

The 8 Biggest Mistakes That Prevent Fat Loss!



**Exclusive Fat Burning Report
From Sean Nalewanyj**

www.BodyTransformationTruth.com

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About Sean Nalewanyj



Sean Nalewanyj is a best-selling author, fitness coach and writer who has been researching and promoting natural fat burning and muscle building techniques online since 2005.

Through his complete [Body Transformation Blueprint System](#), as well as his [Blog](#), [YouTube Channel](#), [Facebook Page](#) and online newsletters, Sean has helped hundreds of thousands of average, everyday people from all over the world lose fat, gain lean muscle and completely transform their bodies and lives.

In a fitness industry that has become completely overrun with gimmicks, false information and outright scams, Sean's advice remains as an honest, no nonsense, science-based resource to help you reach your fitness goals as effectively and efficiently as possible.

Introduction



As the old saying goes...

“Those Who Fail To Prepare Are Preparing To FAIL”

It's true. You can have all the inner drive and motivation in the world, but it isn't going to get you *anywhere* without an intelligent, properly structured plan to go with it.

It continues to amaze me how many people I see entering the gym week in and week out, slaving away on the same old, ineffective techniques and never making any real progress with their physiques.

It's no surprise that over 95% of people in the gym end up failing in the long run and never reaching their goals.

In most cases, it's not due to a lack of willpower or motivation... it's simply due to a lack of proper guidance.

Luckily, you won't be one of those people.

The fact that you're reading this report right now shows me that you realize the critical importance of proper planning, and because of that, your chances of success will be greatly increased.

In this report I'm going to get right down to the basics by outlining the 8 biggest mistakes most people are making that completely prevent them from losing fat on a consistent basis and transforming their physique in any significant way.

Avoid these 8 mistakes, and you'll already be light-years ahead of the game.

They're certainly not complex and are far from rocket-science, but I'm continually amazed at the overwhelming percentage of aspiring trainees who make these mistakes and totally short-circuit their fat loss as a result.

So, let's get right down to it...

WAIT! Before You Go Any Further...

This 8-Step report contains many valuable fat burning tips that will have a significant, immediate impact on your results. However, the information you find here is just a small sample of the *massive* wealth of highly effective, science-based fitness advice I put out on a daily basis through my [YouTube Channel](#), [Blog](#) and [Facebook Page](#).

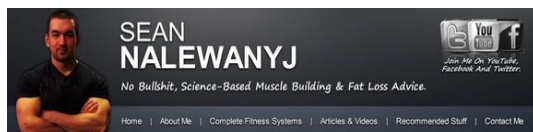
To stay in the loop on all of my newest content that will help you lose fat, build muscle and gain strength at your maximum potential, make sure to follow these 3 simple steps before diving into the report...

1) Subscribe To My [YouTube Channel](#).



I post brand new high quality video lessons on my channel several days a week covering all kinds of valuable training, nutrition and supplementation topics that you won't want to miss.

2) Bookmark [My Official Website](#).



WELCOME.

Hey, Sean Nalewanyj here. I'm a fitness coach, writer and entrepreneur, among other things. I give out science-based, no bullshit training, nutrition and supplementation advice for both fat loss and natural muscle gain. I also write about self development and mindset strategies that can be applied to other areas of your life beyond fitness. My approach is honest, real, to the point and is focused on helping you reach your physique and life goals in the most productive yet practical way possible.

I provide huge amounts of free, valuable content through the articles on this website, as well as on my YouTube Channel and Facebook Page. If you find my tips helpful, make sure to check out my fully structured, step-by-step muscle building and fat loss programs here. I look forward to connecting with you.



This site contains a ton of awesome fat burning and muscle building information and is updated frequently with new content. I can guarantee that it will be some of the highest quality and most beneficial material you'll find anywhere.

3) "Like" My Official [Facebook Page](#)...



This will keep you in the loop on all of my daily tips, updates and video lessons.

Okay, now that you're an official member of my fitness "inner circle", let's get started with fat loss mistake #1...

