

PETER PAULSON

# **BUILD**

**-YOUR DREAM BODY-**



**BREAKING THE LIES AND MYTHS OF THE FITNESS INDUSTRY  
SO YOU CAN BUILD LEAN, HARD MUSCLE AND SHRED FAT  
USING SIMPLE AND PROVEN TECHNIQUES THAT GET RESULTS**

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# It is Time to Get Real

Hello and welcome to the guide that is going to shatter the myths about what it takes to get a lean, hard body. Finally...

Finally...

You are going to be able to get in the best shape of your life and build the body you have always dreamed of.

Now, it must be assumed that you grabbed a copy of “Build Your Dream Body” because you are hoping to find a better way to lose or reposition your weight in a way that works for you. Perhaps you feel out of shape and want to feel stronger, more confident, and sexier, or you are already in great shape and have a strong sense of curiosity about how to be even healthier.

Whatever the reason for following along with “Build Your Dream Body”, you are going to learn how simple it really is to lose fat, gain muscle, and get the type of body that people are going to take notice of. And by notice, I mean getting the looks from women that leave no question that they want to get up close and personal and the looks from men that are nothing short of awe and respect for your chiseled, hard physique.

You are about to be amazed at how a few simple secrets are going to put you over the edge of physical fitness in a way you probably never thought was possible.

Yes, you read the word “simple” correctly.

GONE will be the days of feeling like getting in shape requires you to have the mind of a rocket scientist or to jump through hoops of burning fire. This is actually a very clear cut method, truly the only method for getting and keeping a hot body for the long haul. And that is true no matter what shape you are in starting out.

Shall we begin?

# Myths About Fat Loss & Diet

Before learning how to start losing fat and building mass, it is important to take the blinders off your eyes. You, my friend, have been swindled and led astray by all the phony baloney myths about fat loss and diet. In fact, and this should be very clear, the only type of diet that truly works has nothing to do with “dieting” at all.

**Myths about what to eat and what not to eat are enough to make your head spin.**

For instance, there are the Paleo folks who claim that not eating a buffalo or two a week is going to keep you fat forever. Then there are the vegan folks who claim that eating that very same buffalo, or cow, or what have you, is what is leading to that unsightly belly fat.

Oh, then there is the camp that says you can eat what you want, as long as you are fanatically considering the acidity to alkaline ratio inside your body.

We fall for all kinds of weird and unnatural diets, such as the Zone Diet, Atkins Diet, and Carb Cycling, diets that require you to buy and eat only the food that the diet creators sell to you at very high prices. These diets contain just enough truth to make us think, “Hey, this diet must be on to something”.

Either that or we have come to believe that unless we are constantly struggling to figure out what and how we are supposed to eat, then we are not ever going to find our ideal weight.

**Bulls\*\*t!**

Throw away your scales, your calorie counters, and your long lists of what you can, cannot, or must eat. The truth of the matter is that you have everything you need to know about eating the best diet right between your ears. That would be

your common sense; and it is time to dust that tool off and start relying on it.

Obviously, pre-packaged, empty calorie food is not healthy for you. Neither is too much sugar. You do not need to pay exorbitant amounts of money for someone to tell you to put down the Twinkies and stop eating your weight in chips and fried foods every day. Choose healthy, fresh foods in moderate serving sizes. That is all you need to remember. Sure, we will drill that down a bit, but that is truly what you need to know.

### **How often you should eat is another issue that abounds in dieting myths.**

Speaking of eating healthy, fresh foods, it is another myth that you should eat six meals a day, or eat small meals with snacks. You may have heard that since you are constantly filling your stomach with small quantities, it makes your metabolism work harder.

That is more nonsense.

Keeping your stomach filled throughout the day does make your system work harder, but it is working to digest food when it could be moving on to something better. Your body is built for far better use than turning into a non-stop digestion machine. There is absolutely no scientific proof that eating more meals per day helps you lose weight.

### **What time of day to eat? More myths...**

An extremely common myth that abounds is when you should eat, with breakfast being the most important meal of the day. Now, there is some truth in eating breakfast to fuel your day and give you energy. However, most breakfast choices are of poor quality and it is better to skip breakfast than load up on empty calories.

Oh, and lying in bed at night, awake with hunger pangs? Don't buy it; there is no evidence that says that you need to stop eating late in the evening. In fact, it can be beneficial to eat later to ensure you get a better night's sleep, and to increase muscle growth and testosterone.

So now that we have cut through the crap of diet myths, let's look at some myths about losing fat and dieting that have probably been holding you back. After all, if they were not holding you back, you probably would not be reading about how to build a better body, right?

# Common Mistakes in Losing Fat and Dieting

Now that you know some important truths about fat loss and diet, you also need to know the most common mistakes to avoid so you will not sabotage all your hard work and effort.

