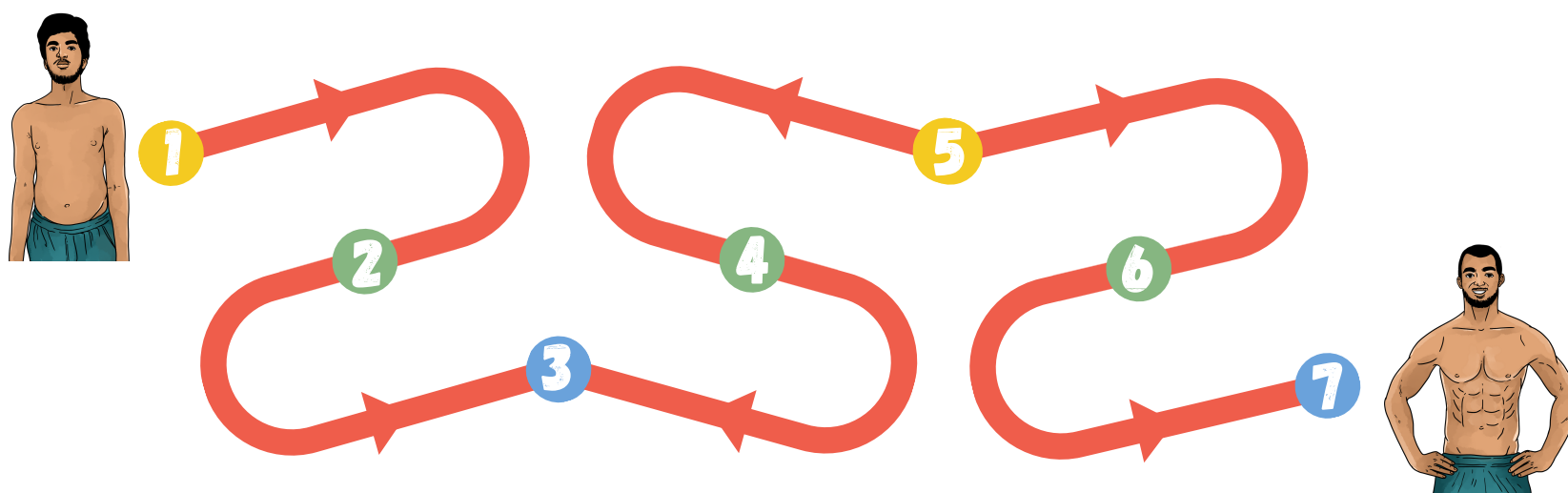


THE 7 STEPS YOU NEED TO
GO FROM
SKINNY FAT TO FIT
IN THE NEXT 6 MONTHS



BY PHILIP STEFANOV

Hello, and thank you so much for downloading this guide.

I know it can be challenging to find the right tactics to focus on. We are living in a time where a short Google search nets us all the information we need on a topic, and then some. On the one hand, that's great because knowledge is power. But on the other hand, it's getting increasingly difficult to get a clear idea of what you should do.

One person recommends **X**, another recommends **Y**, and a third - **Z**. As far as fixing the skinny fat look goes, most people have a thousand questions. I should know - I was once skinny fat myself. I would often wonder:

- What type of training should I do?
- How should I eat?
- Do I need this super-duper fat-burner 3000?

This 7-step guide will provide you with a clear plan for attacking the skinny fat look. I want you to have all the information you need to get started. More importantly, I want to provide you with the tactics to help you shed some fat and build some muscle in the next 30 days. Sound good?

Of course, your results will largely depend on you. While I offer the information, it depends on you to consume it, apply it, and be consistent. Luckily, getting started isn't that difficult. The first step is to calculate your caloric needs. That doesn't sound so scary now, does it? Let's break it down.

Step 1: Commit

Understand One Simple Truth

- Feeling overwhelmed is normal
- A quick Google search nets us all the information we'll ever need to solve most issues we run into
- Overwhelm often comes from consuming a lot of information
- Ask yourself: Do you need to hear what you should do from ten people before taking action?