BIG Fat Loss Mistake #1

You're Ignoring The Law Of Energy Balance.



Abide by this law, and you'll experience consistent, significant fat loss every single week. Ignore it, and your results will be totally dead in the water.

There are many smaller details that go into planning out a complete fat loss program, but at the heart of it all is one key foundational principle: the law of energy balance.

Simply put, this law states that in order for you to lose body fat, you must create a "calorie deficit" within your body by consistently burning more calories than you consume.

Body fat is simply a stored form of energy, and by creating a calorie deficit (where the total amount of energy you consume through your diet is insufficient to meet your body's daily energy needs), you leave your body with no choice but to tap into its excess fat stores in order to obtain a source of energy.

This is the basic underlying premise of the *entire* fat burning process, and there's no way around it. If you don't create and maintain a net calorie deficit over time, you aren't going to lose a single ounce of fat.

How large should your calorie deficit be?

You need to be careful here, because if you take this *too* far and cut your calories to an excessive degree like most people do, you may lose fat temporarily, but you'll also waste away a significant amount of lean muscle in the process.

On top of this, your workout performance will suffer, you'll constantly feel hungry and irritable throughout the day, and your body will actually begin making hormonal adjustments that prevent further fat loss and encourage fat storage at the same time.

To maximize your rate of fat loss in a safe, healthy and permanent way, aim for a calorie deficit that is 15-20% below your maintenance level.

Your calorie maintenance level is the number of calories you require each day in order to maintain your current weight.

For a fast and easy way to calculate this, check out my [Free Diet Calculator](#) over on my website.

This caloric intake will allow you to lose around 1-2.5 pounds of pure body fat every single week (do the math and you'll see that this adds up very quickly), while at the same time protecting your lean muscle, keeping your hunger levels in check, maximizing your workout performance, and allowing you to maintain a healthy fat burning metabolism over the long term.

BIG Fat Loss Mistake #2

You're "Winging" Your Diet.



You can spend as many hours as you want sweating and straining in the gym, but the plain fact is that if you're not eating the right foods in the right amounts each day based on your individual metabolism, goals and activity level... you're going to get nowhere, and very fast.

Think about it... If you were to follow a typical workout routine by training 4 days a week for 1 hour per session, that's just 3% of your total time that is being spent at the gym. That means that it's what you do during the other 97% of your time that is ultimately deciding what kind of results you achieve.

Simply "winging" your diet and "eating healthy" is NOT enough. And following some "one-size-fits-all" meal plan you found on a random website or in a magazine is not going to cut it either.

If you truly want to lose fat and gain lean muscle at your maximum potential, you must have a properly structured plan that hits your personal calorie deficit target (we covered this in the previous step) and that obtains those calories from a well-balanced combination of high quality protein, carbohydrates and fats.

In order to optimize your results, aim to get the bulk of your calories from the following sources...

Protein: Protein is the central nutrient involved in building and repairing muscle tissue and is the single most important substance in your fat loss diet.

The best protein sources for supporting optimal fat loss are those with a high bio-availability (meaning your body will absorb a high percentage of the total protein content) and a favorable amino acid profile (meaning they are high in the branched chain amino acids: L-leucine, L-valine and L-isoleucine).

Here's a list of top quality sources to get the majority of your protein from...

- * Chicken
- * Turkey
- * Lean Steak
- * Extra Lean Ground Beef
- * Lean Pork
- * Whole Eggs/Egg Whites
- * Cottage Cheese
- * Fish (salmon, tuna, tilapia, halibut, cod, bass, trout etc.)
- * Other seafood (shrimp, crab, lobster, scallops etc.)
- * Skim milk
- * Whey Protein

Fats: Both saturated and unsaturated fats play an important role as part of your total fat intake and help to optimize hormone levels, aid brain function, protect your joints and enhance your cardiovascular health.

