

The Truth About Burning Fat

September 1

2008

The following report details the exact strategies that are responsible for Melting over 50 pounds of fat in Less than 16 weeks, with One Training Strategy, One Nutrition Strategy & With Very Little Cardio At All!



**Dropped to 5% Body Fat In 12 Weeks –
With Very Little Cardio**

Featured Story in Men's Fitness Magazine



**Dropped 31 Pounds of Fat in 16
Weeks – Without Cardio**

*(keep in mind – had she done cardio, she
would have lost even more fat!)*

www.HowtoGetSixPackAbs.com

Warning!

If You Decide to Attempt to Burn Fat Without Following This Report Down to the Tee, You Will Suffer the Following Consequences:

- 1) **You'll spend countless hours doing boring ass cardio that no one wants to do.** And the worst part is, It COULD be counter-productive to your goals. Which means, using our system burns MORE fat in LESS time, and in most cases you won't even need cardio.
- 2) **You may lose weight, but there's a 99.9% chance that you'll gain the weight back FASTER than you lost it.** Think back over the past 5 years, how many different diets or exercise programs have you been on? How much weight did you lose on each program? 5 lbs, 10 lbs, 15 lbs? And how much did you gain back? I'm assuming all of it, each and every time you went on a diet or else you wouldn't be reading this report, right?

There's a Reason They say Oprah is the world record holder for the most weight lost EVER. **She goes on diets, she loses 10-20-30 lbs, then gains it back. And she does it over and over again. If you go on 7 diets and lose 20 pounds each time, that's 140 pounds you'll have to lose, gain back, and lose again. Which means, by following our system down to the letter, you'll only have to lose the weight 1 Friggin' Time... because the chances of you gaining the weight back rapidly is damn near zero.**

- 3) You'll either instantly fall off the wagon within a few weeks (or even within a few days), or find yourself miserable as hell wondering just what the heck you've gotten yourself into. Face it, anything that has the letters "die" in it, just ain't gonna be fun.

But! If You Strictly Adhere To The Guidelines In This Report...

You will NEVER have to go on another Diet again!

- You'll eat more than you ever have before and you'll STILL lose fat
- You'll have more energy than you've had in YEARS!
- You'll WORK LESS and BURN MORE Fat!

How does it work?

Take our 2 clients above for example, the 2 that combined to lose more than 50 pounds of fat in less than 16 weeks. One client refused to do cardio at ALL, was afraid she was eating too much, and STILL lost a staggering 31 pounds of fat... and the other had to severely cut back on his cardio and **increase his calorie consumption by 25% just to keep losing fat.** And in the end he ended up with shredded six pack abs no one can deny.

These clients had friends who were following the same training program, the same cardio program (without the tricks we taught them), and STRUGGLED to lose fat past week 4.

Why?

Because just like most people, they do not know how to effectively lose fat on a consistent basis week after week, month after month.

This report reveals how ANYONE can do it. It's not simple. It's not easy. It won't happen overnight. You're definitely going to have to invest some serious time into learning everything involved.

So buckle down, take notes & be patient – once you do finally master this system you'll be able to lose fat & develop a tight, toned stomach at WILL with this extreme insider knowledge.

Let's start with the basics and then move into the most critical parts of taking complete control of your body for maximum fat loss in minimal time.

Step 1. Calorie Breakdown

A. Use the basal metabolic formula to determine the number of calories you burn per day.

One of the most crucial aspects of losing fat is knowing exactly how many calories you need to maintain your current weight. And you will do this by using the following formula. You'll need your weight in pounds, your height in inches, and your age. Simply enter them into the formula.

Women's Formula:

$$665+(4.36 \times \text{Weight})+(4.32 \times \text{Height})-(4.7 \times \text{Age})= \text{Resting Metabolic Rate (RMR)}$$

Men's Formula:

$$66+(6.22 \times \text{body weight})+(12.7 \times \text{Height})-(6.8 \times \text{Age})= \text{Resting Metabolic Rate (RMR)}$$

Next you multiply the number from above by your activity factor:

1.3 = very light physical activity (sitting, driving, standing, lab work)

1.5 = light physical activity (tennis, walking 4mph, weeding)

1.7 = moderate physical activity (tennis walking 4mph, weeding)

2.0 = heavy physical activity (full court basketball, heavy digging, long distance running)

2.4 = exceptionally heavy physical activities (competitive triathlete, Navy Seal training)

B. Consuming the appropriate calories.

In order to lose weight, you'll need to consume fewer calories than you're burning per day. A 10-20% reduction is a good start.

