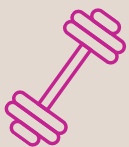


FASTER WAY

T O F A T L O S S ®

3 SECRETS TO LEAN LEGS

Try my **3 simple secrets** to start shaping and toning your legs so you'll always be ready for your favorite shorts.



**PLUS, FREE
HIIT WORKOUT!**



GET READY FOR LEANER LEGS



Tired of hiding your legs from the world? Do you want to turn heads and wear your favorite shorts (or bikini!) with confidence? Ready to finally burn fat in all the RIGHT places to get the lean, toned, sexy legs you've always wanted, and fast?

Well, we're THRILLED you've decided to download the FASTER Way's 3 Secrets to Lean Legs.

In this guide, you'll learn:

- How to build muscle by eating the right macros
- The RIGHT exercises to do (hint: it's NOT hours on the treadmill!)
- The most effective plan for rest and recovery

We've even included a bonus workout to get you started as you take the first step to finally getting the lean legs you want, and keep them long-term.

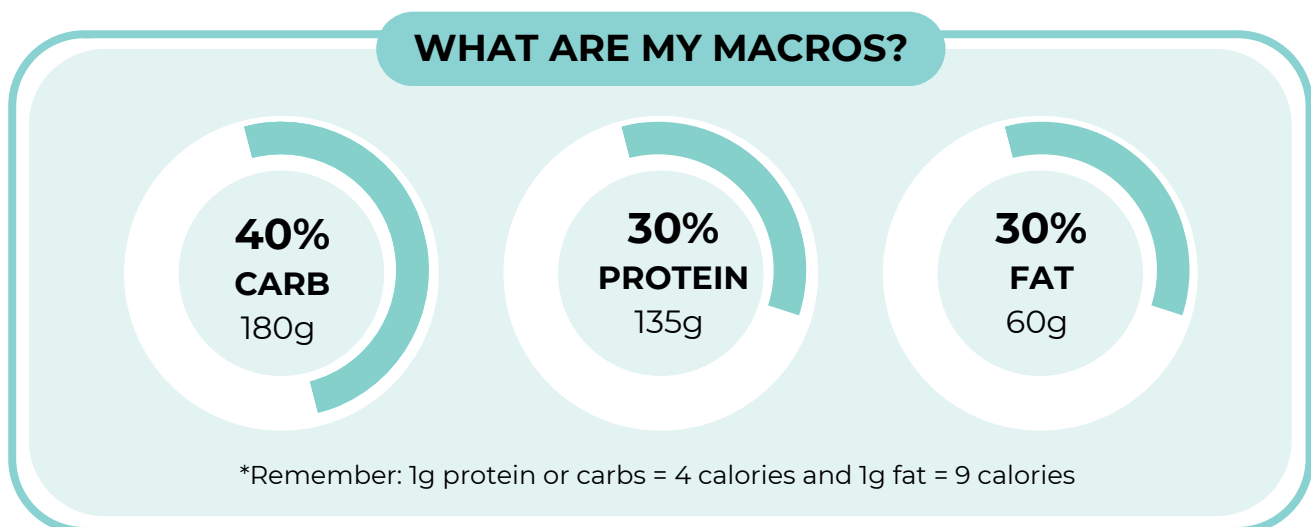
We can't wait to see you transform your body and THRIVE with confidence!

SECRET #1: BUILD MUSCLE BY EATING ENOUGH!

Many women are afraid of building muscle because they don't want to "bulk up." The truth is, building muscle is what makes you look lean and fit!

The only way to truly build muscle while burning fat is to lift heavy and eat enough of the right macronutrients. A killer leg workout will SHAPE your muscles, but eating enough of the right macros is the only way to BUILD lean muscles. If you overconsume, you will gain weight and struggle to burn fat. If you under-consume, you won't fuel your body enough to build lean muscle.

