13 Fat Loss Hacks

A "Cheat Sheet" for sculpting a lean, sexy beach body

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Introduction

Are you sick and tired of reading fitness books that just regurgitate the same old boring and useless advice and never deliver mind blowing fitness tips and advice that actually works?

Do you want to radically transform your physique using the most innovative and cutting edge strategies and create a body you can be proud of?

If you are sick and tired of looking out of shape, and want to do something about it now, then you have come to the perfect place!

Let’s get one thing clear, with all of the bogus information floating around the health and fitness industry; it is WAY TOO EASY to be led in the wrong direction.

I hate to say it but the majority of people in this industry don’t care about helping you reach your health and fitness goals – they only care about putting money in their pockets!

Let’s face it, creating the body of your dreams is not easy…

But it is simple once you cut through all the B.S. and learn the science backed truth behind fat burning and lean muscle growth.

I started out just like everyone else, confused and not sure who or what to believe.

But with years of trial and error, learning from the very best, I now want to pass on my knowledge to help you skip all the fitness fluff and nonsense and discover the secrets of the best bodies in the fitness and modeling world so you can reach your genetic potential and build the body of your dreams.

If that sounds like you... please read on!
Who am I and Why Should You Listen To Me?

Before I get too far ahead let me introduce myself. My name is Troy Adashun, a 195lb guy living in Florida with an extensive background in exercise science, nutrition and radical training techniques.

Oh and I’m also a current fitness model with just 5% body fat!

Now before you start thinking sure easy for you you’ve probably always been that muscular jock who could put on muscle just by looking at a dumbbell.

Well that couldn’t be further from the truth.

You see back in high school I was just a scrawny 145lb kid with no idea how to pack on lean muscle to get that sexy athletic look.

The lucky thing for me was that during my High School years I was fortunate enough to be able to attend World Renown sports Training Academy IMG in Bradenton, Florida.

IMG is home to some of the top trainers, and worldwide known athletes such as Andre Agassi, Maria Sharapova, Tommy Haas, Eli Manning, Kevin Garnett, Freddy Adu and literally over hundreds of other professional athletes from all around the globe train their throughout the year.

I attended the Basketball Academy, and the experience was truly life changing.

I was trained by the exact same trainers that would work with the NFL players before the NFL Combine, and with Olympic Sprinters before the Olympic trials. I was taught at a very young age how to train effectively, and how important nutrition was for reaching your body and athletic goals. The IMG trainers had
extensive background in exercise science, and had some amazing training techniques that gave myself, and hundreds of other athletes quick and effective results.

I started at IMG Academy as a rail thin high school kid, and by the end of my 2 year stay I was faster, stronger, quicker, and more muscular than I could have ever dreamed of.

I began to be very interested in the idea of maximizing my potential athletically and physically. Every chance I would get I would talk to some of my top trainers and pick their brain. I would always ask about the “science” of why some of the workouts were so effective, and began experimenting with many muscle building philosophies myself. It was always my goal to look like a lean and chiseled athlete, not an overly bulky weightlifter.

After my time at IMG I attended college and continued studying exercise science, health, and nutrition extensively. I would also religiously train in the weight room, and would test out many workouts and strategies myself. I have self-tested over 100 workout programs and philosophies, and have come to some very stunning conclusions on what is most effective.

I became highly interested with the idea of maximizing my body’s genetic potential, and loved high intensity training. I also began obsessively studying fitness, health, nutrition, and exercise science.

Through my extensive research and education in exercise science and radical training techniques, I was able to transform my physique from a frail 145 lbs into the lean and ripped 190 lbs, 5% body fat guy I am today.

In fact here is a recent photo of me...
Now I’m not showing that photo to brag about my physique, instead I wanted to demonstrate that as a fitness model I don’t just talk the talk, I walk the walk and understand what it really takes to create a lean, muscular body. Something that I know is achievable for YOU too!

It is my GOAL to debunk all the bogus information you thought was true about the health and fitness Industry, and give you MIND BLOWING advice that will help you create the sexy six pack beach body that everybody wants.
If your goal is to lose weight while preserving muscle then this report will offer you the some quick and dirty ‘hacks’ to help you achieve this goal quickly!

