

Burn The Fat, Feed The Muscle: The Pros And Cons

Your Ticket To Trim Hips And Six Pack Abs?

a report by Rika Susan

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Looking for weight loss tips? Don't be surprised if you come across Tom Venuto's 'Burn The Fat, Feed The Muscle' ebook. Why is this such a winner in the weight loss wars? Why is this guy's website filled with testimonials from satisfied readers (now apparently all with much lower body fat!) from all over the world?

Like most of us, you probably are a fad diet fundi by now, knowing the details of every new weight loss pill and potion by heart. Yet, you still haven't won this vexing battle. As soon as the latest diet ends, the pounds come piling back. Worst of all, they are usually accompanied by a clingy bunch of uninvited friends.

Don't you dream about a day when you won't be preoccupied with food, eating and weight gain from the time you open your eyes in the morning, until you crawl into bed at night? Don't you dream about a day when you will feel great about yourself as you are, without always focusing on all sorts of bits and bumps you don't like?

If you answered 'yes' to any of these questions, you may be ready to join Tom Venuto as he accompanies you on an exciting journey to a new, healthy and happy you. Isn't it about time to end the weight worries once and for all? What have you got to lose?

Your first questions probably are: "Isn't this just another fad? What is so different about 'Burn The Fat, Feed The Muscle'?"

Let's take a look at the pros and cons, so that you can decide for yourself:

'Burn The Fat, Feed The Muscle': The Cons

1. No Rapid Read: The book may have been written in an easy-to-read style, but it is packed with information that will take a while to digest. You can't skim through this one. You have to invest time and effort reading it and absorbing all the facts.

2. No Fast Fat Fix: If you are looking for a quick fix, forget it. Here is no magic weight loss pill, potion or liquid diet. You are going to have to do some work to get to your goal.

3. No Overnight Disappearance Act: Although the book takes a look at how you can burn fat fast, you won't be promised massive weight loss overnight. If you want to lose 10 pounds in 10 days, this book probably isn't for you.

'Burn The Fat, Feed The Muscle': The Pros

1. Calorie Common Sense: Tom Venuto believes in a balanced, common sense approach. He backs up all his facts with reliable data. He explains exactly why he doesn't support the use of weight loss pills and potions.

2. Water Loss vs Fat Loss: Pleased with a fad diet's rapid results in the first few days? Tom has some bad news for you: What you are losing, is mostly water. That is why you regain the weight so easily. With Tom's approach, you are sure to burn belly fat and lower your body fat percentage significantly. Once you discover the secret of concentrating on fat loss, rather than weight loss, you will turn into a really successful blubber-buster!

3. Recipe For Success: The secret behind 'Burn The Fat, Feed The Muscle' is that the book doesn't focus on diet alone. Tom covers all aspects of nutrition, strength training, aerobic training and the best fat burning exercise. Most importantly, he also helps you to discover the power of your mind and its vital contribution to your weight loss quest.

The signal fad diets give to your body, causes it to react more or less like this: "Hey, I'm starving here. Better hold onto every extra pound. Who knows when I'll see another decent meal!". That is why it becomes so difficult to lose the weight. This phenomenon also explains why you seem to gain weight so easily and rapidly after a diet. In contrast, the recipe in 'Burn The Fat, Feed The Muscle' is geared to rev up your metabolism in order to make your body super-efficient when it comes to burning calories and losing fat. The right foods will give you a boost in the right direction and yes, girl, unfortunately you will have to exchange your hold on that couch for a grip on a set of dumbbells...

4. Personalized Weight-Loss: Tom Venuto sees every person as a unique human being with unique dietary requirements. Body composition differs between men and women. Your reaction to carbs may be very different compared to that of your friend. This isn't a low carb or a high protein diet. The book will guide you to discover which approach works for you, so that you can plan accordingly.

5. Family-Friendly: This book may have been written by a bodybuilder, but it is aimed at people of all ages and all fitness levels. Don't make the mistake of assuming that it targets other bodybuilders. That is not the case at all. You also don't have to worry that you will become too bulky and brawny! You will simply be steered towards what is best for your body and your personal needs. Both men and women will benefit greatly from this guy's extensive knowledge and experience.

6. Goal-Setting Guide: If you don't understand how a process works, it is almost impossible to set realistic goals. Tom Venuto's 'Burn The Fat, Feed The Muscle' makes the mechanics behind fat-loss and fat-burning crystal clear. Once you get to grips with how the different aspects of fat-burning fit together, you will be guided to come up with a realistic weight loss and fitness plan for your personal situation. This may very well be the last book you will ever have to purchase about fat-loss!

