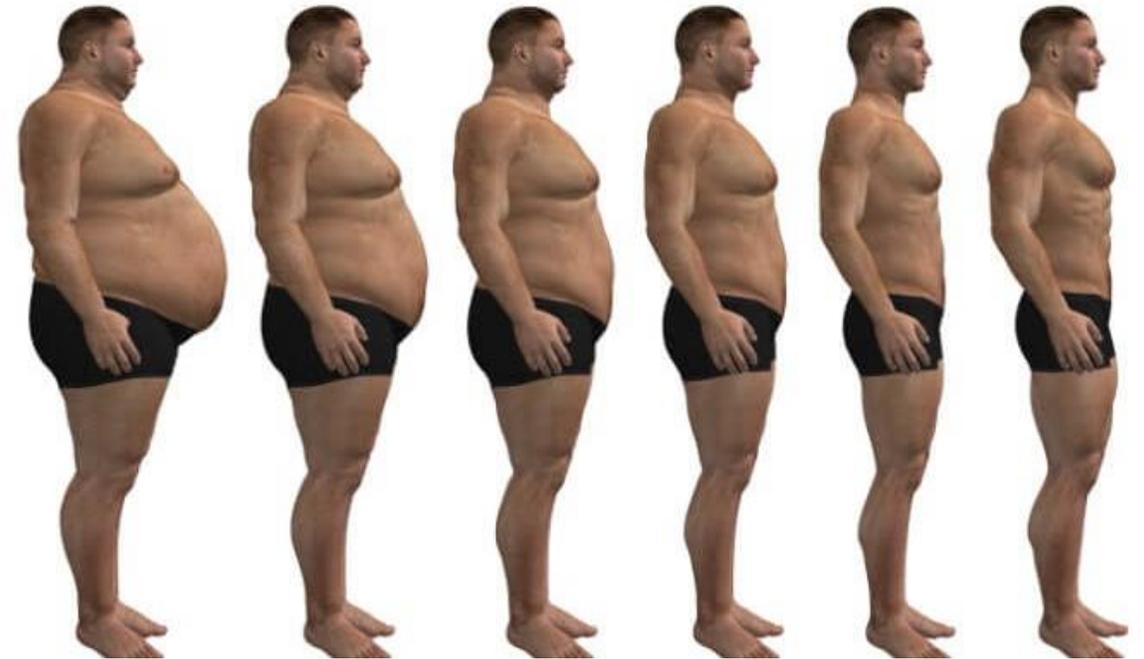


# How to Lose 25-50 lbs of FAT without sacrificing Muscle, Metabolism, Work Time, or Family Time.

Even if they have never worked out before and have failed other programs in the past...



So a little about me, I'm not any different than most...Life caught up with me and I found myself about 45 to 50lbs overweight...



Now I'm an Xtreme Sport:

Level III Weight Loss Nutrition Specialist

Level III Master Nutrition Expert

Level II Supplementation Expert: Women

Level II Supplementation Expert: Men

Level II Sports Trainer

Level III Training Workout Engineer

...EVEN MORE in other areas...

**“Working out was never a problem” - My Nutrition however was..**

# HOW I STUMBLED ACROSS THIS METHOD.

- **Hi, I'm Tyler Blake:** Fitness Coach, Business Owner, Kickboxing Coach, and most importantly Family Man (Dad of 6).
- I guess this is the part where I say something like "I've NEVER been able to lose fat and really get toned by using the calorie counting method and eating 6 meals a day."
- But truth be told, I HAVE gotten really tone and cut that way.
- It took many months of extreme dedication.
- I had to sacrifice a decent amount of muscle to lose the fat, and a lot of time doing it.
- My metabolism slowed down to the point that as soon as I started eating normally again, the weight came back almost overnight, and I ended up weighing even more.
- And family time? Sorry guys, dad has to do cardio, go grocery shopping, meal prep, I have a lot of work to do, and by the way I'm going to be in a pissy mood for the foreseeable future.



## I knew there had to be a better way

As a business owner my time was and still is my most valuable asset. So I did some research on workouts and started to superset and combination lifts.

Before I knew it, I had fine tuned my workouts where I would be in and out of the gym in a third of the time of everyone else and I had done twice as much. This was the start of making quick effective workouts.



Nutrition took a little more time to figure out.

I do a combination of clean eating, fasting, and using superfoods to fuel my body.

Once I made some tweaks to my workouts and nutrition, I began to actually tone and build muscle while torching the fat...