Here is one of the most common mistakes to keep in mind:

## **Going on a Starvation Diet**

While starving yourself can work in the very short term to drop a few pounds, it will eventually shut down your metabolism, which is the opposite of what you need to happen in order to reach your ideal weight and stay there.

Not only will not eating enough calories shut your metabolism down, but your body will also start to store more fat, because, and you probably already guessed it, it will think it is starving. Along with storing as much fat as possible, your body will begin to eat its own muscles. This process is called catabolism and is definitely the opposite of building the strong solid muscles that you want to have.

## **Thinking That You Have to Go “All or Nothing”**

When you think you either have to do everything perfectly, or not do it at all, you are going to fail. Sure, following the suggestions you will learn in this guide perfectly will assure that you get a body to die for. At the same time, give yourself a break!

Instead of worrying about following the instructions as if you are performing brain surgery, just do your best. If you have a bad day, it does not mean you are doomed from having a great body, it just means you had a bad day. Get over it and make better choices the next day.



## **Believing That “Fat Free” and “Sugar Free” Foods Will Help You Lose Weight**

Guess what? When you take one ingredient out of food, you have to replace it with something else. That “something else” is usually a chemical cocktail that is difficult to pronounce and will not do a thing to help you lose weight.

Avoid pre-packaged foods and choose natural whole foods instead. There is no cheat that is going to help you get around the fact that real food is the best fuel to eat to get a healthy, sexy body.

## **Buying into the Latest Fad Diets**

The reason fad diets are “fad” is because of great marketing and nothing else. They work like a starvation diet; you will lose a few pounds and think the diet is working. Instead, you risk your health and end up gaining every pound back or more when you start to eat normally again. These types of diets are impossible and impractical to follow for the rest of your life.

## **Eating as if You Are in a Race**

When you eat so fast your body cannot to keep up, you will not know that you have eaten enough until you have already overeaten. At that point, you are not going to be able to sustain any type of healthy weight level. Slow down, TASTE your food, and pay attention to when you start to feel full. Then stop eating.

## **Being Miserable**

When you wake up every morning thinking you have to watch what you eat and worrying about feeling deprived, especially if you have been living on unhealthy foods, you are setting yourself up for failure. Instead, make your road to fitness exciting by keeping your eye on the prize.

“What prize?” you may be wondering.

How do increased self-confidence, enhanced sex appeal, and the type of body that’s worth taking care of sound to you?

That is the prize we are talking about. When you get that, you can rest assured that when you see yourself in the mirror, or see that hot lady eyeballing you up and down, you are not going to go home and eat that whole box of doughnuts in one sitting.

## **Not Rewarding Yourself**

Getting into great shape is hard work, and you deserve to pay yourself for doing it. Of course, having that dream body is going to be payment enough, but that is a long way off. Make

sure and reward yourself along the way with taking a cheat day once a week to eat what you want.

When you stay away from making these mistakes, you are going to be light years ahead of the game of getting into great shape.

# Myths About Muscle Building

Just as there are a plethora of dieting and fat loss myths to avoid in order to make sure that you can get in the best shape possible, you are also going to want to avoid the most common myths about muscle building.

## **You Have to Work Out Every Day**

Along with hearing that you must lift every day, there is another myth that states that you must avoid doing more than three workouts per week or you will be at risk of overtraining. The truth is that you should not work out every day. On the other hand, you do need to work out more than three times a week. In fact, you can and should work out up to six days a week. However, you really do need that one day of rest.

## **You Have to Spend Hours at the Gym**

Speaking of timing in regard to workouts, a huge myth is that if you do not work out for at least an hour, you are not going to get any results. All you actually need is about a half hour. If you cannot manage that, at least work out for 15 minutes at a time. You may not get the results you want as fast as you would if you worked out longer, but you will definitely get more results than you would doing nothing.

Another collection of muscle building myths revolves around repetitions. One muscle building camp will tell you that you must do high reps at all times. This group thinks it is impossible to build muscle unless you reach the “burn” state. However, it is better to create a variety of different reps and workouts.

## **You Must Never Rest More Than 30 seconds Between Reps**

There are also myths about sets. One group says that you should never rest more than thirty seconds between each rep. Another group says that you need to rest between three and five minutes in order to gain maximum results. When you are

training for size and strength you do need more than thirty seconds of rest time between each set in order to take advantage of maximum hypertrophy gains. On the other hand, three to five minutes of rest time is too much. Typically, 90 to 150 seconds of rest time will work in your favor.

### **Free Weights Are Dangerous**

Yet more myths circulate around the type of muscle building activities you do. One of them is that free weights are more dangerous than machines. However, it is more dangerous to get locked into a machine's motion, which you cannot control if you need to work around any injuries. Free weights allow a greater range to make adjustments.

