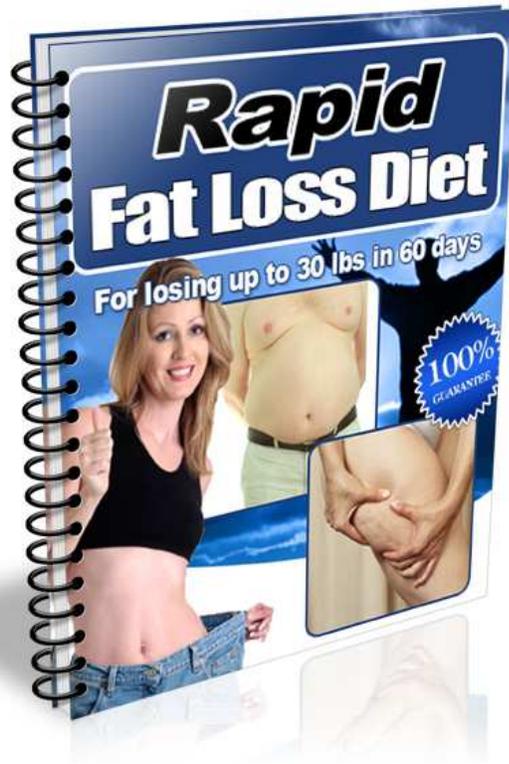


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About The Author



Rich Lauro
Body Transformation Expert

Hi, my name is Rich Lauro and I'm known by my clients as the "**Body Transformation Expert**". I have been helping people transform their bodies for the past 19 years. I decided to write this program so I can reach more people. After all I can only work with so many people one on one.

I hate to see people continually get themselves focused on a goal of fat loss only to get their enthusiasm intercepted or dampened by the lies being told by the weight loss and fitness industry.

There's always seems to be a unique secret or method that has been discovered to burn the fat off body.

It is my goal to help you overcome the fat loss lies that you see on television, fitness centers, and fitness magazines. This program dramatically sets apart the truth from the lies. It's the nuts, bolts and tools required for proper fat loss.

You will be amazed with your results. **There are no miracles, or gimmicks. Just the truth about losing fat.** These steps are timeless and have been tested by me and many of my training clients.

Use them throughout your life, regardless of what level of fitness your at. Stay toned, sculpted and say goodbye to unwanted body fat forever.

[The Rapid Fat Loss System For Losing Up To 30 lbs In 60 Days](#)

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This report is designed to provide information in regard to the subject matter covered. It is provided with the understanding that the publisher and author and advisors are not rendering medical advice or other medical/health services. Every effort has been made to make this report as complete and accurate as possible. This report contains information on fat loss that I use everyday with my own clients. The purpose of this report is to educate you. I will admit the information contained in this report is not fully complete it's not a step-by-step system. The author, advisors and publisher shall have neither liability nor responsibility to any person or entity with respect to any loss or damage caused or alleged to be caused directly or indirectly by the information contained in this book. **It is highly recommended that you get your doctor's approval before starting on an exercise program, especially if you have a medical condition such as high blood pressure, diabetes, high cholesterol, or obesity. If you do not wish to be bound by the above, you may return this report**

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Printable

This e-book can be printed out, so you can have the exercise schedules at hand and record your weights and repetitions. Keeping a record of your workouts will help you progress smoothly.

[The Rapid Fat Loss System For Losing Up To 30 lbs In 60 Days](#)

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[The Rapid Fat Loss System For Losing Up To 30 lbs In 60 Days](#)



My Result Were amazing in just 60 Days I lost 33 pounds

"I would like to say how much the [Rapid Fat Loss Diet](#) has helped me learn about losing weight the right way. I thought dieting was the easy way to lose weight but I had it all wrong. A few weeks ago I was unfit, unhealthy and not happy about the way I looked. After following the rapid fat loss diet. I discovered that I had set up myself to fail. This system explains how eating low fat, low calories and low carbs foods are all the wrong ways to lose weight if you want to keep it off permanently. My results were amazing within 60 days I lost 33lbs and I eat more food now than ever before. This was the total opposite of how I was going about it. You can read the rest of my story [here](#).

