

How to BURN BELLY FAT

**37 Simple
FITNESS
MODEL
SECRETS**

**You Can Use to
Burn Belly Fat,
Get Lean, and Build
a Rock-Solid Core**

RAZA IMAM

How to Burn Belly Fat: 37 Fitness Model Secrets You Can Use to Burn Belly Fat, Get Lean, and Build a Rock Solid Core

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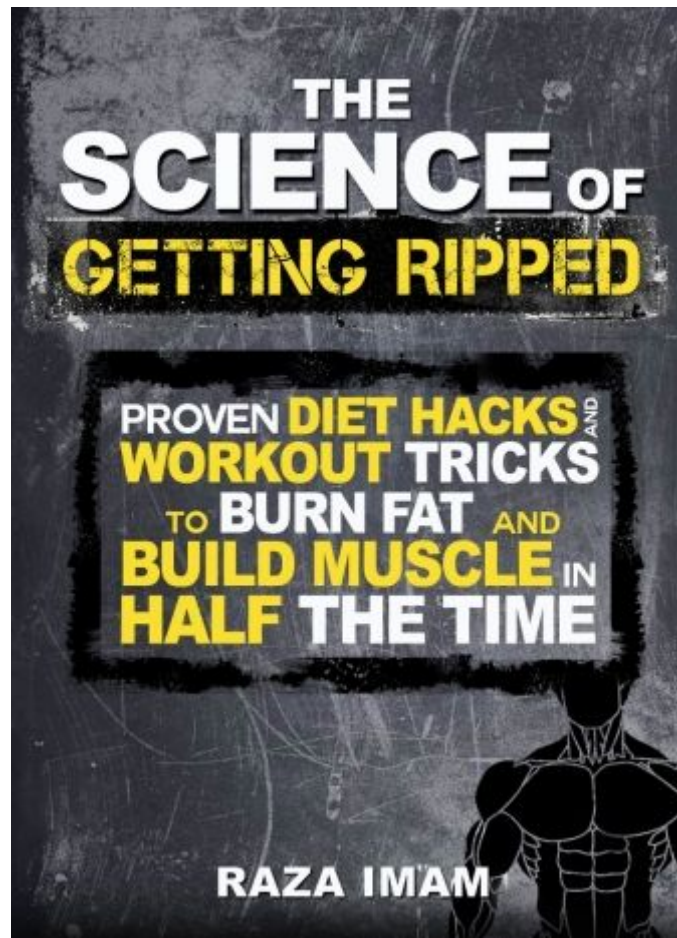
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Also, please check out my comprehensive manual, “*The Science of Getting Ripped*” for workout plans and tips to burn fat and build muscle.



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Thank you in advance!

Table of Contents

Who Is This For

My Story

Losing Belly Fat: It's NOT About Vanity

Scam Alert: You CAN'T Target Belly Fat

The UNFAIR Advantage: 5 “Sneaky” Tricks Models and Actors Use to Burn Fat

- 1). Don't Underestimate Strength Training**
- 2). HIIT/Sprints for Rapid Fat Loss: Sprints and high intensity intervals are**
- 3). Slow Cardio Is Important Too**
- 4). Make a List of Your Favorite Meals... Then Eat Them Over and Over Again**
- 5). Eat Enough Protein to Curb Hunger**
- 6). Sleep More to Optimize Hormones**
- 7). Drink More Water**
- 8). Intermittent Fasting for Fat Loss**
- 9). Progressive Overload Each Workout**
- 10). Decrease Rest Intervals**
- 11). Don't Play “Patty Cake” In the Gym**
- 12). The Power of the Pyramid**
- 13). Lift Explosively, Lower Slowly**
- 13). When to Lift Explosively vs. Slowly**
- 14). In This Case... Form Over Function**
- 15). Focus on “Money” Movements**
- 16). Full Body Workouts for Maximum Fat Loss**
- 17). Eat Lots of Cruciferous Vegetables to Curb Hunger**
- 18). Eat High Fiber to Curb Hunger**
- 19). Cycle Your Carbs and Satisfy Your Sweet Tooth**
- 20). Use Body Weight Exercises to Give Your Body a Break**
- 21). Harness Stress**

- 22). Black Coffee to Get Stronger and Kill Hunger**
- 23). Eat Lots of Greek Yogurt (for protein and dessert)**
- 24). Take a Multi-Vitamin**
- 25). Creatine to Get Lean**
- 26). Workout On an Empty Stomach to Burn More Fat**
- 27). Deload Every 3 to 6 Weeks to Give Your Body a Break**
- 28). Get Comfortable Gaining Fat or Losing Strength**
- 29). Choose One Goal**
- 30). Use a Digital Scale and Measuring Cups**
- 31). Stand Up More**
- 32). Calculate Your Caloric Needs As You Lose Weight**
- 32). Calories Are a Moving Target (here's how to hit them)**
- 33). Play a Lot**
- 34). "There's an App For That!"**
- 35). Cook in Bulk So You're Always Ready**
- 36). Stuff Your Face Every Once in a While**
- 37). Visualize Being Stronger and Leaner**

Who This Is For

This is for the average guy who wants to lose fat and build muscle. It's for the busy parent, the entrepreneur, the guy who wants to help others. He needs the physical strength to accomplish his goals, but also the discipline, fortitude, mental toughness, character, and self-respect to handle life's most difficult tasks.

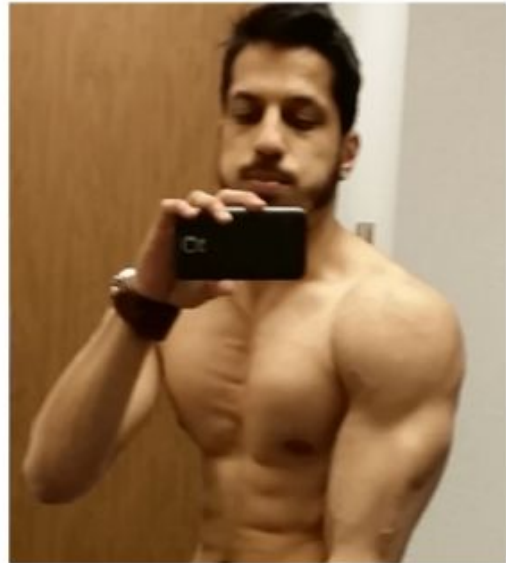
Whether that means turning around a struggling business, volunteering with young kids, or raising a

growing family, having a solid physique in addition to the inner strength to blast through life's obstacles and challenges is the key to success.

