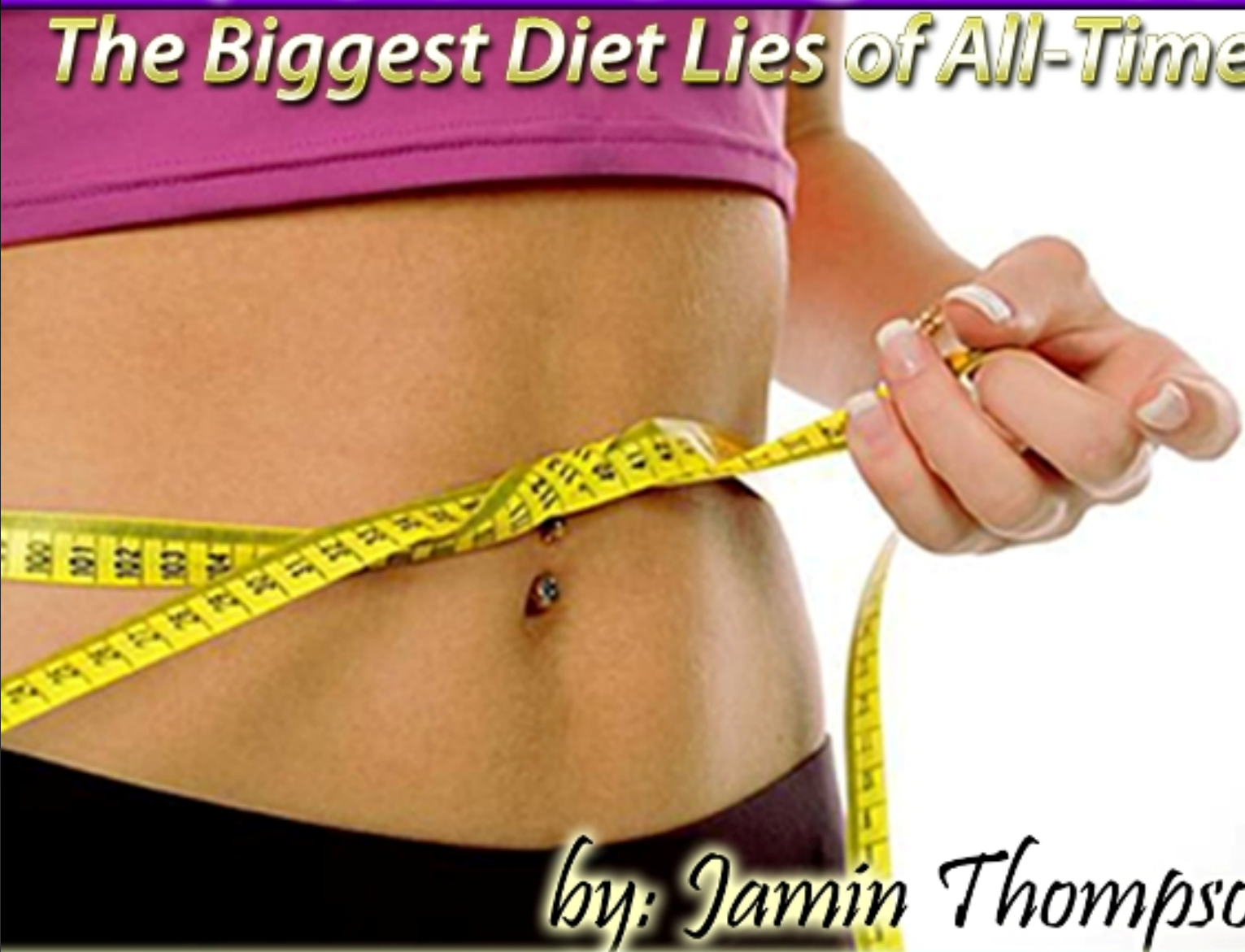


Marketing Lies

& Diet Truths

EXPOSED

The Biggest Diet Lies of All-Time



by: Jamin Thompson

www.the6packsecret.com

Marketing Lies & Diet Truths *Exposed*

by Jamin Thompson, Author of *The 6 Pack Secret* found at
www.The6PackSecret.com

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INTRODUCTION

You workout hard, you eat healthy, but you are still struggling to get the results you deserve. It isn't because you have bad genes, or because you are lazy, it is because you've bought into the misinformation that you have been feed by the "so-called" experts in the fitness magazines, on the internet, and on TV.

Because we live in the technology era, our minds are conditioned to be in "quick fix mode" and that mentality has allowed for diet and supplement companies to take advantage of us and play on our need for quick and easy. They show us flashy packaged products being promoted by beautiful people and promise that "we can do it too" in "less time than ever" just like the model did in the advertisement. And we fall for it every time...

The fact is that fat people are money in the bank to diet and supplement companies, and most of these companies are laughing all the way to the bank, happy to make a profit at the expense of your health. They offer a quick fix solution and when that solution fails...they have another quick fix gimmick to remedy the problem...leaving you bouncing from diet to diet and from new supplement to new supplement.

