

Dear flat ab enthusiast,

Thanks for requesting my 'Ultra Fat Fighting Tips, recipes and exercises' e-book. I'm sure you've seen lots of other fat tips out there but what I'm about to show you has been **PROVEN** to **shed 20 pounds in 8 weeks** with my **own clients**. These aren't your average 'run of the mill' tips. I don't tell you to eat 5-6 times a day, drink more water or run more. These are all great tips but they definitely aren't worthy of making it into this eBook.

It's taken me years to research and now here it is...for **FREE**

Fat Fighting Tips

Fat Fighting Tip #1

Do aerobics in the morning

Doing aerobics in the morning allows your metabolism to stay elevated for a longer period of time after the workout is over. However, by doing exercise in the evening you don't benefit from the 'after burn' effect as your metabolic rate lowers due to you going to sleep soon after.

Another theory is that your glycogen stores are somewhat depleted after an 8-12 hour period of fasting whilst you sleep. Therefore, your body can mobilize more fat due to your low levels of glycogen. Eating also causes a release of insulin and due to waking up after that long sleep, less insulin is present therefore you can burn more body fat in the morning. If you do eat before a workout you have to burn off what you just ate before you can start tapping into that fat 'stuck' around your waist.

And the best part is that it makes you feel great for the rest of the day by releasing mood enhancing endorphins! (You won't be so moody anymore- Always a bonus!)

Also, due to it being in the morning you won't have the excuse of being 'too tired to train' after a long day at the office so therefore you can raise your energy levels so those hours at work fly by!

Fat Fighting Tip #2

Don't Starve Yourself

The body hoards food especially simple carbs, like sugar in your fat cells to dole out slowly to stave off starvation. But unlike hibernating bears, we stay active and really mess ourselves up if we starve ourselves habitually by cutting calories too much.

It slows the metabolism to keep the body from literally starving, then when we think we've lost all the weight and can eat normally again, our bodies hoard way too much and we get fatter than before on less food.

That is why crash dieters keep getting fatter and fatter instead of losing weight. It takes a while to speed that metabolism back up if you habitually fast.

Your body will therefore release fewer fat-releasing and fat-burning enzymes such as hormone sensitive lipase and lipoprotein lipase.

When your body releases fewer of these fat-burning enzymes, you will find yourself harder to burn fats than before.

Therefore, your fat cells will release less of the hormone leptin – the hormone responsible for sending the signal to your brain, telling your brain that you are well-fed and not starving.

And eventually you actually LOSE muscle and I don't know about you but after all those mornings getting a sexy, toned body, at uFit Boot Camp I don't want to lose it all! You lose muscle as your body doesn't think it's necessary to maintain it as it uses up too much energy when it works!

Fat Fighting Tip #3

Get into the mood for training

Looking back at all of my clients who had the best eye-catching, jaw dropping weight loss results, they've all shared the same mindset before the workout. They've committed to themselves and me that they are going to give 100%. They don't give any excuses or complain the sessions too hard or they're hurting (that'll happen anyway). Practise this mindset a few times and you'll realise that it becomes second nature and results will come quicker. Take a second and visualise what is most important to you, whether it be growing up

with your kids, or even having the 'best mum body' in the playground waiting for your kids. Whatever it is, visualise it and work towards it.

Fat Fighting Tip #4

Sit up straight to improve your posture

This won't actually help with losing weight, however, it will automatically make you look slimmer and have a tinier waist. In the gym I always see bad posture, which is the result of all day desk jobs and poor gym programs targeting the chest and shoulders. The resulting person tends to look like a 'carpet carrier' with rounded shoulders and a humped back, pushing your belly forward. If you quickly stand up, draw your shoulders back, you'll see exactly what I mean, your belly will instantly draw in. Stretch your chest muscles by putting one arm on a wall, with your body facing parallel to the wall and open your chest up. Or, you can strengthen the muscles surrounding the scapula's (shoulder blades). A great exercise is reverse flyes with a cable machine or resistance bands or bent over rows.

Fat Fighting Tip #5

Keep your workouts short and sharp

Keeping your workouts short and sharp you can build muscle and burn fat in a short amount of time. I don't know about you but I certainly don't have all day in the gym, and putting hours and hours into a workout is simply boring! Being a personal trainer, I use this technique all the time and it's amazing to see that they burnt more calories AND got a deeper cardio workout in the fast paced, short workout than they did in a Zumba class. How can you do this?