It is my passion to help as many people as I can radically transform their bodies, and help them look and feel better than they ever have before.

Let’s face it, we all want to look sexy, feel healthy, and have the body of our dreams right?

**How will This Report Help You?**

In this report, I will cover what over 10 years of research and first hand experimentation has taught me. I truly believe it could be an explosive catalyst to getting you the lean and chiseled beach body that you never thought was possible.

Remember, all the tips in this report are meant to help you get the lean beach body Hollywood action star look.

Simply put, if you are looking to sculpt 6 pack abs without the mass or spending hours in the gym then you have come to the right place.

These tips are not meant to put on extreme bulk, although I 100 % believe that a few of these tips can lead to explosive lean muscle growth.

By incorporating many of these 13 fat loss hacks into your everyday routine, you can be assured that you are quickly on your way to having the perfect beach body and reach your genetic potential!

So without further ado here are ‘13 Fat Loss Hacks’ for building a lean, sexy beach body... enjoy 😊
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13 Fat Loss Hacks

Hack #1: Drink Green Tea Like its Water!

Green Tea has been an amazing beverage for me. Ever since swapping out my horrible coffee habit for Green Tea I have felt like my metabolism has increased, and I feel more energetic and alert all day.

Green Tea is high in antioxidants, helps your body ward off diseases, and can help sculpt your lean and sexy physique by boosting your metabolism.

In a study by the American Journal of Clinical Nutrition, they concluded that green tea extract resulted in a significant increase in energy expenditure, plus a significant effect on fat oxidation.

The Journal of Nutrition also conducted a study on obese individuals and the positive effects of green tea. The following is direct from the study:

“The study evaluated 132 obese adults. All consumed a diet that was consistent in daily calories and participated in 180 minutes a week of moderate-intensity exercise. They also drank a daily beverage containing 39 milligrams of caffeine, but one group consumed green tea with 625 milligrams of catechins, an antioxidant that is the main component of green tea.

After 12 weeks, the participants drinking the green tea had greater loss, 4.4 pounds compared with just over 2 pounds in the control group. The green-tea group also had larger declines in total abdominal fat, subcutaneous abdominal fat and triglycerides.”

Green Tea has been linked to some pretty incredible fat loss research, and I suggest that you look into adding it to your diet for quick and effective results!
My favorite brand is Tazo- Zen and China Green Tips flavor. Drinking Green Tea is great for your overall health, an all-natural metabolism booster, and will give you a nice punch of antioxidants!

Not bad for a bag of green leaves. 😊

**Hack #2: Abs-Beginning, Middle and End**

If you want a ridiculous 8 pack then don’t wait for the end of your workout to train your abs.

I like to train my abs for about 5 minutes at the very beginning, middle, and end of my workout.

A great strategy is to train your lower abs and lower torso (your V) at the beginning of your workout, your main abdominal muscle (rectus abdomens) in the middle and your upper abs at the end.

Too many people wait until the very end of their workout to train their abs. By the end of your workout you are already exhausted, and chances are that you won’t get in a full abs workout.

You indirectly work out your abdominals even when you aren’t doing crunches or direct abs work. By fatiguing your abdominal muscles at the beginning and middle of your workout is a great way to get a killer ab workout and blast fat away from your core!

Remember that humans are creatures of habit. Break your bad routine of training your abs at the end of your workout immediately!
Not only will you see quick results, but it will also be a great change of pace to your workout routine. Another horrible habit most people have in the gym is they have long rest periods between sets.

The gym is not social hour!

Stopping to talk for 5 minutes can really ruin your workout, and your motivation levels.

Instead of working out your jaw between sets, trying working out your abs and you will see some explosive results in your core!

**Hack #3: Hate Cardio? Play full movement Sports!**

Some people simply hate cardio and don’t want to feel like a hamster on a wheel running in place on a treadmill.

One of the best ways to have fun and get your cardio in is to play a wide variety of sports. Every sport utilizes a different set of muscle groups so the more you play the more lean muscle groups you will develop.

