

# **FLAB TO FAB**

**In Only 15  
Minutes/Day**

**FITNESS PLAN**

**Build Muscle, Burn Fat  
and Lose Weight  
in Fifteen Minutes A Day**



**by Robert B. Adams**

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## **About the Author**

Robert B. Adams is a nationally recognized  
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***N.E.S.T.A***

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Robert is also the Head Fitness Expert at

**[www.MyHomePersonalTrainer.com](http://www.MyHomePersonalTrainer.com)**

His talented Professional Certified Fitness & Nutrition

Team provides on-going support for the 10,000's of online fitness training  
& diet plan members seeking new innovative strategies to help

***Build Muscle, Burn Fat Fast, Lose Weight***

***And***

***Get Maximum Results in Minimum Time!***

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The Most effective ***REAL WORLD*** nutrition & healthy diet plan strategies.

These proven fitness, health & nutrition principals deliver

***REAL RESULTS*** for Life!



## **Introduction**

As a nutrition coach, certified personal trainer, and fitness enthusiast, I've worked with a lot of people who are interested in improving their overall health, weight and fitness level. Most commonly, people want to get fit, lose weight, and have the body they always dreamed of having.

Health and fitness (as well as some of the related subjects, like weight loss, dieting, exercise, sports, etc.) has more theories than practical answers and more fads than fact. If you don't believe me, just pick up a copy of a current fitness magazine or book and you'll read about competing theories that all promise maximum results with little or ZERO effort.

Once you're finished reading, though, you'll put the magazine or book down and you'll realize that you're more confused than when you first picked the book up!

Should you...

- Use more weight or less weight?
- Do more reps or fewer reps?
- Do higher intensity or lower intensity?
- Do more cardio than resistance training?
- Do more resistance training than cardio?
- Use machines or free weights?
- Train every day or once a week?
- Eat more carbohydrates or less?
- Sleep more than I am now or less?
- Do 1 hour of fitness a day or just ten minutes?
- ... And the list goes on and on and on and on!

With so many competing theories, it's hard for people to know which one is the right one to do. So I decided to put together a complete personal health and fitness plan that will actually help people to build muscle, burn fat, and lose

weight to get into the best shape of their lives with sound, proven, cutting edge fitness, nutrition and health techniques.

I literally went back to basics on this and tried to pare away all of the nonsense that you read about so often. As I developed this plan I continually asked myself, “Is this step truly necessary? Is there a better way? Is anything missing?” so that when I finished, I firmly believed that it was the most comprehensive personal health and fitness plan available today.

But that’s not all I did. I realize that you don’t have 24 hours a day to devote to health and fitness. Although a life that is healthy and fit requires healthy and fit decisions to be made 24 hours a day, you’re not going to work out 12 hours a day and you’re not going to spend the other 12 hours preparing healthy food. So, as I developed this health and personal fitness plan I also continually asked myself, “Is this practical? Is it manageable? Is it overwhelming or is it ‘do-able’? Can it be integrated into everyone’s lives?” By the time I was done I was convinced that I had a practical and realistic health and personal fitness plan that anyone could incorporate into their lives.

***My Flab to Fab Fitness & Health Plan is one of the most comprehensive yet practical fitness, health & nutrition programs available today with cutting edge ideas and techniques you can live by.***

***That means it is one of the most effective & efficient programs to help you***

***Build muscle, Burn Fat, Lose Weight and  
Develop a Fitness & Health Plan for Life.***



I'm going to show you the steps exactly as you need to make them in order to succeed. I'm going to give you the resources you need to excel. I'm going to give you the concepts that will transform your life into the healthiest and fit life you could imagine!

***What do I need from you?*** I need your personal level of commitment to this fitness & health plan and your dedication to the entire program.

Not just the parts that may be convenient for you.

I am so confident, that if you follow the key fundamental principles laid out in

***My Flab to Fab Fitness & Health Plan,***

I will guarantee that you will Improve Your Fitness and Health.

***My Flab to Fab Fitness & Health Plan*** ebook already costs you

***Zero, Zilch, Nada, Not One Red Cent!***

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I am Your Personal Fitness Trainer & Nutrition Coach and am thrilled that you have taken the time to commit yourself to improving your overall Fitness, Nutrition & Health with [www.MyHomePersonalTrainer.com](http://www.MyHomePersonalTrainer.com).

Let's get started on your Personal Fitness and Health Goals Today!



*"Get Fit Stay Fit"*

*Strive to be Your Best*

*Robert B. Adams*

## **Part 1 – My Fitness & Health Focus**

### **Chapter 1: The State of Our Current Health**

Movies like **Supersize Me** and television shows like **Honey, We're Killing The Kids** point to our awareness that something is not right with our health. Each year, billions of dollars are spent on health equipment, diet books, health food, diet supplements, weight loss pills & potions and fitness center memberships.

So if we're so aware of our current health situation, and apparently spending tons of money to do something about it, how come we lead such unhealthy lives?

How come obesity is considered such a national epidemic?

We don't need statistics to tell us that 21<sup>st</sup> century life can be unhealthy. There seems to be a fast food outlet on every corner (and between corners, too). We lead sedentary lives at work, sitting at a computer all day and then after work in front of the television. On top of that, we're stressed and busy so we don't even get the rest we need to re-energize your bodies.

A little over a century ago, while North America was still being settled, people worked long hours and life was hard, but they ate balanced meals, got plenty of rest, and lead relatively stress free lives.

The medical industry may have advanced in its ability to save our lives but we are making its job harder by becoming unhealthier every single day.

***So what are Your Long Term Solutions  
For Improving Your Fitness & Health?***

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