### **Bodyweight Exercises Do Not Build Muscle**

Another myth about the type of workout you do is that you cannot build muscle by doing bodyweight exercises, such as dips or chins. This myth is ridiculous, most likely started by an exercise machine company that wants you to think its machines are the only things that will help you build muscle.

(Later, you'll get a chance to grab a free gift that will show you exactly how to build muscle using bodyweight: my bestselling book, *Your Body is Your Gym*.)

### **You Get the Best Muscles When You Aren't Concerned With Gaining Strength**

Finally, one last myth that you really need to be aware of is that you can get big muscles without building strength.

Always go for building strength and let the muscles follow.

Becoming stronger is always the main pursuit. You will get big, natural muscles whether you choose free weights, machines, or bodyweight exercises.

# Common Mistakes in Muscle Building

Refusing to buy into the myths about and avoiding the most common mistakes in muscle building will help you get the most from your workouts.

Here is a list of the most common errors to avoid:

## **Not Setting a Workout Schedule**

If you are only working out sporadically, you are going to confuse your body more than anything else. It needs structured workouts to build on. This does not mean that if you have to skip a workout you should just quit. It means to make it a point to create a plan and do your best to stick to that plan. The best bodies are a result of consistency.

## **Looking at the “Other Guy”**

No matter where you go, you are going to come across the beach body types who make you feel like something is wrong with you because you do not naturally look like them. Do not buy into that baloney. Those guys had to work hard to get the body they got and when you roll up your sleeves and work at it, you will end up looking just as good as them, if not better.

## **Not Measuring Your Progress**

How do you know if you are gaining strength and muscle if you do not track your progress? Results are going to come slowly, but surely. This makes it important to make notes in your workout plan so you can see how you are doing. Not only will this help you stay motivated, but you might also notice that you need to make some adjustments in order to get better results. Get yourself a notebook and keep it in your gym bag. Then use it.

## **Impatience**

You did not get in the shape you are in overnight, and you are not going to be able to change it overnight. Rome wasn't built in a day. While what you learn in this guide will help you efficiently gain your dream body, it is still going to require some time. Who cares if it takes a whole year? Once you get your dream body, you will be able to keep it by remembering what you learned here.

Besides, something strange happens when you are working out; you might think you are not losing weight, yet find out later that you lost a ton of fat, but gained muscle, which weighs more. Keep your cool when it comes to reaching the end goal you've set for yourself and commit to completing and enjoying the small steps that get you there.

### **Overtraining or Undertraining**

Muscles get stressed and damaged; they NEED to rest. If you do not allow them the time to recover, you may actually lose muscle instead of gaining it. On the other hand, not working out enough is not going to help you either. Find that sweet spot, which in my opinion is exercising 5-6 times per week, with one day of total rest. Now, please note that I am not suggesting you lift heavy weights 5-6 times a week. Rather, I am referring to a combination of heavy weight sessions and light cardio (or HIIT if fat loss is a primary goal).

### **Thinking That Without Supplements You Cannot Build Muscle**

This is a ridiculous myth. Nutrition and exercise are what get you in shape, and while some expensive and high quality supplements will get you some results, you can bet it will be less than 5% of the results you would get through good old-fashioned healthy eating and getting ample amounts of exercise. Save your money and give up on trying to find shortcuts.

### **Forgetting About Nutrition**

If you really want to experience that dream body instead of just fantasizing about it, you must eat right. That means

walking away from the garbage and filling your body with the type of fuel that will super power your workout efforts.

### **Sticking to the Same Routine Every Session**

When you constantly stick to the same routine you will build up muscle resistance. This will keep your muscles resistant to the trauma that they need in order to tear down and build back up. It is better to change up your routine consistently to make sure you do not build up muscle resistance. Plus, it keeps your workouts fun and interesting and ensures you're consistently hitting every muscle group.

### **Overdoing the Cardio**

Do cardio three times a week if you need to burn a lot of fat, and once a week if you are focused more on building big muscles. This will allow you to take advantage of the catabolic benefits without overly breaking down the protein you need to build strong muscles. Cardio is important, so do not skip it altogether, but do not do too much of it.



# Why the Magazines and Trainers OVER-complicate Things

Everything that you have learned so far sounds simple, right?

That's because it IS simple.

In fact, beyond a few extremely important secrets here and there, the bulk of fitness boils down to common sense. The magazines and trainers do not want you to know that, though.

Can you guess why the magazines and trainers want you to think that getting a great body is such a complicated effort?

**If you guessed money, you guessed right and get a big high five!**

That's right, dieting and muscle building is big business; we are talking about billions of dollars being poured into this industry every year. The more confused you are, and the more difficult, time-consuming, and intricate you think it is to get into shape, the more money they stand to make.

They give you just enough to see results. Then you lose them; and guess what happens then?

That's right!

You are spending more money to get more results.

Magazines and trainers are like drug dealers. They want to hook you, give you enough to get a little buzz on, and then have you running back for more.

