

Biggest Fat Burning Mistakes!

10 Things You
Do Everyday
That Are
SABOTAGING
Your Fat
Burning Results!

FatBurningWorkoutsHQ.com

10 Biggest Fat Burning Mistakes

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10 Biggest Fat Burning Mistakes

Have you ever wondered: “Why am I not losing fat?” or “Why am I not losing weight?” You are doing everything right, so you think, but still are not seeing the results you desire.

If that's you, then I am very glad this report is in your hands.

When it comes to losing fat, the question I hear the most is **“WHY?! Why am I not losing fat?”**

The truth is there are many different factors that can contribute to *fat storage* instead *fat burn*.

Of course, we all want to burn more fat but the problem is we have not been given the right information on how to get there.

In this report, you will discover the 10 most common reasons you are not burning fat right now, and solutions on how you can turn on your fat burning switch for life.

Apply the 10 solutions below and watch your results soar!

Keep on burning,

Dennis Heenan, CPT
FatBurningWorkoutsHQ.com
BodyFitFormula.com

P.S. Don't forget my other sites...

www.SuperheroSprints.com- The most insane fat burning workout system on the planet!

www.BodyFitFormula.com- Blog posts, videos, motivation, free gifts, free content, and more.

www.UltraCutTraining.com- Revolutionary training systems with workouts designed to get you in the best shape of your life... Fast!

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Mistake #1

You are eating too many simple and complex carbohydrates



If not eaten properly, carbohydrates and sugars are the lifeblood of fat storage. When our bodies digest simple and most complex carbohydrates, they send our insulin and blood sugar levels on a roller-coast ride.

Having too many of these insulin and blood sugar spikes are prime suspects when it comes to storing fat. One of the first things I tell people when it comes to burning more fat is that they need to cut down on their carbohydrate intake.

This does not mean to cut them out completely but you definitely need to understand how to make carbs work for you.

Before getting into that, let's first discuss the different kinds of carbohydrates:

Three Different Kinds of Carbohydrates

Simple Carbs: Simple forms of carbohydrates get digested very quickly and rush through our bodies at rapid speeds. They contain very little essential vitamins and minerals, and most simple carbohydrates contain refined sugars! They will give the body a near immediate boost of energy, but will always follow with a big energy crash. Examples are fruit juices, sports drinks, sodas, candy, table sugar, and milk.

You should avoid simple forms of carbohydrates unless it is during your cheat day (more on that in a second).

Complex Carbs: Complex carbohydrates take the body longer to digest, providing you with longer lasting energy than simple carbs. Some examples include sweet potatoes, yams, beans, potatoes, oatmeal, and rice.

The more active you are, *the more complex carbohydrates you are going to need*. If you are constantly engaging in high intensity workout sessions, your body will need to be fueled with more complex carbohydrates in order to aid in recovery, help burn unwanted fat, and build lean muscle.

Fibrous Carbs: Fibrous carbohydrates leave you feeling more full and results in longer lasting energy. This kind of carbohydrate has very little effect on blood sugar levels, so you will not have an energy crash when eating them. These are packed with great vitamins and minerals that our bodies use and need. Fibrous carbohydrates include broccoli, asparagus, brussle sprouts, onions, mushrooms, cauliflower, and other green leafy vegetables.

You should eat as much fibrous carbohydrates as you want. You should include them with every meal. They are full of great nutrients and have incredible fat burning properties.

Best Time to Eat Your Carbohydrates

Best time to eat your carbohydrates:

As you can see from above, there is a big difference in the kinds of carbohydrate sources that you choose. If you are inactive, eating too many simple and/or complex carbs can be dangerous because your body will have no option but to store them as fat. And yes this includes whole wheat and whole grain foods.

Your body treats all simple and complex carbs the same in the sense that they eventually get broken down into glucose (or sugar). Now yes, simple carbs are much worse for you but eating too many complex carbs can also be detrimental to your health if you do not eat them at the right times or are inactive.

Aside from fibrous carbs, **which should be eaten whenever**, there are two prime times that you should focus on eating the majority of your carbohydrates:

After an intense workout and during your cheat meals.

After an intense workout:

After workouts is the best time to indulge in your complex carbohydrates. When you go through a tough workout, you burn up the glycogen that is being stored in your muscles. This means that after your workouts is a prime time to fill those glycogen stores back up by eating your complex carbohydrates.

