
The 3 Day Kickstart Plan

**A simple, scientifically-validated plan for losing 6.9
pounds of pure fat in just 72 hours.**

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Medical Advisory

The information and workout procedures provided in this guide are very intense and should not be attempted by anyone unless a doctor has cleared you for such an intense workout.

If you have any existing health problems that would prohibit you from taking part in any of these activities, you should refrain.

As always, you should clear this program with your doctor before you begin.

SERIOUSLY – THIS IS AN EXTREME PROGRAM. IT IS NOT FOR EVERYONE. THOSE WITH PRE-EXISTING MEDICAL CONDITIONS SHOULD NOT ATTEMPT THIS PROGRAM. NO ONE SHOULD ATTEMPT THIS PROGRAM WITHOUT PRIOR CLEARANCE FROM YOUR DOCTOR.

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“How To Lose 6.9 Pounds of Pure Fat In Just 72 Hours”

I realize the headline above sounds like hype. But it's based on a published and peer-reviewed scientific study where participants lost a crazy amount of pure body fat in just a few days.

First I'll give you the details of the study and then I'll show you how to use the results of this study to kick-start your own transformation.

The study in discussion is titled *“A time-efficient reduction of fat mass in 4 days with exercise and caloric restriction.”*

And the methodology was really quite simple. Researchers took overweight individuals and put them on what was essentially a starvation diet – only 300 calories per day for 4 days. Then they had the individuals walk at a slow pace (roughly 2.7 mph) for 8 hours a day!

The results were astonishing. The average person lost 3.8kg of pure body fat – that's 8.36 pounds of fat.

Now, it's worth mentioning that the subjects also lost lean mass as well. But before you freak out, keep in mind that the subjects regained the lean mass after the 4 day diet experiment was over. This shows us that the lean mass lost was most likely water and glycogen, not actual muscle tissue.

But there's a couple more interesting aspects of this study...

#1) Even after the 4-day experiment was over and the subjects resumed normal eating and stopped walking for 8 hours a day, they continued to lose fat.

And...

#2) When compared with other dieters a year later... the group that took part in the 4-day experiment were MORE successful at keeping the weight off even a full year after the experiment was over.

This sounds completely counter-intuitive especially if you believe the lie that crash diets are bad because you will automatically regain all the weight.

To shed some light on why dieters were more successful a year after the crash diet, look at it like this: If you had a goal to save up \$25,000 in cash, how much more motivated would you be to achieve your goal if a long-lost uncle suddenly gifted you \$15,000? Suddenly, the idea of saving \$25,000 in cash is much more manageable because your uncle has essentially given you a "running start."

This 4-day crash diet with extreme exercise does the same thing: It gives you a massive "running start" towards achieving your goal. Most people want to lose between 10-20 pounds of fat. Which could take anywhere from 12 weeks to 12 months for the average person.

But if you can drop 8 pounds of pure fat in the first 4 days, then you can hit your goal much faster and spend less time dieting and more time maintaining.

So if you're up for the challenge, here's how to set up your own 3-day fat loss kick-start.

- First, you'll notice I'm only recommending a 3-day kickstart plan even though the original research covered 4 days. This is simply because this plan is extremely tough and 3 days is enough for our purposes. Remember, we're only using this to kick-start weight loss and immediately following this plan you will jump into the rest of the program from The Single Digit Body Fat Manual.
- Second, I don't think most people will be able to walk 8 hours a day. If you can, great. But if you're like me and have a desk job and you can't just walk around all day, that's ok. Just try to be as active as you can and you'll still lose plenty of fat on this plan.
- Third: You'll want to consume roughly 300 calories per day on this plan. And you want mostly protein.



Here is what I ate on this plan:

Muscle Milk: 100 calorie shake. These are typically sold in 4-packs and you can find them at most grocery stores.



Aldi Pre-cooked Southwest Chicken Strips: 200 calories.

Pretty sure these are designed to be used on salads, but I would just heat them up for a minute in the microwave and eat them plain.

Yes, that's not very much food and that's exactly why this plan is only 3 days long.

And exactly why you'll lose so much fat during these 3 days.

There is no way of predicting how much fat you'll lose during these 3 days as much of it will depend on how much walking you are able to do.

When I did this 3 day experiment I lost over 6 pounds without doing much walking (I have a desk job so I tried to walk in the morning before work, for a few minutes on my lunch break and for a few minutes at night but I definitely didn't walk for 8 hours a day.)

So try this plan and then jump right into the regular plan as covered in the Single Digit Body Fat Manual on day 4. If you want to lose as much fast as possible in just 2 weeks, do the 3-day kickstart plan and then follow that up with the

Single Digit Body Fat manual diet on days 4-13 and I think
you'll be amazed.

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