Today you are going to take your health back and stop putting it in the hands of money hungry diet and supplement companies that do not have your health in mind!

In this manual I am going to expose several big time lies that have been spread around by fitness marketing and supplement companies. I want to share this information with you so that you can transform into the person that you always wanted to be...and the person you are supposed to become.

Before we go any further, let me give you a little more info about myself so that you can get to know me a little better. My name is Jamin Thompson and I'm a Professional Fitness Model, Strength & Conditioning Expert, and Nutrition Specialist. I'm also the author of **The 6 Pack Secret** with readers in over 100 countries world-wide. I have had articles published in fitness magazines all over, and am an active fitness/bodybuilding competitor.

This is me!



Alright, enough about me lets get to the good stuff!

BIG FAT LIE #1 - To get a flat stomach or six pack abs you need to follow an insane abdominal workout plan or use an abdominal gadget.

THE TRUTH EXPOSED!

Not only are crunches and sit-ups completely useless for abdominal development but recent research suggests that these types of exercises can even injure your lower back. So while you are crunching away doing hundreds or even thousands of pointless crunches every week, you are risking putting yourself at risk of chronic lower back pain and injury.

You will never lose 20 or 30 pounds of stubborn belly fat by doing abdominal specific exercises and workouts. The only way to burn off belly fat is by doing intense weight training, intelligent cardio, and eating a clean diet.

Having a clean diet is the most important factor and in order to be successful you must eat a well balanced diet that consists of whole, natural, unprocessed foods. This means that certain foods **MUST** be totally eliminated from the diet.

Endless reps of abs or side bends will never take any inches off your waist or reduce any fat from your mid-section. The good news, however, is that by eating a clean diet, varying your workout routine and utilizing compound multi-joint that work the major muscles you can transform your body into a fat loss machine.

BIG FAT LIE #2 - Eating Carbs Will Make You Fat

THE TRUTH EXPOSED!

The word carb has been heralded as sort of an evil word that many people associate with weight gain. Contrary to popular opinion, not all carbs make you fat, because there are friendly carbs (good carbs) and not so friendly carbs (bad carbs).

We have all heard the terms “good carbs” and “bad carbs” before, but there is much confusion when it comes to exactly which carbs are good and which ones are bad.

If you are one of the many overweight people these days (and you have been that way since you were a child) then despite everyone telling you that you have bad genes, there is a good chance that your diet consists of too many processed carbs like sugar. Sugar is a fattening carb that is often hidden in very common foods. Foods that you may eat unknowingly every day!

Sugar causes blood sugar levels to sharply rise after a meal. You may feel a false sense of energy after eating a meal with sugar, but you will also find that you may crash shortly afterward and feel jittery.

This causes you to gain weight because when your blood sugar rises your body is forced to over-produce a hormone called "insulin" (because insulin is needed to help process excess blood sugar), and when your body produces too much insulin your body begins to store fat.

Eating "good carbs" such as oatmeal, brown rice, yams, and fibrous vegetables helps your blood sugar remain stable after each meal, which allows you to burn fat and lose weight much easier. Plus, you'll feel energetic all day on a more even level, without the "highs" and "lows" that most overweight people experience from an overindulgence of bad carbs.

BIG FAT LIE #3 - You Are Big-Boned & Have Bad Genes...You Will Never Have A Great Body

You have heard it all before. All of your relatives were overweight so your DNA tells you that you are destined to be overweight forever also. Your genetics are the reason you can't lose weight and get a flat stomach.

THE TRUTH EXPOSED!

Based on their limited knowledge, biased views, and outdated approaches many so-called experts will lead you to believe that you can never have the body of your dreams. Usually they feed you this nonsense because they either have no clue how to instruct you on the proper way to transform your body, or they are happy to see you fail because it means you will be on their system for a while, paying them a ton of money and hoping for a miracle.

The truth is that your genetics only play a very small part in your success. The fact is that we are all human, and based on the simple laws of human physiology; the same principles that work for one person will work for everyone, regardless of their genetic disposition. So regardless of what anyone says...you are fully capable of making a dramatic body transformation.

BIG FAT LIE #4 - Light Weights & High Reps Will Help You Tone Up

THE TRUTH EXPOSED!

How many times have you asked yourself "I definitely need to lose weight here" or "I really need to tone up my thighs" or "My triceps look flabby I need to do more reps of triceps"? So you decided to do some "burn workouts" that consist of high reps and lower weights to try and target problem areas.

While you may look cute standing there with your neon two pound dumbbell, and perhaps may even feel a slight burn once you get to rep number 37...the fact is that low weight, high volume training does not burn anything but your valuable time.

There is no way to spot-reduce body fat on a particular area of the body and performing high reps of an exercise does not help to "get you cut". Very little, if any, muscle fibers are stimulated this way and you will only burn a tiny amount of calories. That means that you would probably have to do thousands of reps just to equal the amount of energy and calories that you would use if you trained with heavier weights.

