

**FREE
REPORT**

EAT WHATEVER YOU WANT AND GET SIX PACK ABS



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I am so excited to be revealing this information with you!

But first let me say, thank you for downloading this report.

If you're reading this then you're probably **sick of being deprived of the foods you love to get those inches off your waist or even to get your abs to show.**

Or maybe you just want to eat whatever you want while you melt fat away and get six pack abs.

I'm here to tell you that after you read this report you will be set on your way to achieving all of the above.

I don't know about you but I need a **cheat meal to keep me from going crazy.** If you are anything like me and you enjoy your favorite foods then you've come to the right place.



I personally have counted calories and macronutrients to get down to a certain weight. *I did this for my sport, which was boxing at the time.*

I would literally bring a can of tuna to restaurants because I didn't trust what they put in their food. I was going insane during this time.

This was definitely something that had to be temporary; because **there was no way I was going to make this my lifestyle.** I didn't want to be a social outcast because of my "diet".

Even though I was at a low weight, I felt weak and lethargic.

All that willpower in avoiding my favorite foods felt like it was backfiring. But I couldn't understand why.

Another mistake that I made as well, was that **I kept doing LONG workouts. I would literally run for one hour or more to increase my "cardio".**

This was an old school boxing method with no research behind it.

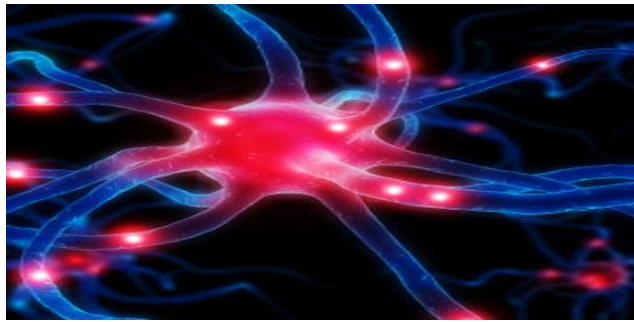


With the long workouts and the avoidance of every food that seemed unhealthy, **I wasn't getting anywhere.** I was far from strong and I had abs that looked like jello. Even though I was at a low body fat percentage.

So, what was I doing wrong?

I was neglecting a very important aspect of the human body.

Hormones



My hormones were out of whack and I was completely oblivious to it.

Research shows that long cardio sessions:

- Increase Cortisol Levels
- Increase Appetite
- Decrease Thyroid Function

These are all responsible for weight gain.

On top of all that, because of the strict eating and the huge calorie reduction, **my testosterone levels were low.**

That means with increased cortisol levels and decreased testosterone levels; you are pretty much **guaranteed to store fat.**

So, how do I get six-pack abs by eating whatever I want?

I am going to REVEAL how you can...

Force Your Body To Release The Hormones That Melt Lower Belly Fat While Enjoying Your Favorite Foods

First... I am going to present how you can enjoy your favorite foods without having one bit of an effect on your body composition.

As a matter of fact, it will maximize your body's fat burning hormones instantly.

Most cheat meals or “feel good” meals contain a large amount of carbs. The biggest hormone we have to deal with when it comes to carbs is **insulin**.

When you are inactive and you consume a large amount of carbs, you eventually become **insulin resistant**.

This eventually leads to diabetes and causes you to store fat when you continue to consume excess carbs and calories.



We don't want that. We want to be nice to our blood sugar levels.

The best way to go about it is to **consume most of your carbs for the day after a workout**. This will help replace the glycogen stores from your muscles and speed up the recovery for your workout.

On top of that, **insulin sensitivity** is at it's highest and carbs won't have the same fat storage effects. **We want to be insulin sensitive, not insulin resistant.**

BUT... the trick is, you can't do just any old workout and then go to town on food. It has to be a **High Metabolic Demanding Workout.**

Remember what I said about long cardio workouts?

Well, they are not helping produce insulin sensitivity. Those workouts hardly use up your muscle glycogen stores.

That cheat meal will go straight to your gut.

And don't forget that... long cardio sessions also **increase cortisol levels, increase appetite, and decrease thyroid function.** We definitely don't want to deal with all this.

It's time to switch up the workouts.

If you want six pack abs, we are going to need to burn calories all day long. Even while you sleep.

How do we do that?

By Performing Short But High Intense Workouts.

On top of that, you are going to need to perform **abdominal exercises that also demand a high metabolic effect if you want to target belly fat.**

And I don't mean sit-ups or crunches.

