

Outsmart 10-40 Pounds of Fat in 60 days

- Aggressive 60 Fat Loss Nutrition System 2.0
- Integrated Carb Loading Tuesday and Fat Loading Friday Training Tactics. Experimented successfully with clients, but never discussed before today.
- Success Calendar Compliance Tool
- Scott@Infinityfitness.com for a free copy of the Aggressive 60 Fat Loss Nutrition System 2.0

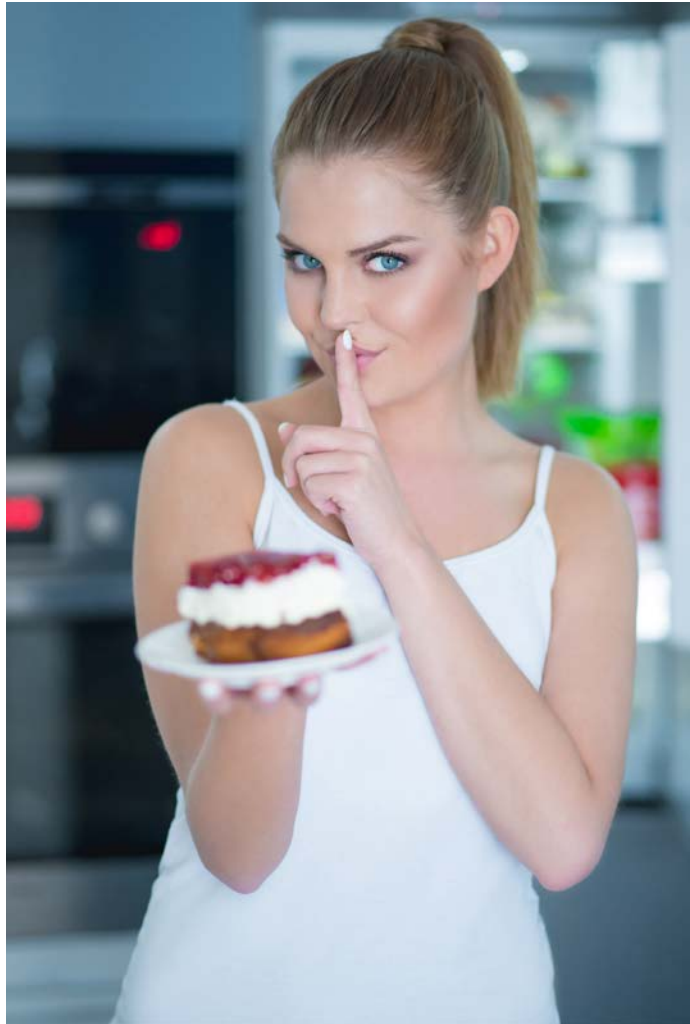
Best Question Free 100% MR



Scott Mendelson InfinityFitness.com

- Edited by Dr. Eric Serrano MD
- This presentation is not medical advice.
- These are **my own** opinions and theories based on experience.
- Please consult your doctor before making any changes to your nutrition, exercise or supplementation plan.

I Will Tell You the Truth



At times speaking the truth in this world makes some people upset.

That is perfectly fine with me.

I am dedicated to educating clients with the best strategies for their unique situation and goals.

How to Perfect Nutrition Strategies

- I help a wide variety of clients ranging from professional athletes, to business people and everything in between.
- On a daily basis I interact with numerous clients and learn from their success and failures.
- A program is only as good as the client's ability to execute.
- Your clients must be confident a plan will work before they will fully apply themselves with great effort.
- Trainers take on a lot of the blame.

Fat Loading Friday +Carb Loading Tuesday

- Fat Loading Friday and Carb Loading Tuesday Fat Burning benefits within the A60 2.0
- A typical week of eating and training which is highly advanced yet simple to execute.
- Sunday, Monday, Wed, Thursday and Saturday are Base days of eating.

Battle of the Sexes- Ladies

- Carb Loading Tuesday helps women improve mood dramatically especially during the monthly cycle.
- Weekly carb intake also reduces cravings, relieves stress and improves energy.
- Yes- it absolutely helps with body fat loss, but the amounts must be kept in check.
- Females are more carbohydrate portion sensitive than men.
- Firm up in all of the right places on Tuesday night and Wed.

Battle of the Sexes- Guys

- Fat Loading Friday makes men feel more Manly based on extensive feedback.
- Increases feelings of well-being
- Boosts Sex Drive and Performance.
- Significant increase of strength during weight training or competition
- Better daily energy on Friday and through the weekend
- Absolutely reduces body fat

Macronutrient Cycling Importance

- Eating “Clean” is not enough to earn a low body fat percentage
- Prevents metabolic staleness
- Increases Fat Burning Enzymes
- Naturally Optimizes Fat Burning Hormones



Carb Loading Tuesday Fat Burning Benefits

- Adds logs to the metabolic fire
- Supports anabolism and drives higher performance
- Eating 0 carb for too long **lowers thyroid levels**
- Alpha Omega M3 drives raw materials into hungry muscles
- Lowers stress hormones associated with stubborn fat accumulation



Fat Loading Friday Fat Burning Benefits

- Surges Fat Burning Enzyme Levels for several days
- Naturally Peaks Testosterone Levels
- Lubricates Joints
- Increases Sex Drive
- Improves Training Performance
- Supports Fat Cell Cleansing
- Big strength gains
- **Dr. Serrano's invention!**



