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You won't be losing 10 pounds of pure fat in such a short period of time, but by burning off some fat and eliminating excess water, you will be able to [lose 10 pounds](#), drop a clothes size or two, and tighten up everything to look your best on that big day.

You've Got To Add Water To Lose Water

For these first four days, you're going to be drinking a lot of water. You may actually gain a pound or so by Day 2's weigh in, but that's fine because you're not

gaining fat, you're just gaining water weight, and you're going to lose it all before the week is up.

So you're basically going to super-saturate your body with water. Doing this will actually cause your body to start flushing out water at a higher rate than normal, with the result being a skinnier, lighter you in seven days. The lost water weight will be mostly temporary though, but even just losing excess water from your muscles and skin will tighten you up to fit into that skinny dress that's been hanging in your closet.

But you'll want to lose more than just water to look your best. That's why you'll be doing some high-intensity workouts to burn off a couple pounds of fat as well. That weight loss will be permanent, as long as you don't pig out later on and gain it right back. So don't think that you're going to get off easy with just [drinking a ton of water](#). You're going to work hard and sweat too.

And you're going to look great on Day 7!

Here's your Seven Day Weight Loss Plan...

Day 1

WATER

Today you're going to be drinking two whole gallons of water! But your body cannot absorb all of that at once -- don't even try it! -- so you'll just need to sip water all throughout the day and into the evening. So take in a full glass of water (about 16 oz.)



every single hour, from the time you wake up til an hour or so before bedtime. That's 16 servings of water throughout the day.

Sounds like a lot? It is, but it's just for the first day. You can cut down to one gallon after the first day. But you absolutely must drink water all day long like this for the first half of the week. Doing so is crucial to the success of this program.

CARBS



Say goodbye to them (mostly) for this week. Anything with starches (rice, pasta, bread) or sugars (fruit and sweets) needs to be drastically reduced for the next 7 days. You can have a little bit at one meal today, but keep your carbs down to 50 to 100 grams.

SODIUM

The other half of manipulating the fluid levels in your body is sodium. Sodium causes your body to hold onto all that water, but since we don't want this, you're going to have to cut your sodium intake too. Simply replacing sodas and juices with pure water is actually half the battle right there, since so many of the beverages we consume every day contain sodium. But you'll need to do even more than that.

Don't add salt to anything this week! You can have your salt after this program, but for now you need to drop it. Avoid salty foods like junk food or just about anything that comes out of your cupboard (canned foods have tons of sodium) and stick with fresh veggies and salads prepared at home.

Eating meat is totally fine on this program, even bacon or sausages, but no canned meats -- too much sodium in those!

Also, don't add sauces or dressings to your food this week -- again, too much sodium. Squeeze some lemon over it and sprinkle on some fresh ground pepper...maybe some herbs too. But nothing with sodium in it!

EXERCISE

Do something today. It doesn't have to be a lot, but it needs to work the muscles in your legs, core, and upper body. And it needs to be hard enough to make you breathe heavily and make you sweat. There are a lot of great exercise options out there. Pick one from this list and keep it up for 30 minutes to an hour today.

If you choose to lift weights, don't just use teeny tiny pink dumbbells that you could throw across the gym if

you were mad enough. If you can do more than 20 reps per set, then you need to use heavier weights. You should be feeling it after 8 reps and you should be struggling after 12 reps. 20 reps is okay for your warmup, but for the "real" sets, you need to go heavier.

And do not go to bed without getting in your workout!

- Fast walking (emphasis on FAST)
- Hiking
- Running
- Weightlifting
- Cardio classes at the gym or rec center
- TRX or Crossfit
- Bicycling
- Basketball, soccer, tennis, or another sport
- Yoga 
- Pilates

Day 2

Okay, the rest of this week's program is going to look pretty similar to Day 1, with some changes taking place for the last couple of days. So let's get into it.

WEIGH-IN



You'll probably lose a couple pounds on Day 1, but don't freak out if you actually gained a pound instead--

it's just water, and it's going right back out before the end of the week. But you'll probably be lighter on Day 2, so that's cool!

WATER

You can cut down to one gallon now, but you still need to drink every drop of that water! 16 8-oz. glasses of water - one every hour. Do it. Nevermind how much you have to pee. Just think about how good it'll feel to drop one or two sizes by this time next week.

DIET

You'll pretty much just continue what you did on Day 1...except this time don't cheat! (You know you cheated...)

The food is bland, I know. But that sodium is going to make you hold water, and that's just going to make

you look plump and smooth. Lose the sodium so that you can lose the water.

And eat your salad!

WORKOUT

Throughout this program (and afterwards as well), it's best if you don't do the same workout two days in a row. So that means that if you lifted weights yesterday, do some cardio today. Or if you went running yesterday, do some weights or yoga or cycling today.

By mixing it up, you are able to continue working out every day, but you're not hitting the same muscles in the same way all the time. That allows the muscles (and bones and joints) you worked yesterday to recover a bit while you work different muscles in different ways today.

Doing the same thing every day leads to injuries, physical burnout, and mental burnout. So mix it up every day and keep it going!