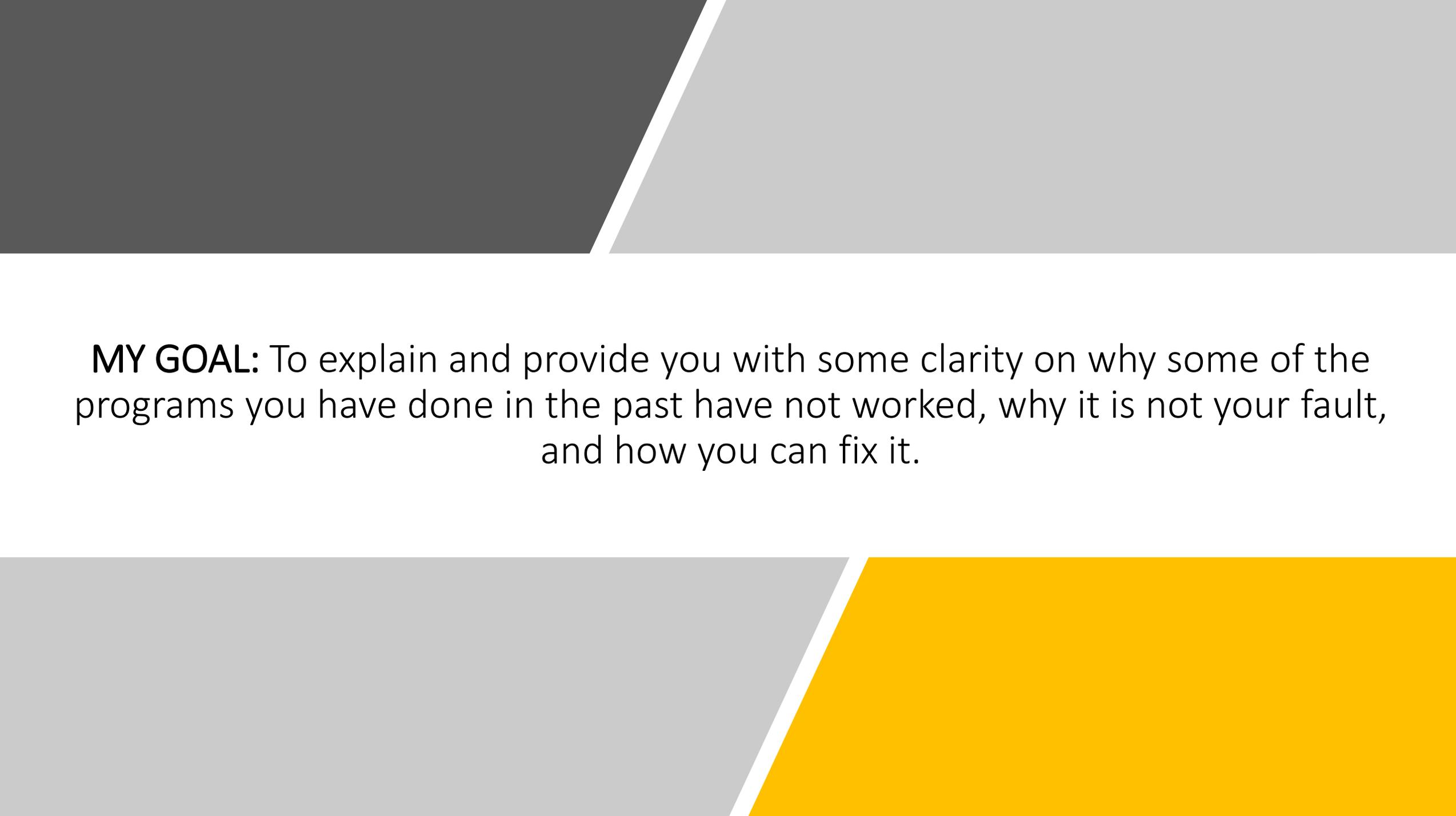
## Game Over

Once I finally got my method dialed in, getting and staying lean was easier than I could have ever anticipated.



## My method allowed me to:

- 1) **Lose fat 5x faster** than anybody else counting calories and macros.
- 2) **Control my hunger**, beat my binge eating disorder, and put an end to my yoyo dieting.
- 3) **Retain MORE muscle** than traditional dieting (more on this in my video training).
- 4) **Keep my metabolism as fast** as lightening so I never have to worry about regaining the fat after a few nights out with the family or on vacation.
- 5) **Save a tone of time** for my family and work.



**MY GOAL:** To explain and provide you with some clarity on why some of the programs you have done in the past have not worked, why it is not your fault, and how you can fix it.