Action Faking

- Action faking refers to our tendency to do unnecessary things that make us feel like we are making progress
- In truth, action faking brings a temporary sense of accomplishment but doesn't move the needle
- A common manifestation of action faking is consuming information without taking action - books, podcasts, blog posts, and Youtube videos
- If you don't start taking action, guess what: *you won't get anywhere*

What I Recommend

- Stop consuming information and start applying what you've learned
- Commit to one idea, principle, or way of getting fit and give it at least two to three months before judging its effectiveness

Step 2: Get Familiar With The Skinny Fat Physique

What It Means To Be Skinny Fat

- 'Skinny fat' sounds like a marketing gimmick, but it isn't
- A skinny fat person has too little muscle and a high body fat percentage
- Skinny fat men typically have a pouchy gut, man boobs, and love handle fat
- Skinny fat women usually store more fat around the thighs and buttocks
- The primary cause of the skinny fat physique is leading a sedentary lifestyle
- Another common cause of the skinny fat look is going through a weight loss journey
- A skinny fat physique can also result from poor training habits, such as focusing exclusively on cardio

What It Takes to Fix The Skinny Fat Look

- At its core, fixing the skinny fat look is about building muscle and losing fat
- You should monitor your calorie and protein intakes to ensure precision
- Progressive resistance training will lead to muscle gain, adding shape to your physique

The Best Approach For Most Skinny Fat Guys And Girls

- Doing a body recomposition (building muscle and losing fat simultaneously) is the best approach
- Bulking can work, but it leads to fat gain, which isn't ideal for people with a high body fat percentage
- Cutting is the third option, but it makes the person too skinny due to the lack of muscle mass

Step 3: Calculate Your Calorie Needs

The Importance of Calories

- Your calorie intake will determine if you gain, lose, or maintain your weight
- Tracking your calories will provide certainty and accuracy with your nutrition
- Not tracking calories will always leave a sense of uncertainty in your approach

How to Calculate Your Calorie Needs

- You first have to calculate your basal metabolic rate (BMR): the number of calories your body burns at rest
- Once you know your BMR, you need to use an activity multiplier to figure out your total daily energy expenditure (TDEE): the total number of calories you burn daily
- Use [this](#) formula to calculate your BMR
- Once you have a BMR value, use [this](#) multiplier and the value that best fits you
- Remove around 200 calories from your TDEE to establish a slight deficit for body recomposition (simultaneous fat loss and muscle gain)

How to Track Your Calories

- Adopt a flexible mindset, aiming to get 80 to 90 percent of your calories from whole foods, and 10 to 20 percent from your favorite treats
- Get yourself a kitchen scale for weighing your foods to ensure accuracy
- Download a fitness app such as MyFitnessPal to record the foods you eat and their respective quantities
- Alternatively, get a simple notebook as your food log and do the calculations yourself
- Don't obsess over every gram and calorie; allow some room for error

Step 4: Understand Protein (And How Much You Need)

What Protein Is

- Proteins are organic molecules that consist of amino acids - the building blocks of life
- Among its many functions, protein aids post-training recovery, muscle growth, and more
- The nutrient is also essential for the production of hormones, enzymes, antibodies, neurotransmitters, and more

The Importance of Protein For Skinny Fat Folks

- Consuming enough protein is essential if you want to go from skinny fat to fit
- Aside from helping you build muscle, protein allows you to maintain your lean tissue while dieting
- Not eating enough protein will lead to muscle loss, further exacerbating your skinny fat physique

How Much Protein You Should Eat

- Consume roughly 0.8 to one gram of protein per pound of weight
- Fantastic sources include meat, fish, poultry, eggs, cottage cheese, and protein powder
- Try having three to four equal servings of protein, spaced three to four hours apart
- Protein powder can help, but it isn't a must-have item

Step 5: Add An Hour Of Sleep Each Night

The Importance of Sleep

- Sleep is a core physiological process that impacts every system inside the body
- Research shows that getting enough sleep is essential for effective fat-burning during a diet
- Not getting enough sleep hinders your recovery and prevents you from performing optimally during each workout
- Sleep also contributes to fatigue, lack of motivation, difficulty concentrating, mood swings, and all sorts of adverse health effects
- According to guidelines, we should sleep for at least seven hours per night; aim for up to eight if you can

Six Ways to Improve Your Sleep

- Avoid having alcohol in the evening
- Don't consume caffeine within six to eight hours of your bedtime
- Establish a simple pre-bed routine to make falling asleep easier (e.g., meditating, stretching, reading, journaling, etc.)
- Optimize your sleep environment: keep your bedroom cool, dark, and quiet
- Invest in a quality pillow and mattress; believe me - it makes a huge difference
- Learn to go to bed and wake up at similar times each day

Step 6: Pick The Right Training Style

The Problem With Cardio

- Cardio is good for our health, as it strengthens the heart, helps with weight loss, and can improve insulin sensitivity
- Doing a bit of cardio is by no means bad if you want to fix the skinny fat look
- The issue with cardio is that it alone cannot help you build muscle
- Even worse, cardio plus dieting often leads to excessive muscle loss, further exacerbating the skinny fat look

