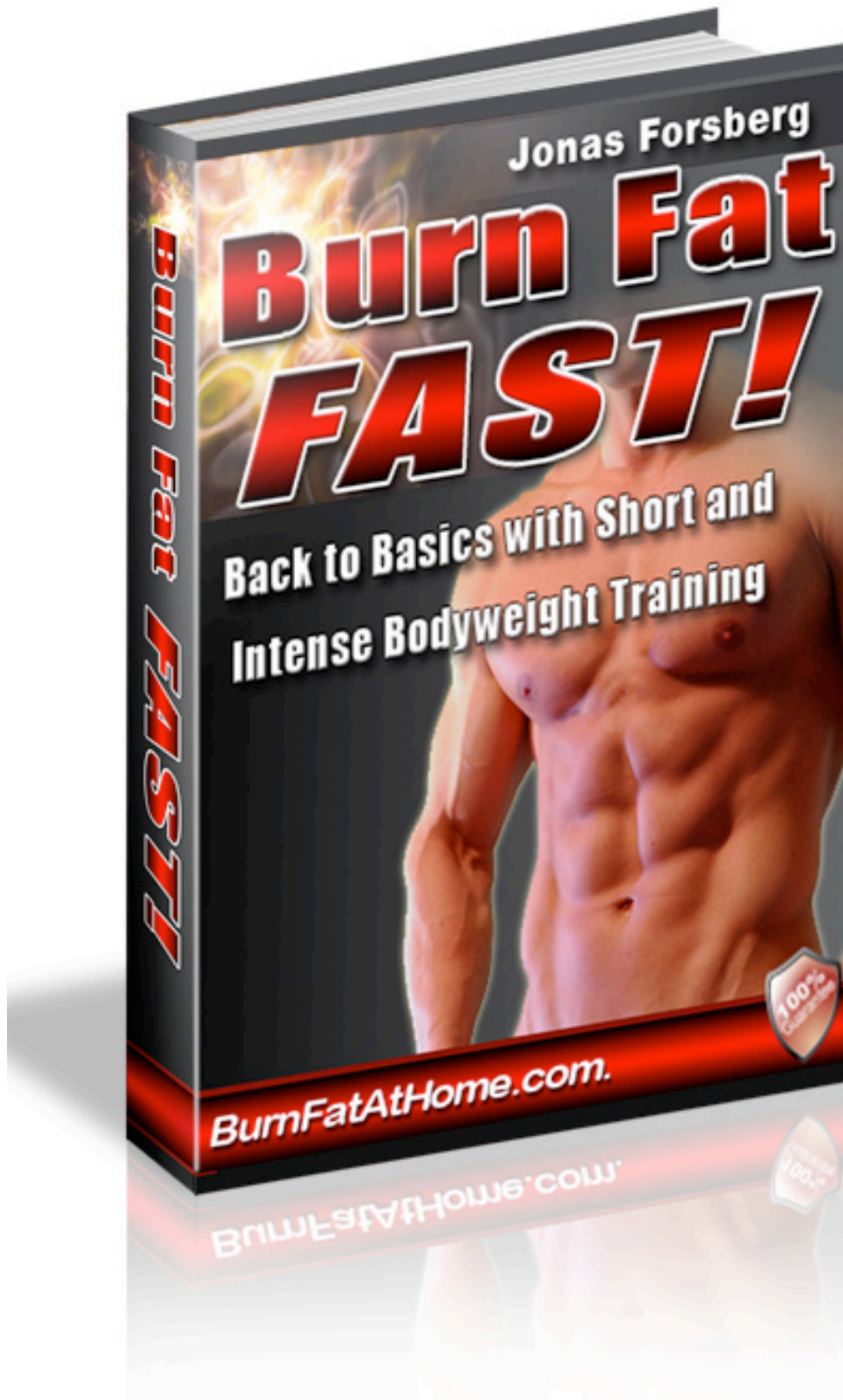


A special report brought to you by
Jonas Forsberg - Author of Burn Fat At Home



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The author contends that the information presented in this guide is designed to improve health and is believed to be accurate based on the best judgment available to the author.