I try to play basketball, Tennis, and Football with friends at least 3 times a week and all 3 are great for getting in cardio and developing different lean muscle groups. Volleyball, Tennis, Basketball, Lacrosse, Swimming, Football, Soccer, and even baseball are great ways to stay active and sculpt your body at the same time.

Having a great body doesn’t mean you have to give up fun activities! Playing sports for fun is my favorite way to get in my cardio, and you should try it out as well!
Hack #4: Break Free from the Break-Even Mentality

So many people have the mentality that they are just constantly trying to ‘break even’.

Some people might say, “I worked out yesterday, so I deserve to eat 3 pieces of cake” or “I’ve been eating healthy so I’m going to skip my workouts this week.”

Other people might have the mentality that they ate fairly well and worked out so it is ok to binge drink all weekend.

Living by the ‘break even’ mentality is a sure fire way to lose your beach body quick!

I constantly strive to look and feel my best and in my opinion it is an ongoing job that truly never ends!

Obviously I eat dessert, have an occasional drink, and choose an unhealthy food item, but it is always in moderation.

Do not simply try to break even with your healthy lifestyle. Constantly strive to be the best version of yourself and you will reap the benefits of a killer beach body.
Hack #5: Fast Results = Fasting?

One of the best things you can do to get insanely ripped while following a good nutrition and training program is incorporating one 24 hour Fast per week.

This is broken down extensively in Brad Pilon’s excellent Eat, Stop, Eat ebook.

In his book Brad states after years of research on his own that “Prolonged caloric restriction is the only proven nutritional method of weight loss.”

Brad breaks down what happens to human beings when they are in the fasted state, and researched its benefits for your overall health, and weight loss.

Brad also states that being in a fasted state for short periods of time does not decrease your metabolism.

Long story short, Brad and I recommend doing one 24 hour fast per week. The trick is the time that you start the fast at. If you time it where your fast starts at say 8 PM, you can end your fast at 8 PM the following day, thus NEVER going an entire day without eating.

Fasting for a 24 hour period once per week will help you blast away fat from your core much quicker than any fad diet or pill could! Your body will enter a fat burning mode.

Brad also points out that fasting for 24 hours will NOT cause you to lose any lean muscle mass, and this is a very common myth that has been floating around for quite some time.
It is a very interesting read and I highly encourage you to check it out for yourself for more information.

**Hack #6: Plyometrics Accelerate Gains**

For me this means an intense regimen of sprints, and vertical jump training like box jumps and depth jumps.

Plyometrics get your fast twitch muscle fibers firing, which are responsible for your muscle growth, and explosive movements like jumping and running. High Intensity plyometrics burn a **TON** of calories, and help your body produce more growth hormone and testosterone by firing up your fast twitch muscle fibers.

Adding 1 or 2 days a week of plyometrics is a great way to train, and it has personally helped me transform my body a great deal. It also is great for changing your workout routine, and adding to muscle confusion.

Speaking of Muscle Confusion....
Hack #7: Don’t Eat Fat Free Products

If you are trying to get a lean and sexy beach body, **DO NOT** eat fat free food items.

‘Fat Free’ is really code word for ‘high sugar’, which is really code word for ‘layer of fat that will cover your ab muscles’. Foods that are naturally fat free are an exception, but next time you are at a grocery store compare the same food item that is fat free compared to the regular one and you will notice the fat free item is loaded with sugar, and in many cases is actually higher in calories!

Sugar Free items are just as bad, and contain dangerous chemicals that could slow your progress.

Hack #8: Eat Veggies at EVERY meal

Vegetables are extremely high in antioxidants, nutrients, fiber and key muscle building vitamins and minerals. Protein is not the only thing you need to put in your body to build lean muscle.

The best part about filling up on vegetables with every meal? You can eat as many as you want and you won’t get fat!
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Vegetables will make you full, are extremely nutrient dense, and hardly pack any calories at all! In the morning I like to make an omelet and put spinach, red bell peppers, onions, and half an avocado (technically a fruit, I know) inside.

