

# 6-Week Fat Crusher Plan

A Science-Backed Fat Loss Plan Guaranteed  
to Help You **Lose Up To 24 Pounds** of  
Stubborn Fat **in Just 6 Weeks**

By Brian Syuki

# Legal Disclaimer

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The information in this book is not intended to replace medical advice. No action or inaction should be taken based solely on the contents of this information. Before beginning this or any other nutritional or exercise regimen, consult your physician to be sure it is appropriate for you.

The information and opinions expressed here are believed to be accurate, based on the best judgment of the author. Readers who fail to consult with appropriate health authorities assume the risk of any injuries.



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# Introduction

**Congratulations!** for downloading the [6-Week Fat Crusher Plan](#)! I'm confident that you will lose fat and get fit if you apply the methods I teach in this book.

First, let me make it clear that this is not a crash diet. It's a lifetime approach to eating and exercise that will help you lose weight and even reverse years of yo-yo dieting.

The [6-Week Fat Crusher Plan](#) follows a minimalistic weight loss approach. Unlike most plans or diets, it won't ask you to prep meals, drink smoothies, starve yourself, exercise for hours, prep complicated recipes and so on.

The truth is, most of the things the mainstream media asks you to do have a very small impact on weight loss. **Only a few things trigger major weight loss.** And that's what the [6-Week Fat Crusher Plan](#) is all about. It will show you the few but powerful habits that drop lots of pounds. You won't have to have to spend your limited time on habits that barely change the scale.

You can expect to lose up to 24 pounds in 6 weeks if you follow this plan. And the best part is **you will continue to lose weight after 6 weeks** since this plan is not rigid and restrictive.

Some of the information in this book may sound like common sense but remember that common sense isn't always common practice. Don't ignore the simple tips thinking they won't make a difference. Everything I suggest you do in this book has been proven (by science) to help people lose belly fat, get toned, and achieve their dream bodies.

Now, I'm not saying that following the [6-Week Fat Crusher Plan](#) will be easy. You have to gradually give up old habits and build new habits. Don't worry if you can't seem to change your habits. In the last chapter, I will show you a powerful tip for building new habits with ease.

I encourage you to read this book page to page. Don't just pick what works for you and ignore the rest. Reading page to page will help you understand why everything I suggest works. And you'll be more motivated to do it even if you don't like it.

What you read in the pages below will help you lose up to 24 pounds in the next 6 weeks. More importantly, this plan will keep you energetic all day and boost your confidence!

Enough fluff, now let's get down to business.

One last thing, don't forget to share your story once you experience the dramatic weight loss from this plan.





# Why slow weight loss sucks

The mainstream media praises slow weight loss and criticizes fast (rapid) weight loss. Even though some of their arguments make sense, studies show that fast weight loss is better for successful and lasting weight loss.

But before we look into the evidence, let me ask you... Would you rather lose 15 pounds in 1 month or wait for 4 months to drop 15 pounds? If you're like most people, you'll choose the former.

Well, I'm happy to tell you that science agrees with you. In an [Australian study](#) involving 200 obese adults, researchers found that participants who lost weight faster were more likely to achieve target weight and keep the weight off longer than participants who lost weight slowly. I also read about a U.S study that showed the same results (sorry, I couldn't find the link).

Now, there are some valid arguments against rapid weight loss. When not done properly, fast weight loss can damage metabolism, cause muscle loss, and lower energy levels. But none of these things will happen if you follow the advice in the [6-Week Fat Crusher Plan](#). In short, you will get all the benefits of rapid weight loss without the side effects.



# The #1 universal rule of weight loss

## ***Maintain a calorie deficit***

Chances are this is not new to you. To lose weight you have to burn more calories than you consume.

You can maintain a calorie deficit by:

1. Reducing your daily caloric intake
2. Increasing activity or exercising to burn more calories

The easiest way to lose weight is to focus on option one: *reduce your daily caloric intake*. This is not to say that exercise isn't important. In this plan, I will show you how to combine both for the best results.

First, let's see how to maintain a calorie deficit by reducing your daily caloric intake.

You need to know your **Basal (resting) Metabolic Rate (BMR)**. BMR is the amount of energy your body needs to perform bodily functions like digestion, breathing, pumping blood, and so on.

Your BMR helps you determine the amount of calories your body will burn every day, without any activity.

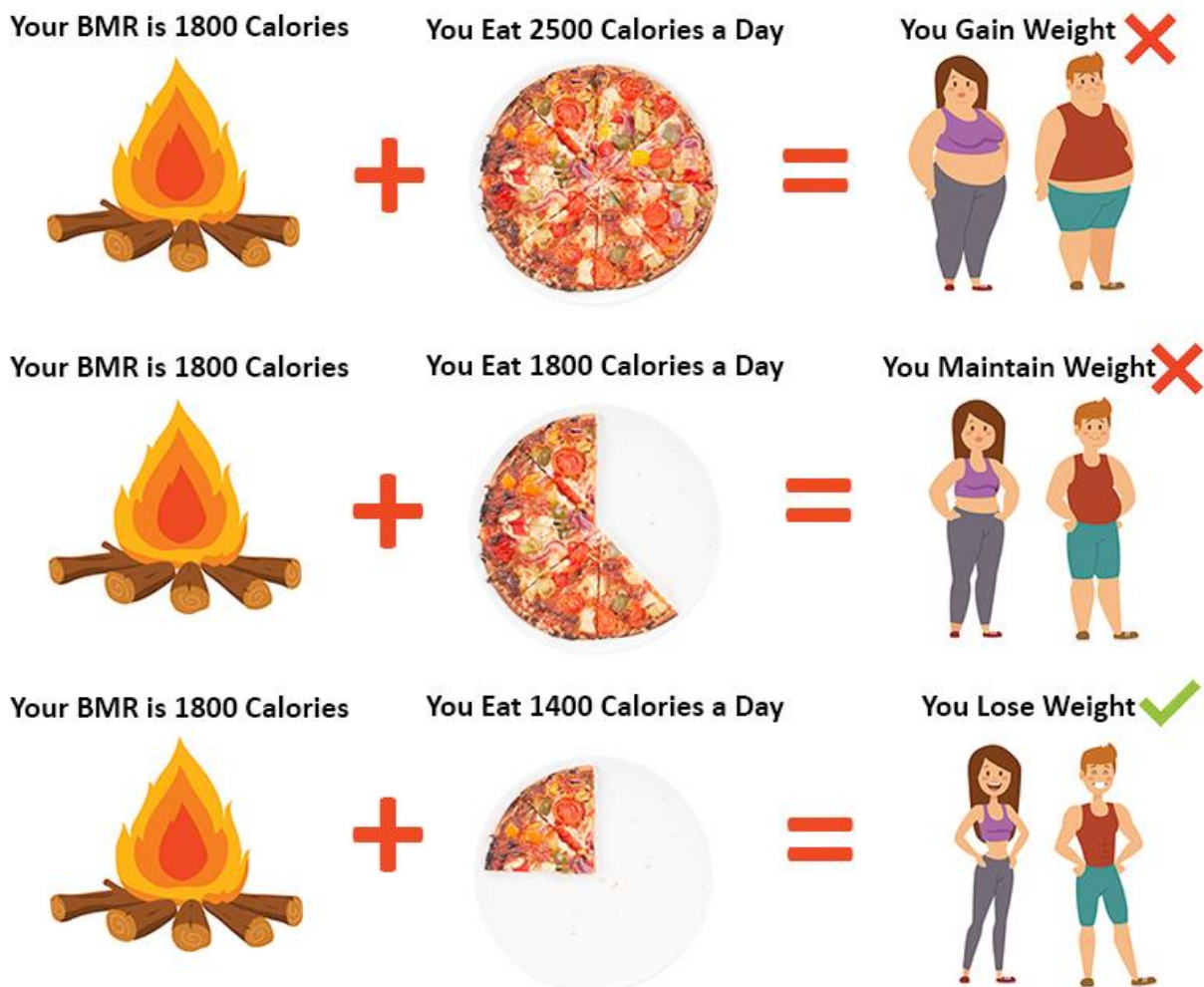
My BMR is approximately 1650 calories. This means that if I want to lose weight I should eat less than 1650 calories a day. On the flip side, eating more than 1650 calories a day will make me gain weight, especially if I'm not active.

