

Weight Loss Trainer

Madelyn Smith

The Hollywood Trainer Weight-Loss Plan Jeanette Jenkins,2007-05-03 A complete holistic fitness plan for women from a noted celebrity trainer From one of the country's leading fitness professionals and personal trainer to many celebrities comes a fresh, new, holistic fitness program based on seven guiding principles, featuring a 21-day plan to achieve wellness and weight loss. Beginning with a series of simple yet comprehensive self-tests, readers assess their current physical and emotional state. Armed with this key information, readers then access essential nutrition information, exercises, recipes and menus, plus motivational strategies. Perfect for people at any fitness level, this weight-loss plan offers a strong inspirational component that gets readers revved up and keeps them on track towards health. This empowering book is illustrated with detailed black-and-white exercise photos along with before-and- after pictures and testimonials of many people who have successfully followed this program.

FIT ME - Professional System of Nutrition and Training Florin Mihai,2020-05-01 What's in the complete FIT ME guide? FIT ME is a unique combination of nutrition and exercise. Follow the programmes separately, but together they deliver the results you are looking for. *Training plan for 11 weeks - A detailed plan for every day. All you need: 2 adjustable dumbbells - Just 45-60 minutes a day for three days a week - The most effective exercises and techniques - Carefully controlled progression and intensity - Develop all muscles evenly - Burn fat quickly - Develop strength, mobility and muscle tone I want you to get it right! - Step by step instructions. - Click on the workout plan to see a demonstration video. - Learn the key points to pay attention to in executing each exercise. - Prevent injuries and exercise safely *Understand the principles that lead to accelerated weight loss and the development of muscle mass Unattractive fat will disappear from all areas, leaving a fit and shapely body. Modern and professional nutritional plan Once you learn how to be really healthy you will also learn how to reach and maintain your optimal weight. The FIT ME programme is all about healthy lifestyle. - Nutritional strategies related to a healthy lifestyle. - Clear explanations of which foods to eat, when and why - Creating a food plan tailored to your personal needs - Principles that allow you to burn fat and grow muscle mass - Nutritional tips and secrets from top experts in the fitness industry *Valuable information and secrets for effective and healthy weight loss and a fit and attractive body - Metabolic adjustment and maintenance of weight loss - The crucial role of hormonal optimization - Myths and illusions that have sabotaged your previous weight loss attempts - Implementing modern motivational methods Remember the goal – a fit and healthy body There's a story behind the FIT ME book It's hard for me to describe why one person's pain and struggle with obesity had such an impact on me. All I know is that it did – and that my own life took a different path as a result. I was on my way home after a busy day – standing in the corner store trying to remember what I was meant to buy for the kids. As I called home to ask, What did you say I had to buy? I heard the beep of someone calling me. I'll call you right back, someone's calling me. It was a call from an unknown number. Even though I had had a busy day, I still answered the phone, Hello, FM Personal Trainer, how can I help you? Hi, I need help... Please! I could hear the sadness and despair in the voice. This was someone who really needed help! He says he has to lose weight and needs to see me immediately. It's late, and I try to schedule for another day, but he insists, and I can hear from his tone that he can't stand much delay. So I agree and start driving to the indicated location. He tells me that he'll wait in front of his house – and I won't miss him because he's so large. I call home again. I'll be there later, a new client has appeared, and I hear the displeasure in my wife's voice... When I reach the destination, I can see he was right – he is large! He's also young, probably less than 20. There are only two steps in front of the house and he's struggling to climb them, holding the door frame tightly to pull himself in. Let's call him Joe. Joe starts to tell me his story. He lists the multitude of diets he has tried and the failed attempts to exercise. I understand him. I was like this once... Finally, he tells me resignedly: It's genetic, there's nothing I can do, I think I have to live with it. Before I can contradict him, his mother comes into the room, carrying a stack of beautifully washed and ironed shirts which she puts carefully into a bag, saying, “I have prepared your work clothes for tomorrow.” Then with a gentle smile, she says to me, He inherited it from me. I have morbid obesity. She gives me the list of problems that she has. She can't even stand for long and spends most of her time sitting in a wheelchair. I am curious about the shirts and ask what work Joe is doing. I pack vegetables, but because I sweat a lot, I have to change every 2 hours otherwise I get cold. I really can't afford to get sick and stay at home. I have two younger brothers who go to school, and there's my mom who is sick. So I have to work. I use five T-shirts a day, but it's okay, I'm used to it.” I completely forget about the busy day and my fatigue. I start pouring out information that will help him lose weight. I want to – I have to – help him. I begin to explain, one after the other, all the mistakes he has made, how he lost muscle mass through starvation, why he does not lose weight even if he eats very little, the role of hormones, why diets are not effective, the health benefits of losing weight but then I realize this is way too much information all at once. All right, here's what we'll do. Tell me what you like to eat, and I'll create a nutritional plan for you. From tomorrow you will start to eat as we planned, and gradually I will explain to you everything you need to know so that for the rest of your life you'll understand the principles of a fit and healthy body. I see the hope in his eyes and a determination to succeed even if he doesn't yet understand much about what he should do. He's confident again, and I can feel his excitement! Suddenly the sadness returns. The problem is that from next week we move to another city. The company I work for has seasonal vegetable warehouses, and the vegetable season here will end this week. I really want to do this, but it looks like I'm going to fail again before I start. How many weeks of counselling should I have with you, and how much does it cost? I know a personal trainer

