

# 5 TRICKS TO FIX SLOW FAT LOSS



John Romaniello

5 Ways to **FIX**

s l o w

*Fat Loss*

by

John Romaniello,

NSCA-CPT

Firstly, thanks so much for downloading this report.

I've got some really cool information to share with you, and I'm psyched to do so. In fact, I'm going to teach 5 very specific and very effective ways to FIX Slow Fat Loss. But you knew that...because that's the title of this report.

Before we get in to that, though, I want you to get in the right mindset—an open mindset.

**And to do that, I need you to place your trust in me.**

For some people reading this, that's not going to be hard; you may follow my blog, or may have read my stuff in **Men's Health**, **SHAPE**, **LiveStrong**, **Askmen** or one of the other magazines I write for; and because those are trusted sources, you're thinking, *"okay, this guy's legit, I have an open mind."*

Maybe you've seen me presenting fitness information and discussing hormones and fat loss (more on this later) on a TV program, like *Good Morning America*; and again, you feel comfortable knowing that (outside of reality TV) you generally have to know what you're talking about to appear on shows like that.

Roman has been seen in and on....



[ This is me establishing credibility. See? Now you *have* to trust me ;) ]

But for SOME of you...well, maybe you don't know me that well. Or, perhaps you don't know me at all.

If that's the case, then you downloaded this report because another fitness professional told you it was full of pretty cool information (and trust me, it is). You trusted that person's opinion, and that person trusts me.

And since I would never do anything to betray anyone's trust, I am going to take good care of you and give you AWESOME information.

Now, just so you know bit more about me, I'll give you the highlights: if you don't yet know, my name is John Romaniello...*but* everyone calls me "Roman" (except my mom).

I'm trainer and strength coach living and working in New York City—probably one of the most demanding environments in the world. People here don't just want results...they want them FAST. But they *also* want them to be safe.

So, to be successful here, that's what I had to do: **deliver safe, effective, RAPID results to the most fast-paced (and critical) city in the world.**



Roman in NYC

I've been helping people **FIX** slow fat loss for about 10 years now, and I'd like to say I've gotten pretty darn good at it.

Like I said, I've been on TV talking about this stuff, written in magazines, all sorts of websites—and now I have this report for you, condensing a huge amount of this information in one place, so you can start getting some rapid results.

## Okay—so, now we know each other! Or, at least, you know me.

And so, I need you to trust me. Which (despite the fact that we've now known each other like 7 minutes and we're basically family) may be a tiny bit challenging at time.

And here's why...

**The following information is going to be a bit weird.** Some will be a little bit "off." And to some of you, a bit of the information may sound downright WRONG.

## Why?

It's fairly simple: I'm going to help you **FIX** things you didn't know were even BROKEN.

I know, I know—I'm getting all "guru" on you. But bear with me a second. You see, a *lot* of the reason you downloaded this report is because your fat loss HAS slowed; and chances are you're not sure WHY it's slowed.

**Thankfully, that is exactly my area of expertise.** I'm going to starkly illustrate why your fat loss has slowed; explain in perfect detail the FIVE BIGGEST things you didn't even know were broken...and then I'm going to help you **FIX** them.

And while some of the below information may come off a bit strange, a **lot** of it is going to strike a deep chord with you.

That, this report going to resonate with a lot of the things you never realized you were thinking about fat loss.

So, as I said, what I need you to do is open your mind and to trust me; I just want you to be willing to listen and hear something new, and to forgive me in advance if I make fun of you or digress into a little foul language.

As you read this information, keep a few things in mind.

- 1.** At some point or another, your fat loss progress slowed down—A LOT—despite what type of diet or training program you were on. Chances are it's happened to you more than once... (If this hasn't happened to you, you are either a cyborg, or the luckiest person every and the rest of us hate you!)
- 2.** If that hadn't happened to you, you wouldn't have bothered downloading this report and reading the very words you're reading right now. The fact that you are reading it means you've run into a wall at some point, and you've been frustrated as hell about it.
- 3.** I have seen the above phenomenon occur with nearly every single one of the many hundreds of clients I've trained over the past 8 years. I've seen occur with my own body. And to be honest, it's frustrated the hell out of me, too.
- 4.** Based on that, we've been in the same boat. (Spiritual high five.)