Don't know your BMR? No worries. Scientists have come up with formulas for calculating BMR. But since we prefer a simplistic approach (and you probably don't like math), just enter your details in link below and they'll calculate your BMR for you.

<http://www.myfitnesspal.com/tools/bmr-calculator>

Good! Now you know your BMR! And that's great because most people trying to lose weight have no idea what BMR is.

Now, all you need to do is consume calories below your BMR and fat will start coming off your belly, thighs, arms, and back.



The next important step is to track your calories. Before you start thinking “tracking calories is too hectic”, realize that most people don’t lose weight because they underestimate calories consumed and overestimate calories burned, according to research.



# Track your calories

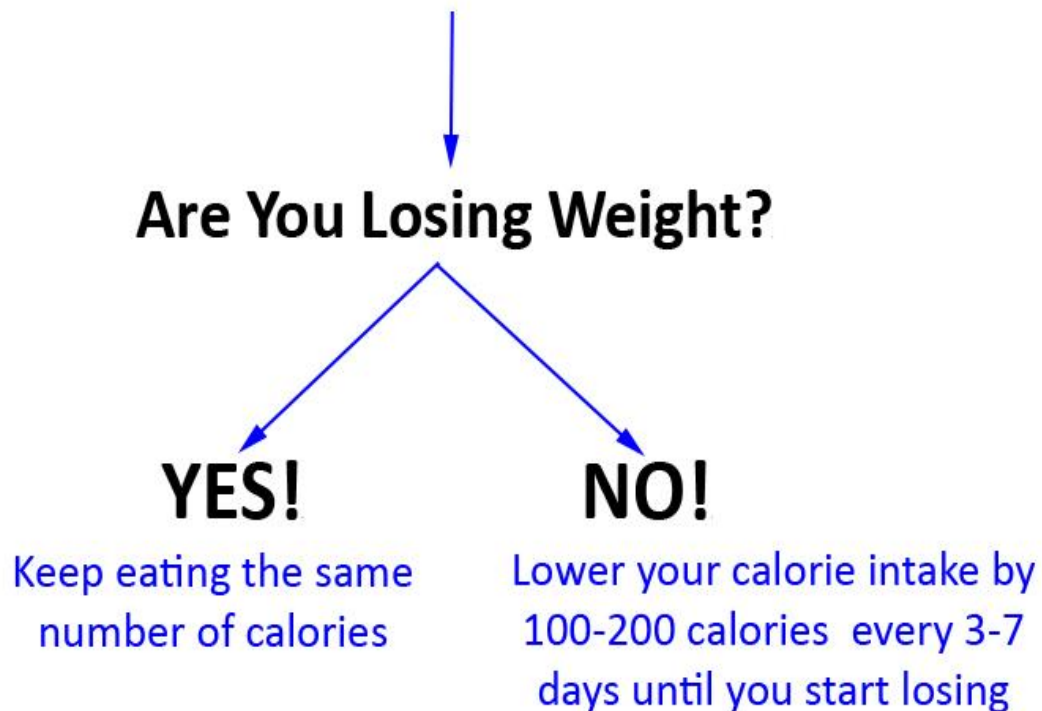
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Having a rough estimate of the number of calories you consume in a day will make it easier for you to lose weight. Count calories for the first few days (3 weeks) to make sure you're not overeating. **Download calorie-counting apps like Myfitness Pal or Lose It!** on your phone.

Start off eating 500 calories below your BMR per day and if you're not losing weight or not losing fast enough, reduce your daily intake by 100-200 calories after every 3 to 7 days.



**Start off eating 500 calories below your BMR**



This may sound hectic but you only need to do it for a few weeks before you learn how to accurately estimate calories. That said, the foods in the [6-Week Fat Crusher Plan](#) are low in calories and very filling, so it's highly unlikely that you'll overeat.

# Key nutrition habits for fat loss

Most people associate calorie deficit with hunger, low energy, and deprivation, but it doesn't have to be like that. You can maintain a calorie deficit without being miserable. Here are the rules you should follow:

## Get 70% of calories from plant-based foods

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*Don't worry, I'm not asking you to go vegan (I'm not vegan myself).*

Counting calories isn't necessary when eating plant-based foods. They're low in calories and loaded with nutrients. In fact, research shows that people who eat plant-based foods have lower risk of type 2 diabetes and high blood pressure.

Most importantly, research has shown that plant-based foods enhance weight loss without hunger, low energy, brain fog, and other side effects of calorie deficits.

