

Lose 58% of Your Body Fat in 8 Weeks

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Following are five fundamental tips for fast fat loss and a great fat burning workout. They've helped me loss 58% of my body fat in only 8 weeks!

There's nothing new or exotic about them. However, in our rush to make progress fast, we skip right over the basics, try out the latest fad diet, or stock up on the newest fat burning pill.

Then when we don't meet with success (or gain back what we lost), we blame the supplement companies. The problem is, the product may be perfectly legit, but popping a few pills isn't going to make up for starvation diets and lack of proper exercise.

You may have seen these before, you may even roll your eyes. But in my experience very few people who are looking to lose fat are following one of these tips, let alone all of them.

1) Train With Weights

Yes, weights. While cardio can help (and has numerous other health benefits), weight training is the key to fat loss. Working out with weights when trying to lose body fat has numerous important benefits.

First, an intense weight training session burns calories during the actual workout.

Second, intense weight training elevates your metabolism for up to 39 hours after your actual workout. In other words, because of the intense weight workout, your metabolism has been stimulated to where you are now burning more calories while

you are doing nothing.

Carbohydrates power intense weight training sessions. The more intense the session, the more you deplete your carbohydrate stores and the more fat is burned during the recovery phase, i.e. after the workout during rest.

As the intensity of the training increases there is a proportionate increase in fat burning after the workout.

One study showed that 15 exercise sessions per month (50 minute sessions at 50 percent of oxygen uptake) could lead to an extra 2 plus pounds per month of fat loss, strictly from the elevated metabolism and extra calories burned - while doing nothing! That's an extra 26 pounds plus, of fat burned per year.

Another extremely important aspect of fat loss that occurs from training with weights is adding lean muscle to your body. Lean muscle is "metabolically active", i.e., muscle burns calories even while doing nothing. So, the more lean muscle you have, the higher your resting metabolism and the more calories you burn each day while doing nothing.

Studies have estimated that for each pound of muscle that you add to your body, you burn another 35 to 50 calories per day. So, an extra 10 pounds of muscle will burn approximately 350 to 500 calories a day, or an extra pound of fat every 7 to 10 days, without making any other changes.

This is essential to taking off the fat and keeping it off. You see, when you add muscle to your body, you greatly increase the number of calories you burn each day. So, once you achieve your fat loss goals you can start eating more food without putting the fat back on, as long as you have built muscle (and keep it of course, by continuing to train)!

On the flip side, if you don't train with weights while dieting and losing weight, two very bad things will occur. First, at least half of the weight you lose will be muscle. And this causes number two, which is that your metabolism gets slower, causing progress to eventually grind to a halt, leading to gaining all the weight back and more.

As you can see, training with weights is an extremely powerful and necessary component of any successful weight loss program.

2) Drink More Water

I know, I know, we've all heard this one over and over again. But how many of us really drink enough water? I'm talking at least 10 8 ounce glasses of water a day, minimum. You should really try to take in a full gallon of water each day. It sounds boring, I know. Keep reading and you'll find a new twist to water consumption that can help you burn even more calories.

Our bodies are over 70% water. That should tell you something right there. And you all know that you can go much longer without food than you can without water.

The body needs a lot of water in order to maintain its daily functions efficiently. In addition, water helps to flush out harmful toxins, as well as prime the body for fat loss.

If your body isn't getting enough water, it does everything it can to hold on to the water it does have. The problem with this, is the way it holds onto the water. Water helps to give your muscles that full, pumped look (along with glycogen).

However, if your body is not taking in enough water, that water is used for other things, leaving you bloated, and your muscles looking flat, small and stringy. The way to get rid of that excess water, believe it or not, is to take in enough water.

This will rid you of that excess water weight that bloats you, and begin to help your body run more efficiently and priming it to begin dropping body fat.