Some good post workout carbohydrates include sweet potatoes, potatoes, white rice, beans, and oats to go along with your protein.

Best Time to Eat Your Carbohydrates (continued...)

Cheat Day:

A cheat day can and should happen one time per week. This means you will eat incredibly healthy meals for six straight days, then on the seventh day of the week you will eat anything and everything your heart desires. This includes donuts, pizza, pancakes, cookies, candy, soda, etc. I am talking about anything that you want.

The reason a cheat day works so well when it comes to fat loss is because when you restrict certain foods for a certain period of time, your metabolism and fat burning starts to slow down. So by properly timing a cheat day, what you are actually doing is signaling the body **that it is ok to continue to burn fat.**

This cheat day will boost your metabolism and fat burning into even better zones than before. The best part is, it usually takes 6-7 days for your metabolism to start slowing so having a cheat day once every 6-7 days is perfect timing to boost your fat burning up to its most optimal levels. Pretty sweet, right?



Carbohydrate Recap

Fibrous Carbs: Whenever you want

Complex Carbs: After workouts and on cheat day

Simple Carbs: Cheat Day only

What about amounts?

This is another very popular question about carbohydrates that I get:

- How much should I eat?

How many carbohydrates you will eat really depends on your goals.

Fat Loss: Someone trying to lose weight should eat anywhere from 25-100 grams of carbs per day depending on their activity level with the majority, if not all, their carbs coming from fibrous sources (veggies). You will then enjoy a cheat day each week and can incorporate some complex carbs after workouts (preferably sweet potatoes).

Maintenance: For maintenance, eating 75-150 grams per day usually works best.

Muscle Building: For adding muscle and size, eating 150+ grams a day depending on age, goals, body type, and metabolism will do the trick. Some people will be able to add size eating 300 grams of carbs a day while others it may be 150. Figure out what works for you and stick with it.

There you have it, the basics for your carbohydrate intake. If you stick with eating lots of veggies, properly time your complex carbs, and save your simple carbs for your cheat day, you will start melting away unwanted fat!

Have more questions about carbohydrates? Email me at: contact@fatburningworkoutshq.com

Mistake #2

You are eating too much fat!

Lowering your carbohydrate intake allows you to eat a higher fat diet to meet your caloric needs but this does not mean you can just go crazy and eat all the fat you want. Fat contains nine calories per gram compared to carbohydrates and protein, which contain four calories per gram.

Although healthy fats should be a main focus in your diet (along with protein), you cannot go overboard and expect to lose fat. ***If you are eating more calories than you are burning, you will find it very hard to get lean.***

Now please note, I am NOT saying you should follow a low fat diet. *A low fat diet is far worse than having a diet too high in fats.*

Good fats will burn fat so they are a must when trying to burn unwanted fat.

If you focus on eating good fats with each meal, your body will naturally melt away fat. This means cooking your meals in coconut oil or grass fed butter, and adding in some avocado and nuts and seeds throughout the day or to a meal or two.

>> **Good Fat Sources** <<

Fats and Protein/Carbs and Protein

If you want to burn fat, fats and protein should be the focus in your diet with carbohydrates coming from veggies and in your post workout meals.

Many times, it is not the fat that is the problem but the combination of fats and carbs.

To solve this, here is your solution:

For all your meals that involve complex carbohydrates, do not add in fat. Have that meal consist of protein and carbs only.

Then for your other meals, focus on having healthy fats and protein with lower carbs (carbs coming from veggies).

For example, your breakfast may be 5 eggs and spinach cooked in grass fed butter while your post workout meal will be a chicken breast and white rice.

Keep your fats and protein together, and protein and carbs together. Do not mix them!

Mistake #3

You are not eating enough!

Don't think that just because you cut your calories down that you will start losing *good weight*. Sure cutting calories will help you lose weight but if it's not the right calories or if you are cutting too many calories, *you will start losing muscle and storing fat*.

One of the biggest mistakes you can make when it comes to losing fat is not eating enough. Cutting out too many calories is not only dangerous for your body and brain, it will also cause your body to store fat and lose muscle (a deadly combination).

When people go on crash diets, the body is put in a very interesting situation. Our bodies are made to adapt to whatever is happening to them so if we are not giving the body enough food, the brain will start telling the body to store all the food we eat as *fat* so we can use it as back up energy.