That is not to say that every trainer is like that; there are a few legitimate ones out there. Consider it your lucky day if you find them, though, because they are not the ones spending millions of dollars in advertising to hook you.

The same goes for magazines; sometimes you can find great information. The problem is that you get crumbs, just enough to keep you coming back and paying for new issues.

From here on out, just say NO!

# Diet and Fat Loss Techniques that Get Results

So far you have learned about the common myths and mistakes of dieting, fat loss, and muscle building. You have also learned about why the magazines and trainers are making it so hard for you to figure out how simple it really is to get that dream body.

Simple does not mean it is going to be easy. It is, however, going to be worth it!

Now it is time to drill down and teach you what it is going to take for you to get that body you've always wanted.

Let's look at your diet first, and then we will get to building muscle. No amount of working out is going to get you the body you deserve if you are not giving it the type of fuel it needs.

# What to Eat and Why to Eat It

Now, before you get all stressed, thinking you are going to have to stick to a limited amount of food, remember that limited food is for fad diets, and as we have already discussed, fad diets do not work.

At the same time, you have to face facts. The fact is, you really are what you eat.

If you want to have that hot sculpted body, you are going to have to choose foods that will help you get it. Fortunately, there are a lot of healthy food choices that will keep you full and satisfied at the same time. Let's take a look at them.

## **Food Containing Healthy Fats**

Forget all that nonsense about not eating fat. You are a man, and fat helps you boost testosterone. Testosterone makes you stronger and makes it easier to build muscle, at the same time giving you all sorts of other benefits that will boost your appeal, sexually and otherwise.

Foods loaded with healthy fats include seeds and nuts, coconut oil, avocados, butter, egg yolks, block cheese, olives, extra virgin olive oil, and more. With the variety of choices, you can add plenty of these fats into your diet every day and not get tired of eating them.

See how simple this is going to be? Let's look at the rest...

## **Protein**

Getting enough protein is crucial for a healthy testosterone level. You also need to get enough protein to repair red blood cells, transport nutrients to and from cells, and carry the optimal amount of oxygen throughout your bloodstream. If you do not get enough protein, your body will use your muscle tissues instead. As you can imagine, when you are trying to build muscles, the last thing you want is for your body to eat all your hard work.

The best sources of protein are red meat, poultry, pork, and seafood. Other sources can be found in foods such as buckwheat, quinoa, nuts, legumes, and seeds such as hemp seeds and chia seeds.

## **Spices**

Spices are not just to make your food taste better; they are the ultimate secret weapon. For example, piperine, found in black pepper, stimulates a reaction called adipogenesis, which inhibits the formation of fat cells. Cinnamon contains polyphenols, antioxidants that improve insulin sensitivity and assist with appetite control. Capsaicin, found in cayenne pepper, also suppresses the appetite and boosts thermogenesis. When thermogenesis is increased, you will burn a great deal more fat.

## **Carbs**

Not only do legumes such as black beans, kidney beans and chickpeas offer a good source of protein, but they are also high in fiber. This fiber is crucial because it helps spike insulin levels, which is immensely important. You need this to transport nutrients to damaged muscles after workouts to promote healing. Carbs also help your body absorb other important nutrients it needs to gain strength and muscle.

So, you have four food groups to keep in mind in order to lose the fat, gain the muscle, and look like a god: healthy fats, proteins, spices, and carbs. That is all! While you may think

fruit is a healthy food because it does contain plenty of vitamins, it is best to limit it to one serving a day due to the sugar content.

A quick word about beverages; coffee, green tea, and water are the best choices. Avoid fizzy beverages and fruit juices entirely.

# How to Structure Your Meals

You are going to be amazed at how ridiculously preparing your meals will be. Just eat those healthy fats, proteins, spices and carbs at every meal.

## **Seriously, that's it**

If you need more to wrap your head around, here is a great equation you can use:

$P + V + F/C + S = \text{Losing fat and gaining muscle.}$

P = Protein

V = Vegetables

F = Fats (healthy fats that is)

C = Carbs

S = Spices

In other words, for every meal you should choose a protein-packed food, one or more of your favorite vegetables, healthy fats, and a carb. Finally, load on the spices.

Not only can you create a literally unlimited amount of meals following this formula, but they can also be delicious and filling, and, most importantly, they will get the job done. The job, of course, is the achievement of that amazingly strong and appealing body that you have always wanted.

It is critical to make sure that the carbs you are choosing are low on the glycemic index (GI). In other words, choose complex carbs, which are found in foods such as legumes, whole wheat and whole grain pastas, bulgur, quinoa, brown rice, and so forth.