is quite expensive and I don't know if... I try to stop him. This is not about money. He insists and takes cash from his pocket to pay me, but I really can't take the money... I literally can't! I feel like I need some fresh air. I say goodbye in a hurry. I get in the car and I actually feel overwhelmed by sadness, compassion, but also admiration for his determination to take on responsibilities for his family and to keep looking for a solution for his own health problems. He's got to make it; he's got to do it! I promise myself I'll do everything I can to help him and find a way to advise him even if he's far away. I get home and the kids are all over me, wanting to know why I am late. I can't talk about it... So that's how it started. That night I worked to sort out his nutritional plan and to find a solution for the future. From the next day, he started eating according to my nutritional plan. And I started writing every night - chapter after chapter covering absolutely everything that he needed to know to get results. He left the city, and at the end of every week I sent him a new chapter. I was working during the day doing workouts and providing nutritional advice as usual, but I couldn't wait to get home so I could write some more. After the first month, he had lost a good few pounds and his self-confidence had grown enormously. He started posting pictures of himself (His previous profile picture was of a wild horse). After almost three months he had dropped multiple clothing sizes and was increasing the intensity of his exercises. He sent me a message: Guess what? I have a girlfriend. I knew how much it meant to him, and I was so happy. He'd lost some weight, his clothes fitted him – but this is what was really important: his self-esteem and self-confidence were growing, and he was making a huge difference to his overall health. Meanwhile, his willpower and determination to stick to the nutritional plan and the training programme despite being so far from me, his personal trainer, inspired me to write my first book on nutrition and training. I collected all the chapters I had written and linked and improved them, even adding demonstration videos with workouts that could easily be done at home. I wouldn't have thought of writing a book before, but sometimes when you believe you are inspiring and helping someone else, you actually get inspired and help yourself. I sent Joe the first copy of my book and can only thank him for allowing me to meet him and help him. Today I want to share with you everything I wrote over this time. I know that if you are like Joe, you can learn everything you need from my book and you can apply it, wherever you are. I'd be so happy to add you to my list of distance clients who have had impressive results. Florin Mihai - Personal Trainer

Fat Loss NOW Madelyn Smith, 2015-03-15 *Fat Loss NOW: Top Personal Trainers System to Burn Fat and Tone Up Now* Have you ever tried to go on a diet to lose weight, only to find that despite the hunger and frustration, you didn't manage to lose any weight? Trying to lose weight used to be a tough and relentless effort...until now! *Fat Loss NOW* is an amazing fat loss system developed by top personal trainer, Madelyn Smith. You are just minutes away from discovering.... Why Your Having Trouble Losing Weight How to Fix Your Fat Loss Plan for Good Secrets Behind Quick Weight Loss Success Stories The Calorie Debate Gets Settled Personal Trainer Exercise Secrets And so much more! You can save the expense of hiring a personal trainer...yet still get *Fat Loss NOW*. Get started today!

