

Download Fat Loss Training Manual

Imagine never having to suffer through another boring cardio workout again. And along with that, picture yourself being able to eat a juicy burger, all while enjoying the lean, sexy body you have been working so hard to achieve. Tabata what? Tabata is a type of high intensity interval training created by Professor Izumi Tabata of Japan. It is a fat burning workout that consists of repetitions of 20 seconds of intense interval training followed by 10 seconds of rest. This routine is repeated for a total of 2 times, which is ...by Dr. Sara Solomon. The Fat Loss FAST system is a sustainable approach to nutrition. ? Lose fat without feeling hungry, deprived or miserable. ? You don't have to exclude food, avoid restaurants or follow a meal plan. You will discover a flexible approach to dieting that prioritizes your micronutritional needs and allows for a daily treat. You will not have to give up bread, pizza ...In this system, Abel describes the very techniques he recommends to his clients and follows diligently himself – to spur total body transformation and achieve lifelong health. The 30–Day Fat Loss System is not a dietary bootcamp; it is a template for making healthy eating and lifestyle decisions.