To keep it simple, when it comes to breads, pastas, and most carbohydrates, just remember this:

*“If it's brown, scarf it down, if it's white, it just ain't right!”*

This holds true for potatoes as well. White potatoes are not a great choice and should be avoided when possible. Sweet potatoes and yams, on the other hand, are power foods that you can load up on. This is because white potatoes are higher on the glycemic index. They also digest faster, so you end up feeling hungry very quickly.

Try to load up on carbs that are high in fiber as well as low on the GI. These foods include legumes such as kidney beans, black beans, and chickpeas. This will increase the speed of amino acids getting absorbed into muscle tissue.

Finally, get creative when you cook to get the most bang for your buck. An example of this would be to cook with butter rather than oil. This will give you a healthy fat and help boost your testosterone. Heating oils such as olive oil and coconut oil also breaks down a lot of the benefits they offer. This makes butter the top choice for cooking. For example, try frying your eggs in butter. It tastes great, too! Keep your oils for making dressings and other sauces.

Also, whenever possible, go raw as your first choice, steaming for your second choice, and then other types of cooking. The highest quality nutrients will be found in raw food, and while eating nothing but salads would be counter-productive, try to include some raw food like raw vegetables, raw seeds, or nuts.



# What to Avoid

The chances are high that you already know what to avoid. Fast food, prepackaged food, and foods filled with chemical additives, unhealthy fats, high sugar content, and high fructose corn syrup are all well known for creating the type of body you do *not* want to have.

The best trick in deciding if you want to make an unhealthy choice is to think about if the new body you are trying to accomplish is going to be helped or hurt by your choice.

Not many people know that you should even avoid eating too much of a good thing, however. Consider protein, for example; most bodybuilders will make suggestions that will leave you overdosing on protein, and when that happens whatever is left over gets stored. And what do you think it gets stored as?

**If you answered “fat”, you are correct and just earned another high five!**

You need protein to promote a process called protein synthesis, which is a fancy way of saying that protein helps your muscles get bigger. This is where the confusion comes into play because some will claim that the more protein you consume, the bigger your muscles get.

That would be false.

Adequate protein will help build your muscles. Too much protein will build your belly fat, butt fat, and all other types of fat you do not want. So how much is right for you? We will get to that soon.

I do, however, suggest you consume 25-50 grams of a whey protein supplement daily (via a shake). This is your protein safety net and will ensure that you are consistently getting enough protein. Just do not make the mistake of replacing meals with shakes because “they have lots of protein”.

Supplements are SUPPLEMENTAL to your diet and cannot replace whole foods.

If you are vegan or have problems getting an adequate amount of protein from the foods you are eating, you may want to consider increasing to around 75 grams of whey protein daily.

# When to Eat

While many diet systems will give you specific times of the day to eat or not eat, such as “stop eating at least four hours before bedtime”, there is no need to worry about those scheduling headaches.

Here is what you need to remember:

1. Eat three square meals a day.
2. It is actually better to eat a little bit later in the evening. This is beneficial for many reasons.
3. Schedule your meals so you are eating at least one of them directly after a workout. That is the most crucial time to make sure to eat.

Beyond those three rules, set up your meals however they work best for you. This includes whether or not you eat breakfast first thing in the morning. If you are not going to follow the  $P + V + F/C + S$  equation, do not bother with breakfast – we’ll discuss this soon. It will pay off more in the long run if you wait until later in the day and then eat your meals more on a brunch, late lunch, and late dinner schedule.

# Wanna Cheat?

Stick to three meals a day that consist of our “food equation”, six days a week. Then give yourself one day when you just eat what you want and when you want.

When you include a cheat day in your diet, it is going to help you sustain eating healthy foods much longer than if you feel deprived all the time. Now, a cheat day does not mean to totally pig out. It means go ahead and order that pizza, have that generous piece of chocolate cake (but not the whole cake), or have a couple liters of beer and enjoy yourself.

A cheat day is not going to ruin all of your efforts and can actually be beneficial if you refrain from going completely overboard.

When you schedule your cheat day to fall on the day you are not working out, you will get a great break all around and can start fresh with a new week the next day.

# How Much to Eat

You were told to throw away your scales because when it comes to how much to eat, it is in your own hands; literally.

Look at the palm of your hand. That is one serving of protein.

Now, make a fist and look at it. That is one serving of carbs.

Make a fist with your other hand. That is one serving of vegetables.

Ideally, one serving of meat will be one palm of protein, and one fist is one unit of carbs. For post workouts, you can eat up to two units of carbs. Add two fists of vegetables and you are good to go. For fats, one or two tablespoons is great, and make sure you sprinkle spices lavishly.

In regard to protein foods, it is not just the serving size that matters, although it is important to keep in mind. You also want to take into account how many grams of protein you are getting in each serving.

The ideal amount of protein when you are consistently working out is between 0.9 and 1.25 grams per pound of your body weight. For a 175 pound guy, that is a maximum of 218.75 grams of protein per day. To put that in perspective, one egg has 6 grams of protein, a cup of walnuts has 12 grams, and a porterhouse steak has 21 grams. Keeping within these limits will keep you from storing fat from protein that cannot be processed right away.

