5 TIPS TO ACCELERATE YOUR RESULTS

A Guide by
Marc Fitt

ABOUT MARC FITT

Hi! My name is Marc and I'm a 22 year-old fitness model, personal trainer, public speaker, sponsored athlete, entrepreneur and international social activist.

I love to create awesome stuff for my followers in order to give them the opportunity to improve their life in all different areas.

I usually don't like talking about what I do and about who I am. I'd much rather let my actions speak for themselves. But for those of you who don't know me, here's a quick summary:

As you may already know, I am Canadian, as well as one of the top online fitness models in the world. I'm also very proud of being the youngest person to have reached such a goal and I'm honored to have already had such a big impact on the fitness industry.

In less than two years, my online videos have been viewed over 15 million times. I've decided to take advantage of this opportunity by helping thousands of others all over the world trying to reach their goal.

I've been featured on many important fitness sites, and I'm currently a fitness columnist for Global Montréal.
You can find all the interviews I did on my website,

www.marcfitt.com.

Marc Fitt
No one will change your world except you.

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Before I get into this subject, it's important I personally thank you for downloading this free guide about maximizing your results.
It means a lot to me and I will keep sending you free tips, articles, videos, eBooks and more to show you some high quality products to help you reach your true potential.

Let's begin! I know you downloaded this guide to have my best tips to accelerate results, and that's what you will find here. Sure, I have many other tips, but I think focusing on these five fundamental ones will help you to begin.

My goal is just to empower your capacity and if you have any questions about fitness, nutrition, services available on my site or anything,

just ask at marcfittwebsite@gmail.com and we will get back to you fast!

Where can you find me?

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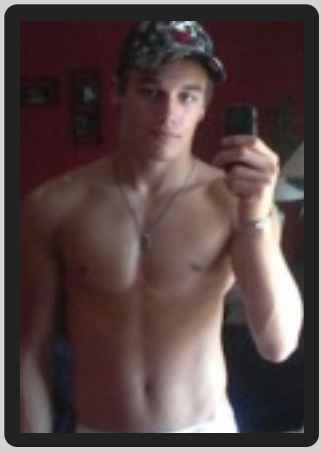
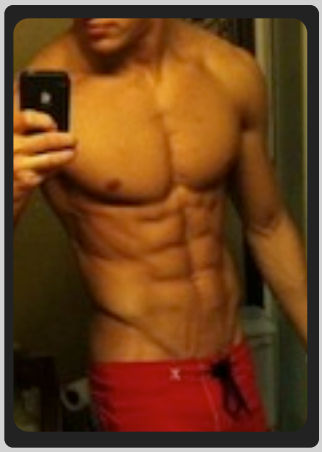
Tip #1 Target one goal.





Before starting to pack on muscle, I decided to go into a cutting phase (just like I explained in Tip #1). It was the best decision by far.

You should focus on one goal at the time, because you cannot give 100 percent with two goals. I suggest to cut first and be lean before doing a bulking phase, and the reason why is because when you are lean (below 10% body fat) you will:

- produce more testosterone (grow faster)
- have a better recovery process
- have more energy
- have better endurance
- increased agility
- assimilate more your food to build muscle
- burn more calories at rest
- experience overall health benefits

So, it's the best decision to do a clean bulking afterwards to maximize lean muscle gain and minimize the gain of fat. It's a misunderstood part of the fitness and bodybuilding world, but it's what I did personally and it helped me to gain a lot of lean muscle mass.

I gained nearly 25 pounds this year alone by being lean first and then eating clean
(I will make an eBook on how I did that too)!

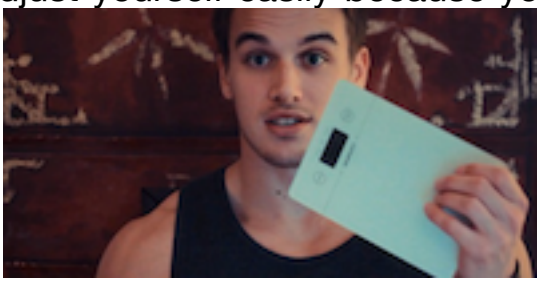
Believe and your world will change.

Tip #2 Track your diet.

Ask yourself, honestly: How much do I really want it? What am I willing to do to get it?

So many people don't even follow a plan, and that's the worst thing ever! That will affect you not only when trying to get in shape, but in any project you have. You have to make a plan of action to achieve your goals!

If you are able to track all of your food intake, and don't have results you want yet, you will be able to adjust yourself easily because you really know what you eat.



Personally, I weigh all my food gram per gram because I know the benefits of it and, it can seem like a pain, but it only takes me an extra minute per meal (which adds up to seven minutes a day to know exactly what I eat and be sure that I have the right amount of protein, carbs and fat).