**Okay, so now that you've got those facts in mind, I want you to get *excited*.**

Seriously.

Get pumped up. Pace back and forth like athletes do before the big game.

*Jump and down like you're at a Bon Jovi concert.*



**Now THIS guy is excited about **FIXING** his fat loss. Woop!**

But seriously, I'm just excited about this report—because you know all that stuff I just said about being able to meet your goals?

***That's*** what the information I'm about to give you is going to do.

Here's how:

**As I mentioned, I've been in that same position.**

*More importantly, I've worked hundreds if not thousands of clients who've all hit that same proverbial wall. And that might be the best thing of all.*

Being able to analyze data from so many clients has allowed me to collect the information I've put into this report.

What it comes down to is this: in order to really **FIX slow fat loss, you need to be able to identify what causes it.**

And that's what I've done.

Going past that, you have to know how to **FIX** those issues.

Yeah, I've done that, too.

It wasn't easy, and it took a while, but I've narrowed it down to what I consider to be the five biggest, most common, most de-railing things that are responsible fat loss.

Said another way, I've made a list of the top five things that get in clients way (or allow people to get in their own way) when trying to lose fat

**And, if identifying those issues didn't make me awesome enough, I took it a step further and told you how to **FIX** them, too.**

So basically, you owe me a *high five*.



Please Complete the Internet High Five Before Proceeding with the Document.

**Thank you.**

Your High Five Has Been Processed.

Okay, on to business!

# Slow Fat Loss **FIX** Number 1 –

## **FIX Your Programming**

This is something you probably don't realize is broken. Broken programming is a problem for nearly every person I know whose fat loss has slowed.

And it *sucks*.

I mean this in the nicest way possible: you are probably not setting things up right for fat loss—and changing this this is one very real way to **FIX** slow fat loss.

I need to clarify and say that I don't necessarily think your *program* sucks; there are a lot of great programs out there from a lot of really incredible coaches and trainers, and if used for the particular purpose for which they are intended, each of those programs can be exceptionally effective.

Having said that, not all programs are created equal, and not all programs are suitable to all goals.

**So it's not your *program*—it's your *programming*.**

That is, the goal for which you are using a specific program, the aspects of it you're changing, and the way in which you are altering your overall training to fit into that program.

Perhaps an analogy would help here...think of it this way:

## Every single training program is like a tool in a toolbox.



Some tools are multi-functional—others are not. For example, a hammer has two functions: you can pound nails in, or pull nails out. A screwdriver can twist screws in or out.

On the other hand, a saw only has one function: it cuts things.

So if you needed to perform a specific task, you'd use the right tool. You wouldn't try to cut wood with a hammer, or pound a nail with a saw. That would be stupid (but kinda funny to watch).

Looking at programming, that would sort of be like trying to pack on muscle by using a lot of cardio: a truly bad idea, and one that just isn't going to work.

By and large, I think most people are smart enough and capable enough to avoid such an obvious mistake.

## All right, that's a not so hard...but what about something a bit less obvious?

For example, if you squint a bit, a screw *kinda* looks like a nail. If you try hard enough, and don't know any better, you can certainly use a hammer to drive a screw into wood—it's not optimal, but it *can* be done.

Who'd do that, though? It's stupid. Well, that's exactly what most people are doing in their fat loss programming, *especially* when it comes to trying to **FIX** slow fat loss..

Going briefly back to the tool comparison, when you begin a construction project, there are times where you need to hammer nails, and times where you need to turn screws. You can try to use the same tool for both jobs, but deep down you know that's not the best way to go about it. If you try hard enough, it might work, but it's going to take longer and might mess things up a bit.

In much the same vein, you have to switch programs—that is, switch fat loss *tools*—once you're trying to **FIX** slow fat loss.

You see, as you get closer and closer your fat loss goal, you can't just keep using the same program you used in the beginning. It's not that that program isn't good—it's just not intended for such exacting work.

What you need is a fat loss program that is designed specifically for that purpose—designed with the not only the difficulty of losing those pounds in mind, but also designed to offset the physiological processes that create **s l o w** fat loss.

**And until now, there haven't been many such fat loss programs. (Final Phase Fat Loss changes all that. )**

Now, you'll have a new tool in your tool box—one designed specifically to **FIX** slow fat loss—by addressing fat loss on a HORMONAL level. (More on this later).

