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5 SIMPLE STEPS TO HELP MEN REDUCE BELLY FAT FOR THE LAST TIME

Learn the exact methods I use to
get myself, and my clients to
single digit body fat

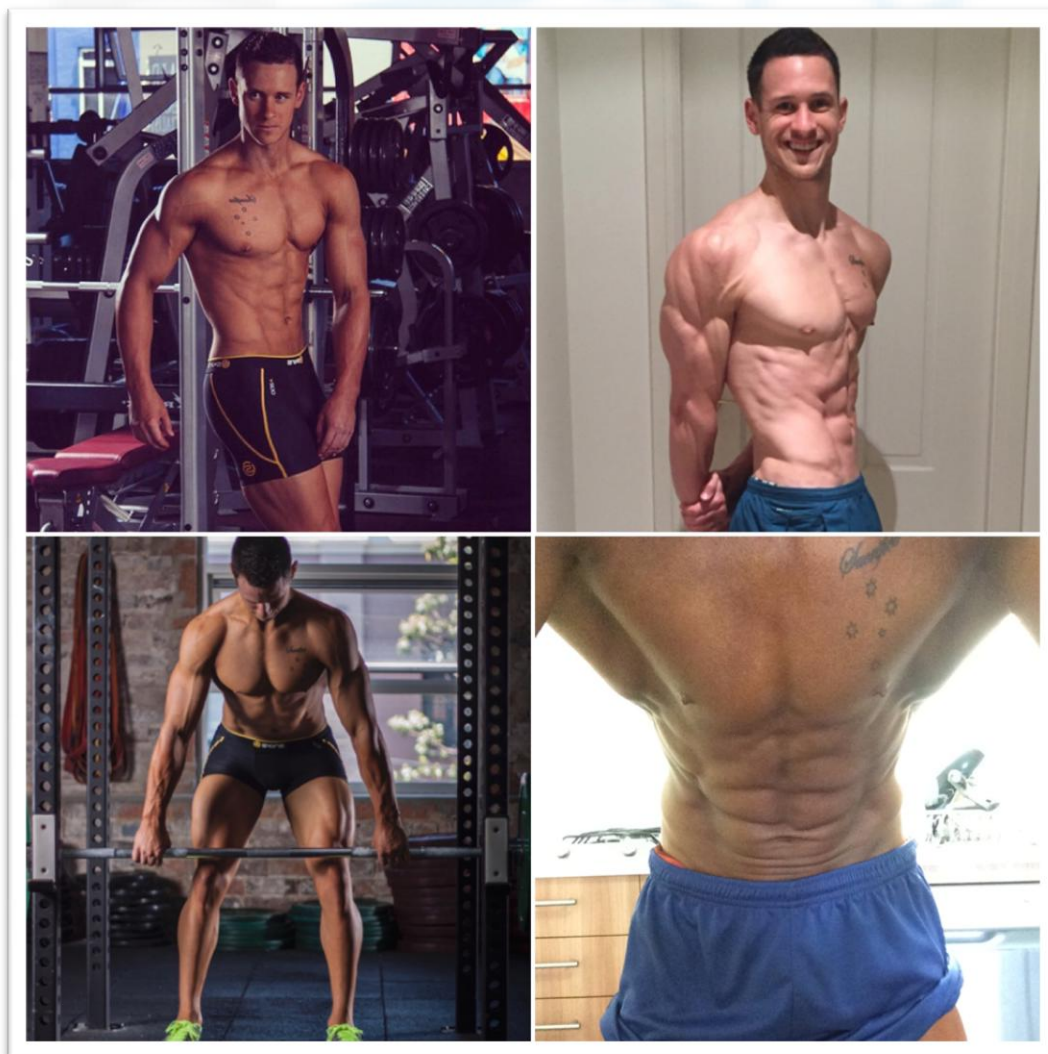
AIDAN D'ARCY

INTRODUCTION

For as long as I can remember, I've wanted a six pack. I used to read every Men's Health magazine I could get my hands on in pursuit of the latest magical food and exercise formula. I would idolise every fitness model on every cover and say "why can't I look like that"?

The more I read the more frustrated and confused I became. Nothing I ever did seem to work and I tried everything. No ab crunch, leg raise, sit up or plank gave me the six pack I desired.

Something needed to change if I wanted results and let me tell you a little secret - I didn't do one single sit up to achieve my conditioning in any these photos:



Now, you need to know I'm nobody special. I have no special genetics or any magic formula (because there isn't one). I'm just like you. I love alcohol, chocolate, dessert and all food in general. In fact, as a type this, I'm actually sipping on my favourite apple cider (whilst comfortably sitting around 10% body fat). Yes it's possible, and I'm going to show you how.

In this e-book, I'll share with you the exact same steps I take to get myself and my clients to low levels of body fat plus, how to keep it.

You'll learn:

- How 5 simple steps will help you lose the belly fat, for the last time
- How to uncover your 6 pack without doing a single crunch (no bullshit)
- How to lose your love handles and make your body irresistible to the opposite sex
- How we helped Mitch shed 16kg, uncover his abs (and keep them) in only 6 months
- How to calculate your calories for fat loss
- How to structure your nutrition plan to make it work for you, not against you
- How to drink your alcohol and eat your favourite foods whilst maintaining the body of your dreams

Fitness Models – What Do They Know That We Don't & What's Their Secret?

