

MEMBERS AREA REPORT

**5 TRICKS
TO BURN
Abdominal FAT**

The Secrets You Haven't Heard

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Notice

The information in this book is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The author advises readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training, and fitness. The exercise and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your doctor. As with all exercise and dietary programs, you should get your doctor's approval before beginning.

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Introduction

If you could wave a magic wand and remove fat from any area of your body, where would it be? My guess, if you're like 99% of the people out there, is right around your midsection.

Of all the areas that your body stores fat, I'll bet your abdominal area has proven to be the toughest to lose. There's no doubt that belly fat has generated an intense fear of seeing your stomach in the mirror, on the beach, or in the gym.

Guys want to get rid of abdominal fat so they can show off their six-pack. Women are just as anxious to lose it so they can show off a flat stomach in their bikini at the beach, or fit back into that sexy dress that's been hanging in the closet for months (or a year, as the case might be).

So that's why I put together this complete report that outlines the secret tricks and principles I use to give my clients just that - a flat stomach that doesn't have an ounce of extra fat.

My clients demand fast, visible results in days not months – my reputation and training rates depend on it. And since you've chosen to be a member of my inner circle, I'm passing on all my tricks of the trade to you! This isn't the same ol' stuff you've heard a million times.

Add these five simple steps to your current program and you'll triple the rate at which you burn fat, right from where you want it most - your stomach.



Trick #1: Don't Forget Your Other Half

I've got a quiz for you: Name three distinctly different cardio exercises.

Can you do it?

That question probably tripped you up because most people can only think of two: some form of running and cycling. There's running on a treadmill or sprinting on a track. And then there's cycling on your mountain bike or pedaling an exercise bike.

What does virtually every cardio exercise have in common? *It only works your lower body.*

No matter how hard you sprint or cycle, or how many times per week you do it, you're only working your legs. You'll get ***twice the fat-burning benefits if you incorporate an upper body cardio exercise into your cardio workouts*** because you'll work twice the number of muscles. When you work your upper body, too, it drastically increases the metabolic cost of the workout.

What's metabolic cost? It's a laboratory measure scientists use to determine how challenging an exercise is for your body in terms of calorie burn and cardiovascular demand.

A key component for burning belly fat is to do workouts that force your body to burn calories long after you leave the gym. Running is a fine way to burn off calories, but it neglects your upper body, and it's not demanding enough to stimulate your metabolism to its peak.

Adding an upper body exercise will boost the metabolic cost of your cardio session which, in turn, is more challenging to the cardiovascular system. This requires your body to use more calories and fat to restore your physiological balance because the

metabolic cost was very high. Put simply, when you increase the metabolic cost you increase fat-burning as well and this was proven with groundbreaking research by Tremblay.

One of the best upper body cardio exercises is boxing. Now, you don't need to quit your job and hire Manny Pacquiao as your training partner. Heck, you don't even need boxing gloves because shadowboxing can be just as effective.

How do you shadowbox? It's simple. Just get in a fighting stance with your left leg forward and right leg back, throw a few punches in the air, move around a bit, and throw some more punches. Keep moving and throwing punches like you're mimicking what a boxer does in the ring. Try it for a few minutes and you'll see what I mean.

Shadowboxing is awesome because you can do it anywhere and you can't do it wrong. It challenges your shoulders, chest, arms, upper back, and core.

Think of the two things a boxer does most: rope jumping and boxing. Between the two you have a perfect combination for full-body cardio training. Now, maybe those two exercises don't suit your current level of fitness, but considering boxers have some of the leanest bodies on the planet it just goes to show that working all of your muscle groups while challenging your cardiovascular system is a sure-fire way to burn off body fat. Cardio isn't just for your legs!

Just pick one upper body and one lower body exercise that can be performed quickly for an extended period of time and alternate between them every few minutes for 20-30 minutes.

Another effective strategy is to do old-school, full-body calisthenics from the back in the day when no one was fat. There are no better cardio exercises than jumping jacks, split jacks, and squat thrusts.

Here's a refresher of each exercise.