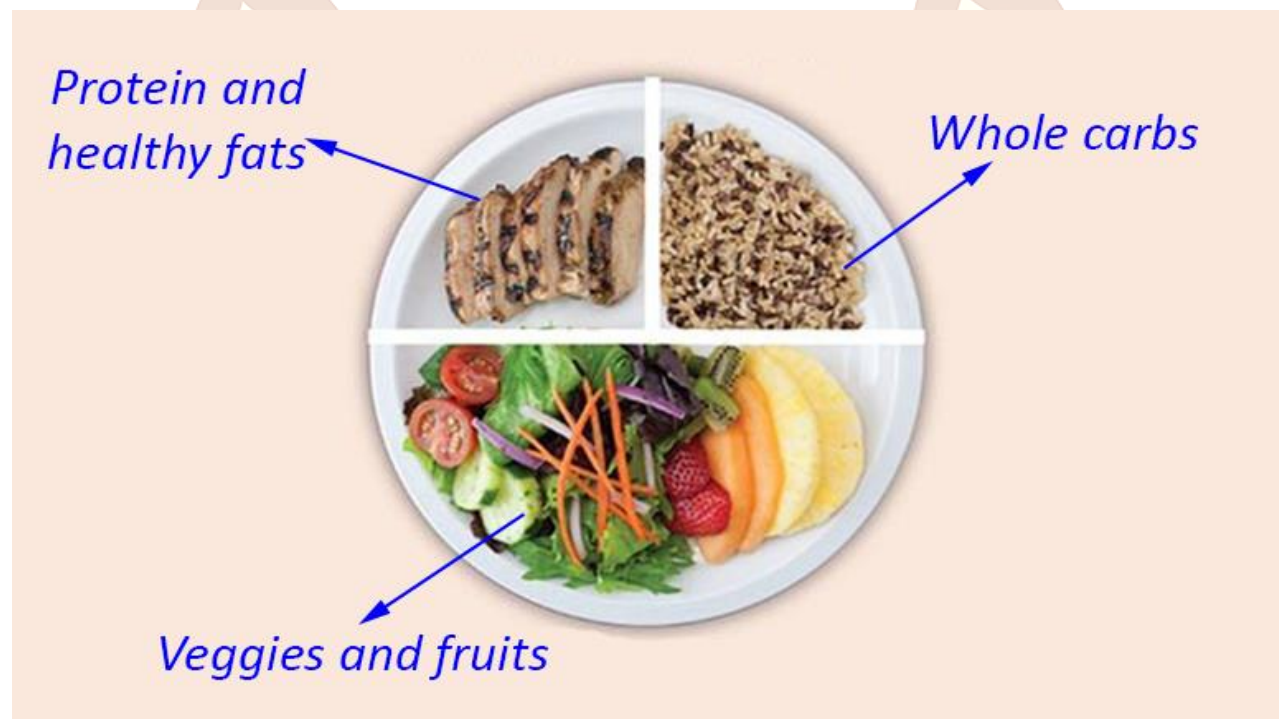
In a study published in the *Journal Nutrition and Diabetes*, participants were allowed to eat as much as they wanted as long as the food was plant-based. They were encouraged to eat fruits, veggies, whole grains, and legumes. After a year, the participants **lost an average of 25 pounds and 3.5 inches around the waistline.**

Now, 25 pounds in 1 year may not seem like a lot, but remember that the participants didn't follow most of the rules in the [6-Week Fat Crusher Plan](#), so you can expect way better results.

## How to eat more plant-based foods:

- Include plant-based foods (especially veggies) in every meal
- Snack on fruits and raw veggies
- Set specific days for plant-based meals. For instance, you can eat vegetarian every Monday.
- Apply avocado on bread instead of butter
- Change how you serve food - fill 3/4 of the plate with beans, veggies and grains.

When you serve food, your plate should always look like this:



## Drink water before every meal

Water is the most underused fat crusher. Many studies have shown that water aids weight loss by boosting metabolism, reducing calorie intake, and controlling appetite.

In fact, drinking water before meals is one of the best things you can do to drop pounds fast. In a study on middle-aged obese participants, it was discovered that people who drank 1-2 glasses of water before meals lost 44% more weight.

Going by this study, **you can lose an extra 4.4 pounds for every 10 pounds you lose** if you drink water before meals. So do you want to lose 10 pounds or 14.4 pounds?

If you always overeat, drink water before meals and you'll eat less.

Most organizations recommend drinking 8-oz glasses or 2 liters of water per day.

#### **Follow this water-drinking schedule:**

- Drink a glass of water immediately after waking up
- Drink another glass before breakfast
- Drink 1 glasses between breakfast and lunch
- Drink a glass before and after lunch
- Drink one glass in the afternoon
- Drink one glass before dinner

Note that keeping a water bottle in the office will help you drink more water. You may also want to set reminders if you keep forgetting.

## **Eat more than 25 grams of fiber a day**

Fiber refers to carbohydrates that can't be digested. It keeps the stomach full without adding calories.

There are two types of fiber; soluble and insoluble fiber. Soluble fiber boosts metabolism and improves digestion. Insoluble fiber isn't very helpful. Soluble fiber is found in oat bran, barley, nuts, seeds, beans, lentils, peas, and some fruits and vegetables

You'll get enough fiber if you follow rule one. But if you can't eat plant-based foods for whatever reason, take fiber supplements. Glucomannan is the only fiber supplement that has been proven to aid weight loss.

## Eat THIS for breakfast

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Do you feel hungrier after eating breakfast than when you don't eat it at all? Maybe you think that breakfast triggers hunger, but that's not the case - eating the wrong foods for breakfast increases hunger and food cravings.

Sweetened cereal, fruit juice, white bread, and sweetened teas are some of the foods that increase hunger. These foods raise blood sugar levels but after 1 or 2 hours the blood sugar drops, and as a result, you start craving sweet foods in order to raise the blood sugar again. Avoid sugary foods, especially in the morning.

Research shows that eating a high-protein breakfast can help you lose weight. The results of [one study](#) showed that increasing protein intake from 15% to 30% of total calories helped women consume 441 fewer calories in a day.

Another study found that obese participants who ate high-protein breakfast **lost an average of 5.3 pounds**, while the low-protein group lost 0.2 pounds.

A high-protein breakfast will help you eat less and lower levels of the hunger hormone, ghrelin.

I eat **eggs every morning**, and you should too. Other breakfast protein foods include Greek yogurt, veggies, beans, and oatmeal. Remember to include a good amount of veggies and healthy fats in your breakfast.



## Avoid eating past 7 pm

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Most experts recommended not eating past 6 pm. But we'll be a bit flexible and make it 7 pm. Plus, chances are you're too busy to prep dinner by 6 pm.

Now, don't let this rule put you off if you're a night eater. Doing this alone can help you drop many pounds.

Avoiding food past 7 pm will prevent overeating and binge eating. Research shows that most people gain weight due to late night snacking.

If you're a binge eater, avoiding food after 7 pm will make a huge difference. But realize that it takes effort.

### Here's how to control nighttime cravings:

- Remove all junk and sugary foods from the house
- Avoid habits that trigger cravings. It could be skipping meals or lack of sleep. Keeping a food journal will help you know these triggers
- Eat a nutrient dense dinner. A plant-based dinner with lean meat and healthy fats can reduce cravings
- Keep yourself distracted. Reading a book or playing chess online can help curb cravings. But TV isn't a good way to distract yourself, in fact, it can make you binge eat.

## Use THIS meal composition

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There are many conflicting studies about the best diet composition for fast weight loss. But [the most comprehensive study](#) I have seen shows that it's caloric restriction, not macronutrient ratios, that determines weight loss.

[This study](#) also came to the same conclusion when it compared high and low carb diets over a period of 6 weeks. A low-fat/high-protein study also showed the same results.

