



# FAT LOSS IN 5 WEEKS

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Lose weight fast, build lean muscle, and achieve your dream body safely with the 25 guided workouts and virtual coaching of your very own professional fitness specialist

**John Kempf, B.S., CPT, USAW**

John Kempf

**Fat Loss in 5 Weeks: Burn fat fast, build lean muscle, and achieve your dream physique safely with the virtual guidance of your very own professional fitness specialist**



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"My mission with this program is to offer the opportunity to complete a secure and efficient exercise routine designed and guided by a true professional as if I was standing up there coaching you personally the whole time. A comprehensive training manual that walks you through the entire program start to complete. When you get this exercise routine you will receive:

- These are the same methods and workouts he has used in combination with himself as a competitive bodybuilder and professionally along with his clients for over 9 years, ranging from college and professional sports athletes, to fitness competitors, to hundreds of regular folks.
- 25 elite exercise sessions targeted at get rid of fat and build lean muscle as efficiently as possible.
- All exercises are hyperlinked to a specialist exercise library which includes videos performed personally by John, and there are text descriptions to help you perform every single exercise correctly and safely.
- Free permanent usage of the professional workout library of over 125 (and growing) completely free HD movies shot from two angles featuring John's personal coaching demonstrations.
- Text descriptions of every exercise to ensure correct technique and a lower life expectancy risk of injury.
- Forget about BS. Put your rely upon a nationally certified fitness professional who has the experience and the knowledge to assist you succeed. You must be willing to put in the work, but should you choose, your results will end up being unlike any you've seen before, no questions asked.

Nationally accredited functional fitness and sport performance coach, John Kempf, will be your virtual personal trainer as he goes through his highly-structured workouts designed to burn fat and build a strong, balanced physique that is free from injury. Many people want the professional assistance of a personal trainer, but they just can't afford it.

t satisfy., CPT, USAW

Summary:-The system is 5 weeks very long and there are 5 gym workouts every week. This is also true with having less credibility noticed in the online health and fitness industry. That's why I wrote this program. I'd like everyone to get access to a professional coach so they can get real results for an affordable price. There is absolutely no longer a want that you should spend a lot of time and dollars on trainers and books that don't. Unfortunately, many do have a trainer or coach, but they are extremely untrained. No more scams. A successful system backed by science that will modification your physique and transformation your life

This system is for individuals who already work out at a gym by themselves and are seeking to take their fitness to another level. You can find all the workouts and training you need right here. Start your program today and let the trip begin!

Burn fat quickly, build muscle, and achieve your fantasy body safely with the virtual guidance of your very own professional fitness expert as you begin stage 1 of the 5 Weeks to FAT REDUCTION plan.

-John Kempf, B. -The workouts are less than 60 minutes and a full body dynamic warm up is included. The client doesn't see the results they want, plus they often get hurt along the way because of the poor coaching or programming.

-There are 3 different lifting days and 2 high intensity cardio days each week.

S. -A schooling manual explaining the complete system helps educate you on the meaning of workout terminology and how exactly to record your improvement throughout the plan.

-Digital workout sheets are included for most 25 exercise sessions for easy and accurate tracking. Customized workout sheets for every day of the program to track your progress accurately.

• You won't look for a better designed exercise routine to help you shred fat and safely carve your desired physique anywhere else. It is a difficult plan based

on years of professional knowledge that will push the body to its higher limits to achieve super-charged fat loss. Accept the decision to a new and improved existence by scrolling up and buying your copy now!



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Teaches lifelong skills. Keep your attention on John, he's going to continue steadily to do amazing things! The author of the book, John Kempf is an incredible individual with a genuine passion for health and fitness. I have been doing his system for a few weeks right now and I can say without a doubt it is one of the best programs I've ever participated in. He's demonstrated me the simple way to eat healthier by getting rid of processed foods and just eat real foods. His JERF (Simply eat real food) philosophy is indeed simple. So when you combine that with one of these workouts.. Recommend. I especially like the virtual exercise bank so you can discover how to execute each workout with the proper form. I recommend this book to anyone seeking to change their practices, their physique and their general outlook on health. 10/10 highly recommend! Five Stars Great product It works! Due to his curiosity, he discovered that all the data he was acquiring would have to be exposed and proven to be accurate. When he says he do a technique or ate a specific food/supplement - he's not lying. A lot more than worth enough time &) and health supplements. He was one of the few professionals out there that I'd trust completely his advises and recommend any one from the age 15-100! I will not really be surprised if he becomes one of the NEW SUPERSTARS in fitness and wellness. Congrats in this first of many books! A force to end up being reckoned with. Excited for the next program! His ability to portray this knowledge to the untrained specific is certainly exemplified in this reserve. I've known John for several years and We am honored to have witnessed some of his growth and development as a professional. His knowledge and food cravings for evidence is one thing, but his enthusiasm is a drive to become reckoned with. I believe that his enthusiasm for health and wellness is certainly what will continue to set him apart from others in the field. You need to read this! Absorb all this mans knowledge This gentleman gave me the data to get under 4% body fat in 19 days before my first mens physique competition. Just view, he'll be a legend in the health and fitness field soon. Phenomenal. Been in this program for about two weeks now and couldn't end up being happier. The excersises are fun and different, and the video library showing type and technique makes this plan unlike anything I've ever done! I am watching this writer for any and new material, he's clearly leading his market!! It's all lined out for you! Best part? I've known John for several years now. He in fact went thru a lot of readings, videos, classes, seminars, talks, foods ( a whole lot! money A Must-Have! I've under no circumstances met anyone more passionate or knowledgeable about fitness. It definitely comes through with this reserve! Feels like a 100% tailored experience. Back to Basics The info provided in the book is fantastic, and the online access is even better. Give it a go for results! Knowledge, step-by-step and results! ABSOLUTE MUST READ This book is pure gold. John's understanding of the human body and how to optimize it's performance is definitely in a class of it's own.. Recommend for anyone searching for a new beginning I have worked with John for just one whole 12 months and I was extremely impressed by his professionalism and also his commitment to all or any clients.. For anyone focusing on fat loss and is struggling to attain your goal, that is a must-have! Superb program! Highly recommend Its a great balance of functional movement I've been somewhat of any athlete my very existence and have trained in several different modalities and this program is definitely one of the most effective tools I've found. Its a great balance of functional movement, mobility and strength training. You don't need to spend hours in the fitness center to get results if you know what you're performing and John exemplifies that along with his programming.. He's shown great progress in not merely his health however the health .. Awesome program Johns system is amazing. I have no problem recommending that is my friends/coworkers. He's demonstrated great progress in not only his health but the health of his clients. Every workout problems me and I can already see and

experience a difference in my body. My children attitude has become better and our overall health has become better. I recommend any suggestions John provides and any materials John has. He'd give extra time to anyone who wished more information in nutrition, fitness, methods and wellness. Weight loss in five weeks? SOLD. Whether you're a skilled lifter, or just getting started, you can find what you are searching for here. This program actually functions and it's really fun too! John provides a thorough, easy-to-follow system. YOU WILL NOTICE A DIFFERENCE..



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