

How To Lose Weight Quickly And Effectively

Don't settle for fad diets and scam products. Use these actionable tips and strategies to help quickly and effectively shed stubborn body fat, and build lean muscle.



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Introduction

Congratulations on taking the very first step to ensuring that you finally shed the excess weight you've been carrying around – *and keep it off for good.*

When most people make the decision to start working towards the goal of losing weight, their first inclination is to figure out the fastest route to take.

What diet will deliver results...*yesterday.*

That's what they're wondering. They don't want to wait 6-8 weeks – or longer- to see success, they want to see results today.

Sadly, this people are highly misled. The fact of the matter is that you didn't gain weight in a few days and you aren't going to lose it either.

Does this mean that you can't see good results and be satisfied with your rate of progression?

Certainly not. If you're using the right techniques, weight loss will come along relatively quickly and you will be seeing positive changes to your body on a week to week basis.

That said, you need to get your mindset correct before you even start. If you're hunting for that 'quick-fix' approach – the approach that promises to help you lose 10 pounds in 10 days, you're going to be disappointed.

Sure, these approaches may get you down to that lighter body weight, but will you be losing body fat?

Very likely not.

Instead you'll be losing a combination of lean muscle tissue along with water weight, both of which are not going to stick around.

As soon as you come off that diet and adopt a more standard diet, you're going to be regaining that weight like nobody's business, ending up feeling frustrated, defeated, and likely accepting that you just aren't cut out to be walking around in a thinner body.

Well, I'm here to tell you this is not the case.

As soon as you can accept that true fat loss – the kind of fat loss that lasts – does take a bit of work and won't happen overnight is the moment you actually begin to move in the right direction.

I won't promise that in one week, you'll wake up down 4 dress sizes or without that belly that seems to be growing by the day.

What I will promise you though is that if you follow the approach that I'm about to share with you over the coming chapters, you will see your body changing and more importantly, you will be learning habits that should you stick with them, will ensure that *you keep that new body forever*.

That is the definition of success when it comes to any fat loss program.

It doesn't really matter whether a particular program can get you down to your goal weight.

What matters is can you keep that new weight there and will you feel good doing it.

Many people reach a goal weight but feel absolutely miserable.

They're exhausted.

They're starving.

They have poor concentration.

And food cravings?

Don't even get them started on that whole topic.

This is no way to live. If you want to succeed with weight loss, you need an approach that you can actually live with and be happy otherwise, what's the use of reaching that goal bodyweight anyway?

The whole point of weight loss is to make you a happier you because you feel better and are more confident in your body, but if you feel miserable, make no mistake about it, you are not going to be a happier you.

So the very first question to ask yourself is whether you are really overweight to begin with.

One thing that some people don't realize is that in certain situations, you aren't really carrying around excess body fat. In all actuality, you're bloated, you're retaining water, you're inflamed, or you may have more lean muscle than you think and thus the scale weight is relatively high, but you are by no means 'overweight'.

So let's provide you with a quick quiz to take that will help you assess the situation.

1. Can you pinch at least an inch or two around your waistline?
 - a. Yes
 - b. No
2. Do you often find that when you wake up, you look considerably leaner than when you go to bed?
 - a. Yes
 - b. No
3. Do your ankles look puffy, especially towards the end of the day?
 - a. Yes
 - b. No
4. Are your joints often aching and in some cases, experiencing pain?
 - a. Yes
 - b. No
5. Do you eat a high amount of salt-rich foods?
 - a. Yes
 - b. No
6. Do you find that the scale weight is more like a yo-yo – one day you're up four pounds and the next day you're down 3?
 - a. Yes
 - b. No

So how did you do?

If you answered yes to the first question, then this indicates that you do have some fat around your midsection and chances are, you could stand to lose some excess weight. If you can hardly pinch an inch anywhere on your body, you're one of those people who needs to ignore the scale and instead focus on how you look.

Chances are you have a high amount of lean muscle mass on your frame and that's why your body seems heavy, when in fact you're not overweight at all.

If you answered yes to the second question, this is a good example of someone who is experiencing some water retention and/or bloating. You're eating certain foods throughout the day that are causing you to look heavier than you really are, so in your case, it may just be a matter of cutting out certain foods from your diet (dairy and wheat are the two most common culprits) and this will automatically make you feel that much better.

If you answered yes to the third and fourth question, this is a good sign that you also may have some inflammation present in the body. Now, this could be due to a number of different causes, some of which are disease related, so it wouldn't hurt to get an overall physical done to ensure you are in good health. Chronic inflammation is a very serious concern as it can lead to disease such as cancer, heart disease, and diabetes, so it's something that you will need to deal with properly.

In many cases, certain foods – again wheat is the biggest offender here – are what lead to inflammation, so cutting these out of your diet may be a very smart move. All gluten-containing foods should be removed from your diet for at least 30 days and then you can assess how you feel.

Some people show miraculous amounts of weight loss simply by making this minor adjustment, so it's not something that you should overlook.

If you answered yes to the fifth and sixth question, then chances are good that you're just experiencing some water retention that you need to focus on getting rid of.

Water retention can be due to eating foods that are too salty in nature, eating too many carbohydrates when you've had a few lower carb days (a sudden influx of carbohydrates will cause the body to retain excess water), or a particularly active day where you did a lot of intense exercise (exercise can also make you retain water).

So assessing all of these factors can help you determine whether you are actually experiencing true excess body fat or whether there may be other factors at play that are causing you to look heavier than you really are.

By getting the full picture straight, you can really see what's going on and then evaluate whether you do in fact need to be doing a diet in the first place.

So now that you hopefully can determine for yourself whether you should proceed with your attempt to lose weight or simply focus on making a few adjustments to your daily lifestyle and protocol, let's move on to the next chapter where we'll discuss the causes and risks of being overweight.

Chapter 1: The Causes And Risks Of Obesity And Excess Weight

The very first thing that we need to discuss is what causes one to start gaining body fat and what risks does excess weight gain put you at?

While many people do know at least part of the answers to these two questions, they may not know the full story and this will definitely hinder their ability to stay motivated to succeed in their journey.

The more educated you are going into any program, the greater the chances are that you will see the results that you're after simply because you will understand why you are doing what you are.

If you don't understand the why's, when it comes time to say no to a particular food you want to eat or you'd rather skip the gym and watch your favorite TV show, it will be that much easier to do both of those things.

So what causes one to become overweight?

Simply put, it's a poor calorie balance.

If you're taking in more calories than you burn off over the course of the day, you are going to gain weight.

I don't care what anyone else tells you, that's simply the way it is.

Some people will say that certain foods can't convert to body fat but the minute you hear them tell you this, take the rest of the advice they give you with a grain of salt. They are incredibly misled.

It's basic science.

