

Interview with Eddie Lomax of [www.workout-without-weights.com](http://www.workout-without-weights.com)

1. Hi Eddie, Please tell us a bit about your background

While I participated in many sports growing up (swimming, football, weight lifting, cross country), I ended up as a wrestler. Everything I did in the off season was designed to help me become a better wrestler. I figured out, too late, that most of the exercise advice, especially bodybuilding, was not designed to create a high level of fitness or a high performance body. It is no wonder most exercisers don't come close to reaching their goals.

About 8 years ago my wife's father got sick, so we moved to Chile to help out. I needed to find a way to make a living and took the opportunity to formalize the exercise knowledge I had gained throughout the years. Workout Without Weights was the first complete workout program I designed.

1. Say, what is the most special thing about "Workout Without Weights"?

It is the progression system I use. You see, most people don't know how to keep improving when the weight of resistance (your own bodyweight) stays the same or even is reduced due to fat loss. When using weights, you can always increase the weight used... but you can't do this when using bodyweight exercises.

Workout Without Weights uses 6 different progression systems to keep the workouts challenging and effective. As you move from one progression system to another, you'll not only challenge yourself, but you'll realize the fitness, fat loss and physique goals you desire.

2. Some people do not really believe that they can gain real muscle tone without any weights, Can you clarify how it is possible?

Your body does not know if it is being challenged with weights or not. It only works against resistance... whether that resistance comes from weights or your own bodyweight. As long as you challenge your body, it will react by building muscle to overcome those challenges easier in the future.

This is where the progression systems really come into play. They keep challenging the body, even though the weight stays the same. This means your body keeps reacting by building useful, strong muscles. I would even argue that the muscle you build using bodyweight exercises looks better and helps you overcome the challenges you face outside of the gym better than weight lifting. After all, exercise is about movement... and there is no better way to improve in the activities of sport, work and life than by improving your ability to move your own body.

3. Do you think your program is suitable for everyone?

Yes. Each person makes their own workouts using 190 different exercises split into Basic, Intermediate and Advanced. There are workout journal sheets that everyone fills in with the exercises they want to use... then they follow the progression system laid out for them.

By giving every person the ability to have a hand in the creation of the workout program, they can design it to meet their needs. If they are just starting out, they can use basic exercises. If they are more advanced they can choose from more challenging exercises. This means everyone can find the perfect place to start... and then they can improve over time by following the progression strategies. Frankly, you can create a lifetime's worth of workouts that keeps changing as you improve.

4. How quickly do you think the average Jane and Joe should expect results when using "workout Without Weights"?

People normally feel the results faster than they see them. This is an unfortunate fact of any exercise program. But I think everyone will be surprised at how quickly they see themselves improving.

Improving performance from one workout to the next really should be the point. If you follow the progression strategies and improve from one workout to the next, your body will make the physical changes like burning fat and building a strong, athletic body that most exercisers want. Just keep in mind that it probably took years to get your body into the undesirable state it is in now... so don't expect to reverse that after only one workout.

5. How much time should a person invest in working your program?

Obviously, the more time you spend exercising the more you'll feel and see the improvements... within reason of course. But the workouts don't take a lot of time to do, about 20-30 minutes. Start out with doing the workouts 3 times a week, and add some extra cardio sessions like I suggest and you'll get results.

3 total hours a week really can do wonders for most people.

6. People are often afraid of extra money they will need to spend in addition to buying a new fitness program e-book, are there additional supplements required for your program?

No. I do give some free bonuses where I explain what I call the Fitness Trilogy. There are suggestions for a diet program to accompany the workout and some supplements I suggest. But none of these things are necessary to get results with the program.

You can do the workout without any extra equipment. However, it would be nice if you had a place to do chin up... as this is an excellent exercise. But again, you pick the exercises you want to do so you can design workouts that don't need any extra devices.

7. Give us some of the important aspects of your program?

You don't need any fancy or expensive equipment. You pick the exercises for each workout. There are printable workout journal sheets for each of the progression systems. There are even 10 challenges you'll want to do after you improve some. Basically, if you have a functioning body and a small space to work out, you have everything you need to make this workout program work for you.

8. How important do you think is combining a diet program with "Workout Without Weights"?  
The sad truth is no amount of exercise can make up for a poor diet and lifestyle. Exercise, Diet and Lifestyle are what I call the Fitness trilogy. When all these factors are in agreement to meet your goals, the results come very quickly.

Diet is probably the most important, because it is what gives your body the energy to perform the workouts and make the physical changes (like more muscle), you want. This is why I don't recommend reduced calorie diets. Achieving your goals is about adhering to a diet plan that gives you all the energy you need for your exercise and active lifestyle. So, it is very important.

9. How would you propose people to keep their motivation up?  
The fact is, in today's society you don't need to be very fit to survive. You can be very overweight and very weak and still get by. And I think this is part of the problem. You don't NEED to be fit, lean and muscular to survive. So, most people just let it slide and don't make it a priority.

So, envision yourself in an environment where you NEED to be fit. Pretend you are in prison, and need to be strong, lean and athletic to survive. Do you think you would be motivated then? Think of yourself as a gladiator or ancient warrior. I believe that if your survival depended on your fitness in a more immediate way, our society would not be facing the problems it is today. I know it sounds silly, but thinking of yourself in this way can make a huge difference.

Make improving your fitness, losing those extra pounds of fat and building an athletic body a NECESSITY... and you will do what it takes to reach your goals.

10. Anything else You would like to add?  
There is no magic exercise or gadget that can give you the results you want... no matter how much you wish there was. So, use what already works and start as soon as possible. A progressive workout program, proper diet and healthy lifestyle works. It has been proven time and time again. Workout Without Weights teaches you everything to take care of progressive exercise... all you have to do is do it.

If you want to get your own copy of "Workout Without Weights"

[CLICK HERE](#)