



8 Habits For Instant Fat Burning Results

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Fat Burning Mastery

“Our habits culminate into the bigger picture we paint of ourselves.”

– Walter Chambers, Founder/Master Wizard

The secret to accomplishing anything is to **consistently take actions that move you closer to your goal**. When you **complete the same tasks** every day, they become **habits**. We have **good habits**, and we have **bad habits**. You must **eliminate the bad habits** that are not helping you master your body and **replace them with good habits**. Good habits **make the process easier** for you to achieve your goals because they **will not require much work**. **The more you do it, the easier it gets**. The **better habits** that you create, the **better the results**. Here is a list of the best Fat Burning Habits that you can begin implementing into your lifestyle:

Maintain a Calorie Deficit

A **calorie deficit** is when you are **burning more calories** than you are **consuming** or **giving your body less energy** than it needs to **maintain its current state**. **Fat burning requires either consuming less energy or burning more energy**. To survive, your body must **take the missing energy** from its energy stores (**glycogen, fat, or muscle**). **Without a reduction** in the total amount of **energy** that your body needs to **maintain itself**, then **you will not lose body fat**. A **calorie deficit of 10-15%** is enough for your body to **maximize fat loss** as well as **maximize muscle retention**. If you are consuming enough **protein** and practicing **progressive overload**, then your body **will not rely on muscle for energy** and instead use your stored **body fat for fuel**. Keep in mind that your body will **adapt**, and your **calorie deficit will change** as you progressively **lose body fat** throughout your program.



Progressive Overload

Progressive overload is continuously **pushing your muscles beyond what it is capable of** and **forcing it to adapt**. The best way to **maximize power boosting** is to **progressively get stronger** by performing **more difficult movements, increasing resistance, increasing total training volume, or repetitions**.

When you are challenging your body, you are **increasing the demands required by your muscles** which creates **microscopic tears**. Your body must **adapt** to the stress that you are putting on your body which is why you must **continuously challenge your muscles or risk losing it**. If you are **consistently consuming the required number of protein/calories for recovery and practicing progressive overload**, then your damaged muscles will **repair and grow stronger**.

Sleep for 7-9 Hours

Sleep is the **most underrated factor** when it comes to **building muscle and minimizing fat gain**. Sleep directly affects your **calorie intake, hormones, workout performance, and recovery**. When you are working out, your body is in a **catabolic state** where it is **damaging and breaking down your muscle**. The **best time** for your body to **recover** is when it is **at rest while sleeping**. **During sleep**, your body is in an **anabolic state** where your body **releases hormones and breaks down protein to repair the damaged muscle cells (protein synthesis)**. **For muscle growth to occur, muscle recovery must exceed muscle breakdown**. When your body **does not properly rest and recover**, it **requires more energy** to function efficiently. Your body will **elevate hormones and send hunger signals** indicating that it needs **more energy**. This may cause you to have **extra meals** which will, **increase your daily calorie intake**, put you in a higher **calorie surplus**, and cause you to **gain extra bodyfat**. The **lack of energy** will also **negatively impact your strength and performance** during your workouts. [Research has shown that lack of sleep increases muscle loss](#), **decreases workout performance, increases cortisol** (most catabolic hormone), and **reduces testosterone** (most important hormone for muscle growth). **Sleep an average of 7.5 - 9 hours (Five to Six 90-minute sleep cycles) to guarantee that your body is maximizing muscle recovery, minimizing bodyfat gain, and maximize muscle growth.**



