

Lose Belly Fat - Get 'Stacked'

by Dr. Kareem F. Samhouri, CSCS, HFS
Neuro Metabolic Six Pack Abs Expert

Losing belly fat through exercise is easy. It comes down to the following principle:

Systemic Fat Loss

Systemic Fat Loss:

In order for you to reap the benefits of systemic fat loss, you'll need to raise your overall metabolism semi-permanently through choosing your exercises properly and doing your workouts at the right frequency.

By creating a 'metabolic effect' from your workout, you are temporarily raising your metabolism for 2-3 days. Should you exercise during this time period, your metabolism is temporarily raised often enough to begin to 'trick' your body. Once you have maintained a higher metabolic effect from your workout for 4-6 months, your body re-adjusts and you have a 'metabolic shift' that takes place. Essentially, you now have a higher metabolism.

Systemic fat loss workouts need to incorporate the following:

- 3 Energy System Training
- Progressive Exercise Programming
- Triple M Method For Rapid Fat Loss

3 Energy System Training:

The three energy systems in your body are: ATP-PC, Anaerobic, and Aerobic.

Training all three energy systems involves a bit of sprint/power work in the beginning of a set, fast-paced anaerobic exercise for up to a minute on an exercise, and longer than 1-2 minutes of prolonged heart rate response. The first two energy systems (ATP-PC and Anaerobic) thrive on sugar for energy. This stems mostly from simple sugars and carbohydrates. Your third energy system, or aerobic, thrives on oxygen.

By training all three energy systems, you are depleting your body of all energy sources to your fullest capacity, meaning that your body will require the use of more energy to recuperate. In order to replenish the supply of oxygen in your muscles, your heart has to pump blood out to your muscles, they have to first eliminate the lactic acid production, and then they can relax

neurologically before accepting more oxygen into an already cramped space. Each step costs energy, or calories.

Your body works harder and burns more calories for 2-3 days after you exercise when you train all 3 energy systems.

Here is an example of a giant set that incorporates all 3 energy systems:



(Click Video Above To Play)

Progressive Exercise Programming:

Exercise skill and intensity levels should progress over time. This eliminates any chance of boredom with your workouts or plateau taking place, which is very important. Unless your exercise program is constantly progressing in nature, you are significantly more likely to get bored and quit exercising. The longer you maintain your commitment, the harder and more appealing your body is going to get.

Progressive exercise programming, however, does NOT mean that you need to spend more time in the gym. I'm frequently asked how long I work out in order to get this level of results... I get this question all the time.

A Typical Dr. K Workout:

Including a 15-20 minute warm up, 35-55 minutes/workout, 4 days per week. I like to get outside and do stuff on top of this, but I don't always. That's mostly because I just enjoy moving... but, then again, I've constantly been progressing, and I've been at this for awhile now :-)

Here's an example of a pivot squat, which is an excellent example of moving in 3 planes when you exercise:



(Click Video Above To Play)

The Triple M System For Rapid Fat Loss

is best explained by watching this video:



(Click Video Above To Play)

In the video above, you'll learn about:

1. Multi-Planar Movement - the # way to avoid injuries and completely shock your metabolism.
2. Muscle Balancing - carving out your body to look and feel 'just right.'
3. Movement Complexes - stacking the right exercises together to create systemic fat loss.

This guide was created to guarantee you the fastest path to losing belly fat. Be sure to click each video above and start on your path to guaranteed fat loss.

Relentlessly on your side,

Dr. Kareem