This strategy is crucial. With the right workouts, and the right placement of the foods you want to eat, you can get the **ripped abs you always wanted.**

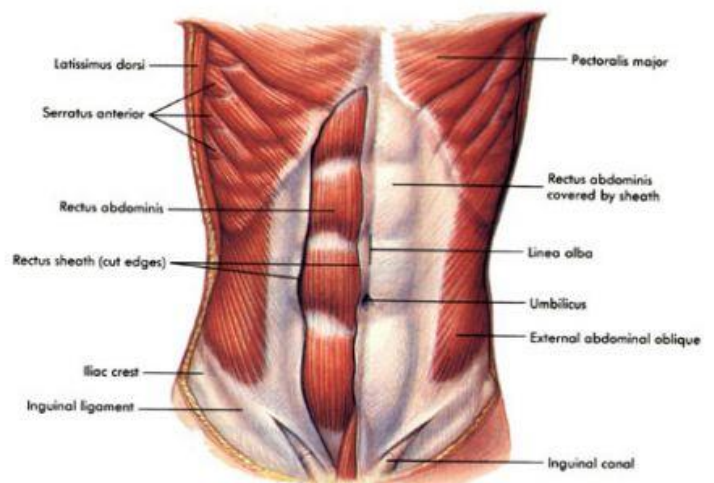
But what kind of workouts should I do?

If you truly want to get abs while you eat whatever you want, you're going to have to do something completely different than what you're use to doing.

If you ever watched a professional fight before like boxing or UFC then you have probably seen how ripped the fighters are.

Fighters have the best pair of **Ripped Abs of any athlete in any other sport.**

It's not a coincidence.



The workouts that fighters perform are the **highest metabolic demanding workouts** out there.

Pair that with the core specific exercises they do and you have a recipe to **melt away lower belly fat and get ripped six-pack abs.**

Fighters also have the highest amount of core strength of any athlete.

Fighters need a rock solid mid section to produce all that power and to withstand all the damage that is inflicted onto their mid section. They essentially need a suit of armor.

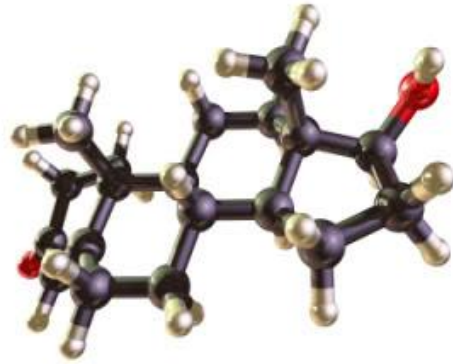
Studies have shown that fighters are the fittest athletes in any other sport.

This comes to no surprise considering all the different aspects of fitness that is needed to perform at a high level.

The thing is, **you don't have to step in the ring to get abs like a fighter.**

You just need to perform high demanding metabolic workouts that pro fighters use to get your fat furnace going so that you are **burning calories while you sleep.**

You also get the hormonal benefit of increasing testosterone and GH (Growth Hormone) **to aid fat burning** instead of decreasing the level of these hormones for the opposite effect.



Plus, you reduce cortisol levels, which **prevents the storage of fat.**

On top of all that, **fighters get to eat whatever they want.** That is because their workouts provide such a **high metabolic response that they burn fat while sitting, eating, and even sleeping.**

Here's the best part...

All you need is **45 minutes a week** to **revamp your metabolism** and get six-pack abs while you get to eat whatever you want.

That's it... **15 minute intense workouts** will be enough to **turn your fat burning machine on** and build a solid six-pack.

...And you can do these workouts at the comfort of your own living room.

You don't need all the fancy gym equipment to turn your metabolism into a fat burning machine.

If you'd like more information on what specific workouts fighters use to **melt off body fat and get six-pack abs in such a short amount of time while eating whatever you want** then click the link below:

[Get Abs Like A Fighter While You Get To Eat Whatever You Want](#)

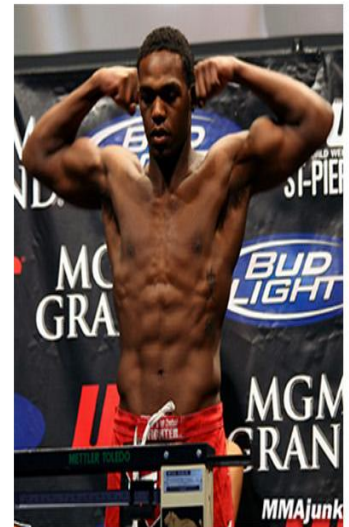
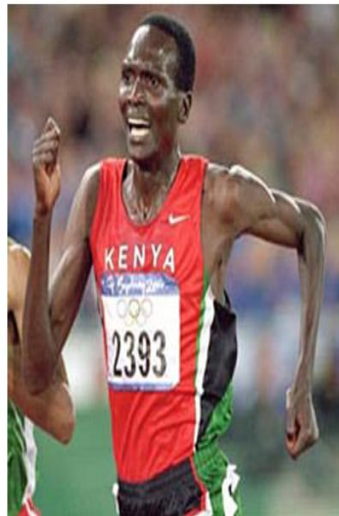
At the link above you'll discover how you will break any **weight loss plateau** and discover many **hidden secrets** that fighters have used to melt off fat in the fastest way possible.