THIS REPORT IS SUITABLE FOR INDIVIDUALS OVER THE AGE OF 18 AND WHOM A MEDICAL PROFESSIONAL HAS DEEMED HEALTHY. **CONSULT A MEDICAL PROFESSIONAL IF YOU HAVE ANY DOUBT ABOUT YOUR HEALTH STATUS.** A PHYSICAL EXAMINATION BY A MEDICAL PROFESSIONAL IS REQUIRED BEFORE PERFORMING ANY OF THE METHODS IN THIS REPORTS IF YOU ARE OVER THE AGE OF 30, HAVE BEEN DIAGNOSED WITH A HEALTH CONDITION, ARE NEW TO EXERCISE, HAVE A SEDENTARY LIFESTYLE, OR ARE CLASSIFIED AS OBESE.

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BODYWEIGHT TRAINING VS. OTHER METHODS

Too many people today are sitting on machines at the gym doing triceps extensions, bicep curls, and other worthless exercises that may cause more problems than benefits.

These machines are created on the basis that all human beings are created equal. You can often change the height of the seat depending on your length, but it rarely takes in consideration that there are other parts of our bodies that differ in addition to our length.

Machines often train only one or two muscles when at the same time **training it exclusively in isolation**. While training on machines, all your stabilizing muscles are put out of the equation.

The only time I recommend working on machines is if you are doing rehab training after an injury. For this, isolation exercises might be a useful tool as a start, but as soon as possible, move over to either free weights or bodyweight exercises. With this being said, follow this rule if you are on a rehab program and your physical therapist has ordered you to do it. Otherwise, **DO NOT USE MACHINES**.

The reason people prefer training on machines is due to some strange fact that bodyweight exercises are easy to do and won't give you any muscle gain. Well, let me tell you this. Have you ever tried a **pullup**? That is an exercise that only hardcore people are able to do in the gym with no assistance.

The **pullup** is probably one of the most challenging exercises available today, and it is a **BODYWEIGHT** exercise. It doesn't matter if you can sit on a machine or a cable and do heavy pull-downs.

I have seen people lifting hundreds of pounds on a pull-down machine, and yet they can barely perform one single pull-up. Let me give you a few more theories to why bodyweight exercises **ROCK**:

Single Leg Pistol

If you say bodyweight exercises are way too easy, try the single leg pistol, which is basically a single leg squat but you go down to the bottom of the motion, and then up. An amazing exercise!

Elite Strap Push-Ups

Have you ever seen those gymnasts hanging in rings and spinning around in the air. Use a pair of rings like that and try to perform push-ups. By the time you can perform a few reps in a row, you are most likely to have built quite an impressive chest.

To make it easy by not using any equipment while still keeping it extremely challenging, perform a decline pushup where your lower body is elevated and higher than your upper body. This one will improve your physique in no time! **For more info about these exercises, take a look in the part - [The Exercise Lexicon](#), featured in [Burn Fat at Home](#).**

Let me expound on the gymnast example. As you may know, gymnasts train exclusively with their own bodyweight their whole life, yet they are still some of the most attractive and muscular athletes in the world.

An experiment was done with gymnasts where they tried exercises such as, squats, deadlifts and bench presses for the first time in their life.

The result?

Some of them pressed twice their actual body weight without having tried the exercise before!

So if you are one of those people who say that you have to do barbell bench presses and barbell squats to gain strength, muscle and size, maybe you should reconsider?

Sure, you probably won't look like a bodybuilder, so if you want that look, than you're in the wrong place. What this program will give you is that ripped, athletic physique we all dream off!

I have two more examples that **should knock this myth right out the door.** First, there are some guys we see on television pretty much every day that don't have any gym equipment, but manage to keep rock-solid bodies throughout the year.