Excess energy cannot be created or destroyed, it can only be transferred to a different form.

So each and every day, you take in energy through the foods you eat – this is called calories, which most of you are likely fully aware of.

Calories are what provide the body fuel to complete not only all the physical activity that it does on a day to day basis, but also what provides energy to keep your brain running, to keep your heart beating, and to help your body repair any cellular damage that's taken course over the last few days.

Likewise, each time you make a movement or do these tasks, you are also burning calories off as energy. This is given off as heat energy, which is often why those with a fast metabolism often feel much warmer than those with a sluggish metabolism.

If you have a fast metabolism, you're burning off energy like a sports car burns through gas and as such, you'll be expelling that much more heat off your body. Thus these people are always hot.

If you're not burning much energy, you won't be losing as much heat and as such, you're likely to be colder.

This is actually one sign of someone who is suffering from a metabolic decline due to dieting. If you've ever been on a very strict low-calorie diet before and found that you just couldn't stay warm no matter what you did, this is why.

Your metabolism was shutting down (not good!) and you weren't burning off hardly any energy, thus your heat expenditure was low.

Maximizing your metabolism as you go about the weight loss process is clearly to your benefit as it will mean a greater overall calorie expenditure.

When the goal is weight loss, your main mission is to achieve the following:

Calorie intake < Calorie Output

If you can accomplish this, you'll lose weight. The body will need to find more energy than it currently has coming in and as such, it'll start turning to your body fat stores.

Remember that your body fat stores are essentially long-term energy stores for times of need, so the process of fat loss is tapping into those stores and burning them for energy. The only way you'll get your body tapping into those stores is if there is a shortage of energy coming in through your food intake.

If there's no shortage, the body won't see the need to start using fat as fuel.

So as you can imagine, the reverse is also true.

If you are sitting in a situation where:

Calorie intake > Calorie Output

...you now have a situation on your hands. Your body not burning as many calories as you're consuming on a day to day basis and as such, it starts converting this excess fuel into body fat stores.

Of course if you are strength training, some energy may be used to build muscle mass tissue, so all is not lost, but if you aren't and are just overeating to a significant extent, you will be packing on fat like nobody's business.

So that's how you get fat.

Pretty simple isn't it?

Fat loss really is as basic as eat less, move more, as you've been told time and time again.

Of course, the foods that you choose to eat will establish whether you're losing lean muscle mass or fat mass and likewise, the exercise you perform will establish how fast you burn calories, so there are many factors that do go into producing optimal results.

But that fact still stands. If you want to lose weight, you need to create the calorie deficit to do so.

Now that you know how you gain body weight, let's talk about some of the risks associated with being overweight.

Risks Associated With Excess Weight

When most people think about the risks associated with excess weight, they first begin to think about their appearance.

They don't like the way they look.

They aren't self-confident any longer.

Members of the opposite sex don't notice them as often.

On and on it goes.

And while these are all negative outcomes of being overweight, they aren't true risks per say.

There are more serious consequences at stake.

Here are some of the biggest risks associated with excess weight.

- Increased risk of diabetes

Those who are carrying around excess weight will not have as good of insulin sensitivity as those who are leaner, which means their body won't be as responsive to carbohydrates that you consume as it should.

This, unfortunately, is a self-perpetuating cycle because the less responsive to carbs you consume you are, the easier it is to gain excess body fat. And the more fat you gain, the even less responsive you become.

In time, this can lead to diabetes development because the body is no longer responding to insulin at all. Your pancreas will be incredibly overworked and it too may start to shut down.

- Increased risk of heart disease

The next problem associated with being overweight is that you'll also be at a much higher risk of heart disease as well. Those who are carrying around excess weight will be forcing their body to work much harder than normal and this can definitely put

excess strain on the heart, making it overworked, fatigued, and experiencing a wide number of problems.

Plus, if the person is consuming a high amount of sugar or unhealthy fats, they may also start to build up excess plaque on their artery walls, which can then lead to heart disease and heart attack as well.

- Increased risk of osteoporosis/bone breakage

Carrying around a high amount of excess body fat is also going to put you at a very high risk of bone breakage or osteoporosis.

All this excess weight coming down on your joints is clearly not going to be ideal for them to stay strong and when too much tension or force is applied, that's when a stress fracture or break may occur.

- Increased risk of depression

Depression rates are also higher in those who are overweight, often mostly due to the fact that your self-esteem is lower and you may be more socially isolated depending on how you let your excess weight impact you.

While some people carry their excess weight in stride and don't really let it get them down at all- they're still fully self-confident and not especially worried what other people think of them, this is not the case for the vast majority of people.

For most who are carrying around a good amount of excess weight, it's going to really impact their day to day well-being and make them less satisfied overall with life.

- Increased risk of cancer

The next issue with excess weight is that it will also increase your risk of cancer development as well. Those who are carrying excess rate often have a much higher level of inflammation present in their body and this increased level of inflammation will also mean that you're at that much greater of risk of experiencing cancer development.

Maintaining a healthy body weight through consuming a proper diet plan is one of the most beneficial things you can do in terms of fending off cancer. Knowing and understanding this will be of utmost importance for keeping you healthy.

- Increased risk of circulatory problems

Finally, the last major health issue with being overweight is that you will also suffer from an increased risk of circulatory problems.

Those who are carrying around a high amount of excess weight will have a much harder time pumping blood all throughout the body, reducing the nutrient delivery to cells that are in need.

All in all, carrying around the excess weight is just going to place more strain on the body in general in all areas, so each and every organ and system will be overworked.

Excess weight is not something to take lightly and in almost all of the various diseases out there, it is at the heart of it and is at the very least a minor contributor to the conditions.

If you want to stay in good health, getting to a healthy body weight is an absolute must.

Now let's move forward and take some time to talk about why your diets may be failing you and what you can do about it.

Chapter 2: Why Your Diets Are Failing You

If you're like most people, you've been around the block at least a couple of times with the various diets you've chosen to use.

You've been there, done that. It's all old news. All those diets – yeah, they didn't work for *you*.

While they may have worked for other people, you don't quite know what you did wrong but they did not get you to your end goal.

So what gives?

How come you have not had the success that you're looking for with any of the diet approaches you've used?

There are many different reasons why most diets don't work and by understanding these reasons, you can better position yourself to ensure that you aren't letting those reasons hinder your progress moving forward.

The dieting industry is a multi-billion dollar industry for a reason. Most people who are in the industry, never get out. Instead, they just go around in circles like a chicken with its head cut off – often this may be very much how you feel.

Companies know that you'll spend money at the latest promise of a slimmer body and they use this to *their advantage*, which does not mean putting you at an advantage to actually lose that weight for good.

After all, if you lost the weight for good, they've just lost a customer.

So let's go over the biggest reasons why most diets fail.

