

THE WARRIOR'S GUIDE TO WEIGHT LOSS

Top 20 Immediate Actions to Lose Stubborn Fat and Build
Muscle the Warrior's Way with the Power of Counting Macros



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Unleash your true potential with 20 actionable steps for fat loss, muscle building, and mastering macro counting.

20 IMMEDIATE ACTIONS FOR FAT LOSS AND MUSCLE BUILDING

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Embrace discipline and determination, and with each calculated effort, move closer to achieving your transformation and claiming victory as a true warrior.

INTRODUCTION



WELCOME TO

THE WARRIOR'S GUIDE TO WEIGHT LOSS

As a warrior, you are driven by strength, determination, and precision. This guide will equip you with 20 actionable steps to burn stubborn fat, build lean muscle, and harness the power of counting macros on your fitness journey. Prepare to embrace the Warrior's Way and unleash your true potential.

Gordon Brodecki

GARAGE FITNESS



1

SET YOUR BATTLE PLAN

Clearly define your weight loss and muscle-building goals and create a strategic plan of action to achieve them.

2

CALCULATE YOUR MACROS

Determine your daily macronutrient intake (protein, carbohydrates, and fats) based on your body type, goals, and activity level.



3

PRIORITIZE PROTEIN

As a warrior, prioritizing protein in your diet is essential to fuel muscle growth and facilitate repair.



By making protein a cornerstone of your nutrition, you'll optimize your fitness journey and achieve your desired transformation with greater efficiency and strength.

4 CHOOSE WHOLE FOODS

nourishing your body with nutrient-dense whole foods, such as lean meats, vegetables, fruits, and healthy fats, is crucial for maintaining peak performance and vitality.

LIMIT 5 PROCESSED FOODS

To optimize your results, follow the warrior's rule of minimizing or eliminating processed foods from your diet. These empty-calorie, additive-laden foods can hinder your progress and rob you of the strength needed to conquer your fitness goals. Stay true to the Warrior's Way and fuel your body with wholesome, nutrient-rich options instead.



6

EMBRACE WARRIOR HIIT

Utilize High-Intensity Interval Training (HIIT) to burn fat, increase endurance, and boost metabolism.

7

MASTER COMPOUND MOVEMENTS

Incorporate compound exercises like squats, deadlifts, and rows to engage multiple muscle groups simultaneously.

8

STRENGTHEN YOUR CORE

Develop a strong core foundation to enhance stability and improve overall physical performance.



9

HYDRATE LIKE A WARRIOR

Keep yourself well-hydrated to support digestion, metabolism, and overall well-being.



10

MONITOR YOUR MACROS RATIO

Fine-tune your macronutrient ratio to suit your body's needs and optimize your performance.





11

PLAN YOUR MEALS

Prepare your meals in advance to stay on track with your macros and avoid impulsive, unhealthy choices.

12

MINIMIZE SUGAR INTAKE

Reduce your consumption of added sugars, as they can hinder fat loss and negatively impact your health.

13

WARRIOR FLEXIBILITY AND MOBILITY

Incorporate stretching and mobility exercises to improve flexibility, prevent injuries, and enhance recovery.





14 ALLOW FOR BATTLE REST

Prioritize adequate rest and recovery to let your muscles repair and grow stronger.

15 SEEK KNOWLEDGE

Educate yourself about nutrition, fitness, and the importance of counting macros for your body's transformation.

16 FIND YOUR WARRIOR TRIBE

Surround yourself with supportive individuals who share your dedication to fitness and encourage your progress.

17 DOCUMENT YOUR WARRIOR JOURNEY

Keep a journal to track your macros, workouts, and victories as you advance towards your goals.

18

CULTIVATE MENTAL RESILIENCE

Develop mental toughness to overcome challenges and maintain focus on your fitness path.



19

CELEBRATE WARRIOR VICTORIES

Acknowledge and celebrate every accomplishment, whether it's hitting a new personal record or staying on track with your macros.

20

STAY COMMITTED

Embrace the Warrior's Way as a lifestyle, staying committed to your goals and continuing to refine your approach for lasting success.

THANK YOU FOR FINISHING
THE WARRIOR'S GUIDE TO WEIGHT LOSS

CONCLUSION

In "The Warrior's Guide to Weight Loss," you have discovered the top 20 actionable steps to lose stubborn fat and build muscle the Warrior's Way, leveraging the power of counting macros. As a warrior, you possess the strength and resolve to conquer any obstacle on your path to success. Embrace the discipline, precision, and determination that define the Warrior's Way. With every calculated step and dedicated effort, you move closer to achieving your desired transformation.

Rise to the challenge, warrior, and claim your victory!





WE HELP ACHIEVE YOUR IDEAL WEIGHT

BREAK FREE FROM FRUSTRATION

- ☒ PERSONAL TRAINING
- ☒ MINDSET
- ☒ DIET NUTRITION
- ☒ CUSTOM WORKOUTS

SCHEDULE 1-ON-1 CONSULTATION