# How to Get the Best Dietary Results

When you want to cut to the chase and get real results, FAST, you are definitely going to want to give Intermittent Fasting a go. This will help you shred fat, build muscle, and increase your energy in ways that nothing else will do.

Intermittent Fasting is one of the biggest secrets out there in regard to getting the kind of results you need for that dream body.

Plus, it is simple, just like everything else you have learned so far.

Let's be clear: this is not a diet. In fact, when you stop to think about it, you are already fasting for a portion of every day. That is why we call it "breakfast": you are breaking your fast. In order to get the best benefits, Intermittent Fasting increases the amount of fasting time and decreases the amount of available eating time.

The list of benefits of Intermittent Fasting include rapid weight loss, increase in HGH production and testosterone levels, lean muscle gain, increased energy levels, heightened hunger control, higher sex drive, better skin and hair, longer life, better sleep, and improved cognitive abilities. It saves you time and money, and it is very easy to follow.

The easiest Intermittent Fasting method is the 16/8 split. This is where you fast for 16 hours and have 8 hours available for eating. Other popular splits include 18/6 and 20/4. Then there is 24 hour fasting, which is done twice per week, and 36 hour fasting, which is done once every 8 to 10 days. That style of fasting is typically reserved for those who are more advanced at fasting.

If you want to try Intermittent Fasting, it is best to choose the date ahead of time. The day after a cheat day is perfect, since you can fill up during the cheat day. Then, choose which hours you are going to fast. The 16/8 hour split works out great when you include your sleeping hours.

A note of caution about Intermittent Fasting and working out: you want to make sure that you always eat within the two-hour time window after a workout. This means you either need to plan to end your fast after a workout or not start a fast until after this meal.

In regard to the meals you choose to eat when you are using Intermittent Fasting, stick to the P + V + F/C + S equation and opt for whole fresh foods. Also, make sure to stay well hydrated by keeping your water consumption up.

*I cover the topic of Intermittent Fasting in great detail, including the exact protocols to follow, in my book "Intermittent Fasting 101".*

# Muscle Building Techniques that WORK

At this point, you should know just about everything you need to know about how to eat in a way that will help your body lose fat and build rock hard muscles.

Remember, it is as simple as planning three square meals that include the P + V + F/C + S equation, making a plan for using Intermittent Fasting (if you choose to), and avoiding unhealthy fats, junk food, and empty calories (except for on cheat day).

With these plans in place, you will be in a prime position to burn the fat and build the muscle you want.

At this point, it is time to look at muscle building techniques that work. This is just as simple as the diet principles we have been discussing.

Before drilling down into the details of exercise and physical activity, there are some critical considerations that are going to help you out in ways nothing else will.



# Critical, But Often Forgotten...

## **Sleeping**

Believe it or not, the quality of sleep you get will determine how quickly and effectively you will be able to get fit. You need four to five cycles of deep sleep every night, and that typically takes between seven and nine hours. These cycles of deep sleep release growth hormones. Aging and dead cells get replaced and tissues and muscles get repaired. You have probably heard all that before.

What you probably have not heard is that making sure you have eaten enough before bedtime is critical, and not just to help you get higher quality deep sleep. It will also keep muscles from breaking down when protein synthesis of the gastrointestinal tract occurs, which happens when you are sleeping. If you have not eaten enough, your muscles will break down in order for your stomach to get amino acids it needs for protein synthesis.

Therefore, eating your last meal closer to bedtime takes on a new level of importance; it helps you keep the muscle bulk that you have been working so hard to maintain.

Again, this is linked to Intermittent Fasting. When you adopt Intermittent Fasting, due to the fact that you're postponing your first meal until later in the day, your eating window then closes later. This means, without even trying, you will be scheduling your meals in such a way that you're giving your body the fuel it needs to recover overnight.

## **Stop Sweating the Small Stuff**

Along with sleep, getting control of stress is another crucial way to improve the level of fitness success you are going to be able to achieve. Stress makes you gain weight due to its stimulation of elevated levels of cortisol. Cortisol, which is a glucocorticoid hormone, increases blood sugar levels and promotes those ugly layers of hard-to-burn belly fat.

Lose the stress, lose the fat. If you cannot lose the stress, learn to cope with it in ways that will not have a fat building effect on your body. Working out will help break through a great deal of those stress chemicals. Mindfulness meditation, massages, and other stress relief tools can also help, and will pay off big time in helping you achieve a highly attractive physique.

### **Reveal the Muscles You Already Have**

Losing fat is going to reveal muscles you already have without you even having to hit the gym or running track. While most fitness specialists will not tell you this, you already have a six pack of abs. It is just hidden beneath a layer or two of fat.

