

# “6 Fitness Secrets That Will Tremendously Improve Your Results!”

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Exclusively prepared for:  
**Readers of the Maximize Your Metabolism weekly Newsletter**

**WARNING ...** This information is not intended as a substitute for the medical recommendations of physicians. The author does not directly or indirectly dispense medical advice or prescribe treatment for any kind of disease. The intent here is to offer information to help you, the reader, cooperate with other health and fitness professions in your mutual quest for optimum weight loss, fitness and good health. Since every person's response and general health requirements will differ, it is strongly emphasized that any person desiring to use this program, or any other dietary, fitness or health program, consult first with his or her doctor, and should remain under the doctor's close medical supervision and advice. The information and ideas in this excerpt are for educational purposes and are not intended as prescriptive advice. Consult your physician before starting any exercise or weight loss program.

### **3 SIMPLE CHANGES IN HOW YOU EAT THAT WILL MAKE DRAMATIC RESULTS IN YOUR ABILITY TO BURN FAT:**

- 1.) Increase your water intake to at least 1 gallon of Plain, Fresh water per day. Start your day with a full gallon jug, and just make sure you sip on it all day long, and before you know it, it will be gone and so will some body fat.
- 2.) Increase the number of meals you eat each day to at least 5 or 6 small to medium sized meals.
- 3.) Eat nothing but lots of raw vegetables and baked, steamed or broiled protein (like skinless chicken, fish, egg whites or lean red meat).

### **4 EXERCISES THAT WILL HELP YOU CHANGE YOUR BODY FASTER THAN ANY OTHER EXERCISES YOU MAY HAVE TRIED IN THE PAST:**

- 1.) Lunges with a barbell. Properly executed, this exercise is the king (or queen) of total body reshaping exercises.
- 2.) Indoor Rock Climbing. No other exercise will work as many muscles (both large and small) at the same time than using our Computerized Indoor Rock Climbing Wall!
- 3.) 100 Rep Squats
- 4.) Interval Training. Start out performing your favorite cardiovascular exercise like jogging on the treadmill. Warm up at a low pace for 5 minutes, then increase the speed and the inclination 50 - 100% for 2 - 5 minutes, then decrease the speed back down to your slower pace for 2 minutes. After that, continue to alternate from your slow pace for 2 minutes to your fast pace for 5 minutes until you've completed your full 30 - 45 minute training session. Remember to monitor your pulse the whole time. And if you feel faint or dizzy at any point, stop immediately.

### **A SECRET WAY TO RELAX THAT ENABLES YOU TO BURN MORE FAT:**

The space here limits our ability to full explain this topic, but if you simply follow the exercise below, your body will relax far better and will burn body-fat at a more efficient rate than ever before. For more detail on this listen to either the ***Living Health Weight Loss*** Audio program

([www.LivingHealthWeightLoss.com](http://www.LivingHealthWeightLoss.com)) or the audio titled **17 Ways To Look and Feel 10 Years Younger in 30 Days of Less** ([www.17ProvenWays.com](http://www.17ProvenWays.com)).

Perform the following breathing exercise no less than three separate times each day:

Sit and relax in a place that you will not be disturbed for a full 3 - 5 minutes.

- 1.) Breathe in for the count of 5 (fill your entire lower and upper lungs with air)
- 2.) Hold that air in for the count of 20 (4 times as long as it took to breath that air in and completely fill your lungs).
- 3.) Exhale to the count of 10 (2 times as long as it took to breath that air in and completely fill your lungs).
- 4.) Repeat this breathing for 10 full breaths, then resume your day.

### **WHAT SUPPLEMENTS WILL HAVE THE BEST EFFECTS ON YOUR PARTICULAR BODY:**

**WARNING!:** Most supplements have LITTLE to NO effect at all on the general public! In fact, much of what you've already spent on supplements may have been wasted! Stop wasting your hard earned money. Our Supplement Report will show you exactly what supplements will help you achieve the results you've wanted for so long, and which ones will have little or no effect at all on your body! Get it now at:

<http://www.maximizeyourmetabolism.com/supplements.html>

### **1 EXERCISE THAT CONTINUES TO BURN FAT FOR UP TO 3 HOURS AFTER YOU STOP EXERCISING:**

Come on now. You know the answer to this one - cardiovascular exercise! Any cardiovascular exercise will continue to burn fat right off your body for up to 3 hours AFTER you stop exercising.