Don't obsess over carbs, protein or fats; as long as you eat a balanced diet and maintain a calorie deficit, you'll lose weight.

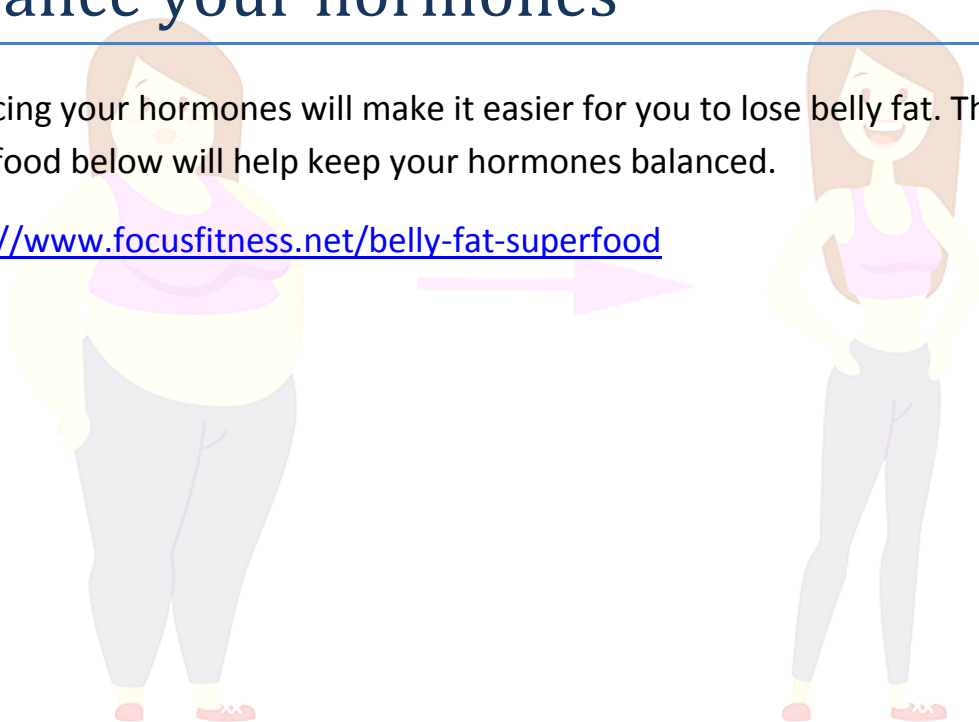
If you're still keen on macros, aim for 40 percent carbs, 30 percent protein, and 30 percent fats.

## Balance your hormones

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Balancing your hormones will make it easier for you to lose belly fat. The green superfood below will help keep your hormones balanced.

<https://www.focusfitness.net/belly-fat-superfood>



## Snacking

Snacks help keep hunger at bay, but they also cause overeating. The truth is most people don't account for calories from snacks and as a result they end up gaining weight.

Processed snacks are the worst since they're loaded with calories and sugar which increases hunger.

Swap processed snacks for plant-based ones. For instance, swap cookies for bananas or energy bars for apples. Snacking on fruits will keep you full for long and prevent overeating.

Keeping healthy snacks at home and the office has proven to be beneficial for many.

4 Small apples = 312 calories



1 Energy bar (100g) = 350 calories



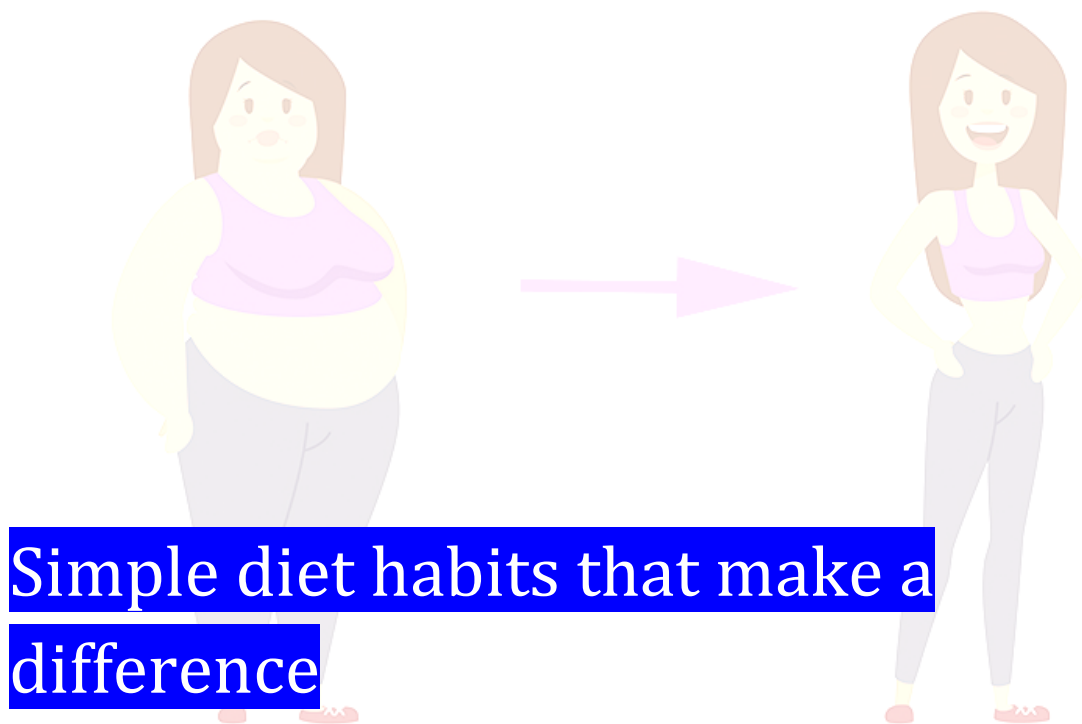
## Healthy snack ideas

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The snacks below will keep hunger at bay without causing weight creep up.

- Broccoli and hummus
- Soup or bone broth
- Cucumbers, carrot stick, celery, and other raw veggies
- Avocado
- Guacamole and carrot sticks

- Hardboiled eggs
- Seaweed
- Fresh fruit
- Celery and almond butter
- Canned fish
- Nuts and seeds (in moderation)



## Simple diet habits that make a difference

**Use smaller plates:** Research shows that using smaller plates can help you eat less. Small plates make the food seem a lot plus people seem to fill their plates the same, irrespective of plate size.

**Drink green tea:** Frankly, the results from green tea won't be magical, but it has been shown to enhance fat burning and increase energy expenditure by 4 percent. Drink 2-4 cups of unsweetened green tea a day.

**Spice your meals:** Chili peppers contain capsaicin, a compound that slightly boosts metabolism and fat burning.

**Practice mindful eating:** Eating mindlessly makes most people overeat. Chew food slowly and avoid distractions (TV, social media, games, and music) while eating. Focusing on every bite will help you feel full fast.



