

90 DAY WEIGHT LOSS & BUILD MUSCLE CHALLENGE

MY REAL JOURNEY FROM 400+ LBS TO 213

By Christopher Quinones

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IMPORTANT HEALTH & SAFETY DISCLAIMER

This book is for educational and informational purposes only. It does not diagnose, treat, cure, or prevent disease and is not a substitute for individualized medical care.

Consult a physician, pharmacist, registered dietitian, or other qualified health professional before beginning a new exercise program, changing your diet, or using supplements - especially if you have a heart, kidney, blood-pressure, neurological, endocrine, or other medical condition; take prescription or over-the-counter medicines; are pregnant or nursing; or have concerns about your health.

Exercise: Stop and seek appropriate medical attention for chest pain, fainting, severe shortness of breath, unusual dizziness, sustained palpitations, or other concerning symptoms.

Supplements: Ingredients can cause side effects and interact with medicines or other supplements. Product formulas can change. Always read the current label, follow labeled serving limits, avoid casually stacking stimulant products, and do not assume that “natural” means safe.

Results vary. No specific amount of weight loss, muscle gain, hormone change, or performance improvement is guaranteed. Results depend on training, nutrition, consistency, genetics, health status, sleep, recovery, and lifestyle.

Use this program responsibly and within your abilities. When in doubt, choose the safer option and ask a qualified professional.

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Introduction: The Fight of My Life



"Hi, my name is Chris Quinones, and on July 4, 2010, my life changed forever.

I was sitting at a red light when I was hit from behind. My body was beat up, but as the sole provider for my family, I pushed through and kept working. Three weeks later, my body simply quit. I couldn't move. I had herniated discs from C3 to C6, lost the strength in my hands, and suffered from chronic headaches. I later discovered I'd had a brain bleed that led to epilepsy and memory loss. Eventually, I had to undergo major lumbar surgery to reconstruct my L5 disc. I literally had to learn how to walk again.

The physical pain led to a dark mental spiral. I hit 400+ pounds, spiraled into depression, and honestly, I didn't care if I lived or died.

But then, everything changed. I met the woman who is now my wife and her daughter. In 2017, I traveled to the Philippines to visit them, and in that moment, I knew I wanted to live. I realized I wasn't just fighting for myself anymore; I was fighting for my new family.







I spent the next several years in the trenches, fighting for my health every single day. I focused on nutrition and consistent exercise, even when it hurt. Today, I am 213 pounds. I am still technically disabled, but I refused to let that stop me from achieving my goals. It was harder for me, and it took me longer than it might take a 'normal' person, but I was determined. 1 learned that I am worth fighting for—and so are you.









That is why I wrote this eBook. I want to help people just like me realize that a healthier, fitter version of yourself is possible, no matter where you are starting from. Thank you for trusting me with your journey and for reading my story.








This is where your 90-day challenge begins. You do not need to be perfect - you need to keep showing up, learning, and making the next good choice. Take it one day at a time. Keep moving forward. I believe you can do it.

Chapter 1: The Mental Unlock

Rewiring Your Brain for a Transformation That Actually Sticks



Your Internal Script

Weight loss doesn't start only in the kitchen or the gym—it also starts between your ears.
Your self-talk is the 24/7 narrator of your life. If that narrator constantly tells you that you're "lazy" or "destined to be overweight," those thoughts can make it much harder to build and maintain healthier habits.

The Shift:
We aren't just changing what you eat; we're upgrading your internal software.

Spotting the "Saboteur"



Negative self-talk is like a virus in your operating system. It usually shows up as:

- The Perfectionist: "I ate one cookie, so the whole day is ruined. I might as well eat the whole box."
- The Labeler: "I’m just a failure. I’ve never been able to do this."
- The Doom-Scroller: "This is taking too long. It’s never going to work."

Write down the #1 meanest thing you say to yourself when you slip up. Now look at what you wrote. Would you ever say those same words to your best friend? If not, don't make them the voice you use to coach yourself.

The Reframe Revolution



The Reframe Revolution

Reframing negative thoughts isn't about suppressing or denying them. It's about recognizing an unhelpful thought and replacing it with a more constructive one. Think of it as updating your mental software to improve your performance.

Old Thought:
"I'll never reach my weight-loss goals."

Reframe:
"I've overcome challenges before, and I can do it again. Every step forward brings me closer to my goal."

Want the full 90 days?

This was just the beginning.

Get all 108 pages for $29:

elitenxtlevel.org

Questions? Call or text (772) 203-8564