They're Too Low In Calories

The first reason a diet may fail is because it's quite simply far too low in calories. Remember, while some calorie reduction is good and necessary to see fat loss occurring, too much calorie reduction is not what you want at all.

Cut those calories back too hard and you can rest assured you're headed for trouble. You can only maintain that ultra-low calorie diet for so long before you'll give in, so if you're setting yourself up on one of these, you're hindering progress right from the very beginning.

They're Too Restrictive

The second issue with many diets is that they're also too restrictive.

They have you cutting out all your dietary fat or dietary carbs – depending on which type of food is the 'evil' on that particular approach.

You need to strive for *balance*.

Balance is what will get you results.

Not extremes. Extreme approaches will only work over the short term and as we discussed earlier, the short term is not what you're going for here. You're going for a life-long approach that you can use over the long term to keep that weight off forever.

They Don't Teach You Proper Eating Habits

The next big problem with most diets is that they also don't teach you how to eat properly at all.

They teach you to rely on bars, frozen meals, shakes, and other convenience 'diet' foods to get your nutrition in.

But what happens when you finally lose the weight and have to fend for yourself out there in the 'wild'?

You don't know what to do.

And, you gain all that weight back.

Unless you want to live on manufactured diet food for the rest of your life, I'd strongly recommend staying away from those approaches.

You need to learn how to pick and choose normal, real food and maintain your weight (or lose weight) as you do it.

That way, you're learning lifelong habits that will help to foster better success.

They Don't Allow For Activity

Moving along, the next big issue with many diet plans is that they also don't allow for any activity.

Leading an active life is all part of weight control and what being healthy is about.

But, if you're not eating enough to even sustain basic function, how do you expect to exercise as well?

You shouldn't because it won't be happening.

A proper diet will provide enough fuel and nourishment that you will easily be able to stay active and get both sides of the equation (diet and exercise) working for you.

They Aren't Customized To Your Preferences

Finally, the last reason why so many diets fail is because they aren't at all customized to your personal preferences.

They have you eating a list of five different foods – all of which you don't especially like.

How likely is it that you'll stick with this approach?

Clearly not very likely at all.

You want to find yourself a diet plan that is going to allow for sufficient flexibility that you can adapt it to your own personal preferences so that you can actually enjoy the meals that you're eating.

When you enjoy eating healthy, it becomes that much easier to actually stick to a healthy eating plan.

So there you have the main reasons why most diets fail and what we will make sure we avoid on this approach so that you can come out ahead.

Now let's move on and talk more about exactly what you do need to be doing to see the results that you're after.

Chapter 3: How To Lose Weight For Good

In order to lose weight for good, there are two elements of the equation as we just mentioned, diet and exercise.

You getting both in order is going to be paramount for success.

You'll always have those people who will wonder why they can't just diet or they can't just exercise – if they do one very well, won't that lead to results?

While you may be able to lose weight with a diet alone, don't even attempt to lose weight just exercise.

You cannot out-exercise a bad diet.

Let me say that again because it is vitally important that you fully understand this concept.

You cannot out-exercise a bad diet.

Period. Don't even try.

So why is this the case?

Why can't you exercise away a bad diet?

The fact that you need to remember is that it's just too easy to accumulate a high amount of calories with a few wrong food choices.

For instance, if you eat a slice of cheesecake, that could easily tally you up to 600-900 calories depending on the variety and what all its served with.

Most people don't realize just how much exercise it would take to burn all these calories off. You'd easily be looking at 60-90 minutes at minimum and that would be relatively intense exercise.

Unless you have all day to be doing your workouts, it's simply not going to cut it. It's far easier to make a few small cuts to your diet intake to create the calorie deficit we mentioned earlier for fat loss to occur.

If you try and exercise your way to this deficit, you're going to wind up burnt out, injured, and hating exercise before not too long.

It's far easier to use a combination of both to get the results that you're after.

Another thing to take note of is the fact that exercise will serve more than just burning calories as well.

In reality, the real reason to exercise while dieting is two-fold:

- 1. It'll help you boost your metabolic rate**

When done properly, exercise is going to be excellent for increasing your metabolic rate, meaning you burn more calories 24/7 without having to do anything else additional.

The faster your metabolic rate is on a day to day basis, the faster you'll see weight loss progressing along without having to resort to that ultra low calorie diet plan where you are starving half the day and devoid of all energy.

Intense exercise that's short and focuses on power based movements (as we'll talk about shortly) is the form of exercise that will make your body almost fat resistant.

That means that by doing this variation of exercise, you can essentially defend against fat gain into the future.

You won't have to worry about regaining weight as easily once you reach your goal weight because your body will naturally be burning up extra calories you might consume.

2. It'll help you sustain lean muscle mass

The second reason you should be doing exercise on your fat loss diet plan is because doing so will also help you sustain your lean muscle mass better as well.

If you can perform regular exercise sessions, you'll send the message to your body that it needs to keep its lean muscle mass, meaning you're less likely to start burning it up as a fuel source when energy gets low.

If you aren't exercising and are just dieting, you put yourself at a much greater risk of burning both muscle and body fat, which is not what you want.

Fat burn – yes.

Muscle burn – no.

Exercise is what makes the difference.

So as you can see, there are more reasons to exercise while dieting than just to create a calorie deficit. The calorie deficit is really low on the priority scale when it comes to the actual exercise session that you do.

More important is how many calories that workout causes your body to burn because of the fact you did it as well as the benefit it provides in terms of assuring that you lose fat, not muscle.

So now that we've hopefully cleared up why you must include both in your program plan, let's go over what you need to know about each of these.

Chapter 4: A Matter Of Calories

The content you are about to read is easily going to be the most important part of the book, so read very carefully and thoroughly. This information is not to be taken lightly as it will make or break the results you see.

When it comes to nutrition, the very first step is going to be getting your calories down in proper alignment.

If you recall our earlier discussion on creating the calorie deficit required for fat loss to take place, this deficit is what causes the body to turn to body fat as a primary fuel source.

If you aren't eating the right amount of calories, you can try as hard as you like, but you will not be burning body fat.

However, you need to be choosing to eat the right foods in order to lose fat and that's an important distinction that needs to be made. It's the combination of the proper calorie intake and the right foods that you need that's essential for success.

Choose the wrong foods and you'll be losing more muscle than fat and that's precisely what we don't want here.

Furthermore, realize that a greater calorie deficit is not always better as we mentioned earlier as well. Starvation diets are not the way to a healthy – or fit and toned body.

Some people will see this information and think, 'if I can cut back on 500 calories per day, cutting back on 1000 must be better!'

You want a good calorie deficit, but a reasonable one.

250-500 calories per day will produce a good rate of fat loss, ½ to 1 pound per week, which is where most people should be.

