

# UNDERCOVER

Bob Hart shed a layer of 35 pounds of fat to reveal six-pack abs and become a healthier, more confident officer

By Sue Mosebar, Executive Editor



Denver, Colorado, Police Officer Bob Hart was both working and living under cover.

Looking at his before picture, “working under cover” explains his unusual hair style.

But that wasn’t what was bothering Bob. What bothered Bob was his body.

After all, he’d always been in pretty darn good shape. In his mind, he saw himself as the lean and mean man who had joined the Police force over a decade before.

Sure, his uniform was fitting a bit tighter. But that was because they had changed uniform manufacturers. (Everyone knows that depending on the maker, clothing sizes can vary widely.)

Some of his friends were pushing Bob to join in the upcoming 911 Ultimate Transformation Challenge with them. But Bob resisted. “My friends have been competing in the contest for the last couple of years, and they were always trying to get me to do it too, but I didn’t really think I needed to. Honestly, I didn’t think I could improve too much,” he says.

Plus, a greater majority of his co-workers told him he was already “too small” and wouldn’t stand a chance of winning. So clearly the friends pushing him to join were just looking for an easy target to beat.

***It was obvious. Bob looked good....***

But the picture was telling him a different story. One of being undercover all right. Under a layer of fat that had snuck up on him and planted itself firmly on his growing waistline.

***And what was the scale saying?***

Sure, he had gained a few pounds. But Bob thought maybe it was good weight. He shares, “I’d been trying to gain weight my whole life, lifting weights, trying to gain more muscle. I thought maybe I was getting stronger and assumed I was finally able to put on some muscle.”

***But where were his abs?***

Then Bob went in for a check up at the end of last year. And his doctor sat him down to tell him some surprising news: “I’m a diabetic—I was diagnosed when I was like seven,” Bob explains, “and my doctors were concerned because my cholesterol was really high. They said I put on a lot of weight—about 20 pounds. I hadn’t realized I had gained so much. The doctor attributed everything to all the fast food I had been eating and wanted me to cut back if not cut it out altogether.”

So that was that. Bob decided he’d better listen to his doctor and cut out the fast food to get his cholesterol under control. And at the same time, it would be a good time to participate in the 911 Challenge.

Bob explains, “I figured if I did stop eating the fast food, I would start losing some weight. I’m pretty competitive, and with some of my friends in the contest,

it’s just a bonus... being healthy.”

Bob, perhaps, is just being a little more honest than a lot of folks.

“My main concern, after I took that picture and saw I was overweight, was to look good and to get that six-pack I had had when I was a teenager. I guess I assumed in my mind I always looked like that. And when I saw the pictures and realized I didn’t, my goal was to improve the way I looked,” he says.

Competing against his co-workers just added fuel to the fire. “I would have been competitive just with myself but competing against other people that may have been able to lose 20 or 30 or even 40 pounds easier than me... well, it really inspired me to see how much I could improve,” Bob explains.

## A Quick Change

Bob’s been lifting weights off and on pretty much his whole life, since high school. But he admits he was never really all that serious: “I’d start a work out plan for a couple of weeks or a month and then stop, take a couple of weeks off, and then I’d start something else. I never really did cardio. I was always trying to gain weight—I always thought bigger was better. But I never had a real plan. I just figured... if I’m going to the gym, I must be doing something right. I didn’t have a routine. I just would go sporadically when I felt like I had the time to go.”

***That all changed once he entered the 911 UTC.***

Motivated to lose the weight off his stomach, Bob jumped in full force, doing cardio seven days a week. For the first month of the contest, in fact, Bob worked out twice a day every day. “I didn’t miss a single workout,” he says. “I think I was just motivated because I knew I had



I thought this would be a good way to stay motivated to keep after the diet and working out.”

## A Motivating Force

You might think it was the doctor’s warning that was the overwhelming motivation for Bob. It wasn’t. “That should have been motivation enough,” says Bob, “but I was more determined to look good. You know, I thought

taken that before photo, and I thought, well, now I have to improve. A lot of people never go back in for their after photos, but I didn’t want that before image of me to be the only one. I knew I could do better.”

