

HOW TO

Lose Fat

& Maintain Muscle

SPEEDFIT

THE SMARTER WORKOUT

So, your goal is to lose body fat and maintain that muscle mass. Below you will find a list of main focus points that directly correlate to this goal. The aim here is to consistently follow every aspect to increase your likelihood of succeeding in this goal. Understanding each component is important as you may become aware of areas you are less confident in or lack knowledge in, this gives you an area that needs to be focused on and that is where we come into it. Please ask questions when you feel like you need more information.

Increase Protein Intake:

- Why: Protein is crucial because it helps repair and rebuild muscles after workouts. When losing weight, the body tends to break down muscle for energy, so eating enough protein preserves muscle while you lose fat.
- How: Aim for around 1.6-2.2 grams of protein per kilogram of body weight per day. Lean meats (chicken, turkey), fish, eggs, dairy, and plant-based sources like lentils and tofu are excellent choices. Use your body scan as a guide to how much protein you should be getting in every day as a bare minimum

Engage in Strength Training:

- Why: Strength training helps maintain or even build muscle while you're in a calorie deficit (eating fewer calories than you burn). Muscle burns more calories at rest than fat, so having more muscle supports fat loss.
- How: Focus on coming to ALL of your sessions, to fast track results consider upping your sessions to two sessions a week. When you are training you need to be pushing your limits and not just going through the motions, It needs to be hard, if you finish a session and feel like you could go again you have not pushed hard enough. In your Sessions you will utilise EVERY muscle in your body, which can't be done by doing generic training. Your SpeedFit sessions work multiple muscle groups, making your workouts more efficient.

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Ensure A Caloric Deficit:

- Why: A caloric deficit forces the body to burn stored fat for energy. However, too large a deficit can cause muscle loss, fatigue, and poor recovery.
- How: Aim for a moderate deficit, about 300-500 calories below your maintenance level (the number of calories needed to maintain your current weight AKA TEE). Use apps like MyFitnessPal to track your calories. Follow along with the Future You Fast track Guide for how to do this (VERY IMPORTANT) if you do not have a copy please ask us!

Implement Cardio:

- Why: Cardiovascular exercise burns calories and can improve heart health. While it's not necessary for fat loss, it helps increase your calorie expenditure.
- How: Incorporate 2-3 sessions of low- to moderate-intensity cardio (like walking or cycling) or high-intensity interval training (SpeedFit Cardio Sessions), which can burn fat while preserving muscle.

Consistency and Patience:

- Why: Fat loss is gradual. Drastic changes can lead to muscle loss, so consistency over time is key.

How:

Focus on making steady progress, rather than quick fixes. Monitor your body measurements, photos, and how clothes fit, rather than obsessing over the scale. Ask your trainers if you need guidance on this and if you need to reassess and break down your results to ensure you're on the right path.