Think about it.

If you did not have at least some muscle already, you would not be able to sit up.

While those muscles may not be strong enough to comfortably do 100 crunches, they are still there or you would not be able to move at all.

Making it a point to burn through the fat without ever exercising at all will reveal muscles that you do not even realize you have. Exercise will further define them and build them up. This is great because, as you now have your diet under control and are getting ready to start an exercise regime, the fat will melt right off of you.

# Adding the Muscle

I'm going to break this section down very simply - something most experts would never do because they are trying to turn a profit. So, let's get to it...

Strength comes first.

Increasing your strength is what your main focus should be.

Why? Because we can easily track and measure incremental increases in strength on a week-to-week basis. And when something gets measured, it gets managed. This is VERY difficult to do accurately with your weight, muscle size, body fat percentage, etc. Often, in the first few weeks of trying to measure these things, people will think they are not making any progress and give up.

When we measure strength, we will see increase in every single workout. This fuels the fire of your motivation.

If you're wondering how this will increase your muscle size...

When you increase your strength, your muscles will naturally fall into line and you will bulk up.

We want to focus on lifting heavy weights and with every workout aim to increase either the amount of weight lifted or the number of repetitions completed.

This is called progressive overload and will drastically increase your strength, which we now know increases muscle size.

# How to Add Muscle

Time Under Tension (TUT) is, in my opinion, the best way to gain muscle fast.

TUT refers to the amount of time your muscle is under tension during the lifting and lowering process. This means that each repetition is performed for a set duration of time in a controlled fashion. If you're having a tough time picturing this, imagine doing a simple bicep dumbbell curl, but instead of it moving quickly through the range of motion, it moves at a slow, controlled pace, almost in slow motion.

I favor this model of lifting for the following reasons:

- It is tough, seriously tough.
- It is easy to track, and easy to incrementally increase every workout (even by a few seconds).
- It prevents cheating on your repetitions; since you're controlling the weight at a slow pace, it becomes almost impossible to not make each rep absolutely perfect.
- It breaks down your muscle tissue (allowing for repair and growth) much more effectively than anything I've ever seen.

## **How Many Reps or How Much Time?**

About 2 seconds to lift and 4 seconds to lower is going to be your sweet spot. With no pause at the top or the bottom of the movement, we're looking for constant tension.

As for the number of reps, it's going to take a little testing to see how your body responds, but aim for 60 seconds, then work up to 90 before increasing the weight.

Whenever you can hit 90 seconds (using the 2 by 4 TUT cadence) increase the weight you are using.

Focus on keeping a steady tempo while maintaining excellent form, and if you find yourself struggling to reach 60 seconds, lower the weight incrementally instead of losing your form.

Then TRACK every workout you do and make sure you make incremental changes (progressive overload) every workout.

# What Exercises?

Again, let's cut through the fitness industry myths and lies...

If you open any fitness magazine you will see complicated, Twister-esque exercises that just look ridiculous. We don't need those. Like everything else, adding muscle, losing fat and looking awesome through exercise comes down to one thing: in this case, compound movements

Huh? That's right, compound movements. These are exercises that use multiple muscles at a time and, without going deep into the science, they are the key to growth.

Focus on the following exercises for each of the main muscle groups:

**Chest** – Bench Press and Incline Dumbbell Press

**Legs** – Squats (or Leg Press) and Lunges

**Back** – Bent Over Row (or Seated Row) and Deadlifts  
(NOTE: Do not perform Time Under Tension Deadlifts)

**Shoulders** – Standing Military Press and Dips

If you've just read that and shouted, "What about my arms and abs?", don't worry. I've got you covered.

You do not need to specifically focus on abdominals and arms, as they are worked in all the exercises above. Any pulling exercise works your biceps and any pushing exercise hits your triceps. And your abdominals should always be kept tight when exercising.

If you would like a few isolating exercises specifically for abs and arms, here's what I suggest...

**Biceps** – Standing Barbell Curl and Dumbbell Hammer Curls

**Triceps** – Close Grip Bench Press and Tricep Cable Extensions

## Abdominals – Plank and Decline Sit Ups

*If you've read this section and don't know what any of the exercises are, quickly jump over to Youtube,; there are hundreds of excellent tutorial videos for each.*

# Fat Torching With Cardio

All you need to know is four letters – HIIT.

HIIT means “High Intensity Interval Training”, and it is the absolute best choice for cardio workouts. You can use a bicycle, cross trainer, treadmill, or skipping rope for this type of cardio workout. The treadmill is the most effective.

To do this type of workout you will be combining high intensity activity with breaks of lower intensity activity. For example, sprint on the treadmill at full exertion for 30 seconds, and then drop the speed and walk for 30 seconds (or jog) before increasing to a sprint again

Do this 6-8 times.