My Program is completely designed  
to get  
***“Real Results”, “Real Fast”,***  
*and make it “Lifestyle”*  
*(Sustainable)*





The way I'm able to do this is my program is built on a **3-pillar system**.

Without this structure, you may get temporary results but eventually it usually fails somewhere.

My program is a **Step by Step Proven Program** that teaches you to **Solve** all your **health and fitness issues** for good while eliminating all the headaches

This program is something **you can do** in the comfort of your own home, the gym, or even on the road. Basically **Anywhere**

Ingredients to consistently get amazing outcomes >>>

# Sustainable Rapid Body Transformation



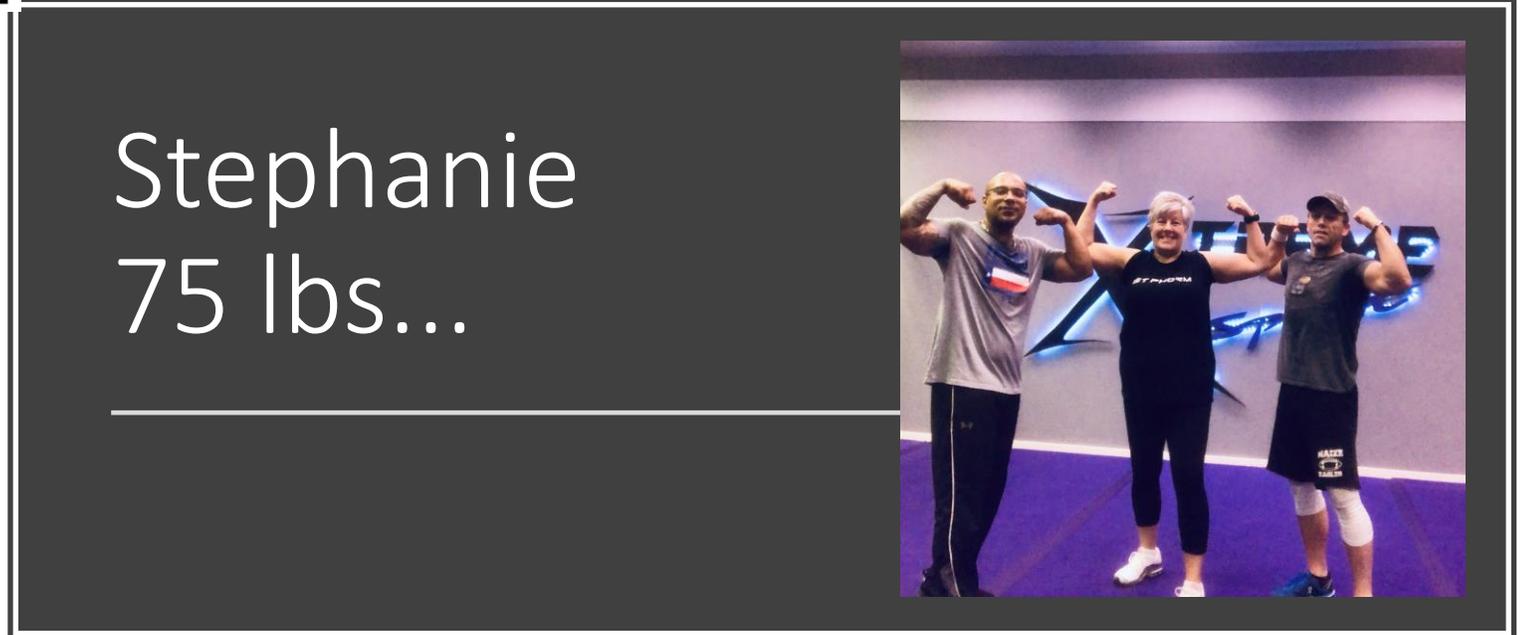
Does This Program Really Work?

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People I've Worked With...



Joeabel  
Lost over 100 lbs....



Jessica  
Lost over  
50 lbs...



**XTREME SPORT**

8-3-19  
Jessica  
270 lb  
58.7 in

**XTREME SPORT**

10-19-19  
Jessica  
273 - Start  
244 - Today  
-29  
Wow  
-79% Body Fat

**XTREME SPORT**

1-8-20  
Jessica  
232 lbs  
-41 lbs

**BEFORE -40 lbs AFTER**

Three front-facing photos of Jessica at Xtreme Sport. She is wearing a black tank top with 'MORE LOVE' written on it and black leggings. The photos show her weight loss progress from 270 lbs to 232 lbs.

