

The Fat Loss Hierarchy

30 days to 15% Body Fat!!!

1. Nutrition

(Decrease Fat Intake, Focus on Natural foods, Lean Proteins, increase water intake, Daily calories around 1200, no cheats!

2. Nutrition

(Take it a step further all the time. View food only as fuel for the body, aka only eat when you have to!!

3. Resistance Training

(Total Body work in the form of supersets, tri-sets, circuits, and complexes. Slight focus on Legs, Chest, and Back

4. High Intensity Interval Training

(15-20 minutes of Quick Sprints on any machine or free motion. Remember, it's not HI if it lasts more than 15-20 seconds

5. High Intensity Aerobic Intervals

(Lesser version of Intervals. Longer period of time with

6. Moderate-Low Intensity Aerobic Training

(Will not contribute to any metabolic calorie burnafter the workout, but still eats up some of the week's calorie count)

7. DPA (Daily Physical Activity)

(JUST KEEP MOVING!!!!)