Day 3

You cheated again yesterday, didn't you. No? Okay, if you say so. That's great if you're following this plan to the letter, because that is what you have to do to get amazing results in such a short period of time. But if you slipped up a bit, today is your chance to make up for it.

Follow the plan! Drink your water! Skip the carbs! Ditch the sodium! Push yourself during those workouts! Sweat! Breathe! Sweat some more! And eat your veggies!

WEIGH-IN

Okay, if you've been doing what you're supposed to do, you should be down a few pounds from your Day 1 weight. If you only lost one pound (or zero or gained a

pound), then it's time to look at your diet and workouts and see how to make improvements.

If you've been cheating, you already know how to improve: stop cheating. Otherwise, you'll want to look at restricting calories and pushing harder in your workouts.

Check out  [DISCOVER HOW I HELPED MY "CRIPPLED" WIFE SHED 23 POUNDS OF UNWANTED FAT AND COMPLETELY FLATTEN HER BELLY DIET](#)

If you're not losing weight, then a little hunger might do you some good. But do not starve yourself.



If your calorie intake drops too low, your metabolism will simply drop along with it and keep your weight right where it is. So you need to eat, but you also need to cut some calories.

Generally speaking, to stimulate weight loss, you're going to want to reduce your carbs (starches and sugars) or fats (oily, greasy foods) from your diet. For this week, you're primarily cutting carbs, but if the weight isn't coming off yet, you may need to cut carbs further or start cutting back on fats. You don't have to cut them out completely, but you'll want to pick one of

those (fat or carbs...not both) and reduce it way, way down.

Then just add in more fibrous foods to fill you up without adding those calories back in.

EXERCISE



Go back to what you did on Day 1, but push a little harder today. You don't have to go longer this time, just harder. If you can't sustain high efforts for very

long, then incorporate interval training into your workouts (alternating 1-2 minutes of hard effort with 1-2 minutes of easy effort throughout the workout). Keep it up for at least 30 minutes.

Day 4

WATER

Drink more. Shoot for 12 ounces per hour. Enjoy it today, because tomorrow you start cutting back. Way back.

DIET

Cut out either fat or carbs today. Not both...just one. Fill up on veggies to keep from going crazy.

EXERCISE

Repeat Day 2's workout, but just like you did yesterday, push harder.

Day 5

Okay, so how are we doing? It's been four days, and by now you've lost several pounds. Just keep doing what you've been doing.

DIET

The only "change" you'll be making to your diet today is to tighten it up. If you've been slipping up here and there, you just need to dial it in and follow your diet as strictly as possible and keep sucking down that water.

WORKOUTS



Push today's workout to a full hour. That's the only real change here.

Day 6

WATER

Okay, now comes the hard part. Today you cut water intake down to half a gallon. That's 16 oz. of water, four times today. That's it. That's all you get. Now that

your body is flushing out excess water like crazy, when you cut back on the amount you drink, your body will start pulling excess water out from wherever it can find it.

You may feel thirsty for the first time in days, but cutting back is necessary to keep the pounds coming off.

DIET & EXERCISE

Just keep doing what you've been doing. Again, workouts are now one hour each.

Day 7

Okay, tomorrow is the big day! Congrats for making it this far. Just keep it going!

WATER

Now your cutting down to 32 oz of water for the whole day. That's it. You're going to feel hungry. You're going to feel thirsty. But you're also feeling skinny. Your final weigh in is tomorrow morning. Are you going to hit the 10 pound mark?

At this point your body is mildly dehydrated, so it's important to make sure that you aren't losing too much water. If you live in a warmer environment or are very active throughout the day, you may need to increase your water intake back up to half a gallon or more. Your body will tell you when you're losing too much fluids.

Mild dehydration is the goal for these last couple days of the program. Severe dehydration, on the other hand, is not a good idea.

You should feel thirsty and a little dry-mouthed, and you may feel less energetic these last two days, but that's about as far as it should go. If you are getting headaches or feeling lightheaded, confused, spacy or sick, then you need to drink more water immediately.

See [HERE](#) for more info on dehydration.

DIET & EXERCISE

Same as Day 5, but push a little harder and a little longer if you can.

10 Pounds...GONE!

Okay, so the week is up. How did you do? If you followed the program, you'll be down a good 10 pounds or more. Enjoy your day! Take those pictures and give yourself a pat on the back. You made it!

Once your big event is over, it'll be time to start rehydrating again. Enjoy your water, take in some salt too, and let your system return to normal. You'll likely regain several pounds in the next day or two. That's just your body holding onto water again. It's to be expected. So if you want to keep on losing some

pounds, then just keep working out and watching the calories.

Warning...

Do not reduce your water intake for more than two days, as outlined in this program. On Day 8 you **MUST** replenish your body's fluid levels. Failure to do that could lead to severe dehydration, and that could be harmful. So use some common sense and listen to your body, okay?

Good luck!

If you trouble with this course you can try this

[This Super Simple Morning Habit Melted 84 LBS Of Fat](#)