



10 FITNESS MISTAKES YOU SHOULD AVOID

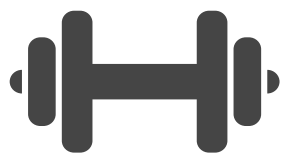


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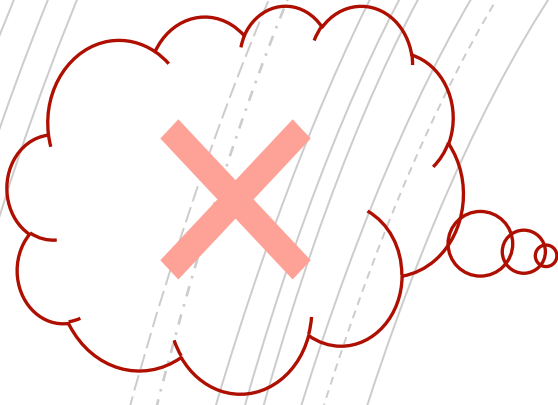




My Name is Lee Marshall and I specialize in helping the everyday man, lose fat, build lean muscle and, most importantly, feel confident in their own skin.



This guide will help fast track you to a leaner lifestyle as I talk you through the 10 key mistakes and misconceptions I've made during my fitness journey. And how avoiding them will help kick start your fat loss journey!



“Protein shakes will get me massive”

Number 1

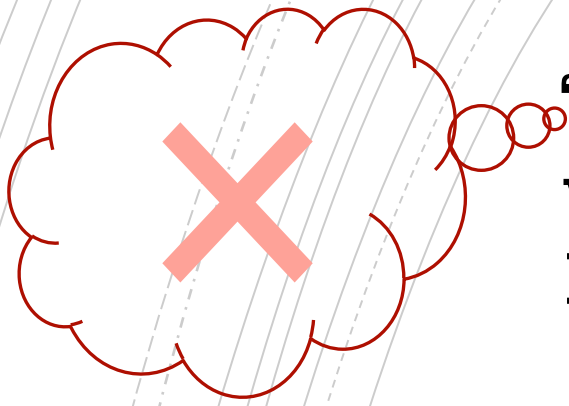
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Fitness Mistakes I've made and how YOU can AVOID them

Nothing will ever be a substitute for hard work and a healthy balanced diet. Before you touch a “supplement” to help you achieve your goals make sure all the basics are right first

- ✓ **Training**
- ✓ **Nutrition**
- ✓ **Rest & Recovery**

A supplement will only ever “supplement” the foundations outlined above





“Lifting big weights will make me big & lifting little weights will get me toned”

Number 2

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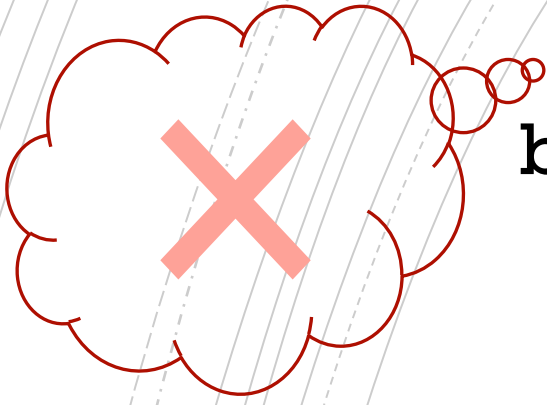
***Fitness
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Toning by definition means to increase muscle whilst decreasing body fat

Regardless of how heavy or light your weights are or how low or how high your reps are you can still build muscle whilst decreasing body fat as long as you lift weights and eat in a calorie deficit

Its not rocket science, Stop over thinking it!





“Fasted cardio is the best way to burn fat & HIIT will burn through my muscle”

Number 3

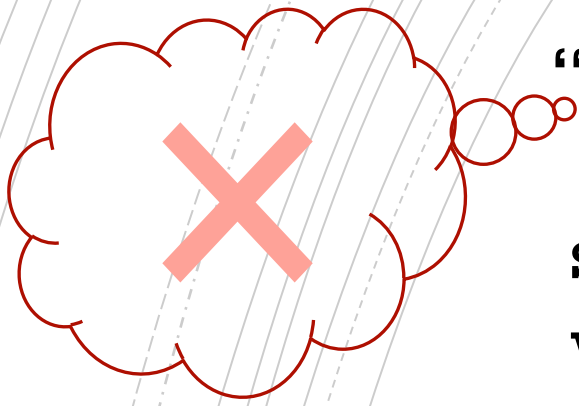
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Burning calories is the best way to burn fat regardless of how or what time of day you decide to do it. HIIT training is a far more effective way to burn calories in a shorter space of time.

