

The Body Transformation Blueprint

RESOURCE PACK

(Sample Edition)

Module 1: Introduction and Getting Started

Four video lessons plus resource pack. 1 hour 8 minutes.

- Lesson 1: Meet your instructor
- Lesson 2: Who this course is for, and how you will benefit
- Lesson 3: Course structure and outline
- Lesson 4: Diet and exercise myths
- Lesson 5: Tools and additional resources

Meet your instructor, learn how this course works, what to expect, and how you'll benefit. Get the course outline, then learn about the downsides of being overweight and the amazing upsides of being strong and lean. Do some myth-busting on a bunch of common diet and exercise myths. Collect your bonus resources, connect with your private Facebook student community, and try out your direct line to your instructor.

Additional resources

- Vital Capacity Live website address: www.VitalCapacity.live
- Vital Capacity Live Facebook page: www.facebook.com/VitalCapacityFitness
- Vital Capacity Live Facebook handle: @VitalCapacityFitness
- Private invitation-only Facebook group for Body Transformation Blueprint students:
[Sorry, this resource is reserved for fully enrolled students only]
- Your “direct line” email address for Body Transformation Blueprint students:
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- Tech support question or problem?
[Sorry, this resource is reserved for fully enrolled students only]
- The full text transcript of every lesson. This download allows students to perform a full text search across the entire course, looking for any word or phrase of interest. You are then able to easily see which of the modules and lessons it was spoken in.
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Module 2: Definitions – Is This A Whole New Language?

Seven video lessons plus self-assessment quiz. 50 minutes.

- Lesson 1: Module outline
- Lesson 2: Body Recomposition defined
- Lesson 3: Metabolism defined
- Lesson 4: Energy In – the Calorie defined
- Lesson 5: Energy Out – BMR and TDEE defined
- Lesson 6: Energy Balance defined
- Lesson 7: Macronutrients and micronutrients defined
- Self-Assessment Quiz

Body Recomposition, TDEE, BMR, Energy Balance, Macronutrients. What does it all mean? Demystify all the terminology so that you know exactly what you're talking about, and never be fooled by spruikers again. Learn exactly what metabolism is, know the difference between a calorie, a kilocalorie and a kilojoule, and how to convert back and forth between them.

Additional resources

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Module 3: Energy In – Macronutrients

Eight video lessons plus self-assessment quiz. 1 hour 30 minutes.

- Lesson 1: Module outline
- Lesson 2: Introduction to Macronutrients
- Lesson 3: Protein
- Lesson 4: Carbohydrates
- Lesson 5: Fat
- Lesson 6: Alcohol
- Lesson 7: Fibre
- Lesson 8: Water
- Self-Assessment Quiz

Learn what the different macronutrients are, and how they contribute to your body composition goals. Take a deep dive into the macros you might already be aware of: fats, carbohydrates, and protein. Learn why the lesser-known macros are critically important to your success: alcohol, fibre, and water. Examine the upsides and downsides of each macro, how it supports your goals, and where it should fit into your diet and lifestyle.

Additional resources

1. *All of the amino acids, their function in the body, and food sources*

- Histidine (essential) is required to maintain the myelin sheath around our nerve cells. It's also used in the biosynthesis of proteins and in the creation of histamine. Histamine, in turn, is critical for the immune system, circadian cycles, sexual function and digestion. Sources: meat, fish, poultry, seeds, nuts, whole grains
- Isoleucine (essential) is one of the three Branch-Chain Amino Acids (BCAAs). It provides...
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2. *Water intake recommendations by life stage and gender*

Life Stage / Age	Adequate Intake
Infants	
0-6 months	0.7 L/day from breast milk or formula
7-12 months	0.8 L/day from breast milk, formula, food, plain water and other beverages, including 0.6 L as fluids
Children and Adolescents	
Boys and girls	
1-3 yrs	1.0 L/day (about 4 cups)
4-8 yrs	1.2 L/day (about 5 cups)
Boys	
9-13 yrs	1.6 L/day (about 6 cups)
14-18 yrs	1.9 L/day (about 7-8 cups)
Girls	
9-13 yrs	1.4 L/day (about 5-6 cups)
14-18 yrs	1.6 L/day (about 6 cups)
Adults	