For lunch, dinner, and snacks I will almost always have some combination of steamed broccoli, cabbage, carrots, red bell peppers, green beans, spinach, or kale.

I recommend steaming them and putting olive oil, pepper, and garlic... delicious!

When made properly, veggies are delicious, and an incredible way to assure that you won’t fill your hunger with empty calories and simple carbohydrates that will be a huge road block in getting you a sexy lean beach body.

To put in quite simply, the more veggies you eat has a direct correlation to how lean and chiseled your body can get.

**Hack #9: Swap “Low Carb” for the “Right Carb”**

People have become carb crazy now days, however carbs are not the devil the wrong Carbs are the devil!
Carbs like white bread, white rice, regular pasta, refined sugars and food items like bagels, croissants, English muffins, donuts, candy, cake, crackers, cereal, and anything made with “enriched wheat flour” WILL MAKE YOU FAT!

So what are the right choices you can make with carbohydrates?

Well first of all, Fruits are an excellent source of good carbs, and are also high in vitamins and minerals. Don’t let anyone tell you that fruit will make you fat!

I eat all sorts of organic fruits multiple times a day and it is a great way to kill an intense sugar craving as well.

Eating a piece of fruit has sugar, but it is not the same kind of sugar that is in a candy bar, and it is metabolized in your body differently. Fruit is a great way to promote energy, cleanse your body, increase your metabolism, and help you look and feel great!

Brown Rice, Whole Grain or Whole Wheat Pasta, Quinoa, Oatmeal, and Sweet Potatoes are all good forms of Carbs, and are much needed for building lean muscle, and a healthy metabolism.
Hack #10: Perfect Hydration

Besides drinking Green Tea as often as you can, I highly encourage you to compulsively drink water!

Research has indicated that if you drink a full glass of water before every meal you will consume fewer calories, and you will also feel full faster. I try to drink at least 100 ounces of water a day, and on intense training days sometimes much more than this.

Remember that your muscles are made mostly of water, and if you want your body to run like a machine you absolutely must stay hydrated.

Green Tea, Water, Natural Coconut Water, and 100 % Fruit Juices (again never from concentrate) are all great choices throughout the day.

*Not sure if you are drinking enough water?*

If your pee is not an almost clear color you are not drinking enough water. Contrary to popular belief it is not supposed to be yellow.
Hack #11: You don’t need a weight room to get Ripped

Doing body weight exercises can be just as effective as spending an hour in the gym.

Many people make excuses for not staying in shape, and give up their workout routine when they are on the road.

When I am traveling and don’t have access to a weight room, I do a killer Pushup and Abs workout that consists of 7 pushup variations, and over 10 abdominal exercises.

For a full description of my pushup workout and other great workout routines you can do anywhere let me know and I’ll create an article with all the juicy details!

Hack #12: Dinner for Breakfast?

One of my favorite ways to ensure that I will pack in enough protein throughout my day is to start out with a grilled chicken breast in the morning, or even a piece of fresh fish.
I usually make enough the night before to have left overs, so on my training days I may start out my day with an all Fruit Smoothie with a scoop of whey protein powder, and a grilled piece of lean meat or fish.

This will add another 30-40 grams of protein to my morning and is perfect for high intensity training days. Traditional breakfast meat sources like bacon, sausage, and even the substitutes like turkey bacon, and turkey sausage are not even comparable to the protein that a grilled chicken breast or piece of grilled fish packs!

All of the traditional breakfast meats are also very high in sodium and preservatives! That is not how you want to start your day if you are looking to get a chiseled beach body!

Although to some it sounds weird to eat chicken or fish in the morning, I have found that it helps me feel full longer, wards off the afternoon hunger attack, and helps me pack a serious protein punch in the morning!

Bon Apetit! 😊

**Hack #13: Practice Abdominal Control**
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Being in the gym isn’t the only time of the day you can work out your abs. Flexing and tightening your abs throughout the day is a simple and easy way to slim down your waist line and get a sexy six pack.