C. Calculating The Calories per meal.

Next you need to know how many calories per meal. And more importantly, disperse the number of calories over 4-6 meals total for the day. To do this, simply divide the total number of daily calories by 4-6. You'll consume these meals 3-3.5 hours apart beginning with breakfast.

Step 2. Planning Your Food Intake

You'll need to find the appropriate foods to consume that fit into your meal portions. Ideally you'll consume lean protein, starchy carbs, and minimal fat. Eat an equal amount of protein and carbs at every meal excluding the last meal of the day – it will contain protein only. Drink 1 gallon of water per day.

Recommendations:

www.FitDay.com

www.CalorieKing.com

Step 3. Weight Training

This is another crucial aspect of the program to ensure your metabolism rages, you maintain your current muscle levels, and to supercharge your body into burning fat 24 hours per day.

It's recommended that you train with weights 3-4 times per week. Preferably 4 days per week for optimal results.

A. The Schedule -

For 3 days per week, you'll train every other day. An example is Monday, Wednesday & Friday.

For a 4 day schedule, you'll train 2 days on, 1 day off, 2 days on, 2 days off, repeat. An example is Monday, Tuesday, Thursday, Friday.

B. The Training

The training program should be intense regardless if you're a man or a woman. Too many people just go through the motions. At the end of the week, you should also have trained every muscle in your body.

To increase the intensity, use super-sets and triple-sets. Meaning pick 2-3 exercises and move from one exercise to the next without rest. When the last exercise is complete, rest and repeat.

Superset:

Squat x 8
Shoulder Press x 10

Triplet:

Bench Press x 10
Overhead Tricep Extension x 15
Plyometric Pushups x 10

C. The Exercises

Make sure to include multi-joint exercises (movement crosses more than 1 joint) that target the large muscle groups in all of your workouts.

Multi-joint Exercises:

Bench Press
Squat
Power Clean
Lunge
Pushups
Deadlift
Bent Row
Upro
Push Press
Step Ups
Dips
Stiff Leg Deadlifts

Combine multi-joint exercises with single joint exercises as a superset or triple set to utilize “active rest” and to increase the intensity of your workout.

Single Joint Exercises:

Bicep Curl
Calf Raise
Leg Extension
Tricep Pressdown
Leg Curls
Hammer Curls

Recommendations:

www.exrx.net

www.HowtoGetSixPackAbs.com

Step 4. Cardio Training

A. Timing

For optimal fat loss, you need to schedule your cardio first thing in the morning before you do anything else, or ***immediately after*** your workout. Never before your workout.

In my opinion both are optimal, but first thing in the morning is best because you get it out of the way first thing. The first week will be difficult, but after that it'll be as routine as brushing your teeth. This is why I prefer morning cardio.

B. Type of Cardio

You have 3 choices: Interval Training, Slow Steady cardio, or alternating both. If you choose to do cardio in the morning, I suggest slow cardio. If you choose to do cardio immediately after your weight training workout, I suggest both by alternating them per workout or per week.

Slow Steady: 20-50 minutes 3-4 times per week at a moderate to heavy intensity.

Interval Training: 6-15 rounds 3 times per week at 60-80% intensity.

Cardio isn't absolutely necessary if your nutrition program is in check. Although I do recommend it in the beginning of your program. You can reduce or cut it later. I'll show you how to do that in a minute.

Recommendations:

www.wikihow.com/Perform-Interval-Training

www.en.wikipedia.org/wiki/Interval_training

Step 5. Ab Training

A. Frequency

Your abdominals are just like any other muscle. When they are worked, they need rest. Train your abs no more than 3 days per week.

B. Timing

Perform your ab training workouts on separate days as your regular weight training days. This ensures your muscles are fresh to get the most bang for your buck.