Men	
>18yrs	2.6 L/day (about 10 cups)
Women	
>18yrs	2.1 L/day (about 8 cups)
Pregnancy and Lactation	
Pregnancy	
14-18 yrs	1.8 L/day (about 7 cups)
>18 yrs	2.3 L/day (about 9 cups)
Lactation	
14-18 yrs	2.3 L/day (about 7 cups)
>18 yrs	2.6 L/day (about 9 cups)

3. *Menno Henselmans' articles on alcohol and muscle maintenance*

- Menno Henselmans' article "The effects of alcohol on muscle growth":
<https://mennohenselmans.com/the-effects-of-alcohol-on-muscle-growth/>
- Menno Henselmans' article "7 tips to get wasted without wasting your gains":
<https://mennohenselmans.com/science-binge-drinking/>

Module 4: Energy Out - Movement and Metabolism

Four video lessons plus self-assessment quiz. 1 hour 5 minutes.

- Lesson 1: Module outline
- Lesson 2: Resistance training
- Lesson 3: Cardiovascular training
- Lesson 4: Incidental movement
- Self-Assessment Quiz

Understand the role of resistance training, and learn the key exercises that will give you an unfair advantage. Find out what type of cardiovascular training gives you the best bang for your buck, and how little cardio you actually need to do (you'll be pleasantly surprised at this). Learn the importance of incidental movement and movement as play, and get some ideas for how to weave that into your everyday life

Additional resources

1 Rep Max calculators

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Resistance training exercises to try

[Sorry, this resource is reserved for fully enrolled students only]

Resistance training programs to try

Beginner programs

[Sorry, this resource is reserved for fully enrolled students only]

Intermediate programs

[Sorry, this resource is reserved for fully enrolled students only]

How to do HIIT cardio

[Sorry, this resource is reserved for fully enrolled students only]

Module 5: Energy Balance and Macronutrient Ratios

Five video lessons plus self-assessment quiz. 1 hour 45 minutes.

- Lesson 1: Module outline
- Lesson 2: Calculate your own BMR
- Lesson 3: Calculate your own TDEE
- Lesson 4: Work out your ideal energy balance to reach your goals
- Lesson 5: Plan your optimal macronutrient ratios to reach your goals
- Self-Assessment Quiz

In this module we bring theory and practice together to create your own personal blueprint for success. Work with your instructor to define your body composition goals, then learn how to calculate your own optimal energy balance and macronutrient ratios to support those goals. Students will finish this module with a specific, personalised, actionable plan that can be implemented right away. Go you!

Additional resources

1. *The best on-line BMR and TDEE calculators*

This site lets you estimate your current and future (goal) TDEE and BMR, as well as goal-specific macronutrient ratios. It enables you to choose between using the Mifflin-St Jeor formula, or the Katch-McArdle formula if you're leaner and/or you know your body fat percentage.

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This site calculates and individually displays your BMR and TDEE based on a number of well-accepted equations including Mifflin-St Jeor, Katch-McArdle, Harris-Benedict, and Cunningham. You are able to view the average result of those, and to include or exclude the results of specific formulae in the calculation of that average. It also includes a weight goal calculator, with accompanying calorie deficit or surplus recommendations over different timeframes.

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2. *Your custom workbook for BMR, TDEE, and Macronutrient Balance.*

I've created a custom workbook for you which takes your relevant values (gender, age, height, weight etc) and automatically calculates and individually displays your BMR and TDEE based on Mifflin-St Jeor, Katch-McArdle, and Harris-Benedict (revised). It also calculates your target daily energy intake target, and displays all results in both kcal and kJ. It will also show you your optimal macronutrient targets in grams, kcal and kJ.

View it in Google Sheets here, [Sorry this resource is reserved for fully enrolled students only], and save your own copy to edit in either Google Drive or download as an Excel file.

Module 6: Measure and Track the Right Things

Ten video lessons plus self-assessment quiz. 1 hour 30 minutes.

