

CHALLENGE FAT LOSS



Shawna Kaminski, BKin, BEd, CTP

Fat Loss – Why is it Such a Challenge?

You may have tried *everything* to address those ‘love handles’ that you don’t ‘love’.

You may be at your wits end trying to tighten up those abs that *surely must* be under there somewhere. After all, you work your butt off training right?

Well if the mirror isn’t currently on your BFF list, let me help you.

I’m Shawna K and I know how you feel. I’ve had hundreds of clients feel the same way and I’ve been able to ‘challenge’ and ‘change’ them. Literally. I’ve thrown out challenging workouts to them and guess what? Their fat loss issues aren’t issues anymore.

But first, I often get this question...

Fat Burning...

Where Does the Fat ‘Go’?

Have you ever wondered what actually happens when you lose weight? More specifically, when you lose fat? What happens? Where does it go?

Surprisingly, when you ‘lose fat’ the fat cell doesn’t actually go anywhere. If you have a ton of fat cells in a trouble spot, the best you can hope to do is empty out the contents of the fat cell to reveal the muscle underneath.



Find out the BEST way to arm yourself to fight fat with your nutrition [HERE](#).

The majority of people, especially those with vanity weight or the ‘last 10 lbs’ to lose, are looking to get more ‘toned’

or defined. Their wish is to strip away the fat to reveal the glorious muscle beneath.

A common misconception is that people may think they have 'no muscles' when in fact everyone has the same number of muscles. Some muscles are just more developed than others and some people have a layer of fat over the muscle so you can't see the definition of the muscle.

How does a person go from smooth and chunky to toned and defined? Does the fat just disappear?

First up, the number of fat cells that you have is dependent on a few key factors. While it may be handy to blame your parents for your 'fat genes', that's only one piece of the puzzle. You were born with a fixed number of fat cells, but that number changes as you grow.

Some people are genetically predisposed to have more fat cells than others; body type and gender also factor into the number of fat cells you carry. Women naturally have more fat cells than men. As a survival mechanism, nature has programmed this for the propagation of our species, in order for women to carry a child without threatening her own health; she needs to have more stored fat.

It was once thought that all fat cells were developed in childhood and during puberty. Although this is true, fat cells can also develop at other times in life such as during pregnancy and into adulthood if a person is to gain an extreme amount of weight.

So, while it's good news if you were a lean child and teenager, you can still add fat cells to your body with poor and overly abundant nutrition later in life.

Fat cells are like empty balloons in your body waiting to be filled. Like a balloon, they don't need to be a certain size; they can increase and decrease in size depending on how full they are.

When you 'lose fat', you actually don't really lose any fat cells at all, even though the fat cell shrinks and it seems that the fat disappears. What actually happens is the fat inside the cell is released into the blood through a series of complex processes. A number of enzymes and hormones play into this. Once in the blood stream, the fat, in the form of free fatty acids is used up as



energy where the body needs it. Therefore the fat cell 'appears' smaller and muscle definition is more easily seen.

To actually empty out your fat cells, your body needs to be in a calorie deficit. This can be created two ways: eating less and doing more. **A combination of both is the most powerful way to get lean**; this is the strategy with the [21 Day Challenge Diet](#).

While on paper a severe cut in calories may look like a simple way to empty fat cells, however, it's generally unsuccessful for a number of reasons. Your body is programmed for survival; it doesn't know that you may have a reunion or a beach

holiday coming up and you want to get lean so your body will hold onto your fat.



This is why when we do the [21 Day Challenge](#), then we go to a [21 Day Maintenance Phase](#). This gives our body time to get accustomed to the new 'set point'.

If you try to starve yourself, the enzymes and hormones required to coax the fat out of the fat cells will be impaired. Your body will simply use other energy sources than fat (like your lean muscle). You will likely lose 'weight' but not fat. You'll just look like a skinnier version of your former fat self. (Likely not what you were going for.)

It's always wise to keep an eye on your weight and not let it get out of control. If it does, it could mean that

your fat cells are growing and multiplying thereby making it more difficult for you to lose fat in the future.

Conversely, if you've lost a lot of fat, you need to be ever vigilant since your fat cells are still hanging around. They're at the ready should you have any excess energy come down the pipe. Your fat cells are more than happy to store the fat for a rainy day.

