

Naturally Reduce Weight, Lose Fat, Maintain Muscle, and Achieve Your Killer Body Life

Are you tired of feeling overweight, sluggish, and out of shape? Do you dream of a leaner, more toned body but struggle to find a sustainable solution? If so, then this is the book for you.



Paleo Diet - The Ultimate Guide, Recipes and Meal Planner: Naturally Reduce Weight, Lose Fat, Maintain Muscle and Achieve A Killer Body (Life Changing Diets Book 3) by Steven J Smith

★★★★☆ 4.5 out of 5

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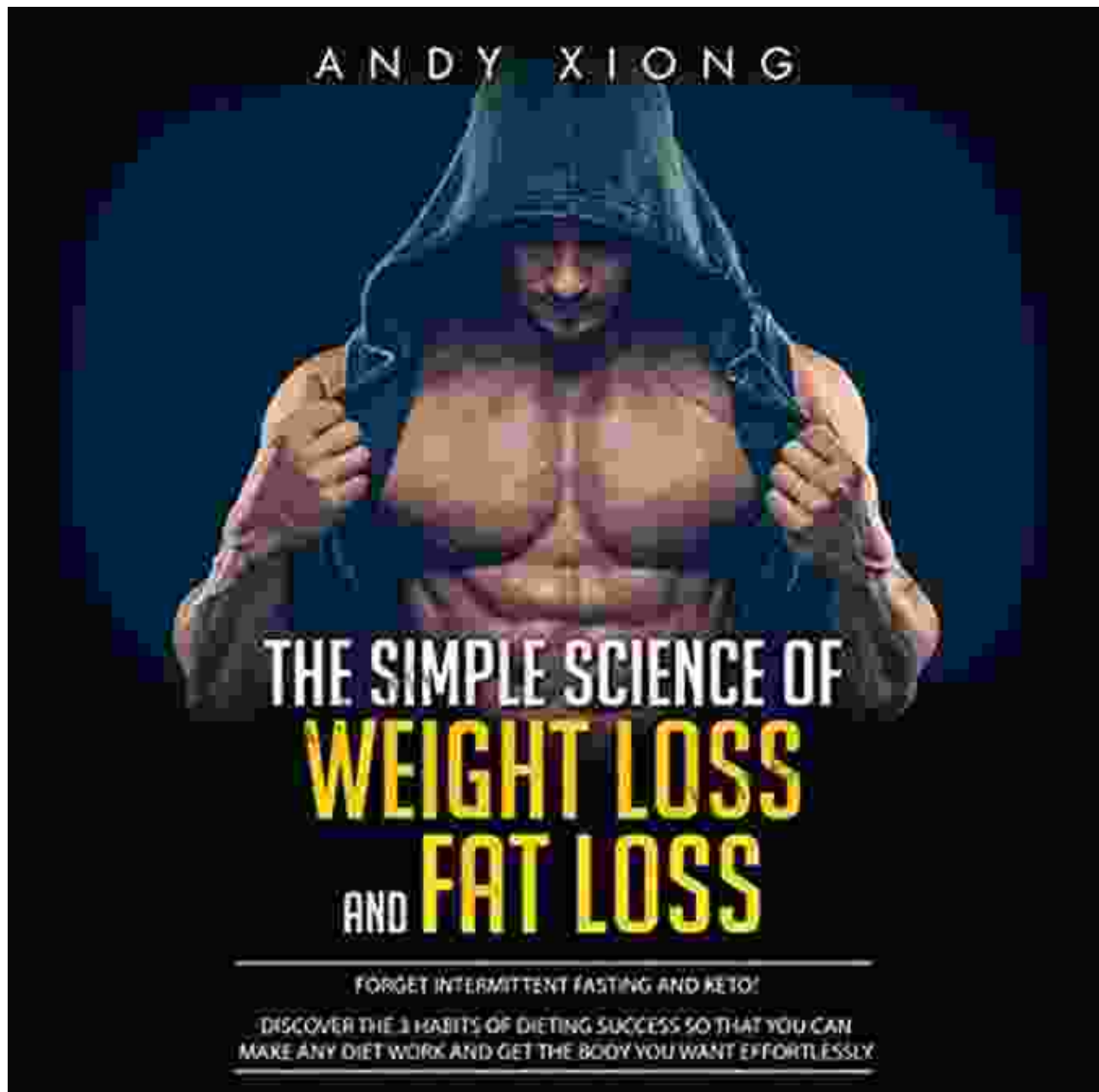


In this comprehensive guide, you will discover the proven secrets to naturally reduce weight, lose fat, maintain muscle, and achieve the body of your dreams. Whether you are a seasoned athlete or just starting your fitness journey, this book has everything you need to get started on the path to a healthier, more fulfilling life.