Intermittent Fasting

Intermittent Fasting or (I.F) is something everyone does **daily**, but many don't use as a **strategic tool** to enhance their fat loss efforts. Fasting is simply a **period of time without calories (no carbs, protein, or fat)**. You can drink as much **water, green tea, or coffee (No Sugar)** as you like. The purpose is to **lower insulin**, so that your body switches into burning and using **fat** as fuel. This only occurs when you fast for an **extended amount of time** like when you **sleep** for example. Like mentioned earlier, **maintaining a calorie deficit** is the primary requirement for fat loss and intermittent fasting **IS NOT** a replacement. Fasting can be used to **reduce the number of meals** that you have per day which then results in you maintaining a calorie **deficit**. This is accomplished by reducing your **eating window** (the time that you eat all your calories for the day). We recommend starting with an **10-hour eating window** if you want to try implementing fasting. For example, if your **last meal** is at **9PM**, then you'll fast for **10 hours** which means you won't have any food until **7AM** the next day. The result is you only having the opportunity to consume calories from **7AM-9PM** which can prevent late night binging. If you want to take fasting to the next level, then **increase your fasting time** from 10 hours to 12, 14, or 16 hours. **Less time available to eat = Less Meals Per Day = Less Calories Per Day (Deficit) = More Fat Loss.**

Track Your Macros

Tracking how much **protein, carbs, and fats** you consume will decide how much and how fast you lose body fat. You must be in a **calorie deficit to maximize fat burning**. The best way to know if you are **maintaining a calorie deficit** is if you are consistently hitting your **macronutrient targets**. **Guessing** will only guarantee that you are either **underestimating** or **overestimating** how much you are eating. **The more precise you are with your nutrition the more fat you will lose.** [Medical studies show that keeping a food diary and logging meals can double a person's weight loss!](#) Download the free iPhone/Android app [MyFitnessPal](#) to track your macronutrients and calories every day.



Weigh Your Food with a Food Scale

Do you know how much 6 ounces of chicken breast looks like? How about 112 grams of brown rice? The only way to **measure the quantity of the food more accurately** you're eating is with a [food scale](#). You must be in a **calorie deficit** to **maximize fat burning**. **Protein is the most important nutrient for maintaining muscle while in a calorie deficit**. Without weighing out your food, you might be **overestimating or underestimating how much protein and calories you are consuming** which will decide how much **fat or muscle you gain or lose**. We want to **maximize your results**, so head over to Amazon and grab yourself a [food scale](#).

Plan Your Meals in Advance

“Those who fail to plan, plan to fail.” – Major Gary D. Chambers

The key to **staying consistent** with your nutrition is **planning your meals in advance**. If you choose to think about what you are going to eat in the **last minute**, then you will always choose the **fastest most convenient option** that just **satisfies your hunger** and **doesn't help you with your goals**. We all have busy schedules and **not having time is no excuse**. **Prioritize your meal planning** by choosing one day (ex. Sunday) where you are preparing your **Lean Protein** (Chicken, Turkey, etc.), **Starchy Carbs** (Brown Rice, Sweet Potatoes etc.), and **Fibrous Carbs** (Broccoli, Spinach, etc.). **Weigh your food with a food scale** and **structure your meals around your daily macro goals**. The three compartment [meal prepping containers](#) will provide you with accurate portion sizes for your meals as well as plenty of containers for you to prepare multiple meals throughout the week. **Another option** is to **track your meals around your macros for the day before having them**. This allows you to **create unique meals without worrying about hitting your macro targets by the end of the day**.



Hydrate Frequently Throughout the Day

We are literally fish out of water. Ever wondered **why it is difficult to get out of bed** in the morning? It is because **we are dehydrated after sleeping 7-9 hours** without water. Our Blood = 90% water, Our Brains = 85% water, Our Lungs = 80% water, and **Our Muscles = 70% water.** **Water transports nutrients into our muscle cells, flushes out toxins in the body, and helps with digestion.** [Research has shown that drinking 500mL or about 2 cups \(17oz\) of water immediately when you wake up, boosts your metabolism by a tremendous 30% for up to 90 minutes.](#) **Maximize the effects of water** by also drinking a glass of water **before, during, and after eating and exercising.** **Water quality** is another extremely important factor in improving your overall health. Here is a link to the [best water purification filter.](#)



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