Getting Enough Fuel

Our bodies will then start eating up our hard earned muscle and start using that as energy. This is not what you want!

Instead of starving yourself, you should be focusing on eating lots of the RIGHT kinds of food. The truth is, if you are eating the right kinds of foods, your body will naturally burn fat. This is especially true if you are working out a few times a week.

Starvation diets are NOT the way to go when trying to get healthy and burn fat. You need to be constantly fueling your body with good sources of energy so your body can burn unwanted fat. You should focus on getting 4-8 meals per day that are loaded with good sources of protein, healthy fats, and tons of vegetables.

If you eat the correct foods, eat when you are hungry and until you are satisfied, results will follow!

Mistake #4

You are not eating enough protein!



You will find that when you eat a diet high in protein, it will be easier for you to lose fat and get results.

Protein should be incorporated into every single meal, and should be the bulk of the food that you eat. A good rule to go by is to try and eat at least your bodyweight in protein each day.

This means if you weight 150 pounds, you should shoot to eat *at least* 150 grams of protein a day, if not more!

Protein is the key component when trying to add or maintain lean muscle, and is also a huge contributor to burning fat. So stop shying away from the protein and start upping the intake!

Mistake #5

You are drinking too many calories!

It is just crazy how much our nation enjoys drinking calories. From all the sodas, lattes, sports drinks, juices, mochas, alcohol, etc., it is no wonder our nation is gaining more and more weight by the year...

Each of these calorie packed drinks are loaded with sugar and most times (if not always) these sugars will be stored as straight fat. Yes, drinking calories and “diet” calorie drinks will contribute to fat storage!

Instead, your focus should be on drinking water, and lots of it.

If you simply cut out all the calories you are drinking on a daily basis and focused on drinking water, you would start seeing results almost immediately.

*how many
empty calories
are you drinking?*



Alternative Beverage Options

Black Coffee.

My morning coffee is something I greatly look forward to having but it is definitely not a necessity. I am not dependent on coffee, and you shouldn't be either. If you use coffee to function or "get you through the day," you should try to wean off of it. Drink coffee for enjoyment purposes and in moderation, not as a weight loss or energy supplement.

How much to drink: In moderation. 1-2 cups a day is fine.

Hot Tea.

Teas are *loaded with antioxidants, can help boost your immune system, can aid in weight loss, increases metabolism, and more.*

How much to drink: 1-2 cups a day.

Kombucha Tea.

Kombucha tea is something you can enjoy a few times per week. It is a bit pricey but definitely worth it.

There is a long list of benefits including: Improves digestion, is loaded with probiotics, boosts energy, high in antioxidants, lowers glucose levels (prevents blood sugar spikes)

How much to drink: A few times per week will work great!

Alternative Beverage Options (continued...)

Coconut Water.

Coconut water is filled with great nutrients and is the perfect thirst quencher.

Benefits include: Can aid in weight loss, contains electrolytes that our bodies need (potassium, magnesium, sodium, phosphate, and calcium), aids in digestion, fights sicknesses, boosts metabolism.

Coconut water is definitely something you have to get used to drinking. The best times to drink it are during and/or after workouts or to rehydrate.

How much to drink: When needed. After or during workouts is best.

Coconut Milk.

A great substitute for regular milk, and something to enjoy in your post workout shake. Coconuts are one of the best foods on the planet. They are loaded with healthy fats and bring multiple health benefits.

How much to drink: After workouts or added to coffee or tea.

Almond Milk.

Almond milk contains lots of nutrients and is another drink to put in your post workout shake.

How much to drink: After workouts.

Mistake #6

You are drinking too much alcohol!



Alcohol has a huge effect on fat storage because it inhibits our bodies from burning fat when it is consumed. When we consume alcohol it disrupts fat burning and muscle growth *for hours* after it has entered our body.

Most times alcohol is stored as fat, and not to mention it is loaded with calories we do not need.

On top of that, take a look at the list of negative side affects that drinking alcohol can have on your fat burning efforts:



Alcohol Effects On Fitness

Alcohol impairs protein synthesis making it much more difficult for the body to build and maintain muscle. When trying to burn fat, the last thing you want is to impair your bodies ability to build lean muscle.

When you consume alcohol it inhibits your fat burning for hours after the alcohol enters your body. This means your fat burning will slow down a great deal.