Adding this program into your overall programming is the best step you can make towards getting to where you want to go.

## Slow Fat Loss **FIX** Number 2 –

### **FIX** Your “Cardio”

Cardio is a hot topic. A few years ago, it seemed like nearly every trainer in the world had made it his quest to tell everyone under the sun that “slow-go” or long-duration and moderate intensity cardiovascular was a waste of time, and that harder was smarter.

At that time, it seemed that High Intensity Interval Training—a protocol involving alternating short but intense periods of work with even short periods of rest—was the best option for cardio.

As it turns out, we were only *half* right.

**More recently, we’re seeing an even *better* way emerge.**

Supported by both research and empirical evidence, it seems that cardiovascular exercise done *with weight* is actually **superior even to interval training**. Now, that suits me just fine, because that’s pretty much what I’ve been doing with my clients for the past three years, and we’ve been seeing phenomenal results.

The cute industry buzzterm that’s being used a lot is “**metabolic resistance training**” or **MRT**. I’m not really in the mood to come up with my own cute buzzterm, so let’s stick with that.

## Here are just a few reasons why metabolic resistance training is better than general cardio:

- Higher caloric expenditure when compared minute to minute
- Increased stimulation of muscle, helping to hold onto LBM when dieting
- Increased Excess Post-exercises Oxygen Consumption (EPOC)

So, MRT is really just fast paced lifting, right? Kinda. The best way to do metabolic resistance training is to use **non-competing circuits**—that is, set up a circuit of exercises during which you alternate opposing muscle groups.

Examples would include doing a chest exercise followed by a back exercise, or **alternating an upper body exercise with a lower body one**, you allow the opposing muscle group to rest. By setting your workouts up like this, you can move faster, rest less frequently, and get a great total result.

**The great thing about MRT is that it's more of a *concept* than a *protocol*.**

That is, it's adjustable to nearly any type of training. You can get a great MRT workout with so many different pieces of equipment and styles of working out.

**Kettlebells are a great tool for metabolic resistance training**, and it's easy to see how they're great for fat loss. I won't waste time writing about kettlebells because everyone else has been doing that for the

past year. I'll just say that KBs make a great fat loss tool and lend themselves to MRT quite nicely.

Another great way to start using MRT is with **dumbbell or barbell complexes**, which are exercises circuits using minimum space and equipment.

With a complex, you transition smoothly from one exercise to another, never letting the barbell or dumbbells leave your hands. It's fast-paced, effective, and brutal.

You can even do metabolic resistance training fat loss using **just your bodyweight**—something that's been made clear by bodyweight training expert Craig Ballantyne.

As a gift for you, and a *thank you* for downloading this report, I have a workout for you. Below is an example of a bodyweight workout to do in place of "cardio" and **FIX** your slow fat loss.

<b>Bodyweight "Cardio" Workout</b>		
<b>Exercise</b>	<b>Work</b>	<b>Rest</b>
<b>Jump Squats</b>	20 seconds	10 seconds
<b>Push-Ups</b>	20 seconds	10 seconds
<b>Mountain Climbers (neutral spine)</b>	20 seconds	10 seconds
<b>Burpees</b>	20 seconds	10 seconds
<b>Speed Squats</b>	20 seconds	10 seconds
<b>Plank</b>	20 seconds	10 seconds
<b>Jump Lunges</b>	20 seconds	10 seconds
<b>Push-Ups</b>	20 seconds	10 seconds
<b>Left Leg Forward Stationary Lunges (fast!)</b>	20 seconds	10 seconds
<b>Right Leg Forward Stationary Lunges (fast!)</b>	20 seconds	10 seconds
<b>Jumping Jacks</b>	30 seconds	XXXXXX

Given that there are so many options for how to perform metabolic resistance training, and how effective it's proven to be, the fact that more people *aren't* doing MRT isn't just mind-boggling, it's almost offensive.

Metabolic resistance training is the MOST effective way to do “cardio,” and it's finding its way into the programs of some of the best fat loss specialists in the world, such as Alwyn Cosgrove, Joel Marion, and some guy named John Romaniello.

Between the research that has been done and the endorsement from such knowledgeable people, there is simply no arguing with the fact that you NEED to be doing MRT in order to **FIX** slow fat loss.

## Got it?

Good.