If you want to re-shape your body and get the best results from your efforts, you need to stimulate deeper into your muscle fibers by lifting moderately heavy weights for 6 to 12 reps while performing compound (multi-joint) exercises instead of high rep isolation exercises.

Not only does performing compound exercises with moderately heavy weight burn a boatload of calories, but you will involve more muscles, which can allow you to burn fat for up to 48 hours post-workout!

If you are a man or a woman and want a lean, sexy, more defined body make efficient use of your time and incorporate multi-joint exercises into your routine and use moderately heavy weight. This will give you better results in much less time.

BIG FAT LIE #5 - Lifting Weights Makes Women Bulk Up & Look Manly

THE TRUTH EXPOSED!

I think that most women believe this as an absolute fact! However, in reality, lifting weights will not make you develop muscle like a man!

Many popular women's magazines give women bad workout and diet advice and this only makes the problem worse because these lies turn into facts in the minds of many women just because they read about it in their favorite magazine.

Women and men were born with many hormones flowing throughout our bodies. The main ones are called DHEA, estrogen, testosterone, and progesterone. We all share these four essential hormones; but both genders have different concentrations of each. Men have much higher concentrations of testosterone and DHEA, and women have higher concentrations of estrogen and progesterone. The reason many men are able to build quality muscle mass is because they possess high concentrations of testosterone.

The fact is that women do not have enough muscle building hormones that can generate a lot of increased muscle mass. Men have about 25 times more of these essential muscle building hormones than women do. This means that even the most dedicated female lifter will have trouble adding muscle to her frame because the odds are stacked against her.

As suggested above, training using compound (multi-joint) exercises with moderately heavy weight is the best way to dramatically re-shape your body and working out this way is beneficial for women AND men. Honestly, there is no real need for women and men to train differently because the best exercises are the best exercises regardless of gender.

BIG FAT LIE #6 - This Fat Burning Supplement Or Miracle Pill Will Give Me The Body of My Dreams

When you read fitness magazines, you may get the false impression that every pro fitness model or bodybuilder attained their amazing physique and transformed their body overnight by using the fat loss supplement that they are advertising.

So you bought the fake before and after pictures and believed the clever marketing at that said that you could lose 21 pounds of fat in 16 weeks by using that supplement? I am here to tell you that you will never lose your body fat by taking a supplement or fat loss pill.

THE TRUTH EXPOSED!

I bet you didn't know that most fitness magazines are owned by the supplement companies! It's true! While it may appear that they are helping you by offering useful advice about fitness and nutrition, their main goal of a fitness magazine is to sell you their expensive and super hyped up supplements that will not help you at all. They give you workout after workout and tip after tip and recommend new supplements every month. While it may look like a good strategy as you read their article, the only thing that happens is, you purchase the expensive supplement and make minimal progress at best as you watch your bank account gets smaller.

Many supplement companies make a ton of false claims about their products and hype up these totally bogus supplements with flashy ads that are meant to trick the average consumer. Not only are most of these claims unsupported and unproven, but they are just flat out lies.

Supplements are definitely not the secret to fitness success and in fact most of them do not work at all. That flashy ad with the hot model that promised you would be able to burn 200% more body fat or claimed to have a secret "time releasing" formula for maximum fat loss was probably just a clever sales

gimmick. Many supplement companies push useless products that aren't backed by any research, and then market them with killer sales copy. It should be illegal, but for some reason it isn't. Don't waste your money.

As a fitness model I know from first hand experience that if a bodybuilder or fitness model wins a competition, they will instantly get offered a lucrative contract to start promoting a new supplement. Most of the time the competitor has never even used the supplement! But when offered a ton of money in exchange for a fake testimonial about how the supplement "changed their life" the competitor usually sells out and backs the product regardless of whether they believe in it or not.

Big Fat Lie #7 - Eating A Low Fat Diet Is The Best Way To Lose Weight

THE TRUTH EXPOSED!

The low fat diet approach may make sense from a logical perspective just based on the name alone, but the fact is, eating fat can help you lose body fat!

You see, certain types of healthy fats can speed up body fat reduction and weight loss, while many "fat free" foods can cause you to gain weight! Crazy but true.

Most people have been led to believe that eating "fat" is bad and that eating "fat free foods" is healthy. That may "seem" logical at first, but in reality the opposite is often true. Eating "fat" does not automatically turn to fat tissue on your body, and eating "fat free" does not automatically cause weight loss to happen either.

In The 6 Pack Secret I will discuss several foods that have been proven to burn body fat and keep your energy levels up throughout the day. These miracle foods will also help to keep your blood sugar levels stable and make you less likely to get food cravings and cheat on your diet.

BIG FAT LIE #8 - The Best Way To Burn Fat & Lose Weight is By Doing Cardio

THE TRUTH EXPOSED!

Have you ever taken a serious look at the cardio section of your gym? Notice a trend? Most of the people grinding it out on the cardio equipment are overweight! Not only are they overweight but I bet they have been overweight for months if not years. If cardio was supposed to work so well...why are these people not making any progress?

