

TIM ERNST PRESENTS

# 5 POWERFUL INTERMITTENT FASTING HACKS

Discover How These 5  
Intermittent Fasting Hacks Burns  
More Fat FASTER



MAY 01, 2022 | turnaroundfitness  
Tampa FL

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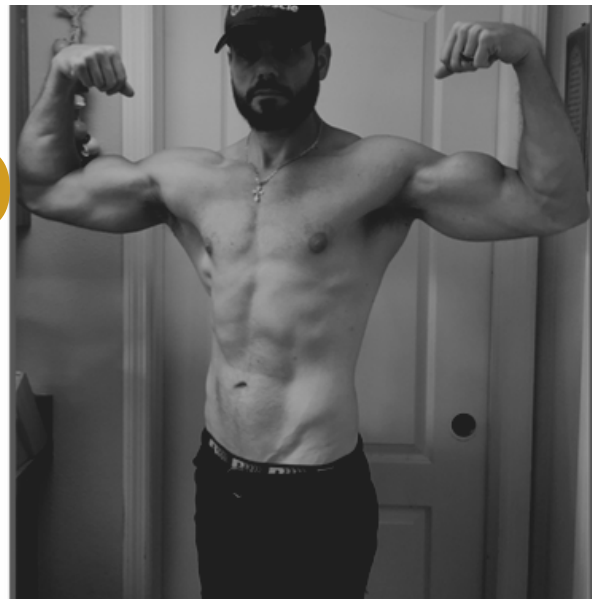
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If you've already tried intermittent fasting and you did it correctly you've probably already noticed some great weight loss results.

You probably lost some body fat, maybe lost a few pounds off the scale, and you've become more productive in the process.... which is all great.

**WHAT IF I TOLD YOU THAT YOU COULD DOUBLE OR EVEN TRIPLE YOUR RESULTS WITHOUT SPENDING MORE TIME IN THE GYM OR IN THE KITCHEN?**

Well today that's exactly what I'm going to show you using these 5 intermittent fasting tricks so let's get started with the very first trick.



5 INTERMITTENT FASTING HACKS

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- **HACK**

**How To Break Your Fast The Right Way**

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#1



When you break your fast, during your feeding window you want to stick to foods that don't spike your blood sugar, and more importantly don't spike your insulin levels and those two things aren't always the same.

As many of you already know one of the major benefits of fasting is that it'll allow you to lower your insulin levels.

**INSULIN IS A FAT STORAGE HORMONE THAT SERVES AS A BRIDGE BETWEEN YOUR CELLS AND THE NUTRIENTS COMING INTO YOUR BODY.**

Your body will also stop burning fat when insulin levels are elevated.

Basically it's impossible to burn fat in the presence of



When you fast you're not just looking to lower calories by not eating, (even though fasting will definitely do this) the main goal of fasting for fat loss is to decrease insulin levels and there really is no better solution for doing just that.

**WHEN YOU DON'T EAT YOUR BODIES INSULIN LEVELS ARE NATURALLY AT THEIR LOWEST.**

However, what most people don't realize is that even if you fast perfectly, once you break your fast you can spike your blood sugar and insulin levels high enough to cause your body to actually store fat rather than burn it.



So if you want to burn fat at the fastest rate, the goal has to be that you keep your insulin levels low even after breaking your fast.

We can do that by understanding some basic principles and then making a decision on what to eat during your feeding window around those key concepts.

**FIRST LET'S GET THE OBVIOUS ONE OUT OF THE WAY...**

sweets, processed foods and junk food will spike your insulin levels the highest while providing the lowest amount of nutrients.



So if you want to burn fat faster after breaking your fast stick only to real wholesome single ingredient foods.

Most of these foods you'll find by sticking to the outside aisles of your local grocery store while avoiding the inner aisles where all the processed foods are.

**NEXT YOU HAVE TO KNOW THAT CARBOHYDRATES HAVE THE BIGGEST IMPACT ON YOUR INSULIN LEVELS.**

Certain types of dairy have equally as big of an impact, protein has a moderate impact and fat has the smallest impact.





By not eating carbohydrates and overindulging in dairy after breaking your fast you'll already be way ahead of the game.

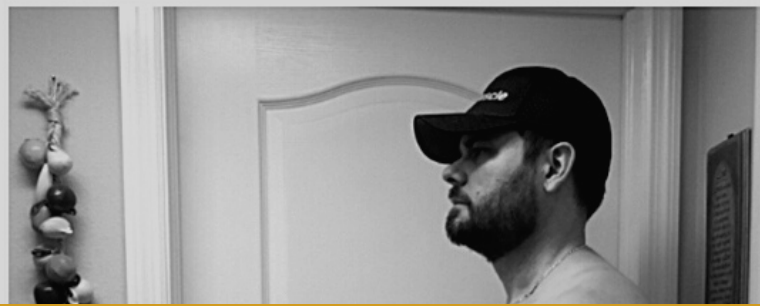
The trick is that when you break your fast try to consume a large serving of vegetables so that it will fill your stomach up and take the edge off your hunger.