Now, I won't go so far as to say we should stop doing all other types of cardio in favor of metabolic resistance training—not by a long shot.

I don't care for (or make) such absolute statements, speaking generally.

Speaking more specifically about metabolic resistance training, I'll say that while MRT seems to be the most effective *single* option, I strongly believe that everything has benefit and you can enhance your results even further by doing a combination on of MRT, High Intensity

Intervals, and even a slow walk on the treadmill (as recovery after workout that taxes your lower body pretty heavily).

Because I'm a nice guy, I've decided to share short metabolic resistance circuit (using dumbbells) with you, which you can use to **FIX** slow fat loss:

Circuit		
<b>Set Up - Perform exercises 1 through 7 sequentially, resting as prescribed between exercises and 45 seconds between circuits. Perform this circuit 4 times.</b>		
Exercise	Reps/Time	Rest
1) Push Press	12	25 seconds or less
2) Alternating Reverse Lunges	15 per leg	15 seconds or less
3) Inverted Row	10-12	25 seconds or less
4) Side Plank	25s per side	5 seconds or less
5) Swiss Ball Rollouts	15	10 seconds or less
6) DB Romanian Deadlifts	10	25 seconds or less
7) Jump Squats	10-15	N/A

Using relatively light dumbbells, go through this circuit in place of your next "cardio routine."

I guarantee you'll hate me—and that's how you know it's working. =)

**If your fat loss has slowed and you want to **FIX** it...well, let's just say that if you haven't replaced other cardiovascular training modalities with metabolic resistance training, you know what you need to do.**

# Slow Fat Loss **FIX** Number 3

## **FIX** the *Lack of Variety* in Your Training

As I touched on earlier, both the specific *program* you're on as well as the way you adjust your *programming* is one of the single most basic adjustments for fat loss training. Once you've covered that, you're likely to see a lot more progress in a lot less time.

However, when we're talking about either **FIXING slow fat loss**, or *restructuring* to lose the last few pounds, "basic" no longer covers it.

**You need to step your game up, and to do that a "basic" fat loss program isn't going to cut it.**

The programs I design to **FIX** slow fat loss **always use multiple training styles within a single training week.**

In fact, while I think in general I design good workouts, I'll say with certainty that it's *rotating training styles* and that makes my programs so effective—it's that little twist which pushes things into *overdrive*.

Just as you can't expect the same workout from "week 1" of your program to be challenging or effective during the later phases of that program, you **also** can't expect to keep doing the same type of workouts all the time and make continual progress.

**It just doesn't work like that.**

Of course, I must note that fitness pros talk about what's the "best" cardio for fat loss or the "best" program for gaining muscles—and

everyone has their opinions on that. All fitness pro's do that, and, most of the time, they aren't just mouthing.

But then those same pros talk about *changing it up*, and the body as an adaptive organ, and stuff that seems to contradict what they said in the first place.

That happens for two reasons:

- 1) A lot of those people are actually idiots.
- 2) This whole fitness thing isn't easy!

Look, losing fat or gaining muscle certainly **isn't** *rocket science*, but it **is** science. And when we talk about trying to stay ahead of the body's adaptation curve, that little bit of science supersedes opinion-based discussions about best programs.

So I've looked at that situation and seen that it's not really the best thing, and I've fixed it—and then used those fixes to **FIX** slow fat loss! (forgive the redundancy of that sentence, please!)

With my rapid fat loss programs, we “change it up” each and every week. Not only are you doing different workouts each day—you're doing different *types* of workouts ***each day!***

I've designed unique workout from what I consider to be the **most effective methods** to **FIX** slow fat loss.

Of course, you can't just throw a bunch of workouts together and call it a program. Not if you really want to make progress, and especially not if you want to achieve the incredibly delicate goal of **FIXING** slow fat loss.

Instead, I combine the workouts in a way that allows them to be synergistically more effective; that is, not only is each training session effective on its own—it's *more* effective because of the session the preceded it, and the one that's to follow.

My *favorite* training styles to **FIX** slow fat loss are **lactic acid training, density based training, dynamic training, and heavy/strength based training.**

Over the past 7 years, I have found that by combining these modalities within the context of a single training program, you lose fat in ways you *never* have—and it'll even help you **FIX** slow fat loss and start losing your most stubborn *pounds*.