- Lesson 1: Module outline
- Lesson 2: Introduction
- Lesson 3: How to read a nutrition panel
- Lesson 4: How to use MyFitnessPal
- Lesson 5: How to use Cronometer
- Lesson 6: General guidelines for activities
- Lesson 7: Activity trackers
- Lesson 8: Your exercise calculation workbook
- Lesson 9: How to estimate your body fat %
- Lesson 10: Measure the right things
- Self-Assessment Quiz

Learn how you actually spend your energy in the real world, and how to measure the right things. Know your way around the popular nutrition and exercise tracking apps and devices, so you can choose the ones that will be a good fit for you. In this module students are also taught what to do if you're just not that into counting and measuring! Learn how to estimate how much body fat you have, and how to read a nutrition panel. Download and start using your personal exercise calculation workbook.

Additional resources

1. *The Compendium of Physical Activities*

This is the link to the Compendium of Physical Activities, referred to in Lesson 6:

- <https://sites.google.com/site/compendiumofphysicalactivities>

This site utilises the data from the Compendium of Physical Activities (referred to in Lesson 6) to help you compute how many calories you burn doing various physical tasks.

- <http://lamb.cc/calories-burned-calculator/>

2. *Your custom workbook for estimating or confirming your daily and weekly TDEE*

There are various formulae you can choose to use to calculate your BMR, and while none of them is 100% accurate, they are at least empirical and objective in their approach.

It is quite unsatisfying, then, to take the result of that BMR calculation and apply a very arbitrary 'Physical Activity Factor' to arrive at your TDEE. These multipliers range from 20% up to 90% of your BMR – so you can see that this arbitrary multiplier can have a huge impact on your final TDEE calculation.

If (like me) you're a creature of routine, and you have the means to track your activity levels using a fitness tracker, then there is a way to minimise the impact of the arbitrary 'physical activity factor' and get more accurate TDEE. You can also use MET data from the Compendium of Physical Activities.

The method is described in Module 6, and refers to my workbook – here is the link for you to download and configure to match your own circumstances.

View it in Google Sheets here, [Sorry this resource is reserved for fully enrolled students only], and save your own copy to edit in either Google Drive or download as an Excel file.

3. Your custom workbook (and additional web links) for estimating your body fat percentage

I've created a custom workbook for you to estimate your body fat percentage using the US Navy method.

View it in Google Sheets here, [Sorry this resource is reserved for fully enrolled students only], and save your own copy to edit in either Google Drive or download as an Excel file.

Instructions:

- Waist – Measure at the navel. Keep your stomach relaxed and exhaled (but not forced out).
- Neck – Head straight and level, looking directly forward, shoulders relaxed
- Measure each site three times, then use the average of the three measurements.

Some further web links for you:

- <http://fitness.bizcalcs.com/Calculator.asp?Calc=Body-Fat-Navy>
- <http://fitness.bizcalcs.com/Calculator.asp?Calc=Body-Fat-YMCA>

4. Visual comparison sites for estimating your body fat percentage

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Module 7: Supplements – Which Ones Work?

Seven video lessons plus self-assessment quiz. 1 hour 25 minutes.

- Lesson 1: Module outline
- Lesson 2: Introduction
- Lesson 3: Fat loss supplements that actually work
- Lesson 4: Muscle gain supplements that actually work
- Lesson 5: Testosterone supplements that actually work
- Lesson 6: What to avoid
- Lesson 7: My pre-workout recipe and supplement stack, yours to steal!
- Self-Assessment Quiz

Dietary supplements are a five billion dollar industry. But what is any particular supplement worth to you? This module focuses on what works and what doesn't, so you know what to invest in and what to take a pass on. You'll cover fat loss supplements, muscle gain supplements, and testosterone-boosters. Steal the recipes for the pre-workout formula and supplement stack that helped get your instructor into the best shape of his life (spoiler: knowing what **isn't** in that mix is even more valuable than knowing what **is** in it). The knowledge you'll gain in this module could easily save you the price of this entire digital course.

Additional resources

1. *What is **glycemic variability** and why should you care about it?*

I've written an article on glycemic variability, one of two variables that are emerging as key determinants to your weight loss, health and wellbeing, and longevity:

- <https://vitalcapacity.live/what-is-glycemic-variability-and-why-should-you-care-about-it/>

2. *Fat loss supplements that actually work*

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* These also appear on the list of muscle gain supplements that actually work.