Lose Weight, Feel Great Kevin Given, 2009-04-13 Kevin Given is a personal trainer with the Private Trainers Association (www.propta.com). Kevin spent over twenty years with his own personal 'Battle of the Bulge' trying to lose weight with every fad diet on the market until he finally hired a personal trainer that showed him how to lose the weight and keep it off once and for all. Now Kevin has become a personal trainer to help those in the same way that he was helped. Does this sound like you? You've tried low carb diets, low fat diets, all vegetable diets, all yogurt diets and any fad diet that came your way, Kevin did too! He even went through army basic training and got down to 175 pounds only to regain the weight when basic training was over. Kevin couldn't understand why he wasn't able to keep the weight off. If this sounds like you then you should buy this book. The techniques described in this book worked for Kevin and they can work for you too. Check out the before and after photo's in this book. Kevin went from his peak weight of 265 pounds down to 190 pounds in less than six months, and he has kept the weight off! You can too. Kevin is a compulsive eater that doesn't know when to quit, yet he lost all that weight and still maintains a healthy lifestyle. If you want to lose weight and keep it off, then this is the book for you. Kevin describes why fad diets don't work. You might lose a few pounds on a fad diet but you will gain the weight right back, because you lose the wrong kind of weight and you go about it the wrong way. Included is a nutrition guide, a work out guide and a calorie counter to help you achieve your weight loss goal! It's time to keep that New Years resolution that you made to yourself and get that bathing suit body back just in time for summer. Whether you need to lose ten pounds or one hundred and ten pounds, the time is now! Buy this book today, after all what have you got to lose? Except more weight?

The Never Say Diet Personal Fitness Trainer Chantel Hobbs, 2010-11-03 If you want to lose weight for good, learn a secret from Chantel Hobbs: to change your life you first have to change the way you think. After years of failed diets, Chantel discovered the power of the “brain change.” She made five nonnegotiable decisions, developed a balanced plan for exercise and nutrition, and lost 200 pounds. Now, through writing, speaking, and her work as a personal trainer, she inspires others to achieve far more than they thought possible. With *Never Say Diet*, you can:

- Ditch your self-defeating habits and start dreaming big again
- Develop a driving passion for personal fitness
- Look at food as fuel and not as your best friend
- Learn how God wants to help you win!

Put an end to the diet drama. Whether you want to lose fifteen pounds, fifty, or one hundred fifty, Chantel will show you how to make your commitments stick—producing results that last! It's not easy, but it really is as simple as it sounds. First you lose your excuses, then you lose weight for good. You'll never say “diet” again.

Training for Life Debbie rocker,Laura Tucker,2009-09-26 Celebrity fitness trainer Debbie Rocker is one of the original developers of Spinning, the international fitness phenomenon, and a world record holder in cycling. In TRAINING FOR LIFE, Rocker shows readers how to use walking, the body's most natural form of exercise, to achieve total transformation in a mere two weeks. She presents her personalized fitness philosophy in a 14-day program that includes walking basics, dietary recommendations, and additional upper body workouts that tone muscles, build bone density, and speed weight loss. Readers will discover how they can build confidence, attain total fitness, and train their minds to think of exercise and eating right as fulfilling, important parts of life.

