



The Final Answer To Fat Loss

Hey everybody, I'm Dr. K or Doctor Kareem Samhour, and welcome to the world of Double Edged Fat Loss. You're entering a place where you're going to learn how to get in shape as fast as humanly possible. We're talking about ridiculous shape, number one, and number two, and most importantly, learn how to build your own workouts and for the first time ever, create exercise and fat loss independence, which is what you've been striving for all along. So, let's talk about how you do that.

First of all, you need the solution to fat loss, the final answer to fat loss. What is that, you might be wondering. That is having a raging metabolism at all times so that no matter whether you're exercising or not, you've left the gym, you're at home, you're asleep, you're awake doing something else, you're at work. Your metabolism is raging and you're burning up calories no matter what you're doing, any time of the day.

Well, this happens through three factors. Number one, is the triple M system for rapid fat loss. I'll be describing this in greater detail in a video to come. So, stay tuned. I know you'll be sticking with me for the next couple of weeks anyways, and I can't wait to share some amazing information with you. Number two is going to be energy system training and number three is going to be heart rate spiker mini sets.

But, let's just take a sneak peek into that triple M system and talk about just one of the M's right now, and that's muscle balancing. A lot of people just ignore this all together. In fact, some of the best fitness pros all over the world just don't have a grasp of this because they don't have the physical therapy background.

You see, by properly aligning your joints, taking your shoulder from a forward position back, and taking the strain off of your rotator cuff. You're actually increasing your metabolism because you're providing better circulation and nourishment to your joints. You're providing a faster healing process to your muscles after you tear them up in your workout, because that's what happens. And ultimately, you're sending a signal



to your brain to say, hey brain, I'm ready for a stronger contraction because I'm not going to cause that nociceptive or pain receptor response.

Well, muscle balancing is actually pretty simple, but it involves working some of the muscles that are forgotten in everybody else's workout. So, what I've done for you is I've arranged for a gift. This gift is called The Body Transformation Mini Circuit. And what I'm going to ask you to do, is for the next two weeks, every single day, I want you to spend just five minutes on this Body Transformation Mini Circuit, thereby properly aligning your muscles, learning how to stand up straighter, tucking in your belly and tightening up your butt.

You know, one of the coolest parts about this is it actually increases pelvic mobility. Now, I don't want to get all weird on you or anything, but pelvic mobility enhances your sex life at the exact same time. So, without further ado, welcome to The Body Transformation Mini Circuit.

The Body Transformation Mini Circuit, five exercises, one minute each. Perform each of the following exercises for one minute straight, working on slow and continuous reps with exception to bridges, where you're going to do them fast.

Middle trap: Bend over, keep your abs tight and glutes tight, as to not place tension into your lower back. Bend your knees slightly. From here, place your arms all the way out at 90 degrees, palms facing the ceiling and begin to move your arms up and down by squeezing your shoulder blades and relaxing them, as a bird flaps its wings.

Exercise two, lower trap: In the exact same position as middle trap, I want you to move your arms out in front of you, 45 degrees from directly in front. From here, I want you, thumbs up position, to raise your arms up slowly, and down slowly, sinking your shoulder blades down and in with each and every repetition. You shouldn't feel a lot of tension in your neck in this exercise, but the tension should be down below in your lower trapezius section of your back.



Exercise three, bridge with adductor squeeze: Here, I've used a basketball to squeeze between my legs, but any surface or couch pillow will work. I want to maintain increased adductor pressure, meaning trying to pull my knees together while bridging by squeezing my glutes and lifting my bottom up, off the ground. From this position, I'm going to return down towards the ground, touching softly each time, and perform as many repetitions as I can during the 60 second period.

Exercise four, pushup super set: The following exercise can be done on your knees or off your knees for increased strength benefit. I want you to begin in a diamond or tricep pushup position. From here, without rounding or sagging your back, I want you to lower your body towards the ground by bending your elbows, push back up off the ground. Alternate hand positions to now shoulder width apart and repeat your pushup position. Finally, change hand positions to wide grip pushup position, elbows all the way out, and work on the mid pec squeeze. After performing the third repetition, begin back at your middle repetition or tricep pushup position. Repeat for 60 seconds.

Exercise five, abdominal vacuum: This exercise comes down to the basic premise of diaphragmatic breathing. I want you to take an inspiration through your nose, like a sniff breath, while allow your belly to expand slowly outward. From here, while maintaining relaxed shoulders, I want you to begin to breath out by pulling in umbilicus or bellybutton up towards your ribcage as you exhale and let the breath out. Repeat this exercise for 60 seconds, working on decreased emphasis on your shoulders and increased belly movement or diaphragmatic breathing with each and every repetition, and what your waistline shrink.