The ideal reader doesn't want to be a pretty boy fitness model nor a bodybuilder. He reads popular men's health magazines, is interested in technology, and photography, and current events, and sports. He is tech savvy and forward thinking, with aspirations and ambitions for himself and his family. He doesn't want to spend hours a day in the gym. He looks for efficiency and fitness hacks to get him the most results from his workouts.

Here's the thing, most products focus on getting ripped, and this will show you how to do just that. But the way I see it, you don't walk around with your shirt off all day. You DO meet people, solve problems, create plans, help others, encounter obstacles, and live a full life. So why not focus on not only the physical benefits you'll get when you workout, but on the confidence and mental toughness you gain as well? Seems like the best of both worlds to me.

My Story



Like most 30-something guys with kids, I have a very busy life. Here's my typical day: An hour-long commute to and from work. Helping my 5 year-old with homework. Giving the kids baths. Putting them to bed. Doing dishes. Hanging out with the wife. And going to bed.

I love working out and used to be heavily involved in martial arts. But I just couldn't keep it up with this crazy schedule. I've been wanting to get back in shape for quite a while, but never had the time to go to the gym consistently. Once I hit 30, I was terrified that I would get the dreaded "skinny fat" body type. You know what I'm talking about. Skinny body with a pot belly.

Now I'm 34 with 3 kids and decided to start writing to help other people get in shape.

Sincerely,



Raza Imam

Losing Belly Fat: It's Not About Vanity...

Millions of men and women around the world think that having the fabled six pack will make them happier and more attractive to women. So they diet, workout, and work hard to get the body they want. For them, the pursuit of a flat stomach, defined abs, and a solid core is worth the effort.

But having a lean belly isn't a vain pursuit. It can literally be a life and death issue. There are two types of fat; subcutaneous fat and visceral fat.

Subcutaneous Fat: This is the fat that is below your skin. You can grab it with your hand and it accumulates in the typical "trouble spots" like thighs, hips, neck, and arms. It results in the appearance of cellulite on the skin.

Visceral Fat: Visceral fat is the fat that you don't see. It's sometimes called "deep fat" because surrounds your organs and fills the cavities between your stomach, intestines, liver, *etc.* Unlike subcutaneous fat, you can't easily see visceral fat. But it's particularly nasty because it is known to have the following effects:

- Reduce insulin sensitivity, leading to type 2 diabetes
- Create toxins called cytokines that can increase your risk of heart disease
- Cause inflammation in your body which may lead to cancer of the esophagus, colon, and pancreas
- Lead to high blood pressure

How to Know If You're At Risk

So, visceral fat is BAD and you want to reduce it at all costs. To make matters worse, because you can't easily see it (compared to subcutaneous fat), you may have the false sense that you are healthy. So you should follow these guidelines to see if you're at risk:

- For women, a waist circumference of 35 inches is cause for concern
- For men, a waist circumference of 40 inches is cause for concern

The good news is that even modest weight loss helps reduce the risk of the diseases I mentioned above.

If you follow the tips in this book, you'll be well on your way to losing fat, building muscle, and sculpting a lean, solid core.

So it's more than just vanity. Everyone should want to burn off excess belly fat, even if you don't want a six pack.

Scam Alert: You Can't Target Belly Fat

There's a popular adage that states "Abs are made in the kitchen, not in the gym." And it's so true. Lots of people try to work out their ab muscles because they want to get six packs, so they'll do exercises like crunches and sit-ups, thinking that that's going to help them the six pack that they desire. The thing they may not know, is that there's no way to spot-reduce fat in your body, so you can't target fat on your stomach or fat on your thighs, or fat on your arms, or fat under your chin. Really, the only way to lose fat is to work out your body and burn fat across your entire body.

Now, some people are more predisposed to accumulating fat on their hips and their waist, whereas other people are more predisposed to accumulating fat on their belly, but no matter where it tends to store itself on your body, the only way to get a ripped six pack is to focus on losing fat, reducing your body fat percentage, so that your ab muscles will naturally reveal themselves.

So, although you can't spot-reduce fat, but you definitely **can** "spot-build" muscle. So, whereas you cannot reduce fat exclusively on your belly or specifically on your thighs, you can build muscle on your thighs, you can build muscle on your shoulders, you can build muscle on your chest, *etc.*

Although you can build muscle in certain areas of your body, you **can't** burn fat in specific areas (unless you

go under the knife). Instead, you have to lose overall fat, and then you will gradually see it come off of your chin, arms, legs, thighs, chest, and eventually stomach.

So don't let marketers convince you that a specific pill, gadget, or workout routine will target your belly fat. Just focus on losing fat by eating better and exercising and you will eventually see your mid-section shrink.

The Unfair Advantage: 5 “Sneaky” Tricks Models and Actors Use to Burn Fat

Lots of people look at men’s magazines and judge themselves by these guys. Women aren’t the only ones with body image problems. Just look at bodybuilding magazines and the “ideal male physique” that is presented in mainstream media. But it’s not a realistic standard. On top of that, most fitness models aren’t “photo shoot ready” year round.

Just Google images of Gerard Butler, Ryan Reynolds, and other popular models and actors and you’ll see that they do NOT look like they do in the movies year round. On top of that, they use the following tricks to look the way they do:

1). Steroids – It’s a dirty secret, but it’s true. These days it’s hard to tell who’s physique is natural and who’s is pharmaceutically enhanced. It’s not a stretch to assume that most people who get paid for how they look are using performance enhancing drugs *i.e.* steroids, to achieve their physique. Many athletes, actors, models, and bodybuilders use steroids. So don’t compare yourself to these guys. They have an unfair advantage and you don’t want to go down that road.

2). Dehydration – Another unspoken secret of fitness models is to dehydrate themselves to drop the last few pounds. These guys will take drink upwards of 2 gallons of water per day to force their body to urinate more, take diuretic pills, and then get drunk all to get dehydrated. It’s not an easy or sustainable tactic, but it does work.

3). Lighting - \$10,000 lighting does a LOT to making people look ripped. Overhead lighting creates the proper shadows on your abs to make your abs look more defined.

4). Baby Oil – All I’m going to say is that models and bodybuilders use lots and lots of baby oil. It makes them look

more shiny and their muscles more defined.

5). Fake Tans – Apparently, tanned skin, in combination with proper lighting makes people look leaner and more muscular.