The other is an American who played professional football and who holds a bunch of records in college football and relied exclusively on bodyweight exercises throughout his whole life.

Soldiers

Have you ever seen one of those war-movies where the soldiers are forced to do pushups and pullups all the time? Critics are saying you can't gain size with only bodyweight exercises. Come on, seriously?

How come all the soldiers you see on the news or in reality look like monsters when they are almost exclusively performing bodyweight exercises?

Herschel Walker

He is one of the best players ever in the world and was an American football player who played College Football at USFL and in the NFL for teams like the Dallas Cowboys and the Minnesota Vikings.

What is interesting about Herschel Walker is that **he never did anything else than bodyweight exercises, and still became one of the best American football players ever.**

He did the 100-meter dash in 10:22. Impressive, wouldn't you say?

Please "google" Herschel and look at a picture of him and you will understand what I am talking about when I tell you what bodyweight exercises can do for you.

THE BOTTOM LINE

Burn Fat at Home is designed for you who don't feel like going to the gym and don't want to look like the "disco-builders," but instead want that jacked and tight body *a la* **Matthew McConaughey**.

I don't like public gyms and since you are reading this report, I guess you probably don't either. The workouts included in **Burn Fat at Home** are timesaving and effective.

WHY HIGH INTENSITY INTERVAL TRAINING (HIIT) ROCKS!

For decades, people have been taught the wrong methods. They have been focusing on the number of calories they burn during their workouts. Some do cardio machines for two hours at low intensity because “they need to burn 700 calories.”

As I discussed earlier, they do low-intensity cardio since they believe they get rid of more fat since the percentage of fat being burned during low intensity training is higher than during high intensity training, but in reality, high intensity training burn more overall calories and even if the percentage is lower, **the end results still means more fat burned during high intensity training.**

Burn Fat at Home is all about timesaving and more effective fat burning/muscle building methods that I will explain in this chapter.

I will also go over something called **EPOC** and **BMR**. But first, I will give further details about the whole “**low intensity vs. high intensity**” issue.

The Power of HIIT

There are different ways you can use **high-intensity interval training**. For some, it might sound like running cross-country for an hour, but that’s definitely wrong.

High-intensity interval training involves time-effective workouts, such as interval training and circuit workouts.

HIIT has been shown to burn up to 6-9 times as much fat compared to steady state cardio (long distance running, walking, etc).

The same research also shows that while steady state cardio improves your aerobic (with oxygen) capacity, it shows no improvement on your anaerobic capacity.

HIIT doesn't just get rid of the fat faster than steady state cardio. It also improves your anaerobic capacity, your aerobic capacity, your speed, and your explosiveness.

So, whether or not you are an athlete, you should implement HIIT if your goal is fat loss, muscle building and improved health!

The reason HIIT is more effective has to do with something called **EPOC** and **BMR**. Sit tight and I will explain these in a moment. But first, I would like to explain more about interval training and its benefits.

Interval Training

Let's take a look at interval training as one of our examples. Research has shown, whether or not we want to admit it, **the reason for exercising has a lot to do with attraction.**

This means that deep down, even if we deny it, we workout so we can look more attractive towards the opposite sex (or the same if that's case). Of course, exercise also has some health benefits, right? =)

However, based on the research example, let's take a look at some athletes we definitely see a lot of during the summer months—track and field athletes.

Which athlete do you wish you looked like? Seriously, a 100/200-meter runner or a marathon runner?

I am aware of the fact that some people don't want to look too muscular for several reasons, but Asafa Powell vs. Wilson Kipketer?

I am not looking to start a fight with marathon runners; they can certainly kick my ass when it comes to running.

What I am trying to say is that the more explosively and intense the athlete and his or her sport are, the more muscular and stronger they look. What's the reason behind that?

The answer is simple, marathon runners perform more long distance workouts, and when you pass a certain state, your energy sources (primarily carbohydrates) gets depleted, which means the body starts using your muscles for fuel.