Those who have a high amount of weight to lose (30+ pounds), may be able to take this up a little higher and use a 750 to 1000 calorie deficit, but tread lightly when doing so.

In the game of fat loss, slow and steady is very much going to win the race nine times out of ten.

So now that you know why figuring out your calories is so important, let's look at how you pinpoint how many calories you should eat.

Your calorie intake target to get six pack abs is made up of three different components:

- Your BMR
- Your TEF
- Your Activity Level

Let's look at each one of these individually.

Your Basal Metabolic Rate

The very first thing that you need to take into account is your basal metabolic rate. This essentially refers to how many calories your body needs to consume each and every day just to stay alive.

If you were to lie in bed each day without moving a muscle, this is the amount of energy it would take to keep your brain functioning, your heart beating, and your lungs taking in the oxygen they need to keep you alive.

Your basal metabolic rate is fairly determined by your body weight and lean muscle mass, however certain factors can influence it such as your overall activity level (more active individuals will tend to have higher metabolic rates), your climate, your stress level, your overall health, and so on.

For the most part though, this component is fairly easy to estimate. While there are a number of fancy calculators out there that you can use to do so, one very simplistic method to approximate your BMR is to multiply your body weight by 10. For most women, this value works very well to give a good approximation.

So do this right now – take your current body weight (in pounds) and multiply by 10 to get your BMR.

The Thermic Effect Of Food

Next you need to factor into account the thermic effect of food. This refers to how many calories your body is going to burn simply breaking down the food you eat. Each and every time you eat a meal, your body is going to burn off calories digesting it, so this gets added to your daily calorie burn.

Different foods will require a different amount of energy to break down and digest (protein has the highest thermic effect of food for example), but on average, assuming you're eating a mixed diet, you'll be looking at about 15% being attributed to this thermic effect of food factor (TEF for short).

So take your BMR value now and multiply by 1.15 to get your new calculation. This now includes your BMR and the TEF.

Your Daily Activity Burn

Finally, the last thing that you must take into account is your daily activity burn. This is essentially going to refer to how many calories you burn off on a day to day basis going about your normal lifestyle activities.

For this component, since you an office worker who is relatively sedentary throughout the day, you'll be using a multiplication factor.

Think about your day to day activities, not including your workout sessions, and find yourself in one of these categories:

- Sedentary: 1.1 (office job)
- Lightly Active: 1.2 (office job but you're on your feet often throughout the day)
- Moderately: 1.3 (on your feet all day – hair dresser, teacher, store salesman)
- Very Active: 1.4 (constant movement – manual labour, construction worker, etc)

Take the number you arrive at above and now multiply this by the factor for your activity level.

This now gives you your maintenance calorie intake.

Since your goal is to lose weight, you'll need to subtract calories from this so that your body is turning to body fat as a fuel source.

Remember that it takes 3500 calories to burn off one pound of body fat, so you'll want to use a deficit of around 250 (1/2 pound per week) to 1000 (2 pounds per week) as we discussed above.

I recommend that most people use a deficit of 500 calories per day as this tends to be the sweet spot for most people for an ideal rate of weight loss results.

So now that you have the most important element out of the way, let's move onwards and go over what you need to know about the three main macronutrients and how they factor into the equation.

Chapter 5: A Closer Look Into Your Food Choices

'Macronutrients' refers to the different nutrients that make up all the foods that you eat over the course of the day – the proteins, carbohydrates, and dietary fats.

Each of these nutrients plays a different role in the body, so getting the right mix will be important for not only training purposes, but also for overall health promotion as well.

If you choose not to regulate your macronutrients, you could suffer from a very uneven distribution, which would then lead you to suffer energy lows, muscle mass loss, nutritional deficiencies, and so on.

Especially when undergoing resistance training, you must be sure you get a good division.

Let's look at each macronutrient on its own so that you can form a complete picture.

Protein

Without question, the single most important macronutrient in the human diet is protein. Protein is absolutely essential for life and without it, in a few short days, you would cease to exist.

The primary role of protein is to form the building blocks in which muscle tissue is made up of. Protein rich foods break down into 'amino acids', which are what is used to repair muscle tissue along with all the other cells in the body.

In addition to this, protein is also going to be utilized to help formulate hormones, neurotransmitters, along with other bodily substances that are required to keep you alive and functioning well.

If you aren't getting enough protein, you will stay in a broken down state for a much longer period of time, never recovering fully before your next workout.

Furthermore, if you aren't taking in enough calories either, you will rapidly begin losing lean muscle mass as your body turns to it as a fuel source.

The sad thing is that for most people, this is the nutrient that does most often go overlooked and that they fall short in.

In addition to providing the building blocks for a wide variety of different body tissues, protein is also going to offer a number of other benefits as well. Some of these include:

Blood Glucose Control

The very first key benefit that protein also offers is better blood glucose control in the body. Adding more protein to your diet is going to help you stabilize your blood glucose better as it'll slow down the release of carbohydrates into the blood, so you don't get that rapid glucose spike followed by crash.

Instead, the glucose is released slowly over time, maintaining your energy level for hours to come after a meal. Of course this will also depend on what types of carbohydrates you eat, but simply adding protein to your meal does tend to provide far better glucose control than if it isn't added.

Hunger Suppression

Next, another key benefit to adding more protein to your diet is that it can help with hunger suppression as well. If you aren't eating enough protein on a day to day basis, chances are you'll be feeling pretty ravenous all day long.

Since carbohydrates do break down so quickly and cause that energy spike followed by crash, you'll be left feeling hungry, weak, and tired after that crash occurs.

The end result is you're driven to consume more simple carbohydrates and the cycle continues on and on. At the end of the day, even despite your higher calorie burn, this could lead to significant weight gain.

Protein rich foods take a long time to break down in the body and digest, therefore adding them to the picture will keep your hunger down and make sure that you can go a few hours at least between snacks and meals.

If you are someone who is concerned with weight loss, this is a very important thing.

Faster Metabolic Rate

Another factor to keep in mind is the fact that protein, as we mentioned earlier, also has the highest thermic effect of food. Simply adding protein to your diet will help to speed up your metabolic rate because for every 100 calories of pure protein you consume, you're going to burn off about 25 of them.

For every 100 calories of pure carbohydrates or fats you consume, you'll burn off 5 and 2 calories respectively.

So the more protein you eat, the higher your metabolic rate is going to be. While you definitely don't want to go overboard with this and try and consume a diet that is almost entirely 100% pure protein as that wouldn't be healthy, or would it supply the energy levels you need, a slightly increased protein intake can be a very good thing.

So how much protein is enough?

The average recommendation for protein for the normal individual not training with workouts is about 0.8-1 gram per pound of body weight. As someone who is heavily involved in training however and who is breaking their muscle tissues down on a regular basis, you may want to take this slightly higher, up to around 1.2 grams per pound of body weight each day.