Base Day of Eating- Sun Mon Wed Thurs Sat

- Fasting after dinner until lunch the next day can optimize insulin sensitivity and improve nutrient efficiency.
- 100% MR and Muscle Synthesis replace Breakfast
- Sends Powerful Fat Burning Signals
- Improves energy levels
- Crushes hunger and cravings
- Proprietary ratios of ingredients by Dr. Serrano
- Research driven sequences make a huge difference



Success Calendar

- Consistently performing the right training, nutrition, fat burning interval sprint and recovery protocols build metabolic and hormonal momentum.
- The average person does not execute above 70%
- 90%+ compliance produces fantastic rates of body transformations.
- Give clients 3 benchmarks to grade each day
- Evaluate their compliance weekly

Why A60 2.0 Burns Fat Fast

- Highly Advanced Yet Simple to Execute
- Cleanses Fat Cells
- Highly enjoyable meals which work well for socializing
- Builds Metabolic and Hormonal Momentum
- Keeps daily and training energy levels very high
- Accelerates recovery
- Elevates Mood and feelings of well-being
- Allows for consistent execution necessary to re establish habits.

Integrated Training and Nutrition Strategies

- Training strategies for Carb Loading Tuesday and Fat Loading Friday
- High Frequency Interval Training for Rapid Fat Loss
- Ball Slams for Six Pack Development and Athletic Performance



Carb Loading Tuesday Training Objectives

- Create conditions to support excellent Glycogen Replenishment
- Make the client “EARN” those carbs
- Train earlier in the day so 2 meals containing 30-60g carbohydrate along with protein and dietary fat can follow the session.

Carb Loading Tuesday Training

- Highly dense training sessions
- Antagonistic supersets, tri sets or giant sets
- Gradually decreasing rest periods
- Speed of repetition manipulations
- 100 rep finishing set (ask Peter Baird)
- Manage training volume



Fat Loading Friday Training Objectives

- Prepare the body for a larger intake of food
- Higher Loading with conservative rest periods
- Strongest training day of the week in regards to loading
- Finish with challenging circuit with slightly higher rep ranges

How Do You Look in The Mirror

- The day of and following a Carb/Fat loading day should make the physique look better
- Fuller muscles
- Tighter skin
- Better definition
- Take notice of exactly what was consumed on this day so we can learn.
- Quick way to identify food allergies, intolerances and sensitivities.

Aggressive 60 Fat Loss Nutrition System 2.0

- Base Days- Fasted Status morning- 2 Large Meals
- Carb Loading Tuesday and Fat Loading Friday- 3 meals
- Repeat Every week and it never gets stale



Carb Loading Tuesday

- Focus Carb Intake during 2 meals following training
- Do not overwhelm the system by spreading out the carb intake
- Alpha Omega M3 critical with all carb loading meals
- The highest volume training day of the week
- Leaner Protein Sources –Wild caught fish/seafood, Cage free chicken



Meal Composition Carb Loading Tuesday



Fat Loading Friday Fun

- Breakfast, Lunch and Dinner
- Eat as much as you want until you are satisfied
- Organic Dietary Fat Sources are very important



Meal Composition- Fat Loading Friday

- Medium Protein, High Fat, High Dietary Fiber



Base Day Eating

- High Protein, medium fat, high fiber from green vegetables
- Fasted morning
- Dietary fat and protein sources should be organic
- Lunch grass beef and vegetables with grass fed butter
- Raw nuts and organic jerky as a snack if needed
- Dinner leaner protein sources, monounsaturated fats and high dietary fiber.

Gaining Muscle+ Losing Body Simultaneously

- High Calorie Days with a combination of the right carbohydrate, dietary fat and protein choices on the same 2 x session training day



Everyone Has Fat Loss Baggage

- A significant amount of body fat has not accumulated overnight and it will not be burned overnight.
- A number of challenges build up over time including metabolic, hormonal, emotional, professional, physical, chemical and more.
- As a result it takes time for the right strategies to resolve many of the challenges blocking body fat loss.
- You will never know your full potential unless you are willing to push the limits and leave your comfort zone.

Personalized Program Success

- Length of Fasted Periods
- Fat Loading and Carb Loading Refinements
- High Calorie Day Frequency
- Problem Solving
- Food Response Analysis
- Training and Interval Frequency
- Recovery Inspections
- Success Calendar Review

Shrink Fat Cells to Slash Body Fat Levels

- We have billions of fat cells
- We can gain more fat cells and increase their size by eating the wrong things.
- Impossible to get rid of fat cells.
- The more fat cells you have earned over the years- the larger your fat storage warehouse.
- Highly toxic fat cells will prevent significant fat loss progress even if just about everything else in your plan is done right.

The 14 Day Fat Cell Cleansing protocol kick starts body fat loss

- Shift the Body to burning more stored fat as fuel
- Shed Body Fat, Water and Waste Quickly
- Improve digestion
- Stop bloating
- Increase daily energy levels
- Reduce cravings
- Limit joint pain
- Naturally detoxify the body
- Helps cells collectively shrink



Ball Slams

- Functional 6 Pack Development and Fat Burning Intervals Combined



Questions?

- Scott@infinityfitness.com
- 614 289 3266
- Let's talk- I am very approachable