

HACKING WEIGHT REGAIN

Add in the following during the post fat loss phase to help the body keep the weight off:

Step up exercise

Avoid the sauna

Get cold

Increase Water - Up to 3 - 3.5 litres a day

Get a massage

Red light on stubborn areas of fat for 30 mins

Spot Targeting Stubborn Fat - Combine with Exercise: 1 - 2 times a week

1. 3 grams L-Carnotine with COQ10 - try and get an L Carnatine with GBB in it as it drives uncoupling (makes you sweat like a mofo)
2. Cardio
3. Post cardio wait 20 mins, apply 10 min cold to area
4. Apply menthol, add caffeine, aminophylline, DMSO(Dimethyl Sulfoxide)
5. Mechanical massage