

MÖDERE®  
**LEAN BODY  
SYSTEM**  
USER GUIDE



# ACHIEVE A TOTAL BODY TRANSFORMATION

Congratulations! Your purchase of the **Lean Body System** is a pivotal first step toward a healthier, leaner body.

When it comes to reaching your goal, it is not about the number on your scales. What really counts is body composition - that is the ratio of fat to muscle in your body. And only the Lean Body System features **Burn/Ignite**, **Shape** and **Activate** — with our innovative combination of technologies designed to support your body transformation in 3 ways:

- **SUPPORT METABOLISM\***
- **SUPPORT NATURAL DETOXIFICATION**
- **NOURISH BODY COMPOSITION**

In short, you're about to experience a new way to get fit and lose centimetres.\*

**Ready to get started?**  
**It's as simple as TAKE 3  
MAKE 3.**

\*Always read the label and follow the directions for use. Use in conjunction with a program of reduced intake of dietary calories and increased physical activity. Adults only. Burn contains caffeine. Please read the ingredients and warnings for each product on the Modere website before purchase. Modere recommends speaking to your healthcare professional before beginning any new weight loss program.



## TAKE 3 PRODUCTS



### Shape

- CLA from natural safflower provides valuable support to low carbohydrate and ketogenic diets
- Multi-patented award-winning Collagen HA Matrix® Technology replenishes dietary collagen and hyaluronic acid
- Nourishes your body, joints and skin and is gluten-free, 99.9% sugar-free and has no artificial colours or flavours

**Directions:** Take one tablespoon (15mL) each morning



### Burn/Ignite\*

- A formula that supports natural energy-yielding metabolism with natural plant extracts
- Use in conjunction with a program of reduced intake of dietary calories and increased physical activity
- Natural caffeine from the Robusta coffee bean supports normal energy metabolism and energy levels

**Directions:** Take two capsules with breakfast and lunch, allowing 3 hours between dosage



### Activate

- A monthly 3-day detox designed to ignite your digestive energy and help eliminate waste in conjunction with a calorie responsible diet and regular exercise
- Organically grown aloe vera provides natural cleansing properties for the gastrointestinal tract
- Contains naturally cleansing apple pectin and psyllium seed husk for added fibre to regulate your system

**Directions:** Mix one packet with 250mL of water. Take one packet each day for three consecutive days per month.



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## MAKE **3** LIFESTYLE CHANGES

### CHOOSE 3 OF THESE HABITS TO STICK WITH THROUGHOUT THE CHALLENGE

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Drink 2L  
of Water



Avoid  
Sugary Drinks



Walk  
10,000 Steps



Don't Eat  
Fried Foods



Eliminate White  
Flour, Rice & Sugar

By incorporating **Shape**, **Burn/Ignite** and **Activate** into your routine and committing to making three lifestyle changes, you're choosing to take charge of your body so you can look and feel your best!

## LEAN BODY NUTRITION PLAN

### IT'S SIMPLE.

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In order to lose weight, you must burn more calories than you consume. In theory this sounds simple, but managing your daily food intake can be difficult.

To help you be successful in your Lean Body transformation, we encourage you to download the My Fitness Pal App to help track your daily calorie intake. Your free account will allow you to set daily calorie goals based on your current body weight and how much weight you want to lose.

Based on your personal calorie recommendation from My Fitness Pal, we suggest the following numbers of daily servings:

FOOD TYPE	1200-1499 Calories	1500-1799 Calories	1800-2099 Calories	2100-2299 Calories	2300-2499 Calories	2500-2799 Calories
VEGETABLES	3	4	5	6	7	8
PROTEINS	4	4	5	6	6	7
FRUITS	2	3	3	4	5	5
CARBOHYDRATES	2	3	4	4	5	5
HEALTHY FATS	1	1	1	1	1	1

Check out our Lean Body nutrition plan and a list of healthy recipe ideas at [thelatest.moder.com.au/leanbody](https://thelatest.moder.com.au/leanbody)



## LEAN BODY FITNESS GUIDE

### LEAN BODY FITNESS GUIDE

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Commit to a program and stick with it. If you're getting up each morning without a plan for the day, you're sure to fail. Decide to follow the program and stick to the schedule you've created for yourself. Get into a routine as soon as possible. It will become easier and easier as you get into better shape and begin to see results. Before long, you will have created a healthy habit that will pay

dividends for years to come. If you want to take your fitness goals up a notch, augment your three lifestyle changes by following our Lean Body System fitness guide.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>WEEK 1</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 2</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>WEEK 3</b>	Cardio	Strength	Recovery	Circuit	Strength	Core	Recovery
<b>SHRED IT!</b>							
<b>WEEK 4</b>	Cardio	Strength	Core	Circuit	Strength	Core	Recovery
<b>WEEK 5</b>	Cardio	Strength	Core	Circuit	Strength	Core	Recovery

†Visit [thelatest.moderne.com.au/leanbody](https://thelatest.moderne.com.au/leanbody) to unlock a monthly calendar of daily workout ideas.