You'll easily get enough saturated fat through your consumption of animal meats and other tagalong sources, and you can ensure that you're meeting your unsaturated fat needs by including a couple of these sources throughout the day...

- * Nuts/Natural Nut Butters (peanut, almond, walnut, cashew, pecan, macadamia, hazelnut)
- * Seeds (sunflower, sesame, flaxseed, pumpkin)
- * Oils (olive oil, flaxseed oil, sesame oil, peanut oil, sunflower oil, fish oil)
- * Fatty Fish (salmon, tuna, mackerel, herring, trout, sardines)
- * High Quality Fish Oil
- * Avocado

Carbohydrates: Carbohydrates deliver fuel to your brain and muscles during your training sessions and other daily activities.

To maximize your health and bottom line results, aim to get the bulk of your carb intake from foods that are minimally refined, high in fiber and rich in vitamins and minerals.

Basing your carb intake around the following foods will help you accomplish this...

- * Oatmeal
- * Rice
- * Quinoa
- * Potatoes
- * Sweet potatoes
- * Yams
- * Ezekiel bread
- * Whole grain cereals
- * Pita
- * Pasta
- * Fruits
- * Vegetables (Try to get in at least 2 servings of vegetables every day)



[The Body Transformation Blueprint](#) includes 15 customized meal plans in order to make laying out your diet plan as easy and painless for you as possible. The plans range from 1500 calories all the way up to 5000 and outline exactly what you should eat each day, how much to eat and when you should eat it.

You'll also get multiple options for each meal as well as a lengthy list of food substitutions, so you can always create a plan that's perfectly tailored for you. Just find the appropriate caloric level and you'll be all set to go.

BIG Fat Loss Mistake #3

You're Forcing Yourself To Eat Nothing But "Clean" Foods 24/7.



While "eating clean" 100% of the time is perfectly fine from a basic fat burning perspective, it's usually a recipe for disaster (no pun intended) when it comes to sticking to your fat loss meal plan over the long term.

Force yourself to eat nothing but boiled chicken, brown rice and broccoli all day long and there's a very good chance that you'll eventually become bored and frustrated, or even worse, quit altogether.

A much more realistic approach for most people is to use clean whole foods as the core foundation of their diet, but to include a controlled allowance of their favorite "cheat foods" on a regular basis as well.

This is typically referred to as "Flexible Dieting", and it's a much more effective long term fat loss strategy for the vast majority of people.

Always remember: your body does NOT view your diet within the context of individual food items.

It does not distinguish between a piece of fish, a potato, a cup of broccoli and a chocolate bar. All it sees is the entire diet as a whole – the total calories, protein, carbohydrates, fats, fiber and micronutrients.

If you're "eating clean" the majority of the time and then have a slice of pizza, it's not as if a giant red light begins flashing within your body, fat storage goes into overdrive and your health and energy levels plummet.

Proper fat burning nutrition is all about the big picture. The key here is simply moderation and tracking.

You'll see different figures thrown around, but the one I rely on and recommend is the 80/20 – 90/10 rule.

Simply put, this rule states that if 80-90% of your diet is coming from traditional clean fitness foods (like the ones outlined in the previous step) then the remaining 10-20% can come from whatever foods you'd like as long as it fits into your total daily protein/carb/fat totals.

The 80-90% of "clean foods" will ensure that your needs are being fully met when it comes to quality protein, fiber, micronutrients and essential fats, leaving you with 10-20% of your total daily macronutrient to play around with however you'd like.

For example, if your total carbohydrate intake was set at 275 grams per day, then 28-55 of those grams could be allotted to whatever foods you'd like.

As long as your total diet remains within your calorie/protein/carbohydrate/fat ranges, including these "cheat" foods is NOT going to magically cause you to get fat or negatively impact your health. It's physiologically impossible, in fact.

If you really have no desire to indulge in these types of foods in moderation, then that's totally fine. But if you'd be interested in getting into awesome shape while still being able to eat in a flexible way, just know that it's perfectly fine to do so.