As listed above, in every single one of my programs, at least one day per week is dedicated to heavy lifting. There is simple no drawback to being strong or to getting stronger. On top of that, heavy lifting is great not only for holding onto muscle while dieting, but it also makes you look better by increasing myogenic muscle tone.

**For your own training**, try adding in different styles to **FIX** slow fat loss. If you're mostly doing circuit training with weights, throw in a single bodyweight workout, and I guarantee you'll lose more fat. If you're mostly doing bodyweight stuff, adding kettlebells to the mix will make the entire program more effective.

**Again...this isn't rocket science—but it IS science.**

# Slow Fat Loss **FIX** Number 4

## **FIX Your Diet**

I want to talk about nutrition, and how to best utilize it to **FIX** slow fat loss. But first, I have five quick questions for you:

- 1. Are you on a diet?**
- 2. What diet?**
- 3. Why that diet?**
- 4. Okay, how many Calories are you eating?**
- 5. WHY are you eating that many Calories?**

Nearly everyone can answer the first two questions—if this was a test, they'd be the easy questions to build your confidence.

**The third question...well, that makes you think a little more.**

I think most people probably select diets that suit their needs and lifestyles, but there is also a good number of people who have no idea why they chose the diet they're on—they just heard it was good. Okay, fine.

Moving on to question four: well, do you? I know a lot of coaches and nutritionists don't really get into counting Calories. Well, I try not to either.

But the bottom line is this: if you want **FIX** slow fat loss, you need to step back and re-evaluate the situation. How can you possibly do that if you don't know how much you're eating?

So I'll offer this compromise: if your fat loss is slow, *count your damn Calories, ya lazy bum!*

Okay question 5: for those of you that know exactly how many calories you're eating (great job, by the way) *why* are you eating exactly that many?

Chances are, you determined your Caloric intake using some formula that had you multiply your weight or your lean body mass (LBM) by a certain number—usually between 14 and 17. Well, the idea is good, but the execution is fatally flawed.

That's right. Just to be clear, I'll state it plainly: **most Calorie formulas are absolutely flawed when it comes to fat loss—especially when it comes to **FIXING** slow fat loss.**

Why? Simple: because **most Calories formulas do NOT factor in bodyfat to a great enough degree.**

The most basic ones just have you multiple with your weight. I cannot begin to tell you how pointless this is. If you're not making ANY distinction between your body fat and your lean body mass, then you're basically eating to maintain both—which is pretty much the **opposite** of what you want to be doing.

I'm pretty sure most people reading this report know this, but it's never bad to remind everyone of the fact that Calories are a unit of energy more than they're a unit of nutrition. To that end, you need to think

about taking in enough energy to maintain your necessary equipment (LBM) while at the same time forcing your body to tap into energy reserves (fat) to get the job done.

If you're not eating in a way that differentiates between the necessary equipment and the energy stores, you're just not going to make progress.

But we all knew that, right? All righty, then, let's move on.

Now, better Calorie formulas ask you to use your LBM as the sole determining factor to figure out your Caloric (read: energy) needs. That's certainly better, but from my view, it's only half the picture.

Let's say I have a client that weighs 240 pounds at 25% body fat. He's got 60 pounds of fat and 180 pounds of lean mass.

Now, let's say I have another client that's 200 pounds at 10% bodyfat. He's got 20 pounds of fat, and 180 pounds of lean mass.

Both of these clients are dieting trying to reduce their fat by half—so client one wants to drop 30 pounds, and client wants to lose 10.

Conventional fitness wisdom tells me I should have both of these clients eating the *same* number of Calories, **simply because they have the same lean mass?**

Sorry, but there's an incredible **disconnect** there, and it seems the industry—and as a result, people trying to lose fat—have missed it.

If you want to make optimal progress **and get leaner and FIX slow fat loss**, you *must* understand and apply the concept that your body is unique, and the amount of fat on it is going to be as large a determinant for Caloric intake as the amount of muscle.

## Huh? I know, *weird* concept, right?

To explain, rather than giving you more long-winded text, here is the *exact* formula is use to determine a clients maintenance Calories.

Current Body Fat	Caloric Intake
6%-12%	17Kcal per pound of LBM
12%-15%	16Kcal per pound of LBM
15.1%-19%	15Kcal per pound of LBM
19.1%-22%	14Kcal per pound of LBM
22.1% or above	13Kcal per pound of LBM

Now, the *reason* for the structure is rate of fat loss. Simply put, the *more* fat you have on your body, **the faster you can lose it**, and the more of it you can lose *without* sacrificing LBM (lean body mass).