Well, next time, bring your equipment together, don't run from one side of the gym to another to workout. If it's dumbbells you need, bring them to your floor space. This will SAVE time and keep your heart rate up. Maybe 30 seconds of Mountain climbers (press up position and alternate bringing in your knees into your chest) followed by a Squat Push (keep dumbbells in the shoulder press start position and as you come up for the squat, do a shoulder press too).

Plan your workouts beforehand too. There's nothing worse than seeing people aimlessly wonder around the gym, thinking of what to do next. Spend

time planning your session and you'll see greater results because you'll know what you're doing next and it'll save you lots of time in the gym too.

When you workout, do exercises that don't take up time setting up, because your heart rate will go down and you'll spend less time actually working out. Body weight and dumbbell exercises are great for this as there is minimal equipment and endless exercises to do. If a machine is being used that you need, then move onto the next exercise and go back to that when it's free. It'll keep the pace going and your heart rate will stay up to.

Fat Fighting Tip #6

Consume More Protein

Having a high protein diet means that you feel full for longer due to the length of time it takes to be digested, meaning your portion sizes can be smaller as a result. When you're hitting it hard in the Bootcamp and your muscles feel sore afterwards it's also the protein that repairs the muscle and makes it stronger, making you get that body you've always wanted! Another great idea is to have about 30% of protein in your meals every day, that way you remain full and cut back from 'pigging out'.

Fat Fighting Tip #7

Count Portions Not Calories

No one likes eating less, let's face it! By concentrating on portions your metabolism stays in check and allows it to fully burn fat all the time. Eating fewer calories than you're used to might mean that you lose weight quickly but over a longer period you'll start needing more food as you can't live off of hardly any food and your body can't function properly and then guess what...you start piling on the pounds again!

Fat Fighting Tip #8

Workout more than one muscle in an exercise

By working out several muscles at once means your heart has to work harder to supply oxygen to the working muscles, burning a lot more calories than normal AND it saves you a lot of time as you don't have to do more exercises to work all the muscles. A lot of gym-goers don't realise this therefore you'll be one of the first as they don't realise they're fat smashing benefits!

Exercises include:

Push up walk outs (Shoulders, Triceps, Abs, Chest Core and cardio).

From a standing position, use your hands to walk out to a straight plank, do a full press up, bringing the chest to the floor, push up then use your hands to walk yourself back to your feet and stand up. Repeat 20 times

Turkish Get Ups (Shoulders, Core, Bum, Thighs, Hamstring and cardio)

Lie completely flat on your back with one arm raised in the air, holding a light dumbbell. Keeping the dumbbell above your head, sit up, bring one leg out in front of you and use it as a platform to stand yourself up, keeping the dumbbell nice and high above your head. Once you are in a standing position, reverse the exercise so you slowly bring yourself back down to the start.

Repeat 15-20 times

Push up Burpees (Bum, Thighs, Chest, Core, Shoulders, Triceps and Cardio)

Do a full push up then quickly bring your feet into a squat position, from there jump up, raising your hands above your head. Land with your feet shoulder width apart. Jump back to a push up position by bringing your hands to the floor and your feet back and repeat 20-30 times.

Fat Fighting Tip #9

Cut Back On Carbs At Night

Eating a lot of carbohydrates can be bad. Later at night, your body is winding down from a long day and you usually kick back and cuddle into the couch for a night of TV watching. Your body is basically sedentary and little energy is being used. Couple this with a nice big bag of popcorn, a bowl of fruit or some Doritos and the combination is the perfect storm for packing on a roll of fat around your midsection.

Instead use snacks that are good for you and 'free'. Carrots, fruit, salad are great options. Other options include cucumber, celery, blackberries, strawberries and apples. Or try this great Fat burning soup that will allow you to keep on burning days after your workout.

Fat Burning Soup

2 bunches of spring onion or 1 large onion/leek, finely chopped

1 medium or 1/2 large cauliflower, divided into florets (include the green leaves) or 2 medium/ 1 large head of broccoli

125g (4oz) spinach or 1/2 small cabbage, chopped

6-8 celery sticks, chopped

2-3 large carrots, thinly sliced

1-2 teaspoons each crushed cumin and coriander seeds (optional)

1 quantity Home-made chicken or Vegetable Stock

4-5 Large ripe tomatoes, quartered or 400g (13oz) can tomatoes

Juice of 1/2 large lemon or 1 lime

1 small handful of coriander or flat leaf parsley, roughly chopped

2 Garlic cloves, finely chopped or crushed (optional)

1/4- 1/2 teaspoon cayenne pepper (optional)

1. Place all the vegetables except the tomatoes in a large saucepan with the crushed spices, if using. Add the stock and extra water, if necessary, to cover. Heat gently until nearly boiling, then add the lemon or lime juice.
2. Add the herbs and garlic, if using. Season to taste with cayenne pepper, if liked.
3. Simmer the soup for 20-30 mins or until the vegetables are tender.

