

## Burn up to 300% more Fat

Written by

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By strategically selecting the best training moment during the day!

Remember, you burn up to 300% more calories from fat tissue when you train on an empty stomach. In this situation, your body attacks your fat deposits first, for energy during your workout.

? When you can't train in the morning, simply avoid eating up to 3 or 4 hours before your workout (just drink water). This creates a similar mini-fasting situation, so the body is more tempted to attack the fat deposits for its energy needs.

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