Once you begin taking in enough water, your body starts dropping weight, possibly 4 or 5 pounds in the first week. Now, this is mostly water weight. However, doing so does optimize your bodily functions, allowing it to run more efficiently and start burning stored body fat for energy.

Here's another little trick you can use. Instead of just drinking water, begin drinking ice cold water. You see, there is a metabolic cost to eating. In other words, the digestion of food, as you'll read about in the next tip, takes calories. Well, so does drinking ice cold water.

The body needs to heat up this water in order to be able to use it properly and doing so takes energy, i.e., calories. You can burn another 50 to 100 calories a day by drinking one half gallon to a gallon of ice cold water per day.

It doesn't seem like much. However, in addition to all the other benefits of taking in enough water, by drinking ice cold water, you can drop almost a full pound of fat each month, or 12 pounds per year.

Not too bad, if you ask me.

3) Eat 6 Meals A Day

Meal Frequency (i.e., the number of meals you eat each day) could be the most important aspect of your nutrition program. If you do this right you will build muscle, burn fat, and with a proper resistance training program, be well on your way to achieving the body of your dreams.

The thing is, most people know about it, yet few actually follow through with it and put it into action.

I admit to being one of them. I've always been in "good" shape from playing sports, working out with weights and eating right. However, I was in "good" shape and not "great" shape because I did things right about 75% of the time.

I ate 6 meals a day, most of the time. I consumed enough protein in each meal, most of the time. I worked out and worked out intensely enough, most of the time.

Why is that, you might wonder. Well, I'm glad you asked.

You see, it takes motivation, persistence, planning, and a little bit of sacrifice. Sounds horrible, doesn't it? Don't worry, it's not. But as I've stated before, nothing worth achieving comes easy. Don't get me wrong, it is simple, it's just not easy. But it can be pretty painless, if you have the right mind set.

So if you know it's an extremely important part of achieving your goals and building the body you want, why aren't you doing it more often? I think one reason is that those of us in the industry have failed in hammering home the absolute importance of eating six meals a day. Sure, we say it, but if so few people are doing it, we must not be stating our case very well.

Reason number two - eating six proper, nutritious meals a day takes work. It takes a time commitment, among other sacrifices. And it's not just the time it takes to make the meals, or the time to eat them. It also involves other aspects of your life.

For example, socializing, going shopping, playing sports on the weekends, etc. If you eat six times a day, you need to eat every 2 or 3 hours, tops. What are you going to do, sit home all day every day so you can be near your food? Of course not.

But you will need to plan ahead. This could mean shopping and then cooking most of your food once a week, putting each meal in a microwavable container, and then carrying meals to work with you.

You may need to invest in a high quality thermos (or two or three) and make your favorite protein shakes to take with you when you are going to be out and about for a while, or bringing some protein bars with you instead.

This, more than anyplace else, is where supplementation is an absolute life saver. I don't know how I'd get proper nutrition day in and day out without supplements like meal replacement powders and protein powders such as Muscle Meals and Pro-Fusion by Muscle Link and Simple Protein by EAS.

Another problem is that you may also need to withstand comments from friends and family. In our culture today, most social

functions center around food - thanksgiving, Christmas, Easter, even labor day and memorial day are times to get together with friends for a cookout.

Sure, you may be able to eat some of the food available. Even so, you most likely will be around long enough for at least one other meal, in which you will need to be prepared with something you brought with you.

This may require turning down the food offered and whipping out a protein bar, thus dealing with the questions and comments, usually negative, that will most likely arise.

And hey, how many of us have the well meaning mother or grandmother that assures us we are too skinny, we must eat more, offers us everything in site, and just won't take a polite no thank you for an answer?

I know, eating right may not be easy, but it is necessary if you truly want to achieve your best body, and in the shortest amount of time possible.

I've given my lecture on the necessity of eating six times a day. Now let's talk about what this can actually do for you in terms of achieving your muscle building and fat burning goals.