Thank you - You saved my life."

- Lisa Marchese, Spotsylvania, Virginia

Nicole lost 22lbs, five Inches from Her Hips, and 3 Inches from Each Thigh in 60 days and totally transformed her body!

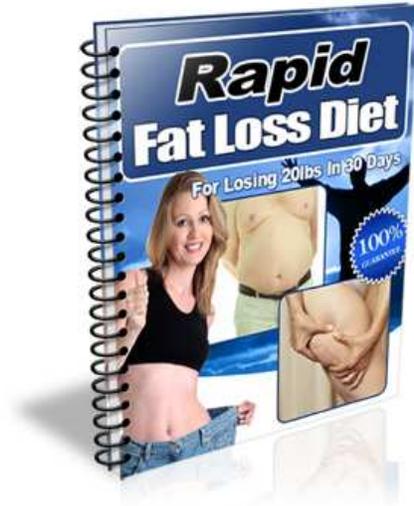


"I would like to say how much [The Rapid Fat Loss Diet](#) has helped me to lose weight and get my body back. A few weeks ago I was overweight and depressed and always tired. It all started when I got pregnant with my son. While I was pregnant I started eating for two. I figured I could eat what I wanted and then lose the weight after I gave birth. Boy was that a mistake, I gained close to 30 pounds and I was miserable. I tried dieting even starving myself to lose the weight, but that just led me to binge eating. And exercise was the last resort. I've always hated to exercise. But I was desperate and didn't know where to turn until I found the Rapid Fat Loss Diet System. I was really skeptical but had nothing to lose except a lot of FAT!. I tried it and within the third week I'd had lost 12lbs and actually felt and looked better. This really motivated me to reach my goal weight of 118lbs. Thank God for the Rapid Fat Loss Diet Secret."

- Nicole Lantieri, Fredericksburg, Virginia

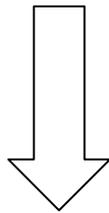
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"Rapid Fat Loss System"

Let's get started!
Your FREE Report Starts On The Next Page



1. The Most Rapid and Efficient Way To Lose Fat

To lose fat quickly and more efficiently, you need to build some muscle. Your metabolism will run much higher to help you burn more calories throughout the day.

High Intensity Workouts To Build Muscle

If you're performing long boring cardio on a treadmill STOP it! You're just "wasting your time". Low intensity, exercise is a very inefficient way to burn fat.

To build muscle, you must exercise at high intensity – not long duration. It's this high intensity that's going to help you burn fat, build muscle and speed your metabolism, in as little as 15 minutes.

By working out at high intensity, you'll take that 15 minutes and turn it into 39 hours of fat burning – That's right! Here's why!

A recent study proves that building muscle helps to burn body fat better than long boring cardio workouts. A body mass study conducted by The Human Performance Laboratory at the University of Wisconsin demonstrated that weight training of a specific variety and rep scheme elevated metabolic rates for thirty-nine hours.

The Rapid Fat Loss System provides quick fat burning and muscle sculpting workouts for you.

That means you would be burning more body fat even while you're sleeping. Pretty cool isn't it? In comparison, the average forty-minute cardio session elevates the metabolism for only a few hours after-exercise.

That is thirty-nine full hours of being able to consume more food without gaining body fat, all things being equal. For the record, no other form of exercise comes close to doing that in as short a period of time as targeted weight training.

This degree of post-exercise calorie burn is close to the levels seen in marathoners. This is nothing new to avid weight-trainers, but it may be news to a lot of you.

Now that's efficiency!

Muscle Burns Lot's Of Calories

Why? Because your body is in the process of building new muscle fibers and repairing the old ones. All of this activity burns a lot of energy even when you're sleeping.