Fat Fighting Tip #10

Pig out One meal/Week

If you try to be too strict all the time, then you are only setting yourself up for cravings and bingeing (not to mention it's no fun). Food is one of life's great pleasures! So enjoy it. I'd suggest not taking a whole day off simply because you will be thrown off your diet and will not want to go back on it! No one wants that.

So plan your week's food in advance, and choose what meal you would like to skip. This will mean that you'll stick to your diet during the week as you'll know what you've got planned for that day and you'll have no excuses. You'll also look forward to that special meal ALL WEEK!

Fat Fighting Tip #11

Abs Aren't Everything

That's right; don't think that by working out your abs you'll get rid of that stubborn fat around your waist. It won't work...That's right, it will not work! I see lots of people doing hundreds of crunches EVERYDAY in the gym, and guess what, they look no better than they did 6 months ago. Crunches and ab exercises will only make the abs stronger, it will not affect the fat on top. Working out like I said in tip #8 will make you leaner, fitter, stronger and melt that fat in a short period. If you want to include ab exercises, bicycles or cable twists will help in between exercises.

Fat Fighting Tip #12

Go back to the Stone Age

Have you ever seen a fat native hunter? No, they always have six packs and are as fit as a fiddle. Why? Because they eat lean meat, veg and fruit. They're diet is full of good foods and doesn't include any of our processed foods. Processed foods possess no fibre or nutrients and have high levels of calories and have really high glycemic levels. This means your body processes it like sugar, adding it to your waistline. A few weeks off these and you'll lose all your cravings. Stick to the lean meat and fish, couple that with fruit and veg

and a great workout routine and you're well on your way to the body you want.

Fat Fighting Tip #13

Make A Note

For one week, write a food diary and include everything you've drunk and eaten. This will help with noting where and when you've gone wrong. If you can though, write it down first. This will make your conscience ask yourself whether it's a good or bad choice. Have forfeits agreed with someone if you cheat. This way, you'll be more likely to stick to your food plan.

Fat Fighting Tip #14

Avoid 'Low Sugar' meals

Stay away from 'low sugar' and 'sugar free' foods and drinks. These contain horrible hormones and nasty sweeteners that destroy your body, like aspartame. ***These foods and drinks make you store more fat and give you more cravings.*** The more you stay away the more you'll realise how disgusting they taste and you'll naturally not want to eat them anyway. Try using natural sweeteners as an alternative instead.

Fat Fighting Tip #15

Acid or Alkaline?

Our body is naturally acid, so by putting more acid into it unbalances our system. Our fat actually stores the extra acid we have, resulting in obesity, unhealthy bodies and diseases. Therefore it makes sense that we need to restore alkaline levels, most green vegetables are high in alkaline and they help flush the fat and acid from our body. People with a balance of alkaline in their body will find it incredibly easier to lose weight. Even if you are trying to lose weight, your body will try and hold on to the fat to help protect against the acid.

Foods that are high in acid include pork, milk, red meat, cheese, cream, fast food. This is why I recommend (to my clients) coming off dairy products for a while, as they are naturally high in acid which won't help them lose weight.

Bonus Tip #16

Don't be lazy

After reading ALL this and I can imagine plenty of other information, don't now think that knowledge alone will get you somewhere. You have to get out there and practise what you preach. It's no good saying, 'yeah, I'll start next week' or 'I'm just going to skip exercise for today as I'm tired' as this attitude will get you nowhere. I see it so often in the gym. People make a commitment, come in, have no clue of their gym routine or workout for that day and aimlessly walk round. It's no wonder they lose the motivation and stop their nutrition plan, as they haven't set themselves up for success.

So why don't you try our indoor Bootcamp, we give you the sessions that will burn the most fat and we look after your nutritional plan. Therefore we create winning results and a slim, firm body anyone can be proud of.

Hi There, Sam speaking, thanks for downloading my e-book and taking the time to read it. Use it wisely and if you love what's inside then don't hesitate to visit www.ufitbootcamp.co.uk and sign up for more amazing fat tips through my website!

If you feel anyone else could benefit from this information (friends, family, co-workers) then feel free to forward it to them, they will thank you, and so will I!

Dedicated to your fitness,

Sam