On a side note, we've all heard of liposuction, a surgical method to cut out fat cells. If you're considering any kind of liposuction, be careful that you modify your eating habits so that once the procedure is complete, you have a healthy

get that 'skinny fat' look, you know, the same shape in a smaller size. Ug, not what you were going for.

The key to success is something I call M²A or '[muscle metabolism acceleration](#)'. **It includes strength training paired with high intensity intervals with incomplete recovery in short workouts.** The benefit of this is that your body will produce lactic acid since you'll be training 'anaerobically'. This means that your body is training with LESS oxygen than it requires. You can't train for long periods of time anaerobically because your body will fail.

Now fat loss is enhanced when you have a lot of growth hormone hanging around. Sadly, as we age, we have less naturally occurring GH. We can increase GH naturally by training anaerobically.

There's another big reason to lose the steady state 'aerobic' cardio as a means to fat loss.

Steady state cardio is the LEAST effective and most widely used method of fat loss. There's NO increase in GH with steady state cardio, instead, there can be an increase in cortisol. This is another hormone that can actually INCREASE BELLY FAT. Cortisol is released as a 'stress' hormone when you're logging in hours on the treadmill or stationary bike.

I understand your efforts to train longer. Longer training equals more calories burned right? Wrong.

In the case of steady state cardio, calorie burning occurs while you perform, and at a minimum at best. Once you step off the treadmill, bike or elliptical machine, your calorie burning efforts stop.

What's the alternative?

[Simply replace steady state cardio with HIIT \(high intensity interval training\) along with strength training](#) in perfect combination. Ensure that you train anaerobically and eccentrically.

I've already explained the anaerobic connection to fat loss, but what does eccentric training do to aid fat loss?

More good news....lactic acid is produced through eccentric training. More lactic acid equals more GH, equals more fat loss and increased muscle growth. Examples of eccentric training are lowering the bench press bar slowly to the chest, lowering slowly from the pull up bar, or doing a slow descent on the squat.

Finish Fat Loss for Good

Remember, it's the TYPE of training that makes the difference. Straight up cardio is darn near useless for fat loss purposes. Studies even show that appetite is increased with lengthy cardio, since metabolism isn't elevated much during and not at all after a cardio session, those extra calories you eat don't help your fat loss goals. M2A training not only burns tons of calories during your workout, but it causes an afterburn so that you continue to burn calories even after your workout is over.

[M2A training](#) also increases metabolic rate even at rest because it helps you build lean muscle tissue. M2A training is a special combination of strength and HIIT (high intensity interval training) that you can do with a minimal amount of space and equipment.

Here's a cool sample workout.

Do 30 seconds of the following exercises with a 5 second transition between each.

Repeat the circuit 5 times:

- pull up (or assisted pull up)
- prisoner reverse lunge
- decline push up (incline or prone)
- box jump (squat jump or prisoner squat)
- plank recovery

If you can't get unassisted pull ups, use a band assisted pull up. The beauty of this circuit is that it increases lactic acid production through eccentric training on the pull up phase especially.

Win win!

If you're looking for fantastic FOLLOW ALONG workouts where you'll get coached and pushed to your limit with every workout, then you'll want to check out [Challenge Fat Loss](#). These workouts are 20 minutes or less and you can do them with little space or equipment.

Best of all, they're based on scientific principles so that you'll burn the MOST fat in the least time, all while transforming your body into a more desirable shape.

[Check out Challenge Fat Loss here.](#)

Exercises (and Alternatives) for the Workout

Pull up:



Pull up alternatives:



Prisoner reverse lunge:



Decline push up:



Decline push up alternatives:

Regular Push Up



Box jump



Box Jump alternatives: Squat jump or prisoner squat



Plank recovery



[Check out Challenge Fat Loss here.](#)



About Shawna K

I am a retired schoolteacher of 20 years who's found my passion in the fitness industry. I've parlayed my ability to teach and my love of training into programs that you can directly benefit from. I'm in my early 50's, I'm a mother of two teenagers and I understand how busy life can be. My workouts are short and intense and often can be done anywhere. I'm always up for a challenge and I like to share my fitness challenges with you. Currently I run my own fitness boot camps and I coach clients in person and online with my amazing result getting programs. You can see all my programs [here](#).