## Hidden weight gain causes to avoid

**Underestimating calories:** Various studies show that people tend to underestimate calories. Track your calories until you can accurately eyeball portions.

**Using too much vegetable oil:** Research shows that vegetable oil causes inflammation due to high levels of omega 6 fatty acids. Additionally, oil is high in calories so it causes weight gain. Use small amounts and consider cooking with coconut or olive oil for more health benefits.

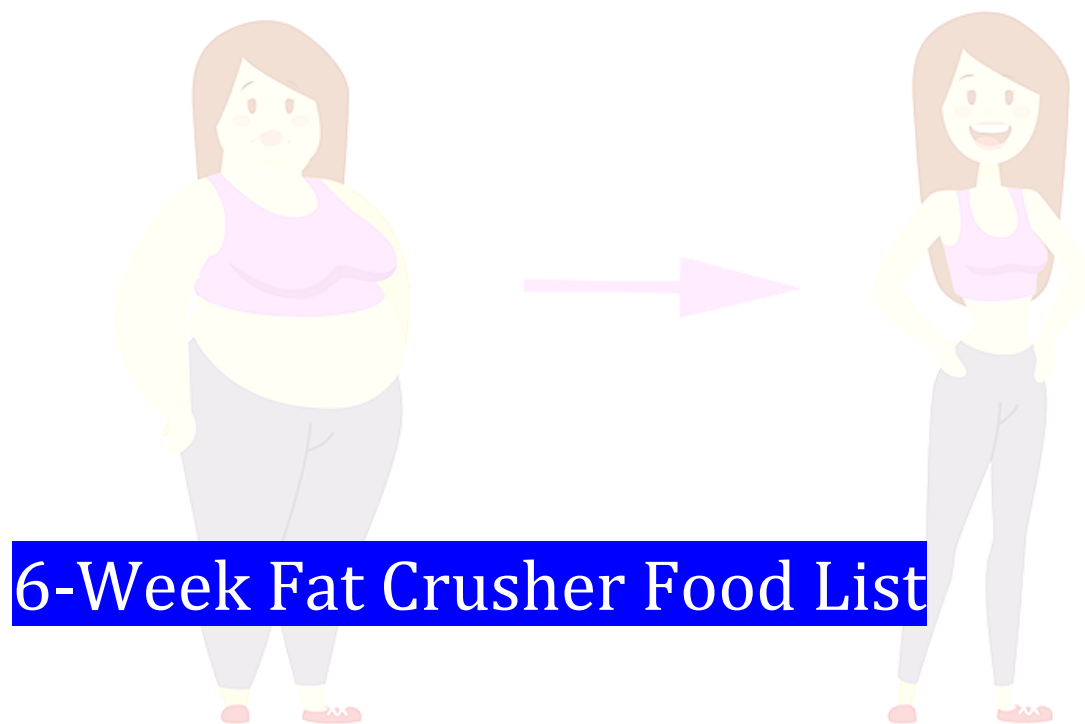
**Drinking high-calorie drinks:** Sugary drinks are high in calories and increase hunger. Avoid sodas, energy drinks, fruit juice and so on.



**Rewarding yourself after workouts:** This is a bad habit that may cause weight gain. Don't reward yourself at all.

**Lack of sleep:** Inadequate sleep causes stress, which consequently makes it harder to lose weight.

**Excessive alcohol intake:** Alcohol hinders fat oxidation. Avoid it as much as possible.

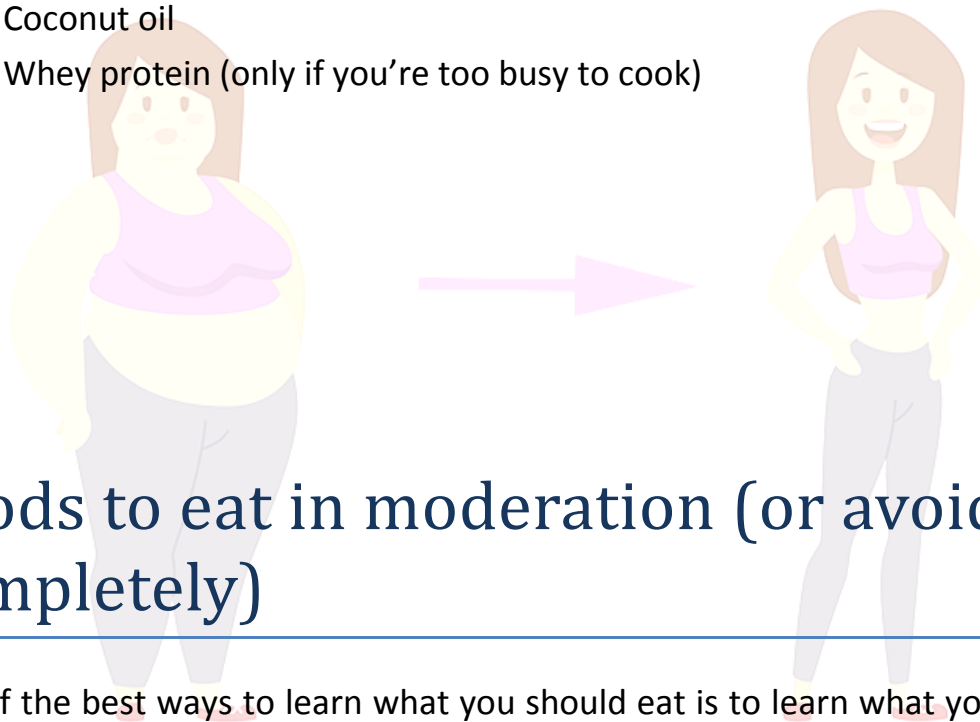


## 6-Week Fat Crusher Food List

The foods below will help you curb hunger and promote fat loss. Eat them 80 percent of the time.

- Oatmeal
- Yams (Sweet potatoes)
- Potatoes (white or red)
- Brown Rice
- Beans and legumes
- Grass-fed beef

- Chicken
- Fatty fish
- Eggs
- 100% whole wheat and whole grain products
- Fresh fruit
- Shellfish
- Green vegetables
- Unsweetened Greek yogurt
- Olive oil
- Coconut oil
- Whey protein (only if you're too busy to cook)



## Foods to eat in moderation (or avoid completely)

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One of the best ways to learn what you should eat is to learn what you shouldn't eat. Then, by a process of elimination, you'll be much more likely to eat the foods that will give you the best results

The foods below increase body fat and have low nutritional value. These foods should only make up 10 percent of your diet

- Ice cream
- White bread
- Hot dogs and fast food burgers
- Pizza

- Potato chips, nachos, corn chips
- Bacon, sausage
- Fresh juice and sweetened beverages
- Soda
- White sugar, Candy, Chocolate and sweets
- Diet soda
- Fried foods
- Donuts and pastries
- Sweetened cereal
- Sauces