Jessica and a man posing in front of a large blue and black 'X' logo. Jessica is wearing a blue tank top and black leggings, and the man is wearing a blue cap and a black t-shirt. They are both flexing their muscles.

**XTREME SPORT**

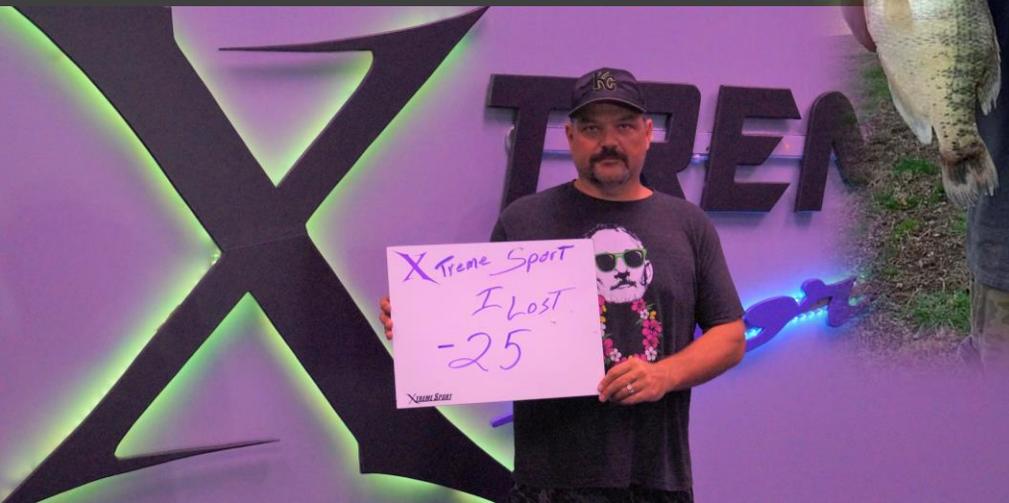
8-3-19  
Jessica  
270 lb  
58.7 in

**XTREME SPORT**

1-8-20  
Jessica  
232 lb  
-41 lb

**BEFORE -40 lbs AFTER**

Two side-profile photos of Jessica at Xtreme Sport. She is wearing a black tank top and black leggings. The photos show her weight loss progress from 270 lbs to 232 lbs.



Brad –  
25 lbs in six weeks...



# Andrew Lost 28 lbs in 6 Weeks



# Jose – Lost 33 lbs in 6 Weeks...





**XTREME SPORT**

3-8-19  
Janelle  
190  
-62

**XTREME SPORT**

3-8-19  
Janelle  
190  
-62

**BEFORE - 62 lbs AFTER**

**XTREME SPORT**

6-10-18  
Janelle  
252

**XTREME SPORT**

3-8-19  
Janelle  
190  
-62

**BEFORE - 62 lbs AFTER**



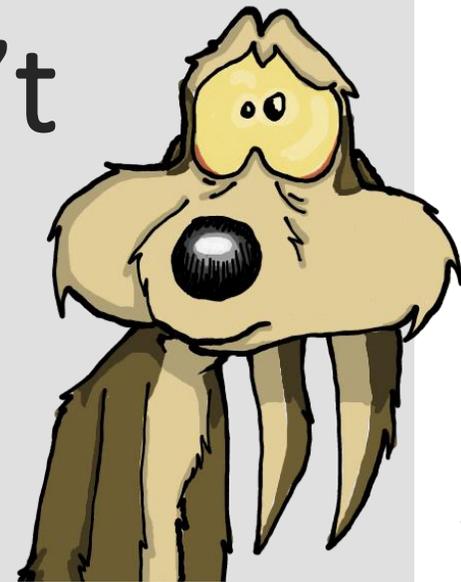
So...this isn't my first rodeo...



**FAIL**

You may have tried other programs and they didn't work.

Here's why **they** didn't work, and here's why it's **not your** fault....