7. Instant Gratification: This read may not be in a glossy picture-book format, but its advantage is that it can be downloaded instantly to your computer. You don't have to wait for it to be shipped to you. You also won't

be chasing after a package that has gone awol. Simply read it on your computer, or print it out and devour it while lounging comfortably in your favorite easy chair.

8. Bountiful Bonuses: As if the book's 340 pages aren't enough, you also gain access to a whole series of valuable bonuses as soon as you download your ebook. The bonus books and reports equip you with a ready-made arsenal of fat-burning tools. These are all packed with tips and advice to help you to create your new body. With tempting titles such as Foods That Burn Fat, Foods That Turn To Fat, How To Measure Your Body Fat and Fat-Loss Tips Ezine, it is no wonder that the testimonials on this guy's website rate the bonus info as highly as the ebook itself.

9. Fitness And Food Facts: You will not only be given a peek into the fat-burn secrets of well-respected bodybuilders. Foods you should consume and the ones you should avoid like the plague are clearly named. And the good news is that all the recommended stuff are regular foods available in your local supermarket. No weird 'what on earth are those' goodies. In addition, you will find calorie charts, carbs tables, sample menus and nutritional content lists

The four full weight training programs are aimed at all fitness levels. Best of all, you don't need to go on a budget-breaking spending spree to fill a mini health center with expensive fitness equipment. In this program, you can get by with affordable tools such as dumbbells and a bench. The course also covers cardio conditioning and its fat-burning role. The progress chart comes in handy as a motivational tool.

10. A Fit Mind: I think that one of the most important sections in this book is the part where mind power and motivation are addressed. This focus turns into a vital extra tool that pays huge dividends over time. It takes some effort to exchange old, bad habits for a healthier lifestyle. With Tom's tips and techniques you can virtually put you new behavior on autopilot. As you re-condition your thinking, you will become less prone to sabotage yourself. You will not just be changing yourself on the outside, but will become a new person on the inside as well.

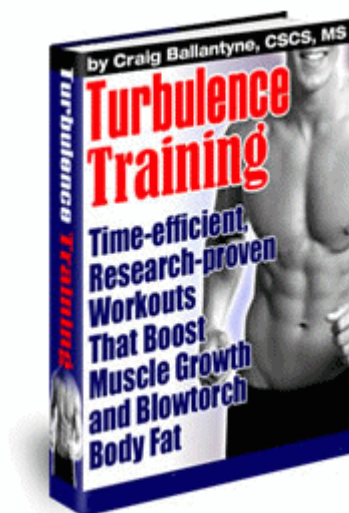
Looking for a quick fix, magic bullet? Then you probably don't want this book. However, if you are fed up with fad diets that simply don't deliver, and are looking for a realistic, workable solution, 'Burn The Fat, Feed The Muscle' is just what you need. Isn't it about time to move from a food tug-of-war to a relaxed relationship with food? Tom's book may very well turn into the healthiest investment of your life!

Ready for a quick, bite-sized overview?

Turn the page to the next section of this report, and take a look at the comparison table between 'Burn The Fat, Feed The Muscle' and another budget fat-burning best-seller, 'Turbulence Training'.

Which one sounds like your ideal weight loss companion?

Compare Two Top-Selling Fat-Burn Programs!



and







Trying to find out how to burn fat fast, but finding yourself bombarded with sales letters that take an eternity to read, with a humongous amount of information - enough to make your head spin?

Let's try to save you time and head-scratching, and get to the heart of two of the top-selling fat-burning programs on the internet today, '[Turbulence Training](#)' and '[Burn The Fat, Feed The Muscle](#)'.

Both of these tried-and-tested programs have been written by experts with years of experience in the fields of weight loss and strength training. Both books are praised in testimonial after testimonial. Both focus on getting you the figure you have always dreamed about.

Before we get into more detail, here's a quick overview table:

		
MAIN FOCUS	Fat-burning and muscle building through nutrition know-how, strength training and cardio conditioning, plus motivational techniques	Fat-Burning and muscle building using bodyweight. Some nutritional guidance.
FAT LOSS PREDICTED	2 Pounds per week	1 Pound per week
EQUIPMENT NEEDED	You can start with as little as a set of dumbbells.	Bench, dumbbells and a stability ball.
AUTHOR CREDENTIALS	Bodybuilder, certified strength and conditioning specialist (CSCS), qualified personal trainer, health club manager, nutritionist, motivation coach and freelance writer	Fitness expert, certified strength and conditioning specialist (CSCS), consultant and writer.
FORMAT	337 Page information-packed e-book.	76 Page e-book, plus a one hour MP3 audio.
FREE BONUSES	Valued at \$402.80 3 reports, e-book, lifetime e-zine subscr, access to the e-zine archives, lifetime updates to Burn The Fat.	Valued at \$229.78 7 reports, 3-month basic level membership to the Turbulence Training Discussion Forums
PRICE	\$39.95	\$49.95
LINK:	 <u>Burn The Fat, Feed The Muscle</u>	 <u>CLICK HERE FOR Turbulence Training</u>