**We recommend  
25-30 minutes of  
exercise training on each  
workout day.**

To keep things simple, do three sets, 30-60 seconds of each exercise when alternating exercises. We recommend picking three exercises and rotating through three sets of each, then choosing another three exercises and rotating through three sets of those. Repeat this process until you've completed 25-30 minutes of exercise.



## NOW IT'S YOUR TURN

Experience the Lean Body System for yourself, and then share your story!

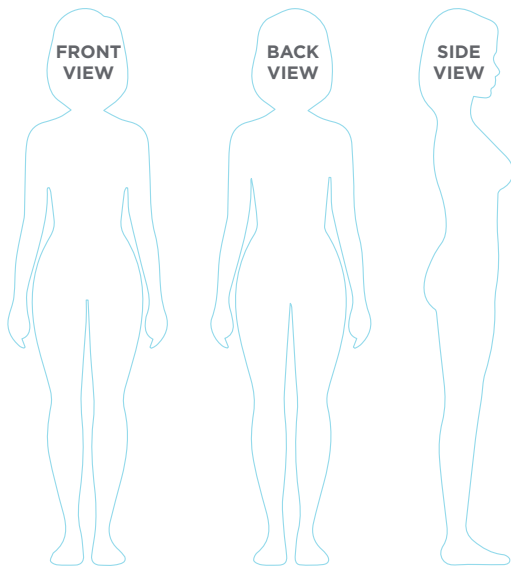
### TRACK YOUR RESULTS (FOR PERSONAL USE ONLY)

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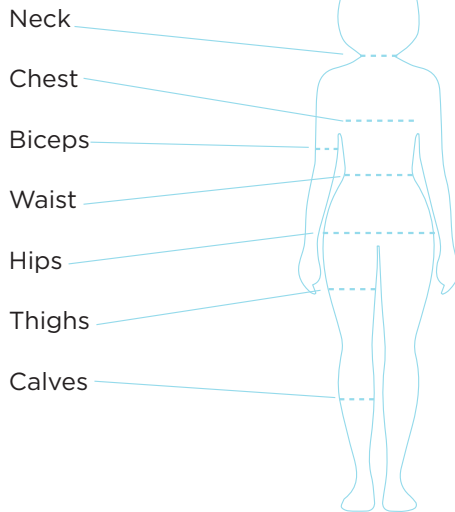
Before you get started, don't forget to take before pictures and measurements. By documenting your progress every week, you'll notice even subtle changes that are sure to motivate and encourage you to keep going.

#### BEFORE & AFTER PICTURES

Set up your photos using the same clothing, background, lighting and poses each week so it's easier to compare and track your progress! You can use the self-timer on your phone to take your photos, or get a friend to help.



#### MEASUREMENTS



DATE:					
	START	WEEK 1	WEEK 2	WEEK 3	WEEK 4
NECK					
CHEST					
L BICEP / R BICEP	/	/	/	/	/
WAIST					
HIPS					
L THIGH / R THIGH	/	/	/	/	/
L CALF / R CALF	/	/	/	/	/

#### Tips for Taking Accurate Before and After Photos

- **DRESS AND POSE APPROPRIATELY:** We recommend wearing fitted clothing to best demonstrate your overall transformation. It's important to provide a clear view of your stomach area, so don't suck anything in! Maintain a neutral posture in both photos: Don't slouch in your "before" photo, then stand straight in your "after" photo.
- **REQUEST HELP:** Selfies will not capture the details you want to document during your body transformation journey. Use a tripod and an auto-timer on your camera, or ask a friend to stand in as your photographer.
- **LOCATION, LOCATION, LOCATION:** We recommend you pose in front of a blank, solid-colored wall. The fewer distractions the better; after all, this is about you and your transformation journey! Be sure to choose a location where you will be able to recreate the same conditions for future photos that track your progress and your results.
- **TAKE MULTIPLE PHOTOS:** You'll want to make sure to capture every angle with these pictures. Take enough photos to show your body clearly from the front, the back and the side, at a minimum. The more pictures you take, the better.
- **BE CONSISTENT:** Remember to take progress photos at regular intervals throughout your transformation journey. Be consistent with your location and the clothing you pose in. This will help to highlight the changes from one photo to the next even more clearly.

## TRACK YOUR LIFESTYLE CHANGES

WEEK 1	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY		
Did you take your Lean Body System products as directed?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your first lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your second lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Did you achieve your third lifestyle change?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Rate your energy levels.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Rate your mood.	1	2	3	4	5	1	2	3	4	5	1	2	3	4	5
Have you noticed a reduction in cravings?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	
Do you feel better overall?	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	Y	N	

Which three lifestyle changes did you choose to adopt?



Drink 2L of Water



Avoid Sugary Drinks



Walk 10,000 Steps



Don't Eat Fried Foods



Eliminate White Flour, Rice & Sugar

Download your week 2-4 tracker at [thelatest.modere.com.au/leanbody](http://thelatest.modere.com.au/leanbody).