While this may seem high, keep in mind it is only to be that high while you are on the fat loss diet protocol. Once you're finished losing weight, then you can return back to the lower protein intake set-up of one gram per pound.

Protein rich foods should be consumed at each meal and snack that you eat to help with the balancing of the carbohydrates as we discussed earlier.

When it comes to sources of protein in your diet, you want to choose the leanest meat sources available, along with plenty of fish and seafood, low fat dairy products, eggs, as well as whey protein powder.

All of these are going to provide high calorie protein without the addition of saturated fats or other chemicals or additives.

Summarizing your list of top protein rich foods are:

- Chicken breast
- Turkey breast (white meat)
- Lean steak
- Eggs and egg whites
- Venison
- Fish
- Seafood
- Low fat cottage cheese
- Low fat Greek yogurt
- Skim milk
- Whey protein powder

Making sure to take in a wide variety of different sources of protein is going to be ideal as this is what will ensure you get a good blend of amino acids and nutrients in your diet plan.

Carbohydrates

Moving along, next up we come to carbohydrates. In the standard 'diet world', there is a high amount of controversy over carbohydrate consumption. People everywhere are jumping onto low carb bandwagons because they believe that this nutrient is most likely to lead to fat gain occurring.

Likewise, they firmly believe that carbohydrates are the primary reasons for so many diseases today and if you want to achieve optimal health, they should be cut.

While this is partly true, the key factor some people miss out on is the fact that it's the type of carbohydrates that you're eating more than anything else that's going to matter. Eat the wrong type of carbs and you will be facing weight problems along with health problems. Eat the right types of carbohydrates and you won't have to worry.

The body can only utilize carbohydrates as you go about intense training sessions, so to let yourself fall low on the intake scale would be making a significant mistake.

Your job is to make sure that you time your carbohydrates properly and choose ideal sources. Let's look a bit closer at the various different types of carbohydrates that you'll come across.

Complex Carbohydrates

The very first type of carbohydrate that you must know is the complex carbohydrate. These are the high energy carbohydrates that are complex in structure, meaning they're going to take more time to break down and digest in the body compared to other carbohydrate sources.

As such, when you eat these ones you'll sustain more stable blood glucose levels, meaning you will not experience energy highs and lows that we talked about earlier.

They are higher in calories however due to their complex nature, so you do need to be slightly more careful with the volume that you're consuming.

When selecting complex carbohydrates, the best options are going to be those that are as least processed as possible. The less processing that occurs with them, the healthier they're going to be for the body and the slower they will break down overall.

Good examples of complex carbohydrates to focus on include:

- Oatmeal buckwheat
- Brown rice
- Wild rice
- Quinoa

- Barley
- Millet
- Sweet potatoes and yams
- Bran cereals

If you can focus most of your intake, for the most part, around these sources, you're going to be best off.

Now one additional point that needs to be addressed before we leave this section on complex carbohydrates is the 'whole grain' myth. If you're like most people, you likely see the term 'whole grain' and are conditioned to believe that the food will actually be healthy for you.

But is it really?

Don't be fooled. The fact of the matter is that whole grain is often not much healthier than the straight white food variety that you would have otherwise chosen, so you aren't really going to be that much better off going the whole grain route.

The problem is that whole grain foods are still going to have to go through some degree of processing to get to your lunch or dinner plate. With an apple for instance, you can simply pick that off a tree and eat it.

To get some whole grain bread, a number of steps are going to have to be in place for that bread to get to your sandwich.

While the whole grain varieties of products may not be stripped of their fiber and other nutrients during manufacturing, they are still processed and this does mean they are going to break down more quickly, could contain ingredients that aren't all that healthy for the body, and are going to increase blood glucose levels more than foods that do come straight from the ground.

This increased blood glucose level is also going to cause an increase in blood insulin levels and it's chronically elevated blood insulin levels (due a diet that's high in refined carbohydrates), that leads to belly fat storage.

And further, don't neglect the fact that whole grains do still contain gluten and for some people, this is a big problem because of gluten intolerance.

If you are often feeling bloated, suffering from headaches, or having other gastrointestinal issues after eating foods that do contain wheat, you are going to likely be best off cutting out all of these grains from your diet entirely.

Some people don't have the necessary enzymes to break these foods down and as such, they give their body quite a high level of grief.

So don't be so quick to assume because the food is whole grain, it's a healthy option.

In many cases it's really not.

Simple Carbohydrates

The next type of carbohydrate that you'll come across is simple carbohydrates. These are the carbohydrate varieties that you want to avoid as they are the ones that will lead to that dramatic blood glucose spike followed by crash that we mentioned earlier, plus these are the ones that will cause your insulin levels to shoot sky-high and really accelerate the process of stomach fat accumulation.

Make the mistake of eating these and you might find that you feel as though you're on an energy roller coaster throughout the day.

In addition to that, these carbohydrates are virtually devoid of all nutrition, so are simply not ideal for the body in anyway.

Simple carbohydrate calories also add up incredibly quickly – even faster than most complex carbohydrate sources, so it's a must that you avoid them as much as possible.

Examples of simple carbohydrates include:

- Candy
- Cookies
- Crackers
- Baked goods
- Sugary cereals
- Low-fat ice cream
- White bread
- Rice chips

- Cereal bars
- Bagels
- Packaged snack foods
- Honey/jam

One additional form of simple carb that needs to be mentioned is fruit. Fruit should be thought of as in a different category from the above however as it's going to supply your body with dietary fiber, which is very healthy and will slow down the release of the carbohydrates overall as well, and it will also supply you with a number of important vitamins, minerals, as well as antioxidants.

For this reason, fruit should never be avoided on a healthy eating plan.

The one thing that you do need to keep in mind with fruit however is that it's fruit sugars are half glucose/half fructose and fructose will not be stored in the muscle cells, but rather the liver cells.

This means then that fruits aren't quite as good post-workout in terms of maximizing your recovery since you won't get that muscle glycogen replenishment that you otherwise would.

So try and keep fruits out of the post-run period and place them at other times in the day instead. The one exception to this rule however is the banana, which does have a higher starch component and a lower level of fructose. These can be eaten post-workout and do tend to work great as a recovery fuel source.

Fruits are also lower in calories than many of the other simple carbohydrates listed above, so for this reason they'll also work well for anyone who is being a little more careful about their weight and wants to be sure that they aren't seeing the scale creep upwards.

Fibrous Carbohydrates

Finally, the last type of carbohydrate that you need to know is the fibrous carbohydrate. These are the carbohydrates that are found in vegetables and are also incredibly important to be taking in.