BIG Fat Loss Mistake #4

You're Putting Way Too Much Emphasis On Cardio.



A few cardio sessions each week is certainly a smart addition to your overall fat loss plan, but going overboard may actually take you farther away from your goals rather than closer to them.

This is because although cardio does burn calories on its own, it also stimulates your appetite very heavily if it's performed to an excessive degree.

You might burn 400 calories by walking on the treadmill for an hour, but if you simply go home and replace those same 400 calories or more by accidentally over-eating, you're not going to make any progress whatsoever, and you may even travel in the opposite direction.

This is why some people actually end up gaining weight even though they're performing cardio on a daily basis.

On top of this, performing too much cardio can also result in excessive muscle loss if you aren't careful. If your goal is to achieve a strong, athletic and defined physique, maintaining lean muscle mass as you lose fat should be treated as a primary concern.

Regardless of whether your goal is to lose fat or build muscle, intense resistance training should always be treated as the foundational form of exercise in your plan.

Swapping out those extra hours on the treadmill for a few more reps with the weights will still help you burn calories, but it will also keep your appetite controlled, increase

your strength and train your muscles with the proper stimulation you need to carve out a shaped and sculpted body, rather than one that just looks thin and frail.

As long as your diet is properly structured and you're training with weights on a consistent basis (3-5 days per week), I can't see any reason why anyone would need to perform any more than 3-4 total cardio sessions per week.

BIG Fat Loss Mistake #5

You're Trying To "Tone" And "Sculpt" At The Gym.



I'm not even sure where or how this myth started, but the idea that "heavy weights for low reps builds muscle size" while "light weights for high reps tones the muscle" is still a belief commonly held by a huge percentage of trainees.

They'll switch over to their fat loss phase and then reduce the weights, increase the reps and include more isolation exercises to somehow "define the muscles" and bring out more shape and separation.

In reality, this "muscle toning" approach is completely misguided and downright counterproductive to your goals.

There are really only two things you can do with your muscles...

You can make them bigger, or you can make them smaller. That's it.

There is NO such thing as an exercise that "defines", "shapes" or "sculpts" a muscle.

Muscle definition is a product of one thing and one thing only: the amount of overall muscle mass you're carrying in combination with your overall body fat percentage.

The lower your body fat percentage is, the more defined and "toned" your muscles will appear; the higher your body fat percentage is, the less defined they'll appear.

On top of this, there is no way for you to target fat loss from specific areas of your body by training with weights. This is known as the fallacy of "spot reduction".

Any time you train with weights, all you're doing is stimulating the specific *muscles* that are involved in the movement. However, this has NO effect on the fat stores in and around that area.

Fat loss occurs as you place your body into a calorie deficit by consistently burning more calories than you consume. This is accomplished by reducing your dietary caloric intake and by increasing caloric expenditure with weight training and a bit of additional cardio exercise.

Over time you'll lose fat from your entire body as a whole, but you have no control over the specific areas where fat is burned from.

So, whether you're trying to bulk up or cut down, your resistance training plan should still be centered around heavy weights (weights that are heavy for *you* as an individual that is), low to moderate reps and basic compound exercises.

This will provide your muscles with the most powerful stimulus possible so that you maintain the highest percentage of your lean mass as you drop body fat.

When you follow the light weight/high reps "muscle toning" approach, all you end up doing is providing a weaker stimulus to your muscles which actually increases the chances of muscle loss.

BIG Fat Loss Mistake #6

You're Wasting Your Time And Money On Unnecessary Supplements.



If you really think that pills, powders and drink mixes are going to drop the fat from your body for you, you're in for a real disappointment. It continues to amaze me how much value and emphasis the majority of trainees place on "the latest breakthrough pill".

Everyone is always asking me...

"What's the best fat burner out there?"

"How much fat will I lose from this whey protein supplement?"

"I have \$200 a month to spend on supplements... what should I buy?"

Remember, a supplement is just that... a *supplement*.

