

FAT LOSS

FOUR WEEKS

RAPID 10-DAY MELTDOWN



John Romaniello, NSCA-CPT
and Dan Go CPT, NWS

Welcome

Welcome and thank you for purchasing the Fat Loss Forever Program. This plan is a special “THANK YOU” for being an action taker and purchasing FLF.

We are obviously biased when we say that this program will change your life your body once and for all. Look lifetime results is why you bought the program and lifetime results is what you will achieve.

Let's face it: We want results and we want them *fast*.

That's where the 10-Day Rapid Meltdown comes into play. It is general knowledge that weight loss, when done right, usually yields you an average loss of between 1 to 2 pounds.

I mean, that's good an all, but we call HOGWASH.

Yes, I just said, “HOGWASH”. I would have stronger words if not for the family audience.

Dan and I have repeatedly use the very same diet you'll read in a couple of seconds to help our clients achieve up to **13 pounds weight loss in ONLY 10 days**.

Please re-read that again:

In a span of ONLY 10 days you will be able to achieve above the average norm of weight loss and lose up to 5 to 13 pounds of weight. Take a moment and just imagine yourself 13 pounds lighter and being able to keep the weight off for life...

How does it feel? I bet it feels damn good. 10 days is all it takes.

I'd reckon to say that 10 days is time well spent.

We're all about getting you PERMANENT results in as short a time as possible. So even though you got this FREE with the program, treat it as if it is an actual part of the program.

If you do you will see the fastest and most permanent weight loss you have ever experienced in your life.

Enjoy the program,

Roman and Dan

What is the 10-Day Rapid Meltdown and How Does it work?

Great question! The 10-Day Rapid Meltdown is based on two important aspects of succeeding at fast and permanent weight loss:

A time sensitive deadline of 10 Short days

It's as simple as this: EVERYONE works better with deadlines. But the trick is to not have the deadline too short or too long.

A deadline is always the first thing you must address when approaching any fat loss program. Through years of testing, Dan and I have found 10 days to be the "sweet spot" when it comes to getting the fastest fat loss response from our clients.

It's short enough to get compliance yet long enough to do some serious damage to your love handles. Do you have 10 days to permanently get rid of 13+ pounds of fat? Of course you do.

It's not all about deadlines though. Most importantly we address the #1 factor when it comes down to everlasting weight loss:

It comes down to your HORMONES (AGAIN!)

With the 10-Day Rapid Meltdown we are literally "resetting" your bodies fat loss hormones.

More specifically we are going to reset your bodies response to insulin. This means that you are going to lose a TON of weight during the program as well as keep your body in an insulin friendly environment in the fastest way possible.

If you've been reading our articles you know that insulin can either be your friend or foe when it comes to your fat loss.

A Brief history on Eating, Fat loss & its Direct Relation to Your Insulin levels:

Insulin is a hormone that causes most of the body's cells to take up glucose from the blood (including liver, muscle, and fat tissue cells), storing it as glycogen in the liver and muscle, and stops use of fat as an energy source.

When insulin is absent (or low), glucose is not taken up by most body cells and the body begins to use fat as an energy source.

In other words...

When you have MORE insulin have in your body means your body stores fat instead of using it for energy. When you have LESS insulin you have in your body, the more likely you are to burn fat for energy.

Simple right? Well it gets more complicated than that...

The Top 2 Causes Of Chronically High Insulin Levels

The sad thing is this: People are walking around with chronically high insulin levels in their bodies without even know it. It's the one hormone that dictates everything related to fat loss yet people keep on doing the two habits that will ensure they live a lifetime in the same old fat body:

1. Eating frequent Meals throughout the day

Every time we eat we elicit an insulin response into our bodies.

And due to the old rules of nutrition we have the general fitness population eating 5 to 6 meals a day. What these people don't realize is that eating that frequently throughout the day is leaving them with chronically high insulin levels.

Imagine the frustration when they do everything right in terms of working and even eating the right foods, yet end up with the same body day in and day out? This would suck for anyone and might have them give up altogether.