These are very low in calories and carbohydrates overall, so they'll hardly have any influence on your blood glucose levels, so you can eat them essentially without worry. The dietary fiber content they possess will also help ensure you avoid all blood sugar spikes and furthermore, will also help to improve your overall health level by lowering cholesterol, reducing your risk of heart disease, as well as lowering your risk of certain forms of cancers.

Fibrous carbohydrates should be eaten with most meals of the day, however should be avoided right before or after a training session as they are quite bulky in volume and could cause intestinal cramping to occur. Plus, since they don't supply all that much energy overall, they aren't going to fuel you for the coming training that you must complete.

Almost any vegetable is concerned a fibrous carbohydrate, just note that certain vegetables – carrots, peas, corn, and of course potatoes (which are considered a complex carbohydrate as listed above) do contain more carbs and sugars, so you'll want to factor that into your intake.

Now, looking in terms of how many carbohydrates you should be eating on a daily basis, there's no set requirements for carbohydrates, but instead it will vary depending on your target calorie intake for that day and how many dietary fats you consume, which we will talk about next.

Since your protein intake is relatively set and constant, you will adjust your dietary fats and carbohydrates around the protein component.

At bare minimum you should be getting at least 100 grams of carbs per day, assuming no training is taking place, as this is the minimum amount required for the brain to function optimally.

Just keep in mind, for calorie calculation purposes, that proteins and carbohydrates each contain four calories per gram while dietary fats contain nine. Knowing this will ensure you figure out your calculations properly.

Dietary Fats

Finally, the last nutrient that you need to take into account on your program plan is the dietary fat component.

While you may think that cutting out dietary fats is route to go since you want to stay lean, this isn't quite accurate.

In fact, dietary fats are also extremely important for success. The truth is that when you are just going about your day to day activities, you can easily utilize dietary fat as a fuel source and in fact, this is actually preferable because then you will be sparing your glucose stores.

Furthermore, dietary fats have absolutely no influence on blood glucose levels, so they'll help to keep your energy level very stable over time. When combined with a good source of protein, your energy will stay consistent for hours at a time.

Dietary fats also break down incredibly slowly in the body, so will help to control your hunger levels very well also. If you are eating a carbohydrate based diet and keeping your dietary fat intake incredibly low, you will very likely experience hunger on an ongoing basis. In fact, you might find that you're always hungry.

Dietary fat should be kept at no lower than 15-20% of your total calorie intake for a rough guideline. Some people may choose to take it slightly higher than this if they feel they function better on a higher fat/moderate carb approach while others will keep it at this range.

Like with carbohydrates however, it's important that you select your dietary fats properly. Eat the wrong fats and you could set yourself up for numerous health concerns down the road.

You want to be eating primarily unsaturated fats, polyunsaturated fats, and essential fatty acids (or omega fats as they're often called).

These are the fats that will boost heart health, improve your body composition, and help keep your hormone levels normalized in the body, while making sure that you feel your best at all times.

Examples of these fats include:

- Nuts and natural nut butter
- Seeds
- Flaxseeds and flaxseed oil
- Olive oil

- Coconut oil
- Avocado
- Fatty sources of fish

If you can eat these most often and make sure to stay away from unhealthy sources of fats such as saturated and trans fats, which are found in high fat dairy products, processed meats, fattier cuts of meat, and many processed or fast foods, then you will be on your way to maximizing your health while boosting your performance.

So there you have a good idea on the precise foods that should be making up your diet plan. It's vital that you are focusing on smart food selections that will not only nourish your body, but also promote the fat loss process as it takes place.

Rather than simply focusing on reducing your food intake and cutting out as much food as possible, focus on adding healthier foods back into your diet, constructing one that is going to provide the right level of calories and set you up for optimal health.

Chapter 6: Setting Up A Diet For Success

So now that you are all set with the information you need to know about proper eating, let's provide you with your meal plans.

What you're going to do is find your weight range in the chart below and then use this to dictate the foods that you're eating at each meal.

When you see 1 serving of protein for example, you'll then consult the reference chart of foods below to find out what foods represent one serving of protein and how much of that food to eat.

This also allows you to pick and choose your foods based on your own personal preferences, making it that much easier to stick with.

Just be sure that you are only choosing the same category of foods. You can't swap out a carbohydrate for a protein for example as that would be detouring from the overall nutrition that the plan provides.

Let's look at your menu.

Bodyweight /Meal	130-140 pounds	141-150 pounds	151-160 pounds	161-170 pounds	171+ pounds
Breakfast	1 protein 1 complex carb or fruit 1 healthy fat 2 vegetables	1 protein 1 complex carb or fruit 1 healthy fat 2 vegetables	1 protein 1 complex carb or fruit 1 healthy fat 2 vegetables	1 protein 1 complex carb or fruit 1 healthy fat 2 vegetables	2 protein 1 complex carb or fruit 1 healthy fat 2 vegetables
Mid-Morning	1 protein 1 fruit 1 healthy fat 2 vegetables	1 protein 1 fruit 1 healthy fat 2 vegetables	1 protein 1 fruit 1 healthy fat 2 vegetables	1 protein 1 fruit 1 healthy fat 2 vegetables	1 protein 1 fruit 1 healthy fat 2 vegetables
Lunch	1 protein 2 vegetables 1 healthy fat 1 fruit	1 protein 2 vegetables 1 healthy fat 1 fruit	1 protein 1 complex carb 2 vegetables 1 healthy fat 1 fruit	1 protein 1 complex carb 2 vegetables 1 healthy fat 1 fruit	1 protein 1 complex carb 2 vegetables 1 healthy fat 1 fruit
Mid-Afternoon	1 protein 1 healthy fat 2 vegetables	1 protein 1 healthy fat 1 fruit 2 vegetables	1 protein 1 healthy fat 1 fruit 2 vegetables	1 protein 1 healthy fat 1 fruit 2 vegetables	1 protein 1 healthy fat 1 fruit 2 vegetables
Dinner	1 protein 1 vegetable 1 healthy fat	1 protein 1 vegetable 1 healthy fat	1 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat	2 protein 1 vegetable 1 healthy fat
Before Bed	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 1 healthy fat	1 protein 1 healthy fat

Food Choices Chart

Protein Rich Food	One Serving Size**	Carb Rich Food	Serving Size	Fat Rich Food	Serving Size
Chicken breast	3 oz	Quinoa	½ cup cooked	Olive oil	1 tbsp
Turkey breast	3 oz	Brown rice	½ cup cooked	Sunflower oil	1 tbsp
White fish	4 oz	Barley	½ cup cooked	Safflower oil	1 tbsp
Egg whites	1 cup or 6	Oatmeal	¼ cup (raw measurement)	Flaxseed oil	1 tbsp
Salmon	3 oz (also counts as 1 fat)	Sweet potato	1 small	Flaxseeds	2 tbsp
Lean red meat	3 oz			Natural peanut butter	1 tbsp
Canned tuna	1 can			Almond butter	1 tbsp
Whey protein powder	1 scoop			Almonds	10

Tofu	3 oz			Pecans	10
				Sesame/ Poppyseeds	1 tbsp
				Avocado	½ cup sliced
				Salmon/fatty fish	3 oz (counts as 1 protein as well)
Dairy Rich Food	One Serving Size**	Fruits/Vegetables	One Serving Size**		
Skim milk	1 cup	Fruit (apples, oranges, banana, pear)	1 piece		
Greek yogurt/low-fat yogurt	½ cup	Berries and melons	1 cup		
Cottage cheese	½ cup	Vegetables	1-2 cups*		

*Note these hardly contain any calories so there aren't any restrictions

Finally, let's now move forward and talk about the workout side of things.