It is there to *supplement* your diet by filling in the missing gaps and by providing you with greater amounts of specific nutrients that will slightly speed up your progress. Supplements are NOT there to do the work for you and will only play a small role in your overall success.

Stop falling for the multi-million dollar ads that talk about the latest "revolutionary discovery" that will allow you to lose 25 pounds of fat while you lie on the couch.

As advanced as we've become as a society, the basic rules of hard work and

dedication still apply. If you want to change your physique in a truly significant way, then hard training and a consistent diet plan is the only real way to get there.

Now, this doesn't mean that I'm *against* the use of supplements; I'm merely against the *over-use* and *over-emphasis* of supplements. There are a few solid, effective products out there that I do recommend and use myself, but only as a small part of your overall approach.

For most average fat loss beginners, here are my top 4 basic recommended supplements...

(Please note that unlike most "experts" out there constantly trying to shove different supplements down your throat, I have no specific affiliation with any of the brands I recommend below)

Supplement #1: Whey Protein Powder



Whey is an extremely high quality form of natural protein that can be used to make an endless variety of convenient shakes, snacks and food recipes. This will help to streamline your diet and make it far easier for you to hit your total daily protein and calorie needs, so you can recover in between workouts as effectively as possible.

Go with a product that provides a balanced mix of whey protein concentrate and whey protein isolate, as this specific blend will taste good, mix easily, and still be very affordable.

Recommended Whey Protein Products:

- [Optimum Nutrition 100% Whey](#) (My Personal Favorite)
- [Cellucor COR-Performance Whey](#)

- [Elite Dymatize Whey](#)

Supplement #2: Triglyceride Form Fish Oil



Along with its positive effects on your cardiovascular system, brain function and joint health, high quality fish oil also has direct fat burning and muscle building effects as well.

Make sure to find a product that delivers the oil in its natural triglyceride form, as this form has a 70% higher absorption rate than the much more commonly sold ethyl ester form.

Recommended Fish Oil Product: [Nordic Naturals Ultimate Omega](#)

Supplement #3: High Potency Multivitamin

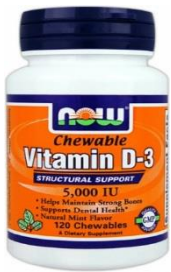


Hard training gym-goers have much higher vitamin and mineral requirements than the average Joe, and a high potency multivitamin will ensure that all of your daily micronutrient needs are being fully met to optimize your overall health, energy levels, mood and fat burning processes.

Make sure to find a product with a high potency level and that delivers the ingredients in their bio-available forms. Most standard “one a day” formulas are nearly useless because they’re severely under-dosed and use the cheapest versions of the various vitamins and minerals, many of which your body can’t even absorb.

Recommended Multivitamin Product: [Orange Triad Multivitamin](#)

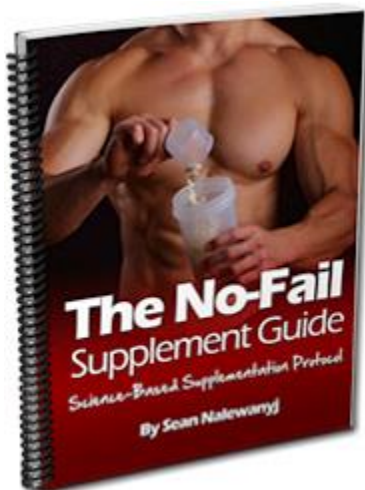
Supplement #4 - Vitamin D3



Unless you spend multiple hours a day outside in the sun, there’s a very good chance that your body is not receiving optimal levels of this important vitamin. In fact, *most* people in today’s modern society do not.

Vitamin D3 helps to increase your energy, improve your mood, and plays an important role in optimizing your fat burning hormone levels.