The Truth About 'Turbulence Training' And Toning Your Body

- This program by Craig Ballantyne was written for regular people of all ages and all fitness levels, from beginners to fitness buffs. Women can also use the book, without fearing that they will add too much bulk.
- 'Turbulence Training' aims to create lean, strong, well-defined physiques.
- Craig concentrates on high intensity strength training with a cardio element built in, rather than boring, traditional and time-consuming cardiovascular or aerobic workouts.
- This approach is based on studies that show that heavier resistance training is the more effective option when it comes to fat-burning and calorie crunching.
- Being a balanced, realistic program, it aims to enable you to lose 1 pound of fat per week. Fad diets promise huge losses, but most of the loss is water. This explains why the weight simply comes back with a vengeance as soon as you end the diet.
- 3 Workouts per week of under 50 minutes are all you need to get the full benefits of the program. The idea is to help you to spend the minimum time training, while gaining maximum benefits - the ideal approach for busy people.
- This method revs up your metabolism big time. The result is that you should continue to burn calories at a much higher level after your workouts, than with traditional aerobic workouts.
- Whereas ordinary weight loss programs virtually ensure that you lose lean muscle mass, 'Turbulence Training' protects this aspect and is geared to add to your lean muscle mass. This is a vital aspect if you want to lose weight permanently.
- You get the whole fat loss package, with more than enough in the workout department to keep you busy for 26 weeks. This is a lifestyle, or should I say healthstyle program. No quick fix here. You will learn how to lose fat the

healthy way and keep it off forever.

- Some valuable nutritional guidance is also included as a bonus, but this isn't the main focus of 'Turbulence Training'.
- The great thing is that you don't need a room filled with expensive equipment. A stability ball, dumbbells and a bench will do. For the rest, you use your own bodyweight.
- Do you get bored easily? You will love this program. The workouts change constantly, keeping you entertained and interested.
- 'Turbulence Training' comes with an iron-clad 8 week money back guarantee.

The Meat Behind The Magic Of 'Burn The Fat, Feed The Muscle'

- This book by Tom Venuto is also aimed at regular people: those of us without the perfect genes, those of us who have tried a gazillion diets without success. Find out why these diets fail time after time.
- 'Burn The Fat, Feed The Muscle' provides a fine-tuned fat-loss nutrition system, combined with the best muscle-building workouts and tips. The plan enables you to create a lean, well-defined look.
- Imagine the hole a one-on-one session with Tom Venuto will make in your pocket. Yet, he shares all his knowledge freely in this affordable book.
- Let me tell you, this guy tries to make the process as quick and painless as possible. You don't need tons of endurance and determination. The plan can be adapted to fit in with your program and the time you have available. Tom even allows for those vital cheat days we all need!
- Whereas 'Turbulence Training' concentrates more on the strength training aspect, 'Burn The Fat, Feed The Muscle' offers more comprehensive nutritional

guidance. Yes, Tom Venuto spills the beans about the secrets behind the super-low body fat percentages of bodybuilders and the models you are likely to see on the cover of Muscle And Fitness Mag.

- Tom tells you how to work WITH your metabolism, rather than against it. The author's experience enables him to get you to lose the fat without losing the benefit of a revved up metabolism. In fact, he will help you to turn your body into a lean, mean, calorie-crunching machine that will continue to work away even while you sleep.
- His target is to get you to lose the fat - and keep it off forever. Doesn't that sound like a plan?
- No weight loss pills, potions or nasties like steroids feature in this program. It's all natural stuff.
- 'Burn The Fat, Feed The Muscle: A Complete Fat Burning System Based on The Secret Techniques of The World's Best Bodybuilders and Fitness Models' comes with an iron-clad 8 week money back guarantee.

The bottom line? If you are overweight and want to get rid of all those extra pounds while building muscle mass at the same time, '[**Burn The Fat, Feed The Muscle**](#)' may very well be the best partner for you.

If you are in fair shape, but want to concentrate on firming up and building muscle definition, '[**Turbulence Training**](#)' should work well for you. This is also a great option if you get bored easily and need loads of variety in your workouts.
