

The Scientific
Breakthrough
for Permanent
Weight Loss!

BECOME A FAT-BURNING MACHINE

THE 12-WEEK DIET

LOSE THE BELLY • END SUGAR CRAVINGS • GAIN ENERGY

OVERCOME METABOLIC SYNDROME!

MIKE BERLAND

WITH GALE BERNHARDT

Online Fat Burning Machine 12 Week Mike Berland

Gale Bernhardt, Nick Hansen



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Fat-Burning Machine Mike Berland, 2015-12-29 Are you ready to change your body for life Do you want to step on a scale and feel happy Do you want to look in the mirror and feel proud Do you want looser fitting clothes Do you want more energy Do you want to sleep solidly through the night No games No gimmicks No shakes No starvation Just a straightforward and simple doctor approved approach to eating and exercise that throws out decades of bad science and will transform you from being a fat storing person into a permanent FAT BURNING MACHINE This is our promise Follow this plan and you will experience dramatic life altering results But if you still need further convincing just ask yourself Have you been gaining a pound or so a year for the past few years Do you crave sugar and snacks and worry that you can't control your cravings Do you feel that the more you exercise the hungrier you are and the more you eat Does exercise make you feel tired and weak Are you working out more than ever and still gaining weight If you answered yes to any of these questions then it's time to find out if the habits you've developed are causing your body to store fat or to burn it So much of what you've been taught about fitness and weight loss is patently false that you have to eliminate all fat from your diet or that you should load up on carbohydrates before a workout These practices may actually be sabotaging your success *Fat Burning Machine* exposes the myths that have prevented you from achieving your weight and fitness goals and will revolutionize the way you think about your body your health and your outlook on life

Fat-Burning Machine Mike Berland, Gale Bernhardt, 2015-12-29 Despite being highly active Mike Berland struggled with his weight for nearly 30 years gaining one to two pounds each year steadily growing from 192 to 236 pounds He was losing hope until he met nutrition specialist Dr Laura Lefkowitz She taught him about his condition metabolic syndrome an energy utilisation and storage disorder that is affecting Westerners at an alarming rate Berland also worked with Gale Bernhardt an elite Olympic triathlon coach Together they have unlocked the secrets to handling metabolic syndrome and burning fat

Workouts in a Binder Gale Bernhardt, Nick Hansen, 2002-10 Triathletes who hope to improve their swimming too often mix and match workouts or workout segments with no particular goal The workouts in this set provide a handy compact inspiring and waterproof program Written by an elite level triathlon and cycling coach and a former U S National Team swimming coach the book comprises seven workout categories Anaerobic Endurance Speed Anaerobic Endurance Form Force Speed Force Form Muscular Endurance Speed Muscular Endurance Form and Muscular Endurance Distance The variety of workouts included and their ease of use keep the process engaging and allow users to more easily achieve elusive swimming goals Workouts in a Binder can easily be used in conjunction with triathlon training manuals such as *Training Plans for Multisport Athletes* or *The Triathlete's Training Bible* or as stand alone workouts for swimmers Illustrated throughout a bound set of waterproof workout cards for triathletes at all levels is also included

Training Plans for Multisport Athletes Gale Bernhardt, 2000 Offers multisport athletes advice on how to understand the science of training and effectively self train providing sample training plans for different levels of multisport

events specific workouts for each type of plan ratings for exertion levels and generic training plans that can be used for all ability levels

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