Therefore, if you're carrying around significant you can consume fewer calories and still have a pretty decent rate of fat loss without really affecting the metabolic processes responsible for fat loss and muscle gain.

On the other hand, if you're starting out in **already (relatively) lean condition** and trying to get even leaner, your body is going to necessitate a higher baseline level of incoming energy (calories) simply to maintain your starting muscle mass.

Using the above formula to determine your maintenance Caloric intake, simply subtract a modest amount (200-400 Calories) and you can begin to lose fat without sacrificing muscle.

So, to conclude, just because two people have the same lean body mass doesn't mean they can eat identical diets.

**If you want to **FIX** slow fat loss, you have to eat for *your* body, no one else's.**

## Slow Fat Loss **FIX** Number 5

### **FIX Your Stubborn Hormonal Environment**

Anyone who's ever tried to lose fat through diet and exercise can tell you that it's a **LOT** hard to lose the last 10 pounds than it is to lose the first 10.

At this point, I've explained a lot of why fat loss becomes *s l o w* – especially as down as you get leaner, so you'll believe me when I say that as extreme as it sounds, **for most people, it's harder to lose the last 5 than it is to lose the first 50.**

And the single biggest reason that's the case is because of the **changes that occur in your body as you lose fat**—changes which create and perpetuate an environment that makes it exceedingly difficult to **FIX** slow fat loss.

As you probably guessed from the header, I'm talking about the hormonal implications of **FIXING** fat loss; however, before we can get into that, we have to go back a bit further.

As you probably know, a lot of the problem is just simple genetics; even if your family isn't an example of fat loss hardship, it's important to consider the longer view.

You're not just contending against your *own* genes—you're working against the entire genetic make-up of all of our predecessors. That's right: all of our ancestors DNA is pretty much stacked against you.

From an evolutionary standpoint, there's no benefit to being extremely lean. In fact, being “naturally” very lean (that is, having the genetic propensity not to store fat easily) was likely detrimental in the sense that as soon as there was any level of food scarcity, you’d starve and die. Well, since food scarcity was pretty common, those naturally shredded dudes died; probably before they could reproduce and pass on those genes.

People who stored fat efficiently were able to survive longer and live to pass on their efficient fat storage genes—to you. Pretty sweet, right?

I know, this has been covered by a number of diet experts (most notably Joel Marion), so a good bit of the following information may sound familiar.

One of the hormones we talk about with regard to dieting is leptin, also known as the anti-starvation hormone. Leptin directly controls a number of metabolic processes in your body and therefore indirectly controls rate of fat loss.

To put it simply, the more leptin you have, the easier it becomes to **FIX** slow fat loss.

## **Now, here’s where it gets gitchy.**

Leptin is produced in the fat cells, so the less fat you have, the less leptin you’ll produce; which of course means that you lose fat at a slower rate.

Sticks, right? Oh, Don’t worry—it gets worse.

You've lost fat already, which means your baseline levels of leptin are low. And then when you reduce or restrict Calories (as you do when you're trying to lose the last bit of fat), leptin levels drop even **further**, **slowing** fat loss even more.

One way to manage this is with periodic over-feeding, or Cheat Days—and that's a great strategy.

The problem is that such strategies often require you to take in massive amounts of carbohydrates (great news if you're sick of being on a diet), and that affects another hormone called Insulin.

I'm not an endocrinologist, so I can only speak about insulin from the perspective of how it affects physique enhancement. And in that regard, producing large quantities of insulin with cheat days can inhibit losing fat.

Now, I'll qualify that by saying it doesn't slow down OVERALL fat loss—just that it makes it harder to lose fat in certain areas.

To explain that, let's talk a bit more about hormones and **FIXING** slow fat loss.

When you've lost the first 20 or 30 or 50 pounds and are just trying to lose the last few, what you've really done is stripped away the first layer—the “easy fat,” if you will—and now your body looks pretty different.

**What you'll see is that instead of holding fat in a fairly even distribution of layers over your entire body, you're holding fat in your "trouble areas."**

That is, the LAST places you lose fat are the areas that have always been a problem for you—and when you're trying to lose the last few pounds, it is specifically in those areas that fat will be held.

