

5 UNKNOWN **WEIGHT** LOSS **HACKS**

for **BUSY MEN** with
kids that want to

**BUILD SOME MUSCLE
BURN BODY FAT &
OPTIMISE THEIR
HORMONE LEVELS**

(as they get older)

Gaw
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5 WEIGHT LOSS HACKS FOR BUSY MEN

You're a high-achieving, driven man with a successful career that wants to build at least a little muscle, burn body fat, and optimise your hormone levels as you get older - even if you are busy and don't have time to cook healthy meals, get to the gym every day and manage work, family and the rest of your life.

I've spent the last few years working with over 250 men in my coaching programme, helping them achieve health and weight loss success.

Along the way, I've honed and toned, crafted and chiselled away to produce what I believe is a truly transformative solution for men with kids, above the age of 40 that want to lose at least 20lbs, feel and look great and boost & maximise their testosterone levels as they get older.

Like anything, too much information paralyses most people so I've given you simple tips and action steps that you can implement TODAY into your current routine & lifestyle.

I've given you what I call the "most bang for your buck". The things to look at and focus on that will deliver the best results in the shortest amount of time. Focus on what moves the needle forward and don't get distracted with the rest.

Want more personalised help? Let's hop on a quick, 15-min Body Diagnostics call where we'll find out what's really holding you back.

Just to be clear - this is NOT a sales call - You don't need your credit card - it is a value call). [Click here to book that call.](#)



5 WEIGHT LOSS HACKS FOR BUSY MEN

The Secret to my client's success comes from what I like to call

THE <flat/loss> CODE



Following this process, you are able to:

Build a bulletproof mindset that will keep the weight off for good without relying on your motivation or a personal trainer ever again.

Make what you eat for weight loss, fit your lifestyle without following a diet that controls your whole life.

Recover your virility and sex life and feel like a man again as you transform your confidence in all levels of your life.

In the free, 15-min Body Diagnostic, we can help assess which of these 3 areas you need to focus on right now to accelerate your weight loss. [Click here to book that call.](#)



Setting the foundation

NUTRITION & EXERCISE

- 1 Track your calories – you must be in calorie deficit to lose weight.
Use a calorie tracker like MyFitnessPal and make a record of everything you eat
- 2 Aim for 1.5-2g of protein per KG of intended body weight.

E.G. You weigh 90kg now and want to lose 15kg to get to 75kg.

Daily protein target = 150g

The rest of your calories can be made up of carbs and fat and you can choose the mix however you prefer. Don't worry too much about macros.

- 3 Eat a large green salad every day & more vegetables than you currently do ☺
- 4 Eat quality essential fats. 3 pieces of wild salmon per week is enough or supplement with Omega 3 fish oils.
- 5 Drink a black coffee 45-60min before any workout (if you like coffee, of course) – this will help to metabolise fatty acids in your workout and give you a nice little kick.

**CLICK HERE TO WATCH THIS VIDEO TO
HELP YOU TRANSFORM YOU LOOK AT
YOUR RELATIONSHIP WITH FOOD**





Setting the foundation

NUTRITION & EXERCISE

EFFECTIVE WORKOUTS IN LESS THAN 20 MINUTES

Time is of the essence for all of us. You DO NOT need to be spending 5hrs a week in the gym unless you want to.

Here are 3 “Fat burning body weight workouts” you can do from home with no or limited kit or equipment in just 20mins or less.

Warmup

- 1.25 Star jumps
- 2.15 bodyweight squats
- 3.10 press ups
- 4.10 lunges (each leg)
- 5.25 Star jumps

Perform 1-5 continuously, taking 10-15 seconds rest between each exercise. Complete all 5, rest for 90 seconds and repeat for 2 rounds in total.



Setting the foundation

NUTRITION & EXERCISE

Workout 1 BEGINNERS

CIRCUIT 1:

10 Star-jumps
40 Mountain climbers
10 side lunges (each leg)
10 press ups (from knees if needed)
Plan for 30 seconds

Do as many rounds as possible (AMRAP) in 10 minutes.
Take a 2 min break

CIRCUIT 2:

10 Single leg hip-hinge (on each leg)
10 reverse lunges (on each leg)
15 squats
10 walk outs to plank
Hold a V-sit for 30 seconds

Repeat the circuit AMRAP in 10 min.

Workout 2 INTERMEDIATE

The 16 Min. Tabata Fat Loss Special

Do not be fooled by 16 min. this is TOUGH.

1. Download a FREE "Tabata Timer" on your phone in the App store
2. Warmup 2-4 Mins.

A1 – Body weight squats x 20 secs.
Rest 10 secs into...
A2 – Press ups x 20 secs. Rest 10 secs and then back into A1

Repeat both A1 and A2 three more times for 4 rounds in total.

REST 2 minutes.

B1 – Burpees x 20 secs. Rest 10 secs into...
B2 – Jumping Lunges x 20 secs. Rest 10 secs and back to B1

Repeat both B1 and B2 three more times for 4 rounds in total.

REST 2 minutes.

C1 – Jumping squats x 20 secs. Rest 10 secs into...
C2 – Walk out's to plank x 20 secs. Rest 10 secs and back to C1

Repeat both C1 and C2 three more times for 4 rounds in total.

TOTAL Workout time = 16 minutes.

Enjoy. Barf a lung. You're welcome ☺

Workout 3 ADVANCED

The Skipping Rope Special.