C. Rep Scheme

100's of reps of ab exercises doesn't work to burn body fat. The idea is to build the abdominal muscles in preparation for low levels of body fat. **And that is it.** Ab exercises DO NOT cause you to lose belly fat.

Keep your reps between 6-15 throughout all exercises. Increase the intensity by using resistance.

D. Sample Ab Exercises

Weighted Swiss Ball Crunch
Swiss Ball Crunch w. Medicine Ball
Straight Leg Swiss Ball Reverse Crunch
Swiss Ball Scissors
Swiss Ball Cable Crunch
Swiss Ball Rotations with DB
Vertical Leg Crunch

Recommendations:

www.exrx.net

Step 6. Body Fat Measurements

This is one of the most crucial steps you can take in losing fat. It is recommended to have your body fat taken at the beginning of your program, and every 4 weeks throughout the program. This will allow you to make tweaks to prevent hitting a plateau.

Most trainers offer free body fat measurements. Call your local gym, and schedule an appointment. Some will charge a small fee, but it will be worth it in the end when you're able to see how you're progressing and make changes to your program as necessary.

Another option is to purchase an at-home body fat monitor. These normally read high, but they are consistent. So, it will give you the data you need to make changes.

If you have a personal trainer take your measurements, try to have the same trainer do your measurements each time. This will increase the consistency of the results.

Have your measurements taken at approximately the same time of the day. So if the first time you have your measurements taken is at 4 pm, try to have the measurements done at approximately the same time of the day each time you take them.

Below are 3 recommended body fat monitors you can use at home.

Recommendations:

[Omron HBF-306C Fat Loss Monitor](#) (\$27.73)

[Omron Body Fat Monitor and Scale](#) (\$38.45)

[Tanita Ironman Body Composition Monitor](#) (\$129.99)

Step 7. Tracking & Tweaking

This is where your body fat measurements come into play. If you know how your body is responding, you will be better prepared to make changes and fly through normal fat loss obstacles.

Since you will take your measurements every 4 weeks, you will compare the results.

Here are the questions to ask after studying your results at each interval:

Did you lose fat?

How much fat did you lose?

The Truth About Burning Fat

Did you gain, maintain, or lose muscle mass?

Depending on the answers to these questions, you'll fall into 1 of 5 categories:

Lose Fat & Gain Muscle – Everything is on track, keep doing what you're doing. After 2 weeks increase your daily food consumption by 50 Calories to account for your newly acquired higher metabolism.

Lose Fat & Maintain Muscle – Everything is on track, keep doing what your doing until it's time to measure again.

Lose Fat & Lose Muscle – You've got the fat loss under control, but 2 things may be happening:

1. **You're not eating enough** – Immediately increase your calories by 75 calories per day.
2. **You're doing too much cardio** – Immediately cut back on cardio by 25%

Hopefully you won't fall into these next 2 categories, if you've followed the program to a tee, then you won't:

Gain Muscle & Gain Fat – You're doing the workouts and you're not afraid of eating. Recalculate your daily calories from the formula above – decrease the calories by 20%. Revisit your cardio, it may need to be increased.

Gain Muscle & Maintain Fat – It's not a waste, you're still okay. Assess your daily calories & revisit your cardio. Start your calories at a 20% deficit, and possibly increase the amount of cardio you're currently doing.

Step 8. Keep Measuring & Tweaking

At each of the 4 week intervals, continue to measure your progress through your body fat measurements and make the appropriate changes as necessary. Since this is the most important aspect of any program, it's important that you measure and tweak your program every 4 weeks based on your most recent progress.

This is just one of many reports www.HowtoGetSixPackAbs.com will be releasing this year. If you would like to receive 100's of tricks, tactics, and strategies to accelerate your fat burning capability, log on to www.HowtoGetSixPackAbs.com and sign up to our weekly No B.S. Fat Burning E-Zine.

Good Luck,

Todd Scott
Training Advisor, Men's Fitness magazine
Author, HowtoGetSixPackAbs.com

P.S. We eat, sleep & dream fitness & fat loss... it's our livelihood.

The system revealed above is the result of over 7 years of in-the-trenches blood, sweat, and tears and experience working with thousands of different people just like you. Depending on your level of current knowledge, it could take you months or even years to finally master this process.

