Twitter Thread by Hypertroph | Fitness Coach



Hypertroph | Fitness Coach
@CoachHypertroph



I transformed my body in 6 months.

People charge INR 25,000+ for this information. It should be free.

Just follow these simple fat loss rules:



Exercise:

• 3-4x per week
• Weights > Cardio
• Compound movements first
• Cardio after weights

Don't focus on burning calories focus on getting stronger

Video tutorial:
https://t.co/9ORDnAXnH8

Nutrition:

• 20-25% calorie deficit
• 1.6-1.8 g/Kg Protein
• 2x fruits & veggies daily
• Limit eating out

Food quantity determines weight loss. Food quality determines health.

Video tutorial:
https://t.co/SWD26Vs1wx

Sleep:
• Fix wake up time
• Sleep 8 hrs
• No caffeine after 2 pm
• Dinner 2-3 hours before bed

Have a routine, and be consistent. Routines save your time and maximise your energy.

Video Tutorial:
https://t.co/vtik1fKPv6

Simple is beautiful.

Don't bookmark and forget.

• Commit to the end goal
• Disappear for 6 months
• Build yourself in private

Before you go, I would love to give you 10 bonus tips to make you unstoppable-

(with step-by-step video tutorials)



Help me reach more people in 2 simple steps:

1. Retweet the first tweet

2. Follow me @CoachHypertroph to not miss my future threads

Once done, I will DM you:

■ 5 bonus tips to boost fat burning

■ 5 supplement suggestions
(the only 5 worth buying)

Please Note:

• Team will send you a DM in 24 hours once you retweet & follow. ■

• DM me "Done" if you do not receive the courses within 24 hours and I will make sure you get it. ■■