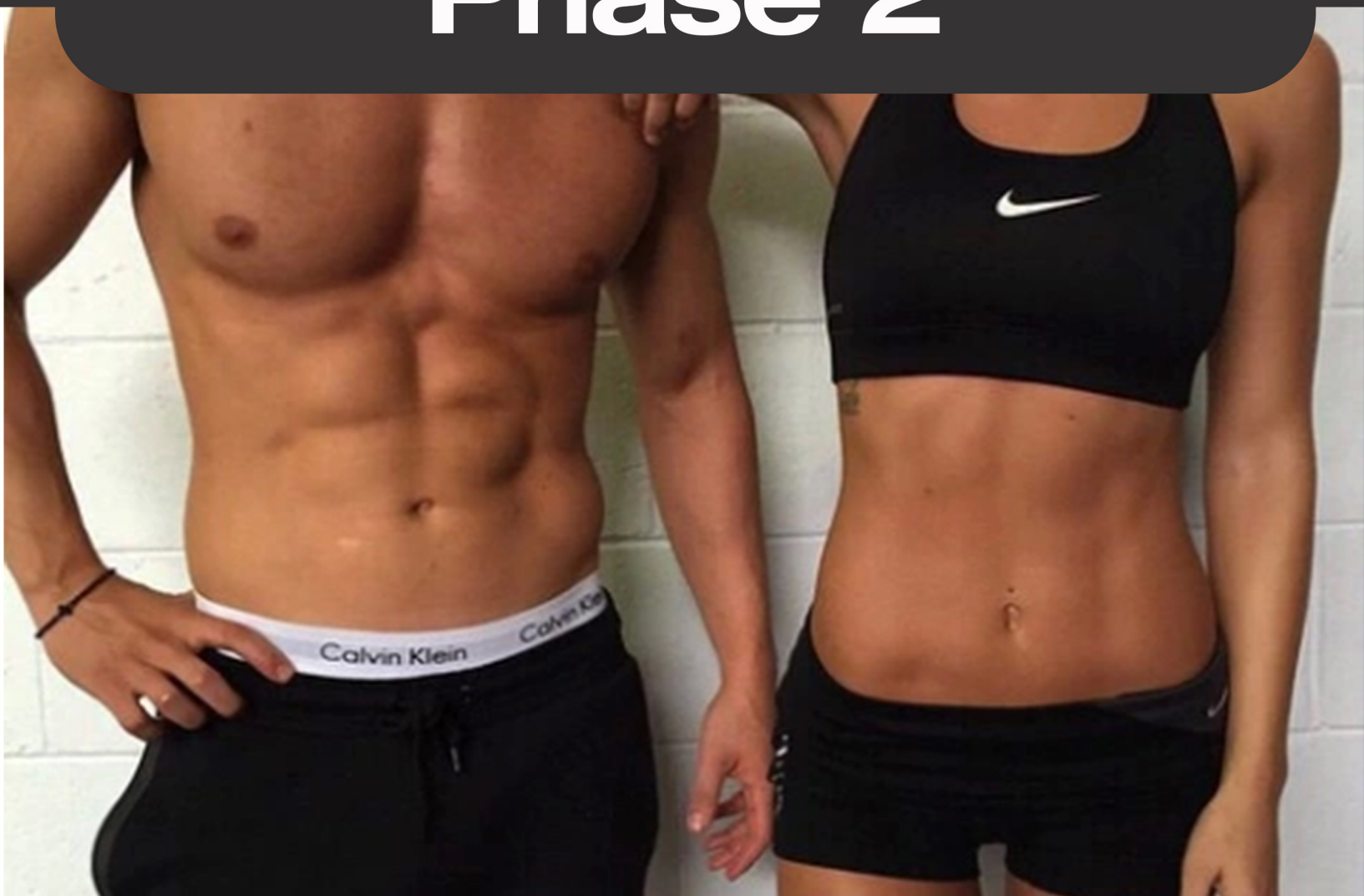


FLAT BELLY FLUSH

Phase 2



Derek Wahler, CTT

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Disclaimer

You must get your physician's approval before beginning this exercise program. These recommendations are not medical guidelines but are for educational purposes only. You must consult your physician prior to starting this program or if you have any medical condition or injury that contraindicates physical activity. This program is designed for healthy individuals 18 years and older only.

The information in this report is meant to supplement, not replace, proper exercise training. All forms of exercise pose some inherent risks. The editors and publishers advise readers to take full responsibility for their safety and know their limits. Before practicing the exercises in this book, be sure that your equipment is well-maintained, and do not take risks beyond your level of experience, aptitude, training and fitness. The exercises and dietary programs in this book are not intended as a substitute for any exercise routine or treatment or dietary regimen that may have been prescribed by your physician.

Don't lift heavy weights if you are alone, inexperienced, injured, or fatigued. Don't perform any exercise unless you have been shown the proper technique by a certified personal trainer or certified strength and conditioning specialist. Always ask for instruction and assistance when lifting. Don't perform any exercise without proper instruction. Always do a warm-up prior to strength training and interval training.