Unless you have ample time to spend in the gym don't waste time with hill walks before you eat breakfast on a morning. Crank that treadmill speed up and try some intervals.

Intervals = bouts of fast & slow tempos





“Training a bro split (1 body part per session) is the only way to get ripped”

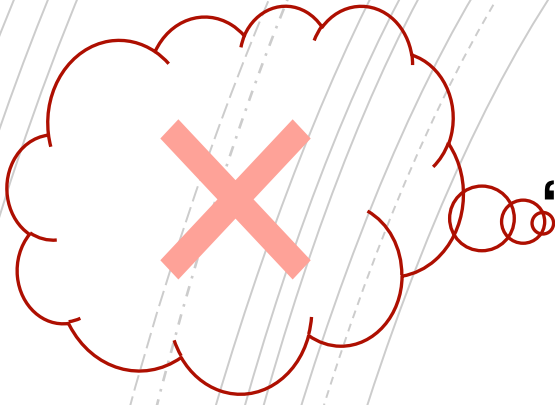
Number 4

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Unless you are very advanced or have a gym routine which allows you to lift 5-6 times per week, multiple body parts in the same sessions is where its at. Not only is it a great way to build muscle but also sheds body fat as well.

Let's take a chest and back workout merged together or a full Body session. Focus these workouts on big compound movements which = loads of muscle gained and lots of calories burned.





“I must eat 40-50g of protein with every single meal”

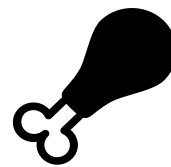
Number 5

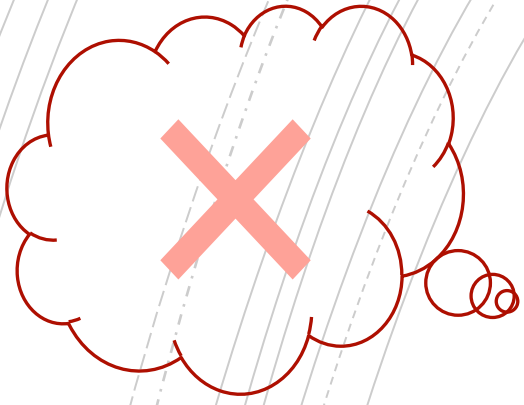
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There is no doubt that a high protein diet is good for fat loss. This doesn't mean it's the only thing you should consume throughout a fat loss goal.

A healthy balanced diet should contain all 3 macro nutrients (protein, carbs & fats)

A good fat loss calorie intake ration to stick to is 35% Carbs, 35 % Protein & 30% Fats





“No carbs after 7pm”

Number 6

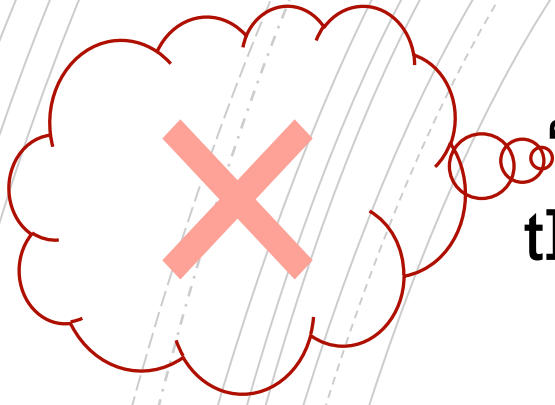
Its not the first time you've heard this is it?

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Its really simple guys, if you overeat calories, regardless of the time of day, you will gain body fat. Vice versa if you create a calorie deficit across the day, regardless of when you eat them, you will lose weight

Don't over complicate it, focus on keeping your overall calories under control and you will lose weight





“Counting Macros is the only way I will get a beach body”

Number 7

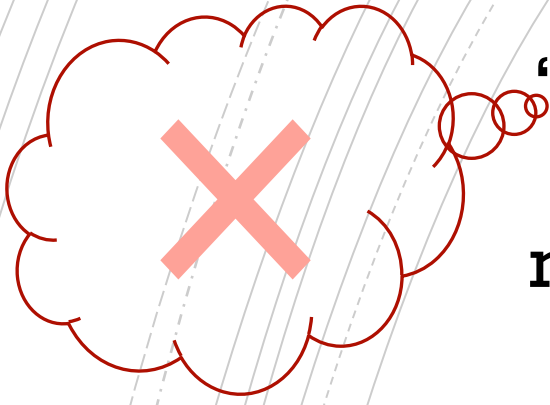
WRONG!