Still, Bob was inspired by the improving numbers. “I don’t remember the exact numbers but my cholesterol started in the high 200’s and went down to the low 100’s. That’s a pretty drastic improvement.”

Interestingly, however, Bob didn't expect to see such dramatic improvements. Especially so quickly. "I thought my cholesterol would just slowly, gradually go down... I didn't even know if I'd see any improvement during the contest. Though, of course, I knew when it came to health that eating healthy was better than not eating healthy."

One thing Bob did notice immediately was the improvement in his body—both while working out and whenever he got on the scale.

"With the two-a-day workouts I started doing right at the beginning and the completely transformed nutrition plan—changing what I ate, how often I ate, and the size of my meals—I lost 10 pounds the first week. Then I lost another 10 pounds the second week. By the third week, I had lost a total of 25 pounds. And honestly, I thought I'd be lucky to lose 20 pounds over the whole 12 weeks," he admits.

Bob adds, "All the guys I worked out with couldn't believe it. When I'd take my shirt off, they started saying, 'Oh wow, you could win, and they started encouraging me as opposed to initially telling me there was no way I could win.'"

Not surprisingly, seeing those dramatic results was a big motivating factor to keep on going.

For Bob, though, the new eating plan didn't come easily. "I think that was the hardest part of all this. The dieting was much harder for me than working out."

Even though Bob's workouts were tough—he was spending up to two hours in the gym—that was easy compared to eating healthy, which required 24/7 discipline.

"You know, during that whole thing, people would say to me, 'One slice of pizza's not going to kill you. One beer's not going to kill you.' But I made a goal to eat as healthy as I could all the time. And it was really rough at times," he explains.

Yet while it wasn't easy to stick to the eating plan, Bob says he never even thought about quitting or not eating healthy. "I ate a lot of chicken breasts. Almost every night for dinner was a chicken breast, and for lunch was a dry turkey sandwich on wheat bread. It kind of got old after a while, but toward the end, I found different foods that were obviously just as healthy and had more variety. And now I try to eat foods like that regularly. I like Italian food and Mexican food, which can both be high in fat and calories, but I learned how to cook them so they are healthier and still just as good."

The work outs, fortunately, were not only easier, but they were enjoyable. "I enjoyed being in the gym and enjoyed working out."

## Inspiring Results

In only 12 weeks, Bob dropped his bodyfat from 12% down to 4%. "I guess 12% isn't a lot to start with, and that's why people were telling me I couldn't win—they didn't really see me as 'that overweight.' But I wanted to get as lean as possible and because of that I really stuck to a strict diet of lower fat and less carbohydrates than I had been eating. And I did cardio every single day for the entire 12 weeks," Bob says of his results.

He even found his six-pack abs. The ones he had as a teenager. And was named grand champion in the 2009 911 Ultimate Transformation Challenge.

His friends, family, and coworkers can't believe his transformation. A lot of his biggest doubters have now come to him for advice and to help set up their training programs for them. "It's kind of funny and kind of fun at the same time. People who thought I would never be able to change that much now believe they can do it too. And I have several friends who have since started changing their lives. Getting into regular workout routines and regular diets or regular healthy eating habits," Bob shares. "It feels really great to inspire others now."

Bob's mom and his cousin, for just two examples, were both just slightly overweight. And once they saw what Bob was doing, they immediately wanted to know what they should be doing, how they should eat. Bob smiles as he shares their success, "I think my cousin's lost 20-some pounds. I don't know how much my mom's lost, but you can definitely tell just by looking at her that she's leaner and healthier. And they're really happy and excited."