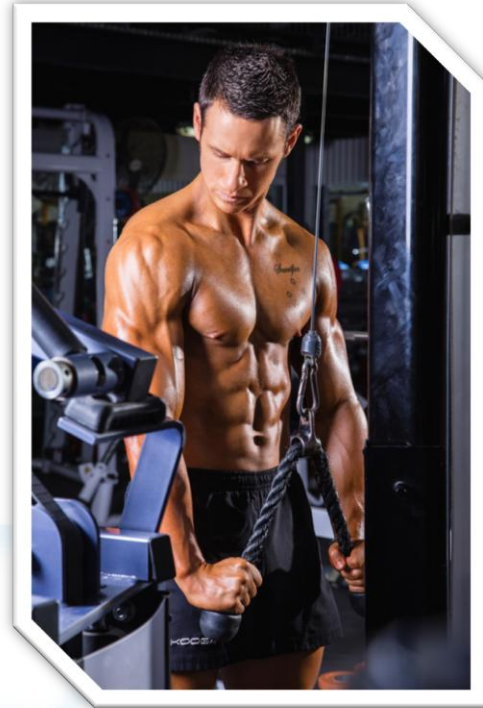
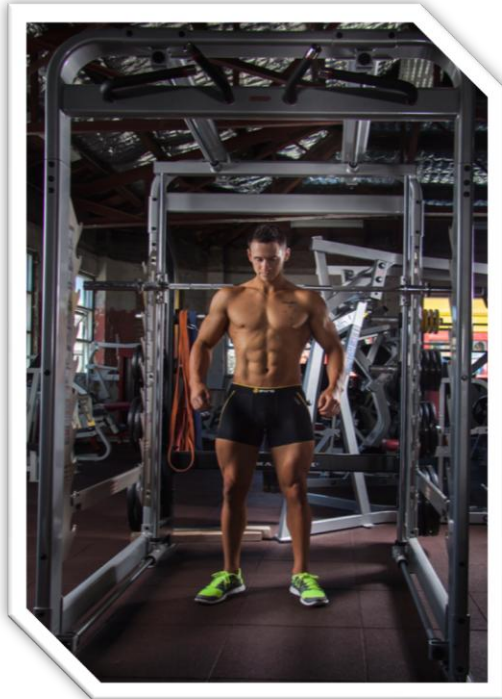
Why does every fitness model seem to have an amazing sculpted six pack, look so happy and seem to have the perfect life?

Why did everything I tried seem to fail? Where was I going wrong? This annoyed the shit out of me.

Here's the short answer – **they look like that for their photoshoot only**. They prepare for as long as they need for that magazine cover, then sit at a higher level of body fat in between shoots.

How do I know this? Well, over the past four years, I've stepped on the bodybuilding stage on five separate occasions, placing 1st, 3rd (twice), 4th and 5th. I've been involved in 7 separate photoshoots, all of which required super low levels of body fat.

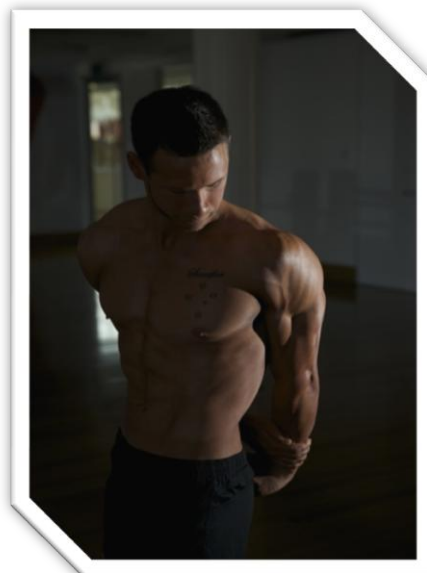
5 Simple Steps To Help Men Reduce Belly Fat For The Last Time



Unfortunately, as a result of all this, I suffered disordered eating for a long time. I would restrict myself all week to 'clean foods' only to binge on junk food every Saturday night. It wouldn't be uncommon for me to consume up to 5,000 calories in one night. Quite hard to believe right? So often we're preached by the so called 'gurus' to follow a strict meal plan until your 'cheat meal' on a Saturday night.

What the hell is a cheat meal anyway? Why would you 'cheat' on your diet? 'Cheating' sets up a negative connotation with what you eat. It makes you think those foods are forbidden and should be avoided at all costs when in reality; you can still eat your favourite foods and drink your favourite drinks when losing fat. I'll show you how a little later on.

Thankfully, the bingeing days are behind me by having an awesome support group around me and I'm happily sitting at 8-10% body fat all year round.



You might think I'm bragging about my body, or rubbing it in, but honestly I only achieved these things after failing time and time again. You see, my problem wasn't entirely WHAT I was doing; it was HOW I am going about achieving it.

This is why I want to share with you the mistakes I made (to save you time and money), how exactly I got to single digit body fat and what you should be doing moving forward if you want to achieve the same. Plus, is it really worth it? Let's delve a little deeper.

Pro tip: We all have abs, they just sit underneath a layer of body fat. No crunch, sit up or Russian twist will achieve a six pack without a low level of body fat. Do your 'abs' work to strengthen your core, not to expose it. The most effective way to uncover your abs is to eat in a calorie deficit over an extended period of time. In other words, burn more calories than you consume Period.

5 Simple Steps to Help Men Reduce Belly Fat For The Last Time

Now, before moving onto the five simple steps, there are a couple of things you must know.

First, you cannot compare yourself to somebody else. I'm all for having an idol (I have many) but if you constantly compare your body to someone else's, you'll be more disappointed than finding out that the hot chick staring at you from across the bar is a Vegan.

Secondly, low levels of body fat (both male and female) are not sustainable. When I say single digit body fat, I'm talking about your arms and legs looking as veiny as Google's road maps. It's fucking hard work; it takes discipline and lots of consistency.

I know what you're thinking. You're thinking you don't want to look like that anyway, so what do you do instead? Well, I thank you for thinking that because I'll show you a more sustainable level of body fat a little later on.

Anyway, let's move on to step one...

1: Understand the Trade-Offs Required



As a personal trainer, almost every day I'll have a conversation that goes something like this...

Me: What brings you to the gym today?

Client: I want to lose the belly fat, expose my abs and have bigger arms

Me: Great! I'd be happy to show you how to achieve that but first, let's delve into your why and what's required to achieve it.

10 minutes later...

Client: You mean I have to give up my burgers, alcohol AND I have to exercise?!

The biggest mistake I made when I set out to achieve low levels of body fat was I didn't fully understand the trade-offs required to achieve such a goal.

On that note, not many people do. The fitness models you see in magazines and on Instagram don't look like that all year round.

The photos are taken after an extensive period of dieting, all timed for that one day. Same applies to bodybuilders and bikini models. Not only that, the photographer tells us exactly how to stand, when to tense the abs and sets the right lighting.

The point is, you're seeing the end result, not the process required to get there. Same with my photos - I don't look like that now. I sit around 8-10% body fat year round. Why? It's sustainable for me, the trade-offs are realistic and I feel my best.

Thanks to Precision Nutrition and their awesome infographics, here's their REALLY COOL chart which outlines what the trade-offs are to achieve a certain level of body fat.

I know you're busy, so have a quick scroll down to identify where you currently are, and what level of body fat you're prepared to work towards.

THE COST OF GETTING LEAN: IS IT REALLY WORTH THE TRADE-OFF?