Visit our site if you'd rather our team help you by giving you access to the exact day to day process you'll need to follow to lose 1-3 pounds of fat per week.

www.HowtoGetSixPackAbs.com

Here's what a few HowtoGetSixPackAbs.com Owners have had to say...

"I feel like a new person. I seriously CANNOT believe I lost 18 pounds in 10 weeks!!! (less than 3 months) I always thought that I just didn't have the "genetics" to lose my flabby belly... I literally tried everything I could get my hands on to lose weight. And the Day My doctor told me I couldn't lose weight, it took the wind right out of my sail... I was tired, depressed, and just felt horrible. I don't know where I'd be if I hadn't started your program. Probably in the same shape I was before I started... A chubby librarian with no hope! Thank you so MUCH!!! OH... and GUESS WHAT!? Now that my blood pressure is back to normal, I'm saving \$100 per MONTH since I no longer have to buy the blood pressure medicine! Not only did I lose belly fat to Feel Great, your program has actually SAVED me money!!!

- **Gale Criswell** - 55 Year Old Woman who's Doctor told her she couldn't lose weight.

EXPERT REVIEW



"You are Awesome, Todd Scott! Great explanations! You teach me something new everyday! It's no wonder you're one of the Best Guys I know to work with!"

Sean Hyson - Editor Men's Fitness Magazine

*"About 1 year ago I got an account at a "stout" clothing shop for ladies. Fine clothes for sizes 16 and up. Since starting your program I haven't visited there in months! They called for me to pay on my account and when I dropped in, you know me... I love to talk... I began telling the cashier about how I haven't been in since July. She asked why... and that opened the door... yes, several ladies had their ears close by, and I began telling them about my unique nutrition and fat loss strategies, but that THIS program was the answer and Todd Scott. They all turned and came in closer. This was great. They talked about their programs, too, **but were astounded at my Results!**"*

Thank You!!!! –

Dana Lux

I lost **11 lbs of fat and over 20 inches** total before the summer of '04. When I went back home to see all my friends, they were **Amazed!!** It made me feel so good, I decided to treat myself to a whole new wardrobe :)

- Elizabeth Schauf

"I am the typical aging athlete. For 30 years I have run, jumped, benched, squatted, lifted and biked on a constant basis. I have always done something. At 39 though some of the pounding had begun to take its toll on me. A broken vertebrae in my back and bone spurs in my neck were beginning to really restrict me. For the first time I was not able to lift weights. I couldn't sleep through the night because of the numbness. A doctor told me that I might have to be operated on. I decided to go see Todd. Maybe his guidance could ease me back into the weights without reinsuring either section.

He has been an absolute success. His knowledge has been more than impressive. I have lifted weights for 25 years. For the first time, I am lifting them the right way, not the way everyone else claims is right. Most importantly, I have been pain free. A great deal of strength has come back. Once we get my diet and flexibility in the proper place, I will be in the best shape I have been in years. I know that I can count on Todd to send me in the right direction.

If I could tell people looking for a trainer one thing it would be this. Only go to someone that "walks the walk and talks the talk!"

Paul Farmer

Voted to the Business Report's
Top 40 Under 40, 2003

"I moved to Baton Rouge from San Diego about two years ago. I lived an extremely active life of surfing, mountain biking, and hiking. When I moved to BR I found myself without all of those things to do and I needed some sort of physical activity to keep me in shape. I decided to join a gym but didn't know the first thing about working out.

I was wondering around the gym one day not really knowing what to do and feeling uncomfortable and out of place. I probably would have quit going if I hadn't met Todd. He helped me to create a work out that was right for me. It was much more than just lifting weights. Todd helped me to understand the right ways to work out and even helped me to eat right and train right. He helped me to develop a workout that was right for me, not just a cookie-cutter approach to lifting weights.

I have an extremely busy schedule but I still find the time to work out three days a week. I know I wouldn't be doing that if Todd hadn't shown me what to do. Now I have more energy and am actually more toned than when I was doing all of those things in San Diego."

