

## 2 Simple Steps To Ripped, Shredded Muscles

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Along with all of that solid, lean muscle you've gained, you notice that you've also packed on some extra belly fat in the process.

Let's face it, no matter how "huge" you might be, no one wants to be walking around with a soft, round and chubby body. After most trainees have finished their "bulking" phase, they decide that it's time to "cut down" and remove off the excess body fat that they gained due to their high calorie, muscle-building diet.

How do they generally go about this?

They lighten up the weights and perform higher reps.

This has always been a widely accepted method of "cutting down"; and if you ask most trainers in the gym they'll tell you that "heavy weights bulk up the muscle and lighter weights define the muscle".

Do you want to know the truth behind the "light weight and high reps" method of obtaining a ripped and defined physique?

It is completely, totally and utterly DEAD WRONG.

It couldn't be farther from the truth. In fact, there is no logical basis for this way of training whatsoever, and whoever dreamt up this utterly ridiculous way of thinking has caused the vast majority of lifters to waste their time and impede their progress in the gym.

Let me clear this up once and for all: you CANNOT spot reduce.

In other words, it is physically impossible to remove fat from a specific area on your body. Performing bench presses with light resistance and high repetitions will not magically burn fat off of your chest or cause it to appear harder and more defined.

Every single time you wrap your hands around a barbell, dumbbell or cable, your goal is to stimulate as much muscle growth as you possibly can. There are no special, secret weightlifting exercises that will "tone" your muscles or cause them to become more "ripped".

Training with weights builds muscle mass, end of story.

So how exactly do you "define" a muscle?

The only way to "define" a muscle is by reducing your body fat percentage in order to make your muscles more visible. Body fat reduction can be achieved in two ways:

1) Modify your diet.

You'll need to create a slight caloric deficit within your body to stimulate the fat burning process. This can usually be achieved by lowering your overall caloric intake so that you are taking in 15-20% fewer calories than is needed to maintain your weight.

You should also be focusing on consuming smaller meals more frequently throughout the day. This will keep your metabolism naturally raised at all times and will keep your body in a constant fat burning state.

2) Perform proper cardio workouts.

Let go of the traditional method of moderate intensity cardio in 30-45 minute durations.

If you want to maximize your body's fat burning capacity and also minimize the muscle loss that inevitably accompanies a fat burning cycle, focus on shorter, 15-minute interval-based cardio workouts performed 3-5 times per week at a high level of intensity.

That's all there is to it, folks.

Take the notion of "light weight and higher reps" and throw it right out the window, down the street and around the corner. Following this misguided method will only cause you to lose muscle mass and strength, and will not assist you in burning fat or defining your physique.

If you're looking for the complete inside scoop on lowering your body fat levels while maintaining your muscle mass, check out [How To Burn Fat](#) . I'll show you exactly how to eat and train for maximum fat loss, using simple but powerful techniques that guarantee results.

About The Author

Once an awkward, out-of-shape "social outcast", Sean Nalewanyj is now a renowned fat loss and muscle building expert, best-selling fitness author, and creator of the wildly popular online fat loss program: "The Real Deal Body Transformation System". Learn how to burn fat and lose weight quickly, safely and permanently by visiting: [How To Burn Fat](#) .