Strength Training for Fat Loss Nick Tumminello,2023-08-14 Lose fat. Add muscle. Look great. No fads or diets are required—just hard work, sensible strategies, and science-based programming to achieve the results you desire. In Strength Training for Fat Loss, Second Edition, internationally renowned trainer Nick Tumminello provides the formula for transforming your body. He explains how to use the three Cs of metabolic strength training—circuits, combinations, and complexes—to accelerate your metabolism and maximize fat loss while maintaining and even adding muscle. In this updated second edition, you'll find more than 150 exercises using barbells, dumbbells, kettlebells, machines, or just your body weight, basic guidelines for eating sensibly to accelerate your metabolism, over 50 ready-to-use metabolic strength workouts, color photos demonstrating the exercises, at-home workouts that require minimal equipment, and beginner workouts for those new to strength training as well as advanced exercisers. Practical and accessible, Strength Training for Fat Loss is your guide to creating and maintaining the physique you seek. Earn continuing education credits/units! A continuing education exam that uses this book is also available. It may be purchased separately or as part of a package that includes both the book and exam.

The 100 Pound War James Rice,2020-12-12 “This is a no-holds barred look at weight loss. A must-read for any dieter” - Brian Song, Personal Trainer Through anecdotes and personal battles, The 100 Pound War will show you how to win the weight loss war against the toughest opponent: yourself. If you or a loved one are struggling to lose weight, this book will be the motivation to embark on the weight loss journey. “Something important about the story is that James is not selling a product. It's all about the commitment to yourself and the discipline to fight and win the daily battle between your brain and your body.” - Paola Rossi, Gym Owner The 100 Pound War is an enjoyable, fast-paced book told through the eyes of James Rice - a 48 year old man who nearly 300 pounds (135kg) and feeling totally defeated. He was taking 6 pain killers a day. Pre-diabetic. High blood pressure. Arthritis. He barely fit into XXXL t-shirts. He couldn't get up a ladder to change a light bulb. Walking up and down stairs made him sweat. Then he found Trainer Saber and together they won The 100 Pound War. The book includes help on how to lose weight during the COVID-19 pandemic and will give you advice on: How to Get Started to Lose Weight The Foods You Need to Avoid Real Food to Buy - no crazy recipes, sardines or expensive alternatives Must Buy Supplements How to Start to Exercising and Keep Improving Carb and Sugar Craving Survival Tips Win the Battle Between Your Mind and Body The 5 Most Important Points You Must Control to Lose Weight Tips to Handle Stress and Sleep Realistic Weight-Loss Expectations Plus all the daily highs and lows of losing 100 pounds. Trainer Saber is a certified Personal Trainer with a degree in Fitness and Lifestyle Management. He is a Nutrition and Weight Loss Specialist and co-owner of a gym. Trainer Saber specializes in body transformation. Two years later, James weighs in at 171 pounds with a BMI of 23% and at the age of 50 he is studying to be a personal trainer. “James shows that dieting for weight loss is like putting a band-aid on cancer, it doesn't treat the disease. The true cure to obesity lies in education first and foremost. The rest comes down to focusing on your why” - John Kovalski, Founder T2 Nutrition and Wellness, Host of The JAK'ed Up Podcast If you are unsure of where to start to transform your life, The 100 Pound War gives the fundamentals of weight loss through James' personal struggles and accomplishments to help you reach the 100 pound weight loss goal. “Personal, truthful and a motivation to many. The book is very impressive.” - Barb Say, High School Physical Education Teacher

Coach Kevin's Weight Loss Workbook Coach Kevin Trumpfeller,2015-12-27 Coach Kevin's Weight Loss Workbook A 30-Day Action Plan and Activity Guide For Safe and Permanent Weight Loss! Originally intended as a workbook to accompany Coach Kevin's Weight Loss Workshops, this educational and motivational guide is now available as a stand-alone resource for anyone who needs help reaching their weight loss goals. Coach Kevin's Weight Loss Workbook contains over 200 pages of educational course material, worksheets, weight loss activities and blank food diary and food and activity journal pages...enough for thirty days! The Weight Loss Workbook will help you Identify and write your weight loss goals. Explain and understand the reasons WHY you want to lose weight. Explain the need to POST copies of your written weight loss goals. How to Record your starting weight and beginning measurements. Help you list the foods and drinks that you normally eat. Evaluate that list of foods and drinks. Identify healthier foods that you SHOULD eat. Develop a list of fruits to add to your diet. Take photos of your before cabinets and fridge. Evaluate the GARBAGE foods in your kitchen. Swear an Oath to get rid of that garbage. Calculate the amount of water you SHOULD drink. Make a practice run to the store with your new list. Identify ways to move more and exercise. Identify how to handle stress without eating. Identify your Weight Loss support system. And so much more....Order your copy today and start losing weight by making positive changes in your diet, health and happiness!