Michael G. Breard

Financial Advisor

"I've never been so excited, NOTHING that I've ever done has worked like this. I mean nothing, and I've tried a lot of different supplements and a lot of different diets. It's only been a week and I can already see where my abs are supposed to be. If this is working already, I can't wait to see what I look like when we are finished!"

Josh Kopel

Baton Rouge, La

"Man, I can really tell a difference in my legs. I'm developing muscles I didn't know I had. I had a goal of completing 100 mile bike ride in the hills of Austin, Texas in good faith. At the 80 mile mark, I still had plenty of energy to complete the race. Six and a half hours in the saddle and I'm not even sore, it's amazing. Working out really paid off. I can't believe how much it's helped me!"

Denny Bass

Entrepreneur

*During our first meeting, I told Todd that I would **never** have a Flat Sexy Belly. He just smiled and said "**Okay.**" I've since lost **24 Pounds of Fat** and can finally get into a Bikini for the **FIRST TIME** without being embarrassed...Ever. I've never been happier in my entire life, I Feel like a **Million Dollars***

****Update****

*Ever since I've been on this program, I get asked out on dates nearly EVERYDAY, when I used to NEVER get asked on a date. And the good news is, I've met a wonderful guy, and we're getting married in July!! I asked my boyfriend if you could be the best man!!!
haha!*

- Jill Hanson

"Two weeks ago I bought a pair of pants that fit me real snug. I tried them on this weekend and now they are LOOSE!" It feels good to know I'm losing weight already. Thank You so much!!!!

Shan Brown

"A girl at work said 'have you lost weight' I sort of nodded with a smile. Todd, It's only been a week and people are already noticing. WOW!!"

Catherine Nowak

"You know, I've had a lot of trainers before, But I've never seen as fast of results as I have with your program. You know, when you're living it, you don't realize the change until people start recognizing it for you. That's what I'm going through right now, and I LOVE it"

THANK YOU!!!

Susan Freeman

Baton Rouge, La

Last Tuesday I went to my weekly meeting with some business associates and was very depressed. The night before I had purchased a pair of jeans and had to go up a size. After age 35 I have steadily gained about a pound every month. Now I am 20 lbs over my normal weight. I just wasn't feeling good about myself. I had tried to diet but with a career and a 5 and 6 year old just couldn't find the time or put forth the effort.

I talked with Todd Scott and asked what kind of programs he had. Explaining that I just wanted better health and not looking to wear spandex. The very next day I bought this program, and I was surprised that didn't take a lot of time and I could do at home. Also, one that didn't over stress my body since it has been so long. The program allows me to eat more than I normally eat. So I have not felt hungry at all.

After 6 days on the program I have lost 3 lbs and I'm starting to notice a difference in my shape and the tone of my arms. But, the biggest change is in the increase of energy I have. I feel really good. I can't wait until I am on the program for a whole month if I'm already seeing results after 6 days. Thank you, Todd!!"

Johnelle Wallace

"Just wanted to drop a line to thank you for your help. As you know, after only finishing 8 weeks of your program and lost 10 pounds! You have made such a difference. I was feeling and looking pretty good after having lost a lot of weight on my own, but now for the first time in my life I can say that I actually look and feel energized! I am inspiring my family members and those around me to get in shape.

Your program has helped me get back into that mode of doing more than I ever thought I could - that's the only place where change can happen.

Having a professional involved in a person's fitness program makes such a difference. I'm really a determined self-starter but I still needed someone like you to stretch my capabilities. Thank you so much!"

Linda Rogers

Todd seriously lays down all the myths in the industry in his Six pack Abs book. In Fact, this is the only book I recommend my New Orleans Adventure Boot Camp to use when in between my camps to keep them going! .



It has detailed instructions on almost every possible aspect of helping you achieve that highly sought out toned mid section. Not only that, you will discover how well written it is and how fun it is to read.

I urge you to order a copy then go straight to FedEx Kinko's online and print out you a personal hard copy to guide you through step by step to Losing Belly Fat and Developing a Tight, Lean, Sexy Stomach!

Jonas Deffes -

Owner, Women's Adventure Bootcamp

New Orleans, LA

"This program has done more for me than the treadmill ever has in 20 years. It's the most dramatic results I've ever had. My body has changed back to the way it looked before I had Children 13 years ago!" - Susan Strange

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