I think this extra seven minutes is worth the investment of your time.
I will give you an example of what looks like my diet with all my macronutrients, and how I track it to the maximum.

Nutrition Planner

www.marcfitt.com
EVERYTHING IS POSSIBLE

Time Between Each meal:
2-3 hours

Target Calories	Protein	Carbs	Fat
3756	282	423	104

Meal#1

Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat
Egg White	150	72.0	16.5	1.5	1.5	0.0
Whole Egg	50	73.0	6.5	0.5	0.5	5.0
Blueberries	100	81.0	1.0	17.0	0.0	1.0
------ NO FOOD------	0	0.0	0.0	0.0	0.0	0.0
100 Quick oats Quaker	100	440.0	13.3	66.7	0.0	13.3
Cinnamon	0.5	1.7	0.0	0.4	0.0	0.0
Omega-3 Cap(1000mg)	2	18.0	0.0	0.0	0.0	2.0
Glutamine	5	0.0	0.0	0.0	0.0	0.0
Total		685.7	37.4	86.1		21.3

Notes: Multi-vitamins, 2g vitamin C ,

Meal#2

Foods	Quantity (g)	Calories	Protein	Carbs	Sugar	Fat
Whey isolate beyond yourself	30	126.4	26.0	1.3	0.0	1.9
Almonds (Raw)	20	122.6	4.2	4.4	0.8	9.8
Apple	100	44.5	0.4	10.5	0.0	0.1
100 Quick oats Quaker	50	220.0	6.7	33.3	0.0	6.7
------ NO FOOD------	0	0.0	0.0	0.0	0.0	0.0
------ NO FOOD------	0	0.0	0.0	0.0	0.0	0.0
------ NO FOOD------	0	0.0	0.0	0.0	0.0	0.0
------ NO FOOD------	0	0.0	0.0	0.0	0.0	0.0
Total		513.5	37.2	49.5		18.5

Notes:

Meal#3

Tip #2
Track your Diet.

Tip #2 Track your diet.

Also, you must ensure your body is getting the fuel it needs. This means calories, carbs, fats, and protein. Often, as important as it is, this is overlooked.

People think training consistently will be enough for them to add all the muscle they want, but they continue eating the way they did before they started training. You have to change your eating habits in order to get maximum results.

You can find a lot of great mobile apps and computer software out there to help you track your diet.

Personally the tool I use is something I created by myself to make diets for my clients and I offer it to the public as well. The reason why I created my own one is because I wasn't able to find something I love, so I made one that's super easy to use and accurate. It give me the opportunity to print my diet fast without any issues, which is perfect.

You can find all the details here; Marc Fitt's Nutrition Planner.

Tip #3 Focus on the form, not the weight

Work out smart!
Getting in shape is a marathon, not a sprint.

The form you execute in exercise is everything if you want to maximize the growth. When I talk about the form, what I mean is, how you do the movement itself.
There's different criteria that will impact the form, from the muscle contraction and the range of motion. (I'm assuming that you are doing the movement properly).

Muscle Contraction (Eccentric, Concentric and Isometric)

Eccentric: When the muscle elongates while retaining the weight. Basically, it's when you "go down". That's the most important muscle contraction to accelerate your results! It's where you will create the most trauma to your muscle (microtears to the muscles). If you are able to focus and go down in 3-5 seconds, then you will grow faster. The reason why you need to go down slowly is because retaining the weight is where the human body is stronger. In order to grow, you need to show your body that it's not strong enough and needs to become stronger to overcome a situation.

Concentric: When the muscle shortens while you add force. It's the "contraction" of the muscle. It's not the most important part, just contract to the max in 1-2 seconds and it will be enough to work this movement.

Isometric: When you hold the weight in the same position. Normally it would be at the end of the eccentric or concentric movement.

The Range of Motion (From A to Z)
I see so many people that are not maximizing the range of motion of a lot of exercises. But it's really important to go from A to Z when executing a movement. If you are starting at the middle of the movement and you always do that you don't give your body a chance to stretch the fascia (membrane that keeps your muscles in place with your body). If you are able to stretch the fascia then you give more place for your muscles to grow, and indirectly, you grow faster. Be sure you do the movement properly to the range of motion appropriate to the particular movement.

Tip #3
Focus on the form.

Tip #3 Focus on the form, not the weight

In summary the form goes hand in hand with gaining muscle mass.

When doing an exercise, many people don't know the negative part of the repetition is when you're truly destroying, aka, building your muscles.

The positive is when you're lifting the weight up; the negative stretches your muscle out, and truly tears it.

Give everything you have at every repetition.

At least every few weeks, you should really focus on the negative. An example would be when doing barbell curls. You'd lift the weight for two seconds, and then count four or five seconds on the negative. A really effective way to focus on the negative is to have a spotter. You can retain more weight on the negative than you can lift on the positive, so have him help you lift it, and then you do the negative.