Macronutrients (macros!) are the molecules our bodies need to function. Macros are broken down into three basic categories: carbohydrates, proteins, and fats. For building muscle, the ideal macro breakdown for a regular day at 1800-2300 calories:



If you're intimidated by counting macros or unsure how to incorporate them into your overall wellness strategy, that's O.K.! At the FASTER Way, tracking macros is at the core of what we do. By pairing macro tracking with intermittent fasting, carb cycling, whole food nutrition, strategic workouts, and positive reinforcement, we have helped over 330,000 people burn fat, build lean muscle, and live their best, healthiest lives.

Staying on track with nutrition is easy when you're not playing "macro tetris" at the end of each day. Use our simple cheat sheet when you need to meet your macro goals but you're out of ideas!

This FASTER Way Macro Cheat Sheet is perfect for in-the-moment needs OR pre-planning your meals.

CARBS	PROTEIN		FATS
Apples	Amaranth	Bison	Chia Seeds
Bananas	Beans	Chicken	Duck
Berries	Buckwheat	Egg Whites	Eggs
Brown Rice	Chickpeas	Fish	Hempseed
Carrots	Lentils	Gluten-Free Sausage	Herring
Gluten-Free Oats	Millet	Lean Ground Beef	Pork
Honey	Peas	Protein Powder (Vegan)	Mackerel
Pear	Quinoa	Scallops	Salmon
Pumpkin		Shrimp	Steak
Squash		Turkey	Trout
Sweet Potatoes			Avocado Oil
Red Potatoes			Avocado
Veggies			Butter (non-dairy)
			Coconut Milk (full fat)
			Coconut Butter/Oil
			Egg Yolk
			Flaxseed
			Nuts
			Nut Butters
			Olives
			Olive Oil
			Sesame Oil
			Walnut Oil

CURIOUS ABOUT MY SUPPLEMENT ROUTINE?

Achieving strength and building robust leg muscles requires a strategic approach to nutritional supplementation, and four key supplements play pivotal roles in this process.

Creatine

Creatine, renowned for its ability to enhance ATP production, provides the explosive energy needed for intense workouts, enabling users to push their limits during strength training.

Protein

Protein, an essential building block for muscle repair and growth, aids in the recovery process, ensuring that the legs receive the necessary nutrients to rebuild and strengthen.

L-Carnitine

L Carnitine, known for its role in energy metabolism, assists in optimizing fat utilization during workouts, facilitating lean muscle development.

BCAAs

Branched-Chain Amino Acids (BCAAs) are critical for muscle protein synthesis, preventing muscle breakdown and supporting endurance.

When combined, these supplements create a synergistic effect, promoting strength gains and contributing to the development of powerful and resilient leg muscles.