** These also appear on the list of testosterone-boosting supplements that actually work.

3. *Nicotine: Killer or Cure?*

I've written an article on the surprising benefits of nicotine:

- <https://vitalcapacity.live/nicotine/>

4. *Muscle gain supplements that actually work*

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* These also appear on the list of fat loss supplements that actually work.

** These also appear on the list of testosterone-boosting supplements that actually work.

5. *Testosterone supplements that actually work*

[Sorry this resource is reserved for fully enrolled students only]

* These also appear on the list of fat loss supplements that actually work.

** These also appear on the list of muscle-building supplements that actually work.

6. *My pre-workout recipe*

I haven't found a commercial pre-workout formula that meets my requirements:

- Accessible and reasonably priced
- Contains clinically effective doses of useful ingredients
- Does not contain any sham ingredients
- Will not break my fast

To meet these goals, I found a suitable commercially available pre-workout to use as a base, to which I add (or top up) all the ingredients that I want until they are all at the levels I need. Given this approach, it's more important to me that the commercial pre-workout base **does not** contain things that I don't want. This is because it's easy for me to add what I do want, but not feasible for me to remove what I don't want.

For my base I'm currently using Optimum Nutrition Gold Standard Pre-Workout. It comes in a range of flavours, and it has very low calorie content so it won't break my fast. While some of the active ingredients are present in amounts that are below the clinically effective range, that works for my approach here.

Most importantly, it does not contain any ingredients that are useless, a rip-off, or which would take me out of my fast.

The base commercial pre-workout comes in a 300g tub which contains 30 serves of 10 grams each. To this I add my 'top-up' ingredients, at 30 x my desired daily dose, to create a 30-day supply. I divide the total weight by 30 to arrive at my daily dosage weight of just under 28 grams. That is how much I mix with water and drink prior to my workouts each morning.

Here is the recipe for my 30-day batch:

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Note 1: I split my daily creatine intake. 3g in my pre-workout recipe (this amount is already included in the retail pre-workout that I use as a base), and the remaining 2g in my post-workout protein shake.

Note 2: Sometimes the research indicates a range for 'Clinically Effective Dose'. Sometimes I've chosen a particular 'Clinically Effective Dose' amount in the column above to make the calculations easier. E.g. 1.375g of ALCAR. That is within the clinically effective range, and since

my commercial pre-workout base happens to contain 0.375g already, choosing 1.375g means that I will be topping up that ingredient by exactly one gram per serve.

Note 3: I usually train fasted, but not always. HMB is only useful when training fasted, so to maintain flexibility I separately add HMB to my pre-workout drink on days when I'm training fasted. That's why it is not included in my recipe.

Note 4: My commercial pre-workout base contains some ingredients that I haven't listed here (e.g. caffeine). You should decide your own criteria (ingredients you want, and ingredients you don't want), and use those to choose your own commercial pre-workout base. Alternatively, if you can get all the raw ingredients you need, you might make your pre-workout completely from scratch and not use a commercial base at all.

Module 8: Diets – Which Ones Work?

Seven video lessons plus self-assessment quiz. 1 hour.

- Lesson 1: Module outline
- Lesson 2: Introduction
- Lesson 3: Low carb (Keto, Atkins)
- Lesson 4: High protein (Carnivore)
- Lesson 5: Mediterranean
- Lesson 6: Ancestral (Paleo)
- Lesson 7: Flexible (IIFYM)
- Self-Assessment Quiz

Learn the fundamentals of the most common diets and nutritional strategies doing the rounds today, so you can judge whether any of them might be helpful to you. Study keto, low-carb, carnivore, paleo, and more. Those that work all have one key thing in common, and it's important that you know what that is. Discover what's worth implementing in your own lifestyle, and what to pass on.

Additional resources

[Sorry, this resource is reserved for fully enrolled students only]

Module 9: Intermittent Fasting – Fundamental Or Fad?

Four video lessons plus self-assessment quiz. 50 minutes.

