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SHREDDED BODY SECRETS



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What's up guys! Austin Dunham back again with another e-book, and today we are going to talk about my shredded body secrets that will help you get ripped even **FASTER**. These are little things I've learned over time that have helped me a ton when it comes to fat loss. So, without further ado let's get started!



Secret #1 – Meal Timing

So, since it's no longer 2005 we all know that the meal timing “rule” has been debunked. You know the “Eat every 3 hours and small portions or you won't lose fat” rule. Simply put, when it comes to meal timing between meals – don't overthink. BUT what I've found that has helped me a ton is the timing of my **LAST** meal of the day. Basically, you want to have your last meal of the day around 8 p.m. (2000) especially if you are doing intermittent fasting. Having your last meal around this time will prevent late night cravings since most people go to bed between 9-12 p.m. and it helps balance your meal frequency throughout the day. Overtime this **WILL** lead to greater fat loss and a more stable appetite.

Secret #2 – The 20 Minute Rule

Imagine this, you just got done with your second meal and you're still hungry. Maybe you grab a snack or even go back for a second plate (the worse)! Now hold on, before you do that here's what I want you to do. After every meal wait at least 20 minutes before eating something else. Why? Because it takes around 20 minutes for you to actually **FEEL** what you just ate and to feel satisfied/full. There have been times where I thought I was still hungry, but truth is, the food I just ate hasn't settled within my stomach yet. This is very important for fast eaters especially.

Secret #3 – Slow it down

Are you the type of person to swallow your food whole and be done with a whole meal in 5 minutes (me)?! Or do you sit back, savor the food and take your time with it? Well, speaking from my last point, when you eat too fast you tend to still feel hungry even after you're done which will lead to more calorie consumption (fat gain). So, here's my tip, every time you eat sit down, relax, maybe throw on a movie (or my YouTube videos) and take small breaks between bites and take it slow. Remember, we are not competitive food eaters!

Secret #4 – Cardio Hack

The past few secrets have been mostly about dieting but now let's talk about training. So, we all know cardio is a great way to burn those extra calories to see results even faster. BUT I know a lot of people despise cardio. So here is a quick hack to make it seem like you never even do it, and that's to do a 10 minute cardio-based warmup before every training session. This could be jump rope, running, jumping jacks, doesn't matter! Those 10 minutes will fly by and that time will really add up throughout the week!



Secret #5 – Supersets

Another way to induce more calorie burn while training is to incorporate super sets in your routine. This is when you pair 2 exercises together (usually working different muscle groups) without any rest in between the sets. A great example would be pullup and dips. You would complete a full set of pullups then immediately after do a set of dips. Since you're not resting your heart rate will increase due to the energy exerted, but at the same time you will still be able to do your dips effectively since the pullup worked and opposing muscle group and not the same (like a drop set). You can also do this with HIIT (High Intensity Interval Training) exercises like the ones found in my [Calishredics training program - a 12 week follow along system designed to get you in insane shape from the comfort of your own home.](#)



There you have it! The 5 Secrets I use to get a shredded body as fast as possible. Use these secrets along with my [Calishredics program](#) and you will see the best results in your fat loss journey – ever, and I mean that. See you guys in the next one. Peace! –A.D