This means that if your goal is to get a little more muscular and attractive physique, stick to short and intense workouts to make sure your body won't use your muscles as an energy source (meaning you lose muscles).

The 100-meter runners stick to short and intense workouts. They don't simply benefit anything at all from doing long distance training. The result? More explosive, more attractive, and more attention from the opposite sex.

The example regarding muscles as an energy source has been proven especially during strength training sessions. **The average amount of time the body can provide the correct type of energy and sparing your muscles during heavy strength training is about 45 minutes.**

So if you are one of those people who spend hours in the gym and still don't get any bigger, this might be the reason for that.

Keep your workouts short and intense and you and your surrounding (family/friends) will all benefit from it, both from a health, physical appearance and time saving-point of view.

To turn your body into a fat-burning machine, simply add the different tips from the **Burn Fat at Home** program and you will change your life in no time. It is not necessary to do this type of training for hours. You will obtain great benefits just by doing workouts lasting from 8-16 minutes.

What about all the magazines and trainers saying you should go to the gym and do both strength training and cardio for at least 90 min?

Clearly, they don't understand the power of EPOC and your BMR. **Focusing exclusively on calories burned during the workout is ineffective and stupid, no doubt about it!**

EPOC

Here is where it gets interesting. EPOC is truly the way to an effective fat-loss or health-maintaining program. **EPOC** stands for “**excess post-exercise oxygen consumption,**” and yeah, it sounds like a foreign language, but don't worry. That's about as deep as I'll go talking about how EPOC is determined in the fitness profession.

Burn Fat at Home is unique because the content is created so that everyone, no matter your background, should be able to understand this program. To translate it into English again, EPOC is basically the amount of calories you burn after your exercise session.

As mentioned earlier, due to lack of knowledge, trainers are creating programs focusing on long and boring low intensity cardio to burn that fat. What a lot of them (and maybe even you) don't know is that **HIIT** is the most effective fat burning method available today.

Just like the weight scale is worthless for measuring health, so is low intensity cardio training for fat loss. Okay, I probably shouldn't say worthless, but it certainly is ineffective when you are considering finding the most effective and timesaving methods for fat loss.

Think about it. Let's say you burn 300 calories on the treadmill using low intensity cardio. **The second you get off the treadmill, you are done burning calories. What about the rest of the day?** Research has shown that EPOC-related training put your body at work and burn calories for up to 24-48 hours after your session. Didn't I say we were going to put your body into a fat-burning machine? Do you understand what I mean now?

The most effective way to turn your body into a fat-burning machine is by using the methods described in this section—**high-intensity interval training (HIIT)**.

By using this method and focusing on the after burn instead of the actual burn during exercise, you will boost your metabolism and burn more fat in the end.

The following discussion will give you a better picture about metabolism, its function, and why you should focus putting your body on autopilot.

BMR

Metabolism is a term I used earlier. Just to give you an explanation of what it actually means, it's basically the process by which complex molecules are broken down to produce energy. So what does BMR mean?

Well, BMR stands for Basal Metabolic Rate and it is the amount of calories you burn throughout the day when you are in a resting state. You see the connection to EPOC? To really get your body turned into a fat burning machine, you want to focus on your BMR and how to increase it.

If I haven't said it yet, losing weight and fat is all about **energy input – energy output**. This means that if you put too much food (energy input) into your body without enough energy output (such as exercise) = weight and fat gains.

So, the math is simple:

Make sure you burn more calories than you put in, and you'll lose weight and fat.

For a person with a recommended caloric intake of about 2000 calories, the BMR is somewhere between 1000-1600 calories. So, to get the other calories burned to get a plus-minus-zero effect (maintenance), you need to exercise and move to make sure that sum up.

This is where most people get it wrong, **they simply add that low intensity cardio to burn the rest of the calories**. This may mean doing sessions for up to two hours to get the plus-minus-zero effect.

Where does BMR come in and why is it important?