In addition, Bob feels his job performance has improved as much as his body. "When I first started my job, I was really fast and wasn't afraid to arrest somebody bigger or stronger because I felt like I was in shape. But over the last few years, I definitely know I couldn't run nearly as fast. I couldn't climb fences like I used to. And as soon as I started losing the weight, I felt a lot faster and a lot springier. I just felt like I could move a lot better than I could before when I was carrying around 35+ extra pounds. It was like carrying 35 pounds of rocks or something on my back with all that extra weight. Now I know I can keep doing this job. I know I'm safer now that I'm in better shape," he says.



## A New Happy Medium

Bob admits that he has gained back a bit of weight since the contest ended. “The biggest obstacle for me was because of my diabetes,” he shares. “I take my insulin through a pump, and I have a catheter that’s inserted into my fat, and as the fat went away, it was harder and harder for me to find fat to get the insulin in,” Bob shares.

Still, he didn’t give up. And now that the contest has ended, although he refuses to go back to where he was, he’s put on a little bit more fat, so it’s easier to get his insulin. “Because of my diabetes, I need to have just a little bit of fat on my body,” he explains. But he sticks to the six to seven percent bodyfat range, rather than floating back up to 12% or above.

“The weekend after the contest ended, I told myself I was going to eat whatever I wanted,” Bob says, “but I couldn’t eat anything without looking at the labels to see how much fat and how many calories it had... I just didn’t enjoy eating anything because it would disappoint me to see how unhealthy it was.”

Bob says that the lifestyle continues to get easier. And that it’s a lifestyle that’s attainable—for any body. “I work out five to six days a week once a day. Working out has become just a normal part of my life. It’s just something that I have to do every day. I used to just try to squeeze it in somewhere. And now everybody in my life realizes that it’s not really up for debate on whether or not I can fit in a workout. It’s just something that happens. And the majority of my meals are very healthy. It’s a happy medium. Something I definitely know I can keep up for the rest of my life.”

Today, Bob feels great. He got his new body, fully equipped with a nice six-pack, just in time for the summer. “Looks were a really important part of it, and I think I would definitely rather go to the pool or the beach this summer with the way I look now compared to the way I looked then. I’m really lifting hard and heavier. I would like to get a little bit bigger. Put back on some of the weight that I had lost but this time in the form of muscle and not fat.”

Bob isn’t sure if he’ll go back undercover for his job. But he’s positive he’ll be sticking with his new lifestyle, so his body stays lean, strong, and healthy. And that fat that kept his six-pack abs undercover? Well, that’s gone.

“Gone for good,” Bob smiles. 🙌

## The 911 UTC Champ’s Diet and Exercise Plan

**Early Morning Pre Workout:** Fat-free yogurt or fruit; MX-LS7<sup>TM\*\*</sup>; MORPH<sup>TM</sup>; large glass of water

**Weight Training or Cardio Workout\***

**Post Workout Meal:** 3-XL with water; egg-white omelet, Cheerios, or oatmeal

**Midmorning Snack:** protein bar or Eat-Smart<sup>®</sup> High-Protein Nutrition Shake

**Lunch:** turkey sandwich on wheat bread, fruit or vegetable

**Pre-Workout:** MX-LS7<sup>\*\*</sup>; large glass of water

**Cardio workout (3 days/week on weight training days):** HIIT from the Lean System Success Plan

**Afternoon Snack:** Eat-Smart High-Protein Nutrition Shake or protein bar

**Dinner:** Chicken breast, vegetable or salad, applesauce

**Bedtime Snack:** Eat-Smart High-Protein Nutrition Shake

*\*3 days a week weights; 3 days a week cardio. Weeks 1-6, Bob lifted heavier weight (6 to 10 reps). Weeks 7-12, he lifted lighter weight (12-18 reps).*

*\*\* Bob initially started with Energize to increase his energy for his early morning workouts. He then switched to MX-LS7 to really get his metabolism roaring. Since the contest has ended, Bob has stopped using MX-LS7 and is now using H-Blocker. “I really like H-Blocker and wish I had used that during the contest. I guess it didn’t really matter since I won, but if I had to do it over again, I would definitely use it with the MORPH and the 3-XL,” Bob adds.*