Binge drinking can decrease the production of testosterone while increasing cortisol, which is a horrible combination. Cortisol is known as the “fat storing hormone” while testosterone is a hormone that keeps us lean, strong, and healthy. As you can see, drinking alcohol in excess has the reverse effect of what we are looking for when trying to get fit.

According to one study, alcohol can impair reaction time, balance, hand eye coordination, and overall performance in sports. As an athlete (or regular gym-goer), these are all things you want to avoid.

Alcohol is mostly stored as fat when consumed. Just as protein will help you put on lean muscle, alcohol will help store unwanted fat.

Not only do alcoholic beverages tend to be high in calories, they may also lead to other poor choices in your diet. Most times alcohol is combined with greasy food and 2AM fast food runs, both adding more unwanted calories to your diet.

Alcohol is consumed in the evening or late night hours, which gives your body no time to burn off the calories.

Alcohol effects your sleep, which hurts recovery time. Your body works hard to recover from workouts but when sleep is interrupted, it makes it more difficult for your body to recover and be ready for the next workout.

If you want to start amping up your fat burning, put down the alcohol and reach for some water!

Mistake #7

You are doing too much long slow cardio!

Do you want to look like a marathon runner or a sprinter? If you want to lose fat and get lean, the long slow chronic cardio sessions must stop. Doing too much long cardio can be detrimental to your health, fat storage, and will kill off your hard earned muscle.

Rapid fat burning results start to come when you start picking up the intensity in your workouts. It is ultimately the answer to all your fat burning questions.



Which would you choose?

^

^

I choose HIM!

Long Slow or Short Fast?

In a study done at the University of South Wales, researchers divided individuals into two separate groups:

Group A trained three days a week performing 40 minutes of slow cardio each workout.

Group B performed 20 minutes of intervals three days per week, which included 8 seconds of all out intensity followed by 12 seconds of rest and repeating for the duration of the 20 minutes.

Take note that group A trained twice as long as group B, yet group B were the ones that saw significant fat loss. Group A participants saw nearly ZERO results at all with one person *gaining weight* through the study.

One individual in the interval group ended up losing 15 pounds without even changing her diet. And she even admitted her diet wasn't very good at the time of the study...

As noted in the study, participants were only focused on exercise through while keeping their diets the exact same. **Of course diet plays a big part in fat burning but as you can see from this study, when you perform the proper fat burning workouts, results start to come!**

To get the fat burning you are looking for, you must engage in workouts that will allow your body to burn fat and calories for hours and even days after your workouts are finished, just like our interval group did in the study.

High intensity workouts force your body to work hard for a short period of time, then continue to let your body reap the benefits for hours after the workout is done...

Stop wasting your time with all the long slow cardio nonsense. Pick up the intensity, and let your body start burning fat!

Mistake #8

You are not doing enough strength training!

Not only will strength training build lean muscle but it will also allow your body to burn calories and fat *for hours after your workouts are finished.*

Your goal should be to add or maintain your hard earned lean muscle all while burning away unwanted fat, and strength training will help do this. Take a look at a few of the benefits strength training brings:



Benefits of Strength Training

Take a look at some of the benefits strength training brings:

1. Gain tons of strength

Now this is an obvious one. Lifting weights puts stress on the body allowing it to grow and get stronger. Having a strong body makes everyday life easier as it will take less effort to do things such as stand up, lift boxes, go up the stairs, etc. Plus, you will be adding lean muscle to your body and you will start looking better than ever!

2. Burn fat

Not only will you be adding lean muscle when you strength train, but you will be eliminating tons of unwanted fat. Strength training forces your body to go into recovery mode allowing it to burn more fat and calories even during your rest times. Studies have shown that strength training can burn fat for up to 48 hours after a workout is finished. Not too shabby if you ask me...

3. Decrease the likelihood of injury

Lifting builds strong muscles, tendons, and ligaments which will make it less likely for you to get injured. Injuries happen when something in our body is weak or overused. By strengthening our bodies and the muscles around joints and ligaments, we are preventing injuries that may have happened if we hadn't been lifting.

Benefits of Strength Training (continued...)

4. Decrease back and knee pain

Many times when I hear people complain about back and knee pain it is simply because the muscles around those areas are weak. Having strong quads, hamstrings, back muscles, and glutes will help eliminate your back and knee problems.

