

Focused Intensity For Faster Results

How To Take Your Workouts & Transformation To The Next Level



By Angie & Scott Tousignant
www.FatLossQuickie.com

Introduction

The word INTENSITY has been echoed throughout the fitness industry as a major contributing factor for fat loss success, yet there is no clear definition of what intensity really means. Frankly, the way that some 'fitness experts' or trainers define intensity scares me and causes great concern to me as I fear for the health and safety for the individuals who may be following their guidance. However... this report is not about picking apart what I may view as 'wrong' in the fitness industry... it's about providing you with strategies to take your workout and body transformation to the next level.

Lets begin with my definition of intensity: ***“Intensity isn't necessarily about training so hard that you feel like puking. It's about giving each and every rep 100% of your focus and attention. Making each rep count as if it's the one that will lead to your ultimate goal.”***

This kind of focused intensity is the difference between mindlessly going through the motions and hoping for success... Or completely embracing the moment, soaking it all in, enjoying the process, and expecting success!

Applying the strategies that I am about to reveal in this report will help you develop a deep appreciation for the body transformation process. Working out will no longer be about lifting weights... it will become a journey of self-discovery. These strategies will bring more joy into your training sessions because it's no longer just a workout... it's an experience.

So are you ready to take your workouts and transformation to the next level? I thought so! Now let's get started...

Focused Intensity For Faster Results

I've been having some amazing conversations with a few of my colleagues in the fitness biz about the mind-body connection that we regularly achieve during our workouts. This "Ultra-Focus" that we have been able to achieve during our workouts can be described as euphoric. We become so incredibly "In-Tune" with our body, feeling every movement and experiencing every breath, that we often forget that there are other people around us in the gym.

This kind of mind, body, and spiritual connection that we experience during our weight training session can be compared to the feelings that some people experience from fitness practices such as Yoga, Tai Chi, or Pilates.

It's this realization that lead me to believe that it's not necessarily the type of movement that is important to achieve an incredible mind-body connection... it's your ability to focus your attention, block out life's distractions, clear the clutter from your mind, and give your complete attention to the task at hand while experiencing the moment to the fullest.

I believe there's a direct correlation between focused-intensity during your workouts and the results that you achieve throughout your body transformation. Meaning... the more focused you are with your training, the better results that you can expect to achieve.

I recall hearing my friend Shawn Phillips talk about a conversation that he had with his brother Bill. I'm paraphrasing here, but it went something like...

Shawn Phillips: *Why do you think that I'm able to achieve extraordinary body transformation results compared to so many others?*

Bill Phillips: *I believe it's because there is nobody in the gym that is more focused than you are.*

Bill didn't say, "It's because of 'X' supplement that you took, or your great genetics, or because you have more time to dedicate to training than others." He said, "It's your level of focus."

Think about that for a moment. What if there was no magic workout program that burns fat 1000 times faster than any other program... and there was no secret diet trick to burn fat more rapidly than once thought

humanly possible? What if you had everything that you needed right in front of you, and all that you have to do is to kick your focus up several notches?

I say, “All that’s required”, but frankly, developing focused intensity takes a lot of practice and is hard work... in the beginning at least.

It took me years of working out before developing the intense focus that I experience today. I often wish that I would have harnessed this power much sooner, which is why I would love to share some of my strategies for focused intensity with you today.

How To Achieve Focused-Intensity

Harnessing The Power Of Focus Pre-Workout

Focused intensity begins before you ever step foot in the gym or walk into your home gym. It begins by reviewing your plan of action for today’s workout. What exercises will you be performing? How many sets and reps will you perform for each exercise? What is the goal that you are planning to achieve from today’s workout and how will you progress from the previous time that you performed this workout?

This is why it’s so important to follow a professionally designed workout program. It’s your blueprint for success. Consider any of the programs that Angie and I have produced, as your action plan for success. It’s not about how many calories you burn in this workout. It’s about putting forth your very best effort, which requires your complete focus and attention. It’s about taking this plan and progressing from week to week. Our workout programs are like a treasure map for you. Continue putting one foot in front of the other in the direction that we guide you and you can expect incredible rewards in the end.

After reviewing today’s workout and setting your goals for this training session, it’s time to flip the switch and mentally pump yourself up. For me, that means plugging in my headphones, cranking my pre-workout play list, and begin visualizing myself ROCK’n the workout and achieving the goals that I have set for today’s training session.

As I walk through the gym doors, the only thing on my mind is dominating the workout. My workout playlist is still cranked and I continue to listen to it

while I'm getting changed in the locker room. I don't allow anything to distract me from the task at hand.

I go through a great warm up and feel the blood rushing to my muscles and warming my body. I get comfortable with the way my body is moving, I calm my mind and prepare my muscles for the load that is about to be unleashed on them.

It's time for some serious focused-intensity! A time where every bit of focus and energy goes into each and every rep.

