

HIT Fat Loss™

Regain lost muscle, burn more calories and reduce fat with BodyTech Fat2MUSCLE™.

This 6-week fat loss programme works on two proven physiological truths:

1. That muscles when regularly strength trained have higher metabolic rates than untrained muscles.
2. That more muscle, not more exercise, is the most effective way to burn calories long term.

What to expect.

The **Fat2MUSCLE™** programme combines three powerful fat loss strategies:

1. Harder, slower, briefer training.
Just 3 x 30 minute high intensity supervised and personal training workouts per week.
2. No-fad eating plan.
Based around five smart daily meals. Delicious, quick and easy recipes perfect for time-poor people.
3. Superhydration.
2-3 litres of ice cold water a day to accelerate fat metabolising.

If you're an average size man or women and follow the Fat2MUSCLE™ 6-week programme you can expect to lose:³

Woman	Up to 9kgs of fat	7cm off waist	10cm off hips	12cm off thighs
Man	Up to 6kgs of fat	7cm off waist	6cm off hips	9cm off thighs

Research study	Strength training programme	Training frequency	Training duration	Change in muscle	Change in resting metabolism
Campbell, et al. Tufts University ¹	12 total sets of exercises 8 - 12 reps	3X per week	30 minutes	+1.4 Kgs	+6.8 %
Pratley, et al. University of Maryland ²	17 total sets of exercises 10 - 15 reps	3X per week	30 minutes	+1.4 Kgs	+7.7 %

The above table presents two classic research studies which demonstrate that strength training does have a significant elevating effect on resting metabolism and is therefore a highly beneficial exercise for increasing daily calorie usage long after exercise session is over.

1. Campbell, W., M. Crim, V. Young and W. Evans. Increased energy requirements and changes in body composition with resistance training in older adults. American Journal of Clinical Nutrition 60: 167-175, 1994.

2. Pratley, R., B. Nicklas, M. Rubin, J. Miller, A. Smith, M. Smith, B. Hurley and A. Goldberg. Strength training increases resting metabolic rate and norepinephrine levels in healthy 50- to 65-year-old men. Journal of Applied Physiology 76: 133-137, 1994.

3. Based on extensive results from participants who have completed the 6-week research programme conducted by Dr Ellington Darden Ph.D. The six week Fat-to-Muscle Makeover. Individual results may vary and should not be taken as representative. Weight management programmes should include professional advice on diet, exercise and lifestyle, and take time and personal commitment to be effective. People with specific medical conditions should check with their doctor first.