Cardio strips valuable muscle from your body which causes your metabolism to slow down and promotes the storage of extra body fat. Then you start to panic when you realize that you are getting fatter and you start to do more cardio...which causes this cycle to continue and leaves you frustrated.

There are better ways to burn body fat than cardio, and research proves that you can even burn calories and body fat for up to 48 hours after you workout by using the methods that I will show you in The 6 Pack Secret. I will show you a very unique cardio system that you will never find in any fitness magazine.

BIG FAT LIE #9 - This New Research Backed Diet Will Help Me Lose Weight

THE TRUTH EXPOSED!

I bet you have probably tried every miracle diet, low fat diet, low carb diet, points diet, cabbage, and banana diet out there and nothing has worked?

The truth is that it is not your fault that you failed on your last diet! You failed because the so-called expert whose book you read or tv show you saw, lead you to believe that by eating foods labeled as "sugar free", "low carb", "low fat", "no trans fat", "whole grain", etc would help you lose weight and you fell for it.

Sure you lost a ton of weight in the beginning, but then all of a sudden the weight loss stopped...and perhaps you even GAINED a pound or two. Once you hit this diet roadblock you probably felt stressed out, and had mind blowing food cravings that were just too much to control...and you caved.

Now you are just frustrated because nothing you try seems to get rid of those last few stubborn pounds that annoy the hell out of you. If you have ever been on a diet and felt overly restricted you know exactly what I am talking about!

The bad news is that diets never work, but there is hope in the fact that a change in lifestyle can help. There is no quick fix weight loss solution...there never has been, and a temporary diet that leaves you on the weight loss yo-yo is definitely not the answer.

Big Fat Lie #10 - Eating A Low Calorie Diet Is The Best Way To Lose Weight

THE TRUTH EXPOSED!

Lowering your daily caloric intake may be one of the worst weight loss strategies yet, and here's why. Macronutrient selection (protein, carbs, fats) is much more important than the number of calories!

I have seen people who have gone on a new “diet” and lowered their daily calories by half, and then gained weight! Shocking but true! The reason is simple. If you are on a diet where you only count calories and do not take into account the food type or macronutrient type you are running the risk of gaining weight despite lowering your daily caloric intake because many foods just get stored as extra body fat.

Even if you eat 1000 calories per day, if those calories consist of bad calories you definitely will GAIN WEIGHT. This is the reason many overweight people will remain that way forever, even though they eat much less than skinny people.

There is good news though. Even though you may have a slow metabolism, suffer from being overweight, and can't seem to find a diet that works, you can still get an amazing body if you eat the right types of calories every day.

BIG FAT LIE #1 1 - Eating A Low Carb Diet Will Help You Lose Weight

THE TRUTH EXPOSED!

Low carb diets are all the rage lately, but the question is...do they deliver on their promises and work as well as they say? Recent studies suggest that low carb diets do not work as well as many people think.

Under most low carb diet programs, you are restricted from eating any carbs for the first few weeks and typically are only allowed about 30 grams of net carbs daily after that.

Not only will this diet leave you feeling weak, miserable, and lethargic, but eating this way is also counterproductive for fat loss for a variety of reasons. If your diet is overly restrictive and you feel miserable, that usually means your diet is failing you. A well balanced nutrition plan should allow you to eat delicious food and leave you feeling full of energy and strength.

If your diet leaves you miserable and weak, you will be constantly hungry, and have nasty food cravings that will increase the likelihood of you cheating on your diet and gaining weight.

The truth is that your body needs a reasonable amount of calories from protein, carbs, and fat. A balanced diet that encourages healthy fat loss needs to include all three of these macronutrients in the correct proportions in order for that diet to be effective.

In the following section I have listed some great fat-burning cardio workouts that you can do at your local track to give your fat loss efforts a jump-start. You have

the option between workouts A, B, and C. Do not do the same workout every week. And try to do each workout at least twice per month.

Sample Fat Burning Cardio Workouts:

Track workout A:

1. Run one mile in under 7 minutes. Each week try to take 5-10 seconds off of your previous time until you can run the mile in under 6 minutes. Rest for 2 minutes.
2. Run four 400m sprints in fewer than 75 seconds. Rest for 90 seconds between.
3. Run eight 100m sprints in fewer than 15 seconds. Rest for 60 seconds between.
4. Run eight 20 yard sprints as fast as you can. Rest for 30 seconds between.

Track workout B

1. Run 2 miles while alternating between sprinting for 20 seconds and then jogging for 20 seconds for the entire two miles.
2. Run one backwards mile as fast as you can. Do not go too fast so that you will not fall down.

Track Workout C

1. Run 3 miles at your target fat burning heart rate.
2. 100 Step-ups onto a bench superset with 1 lap bodyweight lunges around track.

Interval training is also a great way to rev up your metabolism for increased fat burning. Here is a sample interval training routine.

