
The Shortcut To Single Digit Body Fat Levels

*******Special Report*******

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Bonus Report: The Shortcut To Single Digit Body Fat Levels



Not everybody want to achieve single digit body fat levels.

By the way, when I say single digit body fat levels I'm mainly referring to men. Men typically need to achieve single digit body fat levels (less than 10% body fat to get great looking abs.

Women naturally carry more fat and don't need to dip quite that low to get a flat belly.

Women typically get a toned and flat belly when they reach body fat levels of about 15-18%.

Either way achieving single digit body fat levels (for men) or 15% body fat levels (for women) represents an extraordinary accomplishment. When you reach that level, you'll be fitter than 99.9% of the general population.

You'll have a true "magazine cover model" physique.

Mind you, getting down to single digit body fat levels is not easy. And honestly most people have never done it so they don't even know how to tell you to attempt it.

Well, as you're about to see I walk the walk.

Step 1: Figure Out How Much Fat You Actually Have

If you want to get down to single digit body fat levels, your first step is to figure what percentage body fat you actually are right now. After all, I

can't give you directions to New York City if I don't know where you are right now.

That's why I recommend anyone who is serious about getting down to single digit body fat levels starts with a DEXA scan.

DEXA stands for Dual X-ray Absorptiometry and this full body scan is the single most accurate way to determine exactly how much fat you have on your body.

Unfortunately there's no good resource for locating nearby DEXA scan locations. Google is your best bet here.

I got lucky and discovered that my local university has a DEXA scan machine on site (as part of their health & wellness program) and would do a DEXA scan for only \$45! (They can cost as much as \$600 in some major cities.)

Fortunately, DEXA scans are becoming more popular and the prices are starting to come down. So your first step on the road to single digit body fat level is to get a DEXA scan done so you can see how much fat you are truly lugging around.

Please, don't ignore this advice. Knowing your exact starting point is immensely valuable.

Now, if you absolutely cannot find a DEXA scan machine near you I've created [this online calculator](#) which will give you a close approximation of your body fat. But again, if you want near-perfect accuracy you'll have to get a DEXA scan.

#2) The Tape Measure Is More Useful Than The Scale

I can't tell you how much you should weigh to get six-pack abs. But I can tell you what your waist should measure. When measured around the belly button, standing relaxed, most guys will need to have a waist measurement of 32 inches or less to have six-pack abs. A freakishly tall man might be able to get six-pack abs with a 33 or even a 34 inch waist, but most people of average height will need to bring the waist size down to 32 inches or less to get six-pack abs.

#3) Low-Level Motion is massively under-rated.

When it comes to losing fat everybody talks about diet and formal exercise. But almost nobody talks about the massive benefits of low-level motion. The more you move, the more you encourage the mitochondria in your cells to burn energy.

Sure, you can lose weight by eating less and exercising a few times a week. But you'll be amazed at how much faster the weight just flies off when you make simple adjustments such as walking more often or doing any low-level activity that prevents you from sitting for long periods of time.

#4) Abstinence Is Easier Than Moderation

In theory, "all things in moderation" is a good philosophy for diet, fitness and weight loss. In reality, we all suck at moderation. Having one beer, one cookie, or one handful of potato chips is fine... in theory. In reality, one beer turns into six just as one cookie turns into 50.

For that reason, it is usually more practical to simply swear off whatever is holding you back (alcohol, carbs, etc) for a short period of time rather than trying to achieve success via moderation.

#5) You should lose fat quickly to outsmart your body

When it comes to fat loss, slow and steady sucks. That's because your body is amazingly efficient and seems to find a way to overcome your "little improvements." Take the idea that you can lose weight by simply

replacing a 200 calorie snack with a 100 calorie snack. In theory, this should work. But in practice, you'll most likely end up taking an extra bite somewhere else during the day, or moving slightly less than usual and burning fewer calories. In other words, your body will find a way to compensate and maintain your weight.

Better to go all-out for a few weeks and knock out the excess fat in one fell swoop.

#6) Ignore The Mirror

Most days, you won't see much change in the mirror. Quite often, you will actually look WORSE than you did once you started your fat loss journey. Muscles will appear flat, and if you're drinking extra water and eating more fiber your belly might appear bigger than it was when you started.

Don't let the mirror mess with your mind. Stay the course. You might end up hating what you see in the mirror for 25 days in a row and then all of sudden find yourself looking lean & shredded on day 26.

#7) Sleep Will Suffer

The better you can sleep... and the longer you can sleep each night... the easier your weight loss will be. Unfortunately, dieting makes sleep difficult. That's a sad fact but there's no way around it. Carbs and alcohol are great for inducing sleep but if you want to lose weight you'll need to minimize consumption of those items and unfortunately that means sleep suffers too.

Deal with it. Commit to get lean – even if that means suffering through some sleepless nights – and stay the course until you reach your goal.

#8) Hunger Is The Tool That Transforms

Most diet books try to sell you on the idea that you can lose weight without feeling hunger. And maybe you can if your goal is to go from 50% body fat to 40% body fat. But if you're trying to get down to single-digit body fat levels, you are going to need to figure out how to deal with hunger.

Because hunger is the tool that transforms. When you feel hungry your body is finally getting a chance to tap into your stored body fat. And if you immediately stuff your face every time you feel a twinge of hunger, you'll never get lean.

Hunger is a normal physiological response, but the way we approach the feeling of hunger doesn't make much sense.

Think of it this way:

What happens when a baby needs to poop or pee? Simple. The baby does so immediately without second thought. As the child gets older, he or she learns that just because he or she feels the need to use the bathroom, there is no need to immediately evacuate the bowels. As adults, we may feel the need to go to the bathroom but we can recognize the sensation and still control ourselves until it is convenient to go.

And yet, we seem completely unable to do the same with hunger. Just like the need to use the bathroom, we should be able to recognize the feeling of hunger but be able to wait until it is convenient to eat. If we get hungry at 4pm, we should be able to recognize the feeling and start making plans to consume a healthy meal within the foreseeable future.

But instead we find ourselves drag-racing into the nearest fast food restaurant at 4:02pm. Because the feeling of hunger is so foreign to us as a society, we immediately give in to the sensation just as a baby immediately shits it's diaper whenever the need arises.

Ok, weird example but the principle holds true: To get to single digit body fat, you must learn (re-learn?) how to deal with hunger.

There you have it - the 8 lessons you'll need to master to achieve single digit body fat levels (for men) or low-level body fat (15-18%) for women.

Now that you've got the tools, you just need to get started. Getting down to single digit body fat levels FEEL amazing so give it a shot and let me know your results.



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The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.