6). Carb Depletion – One gram of carbs can hold up to 3 grams of water, so in conjunction with getting dehydrated, models will eat very few carbs (50 grams per day) to further get dehydrated and lose weight.

7). Working Out Twice a Day – This isn't feasible for most of us. It's only really for people that don't have a job

So the next time you see a model, actor, or bodybuilder, don't feel compare yourself to them. They get paid for how they look and use everything they can to get an extra advantage in their careers.

1). Don't Underestimate Strength

Training: If you want learn *how to burn fat and build muscle*, you have to strength train, there's no way around it. You can do whatever type of strength training you want:

Bodyweight training: pushups, pullups, dips, bodyweight squats, handstand pushups, *etc.*

- Kettlebells
- Dumbbells
- Barbells
- Circuit training
- Body weight exercises

It doesn't really matter what form of resistance training you choose. The point is that you have to use the progressive overload principle ([link to my article here](#)) where you increase the weight, lower the rest interval, or increase reps as you get stronger. Strength training has so many benefits, no matter what your goal. Here's a short list:

Strength training helps you build muscle (duh!) which helps you burn more calories, meaning you can eat more without gaining fat because your muscle is burning those calories. (Don't go crazy with this though)

Strength training helps you burn fat and maintain muscle mass. When you eat less, your body burns fat and muscle. Engaging in strength training and eating adequate amounts of protein is the best way to maintain muscle mass while in a caloric deficit. Strength training strengthens your bones, improves your balance, and has a ton of other benefits.

Action Steps:

As for what I did, I first followed the 5x5 workout routine. Then I moved to Mark Rippetoe's Starting Strength. Finally, I settled on a mix of reverse pyramid training in the gym twice a week and body weight workouts twice a week.

Here's a sample:

Gym Day 1 (2 sets of 4 to 6 reps)
Squat

Front Squat

Overhead Press

Weighted Pullups

Home Day 1 (3 x 12)

Dips (weighted)

Pullups

DB Highpulls

Kettlebell swings

Gym Day 2 (2 sets of 4 to 6 reps)

Bench

Incline

Deadlifts

Rows

Home Day 2 (3 x 12)

Pushups (handstand/elevated)

DB Front Squats/Deadlifts

DB Rows

Kettlebell swings

The beauty of this plan is that you can do it at home and at the gym. The emphasis on bodyweight exercises will help you prevent injury from lifting heavy weights in the gym too much.

Bonus Ab Exercises:

If you're thinking about ab exercises, skip the crunches and sit-ups; here are some of the best you can do:

- **Planks:** Planks are one of the best core exercises because they cause you to stabilize your entire core
- **Renegade Rows:** Renegade rows are like planks but involve pulling weight too
- **Farmer Walks:** Farmer walks are great at building your obliques
- **Hanging Leg Raises:** Hanging leg raises target your lower abs really well
- **Flutter Kicks:** Flutter kicks also target your lower abs too

2). HIIT/Sprints for Rapid Fat Loss: Sprints and high intensity intervals are a great way to burn fat AND prevent muscle loss. You can either do sprints outside at a track, or on a treadmill. Some of the benefits of HIIT and sprints include:

- Increased resting metabolic rate (you burn more calories at rest)
- Insulin sensitivity (your body needs less insulin to clear sugar from your blood)
- Higher levels of fat oxidation (you burn more fat)
- Your body produces more human growth hormone
- You feel less hungry after exercising
- Preserve muscle and reduce body fat

HIIT is a great tool for getting lean and building strength and muscle

Action Steps:

There are tons of ways to do them, but here are my favorite ways:

- Treadmill sprints (run 8 mph for 20 seconds at an 8% incline and rest for 1 minute; repeat 10 times)
- Bodyweight HIIT (do 10 burpees, then 10 mountain climbers, then high knees, then 10 jumping jacks and rest for 60 seconds; repeat 5 times)
- Bike sprints: go as fast as you can on an exercise bike for 30 seconds and rest for 60 seconds; repeat 5 times

3). Slow Cardio Is Important Too: Slow cardio gets bashed for being useless, burning up muscle, and causing injury, but that's not 100% accurate. I think it's more used by people who make money selling high-intensity workouts.

But here's the thing, high intensity training isn't for everyone, especially if you're overweight or haven't exercised in a while. Can you imagine a severely overweight person doing burpees, jump squats, or sprints? I certainly can't. Yes, HIIT and sprints are great for fat loss and retaining muscle, but they're better suited for those who are at 20 % bodyfat or below.

For people with more fat on their bodies, they will get much better results (with less pain) by eating at a 15%-20% calorie deficit, doing resistance training to maintain muscle mass, and doing slow cardio to assist in burning more calories.

Slow cardio on an incline treadmill in a fasted state is a tried and true staple of burning fat. The reason is that your body oxidizes fat when you move at a certain pace for a certain duration.

Action Steps:

Here are a few things you can do:

- Take long walks on hilly terrain or sand
- Walk on a treadmill at a 5 – 10% incline
- Take long bike rides outside (or use an exercise bike)

At the end of the day, cardio does not burn that much fat. Running an entire marathon (26.2 miles) only burns about 2400 calories. For perspective, one pound of fat is 3500 calories. So you don't even burn one pound of fat by running a marathon!

The point is that you will lose weight by being in a calorie deficit and will maintain muscle by doing resistance training. The slow cardio is a tool to help burn fat and recover from your strength workouts and increase blood flow.

4). Make a List of Your Favorite Meals... Then Eat Them Over and Over Again:

This is one of my favorite tips. But before this, you need to calculate your daily caloric needs. There are all sorts of apps and programs for that online and on your smart phone. You want to calculate your Total Daily Energy Expenditure (TDEE)

If you want to build muscle, you should eat about 10% more than your TDEE to build muscle with minimal fat gain. If you want to lose weight, you can eat about 25% fewer calories than you TDEE.

Once you know your TDEE, you should make a list of your favorite foods. Then plug them into your calorie counter app.