Be Your Own Weight Loss Coach Gregory Groves,2016-08-12 In my debut book, I offer a way of coaching yourself by not only losing the weight, but by using proven life coaching skills and techniques in a way that will help you fix the problem from the inside out. This book will help you break the

struggles of sticking to a weight loss program. *Be Your Own Weight Loss Coach* uses a unique variation of the SMART system to help you break through the barriers of failure for good. This book helps to motivate you from the inside, by dealing with the internal issues that most other books and programs do not. This is not just another typical exercise book based on yet another new exercise program that promises more of the same. This is more about motivating you from the inside out, so you will actually start to enjoy all forms of physical activity.

Holy Spirit, My Personal Trainer Jennifer Ritchie, 2012-06-12 Do you struggle to lose weight and keep it off? Have you gone from one diet to another, trying to find the right one that will give you permanent success? As a believer, do you have a desire to honor God with your body, recognizing that it is a temple of the Holy Spirit? If your answer to these questions is yes, then you too can learn, as Jennifer did, that inviting the Holy Spirit to be your personal trainer is God's best success plan for you. Applying the principles taught in this book can take you to new levels of freedom in all areas of your life. God is interested in far more than just your physical well-being. His personal, unique plan for you encompasses everything. Join Jennifer on this journey to complete physical, emotional, and spiritual health, as you dig into God's Word and develop a close relationship with the Holy Spirit. Let Him become your personal trainer, leading you to the truth that will set you free.

Get with the Program! Bob Greene, 2004-01-02 The bestselling author of *Make the Connection* delivers the keys to losing weight and staying fit for a lifetime. *Get with the Program!* can inspire readers to reach and maintain their weight and fitness goals.

No Time to Lose Debbie Lazinsky, 2017-08-01 A certified personal trainer whose amazing weight loss was featured in *People* magazine shares her secrets! Debbie Lazinsky once weighed over three hundred pounds. Then she transformed her body and her health so successfully that she was profiled in *People*. Now, Debbie is a certified health coach and trainer who dedicates herself to helping others overcome their own obstacles—safely and sensibly. No one wants to be on a diet—and it's just as well, because diets don't work. Learning the essentials is the key to successful, natural weight loss, and Debbie teaches anyone struggling how to achieve and maintain a healthy weight without ever dieting again. How did she lose 185 pounds and keep it off? In this book, she tells her story—and explains how foods that are currently being eaten are contributing to excess weight and how to settle into a pattern of steady weight loss. If you're sick and tired of all the false promises and gimmicks, *No Time to Lose* can help with a proven system that's simple and efficient and can be tailored for each individual. Discover the truth about what's been getting in many people's way of having a body they enjoy and being at a weight that works for them!

Coach Kevin's Weight Loss Workbook Worksheets Coach Kevin Trumpfeller, 2016-01-23 Continue your weight loss journey with this additional 30 day supply of worksheets, food diary and food journal pages! Once you have completed your first 30 days of weight loss with *Coach Kevin's Weight Loss Workbook*, you can continue to track another month of your weight loss progress with this 30 day supply of worksheets and journal pages. Why stop now?

