

LEGION®

THE ONLY SUPPLEMENTS YOU NEED TO GET THE BODY YOU WANT.

HOW TO FIX SKINNY FAT



People who are “skinny fat” have too much **body fat** and low levels of **lean muscle**. Fortunately, there are several ways you can correct this imbalance to achieve the body of your dreams.

Learning how to properly train, diet, and supplement is the most effective way to transform your body.

There are three main reasons why people end up with a skinny fat physique. We'll take a look at each one and explain why.

- ✓ Do **NOT** severely restrict your calorie intake.
- ✓ Do **NOT** do large amounts of cardio.
- ✓ Do **MORE** resistance training.

01 Calorie Intake

Restricting your calorie intake is a mistake that leads to skinny fat. Feeding your body less energy than it burns will result in a metabolic slowdown and muscle loss. Rather than restricting your calories, you should eat a **high-protein diet** combined with regular weightlifting workouts.

02 Cardio Workouts

It's a common misconception that endless hours of cardio every week will burn your belly fat. That's not to say that cardio training isn't good for you or won't help you lose weight. However, too much endurance training interferes **strength and muscle growth**.

03 Resistance Training

You need to add resistance training to your workouts if you want to burn fat, build muscle, and stay toned. Weightlifting helps **elevate your metabolic rate** for days after a training session. Resistance training is the best way to maximize muscle preservation while losing fat.

TIPS TO NOT BE SKINNY FAT

Now that you know the three main reasons why people get skinny fat, we'll give you some pointers to avoid this happening to you.

1

Start a weight lifting regimen with a primary goal to get strong. Incorporate exercises like squats, deadlifts, bench press, and military press into your weightlifting routine.

2

Do less cardio. Limit yourself to 20 or 30 minutes of cardio per session. Don't do more than 1.5 to 2.5 hours of cardio in a week. Instead of running or jogging, do **high-intensity interval training**.

3

Diet properly. Poor diet habits will sabotage even the best workout programs. If your calorie intake has been too low for a while, you need to eat more and bring your metabolism back up to speed.

What's the bottom line? The best way to reverse skinny fat is by building lean muscle mass. Fortunately, if you follow the tips and advice in this guide, you'll be able to eliminate your skinny fat body frame.

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