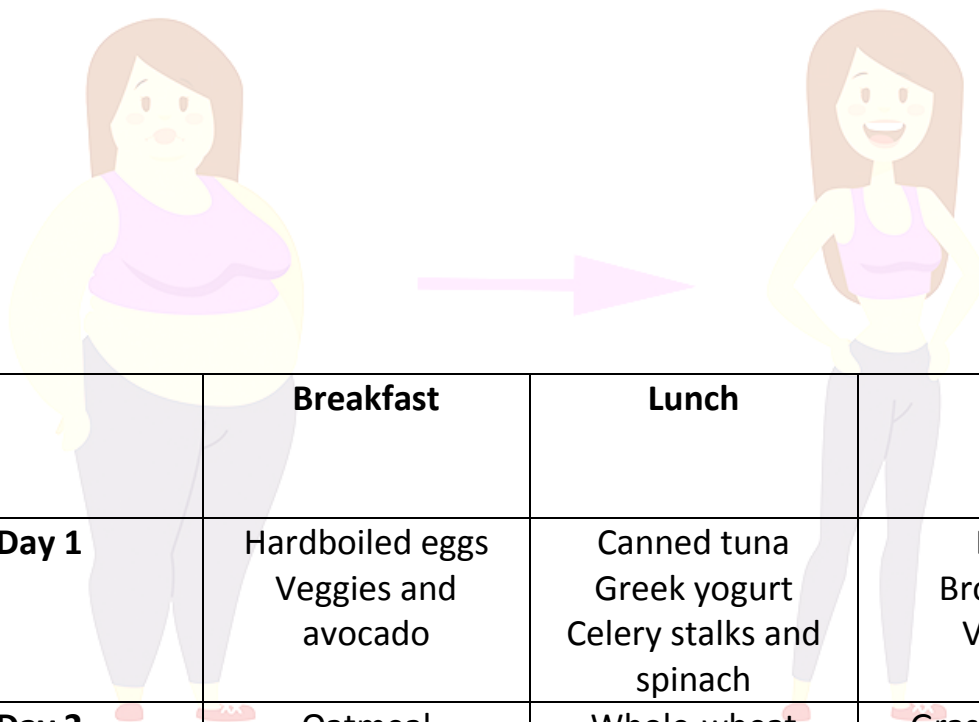


## 6-Week Fat Crusher Diet Manual

I'm not going to tell you exactly what to eat. I'll only show you a sample of what your weekly diet should look like.

Here are important things to remember:

- Eat veggies in every meal
- Eat fatty fish 1-2 times a week
- Eat high protein breakfast
- Snack on whole fruits and veggies
- Drink water before every\* meal
- Eat healthy fats every day



	Breakfast	Lunch	Dinner
<b>Day 1</b>	Hardboiled eggs Veggies and avocado	Canned tuna Greek yogurt Celery stalks and spinach	Beans Brown rice Veggies
<b>Day 2</b>	Oatmeal Greek yogurt Fresh berries	Whole-wheat burrito Legume of choice Avocado	Grass-fed beef Avocado Veggies
<b>Day 3</b>	Sweet potatoes Scrambled eggs Spinach	Whole-wheat pasta Meatballs Veggies	Salsa Corn Black beans and olive oil

<b>Day 4</b>	Quinoa Fruit + Veggies salad	Hummus Cucumber Olives	Apple salad Fatty fish Veggies
<b>Day 5</b>	Avocado Eggs Toast	Whole-wheat wrap Shrimp Yogurt and avocado	Chicken breast Mixed green salad Olive oil topping
<b>Day 6</b>	Chia seeds in milk (overnight) Nuts and Fruit	Lentils Eggs Veggies	Brown rice Broccoli Black beans and Avocado
<b>Day 7</b>	Peanut butter and jelly Overnight oats	Potatoes Broccoli Cheese	Green beans Almonds Chicken

## Workout rules for fast weight loss

To lose fat fast you have to get the most out of your workouts. In this chapter, I will share tips to help you burn more calories, build muscle faster, and avoid injuries.

### Rule #1 Exercise consistently





As long as you exercise consistently, you can lose weight even when doing simple exercises like walking.

Exercise at least 3 times a week, without failure. A simple rule that has helped me exercise consistently is, ***never going for more than 3 days without exercise.***

## Rule #2 Focus on full body workouts

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Don't do crunches if you want to lose belly fat. Full body exercises will give you better results.

For one thing, full body exercises increase muscle mass fast. More muscle = faster metabolism.

Secondly, full body exercises burn more calories than single-joint exercises.

Below, I will share the best at-home full body exercises you should start doing.

## Rule #3 Keep your workouts challenging

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You can't lose fat or build muscle fast if you do the same exercise over and over again. You have to exercise progressively and keep your workouts challenging.

Muscles grow when they are strained and challenged. Find ways to make your workouts more challenging. One of the best ways to do this is to replace current

exercises with more challenging ones or add more reps and sets to your workouts.

Add more challenging exercises to your routine after every 4 weeks. Aim for a maximum of 15 reps for upper body exercises and 20 reps for lower body exercises. Start doing harder exercises after you reach the maximum reps.

## Rule #4 Learn proper form

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Don't just focus on high reps without keeping proper form. It's better to do few complete reps than many half reps.

**Doing full range of motion** will improve your form and burn more calories. Physics tells us that  $\text{Work} = \text{Force} \times \text{Distance}$ . So the more distance you cover the more calories you burn.

An illustration showing a woman's physical transformation. On the left, a woman with a larger, rounder body is shown in a light purple top and grey pants. A large pink arrow points from her towards the right. On the right, the same woman is shown as thinner and more toned, wearing a yellow top and grey pants, with her hands on her hips. This visual metaphor represents the concept of 'full range of motion' and the resulting physical changes.

## Rule #5 Keep it simple

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There are many bodyweight exercises out there. But you can't do all of them. Just pick a few compound exercises that work all muscle groups.

The exercises I suggest below are all you need to burn excess fat and tone muscles. As I mentioned above, even the simplest exercises can transform your body when done consistently.

## Rule #6 Always use a routine

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It's easy to skip workouts when you don't have a detailed routine. Your routine should indicate the exercises you'll do, when you'll do them, and the number of sets and reps you will do.

A detailed workout routine will encourage you to exercise consistently.

## Rule #7 Focus on getting stronger

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Most people only exercise to burn calories and lose fat. A better approach would be focusing on getting stronger. Doing this will take your mind off fat loss and help you get in shape faster.

Focus on doing more push-ups instead of calculating how many calories push-ups burn. Gaining strength will motivate you to keep going even when there are no changes on the scale.