Interval Training

Interval 1: Warm up with a light jog for 2-3 minutes until your blood starts to flow.

Interval 2: Pick up the pace to the point where your heart rate starts to increase - maintain this pace for 1 minute.

Interval 3: Increase your pace slightly. Your breathing should steadily increase and you should start to break a slight sweat at this point. Your muscles should be getting warm, and this means you have got the blood flowing. Maintain this pace for 1 minute.

Interval 4: Again, increase your pace slightly. At this point you should be breathing fairly heavy, remain at this pace and push through it. Sustain this level for 1 minute.

Interval 5: Increase your pace again. This should be an extremely fast pace for you, and continuing at this pace will be a challenge. Maintain for 1 minute. Now start back at Interval 2. Repeat this process 4 times.

Note: During your fourth cycle you should try to push through your comfort zone while performing interval 5. This is where you will improve. Push as hard as you can.

Interval 6: Decrease your pace to a light jog for the last two minutes as you cool down.

You should repeat steps two through five until you have done this process a total of four times. The 4th time you reach Interval 5 it should be harder than the previous 3. Try to push through your comfort zone and this is where you will make your gains. The last two minutes of the 20-minute aerobic activity should be a slow pace as described in step six- the final step.

You can use interval training while riding a bike, jogging, using a stair climber, or while using a rowing machine. Some days you will be able to push harder than others, so keep a strong mind and strive for improvement and you will reach your goals. Our bodies are much more capable than we think they are so push yourself and you will be happy with your results.

Alternate fat blasting routines

Running Stairs You will always be able to find a staircase somewhere! You can go to a local high school football field and do stadium stairs, a commercial building that has stairs, or even at your house.

My favorite thing to do when I run stairs to get a complete workout is to mix in some crunches, pushups, jumping jax, or kettlebell exercises into the mix. Sometimes I will take 30 pound dumbbells and do snatches, bicep curls or shoulder presses as well!

This generates an increased fat burning response throughout the entire body. There are countless ways to get a good workout with stairs. Be creative and have fun!

Bodyweight Workouts Bodyweight routines are great cardiovascular as well as strength building workouts. I always try to incorporate bodyweight exercises into my weekly workout schedule.

These are great to do anywhere and they burn fat like crazy! You can do them in the office or at home, and they are especially great when you do not have time to make it to the gym. You can get a great workout in only 20 minutes. You can

incorporate various exercises such as: alternating bodyweight squats, lunges, crunches, pushup variations, lunges, and floor abs exercises continuously for about 20 minutes.

Try to take very short rest periods (10 seconds or less) to keep the intensity high at all times. If you are advanced, you can even incorporate more challenging exercises like handstand pushups, wall-walks, hindu pushups, hindu squats, one-arm pushups, and one-legged squats into your bodyweight training routines.

So remember, cardio is not supposed to be boring. Mix things up and have fun with it! Your body will thank you later.

In the following section I have included a sample fat loss diet and a basic grocery list that will help you get started today with your fat loss nutrition!

When you go to the grocery store take this basic list with you!

Basic Grocery List

Lean Meat/Protein

- Boneless, skinless chicken breast ** essential**
- Tuna (in water)
- Turkey breast
- Extra lean ground turkey
- Fish (salmon, cod, tilapia, etc.)
- Seafood (shrimp, etc)
- Eggs (make sure they are mostly egg whites)

Carbs

- Brown rice
- Sweet potatoes (baked)
- Potatoes (baked)
- Oatmeal **essential**

Vegetables (frozen or fresh)

- Eat as many vegetables as possible. It will keep you feeling full.
- Broccoli
- Cabbage
- Beans (good source of protein and fiber)
- Bright colored vegetables and dark leafy greens are the best choices

Fats

- Olive oil
- Udo's 3-6-9 Oil Blend
- Pam cooking spray

- Stay away from saturated fats like French fries, cookies, anything deep-fried. Peanut butter can get you in trouble as well unless it is low sugar. But try to avoid peanut butter if you can.

Dairy

- Low fat cheese
- Skim milk

Hydration

- 1 gallon of water is the MINIMUM
- Try to shoot for 1 ½ to 2 gallons per day

Note: Urine should be clear, and there should be frequent trips to the restroom

My Typical Grocery list: (non-exhaustive)

1 bag frozen skinless chicken breast
 Plain Quaker 1 minute quick outs (big container)
 Pam cooking spray
 Sweet potatoes
 Turkey breast deli meat (low sodium)
 Olive oil
 Egg Whites
 Instant brown rice
 Trader Joe's Chicken Sausages
 Frozen/ fresh vegetables
 Distilled Water
 Optimum Nutrition Pro Complex Protein Powder
 Nuts & Nut Butters
 Salmon
 Tilapia
 Ground Bison Meat
 Seasonings (hot sauce, herbs, garlic powder, oregano, no salt, etc)

Well, I hope you enjoyed this special look into my favorite foods for fat burning and remaining in peak health. Of course we are different and you probably prefer different foods that I do, but I hope to have offered a few good ideas that will allow you to make smarter food choices at the grocery store.