Chapter 7: Forming A Smart Workout Plan

So now that we've finished talking about all the nutritional factors that need to be in place to get you moving toward success, it's time to talk about how your workout is going to factor in.

Now, the nature of your workouts should be one of two things. They should either be very short, but very intense sessions as these are what will best boost your metabolic rate, get you maintaining or building lean muscle mass, and help to make your total exercise time commitment lower and easier to manage.

Or, they should be very low intensity, recovery workout sessions. Those are the ones that will help you maintain good balance in your workout program and ensure that you don't run the risk of overtraining yourself.

These workout sessions are considered to be active rest and would be something like going out for a walk with a friend, going golfing for the day, or taking a leisurely bike ride with your kids.

They're simply focused on movement, not performance or calorie burning.

The key thing is that you are focusing on being active in everyday life. Not sitting around after dinner and watching TV, but getting up and getting moving.

Most people get stuck into the notion that exercise has to take place in the gym, but this isn't the case at all. Don't underestimate the influence that lifestyle activity can have. It really adds up over time.

So your goal here with this program will be to perform:

- 3 low intensity 'recreational activity' sessions – this can be sports, walking, swimming – anything that you enjoy.
- 1 interval training cardio workout
- 3 full body weight lifting workouts

This combination is what will provide good balance between intense exercise and active rest so that you don't become overtrained, but still get great physical and conditioning benefits occurring as well.

Let's look at the last two workouts a little more closely so that you can see how to set up and design them.

Interval Training

Interval training is by far the more intense form of cardio exercise that you can do but it is also the one that gets far more results. Interval training is the exercise variety that will spike your metabolic rate for up to 48 hours after the workout is over, allowing you to burn fat at a much faster rate overall.

In addition to that, it's short and sweet – 15-20 minutes, so easy to fit into any busy schedule.

It's also the form of exercise that will limit lean muscle mass loss, help to build strength, and dramatically improve your fitness level as well.

To do interval training, you'll want to alternate between lower intensity rest intervals with higher intensity work intervals.

Your work intervals will typically last anywhere from 15-60 seconds depending on whether you want to go for maximum speed or a bit more of an endurance based session.

You'll then couple these work intervals with your active rest intervals which are about two to three times as long.

Here is your standard work : rest protocol:

15 seconds : 45 seconds

20 seconds : 60 seconds

30 seconds : 60-90 seconds

45 seconds : 45-90 seconds

60 seconds : 60 seconds

Notice that the shorter the work interval is, the longer the active rest interval will be to allow you to recover.

That's because those intervals will be full-out, maximum intensity intervals, where as a more moderate interval (60 seconds say) will have you working closer to the 90% intensity level.

You'll repeat these intervals 6-10 times to form the main workout segment, beginning with a five minute warm-up and ending with a five minute cool-down.

You can choose any mode of exercise that you prefer for these workouts as long as you can work up to a very intense pace quickly with whatever mode you choose.

Most people prefer running or uphill running, however spinning or any other activity can work as well.

Do these sessions once per week – maybe twice if you're more advanced. There's no need to do them daily because you will overtrain if you try this and they are so effective that you simply don't need to do them that often.

Now let's look at the strength training component of things.

Strength Training

With strength training, the focus will be on a full body workout for a number of reasons.

First, it's the most time efficient way to do your strength training. In order to see best results (for most people, especially when fat loss is the goal), you want to aim to work as many muscle fibers as possible in a single workout session.

What better way to do that than with a full body workout?

In addition to that, a full body workout allows you to hit each muscle group in the body a total of three days per week, while still allowing for four full days off from strength training for other activities or for recovery purposes.

What other workout allows you to do this?

No other workout – that's what.

All other workouts are going to have you hitting the gym four to five times per week and only working a few muscle groups at once.

This means they get hit at a reduced frequency rate and you spend more time in the gym.

For the purposes of our program here, this is not optimal in any way.

The full body workout is also what will spike the metabolic rate the most because it is so very intense, so that's yet another big benefit that you'll see from it.

Now, when it comes to creating and designing your full body workouts, there are a few factors to keep in mind.

Here are the guidelines that you should be focusing on following.

Exercise Selection

Exercise selection is going to be an important factor to know as it can make or break your results as well. If you aren't choosing the right exercises, you won't see the results that you're after.

As a beginner, you want to focus on building a foundation of muscle strength and this is best done with compound movements.

These are ones that are going to work more than one muscle group at once and often span across two or more joints.

The main compound exercises that you should be focusing on include:

- Bench press
- Bent over rows
- Shoulder press
- Squats
- Deadlifts
- Lunges
- Step-ups
- Push-ups
- Pull-ups

These should form the foundation of your program as they will best improve your fitness level, enhance strength gains, and get you building muscle and burning fat the fastest.

In addition to those, you can add in some isolation exercises towards the end of the program, however they should be more of an afterthought than something that takes priority.

Isolation exercises would include ones such as:

- Bicep curls
- Tricep extensions
- Lateral raises
- Leg extensions
- Hamstring curls

These would help to further refine the body, adding muscle definition and possibly improving the strength of these smaller muscle groups.

They should only make up a fraction of your program however.

Reps/Sets

Getting a proper protocol in place for reps and sets will be the next thing that you'll want to be doing to design a time-efficient, effective workout program.

As someone who is focused on building a strength foundation while also burning up body fat, you'll want to work in the rep range of around 8-10 reps for your compound movements and 10-12 reps for any isolation work you do.

This will be high enough that you will also experience some improvement in your muscular endurance level as well, but not so high that you are not able to lift a heavy weight that challenges you and boosts your strength capabilities.

You don't want to move to the lower rep range at this point in time as that would end up placing just a bit too much strain on your joints and tissues, possibly leading to an injury occurring.

You should be lifting a heavy enough weight at this point that by the time you are at that 8-12 rep mark however, you are fully fatigued and are not able to perform any further reps.

If you aren't, then it's time to increase the weight slightly further.

Rest Periods

Finally, the last thing that you need to take into account is your rest periods.