Jumping Jack



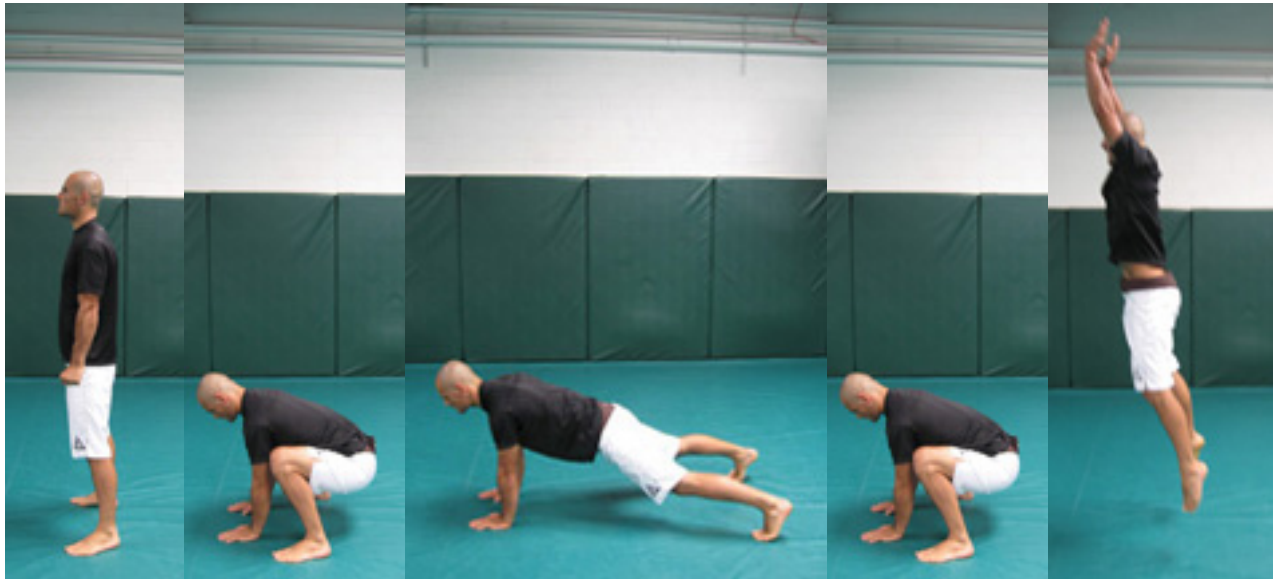
How to do it: start with your feet narrow, arms down at sides. Jump your feet out to the sides as you simultaneously lift your arms up and overhead until they touch. Transition quickly between each position.

Split Jack



How to do it: start with your left leg forward, right leg back with arms held straight out to sides. Jump in the air and switch your stance as you simultaneously clap your hands in front. Each time you clap is one rep.

Squat Thrust



How to do it: stand with your feet slightly wider than shoulder width. Push your hips back, squat down, and place your hands on the ground without rounding your back. Next, jump your feet back to a push-up position. Then, jump your feet forward so you're in the squatting position with your hands on the ground, and jump and reach overhead (you can omit the jump and simply stand up if that better suits your joints).

Need proof that the jumping jack/split jack/squat thrust combo work? Try this. Start with 10 jumping jacks, then immediately do 10 split jacks, followed immediately by 10 squat thrusts. Next, do nine reps of each exercise without resting. Then do 8 reps of each. Continue until you perform one rep of each exercise. You'll realize how effective just a few minutes of the right exercises can be!

Back to shadowboxing. If you're running outside and don't like the idea of throwing punches in your neighbor's front lawn you can always do push-ups. Run for two minutes, then drop to the ground and do as many push-ups as you can. Run a few more minutes followed by more push-ups.

There are numerous upper body exercises you can do that fit the bill. The key is to use exercises that work your as many upper body muscle groups as possible. A biceps curl paired with sprints isn't very effective; however, sprints paired with shadowboxing, push-ups, or light bent-over rows definitely is.

Trick #2: Move Fast to Burn Fat Fast

I'm about to discuss some groundbreaking research about lifting fast and burning fat. But before I do that, let me explain why the research in question really is worth getting excited about.