It would be frustrating for anyone in that situation. Thankfully you have this plan in your hands right now. These next ten days we are going to rewire your insulin response to work for you instead of against you.

2. Eating the wrong foods at the wrong times

Food obviously has a big part in controlling your bodies insulin response. The fact is, in this program we recommend people to take in their carbs right after a workout to take advantage of the muscle building benefits insulin brings.

BUT...what if they carrying around a body that is already chronically high in insulin?

In this case certain foods (such as carbs) are not your friends but rather your enemy if you don't address your insulin problems first. If you keep eating these foods without addressing your previous problem of having high insulin levels it's like trying to sweep the problem under the rug...you'll have to clean it up eventually.

The purpose of this 10-day program is NOT to get you to stay away from these but prime it in a way that rewires your body's fat burning response from them.

What you have in your hands is the ultimate fast fat loss program that unlike most "quick fix" type of programs, helps you keep the weight off for good and most importantly, it works perfectly as a primer for the Fat Loss Forever main program and is the ultimate jump start on your fat loss goals.

So are you ready to turn your body into a constant fat burning machine and have a little fun along the way? Yes? Let's do this!

**THE 10-DAY
RAPID MELTDOWN
NUTRITION & TRAINING
SCHEDULE**

Day	Eating Schedule	Training Schedule
Sunday	Cheat Day	Density Workout 1
Monday	Full Fast Day	GH Surge Workout 1
Tuesday	16/8 IF	5-4-3 Dynamic Workout 1
Wednesday	Full Fast Day	Cardio Only
Thursday	16/8 IF	Complex Workout 1
Friday	Warrior Diet	Cardio Only
Saturday	Cheat Day	Density Workout 2
Sunday	Full Fast Day	GH Surge Workout 2
Monday	16/8 IF	Cardio Only

NOTE: Repeat if desired, starting with a cheat day 😊

*NOTE: Please refer to Food Guide pdf for good food choices

One of the best aspects of this 10-day program is that it actually starts off with a cheat day!

Cheat Day*

Have fun and eat whatever you want on this day. Just make sure you don't drink alcohol with your cheat day as you nullify leptin production.

*NOTE: Please read page 35 of FLF nutrition manual for cheat day guidelines

Full Fast Day

You will not be taking in *any* food at this point. Water intake is a must. Guys, get in 3-4 liters while girls should get in 2 liters. Coffee (limit to two maximum a day) and green tea are the only liquid calories allowed. You may also drink any calorie free beverages that you like.

Warrior Diet

You will be having one piece of fruit and a low carb protein shake in the morning and then another meal at 9pm at night, just as in the nutrition manual.

16/8

You will be taking in 3 meals at 1pm, 4pm and 9pm, just as in the nutrition manual.

7 Rules of the 10-Day Rapid Meltdown

1. NO carbs are to be taken unless it's on a cheat day or in your post workout shake.
2. Read page 40 of FLF Nutrition Manual for your calorie intake and macronutrient levels. Abide by your total caloric intake EXCEPT for cheat days.
3. The only drinks you'll be able to intake are water, coffee (2 max a day) and green tea.
4. Take a post workout shake after each workout EXCEPT for cardio sessions.
5. You will only eat whole foods that have been cooked EXCEPT for cheat days. All meals will have one protein source.
6. Each meal will have a protein source.
7. Eat unlimited veggies. Do not count them as calories.

Now if it were myself doing this plan I would start with getting a calendar and organizing your meals for the next ten days. When you accomplish a day cross it out and move onto the next.

I would also start to get organized. Find out what you have to eat, make a list and shop for it. Plan out each meal the night before or make them all on a Sunday. The more you have healthy foods available to you the more you'll stick to the plan.

And lastly, go into your kitchen and throw out all your junk food. For a more detailed description of the what and why, please read Page 37 of the Nutrition manual.

The nutrition plan is simple and EXTREMELY rewarding.

Follow it to the LETTER for 10 days. Will it suck? Yes. Is it effective? Definitely.

Best of luck,
Roman & Dan