Action Steps:

Here is what I do:

- Make a list of your favorite meals (for me it's French toast, greek yogurt with chocolate almonds, steak, and ground beef with tomato sauce)
- Calculate your TDEE (the amount of calories your body needs) using an app like MyFitnessPal.com or FatSecret.com
- Go grocery shopping and buy all of the ingredients you need and then cook in bulk
- Eat 20-25% fewer calories than your TDEE to lose weight; you will lose 1-2 pounds of fat per week
- Enter your favorite foods and adjust the amount of food to fit the calorie numbers you need to hit

This is probably the most important step in this entire book because the simplest way to burn fat is to eat at a caloric deficit. And the easiest way to do that is to eat your favorite meals

The key to building muscle or burning fat is to plan what you eat. Here's what to do; calculate your daily caloric needs. Then make a list of your favorite foods. Then calculate how much of each food you can eat. For me it's Greek yogurt w/ chocolate covered almonds, Steak w/ rice and asparagus, Salmon w/spinach and capers, Grilled chicken w/sweet potatoes and broccoli, Buffalo chicken salad, and French toast. That way I hit my macros eating some of my favorite foods. I don't feel deprived at all because I'm eating things that I love.

Once you have your meals planned out, you can make a meal plan based on your favorite foods. [I created this really helpful spreadsheet that calculates your food for you.](#)

5). Eat Enough Protein to Curb Hunger:

Want to build muscle? Eat enough protein. Want to burn fat? Eat enough protein. Muscle, skin, and other organs are built by protein. So if you want to build muscle, you need to eat enough protein. Now, if you're looking to burn fat, you also need to eat enough protein for two reasons:

- Protein has a higher “thermic effect” than fat or carbs. That means your body burns up to 25% percent of the calories it from protein just via digestion. In other words, if you eat 100 calories of protein, your body burns 25% of those calories just digesting the protein.
- [Protein is known to help curb hunger](#). Eating enough protein in a caloric deficit helps retain muscle (I mentioned this above)

Now exactly how much protein is enough? The scientifically precise answer is .82 grams of protein per pound of bodyweight but you can round up to 1 gram per pound of bodyweight just to be safe. So if you weight 195 lbs, you want to eat around 195 grams of protein per day.

Action Steps:

Make sure you have the following foods on hand:

- Meat (beef, chicken, steak, fish)
- Eggs
- Protein powder (whey, egg, or even cricket protein powder!)
- Greek yogurt

These foods are staples of every bodybuilder and fitness model's diet. Make sure that you're getting enough of your daily calories from protein.

If you're new to calorie counting, you want to eat about one to two fist-sized pieces of protein per meal. Eventually, you should read labels and use a calorie counting app to make sure that you're eating the right amount.

6). Sleep More to Optimize Hormones: If you aren't sleeping enough, you might as well not even workout. It's so important that it can literally make or break your fat loss efforts. Here's why:

- Sleep is when your body releases anabolic hormones like testosterone and growth hormone, which has both muscle building AND fat burning properties.
- Sleep is when your body repairs muscle, so if you're lifting heavy weights, you NEED to shoot for 7 to 9 hours of sleep a night
- Inadequate sleep is known to mess with your hormones ghrelin (hunger hormone) and leptin (fullness hormone), leading to overeating, hunger, and cravings
- Poor sleep has been known to cause a slow down in metabolism

So don't take it lightly. Sleeping is one of the most overlooked variables to losing belly fat and getting lean.

Action Steps:

Here are a few tips to make sure you get a good night's rest:

- Avoid caffeine 6 hours before bed (duh)
- Sleep in a cool, dark room
- Read a book before going to bed and avoid screens (t.v., laptop, cell phone, etc.)
- Have a nightly bed time in mind and make sure that you stick to it

Sleep is something that bodybuilders and fitness models take very seriously. Just like they have diet and lifting logs, they also have to keep track of their sleep to make sure that they

can perform in the gym and keep the fat gaining hormones at bay

7). Drink More Water: Water is critical to building muscle. Your body is about 70% to 80% water, and that includes your muscles. Like sleep, numerous studies have mentioned a connection between water consumption and losing fat. One possible reason is that water helps you feel full. Here are some awesome benefits of drinking lots of water:

- It helps with your body's fluid balance so that it can transport nutrients, regulate body temperature, and digest food better
- It helps you feel fuller so you eat less food
- Drinking water helps flush your kidneys so you can get rid of waste more efficiently
- Since one of the most common symptoms of dehydration is fatigue, drinking water can give you a boost of energy

Needless to say, all of this can help you burn belly fat. Oh yeah, ice water has been proved to burn calories too since your body has to work hard to warm it up.

Action Steps:

You should shoot for 3-4 liters per day.

- Just carry a big bottle with you (at work, in the car)
- Drink a glass of water before and after every meal
- Drink tea and coffee to help stay hydrated (even though they have a slight diuretic effect)

Some bodybuilders carry around a gallon of water to make sure that they drink enough.

8). Intermittent Fasting for Fat Loss:

Intermittent fasting is all the rage these days. It's not magical, because you still have to eat the proper amount of calories, but it's a framework that makes eating your calories easier. There are also other benefits, like a surge in growth hormone production that is induced by hunger.

There are 3 main types of intermittent fasting:

- **Lean Gains:** This diet was popularized by Martin Berkhan and is the most popular form of intermittent fasting. He advocates fasting 16 hours and eating only 8 hours. For example, if you eat dinner at 9pm, you wouldn't eat anything until 1pm the next day. On workout days you eat more calories and on non-workout days you eat less calories.
- **Warrior Diet:** This diet advocates drinking water and coffee all day long and eating a massive meal at night. The point is that if you're disciplined enough to not eat all day, you'll lose weight because you won't be able to eat enough to gain weight in one meal
- **Eat Stop Eat:** This form of intermittent fasting was made popular by Brad Pilon. You basically eat "maintenance calories" most of the week and then do a 24-48 hour fast once a week where you eat no food. This allows you to eat normally throughout the week while still creating a calorie deficit

Action Steps:

I'm not going to go into the details of intermittent fasting here, but I'll say this, I've been doing it for over a year and I love it, but it's NOT magic. Calories and macronutrients are still the most important factors if you want to build muscle and burn fat.

Just choose one variation of intermittent fasting and see how you feel.

9). Progressive Overload Each Workout:

If you want to build muscle, you have to keep challenging your body. The progressive overload principle means that as you get stronger, you have to increase the weight, or reduce the time that you rest in between sets, or perform more repetitions of the exercise. It's really simple, your body doesn't like being told what it can't do, so if you challenge it, it will come back stronger. That means you have to up the ante and lift more weight or do more reps than you have in the past.

The same goes for fat loss. If you want to get leaner, you have to do more each workout otherwise your fat loss will stall.