Recommended Vitamin D3 Product: [NOW Vitamin D3](#)

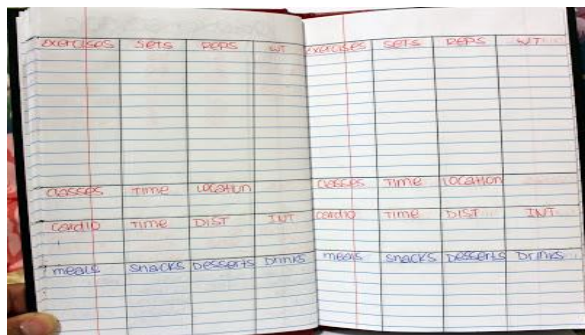


If you found these tips useful and want to get some more no nonsense, unbiased information about which fat burning supplements to use and which ones to avoid – including my exact recommended brands, dosages, and other helpful tips – make sure to check out my “No Fail Supplement Guide” that comes with [The Body Transformation Blueprint](#).

This guide will ensure that you save your hard-earned money and only spend it on products that will truly deliver results.

BIG Fat Loss Mistake #7

You Aren't Properly Tracking Your Progress And Adjusting From Week To Week.



If you aren't carefully tracking your progress in detail each week, it's like shooting darts with a blindfold.

You won't know for sure if you're progressing at your maximum potential, and you won't be able to properly identify areas of your program that could use improvement.

If you really want to see the best fat burning results possible, tracking and tweaking your approach is a must.

Here are some key factors you need to take into account...

1) Body Weight Losses

If your fat loss program is on the right track then you should expect to lose no less than 1 pound per week and no more than a maximum of 2.5 pounds.

If you're losing less than 1 pound, you simply do not have a sufficient calorie deficit in place for maximum fat loss to occur. If you're losing more than 2.5 pounds, you are most likely experiencing an excessive loss of lean muscle.

(For the first 1-2 weeks of your program you may experience a larger drop of around 4-6 pounds per week. This is due to a decrease in water retention and a decrease in overall food consumption)

2) Strength Levels

If your body is placed into a calorie deficit over any extended period of time, you'll often notice that your strength gains in the gym begin to stagnate, or even decrease slightly. This is perfectly normal, however, if your strength is decreasing at a rapid pace then you are most likely in too large of a calorie deficit and are in danger of losing an excessive amount of lean muscle.

3) Before/After Pictures

This is a great way to get an objective look at how your body is changing over a set period of time. Since you'll be seeing yourself in the mirror every day, it may be hard to notice the subtle changes that are taking place. With before/after pictures, you can objectively compare your appearance over longer periods of time.

I would recommend taking a picture of yourself once a week in order to track your appearance. Make sure to take your photos first thing in the morning and to keep all other conditions (such as lighting/distance) the same.

4) Measurements

In order to determine the progression for each individual body part, use a basic measuring tape once per week to check on your chest, abdomen, upper arm and thigh. If you want to get really detailed you can also measure your neck, forearm and calf, though in most cases this won't be necessary.

Remember to take all measurements first thing in the morning, unflexed, prior to exercise and to measure each body part in the same way each time.

5) Body Fat Percentage

This will allow you to see how much of your weight loss is coming from body fat and how much is coming from lean body mass. For the majority of people, taking skin-fold measurements is usually the best route.

As a rough general guideline, in order to have a reasonably cut and defined body with visible six pack abs, men will need to achieve a body fat percentage of around 11% and lower, while women should strive for 17% and lower.

The "healthy" range is considered to be around 8-14% for men and 13-20% for women.



To make this process as simple and streamlined as possible, [The Body Transformation Blueprint](#) includes a variety of printable fat loss progress tracking booklets to ensure that you're staying organized and on-track towards your ultimate goals.

You'll be getting a Workout Logbook, Nutrition Planner, Supplement Organizer, 12 Week Progress Tracker, Goal Planner and Body Measurement Graph.

BIG Fat Loss Mistake #8

You Aren't Being Consistent With Your Plan.



You can have the most effective workout schedule possible, the most intelligent diet approach available and the most intimate understanding of fat loss from every possible angle, but without the inner drive and motivation to succeed you will get nowhere, and very fast.