The 20-Minute Body Brett Hoebel, 2015-03-24 The former *Biggest Loser* star and celebrity trainer presents a high intensity workout and eating plan that delivers big results in just 20 minutes a day. From his days as a trainer on *The Biggest Loser*, Bret Hoebel knows that when people log hours on a treadmill, they'll lose weight. But he also knows that most of his clients don't have the schedule or the desire to spend that much time at the gym. And the truth is—the number of minutes you spend working out isn't the key to weight loss: intensity is. Time and again, Brett meets clients who've been making the same mistakes—not only are they focused on the clock, but they're also concentrating on fat burn and pounds lost as markers of success. And with a fat-first focus on losing weight, plateaus come quickly and often. But it's not about fat, it's about muscle. In *The 20-Minute Body*, Brett explains why the key to long-term weight loss is building muscle. The more lean muscle your body has, the more calories your body will burn at rest. Metabolic muscle is the secret to fast metabolism. And all you need is 20 minutes a day to create it. Additionally, when you focus on inches, not pounds, you'll find that you fit into your clothes better and love the shape of your body. Weight is misleading—muscle weighs more than fat, but it takes up far less room. So throw away the scale and invest in a tape measure to track your success. *The 20-Minute Body* will help you lose 20 inches—from around your stomach, hips, thighs, and arms—in just 20 days. All it takes is 20 minutes of exercise, paired with 20-minute meals that are focused on nutrient quality, not calorie counts. Brett offers readers sample meal plans and recipes for meals, snacks, and desserts the whole family will love—all of which can be thrown together in 20 minutes or less.

Fitter Faster David Kingsbury, 2018-05-03 . Drop up to 4 pounds a week, safely and sustainably, with the revolutionary 8 week fat-loss plan from acclaimed celebrity personal trainer, David Kingsbury. Most diets don't work because they aren't personalised to YOU. David has combatted that, providing tailored menus and movement plans that can be applied to anyone. Split into three sections, the route to a healthier, slimmer you has never been so easy: 1) THE PLAN - how to tailor your calorie intake and movement regime to achieve your personal goals 2) THE RECIPES - over 70 easy, delicious and healthy meals to ensure weight-loss while keeping you satisfied 3) MOVEMENT - simple exercise routines that provide results fast Using the methods that have worked on the actors and actresses in *X Men*, *Wolverine* and *Mamma Mia 2* to name a few, David's easy, achievable plan will help you get the body you've always dreamed of, for good.

Circuit Training for Beginners Andrew Hudson, 2020-10-11 71.6% of Americans are Overweight in 2021... Keep Reading to Lose Weight and Stand Out from the Majority. Ever had to run for a bus or across the street and found yourself deeply out of breath with your hands on your knees? Even if it was just a 20-second jog, that can be enough to break a sweat and start wishing you were in better shape, I certainly know what it's like and I am sure you answered yes to the question above feeling slightly embarrassed. It is almost normal to be overweight in 2021, which is a big concern because the consequences of an unhealthy lifestyle can cause severe health problems in later life and have a detrimental effect on your mental health. There's more to losing weight than being able to run for a bus effortlessly, you will be putting yourself at less risk of disease, you will gain confidence in yourself and improve your quality of life! I know what it is like to be a part of that 71.6% and I know how hard it is to lose weight, but I followed simple advice that you will find in this book and managed to improve my quality of life by losing weight. Now as a Qualified Personal Trainer, it is clear to say the change in my lifestyle has brought the best out of me and I want to help you make that change. This book will help you make a great start to your weight loss journey. Getting started is the hardest part because you don't know what to do, you don't want to waste time, you don't want to spend money on gyms and most of all you need motivation. This book will provide you with many beginner exercise routines to follow, a starter 6-week workout plan, lots of basic dietary information and much more to get you burning fat efficiently. Although maintaining a healthy lifestyle is tough, it's necessary to make a change to your current situation. I couldn't count all of the health risks you have by being overweight with one hand, and unfortunately there aren't any magic drinks out there that will make you burn all of your fat overnight. This book mainly focuses on providing you with many basic workouts to get you on track to lose weight. By following the information in this book and putting in the work, you will be able to lose weight/burn fat at a consistent rate and maintain a healthy lifestyle for the foreseeable future. This book is for beginners and takes into consideration the restrictions that people face. My friend, with a BMI of 33.1 and osteoarthritis in both knees, managed to follow my advice to become slimmer, more confident and experience less knee pain in just 6 weeks. So, if restrictions didn't stop him, why should it stop you? This isn't just a standard exercise guide, although it is set up for 6 weeks there is enough information to help you carry it on further. Not only that but by reading this book, you'll discover: The Six-Week Starter Workout Routine to Follow from Home. How to Correctly Prepare for Exercise. The Simple Diet That Accelerates Weight Loss. An Insight on How to Adapt Your Mindset to Reach Your Goals. Many Steps on How to Leave Your Unhealthy Lifestyle Behind. 35 No-Equipment Exercises. If you continue to live your current lifestyle without making a change then your health will only get worse. Trips to the hospital are easily avoided and you really can do it even if you have something holding you back, so stop thinking about it and click "Add to Cart" Now!