It's important to note that intensity isn't gut wrenching bursts of 'military like' abuse on your body where you are rapidly performing movements until you puke. You can experience great intensity from performing slower controlled movements too. It's all about making the most out of the moment.

Harnessing The Power Of Focus During Your Workout

OK, now the workout is about to begin. I start every training session with the same song by Eminem - Till I Collapse. The opening lyrics fire me up every time...

“Sometimes you just feel tired. You feel weak. And when you feel weak, you feel like you wanna just give up. But you’ve gotta search within you. You’ve gotta find that inner strength and pull that shit outta you... and get that motivation to not give up and not be a quitter, no matter how bad you wanna just fall flat on your face.”

This song is especially good on leg days :)

With each rep I do my best to 'get inside' the muscle being worked and feel every muscle fiber firing. With each breath I feel my muscles tense, contract, then relax. I feel the rush of blood pumping through my veins. I feel every ridge of the bar that I'm either lifting, pushing, or pulling. **For the moment, the bar and I are ONE!** We are connected. I'm absolutely oblivious to everything around me. In this moment the only thing that matters is making every rep count because this rep could be the difference maker between me having a mediocre physique and an outstanding physique.

There are moments when the mind-body connection, becomes so incredibly strong that the experience is euphoric. I'm guessing that it would be similar to a runners high. A moment where I feel like I could lift anything non-stop. A feeling of peace and harmony. It's kind of weird to see the words peace and harmony associated with weight training, but this is exactly what can happen when you embrace the moment.

When I finish the set I soak up every ounce of the moment. I feel a sense of victory. Then I prepare to dominate the next set.

Harnessing The Power Of Focus Between Sets

The time between sets is a golden opportunity. It's one of the most important parts of your workout. It's a time to once again clear you mind and focus on your goal for the next set. Even if your rest period is only 30 seconds, you need to make the most out of this time. Keep your eye on the target. Keep your blinders on. You've made the effort to step foot into the gym, now it's up to you to make the most out of this time. Focus on your breath, your heartbeat, the blood rushing through your veins. This next set will bring you one step closer to achieving your body transformation goal.

Harnessing The Power Of Focus Post-Workout

Once your workout is complete, it's important to maintain focus. Write some notes about how you felt throughout the workout and where you plan on improving the next time that you perform this specific workout. Congratulate yourself on a job well done and dedicate a few minutes to thinking about your body transformation goal, how great it's going to feel to achieve it, and how the effort that you just put forth in the gym brought you closer to achieving your ultimate goal.

Closing Thoughts

It's important to note that weight training feels natural to me. I love the feeling of cold iron in my hands. Every time that I pick up a weight it just feels 'right' to me.

Not everyone is going to have this same kind of experience with weight training. This is another level of focus... Focusing in on what you can enjoy and become passionate about. Some of my friends have achieved awesome results using Kettlebells and they absolutely love incorporating

Kettlebell exercises into their training. However, I have not found any joy in using them myself. It doesn't feel natural to me and that's ok. Some other friends have achieved great results with Yoga and they tell me how relaxing it is and what a great stress reliever it can be. For me, it's the exact opposite. I actually become very anxious when performing yoga... but that's just me.

No matter what form of resistance training resonates with you, I encourage you to discover the focused-intensity that you possess. Give every ounce of your being to the training session. Enjoy the process. This truly is a journey of self discovery. You get to see what you are really made of and capable of achieving.

This is one of the best practices for relieving stress. This is YOUR time. It's a time to block out the craziness from the day and focus on what matters most in life... YOU! This is the one time in life where it's great to be selfish, because this quality time that you have with yourself will help make you a better person. It will enhance your coping skills. It will boost your confidence. It will make you feel proud to be YOU.

Even though you'll still have work deadlines, errands to run, and a to-do list that's not complete after your workout, you will now have the STRENGTH to manage your day to the best of your abilities.

This is what focused-intensity means to me. This is why weight training is such an incredible mind, body, and spiritual connector for me. This is why I am so passionate about helping you achieve your goals... because I love what I do and I know the impact that it can have on your entire life.

Now go out there and train to the best of your abilities. Harness that power and focus within you. Make this an experience... not just a workout.

To achieving your limitless potential,

Scott Tousignant

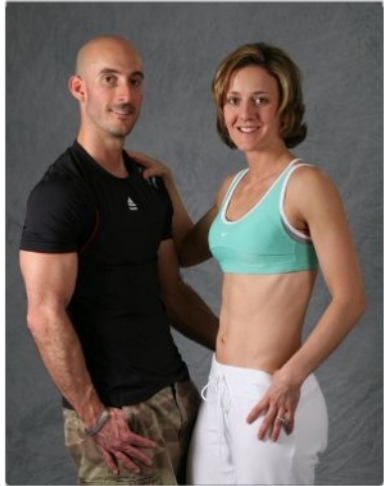
PS Throughout the following pages you will find a list of our fat burning and body sculpting programs. Angie and I would be absolutely thrilled to see you apply the strategies that have been discussed in this report, toward the workouts that we have created. These are workouts that Angie and I personally follow and have witnessed first hand the amazing results that they each produce.