Ever since commercial gyms like Bally's and 24-Hour Fitness opened their doors, people have been training with slow tempos. The reasons why slow training became popular are numerous (none of them make any scientific sense), but at the top of the list is that noticeable "muscle burning" that people get when they lift slowly for long, drawn-out sets.

This muscle burning sensation makes people feel good. It makes them feel like they really worked their muscles. And if muscles feel like they're burning, that means fat loss is just around the corner, right? Heck, that's probably how the terms "burn" and "fat loss" got associated with each other.

Eventually, exercise physiologists postulated that the acidification of muscles (the burning sensation) might cause your body to release growth hormone, a fat-burning hormone. However, no one was sure if there was a correlation between the two, but it sure looked good on paper.

This brings me to a recent study where two human performance laboratories analyzed the effects of explosive lifting versus slow contractions with regard to calorie burn. (Mazzetti 2007)

The cool part of this study was that everything was same in terms of exercise selection, sets, reps and rest periods, except for one variable: the speed of the lift. They all did four sets of eight reps (4x8) with the squat with 60% of their one repetition maximum (1RM).

The "slow" group performed each squat for a count of two seconds up and two

seconds down. The “explosive” group lifted as fast as possible and lowered for a count of two. Here’s how it all breaks down between the two groups.

Slow Group

Exercise: Squat

Sets: 4

Reps: 8

Load: 60% of one-rep max (1RM)

Rest: 90 seconds

Tempo: two seconds down, two seconds up (This tempo is referred to as 202.)

Explosive Group

Exercise: Squat

Sets: 4

Reps: 8

Load: 60% of 1RM

Rest: 90 seconds

Tempo: two seconds down, lift as fast as possible (20X)

What did the research show? ***The explosive group burned more calories during and after their workouts!*** Yep, the researchers concluded that lifting fast is an effective strategy for weight loss.

But this research goes beyond merely lifting fast. Your goal when exercising should be to *move fast*. No matter if you’re lifting or running, make a point to speed it up and your body will burn more calories and fat. This is why athletes who move fastest have the leanest, most athletic bodies on the planet - you only need to look at a 100-meter sprinter’s rock-hard midsection to know this is true.

This is another reason why I listed the jumping jack, split jack, and squat thrust in the previous section. All of those exercises can safely be performed at top speed.

Whatever you do: do it faster and you’ll burn belly fat faster!

Trick #3: Split Up Your Cardio Workouts

Most people do cardio for around 30 minutes a few times per week, whether it's after a workout or on a day they don't lift weights. Are you satisfied with the progress your 30-minute cardio workouts give you?

My guess is probably not - "not even close" might be more accurate, right? So I'm going to tell you how to get better results in the same amount of time.

Here's a simple trick my clients use to double their fat loss without spending any more time doing cardio: split up your cardio workouts.

Let's say on Thursday after work you typically lift weights followed by a 30-minute run. That morning, get up and perform 15 minutes of full-body cardio like I mentioned earlier. Then, after your evening workout perform another 15 minutes. If you train in the morning, do the 15 minutes in the evening before or after dinner. It's that simple.

There are two primary benefits to splitting up your cardio.

Benefit #1: you can exercise at a higher intensity since it's only 15 minutes.

A key component of burning belly fat hinges on training at the highest intensity your body can handle. When you only have to go for 15 minutes it's much easier, and more motivating, to push yourself because you only have to train for minutes instead of a mind-numbing hour.

Think about the times you tried to do more cardio than your body was ready for. By mid-workout your body was so fatigued that you couldn't move fast. And based on what I mentioned in Trick #2 you know this impedes the rate at which your body will burn fat. To keep your speed up you've got to keep your workouts short.

The other problem with training for too long is that you're more likely to get injured.

Benefit #2: you'll give your metabolism two boosts instead of only one each day. Each time you train it puts your body in fat-burning mode. You might think that 30 minutes is just 30 minutes. It's not. Training twice stimulates your metabolism to double the return on your investment.

There's no best time to exercise, so don't worry about spacing out those two cardio sessions perfectly. And you might think that it's a pain to find time for two workouts instead of one. Once you try it I bet you'll realize that it's as easy to get two 15-minute workouts as it is to get one 30-minute session. The key is to do full-body cardio exercises such as jumping jacks, split jacks, rope jumping, squat thrusts, etc. The best exercises to burn fat are also the same exercises that require no equipment. So you don't need to plan an extra trip to the gym.