## LEAN BODY SYSTEM - 3 MONTHS

As a suggestion for the best results to change your habits, shape your mind and transform your body, we recommend personalising your Lean Body System for 90 days with the addition of these Modere products:









**ADD ON LIQUID BIOCELL®**  
Drink one tablespoon (15mL)  
twice daily



  		
<b>MONTH 1: DETOX</b>		
<b>SHAPE</b>	<b>BURN/IGNITE</b>	<b>ACTIVATE</b>
 <p><b>ALOE VERA</b> Take 15mL before breakfast and lunch.</p> <p>DAIRY-FREE GLUTEN-FREE VEGETARIAN</p>		
 <p><b>BALANCE DROPS</b> Take 1mL (20 drops) mixed in 250mL of water three times daily.</p> <p>DAIRY-FREE GLUTEN-FREE VEGETARIAN</p>		
 <p><b>FIBER</b> Mix two level scoops with a 250mL glass of water. Stir briskly and drink promptly.</p> <p>DAIRY-FREE VEGAN GLUTEN-FREE VEGETARIAN</p>		

  		
<b>MONTH 2: PROGRESS</b>		
<b>SHAPE</b>	<b>BURN/IGNITE</b>	<b>ACTIVATE</b>
 <p><b>CARB REDUCER (Adults only)</b> Take three capsules before a main meal, one to three times per day.</p> <p>DAIRY-FREE VEGAN GLUTEN-FREE VEGETARIAN</p>		
 <p><b>CHOCOLATE SHAKE PEA PROTEIN</b> Mix two tablespoons in 200mL of water, shake well and enjoy as a snack or with a meal.</p> <p>DAIRY-FREE VEGAN GLUTEN-FREE VEGETARIAN</p>		
 <p><b>BALANCE DROPS</b> Take 1mL (20 drops) mixed in 250mL of water three times daily.</p> <p>DAIRY-FREE GLUTEN-FREE VEGETARIAN</p>		

  		
<b>MONTH 3: CHANGE</b>		
<b>SHAPE</b>	<b>BURN/IGNITE</b>	<b>ACTIVATE</b>
 <p><b>CARB REDUCER (Adults only)</b> Take three capsules before a main meal, one to three times per day.</p> <p>DAIRY-FREE VEGAN GLUTEN-FREE VEGETARIAN</p>		
 <p><b>CHOCOLATE SHAKE PEA PROTEIN</b> Mix two tablespoons in 200mL of water, shake well and enjoy as a snack or with a meal.</p> <p>DAIRY-FREE VEGAN GLUTEN-FREE VEGETARIAN</p>		
 <p><b>BALANCE DROPS</b> Take 1mL (20 drops) mixed in 250mL of water three times daily.</p> <p>DAIRY-FREE GLUTEN-FREE VEGETARIAN</p>		

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**ADD THESE DELICIOUS PRODUCTS TO HELP NOURISH YOUR BODY,  
SUPPORT YOUR WEIGHT MANAGEMENT PROGRAM AND SEE RESULTS!**



### CHOCOLATE SHAKE PEA PROTEIN

A delicious chocolate shake to fuel your body and preserve your muscle mass while you diet, with crucial amino acids found naturally in pea protein.

**Directions:** Mix two tablespoons in 200mL of water, shake well and enjoy as a snack or with a meal.



### ALOE VERA

Aloe Vera is made from certified organically grown aloe vera to support a truly natural and soothing gastrointestinal cleanse.

**Directions:** Enjoy 15mL before breakfast and lunch.



### BALANCE DROPS

Moderne Balance Drops is intended to help you take control of your eating patterns so that you can achieve a better dietary balance. Balance Drops features cinnamon, chromium and vitamin D3 to help balance your diet and digestion so you can better control what you eat between meals.

**Directions:** Take 1mL (20 drops) mixed in 250mL of water three times daily.



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### LIQUID BIOCELL® PURE\*

Liquid BioCell® Pure is a super nutraceutical with award-winning Liquid BioCell®, an ingredient that nourishes and supports active and ageing joints. Liquid BioCell Pure contains all the benefits of natural type II collagen while being 99.9% sugar-free and less than 10kJ per serve. A perfect complement to any diet.

**Directions:** Drink one tablespoon (15mL) twice daily.



### CARB REDUCER

Carb Reducer delays the digestion and absorption of carbohydrates to support your weight management goals.

**Directions:** Adults, three capsules once daily with your main meal.



### FIBER

Fiber provides a blend of soluble and insoluble fibre, as well as probiotic bacteria to help support a healthy condition in the colon and overall digestive function. In addition to promoting regularity and relieving constipation, sufficient dietary fibre helps the body maintain a healthy digestive tract and promotes overall digestive health.

**Directions:** Mix two level scoops with a 250mL glass of water. Stir briskly and drink promptly.



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**JOIN THE MILLIONS OF PEOPLE JUST LIKE YOU  
WHO HAVE DECIDED TO MAKE A TRANSFORMATION TODAY!**

We're thrilled to join you on this journey toward your total body transformation with the Lean Body System. Share your results online with the hashtag [#myleanbody](#) or [#myleantransformation](#).

We can't wait to celebrate your transformation with you. Get started today!

***#MYLEANBODY***  
***#MYLEANTRANSFORMATION***

