

# FLAT BELLY FLUSH

## Quick Start Guide



**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 Flat Belly Flush!

Hi, I'm Derek and wanted to be the first to congratulate you on making the wise decision to invest in yourself and the Flat Belly Flush program.

Over the next 15 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 straight forward as possible for you, so here's how it all works...

**There are 2 stages to the Flat Belly Flush program...**

**Stage 1 – Digestive Detox** lasts just 5 days and will thin out your digestive juices so you start burning the calories and food you eat for energy, instead of it all being shuttled straight to your fat cells...

**Stage 2 – Flat Belly Burn** lasts just 10 days and will build on the momentum of Stage 1 and rapidly boost your fat-burning thanks to a few simple morning tricks combined with eating the right foods and the right times...

Other than that, you'll see the Red Water recipe in the main Flat Belly Flush manual, which you will drink 4x throughout the day and is extremely easy to make...

And you have the 5-minute low-impact bodyweight workouts that you should do first thing in the morning before you eat or drink anything (except plain water)...

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 :)

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You can find everything you need for the Flat Belly Flush in the main manual. That's your main resource and will tell you exactly what to do for the 15-day program.

However, to make this as simple as possible, here's a few more tips to get you started.

1. **Don't wait!** Open the Flat Belly Flush manual and familiarize yourself with the steps for the program. I tried to make it as simple as possible without much confusion, which is why it's straightforward without a lot of fluff.
2. **Prepare a grocery list.** Preparation is KEY to having unlimited success with this program. The main manual tells you what to eat and what NOT to eat, so make a list of all the foods in the program before you head out to the grocery store. Your list should be full of protein, healthy fats, veggies, and a little bit of fruit (berries are the best).
3. **Fill up your trash cans.** Go through your fridge, cabinets, drawers, pantry – wherever you keep food – and get rid of all the junk. If you have half a box of cereal left, don't try to finish it, just get rid of it. After all, if it's in the house you WILL eat it at some point. Just get rid of the temptation and make your kitchen the perfect environment for success.
4. **Get your mind right.** Not many people talk about this when it comes to losing weight, but it's extremely important. You have to believe you CAN do this. If you made it this far and purchased the program, then I already know you can do this. Most people don't even have the courage to try, but you're different. However, if you THINK you can't do something then you're probably right...you can't. That's why you have to believe DEEP DOWN that you can, whatever your goals are. Believe in yourself and the rest will come naturally.
5. **Commit.** This program is only 15 days, but if you go into it with the mindset of, *"I'll try this out for a few days, and if I don't like it, I'll just quit and try something else"*, then you're doomed to fail from the beginning. Go all in, do your best for just 15 days and don't let anything stand in your way. I truly believe the next two weeks are the spark that can change your life forever. You just have to believe in yourself, commit, and NEVER give up.

The plan is really easy to follow. It's not some complicated diet or extreme workout program because those are impossible to stick with long term. They're just temporary solutions.

With the Flat Belly Flush, it's more about discovering what foods you enjoy that also help you lose as much weight as you desire...

Along with a little bit of exercise that'll help keep you healthy for the rest of your life.

You can do this, and I'll do everything I possibly can to help.

Talk soon,

Derek Wahler, CTT