But maybe it's just too difficult to find time for two separate workouts. No problem. The solution is this: do half of your cardio workout at the beginning of your weight training workout followed by the other half at the end.

The trick, however, is to do two different forms of cardio at the beginning and end of your workout. You could do the jumping jack/split jack/squat thrust combo at the start, and then do sprints after you lift weights.

Why two different forms of cardio in one workout? It's all about managing fatigue. Remember, to keep your speed up you don't want to do anything for too long. The time it takes to lift weights isn't long enough to allow your body to recover from the jumping jack/split jack/squat thrust combo so it's best to do a "new" form of cardio at the end. Burning abdominal fat requires a unique approach to training!

So now you have two options:

Option #1: perform 15 minutes of one form of cardio in the morning and evening.

Option #2: do two different types of cardio in your regular workout: one form at the beginning, another form at the end.

Trick #4: Get a Vegetable Boost

No lesson on quickly burning fat from your abdominal region would be complete without mentioning diet. I always get asked what changes people should make to their diet to lose belly fat. There's a simple, effective strategy I use with my clients that always works, and it only takes one day to get you on track.

For one day I want you to eat nothing but vegetables.

Think back to when you were a teenager and could eat pizza, ice cream, and cheeseburgers all day and not get fat. How was this possible? Because your digestive tract was healthy. Over the last 14 years of transforming bodies I can tell you that the most underappreciated aspect of fat loss is digestive health. With age we lose our ability to assimilate nutrients. This is just a fancy way of saying that a worn-out gut is more likely to turn food into fat because it doesn't have the nutrients and enzymes it needs to maximize digestion.

Think about all those commercials you see for acid reducers. Everyone in the ad is middle-aged. There's not a teenager to be found.

When you were 17 your digestive tract could take a lot of abuse. That's why all that junk food never got stored as fat – your organs were young and strong and could easily deal with the plethora of fat and calories. Plus good hormones were rushing through your body. Over the years, however, you lost critical digestive enzymes which is now evident by gas, bloating, lethargy and indigestion after meals.

Now, in an effort to avoid delving deeply into biochemistry and physiology I'll quickly sum up the problem: your digestive tract is in desperate need of those fat-burning enzymes that keep you strong, healthy, and free of bloat.

Enzymes are those magical little chemicals that make your physiology work at its peak. Aging, stress, poor diets, etc rob your body of the enzymes it needs to keep

your metabolism and organs running like they were in your teens.

Digestive enzyme pills, yogurt with probiotics, and HCl supplements have become very popular, and for good reason. They all improve the health of your gut. However, it's best to get the enzymes your digestive tract needs from food. There's no doubt that your body will assimilate more nutrients from food that it does from a pill.

The reason? It goes back to enzymes. Raw, unprocessed food contains enzymes that allow your body to use the nutrients in the foods you eat so they don't get converted to fat.

So here's how you're going to fix the problem. For one day eat nothing but raw vegetables. Cooking food destroys many of the enzymes your body is craving so in an effort to nip this in the bud in one day it's best to eat raw foods. This will flood your digestive tract with healthy, metabolic-boosting enzymes. And this, in turn, will boost the good hormones that burn fat and keep your metabolism running strong.

Here's the list to choose from:

Artichokes

Asparagus

Beets

Broccoli

Cabbage

Carrots

Cauliflower

Celery

Green beans

Okra

Red peppers

Green peppers

Spinach

It doesn't matter which vegetables you eat, and it doesn't matter how much of each you eat because they're impossible to overeat. Eat when you're hungry (every 3-4 hours), eat until you're satisfied, and drink plenty of water throughout the day.

It's really that simple.

If eating vegetables doesn't suit your schedule or taste buds, I've got another alternative: drink them.

Juicing has become an integral part of my client's fat loss strategy because it's easy to follow and highly effective. For some, juicing is even better than eating raw vegetables since drinking vegetable juice eliminates all stress from your digestive tract. You'll be shocked how much flatter your stomach will be the following morning after a day of drinking nothing but natural vegetable juice.

