

DIC FV 2.0

SL: Why I'll NEVER skip cardio again...

Email:

This email is going to ruffle some feathers.

Because a huge component of how you've been taught to burn fat is wrong.

And if you ever want a lean, muscular physique that girls are attracted to,

You're gonna want to consider making this change.

Because most people tell you that in order to loose fat quickly,

You need to:

1. Live your life in the sauna
2. Spend 40 minutes every morning, downing 400 supplements
3. Starve yourself half to death

...And in my experience,

This is about as efficient as chopping down a tree with a butter knife.

I don't use the sauna, I don't take any supplements,

And I usually only follow this specific running routine that achieves much better results than minimal diets.

And so do the people I teach:



The trick is to pair the right exercise with the right duration and intensity for your personal goals...

It may stink while you are running,

But at least it actually shaves off all of your excess fat while keeping your hard earned gains.

So if you want to know EXACTLY how I keep all of my gains by less dieting on my cut,

It's not a secret...

[Some of my best methods can be found in the brand-new Cutting for Dummies course](#)

Titus