- Lesson 1: Module outline
- Lesson 2: Introduction
- Lesson 3: Time Restricted Feeding (LeanGains, Warrior Diet, OMAD)
- Lesson 4: Intermittent Fasting (ADF, 5:2, Eat-stop-eat)
- Self-Assessment Quiz

Dive into the world of Intermittent Fasting, and learn the different styles including 16:8, One Meal A Day, 5&2, Alternate Day Fasting, and more. Learn the amazing things that science has to say about fasting - not just in terms of weight loss and body composition, but also for longevity and other important health outcomes. This module gives you everything you need to decide whether meal timing is something you might like to try.

Additional resources

1. *LeanGains (16:8)*

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2. *The Warrior Diet (20:4)*

[Sorry, this resource is reserved for fully enrolled students only]

3. *One Meal a Day (23:1)*

[Sorry, this resource is reserved for fully enrolled students only]

4. *Alternate Day Fasting / Day On Day Off*

[Sorry, this resource is reserved for fully enrolled students only]

5. *The 5:2 Diet*

[Sorry, this resource is reserved for fully enrolled students only]

6. *Eat-stop-eat / 1-day fast*

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Module 10: Putting It All Together – Your Keys To Success

Five video lessons. 1 hour 10 minutes.

- Lesson 1: Module outline and introduction
- Lesson 2: Sleep
- Lesson 3: Win at the mental game using the power of habit
- Lesson 4: The Golden Pyramid of body transformation
- Lesson 5: Your next steps

This final module brings everything together into a holistic blueprint for living your best life ever. Discover the Golden Pyramid for body transformation. Learn about the importance of sleep, and how to get more of it. Learn how to win at the all-important mental game, with my foolproof system for harnessing our three personal energy systems of motivation, discipline, and habit. Grab my personal daily routines and learn how to craft your own. And don't forget to grab your heavily discounted VIP access to all of our digital courses.

This last module teaches you how to implement these concepts to reach any goal - beyond even body transformation. Set yourself up with the practical framework for maintaining momentum. Keep going strong, long after you've successfully completed this course.

Additional resources

1. *How much sleep should you be aiming for?*

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2. *Apps for blue light reduction*

F.lux. Windows, Mac, Linux. Free. <https://justgetflux.com/>

Windows 10 Night Light. Windows. Free/native. <https://support.microsoft.com/en-my/help/4027563/windows-10-set-your-display-for-night-time>

NightShift. IOS. Free/native. <http://jonls.dk/redshift/>

Twilight. Android. Free. <https://twilight.urbandroid.org/>

Iris. Windows, Mac, Linux. Free. <https://iristech.co/iris-mini/>

RedShift. Windows, Mac, Linux. Free. <http://jonls.dk/redshift/>

3. *Sleep herbs and supplements*

Magnesium

Magnesium increases deep sleep, decreases overnight cortisol levels, reduces anxiety and stress, improves heart rate variability. 400mg daily, in the evening for sleep improvement.

Melatonin

Very effective at improving sleep, treating insomnia and minimising jet-lag. Higher doses of 1mg-10mg can 'reboot' the circadian rhythm if needed, but risk a rebound effect which can wake you up later in the night / early morning, about 5-6 hours later. Lower doses of 0.3mg – 0.5mg provide a similar positive effect while avoiding waking you up after the effect wears off.

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4. *How to meditate if you've never done it before*

Breathing and meditation are free medicine for the well. I've written a 'how to' article for anybody who is keen to give meditating a go, but doesn't know quite where to start:

<https://vitalcapacity.live/how-to-meditate-if-youve-never-done-it-before/>

5. *The US Army method for getting to sleep*

<https://www.independent.co.uk/life-style/national-napping-day-2019-fall-asleep-fast-military-trick-sleep-a8817826.html>

<https://www.fastcompany.com/90253444/what-happened-when-i-tried-the-u-s-armys-tactic-to-fall-asleep-in-two-minutes>

6. *Gretchen Ruben: The Four Tendencies*

<https://gretchenrubin.com/books/the-four-tendencies/intro/>

Take Gretchen's quiz to find out your own tendency: Don't know your Tendency? Take the quiz here: <https://quiz.gretchenrubin.com/>

7. *Three-Phase Energy*

How To Harness Your Body's Natural Energy systems to Reach Your Goals:

<https://vitalcapacity.live/three-phase-energy/>

8. *Your instructor's daily routine*

In Lesson 3 of Module 10 you learned how to stack the individual attributes of motivation, discipline, and habit in a specific way that will propel you towards your life goals - whatever they may be.

