

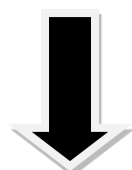
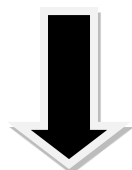
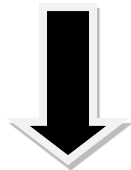
PERSONALLY TRAIN YOURSELF

“LOWER BODY FAT”

KNOWLEDGE

- Lowering Body Fat is easiest to do with a sound diet.
- Best Results for Endomorphs, but all around beneficial to every Body Type by lowering body fat is linked to a healthier functioning body.
- Remember, this is for educational purposes only and I am not liable to any injury during your workout routine.
- I am not a doctor or dietitian.
- Knowing what to do and what not to do to decrease body fat will dramatically change your life in the best way possible. Also, you can have something to talk about with your friends and family to share the word.

Lets Begin...





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- **Metabolism** Lowering Body fats is a science and speeding up your metabolism can be done in multiple of ways.
 - **Fats:** Your body uses healthy fats to speed up your metabolism.
 - **Proteins:** Can also help speed up your metabolism when digesting and give more energy.
 - **Carbs:** This one is tricky because you can use carbs as energy (spiked insulin), but this can also be stored as fat.
- **Omega-3** is essential to becoming leaner when balanced with Omega-6. Most foods we eat are full of Omega-6 so we need to eat more Omega-3 like in Fish, Fish oils, Omega-3 Eggs, Etc.
- **Eating 4-6 Meals a Day** Eating more meals spaced out throughout your day helps your body not store fat in your body. When you feed your body more frequently it doesn't have to “freak out” by going into starving mode.
- **Moderate** Alcohol, Caffeine, & Dairy
- **Cheat Meals** Just stay away from the processed sugars, unnecessary grains, and BAD fats.



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- **Circuit Training** helps build endurance and heart strength. I wouldn't recommend just doing circuit workouts, because to become a mesomorph you must have the best of both worlds.
 - I prefer to do some higher rep body building workouts and do a circuit training at the end of each workout. This will help you keep your muscles.
- **Avoid Sitting** because it has close to the same effects as smoking does if we do it too much throughout our day.
- **Sleep** Circadian Rhythm while sleeping for 90 minute intervals is a full cycle. When you wake up right after a full cycle you feel refreshed, in the middle you will feel groggy.
- **Avoid Stress** Cortisol is bad for testosterone because it elevates progesterone which is not beneficial.
 - **Ashwagandha** supplement can help reduce stress
- **Caffeine:** Caffeine is proven to increase metabolism, but if you have a higher caffeine content than most, remember to eat a lot of magnesium rich foods or complement with a magnesium supplement.