The best cardiovascular exercises are (in order):

Interval training; Indoor Rock Climbing; 100 Rep Squats (more about this later); Spinning Class; Elliptical Machine; Group Exercise Classes

**AN EXERCISE THAT BUILDS THE STRENGTH OF YOUR METABOLISM SO MUCH  
THAT YOUR BODY BURNS FAT EVEN WHILE YOU SLEEP:**

**100 Rep Squats**

Using a straight barbell or a pair of light dumbbells, with very little weight and your feet flat on the floor spaced about 12 - 14 inches apart.

**DOWNWARD MOVEMENT**

Allow your hips and knees to slowly bend.  
Maintain a flat back, high elbows, with your chest up and out.  
Keep your heels on the floor with your knees aligned over your feet.  
Keep bending your hips and knees until the thighs are parallel to the floor.

**UPWARD MOVEMENT**

Stand back up extending your hips and knees at the same rate.  
Maintain a flat back, high elbows, with your chest up and out.  
Keep your heels on the floor with your knees aligned over your feet.  
Keep extending your hips and knees and return to the starting position.

Perform as many squats as you possibly can without stopping or altering your form. Then stop and rack the weight. Rest for 15 - 30 second (or until you catch your breath), then pick the weigh back up and continue until you need another short break.

Repeat this format until you've completed 100 repetitions. Your goal is to eventually be able to perform 100 repetitions in one set, but don't try to do it all in 1 set until you've been practicing this exercise for at least 30 days.

Once you reach that goal, simply add 5 or 10 pound to the bar.

It's important that you start this exercise with guidance first (from a certified personal trainer - not just anyone who is working out that day) and start with a very light weight, preferably just the weight of the bar or no bar at all.

And never do this exercise more than 3 times per week.

By the time you can do all 100 reps in 1 set without stopping, your body will have literally transformed, dropped fat, and sculpted every muscle in your lower body to perfection.

**For more great tips go to: [www.MaximizeYourMetabolism.com](http://www.MaximizeYourMetabolism.com)**

## Tools To Help You Reach Your Goal Body Faster...

<a href="http://www.ReachYourGoalsNow.com">www.ReachYourGoalsNow.com</a>	<p>Join Christopher's FREE Online Support Club and get loads of guidance to help you reach your goals now!</p>
<a href="http://www.Body-Mass-Calculator.com">www.Body-Mass-Calculator.com</a>	<p>FREE Weight Profile – How successful are you going to be on your diet or workout routine? Do you even need to begin a new routine?</p>
<a href="http://www.2DayWorkout.com">www.2DayWorkout.com</a>	<p>Double The Results Your Get...While Cutting Your Workout Time In Half!!! Learn the secret to get great results by working out ONLY 2 DAY PER WEEK.</p>
<a href="http://www.TotalBodyMentor.com">www.TotalBodyMentor.com</a>	<p>Discover How To Transform Your Body And Get Into The Best Shape Of Your Life, Even If You Have No Will-Power, No Helpful Genetics, And No Time ... with Christopher's group coaching program.</p>
<a href="http://www.LivingHealthWeightLoss.com">www.LivingHealthWeightLoss.com</a>	<p>Discover how to create a leaner, tighter, younger looking body by turbo-charging your metabolism in 30 days or less with this powerful audio program which leads you step-by-step, through all the obstacles that have previously held you back from developing a permanently lean, tight , strong body.</p>
<a href="http://www.ChrisGuerriero.com">www.ChrisGuerriero.com</a>	<p>Become one of Christopher's Inner Circle Personal Clients! In this highly personalized, phone coaching program, Christopher will help you reach your goals faster than you thought possible, then he'll help you set your life up in a way that makes it easy to maintain your new, tight, lean body.</p>
<a href="mailto:8Week@aweber.com">8Week@aweber.com</a>	<p>The 8 Week Shape Up Program - Absolutely free...simply send a blank email to this address.</p>
<a href="http://www.MaximizeYourMetabolism.com/diseases.htm">www.MaximizeYourMetabolism.com/diseases.htm</a>	<p>Special Report on Diseases Caused by Being Overweight. The more overweight you are, the more likely you are to have health problems. Studies show that you can improve your health by losing as little as 10 to 20 pounds (5-9kg). The longer you delay taking action, the more damage you may inflict upon your health.</p>