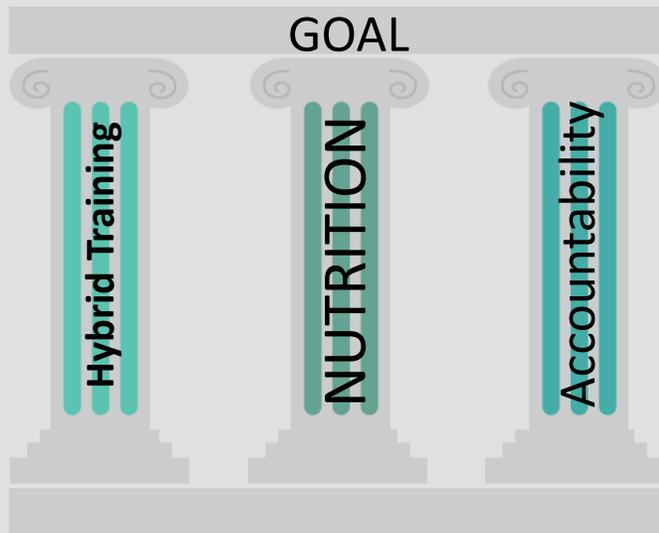




# There are 3 main pillars

Must Have all 3 ..... Or you will  
Plateau – Lose & Gain (yo-yo) – or no results

So let me explain how my  
Sustainable Rapid  
Transformation Process  
works...



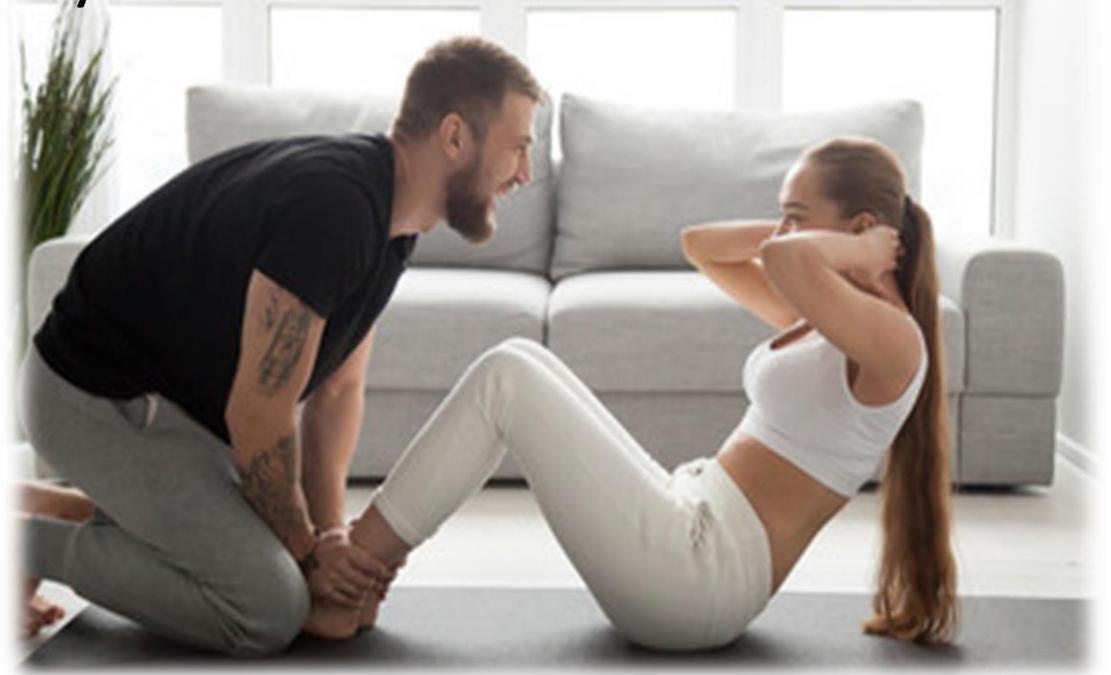
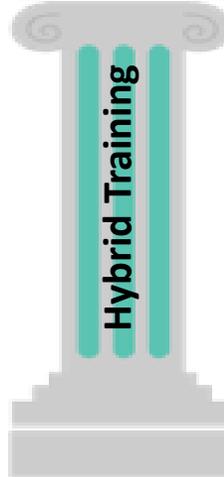
# PILLAR #1 – *Training / Workouts*

How to workout properly to get results

What do you know about making workouts?  
What do you know about muscle lift connect?



Pillar #1



# Training - Problem 1

Cardio Workouts Only Burn Calories/Fat During the Workout

Traditional Cardio  
Workouts & Weight  
Training

Question

How to Maximize Calorie/Fat for 24 to 48 hours after



## ***Our Solution:***

Hybrid Training Workouts – I combine **Cardio & Weights** stoking the metabolic process causing calorie burn to continue for another **24 to 48 hours**

the most **proven scientific** method of fitness training to **Tighten, Tone, Firm and basically Melt Fat!**

This Method will **Boost** Metabolism to help you **Lose Weight** and **Increase** your **Energy Levels**.



Traditional Cardio  
Workouts & Weight  
Training

# Training - Problem 2

Workouts longer than 40 minutes  
Burn Muscle instead of Fat



## ***Solution:***

We focus on **Super Sets.**  
Keeping the workouts around  
35 to 40 Minutes.

