

THE 4 SECRETS TO
LOSING THE
BLOATED OFFICE
BELLY FOR GOOD



**LEAN
MACHINE**

Let me give you the step-by-step system which has allowed me to help over 450+ guys in my online body transformation coaching program shift the belly, love handles and man boobs - forever.

(I even followed this system myself whilst working in Cardiff City Centre as a Marketing Executive for a Legal Recruitment Firm - check out the transformation here if you like)

I know that ^ sounds 'hypey' but hear me out.

It isn't easy but it's definitely a simple process to help you save a boat load of time and money on: Personal Trainers, gym memberships and fad/crash diets.

The 4 key things that are going to help you melt the fat from around your middle when you are: stressed, tired and have a lack of time are:

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- **Calories**
 - **Protein**
 - **Exercise**
 - **Fasting**

Before I go into them for you and explain how to use them, I know those words have a lot of connotations so all I ask is that you keep an open mind.

STEP 1- CALORIES

Calories are like a business.

If you know your numbers - you're in **control**.

If you don't know your numbers - you're **screwed**.

Knowing how much food you need to eat to get the weight off is THE most essential part of melting away the gut.

This doesn't mean you need to become a full-time Bodybuilder.

But knowing how much food you need to eat will give you complete predictability around how much fat you will lose.

Essentially all you need to understand is that to lose body fat, you need to be in a calorie deficit.

A calorie deficit is defined as:

"Any shortage in the amount of calories consumed relative to the amount of calories required for maintenance of current body weight"

To put it bluntly, we need burn more calories than we take in which I'm pretty sure most people understand.

However, when you sit in an office all day or are in the car visiting clients - it can be really difficult to try and 'burn' extra calories.

We are only going to become more and more sedentary in the future and this is why if you spend all day sat down, your nutrition needs to do 90% of the fat-melting for you.

(Don't worry - this doesn't mean eating celery and lettuce leaves all day - I promise)

STEP 2- PROTEIN

When you are in a calorie deficit, you're going to need to eat more protein.

This doesn't mean chugging endless shakes like the roid head down the gym or that posy fitness model on Instagram.

You just need to include a bit more protein in your meals, that's all.

For two reasons.

Firstly, protein keeps you full.

When you're eating less food, it's pretty evident that you're going to become more hungry.

Out of all of the macros (don't worry if you don't know what they are) - protein is the most filling.

When you're eating less food to lose the belly, adding these foods to your lunchtime meal can have a hugely positive impact on how full you feel.

And when you feel full, you want to eat and snack less.

And when you want to eat and snack less you invariably consume less calories and as a result...

Lose more body fat.

The second reason protein is important is that it helps you maintain muscle mass.

By consuming less calories than usual and not eating enough protein, you run the risk of losing 'weight' on the scales but looking skinny fat in the mirror.

Essentially - the gut and love handles stick around but you just 'weigh' less.

This is a problem I see on a daily basis where guys just feel like they cannot get rid of the belly no matter what or how hard they try.

Some random examples of protein include:

- Chicken
- Tuna
- Kidney beans
- Minced beef
- Greek yoghurt

STEP 3- EXERCISE

In my eyes, the thing that is the biggest waste of time when it comes to losing body fat - is exercise.

I know that sounds counter intuitive but **hear me out...**

If you are a busy bloke.

And by busy I mean, you're slogging out 40-70 hour weeks, it can be tough to find time to exercise.

With meetings, emails, client visits and everything outside of work going on, building a fat loss routine around exercise is one tricky little bugger.

When you use exercise as your **primary source** of burning fat, you have got all of these things below which can potentially get in the way of that routine:

- Finishing late at work
- You're tired
- Lacking motivation
- Slept badly last night
- It's your partner's birthday
- It's your mate's birthday drinks tonight
- It's Bank Holiday weekend
- Your back hurts
- Traffic is too bad on the way to the gym.

You get the picture.

So many things are potentially going to stop you from exercising.

So if exercise is your sole means of creating a calorie deficit, you can potentially fall off the wagon before you've even started.

From my point of view...

Even if you exercise for 3 hours per week, that still gives you another 165 hours in the week to sabotage your results with what and how much you eat.

If you get the nutrition right first and then add in exercise/training that you enjoy on top of that then you really do become unstoppable.

This doesn't mean exercise is bad - at all.

However, if fat loss is your goal and you sit on your backside all day inhaling stress, you need to get the food bit right

STEP 4- FASTING

Sounds quirky and cool doesn't it?

There is plenty of hype around this in the media and I'm not going to delve too deep into the fasting hole otherwise we'll be here all week.

To put it simply.

You now know that to lose body fat, you need to be in a calorie deficit.

Let's say for instance, you need to eat 1,500 calories per day to lose 2lbs of body fat every single week.

(We have an International Olympic Committee Nutritionist, Shane Nugent MSc do this for our online clients as he is the man when it comes to personalised nutrition)

You could start your day with a 500 calorie breakfast.

Then have a 500 calorie lunch.

But the problem here is that you only head into the evening with 500 calories left...

That's not a lot of food.

If you flip this on it's head, it's a lot easier.

Let me explain...

By fasting, you're effectively pushing your first meal (breakfast) back until lunchtime.

That's all you're doing.

So if your first meal is at lunchtime and it's 500 calories and full of filling protein...

This means you go into the evening with a 1,000 calories left to play with and feeling relatively full.

You have 1,000 calories of food credit if you like.

That's a lot more food overall and means you can potentially enjoy yourself in social situations without feeling like you're on a 'diet'.

It becomes a way of life.

And when that happens, not only will you get the weight off but you'll keep it off for the foreseeable future because you're staying in your calorie deficit for a prolonged period.

Especially if:

- You're heading to a client dinner
- You're going for drinks after work
- You're having friends over for food
- Or your partner has cooked you a big ol' lasagne

So that's it in a nutshell...

There's obviously a lot more to it but please remember:

It IS possible to lose the: belly, love handles and man boobs
when you're busy.

You just need to attack the day differently.

Have a good'un.

Olly

*P.S Want To Find Out More About The Lean Machine
Fat Loss Program For Busy Men?*

[Check it Out Here](#)

[FIND OUT MORE](#)

HERE A FEW STORIES FROM THE MEN I HAVE WORKED WITH:



"I can definitely recommend the Lean Machine program.

I think others already proved that it helps you lose weight and gain confidence (personally lost 6kg in first 4 weeks).

However I would like to emphasise that it is not just about the results.

Olly feels like a friend and does make sure that what you do works for YOU and not just for some random bloke! I think that's almost as important as the results you get."

-IVAN FALANGA Software Engineer
2 Stone Gone And 7 Inches Off The Waist

"Olly delivers his programme with the banter you can expect from a top bloke.

And, it's refreshing to get away from the strict meal plan/5 days a week in the gym type.

I like the science behind it too and Olly knows his stuff.

We get regular live feeds with top info and tips, like how to sleep like a baby, how to enjoy all food and even the odd beer or two."



-ANDY HEMMINGWAY Director
Built Lean Muscle And Lost 4 Inches Off The Waist

"Olly Rees thanks for the encouragement, words of wisdom, support etc!

You're a top bloke and The Lean Machine works!

I don't feel like I'm on a diet and I'm not spending hours in the gym everyday.

Plus being able to have a treat every now and then.

These things make it easier to stick to and make it enjoyable!

You've helped changed my lifestyle which has a positive effect on my children and their future!



-DAN NICHOLLS Project Manager
15st 13lbs Down To 13 Stone 6Lbs + 40 Inch Waist To 36 Inch Waist

Thanks again!"