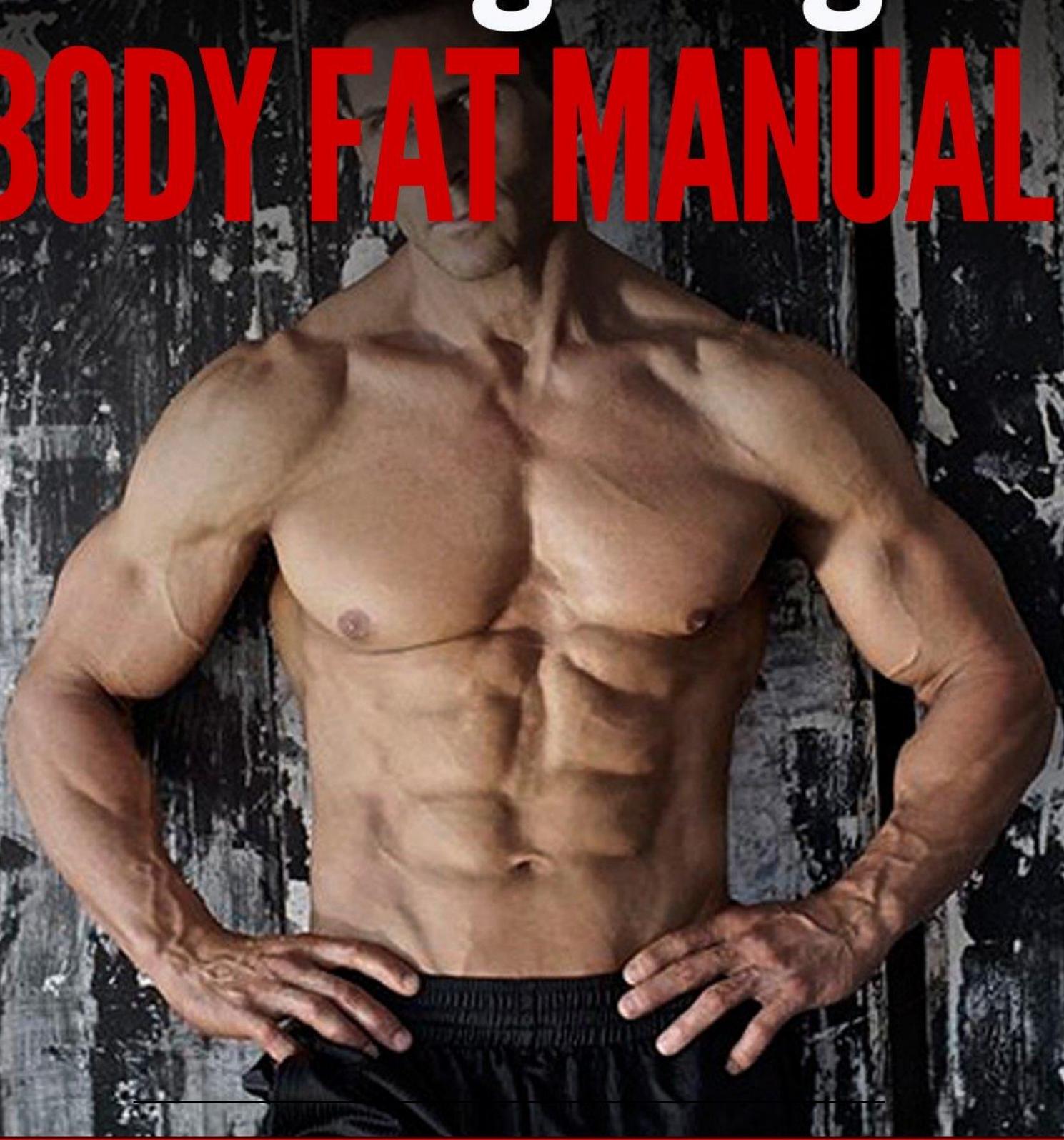


The Single Digit BODY FAT MANUAL



By: Matt Marshall

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

SERIOUSLY – THIS IS AN EXTREME PROGRAM. IT IS NOT FOR EVERYONE. THOSE WITH PRE-EXISTING MEDICAL CONDITIONS SHOULD NOT ATTEMPT THIS PROGRAM. NO ONE SHOULD ATTEMPT THIS PROGRAM WITHOUT PRIOR CLEARANCE FROM YOUR DOCTOR.

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“10% Body Fat Is Just Plain Fat”

Yes, I said it. 10% body fat is just plain fat.

15% body fat? Borderline obese.

Even 9% is on the verge of unacceptable.

Still here? Then you're probably a little bit sick in the head.

Most people are perfectly happy walking around at 15, 20 or even 25% body fat without a care in the world. They make jokes about getting older and fatter and every once in a while they'll start a half-hearted diet or exercise routine. But deep down inside they know they'll never truly get the body they want. Deep down inside they know they're destined to fail, destined to end up a little bit fatter with each passing year.