Due to the fact that we want to make sure you are recovering between the lifts you do both so that you can sustain a heavy amount of weight and also so that you can ensure you are getting the best metabolic response possible, you'll want to limit rest periods to around 60 seconds for compound exercises and 30 seconds for isolation exercises.

In some cases, you may also perform a 'superset' where you pair two exercises back to back with each other, really getting a strong metabolic response.

You'll typically pair together an upper and lower body exercise with a superset, however you can also pair together opposing muscle groups (such as the biceps and triceps) as well.

Since isolation exercises aren't quite as intense, they won't require as much time to recover from as the more compound movements.

Just make sure to remember that at no point should you ever sacrifice poor form. Maintaining good form is an absolute must if you are going to stay injury-free and get good results.

So there you have the main points to remember to help you develop a time effective workout.

Designed properly, these sessions shouldn't take you much more than 30-45 minutes, three times per week, so they aren't asking all that much at all on the time requirement scale.

Now let's show you three sample workout sessions that you can use to kick-start your journey.

Chapter 8: Your Workout Programs

Below you'll find three different full body workout programs that you can use to as you progress onward with this program.

You can choose to perform one of these workouts, three times per week and then alternate between them across weeks, or you can choose to do one workout on each day of the week instead.

Both will yield great results and keep your body guessing as to what's coming next and avoiding hitting that progress plateau.

Always remember to start each workout with a five minute-warm up and finish with a five minute cool-down as well.

Workout A

Exercises	Sets	Reps	Rest
Bench Press	3	8	60 seconds
Squats	3	8	60 seconds
Bent Over Rows	3	8	60 seconds
Deadlifts	3	8	60 seconds
Shoulder Press	3	10	45 seconds

Bicep Curl	2	12	30 seconds
Tricep Extension	2	12	30 seconds
Lateral Raise	2	12	30 seconds
Plank Hold	2	30 second hold	30 seconds

Workout B

Exercises	Sets	Reps	Rest
Incline Bench Press	3	8	60 seconds
Leg Press	3	8	60 seconds
Lunge	3	8	60 seconds
Pull-Ups	3	8	60 seconds
Shoulder Press	3	10	45 seconds
Hammer Curl	2	12	30 seconds
Tricep Dips	2	12	30 seconds
Front Raise	2	12	30 seconds
Bicycle	2	12	30 seconds

Workout C

Exercises	Sets	Reps	Rest
Superset: Push-Ups with Sumo Squats	3	8	60 seconds
Superset: Step-Up with Pull-Ups	3	8	60 seconds
Shoulder Press	3	10	45 seconds
Superset: Leg Extension with Hamstring Curl	2	12	30 seconds
Calf Raise	2	12	30 seconds
Reverse Crunch	2	12	30 seconds

So now that you know what you need to be doing in terms of the workouts for best results, let's move forward and look at some key supplements that you should be turning to in order to enhance the results that you see.

Chapter 8: Key Supplements For Enhanced Results

To finish off things now, it's time to go over some of the key information that you need to know about supplementation to get optimal results.

While no supplement will ever replace a proper diet and workout program, the right supplementation can take your results just a little bit further.

As long as you know going in ahead of time that the supplement is not meant to replace your dietary and exercise efforts, then you'll be setting yourself up for success.

Those individuals who think that they can just pop a few supplements and that's all they need to do to see fat loss success are the ones that will be disappointed.

So this said, let's walk you through the key supplements that you should be considering.

Phen 375

The first supplement I would recommend you look into is [Phen375](#), which is one of the better fat burning products on the market.



This is an all-around fat burner, which is essentially going to aim to make sticking to your diet and workout program that much easier.

It does contain natural ingredients, so side effects are very rare and if present, well tolerable in almost all people, so that makes it a good option for those who don't want to put any harsh stimulants in their body.

Some of the key benefits that this product will offer include:

- Metabolic enhancement
- Improved energy level
- Stabilized blood glucose levels
- Increased focus and concentration

Since these are also the things that most people struggle with as they proceed through their diet, doing everything that you can to decrease these symptoms is going to definitely work in your favor.

[Click Here](#) to read my official review of Phen375

As any dieter knows, it may be fine to stick with your diet when hunger isn't in the picture, but as soon as hunger rears its ugly head, it's a whole other story. So we come to our next choice...

Capsiplex

The next supplement that you may want to consider using is one called [Capsiplex](#), which is another product that is designed to suppress your appetite.



Since in order to succeed with your fat loss results you absolutely must be taking in fewer calories than you burn up over the course of the day, using a product to help decrease the hunger that will naturally occur can help put you in the driver's seat.

For most dieters, things tend to go fine – until, that is, hunger shows up into the picture. As soon as it does, that's the end of the game and they're no longer able to continue.

Hunger is also intensely correlated with food cravings, especially for sweets and other carb-dense foods (since your body knows that this is a fast way to get energy when you need it), therefore the more able you are to eliminate hunger, the less cravings you'll have and the more easily you'll stick to that diet plan.

[Click Here](#) to read my official review of Capsiplex

Proactol

Finally, the last supplement that you should be considering taking as you move through the diet program is [Proactol](#).

This particular product is great for those who are already using Phen375 as they tend to work best together in combination.



The Phen375 is going to help you combat food cravings, reduce hunger, and boost energy, while the Proactol is designed to help eliminate bloating, enhance the digestion process, and may also assist with binding to fat that you eat, eliminating it from the body.

This in turn means that you don't absorb these calories, so this can additionally help to boost your total calorie deficit, moving your results along.

[Click Here](#) To Read My Official Review of Proactol

While there are many different supplements out there that you can choose from, not all are going to offer the results they promise.

Make yourself very aware of this because far too often, people fall for gimmicky supplement claims and only end up more and more frustrated as the days go by.

These products however have been proven to produce results, so are ones that you can feel comfortable using to help enhance your success.

Conclusion

So there you have your complete guide to mastering weight loss once and for all. As you can see, there are no false promises, quick-fix claims, or any other gimmicks such as that here.

It's all solid recommendations based around *health*.

If you use health as your yardstick as you progress along, that is what will enable you to see the success you're after.

Does the approach follow sound health rules and strategies?

Are you sacrificing your health in any way by doing the program? (an immediate sign it is a very bad idea)

Is the program something you can maintain for the rest of your life?

If any one of these questions isn't delivering the answers you know it should be, your best bet is to look elsewhere.

Fortunately, everything we've just put forth satisfies these without a problem, so you can rest assured that you are setting yourself up for maximum health, superior fat loss, and the ideal body you've been looking for all these years.

So get started and put the information to good use.

Remember that if you keep putting it off until tomorrow, another year will roll by and you'll still be starting tomorrow.

Avoid that.

Start *today* so that tomorrow you are one step ahead.