

## **Warp Speed Fat Loss - Warp Speed Fat Loss Download**

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**Jan. 31, 2010 - [PRLog](#)** -- **Warp speed Fat Loss 2.0** is a weight loss program that promises weight loss of up to 20lbs in 28 days. The primary benefits are that Warp Speed Fat Loss works so quickly, where most exercise programs takes months, this program is four weeks in total.

The system takes all the guess work out of losing weight and everything you need for your exercising, interval training and nutrition is completely laid in a comprehensive plan. The plan is designed to work synergistically to ensure the maximum weight loss.

Warp Speed Fat Loss Program is a new weight loss diet just released this year. It was designed by Alwyn Cosgrove and Mike Roussell, who are both writers for the fitness magazine Men's Health. The Warp Speed program promises incredibly fast weight loss results through diet and interval training, and claims to help you lose 21 pounds in 28 days with the tagline "Forget 12-week transformations."

### **Click to Download The Warp Speed Fat Loss Program**

<http://www.everydaydiets.org/fat-burning-diet/warp-speed-fat-loss-diet-review/>

Mike Roussell is Biochemistry graduate with extraordinarily high grades and is now pursuing a doctorate degree in nutrition & cardiovascular diseases at Pennsylvania State University. He is also a prominent writer at various bodybuilding and nutrition related websites and blogs.

This book is divided into two sections exercise and nutrition. But the difference between this system and the rest of the products is the stress on timing of food intake. The diet is based on a low calorie and high fiber diet which uses the food's thermic effect on body most effectively. This program is based on strategic training like metabolic resistance training, high intensity interval aerobic training, high intensity interval aerobic training etc. which help the body to only lose fat but not muscle.

### **What Do I Get?**

- A fat burning manual, videos, and audio programs
- 24 workouts
- 28 days of meal plans
- The Warp Speed Fat Loss exercise library
- The "Great Unveiling" Rapid 6 Day Weight Reduction Protocol"
- The "Ripped Ready Abs" Routine
- A 60 day 100% money back guarantee

In the Warp Speed Fat Loss program, everything works together – cardio, weight training, and dieting. By studying biochemical pathways, Rousell and Cosgrove figured out how the body releases fat and burns it away. The Warp Speed Fat Loss protocol stemmed from their findings. Though many diet experts claim that the most fat loss one can hope for is 2 pounds a week, Warp Speed Fat Loss debunks that claim.

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Advantages:

- \* Created by Alwyn Cosgrove, an expert in the field.
- \* Very easy to use and understand e-book. The entire program isn't long or hard to read. You can begin applying it almost immediately.
- \* The testimonials of this program are very impressive. People manage to lose weight with this system.
- \* You will also get 10 additional bonuses when you get the program.
- \* Has a money back guarantee for 60 days, so this is a risk free investment, if you're not happy with the product you can get a full refund.
- \* No side effects were reported.

The system takes all the guess work out of losing weight and everything you need for your exercising, interval training and nutrition is completely laid in a comprehensive plan. The plan is designed to work synergetically to ensure the maximum weight loss.

If you want comprehensive help on how to lose weight quickly, then its best for you to take up such programs as **Warp Speed Weight Loss**. It might be a good choice because it guides you at every step. In fact Warp Speed Weight Loss claims to be able to reduce more than 20 lbs within a month which is very credible. So you may want to make it your means to achieve a quick weight loss!

**Read The Detailed Review of Warp Speed Fat Loss Program**

<http://www.everydaydiets.org/fat-burning-diet/warp-speed-fat-loss-diet-review/>

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