Sample Fat Loss Meal Plan

This is a sample diet for a person who is looking to build some muscle and burn some fat. The calories and times may VARY based on your schedule and nutrition needs. Many of us have hectic schedules and feel as if we are destined to just be out of shape forever, but my friend this is not the case. It is actually very simple to achieve a dream body, provided you follow the correct steps.

The first step is preparation. In order to be successful you must prepare for anything, so I always advise people to spend a few hours on a lazy Sunday

afternoon and prepare all of their food for the workweek, put it into Tupperware containers as individual meals and freeze it.

Then you would just take a days worth of food with you to work and you will not have to worry about being tempted to go to the Sonic Drive Thru and ruin all of the hard work that you just put in the night before at the gym!

Here is a sample diet that I have used with some success. You may modify it to suit your needs:

Breakfast

6 Egg Whites
1tbsp Flax Oil
½ Grapefruit
Grilled peppers, onions, mushrooms
½ Cup Oatmeal (Plain)

Mid-Morning Meal

6 Oz Pre-cooked Grilled Chicken Strips
½ Sweet Potato
6 Raw cashews

Lunch

3-4 oz lean ground bison
½ Sweet Potato (Baked)
1 Cup Spinach
Sautéed mushrooms and onions

Mid-Afternoon Meal

4-5oz grilled chicken
1 cup cooked spinach sautéed with garlic
1 tbsp flax oil
1 cup brown rice

Dinner

4-5 oz Grilled Steak (Lean)
1 cup steamed spinach
1 tbsp olive oil
Large Salad

½ cup brown rice
6 raw almonds

Evening Snack

40 Grams whey protein in water
20 almonds

So How Do I Re-Shape My Body & Stay Lean Forever?

1. You must stop using restrictive starvation diets, fad diets, super processed “diet” foods, magic fat loss pills, and introduce yourself to real nutrition. It is ESSENTIAL that you follow a balanced diet that consists of natural whole foods and feed your body what it needs and quit starving it.
2. You must take an entirely new approach with your workouts. Start incorporating multi-joint, compound, full body workouts, or various combinations of these because this will cause your body to release a ton of fat burning hormones and boost your metabolic rate.
3. You must have the right attitude. You must believe that you can achieve your goal and have the proper mindset that you will take action and make this plan a new part of your life for the long run.

CONCLUSION

Well, I hope you've enjoyed this e-book. My goal was to expose some of the fitness and diet lies that are floating around in many gyms today and also give you a few of the insider secrets that fitness professionals use for developing a lean, muscular, and truly healthy body for life! So what's next?

Be Prepared For A Remarkable Journey...

If you have read this far, chances are you are slightly irritated. Irritated that you have been lied to for so long. Irritated that you have worked so hard and nothing has worked. Irritated that you have settled for having an average body when your destiny is not to be average.

Whatever your situation may be, it is not too late to turn the tide. The “experts” that have filled your head with nonsense do not walk in your shoes, and they will NEVER walk in your shoes. So in my opinion, they are not as qualified to give you a solution to your fitness problems as someone who has actually conquered the same obstacles that you are trying to conquer right now.

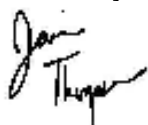
Would you take financial advice from a millionaire who won the lottery? Not a chance right? So why would you take fitness and diet advice from some so-called “expert” who does not workout, is out of shape, and preaches theories?

My friend, I have conquered the mountain that you are trying to climb. I have smashed through the same obstacles that you are trying to break through. I have also helped hundreds of others do the same thing you are trying to do right now...but just like you, they were hesitant to try new things and doubtful that going against the mainstream fitness and diet advice would work.

My promise to you is this: I truly want you to build a new and improved physique. A physique that turns heads and demands respect. If you work hard, commit 100%, and stay determined, then I am confident that my Fat Loss Success System will help you build the best body you could ever imagine.

Click Here For More Information → www.The6PackSecret.com

Here's to your brand new, world class body



Jamin Thompson

P.S. I could ramble on and on with countless strategies to help you lose your body fat fast, but I have rambled long enough for today. You can find all of my favorite fat burning strategies, to help you lose body fat and uncover your abs, all laid out like a treasure map in [The 6 Pack Secret Program](#) for Burning Stomach and Body Fat.

If you have been thinking about picking up a copy, but aren't sure, there is no better time than right now to get started working on your new and improved lean flat stomach! In the meantime, take 2 minutes if you have not done so already; sign up for my FREE Hardbody Fitness E-Zine.



As a **HARDBODY E-Zine Member**, you will receive a brand new complimentary E-zine e-mailed to you every few weeks giving you cutting-edge fitness tips that will help you develop the lean ripped body that you desire!

You will get all sorts of diet and fitness strategies that you can go out and use immediately to get better results from your workouts and get that lean body that you've always wanted. As a personal thank you for signing up I am going to give you a few special bonuses that I think you will enjoy.