The reason you're holding fat in those area—and the reason you have to FIX slow fat loss in order to even TOUCH that fat (and will lose it from there last)—is ***largely hormonal***

**In fact, I'd go so far as to say that the *entire process* of losing the last few pounds is largely hormonal.** As we study this more in the industry, we see certain hormonally-directed fat storage patterns.

As an example, if you store fat primarily in the love handles and lower back, then chances are you're highly insulin resistant. I am actually a victim of fat storage, so I'll speak about this from experience.

Being insulin resistant essentially means that my body doesn't manage insulin in the most efficient way. Truth be told, my body is pretty lousy at it, and I store nearly all of my fat in my love handles and lower back.

This complicates things because it means I have to work very diligently on using training programs that increase insulin sensitivity through eliciting the production of other hormones. On top of that, I have to make sure these programs are good at burning fat.

**Problem is, there aren't many; so I went ahead and designed my own.**

If that wasn't enough, I need to be *very* careful with cheat days and strategic overfeeding as try to rid myself of the last few pounds, so as not to mess with insulin levels.

*And that's just insulin!*

Of course, there are other problem areas that are the result of other troublesome hormones.

For example, if you're holding a lot of belly fat, that's very indicative of high Cortisol.

You've probably heard Cortisol referred to as a "stress hormone" and that high levels are often associated with fatigue and lack of sleep. While that *is* true, please trust me when I say that you *cannot* **sleep** away the last 15 pounds—seriously, I've tried it.

## **As another example, consider estrogen.**

The hormone responsible for Mother Nature's Greatest Hits (including menstruation and the Lifetime channel) is *also* a culprit in regional fat storage. If you're carrying the preponderance of your body fat in your lower body, that's estrogen related fat-storage.

This is most common in women, of course, but men are not immune. Men with high estrogen levels not only store fat in the lower body, but also tend to store it in the chest as well—and man-boobs don't look good on anybody.

As those examples illustrate, if **FIXING** slow fat loss wasn't already a hard *enough* task, the hormonal issues can make it exponentially harder.

**When you're training to **FIX** slow fat loss, you *must* take into account your hormonal needs and structure training accordingly, from the perspective of both the programming *and* the program.**

The training protocols need to be exceptional for fat loss in the general sense, but also elicit certain hormonal responses that will help lose fat overall and address the issues I touched on earlier.

As an example, if you have high estrogen, you would benefit from utilizing heavy training. Lifting near maximal weights triggers the release of high amounts of IGF-1, testosterone, and Mechano Growth Factor—all of which positively affect body composition in the general sense, and more specifically estrogen-related fat storage.

**All told, if you want to **FIX** slow fat loss, you need to go beyond traditional methods and take a look at what your hormones—through your body—are telling you.**

## Closing Thoughts on How to **FIX** Slow Fat Loss

There you have it. The five biggest reasons fat loss *slows down* or **stops completely** and how to address *each* of those problems and finally **FIX** slow fat loss.

Whether it's been a problem with lousy programming or a stagnant program, incorrect cardio methods or Calorie formulas, or dealing with hormonal fat storage, you can now take steps to correct each issue begin to **FIX** slow fat loss.

Thanks again for downloading this report, and I truly hope you've learned something here. In fact, I know you have.

As I said earlier, I know a lot of this information is new, and some seems like new versions of something old, but don't discount anything here. All of this is real, powerful and actionable.

By taking the information in this report and incorporating it into your training as early as tomorrow, you'll begin to see results again, and get closer to the body you've always wanted—the body you can only get if you **FIX** slow fat loss.

Thanks again for reading, and good luck.

I'll See You On The Other Side,

*-Roman*

## About John Romaniello

John Romaniello is New York's foremost expert on **FIXING** slow Fat Loss. Having been featured in some of the most widely read and respected fitness publications in the world, John's articles and programs have been able to help literally thousands upon thousands of individuals strip away body fat and reach their ultimate physique potential.

A resident of New York City, New York John works in and around the Metro Area. A highly sought after coach specializing in rapid fat loss program design, John also regularly trains everyone from models and professional athletes to CEOs and his own mom.

He regularly updates his blog at [RomanFitnessSystems.com](http://RomanFitnessSystems.com)