There are numerous juicers on the market and any will work. You can juice any of the vegetables from the list but here are two of my favorites.

Veggie Juice #1

3 celery stalks

2 carrots

1 cucumber

Veggie Juice #2

3 celery stalks

1 beet

1 cucumber

(Alternate between Veggie Juice 1 and 2 every 3-4 hours throughout the day)

After your day of eating (or drinking) nothing but veggies, go back to eating protein and healthy fats, too. However, keep a serving of vegetables with breakfast, lunch, and dinner. And whenever you're hungry between meals eat any of the vegetables from the list. At that point, feel free to have a cheat meal once each week.

Trick #5: Order Your Food Right

Burning fat from your midsection hinges on controlling the two hormones: cortisol and insulin.

Cortisol is best controlled by keeping your stress levels low and avoiding protracted cardio sessions (I already told you how to solve that problem in Trick # 3).

Now it's time to tackle insulin. What's wrong with insulin? It's a fat-storing hormone that will wreak havoc on your waistline unless you minimize it. Indeed, the success of a low carbohydrate diet stems from its ability to drastically reduce the amount of insulin your body produces.

Think of insulin as a hormone of excess. Whenever you eat too much, or eat too many carbs, insulin shuttles the extra calories or carbs right into your fat cells. A little insulin can be good, but only if it's produced at the right times. The two best times to eat simple carbs (and have your body produce a little insulin) is breakfast and directly after your workout when your muscles are ready for them.

For all other meals, the order you eat your food has a powerful effect on reducing insulin. Here's how to order your food right.

Step #1: Always start each meal with vegetables. This could be a spinach salad topped with veggies, or a bowl of broccoli and cauliflower, or carrots and celery, just to name a few. For an added benefit, drizzle some balsamic vinegar on your spinach salad since it's been shown to blunt insulin.

It's best to eat raw veggies since they contain the most enzymes, but steamed vegetables will work (just not as well). Eating vegetables gives your GI tract fiber, enzymes, and it starts digestion the right way - by chewing. You see, chewing releases many digestive enzymes and it sends a signal to your brain that you're giving your body food.

Fast food, on the other hand, is designed to be eaten quickly. That's how they stuff more food into your body before your brain gets the signal that it's full.

Step #2: Eat protein. After you finish a big salad or a large serving of vegetables eat a serving of protein that's about the size of your palm (or a deck of cards). Wild fish, grass-fed beef, seafood, chicken, turkey, whole eggs - it's all fair game.

The cool part about protein is that it also requires plenty of chewing and it doesn't cause insulin to rush out of your pancreas. Between the vegetables at the beginning of your meal, and the protein that follows, you've given your digestive tract plenty of time to send the right signals to your brain that your body is getting the nutrients it needs. This is essential to controlling your portions so your body burns fat off your gut.

After finishing the protein take a minute to gauge your hunger. If you're satisfied stop eating. If, however, you still feel hungry you should continue to eat (always eat until you're satisfied).

Step #3: Eat Carbs (if you want them). At this point you can eat carbs and virtually none of them will be stored as fat. How's that possible? Because your GI tract is full of enzymes from the vegetables and amino acids from the protein. This combination allows your body to utilize whatever carbs it gets without sending them to your fat cells. Insulin is effectively under control. Carbs are only bad if your body produces a lot of insulin after eating them.

Now, this isn't a free ticket to eat half a container of ice cream. Whatever carbs you eat should be unprocessed such as wild rice, yams or sweet potatoes. You could even have bread as long as it's rye, whole wheat or Ezekial.

And if you have a sweet tooth that needs to be curbed eat berries. Raspberries are best since they contain the most fiber and have the fewest carbs overall.

Now you have the info to eat normally at a restaurant and still lose fat off your belly!

Give these five simple tricks a try and you'll start burning fat right away.

And when you're ready to reach the next level and transform your body with the secret training and diet tricks my pro athletes and celebrity clients use just [CLICK HERE](#).

About the Author Chad Waterbury



Chad Waterbury is one of the most sought-after and in-demand body transformation trainers in the world today. He holds degrees in Exercise Science and Human Biology along with a Master's Degree in Neurophysiology from the University of Arizona.

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