**THEN MOVE ON TO YOUR PROTEIN AND FAT SOURCES.**

If you're still hungry after all that you can move on to some dairy or more fat.

This will allow you to limit your insulin spikes during your feeding window without actually thinking about it.





5 INTERMITTENT FASTING HACKS

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**Intermittent Keto Fasting**

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#2



**POUNDS 173 POUNDS**



**IT'S HOW I LONST 70  
POUNDS IN JUST 7 SHORT  
MONTHS**

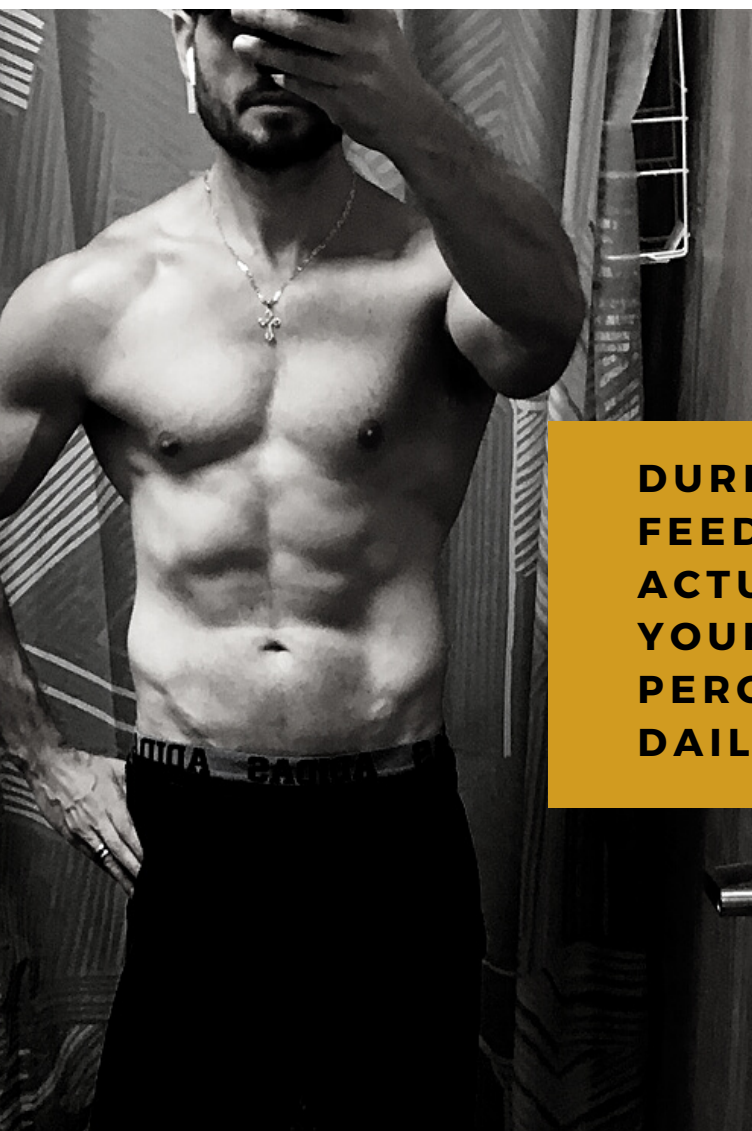
Intermittent Keto Fasing is a combination of the ketogenic diet and fasting.

This will make your diet a little less flexible because you will have to adhere to a certain macronutrient split, but it's an incredibly effective way to speed up the amount of fat lost from fasting.

As of lately I fast for 20 hours everyday and I typically break the fast with keto approved foods such as eggs, sour cream, cheese and macadamia nuts.



# INTERMITTENT KETO FASTING



**Applying Intermittent Keto Fasting would require you to set up a consistent time of eating and fasting**

**A common example would be to break your fast at 1 o'clock, fast for 4 hours and then eat again around 5 o'clock. (20:4 IF method)**

**DURING THAT 4 HOUR FEEDING WINDOW, YOU'LL ACTUALLY WANT TO KEEP YOUR CARB UNDER 5 PERCENT OF YOUR TOTAL DAILY CALORIC INTAKE.**

**You'll also want to keep your protein intake right around 15 to 20 percent of your daily intake because too much protein will turn into glucose and spike insulin.**



# INTERMITTENT KETO FASTING

Next your fat intake should be around 75 percent of your total calories.

With this kind of macro-nutrient split with this kind of macro-nutrient split you'll keep your insulin levels at it's lowest both while fasting and eating. This method will keep you in a state of ketosis.

**KEEP IN MIND THAT THERE ARE DIFFERENT FORMS OF KETO THAT WILL STILL BURN FAT DEPENDING ON WHERE YOU ARE STARTING**

The combination of the ketogenic diet with intermittent fasting is one of the most effective ways to lower insulin levels and burn fat faster than anything else.



5 INTERMITTENT FASTING HACKS

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**Longer Fasting Periods**

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#3



# LONGER FASTING PERIODS



Since fasting is the absolute fastest way to lower insulin levels and burn fat for energy, the longer we stay in a fasted state the more fat you'll burn.


Once we get used to the shorter term intermittent fasting protocols try to work your way up to more of an extended fast lasting 24 to 48 hours.