Action Steps:

In order to burn belly fat, you have to challenge yourself more and more. Here are a few ways to implement progressive overload in your workouts:

- Add more weight to the bar every workout
- Do more reps than you did last workout
- Rest for shorter periods of time between sets
- Perform more sets of the same exercise

The point is that as you get leaner, stronger, and fitter, your body needs more stimulus to build more muscle and burn more fat.

10). Decrease Rest Intervals: This is related to the prior point, but I wanted to separate it out because it can be used for cardio exercise as well. If you're sprinting or doing bodyweight intervals, you would usually rest 60 to 90 seconds in between sets. As you get better you can reduce your rest intervals. The same goes if you're doing circuit training.

Action Steps:

The next time you lift weights or do cardio, make sure you rest less in between sets.

11). Don't Play "Patty Cake" In the Gym:

There's no shortage of good workout programs. But still, I see lots of people just go to the gym and "wing it"... no wonder they don't see the results they want. I call that playing "pattycake" in the gym; hovering around from machine to machine, but buzzing around with no real purpose... almost like you're playing with the equipment.

If you want to burn off belly fat and build muscle, you need to follow a well thought out workout program. It should incorporate some level of periodization, meaning it should be designed to challenge you more as you progress.

Action Steps:

If you're into barbell weight lifting, you should check out Starting Strength and then graduate to Jim Wendler's 5/3/1. Otherwise, you can stick to bodyweight workouts, dumb bell workouts, or kettle bell workouts all from your home.

Just go on YouTube and search for any of those types of workouts and you'll find plenty of great

12). The Power of the Pyramid: Reverse pyramid training is one of my FAVORITE ways to workout. Essentially, you start with your hardest, heaviest set first (after a thorough warm up). Then you taper the weight down 10% and shoot for 1-2 more reps. Then taper the weight down 10% again and shoot for another 1-2 more reps. It's not for beginners, but it's incredibly effective whether you're trying to build muscle or burn fat. Here's where I explain my current routine.

Action Steps:

Reverse pyramid training is NOT for everyone. It is very intense and requires you to lift very heavy weights with perfect form.

That said, if you have followed a workout program for a while and want to take it to the next level, RPT is a fantastic way to keep getting stronger, which will lead to increased fat loss. RPT is also great for preserving muscle loss, which is almost inevitable when you're restricting calories to burn fat.

13). When to Lift Explosively vs. Slowly:

One of the best ways to get stronger WITHOUT increasing the weight you use or the reps you perform is to focus on eccentric training.

Lifting weights explosively is good because:

- **Use More Muscles:** You “recruit” more muscle fibers, meaning you’re using more muscle so you get stronger and burn more calories
- **Build Explosive Power:** You force your body to produce more force in a shorter amount of time, which is the very definition of power. This is great for sports and athletics.
- **Better Coordination:** Your muscles work in unison so you have better coordination when you lift weights explosively.

Lowering the weights slowly has the following benefits:

- **New Muscle Growth:** Lowering the weights slowly is a FANTASTIC way to stimulate more muscle growth.
- **Increased Metabolism:** Lowering the weights is more intense and therefore uses more energy, so you burn more calories
- **Increased Anabolic Hormones:** The more stress your body is under, the greater the adaptation response. In other words, the harder you work your body, the more muscle-building and fat-burning hormones it will produce.

Action Steps:

The next time you workout, take 3-4 seconds to lower the weight, this is called the eccentric part of the movement. When you lift it, you want to explode up. So for example, when you bench press, you want to take 3-4 seconds to lower the weight, but explode it up in 1 second. This forces you to pay attention to your form, builds explosive strength, and

increases the overall “time under tension” which is a known factor to building muscle.

All of this will help you burn more belly fat.

14). In This Case... Form Over Function:

This kind of goes hand in hand with my previous point. Yes, you do need to progressively increase the weight if you want to get stronger. Yes you should be doing more reps if you want to get stronger. But don't do it at the expense of your form. One of my favorite sayings is "start light, do it right". The last thing you want to do is to lift too much weight and end up dropping the weight on yourself. Or sprint for too long and end up pulling a hamstring. Do NOT grind out your reps. If you're lifting weights, you should be able to do 4-6 repetitions with proper form, lowering the weight in 3-4 seconds and raising it in 1 second.

Action Steps:

Make sure that you're exercising correctly. YouTube has tons of demonstrations of common exercises. Go and watch them if you have any questions.

Doing exercises correctly and safely is really important if you want to burn belly fat. Nothing impedes progress like an injury.

15). Focus on “Money” Movements: If you’re trying to build muscle and burn fat, you want to work as many muscle groups as possible. That means you’ll have to ditch the calf raises, bicep curls, and pec deck.

You’ll need to replace them with big, multi-joint, compound movements like squats, bench presses, overhead presses, deadlifts, rows (all variations), pullups, pushups, and dips.

These movements work multiple muscle groups, which cause you to burn more calories, trigger more anabolic hormones, and stimulate more muscle growth.

Action Steps:

Use the workout routine that I laid out in point #1 of this book. It uses compound, multi-joint movements as well as body weight movements that are all designed to give you the biggest bang for your buck.

If not, make sure that your workout routine includes some variation of squats, bench presses, deadlifts, overhead presses, rows, pushups, pullups, and dips.

16). Full Body Workouts for Maximum

Fat Loss: Full body workouts are better for beginners because they tend to use compound movements (squats, bench press, deadlifts, overhead press, rows, pushups, pullups, and dips). Full body workouts stimulate more muscle, burn more calories, and trigger more growth hormone and testosterone production.

They give you the biggest bang for your buck and stimulate the most muscle growth in the least amount of time. Popular full body programs like Starting Strength, StrongLifts 5 x 5, Jim Wendler's 5/3/1, and reverse pyramid training are usually done in 3 days per week so you have to spend less time in the gym to build muscle.

Professional bodybuilders do a lot of isolation exercises, but those are used to make "stubborn" muscles like their calves and biceps to grow bigger. But we aren't concerned with that.

Action Steps:

Follow one of the workouts that I mentioned above to stimulate muscle growth and burn fat.

In addition to these 3-day per week workouts, you can incorporate things like kettlebell swings, burpees, jump rope, mountain climbers, and other bodyweight exercises as cardio twice a week.

17). Eat Lots of Cruciferous Vegetables to Curb Hunger:

Cruciferous vegetables are some of the best things you can eat if you want to burn fat. They have lots of fiber, micronutrients, and water content, all of which helps you feel fuller, for longer.