**SIX-PACK ABS. TIGHT BUTTS.
LEAN, VIBRANT, FLAWLESS HEALTH.
THAT'S THE IMAGE THE FITNESS INDUSTRY IS SELLING.**

But have you ever wondered what it really costs to achieve that cover model look? What you have to do more of? What you have to give up?

Make no mistake, there are real trade-offs. Let's talk about what they are.

UNHEALTHY

Athletes at this level of body fat

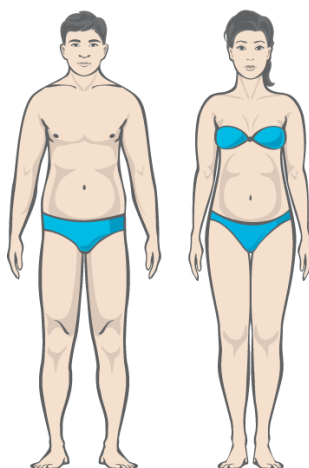
Almost none.

Benefits

Easy fallback for some folks.
Does not require much thought or work.

Tradeoffs

Poor health.
Low energy levels.
Poorer life expectancy.
Risks of metabolic syndrome.
May need medications to manage various conditions.



>20%

>30%

↑ DO MORE

Eat processed foods.

Eat big portions.

Eat quickly.



↓ DO LESS

Exercise of any kind.

Eat fewer whole foods.

Sleep less.



VERY EASY TRANSITION

HEALTHY

Athletes at this level of body fat

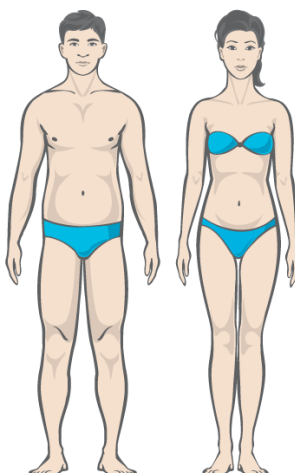
College aged athletes.
Off-season elite bodybuilders.
Olympic shot putters.

Benefits

Improved health & energy.
Improved sleep.
Exercise is easy and enjoyable.

Tradeoffs

Requires some thought and planning.
You'll look good but not super lean.



15-20%

25-30%

↑ DO MORE

Eat slowly until satisfied at 60% of your meals.

Include 1-2 palms of protein dense foods in 1-2 meals per day.

Include 1-2 fists of vegetables in 1-2 meals per day.

Exercise 3-5 times per week, any activity you enjoy, any intensity level.



↓ DO LESS

Eat fewer desserts and processed foods.

Drink fewer caloric beverages.



EASY TRANSITION

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time

HEALTHY

Athletes at this level of body fat

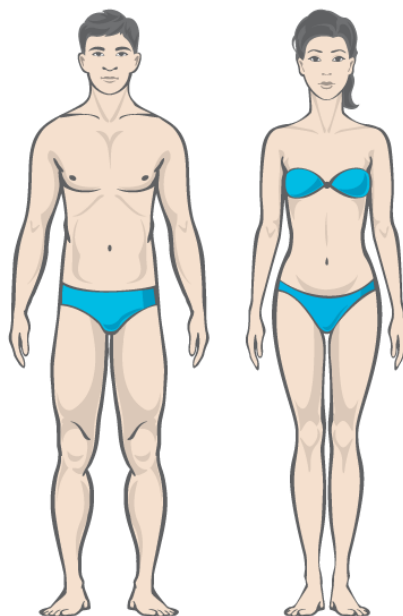
Olympic canoe and kayak athletes.
Professional baseball players.
Professional softball players.

Benefits

Fairly easy to maintain.
Energy levels will continue to improve.
Will probably be able to reduce or eliminate many medications.

Tradeoffs

Requires some planning and may require minor social sacrifices, e.g. exercising instead of hanging out with friends at a bar.
May require effort and attention to maintain this much sleep.
May require some increased food prep skills and effort.



13-15%

23-25%

↑ DO MORE

- Eat slowly until satisfied at 75% of your meals.
- Include 1-2 palms of protein dense foods in 2-3 meals per day.
- Include 1-2 fists of vegetables in 2-3 meals per day.
- Exercise 30-45 minutes daily, with 1-2 sessions breaking a sweat.
- Sleep at least 7 hours per night.

↓ DO LESS

- Eat desserts / processed foods 3-5 times per week, within reason.
- Drink up to 3-5 caloric beverages per week.

MEDIUM TRANSITION

HEALTHY

Athletes at this level of body fat

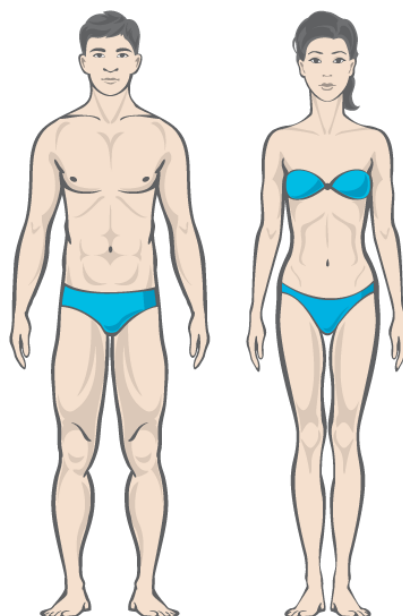
Olympic swimmers.
Professional hockey players.
Olympic volleyball players.

Benefits

Fit appearance and good overall health.
Fewer food cravings due to balanced diet and exercise regime.
Relatively easy to maintain once practices become habitual.

Tradeoffs

Requires more planning and greater overall attention to diet.
Requires a greater time commitment for the more consistent exercise regime.
May need assistance or coaching to achieve this amount of consistency.



10-12%

20-22%

↑ DO MORE

- Eat slowly until satisfied at 90% of your meals.
- Include 1-2 palms of protein dense foods in each meal.
- Include 1-2 fists of vegetables in each meal.
- Include 1-2 thumbs of healthy fats and 1-2 cupped handfuls of quality carbs at most meals.
- Exercise 45-60 minutes daily, with 3-4 sessions breaking a sweat.
- Sleep at least 7-8 hours per night.

↓ DO LESS

- Eat desserts / processed foods 1-2 times per week, within reason.
- Drink up to 1-2 caloric beverages per week.