I guarantee there's a program within our product list that will suit your lifestyle and is designed to meet your body transformation goals. We're incredibly excited to share in your transformation and celebrate all your victories.

If you enjoy the "Focused Intensity For Faster Results" report, please share it with your friends and family

Affiliates can find details about rebranding this report here:
[Fat Loss Quickie Affiliates](#)

Get To Know Scott & Angie



Scott, and Angie have been helping busy women and men, just like you, improve their #1 asset – their health – for over a decade.

Angie, in addition to being a busy work-at-home-mom, operating a daycare in the family home, is also an ISSA certified fitness trainer. An integral part of the success of Fat Loss Quickie, Angie is also the author of [Sizzlin' Circuits](#), [Core Plus More](#), [More Love, Less Fat](#), and [Girl Empowered](#).

Scott is a Certified Fitness Consultant with a degree in Human Kinetics. His education coupled with his years of experience, has allowed him to create [ROCK That Body](#), [Pyramid Pandemonium](#), [Metabolic Maverick](#), and [Fat Loss Quickie](#).

The couple's balanced and practical approach to fitness helps others get more done in less time, leaving you more time to do the things you enjoy most in life.

Angie and Scott recently celebrated their 11 year wedding anniversary and are proud to be called Mom & Dad by their two adorable kids, Shayne and Noelle. A pretty simple family who enjoys relaxing camping trips, the Tousignant's make their own fun in life and encourage creative thinking and expression within their home.

They are proof that when you put your health as your #1 priority, great things will come your way!





Connect with Scott and Angie on Facebook...

Scott's [Facebook Profile](#)

Angie's [Facebook Profile](#)



Be sure to stay informed and up to date with more fat loss information at the [Fat Loss Quickie Blog](#)

The Fat Loss Quickie blog is a great place to interact with Scott and Angie, ask your most pressing fitness questions, and gain support from your fellow Fat Loss Quickie friends.



The [Fat Loss Quickie YouTube Channel](#) is a constantly being updated with top notch fitness tips, video demonstrations, recipes, and motivation strategies. Be sure to subscribe to our YouTube Channel updates.

Scott & Angie's Body Transformation Programs



Sizzlin' Circuits

Sizzlin' Circuits is a challenging, fun, and engaging workout program designed for women and gives a little extra attention to many of the problem areas that women would love to firm and tighten up... specifically, your butt and thighs.

To learn more and see everything that is included in this workout program designed for women, please visit [Sizzlin' Circuits](#) ...Only \$9.95



ROCK That Body!

ROCK That Body has been Scott's go to program for the past several years whenever he wants to experience the best results possible.

To learn more and see everything included in this workout program, please visit [ROCK That Body!](#) ...Only \$9.95



Core Plus More

Core Plus More is an invigorating home workout program designed for women. Core Plus More emphasizes movements that develop a strong, tight, and sexy waistline, while shaping your entire body.

To learn more and see everything that is included in this workout program designed for women, please visit [Core Plus More](#)...Only \$9.95



Pyramid Pandemonium

Pyramid Pandemonium is an intense gym workout program designed for the more intermediate to advanced trainee. Pyramid Pandemonium takes pyramid training to a whole new level, increasing your strength while burning fat and sculpting your body!

To learn more and see everything included in this workout program, please visit [Pyramid Pandemonium](#) ...Only \$9.95



Fat Loss Quickie 10-Minute Metabolism Blaster

Fat Loss Quickie is a 6 month fast, fun home workout program designed for busy people. It includes 30 home workout videos, 30 home cardio videos, 42 motivational audios, meal plans, and more.

To learn more about this fat loss program please visit [Fat Loss Quickie](#)



A Couple's Guide To Transforming Your Body and Relationship

More Love Less Fat

More Love Less Fat is a workout program designed for couples. It includes strategies to help couples transform their body and relationship, along with quick workouts to sculpt your body.

To learn more about this workout program designed for couples, please visit [More Love Less Fat](#) ...Only \$19.95



Girl Empowered

Girl Empowered is a gym workout for women designed to boost your metabolism, increase your strength, burn fat, and skyrocket your confidence.

To learn more and see everything that is included in this workout program designed for women, please visit [Girl Empowered](#) ...Only \$9.95



Metabolic Maverick

Metabolic Maverick is an intense gym workout program designed specifically for a maximum metabolic boost. With this program you can expect to burn fat, gain strength, and sculpt your body.

To learn more and see everything included in this workout program, please visit [Metabolic Maverick](#) ...Coming Soon!