You learned about the enormous power of habits and routines, and how they're the best way (and perhaps the only way) to really effect change in yourself over time.

In this bonus resource material, I'm going to lay out my own daily routines and rituals for you.

You'll see practical examples of many of the concepts you've already learned, and hopefully get some ideas for creating and maintaining your own awesome daily routine.

Let's jump in.

What time is it? What day is it?

On weekday mornings before work I'm either cycling or weight lifting. I lift weights on three mornings, and on the other two I ride with different groups of cyclists. I usually go for a solo fasted bike ride on Sunday mornings, with Saturday morning reserved for my precious recovery time. That one weekly rest morning is not a big sleep-in (remembering the importance of sleep consistency), but it's important to me to wake up on my own time just that morning a week, and not to my alarm like usual.

Six days a week my alarm goes off on my smart watch, which vibrates on my wrist to wake me gently and not disturb my wife sleeping next to me. I wear my smart watch overnight so that it can monitor my sleep, resting heart rate, HRV, and other variables that I care about.

My alarm goes off at 5:00am on gym mornings, and 4:30am on cycling mornings.

Claim your first victory: swing your legs out of bed!

My first action is to swing my feet over the edge of the bed, and put my head between my knees to stretch my lower back. I progressively increase this stretch until it becomes somewhat uncomfortable. I'm careful not to overdo this, but I've found that pushing through a bit of pain 'up front' works the best for me. It means I can have the rest of my day be completely free of lower back pain. Whereas if I skip that early morning stretch, I often end up feeling a dull lower back ache for most of the day.

Thus every morning begins in this way, with a few moments of (constructive) pain. But I don't mind it any more. It wakes me up instantly, and it reminds me that I'm alive.

Weighing in

I head to the bathroom to urinate, then I step naked onto my bodyweight scales. This device weighs me and estimates my body fat percentage using bioimpedance. It's a so-called 'smart scale', and automatically logs my data up to an associated website and to an app on my smart phone.

Pro tip: Weigh yourself daily, but track data points weekly by averaging the daily measurements.

Thank you, 'last night me'

I head into the living area, where my bicycle and everything else I need for the coming day has been pre-prepared by 'last night me' (thank me very much). The previous night I have already got my bicycle positioned and ready to roll on my commute. Toolkit, bike computer, lights all set, tyres pumped up. Depending on the day, my gym clothes will be folded on a chair ready to put on, and my gym bag will be organised and ready to go. Alternatively, if it's a cycling day, my cycling bib and jersey will be ready, along with whatever on-bike nutrition I'll need for the bunch ride.

Pro tip: Good habits are much more likely to catch on if you 'grease the groove', minimise friction, and 'pre-commit'. Execute your implementation intentions with actual behaviours and actions that are aligned with those.

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9. Student bonuses

Students receive a huge special pricing deal on the other two Vital Capacity Live digital courses that round out the three-part Transformation Blueprint series:

The Resilience Blueprint

Learn how to cultivate deep resilience in the three inter-related domains of mind, body and spirit. Resilience is a life skill that is increasingly crucial to have in this crazy world we live in. Once you have a deep well of self-reliance that you can draw on at will, you realise that you don't actually need anything from anyone else. Resilience can absolutely be learned and practised, and this digital course will teach you how.

The Longevity Blueprint

There are surprisingly few factors that have the biggest combined impact on your chances of living a long and healthy life. Life-span is one thing, but health-span is even better. In this digital course you will learn which areas to focus on in a simple, accessible, down-to-earth approach to

improving longevity. This course is not about unattainable cutting-edge practices, or expensive supplements with unpronounceable names. Instead it teaches you the fundamental strategies that are cheap (often free), and available to anyone.

Both of those follow-up courses are being lovingly created right now. As a *Body Transformation Blueprint* student, you don't need to do anything to receive this special bonus pricing offer - we'll be in touch with more information down the track, including a sneak peek preview and your big fat discount offer.