HARD TRANSITION

HEALTHY

Athletes at this level of body fat

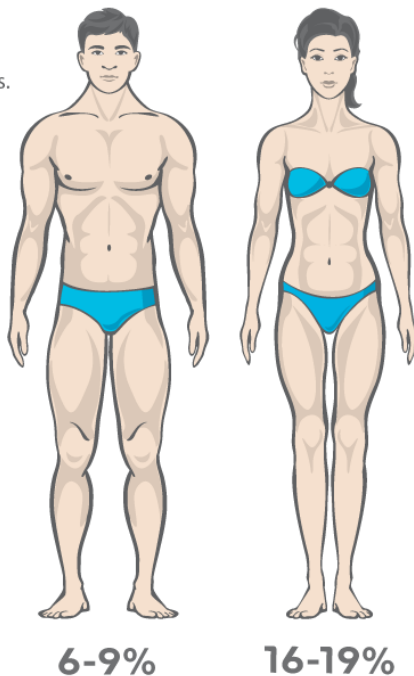
Olympic level boxers and wrestlers.
Olympic sprinters (100-400 meters).
Olympic level gymnasts.

Benefits

Will probably look extremely lean; will have that six-pack.
Overall health will probably be good due to carefully balanced and minimally processed diet.
Will likely have high work capacity and good stamina.

Tradeoffs

May struggle in social situations, especially those involving food.
May not have time for social opportunities outside of exercise.
May have to give up other hobbies and interests outside fitness.



↑ DO MORE

- Eat slowly until satisfied at 95% of your meals.
- Include 1-2 palms of protein dense foods in each meal.
- Include 1-2 fists of fibrous vegetables in each meal.
- Include 1-2 thumbs of healthy fats in each meal.
- Exercise 60-75 minutes daily, with 4-5 sessions breaking a sweat.
- Sleep at least 8 hours per night.

↓ DO LESS

- Limit carbs to post-workout or designated higher carb days.
- Eat desserts / processed foods once every 1-2 weeks, within reason.
- Drink a caloric beverage once every 1-2 weeks.

VERY HARD TRANSITION

UNHEALTHY

Athletes at this level of body fat

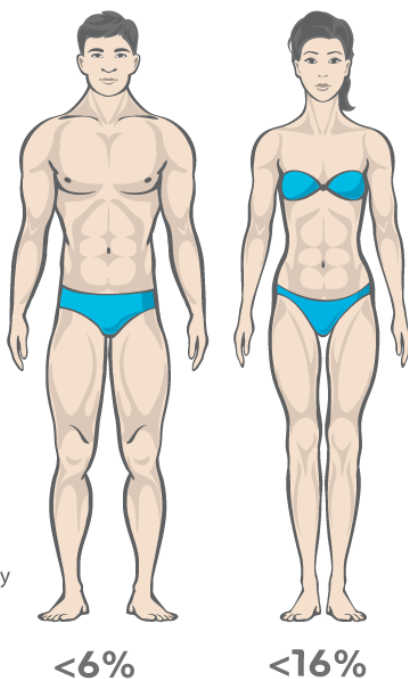
Elite bodybuilders on contest day.
Fitness models on the day of the photoshoot.

Benefits

May feel pride at achieving an athletic goal.

Tradeoffs

Will have difficulty socializing in most typical situations where food is involved.
May miss out on fun events with family and friends.
Big time commitment to measure, weigh, and track all foods.
Hyper focus on diet and exercise may contribute to disordered eating.
Time required for exercise may crowd out all other pursuits and interests.



↑ DO MORE

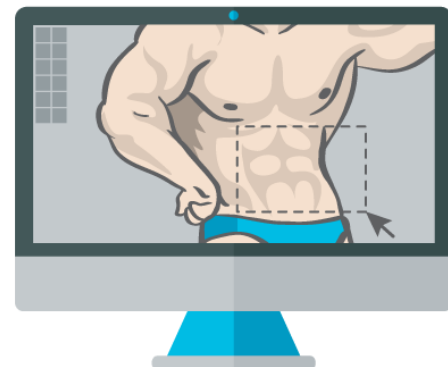
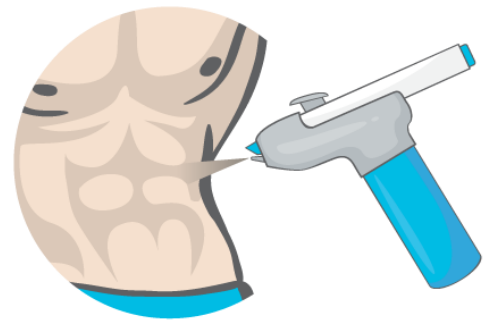
- Eat slowly until satisfied at 99.9% of your meals.
- Incorporate calorie/carb cycling.
- Follow meal plan with predetermined foods and amounts, and measure food specifically.
- Include exact amount of lean proteins, fibrous veggies, and healthy fats in each meal.
- Exercise 45-75 minutes, twice daily, with 6-7 sessions breaking a sweat.
- Sleep at least 8-9 hours per night.

↓ DO LESS

- Limit carbs to post-workout or designated higher carb days.
- Eat desserts / processed foods once every 10-12 weeks.
- Avoid caloric beverages.

SIX-PACK ABS: A LOOK BEHIND THE SCENES

Aside from the heavy airbrushing and photoshop done in most magazines, cover models often diet strictly for photo shoots. This means they only look "cover-ready" for a short time. The rest of the time they're much less "ripped".



THE LEVELS OF LEANNESS SEEN ON COVER MODELS ISN'T NECESSARILY HEALTHY.

In fact, the type of severe dieting they often use can lead to:

- ❗ LOSS OF SEX DRIVE
- ❗ DISORDERED EATING
- ❗ SOCIAL ISOLATION
- ❗ AMENORRHEA (IN WOMEN)
- ❗ LOW TESTOSTERONE (IN MEN)
- ❗ AN UNBALANCED LIFE

HEALTHY, ATHLETICALLY LEAN, OR SUPER LEAN? IT ALL DEPENDS ON YOUR PRIORITIES AND GOALS.



FIRST, FIGURE THEM OUT.

If you don't know what your priorities are, now's a great time to explore that.



NEXT, DECIDE WHAT YOU'RE WILLING TO DO.

What will you do to serve those goals and priorities? Why?



NEXT, DECIDE FREQUENCY.

How often, how consistently, and how precisely, are you willing to do those things?