Our genetics haven't really changed during our existence. Initially, food was very difficult to come by and our ancestors never knew when they were going to be getting their next meal. It was only natural that our bodies became very efficient at storing excess calories just in case they were needed at a later time in order to fend off starvation.

That was great back then. It helped keep many people alive. Now, however, when our next meal is a phone call or fast food restaurant away, it's not so good. Especially since those calories are stored as ugly body fat.

This is one of the reasons for eating six meals a day. In general, there are three things that can lead our bodies to storing calories as fat. One would be to consume a very large meal. This alerts our body to the fact that this could very well be our last meal for a long time to come, so we better preserve as many

calories as we can (as body fat, of course) just in case our next meal doesn't come for a long time.

The next reason is going too long between meals. Again, this kicks in our bodies "starvation" mode and it stores calories as fat because it's not sure when it will be getting its next meal.

A third reason would be a sudden and severe restriction in daily calorie consumption. Just like going too long between meals, this kicks the "starvation" mode into action, causing the storage of body fat.

Now, what do most people do when they decide they need to lose weight and go on a diet? Correct, they severely restrict calories as well as going a long time between each meal.

This may work at first but eventually causes the exact opposite result that they are looking to accomplish. Their metabolism slows down and they start storing fat, even on so few calories a day.

Add to this mix, that most people who diet don't add weight training to their program and you have a real recipe for disaster. Without adding weight training, at least half of the weight lost will be muscle, not fat, which slows down your metabolism even more.

If you restrict your calories too severely, even if you are weight training, a good percentage of your weight loss will be muscle, as your body doesn't have enough calories to sustain the muscle it has, let alone build new muscle.

This also goes for going too long between meals. If your body goes too long between meals, not getting the necessary calories, protein, and other nutrients, it goes into a catabolic state. In other words, it starts eating your muscle for energy. This slows down your metabolism, leading to the storage of more body fat. It's a vicious cycle.

In addition, anyone who severely restricts calories and goes a long time between meals will hit upon the first reason - eating an excessively large meal, otherwise known in diet speak as binging. And most of these calories will go straight to being stored as body fat.

A study published in *Metabolism* (Karbowska, J., et al. [2001] "Increase of lipogenic enzyme mRNA levels in rat white adipose tissue after multiple cycles of starvation/refeeding. 50:734-738.) looked at this very same issue using animals.

The study showed that cycles of starvation and refeeding (i.e., binging) led to an upgrade of lipogenic enzymes. These enzymes promote body fat synthesis. We possess these same lipogenic enzymes. So, if you want to lose body fat or keep off the fat you've lost, don't starve yourself. If you do that, you are only going to binge, leading you to put the fat back on.

Now, how do you avoid these mistakes? You eat smaller, more frequent meals. If you eat every two or three hours, always having a prepared nutritious meal, shake or bar handy, you are much less likely to binge.

By not severely restricting calories and adding weight training, you will lose body fat, not muscle, thereby not only preventing your metabolism from slowing down, but also speeding up your metabolism due to the added muscle from the weight training, as well as the post exercise calorie burning

4) Eat More Protein

Yes, it's important to keep your protein intake high when dieting to make sure that you don't burn off any muscle tissue in your quest to get ripped. But that's not what I'm talking about. I'm talking about taking in protein in order to boost your metabolism and burn more fat, in addition to helping preserve and build your lean muscle tissue.

In a study published in the *American Journal of Physiology*, one group was fed a high protein diet (just over one gram per pound of bodyweight per day) while the second group consumed a protein diet near equal to that of the RDA.

The group eating the high protein diet burned more fat than the group consuming protein near equal to the RDA.

One reason for this could be an increased "thermic" effect.

The thermic effect of the RDA group was elevated 16% after eating. However, in the high protein group the thermic effect increased 42% after eating, almost 3 times that of the RDA group.

This thermic effect of digesting your food peaks approximately one hour after eating. Spreading your daily caloric intake over 6 meals a day, eating every 2 to 3 hours, helps to take advantage of the increased metabolic rate that accompanies eating.