For every pound of muscle that you put on, your body will burn an extra 40-50 calories a day. And remember this: Muscle is dense – a pound of muscle takes up a lot less space than a pound of flabby fat. That's why using a scale can be miss leading.

A well, built body is not hard to get. In fact if you want to lose fat fast, I'm talking up to 30lbs in 60 days from now. Go here NOW, [Rapid Fat Loss System](#)

The Best Rapid Fat Loss Workouts For Burning Fat

To burn fat, you'll need to do quick high intensity full body workouts. This is how you will lose fat fast and sculpt muscle in as little as 30 minutes. You won't be wasting hours in the gym performing low-intensity exercises.

So, What Is High Intensity Exercise?

Intensity measures how hard you train – compared to how hard you really could train. For example: If you can lift a 25-pound dumbbell for a maximum of 12 times, then lifting it only 6 times is working at 50% intensity.

Your goal: is to aim for 100% intensity. You should lift a weight 8-10 times the last 2 or 3 times should be very difficult to complete. That's a high-intensity workout – and that will burn off the fat.

How Many Repetitions?

For high-intensity, you want to perform 8-12 repetitions on all exercises. As soon as you find yourself able to do 12 repetitions, increase the weight

by 5% each time you do your "15 Minute Fat Burning workout",

Try to do one more repetition than the last workout (This is that 100% intensity). When you cannot complete one more repetition, despite your greatest effort, you are exercising at the level of intensity which forces your body to adapt – by improving and building more muscle, while burning more fat.

The one exercise where you might want to do higher repetitions is your abdominal exercises – such as ball crunches do these to muscle exhaustion. Get a complete step-by-step [Rapid Fat Loss System](#) here

No Rest Means More Fat Burning

Another factor in increasing the intensity of your workout – and keeping it to only 15 minutes – is cutting down the rest time between exercises.

Move quickly from one exercise to the next, stopping only if you need to catch your breath – in your early weeks. Later, eliminate rest altogether.

How Many Circuit Rounds

To keep intensity high, start out with one or two circuit rounds. So, do one round or two rounds your first week. You'll be burning more fat and building more muscle – from these two rounds. Week two you will try to complete three or four circuit rounds.

Workout At Least Three Times A Week

This type of program should be performed at least three days a week. Monday, Wednesday, Friday – or any other combination that fits your schedule – be sure to get in your three sessions per week.

After all, it's only 15 minutes a session. Avoid jerking or swinging the weights. All exercises should be done in a controlled manner. The "Rapid Fat Loss Workout is fast and furious, but the individual exercises must be done under control.

[The Rapid Fat Loss System For Losing Up To 30 lbs In 60 Days](#)

Remember to breathe freely when lifting weights. Never hold your breath when exerting yourself. Take a deep breath just before you lift then breath out as you the weight goes up. Then, breathe in again as you lower the weight. As the weight gets harder to lift, you may take a number of quicker breaths in and out – as you force the weight up. That's fine. Just keep breathing.

Here's How To Warm-Up

Warm-up should consist of a few push-ups and jumping jack and body weight squats to get the blood flowing before starting your workout. And always start with one lighter set then the weight you're going to use in the upcoming exercises.

[For A Complete Step-by-Step Rapid Fat Loss System click Here](#)

What's The Best Time To Work Out?

When ever you can! There is no special time of day that is better than any other time. Go with your body. When does it feel the most energetic? That's the best time to work out.

We all have cycles – times of the day when energy is low, times when energy is high. Tap into your high-energy time and get the most intensity into your workout.

6 Rapid Fat Loss Metabolism Boosters To Help You Burn Fat 24/7

Have you ever wondered why some people can eat almost any type of food without gaining a pound while some people just look at a food and seem to gain weight?

The answer lies in your metabolism, that little engine in your body that burns calories all day, every day. Because of genetics, some people burn fat faster than others.

But age, weight, diet and exercise habits also play a role. "As we age, our metabolisms slow down, mainly because they are losing five or six pounds of muscle each decade starting in the mid-20s," here are some easy things you can do to speed your fat-burning furnace.