NEXT, DECIDE WHAT YOU'RE NOT WILLING TO DO.

What are you unwilling to do? To trade off? To give up?

Now you can make better decisions, leading to the body you really want, while living the life you really enjoy.

For the full article explaining this infographic:
www.precisionnutrition.com/cost-of-getting-lean

 **Precision Nutrition**

Did you have a read?

Do you know what the trade-offs are to achieve single digit body fat?

Did you decide what level of body fat is realistic for you?

Hopefully a few things came to mind on what you can work on.

This leads us to step two.

Step 2: Be Prepared To Sacrifice



Now you know the trade-offs required to achieve single digit body fat for men, are you prepared to make the sacrifices?

If not, that's totally okay and please don't feel like you've failed just because you're not prepared to sacrifice. That's completely up to you and that's okay. **All you need to do is match your goal with your behaviours.**

For example, looking back at the chart, if you're prepared to reduce alcohol to weekends, exercise daily and do some sort of food prep then I recommends you aim for the 13-15% range. If you're prepared to take it one step further, aim for the 10-12% range. You will still see abs at 12% (depending on the individual) and it's much more sustainable than <6%.

When I was busting my arse to step on stage, I was sitting in the 'unhealthy' range. At my leanest, I was around 6% body fats. Yes I might have looked good, and had a six pack but don't be fooled, I felt awful. I sacrificed social situations, missed out on parties, life events and gave up my favourite foods. I took pre-cooked meals on holiday, asked the waiter for special requirements at every restaurant and tracked every last bit of food that entered my mouth.



5 Simple Steps To Help Men Reduce Belly Fat For The Last Time

By now, you can see that getting to low levels of body fat is NOT easy and requires a LOT of sacrifices.

Is A 6-Pack Worth It?

Maybe. It depends on the goal. For a photoshoot or stepping on stage, that's by choice and a big goal so you'll be more motivated to up the ante to do the work. For a lifestyle? I'll let you decide. It can be extremely taxing to maintain and it can impact your body image. I struggled (and still do) with body image since my time on stage. You always battle with comparing yourself now, to how you were on stage.

I even have people say to me "wow look at you in those photos, why aren't you still like that"? It's taken a long time to overcome those insecurities.

I joke and say *"I can't wear fake tan all the time"*.



Anyway, let's have a quick recap. Once you know the trade-offs required to achieve your chosen level of body fat, be prepared to make those sacrifices.

If you're not ready, that's totally cool, simply match your goals with what you're prepared to sacrifice.

Let's hit up step three...

Step 3: Have a Plan



Achieving low levels of body fat requires immense preparation. I'm not just talking about spending your Sunday afternoon cooking meals; I'm talking about having a plan for EVERYTHING.

- What does your weight training program look like?
- What does your nutrition plan look like?
- What days are you training and how often?
- What about when the weekends come around?
- Are you heading out and need to read restaurant menus before going?

Maybe you travel for work and need to [ensure you stay in shape whilst on the road?](#) As you can see, having a plan is a large part of the process when it comes to achieving low levels of body fat.

Lads, you won't build muscle whilst in a calorie deficit (unless assisted with gear or a newbie) but with weight training, you'll prevent any muscle from being lost. Please, for the love of all that is holy, leave your ego at the door and make sure you lift with full range of motion with a slower tempo. Time your lifts if you have to.

A plan shouldn't be seen as a negative or time consuming task. A plan gives you complete control of everything. It allows you to:

- Factor in your favourite foods
- Have flexibility, within structure
- Go out on dates without looking like a self centred dick because that food isn't on your precious 'meal plan'
- Own your gym's weights area
- Achieve the results you desire

Once you have a plan, you can move on to step four.

Step 4: Measure Your Progress



At the start when I spoke about trying every exercise to get a six pack and not succeeding, it was because of these two reasons.

- 1) I wasn't consistent enough over a period of time
- 2) I didn't measure my progress

If you're not measuring your progress, how do you know if it's working or heading in the right direction? Yeah there will be times when it's painful and progress is slow, but put it this way, when you're driving to a destination and there's an accident or roadwork's, do you turn around and simply go home? No, you say "fuck sake", deal with it, find an alternative route and keep going till you get to your destination. Fat loss is no different in the sense of measuring progress and taking action based of your findings.

There are several ways to measure your fat loss progress. They are:

- Photos (front, side, back)
- Skin Folds (7-site method)
- Girth Measurements (chest, waist, hips, arm, thigh)
- Scales (optional)
- Mirror
- Clothes
- Food Diary (be honest, write it all down)
- Mood (hunger, emotions etc)

I use most (if not all) of these methods to measure progress. [What you choose is personal preference but the key is to be consistent with it no matter what.](#)

The lower the body fat, the more specific I am with measurements and so should you. This is because progress will be slower and only using clothes at this stage is not helpful. Plus, you must know what to address when fat loss stalls. As a general rule of thumb, when a male client gets to 12% or under, we focus more on the use of skin fold callipers, food diary, measurements, photos and mood.

What get's measured, gets managed. I highly recommend using a few different methods of measuring so you have several points of data to work with.

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time



Here's an example:

Let's say your weight didn't change this week but you dropped cm's, your energy levels are higher and you've been more consistent with your eating. That's a success in my books and I wouldn't be changing anything. I'd be encouraging consistency over the next 7 days before we remeasure.

[See how by using a few different methods of tracking progress we can make an educated and accurate decision moving forward?](#)

Once you've chosen what method you'll use to measure your progress, it's time to move on step five.



Step 5: Adjust Accordingly



Here's an example situation of what usually happens after an extended period of 'dieting':

- You've been in a calorie deficit for a while
- Your speed of fat loss has decreased
- You're already on low calories
- Your energy is low
- Your hunger is high
- You've noticed your strength is decreasing
- You've hit a plateau for the second week in a row
- Now motivation is slipping

Have you been here before? I have.

So what do you do? What do you adjust and when? How do you adjust your plan to ensure the fat keeps coming off?

Step five is where most people fall short of achieving their desired level of body fat. They simply don't know how to adjust accordingly to the feedback from measurement day and give up.

Unfortunately, there's no one set way to adjust. Just like there's no single option to avoid that traffic jam on your way home from work. Sometime's you'll be spoilt for choice and other times you just have to go through it. I wish I could give you one simple answer but no single person is the same.

We all have different circumstances to deal with and to consider when it comes to making adjustments.