Chapter 1: The Science of Weight Loss and Fat Reduction

In this chapter, you will learn the basic science behind weight loss and fat reduction. You will discover how your body uses calories, how to create a calorie deficit, and how to make healthy food choices that will help you reach your goals.

You will also learn about the different types of fat and how to target belly fat, which is the most dangerous type of fat for your health.



Chapter 2: The Importance of Muscle Maintenance

In this chapter, you will learn why it is so important to maintain muscle mass as you lose weight. Muscle is metabolically active, meaning that it burns calories even at rest. This means that the more muscle you have, the easier it will be to lose weight and keep it off.

You will also learn about the different types of exercise that are best for building and maintaining muscle, and how to incorporate them into your workout routine.



The Importance of Muscle Maintenance

Chapter 3: The Killer Body Workout Routine

In this chapter, you will find a complete workout routine that is designed to help you lose weight, build muscle, and achieve your killer body goals.

The workout routine is divided into four phases, each of which has a specific focus. Phase 1 is designed to help you burn fat and build a foundation of strength. Phase 2 is designed to help you build muscle and increase your metabolism. Phase 3 is designed to help you tone your body and improve your cardiovascular health. Phase 4 is designed to help you maintain your results and continue to improve your fitness.

FULL BODY + STRENGTH + CONDITIONING

KILLER STRENGTH & CONDITIONING HIIT WORKOUT

build strength, power, speed and endurance with this high intensity interval training workout that hits every muscle and improves your cardiovascular fitness

ROUND #1

- a. 10 minute HIIT run
(1 min easy : 1 min sprint)
- b. Superset x 4
10 push ups
50 jumping jacks
- c. 60 second plank

ROUND #2

- a. 10 minute HIIT run
(30 sec easy : 30 sec sprint)
- b. Superset x 4
10 goblet squats
50 high knees
- c. 60 second plank

ROUND #2

- a. 10 minute HIIT run
(1 min easy : 1 min sprint)
- b. Superset x 4
10 v-ups
50 mountain climbers
- c. 60 second plank

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Chapter 4: The Killer Body Nutrition Plan

In this chapter, you will find a comprehensive nutrition plan that is designed to help you fuel your workouts, recover from your workouts, and lose weight and fat.

The nutrition plan is based on whole, unprocessed foods that are packed with nutrients. You will also learn how to make healthy food choices when you are eating out or traveling.



METABOLIC CONFUSION MEAL PLAN

WEIGHT LOSS



- DAY 1: Low carb
- DAY 2: Low carb
- DAY 3: Low carb
- DAY 4: HIGH CARB
- DAY 5: Low carb
- DAY 6: Low carb
- DAY 7: HIGH CARB

LOW CARB DAY: 25% calorie deficit 20% of cals from carbs
HIGH CARB DAY: 10% calorie deficit 50% of cals from carbs
KEEP PROTEIN AT 1G/LB OF BODY WEIGHT

MUSCLE GAIN



- DAY 1: HIGH CARB
- DAY 2: Low carb
- DAY 3: HIGH CARB
- DAY 4: Low carb
- DAY 5: HIGH CARB
- DAY 6: Low carb
- DAY 7: HIGH CARB

LOW CARB DAY: 10% calorie surplus 25% of cals from carbs
HIGH CARB DAY: 10% calorie surplus 50% of cals from carbs
KEEP PROTEIN AT 1G/LB OF BODY WEIGHT

Better Me.

Chapter 5: The Killer Body Lifestyle Habits

In this chapter, you will learn about the lifestyle habits that are essential for achieving and maintaining your killer body goals.

These habits include getting enough sleep, managing stress, and staying hydrated. You will also learn how to make healthy choices when it comes to alcohol, smoking, and caffeine.



This book is your complete guide to achieving your killer body goals. It is packed with proven strategies for losing weight, burning fat, building muscle, and improving your overall health and fitness.

If you are ready to transform your body and your life, then Free Download your copy of Naturally Reduce Weight Lose Fat Maintain Muscle And Achieve Killer Body Life today!

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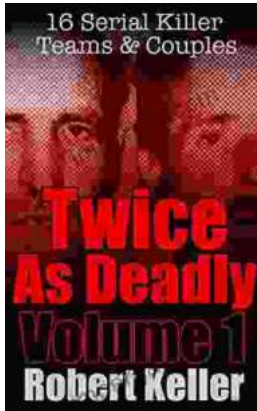


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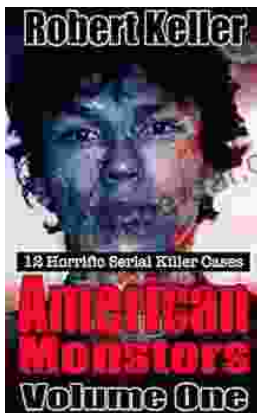
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