

# **METABOLIC OVERDRIVING FOR FAT LOSS**

**A GUIDE FOR THOSE WHERE THE GYM  
AND DIET JUST AREN'T DOING IT**



# Welcome!

Let me first thank you for taking the time to go through this small step by step guide to increasing your metabolism to a red hot speed!

This guide is meant to give you a general idea of what it means to put your metabolism into overdrive and it will also give you the ability to take the first steps towards losing MASSIVE amounts of bodyfat without losing any strength or muscle mass.

I am so confident in this process! If you purchase one of my 12-week programs and follow the process to the end, you will get guaranteed results. If not, I will personally coach you through another 12-week program for free!

Thank you again for starting your journey here! Let's get started!

# Step 1: Differentiating “Weight Loss” and “Fat Loss”

When discussing how this process works, there first needs to be a few basic-level understandings. I... HATE... WEIGHT LOSS! Anybody can use any method to lose weight. don't believe me? Let's say I wanted to lose 30+ pounds and I used the “weight-loss” method of amputating my leg from my body, do you think I'd lose the weight? Of course I would! It probably wouldn't be the best method, but it'd get the job done.

What I'm talking about is something that your body does through it's own natural metabolic process: BURNING FAT! And truth be told, weight itself has little to do with it at the beginning stages.

Breaking the “scale” mindset is the most important part of this process. If you can't separate health from the number you see, you will be too scared to move forward.

# Step 2: Find Your Baseline

This will be the only time in this process where you will be using the scale on a weekly basis. This takes about 2-4 weeks.

Begin to track your calorie intake. If you're really serious about this, track your macros (protein, carbs, fats) as well.

On day one, weigh yourself and log it, this will be your starting point.

If you weigh yourself the next week and you've lost over 1lb, increase your calories. Just as before, if you gain over 1lb, then decrease your calories. What we're looking for is the amount of calories that keep you at your same weight as your day one weigh in (give or take about 0.5- 0.8 lbs).

Once you are at a place where you haven't gained or lost any weight for two consecutive weeks, you've found your DCE (Daily Caloric Expenditure)

# Step 3: Toe the gas pedal

This may be the scariest part, but it's definitely the most rewarding in the end. Each week, from here on out, is going to be a slow and steady building process. This will require patience.

Increase your baseline calories by 100. (if you're tracking macros, increase it in carbs and protein) At the end of the week, weigh yourself. If you've gained over 1lb, stay at the new number until you've been the same weight for two consecutive weeks. If you don't gain or gain just a fraction of a pound, that means your metabolism has caught up to the amount of calories you have put in.

Repeat this process every week. Depending on where you started, you may have to go longer in order to just catch back up to the normal expenditure.

# Step 4: Scale Isn't Everything

When you're going through this process, be sure to track things other than your weight and calories in order to gauge where you are going.

Focus on things that are a part of your everyday life. These can include sleep, hair health, skin, nails, libido, motor function, energy levels, hunger, digestion, relationships, and gym performance.

As you're slowly taking in your energy intake, there's a high chance that everything that I just listed will become more apparent. An increase in energy from whole food sources should lead to more energy output in everyday life events as well.

There are, of course, many different people and many different metabolisms. By gauging the other sources outside of the scale, you will be able to adjust your intake based on your own results.

# Step 5: Take a Slice of the Pie

After about eight or nine weeks of this increase on rinse and repeat, chances are you're going to have a large amount of calories going into your system without seeing much movement on the scale.

Congratulations, your metabolism is now in a state of overdrive!

Here's where it gets fun! Now that you have a larger caloric intake, decrease your calories to where they were during the fourth week. Put the scale away for two weeks, and see what happens.

Chances are, you've gotten a little leaner over the process. The next two weeks will show you what you've been really building underneath!

You've baked your pie, now take a slice.

# Keepsake

You know what makes me the most excited about this journey?

When you cut down, you can keep eating that same amount of reduced calories until that specific amount of calories becomes your new baseline! How incredible is that?

Now you have a new place to start! You're eating more, AND you're leaner! The human body truly is something amazing!

With that new baseline, you'll be able to go further up in calories the next time you go through this process, and then cut back down to an even higher baseline! It becomes a rinse and repeat process!

Of course there's the limit of calories that your body is able to take in. That will be something that you will know, because your body will tell you.



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