Take It Off, Keep It Off Paul James, 2012-05-22 A personal trainer and former runway model purposely packed on 100 pounds to empathize with his overweight clients and then learned the right strategies to losing the weight, which included clean eating and a targeted fitness program. Original.

The Weight Training Logbook Jack Reegan, Stephanie Bower, 2016-02-02 What is The Weight Training Journal and Logbook all about? We have created a better Personal Training Journal and Logbook for both trainers and clients of any Personal Training Programs. This will not only be a teach tool, and educational aide, but also valuable in recording which exercises a client has performed as they strive to reach their personal fitness goals. It tracks all of your workouts and has weekly and monthly measurements so you can track all your progress! Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it's all about metabolism. Metabolism can be summed up as all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your goal is to add lean tissue and in turn elevate our resting metabolic rate. Muscle creates metabolism So how do we do that? As we add lean muscle to our bodies the muscle will require more calories to survive. Imagine adding a bunch of plug-in space heaters into your apartment during the winter. As we keep adding heaters, the energy demands go up and our electric bill rises. More heaters, more heat. Similarly, as we keep adding lean muscle, our body must use more calories to operate that new muscle... Just like the space heaters. More muscle more calories burned. Now let's take it one step further and consider the future. As we are adding lean muscle over the coming weeks and months your body will burn more and more at-rest calories. Let's look at our analogy of adding the heaters inside of our house. There is a certain point where you have enough heaters going to keep you from getting cold, and then you can set all of the heaters to their lowest setting and they will still keep your house warm, no matter how cold it is outside. We want enough lean muscle on our bodies so that the fat we have lost can't come back. There is a tipping point when you are working out, where you have developed enough lean tissue (somewhere between 6 and 15 pounds) that the fat you have lost can't come back because you're burning so many calories throughout the day. Think of pounds of fat in terms of the calories they represent. A single (1) pound of fat is roughly 3500 cal. In general terms, a pound of lean muscle will add an additional 20 to 30 cal. per day to your metabolism. That means if I were to put on 10 pounds of lean muscle I would be burning an extra 200 to 300 cal. each and every day. So if I have 10 pounds of fat to lose (35,000 cal.) that I need to put on enough muscle to compensate for that fat so that once it's gone I don't have to keep stressing about it. A reasonable workout should burn between 500 and 1,000 calories in a given day (weight training plus cardio, CrossFit, extreme cardio, etc.). If

you are working out 3 to 4 days a week - which you need to be - you are burning an extra 3000 to 4000 cal. per week. That would burn a pound of fat each week. No one should be afraid of lean muscle; it doesn't take very much space. Ten (10) pounds of lean muscle is not much bigger than a cantaloupe - as far as how much space it takes up in your body (volume). Just 5 pounds of fat is roughly the size of an American football! You're right, that's f'ing gross. But think of it like this: you could put on 10 pounds of muscle and if you lost just 3 pounds of fat you would not be any bigger. We will teach you how to do that in the following workouts. So grab your water bottle, get your towel, and prepare to wage war on fat. Let's go!