See your physician before starting any exercise or nutrition program. If you are taking any medications, you must talk to your physician before starting any exercise program, including the Flat Belly Flush Program. If you experience any lightheadedness, dizziness, or shortness of breath while exercising, stop the movement and consult a physician.

You must have a complete physical examination if you are sedentary, if you have high cholesterol, high blood pressure, or diabetes, if you are overweight, or if you are over 30 years old. Please discuss all nutritional changes with your physician or a registered dietician. If your physician recommends that you don't use the Flat Belly Flush program, please follow your doctor's orders.

Welcome to Phase 2: Flat Belly Flush!

Over the next 21 days, we'll be flushing the fat straight out of your body using a few diet and detox tricks that will thin out your digestive juices to unclog your system...

So you can FINALLY start burning fat again :)

And I want to make this as simple and straightforward as possible for you, so here's how it all works...

You'll follow a simple nutrition plan for the next 21 days, based on the 16-8 Intermittent Fast...

Which means you won't eat anything for 16 hours a day (don't worry, you'll be sleeping for at least half that time), and then you'll have an 8 hour "window" to eat...

A common fasting schedule will look like:

- Eat from noon to 8 pm
- Fast from 8 pm to noon the next morning

So you'll be skipping breakfast, which will give your fat-burning hormones a lot of extra time to flood your body and burn 2-3x more fat than normal, and...

You'll feel lighter and leaner than ever :)

I'll be honest, the first couple days may be a little tough. Any type of new change usually is, but the benefits far outweigh it and after 2-3 days, your body will adjust and you'll no longer be hungry in the morning...

And you'll feel amazing with tons of energy :)

Other than that, you'll see the Red Water recipe below, which you will drink 3x throughout the day and is extremely easy to make...

And you have the 12-minute low-impact bodyweight workouts that you should do first thing in the morning...

That's it!

Just follow the step-by-step plan laid out for you below and you'll be feeling lighter and leaner in no time :)

Talk soon,
Derek, CTT

Phase 2: Flat Belly Flush

Now that you've completed the original Flat Belly Flush program, it's time to kick it up a notch and flip your fat burning into HIGH gear...

So we're going to use a few NEW strategies here to burn more fat and lose more weight in the next 21 days than you did in the past 6 months COMBINED...

Just like the first 15 days, I'm going to keep this as simple and "fluff-free" as possible, so there will be no confusion and you'll know exactly what to do every single day.

Here are the simple steps for Phase 2. do this for the next 21 days.

- 1. Start your day with 8 oz. of lukewarm water and the juice from half a lemon.**
- 2. Perform one of the 12-minute low-impact workout routines.** You can find these at the download page you received access to upon purchasing the program.
 - a. For the best possible results, do the workout in the morning before you eat or drink anything (except water).
- 3. Skip breakfast**
 - a. In Phase 2, we're doing a 16-8 Intermittent Fast, which means you'll fast for 16 hours a day, and have an "eating window of 8 hours".
 - b. Let's say you finish eating dinner at 7 pm, you will then fast and not eat anything until 11 am the next morning. Then you can eat from 11 am – 7 pm, and repeat.
 - c. Avoid liquid calories during your fast (soda, juice, energy drinks, etc.). Plain black coffee or green tea from a teabag is acceptable.
 - d. Skipping breakfast will allow more time for your fat-burning hormones to work their magic all morning long. And after you do this for 2-3 days, your body will adjust and you'll no longer be hungry in the morning.
- 4. Drink three 8 oz. glasses of Red Water throughout the day (recipe below).**
 - a. For the best possible results, have a glass at noon, 2:30 pm, and 5 pm
- 5. Each meal (*lunch, dinner, snacks*) should consist of:**
 - a. Lean protein (chicken breast, ground turkey, lean cuts of steak, lean ground beef, salmon, eggs, whey protein powder, or beans)
 - b. Veggies – unlimited amounts

- c. Healthy Fats
 - i. Avocado
 - ii. Coconut Oil
 - iii. Grass Fed Butter
 - iv. Olives
 - v. Full Fat Cheese
 - vi. Full Fat Plain Greek Yogurt
- d. For your meals, follow this simple rule. Eat until you're satisfied and not stuffed. And feel free to overeat lean protein and veggies, especially at dinner, to hold you over until lunch the next day.

Red Water Fat-Flushing Recipe

- 1 ounce 100% unsweetened cranberry juice (do not buy the brands with added sugar, the only ingredient should be cranberries)
- 7 ounces cold water
- Ice (optional)

Just by making these simple changes, you can see amazing results in the next 21 days...

And I tried to make this as simple and easy to understand as possible, which is why I didn't write some 200-page novel that would only confuse you and include a bunch of fluff that doesn't really matter.

These are the KEY principles you need to jumpstart your weight loss and reverse the digestive "glitch" that'll finally have the weight coming off week after week...

And most important of all...

Just do your best, NEVER give up, and keep pushing forward every single day no matter what...

I know you can do this, and once you believe you can too, NOTHING will stop you from reaching your goals.

Time to take action!