

## Twitter Thread by Hypertroph | Fitness Coach

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@CoachHypertroph



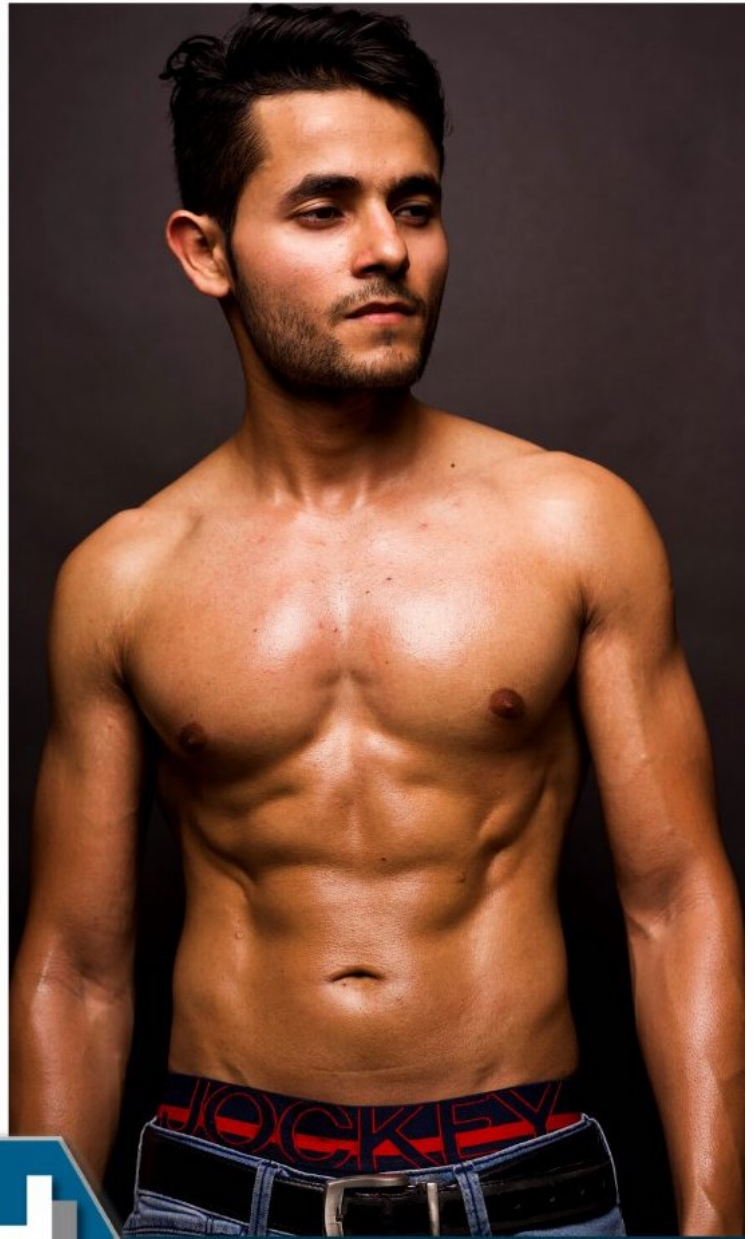
**I transformed my body in 6 months.**

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

**Just follow these simple fat loss rules:**



Before - 78 Kgs



After - 60 Kgs

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)



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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. ■■