1. Kit needed – skipping rope/jump rope
2. Balls of steel to see it through ☺

It's very simple but very tough.

Skip for as long as you can, any style. Every time you mess up perform:

15 body weight squats and 10 press ups and then start skipping again.

Perform AMRAP for 20min total.



Sleep

NOT JUST A TIME MACHINE TO BREAKFAST

We ALL know that sleep is important, but it's very often overlooked in comparison to exercise & nutrition. If you could choose one habit to master over anything else to benefit your health and the quality of your life, sleep would be no 1.

You MUST optimise it for improving every aspect of your health & life. Tips for getting a good night's sleep.



- 1** Avoid caffeine after 2pm. Caffeine has a half-life of 7hrs, which means half the caffeine will be in your system 6 hrs later. If you're a light/poor sleeper, this will cause a problem.
- 2** Go to bed and get up at the same time every day. It's the best way to regulate the circadian rhythm, which is our body's internal clock.
- 3** Keep your room cool. 19 degrees is considered optimal for most, which is probably a tad cooler than you'd like but it's most beneficial for deep sleep.
- 4** Eliminate all screen time 1 hour before bedtime. These artificial lights wrecks melatonin, which is the hormone responsible for making us feel sleepy - it's released when it gets dark.
- 5** Dim your lights. Your brain thinks it's getting dark so will release more melatonin.



Stress

THE SILENT KILLER

What a lot of men don't realise is that stress is a fundamental part of weight loss. Oh - don't believe me? Lack of sleep causes low sex drive (more on that later), poor digestion, blood sugar imbalances, fluid retention and even a crappy mood.

That's why it's fundamental for you to get a hold of your stress. For this, I have a couple of powerful videos that will help you control stress and use this to help improve your weight loss.

**CLICK HERE TO WATCH THIS VIDEO
ABOUT HOW TO REDUCE STRESS &
ANXIETY IN YOUR LIFE**



**CLICK HERE TO WATCH THIS VIDEO
WITH THE MOST POWERFUL HACK TO
GET INSTANT STRESS RELIEF**



Sex

WHO'S THE DADDY?

The king of all kings when it comes to hormones in our body. Testosterone builds muscle, burns fat, optimises your mood & general health, regulates your disease risk, and keeps lead in your pencil. #stronglikebull

As we age, our “T-levels” drop quite significantly and over the age of 40 we must do all we can to minimise this drop and maximise what we have. Fortunately, there is a lot we can do.

Here's my top 10 “things to do” to boost & maximise your testosterone.

- Lift heavy weights 3-4 times per week
- Sleep 6-8hrs per night
- Minimise stress levels
- Reduce or eliminate alcohol entirely.
- Eat a diet rich in quality fats (saturated and EFA's – Omega 3's
- Get some sun or supplement with Vit D daily
- Avoid pollution
- Avoid BPA's and estrogenic compounds
- Daily laughter
- Have more sex

WATCH THIS VIDEO FOR MEN OVER 40 WANTING TO BOOST TESTOSTERONE LEVELS





Strong mind

DEVELOP A BULLETPROOF MINDSET

Having a great mindset doesn't fix your problems. It simply allows to look at your problems in a different light in a way that will help you to tackle the problem.

A bulletproof mindset is something many must work at every day - it doesn't come easy for some people. Some people are naturally more optimistic than others and that's great for them.

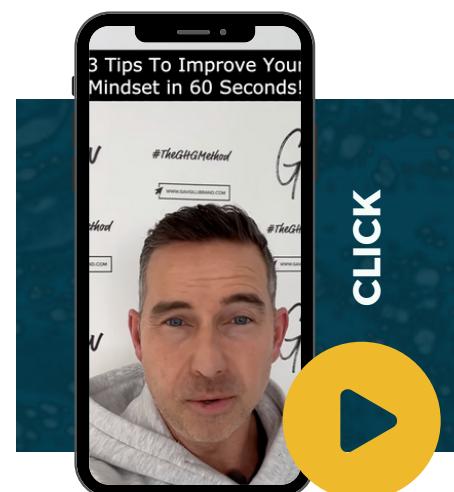
But Gav, what the hell has a great mindset got to do with losing weight? Well, everything.

It helps with staying the course, not quitting and saying, "it won't work" It helps with focusing on the task in front of you and discarding the rest. It improves your outlook on everything in life and that means you and your self-image, confidence, and self-esteem. When you value yourself more, you tend to work on areas of your life that need work.

You can't help anyone unless you help yourself first.

"Put your own oxygen mask on first, before you help others"

So yea, a great mindset has everything to do with losing weight and everything in life.



WHAT TO DO NEXT:

You deserve high-level support, which is why I'm willing to hop on a quick, 15-min Body Diagnostics Call with you. On this call, we'll evaluate the EXACT cause of your weight plateau and I will give you a VERY specific, personalised plan for you to implement straight away to help you lose weight and recover or optimise your sexual performance as well.

This is not a sales call - it's a 100% VALUE-BASED call where we will be able to determine the best action-plan for you moving forward.

[CLICK HERE TO
BOOK THE CALL](#)



Hey - I'm Gav Gillibrand and I'm the guy that helps busy professional men lose 20-30lbs in 12 weeks with behavioral change coaching, mentoring, and a sprinkle of secret wizardry.

I specialize in fat loss, body composition, and conditioning and have over 20 years of experience as a coach in the health and fitness industry. No gimmicks or fads, just results based on science and thousands of hours of experience.

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