5. Better body composition

Strength training boosts your metabolism which means you will burn more fat and calories even after your workouts are over. At times the scale may say you are not “losing weight”, but in reality *you are burning fat and replacing it will lean muscle*. Lifting weights will make you look thinner, more fit, and ultimately get you ripped!

6. Confidence

Strength training brings results, period. And the more results you see the more confidence you start to have. If you can push through the first three weeks of training, your confidence will continue to soar as you start seeing more and more results. Accomplishing goals is always a great way to build confidence. When it comes to strength training, you can continually be going after new goals whether that be: lifting more weight than the day before, doing more reps, losing fat, gaining muscle, beating a friend in the weight room, etc. Set goals, go after them, and accomplish them.

Benefits of Strength Training (continued...)

7. Decrease stress

Studies have shown that regular exercise is one of the three best tools in stress management. Research suggests that those who train regularly are less affected by the stress they face in their daily lives. In short, weight training can help eliminate the future stress you face and allow you to cope with your current stresses.

8. Better sleep

Strength training has been shown to bring a better nights rest by allowing you to fall asleep faster and fall into a deeper sleep. Sleep allows your body to recover which is needed when lifting weights.

9. Better overall health

To list a few more health benefits strength training will bring:

- Increases HDL (good cholesterol) and decreases in LDL (bad cholesterol)
- Improves insulin sensitivity
- Lowers high blood pressure
- Decreases the likeliness of illness and getting a cold
- Lowers cardiovascular disease
- Increases bone density

Benefits of Strength Training (continued...)

10. Improve body mechanics

Not only will strength training develop your muscles but it will also improve balance, coordination, and posture. Stronger muscles will help you stand and sit straighter as well as increase your stability in all you do.

11. Boost energy levels and mood

When you strength train, you elevate your level of endorphins (which are natural opiates produced by the brain) making you feel great about yourself and life! Weight training has been shown to be a natural antidepressant and will improve your overall quality of life.

Do not be afraid to strength train 2-4 times per week as this will only boost results.



WHAT WOMEN THINK
THEY'LL LOOK LIKE IF THEY
LIFT HEAVY WEIGHTS



WHAT WILL
ACTUALLY HAPPEN!

As you can see, strength training brings many benefits. For those who are worried about getting “bulky,” do NOT worry. Lifting heavy and getting bulky is a myth!

Mistake #9

You are not engaging in sprints!

When trying to lose fat and get lean, **sprints are an absolute must...** Sprints are the best physique shaping workout on the planet, period.

Sprints alone can allow your body to burn fat for up to 48 hours after the workout is over. This means a short 20-30 minute sprinting session can allow for **two full days of fat burning.**

Take a look at the list of benefits below for what sprints can do for you:



Benefits of Sprinting

Just a few of the many benefits sprinting brings:

- **Incredible fat burning properties.**
- Lightening fast results (you can start seeing results within a week!)
- **The most time efficient workout you can do.**
- Naturally produces Growth Hormone (this will help keep you lean, strong, and healthy)
- **Boosts testosterone levels** (*both men and women need optimal testosterone levels in their bodies in order to help aid in mental and physical energy, adding lean muscle, eliminating unwanted fat, and more. Women this is very important for you to have, and no it will not get you “bulky”*)
- Boosts your metabolism (which means more caloric burn).
- **Has been described as “The purest, most powerful, physique-shaper in an athletes arsenal.” (we are ALL athletes!)**
- Helps build incredibly strong legs (and whole body for that matter)
- **Improves insulin sensitivity.**
- Allows for hours of continued fat burn even after your workout is over!
- **Increases lean muscle gain throughout your entire body.**
- Will help develop a nice set of six pack abs. Not only will sprints help burn belly fat but they will build your abs as good as any exercise!
- **Improves cardio health and strengthens your heart.**
- Sprints activate your fast twitch muscle fibers which will help give you a more muscular look!

If you are serious about burning fat, start sprinting 2-3 days per week!

Better Than Sprints?

After seeing all those benefits, it is hard to believe there is a better workout than sprints. However, after years of experimenting and testing, I have come up with a system that can double or triple your fat burning! To learn more visit the link below:

>> [Better than Sprints?](#) <<



Mistake #10

You are not getting enough sleep!