However, with that said, here are some important factors to consider when making adjustments:

- What do you change?
- How will this impact your results?
- What will the impact be long term?
- How confident are you (out of ten) in following through on this adjustment?
- What will you do if this adjustment doesn't work?

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time

I know what you're thinking; this all seems too complicated and difficult to do. Hell, it is, that's why not many people achieve low levels of body fat. With that said, it can be as simple or complicated as you make it. Employing a coach to help you make these decisions makes it a lot easier to follow through and achieve the results desired.

Getting to a level of body fat that shows 6 pack abs will eventually require a fair bit of trial and error. You must try something for a week and if it returns no results, adjust accordingly and go again.

Most importantly, never give up.

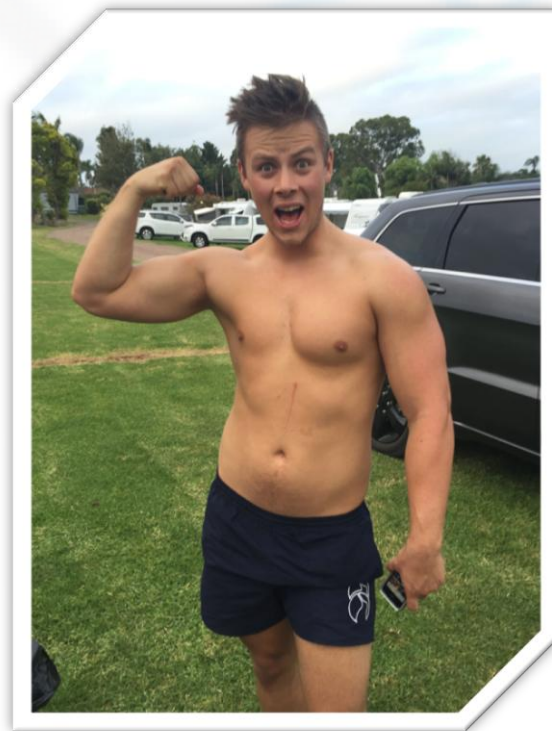
You will eventually get there as long as you stay true to your goal and never lose sight of the end product.

Okay, that's a lot of information to take on so have a little breather because I'm about to show you how we helped Mitch drop 16kg, uncover his abs (and keep them) in only 6 months.

Ready?

How We Helped Mitch Shed 16kg, Uncover His Abs & Keep Them in Only 6 Months

Meet Mitch:



The above picture is when we first started working together. His goal was to get down to sub 10% body fat, step on stage and competes as a fitness model. Based on our chart

above, he's sitting around 15-17% body fat in that picture.

Here's how your typical fat loss plan works. You might know this already...

1. Follow a strict meal plan with an 'all or nothing' mindset
2. You lose a lot of weight really quick
3. You hit your first plateau
4. You get frustrated at the lack of result for all the effort you're putting in
5. Your motivation drops
6. You eventually give up and go back to old habits until you're in enough pain to start again

Sound familiar?

To lose fat forever you must change your habits long term, so it really is the last time you have to lose weight.

This is exactly what we did with Mitch. We identified his habits; we established what he was prepared to change and did it slowly over time so he was able to keep the weight off. The best part? He achieved it all whilst enjoying his favourite foods and drinking his favourite cold refreshing beverage.

No bullshit or magic tricks, just plain logic and science and here's exactly how we did it.

The Truth

Mitch DID eat his favourite foods however; these were 10-20% of his daily intake.

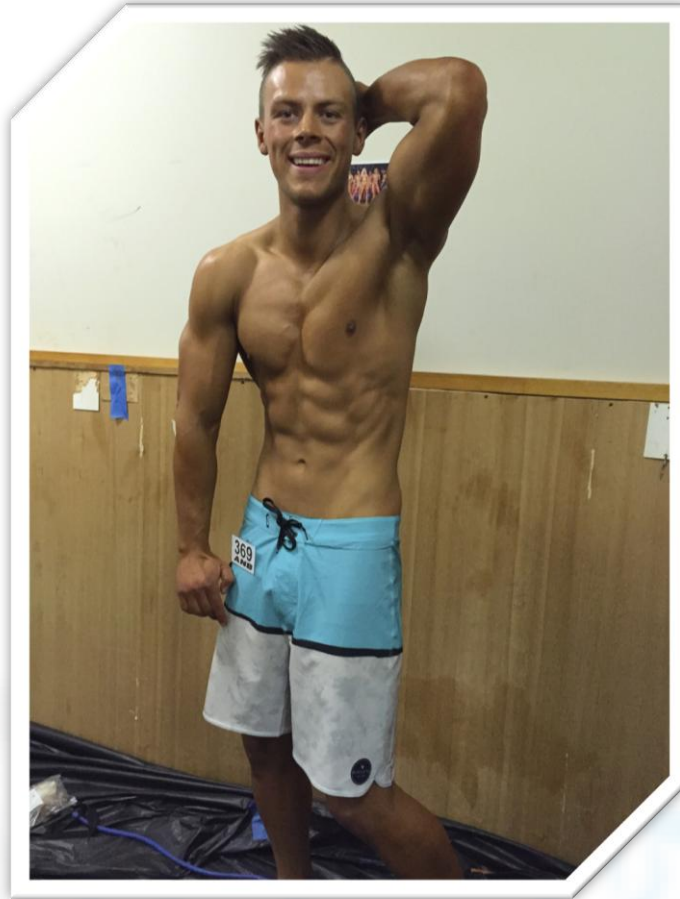
I'll show you how we structured a day but please know, the so called junk foods were only fitted into a day filled with wholesome, nutrient dense foods.

The point is, the 'fun stuff' should only be fitted into your day when you've met your minimum nutrient requirements.

The result?



5 Simple Steps To Help Men Reduce Belly Fat For The Last Time



How To Make Your Food Plan Work For You

Let's use Mitch as an example again. This is a day taken from his food diary using MyFitnessPal.