First, I am going to give you access to several of my personal workout routines that I use to maximize my fat burning potential. Second, I am going to give you your own personal metabolic rate calculator that will give you approximate daily calorie requirements so you will know exactly how much to eat. I guarantee that these workouts will take your training to the next level and will be complete different than anything you have ever tried in the past. You will be blown away!

For free access go to www.the6packsecret.com/freereport and just enter your information.

After Thousands Of Hours Of Research And Training

I have finally compiled all 15 years of my dietary, workout and sports performance training knowledge into one comprehensive book that is changing the course of fat loss training forever. Say goodbye to long boring cardio workouts and thousands of useless crunches and discover the cutting edge and revolutionary fat burning strategies of the world's best athletes, top models and bodybuilders.

The way you have been training has probably been giving you less than stellar results and also causing catabolic muscle loss and the excess storage of body fat, but if you are serious about wanting long term results that last and are sick of following worthless diet schemes, throwing your money away on useless supplements, and starving yourself to try and look better then look no further.

Once you see how the pros do it, you will no longer need to hop on the latest fads hoping for a miracle. You will save hundreds, and quite possibly thousands of dollars in the process once you discover the diet and exercise secrets that have been missing from your routine for all of these years.

It didn't seem possible a while back that just anyone could ever develop a lean body and toned abs, but research has proven that genetics are not limiting factors and that just about anyone can achieve a stellar physique. The elite bodies are no longer reserved for the best athletes, and the hottest models, and the proof is right here staring you in the face.

Just imagine - A fat loss program that is scientifically proven to work, that guarantees results, and that will end all of your frustrations with your body. You will be able to get in and out of the gym in less than an hour, allowing you to get back to your personal life, your busy day at work or home to your family.

I have put my entire system into a special brand new Internet package that includes:

- A 150-page e-book crammed with beginner through advanced workouts, dietary strategies, weekly meal plans, secret tips, weeks worth of fat-blasting training strategies, as well as bonus training manuals and videos - **VALUE of over \$429**
- An exclusive access to me for one-on-one personal online fitness coaching to guarantee your success where I will go over every detail of The 6 Pack Secret workouts and fat loss philosophy - **VALUE \$200**
- **Total Value** of the Package is over \$600. But you'll pay only \$39.95.

And the best part is that you can download all of these from the web in just minutes and start using these techniques today!

BUT WAIT, THERE'S EVEN MORE!

All of these great bonus manuals come with the Fat Loss Success System absolutely FREE!



Click here to get started now → www.the6packsecret.com/order

The following pages are just a few of the dozens of success stories I receive from excited users of the program who achieving amazing results.

Professional Baseball Player Brian Barton of the St. Louis Cardinals Strengthens His Core During Spring Training!



As a professional baseball player for the St. Louis Cardinals, I know how important it is to maintain a strong core region. With the The 6 Pack Secret program, I was able to build and maintain a strong core that is vital for balance and stability, which is what I need while on the field, as a well being able to demonstrate a nice physique the goes along with it. It is definitely a must have.
Brian Barton - St. Louis Cardinals #54

49 Year Old Mother Of Two Lost 30 Pounds And Took 2nd Place in a Fitness Competition!

Jamin...what can I say???? Without you, I would never have made it to my first figure competition at the age of 49...and brought home second place! I've been told I have the abs of a 20 year old...thanks to YOU. Your advice and direction is priceless as I continue to soar above the average at 50!!! Thank you for a simple plan to an unbelievable body and mind!

Linda Riley - Monroe Louisiana



“Lenka Is Just Getting Started And Has Already Lost A Ton Of Stubborn Body Fat In Just 10 Weeks!”

I just started the workouts in your e-book just last week, and I can already see a big difference. My workouts are intense, my muscles feel full, and I can really see positive changes happening in my body!

I have tried a few similar programs before but nothing I have tried in the past has ever worked this well. Your personal workouts that you included are out of this world man.

I can tell that if I continue doing this stuff for another month or so I will look like the bowflex guy for sure! Ok I will email you in a month or so with another progress report. Thanks again Jamin, I owe you!

Lenka Abrahams
Johannesburg, South Africa

“Ethan lost 7 pounds of stubborn body fat in a matter of weeks. He’s now rock-solid, ripped & has a 32 inch waist!”

Your HIC workouts and your carb cycling methods in your e-book are working awesome! I was pretty lean before I got your e-book, but after a few weeks of using your methods I actually have visible definition in my abs and I even have muscle definition on my sides!

I still have a little bit of fat on the lower part of my stomach but I am working on that. Thanks you for all of your help!

Ethan Rayner
Auckland, New Zealand

“Former Royal Marine Loses 10 Years of Stubborn Body Fat And Gets Noticed!”

I just wanted to take the time to write and thank you for all of the great advice you have given me since I have been using your book. At first I thought that the free coaching was just a sales gimmick but you actually personally replied to all of my inquiries!