Not to mention the other health benefits they provide like lower your risk of cancer, fighting free radicals in your body, and phytochemicals that fight and lower bad estrogens that lower your testosterone levels.

Action Steps:

Cruciferous vegetables are very high in nutrition and low in calories. They are a staple for anyone that wants to burn fat. Good examples of cruciferous vegetables include:

- Broccoli (my favorite)
- Kale
- Cauliflower
- Brussel sprouts
- Cabbage

The great thing is that these are all very low calorie so you can eat lots of them and still feel full, all while staying within your caloric limits for the day.

18). Eat High Fiber to Curb Hunger: If you're on a diet to burn fat, you need to make sure that you eat enough fiber, especially if you're cutting carbs. A good number to shoot for is 25 to 40 grams of fiber per day. If you eat carbs like oatmeal and sweet potatoes, you'll be getting good amounts of fiber. Cruciferous vegetables are another great way to get enough fiber.

Obviously, fiber helps you feel fuller and keeps your digestive system intact. It's almost a "miracle" food.

Action steps:

Make sure you eat lots of vegetables. You can also eat FiberOne bars and high fiber bread and tortillas... you can find them at most grocery stores these days.

19). Cycle Your Carbs and Satisfy Your

Sweet Tooth: Carb cycling is one of the smartest dietary strategies I've ever heard of and is used by pro bodybuilders and fitness models.

The premise is that when you lift heavy weights, your body needs more glycogen to fuel the muscle contractions. Since your body turns carbs into glycogen, you need to be eating more carbs.

Carb cycling is when you eat more carbs on weight lifting days and less carbs on rest or cardio days. This way you have enough glycogen to lift heavy in the gym and to ensure that your hormone levels are high. So you don't need to skip carbs, just eat them on weight lifting days and eat less on rest days.

Action Steps:

Forget low-carb diets. With carb cycling you can eat your favorite carbs; you just eat them on days that you lift weights. For example, if you weigh 200 pounds and are eating 1800 calories per day to burn fat, here's what you would eat on a weight lifting day:

- 200 grams of protein
- 285 grams of carbs
- 126 grams of fat

On non-weight lifting days, eat things like salad, steak, eggs, cheese, fish, roasted vegetables, and nuts. On weight lifting days eat all of those things as well as bread, rice, pasta, *etc.* Here's what that would look like:

- 200 grams of protein
- 100 grams of carbs
- 40 grams of fat

Of course this is just an example, but hopefully you get the idea. You can still eat carbs, you just eat them on days that the glycogen will be burned *i.e.* weight lifting days.

20). Use Body Weight Exercises to Give Your Body a Break:

Bodyweight exercises are great because they can be done anywhere, incorporate multiple muscle groups, and force your body to work through space, causing more neuro-muscular stimulation. They're also good to do to test your relative strength, prevent injury, and burn fat.

L

Action Steps:

Make sure that you incorporate pushups, pullups, dips, box jumps, inverted rows, and pistol squats into your training routine. If you follow the workout I laid out in point #1 you'll be all set.

Bodybuilders and fitness models know just how effective these exercises are at burning fat and maintaining muscle.

21). Harness Stress: Stress is good. It is the stimulus for a muscle growth and adaptation. Your muscles grow from stress. As long as you sleep enough and eat enough, your body will burn fat and build muscle.

It's *chronic* stress that is bad for you. It causes your body to release the stress hormone cortisol that, overtime, wreaks havoc on your body. At the end of the day, make sure that you relax, take long walks, meditate, spend time with friends and family, breathe deeply, and otherwise try to manage your stress.

Action Steps:

Don't avoid stress, just have strategies to better cope with it:

- Meditating
- Journaling
- Spending time with friends and family
- Volunteering and helping others
- Taking long walks in nature

Chronic stress raises cortisol levels in your body, breaking down muscle, causing fat gain, and aging you faster. Left unmanaged, stress causes a lot of modern diseases too.

Top models and actors know the importance of proper sleep and stress management to get burn fat and stay lean.

22). Black Coffee to Get Stronger and

Kill Hunger: Coffee is a great drink to help build muscle and burn fat. Coffee is also known to curb hunger. Research has even shown that caffeine may help lessen pain and fatigue associated with weight lifting. There's also some evidence that drinking coffee before a workout can help make you stronger in the gym.

Action Steps:

Drink lots of coffee. I aim for about 3 cups per day. I find that I'm stronger in the gym when I drink coffee and don't feel as much hunger.

**Another pro tip is to drink black coffee with stevia or Splenda to curb chocolate cravings. You can even add cinnamon and cocoa powder to it and get the health benefits of both.

23). Eat Lots of Greek Yogurt for Protein

and As a Dessert: Greek yogurt is a great source of protein; 24 grams per cup. It's cheap. It has lots of calcium and vitamin D.

Action Steps:

People don't like the sourness of it, but it's very versatile and you can add all sorts of things to it:

- Dates
- Honey
- Jelly
- Chocolate covered almonds
- Blueberries
- Chia seeds
- Peanut butter
- Cereal

Just Google Greek yogurt recipes and you'll find all sorts of stuff you can eat with it. But it's an amazing "secret" I discovered to get lots of protein and satisfy my sweet tooth.

24). Take a Multi-Vitamin: If you're lifting heavy weights to build muscle or burn fat, you need to make sure that you are getting enough macros, water, fiber, vitamins, and minerals.

Real food should be your preferred source of all of these (even above protein shakes) but it's not always possible, especially if you're on a diet with the intention of burning fat. In that case, taking a multi-vitamin and multi-mineral might be a good idea.

Action Steps:

Pretty self-explanatory... go get a multi-vitamin from the store. Way better for your body than steroids!

25). Creatine to Get Lean: About creatine, world-renowned nutritionist Alan Aragon stated “*the only legal stuff that really works is creatine...*”

Creatine works as a fuel source. Your body uses glycogen (stored glucose, mainly from carbs) to fuel aerobic activities. When you perform anaerobic activity like weight lifting, jumping, sprinting, *etc.* your body uses a substance called adenosine triphosphate (ATP). Your body stores way more glucose than it does ATP, so supplementing with creatine has been proven effective to help you get stronger and lift more weight in the gym because it helps your body produce more ATP.

Action Steps:

Buy a good quality creatine and take it as directed (typically post-workout)

Be warned that creatine causes bloating for some people. It will help you get stronger and leaner, but you may have some bloating. You'll still be losing belly fat though.