If you are sitting at your desk or working, practice flexing your abs and holding for 30 second intervals whenever you are bored. Even doing this 4-5 times a day can greatly enhance the appearance of your abs, and it is such a simple thing to do.

The key is consistency.

Do this every day, and you will be well on your way to a killer core! I try to flex and tighten my abs whenever I get the chance, and when 30 seconds is too easy for you work your way up to 1 and 2 minute intervals.

Where to from here?

Hopefully by now you are fired up and ready to start making healthy changes to your everyday life.

These hacks are not meant to be extreme changes to your routine or daily life. They are meant to help you through all of the bogus and fad diet scams, and give you results oriented information that can help you get the sexy beach body you have always wanted!

I personally do not believe in extreme diets, weight loss pills, or any other extreme product that is out there to make a profit and ruin your long term health.

Don’t mess with Mother Nature!

These tips and advice are all meant to be good for you to follow long term. Do you think some radical pill that combines a bunch of chemicals you have never heard of and makes your heart race a million miles an hour is good for you long term?

Please use your head…
These hacks are Effective, Safe, and will give you results! I use them all myself, and have had amazing results and feel obligated to share them with people who have been misled by the health and fitness industry.

My recommendation to all of you is to start by adding 2 or 3 of these hacks into your everyday routine per week. **DO NOT** try to start adding in all 21 right away, as this is a quick and easy way to burn out quickly.

I have found that by slowly working in a few of these hacks per week is a great way to see fast results, and not overwhelm you! In about 2 months hopefully you will have added in the majority of the 21 hacks into your routine, and you will want to keep them in your life after you **SEE and FEEL** the results.

Looking great is something that we all want, but FEELING great is pretty important too!

When you are full of life and energy it will have a positive effective on all facets of your life. I wish you all the best of luck, and congratulate you for taking a giant leap towards a fit and sexy beach body, and a healthy lifestyle!

If you found the fitness tips and hacks shared in this report to be helpful, you have some questions or you just want to say hi. Please get in touch through the contact form on the site [www.formulatedfitness.com/contact](http://www.formulatedfitness.com/contact), I would love to hear from you.

All the best,

Troy Adashun

**Recommended Reading:**

**#1 Recommended DIET Book -** [Eat Stop Eat](http://eatstopeat.com) by Brad Pilon

If your main goal is fat loss then I can’t recommend highly enough Brad Pilon’s revolutionary fat loss book [Eat Stop Eat](http://eatstopeat.com).
One of my fat loss tips (Hack #5) is to fast intermittently as a simple and easy way to start stripping away fat while preserving muscle all without a lot of work. Although this technique is simple there is a bit more to it than just not eating. Brad’s book provides ‘A Cutting Edge Eating Plan That Helps You Lose Weight In as Little as 24 Hours - All While Having a Fast Metabolism and Building Lean Muscle’.

Brad Pilon has his Masters degree in human nutrition and is a Certified Strength & Conditioning Specialist. His trademarked Eat Stop Eat program has been featured all over the Internet and been seen on national television, and has helped thousands of men and women around the world lose fat, gain muscle, and heal their relationship with food.

For information on Eat Stop Eat that will help you burn fat while literally doing nothing, I highly recommend checking out Eat Stop Eat.

#1 Recommended FITNESS Book - Visual Impact Muscle Building by Rusty Moore

Simply put, Rusty Moore just gets it.

He really understands what it takes to look good naked and what’s more he know how you can get there... fast!

Gone are the days of putting on ‘mass’ for that bloated bodybuilder look instead Rusty created Visual Impact Muscle Building, a 72 page course dedicated to advanced techniques in gaining muscle in a way that creates a sharp physique with hard, full muscles.
There is nothing "cookie cutter" about this course. It isn't a rehash of what you already know.

...the goal with this manual is to teach you exactly the variables that you need to tweak to get the exact look you desire.

The ebook includes a detailed 3 phase plan, where each phase "builds upon" the previous phase...creating a razor sharp physique by the end of the last phase.

Trust me when I say if you want to learn how to achieve that lean, sexy Hollywood body look then Rusty’s ebook Visual Impact Muscle Building is a MUST HAVE!