1. Avoid cutting your calories to low: Putting yourself on a very-low-calorie diet is a surefire way not to lose fat." if you suddenly restrict calories from your diet, your resting metabolic rate (the number of calories your body burns to maintain basic bodily functions, such as breathing and heartbeat) will automatically slow down, because your body now thinks it's starving."

So how many calories should you consume? Depending on your level of activity, you can safely lose anywhere from half a pound to three pounds a week if you multiply your current weight by 12, (For example, if you're 140 pound women, you should be eating around 1,680 calories a day.)

You should not let your daily calories drop below 1,200. "Research shows that women who consume less than this amount see their resting metabolic rate plummet by as much as 45 percent,

2. Eat Breakfast: Breakfast is the most important meal of the day as far as metabolism (and fat loss) is concerned.

Breakfast eaters lose more weight than breakfast skippers do, according to studies. "Your metabolism slows while you sleep, and it doesn't rev back up until you eat again,

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So if you skip breakfast, your body simply won't burn as many calories then if you had eaten breakfast that's why it's smart to start the day with a solid 300-to-400-calorie breakfast; it jump-starts your metabolism to burn more calories all day long.

Your breakfast should consist of high-fiber carbs why? Because High-fiber carbohydrates take longer for your body to digest and absorb than fats; plus they don't cause rapid changes in your blood sugar, so your hunger is kept in check longer,"

3. Pile on the protein: Research shows eating protein for breakfast can boost your metabolism, causing you to burn an extra 150 to 200 calories a day. Protein is made up of amino acids, which are harder for your body to break down than fat and carbs, so you burn more calories just trying to digest them.

Try to get at least 10 to 35 percent of your total daily calories comes from protein. So if you're on a 1,800-calorie diet, 360 to 630 of those calories should come from lean proteins, such as fish, chicken, low-fat cottage cheese, eggs, yogurt and legumes. Try to have a serving of protein, such as nuts, a small can of tuna or a piece of low-fat string cheese, at every meal and snack.

4. Snack all day: It sounds counterintuitive; why would you eat continually if you wanted to lose weight? because eating five to six mini meals rather than three larger meals every day keeps your metabolism fired up all day. It will also prevent you from going without food for long periods of time. Causing you to become hungry and overeat.

Try to eat every three to four hours and make sure each meal includes protein, carbohydrates and a little fat for an extra metabolic boost.

5. Go for "good" carbs: Refined carbs, such as bagels, white bread and potatoes, cake, cookies create a surge in insulin that in turn promotes storage of fat and may shoot down your metabolic rate, Eat high-fiber carbs "It's important to keep carbohydrates in your overall diet, but focus on vegetables, not too many fruits if your goal is fat loss and whole grains, which have less of an impact on insulin levels

6. Lift Weights: weight training is the best way to crank up your resting metabolic rate. "As you get older, your resting metabolic rate drops, but

weight training can rev it right back up again: A pound of muscle burns up to nine times the calories a pound of fat does.

In fact, a person who weighs 190 pounds and is muscular burns more calories than a sedentary 190-pound person of the same height. Regular strength training will increase your resting metabolic rate anywhere from 7 to 8 percent. (That means that if you weigh 190 pounds, you could burn around 100 more calories a day, even when you're at rest.)

You don't have to go to a gym to get a great workout. You can get great results with only three to four 30-minute weight lifting sessions a week right at home. All you need is a pair of dumbbells.

When you lift weights, your metabolism remains in overdrive for up to 24 hours, allowing you to burn calories all day long. Get over 15 more metabolism boosting secrets to melt away body fat 24/7!

How Quick Will You Lose Weight?

Remember this, it's not about losing weight – it's about losing fat. You'll be building muscle as you burn off fat. Since you're building muscle and losing fat, you will not judge your results on the scale.

Instead of looking to your scale to track your progress, look to your mirror and the way your clothes fit.