Conclusion

It's really simple when you think about it.

If you train like a marathon runner you will look like a marathon runner. If you train like a fighter then you will look like a fighter. (Without taking all the shots to the head)

What would you rather look like?



I don't know about you... but I would take the fighter look any day.

I personally looked like the marathon runner at one point before I started training *properly*. I weighed 140 pounds at 6'2" and I didn't even have abs.

I did everything from 300 sit-ups a day to one-hour long runs. Even cardio classes didn't do it for me.

Restricting myself of the foods I love was **hurting me rather than helping me.**

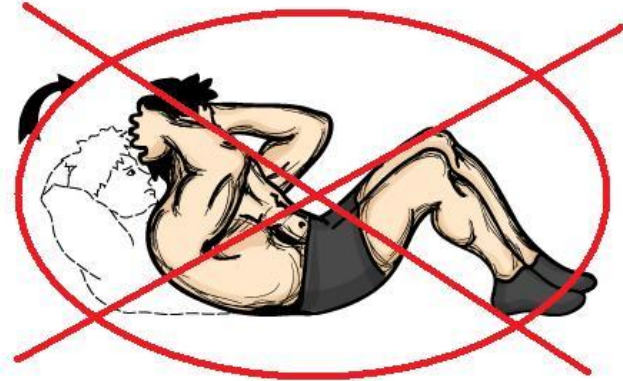
I felt really sluggish and tired all the time.

If you feel the same way then make TODAY the day that it stops and start to see real results.

I feel very lucky that I was introduced to the type of workouts that I needed to **break through this stubborn plateau that haunted me for so long.**

Being a fight fan, I eventually got into boxing. Even though I saw a lot of the same typical cardio exercises that people did in the classes, **I started to notice what the fighters were doing.**

It got me intrigued and I needed to learn more.



I wanted to look and perform like these guys. So I started to talk to some of the fighters and I even took some of the fighter's classes.

My mind was blown by the type of training that these guys were doing.

In a few short weeks, **I started to see results without doing anything to my diet.** The workouts were short but intense.

I felt my abs more than anything I have ever done before. **If you feel your abs doing crunches then just imagine what these workouts would feel like.**

Plus eating whatever I liked was my favorite part.

I was so consumed with the training that I even started to compete and I took home 2 Gold Medals.

I later got into Muay Thai and became the North American Muay Thai Champion.

I was so passionate about the training that I wanted to teach others to get the bodies that they have always dreamed of.



I decided to learn as much as I can about the human body that I developed a system to...

Optimize Your Hormones To **Burn Fat
With **Only 45 Minutes** A Week.**

I have become one of the busiest trainers in Toronto because I got my clients **six pack abs while they eat whatever they want.**

Now I get the chance to help YOU!

Since you downloaded this FREE Report, I am going to give you a **Special Offer** on the **Fighter Abs Workout Program** that **has changed the lives of so many people and changed the way they think about working out**

**I Will Be Revealing All The
Breakthrough Secrets That Will Get
You **Six Pack Abs** While You
Eat Whatever You Want**

...And do it in as little as 15 minutes
to Get Abs like the Pro Fighters You
See On TV with ZERO Equipment



=> Get Abs Like A Fighter While You
Get To Eat Whatever You Want

This exclusive offer for anyone reading this report will also receive 2 FREE Bonuses valued at \$74

And also receive an INSANE DISCOUNT for only a limited time. **Don't wait.**

If you don't get these workouts and you keep doing the same routine that you're currently doing... You will be **suffering from strict dieting that will "jack up" your hormones and store fat.**

Don't miss out on this amazing **rapid fat loss method. It can be the one thing that is **keeping you back from truly having six-pack abs.****

=> [Get Abs Like A Fighter While You Get To Eat Whatever You Want](#)

About The Author

Andrew is a North American Super Middle Weight Muay Thai Champion and a Two Time Provincial Gold Medalist in Boxing. He has been competing in Muay Thai and Boxing for the past 7 years.

Andrew is a passionate Fitness & Strength Coach and runs a private practice out of Toronto, Canada. Where he trains high-level fighters for competition as well as transform average bodies into extraordinary results with his unique approach to training.



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