26). Train Fasted to Burn More Fat: I know this is just anecdotal, but I noticed that I almost always lift more weight, or perform more repetitions when I train fasted. I have friends who noticed the same thing. I will drink lots of water and black coffee before hand and then take about 10 grams of branch chained amino acids (it's supposed to help prevent muscle loss).

There are studies that explain the benefits in detail, but it's purported to help burn more fat. At the end of the day though, fat loss and muscle building is about calories in vs. calories out, so don't think that just because you train in a fasted state you'll automatically lose weight. If you are generally under your caloric needs, you will lose weight, training fasted may give you a little boost. As for building muscle and getting stronger, I noticed that I lift more when I'm fasted.

Action Steps:

Follow one of the intermittent fasting protocols (mentioned in point #8 above) and lift weights on an empty stomach.

Be sure to drink lots of water and coffee and even take 10 grams of BCAA.

27). Deload Every 3 to 6 Weeks to Give

Your Body a Break: Deloading is when you take a planned break from working out. It gives your joints, ligaments, and tendons a chance to recover fully.

This is a good idea if you lift very heavy and is planned into Jim Wendler's 5/3/1 program. Others like Mark Rippetoe believe that a deload should be done when necessary, but Wendler plans it into his training protocol, as well as other professional trainers like Tony Gentilecore.

The premise is that you get stronger when you recover, and lifting weights over and over again without a planned break doesn't give your body the time it needs to fully recover.

Action Steps:

If you lift heavy weights, take a full week off every month. You'll allow your connective tissue (ligaments and tendons) to recover from all of the loads you're placing on them. During this week you can do the following activities:

- Swim
- Walk
- Bike
- Rollerblade

Just like the story of the Goose and the Golden Egg, you have to take care of your body and give it time to re-cooperate. If you don't you'll take one step forward and two steps back.

I've even noticed that I actually get stronger when I take a week or so off.

28). Get Comfortable Gaining Fat or

Losing Strength: Now this is a tough pill for most guys to swallow, but unless you're a rank novice, it's very hard to build muscle and burn fat at the same time.

If you've never worked out before, then yes. That's why you see people talk about "cutting" and "bulking". If you're trying to build muscle, you need to eat more. If you want to lose fat, you need to eat less. It's as simple as that.

A side effect of that is that you will get stronger, build muscle, and gain some fat. Now you can minimize fat gain by being really strict about how many extra calories you consume (10% above your TDEE is a good goal) and doing HIIT and sprints, but you need to make sure you still are in a caloric surplus to build muscle.

Action Steps:

Just remember that unless you're a complete beginner or are on steroids, if you try to lose fat, you will inevitably lose some muscle. Likewise, if you're trying to gain muscle, you'll inevitably gain some fat. That's just how it works. Here are some steps you can take to prevent muscle loss if you're trying to burn fat:

- Lift heavy weights
- Eat lots of protein (about 1 gram per pound of bodyweight)
- Take branch chain amino acids before working out (if you train fasted)
- Eat a good amount of carbs on days that you work out

Here's how to minimize fat gain when you're bulking:

- Eat 10% more calories than your total daily energy expenditure (TDEE)

- Do HIIT cardio after your strength training sessions (jump rope, kettle bell swings, burpees, sprints, etc.)
- Take lots of walks throughout the week to help with muscle recovery and to burn some fat

If you want to cut fat, you will eat less, which will cause you to lose fat and some muscle. You can reduce muscle loss by eating enough protein, lifting heavy, and taking branch chain amino acids prior to working out (if you train fasted).

29). Choose One Goal: Look, burning fat and building muscle at the same time IS technically possible, but it's not that easy. Unless you're taking steroids... which is illegal of course. And since I'm guessing that you aren't actually a model, bodybuilder, or actor, you don't need to take steroids anyway.

So you should choose one goal; either to burn fat or build muscle and build your workout and diet around that. Otherwise you'll be frustrated. And like I mentioned in point #28, you will either gain some fat or lose some muscle, but that's just a part of the process.

Action Steps:

Either eat at a 10% surplus if you want to get stronger and build muscle, or eat at a 20% deficit if you want to drop 1-2 pounds of fat per week.

Choose one goal and pursue it ruthlessly.

30). Use a Digital Scale and Measuring

Cups: Some guys swear that they can't lose weight no matter how little they eat. Others swear that they can't gain muscle no matter how much they eat. Like I mentioned earlier, you need to track what you eat if you want to build muscle or burn fat. So here's what you need to do, buy a digital scale and measuring cups and start weighing out your food. I understand that it seems mundane, but it's the only way to know how much you're really eating. Of course, this means that you should have a meal plan and know how many grams of protein, carbs, and fat you should be eating per day to hit your goals.

Action Steps:

Once you're created a list of your favorite foods (see point #4), then you should measure out how much of each food you need to eat to meet your calorie and macronutrient goals.

So measure out one cup of rice, 50 grams of steak, 2 tablespoons of olive oil, *etc.* The good thing is that once you do this, you'll be able to eyeball foods. But in the beginning this is very helpful.

So put those measuring cups to use!

31). Stand Up More: There's a lot of research proving that sitting all day is bad for your health. So if you work at a desk 8 hours per day and drive 1-2 hours per day, you're at risk for the following:

- 50% greater risk of death from any cause
- 125% greater risk cardiovascular issues like chest pain and heart attack

Of course, sitting too much has the potential to make fat too.

Action Steps:

- Make sure you take a short walk around the office or even around the house every hour
- Try to stand more while working. Standing desks are expensive, so maybe you should commit to standing during phone calls

Standing burns very few calories, so I'm not saying this is the end to all of your belly fat woes, but every little bit helps.

32). Calories Are a Moving Target (here's

how to hit them): This is simple, figure out your basal metabolic rate (how many calories you need just to survive if you were in a coma) then multiply that by an activity multiplier factor (this accounts how much weekly activity you do). Then eat 25% less than that if you want to burn fat, or 10% above that if you want to build muscle.

Action Steps:

Calculate your daily caloric needs and make sure that you eat the right amount of calories. The truth is that you will have to keep calculating your caloric needs over time and tapering your calories down as you keep losing weight.

The caveat is if you're actively building muscle. In that case you will lose belly fat and while still building muscle (if you're beginner)

33). Play a Lot (even in bed): World-renowned fitness expert Jason Ferruggia talks about the importance of getting out and having fun, whether it's martial arts, basketball, surfing, biking, hiking, whatever. It's good for relieving stress and helping with recovering from your intense workouts.