Tip #4 Be Intense.

No matter what you start in life, be sure you give it your all. The feeling of achieving a goal is second to none, every single time.

Be intense in the gym, and throughout each part of your fitness journey. If you want to get shredded or bigger you have to focus on your plan to get where you want to go. Never retreat, never surrender on a goal, because if you do it once it will be easier to give up in the future, but if you achieve a goal you will know what you are capable of. In this way you can build confidence and set up a higher goal after.

A lot of people don't understand how much cheating can impact your results. They say, oh I'll just cheat a little here, and here, but what they don't realize is, eventually it all adds up and make the difference between being in shape or not.

Act like a champion if you want to be one. By following your plan well, you'll also develop a sense of self-discipline like no other. That discipline will help you in all aspects of life. If you cheat yourself on a workout plan, what happens when you need to make a big life decision? Be true to yourself, and learn how it works in reality.
The quicker you realize, the quicker you can change your situation.

Tip #5 Control your mind

As everyone knows, following a dream that society doesn't accept as "normal" isn't easy. But if it's your dream, it's worth it. It's your life — not your family's, friend's, or the crowd's. Live it the way you want to. Do what makes you happy.

I'm a huge believer in the power of the mind, no matter what you say, or think, whether in a positive or negative way.

So, if you want results, give the right message to your subconscious. Instead of saying, "I don't want to be fat" tell yourself, soon, you'll be in the best shape of your life and have a six-pack.

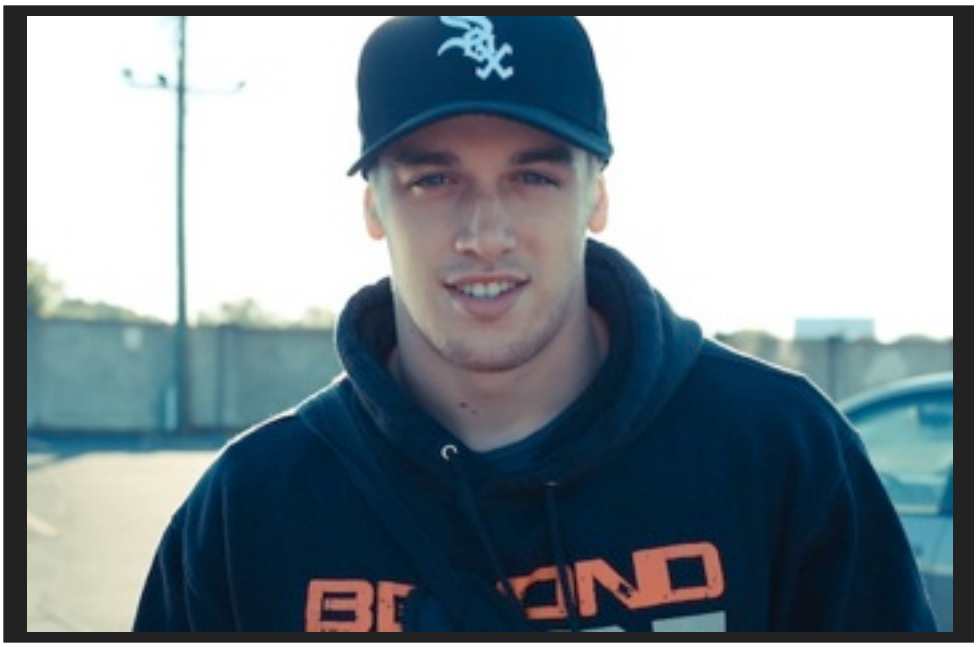
Just by thinking, you can activate your body's metabolism. When you're stressed out, or are being emotionally affected by something, your heart rate increases, you start sweating, etc. Everything comes from the commander of your actions, which is your mind. If you are able to think you burn more fat by doing this, doing that, or eating this or eating that, then your mind will help you get there.

Be positive, and you'll attract good things in life.

Everything starts with your mind, you command what you will get in life and who you are.
If you can master the mental side, you're good to go. If you aren't even willing to pick up a dumbbell and try, you won't be anywhere near the big you dream of no matter how much you know about training.

The guy who walks into the gym with no knowledge, but the will and desire to do whatever it takes to succeed will find a way to be the one who gets what he wants with his body, and in life.

Impact others with your drive in life. If you are able to use your gifts and talents to help others, your future will be beyond satisfying.



THANK YOU SO MUCH!

I hope you have enjoyed this guide, because it was a real pleasure to write it. I appreciate that you took the time to read it, and I can't thank you enough. As you probably already know I have a really busy schedule, so it can be difficult to interact with each and every one of my supporters, but I think by releasing this guide to you all it makes it easier for me to thank all of you for being there for me!

More guides are coming. Just stay tuned to your inboxes because I keep writing awesome stuff for you!

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