Why can't you be more like those people?

Well, I'm not a shrink. I don't know why you're so screwed up in the head. All I know is that if you're reading this, you want to get down to single-digit body fat levels and stay there.

You've come to the right place. Because this manual will give you the exact blueprint to follow to aggressively burn away every last ounce of stubborn body fat.

I will pull no punches with you. I will hold nothing back. I will lay every card on the table. If you follow this system, you

WILL achieve single-digit body fat... probably far sooner than you might expect.

And you'll discover how simple and easy it is to maintain single-digit body fat while eating in a manner that "normal" people simply cannot comprehend.

Even if you have no desire to get "freaky" lean, this method will help you achieve -and maintain - your weight loss goals faster than any other diet you've tried before. I realize that probably sounds too good to be true.

After all, losing fat is supposed to be a slow & grueling process right. WRONG.

It doesn't have to be that way. Burning fat can be made simple, fast and easier. (Not easy, but definitely easier than what you've tried in the past.)

Try this plan for just 3 days and I think you'll be a believer. On this plan you'll lose more fat in 6 weeks than most people lose in 6 months.

You'll discover the true secrets of getting and staying lean without ridiculous workouts, expensive supplements or swearing off your favorite foods for the rest of your life.

Let's begin...

About This Manual

This is not a book of theory or hypothesis. This a field-guide. An “in-the trenches” overview of real world experience on what I believe is the fastest and easiest way to get down to single-digit body fat levels and stay there.

Much of what I’m about to show you will fly in the face of what your average personal trainer or dietician believes to be true. If that bothers you, than this program isn’t right for you.

I have included only a few scientific references in this program. Because this isn’t a manual for pondering the latest scientific developments in the worlds of diet and exercise science. This is a book for getting and staying ultra-lean.

The method works – no matter what science or other (flabby) personal trainers say. If you’re skeptical, try the first 13 days and you’ll become a believer.

Lastly, a note for women. Very few women will ever read this book. And if any women are reading this, very few will ever attempt the program. If you are a woman, there’s no reason you can’t follow this program. I’ve included the necessary adjustments to make where applicable.

The only change of note is the body fat percentage numbers. Since women naturally carry more body fat than men, the target numbers in this guide for men should be doubled for women.

For example, this guide was created with the goal of helping men achieve body fat percentage levels of 6-8%. Women should look at this as a guide for achieving levels of 12-16%.

Why Single-Digit Body Fat

If you've got 10% body fat or more, your body is an estrogen factory. Your excess fat cells create higher than normal estrogen levels, which makes every calorie you eat far more likely to be stored as fat. Which creates a vicious cycle, killing your testosterone levels and killing your motivation to ever achieve anything.

In short, carrying excess body fat turns men in to women. So the single greatest benefit just might be the fact that getting down to single-digit body fat turns your body into a testosterone-fueled machine. If you are lean and you over-eat, your body will shift a greater percentage of those calories towards muscle. If you are overweight and you over-eat, a greater percentage gets shifted to fat.

Sounds unfair? It is unfair. Cry about it. Or just sack up and make the decision to get ultra-lean.

Lean people LOOK bigger. It's true. When your muscles aren't covered in fat, you look bigger and more muscular than you really are.

Abs? The best way to getting better abs is to lose body fat. Once you're down to 6-8% body fat, your abs will be popping out like never before.

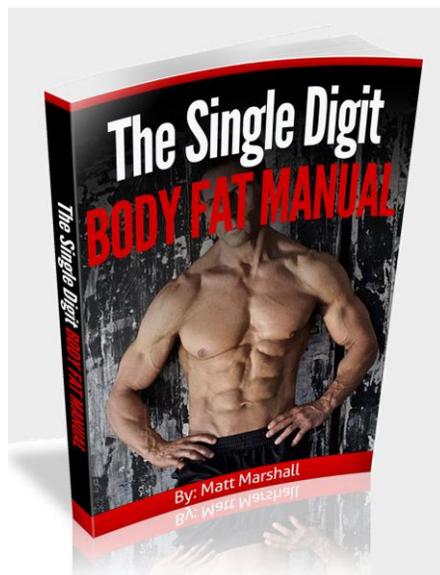
Do It Because Most Can't: Here's the simple truth about why getting down to single-digit body fat is so awesome:

Most people can't do it. You can't buy this. You can't bargain for this. You can't trade for this. Getting down to 6-8% body fat can only be EARNED.

Wealth can be transferred. Riches can be stolen. Good looks can come from your parents or be purchased at the plastic surgeon. But getting down to 6-8% body fat can only be earned.

People recognize this and you'll feel the instant respect (and often pure hatred - more on this later) coming from others once they see your level of leanness.

End of Preview...



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