The Importance of Resistance Training

- Strength training is one of the most practical ways to get in shape
- Lifting weights allows us to achieve a lean and athletic physique
- Resistance training is essential for building muscle while losing fat
- Lifting weights is a fun way to push yourself and get in shape

How to Put Together An Effective Training Program

- You don't need more than three or four weekly workouts to build muscle as you lose fat
- Learn the core lifts: [bench press](#), [overhead press](#), [squat](#), [row](#), and [sumo/conventional](#) deadlift
- If you plan on doing bodyweight-only training, learn: [pull-ups/chin-ups](#), [push-ups](#), [bodyweight squats](#), and [Romanian deadlifts](#)
- Focus on proper training form before ever worrying about the load you're lifting or the number of reps you're doing
- Get my [beginners' training program](#); alternatively, check out my [article on home training](#)
- Recover for at least a day in-between workouts

Step 7: Track Your Progress Effectively

Scale Weight

- Scale weight is a simple and somewhat accurate way of tracking fitness progress
- The issue with scale weight is that it can be misleading because it tends to fluctuate in response to carb, sodium, and overall calorie intake
- As a skinny fat person, your weight might not change much for months, but it doesn't mean you're not making progress
- Instead of focusing on any single weigh-in, weigh yourself multiple times per week
- Weigh yourself in the morning, before eating, and after having gone to the bathroom
- Write down your weights and calculate the weekly average

Progress Photos

- Progress photos are a suitable tracking method for skinny fat individuals because they capture visual changes
- Like weigh-ins, you should take progress photos in the same conditions each time (same time of day, using same poses, at the same spot in your home, etc.)
- Take your progress photos once every three to four weeks
- Take photos of your front, side, and back
- You can flex your muscles or keep your body relaxed; whichever you prefer (but be consistent with the poses you use)

Circumference Measurements

- Circumference measurements are the third actionable way to track for improvements
- Measuring different parts of your body can tell you a lot about the progress you're making
- Body measurements are vital for skinny fat people because scale weight isn't always reliable
- Take measurements of eight key places: chest, left arm, right arm, navel, three fingers below the navel, hips, right thigh, and left thigh
- Measure the widest point each time to ensure accuracy
- Don't wrap the tape measure too tightly, as it can compress fat, providing an inaccurately lower reading
- Once measured, write each value down to the millimeter
- Take your circumference measurements once every three to four weeks

Training Progress

- Tracking your workouts is also valuable because athletic progress can hint at visual improvements
- Your gym performance can also indicate if things are going well or if you need to make improvements to your nutrition or recovery
- You can use a simple app (like Evernote) or a training log to record each workout as it happens
- Write down the date, the exercises, the weights, the number of sets, and the number of reps you get per set
- You can also add small notes on specific workouts (for example, if you feel particularly good or bad on some days)

From Skinny Fat to Fit In The Next Six Months!

Fixing the skinny fat look is by no means easy. I don't want you to start with the expectation that it will be a walk in the park. You will have to change certain habits, flex your discipline muscle, trust the process, and not get frustrated with the lack of progress at times.

But, so long as you go through the seven steps I've outlined above and give it time, you will see yourself making steady progress and drastically improving how your physique looks. Seeing initial changes takes a few weeks, but they will come.

Here is exactly what benefits you can reap from following my plan:

- Understanding the skinny fat look, what causes it, and what you need to do to fix it
- Learning what actions keep you procrastinating and how to overcome them
- Gaining a deeper understanding of effective nutrition and how to get started
- Realizing how vital sleep is on your journey from skinny fat to fit
- Picking the correct training style and why doing a bunch of cardio might not be ideal
- Tracking your progress effectively through the use of the weight scale, progress photos, circumference measurements, and training performance

Most importantly:

- *Making quicker progress toward your goals with a simple process and without having to spend money on unnecessary diets, training plans, or supplements*

As we wrap up the 7-step plan to fix the skinny fat look, I want you to imagine how good you will feel about yourself after losing a bit of fat and gaining muscle. How your confidence, self-belief, and athletic abilities will improve as a result.

And do you know what? All of that is possible for you. Good fitness is not something reserved for a select few individuals. So long as you have the knowledge (and you do now) and the will to execute, you can accomplish a lot in just a few months.

And the best part? My plan is just the beginning of what you can achieve if you set your mind to it. As you gain momentum with positive habits, you will learn what works for you and refine your process to fit you better.

Thank you for downloading this guide and taking the time to read it. I hope you've gotten tremendous value from it. Here's to great progress, fulfillment, and satisfaction.

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