In other words, the more often you eat, the higher your metabolic rate, i.e. the number of calories your body burns each day.

In addition, by adding more protein to each meal, you also increase your metabolism. Your body requires more energy (i.e. calories) to process protein than it does to digest carbohydrates.

Do you understand what that means? Think about it. Think about all those people and so called experts that have continually said that a calorie is a calorie.

This study shows you that this just isn't true. Your body's metabolic rate is affected by the number of meals you eat, the frequency of those meals (how much time passes between each meal consumed) and the macro nutrient composition of those meals.

A calorie is not simply a calorie and they are not equal.

Depending on the number of meals, frequency of meals, and macro nutrient composition of meals, the same person's metabolism will be different on two very different meals plans, even if the total number of calories consumed is the same.

Let's review some simple changes you can make right now in your nutrition program to rapidly increase your body's ability to not only build muscle but burn fat also.

A) Eat 6 smaller meals per day, as opposed to 2 or 3 larger ones. This will ensure that you supply your body with the nutrients necessary to build muscle and burn fat, as well as increase your resting metabolic rate.

It will also prevent your body from kicking into "starvation" mode, which can happen when you go too long between meals.

If this happens, your body will start burning muscle for energy and increase your body fat stores, as well as slowing down your metabolism. All of these are things you want to avoid. As a matter of fact, they are the exact opposite of what you are trying to achieve.

B) Eat a high protein diet consisting of at least one gram of protein per pound of lean body mass. This helps ensure that your body has the protein available to maintain a positive nitrogen balance, which can lead to an increase in your muscles mass.

It will also increase your metabolic rate, allowing you to burn more body fat than a low protein diet, without as large a decrease in your daily caloric intake, which will also help avoid the "starvation" mode discussed in the previous paragraph.

5) Use a Proven Fat Burning Supplement

Now, if you are following the four rules I just mentioned, you can look into using a quality fat burning supplement. You see, you have to get your training and nutrition house in order before supplements can do you a bit of good. They are, after all, called supplements.

An in depth look at fat burners is an article (or book) all to itself). The point I want to make is twofold. Don't assume supplements are all worthless if you don't have steps one through four taken care of first. Secondly, there are fat burners that work, and they can help you make faster progress, if you do have steps one through four in order.

Stick with quality companies like Muscle Link, SAN and EAS for your supplements and make sure there is some science behind the claims.

Try these simple changes in your nutrition program to help you rapidly increase your muscle mass, burn off unwanted body fat and achieve the ripped muscular body that you've always wanted. Or, for you women, the long, lean, sculpted, sexy body you've always wanted.

Jack Up Your Metabolism and Melt Away Body Fat With The 3 x 3 Training Routine

If you are feeling a bit burned out or stale on your current program, if you need a change, or if you just want to stimulate new and impressive gains in muscle and fat loss, here's a program you just have to try. Let's make no mistake, this program is far from easy and you need a high level of mental motivation but if you can give it your all you will love the progress you make.

This program is not new, but my guess is that you haven't seen anyone go through it at your gym or fitness club. There's a reason for that and the reason is it is hard work - very hard work. But, you only get out of something what you put into it, or as someone once said, 'successful people are willing to do what unsuccessful people won't.' If you want to be ordinary, do ordinary things, if you want to be extra-ordinary, well, that's a whole new ball game.

Let's Be Extra-Ordinary, Shall We?

This routine is usually called the 3 x 3 workout and the simple reasoning for that is that you perform three exercises in a row, three times without stopping.

Yes, that's nine sets in a row without stopping. But that's all you do for the workout and then you can go home. And it's a full body workout so it's as time efficient as it gets. Of course, it's also about as hard as a weight workout gets. This isn't your grandparent's circuit training routine.

There are a number of variations you can do but the key is to select three exercises that target the whole body. So you will want multi-joint compound movements that target the lower body, the chest and the back.