Now, it's time to talk about energy system training. See, you've got three of them in your body. You've got your ATP-PC, your anaerobic and your aerobic. Your ATP-PC is otherwise known as your adenosine triphosphate phosphocarbonate energy system. It's your fastest energy system and it's your zero to two second explosive energy system.



Next comes your anaerobic, which is two to sixty seconds. It's also used as a quick energy system and burns up all kinds of sugars in your body, which is great for getting rid of carbohydrates and creating the fat loss effect you're looking for.

Third and finally is your aerobic energy system, which is 60 seconds and beyond. This is where your endurance comes from. Ultimately, when you want to get the best fat loss effect, you have to train all three so that you burn up as many calories as you can for days and days to come. We're talking about 48 to 72 hours of excess, post oxygen consumption, or EPOC, which is ultimately the key to your fat loss success.

Welcome back. Now, for the second part of your daily exercise program between now and the time Double Edge Fat Loss is Released. This is the Heart Rate Spiker Mini Set, and the whole purpose here is to just skyrocket your metabolism right from the first five minutes of every day.

So, what I want you do is going to be five minutes of exercise here as well. fifty seconds of work and ten seconds of rest, just like your Body Transformation Mini Circuit. But, this time, what we're going to be doing is using the Double Edged Fat Loss formula, which is squat, push, lunge, pull, plank. Again, that's squat, push, lunge, pull and plank. So, there's going to be five different movements. In a moment, you're even going to have an opportunity to download a sample Double Edged Fat Loss Workout live, with one of my clients in person. So, you can look underneath this video and you'll have that opportunity.

Before we get to that, let me show you an example of each one of these exercises and this is exactly what I want you to do. First comes the pivot squat. I want you to just stand with your feet about hip width apart. You want to stand so that your weight is centered underneath you, not left or right, but centered underneath you. From here, shoulders back, tummy tight, core on. I want you to stand, rotate back. Don't put tension in your knee, come back around through your outside leg. Stand, rotate back, come back around through your right leg this time. Now, we're just going to speed up to tolerance for 50 seconds of work, followed by ten seconds of rest, as you transition to the following exercise.



A couple of things to pay attention to, as I'm squatting, my knees and hips are staying back behind my toes. I'm not allowing them to translate forward. The next things I want you to pay attention to is, on my way up, I'm squeezing my glutes. On my way down, I'm keeping my tummy tight. So, again, pivot squat, tummy tight, push up through my glute.

The next exercise is called a hand-forearm switch. We're going to be down on the ground. If you feel like you're lacking a little bit of strength in your upper body, go on your knees. If you're ready to come off your knees, that's fine, too. Plank position, no sagging or rounding, tummy tight, abdominal tremble. Now, push up onto your right arm straight, left arm straight, down with your right, down with your left. Now, switch and just simply speed up to tolerance, as fast as you can possibly go for 50 seconds of work, followed by ten seconds of rest. As soon as you finish with that, pop up. You have ten seconds of transition.

We're going to go into a reverse lunge with a knee hike. So, we're going to lunge back, knee back, hip back, again. Stand through our front glute, not putting pressure on the back leg. Only 30% of your pressure is in your back leg. Stand through the front glute, draw your knee, and repeat. You're going to do this to the half way point. Once you get to the half way point, switch legs, other side, same exact thing. Again, always emphasize in standing through your front heel and your front glute for maximal success.

Fourth comes your pulling exercise. This is called an air-pull. Reach your arms up into the air, shoulders down, not hunched up, tummy tight so you're not arching your back, from here, I want you to pull down really hard, right back up. Pull down really hard, right back up. You should feel your elbows slide against the side of your body. It's called an air-pull.

Again, 50 seconds of work, before you drop down into your straight arm plank. Hands underneath shoulders, so that you're seeing this from the side. I'm not here. When my arms are out in front, they're directly underneath my shoulders. I'm going to pull in my bellybutton so I get that abdominal tremble and really hold this position for 50 seconds, making sure that I keep that position as long as I can. If I need to drop to my knees, because I'm losing it or I'm feeling a little bit of tension in my back, I can do that,



too, and that's absolutely fine. Again, I'm going to hold this position, work on the abdominal tremble the entire time.

There you have it, ladies and gentlemen. That's the Heart Rate Spiker Mini Set. It's time to skyrocket your metabolism as the first step of every single day.

I'm excited for you and I can't wait to be teaching you some more. But, for now, go ahead and download a sample live, Double Edged Fat Loss workout with a star client, Marty Milner. I can't wait to see you soon, stay tuned for the next video. I'll be in touch soon.