Just as the famous saying goes...

“Knowing is NOT enough. You must APPLY!”

Those who make the greatest progress with their physiques are the ones who are able to continually and systematically implement the proper fat burning techniques on a consistent basis.

Losing fat is a result of the cumulative effect of small steps.

Sure, one single cardio session will not make much difference to your overall results, and neither will consuming one day's worth of proper nutrition. However, over the long haul, all of those individual cardio workouts you perform and all of those days of proper eating will decide your overall success.

If you work hard and complete all of your fat burning tasks in a consistent fashion, all of those individual steps will equate to massive results over time. It's absolutely inevitable.

It is those who are willing to persevere that will succeed.

It is those who are willing to rise above laziness that will end up with the most impressive results.

I mean let's face it, everyone *wants* a fit, impressive, head-turning body.

If this is the case, why doesn't *everybody* have one? It's because only certain people have the proper drive and motivation that it takes to get there.

The question is, do you have what it takes?

Here's What To Do Next...



If you've got the inner drive and motivation to get started right away...

If you're truly ready to take a stand - right here, right now - and start melting off *inches* of stubborn fat from your entire body every week...

If you're *finally ready* to get that lean, impressive physique you've always dreamed of that turns heads and gets noticed everywhere you go...

Then the ONLY thing left for you to do now is to formulate a proper plan to get there.

And not only to get there... but to get there as quickly and efficiently as possible.

This report has armed you with 8 very powerful steps that you can implement into your fat loss program right away... but the truth is that there is a lot more to it than just this.

While these techniques will help you lay out the basic foundation for your program, there are many other factors to take into account if you want to experience significant fat loss at your maximum potential.

That's what [The Body Transformation Blueprint](#) is all about.

My goal in creating this system was to provide eager fat loss hopefuls like yourself with the chance to experience *guaranteed success*, without all of the regular marketing hype and B.S that you see everywhere else.

There's just so much bogus information circulating around in magazines and on the Internet that it can often be hard to know who to follow and who to trust.

I'm talking about the billion dollar supplement companies... the salesman at your local supplement shop... the under-educated personal trainer at the gym... the clueless "keyboard warriors" on the online forums... and even some well-known "gurus" who give out inaccurate advice without even realizing it.

[The Body Transformation Blueprint](#) cuts straight through the hype and lies and delivers a complete, in-depth, step-by-step success system that covers the fat burning process from every possible angle.

Training, nutrition, supplementation, recovery, injury-prevention, motivation... You'll literally learn everything you need to know to get that jaw-dropping body you're after, and in a fraction of the time it would normally take you.

You'll receive my #1 best-selling e-book, "**Muscle Building & Fat Loss Decoded**" along with a complete collection of critical support modules and bonus items.

This includes a full workout and cardio system, customized meal plans, no-nonsense supplement advice, complete video exercise database, step-by-step recipes and smoothies, progress tracking tools and even 12 weeks of personalized one-on-one coaching directly from me to guarantee your success.

It's the same system that I used to drop over 20 pounds of ugly fat from my body after recovering from a bad lower back injury...



And it's the same system that *tens of thousands* of average, everyday people from all over the world have implemented with huge success as well...



With the many years of careful effort and research that have gone into crafting this complete plan - and the personalized coaching support that comes along with it - I sincerely believe that this is one of the absolute best investments you could *possibly* make for your body, your health and your life in general.

In fact, if you simply follow this system as outlined, I personally guarantee that you'll lose a *minimum* of 16-24 pounds of pure body fat in the next 90 days, and that you'll see more dramatic body transformation results than you've *ever* experienced before.

So, if you're motivated and ready to finally get that defined, sexy, sculpted body you've been dreaming about, then do yourself a favor and multiply your chances of success by getting your own copy of this system today.