## Rule #8 Walk for at least 20 minutes every day

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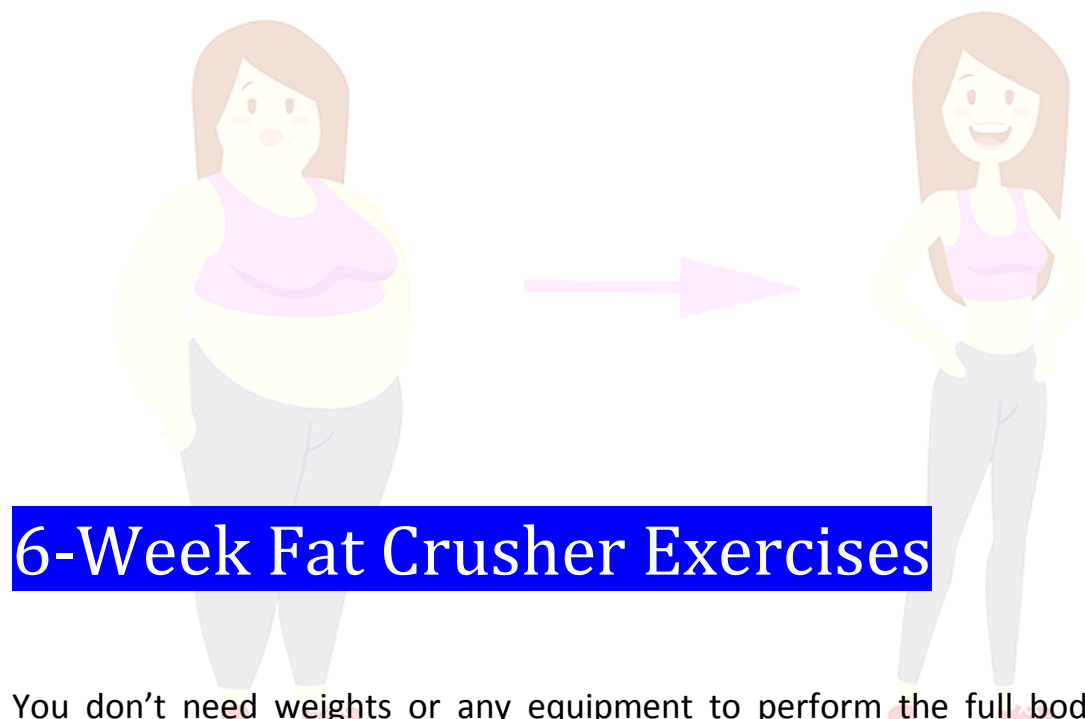
**This is very important!**

Walking is one of the most rewarding exercises. It can lift your mood, promote weight loss, lower risk of diseases and even extend your life.

I also love the fact that almost everyone can do this exercise. It doesn't matter whether you're out of shape, recovering from an injury, or morbidly obese.

Walking for 20 minutes every day will help you burn an extra 100 calories and improve cardiovascular health.

**I highly recommend you wear a pedometer.** It'll keep you accountable and encourage you to walk more. Aim for 10,000 steps a day.



## 6-Week Fat Crusher Exercises

You don't need weights or any equipment to perform the full body exercises below. These are the best exercises for toning your body fast at home.

### Week 1: Jumping jacks

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Jumping jacks will give you a good full body workout. They tone the arms, legs, and core muscles.

#### **How to perform**

- Stand upright with feet together and hands on the side.
- Jump off the floor then spread your feet apart and clap hands over your head.
- Return to starting position and repeat.



## Week 2: Alternating lunges

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This full body exercise mainly targets the legs and butt. Leg exercises burn lots of calories and increase muscle mass fast since legs are the biggest muscle group.

### How to perform

- Stand with feet a few inches apart, keep the upper body upright and look forward.
- Step forward with one foot, then bend the front knee until it's at a 90 degree angle. Make sure the front knee is directly below the ankle (it should go past the toes) when you lunge.
- Pull the front foot back to the starting position to complete one rep. Step forward with the opposite leg and alternate legs after each rep.





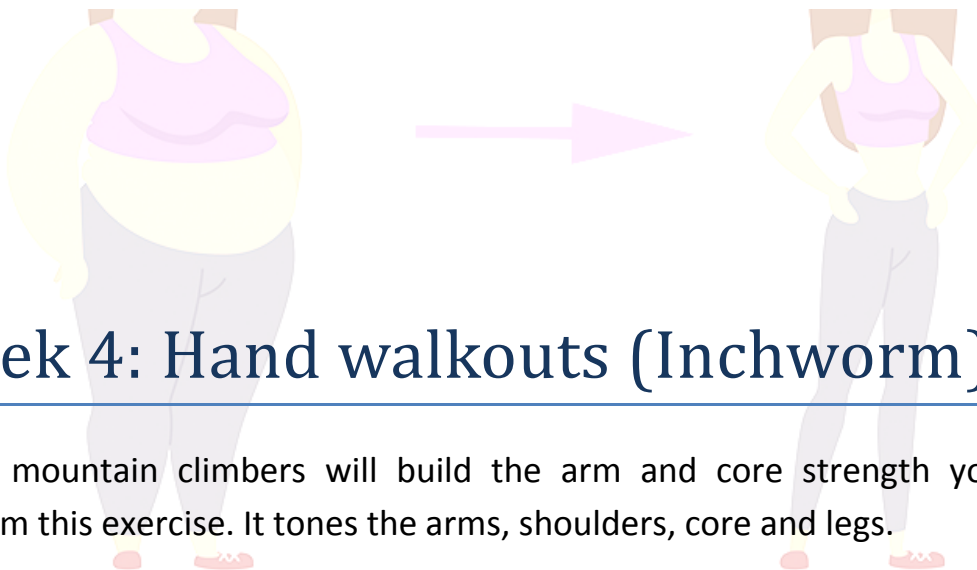
## Week 3: Mountain climbers

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Mountain climbers are a good exercise for strengthening the core and the arms, they also tone the leg muscles.

### How to perform

- Get to push up position and keep your arms directly below your shoulders.
- Tighten the abdominal muscles.
- Pull-in one knee towards the arm as close as you can, then return it to starting position and pull-in the opposite knee.
- Keep alternating the feet as fast as you can.
- Keep your core tight throughout to avoid sinking the hips.



