

LEGION®

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

THE BEST WAY TO LOSE WEIGHT FAST WITHOUT LOSING MUSCLE



You're here because you want to lose "weight" fast, but you should be careful what you wish for.

Go about it the wrong way and you'll put yourself on a one-way street to "skinny fat."

Go about it the right way, though, and you can dramatically improve your body composition for a lot less fuss and discomfort than you probably think.

You see, while we all say we want to lose "weight," what we really mean to say is we want to "lose fat and not muscle."

That detail makes all the difference, by the way — if you want to build a lean, athletic physique, then your number one priority is gaining and maintaining muscle.

That's also why many fitness folk shun all forms of "rapid weight loss" and advocate a slow and steady approach to dieting instead. This, they say, is the only way to lose fat while maintaining lean mass.

Well, they're wrong.

If you know what you're doing, you can have your cake and eat it too — you can lose fat quickly (anywhere from 1 to 2 or even 3 pounds per week, depending mainly on your body composition) while losing little to no muscle.

You won't have to starve yourself, swear off all the foods you like, or do torturous amounts of cardio, either.

WHY RAPID WEIGHT LOSS BEATS "SLOW CUTTING"

If you've read a fitness magazine or two, you've probably heard that losing weight quickly is bad for many reasons. Often accompanying these warnings are theories as to why losing weight slowly ("slow cutting") is the all-around better choice.

Well, this approach does have its positives, mainly that it's "easier" due to the milder caloric deficit and laxer workout schedule.

It has its negatives, too, which revolve around the fact that slow cutting requires that you restrict your calories for long periods of time.

And that comes with consequences...

01. Your metabolism can slow down markedly.

Your metabolism is highly adaptive. When you restrict your caloric intake to lose weight, it responds by taking measures to restrict energy expenditure. This is known as “metabolic adaptation,” and is one of the major reasons people “inexplicably” stop losing weight.

You see, your body’s primary goal in terms of energy balance (the relationship between the calories you eat and burn) is homeostasis — it wants to match input with output, which results in weight maintenance.

02. You spend more time building little to no muscle.

You’ve probably heard that you can’t build muscle and lose fat at the same time — that you have to pick one or the other. This isn’t true.

If you’re new to resistance training, or to proper weightlifting, then you can gain muscle while in a caloric deficit. Once those “newbie gains” have been exhausted, though, you have to play the same rules as the rest of us and accept that muscle growth will be stagnant when your calories are restricted.

There are a couple reasons for this but the main one is the fact that protein synthesis rates are suppressed when you’re restricting calories for fat loss. Thus, the more time you spend cutting, the more time you spend more or less treading water in terms of gaining muscle and strength.

I’ve worked with thousands of people, and one for one, the guys and gals that have struggled the most to significantly upgrade their body composition have simply spent too much time in a caloric deficit.

03. You’re more likely to call it quits.

Even when you know exactly what you’re doing with your diet, being in caloric deficit — even a slight one — eventually gets on your nerves. You have to rely more and more on willpower to stay the course, and the longer you fight this battle with your body’s desire for more food, the more likely you are to flame out and binge.

With a more aggressive approach to cutting, though, you won’t be symptom-free, but you won’t suffer, and the shorter duration will keep you focused on the light at the end of the tunnel.

BUT WON'T YOU LOSE MUSCLE IF YOU LOSE WEIGHT FAST?

Most people think about it like this: The only way to lose weight fast is starving yourself and doing masochistic amounts of cardio, which burns away a lot of muscle.

And that's partly true.

Eating too little will accelerate muscle loss — this is one of the reasons why “crash dieting” is so unhealthy — and doing too much cardio certainly exacerbates the problem.

But how big of a caloric deficit is too big, though? How much cardio is too much? And how do things change with athletic types eating plenty of protein, as opposed to untrained, obese people eating too little?

Well, we can look to a study conducted by scientists at the University of Jyväskylä for a tidy insight. Researchers divided high-level, lean (10% body fat or less) track and field athletes into two groups:

- ✓ One group ate about 300 fewer calories than they burned every day (~12% below total daily energy expenditure).
- ✓ The other ate about 750 fewer calories than they burned every day (~24% below TDEE).

Both were on a high-protein diet and exercising as usual, and after four weeks, the group eating the least number of calories lost 4 pounds of fat and little muscle, while the group in the 300-calorie deficit lost only a little fat and muscle.

That is, doubling the size of the deficit resulted in a lot more fat loss, but not muscle loss.

(I should also note that the 750-deficit group wasn't starving, either — they still ate over 2,000 calories a day.)

This jives with what I've experienced with my own body and with the thousands of people I've worked with. If you know what you're doing, you can be fairly aggressive with your caloric deficit without sacrificing muscle.

HOW TO LOSE WEIGHT FAST WITHOUT LOSING MUSCLE

With this regimen, you can lose, on average, about a pound of fat per week (more if you're overweight, slightly less if you're lean looking to get really lean) without any major hiccups.

You shouldn't have to deal with much in the way of hunger and cravings, your energy levels won't flatline, and your workout performance will be minimally impacted.

Here's how it works:

01. Use an aggressive caloric deficit of about 25%.

Like the athletes in the study discussed above, I reduce my caloric intake to about 75% of my TDEE and, like them, immediately start seeing reductions in fat without any noticeable muscle loss.