Getting enough sleep is key when trying to lose fat and get lean. When you don't allow your body the sleep that it needs, it interrupts the natural production of Growth Hormone and testosterone, which are both essential when trying to get and stay healthy.

Plus, when we lack sleep, cortisol (also known as “The fat storage hormone”) levels shoot up and insulin sensitivity decreases meaning the foods we eat will have a greater effect on fat storage. Sleep may be one of the biggest factors when it comes to why you are not losing fat right now, so it must be a top priority.

Plus, sleep will help with improving focus, stamina, recovery, learning, and will provide more energy for your workouts.

Sleep is so overlooked in today's world, but please understand that it is incredibly important to your health and fat burning!

When you lack sleep...

When we lack sleep, this is what comes with the territory...

- More fat
- More hunger
- Smaller muscles
- Less Focused
- More irritability
- Higher stress levels
 - Earlier death

In short, WE NEED SLEEP!

BONUS: Mistake #11

You are stressing too much!

Stress is a major contributor when it comes to weight gain and hindering your fat loss results. Our bodies were designed to deal with stress in one of two ways: “fight or flight.”

No matter what kind of stress it is; stress about work, sports, sitting in traffic, financial stress, an upcoming exam, or problems in a relationship; our bodies handle it the same way.

All stress causes the body to produce cortisol, which ultimately promotes the storage of fat! As we saw in number ten, cortisol can be referred to as the “fat storage hormone.” The last thing you want to do is store fat when you are trying to lose it.

With stress being such a huge part of our lives these days, it is a must that you take a breath and eliminate all the stress you can from your life. It is much easier said than done, but taking the steps to eliminate stress will better your results and it can add years to your life!

Moving Forward

Where to go from here...

We have just covered 11 mistakes that may be holding you back from burning the kind of fat you have always wanted.

These are the most common mistakes I see and ones that hold so many back from getting that lean, ripped physique they want.

Now that we have covered all that, you may be wondering?

“What now?!”

First, you need to take the information you have just read and apply it to the areas that need the most work. If you are eating fast food and junk food all the time, stop.

If you starving yourself trying to lose weight, please know that this is NOT the way to go about it.

Moving Forward

Where to go from here...

If you spend your workouts jogging for 45-minutes, do yourself a favor and start cutting down the time and bumping up the intensity.

With all this information in front of you, it is important that you sit down and set up your plan to success.

Without a plan and guidelines, attaining your goals will be very difficult...

Don't think that you can just “wing it” and expect great results to come. Trust me, I have tried and it doesn't work...

If you are new to this whole fitness thing, I would love to provide you with some materials to help you out further. On the next page you will find different resources to help you burn more fat and get lean like never before...

Resources

Nutrition Resources:

[Lose Weight Without Exercise](#)
[Five Fat Burning Superfoods](#)
[Diet, Heart Healthy, Low Fat, Etc...](#)
[Make this ONE Change](#)
[Abs And Carbohydrates](#)

Workout Resources:

[Fat Burning Workouts For Men](#)
[Fat Burning Workouts For Women](#)
[At Home Fat Burning Workouts](#)
[Five Fat Burning Workout Rules](#)

These resources will greatly help speed up your results and get you lean in no time. If you are still looking for more...

Triple Your Results in Less Time!

If you want to take all the thinking out of what you are doing, AND get **guaranteed results**.. Then I have the perfect solution:

Recently I released my new product known as Superhero Sprints that I would love for you to check out!

It is my best selling program and the one with the craziest guarantee on the internet. Here is my promise with the revolutionary Superhero Sprints System:

If you do not see more results in the next 6 weeks than you have in the previous 6 months, I will refund every penny spent!

Yes, that is how confident I am in this program. And because you took action and downloaded this report, I have a special link for you that offer the complete system for 50% off:

>> **[Superhero Sprints Discount](#)** <<

Don't Delay, this page may be coming down soon!

Time To Take Action!

I thank you for downloading this report and putting your trust in me to get you in the best shape of your life.

I encourage you to get started right away at changing your health once and for all.

Keep on burning,

Dennis Heenan

FatBurningWorkoutsHQ.com

BodyFitFormula.com

P.S. Remember this special 50% off link may be coming down soon, so don't delay! Grab your copy of this revolutionary system for less than a movie night out:

>> [Superhero Sprints Discount](#) <<