

LEGION®

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

STEP-BY-STEP BELLY-FAT-LOSS ROUTINE



YOU SHOULD BE GETTING MORE FOR YOUR SUPPLEMENT MONEY.

01. Utilize a moderately aggressive calorie deficit.

How well you do this will be mainly determined by the size of your calorie deficit.

If you eat enough protein, use weightlifting to drive your fat loss, and keep cardio to a minimum, you can safely maintain a 20 to 25% calorie deficit and maximize fat loss while minimizing muscle loss.

02. Train in a fasted state.

What can help you lose fat faster is training in a “fasted” state, which has to do with the levels of various hormones that affect fat loss, not how empty or full your stomach is.

Research shows that exercising in a fasted state increases both lipolysis and fat oxidation rates. Research shows that blood flow in the abdominal region is increased when you’re in a fasted state, which helps you burn the “stubborn” fat in this region.

03. Do high-intensity interval cardio.

HIIT is significantly more time effective for losing fat than traditional “low-intensity steady-state” (LISS) cardio.

The science is clear: if your goal is to burn as much fat in as little time as possible, then HIIT is the way to go.

04. Lift heavy weights.

It helps you preserve your strength while in a calorie deficit, which in turn helps you preserve your muscle.

It dramatically increases your basal metabolic rate for several days after each workout, and research shows this type of training can result in hundreds of more calories burned than workouts performed with lighter weights.

05. Take supplements proven to impact 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.

Yohimbine

Studies show that yohimbine can accelerate fat loss by blocking the activity of alpha-receptors in fat cells. Research shows that yohimbine also improves exercise performance, and it's particularly effective at fighting off physical fatigue and increasing time to exhaustion.

PHOENIX Fat Burner

It dramatically increases metabolic speed, amplifies the power of fat-burning chemicals produced by your body, and increases the feeling of fullness from food.

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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