Action Steps:

Pretty self-explanatory stuff:

- Play with your kids
- Join a softball or volleyball team
- Go biking
- Take a martial arts class
- Go rock climbing
- Take hikes
- Swim
- Be intimate with your husband/wife

Living an active lifestyle where you aren't actively "working out" will help you burn calories and stay in shape without feeling like a chore.

34). “There’s an App For That!”: You have to track what you eat if you want to see results. Since you’re already made a list of your favorite foods and calculated the calories, you shouldn’t really need an app (because you’ve done the work on the front-end). But having an app is helpful for when you eat foods that aren’t on your meal plan and you want to know how many calories you ate.

Action Steps:

[MyFitnessPal](#) and [FatSecret](#) are really popular apps to help you do just that.

35). Cook in Bulk So You're Always

Ready: I love this article called [How to Get Ripped in 2 Evenings a Week](#). Long story short, cook your food in bulk ahead of time, pack it in Tupperware, and you're good to go. This is related to point #4 again and I'm re-iterating it because it's so important.

Action Steps:

- Calculate your TDEE (total daily energy expenditure) using an online calorie calculator
- Eat 20 to 25% less calories than your TDEE
- Make a list of your favorite foods
- Measure out the amount of food you need to fit your calorie goals
- Go grocery shopping once a week and get all of ingredients
- Cook all of your food twice a week (for example Sunday and Wednesday)

36). Stuff Your Face Every Once in a

While: Cheat days. Carb cycling. Diet breaks, what do they all have in common? They give your body the chance to eat more calories, allowing your body to reset leptin levels, increase thyroid hormone output, and increased energy expenditure.

Bottom line is if you're eating under your TDEE calorie amount, you need to occasionally eat more calories. It can be in the form of a cheat day or carb cycling. I like the LeanGains method of eating 20% below your TDEE on rest days and 20% above your TDEE on lifting days. It's easy to do, allows you to eat your favorite junk foods, and helps you still have a social life.

Action Steps:

- If you're eating at a caloric deficit, spike the calories once a week (about 10% above your TDEE) Go ahead and eat that pizza, cake, or ice cream. You need a break
- If you're following something like LeanGains intermittent fasting, then just eat at a caloric surplus on your weight lifting days

37). Visualize Being Stronger and Leaner:

If you've ever read the book *PsychoCybernetics* by Dr. Maxwell Maltz, you'll know the power of visualization. Essentially, visualizing your goals or desired-outcome can help you achieve it. Your mind will help you achieve the desired goal.

It sounds new-age, but there's a reason that elite Olympic athletes use these techniques. [Read this article at Business Insider for proof.](#) [And read this one from Psychology Today.](#)

Of course, there's no substitute for having a plan and executing it. But visualizing your end-goals helps you stay motivated, helps you think of more creative ways of dealing with obstacles, and helps you refine your plan so that you can achieve your goal. So you have to imagine yourself as being bigger, stronger, leaner, hitting your numbers on a certain lift, *etc.*

It all starts in the mind.

Action Steps:

Spend part of your day imaging and powerfully visualizing your end goal.

- Imagine how you would look with a slimmer mid-section
- Imagine how you would feel with no belly fat
- Imagine how you would act (using the tips in this book of course!) to get leaner, slimmer, and stronger

It really does all start in the mind. Wishing, dreaming, and hoping isn't enough. You have to visualize your end goal with powerful emotions of confidence, happiness, and fulfillment to give you the motivation and drive to keep taking the actions that will get you the result you desire.

BONUS TIP

38). Eat Slowly: In our fast-food obsessed culture, people don't often have time to sit down and enjoy a meal. The problem is that eating too fast causes us to overeat and not appreciate our bodies' natural satiety cues.

Action Steps:

The next time you eat, make sure to sit down, appreciate your food, chew slowly, and appreciate the flavors and textures that you're eating. This will cause you to eat less and feel more full.

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I wanted to thank you for purchasing and reading this entire book. If you liked it, please leave a 5-star rating for it and feel free to email me at raza@thescienceofgettingripped.com if you have any questions.

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Table of Contents

- [1\). Don't Underestimate Strength Training](#)
- [2\). HIIT/Sprints for Rapid Fat Loss:](#)
- [3\). Slow Cardio Is Important Too:](#)
- [4\). Make a List of Your Favorite Meals... Then Eat Them Over and Over Again:](#)
- [5\). Eat Enough Protein to Curb Hunger:](#)
- [6\). Sleep More to Optimize Hormones](#)
- [7\). Drink More Water:](#)
- [8\). Intermittent Fasting for Fat Loss:](#)
- [9\). Progressive Overload Each Workout:](#)
- [10\). Decrease Rest Intervals](#)
- [11\). Don't Play "Patty Cake" In the Gym:](#)
- [12\). The Power of the Pyramid:](#)
- [13\). When to Lift Explosively vs. Slowly:](#)
- [14\). In This Case... Form Over Function](#)
- [15\). Focus on "Money" Movements](#)
- [16\). Full Body Workouts for Maximum Fat Loss](#)
- [17\). Eat Lots of Cruciferous Vegetables to Curb Hunger](#)
- [18\). Eat High Fiber to Curb Hunger](#)
- [19\). Cycle Your Carbs and Satisfy Your Sweet Tooth](#)
- [20\). Use Body Weight Exercises to Give Your Body a Break](#)
- [21\). Harness Stress:](#)
- [22\). Black Coffee to Get Stronger and Kill Hunger](#)
- [23\). Eat Lots of Greek Yogurt for Protein and As a Dessert](#)
- [24\). Take a Multi-Vitamin](#)
- [25\). Creatine to Get Lean](#)
- [26\). Train Fasted to Burn More Fat](#)

- [27\). Deload Every 3 to 6 Weeks to Give Your Body a Break](#)
- [28\). Get Comfortable Gaining Fat or Losing Strength](#)
- [29\). Choose One Goal](#)
- [30\). Use a Digital Scale and Measuring Cups](#)
- [31\). Stand Up More](#)
- [32\). Calories Are a Moving Target \(here's how to hit them\)](#)
- [33\). Play a Lot \(even in bed\)](#)
- [34\). "There's an App For That!"](#)
- [35\). Cook in Bulk So You're Always Ready](#)
- [36\). Stuff Your Face Every Once in a While](#)
- [37\). Visualize Being Stronger and Leaner](#)
- [38\). Eat Slowly:](#)