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time

B	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Banana - Dole, 1 medium banana (126g)	110	29	0	1	1	15	⊖
Raw Oats, 1 cup	300	54	5	10	0	0	⊖
Cyborg Sport 5 Phase Protein Blend (Chocolate) - Chocolate Flavoured Protein Powder, 2 well heaped scoop 35.6g	276	4	2	60	124	4	⊖
Add Food Quick Tools	686	87	7	71	125	19	

MT	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Tomato - Cherry Tomato, 20 g	4	1	0	0	1	1	⊖
Coles - Light Tasty Block Cheese, 20 g	67	0	5	6	144	0	⊖
John West - Onion and Tomato Savory Sauce Tuna Tempters, 182 g	226	8	9	28	696	6	⊖
Add Food Quick Tools	297	8	14	35	841	7	

L	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Fresh - Broccoli, Fresh, 100 g (approx. 3.5 ounces)	38	2	1	3	33	2	⊖
Sweet Potato - Plain, 150 grams	129	30	0	2	83	6	⊖
Chicken - Baked Breast - Skinless, 120 grams	296	0	2	19	111	0	⊖
Add Food Quick Tools	463	32	3	24	226	8	

AT	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Macro Meats Gourmet Game - Kangaroo Burger Pattie, 150 g	143	1	3	27	645	0	⊖
Snow Peas - Fresh, Raw, 98 grams	24	4	0	2	2	2	⊖
Passion Fruit - Passion Fruit, 1 fruit	17	4	0	0	5	2	⊖
Potato - Sweet, 150 g	129	30	0	2	83	6	⊖
Cyborg Sports - Wpi Banana Cream, 49.5 g (1 Scoop)	180	0	1	45	77	0	⊖
Add Food Quick Tools	493	40	4	76	811	11	

D	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Coles - Light Tasty Block Cheese, 30 g	101	0	7	9	216	0	⊖
Ham - Ham, 50 gram	62	0	4	7	507	0	⊖
Coles - Bbq Sauce, 2 tablespoon	53	12	0	0	166	11	⊖
T - Tomato Paste, 4 tbsp	60	10	0	2	40	8	⊖
Mccain - Regular Crust Pizza Base, 29 gm	82	16	1	2	44	1	⊖
Cabanosi - Cabanosi, 30 g	119	0	10	8	0	0	⊖
Coles - Shredded roast chicken, 50 g	89	0	3	14	40	0	⊖
Add Food Quick Tools	566	38	25	42	1,012	20	

S	Calories	Carbs	Fat	Protein	Sodium	Sugar	
Skinny Cow - Cookies & Cream Ice Cream Cups (Aus), 1 cup (89g)	151	27	3	3	115	18	⊖
Grain Waves - Sour Cream & Chives, 40 g (about 12 chips)	190	26	8	3	156	3	⊖
Smiths - Thinly Cut 75% Less Saturated Fat - Sour Cream & Onion, 30 g	154	14	10	2	133	1	⊖
Coles - Hummus, 20 g	53	3	4	1	74	0	⊖
Add Food Quick Tools	548	69	25	10	478	22	

Here's what you need to know:

- Mitch's day is 90% "clean" foods
- Mitch hits his minimum protein and nutrition requirements before 'fitting in' the fun stuff
- This is what we call a balanced lifestyle
- This is sustainable
- This is how you manage cravings
- This is how you fit your favourite foods into your day
- This is how you make fat loss your bitch

Now I know what you're thinking.

You're thinking Mitch has a lot of calories and therefore he can fit more foods into his day than you can. This might be true, and I envy him too, but it's all relative. Mitch's protein requirements are high and he needs to eat more 'clean foods' than you or me before getting to the fun stuff. He wasn't able to eat the fun foods all the time.

Mitch is a personal trainer; weight trains six times per week and is quite active. Therefore his calorie expenditure is high. If you work at a desk and train only a few times per week, you're not going to need as many calories per day. Make sense?

In other words, comparing yourself to Mitch is like comparing an apple to a pear. It's simply two different circumstances.

How Set Your Fat Loss Requirements



There are many different calculators you can use that spit out your requirements. We're going to keep it simple so let's go through it step by step.

Step 1: Calories

Since we know that the only way to lose weight is to burn more calories than we consume, it's important we start by setting your daily calorie requirements. You can have the best diet in the world but if you're still eating too many calories, you won't lose fat.

Here's a super basic calculation based solely on body weight. To determine your maintenance calories (the amount of calories needed to maintain your weight) use this formula.

Men: Bodyweight (in pounds) x 13 to 16

The number you choose to go with depends on how active you are. If you're mostly sedentary and do little to no exercise, then go with the lowest number. If you're very active on a daily basis and train hard, choose the highest number. Let's look at an example.

Male who weighs 80kg, works a desk job five days a week and exercises a few times would have an approximate maintenance level of 1800 calories. (176lbs x 13 = 2,288).

Remember, this is to MAINTAIN his weight so, when need to place him in a calorie deficit to lose weight. Step two will show you how.

NOTE: These formulas are only estimations and may not always work. You MUST trial and error through tracking to know whether it's working or not.

Step 2: Set Your Calorie Deficit

You've got two options here. You can either subtract a specific number, or a percentage of your maintenance. For example, using the example above:

Option #1 - 2,288 calories - 25% = 1,716 calories per day

Option #2 - 2,288 calories - 250 cals = 2,038 calories per day

I know what you're thinking, there's a big difference between those two numbers and you're right.

How many calories should you subtract to achieve a deficit?

Well, that's purely up to you and your preferences. The more severe a deficit, the quicker the result but the harder it is to sustain. On the other end, you'd get a slower result but it's much more sustainable for you. Let's make this even simpler for you to understand:

The larger the deficit = Bigger life sacrifices = Quicker weight loss = Harder to sustain = Increased risk of failure

The smaller the deficit = Minimal life sacrifices = Slower weight loss = Easier to sustain = Lower risk of failure

Again, the choice is yours but I'd recommend the latter.

Step 3: Structure Your Day

Once you've followed the processes above, and you have your daily calorie requirements, this is how you can structure your day to suit you.

1. Decide how many meals you want to eat per day
2. Divide your calories by the amount of meals
3. Fill your meals with desired foods

Here's an example:

1. 3 x meals per day
2. 2038 calories divide by 3 meals = 680 cals per meal (approx)
3. That's a decent sized breakfast, lunch and dinner (if that works for you).

Elaborating further on the above, if you know your daily macronutrient requirements, you can really structure your day and take control. Let's say your macros are 180g protein, 200g carbs, 65g fat (2105 calories) then you could structure your day like this:

180g divide by 3 meals = 60g protein per meal
200g divide by 3 meals = 66g carbs per meal
35g divide by 3 meals = 21g fat per meal

See how you can actually fit a lot of fun stuff into your day should you structure it to your lifestyle?