**I CURRENTLY HAVE BEEN DOING "BLOCK FASTING" WHICH ARE FASTS THAT GO BETWEEN 48-96 HOURS**

You want to commit to shorter periods **FIRST** before attempting longer fasting periods.



# LONGER FASTING PERIODS



As an example you would try to go from having a regular 8 hour feeding window to only a 4 hour feeding window then move on to only eating one meal a day (known as OMAD) at the same time every day.

Finally, you would try to do an extended fast where you would not eat anything for 36 to 48 hours.

**I CAN SAY FROM EXPERIENCE THAT BY WORKING YOUR WAY INTO LONGER FASTS CAN BE A LOT EASIER THAN IT LOOKS.**

You may not even realize but as you get used to longer periods of fasting, it'll actually "blunt" your hunger and act as an appetite suppressant.





**Longer periods of fasting like this will create a much larger calorie deficit for the entire week and as I already said, insulin will be at its lowest point allowing for maximum fat burning.**

**Let's move on to the fourth way you could burn fat faster while fasting and that's by performing fasted workouts.**



5 INTERMITTENT FASTING HACKS

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**Fasted Workouts**

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**#4**



# FASTED WORKOUTS



Look, I know that fasted training has come under a lot of attack by the mainstream fitness community about how it doesn't burn more fat than regular training in a fed state, but misinformation in the fitness community spreads like wildfire.

I can personally say that it's worked very well for me..

**I FAST FOR 20 HOURS EVERY AND I DO IT WHILE TRAINING. MY ENERGY LEVELS HAVE SKYROCKETED WHEN I DON'T HAVE ANY FOOD IN MY BELLY.**

The idea that training fasted doesn't burn more fat came mostly from a very flawed series of studies.



One major reason why these studies were flawed was because right after doing the fasted workouts the participants were given a meal replacement shake.

These meal replacement shakes shot the participants insulin levels way up and shut the fat burning process down.

**MOST PEOPLE DON'T REALIZE THAT WHEY PROTEIN SHAKES SPIKE INSULIN PRETTY SIGNIFICANTLY.**

There is yet to be a study that compares a group that continued fasting after training on an empty stomach to a group that trained fed.



This means that these studies that supposedly denied the benefits of fasted training, made it impossible for the participants to experience the major benefit of fasted training itself which is the extra fat you would burn after the workout by not eating right away while insulin levels were all extremely low.

**REGARDLESS, THERE ARE STILL NUMEROUS STUDIES THAT CONFIRM THE BENEFITS OF FASTED TRAINING EVEN WITHOUT CONTINUING TO FAST AFTER THE WORKOUT.**

Check out this one study that compared 28 men that were divided into three groups on the following page:



1. The first group did not exercise
2. The second group exercised after eating a carbohydrate rich meal
3. The last group skipped eating before exercising.

The researchers were surprised to find that on almost all levels including body composition, insulin levels and how much fat was either lost or gained, the fasted training group blew the other two away!

There are also numerous other studies including a meta-analysis on over 270 people that point to the benefits of fasted training.

**I'M A FIRM BELIEVER THAT FASTED TRAINING ALLOWS YOU TO USE MORE FAT FOR ENERGY BECAUSE GLYCOGEN STORES ARE ALREADY DEPLETED.**



**By continuing to fast for a couple hours after your fasted workout, you increase fat mobilization and continue burning more fat until you eat which allows you to ultimately burn more fat over the course of 24 hours.**

**The last way to speed up fat loss with intermittent fasting is by lifting heavy weights.**



5 INTERMITTENT FASTING HACKS

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• **HACK**

**Lifting Heavy**

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#5





Lifting heavy weights that challenge you and bring your muscles close to failure is one of the best ways to deplete glycogen stores in your body.

Fasting will deplete glycogen stores very efficiently on its own but by progressively pushing yourself and lifting heavier weights you will always be depleting your so-called glycogen gas tank.

**WHEN GLYCOGEN IS DEPLETED, YOUR BODY LOOKS TO GET ITS ENERGY FROM OTHER SOURCES SUCH AS YOUR FAT STORES.**

Weight training will also help you build more muscle allowing you to store more glycogen in your muscle cells rather than your fat cells.





**If you're not incorporating strength training into your workout program, then I very highly recommend that you start now and work on progressively increasing the weight load that's used over time.**

**WHAT'S NEXT?**

**See The Next Page**





What if I showed you how YOU can lose between 40-70+ POUNDS by providing you with:

**Tasty & Satisfying "DONE-FOR-YOU" Meal Plans.**

**Weekly "Gym" or "At Home" Workouts (if you prefer to avoid the gym due to the virus spreading).**

**A Complete 35 Page Keto Food List So You'll NEVER Be Confused Again As To What To Eat To Finally Lose Weight & Be Healthy.**

**Hold You Accountable With Weekly Coaching Calls To Keep You Motivated & Consistent Towards Reaching Your Goal Weight.**

**Would You Be Interested?**

**If so, click one of the links below for a FREE 60 minute strategy call!**

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**[WOMEN CLICK HERE](#)**