If that sounds like way too little food to you, don't worry — when combined with a high-protein and high-carb diet (the next point), it's not grueling like you'd expect.

02. Eat a high-protein and high-carb diet.

While the scientific search for the "One True Diet" continues, there's one thing we know for certain: it's going to involve eating a lot of protein.

The bottom line is study after study after study confirm that high-protein dieting is superior, in every way, to low-protein dieting. And this is especially true when you're restricting calories for weight loss, as adequate protein intake plays a major role in preserving lean mass.

In terms of how much protein you should be eating, [this article breaks it all down](#), but the long story short is you want to eat around 1 to 1.2 grams of protein per pound of body weight.

Now, most people have at least heard that a high-protein diet is best for weight loss, but a high-carb diet? Yes, that's right.

Low-carb diets are not better for weight loss, and actually are worse in several ways for us fitness folk. For example, studies show that...

- ✓ A low-carb diet doesn't help you lose fat faster.
- ✓ A higher-carb diet results in lower levels of stress and fatigue.

- ✓ A higher-carb diet is better for preserving performance and lean mass when calories are restricted.
- ✓ It's generally easier to overeat on a low-carb, high-fat diet than a high-carb, low-fat one.

Everywhere you look these days there's another "expert" spouting off about how carbs are the source of all of our health and fitness woes. It's simply not true. And if you want to see this for yourself, simply keep your carbs around 30 to 40% of your total daily calories the next time you cut.

03. Do a lot of heavy, compound weightlifting.

This style of training is best for both gaining muscle while bulking and preserving it while cutting.

And by heavy, I mean that you should work primarily with weights in the range of 75 to 85% of your 1RM. By "compound," I mean exercises that train several major muscle groups, like the squat, deadlift, and bench press.

Doing this will benefit more than your muscle mass, too — it can also help you lose fat faster, mainly due to what's known as the "afterburn effect" (calories burned long after the workout has ended).

In one study, men training with heavy weights had increased metabolic rates for three days after their workouts, and burning hundreds more calories than the group that trained with lighter weights. Research also shows that the big compound movements like the squat and deadlift are the types of exercises that benefit most from this effect.

04. Keep your cardio to a minimum.

Many people equate cardio with weight loss and figure the more they do, the more weight they'll lose.

Well, while cardio does help burn calories and thus fat, if you do too much while dieting, you're going to run into problems. Namely, you're going to lose muscle faster and increase the likelihood of getting snared in the web of overtraining.

This is why I'm a big fan of high-intensity interval training (HIIT) — all you need is an hour or so per week to considerably impact your fat loss.

You see, even though HIIT sessions are considerably shorter than traditional steady-state cardio sessions, a number of studies show that they result in greater fat loss.

05. Take supplements proven to accelerate fat loss.

Supplements aren't the key to fat loss, but if you combine the right ones with a proper diet and exercise routine, you can dramatically speed up the process.

Here is my personal "fat loss stack" that I use and recommend:

Caffeine

Caffeine helps you lose weight by increasing the amount of energy your body burns throughout the day, and it also improves strength, promotes muscle endurance, and enhances anaerobic performance.

Personally, I get my caffeine from my pre-workout, PULSE, which also contains clinically effective dosages of 4 other ingredients scientifically proven to improve workout performance.

Yohimbine

Yohimbine is a chemical extracted from a species of African plant, Yohimbe. Studies show that yohimbine can accelerate fat loss by blocking the activity of alpha-receptors in fat cells.

This enables your body to reduce fat stores faster, and it's particularly useful as you get leaner and are battling with stubborn fat holdouts.

There's a slight catch with yohimbine, though: elevated insulin levels negate its weight-loss effects. If you want to reap its fat loss benefits, you want to use it when you're in a fasted state.

Research shows that yohimbine also improves exercise performance, and it's particularly effective at fighting off physical fatigue and increasing time to exhaustion.

These are the reasons why I decided to include yohimbine in my pre-workout fat burner FORGE, which was made specifically for maximizing fat loss with fasted training.

PHOENIX Fat Burner

PHOENIX's caffeine-free formulation helps you burn fat in three different ways:

- ✔ It dramatically increases metabolic speed.

- ✓ It amplifies the power of fat-burning chemicals produced by your body.
- ✓ It increases the feeling of fullness from food.

When you take a cold, hard look at the science of fat loss, there are really only three ways to appreciably speed it up:

- ✓ You can increase your basal metabolic rate.
- ✓ You can prevent hunger or cravings from ruining your plans.
- ✓ You can make the overall experience of dieting more enjoyable.

PHOENIX's formulation is the result of an extensive scientific review of a wide variety of natural molecules known to favorably affect fat loss, and we carefully chose a handful that work synergistically to safely deliver consistent results on all three points given above.

The Bottom Line on Losing Weight Fast

Losing weight fast without losing muscle isn't complicated or even all that difficult, really. Sure, it takes a bit of know-how and discipline, but if you follow the advice in this article, you might be surprised at how smoothly it goes.

So, to recap...

- ✓ Use an aggressive caloric deficit
- ✓ Eat plenty of protein and carbs
- ✓ Lift heavy
- ✓ Be stingy with your cardio
- ✓ Take the right supplements

...and you can lose up to a couple pounds of fat per week while preserving your muscle and strength.

Real science. Real supplements. Real results.
Get the results you want when you shop our line of bodybuilding,
pre-workout and weight loss stacks and supplements.

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