

A NO B.S. FAT LOSS GUIDE:

The Sweat Den Method

A man and a woman are performing a handstand in a gym. The man is on the left, wearing a white t-shirt and black shorts, holding a dumbbell in his right hand. The woman is on the right, wearing a blue sports bra and white leggings, holding a dumbbell in her right hand. They are both in a handstand position, with their hands on the floor and their feet raised. The background is a bright, sunlit gym with large windows. A semi-transparent white box is overlaid on the image, containing the text.

**PRACTICAL PRINCIPLES TO
PRIORITIZE BURNING FAT &
BUILDING MUSCLE WITHOUT
DESTROYING YOUR HORMONES &
METABOLISM IN THE PROCESS.**

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#1: Focus on improving body composition. Forget about the scale and focus on getting stronger, building/maintaining muscle, and losing fat. This may not correlate with a lower number on the scale as muscle weighs more than fat.

#2: Stop exercising to burn calories. Focus on performance and a training program that optimizes hormone response. Strength training increases lean muscle mass, which in turn raises your metabolic rate which increases the amount of calories you are able to burn daily. Muscle is the first line of defense against body fat.

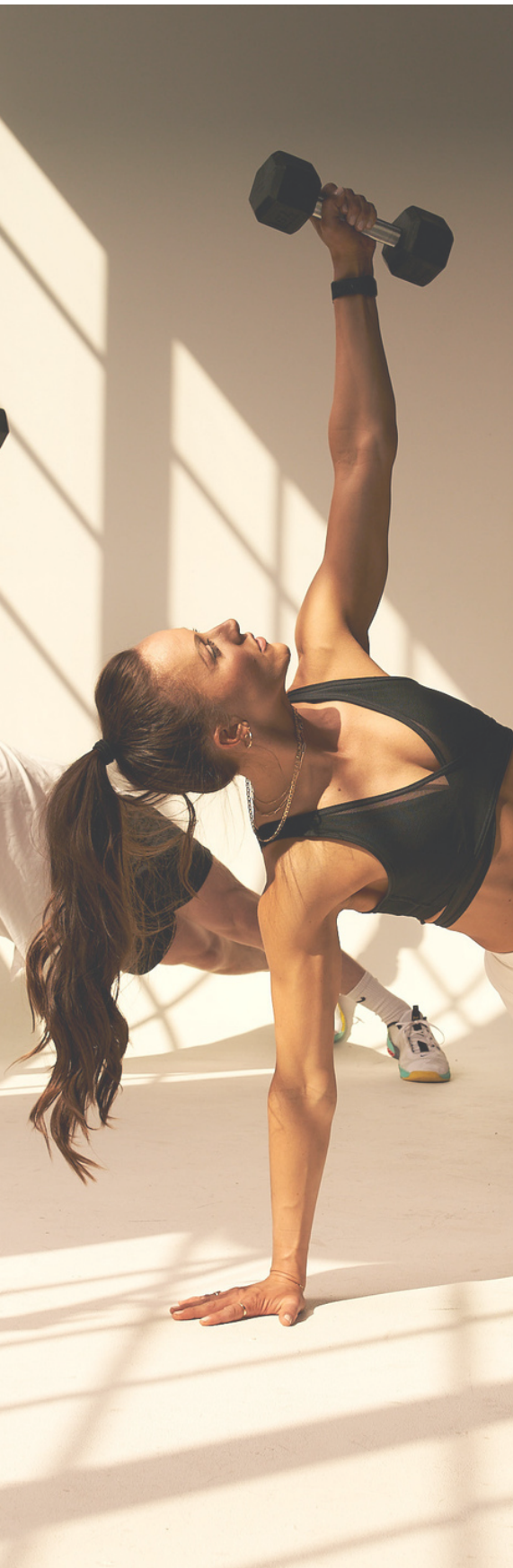
#3: Burning fat requires a metabolic response via specific training principles and protocols. Multi joint movements, short rest periods, higher sets, 70-85% 1RM, and tempo release GH which has significant fat burning effects.

#4: Don't bullsh*t yourself. 10-15 minute workouts will not produce real results after a certain amount of time. Real results take consistency and effort.



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#5: Focus on building a stronger engine. Prioritize anaerobic training (strength training) but do not neglect aerobic training (cardio). Both increase your metabolic efficiency and overall health in different ways.

#6: It's not just about Zone 2 cardio. All the rage is getting 10k steps a day but it's not the only way to achieve your goals. Just be as active as possible in daily life and don't neglect Zone 3, 4, and 5 training. They all have value.

#7: Alcohol will limit your ability to achieve results, so be real about your relationship with it. If you choose to drink, try to be done 3 hours before bed, hydrate with h2o while drinking, have a max of 2 drinks, and don't drink two days in a row.

#8: Finding a nutrition protocol that works well for you takes time, but don't make it more complicated than it needs to be. Prioritize protein, fruits and veggies, good fats, and complex carbs when applicable.

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#9: Focus on reducing stress and improve your sleep quality. This circles back to hormone health but if you are constantly exhausted, fat loss will be hard to achieve. In addition, lack of sleep makes people feel more hungry, make poor food choices, and lowers total daily activity.

#10: It's start now. There is no magic pill. You don't need to wait until after your friends wedding to take care of yourself. Take full responsibility for yourself and your environment and decide you are going to achieve your goals regardless of the situation.