**Avoiding tapping** into the **muscle**  
and burning Fat instead of Muscle...



Traditional Cardio  
Workouts & Weight  
Training

# Training - Problem 3

Repetitive Workouts causes  
**body plateaus and stalling out.**

**Body Shock**

# X T'REME

*Sport*

FITNESS

## ***Solution:***

Workouts Change Daily  
**workout formats, exercises, and set times.**

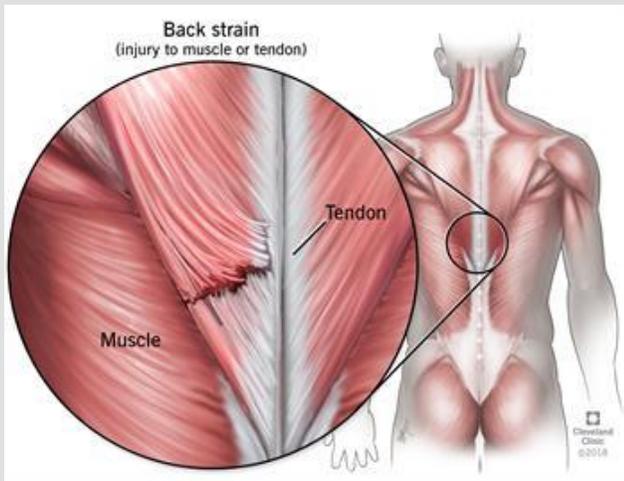
We **NEVER** do the same workout.

Confusing the body and creating that shock  
factor, avoiding plateaus and stalling out...

**Over 12 month of  
Changing Workouts**



Traditional Cardio  
Workouts & Weight  
Training



# Training - Problem 4

Traditional Workouts Not Balanced Causes Injuries.

Avoiding Injuries !!!  
Back, Knees, Shoulders

**Muscle Lift Connect  
&  
Balance**



***Solution:***

We hit all the  
***Major Muscles***  
***every week equally.***

Keeping all muscle growth in balance.  
Avoiding injury and down time.

How??? Years of training and experience...





How do you design workout for amazing fat burning results.

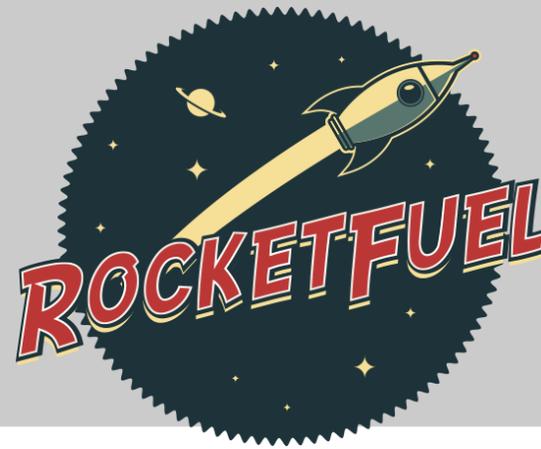
We *Turbo Charge* the **fat burning**. We do a Hybrid workout one day followed by a *cardio workout* the next day.

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**- Bonus -**



# Nutrition



## *Do you know how to Fuel Body that Provides Max Energy & Results*

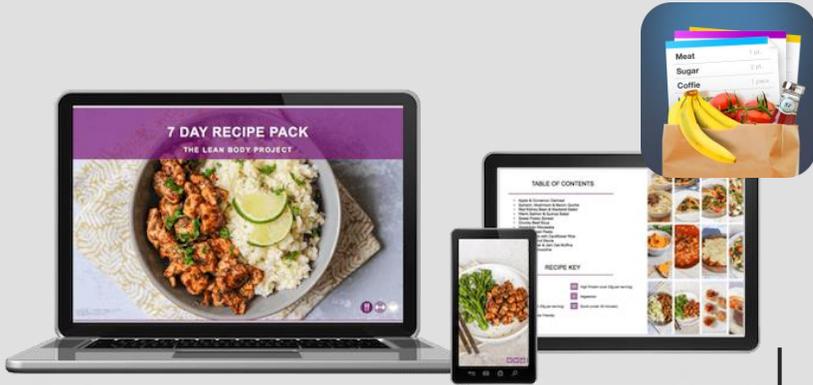
We don't teach how to diet but what to eat, when to eat, and how much

- ✓ To get you through your **Day**
- ✓ To get you through your **Workout**
- ✓ And **all the other things** you do
- ✓ At the same time burn as much fat as possible without going into a starvation mode



