

Twitter Thread by Jack Bly



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The 5 Keys To Eliminate The Dad Bod

// THREAD //



#1: Protein ■

- protein is the most satiating macro
- protein has the highest thermic effect
- protein is the building block of muscle

Protein will allow you to pack on muscle AND make it easier to lose fat.

Eat more protein.

#2: Resistance Training ■■■■■■

In order to grow muscle, you need to perform resistance training.

As a result, you will

- burn more calories because of the workouts
- have a higher metabolism with more muscle mass

#3: Meal Timing ■

When do you tend to be the most hungry?

Push the bulk of your calories into that time period.

This will set you up for sustainable success.

#4: High Volume Foods ■

Hunger is the enemy of fat loss success.

In order to combat hunger, we want to eat as many high-volume foods as possible.

- Fruits
- Veggies
- Popcorn
- Potatoes

#5: Healthy House ■

Do you have loads of junk food in your pantry?

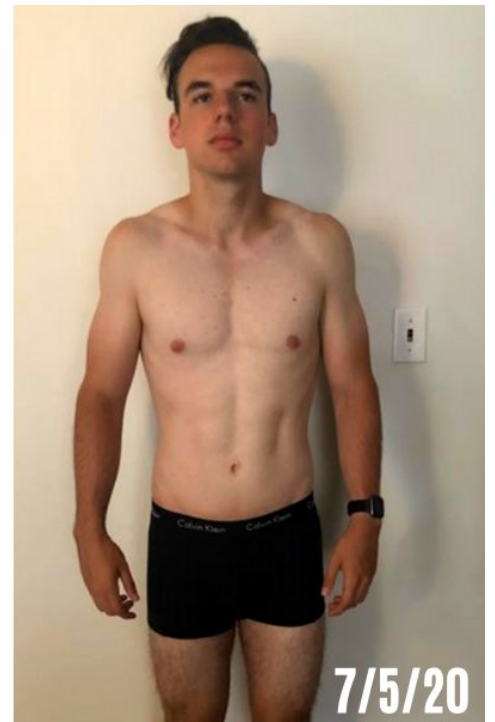
If so, you NEED to remove those junk foods immediately.

This will make fat loss 100x easier without the temptation of your favorite junk foods sitting right in front of you.

CASE STUDY

Vincent went from dad to 6-pack using these 5 keys.

- Lean
- Muscular
- Energetic



P.S. Do you want to eliminate the dad bod?

IF you are coachable, willing to work hard, and financially stable, then you may be a perfect fit for my VIP Body Transformation Program.

Let's chat to see if we'd be a good fit■

<https://t.co/dCRSWFKwKU>