That's what we did with Mitch (and all our clients). We simply structured his day to suit him and the foods he enjoyed. This is how you lose fat forever.

Putting It All Together

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time



The reality is, if you want long term change, it takes time.

Mitch's transformation took around six months and you might think six months is a long time. But is it? I don't know about you, but the last six months went pretty damn quick. To say you can drop 16kg in six months, still live your life in that time frame AND keep the weight off afterwards is pretty good if you ask me. It even got to the point where Mitch wasn't even thinking about 'dieting', he was just living a healthy lifestyle and the fat continued to fall off.

If you truly want to lose fat for the last time and remain lean all year round, you must change your habits one by one and drop the quick result mentality.

There is no shortcut to long term success.

You must do the work required and be committed to the cause. Mitch had tough days, but he also enjoyed the good. It's a rollercoaster of a ride, but when you continue to make small changes week by week, habit by habit, I promise you you'll drop the fat and keep it off.

Let's Recap...

These five steps to losing belly fat for the last time are simple, but not easy. If it was easy, everybody would do it. We would all have amazing six packs and obesity would be a thing of the past.

Truth is, it's HARD.

I've shared with you the mistakes I made and the struggles I encountered when achieving low levels of body fat but that are barely scratching the surface. Have a read of my [full story here which involves binge eating, bodybuilding and football.](#)

The five steps I've outlined so far in this e-book are EXACTLY the same steps I use on me and my clients. I highly recommend seeking the help from a coach to help take the confusion out of training, nutrition, measuring and adjusting. I currently have my own coach who I report to on a weekly basis, ask a shit-tonne of questions and together, we make adjustments to my plan.

The thing is, coaches (good ones) know how to adjust your plan effectively and do so with

5 Simple Steps To Help Men Reduce Belly Fat For The Last Time

your best intentions in mind. You can see how strenuous it can be on the body to achieve low levels of body fat so before starting, make sure you do it with a recommended fitness professional. If you follow these five steps, you'll achieve your desired level of body fat in record time and hey, you never know what opportunities it could lead to.

If you enjoyed this e-book, please share it with other awesome people like you. Fortunately, I have the opportunity to help people all over the world achieve their fat loss goals and share my struggles.

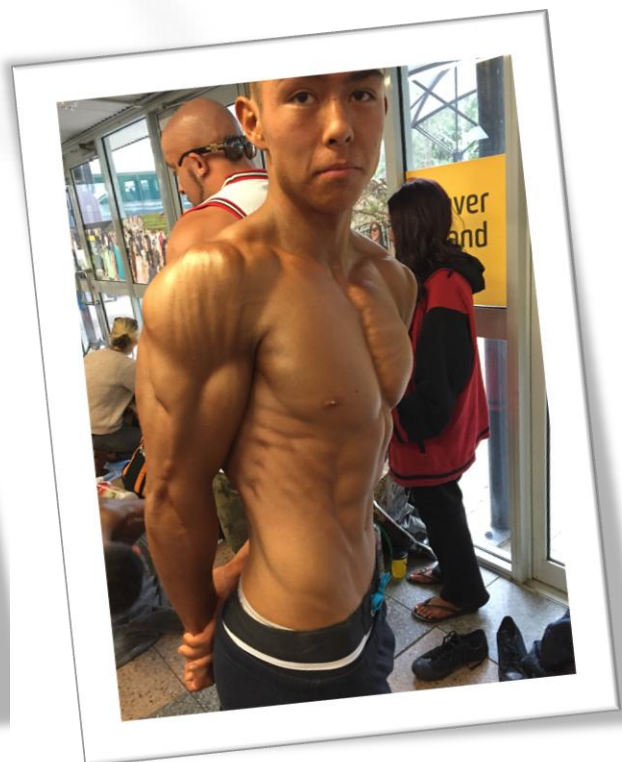
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At the end of the day, if you don't implement what you've learnt in this e-book, nothing will change. You'll keep getting the same results week in, week out with no reduction in body fat.

I want to hear what you're going to change. Connect with me on our [Facebook page here](#) and join our private facebook group [Healthy Living with D'Arcy Online Coaching](#). [Click here](#) to join myself and hundreds of others share struggles, success, recipes, tips, motivation and much more. You'll be surrounded by guys just like you who want to lose the belly fat for the last time.

See you in there.

[Want To Drop The Stubborn Belly Fat Like These Guys Did?](#)



5 Simple Steps To Help Men Reduce Belly Fat For The Last Time



TESTIMONIALS



- ✓ **GREG:** "Aidan is amazingly committed, passionate and knowledgeable trainer. He taught me how to take ownership and work to an achievable goal. He always comes to our sessions with new, innovative training techniques which inspires me to do my best. He addressed my eating and drinking habits and we set a goal to reduce my body fat to 12%. Month by month slowly and steadily the fat fell off and by 7 months **WE ACHIEVED THIS.**
I thoroughly enjoy my training sessions with Aidan and couldn't be happier with these results. I've waited 46 years to get a six pack!"
- ✓ **GARRY:** "I am in my late 40's and as someone that has always loved to train hard I have had probably 7 different personal trainers in Australia and other places I have lived around the world. Not one of them are as good as Aidan because he listens and pushes at the same time. He tailors and is constantly refining and tweaking your program with the latest science and techniques that fit you, your goals, your week, your body type and your lifestyle. He ensures you are not bored so you can work out with a fresh attitude and best of all he works on the mental and physical side at the same time. Don't get me wrong, he pushes you hard but Aidan is also a gentleman and a lovely person. When you are working and having a shitty day at the same time you would be surprised how having a trainer that is humble and genuinely cares about you helps you work out harder. Thanks Aidan, you've helped me get to places I never thought possible".
- ✓ **TOBY:** "Aidan held me accountable from Australia while I lived in the USA, that's how good he is. He has a great ability to coach you in a realistic way that gets results while not completely sacrificing your life. He's a good bloke who also knows his stuff. 10/10
- ✓ **UTY:** "I recommend Aidan because he is not just a PT. I see him as a personal coach to guide and refine the way you think about food and exercise. His little gems of info are priceless in changing your own habits for **LONG TERM** change".

Let's work together. You'll boost your energy, drop that unwanted belly fat and feel those arms grow. I want you to be my next success story.

[**CLICK HERE TO LEARN MORE.**](#)