ARTIE.COM

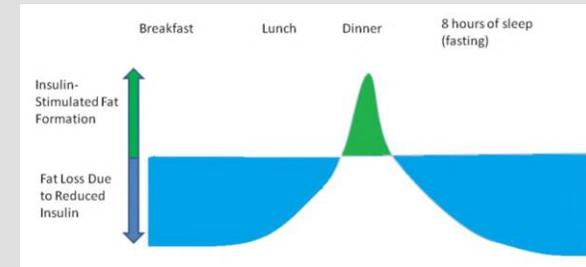
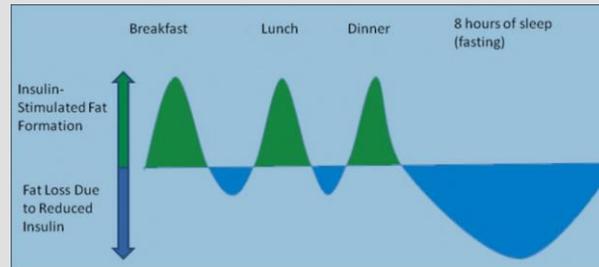




# Fuel/Nutrition Plan

But the REAL KEY to why this works comes down to insulin. You're ALWAYS either **storing body fat** OR **burning body fat**. *Never both at the same time.*

When you eat, your insulin (fat storage hormone) is elevated.



The trick is to space your meals correctly so insulin is low for a longer period and your body can tap into your body fat to burn for fuel.

Coupled with my specific fasting-friendly workouts and diet regimen, this allows my clients and me to burn fat easier than I would have ever thought possible.



# Won't I Be Starving???

That's the craziest part, when done right) also staves off your hunger completely.

If you're like I used to be, you eat and then your stomach is growling again 2 or 3 hours later.

This isn't true hunger; this is your blood sugar rising and falling again.

As you implement this, your blood sugar stays steady and you only get hungry when you're actually hungry (which could be 24 or 48 hours later!)

I've personally gone from eating 8 meals a day at 5700 calories and constantly starving (and getting fat) to not eating for long periods of time with no signs of hunger in site.

Can you see how this could make fat loss super easy?  
Besides the long list of health benefits...

- Reduced blood lipids (including decreased triglycerides and LDL cholesterol)
- Reduced blood pressure (perhaps through changes in sympathetic/parasympathetic activity)
- Reduced markers of inflammation (including CRP, IL-6, TNF, BDNF, and more)
- Reduced oxidative stress (using markers of protein, lipid, and DNA damage)
- Reduced risk of cancer (through a host of proposed mechanisms; we'll save them for another review)
- Increased cellular turnover and repair (called [autophagocytosis](#))
- Increase fat burning (increase in fatty acid oxidation later in the fast)
- Increased growth hormone release later in the fast (hormonally mediated)
- Increased metabolic rate later in the fast (stimulated by epinephrine and norepinephrine release)
- Improved appetite control (perhaps through changes in PYY and ghrelin)
- Improved blood sugar control (by lowering blood glucose and increasing insulin sensitivity)
- Improved cardiovascular function (by offering protection against ischemic injury to the heart)
- Improved effectiveness of chemotherapy (by allowing for higher doses more frequently)
- Improved neurogenesis and neuronal plasticity (by offering protection against neurotoxins)



## Won't I lose Muscle???

You would think so but NOPE!

Research shows that (again, when done right) this process actually retains MORE muscle than traditional calorie cutting.

How's this possible?

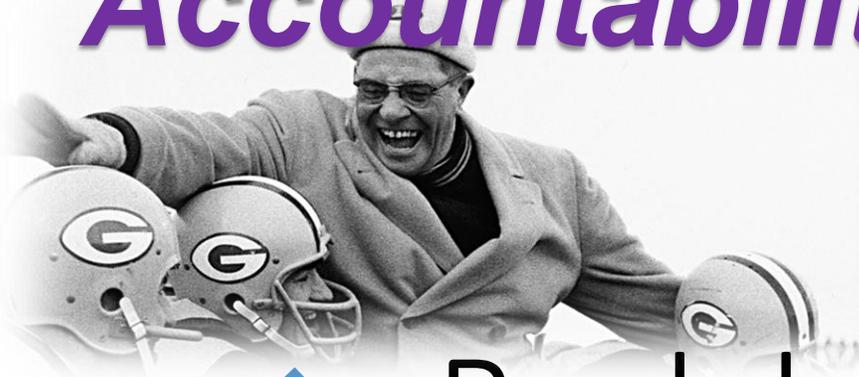
When your insulin is low your naturally produced Human Growth Hormone is elevated.