Not only have you motivated me to want to achieve more, but I look and feel so much better since I started using your workouts and diets. Women are beginning to notice me again, and have been asking me what I have been doing in the gym! It is such a good feeling.

I have been working out for much of my life and am a former Royal Marine so I have always been active, but just could never for the life of me; ever get my abs to show. I am 36 years old right now and figured that all hope was lost because I was not young anymore, but thanks to your book I look better than I did in my 20's and have a much smaller waistline as well!

All of my buddies think that I am using steroids!! I know that I have put in the work, and deserve the results, but without you none of this would be possible. I cannot possibly thank you enough!

Jack Briggs
Manchester, UK

“Professional Model Abandons Old-Fashioned Ways And Reshapes Her Body!”

As a full time professional model I cannot afford to show up to work with my body looking bad! I needed a fitness program that worked and thanks to the simple, effective workouts and diet strategies in this book, I am able to keep my body looking great all year long.

My results have been great and I am no longer wasting hours away on the treadmill running like I used to! I have a completely different perspective on how to keep myself in shape now and I love it!

Beatriz Melicio
New York, NY

“Dave Sculpted 10 pounds of Lean Muscle And Lowered His Body Fat!”

My fiancé has been begging me to go to the gym with her and convinced me to join in on this workout system she found online. After I stopped laughing I realized that she was serious. When I started with her I weighed 286 pounds.

Within 6 months I dropped down to 224 pounds. I lost 7 inches off my waist. I feel better, have more energy, and look better. Now I would recommend this system to anyone. Thanks J!! Tack så mycket!!

**Dave Johansenn,
Gothenburg, Sweden**

“From Stomach Pouch To, Leaner, Stronger & More Confident In 6 Weeks!”

I used to believe that I knew what I was doing in the gym because I played football and high school and I always lifted weights and was active. Funny part about that is, I always carried a small stomach pouch.

I don't know I guess it was denial, but I always thought that I was in pretty decent shape. However, since purchasing your ebook my workouts seem like they are supercharged and I am stronger and full of energy.

My diet is much better and I can see a two pack I think! Not a six pack quite yet, but from small pouch belly to a two pack is a major accomplishment! Thank you my man for all of your help and guidance throughout this process.

**Jamal Crawford
Oxford, Mississippi**

“Kristy Lost 8 Pounds in 5 Weeks And Lowered Her Body Fat!”

I have been going to the gym for about 5 years now, but I was never really able to ever look the way I wanted. After 5 weeks of using your system I lost 8 pounds and an inch off of my waistline.

I currently weigh 129 pounds and I feel amazing. I have not been this small since grade school.

**Kristy Rodriguez
Philadelphia, PA**

IMPORTANT NOTICE:

Feel Free To GIVE AWAY And Distribute This Report WITHOUT My Permission.

In fact, I encourage you share this report!

The only thing I ask is that all of the content must remain in tact and be unaltered.

Feel free to share and forward this report to friends, family, or co-workers who would benefit from the information shared here.

If you have your own website, blog, e-zine, or newsletter, feel free to give this report away for free to your visitors. If you would like I can even brand the links inside this report with a unique code so that anytime someone orders my program from your link you will receive a commission. If you would like to hear more about this affiliate opportunity, take a few minutes and visit my affiliate section at <http://www.the6packsecret.com/affiliates>

I would love to hear what you like about this book and also what you didn't like. Your feedback is very important to me because my ultimate goal is to make this report a tremendously valuable resource for you. Feel free to contact me at any time at info@the6packsecret.com and I will reply within 24 hours.

If you have general questions about The 6 Pack Secret Program you can find the answers to those on the frequently asked questions (FAQ) page. www.the6packsecret.com/faq

P.S. The 6 Pack Secret is the instantly downloadable and super popular 150 page body sculpting and fat loss manual. The same book that is literally changing the lives of thousands of men and women all over the world. The book that guarantees to help you burn stubborn body fat and develop amazing abs faster than you ever thought possible!

The full program is finally available in e-book format, which you can instantly download and be reading in less than 5 minutes. You also get **12 FREE bonuses if you decide to order before the initial promotion ends...**

...One of the Bonus Items, and perhaps the most valuable is your 24/7 Fitness Coach! This means that whenever you need help, you can reach me anytime. When was the last time you bought a book and were able to call the author for help and advice? Never!

Click Here For More Information:

www.The6PackSecret.com

ABOUT THE AUTHOR



Jamin Thompson is an internationally recognized fat loss expert, fitness model, motivational speaker, and sports performance expert.

His e-book, The 6 Pack Secret, is one of the best selling fat loss e-books on the internet with readers in over 100 countries. His fitness articles have also been published in many popular fitness websites and magazines across the world.

He is a natural competing fitness model, motivational speaker, and success coach.

He is the founder of www.The6PackSecret.com, a fitness website that is dedicated to helping people from all over the world lose body fat and build muscle without long boring cardio workouts, bogus supplements, starvation diets, and working out less than ever before.

Check Out This Powerful E-Book Today!
www.The6PackSecret.com