The BMR can be increased. This means that your calories burned throughout the day during a resting state are increased. We are about to close the circle, and if you can't see where I'm going right now, hold on just a little bit more.

What determines BMR is basically lean muscle tissue. This means that since men on average have more muscle mass than women, they also have a higher BMR. Muscle mass generally decreases with age, and due to that fact, so does also BMR.

By focusing on building more muscle mass (this doesn't mean becoming a bodybuilder to get the effect), you will increase your BMR and you will burn more calories when you are not exercising.

Okay, let's close the circle:

Remember the marathon runners versus 100-meter runners example? Long distance running and long training sessions leads to the fact that your body uses your muscles as an energy source, meaning you decrease your muscle mass. **With decreased muscle mass comes decreased BMR. Decreased BMR makes it harder to lose fat.** How come marathon runners are so thin? Simply because they are performing long-distance running and burning those actual calories during each session. If you have the time and interest, run for hours each and every day and you will certainly look thin. For the regular person who wants to get as much results as possible with as little effort as possible, short intense workouts is the melody!

Short and intense workouts elevate EPOC ---> increases muscle mass ---> increases BMR - and, it doesn't use your muscles as an energy source.

Convinced that short and intense workouts is the best option for a more attractive and healthier body?

Remember the research example about physical attraction and how we, whether or not we admit it, exercise to become more attractive?

If you are one of those people, after reading this, what do you think is the most effective way to become more attractive and get a healthier look? If you don't answer **HIIT**, you either have problems reading or you are a long -distance runner.

Let's say you don't agree with **THE RESEARCH PROVEN METHODS**.

Check out a 2 more examples of what increased muscle mass and HIIT can do for you:

- Prevent/cure Arthritis and Osteoporosis
- Increase your condition in a WAY more effective way than by doing low intensity training.

THE BOTTOM LINE

After reading this chapter, if you were a slow cardio fan and where skeptical towards strength training and interval training as part of a fat loss and health program, your mind should be changed by now.

The fact is that HIIT, which is put in the Anaerobic Training area, show huge improvement also on your Aerobic Capacity (which is primarily stimulated during low-intensity training).

So, by focusing on HIIT, you will get more attractive, and increase both your Anaerobic Capacity as well as your Aerobic Capacity. All of this leads to a life of more fun where you will be able to enjoy and do more challenging things than ever before.

The best news of all, no more boring machines in the gym. It can all be done with a pair of sneakers and some imagination. On the subject of imagination, in **Burn Fat at Home**, I reveal how I turned my apartment into an amazing gym at a very low cost, yet as effective as going to an actual gym.

What I really like about it is that I can do my workouts whenever I want. There is no need to get in the car and go to the gym, and no waiting. I don't even have to consider how to get some effective nutrition after my workout; I got the fridge right next to me. How cool is that?

FINAL WORDS

Get back to basics using bodyweight training to get a strong, functional and attractive body.

Aim for short and intense workouts to burn off the fat, increase muscle mass, and have more time over for stuff that is WAY more fun than being in the gym for hours!

If you use low intensity training such as walking and jogging as your primary method for fat loss - think again!

Use the methods described in this report and in the **Burn Fat at Home** program, turn those methods into your primary methods for fat loss and I promise you - you'll see amazing results in no time!

Don't worry, your walking and jogging session fill a function in **Burn Fat at Home** as well, so get a copy of the book to find out how you can maximize your results by adding "the best of both worlds together"!

[Click Here to get a copy of the program right now!](#)

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ABOUT THE AUTHOR

Jonas Forsberg is a Swedish Fitness Professional who helps people lose fat quickly and get more free time doing the things they love.

Jonas is the author of **Burn Fat at Home** - a workout program that shreds ugly belly fat and build sexy muscles in as little as 12 min per workout.

For more information on how you can Burn Fat at Home, visit www.BurnFatAtHome.com or the official Burn Fat at Home Blog at <http://burnfatathome.blogspot.com>