Do not let the short amount of time fool you; this workout is intense and comes with intense benefits. You will burn more fat and increase your stamina significantly faster than by doing any other sort of cardio exercise. This has been proven in multiple test situations using sample groups such as Olympic athletes.

While you might think that doubling your efforts will double your results, this is not the case. You want to avoid overtraining, and that includes making sure you do not get carried away with HIIT. Do 6-8 circuits then forget about it until your next workout.

For most people, 1-2 sessions of HIIT per week will be more than enough.

If you don't want to do HIIT, consider doing 3 sessions per week of lower intensity cardio for 45 minutes - walking, gentle cycle, etc. These workouts are not as effective as HIIT in building your dream body, but they will certainly help.



# The Muscle Between Your Ears

As I mentioned earlier, the best tool you own for getting into shape is the muscle between your ears. With that in mind, let's break through some of those blocks that have kept you from getting into shape in the past:

## **Time**

People make time for what is most important to them. Therefore, you DO have time to get in shape. If you must, get creative. Wake up earlier, use your lunch break to work out, or buy weights for your home so you don't have to spend the time getting to the gym and back.

Essentially, if you want to get in shape, you WILL find the time.

## **“It's Too Boring”**

If working out is too boring for you, that is totally your fault. You can do things to make it creative. Get some buddies to work out with you, put your earphones in, and jam out while you work out. Set prizes and rewards for yourself when you hit your goals. Get creative and find ways to get your workouts done in ways that keep you interested.

As a side note, you have more than enough food choices available to you that you should never get bored of sticking to the equation.

If you are bored, start looking up recipes; I have an insane bunch of delicious recipes in another of my bestselling books, *The 6 Pack Chef*.

## **“I'm Too Tired to Exercise”**

To be blunt, get over it. When you start to eat healthier, get a good night's sleep, and work out, you will have more energy.

Therefore, get up and make it happen. The energy will catch up later.

### **Afraid to Disturb Old Injuries**

If you have a bad back or bad knees, you will understandably want to start slow and do exercises that will help protect your injuries. You will find there is a lot you can do to work out these types of challenges. Always consult with a physician before starting any exercise regime.

### **Afraid It Will Not Work**

Every one of us has been burned in the past from getting bad information. This will work. Try it and find out for yourself; you have nothing to lose other than ugly fat, low self-esteem and sickness from not taking better care of yourself.

At the end of the day, the attitude you have and how you think about eating healthy and working out is going to drastically affect how successful you will be. Take the time to get your mind right and think about all the benefits you stand to gain. You will look and feel better than you probably ever have in your entire life.

# The World is Your Gym

At this point, you know everything you need to know about how to eat in a way that will bring you the best results, along with the best workout solutions you will find anywhere. As a quick reminder:

- Eat three meals a day that include the P + V + F/C + S equation.
- Always eat after a workout – especially protein.
- Avoid junk food and empty calorie foods.
- Drink lots of water.
- Set up an Intermittent Fasting plan for the best results.
- Get enough sleep.
- Control your stress.
- Opt for increased strength instead of just going for big muscles.
- Workout using Time Under Tension.
- Take at least ONE full-day break.
- Do cardio at least once per week, ideally using HIIT.

Now it is time to take the knowledge you have accumulated and apply it to your life.

Since you are the one who is the expert on you, it is up to you to figure out how to best use the knowledge you have gained.

If you have to start slow, start slow. Begin by tossing out all the junk food and empty calories and if that is too much of a stress, just replace one meal each day with healthier choices. After a week, replace another meal with healthier choices and so on until you have transitioned into eating all healthy foods.

You can start by upping your water intake right now.

In regard to working out, even just one jumping jack IS working out, and it's probably more than what the vast majority of people do in a day. Repeat and build on that.

Even the slowest and steadiest beginning will get you to your end goal, so refrain from setting yourself up for failure by expecting to be able to do everything all at once, getting overwhelmed, and quitting.

As you make progress, you will begin to learn more and more. Along with what you have learned in this guide, the last important secret is:

### **The World is Your Gym**

No matter where you go or what you do, you will be able to find healthy choices. Even fast food restaurants offer healthy menu items if you just force yourself to look for and order them.

There are also a ton of opportunities to get a bit of exercise in throughout the day. Start climbing the stairs instead of taking the elevator. Carry the heaviest loads of groceries all at one time. Bench press your girlfriend.

Who really cares how you are doing it? As long as you keep in mind what you have learned in this guide, apply it as best you can, and continue to keep your eyes on the prize, you WILL get that dream body!

Now go out and do something, just one thing to get started. Then just start repeating!

# STOP!

If you want to get the best results possible from this book then check out the bonus gifts I've got for you.

[Click Here to Supercharge Your Body Transformation](#)

Inside your free bonus gift you'll get

- Recipes for carving out your 6 pack
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