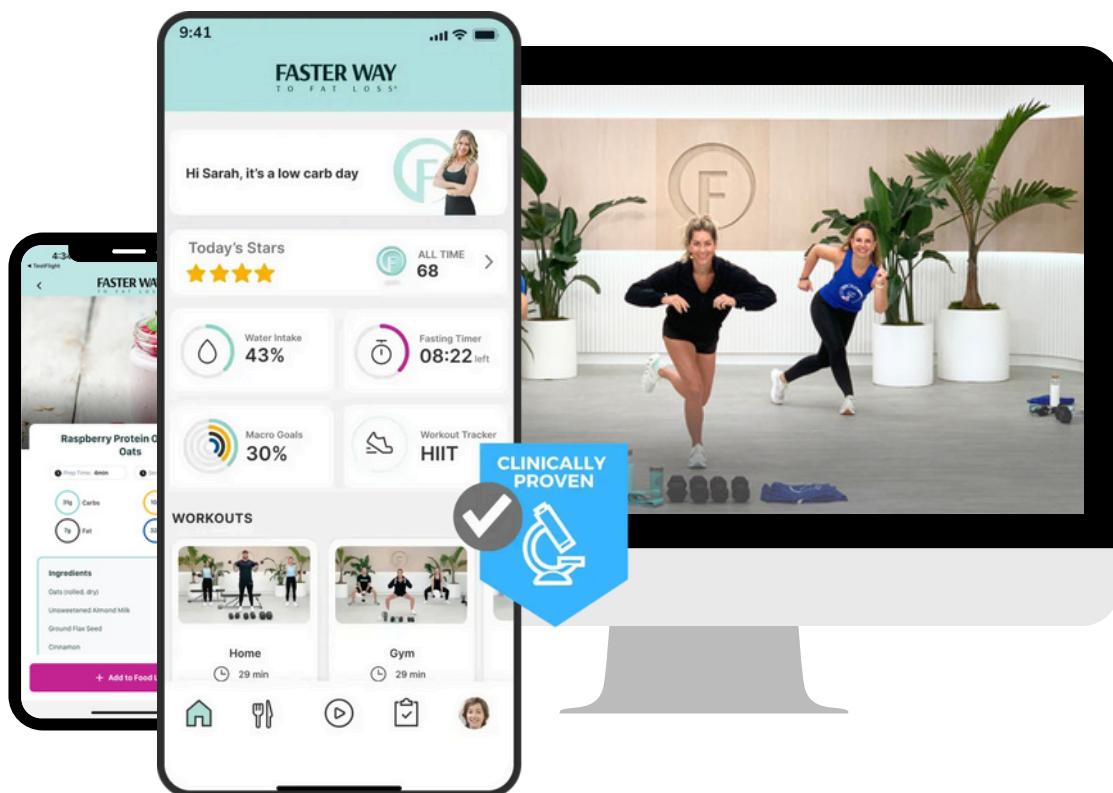


SECRET #2: DO THE RIGHT EXERCISES

Say goodbye to spending hours on the treadmill. That just doesn't work! To get the lean, toned legs you've always wanted, you have to engage in both strength and high-intensity interval training (HIIT) on a weekly basis.

Strength training, either with weights or using your own body weight, will help shape your muscles as your diet (eating the right macros!) helps them grow. Studies show that muscle tissue burns more calories than fat tissue does, both during physical activity and at rest. So the more muscle you have, the easier it will be to shed the unwanted fat covering up your lean legs!

HIIT workouts will increase your metabolic rate and burn fat long after your workout is over. This will help you look lean and toned in all the right places! Pairing the right types of exercises with proper macros is key to burning fat and building lean muscle.



BONUS!

TRY THIS AT-HOME HIIT WORKOUT

FASTER Way HIIT Pods - Complete all 3 moves in each pod with the prescribed amount reps and sets resting briefly between moves. The first move will be 3 sets, the second move will be 2 sets and the last move will be 1 set.

POD 1

Jump Squat - 10 reps x3

Curtsy Lunge - 15 reps each leg x2

Squat with Quarter Turn- 20 reps x1

POD 2

In and Outs - 10 reps x3 -

Bear Hold to Round House- 15 reps total x2 -

Plie Squat with Pulse - 20 reps x1

POD 3

Jump Lunge 2 for 1 - 10 reps total x3 -

Goblet Squat with Pulse - 15 reps x2 -

Side Lunge to Squat - 20 reps total x1 -

POD 4

Criss Cross Squat - 10 reps total x3

Burpee - 15 reps total x2

Star Squat Jump - 20 reps x1

SECRET #3: REST AND RECOVER



If you are eating to fuel your muscle growth and exercising to shape your muscles, then you will need to rest so you can repair your muscles. Taking a couple of days off each week is critical to building lean legs.

In the FASTER Way program, we do one serious leg day and one total body day each week with some leg and booty work included. We engage in speed burst or HIIT training twice a week, then allow our legs to rest the other 3 days.

This build-shape-recover strategy will help you get the lean legs and booty you are looking for!

It is important to note that you cannot truly spot train one specific region of your body. However, when you teach your body to effectively burn fat by eating and exercising in an intentional way, you will start to get lean and toned EVERYWHERE. In fact, the best way to get lean, toned legs is to turn your body into a fat burner instead of a sugar burner.

If you want to turn your body into a pro fat burner and join the over 450,000 people we have helped burn fat, build lean muscle, and live their best, healthiest lives ... join us! We will pair you with a certified professional in the cutting-edge FASTER Way to Fat Loss® program. You'll also get incredible support and accountability through our online community. You won't be alone on this journey!