A few examples are the leg press, bench press, and the curl grip lat pulldown. You would do each exercise without stopping and repeat three times. In other words you would do the following without stopping:

1 - Leg Press	Bench Press	Pulldown
2 - Leg Press	Bench Press	Pulldown
3 - Leg Press	Bench Press	Pulldown

Make sure you use a curl grip on the pulldown due to the more direct biceps hit from the exercise.

Now, when you begin, you may want to try a 30 second rest interval between each set. High Intensity training in this manner is brutal, but you get out of it what you put into it so be prepared to go through the whole routine without stopping as soon as you possibly can.

The Program

Exercise	Reps
Leg Press	20, 15, 8
Bench Press	12, 10, 8
Pulldown	12, 10, 8

Keep the weights the same until you hit the target repetitions on the 3rd and final set.

Try starting out by doing this program twice per week. Those really interested in burning fat may want to throw one interval training aerobics session in between the two weight workouts, but no more.

As you really start progressing you may find you get better results working this routine 3 times every two weeks. For example, during the first week do the workout on Monday and Friday and next week only do it on Wednesday.

If you work it right, this is as demanding a routine as you will do. That's the main reason you never see anyone performing this routine. After a couple break in workouts you shouldn't do this routine for more than 4 weeks, 6 weeks max, before downshifting the intensity for a week or so.

The workouts are short, but very taxing. If you tried to adopt this type of workout at every workout, you'd eventually start dreading your

workouts, then giving them a half hearted effort, then skipping them altogether. And no matter how result producing a routine is, it can't produce results if you stop training, right?

What's So Special About This Routine?

A few things, really. It makes sure you increase the intensity of your workout, which is a key to muscle growth. By cramming more into a shorter amount of time your intensity increases greatly over what you were doing previously.

By shortening the workout so much, you are more likely to go all out on each set because you won't be pacing yourself for a silly two hour workout. If you've been doing a routine with a decent amount of volume and numerous workouts per week, this will be quite a change and your intensity levels will skyrocket, spurring your body into new growth.

On the fat burning side, the routine will elevate your heart rate, giving you a good cardio workout. Believe me, if you do the typical cardio routine of most gym goers, this weight workout will be more of a cardio workout than you are used to.

You will burn more calories during the actual routine. In addition, due to the intensity level your body's metabolism will stay elevated long after the workout, burning more calories at rest, and helping to melt the body fat away.

Numerous studies have shown that high intensity training (both weight training and high intensity interval cardio training) can keep your metabolism elevated for up to 38 hours after your workout is over. In other words, train intensely enough, and you'll be burning fat while doing nothing. Not a bad deal, for a brief period of working hard.

This workout should only take about 20 minutes, maybe slightly longer with a few warm up sets. And you'll be doing it only 2 times a week or less, 3 times max, and only the first week or two when you are breaking it in. And the workout will build muscle, burn fat, and rev your metabolism to much higher levels, throwing you headfirst toward the body you want.

If you put into it what you want to get out of it, you'll see some fantastic results as long as your nutrition and supplementation programs are in place.

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It not only gives you a direct roadmap to help you gain muscle, and burn fat fast it also provides you with non-hype based, proven fitness information that you can apply in many fitness arenas.

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You could spend \$50 or more per hour just to have a personal trainer watch you workout. I'll give you 3 free months of email consultations for trying my system. If you have a question or need some support, zip me off an email. This bonus is time intensive so you have to act now. I don't know how long I'll be able to include it as part of the package.

Free Bonus #2:

A Special Report on how I managed to build 24 pounds of muscle in only 12 weeks - after years of failure!

This is the exact step by step training, nutrition and supplementation program that I used to completely transform my skinny physique.

Free Bonus #3:

A Special Report on how I lost 17 pounds of fat and still build 6 more pounds of muscle in only 8 weeks!

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Yours In Fitness,

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