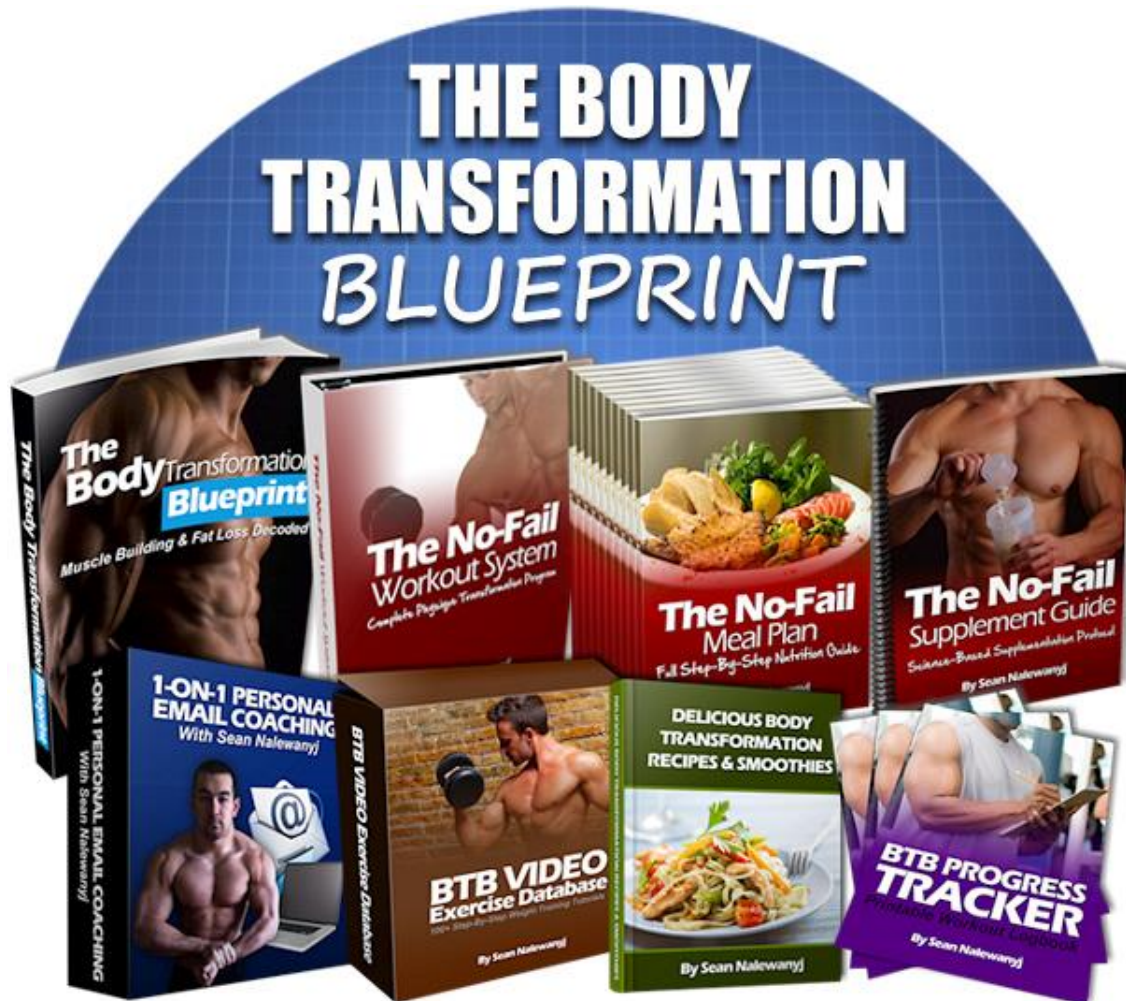
The entire program is backed by a 60-Day 100% Money Back Guarantee, so you can try it out completely risk-free.

That's how confident I am that this best-selling system will work wonders for your body, your mind and your entire life once you put it into action.

You've got absolutely nothing to lose by giving this system a try... except the fat.

Click the link below to get started right now...

I look forward to hearing from you!



[Click Here For Instant Download Access!](#)

Here's to your brand new body and your brand new life,

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