The Fat Trainer , Holland Newton was a fat personal trainer and even though he knew how to get his clients in better shape, he just couldn't do so for himself.... until now! Holland was finally able to put it all together to lose the extra weight he had carried all his life. He went from 280 lb (127 kg) to 220 lb (100 kg) in about six months following the guidelines found in The Fat Trainer. That was in 2008. In 2012, he's down below 199 lb (90 kg). Did you know that 97% of people who lose weight, gain it all back (and more) within 5 years? (According to a National Institutes of Health study.) By following his plan, Holland has not only been able to reverse his lifelong challenge of being overweight, he's getting more and more fit. This book is quick-hitting and an incredible value. Holland purposefully gets straight to the point in The Fat Trainer so you can achieve your fitness dreams. Regardless of whether you're looking to lose weight, The Fat Trainer is packed with tips, tricks and advice that will garnish the routine of parents, youth, the average Joe, and even the most seasoned fitness guru. The book also contains links to exclusive content such as real-life meal plans and strength training routines. Don't forget to join the discussion on Facebook to have your questions answered by Holland himself. Facebook.com/FatTrainer Come along with Holland as he shares his story of how he finally put it all together to get in shape. Learn the value of lifting, cardio, nutrition, intangibles and goals so that you might change your life and help those that you care about the most. Holland wants everyone to have fitness in their life and at such a great price, there's no excuse! Buy The Fat Trainer today! What have you got to lose? (Besides excess weight!)

Immerse yourself in heartwarming tales of love and emotion with Explore Love with is touching creation, **Weight Loss Trainer** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

Table of Contents Weight Loss Trainer	
1. Understanding the eBook Weight Loss Trainer	◦ Weight Loss Trainer Compatibility with Devices
◦ The Rise of Digital Reading Weight Loss Trainer	◦ Weight Loss Trainer Enhanced eBook Features
◦ Advantages of eBooks Over Traditional Books	
2. Identifying Weight Loss Trainer	7. Enhancing Your Reading Experience
◦ Exploring Different Genres	◦ Adjustable Fonts and Text Sizes of Weight Loss Trainer
◦ Considering Fiction vs. Non-Fiction	◦ Highlighting and Note-Taking Weight Loss Trainer
◦ Determining Your Reading Goals	◦ Interactive Elements Weight Loss Trainer
3. Choosing the Right eBook Platform	8. Staying Engaged with Weight Loss Trainer
◦ Popular eBook Platforms	◦ Joining Online Reading Communities
◦ Features to Look for in an Weight Loss Trainer	◦ Participating in Virtual Book Clubs
◦ User-Friendly Interface	◦ Following Authors and Publishers Weight Loss Trainer
4. Exploring eBook Recommendations from Weight Loss Trainer	9. Balancing eBooks and Physical Books Weight Loss Trainer
◦ Personalized Recommendations	◦ Benefits of a Digital Library
◦ Weight Loss Trainer User Reviews and Ratings	◦ Creating a Diverse Reading Collection Weight Loss Trainer
◦ Weight Loss Trainer and Bestseller Lists	
5. Accessing Weight Loss Trainer Free and Paid eBooks	10. Overcoming Reading Challenges
◦ Weight Loss Trainer Public Domain eBooks	◦ Dealing with Digital Eye Strain
◦ Weight Loss Trainer eBook Subscription Services	◦ Minimizing Distractions
◦ Weight Loss Trainer Budget-Friendly Options	◦ Managing Screen Time
6. Navigating Weight Loss Trainer eBook Formats	11. Cultivating a Reading Routine Weight Loss Trainer
◦ ePub, PDF, MOBI, and More	◦ Setting Reading Goals Weight Loss Trainer
	◦ Carving Out Dedicated Reading Time
	12. Sourcing Reliable Information of Weight Loss Trainer
	◦ Fact-Checking eBook Content of Weight Loss Trainer
	◦ Distinguishing Credible Sources

13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

◦ Exploring Educational eBooks

14. Embracing eBook Trends
- Integration of Multimedia Elements

◦ Interactive and Gamified eBooks

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