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Fitness Mistakes I've made and how YOU can AVOID them

Overall calories will be 100% the most important factor when it comes to you losing that spare tyre in time for your holiday

Creating a calorie deficit should be your number 1 focus. Then, you can start to break down where your calories are coming from, but only once you have nailed number 1!





“I must eat every 2-3 hours otherwise my metabolism will slow down and I will get fat”

Number 8

The most important part of any diet is finding a system that works for you and your lifestyle.

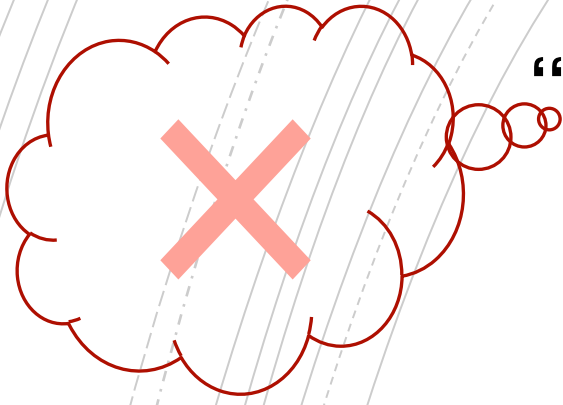
If that's 5 meals a day, perfect, if its only 3, that's great.

Once again, your overall calories will still hold the most importance when it comes to losing fat.

Create a deficit and you will lose weight!



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“Every workout must be 100mph and I should leave everything on the line”

Number 9

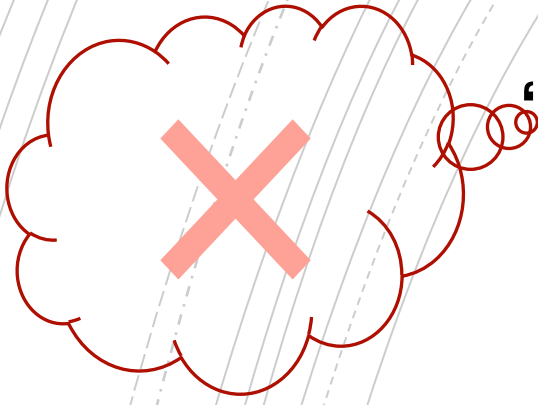
Are you training to become Mr Olympia or to feel more confident with you top off? Training isn't your full-time job

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Doing something will always be better than doing nothing. Intensity is still relevant, but I promise you the only thing that's stopping you from achieving your goals is consistency not intensity

Aim to be 70-80% all of the time, not 100% only half of the time





“If I do 10,000 steps a day I will be lean in no time”

Number 10

Full disclosure, I never believed this but its one of my pet hates, so I had to include it!

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In the grand scheme of things walking 10,000 steps is a drop in the ocean if you don't take your diet seriously

An average person may burn 500 calories doing 10,000 steps (not as much as you thought?)

This is not to discourage you from exercise but to make you aware that 10,000 steps alone is not enough, concentrate on what you put in your mouth if you really want to get you lean.

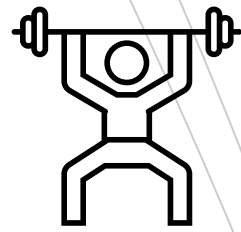


Remember

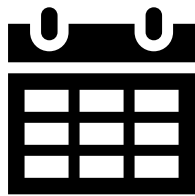
Nobody is perfect, you will make mistakes along the way. How you respond to these mistakes will determine whether you get a great result or not.

Focus on being better than you were yesterday, and all those small changes will make a big difference over the long haul.

**Looking for Help? Book a
Free call below**



To Help you implement these tips and get amazing results I am offering **FREE** consultation calls over the next few days. Allow me take out the guess work and fast track those results even quicker! Click the icon below and book a time convenient for you.



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