Following traditional weight loss programs, you can expect to lose 1-2 pounds per week. Following the Rapid Fat Loss System and the workout program, you can lose safely up to 3-4 pounds a week. For the complete [Rapid Fat Loss System](#), [click here](#).

Avoid Eating This One Food If You Want To Lose Fat Fast

If your trying to lose body fat you should be very careful of your sugar intake here's why? Sugar affects your potential to burn fat. Let's take a look at what sugar does and how it relates to body fat. When you eat a simple sugar, such as a cookie, all of the sugar gets absorbed into the bloodstream at once, so for the moment you experience high blood sugar.

It's OK because your pancreas begins to increase its production of the hormone insulin. Insulin's job is to remove the excess sugar from the bloodstream and stores it in the muscles and the liver as glycogen. There is another hormone that's produced by the pancreas. called glucagon, remember this insulin is a "storage" hormone, and glucagon on the other hand is a "release" hormone.

Glucagon is, the hormone responsible for releasing body fat. When the pancreas suddenly has to increase the amount of insulin to deal with rising sugar levels, it cuts back the production of glucagon.

The Result – fat release is - Crippled

Wait! It gets even worse. The pancreas actually makes more insulin than your body needs. About 30-40 minutes after the sugar rush, you wind up with residual low blood sugar levels. In order to restore blood sugar back to normal, you begin to crave more sugar!

The Rapid Fat Loss System is designed to keep your blood sugar leveled 24/7 which burns fat fast.

So, by eating sugar . . . you're pretty much guaranteed to crave sugar. The trick is to stop the insulin / blood sugar roller coaster. By eating the way this program recommends, which is to eat protein, specific carbohydrates and vegetables. This provides an ongoing slow release of sugars preventing those sudden blood sugar spikes and keeps the insulin/glucagon levels balanced allowing your body to release fat all day long!

Equipment Needed?

For your "Rapid Fat Loss System Sessions" you don't need a lot of equipment. That's the beauty of this routine – you can do it just about anywhere, with very little equipment.

All your exercises can be done with a set of dumbbells. A pair of adjustable dumbbells lets you add and subtract weight plates – to always exercise with your maximum weight. Get a number of plates in 1.25, 2.5, and 5 kg weights. Neoprene-coated dumbbells are nice if you're concerned about marking up your nice hardwood floors. But, you'll need to get a large set of different weights.

A Pair of Dumbbells



You can purchase a pair of dumbbells in any local sports store even Wal-Mart

Cardio Interval Training

Cardio intervals are very easy to perform and very effective at melting off body fat. Here's how to perform it: You would warm up for 3 minutes on a treadmill or any other cardio machine. Start out using 1:2 ratios progressing to a 1:1 ratio

Example: using a treadmill you would run at level 5 for 1 minute then walk for two minutes. This is repeated for 6-8 times. You must work as hard as you can. This of course depends on what kind of shape you're already in.

If you're a beginner you might start out with a brisk walk for 1 minute and walk at a slower pace for two minutes.

If you're in good shape then you might perform sprints for 1 minute and lightly jog for two minutes. Cool down with a slow walk for 3-5 minutes.

Remember for even more of a fat burning effect perform these intervals right after your weight training session.

You can also add other exercises on the days you don't lift weights. Don't do more weight training, as you need to give your muscles time to rest and grow between workouts.

You can take a long, quiet walk. Not every exercise you do has to be at high intensity.

Sample Fat Burning Circuit Workout

Perform one round without rest. Then Perform 1 minute of cardio
Rest 30 seconds then repeat circuit 2-5 times

- 1. Push-ups**
- 2. Db Swing**
- 3. Db Squat Press**
- 4. Dead lift into Upright Row**
- 5. Back Row**
- 6. Db Curl**
- 7. Bench Dips**

For more detailed fat burning workouts and videos click the link below

[The Rapid Fat Loss System For Losing Up To 30 Pounds In 60 Days](#)