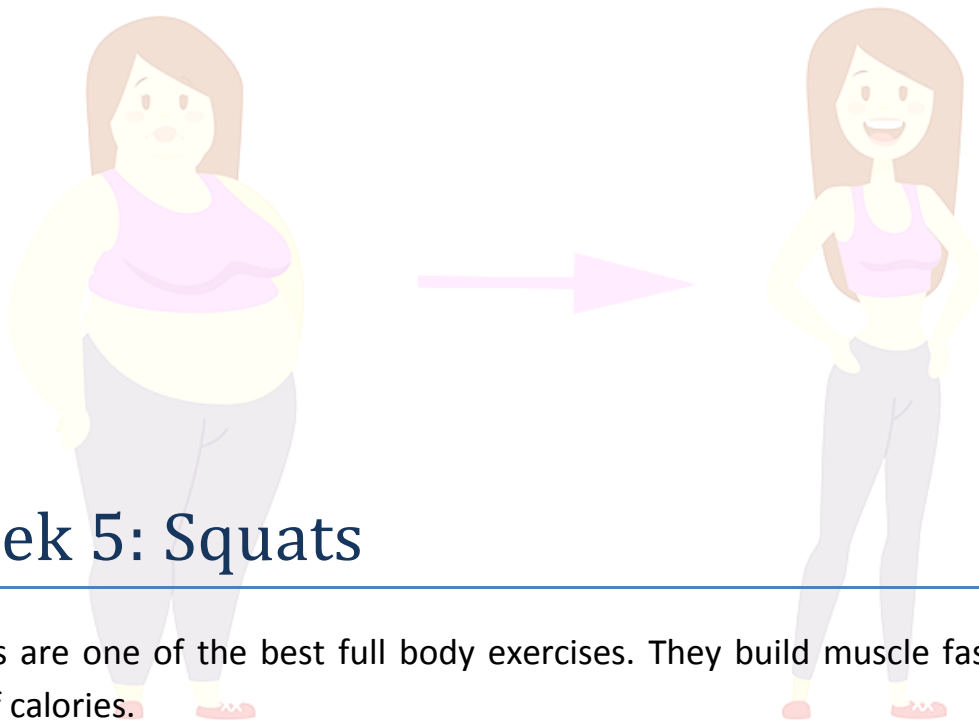
## Week 4: Hand walkouts (Inchworm)

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Doing mountain climbers will build the arm and core strength you need to perform this exercise. It tones the arms, shoulders, core and legs.

### How to perform

- Stand upright and keep your feet shoulder-width apart.
- Bend forward and place both arms on the floor. Keep the hands as close to the legs as possible.
- Make short strides with your arms until you get in the push-ups position.
- Walk back with your arms to starting position and repeat.



## Week 5: Squats

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Squats are one of the best full body exercises. They build muscle fast and burn lots of calories.

### How to perform

- Assume a stance wider than shoulder width, with toes slightly facing sideways.
- Pull the shoulders back and keep the back straight.
- Stretch your arms out in front so they are parallel to the floor or place them behind the head (prisoner style).
- Inhale then bend the knees and lower the butt as if you're going to sit on a chair. Keep the back straight and look forward throughout the set.

- Squat as low as your hip mobility allows. To get the most out of squats you should squat until the thighs rest on the calves. But this might not be possible for most beginners since they lack hip flexibility



## Week 6: Burpees (without push-ups)

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I love burpees because they're super effective. If you want to tone your body fast this is the exercise you should be doing.

### How to perform

- Start in a push up positions then kick your feet forward to get into the squat position (with hands on the floor).
- Rise and jump as high as you can then clap your hands over your head.
- Return to squat position and place hands on the floor in front of you.
- Kick your feet backward to get to push up position. Kick them forward again and repeat



## Workout instructions

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Take short rests of 1-2 minutes.

Remember to warm up for 5 minutes before every workout to avoid injuries.

Perform the exercises at high intensity.

Aim to do more reps workout-after-workout.

Maintain proper form at all times for fast results.

Go to YouTube and watch video demonstrations on how to perform these exercises properly.



# 6-Week Fat Crusher Workout Manual

## Week 1

	Exercise	Duration
<b>Day 1</b>	Jumping jacks	15 minutes
<b>Day 2</b>	Jumping jacks	15 minutes
<b>Day 3</b>	Jumping jacks	20 minutes

## Week 2

	Exercise	Duration
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<b>Day 1</b>	Alternating lunges	15 minutes
<b>Day 2</b>	Alternating lunges	15 minutes
<b>Day 3</b>	Alternating lunges	20 minutes

### Week 3

	<b>Exercise</b>	<b>Duration</b>
<b>Day 1</b>	Mountain climbers	20 minutes
<b>Day 2</b>	Mountain climbers	20 minutes
<b>Day 3</b>	Mountain climbers	20 minutes

### Week 4

	<b>Exercise</b>	<b>Duration</b>
<b>Day 1</b>	Hand walkouts	15 minutes
<b>Day 2</b>	Hand walkouts	20 minutes
<b>Day 3</b>	Hand walkouts	20 minutes

### Week 5

	<b>Exercise</b>	<b>Duration</b>
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<b>Day 1</b>	Squats	20 minutes
<b>Day 2</b>	Squats	20 minutes
<b>Day 3</b>	Squats	20 minutes

## Week 6

	<b>Exercise</b>	<b>Duration</b>
<b>Day 1</b>	Burpees (without push-up)	20 minutes
<b>Day 2</b>	Burpees (without push-up)	20 minutes
<b>Day 3</b>	Burpees (without push-up)	20 minutes

**This trick will guarantee you success!**

Most people focus on losing 20, 30 or 100 pounds. However, looking at the big goal may seem like an impossible mountain to climb.

If you want the [6-Week Fat Crusher Plan](#) to work, don't focus on losing 50 or 100 pounds. Focus on losing one pound at a time. **Start with one pound!**

Losing one pound builds momentum, it motivates you to do it again and again. And before you know it, you're only a few pounds away from your weight goal.

Apply the same principle to habits. Don't focus on eating healthy for a month. Just make sure you eat healthy today. Then do the same thing tomorrow and the day after. If you do this repeatedly, eating healthy will become part of your lifestyle.

Avoid the temptation of 'doing it tomorrow'. Do what you can today instead of waiting for tomorrow.

So as you start the [6-Week Fat Crusher Plan](#), don't focus on the 6 weeks. Focus on day 1, day 2, day 3, and so on. By the time six weeks are over, your body will be transformed and you'll feel great about yourself.



## Leave a Review

Let me know if you found the [6-Week Fat Crusher Plan](#) helpful and if you'll follow it.

I'd also like to know some of the things you're struggling with that I should include in this program.

Email me at: [briansyuki@gmail.com](mailto:briansyuki@gmail.com)



## About Me



My name is Brian Syuki and I'm from Kenya. I love helping people transform their bodies and feel good about themselves.

I believe that you can stay fit and healthy without being rigid and miserable. If you follow what I teach in this program and my blog

(focusfitness.net) you can get the body you want without much effort.

I would love to hear from you. Let me know what you're struggling with. Not struggling with anything? I'd still love to meet you, say hi....

You can email me now: [briansyuki@gmail.com](mailto:briansyuki@gmail.com)

Feel free to share this book with anyone who may find it helpful.

For more weight loss and fitness advice visit: <https://www.focusfitness.net/blog/>

To a fit and healthier you,

Brian Syuki

### **Recommended Products**

[Unlock Your Hip Flexors](#) – You need this if you sit or long hours. It will show you how to loosen your hip flexors and ease lower back pain.

[Metabolic Cooking](#) – Learn how to cook mouth-watering fat-burning meals in minutes.