HGH is great for preserving muscle as well as burning unwanted body fat. So wait. You're telling me I can lose fat 5x faster AND retain more muscle if I follow your protocol??

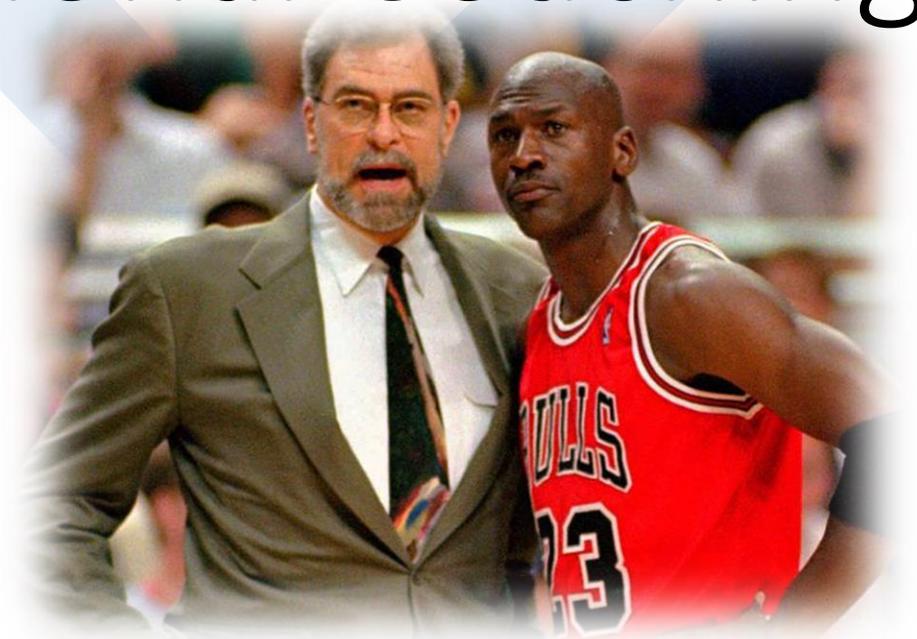
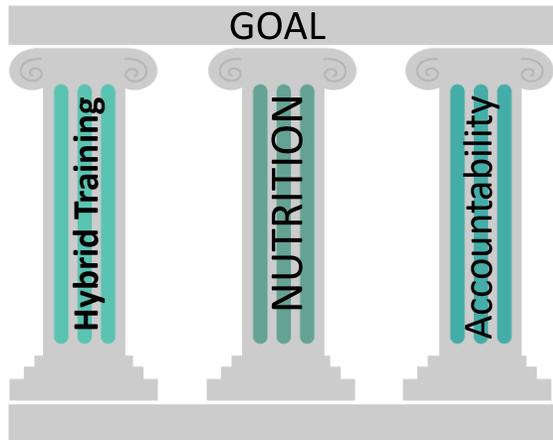
Yes, that's exactly what I'm saying!



# PILLAR #3 – *Professional Coaching & Accountability System*



✓ ...Back by Professional Coaching  
accountability





**EXPERT  
ACCOUNTABILITY**



...you need your own expert professional **coach**

- Not yourself
- Not an App
- Not your best friend

**A professional coach**





**SOCIAL  
ACCOUNTABILITY**

**&**

**Mentor  
Accountability...**



***"InSpire Training Group"***



...you need the benefit of our **alumni**  
&

...Workout buddies who are starting with you

*...it's like having your own personal group of  
cheerleaders/mentors*





**This is only for people that are serious about making a transformation...**



# ***So What's Next?***



If you're anything like I was when I first came across this seemingly too good to be true method of easy fat loss, you probably want as much information as you can possibly get.

**WARNING: Don't make the same mistakes I did that can lead to muscle loss, decreased metabolism, and unbearable hunger.**

If you want to learn my **proven method** so you can retain your muscle, keep your metabolism high, and reduce your cravings, all while steadily dropping unwanted body fat, and have time for work and your family..

Check out my FREE 30 minute video training on **How I Help My Clients Lose 25-50 Lb. of FAT In Only 90 Days Without Sacrificing Muscle, Metabolism, Work Time, or Family Time.**





## Check out my **FREE 30 Minute Training Now.**

This life changing training won't be up much longer so make sure you check it out soon because once it's gone, it's gone forever.

I promise you'll be glad you did.

Thanks for reading,