to lose weight.
- **Exercise[†] and sleep.** These are essential, try to get enough of both!
- **Fiber.** How do we say this...constipation during the Body Transformation program, especially during the first 8 days, is not uncommon. An increased consumption of protein and a reduction in carbs and fiber can cause this. To combat, make sure to take the Cheat+ that comes with the Ultimate Transformation Pack, drink the recommended amount of water and on eating days, make sure to eat high-fiber foods like celery, broccoli, cauliflower and lettuce.
- **Commit and you will succeed!** Find someone you can share your goals with and have them hold you accountable! Or better yet, find

someone else to do the 29-day Body Transformation with you and you can help each other!

DON'T GIVE UP!

We strongly encourage you to complete the full 29-day Body Transformation cycle. If for some reason your body doesn't respond as well as you would like, then we recommend taking a short break. You can try a basic calorie-counting method, but we recommend you still continue to incorporate products from the Ultimate Transformation Pack in your daily routine.

We can say with confidence that this program will work for the vast majority of those that follow it as outlined. After 2 weeks you should begin to see moderate to significant results and know how these products work with your body. Remember, this is a lifestyle change! It won't always be easy, but it will yield results if you can stick with it! And if you don't succeed, you can always try the Xyngular Body Transformation again!

If you dedicate **one month of your life** and complete the program as outlined, we guarantee you will lose weight and inches while turning your body into a fat burning machine! Not to mention a noticeable improvement in how you feel and how much energy you have. This can literally change your life! Best of luck.

†Consult with your doctor before making any dietary changes or beginning a new exercise program. Those with special dietary requirements should make adjustments to the program as needed.